

Fall Newsletter

Present: Lucille, Amanda, Isabel, Charlie, Rene

Format

- 12 font
- Arial or Times New Roman
- 1.5 line spacing

Ideas

- Poetry Corner -Remembering Eileen Cameron Henry
→ Copyright
- Bouquets of Praise and Thanks
→ Barb's book
→ Ann Simpson's book
→ Coady Picnic at Oona Landry's
→ Sisters of St. Martha's for their support of the Antigonish Affordable Housing Association Project
→ Sr. Mary MacLeod Bursary winners
→ Young Women Write
→ Programs past and future
• News from the Centre (1 page-include request for program suggestions)
• Fall Program Listing (Isabel)
• Below the Line -Social Assistance Policy Changes (Katherine?)
• Community Support Groups- List of support groups available for the public at various other community organizations-- include contact person and tel. #
→ Depression Support Group
→ Anxiety Support Group-Mental Health
→ Naomi Support Group for Women
→ Schizophrenic Society
→ Women's Divorce and Separation Support Group
• Custody and Access- article concerning the proposed changes to legislation in the Divorce Act (Amanda)
• PATH Project update - (Susan?)
• Young Women at Risk- Project (1pg. Meagan?)

Date for final submissions is August 17th, 2001

December Newsletter--Mothering

- Duella- Charlie
- Alternatives to Shopping
- Tickets on Vangie's creation
- Christmas programs
→ Food Bank
→ Christmas Daddies
- Alternative Christmas traditions
- Mothering yourself
- Empty-Nest and mothering
- La Leche

The PATH Project

by Susan L. Eaton, Project Coordinator

What makes and keeps us healthy? Is health only a matter of individual well being or can we talk about healthy *communities*? Is health the result of personal choices or are there other factors that play a role? Who should make decisions about the kinds of health programs and services that are available?

These are some of the questions at the heart of what we call the PATH Project.

PATH (*People Assessing Their Health*) is a health promotion project based on the idea that people know a lot about what makes them healthy – and that people at the community level should be involved in planning and decision-making about the policies and programs that will affect them.

The current PATH Project is co-sponsored by the Antigonish Women's Resource Centre (AWRC), the Extension Department of St. Francis Xavier University (StFX Ext.), Public Health Services – Eastern Region (PHS) and the Antigonish Town and County Community Health Board (ATCCHB). The 18-month project, which concludes in March 2002, is funded by Health Canada's Remote and Rural Health Fund.

The PATH Project is made up of several distinct but over-lapping activities, each one designed to encourage greater community participation in health related planning and decision-making.

One part of the project involves working with the Antigonish Town and County Community Health Board to develop a *Community Health Impact Assessment Tool* (CHIAT). A CHIAT is a resource to assist the Board in assessing the effect that various policies or programs will have on the health of the community. It looks at the broad spectrum of factors that determine health (including things like income, education and physical environment, in addition to health care services) and is based on the priorities identified by the community.

A second aspect is doing research on "health indicators" – the information that can be used by the community to measure changes in health status. This part of the project also involves finding ways to present the information in a simple, easy to use fashion, using language that reflects the community's understanding of health.

The third part of the project focuses on communicating what we have learned. This includes sharing information through presentations, preparing a resource that will outline the processes used, and developing a PATH web site.

The Path Project aims to provide opportunities for the public and policy makers to come together to build healthy communities. It is an exciting project and anyone interested is encouraged to drop by to learn more about the people and the processes involved.

[Word count: 420]

Young Women Write

Last year an exciting program began at the AWRG. Led first by Flora Murphy and later by Christie Dyer, the **Youth Social Justice** group, youth aged 14 to 18, began meeting to discuss issues affecting their lives. Each week they shared opinions and ideas on such topics as sexism, racism and the environment. The group focussed on the clean up of the Sydney Tar ponds and after discussion and research, wrote letters to government to share their thoughts. Although the youth focussed on outside concerns, they felt the affects of their participation on other aspects of their lives, becoming more socially aware. Group members told of being better able to understand and form opinions on media topics and personal experiences. Perhaps the program can best be summed up by one of the participants. In the words of Marian Turniawan, "I would definitely be interested in joining the group again. There's just so much left to talk about."

The Teens Take Action: A Peer Education Approach to Dating Violence and Sexual Assault was a program developed by the AWRG to teach youth about sexual violence and its prevention. Sixteen grade 11 and 12 students received training which helped them teach other youth through the use of skits and classroom presentations. These presentations illustrated situations teens often face. The **Teens** travelled to St. Andrew Junior School and the East Antigonish Academy to present to younger students and they found that the program not only benefited the audiences, but themselves as well. Friendships were strengthened and self-awareness was developed. Caitlin Mulcahy, who participated in the group described it as "an incredible program with incredible counsellors". Caitlin noted that on the last day the group presented together, they received a standing ovation from the students at The East, it is a memory she says will last forever.

The AWRG was filled with many fresh ideas and opinions along with much laughter as it held two coinciding **Exploring Our Lives** groups. The groups, comprised of 14 to 18 year-old young women, met once a week and were facilitated by either Pamela Fry or Susan Jewkes/Maureen Ryan. The groups flexible and comforting atmosphere allowed the girls to talk about any subject they pleased. Although it may seem strange to have a discussion group with no particular topic, the girls found this format quite welcoming. Laura MacLellan, an **AOL** member, may best describe this sentiment, "If you had something to discuss but weren't sure if you were ready to share it, the **AOL** was great. It was different then say an eating disorder group, because at **AOL** you weren't there for a specific problem, so there was no pressure for you to talk, you could wait until you were comfortable."

*Jessica Mahoney
Caitlin Hughes*

Subject: Fw: newsletter
Date: Wed, 5 Sep 2001 08:32:49 -0300
From: antig.women@ns.sympatico.ca (Womens Centre)
To: "Amanda Workman" <amanda.workman@ns.sympatico.ca>

----- Original Message -----

From: "Charlie" <charlie_tb@yahoo.com>
To: "Amanda Workman" <amanda.workman@ns.sympatico.ca>; "Antigonish Women's Centre" <antig.women@ns.sympatico.ca>
Sent: Wednesday, September 05, 2001 7:12 AM
Subject: newsletter

> Hi Amanda!
>
> Sorry I didn't get your message yesterday until supper
> time and I figured you would be home by then.
>
> I have everything together that has been sent in... I
> was under the impression that there were a few more
> things coming in, but I haven't received anything this
> week.
>
> I tried calling Katherine one day but I missed her,
> and I've been crazy here so I didn't think of it
> again... but her main article takes up a full page,
> then she has some related sidebars.... They wouldn't
> look right on a page of their own I think, so I was
> thinking of maybe splitting the main article over two
> pages with a larger font for the sidebars so they fill
> the pages. What do you think?
>
> Are there any other tidbits you'd like to add? I had a
> few pages that were about 80% full, with room for a
> small poem, quote or some filler on the bottom. I
> think it would look better to have a small filler on
> the bottom rather than start another large article
> there.
>
> Do you have a preference for the front page? Right now
> I have a title bar on top, a contents bar on the
> right, a small graphic in the center with room for a
> brief article around it. Maybe a "greeting from the
> centre" ... something like hope you had a great summer
> and aready for fall etc....
>
> Let me know what you think and I'll fine tune it this
> afternoon and send it out to you.
>
> ~Charlie
>
> p.s. I hope you had a great vacation!
>
>
> =====
>
> Our Virtual Family Porch:
> [http://pages.ivillage.com/charlie tb/](http://pages.ivillage.com/charlie_tb/)
> Please sign our guestbook!
> Kids don't make life any easier.... just more interesting.
>
>
> Do You Yahoo!?
> Get email alerts & NEW webcam video instant messaging with Yahoo!
Messenger
> <http://im.yahoo.com>
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