



Carman Wellness Connections

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Carman Wellness Connections – Board Meeting Approved Minutes of Thursday, May 19, 2022 3:30 - 5:00 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: Karen Tjaden (Co-chair), Susan Wepler (Acting Secretary), Wendy Durand (Grant Coordinator), Nancy Clearwater, Allison Abbott-Wiebe, Darcy Redekopp, Rachel Siemens, Chantal Chevalier – SH-SS (ex-officio)

Regrets: Lisa Lehmann, Amy Johnson, Debbie Iverson, Janet Fowler, 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 – A Board member shared their positive experience of distributing the CWC flyers to local businesses. They enjoyed meeting the business owners and the GPAC staff who were friendly and supportive of CWC.

2. Approval of Agenda

Motion: To approve the agenda as circulated:

Moved/Seconded by: Lorna George/Nancy Clearwater **CARRIED**

3. Approval of CWC – Board Meeting Minutes of Apr. 21 2022.

Motion: To approve the minutes of April 21, 2022 as circulated.

Moved/Seconded by: Darcy Redekopp/Allison Abbott-Wiebe **CARRIED**

4. Working Group Reports: As circulated prior to the meeting.
Additional comments/questions.

4.1 Affordable Housing: The MLA Blaine Pederson met recently with Manitoba Housing. Mr Pederson has requested a meeting in June with the Affordable Housing Working Group. He will contact Lorna George with a date.

4.2 Food Security: Working Group has met several times. There will be a second vegetable stand set up in the south part of Carman. The Food Currency Program will be in place this summer once again where individuals get Food Currency vouchers which can be used at the local Farmers Market to purchase produce.

5. New Program Suggestion:

- Darcy shared that Harvest Manitoba in Winnipeg delivers food hampers monthly to Winkler.
- There was discussion regarding the Grocery Assistance Program that is administered through the local Carman & Area Ministerial. It does not provide enough assistance to purchase food/grocery items (\$90 per individual, \$110 for a family) The food vouchers are given out to those requesting them up to 4 times/year.
- There was consensus that the Grocery Assistance Program is not meeting the increasing needs of low income residents. The question was raised asking if Harvest Manitoba could drop off food hampers in Carman when the delivery vehicle passes through Carman.
- Board members reviewed the CWC values and discussed how the values can guide us in our programs. We can learn from other communities.
- There was limited discussion on using the Tamarack Institute model, community suppers and the creation of a Food Bank.

Next Steps:

- ✓ **Darcy Redekopp and Nancy Clearwater will gather more information from Harvest Manitoba about a delivery system to rural Manitoba communities. They will share this info with the Food Security Working Group.**

6. Communities in Bloom – Mental Wellness Grant Project Update:

A \$2000 grant was received.

- Julie Ruben McDonald has been hired to facilitate a Growing Project using 2 plots in the Community Garden at the north edge of Carman.
- She is searching for participants – families with young children and singles with lived experience of poverty. Vegetables will be grown and gardening skills will be developed.
- At the end of the season a meal will be prepared and shared with the participants.
- The project is in partnership with Communities in Bloom, the Community Garden, CWC and the Junior Gardening Club.

7. Community Resource Centre – Tuesdays 1:30 – 3:30 pm Carman United Church

7.1 Pilot Project Update: There was no Resource Drop In on May 17th.

- Community participation remains low but those who attend enjoy the social interaction.
- Discussion followed regarding running of the Drop In during the summer and when the transition to the lower level of Memorial Hall will occur.
- The Pilot Project Planning Committee is meeting the week of May 23 to continue these discussions.

7.2 Community Navigator Funding Update – Nothing to report.

8. Make Poverty History Update: The Manitoba PC Government Budget did NOT include funding to build more social housing or to increase Basic Needs Income Benefit. The MB gov't is releasing its Homelessness strategy this spring. MPHManitoba and Right to Housing state that Homelessness will NOT end without new publicly owned rent geared to income housing units and stable income.

Things to do:

- a) Contact Minister of Families and your MLA
 - Increase the Employment and Income Assistance (EIA) basic needs benefit to at least 75% of the poverty line.
 - b) Endorse the campaign – Lorna sent CWC's support to this effort (more than 40 organizations have signed on)
 - c) Check out social media channels
 - Make Poverty History Manitoba (Facebook, Twitter & Instagram)
 - Right to Housing (Facebook & Twitter)
9. Financial

9.1 Year to Date Financial Report – Verbal report. Documents to be circulated – Balance Sheet, General Ledger, Income Statement to May 19, 2022.

Motion: To approve the financial report as presented.

Moved/Seconded by: Lorna George/Rachel Siemens

CARRIED

9.2 2021 Annual Financial Report – circulated prior to meeting.

Motion: To approve the 2021 Annual Financial Report

Moved/Seconded by: Lorna George/Nancy Clearwater

CARRIED

10. Grants/Funding request updates:

10.1 Carman Area Foundation Request - \$2000 was received to cover cost of running the CWC office space in the lower level of the Memorial Hall. Discussion followed regarding the ability to lock the office door to protect our computers and office supplies.

Lorna George to follow up with Cheryl Young (Town Office) regarding this concern.

The CAF grant must be spent by Feb. 2023 and a written report submitted to CAF on the use of these funds.

10.2 Southern Health – Sante Sud Mental Wellbeing Grant – one time only grant. Funds remaining - clarify?

11. CWC Admin:

11.1 Funding and Grants Committee –

Carman Fair (July 7,8,&9)

- DAS HumanTruck PULL – Does CWC want to participate to raise funds for Supporting Emotional Health. Further discussion required.
- Kinettes Food Booth – Kinettes looking for volunteers to work 4 hour shifts at the Food Booth. Volunteers get a portion of the money made to support their nonprofit group (CWC) The Booth is open 11am – 10 pm, and 11 am – 12 pm on Friday and

Saturday. Some Board members expressed interest in volunteering.

Next Steps:

- ✓ **Lorna to follow up with Mayghan McEachern to gather more info about the shifts.**

11.2 2021 Annual Report – Circulated prior to the meeting for review.

Board members expressed appreciation to Debbie Iverson for the preparation of the CWC 2021 Annual Report.

MOTION: To approve the 2021 Annual Report

Moved/Seconded by: Wendy Durand/Darcy Redekopp

CARRIED

11.3 Annual General Meeting Planning

- June 16, 2022. Location: King’s Park large picnic shelter, 6-8 pm
- Notice of the AGM meeting to be emailed to the Working Groups and distributed to
- contacts from the 2021 AGM
- Advertising for AGM through social media, CWC website, and flyers.

11.4 CWC Board Recruitment

The Executive Committee discussed and making contact with about a dozen names. Lisa and Karen to contact present Board members to ask who will continue on the Board.

11.5 Tamarack Institute:

Discussion regarding membership as an organization
Lorna and Susan expressed interest in learning more.

12. Correspondence:

12.1 Darcy shared that he submitted a nomination for Lisa and Karen to receive the Lieutenant General Award for Volunteers.

12.2 Karen shared info about the Carman Green Team video contest.

13. Next Meeting: June 23, 2022, 4:00 pm Memorial Hall – Lower Level

14. Meeting Adjourned: 5:15 pm