

Meeting Minutes

N8V Good Life ROSC Council

Date: February 18th, 2026

Location: Virtual (Zoom)

1. Welcome & Introductions

- Meeting began with check-in; Sherrine and Sarina shared recent travel-related illnesses.
 - Kimberly (Cook County ROSC Council) was welcomed and introduced to the group.
 - Additional introductions included Yassi, Kenneth, and Charlie.
 - Sarina led the spiritual opening.
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2. Round Dance Event Update

- The recent Round Dance was reported as highly successful.
 - Largest attendance since COVID.
 - Included drum-making workshops, cultural sharing, vendors, and community resource organizations.
 - Emphasis on community connection, healing, and visibility of Indigenous traditions.
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3. Website & Strategic Plan Updates

- Kenneth shared that the statewide website will be updated in the coming weeks to include:
 - Updated mission and vision

- Meeting link
 - Calendar of events
 - Sherrine emphasized the importance of fulfilling grant deliverables.
 - The team discussed developing a strategic plan in a meaningful, culturally grounded way rather than solely following grant deadlines.
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4. Medicine Wheel Teachings & Discussion

Overview

Sarina provided teachings on variations of the Medicine Wheel, highlighting:

- Representation of the four directions, stages of life, and aspects of being (mental, physical, emotional, spiritual).
- Differences across Tribal Nations and regions.
- The importance of balance, harmony, and interconnectedness.

Inclusive Medicine Wheel

- Sarina shared about a newer inclusive Medicine Wheel teaching that centers:
 - LGBTQ+ and Two-Spirit relatives
 - Individuals of mixed/multi-heritage backgrounds
- She will share these teachings with the group.

Dialogue & Reflection

- Joanna expressed interest in understanding common threads across various Medicine Wheel teachings while honoring distinct cultural differences.

- Discussion emphasized respect for tribal specificity while acknowledging shared values of balance and relational healing.
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5. Circular vs. Linear Healing Models

- The Medicine Wheel was discussed as a circular, non-hierarchical model of healing.
 - Gina (as referenced in previous teaching) described recovery as cyclical rather than linear.
 - Healing is measured in circles — allowing repeated cycles of growth, reflection, and learning.
 - Sarina shared her experience teaching the Medicine Wheel alongside the 12 Steps:
 - Each quadrant represents a stage of recovery.
 - The process can be challenging yet transformative.
 - Many participants have found success in the integrated model.
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6. Indigenous Healing & Integration Practices

- Discussion emphasized the importance of integrating:
 - Traditional Indigenous teachings
 - Western therapeutic approaches
 - Sarina shared personal and professional experiences demonstrating the effectiveness of blended models in recovery work.
 - Emphasis on inclusivity, interconnectedness, and community-based healing.
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7. Upcoming Events & Community Planning

The group reviewed and discussed:

- Youth-led Pride Festival centered on Indigenous Two-Spirit populations
- Cultural Sharing Nights
- Monthly knowledge-sharing sessions
- Sweat lodge event hosted by Sarina
- Weekly Indigenous recovery meetings facilitated by Sarina
- Spring community event
- Youth Summer Powwow

Discussion also included potential vending opportunities and a future Zoom meeting regarding food sovereignty and farm resources.

Next Steps / Action Items

Sarina:

- Send flyer for the next Medicine Wheel & 12 Steps class to Sherrine and team for statewide promotion.
- Share inclusive Medicine Wheel teaching (LGBTQ+ and multi-heritage inclusive model).
- Email Gina and Sherrine contact information for food sovereignty/farm resource connection and coordinate potential Zoom meeting.
- Inquire about vending opportunities at upcoming events.

Kenneth:

- Follow up with statewide website team to ensure Native Good Life's updated mission, vision, meeting link, and calendar are posted within the next couple of weeks.

Sherrine & Gina:

- Promote Sarina's Medicine Wheel & 12 Steps class statewide once flyer is received.
 - Promote Cultural Sharing Night and related events through statewide channels.
 - Coordinate and promote Youth Summer Powwow, including vendor outreach and confirmations.
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8. Closing

- Meeting concluded with prayer led by Sarina.
- Continued emphasis on culturally grounded healing, inclusive teachings, and collaborative planning.