



**Carman Wellness Connections – Board Meeting
Approved Minutes -Thursday June 22, 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: Wendy Durand, Susan Wepler, Rose Durupt, Lisa Lehmann, Lorna George, Nancy Clearwater

Regrets: Allison Abbott-Wiebe, Diane Cohoe, Terra Huston, Chantal Chevalier, Carley Boklaschuk

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- AGM Debrief. We discussed the pros and cons of June 14, 2023 AGM

2. Approval of Agenda

Motion to approve the agenda as circulated:

Moved/Seconded: Rose Durupt/Wendy Durand CARRIED

3. Approval of CWC – Board Meeting Minutes of May 18, 2023.

Motion to approve the minutes of May 18, 2023

Moved/Seconded: Lorna George/ [Wendy Durand](#) —CARRIED

4. Working Group

- 4.1.1 Food Security Request for Funding: Program to teach participant show to reduce food waste, preserve food grown in their own garden using various food preservations. The total budget is \$2,825.00 but the dietitian/presenter will arrange to fund her portion through her work if we do not receive the grant from the Hensall Co-op.
- 4.1.2 Wendy Durand moved that the CWC supports the request for funding from the food security w/g for the budgeted amount of \$1900.00. Seconded: Nancy Clearwater. All present approved but -there was not a quorum so an email will be sent to the board members not attending for their vote.
- 4.1.3 Roll out of Food Currency Program: We received a letter from Justin Girard from Direct Farm Manitoba requesting that we complete the agreement. Lorna and Edith Rook



replied that they had received the vouchers and an installment and have not received any further requests. Lisa will follow up with Justin to ensure that he has the required info.

- 4.1.4 Supporting Emotional Health Request for funding: A one day event with guest speaker & activities to help young women find balance & improve confidence. Budget is \$1,400.00. The funding will come from the DAS fund.
 - 4.1.5 Wendy Durand moved that the CWC supports the request for funding from supporting emotional health w/g for the budgeted amount of \$1,400.00. Seconded: Rose Durupt. All present approved but there was not a quorum so an email will be sent to the board members not attending for their vote.
 - 4.1.6 Affordable Leisure funding request: In prior years the Linear Grain fund pays for four swimming sessions. This year they are only funding one. The w/g would like to fund one more session on August 4, 2023. The budget is \$140.00
 - 4.1.7 Susan Wepler moved that the CWC supports the request for funding from the affordable leisure w/g for the budgeted amount of \$140.00. Seconded: Wendy Durand. All present approved but there was not a quorum so an email will be sent to the board members not attending for their vote.
- 5 Resources
- 5.1.1 Make Poverty History (MPH) – Lisa Lehmann, Lorna George and Chantal Chevalier attended a Tamarack webinar June 22, 2023. One of the participants was representing MPH_the group. In July they will be publishing their provincial funding asks for the year.
- 5.2 Tamarack
- 5.2.1 The final coaching session June 19, 2023 for the 2022 membership year. We received tools to measure the impact of our activities and report to relevant parties. We hope to bring this to the board in the fall.
 - 5.2.2 Future Coaching – Recruitment and Retention (4 more coaching sessions)
 - 5.2.3 Manitoba Communities Gather: June 22, 2023 we met with other CEP groups that are part of Tamarack to discuss a bit of our history, issues we are working on and a journey to success.
 - 5.2.4 Co-ordination of Immigration Services – [please see attached report from Lisa](#)
- 6 Financial Report – report presented by Lorna George. Our present bank balance is \$13, 932.04. No motion to approve was made.
- 6.1.1 Carman and Area Food Panty request: The food pantry which has been operating out of the Carman Mennonite Church has requested that we collect donations for their operation. Research showed that we could grant them the funds and they would need to send a report to support the spending.
 - 6.1.2 Concerns: We don't want to run the operating part as we don't have the manpower. What happens at the end, if they decide that they don't need to continue or don't have the volunteers and there is still money?
 - 6.1.3 Decided that we should discuss this with a few of the people who are running the food pantry and if we decide to do this that there is a contract drawn up.
- 7 Grants
- 7.1.1 Community Service Recovery Fund – denied
 - 7.1.2 Hensall Co-op – Due May 31 2023 – Wendy has submitted grant \$10000 for food preservation.-
 - 7.1.3 Access Credit Union (ACU) – Due Dec 1, 2023, will apply but no deadline. The CIB and BRK are receiving the proceeds from the ACU pancake breakfast in 2023
 - 7.1.4 Homestead Coop Fuel Up/ BBQs – Application submitted fundraising day in in Sept. Possible BBQ fundraiser the same day. This funding could be used for petty cash if it



doesn't need to be specified. No reply yet.

- 7.1.5 CAF \$3500 – Update. We will contact Webmarkers for updating the website.
- 8 CWC Admin
 - 8.1.1 Board Meeting Evaluations – Questions (ran out of time so not done)
 - 8.1.2 Elevator Pitch – Postponed till September
 - 8.1.3 Plan to review By Laws and ensure they are of plain language – Postponed.
 - 8.1.4 Elevator Pitch – as above
 - 8.2 Annual Calendar – Reviewed the upcoming events for July and August.
 - 8.3 Carman Fair Planning – Wendy, Rose and Susan & Susan are planning for our table at the Carman Fair. A request for funding in the amount of \$350 for signage (i.e. promotional table cloth or banner) and giveaways to encourage people to stop and talk. These will also be used for the Farmer's Market and World River Day.
 - 8.3.1 Wendy moved that CWC allocates \$350.00 to the signage and giveaways. Seconded: Rose Durupt. All present approved but -there was not a quorum so an email will be sent to the board members not attending for their vote.
- 9. Correspondence - none
- 10. Next Meeting: 17 August 2023 gathering at 6; meeting at 7 at Lower Level - Memorial Hall
Adjournment: Lorna George at 8:50 PM

Working Group Reports for June

Transportation -no report

Affordable Recreation

Pool Rental for Friday June 23 - 25 ppl 1:30 - 2:30pm...\$110
Parent /totcost covered by Linear Grain

Pool Rental for Friday August 4 - 50 ppl
Request for Funding.....\$140

Food Security – no report

Education & Employment Group

The E & E group had a busy May and June. On May 15-17 & May 19th, our group partnered with PRSD to coordinate a Dress For Success Initiative in Carman Collegiate. During the school day students from Miami, Carman, DCS and Elm Creek had opportunity to "shop" in the theatre for dress or workwear clothing & accessories donated by community members. For three evenings, the theatre was open to the general public for adults to come and shop for employment, education or interview needs. Some of the clothing following the event was stored for future CWC initiatives, with the remainder donated to MCC Carman shop. Thank you for the community donations and volunteers who orchestrated the Dress for Success Initiative!

On May 16th the E & E group hosted their second One Stop ID application day at Boyne Library. In coordination with Regional Connections, Service Canada, and the Boyne Library, volunteers or



representatives processed 47 applications for new or reissued Manitoba birth certificates, social insurance numbers, or Manitoba health cards. Regional Connections staff were able to assist newcomers with their document needs, and are pleased they can provide similar service every Wednesday at the library. Receipt of foundational identification removes barriers for citizens pursuing employment, banking, education, a driver's licence, housing, or financial benefits.

In cooperation with Workplace Education Manitoba (WEM), E & E group has facilitated the delivery of free Personal Management Basics workshops as part of a 12 module Skills for Success program, in our community. The first two workshops, Stress Management and Decision Making, with delivery by a trained facilitator, were scheduled for June 13th but have been postponed until September 2023. Look for further communication and promotion late summer as we coordinate delivery of this workshop series in the Boyne Library exchange room.

At the CWC AGM, the E & E working group had set up a table and asking residents for feedback on needs around employment and education within the community. A common point was around the need for EAL classes for newcomers, and have since learned there are some coordinated efforts for hosting of conversation circles in development. We are always open to others joining our working group as exciting new opportunities present themselves to reduce barriers to education and employment in the community.

Housing Working Group

The housing committee has not had a meeting since our last report but we have had meeting with a councillor from the town to discuss the issues regarding housing for newcomers and existing renters and have another housing meeting planned for June 29 to brainstorm for ways we might be of help or provide information

Supporting Emotional Health

Met May 1 2023 and plans to meet June 26 2023.

- May 25 and 26 2023 all expenses covered by SHSS, Julie Hesketh attended Training to be able to facilitate - 'Coping with Change'.
- Plans to partner with the Boyne Regional Library to host a Book Study in September/ October, ***"Nourished: Connection, Food and Caring for our Kids (and everyone else that we love)"*** by Dr. Debra MacNamara, to be facilitated by Terry Warburton and Audi Dewit.
- Small Town Walk and Run continues on Thursday evenings, meeting at 6 at the Ryall Park.
- Plans for 'Games Night with Adam' 'Dungeons and Dragons Series' this fall.
- Plans for 'Balanced Life with Kayla' event in September at Belle Aura – Ladies event with Kayla Dick as a key speaker with a focus on Building Confidence and Finding Balance.