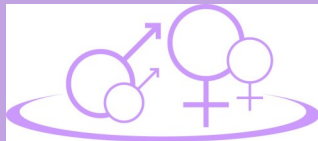


2482 Babcock Rd  
Green Bay WI, 543131  
Ph: (920) 490-0627  
www.wisewomengp.org



# WISE WOMEN GATHERING PLACE

## The Good News 2012

### Upcoming Events

#### SPECIAL POINTS OF INTEREST:

2012 Open House

Story from  
Wisconsin Coalition  
Against Domestic  
Violence

Sexual Assault  
Awareness

Discovery Dating



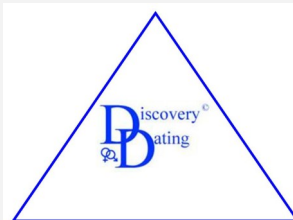
#### TOP Facilitation Methods

October 8-9, 2012  
8:30-4:30

**Strategic Planning**  
July 31-August 1, 2012  
8:30-4:30



**Relay for Life**  
July 27, 2012



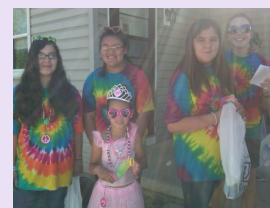
**Discovery Dating  
Facilitator Training**  
August 14-16, 2012



**POW WOW  
Rock & Rest**  
June 29-July 1, 2012  
**Art Street  
Rock & Rest**  
August 24-26, 2012

#### Wise Youth

June 30th:  
Powwow Parade  
July 27-28 Relay for Life



#### SUMMER Women's Group

2nd & 4th  
Tuesdays of the month  
5:30-7:30



*Never be bullied into silence. Never allow yourself to be made a victim.  
Accept no one's definition of your life; define yourself  
- Harvey Fierstein.*

## WHAT A SUCCESS!!



On February 10, 2012 Wise Women Gathering Place held their Open House. Over 60 individuals attended the open house.

There were Old and new faces, family and friends, along with Senator Robert Cowell, who were interested in what WWGP has to offer.

Informational booths of each program were set-up; Wise Youth Group, Women's Group, Discovery Dating, Transitional living Program, and White Bison, were available for individuals to learn more about WWGP. As guests enjoyed the refreshments and five different types of chili, prepared by the staff of Wise Women, were able to reminisce and learn about the history of Wise Women Gathering Place.

A special shout-out goes to Senator Cowles who stopped by to say hello and snap this picture with all of the Wise Women!



**Are you thinking about spring cleaning?**

**Are you preparing for a garage sale?**

**Do you have items to donate?**

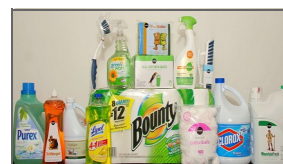
Please consider donating items to WWGP Transitional Living Program Participants.

We currently have 6 families housed and hoping to soon expand our program as we have over 35 families that are on our waitlist, who are homeless as a result of SA or DV.

Items that are often needed for clients are general household items, bedding and towels, clothing and shoes FOR Women, Children all ages, sizes, Men XL +.

Help US CLEAN UP VIOLENCE in our community and donate ANY cleaning product, laundry supplies, personal hygiene products, diapers size 2-6, as these are not covered by food stamps. Toys and books are great also.

Feel free to drop off items at WWGP or contact Sam on 490 0627.





## Wise Youth: Inspiring, Learning, Creating Today and for the Future

By Gina Bower (Wisconsin Coalition Against Domestic Violence)

"I learned about inspiring people. I learned a lot. I learned to be nice. I learned to be me."

These are just some of the things 6th grader, Yakira, learned after taking the Discovery Dating class with Wise Women Gathering Place's Program Outreach Specialist, Jen Schanen.

Jen "came on the scene", as she puts it, to join the Wise Women Gathering Place (WWGP) in 2010. As the Program Outreach Specialist, Jen does many things, including working with the WWGP's Discovery Dating Program and Wise Youth. When Jen tells people about what she does for work, a common response is "Oh... so you're a teacher?", and Jen responds with, "No, I'm more of a facilitator". Working with youth in the Oneida, Seymour and Green Bay communities, Jen teaches informally in many capacities, but she states with confidence and ease, "the kids know what they're doing". As an adult ally facilitating youth work and change, Jen believes the "point is to break it down until things make sense" instead of believing that "kids are inherently not destined to 'get it'". It's about "working it out of them and putting it into a framework to have what they want to see happen.... happen!" To break it down, Jen is a rockin' preventionista, meeting youth where they are at and helping them create change in their communities.

### DISCOVERY DATING AND WISE YOUTH GROWING ACROSS THE AGES---

Discovery Dating is the WWGP's

healthy relationships curriculum, written by executive director and retired midwife, Alice Skenandore. "Discovery Dating has shown promising results in preventing teen pregnancy, and is currently being assessed for its impact on improving personal agency and preventing other risk behavior such as intimate partner violence. The curriculum teaches students of all ages methods to make better decisions, set goals, and identify personal values", Jen explains.

The Discovery Dating Program has proved to be a wonderful catalyst of change for youth in the community with "2010-2011 school year pre- and post-test results indicating that Discovery Dating students at Oneida Middle School increased their personal agency by 12%". This gain in personal capacity has carried over to the exciting change happening with Wise Youth. "Wise Youth confronts issues like dating violence, sexual assault, teen pregnancy, suicide, and alcohol and drug abuse head on... <they> do service projects, have great conversations about important topics, and raise awareness in the community." Many of the youth participating in Wise Youth also participated in the Discovery Dating Program in their schools and community. Some got involved in Wise Youth after their participation in the Discovery Dating Program, others got connected through the schools' guidance counselors and another large group got involved through their peers. One Wise Youth member brought a friend, another brought their cousin... that cousin brought their cousin... and the

group expanded.

Last year 5-10 youth came to their Friday afternoon meetings and this year attendance has grown to 15-25 coming together weekly with the participants usually being in the 5th to 12th grades. The environment and community create an open space where youth of all ages can learn from each other and Wise Youth participants' ages can range from 6 to 18 year old some weeks. The intergenerational dynamic as well as the youth-led focus of the group have created many opportunities for the older youth to "step up" and help out with activities like a lock-in, explains Jen. Not only do the older youth in the group recognize they are leaders in Wise Youth, they "realize they are leaders in their classrooms and communities, making good choices."

To read more about **Wise Youth: Inspiring, Learning, Creating Today, and for the Future** please visit

[http://www.wcadv.org/sites/default/files/resources/CoalitionChronicles30-3\\_Dec\\_11.pdf](http://www.wcadv.org/sites/default/files/resources/CoalitionChronicles30-3_Dec_11.pdf)

**Come hang out with us this summer at the Oneida Powwow Parade & Oneida Relay for Life!**





## CASSONDRA COTTRELL

Cassandra joined us as an intern for the Spring 2012 semester. She will be working primarily with Jen Schanen on Healthy Wisconsin-Oneida Team and Wise Youth.

“ With already receiving an associate degree in Educational Interpreting Technician from Fox Valley Tech, I am continuing my education at UW-Oshkosh majoring in Human Services.

I am grateful and blessed to be able to complete my internship at Wise Women Gathering Place. Everyone is friendly, caring, and passionate about their work.”

She graduated this Spring with a bachelors in Human Services.

Unselfish and noble actions are the most radiant pages in the biography of souls.

- David Thomas



## MELANIE TARKOWSKI

Melanie joined us as an intern for the Spring 2012 semester from UW-Green Bay. She will be partnering with Bev to market ToP program.

## MARY VVALTHER

Special thanks to Mary for beautifying our newly renovated Serenity Room with her artwork.

Thanks are also due to all the volunteers who generously gave of their time preparing the room for our Open House in February!



## Volunteer & Intern Opportunities

Are you committed to promoting Peace Respect & Belonging alongside the Wise Women? We are happy to host volunteers and interns with all kinds of interests!

Please contact us at (920) 490-0627 to learn more about sharing your gifts and talents with our staff and community!

## What can you do about Sexual Assault?

- ◆ Become a contributor to your local Sexual Assault Crisis Center or other Sexual Assault support centers
- ◆ Become a volunteer/donate funds or supplies
- ◆ Spread the word

### Green Bay – Sexual Assault Center

300 CROOKS STREET PO BOX 22308 GREEN BAY, WI 54305-2308

PHONE: (920) 436-8890 24 HOUR CRISIS PHONE: (920) 436-8899 FAX NUMBER: (920) 432-5966

### Wise Women Gathering Place

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[www.wisewomengp.org](http://www.wisewomengp.org)

Read more about Sexual Assault on the next page

# Sexual Assault April Awareness Month

On Thursday, April 19<sup>th</sup>, 2012, community members gathered at Oneida Social Services for a meal and to view Rape on the Reservation in observance of Sexual Assault Awareness Month (April). In the documentary, TV series Vanguard explores sexual assault in Native communities. One in three Native American women will be raped in her lifetime, according to the film. The documentary travels to Rosebud Reservation in South Dakota, where sexual assault and violence against women has escalated to murder, and interviews local high school students, law enforcement officers, and survivors of sexual assault.

After the film, a discussion was facilitated. Participants in the discussion remarked that it was hopeful to see many people—both victims and perpetrators—returning to traditional ways for healing and using support groups and retreats to find peace. The audience believed that the whole notion of creating a movie and creating awareness was inspiring, and hoped many communities see it.

When asked what can make a difference to end sexual assault, people again spoke out for a return to old ways and tradition. Historical trauma was identified as a root cause of this challenge, and participants called for help for people to acknowledge this struggle and move on. Many believed that starting younger with prevention tools and awareness in the community can be key to creating a brighter future. Often, perpetrators of sexual violence were victimized themselves and the violence passes generation to generation. It was stated that strong parenting skills, being truly present, providing adequate supervision, and building resiliency skills for children will help end this cycle.

While the film was sometimes difficult to watch, the event was designed to help make more people aware of this challenge and services available in Oneida. Many thanks to the agencies below whose hard work, compassion, and commitment to change made this event possible. It is our hope that more people will speak out to stop sexual assault

and seek healing services. If you are in need of someone to talk to, help is just a phone call away.

Oneida Domestic Violence Services  
(920) 490-3700

Family Services Sexual Assault Center (920)  
436-8899

Reach Counseling Services  
(920) 722-8150

Wise Women Gathering Place  
(920) 490-0627



## Sexual Assault statistics

Nearly 1 in 5 women have been raped in their lifetime while 1 in 71 men have been raped in their lifetime.

Approximately 80% of female victims experienced their first rape before the age of 25 and almost half experienced the first rape before age 18 (30% between 11-17 years old and 12% at or before the age of 10).

About 35% of women who were raped as minors were also raped as adults compared to 14% of women without an early rape history.

81% of women who experienced rape, stalking or physical violence by an intimate partner reported significant short or long term impacts related to the violence experienced in this relationship such as Post-Traumatic Stress Disorder (PTSD) symptoms and injury while 35% of men report such impacts of their ex-

periences. [http://www.cdc.gov/ViolencePrevention/pdf/NISVS\\_FactSheet-a.pdf](http://www.cdc.gov/ViolencePrevention/pdf/NISVS_FactSheet-a.pdf)

### Myths & Facts

*Myth: Rape is caused by the rapists uncontrollable sexual urge..*

**FACT:** Rape is an act of power and control, not sex. Rapes are often planned and/or carried out by intimate partners, acquaintances, family members, or strangers.

*Myth: The victim must have? Asked for it? By being seductive, careless, drunk, high, etc.*

**FACT:** No one asks to be abused, injured, or humiliated. Individuals of all ages, all walks of life, have been the targets of sexual assault.

*Myth: Most rapists are strangers to their victims..*

**FACT:** Most rapes are committed by someone that the victim knows: a neighbor, friend, family member, acquaint-

ance, co-worker, classmate, spouse, partner, or ex-partner.

*Myth: Women lie about sexual assault to save their reputations or to get revenge on a partner that has left them..*

**FACT:** Sexual assault is a vastly underreported crime. Women are more likely to lie and say that they haven't been sexually assaulted, out of shame or fear of further assaults or harassment.

*Myth: If victims didn't drink, they wouldn't be sexually assaulted. .*

**FACT:** Alcohol is a weapon that some rapists use to control their victim and render them helpless. A rapist will encourage a victim to use alcohol, or identify an individual who is already drunk. Alcohol is not a cause of rape; it is only one of the many tools that rapists use.

<http://www.sacc-foxcities.org/html/aboutRape/mythsFacts.php>

## The Impact of Discovery Dating

An article discussing the impact of Discovery Dating during the C-BAC years, 2007-07 was published in the *Journal of Family Social Work*. Here is an in-side look of the article's abstract.

By: Janet W. Hagen (University Wisconsin Oshkosh), Alice H. Skenandore, Beverly M. Scow, Jennifer G. Schanen, and Frieda Hugo Clary (Wise Women Gathering Place)



—Nationally, the United States has a higher rate of teen pregnancy than any other industrialized nation. Native American youth have a higher birth rate than the national rate. A full-year healthy relationship program, based on Native American teachings, traditions, and cultural norms, was delivered to all 8<sup>th</sup> grade students at a rural tribal school and a new group of 8<sup>th</sup> graders every year for five years. This manuscript summarizes the Discovery Dating curriculum and compares the participants in the healthy relationship program to the comparison group, at the end of five years, in regards of the number of pregnan-



cies as well as self-reported sexual behavior. The comparison group was comprised of students in the same community who attended a public middle school, rather than the tribal middle school, but the same public high school. All students had a similar age, socioeconomic status, culture and ethnicity. Students who received the healthy relationship program (treatment group) had fewer pregnancies than the students who did not receive the healthy relationship program (comparison group). Of those who reported that they were sexually active, the students who received the healthy relationship program (treatment group) reported higher condom use than the students who did not receive the healthy relationship program (comparison group).

Keywords: Discovery Da-

ting, Community-Based Abstinence Culture (C-BAC), primary prevention, adolescents, sexuality, Native American, community development, pregnancy prevention.

Adolescent Pregnancy Prevention in a Rural

Native American Community

Preventing teen pregnancy and birth continues to be an issue for public health officials, school personnel and others concerned about adolescent health (Arnold, Smith, Harrison & Springer, 2000) in spite of the fact that overall teen pregnancy and birth rates dropped from 1991 until just recently when a 3% increase was reported between 2005 and 2006 (Stein, 2010). Even before the increase, the United States had a higher teen pregnancy rate than other industrialized nations (Alan Guttmacher Institute, 2004).

Statistics on national rates have been available for decades; however, teen pregnancy rates, sexual activity and contraceptive use for Native Americans are not readily available. Native

American teens make up a very small percentage of the overall youth population (National Campaign to Prevent Teen and Unplanned Pregnancy, 2007) which the calculation of reliable statistics from national surveys. However, there are some statistics available from the Bureau of Indian Affairs (BIA) based on information from the Youth Risk Behavior Survey which was administered to high school students attending BIA funded schools (Shaughnessy, Branum, & Everett-Jones, 2001). Compared to national rates, Native American youth are



more likely to have engaged in sexual intercourse and to have lower contraceptive use. Further, the teen birth rate is higher (Shaughnessy, Branum, & Everett-Jones, S. (2001). In one rural tribal community 70% of the females were pregnant or had been pregnant before they graduated from high school (Wise Woman Gathering Place, 2002).

Nationally, the major impediments to reducing pregnancy rates in teens through pregnancy prevention programming are (a) the difficulty in translating the knowledge gained by teens in such programs to actual behavior change in the teen, and (b) the development of evidence based programs (Arnold, Smith, Harrison & Springer, 2000).

In Native American communities, the task is much more difficult given the

historical oppression which included attempts at cultural annihilation.

“Increasingly, the damage from that early abuse, loneliness and lack of love is being seen as a major factor in ills that plague tribes today, passed from one generation to the next and manifesting in high rates of poverty, substance abuse, domestic violence, depression and suicide” (King, 2008).

From around 1891 through the early 1940’s, it is estimated that 87% of all Native families were subjected to the separation and subsequent trauma of the boarding schools (Adams, 1995; Child, 1999). In the boarding school era, children were generally not permitted to see their parents, relatives or friends for much of the eight years they attended the boarding school. Even when allowed to go home for breaks, poverty often stood in the way as many were unable to pay for the transportation to home and back. Anything Indian, whether it was language, religion, dress or “even outlook on life” was prohibited (Jones, Tilden & Gaines-Stonker, 2008, p. 7). Punishment could be extreme for any violation including withholding food, beating, and isolation. Speaking the Native language was particularly egregious and in one case known to the lead author a finger was cut off, one at



a time, each time the six year old girl spoke the language. Because she did not speak English, it took three fingers being cut off before the little girl finally understood she was not to speak

her language. The graveyards of boarding schools are filled with the bodies of Native children who were neglected and abused (Adams, 1995; Child, 1999).

The boarding school era was followed by continued Native American child removal to adoptive and foster homes until the Indian Child Welfare Act of 1978 which finally put a stop to it. About half of the Native American people alive today were not raised by parents or within their tribe because of these various practices (Cross, Mooradian, & Stutzky, 2006).

Although the boarding school movement and the infamous “kill the Indian, save the man” (Churchill, 2004) movement did not totally destroy Native American culture, it has had lasting effects on Native families and communities. Native American moral teachings and cultural traditions have been trivialized, outlawed, damaged and concealed. The forced separation of family members, neglect, and abuse interrupted normal Native American family and community life and sabotaged the passing down of family values, norms and the cultural support systems that defined and maintained family and community values. Without family and parenting models, subsequent generations have suffered.

Currently, there are widespread efforts to reestablish these teachings, traditions and cultural norms; to heal families and communities (Deschenie, 2006). Reintroducing these values and cultural strengths is a critical foundation to the healthy relationship program developed in this study.

## ASK THE HERB LADY

By Judy VanderBloomen

### Wild Herb Remedies

Did you know that some plants you consider weeds are actually valuable herbal remedies? They can be gathered, dried, and stored for making herbal teas and salves. Here are some examples of common plants that can be gathered right now, and stored for future use.



#### Plantain

Plantain is very common, found in just about every yard and field in Wisconsin. Its astringent quality helps reduce inflammation. Plantain is used by the Indians both internally and externally. Externally, the juice of the leaves will counteract the bite of rattlesnakes and poisonous insects. An ointment can be made that will help heal wounds and sores. A strong bland-tasting tea will aid kidney and bladder problems, clear mucus, help heal hemorrhoids, cough and chronic lung conditions. The dried seeds, when boiled, can be used as a bulk laxative.

#### Yarrow



Yarrow is a common and attractive wildflower of roadsides, fields, and waste places. Native Americans used it as a tonic for run-down conditions and indigestion. Yarrow is somewhat bitter, but can be used with honey or other sweetener. The hot tea is useful in treating colds and flu, as it promotes sweating. It helps increase urine flow, and is antiseptic, so is very helpful in bladder infections or irritations. Its carminative action makes it a sensible remedy for stomach upsets. Chewing the leaves will relieve toothache.

Combine plantain with yarrow and you have a remedy that will help stop hemorrhages and internal bleeding.

#### Mullein



Mullein is common along roadsides and is not very particular about growing conditions. It can grow up to 8 feet tall so is easily identified. The Indians smoked the dried leaves to relieve lung congestion. It is a tried and true remedy for hemorrhoids, and can be used internally and externally. The tea is excellent for coughs, colds and lung complaints, including asthma and bronchitis. A few drops of mullein flower oil will relieve earache. When making mullein flower tea, a coffee filter should be used for the final straining, as the fine hairs of the plant can be irritating.

Combine mullein, yarrow, and plantain for an excellent hemorrhoid salve.

#### Raspberry



Most of us know what raspberry bushes look like, with their prickly stems and delicious edible fruit. But did you know that Raspberry leaf is a valuable herb? The leaves are astringent and tonic, and serve a special function for the tissues of the female reproductive system. Pleasant-tasting raspberry leaf tea helps tone the muscles of the uterus and has been used for centuries to help prepare for childbirth. It is also useful for heavy menstrual bleeding. Raspberry leaves are also used to help control diarrhea and dysentery, especially in infants. It will remove cankers from mucous membranes, and reduce tissue swelling for the throat, kidneys, and urinary tract. It is also useful for coughs and colds as a diaphoretic.

#### Harvesting wild herbs

After you have positively identified the weed/herb, make sure they are located in an area that is not contaminated by gasoline fumes, pesticides, or other poisons. Make sure that it is in an area that you have permission to pick from. (Continued on next page)



## Harvesting wild herbs (continued from previous page)

The best time of day to harvest is mid-morning when the sun has dried off the dew, but before the heat of the sun has evaporated the water and oils from the plant. Do not harvest when the plant is wet. Harvest roots in the fall after their tops have dried off. Harvest leaves in the spring and summer before the flower buds appear if possible, but they can be harvested all during the growing season. Harvest the buds and freshly opened flowers in the summer. Harvest seeds in the summer and fall when beginning to fall off or ripen.

Whole herbs can be bundled in small bundles and secured with elastic bands, which will shrink with the herb. Hang upside down in a very warm place with good air circulation. You can also lay the herbs in a single layer on drying racks or cardboard boxes, turning each day. Another great place to dry herbs quickly is in the back of your car. Make sure there is air circulation with the windows propped open, and be sure to check often, because they may dry very quickly this way! A commercial food dryer will speed up the drying process, especially when there is a lot of humidity in the air. With high humidity, drying becomes difficult, and the quality of the herbs may suffer.

Store herbs as soon as they are dry to prevent discoloration or loss of medicinal value. When thoroughly dry, herbs can be stored in glass jars, canning jars and paper bags. Plastic can be used for short term storage. Store in a cool dark place. After a week, check for any signs of moisture, and if found, dry again before deterioration sets in. If the herbs become moldy, you must discard them. Store herbs as whole as possible, except for roots, which must be cut up before drying.

## THANK YOU!!

WWGP would like to acknowledge all the staff, students and families at St Matthew's School for their wonderful "Gift of Giving – from Toys to Toilet Paper" for families who have been harmed by violence. Thank you to each and every student, staff and members of the St Matt's community who donated dearly loved items from home, new items and household goods to families in need throughout the holiday season and beyond. You gift made a difference in some many lives. Thank you.

- Know more about myself and others. Know more about relationships.
- I'm not sure but, I guess I'll be taking caution in my relationships and life :)
- I will think of what I do before I do it. Cause I usually don't think before I do anything . Like right now I'm pretty sure I'm making no sense ha.
- I learned a lot of stuff that will help me later on :)
- I learned to have more patience . We made a character chart.
- We learned to be able to achieve our goals. And to learn about people.
- I learned more about myself
- We learned more about making goals for ourselves
- I might have more patience. But not trustworthiness. We had a sticky wall, then we had to stick them in different groups. From good, bad and both.

## Discovery Dating at Oneida Middle School

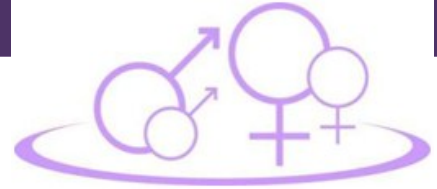
As the school year draws to a close, 6th grade students at ONES were asked to journal about "What I learned or might do differently after Discovery Dating." In their own words, here's what they had to say!

- One thing I learned about this class was to help others and be nice to others and also have respect for others. I like this class.
- I'll think about things more carefully now before I do something
- I would learn about a person b-4 I date them
- About our goals on the laminated paper



**A big thank you to Oneida Nation School system for your continued support of our program!**

Wise Women Gathering Place  
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Green Bay WI, 543131  
Ph: (920) 490-0627  
www.wisewomengp.org



***Please note: Reduced Hours this summer at WWGP***

Monday – Thursday you will most often find one of us at 2482 Babcock Road.

We have a gap in some of our funding periods this summer/fall 2012, so all of our staff are taking reduced hours.

We will continue to provide **Wise Women Support Group** on 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays this summer. **Wise Youth Group** will continue at community events Oneida Pow Wow & Relay for Life. Some of our valuable services will be reduced.

**We will continue to seek funds through all sources. At this time we make a special invite to community for donations to support programs at WWGP. WWGP Brat Sale at Festival Foods West (W. Mason) on Saturday July 28<sup>th</sup>.** Come buy a brat and say hi to your favorite wise woman!

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