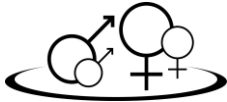




Wise Women Gathering Place (920) 490-0627

Summer 2010 Volume #, Issue #



2482 Babcock Road
Green Bay, WI 54313
wisewomengp.org
discoverydating.com

Alice Skenandore,
Executive Director

Beverly Scow,
Assistant Director

Julia McLester & Emma White,
Sexual Assault & Domestic Violence
Specialists

Jen Schanen,
Program Outreach Specialist

Judy VanderBloomen,
Administrative Assistant

Watch for this symbol (NEW*) to highlight new programs!

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wisewomengp.org



Julia McLester

Emma White

Jen Schanen

Meet our New Staff!!

Wise Women Gathering Place continues growing! Three new staff began in February and we are so proud of all of their contributions thus far!

Julia McLester, Sexual Assault/Domestic Violence Specialist, brings 20 years of experience in helping people. Julia has worked at Golden House in Green Bay, devoted 17 years to Oneida Social Services, and also worked with Great Lakes Inter Tribal Council helping people with disabilities. She represents the Oneida Tribe on the Board of Directors for the American Indians Against Abuse (AIAA) Coalition. Most recently, Julia spent one year working at the Menominee Domestic Violence Shelter as an Advocate.

Julia presently works with clients in our New Hope Transitional Living Program, co-facilitates our Women's Talking Circle, and is an assistant Discovery Dating instructor at Oneida Elementary. Says Julia, "the people I get to work with" are the highlight of her new position!

Emma White joins us also

as a Sexual Assault/Domestic Violence Specialist. Emma comes to Wise Women after five years as a YES Advocate with Oneida Youth Enrichment Services (YES). Emma worked with youth experiencing many difficult issues, including personal trauma. She has a Masters of Arts in Counseling degree with a Community emphasis from Lakeland College, a Bachelor of Arts in Educational Policy and Community Studies, and an interdisciplinary degree in American Indian Studies from the University of Wisconsin-Milwaukee.

Emma works with individuals served by our Recovery Transitional Living Program, co-facilitates our Women's Talking Circle, and has spearheaded a new support group curriculum for students at West De Pere high school. Emma's calm nature makes her a welcome addition to our staff.

Finally, **Jen Schanen** serves as our Program Outreach Specialist. Jen achieved her Bachelor of Social Work at the University of Wisconsin-Green Bay. She also worked

at Golden House in Green Bay before leaving for a year of travelling service with AmeriCorps NCCC. Jen has volunteered and worked with a variety of agencies in Brown County, serving both adults and children facing homelessness, disabilities, and poverty.

Jen currently works with youth at Oneida Elementary, West De Pere High School, and in our Wise Youth Group. She has also created our new website, and helped to implement two new curriculums at Wise Women: Parents Matter! and Grandparents Legacy Sessions. Jen loves the "opportunity to develop new programs" at WWGP.

We are so honored to be partnering with these three capable, new professionals!

**Support Survivors in our
Transitional Living
Program!**

**We are in great need
of gently used baby
clothing, supplies,
and furniture!**

**Looking for a worthy
cause to donate your used
items? The parents in our
program appreciate your
generosity!**

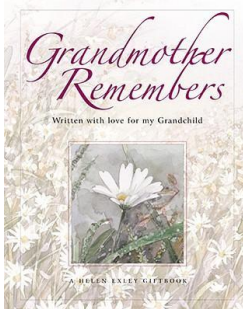
2 The Good News – Wise Women Gathering Place



"The very first day, I was so excited to go home and have a conversation with my son. I felt so empowered." – Parents Matter! Participant & mother of 1



A special thank you to YES Specialist Debra Norton for her assistance with this programming!



"This work is so important." –Grandparents' Legacy participant & grandmother of 2

NEW* 'Parents Matter!' Empowers Oneida Parents

Wise Women Gathering Place offered a brand NEW training for parents of 4th and 5th grade students this spring!

The Parents Matter! training is a curriculum developed by the Center for Disease and Control (CDC). The training helps parents strengthen their relationship and communication with their child. Parents Matter! training also provides

parents tools for speaking about healthy sexual decisions and ways to cope with peer pressure.

The training ran from April 26, 2010 through May 24, 2010. The 5-session class met once a week for two hours. Parents Matter! training was offered free of charge to participants and held at WWGP.

The staff at WWGP has

thoroughly enjoyed helping individuals to be better parents. One participant noted how empowered she felt to start meaningful conversations with her son after just one session.

WWGP hopes to offer this class again in the future! If you or anyone you know is a parent of a 4th or 5th grade student, check the website or give us a call for updated registration information for next session!

NEW* Outreach to West De Pere Youth

When Emma White took on her role as Domestic Violence/Sexual Assault advocate with us this winter, she regretted leaving behind the valuable and influential relationships she had built as a YES Advocate at West De Pere High School. Luckily, a new WWGP offering has allowed her to re-connect with these youth!

Emma and Jen Schanen, our Program Outreach Specialist,

have been working with 20 West De Pere YES students in a weekly support group at the school. Specifically designed to reach both young men and women, this curriculum was written expressly for these youth by Emma and Jen.

Themes for the group have included topics such as Peace, Knowing Where You Stand, and Positive Affirmations. The teens

involved have enjoyed the chance to express themselves in this new setting.

Jen appreciates the opportunity to have deeper conversations with these older students. Emma is glad to be back in such a familiar environment!

Thank you to the YES Program and West De Pere for welcoming our staff!

NEW* Grandparents Pass on Their Legacies

Grandparents Legacy sessions met at WWGP in June. The sessions allowed participants to explore their ancestry, personal history, and ideal visions for their grandchildren. A talking circle format was utilized with time dedicated to transcribing stories and memories. WWGP staff

cherished hearing these fantastic tales!

"I've always meant to do this!" states one eager participant. The group expressed sentiments of taking good with the bad and took care to tell the *whole* story of their Legacy to grandchildren to come.

Special thanks also to the Encompass Foster Grandparents Program, whose staff participated as in-service training!

Interested? Look for this training again in the future! Give us a call to express interest and for updates.

Connections Made at Transitional Living Orientation

Last issue, we were excited to announce Wise Women Gathering Place has expanded its services. WWGP now offers a Transitional Living Program (TLP) to people who have experienced sexual assault and/or domestic violence. The TLP is a collaborative effort with the Oneida Housing Authority and the Oneida Domestic Violence program.

NEW* In March, WWGP held its very first orientation for the individuals utilizing

these services. Service providers from many different departments and organizations attended the one day event to educate the TLP participants of the services that they offer.

Some of the service providers who attended included: the Oneida Police Department, a Native American advocate from the Sexual Assault Center in Green Bay, a representative from BayBank, a Women's Health Nurse Practitioner

from the Oneida Health Center, advocates from the Oneida Domestic Violence program, and Parenting Class instructors from Oneida Social Services. The event was a great way for TLP participants to learn first-hand the services that are available to them.

A big thank you to the service providers, WWGP staff, and TLP participants for making the event possible!



Transitional living units are independently scattered throughout the community.

Ask the Herb Lady!

I have heard that the pesky dandelion has some useful medicinal value. Please tell us what we can use them for after pulling them out of the lawn!

First of all, don't pull them unless you want them to grow back! If you just take the tops off, the root will regrow. That may be a good thing if you want a lot of dandelion leaves, but if you want the root also, use the garden trowel to dig out the root.

Dandelion is a powerhouse of stored energy. It can be used for food, medicine, and wine. It is easy to identify with its shiny green rosette leaves and bright yellow flowers that later turn into long-stemmed white puffs. You can usually find dandelions blooming somewhere throughout the spring, summer, and fall.

The young leaves make a wholesome, vitamin-rich addition to spring salads, but this means the very young leaves. After the plant has flowered, these leaves start turning bitter. You can also steam these young leaves and use like cooked spinach.

The dried leaves, especially the bitter ones, can be made into a tea that aids digestion and kidney-bladder complaints. It is an effective diuretic, yet does not deplete the body of potassium. Make a tea from an ounce of the dried leaves covered with a pint of boiling water. Cover and let stand for 20 minutes or more, strain, and drink ¼ cup 3-4 times per day. This strong tea may be diluted, and honey may be added.

The valuable root is considered the most important part of the plant.

Its cleansing qualities make it effective for liver, gall bladder, and spleen complaints, and as a blood cleanser. It is useful for skin diseases and has a beneficial effect on the female organs. It combines well with other herbs, and is considered very safe to use. A decoction can be made by placing 2 oz. of the root in 2 quarts of water, then slowly simmering down to 1 quart of water.

The dried root can also be ground and used as a coffee substitute. The flowers can be made into dandelion wine or dandelion beer. A concentrated tincture can be made from either the leaves or the root.

Instead of using herbicide or other chemicals on your lawn because of the dandelions, dig them up and make them useful!



Our Herb Lady, Judy Vanderbloemen, is not only our administrative assistant, but grows vegetables and herbs of her own at home.

Don't Miss Our Next Issue!

Including ...
 - Information on Human Rights
 - Relay for Life Photos
 - And of course, more from our Herb Lady!



"These hands are committed to Peace, Respect, & Belonging"
- Wise Youth Group meets Thursdays, Three Sisters Resource Center

Wise Youth Group Takes Action!

The Wise Youth group has had a busy spring, filled with a focus on education concerning sexual assault and healthy relationships, as well as planning for an action-packed summer!

In a generous donation of her professional time, Jessica Parker, Native American Advocate at the Sexual Assault Center of

Family Services, visited our meetings on four occasions to discuss sexual assault topics with our youth. The group also critically thought about how to reach out to those experiencing sexual assault in their community.

Bev Scow of WWGP additionally provided guidance through the Discovery Dating method

with Wise Youth, as they identify their dreams & goals and learn more about themselves.

This summer, Wise Youth is looking forward to participating in Relay for Life as part of the WWGP team!

All youth are welcome—Wise Youth meets Thursdays from 4-5:30ish at Three Sisters



Thank you, **Indigenous Language Institute** for your sponsorship!

NEW* Cancer Never Sleeps: Oneida Relay For Life

Wise Women Gathering Place is excited to have our very own walking team at the 2010 Oneida Relay for Life! Many thanks to the Indigenous Language Institute for their generous sponsorship of our team!

The annual event is dedicated to raising money to continue research for a cure for cancer. It will take

place overnight at the Pow Wow Grounds at the Norbert Hill Center. Since cancer never sleeps, Relay participants will walk all night long in dedication to ending this terrible illness.

Sexual Assault/Domestic Violence Specialist Julia McLester has participated for many years with her family and encouraged

WWGP to join the cause with their own team. Emma White is the WWGP team captain, leading our members in honor of her grandmother.

To walk with WWGP or to make a donation in support, please contact Emma at (920) 490-0627. Log onto relayforlife.org to learn more!



Cool off, play games, and hang out at this summer's Rock & Rest stations!

Summer Rock & Rest Stations

Summer is here and the Wise Women are excited to see the Rock & Rest season in full swing!

Annually, WWGP provides Rock & Rest stations at area events to allow parents a cool, shady spot to change, play with, breastfeed, and relax with their children. The station also offers

games, family-friendly entertainment, community resources, healthy relationship materials, and information on WWGP programming.

We would love to connect with you and your family! Stop by to visit with us this year!

-Green Bay Farmer's Market on Broadway
June 2

-Bayfest, Green Bay
June 11-13

-Oneida PowWow
July 1-4

-Oneida Farmer's Market
July 15 & August 12

-ArtStreet, Green Bay
August 27-29

Women’s Group Update

Our Tuesday Women’s Support Group is growing by leaps and bounds!!! In membership as well as in activities, and being supportive with each other, we are constantly growing.

We adjusted our schedule to every other week for summer, but have extended the length to two hours instead of one hour and a half. This may change and go back to every week before summer is up.

Watch the website for an update!

The last few months, our group planted some tomatoes and flowers for the front of the WWGP office, and had some laughs and creative moments painting the “huge” planter!!!! Our plants are growing! Stop by to check out our creation.

As always, anyone is welcome. Unfortunately we

do not have child care available yet, but all ages of women are represented. We had a few presentations lately, and a burger Pot Luck with all kinds of yummy salads and desserts!!

Our calendar of events is located on the website at wisewomengp.org, or you can pick up a copy at WWGP. Come and share some laughs, heartaches, and meet some new friends!!



Women’s group offers a

NEW* summer schedule!

Every other Tuesday

5:30-6:30pm Wellness &

Activity

6:30-7:30 Education &

Discussion

Wise Wish List

WWGP needs your support! We are currently in need of the following donations:

Give a little...

- Cleaning supplies, toilet paper, paper towel
- Toys, school supplies
- Gas cards, Bus tokens
- Shampoo, Conditioner, Soap, Lotion
- Baby pajamas, clothing, bath supplies
- Diapers, Wipes
- Dishes, Toasters, blenders, coffee makers, etc
- Pajamas, Socks, Underwear
- Stickers, Magazines and other craft items
- Nonperishable snacks

...Give a lot!

- Changing Tables, Play pens, Plastic/lightweight rocking chairs
- Pop-up tent for our Rock & Rest stations at summer festivals
- Digital video camera
- Ceiling projector system (to be installed in our new annex)
- SmartBoard system
- Funding for a childcare program to offer to our visitors and clients
- Closed-circuit television system
- Funding to expand our offices into the next unit of our facility
- A Retreat Center (hey, it always pays to Dream Big!)

Discovery Dating Reaches Diverse Audiences



Wise Women Gathering Place has trained over 50 people in Discovery Dating thus far in 2010.

WWGP has hosted two Discovery Dating Teacher Trainings in 2010. These two-day events teach the application of the various theories and activities of Alice Skenandore’s curriculum. In attendance were individuals from our community as well as

representatives from a variety of organizations across the state, and members of WCADV, the Wisconsin Coalition Against Domestic Violence.

Sixth and Eighth grade students at Oneida Elementary School were also students of the Discovery Dating method this semester. WWGP staff worked with the youth weekly. The youths

practiced writing new Dreams & Goals each week, earning stickers to recognize their accomplishments.

NEW* Finally, group of female participants in the Oneida TANF program have also been engaged in weekly Discovery Dating classes at WWGP. These women have inspired WWGP staff with their passionate discussions on the life they want to create for their children with this new awareness.

"I just had a revelation!"

–TANF Discovery Dating

participant & mother of 6

Wise Women Gathering Place

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Website
www.wisewomengp.org

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

Thank you, 2010 Donors!

- Colleen C. Remley
- Lloyd Powless
- Laura Jiminez
- Susan De Witt Davie
- Dellora Cornelius
- Paula Dessart
- Michael DeGrand
- Lloyd Powless, Jr.
- Marie Tonnon
- Sandra Skenandore
- Riesa Liebergen
- Nancy Chapman
- Paul & Paula Gregg
- Frederica Krautkramer
- Advantage Chiropractic Clinic of Green Bay, S.C.
- Janice & Lovell Ives
- Peter Scow

YOU are helping promote Peace, Respect, and Belonging in your community. Without you, our work would not be possible!

Want to see your name on this list? Tax deductible donations may be directed to: Wise Women Gathering Place at 2482 Babcock Rd, Green Bay, WI 54313

We're on the Web!
See us at:
www.wisewomengp.org

Stay Connected! www.wisewomengp.org

Log on frequently for the most up-to-date information on WWGP events and news!

Plus, become a fan of WWGP on Facebook for daily inspirational quotes and another way to be in touch!
facebook.com/wisewomengp

Coming soon online:
Discovery Dating pricelist, a community calendar, and more photos!

Coming Soon!
You won't want to miss these new initiatives at WWGP!

- **Community discussion sessions** on popular public TV series **Unnatural Causes**
 - Collaboration with Big Brothers Big Sisters
 - and new Discovery Dating Classes at Oneida Elementary!

About Our Organization

Wise Women Gathering Place is a 501(c)(3) nonprofit organization, 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.

WISE WOMEN GATHERING PLACE

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