

St. Theresa Point Adelaide McDougall Memorial Health Facility Permaculture Design



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WHAT IS PERMACULTURE?

- Permaculture is a whole-systems design approach based in Indigenous methods to design natural and human systems that benefit and teach others, regenerate the earth, and promote equal distribution of resources (Morrow, 2006).
- Care for earth, care for people, and share the surplus

DESIGN PROCESS

- Vision Statement
- Analysis of climate, land, sectors
- Capital assessment
- Permaculture strategies and techniques
- Final Design



Photo:Winnipeg Free Press, 2017

ST. THERESA POINT

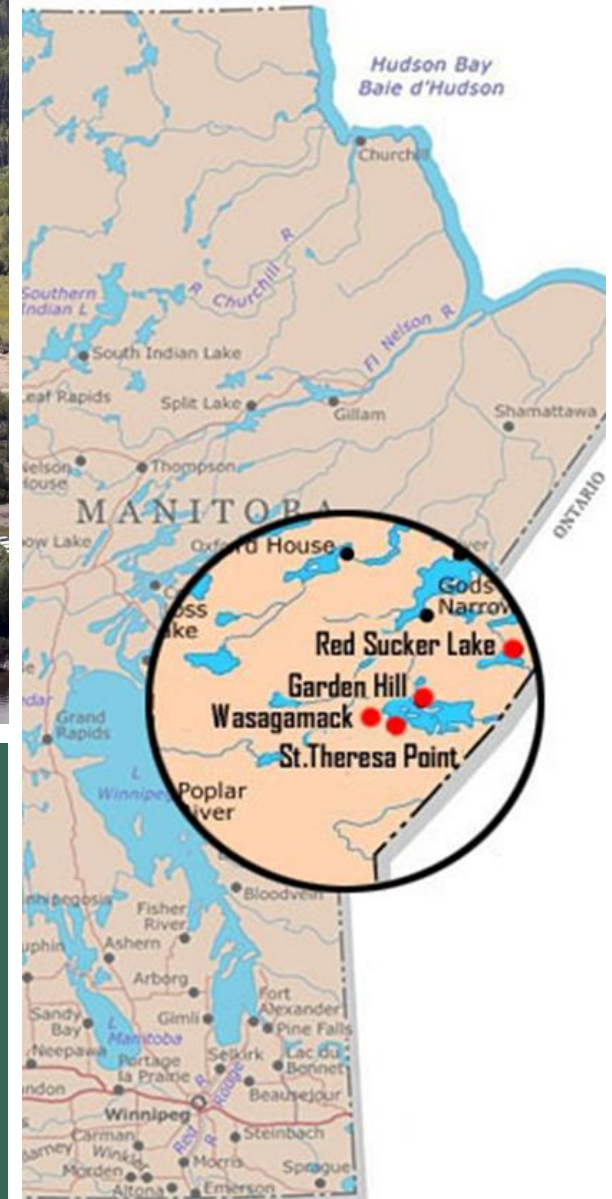


Image: Four Arrows Health Region, 2018



VISION STATEMENT

**REVITALIZE CULTURE AND CONTRIBUTE TO FOOD
SECURITY THROUGH LOCAL FOOD PRODUCTION AND
EDUCATION**

VISION

St. Theresa

- Youth are not interested in gardening
- Diet high in processed foods providing poor nutrition
- Low use of Oji-Cree among community members



Google Earth Image of St. Theresa
Point Adelaide McDougall Memorial
Health Facility

VISION

St. Theresa in the Future

- Improved access to healthy, fresh food; decreased reliance on packaged, processed foods
- Community members have knowledge and skills in ecological farming
- Mentorship and skill building for youth
- Language revitalization in community
- More community members involved in gardening



Permaculture design of the St. Theresa Point Health Center

CLIMATE ASSESSMENT

Figure 4: Average Wind Direction and Speed
St. Theresa Point First Nation
(Meteoblue, 2017)

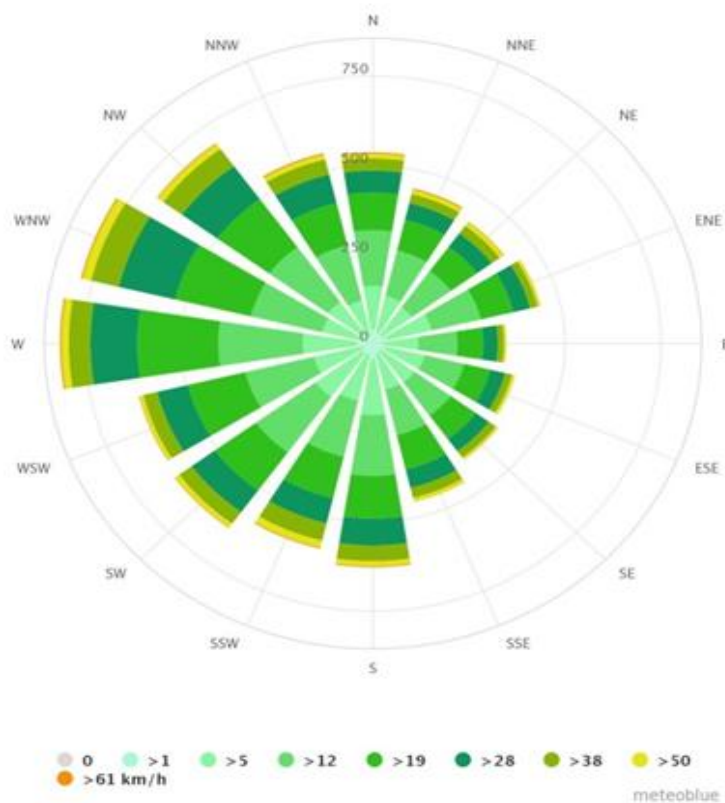


Figure 2: Annual Precipitation and Temperature St. Theresa Point First Nation
(Meteoblue, 2017)

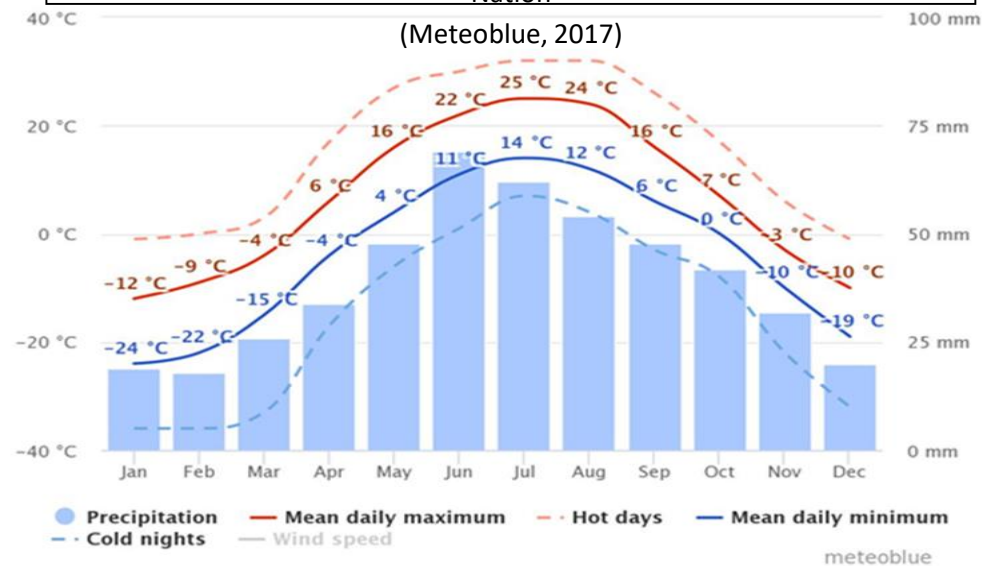


Figure 6: Sector Analysis of St. Theresa Point Adelaide McDougall Memorial Health Facility



SECTOR ANALYSIS



PRINCIPLES

- 1) Obtain a Yield
- 2) Observe and Interact
- 3) Catch and Store Energy
- 4) Use and Value Diversity

DESIGN STRATEGIES

- 1) Increase soil fertility
- 2) Water catchment
- 3) Wind and dust mitigation
- 4) Extend growing season
- 5) Social space
- 6) Education- food and language
- 7) Diversity- plants and humans



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OJI-CREE



Legend

- Zone 1
- Zone 2
- Zone 3
- Rain water harvesting tank
- Picnic table
- Canopy tree
- Path
- Understory tree
- Flowering ground cover
- Shrub layer
- Herb layer
- Fruit trees mixture
- Tyre garden
- Cold frame
- Bonfire
- P Parking
- Mix of vegetables