

# The Good News

Wise Women Gathering Place

March 2008

ASK THE HERB LADY WAS A COLUMN IN THE HEALTHY THOUGHTS NEWSLETTER UNTIL RECENTLY. IT WAS WRITTEN BY THE OWNER OF JUDY'S HERBS, JUDY VANDER BLOOMEN. JUDY NOW WORKS FOR WWGP AND HAS AGREED TO BRING HER COLUMN BACK TO LIFE FOR OUR NEWSLETTER. IF YOU HAVE QUESTIONS ABOUT HERBAL MEDICINES, PLEASE EMAIL JUDY AT [JUDYVAN@NEW.RR.COM](mailto:JUDYVAN@NEW.RR.COM). YOUR QUESTION MAY APPEAR IN THE NEXT ISSUE OF THE GOOD NEWS.

## Ask the Herb Lady

*Your questions about herbal medicines answered*

### Judy Vander Bloomen

Judy's Herbs & Wise Women Gathering Place

Question: What herbs are safe to use in pregnancy? I heard that some herbs help and some are dangerous.

**Answer:** Pregnant women should avoid hormone-influencing herbs that may stimulate the menstrual cycle. This includes herbs that contain strong alkaloids such as goldenseal and blue cohosh (except during the last two weeks). Herbs that cause strong bowel evacuation such as senna should be avoided as this may cause uterine contractions. Herbs on the "No" list that may, in large amounts, cause contractions of the

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## Results of "Abstinence Class" Final Survey

*What did MTS and ONES students have to say?*

### Elizabeth Sauer Pries & Dr. Janet Hagen

Wise Women Gathering Place and UW - Oshkosh

In 2007, the federal grant that provided WWGP with the funds to run the Community-Based Abstinence Culture program (CBAC) or the "Abstinence Class" as it was called by the students, ended. The program ran for five years at the Menominee Tribal School and Oneida Nation Elementary School. WWGP surveyed students from all five years of the program to determine how the class impacted our participants.

### Menominee Final Survey

On the Menominee Reservation, the survey took place in May 2007 and was held at the Menominee Tribal School (to survey the eighth grade students who had just completed the program) and at Menominee Indian High School. At MIHS, WWGP received permission from the Menominee Indian School Board to survey all of the students, including those who did not have the CBAC program. WWGP surveyed 195 students, 63 were CBAC graduates and 132 were not.



The students were given two surveys to complete, a confidential survey, in which a code number could be tracked to the individual student, and an anonymous survey, where no identifying information was collected.

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*Don't lose touch with your capacity to love; in fact, nurture it, for you will find that it is something that can grow. Let yourself need people and let them need you.*

*- Elizabeth Drew*

uterus (for example, amounts larger than you would use as a sprinkling of spice) include: feverfew, calendula, nutmeg, sage and juniper. More uncommon herbs on the "No" list include rue, bearberry, pennyroyal, wormwood, mugwort, tansy, cotton root, thuja, and bethroot. If in doubt, consult an Herbalist; or consult one of the many wonderful Herb books such as *The Healing Herbs* by Michael Castleman, or the classic two-volume *A Modern Herbal*, by Maude Grieve.

One herb that has been used for generations in a healthy pregnancy is raspberry leaf. Raspberry contains minerals that help prepare the uterus for labor and help relieve morning sickness. Here's a recipe for Pregnancy Tea that contains vitamins and minerals, soothes nerves, and tastes great:



- 8 tablespoons raspberry leaf
- 8 tablespoons stinging nettle leaf
- 4 tablespoons oatstraw
- 2 tablespoons lemon balm
- 2 tablespoons rose hips
- 2 tablespoons spearmint leaf

Combine the herbs and store in an airtight container. To prepare tea, add 4 tablespoons of the blend to a quart jar, then fill with boiling water. Cover and steep for at least 30 minutes. Strain and sweeten with honey, if desired. Everyone in the family will enjoy this tea! This recipe is from *The Woman's Book of Healing Herbs*, by Sari Harrar and Sara Altshul O'Donnell.

It's also a good idea to avoid caffeine, smoking, and alcohol. Over-the-counter drugs such as painkillers and hay fever preparations should be used with caution, especially during the first three months. Prescription drugs should be closely monitored by a physician.

Herbal remedies are for the most part quite safe in pregnancy, except as noted and have been used throughout history.

*The true test of character is not how much we know how to do, but how we behave when we don't know what to do.*

*-John Holt*

**REMINDER:**

Every Tuesday the WWGP Women's Group Talking Circle meets at the Oneida Community Education Center on Packerland at 6pm. (Hiccups happen every once in a while, so make sure to call ahead if you missed the previous Talking Circle.) The group is open to all women. The CEC does have a babysitting room, so you may bring children along. For more information, contact Marlene Summers at 920-490-0627.

**SEE YOU THERE!**

**Women: There's Power in Numbers**

**By Marlene Summers**

Cultural Elder, Wise Women Gathering Place

The WWGP Women's Group Talking Circle is held in the back conference room at the Oneida CEC, 2632 S. Packerland in Green Bay.

Come and join us, we share things about a healthy lifestyle. A whole way of looking at women's issues in regard to relationships, children, our jobs and a overall wellness. We do fun activities and talking circles, we have aromatherapy nights, once a month potlucks. Come and share a good cup of hot herbal tea and bring a friend and have a healthy night out with women of all ages.

The Community Education Center has a child play room, although you will still be responsible for monitoring your children. We are looking for a volunteer to help babysit any young children who may join their mothers at the Talking Circle.

*Even the most refined food won't taste good in bad company. But with friends, even the simplest meal tastes good.*

*...Eating and sharing food together contributes to our feelings of happiness. It's strange that we so easily lose sight of these obvious things.*

*-Herve This, Culinary Expert*



## Native DREAMS Summer Camp

Sign-up for WWGP's annual Native DREAMS Summer Camp at UW-Green Bay has begun early this year! Posters are already up at the Oneida Nation High School and application packets are available in the school office. Applications can also be picked up at the Wise Women office. Camp will be held from July 20 to August 1, 2008. The video theme this year is anti-violence. We are pleased to welcome Reuben Langdon, an actor and stuntman, as one of the instructors at camp this year. Field trips to TLC Ropes Course, Joannes Water Park, Bay Beach, WBAY tv studio and other locations are all part of the camp experience. Call 920-490-0627 for more information.

*Somebody's boring me; I think it's me.  
-Dylan Thomas*

## CALENDAR OF EVENTS

### WOMEN'S TALKING CIRCLE

ONEIDA COMMUNITY EDUCATION CENTER, GREEN BAY  
EVERY TUESDAY EVENING, 6 PM TO 7:30 PM

### STICKS'N'STONES BULLY PREVENTION TRAINING

ONEIDA COMMUNITY EDUCATION CENTER, GREEN BAY  
FEB. 22, 2008 AND MARCH 28, 8 AM TO 12 NOON

### COMMUNITY ANTI-BULLYING CORPS

WISE WOMEN GATHERING PLACE OFFICE, GREEN BAY  
MARCH 4, 2008, 2:30 PM TO 5 PM

### ONEIDA DOMESTIC VIOLENCE COMMUNITY COORDINATED RESPONSE PREVENTION COMMITTEE

ONEIDA POLICE DEPARTMENT, ONEIDA  
EVERY 3<sup>RD</sup> WEDNESDAY OF THE MONTH, 10:30-11:30 AM

### ENTERING WOMANHOOD DISCUSSION

ONEIDA NATION ELEMENTARY SCHOOL, ONEIDA  
MARCH 19, 2008 5 PM

### TOP: GROUP FACILITATION METHODS

ONEIDA SOCIAL SERVICES BUILDING, GREEN BAY  
MARCH 24-25, 2008, 8:30 AM TO 4:30 PM

### ALICE IN SEXUAL ASSAULT LAND PERFORMANCE

ONHS & MIHS, ONEIDA AND KESHENA  
MARCH 27, 2008

### ALL ABOUT ME TEEN PARENT CONFERENCE

APRIL 24, 2008 CONTACT REVA SHAW FOR MORE INFO.

### TOP: PARTICIPATORY STRATEGIC PLANNING

ONEIDA SOCIAL SERVICES BUILDING, GREEN BAY  
MAY 12-13, 2008, 8:30 AM TO 4:30 PM

## Oneida Final Survey

On the Oneida Reservation, the survey took place in November 2007 and was held entirely at Oneida Nation High School. WWGP received permission from the Oneida School Board to survey all of the ONHS students. On the day of the survey, 77 students were surveyed. Of those, 56 were CBAC graduates and 21 did not have the program. The ONHS students were given three surveys, the same confidential and anonymous surveys the MIHS students took, and the "New Hope" survey, which gathered information for WWGP's new grant and functioned as a pretest for the new WWGP youth programs.

## And the Survey Says...

Reporting the entire results of the survey would take much more room than is available in this newsletter. A sample of those results is below.

*Have you ever had sexual intercourse?*

	<u>Yes</u>	<u>No</u>
MOCBAC	62.1%	37.8%
MONON	76.9%	20.3%

THE FOLLOWING QUESTIONS WERE ASKED ONLY OF THOSE WHO REPORTED THEY WERE OR HAD BEEN SEXUALLY ACTIVE.

*The first time you had sex, how did it happen?*

Both Menominee and Oneida CBAC graduates reported that they were less likely to be talked into sex than the non-CBAC students.

*Pregnancy prevention method during last sexual encounter*

The students could select from a number of pregnancy prevention methods. One of the many strikes against abstinence-only education is that the programs don't teach "safe" sex methods. CBAC students indicated they used birth control pills and condoms at a higher rate than non-CBAC students.

*How do you feel about starting to have sex?*

More CBAC students selected "I wish I would have waited" and "In some ways I wish I waited and in others I'm glad I started" than the students who did not have the program. Of all students, CBAC and non-CBAC, 70% of students had some regrets about becoming sexually active.

*For more results, please contact the WWGP Office at 920-490-0627.*

## HOW MUCH DO YOU BELIEVE IN THE NEED TO HAVE HEALTHY RELATIONSHIPS?

### A LOT?

Several years ago, teachers from Oneida Nation High School asked for assistance in the education of their students. The teens wanted to have healthy, stable families one day but they did not understand what a healthy relationship was. From this the Community-Based Abstinence Culture Program was born. Our final survey shows that we have created a change in the way teens have relationships with their friends, family, teachers and boy/girlfriends.

### A LITTLE?

Over the years, WWGP became aware of other needs in our community, such as how much violence surrounds us. A new vision was born, and we have now partnered with Oneida Social Services to help them meet the needs of the community. We are making arrangements with the Wisconsin Dept. of Corrections to bring our programs to their female inmates. But we want to provide so much more.

### NOT AT ALL?

Help us keep teaching the wise way to make healthy choices to have healthy relationships. Send donations of funds to help us reach more people. Call 920-490-0627 to support Healthy Relationship Development.

### HISTORY 106: RESPONSIBLE LIVING

Q: What is the History 106: Responsible Living Class?

A: It is a new class at Oneida Nation High School that is being taught by Wise Women Gathering Place, courtesy of the NEW HOPE grant through Oneida Social Services. We currently have 11 students enrolled in the class.

Q: What is the class about?

A: The class is focusing on a continuation of Discovery Dating© and Healthy Relationships while adding in more information on Self-Sufficiency, Decision Making Skills and peaceful communication skills.

Q: What are some of the strengths of this class?

A: The class topics keep the concepts learned in the CBAC "Abstinence" class at Oneida Nation Elementary school in the minds of those students who participated in that class. It also introduces the concepts to students who did not have the class.

## Wise Women Gathering Place Wish List

*We need stuff – Do you have stuff?*

Like most nonprofit organizations, WWGP's income is limited, mostly to grants. Those grants limit what the funding can be spent on, so we seem to always be in need of stuff. If you have something to donate, please contact the Wise Women Gathering Place Office at 920-490-0627. We can arrange to pick up items if need be. All donations are TAX-DEDUCTIBLE!

1 – Furniture: WWGP and Oneida Social Services are creating a transitional living space for victims of domestic abuse. We need beds, dressers, tables, chairs, and other items for families including toys.

2 – Magazines: We use old magazines in all of our youth/teen classes & we need as many as you can donate.

3 – Baby care items: These items will go in our Rock'n'Rest supplies and for the transitional housing. We're looking for diapers, bottles, wipes, creams, pacifiers, etc.

4 – Snacks: We host a Women's Talking Circle at the Oneida Community Education Center on Tuesdays, but we don't have a budget for snacks.

5 – Craft items: These are also used in all of our programs, classes and groups.

Q: What are some of the weaknesses of the class?

A: The class is only available to the students at Oneida Nation High School currently. The students in the class were selected by the school to be in it, however, we are hoping to provide the class as an elective for those who want to take this class in the future.

Q: What are the anticipated outcomes of this class?

A: WWGP expects that the students will have a better and deeper understanding of healthy relationships and the key concepts of Discovery Dating©. After a class discussion, the students said they want to learn more about self-sufficiency skills, such as how to find a job, how to pay bills and how to check out colleges. We are planning to add these topics to our class plans. Our hope is that students will see how the choices they make influences the direction of their lives. Healthy choices will make their lives be the way the students want them to be. Unhealthy choices will lead to situations the students don't want to be in. A positive outlook and lifestyle will make the difference in the path of their lives.

