

POW-WOW NEWS

UW LACROSSE POW-WOW
April 19 & 20, 1986
For Further Information Write to:
Minority Affairs Office
223 Main Hall
LaCrosse, WI 54601

4th ANNUAL BEAR RIVER POW-WOW
LAC DU FLAMBEAU
JULY 11, 12 & 13, 1986

3RD ANNUAL FEAST OF THE FLOWERING
MOON
Saturday, May 24 thru Monday May 26.
Chillicothe, Ohio
For more information write or call - Ross
Chillicothe
Convention & Visitor Bureau
P.O. Box 73
Chillicothe, Ohio 45601
(614-775-4100)

A.I.R.O.
SPRING POW WOW UW STEVENS POINT
APRIL 26, 1986 BERG GYM

TRADITIONAL MEAL, CRAFT TABLES
AVAILABLE: 1 table \$25
2 tables \$40
3 tables \$50

For More information call; Allen Cloud,
344-5509, Pam Gonzalez 344-8505, Steve Dick
345-1966

UW - OSHKOSH TRADITIONAL POW WOW
MAY 3, 1986 1 P.M. to 11 P.M.
\$2 - Admission Meal Sponcered by
American Indian Student Association.
for further information call:
Denis Rockman 414-233-2393
Tammy Maufort 414-426-3698

ALL TRADERS WELCOME NO DRUGS OR
ALCOHOL!

For Sale

14'x70' - 1974 Rollohome, 3 bedroom, new
carpet, new hot water heater. Must be moved
at buyer's expense; \$8,000. Call 869-2304

14'x70' - 1973 Windsor Trailer, 2 bedroom, at-
tached garage, on Tribal land; \$10,000. Call
869-1420, ext.321

1979 Nova Custom, 6 cylinder, 59,000 miles,
4 door; \$2,500. Call 869-1420, ext 321. Can
be seen at Norbert Hill Center

House for sale by owner, 3 bedroom Ranch, 2
car garage on 1 acre of land. Home is surround-
ed by woods and within reservation boundaries,
Seymour School District; \$47,900. Call
869-1098 after 5 p.m. FMHA assumable

Land in Oneida on County 'J', 2.5 acres, land-
scaped w/well percs for mound system;
\$16,900. Call 869-1434, Don & Kim Hill

Studio Couch Queen Size, makes into bed,
Gold, good condition can be seen at Site II Apt.
407. Asking \$200.00 Call 833-7125

Wheelchair like new, 869-1415 on old Seymour
Rd. Oneida

A floor model bird cage, can be seen at 2273
Evergreen Dr., or call 833-2078, site II, like new.

IT'S TAX TIME
AGAIN!

There will be a Tax-aide Counselor
to give FREE assistance to the
ELDERLY in the preparation of
Federal and State Income Tax and
Homestead Tax Credit forms on
March 11,1986 (Tuesday) 1:30 -
4:30 p.m. at the Multi-Purpose
Center.

Please call Arleen Elm at 869-2448
to set up an appointment.

KALIHWI•SAKS
The Official Publication
of the Oneida Nation

This publication is distributed free
to all enrolled Oneida Tribal mem-
bers. If you know of someone who
is not receiving KALIHWI•SAKS,
please have them send their name
and address as they are listed on
the Oneida rolls to:

KALIHWI•SAKS
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P.O. Box 365
Oneida, Wisconsin 54155

or call:

414 — 869-1260

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MARCH 21, 1986 Vol. 5

REMEMBER NEXT DEADLINE MARCH 26,
1986 FOR PUBLICATION APRIL 4, 1986.

“WHO’S WHO NOMINATION”

It's been a tough road. A road filled with challenges and a commitment for excellence. She says she loves challenges but admires those whose achievements she has witnessed. She's humble, not wanting to draw attention to herself but rather directing attention to others.

Recently, however, all the humility she could muster couldn't keep her from receiving some deserved recognition.

"I love having a challenge," Yvonne Jourdan said. Jourdan was recently nominated for inclusion in the 1986-87 biennial edition of Who's Who of American Women.

"I feel honored," Jourdan said. "This was a total surprise. I didn't have any idea. I don't even know how I was nominated."

Jourdan an Oneida Tribal Member works as the administrator in the area of facilities management at the Norbert Hill Center on the Reservation for the Oneida Tribe of Indians of Wisconsin.

"I feel that I'm not worthy," Jourdan said. "When I look at what other people achieved I feel badly that I don't have a college degree. But I learn easily and I continue to learn all the time. I don't feel I could compare to all those people in that book."

But she does compare.

Jourdan, was born about 8 miles west of the Oneida Reservation. She's been working since she was a senior at Seymour High School when she worked evenings as a billing clerk for Huettl Bus Lines in Seymour.

Later on she was hired at Schreiber Cheese in Green Bay as Administrative Assistant for the Vice-President of Procurement.

"Where I really started getting thoughts of a career was at Schreiber Cheese. George Cornell inspired me. He convinced me that I was capable of more than just being a secretary," Jourdan said. "He was very open minded and was not the type to believe women had a place like the typical male chauvinist. He pushed me into doing challenging things."

Jourdan's held several positions in the human development field. She's been the director of the Education Opportunity Center for the Oneida Tribe and also was the Tribe's Director of Adult Vocational and Technical Training and Employment Assistance Program. She also worked in the public relations and Employment Assistance Program. She also worked in the public relations office for St. Vincent's Hospital, Green Bay.

And, for five years she left the Oneida Reser-

vation to work in Chicago for the Standard Oil Company. She trained employees how to operate word processing machines.

"The reason I came back to the Oneida Reservation was because of my kids," Jourdan said. "The city (Chicago) was getting rough and I didn't want my kids to live in that atmosphere. I wanted to get back to my roots. I wanted to work for my people." Jourdan has one son and three daughters.

Jourdan has been quite active in working in Native American affairs. She is the president of the Native American Center Advisory Board at the University of Wisconsin-Stevens Point and is also the vice-chairman of the council for the same organization.

For four years she was a member of the Regional/National Association for Education Opportunity Program Personnel, and a member of the Wisconsin Association of Student Financial Aid Administrators.

Jourdan's achievements overshadow the human side of her. She cares about people and gives them a chance to develop their skills. Like the time she worked with prison inmates.

"I've worked with prisons in the state with Native American inmates," Jourdan said. "We visited the guys and tried to get them into educational programs."

However, she went beyond her job description. She assisted the inmates when they were released by finding housing and employment.

"They were receptive," Jourdan recalls. "That always made me feel good. They were glad to see people from the outside."

The ex-prisoners probably remember Jourdan's assistance. That's how she'd like people to see her.

"I would like people to think that I try to consider other peoples feelings," she said. "I try to be fair. And, I'm a softy for any sob story. I'm too easy going."

The consideration Jourdan's given other people and her determined drive for success have been the formula behind her achievements. Jourdan said receiving the nomination won't stop her from attempting to succeed even more. She said she'd feel delighted if she is selected for inclusion in the 1986-87 bi-ennial edition of Who's Who Among American Women.

"I think it would be great to be selected," Jourdan said. "Even just the fact that I was nominated was a big honor."

ANN'S WORLD

OF
INDIAN ARTIFACTS
10:00 A.M. - 6:00 P.M.
Wednesday - Saturday
10:00 A.M. - 6:00 P.M.
Sunday
CLOSED Monday & Tuesday
Till April 1, 1986

**1/2 PRICE SALE MARCH
27-28-29th
FOOD WILL BE SOLD**

ANN FEATURES A COMPLETE
LINE OF TURQUOISE, PENDELTON
BLANKETS, BASKETS, DOLLS,
LEATHER GOODS, INDIAN GREET-
ING CARDS, RUGS, NOVELTY
ITEMS AND MUCH MORE.

(COMPLETE SILVER REPAIRING)
WILD RICE
INDIAN CORN — \$1.25 QT.

HWY. 29 — 4 MILES WEST OF ST.
MARY'S HOSPITAL — WATCH FOR
TEEPEE FRAME

SENIOR CITIZENS
10% DISCOUNT

CHARGE IT!!
LAYAWAYS!!

Ann Skenandore

SEASONAL EMPLOYMENT OPPORTUNITIES

This is to inform you of General Telephone Company of Wisconsin's anticipated need for seasonal positions starting the end of April through October of this year. The following job titles, descriptions and preferred qualifications will apply:

— **Installer Repairer:** Installs and maintains line and station equipment, including repairs to outside wire and cable plant, pole replacements and tree trimming. Also includes - associated work, defined as road moves and rural extensions.

Qualifications preferred:

Valid Wisconsin driver's license/good driving record
High school graduate or equivalent
Installer Repairer experience or equivalent
Physically capable of climbing poles and performing work on poles
Starting wage - \$6.73 per hour

— **Seasonal Worker:** Performs seasonal work such as: burying and termination of drops and placement of buried cable facilities.

Qualifications preferred:

Valid Wisconsin driver's license/good driving record
High school graduate or equivalent
Willing to travel and stay overnight
Physically capable of doing medium to heavy work
Starting wage - \$5.13 per hour

— **General Worker:** Performs general unskilled work such as patching roadways/clean up after plow crews, placement and clean up of interior cable of all types excluding cable termination, assists skilled personnel, performs unskilled COE installation work, and directs traffic.

Qualifications preferred:

High school graduate or equivalent
May be required to physically lift and carry a 24' ladder
Starting wage - \$3.65 per hour

All of the positions will be temporary and temporaries do not receive any benefits (i.e., vacations, paid holidays, etc.)

Applications Available - Apply To:

Mr. Jim White
Job Development
Oneida JTPA Program
Box 365
Oneida, WI 54155

MODEL VOLUNTEER PROJECT

We are delighted to announce that we are again able to bring you the Model Volunteer Project. This is the 5th year of our efforts to recognize the volunteer service contributed by teens.

- WHO: You should submit the name of any teens who have made a regular commitment to volunteer work (for a semester or a summer) and who have fulfilled that commitment.
- WE: Prepare and provide you with a certificate for each teen accepted. We will also publicize the name of each teen recognized.
- YOU: Agree to present the certificate in some public way.
- WHEN: Names must be submitted to us prior to April 1. We will mail the completed certificates to you in May.

We think you know some teens who deserve this recognition. Please take a moment to complete the enclosed list and let us know about them.

Sincerely,
Nancy Phoenix

Lenten Special

Fryday Fish Fry at Norbert Hill Center Cafeteria
11:30 a.m. to 7 p.m.

\$5.25 includes a trip to our soup & salad bar with either

5 pieces fresh lake perch with homemade tartar sauce
or
3 pieces of breaded haddock with drawn butter

LOW INCOME ENERGY ASSISTANCE PROGRAM FOR SUBSIDIZED HOUSING

The federal District Court recently directed the State of Wisconsin to change its policy on payment of energy benefits to persons in subsidized housing who pay heating bills directly to a fuel supplier.

If you are income eligible you may qualify for one-half of the regular benefit. If you have applied for this and have not received any word please contact this office. If you have already received an initial check and would like to apply for the supplementary payment please contact your Income Maintenance Office.
869-2752

At present time the LIEAP is expected to terminate as of April 30, 1986.

NOTICE

Parent meeting for West De Pere
March 25th, 1986 at the Holy Apostles Convent
Time: 1:00 P.M.
Guest: Joe Mooney, BIA, for J.O.M.

Please attend as JOM funds are cut
and it will affect our programs.

Sincerely,
Alberta Baird

I.H.S. TRIBAL EMPLOYEE AWARDED

"I'm pleasantly surprised" commented John Spangberg as he was presented with an Indian Health Service award by Dennis Baker, District Sanitarian. John was presented with the award at a small luncheon at Rustic Manor in Green Bay, Monday March 10th. Spangberg received the award and a plaque for his continual contributions in providing quality environmental health services to the Oneida people and the Central Wisconsin Service Unit.

Spangberg has worked for the Oneida Tribe since May of 1981 as their Tribal Sanitarian. Upon initial employment, Spangberg was chosen to head up various tribal utility programs which he successfully administered until new programs were established by the Oneida Tribe. As separate programs were established, Spangberg continued to provide valuable environmental health services as the sanitarian, as well as supervisor for the newly established utility program. Spangberg has spent untold hours and weekends in an effort to train and assist subordinates in operating and maintaining community water and sewer systems for the tribe.

As the Tribal Sanitarian, Spangberg has worked closely with the Tribal Government and has had a tremendous impact on the implementation of new ideas and services. The services and abilities of Mr. Spangberg have been continually sought out by the tribe and in most evident by the environmental concerns being displayed and addressed by the Tribe.

Spangberg has worked closely and most cooperatively with the Indian Health Service in addressing priority concerns. He has been instrumental in the establishment of an on-going community injury control program; in the development of many environmentally related codes and ordinances, which are presently in use; in the continued success of the tribal fluoridation program, and continues to play a part in the successful operation of tribal utilities.

Spangberg has worked closely with the Tribal Health Director and the Tribal Health Center staff. His abilities as a supervisor and leader of personnel have proven to be most effective, and have been drawn upon as he also supervises the health center maintenance and housekeeping staff.

The Oneida Tribal School has also been fortunate to have John Spangberg as an annual Judge of their Science Fair and an educator of school safety program.

John has continually demonstrated his talents and abilities as an employee of the Oneida Tribe and his recognition and award is well deserved.

WOMEN REACHING WOMEN

Women Reaching Women (WRW) is a statewide project of WAAODA (Wisconsin Association on Alcohol and Other Drug Abuse) and is designed to address the growing needs of women affected by alcohol and other drug abuse.

WRW is focused on women because although the number of women with alcohol/other drug problems is high, a woman is often dissuaded from seeking treatment for many reasons. Among these are: fear of losing her husband and/or children, not enough money for treatment, and most importantly, the devastating stigma and harsh judgments which society places on women with alcohol problems. While men often have a built-in support group of drinking buddies, women with alcohol problems or wives of alcoholics often suffer in isolation.

In order to address the special needs of women with alcohol/drug problems, the Oneida WRW group is designed to be a confidential, non-judgmental support group where women can share, learn and support one another. It is open to women of all ages (from 15 years and up) and there is no charge. The group will meet Tuesday mornings (beginning March 11) at 9:30 at the Oneida Health Center (Chemical Dependency Program) and on Thursday Evenings at 6:30 p.m. (beginning March 13) in the Oneida Head Start room at the Norbert Hill Center.

We invite and encourage all Indian women who have concerns in this area to attend either Tuesday mornings or Thursday evenings.

If child care is needed or for more information call Sherry King at 869-2711.

A black and white photograph of two children in winter clothing standing next to a large tree trunk in a snowy field. One child is holding a small object, possibly a book or a piece of paper.

It's an annual happening, just as the signs of Spring are breaking the days become longer, warmer, the sap in the Maples begin to flow. Annually since 1981 the Oneida Tribal School and Head Start have harvested the sap from the Maples for sugar and syrup. The maple sap is a gift from the trees and at the opening of the maple sugaring, the entire school and interested people participate in the opening ceremony of burning tobacco and sending a message to the Creator to give thanks for the trees. But no gift is sweeter or more appreciated at the end of the long cold winters as that of the Maple trees.

STATEWIDE INDIAN WOMEN'S SUPPORT GROUP

SATURDAY, APRIL 5th
NORBERT HILL CENTER, ONEIDA, WI
9:00 am - 4:00 pm

We have made some arrangements for women to stay in homes in the area if this cost for lodging would hinder them from coming. Please call the Positive Indian Development Center office, 414-494-2961 if you would like to us to make arrangements for you to stay with someone in the community.

**SPONSORS: Oneida Women's Support Group
Positive Indian Development Center**

In these times of change, how can we begin to support each other as Indian Women? This daylong meeting is meant to gather information on issues of importance to Indian Women, and to allow open discussion on how we can foster support for Indian women as we try to find answers for ourselves.

**WE LOOK FORWARD TO GETTING TOGETHER WITH WOMEN
FROM ALL**

★ ★

There is no registration fee, but we would appreciate getting back some information from your area on how many will be coming so we can make luncheon reservations.



Domestic Violence?



Politics?

Spiritual Growth?

Isolation?



Loneliness?

Discrimination?

Low wages?

Sexual harrassment on the job?



Stress?

Alcoholism?

Children?



Traditional Support Systems?

Poverty?

HAPPY BIRTHDAYS



Happy Birthday to Diane Brenda Funmaker born March 29, 1938, Oneida, Wis. You never looked so good. Baby Dumpling!

Happy Birthday to Dad, Love Gary & Lissa

Happy Birthday to Grampa, Love Garon & Travis

Happy Birthday to Yetsitsyawaks Gilsoul March 26, 1986

Love Mom & Dad, Brothers & Sisters

Happy Belated Birthday Matthew Cornelius, March 16, Love Mom & Dad

Happy Birthday to Delores Skenandore March 21, Love Clarence and Sandy

Happy Birthday to Lillian Cornelius March 22, Love Clarence and Sandy

Happy Birthday to Jo Anne Doxtator March 20th, Love Sandy and Clarence and Arlene and Tony

Happy Belated Birthday to Grace March 8. Couldn't forget you!! Hill

Happy Birthday to Frank Cornelius March 15th, from Clarence and Sandy

Happy Birthday to Diane Brenda Funmaker March 29th. She's not getting older she's getting better.

Happy Birthday to Kerry Alicia Powless March 16th, Love Family

Happy Birthday to Deb Reiter on March 29th, and many many many more.

Happy Birthday Much? To Linda "Rag" Cleven March 6th watchout! From Nasty Goodie, Chubba Bubba & M.M.

Happy Birthday to Maria Alicea March 31, Lots of Love, Snarf, Grandma, Grandpa, Aunties, Uncles

Happy Birthday to Kelly Jo April 19, who will be 18 years old.

Happy Birthday to April Moore, Jill Green, And Jennifer Green, whose birthdays are in April

Happy Birthday to Mom March 29, With much Love, Gina, Kerry & Lizz, Audrey & Doug Kevin, Kory, Kelly'Jo

Happy Birthday to Grandma, We Love You Sandia & Comanche, Kerry & Keramy, Autumn Douglas & Dustin, Bruce, Holly & Julia.

Congratulations

On February 15, 1986 at the altar of the Oneida Methodist Church, Mr. Brian Denny and Ms. Julie Webster repeated traditional wedding vows before their families and friends, with Rev. Carson Timblin officiating. Mr. Denny is the son of Mrs. Clara Denny and Ms. Webster is the daughter of Mr. & Mrs. Arthur Webster. Bridal attendents were Ms. Jackie Webster - Maid of Honor, Rick Denny - Best Man; others in the wedding party included Jean Webster & Lance Denny, Beverly Denny & Karl Webster, Debbie & Dennis Johnson, Celestine & Ralph Denny, Barb Ventura & Bob Danforth, Henrietta Oudenhoven & Francis Cornelius. Ringbearer was Waylon Denny, nephew of groom and flower girl was Shonna Webster, niece of the Bride.

CONGRATULATIONS FROM YOUR FAMILY & FRIENDS.

MEMORIAM

In loving Memory of James L. Schuyler who would of been 86 years old this month.

There'll always be a silent heartache and many silent tears, but we have beautiful memories of a Dad we loved so dear. God gave us the strength to bear it and the courage to see this through.

We know that there's a right time for everything, a time to be born and a time to die. With the passing of time we realize even more what it meant to be loved by our Dad, who was always there for us - always caring - always concerned. He was a loving example of our Heavenly Father.

Sadly missed by his son and daughters, grandchildren & Great Grandchildren - nieces and nephews.



Keeping the fire going at the sugar camp.

This is beginning the sixth year that the school has harvested the maple sap. In 1981 the school, at the prompting of Norbert S. Hill Sr., requested the Seminary to let them harvest a few trees. The following year the school asked for the rest of the trees. This year over 200 trees will be tapped, and as usual the syrup is distributed among the school and also a community supper is usually offered to share in the harvest's end and a final Thanksgiving. This past week the harvest began and will continue for a few weeks. If you are interested in any further information you may contact the Oneida Tribal School.



Art Skenandore Jr. in the Oneida Cannery with Oneida Tribal School students preparing to process the syrup for canning.

SPRING FLING WEEK ONEIDA TRIBAL SCHOOL

It's so Boring, a common ailment among the school students this time of year as we are impatiently awaiting the arrival of Spring. Winter doldrums have set in, the kids are restless not to mention school staff, so what's to be prescribed to check these ailments before they get out of hand? Why a Spring Fling Week of course. The Oneida Tribal School celebrated Spring Fling this week with a barrage of Dress up days and activities for the students and the staff. Among the dress up days were included a day of dressing as your favorite punk rocker, as a clown, in the style of the 50's and 60's and also to wear the school colors black and red. Activities scheduled thru the week included a staff/student volleyball game in the snow, a clown contest, and also an Indian Trivia game. The teachers won the volleyball match by taking the best of three games and the Indian trivia game was won by the fifth grade. The school rounded out the week by having a social in the gym on Friday afternoon. An exhausting week was had by all and the students will go back to normal next week to rest up for Easter vacation.



Sheri Mousseau, Oneida Tribal School Principal



Ms. Debra Reiter, O.T.S. Secretary Clown Day

MILWAUKEE INDIAN BOWLING TOURNAMENT

Singles w/handicap
Saturday, April 19th
Separate prizes for men & women
Shifts at 1 p.m., 4 p.m. & 7 p.m.
Southview Lanes
1304 W. Mitchell St.
Milwaukee
For Reservations call 414-672-1777
Sponsored by Milwaukee Indian Golf Club

—LADYSMITH—

AISC "Sweet Revenge"
All Indian Co-Ed Volleyball Tourney
Saturday, April 5, 1986
at the Fine Arts Center Gym
9 a.m. Sharp
Double Elimination
1st prize \$200.00
2nd prize \$125.00
3rd prize \$ 75.00

For more information, contact
American Indian Student Council
Mt. Senario College
Ladysmith, Wis. 54848
715-532-5514 ext. 272

ONEIDA RECREATION RAFFLE

1st Prize, Star Quilt, was won by Conrad King.
2nd Prize, Calculator, was won by Hilda Alicea

A special thanks to all the people who sold tickets!

Tracy Hill
Stacy Skenandore
Jolene Parker
Stephanie Cornelius
Cathy Delgado
Susie Danforth
Wenzel Bain
Kerry Cornelius
Diana Denny
Geraldine Nicholas
Arlene Benson
Karolie Dufek
Carolyn Hill
Terry Bain
Lisa Peters
Lesley Webster

Tickets that were not turned in by Michelle King, Tanya Hill, Stacy Metoxen, Angela Hill, Tony Kinzhuma, and Renee Denny.

A very special thank you to all those who bought tickets. The purpose of this raffle was to buy furniture for the Civic Center.
Thank You
Oneida Recreation

P.S. Top ticket sellers were Cathy Delgado (\$51) and Jolene Parker (\$30)!

**Condolences to Francis Skenandore who
lost his "only" Buddy.**

1985 Xmas Committee

RESULTS OF ONEIDA TRIBAL SCHOOL BASKET- BALL TEAM RAFFLE

The drawing of the Oneida Tribal School Basketball Team Raffle was held in the Oneida Security Office with Terry Jordan, Jim Danforth, and Francis Skenandore being the official drawers. The winners are as follows:

2 Tickets to Milw. Bucks Game
Sandra Hill, Oneida

2 Tickets to Milw. Bucks Game
Mark Walschinski, Green Bay

1 Bingo Pass
Pete King, Oneida

1 Bingo Pass
Sandra Hill, Oneida

1 Basketball
Carol Cornelius, Oneida

1 Basketball
Mark Walschinski, Green Bay

1 Pair of Socks
Sandra Hill, Oneida
Mark Ninham, Oneida
Bobbi Webster, Oneida
Yvette Peguero, Green Bay
Gary Cornelius, Oneida
Norma Powless, Oneida
Lloyd Powless, Oneida
Mary Ellen Hayes, Green Bay
Servilla Van Dyke, Oneida
Adam Webster, Green Bay

WANTED BASKET MAKERS

To teach class and/or make baskets for shop in Egg Harbor this summer. Name of shop, Chief Oshkosh. Contact Jeanette Hutchens, 7631 Egg Harbor Rd., Egg Harbor, WI 54209 (414) 868-3240

PERSONNEL OFFICE

In compliance with the Oneida Tribe of Indians of Wisconsin, Personnel Policies and Procedures, "All job announcements must be posted in at least four (4) places within the Oneida Community".

The following four main locations have been designated:

ONEIDA COMMUNITY HEALTH CENTER
ONEIDA ONE STOP
NORBERT HILL CENTER MAIN OFFICE
FOOD DISTRIBUTION-TRIBAL BUILDING

All job descriptions can be viewed at the Personnel Office. Our office is located at the Norbert Hill Center on the second floor, Room 1308. If you have any questions or need a copy of a certain job description, please do not hesitate to call or stop in. Our phone number is 869-1320, extension 314. Thank you!

RUMMAGE & CORN SOUP SALE

Dry Corn & Baked Goods - call ahead for large soup orders

Indian Tacos & Rummage
Friday & Saturday
March 28 & 29

Friday 9:00 to 1:30 p.m.
3:00 to evening

Saturday All Day

1572 Ranch Road
Seymour, WI
Harriet & Rafael Alicea's
Place

SHRINE CIRCUS CLOWN "CRAIGGLES" COMES TO ONEIDA

Children of the Oneida Tribal School, Oneida Head Start & residents of the Anna John Nursing Home were guests of the Shrine Circus in Green Bay.

The Shriners sent Craiggles the clown to the Oneida Tribal School & Anna John Nursing Home to entertain the school children & residents of Anna John Nursing Home, Head Start, students, Kindergarten through 3rd grade and invited them to the circus. Craiggles provided an hour of fun and laughs for the children in the school gym. Craiggles amused his audience with unicycle stunts, juggling acts, and shared his experiences with the children also explaining the training and schooling he had to go through to become a clown. The children were especially delighted when Craiggles offered complimentary tickets for all students in first through sixth grade. In addition, the tribe provided tickets to the Head Start and Kindergarten students.

The tickets were for the weekend show and the parents were responsible for getting their children to the circus. This was the first year the children did not go on a school day. Mary Ellen Hayes, the Head Start Director, reported that parental commitment to this outside school activity was excellent.



Craiggles hands out a treat to Oneida children



Top'o the day to the Anna John Nursing Home Residents

ONEIDA TRIBAL COMMITTEE MEMBER APPOINTMENTS

This article is intended to help clarify the issue that prompted a request for a General Tribal Council Meeting concerning the process by which appointments are made to various tribal committees, specifically the Land Committee. The following is the background that leads to the process by which such appointments are ultimately decided upon:

- 1. Pursuant to Article IV, Section 1, part (g) of the Oneida Constitution, the General Tribal Council is authorized to delegate its powers to subordinate boards, committees, officials, etc.
- 2. The General Tribal Council enacted a Land Ordinance No. 1-Lands, on February 28, 1941, which established a three (3) member land committee. Section 3 of the ordinance specifically states... "a Land Committee consisting of three members to be appointed by the Executive Committee". Included in Section 3 is a phrase that outlines the terms of the committee members and that the committee is to serve in an "advisory capacity".
- 3. On February 28, 1949, a resolution was passed by the General Tribal Council that authorized the delegation of its tribal governing powers to the Executive Committee (this is presently referred to as the Business Committee).
- 4. The Oneida Business Committee, pursuant to its 1949 delegated powers, enacted Resolution No. 2-4-80 (on April 25, 1977) for the express purpose of:
 - a. Setting terms for serving on the Land Committee, and
 - b. That the Land Committee elect from among themselves officers on a yearly basis.

This resolution reads:

NOW THEREFORE BE IT RESOLVED . . . that the terms of serving on the Land Committee shall be as follows:

- 3 committee men for 1 year
- 2 committee men for 2 years
- 2 committee men for 3 years

BE IT FURTHER RESOLVED . . .

that the terms of office and elections will be the responsibility of the Land Committee at the start of each year. (This refers to 4. b., above)

- 5. On January 10, 1986, the following policy was passed by the Oneida Business Committee for appointing board members to all appointive committees:

ONEIDA RUNNING CLUB
ORC, P.O. Box 65, Oneida, Wisconsin 54155

THE ONEIDA RUNNING CLUB IS OPEN TO ANYONE WHO ENJOYS TO RUN RECREATIONALLY AND / OR COMPETITIVELY.

- ORC OBJECTIVES:
- to increase physical fitness levels through running-related activities.
 - to encourage runners of all levels and ages to take part in recreational and/or competitive running events.
 - to support ORC sponsored running events.
 - to provide running opportunities to youth.
 - to provide car pooling to area runs.
 - to share running news and information through a monthly newsletter.

- ORC BENEFITS:
- a club t-shirt (optional).
 - a club membership card.
 - a monthly newsletter.
 - discounted entry fees to ORC sponsored runs.
 - discount on merchandise purchased at the Gamut.

ANNUAL MEMBERSHIPS:

- | | |
|---|---|
| _____ Adults: \$10.00 (With a Club T-shirt) | _____ Youth (17-): \$8.00 (With a Club T-shirt) |
| _____ Adults: 4.00 (Without a T-shirt) | _____ Youth (17-): 2.00 (Without a T-shirt) |
| _____ Adults: 4.00 Renewal Fee | _____ Youth (17-): 2.00 Renewal Fee |

Extra Club T-shirt \$6.00

NAME _____ SEX _____ BIRTHDATE _____ PHONE _____
MAILING ADDRESS _____ CITY _____ ST _____ ZIP _____

T-SHIRT SIZE: XS S M L XL

Mail completed form and fee to: Oneida Running Club, Box 65, Oneida, WI, 54155

WARM UP FOR THE ONEIDA TRIBAL SCHOOL FUN(D) RUNS AT THE ONEIDA SPRING RUN/WALK Kukw-teine Tehonalahtatu/Lonathahita 5 Mile Run --- 2 Mile Run/Walk Sunday, March 23 11:00 A.M.

LOCATION: ONEIDA TRIBAL SCHOOL GYM, 3000 SEMINARY RD., ONEIDA, WI
(5 MILES WEST OF GREEN BAY ON HIGHWAY 54)

BOTH EVENTS WILL BE NON-COMPETITIVE

RUN DAY REGISTRATION: ONEIDA TRIBAL SCHOOL GYM, 10:00 A.M. - 10:55 A.M.

ENTRY FEES: \$1.00 Adults
.25¢ Kids

LUNCH AND REFRESHMENTS WILL BE SERVED TO THE PARTICIPANTS FOLLOWING
THE FINISH OF THE RUNS.

THE ONEIDA RUNNING CLUB WILL BE HAVING A SHORT MEETING AT THE LUNCH.

A VIDEO-TAPE OF "RUNNING BRAVE" WILL BE SHOWN TO ALL WHO ARE INTERESTED AFTER
THE LUNCH: THIS MOVIE IS BASED ON THE LIFE STORY OF BILLY MILLS AND OF HIS WINN-
ING THE 1964 TOKYO OLYMPIC 10,000 METERS RACE: BILLY MILLS IS A LAKOTA SIOUX IN-
DIAN AND HE WILL JOIN PATTI CATALANO (MIC MAC INDIAN) AND ROY PIRRUNG AT THE
3RD ANNUAL ONEIDA TRIBAL SCHOOL FUN(D) RUNNING EVENT WHICH WILL BE HELD ON
APRIL 26TH-27TH, 1986.

SPONSORS

ONEIDA RUNNING CLUB
ONEIDA RECREATION

NORBERT HILL CENTER
PEPSI-COLA/SLICE

NAME _____ MAILING ADDRESS _____
CHECK ONE: 5 MILE _____, 2 MILE _____ CITY _____ STATE _____ ZIP _____
WAIVER RELEASE (PARENTS MUST SIGN FOR MINORS)

In consideration of the acceptance of my form, I, the undersigned, intending to be legally bound for myself,
heirs, executors, and administrators, do hereby release any and all sponsors of this event, and their represen-
tatives, successors, and assigns, from any and all liability arising from illness or injuries I may suffer as
a result of my participation in this event.

Signature _____ Parents Signature _____
if participant is under 18 yrs.

Make checks payable to: Oneida Tribal School Athletics
Send to: Dan Ninham, Oneida Tribal School, Box 365, Oneida, WI 54155

1. Announcement in Kalihwi-saks.
2. Person(s) interested should complete application to include:
 - A. Reasons stating why they want to sit on the board/committee;
 - B. Possess some type of experience and/or expertise in a particular field.
3. Application submitted to Tribal Secretary.
4. After closing, date, Tribal Secretary submits application to Tribal Chairman.
5. Tribal Chairman then makes the appointments according to the existing Board/Commission By-Laws, Policies and ordinances.
6. On January 28, 1986, minutes of the Oneida Business Committee meeting specifically state that the Chairman of the Business Committee gave a list to the Business Committee of recom-
mended appointees to the Personnel Selection Committee and the Land Committee. The
Business Committee voted on the recommendations and there was one opposition vote cast,
therefore the recommendations were passed by the Oneida Business Committee.

Based on the above information it can be derived that:

1. The Business Committee acted pursuant to the Constitution, the Land Ordinance, and Resolu-
tion No. 2-4-80C, and
2. The policy for appointment to committees and boards, including the Land Committee, is in
compliance with the above mentioned documents, and
3. The policy that was enacted by the Business Committee was inadvertently misleading, by failing
to state that the Business Committee, as a whole, had to approve the recommended
appointments.

Therefore, The Oneida Business Committee acted within the scope of its authority by enacting the ap-
pointment policy, but the policy that was sent out to the community failed to indicate that the Business
Committee had to ultimately approve appointments.

Submitted by: Sharon House Cornelius, Oneida Tribal Attorney
Oneida Law Office



LETTER TO KALIHWISAK'S READERS

On March 1, 1986 at 10:00 a.m., a General Tribal Council meeting was called for the following purposes:

1. To review process adopted for appointing Board Members.
2. To review process adopted for appointing new Land Committee Members.

Although the request to hold the meeting was made by certain members of the Oneida Land Committee, the date and time to hold the meeting was selected by the Oneida Business Committee.

No quorum (75 persons) occurred at 10:00 a.m., so promptly at that time Chairman Purcell Powless declared there was no quorum present and said he was going home. "If you get a quorum call me." Thereafter, others also left and some others attended.

In all recent General Tribal Council meetings, it has been the practice of the Chairman to wait for one half hour after the announced meeting time before adjourning the meeting for lack of quorum. On March 1st, this precedent practice was ignored with no good reason given to the membership.

Thereafter, an informational meeting was held for those persons who wished to hear and participate (ask questions) relative to the original purpose of the meeting.

Judy Cornelius
Elizabeth Dennison
Pat Cornelius

"ARE YOU A NATIVE AMERICAN PAYING SALES TAX?"

It has come our attention that some people are paying a Wisconsin Sales Tax on their gas and electric bills.

If you are living within the 1838 Treaty Reservation boundaries this is not necessary. This can also apply to your phone bills. In order to get a refund on this all that is necessary is to write the company giving your enrollment number and requesting your refund of any sales taxes you may have paid.

Jean Funk
Energy Assistance Program Coordinator
INCOME MAINTENANCE OFFICE

THANK YOU

This is a special thank you to my relatives and my Mom and Dad's friends and associates for cards, gifts and visits to the hospital when I was born on January 15, 1986. A special thank you to the people who work with my Dad at Bingo and my Mom at the Norbert Hill Center, especially Raeann.

This is also a special thanks to my aunts, uncles and grandparents for their help with my brothers and sisters when Mom and I were in the hospital.

Sincerely
Joselaga Cornelius


P.S. I am the new grandson of Roy and Leone House and Dellora Cornelius, and the son of Gary and Sharon House Cornelius.

MEET PATTI CATALANO, BILLY MILLS, & ROY PIRRUNG AT THE ONEIDA TRIBAL SCHOOL FUN(D) RUN CLINIC SATURDAY, APRIL 26, 1986

ENDORSED BY:

Fond du Lac Running Club
La Baie Striders
Shoreline Striders
Menominee Running Club
Oneida Running Club

CONTRIBUTORS:

ONEIDA BINGO 

 HIND
performance

CAMERA CORNER 

 LEVI'S
QUALITY NEVER GOES OUT OF STYLE



Billy Mills Winning the 1964 Tokyo
Olympic 10,000 Meters Race

ALL DAY CLINIC ★ ★ ★ (8:30 a.m. - 9:30 p.m.)

- includes continental breakfast, lunch, supper, refreshments, materials, instruction, and reception admission.

ENTRY FEE: \$17.50; \$15.00 For Running Club Members (Any Club)

NIGHT SESSIONS ONLY (5:00 p.m. - 9:30 p.m.)

- includes materials, refreshments, instruction, and reception admission.

ENTRY FEE: \$3.00 - Adults; \$2.00 - Youth (17-) and Running Club Members

★ ★ ★ Pre-registration is required for the All Day Clinic Session. Deadline: April 16th. Registration for the Night Session Only will be through the mail and on the event night from 5:00 to 5:45 p.m. at Rm. 3200 in the Norbert Hill Center (Oneida Tribal School).

CLINIC AGENDA/FURTHER INFORMATION: Dan Ninham, Oneida Tribal School, Box 365,
Oneida, WI 54155
Phone: 414-869-2795 or 869-1234

PROFILES OF SPECIAL GUESTS

PATTI CATALANO

- Current World Record Holder in 30k, Former World Record Holder in 15k, and Former American Record Holder in Marathon, 5 Miles, 10 Miles, and 10k.
- 2nd at Boston Marathon (1980)
- Champion of Bellin 10k (1980)
- Champion of Rio Marathon (1985)
- Mic Mac Indian

BILLY MILLS

- 1964 Olympic Gold Medalist in 10,000 Meters (Tokyo, Japan)
- Former World Record Holder in Six Miles
- Member of American Indian Athletic Hall of Fame
- Carried Olympic Flag at 1984 Los Angeles Olympic Games
- Life Story is featured in "Running Brave"
- Lakota Sioux Indian

ROY PIRRUNG

- Wisconsin State Record Holder in 24 Hour Run With 137 Miles-5,268 ft.
- President of Shoreline Striders Running Club (Sheboygan)
- Marathon best: 2:38

SPONSORED BY:



Turtle Resources Inc.

Oneida Human Services
Support Group

SCHREIBER
FOODS, INC.

 GAMUT



 runner.

 FUJI FILM

WOMEN & THE LAW

The Core Committee of the 17th Annual National Conference on Women has invited two prestigious Oneida women to participate as panelists for two specific workshops dealing with Native American Women's issues. This Conference is committed to building an understanding among women from different backgrounds. Every aspect of the planning and programming involves women with disabilities, older, farm/rural, Jewish, low-income women, lesbians, Black, Latina, and Native American women.

Sharon House Cornelius and Sandy Hill have been asked to participate in the panels regarding the Indian Child Welfare Act concerning the custody rights of Indian mothers, to include a historical overview of government interference with Native American Families and custody problems. Sharon is an Attorney for the Oneida Tribe and Sandy is an Indian Child Welfare Worker at the Oneida Community Health Center.

In addition Sharon has been asked to sit on the panel discussing the Child Protection Laws, examining how Child protection laws have been discriminatorily used to remove children from families based on racist, classis, and sexist notions of proper child rearing practices.

The conference is being held this weekend in Chicago Illinois.

TAPES AVAILABLE

A Council of Elders meeting was held in Santa Fe, New Mexico January 31 and February 1 of this year. People from this community attended the conference. Messages have been recorded and have been brought back to this community. These messages are available on VHS Tape through the Oneida Tribal School or the Kalihwisaks office. These tapes are to be used as educational devices in the Tribal School and the Survival schools throughout the Confederacy to bring about an awareness and understanding of what's happening in other Native Communities.

The tapes are recorded visits to the southwest with interviews conducted by Gail Ellis and Bruce Elijah, the video taping and recording was done by Maxine Thomas. The people who were interviewed were asked to talk about issues affecting their nations. Information was gathered concerning the Big Mountain situation, and the governments attempts to intervene to promote the removal of Navaho families from Big Mountain. Thomas Banyaca, a Hopi spiritual elder was also interviewed and he tells of the Hopi Prophecies and how their prophecies are parallel to other Native prophecies. These tapes were designed to share knowledge, exchange ideas, and to gain perspective of what is going on in other Indian communities. A SPECIAL THANKS TO MAXINE THOMAS FOR USE OF HER VAN AND HER EXPERTISE OF VIDEO RECORDING AND EQUIPMENT.

Submitted by Gail Ellis.

Property for sale offered by the Oneida Tribe

This newly renovated two bedroom home is situated on 1/2 acre of land located on Old Seymour Road in Oneida. Asking price is \$33,000. Individuals interested in this property must obtain their own financing. Please contact the Oneida Land Office at 869-2214, ext. 335, if you wish to view the property. The deadline for this offer is April 4, 1986.

RECREATION U.N.I.T.Y.

The United National Indian Tribal Youth have established a chapter in Oneida. Although this is not directly under our Recreation Program we have been helping them out in every way that we could.

We are helping them because everyone that belongs to this is also in our recreation center. We, therefore, offer all of our assistance to them.

The U.N.I.T.Y. president is Rebecca Schuyler and the secretary is Mal Smith. The advisors to this group have been Rick Hill, Adam Webster, an Brian Stevens.

So far the U.N.I.T.Y. group has had two fund raising events. The first one was the 24 hour Marathon Basketball game that was held on January 31 - February 1. The second event was a 50/50 Raffle held at the Irene Moore Activity Center.

From our Recreation Department I would like to express our thank you to all of the people who volunteered their time and efforts for the Marathon. I have a list of these persons that donated money; Oneida Recreation, Oneida Tobacco Enterprise, Oneida Bingo, Oneida One Stop, Maggie Fermanich, Carol Cornelius, Vinnie Cornelius, Linda Zipp, Dave Cluckey, Sue Daniels, and Wanda and I and our family. Dorothy and Herb Powless and their family put a lot of time and cooking in the kitchen.

The 50/50 Raffle held at Bingo was suppose to be an effort by the U.N.I.T.Y. workers but the only ones who participated were Dorothy Powless, Tony Powless, Cheryl Powless, Dale Powless, and myself. I made a mistake on counting of the tickets, as I had totaled 520 sold at \$1.00 each so we paid the winning lady a total of \$260.00 but when we recounted we should have only given her \$238.00 so we accually had a 55/45 Raffle. We would like to thank Bingo for giving us this chance to sell there.

Sincerely
Cliff Webster
Recreation Director

Oneida Law Takes Championship

Oneida Law Men's Basketball team triumphed 85 to 78 over the Lac Du Flambeau Warriors in the 6 ft. Plus 1 Tournament in Lac Du Flambeau this past weekend. Outstanding abilities displayed by Paul Danforth made him an easy choice for the MVP award. Selected as All Tournament Players were Al King and Mike King. Jim Danforth is also to be commended on his team dedication. Jim played in the Saturday afternoon game and had to drive back to Oneida for the evening and drove back to Lac Du Flambeau the next morning to play again. Although Francis Skenandore, Team Sponsor, could not be there his mere spirit inspired the team's winning attitude. Team roster includes Paul Danforth, Mike King, Al King, Gene Danforth, Jim Danforth, Buggs Danforth, Francis Skenandore, Pete King and Rick Hill.

FUND RAISING

Our Recreation Department will be doing fund raising projects from now until August. We have split up into 8 teams. Our first goal is to raise the required amount that it will cost us for our annual trip to Great America. We have projected that we will need \$3,485.00 for this day. This is based on 160 youth of ages 11 - 18 years old attending. We rent buses, we have breakfast on the way, we buy the tickets there, and we take enough meat, bread, and fruit along to eat two meals there.

Some of the things being done from our groups will be; jump a thon, bike a thon, bowl a thon, our annual walk/run of five miles, sales, auctions, car washes, bake sale, jail, basketball games, treasure hunt, Lip sync, dances, box social, etc. ESPECIALLY RAFFLES and maybe Arlouine will have apples. Ask her to make you carmel apples. We hope the entire community will support us in all of our efforts.

NOTICE

APPLICATIONS ARE NOW BEING ACCEPTED TO FILL A VACANCY ON THE ONEIDA CHILD PROTECTION BOARD. INTERESTED PERSONS SHOULD SUBMIT THEIR REQUEST TO:
GORDON MCLESTER, SECRETARY
P.O. BOX 365
ONEIDA TRIBE OF INDIANS OF WI
ONEIDA, WI 54155

DEADLINE FOR APPLICATIONS APRIL 5, 1986

DNR says lagoons threaten water

By Terry Anderson
Of the Press-Gazette

More than 26,000 Brown County residents are potentially affected by groundwater contamination from the Fort Howard Paper Co. sludge lagoons, the Department of Natural Resources has determined.

The DNR has completed its site evaluation report of the paper company's lagoon system, as part of the federal Superfund classification system. The report has been forwarded to the U.S. Environmental Protection Agency.

Terry Hegeman, the DNR hazardous waste specialist who prepared the report, stressed there is no proof the landfill is causing any mass contamination of drinking water.

However, there is evidence there has been some nearby groundwater contamination. Based on the system used by the EPA to determine Superfund ranking, the landfill potentially affects all residents within a three-mile radius. Residents of the village of Ashwaubenon, the Oneida Reservation, the village of Howard and the town of Hobart are affected. Green Bay residents who live in that area would not be affected because they receive their water from Lake Michigan.

Fort Howard spokesman James Reck reacted swiftly and angrily to the DNR report this morning. "We have not had an opportunity to review the entire report, but on the basis of our limited review, it is our opinion that the report is fraught with misstatements, inaccuracies and innuendo. It is not factual.

"It is a good example of unprofessional and shoddy work and should be given little credence. We're surprised the DNR would accept this kind of performance from its professionals."

The 293-acre system, located on Airport Drive near Austin Straubel Field, uses 14 lagoons to dispose of paper sludge and is one of the largest waste disposal sites in Wisconsin.

Recently the firm began using sludge presses to reduce the amount of water within the waste and minimize odors coming from the site.

In the DNR report, Hegeman cites laboratory analyses that indicate there are persistent, toxic substances in the sludge at the landfill and also in groundwater beneath the site and on the adjacent Indian Reservation.

Among other hazardous conditions and incidents presented by the landfill that the report documents are:

- The site has been the source of odor complaints and air samples have detected more than 100 compounds.
- A state inspector reported headaches and burning eyes after visiting the site.
- Sludge in the landfill is known to contain PCBs, and numerous shorebirds and waterfowl use the site.

Hegeman said the EPA will review the document and either accept the report or ask for additional information. Eventually the EPA or a consulting firm will be asked to rank the landfill as a potential hazard.

ONEIDA TRIBE'S RESPONSE TO THE DNR SUPERFUND STORY

to the Green Bay Press-Gazette
3-12-86

"The Oneida Tribe of Indians has been concerned about the threat of pollution from the Fort Howard Paper Company settling ponds for some time," said Tribal Vice Chairman Rick Hill.

"Therefore the preliminary findings of the Department of Natural Resources come as no surprise. In fact, it confirms our fears," Hill continued.

"We hope that faced with this information, the Fort Howard Company will exercise a good neighbor policy and move quickly to clean up this hazard before it becomes any worse and endangers the drinking water and environment of any more people," Hill stated.

Kalihwisaks Deadlines

These are the dates the Kalihwisaks will be printed in 1986. Whenever possible please submit material typed and double spaced. Also if you are able to submit material 3 to 4 days before the deadline it is appreciated.

| DEADLINE | PUBLISH DATE | DEADLINE | PUBLISH DATE |
|--|-------------------|--|-------------------|
| for submitting material to Kalihwisaks | | for submitting material to Kalihwisaks | |
| March 26th, Wed. | April 4th, Fri. | August 20th, Wed. | August 29th, Fri. |
| April 9th, Wed. | April 18th, Fri. | Sept. 3rd, Wed. | Sept. 12th, Fri. |
| April 23rd, Wed. | May 2nd, Fri. | Sept. 17th, Wed. | Sept. 26th, Fri. |
| May 14th, Wed. | May 23rd, Fri. | Oct. 1st, Wed. | Oct. 10th, Fri. |
| May 28th, Wed. | June 6th, Fri. | Oct. 15th, Wed. | Oct. 24th, Fri. |
| June 11th, Wed. | June 20th, Fri. | Oct. 29th, Wed. | Nov. 7th, Fri. |
| July 2nd, Wed. | July 11th, Fri. | Nov. 12th, Wed. | Nov. 21st, Fri. |
| July 16th, Wed. | July 25th, Fri. | Nov. 26th, Wed. | Dec. 5th, Fri. |
| August 6th, Wed. | August 15th, Fri. | Dec. 10th, Wed. | Dec. 19th, Fri. |

FREE CHEESE, BUTTER and CHOICE of OTHER COMMODITIES

Application and Distribution
Norbert Hill Center — Oneida

** OUTAGAMIE COUNTY RESIDENTS ONLY **

| HOUSEHOLD SIZE | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
|---|---------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| CURRENT GROSS YEARLY INCOME LESS THAN: | \$7,875 | \$10,575 | \$13,275 | \$15,775 | \$18,675 | \$21,375 | \$24,075 | \$26,775 | \$29,475 | \$32,175 |
| CURRENT GROSS MONTHLY INCOME LESS THAN: | \$ 656 | \$ 881 | \$1,106 | \$1,331 | \$1,556 | \$1,781 | \$2,006 | \$2,231 | \$2,456 | \$2,681 |

Friday
April 18

10:00 A.M. — 11:00 A.M.
(if supply lasts)
PLEASE bring your own grocery bags!

APPLICANT must present DRIVER'S LICENSE, UTILITY BILL or ENVELOPE to verify residence.

LACK OF HEALTH INSURANCE CITED IN NEW STUDY AS SERIOUS PROBLEM

A new study by the Center for Public Representation indicates that the number of people who have no health insurance may be higher than previously thought. "The Needs of Wisconsin's Rural Uninsured", by legal interns Jonathon Drake and Robert Peterson, found that the number of uninsured is 20 percent of the population. Previous studies have indicated that both nationally and in Wisconsin this figure is 10 percent.

Uninsured persons, health care providers, and employers were interviewed to provide an overview of the problems in securing adequate health care.

Providers have been forced into the bill-collecting business to recover cost of providing care to those who are unable to pay for it.

OPTICAL

BEGINNING APRIL 9th: Optical service hours (when the Dr. will be available), will CHANGE to:

WEDNESDAYS & THURSDAYS ALL DAY

Note: (Dr. will NOT BE IN during the first week of April)

SEAL OUT DECAY

What is a sealant?...a clear or shaded plastic material that is applied to the biting or chewing surface of the back teeth, where cavities occur most often.

This sealant acts as a barrier or "protector" for the teeth from plaque and acid.

The Oneida Dental Clinic is sponsoring a "Seal Out Decay" program. If you would like your First, Second or Sixth grader to have these sealants placed on their back teeth, please fill out the permission slip below and return it to the Oneida Dental Clinic no later than Thursday, March 27, 1986. We hope to do these sealants on March 31 and April 1.

ONEIDA DENTAL CLINIC

YES NO I give the staff of the Oneida Dental Clinic permission to place sealants on my child/rens teeth.

Child/rens Name: _____

Address: _____

Age: _____ Phone: _____ Date: _____

Parent(s) Signature _____

NEW EMPLOYEES

| NAME | POSITION | DATE |
|--------------------------|---|----------|
| Richard Rosin | Director of Pharmacy | 12/27/85 |
| Sharon Wheelock | Nurses Aide | 1/14/86 |
| Debra Flores | Bingo Worker | 2/5/86 |
| George Skenandore | Human Services Facilitator | 2/6/86 |
| Donna Kurowski | Bingo Worker | 2/11/86 |
| Elaine Skenandore | Communications Clerk/Typist | 2/12/86 |
| Barbara Ventura | Chemical Dependency/Family Services Secretary | 2/27/86 |
| Dr. William J. Stempiski | Staff Dentist | 2/18/86 |

We hope that they will have much success and challenge in working for the Oneida Tribe. The Personnel Office

ONEIDA HEALTH CENTER NEWS

WHY ARE YOU SO TIRED?

When you try to take off a few pounds, is your get-up-and-go the only thing you end up losing? And at the end of the day, are you often exhausted? Maybe you're eating too many energy-zapping foods and not enough of the more nutritious--and delicious--foods that can help you lose weight and build stamina too. I'll show you how to eat like a winner -- but first, test yourself:

1. THE FOODS RICHEST IN COMPLEX CARBOHYDRATES ARE:

- A) potatoes
- B) spaghetti
- C) corn
- D) bread
- E) oatmeal
- F) all of the above
- G) none of the above

2. TO LOSE WEIGHT, CUT OUT:

- A) bread
- B) potatoes
- C) spaghetti
- D) rice
- E) beans
- F) all of the above
- G) none of the above

3. THE FOODS HIGHEST IN FAT (per average serving) ARE:

- A) whole milk
- B) nuts and seeds
- C) porterhouse steak
- D) salad with French dressing
- E) none of these
- F) all of the above

4. THE BEST WAY TO SAFELY LOSE WIEGHT IS TO EAT:

- A) less than 800 calories a day
- B) mostly protein
- C) 1200 calories a day and exercise regularly

5. THE FOOD HIGHEST IN CALORIES IS:

- A) 1/2 cup chocolate pudding
- B) 3-ounce filet mignon
- C) 5 1/2 ounce baked potato
- D) 1 cup orange juice
- E) 1 cup cooked spaghetti

6. THE FOOD THAT PROVIDES THE LARGEST VARIETY OF NUTRIENTS FOR THE LEAST AMOUNT OF FAT AND CHOLESTEROL AND THE FEWEST CALORIES IS:

- A) eggs
- B) potatoes
- C) lean roast beef
- D) whole milk
- E) Swiss cheese

7. THE BEST SNACK FOR DIETERS IS:

- A) 1 cup popcorn
- B) 1 rice cake with apple butter
- C) 2 unsalted pretzels
- D) 1 wedge hard cheese

- 1 = (F) all of the above
- 2 ⁵ (G) none of the above. Although you may have mistakenly been avoiding these foods -- all rich in complex carbohydrates -- they provide the greatest amounts of protein, fiber, vitamins, minerals and energy for the fewest calories. These starches help fuel the fire of athletic endurance and performance for the world's best athletes, who must stay sleek. Each item on the list can, and will, do the same for you, regardless of your physical activity.
- 3 ⁵ (F) all of the above. Most people are surprised to find that whole milk, nuts and seeds, steak, and French dressing all provide nearly 50 percent or more of their calories as fat.
- 4 ⁵ (C) eat 1,200 calories a day and exercise regularly. Diets of less than 800 calories a day are dangerous. They can deplete the body of valuable vitamins and minerals as well as actual tissue, and can even lead to sudden death (more about these diets later). And high protein diets loaded with fat -- the diet of most Americans -- promote cardiovascular disease, cancer, diabetes, osteoporosis and kidney disease rather than weight loss. You should eat protein every day for peak performance and optimal health. But protein consumption should account for no more than 20 percent of daily

calories during weight loss and no more than 15 percent during weight maintenance. The National Academy of Science's Food and Nutrition Board has established a Recommended Daily Allowance (RDA) of protein for women at 45 grams a day and for men at 55 grams. I support this advice and also suggest that you limit your intake of animal protein to four ounces of meat, poultry or seafood a day. You can have up to 2-3 cups of skim milk or skim-milk products a day. The only safe way to lose weight is to combine regular daily exercise, such as walking, with a daily food intake of about 1,200 calories a day. Such a plan will allow you to lose at the rate of about one to two pounds a week.

5 = (B) filet mignon. In general, beef contains more fat and calories per ounce than foods such as potatoes, fruit juice, pasta and even rich desserts like chocolate pudding. And some cuts of beef contain the most saturated fat and calories of all. Three ounces of filet mignon has 183 calories; 1/2 cup of chocolate pudding, 179 calories; a 5 1/2 ounce baked potato, 145 calories; 1 cup cooked spaghetti, 156 calories. If you want to enjoy peak weight loss and high energy, the complex-carbohydrate foods, such as potatoes and pasta, should be your primary foods.

6 = (B) potatoes. Eggs, roast beef, milk and cheese provide plenty of fat and cholesterol, but no fiber or complex carbohydrates. Such foods as potatoes, brown rice, whole-grain breads and vegetables provide the greatest variety of vital nutrients, including vitamin C, vitamin A and B-complex vitamins, with absolutely no fat and cholesterol. Moreover, potatoes and other complex carbohydrate-rich foods contain far fewer calories per ounce than eggs, milk, meat and cheese.

7 = (A) popcorn, (B) a rice cake with unsweetened apple butter, or (C) unsalted pretzels. As opposed to the cheese, which provides fat but no fiber, these snacks provide fiber but no fat; in addition, they are filling and satisfying.

One cup of unbuttered popcorn contains about 40 calories, rice cakes about 35 each, a tablespoon of apple butter about 30 calories, and the round packaged snack pretzels about 35 each. One ounce of hard cheese has an average of 100 calories.

★ ★ RULES FOR HEALTHY EATING ★ ★

★ GET MORE COMPLEX CARBOHYDRATES INTO YOUR DIET. Yes, this means that while you lose weight, you can finally enjoy foods you thought were forbidden: potatoes; recipes based on cereals and grains, such as rice casseroles; all types of breads and pasta.

We've already seen that complex carbohydrate foods have fewer calories per ounce than many fatty foods and so are ideal for weight-loss plan. Complex carbohydrates give you stamina, too, because they're the chief fuel of the cells in the brain and nervous system, and they fuel muscle cells as well. Also, they're converted into energy by the body more efficiently than proteins and fats. And they contain such valuable nutrients as vitamins A, E, C and the B vitamins, plus selenium and beta carotene. There is strong evidence that some of these nutrients may have a protective effect against cancer. In addition, the fiber found in foods rich in complex carbohydrates helps keep intestinal health at its peak.

So enjoy -- but don't make the mistake of choosing the wrong topping for these wonderful vegetables, fruits and starch-based foods. Fettuccine, for example, is delicious, nutritious and slimming when you have it with marinara (chunk tomatoes) sauce and a light sprinkling of grated Parmesan or Romano cheese rather than with a high-fat, high-calorie cream and butter sauce. And instead of piling butter and sour cream on a potato, try some of the delicious recipes coming up.

★ CUT DOWN ON FATS. Just as complex carbohydrates are the friends of dieters, so are fats the enemies. Fat supplies more than twice the calories of carbohydrates, defeating weight loss. The human body was never meant to suffer the metabolic insult of a high-fat diet. Population studies show that when a diet of more than 10 to 20 percent fat is consumed, the rates of cancer

and heart disease soar. A low-fat, high-complex-carbohydrate diet can protect against these diseases.

There are, however, some friendly fats that you can use to improve health and vitality. These actually help reduce cholesterol and fat levels in the body. Called marine oils, they're found in seafood such as salmon and mackerel. Choose vegetable oils over shortening.

★ HAVE NO FEWER THAN 800 CALORIES A DAY -- UNLESS OTHERWISE DIRECTED BY A PHYSICIAN.

Forget fasting, semi-starvation and 500 calories-a-day diets. These regimens will always work in the short run -- that is, if they don't kill you first -- but they can never work in the long run. The metabolic shock of switching from 500 calories or less per day to three times that amount causes your body to regain weight at an astonishing pace. The time-tested and proven way to lose weight and keep it off requires that you eat around 1,200 calories a day consisting primarily of foods chosen from the complex-carbohydrate group and then gradually increase your calorie intake to the maintenance level.

★ GET THE NUTRIENTS WOMEN NEED. Recent research has demonstrated that active women have increased needs of certain vitamins and minerals, and these needs intensify significantly during weight loss. Make sure you're getting enough of these nutrients:

★ IRON Women, on the average, lose more iron than men do because of menstruation. To get enough iron without loading up on meat, eat plenty of beans, peas, lentils, whole grains and cereals. To increase the amount of iron you get from vegetables, have a food rich in vitamin C at the same time.

★ CALCIUM This is an important protector against osteoporosis (brittle bones) but, unfortunately, many women do not obtain adequate amounts of calcium from their diet alone, especially if they consume meat-based high-protein diets. These have a diuretic effect on the body, causing minerals to be excreted. Good sources of calcium are skim milk and other low-fat dairy products; salmon and sardines (both with the bones); legumes (peas, beans, and lentils); collard greens, mustard greens and kale.

That's all there is to it. Eat plenty of the right kinds of foods every day -- those I know you'll love -- and eliminate the bad ones. You'll enjoy a slim figure and peak energy for life!

T B SCREENING

TOPIC:

We are doing well in preventing the spread of TB (Tuberculosis) in the Oneida community. However, the job is not done yet and we need to continue regular screening tests to find new infection with TB as early as possible. The efforts of the Tribe, Health Center, Community Health Nurse (Pearl Webster), and patients over the past five (5) years have led to success which we want to continue.

Skin testing for TB should start at age one (1) year and be done yearly for ALL COMMUNITY MEMBERS. A normal skin test means that there is no infection with TB.

People who have had a positive skin test generally need to take medication (INH- Isoniazid) and a vitamin (B6- Pyridoxine) for one year to prevent the disease from developing in their own bodies. This also helps prevent the spread of TB to other people in the community. After completing one (1) year of medication, these people should see their doctor and have a chest x-ray every 1-2 years. They also should report signs of persistent cough longer than (1) month, weight loss, fatigue, or persistent fever.

We recommend that if you haven't had a skin test in the past year, make an appointment to come in to the clinic and get one. By working together we can gradually eliminate Tuberculosis from the community.

CHRIS WATSON, MD
MEDICAL DIRECTOR