

# Carman Wellness Connections – Board Meeting

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## Approved Minutes of Thursday, Sept. 9, 2021 7:00 - 8:30 pm

**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.

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Empowerment

Sustainability

Accessibility

Best Practice

Respect

Shared Responsibility

“Nothing about us, without us”

“It takes a village”

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**Present:** Lisa Lehmann (Co-chair) Debbie Iverson (Secretary), Susan Wepler, Wendy Durand, Allison Abbott-Wiebe, Darcy Redekopp, Terra Huston, Colin Hay, Darcy Redekopp

**Regrets:** Karen Tjaden, Lorna George, Beth Bartley, Rachel Siemens, Chantal Chevalier, Louise Duncan, Amy Johnson

1. Welcome:

- Land Acknowledgment: We acknowledge with respect the history, spirituality and culture of the Anishinaabe, Cree, Ojibway, Dakota and Dene Peoples with whom Treaty One was signed and the territory where we reside. We also honour the heritage and gifts of the Metis people. Under the terms of Treaty One, we now share the responsibility of caring for the earth, sky and water where we pledge to create a sacred space of welcome where all might find a home.
- Moment of Focus – Comments from a Vegetable Stand participant: We use the veggie stand all the time, my boys and I love it!! The boys love when I can send them to the stand, makes them feel like they are helping out. I love that it cuts down on waste and that at this time of year I don't have to worry so much about getting fresh veggies especially when fresh is usually so expensive, and not everyone has the space or time that having their own garden would require. It also teaches my boys about “sharing the wealth” If have extra of something pass it along. Pay it forward. It has also given us the opportunity to try some new things. We have discovered we love zucchini.

2. Approval of Agenda

Addition to agenda:

7.3 CWC Board Member Update

**Motion: To approve agenda with addition.**

**Moved/Seconded by: Susan Wepler, Darcy Redekopp**

**CARRIED**

3. Approval of CWC – Board Meeting – May 20, 2021.

**Motion: To approve minutes of May 20, 2021 as circulated.**

**Moved/Seconded by: Debbie Iverson / Allison Abbott-Wiebe**

**CARRIED**

#### 4. Working Group Reports:

##### 4.1 Supporting Emotional Health

- 4.1.1 Request for Donation to ADAM for their work specifically “Carman Area Cohorts” at no cost. Have been 3 sessions in the past year, with approx. 5 individuals per session. Board directed the donation to come from the DAS funding. Going forward, the Board recommended that should further donations be considered, the Working Group should plan to include in their action plan an amount for annual donation to ADAM to support the sessions they provide for our community residents.

**Motion: To provide a onetime donation of \$300 to ADAM to support the work that they have done for the Carman area residents over the past year.**

**Moved/Seconded by: Lisa Lehmann/Wendy Durand**

**CARRIED**

##### 4.1.2 Upcoming fall workshops:

- 4 session - Art Therapy Class (on ZOOM) with Chris Larsen – Starting Sept. 30, runs 4 consecutive Thursdays
- 4 Session Writing Course “Writing from the Well” with Heidi Hunter. – Starting Saturday Nov. 6, runs 4 consecutive weeks.
- Courses available through ADAM (Anxiety Disorders Association of Manitoba) available to Carman area residents with registration through ADAM:
  - C4C Coaching for Confidence – (on ZOOM) facilitated by Tami Giesbrecht, for parents of children aged 3-12 years who have difficulty with anxiety. Starts Sept. 20 and runs for six Mondays.
  - Anxiety and Worry Support Program – free online program with Tami Giesbrecht, Starting Sept. 14 and runs for six consecutive Tuesday evenings.

4.2 Food Security – main focus has been the vegetable stand, and the Farmers Market Food Currency Program. Other projects did not proceed due to covid restrictions.

4.3 Community Resource List – 211 postcards and business cards now available. Debbie will distribute to some community locations that provide social/health services within our community. Made available to Board members following the meeting.

4.4 Education & Employment – Continuing the planning for a resume workshop. Have contacted some potential facilitators which the working group will be reviewing. Board suggestion that Regional Connections may be a source for a facilitator as well.

##### 4.5 Communication Support Team

- CWC Logo – 3 options presented. Appreciation to Jackie Leyenhorst for her work and creativity in the development of the logo options.

Comments:

- Needs to be instantly recognizable
- One set of colors and able to print in black and white as well.
- Would like it to convey the message of addressing poverty so that the community at large does not think we are just about health and wellness.
- Need to balance the size of the text of the CWC and Carman Wellness Connections so that the full name is more prominent.
- Majority like both 2 and 3 with some revision to reflect the above comments.

**Next Steps:**

- ✓ **Lisa will contact Jackie to make revision to Option 2 and 3 to be reviewed by the Communication Support Team.**
- ✓ **Board authorizes the Communication Support Team to make final decision as to which logo option to present to the Board.**

- CWC website /Social Media – Debbie is continuing to work with Matt Kenyon in the development of the Website and Social Media. Will not launch until we have the CWC logo in place.  
**Need to have at least one other person to work with Debbie for social media/website posting and keeping them updated on an ongoing basis.**
- **The Carman Community Health Center can now post electronic info on the waiting room TV. Which would include any posters, info from CWC – Board and Working Groups. Working Groups can send the electronic information to Debbie (Secretary), who will forward to the clinic for posting.**

#### 4.6 Affordable Recreation & Leisure –

- There were four pool rentals booked for Carman Wellness Connections. Applications to the Linear Grain Fund were submitted through The Carman Area Foundation for funding to cover the pool rental costs. 2 x 25 persons - \$180                      2 x 50 persons - \$240

All applications were approved and funding was forwarded to the Town of Carman. Invoicing for pool rental was submitted to Town of Carman.

Two Pool rentals for up to 25 people; Sunday July 11th (6:30 -7:30pm) – 21 participants and Friday August 6th (8:15 - 9:15pm) – 19 participants. The lifeguard, Alexis, reviewed the safety rules. Prior to the pool rental, family members met in King's Park at 6:45pm for games of soccer, frisbee and a slackline between 2 trees. Everyone tried walking on the line.

The pool rentals for up to 50 people were on Sunday July 18th (6:30 - 7:30pm) – 49 registered/37 Attended. Friday August 13th (8:15 - 9:15pm) – 33 participants.

The targeted groups were referred through the Grocery Assistance Program, Food Currency Program and newcomers to the community.

Notes of Thanks given to: pool staff, Linear Grain – Ross & Sandy McKnight, and will be sent to CAF and CDRC.

#### **Evaluation:**

- ❖ all participants seemed to enjoy the pool rental swims
- ❖ A noon swim time would be preferred for families with young children
- ❖ We made great efforts to fill the swim spots. It can be disappointing if persons commit but then do not attend.

#### 4.7 Affordable Housing – no report

**Going Forward, Working Groups will be asked to submit a written report to Debbie prior to the Board meeting, which will be circulated with the agenda so that Board members have a chance to review prior to the Board meeting to come prepared with their comments or questions. This is being done to maximize our Board meeting time to address all agenda items in a timely manner. Debbie will send out a reminder for monthly report to Working Group Leaders prior to distribution of the Board meeting agenda.**

5. Make Poverty History Update – check out the site for information. Video Desiree McIvor can be found here to listen to her story – <https://youtu.be/J9P47Pj7ijE>

*"With Harvest and welfare and my kids, I've gained so much. I'm not ever going to stop volunteering here. ... I don't think I'd be able to get a job either, because of my seizure disorder. ... After my rent and hydro paid, I'm reduced to \$100 a month, and I'm supposed to try and live."*

6. Financial Report – Presented by Debbie (in Lorna's absence) as circulated. Lorna asked that anyone charging an item to CWC must make sure to record their name and the Working Group/Project on the invoice.

**Motion: To accept the year to date financial report as circulated.**

**Moved/Seconded by: Terra Huston/Susan Wepler**

**CARRIED**

7. CWC Admin:

7.1 Carman Area Foundation (CAF) proposal: CWC Executive Committee (Karen Tjaden, Lorna George, Lisa Lehmann) and Wendy Durand met with the Carman Area Foundation Executive Director twice following the AGM. Recommendations from these meetings:

- CWC has a need for immediate funds to support ongoing admin costs, programs and projects. Suggest CWC establish a fundraising committee to work with the Communication Support Team to develop a story in the development of a fundraising campaign for immediate funds.
  - CWC continue to submit annual grant application to CAF and Town/RM budget planning for short term/project funding. To accurately assess the CWC funding needs, as much as possible the Working Groups and Board need to begin work to identify their 2022 budget needs for projects, to include those plans for grant applications.
  - CAF Executive Director suggested CWC consider setting up a specific fund with the CAF as a long-term option. The fund requires a minimum balance of \$10,000 (funds in perpetuity). If you establish a fund it would generate \$400 a year, or as per the established annual amount set by CRA. More money in the account would allow for more annual dollars. To start a fund – called an emerging fund, the CAF Board could approve us to start a fund and be able to raise it in a set time (ie 5 yrs). No annual pay out until we have reached the \$10,000 funding amount. Need at least \$1000 to start the fund. There is a template for a signed agreement. Currently there is an anonymous CAF donor who wants to provide to our Carman Wellness Connections, so this could go towards raising our \$10,000 fund. The CAF can work out a seeding agreement that if approved, the CAF could dedicate an amount each year from the general fund to the CWC fund. Some designated funds already within the CAF may choose to put funding into the CWC fund.
  - We can use the funds generated from the long-term fund where we need it, could help to cover some of our admin costs.
  - A CWC Fund within the CAF would allow donors to make donations now and receive a tax receipt which might be an incentive for larger donations which we are not able to attract until our charitable status is confirmed, (which is still being reviewed by CRA)
  - A CWC Fund within the CAF can give credibility to our organization and might attract larger corporate donors and donations who want to make a long-term investment through endowment.
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- Steps required if we wish to pursue:  
Need a motion from this board to proceed with an emerging fund and let CAF director know to put it on the CAF Board agenda. CAF – Board meeting occurs on Sept. 13, 2021, and our request would need to be brought to their board for approval.

**MOTION:**

**The Carman Wellness Connections organization agrees to invest \$1000 to establish a CWC fund within the Carman Area Foundation, requesting the use of the “emerging fund” option of securing the minimum \$10,000 contribution within 5 years in the Fund.**

**Moved/Seconded by: Wendy Durand /Terra Huston**

**CARRIED**

7.2 Wrap Around – Supporting Students Mental Health. Philosophy where people are trained to facilitate the program in the community. Program helps individuals with need, to identify team members based upon their need. Creates a community hub of support for the individual. Facilitator helps individual to develop goals. Wrap around is always voluntary, not mandated. There are people in our community who are already trained in this. Borderland SD has taken a lead in their community, and have received some government funding to meet needs of individuals outside of the school reach. Altona will be doing some training for facilitators this fall.

**Next Steps:**

- ✓ Lisa has some literature that will be sent with minutes for Board members to review.
- ✓ Will discuss further at our next meeting.

7.3 Board Membership Update –

- Chantal Chevalier, and Sheena Nakonechny have requested to be ex-officio.
- Carol Brown does not wish to continue as a Board member at this time.
- Janet Fowler would like to serve as Board member for another term.

**Motion: To approve Janet Fowler as a Board member for another term.**

**Moved/Seconded by: Debbie Iverson /Susan Wepler**

**CARRIED**

8. Correspondence – Report from Matt Kenyon – United Church Summer Student. Debbie will email a copy to the Board members.
9. Next Meeting: Oct 7, 2021 1:00 pm - 2:30 pm
10. Adjournment – meeting adjourned at 9:00 pm