

1<sup>st</sup> Amanda  
2<sup>nd</sup> Christine



Terry Fox  
Elementary School

## PAC Meeting Minutes

**September 28<sup>th</sup>, 2022**

**Present:** Amanda Jersey(PAC), Jill Morphy(PAC), Deanna Harnett(PAC), Kim Prentice(PAC), Amanda Mitchell, Missy Massier, Christine Anderson, Courtney Leader, Naomi Baker, Angela Magon

**Regrets:** Alanna Kerr

**Meeting Called to order at 6:18 pm**

### **Review Agenda**

Motion on the floor to approve agenda. Approved by Missy Massier and seconded by Christine Anderson.

### **Review Meeting Minutes**

Review meeting minutes from May 25<sup>th</sup> 2022. Motion on the floor to approve minutes. Approved by Christine Anderson and seconded by Courtney Leader.

### **Principal's Corner**

See Principal report, Available per request

### **Treasurer's Report**

Chequing account stands at: \$2018.45

Gaming account stands at: \$3870.12

### **Chairperson's Report**

Budget see report – 1<sup>st</sup> Missy Massier, 2<sup>nd</sup> Courtney Leader.

### **Open floor/New Business**

Change meeting time to 6:30pm - 1<sup>st</sup> Christine Anderson 2<sup>nd</sup> Courtney Leader

**Door Prize-** Amanda Mitchell is our winner

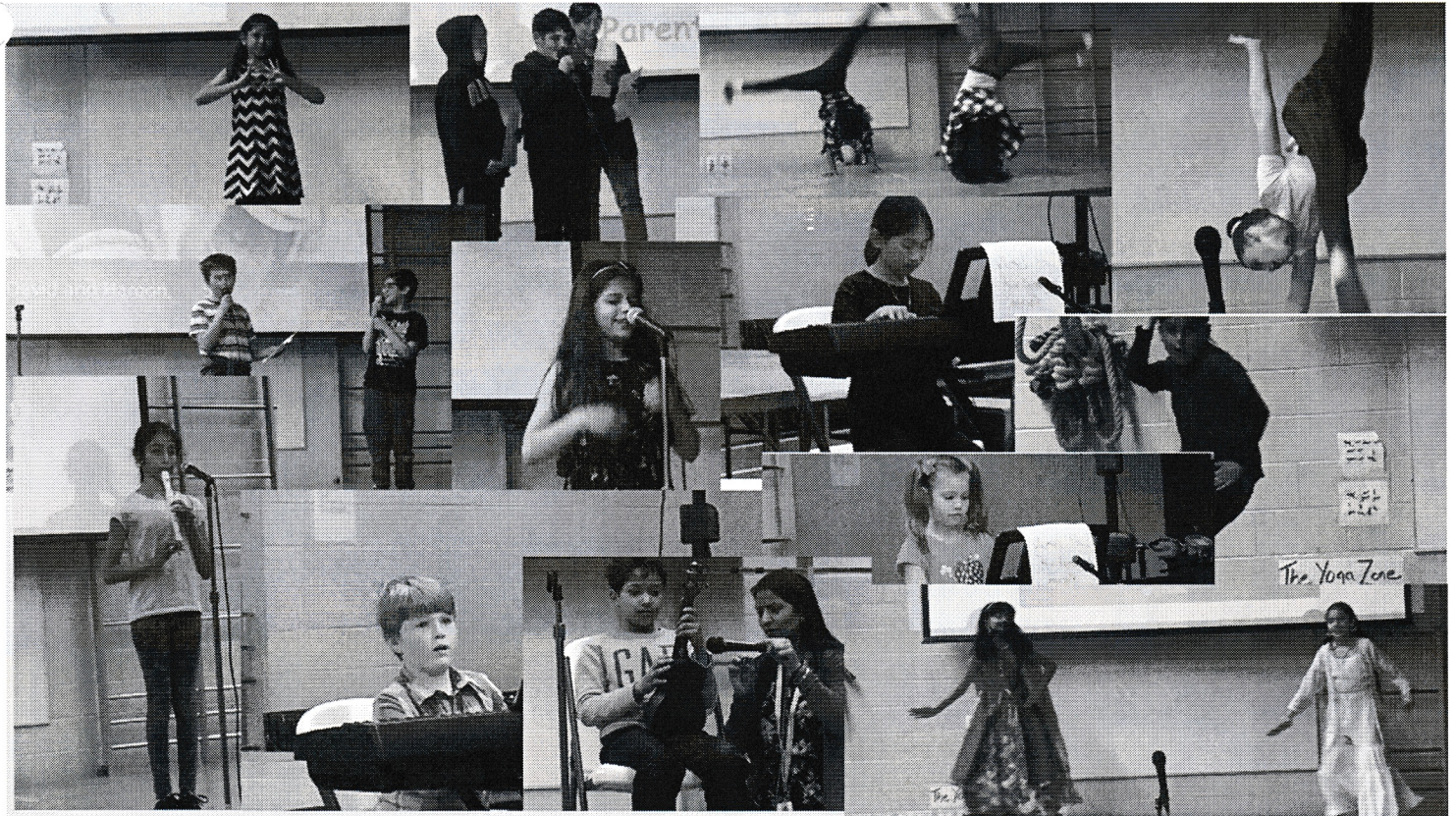
### **Next Meeting**

Scheduled for October 26th, 2022 at 6:30pm.

**Closed meeting at 7:34 pm.**

## May 25, 2022 Terry Fox PAC Meeting: Principal's Report

### Recent Success - Talent Show: May 19



**RSL Welcome to K Event** – also May 19. Thanks to Amanda and Jill for volunteering with next year's new crop of Ks.

### Events Coming Up:

Spirit Day: Twins and multiples (tomorrow)

#### Field trips

- Thurs May 26: Buddy Class Trips - Div 1-3, 10-12 trip to Aldergrove Park
- Friday May 27: PowWow for Indigenous Gr 4&5 students (Sumas First Nation Community Center)
- Mon May 30: film crew here to honour Joe Frew (Premier Award for Excellence in Teaching Finalist)
- Wed June 1: Gr 5 Indigenous students going to CDG
- Next week – special ed trip to the Dollar Store (some Gr 4&5 students)
- June 6: Div 6&7 go to Mission (Indigenous learning)
- June 7: Gr 4&5 track and field meet
- June 9: Div 4&5 go to Mission (Indigenous learning)

#### Sports Days

- June 17: Terry Fox Sports Day
- June 24: Slip and slide (weather depending)

#### End of Year

- June 23: Gr 5 Celebration Ceremony
- June 29: last day of school

School Plan Update: didn't complete in time for meeting. Will email!

### Concerns Working On:

- Anxiety bubbling up for a lot of kiddos. Big behaviours fueled by trauma, anxiety, and pressures.
- Some increased incidents of student aggression towards staff – working with helping teachers to address these so everyone feels safe, respected, and on the right journey
- Dealing with some frustrating student bullying behaviours. Particularly Gr 4&5s.
- Teasing of students who are socially different → students don't understand neurodiversity when the physical diversity looks typical.
- Working with students who need to learn better defence to being teased + the students who are pushing buttons
- Need more noon hour supervisors
- Need volunteers for chaperones to start applying for next year

### Next Year Planning:

Staffing projections 2022-2023: 12 divisions (no change), 13 EAs (1 fewer), down .4 ELL teacher (part of Mr. Frew's position)

Student projections: roughly stable (270 students)

School Supplies: ~\$50 for teacher guaranteed supplies (\$48 for early bird before June, \$53 after June)

### Big Areas of Focus Next Year:

- How are we empowering our students and families to have more voice and input in education?
- How do we redistribute access and opportunity so all children are empowered, included, add to the richness of our school learning culture? What needs unblocking and how?
- Let's explore our diversity and how it adds to the tapestry of Fox.

1st Naomi  
2nd Manda



## Terry Fox Elementary School

### PAC Meeting Minutes

**October 26<sup>th</sup>, 2022**

**Present:** Amanda Jersey(PAC), Jill Morphy(PAC), Deanna Harnett(PAC), Alanna Kerr(PAC), Amanda Mitchell, Christine Anderson, Courtney Leader, Naomi Baker, Angela Magon

**Regrets:** Kim Prentice

**Meeting Called to order at 6:35 pm**

#### **Review Agenda**

Motion on the floor to approve agenda. Approved by Amanda Mitchell and seconded by Naomi Baker.

#### **Review Meeting Minutes**

Review meeting minutes from Sept 28<sup>th</sup> 2022. Motion on the floor to approve minutes. Approved by Amanda Mitchell and seconded by Christine Anderson.

#### **Principal's Corner**

See Principal report, Available per request

#### **Treasurer's Report**

Chequing account stands at: \$2508.70

Gaming account stands at: \$9,130.12

#### **Chairperson's Report**

Motion on the floor for up to \$7000 from gaming be spent on Turning the court yard in to an indigenous themed multi purpose learning space like the one at Chief Dan George. Variety will match up to 50% of the cost. All in attendance voted in favour.

Motion on the floor to use \$700 from gaming towards having Wild Education come again. All in attendance voted in favour. Teachers will let us know the date.

\$1400 left in gaming, tabled to maybe use on second court yard Reno.

#### **Open floor/New Business**

**Door Prize-** Naomi Baker is our winner

**Next Meeting** Scheduled for Nov 30<sup>th</sup>, 2022 at 6:30pm. **Closed meeting at 7:50 pm.**

Principal's Update to PAC Dec 7, 2022

Monday Dec 5	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Report cards go home</li> </ul>	<ul style="list-style-type: none"> <li>Extra performance tickets given out</li> </ul>	<ul style="list-style-type: none"> <li></li> </ul>	<ul style="list-style-type: none"> <li>Div 1-3 field trip (bowling)</li> <li>Superintendent meetings (Angela away until 11:30, Shanon TIC)</li> </ul>	<ul style="list-style-type: none"> <li>Stage set up in afternoon</li> <li>H&amp;S meeting after school</li> </ul>
Monday Dec 12	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Chairs arrive from CDG</li> <li>Performance practices in the gym – see link for schedule</li> <li>Gym classes held elsewhere</li> </ul>	<ul style="list-style-type: none"> <li>Winter Concert (performances 1:00 pm, 6:30 pm)</li> <li>Gym classes held elsewhere</li> </ul>	<ul style="list-style-type: none"> <li>SBT</li> <li>Informal pj day</li> <li>Chairs go back to CDG</li> <li>Milk, cookies and sing along with Santa in LLC (10:30-1:30)</li> </ul>	<ul style="list-style-type: none"> <li>Div 3&amp;7 go skating</li> </ul>	<ul style="list-style-type: none"> <li>Winter ugly sweater day</li> <li>Happy birthday Lenny Longley</li> </ul>

Changes

- Students: + 5 (278 students)
- Staff: Amber Galbiati (EA) replacing Prab Gill
- Volunteer club leaders: Courtney Leader and Naomi Rodriguez
- Noon hour supervisor additions: Courtney Leader (and Naomi when needed)



**Club Report**

Breakfast Club: 30-40 students

After school:

- Fox Club Primary on Tuesdays (20 students)
- Indigenous Culture Club on Wednesdays (20 students)
- Fox Club Intermediate (20 students)

Lunch:

- Tues Lego club (2 x 20? Courtney, Naomi, Barnes),
- Wed Drama club (Div 1&2, 14 students, Magon),
- Thurs Board Games (2 x 15? Courtney, Naomi, Magon)
- knitting club on Wed to start after Christmas (Gr 4&5 collab offering, Mrs. Alcock)

### During School:

- Friendship club (Gr 1-5 students on Tues-Thurs by special selection) from 11-11:50 with Mr. Longley
- Class buddies (high/low pairings)
- Terry's Team (Gr 5 Student Leaders) – recycling club, fundraising, Food Drive, etc.

There are so many excellent stories of student leadership throughout the district. This is a one such story about how student leaders at Terry Fox Elementary have stepped up. Terry Fox Elementary is a central city school of 275 diversely multi-cultural students. After the tragic passing of a beloved classmate this year, students decided they wanted to give back to the children's hospice where she had spent so much time. With the help of their teachers (Amy Baker and Jeremy

Wiebe), around half of the Grade 5 students formed a leadership club called Terry's Team and immediately set to work fundraising for Canuck Place Children's Hospice here in Abbotsford. The students seen here in the picture are celebrating after having raised \$1590 - and eventually raised over \$2100 for the hospice. The students then took on the challenge of fundraising to support another classmate who has to have a serious surgery in a couple of months at BC Children's Hospital, raising around \$600 through bake sales. Terry's Team collects the recycling at school, sets up for assemblies, and is currently running the Holiday Food Bank Drive. Well done Terry's Team - just because you're small does not mean you can't make a big difference!



### Profiling Some Approaches and Resources

- Shelley Moore's work
- Profiling a Math Lesson – a description of Mrs. Kim's Grade 3&4 Class math lesson
- Profiling the Indigenous Walking Curriculum



Terry Fox  
Elementary School

## **PAC Meeting Minutes**

**December 7th 2022**

**Present:** Amanda Jersey (PAC), Jilliane Morphy (PAC), Alanna Kerr(PAC), Kim Prentice (PAC), Angela Magon, Naomi Baker, Amanda Mitchell, Courtney Leader, Missy Massier

**Regrets:** Deanna Harnett

**Meeting Called to order at 7:03 pm**

### **Review Agenda**

Motion on the floor to approve agenda. Approved by Naomi Baker and seconded by Amanda Mitchell.

### **Review Meeting Minutes**

Review meeting minutes from December 7th 2022. Motion on the floor to approve minutes. Approved by Naomi Baker and seconded by Amanda Mitchell.

### **Principal's Corner**

See Principal report, Available per request

### **Treasurer's Report**

Chequing account stands at: \$2733.94

Gaming account stands at: \$9130.12

### **Chairperson's Report**

Profits

Poinsettias \$78.05

Purdys \$486.02

### **Open floor/New Business**

**Door Prize** Courtney Leader

### **Next Meeting**

Scheduled for Wednesday, January 25th , 2023 at 6:30pm.

**Closed meeting at 8:03 pm.**



# Terry Fox Elementary School

## PAC Meeting Minutes

Jan <sup>AY</sup> 3  
~~September 25<sup>th</sup>, 2022~~

**Present:** Amanda Jersey(PAC), Jill Morphy(PAC), Deanna Harnett(PAC), Alanna Kerr(PAC), Kim Prentice (PAC), Courtney Leader, Naomi Baker, Angela Magon, Missy Massier

**Regrets:**

**Meeting Called to order at 6:35 pm**

### Review Agenda

Motion on the floor to approve agenda. Approved by Naomi Baker and seconded by Alanna Kerr.

### Review Meeting Minutes

Review meeting minutes from Dec 7<sup>th</sup> 2022. Motion on the floor to approve minutes. Approved by Naomi Baker and seconded by Alanna Kerr.

### Principal's Corner

See Principal report, Available per request

### Treasurer's Report

Chequing account stands at: \$2983.46

Gaming account stands at: \$9,130.12

-(~~\$7000~~ court yard upgrade & \$700 Wild education)

### Chairperson's Report

Fundraising- Purdys coming out soon. Then Neufield farms and meridian meats.

Free popcorn this coming spirit day Feb 14<sup>th</sup> is friendship/Valentines day

May 5<sup>th</sup> Booked Wild education to come, Looking for parent volunteers

We need to Change the meetings back to 7pm as all the executive can't make it for the 630 time. Kids in sports or lessons

All in agreement for Time change.

### Open floor/New Business

**Door Prize-** Missy Massier is our winner

**Next Meeting** Scheduled for Feb 22<sup>nd</sup>, 2023 at 7pm. **Closed meeting at 7:55 pm.**

1st Alanna.  
2nd Naomi



## Principal's Report to PAC – Terry Fox Elementary, January 25, 2023

Prepared by Angela Magon, Principal

#Students: 280 (up 2)

New Staff: Angela Allison (EA replacing Sarb P), Stephanie Schuurman (EA replacing Sam Hansen to April), Kulwinder Brar (div 6 teacher replacing Simi Sidhu), Steve Carleton will be VP on Thurs

Ms. Paulette Collier and Mrs. Anita Heitz covered while Angela was away sick a couple of weeks

Hiring: Div 9 Mrs. Van den Ham's replacement: Spring Break to end of year

### Field Trips:

- December: Div 3&7 went skating, Div 1-3 went bowling
- January: Div 8&9 went to the Eco Dairy today. Div 6&7 go to Burnaby Village tomorrow

### Initiatives

- New club – Yarn Club (primary crocheting – lunch on Wed)
- Indigenous mural will go forward with or without the grant (\$2500) – Fox motif
- New chairs for Van den Ham. New desks for Bennett
- Staff book study: Fostering Resilient Learners. All staff given a great resource book for teaching Indigenous pedagogy
- Professional development in Feb: most staff are going to a workshop on Connections Over Compliance
- Will turn the MPR into 2 separate spaces: side A – maker space (creative constructions), side B – story book workshop space. \$5000 will be put towards this
- Grant money use proposal: will purchase all the school supplies for students next year. Option on school cash online for parents to donate the money that would have gone to school supplies to class library purchases instead.
- Investigating whether we can extend the hours of 1 or 2 noon hour supervisors to assist an extra 4 hours a day in Kindergarten. Rationale: kindies always have high needs and lack the EA funded support they will eventually get

### Revising the School Plan:

- research has suggested some interesting links that we wish to explore
- students who can't do jigsaw puzzles, can't skip count and struggle to do math facts (special/visual)

- our intermediates are strong readers, but not great writers.
- After early primary teachers started teaching phonemic awareness and using sound walls, the writing skills of students went up (the oldest of this crew are in Gr 3 and their writing is far better than we've seen before for that age group)
- inquiry questions: if all primary teachers use phonemic awareness strategies, will writing improve faster across the school? Will teaching phonemic awareness strategies to struggling intermediate readers also help them read and write better?
- Data: we will be developing some new assessment tools to help us track phonemic awareness and phonological skills, as well as tracking critical numeracy skills (replacing the SNAP tool)

PAC To Do:

- choose a date for Reptile Guy? *May 5th*
- Connect with Gr 5 teachers if you want to support Gr 5 celebration
- Hot lunch?



Terry Fox  
Elementary School

## PAC Meeting Minutes

**February 22nd 2023**

**Present:** Amanda Jersey (PAC), Jilliane Morphy (PAC), Alanna Kerr(PAC), Kim Prentice (PAC), Deanna Harnett, Angela Magon, Naomi Baker, Amanda Mitchell, Missy Massier

**Regrets:**

**Meeting Called to order at 7:01 pm**

### **Review Agenda**

Motion on the floor to approve agenda. Cancel March meeting. Approved by Naomi Baker and seconded by Alanna Kerr.

### **Review Meeting Minutes**

Review meeting minutes from January 25th 2023. Motion on the floor to approve minutes. Approved by Naomi Baker and seconded by Amanda Mitchell.

### **Principal's Corner**

See Principal report, Available per request

### **Treasurer's Report**

Chequing account stands at: \$2587.51

Gaming account stands at: \$9130.12

### **Chairperson's Report**

### **Open floor/New Business**

**Door Prize** Missy Massier

### **Next Meeting**

Scheduled for Wednesday, May 31st 2023 at 7pm.

**Closed meeting at 8:06 pm.**

Feb 22, 2023

## Principal's Report to PAC

Prepared by Angela Magon (Principal)

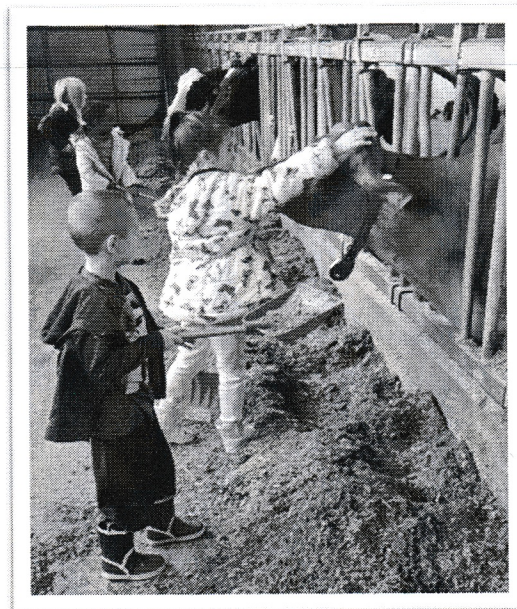
Number of students: 277 (down 3 since January)

Staff changes:

- Zoe Brooks (YCW) hired, Mr. Longley back as an EA
- +1 EA → Shannon Mackie
- Shero Aujla Laykion, EA, is on leave
- Leah Savage, EA, is resigning March 10 → replacement tbd
- Volunteer Teacher (mentoree) – Hardeep Grewal begins March 1

Some Highlights Over Past Month:

- Jan 25: Div 8&9 went to Eco Dairy
- Jan 26: Div 6&7 went to Burnaby Village



- Valentine's SPCA Candy Fundraiser, Feb 14

Terry's Team (our Grade 5 service club) decided to raise money to support the SPCA to show love for the animals that become some of our best friends through the help of the SPCA. The team raised \$576.55 through selling friendship candy grams. They also sold cups of hot chocolate to intermediate students. All students in the school got a decorated and sealed bag with candy at the end of Valentine's Day (bought by the school) and additional candy was added to the bag if someone paid to buy them a candygram. This way no child felt left out and the sugar rush came after school hours 😊



- Feb 14: Valentine's Friendship Day – in addition to the bags of candy, the PAC made popcorn for all staff and students
- Feb 14: Gr 5 Indigenous drum making
- Feb 15: Parent teacher conferences
- Feb 16: Div 8&9 went to Yale Secondary's production of Moana
- Feb 22: Anti-bullying day
- This Friday: Div 1,2,10,12 (buddy classes) go to Science World

#### Projects:

- Gr 5 hoodies – gotta get order out. We have enough \$ to pay for them all with PAC funds of \$600. Or, do you want to save some or all for additional Gr 5 support and then charge students \$12 for each hoodie?
- Mural
- School supplies update
- Clean up of the 2 courtyard spaces
- MPR space *Apr. 129*
- Calm down room
- Personal hygiene materials on offer (tooth brushes, deodorant, fem hygiene, combs, etc.)
- Restocking the YCW space with organized spare clothes
- Hiring a Grade 1 teacher for Van den Ham's leave
- Archway Project: BC/Canadian culture and language acquisition after school program for next year
- Promoting Purdys – is it worth doing both Purdy's fundraisers each year or should we switch?



#### Some Current Challenges

- Bathroom carnage: Peeing on floor on purpose, deliberate plugging of toilets with tp and other objects, lack of flushing, other gross messes left behind. Will go over our bathroom expectations with students:
  - F** – floors stay dry
  - L** – leave space clean
  - U** – use quietly
  - S** – swift and safe
  - H** – hands washed
- Short staffed with EAs a lot – District typically has no EA subs to send. Often short 3 or 4 EAs. Today we were short 5. We are well staffed only on paper and we are struggling. Student behaviour has reflected our shortages.

- Stalled initiative? Paying for volunteers to work longer days inside classrooms
- Getting enough volunteers (with criminal records checks) for field trips – shortened times now (2 weeks?)
- Due to EA shortages, we aren't getting as much supervision at recess and lunch as we'd like – we'd love some more volunteer supervisors, especially for recess coverage (could possibly pay current supervisors?)
- We'd like another couple of noon hour supervisors
- Getting into to parents seeking information about how to get their children extra supports that won't break the bank (not everyone gets the school emails or checks them)
  - ➔ <https://archway.ca/program/family-centre/>
  - ➔ <https://www.abbotsfordchildandadulthood.ca/> amazing program resources
  - ➔ CYMH intake (Tuesdays) – shortcut, talk to Colleen McCutcheon (email above)

- Our anecdotal evidence suggests that students are not getting enough sleep at night → not able to learn the next day

### What You Need to Know

**Virtual group on Zoom**

**Dates:** Tuesdays February 7—March 7, 2023

**Times:** Tuesday evenings 6:30—8 pm

**Who:** Caregivers of Elementary Age Students

**Presenters:** Colleen McCutcheon


**To register please email:**  
colleen.mccutcheon@gov.bc.ca

### RESOURCES

www.mentalhealthfoundations.ca  
www.anxietycanada.com  
keltymentalhealth.ca  
www.albertafamilywellness.org/


**Books**

Raising an Emotionally Intelligent Child  
The Whole Brain Child  
No Drama Discipline  
Hold on to Your Kids  
Emotion Coaching: The Heart of




# ARE CANADIAN CHILDREN GETTING ENOUGH SLEEP?

To be as **healthy** as possible, children need adequate **night time sleep**:




5-13 year olds  
9-11 HOURS  
of sleep/night



14-17 year olds  
8-10 HOURS  
of sleep/night

But... **1 in 4** children are **NOT getting enough sleep.**




Let's talk about **sleep quality**, shall we?

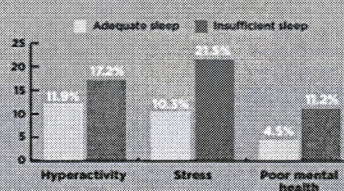
**1 in 3** children have trouble going to sleep or staying asleep.

**1 in 5** children have difficulty staying awake during waking hours.

**1 in 10** children do not find their sleep refreshing.



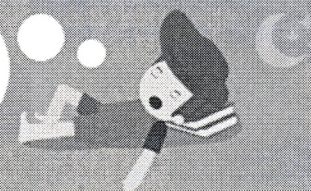
Over time, **insufficient sleep** impacts how a child feels, behaves and interacts<sup>2</sup>. Children who get less than adequate sleep report<sup>1</sup>:



Category	Adequate sleep	Insufficient sleep
Hyperactivity	11.9%	17.2%
Stress	4.5%	23.5%
Poor mental health	11.2%	11.2%

Catching more **Zzz's** can help with children's:

- Physical health,
- Emotional well-being, and
- Quality of life!





Terry Fox  
Elementary School

## PAC Meeting

May 31<sup>st</sup>, 2023

Present: Amanda Jersey, Alanna Kerr, Jill Morphy, Deanna Harnett, Kim Prentice, Missy Massier, Courtney Leader, Naomi Baker, Amanda Mitchell, Anita Heitz

Regrets:

Meeting Called to order at 7:10pm

Review Agenda-. Motion on the floor to approve agenda. Approved by Naomi, and Seconded by Missy.

Review meeting Minutes from Feb 22<sup>nd</sup>, 2023. Motion on the floor to approve Minutes. Approved by Missy and Seconded by Naomi.

### Principal's corner

See principles report, available per request

### Elections:

Is there anyone else in the room interested in PAC executive positions?

Is there anyone else in the room interested in PAC executive positions?

3<sup>rd</sup> and final time Is there anyone else in the room interested in PAC executive positions?

Call the nomination period closed at 7:55 pm.

We do not require voter cards, as there is no one going for the same PAC positions.

•**Secretary** position for the 2023-2024 school year. Opening the position for secretary. Kim Prentice would like to be nominated for the position as secretary for the 2023/2024 school year. Missy put forward the motion and Naomi seconded. Let the records show that Kim Prentice is our new PAC secretary for the 2023/2024 school year.

•**Treasurer** position for the 2023-2024 school year. Opening the position for Treasurer- Deanna Harnett would like to be nominated for the position as treasurer for the 2023/2024 school year. Jill put forward the motion, and Missy seconded let the record show that Deanna Harnett is the treasurer for the 2023-2024 school year.

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•**Hot Lunch** member for the 2023-2024 school year. Opening the position for Hot lunch representative. Naomi Baker would like to be nominated for the hot lunch representative 2023-2024. Kim put forward the motion, and missy seconded. Let the record show that Naomi Baker is the hot lunch representative for the 2023/2024 school year.

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•**Fundraising** member for the 2023-2024 school year. Opening the position for the Fundraising position. Alanna Kerr would like to be nominated for the position as fundraising for the 2023/2024 school year. Missy put forward the motion, and Naomi seconded. Let the record show that Alanna Kerr is the fundraising member for the 2023/2024 school year.

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**DPAC** member for the 2023-2024 school year. Opening the position for the DPAC representative member. Courtney Leader would like to hold the position for the DPAC representative. Deanna put forward the motion, and Jill seconded. Let the record show that Courtney Leader is the DPAC representative member for the 2023/2024 school year.

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•**Vice President** position for the 2023-2024 school year. Opening the position for the Vice President position. Amanda Jersey would like to be nominated for the position as Vice President for the 2023-2024 school year, Missy put forward the motion, Kim Seconded. Let the record show that Amanda Jersey is the Vice President for the 2023/2024 school year.

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•**President** for the 2023-2024 school year. Opening the position for the 2023-2024 school year. Jill Morphy would like to be nominated for the position as President for the 2023-2024 school year. Naomi put forward the motion and Missy seconded. Let the record show that Jill Morphy is the President for the 2023/2024 school year.

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**Elections are now closed. 8pm**

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**Chairpersons/Treasure Report:**

Chq. Account is at \$ 1362.88  
Gaming Account is at \$8435.02

**Open floor/New Business:**

Foam machine for water day \$1200 if the \$7000 is not needed for court yard. 1st Missy,  
2nd Naomi

Door prize winner is Courtney.  
Closed meeting: 8:04pm

Next meeting is September 27,2023