



## Carman Wellness Connections

Box 1406 Carman, Manitoba R0G 0J0

Email: [carmanwellnessconnections@gmail.com](mailto:carmanwellnessconnections@gmail.com)

Website: <https://www.carmanwellnessconnections.ca/>

### **Carman Wellness Connections – Board Meeting Approved Minutes of Wednesday October 19, 2022 7 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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Join Zoom Meeting virtually:

<https://us02web.zoom.us/j/82277737341?pwd=TFR1WFhFckR4WXBjTjlaRkJGU2hYUT09> ;

Meeting ID: 822 7773 7341

Passcode: 379421

**(Social time to visit for those who wish to stay after the meeting)**

**Present:** Lisa Lehmann (Co-chair), Diane Cohoe (Secretary), Lorna George (Treasurer), Wendy Durand (Grant Coordinator), Susan Wepler, Terra Huston, Tessa Memme, Rachel Siemens, Chantal Chevalier – SH-SS (ex-officio), Darcy Redekopp

**Regrets:** Allison Abbott-Wiebe, Cecile Affleck, Colin Hay, Rose Durupt

#### **Agenda:**

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.

### **“Addressing Poverty and Promoting Wellness in our Community”**

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- Moment of Focus – The Food Pantry volunteer information night was attended by over 20 people with over 20 food basket applications for hampers for November 3,2022. People were excited that their dream was going to happen.

2. Approval of Agenda

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

**Moved/Seconded by: Darcy Redekopp/Chantal Chevalier** **CARRIED**

3. Approval of CWC – Board Meeting Minutes of September 15, 2022.

**Motion: To approve the minutes of September 15,2022 as circulated.**

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

4. Working Group Reports: Circulated prior to the meeting

5. Community Resource Centre/Navigator – Nothing to report. CWC to continue to source sustainable funding to hire a Navigator.

5.1 Drop In –There is not enough volunteers currently to proceed. A lead person is required. All members encouraged to watch for opportunities and possibilities.

6. Resources

6.1 Make Poverty History

6.2 Tamarack – report attached

7. Financial

7.1 Year to Date Financial Report – Report as circulated – group leaders are requested to look at expenditures for their group and make sure nothing is missing

8. Grants/Funding request

8.1 HLTG – report for Chantelle – update \$7531 remaining to be allocated by November 30,2022 and funding to spent by Feb 28/2023.

8.2 Arts, Culture and Sport in Community (ACSC) Fund – Partnered Boyne Regional Library application submitted and will find out if approved by the end of December.

8.3 Food Security Grant –Harold Kenyon applied for 20,000 grant(not yet received) and CWC submitted Actions Plans for community suppers and Carman and Area Food Pantry -to Harold for consideration if the grant application is successful.

9 CWC Admin:

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9.1 Board meeting evaluations – Send out a short survey in December to CWC members for feedback on meetings. Check and clarify bylaws to see about active members status- encourage group members to attend. Encourage all CWC members of working groups to attend November 24 meeting.

## 9.2 CWC Promotion

9.21 Communication Committee – September 24 meeting. To increase awareness CWC should form partnerships with other community groups and approach RM of Dufferin and Town of Carman to share workload with social media. CWC should attend Chamber meetings and/or share CWC information by email prior to meeting for the Chamber to share with other community groups. Discussion of creating an elevator pitch that quickly states what is CWC in a paragraph. This would put everyone in same position to talk about who we are. This would help with the awareness of CWC as a whole and that CWC is a registered charity and can provide receipts for charitable donations.

9.22 Healthy Communities - Community Round Table Friday November 4,2022 at 12:00 pm. A chairperson is required for future meetings. Lorna and Wendy to attend. Group leaders to reach out to group members to attend. A person can represent more than one group.

9.23 Boyne River Keepers September 24, 2022 – Successful event with a good turnout that was enjoyed by many people in the community. The event was a great opportunity to make connections in the community for CWC.

## 10. Correspondence:

10.1 Affordable recreation presented Susan meeting with Dufferin recreations Kick sleds

11. Next Meeting: November 24 6:30 PM

Location: Carman United Church

12. Adjournment 8:10

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## **Working Group Reports November**

### **Food Security**

Community Suppers 2<sup>nd</sup> Wednesday of each month (except December); October and November were well attended.

Partnership with Carman and Area Food Pantry who will be distributing food every 4<sup>th</sup> Thursday. Early this month they had their first distribution day and provided individuals and families with 30 hampers.

### **Supporting Emotional Health**

The SEH Program Committee got together October 22 2022 to finalize our Annual Action Plan.

The Action Plan was shared with our larger group by Email for Review.

We have submitted the Annual Action Plan to Executive.

#### **Plans in place for:**

Game Night with Adam – filled with waiting list for this fall – but plans to continue in winter and next fall.

Partner with Small Town Run and Walk Crew – all year meets for walks/ Run - additional plans to have MH conversations post walk.

Resilience and “Bouncing Back”: The Answer to Emotional Health and Well-Being – Terry Warburton and her colleague Andrea Dyck – Jan/Feb

#### **Hopeful plans for upcoming year:**

Coping with Change – support program offered to pregnant people, parents and families. Trained facilitator.

Partner with PRSD (Julie MacNeil) to run Circle of Security - supporting young parents

Partner with Boyne Regional Library – Book Club

Consider speakers

As a Working Group cover the Community Supper

Support folks interested in Narcotics Anonymous

### **Affordable Housing**

Report for November 24, 2022

1. Committee has had two meetings with Blaine Pederson
2. He arranged a meeting with Dwayne Rawniak and Shereen Farrell from Mb. Housing
  - a. Waiting for information from them regarding
    - i. follow up with clearer information for tenants which would also be helpful for advocates
    - ii. a current and detailed market analysis re housing in Carman from the government’s Strategic Initiatives Division
    - iii. information on the rent supplement for landlords
3. Actions:

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- a. Promote Rent Assis for tenants
- b. Promote rent supplement for landlords
- c. Plan to accurately assess the need for supportive housing
  - i. Abuse victims needing housing from Genesis house
  - ii. Foster children aging out of care.
- d. Impact of new rule that prohibits owners of a mobile home in the Carman Mobile home park from renting

## **Recreation and Leisure**

**1. Ongoing Program:** Every Saturday 1 pm - 2:30 pm Free Studio Drop in Art Class with Nigel Bart @GPAC

- CWC in partnership with Golden Prairie Art Council (5-10 people)

## **2. Future Programs/Events**

- Plan to purchase 10 kicksleds of varying sizes (small, medium & large) from GoSlide in Montreal
- Cost to be covered by Healthy Living Grant as decided by CWC Board on Nov.24/22
- Estimated cost-\$3,595.20 includes shipping
- CWC in partnership with Carman Dufferin Recreation
- CDR will store the kicksleds and provide them for loaning out to the public (may require a deposit)
- CDR to promote use of kicksleds through the schools and public
- CWC to promote/instruct the use of kicksleds in partnership with the Small Town Walk and Run Club (Chris Dick)
- Frequency: one time per month on Saturday mornings January, February, and March 2023
- Location: Boyne River Trail, Pathway, Ryall Park Cost: Free

## **3. Christmas at the Museum Date: Friday December 2, 2022**

Location: Carman Dufferin Historical Society Museum Hours: 4 pm - 8:30 pm  
(to be determined)

- Meeting to plan: Monday Nov. 21 @ 7 pm Memorial Hall  
Cost: Free to public?
- CWC in partnership with the CDHS Museum and Laurie Millions
- Activities outside (CWC) - proposed dog sled rides offered by Laurie Millions 4-6 pm  
Cost: \$400.00
- Hot chocolate and bonfire, use of snowshoes from CD Recreation  
Cost: \$100.00
- Motion to cover (HLG) expenditure for this event to be discussed at CWC Board mtg Nov. 24/22

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- Indoor activities organized by Museum volunteers - Lulu and the Tom Cat, craft table

**Transportation** – no report

### **Employment and Education**

The subcommittee of Wendy Durand, Diane Cohoe and Allison Abbott-Wiebe held a One Stop Identification Application Day on October 27 from 1-7.

Boyer Regional Library generously hosted our group for the day. We helped people requesting Manitoba Health Cards, Birth Certificates and Social Insurance Cards, With the assistance of volunteers Kelly August and Deb Russell, we completed 22 applications for identification.

The breakdown consisted of 9 Health Cards, 12 Social Insurance request and 1 birth certificate.

Most people indicated they heard about the event through social media – Instagram, or Facebook, specifically Carman Chat,

It was deemed a very successful beginning for what we hope to be more events of similar nature.

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