



2024 Annual Report

20 Holly Street #200 Toronto ON Canada

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Board of Directors 2023-24

Dr. Jatish Kaler, ND

Chair
Calgary, AB

Dr. Mitchell Zeifman, ND

Vice-Chair
Toronto, ON

Dr. Robyn Stanley, ND

Treasurer
Kamloops, BC

Dr. Valarie Penton - Power, ND

Secretary
Gander, NFLD

Dr. Garrett Bramall, ND

Vancouver, BC

Dr. Ann Grimwood, ND

Sarnia, ON

Dr. Afsoun Khalili, ND

Toronto, ON

Dr. Tara Lantz, ND

Halifax, NS

Dr. Renée Purdy, ND

Moncton, NB

Report from the Chair

Dr. Jatish Kaler, ND, CAND Chair

On behalf of the CAND Board of Directors and staff, I am pleased to provide our membership with my first report as Chair of your national association. My report will provide a summary of the work we did on behalf of the profession in 2023, and to date in 2024.

Your current CAND Board of Directors consists of naturopathic doctors from across Canada - British Columbia, Alberta, Ontario, New Brunswick, Nova Scotia and Newfoundland. At the AGM last year, Board Directors Dr. Chris Ford, ND, and Dr. Ann Grimwood, ND were re-elected for continuing terms and Dr. Garrett Bramall, ND was elected to his first term on the Board. Following the AGM Dr. Chris Ford, ND stepped down from the Board to pursue further education. In accordance with CAND by-laws section 4.04 the Board of Directors appointed Dr. Afsoun Khalili, ND to complete Dr. Ford's three year term. The membership will be asked to formally elect Dr. Khalili to the CAND Board as part of the AGM. I would also like to thank Dr. Chris Ford, ND for all his hard work during his time on the CAND board.

At today's meeting, we will be formalizing the Board's appointment of Dr. Afsoun Khalili, ND and electing one new Board Director to fill a Board vacancy. The CAND is committed to diverse representation on its Board and I encourage any member who is interested in assisting the Board in its ongoing work to advance the naturopathic profession in Canada to consider joining the CAND Board when we advise that positions are available.

I am pleased to report that the CAND membership numbers stayed strong in 2023 with 2417 members. The CAND also continues to be in a very good financial position as you will see from the audited financial statements published in the Annual Report and as presented at the AGM. Increased membership, ongoing reductions in overall expenses, operational improvements and conservative budgeting resulted in a surplus for 2023.

In last year's report we shared the news that as of March 1, 2022, Naturopathic Doctors in the Northwest Territories become the first profession to be regulated under the Health and Social Services Professions Act (HSSA). This year we are pleased to announce that with the passing of the Regulated Health Professions Act in November of 2023, Naturopathic Doctors in Nova Scotia will become the 22nd regulated health profession in Nova Scotia. This milestone means that Naturopathic Medicine is now on its way to being regulated in 6 provinces and 1 territory. We extend our congratulations to NSAND President Dr. Teresa Donovan, ND, her GR team and all the NDs who have worked long and hard to make regulation in Nova Scotia a reality. The NSAND is currently engaged with the Department of Health and Wellness in drafting the regulations that will govern the profession.

Work in 2023 focused on our goals for each of our core customer groups – Naturopathic Doctors, Naturopathic Students, Government, National Insurance Companies and Corporate Partners.

With our ND membership, we recognize the importance of consistent messaging and highlighting work the CAND is doing to improve the recognition of naturopathic medicine on a national level particularly with the federal government. Our communications campaign, 'Better Health Together'

developed with Hill & Knowlton, our PR and GR experts, continues to resonate with the public, government and allied health professions with focused messages and stories (ND Perspectives) on how NDs are or can work as part of interprofessional teams for better patient outcomes.

Details of our work at the federal level have been outlined in the Government Relations report found in the Annual Report and will be presented during the AGM. In addition to this important work, the CAND continued engagement with the insurance industry on improving coverage for naturopathic services; conducted a membership survey with Head Research to better understand the status of the profession, to strategize on the needs of our members and how the CAND can provide the support and services they need; supported the work of the Naturopathic Medicine Week Committee and, made operational changes at the CAND office to streamline procedures and reduce costs.

With our student membership portfolio we continued to focus on increasing student awareness of the work done by the CAND in addition to strategizing on how we can increase CAND student membership numbers at the CCNM Toronto and Boucher campuses. In light of these discussions the CAND Board recently passed a motion to provide students with free CAND membership which will ensure they are connected to the CAND and the profession.

Naturopathic Medicine Week is our opportunity to spread the news about naturopathic doctors, how they help their patients and the benefits of naturopathic medicine. The CAND again worked with Hill + Knowlton on the development and roll out of Naturopathic Medicine Week for 2023. Our messaging reached 820,823 Canadians over 1.3 Million times. This represents a 50% increase over the reach in 2022. NMW 2023 was based on three themes: partnering with NDs where we profiled Dr. Joanne McCarthy, ND, Dr. Mark Fontes, ND, Dr. Renée Purdy, ND, Dr. Ann Grimwood, ND and Dr. Rebecca Hannaford, ND; partnering with patients sharing patient power statements on the difference naturopathic medicine had made in their lives. The third theme was partnering with naturopathic students. Students provided statements on why they wanted to become a naturopathic doctor and what naturopathic medicine means to them. In advance of NMW an Op Ed written by Shawn O'Reilly, Executive Director, with assistance from H + K, and entitled "Naturopathic medicine continues to be an emerging answer to Canada's health care concerns" was published in the Hill Times, Canada's preeminent political journal, as part of their Health Policy Briefing. The Op Ed resulted in an increase in outreach to the CAND by Members of Parliament, staff and media. The Hill Times also subsequently listed NMW in their calendar of health events. I would like to give a special thank you to CAND board member Dr. Renée Purdy, ND who chairs our NMW committee and to all the Association representatives on the Committee for their work in making NMW 2023 such a success. We would also like to thank Renée for her work with the World Naturopathic Federation where, as the CAND representative on the WNF Executive, she chairs the WNF Research Committee. The CAND is a founding member of the WNF supporting its important work globally including increasing educational standards for the naturopathic profession, supporting the regulation of the naturopathic workforce, building naturopathic research capacity and representing the naturopathic profession internationally at key events such as the WHO's 1st Global Summit on Traditional Medicine.

The CAND Journal (CANDJ) continues to grow with readership reaching 3500. Readership is international helping to bring attention to evidence-informed naturopathic care and the art of naturopathic best practices. . In December of 2023, the CANDJ published its very first Special Edition – "The Role of Traditional, Complementary and Integrative Healthcare (TCIH) Therapies and

Practices in the Prevention and/or Treatment of COVID 19: An Umbrella Review". The issue received worldwide attention with several of its articles topping the most read articles for the year. Our thanks to Editor In Chief Dr. Marianne Trevorrow, ND for her diligent hard work in making the CANDJ a success. The CANDJ is free for all CAND members.

Another one of our core customer groups are the national insurance companies. The CAND attended the annual Canada Life and Health Insurance conference in Winnipeg in 2023. Delegates continue to recognize the CAND as the preeminent resource for information on the education and training of naturopathic doctors' vs individuals with various levels of training who refer to themselves as naturopaths. They look to the CAND for verification of credentials, regulation and the Scope of Practice for the profession in all Canadian jurisdictions. While the insurance industry is committed to ensuring coverage for the services provided by our members it is under increasing pressure from employers to provide coverage, especially in unregulated jurisdictions, for unqualified individuals. The conference is our opportunity to discuss their concerns and ways in which the CAND can assist them in educating plan holders on the importance of ensuring the services they cover are provided by qualified health care practitioners.

The CAND continues to benefit from the support of all our Corporate Partners. We greatly appreciate their ongoing commitment to the CAND and the naturopathic profession in Canada.

I would like to draw your attention to some of the additional work undertaken this year:

- Providing funding support for Dr. Jessica Carfagnini, ND's research investigating the experiences of Indigenous patients accessing naturopathic medicine.
- Dr. Garrett Bramall, ND and Shawn O'Reilly are participating, along with CCNM's Dr. Nick DeGroot, ND and Dr. Greg Nasmith, ND, in Team Primary Care (TPC) an initiative to address the health care crisis in Canada through interprofessional health care teams. The CAND and CCNM attended the TPC Summit this winter along with 21 other health care professions and is engaged with TPC in the preparation of a compendium resource document for the naturopathic profession with examples of roles and responsibilities of NDs in various primary care domains. The document will be published upon completion.
- Participated in the Arthritis Society's initiative "Nationwide Arthritis Action Plan: Interprofessional Practice/Self-Management".
- Approved linking CAND membership with the Manitoba Alliance of Naturopathic Doctors (MAND), the professional association representing qualified NDs in Manitoba.

The Canadian Naturopathic Foundation is a national charitable foundation that supports research and public education for the advancement of naturopathic medicine in Canada. It has a separate Board of Directors, which includes the CAND Chair, and is administered by the CAND. The CNF was created by Dr. Joe Boucher, ND and his colleagues as the Canadian Research and Education Society in 1987. The name was later changed to the Canadian Naturopathic Foundation (CNF) to better reflect the work of the charitable foundation in supporting naturopathic medicine. The CNF provided funding to support the CAND National Awareness Campaign and recently, through generous donations was able to support the important research being conducted by Dr. Gurdev Parmar, ND. Donations to the CNF are tax deductible and help to support the work of the CNF.

As Chair of your national association, I would like to acknowledge all the Provincial and Territorial associations across Canada for the important work they do for the profession. It is an honour to work with you, as well as colleagues in the U.S., and, internationally with the World Naturopathic Federation (WNF). I would also like to thank the other naturopathic stakeholders we collaborate with regularly: the CCNM, the other accredited naturopathic medical programs and affiliate organizations – AANP, CNME, NABNE/NPLEX, and the AANMC for their work on behalf of our profession. The CAND looks forward to continuing our work together.

With the announcement last year of the impending retirement of our long serving Executive Director and Director of Government Relations, Shawn O'Reilly, the CAND engaged a search firm to find a new Executive Director. In the late fall of 2023 we informed the membership that Dr. Cyndi Gilbert, ND had been selected to fulfill the role of Executive Director. Unfortunately due to unforeseen circumstances resulting in ongoing health issues Dr. Gilbert was unable to assume the position. While we are disappointed we recognize the need for Dr. Gilbert to focus on the continuation of her healing journey and wish her all the best for the future. A new search is currently underway. It is expected to take approximately three to four months with the expectation that a new Executive Director will be in place by September. Once again Shawn O'Reilly has agreed to stay on in her role while we undertake this new search and to ensure a smooth transition to the successful candidate. The CAND is extremely grateful to Shawn for agreeing to extend her time with the CAND and for her ongoing commitment and dedication to the CAND, its Board of Directors and the naturopathic profession in Canada.

Lastly, and most importantly, on behalf of the CAND, our Board of Directors and staff, I extend our thanks to all of our members. Your membership and ongoing support ensures the CAND Board of Directors and staff are able to continue the important work on your behalf, and advocate for the profession.

The CAND Board of Directors and staff look forward to continuing to support you, improve awareness of naturopathic medicine and represent the profession at the national level in the year ahead.

Thank you.

A handwritten signature in black ink, appearing to read "Jatish Kaler". The signature is written in a cursive, flowing style with a horizontal line above it.

Dr. Jatish Kaler, ND
Chair, Canadian Association of Naturopathic Doctors

Annual General Meeting 2023 Minutes

Saturday, June 24, 2023

Webcast

11:00 AM

Meeting Minutes

Prepared by Executive Director Shawn O'Reilly

On-line Member Attendees

Janelle Albas	Jiaqi Chen	Amanda George	Lesley Studer
Elyse Aucoin	Yejin Choi	Cyndi Gilbert	Debra Kennedy
Courtney Babcock	Lisa Clements	Hillary Godin	Arashdeep Khaira
Jenna Badiou	Cristina Coloma	Ashely Gordon	Noushin Kiahosseini
Jenna Baker	Ben Connolly	Christina Gordon	Lena Kim
Brent Barlow	Marnie Cooke	Kristy Gottselig	Jennifer Korsa
Katie Barr	Kieran Cooley	Jessica Grewal	Edmond Lai
Suzanne Bartolini	Stephanie Cowie	Chelsea Gronick	Tara Lapointe
Alison Beach	Scott Dainty	Kate Hadfield	Melissa Lee
Samantha Bell	Kathy Dang	Jasmine Hall	Giselle Lefebvre
Emily Bell	Suzanne Danner	Courtney Hall	Ayla Lester
Mathieu Boire	Gurinder Dayal	Adrianna Hanson	Todd Levins
Arman Bonyadi Behrouz	Taryn Deane	Lois Hare	Tracy Levins
Joelle Bradford	Khushvir Dhaliwal	Sen He	Robin Lewis
Garrett Bramall	Kallie Doucette	Debra Heald	EeVon Ling
Jasmine Bray-Mak	Alexandra Dragan	Michael Henry	Iva Lloyd
Alexandria Brinkhurst-Bauer	Chantelle Drobot	Shalini Hitkari	Theodora Lo
Tamara Browne	Tara Dunne	Michael Hoffman	Laura Louie
Terri-Ann Bugg	Andrew Eberding	Marisa Hucal	Pamela MacDonald
Parissa Bunin	Mandana Edalati	Verna Hunt	Janine MacKenzie
Judah Bunin	Paula Fainstat	Krista Ingram	Jennifer MacKenzie
Jennifer Bunzenmeyer	Kellie Ferguson	Lindsay Irwin	Chelsea Mackovic
Mindy Campbell	Leshia Ferguson	Shabnam	Whitney Makenny
Judith Canlas	Lori Ferguson	Sean Jackson	Karen Younker
Ashley Cassan	Leanne Florence	Mariam Jamous	Stephen Maltais
Leyanna Cassano	Meghan Fowler	Stephanie Jarvis	Liona Manuel
Helen Cen	Janine Fraser	Nathan Jeffery	Ashley Margeson
Nicole Cerf	Jessica Fujimoto	Christine Kadykalo	Jason Marr
Kait Chang	Amanda Gammage	Jatish Kaler	Jason Masters
Ramona Charikar	Abbie Gardiner	Rehana Kassam	Jennifer Matthews
Anouk Chaumont	Marika Geis	Lisa Keen	Nadia Mawji
Evan McCarvill	Rachelle Peltier	Karlee Tario	Evan McCarvill
Rachelle Peltier	Steve McCrea	Valerie Penton-Power	Aparna Taylor

Landon McLean
Allison McMillan
Heli Mcphie
Daniel Min
Naghme Mirhosseini
Sanjay Ram
Tannaz Mokhtari
Shannon Morgenstern
Amy Morrison
Jennifer Moss
Richard Mountain
Seyedeh Mozaffari
Eric Muradov
Abrar Negahban
Erik Nelson
Michela Nelson
Brenda Nemeth
Grace Ni
Shiraz Nuraddin
Ali Nurani
Lucy Ormerod
Shin Park
Megan Parker
Eric Paterson
Allison Patton
Jodie Peacock
Robert Pearman

Aspen Percival
Reina Persaud
Katarzyna Podolska
Michael Rahman
Tanya Rampersad
Daniella Remy
Melanie Robinson
Robin Roeslen
Saloumeh Rounaghi
Jennifer Rumancik
Kristin Ruzicki
Jesse Sannerud
Katie Schertzer
Jenny Schmidt
Jenna Scott
Minah Shin
Alexandra Smith
Robyn Stanley
Ashley Stapleton
Jolyn Starling
Evangelina Stephens
Nooreen Sumar
Narmeena Sunderji
Janice Sutherland
Natalie Sweett
Garrett Swetlikoff
Tracey Tannis
Brittany Tapp

Maryska Taylor
Lisa Tettamanti Ratvay
Rebecca Tocher
Mehrddad Torkamaniha
Neil Tran
Marianne Trevorrow
Janet Trieu
Allen Tyler
Terrie Van Alstyne
Brienne Vander Veen
Karin Wagstaff
Melisa Walczak
Pat Wales
Rachelle Walker
Olga Warshavsky
Brittany Watters
Adrienne Waunch
Barbara Weiss
David Wikenheiser
Danielle Williamson
Morgan Winton
Jean Wong
Jasmine Wong
Aaron Wong
Kira Woolaver

Ming Mei Zhang

In Person Attendees

Mark Fontes; Mitchell Zeifman

213 ND Members were present

Quorum confirmed

Welcome

Dr Mark Fontes, ND welcomed the members and opened the meeting with a Land Acknowledgement Statement recognizing and honouring the land and thanking the people of the traditional territories who for generations have walked and cared for these lands since time immortal throughout Turtle Island. Naturopathic medicine owes a debt to the knowledge of Indigenous peoples, and the naturopathic profession is committed to being accountable and taking action in accordance with the recommendations of the Truth and Reconciliation Commission and the United Nations Declaration on the Rights of Indigenous Peoples. We are called upon to witness and recognize the truth of our collective history while we acknowledge the enduring presence of all First Nations, Inuit and Métis peoples.

Dr. Fontes, ND provided meeting instructions to the webcast participants, presented the agenda for the meeting and advised attendees that the meeting would provide an overview of the work of the past year. The business portion of the meeting will be followed by an update on the CANDJ, the CANDs Journal and a Q and A.

Dr. Fontes, ND introduced the Board of Directors and the CAND staff.

Dr. Fontes, ND asked for a motion to approve the minutes of June 18, 2022.

Motion: Dr. Lena Kim, ND moved that the minutes of the June 18, 2022 Annual General Meeting be approved. Dr. Lois Hare, ND seconded. None opposed. Four members abstained. Motion carried.

Report from the Chair

The Chairs Report is included in the Annual Report posted on the CAND website. Dr. Fontes, ND provided a summary of the work done on behalf of the profession in 2022 and the CAND's plans for work going forward. He noted it has been an honour to be a member of the CAND Board for the past nine years, with the last three years as Chair. Dr. Fontes, ND thanked all past Board members for their hard work in laying the foundation that the CAND continues to build on today.

Dr. Fontes, ND provided a summary of his report:

- At the last AGM, Drs. Jatish Kaler, ND, Dr Tara Lantz, ND Dr. Renée Purdy, ND and Dr. Mitchell Zeifman, ND were re-elected for continuing terms and Dr. Valerie Penton – Power, ND was elected to her first term on the CAND board. Dr Fontes, ND thanked Dr. Adrianna Hanson, ND for her time and work on the CAND Board. Dr. Hanson stepped down last year to focus on running her family's business.
- On a personal note, Dr. Fontes, ND noted that this would be his last AGM as his term on the board has come to an end. Dr. Fontes, ND shared that it had been an incredible experience being on the board as it gave him a greater understanding and appreciation for the profession. He outlined the structure of the CAND and the five core customer groups it serves – naturopathic doctors, naturopathic students, government relations, insurance companies and corporate partners.
- At the meeting, two current board members are standing for re-election and one new Board Director will be elected to fill a Board vacancy. The CAND is committed to diversity and members were encouraged to apply to join the CAND or the Provincial/Territorial associations and be a part of the positive change and forward movement of the profession.

- CAND membership numbers stayed strong in 2022 with 2255 members and remains in a healthy financial position. Both membership and Corporate Partner revenues were met or exceeded in 2022.
- 2021 was a year of transition for the CAND as we came out from the COVID pandemic. 2022 was a year of refocusing our attention on the priorities identified in previous years.
- The CAND continues to work to improve the recognition of naturopathic medicine nationally and with the federal government through the development and use of consistent messaging.
- In addition to the CAND's work with the federal government, the focus of the past year has been engaging with the insurance industry on coverage for naturopathic services, working on the membership survey recently emailed to members, supporting the work of Naturopathic Medicine Week and continued discussions on strategies to improve member engagement.
- CAND continued to engage with students focusing on the work being done by the CAND and its engagement with the federal government and to encourage them to be member. Their voice is important. The CAND will continue to engage with students and work on improving student membership numbers at the CCNM Toronto and Boucher campuses.
- Dr. Fontes, ND thanked all the Corporate Partners who continue to support the CAND. Their ongoing commitment to the CAND and the naturopathic profession is greatly appreciated.
- Naturopathic Medicine Week (NMW) 2022 was an incredible success. Dr. Fontes, ND advised that the content created reached over 495,000 Canadians with over 1 million impressions. The average engagement rate across all social media platforms was 27.2%. NMW was listed on Health Canada's calendar of health related events and the acknowledged in the House of Commons by Colin Carrie the Member of Parliament for Oshawa. Dr. Fontes, ND gave a special thank you to Dr. Renée Purdy, ND as Chair of the NMW Committee and to all the NMW representatives for their work in making NMW such a success.
- In the past year the CAND continued its work with the insurance industry advocating for increases in the coverage for naturopathic services, educating on the qualifications required to become an ND in Canada and verifying credentials. The CAND is recognized as the "go to" organization for information on education, training, scope of practice and regulation of the profession.

- The CAND Journal (CANDJ) continues to provide excellent high quality articles that serve to educate naturopathic doctors and integrative health professionals in Canada and globally on evidence-informed care and the art of naturopathic best practices. To date it has over 3,000 readers globally. The CANDJ is free for all CAND members. Dr. Fontes, ND thanked the CANDJ team, Editor in Chief Dr. Marianne Trevorrow, ND and Associate Editor Dr. Cyndi Gilbert, ND for their incredible hard work in bringing the Journal to what it is today.
- As your national association, the CAND acknowledges the important work being done by all the provincial and territorial associations in Canada as well as colleagues in the U.S. and via the World Naturopathic Federation elsewhere in the world. Dr. Fontes, ND thanked affiliate naturopathic stakeholders: the accredited naturopathic medical programs, CNME, NABNE/NPLEX and the AANMC for their work on behalf of the naturopathic profession.
- On behalf of the CAND and its Board of Directors, Dr. Fontes, ND thanked all CAND members. It is the member's dedication to the CAND that enables the Board and staff to work on behalf of the members and advocate for the profession. As he steps down from his role as Chair Dr. Fontes, ND stated that the CAND is in very good hands with committed Naturopathic Doctors on the Board and he looks forward to hearing about future accomplishments.
- Dr. Fontes, ND announced the retirement of Shawn O'Reilly, Executive Director and Director of Government Relations after 21 years with the CAND. He outlined some of the accomplishments achieved during her tenure and thanked her on behalf of the CAND Board, staff and members for her years of advocacy, dedication and hard work on behalf of the naturopathic profession. Dr. Fontes, ND presented Shawn with an Award of Appreciation in recognition of her outstanding commitment, dedication and years of service to the CAND and the naturopathic profession. A search committee consisting of the CAND Executive and an additional board director was established. Following a request for proposals and subsequent interviews an executive consulting firm has been hired to undertake the search for a new Executive Director.

Membership

- The CAND saw an increase in membership for 2022.
- As of June 16, 2023, the CAND has 2417 members representing approximately 80% of the 3050 NDs in Canada.
- 574 students are enrolled at the CCNM Toronto campus and 117 are enrolled at the Boucher campus.

Government Relations

Shawn O'Reilly, Director of Government Relations, presented the report.

Shawn noted that the full report is posted as part of the Annual Report on the Members Only Portal of the CAND website.

The overwhelming impact of the COVID Omicron variant on the healthcare system caused the government to take the unprecedented step of advising Canadians to care for their health outside of the conventional medical system. This created an increased demand for alternative health care solutions including those offered by naturopathic doctors. NDs have reported that patient outreach increased in the past year.

The government's ongoing focus on the pandemic affected the CAND's ability to make progress on its requests for access to medical Cannabis, coverage for Veterans and Indigenous Peoples and access to substances under the Controlled Drugs and Substances Act.

Highlights:

- Secured coverage of naturopathic services for Veterans with Veterans Affairs Canada.
- Ongoing engagement with Minister of Health and Health Canada on review of the Cannabis Act and regulations, the Opioid crisis, Lyme disease and chronic illness.
- Meetings with Health Ministers new Senior Policy Advisor about NDs and their contributions to the health care system.
- Ongoing participation with the Public Health Agency of Canadas (PHAC) Health and Allied Health Sector Advisory Table.
- Continued engagement with Ministry of Health, PHAC and NNHPD on the use of natural health products in the treatment of COVID – 19 and Long COVID.
- Engagement with Indigenous Services on coverage of naturopathic medicine for Indigenous Peoples under the Non Insured Health Benefits Program (NIHB). In 2023 at the Chiefs of Ontario Assembly a Resolution was passed to request the Assembly of First Nations advocate with the federal government for the inclusion of naturopathic services under the NIHB. Dr. Jessica Carfagnini, ND, Dr. Joanne McCarthy, ND, Dr. Sarah Connors, ND and Dr. Cyndi Gilbert, ND were thanked for their significant contributions that lead to the passing of this important Resolution. The Resolution now moves forward to the next Assembly of First Nations meeting.
- Continued engagement with NNHPD on the Self Care Regulations, Plain Language labelling and a pathway to market for products containing CBD as Natural Health Products.
- Assisted several Provinces and Territories with their government relations work.

Naturopathic Medicine Week 2023

The CAND again worked with Hill + Knowlton on the development and roll out of Naturopathic Medicine Week. NMW in 2023 reached 820,823 Canadians over 1.3 Million times. This represents a 50% increase over the reach in 2022. NMW 2023 was based on three themes: partnering with NDs where we profiled Dr. Joanne McCarthy, ND, Dr. Mark Fontes, ND, Dr. Renée Purdy, ND, Dr. Ann Grimwood, ND and Dr. Rebecca Hannaford, ND; partnering with patients sharing patient power statements on the difference naturopathic medicine had made in their lives. The third theme was partnering with naturopathic students. Students provided statements on why they wanted to become a naturopathic doctor and what naturopathic medicine means to them. In advance of NMW an Op Ed written by Shawn O'Reilly with assistance from H + K, the CAND's government relations firm, and entitled "Naturopathic medicine continues to be an emerging answer to Canada's health care concerns" was published in the Hill Times, Canada's preeminent political journal, as part of their Health Policy Briefing. The Op Ed resulted in an increase in outreach to the CAND by Members of Parliament, staff and media. The Hill Times also subsequently listed NMW in their calendar of health events.

Treasurers Report

Dr. Mitchell Zeifman, ND presented the Treasurers report. The report and audited financial statements were contained in the Annual Report posted on the Members Portal.

Key points:

- The two slide graphs show the CAND's Profit and Loss for 2012 to 2022. The second slide removes the years we held Health Fusion, as there are greater expenses for running the conference in those years. The expenses are slightly lower than revenue which is a reflection of conservative budgeting and the impact of the pandemic.
- The next two slides show the CANDs assets, and current liabilities comparing 2021 and 2022 followed by the Statement of Operations and Changes in Net Assets for the Year ended December 31, 2022. In light of the ongoing impact of the pandemic the CAND continued to operate and budget conservatively reducing expenses while maintaining a six-month operating reserve.
- As per the audited financial statements, the CAND ended 2022 with a surplus of just over \$200,000 with reported net assets of \$888,791. The increase is a reflection of the reduction in CAND staff and the increase in revenue from the increase in membership.
- Future expenses are anticipated for a website upgrade, the continuation of the communications strategy "Better Health, Together" and additional staff.

Questions from the audience:

Does the CAND have any investments? Yes, the CAND has invested in a short term GIC.

Can the CAND speak to the difference in the website expenses from \$10,000 to \$30,000? The CAND undertook extensive updates to the backend of the website in 2022 and, there was an attempted hack of the site. The hacker was not able to access any important information but was able to disable some sections of the website that resulted in a cost to the CAND to rebuild those sections.

Appointment of the Auditor

Dr. Zeifman, ND requested a motion from the floor for the appointment of the auditor.

Motion: Dr. Iva Lloyd, ND, moved that Kriens – LaRose, LLP, Chartered Accountants, or an auditor as otherwise determined by the CAND Board Executive be appointed auditor for the CAND. Dr. Verna Hunt, ND seconded. One member was opposed and eight members abstained. Motion carried.

Election of Board Directors

Dr. Fontes, ND provided the remaining terms for current Board Directors:

Dr. Jatish Kaler, ND (AB) – 2 year term
Dr. Tara Lantz, ND (NS) – 2 year term
Dr. Valerie Penton - Power, ND (NFLD) – 2 year term
Dr. Renée Purdy, ND (NB) – 2 year term
Dr. Robyn Prescott, ND (BC) – 2 year term
Dr. Mitchell Zeifman, ND (ON) – 2 year term

Two current Board Directors, have completed their terms and are standing for re-election for another three-year term in accordance with section 4.02 and 4.05 of the by-laws.

Dr. Chris Ford, ND (BC)
Dr. Ann Grimwood, ND (BC)

There being two vacant Board Director positions, a Call for Nominations was sent out April 24, 2022 in accordance with section 4.03 of the By-laws.

One nomination was received: Dr. Garrett Bramall, ND (BC)

Dr. Fontes, ND requested a motion from the floor to elect the following NDs for a three year term:

Dr. Chris Ford, ND
Dr. Ann Grimwood, ND

Motion: Dr. Robyn Stanley, ND moved to elect Dr. Ford, ND, Dr. Grimwood, ND, for a three-year term. Dr. Steve McCrea, ND seconded. Two members abstained. None were opposed. Motion carries.

Dr. Fontes, ND called for a motion from the floor to elect Dr. Garrett Bramall, ND for a three year term.

Motion: Dr. Robyn Stanley, ND moved to elect Dr. Garrett Bramall, ND for a three year term. Dr. Mitchell Zeifman, ND seconded. None were opposed. Seven members abstained. Motion carries.

Dr. Fontes, ND congratulated the returning Board members and welcomed Dr. Bramall, ND to the CAND board.

Presentation

On behalf of the CAND Board, the Executive Director, CAND staff and members Dr. Mitchell Zeifman, ND presented Dr. Mark Fontes, ND with a Distinguished Service Award in recognition and appreciation for his dedication, hard work and leadership as a member of the CAND Board of Directors and as Board Chair.

Adjournment

There being no further business Dr. Fontes, ND asked for a motion to adjourn the meeting.

Motion: Dr. Garrett Bramall, ND moved that the meeting be adjourned at 11.58AM

Treasurer's Report

Dr. Robyn Stanley, ND, Treasurer

The 2023 audited financial statements and independent auditors' report are presented in this year's Annual Report which has been posted on the Members Portal of the CAND website under 'Knowledge Tools/AGMs and Webinars'.

Based on our strategic planning, the CAND focuses its' resources on five Core Customer groups (ND Membership, Student membership, Corporate Partners, Government Relations and Insurance). Each year, the CAND Board and staff develop a working budget based on the actual and projected revenues and expenses for the CAND programs for the year.

The CAND continued to work with Hill+Knowlton, our government relations/public relations firm, to advocate for the profession at the national level and to continue our 'Better Health Together' social media campaign implemented in 2020.

As announced in 2022, the CAND began the two year phase out of its Part Time membership category in 2023 by increasing the dues for Part Time by \$99. In addition the Second Year dues were reduced by \$51. All other categories were unchanged. The CAND is proud to provide the same level of support and services to all members regardless of level. The CAND had not amended its due since 2009.

To ensure ongoing fiscal responsibility, the CAND continued to budget conservatively in 2023, reducing expenses while returning to a six - month operating reserve. As reflected in the audited financial statements, the CAND finished 2023 with a net surplus of \$244,032. The Statement of Financial Position reports unrestricted net assets of \$1,132,823 as at December 31, 2023. The increase is a reflection of the reduction in staff time due to implemented time savings efficiencies, the increase in revenue from the change in membership categories and, an increase in membership.

Canadian Naturopathic Foundation

The CAND continued to provide administrative support for the CNF during 2023.

THE CANADIAN ASSOCIATION OF NATUROPATHIC DOCTORS

FINANCIAL STATEMENTS DECEMBER 31, 2023

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37 Main Street
Toronto, Ontario M4E 2V5

Tel. 416-690-6800
Fax. 416-690-9919

Web Page:
www.krienstarose.com

**To the Members of
The Canadian Association of Naturopathic Doctors Report**

on the Audit of the Financial Statements

Opinion

We have audited the financial statements of The Canadian Association of Naturopathic Doctors, which comprise the statement of financial position as at December 31, 2023, and the statements of operations and changes in net assets and cash flows for the years then ended, and notes to the financial statements, including a summary of significant accounting policies.

In our opinion, the accompanying financial statements present fairly, in all material respects, the financial position of The Canadian Association of Naturopathic Doctors as at December 31, 2023, and the results of its operations and its cash flows for the year then ended, in accordance with Canadian accounting standards for not-for-profit organizations.

Basis for Opinion

We conducted our audit in accordance with Canadian generally accepted auditing standards. Our responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Statements section of our report. We are independent of The Canadian Association of Naturopathic Doctors in accordance with the ethical requirements that are relevant to our audit of the financial statements in Canada, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Responsibilities of Management and Those Charged with Governance for the Financial Statements

Management is responsible for the preparation and fair presentation of these financial statements in accordance with Canadian accounting standards for not-for-profit organizations, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, management is responsible for assessing the Association's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Association or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Association's financial reporting process.

Auditor's Responsibilities for the Audit of the Financial Statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Canadian generally accepted auditing standards will

always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

As part of an audit in accordance with Canadian generally accepted auditing standards, we exercise professional judgment and maintain professional skepticism throughout the audit. We also:

- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the Association's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by management.
- Conclude on the appropriateness of management's use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the Association's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the Association to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

KRIENS~LAROSE, LLP

KRIENS~LAROSE, LLP

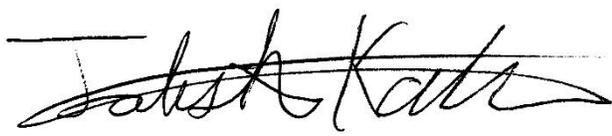
Chartered Professional Accountants Licensed Public Accountants

Toronto, Canada
May 22, 2024

STATEMENT OF FINANCIAL POSITION
FOR THE YEAR ENDED DECEMBER 31, 2023

	2023	2022
	\$	\$
ASSETS		
CURRENT		
Cash	716,290	1,066,647
Accounts receivable	4,210	1,093
Prepaid expenses	- 14,071	40,650
Government remittances receivable		-
	734,571	1,108,390
INVESTMENT (Note 2)	511,407	-
EQUIPMENT (Note 3)	823	1,645
	1,246,801	1,110,035

APPROVED ON BEHALF OF THE BOARD OF DIRECTORS:

 _____, Chair

 _____, Vice Chair

STATEMENT OF FINANCIAL POSITION
FOR THE YEAR ENDED DECEMBER 31, 2023

	2023	2022
	\$	\$
LIABILITIES		
CURRENT		
Accounts payable and accrued liabilities	64,871	53,820
Deferred revenue (Note 4)	49,107	166,602
Government remittances payable	-	822
	113,978	221,244
NET ASSETS		
Unrestricted net assets	1,132,823	888,791
	1,246,801	1,110,035

**STATEMENT OF OPERATIONS AND CHANGES IN NET ASSETS
FOR THE YEAR ENDED DECEMBER 31, 2023**

	2023	2022
	\$	\$
REVENUES		
Membership fees	916,024	802,721
Product endorsement	35,720	26,680
Interest and sundry	38,047	12,779
Publications	11,050	16,920
Marketing Income	3,150	2,000
Program fees	-	510
	1,003,991	861,610
EXPENSES		
Professional fees	256,349	187,994
Wages and benefits	145,355	156,701
Rent	83,613	78,657
Publications	74,200	76,913
Office and general	53,586	34,938
Website	45,873	33,764
Board of Directors	33,402	18,055
Visa fees	15,898	23,430
Repairs	13,843	7,345
Telephone and Internet	10,840	9,967
Meals and travel	9,748	1,593
Other expenses	6,061	-
Printing	3,700	3,660
Insurance	3,399	3,707
Conferences	3,269	11,074
Amortization	823	846
Public education	-	425
Contribution	-	750
	759,959	649,819
EXCESS OF REVENUES OVER EXPENSES FOR THE YEAR	244,032	211,791
NET ASSETS, BEGINNING OF YEAR	888,791	677,000
NET ASSETS, END OF YEAR	1,132,823	888,791

See accompanying notes to the financial statements

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED DECEMBER 31, 2023

	2023	2022
	\$	\$
CASH WAS PROVIDED BY (USED IN):		
CASH FLOWS FROM OPERATING ACTIVITIES		
Cash receipts from membership fees	795,412	742,259
Cash receipts from publications	11,050	16,920
Interest received	38,047	12,779
Other cash receipts	38,870	29,190
Cash paid to suppliers and employees	(722,329)	(681,281)
	161,050	119,867
CASH FLOWS FROM INVESTING ACTIVITIES		
Proceeds (purchase) of GIC	(511,407)	-
Proceeds from bonds	-	1,000
Change in cash	(350,357)	120,867
Cash, beginning of year	1,066,647	945,780
Cash, end of year	716,290	1,066,647

*See accompanying notes to the financial statements

PURPOSE OF THE ORGANIZATION

The Association is the professional Association for Naturopathic Doctors in Canada. The Association is incorporated under the laws of Canada as a not-for-profit organization without share capital. The vision of the Association is to be a strong voice in Canadian healthcare and to ensure the optimal health of Canadians through the active promotion of the art and science of naturopathic medicine and the advancement of its practice.

The Association is a not-for-profit entity under the Income Tax Act (Canada) and as such, is exempt from the payment of income taxes under section 149(1)(l) of the Income Tax Act (Canada).

8. SIGNIFICANT ACCOUNTING POLICIES

The financial statements were prepared in accordance with Canadian accounting standards for not-for-profit organizations in Part III of the CPA Handbook and include the following significant accounting policies:

Financial Instruments

The Association initially measures its financial assets and financial liabilities at fair value. The Association subsequently measures all its financial assets and liabilities at amortized cost. Changes in fair value are recognized in the statement of operations.

The financial assets measured at amortized cost include cash and accounts receivable. Financial liabilities measured at amortized cost include accounts payable.

Use of Estimates

The preparation of financial statements in accordance with Canadian accounting standards for not-for-profit organizations requires management to make estimates and assumptions that affect the reported amounts of assets and liabilities and disclosure of contingent assets and liabilities at the reporting date and the reported amounts of revenues and expenses for the reporting period. Actual results could differ from these estimates. These estimates are reviewed periodically and adjustments are made, as appropriate, in the statement of operations in the year they become known.

Cash and Cash Equivalents

Cash and cash equivalents consist of cash on hand and fixed income investments with maturities of less than 90 days.

Continued...

1. SIGNIFICANT ACCOUNTING POLICIES (Continued)

Prepaid Expenses

Prepaid expenses are recorded for goods and services to be received in the next fiscal year, which were paid for in the current fiscal year.

Equipment and Amortization

Equipment is stated at acquisition cost. Amortization is provided on a straight-line basis at the following annual rates:

Computer equipment	5 years
Furniture and fixtures	5 years

Where equipment no longer has any long-term service potential to the Association, the excess of their net carrying amount over any residual value is recognized as an expense in the statement of operations.

Revenue Recognition

The Association follows the deferral method of accounting for contributions. Unrestricted contributions are recognized as revenue when received or receivable, if the amount to be received can be reasonably estimated and collection is reasonably assured.

Membership Fees

Annual membership fees are recognized as revenue when invoiced except for those fees pertaining to the following fiscal year, which are recorded as deferred revenue.

Other Revenues

National awareness contributions, publications, product endorsement, sundry, and program fees are recognized as revenue when received or receivable, if the amount to be received can be reasonably estimated and collection is reasonably assured. Fees received in advance of the year of service are recorded as deferred revenue.

Investment Income

Realized investment income are recognized as revenue when earned. Unrealized gains and losses are recognized as revenue in the period in which they arise.

Donated Property and Services

During the year, voluntary services were provided. Because these services are not normally purchased by the Association, and because of the difficulty of determining their fair value, donated services are not recognized in these statements.

Continued...

2. INVESTMENTS

2023 \$	2022 \$
GIC, 5.55%, matures January 5, 2025	511,407
	-

3. EQUIPMENT

2023	2022		
Accumulated \$	amortization \$	Accumulated Cost \$	Cost amortization \$
Computer equipment	46,029	45,206	44,384
Furniture and fixtures	7,174	7,174	7,174
	53,203	52,380	51,558
Net book value	823	1,645	

Continued...

4. DEFERRED REVENUE

The deferred revenue consist of the membership fees received in advance of the year of service.

5. RELATED PARTY TRANSACTION

Fees of \$63,279 (2022: \$42,953) for services rendered were paid in the fiscal year to an individual related to the Executive Director of the Association. The services were approved by the Board of Directors and were provided in the normal course of business.

6. COMMITMENTS

Office Lease

The Association is committed to minimum rentals under a long-term lease for premises for the period February 1, 2024 to January 31, 2029. Minimum rental commitments remaining under this lease approximate \$213,000 as follows:

2024	\$42,000
2025	\$42,000
2026	\$42,000
2027	\$42,000
2028	\$42,000
2029	\$3,000

The Association is also responsible for its share of operating costs, which are estimated at \$40,000 for 2024.

Continued...

7. FINANCIAL INSTRUMENTS

The Association is exposed to various risks through its financial instruments. The following presents the Association's risk exposures and concentrations at December 31, 2023.

Credit Risk

Credit risk is the risk that one party to a financial instrument will fail to discharge an obligation and cause the other party to incur a financial loss. The Association's credit risk would occur with their accounts receivable. Actual exposure to credit losses has been minimal in prior years. The allowance for doubtful accounts is \$0 (2022: \$0).

Liquidity Risk

Liquidity risk is the risk the Association will encounter difficulties in meeting obligations associated with financial liabilities. The Association is exposed to liquidity risk mainly in respect of its accounts payable. The Association expects to meet these obligations as they come due by generating sufficient cash flows from operations, and from unrestricted net assets. There has been no change in the risk assessment from the prior period.

Market Risk

Market risk is the risk that the fair value or future cash flows of a financial instrument will fluctuate because of changes in market prices. Market risk comprises three types of risks: currency risk, interest rate risk and other price risk.

Currency Risk

Currency risk is the risk that the fair value or future cash flows of a financial instrument will fluctuate because of changes in foreign exchange rates. The Association is not exposed to foreign currency risk.

Interest Rate Risk

Interest rate risk is the risk that the fair value or future cash flows of a financial instrument will fluctuate because of changes in market interest rates. The Association has a low interest rate risk.

Other Price Risk

Other price risk is the risk that the fair value or future cash flows of a financial instrument will fluctuate because of changes in market prices (other than those arising from interest rate risk or currency risk), whether those changes are caused by factors specific to the individual financial instrument or its issuer, or factors affecting all similar financial instruments traded in the market. The Association is not exposed to other price risk.

Government Relations Report

By: *Committee Chair: Dr. Jatish Kaler, ND, Board Chair
Shawn O'Reilly, Director of Government Relations
Laura Grossman, Hill + Knowlton Strategies*

Last year, we saw a renewed effort to tackle some of Canada's biggest and most considerable challenges out of the COVID-19 pandemic. As we know, the pandemic exposed major weaknesses and flaws in Canada's healthcare system, whether that be outdated drug legislation, access to cannabis or providing our most vulnerable with the type of health care support needed and deserved. As a result the government has signaled a willingness to explore solutions for everything opening up opportunities for the CAND.

While the profession continues to battle ongoing doubts and pressure from some other practitioners in the medical field who choose to be territorial rather than look to expand access for all Canadians to their desired type of primary care 2023 was a busy and exciting year for the CAND's Government Relations efforts. The team met with the Minister of Health's Office numerous times, being engaged for comment and background on a variety of policy topics including medical cannabis use, the proposed cost recovery for natural health products and the addition of NDs to the list of practitioners able to prescribe substances under the Controlled Drugs and Substances Act.

After frequent meetings with the Minister of Veteran's Affairs and an extensive and detailed explanation of need, the Minister announced an increase in insurance coverage for veterans who wish to seek Naturopathic Doctors care. This \$200 annual increase to the Public Services Health Plan became active in July of 2023. The CAND continues its engagement with the Minister's Office to represent the need for increased attention and coverage for Canada's Veterans as well as the inclusion of an ND on the departments Benefits Review Committee.

In 2023 the CAND was also represented at the Chiefs Assembly of Ontario wherein a motion was moved and passed to call on the federal government to expand the current health care coverage provided to indigenous peoples to include access to naturopathic medicine.

The Ontario Assembly, with support from Chief Duncan Michano of Biigtigong Nishnaabeg First Nation, then took this motion to the Assembly of First Nations General Assembly in the fall, where it was expected to be adopted. Unfortunately due to issues at the Assembly the motion did not make the floor and will be presented at the next Assembly July 9 – 11th in Montreal. It is expected to pass.

This major development in one of the CAND's priority areas represents years of relationship building, good will, and hard work by the team; and should not be underrated. In essence, this movement will ultimately result in the nation's highest indigenous representatives calling on the federal government to improve access to primary care options determined by the individual.

Health Canada's proposed cost recovery fees for natural health products (NHPs) was released in May of 2023 and very quickly became the focus of the CAND's GR team.

Together with allied stakeholder like the CHFA, the CAND pushed back vigorously against the proposal with Health Canada, the leaders of all parties, Members of Parliament (MPs) and the Natural and Non-Pharmaceutical Health Products Directorate (NNHPD). We initiated a letter writing campaign preparing letter templates for members and their patients to use and prepped NDs to meet with their local MP's. The response was overwhelming as MP offices and government officials were flooded with letters from concerned Canadians.

Cost recovery and its impact on access to NHPs quickly became the number one topic on the Hill and in the House of Commons. As a result, Health Canada went back to the drawing board and revised its proposal substantially reducing the proposed fees. While it was a win for stakeholders concerns continue regarding access to the products NDs must have in order to safely and effectively treat their patients. We have kept members advised on developments through communiques and materials posted on the Members Portal of the CAND website and will continue to do so moving forward. We will also continue the dialogue with the Health Minister, the NNHPD, the opposition parties and MP's.

Last year also saw a major undertaking of the Ministry of Health to review the Cannabis Act. The CAND participated in the review of the Act in multiple forms including an official submission, as well as multiple meetings with both officials from the department and the Minister's identified policy lead in his office.

2023 set up this year, 2024 to be a successful one as we continue to work with our partner, Hill & Knowlton to deliver for Canada's Naturopathic Doctors and build on our collective successes into the coming years.

CAND Corporate Partners 2023

PLATINUM LEVEL

Atrium Innovations

Life Labs

GOLD LEVEL

BioClinic Naturals

Boiron Canada

Surgically Clean Air

TD Insurance

SILVER LEVEL

Bio Lonreco Inc.

DNAPower

TruBalance Healthcare

BRONZE LEVEL

Paisley- Partners Inc.