



# Newsletter Spring 2013

Wise Women Gathering Place, 2482 Babcock Road, Green Bay WI. 54313  
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## INSIDE THIS ISSUE

- 2** One Billion Rising  
Wise Bees
- 3** WWGP Leaders  
Sexual Assault Awareness  
Month Event
- 4** Wise Youth Groups
- 5** White Bison Trainings  
Meet our new employee
- 6** Wheat Belly
- 7** Transitional Living Program  
New Donation Site  
Spring Interns  
Wise Wish List

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*"You can't change the  
past but you can let go  
and start your future."*

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## Upcoming Events

<u>April</u>	<u>June</u>	<u>October</u>
22-25 <b>White Bison- Mending Broken Hearts ADULT Community Class</b>	10-13 <b>Discovery Dating Facilitators' Training</b>	23-25 <b>ToP Strategic Planning Training</b>
<u>May</u>	19-21 <b>White Bison- Families of Tradition Facilitators' Training</b>	
6-10 <b>White Bison- Mending Broken Hearts ADULT Community Class</b>	<u>September</u>	
21-22 <b>ToP Facilitation Methods Training</b>	10-11 <b>ToP Facilitation Methods Training</b>	
	23-26 <b>Discovery Dating Facilitators' Training</b>	

## Weekly Happenings

**Mondays:** HS Wise Youth Group, 6:30-8pm

**Last Monday of the Month:** White Bison Ongoing Support, 4:30-6pm

**Tuesdays:** Women's Group, 5:30-7:30pm

**1st & 3rd Thursdays:** **NEW!** Men's Group, 5:30-7:30pm

**Fridays:** MS Wise Youth Group, 3:30-5:30pm

# One Billion Rising

VAWA Act  
Passed  
2013!

By Bev Scow

One Billion Rising is based on the staggering statistic that 1 in 3 women on the planet will be beaten or raped during her lifetime. With the world population at 7 billion, this adds up to more than ONE BILLION WOMEN AND GIRLS.

This Feb. 14, 2013 we joined the One Billion Rising event at Wise Women Gathering Place by sharing the live feed from One Billion Rising events in South Africa, India, Venezuela, New York, San Diego, and we did "Break the Chain" dance. Supporting the message of "SAY NO to violence against women and girls"

Wise Women Gathering Place are doing the One Billion Rising "Break the Chain" Flash Mob Dance on Fridays at noon. We want to be ready next year to participate in this annual February 14<sup>th</sup> V-Day Worldwide event.



Some of the "Break the Chain" at One Billion Rising Event at WWGP

## WISE BEES GOT 5<sup>TH</sup> PLACE AT SCRABBLE BEE!

Wise Women Gathering Place sent a team of 8 Wise Bees, to the Green Bay Literacy Scrabble Bee. This group relied on their combined Scrabble finesse and some strategically placed fundraising bribes to the judges for additional letters and word approvals. Special thanks to Pogi Dessart, Carmen Escamea for additional donations. This was good exposure for Wise Women Gathering Place and a learning on how to one day do a Fundraising event for Wise Women Gathering Place.



. Brucie Benson, Julie Clark, Beverly Scow, Michelle Doxtater, Brenda John-Stevens, Kathy Hinkfuss, Susan Lockwood, Charlene (Faye) King

Next Scrabble Fun/Strategy Day is April 20, 2013 1:30-3pm at Wise Women Gathering Place. Bring a scrabble Board (optional), a 15 letter word (optional) and a friend (optional) to play scrabble and think about fundraising.

## WWGP is proud of their recognized leaders!



Congratulations to Jamie Stephany who will receive a 2013 Voices of Courage Award in the category of Courage at the WCASA Voices of Courage Luncheon on April 27<sup>th</sup>. We are proud of you, Jamie!



Congratulations to Jen Schanen who was nominated for the 2013 Dreamers and Doers Award sponsored by the American Association of University Women. Great job, Jen!

Join us for a special screening of the film:

## LISTEN TO THE GRANDMOTHERS

TUESDAY, APRIL 23, 5:00PM  
at the ONEIDA VFW, 2980 Service Rd, Oneida



*Listen to the Grandmothers is a film dedicated to communities that wish to incorporate the use of cultural traditions in responding to violence and sexual assault against Native people.*

*Many Elders have survived to share their memories with courage and conviction, in the hopes that by breaking the silence, people will take action.*



FILM VIEWING  
COMMUNITY MEAL  
DISCUSSION

"Many of the practices from the past cannot address current problems. However, if the values attached to those practices could be reclaimed and new practices built upon them, then it could work." -Joan Ryan



Event Organized by Oneida Domestic Violence Program, Wise Women Gathering Place, and REACH Counseling Services  
Question? Call Lea Padron-Plass at 490-3822

Sexual assault is far too prevalent in our communities. According to the latest research from the CDC, over **one million** women are raped every year, and **one in five** women have been raped at some point in their lifetimes. Rape is not just a women's issue; **1 in 71** men have been raped, and **28%** of them were first raped when they were 10 years old or younger. In his Sexual Assault Awareness & Prevention Month Proclamation President Obama called on all Americans **"to recommit to changing that tragic reality by stopping sexual assault before it starts and ensuring victims get the support they need."**



# Wise Youth Groups

## High School

It was a sunny and beautiful spring day for High School Wise Youth Group's first ever Indian Taco Sale! On March 29, the high school youth sold over 100 Indian Tacos at Wise Women Gathering Place, raising over \$500! Special thanks to all of our volunteers and mentors, including Jolene Parker, Vange Danforth, Julia McLester, Beverly Scow, Alice Skenandore, Stephanie Ortiz, Bonnie Tully, Fue Lee and Judy Vanderbloomen. And a huge appreciation goes out to all who purchased our yummy tacos! Thank you for showing your support!

The funds raised will support High School Wise Youth's attendance at the Youth Partners in Civic Leadership (YPCL) conference next fall. At this conference, they connect with students from around the state who are committed to youth leadership, social action and addressing a wide variety of topics including healthy relationships, anti-tobacco, racial oppression, and more.

High School Wise Youth meets every Monday from 6:30-8:30pm at Wise Women Gathering Place. This year, the group has focused on leadership and has gotten to practice new leadership skills by leading the Middle School Wise Youth Group on several occasions. The youth members attend a variety of local high schools including Oneida Nation HS, Pulaski HS, Seymour HS, and Green Bay West and Southwest HS.



Keep an eye out for other upcoming fundraisers!

## Middle School

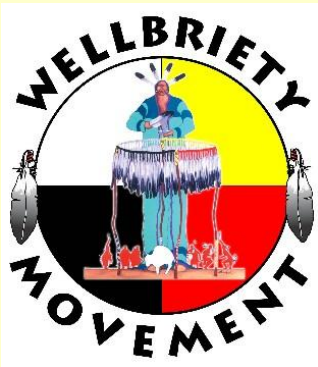
Middle School Wise Youth has had a busy school year! Our group has grown to nearly 30 youth members—that's almost 40% of Oneida Nation Middle School. These youth gather every Friday at Three Sisters Resource Center from 3:30-5:30pm.

The group has undertaken a diverse array of activities this year. Through a new partnership with the Oneida Experiential Adventures Program, the youth headed outdoors for some education in the wilderness. We also hosted a speaker from the Open Door Youth Services Program, who taught us about homeless and runaway youth. We made videos addressing healthy relationships with the help of some College of Menominee Nation nursing students—these videos can be viewed on YouTube on the WiseWomenGP channel. Lastly, the group planned and hosted their first ever "Late-In"—a special event where youth stayed at Three Sisters until midnight! At the Late-In, Zero Tolerance came to perform. Zero Tolerance is a group of high school students from the Fox Valley who travel the area sharing skits, music, slam poetry, dancing, and personal testimony about teen dating violence. Middle School Wise Youth was very excited to meet these cool, older mentors!



Special thanks to Oneida Transit who continues to provide transportation for the students after school and Oneida Housing Authority for providing safe and welcoming space at Three Sisters Resource Center. Also thanks to Stephanie Ortiz, Bonnie Tully, and Fue Lee—without your energy and caring assistance, Wise Youth Group would not be possible!

# White Bison Trainings



WWGP has been hosting the White Bison Programs here for over a year now. White Bison is an organization founded by a local native of Stockbridge-Don Coyhis. White Bison, also known as the "Wellbriety Movement", trains local community members to provide a unique opportunity for communities to creating their own healing and support network. The training they provide is a cultural-based training that shares tools and resources to enable the ongoing growth and sustainability of wellness. WWGP has been using 2 of their many curriculums: "Mending Broken Hearts: Healing from Unresolved Grief and Inter-Generational Trauma" and "Youth-Understanding the Purpose of Life".

The response to these healing programs has been phenomenal. All of our classes have filled up very quickly with a waitlist being started for the programs. The requests continue to come in for more youth programs as well as more Training of Trainers.

We have had 4 Training of Trainers programs with a total of 43 registered trainers now in the area. Those trained are from all walks of life, from local Social Workers to housewives. This program has such great tools and follow-up support built into it that it is truly a grassroots effort that is striving in our community.



After someone goes through our 4 day healing program, they have the option to attend a sweat that is offered and then have a weekly support meeting to attend. There are also monthly support meetings that are open to anyone who has attended any of the White Bison programs.

All of our White Bison programs are free of charge, and if available in the grants, we may have some transportation to assist participants in coming. None of our programs are mandated and we truly feel these programs are spirit lead; who is supposed to be here will be here. If you are searching for a safe space to heal from trauma in your life, we have that to offer you.

## MEET OUR NEWEST EMPLOYEE!



My name is Stephanie Ortiz and I have been working with the WWGP team as a Program Outreach Assistant since January. I became a 1<sup>st</sup> generation college graduate in December 2012 from the University of Wisconsin – Green Bay with a Bachelor of Arts and majored in Democracy and Justice Studies with a Women Studies emphasis. After interning with WWGP for my last semester I was offered and accepted a position to co-facilitate education and violence prevention events, programs, and activities in the community.

Being involved in the Oneida community where I grew up and attended school is such a fulfilling experience. It's great to be able to continue learning and skill-building from the opportunities WWGP offers and at the same time practice sharing my knowledge with all the youth I work with. I once read an article *Democracy and Social Ethics* by Jane Addams that implies diversified human experience and resultant sympathy are the foundation and guarantee of Democracy. My democratic spirit has flourished as every day at WWGP is a new experience and I naturally have grown to care about all the youth and staff I work with.

The programs I am currently involved with are Middle School Wise Youth Group, High School Wise Youth Group, and co-facilitate Discovery Dating with the 8<sup>th</sup> grade at Oneida Nation Elementary School. I am looking forward to being more involved with the WWGP website as we install a new system and also chaperoning the Youth as Partners in Civic Leadership Conference later this year.

When Stephanie is not at WWGP she enjoys spending time with her friends and family - especially all her nieces and nephews. She will be starting a family of her own and is expecting to be a first time mom come September!

**Wheat Belly** explores the proposition that health problems of Americans, from fatigue to arthritis to gastrointestinal distress to obesity, have a common cause - wheat. Wheat is unique among modern grains in its ability to convert quickly to blood sugar. It has genetic and addictive properties that actually cause us to overeat. It has been linked to dozens of debilitating ailments beyond those associated with overweight. Dr. Davis shows us how to perform a radical wheat-ectomy. When we have the courage and determination to do this, we can get back to our normal weight, feel more energetic, and have clearer thinking, with an overall feeling of health and wellness.

Dr. Davis describes how modern wheat has been genetically altered to provide processed-food manufacturers the greatest yield at the lowest cost. In his research, Dr. Davis has found that wheat causes blood sugar to spike more rapidly than eating pure table sugar, and has addictive properties that cause us to ride a roller coaster of hunger, overeating and fatigue. He shows the connection between wheat, weight gain and fat buildup, diabetes and heart disease, celiac disease, rheumatoid arthritis and dementia.

Wheat is unique among foods for its curious effects on the brain, effects shared with opiate drugs. This explains why people experience incredible difficulty removing wheat from their diet. It's not just a matter of inadequate resolve, inconvenience, or breaking habits, it's about severing a relationship with something that gains hold of your psyche and emotions. We knowingly consume coffee and alcohol to obtain specific mind effects, but we think wheat is a "healthy" grain to consume, especially whole wheat. Dr. Davis describes withdrawal symptoms such as extreme fatigue, mental fog, irritability, inability to function and depression in the first several days after eliminating wheat. Complete relief is had by a bagel or a cupcake, or more likely, four bagels, 2 cupcakes, a bag of pretzels, and a handful of brownies, as the cravings get ahold of us. Doesn't that sound like an addiction?

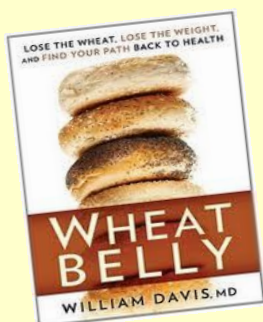
With elimination of wheat, Dr. Davis' clients' blood sugar dropped from diabetic range to normal. He found that diabetes can be cured, not simply managed, by removal of most carbohydrates, especially wheat. Other benefits include removal of irritable bowel syndrome, greater focus, better sleep, disappearance of rheumatoid arthritis pain and asthma symptoms, and weight loss. Conditions that affect the brain such as schizophrenia and autism have been proven to benefit from wheat elimination. Examples are given of clients who stopped eating wheat and recovered from celiac disease, diabetes, rashes, arthritis, even baldness.

Okay, so how do we perform a radical wheat-ectomy? Wheat is in most of the food we eat every day. Food processors use wheat because it tastes good and because it stimulates appetite. Avoiding wheat means taking your own food to work, and using a fork or spoon to eat it. It may mean that you need to shop and cook more often. It will mean that you have to plan ahead and have something else to eat when all around you people are munching on cookies, bagels and snack foods.

It is best to plan your wheat-ectomy for a weekend or whenever you have a few days of rest. It is best to remove wheat products all at once because of the addictive qualities of wheat. A little makes you want to have more, and then you've sabotaged your efforts.

Remove wheat and you've removed the most flagrant problem source in the diet of people who follow otherwise healthy diets. So what to eat and what not to eat? Eat vegetables, fruit, raw nuts, oils, meat, eggs, dairy products, small servings of beans. Don't eat spelt, bulgur, kamut, barley, triticale and rye, which are related to wheat and contain some of the potential effects of wheat. Substitute other non-wheat grains such as oats, rice, quinoa, millet, amaranth, teff, chia, flaxseed and sorghum which don't have the immune or brain effects of wheat. Beer should be avoided as it is a wheat-brewed beverage. Vegetarians need to rely more heavily on nuts, seeds, oils, avocados and olives, beans, rice and sweet potatoes, non-genetically modified soy products such as tofu, tempeh, and natto.

Included in the book is a sample menu plan and recipes for wheat-free bread, muffins, even pizza. If you must do so, you can also find wheat-free and gluten-free foods in your grocery healthy food section. Dr. Davis' book has lists of acceptable foods and suggestions for how to accomplish your own wheat-ectomy. Several of us here at Wise Women have eliminated wheat and can attest that the benefits are real and lasting, as long as we stay away from wheat!



-Book Review by Judy VanderBloomen

## Transitional Living Program (TLP)

Wise Women Gathering Place hosts a Transitional Living Program in Partnership with Oneida Social Services and Oneida Housing Authority. We are currently supporting 7 families through the program. The program supports individuals to determine their own path to independent living with the support and resources of WWGP staff and community resources. Over the past year we have seen families transition into safe and affordable permanent housing. WWGP is excited to celebrate each family's success as they move forward in their journey. Unfortunately, the lack of affordable housing and resources for homeless individuals and families remains critical in our community. There are over 30 families who are currently homeless and are waitlisted for our Transitional Living Program. While many families have access to resources to meet basic needs, many are in need of food, personal hygiene items and household cleaning products. We welcome you to come and visit to learn more about the program, or donate items that would support families in need.

We are now a donation site for the new program Life Begins Here sponsored by the UWGB Social Work Class 2013 and Wisconsin Foster and Adoptive Parents Association Inc. The program has developed a goal to increase support, awareness, resources and partnerships for individuals transitioning from out-of-home care in Northeast Wisconsin. Suitcases will be filled with new or gently used personal belongings that will be helpful in establishing a new life of independence.



### Spring Interns

#### Bonnie Tully, 22

Area of Study: Double major in Social Work and Women's & Gender Studies.

Date of Graduation: May 2013  
Activities involved in: Discovery Dating at ONES, Middle School Wise Youth, TLP Policy, Newsletter, & White Bison Purpose of Life for Youth

#### Fue Lee, 24

Area of Study: Major in Social Work & Minor in Human Development

Date of Graduation: May 2014  
Activities Involved in: Middle School Wise Youth

### Looking for an opportunity to give back?

We are always happy to welcome volunteers and interns here at Wise Women Gathering Place.

### Wise Wish List

Outdoor Benches for our groups to meet outside around a fire

**\$50** to our Emergency Services Fund will support a family in crisis with a Food gift card, reissue of Identification cards, Gas Cards or Transit Passes etc.

**\$100** will support one person in a locally developed evidence based healthy relationship program 15 session Discovery Dating class series

**\$250** will support 25 youth for 1 Wise Youth Group meeting, including snacks and transportation home, as they explore issues of violence and how they can prevent violence.

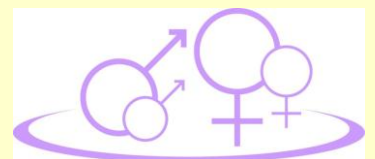
**\$450** will provide a scholarship for training in Discovery Dating, so this program can reach more in our community

**\$545** will train a community member in ToP Facilitation Methods that supports a safe space for groups to create peace, respect, and belonging in the work we do.

**\$10,000** will provide 500 hours of outreach work in community to create awareness about culturally relevant services around domestic violence, and sexual assault

**\$150,000** will purchase a home that can be available for our Domestic Violence Transitional Living Program

**\$850,000** will purchase a Multi-Plex home to support more families in our Domestic Violence Transitional living Program



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