



Carman Wellness Connections – Board Meeting
Approved Minutes Thursday February 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: Wendy Durand (Grant Coordinator), Lisa Lehmann (Co-chair), Lorna George (Treasurer), Diane Cohoe (Secretary), Terra Huston, Susan Wepler, Chantal Chevalier (ex-officia)

Regrets: Allison Abbott-Wiebe, Carly Boklaschuk, Tessa Memme (Co-chair)

Agenda:

- 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 story of a woman who went into a local church in Carman and was given a warm coat from the donations they were gathering to donate to 1juscity. The church mentioned they were collecting warm clothing on a YouTube video of the Sunday service and received more donations from the community.
- Approval of Agenda
Motion to approve the agenda as circulated:
Moved/Seconded: Lorna George/Wendy Durand **CARRIED**
- Approval of CWC – Board Meeting Minutes of January 19, 2022.
Motion to approve the minutes of January 19,2023 as circulated:
Moved/Seconded: Wendy Durand/Terra Huston **CARRIED**
- Working Group
 - 4.1 Report circulated prior to the meeting.
 - 4.2 Action Plans
Motion to purchase 3 days of bowling at \$72 each total of \$216 to be paid out of the 2020 HLT grant.
Moved/Seconded: Lorna George/Terra Huston **CARRIED**



Discussed and will add Transportation Group to monthly working group reports. CWC has had articles in the Carman Dufferin Standard. Diane will download all articles pertaining to CWC and store the files.

- 5 Community Resource Centre / Navigator – CWC has asked the Town of Carman and the RM of Dufferin to consider funding to hire a navigator. We hope to find out their decision in March.
- 6 Resources

6.1 Make Poverty History report as circulated prior to the meeting.

Campaign 2000 released its annual report card on child and family poverty, *Pandemic Lessons: Ending Child and Family Poverty is Possible*. The report shows that during a global pandemic, rates of child poverty in Canada were reduced by a record 40%. and is largely a result of temporary pandemic benefits. These benefits have all been retracted and this progress is unlikely to be sustained in the future. The federal government must take action to maintain and build on these gains in poverty reduction.

This year's national report card focuses on changes to income security measures, the need for decent work for all and the role of childcare in supporting low-income families.

Susan will gather information from local daycares on statistics -what is the waiting list, what are subsidies and what area does Carman draw from.

6.2 Tamarack

6.2.1 Coaching - March 23 @1200 – Zoom was sent out. Highlights from session 1 & 2. Highlights from the first two session are attached and circulated prior to the meeting.

Tamarack may have supports to help with the project of determining Carman's Living wage. Board members to check Tamarack website. Discussed CWC hosting Watch Party – one day event to be held Apr 25-27. Tamarack will provide \$500 for 10 attendees \$1000 for 20 attendees. CWC will receive 2 free.

- 7 Financial Report – report circulated prior to the meeting.

Motion to accept the financial reports as presented:

Moved/Seconded: Lorna George/Chantal Chevalier

CARRIED

- 8 Grants

8.1 HLTG 2020 – Complete with Final Reports to be sent to Chantal

8.2 HLTG 2023 – \$2000 rec'd and will be used for Id Day, Games Night and Small-town walk.

8.3 Direct Farmers Market – Edith Rook applied for and recommended 25 families. Each family would receive \$24 week for 14 weeks. Families need to spend this at the Farmers market on meat and produce.

8.4 Town and RM – Presentation Jan 30, 2023. Lisa presented to the Town and RM and CWC is waiting to hear funding decision.

8.5 CAF \$2000 2022/ 2023- CWC will be requesting funds for a new website/social media. Wendy is working on the grant and will apply by deadline March 9,2023

8.6 Community Service Recovery Fund – grant is nearing completion and Wendy will submit by February 21,2023. CWC requesting funds for 1 year coordinator position and training for CWC board members.



9 CWC Admin

9.1 Elevator Pitch – 6:00 pm Feb 16 2023 – getting close to completing. Will meet one more time to finalize. Possible dates are Feb 21-22-23. Lisa will email members and choose a date.

9.2 Board Meeting Evaluations – handed out 3 questions from the list. Everyone in attendance is encouraged to fill it out.

9.3 Updating Contact Lists for each of the working groups and board – All groups have submitted updates and Diane will send the complete updated list to all board members.

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

9.6 Continue to support Working Groups – it is working well with an executive liaison for each working group that are working with their respective groups.

9.7 Annual Calendar – Diane will email all working groups to gather their 2022 year reports for the Annual Report.

10 Correspondence

10.1 South Central Women’s Health Expo- March 11 2023

11 Next Meeting: March 16, 2023 at 7PM Location: Memorial Hall

Adjournment: 8:30 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 2nd 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

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.