

RURAL WOMEN'S ACTION WORKSHOP
Christopher Lake, Saskatchewan
October 27 - 28, 2006

Noreen Johns
Joanne Havelock

Project #145



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PRAIRIE WOMEN'S HEALTH

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RESEARCH ■ POLICY ■ COMMUNITY

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Workshop facilitation by Noreen Johns
Report by Noreen Johns and Joanne Havelock

Prairie Women's Health Centre of Excellence (PWHCE) is one of the Centres of Excellence for Women's Health, funded by the Women's Health Contribution Program of Health Canada. The PWHCE supports new knowledge and research on women's health issues; and provides policy advice, analysis and information to governments, health organizations and non-governmental organizations. The views expressed herein do not necessarily represent the official policy of the PWHCE or Health Canada.

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INTRODUCTION

This document reports on the Rural Women's Action Workshop held on October 27-28, 2006 in Christopher Lake, Saskatchewan. The report is similar in style to other local reports, but with information particular to women attending this workshop.

Work with rural women began as a follow-up to the *Rural, Remote and Northern Women's Health* report, and was moved forward by the creation of the Rural Women's Issues Committee of Saskatchewan (RWICS) in 2004.

Rural, Remote And Northern Women's Health Report

In June 2004, the Prairie Women's Health Centre of Excellence (PWHCE) and the Centres of Excellence for Women's Health (CEWH) released the report *Rural, Remote and Northern Women's Health: Research and Policy Directions*. This was a comprehensive, national project on the health concerns of women who live in rural, remote and northern Canada (see page 3). As requested by the community women involved in the project, a plain language community kit was developed shortly afterwards. PWHCE also committed to providing other follow-up to the research. In September 2004 PWHCE began working with rural women in Saskatchewan as one step in carrying forward the *Rural, Remote and Northern Women's Health Report's* recommendations.

A Rural Women's Health Workshop was held November 17, 2004 at the Christ Lutheran Church in Young, Saskatchewan. The purpose of the workshop was to offer women the opportunity to become familiar with the national Report's recommendations and determine other recommendations and follow-up action for Saskatchewan. Some of the participants had participated in focus groups as part of the initial research for the national project. New participants included rural women, Métis women and Francophone women.

The women at the workshop identified a wide range of factors affecting the well-being of rural women in their local communities, and began determining actions to address these factors. It was evident that more time was needed to move from ideas to actions. The Rural Women's Issues Committee of Saskatchewan was formed at that meeting, to determine how the women who met in Young might meet again, and also how to involve other rural women in similar events.

RWICS Workshops

RWICS held a second workshop in Young, Saskatchewan on March 15, 2005, sponsored by PWHCE. To address the issues identified at the November meeting the women produced detailed action plans and made personal commitments to move the actions forward. In 2005 and 2006 RWICS received grants from the Women's Program of Status of Women Canada which, combined with continued support from the Prairie Women's Health Centre of Excellence, the Centre for Rural Studies and Enrichment in Muenster, Saskatchewan, and the support of its enthusiastic volunteer committee members, enabled RWICS to propel its work.

As a result, the following workshops have been held in rural Saskatchewan:

- April 25th - 26th, 2005 in Nipawin,
- May 17th -18th, 2005 in Swift Current,
- April 7th - 8th, 2006 in Carlyle,
- October 20-21, 2006 in Unity,
- October 27-28, 2006 at Christopher Lake.

RWICS also hosted A Rural Women's Policy Forum on November 24 -26, 2006 at St. Peter's College in Muenster, Saskatchewan.

RWICS Goals

Saskatchewan has a strong history with women and women's organizations leading the way to many policy improvements and important social reforms. In recent years changing demographics, reductions in funding to women's organizations and the triple workload that rural and farm women carry, have made it more difficult for rural women's organizations to remain active and present their views.

In its work RWICS hopes to link with individuals and organizations working to improve the situation of rural women and to help to bring the recommendations of rural women forward to decision-makers. Our goal is to support and encourage rural women to name their own issues, create their personal action plans and achieve their own visions.

Rural Remote and Northern Women's Health National Project

In 2001 the Centres of Excellence for Women's Health (CEWH) and Health Canada started a two-year national study on rural, remote and northern women's health. The final Report was released in June 2004.

The purpose of the study was to develop a policy framework and a research agenda on rural and remote women's health in Canada. The Centres had noticed that although there was new interest in doing research on rural peoples' health, and there was endless discussion about health care and health care reforms in the media and elsewhere, there did not seem to be much understanding at all of the needs and concerns of women. Although 30% of Canada's population lives in rural and remote locations and most rural residents are female, rural women in Canada have largely been invisible to researchers and policy makers.

The study was funded by the Women's Health Bureau of Health Canada with assistance from the Office of Rural Health (Health Canada) and the Institute for Gender and Health of the Canadian Institutes for Health Research. A research steering committee, composed of the CEWH directors and seven other academic and community-based researchers, and a representative from Health Canada, directed the study.

Rural women were deliberately consulted so that they could contribute their knowledge to help develop better policies and programs and to create effective research and program agendas for rural women's health. All the work was done in both French and English.

The study included a number of steps:

1. A roundtable discussion involving rural residents and health researchers in October 2001.
2. A thorough review of Canadian literature in English and French on topics relating to women, health and rural living.
3. Twenty-eight focus groups, video and teleconferences from coast to coast to coast (including remote communities and the high Arctic) involving over 200 women between November 2001 and January 2003.
4. A second roundtable for rural health policy makers in November 2002.
5. A national consultation in March 2003 at which 50 researchers, participants, policy makers and managers from all parts of Canada addressed the question: "What are the challenges and opportunities for ensuring the best state of women's health in your community?"

Members of the steering committee analyzed the data at various points, with all the findings synthesized in a final **Summary Report, Rural, Remote and Northern Women's Health: Policy and Research Directions**.

Women who were involved in the national study asked that a plain-language kit be developed to help share and disseminate the research findings more widely. The **Community Kit** provides summaries and background information about the national research project, as well as information for local communities to use in advocating for change.

The Report is written in sections that can be used together or separately. The Report and the Community Kit are on the PWHCE website and available from:

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THE WORKSHOP PROCESS

The workshop was held at Camp Kinasao, on the shores of the Christopher Lake, eight kilometers from the village of Christopher Lake. The 15 participants attending were mostly from the village of Christopher Lake and locations within a half hour drive - Emma Lake, Northside, Spruce Home, Buckland, and Tweedsmuir but also from Spiritwood. The participants were from a variety of backgrounds with experience in teaching, homemaking, farming, health care, administration, art and municipal politics experience. Several had retired to live at the Lake. Rural Women's Issues Committee members acted as facilitators and a resource to discussion groups.



The meeting room featured a display of relevant reports from the Prairie Women's Health Centre of Excellence, a display showing the origins and achievements of RWICS, and a table with information about organizations providing services of interest to rural women.

The event started Friday October 27th in the evening and continued on Saturday morning and afternoon. Some participants could only commit to attending the evening session, but most attended the full workshop. The workshop began with each woman introducing herself – her home location, her occupation, if she was representing an organization, and her main reason for attending the workshop. Everyone was then invited to an excellent meal provided by a local caterer.

The meeting reconvened with an overview of the workshop process by facilitator Noreen Johns. Joanne Havelock of PWHCE described the Centres of Excellence on Women's Health and the *Rural, Remote and Northern Women's Health Report* that inspired this process.

We're All Stars

Participants were then invited to “give themselves a star” – writing on a paper star a brief description of an achievement where their contribution had made a difference to the community. Women were encouraged to be proud and recognize that their hard work, planning skills and enthusiasm had yielded some good results. The accomplishments included: being supportive and reliable, reading to their children, providing nutritious meals for their family, teaching their children to be good parents, keeping a women's organization running, international travel on her own, supporting other women to become artists, overcoming personal health difficulties, becoming politically active in their 60's. When all the stars were posted on the wall, participants all gave themselves a pat on the back.

CONCERNS AND VISIONS

The next step in the workshop was identifying concerns and visions. The process used for the workshop involved asking women to identify individual issues that affected themselves, their families and their communities, writing them down on paper. Doing this on her own allowed each woman to reflect and bring forward her own ideas.

The participants wrote three of their concerns on file cards. They then posted their cards on bulletin boards, explaining to the group what their concern was about.

Next, the women were challenged to imagine if their concern had been addressed and there was a positive outcome – what would they expect to see – what was their vision? Again, the women had time to reflect on their own, imagining positively what they would like to see in the future, and writing it down.

Participants then wrote a short phrase describing their vision on a large index card. They were then invited to share their individual visions with the group and place them on the bulletin boards.

The women at the workshop worked together to group the visions under topic areas.

The concerns and visions are listed in the following tables.

Vision: Power For Women	
CONCERNS	VISIONS
Poverty: lack of employment, education, housing.	Increased access to education in rural areas.
Must travel 2.5 hours to access university education – lack of access to education opportunities.	Access to higher certified education and funding.
Cutbacks and restrictions to Status of Women programs.	Funding for women’s organizations.
Lack of access to recreation for women.	Women have increased access to recreation.
Lack of knowledge/education on rural issues; e.g. food safety, organic, environment.	Influence on curriculum development.

Vision: Intellect of Farming	
CONCERNS	VISIONS
Globalization: how the effects factor down to the farm. Low farm incomes – subsidy programs not working.	Fair price for our farm products.
Need help for farmers so our sons and husbands don't have to work in Alberta.	Pay farmers a decent price for their produce.
Farming decreasing. Family farm almost gone.	Help for farmers. Help so our young farmers can stay at home.
High cost of purchasing organic food.	Back to basic organic foods.
Lack of knowledge/education on rural issues; e.g. food safety, organic, environment, where does food come from?	Influence on curriculum development.

Vision: Respect	
CONCERNS	VISIONS
Consumerism, lack of sexual morality, lack of common decency, suggestive dress of young females.	Respect for all, including oneself.
Attitudes toward disabled.	Respect and support for disabled.
Alcohol and drug addictions in the lesbian and gay community.	Everyone in recovery and proud of who they are.
A need for an inexpensive handi-man (woman) service.	Retired men to offer inexpensive handi-person services.
Family violence.	Raising loving, caring, happy families.
Me, me, attitude of our children.	Parents don't feel guilty into providing everything for their kids. Children happy, kinder, empathetic, concerned for others – nix bullying. Good manners.
Escalating crime – younger and more violent.	Children would have better steering – reducing crime. Young people who respect the law and have a purpose in life.
Dishonesty in place of responsibility.	Responsible to be honest – people in positions of authority.
Having good leadership in our Rural Municipality after the election.	Harmony in our R.M. after the election.
Parent relationships – getting their co-operation.	Positive/cooperative parent relationships when they are elderly.

Vision: Respect (continued)	
CONCERNS	VISIONS
Couple abuse – how to help when religious beliefs keep them together.	Couple abuse – better understanding of church toward marriage failure.
Strained relationships between native people and the rest of Canadians.	People of all races living, working, playing, co-existing side by side. No more reservations.
Seniors' mental health.	Sharing and listening to senior's concerns.
The glorification of youth/beauty, lack of concern for older generations and lack of true appreciation.	Instead of the glorification of youth/beauty, a return of reverence/respect for our elders, and their contribution, their wisdom.

Vision: Use Our Voices	
CONCERNS	VISIONS
Police brutality very common.	More awareness about the Public Complaints Commission.
Lack of women in politics.	Women represent 50% of elected officials.
My physical and mental well-being.	Confidence in myself.
Need to support women with direct actions to run for office – municipal, provincial, federal.	Women in positions of power and influence.
Poverty.	A world free of poverty. Use your voice.
	Strength for all women to speak out and not internalize. To stand up for themselves and not forget that they are entitled to an opinion.

Vision: Health	
CONCERNS	VISIONS
The sandwich generation: women are stressed as primary caregivers.	Affordable personalized care/help for seniors.
Need better health services for seniors.	Better health care for seniors. Better health services for seniors.
More funding spent on cancer prevention. A lot of cancer around the lake.	A world free of cancer.
Need for quality doctors in our communities.	The government supplying services to keep doctor here.
Travel for cancer treatment.	Cancer treatment available in Prince Albert.
There's a need for transportation services.	Volunteer service – transportation to doctors, shopping.

Vision: Health (continued)	
CONCERNS	VISIONS
Dwindling number of volunteers – young people can't find the time.	Would like to see more people volunteer.
Labeling all products as to contents.	No carcinogens in products I use! Health Canada would exert appropriate controls.
More affordable aids for quitting smoking.	Aids for quitting smoking covered under health care.
Donated money – what percent is spent on research?	More money spent on research.

Vision: Community	
CONCERNS	VISIONS
	Ozone depletion has stopped.
Safety beyond police services (e.g. May 24 weekend).	Security group in summers.
Need local businesses – branch off bigger business in Prince Albert.	Encourage local businesses.
Need to encourage libraries, music, art workshops, landscaping.	Encourage libraries, music and art. Murals (beautify).
Loss of rural communities – small populations.	Vibrant rural communities.
Lack of support and education for abused women throughout rural communities.	Emotional and physical support for abused women.

Vision: Simpler Living	
CONCERNS	VISIONS
Need to walk for exercise, then walk for relaxation or inner peace – walk is the optimal word.	In opposition to blatant consumerism, a return to simpler living, wanting less, appreciating more, being thankful.
Perceived or actual stress in women's lives.	Reduce stress. Inner peace.
	Conserve. Act locally.

SETTING PRIORITIES AND PLANNING FOR ACTION

“The Cure for Half-baked Strategies is *Action Detailing*”

In the next step of the workshop, participants then gave priority to which of the grouped visions they would like to start work on. This was done by using the tried and true process of placing coloured dots next to the visions on the wall.

Each woman had time to work in two small groups situations to begin action detailing. The groups were provided with forms to document their planning sessions in detail. They entitled and described their vision, and set out actions.

After the small group discussions, a group spokesperson explained their plans to the larger group. Women were very enthusiastic about what they hoped to achieve. Please refer to the following pages that summarize these plans.

ACTION AREA: ACCESS FOR WOMEN

- Increased access to education in rural areas. Voice our concerns. Petition all universities, colleges, local high schools, libraries, MP's, MLA's, local board for community colleges, radio talk show hosts – all to pressure for on-line accessibility for connected correspondence classes.
- In libraries, have computers and meeting spaces set aside so if someone needs to concentrate or do on-line education it's possible without interference.
- Work with local recreation board for a plan for the area.
- Recreation available for all. Pick up and drop off for seniors to a walking center (non-drivers and young moms as well). Better publicity for these events. Check out Legion Hall and school for possible exercise/walking areas to be made available for minimal costs.

ACTION AREA: INTELLECT OF FARMING

- Create understanding of farming among non-farmers.
 1. Disparity between prices paid to farmers and profit made by industry.
 2. Production prices escalating – returns stay same.
 3. C.W.B. is farmer's marketing tool for wheat and barley. Other crops are open market.
- Write letters, have a committed focus and ask for plebiscite so all farms can vote for or against C.W.B.
- The Crow Rate subsidized rail transportation costs. When the government eliminated it this created extra costs for farmers' grain shipments.
- Government gave away the game at the World Trade Organization negotiations.
- Thinking locally/ bio-diesel – ethanol – grain.

ACTION AREA: RESPECT

Topic: Respect for yourself

- Believe in yourself, don't sell yourself short.
- "Be the change you want to see."
- Less concern about what others think – the courage to speak your mind.

Topic: Creating respect in families

- Address issues creating stress in families:
 1. Abuse.
 2. Domestic conflict.
 3. Parents having to work away from home.
- Help mothers find help, they don't know where to go.
- Help families find better ways to relate:
 1. Parenting resources.
 2. Foster parenting – supportive group homes or alternatives to children being taken away or put up in hotels.
 3. Foster parenting – make use of schools – investigate what is available.
- Community Schools:
 1. Grandmothers bring cookies to school.
 2. Kitchen where moms invited into school to learn cooking.

3. Reach people whose kids are not doing well.
 4. Find out what is going on in the local school.
 5. Maybe get involved.
 6. Christopher Lake has pre-school and daycare starting at 6 weeks old.
- More support services in the small towns.

Topic: Respect for all

- Learn more about why people of different cultures do things the way they do.
- Potluck suppers – local, cultural, organic.
- “Slowcook supper” - talk about dish and culture after the meal is eaten.
- Cultural events and sharing of music, art, exercise – chi cha, fish-fest.
- Ten Thousand Villages craft sale until Sunday. It is an annual event in Prince Albert.
- There are Winter and Summer cultures at the Lake.
- Would like to meet with First Nations women.

Topic: Better understanding re marriage failure and couple abuse

- Better understanding of church toward marriage failure.
- Workshops and awareness in church organizations.
- More public education.
- Better understanding for women, re abuse, right to leave and self-respect. There are worse things than being lonely.
- Need for programs to inform rural women, re family violence and resources available.
- Women continue to be there for other women. Educate and support women.

ACTION AREA: USE OUR VOICES

- Planning meeting for leadership workshop “Empowering Women!” Workshop in January with possible money from YWCA.
- Encourage all women to vote and support the women that run. Could involve regional parks boards, YW, churches, libraries, RM and Town Council, commissions, school board, seniors’ social committees, constituency executive.
- Mentorship handbook. YWCA assistance from their resources.
 1. What can we do to support women?
 2. Who can we encourage to “run”? Identify!
 3. Identify support groups.
 - YWCA
 - Council for Women
 - Women Entrepreneurs.
 - Status of Women
 - SCCD (Saskatchewan Council for Community Development) – Saskatoon
 - Federation of Canadian Municipalities
- Kitchen table meetings. Definite issue or topic. Educate and evaluate and pass it on.

ACTION AREA: HEALTH

Topic: Keep seniors in area longer

- Send back card to MP expressing healthcare concerns.
- Talk to our local rep regarding healthcare issues in Prince Albert so the rep can take issues to the health region.
 1. Find address for Saskatchewan Health Research Foundation.
 2. Find out if there is a Community Advisory Network in our health region. (Funding was provided for them.)
 3. Contact health region re transportation for seniors for shopping and seeing doctors.
 4. Contact health region re: “bunny bus”, special needs transportation, one day per week to take seniors to town.
 5. Find handy person referral list – perhaps put into newsletter.
 6. Adult day care – respite care.
 7. Write letter to government praising adult day care.
- See if Christopher Lake could provide Adult Day Care
 - Check out if in-home day care is available.

- Investigate what cancer treatments could possibly be offered in Prince Albert.

ACTION AREA: COMMUNITY

Topic: Security

- Security Group – Communities on Patrol (COP) Program. Hire a watchman in summer.
- Security Alarms – Have other measures besides alcohol bans for parks in summer, they just go outside campgrounds to party.

Topic: Having services and business available locally

- Give compliments to local business.
 - Support the local businesses.
- Farmer's Markets – vegetables, perogies, crafts, canning.
 - Set up at school grounds to noon and at Tweedsmuir.

Topic: Environment

- Ozone depletion – reduce use of aerosol cans.
- Ask our RM where to take recyclable items (stoves, fridges, etc.)
- Gas pollution use car-pooling.
- Determine safe ways to dispose of cans.
- More recycling centres in small communities.

ACTION AREA: SIMPLER LIVING

- Educate – educate – educate. Formally and informally on environmental issues.
- Be role models.
- Be deliberate in gifts.
- Buy Energuide appliances.
- Take political action. Complain about cuts to environmental programs.
- Use solar or wind power – encourage that use.
- Encourage recycling
- Compost.

- Sask. Eco Network and Sask. Environment Inquiries Line can give us info.
- Simple Living Newsletter – information about where to recycle and practical environmentally safe cleaners.
- Use technology in minimum.
- Eliminate packaging and cook from scratch.
- Use our own and other cultures to encourage ‘peasant’ food or depression foods. Stretch the resources – cooking club, potluck.
- Simple memories are not costly. Slow food movement. (Have a potluck supper with ethnic foods then talk about ethnic origins, history, ingredients, methods of cooking of the foods.)
- Have an “Attitude of Gratitude”.
- All examine our lives and see how we can simplify.

WORKSHOP EVALUATION

The participants were asked to fill in a response to the following statements on their evaluation form: “I didn’t get a chance to say; I would like to know more about; I will follow up this session with/by; The most significant thing I heard someone say today; My comments on the day; This is what I want to make sure is heard by and shared with others ...”.

Participants really enjoyed meeting the other women and hearing their ideas. One participant commented, “How much I appreciate the wisdom of the older ladies in our workshop.” Another said, “Very diverse group. So many well “schooled” people about women’s issues and so willing and able to share that information.” The great amount of information shared was noted, although one woman said, “Touched on many topics. Possibly too many, but difficult to choose which ones, interesting, informative – a good beginning.” The message that everyone’s voice is important came through in the statement, “Speak up woman. I want to hear what you have to say. It is important.” One woman commented “I enjoyed and thought about many of the concepts discussed – it is so nice to listen and talk to intelligent women with their own ideas – Go! Go! Girls!”

The women were inspired by the phrase, “Develop an attitude of gratitude” and expressed an interest in learning more about living simply. They also wanted to find out more about senior and volunteer services, the Kirby report on mental health, health of rural women, leadership, Community Advisory Networks and practical viable solutions to solving the farm crisis. One asked, “Is it possible to reinforce to young women the positive things that living rurally can give to themselves and their families. Let them have a positive choice in “Why I live where I do!””

The participants had definite plans to follow through on the actions that they had identified. Several hoped to keep in touch with the other women who had attended the workshop and attend the RWICS Forum in Muenster. “We – women (and communities) must continue to speak, raise awareness, discuss issues, develop and implement solutions – “be the change you want to see” in the world.”

WHERE DO WE GO FROM HERE?

This group may not meet again formally, but individually or by small groups they will continue their action steps. Groups and individuals will contact RWICS via email, telephone or Canada Post as they make progress on their research and action items. Their information will be forwarded to the full group. The women are encouraged to offer assistance to the work plans of others. Participants will be kept informed via newsletters, email and the RWICS website and will be invited to future events or provincial forums organized by RWICS.

"The Cure for Half-Baked Strategies is Action Planning"
Rural Women's Action Workshop
Christopher Lake, Saskatchewan – October 27-28, 2006
Report Action Chart

ACTION AREA	Short Term	Medium Term	Long Term
ACCESS FOR WOMEN Education	In libraries have computers and meeting spaces set aside so if someone needs to concentrate or do on-line education it's possible without interference.	Increased access to education in rural areas. Voice our concerns. Petition all universities, colleges, local high schools, libraries, MP's, MLA's, local board for community colleges, radio talk show hosts – all to pressure for on-line accessibility for connected correspondence classes.	
Recreation	Work with local recreation board for a plan for the area.	Recreation available for all. Pick up and drop off for seniors to a walking center (non-drivers and young moms as well). Better publicity for these events. Check out Legion Hall and school for possible exercise/walking areas to be made available for minimal costs.	
INTELLECT OF FARMING Vote re Canadian Wheat Board	Write letters, have a committed focus, ask for plebiscite so all farms can vote for or against C.W.B.		
Understanding among non-farmers	Create understanding among non-farmers. <ul style="list-style-type: none"> • Disparity between prices paid to farmers and profit made by industry. • Production prices escalating – returns stay same. • C.W.B. is farmer's marketing tool for wheat and barley. Other crops are open market. • Eliminating Crow Rate subsidy for grain transportation added costs for farmers. • Government gave away the game at the World Trade Organization negotiations. 		

ACTION AREA	Short Term	Medium Term	Long Term
Bio-diesel fuel.	Thinking locally – bio-diesel – ethanol – grain.		
RESPECT Respect for yourself	Believe in yourself, don't sell yourself short. "Be the change you want to see." Less concern about what others think – the courage to speak your mind.		
Creating respect in families	Help mothers find help, they don't know where to go. Community Schools: 1. Grandmothers bring cookies to school. 2. Kitchen where moms invited into school to learn cooking. 3. Reaches people whose kids are not doing well. 4. Find out what is going on in the local school. 5. Maybe get involved. 6. Christopher Lake has pre-school and daycare starting at 6 weeks old.	Help families find better ways to relate. 1. Parenting resources. 2. Foster parenting – supportive group homes or alternatives to children being taken away or put up in hotels. 3. Foster parenting – make use of schools – investigate what is available.	Address issues creating stress in families. 1. Abuse. 2. Domestic conflict. 3. Parents having to work away from home. More support service in the small towns.
Respect for all	Learn more about why people of different cultures do thing the way they do. Potluck suppers – local, cultural, organic. "Slowcook supper" - talk about dish and culture after the meal is eaten. Would like to talk with First Nations women.	Cultural events and sharing of music, art, exercise – chi cha, fish-fest. Ten Thousand Villages craft sale until Sunday. Annual event in Prince Albert.	

ACTION AREA	Short Term	Medium Term	Long Term
RESPECT FOR ALL (continued)	<p>More public education.</p> <p>Need for programs to inform rural women re family violence and resources available.</p> <p>Women continue to be there for other women. Educate and support women.</p>	<p>Better understanding for women re abuse, right to leave and self-respect. There are worse things than being lonely.</p>	
USE OUR VOICES	<p>Planning meeting for Leadership workshop "Empowering Women!" Workshop in January with possible money from YWCA.</p> <p>Kitchen table meetings. Definite issue or topic. Educate and evaluate and pass it on.</p>	<p>Mentorship handbook. YWCA assistance from their resources.</p> <ul style="list-style-type: none"> • What can we do to support women? • Who can we encourage to "run"? <p>Identify support groups.</p> <ol style="list-style-type: none"> 1. YWCA 2. Council for Women 3. Women Entrepreneurs 4. Status of Women 5. SCCD (Saskatchewan Council for community Development) – Saskatoon 6. Federation of Canadian Municipalities 	<p>Encourage all women to vote and support the women that run. Could involve regional parks, boards, YW, churches, libraries, RM and Town Council, commissions, school boards, seniors' social committees and constituency executive.</p>
<p>HEALTH</p> <p>Keep seniors in area longer</p>	<p>Send back card to MP expressing healthcare concerns.</p> <p>Investigate what cancer treatments could possible be offered in Prince Albert.</p> <p>Contact health region re transportation for seniors for shopping and seeing doctors. "Bunny bus" (special needs transportation) one day a week to take seniors to town.</p> <p>See if Christopher Lake could provide Adult Day Care. Check out if in-home day care is available.</p> <p>Find handy person referral list.</p>	<p>Talk to our local rep regarding healthcare issues in P.A. so the rep can take issues to the health region.</p> <p>Saskatchewan Health Research Foundation – get address.</p> <p>Find out if there is a Community Advisory Network in our health region. (Funding was provided for them.)</p> <p>Write letter to government praising adult day care.</p> <p>Handy person referral list – in newsletter.</p>	<p>Adult day care – respite care.</p>

ACTION AREA	Short Term	Medium Term	Long Term
COMMUNITY Security	Security alarms. Have other measures besides alcohol bans to deal with vandalism in the summer.	Security Group – Communities on Patrol (COP) Program – hire a watchman.	
Local businesses and services	Give compliments to local businesses. Support the local businesses.	Farmer's Markets – vegetables, perogies, crafts, canning. Set up at school grounds and at Tweedsmuir.	
Increase recycling and reduce air pollution	Ask our RM where to take recyclable items (stoves, fridges, etc.) Ozone depletion – reduce use of aerosol cans.	Determine safe ways to dispose of aerosol cans. Gas pollution, use car pooling.	More recycling centres in small communities.
SIMPLER LIVING Simplify life	All examine our lives and see how we can simplify. Eliminate packaging and cook from scratch. Simple memories are not costly. Be deliberate in gifts. "Attitude of Gratitude". Use technology in minimum.	Use our own and other cultures to encourage 'peasant' food or depression foods. Stretch the resources – cooking club, potluck.	Be role models. Slow food movement. Simple Living Newsletter, information about where to recycle and practical environmentally safe cleaners.
Environment and waste	Educate – educate – educate. Formally and informally on environmental issues. Sask. Eco Network and Sask. Environment Inquiries Line can give us info.	Take political action. Complain about cuts to environmental programs. Encourage recycling. Compost.	Use solar or wind power and encourage that use. Buy Energuide appliances.