



# Women of Nations Winter Newsletter

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## Day & Night By Alexis Estes



“Day and Night” is a new mural in the resident’s hall at the Eagle’s Nest Shelter. The mural was designed and painted by Alexis Estes, a Michigan-based mural painter and screen-printer from South Dakota. Alexis is a member of the Kul Wicasa Oyate (Lower Brule Sioux Tribe). Her art, both traditional and contemporary, is influenced by Lakota culture.

The mural incorporates aspects of both Dakota and Ojibwe culture and symbolizes women, community, traditional healing and strength, and more. Alexis explained, “‘Day and Night’ is about dualities. No matter what we are going through, we may perceive it in a positive or negative way. Sometimes the darkness of trauma slows us down, but it’s up to us to see it as an opportunity to be resilient and find the light”.

Follow Alexis on Facebook @higherconsciousnessweb  
Contact her at higherconsciousnessweb@gmail.com

Check out our  
Social Media Pages!

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facebook.com/  
womenofnations1982

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# Holidays at Women of Nations

We want to say a huge thank you to everyone who helped make the holiday season one to remember for all of Women of Nations' clients!

Stocking Project donated gift bags for all residents that contained basic hygiene products, fuzzy socks, and a lot of other fun goodies. These bags are very much appreciated and the women always love opening these up on the morning of the 25th. We also received many other donations from members of the community. We received a Christmas cake, cookies and a lot of other yummy treats, many toys and games for the children, and also plenty of warm clothing and supplies for the upcoming winter months. Kathy Leslie with Mary Kay also helped us curate cute little gift sets for the clients at Women of Nations. These sets were shaped as little cupcakes and included fuzzy socks, luxury lotion and a little journal organizer and pen. We also want to thank Toys for Tots for always supplying the children and the Eagle's Nest Shelter with plenty of toys and games. The children's mothers or guardians were able to pick out gifts personally for their children. Another exciting thing that happened was Santa Claus came to visit with all the women and children at the Eagle's Nest shelter. Thank you, Dale Ross, for volunteering your time and dressing up to spread a little Christmas magic!

Holidays are often a difficult time at Women of Nations, so we are thankful for everyone's participation in helping us make the holiday season extra special.



# Healing Through Arts

Art can be a calming and motivation outlet for many people. Research shows that art can have a powerful influence on a person's well-being and outlook. Art therapy can help a body filled with stress and fear become relaxed and focused. Our Cultural Director, Tynielle, plans and runs Women of Nations' Healing Through Arts group. Healing through Arts is a cultural specific activity where beading and sewing projects will be taught and made, tied in with the Sioux/Ojibwe values and some emotion regulation skills. Some of the topics discussed during this group are core mindfulness, healthy coping skills, healthy relationships, self-esteem, interpersonal effectiveness and more. Some of the projects Tynielle has planned are dream catchers, beaded mirrored earrings, beaded keychain lanyards, medicine projects and more.



## Special Announcement!



Kurt Angle, a WWE Hall of Famer, 12 time World Champion and an Olympic gold medalist, will be at Grand Slam 3 on May 30th, 2020!

Last year at Grand Slam 2 we raised over \$21,000.00 for the programs and services at Women of Nations.

# Waniyetu

## The Cold & Dark Moons

Waniyetu (winter) is a time when the Lakota/Dakota/Nakota gather and dry our Traditional tobacco, Can'sa'sa which comes from the sacred plant, red willow.

Can'sa'sa is used here at Women of Nations for both dream catcher making and offering purposes. When being picked each winter, the story of the red willow after the great flood is shared, tobacco is laid out onto mother earth as an offering to give thanks for providing this plant for us to use throughout the upcoming year.

**December: Wanicokan-** Moon when the deer shed their horns  
Cold winter temperatures and blistering winter winds were upon the prairies during this time; however, the Lakota people noted the moon by the deer shedding their horns.

**January: Wiotekika-** Moon of hard times  
During this time of year, everyone experienced difficulties, food was in short supply; the weather was fierce. Yet, the Lakota (Sioux) people prevailed.

**February: Cannapopa-** Moon when trees crack from the cold  
As a new moon arrived, the Lakota people noticed a great change. Trees on the Great Plains popped and burst as their branches became laden with winter snow and ice.

**March: Istawicayazan-** Moon of sore eyes  
Spring was on the horizon; however, the next moon phase continued the cold winter tradition. Now, the people were subjected to blinding sun rays banking off the snow.

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



# Upcoming Events

## Grandslam 3



**When:** May 30, 2020

**Where:** TBD

**Time:** TBD

Please stay tuned to our Facebook and other social media accounts for more information about our upcoming Grandslam 3 fundraiser on May 30, 2020. Location and time of event will be announced in the next coming months! Big things are planned and we are excited to partner with Midwest All-Star Wrestling again for another amazing fundraiser!

## 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.

[www.women-of-nations.org](http://www.women-of-nations.org)  
[www.facebook.com/womenofnations1982](https://www.facebook.com/womenofnations1982)  
**Crisis Line:** 651-251-1609  
**Business Line:** 651-251-1605