

# Haseya Newsletter

Where we always strive to create a Sister Space

## Rock Your Mocs Week is November 9th-16th!



In honor of National Rock Your Mocs Week, Haseya will be hosting a Rock Your Mocs Workshop on November 2nd. Attendees will be able to make their own moccasins or ribbon skirt for a suggested donation. All supplies will be furnished & the workshop will be facilitated by Diné & Santee Dakota artist, Randilynn Boucher-Giago. If you attend the workshop there will be a 5K in November to show off your new mocs! Check our social media pages for more upcoming details.

NOVEMBER - NATIONAL NATIVE AMERICAN HERITAGE MONTH



Wearing our moccasins, we stand together worldwide, recognizing our Tribal individuality, honoring our Ancestors & Indigenous Peoples and celebrating National Native American Heritage Month.

- JOIN IN**
- 1) Wear your moccasins - "Rock Your Mocs" - wherever your day takes you.
  - 2) Take a selfie, a group photo, video or story (get creative!)
  - 3) Upload your photo to social media with the hashtag #RockYourMocs
  - 4) To see what's happening worldwide, click on the hashtag #RockYourMocs

No mocs? Can't wear mocs? or your tribe didn't wear mocs? That's ok! Join in by wearing a turquoise awareness ribbon, make a t-shirt, attend an event



Come by and meet our Interns!



Yoga at the garden!  
Weekly free yoga offered for participants!



October is Domestic Violence Awareness Month!

**WOMEN'S GROUP**  
Offered the 1st and last Monday of every month

**NATIVE WORKFORCE PROGRAM**  
Registration & Outreach the last Tuesday of each month

**INDY GIVE CAMPAIGN**  
Campaign goes live for donations November 1st!



## Rock Ledge Ranch Pow Wow

Many program participants were able to attend the 10th Annual Rock Ledge Ranch Pow Wow on the 21st due to the generosity of the pow wow committee donating children's tickets & Haseya covering adult admission. We made lots of new connections as people stopped by our booth to get more information about our program.



## Full Moon Potluck

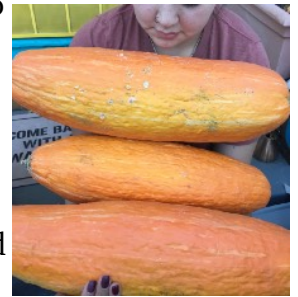
We came together to celebrate the September full moon at Piath Ket Naa Nath. We talked about our different communities traditions of honoring the full moon as a time for women to express gratitude, for healing, & to ask for guidance. Everyone in attendance made



prayer ties to put in the fire. This event is open to all Indigenous womxn in the community as long as you RSVP in advance. The next potluck will be October 13th.

## Fall Equinox Feast

We celebrated the equinox with a feast at the garden. We had venison soup from a deer recently butchered by 1 of our advocates & gete okosomin squash also grown in her garden. Women in attendance were able to harvest tobacco from our garden to use throughout the year. We remind all in attendance the importance of continuing to celebrate these seasonal events of our people. The traditions of preparing spirit plates & of elders eating first are always observed at our feasts. Read more about the gete okosomin squash: <https://www.smithsonianmag.com/smart-news/ancient-squash-dodges-extinction-thanks-efforts-native-americans-180959565/>



## Upcoming Events

Local Native events are listed on Meetup so check this link often: <https://www.meetup.com/Colorado-Springs-Language-Culture-Meetup/events/>

## WOMXN'S MARCH COLORADO SPRINGS

The Women's March will be held on January 18th of 2020 in Colorado Springs. Our interns are helping to plan this event as Indigenous womxn will be leading the march. If you would like to get involved please check out the COS Womxn's March Facebook page for upcoming planning sessions.



# October Events

- 9/30-10-4 Domestic Assault Tribal Advocate Institute Training**
- 10/1 Ravon Chacon: Chamber Music**
- 10/2 Music, Modernity, & Native Peoples: A Symposium**
- 10/9 Women's Educational Group**
- 10/10 Sgawaay K'uuna (Edge of the Knife) film**
- 10/12 Satya Yoga in the Garden**
- 10/13 Full Moon Potluck**
- 10/14 Indigenous People's Day**
- 10/19 Satya Yoga in the Garden**
- 10/21 Lecture: Sketching a Portrait of Health with Dr Huyser (Diné)**
- 10/25 With Teeth Book Launch with Natanya Pulley (Diné)**
- 10/28-11/1 Sexual Assault Tribal Advocate Institute Training**
- 10/28 Women's Educational Group**
- 10/29 Native Workforce Program**
- 10/31 Don't Dress in a Native Costume Day**

For more info: <https://www.meetup.com/Colorado-Springs-Language-Culture-Meetup/events/>