



Unapproved Board Meeting Minutes

Thursday September 19,2024 @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”

Present: Allison Abbott-Wiebe, Julie Hesketh, Wendy Durand, Rose Durupt, Chantal Chevalier, Susan Wepler, Lorna George, Sheryl Reimer, Lisa Lehmann, Melissa Emerson-Froebe, Terra Huston, Karen Tjaden, Rick Beers

Regrets: Diane Cohoe, Nancy Clearwater, Mandeep Kaur

Agenda:

Welcome:

1. Call to order 7 PM
2. Reading of Visions and Common Values
 - 2.1 Karen read Phyllis Webstad’s book, the woman who’s story created the “orange shirt day”.

Land Acknowledgement

We reside on the homeland of Treaty One Territory; the traditional lands of the Anishinaabeg, Neheohowuk, Ininiwak, Anishinewak, Dakota, and Dene Peoples, and on the homeland of the Red River Métis. 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.

Moment of Focus

3. Approval of Agenda

**Motion to approve amended agenda as circulated.
MOVED/SECONDED Rick Beers/Lorna George**

CARRIED

4. Approval of CWC – Board Meeting Minutes of August 15,2024



**Motion to approve the minutes of Board Meeting August 15 ,2024 as circulated.
MOVED/SECONDED Julie Hesketh /Allison Abbott-Wiebe**

CARRIED

5. Committee and Reports

5.1 Working Group reports – circulated prior to the meeting

5.1.1 To request to add who submitted each working group report

5.1.2 Karen to split out Working group & Coordinator reports

5.2 Education and Employment requesting volunteers for ID Day October 24

5.2.1 Has four volunteers from CWC to volunteer

5.3 Community Service Volunteers

5.3.1 Lisa has a copy and Terra is interested

5.4 Executive Officers Minutes

5.4.1 Attendance & Regrets required to be added going forward. Last meeting was: Lorna, Wendy, Karen, Lisa, Diane

5.4.2 Julie H. Went to - PVLIP - Pembina Valley Local Immigration Partnership information session and brought handouts. Susan suggested for next meeting 6pm meeting to be for a video to watch about the PVLIP. PVLIP (Kevin Driedger) goes to healthy communities meetings every six weeks.

6. Financial Report

6.1.1 Reviewed financials, highlighted cheque register & each working group financials

6.1.2 Julie H. asked for an information session on how to read the financials

6.2 Address Requests for Funding (RFF)

6.2.1 CWC phone : Cell Phone, BellMTS - look into samsung & refurbished, inexpensive cases, non-profit cell phone plan, spend up to \$3,000 for three years

Motion to approve RFF upon available funding : Julie Hesketh/Terra Huston

CARRIED

6.2.2 E & E : \$2,043.55 for Oct. 24th - Roads to Success. Lunch ideas

Motion to approve RFF upon available funding: Lorna George/Julie Hesketh

CARRIED

6.2.3 Food Security : \$190 for freezer packs of veggies - Oct. 2

Motion to approve RFF upon available funding : Rose Durupt/Allison Abbott-Wiebe

CARRIED

6.2.4 Game Night with Adam : \$710 - Adam's time - 8 x 3 hr sessions, Play table, snacks

Motion to approve RFF upon available funding : Rose Durupt/Rick Beers

CARRIED

6.2.5 Supporting Emotional Health : \$75, Suicide Living Room Conversation - 3 participants

Motion to approve RFF upon available funding : Lorna George/Allison Abbott-Wiebe

CARRIED



6.3 Travel Allowance rate for non staff travel

6.3.1 No action as last meeting was discussed the same rate of \$0.54

6.4 Coordinator monthly expense account

6.4.1 To be reviewed by the H.R. Committee

6.5 Revised 2024-2025 Proposed Budget

6.5.1 \$100,000 Grant

Motion to approve 2024-2025 proposed budget : Lorna George/Rick Beers CARRIED

6.6 Consider establishing a financial committee

6.6.1 Interested parties to discuss with Lorna and to be decided at the next meeting or two

6.7 World River Day Table \$15

Motion to approve RFF upon available funding : Terra Huston/Julie Hesketh CARRIED

Unfinished Business

7. Communication Policy

7.1 Communication Team Meeting October 14 at 6:30 at the Memorial Hall Basement

7.2 Date to be adjusted as this is Thanksgiving Monday

7.3 Communication Committee - Tom Hamstra (member at large)

7.4 Will discuss communication policy within the committee

8. Search Committee – second position

8.1 Rose D. has excused herself from the In Camera meeting to discuss the search committee of the second position

8.2 Discuss hours and wages as well as title to be CWC Administrator to align with CWC Coordinator position

Motion to approve 2nd position and advertise as presented ; \$20 - \$25 / hour and 20 - 30 hours bi-weekly : Sheryl Reimer/Susan Wepler CARRIED

9. World River Day – September 21 from 12 to 4

9.1 Need Volunteers see link to email Lisa sent

10 Wrap Around High Fidelity as per email

10.1 Lisa to connect with boards regrets to provide more information

Motion to support moving forward with obtaining more information on the Wrap Around: Susan Wepler/Rick Beers CARRIED



New Business

11. Poverty Reduction Plan

12. Strategic Planning

12.1 Possibly to connect with Paige McCougall (contact with \$100,000) with regards to resources for strategic planning

12.2 Tamarack Proposal cost is \$8,600 to start

12.3 Community Futures, Volunteer MB, Impact for Health are other options

12.4 Pre-work on the table from the board

12.5 Ensure to have a finished product at the end

12.6 In person is preferred for the facilitation

12.7 Lisa & Chantal to look into options and a session in November 2024

Sharing Resources

13. Tamarack

13.1 September 10 Convener Meeting – Chantal. Chantal to provide the minutes

13.2 we have moved our subscription with Tamarack from Communities Ending Poverty but is now Network for Change

13.3 September 24 Check In - Lisa

13.3.1. Send Lisa answers to check in by Sept 20

13.4. Engage Fest October 29 and 30th - Lisa/ Chantal (With Southern Health)

13.5 Send 2 people to Engage Fest?

13.6 Melissa shared Tamarack story of session about Racism and emphasized that we have to be careful to ask for information because we need to see the information through and not leave the informant “hanging” and to cognizant of their time and sensitivity

14. Make Poverty History MB - no update

Wrap up and Evaluation of the Meeting

Motion to Adjourn meeting at 9:12 moved by Susan Wepler

Memorial Hall Basement

Gathering at 6:00 PM To be confirmed

Submitted by:

Sheryl Reimer

Karen Tjaden

(Recording Secretary)

(Meeting Chair)

Date: September 19, 2024



Working Groups

Supporting Emotional Health

We met August 19, 2024

Programs/ Events

Suicide Prevention Day - 10 September 2024 - SHSS campaign - Carman hosted 'Living Room Conversation' at The Back Door 1:30 - 3:00 pm

Supporting Emotional Health (SEH) – Support Group – the last Wednesday of every month at 6:30 pm – 7:30 pm at the Memorial Hall Basement (there is an elevator). We had 3 new people last month!!

Jolene Knight shared about breathing techniques

Looking for a speaker to touch on Childhood Trauma

Small Town Run and Walk Crew - All Paces (scooters welcome) all People – They meet every Thursday at 6pm at the Ryall Park kiddie corner to the Boyne Regional Library and walk and talk. Often new people join, but a good 12 that are regulars.

SEH Nature in the Park with Chris Larsen and Jolene Knight (yoga)– Tuesday Evenings September 24 - October 15 6:30-8pm

FYI

SHSS Crisis Line – call anytime you do not have to be in crisis – just need to check in with someone or to get support/ guidance for supports – 1-866-427-8628

Next meeting September 20, 2024 at 9am at the Memorial Hall Basement - Please join us if you have any ideas/ concerns about supporting the mental health of our fellow community members.

Affordable Recreation and Leisure

The Working Group met on September 4, 2024. Next meeting September 24th @ 6:30 pm to plan 2025 Budget & Activities.

POOL RENTALS - Carman Pool

We reviewed the 3 pool rentals (June 22, July 19, August 11)

Conclusion : It is a challenge finding 50 ppl so will book for 25 ppl only and not book rentals on Sundays. (There were limited times for rentals Saturday & Sunday mornings)

PICKLEBALL - Kings Park Tennis Courts

Three sessions in the spring. Three sessions in summer & fall - Saturdays August 10 & 17, and September 21. Attendance from 1 person to 4 ppl

Group of 3 women from St. Claude, 4 men from Morden (new Canadians)

Plan to repeat this activity in 2025

DISC GOLF - Kings Park

Facilitators: Jeremy McGill & Joel VanKoughnet

Dates: Wednesday August 14 @ 5pm - 13 ppl participated

Saturday September 7 @ 1pm - 5 ppl

+ 3(S, J & J)



Discussion with Jeremy & Joel regarding payment of mileage costs etc. They will send an invoice to CWC

Plan to repeat this activity in 2025

BOWLING - Carman 5 Pin Bowl

Three sessions of bowling for the Fall: Fridays @ 5:30pm x 1 hour October 25, November 8 & 22

DROP IN ART - Golden Prairie Art Council

Restarted in September: Tuesdays - 11 - 12:30pm, Saturdays 1 - 2:30 pm

SMALL TOWN WALK RUN CREW - Ryall Park

Thursdays @ 6:15 pm NO Walk/Run AFTER October will restart in Spring 2025

Education and Employment

The enthusiastic three met in August to continue plan finalization for our October 24th day of document assistance, information and learning. We are yet to settle on a captivating name but will reveal one soon.

We have 13 organizations, agencies and institutions signed up for that day and are waiting on a few more confirmations.

Affordable Housing

We have a meeting planned for September 18, 2024 and are excited to have Christina Maes Nino from Manitoba Non-Profit Housing Association joining us. We have asked the following to Christina: If you could address what constitutes truly affordable housing, and speak about rural housing initiatives, Cooperative housing and other alternatives for addressing housing need.

We continue to talk about the possibility of working with our municipal government and private developers to ensure some units of rent geared to income are incorporated - if you have any insights to share on that strategy that would be helpful! And of course, a general introduction to MNPHA and what membership provides would be helpful too.

Transportation

Nothing to report this month but planning to meet soon.

Food Security

No report

Food Pantry

Our summer has gone well and our client numbers have held steady the last couple of months at 160-170. Donations of food, beyond what Harvest Manitoba provides every four weeks, have been generous. We have received generous donations of fresh produce from a local market gardener as well as from other gardeners. Carman Co-op has been running a hunger bag program in which customers can purchase groceries to fill either a \$10, \$15, or \$20 bag. These bags have been coming in steadily.

The annual fall Drive Away Hunger campaign of FCC is being planned again this year together with Carman Co-op. Customers can make donations at the till from September 23 to October 5 and all donations will go to the Food Pantry. They are hoping to have a special thrust September 28 or October 5 as well.



We have purchased more carts for our Thursday Food Pantry day because we found clients were having to wait for carts to be freed up, resulting in a lot of congestion.

Our board is interested in having a conversation with the CWC executive concerning our vision for a place that can house CWC and its various community services including the Food Pantry under one roof. We know this is a vision of CWC as well and we would like to discuss together with you how we can push this vision forward.

I have registered our Food Pantry with the United Way directory of Services, Manitoba. It is a directory of all the provincial food banks as well as other community services. CWC may want to register with them as well.

Coordinator Report

Started September 3; current office hours Tuesdays and Fridays 8:30 - 4:30.

I have just been trying to get myself organized.

- Ordered Furniture - some has been delivered - just waiting on the desks
- Lots of replying to emails.
- Executive Meeting
- Suicide Prevention Day - met with Julie
- Interview with Candace Derksen
- Community Supper
- Tamarack EngageFest
- Tamarack Check In coming up September 24
- Planning volunteers for September 17 Fuel Days
- Planning World River Day
- Met with Karen McGill re services and resources



Carman Wellness Connections