

RURAL WOMEN'S ACTION WORKSHOP

**Unity, Saskatchewan
October 20-21, 2006**

**Noreen Johns
Joanne Havelock**

Project #144



centres of excellence
for WOMEN'S HEALTH

centres d'excellence
pour LA SANTÉ DES FEMMES

PRAIRIE WOMEN'S HEALTH

CENTRE OF EXCELLENCE

RESEARCH ■ POLICY ■ COMMUNITY

RURAL WOMEN'S ACTION WORKSHOP
Unity, Saskatchewan

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.

The Prairie Women's Health Centre of Excellence
56 The Promenade
Winnipeg, Manitoba R3B 3H9
Telephone (204) 982-6630 Fax (204) 982-6637
pwhce@uwinnipeg.ca

This report is also available on our website:
www.pwhce.ca

This is project #144 of the Prairie Women's Health Centre of Excellence
ISBN # 978-1-897250-10-5

Noreen Johns
Zelma GMB #36
Allan, Saskatchewan
S0K 0C0

Joanne Havelock
Prairie Women's Health Centre of Excellence
University of Regina Extension
CB 309 College Ave. & Scarth Street
Regina, Saskatchewan
S4S 0A2

RURAL WOMEN'S ACTION WORKSHOP

Unity, Saskatchewan

October 20-21, 2006

Noreen Johns

Joanne Havelock

INTRODUCTION

This document reports on the Rural Women's Action Workshop held on October 20-21, 2006 in Unity, 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:

Prairie Women's Health Centre of Excellence
56 The Promenade, Winnipeg, Manitoba, R3B 3H9
Tel: (204) 982-6630 Fax: (204) 982-6637
Web: <http://www.pwhce.ca>

THE WORKSHOP PROCESS

Fifteen women attended the workshop in Unity. They were from several communities within an hour's drive: Cutknife, Luseland, Rosetown, Wilkie, Scott and Senlac. The women were from a variety of backgrounds, with farm, teaching, homemaker, public administration, health care and other work experience. The Rural Women's Issues Committee members were in attendance and joined the group work, often acting as a resource.

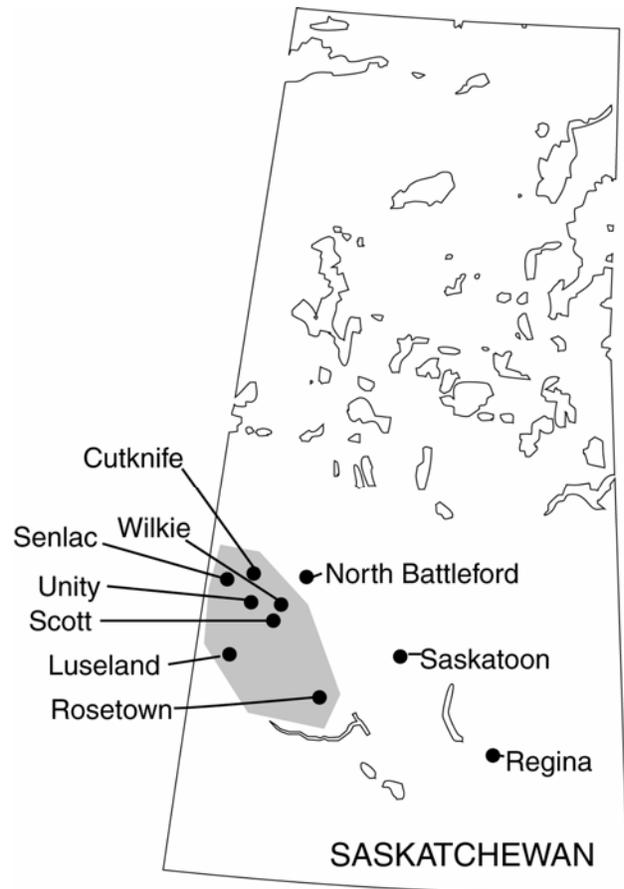
The meeting room featured a display of relevant reports from the Prairie Women's Health Centre of Excellence, a display showing the origins and achievements of RWICS, and a table with information about organizations providing services of interest to rural women.

The event started Friday October 20th in the evening, and continued on Saturday morning and afternoon. Some women could only commit to attending the evening session, but most attended the full workshop. The workshop began with each participant introducing herself – her home location, her occupation, if she was representing an organization, and her main reason for attending the workshop. A supper was then provided to the group.

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: “keeping the home fires burning”, passing self-esteem on to their children, helping children to read, organizing groups for parents, participating in international action related to farming issues, heading up service organizations, and leading efforts to beautify their town. 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 the participants 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 on and bring forward her own ideas.

The participants wrote four of their concerns on file cards. They then posted their cards on bulletin boards, explaining to the group what their concern was about. The women worked together to group the concerns under topic areas, generating much discussion about the causes and potential cures. The workshop then ended for the evening.

The next morning, participants 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.

The women then wrote a short phrase describing their vision on a large index card. They were invited to share their personal visions with the group and place them on the bulletin boards. (Participants who could not attend on Saturday were contacted by telephone after the workshop to obtain the visions that matched the concerns they had raised, so that they could be included in this report. Some of these participants also identified actions that they wanted to take on, and these actions were also included in this report.)

The concerns and visions are listed on the following table.

Concern: Farm Financial Crisis	
Vision: Power For Producers	
CONCERNS	VISIONS
Grain prices versus supply prices (percentage).	Grain prices increase with supply costs.
Farm financial crisis.	Power for producers.
Too high cost; too low income.	Prosperous farms make for prosperous communities.
Lack of respect and profitability for producing food.	Adequately paying farmers for services – food production, environmental protection, green spaces, public access.
Lack of fairness in farming – grain prices, etc.	Thriving rural communities buzzing with activity.
Being able to maintain State Trading Enterprises at WTO, specifically the CWB.	Canada would side with small countries to maintain State Trading Enterprises at WTO.
Poor grain delivery opportunities; “No room at the inn” (grain elevators plugged and no one accepts blame, but the farmer ultimately pays for the problem when his contracts or bills are due.)	No hold up on grain delivery; efficient services through the elevator system, railways, coastal terminals.
High costs of inputs, low income.	Appreciation and support for farmers and farming, like Europeans, and decent price for our product.

Concern: Role of Women	
Vision: Power For Women	
CONCERNS	VISIONS
Thinking “farmer” = “male”.	Equality for women.
Lack of emotional, social and mental support for women.	Support for rural women: emotional, social, mental - reach out to isolated women.
More shared domestic responsibilities with husband.	Opportunities to talk to other women who have similar issues.
Lack of women in leadership.	More women in leadership roles, gendered balance.
Women need to look after themselves.	Women maintain well-balanced state of being (mind, body, spirit) and follow their visions.

Concern: Rural Depopulation; Lack of volunteerism	
Vision: Vibrant Rural Communities; Community Action	
CONCERNS	VISIONS
Lack of volunteers; “wanted” volunteers; how do you motivate young people to volunteer?	Everyone take pride in themselves and their community, be optimistic, carry the torch and keep things viable.
Decline in rural population; too many young people leaving Saskatchewan.	More new businesses → young families; therefore growing community support.
Decline in rural population.	Jobs to keep young people here & better quality of life.
Not enough personal ownership of community problems.	Our communities tackle and solve their own problems together, instead of waiting for “them” to do it.
Poverty and lack of food.	Governing bodies would take responsibility for ensuring food security and nutritious food.
Lack of action – people neither accept and consolidate with other communities nor do they challenge change.	Regionalization occurs across the sectors.
No recycling facilities in small communities.	Government regulation and financial assistance to encourage/ require recycling.
Small communities suffering because of services dwindling.	Services may be cut back, but sufficient.

Concern: Culture and Youth	
Vision: A Vibrant Culture in Our Community	
CONCERNS	VISIONS
Society’s moral fabric going to pot.	People living in harmony, less greed, fewer addictions, lower crime rate, etc.
Youth crime (vandalism included).	Our communities’ youth are well-adjusted, helpful, law-abiding young citizens.
Late night vandalism by youth.	Safe communities and clean and beautiful properties and rest areas.
Lack of respect for other people’s property, vandalism.	Better parenting so youth have respect for others.
Drugs.	Our people do not use drugs and therefore do not have the problems associated with drug habits.
People charged with first degree murder are out on bail.	Rights of victims and the right to a safe and secure environment are protected.
Loss of community/culture.	Regional centres promote “neighborhoods”.
People don’t know that Fetal Alcohol Syndrome can be passed on by both male and female.	People are more informed about causes of FAS by males and females.
Parents don’t know how to parent.	Strong families, happy, healthy, well-rested, educated children.

Concern: Lack of Rural Health	
Vision: Accessible Rural Health	
CONCERNS	VISIONS
Too many miles for doctors' appointments, trips for nothing.	Health care closer to home and patient care more personal.
Travel to appointments and costs for seniors.	Subsidy for health travel costs.
Decrease in health services in Unity.	Hire more health professionals so that services can be brought back, e.g. ultrasounds.
Too many miles for health care.	Test results and check-ups done locally.
Direct additional costs for rural health.	Reimburse rural people mileage, meals, and lost wages for medical appointments (directly or tax credit).
Better and/or more care for seniors.	There are adequate health services for our seniors so that no one falls through the cracks.
Perceptions of "Health" and "\$".	Treatment centres are rationalized. Prevention is the focus.
Preventative health instead of curing sickness.	Making healthy choices.
Lack of recreational opportunities.	More recreational options.
People physically stiff and restricted in daily activities.	Limbered aged through senior Pilates programs.
Lack of understanding of bi-polar illness for youth and blaming of parents.	Awareness for everyone about mental conditions such as bi-polar and support for teens and their parents.

Concern: Lack of Public Control	
Vision: Public Control	
CONCERNS	VISIONS
Terminator Technology, genetic modification that produces plants with sterile seeds.	Terminator technology banned nationally and internationally.
Keeping water in the public domain.	Canada would enact a national water policy.
Reproductive technologies undermining family life.	Health Canada would protect family life through regulations re reproductive technology.
Newest imperialism is colonizing women's bodies.	Health Canada would exert appropriate controls.

<p>Concern: Education System Vision: Holistic Education in Tandem with Home and Community.</p>	
CONCERNS	VISIONS
School children not having education basics and being passed on to next grade.	Successful use of P.A.C.T. (Parents and Children Together) learning program.
Cycle: Bullying → low self esteem → drug and alcohol problems ← →	Respect, support and acceptance in school and community. Abuse starts in the home and flourishes in schools.
Child's education: reading & life skills.	Youth focused education.

SETTING PRIORITIES AND PLANNING FOR ACTION

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

In the next step of the workshop, women then prioritized 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 was able to work in two small groups 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: ACCESSIBLE RURAL HEALTH

- Bring to Wilkie and Unity Quality Assurance Committee the idea of co-coordinating transportation to specialty health service appointments. Have more than one appointment for community people done with one trip to the city.
- Look into if there is a tax credit or deductible expense for trips to the city for health appointments. Inform the public through newspaper articles and possibly leaflets at doctors' offices, etc. – not just in accountants' offices.
- Contact the Home Care Assessor on education of family members about how Home Care works. (Have a Home Care Package.)
- Use this group to establish a focus group to discuss women's health issues and/or receive community feedback.
- Encourage Health Region to pursue finding someone to explore diagnostic options within the health region.

ACTION AREA: HOLISTIC EDUCATION IN TANDEM WITH HOME AND COMMUNITY

- Investigate, within their local school, the status of the “School Plus Program” and volunteer to attract members. Such a program could facilitate activities around bullying such as is offered by the local Royal Purple. It could be the vehicle to establish a protocol among schools. Health officials and facilities managers could do a presentation to school assemblies “If You Get Injured or Sick at School”. Such a program could also address the issue of co-location of community services.
- Approach the health district/facilities managers to work on such a protocol.
- Review and share the Royal Purple Program on “Teasing and Bullying” with the health staff.
- Follow up with the P.A.C.T. pilot project and its role out to other schools.
- Get more active by volunteering in schools and seniors’ centres and advocate recycling in Cutknife.

ACTION AREA: POWER FOR PRODUCERS

Topic: To educate ourselves and others on farm issues:

- Explain to farmers how companies price inputs to follow commodity prices and extract wealth, so that farmers will understand that higher prices will still be extracted unless farmers have buying power.
- Learn to use the computer better to gain information.
- Put our names on speakers’ lists to talk about farm issues.
- Investigate why there is “no room at the inn” in our elevator system.

Topic: To save the Canadian Wheat Board

- Write letters supporting CWB to MP and send to National Farmers Union to cc to all MP’s - next week.
- Write letter to the whole agriculture committee re the CWB.
- Write a letter to the editor to encourage others to write and include addresses.
- Write a letter to the editor about how unfair it is for the government to penalize victims who have not been able to sell CWB grains in the last two years because of weather and now their names have been stricken from the CWB voters’ list.

- Send some emails to your own contact lists.
- Continue to explain and talk about how the CWB works.
- Call MP and Agriculture Minister.
- Organize a letter writing session on the CWB.
- As a farmer, speak at meetings re the CWB.
- Ask their RM if they have sent a letter following the SARM resolution to retain the CWB.

ACTION AREA: PUBLIC CONTROL

Topic: Ban terminator technology¹

- Continue work on national and international campaign.
- Determine how to get others involved locally.
- Inform others about TT. Identify speaking opportunities, such as gardening groups, schools, women's church group. Put articles and information in newsletters.
- Encourage resolutions from organizations such as church and farm groups at local, provincial and national levels.
- Encourage letter writing and postcards to federal decision-makers, since this is a federal issue.

Topic: Appropriate controls of pharmaceuticals

- Update knowledge and inform others about use of pharmaceuticals, e.g. potential side effects of morning after pills, e.g. DES and current pills.
- Encourage responsible groups to test pharmaceuticals on women as well as men, e.g. heart medication, blood pressure medication.
- Encourage use of older pills when more effective rather than newer pills that are more expensive and not necessarily better.
- Encourage government not to extend patent period for pharmaceuticals.

¹ Terminator technology (TT) is a term for genetic manipulation of seeds to produce plants with sterile seeds. TT supporters say it protects companies against unauthorized seed saving by farmers. Opponents say it threatens the farming practice of saving seeds for the next year, forces farmers to spend more money to buy seeds and makes them dependent on large corporations, threatens the world's genetic diversity, and has potential environmental effects such as the spread of the trait to wild or cultivated plants.

Topic: Preventing sexual exploitation of women

- Discuss with others the links between poverty, empowerment of women, HIV/AIDS and other sexually transmitted diseases that occur at the local level and in developing countries.
- Empower girls and women to choose to say “no” to sex. Find out what an individual can do to help Teen Aid. Continue speaking on this topic to youth.
- Assist people who choose to keep children through personal support, programs and services
- Ensure there is a good process for adoption.
- Eliminate stigmatization for women/couples who are not able to have children or choose not to have children.
- Inform women of health issues related to abortion.
- Encourage Health Canada to protect family life through regulations regarding reproductive technology.
- Encourage discussion of issues around *in vitro* fertilization, sale of embryos, abortion of female fetuses (including demographic imbalance leading to social problems), right to know who your parents are (especially for health reasons).

Topic: Canadian national water policy

- Continue work on national and international campaign.
- Inform others about NAFTA’s impact on bulk water sales.
- Read Blue Gold by Maude Barlow and Tony Clark.
- Speak out about health effects of bottled water, environmental effects of use of water for bottling that draws down the water tables, and myth that public water is not safe.
- Avoid buying bottled water.

ACTION AREA: VIBRANT CULTURE IN OUR COMMUNITY

Topic: Culture and youth

- We want neighborhoods and communities for kids/people to take pride in.
- We will become less of an “individual” and more “neighbourly”. Take a personal interest in school and community. Become informed about what’s going on.
- Prevention by planting things, building things, having an appreciation instead of vandalizing.

- “Fear Factor” – nature of criminal activity – we are afraid to confront friends if we know their child is taking drugs or doing anything wrong.
- We have decided to have more courage to speak up, not assume things, become more neighbourly and less “individual” and try not to operate in response to “Fear”.
- Bullying – get verification (don’t go on assumption) and tell someone what you’ve “heard”, especially schools and other parents.
- Schools must be aware of bullying and exclusion.
- Approach our Citizens on Patrol to see if they are making any headway and do they need any help.
- Ask our police force (RCMP) (in Wilkie, Unity, Cut Knife) when where and why they make their patrols. We will ask or suggest that they make their tours of the town at night unpredictable and use “ghost cars”.
- After informing ourselves about the Young Offenders Act we will write or talk to our MP about changing it. Changes needed to Young Offenders Act: stiffer penalties, kids accountable (i.e. appropriate community service), parents responsible for kids’ actions, enforce balance between rights and responsibilities, incarceration should include providing a trade or education and giving pride and appreciation.
- Learn more and ask what we can do on an individual basis re restricting bail for those charged with murders.

ACTION AREA: WOMEN IN LEADERSHIP

Assist with others who are interested:

- Another workshop in the area.
- Women in leadership workshop.
- Wellness orientation day.

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 ...”.

Comments related to the process of the meeting included an appreciation of the opportunity to meet with other women. “This was great fun.” “ It was great to meet ladies from other areas with similar concerns and share different ideas.” From one participant, “Stimulating meeting and talking to women who are active in their communities. Inspiring, Maybe I can make a difference.”

Women expressed an interest in learning more about improving farm income and decreasing output, the terminator gene, recycling facilities and reproductive health. One woman made the following comment on what she would like to learn more about “... Local issues – but I need to think regionally! I have to keep pulling my thinking to that level.”

The participants were enthusiastic about following up on the actions that they had identified. A participant concluded, “Women have a passion for many “causes” and are able to effect changes through their actions regardless of the extent of this action.” Whether their actions are as individuals, within their families, or at the community, regional or international level, the women felt strengthened and inspired to move ahead to create the visions they had identified.

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
Unity, Saskatchewan – October 20-21, 2006
Report Action Chart

ACTION AREA	Short Term	Medium Term	Long Term
ACCESSIBLE RURAL HEALTH	<p>Contact the Home Care Assessor on education of family members about how Home Care works. (Have a Home Care Package)</p> <p>Look into if there is a tax credit or deductible expense for trips to the city for health appointments.</p>	<p>Use this group to establish a focus group to discuss women's health issues and/or receive community feedback.</p> <p>Encourage the Health Region to explore diagnostic options within the health region.</p> <p>Bring to Wilkie & Unity Quality Assurance Committee the idea of coordinating transportation to specialty health service appointments. (E.g. have more than one appointment for community people done with one trip to the city.)</p>	<p>Inform the public about expense coverage for travel if it is available - through newspaper articles and possibly leaflets at doctors' offices, etc. – not just in accountant's offices.</p>
HOLISTIC EDUCATION IN TANDEM WITH HOME & COMMUNITY	<p>Investigate, within their local school, the status of the "School Plus Program" and volunteer to attract members.</p> <p>Follow up with Noella on the P.A.C.T. pilot project and its rollout to other schools.</p> <p>Get more active by volunteering in schools and seniors' centres and advocate recycling in Cutknife.</p>	<p>Schools Plus program could:</p> <ul style="list-style-type: none"> • Facilitate activities on bullying e.g. as offered by local Royal Purple. • Be vehicle to establish a protocol among school and health officials. • Facilities managers could do a presentation to school assemblies "If You Get Injured or Sick at School". • Address the issue of co-location of community services. 	<p>Approach the health district and facilities managers to work on bullying protocol.</p> <p>Review and share the Royal Purple Program on "Teasing and Bullying" with the health staff.</p>

ACTION AREA	Short Term	Medium Term	Long Term
<p>POWER FOR PRODUCERS</p> <p>To educate ourselves and others on farm issues</p>	<p>Put our names on speakers' lists to talk about farm issues.</p> <p>Learn to use the computer better to gain information.</p>	<p>Explain to farmers how companies price inputs to follow commodity prices and extract wealth, so that they will understand that higher will still be extracted unless they have buying power.</p> <p>Investigate why there is "no room at the inn" in our elevator system.</p>	
<p>To save the CWB</p>	<p>Write letters:</p> <ul style="list-style-type: none"> • CWB supporting letter to MP and send to NFU to c.c. to all MP's. • To the whole agriculture committee re the CWB. • To the editor to encourage others to write, & include addresses. • To the editor about how unfair it is for the government to penalize victims who have not been able to sell CWB grains in the last two years because of weather and now their names have been stricken from the CWB voters' list. <p>Call MP and federal Agriculture Minister.</p>	<p>Ask their RM if they have sent a letter following the SARM resolution to retain the CWB.</p> <p>Organize a letter writing session on the CWB.</p> <p>As a farmer, speak at meetings on the CWB.</p> <p>Send some emails to your own contacts lists.</p> <p>Continue to explain and talk about how the CWB works</p>	
<p>PUBLIC CONTROL</p> <p>Ban terminator technology</p>	<p>Continue work on national and international campaign.</p> <p>Determine how to get others involved locally.</p>	<p>Inform others about TT</p> <ul style="list-style-type: none"> • Identify speaking opportunities. • Speak to gardening groups. • Speak in schools. • Speak to women's church group. • Put articles and information in newsletter. 	<p>Encourage resolutions from organizations such as church and farm groups at local, provincial and national levels.</p> <p>Encourage letter writing and postcards to federal decision-makers, since this is a federal issue.</p>

ACTION AREA	Short Term	Medium Term	Long Term
Appropriate controls of pharmaceuticals	Update knowledge about use of pharmaceuticals, e.g. potential side effects of morning after pills, e.g. DES and current pills.	Inform others.	Encourage responsible groups to test pharmaceuticals on women as well as men, e.g. heart medication, blood pressure medication Encourage use of older pills when more effective rather than newer pills that are more expensive and not necessarily better. Encourage not extending patent period for pharmaceuticals.
Preventing sexual exploitation of women	Discuss with others the links between poverty, empowerment of women, HIV/AIDS and other STD's that occur at the local level and in developing countries Find out what an individual can do to help Teen Aid. Continue speaking on this topic to youth. Encourage discussion of issues around in-vitro fertilization, sale of embryos, abortion of female fetuses (including demographic imbalance leading to social problems), right to know who your parents are (especially for health reasons).	Assist those who choose to keep children through personal support, programs and services Inform women of health issues related to abortion. Encourage Health Canada to protect family life through regulations regarding reproductive technology.	Empower girls and women to choose to say "no" to sex. Ensure there is a good process for adoption. Eliminate stigmatization for women/couples who are not able to have children or choose not to have children.
Canadian national water policy	Continue work on national and international campaign. Avoid buying bottled water. Read Blue Gold by Maude Barlow & Tony Clark.	Inform others about NAFTA's impact on bulk water sales. Speak out about health effects of bottled water, environmental effects of use of water for bottling that draws down the water tables, and myth that public water is not safe.	

ACTION AREA	Short Term	Medium Term	Long Term
<p>VIBRANT CULTURE IN OUR COMMUNITY</p> <p>Culture</p>	<p>Take a personal interest in school and community.</p> <p>Become informed about what's going on.</p>	<p>Become less of an "individual" and more "neighbourly".</p>	<p>Create neighborhoods and communities for kids/people to take pride in.</p>
<p>Vandalism and bullying</p>	<p>Lose "Fear Factor" – nature of criminal activity – we are afraid to confront friends if we know their child is taking drugs or doing anything wrong.</p> <p>Bullying – get verification (don't go on assumption) and tell someone what you've "heard", especially schools and other parents.</p> <p>Inform ourselves about the Young Offenders Act.</p> <p>Learn more and ask what we can do on an individual basis about restricting bail for persons charged with murder.</p>	<p>Have more courage to speak up, not assume things, become more neighbourly and less "individual" and try not to operate in response to "Fear".</p> <p>Schools must be aware of bullying and exclusion.</p> <p>Ask our police force (RCMP) (in Wilkie, Unity, Cut Knife) when where and why they make their patrols. Suggest that they make their tours unpredictable and use "Ghost Cars".</p> <p>Write or talk to our MP about changing Young Offenders Act.</p>	<p>Prevention by planting things, building things, having an appreciation instead of vandalizing.</p> <p>Young Offenders Act should be changed: stiffer penalties, kids accountable (i.e. appropriate community service), parents responsible for kids actions, enforce balance between rights and responsibilities.</p> <p>Incarceration should include providing a trade or education and giving pride and appreciation.</p>
<p>WOMEN IN LEADERSHIP</p>		<p>With others, assist with:</p> <ul style="list-style-type: none"> • Another workshop in the area. • Women in leadership workshop. • Wellness orientation day. 	