

COMMUNITY MEMBERS MEETING MINUTES

Date: January 23, 2023 **Time:** 11:30 am – 1:00 pm **Location:** [Zoom](#)

Chair: Larry Stranberg/Shannon Thom **Minutes:** Bree Odd

Present: Larry Stranberg, Bree Odd, Barb Jones, Brianna van de Wijngaard, Laurie Walters Shannon Thom, Eva Navrot, Sherry Yonkman, Michael Moses, Michael Moses, Anne Burrill, Madison, Stacey Miranda, Chris van der Mark, Pat Biblow, Kelly MacDonald (guest speaker)

Regrets: Carla Bullinger, Silvia Siebert-Dubray, Tammy Levesque-Holyk

Land Acknowledgement

The Social Planning Council of Williams Lake and Area would like to acknowledge this meeting is taking place on the traditional unceded territory of the Secwepemc Nation and the T'exelc people.

Review & Approve Agenda for January 23, 2023

Motion to accept Laurie Walters **Seconded** Shannon Thom **Carried**

Review & Approve Minutes for November 28, 2022

Motion to accept Pat Biblow **Seconded** Sherry Yonkman **Carried**

Member Introductions: Share your name and the organization you represent.

Guest Speaker(s): **Kelly MacDonald**, Community Health Facilitator, Healthy Communities | Population Health, Kamloops Public Health Unit.

- Community health support person for the Thompson-Nicola-Cariboo region.
- Does not provide sick care.
- Assists in building communities where people can live well.
- Facilitator for the community to support and lean on each other.
- Collaborates with medical health, harm reduction, services providers, mental health, etc.
- Focus on prevention, promotion, Indigenous communities, municipalities, and others.
- Research in BC shows 1 in 3 is living with a chronic health condition.
- Building blocks to healthy living
 - Environment 10%
 - Biology 15%
 - Your personal health care is 25%
 - Your life circumstance 50%
- Most focus on social economics but accessibility is important.
- Shared responsibility – advocating for a living wage, breaking gender biases, and creating conditions for better health.
- Important to learn about policies, planning, and projects in the community.

- Boots on the ground in the background – providing assistance with grants, workshops, and sharing tools and resources.
- Recognized at the International Delegation for work on Extreme Heat resources in Kamloops.
- Work to link people to Interior Health, digging internally to find the right help at the time.
- Look for opportunities to work together and not download more work – offer support
- Working closely with Beth on housing. Working on doctor recruitment, active transportation, and poverty reduction.
- Community action with the government to reduce alcohol-related harm.
 - Suggestions for safety are available on the IH website.
- The food Costing report for 2022 distributed soon
 - Resource for food security, well-being, grant applications
 - Alexis Blueschke could provide an overview of it at an upcoming community meeting

Questions, Answers, Comments

Michael – thank you for the refresher.

Laurie – important to become an IH member and sign up for their newsletter.

Shannon Thom took over as Chair at 11:57 am

Lightning Round - Organizational Updates, a Challenge/burning questions, or a Success

Barb Jones – Communities That Care (CTC): Wrote a letter to encourage local businesses to place step stools in bathrooms so parents with small children can encourage proper hand washing practices. **Burning question** – how do we get the letter to all the local businesses?

Suggestions – contact Sherry Yonkman, Downtown Business Improvement and Jason Ryll, Chamber of Commerce

Bree Odd – Social Planning Council (SPC), BC Schizophrenia Society (BCSS): Planning BCSS “Strengthening Families Together” program for end of February. Planning to include member highlights in upcoming newsletters, if interested in being showcased contact Bree.

Chris van der Mark – School District 27 (SD27): **Challenge** – Staff recruitment. Recruitment incentives need to fit with collective bargaining policies. **Success** – long-term lease properties found in 100 Mile, two rentals available. Forty staff engaged in learning opportunities. Third year for highest enrollment.

Eva Navrot – Seniors Advocate: Busy with advocacy. **Challenge** – Funding runs out in April and we are looking at a new volunteer operational model. **Success** – The City of Williams Lake and Urban Matters collaborated to develop and launch the age-friendly housing survey, please encourage seniors to complete it

<https://www.surveymonkey.ca/r/WilliamsLakeSeniorHousingSurvey>. Funded by the Age-friendly Communities Grant Program (funded by the Ministry of Health) and delivered by BC Healthy Communities Society in partnership with the MoH. Seniors Advocates and Women’s Contact Society provides free assistance with income taxes. Reviewing the need to create a seniors rep group to help increase connections for seniors to resources, and services. A new

emergency support service is in place, and computer system training is almost complete for it. Cariboo Chilcotin Partners for Literacy updates –

- Jan. 22-29 is Family Literacy Week!
- StoryWalks will be up at various schools throughout the week
- StoryWalk is up in the windows of the library – stories are posted here all winter long
- Family Fest is on Jan. 28 from 10-1 in the Gibraltar Room. A fun free event for the whole family
- Family Fort Night at the library 5:30-7:00 pm on Jan. 28. First of its kind in Williams Lake! Dinner, there was reading and fort building in the library after hours in partnership with CCPL and the library. Pre-registration is required. The event is full but the library is collecting a waitlist in case anyone cancels
- We have an active early year's network that provides family literacy programming throughout the year. Check out the monthly early-year calendar published by Child Care Resource and Referral for a glimpse into the many programs offered to families with young children.

Laurel White – BGC Williams Lake Club & CMHA Cariboo-Chilcotin Community Action: Planning “Harm Reduction Training” on February 24 from 9:30 - 12:30 and 12:30 - 3:30 at the Gibraltar Room. Snacks/lunch provided as well as shared resource tables set up. Local businesses are the target audience. If interested in hosting a resource table contact Laurel.

Laurie Walters – Community Futures (CF), SPC: Attending Local Government Contribution: A game changer... webinar with six local reps on Wednesday. BC Non-profits in the planning stage for interest and validity of creating a provincial non-profit body. Writing a grant for Community Services Recovery Fund to reignite the Thrive Poverty Reduction strategy.

Madison Batty – BGC Williams Lake: New painting program, Flex your... and Pro-D child day care, hiring for summer positions.

Michael Moses – City of Williams Lake: Caring for Community training. The Williams Lake First Nation is hosting a Sacred Fire on Wednesday it is open to all. Michael is inviting those feeling uncomfortable attending on their own to be his guest and attend with him. Chairing his first Community services meeting, share your input with him.

Pat Biblow – Thompson Rivers University (TRU): Many people from TRU are heading to the Sacred Fire. **Challenge** – finding a replacement for Director Bryan Daly. Lots of flu and colds going around. **Successes** – Electrical, welding and health care programs are well underway. Astronomy and literature courses offered.

Sherry Yonkman – Downtown Business Improvement Association (Downtown BIA): Would like to take Michael up on his offer to attend the Sacred Fire. Collaborating with Dwayne Davis to plan a local art fair, initial meeting on January 31 at 10:30. Please share updates with

Sherry around the 25th of each month, she will add them to the BIA newsletter.

Stacy Miranda – Cariboo Memorial Recreation Complex: Many programs are up and running. Planning outside/external rec centre programs.

Brianna van de Wijngaard – The Central Cariboo Community Food Hub: Had some extra funding in the budget to hire a couple of project coordinators, they will attend meetings in the future. Planning screening of “**First We Eat**” for Monday, February 6 in the Gibraltar Room at 6:00 pm. More info on SPC event page

<https://www.facebook.com/events/1325866268245229/?ref=newsfeed>

Shannon Thom – WorkBC: Potential training opportunity coming, stay tuned. **Big Success –** a 10-year on/off-again client has been successful in finding fulfilling work at a local handi-mart. The client stated, “The experience has been fantastic.”

Meeting Adjourned: 12:23 pm Chris van der Mark