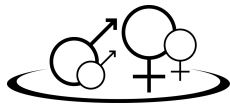




Wise Women Gathering Place (920) 490-0627

Late Spring 2009 Volume 4, Issue 2



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What is Wise Women Gathering Place?

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.

Women of Influence in Oneida

Great Lakes Inter-tribal Council is supporting Women of Influence events in various tribal communities throughout Wisconsin. Wise Women Gathering Place and Oneida Social Services were happy to host one here in Oneida.

Ninety community women known for their history of being influential for others attended the Oneida Women of Influence event at the Oneida Community Room in the Oneida Social Services Building. Wise Women Gathering Place was very touched by the responses. Our office received many calls, emails and notes from women who were invited, but could not attend. People conveyed that they were glad to have been invited. We could feel the sense of "specialness" that everyone felt about this event, even if they could not come.

The Women of Influence were treated to a wonderful dinner

of traditional foods, including turkey, Oneida corn bread & corn soup, wild rice, squash, berry drink, berries, and nuts.

Speakers addressed several Women's Health issues during the evening beginning with Theresa Barber of the Great Lakes Inter-Tribal Council who presented on the Traditional Uses of Tobacco. Hilary Whitehorse from Wisconsin Women's Health Foundation spoke on the First Breath Initiative, a program to help pregnant women quit smoking by integrating smoking cessation strategies into prenatal care. Beverly Scow, Assistant Director for WWGP, conducted a violence prevention activity followed by a short art exercise in which each participant was asked to draw "violence or fear"

on a paper. The attendees were asked to draw "peace, respect and belonging" on the same paper. The final activity was the singing of the "Women's Water Song". Each participant was given their own card with the words to the song on it.

Our main hope for the evening was to uplift these wonderful women who mean so much to others with good food, kind, caring words and information that could serve them into the future.

Women of Influence started in Indiana with great success. Today, a number of coalitions in Wisconsin have held Women of Influence events to build their coalitions and generate support for tobacco control issues.



Community members attend the Women of Influence Event in March.

Drumming up Good Thoughts by Marlene Summers

NON-VIOLENT COMMUNICATION

Sarah Phillips and I, Marlene Summers have begun using skills what we have learned from "Non-Violent Communication" training. We have found ways to incorporate the drumming into our programs. This is an inspiring activity that incorporates drumming, voice and movement into learning about the art of communication.

Sarah works with Oneida Social Services Domestic Violence Department and I work with Wise Women Gathering Place. Sarah has used this with different groups, including teens. Our teaming up has been a good experience for us both.

We had the honor of doing a two part series with community women. Recently we conducted this activity at the "All About Me" conference at the Green Bay

Community Church, and again at the "Awakening Your Spiritual Divine" event.

Drumming dispels negative energy through release of anger, resentments and negative thinking. It pulls people out of a heavy vibration into a higher frequency, creating sacred space. It helps resolve depression, it helps Alzheimer's patients, and emotionally disturbed teens. All in all, I think it's good for your soul.

Contents

Is It That Time Already?	2
Mother Earth Water Walk	2
Wise Youth Group	2
Ask Judy	3
Wise Women Talking Circle	3
Discovering Relationships	4
Influential Events	4
Thank you to our Donors	5
The Value of Peace	5
Getting Involved	5

Honest Mistakes Happen

From Search Institute, 40 Developmental Assets

Being consistent with children and youth is important. Kids need to know you love them even when you're tired, even if they've done something wrong.

Honest mistakes happen. It's hard to ride a bike, ski moguls or live life without falling down.

With just a few moments of kindness and quiet understanding, you can teach fairness. That's important for youth to learn and there's no better way than from a good example.

Peace-ter Basket 2009



Wise Women Gathering Place participated in the 2009 Breakfast with the Bunny event at the Oneida Civic Center on April 4, 2009. Over 500 plastic Easter eggs filled with little treasures and sporting our "Peace, Respect, Belonging" message from our Peace-ter Basket were given away to community youngsters.



Wise Youth Group members hard at work on a consensus building project.

Is it that time already? By Anne Gretz, WWGP Intern

When I was asked to write up a small "Intern" update for the newsletter, as I glanced at my calendar, I realized that this will be my one and only Intern report. I finish up my internship here at Wise Women Gathering Place on May 8th. Where has the time gone? I have truly enjoyed every moment here with the "Wise Women".

I have spent my semester helping Elizabeth at Oneida Turtle School with Discovery Dating. She does an incredible job working with the 6th and 8th graders. I have also been helping Bev with various projects. She has been so generous with her time and I

have learned a lot. I was involved with the Discovery Family group this semester also. Judy surprised me at the February group with a birthday cake and candles. It was delicious! I had so much fun with Marlene and working with the kids! She made me laugh every time we were together! Thank you for that. (My cheeks still hurt!) I wasn't able to spend a lot of time with Alice ...she's a very busy woman. Alice is a strong and caring leader and I appreciate her supportive words of encouragement.

As I leave, I ask the powers that be to be generous to these "Wise Women" that I have come to care deeply about. They all do such great things for the community. My

world is a better place because of them! THANK YOU!!!!
Anne Gretz

Dear Anne -

Thank you for your commitment to our mission & vision and for all the hard work and dedication you put in. It is through the positive efforts of people like you that we can all create a healthier community. We are grateful for all the help, time and information you were

Mother Earth Water Walk 2009

The Mother Earth Water Walk was started by a single Anishinabe grandmother who was concerned about the health and state of the waters within her territory in northern Ontario, Canada. Josephine Mandamin began her lone journey walking with a pail of water around Lake Superior in 2003. She has now walked around all of the Great Lakes. She started her journey alone, step by step, in her concern for the water and the message has grown.

In 2008, the Water Walkers arrived in Northeastern Wisconsin

on their way around Lake Michigan. Several Oneida community members provided dinner for the walkers and the water walkers shared their story at the College of Menominee Nation.

This year, several women from the Oneida community planned a local water walk. On April 13, 2009, area water walkers met at Ohsnusha Lake, behind the Language House at Oneida Cultural Heritage to walk around the lake. As they walked they sang a woman's water song for the health of the water.

"There's something wrong with a mother who washes out a measuring cup with soap and water after she's only measured water in it."

— **Erma Bombeck**

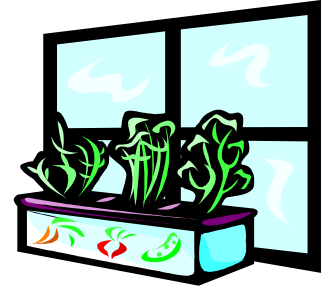
Wise Youth Group by Beverly Scow

The Wise Youth have been meeting every Thursday, since August 2008. They hosted a 1-day Conference/Dance to promote prevention of teen dating violence and sexual assault. Many participated in Youth as Facilitative Leaders (YFL) Training. They are currently preparing for a 3-on-3 Basketball tournament at the Oneida Family Carnival as a way of promoting of "Peace, Respect and Belonging." For

all meetings and planning sessions, the Wise Youth use the ToP Group Facilitation Methods of participatory consensus-based decision making. Over 20 youth regularly attended this past month. This process includes and weaves all voices into the outcome. At the end of one meeting recently, one Wise Youth was gazing at the Sticky Wall and said, "You know, I am starting to get this." She has really stepped up her initiative and leadership within the

group. Jacqueline Ninham, Oneida YES Advocate, Isabel Parker, Oneida Housing, and Beverly Scow, Wise Women Gathering Place, combine resources to support these youth and their initiatives. **Wise Youth meetings: Three Sisters Resource Center 4:00 – 5:30 Thursdays Food provided! Call 498-2011 or 490-0627 for more info.**

Ask the Herb Lady by Judy Vander Bloomen



I would like to start growing medicinal herbs, but where do I start?

Like vegetables, you could buy plants or seed to start yourself. If you have a lot of time, not a lot of money, a window with a southern exposure, and you want a lot of herbs now, buy seed. You need potting soil and containers, or seed flats, to put them in. Most herb seed is very small and will need to be started indoors. Even if you are careful, you will end up with a lot of tiny sprouting seeds. For this reason I do not recommend starting small herb seed out in your garden. It will usually dry out or be drowned out by weeds before it even sprouts. Be careful to water frequently.

Fill your flats with sterilized, organic potting soil. Water and let sit over night. Scatter your seed over the flat, or make furrows and place the seed in rows. Label everything! Scatter a thin layer of moistened potting soil over the seeds. Cover with clear plastic to keep moisture in until the seeds germinate. After the seedlings are 1/2 - 1" tall, carefully transplant them to larger containers with some kind of fertilizer mixed with the potting soil. After the plants have a strong root system, transplant them outside to your waiting, well-prepared garden soil.

As far as what to grow – that is up to you. Many herbs are considered both medicinal and culinary. There are some herbs that grow well in Wisconsin that I consider essential to have in my garden.

Annuals include:

Basil is easy to grow and there are many varieties. Pinch off the tips before it goes to seed or it will die. Medicinal uses include calming nerves and upset stomachs. It also tastes great and can be used for tomato dishes.

Chamomile comes in two different plants with common characteristics. German Chamomile is an annual that is most easily cultivated and self-seeds readily. Roman Chamomile is a taller plant that increases by runners or root divisions. Both make a tasty tea used for indigestion, earache, calming nerves and inflammation.

Feverfew is a hardy biennial, sometimes perennial, used famously for headaches. It has been traditionally used as a cough remedy, for difficult breathing and pain. It can be started from seed or cuttings.

Garlic has been documented as food and medicine since written records began. It requires a long growing season that is best planted on the fall, from Oct-Nov. In our climate, it winters over well when mulched and is harvested in July-Aug. It makes a great cough medicine and is an excellent aid to the immune system. The raw juice can be used as an antiseptic.

Yarrow grows wild in many pastures, but also makes a beautiful white flower in the garden. It's used for urinary problems, excessive menstruation and bronchial congestion. It is easy to grow from seed.

Bi-annuals and perennials that I can't be without include:

Comfrey is my favorite herb, but must be started from cuttings. Once established you will always have it, even if you think you have harvested the whole root. The root and leaves are used for treating wounds, burns and ulcers. It makes a mucilaginous tea that is very helpful for lung ailments (not to be used for long periods internally). Externally, it is used for broken bones, bruises and swellings.

Catnip is a small seed that grows into a big bush. It will keep growing for many years. If you have a cat, you need a catnip plant! The mild tea is also very useful for calming children and adults, and will soothe coughs and break a fever.

Echinacea make a beautiful pink coneflower and takes several years to grow a good-sized root. The root, leaves and flower are all used for the lymphatic system and the immune system. It will re-seed, with small plants popping up each year.

Peppermint has been used for centuries for nausea, digestion, muscle spasms and boosting mental awareness. It is a perennial that needs to be planted in a place where it won't overwhelm other places as it spreads quickly.

Thyme is popular as a culinary herb. Its medicinal uses are not only antiseptic, but also carminative and diuretic.

Wise Women Talking Circle

Oneida Community Education Center moving to WWGP

There will be a few changes in the upcoming months with the women's group. We will hold the next meeting at the CEC as usual, but our last weekly group, May 26th, will be held at WWGP. After that, we will meet every other week. The meetings for June are: 9th, 23rd and July 7th and 31st and August 4th and 18th. We will return to a weekly schedule starting September 1st. I hope everyone has a safe and fun summer. See you at the group.

Marlene on her retirement...

I really want to thank all of the people that I have come in contact with during my time working with WWGP. I can honestly say, I have worked in a lot of job positions and very satisfied with the employment I have had elsewhere. I couldn't be happier with the last 7 years working with Alice and Bev and my other co-workers. Like the saying goes "Icing on the Cake," working with WWGP just put the icing on the cake. Thank You Alice and Bev for a job that has given me fulfillment. What a way to retire.

Spring into our place for an Open House!

Visit our new office at 2482 Babcock Rd Green Bay, WI

June 5, 2009 10-2pm

Plant the seed of kindness and grow a garden of friends.

Stop in for lunch.

Help us celebrate the retirement of our Cultural Elder. Be present for a special tribute to Marlene Summers.

For those who know, Don't forget... Leave your piece to save your place

Call the WWGP office for more info 920-490-0627

"Mankind must put an end to war, or war will put an end to mankind.

War will exist until that distant day when the conscientious objector enjoys the same reputation and prestige that the warrior does today."

~John F. Kennedy



Discovering Relationships at ONES

Monday 6B

The class is working through the Discovery Dating process by evaluating what they know about a friend or family member. Some of the students believe they know very little about each other and have realized that is not necessarily the case. We will soon move onto learning about the red flags of relationships and how the Discovery Dating process can help them recognize those red flags.

Thursday 6A

Just like Monday's class, this class is also completing Discovery Dating diary and pyramid sheets on a friend or family member. It has been an eye-opening experience for these sixth graders as they learn what is important to know about a person when you are in any kind of a relationship with them.

Friday 8A & 8B

The 8th graders are nearing the end of learning how to use the Discovery Dating diary sheets and pyramids. In our last class session before Spring Break, several students completed theirs and spent the class time playing "The Game," a 40 Assets activity that highlights the importance of having boundaries and rules. Once the class has finished their sheets, we will work on safety and danger signs in relationships.

Influential Events

Women's Talking Circle

Oneida Community Education Cntr, Green Bay 2632 S. Packerland Dr. Every other Tuesday Evening 6-7pm

H.O.M.E Meetings

Contact Stacy Vandenput for locations 920-468-0242 www.countrymidwife.com Every 3rd Saturday of the month, 1-3pm

Wise Youth Group

Three Sisters, Green Bay 2801 W. Mason St. Every Thursday, 4-5pm

Oneida Domestic Violence CCR Prevention Committee

Oneida Police Dept, Oneida 2783 Freedom Rd / Cty Rd E Every 3rd Wednesday of the Month, 10:30-11:30am

Top Training – Group Facilitation Methods

Oneida Community Education Cntr, Green Bay 2632 S. Packerland Dr. May 7-8, 2009, 8-5pm

Wise Women Gathering Place Open House

WWGP Education Center 2486 Babcock Rd June 5, 2009, 10-2pm

Rock'n'Rest Station

Family Carnival Norbert Hill Center, Oneida N7210 Seminary Rd June 6-7, 2009, All Day

Rock'n'Rest Station

International Bayfest Leicht Park, Green Bay June 12-14, 2009, All Day

Rock'n'Rest Station

Oneida Nation Powwow Norbert Hill Center, Oneida N7210 Seminary Rd. July 3-5, 2009, All Day

Top Training – Strategic Planning

Oneida Community Education Center, Green Bay 2632 S. Packerland Dr. July 23-24, 2009 8-5pm

Discovery Dating Teacher Training

Oneida Community Education Cntr, Green Bay 2632 S. Packerland Dr. August 20-21, 2009, 8-4pm

Rock'n'Rest Station

ArtStreet Downtown Green Bay August 29-30, 2009, All Day

Top Training – Group Facilitation Methods

Oneida Community Education Cntr, Green Bay 2632 S. Packerland Dr. October 15-16, 2009, 8-5pm

Wise Women Gathering Place needs computers!

Do you have a computer to donate? We are looking for computers, more recent in age, for our office. In particular, we need a computer for graphic design and video production. All donations are tax-deductible. We can arrange to pick up any donations. Please call 920-490-0627 to help.

Peace Respect and Belonging by Beverly Scow

Primary Prevention is intended to prevent violence from ever happening in the first place, to create the conditions that heals, restores and reflects the peace that is within us all. The question is where is the beginning in the cycle of life that we need to start to prevent the violence: Is it before we parent our children, before we get married, before we date, before we go to school, before we are born, before we are conceived... Anywhere in this circle of life we experience violence, directly or indirectly. Either way we all are impacted by experiencing or witnessing violence. We are affected by the violence experienced by previous generations, as each generation/person finds their way of surviving and coping.

Primary Prevention is a very new approach to preventing violence. It is essential to continue to provide

(intervention) support for people when the harm occurs, essential to prevent through victim education and behavior change **(tertiary prevention)**, and essential to do our best to prevent it from happening again **(secondary prevention)**. All of these efforts are huge and play a role in the healing and growth towards a more peaceful existence. Primary prevention is another approach to help us get there.

Wise Women Gathering Place, with Oneida Domestic Violence through a NEW HOPE program funded by OVW, is providing community education, service provider trainings, and developing a community prevention plan. The community education events included Discovery Dating Classes 6th grade, 8th grade and High School at ONSS, ToP Group Facilitation Methods, Parenting

Classes, and community collaborative events. Some of these events include Peace Tree and Peace-ster Basket at Civic Center events, as well as partnering with the Wise Youth events. Service Provider trainings have included Discovery Dating, ToP Group Facilitation Methods, Second STEP, Restorative Justice, Bully Prevention, and Non-Violent Communication.

As the Prevention Committee of the Oneida Coordinated Community Response (CCR) Team, we have completed a progress report assessing our efforts the past 5 years and are ready to help develop a community prevention plan. We invite you to participate in designing and developing this. Please contact Wise Women Gathering Place with your contact information and watch for events posted "Peace, Respect and Belonging".

Wise Women Gathering Place Wish List

If you have an item or service to donate, please contact our office at 920-490-0627. We can arrange drop-off or pick up of items. All donations are TAX-DEDUCTIBLE!

- 1 – Furniture: For our transitional housing for survivors of domestic abuse.
- 2 – Magazines and Craft items: For our programs
- 3 – Baby care items: For our Rock'n'Rest supplies and for the transitional housing.
- 4 – Snacks: For our Women's Talking Circle Group, Wise Youth and at other activities.
- 5- Volunteers! We are always looking for people to help us out on our various projects.**



**Better than a thousand hollow words is one word that brings peace.
-- Buddha**

Members of the Wise Youth Group demonstrate that these hands are committed to Peace, Respect and Belonging.

Healthy Relationships: How Can You Help?

Reach Out For the Help You Need...

Back in 2001, ONHS staff contacted WWGP to work with students to help find ways for them to build their lives into successful futures. It was first decided that it was most important to understand what it means to have a "healthy relationship". In direct response to this, WWGP developed, received funding for, and implemented the Community-Based Abstinence Culture (C-BAC) program based on Discovery Dating©. For 5 years we worked with 8th graders in

two communities to help them find out their goals, values and what they wanted in relationships. In our "Survey Results" (see article past issue), C-BAC students demonstrated a difference in behavior and attitudes. If you have an idea or think WWGP can help, ask us – we may be able to.

Participate Where Ever You Can...

WWGP has been working in the community since 1992. WWGP offers many opportunities for participation. We need volunteers for: our web site; our library; media development; photo and document organization; Rock N

Rest Station; fund-raiser events. We warmly welcome your help.

Wise Women Gathering Place is thankful to the people of Oneida and Menominee communities for all the ways that you support healthy relationships in our communities.

Financial Support...

WWGP is a 501(c) 3 organization. All financial contributions or donation of goods or services made to WWGP is 100% tax deductible. Every dollar that is contributed to our efforts, whether from a grant or a donation is appreciated and used

Thank you to our Donors!

- Oneida Nation of Wisconsin
 James McGinnity
 Therese Barry-Tanner
 Erlinda & Patrick Leh
 Robert & Gail Limoni
 Timothy & Colleen Sauer
 SisterSong
 Stacie Kaminiski
 Bob & Bonnie Kaftan
 Suzetter Pfeifer
 Karie Radtke
 Colleen Remley
 Janet Quinn
 Robert & Mary Smith
 Frederica Krautkramer
 Joan Turner

for the good work that we do. The most heartwarming contributions come from the people who live in our community. Every time someone comes in or mails in a check (no matter what the amount); we feel a special energy that helps us to carry on. Thanks.

**Wise Women
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FIND US ON FACEBOOK!

*Peace on Earth
Begins at Birth!*

*We support
Peace, Respect &
Belonging*

Wise Women Gathering Place Affiliations

- Sistersong Women of Color Collective
- American Indians Against Abuse
- Minority Health Disparities in Birth Outcomes
- Adolescent Parenting Coalition (APC)
- APC Adolescent Pregnancy Prevention Committee
- Governor's Council on Domestic Violence Prevention
- Native American Suicide & Youth Leadership Conference
- DELTA Primary Prevention of Domestic Violence State Initiative
- Oneida Domestic Violence Community Coordinated Response Team
- Menominee AODA Cadre

What We Stand For

- We believe in family-centered birth for all babies
- We believe that every woman is a midwife and every woman has the right to midwifery care during her childbearing time.
- We believe in informed choice of all the known risks and benefits, in all health related options.
- We believe that the safest and most appropriate care for normal birth is the least intervening care combined with skilled midwifery and watchful professional assistance when necessary.
- We believe that good health begins with successful breast-feeding.
- We believe that good health is preserved by healthy relationship of family members and community members.