

Carman Wellness Connections – Board Meeting
Box 1406 Carman, Manitoba R0G 0J0
Approved Minutes of Thursday, March 25, 2021, 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.

Empowerment Shared Responsibility	Sustainability “Nothing about us, without us”	Accessibility “It takes a village”	Best Practice “It takes a village”
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Present: Karen Tjaden (co-chair), Lisa Lehmann (co-chair), Lorna George (treasurer), Debbie Iverson (secretary)
Amy Johnson, Darcy Redekopp, Rachel Siemens, Terra Huston, Allison Abbott-Wiebe, Wendy Durand,
Carol Brown, Jodi Gaultier, Susan Weppler
Regrets: Beth Bartley, Louise Duncan, Nancy Clearwater

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 – Terra shared a story about 6 blind villagers describing what they felt when they touched an elephant. Each had a different perspective based on where they touched the elephant. All were right and together they could describe the whole elephant. Reminds us that everyone has different perspective, experience and ideas but together we are able to see the whole picture better. Reminds us of our common values of shared responsibility, “nothing about us without us” and “it takes a village”.
2. Approval of Agenda
 - Motion: To approve agenda as presented**
 - Moved/Seconded by: Allison Abbott- Wiebe/Carol Brown** **CARRIED**
3. Approval of CWC – Board Minutes of Feb. 25, 2021.

Correction to funding request amount: 4.2 Should read “Will be submitting a request to Carman Ministerial for remainder of funding (\$1,524).

 - Motion: To approve minutes of Feb. 25 with correction as noted.**
 - Moved/Seconded by: Debbie Iverson/Amy Johnson** **CARRIED**
4. Working Group Reports:
 - 4.1 Supporting Emotional Health – Lisa
 - Continuing to deliver the online programs as described at our last meeting.
 - ***Lisa will check with ADAM and KAP to see if they have any attendance data from their sessions that they may be able to share with us.***
 - Purchase of a laptop – Still waiting to hear back from the PRSD Superintendent on potential for partnership with Highschool for access to Chromebooks.

- Community Support Phone Lines – will be discussing at next Working Group meeting. Made a request of Board members for any ideas they may have as to how the phone line could be used going forward. Suggestion made to contact other agencies in other communities with support phone lines to see what we can learn from them – successes, challenges.
- Have invited Elaine Burton-Saindon from Regional Connections to next SEH working group meeting to help identify any gaps for new comers in our community.

4.2 Food Security - Terra

- Action Plan circulated to Board members – Tire Gardens – garden opportunity for families and groups. Working to identify interested families. Both daycares have expressed interest in having a Tire garden. Total estimated cost for supplies - \$ 450. Tires will be donated.
- Have decided not to proceed with a second vegetable stand this year due to the significantly increased cost since last year of lumber and materials to build. Will put all the energy into making the current vegetable stand successful again this summer. Stand will be located at 195-2nd Ave. NW. (Visions of Independence Home) and will be a great partnership to have the residents of this location participating in looking after the vegetable stand.
- Food Currency Program. Have received an anonymous donation of \$1500. Carman & District Ministerial donated \$1524. If more donations come in for this, we could offer to more families.
- Suggestion made for Working Group to do a follow up article in the Carman Standard to promote the spring gardening activities – Tire Garden, Grow a Row, Vegetable Stand, etc. Can do a written article request with Lorraine Stevenson.
- Susan Mooney from Communities in Bloom, requested Terra to speak at one of their meetings for information to see if there might be any potential projects/ideas that they might partner with.
- Meeting with Homestead Co-op Grocery Store Manager and Denise Thiessen from Morden has been postponed until Apr. 14, 2021.
- Received the email from Carman Collegiate re: need for financial support for the breakfast and lunch program. Aware that this email has also been circulated through Healthy Communities and the Chamber to businesses and other organizations in the community.

Board Suggestion that if Wendy finds any grants that may be appropriate to support this program, she will connect with Mary Reimer, Vice Principal.

MOTION: To approve funding of \$450 from the Healthy Living Grant for the Tire Garden Project.

Moved/Seconded by: Lorna George/Carol Brown

CARRIED

4.3 Community Resource List – Debbie

- 211 Manitoba posters have been distributed. Continuing to work on reviewing 211 for gaps in local resources, and working with local organizations to input their information on 211.
- Continuing to partner with United Way/Volunteer Manitoba for access to promotional resources.
- ***Board members to let Working group know if they see any gaps in local resource listings as they navigate the 211 Resource.***

4.4 Education & Employment – Allison

- PRSD Superintendent very interested in meeting with the Working Group. Other school priorities at this time, has delayed this meeting until end of April. The school is currently doing a Career and Community Survey which may provide some helpful information to the Working Group.
- Currently exploring and gathering information from some different programs in other communities.

4.5 Communication Support Team – Debbie

- Board discussion: re need to identify and communicate how all community members and organizations can contact CWC and individual Working Groups. Recognize that not all community members will have access to electronic formats, so phone number and written information is needed as well as social media. Recognize this could be a role for the Community Resource Navigator with a phone and email contact when we are able to move forward on this. We do have the CWC email in place that is checked regularly by the secretary - carmanwellnessconnections@gmail.com
The Communication Support Team will discuss further and bring recommendations back to the Board.
- The Community Support team had their first meeting with Working Group Leaders to identify working group needs.
Team consists of Colin Hay, Rachel Siemens, with added arms length resources of Lorraine Stevenson for written articles, and Jackie Leyenhorst for graphic design of posters, etc. Will also have a liaison from each of the Working Groups to coordinate communication needs.
- Next meeting will be at end of Apr. and team will begin looking at website needs.
- Have developed a Request for Written Articles Template to send to Lorraine so that she has the information she needs to write an article. This will be in addition to any articles that the Carman Standard may initiate to do as well. Request for Written Article Template to be distributed with minutes.
- The publisher of Carman – Dufferin Standard is willing to have regular articles for CWC if we submit them and they are determined to be newsworthy.
- CWC logo – Discussion re using the current SEH Working Group logo or custom creating one for CWC that would be used by all Working Groups as well. Communication Support Team will coordinate the CWC logo contest. Not sure if will be able to have it ready for the CWC – AGM in June.

Motion: To have a community contest to create a logo for CWC.

Moved/Seconded by: Lorna George/Terra Huston.

CARRIED

4.6 Affordable Recreation & Leisure – Susan

- This Working Group does not yet have the required 3 volunteers, and Susan would like to have more individuals to work with and brainstorm ideas with. Call put out to Board to consider who they might talk to and invite to be on this
- Susan has contacted Sheena at the Town of Carman Rec Dept with some possible ideas but still waiting for response to discuss further:
 - bike repair (possible partnership with Carman Collegiate in contact with Lyn Rempel)
 - booking some group swim times again for low income families at no cost
 - access to sleds at Kings Park in the winter months.
- Identified need to encourage existing organizations to make activities available and inclusive to all individuals.
- ***Suggestion from Board: to work with Sheena to find out what activities are currently available that are little to no cost to individuals and families, and to build upon these.***

5. New project ideas or Small group Discussion – How do we ensure participation of those with lived experience?

- Deferred to next meeting due to time constraints.

6. Make Poverty History Update

- They have sent a letter to Rochelle Squires with continued focus on livable income, and protection for renters.

7. Financial Report – Lorna George

- Financial statements were distributed to Board prior to meeting for their review. No questions or concerns brought forward.

Motion: To approve the year to date financial report as presented.

Moved/Seconded by: Amy Johnson/Carol Brown.

CARRIED

8. CWC Admin:

8.1 Bylaws/Charitable Status Update – Lorna/Karen - Bylaws completed. Application for charitable status in process.

8.2 Annual General Meeting Date and Planning Team – *Deferred to next meeting.*

8.3 Grants – Wendy - Nothing to report.

9. Correspondence:

- Emails forwarded from Chantal Chevalier, Board members encouraged to review.
- United Church of Canada advocating for a national guaranteed livable income. Planning a vigil for Apr. 8, at 12:30 pm at Candace Bergen's office in Morden and also at Ryall Park in Carman. Karen will email further information.

10. Next Meeting: April 22, 2021 at 7:00 pm

11. Adjournment – Meeting adjourned at 2:32 pm.