



Carman Wellness Connections – Board Meeting Approved Minutes Thursday March 16, 2023 @ 7 pm

Location: Lower Level - Memorial Hall

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: Carly Boklaschuk (guest) Deana Gauld (guest), Wendy Durand, Susan Weppler, Rose Durupt, Allison Abbott-Wiebe, Lorna George, Chantal Chevalier, Lisa Lehmann

Regrets: Terra Huston, Nancy Clearwater, Diane Cohoe, Colin Hay, Debbie Iverson

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
 - Deana Gauld presented on her Volunteer website for Carman.
 - Deana is the chair of the cheerboard and started a volunteer database for Carman. She is working on a website and it will go live at the end of March. Deana@volunteercarman.ca
 - There is a page for groups/clubs/boards to invite volunteers to join them.
 - There will be a page for special events to gather volunteers.
 - There will be an ongoing page for places that take volunteers all the time/anytime.
 - Deana gave CWC its own page and a little blurb on the working groups. The board mentioned that CWC already has its own website and perhaps it could just be linked there. This way Deana would not be responsible to update any CWC information.
 - An idea was to incorporate Deana’s website with our **Communication Strategy - Communication Committee**

2. Approval of Agenda

Motion to approve the agenda as circulated:

Moved/Seconded: Susan Weppler/Allison Abbott-Wiebe

CARRIED



3. Approval of CWC – Board Meeting Minutes of February 16 2023.
Motion to approve the minutes of February 16,2023 as circulated:
Moved/Seconded: Lorna George/Chantal Chevalier **CARRIED**

4. Working Group
 - 4.1 Reports circulated prior to the meeting
 - Had to reschedule WEM meeting for the Employment and Education working group
 - Working group Action Plans go to the Executive committee for review.

- 5 Resources
 - 6.1 Make Poverty History
 - Lorna included her summary in the Affordable Housing working group report
 - Carly shared on behalf of council that there is a nursing shortage in Carman and they are trying to secure more from a nursing program. They were wondering about transportation and housing so they approached Lisa Lehmann to find out more. The working groups on transportation and housing prepared a response of what is happening in Carman for Carly and Rob Bryson.
 - 6.2 Tamarack
 - 6.2.1 Coaching - March 23 @1200 – Zoom was sent out. Highlights from session 1 & 2.
 - Spoke about structures and roles
 - Could potentially look at a linear/more fluid structure versus hierarchical.
 - Diane from CWC gmail account will re send next coaching session on March 23rd.
 - 6.2.2 Host Watch Party April 25th 2023
 - Chantal, Lisa, and Terra formed a small working group to work on a watch party.
 - Tamarack will give CWC 750\$ to host a watch party with more than 5 people. This money can be used towards lunch, rental, equipment, registration etc. CWC will have 2 free admissions and a reduced rate of \$200 per registration after that. Plan is to invite people from Brandon and Wpg to attend in the morning and have some networking planned, then watch the conference in the afternoon. More details to come.

- 6 Financial Report
Motion to accept the financial reports as presented:
Moved/Seconded: Lorna George/Wendy Durand /All in favor
CARRIED

- 7 Grants
 - 8.1 HLTG 2020 – Complete with Final Reports to be sent to Chantal. All money has been spent
 - 8.2 HLTG 2023 – \$2000 rec'd. Still waiting for the cheque in the mail.
 - 8.3 Direct Farmers Market
 - Applied for \$8400.00. This will fund up to 25 families
 - 8.4 Town and RM – Presentation Jan 30 2023
 - Carly will provide us with more information soon and the town will commit to further conversations with our group.
 - 8.5 CAF \$2000 2022/ 2023



- Wendy submitted a letter to defer the 2022 funds.
- If we receive funds this year, some members will have to attend the gala.

8.6 Community Service Recovery Fund

- Submitted for a navigator position and board training. Will find out by May1st,2023.

9 CWC Admin

9.1 Elevator Pitch – 6:00 pm Feb 16 2023

- Just about complete. Lisa to email out the elevator pitch to the group.

9.2 Board Meeting Evaluations

- Will try to have these after every board meeting, and Lisa will share back the results.

9.3 Updating Contact Lists for each of the working groups and board – Update Diane

- Diane will forward these updated lists

9.4 Plan to review By Laws and ensure they are of plain language – Postponed

9.5 Working on an Honorarium Policy – See attached for review at meeting

- Will move this to be the moment of focus for our April 21st meeting.

9.6 Annual Calendar

- April will have the Carman Area Foundation Gala
- Need to solidify a Carman Fair Planning committee in April

10 Correspondence

10.1 Volunteer Proposal

- All invited to attend the Volunteer Appreciation April 15th at the Museum

10.2-Kick Sleds

-Lisa drafted a letter to gift the kick sleds to Carman-Dufferin Recreation. Everyone was in agreement

11 Next Meeting: April 20th 2023 at 7

Location: Memorial Hall

Adjournment: 8:40pm



Working Group Reports April

Supporting Emotional Health

We met 20 March 2023 via Zoom

Lisa shared updates from CWC Board activities:

- Tamarack
 - Resources and coaching
- Grant updates
- Healthy Communities
- Supporting Working Groups - Communication Tools

Reviewed Action Plan – Highlights below

- Adjusted Action Plan to highlight some targeted areas
 - Offering programming and supports locally for young families as research supports early intervention strategies. We will consider partnerships, sustainability, and meeting people where they are at as we look at the following programs. (note: not necessarily running them but will inquire and consider).
 - Circle of Security
 - Coping with Change
 - Parenting Support
 - Emotional Supports
 - Reaching out to new demographics/ populations and new programming; promoting belonging and connections and activity.
 - Game Night with Adam – Fall and Winter 2023/24
 - Small Town Run and Walk Crew partnership – will start again in May
 - Relationship Building and Community Connections
 - Consider a large event with many participants and attractions, such as yoga, nutrition, speaker etc.
 - Community Supper - October
 - Consider Men’s Mental Health as research shows us that often, d/t stigma, men are less likely to seek help for mental health concerns and are more likely to die by suicide.
 - Reaching out to Primary Producers/ Diagnostic School
 - Explore partnerships for MenSheds eg Seniors Resource

Recreation and Leisure

ACTIVITIES

Bowling: Funding has been provided by the CWC Board to cover the cost of 3 sessions of 1 hour of bowling at Carman 5 Pin Bowl. The bookings are for 24 people at a cost of \$72 per session. 4:30 - 5:30pm.



Carman Wellness Connections

Two sessions have happened on Friday March 3, (19-1 volunteer people), and Friday March 24, (21 people)

The third session is on Friday April 14 at 4:30pm (19 people attended)

DISCUSSION - with Heather at the Bowling Alley about creating bowling passes for the spots when people signed up but did not attend the sessions. These passes for 1 hour of bowling for 1 person could be used for a draw.

Drop in Art Class - Saturdays - 1 - 2:30pm

There are other GPAC events happening on Saturdays so in April there was 1 day of Drop In Art April 8th Drop In dates for May to be decided

DISCUSSION - with several people about creating 3 short videos about bicycle maintenance to be posted on Instagram and YouTube - Targeted audience youth - age ? 8 - 14

Also a possible Bike Maintenance clinic in early May

Not sure of cost at this time

FUTURE - 4 pool rentals in June, July and August

- sharing info for applications for pool passes & cost of swimming lessons through the Discover & Go Grant(Diane Cohoe) and Linear Grain, CAF

Employment and Education Working

A meeting with Diane Cohoe, Wendy Durand and two Regional Connections representatives- SarahTeichroeb and Katya Shagaliyeva was successful in both beginning connection, conversations and establishing plans for a second ID Day to be held in May-tentative date May 16 th . More details to follow but early planning points to a larger offering of services for this ID Day.

Our WEM meeting was rescheduled again due to weather and resulted in Bruce Wood and I meeting with Natasha Doerksen from Workplace Education Manitoba on April 19 th to begin conversations about programs and projects on which we could collaborate.

Clothing is piling up at Carman Collegiate for our Dress for Success event and we were able to connect with a community member formerly connected to the Dress for Success annual event in Saskatoon. Their knowledge will be valuable and much appreciated.

Food Security

The food security working group met on March 15th. Stacey O'Connor joined us representing the Boyne Regional Library. Stacey let us know projects the library is working on like the seed library.

Julie updated on the Grow Garden Program. Communities in Bloom received a grant from Southern Health to assist 4 families with planting and growing a garden at the Community Garden.

Community Supper:

March 8th 60 people attended.

April 12th 40 people attended



Carman Wellness Connections

Food Pantry:

March approximately 60 hampers were distributed.

April 20th 73 hampers are ready for distribution.

Julie attended in April to talk to families about the Garden opportunities and Susan Wepler also promoted bowling opportunities.

Food Currency:

2023 funding has been approved. Edith has 1 volunteer and is looking for 1 more to distribute the vouchers weekly.

Vegetable Stands:

Same locations as last year. We are compiling recipes to share with families specific to in season produce.

Garden Club Donation:

The Garden Club donated 8 \$25 certificates to Vanderveens to assist families with purchasing Garden seeds and supplies.

Our next meeting is May 17th at 7pm.

Affordable Housing

We met with Carman Town Councilors Rob Bryson and Carly Boklaschuk on April 13 to learn more about the initiatives they have already taken to address housing needs in Carman. We are very impressed with the work they are doing around housing! Their conversations with employers, employees and private developers confirm that there is a need for more housing options. Shaun Loney was invited to join our meeting to talk about some alternative funding and building models that he is knowledgeable about through his extensive work with social enterprises in Winnipeg and northern Manitoba. Shaun introduced us to Community Bonds, Community Land Trusts and several other social enterprise solutions to housing. Shaun invited several members of our group to meet with a representative from Tapestry Community Capital (tapestrycapital.ca) on April 18. Carly and Karen Tjaden attended a meeting with Ryan from Tapestry at the Social Enterprise Centre in Winnipeg on April 18 which included a tour of the Centre and introduction to several social enterprises including BUILD and Purpose Construction.

I will have more detailed notes available from these meetings on April 13 and 18 for anyone interested. Or visit the website of Social Enterprise Centre (secwpg.com)

Next Steps

Collect up-to-date and detailed information about actual housing need in Carman, taking into consideration type of housing and affordability

Research Community Bonds and Community Land Trusts

Consult with Carman Area Foundation re Community Bonds

Connect with PVLIP and Regional Connections

Housing Working Group to meet early in May

Submitted by Karen Tjaden



Transportation

The Transportation Working Group has not met together, but conversations continue. The Handi-Van has its annual meeting April 20. There may be someone starting a taxi service in the community in the near future which could have some impact on the Handi-Van service, limiting access to those under 55 only if they live with a disability. It is hoped that the business person and members of the Handi-Van Board can talk together. We have also learned that there is a town by law regulating rates for taxi services. We will resend a letter to Helen Hoepfner of Southern Health re possible community access of the Boyne Lodge Van since we have learned that she did not receive our first letter and would like to discuss this matter further. We look forward to talking with her soon! Town Councillors have also been considering transportation options and collecting information about how other communities have introduced ride hailing services, as well as inquiries with Peg City Car Coop in Winnipeg to look at their car sharing model.

Submitted by Karen Tjaden on behalf of Evelyn Rempel-Petkau, Kathie Findlay, and Nancy McFarlane