



Approved Board Meeting Minutes
Thursday May 16 @7 pm Location: Memorial Hall Basement

COMMON VISION: Together, creating a community where everyone has the opportunity and supports to flourish where they live, learn, work and play.

COMMON VALUES: Common values will guide our behavior, inspire our actions, and encourage conversation within every component of this community initiative.

Empowerment Sustainability Accessibility Best Practice Respect
Shared Responsibility “Nothing about us, without us” “It takes a village”

1. Call to order 7PM

Present: Lisa Lehmann, Allison Abbott-Wiebe, Wendy Durand, Diane Cohoe, Sheryl Reimer, Terra Huston, Susan Wepler, Deb Russell

Regrets: Rose Durupt, Carly Boklaschuk, Lorna George, Nancy Clearwater, Chantal Cheveir Lisa Dooley, Nancy Clearwater, Karen Tjaden

Agenda:

Welcome:

Chantal’s Land Acknowledgment edited for the group.

We reside on the homeland of Treaty One Territory; the traditional lands of the Anishinaabe, Cree, Oji-Cree, Dakota, and Dene Peoples, and on the homeland of the Métis Nation. We acknowledge this land has been negatively affected by colonization. This land offers immense beauty and provides us with clean drinking water, plentiful crop land, rolling hills, valleys, trees, bush, and wildlife. We respect this land and hope to preserve it for generations to come. We want to dedicate ourselves in learning about the mistakes and harms we have done, learn from them, and move forward in the spirit of reconciliation and collaboration.

Replace Oji-Cree with Anisinew Nations in future Land Acknowledgments

Moment of Focus – Press Conference

Wab Kinew May 1,2024 Memorial Hall

<https://news.gov.mb.ca/news/index.html?item=63279&posted=2024-05-01>

Pembina Valley Online - Interview with Karen Tjaden and Rose Durupt

<https://www.pembinavalleyonline.com/articles/provincial-investment-a-game-changer-for-carman-wellness-connections>



2. Approval of Agenda

Motion to approve amended agenda with the addition of numbering items under unfinished business and new business.

MOVED/SECONDED Wendy Durand/Susan Wepler

CARRIED

3. Approval of CWC – Board Meeting Minutes of March 21,2024

Motion to approve the minutes of Board Meeting April 18 ,2024 as circulated.

MOVED/SECONDED Allison Abbott-Wiebe/ Wendy Durand

CARRIED

4. Committee and Reports

4.1 Working Group reports – Food Security report to be added to Group Reports – Clarification on steps to submit planning events. Food Pantry to be included as a CWC partnership

4.2 Executive Officers Minutes: to be included starting June board meeting

4.3 AGM Committee – need people to cook supper reaching out to the Food Security group who look after Community Suppers

5. Financial Report

5.1 Address Requests for funding -No request for funding.

5.1.1 Board Trust – Building Trust \$2483.58

100,000 deposited for 1st year of provincial funding – signed agreement will be forwarded to CWC board.

Motion to approve the financial report as circulated prior to the meeting.

MOVED/SECONDED Wendy Durand/Susan Wepler

CARRIED

Unfinished Business

6. Boyne Book it Fun Run May 24-25,2024 – board members to contact Michelle Froese if they are interested in volunteering. Friday night volunteers : Lisa, Wendy & Regan, Allison. Saturday volunteers: Wendy& Regan, Lisa & Terra.

6.1 Bags and postcards – done

6.2 Volunteers

7. Volunteer Orientation – meet May 9 drafted a orientation package template to be used for recruiting and as an information package for new members. Duties split up and will meet again May 27 @ 6:30PM to finalize. Sheryl Reimer will create a questionnaire a on Canva and it will be forwarded to Allison and Susan



8. Immigration Conversation – postponed
9. Communication Policy – Social Media Diane will draft a social media guideline.
 - 9.1 Carman Fair/Pancake Breakfast – Wendy meeting with Nancy Swain Access Credit Union May 27th to ask what CWC obligations are. Terra is interested in attending with her.

New Business

10. Search Committee- to be emailed to the board suggested that same individuals interview candidate for consistency in the process. Terra – Lorna – Wendy are interested.
 - 10.1 Job Description – attached and email to CWC board
 - 10.2 Human Resource/Staff Contact – will need a contract for the new employee
11. Resignation/Nomination to fill vacant role
Lisa Lehmann has resigned from Co-Chair effective June1,2024 letter emailed to CWC board members

Motion to Nominate Karen Tjaden as co-chair as of May 16,2024

MOVED/SECONDED: Wendy Durand/Allison Abbott-Wiebe

CARRIED

12. Nominate new board members at AGM – Sheryl Reimer is interested. Interested individuals encouraged to come forward nominations to be brought forward at the AGM and voting to take place at the June 20th CWC Board Meeting.
13. Volunteer MB – Media Training
Carman Area Foundation – decided on Black pinnies- Black table clothes-One black and one white runners and white banner pop up sign. Lisa will confirm choices with Vanderveen Promotions

Sharing Resources

14. Tamarack-
15. Make Poverty History- no updates Rose will give update at next meeting
16. Approval of 2023 CWC Annual Report

Motion: To approve the 2023 CWC Annual Report as presented

MOVED/SECONDED: Wendy Durand/Allison Abbott-Wiebe

CARRIED

Wrap up and Adjourn Meeting

Next meeting: June 20,2024 7:00 PM at Memorial Hall Basement

Adjourned at 9:05 PM

Gathering at 6PM Discussion – Volunteer Orientation Package & AGM



Working Groups

Supporting Emotional Health

Small Town Run and Walk Crew Partnering with Affordable Recreation and Supporting Emotional Health gathering over the spring summer months on **Thursdays at 6PM** at the Ryall Park. Please join us to walk or run, enjoy the views, be active and learn and gather together! We look forward to seeing some local folks join us throughout the season with expertise on breathing and stress busting! There are always fun traditions Chris and Sheila have in place, including fun give aways and stopping in for Syl's Ice Cream.

You won't want to miss out.

Emotional Health Support Group – Consistent and regular support! Held the **last Wednesday of the month from 6:30- 7:30PM** all are welcome! Do you need emotional support to thrive and find balance?

No need to register but feel free to email cwc.emotionalwellness@gmail.com or call Lisa at 204-745-4358 with questions. Childminding and transportation available upon request.

Upcoming programming:

Talk.Ask.Listen. funded by DoMore **Ag June 19 2024 from 9am – 1pm** Lunch provided!

Louise Sanders is a Stress Management Trainer and the founder of The Stress Experts. She helps her clients become their own 'stress expert' by empowering them with scientific knowledge, practical skills, and self-help tools to reconnect to the power of their heart, tap into their true potential, and release emotional baggage so they can navigate through life with less stress and more happiness.

The Talk Ask Listen workshop was created by farmers for farmers.

Transportation -Nothing to report this month

Affordable Housing -Nothing to report this month

Affordable Recreation & Leisure

The Affordable Recreation and Leisure Working Group met on April 22, 2024.

Next meeting May 21, 2024.

BOWLING

Three bowling sessions for 18 people took place on Fridays March 28, April 12 & 26 x 1 hour.

Participants sign up in advance through personal contact by Committee members. There were 12 - 18 people who bowled. Healthy snacks were provided (oranges, apples, bananas).

The Bowling alley staff provided ice water and glasses.



Carman Wellness Connections

There were some new bowlers who were invited while attending the Community Supper and by referral (by Board members)

Carman 5 Pin Bowl has a portable ramp which was offered so that a participant in a wheel chair could access the lane to bowl. This individual was thrilled to be included and had not "bowed in years". There are also portable bowling "stands" for very young children to use , to guide the ball.

Participants want to know when Bowling will happen again. We plan to have a minimum of 3 sessions in the fall. The Working Group planned this activity to happen every other week on the same day & time to have consistency.

DROP IN ART

This activity continues on Tuesdays for Seniors - 11:30 - 1 pm. Some new people are attending. Drop In on Saturdays - 1 - 2:30 pm is well attended and sometimes requires 2 rooms to accommodate everyone. Susan usually participates weekly.

Nigel Bart always lets people know that Drop In Art is co-sponsored by GPAC & CWC.

UPCOMING ACTIVITIES

May and June - Introduction to Pickleball in Kings Park - tennis courts - to be advertised on the website & Face Book (still to be done)

Dates to be offered - Friday May 31 - 6:30 - 7:15pm, Saturdays June 1 & 15 @ 11 - 12:15 pm

POOL RENTALS

- 1 in June for 25 ppl Parents & Tots

-1 in July & 1 in August for 50 ppl

Dates to be determined

The Small Town Walk Run Crew has started meeting again on Thursday evenings - 6 pm in Ryall Park - 18 ppl participated

Our Working Group is open to suggestions and ideas.

Employment & Education

The Education and Employment group met a couple of times the last month and have planned an ID Day for May 23 at the library.

Limited registration forced the unfortunate cancellation of the four-day WEM workshop to be held this month. Plans are being made to meet in the next few weeks to try another strategy to bring WEM to Carman.

Food Security

Both vegetable stands will be running again this summer. We will have a new location for the South End stand. I will share the new address once confirmed.



We will be running the food currency program again this summer in conjunction with the Carman Farmer's Market. We are working on a list of participants for this year.

The Community Supper was held May 8th, hosted by DCS School. 65 people enjoyed homemade soup and buns and ice cream.

We are meeting again the beginning of July.

Food Pantry

Our last Food Pantry day was April 25. We had a total of 137 households registered and ordered for 145 from Harvest Manitoba. That Thursday, however, 160 showed up. We had more new households walk in than we have had previously, many of them were recent immigrants from a variety of countries. It clearly demonstrated to us the growing diversity and multi-cultural make-up of our community! Something to celebrate! I.e. the growing diversity, not the growing need.

We have approximately forty volunteers that show up every month. Without them, we would not be able to run the Food Pantry. We are planning a volunteer appreciation barbeque on Tuesday evening of June 4.

Some recent activities/decisions include:

- creating and purchasing a Carman Food Pantry logo for our new trailer, purchasing a cell phone plan and dropping our landline so that we can respond to calls in a more timely fashion, and purchasing Microsoft Business Office for our computer.
- this was our third time using the shopping- or choice-style of food distribution instead of hampers. It seems to be working well from both the volunteers and recipients' perspectives. We believe this creates less food waste, and more of the decision-making belongs to the recipient.
- we have partnered with the Handivan in providing rides for people who otherwise needed to have their hampers delivered. This way these recipients can choose their own groceries and they are also given an outing and opportunity to socialize. It has significantly decreased our need to find volunteer drivers to deliver hampers.
- a southern Manitoba radio station promoted our Food Pantry on their station one day, interviewing Terra Huston and being present for the day at Carman Co-op. Substantial donations were brought in that day. Co-op is considering other ways of supporting our Food Pantry.
- we have donation drop-off bins located at the library, Toews Printing and in several churches.

We are very grateful for all the help and support we receive through Carman Wellness Connections!

Evelyn Rempel Petkau

On behalf of the Carman and Area Food Pantry