

Carman Wellness Connections – Board Meeting

Box 1406 Carman, Manitoba R0G 0J0

Email: carmanwellnessconnections@gmail.com

Approved Minutes of Thursday, Nov 18, 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.

Empowerment Shared Responsibility	Sustainability “Nothing about us, without us”	Accessibility	Best Practice “It takes a village”	Respect
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Present: Karen Tjaden (Co-chair), Lisa Lehmann (Cochair), Lorna George (Treasurer), Debbie Iverson (Secretary), Susan Wepler, Wendy Durand, Rachel Siemens, Allison Abbott Wiebe, Terra Huston, Colin Hay
Regrets: Nancy Clearwater, Cecile Affleck, Beth Bartley, Louise Duncan, Darcy Redekopp

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 – nothing to share.

2. Approval of Agenda

Motion: To approve the agenda as presented.

Moved/Seconded by: Lisa Lehmann / Susan Wepler

CARRIED

3. Approval of CWC – Board Meeting minutes – Oct 7, 2021.

Motion: To approve the minutes of Oct 7, 2021

Moved/Seconded by Debbie Iverson / Lisa Lehmann

CARRIED

4. Working Group Reports: Written Reports circulated prior to the meeting and attached to minutes.

Questions/Comments from the Board:

- Communication Support Team – Email distribution list to distribute working group info to community – ie posters, events, activities. Will trial distribution through the Communication Support Team through Debbie at this point in time and Communication Support Team will discuss process further at their next meeting.
- Food Security – report presented from Edith Rook re: Food Currency Program. Will be included in the Working Group report.
- Appreciate having the written reports prior to the meeting.

5. High Fidelity Wraparound –

- Program discussed at last meeting, with invitation for Board members to consider and contact individuals who might be interested in taking the training. No response of interested individuals.

- Sense that there is just not the capacity to take this on at this time as it requires a fair amount of commitment. Definitely something to be reconsidered in the future.

6. Community Resource Centre

6.1 Available space –

- Potential for space in lower level of Memorial Hall, lots of potential for a Community Resource Centre/Drop In and shared space with other organizations. Would be a Community Resource Hub for the community. Board toured the space with unanimous support to pursue use of space with Town of Carman.

Motion: CWC to draft a letter with an expression of interest to Town of Carman to develop an agreement for shared space in lower level of Memorial Hall.

Moved By/Seconded by: Wendy Durand / Terra Huston CARRIED

Next Steps:

- ✓ **Karen will contact Cheryl Young to see what is needed to confirm our interest in proceeding with the use of the space.**

6.2 Proposal for Community Resource Centre in Carman - review of information circulated.

- Carman United Church Pilot Project - Carman United church – received a Grant to partner with Carman Wellness Connections to explore and develop a Community Resource Centre model.
- The United Church board has approved and supports the idea of a pilot project using United Place with some church staff for a specific time period to run the pilot project with plans to transition to CWC for long term oversight, space, and staffing.
- CWC Board excited for this opportunity to partner to move forward on our vision for a Community Resource Centre.
- CWC representatives to be included on the Pilot Project Planning Team – Debbie Iverson, Susan Wepler, Rachel Siemens, and Terra Huston volunteered to join the planning team.
 - Lisa interested in volunteering when the pilot project is up and running.
- May be opportunity to use some of the Healthy Living Grant funds towards this pilot project – ie volunteer training, programming, once we know what funds will be needed for the Working Group projects next year.

7. Make Poverty History Update - reviewed as circulated.

8. Financial Reports

8.1 Year to Date Financial Report as circulated.

- Have not received all funds yet from DAS, but it should be coming.
- SEH costs to date – can be reimbursed through DAS rather than using funds from Healthy Living Grant, so that Healthy Living funds can be used for other areas.

Motion: To approve year to date financial report

Moved/Seconded by: Lorna George/ Susan Wepler Carried

8.2 2022 Proposed Budget Update – Initial draft presented.

- SEH – has also submitted their action plan to DAS as a funder so they will be aware of the funding needs.
- To include the Community Navigator salary/benefits in the amount of \$30,000
- To include the space with note re in kind support from the Town of Carman
- Food security Working Group still needing to provide their funding needs.

Next Steps: Lorna will make revisions to the draft and circulate to the Board for approval via email.

8.3 Grants

Town/RM funding request:

- Draft funding request letter to Town/RM reviewed.

Next Steps;

- ✓ **Wendy to check with Cheryl as to level of detail required in the funding request. has drafted a letter.**
- ✓ **Board members to send any suggested editing to Wendy via email .**

- CAF funding request – Deferred to Dec. meeting

8.4 Creation of a Fundraising Committee – Defer to next meeting.

9. CWC Admin:

9.1 Charitable Status Update – follow up letter sent today.

10. Correspondence

10.1 CCEC Net – Information circulated. Board to check out their website for more information to consider if CWC should become a member of this organization. To review feedback at next meeting.

11. Next Meeting – afternoon meeting – Dec. Thurs. 9, 1:00 pm

Location: Lower Level Memorial Hall to be confirmed.

12. Adjournment Lorna George /Lisa Lehmann – 8:46 pm

Carman Wellness Connections

Working Groups/Communication Support

Monthly Report- Nov. 18, 2021

1. Supporting Emotional Health:

- Workshops Completed:
 - Art Therapy Free ZOOM workshop with Chris Larsen Sept 30 to Oct. 21 – 11 participants
 - C4C Coaching for Confidence Free ZOOM program Sept. 20 – Oct. 25
 - Facilitated by Tami Giesbrecht, Anxiety Disorders of Manitoba (ADAM)
 - Anxiety & Worry Support Program – Free online program Sept. 14 – Oct. 19
 - Facilitated by Tami Giesbrecht, Anxiety Disorders of Manitoba (ADAM)
 - Writing from the Wall with Heidi Hunter – Free ZOOM Course, Cancelled due to late participation. Did end up with enough but they had not registered before decision was made to cancel.
- Reminder about the Community Connections Support Line – to encourage individuals if needing to talk to a caring volunteer. Phone: 204-750-8301.

2. Food Security:

- Community Vegetable Stand now closed for the season. Lots of positive feedback. Will keep the stand at the current location for the winter.

3. Education & Employment:

- Have developed a common talking point to help encourage people to join our working group. We have 16 potential folks on our list and have begun these conversations. No activities have occurred in October. No activities or programs planned for November.

4. Affordable Recreation & Leisure: No Report

5. Affordable Housing: No report.

6. Community Resources:

- Have ordered more 211 Manitoba business cards.

7. Communication Support Team:

- Webpage Development: Will plan to showcase to the CWC Exec, Working Group Leaders and Communication Support Team on **Saturday Nov. 27 (time TBD)** (Any Board Member welcome to attend) then will complete final revisions in prep to go live for early Dec.
- Have developed an initial email distribution list for Board and Working Groups to distribute information to other community groups, organizations.
 - **Do we want to have one person from the Communication Support team do the distribution for all Working Groups, or would Working groups like to have the list and do their own distribution?**
- CWC Logo: Following our last board meeting, CWC logo – Option 3 was favored by the majority. There was some further feedback in regards to the subtext “Addressing Poverty” and addition of the working group names. This was further discussed by the Executive committee and feedback from Communication Support Team with the decision to go with option 3 with the CWC within the circle with Carman Wellness Connections at the side as it is with no “Addressing Poverty” text, but just the Working Group titles underneath in smaller font.

Rationale for this Recommendation: both the “Addressing Poverty” Text and then another line for the Working Group names could look too overwhelming and just having Addressing Poverty on the logo might not lend to people understanding how it might relate to them. Felt that if we have the option for the names of each of the working Groups under the name to use as needed, it really speaks to how we are Addressing Poverty and communicates more specifically what we are about. Recognizing the importance of our organizations mandate to address poverty, we would then be able to use our Purpose Statement “ Carman Wellness Connections Inc. exists to explore and achieve community solutions to address poverty and promote wellness in our community” on the website or even at the bottom of a poster or communication if we want to. For example on the webpage we are looking to have the logo and the Purpose statement, and Vision on the Home page.

 - **Jackie Leyenhorst is currently making individual Working Group file folders with the color and black/white options for each working group with poster template, and letterhead. She will also be making letter head /poster template for CWC Board which will not have a Working Group subtitle.**
 - See attached final logo design.