

WON TODAY



FALL 2018

INDIGENOUS PEOPLES' DAY OCTOBER 8th, 2018

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Indigenous Peoples' Day is celebrated in many locations in the United States on the second Monday in October. Indigenous Peoples' Day reimagines Columbus Day and changes a celebration of colonialism into an opportunity to reveal historical truths about the genocide and oppression of indigenous people in the Americas, to organize against current injustices, and to celebrate indigenous residents.

Many Native American's across the country commemorate this day with ceremonies, festivals, traditional dances, singing, pow wows, storytelling and more. For example, a sunrise ceremony is traditionally held on Alcatraz Island in San Francisco, California.

But beyond celebrations, Indigenous Peoples' Day is an opportunity for all to learn about culture and history. Many events, while offering entertainment will also feature education experiences that allow people to learn about Indigenous values, beliefs, language and customs.

Women of Nations participated in the 2017 Indigenous Peoples Day Parade in St. Paul



September is Suicide Prevention Month



Suicide has been a problem for the entirety of human history, but only in the most recent years has it started to become something of an epidemic. It has gotten so bad that it rates as the third leading cause of death among those vulnerable. It's particularly problematic that people who are having suicidal ideation feel as though they are not able to speak to others due to stigma surrounding this topic, which leaves those around those who commit suicide in the dark, afraid, and confused about what ultimately happened.

Organizations like National Alliance of Mental Illness work every year to help raise awareness of this tragic event. By raising awareness and educating people about the signs that can indicate someone is having suicidal thoughts or is a danger for suicide, these organizations help to prevent suicide from happening. It's not something any one person can do alone, we

all have to pay attention to those around us and watch for the signs so that they can get the help they need before it's too late.

National Suicide Prevention Hotline: 1-800-273-8255

October is Domestic Violence Awareness Month

Domestic Violence Awareness Month evolved from the "Day of Unity" that was held in October 1981 and was created by the National Coalition Against Domestic Violence. The "Day of Unity" soon evolved into a week and in October of 1987 the first National Domestic Violence Awareness Month was observed. According to federal data 1 in 4 women will experience violence at the hands of an intimate partner and Native women are 2.5 times more likely to experience violent crimes, and at least 2 times more likely to experience rape or sexual assault crimes, compared to all other races. Domestic Violence Awareness Month is a time to mourn the victims of domestic violence, celebrate the survivors of dv, and connect advocates and survivors to resources.

The graphic features a large, stylized number "9" with a red underline. Below it, the title "Warning Signs of An Abusive Relationship" is written in bold. A list of nine warning signs follows, each preceded by a circled number:

- 1 Quick involvement in a relationship
- 2 Extreme jealousy
- 3 Controlling behavior
- 4 Threats of violence
- 5 Abrupt mood changes
- 6 Verbal abuse
- 7 Breaking objects
- 8 Use of force during an argument
- 9 History of past battering

National Domestic Violence Hotline: 1-800-799-7233

Back to School Supply Party!



August 22 we had a fun back to school supply party that allowed the students and Women of Nations to get everything they needed to have a successful school year. They were allowed to get crayons, calculators, scissors, binders, folders, markers, pens, pencils, rulers, paper, gluesticks, hand sanitizer and everything they need for the 2018 school year!

Women of Nations 5k Run/Walk

We rescheduled our 5k for Saturday, October 6. This event is for all ages, runners, walkers, and dogs! Join the Women of Nations team as we raise funds that will directly benefit women and children who have suffered trauma, dating violence, sexual assault, or human trafficking. Also the first 10 dogs that cross the finish line will win a free doggy prize goodie bag! We also will have purple 5K bandanas for sale! Online registration closes on October 3rd, but on site registration is permitted. However there will be a limited amount of t-shirts and t-shirt sizes available for day-of registration.

Visit our Facebook page for more information:

www.facebook.com/womenofnations1982

Or visit: www.active.com and type 'Women of Nations' into the search bar



FALL FUN

10 Fun Things to do This Fall

1. Go apple picking at a local orchard
2. Take a fall foliage drive
3. Knit a fall scarf
4. Bake pumpkin bread
5. Go on a spooky graveyard tour
6. Get lost in a corn maze
7. Go on a hayride
8. Visit a haunted house
9. Jump in a pile of leaves
10. Watch a scary movie

JACK SKELLINGTON OREO POPS



INGREDIENTS:

12 Halloween Oreos
2 c. white chocolate, melted
2 tsp. coconut oil
Black icing
12 lollipop sticks
Black ribbon

DIRECTIONS

1. Line a medium baking sheet with parchment paper.
2. Stick the lollipop sticks into the cream of the Oreos.
3. Mix coconut oil into white chocolate and dip Oreos into chocolate until completely coated. Place in refrigerator to harden, 5 to 10 minutes.
4. Using the black icing, draw Jack's face on the Oreos and let cool slightly.
5. Tie black ribbon in a bow at the bottom of the Oreo and serve.