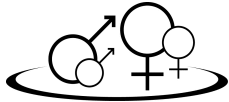




Wise Women Gathering Place (920) 490-0627

Spring 2009 Volume 4, Issue 1



2482 Babcock Rd Green Bay, WI 54313
 wisewomengp.org * discoverydating.com
 Alice Skenandore, Executive Director
 Beverly Scow, Assistant Director
 Marlene Summers, Cultural Elder
 Elizabeth Sauer Pries, Educator/Advocate
 Judy Vander Bloomen, Admin Assistant
 Yonakwala Scow, Emergency Temp

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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.

WWGP's First-ever Annual Donation Campaign

Thank you to those who already donated!

This past December, Wise Women Gathering Place sent over 4000 letters to past and current partners and participants, funding organizations and casinos for our first Annual Donation Campaign. The six-page letter introduced WWGP and explained our programs and needs. As a result, over \$1000 have been donated.

The letters took the combined effort of all our staff and a few family members who volunteered their time to fold, stuff and address envelopes. WWGP also hired Aspiro to help prepare the envelopes for mailing.

 In these trying economic times, it is even more essential to instill **hope and change**

through effective prevention efforts. These efforts divert choices that create long term costs to our communities to choices that help build success for our communities. The public, social and economic burdens of these issues contain a high price tag for all of us and will affect us far into the future, with increased poverty, health problems and criminal behaviors. Together, we can prevent this.

WWGP continues to seek funding from Federal, State and local sources, but, it is increasingly necessary to turn to the people of the community for financial support. The cost of providing full programming which includes the individual, key relationships, community and societal influences is about



\$3,000.00 per person. This is the ideal for social change towards a community of wellness. A contribution of \$39.95 will provide a Discovery Dating Kit for a person to have as a resource years after participating in our program. A contribution of \$350 will provide a Teachers kit will reach a classroom of youth.

Your tax deductible donation provides valuable support towards accomplishing this work. We value your skills, your products, and your time. We would like your ideas and as well. You have a **piece of the puzzle** to help create a healthier world. Please join us in connecting the pieces and solving this puzzle.

NEW HOPE Project in Transitional Housing

The NEW HOPE Transitional Living Program (TLP) is a supportive living program for women and children whose lives have been affected by domestic violence. It is a program for victims/survivors who have a need for a time limited residence in order to facilitate their transition to independent living. It is intended that this temporary support will serve families who will benefit from structure, guidelines, and programs designed to facilitate independent living. **It is not intended to be a "safe house", secured shelter, or a long term housing option.** The program will provide women and their families with the opportunity to work towards achieving long term goals, including recovery from

violence, building financial stability, developing education plans, improve, and careers, by giving them the opportunity to make connections with the appropriate community agencies to address each individual need. The program also provides support groups and advocacy for both women and children. **Participants must be out of immediate danger to be eligible.**

The Transitional Living Program empowers survivors of domestic violence to become independent and self-sufficient and work toward establishment of a healthy, peaceful environment for themselves and their children.

Eligibility Determination

One family member must be an enrolled member, eligible to be enrolled, or known descendant of a Native American Tribe.

Must be referred from Oneida Domestic Violence Program or from Wise Women Gathering Place.

Must not have appropriate housing resources (ie. Relatives with room, friends with room, existing residence)

Must be engaged in services of Oneida Domestic Violence or Wise Women Gathering Place for prior 3-6 months.

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Do You Know Where Your Kids Are?

From Search Institute, 40 Developmental Assets

According to Search Institute, kids with parents who set clear rules and consequences and monitor their whereabouts have one of forty developmental assets that help them grow up healthy, caring and responsible. The more assets young people have, the more successful they are likely to become.

Here are some ways to build asset #11: Family Boundaries:

- Leave a name & number when you go out
- Ask your children to do the same
- Call youth who are home alone
- Find out if parents are supervising parties your kids attend
- Make your home inviting to your kids & their friends



Staff Updates

Alice Skenandore – Executive Director

Alice took a four month leave of absence. During this time, she saw the second of her sons get married.

Beverly Scow – Assistant Director

Bev is busy as ever in the office in addition to trying out Zumba classes and looking forward to a kayaking trip to the Apostle Islands.

Marlene Summers – Cultural Elder

Turning 62 in February, Marlene decided to retire. Her

last day will be at the end of April, however, Marlene will still be around volunteering and leading the Women’s Talking Circle.

Connie Rasmussen – Educator/Advocate

Health problems had Connie on medical leave for several months. After some time, she decided to move on to other things. We wish her well on her future.

Elizabeth Sauer Pries – Educator/Advocate

Elizabeth and her family welcomed second daughter Elodie Brigit on November 2nd. Big sister

Annika is tickled pink to have a little sister.

Judy Vander Bloomen – Administrative Assistant

Judy and her husband also expanded their family with the addition of a second dog. Both of their dogs love terrorizing the family cats.

Anne Gretz – Intern

Anne joined Wise Women Gathering Place in January as an intern from UW-Green Bay. She is helping Elizabeth in the classroom and Bev with various projects.

Discovery Parenting Group

- Are you interested in learning & sharing about successful parenting and family living?
- Wise Women Gathering Place in collaboration with Johnson O’Malley Parent Committee will host separate programs for children & adults.
- Childcare & meals will be provided.

2nd Thursday of every month

Registration required

5:00 – 7:00pm Oneida Nation Elementary School Cafeteria

Meal provided

Childcare for infants & toddlers provided

Parents - Outline for 2009

March 12 Allowance/6 Critical Life Messages/Mealtime

April 9 Teach your children to be problem solvers

May 14 Jail/Sexuality/Parents gift to Parents

June 11 Peace and Respect for the Community—

Sharing what we know with others.

Youth Activities – small gym

Activities for youth 6-15yrs to build empathy, calm down skills, and problem solving skills. After meal time 5:30 – 7:00 pm.

Wise Youth Group

Beginning this fall, Wise Women Gathering Place started a youth group specifically for teens looking for a healthy opportunity to prevent teen dating violence and sexual assault in our communities. The Wise

Youth group meets every Thursday at the Three Sisters Building in Green Bay, WI at 4pm. Pizza is provided for each meeting. The teens plan their own prevention activities. In October, the teens planned and hosted a dance at the

Oneida Social Services Building. They are currently planning a sobriety event for this spring.

Meetings Every Thursday at 4pm at the Three Sisters Bldg, 2801 W. Mason St. Green Bay, WI

Wise Women Gathering Place Affiliations

- Sistersong Women of Color Collective
- Menominee AODA Cadre
- 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
- American Indians Against Abuse
- Minority Health Disparities in Birth Outcomes

Wise Women Talking Circle BY A YOUNG WISE WOMAN

Every Tues. 6pm at Oneida Community Education Center

Hearing about this circle, I first assumed it would be boring and no interest to me. Figuring it would be nothing but older women talking of marriage mistakes and how alcohol has affected their way, and now finding ways to stay away from negative things in life. I didn't feel there was anything in it for me. After constant reminders from my mother, I decided to go...probably to get my mother off my back. Realizing we had to give our opinion on different questions, I was somewhat skeptical of people I didn't know and never met, judging me and what I said, but I talked, vaguely. Surprisingly, no one laughed, frowned or asked why I feel the way I do, they just listened and nodded. And so it went around the table as each woman told her opinion on the topic. It wasn't about marriage, alcohol or "don't do this" and "don't do that." While talking I realized the age difference between us all. Yet, everybody understood one another's

story...young, old and in between.

And the next topic, it continued. What really surprised me, was an older woman explained a problem she had...I was going through the same thing. And she felt exactly the way I did about the situation. I was so shocked, I barely met her, but we already had so much in common. I couldn't believe much older women deal with problems just as young women, even now. By the looks of the women there, I would've never guessed they had as much drama as me, kind of encouraging in a way.

Now, this circle has become a stress reliever to me. When I go back home, school or work, I feel so much better knowing other women are dealing with the same things and hurt and feel the same way I do. Different problems I've had, I've learned better and different ways to handle them. When I come across different confrontations or



Halloween fun with the Wise Women Talking Circle, 2008

misunderstandings whether at school, work, family or friends, I am able to speak up and with more confidence, because I know there's truth and strength behind what I say. Our motto for the circle is "Life is best when learned backwards," because if we knew then, what we know now, we would've never done that. I feel at this circle, I'm learning now, what I need to know for the future. I appreciate this circle for opening my mind to other options

and for not judging me on my experiences or opinions or feelings. This has also allowed me to be more honest to myself and other people. I know that what I say at circle stays at that circle. I like when I speak about a personal problem I don't need to give every little detail or say names, if I don't want to. My business is my business, but I still get feedback on them. I haven't missed a Talking Circle since.

Ask Judy's Herbs BY JUDY VANDER BLOOMEN

My daughter, age 5, suffers from spring allergies. What herbs would be helpful for her?

There are many reasons why we suffer from allergies. Almost any substance can cause an allergy but the most common are: foods, molds, dust, pollen, insect bites, chemicals, even food additives. We will keep it simple and address the issue as hay fever, which can be caused by dust, pollen, and animal dander. It means your daughter's immune system has gone haywire with symptoms that include itchy eyes, watery discharges from the nose and eyes, sneezing and nervous irritability.

The main herb that is used for these symptoms is "stinging" nettle. It contains trace amounts of histamine, which is the substance that triggers allergies. When you take these trace amounts of histamine, your body builds up its immunity to the

substance through its own natural antihistamine. Nettle tastes good as a tea. Just pour 1c. of boiling water onto 1-3 tsps of dried or twice that amount of fresh nettle tops. Fresh, young nettle leaves are delicious steamed or lightly cooked, or in stews. (They taste better than spinach!) Cooking takes away the sting. Just be sure to wear gloves when you pick it. It is also available in capsules. Use the recommended dosage for children, or 1/2 cup of the tea morning and evening. Sweeten with honey if desired. Local honey also has local pollen, which can help the antihistamine affect. Be sure not to give honey to children under the age of 2. If possible, have your daughter start taking nettle one month before allergy season begins to help develop immunity to the offending pollen.

If your daughter's mucous membranes in her bronchial passages are inflamed, you might want to try goldenrod. It relieves

inflammation of the air passages and also helps to soothe mucous membranes that have been irritated by coughing and sneezing. It works best as a tea. Use 2 tsps dried flowering tops, or twice that amount of fresh herb. Cover and steep for 10-15 minutes and strain. For your daughter, use 1/4 cup of tea 3 times per day.

Another popular herb for these symptoms, and especially for children, is chamomile. Recent research suggests that chamomile acts as a natural antihistamine.* If your daughter is allergic to pollen, chamomile tea may help desensitize and immunize her for the allergy season. It can also be used for asthma and eczema. Chamomile makes a great-tasting tea that most children love when a little honey is added. Use 2 tsps of dried herb flowers to 1c. of boiling water and let steep for at least 10 minutes, covered. She can drink 1/2 cup twice a day. Children who are sensitive to ragweed may also be sensitive to chamomile, and if

so start with just 1 tablespoon of tea at a time and work up to 1/2 cup, twice a day. Stop if you notice any adverse reaction.

Another herb that works well for hay fever or sinusitis is elderberry when in the flower stage. Elderflower helps lower the reactivity of mucous membranes to allergens. This tasty herb works gently and is therefore especially useful for children. Use 1/2 tbs of the dried blossoms, or twice that amount of fresh, to 1c. of boiling water and steep for 15-20 minutes, covered. You can also add peppermint for a very pleasant-tasting, effective tea. Hot elderflower tea makes a wonderful remedy for the onset of upper respiratory infections such as colds, flu, sore throat, and fever. This tea has a history as a soothing relaxant, and a hot infusion at night will help induce a restful sleep for restless children.

For more info: **The Women's Book of Healing Herbs &**
www.uspharmacist.com/oldformat

Births to Teens in Wisconsin 2007

6320 Births to moms under 20 years of age in WI – In 2006 it was 2100

Teen birth Rate (per 1000), for ages 15-19 in Wisconsin 32.0, up from 30.6 in 2006

Among white teens - 19.3

Native teens - 99.2

Hispanic teens - 100.8

African American teens - 97.6

Total Births to teens under 18 - 1954

159 teen moms in Wisconsin gave birth to their second, third or fourth child in 2007

99 births to teens under 18 in Brown County

41 births to teens under 18 in Outagamie County

73 Births to white teens in Brown County

5 births to African American teens

21 births to teens of other ethnicities

4 births to teens in De Pere, WI

78 births to teens in Green Bay, WI

28 Births to white teens in Outagamie County

13 Births to teens of other ethnicities

30 Births to teens in Appleton, WI

Teen Pregnancy Prevention That Works!!

WWGP was given information from an Indian Health Clinic, which tracked 157 C-BAC students in their community (age 13 – 19) who, as of June 2007, have 5 pregnancies reported and 136 Non C-BAC students (same age 13 – 19, same community) who, as of June 2007, have 32 pregnancies reported.



Discovering Relationships at ONES

For the seventh year in a row, Wise Women Gathering Place is providing Healthy Relationships programming at Oneida Nation Elementary School. This year, the "Discovery Classes" are working with the 6th and 8th grades once a week for second semester.

The 6th grade classes are learning Discovery Dating through activities that have been adapted to their grade level. The healthy relationship skills are geared toward friendships rather than romantic relationships. The activities

focus on becoming familiar with just how much information you need to know about a person before you truly know their character.

The 8th grade class received Discover Dating workbooks. They are learning Discovery Dating in it's full format, with a discussion of romantic relationships in addition to their friendships and other relationships.

WWGP worked with the 6th and 8th graders last year in a similar class, although the 6th graders

spent time learning about the effects of bullying as well.

For the 2007-2008 school year, WWGP taught the Responsible Living class at the Oneida Nation High School. The class was scheduled for the 2008-2009 school year, but unforeseen circumstances caused the class to be cancelled.

Both the middle school and high school classes are currently planned to occur next school year as well.

Upcoming Events with WWGP

Women's Talking Circle
Oneida Community Education Center, Green Bay
2632 S. Packerland Dr.
Every Tuesday Evening 6-7pm

H.O.M.E Meetings
Contact Stacy Vanden Put for locations
www.countrymidwife.com
Every 3rd Saturday of the month, 1-3pm

Discovery Parenting Group
Oneida Nation Elementary School, Oneida
N7125 Seminary Rd
Every 2nd Thursday of the month, 5:30-6:30pm

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

Women of Influence
March 2009
Date & Location TBD

Discovery Dating Teacher Training
Wise Women Gathering Place Office, Green Bay
2482 Babcock Rd
March 26-27, 2009, 8-5pm

Adolescents & Families Conference
Hayward, WI
April 22-24, 2009

All About Me
Green Bay Community Church
600 Cardinal Ln, Howard, WI
April 22, 2009, 8-4pm

Top Training – Group Facilitation Methods
Oneida Community Education Center, Green Bay
2632 S. Packerland Dr.
May 7-8, 2009, 8-5pm

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 Center, Green Bay
2632 S. Packerland Dr.
August 13-14, 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 Center, Green Bay
2632 S. Packerland Dr.
October 15-16, 2009, 8-5pm

Where'd They Go?

Let's face it, Wise Women Gathering Place outgrew our office space a long time ago. WWGP looked for a new office space for a very long time. We even considered buying Jo's Log Cabin and moving in there. Then, we got lucky. The Magic Mirror salon located just a few doors down from us moved to a new location on Packerland Dr. Before the landlord could post a "For Rent" sign, we swooped in and signed a new lease.

Our new office provides us with twice the space we had previously with 1500 square

feet. This space gives us the opportunity to have our entire resource library in one location, with most of the books on the built-in shelves. Each staff member got more workspace and, thanks to Alice, we each have been given our own plant for our area of the office.

Not to confuse those we work with, WWGP is still located in the Babcock Center on the corner of Babcock Rd and Hwy 172. Rather than being the end store, we are now two doors down, next to Village Liquor.

The move occurred last June with all staff and several family volunteers pitching in to shift stuff from office to office. During this time, Wise Women remained open for regular business, which made things a little hectic between classes, trainings, meetings and Rock'n'Rest Stations.

As always, the move was another effort to provide the best service and assistance to our friends and clients. Stop by and re-introduce yourself to the Wise Women.

**New address:
2482 Babcock Rd.**



Restorative Justice From restorativejustice.org

Restorative justice is a theory of justice that emphasizes repairing the harm caused or revealed by criminal behavior. It is best accomplished through cooperative processes that include all stakeholders.

Practices and programs reflecting restorative purposes will respond to crime by:

- 1. identifying and taking steps to repair harm,
- 2. involving all stakeholders, and
- 3. transforming the traditional relationship between communities and their

governments in responding to crime.

Three principles form the foundation for restorative justice:

- 1. Justice requires that we work to restore those who have been injured.
- 2. Those most directly involved and affected by crime should have the opportunity to participate fully in the response if they wish.
- 3. Government's role is to preserve a just public order, and the community's is to build and maintain a just peace.

Restorative programs are characterized by four key values:

- 1. **Encounter:** Create opportunities for victims, offenders and community members who want to do so to meet to discuss the crime and its aftermath
- 2. **Amends:** Expect offenders to take steps to repair the harm they have caused
- 3. **Reintegration:** Seek to restore victims and offenders to whole, contributing members of society
- 4. **Inclusion:** Provide opportunities for parties with a stake in a specific crime to participate in its resolution

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 and participants at other trainings and meetings.

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), 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

contribution 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 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
Gathering Place**
2482 Babcock Rd
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E-mail
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Websites
wisewomengp.org
discoverydating.com

FIND US ON FACEBOOK!

*Peace on Earth
Begins at Birth!*

*We support
Peace, Respect &
Belonging*

Welcome to Wise Women Gathering Place

Wise Women Gathering Place provides a safe place for people to access resources and information about childbirth, alternative holistic health methods, and other family life challenges.

Our resource center houses

many books, videos, audio tapes, Internet access, anatomical models, microscope and other equipment. These resources allow members to research, monitor and manage their own health care. Informed choice is a cornerstone for Wise

Women Gathering Place in all aspects.

Wise Women Gathering Place is staffed by experienced midwives who can assist members in their research as well as helping to clarify the materials for greater understanding.

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.