



# VENTURA VILLAGE NEIGHBORHOOD



## JULY '21 NEWS

venturavillage.org

612-548-1598

General Membership meeting - Wednesday, July 14th at 7:00 PM

Committee meetings - Thursday, July 29th at 5:30 PM.

To request our zoom link call or email us.

villageventura@gmail.com

### Mashkiikii Gitigan Partnership for 2021 by Maia Jacobson

This summer, we at North American Traditional Indigenous Food Systems (NATIFS) are working in partnership with the Indian Health Board of Minneapolis to cultivate a medicine garden, which is Mashkiikii Gitigan in Anishinaabe. We started clearing out the garden - located across the street from the IHB medical and dental center on East 24th Street - in late April. It's been a lot of work, but it's really coming along well.

The design we have for the garden is the traditional medicine wheel found in most North American Indigenous cultures. The team from the Indigenous Food Lab (IFL) and NATIFS have been working the garden for the past month, pulling weeds and invasive plants, clearing debris and trash, as well as tilling the soil for planting.

We started some Indigenous seedlings at IFL this spring and after clearing out the garden, we've begun seeding some of the empty beds. In doing so, we have discovered that there are a lot of perennial plants flourishing from previous years as well. We have found raspberries, strawberries, wild grapes, sage, nettle, sunchokes, burdock, and more. We have put in seeds for sunflowers, an array of beans and corn as well as hardening off the starters we planted at the kitchen this spring.

At the end of the season, The Indian Health Board will harvest and preserve many of the plants to use and distribute as herbal medicine. The goal that we at NATIFS have is to largely propagate Indigenous seeds, as everything we are planting are Native to North America. Another goal of ours is the educational component - our staff and our volunteers are learning and becoming familiar with growing and cultivating these native plants.

Our mission at NATIFS is to promote Indigenous foodways education and facilitate Indigenous food access. Our kitchen at the Midtown Global Market - Indigenous Food Lab - is at the heart of our mission, providing a place for education and training establishing a new Indigenous food system that reintegrates Native Foods and Indigenous focussed education into tribal communities across North America.

If you are interested in volunteering at Mashkiikii Gitigan, reach out to Maia Jacobson, program coordinator, at [maia.j@natifs.org](mailto:maia.j@natifs.org) or Louis Stein, garden manager, at [louis.s@natifs.org](mailto:louis.s@natifs.org) for more information on volunteer opportunities and availability.

### Our Saviour's Emergency Shelter Reopens June 1st

by La'Quadra Neal

Our Saviour's emergency shelter relocated to a hotel in Bloomington during the start of the pandemic. We partnered with St. Stephen's emergency shelter to make this particular project work and we were funded by the State of Minnesota.

Overall, we are excited to be back on the Southside. We are ecstatic that we are able to still provide dignity in our shelter space from the hotel. With the hotel project, we served a maximum of 160 clients on any given day which is a big jump from our norm of 44. We learned a lot over the last 13 months about our shelter residents, operating in a different city, racial equity, etc. We plan to bring that knowledge back to the community. We feel at home and welcomed by the Ventura Village Community.

Now, we have 21 rooms for shelter residents and 26 beds. As an organization, we are going to stay at 21 shelter beds to see how COVID manifests with the new mandates, vaccination rates within the homeless community, and COVID-19 rates. If more clients

become vaccinated and the risk of catching COVID-19 reduces then we will expand to 26. The case managers' caseloads are dramatically smaller which we are hoping will lead to more housing outcomes.

Since we are back, Our Saviour's emergency shelter is in a new planning phase because we want to make the shelter financially stable. In 2020, OSH received various grants that were time-limited and attached to COVID funding and that is having an impact on our fiscal year. We are strategizing a plan to figure out the best solution for creating a shelter that is financially stable but yet serves our shelter residents and community.

With that being said, we welcome you to Our Saviour's and want to invite you to volunteer, serve a meal or prepare a meal for our shelter residents. If you are interested in volunteering please reach out to Wateen, the Volunteer Coordinator, at [Wateen@oshousing.org](mailto:Wateen@oshousing.org). If you would like to ask the Shelter Manager La'Quadra any questions you can contact me at [Laquadra@oshousing.org](mailto:Laquadra@oshousing.org).



### Native American Community Clinic (NACC) Has Been Busy In 2021 by Ashlee Jallen

2021 has been an exciting year for the Native American Community Clinic (NACC)! In February, we celebrated our

18th year as a clinic. In March, we completed renovations to the garage space and transformed it into our new Medication Assisted Therapy (MAT) program area. During that same month, we finalized the purchase of our building including the Dollar Tree space! The purchase of the building creates an even greater opportunity for NACC to serve the community and expand programming. We are beyond excited to start the remodeling process. Check out our website at <https://nacc-healthcare.org/acceleration-campaign> to find out more information on our capital campaign to fund the renovations.

NACC has also been busy with programming and vaccinations. We are currently helping to vaccinate the community through outreach and on-site visits. We have hosted various community vaccination events and will continue to do so throughout the summer. NACC currently uses the Moderna Vaccine and we are accepting any adults (18+). The vaccine is free and we offer the vaccine every Wednesday from 10:00 am to 1:30 pm. Please visit our website or Facebook for the most up-to-date information on what age we are vaccinating. If you would like to sign up for the Moderna vaccine, call our COVID Vaccine Coordinator at (612) 847-5947. Please visit our website or Facebook for the most up-to-date information.

Most of our programming transitioned to telehealth during the pandemic. During the winter months, the traditional healing committee hosted storytelling and beadwork workshops via Zoom. Our community health department has been hosting diabetes workshops that include grocery shopping guides, cooking demonstrations with traditional foods and stress management. More recently, we hosted two in-person workshops for a very small group of individuals to create jingle dresses!

As the weather gets nicer, we hope to offer more programming in person. Our community health team will be hosting a healthy lifestyles class for youth that will primarily be convening at our community garden plot. We hope to share skills with our youth about gardening and sharing knowledge about traditional foods. We have also started to plant traditional medicines around the clinic! Our sage is growing beautifully in our wolf garden and we have planted more cedar plants in front of the clinic. Other medicines include sweet grass, echinacea, bee balm, lungwort and more. We hope to host a small ceremony for our sage harvesting season to provide teachings about sage.

For more information on our upcoming events, visit our Facebook page or visit [www.nacc-healthcare.org](http://www.nacc-healthcare.org)

### Home Security Habits Checklist by Kali Pliego

**Do you lock up?**

1. Are your doors locked whether you are in the house or not?

2. Is your front door locked while you are in the backyard (and vice versa)?

3. Do you lock your doors when you leave the house, even for a few minutes?

4. Do you pin your windows? Are they locked when closed?

5. Are basement windows locked or permanently secured with screws or bars?

6. Do you keep your garage doors closed and locked at all times?

**Does your home look occupied?**

1. When you are gone for the evening, do you leave an outdoor and an indoor light on?

2. Do you leave the radio or television on when the home is not occupied?

3. When you go on vacation, do you have someone:

a. Watch your house?

b. Move curtains and blinds?

c. Mow the lawn / shovel snow?

d. Collect mail and newspapers?

**Do you practice yard safety?**

1. Do you keep valuables such as bicycles and lawn equipment locked up and out of sight?

2. Do you lock up tools and ladders after you use them?

3. Do you keep shrubbery and bushes well-trimmed?

4. If you have a fence, can your neighbors see through it or over it?

5. If you have exterior lights, do they prevent shadows where burglars could hide at night?

6. Do you have lights on dusk to dawn at entrances?

**Do you practice overall security?**

1. Do you have a block contact list with neighbors' names, phone numbers, and addresses next to your phone?

2. Do you know how to report suspicious activities or crimes to the police? Do your children know how to do report?

3. Do you ask strangers at your door for proper identification before talking to them?

4. Do your children tell strangers that you are "busy" rather than you are "not home"?

5. If someone came to the door needing help, would you make a phone call to the police (or other necessary calls) instead of letting the person come in?



Wolf Surrounded by Sage at NACC