



**Carman Wellness Connections – Board Meeting
Approved Minutes of Thursday December 15, 2022 @7 pm
Meeting by Zoom due to weather**

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), Debbie Iverson, Constable Buffett, Susan Weppler, Allison Abbott-Wiebe, Terra Huston, Rose Durupt, Tessa Memme.

Regrets: Chantal Chevalier -SH-SS (ex-officio)

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.
- Moment of Focus – A Board member completed the Partnership Community Action Training Program and shared information. The difficulty that people face navigating government systems particularly disability forms where to access and how to fill out. She will share her binder with other groups.

2. Approval of Agenda

Motion: To approve the agenda as circulated with addition 6.21 Tamarack

Moved/Seconded by: Susan Weppler/Allison Abbott-Wiebe

CARRIED

3. Approval of CWC – Board Meeting Minutes of November 24, 2022.

CARRIED

Motion: To approve the minutes of November 24, 2022 as circulated:

Moved/Seconded: Lorna George/Terra Huston

4. Working Group Reports – Circulated prior to the meeting

4.1 Education and Employment

- 4.1.1 Letter to Rochelle Squires and response. CWC sent a letter requesting that the EIA income exemption limit be re visited to include part time employment. Received a



response that EIA is undergoing a transformation. CWC will continue to advocate. Recent announcement in the news that a disability income increase is coming.

- 4.1.2 Letter to Chamber and Town of Carman and RM – Employment in Carman needs to know what employers are looking for and to revise skills or obtain skills. To contact key employers and the Carman Chamber of Commerce and plan to bridge this gap.

5. Community Resource Centre / Navigator - still looking for sustainable funding

6. Resources

6.1 Make Poverty History -nothing to report but expect something to be released in the news shortly

6.2 Tamarack

6.2.1 Coaching- 4 – 1hr sessions first session is Jan 11. CWC board members emailed and encouraged to participate in sessions.

6.2.1.1 Board/ Executive – Governance 1st session Jan 11 dates of other 3 sessions TBD. CWC to provide answers to 3 things we are proud of and 2 things we are finding challenging Working group and Governance

6.2.1.2 Working Groups – Aligning with other groups

7. Financial Report – Circulated prior to the meeting

7.1 2023 Budget

Motion: To approve budget as circulated with revision \$850 decreased to \$250

Moved/Seconded by: Lorna George/Wendy Durand CARRIED

Motion: To approve an honorarium of \$30.00 to Matthew Kenyon for website hosting

Moved/Seconded by: Lorna George/Rose Durupt CARRIED

7.2 Fundraising Plan

- Increase awareness of donations focus on year end donations.10% of donations received can be spent on expenses
- Coop May & Sept Fuel Days
- BBQ Program
- Initiate a plan and present to board to get actions
- Nine Lives has inquired about funding CWC requires to possibly donate Jewelry sales to CWC – Lorna to contact Marg
- DAS Funds are still available

8. Grants

8.1 HLTG 2020 - Complete

8.2 HLTG 2023 – Applied \$2000

8.3 Food Security Grant – Harold Kenyon has not heard yet but expects an announcement next week.



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- 8.4 Corteva AgriScience \$1500 approved to spent on community suppers
- 8.5 Direct Farmers Market
- 8.6 Town and RM - Letter to Council request for funding for Tamarack fees and Navigator position will hear in Mar/Apr
- 8.7 CAF \$2000 – Letter to extend 2022 grant funding for computers. Possible for each working group to apply for funding in the same year.
- 8.8 Community Service Recovery Fund

9. CWC Admin
 - 9.1 Elevator Pitch to discuss at next meeting
 - 9.1.1 Co-chair position
 - Motion: To nominate Tesse Memme as Co-chair no other nominations**
 - Moved/Seconded: Lisa Lehmann/Lorna George** **CARRIED**
 - 9.2 Board Meeting Evaluations – postponed
 - 9.3 Updating Contact Lists for each of the working groups and board just need Food Security updated list. Terra contacting members that haven't been attending meetings to see if they are still interested.
 - 9.4 Plan to review By Laws and ensure they are of plain language
 - 9.5 Working on an Honorarium Policy a draft policy will be presented to the CWC board,
 - 9.6 Continue to support Working Groups needs feedback from groups and will work on in the new year
 - 9.7 Annual Calendar yearly to do's Lisa to send to board

10. Correspondence
 - 10.1 Constable Buffet - Constable Buffet new member of local RCMP detachment contacting local groups with a list of questions gathering information on RCMP can better serve our community.

11. Next Meeting: January 19,2023 Location: Memorial Hall

12. Adjournment 9:30PM



Working Group Reports January

Food Security

Next meeting is scheduled for Wednesday Jan 18th. The last food pantry was Dec.22. The next Food pantry is January 26th. The last Community supper was on Wednesday January 11th. More to report after the next meeting.

Supporting Emotional Health

Programming

- Game Night with Adam – Board Game series starting January 19 2023, on Thursdays – 5-8pm at the Library
- Small Town Run and Walk Crew – Meeting every other Saturday at 1000 for a walk. January 7 and Feb 4 we will have guest speakers Terry Warburton and Kayla Dick.
- 2 dates for a session with Terry Warburton and Andrea Dyck on Resilience and “Bouncing Back” – January 31 2023 and February 7 from 7pm to 8 pm. – All advertised on our website for details.

Our next meeting is January 16th, 2023



Affordable Housing - nothing to report

Recreation and Leisure

Affordable Recreation and Leisure is partnering with the Small Town Run and Walk Crew (Chris Dick) to invite the public to try out the new kicksleds. This event will happen on Saturday January 21 at 10 am in Ryall Park.

Lorraine Stevenson is available to take photos and Ty Dilello, Carman Dufferin Standard, is writing an article for the newspaper .

We hope to offer this activity in February and March as well. (dates to be decided Sat. February 18 & Sat. March 4 or 18th)

The kicksleds will be available for loaning out through Carman Dufferin Recreation.

Planning for

Upcoming activity- free bowling for February, March and April. (once a month)

The Drop In Art Class on Saturdays from 1pm - 2:30 continues at the Golden Prairie Arts Council.

I have communicated with the Dufferin Historical Society Museum that CWC is interested in partnering again in December 2023 to co-plan the Christmas at the Museum event. (December 2023)

Transportation – no report

Employment and Education - nothing to report