

# Creative Action to Heal Bodies of Water

## *An introduction to the short film*

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Paintings, performances, poetry; murals, music, community workshops; all are methods of 'creative action' to further water protection. There are many ways to engage in the water protection movement to continue to express the urgency of protecting our water. 'Creative action' as offering diverse methods of expression to advocate for water protection is one such way. Similar to 'art activism', 'creative action' is an inclusive term I use to describe the activities of the eight participants interviewed around the Lake Superior watershed, as not all participants describe their actions as 'art' or only 'art' but as 'acts of creation'. Similarly, not all participants consider their actions activism: 'Creative action' is used as an inclusive term for these activities.

We are quite literally bodies made up of water, as are the bodies of all animals and plants. Streams, rivers, lakes and oceans are also bodies of water: All require water to continue to subsist now and into the future. Water therefore acts as a connector between ourselves and others. Discussions of water protection is also a channel to discuss intersecting issues such as environmental racism and colonialism. The participants in this study discuss their activities as furthering the need to protect all bodies of water, while also addressing social injustices connected to water issues.

Care ethics is the theoretical thread that connects the themes explored in this project: ecological emotions, such as grief, anxiety and anger; water ontologies (people's understandings, worldviews, and relationships to water); and diverse creative actions centered on water and its protection. By interviewing eight participants around Lake Superior and as connected to the Lake Superior Living Labs Network, this project as involving elements from community-based research shares knowledge that centres the voices of the creative actors around Lake Superior. By centering the voices of participants with one-on-one semi-structured interviews, this project shares a story of a role for creative action according to participants at Lake Superior: as a way to care for all water bodies. Participating in creative action for water protection simultaneously helps to heal those involved, as being empowering emotionally and through creating community, while also supporting the protection, the healing, of water bodies such as Lake Superior.

By exploring a role for creative action in the water protection movement around Lake Superior, this project aims to support creative action for water protection by centering the voices of those involved, sharing its powerful potential to heal all bodies of water.



Solidarity  
Collective  
Mural,  
[photograph],  
Thunder  
Bay, 2022