

## The Good News: Spring, 2011

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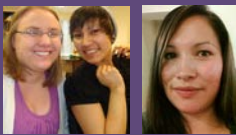
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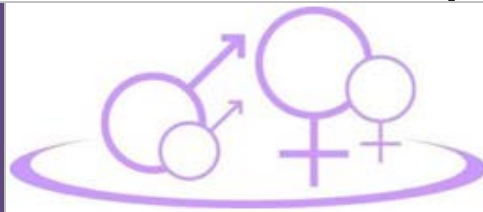
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## Sexual Assault Awareness Month

### APRIL: Sexual Assault Awareness Month

By: Alice Skenandore, Executive Director

April is National Sexual Assault Awareness Month. The first official Sexual Assault Awareness Month (SAAM) was observed nationally in 2001. The color of the ribbon that represents Sexual Assault is teal blue. The intent of the campaign is to raise public awareness about sexual assault against women, men and children and to add power and momentum to prevention efforts, support for survivors, and strengthen response across the country.

Sexual Assault in the US carries some alarming numbers, especially for

Native American women. According to the latest figures, one out of every three Native American women will experience sexual assault in her lifetime. They are at least 2.5 times as likely to be sexually assaulted in their lifetimes as other women in the U.S. (Amnesty International report 04/25/07).

Here in our community, Wise Women Gathering Place, a non-profit organization, works to promote peace, respect and belonging for everyone. We have programming to address healthy relationship development, healthy and inclusive group

participation practices and response to families who have survived domestic violence and abuse. We work to prevent violence, abuse and assault by teaching facts about those things. We also teach some history about how sexual abuse was perpetrated against Native children in the past and the natural response that followed those traumas and how the effects still impact our communities today.

Another fact is that 86 percent of reported rapes and other sexual assaults against Native American women are committed... (Continued on pg 5)

### Transitional Living Program Updates

WWGP's Transitional Living Program has been going at full speed and is at full capacity with the teamwork of the Oneida Domestic Violence Program and the Oneida Housing Authority all collaborating to assist those in the program. Our program is targeted for those that are homeless due to fleeing a domestic violence situation.

The program has been receiving many applications for participation, which has

created quite a lengthy waiting list. Unfortunately, we only have so many units available, and some people have been on the list for a very long time. Due to our long wait list, we encourage those applying to also seek other resources like, Integrated Community Services, and the Oneida Housing Authority.

There are many other resources out there in the community for domestic violence situations, and we do work closely with those agencies. Some of

those agencies are: Golden House-435-0100 in Green Bay, Harbor House-920-832-1666 in Appleton, as well as the Crisis Center in Green Bay-436-8888.

Of course, if you are in immediate danger, always call 911. Also, the Oneida Domestic Violence Program can provide education, counseling, and support for victims of abuse.

Any questions regarding our TLP program, please call Julia at (920)490-0627.

Interested in learning more?

Our final ToP Training of this year is:

## ToP Facilitation Methods

This course will be held

**August 22-24** at

**Wise Women Gathering Place**

Call (920) 490-0627 to register today!

# ToP: Virtually Awesome!

By: Beverly Scow, Assistant Director

Technology of Participation (ToP) Virtual Facilitation Methods make possibilities for participatory conference calls, web cams etc. virtually endless and awesome. During a standard conference call one is highly tempted to multi-task our e-mails, file our nails, play solitaire etc., so I have heard. While on the other hand, a ToP Virtual Facilitated conference call or Web cams is an engaging productive experience that elicits our full presence of mind and heart. A ToP designed and facilitated call can deepen connections, meaning and outcomes. The ToP Facilitation Methods have proven themselves over the past 30 year to enhance community and workplace synchronicity and outcomes. Embracing the values of profound respect and inclusive participation, ToP Focused

Conversation and Top Consensus Workshop increase shared awareness and shared agreements. These face to face group experiences have transformed communities and workplaces around the world.

As budgets tighten and concerns about travel shift, more groups are turning to virtual technology to advance their work. Many miss the connection and camaraderie that can happen at face to face meetings. Many hesitate to say important things, unsure that they can communicate safely, with a mere choice of words, knowing so much is also communicated through body language and facial expression.

Now emerging on top of the wave of technology, ToP experts have experience in using the technology for the ToP methods. They reviewed hundreds of technologies and negotiated with designers about the

needs of groups who use these technologies. Now through the use of polling, break out rooms and acknowledging hands up for speaking, the awkward silences or talk over's on conference calls can transform distance group work to meetings to look forward to.

Webinar technology can now be used as an interactive participatory way to hold meetings. Colorful Powerpoints, with opportunities to FreeThink ideas, Share in small groups, Cluster groups of ideas and Name the key areas of response. Layers of technology some old, some new, allow a deeper connection between individuals, ideas and heighten our impact in the world.

There is always a way to connect better. Search for another right answer with us.



**WWGP can facilitate meetings face to face and for your virtual work too.** Call Beverly Scow, Certified ToP Facilitator and Qualified ToP Trainer [bscow@wisewomengp.org](mailto:bscow@wisewomengp.org) or skype: beverlyscow

## A Word from the Women's Group...

By: Julia McLester, Domestic Violence/Sexual Assault Program Specialist

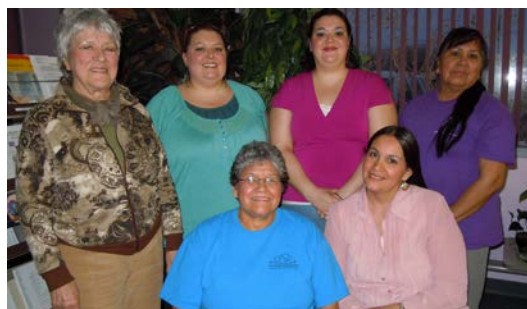
2011 is bringing some exciting new additions to our Tuesday Night Women's Support Group. Our group is open to women of all ages, and we have been having newcomers every month!

This new year we have our own local "Art Therapist" Mary Vvalthar coming every third Tuesday to teach us a new project that we can all do as a group, or on our own. Some of the projects have been; treasure mapping, decoupages, and fabric painting silk purses. We are hoping to start a group quilt in the near future.

Also new, we are very excited to offer the women coming to group our "Mother's Helper's" during the 5:30pm-7:30pm group time. We have volunteer's that can help visit with your children while you're in the group, and you can view them--via video camera, and feel safe and secure that your children are having fun with all the new toys. All you need to do is call ahead and let us know that you will be bringing your children.

Our group time does also give the women some time to share what's heavy in their hearts, with certain topics or just a general talking circle. We may at times have speakers or special events that the group chooses to attend also. This past fall/summer the group held a couple of fundraising events and the group went on a retreat to a cabin for a few days. They also gave gift cards to families in need for the holidays.

Each week is different, stop in and meet some new friends, and share if you'd like, and we will always have a nice cup of hot tea waiting for you! Any questions, call Julia.



## Wise Youth in Action!

By: Jen Schanen, Outreach Specialist

Wise Youth group has been very busy this school year making a great impact in the community!

We kicked off the year by action planning at WWGP, and identified different areas we would like to focus on, including helping the community, making videos to raise awareness, and of course FUN!

In the fall, we created paper mache objects to share with animals at the

NEW Zoo. We had a great time delivering them and hanging out with the animals.

We also served dinner to elders at the 3 Sisters Resource Center during the holiday season, and really enjoyed travelling "around the world" this spring as part of the Center's themed programming.

We made our video debut at the Community Gathering on Suicide this winter. The group wrote, cast, and filmed their own video on QPR: Question, Persuade, Refer, a suicide intervention skill.

We travelled to the Neville Public Museum to see an exhibit on poverty and

learned about homeless teens in our community. We had a lot of good conversation around this important topic.

Currently, we're hard at work on yet another video! This one will focus on Compassionate Communication, a skill we learned at a workshop at WWGP. We loved drumming and making art at the workshop! This video will premiere at a Gang Awareness event at the end of the month. You can always check out our videos online at: [www.wisewomengp.org](http://www.wisewomengp.org)

Wise Youth meets Thursdays at 3 Sisters Resource Center, from 3:30-6pm



## New Faces at Wise Women!



Caught up with these busy women at Wise Youth Group! Here's Kate, left, and Skye, right

## Skye LaRock Hill

Meet the newest Wise Woman! Skye LaRock Hill joins us as part-time staff. She will be partnering with Emma White to complete a Community Readiness Survey on sexual assault, and creating a better database for our Annual Giving Campaign.

Originally from Rhinelander, WI, she is a senior at West De Pere High School. She loves music—"it's my thing," she

says. This semester, she performed in a production of the Royal Bachelor. Post high school, Skye plans to be a vocal performance major.

WWGP is proud to welcome Skye! And the feeling is mutual: says she, "I like how everyone is friendly, and it's like we all care about each other here. It's a nice place with an awesome vibe!"

## Kate Ruth

Kate Ruth joins us as an intern for the Spring 2011 semester. She brings a passion for social work and love of youth. She will be working primarily with our Wise Youth Program. Here are a few words from Kate!

*" I am originally from Port Washington, WI, and am a junior in the Social Work program at UW-Green Bay. I am really looking forward to my semester as an intern*

*here at WWGP to get experience in the field of Social Work!*

*I plan to graduate from UWGB in the spring of 2012 with my Bachelor's in Social Work. After I finish my bachelor's degree, I plan to go on to graduate school to study theology, with the intent to work with either college or high school students."*

## ...and a Fond Farewell!



We'll all miss Domestic Violence/Sexual Assault Program Specialist, Emma White! Emma left WWGP to accept a position as an Advocate in Oneida's Domestic Violence program, and we look forward to continuing to partner with her in this new role.

**Thank you for everything, Emma!**

## New Volunteer Opportunities!

Love kids? Want to make a difference in the community? Wise Women has two great opportunities for you!

**Mother's Helper Volunteers:** Our Mother's Helper service has proven quite popular thus far! While currently offered during our

Women's Group on Tuesday evenings, we would love to offer this service during other programming! We are currently seeking individuals who are interested in lending a hand by caring for children. All volunteers must pass a caregiver background check.

**Office Volunteers:** If you are skilled in clerical tasks or just interested in giving a hand, we are always also looking for general office volunteers. Newest Wise Woman, Skye LaRock Hill, began as an office volunteer and continues to be a valuable addition to our work as a staff member.

Interested individuals may contact Julia McLester for further information on applying to be a volunteer.

Can't wait to hear from you!  
(920) 490-0627

## (continued from pg 1) April: Sexual Assault Awareness Month

...by non-Indian men who are rarely prosecuted, according to the report, "Maze of Injustice: The Failure to Protect Indigenous Women from Sexual Violence in the USA." The reasons for this are complicated and vary from community to community and state to state. In many cases, the laws do not carry over from state or county to Tribal lands and perpetrators may not be subject to Tribal law enforcement and, since the crime was committed on Tribal lands, nearby county or state law enforcement may not pursue because of jurisdiction. On some reservations, perpetrators have actually been drawn there by this knowledge for the purpose of assaulting women, flaunting the law

and having no fear of being brought to trial.

Recently, July 2010, the Tribal Law and Order Act (amendment to HR 725[8]) passed giving police more authority in seeking prosecution of non-Natives who commit crimes on Native lands. It is notable that Minnesota Representative Michele Bachmann voted against this bill.

On a more individual level, it is important to remember: Always Ask. No means No; Silence does Not equal consent; and only Yes means Yes.

If you have questions or need help regarding sexual assault or abuse, there is help in the community. Brown County Family

Services – Sexual Assault Center (920-436-8899), Oneida Social Services – Domestic Violence Program (920-490-3701), Wise Women Gathering Place (920-490-0627), and Oneida Police Department (920-869-2239)

**"YES" = CONSENT**  
**SILENCE ≠ CONSENT**  
**"NO" ≠ "YES"**  
**ONLY "YES" = "YES"**  
**Always Ask.**  
**APRIL is National Sexual Assault Awareness Month!**

## Pop Quiz! Test YOUR knowledge on sexual assault

1. What proportion of girls are sexually assaulted before the age of 18?

- A. 1 in 2
- B. 1 in 4
- C. 1 in 6
- D. 1 in 10

2. What proportion of boys are sexually assaulted before the age of 18?

- A. 1 in 2
- B. 1 in 4
- C. 1 in 6
- D. 1 in 10

3. What percentage of reported sexual assaults in Wisconsin are committed by someone known to the victim?

- A. 51%
- B. 75%
- C. 86%
- D. 93%

4. What percentage of sexual assaults are reported to law enforcement?

- A. 5%
- B. 20%
- C. 38%
- D. 48%

5. What percentage of rape allegations turn out to be false?

- A. 2-5%
- B. 6-8%
- C. 10-13%
- D. 15-17%

6. What percentage of people with developmental disabilities are sexually assaulted in their lifetime?

- A. 37%
- B. 64%
- C. 83%
- D. 95%

7. What percentage of college-age women whose experiences fit the definition of rape, identified themselves as rape victims?

- A. 12%
- B. 27%
- C. 34%
- D. 61%

8. What percentage of men whose actions fit the legal definition of rape said what they did was definitely NOT rape?

- A. 44%
- B. 64%
- C. 84%
- D. 94%

Source: Wisconsin Coalition Against Sexual Assault, Inc. (WCASA)

(Answers on page 7)



Support survivors and others in our community!

### Wise Women Gathering Place Wishlist

- Cleaning supplies
- Toilet paper, paper towel
- Gas cards
- Bus tokens
- Shampoo, Conditioner
- Soap, Lotion
- Children's bath products
- Diapers
- Wipes
- School supplies
- Dishes
- Small appliances such as toasters, blenders, coffee makers, etc
- Pajamas
- Socks, Underwear
- Baby care items such as wipes, small toys, and diaper ointment
- Changing Tables
- Play pens
- Plastic/lightweight rocking chairs
- A pop-up tent for our Rock & Rest stations at summer festivals
- A digital video camera
- An office telephone system
- A ceiling projector system (to be installed in our new annex)
- A SmartBoard system
- Funding for a childcare program to offer to our visitors and clients
- A Retreat Center (hey, it always pays to Dream Big!)

## Judy's Herbs

### ***What herbal remedies are good for colds, and if it gets bad enough, flu?***

Some very helpful herbs include: garlic, ginger, elder, yarrow, boneset, peppermint. These herbs can be made into an herbal tea, and taken 3-4 cups per day, and will help relieve viral symptoms. You can try one of them, or mix one or more together.



Garlic

Garlic can be added to just about everything. It boosts the immune function and kills a broad range of microbes, such as bacteria, yeast, parasites and fungi. Raw garlic has the most infection-fighting abilities. Try this recipe: add the juice of 1-2 cloves of garlic, ½ lemon, and 1/8 teaspoon of cayenne pepper to 2 cups of hot tomato juice. If you are worried about garlic breath, chew parsley leaves or fennel seeds afterwards.



Ginger

Ginger is a favorite remedy to clear heads and reduce mucus. It is anti-inflammatory and analgesic, and helps to warm you up. You can use ginger powder to make a tea, using ½ teaspoon of powder to 1 cup of boiling water. Or cut thin slices of fresh gingerroot and steep in hot simmering water for about 15 minutes. Drink 2-4 cups per day and don't be surprised if you sweat.



Elderberry

Elderberries and elderflowers contain compounds that can inhibit the enzyme that viruses use to penetrate our cells. Syrups and lozenges are available, and you can make a tasty tea of the elder flowers or berries. Use 1 tablespoon of elderberries, simmered in 2 cups of hot water for 20 minutes, or 2 teaspoons of elder flowers steeped in 1 cup of water for 15 minutes. Drink 2-3 cups per day.



Yarrow

Boneset has a long tradition of use for colds and flu. It has been used to induce sweating, reduce fever, and ease body aches. Boneset is very bitter, so is usually taken as a tincture in small amounts, in combination with other herbs. However, you can use it in a tea form, 1 teaspoon to 1 cup of boiling water, let steep 15 minutes. You may want to add honey. Drink a sip at a time over several hours.

Yarrow is anti-inflammatory, antispasmodic and makes you sweat. An old herbal remedy is a blend of yarrow, elder flowers and peppermint, 1 part yarrow, 2 parts elder flowers and 2 parts peppermint. Use 1 teaspoon of this combination steeped in 1 cup of hot water 3 times per day.



Boneset

Peppermint is cleansing and strengthening to the entire system. It helps relax while at the same time is a general stimulant. It helps relieve nausea and vomiting, and best of all tastes really good! Use 2 teaspoons in 2 cups of boiling water, steeped 10 minutes or more, depending how strong you like it. Drink 2-4 cups per day. Peppermint essential oil is most often used in a steam or vaporizer, to help relieve sinus congestion.



Peppermint

Echinacea is the single best-researched herb for helping the body fight colds and flu once they've begun to invade. It stimulates white blood cell activity. Research has shown that when taken as soon as symptoms appear, it can shorten the duration and lessen the severity of cold and flu symptoms. It has been used by Native Americans for septicemia, blood poisoning, and fevers. It has an ability to rev up the immune system, which may help to fight off colds and sinus infection. A typical dosage is 1 teaspoon of liquid extract, or tincture, 3 times per day. If using the leaf, use 1 teaspoon per cup of boiling water. If you are using the root, use 1 tablespoon per 2 cups of water, covered, and simmered for 20 minutes; then let it stand for 1 hour. The root is the strongest part of the plant.

These are simple herbal remedies anyone can use, and may prevent you from taking a trip to the doctor, or missing work, or spending time in bed recovering. Consult a doctor if you have a fever that goes above 102 for more than 3 days, or if yellow or white spots appear on your throat, or if lymph nodes under the jaw and in the neck become enlarged.

## UPCOMING TRAININGS & CLASSES



### Wise Women's Group

5:30-6:30—Wellness & Self Expression/6:30-7:30—Support & Education Come join us to explore a whole way of looking at women's issues in regard to relationships, children, our jobs and an overall wellness. We do fun activities and talking circles, we have aromatherapy nights, and potlucks.

Tuesdays  
5:30-7:30pm  
@: WWGP



### Wise YOUTH Group

Wise Youth Group is driven by youth grades 5th-12th interested in promoting the prevention of alcohol, drug, and violence with in our community. We provide opportunities for youth to plan, coordinate, & facilitate prevention activities.

Thursdays  
3:30-6pm  
@: 3 Sisters Resource Center



### Parents Matter!

Parents Matter is a training for parents of 4th-5th grade young adults. Participants will learn to strengthen their parent/child relationship, improve communication, and get great tools for talking about healthy sexual decisions.



Tuesdays,  
May 3-June 4  
12-3pm  
@: WWGP



### Discovery Dating Teacher Training

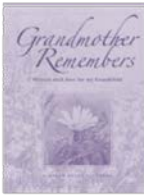
Discovery Dating is a healthy relationship tool that engages youth and adults to explore and clarify their personal values, discern character traits of others and practice decision making. Participants in Discovery Dating Teacher Training workshops will learn about healthy relationship building and the importance of informed decision-making skills. You will be able to lower risk behaviors and increase personal agency in the individuals you

August 8-10  
8-4:30pm  
@: WWGP

\*Please call to register!



### Grandparents Legacy



Every grandparent has a story to share. Every grandparent has hopes and dreams for their grandchild. Join Wise Women to create a beautiful memory book to pass down to your grandchildren in this 5-session class.

Check back soon for our next offering of this great class!



### ToP Facilitation Training

Technology of Participation (ToP) is a participatory consensus-based decision making process that holds profound respect for all and includes all voices. ToP group facilitation methods have been developed over 30 years in community development, corporate offices, and peacemaking efforts.



August 22-23  
8-4:30pm  
@: WWGP

\*Please call to register!

## Pop Quiz Answers (from pg 5)

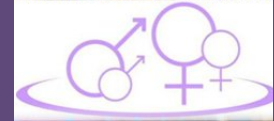
1. What proportion of girls are sexually assaulted before the age of 18? **Answer: B. 1 in 4**
2. What proportion of boys are sexually assaulted before the age of 18? **Answer: C. 1 in 6**
3. What percentage of reported sexual assaults in Wisconsin are committed by someone known to the victim? **Answer: D. 93%**

4. What percentage of sexual assaults are reported to law enforcement? **Answer: C. 38%**
5. What percentage of rape allegations turn out to be false? **Answer: A. 2-5%**
6. What percentage of people with developmental disabilities are sexually assaulted in their lifetime? **Answer: C. 83%**

7. What percentage of college-age women whose experiences fit the definition of rape, identified themselves as rape victims? **Answer: A. 12%**
8. What percentage of men whose actions fit the legal definition of rape said what they did was definitely NOT rape? **Answer: D. 94%**



Wise Women Gathering Place



Are you a FAN?



Stay on top of what's

happening at WWGP

by finding us on

Facebook!

[www.facebook.com/](http://www.facebook.com/)

[WiseWomenGP](https://www.facebook.com/WiseWomenGP)

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*Promoting Peace, Respect & Belonging*



We're on the Web!  
See us at:  
[www.wisewomengp.org](http://www.wisewomengp.org)  
[www.facebook.com/WiseWomenGP](https://www.facebook.com/WiseWomenGP)

## Here we GROW again at Wise Women!



**Spring brings 2 new additions!**  
Left: We've expanded next door to create a **Tot Spot!** The Tot Spot is complete with **Mother's Helpers** who can provide child supervision during our classes. Closed circuit cameras allow parents to watch their children while they're in class!



Right: With an eye towards **accessibility** and belonging for all, we've made changes inside and out! Thanks to everyone who dedicated long hours remodeling the **bathroom!**



## About Our Organization

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

town, 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.

WISE WOMEN GATHERING PLACE  
2482 BABCOCK RD  
GREEN BAY, WI 54313

