

## Who We Are

Antinanco is committed to preserving traditional and indigenous knowledge, and providing access to education through wellness, mindfulness and nature experiences, as well as hands-on projects and environmental conservation projects. We involve children, families and youth groups in New Jersey, New York and Pennsylvania in environmental stewardship, educating about the impact of our actions on the environment, and providing resources and solutions to maintain the integrity of the Northeastern ecosystems. In doing so, we lean extensively on indigenous traditions.

We also work together with the Hopi, Navajo and Oceti Sakowin Oyate (Lakota, Dakota and Nakota) Indian reservations to provide COVID-19 relief, health and wellness, food sovereignty, clean water and solar energy solutions. We support learning of practical earth-based skills, wellness, mindfulness and peaceful dialogue.

## Contact Us

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# Connecting Cultures, Generations and Hearts



**ANTINANCO**



**Antinanco was founded in 2015 and is NJ-based.** We are a grassroots non-profit who do a lot with little and take lot of pride in our work. Initially, Antinanco was formed by 6 community leaders with a strong vision to serve those in need, and a passion to contribute their knowledge, energy and resources without reservation or self-interest. During the first three years, Antinanco was self-funded, relying exclusively on its own capacities and resources.

**Our services are inclusive and diverse.** We encourage children, parents and grandparents from disadvantaged inner-city, urban and rural communities, as well as from Native American reservations to participate in all of our programs. This multi-cultural, multi-generational approach adds unique value, instills strong sense of community belonging, nurtures connectedness and allows all to master the skill of communication and compassionate dialogue.

**Volunteers are at the heart of our work.** Understanding the importance of volunteers' and community participation, we are strive to provide a wide spectrum of service- and skill-oriented opportunities to children, youth, families, as well as community and corporate groups.

# Our Projects

## Turtle Island United Project

The Programs stemmed from the need to address the COVID-19-related health and nutritional challenges on Native American Reservations. The Native Communities are disproportionately affected by COVID-19 due to chronic health issues such as diabetes, cardiovascular disease, hypertension, asthma and cancer as a result of Indian Country's economic and health disparities. We work with on-the-ground partners across five Native American reservations to provide direct relief, wellness, clean water and solar energy solutions, and assist with internal capacity building to strengthen food security and sovereignty. Our primary focus is on elders, single parent/no parent households, and remotely-located households, which are many times overlooked and underserved.



## Nature and Community Service Programs

We provide educational resources to children, families and communities through hands-on projects focusing on wellness, food growing, emotional intelligence, hands-on skills, clean energies, and community service. These Programs are multi-cultural, multi-generational and all inclusive; however, our primary focus is on urban and inner city youth who lack opportunities to spend time outdoors as well as channels for educational experiences in nature. We organize, train and encourage participants to act as advocates in their own communities in coalition with other like-minded organizations. Youth come out of our Programs with increased confidence, new practical skills, stronger sense of responsibility and stewardship for the environment. Strong bonds are formed in the process.



## American Chestnut Tree Revival Project

We plant and care for the American Chestnut Tree with the goal to safeguard and re-introduce environmentally vulnerable species. The American Chestnut tree is native to the North American forest ecosystem and is on the brink of extinction. In the first half of the 20th century, 1 out of 4 trees across the 180 million acre range of eastern forests were killed by an accidentally introduced pathogen, the Chestnut blight. The loss to date of the American Chestnut is cited as one of the worst ecological disasters in the US. We restore a functionally extinct and endangered species and encourage public involvement to help us on this mission.



## Native Food Forest Restoration Project

Our mission is to serve our greater relationship with Nature and to accept its ability to flourish as the highest wealth attainable. We strive to preserve and follow Earth-based traditions that honor this relationship, and offer valuable lessons. These lessons hold the solutions we need to help heal Earth today and tomorrow. Among them are how we can rebuild the connections to Land and to traditional practices around protecting the diverse fertility of Earth, and how to grow, gather and preserve foods in respectful and harmonious ways as to not take away from the overall balance of all relations.

Within this broad mission, we specifically focus on restoration of Food Forest systems that represent a fundamental segment of the Northeastern woods. We invite the public to participate in this Program, offer free native trees and shrubs for planting at home, and provide hands-on training.



# How To Get Involved

## Help Us Plant Native Trees

We will provide you with native seedlings of the American Chestnut Tree, Eastern Persimmon Tree and American Paw Paw Tree to plant at home, your local park, or community area. We will also provide planting and care instructions and training. Please note that we cannot mail seedlings and they will need to be picked up from our Holmdel, NJ or Easton, PA location.



## Help Us Care for Surviving American Chestnut Trees

Three times a year, during Spring, Summer and Fall, we conduct Inspections and tree maintenance of the American Chestnut trees we planted in NJ and PA. The planting sites are located in Bath, PA, Bangor, PA, Emmaus, PA, and Budd Lake, NJ. We invite volunteers to help us with tree inspections, and will provide training.

## Help Our Native American Relatives

- Run a fundraiser to collect monetary donations to assist Native American communities with (a) traditional wellness kits and cleaning supplies for COVID-19 positive families in quarantine; (b) access to clean drinking water for Navajo elders with no water at home; (c) housing repairs for elders and veterans living in dilapidated homes with caved in roofs, broken windows and non-insulated doors.
- Run a winter coat Winter Holiday Drive for Native children
- Run a winter gear drive for homeless communities on Native American reservations



## Fun Service Projects For Your Group

- Sort heirloom seeds and put together seed pockets
- Put together wellness kits for Native American Families (this involves mixing and packaging herbal tea blends and organic soups).  
\* we will mail all ingredients and supplies to you
- Prepare digital educational and training materials for one of our Projects.
- Make an environmental poster advocating for nature, trees and clean water with your group, that we will then install at one of our planting sites.



## Team-Building Workshops For You

(In-Person Experiences are offered in New Jersey and Pennsylvania areas only)

The emphasis of our workshops is on cooperation, connection, and the art of dialogue in playful ways, to help build stronger constructive relationships within your team

- **In Person:** Drum and Music Circles and Games with Instruments from Different Cultures. No experience necessary;
- **In Person:** Foraging and Plant Identification Workshops with Team Games;
- **In Person:** Sitting Medicine Circles (learn to connect to each other better by working with plants and making healing herbal teas and sacred plant bundles; learn to communicate mindfully and efficiently and facilitate conflicts through talking stick exercises)
- **In Person:** Team building through Native American dances and games;
- **Online:** Taking your House Off Electrical Grid – learn the basics of off-grid electrical components and apply the knowledge to evaluate and design an off-grid system through group exercises.

