



## HEALTHIER COMMUNITY COMMITTEE NORTH CARIBOO

### MINUTES

June 23, 2014

Community Futures 12:00 – 2:00 pm

**In Attendance:** Lynda Atkinson (Growing North Cariboo Society Chair) Heloise Dixon-Warren (Cariboo Regional District-Northern Representative), Jill Walker (Northern Health), Wylie Bystedt (Quesnel Farmers' Market Representative) Lori Fogarty (FARMED Secretary-Treasurer), Colleen Gatenby (Quesnel Community Gardens)

**Regrets:** Melanie Dydynsky (Q-Town Collective)

### MEETING

**This will be the first planning session of the group. The following agenda items will be reviewed. Materials will be provided for information however, there is wifi in the building, for those who wish to bring a laptop computer or tablet.**

#### 1. Introductions

#### 2. Presentation of Community Health Synopsis – Jill Walker

- Jill presented information from the Research Round-up #1 from Northern Health with a highlight of the Quesnel statistics. She also provided information from the Analysis of Community Health Synopsis document. Discussion took place regarding increasing access to local food through the provision of a Farmer's Market (one a month) within a local area i.e. Kersley, Bouchie Lake, etc.
- It was noted the focus of the CRD P4HC would be different from the City of Quesnel P4HC and would extend through the region.

#### 3. Review of Terms of Reference – Lynda Atkinson

*Minutes recorded by Lori Fogarty*

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- Heloise will email out the Northern Health reports referenced in Agenda Item 2 along with the initial proposal for this project to Working Group members.
- Additional potential members – Brian Steeves, Lynette Windsor (Public Health Unit)  
- Laurey-Anne Roodenburg (City of Quesnel)

- Background on the Growing North Cariboo Society was provided
- It was noted a move back into small communities is important, especially considering increases in fuel costs and changes in infrastructure. Recreation is attached to healthy communities and needs to be supported in the rural areas.
- A Legacy “Imagine” Grant from Northern Health is available with applications due July 7. Ideas for a potential event were developed (see attached notes).

***Bysted moves to support the application for the Imagine Grant to be made by the Growing North Cariboo Society / Seconded by Atkinson.  
Passed***

- The CRD Partners for Healthy Communities Working Group meetings will be chaired by Heloise Dixon-Warren, the CRD rep and the Northern Health rep, when determined.
- Lori Fogarty will record minutes for these meetings.

#### **4. Planning session - Tabled**

- **What is the important information we need to know to make decisions**
- **Brainstorming session**
- **Organizing the information**

#### **5. Next steps - Tabled**

#### **6. Next meeting July 16, 2014 at Community Futures Board Room – 1:00 pm**

*Minutes recorded by Lori Fogarty*

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## **Imagine Grant Proposal through Northern Health Applicant – Growing North Cariboo Society**

### **Name of Event: ParticipAGtion**

*An activity based event focusing on Foraging and Small Animal Production*

Expanding on the Seedy Saturday and Ag & Hort Leap Conference concept this event would be held in late May of 2015 to provide workshops on:

- Small Animal production i.e. rabbits, poultry, bees, sheep
- Foraging for local wild foods and ideas for use i.e. mushrooms, wild berries, dandelions, fiddleheads, birch syrup tapping, beneficial insects, etc.
- Other topics could include Root Cellar building and Farming by Horse.

Workshops would be centred at the College of New Caledonia – Quesnel Campus and Alex Fraser Park and would have a small registration fee.

The focus of this event would be 2-fold. Participants would be provided with physically active workshops related to foraging for food and educational workshops related to increasing food security by providing knowledge on how to supply food by small animal production and foraging for food in the local community. Participants would obtain a pedometer in their registration package and use this to track the amount of walking they achieve as they walk between venues and during the workshops.

Potential Partners for this event include:

- Fur & Feather
- Sheep Association
- Quesnel Agriculture & Exhibition Association
- Alex Fraser Park Society
- FARMED

### **Contact Information:**

Growing North Cariboo Society

Chair: Lynda Atkinson 250-747-3700

Vice-Chair: Heloise Dixon-Warren 250-249-5329

*Minutes recorded by Lori Fogarty*

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