



Women of Nations

Fall Newsletter

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Check out our
Social Media Pages!

Facebook

facebook.com/
womenofnations1982

Instagram

instagram.com/won_eaglesnest

Twitter

twitter.com/won_eaglesnest

Healing Through Arts

Healing Through Arts is a group we run at the Eagle's Nest Shelter. We incorporate a Native teaching and Native art with an evidence-based practice, Dialectical Behavioral Therapy (DBT) skill to create a unique program that focuses on improving the health and emotional well-being of our residents. Some of the Native art we have taught in this group include making dream catchers, sewing medicine pouches, and beadwork projects, like Dentallium Shell Earrings.

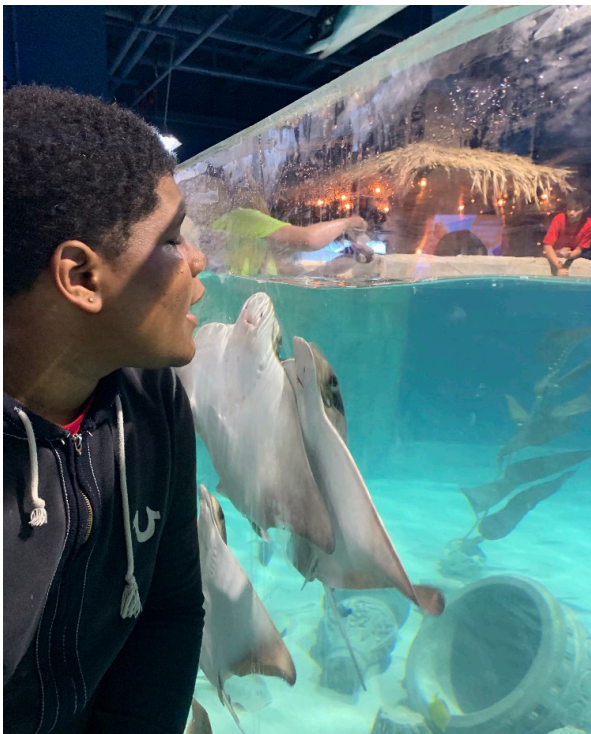
Dentallium shells are the shell of a small tubular Mollusk that looks similar to a tiny elephant tusk. These shells were mainly used by tribes along the northwest coast of North America. The shells were used both ornamentally as beads and as currency. Eventually these shells made their way inland to the Dakotas in the form of currency and then were incorporated into regalia decoration. Today, you will see the Dentallium shells being used in many jewelry pieces and regalia accessories. With this art project, we incorporate self-healing techniques and healthy coping skills, such as art, listening to soothing flute music and focused breathing.



Dentallium Shell Earrings

Summer Youth Camps & Activities

During the summer months while the children and youth at the Eagle's Nest Shelter are out of school, our Youth Program Manager, Sarah Klingbeil, and our Children's Trauma Support Staff, Brynn Records, hold many fun activities and different educational camps for the youth to keep them busy and still learning throughout the summer. Some of those activities include fishing, swimming and field trips to locations that the youth have never been to before. They also do fun educational camps like cooking camp and Science Camp. Many of the youth are withdrawn or hyperactive upon arrival to the shelter, but they begin to open up and thrive in the safe and caring environment our staff creates.



Youth Cultural Activities

Written by: Stephen Barry, Women of Nations' Cultural Outreach Supervisor

August was a fun month for cultural activities with the youth at the Eagle's Nest Shelter. Our first trip was to visit Saint Anthony Falls, Minnehaha Falls and Coldwater Spring. This was an educational field trip to learn about Native American culture and history but also a mini adventure for the youth as they got to spend half the day with nature.

We took a mother and daughter to Shakopee Mdewakanton Sioux Community Wacipi (Pow Wow). This was the daughter's first Pow Wow. We attended the Sunday afternoon grand entry and visited some vendors. Mother and daughter got a photo together outside a Tipi and her daughter got her first dream catcher. It appeared to be a special day for them both.

We took youth to Martell's Landing Educational Center. Martell's is in Somerset, Wisconsin. The land is right beside the Saint Croix River. On 16 acres surrounded by DNR land, Martell's is a special place to be with nature. It has a tipi, ceremonial arbor and an Ojibwe lodge. We sat in the tipi with a fire to receive teachings from an elder in the community on the pipe, tobacco, sage, fire, tipi and inipi.

Finally, staff took youth back out to Martell's to fish and stack inipi and tipi wood. This was an opportunity for youth to experience country living.

Before the first field trip, a teenager who attended the first field trip did not communicate with staff who took him on the field trip. Since this field trip on August 16th this teenager has checked in with staff daily to talk. We see these cultural outings as opportunities to build healthy relationships with youth, build their self-confidence, connect them with nature and for them to be aware of the possibilities of learning from Native American's for their own lives.



Pyranyetu

The Moons of Change

Pyranyetu (Fall) is the second part of the year when the leaves turn yellow and brown. As the summer ended the Lakota/Dakota people would prepare meat that the men hunted and fill underground caches with the dried meats and other foods that they harvested. Large amounts of firewood would be gathered, cut and stacked to last throughout the winter months. Pyranyetu is ushered in with a sundance ceremony. Each seasonal change is prepared for with a ceremony that brings balance to our lives in many ways; spiritually, mentally, emotionally and physically.

September - Moon of Brown Leaves

The weather began to change, and soon the trees responded. This phase was named for the beautiful shades of autumn leaves. Gi means brown.

October - Moon of Falling Leaves

Autumn weather had settled into the Great Plains at this time. And, as the Lakota people prepared for winter, the trees also prepared by dropping all their leaves.

November - Moon of Starting Winter

Today, we think of Thanksgiving; however, in traditional Lakota times, this moon brought about the cooler temperatures. Everyone started thinking about winter.

Source: <http://aktalakota.stjo.org>



Give To The Max Day

November 14, 2019

GiveMN launched in 2009 as a collaborative venture led by the Minnesota Community Foundation and many other organizations committed to helping make our state a better place.

To generate excitement for their launch, they organized a little something called Give to the Max Day. That spark touched off an outpouring of generosity — \$14 million in 24 hours. Since that trial run in 2009, Give to the Max Day has become an annual tradition. Every year thousands of organizations raise money to improve the quality of life in Minnesota and communities around the world.



They're thrilled with how Minnesotans have embraced Give to the Max Day. But GiveMN is more than a one-day giving extravaganza. They provide a giving website available year-round to link people with nonprofits and schools to make giving soar. In the first decade, more than 300,000 donors have given nearly \$200 million to 10,000 nonprofits and schools using GiveMN.org.

Since 2015, GiveMN has been redefining the way we grow giving. Now that almost all nonprofits are raising money online, they are building programs and products to assist the nearly 70% of Minnesota nonprofits who say they aren't confident that their current fundraising efforts will allow them to continue to sustain their missions. That's why they created RaiseMN, a special initiative to help nonprofits grow their fundraising strategy and infrastructure.

How to Support Women of Nations Year Round

Facebook Fundraiser: You can easily raise awareness and encourage your network to support our cause. No fees are deducted for donations made on facebook

Gift Cards: Gift cards to Target, Walmart, grocery stores and gas stations are useful to help Women of Nations fill immediate needs for our residents and outreach clients year round.

Amazon Smile: Your online shopping can create real impact for Women of Nations. Designate Women of Nations as your charity of choice, and the AmazonSmile foundation will donate 0.5% of the purchase price of eligible products to us.

Upcoming Events

WON 5K Fun Run



When: October 6, 2019

Where: Phalen Park

(1600 Phalen Dr E, Saint Paul, Minnesota 55109)

Check In: 8AM

Fun Run Start: 9AM

The Women of Nations 2019 Fun Run 5K 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 from domestic violence, dating violence, sexual violence and human trafficking.

The Fun Run will include a marked course, snacks and bottled water, doggy participant prizes and a 2019 Fun Run t-shirt! We will not be offering course time recording, but participants are welcome to time themselves.

For more information, please visit our facebook page!

Be Healthy. Live Active. End Violence.



www.women-of-nations.org

www.facebook.com/womenofnations1982

Crisis Line: 651-251-1609

Business Line: 651-251-1605