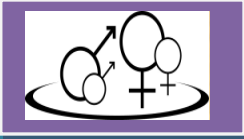


Fall 2011

THE GOOD NEWS



Alice Skenandore
Executive Director

Beverly Scow
Assistant Director

Julia McLester & Sam McKenzie
Sexual Assault & Domestic Violence Specialists

Jen Schanen
Program Outreach Specialist

Judy VanderBloom
Administrative Assistant

Frieda Clary
Development Specialist

Wrap-Around Support Staff:
Eddy Joe Skenandore
Claire Skenandore
Adam Meyer

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Upcoming Events

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Facebook

Wise Women Gathering Place

Discovery Dating Facilitation Training is Going National! By Jen Schanen

Discovery Dating is a healthy relationships curriculum, written by Wise Women Gathering Place Executive Director, and retired midwife, Alice Skenandore. Discovery Dating has shown promising results in preventing teen pregnancy, and is currently being assessed for its impact on improving personal agency and preventing other risk behaviors such as intimate partner violence. The curriculum teaches students of all ages methods to make better decisions, set goals, and identify personal values. Participants in the training hailed from all across the country.

Over the three days of training, participants learned the theories behind the Discovery Dating Curriculum and also received hands-on experience of the activities that comprise the first year of implementation. Participants had the opportunity to learn the lesson plans and practice leading them in front of their peers during the training. There were many chances to laugh together. Wise Women Gathering Place is thrilled to see a pilot project in a Western State implement the curriculum with over 200 students in another Tribal community. Wise Women Gathering Place is very excited to

partner with the Native American Center for Excellence to increase our evaluation capacity. Students will take pre and post-tests to measure Discovery Dating's impact on their personal agency. Personal Agency is the way that youth can balance their ability and believe in achieving something (self-efficacy), with their ability to control and direct actions for a specific purpose (self-regulation). In the 2010-11 school year, pre and post-test results indicated that Discovery Dating students at Oneida Middle School increased their personal agency by 12%!



Break the Silence, End the Violence.



Seven Generations

Ending

Violence &

Empowering

Native People

Come together in Oneida to **Break the Silence and End the Violence** on Thursday, October 20th was a huge success!

Over 80 community members turned out to walk with their messages about ending violence in Oneida! Several brave speakers shared survival stories at Norbert Hill auditorium and everyone was entertained by the sounds of Wade Fernandez, Jennifer Stevens, and October Soul, just to name a few!

Looking forward to repeating this event next October!

October is Domestic Violence Awareness Month.

Here are a few facts for you to assist in your education and awareness.

- 1 in 4 women has experienced domestic violence in her lifetime.
- Women account for 85% of the victims of intimate partner violence, men for approximately 15%.
- Intimate partner violence affects people regardless of income.
- 3 in 4 women (76%) who reported they had been raped and/or physically assaulted since age 18 said that an intimate partner committed the assault.
- 89% of femicide victims who had been physically assaulted had also been stalked in the 12 months before their murder.

7 Agencies in our Community who are ready and able to serve YOU!

1. **Oneida Domestic Violence Services** (920) 490-3700
2640 West Point Rd, Green Bay, WI 54313
2. **Golden House** (920) 435-0100
1100 University Ave, Green Bay, WI 54302
3. **Family Services: Sexual Assault Center** (920) 436-8899
300 Crooks St, Green Bay, WI 54301
4. **Harbor House** (920) 832-1666
720 West 5th St, Appleton, WI 54914
5. **Reach Counseling Services** (920) 722-8150
1370 Commercial St, Neenah, WI 54956
6. **Wise Women Gathering Place** (920) 490-0627
2482 Babcock Rd, Green Bay WI 54313
7. **Oneida Police Department** (920) 869-2026
2783 Freedom Rd, Oneida, WI 54155



“Together we can join together to end violence.”

****PREVENTION is Key.****

Come and get trained in a local healthy relationships curriculum!

Discovery Dating Teacher Training February 20-22, 2012 at WWGP. See you there!



Wise Youth meets on FRIDAYS from 3:30-5:30 p.m. at Three Sisters Resource Center. It's not too late to get involved! Call Jen for details. (920) 490-0627

Wise Youth Update By Jen Schanen

Wise Youth took a break from weekly meetings over the summer, and still had a great time attending three awesome community events! Three cheers for taking **FIRST PLACE** in the Oneida Powwow Parade's vehicle category! Our Wise Youth decorated the van with car chalk, streamers, and colorful signs to fit the 70's theme and spread our message of Peace, Respect, & Belonging. The group was bright *and*

fashionable, sporting our unique tie-dyed t-shirts!

Later in July, Wise Youth participated in Oneida's Relay for Life and Norbert Hill Center. The team walked all night to raise money for cancer research and prevention efforts. Several youth bravely donated their ponytails to make wigs for cancer patients and over 20 inches of hair was donated from our group!

Finally, Wise Youth headed out to the August Oneida Farmer's Market Bash to run carnival games for kids and families attending the event. They also led arts and craft activities like painting birdhouses. Wise Youth did a stellar job practicing leadership skills and getting to know younger kids. We're all geared up for another exciting year geared up for another exciting year of weekly youth groups!

WWGP Women's Support Group By Julia McLester

Our Tuesday night group has been growing on a weekly, basis, and we've been a very busy bunch at that. Our group is open and therefore every week is different with some people that have been coming for a long time and we have some new bright faces. Our group is open to all women young to old. Our latest project was making dolls out of mop heads. Everyone was so crafty, and each doll was different. It was a night of playing with dolls and sharing your doll with the group. The last week of the month we usually have a themed pot-luck with the next one being Mexican food. Yum-yum! Stop by and visit our women's group on Tuesdays 5:30-7:30p.m. and if you have children,

please give us a call and let us know how many children will be coming. With our new "mothers helper" facility, you can be in group and be able to see your children in the next room. We have some wonderful volunteers that are in the mother's helper room to help keep an eye on the children. With October being Domestic Violence Awareness Month, we will be having some speakers come in and share some information on DV and community resources that are available. Feel free to join us and we look forward to seeing you on Tuesday night!



Horseplay at Tall Feather Good Village.



Women's Group outing to the pow-wow.



Mop dolls made by our wonderful Women's Group.

Ask The Herb Lady-Is Chocolate Good for You?

By Judy VanderBloomen

Is chocolate good for you? Cocoa and chocolate are rich in antioxidants that may contribute to longevity. Chocolate dates back to the 1500's when Spaniards brought it back from Mexico. It was originally not sweetened, and was made into a beverage that was quite bitter. Until the 19th century it was always a beverage and back then, hot cocoa was prescribed as a treatment for asthma and a useful nutrition for invalids. Therapeutic uses today include disease prevention as cocoa contains antioxidants that

help prevent cell damage. The caffeine content helps prevent fatigue and lethargy. The bromine in cocoa relaxes and soothes your stomach after eating so next time you feel lethargic try some chocolate! Chocolate may also help relieve chest congestion and the phenyl ethylamine in it is an antidepressant that makes lovers feel as if they are walking on clouds. So if you are suffering from a broken heart, chocolate may help bring back some good feelings. Both cocoa and chocolate contain only 10-20% as much caffeine

as coffee. However if you have insomnia, anxiety, high blood pressure, diabetes or heart disease you should limit your caffeine intake. Remember the benefits of chocolate and cocoa come from the bitter principles so if you consume lots of sugar-sweetened chocolate, it may create more problems and nullify the benefits. Dark chocolate is not diluted by milk and sugar so it has a much stronger affect.



"...makes lovers feel as if they are walking on clouds."

Ask The Herb Lady Continued-What about Coffee, Good for you?

Coffee is America's most widely used herbal infusion. Coffee does more than wake us up it also helps treat colds, flu, allergies, and asthma. It helps prevent kidney stones and jet lag. It relieves pain and combats depression. Coffee as we know it emerged around 1000 A.D., when Arabs began roasting and grinding coffee beans and drinking the hot beverage as we do today. Coffeehouses became popular starting in the 16th century. Physicians from the 19th century America

prescribed coffee to overcome the effects of opium, morphine, and alcohol. They also recommended it to treat asthma, constipation, menstrual cramps and congestive heart failure. A cup of coffee can contain anywhere from 65 to 150 milligrams of caffeine. This creates a powerful nervous system stimulant, which helps prevent dozing at the wheel and enhances athletic performance. Caffeine is also a decongestant used to treat colds, flu, and allergies. Two or three

cups of coffee can stop an asthma attack and the caffeine in it can relieve pain and enhance good moods. It has a surprising affect in the prevention of kidney and gall stones. It has been proven that two to four cups of coffee per day reduces the risk of kidney stones by 10% and gallstones by as much as 40%. Enjoy your coffee and remember caffeine is addictive and should be consumed with caution. To reduce intake, slowly wind down consumption to help prevent withdrawal symptoms.



"Regular coffee drinkers have a lower suicide risk. The caffeine in coffee and chocolate releases "feel good" symptoms."

****Overconsumption of caffeine may cause negative side affects****

Portions of this page are from *The New Healing Herbs* by Michael Castleman

Darkness to Light: 7 steps to protecting our children

From the article: *A Guide for Responsible Adults* Found on: www.darkness2light.org



“Nearly 70% of all reported sexual assaults (including assaults on adults) occur to children ages 17 and under.”



“More than 90% of sexual abuse cases the child and the child’s family knows and trusts the abuser.”

****Tot Spot at Wise Women Gathering Place has no one-adult/one-child moments. TV monitored, open window, interruptible and toiletry by parent only****

A child’s safety is an adult’s job.

Imagine how difficult it is for a child to say “no” to a parent, teacher, coach or clergy.

Step 1: Learn the facts and understand the risks

Realities-not trust- should influence you decisions regarding children. More than 60% of teen first pregnancies are preceded by experiences of molestation, rape or attempted rape. The average age of the offenders is 27 years old. More than 80% of sexual abuse cases occur in one-adult/one-child situations.

Step 2: Minimize Opportunity

If you eliminate or reduce one-adult/one-child situations, you will dramatically lower the risk of sexual abuse for children.

Reduce the Risk. Protect Children.

Drop in unexpectedly when the child is alone with any adult, even trusted family members. Make sure outings are observable, if not by you, then by others. (public places, doors open...)

Step 3: Talk about it

Children often keep abuse a secret, but barriers can be broken down by talking openly about it.

Understand why children are afraid to “tell”.

Know how children communicate.

Talk openly with children.

Step 4: Stay alert

Learn the signs: go to www.nca-online.org/members.html

If you find physical signs that you suspect are sexual abuse, have the child physically examined immediately by a professional who specializes in child sexual abuse. A Child Advocacy Center can guide you. (Child Advocacy Center Willow Tree 503 South Monroe Avenue, Green Bay, WI 54301 (920) 436-8881 www.willowtreecac.org)

Step 5: Make a Plan

Learn where to go, whom to call, and how to react.

Very few reported incidents are false.

Don’t panic!

Sexually abused children who receive support and psychological help can and do heal.

Step 6: Act on Suspicions

By acting on suspicions of child sexual abuse, you will not only save one child, but perhaps countless others. Many of those who sexually abuse children have multiple victims.

Child Abuse Helplines:

Darkness to Light 1-866-FOR-LIGHT or National Child Abuse Hotline 1-800-4-A-CHILD

Child Advocacy Centers:

Willow Tree 503 South Monroe Avenue, Green Bay, WI 54301 (920) 436-8881
www.willowtreecac.org

Local Community Agencies:

Oneida Domestic Violence 920-490-3760

Wise Women Gathering Place 920-490-0627

Step 7: Get Involved

Volunteer and financially support organizations that fight the tragedy of child sexual abuse

Meet our newest co-worker Sam By Sam McKenzie

My name is Sam and I recently joined the WWGP team as a SA/DV Program Specialist. I am originally from Australia and feel blessed to have the opportunity to work in an agency that holds such wisdom and opportunity for learning and growth for all. I moved to Wisconsin 10 years ago and have worked in the areas of education, mental health promotion, suicide and abuse prevention/response for the past 25 years. I am excited to be a part of an agency where I can learn so much about the history and culture of the Native American a little history of the indigenous culture of my

home land. Australian Aboriginal culture can claim to be the oldest continuous living culture on the planet with evidence of aboriginal presences dating over 60,000 years old. The hallmark of Aboriginal culture is 'oneness with nature'. In traditional Aboriginal belief systems, nature and landscape, prominent rocks, canyons, rivers, waterfalls, islands, beaches and other natural features - as well as sun, moon, visible stars and animals - have their own stories of creation and inter-connectedness. To the traditional Aborigine they are all sacred: environment is the

essence of Australian Aboriginal godliness. Out of this deep reverence for nature Aborigines learned to live in remarkable harmony with the land and its animals, living a nomadic life, following the seasons and the food. With very few simple tools, used with incredible skill, the Aboriginal learned to live in the harsh and inhospitable Australian outback. When at rest, Aborigines lived in open camps, caves or simple structures made from bark, leaves or other vegetation. The modern notion of possessions is alien to traditional Aboriginal culture. Material things were shared within groups. The idea that an individual could 'own' land was foreign to Aboriginal thinking.

The symbolic meaning of the Australian flag colors:

- Black: Represents the Aboriginal people of Australia
- Red: Represents the red earth, the red ochre and a spiritual relation to the land
- Yellow: Represents the Sun, the giver of life and protector



New face for the fall-Mary the Intern By Mary Weimer

I am delighted to be interning with Wise Women Gathering Place. Currently, I am studying Human Services and Leadership at University of Wisconsin Oshkosh and will graduate in December 2011. My active work in prevention started in 2005 while I served in the United States Air Force and volunteered as an Alcohol Educator and Underage Drinking Prevention Specialist. I feel so blessed to be a part of the WWGP team as they serve as a powerful

positive energy within the Oneida community. Currently I have been working with Jen and helping to facilitate Discovery Dating at the Oneida Elementary School. I have also been Bev's "sidekick" at several community meetings and have assisted the Women's Group with various fundraising activities. My involvement has made me thrilled to spend these next few months helping out and learning more about the history and culture of the

Oneida people. The Domestic Violence Walk on October 20th is a community event I am honored to be a part of. I have been working with the planning committee and am looking forward to seeing the positive impact it has in the community. This experience has me excited to continue my work with WWGP and strengthen our partnerships amongst community members and other non-profit organizations.



When Mary is not at WWGP, working, school, or running her internet business; she likes to travel, be outdoors, and spend time with family and friends.

Wise Women Gathering Place

**2482 Babcock Rd.
Green Bay, WI 54313**

**PHONE:
(920) 490-0627**

**FAX:
(920) 490-0922**

**E-MAIL:
jvan@wisewomengp.org**

Vision:

Our vision is a vibrant community grounded in Peace, Respect, and Belonging.

Mission:

Our Mission is to promote Peace, Respect, & Belonging through skill-building, sharing of knowledge, and caring support for our community.

What is Wise Women Gathering Place?

Wise Women Gathering Place is a 501 (c)(3) non-profit organization, primarily staffed by Native American midwives and educators. WWGP incorporated in 1998, however, we have been operating for decades as a home-based women's circle. Children in tow, Native women gathered in

each other's homes discussing issues around childbirth, midwifery, breastfeeding, parenting, herbs, and more. Today, WWGP provides a safe place for people to access resources and information about childbirth, alternative holistic health methods and other family life challenges.

These resources allow people to research, monitor, and manage their own lives. Informed choice is a cornerstone for WWGP in all aspects as they work together to create a vibrant community grounded in peace, respect, and belonging.

Upcoming WWGP Events and Trainings

Wise Women's Group:
Tuesday's 5:30-7:30pm @WWGP

Parents Matter & Mentor Discovery Dating:
A new class for mentors and young girls!

ToP Facilitation Methods Training: November 1-2, 2011







Wise Youth Group:
3:30-5:30pm Friday's @ 3 Sisters Resource Center

Mondays, January 9-April 30, 2012
Watch for details coming soon!

Women's Cabin Retreat
November 2011

Discovery Dating Facilitator's Training: February 20-22, 2012

**COMING SOON:
WWGP OPEN HOUSE IN FEBRUARY!!!**

-  Door Prizes
-  Facility Tours
-  Meet your favorite Wise Women
-  Check out our new Tot-Spot
-  Eat Delicious Food
-  And have FUN!

****See website for further details as February fast approaches!**

Want to keep up with us and know what else we have going on?

We're on the Web!

See us at:

wisewomengp.org

**WISE WOMEN
GATHERING PLACE
2482 BABCOCK RD
GREEN BAY WI 54313**

