



## Carman Wellness Connections

### Carman Wellness Connections – Board Meeting

Approved Minutes of Thursday November 16, 2023 6:30pm – 8:30

**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: Kathy Findlay, Allison Abbot Wiebe, Diane Cohoe, Lize White, Wendy Durand, Lorna George, Tom Hamstra, Jenny Hamstra, Lisa Letmann, Chantal Chevalier, Susan Wepler, Marilyn Smith, Karen Tjaden, Deanna Gauld, Olivia McCowan, Terra Huston, Micheal Hutton, Julie Rubin McDonald, Rose Durupt, Linda MacNair**

**Regrets: Terry Warburton, Nancy Clearwater/Lisa Dooley, Rob Bryson, Tom Mooney**

1. Welcome & Housekeeping presented by Lisa Lehmann
2. 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.
3. Moment of Focus: [Why Starlings Would be the Leaders of Collective Impact - YouTube](#)
4. Approval of Agenda  
**Motion: To approve the agenda as circulated:**  
**Moves/Seconded by Lorna George/Chantal Chevalier** **CARRIED**
5. Approval of CWC – Board Meeting Minutes of 19 October, 2023.  
**Motion: To approve the minutes of October 19,2023 as circulated:**  
**Moved/Seconded by: Rose Durupt/Chantal Chevalier** **CARRIED**
6. Working Group Reports circulated prior to meeting. Lisa presented a recap of reports.
7. Treasurer Report
  - 7.1. Financial Report as circulated prior to the meeting

**“Addressing Poverty and Promoting Wellness in our Community”**

Box 1406 Carman, MB. R0G 0J0

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## 7.2. Motions

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

**Moved/Seconded by: Allison Abbot Wiebe/Susan Wepler**

**CARRIED**

8. CWC Review- Lisa presented CWC powepoint highlighting brief review of CWC for boarded members and quests.
9. The Importance of Volunteers presented by Deanna Gauld highlights of reasons why people volunteer. The number one reason people volunteer is because it is fun.
10. [Power of Play for Adults | Why & How to Play More - YouTube](#) – unable to view as time did not permit
11. Stretch break with Susan Wepler
12. Break
13. Trivia game hosted by Kathy Findlay
14. Draws & Meeing Evaluations
10. Next Meeting: December 14,2023 at 7PM                      Location: Memorial Hall
11. Adjournment 8:45

## **Working Group Reports November Meeting**

### **Affordable Housing**

Nothing to report

### **Affordable Recreation and Leisure**

Submitted by Susan Wepler

One session of bowling for 12 people happened at Carman 5 Pin Bowl on Friday October 27th. 11 people participated x 1 hour (5:15 -6:15pm) cost\$ 104.

Participants included a Ukrainian family and 2 local families. I donated snack.

There are two more sessions of bowling On Fridays November 10th & 24th for 18 ppl (3 lanes) cost will be \$156 each time.

Christmas at the Museum - Saturday December 9th- 4 - 7:30p.

CWC is partnering again this year to share volunteers and costs. CWC will be over seeing the out door activities (4-5pm) which include snowshoeing and kicksleds.

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Susan is meeting with Museum volunteers on Monday November 13 to continue the planning.

Drop In Art Class continues on Tuesdays (11:30 - 1pm) Saturday Drop In Art Class is from 1- 2:30pm and has an average of 5 people.

### **Supporting Emotional Health Report**

Meeting soon to plan programming for the new year.

Working on getting SHSS Community Mental Health workers to join us in identifying gaps and planning supportive programming.

Currently we have:

1. Game Night with Adam – being held Saturdays from 1-4 at the Boyne Regional Library. Alternating Saturdays will be focused on either Board Games or Dungeons and Dragons.
2. Partnership with Chris & Sheila Dick and Small Town Run and Walk Crew will be gathering to walk and talk every second Saturday. Meeting at the Ryall Park for 10:00 am. Plans to partner with Affordable Recreation to incorporate free items through Carman Dufferin Recreation, as well as special guests to chat about Mental Health topics.

### **Food Security**

The last food security meeting was October 18 th , 2023.

Community Suppers:

- Approximately 55 people attended the supper, and it was hosted by The Royal Bank Staff.
- Julie will keep the bin with coffee, tea, napkins, creamer, sugar ect. restocked.
- Community groups and Churches are scheduled until May.
- Community groups are encouraged to use the CWC Coop number when they purchase groceries.
- A 1-page hand out was created and will be given to host groups prior to the supper with their responsibilities.
- The next Community Supper is January 10 th ,2024

Carman And Area Food Pantry:

- 108 hampers were distributed on November 9 th
- The next food bank is on December 7 th

Food Processing and Food Preservation:

- Veggie soup packs were made in September with 5 participants at the Carman United Church and participants could take soup packs home for their freezer.
- 10 participants made jam and canned fruit in September. Vegetables and fruit were given to participants at no cost.

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We are looking for more people to join Food Security.  
Our next meeting is January 17 th at 7pm.

### **Transportation**

Nothing to report

### **Employment and Education**

Although Education and Employment have not held a specific event since last report, our data base of potential partners for future ID Days is growing by the week.

We are developing a robust resource group on which to call next spring when we plan our next ID Day event.

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