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**North Cariboo P4HC
MINUTES
January 9, 2017
Community Futures 11:00 am – 1:00 pm**

IN ATTENDANCE: Sue Myles, Colleen Gatenby, Heloise Dixon-Warren, Wylie Bystedt, Lori Fogarty, Lynda Atkinson

REGRETS: Robin Sharpe, Lynnette Winsor, Sue MacNeil, Jennifer Webster, Cathy Juric, Janet Knopp

1. Welcome and introductions: Designated Chair – Lynda Atkinson
2. Empowering Family Health project update:
 - Workshops – Email distribution list has grown to 170 people. Heloise has created a summary of registrations, which show 211 people registered and paid for workshops to date.
 - Evaluation process – Heloise has reviewed all the evaluations, and the feedback is positive. A more in-depth review will take place in February in preparation of the final evaluation for Northern Health. Heloise will start the final evaluation and then bring to the committee for input. Any pictures should be sent to Heloise for posting on the EFH blogsite.
 - Budget completion, collecting invoices from facilitator, communities and workshop leaders – Budget is up to date and proceeding as planned. Invoices from the facilitator came in today and a few workshop leaders have handed in invoices. There is a little flexibility in the budget due to the generous donation of Community Hall venue space for the workshops by the 5 Community Associations involved.
 - Important dates for project – Target completion in mid-February with final evaluation completed by the end of February. This information will be used in the Stream 2 grant application, which was due on March 7 last year. Official due date for this project is March 31st.
 - Other – Suggested that Growing North Cariboo Society membership be offered to those registering for the 2017 workshops, as part of their \$10 registration fee. Heloise will implement this as an option for those participants.
3. North Cariboo P4HC project:

- Wells Community Garden collecting invoices – Invoices received by Heloise and turned in to the treasurer. A cheque will be written.
- Parkland Community Garden update – Tara Johima of the Parkland Community Association will be the new contact for the project, since Christine Piltz has moved out of town. They are holding a meeting on January 9 (evening). Lori and Heloise will follow up to find out the results of this meeting.
- Equipment use update – Sue recommended allocation of funding to create signage for each of the communities, to publicize the availability of the equipment and its use. This funding was approved and decisions on the type of material and what will be on the sign were made.
- Planning for Stream 2 grant application for \$7500 –
Ideas generated:
 - Keeping in mind the 5 pillars of community health, it was commented it would be nice to have funding available to support community collaboration. It was felt the collaboration had to come from within the community rather than from an external organization. The Empowering Family Health project can perhaps lead to further engagement by community members in food related activities or workshops as well as the growth of the “Country Clubs”.
 - Evaluations so far have asked for more hands-on workshops. Ideas include:
 - Foraging
 - Use of juicers
 - Use of pressure canners (sessions would have to be about 4 hours)
 - “How to grow a garden” workshops at the Downtown Community Garden to allow participants to practice the activities throughout the preparation, growing and harvesting season.
 - Funding for Seedy Saturday should be included (unless Grow Local grant application funding is received)

(Please note that the Stream one and Stream two grants cannot support an existing project unless the P4HC Committee has demonstrated that the project has undergone an evaluation and improvement process, and the committee has modified the project according to the evaluation and improvement findings.)

4. Dates to keep in mind:

- P4HC call for Stream 2 Grant Application—in 2016 it was February 1 with a due date of March 7
- P4HC Empowering Family Health Project completion date of mid-February with a finalized report completion date of February 28th. (Spending must be completed by March 31st)
- Health Fair – March 4th and 5th at the Seniors Centre
- Seedy Saturday – April 22 at CNC

5. Other – The response to Northern Health in regards to concerns of a North Cariboo resident was emailed to the steering committee for review on January 8. The P4HC committee felt the response addressed all the concerns. Lori will formalize the draft copy and email the updated copy to Lynnette and Robin, allowing a few more days for input. Robin has not been available due to health concerns, but is now recovering – Lori will bring him up to date.
6. NEXT MEETINGS:
 NC P4HC COMMITTEE – Tuesday, February 28 from 11 am -1 pm at CD Hoy Room
 STEERING COMMITTEE – Monday, February 6 from 10 am – noon at Longname Society

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
Wylie Bystedt		Quesnel Farmers' Market
Colleen Gatenby		Quesnel Community Gardens
Susan MacNeill		Seniors Advocacy Service
Laurey-Anne Roodenburg		City of Quesnel
Christine Piltz		Parkland Community Association
Sue Myles		Bouchie Lake Community
Janet Knopp		Growing North Cariboo Society / FARMED
Wilma Watkin		FARMED / Growing North Cariboo Society
Cathy Juric		North Cariboo Aboriginal Family Program Society
Sharon Primeau		Wild 'n Crafty
Lindsay Read		Wells & District Community Association
Melanie Dydynsky		Nazko
Michelle Jeff		Nazko
Jennifer Webster		Barlow Creek Recreation Commission