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FASD AWARENESS DAY EDITION

MCAP *news* www.capmanitoba.ca

Sharing ideas, information, resources, struggles & successes

HAPPENINGS

Men, Women, Children and Horses Attend Winnipeg's FASD Awareness Day Event

by Cathe Umlah, Winnipeg FASD Day Event Committee

A number of organizations throughout Winnipeg sponsored and planned this exciting event at the Riverview Community Centre, celebrating International FASD Day on Monday, September 10, 2012. In addition to the excellent meal of pulled pork sandwiches from Danny's Whole Hog BBQ, a number of activities were set-up in and outside for all the children and youth.



Winnipeg Police Service's Mounted Patrol on hand to greet community members

Before the meal was served, we were honoured to have the Minister of Children and Youth Opportunities, Kevin Chief speak to the crowd. He extended a heartfelt greeting and reinforced the importance of celebrating the strengths of individuals and families living with FASD.

We were pleased to see that many families with children of all ages made the effort to attend the event. We estimate that 150 people participated, 25 of which were volunteers from various FASD support services in the community. The children

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VOLUME 6 NUMBER 3

MCAP News is a semi-annual publication of Manitoba Coalition on Alcohol and Pregnancy (MCAP). Its mandate is to disseminate current information about Fetal Alcohol Spectrum Disorder, a disability affecting those who have been exposed to alcohol in utero.

MCAP provides a forum for service providers, families and agency representatives throughout Manitoba with an interest in FASD to share ideas, information, resources, struggles and successes. MCAP facilitates this through regular meetings, special events, the MCAP website and this published newsletter. MCAP receives funding support from Healthy Child Manitoba. MCAP meets every third Monday of the month from 10:00 a.m. to 12:00 noon at the Healthy Child Manitoba Office. Teleconference available.

Contact kerrihiebert@mts.net for more information.

Stock image supplied by istockphoto.com.

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had fun having their faces painted, receiving airbrush tattoos, colouring, playing with Play-Doh, a bean bag toss game and an amazing outdoor inflatable obstacle course. Children and adults alike enjoyed greeting the horses mounted by Winnipeg Police Service officers who were also on hand to participate in the day's activities.

The FASD Awareness Day planning committee would like to thank all the families that attended, the many wonderful volunteers who helped plan and put it on, as well as Holly Gammon and Healthy Child Manitoba that graciously funded this successful event.



Honourable Kevin Chief, Minister of Children and Youth Opportunities poses with Russ Hilscher and his family.

Packing a Big Message into a Simple Wristband

by Lorna Sanderson, The Pas and Area FASD Committee

The Pas and Area FASD committee, with the help of participating local bars and restaurants that serve alcohol, has initiated a wristband project for pregnant women.

The wristbands are for women who choose not to drink alcohol when out socializing. The bar or restaurant will provide free non-alcoholic drinks to women wearing the specially-designed wristband.

The local FASD committee supports pregnant women's healthy choices for the sake of their babies and is committed to furthering public awareness of the dangers of drinking while pregnant.

Wearing the wristband is optional but encouraged,

even in the early stages of pregnancy, as every month matters as the baby develops. If a woman is planning to be pregnant, staying away from alcohol is the best way to ensure her baby is born healthy.

Pregnant women's partners, family and friends are encouraged to support this project and look for the poster and wristbands at participating local restaurants and bars. Wristbands were also handed out at this year's annual FASD Awareness Walk.

Thank you to the MCAP committee for generously providing the grant to fund this important initiative.



Cross Lake Holds First FASD Day Event

by Lia Braun, STAR Mentor Program

The Cross Lake STAR Mentoring program spearheaded the community's first-ever FASD Day walk and wiener roast on Sunday, September 9, 2012. The mentors organized and advertised the event and cooked the hot dogs and corn on the cob.

The march gathered momentum as women, men and children, joined the growing crowd along the way. As they walked, participants carried a large FASD awareness banner that billowed in the strong winds coming across the lake.

The community presentation on FASD that was scheduled for Monday, September 10 was postponed due to a death in the community. The event has been rescheduled for October 2, when Nikki Swirsky of Visions and Voices will be joined by her mother, Bev Swirsky and Lia

Braun in presenting a day-long workshop that will combine life stories with factual information.

We are already planning next year's FASD Day event and hope to make this an annual event from now on.

Portage and Area FASD BBQ Draws Wide Variety of Participants

by Michelle Sveistrup, Child and Family Services of Central MB Inc.



A volunteer makes sure food is ready for hungry walkers.

The 2012 Portage and Area FASD Awareness Day BBQ was organized by folks representing the Alcohol Foundation of Manitoba (AFM), Portage School Division, Tupper Family Resource Centre, Regional Health Authority of Central Manitoba and Child and Family Services (Metis CFCS and Central CFS). In addition to helping raise awareness about how FASD affects the lives of Manitobans, the event also provided an opportunity to collect donations for the Tupper Street Family Resource Centre.

In addition to the sponsorship by the Manitoba Coalition on Alcohol and Pregnancy, Walmart also provided a significant donation to help make this free event possible.

Well over 200 people representing a cross section of the community, including youth and seniors, attended this year's event. A number of people indicated that they worked for health, the school system and the justice system and found the BBQ to be an excellent event to raise awareness of this very important issue. This bore itself out when some of the youth admitted that they did not know what FASD was prior to attending the event and found it to be a great opportunity to learn about it.

We were pleased to see a number of representatives from the media on hand to help spread the word about the event and FASD awareness. With their support we hope to have even more people out next year.

events

FASD and 'the Rules' Seeking Justice Correcting the Course

Friday, Oct. 19, 2012 9:00am-3:30pm
McKenzie United Church, Portage La Prairie

Information Seminar and Workshop with Corey Laberge presented by the Portage & Area FASD Coalition

Early bird registration by Oct. 1 \$40, includes luncheon.

For more information contact
Barry Rud at 204-857-8353 or
Nancy Neufeld at 204-239-2429

South Parkland FASD Conference

November 6 & 7, 2012

For more information contact
Twyla at tgilroy@prha.mb.ca.

THANK YOU

The Portage & Area FASD Coalition would like to send a big THANK YOU to the following establishments who increased FASD awareness by handing out drink coasters with information about Fetal Alcohol Spectrum Disorders:

- Bill's Sticky Fingers
- Boston Pizza
- Cat & Fiddle Night Club
- Horfrost
- Army & Navy Air Force Veteran's Club
- Royal Canadian Legion

DID YOU KNOW?

- Almost 80% of Manitoba women report drinking alcohol
- 50% of Manitoba pregnancies are unexpected
- Most women stop drinking alcohol when they find out they are pregnant but they may be 2-3 months pregnant by that time

We can all do our part to prevent alcohol-related disabilities and support women to be alcohol-free during pregnancy. FASD is a life-long condition that occurs when a baby is exposed to alcohol before being born. Alcohol affects the development of the brain and the body.

For more information call FASD Information Manitoba 1-866-877-0050

www.gov.mb.ca/healthychild
www.fasdmanitoba.com www.capmanitoba.ca

Brandon Packs in a Full Day of Fun to Mark FASD Awareness Day

by Kimberly Akins, Brandon Interagency FAS/E Committee

Friday, September 7 was a great day for the Brandon community and the local FASD committee as we hosted a half-day of activities in recognition of International FASD Awareness Day. The event started with a “Caring for the Caregiver” workshop followed by an awareness walk, and concluded with an awareness lunch.

The workshop was facilitated by family conciliation counsellor, Julia Senchuk and Joey Pattle, an adoptive mother of a pre-teen affected by FASD. An audience of over forty people including

parents, childcare providers and family support workers appreciated the focus on the important role of parents and caregivers within the family. The presenters also emphasized the need for self-care and offered tips, strategies and personal stories to reinforce their message.

After the workshop, everyone headed outside for the awareness walk which took place on one of Brandon’s busiest walking paths. As they walked, participants were encouraged to stop and read FASD awareness facts posted on stakes placed along

the path earlier that morning by committee members.

We ended the day with a free networking luncheon where participants visited, shared their impressions of the day and were invited to watch a video of the moving personal story of Myles Himmelrieck’s journey with FASD.

At the end of the day, participants were given a bag full of brochures and information on FASD resources available in the Brandon area.

Overall, it was a great day. The weather was good and the workshop was both fun and informative. CTV and the local newspaper covered our event. We were grateful that the mayor of Brandon was able to be there to walk with us, offer a few public words about the importance of community, and enjoy lunch with everyone.

The Brandon Interagency FAS/E committee would also like to thank MCAP for its support of our event.

South Parkland Spins the Wheel for FASD

by Twyla Gilroy, South Parkland FASD Coalition



Taking a turn at the FASD Wheel.

The South Parkland FASD Coalition hosted an awareness walk on Friday, September 7 in recognition of International Fetal Alcohol Spectrum Disorder

Awareness Day held annually around the world on September 9.

The sun was shining as committee and community members paraded through downtown Dauphin. The walk concluded at the CN Park on Main Street where everyone was treated to a mocktail. The local HERO (Help Everyone Reach Out) Club was also on site selling hotdogs and smokies.

A number of downtown employees took the opportunity to play the “Wheel of FASD”

as they walked by on their lunch break. With each spin, participants were asked a question related to FASD and were rewarded with a cookie for their efforts. The questions provided an opportunity for educational discussions about FASD.

The committee would like to thank the Addictions Foundation of Manitoba, the Dauphin Friendship Centre and the Western Regional Health Authority for making this day a success.

The committee’s next activity is a conference slated for November 6 & 7. For more information contact Twyla at tgilroy@prha.mb.ca.



A beautiful day for a walk through downtown Dauphin.

Rain or Shine Thompson Celebrates FASD Awareness Day

by Chantal McClelland and Tina Buttar, Burntwood Regional FASD Committee



Walkers pose with new FASD Awareness promotional umbrellas.

The Burntwood Regional FASD Committee Awareness Walk and Community Barbeque held Friday, September 7 was a great success! Walkers gathered at the Burntwood Community Health Centre in Thompson and walked to the Northern Health Region Programs and Services building for a BBQ.

Through the generous support of our sponsors: Manitoba Coalition on Alcohol and Pregnancy, Northern Health Region and Burntwood Parent-Child Coalition all walkers received an umbrella with the message “Together We Can Prevent FASD.” Local photographer, Paul Therrien donated his time and talent to take several photos of willing volunteers sporting their FASD Awareness umbrella.

The committee received very positive feedback on the event and we look forward to planning our FASD Awareness Day 2013 event.



Karen McMurchy and Mary Spence, Burntwood Regional Health Authority, use their umbrellas for shade as they walk through Thompson.

Pinaymootang Helps Spread the Word About FASD

by Nancy Tindal, Pinaymootang Health Centre



What a great day! On September 17, 2012 the Pinaymootang Health Centre, along with Anishinaabe Child & Family Services and Pinaymootang School worked together to host

a fun-filled day centred around FASD education, prevention and awareness.

Participants of all ages were invited to participate in an

awareness walk on the school grounds, after which students, teachers and community members were greeted with a hearty lunch.

Following lunch, a speaker from Visions & Voices gave a presentation called "FASD 101," which outlined the basics of FASD and how to prevent it. This was followed by a young female presenter who gave a heartfelt speech about living with FASD and the challenges she faces every day.

Attendees had a chance, following the presentation, to ask questions and participate in a round-table discussion on the topic of FASD prevention. The day was wrapped-up with three draws for prizes including camping equipment and iPods. Everyone who took part in this educational event had a great time gaining knowledge and helping spread awareness to the community.

September Becomes FASD Awareness Month for Flin Flon/Creighton

by the Flin Flon/Creighton FASD committee

Once again our local FASD committee did our best at this year's annual FASD Awareness Day to put out a consistent message about FASD, its causes and prevention to our community.

Since September 9 fell on a Sunday this year, we partnered with McIsaac School/ Ecole McIsaac to put on our event on September 17. As in the past, it was a great success.

Over 200 students, their families,

teachers, our local MLA and other community members all joined our committee for a brief explanation of what FASD is before heading out on a walk, escorted by the RCMP and then settling down to a barbecued hot dog lunch.

The walk is just one of many FASD awareness activities the Flin Flon/Creighton FASD committee has sponsored for the month of September. At the beginning of summer we asked a

local summer camp to decorate bags from the liquor mart with their own messages about FASD that were based on facts that were given to them. At the beginning of September the local liquor store began using those bags for purchases.

Also in September we distributed FASD knot pins to local public figures with an accompanying letter asking that they wear the pin for the month of September to promote FASD awareness.

We also put tent cards on the tables at local restaurants with facts about FASD and submitted an article to the local newspaper.

Another highlight was the BreakFASD breakfast at which committee members supplied yogurt tubes and read the story, *Sam's Bear* to classrooms at Creighton Community School.

September is always a busy month, but as always, well worth the effort!

Waywayseecappo First Nation Students Help Educate Community about FASD

by Sandra Shingoose, Waywayseecappo Health Centre



On September 18 a group of approximately fifty students from the Waywayseecappo Adult Learning Centre and the Park West School Division off-campus classroom gathered

at the Waywayseecappo Health Centre (WHC) at 11:00 am to participate in the annual FASD Awareness Day Walk. The walk, led by participants carrying a large banner with the slogan “Say

No To Alcohol” written on it, brought the message of FASD awareness down the main street of the community and back to the health centre, where a free lunch of homemade chicken soup and baked bannock were offered.

Special guests included: Christina Reinke, Vision & Voices program coordinator, Visions and Voices presenter, Maia and Rodney Jones, FASD coordinator with the Western Regional Health Authority.

After a brief overview from Sandra Shingoose (WHC) about FASD and the affects of alcohol on the fetus during pregnancy, Maia shared her story of living with FASD. She used a video she had made to illustrate her struggles in school and to help

explain the feeling she lives with that nobody understands her. She also shared some of her gifts, including having a great memory and the comfort she finds in her passion for playing the bagpipes. Another outstanding talent was her illustrations, which she uses as a way of letting her feelings out. Maia clearly has a lot of talent. After her presentation Maia took questions from the audience and was very open to sharing about her biological family, her culture and her plans for the future.

The FASD Awareness Day was very informative for all participants involved, and a helpful reminder of the unique strengths and challenges each of us has to face.



Manitoba Coalition on Alcohol and Pregnancy (MCAP) – Membership Form

Thank you for your interest in the Manitoba Coalition on Alcohol and Pregnancy (MCAP). MCAP membership is open to all Manitobans with an interest in fetal alcohol spectrum disorder (FASD). MCAP will facilitate representation from across the province through the use of teleconferencing technology. Anyone may attend a MCAP meeting, however only voting members may participate in making decisions for MCAP. There are no membership fees or dues. Members must complete and submit annually a membership form confirming their intention. The type of membership chosen reflects the level of commitment to MCAP. Voting members are encouraged to attend meetings regularly to ensure quorum can be established at each meeting. Voting members are asked to let the MCAP administrative co-ordinator know when they are unable to attend a meeting.

Name: _____ Date: _____

Organization (if applicable): _____

Mailing address: _____

Tel: _____ Fax: _____ Email: _____

Please indicate the type of member you wish to be:

Individual Voting Member: An individual voting member is a person with an interest in FASD, who is not representing an organization. Voting members are committed to attending meetings on a regular basis and are engaged in MCAP activities.

Organizational Voting Member: An organizational voting member is a person representing an organization. The membership will be held by the organization who will appoint a representative to vote at MCAP meetings, participate in MCAP events and receive minutes and correspondence. Each organization will have one vote. An alternate may attend meetings to represent the organization. The organization is committed to providing a representative to attend meetings on a regular basis and engage in MCAP activities.

Individual Non-Voting Member: An individual non-voting member is a person not representing an organization, interested in receiving the FASD News and invitations to MCAP events but does not wish to participate in the operation of MCAP. Individual non-voting members are encouraged to attend MCAP meetings, however if they wish to participate in the administration of MCAP they must change their membership to a voting member.

Organizational Non-Voting Member: An organizational non-voting member is an organization with an interest in receiving the FASD News and invitations to MCAP events but does not wish to participate in the operation of the MCAP. The organization will identify a contact person to receive information. The organization is encouraged to send a representative to attend MCAP meetings, however if they wish to participate in the administration of the MCAP they must change their membership to a voting member.

Ex officio non-voting member: MCAP funders.

Please mail the completed form to:
Kerri Hiebert, MCAP Administrative Coordinator
299 Truro Street, Winnipeg, MB R3J 2A2