

Individual Actions for Change

1. Seek out initiatives making food more accessible in my neighbourhood/ward and contribute my resources
2. Work to establish women's outreach program for homeless and at risk women
3. Speak up about issues that are important to me
4. Dedicate time as I can, to keep the conversation going, help women know how special each and every one of them are
5. Learn more about & advocate for progressive tax & greater community control of Alberta's Oil Royalties
6. Get involved in party policy provincially to positively further First Nations rights
7. Work with the Women's Centre Social Issue Committee
8. Attend executive meetings at the Women's Centre
9. Get in touch with the Women's Centre to learn more about things affecting Calgarian women and to become more aware of what I may be able to do
10. Research Public Interest Alberta on childcare work
11. Join or support an action group to help individuals find safe and affordable housing
12. Attend a meeting of Women Together Ending Poverty
13. Volunteer
14. Educate myself more about the needed services for women & children, get involved and carry the message to others
15. Stay in touch and ACTUALLY come back to volunteer at the Women's Centre
16. Connect with community organizations to support through advocacy + volunteering
17. Continue to attend, community events: Take Back The Night, Dyke March, Pride, Sisters in Spirit etc.
18. Attend a Take Back The Night march
19. Help organize Take Back The Night
20. Join the Take Back The Night Committee and help raise awareness around violence against women
21. Encourage Calgary Sexual Health Centre to provide white ribbon campaign material at my daughters high school
22. Organize workshops/events to raise awareness and educate volunteers and visitors
23. Get more involved in my community association
24. Attend French conversation cafe and bring women issues to the table
25. Want more low income housing
26. Attend a new organization for advocacy
27. Find out from the Sexual Health Centre about the course from caregivers about sexuality + people with disabilities
28. Get in contact with the Calgary Sexual Health Centre to see if I can get information for caregivers to have training on sexuality discussion training for supporting people with disabilities
29. Create a program that offers education on the special challenges trans women face
30. Research affordable housing programs and plans in Alberta; familiarize myself with the debate around policy solutions; and then find ways to advocate for change
31. Attend events like Make One Change

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32. Maintain the connections I made today with groups like Action Coalition on Human Trafficking, The Calgary Sexual Health Centre and Take Back The Night
33. Continue to sit on our equal opportunities committee and continue to create awareness of women's issues
34. Continue to address social policies & environmental issues through women and creativity
35. Encourage United Nurses of Alberta members to attend future events of the Women's Centre
36. Become more involved with the Women's Centre
37. Become more aware of the great work organizations in Calgary do & support it
38. Learn more about & become involved in community food networks
39. Look into visiting incarcerated women either through an agency or on my own
40. Attend the Children's Pow Wow on June 22
41. Work to create safe space for girls to talk about issues affecting their lives & advocate for themselves
42. Email Peggy Wouts and attend Bridgeland Ladies Night
43. Keep supporting the work of the Women's Centre and continue to support women around the changes they said they need, supporting them to connect with other women
44. Attend a women's issue workshop from the Women's Centre or Sexual Health Centre
45. Follow up with Alisa Tukkimaki from Action Coalition on Human Trafficking Alberta for potential ways I could get involved
46. Continue to work on doubling co-housing in Calgary as an example of how community can work
47. Attend info sessions & rallies that can create change
48. Attend Alberta Federation of Labour Lobby Day on Childcare
49. Talk to the Elizabeth Fry Society and ask how I might contribute
50. Get more of my friends involved with the Women's Centre
51. Go to the Servants Anonymous website; see if there's a way I can volunteer and, in any case, start donating; I want to support their program
52. Attend as much as possible and as many I can the activities being planned, carried out and offered by Idle No More
53. Interact more with women's organizations and apply to sit in their board (in volunteering) to give my input
54. Network with women around Calgary and Alberta to make something similar and an annual event
55. Work to establish programming/shelter service for homeless women
56. Engage in my social environment, watch out for my neighbours, care about what happens to everyone
57. Be involved in helping women improve communication in the English language
58. Keep in touch with people that I meet at conference
59. Learn more about Servants Anonymous and find a way to financially support and volunteers
60. Contribute monetarily to an organization that touches my soul
61. Attend Idle No More Events/ Join Idle No More
62. Advocate for women (Aboriginal women)
63. Attend an Idle No More Event
64. Continue to participate in Idle No More as a facilitator

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65. Explore options to set up affordable childcare
66. Do my best to engage in community activities related to women issues
67. Communicate what I learned today as often as possible-volunteer & participate in community activities
68. Continue to work on sharing and sawbonna/ restorative justice
69. Incorporate Servants Anonymous Society in the university club I am involved in
70. Look to find ways to learn and be a part of my community
71. Get involved with movements and issues
72. Continue to address sexual violence
73. Look at volunteer options in these areas
74. Healing and empowerment of women through circle dancing and women's spirituality
75. Talk more about issues in interest groups, plan one speech before every outing
76. Connect to an advocacy group/Get involved with a community group
77. Discuss issues with friends & work at implementing positive change
78. Continue to volunteer to make changes
79. Do more for my sisters and be more involved
80. Try in the integration and inclusion process of the newcomer women
81. Find more ways to share knowledge and experience gained on women's studies instruction and feminist activist 30 + years. e.g. community based WMST 101
82. Communicate to my network what I learned today
83. Better educate myself and others about Idle No More
84. Share my new knowledge of Aboriginal issues with other non-Aboriginals
85. Continue to advocate with the courage speaking
86. Speak up and spread the word about these issues I am passionate for
87. Be an advocate for the vulnerable, e.g. exploited youth
88. Share & upload the Raging Grannies new video on Norway oil & post/share on my Facebook site
89. Tell anyone who will listen about the stories and experiences I learned today
90. Continue to speak up in my political voice daily life around the issues raised today
91. Support throwing in recipes for the food bank
92. Spread the word
93. Tell other women & men about what I have learned
94. Bring these women and their ideas to Canadian Federation of University Women meetings
95. Make an effort to be more aware of human trafficking on a local level, and do what I can to raise awareness about the issues with the people I come in contact with
96. Advocate for reproductive justice in my own life & lives of women in general
97. Advocate for education re: reproductive justice (as a future teacher) within the school system
98. Continue working on the issue of bringing education on flat tax
99. Educate others from what I have learned today
100. Challenge views that I don't agree with and open up dialogue about those issues

Individual Actions for Change

101. Break down barriers & raising awareness by starting conversations of social media promotion
102. Enlighten other people about women's issues
103. Talk more to another woman
104. Use Servants Anonymous as a resource to refer women to; spread the word on who they are and that they do
105. Always encourage empowerment
106. Find support to bring guest speakers to different events/functions to educate participants
107. Continue to talk about childcare issues in my community and workplace
108. Tell people about human trafficking; get Alissa's e-mail address
109. Take this back to my union, particularly the Equal Opportunities Committee
110. Be talking more about ECD (Early Childhood Development) importance to the other families and women
111. Speak on my experience as a disabled person my contribution to disability arts
112. Do what I can to support the CBC (particularly radio one); all the issues need their ability to disseminate unbiased information
113. Begin speaking about trans rights to people I know
114. Re-start talking about housing issues in Alberta
115. Continue educating and spreading the spirit of respect for all human being
116. Speak up about issues that interest me and affect me
117. Spread the word among my coworkers in regards of women issues in Calgary
118. Be more alert about reproductive justice and be more vocal in my support for affordable access to birth control
119. Use my voice. Continue to publish articles on Justice/sawbonna
120. Talk to people
121. Implementation of recommendations for Calgary's poverty reduction initiative
122. Always speak out concerning women issues wherever and whenever possible
123. Vote! (and tell others to continue to be educated and vote as well)
124. Write a letter to my elected representative to improve supports for women leaving the prison system
125. Write letters (editorials to politicians, etc) both on behalf of myself + for others who need help with that (in other words, be more active & advocate)
126. Petition the government for rent control
127. Take action for rent control and take it to Nenshi
128. Sign and support a petition to control rent in Alberta
129. Campaign for more affordable housing. E.g. secondary suites
130. Become more involved in municipal politics
131. Run for municipal election (More politically aware women)
132. Raise awareness of women to become more involved in politics and vote
133. Support women candidates running for office
134. Join a political organization in order to encourage more women to enter as leading candidates



Make One Change 2013: A Women's Gathering

Individual Actions for Change

135. Get involved in the protests and write letters to my government
136. Vote for affordable housing in the next civic election
137. Join a political party & assist in next election
138. Encourage political discussion & voting; influence outcomes
139. Speak one-on-one with my peers, especially women, about upcoming elections and why it's important that they vote
140. Become involved in politics to change for the betterment of all
141. Talk to my elected officials about the impacts of poverty as an issue that underlies so many of experiences I learned about today
142. Look for ways and take action to politicize the community issues that are important to women
143. Pursue meetings with elected officials to hold them accountable
144. Work with Women Together Ending Poverty on campaign for progressive taxation
145. Work on the flat tax campaign organized by Women Together Ending Poverty
146. Connect with Women Together Ending Poverty on their campaign against flat tax
147. Do more research & get involved with a progressive tax advocacy group in Calgary
148. Join a group pushing for changes to the tax system (no more flat tax)
149. Learn more about taxation of oil/oil royalties in Alberta and get involved with an advocacy group in Calgary
150. Advocate for affordable housing especially for women with children; safety and help where necessary
151. Attend Alberta Federation of Labour Women's Committee lobby day on Women's issues (children)
152. Contact coalition partners about childcare issues & actions
153. Bring the affordable, accessible quality daycare issue to federal & provincial government representatives
154. Stop checking off pronouns/gender on online forms- break the binary!
155. Write more letters to MLAs
156. Attend a city council meeting
157. Put more pressure on government to change cuts for PDD (Persons with Developmental Disabilities)
158. Advocate for affordable birth control in Canada through social media
159. Vote for change I believe in
160. Become involved in the next election by becoming aware of issues
161. Leverage the upcoming municipal election to push Nenshi for legalized secondary suites
162. Write a letter to my community association & alder person about something in my community that's important
163. Fight for violence against women shelters to broaden abuse to more than just domestic violence to include trafficking
164. Spread the word
165. Be more conscious about my use of pronouns and gender designations, and question the need for gender disclosure on forms and documents
166. Support Trans Hub in seeing gender typing removed from all documents
167. Continue fighting provincial cutbacks

Individual Actions for Change

168. Put my energy into actions with Idle No More & Common Causes
169. Take greater responsibility as a consumer to ensure I am not supporting environmental degradation or human exploitation
170. Love, pray, protest
171. Be more confident, stretch myself to grab an issue and do something to educate my group
172. Listen, learn, respect and share
173. Keep listening
174. Educate myself and pay it forward
175. Learn more about Idle No More
176. Think carefully and avoid using salutations that impose labels and restrictions unnecessarily
177. Be aware of pronouns and how they can affect a transgendered person. Question why salutations & gender ID are requested on forms, etc.
178. Continue to enhance my education so I can be a leader
179. Take care of myself and keep connected
180. Understand how women's issues/gender issues can be implemented using the gender lens
181. Drink 2 glasses of wine & meet 3 people I don't know
182. Take care of myself first, by growing one plant; sustainability; do things to energize
183. Challenge gendered pronouns & salutations more
184. Try to make fewer assumptions based on gender presentation & appearance
185. Challenge dichotomies + gender labeled bathrooms
186. Make a comment when people call me Mrs.
187. Learn more about safe and affordable housing
188. Stay updated on news and current events that surround issues that are important to me
189. Attend Take Back the Night or offer public forums for women's issues that I care about
190. Protest more!
191. be more aware and fear less
192. Read more about Women's issues
193. Attend more gatherings for women
194. Read and learn more about local issues
195. Speak up more
196. Plant more vegetables; can, freeze & share
197. Advocate for schools to teach food prep & money management (these skills are neglected)
198. Continue to value childcare workers
199. Check out the Raging Grannies song on you tube and research Norway funds
200. Research sliding scale based on income for rent as they do in Ontario (Toronto?)
201. Plan + Organize + Coordinate + Teach "Cooking 4 Healing Classes" (I am a chef)
202. Learn more about native culture to work more effectively, empathically and proactively with native women
203. Engage, educate, inspire

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204. Pay attention to social issues, stay out of my bubble
205. Be kind and respectful, take care of my neighbours and use manners
206. Follow up on the Norway Oil and Gas experience
207. Be more involved with women's issues
208. Learn more about the Women's Centre
209. Learn about Inside Out and Jen's work
210. Learn more about co-operatives
211. Have an open mind; learn people stories from different points of view
212. Rally for change to happen in society
213. Use creative ways to communicate and make change happen
214. Pick one or two issues on which to focus my energy; Idle No More will be one of them
215. Try not to be overwhelmed by the sheer number of issues that need to be addressed
216. Learn more from Idle No More
217. Seek and find a focus area to get involved in
218. Strive to become more educated about human trafficking in Alberta
219. Connect with others more
220. Tell my story to dispel myths and helps inspire policy changes
221. Try to be more involved and engaged to try and help overcome these issues
222. Continue being empathetic with women facing discrimination and life issues
223. Be more open and understanding about issues concerning women in my community
224. Use inclusive words and ditch exclusive
225. Exercise reading more in order to learn more about women's issues
226. Trust my voice
227. Plant seeds with each person I meet about sawbonna/restorative justice
228. Walk my talk
229. Try to have a better awareness of what is happening within my community and my city
230. Learn to put aside my own personal biases and be more accepting of others and their decisions
231. Keep all these issues in prayers that God's perfect will be done for it's women, in Jesus' name, Amen
232. Reach out to meet new women from different backgrounds
233. Keep up to date on issues: reading, news, print media
234. Listen and take time to watch out for others
235. Start composting/voting Caravon
236. Advocate for more education policy about transwomen
237. Implement rent control in Alberta
238. Better address same-sex domestic violence and other unique issues for the LGBT communities
239. Work to create fair and equitable money creation
240. Promote consideration of different methods of justice