



# NACS News

*A Tradition  
of Caring!*

Oct./Nov. 2017  
Volume 21, Issue 5

**Native American Community Services of Erie & Niagara Counties, Inc.**

- 1005 Grant Street, Buffalo, New York, 14207, (716) 874-4460, Fax (716) 874-1874
- 1522 Main Street, Niagara Falls, New York, 14305, (716) 299-0914, Fax (716) 299-0903
- 76 West Avenue, Lockport, New York, 14094, (716) 302-3035, Fax (716) 302-3037



## **Native Women Roller Derby Team to Compete in World Cup 2018**

*submitted by George T. Ghosen, Editor*

**T**he team, which was formed within the past year, is made up of 20 Native women from the American continents. As stated on their Facebook page:

“We are **Team Indigenous**. We are the First Nations and Indigenous people of our Ancestral Lands, linked globally through the sport of roller derby. We are Indigenous athletes, coaching staff and volunteers. The mission and purpose of Team Indigenous Roller Derby is to unite the Indigenous roller derby community, representing the proud, once-borderless communities in our Ancestral Lands on these continents. Our Ancestral Homes are known by many names: Turtle Island, Abya Yala, Pachamama, Aotearoa and thousands more. We are committed to strengthening the sport of flat track roller derby, the athletes who play it and the Indigenous peoples throughout the world by representing the First Nations and Indigenous peoples in the Roller Derby World Cup.”

Team Indigenous is among the 39 teams from around the world to be invited to compete in the Roller Derby World Cup 2018 and is set to be the biggest single-tier Tournament in Roller Derby history. Roller Derby has continually spread over the lifetime of the Roller Derby World Cup, and so has the number of nations attending the Cup itself. From 2011’s modest number of 13 nations, to the 30 teams at the 2014 World Cup. And now, for February 2018, we have accepted **39 Teams** to come to the Event City venue in Trafford, Greater Manchester to compete in the third Roller Derby World Cup.

The Team Indigenous roster has women representing three continents and over 20 Nations. One of the team organizers, Melissa “Mick Swagger” Waggoner states “This team affords us the opportunity to use roller derby, an already feminist strong athletic revolutionary space, as the platform to explore our identities as Indigenous women, share our traditional knowledge, and within our own tribal matriarchy realize our power as women warriors without borders. We are the first all Indigenous team to take our place amongst our peers and represent our Ancestral Nations at a World Cup event, this is ground-breaking and we are proud to be the first to claim this right.”

Out of the 20 skaters chosen for the team is my own daughter, Jessica Elaine Ghosen (a.k.a. The Blackrock Bruiser). Jes has been involved with roller derby for the last 8 years and skates for the hometown Queen City Roller Girls (QCRG). The league is part of the global network of roller derby teams represented by the Women’s Flat Track Derby Association (WFTDA) which boasts about 300 teams from around the world. Jes is currently on the Lake Effect Furies which is comprised of the best skaters in the QCRG and travels to compete against other teams across the country. Her team recently returned from Division 1 playoffs in Dallas, TX in which the Furies came out ranking 20<sup>th</sup> in the world.

The Roller Derby World Cup will be held February 1 – 4, 2018 in Manchester, UK and hosted by Rainy City Roller Derby.

Sites to visit for more information, including the list of nations competing and complete roster for Team Indigenous:

[www.facebook.com/teamindigenourollerderby/](http://www.facebook.com/teamindigenourollerderby/)  
[www.rollerderbyworldcup.com/](http://www.rollerderbyworldcup.com/)  
[www.qcrg.net/](http://www.qcrg.net/)

**NATIVE AMERICAN  
COMMUNITY SERVICES**

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**Community & Cultural  
Services**

Unfilled at this time.

**Newsletter Editor:**

George T. Ghosen, Sr.

**MOVING/CHANGE  
OF ADDRESS?**

If you are planning on moving or changing your address, please contact NACS so we may update our mailing list. Call (716) 874-2797, ext. 378 or send an email to: [gghosen@nacswny.org](mailto:gghosen@nacswny.org)

## NACS Planning More Blood Drives

*submitted by Corey Yamamura*

NACS held its first blood drive on August 28<sup>th</sup>. In partnership with Upstate New York Transplant Services (UNYTS), we were successful in meeting our initial goal of 10 presenting donors. We had a total of 14 presenting donors, 7 of these were first time donors with UNYTS. 11 units of whole blood was collected, 1 Double Reds which is 2 units. 36 potential lives were saved from this one day event.



NACS choose to partner with UNYTS due to where the resources are used. UNYTS serves as Western New York's only community blood center, UNYTS provides critically-needed blood products for local patients at local hospitals. Through a single donation of whole blood, you can help save up to three lives. Double red cell donations provide the most needed blood component, while platelet donations can help children and adults battling cancer and leukemia, as well as those with blood disorders and other patients.

Donating blood can be a scary process for those who are unfamiliar with the process. The process starts with intake with basic information and basic questions are asked. The next process if eligible is the iron test. This process involves a small pin prick to one of your fingers. This is to determine if your iron levels are high enough to complete the donation process. This is because low iron levels af-

fect the blood. The next and final process is to start the blood donation. You sit in a beach style medical chair. The phlebotomy and/or nursing staff prepare you to donate blood. This process is no different than getting blood work or having an IV line placed in your arm. The process is completely sterile and regulated by many government agencies.

After 10-20 minutes your blood donation will be completed. You will be asked to relax at a waiting table and enjoy some delicious snacks, juices, and/or water. After about 10-15 minutes you will be able to continue on with your day. Some do feel tired/sluggish for the first few hours to first day or so.



We will be scheduling another blood donation day around October/November, if you have any questions regarding the process. Please call Corey at 716-874-2797 x 324



The winner of the \$10 Tim Hortons Gift Card early registration was Barbara Clawson-Cole. The winner of the Bison Tickets was Sara Weinstein.

Thank you to all those that donated and congratulations to the gift winners!

**Save the date**  
*Join us if you scare...*

...for our **ANNUAL**

**HALLOWEEN PARTY SCARE!**

**FRIDAY, OCTOBER 20, 2017**

At Native American Community Services

1005 Grant Street, Buffalo NY 14207

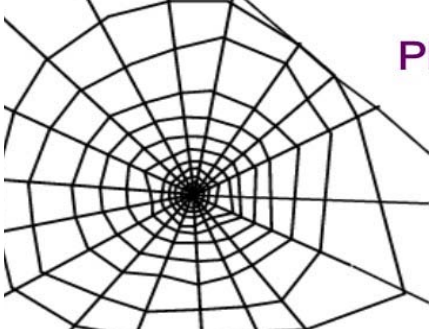
**Session 1: 5:30-7pm**

**Session 2: 7:30-9pm**



*We'll play some haunted tricks  
and give some tasty treats.  
Games, costumes and fun  
and freaky food to eat!*

**Please RSVP** to the Stages of Life Empowerment  
(SOLE) Program at **716-874-  
2797x318**



NACS' Health & Wellness component is funded by: NYS Office of Alcoholism & Substance Abuse Services, NYS Dept. of Health/Division of Family Health/DSRIP, as well as private foundations, businesses, and caring individuals.

### **Attention Erie County!**

The PEEPs are looking for youth ages 14-18 who want to know more, learn more, and do more! Come join our MOCA program- Mentoring Our Community Attitudes! Help us educate our youth, and educate the community. MOCA includes 9 sessions of health and wellness based lessons, and a clinic tour at Planned Parenthood. Meals will be provided at the beginning of each session, and bus tokens will be provided for transportation after programming.



Endless Possibilities  
1 mile

Free meal and  
bus tokens  
provided!

Join our Peer Educators for



## Mentoring Our Community Attitudes

**Who:** Youth Ages 14-18 currently in high school

**What:** A discussion based mentoring program to empower youth to take control of their sexual health, lead by youth!

**Where:** NACS Buffalo Office @1005 Grant Street, Buffalo NY

**When:** Tuesdays from October 17, 2017 until  
December 19, 2017, from 4:30-6pm

**For more information and a registration form:**  
call 716-874-2797x318 or email [awayland@nacswny.org](mailto:awayland@nacswny.org)



@NACSWNY

@NACS Health & Wellness



MOCA is presented by the Peer Educators Empowering People, a component of the Stages of Life Empowerment program at Native American Community Services. The SOLE Program is funded by the NYS Department of Health/ Bureau of Family Health. MOCA is funded by HOPE Buffalo.



Mentoring Our Community Attitudes

## Registration Form

### Through Native American Community Services (NACS) Stages of Life Empowerment (SOLE) Program

*Information provided on this form is used to plan and deliver high quality youth-centered programming, arrange for transportation to and from program, ensure proper communication with parents/ guardians, and complete program reports to our funding sources. All information is confidential and will not be otherwise released without parent/guardian permissions.*

Participant name: \_\_\_\_\_

Address: \_\_\_\_\_  
Number Street City State Zip

Telephone with area code: (\_\_\_\_) \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_\_

Gender (circle): Male Female Transgender Other

Race/ethnicity (circle all that apply):

Native American: Nation / Tribe: \_\_\_\_\_ Enrolled? Y / N

African American / Black Latino / Hispanic Asian / Pacific Islander Caucasian / White

Other: \_\_\_\_\_

School: \_\_\_\_\_

- *If you have a disability and require special assistance or accommodation, please inform **Alaina Wayland** by attaching your requirements to this form or call **Alaina** at **(716) 874-2797 x318**.*
- Does the youth have a food allergy or dietary restriction? Yes / No  
If yes, what is the restriction or allergy? \_\_\_\_\_  
If yes, does the youth have an Epi-pen? \_\_\_\_\_

Parent/guardian name: \_\_\_\_\_

Phone which is best to reach you at: \_\_\_\_\_ Alternative contact: \_\_\_\_\_

Emergency contact (if other than parent or guardian) name:

\_\_\_\_\_

Number: \_\_\_\_\_ Relationship: \_\_\_\_\_

*I give permission for the above participant to attend the Native American Community Services (NACS) Mentoring Our Community Attitudes (MOCA) program. This program involves age-appropriate workshops on teen pregnancy prevention, HIV/AIDS awareness, meals, and activities. I give permission for NACS to take pictures and/or videos of my youth participating in MOCA for not-for-profit promotion of its programs and services. I give permission for NACS youth staff to transport my youth for activities such as a reproductive health clinic tour. I give my permission for my youth to leave the program by alternative transportation, like the NFTA bus system.*

*I acknowledge the NACS youth staff as mandated reporters. I authorize staff members of Native American Community Services of Erie and Niagara Counties (NACS) to act on my behalf in the event that my youth needs emergency medical treatment. I understand that if possible, NACS staff will make every effort to contact me or my emergency contact person prior to any medical treatment of my youth. I also authorize the NACS youth staff to release any appropriate information if needed to my emergency contact.*

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please return the completed form to:**

Native American Community Services  
Attn: Alaina Wayland  
1005 Grant Street, Buffalo NY 14207

[awayland@nacswny.org](mailto:awayland@nacswny.org)

Phone: 716-874-2797 x318  
Fax: 716-874-1874



## Mentoring Our Community Attitudes

All Programs will be held at **Native American Community Services, 1005 Grant Street, Buffalo NY 14207**

| Date                 | Time          | What will we talk about?   |
|----------------------|---------------|--|
| Tuesday, October 17  | 4:30pm-6:00pm | #1: Introductions and getting to know each other                           |
| Tuesday, October 24  | 4:30pm-6:00pm | #2: Personal attitudes and knowledge of reproductive health                |
| Tuesday, October 31  | 4:30pm-6:00pm | #3: Minor's Rights and Access to Reproductive Healthcare                   |
| Tuesday, November 7  | 4:30pm-6:00pm | #4: Myths and Facts  |
| Tuesday, November 14 | 4:30pm-6:00pm | #5: STI's and Birth Control  |
| Tuesday, November 21 | 4:30pm-6:00pm | #6: Safe sex and Negotiation   |
| Tuesday, November 28 | 4:30pm-6:00pm | #7: Sexting and Internet Safety: Good or bad?                              |
| Tuesday, December 5  | NO PROGRAM    | NO PROGRAM   |
| Tuesday, December 12 | 4:30pm-6:00pm | #8: Sex and Gender   |
| Tuesday, December 19 | 4:30pm-6:00pm | #9: Communication and Healthy Relationships                                |
| January -TBD         | TBD           | #10: Clinic Tour of Planned Parenthood, 2697 Main Street, Buffalo NY 14214 |

A healthy meal will be provided at each session. Bus tokens will be given for transportation home after the program.

For more information, contact Alaina Wayland by phone 716-874-2797x318 or email [awayland@nacswny.org](mailto:awayland@nacswny.org)

MOCA is presented by the Peer Educators Empowering People, a component of the Stages of Life Empowerment program at Native American Community Services. The SOLE Program is funded by the NYS Department of Health/ Bureau of Family Health. MOCA is funded by HOPE Buffalo.



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of Erie & Niagara Counties, Inc.  
1005 Grant Street  
Buffalo, New York, 14207**

.....  
**YES, I'D LIKE TO HELP NACS TO CONTINUE IT'S TRADITION OF CARING!!**

Please accept my contribution of:

- \$5    \$10    \$25    \$50  
 \$100    Other: \_\_\_\_\_

I'd like to volunteer my time. I can...

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
*Name*

\_\_\_\_\_  
*Address*

\_\_\_\_\_  
*City / State / Zip Code*

\_\_\_\_\_  
*Phone*

Please add me to your mailing list!

Please detach and return to:

**Native American Community Services of Erie & Niagara Counties, Inc.  
1005 Grant Street, Buffalo, New York 14207**

*FUNDED BY: Erie County Department of Social Services; New York State Office of Children & Family Services;  
New York State Office of Alcoholism & Substance Abuse Services; NYS DOH/Family Health; NYS Education  
Dept.; NYS Office for People with Developmental Disabilities; Erie County Youth Bureau, Niagara County Depart-  
ment of Social Services, Niagara County Office of the Aging; US Department of Labor; W.K Kellogg Foundation;  
U.S. Dept. of Health & Human Services, ANA; as well as businesses, foundations and caring individuals.*

