

**“Everyday Activism: Tools for Change”**  
**Saskatchewan Federation of Labour’s – Prairie School for Union Women**  
**June 8 – 12, 2014 - Prince Albert National Park (Waskesiu)**

**Submitted by Sister Eva McKaeff**

This past spring 2014, I expressed interested in attending the above named week-long course. I appreciate the opportunity and would like to say “thank you”.

The name of this course lived up to its name. I was a participant of 13 in attendance as classmates, with two facilitators.

The four day class was filled with topics that included content that was serious and humourous. It was all about goal-setting; choosing what is important to us as trade unionists/activists; how to communicate effectively (assertively vs. aggressively); learning to listen and when to speak; how to express ourselves; negotiate creatively; problem-solve; how to use words and how to avoid some of them; also learned about the effectiveness of public service announcements and how to develop newsletters and communiqués.

The course was delivered in a way that made you understand that everyday activism extends from our workplace and into our social lives and its activities. We learned that when women stand together and stay united we can achieve anything.

Immobilizing people to become active and to participate effectively was discussed at length. I would recommend all COPE 491 members to take advantage of courses such as this one. It’s full of motivational information that will reaffirm our roles as fellow CUPE employees and COPE 491 members.

I know this is a very short summary, but I think the main purpose asked of participants is to learn and absorb what they can, even if it’s just learning one thing that they didn’t know from before.

I would gladly share with you any of the materials I brought back from this course. The binder is full of resourceful information which I will look back to from time to time and also share with you.

Thanks again for the opportunity to attend.