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**North Cariboo P4HC  
MINUTES  
November 21, 2017  
11:00 am – 1:00 pm  
Location City Hall – CD Hoy Room**

**In attendance:** Cathy Juric, Wilma Watkin, Robin Sharpe, Lynnette Winsor, Lori Fogarty, Melinda Fellows, Tara Johima

**Regrets:** Heloise Dixon-Warren, Lynda Atkinson

**Guest:** Lynne Postnikoff – Quarter Acres Farm

**1. Welcome and introductions:** Designated Chair: **Cathy Juric**

**2. Empowering Family Health Stream 2 progress report:**

- **Workshop Update:** Final Workshop was November 18 at Baker Creek. Stream 2 workshop attendance of 116 people indicates a good uptake. Heloise will ensure the facilitators get their forms handed in.
  - Some recommendations for next year in relation to the direct support that is needed from the community associations include:
    - Advertising / promotion for the workshop
    - Have a representative of the community at the beginning of the workshop to ensure all items needed are available and to provide a welcome
    - Ensure coffee/tea is set up
  - Other recommendations include:
    - Mobile kitchen kit accompanies the instructor to ensure equipment is available.
    - Create a Facilitator Orientation information sheet for workshop instructors
  - Recommended that the facilitator role also be documented as to instructions; forms, social media/promotion, contact information for communities, workshop instructors, process for workshop insurance, etc.
- **2018 Stream 2 funding ideas:**
  - Workshop on Composting by Lita Conlin
  - Foraging book for lending library

- Cheese making – Pat Colbourne from New Focus; Cheese Making Nomad from Prince George
- Workshop on food storage for modern times i.e how to make home storage (temperature and humidity control) in the home
- Bread making – Bread Peddlar Wells or Gina Tellez
- Smaller scale kitchen kits for community halls
- \$1000 for large Food Preservation equipment purchase for Baker Creek
- Garden Box workshop – prefab pallet boxes and square footage companion gardening
- **Request for Proposals for Stream 2 projects for 2018:** RFP's have been sent out, with responses from some of the schools. Diane Smith has been contacted and made aware of the RFP. Lynne Postnikoff of Quarter Acres Farm is in attendance to provide and update:
 

Lynne has been working with the GNC roundtable education committee to make contact with the school district administration to assist with the implementation of an ag program into the school system starting at the elementary school level with a focus on careers, practical experience and working outdoor classroom settings. Quarter Acres Farm is working with Carson Elementary to get a school gardening program in place. Some aspects of the current program and what they hope to accomplish include:

Mother's Day program – plant propagation using windows, but need more space and grow lights would help to increase the program. They currently have a 54 by 50 foot space with 4 raised boxes, rain barrel, soil and some funding from PAC and are looking for grants for:

  - Seed starts
  - Indoor composting
  - Outdoor growing
  - Sustainable practices
  - Spud's in Tubs
  - Longer term – green house, outdoor classroom and deer fencing
- Tara shared information on the Parkland Community School Garden
- Wilma mentioned how a social enterprise concept could ensure the program does not die when staff or administration change in the school i.e. what is grown is sold.

### 3. Updates:

- Country Club Bouchie Lake Country Club will be purchasing lumber to build cold frames. Longer term may be looking at a green house and some fencing.
- Skills in the Kitchen: Tara was just at the program and shared some information on the new book and how much she is enjoying it. She will try to get one going at Parkland.
- Other: A Potluck supper of the products prepared as a result of the workshop learning will take place at Parkland Community Hall / School at 4:30 on January 13,

2018. Lynnette said since it is a closed event with no money exchanged, the only thing that needs to be done for “FoodSafe” considerations is to let Lynnette know the types of food that will be expected at the potluck and to ensure an announcement is made at the beginning in regards to liability.

#### **4. Terms of Reference**

- Review of document- the committee does not recommend any changes
- Stakeholders and partnerships – Lynne Postnikoff would like to become a partner as well as Sheila Gibbons from Baker Creek. Melinda said she is looking for a Wells representative once she moves in the spring. Suggestions are Lindsay Kay and/or Leigh Turner. Lori will follow up with this.

#### **5. NEXT MEETINGS:**

NC P4HC Committee - Tuesday, February 6 2018 from 11 am – 1 pm

Steering Committee – Decide by email. Sometime between Dec 7 – Dec 22 or after January 8. After 4:30 at Long Name Society. Email to determine a suitable date.

## North Cariboo P4HC Working Group

<b>Name</b>	<b>Position</b>	<b>Organization</b>
Robin Sharpe	Co-chair	CRD-Northern Representative
Lynnette Winsor	Co-chair	NH - Public Health Protection
Heloise Dixon Warren		Growing North Cariboo Society
Lynda Atkinson		Kersley Farmers Institute Growing North Cariboo Society
Lori Fogarty	Secretary	FARMED; Growing North Cariboo Society
Sue Myles		Bouchie Lake Community
Cathy Juric		North Cariboo Aboriginal Family Program Society (dba Longname Society)
Wylie Bystedt		Quesnel Farmers' Market / Wells Marketing
Susan MacNeill		Seniors Advocacy Service
Laurey-Anne Roodenburg		City of Quesnel
Tara Johima		Parkland Community Association
Janet Knopp		Growing North Cariboo Society / FARMED
Wilma Watkin		FARMED / Growing North Cariboo Society
Sharon Primeau		Wild 'n Crafty
Melinda Fellows		Bowron Lake / Wells Community
Melanie Dydynsky		Nazko
Michelle Jeff		Nazko
Lynne Postnikoff		Quarter Acres Farm