

# Carman Wellness Connections – Board Meeting

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## Approved Minutes of Thursday, May 20, 2021 1:00 – 2:30 pm - ZOOM Meeting

**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:** Karen Tjaden (Co-chair), Lorna George (Treasurer), Debbie Iverson (Secretary), Susan Wepler, Wendy Durand, Carol Brown, Louise Duncan, Allison Abbott-Wiebe, Darcy Redekopp, Beth Bartley

**Regrets:** Cecile Affleck, Colin Hay, Lisa Lehmann, Rachel Siemens, Amy Johnson, Nancy Clearwater, Terra Huston

### 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 – Reflection by Board members on the Common Value of Respect as we all experience the impact of the covid pandemic.
  - Different views require each one of us to respect each other’s view.
  - Respect and politeness required when discussing different views – doesn’t have to be either/or.
  - Respect requires collaboration and co-operation even when we have different views.

### 2. Approval of Agenda

**Motion: To approve agenda as circulated.**

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

**CARRIED**

### 3. Approval of CWC – Board Meeting - Apr. 22, 2021.

**Motion: To approve minutes of Apr. 22, 2021 as circulated.**

**Moved/Seconded by: Lorna George/Darcy Redekopp**

**CARRIED**

### 4. Working Group Reports:

#### 4.1 Supporting Emotional Health

Continuing to work on plan to promote the Support Phone Line.

#### 4.2 Food Security

- Representatives from Working Group and Carman Ministerial met with Shannon Vaughan, Marketing and Communications, Homestead Co-Op to learn more about the CO-OP Goodbye to Hunger initiative. May be opportunities for partnership in the future. Suggestion for this initiative for this year, to support donation of food items to the Family Resource Center.
- Meeting with Co-Op Food Store Manager and Denise Thiessen:  
Have not yet met with Co-Op Food Store Manager.

Met with Denise Thiessen from Morden Mennonite Church to learn about projects done in Morden – Drive through Food Hampers, Bags of Fresh vegetables (BAG program – Better Access to Groceries) Through use of Grant funding were able to offer approx. \$20 worth of vegetables for a cost of \$9 to individuals.

- Grow a Row Project and Vegetable stand – Some of the Working Group members will be promoting on Social media when stand is set up. Colin is making posters.

#### 4.3 Community Resource List – Nothing to report

#### 4.4 Education & Employment

- Updated Working Group Action plan was circulated to Board members.
- Met with Adult Education Center staff. Great opportunity for future collaboration. Space available onsite for short term courses such as interview prep, resume writing, etc.
- Beginning planning for a resume writing course – continuing to work on details and funding needs.
- Questions from the Board: As the Adult Ed enrollment is high right now with limited promotion locally, are we missing any of our local adults who are looking to obtain their GED?
- Is there something that could be offered during the summer months? School Division has a Teacher Idea Initiative Fund that may be a possibility for this.
  - ❖ **Louise Duncan will compile some ideas with Allison Abbott Wiebe to share with the Working Group.**
- Question raised as to need for English as an Additional Language classes for newcomers in partnership with Regional Connections. Suggestion made to invite a representative from Regional Connections to attend one of our Board meeting to provide update on what is needed for newcomers in our community.
  - ❖ **Susan will provide a contact name to Debbie to arrange for short presentation at a future board meeting.**

#### 4.5 Communication Support Team

- CWC Logo – Follow up to email to Board members re: change in plans for development of the CWC logo. No questions or concerns raised. Have two individuals who have expressed interest in working on a logo design, still working on confirmation.
- CWC website – Will be starting work on the website format at our meeting next week.
- Other social media set up will be looked at in the future as team gets organized.

#### 4.6 Affordable Recreation & Leisure

- Communication with pool manager about having water safety classes this summer pending covid restrictions, no date or cost known yet. Suggestion to contact Monica Halbesma, Safe Communities to see if it might also be a resource for this.
- Bike maintenance project currently on pause due to covid 19, still considering possible video or tic-tok format.
- Continuing to work on list of low cost/free rec activities in the community. Communication Support team will post the list on the CWC website once it is developed.
- Awaiting confirmation of the 2 individuals who had expressed interest in being on the Working Group, as more Working Group members would be greatly appreciated.

#### 4.7 Affordable Housing

- Have had 2 meetings of interested individuals to date.
- Will be meeting with Central Station – Housing Coordinator from Winkler next week.
- Exploring options for programs to purchase and/or renovate current MB Housing units in Carman so that empty units can be habitable once again.
- Exploring options for affordable down payments and mortgage options for individuals with low income to purchase housing.  
Board Suggestions/Questions:
  - There is a Habitat for Humanity Lot in Carman for a new build, however it requires some new people to initiate a building project.
  - May want to explore potential to partner with Mennonite Disaster Service for renovation projects as they have been doing some renovation projects in Manitoba due to covid restrictions to go elsewhere, this will probably be on a short term basis only.
  - Has the Working Group had any discussion about affordable housing for seniors?

5. Make Poverty History Update – Lorna/Karen  
 Make Poverty History Manitoba responding to the Provincial Poverty Reduction Strategy Update by advocating for some key Policies around:
  - ❖ Raising Minimum wage
  - ❖ 300 new social housing units over 5 years
  - ❖ Livable basic income
  - ❖ Need for systemic improvement.
 Encouraged Board members to check the website to lend a voice for advocacy.
  
6. Financial Report – Presented by Lorna George as circulated.  
**Motion: To accept the year to date financial report as circulated.**  
**Moved/Seconded by: Carol Brown/Allison Abbott-Wiebe** **CARRIED**
  
7. CWC Admin:
  - 7.1 Nominations for 2021-2022 Board Members  
 All Board members are to let Karen know by June 1, 2021 if they are planning on staying on the Board for another year, or two years so that we can determine if any election of Board members will be required at the AGM as we begin our process for annual Board member election going forward.  
 Board members can remain on as ex-officio if they do not wish to continue as elected Board members.
  - 7.2 Approval of the 2020 Annual Community Action Plan Report presented by Debbie as circulated.  
 Will add the Make Poverty History Manitoba website info in the Did you Know section.  
 Debbie to contact Terry Warburton to complete the data for some of the Mental Health workshops that CWC promoted for other organizations.  
**Motion: To approve the 2020 Annual Community Action Plan Report**  
**Moved/Seconded by: Debbie Iverson/Lorna George** **CARRIED**
  - 7.3 Annual General Meeting Planning Team Update  
 Due to covid restrictions will be planning our AGM via ZOOM  
 Looking to use Event Brite for AGM registration  
 Placing Ad in Carman Standard for June 3  
 Lorraine will be available to do a written article in follow up to the AGM.  
 Karen will make sure we can run two ZOOM events at the same time as the Music Therapy class is scheduled for the same time.  
 Notice of meeting can be circulated through: Tyler King -the Healthy Communities Network, Monica Halbesma – Safe Communities and other individuals who have expressed interest.  
 Debbie will provide the final AGM report. Debbie will connect with the library to arrange to have some printed copies of the report at the library for pick up until June 30.
  - 7.4 Idea for Fundraising Event – Deferred to next meeting.
  - 7.5 Grants – Wendy provided brief information about Healthy Community Initiative – Canada grant through Community Foundations. Looking at drafting a proposal for June 25 deadline for second round of RFP's.  
 If we do not have our charitable status, we will need to check with another organization to act as our charitable source for the proposal.  
**❖ Wendy will prepare a draft a summary of information and send it out to Board members for comments.**
  
8. Correspondence  
 Carman United Church has received approval for a summer jobs grant to collaborate with CWC for some of the summer project support.
  - ❖ Karen will email job posting to Board members.
  
9. Next Meeting: June - at the Call of the Chair if needed to finalize the Grant application.  
 Meetings for July and Aug – Will be at the call of the Chair or if needed by any of the Working Groups
10. Adjournment – 2:45 pm