



B.C. First Nations Head Start

Sadie's Walk

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SADIE MUIK WAS A COMMUNITY HEALTH REPRESENTATIVE AND A DIABETES PREVENTION WORKER IN THE OKANAGAN. She was 29 years old, and a mother of three beautiful children, Miranda, Megan and Evan. Sadie was tragically killed on Good Friday, 1996, when a logging truck tipped over and a load of logs landed on her van.

One of Sadie's dreams had been to have a walking group in her community in order to promote the prevention of type 2 diabetes. In memory of her and her dream, her family and friends organized a 7-kilometre Diabetes Prevention Awareness Walk which is held once a year on Good Friday. The walk has been titled "Sadie's Walk." On Good Friday 1996 about 75 people from Sadie's community walked to remember Sadie. The following year, the communities of Akwesasne, Quebec and Sandy Lake, Ontario walked a "Sadie's Walk" in solidarity and in memory of their own loved ones. It was wonderful to know that 500 people from three provinces were walking together for the same cause.

By 1998, more and more communities across Canada were walking in remembrance of Sadie's dream, and for diabetes prevention.

Some communities put up signs to mark each kilometre and some to do with health, stress and fitness. Eeyou Estchee, Que. had cool signs that said: "Smile, We've Only Begun!", "Keep on Huffing and Puffing", "Hooray, You Made It!".

Those who can't walk on Good Friday walk the Saturday before or the week after. Some Catholic women do the stations of the cross during the walk.

Sadie's community invites community nurses and community health representatives to assist in planning the walk, and gets help from volunteer fire fighters and the RCMP for traffic control. The youth group looks after water and oranges at the 3-kilometre mark, and the preschool/daycare children make posters.

For your walk, you might like to include a healthy meal, nutrition awareness games and physical activities for children, displays and information for parents, and opening and closing ceremonies to honor Sadie and loved ones in your community.

