



HEALTHIER COMMUNITY COMMITTEE NORTH CARIBOO

MINUTES

November 2, 2015

Community Futures 1:00 – 3:00 pm

North Cariboo CRD P4HC Working Group

Name	Position	Organization
Robin Sharpe	Co-chair	CRD-Northern Representative
Lynnette Winsor	Co-chair	NH - Public Health Protection
Heloise Dixon Warren		Growing North Cariboo Society
		Growing North Cariboo Society
Lynda Atkinson		Quesnel Ag & Exhibition Association
		Kersley Farmers Institute
Lori Fogarty	Secretary	FARMED
Wylie Bystedt		Quesnel Farmers' Market
Colleen Gatenby		Quesnel Community Gardens
Susan MacNeill		Seniors Advocacy Service
Laurey-Anne Roodenburg		City of Quesnel
Melanie Dydynsky		Q-Town Collective
Margaret Inoue		Wells Community Association
Joey Wiebe		Longname Society/NC Aboriginal Family Program
		Society
TBA		Quesnel Tillicum Society
Diane Rogers		Quesnel Leisure Services

In Attendance: Robin Sharpe, Susan MacNeill, Colleen Gatenby, Kylie Sales, Wylie Bystedt, Lori Fogarty, Laurey-Anne Roodenburg, Heloise Dixon-Warren, Margaret Inoue (phone)

Regrets: Lynda Atkinson, Janet Knopp

Minutes recorded by Lori Fogarty

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MEETING AGENDA

1. Welcome & introductions
2. Relationships – CRD / Northern Health
3. Update stakeholders list
4. Moving forward
5. Actions and conclusions
6. Next meeting

MEETING

1. **Welcome & Introductions:**

New co-chair for the CRD – Wells representative Robin Sharpe and all in attendance introduced themselves.

2. **Relationships:**

Heloise noted the importance of ensuring representation from the CRD and Northern Health. She will follow up with Northern Health to ensure Lynette Winsor is the representative.

It is important that minutes are sent to the CRD. Robin will do this and present information to the CRD Northern Caucus as requested.

Lori will compose letters requesting the following representation and send to corresponding government bodies:

- CRD Co-Chair Robin Sharpe – letter to Al Richmond CRD Chair
- City of Quesnel Laurey-Anne Roodenburg – letter to City Council
- District of Wells Margaret Inoue – letter to Wells Council

There was a discussion on the route of potential funding and it was clarified that we will try to go through the GNC Society bank account with the treasurer (Lori Fogarty) tracking the expenditures.

3. **Updating Stakeholder List:**

It was noted we did not get responses from some of the represented organizations and that there have been some changes due to retirement or changes in positions. Susan suggested we send a letter asking stakeholders to clarify by November 30th if the represented organizations want to stay active or if they are not able to make a full commitment at this time, just stay connected. We should include the mission statement in the letter. A draft of the letter will be sent out to the committee for review and then emailed by Heloise to the group.

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Once we know who is actively involved then it was suggested we connect with the Cariboo Observer and have an article put into the paper with an invitation to organizations to participate with a focus on Parent Advisory Councils, Service Groups (Rotary, Elks, Lions, Legion), CNC, and seniors.

Ideas on how to get the word out include Christmas Markets & rural events

4. Moving Forward:

Heloise – An application for \$20,000 grant was pulled together in early 2015 but halted due to no appointment of CRD Co-chair. It was recognized that we need to ensure we have input from the group for the next application.

Wylie – Some local agriculture groups are starting initiatives and may need some support in regards to funding. Wylie will keep us informed.

Laurey-Anne – Ag forum generated ideas and Quesnel Ec Dev is moving forward with a study about the development of an Agriculture Centre in Quesnel. (\$50,000 grant has been approved for this study)

Wylie – Quesnel Ec Dev is studying the potential for a fibre mill but the Sheep Association is moving forward with a fibre mill initiative.

Heloise – would like to see outreach to the rural areas i.e. Wells, Nazko. Many have halls and green space that are underutilized.

Robin – Wells Community Garden and Farmers Market are going well. They have built a greenhouse for the school funded through the Farm to School Program.

Margaret – They hope to conduct workshops on market sales and processing of foods for market and facilitate the use of the Wells Community Hall kitchen for this processing for market foods. They would also like to facilitate workshops related to healthy eating and foods i.e. cheese making.

Susan – Could come out to Wells to do workshops sanctioned by COSCO. These are senior oriented topics but some relate to families and individuals of all ages. They are 90 minute workshops.

Colleen – Noted a concept promoted by Lita Conlin called “Bokashi” – a method of composting by fermentation. Meats, cheese, fats, certain papers and other produce scraps can be put into this compost.

Lita Conlin has started a food exchange website for those with excess produce and other food.

The city is working towards a city wide food policy ie; chickens and bees. The region needs a way to coordinate the many food groups in the region. She asks how they can be linked or connected and how support can be provided.

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Susan – Would like to see the senior population invited and informed as many may not be aware of the work going on and might like to volunteer. She would like us to advertise and keep the portal of information going to seniors.

Lori – What would we like the grant application to include? Suggestions from the committee:

- Have the city or CRD grant writer work on the application
- Pilot projects which connect with interested schools – try to get interested PAC groups involved. For example: Wells, Bouchie Lake
- Include allocated funding for workshops and seminars using local presenters
- Build into the budget honourariums and fuel expenses for the presenters/volunteers
- Can a facilitator be hired? – try to include if possible
- Set up of small gardens – try to get resources donated where possible
- Promote at the various events within the community such as:
 - Fall Fair
 - Seedy Saturday
 - Farmers Market – summer and Christmas
 - Health Fair
 - Sheep Forum

5. Actions and Conclusions:

The committee felt many good ideas were generated at the meeting and the following actions were assigned to members of the group:

ACTION: Heloise will follow up with Northern Health to ensure Lynette Winsor is the representative.

ACTION: Lori will compose letters requesting local government representation and send to corresponding government bodies

ACTION: Lori will draft a letter to representative organizations with information and a request to identify their status in regards to their commitment to the P4HC committee.

ACTION: Newspaper article – to be determined

ACTION: Wylie will keep the committee informed of proposed initiatives generated by agricultural groups in the region.

ACTION: The committee will create a list of potential new organizations who might be invited to be involved – Susan will work on this

ACTION: Colleen will approach a few people in schools and groups to see if there is interest in applicable projects. Bouchie Lake / Karen Fyles; Wells / Margaret Inoue; Nazko / Melanie Dydynski

Heloise will contact Christine Piltz at Parkland and Bouchie Lake Community Hall to see if there are workshops or seminars that would be

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helpful.

ACTION: Colleen will create a list of experts in the area who will be able to provide workshops.

It was noted that videoconferencing can be used for seminars in Wells and Nazko as they are set up for this.

Colleen would like to investigate the best way to share information with the various groups in the community interested in similar goals related to local food production and food security. She will check out Facebook and Heloise suggested creating a blog on Blogspot through Google. Heloise found it useful for the Quesnel and District Riding Club and suggested checking out:

<http://qdrc.blogspot.ca/>

NEXT MEETING: Monday January 11, 2016 from 1-3:30 pm at Community Futures.

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