

# The Good News

Wise Women Gathering Place

Winter 2007/2008

## Bringing NEW HOPE to Oneida

### Primary Prevention of Domestic Violence in Oneida

In October, Oneida Social Services received a Rural Domestic Violence, Dating Violence, Sexual Assault, Stalking and Child Abuse Enforcement Assistance grant from the US Department of Justice, Office of Violence Against Women. Oneida Social Services collaborated with Wise Women Gathering Place (WWGP) for this NEW HOPE program.

“NEW HOPE” is an acronym for “Native Empowered Women with Healthy Opportunities for Personal Expression”. The two-year grant provides for Intimate Partner Violence prevention. A significant portion of the funds are contracted to WWGP for services. WWGP proposes to conduct Oneida Nation High School classes for credit on wise choices, healthy relationships and responsible living. We are looking forward to be able reach younger students at Oneida Nation Elementary School with Discovery Dating, as requested by parents and teachers.

The objective of increasing the safety and well-being of women and children in our rural communities by dealing directly and immediately with domestic violence, sexual assault, dating violence and stalking.

Our goal for this grant is to change social norms through a community-based approach to reduce domestic violence harms by prevention activities at all levels of our social ecology (individual, relational, communal and societal) with the Oneida Community.

Some of the planned projects include:

- Transitional Housing for families of IPV
- “Sk^na Sister” - facilitate personal goal-setting process for a life plan, including financial, education, parenting & housing for residents of Transitional Housing Units
- NEW HOPE circle - support and learning group
- Bullying prevention and expressing emotions programs for Pre-K to Middle School
- Kids are Worth it parenting classes
- Alice in Sexual Assault Land Theater Presentations
- Discovery Dating Teacher Training
- ToP Facilitation Training to provide a participatory consensus based decisionmaking process.

Keep an eye out for our future programs and let us know how we can help you.

***You are the Michelangelo of your life. The David you are sculpting is you.***

## Oneida High School Class

At the request of teachers, parents and students of the Oneida Nation Schools, Wise Women Gathering Place is planning to offer a class on making wise choices and living responsibly to the students at Oneida Nation High School. The class would continue build on the same concepts taught in the ONES/MTS eighth grade classes, such as Decision Making Skills, Refusal Skills, Communication Skills, Media Literacy Skills and Self-Sufficiency Skills, but would be geared for older students. We hope to offer high school credit for this class and begin classes second semester this year.

## Native DREAMS Summer Camp 2008

Thanks to our new grant, WWGP will be able to offer our Native DREAMS Summer Camp for a sixth summer. This camp will continue emphasis on learning video production with many hands on opportunities for students. The camp includes a writing portion and by the end of camp students will have created a Public Service Announcement to prevent Domestic Violence, Dating Violence, Elder Abuse, Stalking or Sexual Assault.

For the upcoming camp, we are excited about the opportunity to have an instructor from Los Angeles. Reuben Langdon will be teaching a portion of the Native DREAMS Summer Camp and has a background in stunt work and video game production. The 2008 camp is scheduled for July 20-August 1 at UW-Green Bay and will be for 20 high school students. Flyers will be posted soon at some high schools. Application packets will be from the WWGP office, as well as from the high schools' offices. Call us at 920-490-0627 for more information.

## Causes & Cures for Puffy Eyes & Dark Circles

From L. Vukovic, *Herbs for Health Magazine*

Mild puffiness of the skin beneath the eyes is caused by a build up of fluid in the tissues. Lack of sleep, allergies, eating too much salt and hormonal fluctuations all contribute to fluid retention.

Dark circles beneath the eyes often occur with fatigue or allergies. Some people are genetically predisposed to excessive pigmentation in this area, but for everyone, as the skin becomes thinner and less elastic with age, the underlying dark blood vessels become more apparent.

### Cold Chamomile-Elderflower Compress

*A cold chamomile and elderflower tea compress soothes tired eyes and helps to alleviate puffiness. The anti-inflammatory properties of the herbs gently reduce swelling and can lessen the appearance of dark circles.*

- 1 cup boiling water**
- 1 tablespoon dried elderflowers**
- 1 tablespoon dried chamomile**

Pour boiling water over chamomile and elderflowers. Cover and steep for 15 minutes. Strain out the herbs and refrigerate the tea. Soak two cotton balls in the chilled herbal tea, lie down and apply them to your closed eyelids for 10 minutes.

*Students at the 2007 Native DREAMS Summer Camp*



## **ToP Group Facilitation Methods Trainings**

“Technology of Participation (ToP) process mirrors our cultural values of respect, participation and consensus,” says Alice Skenandore. The response to August’s ToP Group Facilitation Methods Training was overwhelmingly great. Eight Oneida tribal departments were represented including: seven Youth Educational Services, Environmental Health and Safety, Interim Balanced Scorecard, Parenting/Fathering, Cultural Heritage, Language Revitalization, and Oneida Social Services. Also present was an Oneida Community member and three other non-profit organizations: Heifer Project International, United Amerindian Center and Wise Women Gathering Place.

We support using these methods by hosting Brown Bag Lunches where ToP Facilitators can practice or prepare for presentations at work or in community. ToP Facilitation has been successfully incorporated in Oneida in planning for the “Bringing the Villages Together” Wellbriety Event, and at by hosting Community Planning Consensus Walls, for various visiting tribal groups to take home.

One person has hosted several community sessions to address Housing Issues. Another group had two planning meetings/practice sessions to host a community meeting on creating a Food Policy for the Oneida Nation. The Youth Educational Services department (sent 7 staff in August) uses GFM for staff meetings and hosted a Youth Summit in September, where they used the process to gather information from youth regarding issues in our community. We are using the ToP facilitations methods in our involvement with the Oneida Domestic Violence Community Coordinated Response (CCR)Team and the Prevention Sub-

Committee. Participants include Oneida programs, DV Shelters from two counties, DA’s, Probation and Parole, Police Officer.

Group Facilitation Methods “helps groups think, talk and work together” by “recognizing and honoring the contributions of all, pool individual contributions into larger, more informative and inclusive patterns and welcome diversity while minimizing polarization and conflict.” All of which is a long way to explain that this is a method that requires all group participants to be actively involved in focused conversations, consensus building and action planning.

### **Future ToP Trainings in Oneida, WI:**

#### **Group Facilitation Methods**

March 24-25, 2008

August 18-19, 2008

#### **Participatory Strategic Planning**

May, 2008

Early Bird registration is \$495, up to three weeks prior to the training. After which, the registration fee is \$545. A group discount is available.

To request a registration form, please contact Beverly Scow at 920-490-0627 or by email at [bscow@new.rr.com](mailto:bscow@new.rr.com).

Attendees at the Discovery Dating Training in Bayfield, WI standing in front of the “sticky wall” consensus on *What are the characteristics of a good mentor?*



## Discovery Dating Teacher Training

Ask and you shall receive! Wise Women Gathering Place is again offering Discovery Dating Teacher training to those who work with our youth. The next training will be held on **Jan 24-25, 2008** at the Oneida Community Education Center (CEC) in Green Bay, WI. The fee for the class is \$189.95 and includes a Discovery Dating Kit. Other Discovery Dating teaching materials, such as the teacher's manual, classroom kit and accessory kit will be available for purchase at the training.

Discovery Dating Teacher Trainings are designed to create confident and creative instructors. Discovery Dating is applicable to hundreds of situations, trainees come from a wide variety of backgrounds including: health clinics, domestic violence organizations, youth groups, high school teachers, and justice departments.

Participants are guided through the Discovery Dating Kit and they discover how using the Discovery Dating pyramid and trimarkers, diary sheet and Key cards help them discern character traits and support informed choice decisions.

Before you can form an opinion on someone else, you must truly understand yourself. Trainees do a little self-exploration by filling out a diary sheet on themselves and with the use of the Dreams and Goals chart.

Mentors are an important part of the Discovery Dating process. Students in the full Discovery Dating classes are required to find two older adults to mentor them. To accomplish this, attendees at Discovery Dating training spend part of the time discussing the characteristics of a good mentor and think about those that mentored them in their own lives.

At the Discovery Dating Teacher Training participants experience and

acquire many interactive tools to assist with Dreams and Goals, My Ideal Island, Benefits of healthy relationships, Temporary vs Permanent Impact decisions, Facts vs Feelings & Opportunity, Key Encounters, Mentors, Discerning Character Traits and more.

We use role plays, focused conversations, consensus building with "sticky wall", small groups, and personal discovery.

### Certification of Discovery Dating Trainers

- attend Discovery Dating Teacher Training
- teach Discovery Dating (1class observed)
- send WWGP their pre- post tests
- complete the Dreams & Goals Chart
- complete 2 pyramid sheets, 2 diary sheets, and a mentor sheet
- write a short paper on how teens have their own best interests at heart.

Wise Women Gathering Place is always available to answer questions and to provide assistance to support Discovery Dating successes.

To request a registration form, please contact Beverly Scow, Assistant Director, at 920-490-0627 or by email at [bevs@discoverydating.com](mailto:bevs@discoverydating.com)

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### Reminder:

**Our [discoverydating.com](http://discoverydating.com) website is now available.**

**To learn more about discovery dating, upcoming trainings, new materials, additional activities or to find the discovery dating pre and post tests, please visit:**

**[discoverydating.com](http://discoverydating.com)**

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