

## WHERE DID WE COME FROM?

Perhaps you are a new member to the Clinic or maybe you have been a member for a few years but still don't know why we are different and exist as a 'co-operative'. The following is a brief history outline with some information taken from the booklet called *A Biography The Community Health Center Regina* by Margaret Hughes.

The Community Health Service Association (Regina Community Clinic) was born in the midst of the greatest medical crisis in Saskatchewan's history: **The Doctors' Strike of 1962.**

The Doctors' Strike was already under way when, one hot July night, C.H.S.A. held its first, hurriedly organized, public meeting; this followed meetings in June by small groups of citizens to determine how health care might be made available to Regina residents during the strike. These groups liked the ideas of **co-operative** group practice and preventive health care, and it was these ideas, developed at a larger meeting in late June, which were put forward and eagerly accepted in July. Plans were quickly made and officers named; and before the meeting closed nearly \$3,000 mostly in cash, had been collected and entrusted to the Association's first Treasurer, Professor Les. Crossman.

Negotiations between doctors and government broke down and the government took steps to recruit out-of-province doctors to man an emergency service. As a result of this action, when the Medicare era dawned on Sunday, July 1, 1962, medical services were provided by approximately 30 doctors willing to submit bills directly to the Commission and 240 doctors who had volunteered to work in the emergency service set up by the College of Physicians and Surgeons in 34 hospitals designated as emergency centers. This compared to the normal situation of 725 practising doctors.

On July 23<sup>rd</sup> the Doctors' Strike ended. Although the need for immediate emergency services was past, the C.H.S.A. felt strongly that the patient should not be allowed to suffer as a result of conflict between medicine and government, and went ahead with its plans to open a **Community Health Center**. The first house purchased in Regina was on McIntyre Street and volunteers renovated, donated furniture, purchased medical supplies, worked feverishly and were ready to open the day the strike ended!

By late 1962, the Clinic was well on its feet and still growing. Problems still existed as doctors were ostracized by most of their profession, and were denied hospital privileges; there was an increasingly serious shortage of space; there was the ever-present financial pressure.

After much battling, the Royal Commission was formed to look into the matter. In December 1963, they found that there was no evidence to deny the doctors their privileges and that they were not unethical. The change of government in 1964 still supported the decision and after two years, the fight to get hospital privileges was over for C.H.S.A. Regina. Harassment still existed and some prejudice took a number of years to change or diminish.

.....Continued on page 5

## **Annual General Meeting Highlights**

The 45th AGM of Community Health Services Association (Regina) Ltd. was held June 14, 2007 at the Clinic. Bryan Tudor, chair of the meeting and President of the Board, and Mary Flynn, Executive Director, each gave reports on annual events. Denise Hildebrand, Board Member, gave a report on the building expansion and renovations. A tour of our clinic and lunch followed this presentation.

Eleven staff members were honored for their years of service at the Community Clinic. A special presentation was made to Joan Ellis (Daycare) for not only her 30 years of dedication to the Daycare but also on her retirement. Bernadette Posehn (Daycare) was also awarded for 30 years of service. Awards were given to: Myrna Williams (X-ray and Exercise) 25 yrs.; Dr. Dolores Logan, Dr. Jenny Cowley and Mavis Johnson (Membership) 15 yrs.; Russ Down (Exercise), Karen Hack (Health Records), Inderjit Kamboz (Reception and Health Records); Mickey Gessell (Nurse Practitioner) and Dr. Razawa Maroof for 5 yrs. The 2008 AGM nominating committee is Collette Robertson, Bev Kuprowski, Mildred Harper and Aydon Charlton.

Five members elected to the Board were: Cheryl Charron, Sharon Lyons, Jim Warren, Linda Yeo (all three-year terms) and Getachew Woldeyesus (one-year term). A special thank you to all who let their name stand for board election.

Thanks to Jill Forrester (recording secretary), Verna Tuskewich and Pat Gutfriend (registration), Lesley Crossman and Russ Down (tour guides), Myrna Williams (pictures) and to everyone else who voluntarily contributed to the success of our meeting. We greatly appreciate all our members and guests who attended the AGM and continue to support the co-operative vision for a healthy community.

## **New and Returning Board Members**

Congratulations to our new and returning board members for the 2007-2008 year: Bob Berthiaume, Chair Finance Committee; Cheryl Charron (New); Denise Hildebrand; Sharon Lyons (New); Collette Robertson; Cheryl Senecal, Vice President; Bryan Tudor, President; Mary Lou Van De Bon; Jim Warren (New); Getachew Woldeyesus (New); Gerri Wood; Linda Yeo (New).

**Remembering the Struggle 2008 Medicare Commemorative Calendar.** Proceeds from the calendar sales go to the Saskatchewan office of Canadian Centre for Policy Alternatives (CCPA), a non-partisan, independent, multi-issue policy research institute. Please contact the CCPA Saskatchewan Office at #105—2505 11th Ave., Regina, SK S4P 0K6 or call 924-3372.

**New and Improved**

Be sure and visit our updated website at  
[www.reginacommunityclinic.ca](http://www.reginacommunityclinic.ca)

Thanks to Sasha Assefirad, Computer System Technician, for a great job!

Also, congratulations to Sasha and his wife on the birth of their first child, a beautiful baby girl.

## FOCUS ON SOME NEW BOARD MEMBERS

**Sharon Lyons** has varied work, board and volunteer experience. She has worked for two provincial governments, the federal government and in the private sector, and has lived across Canada and the United States. Sharon was a member of the primary reserve and worked on the flight line at CFB Moose Jaw, refueling aircraft and operating vehicles. Sharon was a member of the boards of Turtle Park Child Care Co-op, Rainbow Youth Centre and is currently Past President of the Canadian Mental Health Association. Currently completing a Master of Arts in Political Science, Sharon's main areas of interest are health policy, Canadian and American politics, genealogy, sewing and learning languages. Her ambition is to travel. We welcome Sharon as a new board member.



**Linda Yeo** brings a strong business background with a Bachelor of Business Administration degree and 25 years of business experience. She has worked in Finance, Human Resources, Strategic Business Development and Information Technology across three industries. Currently, she is the Vice President of Information Technology for Co-operators Life Insurance and recently led the Healthcare Initiative for the Co-operators Group of Companies. Since healthcare was an important area of focus for Co-operators, she led a committee that included representatives from the healthcare industry, the co-operator sector, from Co-operator's major lines of business and Co-operator's human resources department. The healthcare committee developed a position and strategy for the Co-operators as a business, and employer, and a co-operative which was approved by their Board of Directors in 2006. Linda fully supports the mission and vision of the Clinic and looks forward to providing her expertise as a board member to support the clinic's initiatives and goals. Linda has lived in Regina all her life, is married and has two teenage boys. We welcome Linda as a new board member.

**Jim Warren** is Saskatchewan born and raised living in rural Saskatchewan and returning to Regina in 2004. Jim attended U of R and obtained a B.A., B.Ed. and a Master's Degree in Political Science. Jim's career experiences have varied from high school teacher, SUMA's Executive Director, freelance communication, co-author of an award winning history book, to establishing his own business. Warren's Farm and Ranch Directory published an annual service and supply source book and quarterly magazine for agriculture. The publishing business was sold to DirectWest in 2001. Jim has recently taken the position of Manager of Communications for SaskWater. Jim has been a long-time supporter of the community clinic philosophy and was thrilled at the prospect of becoming a member when he moved back to Regina. Jim has a daughter Kennedy and son Joseph who both work and attend university in Regina. He and his wife Virginia also have a daughter, Zane, who is in grade 12 at Campbell Collegiate. We welcome Jim as a new board member.



## EYE SEE.....EYE LEARN.....

**It's never too early to have your child's eyes examined by an optometrist.**

Eye See...Eye Learn...is an early childhood program of the Canadian Association of Optometrists designed to ensure that eye health and/or vision problems are not factors in preventing children from achieving to their ultimate learning potential.



**When should children start having their eyes examined?** At **six months** of age. This comprehensive assessment will focus on ensuring that your infant's eyes are healthy, and that there are no significant prescription or eye coordination problems. If no problems are detected, **your child should visit the optometrist again at age 3.**

Throughout your child's growing years, and most importantly before they start school, eye exams should be yearly or as recommended by your optometrist.

*More than 80% of learning is dependent upon vision, yet as many as one in six children have a vision problem significant enough to impair their ability to learn. While approximately 10% of children start school with a vision problem, this percentage more than doubles by the time they reach high school, where the visual demands of studying increase significantly.*



**Vision screening** is no longer done in most schools, and even if it is, it is definitely not a replacement for a comprehensive examination by an optometrist. An optometrist will know if your child's eyes are healthy, if your child is seeing at all distances, if your child has good eye coordination, and if your child has normal depth perception.

**20/20 vision** means your child has good distance vision. A complete eye exam by your professional will assess near vision, eye coordination, focusing skills, color vision, and eye health.

**No complaints from your child** doesn't mean there are no concerns. Children have no comparison to 'normal' as your child may assume that everyone sees the way they do. Children may be able to compensate for many significant eye problems, but don't presume that everything is okay.

**It's never too early for your child's first eye exam.** Please call the office of Dr. Blanche Nobert and speak to Lesley at 543-7880 ext. 247 to book an appointment.

**HPV (Human Papillomavirus)** is a common virus that affects both females and males. It is estimated that the occurrence of HPV in Canadian women ranges from 20-33%. The highest rates of cancer-causing HPV infection (16-24%) were in young women aged 15 to 29 years. There are many different types of HPV; some cause no harm. Others can cause diseases of the genital area, abnormal cervical cells, cervical cancer, other reproductive cancers, abnormal Pap tests, and genital warts. While most people clear the virus, those who don't can develop cervical cancer, precancerous lesions, or genital warts.

Without vaccination, it is estimated that 75% of sexually active Canadians will contact Human Papillomavirus during their lifetime. Many people who have HPV may not show any signs or symptoms. This means that they can pass on the virus to others and not know it.

**GARDASIL** is the vaccine that can help prevent the diseases caused by four types of HPV. If you are already infected with one type of HPV contained in the vaccine, Gardasil will help protect you against the other three types.

**The National Advisory Committee on Immunization recommends that all females between 9 to 26 years of age be vaccinated with Gardasil.**

The vaccine is not publicly covered. Patients must pay for the vaccine. The cost of the vaccine is \$135.00 per injection if purchased at Regina Community Clinic. (We offer this to you at our cost price) Three injections are required and can be given by the nurses. If you are interested, please book an appointment with your doctor to discuss or call Donna at the nursing desk for more information.

## Where Did We Come From Continued from Page 1....

Expansion was desperately needed and by April 2, 1966 the new Regent Park Clinic was opened. X-ray and laboratory services were still offered. Economic considerations prevailed, however, and the McIntyre Street clinic closed its door in September 1967. Years of change in government, ideas, finances, budgeting and opinions of the Board and members still prevailed. Change brought great things such as the introduction of the first woman doctor to the Clinic in 1975 (Dr. N. Sood), as well as, more program development like: the Community Daycare, A Senior Citizens' Health Screening Clinic, medical services at the Correctional Center, central core for medical records, cancer screening for females, community counseling, prenatal classes, nutritional and smoking cessation sessions, hypertension screening, fitness evaluation programs, optometry, dental and chiropody services. The Clinic now not only provided basic medical care but also innovative preventive programs.

Again in 1996, space was to its capacity. If the Clinic wanted to continue to grow and serve the community, we needed to relocate to a much larger building. At our present location at 1106 Winnipeg Street, we offer expanded services and outreach with an emphasis on prevention and education. For more information on our services offered, please contact our Membership and Health Information desk by calling 543-7880 ext. 223.

### GROWTH FUND DONATIONS

We wish to thank the following for their contributions: Mildred Harper, Patricia Taylor, Bryan & Marion Tudor, Diane Belle, Peter Gehl, Thelma Ransom, Lizabeth Nicholls, Lois Gibson, Doug & Gloria Archer, George & Elaine Britton, June Mitchell, Anne Siurko, Raymond Seib, Mike Peter.

We also express our thanks to all who wish to remain anonymous.



### BUILDING EXPANSION DONATIONS

Our capital campaign, *Building for the Future*, continues to help raise the funds necessary for the expanded space and updated equipment, furnishing and supplies. We ask for your support to help build for the future. Your gift, of any size, can make a tangible difference. As a nonprofit, donations to the Clinic are tax deductible. We wish to thank all those who have already graciously given to this special fundraising venture. Contact Mary Flynn, Executive Director at 543-7880 ext. 246 for more information.

### STAFF CHANGES

We welcome the following new staff: Melanie Tyrer, Daycare backup; Carolyn Whitfield, Registered Health Records Technician; Amy Fenwick, Reception backup. Welcome back to Shelley Stevenson from her maternity leave from Daycare. Farewell to Tracey Olynick, Caretaker backup.

We regret to accept the resignation of Mickey Gessell, Nurse Practitioner, as of August 24, 2007. Mickey has made a tremendous contribution to the Clinic during her five years with us. We wish her well in her new career.

Effective September 7th, Russ Down, Exercise Specialist, will be taking a one-year leave of absence. We wish him well with his endeavors during this time away from the Clinic.



We were saddened to hear of the passing of Linda Sebastian, a former employee of the RCC. Linda worked as receptionist and Executive Secretary for 23 years. Our condolences to Fred and Jeff Sebastian.

**The Co-operative Council of Regina** is a group of people representing co-operative organizations in Regina. Our purpose is to promote and increase awareness, understanding and support for co-operatives and co-operative development. The Council continues to offer noon luncheons featuring interesting and informative guest speakers on various topics focusing on the co-operative concept.

This year we will offer five luncheons on the following dates:

September 12, 2007 - at the DELTA Regina hotel, Campania A room, 1919 Saskatchewan Drive

October 15, 2007 - at the Legislative Building, 2405 Legislative Drive, Regina

November 14, 2007 - at the Delta Regina hotel

February 13, 2007 - at the Delta Regina hotel

April 9, 2007 - at the Delta Regina hotel

Please call Mavis at 543-7880 ext. 223 at least a week in advance of the meeting date if you wish to attend. Cost is \$15 per person.



CHSA and CUPE Local 1831 were very pleased to sponsor Brett Flaten, Rogan Sales and Jesse Krentz to attend Co-op Youth Camp at Candle Lake. Jonathan Berthiaume was also able to attend with sponsorship from Access Communications. We thank our fellow co-operators for making it possible for him to enjoy camp. Campers improve leadership and communications skills, learn about co-operatives and enjoy fun activities, social events, and meet new friends.

We believe that sponsoring youth to attend Co-op Camp is an investment in the future of our organization. Teaching them about co-operatives will encourage them to become members as well as improve their leadership skills and self-esteem and prepare them to become the co-operative board members and staff of the future.

## FOCUS ON STAFF



Deanna joined our staff in January 2007 to fill our second position as a Nurse Practitioner. She was hired to help provide comprehensive care to clients from the Open Door Society and assist physicians in providing general care to all patients.

A farm girl at heart, Deanna was raised and farmed near Star City, Saskatchewan for twenty-five years. After graduating from Nurses' training in 1973, she worked three years at the Royal University Hospital in Saskatoon on the kidney transplant ward and intensive care unit. Deanna later moved to Melfort to farm and raise her three children while continuing to work at the Melfort Union Hospital primarily in Labor and Delivery and in Emergency.

With a desire to further her education and experience, she graduated from Advanced Clinical Nursing in 1995 and went to outpost nursing in Sandy Bay and Pinehouse. She continued to work for four years as a Nurse Practitioner in the North. Following this, Deanna worked in management positions in Saskatoon and Regina prior to obtaining her Nurse Practitioner license in 2005.

Deanna enjoys time with her husband, three children and one grandchild, camping, biking, canoeing, fishing, traveling, Roughrider football, playing the flute and music. We are very pleased to have Deanna's expertise complimented by her warm, caring and friendly personality.

We ask for your consideration and effort to **NOT** call Answering Service regarding our *hours of operation*. Their service provides assistance with emergency calls when trying to reach our 'on-call' doctor during noon hour closure, evenings, weekends and holidays.

### Clinic Hours of Operation

**Monday - Friday 8:30 a.m. - 5:30 p.m.**

**\*\* We are closed from 12 p.m. to 1 p.m. \*\***

**Current Work Flow Practices.....** The Regina Community Clinic has hired Marilee Allerdings to work with our staff on work flow efficiencies. Marilee may be in one of our waiting areas when you are here to see a health professional. She may approach you with questions regarding our service, but if you are not comfortable answering please feel free to decline. If you do participate, your name and all answers will be confidential. Thank you in advance for your input.

### **Fellow Co-operative supports Fetal Alcohol Spectrum Disorder program**

Doug Alexander, Manager of Community Relations with **ACCESS COMMUNICATIONS CO-OPERATIVE LIMITED**, presented Cheryl Charron, FASD Case Co-ordinator at Regina Community Clinic, with a \$900 cheque to sponsor a FASD cooking program.

This program will teach young adults with FASD some basic cooking instruction, nutritious food choices, and cost factors when preparing a healthy meal.



**Fetal Alcohol Spectrum Disorder (FASD)** refers to the varied effects that can result when women consume alcohol during their pregnancy. The effects of alcohol upon the developing fetus can range from minor to severe impairments and permanent brain damage. FASD is present at birth but many of its effects may not be apparent since its impact is developmental. This means that as children mature deficits begin to appear. Behaviours, emotions and intellect can be affected resulting in children who are unable to accomplish, or are delayed in reaching, many of the standard benchmarks that non-affected children easily pass.

As these children become teenagers and adults, their ability to cope with the everyday demands of living becomes increasingly limited causing frustration and anxiety. They frequently struggle in school, in developing and maintaining friendships with peers, in maintaining healthy personal habits, and in finding and maintaining employment.

Too frequently individuals with FASD find themselves active in the justice system as victims and/or perpetrators of crime. Due to brain damage many cognitive skills do not exist resulting in their inability to understand cause and effect, their inability to see danger and their inability to 'follow-through.' In adulthood these effects continue to manifest themselves with the common results of chronic unemployment, a continuing involvement in crime, existing in poverty and lacking healthy social support systems. Without the right supports and interventions their futures appear bleak.

Consuming alcohol during pregnancy is the leading cause of mental retardation. With support and understanding all women can have healthier and safer pregnancies. If you, or someone you know, is pregnant, and drinking alcohol please feel free to call 543-7880 x268 for information about the risks that are associated with alcohol and pregnancy. We're here to support and help.

September 9 is recognized as International FASD Awareness Day. In Regina, there will be an information session about FASD and prevention on Sunday, September 9 at 9:00AM in Victoria Park.

## UPCOMING PROGRAMS AND EVENTS

**Grocery Tour** - Are you frustrated when you buy groceries? Can't make sense of low fat, high fibre, sodium reduced trans free....? Very informative tours are hosted by our Nutritionist the *first Thursday of every month*. No cost. Registration required by calling Mavis at 543-7880 ext. 223.

**Asthma/COPD one-on-one Educational Sessions** Please see your doctor at the Clinic and ask for a referral to see Pat Smith, Pharmacist, who is booking sessions to teach you about your disease, review your medications and do a lung test (spirometry). These sessions continue to be highly praised and recommended by those who have seen Pat. If you have questions, please call Donna at nursing 543-7880 ext. 253.

**Menopause Public Forum.** Are you experiencing low mood, anxiety, tearfulness or difficulty sleeping which is causing a reduced quality of life? Dr. Alana Holt, Psychiatrist, will be presenting on '**Mental Health Issues in Menopause**' on **Monday, November 26, 2007 from 6:30 – 8:30 p.m.** Location will be confirmed at time of registration. Please register by calling Mavis at 543-7880 ext. 223. Cost: \$5 to help support our Menopause Resource Area.

**Elder Abuse Workshop.** Gerri Wood, Counsellor, and Deanna Barlow, Nurse Practitioner, will be conducting a workshop regarding Elder Abuse on Friday, November 16<sup>th</sup> from 1:30 – 3:30 p.m. at the Regina Community Clinic. Learn how to identify elder abuse, what resources are available, where to get references for more complicated issues and have a chance to ask questions. **NO COST.** Please register by calling Mavis at 543-7880 ext. 223.

**Professional Foot Care Clinics.** Professional foot care services continue to be offered the **1st and 2nd Thursday of every month** at the Regina Community Clinic by a RN specializing in foot care. Appointments are necessary. Cost: \$30 per visit. To book, please call Doreen Fischer, RN, at 586-9130.



### **FLU CLINICS** Submitted by Donna Holt, RN

Public Health has informed us that the **flu serum** will be available after October 15, 2007. Our first **FLU CLINIC** will be **October 24th from 9:30-11:30 a.m. & 1:30-5:00 p.m.**

We are offering this clinic day **to only High Risk** Regina Community Clinic patients. This includes everyone over 65 years, anyone with chronic heart or lung disease, HIV, diabetes, lowered immunity due to cancer, kidney disease, medication or anemia. **Vaccine is FREE for these people.** Babies six to twenty-three months are also considered in the high risk group but will be done only at Public Health by calling 766-7700. This vaccine is also free.

Our flu clinic will be held in the Board Room on the second floor. No appointments are necessary. We will ask patients some screening questions and have them stay in the clinic for 15 minutes after the shot. It will depend on the vaccine supply to us from Public Health if and when other clinics will be offered. Public Health offers many flu clinics around the city which you may prefer to attend. Watch bulletins and posters in the clinic for additional dates of our flu clinics.

**FAE/FASD ART NIGHT** for ages 16 & up will commence **THURSDAY EVENINGS 6:30-8:30 p.m.** starting **SEPTEMBER 13, 2007 at the Regina Community Clinic.** This relaxing and fun evening will allow you to draw, paint, write poetry, do crafts, visit, etc. If you are interested, please call Doreen at 543-7880 ext. 233. No Cost. Limited space.

**ALERT!**

**You need to protect your baby**

**ROTAVIRUS** - What you should know

- Rotavirus is a **highly contagious** virus which is the **most common cause** of severe gastroenteritis in young children.
- **Almost all children, 95%**, will be infected by the time they are 3 to 5 years of age.
- Some children will be asymptomatic or have very few symptoms, while others may have severe cases of rotavirus infection.
- A severe case can have **more than 20 episodes** of diarrhea or vomiting per day with diarrhea **lasting 3 to 9 days**.
- Severe symptoms can quickly lead to **dehydration** and may result in **hospitalization** in some cases.

**HOW CAN I HELP PROTECT MY BABY AGAINST ROTAVIRUS?**

- There is now an **oral** vaccine available to help protect infants from rotavirus infection. It is called **RotaTeq™**.
- **RotaTeq™** offers protection against the most common types of rotavirus in Canada.
- **RotaTeq™** is a convenient **oral** vaccine. It is not an injection.
- Physicians can give **RotaTeq™** to your baby at the same time as the other childhood vaccines, at **2, 4 & 6 months** of age.

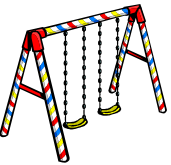
**Please discuss this oral vaccine with your doctor on one of your baby's FIRST VISITS!**

The cost of the vaccine is \$55 per dose, if purchased at the Regina Community Clinic. (We offer this to you at our cost price) It must be prescribed by the doctor and administered here by the RN's.

For more information, please call Donna at the nursing desk 543-7880 ext. 250.

**ADD PEP WITH PEPPERS!** With a mild flavor and crunchy texture, bell peppers can brighten a salad or make a quick snack. They are also rich in essential nutrients—green bell peppers have twice as much vitamin C by weight as citrus fruits, while red bell peppers have three times as much.

**BEWARE OF YOUR LIQUID CANDY!** A big gulp size of Cola contains a whopping 52 teaspoons of sugar! A bottle of Pepsi\* (600 ml) has 17 tsp. of sugar. Sunny Delight\* (547 ml.) and Fruitopia\* (600 ml.) each have 16 tsp. of sugar.

**COMMUNITY DAYCARE & ARGYLE CHILD CARE** Submitted by Shirley Dobrescu

Community Daycare is in its 32nd year of operation at 20A Sangster Boulevard. Argyle Child Care opened in 2004 and is located at 847 Argyle Street North. Both daycares are in the community of Argyle Park. Each centre is fully subsidized and licensed for 30 children.

Our staff is trained in Early Childhood education, First Aid/CPR. We offer a variety of activities that cover all aspects of a child's development. Pre-school preparation, educational activities, fitness and fun are taught at the daycare and enhanced by participating in outings throughout the city. The children have had many positive experiences with trips to the Museum, Science Centre, Libraries, Government House, Sport's Hall of Fame and the new RCMP Museum. We were also fortunate to offer a Kinder-musik program.

Our Parent Advisory Committee meets monthly and plays an important role by working closely with the childcare providers regarding the programs and environment of the centre to ensure quality care for their children.

Joan Ellis and Bernie Posehn both received their 30 year service pins. Joan has retired from Community Daycare. We will miss her and wish her all the best on a well deserved retirement.

The daycares continue to run at full enrollment. We look forward to a busy, productive year.

# Co-Op Week

OCTOBER 14 - 20, 2007

**Own Your Future** .....Co-operatives and credit unions are taking ownership of environmental issues to secure our future. Our planet, our country and our communities are experiencing the results of climate change. It is time to re-think how we live our lives and how we do business.

- A number of credit unions have made the commitment to become carbon neutral and are refitting branches and even looking for ways to compensate for or reduce the travel of their staff and directors.
- Across Canada, 2,200 non-profit housing co-ops are home to a quarter of a million people in 92,000 households. Housing co-ops are working towards a sustainable future from small steps like recycling and composting to big projects like solar panels. They are installing energy-efficient appliances and windows and energy-saving light bulbs and more.
- This year, The Co-operators found 40% of their delegates chose electronic format over paper for meeting materials, and the printed copies that were produced were from 100% recycled paper.
- Arctic Co-operatives Limited provides support to 33 community-based co-ops in Canada's Arctic. Electrical energy is produced by costly and not environmentally friendly diesel generators. To help cut back on diesel use, they have utilized a process that uses natural cold outside air for refrigeration instead of diesel power. LED lighting is also used on external signs and compact fluorescent lighting throughout the stores and hotels will also reduce the need for fossil fuel powered energy.
- Calgary Co-op has installed energy efficient equipment, coolers and lights. Co-op members who reuse bags while shopping can receive a \$.03 credit per bag, which they can apply to their grocery purchase or donate to charity.

***It is now more obvious than ever that if we are to have a future, we must take responsibility for our own actions and encourage others to do the same.***

If you wish to have a name removed from our mailing list, please call Mavis at 543-7880 ext. 223



Community Health Services Association (Regina) Ltd.  
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Please address all Newsletter correspondence to:  
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