



Carman Wellness Connections – Board Meeting

**Approved Minutes - Thursday August 17, 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:** Lisa Lehmann, Diane Cohoe, Rose Durupt, Nancy Clearwater, Marcel Tshondo, Wendy Durand, Susan Wepler, Georgina Lesage, Allison Abbott-Wiebe, Terra Huston

**Regrets:** Carly Boklaschuk, Lorna George, Chantal Chevalier

**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 – Round table introductions welcome to Marcel and Georgina who joined the meeting to learn about CWC and the possibility of joining the board.

2. Approval of Agenda

**Motion to approve the agenda as circulated:**

**Moved/Seconded: Susan Wepler/Rose Durupt**

**CARRIED**

3. Approval of CWC – Board Meeting Minutes of June 22, 2023.

**Motion to approve the minutes of June 22,2023**

**Moved/Seconded: Wendy Durand/Rose Durupt**

**CARRIED**

4. Working Groups

4.1 Reports and/or Action Plans update – Group reports attached.

4.1.1 Supporting Emotional Health Request for Funding – Nourished Book Study

**Motion to approve and support the funding request of \$1825.00**

**Moved/Seconded: Wendy Durand/Terra Huston**

**CARRIED**



5 Resources

5.1 Make Poverty History

Lorna and Chantal typically follow the website and bring relevant to the board and working groups

5.2 Tamarack

5.2.1 Coaching - Recruitment and Retention – Next webinar is September 21 at noon focus on recruiting and retaining volunteers. Diane will email the link to the board.

5.2.2 Relevant Webinars- any board members that attend webinars are asked to pass relevant information on to working group leaders to pass on to their group members.

5.3 Coordination of Immigration Services – no updates at this time. Diane will send Marcel the Regional Connections Coffee Chat information. Marcel looks after 18 new Canadians from Africa who have recently arrived to Carman. The new residents are unaware of services offered in Carman and are currently travelling to Winnipeg.

6 Financial

6.1 Carman and Area Food Pantry request – Request that CWC takes over the financial side of the food pantry. Concerns were raised about the time commitment for Lorna to take this over as well as the responsibility of CWC if the food pantry dissolves. Lorna has agreed to do the accounting with a separate ledger for the pantry. One person from the pantry will be responsible for submitting receipts to Lorna. If the pantry dismantles CWC will not take on operation, any funds remaining will go into the CWC operating account and any capital assets will be transferred to CWC. Currently the distribution of hampers requires approximately 15 volunteers on the Tuesday to pick up from Manitoba Harvest in Winnipeg and package boxes and 15 to distribute them on the Thursday on the week of hamper pickup. Food security will request that a representative from the food pantry attend CWC Board Meetings.

**Motion to approve the request from Carman Food Pantry to administer and manage the funds under a separate ledger as of September 1,2023**

**Moved/Seconded: Wendy Durand/Allison Abbott-Wiebe**

6.2 Financial Report

**Motion to approve the financial report as circulated:**

**Moved/Seconded: Wendy Durand/Susan Wepler**

**CARRIED**

7 Grants

7.1 Community Service Recovery Fund – Applications was denied.

7.2 Hensall Co-op – Food Preservation Project. Wendy has submitted a letter of intent but has not heard back.

7.3 DAS – DAS has requested that the funds held in their account that are to be used for CWC Emotional Health projects be transferred to the CWC bank account.

7.4 Access Credit Union – Due Dec 1, 2023, funding requests are ongoing with no set deadline. It is recommended for funding requests to be presented before Dec 1 yearend for funding considerations the following year. Wendy spoke to Nancy Swain (Access manager) and was encouraged to apply.

7.4.1 Pancake Breakfast at Fair Next Year – Community groups are chosen to be the recipients of the donations collected at the breakfast in turn the group provides volunteers to work at the breakfast. We will need to ensure that we have enough volunteers to take this on if CWC is chosen.

7.5 Homestead Coop Fuel Up/ BBQs. CWC was not chosen this year. We can look at doing BBQ as a



fundraiser. Coop supplies the food we just need the volunteers.

7.6 CAF \$3500 – Update – 6:00 Website Wish List

7.7 Brainstorm - high profile events that are appropriate for CWC to be recipients of charitable finds

7.7.1 Book it Fun Run- need to find out who do we approach to be the recipient.

7.7.2 RCMP Musical – We need to connect with community members who are knowledgeable about this event.

8 CWC Admin

8.1 Annual Calendar – working groups to meet and submit working actions plans for 2024 by October. This gives CWC executive time to plan for the next years budget and the information to source funding.

8.1.1 November Meeting will be a larger meeting following the same plan as last year. Overview of the year and encourage more community members to attend. Will provide snacks etc.

8.2 Board Meeting Evaluations – Questions are continuing to be gathered.

8.3 Elevator Pitch - Postponed for September

8.3.1 Marketing and Communication Plan

8.3.1.1 PP with new Visual Structure and reach out copies of PP distributed at meeting.

8.4 Plan to review By Laws and ensure they are of plain language – Tamarack provided some resources – will be a Winter Saturday event

9 Correspondence

9.1 Coffee Chat request – advertise on Vegetable Stands Ask Lorraine to attend supper & hamper to advertise.

9.2 Tessa has resigned from the board and co-chair position due to work schedule conflicts

9.3 Boyne River Keepers event September 23 1-4PM CWC will attend. Possible \$15 charge. Diane and Terra will attend.

11 Next Meeting: September 21, 2023 at 7

Location: Memorial Hall

Adjournment: 8:35 PM



## Working Group Reports for August

**Transportation -no report**

### **Affordable Recreation**

POOL RENTAL - Friday June 23/23. 1:30 - 2:30 pm for 25 people  
Parents and Tots - for adults and preschool children - 25 participated  
3 babies at 3mos old included  
Participants contacted at the June 14th AGM, June Food Pantry and past list  
(Janet Fowler assisted)  
FUNDING from Linear Grain - \$110 - Thank you card delivered

POOL RENTAL - Friday August 4/23 8 - 9pm for 50 people  
All ages - 47 participated  
Invited Sheila & Chris Dick who organize Carman Walk Run Crew on Thursdays  
Sheila has volunteered to help with this Working Group  
I contacted Marcel who is helping newcomers to Carman (workers at True North)  
He submitted 17 names for swimming - varied swimming skill levels  
Countries of Origin - Nigeria, Cameroon, Ghana, Columbia, Mexico, Syria, and some local folks  
Would like to involve Ukrainian and Filipino newcomers too  
Cost \$140 - funded by CWC

### **PLANS FOR THE FALL 2023!**

Three bowling sessions for 24 people per session  
Bicycle maintenance videos  
Christmas at the Museum in partnership with Carman Dufferin Museum

**Food Security – no report**

### **Education & Employment Group**

Meeting scheduled with WEM on August 22 to plan a fall workshop.

**Housing Working Group – no report**

### **Supporting Emotional Health**

Meeting sheduled for August 28 2023.