

**Carman Wellness Connections Board Meeting**  
Box 1406 Carman, Manitoba R0G 0J0  
**Approved Minutes of Thursday, Feb 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.

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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), Lisa Lehmann (Co-Chair), Debbie Iverson – Secretary, Beth Bartley, Allison Abbott-Wiebe, Wendy Durand, Carol Brown, Susan Wepler, Colin Hay, Terra Huston, Rachel, Janet Fowler

Regrets: Jodi Gaultier, Cecile Affleck, Sheena Nakonechny, Lorna George, Amy Johnson,  
Ex-officio members receiving minutes: Jane Swanton, Tyler Atchison, Nancy McFarlane, Kathy Findlay

1. Welcome – Meeting called to order at 7:04 pm.
  - 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 – Shared story about the working homeless, man who had a job but due to marriage breakdown, he did not have enough income to support his family and live on his own, forcing him to live in his vehicle. Can happen to anyone at any time in life.
  
2. Review CWC - Addressing Poverty Steering Committee Minutes of Jan 28, 2021.  
**Motion: To approve Minutes of Jan. 28, 2021 as circulated.**  
**Moved/Seconded by: Susan Wepler/ Debbie Iverson                      CARRIED.**
  
3. Approval of the Agenda:  
**Motion: To approve agenda as circulated.**  
**Moved/Seconded by: Beth Bartley/Terra Huston                      CARRIED**
  
4. Reports from Working Groups:
  - 4.1 Supporting Emotional Health – Report by Lisa Lehmann
    - Completed 2 Art Therapy Sessions in January – 2x/wk for 4 wks with full registration of 8 participants in each session, (Total 16 participants) Has been very popular. Participants wanted to continue on after the sessions were completed.
    - March programming will include the following via ZOOM:
      - An Art Therapy Session – 4 weekly classes in March
      - Making Sense of Alpha Children Program

- Anxiety and Worry Support Program – hosted by Anxiety Disorders of Manitoba (ADAM) Working Group is helping advertise and promote.
- Community Connections Support Line – Working Group will be reviewing the use and purpose of this support line in March to look at ways to increase usage.
- Community lap top – Can use \$500 from the Healthy Living Grant towards purchase. Lisa is continuing to explore what type of laptop would be most suitable, and will be connecting with School Division re possibility of partnership for this project.

#### 4.2 Food Security – Report by Terra Huston.

- **Will present an action plan at the next meeting.**
- Planning on a second vegetable stand to have one on North End and South End of Town. Article in Carman Standard this week. Have some options for location in north end, but still looking for location options in south end of town. Promoting Grow a Row in conjunction with the Vegetable Stands.
- Food Currency Program with Local Farmers Market – will be doing this program again this summer with 12 households – total cost \$3,024. – Will be receiving an anonymous donation of \$1,500 towards this program. Will be submitting a request to Carman Ministerial for remainder of funding (\$1,524) Will access resource materials through Direct Farm Manitoba again this year.
- Garden Containers – will provide supplies to individuals who do not have gardens or are unable to take advantage of the community garden plots.
- BAG (Better Access to Groceries) Program – Families pool their financial resources to purchase groceries with greater cost effectiveness. Will be meeting with local Co-op about this program.
- Will be meeting with Justin Major-Food Store Manager, and Denise Thiessen from Morden to explore other possible grocery/food program partnership with our local Co Op.
- Community Garden Plots – **Terra will check with Community Garden program to see if there will still be 2 plots for CWC this summer.** May need to look at need for transportation to the community garden for some users to access.

#### 4.3 Community Resource Center/Community Resource Navigator

##### Comprehensive, centralized Community Resource List

- 211 Manitoba – Have received posters for community awareness from United Way at no cost. We will be receiving some business card size in the future to give out as needed. Will be distributing in Carman and surrounding communities.
- Working Group will now work at adding any local resources to 211 that are not currently listed with contact and permission from the organization that offers the service.
- Would like Board members to look at the 211 site on line and let Debbie, Wendy or Carol know of any local resources that are not listed.

#### 5. New project Ideas:

##### 5.1 Repair Café – Janet Fowler

- Link to information <https://wrwcanada.com/en/get-involved/resources/swap-share-repair-themed-resources/how-start-repair-cafe>. Encouraged Board members to read the article.
- A place for people to gather to share resources and skills to fix and build things with social connection. Lengthens use of what we have, supports a better environment by reducing items to the landfill – ie fixing small appliances, sewing – mending, etc. Great social connection opportunity.

- Inspiring article generated thinking and positive energy as to what might be possible in Carman and potential partnerships with schools, MCC, United Church Social Connection Peer Support Pilot Project.

6. Make Poverty History Update:

Currently advocating to provincial and federal government. Encouraging individuals to go online to website to support by signing petition or contacting government representatives:

- Raising EIA – online petition
- Re-instating the provincial rental eviction ban for renters while still in covid restrictions.
- Liveable Basis Needs Benefit to replace EIA – should be set at a level to cover the actual cost of basic needs (food, clothing, communication, transportation), in addition to housing assistance.

7. Financial Report – Lorna George ( presented by Debbie Iverson in Lorna’s absence.)

7.1 Year to Date Financial report circulated to membership and presented at the meeting.

**Motion: To approve the financial report as presented.**

**Moved/Seconded by: Carol Brown/Janet Fowler**

**CARRIED**

8. CWC Admin:

8.1 Bylaws/Charitable Status Update

Lawyer has reviewed the approved bylaws, noted discrepancy in number of Board members with the Incorporation Article. Will make the change to align the Incorporation article with the Bylaws with an amendment at our annual meeting. Lorna and Karen are in process of registering with CRA for charitable status.

8.2 Grant Application Process going forward. Receiving information about available Grants from a variety of sources, but currently do not have anyone designated to review them or follow through with application.

Need to establish a Grant Committee so that all Grant information, application and follow up can be coordinated through this committee. Wendy Durand volunteered to be on this committee and Susan Wepler expressed possible interest. **Karen and Lisa will oversee the establishment and coordination of this committee at this time.**

8.3 Annual General Meeting

- Will look at a date in June. **To decide date at a future meeting**
- Debbie preparing a draft annual report for Board review at next meeting.

9. Small Group Discussion – “How do we ensure participation of those with lived experience (of poverty)? - Deferred to future meeting.

10. Correspondence and other information:

- Email from Town of Carman re: outdoor multisport arena project circulated to Board members. Encouraged Board members to complete online survey. Town Rec Commission requesting input from CWC – **Susan Wepler will email a response on behalf of CWC.**
- Debbie working on establishing a Communications Support Team – Meeting with individuals interested in being on this team together with the Working Group Leaders on Mar. 10, 2021 – **Will provide update at March meeting.**

**Next Meeting – Thursday March 25, 2021 - 1:00 pm**

Motion to adjourn meeting at 8:29 pm – Moved by: Lisa Lehmann