



# VILLAGERS' NEWS

3505 16th Street, NW, Washington, DC 20010, [www.kaylasvillage.org](http://www.kaylasvillage.org), [kaylasvillage@aol.com](mailto:kaylasvillage@aol.com), (240) 292-8773 **November 2019**

## National Native American Heritage Month

What began as an effort to gain recognition for the significant contributions the first Americans made to the establishment and continual growth of the United States has resulted in an entire month being designated for that purpose.

In 1914, Red Fox James, a Blackfoot Indian, rode horseback from state to state seeking approval for a day to honor Indians. On December 14, 1915, he presented the endorsements of 24 state governments to the White House.

A proponent of an American Indian Day was Dr. Arthur Parker, a Seneca Indian, director of the Museum of Arts and Science in Rochester, New York. He persuaded the Boy Scouts of America to set aside a day for the "First Americans" and for three years such a day was adopted. In 1915, at the annual Congress of the American Indian Association meeting in Lawrence, Kansas, there was a plan formally approved concerning an American Indian Day. It directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to observe such a day. He issued a proclamation on September 28, 1915, which declared the second Saturday of each May as American Indian Day and contained the first formal appeal for recognition of Indians as citizens.

The first American Indian Day was declared to be on the second Saturday in May 1916 by the governor of New York. Several states celebrate the fourth Friday in September. In Illinois, for example, legislators enacted such a day in 1919.

In 1990, President George H. W. Bush approved a joint resolution designating November 1990 as "National American Indian Heritage Month." Similar proclamations, under variants on the name, have been issued each year since 1994.

### Training Comments ~

"I've learned to be more formal in my supervision style."

"This was a GREAT interactive and informative workshop."

"[I will be] more assertive and not as passive."

"Training will allow me positively to impact my care coordination style by having this refresher on using a strength-based approach and philosophy."

## Board Members

**Scott Perry, Chair**  
**Vera Johnson**  
**Tonya Logan**  
**Michelle Neal**  
**Samuel Tramel**

### Editor

**Janet Holmes**

---

*"The sun does not shine  
for a few trees and flow-  
ers, but for the wide  
world's joy."*

*~Henry Ward Beecher*

---

## Did you know?

- ◆ Lemons contain more sugar than strawberries
- ◆ 8% of people have an extra rib



## Clean Humor

A prisoner received a letter from his wife:



"I have decided to plant some lettuce in the back garden. When is the best time to plant them?"

Knowing the guards read all the mail, replied in a letter:

"Dear Wife, whatever you do, DO NOT touch the backyard garden! That is where I hid all the gold."

A week or so later, he received another letter from his wife:

"You wouldn't believe what happened. Some men came with shovels to the house, and dug up the whole back garden."

The prisoner wrote another letter:

"Dear wife, NOW is the best time to plant the lettuce!"

## Conversation Starters

### Thought-Provoking

Name three very interesting things about you.

### Values and Character

What did you do to help someone today?

### School/Work

What is the difference from being smart and being wise?

### Emotions

What is the purpose of various emotions? Do you think they are positive or negative?

## TV-Free Activity: Wildlife Notebook

Most are surrounded by more animal life than we imagine. Encourage your child to notice through sight and sound — the birds, squirrels, insects, reptiles, etc. in your neighborhood.



## Ways to Help Us Help Others

[www.escrip.com](http://www.escrip.com)

500017420

[https://secure.escrip.com/  
jsp/group/power\\_reg2/  
accept.jsp](https://secure.escrip.com/jsp/group/power_reg2/accept.jsp)

[www.paypal.com](http://www.paypal.com)

Tax-deductible donation  
26-1727782

We accept cars, cell phones, laptops, iPods, empty inkjet and laser printer cartridges, GPS devices, MP3 players, and digital cameras.

*Advertise via our website!*

\$25.00 for FREE events

\$100.00 for PAID events

# Seminars & Events

[http://  
kaylasvillage.org/  
seminars\\_\\_events](http://kaylasvillage.org/seminars__events)

*Current villagers receive  
\$10.00 off future training  
once referral attends.  
Mention at training so  
card may be mailed.*

Silver Spring, MD

November 4, 2019

**"Stress Resilience"**

*\*carwash available if reserved  
\$35 wash only, \$125 detailed\**

Silver Spring, MD

November 20, 2019

**"Ethical Implications  
of Minors' Rights to  
Consent to & Refuse  
Treatment"**



Personalized,  
signed copies  
available for \$15  
(\$5.00 additional shipping)



## Inspiration

**Video:** *Stacey Kramer: The Best Gift I Ever Survived*

<https://www.youtube.com/watch?v=PKbet4RdSo4>

**Story:** *"Don't Say Something You'll Regret"*

"There once was a little boy who had a very bad temper. His father decided to hand him a bag of nails and said that every time the boy lost his temper, he had to hammer a nail into the fence.

On the first day, the boy hammered 37 nails. The boy gradually began to control his temper over the next few weeks, and the number of nails he was hammering into the fence slowly decreased. He discovered it was easier to control his temper than to hammer those nails into the fence.

Finally, the day came when the boy didn't lose his temper at all. He told his father the news and the father suggested that the boy should now pull out a nail every day he kept his temper under control.

The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence.

'You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there.'"

# Supporter Spotlight: Kinaya C. Sokoya

Kinaya Sokoya is a certified social work manager who holds a doctorate in higher education administration, a master's in business and public administration, and an undergraduate in social work. She is a certified diversity trainer, a mediator, an infant massage instructor, and a facilitator of discussion groups on bigotry. Dr. Sokoya received numerous awards and citations for her work in innovative program development to combat domestic violence and is listed in Who's Who in Executives & Professionals.



A longtime social work practitioner and grassroots organizer, Dr. Sokoya has worked as a school social worker and a family life educator, has developed and administered a number of psycho-social programs for youth (i.e., Science of Living Curriculum), was the chief executive officer of a private school for inner city residents in Newark, New Jersey; and worked for several years on the national level for a national health organization and a professional membership organization. As a former executive director of the D.C. Children's Trust Fund, she initiated the implementation of Parents Anonymous® support groups in the District of Columbia.

Because of her concern regarding education, Dr. Sokoya obtained a doctorate degree enabling her to serve as a bridge from high school to college for youth from low income families. She has worked as an adjunct professor at the Sojourner Douglass College in Annapolis, Maryland.

Through her position as chair of the Maryland Network Against Domestic Violence's Multi-Cultural Task Force, Dr. Sokoya developed a service model for African American women domestic violence victims and a domestic violence prevention model for African American children and youth. She provided leadership to offer cultural competency training for domestic violence service providers and court interpreters throughout Maryland. Additionally, Dr. Sokoya has written a book about D.C.'s child abuse laws. The contents of a video developed to train mandated reporters of child abuse is currently being used by D.C. to provide online certification of social workers.

## Together We Rise

Since at least 2016, we have had a fabulous partnership with this organization, [www.togetherwerise.org](http://www.togetherwerise.org), to provide NEW items to youth living in less-desirable situations. Recently, we received 10 bicycles, 10 skateboards with helmets, 100 birthday boxes, and 20 filled "Sweet Cases." They help us to help others!



### Recommended by Tonya Logan

Electrician  
Ron Warrick, (301) 672-2003

Exterminator  
Louis, (301) 418-5995

House Cleaning  
Martha Argueta, (240) 781-9752

HVAC  
Todd Kornegay, (301) 219-2803

Water Purification  
Lew Martin, (301) 401-2257

Yard Work/Snow Removal  
Marvin Duarte, (240) 370-1523