

Network Newsletter

NOVEMBER 2005

Farm injury control summit: *Sleepless in Saskatchewan*

You are invited! On December 6th, 2005 to learn stress management skills useful to deal with stress and sleep loss on Saskatchewan farms.

The Farm Injury Control Summit's vision is to eliminate deaths and disabling injuries in Saskatchewan Agriculture. This year's theme is entitled Sleepless in Saskatchewan. On a daily basis farm operators and their families are feeling pressures due to external stressors such as decreases in net farm income, uncontrollable market forces, unpredictable weather (drought!!!! and now flooding!!!!), and animal diseases. This year's summit addresses the impact stress and sleep deprivation are having on Saskatchewan's farm population.

The workshop's goal is to discuss and promote effective coping strategies for farmers during times of stress. With our Summit partner, "The Saskatchewan Farm Stress Line", we plan to introduce farmers to flexible tools necessary to manage stress and the impact it has on them, their families and their operations. Providing farmers with stress management tools will ultimately work to eliminate death and disabling injuries due to stress and sleep deprivation.

Jon Shearer, the keynote speaker, is a sleep researcher and professor from Algonquin College in Ottawa. Mr. Shearer will lead the workshop in developing sleep and stress management skills with his captivating ability to inform and entertain an audience.

The Farm Injury Control Summit: *Sleepless in Saskatchewan* will take place in Saskatoon, December 6th, 2005 at the Saskatoon Inn. All are welcome. Registration includes: \$25 registration fee for Network members or \$35 registration fee for Non-Network members, a hot buffet lunch, and stress management skills. To register in advance or for further information, contact I.ARE.H, (306) 966-6643 or (306)966-6647. Registration at the door is also available.

The New RHEP Team

Kendra Ulmer, R.N., B.Sc.N.

Kendra is a registered nurse who is actively involved in a farm operation. Kendra identifies with Saskatchewan farm health and safety needs and is looking forward to working on your behalf to promote health and well-being on today's farms.

Leanne LaBrash, B.S.A., M.Sc. (Animal Science)

Leanne holds a Bachelors degree in Agriculture from the U of S and a Master's degree in Animal Science. Leanne brings a strong agricultural education to RHEP along with her agricultural production experience. Leanne is pleased to be a contributing member of RHEP's knowledge translation team, working to improve the well-being of farmers, their families and their employees.



Guess what?

Network News Fall 2005 printers have ceased operations so we can not deliver Network News Fall 2005 to you. We want to stay in touch so we are sending this brief newsletter to keep you posted on Summit VII, our 2005 scholarship winner and introduce you to the new Agriculture Health and Safety Staff. Look for Network News to be back in Spring 2006.

– Kendra and Leanne.

Farm Stress Line 1-800-667-4442

Monday to Saturday
8 a.m. to 9 p.m.

When you call the Farm Stress Line, you'll be talking to farmers like yourself – men and women who understand and appreciate the crisis facing rural families. They are trained to deal with farm stress and can help you find solutions to your personal and financial problems.



Dayna Serblowski

**RM of Humboldt No. 370
Student awarded SARM 90th
anniversary scholarship**

The RM of Humboldt No. 370 has produced the 2005 SARM 90th Anniversary Scholarship winner. Dayna Serblowski was awarded the scholarship for her essay "The Importance of Safety and Health on Our Farm". Dayna's essay highlights how safety and health on her

parents' farm is a priority for every family member. Dayna writes, *"Some of our land is very hilly and unsafe. My dad would never let anyone else in the family drive the tractor on the land. We came to the conclusion that if it was not safe for us to drive on it, it was probably not safe for him either. To prevent injuries, we have now seeded this land into grass for grazing our cattle."*

Dayna reminds us that farm safety considerations cover a wide range of issues from changing production practices to having emergency plans. *"Besides knowing the importance of protective gear, we have also been taught what to do in case a chemical spill occurs. By having a wash station, emergency phone numbers, land locations, and knowing what to do in the event of a contamination, we can ensure the safety of ourselves and the farm operation"* explains Dayna.

Dayna is the eldest child of Vicky and Ken Serblowski. Dayna is enrolled at the University of Saskatchewan College of Agriculture where she is beginning her journey to become a large animal veterinarian.

The 2006 Scholarship will be awarded at the SARM annual meeting. Rural Grade 12 students planning to attend post-secondary institutions are eligible to apply. Applicants are invited to submit a 1000 word essay on "The Importance of Farm Safety" or "Safety and Health Hazards on Our Farm." Applications can be obtained from any RM office or be downloaded from <http://iareh.usask.ca/rhep/scholarships.php>. Send completed applications to: Ag Health and Safety Network. Applications must be post marked on or before **January 20, 2006**. Questions? Phone (306) 966-6647 Or 966-6643

Retirement:

In June 2005, Julie Bidwell retired from RHEP. Julie has served the Agricultural Health and Safety Network since 1998 producing newsletters and information packages as well as conducting training workshops and health surveillance clinics. One of Julie's most defining contributions to RHEP was the conception and production of the farm injury photographic exhibit OffGuard. Thank you Julie, enjoy retirement.

Goodbye:

The Rural Health Extension Program (RHEP) said goodbye to Sean Siever in April, 2005. Sean will be working in Regina for a private company as an Occupational Health Nurse. Good Luck Sean and thank you for your contribution to I.ARE.H.

Welcome new members!

The Agricultural Health and Safety Network continues to grow as RM Councils recognize safe and healthy ratepayers are their most valuable asset. We welcome new members.

R.M. of Cymri #36

R.M. of Kingsley #124

R.M. of Abernethy #186

R.M. of Tullymet #216

R.M. of Prince Albert #461

Moved? Retired? Not Farming?

To remove your name from the mailing list please call (306) 966-6644.

From the Editors

Send your ideas, comments and suggestions to:

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