

Southern Chiefs' Organization Inc. South Wind

It is our pleasure in revitalizing the Southern Chiefs' Organization official monthly newspaper. In this issue we would like to inform our readers about who we are and what we do and to place emphasis on the health issues and concerns that have been gathered through our community engagement initiatives.

November is National Diabetes Awareness month (NDAM). NDAM is an international celebration focused on raising awareness for all forms of Diabetes. We encourage everyone to check their risk during the month of November.

Health awareness dates in November include:

November 14 - World Diabetes Day

November 20 - National Child Day

November 25 - International Day for the elimination of Violence against Women



Who Is Southern Chiefs' Organization?

Southern Chiefs' Organization is a Non-Profit Organization that represents 32 southern First Nations in Manitoba.

Established in 1998, the Mandate of the SCO is to protect, preserve, promote and enhance First Nation peoples' inherent rights, languages, customs and traditions through the application and implementation of the spirit and intent of the Treaty-making process.

The SCO is established to assist our First Nations in the advancement and achievement of their goals and to provide a common front for their initiatives. To promote and assist our First Nations in providing good government and to assist in promoting and defending Treaty and aboriginal rights. To advocate for our First Nations in holding the Crown, Federal and Provincial governments responsible for the fulfillment of their fiduciary duties, responsibilities and obligations.



What does Southern Chiefs' Organization (SCO) have to offer?

SCO has many of programs which include, the Department of Justice, Violence Prevention and Safety Planning, Child & Family Services Advocate, Health Benefits Advocate, Health Services Integration Fund, and Health Research and Engagement.

Grand Chief

Terrance Nelson, political arm of SCO, "As the Southern Chiefs' Organization aids in the process of implementing best care integration of health care services within our communities, we strive to develop and maintain our ongoing relationships with the frontline grassroots Health Care Workers. It is vitally important that through these relationships we continue to foster new and innovative techniques that advance our First Nations from a holistic perspective. The future of our people remains within the hands of our skilled professional Health Care Practitioners and their abilities to provide us with the health and wellness that we all deserve. "

Director of Operations

Joanne Solider is our Director of Operations; she has been recently promoted from the Health Benefits Navigator & Advocate. The Director of Operations makes sure that the organizations everyday activities run smoothly. Joanne monitors worker productivity and implements new directives for growth. SCO's director is also responsible for setting guidelines for personnel evaluations, and recruitment.

Health Services Integration Fund (HSIF)

Health Canada has granted project funding for the purpose of defining priorities and developing innovative solutions to enhancing health care access and quality for First Nations people. SCO's HSIF Project philosophy shall encompass the key concepts of Client Centered Health Care and Community Centered Health Care. This will be driven by the SCO/WRHA Framework for Health Adaptation strategies of: Access; Quality; Awareness; Structure and Communication. Our primary objectives are to aid in capacity building for our First Nations Health Care staff and to facilitate a trilateral partnership to support integration of best care practices.



The Health Services Integration Fund Coordinator Glen Didyk is a Registered Nurse. He has obtained knowledge and skills in healthcare. Our Health care focus directly aligns with advocating for quality health care services across the continuum of health care providers.

The HSIF assistant, Larry Brass is a member of Wuskwi Sipiik First Nation (Indian Birch). Larry has dedicated his work to developing partnerships and research in the area of accreditation, Mtelehealth and finding the solutions to health concerns related to both individuals and our communities.

Health Benefits Navigator and Advocate: To Be Determined

Assist community members under the SCO catchment area, with accessing non-insured health benefits through First Nations Inuit Health Branch (FNIHB). Benefits include vision care, dental, medical supplies & equipment, medical transportation, and pharmaceuticals.

-An apple a day, keeps the doctor away.
-Give up the fat and watch your belly go flat.

Advocacy entails assisting members with filing appeals under any of the benefit areas; liaise between FNIHB, health professions and/or organizations; providing information about the NIHB program; collaborating with FNIHB office with projects, programs and initiatives aimed at improving access and awareness of the NIHB program.

Health Research and Engagement

This program is intended to assist the grassroots initiative by aiding Health Care Workers in driving change from within and sharing these best care practices with one another. Whether it is supporting communities through advocating for their individual health program needs, or collectively advancing them with new initiatives for transforming health care service delivery. Our priorities stem from the frontline perspective in health, which allows us to address key concerns and issues due to feedback and direction from our Health Directors. It is our goal to assist in the process of Health Care Facility Accreditation, Health Director Certification and the development of a regional Health Directors Association within Manitoba.

We are currently in the midst of hiring our Health Research and Engagement Liaison. Larry Brass is our Health Research and Engagement Assistant and has dedicated his work in researching SCO's role in the development of a Health Directors Association.

Violence Prevention and Safety Planning

SCO's Violence Prevention and Safety Coordinator is Shauna Fontaine. Shauna Fontaine is a member of Sagkeeng First Nation. Her work focuses on preventing violence against Indigenous women and girls and empowering Indigenous women. Ms. Fontaine is committed to the empowerment of women in leadership, education and prevention of violence. Shauna is currently working on a project called "Protecting Our Women". The Protecting Our Women Project is a 3-year project funded under Status of Women Canada. A goal with this project is to create a toolkit for Indigenous women and girls moving to or residing in the City of Winnipeg. The toolkit will include a safety plan and a resource guide. The objective of this toolkit is to prevent violence and promote personal safety. The Violence Prevention and Safety Planning program's goals include ending violence, influencing systematic change, education on safety, supporting women in conflict with the law, public health concerns and social determinants of health.



Department of Justice

The mission of SCO's Department of Justice is to reassert full First Nation control and jurisdiction over criminal law and the administration of justice. The program is designed to conduct justice specific projects including the First Nations Justice Strategy (FNJS). SCO's justice department currently advocates and supports victims and offenders. The FNJS is a community based program that provides quality, confidential restorative justice and mediation services.



SCO's overall goal is to reduce the number of individuals in contact with the Canadian Criminal Justice System.

Shauna Fontaine is the interim coordinator for the restorative justice file at this time. SCO has five Community Justice Workers in five different communities. Amanda Chapman, Pine Creek First Nation, Bonnie Woodhouse, Pinaymootang First Nation, Andrea Swampy, Sagkeeng First Nation, Lisa Assiniboine, Long Plains First Nation and Arlene Cook in Waywayseecappo First Nation.

Child and Family Services Advocate

SCO's Child and Family Services department provides advocacy for children and families in the Manitoba Child and Family System. CFS Advocate is Brenda Bear. Brenda is a member of Peguis First Nation. She brings forth extensive knowledge and experience in public administration, conflict resolution and community relations. She provides supports for families transitioning from First Nation communities to Urban Centre's. Confidentiality is maintained at all times. Ms. Bear helps assist parents, caregivers and/or other family members on plans to bring their children home. Tammy Sinclair is the Child and Family administrative assistant.



Communications

Corey Whitford is our communications contractor. He is a member of Sandy Bay First Nation, and has a Bachelor of Arts majoring in Political Science. He helps put in place the right communication plan with the adapted media. Corey reaches out to large audiences across Manitoba as well as local media when necessary.

Administrative Assistant

SCO has 5 administrative assistants. Wilma Manningway is the Executive Assistant under the Director of Operations. Chloe Courchene is our Senior Assistant who began under the Violence Prevention and Safety program and has moved on to helping in all areas. Collette Courchene, Larry Brass and Brandon Sinclair also provide assistance and support to all program managers.



Finance Administrator

Beverly Sinclair is our Finance Administrator. Bev is a member of Little Saskatchewan First Nation. She monitors, manages and interprets all financial activities and budgets within the organization. Bev brings with her CAFM (Certified Aboriginal Financial Management) designation, CFNHM (Certified First Nations Health Manager) designation and Business Administration & Operations.

Finance Clerk

Tammy Sinclair currently assists the Administrator with daily financial tasks within the Accounts Payable and Accounts Receivables area.



Taxi Cab Complaint Advocate

Pamela Davis advocates to assist the public in helping them through any complaint processes with the Taxi Cab Board. Many issues and concerns have been raised about proper services, harassment and safety. Most importantly through community engagement we have recognized that Indigenous women, marginalized women and girls in Winnipeg are more susceptible to negative experiences within the Taxicab Industry. Many of her goals include raising awareness of proper safety etiquette when utilizing taxi cabs and helping women and children feel safe.

The Truth about Kuhkum's Fry Bread

We all know that everyone's Kuhkum makes the best fry bread around town. But do we really know how much calories, fats and carbohydrates there are in a piece? The real question is will we really think twice the next time we enjoy a piece of Kuhkum's fry bread? Don't panic! It's just the skinny on bannock.

Nutrition Facts			
Fry Bread			
Amount per 100 grams (2 palm sized pieces)			
Calories 330			
			% Daily Value*
Total Fat 12g			18%
Saturated fat 4.6 g			22%
Polyunsaturated fat 1.1g			
Monounsaturated Fat 4.4g			
Cholesterol 7mg			2%
Sodium 329 mg			13%
Potassium 77mg			2%
Total Carbohydrate 48g			16%
Sugar 2g			
Protein 7g			14%
Calcium	5%	Iron	22%
Vitamin B-6	0%	Vitamin B	0%
Magnesium	4%		

Diabetes

Knowing the signs and symptoms

- Frequent Urination
- Weight loss without trying
- Unquenchable thirst
- Tingling or numbness in the hands, legs & feet
- Weakness & Fatigue
- Cuts and bruises that take a long time to heal

- Early to bed, early to rise,
keeps you healthy wealthy and
wise.

-Your body will feel great, when
you have healthy food on your
plate.

-Exercise to be strong and your
life will prolong.

Top 10 Fitness Facts

1. Exercise boosts brain power
2. Exercise gives you energy
3. Movement melts stress away
4. It is easy to find time for fitness
5. Fitness can build relationships
6. Exercise helps ward of disease
7. Fitness pumps up your heart
8. Exercise lets you eat more
9. Exercise boosts performance
10. Weight loss is not the most important goal

Strengt H

Ex E rcise

E A t

L ive

Fit T ness

C H allenge

Enjo Y



Southern Chiefs' Organization
Invites you to attend our
Gala Christmas Dinner and Concert



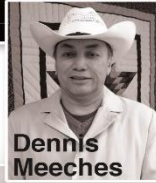
Join Master of Ceremonies **December 15, 2016**
Cory Whitford AKA "The Coyote" Canad Inns - Polo Park

Mingle and Jingle
the night away at
the concert featuring

StaggeringHaggards



Indian City



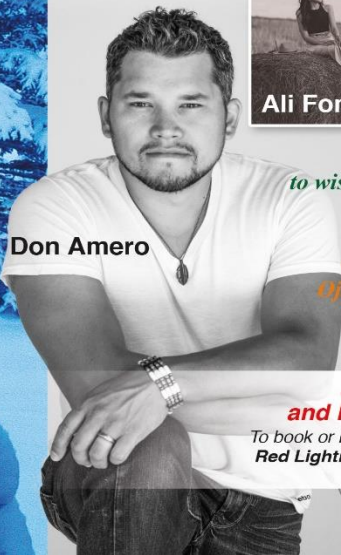
Dennis Meeches



Rhonda Head



Ali Fontaine



Don Amero

*From our tribes to you we want
to wish everyone Happy Holidays and
English: Merry Christmas,
Cree: Kici Manito Kisikaw,
Oji-Cree: Kaamakoosew-Kisiskak
Ojibwe: Gichi-Manidoo-Güzhigad,
Dakota: Napekiciyuzapo,
Dene: Medi Kissmas*

**All proceeds go toward toys
and hampers for 33 First Nations**

To book or reserve your organization please contact
Red Lightning Event Planning and Management
Contact: 204 505-1387

**Book your Christmas
Party with all the fixins**

Upcoming Events

SCO would like to invite you to our Christmas Concert and Dinner. So save the date of December 15, 2016, and come enjoy a Christmas dinner with us at Canads Inn-Polo Park.

SCO has entered the 1st ever indigenous float in the 2016 Santa Clause Parade. The 8-foot lighted headdress float will represent the indigenous population in Manitoba. Prior to the parade youth from our 32 First Nation communities have been sent a canvas paint kit to paint a feather, which will be showcased on the headdress. The Santa Clause Parade takes place on November 12, 2016.



Kitchi Makwa Sightings

Kitchi Makwa is 8 feet tall, and he honors all our children that have passed on to the spirit world. The campaign will be travelling throughout Winnipeg to approximately 14 destinations between November 1st, and December 15, 2016. In appreciation of donation, a chocolate bear paw from Constance Poppe will be given as well as a ticket to win Kitchi Makwa.

References- www.niddk.nih.gov/health-information/health-communication-programs/ndep/partnership-community-outreach/national-diabetes-month/Pages/default.aspx

<http://www.hc-sc.gc.ca/ahc-asc/calend/index-eng.php>