
THE GOOD NEWS

May 2008

Seventh Annual National Day to Prevent Teen Pregnancy Takes Place May 7, 2008

Bill Albert and Jessica Sheets, teenpregnancy.org

(Washington, DC) - Hundreds of thousands of teens nationwide are expected to participate in the seventh annual National Day to Prevent Teen Pregnancy on **May 7, 2008**. The purpose of the National Day is to focus the attention of teens on the importance of avoiding too-early pregnancy and parenthood.

The message of the National Day is straightforward: Sex has consequences. Despite significant reductions in the teen pregnancy and birth rates since the early 1990s, 30 percent of teen girls become pregnant at least once before age 20 and the vast majority (82 percent) of teen pregnancies are unintended. "After 15 years of steady decline, the teen birth rate increased slightly between 2005 and 2006," said Sarah Brown, Chief Executive Officer of The National Campaign.

Teen Pregnancy Prevention That Works!!

WWGP was given information from an Indian Health Clinic, which tracked 157 C-BAC students in their community (age 13 – 19) who, as of June 2007, have 5 pregnancies reported and 136 Non C-BAC students (same age 13 – 19, same community) who, as of June 2007, have 32 pregnancies reported.



INSIDE THIS ISSUE

- 1 National Teen Pregnancy Prevention Day
- 2 Pre-Prom Talk & How to Have a Great Prom
- 2 Wise Women Talking Circle
- 3 Judy's Herbs: Allergies in Children
- 3 What is Wise Women Gathering Place& Calendar of Events
- 4 History 106: Responsible Living
- 4 Healthy Relationships: How Can You Help?

The National Campaign is pleased to work in partnership with leading entertainment media companies who are promoting the quiz and delivering prevention messages in May and beyond, including:

- **ABC Daytime's "One Life to Live,"** whose teen character Starr Manning (Kristen Alderson) is dealing with the consequences of teen pregnancy. Through the story line and through Kristen Alderson's weekly blog, the show's fans are learning the facts and using the show to start family conversations about sex, love, relationships and preventing teen pregnancy. Find out more at <http://blogs.abc.com/kristen/>.
- **The Candie's Foundation,** a leader in raising awareness of teen pregnancy by mobilizing celebrities, creating innovative ad campaigns, and keeping the national spotlight on the issue, will honor ABC Daytime (and other national leaders) for its commitment to the cause at the annual Event to Prevent gala in New York City on May 7. Find out more at <http://www.candiesfoundation.org>.
- **NBC's "The Baby Borrowers"** is teaming up with members of The National Campaign's Youth Leadership Team to screen the new reality series and to start a dialogue about the reality of teen pregnancy and the importance of prevention. The National Campaign and NBC collaborated on discussion guides for parents and teens, which will be available online when the show premieres on June 25 at 8-9:00 p.m. ET. Find out more at <http://www.nbc.com>.
- **The N, Nickelodeon's network for teens,** will run teen pregnancy-related episodes of favorite shows including "Degrassi: The Next Generation," "The Hills," "Dawson's Creek," and others throughout the day on May 7, and will run The National Campaign's "Stay Teen" PSAs all day. For more about The N, visit <http://www.the-n.com>.
- **Fox Broadcasting Co.** will air "Stay Teen" PSAs throughout May during popular prime-time shows including "Mad TV," "American Dad" and others. Tune in and find out more about Fox prime time programs at <http://www.fox.com>.
- **ThinkMTV.com, TheCWTV.com, Seventeen.com and YourProm.com** are among the top web sites for teens that are featuring teen pregnancy prevention messages, promoting the quiz prominently throughout their sites, and encouraging users to grab the widget and get involved. Please visit their sites to find out more.

THE PARENT PRE-PROM TALK CHECKLIST

From The Puzzle Solver, WI Abstinence Coalition

1. This is a priority. Do not allow interruptions.
2. Both parents are present having rehearsed a shared opinion.
3. Acknowledge any uncomfortable feelings. Use humor.
4. Use "what if" questions to determine your teen's views on sex, drugs and alcohol.
5. Make your own values and expectations clear.
6. Discuss together ways to enjoy the night without risks.
7. Agree to the plan. Role-play situational responses.
8. Tell your teen to use you as an excuse to avoid activities and as a backup if needed.
9. Love them enough to be strict if that's your only choice.
10. Remind them this is one night, not a "rite of passage."

HOW TO HAVE A GREAT PROM NIGHT

From The Puzzle Solver, WI Abstinence Coalition

- Choose a date that brings out the best in you
- Surround yourself with fun people
- Set and communicate your boundaries early
- Girls, choose a sophisticated look over sexy
- Remain in control – Have a plan
- Have a good friend watch your back
- Create wonderful memories, not regret

DO YOU KNOW WHERE YOUR KIDS ARE?

From Search Institute, 40 Developmental Assets

According to Search Institute, kids with parents who set clear rules and consequences and monitor their whereabouts have one of forty developmental assets that help them grow up healthy, caring and responsible. The more assets young people have, the more successful they are likely to become.

Here are some ways to build asset # 11: Family Boundaries:

- Leave a name & number when you go out
- Ask your children to do the same
- Call youth who are home alone
- Find out if parents are supervising parties your kids attend
- Make your home inviting to your kids & their friends

Wise Women Gathering Place * 2488 Babcock Rd; Green Bay, WI 54313

920-490-0627 * wisewomengp.org * discoveryclating.com

Alice Skenandore, Executive Director

Beverly Scow, Assistant Director

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Judy Vander Bloomen, Administrative Assistant

Eddy Joe Skenandore & Yonakwala Scow, Emergency Temps

WISE WOMEN TALKING CIRCLE

From a Young Wise Woman – Every Tues. 6 pm at CEC

Hearing about this circle, I first assumed it would be boring and no interest to me. Figuring it would be nothing but older women talking of marriage mistakes and how alcohol has affected their way, and now finding ways to stay away from negative things in life. I didn't feel there was anything in it for me. After constant reminders from my mother, I decided to go...probably to get my mother off my back. Realizing we had to give our opinion on different questions, I was somewhat skeptical of people I didn't know and never met, judging me and what I said, but I talked, vaguely. Surprisingly, no one laughed, frowned or asked why I feel the way I do, they just listened and nodded. And so it went around the table as each woman told her opinion on the topic. It wasn't about marriage, alcohol or "don't do this" and "don't do that." While talking I realized the age difference between us all. Yet, everybody understood one another's story...young, old and in between,

And the next topic, it continued. What really surprised me, was an older woman explained a problem she had...I was going through the same thing. And she felt exactly the way I did about the situation. I was so shocked, I barely met her, but we already had so much in common. I couldn't believe much older women deal with problems just as young women, even now. By the looks of the women there, I would've never guessed they had as much drama as me, kind of encouraging in a way.

Now, this circle has become a stress reliever to me. When I go back home, school or work, I feel so much better knowing other women are dealing with the same things and hurt and feel the same way I do. Different problems I've had, I've learned better and different ways to handle them. When I come across different confrontations or misunderstandings whether at school, work, family or friends, I am able to speak up and with more confidence, because I know there's truth and strength behind what I say. Our motto for the circle is "Life is best when learned backwards," because if we knew then, what we know now, we would've never done that. I feel at this circle, I'm learning now, what I need to know for the future. I appreciate this circle for opening my mind to other options and for not judging me on my experiences or opinions or feelings. This has also allowed me to be more honest to myself and other people. I know that what I say at circle stays at that circle. I like when I speak about a personal problem I don't need to give every little detail or say names, if I don't want to. My business is my business, but I still get feedback on them. I haven't missed a

WHAT IS WISE WOMEN GATHERING PLACE?

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 tow, 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.

CALENDAR OF EVENTS

WOMEN'S TALKING CIRCLE

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

COMMUNITY PEACE & RESPECT GROUP

WWGP OFFICE, 2488 BABCOCK RD, GREEN BAY
CONTACT ALICE SKENANDORE FOR DATES & TIMES

H.O.M.E MEETINGS

CONTACT STACY VANDEN PUT FOR LOCATION
WWW.COUNTRYMIDWIFE.COM
EVERY THIRD SATURDAY OF THE MONTH, 1 PM TO 3 PM

ONEIDA DOMESTIC VIOLENCE CCR PREVENTION COMMITTEE

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

TOP: PARTICIPATORY STRATEGIC PLANNING

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

SECOND STEP TRAINING THE TRAINER (ANTI-BULLY)

CESA 7 OFFICE, 585 BAETEN RD, GREEN BAY
MAY 21-22, 2008; 8:15 AM - 4:30 PM

UNITED WAY SUMMIT FOR YOUTH PROVIDERS

PHOENIX ROOM, UW- GREEN BAY CAMPUS
JUNE 6, 2008; 7:30 AM - 12 NOON

NATIVE DREAMS SUMMER CAMP

UW-GREEN BAY CAMPUS
JULY 20 - AUGUST 1, 2008

TOP: GROUP FACILITATION METHODS

ONEIDA SOCIAL SERVICES BUILDING, GREEN BAY
AUG 14-15, 2008; 8:30 AM - 4:30 PM

DISCOVERY DATING TEACHER TRAINING

ONEIDA COMMUNITY EDUCATION CENTER, GREEN BAY
OCT 2-3, 2008; 8:30 AM - 4:30 PM

ASK JUDY'S HERBS:

**My daughter, age 5, suffers from spring allergies.
What herbs would be helpful for her?**

There are many reasons why we suffer from allergies. Almost any substance can cause an allergy but the most common are: foods, molds, dust, pollen, insect bites, chemicals, even food additives. We will keep it simple and address the issue as hay fever, which can be caused by dust, pollen, and animal dander. It means your daughter's immune system has gone haywire with symptoms that include itchy eyes, watery discharges from the nose and eyes, sneezing and nervous irritability.

The main herb that is used for these symptoms is "stinging" nettle. It contains trace amounts of histamine, which is the substance that triggers allergies. When you take these trace amounts of histamine, your body builds up its immunity to the substance through its own natural antihistamine. Nettle tastes good as a tea. Just pour 1c. of boiling water onto 1-3 tps of dried or twice that amount of fresh nettle tops. Fresh, young nettle leaves are delicious steamed or lightly cooked, or in stews. (They taste better than spinach!) Cooking takes away the sting. Just be sure to wear gloves when you pick it. It is also available in capsules. Use the recommended dosage for children, or ½ cup of the tea morning and evening. Sweeten with honey if desired. Local honey also has local pollen, which can help the antihistamine affect. Be sure not to give honey to children under the age of 2. If possible, have your daughter start taking nettle one month before allergy season begins to help develop immunity to the offending pollen.

If your daughter's mucous membranes in her bronchial passages are inflamed, you might want to try goldenrod. It relieves inflammation of the air passages and also helps to soothe mucous membranes that have been irritated by coughing and sneezing. It works best as a tea. Use 2 tps dried flowering tops, or twice that amount of fresh herb. Cover and steep for 10-15 minutes and strain. For your daughter, use ¼ cup of tea 3 times per day.

Another popular herb for these symptoms, and especially for children, is chamomile. Recent research suggests that chamomile acts as a natural antihistamine.* If your daughter is allergic to pollen, chamomile tea may help desensitize and immunize her for the allergy season. It can also be used for asthma and eczema. Chamomile makes a great-tasting tea that most children love when a little honey is added. Use 2 tps of dried herb flowers to 1c. of boiling water and let steep for at least 10 minutes, covered. She can drink ½ cup twice a day. Children who are sensitive to ragweed may also be sensitive to chamomile, and if so start with just 1 tablespoon of tea at a time and work up to ½ cup, twice a day. Stop if you notice any adverse reaction.

Another herb that works well for hay fever or sinusitis is elderberry when in the flower stage. Elderflower helps lower the reactivity of mucous membranes to allergens. This tasty herb works gently and is therefore especially useful for children. Use ½ tbs of the dried blossoms, or twice that amount of fresh, to 1c. of boiling water and steep for 15-20 minutes, covered. You can also add peppermint for a very pleasant-tasting, effective tea. Hot elderflower tea makes a wonderful remedy for the onset of upper respiratory infections such as colds, flu, sore throat, and fever. This tea has a history as a soothing relaxant, and a hot infusion at night will help induce a restful sleep for restless children.

For more information: *The Women's Book of Healing Herbs*
& www.uspharmacist.com/oldformat

ONHS/ WWGP RESPONSIBLE LIVING CLASS

These questions were asked of the students in our Responsible Living class at Oneida Nation High School.

Q: What does peace sound like?

A: Silence, neutral, talking

Q: What does peace look like?

A: Calm, happy, relaxing, joking around, fun

Q: What does peace feel like?

A: Calm, good, relaxed, quiet, serenity

Q: What would you like to do before your 100th birthday?

A: Go to the sun; Always be healthy; Travel to Mexico; Grow a big garden; Meet new people; Get a big house; Be in the WNBA; Become a baby nurse; Have 2 kids; Always love my family; Always be thoughtful; Become something that I really like; Be happy; Somehow become famous; Skydive over the ocean; Dunk in basketball; Bungee jump off the Eiffel Tower; Go in Venezuela caves; Went to Tokyo; Go to Antarctica; Go to a lot of concerts; Become a chef; Have 3 kids; Live in Wisconsin

Q: What benefits would the world around you receive if you achieve your dreams & goals?

A: Influence youth to NOT drink & drugs; Help out the tribes; Help out

the youth when I grow up; Make my family happy; Get money; I will be happy; Family & friends; Car; Respect; Good life; Teachers; My dad; Good job; Dad is happy; Mom is happy; Everyone is happy; Sisters; More freedom; Run faster; Run longer

Q: What are some of your goals?

A: Stay out of trouble; Finish high school & go to college; Keep my grades up; Have a successful life; Have a good paying job; Get a degree; Own an airplane; Be a musician; Become a lawyer; Come to school everyday; Get all my credits; Finish college; Get a nursing degree; Lose weight; Turn my act around; Get caught up on my credits; Have a family; Run three miles in three weeks

Healthy Relationships: How can you help?

Reach Out For the Help You Need

Back in 2001, ONHS staff contacted WWGP to work with students to help find ways for them to build their lives into successful futures. It was first decided that it was most important to understand what it means to have a “healthy relationship”. In direct response to this, WWGP developed, received funding for, and implemented the Community-Based Abstinence Culture (C-BAC) program based on Discovery Dating©. For 5 years we worked with 8th graders in two communities to help them find out their goals, values and what they wanted in relationships. In our “Survey Results” (see article), C-BAC students demonstrated a difference in behavior and attitudes. If you have an idea or think WWGP can help, ask us – we may be able to.

Participate Where Ever You Can

WWGP has been working in the community since 1992. WWGP offers many opportunities for participation. We need volunteers for: our web site; our library; media development; photo and document organization; Rock N Rest Station; fund-raiser events. We warmly welcome your help.

Wise Women Gathering Place is thankful to the people of Oneida and Menominee communities for all the ways that you support healthy relationships in our communities.

Financial Support

WWGP is a 501(c) 3 organization. All financial contribution or donation of goods or services made to WWGP is 100% tax deductible. Every dollar that is contributed to our efforts, whether from a grant or a donation is appreciated and used for the good work that we do. The most heartwarming contributions come from the people who live in our community. Every time someone comes in or mails in a check (no matter what the amount); we feel a special energy that helps us to carry on. Thanks.

Wise Women Gathering Place Wish List

If you have an item or service to donate, please contact our office at 920-490-0627. We can arrange drop-off or pick up of items. All donations are TAX-DEDUCTIBLE!

1 – Furniture: For our future transitional housing for victims of domestic abuse. We need beds, dressers, tables, chairs, and other items for families.

2 – Magazines and Craft items: For our programs. We need as many as you can donate.

3 – Baby care items: For our Rock’n’Rest supplies and for the transitional housing. We’re looking for diapers, bottles, wipes, creams, pacifiers, etc.

4 – Snacks: For our Women’s Talking Circle Group and participants at other trainings and meetings.