



## Carman Wellness Connections – Board Meeting Approved Minutes of Thursday January 19,2023 7PM

**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.

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Empowerment	Sustainability	Accessibility	Best Practice	Respect
Shared Responsibility	“Nothing about us, without us”		“It takes a village”	

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Present: Lisa Lehmann (Co-chair), Tessa Memme (Co-chair), Wendy Durand (Grant Coordinator), Diane Cohoe (Secretary), Susan Wepler, Allison Abbott-Wiebe, Terra Huston, Rose Durupt

Regrets: Chantal Chevalier (ex-officia), Lorna George (Treasurer) Debbie Iverson, Carly 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  
Board member shared a quiz about poverty in Canada and the results were 1 in 7 people in Canada live in poverty, precarious employment has increased by over 50%, about 15% of elderly single people live in poverty, 40% of Indigenous children live in poverty, residents of Nunavut spend twice as much on food.
  
2. Approval of Agenda  
**Motion to approve the agenda as circulated:**  
**Moved/Seconded: Wendy Durand/Rose Durupt** **CARRIED**
  
3. Approval of CWC -Board Meeting Minutes December 15, 2022.  
**Motion to approve the minutes of December 15,2022 as circulated:**  
**Moved/Seconded: Wendy Durand/Tessa Memme** **CARRIED**



4. Working Group
  - 4.1 Reports circulated prior to the meeting.

Funding until March 2024. Discussed the idea for local businesses to sponsor a supper.  
Terra has requested advertising material for community Suppers/Food Pantry
  - 4.2 Action Plans

Action plans need to re-submitted if funding requirements change
  
- 5 Community Resource Centre / Navigator – continuing to source sustainable funding for this position minimum one year term position.
  
- 6 Resources
  - 6.1 Make Poverty History – board members to check out their website frequently basis for important information and updates
  - 6.2 Tamarack
    - 6.2.1 Coaching – Chantal will report at next meeting  
Tamarack has agreed to CWC paying \$ 500 for a yearly membership  
Request those that attended Jan 11<sup>th</sup> to share information with the rest of the board. Lisa will contact Tamarack for PowerPoint notes to share with board.
  
- 7 Financial Report – reports as circulated
- 8 Grants
  - 8.1 HLTG 2020 – Complete with Final Reports to be sent to Chantal
  - 8.2 HLTG 2023 – Applied \$2000- expect to hear about approvals in March
  - 8.3 Direct Farmers Market – Funding that is received is forwarded to Edith Rook
  - 8.4 Town and RM - Letter to Council and Lisa will present to council on January 30.
  - 8.5 CAF \$2000 – Letter to extend – Wendy will complete letter
  - 8.6 Community Service Recovery Fund – Executive to meet and come up with initial plan to apply
- 9 CWC Admin
  - 9.1 Elevator Pitch – another session is required to complete prior to next board meeting
  - 9.2 Board Meeting Evaluations – Update Lisa
  - 9.3 Updating Contact Lists for each of the working groups and board – Almost complete just a few more members to contact from Food Security
  - 9.4 Plan to review By Laws and ensure they are of plain language – Postponed
  - 9.5 Working on an Honorarium Policy – presented and requires revision.
  - 9.6 Continue to support Working Groups – Update Lisa
  - 9.7 Annual Calendar
- 10 Correspondence
  - 10.1 South Central Women’s Health Expo
- 11 Next Meeting: February 16,2023 7PM Location: Memorial Hall Basement  
Adjournment: 8:35 PM



## **Working Group Reports February Meeting**

### **Food Security**

Last Community Supper was Feb. 8th. Approximately 60 people in attendance including volunteers. 5 or 6 people from the community came to volunteer as well.

The last food pantry was January 26th. Close to 50 hampers were given out including 4 drop ins that were able to accommodate. Susan was there promoting a free bowling opportunity. We have about 56 families/ people registered for Feb. 23rd.

Thanks to Wendy Durand for bringing the CWC display board to both the Community Supper and Food Bank.

Both vegetable stands will be running this spring/summer. We need to confirm the location of the 2<sup>nd</sup> stand. We will be offering recipes using in season vegetables and fruit at both stands this year.

We will be planning food processing sessions where people can prepare freezer ready soup packs using garden produce.

Carman Garden Club will be donating \$200 in Vanderveen gift certificates in \$40.00 denominations to be given out to families for garden opportunities.

We are approaching The Christmas Cheer Board to put information about Food Security Project in the Food Hampers.

Our next meeting will be in March.

### **Supporting Emotional Health**

**Resilience** with Terry Warburton and Andrea Dyck – approx. 8-10 participants

**Game Night with Adam** continues to meet Thursdays at the library for board games – not as popular as the Dungeons and Dragons – 2-4 participants.

**Small Town Run & Walk Crew** – avg 10-15 participants – included special dates with Terry Warburton, Intro to Kick Sleds and Kayla Dyck – continues until mid-March

**We meet next 13 February 2023 via Zoom at 1200.**

### **Affordable Housing**

Nothing to report on housing committee. Waiting on a meeting with Manitoba Housing.

### **Recreation and Leisure**

**Kicksleds** Saturday January 21 at 10am Ryall Park 6 kicksleds were introduced to the SmallTown Walk Run Crew (Chris Dick) 12 people participated. Laurie Millions demonstrated how to propel the kicksled individually and harnessed to a husky dog. This event covered by Lorraine Stevenson & the local newspaper. The next planned dates with STWR Crew are: Saturdays February 18 & March 4 10 am Ryall Park

Susan, Laurie Millions & Sheena N, Rec Dept, met on February 3 to develop loan out & maintenance policies for the kicksleds. Plan to meet again.

### **Bowling**



## Carman Wellness Connections

Susan contacted Carman 5 Pin Bowl (Heather) to discuss costs of bowling on Fridays 4:30 pm ( 1- 2 x each month for February, March & April) To be worthwhile for Bowling Alley must have a Minimum of 24 people(4 lanes)

5 pin bowling owner willing to reduce fees - 13 families signed up

Further discussion required with Treasurer and Board

### **Drop in Art**

Continues on Saturday afternoons at GPAC 1pm- 2:30pm with Nigel Bart

Max. 10 people allowed Sat. Jan. 28 - 10 attendees

Feb 4 - no class , will happen on Feb. 11, 18 & 25.

### **Employment and Education**

No report from E and E. We are in process of setting up a meeting for the end of February so will report on that next meeting.