



HEALTHIER COMMUNITIES COMMITTEE NORTH CARIBOO

Promoting healthy eating & local food security

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T

North Cariboo P4HC MINUTES September 19, 2017 11:00 am – 1:00 pm Location City Hall – CD Hoy Room

In Attendance: Tara Johima, Lori Fogarty, Wilma Watkin, Sue Myles, Cathy Juric, Heloise Dixon-Warren

Regrets: Lynda Atkinson, Lynnette Winsor, Susan MacNeil

- 1. Welcome and introductions:** Designated Chair: Cathy Juric
- 2. Empowering Family Health Stream 2 progress report:**
 - Update on program promotion at Farmers Market in June: Lori -Many contacts made and more people signed up for the workshop email list. The sandwich board was effective in drawing people to the booth.
 - Seedy Saturday evaluation report – did it get completed? Yes – sent to Heloise
 - Status of workshop scheduling and implementation: Issues with Bouchie Lake Community Association continue, so the recreation facilities at Baker Creek Community Hall will be used for workshops. This location is central to Bouchie Lake and Nazko. Contact person is Sheila Gibbons, who has been very supportive and helpful.
 - Challenges presented by wild fires and ongoing state of emergency: The Kersley workshops will go ahead in September, but the 3rd foraging workshop did not go ahead. Heloise suggested we offer a Fermented Vegetable & Kombucha Workshop in 3 communities.
 - Next steps-ideas and discussion: Create a new Empowering Family Health brochure, which incorporates values and advantages to the program i.e. connecting with community
- 3. Updates:**
 - Country Club and Parkland Garden;
Bouchie Lake Country Club – they built a portable community garden with really good turnout. They built planters and put in the garden, which grew well.

Participants watered every day. Need more people picking the produce; had a nice luncheon using the produce from the garden. Would like to build cold frames to extend the growing season.

Parkland Garden – Have 50 by 100 ft. gardening space and built boxes 4 ft. wide using 2 by 6 ft. boards. School is supportive of efforts and there has been good support of in-kind labour by community members and donations from the community. A compost was built and water tanks were purchased and filled throughout the season by the fire hall. They grew a nice selection, but more volunteer support was needed throughout the season, especially at planting time. Communicating with Moose Heights has been a challenge.

- Skills in the Kitchen; Very popular and Heloise will work towards offering another workshop – perhaps at Baker Creek. Sue expressed an interest in becoming an instructor for Skills in the Kitchen. It involves several days of training outside of the North Cariboo.

MOTION: Lori Fogarty moves the \$250 of funding allocated to the Fall Fair but not used due to cancellation, be used to assist in transportation to attend the Skills in the Kitchen training workshop for Sue Myles. Seconded by Tara Johima. **Carried**

- Joint Planning Committee presentation on June 13 – went well.

4. Other:

2018 program ideas;

- Seed growing equipment for elementary schools – interest from the schools has been noted by committee members,
- Foraging book for lending library
- Baker Creek connection

Upcoming events: Kersley workshops on canning and dehydrating on September 21

Bouchie Lake Harvest Dinner September 30 from 11 – 3:30

5. NEXT MEETING:

NC P4HC Committee – Tuesday November 21 from 11 am – 1 pm. Lori will book CD Hoy room

North Cariboo 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
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