



Carman Wellness Connections

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Carman Wellness Connections – Board Meeting Approved Minutes of Thursday, June 23, 2022 4:00 - 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: Lisa Lehman (Co-chair), Diane Cohoe (Secretary), Lorna George (Treasurer), Allison Abbott-Wiebe, Wendy Durand (Grant Coordinator), Janet Fowler, Susan Wepler, Rose Durupt, Rachel Siemens, Terra Huston.

Regrets: Cecile Affleck, Amy Johnson, Chantal Chevalier – SH-SS (ex-officio)

1. Welcome: 4:01PM

- 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.

2. Approval of Agenda

Motion: To approve the agenda as circulated:

Moved/Seconded by: Allison Abbott Wiebe/Wendy Durand **CARRIED**

3. Approval of CWC – Board Meeting Minutes of May 19, 2022.

Motion: To approve the minutes of May 19, 2022 as circulated.

Moved/Seconded by: Lorna George/Rose Durupt **CARRIED**

4. Working Group Reports: No report circulated this month Additional comments/questions.

- 4.1 Affordable Leisure and Recreation:
 - Reported a good turn out on June 23 for free swim with 20 participants including caregivers and children. Next pool rental July 2 10:30 – 12:00 maximum 50 people. August pool rental schedule for August 15.

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

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

- Report attached June 2022 interim report
- Need committee from CWC to put forth efforts – Debbie, Janet and Terra interested to continue
- Discussion on partnering with community supper which may increase attendance; Brainstorm ideas of how to increase participation
- Request that each working group share with their group to see if anyone has interest, interested individuals can contact Lisa initially
- Next steps: confirm a committee from CWC and approach CUC’s committee about their interest level in continuing.

5.2 Community Navigator Funding Update – Nothing to report.

6. Make Poverty History Update - Nothing to report

7. Financial

7.1 Lorna presented report

\$500 donation received from MCC.

Motion: To approve the financial report as presented.

Moved/Seconded by: Lorna George/Rachel Siemens

CARRIED

7.2 SH -SS HLT grant – all remaining funds \$2000 needs to be spent or allocated by June 30th.

Agreement on Chantal’s approval that \$500 be used for Tamarack membership (6 months till yearend) \$500 to be used for wellness promotion at the Carman Fair/Farmer’s Market/Vegetable stands and \$1000 be used for seed money, community supper, food bags.

8. Grants/Funding request updates:

Current fundraising opportunity – Shifts available at the Kinettes Food Booth during the Carman Fair July 7-9. CWC Volunteers who work a shift will receive donation to CWC. Working groups are encouraged to let anyone interested in volunteering to contact Mayghan McEachern 204-750-2171. Available shifts sheet was distributed

Any community members can use the Carman Wellness Coop number (433631). Every \$1000 in purchases gives CWC a \$100 gift card.

DAS truck pull Rob Bryson is in contact waiting to hear more

9. CWC Admin:

9.1 Appointments of Exec Committee Co-chair, Secretary

Motion: To approve Diane Cohoe as secretary

Moved/Seconded by: Janet Fowler/Rachel Siemens

CARRIED

Motion: To move that Lisa Lehman continues as co-chair

Moved/Seconded by: Tera Huston/Lorna George

CARRIED

Motion Lorna George to continue as Treasurer

Moved/Seconded by: Susan/Janet

CARRIED

Lisa Lehmann and Lorna George to continue with signing authority. Debbie Iverson and Karen Tjaden to be removed from signing authority and Diane Cohoe to be added to signing authority with Access Credit Union.

9.2 AGM Debrief

Lisa will email each working group and the summaries will be as an attachment to the minutes

9.3 Tamarack Resource

\$500 for rest of year 2022

Yearly membership \$1000 possible additional charge for attending bigger events.

CWC members would be encouraged to use Tamarack resources if membership is purchased.

Lorna and Lisa working on policies for honorariums

Motion: To apply for membership Tamarack \$500

Moved/Seconded by: Susan/Allison

CARRIED

9.4 CWC Promotion

9.4.1 Marketing Plan

Clarification that Marketing Plan includes Sponsors & Donations

Lisa has approached Robert Bryson to help with a marketing plan and is waiting for answer.

Lorna is possibly interested in having conversations about this too.

Ideas of how to let people know CWC exists and how to market our brand,

Working groups to brainstorm ideas on how to improve communications.

Discussed hiring speaker/facilitator to give direction.

9.4.2 Farmers Market Stand

Recommendation to set up table to advertise at Farmer's Market. Monica Halbesma Safe Communities offered to share a table if none are available Sept 2

Terra will contact Joyce Nicolajsen for alternative dates to have a separate table, otherwise we will share with Monica. Janet will help Terra with table.

9.4.3 Advertising on Vegetable Stand

Could we attract people with a draw

Terra Lisa Janet and Susan will discuss ideas for promoting

Discussed possibility of fridge at vegetable stand. Would need to explore hydro possibilities at the locations.

9.4.4 Carman Country Fair

Public awareness, promote Carman Wellness Connections and what we are about. Use monies to purchase gimmick/ giveaways to use as a way to interact with people at the fair. Create poster and possibly stickers for same.

Motion: Idea generated for promoting wellness at Carman Fair/ Farmer's Market/Vegetable stands \$500 and

To spend remaining \$1000 on seed money for Community supper, Food bags & promotion of CWC – upon approval from Chantal Chevalier

Motion/Seconded by: Susan and Lorna

10. Correspondence:

Meetings to continue through summer Wed 4PM

11. Next Meeting: July 20 4PM **Memorial Hall – Lower Level**

August Meeting August 17 4PM Memorial Hall – Lower Level

12. Meeting Adjourned: 5:45 pm