

## Head Office

Swan Lake First Nation 200-200 Alpine Way, Headingley, Manitoba R4H 0B7

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## Winnipeg Sub-Office

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# WHY WE WALK – testimonials from community members

**Candace Bruce-Stagg** – Pinaymootang First Nation Community Member

“When Covid started I guess you could say really, I started walking every day because there were other family members who got involved too, so we would walk together.

...[the walk] is my time, mentally, to be by myself and just get my thoughts together.”

**Lyle Gabriel** – Skownan First Nation Youth

“We have a lot of mental health issues in our community that we are facing, and addictions play a big role in it. We need people to know what’s going on out there.

We need better access for mental health issues... We lost most of that stuff and it was because people weren’t going, because people were scared to go there. They didn’t want to show up because they were scared to tell what they were getting help for, what they wanted to get help for, and people struggle with that stuff. Like myself, I struggle with mental health issues, and I get nervous around people talking about this kind of stuff, and it’s really exciting and interesting coming from Skownan and being a part of this [community health walk].

I believe that the walk in our community is a really good event for us because it brings awareness to people that when we do these walks, we are showing people that we care, and that we care for one another, and we are doing these walks to show people that we are trying to get better, and we want to be a more healthier people in life and we want more culturally appropriate services for our health care system. Super excited!”

**Tara Dela Cruz** – Community Health Transformation Liaison for Roseau River Anishinaabe First Nation

“My daughter has a huge influence on me. I’d like to be around for her for a long time, and you know she looks to me as a role model...”

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my grandparents passed away at a really young age for me, so I don't have too many memories of them, and I'd like, not only for me but also for my mom too and my dad to have longer lives so that they can make memories with my daughter and just be around for longer. There's that gap with the Indigenous communities and Manitobans, so it would be nice to see that gap close.

For me I would like to do this walk because we get to reconnect with each other and get into healthy living again and because I would like to honor my grandparents, and my great grandparents, and all the children who weren't able to make it home, and to honor their spirits."

**Gloria Lalman** – Peguis First Nation Elder

"This is where our health journey starts. Our people are coming back, coming to that knowledge that we carried, that has been carried forward, back from there to today. The knowledge that this is what we need to be healthy.

At one time we healed our own people, we gathered our own medicine, we hunted, and we were able to sustain ourselves with what the Creator had given us. And you think about picking berries, you know, you take, you're picking from the trees that the Creator has given us, there's knowledge there, there's health there, there's many things that you pick that are good, and it's all good for you. When it's full, you share it, you share it with other people.

And this is what health transformation can look like in each community and each person, but it has to start with you."

To connect with one of the community walk organizers, please email [health@scoinc.mb.ca](mailto:health@scoinc.mb.ca) or call 204.946.1869. For more information on our [health resources](#) and on SCO's Health Transformation process, please visit our [website](#).

*The Southern Chiefs' Organization represents 34 First Nations and more than 81,500 citizens in what is now called southern Manitoba. SCO is an independent political organization that protects, preserves, promotes, and enhances First Nations peoples' inherent rights, languages, customs, and traditions through the application and implementation of the spirit and intent of the Treaty-making process.*