



**Carman Wellness Connections – Board Meeting**  
Approved Minutes of Thursday November 24,2022 6:30 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	Sustainability	Accessibility	Best Practice	Respect
Shared Responsibility		“Nothing about us, without us”	“It takes a village”	

---

**Present:** Lisa Lehmann (Co-Chair),Diane Cohoe (Secretary), Wendy Durand (Grant Coordinator), Lorna George (Treasurer), Chantal Chevalier -SH-SS (ex-officio) Maureen Owens Tamarack Institute, Susan Weppler, Tessa Memme, Tom Mooney, Allison Abbott-Wiebe, Terra Huston, Robert Bryson (Town of Carman Councilor), Monica Halbesma, Linda Sylvester, Carly Boklaschuk (Town of Carman Councilor) , Darcy Redekopp, Julie Rubin McDonald, Linda MacNair, Beth Bartley, Jackie Leyenhorst, Karen Tjaden, Adam Memme, Marilyn Smith, Kathie Findlay, Amy Johnson

**Agenda:**

1. Welcome & Housekeeping presented by Wendy Durand
2. 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.
3. Approval of Agenda  
**Motion: To approve the agenda as circulated:**  
**Moved/Seconded by: Lorna George/Darcy Redekopp** **CARRIED**
4. Approval of CWC – Board Meeting Minutes of 19 October 2022.  
**Motion: To approve the minutes of October 19,2022 as circulated:**  
**Moved/Seconded by: Chantal Chevalier/Terra Huston** **CARRIED**

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

Box 1406 Carman, MB. ROG 0J0

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

Website: [carmanwellnessconnections.ca](http://carmanwellnessconnections.ca)

5. Working Group Reports – Circulated prior to the meeting
6. CWC Presentation – Background, Vision and Values and Structure Lisa Lehmann presented PWP presentation.
7. Treasurer Report
  - 7.1. Financial Report – Report as circulated
  - 7.2. Motions
 

**Motion: To approve the following HLT grant expenditures Games Night \$655.00, Walk Run \$170, Terry Warburton sessions (request for funding) 1,120.00, Community suppers (650.00-149.70) 500.30, ID Fair (tables) 288.96 ,Kicksleds 3,509.60**

**Moved/Seconded by: Lorna George/Amy Johnson**

**CARRIED**

8. Maureen Owens - Breakout Discussion - Elevator Pitch
 

CWC members answered questions about who CWC is. The answers will be tallied and will create the CWC elevator pitch. A short description of CWC using key words that explains what Carman Wellness Connections that any listener can understand it in a short period of time.
9. Break
10. Maureen Owens - Tamarack Institute (30 mins)
 

Maureen presented a brief history on the Tamarack Institute, highlighted tools and training offered with a membership. Members are encouraged to visit the Tamarack website: <https://www.tamarackcommunity.ca/communitiesendingpoverty>

Outlined the 5 conditions of collective impact to produce true alignment and lead to powerful results - are a common agenda, shared measurement systems, mutually reinforcing activities, continuous communication, and backbone support organizations.
11. CWC Communication Tools
  - 11.1 Annual Action Plan – Working groups to brainstorm ideas then submit to the board. The board will look for possible partnerships and look for grant funding that matches request
  - 11.2 Request for Funding- forms need to be completed when funding is required for the event – final report is required when funding is used
  - 11.3 Event Planning Form useful tool to remind members of the details of an event. This form is also used for advertising and should be proofed by 2 group members before it is sent to Jackie Leyenhorst for posters and advertising.

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

Box 1406 Carman, MB. R0G 0J0

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

Website: [carmanwellnessconnections.ca](http://carmanwellnessconnections.ca)

12. Break Out Group Discussion - How can CWC better support Working Groups? Board members were asked for suggestions.

13. Closing

14. Next Meeting: Thursday December 15, 2022, 7 PM Location: Memorial Hall Basement

15. Adjournment 8:40 PM

Working Group Reports December Meeting

**Food Security**

Nothing to report this month

**Supporting Emotional Health**

Small Town Run and Walk Crew and Game Night with Adam are continuing for the new year.

Terry Warburton and Kayla Dyck are going to join one of our walks for Small Town and we will meet at Crazy Lady Café for tea/coffee etc for a chat after the walk. (advertising will go out in next couple of weeks with dates and topic of conversation).

2 Resilience classes with Terry Warburton are also scheduled – 1 January and the other February – advertising will come out shortly.

We have ordered and received a starter kit for Narcotics Anonymous – we let the folks that reached out know that and they responded with ‘awesome’ and then we haven’t heard from them since.

Our next meeting will be in the new year and we will continue to look at our Action Plan for 2023.

**Affordable Housing**

Nothing to report this month

**Recreation and Leisure**

Susan Wepler sending report

☑ Transportation – Karen Tjaden

**Employment and Education**

December 2022

Bruce Wood and Allison Abbott-Wiebe met with Administrators from Elm Creek School, Carman

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

Box 1406 Carman, MB. R0G 0J0

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

Website: [carmanwellnessconnections.ca](http://carmanwellnessconnections.ca)

Collegiate, Midland Adult Education Center, Resource Teachers and Coordinators to begin conversations about events, programs and initiatives to be developed as a team. Next meeting is February 2023.

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

Box 1406 Carman, MB. R0G 0J0

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

Website: [carmanwellnessconnections.ca](http://carmanwellnessconnections.ca)