

N8V Good Life ROSC Council Meeting Minutes

Date: May 20th, 2026

Attendees

- Gina
 - Jane
 - Kenneth
 - Gabriel
 - Sherrine
 - Melissa
 - Sarina
 - Charlie
 - Krupa
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Discussion Topics

Opening & Introductions

- The meeting opened with an opening prayer led by Gabriel followed by participant introductions.
 - Attendees were reminded to complete attendance through the QR code system for reporting and funding documentation purposes.
 - Gabriel shared that his son recently graduated.
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ROSC In-Person Meeting Updates

Gina and Jane shared information from the April 21st ROS in-person meeting in Normal, Illinois.

Key Takeaways:

- Many ROSC groups across Illinois experience similar outreach and engagement challenges.
 - Some organizations are using creative outreach methods, including connecting with families through funeral homes.
 - Kenneth announced that the next statewide ROS meeting is planned for October.
 - Gina suggested adding a decompression/healing session for ROS coordinators during future gatherings.
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Powwow Cultural Presentation

Gabriel and Gina presented a Powwow 101 cultural overview.

Topics Discussed:

- Spiritual and cultural significance of powwows
- Powwow singing traditions and dance categories
- Roles involved in organizing powwows
- Importance of substance-free spaces at powwows
- Powwows as spaces for healing, community, and cultural sharing

Protocols for Non-Indigenous Attendees:

- Listen carefully to announcements
- Ask permission before taking photos
- Respect dancers, singers, and ceremonies
- Participate in a positive and respectful manner

Gina emphasized that the upcoming powwow is youth-led and combines Elder knowledge with youth leadership and creativity.

Community Powwow Planning

The council discussed plans for the upcoming community powwow scheduled for the end of May.

Powwow Features:

- Youth and experienced MCs

- Healing-centered activities
- Exhibition and participatory dances
- Vendor and resource tables
- Community feast following a zero-waste approach
- Open participation for youth dancers with or without regalia

Volunteer and Community Support Needs:

- Spread awareness about the event
 - Encourage attendees to bring feast bags or reusable containers
 - Support volunteer coordination and event setup
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Region 1 ROSC Meeting Planning

The council discussed preparations for the upcoming Region 1 ROSC in-person meeting at Trickster Cultural Center.

Meeting Details:

- **Date:** June 23
- **Time:** 12:00 PM – 4:00 PM
- **Location:** Trickster Cultural Center

Purpose:

- Bring together all Cook County Region 1 ROSC coordinators
- Share strategies and regional challenges
- Celebrate accomplishments and strengthen collaboration

Gina and Jane will help prepare presentations highlighting N8V Goodlife and Trickster's community work.

Healing Cafe Discussion

Sherrine introduced the idea of developing a healing cafe pop-up space at Trickster Cultural Center inspired by recovery cafe models.

Discussion Points:

- Creating safe healing spaces for community members

- Including youth participation and youth-centered healing activities
- Addressing marijuana use among youth in recovery
- Potential partnership opportunities with the Intertribal Youth Council

Kenneth shared that recovery cafes already exist in Illinois and could serve as models for future planning.

Next Steps

Sherrine

- Send a poll to ROSC Council members about continuing participation for next year
 - Include questions regarding preferred meeting dates, times, and topics
 - Share the PowerPoint about the 12 sectors important to effective community coalitions
 - Share information and materials about recovery cafes
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Gina & Jane

- Prepare for the June 23 Region 1 ROSC meeting
 - Highlight N8V Goodlife and Trickster's contributions to the community
 - Explore creating a healing cafe pop-up using the existing quiet space at Trickster
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All Council Members

- Spread the word about the upcoming powwow
 - Encourage attendees to bring reusable containers for the community feast
 - Promote the All My Relations Pride Celebration on June 20
 - Promote the film screening on June 16
 - Discuss future representation needs and identify who should be included at the table
 - Explore youth healing space collaborations with the Intertribal Youth Council
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Closing

The meeting concluded with continued discussion about sustaining N8V Goodlife ROSC Council meetings beyond the current grant period and strengthening community healing initiatives through cultural connection, youth leadership, and collaboration.

- Sarina helped close the meeting with a prayer.