



# PRAIRIE SCHOOL

*for union women*



JUNE 7 - 11, 2020

WASKESIU LAKE, SASKATCHEWAN



# PRAIRIE SCHOOL FOR UNION WOMEN

The Prairie School for Union Women (PSUW) offers trade union women an intensive four days of learning and sharing in a supportive environment. The goals of the school are to develop women's personal and leadership skills and to build solidarity among women workers. The school provides on-site child care and is committed to child-friendly attitudes.

Whether you are a woman who is a long time activist or just starting to get involved in your union, this school is open to you. Enrolment is limited to 150. Participants will be registered on a first-come first-served basis. Your registration fee must accompany your registration form in order to qualify.

## SCHOLARSHIP PROGRAM

PSUW has a Scholarship Fund for the purpose of encouraging women from equity-seeking groups and from non-unionized work settings to attend the school as participants.

Women from the following equity-seeking groups are eligible to apply: Indigenous women, women with disabilities, visible minority women, lesbian/bisexual/trans women and youth (29 and under).

In addition, unemployed women and women working in non-unionized settings are eligible to apply.

The scholarship application form is available on the SFL website at [www.sfl.sk.ca](http://www.sfl.sk.ca)  
Contact the SFL office at 306-525-0197 for more information.

Courses are scheduled over four days. Please select your first, second, and third choice for courses on the registration form included in this brochure.

# COURSE DESCRIPTIONS

## A

### UNION WOMEN ON TURTLE ISLAND

For trade union women who want to understand the issues Indigenous women face in diverse working environments. Participants will explore the reasons for the invisibility of Indigenous women in union structures and begin to develop strategies to encourage sisterhood.

**After this course, you will be able to:**

- Act as agents for change, and;
- “See” Indigenous people with new eyes.

**You will know:**

- How to work effectively in a diverse workplace, and;
- How to challenge barriers to diversity, by exploring Indigenous peoples’ culture and traditions, as well as contemporary issues they are facing.

**You will feel:**

- Challenged, but respected, in an open safe environment, and;
- A true sense of personal power, and a strong base of knowledge, rather than the false and temporary feeling of power based on stereotypes.

## B

### WOMEN SPEAKING UP

Are you afraid of “speaking up” at meetings, speeches, public events or even one-on-one communication? Do you want to build your confidence and become a more effective leader?

In this workshop, you will learn to think quickly on your feet, find your voice, and communicate well in public. We’ll “talk it up” using microphones and “go live” in news conferences and interviews as we get our message out to the media.

From writing and delivering a speech to crafting a resolution, speaking to the media, or speaking up at the next union meeting or bargaining session, this is a special training opportunity you won’t want to miss.

**After this course, you will understand:**

- Why women in society and in unions may not speak up.

**You will feel:**

- More confident and assertive.

**You will be able to:**

- Overcome your fear and find your voice.





# C

## WOMEN, WORK, AND ABILITY

This course is designed to explore myths and assumptions regarding people with disabilities. You will learn about the historical oppression of women with disabilities and develop an awareness of barriers in the workplace as experienced by women living with disabilities. You will learn about how to break down these barriers through education about rights and responsibilities. Participants will explore examples of workplace accommodation and develop tools to help make workplaces accessible for people with disabilities.

### **After this course, you will:**

- Be a better ally with people living with disabilities;
- Better represent members with disabilities;
- Know duty to accommodate laws and rights.

### **You will feel:**

- More comfortable with being allies of members with disabilities;
- Empowered to represent members better;
- Value women with disabilities.

# D

## FIRST STEPS: UNION BASICS FOR WOMEN

Making change is never easy. Women have struggled for equality through history, facing personal, political, and economic barriers. We can't undo history, but we can control our future by finding our place in the union.

We will learn about all aspects of unions in a friendly, fun environment. You will learn how women's issues can be advanced from the grassroots to the bargaining table. We will learn practical skills for becoming a union activist including public speaking, resolution writing, chairing and participating in meetings and conventions, and running for union office.

### **After this course, you will:**

- Know the history of women's struggles in the workplace and the labour movement;
- Understand how a union works and feel confident in your abilities to fully participate, and;
- Build confidence in your skills to be a leader.

### **You will feel:**

- Inspired to take your rightful place in the labour movement, and;
- Ready to take on the world.



# E

## TRANSFORMING CONFLICT INTO UNION ACTIVISM

Conflict is woven into the fibre of union life. We need to stand up to our employers, and we have tools to do that. Our main tool is union solidarity. But what happens when we have conflict with our members? Do you avoid leadership roles because you fear conflict? How can we respond to conflict in a way that builds solidarity and makes our unions stronger? This course will provide participants with a tool kit of skills and insights to help them feel more confident engaging in conflicts and produce productive results that build the union.

### After this course, you will:

- Know basic conflict resolution theory;
- Understand the difference between functional and dysfunctional conflict;
- Know how gender and culture affect how we view conflict;
- Be able to listen effectively, ask better questions, and identify issues;
- Know how to develop strategies for transforming conflict into activism.

### You will feel:

- More comfortable dealing with conflict in your workplace and union.

# F

## POPULAR ED. LEVEL 2: SKILLS FOR UNION WOMEN

In this hands-on course, we'll discuss and practice popular education philosophy, methods, and skills. Special emphasis will be put on involving union members from equity seeking-groups in labour education and on addressing equity issues in the classroom. The course is designed for women who want to work towards facilitating courses in their unions or at future Prairie Schools.

### After this course, you will:

- Know the principles of popular education and the spiral model;
- Be able to write objectives for a learning activity;
- Have experience co-facilitating.

### You will feel:

- Empowered to integrate equity into union education.



# G

## BUILDING PSYCHOLOGICALLY HEALTHY WORKPLACES

This workshop develops an understanding of how workplace stress and other psychosocial hazards can affect us and how to deal with them. The workshop will help identify stressors such as job demands, job control, lack of support, and violence/bullying which result in a lack of work life balance. We will work on solutions and prevention strategies to reduce stress and eliminate psychosocial hazards. This course is applicable to all workers and OH&S committee members.

### After this course, you will:

- Know how to identify psychological hazards in your workplace;
- Know how to support yourself and coworkers on how to seek improvements in the workplace;
- Be able to identify stressors and how to better handle them.

### You will feel:

- Empowered to building psychologically healthy workplaces.

# H

## SOLIDARITY, ACTIVISM, & ENGAGING DIVERSE COMMUNITIES

Throughout history, women have organized for change, and making change has never been easy. As women struggled for voice and equality, they faced barriers – personal, political and economic.

Women continue to work for change and address barriers on a daily basis, and this work has strengthened our roots in the women's movement. Solidarity, organizing, and activism have been at the core of mobilizing our communities.

In this course, we will identify core values as they relate to diverse communities in order to identify the social structures and institutions that prevent full participation in our movement.

### After this course, you will:

- Be able to put theory into action while working towards developing the tools needed to break down barriers;
- Bridge the gaps that hold us apart as union women

### You will feel:

- Ready to mobilize for change – a change that we need to move forward together!



# PRAIRIE SCHOOL INFORMATION

## ACCOMMODATION & MEALS

There is limited accommodation. Our cabins and hotel rooms are based on double/limited triple occupancy. On the registration form, list the people you prefer to share with, or leave blank if you have no preference (those with no preference will still be assigned shared accommodation). Assignments are based on receipt of paid registrations. We reserve the right to assign accommodation based on practical needs.

The registration fee includes breakfast and lunch Monday to Thursday, and dinner for Sunday and Monday evening as well as a banquet on Wednesday evening. Only Tuesday dinner is not included in the price. Note any restrictions.

## CHILDCARE

Childcare is provided on-site to children aged 12 and under by qualified workers. This is only for parents/guardians who have no alternate care available. Space is limited; only pre-registered children will be accepted. Send your request by April 24th. Children are welcome to attend the social events. All parents/guardians requesting childcare will be contacted prior to the school.

**Fee for first child aged 6-12: \$500, each additional additional child (6-12): \$200.**

**Children age 5 and under: no charge.**

Fee includes accommodation, meals, snacks and other activities where costs are incurred.

## TRANSPORTATION

For women arriving by air into Saskatoon (and for Saskatoon-based women) we offer transportation for an **additional cost of \$150**. Please include \$150 with your registration fee (see "Transportation" on registration).

**A park fee will be charged** for each vehicle entering the Prince Albert National Park. This fee is the responsibility of the local. We encourage carpooling.

Note on return flights: do not book flight departures out of Saskatoon earlier than 5:00PM.

## WELLNESS & UNION SHOP

A variety of activities are planned throughout the week to encourage you to nurture your body, mind, and spirit, such as: nature hikes, water activities, a games night, etc.

Union wear and products will be for sale.

## EMAIL CONFIRMATION

In May, confirmation and details will be **sent by email**.

## REFUND POLICY

- Up to April 24th: full refund;
- April 24th to May 31st: refund minus \$100 fee;
- After May 31st: no refund.

## PRAIRIE SCHOOL SCHEDULE

### Sunday, June 7th

Registration	3:00 – 5:00PM
Supper	6:00 – 7:00PM
Opening Session	7:00 – 9:00PM

### Monday, June 8th

Plenary Session	8:30 – 9:15AM
Courses Begin	

### Tuesday, June 9th

Plenary Session	8:30 – 9:15AM
Courses Continue	

### Wednesday, June 10th

Plenary Session	8:30 – 9:15AM
Courses Continue	
Evening Banquet	

### Thursday, June 11th

Courses Continue	8:30AM
Closing Plenary	12:30PM



# PRAIRIE SCHOOL REGISTRATION

## REQUIRED (PRINT CLEARLY)

Name \_\_\_\_\_

Union \_\_\_\_\_ Local \_\_\_\_\_

Email (required) \_\_\_\_\_

Email will be the primary form of contact.

Address \_\_\_\_\_

City \_\_\_\_\_ Prov. \_\_\_\_\_

Postal Code \_\_\_\_\_ Cell # \_\_\_\_\_

Number of times you've attended PSUW: \_\_\_\_\_

## CHILDCARE

Do you require childcare on site? ☐ Yes ☐ No

**Deadline is April 24th.** Space is limited. **See fee structure on previous page.**

Child Name \_\_\_\_\_ Age \_\_\_\_\_

Child Name \_\_\_\_\_ Age \_\_\_\_\_

Child Name \_\_\_\_\_ Age \_\_\_\_\_

Do they have any special needs? (specify) \_\_\_\_\_

Total amount included for childcare: \_\_\_\_\_

## ACCOMMODATION

Double/limited triple occupancy.

I prefer to share with (name[s]): \_\_\_\_\_

## TRANSPORTATION FROM AIRPORT

If arriving by air before 2:00PM, transportation and the park entrance fee will be provided .

Airline / Flight # \_\_\_\_\_ Arrival Time \_\_\_\_\_

Will you require transportation from the Saskatoon Airport to Waskesiu Lake? ☐ Yes ☐ No

If yes, **please include \$150** with your registration fee.

## SPECIAL NEEDS

Any special access, mobility, or health needs?

☐ No ☐ Yes \_\_\_\_\_

Do you have any dietary restrictions?

☐ No ☐ Yes \_\_\_\_\_

**Note:** lots of walking involved. Dietary **preferences** cannot be accommodated.

## COURSE SELECTION

We try to enroll participants in their 1st course choice. However, each course is limited, please include your 2nd and 3rd choices below using the course letter.

1st: \_\_\_\_\_ 2nd: \_\_\_\_\_ 3rd: \_\_\_\_\_

## PSUW REGISTRATION FEES

Is your union/local affiliated to your provincial/territorial federation of labour? ☐ Yes ☐ No

**Early bird registration deadline is April 24, 2020.**

Cheque must accompany completed registration form.

Fees cover 4 nights accommodation at Waskesiu Lake and meals as outlined under "Meals" in this brochure.

Affiliates: ☐ by April 24th: \$1,050

☐ after April 24th: \$1,200

Non-affiliates: ☐ by April 24th: \$1,200

☐ after April 24th: \$1,350

**Note:** Add \$150 if busing from Saskatoon.  
Include appropriate childcare fees.

## MAKE CHEQUE PAYABLE TO SFL

**Mail completed form and cheque to:**

SFL, 220 – 2445 13<sup>th</sup> Ave, Regina SK S4P 0W1

O: (306) 525-0197 | E: a.gordon@sfl.sk.ca

[www.sfl.sk.ca/events/annual-schools](http://www.sfl.sk.ca/events/annual-schools) for more forms.



Saskatchewan  
Federation of Labour

CUPE  
4828

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Chq #

Amt \$

Date Received