



### Highway expansion may lead to native dollars



Kali Photo/Steven J. Gandy

A complete redesign of the WIS. 29 and US 41 interchange is scheduled to begin in 2011. WIS. 29 from County J (pictured) to US 41 will see a drastic make-over with a system-to-system interchange.

By Steven J. Gandy  
Kalihwisaks

Changes to US 41 could mean opportunities for native owned businesses.

According to the Wisconsin Department of Transportation (WisDOT), a new expansion project has been announced for US 41.

This project will consist of two parts in Brown and Winnebago counties.

This massive project is still in the design phase with construction slated to begin in 2009 and 2008 respectively.

The \$754 million project has initiated a new program aimed at helping disadvantaged business enterprises (DBE's). The project will help minority owned businesses compete for WisDOT contracts within the state.

Gwen Carr, WisDOT Tribal Liaison, is responsible for putting this plan together. In cooperation with the State of Wisconsin, the American Indian Chamber of Commerce of Wisconsin and the University of Wisconsin, Carr has managed to do something that has never been done before in Wisconsin.

Carr said, "[WisDOT] Secretary [Frank] Busalacchi hired me and we started working on, what ended up as being, the first and only written agreement between a state agency and all the tribes for a partnership agreement. Basically, it acknowledges the sovereignty of the tribes, acknowledges that we have to work with them on a government-to-government relationship and basically sets out the rules of engagement between a state agency and the tribes."

According to Carr WisDOT has a list of certified DBE's in the area and are looking to make that list grow. She also noted that 52% of Indian businesses are construction related.

"We are identifying all of the Indian businesses that are in the construction trade. We

do currently have nine DBE that are DBE certified . . . and we're looking at all those nine and seeing how they are, where they are and see what they could use immediately to improve their capacity," Carr said. "Then there is another tier of businesses that have been in business for a while for whatever reason have not gone for DBE certification. We want to get those businesses certified as soon as possible and put them in the pool with the DBE."

Technical assistance is available for all Native American businesses looking for DBE certification through WisDOT.

"We provide special

**See Page 2A**  
**DBE goals**

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### Budget approved for 2007

By Dawn Walschinski  
Kalihwisaks

The General Tribal Council (GTC) approved the 2007 budget for Oneida with a vote of 55 to 28 and one abstention on Saturday, September 16th.

The \$411,134,099 budget is down approximately \$3.2 million from the 2006 budget due to fewer loans being applied for according to Oneida Business Committee Treasurer Mercie Danforth.

One change made at the budget meeting was reducing the Appeals Commission wage adjustment from a 7% increase to 3%.

The 2007 budget also included information on the gross profit versus the net profit for the casino, retail and other enterprises.

**See Page 2A**  
**Budget**

### Tradition is still a winner



Lacrosse is the oldest sport in North America and rich with tradition. As seen below and left, members of the Oneida and Menominee Nations take part in a traditional lacrosse game that was played on Saturday September 16th at the Norbert Hill Center. Two games were played and a cook-out was served upon completion.

"Through our teachings, we provide and open address to acknowledge all of creation. Lacrosse is played for many purposes including healing someone ill," said Brian Doxtator.



### Third rare white buffalo born on Wisconsin farm

By Emily Fredrix  
Associated Press Writer

MILWAUKEE (AP) ~ A farm in Wisconsin is quickly becoming hallowed ground for American Indians with the birth of its third white buffalo, an animal considered sacred by many tribes for its potential to bring good fortune and peace.

"We took one look at it and I can't repeat what I thought but I thought, 'Here we go again,'" said owner Dave Heider.

Thousands of people stopped by Heider's Janesville farm after the birth of the first white buffalo, a female named Miracle who died in 2004 at the age of 10. The second was born in 1996 but died after three days.

Heider said he discovered the third white buffalo, a newborn male, after a storm in late August.

Over the weekend, about 50 American Indians held a drum ceremony to honor the calf, which has yet to be named, he said.

**See Page 7A**  
**Buffalo**

### US Senate gives its support for Artman's BIA nomination

By Bobbi Webster  
Special to the Kalihwisaks

Carl Artman, former Chief Counsel for the Oneida Tribe of Wisconsin received unanimous support from the Senate Committee on Indian Affairs in Washington, D.C. earlier this month for nomination to be the Assistant Secretary - Indian Affairs, U.S. Department of Interior. Artman is one of three Oneida who have served in this capacity. Robert L. Bennett served as the Commissioner of the Bureau of Indian Affairs and Aurene Martin, served as Assistant Secretary. Artman was nominated

by President Bush to serve in this position. He was required to first undergo an extensive background and security investigation before appearing in front of the Senate Committee on Indian Affairs. His nomination will now be attached to legislation before Congress for final approval. It is expected that his final approval will be the first week in October and an official swearing in will occur soon after.

Artman testified the reason he wanted this position to take on the challenges facing Tribes throughout the nation. Artman said "The challenges Indians

and Alaskan Natives face today seem insurmountable. Yet, I see the determination and the potential of Indian and Alaskan Natives. Reservation populations are growing. Leaders are dimming in to the stem the spread of methamphetamines and the lawlessness that follows in its wake. Educators, Parents and police are learning to identify youth at-risk of committing suicide and interceding. Teachers at Tribal schools provide more with less. Inch by inch, Tribes are

**See Page 2A**  
**Carl Artman**



Photo courtesy of Bobbi Webster

Carl Artman and Oneida Business Committee Vice Chairwoman Kathy Hughes prepare to testify before the Senate Committee on Indian Affairs.

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## From Page 1A/DBE goals

assistance to Indian businesses to assist them with all sides of the business," Carr said.

According to Carr the crux of the program is to look at the 41 construction project in each of its separate pieces and find a way to help DBE's effectively compete for the pieces.

"Usually it was all a bundled contract that was given to a prime [contractor]," Carr said. "We decided we needed to have a much more transparent process and to make sure that we could help our minority business build their capacity 2-3-4 years out before the project."

In July of 2006 the WisDOT met with the Oneida Tribal Government to discuss the impact this project will potentially have on this community.

"We did an in-depth presentation of this project...we got into more

specifically...the economic development and capacity building. We had a very long conversation about this aspect of the partnership agreement," Carr said.

"Every DOT project has DBE goals. It is basically the amount of participation we anticipate is available and can be successful completed based on the information we have, based on the number of businesses," Carr Notes.

University of Wisconsin Indian Law professor, Richard Monette is providing assistance in the area of tribal law to the WisDOT.

"These are things we need to become much more versed in at DOT. So we can afford everyone the opportunity that exists," Carr said. "We need to expand our portfolio of knowledge and part of that is expanding that portfolio in the area of tribal law and how it applies to transportation."

The 41 project will be widening US 41 from four lanes to six lanes along two stretches of road. The Winnebago county phase will see a stretch of 17 miles from Oshkosh north to Appleton redeveloped. The Brown county phase will effect a 14-mile stretch of highway from Scheuring road north to the Lineville road exit.

Colleen Harris, Planning/Programming Supervisor said, "In the last federal highway bill US 41 was designated an Interstate."

Business owners who are interested in becoming DBE certified can contact Gwen Carr by phone (608)267-6693 or e-mail [gwen.carr@dot.state.wi.us](mailto:gwen.carr@dot.state.wi.us)

*For a related story, see page 5A "WisDOT American Indian business program helps first firm"*

## Healthier lunch made with local foods

By Cathy Delgado  
Kalihwisaks

The Oneida Nation High School students finally got the opportunity to taste Oneida black Angus beef. They no longer need to say, 'where's the beef.'

On September 14 at 11:30 a.m. a Thanksgiving prayer was given by Randy Cornelius on behalf of the Oneida Living In Balance Team (OLB) and the Oneida Community Integrated Food Systems (OCIFS). The two programs put together a small presentation at the Oneida Nation High School to make a special acknowledgment to the Oneida Nation Farms who had donated the black Angus beef to the cafeteria as a way to promote healthier eating.

Tender beef tips over noodles, creamy mashed pota-

toes with gravy, carrots, pea soup, strawberry short cake, build your own salad and milk were on the menu for the lunch that day.

John Christjohn a senior at the high school said, "The food was all natural and came from the Oneida Farm and it was the first time we get to eat it here and it was good."

For about five or six years the Oneida Nation Farm has been trying to get the Black Angus beef into the schools. After years of trying, there became a concern about the quality of the food served at the Oneida Nation High School. Students were not happy with the food and brought it to the attention of their parents. The empowerment came when the parents acknowledged the students concerns and rather than just

complain decide to become proactive and created a positive change for the school. These parents became influential in improving the diets of the students and through research, meetings, goal setting, and input from the nutrition department became the development of OLB.

"We need to step up and I mean Tsyunhehkwa, the farm to provide our own foods and vegetables, besides white corn. We need to do our own berries and that's our responsibility" said Pat Cornelius, Oneida Nation Farms Manager.

"Today's meal was a celebration of the first step of integrating local foods into the school system" said Jill Martus-Ninham, Project

**See Page 7A  
Healthier Lunch**

## From Page 1A/Carl Artman nomination

reclaiming their land and the inherent rights of such ownership."

Artman concluded his remarks with a pledge to foster the growth of Tribal governments and acknowledged the potential of the sovereigns to motivate their communities. He shared his vision to bring the resources of the Department of Interior to the Tribes in an effort to propel them forward in the spirit of the seven generation philosophy.

Vice Chairwoman, Kathy Hughes also testified in sup-

port of Artman's nomination on behalf of the Oneida Tribe of Wisconsin. Hughes testified, "The Oneida Tribe lauds the Department of Interior for considering an individual that has the experience working directly for and with Tribes. It is important for Tribes across the nation to have a Native in this position that understands and appreciates the complexity of being a sovereign within a sovereign and has experienced intergovernmental relations in a successful environment."

Chairman of the

Committee, Senator John McCain, had to leave the hearing early, but spoke briefly in support of Carl Artman before the entire committee voted for unanimous support.

Carl's wife, Wendy and his 5 year old son Bennett along with his mother, were in attendance at the hearing. Carl is the son of the late Carl Artman Sr. and Carol (House) Artman, and great-grandson of the late Pearl and Walter House.

## From Page 1A/Budget passed by GTC

"There's that change that makes it look like (profits) did grow quite a bit," said Danforth.



Danforth

The new budget was reached by using the Balance Scorecard initiative which is designed to give GTC members more input on future budgetary decisions.

"It's a changeable docu-

ment to allow us to make the changes to meet the needs," said Danforth.

The Balanced Scorecard is a method of establishing Oneida Nation priorities based on tribal values. The goal is to get more input from the GTC earlier in the planning process rather than at the end during the approval stage.

"There are times that we

asked the question, but didn't utilize the information. I want to make sure that when we ask the question, we have the pieces in place to utilize that information," said she said.

Danforth thanked everyone involved with the budget making process.

"It doesn't take just one person that can do it, it takes everyone to work together in doing that and it takes the whole organization to work together," she said.



Kali photo/Steven J. Gandy

ONHS students are offered several food choices while in the lunch line, however there are rules when choosing lunch. 3 of the 5 main food groups must end up on students plates. Trisha Cottrell is preparing strawberry shortcake for students. Robert Danforth moves through the line.

## Three Sisters



## POW-WOW

Saturday, October 28th, 2006

Oneida Nation Turtle School

Grand Entries - 1pm and 7pm  
Feast - 5pm

**Free Admission**

Master of Ceremonies - Frank Figueroa

Head Dancers - TBA

Arena Director - Joey Summers

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Registration for Dancers & Drummers will close at 4:45 pm. No exceptions.

Contact the Pow-wow Committee @ (920) 496-7897 for Further Information

## Kalihwisaks

"She Looks For News"



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- Free to enrolled Oneida members (age 18 years & older)
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## Kalihwisaks

"She Looks For News"



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For questions or comments about news coverage, please contact Dawn Walschinski at (920) 869-4277 or Yvonne Kaquatosh at (920) 869-4280, or Steve Gandy at (920) 869-4279. Steve is also the contact to include information in the classifieds section.

Kalihwisaks is a member of NAJA (Native American Journalists Association) & WNA (Wisconsin Newspaper Association)



Local

In Memory...

**Chris C. Melchert**

A loving husband, father, son, brother, and friend who gave up his ghost on 9-27-05



Life without you has been hard  
My days go so slow  
Many connections grow cold  
When you're not there to hold

All the nights in my room  
I realize I am alone  
As I sit here and think of you  
Remembering how life has been

Memories, I hope of this  
How our life together was and still is  
My life is hard, it shouldn't be  
Because of the strength you've given me

God, only He  
Will let me see  
That one day things will be  
Like it was, together again you and me

Missing you much  
Your Family

Caretakers Corner

**AIRR: American Indian Records Repository**

*Suggested that tribes store inactive trust records at repository*

**By Carla Clark**  
Land Management

On August 23 & 24, 2006 two individuals from Land Management attended a Records Management Briefing in Minneapolis, Minnesota. This briefing was to provide tribes with information on safeguarding Tribal Records, specifically Indian Fiduciary Trust records. A fiduciary trust record is any document that reflects the existence of an Indian trust asset and is used in the management of an Indian trust asset (ITA) An Indian trust asset refers to land, natural resources, Indian Money accounts and other assets held in trust at a particular time by the Federal Government for a Tribe.

It was recommended that Tribes send their inactive trust records to the American Indian Records Repository (AIRR). There will be no cost to the Tribes for storage.

Tribal Trust Records stored at the American Indian Records Repository remain in the legal custody of the Tribe. No one will be allowed to access the records without approval from the Tribe. All Tribal records are stored in a separate location then the Bureau of Indian Affairs Records and Office of Special Trustee records. Requirements are a Tribal Resolution be sent to the Office of Special Trustee requesting that the Tribe be allowed to store the inactive Indian Fiduciary Trust Records at the American Indian Records Repository. Tribes must also provide an approved Record Schedule or adopt the Bureau of Indian Affairs and Office of Special Trustees Record Schedule. Tribes must provide a list of individuals that would be authorized to access their records. All requests for records retrieval will be processed through the American Indian Records Repository. All requests are processed that same day. Tribes that are interested may request to tour the American Indian Records Repository and they must contact their

Office of Special Trustee Liaison for their region to set it up.

National Archives and Records Administration (NARA) is the primary management of the American Indian Records Repository. AIRR opened on July 1, 2004 and currently stores the records for the Bureau of Indian Affairs and the Office of Special Trustees. Students from the Haskell University are involved in the management of the records. Curriculum in Records Management at Haskell University was initiated in 2005.

Office of Special Trustees for American Indian provides training for records management, assists Tribes with setting up a Record Schedule, and assists with development of an Emergency (Disaster) Plan to retrieve vital records. All participants were provided with a diskette with the BIA policies and procedures.

Any questions, please call Land Management @ 920-869-1690 and ask for Carla Clark or Steve Webster.

**Kali's Delgado to recruit for Menominee Nation College**

**By Steven J. Gandy**  
Kalihwisaks

Cathy Delgado has said goodbye to the Kalihwisaks and hello to her new position with the Menominee Nation.

Delgado said, "I'm going to be going over to the College of Menominee as the work-base coordinator. I will be recruiting high school students to the college and setting up programming for the college students to retain them."

She began her duties on Wednesday, September 27th.

Delgado has been working with youth and youth oriented programs for over 20 years.

"I have worked for the Oneida Nation High School for six or seven years. Before that I worked in high schools for 15 years setting up services for [students] in the counseling field," said Delgado.

As a recent college graduate herself, Delgado feels better prepared for her new position. She has a degree from Fort Lewis College located in Durango, Colorado.

She said about her time with the Kalihwisaks, "I really enjoyed myself and working with the staff. I really enjoyed the camaraderie of the staff, how well we worked together and how we helped each other when it came time to go to print."

Delgado joined the Kalihwisaks staff in June as an emergency - temporary Reporter/Photographer.

Dept. of Public Works

**Grounds keeping Update**

The Grounds Keeping Department has recently hired a new manager. We all welcome Redmon Danforth, Jr. as the Grounds keeping Manager. Mr. Danforth has been in the Groundskeeping Department for 15 years, 5 years as a Groundskeeper and 10 years as a Supervisor.

Since our move to 1237 Flight-Way Drive, there have been some changes. We currently have most of our equipment located at this site, as well as an inventory clerk that checks the tools & equipment out on a daily basis.

I would like to recognize all of the Grounds keeping staff for the excellent job they have done this summer and continue to do. We had two intern-students Isaiiah Skenandore and Michael Skolaski, who were great workers. We would like to wish them good luck in their school year.

The Grounds keeping Department maintains approximately 250 acres of lawn on a weekly basis, along with various landscape projects that need to be taken care of. The department also maintains work order requests that come in on a daily basis.

Thanks again to our Grounds keeping guys and gals for the great job they do keeping the Tribal grounds looking good.

If you have any questions regarding the Grounds keeping Department we can be reached at 496-5970.



Delgado

**In loving memory of Sharon R. Lemerond**

May, 24 1940 - October, 3 2005

Her journey's just begun

Don't think of her as gone away  
Her journey's just begun  
Life holds so many facets  
This earth is only one

Just think of her as resting  
From the sorrow and the tears  
In a place of warmth  
and comfort  
Where there are no days  
and years

Think how much she must be wishing  
that we could know today  
How nothing but our sadness  
Can really pass away

And think of her as living  
in the hearts of those she touched  
for nothing loved is ever lost  
And she was loved so much!

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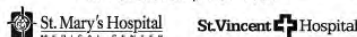
As a board-certified pediatrician, Dr. Azadi provides comprehensive health care for children of all ages - from newborns to young adults up to the age of 21. Whether he's doing baby checks, immunizations or routine exams, he treats every child like one of his own.

Dr. Azadi is a familiar face in the community and Prevea Health is excited to welcome him to its Prevea St. Mary's Health Center. To make an appointment, call (920) 496-4700.

Sohail Azadi, MD, FAAP  
Pediatrics



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# Amerindian Center in Green Bay gets six month extension

By Dawn Walschinski

The United Amerindian Center (UAC) in Green Bay has received a six month extension from Indian Health Services (IHS).

A phone conference held with Dennis Murphy of IHS on Tuesday, September 12th stated the conditions for the organization to be considered for another five year grant.

"Basically, what (Murphy) wants and what IHS wants is the board to be fully functioning in our work, make sure all of our minutes are sent in on time signed by our secretary," said board member Elizabeth Fagan.

Other conditions include board training, revising the bylaws, filling two vacant board seats and filling the executive director position by November 30th.

The UAC had been informed August 16th that IHS would not renew the last year of their five year grant, a loss of \$290,000. UAC board members stated at a public meeting held Tuesday, September 5th that board meeting minutes and executive reports were not being turned in to IHS on time resulting in the decision to end the grant.

UAC board members traveled to the regional IHS headquarters in Bemidji, Minnesota to persuade the organization to change their posi-

tion. The face-to-face meeting led to the September 12th phone conference.

"(IHS staff members) were very cooperative, they gave us a chance," said Fagan.

A public meeting will be held October 11th at 5:30pm at the Native Grounds Community Room at 235 N. Broadway in downtown Green Bay. Elections will be held at that time for board members.

## Correction

In the September 14th issue of the Kalihwisaks, there was a paragraph in the story "Amerindian Center fighting for funding" that stated that the UAC had received a letter from IHS that said IHS was cutting off the grant because former executive director David Webster and former board secretary Tania Cornelius failed to send in board minutes. Rather, the letter only stated that funding was being cut off. Statements made by UAC board members at the public meeting held September 12th blamed Webster, Cornelius and two other former board members for not sending board minutes. Managing editor of the Kalihwisaks Dawn Walschinski apologizes for the error.

# Doxtator wins seat on NICOA

By Dawn Walschinski

Clifford Doxtator has been elected to the National Indian Council on Aging (NICOA) as the Minneapolis Area representative.

"I thought I could help our Native American people on different issues," said Doxtator on why he decided to run for the position.

As part of his duties, Doxtator will meet with elderly Native Americans in Iowa, Minnesota, Wisconsin and Michigan.

"I have to visit the areas to find out what their concerns are," he said, adding that he plans to actively look



Doxtator

for grant monies to help meet the needs of those in his region.

Some concerns he listed on his application to run for the seat are "Health Care, Nutrition and Impact of decreasing funding for Elder Care programs with an ever increasing population."

Doxtator is currently serving his third term on the Oneida Nation Commission on Aging (ONCOA) and has been very active as a volunteer with various community groups.

The election was held September 18th in Tulsa, Oklahoma at NICOA's 30th annual convention.

## Calendar

### October 8

**2nd Annual Benefit Trail Ride/Drive or Walk**  
**WHEN:** Sunday, October 8th  
**PLACE:** N5367 Mayflower Road, Shiocton, Wis. (Watch for signs)  
**TIME:** 10 am - registration 11 am - ride  
 \$20.00 per person or \$50.00 per family. All Proceeds will benefit the Chaps Academy, providing equine (horse)-assisted counseling services to individuals, families and groups who are experiencing difficulties at home, school, work or in the community as a result of behavioral or emotional problems. Silent Auction, Pig Roast Dinner and lots more.

### October 14

**Staber Burr Benefit**  
**WHEN:** Saturday, October 14, 2006 • 1 P.M. - 6 P.M.  
**PLACE:** Brown County Golf Course  
 Come join friends and family of Staber Burr as we gather to support him through his difficult time. Live Auction, Silent Auction, Raffles, Hole-in-One contest with a chance to win \$10,000. There will be music, cash bar and complimentary hors d'oeuvres.

### October 18

**Community Meeting on Maple Sugaring**  
**WHEN:** October 18, 2006  
**PLACE:** Parish Hall  
 Meal at 5 PM and 6 PM Photo History, Heifer International Introduction, Cordwood building demo. For more information contact Sylvia at 496-5352

### November 4-11

**VFW Fish Fry Lunch**  
**WHEN:** Oct. 4th, from 1100 - 1400 hrs  
**PLACE:** Oneida VFW Post 7784  
 Price - \$6.00 Come on out and support our Oneida VFW Post!!!

### Ongoing

**Women Reaching Women Support Group**  
**WHEN:** Every Thursday  
**WHERE:** Three Sister's Community Center, 790 Oneste Lane (off Mason St.) Three Sisters Housing Site  
**TIME:** 12:30-2:30 PM  
 Please come and join us. We'll support each other. All women are invited. Free transportation, lunch, and child care provided. YMCA Swimming, Women's Closet. Hope to see you there! FMI, please contact: Isabel Parker at 498-3340 or Georgia Burr at 592-8682.

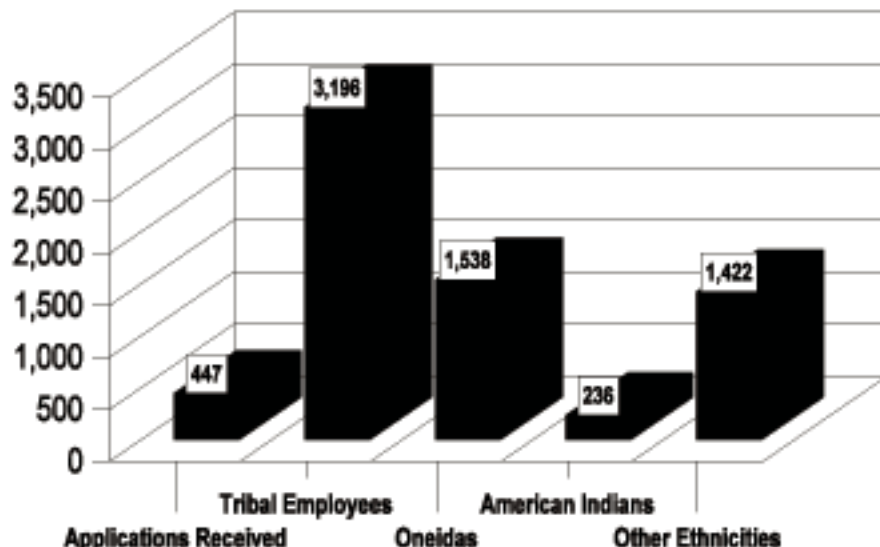
Please call the *kalihwisaks* office at (920) 869-4280, 4279 or 4277 to include events in this section.

Any future announcements must have a contact phone # that can be published to be included in this section.

# Oneida Tribal Human Resource Department

## Oneida Tribal Employment Stats

September 1, 2006



## Job Opportunities

- P.E. Teacher - Oneida Nation School System G-19 Contract Position Closing Date = October 2, 2006
- Recreation Specialist - Arts & Crafts - Oneida Recreation G-5 \$27,290 Closing Date = October 2, 2006
- Counselor/Administrator - Vocational Rehab-6 \$58,156
- Gaming Trainer - Employee Services G-7 \$34,216 Closing Date = October 9, 2006
- Mental Health Psychotherapist (LTE) - Behavioral Health G-11 \$52,873 Closing Date = October 9, 2006
- Community Health Staff Nurse - Health Center - G-10 \$48,068 Closing Date = October 12, 2006
- Training & Curriculum Analyst - Employee Services (Gaming) G-9 \$42,910 Closing Date = October 9, 2006
- Cage/Vault Supervisor - Gaming G-7 \$34,216 Closing Date = October 16, 2006
- Ombudsperson - Governmental Administration G-9 \$42,910 Closing Date = October 17, 2006

Please visit <http://hrd.oneidationation.org/jobs/jobs.shtml> to review detailed job descriptions.

## Excellence in Action

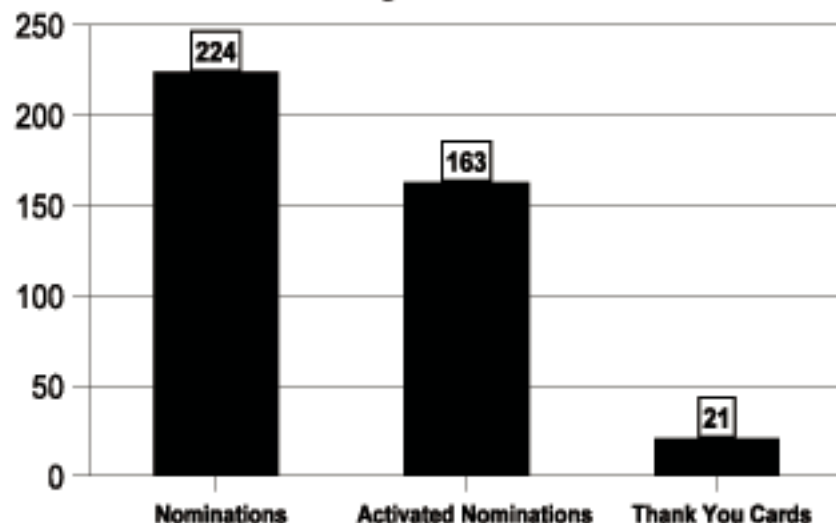
The Excellence in Action program is designed to honor and celebrate Oneida Tribe employees for their outstanding accomplishments while applying our core values as displayed through exceptional performance. Excellence in Action is a way you can thank any employee for above and beyond actions or behaviors. Recognition is focused on exceptional performance that supports the following Organization Core Values:

- Customer Service
- Personal Growth & Professional Development
- Problem Solving & Decision Making
- Leadership
- Creativity

Award levels include: Thank You, Special Achievement, Significant Contribution, Outstanding Effort and Excellence In Action. For further information, you can contact Wendy Elfe, Employee Relations/Gaming Division (920-429-3050 or Melinda K. Danforth, Oneida Human Resource Department (920-496-7900).

## Excellence In Action

August 2006



**Area Manager**  
**Geraldine Danforth**  
 920-496-7900  
[gdanfor1@oneidanation.org](mailto:gdanfor1@oneidanation.org)

**Backgrounds Investigations**  
**Kendall Barton - Backgrounds Manager**  
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**Employee Insurance**  
**Arlene Danforth - Insurance Director**  
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**Matthew J Denny - P.R.O. Manager**  
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**Training & Development**  
**Barb Kolitsch - Training & Development Director**  
 920-490-3649  
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**Compensation & Hiring Department**  
**Jessica Wallenfang - Interim Compensation & Hiring Director**  
 920-490-3653  
[jwallenf@oneidanation.org](mailto:jwallenf@oneidanation.org)

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**http://**  
**HRD.ONEID**  
**ANATION.O**

**RG**

The H.R.D. website provides links to:

1. Divisions of Tribal Operations
2. Directions to H.R.D.
3. Job Line contact information for Job Opportunities
4. Oneida Tribal Application - can be downloaded in Adobe format and/or Word Perfect

**Human Resource Department Mission**  
 To Provide quality service in all personnel operations with integrity, responsiveness and sensitivity to our customers.

Business

**Pow-wows to the IMAC Frybread Heaven is still cookin'**



By Steven J. Gandy

Kalishwisaks  
Mary Ann Hendricks and Kelly Metoxen are the owners of Frybread Heaven, a restaurant located in the Irene Moore Activity Center (IMAC) Casino. Although the restaurant has a permanent home now, it wasn't always that simple. The two began business on the Pow-wow trail.

"We started out with a food concession stand. We would go to pow-wows all over the Midwest and I started out doing it by myself," Hendricks said.

Hendricks began the business with her sister, the late Anne Skenandore.

"I went on the pow-wow trail with my sister who owned Ann's World. We kind of traveled together and then, like within the first two pow-wows that we went to, she had a heart-attack and died," Hendricks recalls.

It was at this point that she and Metoxen began their partnership on the pow-wow trail.

"Kelly worked for [Skenandore] and then he came to me and said 'do you need help?' which I drastically did," Hendricks said.

At that time Metoxen's mother, Jamie Metoxen, and aunt, Darlene Meconish, owned Frybread Heaven, a stand at Indian Summer.

"They told us we could use that name, which we were real happy about, because I like that name better than what we had," Hendricks said.

According to Hendricks, the duo traveled the pow-wow circuit from 1992 - 2001 and used 400-800 lbs. of dough every week.

The pair began to feel the effects of the road and decided they needed to find a permanent home.

"It really got to be a lot of work physically. We both had to have carpal tunnel surgery from stretching so much frybread," Hendricks noted.

Metoxen and Hendricks found their new home in 2001 at the IMAC Casino Bingo Hall area. The two won the bidding process for the space and have been there since.

Frybread Heaven, according to Hendricks, makes its dough fresh daily from a secret recipe given to them from Metoxen's aunt. They now go through approximately 80-100 lbs of dough per week.

The permanent restaurant has a lot of advantages over working the pow-wow trail and it give the owners an opportunity to provide jobs to the community.

"Every thing is in one spot and the set-up is so nice. I have excellent workers and

**BACKGROUND ON BUSINESS**



Kali photo/Steven J. Gandy

Now located in the IMAC Casino, Frybread Heaven serves up hot and cold foods seven days a week. Favorites like Indian Tacos and blanket dogs can be ordered along side other choices like a cheese curds or popcorn.

all my workers are Indian. I don't do that on purpose, but it just so happens that they all happen to be Indian," Hendricks said.

It is apparent that Hendricks appreciates and thinks very highly of her staff.

"I just want to stress that I have the best employees, because they are all fantastic," Hendricks said.

The menu at Frybread Heaven offers a variety of

choices. There is a number of frybread items such as Indian Tacos, blanket dogs, hamburgers on frybread, frypies or plain frybread. Funeral sandwiches are made at Frybread Heaven daily along with a daily special. In addition to all that, traditional restaurant items like hamburgers, hotdogs, appetizers, chips, fruit, juice, soda, etc. are offered.

"There are people here who

never knew what frybread was and now they come up here and say 'we are totally addicted to this frybread. We have to have it every day,'" Hendricks said.

Frybread Heaven is open daily from 8am to 9pm with an additional hour of operation on Fridays when they are open from 8am to 10pm.

**WisDOT American Indian business program helps first firm**

*New program seeks to build capacity among Native American businesses*

A new Native American business development program at the Wisconsin Department of Transportation (WisDOT) has successfully assisted its first firm. Four Directions, Inc., a landscape clearing firm from Lac du Flambeau, worked through WisDOT's American Indian Business Capacity Project to receive technical assistance in financial record keeping, tax issues and general bookkeeping. Four Directions followed up by successfully working as a subcontractor on a WisDOT clearing project in Oconto County.

"We are encouraged to see this new program yield its first success story," noted WisDOT Deputy Secretary Ruben Anthony, Jr., who plays an active role in the department's minority business development issues. "It is important that we increase the capabilities of small and emerging firms in Wisconsin to help keep the industry competitive, and to ensure that the entire state benefits from transportation investments."

WisDOT is conducting the project in partnership with the American Indian Chamber of Commerce of Wisconsin (AICCW), the American Indian Construction and Trades Association (AICTA) and First American Capital Corporation (FACC). The first two organizations provided technical training to Four Directions, while FACC provided a working capital loan to the firm that has since been repaid.

The American Indian Business Capacity Project is managed through WisDOT's Tribal Liaison office. The program is serving as a national model of how a successful cooperative project of this nature can make a difference in Native American construction businesses.

"If we could take experienced contractors and evolve them into a mentor protégé program and help fund their contracts, this would create more job opportunities and wealth creation for American Indian contractors" commented Craig Anderson, AICCW Executive Director. "The direction that WisDOT and AICCW has taken is proving that we are creating a positive and meaningful impact to the Native American community."

The AICCW is currently involved in a research project with WisDOT and the University of Wisconsin to identify potential American Indian DBE's in Wisconsin. This project will give American Indian contractors technical assistance, DBE certification assistance, capacity building, access to much needed financial resources and give Indian firms more opportunities to participate on a variety of transportation projects.

**Half of U.S. Businesses Are Home-Based**

Submitted by Mike Bergman

U.S. Census Bureau

Almost half (49 percent) of the nation's businesses are operated from home, and more than 6-in-10 owners used their own money to start the business, according to new U.S. Census Bureau reports on characteristics of businesses and business owners.

"Home-based businesses collectively generated a remarkable amount of economic activity, especially for women and minorities," said Census Bureau

Director Louis Kincannon. "Just released data also show most businesses are started by people and families who dig into their own pockets."

Home-based businesses

made up 56 percent of American Indian- and Alaska Native-owned firms, 56 percent of women-owned firms, 53 percent of black-owned firms, 53 percent of Native Hawaiian- and Pacific Islander-owned firms, and 45 percent of Hispanic-owned firms. In contrast, 2-in-3 Asian-owned firms reported they conducted business from nonresidential locations.

-Top industries for home-based businesses were: professional, scientific and technical services, construction, and retail trade and other services (such as personal services, and repair and maintenance).

- People using their own

**See Page 7A**

**Census**

**American Indian Economic Fund (AIEDF) to offer Indian Entrepreneur class**

The American Indian Economic Fund (AIEDF) will be holding their fall Indian Entrepreneur Class at the Fortune Bay Casino, Tower MN. This 33 hour class will run for two weekends with the first class being held October 20-22 and the second part of the class being held on November 3-5, 2006. Students must attend both weekends to complete the course.

The AIEDF is a nonprofit agency who is positioned to help American Indian entrepreneurs by providing individualized, culturally-relevant business education as well as counseling and mentoring throughout the loan process. The AIEDF provides culturally sensitive financial technical assistance. They arrange and facilitate meetings between the entrepreneur and the main lender. Participate in the loan proves by providing gap funds at below-market interest rates and act as an advocate for the interests of the entrepreneur throughout the application, approval and repayment process.

The Fund makes loans to men and women who are creating or expanding retail, services and manufacturing business - all of which hire American Indians as employees.

If you are interested in starting a business or expanding an existing business and would like more information about the entrepreneur class or want to request an application for the class, please call 651-917-0819.

 Community Banking the Way it Used to Be.

**Section 184 Indian Housing Loan Guarantee Program**

Thousands of Families in Indian Country have achieved the dream of owning a home. The section 184 Indian Housing Loan Guarantee Program has made that possible.

- Single-close for construction and permanent loans
- Loan limit -150% of FHA limit
- Low down payment
- No maximum income limits
- Flexible underwriting
- 1% guarantee fee at closing
- Assumable
- Secondary market potential
- 100% guarantee to lender

**How does Section 184 Work?**

HUD guarantees the mortgage loan made to eligible borrowers. The loan guarantee assures Bay Bank, the only participating lender in the Green Bay area, that its investment will be repaid in the event of a foreclosure. The borrower pays 1% loan guarantee fee at closing, which may be financed in the mortgage or paid in cash. The borrower applies for the loan with Bay Bank and works with the tribe and the BIA if leasing tribal land. Bay Bank will then evaluate the necessary loan documentation and submit the loan for approval to the Office of Loan Guarantees (located in Denver, Colorado) for underwriting and a formal commitment, unless the lender is an approved direct guarantee lender.

**Who is Eligible for a Section 184 Loan?**

- Any Native American or Alaska Native that is a member of a federally recognized tribe or an Alaskan village.
- An Indian Tribe
- A Tribally Designated Housing Entity (TDHE)
- An Indian Housing Authority (IHA)

**Homeownership in Indian Country**



In 1992, Congress established the Section 184 Indian Housing Loan Guarantee Program. The program was designed to offer homeownership and housing rehabilitation opportunities for eligible Native American individuals, families, tribes, and Tribally Designated Housing Entities. (including Indian Housing Authorities) on their native lands and within an approved Indian area as defined in HUD P.I.H. Notice 2004-19.



**Section 184 Program Highlights**

- More than 1400 Loans creating more than \$143 million in mortgage financing.
- Nationwide program on Tribal trust land, allotted trust, or fee simple land in an Indian operating area - state of Wisconsin.
- Refinancing available
- New and Rehab loan guarantees available

**Bay Bank**  
2555 Packerland Drive • Green Bay, WI 54313  
1 (920) 490-7600

## State/National

## Vice-Chairwoman's Corner...



**Vice-Chairwoman**  
*Kathy Hughes*

General Tribal Council met Saturday, September 16th and approved the Budget for Fiscal Year 2007. Many comments were made at Saturday's meeting, and the community meetings held prior to Saturday that the Treasurer and Management made notes from for follow

up. A lot of work, by a lot of staff, went into preparing a balanced budget for the Tribe and because of their diligence and the support of the GTC we can begin the new fiscal year with no slow downs.

An Oneida Veterans Memorial has been in discussion for several years now. The FY 2007 budget included an amount toward the cost of the memorial. The Oneida Nation Veterans Advisory Council (ONVAC) is heading up this endeavor and has made significant progress toward finalizing the design for the memorial but did not have enough information to provide an estimated cost to the Treasurer, so the amount in the budget is simply a start, with future requests for an additional amount being anticipated.

The Walk of Legends is

one of the projects in this budget that was scrutinized. This is a multi-year project the Tribe is doing in conjunction with the Artist (Sandi Campbell of Aspire, LC) who came up with the designs. It is not a partnership with the Green Bay Packers, who have had no input whatsoever. There are many advantages to this project, the least of which is the opportunity for education and awareness of the cultural diversity we add to the community and the ability to clarify misguided information. It adds to the environment for working together and promoting long term enhancements to our community. Tourism is a key to the economy for this community and for the Tribe. It is certainly true the dollars spent on this project could be used to support a tribal service in need now but the long term

value from this project will improve our ability to increase revenue in other areas that will have a positive impact on those services into the future.

This month I traveled to Washington DC to submit testimony before the Senate Select Committee on Indian Affairs for the confirmation hearing to appoint Carl Artman as the Assistant Secretary of Indian Affairs. President Bush nominated Carl for appointment to this position last month and the confirmation hearing was one of the final steps needed for Congress to finalize the appointment. Carl Artman was our Chief Counsel, overseeing the Oneida Law Dept., and left us to work as Assistant Solicitor in the Dept. of Interior. I am sure his appointment will be approved by Congress and we will once

again have an Oneida Tribal Member heading up the Bureau of Indian Affairs. The last time this occurred was when Robert L. Bennett was appointed as the first Commissioner of Indian Affairs. Congratulations to Carl Artman!

The last scheduled Land Claims Community meeting took place on Sept. 27, 2006. No further meetings are scheduled at this time. The activities surrounding our land claims settlement have slowed down due to the election issues in New York. Gov. Pataki is not running again so we will be dealing with a new governor. As things begin to move we will then schedule further meetings to update you with information.

As with New York, election activities are of concern to us here in Wisconsin. This is the season when it is almost

impossible to open a newspaper or turn on the T.V. and not hear something from or about a candidate running for office. And I can be no different. I know it will get awfully tiring before Nov. 7th comes around but I cannot stress how very important it is for you to become familiar with the Candidates and how their election to office may impact the Tribe. We do not expect to elect anyone who will be in total agreement with the Tribe on philosophy or issues. But it is perfectly reasonable to expect the person to be open minded enough to allow for communication. Your vote will be extremely important in determining who will represent us in the 8th Congressional District and in the Governor's Office.

**Vice-Chairwoman**  
*Kathy Hughes*

## Letters...

## Reigning Miss Oneida Update

Hello! My name is Iris Rae Metoxen, and I am the reigning Miss Oneida of 2006-2007.



I'm 18 yrs old and will be attending UW Oshkosh as a freshman this fall. I'll be majoring in Criminal Justice and Medical Technology.

My parents are Tina Pospychala, the Asst. Director of Elderly Services; and Jeff Metoxen, the Manager at Tsyunhehkwa. My grandparents are the late Raymond Pospychala, Robin and Bill Emmerton & Lida and Roy Metoxen.

So far since I've been crowned, I've had the opportunity and the great pleasure of meeting the Business Committee and attended the following events: The Walk of Legends, Faith in Action Family Picnic, Culture Days at the Oneida Museum, Oneida's 4th of July Parade, Oneida's Annual Pow-Wow, Get to Know the Oneidas' Commercial shoot, Relay for Life, Green Bay Packer Family Fun Night, and Art Street.

My platform is education against drunk driving. I plan to hold a sobriety night for teens, where they will come and spend the night in a fun and safe environment, without any alcohol. And sometime in the near future, I'd also like to do a presentation to the community of how drunk driving has personally affected me.

As I bring my first article to a close, I'd like to say I'm very honored to be Miss Oneida and I hope to represent our great nation in a way that will make you all proud. In closing I would just like to say Congratulations to Jr. Miss Oneida Racheal Ninham and Li'l Miss Oneida Tianna Hackett. I just know we are going to have a great time during our reign together.

*Iris Rae Metoxen*  
**Miss Oneida 2006-2007**

## Reigning Jr. Miss Oneida Update

Sheku,

My name is Racheal Ninham. My Oneida name is



Yakoliwhiyo which means she has good words. I am 16 years old and will be attending the Oneida Nation High School (Go Thunderhawks!). I'll be a junior this year (almost done - YES!) I am the oldest of four (4) children - Paige, 11; Tabbitha, 7; and Jacob, 1 which is just great. You know the saying: first come, first served. I wish that was the case. My wonderful mother is Lisa Martinez and my father is Theodore Ninham. My grandparents are David and Shirley Green and Edith and the late Abraham Ninham.

So far I have proudly attended the Oneida Walk of Legends where I was participated in the groundbreaking with some very important people. I also attended the 29th Annual Oneida Cultural Days, my very first parade which was awesome, the 34th Annual Oneida Pow Wow, the 20th Anniversary of the Radisson Hotel, Relay for Life, the 8th Annual Diabetes Event, Packer Family Fun Night (this was a blast), a congratulatory dinner hosted by Jim Martin of the J. Dalton Institute, Artstreet, and Indian SummerFest.

Last but not least, I would like to thank the Miss Oneida Committee for their guidance and being there for me. And I would especially like to thank the Oneida Nation for allowing me to represent the Oneida Tribe of Jr. Miss Oneida 2006-2007.

*Yaw^ko.*  
**Racheal Ninham**  
**Jr. Miss Oneida 2006-07**

**Do we have a voice?**  
Dear Oneida General Tribal Council...

Was that a Budget meeting? or was it a Staff meeting? I'm wondering...do we have a voice? If we do...is it heard?

*Respectfully,*  
*Mindimoye*

## Legislative Update

## Introduction

Tribal sovereignty is defined in Indian treaties with the United States. Most of the treaties guarantee that tribes will be secure in their lands and enjoy the rights of self-governance. Without adherence to the treaties, Indian tribes:

1. Would have no land base and no right to put land into trust.
2. Would not enjoy any rights of self-governance.
3. The federal government would have no special responsibilities to tribes, thus placing tribes completely at the mercy of the various states.
4. The jobs that casinos and federal funded programs create for Indian people would not exist (For Oneidas, approximately 1600 Oneida people work for the Oneida Tribe).

**Attacks on Sovereignty or "Who are the Real Land Grabbers."**

In a recent Green Bay Press Gazette article, a local politician accused the Oneida Tribe of being "land grabbers" because of the Tribe's policy of purchasing lands within our Reservation boundaries and requesting that the land be placed into trust status in accordance to Federal law. Aside from many Indian people wanting to laugh at that politician's ignorance, perhaps it's time to reflect on our treaty of 1838 which provided us with a reservation of 65,000 acres, of which, by the late 1970's, all but a few acres had been lost via questionable federal legislation and even more questionable local land schemes.

But the locals have not been alone in the attack against tribal sovereignty. In the 1980s, the Cayuga Nation of New York thought they had won the right to at least a cash settlement for the illegal loss of their lands. But the current U.S. Supreme Court decided otherwise and ended forever, the Cayugas' quest for a just land settlement. The Court, in its decision, said that the Cayugas had waited too long to bring their case to

court (Until the late 1940's, Indian tribes were prohibited from filing a land claim in Federal court).

But the loss of Tribal lands has not been the only area in which tribal sovereignty has been attacked. At one time, as the treaties provided, tribes enjoyed the right to govern themselves in accordance with their own laws and customs. But again, those rights, over the years, have been severely diminished to the point that here on the Oneida Reservation, our people are almost completely at the mercy of the local governmental courts and other administrative agencies (of special note, local governmental entities determine the future of our Oneida children in Indian Child Welfare cases and local governments collect all fines for traffic violations within our Reservation boundaries).

**Pushing back**

Although the land claims movements have not been doing very well due to the decisions of an ultra conservative U.S. Supreme Court, over the past twenty-five years, many tribes have initiated movements to protect their rights of self-government and have even begun to push back the restraints placed on them by federal and local entities (in 1982, the Oneida Tribe directed the Oneida Business Committee to develop a Tribal Court).

Tribal courts are essential in the exercise of self-governance in Indian Country. How many Indian people would feel secure if their Tribal



**Councilman**  
*Ed Delgado*

Councils or Business Committees both created and interpreted the law. In many tribes, the placement of their own children is now determined by their own court; and ever increasing number of tribal courts are now hearing domestic relations cases in order to protect tribal women and children; and, here in Wisconsin, the Red Cliff Band of Chippewa Indians now has jurisdiction over their roads and highways and are able to adjudicate and collect fines for traffic citations in their court.

Finally, what direction Tribal sovereignty will go, is to a large part, up to us as Indian people. We can sit back and allow our sovereignty to be eroded. History tells us that local non-Indian communities and the Federal government would be more than willing to govern us, take care of our children for us and interpret our laws for us. However, I am not of that bend, and I do not believe that the Oneida people are of that bend either. In the very near future, it is my belief that the Oneida people will gather and approve a Tribal Court for the Oneida Tribe of Indians of Wisconsin.

**VOTE**

Recent U.S. Supreme Court decisions have all but destroyed the land claim rights of Indian people. The continued well being of Indian nations throughout the United States is dependent on changing that court and that can only be done by Indian people voting in local, state and federal elections. I encourage all Indian people to study the issues pertaining to Indian sovereignty and make a determination as to which candidate and which party would best protect the sovereignty we all depend on as we lead our daily lives as Indian people. Thanks for listening.

**Moving back home to Oneida was best decision**

Shekolih,

My name is Karen Valentino and I just wanted to write and thank the Oneida Tribe for helping me make the biggest and best move I could of made for me and my children. I moved to Green Bay from Chicago back in March and I was astounded when I found out how much the tribe is willing to help if you are willing to help yourself. Being a single mother of two and not knowing what was in store, I am so glad the tribe was there to help me out. When I moved up here, I

had nothing. Now I have a three-bedroom house through Oneida Housing. I also have a good job working for the tribe. With that all situated, I finally signed up to go back to school starting in January '07. I want to give a special thanks to some people that I think went out of their way to help me, which are: Alice Severson, Debbi Balli, Sandy Skenadore, Wanita Decorah, Lisa Vega and Scott Denny. I really appreciate all the help I received for my family.

*Yaw^ko*  
**Karen Valentino**

**Participation is appreciated**

Sweku Akweku,

I would like to thank the community for participating in the Lacrosse game and Community Feast on Saturday, September 16. A special yawa'ko to the following individuals that helped make this event a success: Randy Cornelius, Ken Metoxen, Kilabrew VanDyke, Kevin Shilka, Brenda Kindness-Baird, Nicole (Kalana) Brooks,

John Teller Sr., C.A.P.P.S., Coca-Cola, Reinhart Foods, Jed Schaht, Lisa Behrenger, Diane Jourdan, DPW, G.L.I.S., Conservation, Kaliwisaks, and members from the Menominee and Oneida Communities. I would also like to take a moment to thank Brian Doxtator for all of his help. Without Brian, this event would not have been possible.

*Yawa'ko,*  
**Dionne Jacobs**

**For more information on 'Letters to the editor' contact: Dawn Walschinski at 920.869.4277 or email: dwalschi@oneidanation.org**

# State/National

## From Page 2A/Healthier lunch

Coordinator for Tsyunhehkwa.

Tsyunhehkwa plans on looking at what the need is in terms of the quantities. They raise vegetables, raspberries, beef, chicken and eggs. These are things that can be supplied to the school system once the evaluation is completed. Modifications to follow the USDA certification program will also be a factor. The Oneida Farms include the Apple Orchard. The farm is hoping that the orchard would supply pumpkins, squash, and raspberries in the future. They currently have apple products which include apple juice, apple cider and dried apples that can all qualify for a healthy snack.

The OLB will be approaching the Business Committee to request funding for the schools to cover an afternoon snack. Part of the reasoning is that some students involved in after school sports do not have time to go home and eat before practice and sometimes have about six or more hours before they have their evening meal. The cost to

cover an afternoon snack for the year is \$177,000 which would be for kindergarten through 12th grade.

Part of the change not only came from the students but the education and awareness of Annette Cornelius who attends classes at UWGB in nutrition.

The OLB's mission is the team will work together to increase awareness of the effects of food choices on health and well being in the Oneida community and to promote healthy lifestyles and food sovereignty through organizational policy and procedure change where possible.

There are currently 22 individuals on this team and would welcome the community's input and joining the committee. They are a volunteer committee put together by community people and employees. To have input or assist in any way you can contact Sylvia Cornelius-Waupoose, Team Facilitator at the Environmental Health and Safety Division at [scornel2@oneidation.org](mailto:scornel2@oneidation.org)

## Scenes from SEOTS – Budgets and Indian Summer



Photos courtesy of Debbi Ushakow  
Left: Southeastern Oneida Tribal Services (SEOTS) hosted a Budget Meeting, Thursday, September 14th. The three hour meeting was attended by over 40 Oneida tribal members. Key personnel presented charts and graphs and answered questions from those attending.

Right: Thanks to all the SEOTS Indian Summer Volunteers! Laura Harrison, Lisa Chojnacki and Jodie Neinhaus manned the stand to distribute information about the services offered at SEOTS at the festival held September 8th-10th at the Summerfest Grounds on the shore of Lake Michigan.



## Oneida hosts Candidate Forum with AARP



Kali photo/Dawn Walschinski

Oneida co-hosted a Candidate Forum with the American Association of Retired Persons (AARP) Tuesday morning, September 26th at the Radisson Hotel and Conference Center. The event focused on issues concerning older adults.

Left: State Assemblyman Tom Nelson addresses the attendees of the forum.

## From Page 1A/Buffalo

Floyd "Looks for Buffalo" Hand, a medicine man in the Oglala Sioux Tribe in Pine Ridge, South Dakota, said it was fate that the white buffaloes chose one farm, which will likely become a focal point for visitors, who make offerings such as tobacco and dream catchers in the hopes of earning good fortune and peace.

"That's destiny," he said. "The message was only choose one person."

The white buffalo is particularly sacred to the Cheyenne, Sioux and other nomadic tribes of the Northern Plains that once relied on the buffalo for subsistence.

According to a version of the legend, a white buffalo, disguised as a woman wearing white hides, appeared to two men. One treated her with respect, and the other didn't. She turned the disrespectful man into a pile of bones, and gave the respectful one a pipe and taught his people rituals and music. She transformed into a female white buffalo calf and promised to return again.

That this latest birth is a male doesn't make it any less significant in American

Indian prophecies, which say that such an animal will reunite all the races of man and restore balance to the world, Hand said. He said the buffalo's coat will change from white to black, red and yellow, the colors of the various races of man, before turning brown again.

The birth of a white male buffalo means men need to take responsibility for their families and the future of the tribe, Hand said.

The odds of a white buffalo are at least 1 in a million, said Jim Matheson, assistant director of the National Bison Association. Buffalo in general have been rare for years, thought their numbers are increasing, with some 250,000 now in the U.S., he said.

Many people, like Heider, choose to raise the animals for their meat, which is considered a healthier, low-fat alternative to beef.

Gary Adamson, 65, of Elkhorn, who is of Choctaw and Cherokee heritage, said tribal elders will help interpret the animal's significance.

"There are still things that need to be done, and Miracle's task wasn't quite done yet, and we feel there's

## From Page 5A

### Census

money or family assets for business startups included 77 percent for businesses with paid employees and 59 percent for

businesses with no paid employees.

-- Top industries for these "self-made" businesses were: accommodation and food services (79 percent), manufacturing (78 percent), wholesale trade (74 percent) and retail trade (72 percent).

-- Nearly 3-in-10 (28 percent) of all entrepreneurs started or acquired their business with no capital at all.

-- Nearly 1-in-10 U.S. businesses both employer firms and nonemployer firms were started by owners who used personal or business credit cards to finance the startup or acquisition.

Business owners are highly educated, 3-in-10 are over 55 and 14 percent are veterans.

-- In 2002, 64 percent of business owners had at least some college education at the time they started or acquired ownership in their business, 23 percent had a bachelor's degree and 17 percent had a graduate degree. Just over 1-in-4 owners had a high school education or less.

**JOIN US FOR AN  
8TH CONGRESSIONAL DISTRICT DEBATE  
October 23, 2006, Radisson Inn & Conference Center**

This is an opportunity to learn about some of the issues that are important to all of us and to become educated about the candidates' position on these issues. Your attendance will help you make an informed decision at the polls on November 7, 2006!

**Agenda:**

- ◆ Welcome and introduction: Gerald Danforth, Chairman, Oneida Tribe of Indians of Wisconsin
- ◆ Introduction of Candidates: Tom Zalaski, WFRV-TV CBS 5
- ◆ Debate Issues:
  - Health Care
  - Native American Issues
  - War
  - Environmental
  - Wisconsin's Economy
- ◆ Closing remarks from each candidate
- ◆ Question and answer (time permitting; written questions selected from the audience)
- ◆ Meet & Greet reception

**8TH CONGRESSIONAL DISTRICT DEBATE**

- ◆ Date: October 23, 2006
- ◆ Time: 12:00 Noon to 2:00 PM
- ◆ Location: Radisson Hotel and Conference Center, Green Bay, in the Wolf Room

For more information, please contact Doug Hutchison, OMB Committee member at (920) 430-5131 ext. 225 or Tana Aguirre, Oneida Legislative Affairs at (920) 869-4239.





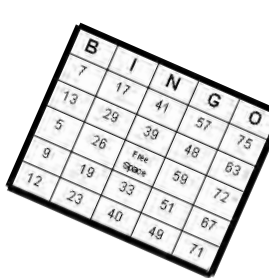

# Elder Bingo

**Hosted by  
Oneida Housing Authority**

**WHEN:** Monday, October 2nd, 2006  
Monday, October 16th  
Monday, October 30th  
Monday, November 13th  
Monday, November 27th  
Monday, December 11th  
Monday, December 18th

**TIME:** 1 p.m.

**WHERE:** Site II Building  
W1144 Park Dr.



**For more information, please call  
(920) 869-2227**

Sport

# T-Hawks drop to 1-3 for season



Kali photo/Steven J. Gandy  
Nick Cantu #21 (left) eludes would-be tacklers on a kick-off return in the third quarter. Darrell Skenandore #10 (below) rushes for a 19-yard touchdown in the fourth quarter. The Zephyrs took their first victory at the expense of the Thunderhawks on Friday, September 22.

By Steven J. Gandy

**Kalihwisaks**  
The Thunderhawks drop another game this season to bring them to a record of 1-3 with four games left to play.

On Friday, September 22 the Thunderhawks took on the St. Mary Central (SMC) Zephyrs at Oneida and fell to a score of 43 to 12.

The Zephyrs started out strong, outscoring the T-Hawks 12-0 in the first quarter. SMC botched a point after attempt on the first touchdown and missed on a 2-point conversion attempt on the second touchdown to leave them at 12 points for the quarter.

Oneida recovered a muffed punt with :42 seconds left in the 1st quarter deep in Zephyr territory. Unfortunately, eight seconds into the second quarter the Thunderhawks fumbled it back to SMC. The Zephyrs scored two more touchdowns

and a field goal in the second quarter to finish the half with a 30-0 lead.

The third quarter was a back-and-forth battle of field position that finally saw SMC increase their lead by seven with a touchdown with 5:09 left to play in the quarter. The score was 37-0 at the end of three.

By rule, with a lead of 35 or more points the clock cannot be stopped except for official purposes.

The Thunderhawks finally got on the board early in the fourth quarter with a 19-yard touchdown run by Darrell Skenandore. The 2-point conversion was missed and the T-Hawks now only trailed by 31 points.

The Zephyrs changed out the varsity team for the junior varsity team mid-way



through the fourth quarter. SMC would score again with 5:50 left to play.

Oneida would not quit and managed to put up six more points late in the fourth. The long pass play from Skenandore to Nick Cantu was the Thunderhawks longest play from scrimmage.

The game ended with a final of SMC 43 and Oneida 12.

This was the first victory of the year for the Zephyrs.

The next two games for the Thunderhawks will be Friday, September 29th at Brookfield Academy and on Friday, October 6th at Sevastopol. Both games are scheduled to kick-off at 7pm.

The Thunderhawks will be back for their Homecoming game on Friday the 13th against Stock bridge.

# Date set for Boo Bash at Site I

Come and enjoy the 2006 Oneida Recreation Boo Bash for families with youth ages 0-8. This special event will take place on Friday, October 27, 2006. Please park at the Site I Baseball field where our spooky bus will pick you up and drop you off at the Civic Center where you can enter the Costume Contest and weave through our trick or treat maze. Prizes will be awarded for the 1st - 5th place in each of the follow-

ing age groups & categories.

Age Groups: 0-2, 3-4, 5-6, 7-8

The categories include: Funniest, Scariest, Superhero, Fairy Tale, and Most creative.

Each child may only enter one of the categories at the registration table. Final entries will be taken at 7:30 pm SHARP!

For more information, please contact Kim at 833-0010.

**ONEIDA RECREATION HalloTWEEN MOVIE**

WHO: Tweens (age 9 to 12 years old)  
WHAT: De Pere Cinema  
WHEN: Monday, October 23, 2006

We will leave the Civic Center at 5:30 to meet at the De Pere Cinema at 6:00 pm to see the movie "Monster House."

There will be a movie theme costume contest for prizes.

Please have youth picked up at the Civic Center at 8:30 pm.

For more information, contact Kim Diemer at 833-0010.

# Fall Teen Programs at Oneida Rec

Submitted by Kyle Casper

**Recreation Lead**  
The Civic Center and County H facilities are teaming up to offer cooperative Teen Programming for the Fall Season. Each night on Tuesdays through Friday the facilities will combine programming to better serve our teens. Transportation will be provided from each facility to the other on each night if you would like to attend. The Teen Programs will be from 7:00 - 8:30 p.m..

Tuesday nights will be Social Recreation game night at County H. Join in on the fun of playing games such as Family Feud or Price is Right. Participate in Pool tournaments or video games. Just come to hang out and have fun with friends.

Wednesday nights will be Teen Basketball at the Civic Center. We will play basketball games, so come out and get some exercise and have fun playing with friends.

Thursday nights will be Teen/Adult Football League at the Civic Site I Fields. Teams have already been formed but you can still come out and cheer the teams on and enjoy watching football.

Friday nights will be Movie night at County H. You can enjoy a movie on the big screen TV and enjoy some snacks and beverages.

If you have any questions contact the Kyle at 869-6288 or County H at 833-0010.

# October is going to be "Spook"-tacular

Submitted by Shara Summers

**Recreation Center**

October is filled with spooky fun and games for youth of all ages at Oneida Recreation. The Social Recreation Room at the County H facility will be featuring a Halloween surprise every day in October!

Mondays and Wednesdays will be BOO BINGO; mark your card with candy corn and win cool prizes. Tuesdays and Thursdays we'll be cooking up some creepy recipes in COOKING CLASS (Mummy fingers, Ghoul-Ade, and Nose-Blow Burritos, just to name a few). GIRLS GROUP will begin Wednesdays, starting Oct. 4, and feature a Halloween Craft for elders, a visit to the Pumpkin Place, a Pumpkin Carving Party, and a

Halloween Luau. Every Friday is MOVIE NIGHT, with a festive, family-friendly video and snacks.

But the scariest surprise of all is FEAR FACTOR: Halloween Style!! On Mondays and Thursdays, youth will compete in games and contests to see who will become the Ultimate Champion and be able to say: "Fear is not a factor for me." If you have any questions, call Shara at 833-0010.

And don't forget about Oneida Recreation's Halloween Community Events: Halloween Maze (ages 0-8), Tween Movie (ages 9-12), and Teen Haunted House (ages 13-18). With all of this excitement going on, October is guaranteed to be a "Spook"-tacular month.

**HEY TEENS!!**

**HAPPY HALLOWEEN**

Come join the Oneida Recreation Department for a night of scary fun!!

Monday, October 30<sup>th</sup>, we will be taking youth age 13 and older to the "Terror on the Fox" Haunted House.

We will leave the Civic Center at 6:30 pm and return about 9:00 pm - please have a ride once we return.

For more information, please contact Kim at 833-0010.

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## Gospel soothes the soul



Kali Photo/Steven J. Gandy

Joyful music was brought to listeners at the Radisson by Nashville recording artist Joyce Wagster (above). The country gospel concert also featured a silent auction with all proceeds going to the Oneida Area Faith in Action program. Wagster received the Female Horizon Award in 2005 and made it to number seven on the Christian Country Chart with her release of "I Believe." Local artists also performed prior to Wagster's appearance.

## Fox Valley Natives have a place to go



Kali photo/Dawn Walschinski

From left to right: Program Director Becky Elder and Director of Education Lisa Hurst visit with Michelle Johnson at the American Indian Center of the Fox Valley.

By Dawn Walschinski  
Kalihwisaks

Becky Elder often hears the same exclamation when people walk into the American Indian Center of the Fox

Valley (AIC) located in downtown Appleton for the first time.

"Wow, I didn't even know there were other Indians living in the area," said Elder who is the center's program director and member of the Menominee Nation.

The AIC began six years ago when a group of Native Americans living in the Fox Valley area saw a need for a gathering place.

"(They) went to Goodwill and approached them with the idea of creating a center where Native people could come, get together, network and share resources and just support each other," said Lisa Hurst, Director of Education.

The original office, called the Intertribal Community Center was located on the Goodwill campus in Menasha. Two years ago, the AIC moved to 128 North Oneida Street in the Fox Cities Rotary Multi-Cultural Center.

"I think we've seen a huge increase in the number of participants just based on the fact of we're at where we're at - right across from Valley Transit. A lot of our participants do have transportation issues," said Elder.

The AIC pursues its mission through five components: Healing through Learning, Healing through White Bison, Healing through Forgiveness, Healing through Community Education and Healing through Human Interaction.

To heal through learning, Certified instructor Hurst, a member of the Oneida Nation, gives one-on-one tutoring to people obtaining their General Education Diploma or Highschool Equivalency Diploma (GED/HSED).

In the Healing through White Buffalo, the center hosts group sessions based on Native American values and beliefs. A coed session is held Monday nights and a women's session is held Tuesday nights.

"I come to the Healing Circle, the Women's Healing Circle, and I feel very cleansed when I leave here," said Michelle Johnson who's lived in Appleton for thirteen years.

Elder and Hurst contact imprisoned Native Americans

for Healing through Forgiveness.

"We actually go into the prisons and meet with the inmates," said Elder, "If you're a Native American person and you're incarcerated, and you contact us, we can advocate for you."

Their biggest event is part of Healing through Community Education when the AIC hosts a one session pow wow after the Appleton Flag Day Parade at Erb Park.

"Some people come because they hear the drums and they walk through their back yard asking 'What the heck's going on?'" said Elder.

The fourth annual pow wow held last June attracted 2000 spectators, 250 dancers and 10 drums.

Elder and Hurst also arrange community presentations for area schools on Wisconsin Native American history.

Finally, Healing through Human Interaction takes place in the American Indian Center. It's a place for some of the 3000 Native Americans living in the Fox Valley area to go for help or just to hang out.

"We all just mingle and get along," said local artist Henry Salazar who enjoys teaching others how to bead and do other crafts.

"I just love it, love it. Your pay is looking at everyone enjoying themselves," he said.

The AIC is supported by Goodwill as well as a community foundation and the Native American Nations in Wisconsin.

"The tremendous support that we've received from the tribes and Oneida has been exceptional," said Hurst. The center works with departments in Oneida such as the Contract Health and Social Services to help clients at the AIC.

When the health center in the Bad River community burned down July 10th, Elder and Hurst saw an opportunity to give back to those who had supported the American Indian Center.

After reading about the incident in Chairman Gerald Danforth's Legislative Review in the July 21st issue of the Kalihwisaks, Elders and Hurst began networking within Goodwill and the Fox Cities Rotary Club.

"Unknown to me, one of (the Rotary's) big projects is where they gather medical equipment," said Elder, "They happened to have two to three semi-loads of this medical equipment."

Goodwill and the Rotary Club worked together to deliver a semi-load of examining tables, lights and other medical equipment to the northern Wisconsin reservation.

"It was just heartwarming the way the people down here in the Fox Valley stepped up and said 'Yes, there's a need, and how can we help?'" said Elder.

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**Please Contact: Ted Skenandore at 920-869-2718**

# T' Thunderhawk

## Players look forward to Homecoming

By Nick Cantu

ONHS junior

The T-Hawks have Homecoming the week of October 9 through the 13, ending with their homecoming football game against Stockbridge. There is also a bonfire set for the night of October 12.

Athletic director Lance Kelly said homecoming is important "because it promotes school spirit." The T-Hawks, haven't won a Homecoming game in a couple years, but they are playing

a first-year team, Stockbridge.

The T-Hawks are preparing for that game, by taking it week by week. They're going for a winning record this year and trying to make it to the playoffs. But in order to do that, we have to win the rest of our games. We can do that, if we work as a team.

Coach Nathan King has got us in good shape this year and we're able to keep up with any team, if we play as a team.

Last year's Homecoming

Game saw the T-Hawks get beaten badly by Brookfield Academy.

This year, we've only been blown out once, against Gibraltar. But we're starting to work as a team and it's paying off.

We should win in their Homecoming game. We have to come into the game to play and not think it's going to be an easy win, because it's not. We are going to have to work for that win.

## Playoff Predictions

By Andrew Sitting Bear

ONHS senior

Last issue I made my predictions for the Packers season. With their win over the Lions, they stand at 1 and 2 and I stand at 3 and 0. I predicted all their wins and losses so far. Next up, they will lose to the Eagles.

The playoffs are still a long way off, but I am making my predictions for the end of season now.

The NFC will have the Bears, Eagles, Saints and Seahawks winning their divisions. The Wild Cards will be the Packers and Panthers.

The AFC will have the Bengals, Patriots, Jaguars and Broncos winning their division. Wild Card teams will be the Colts and the Steelers.

The Eagles and the Bears will play in the NFC championship game. The Patriots and Bengals will play in the AFC title game.

The Bears and the Patriots will meet in the Super Bowl and the Bears will win it all.

## Green Bay Eagles?

By Martin D. Stevens Jr.

ONHS sophomore

Who are the Green Bay Eagles? They are a semi-pro football team, of course.

The Eagles have been a team for about two years now. Several Oneida guys play on the team.

There are two teams in Green Bay. The other is the Bobcats.

There are seven total teams in their divisions, scattered around Wisconsin.

The Eagle's record right now is 0-6.

My cousin Shane, who plays for the team, said they "are dead last" in the division.

They are in need of a coach because right now they're "all just telling each other what to do on the field," Shane said.

They are also looking for some team sponsors because they don't get paid and they have to buy all their own football gear. Shane said the team would have more players, but "people don't want to buy their own things."

The Eagles play on the Lombardi Middle School football field.

So far they have 22 players and there always looking for new people to join.

They do have fund raisers at Wal-Mart once and a while and an Indian Taco sale at the Parish Hall.

If you want to give some of our Oneida semi-pro football players some support, their next home game is on September 30th at 2:00 P.M.

## Meet English Teacher Vicki Norton

By Twyla Danforth

ONHS senior

Last issue we featured our two new math teachers. This issue we take a look at our new English teacher, Vicki Norton. Here's the interview.

T: How tall are you?

V: I am about 5'11.5"

T: How many kids do you have?

V: I have six kids. I had my first at the age of 22, and my oldest one is 23.

T: How old are you now!?



V: I am 45.

T: Are you married?

V: I'm not married now, I used to be.

T: What is your favorite class to teach?

V: My favorite class to teach is Business Writing

T: What is your favorite hour of the day?

V: My favorite hour is 7th hour with the freshmen.

T: What types of things do you like to on your free time?

V: I like knitting and playing with my animals.

T: Did you play any sports in high school? College?

V: I did swimming and played volleyball in high school and I did track in college. I ran the 400 and the 800.

T: What did you do before you came to teach?

V: I use to be a commercial pilot, and I used to be a pilot instructor.

T: What do you think of the staff here at ONHS?

V: I think they are very smart. They are great people.

## The Time for Senior Preparation is Now!

By Debbie Santiago

ONHS junior

Seniors, even though it's the beginning of the year you should already be getting ready for college and or the rest of your life. This is probably the most hectic year of your high school career, with getting your ACT or SAT done, hearing from numerous colleges and planning for your future. Of course, you've still got high school to finish as well.

But there's also a lot of help out there, so there's nothing

to be worried about. There are many programs that help people to get ready for college. There are also books, the internet, and people that will help with taking the ACT tests.

So now is the time to start planning your future and getting ready for the road that lies ahead.

In the Next Issue of Thunderhawk Times, we'll give you a clip-out, month-by-month checklist for seniors who are preparing for college.

## A late summer visit with nature

By Earl Elm

ONHS senior

The day before today had the best weather for a spiritual sense.

I sat down in the perfect spot to listen and hear what the earth had to say.

When I was sitting in the woods, I heard a bunch of things like for example: birds, crickets, and insects.

When I got into my calm state of mind, I first heard the deer coming and I thought to myself, "It must be someone running in the woods." But when I looked, it wasn't a person it was a deer—actually, a buck. It looked to me that it had 6-8 points to it. When it looked my way, I looked right back at it and felt a calm

mind. It was like all my cares and worry's went away.

I felt so happy to have seen a deer that close so I jumped up in the air and gave a big woooooa. Also when I walked around the woods I felt as if I were home.

If I haven't taken that walk, I would have never got to catch a snake. But I really didn't catch it first, someone else did. It was BJ.

The wind was blowing and the trees seemed as if they were talking to each other. You know when the tree branches start to bend, they make a weird noise. It's like there own little language for them.

This was my experience in the woods.

## Meet more THT staff

### Jam to Tupac with Twyla Danforth

By Shakira Stevens

ONHS senior

Shakira: Are you in any sports?  
Twyla: Volleyball, Basketball, and Track.

S: Are you going to college?

T: yes, maybe NMU.

S: What was your reaction to the death of the Steve Irwin?

T: It's crazy!

S: What do you do on your free time?

T: Hang out with friends.



S: What grade are you in?

T: 12th

S: Do you like seafood?

T: No

S: Why?

T: Fish swim in their feces.

S: What do you want to go to College for?

T: For Business Administration

S: What's your Motto?

T: "In spite of the cost of living, it's still popular."

S: Favorite Song?

T: "Dear Mama" by Tupac.

### Russell likes pow wows, parties

By Andrew Sitting Bear

ONHS senior

Russell Powless is 18. For entertainment, he likes wrestling, parties and pow wows.

When asked what color was his stolen horse, he said, "owiskal kohsatas (white horse)."



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Randall Danforth and Nick Cantu

# My Scoop

### What is our school coming to?: Part 1

By Ashley Melchert

ONHS senior

Principal Bob Ganka has spoken to everyone about the attendance in our school this year.

The policy regarding absences has changed. Why? Because too many students weren't strong enough to stay in school and learn, and get good grades. Some people just dropped out because they had nothing better to do, but do drugs. All that school cares about is your life and your career.

The staff here want to make out school look as good as those public schools. (Except East High, now that's another story.) Anyway, this school wants to make a difference, not only in this school year but in the years to come.

This year they made a good effort to bring in two new teachers for math. Lisa Zdrzil and Mike Hanke. We've also got a new English teacher, Vicky Norton.

And we've got more students, like the freshmen are new. (I really don't like freshmen - just kidding they're cool.) But they also have to learn about high school. They have to grow up in order to become young adults.

This year, we're trying to improve the attitudes and the attendance. There aren't many in detention and, hopefully, I'm not one of them.

I really don't like the ten excused absences, ten unexcused absences policy because it might lead to students being dropped from enrollment. What should matter is who you are, not what your GPA and attendance is. They should do what ever they can to try to pass you out of this school, and get you in to that great college in any state of your choice.

I think the reason there are fewer options around attendance this year is that too many students are out of hand, and need help to improve their attendance and their attitudes.

# Education

## Students open wide for NWTC



Kali photo/Steven J. Gandy

Dental students from NWTC are promoting oral health at the Oneida Nation Elementary School. ONES pupils will receive tooth sealants from NWTC dental hygienist program students. The sealant will help protect the young teeth from decay. The 5-10 minute process is part of the Seal-a-Smile program according to NWTC instructor Carrie Stempski and is expected to take 4 weeks to complete the entire school. As shown, a ONES student receives the sealant from NWTC students Megan Geiger (left) and Kari VanRite (right) and they are being supervised by a NWTC Dental Hygiene instructor.

## Oneida Community Education Center

### October computer classes announced

Submitted by Bob O'Donnell  
CEC Computer Instructor

The Oneida Nation Community Education Center has announced its schedule of computer classes for October. Classes are free for tribal members and employees, and held at the Center's location at 2632 S. Packerland Drive.

In addition to introductory and advanced computer software training in Microsoft, Corel and Adobe applications, the Community Education Center also offers classes for those who are new to computers and would like to learn more about how to use computers at home or work.

Among the classes to be offered are "Computer for Beginners" which is scheduled to begin on Monday, October 2. This three-session class provides those who have little or no prior computer experience with a basic understanding of how to use computers.

A class on improving typing and keyboard skills using Mavis Beacon software will

begin on Monday, October 9. Those wishing to improve their typing skills or speed can participate in the class or work at their own pace to learn the basics of typing and computer keyboards.

The Center will also offer three sessions of a class entitled "Introduction to Microsoft Windows X." and a two-hour class entitled "Introduction to Microsoft Internet Explorer." The Internet Explorer class provides students with a basic understanding of how to use to navigate the Internet, and how to find information using search engines.

There will also be an "Introduction to Digital Imaging and Adobe Photoshop" class beginning on October 20. For those looking to learn word processing for home or work, an introductory class on Corel WordPerfect will begin on Monday, October 2. There will be an introductory class on Microsoft Word beginning on Monday, October 23. Both classes provide students with an understanding of the basics

of using a computer typing letters, reports, etc.

Those who would like to learn how to use computer spreadsheets can attend an introductory class on Microsoft Excel starting on Monday, October 2, or a class on Corel Quattro Pro beginning on Tuesday, October 3. The next eight-week class on QuickBooks accounting software will begin on Thursday, November 2.

Also in September, the Community Education Center will be offering classes on Microsoft PowerPoint, Corel Presentations, Microsoft Access, and Microsoft Publisher. In addition to classes, one-on-one training and assistance is also available by appointment during regular business hours.

The Oneida Nation Community Education Center is open Monday thru Friday, from 7:30 a.m. to 9 p.m., and on Saturdays, from 9 a.m. to 2 p.m. For more information on computer classes, training or assistance, contact the Center at 496-7860.

## Toyota International Teacher Program opportunity

Professional Development in Costa Rica for Secondary School Teachers

Toyota International Teacher Program would like to remind you that the deadline to apply for the Professional Development in Costa Rica program is approaching quickly. What with the new school year, hectic scheduling, and juggling everything on your

plate; finishing your application may have slipped your mind! If you have a moment, revisit the Toyota Teach website at [www.iie.org/toyota](http://www.iie.org/toyota).

Toyota Motor Sales, U.S.A., Inc. sponsors this annual opportunity with the goal of broadening the global perspectives of educators and the students. Qualified individuals are sent to explore the unique Eco-systems of Costa Rica

while connecting with the people and culture of this small country. In order to be eligible you must work full time as a secondary school classroom teacher (grades 7-12) in Arizona, California, Florida, Iowa, Louisiana, North Carolina, Pennsylvania, Texas, and Wisconsin.

Full-time classroom teachers in grades 7-12, in the nine program states are encouraged to submit applications

for the Toyota International Teacher Program by October 9, 2006.

\* Apply online at <http://www.iie.org/toyota>

\* Materials and informational poster may also be requested by visiting the Toyota International Teacher Program website or by calling the Institute of International Education at 1-877-832-2457.

**Application deadline: October 9, 2006.**

## Storytellers of the Americas Conference call for papers

The Third Annual Storytellers of the Americas Conference, hosted by the American Studies Graduate Student Association at the University at Buffalo, is pleased to announce a call for papers. The conference, scheduled for March 30th and 31st, 2007, represents the commitment of the graduate students of the American Studies Department to contribute to the University's intellectual community.

We invite paper submissions that address the importance of women in Indigenous oral tradition. Sky Woman, Yellow Woman, Anuk-Itte (Wia Numpa), Sedna, the Three Sisters, Selu, Changing Woman, and many others have described and defined women's roles in traditional Indigenous societies, and

which remain essential to contemporary Indigenous communities. Through this conference, we wish to consider traditional understandings of Indigenous women in oral culture, the silencing of their voices through colonial hegemony, and current literary, political, social, economic, and artistic resonances of the oral tradition.

Please submit abstracts by **December 15, 2006**. Submissions should be no more than 500 words in length, and should be e-mailed as an attachment to the following addresses:

Nikki Dragone, [n\\_dragone@yahoo.com](mailto:n_dragone@yahoo.com); Amber Adams, [AmberMeadowAdams@aol.com](mailto:AmberMeadowAdams@aol.com); Nancy Napierala, [nan3@buffalo.edu](mailto:nan3@buffalo.edu), or Heidi Nickisher, [hcnfaa@rit.edu](mailto:hcnfaa@rit.edu).

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**Medicine Rock**, Lac du Flambeau

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# Environmental

## Animals adapt for winter hibernation, environmental changes

Submitted by **Bill Koonz**

Specialist - Environmental Protection

Some local species adapt for winter by growing thicker coats, others change color and some find a place to sleep away the harsh season.

Common local species that are preparing for a winter sleep include: woodchucks (groundhogs), 13-lined ground squirrels (gophers), eastern chipmunks, raccoons and skunks. The woodchucks, chipmunks and ground squirrels are true hibernators while raccoons, skunks and bears will become active if temperatures increase or disturbance occurs. Both skunks and raccoons breed in mid winter, the reason for skunks appearing on the roadways just in time for Valentine's Day. Bears breed in the spring/summer

but implantation is delayed until November so the half-to-one-pound young are not born until the middle of winter.

All of these hibernating animals store up fat in the fall and provide themselves with a nest for sleeping away the long winter days. The body temperature of the true hibernator drops to near the surrounding temperature and their heart rates slow to almost undetectable. These animals roll themselves into balls and will not easily arouse if disturbed during their winter's sleep. Temperatures and heart rates may drop considerably for species that are not true hibernators but they do not approach outside temperatures or heart rates of a few beats per minute.

Raccoons have adapted to

human land uses, particularly in urban environments. They require protected areas to rest when temperatures drop below zero and snow depths limit their mobility. Garages, attics, old buildings, granaries, culverts, chimneys, and hollow trees provide cozy places for raccoons to get out of the cold. Wood fireplace chimneys are often taken over if they are not screened or

used regularly. Raccoons can be very destructive, tearing wallboards, shingles or siding off buildings to gain entry. They will eat almost anything organic and can go for long periods without food or water.

Skunks are closely related to mink and weasels which also produce a musky smell. They have adapted to human activities in both rural and urban surroundings. Like

raccoons, they are most active at night. Unlike raccoons that are usually aggressive any time, they are relatively sleepy and easy to handle during the day. They often group up for winter so if there is a skunk living under your porch, it may not be alone. Catching one may only be the beginning.

Live traps can be covered with a black garbage bag so

the animal inside cannot see the handler. The trap, bag and skunk can be placed in a truck and hauled away from its urban home without much chance of spraying. Skunks can spray a mist that fills the air with tiny droplets or they can direct toxic drops at their target. The idea that they cannot spray if their hind feet are off the ground is a myth.

Our native wildlife are constantly adapting to human land uses. Do not be surprised to see wild animals in urban settings. They are not lost but have learned how to make your backyard their home. It is up to you to decide how to live with wildlife. If you remove an unwanted animal but do not change the habitat, another animal will likely take its place following the scent trail from the animal before. I know someone who removed over 100 gray squirrels from her yard one fall, only to have new ones constantly move in! Learn to live with the wildlife you have or change the habitat so unwanted animals no longer want to live with you.



Photo courtesy of Bill Koonz

A family of woodchucks would be getting ready to hibernate this time of year.

## Please Pass the Syrup!

### Maple Sugaring in Oneida

Submitted by

Did you know it takes 60-70 gallons of maple sap to make just four quart jars of maple syrup? That's why home made maple syrup is such a treasured commodity. Our ancestors harvested the maple sap from maple trees for generations, but here in the Oneida community the tradition was revitalized about 25 years ago.

Maple syrup can be used in cooking and baking. It is a healthier alternative to processed sugar. When compared to sugar, maple syrup is more beneficial because it contains nutrients such as calcium, iron, zinc, copper, manganese, and selenium among others. Sugar has no nutritional value and requires you to use your own stored nutrients to digest it. In most cases, maple syrup is considered a sustainable food. Harvesting it does not create environmental damage and trees are good for the environment.

The woods at the Norbert Hill Center have long been used for maple sugaring. Both the Sacred Heart School and the Norbert Hill, Sr family were part of this tradition. In 1981, the newly established Oneida Tribal School received permission from the Seminary to tap the trees. The Sherwin Rice family taught community members how to harvest and process the maple sap. Community members voluntarily manned the sugar camp and students from the Oneida school learned from them.

The sugar camp tradition continues at our school every spring. The children learn about maple syrup legends and the process of harvesting and cooking. Science and math skills are also strengthened through this activity. Maple sugaring also helps foster an appreciation of the natural world in the children.

The school has another tradition of hosting a pancake dinner every year featuring the end result, maple syrup. Unfortunately, the middle and high schools have not been able to participate in this tradition the last two years. The vandalism of the sugar

camp house behind the Norbert Hill Center Woods destroyed the equipment and shelter the school had used. The school did receive a new evaporator, now they just need the rest of the equipment and a building to store it!

That's where the Environmental, Health & Safety Division (EHS) and Environmental Resources Board (ERB) comes in. We have been working on a plan to replace the burned down building with an environmentally friendly, economic and energy efficient cord wood building. The wood is from right here on the Oneida Reservation, donated and cut by our Conservation Department. The cordwood building is easily hand built, and after a foundation and frame are up, the walls will be built by the students and community.

EHS and ERB have partnered with Heifer International to facilitate community discussion on maple sugaring. Heifer International is a nonprofit organization, who's mission is: "To work with communities to end hunger and poverty and care for the earth." They partner with local community groups to develop a community project, and possibly provide money for training, equipment and technical help.

Sound interesting? To learn more, please plan to attend a Community Meeting on Maple Sugaring on Wednesday, October 18, 2006 at the Parish Hall. Dinner will be served at 5:00 P.M. Maple sugaring meeting co hosted by Environmental & Heifer International to follow at 6:00 P.M. For more information please contact Sylvia at 496-5352 or Laura at 496-5360.



Photos courtesy of Sylvia Cornelius-Waupoose  
Top: Rod Hill, John Habeck and Micheal Finney work on setting up a wall made of cordwood. Left: Sylvia Cornelius-Waupoose decorated this cordwood log for the sugar shack under construction.

## Record Breaking Year for Rabies Clinic



Kali photo/Dawn Walschinski

Peanut and Harley wait patiently with their owner, for their number to be called during the Rabies Clinic held recently behind the Norbert Hill Center.

406 cats and dogs are now vaccinated thanks to the Environmental Health and Safety Division's 2006 Rabies Clinic held Wednesday, September 6 and Saturday, September 9 at the Norbert Hill Center Arbor. This year's Rabies Clinic attracted 256 families over the course of the two day event.

Pets owned by tribal members saved an estimated \$85 per animal by attending the Environmental Health & Safety Division's Clinic compared with prices charged by veterinarian offices in the area for similar vaccination services. The clinic offered pets a wide range of vaccination services in addition to Rabies which included: Canine/Feline Distemper, Lyme and Feline Leukemia. Dr. Neil Rechsteiner and Dr. Becky Krull from the Green Bay Animal Hospital were present to administer the vac-

cinations.

The Rabies Clinic is a preventative public health measure to reduce the probability of rabies from being spread. It's important to remember that any mammal can get rabies: raccoons, skunks, foxes, bats, dogs, cats, ferrets, and also humans. Rabies vaccinations are especially vital for outdoor pets who may encounter other wild animals.

Spending a lot of time outdoors doesn't automatically qualify an animal to get rabies; rabies is spread through saliva, usually from a bite of an animal that has the disease. Animals with rabies act differently from healthy animals. Wild animals may move slowly or act as if they were tame. A pet that is normally friendly may snap at you or may try to bite.

The Rabies Clinic was happy to provide service to sixty percent more cats compared with last year. Feline Leukemia was one of the essential vaccinations each of the 157 cats received. The Feline Leukemia Virus can lead to immune deficiency in affected cats reducing their ability to fight off other infections. The virus is also the number one cause of feline cancer. The Feline Leukemia Virus is spread to other cats from affected cat's saliva and nasal secretions. Common early symptoms of infected cats include overall laziness, swollen lymph nodes and a mild fever.

Dogs formed the majority of pets in attendance at the 2006 Rabies Clinic. The Lyme Disease vaccine was administered to each of this year's 249 dogs. The incidence of Lyme Disease varies regionally. Based on the total cases identified in the US, ten percent of the cases occur in the Midwest. It's especially important to remember the Lyme vaccine for outdoor dogs since Deer Ticks are a common carrier of the bacteria that causes Lyme Disease. Prevention of Lyme Disease is possible by checking for ticks immediately after pets play in the woods and grasses; transmission of the bacteria typically occurs after 24 hours of attachment. Onset of

joint pain and inability to walk and/or limping over a weeks time is the most common clinical observation witnessed by dog owners.

How do you know if your animal is in need of vaccinations? The Oneida Tribal Regulations of Domestic Animals Ordinance states that "vaccination is required for any dog/cat five months or older." Animals receiving their first rabies vaccine are applicable for one year. Beginning with the second vaccination, all vaccinations expire within either one year, two years, or three years, as specified on the certificate of vaccination.

Another reminder from the Domestic Animal Ordinance addresses the need for pet licenses which were also available during this year's Rabies Clinic. "A cat/dog license is required for the keeping of any animal over five months of age." Pet licenses can be purchased anytime through the Conservation Office located on County U. The license fee costs \$5 for neutered male cat/dog or spayed female cat/dog, and \$10 for an unneutered male cat/dog or unspayed female cat/dog.

Due to the huge success of this year's Rabies Clinic, next year's Rabies Clinic will be in late August 2007.

Limited on Time or in a Rush...

Try our Express Lunch,

Where it's on time or it's on us!

Select items from our Express Lunch menu serving regional favorites and specialty entrees.

Weekdays: 11:30 am - 1:30 pm

20% Discount applies to all Oneida Tribal Members and Employees with Identification

Radisson

2040 Airport Drive, Green Bay  
Next to Oneida Casino • 920.494.7300  
Pine Tree Grill 920.327.7920



# Health

## Free stroke screenings offered at Health Center

- Every...45 seconds...some-one in America has a stroke!
- Every...3 minutes...some-one dies of a stroke!
- Do you have the following risk factors that can be controlled or treated?
  - 1) High blood pressure
  - 2) Use tobacco
  - 3) Diabetes Mellitus
  - 4) Physical inactivity and obesity
  - 5) High cholesterol
  - 6) Excessive alcohol use
  - 7) Heart disease
- Do you have the following

- risk factors you can't change?
- 1) Increasing age: 50 years old and over
  - 2) Sex: Stroke is more common in men than women..however..wome n account for more than half of all.. stroke deaths.
  - 3) Family History: Your stroke risk is greater if a parent, grandparent, sister or brother has had a stroke.

- 4) Prior stroke or heart attack: If you have had one stroke or heart attack, you are at much greater risk of another. If you have had a heart attack, you are at much greater risk of having a stroke too.

**Screenings Offered**  
**Wednesday, October 25th**  
**When:** 8:00am-12:00pm & 1:00-4:30pm 1/2 hr. appointments  
**Cost:** FREE via a grant at St. Vincent Hospital

**Location:** Oneida Community Health Center  
**For whom:** Community members  
**Administered by:** St. Vincent Hospital Neuroscience Unit  
 Please call (920)869-4899 or (920)869-4884 to make an appointment. Coordinated by the Oneida Health Promotion Dept.

## After hours service for Oneida Health Center

**Who** – Clinic Registered Nurses are the staff that supply After Hour's coverage.  
 \* This staff also works 40 hrs/week at the clinic.  
**What** – Staff is available to help determine need for home care or urgent care.  
 \* They DO NOT determine Contract Health eligibility.  
**Where** – Staff are on call at home.  
 \* They do not have access to computer information and/or the medical record.  
**When** – Staff is on call any hours that the Oneida Health Center is closed.  
 For adult patients (18 and older) the adult doctors will not prescribe narcotics after hours.  
**Contract Health Issues**  
 If an emergency occurs and you need to access an

Emergency facility - you have 72 hours to notify the clinic of this event. Please notify clinic staff during open hours. If other services are needed before the next open day - please contact the on call staff.  
 • Emergency - chest pain difficulty breathing, a laceration that won't quit active bleeding after 30 - 40 minutes, any injury that requires immediate attention ( following a motor vehicle accident , obvious broken bone, head injury with signs of a concussion are examples).  
 Contract Health DOES NOT cover medication refill payment after hours.  
 Final eligibility is determined by Contract Health staff during open clinic hours.

## Benefits available for Blue Water Vietnam Veterans

**Submitted by Kerry Metoxen**  
 Tribal Veterans Service Officer  
 Navy and Marine Corps veterans who served aboard ship in the so called "blue water" or coastal waters off the coast of Vietnam War and were awarded the Vietnam Service Medal may qualify for veterans benefits for conditions related to Agent Orange exposure.  
 Recently, the Court of Appeals for Veterans Claims ruled that the VA "erred" when it ruled that only those men and women who actually set foot on land in Vietnam were exposed to the defoliant Agent Orange.  
 If you served aboard ship off the coast of Vietnam between January 9, 1962 and May 7, 1965, and you fit into one of the following categories, you should contact your tribal veterans service officer (TVSO) as soon as

possible.  
 A. Have a medical diagnosis of Type II, Adult Onset Diabetes Mellitus, prostrate cancer, non-Hodgkin's lymphoma, multiple Myeloma, certain respiratory cancers or soft tissue sarcoma.  
 B. If you previously filed a claim for any of the above listed conditions and that claim was denied, you should contact your TVSO and reopen the claim.  
 C. If you are the un-remarried surviving spouse of a "blue water" service man or woman and you believe that your spouse may have been a victim of an Agent Orange related medical condition, you need to contact your TVSO.  
 You can contact the Oneida Veterans Department at 920-490-3921.

## Free prostate screening for Native American males

**Submitted by Dr. Joseph Binard**  
 Urology Department, Oneida Community Health Center  
 More than 230,000 new cases of prostate cancer will be diagnosed this year.  
 One - out of every - six - men will be diagnosed with prostate cancer.  
 More that 30,000 men will die from prostate cancer this year.  
 Early stages of prostate cancer may not cause any symptoms; thus, early check-ups are important!  
**Prostate Cancer Screening Blood Test**  
 During the entire month of October, there will be a prostate cancer screening blood test at the Oneida Community Health Center.  
**It is for:** All – Native American males – age 45 and over.

**Younger**, only if - there is a history of prostate cancer in the family.  
**When:** The entire month of October – Monday thru Thursday, from 8:00 am until 4:00 pm.  
**Cost:** Free...(Insurance will be billed)...but there will be no cost to the tribal member.  
**How to Register:**  
 1) Pre-registration is highly recommended.  
 2) Call (920) 869-2711 and ask for Registration.  
 3) Tell Registration this is for a: a) "Lab Only" Appointment and b) For the: Free – PSA Test  
 4) Register under Dr. Joseph Binard for the test.  
 5) Test results will be mailed to you.


**www.oneidation.org**  
 Click on Departments (at the top)  
 Select **Language Revitalization** and then language lessons.

## Thanks to September's blood donors

**By Dawn Krines Glatt**  
 Health Promotion  
 The Blood Drive Committee and the Red Cross would like to thank the 27 blood donors who took the time out of their busy schedules to participate in the Oneida Blood Drive on Sept. 15th at Oneida Family Fitness. Because of your donations, 81 lives can be helped or saved! Every day, the Red Cross must collect over 900 blood donations in our region to meet patients' needs.  
 The Blood Drive is held four times a year at Oneida Family Fitness and is coordi-

nated by Oneida Health Promotion. Tribal resolution #4-5-95-A allows for two hours of paid time off authorized by a departmental supervisor for any employee that is pre-registered and completes the screening process on the day of the blood drive. Both Debbie Thundercloud, General Manager and Neil Cornelius, Gaming General Manager give their support and encourage their departmental managers and supervisors to allow employees permission to participate in this valuable community service. Please mark your calendars for the next

Oneida Blood Drive which will be held **December 8th**. Huge thanks go to our Blood Drive Committee and volunteers:  
 Neva Archiquette, Jeanne Kurowski, Barb Truttman and Casino Maintenance staff, Michelle Mielke, Teresa Roth and the Oneida Family Fitness staff, Karen Hallada, and Dawn Krines Glatt.  
 Refreshments were provided by: Brenda and Pat Buckley, Subway owners, Health Promotion, Oneida Community Health Center and Red Cross



**All You Can Eat Buffet**  
 Includes coffee, soda, milk & dessert

**Hours: 4 a.m. – 9 p.m. (7 days a week!)**

Specials...	Special Children's prices
<b>Thurs: Tacos</b>	<b>\$7.99</b>
<b>Fri: Fish &amp; Seafood</b>	<b>\$9.99</b>
<b>Sat: Italian Night (4-8pm)</b>	<b>\$7.99</b>
<b>Sun: Chicken &amp; Ribs (11am-7pm)</b>	<b>\$9.99</b>
.....	
<b>Sat. &amp; Sun: Breakfast Buffet (7-11)</b>	<b>\$6.49</b>

**Ph. 869-3440**  
**Sat. & Sun. \$6.49**  
**Breakfast Buffet (7 – 11)**

**Pizzas Delivered Daily 4-9 pm**

# ATTENTION

## All Oneida Community Members in Brown and Outagamie Counties.

Starting in October random community members will be receiving a questionnaire from St. Norbert's Survey Center in conjunction with Oneida Community Health. We ask that you take the time to complete the questionnaire regarding health care services and your health in a honest manner. The information that we obtain will be vital in future planning of programs and customer care at the Oneida Community Health Center.

**In appreciation of completing the Survey you will have the opportunity to enter a raffle for prizes yet to be determined.**

Instructions will be included in the survey, if you have any questions about completing the survey or need assistance completing the survey feel free to call 869-4840

We thank you in advance for taking the time to complete the survey, your input will be very important to improving health care in the Oneida community.

Thank You,  
**Community Needs Assessment Planning Committee**  
**St. Norbert's Survey Center**

## Diabetes risk rises with age, weight and gender

**By Linda A. Johnson**  
 Associated Press Writer  
 TRENTON, New Jersey (AP) ~ Getting fatter around the middle? Have a family history of heart disease or diabetes? You could be headed for the same trouble, especially if you're over 40 and female.  
 There are no obvious symptoms from high blood sugar or the condition called insulin resistance, so few people realize it is creeping up and putting them on the path to diabetes, heart disease or both.  
 But insulin resistance, a type of pre-diabetes, is a growing national problem: Some experts believe half of all overweight or obese American adults are insulin-resistant.

Yet, even many women with a family history of heart disease or diabetes don't know they need to eat a healthier diet and get more exercise to avoid those problems - two of America's top killers.  
 "We think this is a very important new issue for women," said Audrey Sheppard, chief executive of the National Women's Health Resource Center. "There's very little awareness."  
 As women enter the years leading to menopause, the hormonal changes that trigger hot flashes and end menstruation make women more likely to add fat around the waistline than in other places. A key

**See Page 8B**  
**Diabetes**

# Good News

## New Arrivals

If you have a birth announcement, please send it to the Kalihwisaks Newspaper, PO Box 365, Oneida WI 54155 or call Yvonne Kaquatosh at (920) 869-4280 for more information. There is NO CHARGE for birth announcements. Please include baby's full (first, middle & last) name, parents (first & last), d.o.b., weight (lbs. & oz.), length, grandparents (maternal/paternal), siblings (first names only). Also, if the baby was given an Indian name, please include the correct spelling and meaning. Also please include phone number where you can be reached during the day!

### Mariah Marie House-Baillie



Mariah Marie House - Baillie, born at 3:19 a.m. to her proud parents Christine House & Patrick Baillie on Tuesday, July 25, 2006 at Aurora Bay Care Medical Center weighing 6lbs, 9oz and measuring 21 inches.

The proud maternal grandparents are Doug & Doreen House. Paternal grandparents are Sissy & Sonny Baillie. Great grandparent's are Pearl & Warren House, Judy & Donald Long and Elizabeth & Patrick Baillie. She has two siblings, Jose and Trinity at home.

### Valencia Isabella Cabrera

Valencia Isabella Cabrera, newborn daughter to Bridget House and Adrian Cabrera, was born on Monday, August 28th at Bellin Memorial Hospital, Green Bay, at 12:28 p.m. weighing 7 lbs 2 oz., 21 inches in length. Proud maternal grandparents Doug & Doreen House and Great-Grandmother Pearl House. Valencia has 5 siblings at home, Damiano, Angelina, Adrian & Adrianna, and Andres.

### Baby Boy Buschke

Robyn Buschke gave birth to a baby boy on Monday, September 18th, 2006 at St. Vincent Hospital in Green Bay, Wisconsin.

## Happy Birthday

Happy Birthday  
**Pies**  
on October 5<sup>th</sup>



Love your Family

## Happy Birthday

Lordy, Lordy, Look who's  
**"40"**  
on October 2<sup>nd</sup>



Love...  
UR Baby Girl, Pokey,  
Ashy & Grandma too

## Happy Birthday

Happy October Birthdays...  
**Baby Boy**  
on October 2<sup>nd</sup>  
**Auntie Pies**  
on October 5<sup>th</sup>  
**Uncle Arlon**  
on October 9<sup>th</sup>  
**Sonja**  
on October 10<sup>th</sup>  
**Abraham**  
on October 12<sup>th</sup>  
Love your Families

## Happy Birthday

to my baby girl...  
**Schuyler Wyn Metoxen**

who turned 14 on September 19<sup>th</sup>  
You have certainly blossomed into a beautiful young lady!

With Love from...  
Dad, Von & the rest of the Family!

## Happy 1<sup>st</sup> Birthday

**Sonja Sweetgrass**  
on October 10<sup>th</sup>



Love Always...  
Mama & family

## Happy Birthday

Happy Birthday  
**Uncle Arlon**  
on October 9<sup>th</sup>  
Love Nieces,  
Bobbi & Sonja

## Happy 1<sup>st</sup> Birthday

Happy 1<sup>st</sup> Birthday  
**Abraham Gabriel**  
on October 12<sup>th</sup>  
Love Auntie Bobbi  
& Cousin Sonja

## Divorce For Women

Atty. Jim Lewis  
Howard 434-2777

## Setting up a new business?

It's hassle-free and easy with our help.  
Atty. Jim Lewis  
Howard 434-2777

## Selling Your Home of Land?

It's hassle-free and easy with our help.  
Atty. Jim Lewis  
Howard 434-2777

## October 2006 Calendar of Events

### Bay Beach Wildlife Sanctuary

#### Animal Stories for Preschoolers: Going Batty!

Monday, October 2 at 10 a.m. and again Monday, October 16, 2006 at 1 p.m.

Children and their families can learn about bats during Animal Stories for Preschoolers. Sanctuary staff will read the short stories "Stellaluna," by Janell Cannon and "Little Bats," by Diane Mayer. After the stories, participants will participate in a fun craft project. Cost is \$2 per Green Bay resident or Friends member and \$3 per non-resident. Pre-registration is required by calling (920) 391-3671.

#### Kids Autumn Adventure

Saturday, October 14, 2006 at 11:00 a.m. to 3:00 p.m. What a great chance to give the kids a break from school. The event will allow the youngsters to release some energy and enjoy the changing season. Sponsored by the Thursday Morning Breakfast Optimist Club, children can enjoy face painting, animal exhibits, music and much more. All activities are free and open to the public. For more information, call (920) 391-3671.

#### Halloween Event

Saturday, October 21, 2006 The 13th Annual Halloween Event is geared

for those youngsters who love to learn about animals. Pick a timeslot, register for the tour and enjoy an indoor hike through the Sanctuary. Along the way, you will encounter various nighttime characters that will share fun and factual information. Participants are encouraged to wear their Halloween costume. Tours take place every 15 minutes starting at 6:00 p.m. and ending at 8:00p.m. cost is \$3.00 per adult and \$2.00 per children 12 and under. This event is recommended for children 12 and up. Space is limited. Pre-registration is required by calling (920) 391-3671.

### Oneida Swamp Stompers Snowmobile Club

First meeting of the season: **October 12 • 7 p.m at Wally's**



Club meets 2nd Thursday at Wally's Bowl, Seymour

Come join us! All are welcome!

Call Mary Ellen at 869.8697 for more information.



www.bcaclub.org/oneida.html

## Oneida Housing Authority

Presents...

### Money Smart Week

October 2nd - 5th, 2006

Oneida Housing Authority will offer the following presentation to coordinate with Money Smart WI Week. This event is open to the public and for more information on other statewide events you may go to: [www.moneysmartwi.org](http://www.moneysmartwi.org)

The following presentations start at 6 p.m. and will be held at the Three Sisters Housing Site Center.

- Mon. Oct 2nd:** Two Part Presentation: Protecting your personal information/Putting your house in order. Presenter: Terri Rosin and Linnette Servais from Bay Bank
- Tue. Oct 3rd:** The Balancing Act: How to address competing demand on a limited income. Presenter: Judy Knutsen, UW-EX Family Living Educator
- Wed. Oct 4th:** Getting the most for your Money: Grocery Shopping 101. Presenter: Karen Early, UW-EX Nutrition Educator
- Thur. Oct 5th:** Credit: The Good, The Bad, The Ugly. Presenter: Bobbie Lison, Catholic Charities Budget and Consumer Credit Counselor

For more information, please call (920) 869-2227

## kalihwisaks

### NEXT DEADLINE

is...**Wednesday**  
**October 4<sup>th</sup>, 2006**  
@ 4:30 P.M. with a **PUBLISH DATE**  
of...**Thursday,**  
**October 12<sup>th</sup>, 2006**

Questions, please call: 920-869-4277, 869-4279 or 869-4280

Toll Free:  
1.800.236.2214  
ext. 4277, 4279 or 4280

### To our readers...

"Good News" submissions mailed in without payment will **NOT** be published. **Payment** for "Good News" wishes **MUST BE** made at time of submission. Please review the following price options:

- |   |  |
|---|--|
| <b>Message w/Photo:</b>                   | <b>Message Only:</b>                       |
| <input type="checkbox"/> 1 col. @ \$8.00  | <input type="checkbox"/> 1 column @ \$3.00 |
| <input type="checkbox"/> 2 col. @ \$16.00 | <input type="checkbox"/> 2 column @ \$6.00 |
| <input type="checkbox"/> 3 col. @ \$24.00 | <input type="checkbox"/> 3 column @ \$9.00 |

(There is an additional **\$5.00 charge** if message only is over **20** words and message with photo is over **40** word limit!

Questions?

Call **kalihwisak's Toll Free at:**

1.800.236.2214  
• Dawn-ext. 4277 • Steve-ext. 4279 • Yvonne-ext. 4280

On March 24, 2006 - at the young age of 33...

## Staber Burr Benefit

Staber Burr suffered a massive stroke which left him paralyzed on his left side. The stroke also affected his vision. Upon further testing, an unknown condition was discovered which will require expensive medication to control the condition for the rest of his life. Staber spent 12 weeks in the hospital, three of those in intensive care where a number of neurosurgeons monitored his recovery.

Stabers' main goal is to be able move about on his own, get down on the floor to spend some one-on-one time with his 9-month old son.

His family faces the loss of income, mounting medical expenses that are not covered by his insurance, and remodeling costs to accommodate his needs during his recovery process.

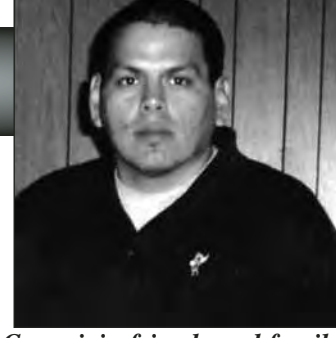
**October 14, 2006, 1-6PM**

**Brown County Golf Course**

897 Riverdale Dr. • Oneida, WI

Private monetary donations may be made to:  
Associated Bank • c/o Staber Burr Benefit • 2550 W. Mason St. • Green Bay, WI 54303 or any Associated Bank Branch

Voluntary \$5 donation at the door. All proceeds go towards medical bills and other expenses.



Come join friends and family of Staber Burr as we gather to support him through this difficult time.

- Live Auction, Silent Auction, Raffles, Hole-in-One Contest with a chance to win \$10,000, Music, Cash Bar, and Complimentary Hors d'oeuvres
- Prizes: Get-away Packages, Packer Tickets, Autographed Sports items, Dining Packages, and much, much more!

FMI call Georgia @ 920.592.8682

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**Brown County:**

Ralph J. Tease, Edward J. Vopal, and Rebecca S. Lindner-Cornelius

**Outagamie County:**

John D. Murray, Craig A. Christiansen, and Jacob R. Reis

To place a classified, call the Kalihwisaks 1-800-236-2214

Oneida's Best Marketplace!!

# THE CLASSIFIEDS

## Board Vacancy

### Oneida Housing Authority (OHA):

Two (2) Vacancies

#### Qualifications:

- A board member may be a member or non-member of the Tribe.
- No person shall be barred from serving on the Board because he/she is a tenant or homebuyer in a housing project of the Authority
- Full term of office of 4 years.

#### Purpose:

The Oneida Housing Authority shall be organized and operated for the purpose of:

- Remedying unsafe and unsanitary housing conditions that are injurious to the public health, safety and morals;
- Alleviating the acute shortage of decent, safe and sanitary dwellings for person of low income;
- Providing employment opportunities through the construction, reconstruction, improvement extension, alteration or repair and operation of low income dwellings.

**Closing date of October 30, 2006**

## Committee Vacancies

### Miss Oneida Committee:

One (1) Vacancy

#### Qualifications:

- Shall serve a two (2) year term
- Shall be an enrolled Oneida citizen

**Closing date of October 30, 2006**

### Oneida Audit Committee:

One (1) Vacancy

#### Qualifications:

- Shall be a member of the Oneida Tribe
- Shall not be an employee of the Oneida Tribe
- Shall have knowledge, skills and experience of the Tribe

Members shall adhere to all Tribal laws, codes, policies and procedures with the strictest confidentiality

**Closing date of October 30, 2006**

### Oneida Personnel Commission:

One (1) Vacancy

#### Qualifications:

- Must be an enrolled member of the Oneida Tribe
- The entire combined membership may not consist of more than two (2) members

## Committee Vacancies

from any one division of the Oneida Tribe, nor less than seven (7) community members

Shall serve a full term of 3 years.

The membership may not be such that a conflict of interest or nepotism is created as defined in these by-laws: A. Nepotism is created by the following relationships: father, mother, husband, wife, brother, sister, daughter, son, father-in-law, mother-in-law, daughter-in-law, brother-in-law, son-in-law, grandparent, grandchild, step-children, step-parents, or significant other. B. conflict of interest is a conflict between the private interests and the official responsibilities of a person in a position of trust. A or any other recognized hearing body within the Oneida Tribe.

**Closing date of October 30, 2006**

### Oneida Nation Veterans Affairs Committee:

Two (2) Vacancies

#### Qualifications:

- Must be a member of the Oneida Tribe of Indians of Wisconsin who have served honorably on active duty in the Armed Forces of the United States of America Honorable Service.

Qualifications shall also include the following:

- Honorable Service
  - A person who has been inducted into or voluntarily entered into active duty in one of the service branches and who did not receive a discharge from active duty with that branch due to "less than honorable conditions"
  - Active duty is having served 181 days or more of continuous duty unless discharged early for a service-related disability
  - Served as a member of the Selected Reserve and who has complete at least six years in the reserves or National Guard or who was discharged early because of a service connected disability
- Shall be a citizen of good standing
- Shall serve a full term of 3 years (Ending November of third year)

**Closing date of October 30, 2006**

## For Sale

Matching Sofa & Love Seat, \$350.00. FMI call after 6pm weekdays at 715.304.9037 or 920.544.0493.

## Committee Vacancies

### Oneida Pow Wow Committee:

One (1) Vacancy

#### Qualifications:

- Shall serve a three (3) year term
- May be required to perform the supervisory duties in regard to a Pow Wow.

**Closing date of October 30, 2006**

Please drop off applications at Oneida Business Committee temporary loca-

## Committee Vacancies

tion at the OLC Building, 2640 West Point Rd, Green Bay. The applications may also be inter-officed or mailed to:

**Oneida Business Committee Attn: Boards, Committees & Commissions P.O. Box 365 Oneida WI 54115**

If you have any further questions contact our office at (920) 869-4364 or e-mail at lelm@oneidanation.org

## RESOLUTION NOTICES

**NOTICE.** The following resolutions concerning stipend increases will be considered at the **October 25, 2006** Oneida Business Committee meeting. All interested parties are asked to submit comments in writing to the Oneida Business Committee, care of the Tribal Secretary's Office **no later than October 12, 2006.**

### BC Resolution # \_\_\_\_\_ Oneida Nation School Board Stipend

WHEREAS, the Oneida Tribe of Indians of Wisconsin is a federally recognized Indian government and a treaty tribe recognized by the laws of the United States of America; and the Oneida General Tribal Council is the duly recognized governing body of the Oneida Tribe of Indians of Wisconsin, and

WHEREAS, the General Tribal Council has been delegated the authority of the constitution of the Oneida Tribe of Indians of Wisconsin, and

WHEREAS, the Oneida Business Committee has been delegated the authority of Article IV of the Oneida Tribal Constitution by the Oneida General Tribal Council; and

WHEREAS, the Oneida Nation School Board continues to clarify and enforce the Oneida Nation School System and Oneida Nation School Board Policies and Procedures for the benefit of the parents, students and employees of the Oneida Nation School System; and

WHEREAS, the Oneida Nation School Board has received stipends which offset the cost and expenses related to membership as well as compensate for knowledge given in the course of duties and responsibilities; and

WHEREAS, the Oneida Nation School Board is required to participate in screening, interviews, grievance hearings and continuing education training in order to maintain and enhance skills utilized in their duties and responsibilities; and

WHEREAS, the stipends paid to the Oneida Nation School Board members have not been adjusted to reflect the current economy for many years; and

WHEREAS, the Comprehensive Policy allows entities to petition the Oneida Business Committee for an increased stipend through a Resolution which indicates the reasons why the stipend should be different, and what would be an appropriate stipend; and

WHEREAS, the Oneida Nation School Board is forwarding the stipend rates set out below for approval by the Oneida Business Committee,

**NOW THEREFORE BE IT RESOLVED,** that the Oneida Business Committee hereby authorizes a stipend in the amount of \$75 to the Oneida Nation School Board for the following:

- Regular meeting or Special meetings.
- Half-day pre-screening or interview sessions, provided that the pre-screening or interview was actually conducted and not canceled or postponed.
- Grievance hearings, provided that a hearing was conducted and not canceled or postponed.

**NOW THEREFORE BE IT FINALLY RESOLVED,** that the above stipend rates are effective upon the approval of a budget that accommodates this increase in the stipend rate.

#### Certification

I, the undersigned, as Secretary of the Oneida Business Committee, hereby certify that the Oneida Business Committee is composed of 9 members of whom 5 members constitute a quorum. \_\_\_ members were present at a meeting duly called, noticed and held on the \_\_\_ day of \_\_\_\_\_, 2006; that the foregoing resolution was duly adopted

## RESOLUTION NOTICES

at such meeting by a vote of \_\_\_ members for; \_\_\_ members against; and members not voting; and that said resolution has not been rescinded or amended in any way.

Patricia Hoeft, Tribal Secretary  
Oneida Business Committee

### BC Resolution # \_\_\_\_\_ Oneida Police Commission Stipend Increase

WHEREAS, the Oneida Tribe of Indians of Wisconsin is a federally recognized Indian government and a treaty tribe recognized by the laws of the United States of America; and the Oneida General Tribal Council is the governing body of the Oneida Tribe of Indians of Wisconsin; and the Oneida Business Committee has been delegated the authority of Article IV of the Oneida Tribal Constitution by the Oneida General Tribal Council; and

WHEREAS, Article XI of the Comprehensive Policy Governing Boards, Committees and Commissions establishes stipends for commissions, such as the Oneida Police Commission, at a rate of \$50.00 per meeting; and

WHEREAS, the Comprehensive Policy Governing Boards, Committees and Commissions allows entities to petition the Oneida Business Committee for an increased stipend through a Resolution which indicates the reason why the stipend should be different and what would be an appropriate stipend; and

WHEREAS, the Oneida Police Department was founded on November 12, 1985 to provide protective services to the Oneida Reservation; and

WHEREAS, the Oneida General Tribal Council on October 10, 2001 approved the Oneida Nation Law Enforcement Ordinance, which included the creation of a Police Commission to oversee the Oneida Police Department; and

WHEREAS, the Oneida Police Department has grown and evolved, so has the roles and responsibilities of the Oneida Police Commission; and

WHEREAS, the Oneida Police Commission is required to meet monthly with all interested parties and the Chief of Police, along with any special meetings as required; and the Oneida Police Commission believes that an appropriate stipend amount for its membership is \$75 for each board member that attends a regular or special meeting and for each grievance hearing.

WHEREAS, the Oneida Police Commission believes that an appropriate stipend amount for its membership is \$75 for each board member that attends a regular or special meeting and for each grievance hearing.

**NOW THEREFORE BE IT RESOLVED,** that the Oneida Business Committee hereby authorizes a stipend in the amount \$75 per regular meeting or special meeting or grievance hearing for members of the Oneida Police Commission.

**NOW THEREFORE BE IT FINALLY RESOLVED,** that the above stipend rates are effective upon the approval of a budget that accommodates this increase in the stipend rate.

#### Certification

I, the undersigned, as Secretary of the Oneida Business Committee, hereby certify that the Oneida Business Committee is composed of 9 members of whom 5 members constitute a quorum. \_\_\_ members were present at a meeting duly called, noticed and held on the \_\_\_ day of \_\_\_\_\_, 2006; that the foregoing resolution was duly adopted at such meeting by a vote of \_\_\_ members for; \_\_\_ members against; and \_\_\_ members not voting; and that said resolution has not been rescinded or amended in any way.

Patricia Hoeft, Tribal Secretary  
Oneida Business Committee

### BC Resolution # \_\_\_\_\_ Southeastern Oneida Tribal Services (SEOTS) Board Stipends

WHEREAS, the Oneida Tribe of Indians of Wisconsin is a federally recognized Indian government and a treaty tribe recognized by the laws of the United States of America; and

WHEREAS, the Oneida General Tribal Council is the governing body of the Oneida Tribe of Indians of Wisconsin; and the Oneida Business Committee has been delegated the authority of Article IV of the Oneida Tribal Constitution by the Oneida General Tribal Council; and

WHEREAS, Article XI of the Comprehensive Policy Governing Boards, Committees and Commissions (Comprehensive Policy) establishes stipends for boards such as the SEOTS Board at a rate of \$50.00 per meeting; and

WHEREAS, the Comprehensive Policy allows entities to petition the Oneida Business Committee for an increased stipend through a Resolution which indicates the reasons why the stipend should be different, and what would be an appropriate stipend; and

WHEREAS, the SEOTS Board has not had an increase in the stipend amount in over ten (10) years; and

WHEREAS, the SEOTS Board believes an increase in the stipend amount from \$50 to \$75 may encourage Board members to attend meetings and become more actively involved and positions will be easier to fill when openings occur; and

WHEREAS, it is the responsibility of each Board member to represent 2,000 members in Southeastern Wisconsin and therefore more responsibility comes with an appointment to the Board; and

WHEREAS, the SEOTS Board members are requested by the SEOTS Board or Oneida Business Committee to attend meetings in Oneida pertaining to business of the SEOTS Board and cannot be fully attended by the SEOTS Board and it is hard for a SEOTS Board quorum to be present; and

WHEREAS, the SEOTS Board believes that the appropriate stipend amount for its membership is \$75 per meeting.

**NOW THEREFORE BE IT RESOLVED,** that the Oneida Business Committee hereby authorizes a stipend in the amount of \$75 per regular meeting or special meeting for members of the SEOTS Board.

**NOW THEREFORE BE IT FINALLY RESOLVED,** that the above stipend rates are effective upon the approval of a budget that accommodates this increase in the stipend rate.

#### Certification

I, the undersigned, as Secretary of the Oneida Business Committee, hereby certify that the Oneida Business Committee is composed of 9 members of whom 5 members constitute a quorum. \_\_\_ members were present at a meeting duly called, noticed and held on the \_\_\_ day of \_\_\_\_\_, 2006; that the foregoing resolution was duly adopted at such meeting by a vote of \_\_\_ members for; \_\_\_ members against; and \_\_\_ members not voting; and that said resolution has not been rescinded or amended in any way.

Patricia Hoeft, Tribal Secretary  
Oneida Business Committee

## Injured by a person with little or no insurance?



You are David  
They are Goliath  
We are your slingshot

Call us when you have been injured by a person with little or no insurance.

Recka & Joannes  
Howard

Atty. Jim Joannes  
435-8159

## Legal Notice

### Setting Time and Notice to Creditors: Request for information.

The following estates are being prepared for probate by the United States Department of the Interior and/or the Oneida Tribe of Indians of Wisconsin, Appeals Commission, Office of hearings and Appeals. All creditors claims must be filed on or before **October 20, 2006.**

Debra L. Freeman  
DOB: 06/07/1957 DOD 06/29/2005 Send all creditors' claims and information relating to the decedent to the following address:

Tina L Figueroa, Probate Clerk, Oneida Tribe of Indians of Wisconsin  
Division of Land Management  
PO Box 365  
Oneida, WI 54115

**NOW THEREFORE BE IT FINALLY RESOLVED,** that the above stipend rates are effective upon the approval of a budget that accommodates this increase in the stipend rate.

#### Certification

I, the undersigned, as Secretary of the Oneida Business Committee, hereby certify that the Oneida Business Committee is composed of 9 members of whom 5 members constitute a quorum. \_\_\_ members were present at a meeting duly called, noticed and held on the \_\_\_ day of \_\_\_\_\_, 2006; that the foregoing resolution was duly adopted at such meeting by a vote of \_\_\_ members for; \_\_\_ members against; and \_\_\_ members not voting; and that said resolution has not been rescinded or amended in any way.

Patricia Hoeft, Tribal Secretary  
Oneida Business Committee

# Oneida Family Fitness

## Family Fitness Highlights

**Oneida Family Fitness Hours:**  
 M-T-W-TH-F: 5:30AM-8:30PM  
 Saturday: 7AM-2:00PM  
 For more information call 490-3730

### Arthritis - stay active to avoid cycle of pain and stiffness

Submitted by Oriana Lee Kreuzscher

Lifeguard and water aerobics instructor for Oneida Family Fitness  
**Part 1-What is Arthritis**

There are over 100 different types of rheumatic diseases that fall under the term arthritis. The word literally means joint inflammation; "arth = joint and "ritis" = inflammation. The disease may affect one or more aspects of the joint depending on the type of rheumatic disease. These diseases inflame the connective tissue structures of the body. This inflammation often leads to degeneration of these structures. The connective tissue which are most often affected are:

- Muscles - contracting tissue that, by becoming shorter or longer, moves the bones and thus moves you.
- Bursae - a small sac that is not part of the joint but is near the joint. It acts as a cushion between the bone and tendons or muscles.
- Tendons - a strong tissue that attaches the muscle to the bone.
- Ligaments - shorter fibrous cords that attach bones to bones and reinforce the joint capsules.
- Articular Cartilage - a tough material that cushions and protects the bone ends. The end of each bone is covered

with cartilage.

• Synovial Membrane (Synovium) - lines and protects each joint and also secretes the synovial fluid that lubricates and nourishes the joint.

There are four signs of inflammation - redness, swelling, heat and pain. If you have watched a cut heal you have experienced these four symptoms. Sometimes after inflammation there is complete recovery but often the inflammation causes damage to joint structures. During inflammation enzymes are released into the joint spaces. The enzymes digest and destroy these tissues, causing damage and further inflammation. In some cases, as in rheumatoid arthritis and lupus, the body confuses the damaged tissue as foreign and stimulates the production of antibodies to destroy the bodies own tissues. This process is similar to developing an allergy to oneself. It is called and autoimmune response. The body cannot heal itself with ongoing inflammation.

The source of the disease may not always be known. It can have its beginnings from an injury, an infection inside a joint from a bacteria or virus, or with gout, the formation of a uric acid crystal inside the

joint. Research indicates that genetics plays an important roll in these diseases.

Symptoms vary from person to person depending upon the type and severity of the disease. The most common symptoms are pain, stiffness, and/or limited motion of the joint. This loss of movement contributes to the weakening of the muscles and ligaments which precipitates further loss of movement. It becomes a catch 22 situation. Pain and swelling in the joint lead to less movement which leads to more pain and swelling which leads to even less movement. Breaking this vicious cycle is imperative if one is to function normally.

Most rheumatic diseases are chronic, which means they have no cure. However symptoms can usually be managed with exercise and treatment programs. There are several components to a comprehensive treatment program which include psycho social support, medication, exercise, energy conservation, stress management, occupational and/or physical therapy and surgery if indicated. In the next article we are going to explore what effect exercise can have on arthritis. Exercise can help interrupt the symptom cycle of Arthritis. Look for "Arthritis and Exercise" next month.

### Oneida Family Fitness Employee Meet Eric Frantz

Submitted by Adam Brown

Oneida Family Fitness

Eric has been working at Oneida Family Fitness for about five years. He has an extensive background in exercise through playing and coaching a variety of sports during the past 15 years. Currently, Eric is an AFAA Certified Personal Trainer and Group Exercise Instructor, American Red Cross Lifeguard, SCW M a t w o r k S c i e n c e / P i l a t e s Instructor, and Arthritis Foundation PACE Instructor.



Photo by Oneida Family Fitness  
 Eric Frantz enjoys coaching football and teaching classes at the Oneida Family Fitness Center.

Eric spends most of his time teaching a wide variety of group exercise classes, performing fitness assessments, and assisting members with personal training. He also coaches high school

football and helps train high school athletes to enhance athletic performance. If you need help with your exercise program, stop and ask Eric to help get you going!

## Five, Six, Seven... Dance

Submitted By Jason Manders

Oneida Family Fitness

Line dancing at Oneida Family Fitness has become a hit for anyone with the desire to stomp their feet and have a good time.

Every Tuesday evening country music fills Oneida Family fitness as dance enthusiasts exchange their running shoes for cowboy boots. This isn't just another "Texas" two step. Line dancing at Oneida Family Fitness will have you saying, "Yeehaww" as you learn the latest dances from experienced instructors.

Two separate classes are offered. A beginners class starting at 7:00pm teaches basic steps and dance progressions while the intermediate class at 7:30pm is designed for dancers wanting a challenge.

Come over to Oneida



### From Page 5A/Diabetes risk

tipoff of looming trouble is a waistline over 34 inches (86 centimeters), according to one expert. (For men, it's 40 inches (101 centimeter).

Fat also builds up in the liver and other vital organs, predisposing them to insulin resistance, a condition in which insulin no longer can inject enough glucose into the body's cells for fuel, said Dr. David Katz, co-founder of the Yale Prevention Research Center and author of several books on weight control.

The body's compensatory mechanisms eventually fail, blood pressure rises along with levels of blood sugar and blood fat - making cells even more resistant to insulin.

Diabetes, heart disease or both often follow.

"That's the sequence that's occurring in tens of millions of American adults" and an increasing number of children amid the country's obesity epidemic, said Katz. "It's an enormous problem. We're just starting to get doctors' attention."

Besides a family history of heart disease or diabetes, women who had diabetes during pregnancy or who had a baby 9 pounds (4.05 kilograms) or heavier are at higher risk of insulin resistance.

Frequent fatigue and cravings for sweets, bread and pasta also may be linked to the problem. But Dr. Henry Kahn, a chronic disease epidemiologist with the U.S. Centers for Disease Control and Prevention, said those are vague symptoms that could have other causes.

The women's resource center, based in Red Bank, New Jersey, has just begun a new public health campaign targeting women aged 40 to 65 because they are at greater risk than others and often hold the role of Dr. Mom, serving as monitor for the whole family's health.

Besides explaining on its Web site how uncontrolled blood sugar harms the body,

the center offers tips for a healthy blood sugar level and suggests questions patients can ask a doctor.

Among research showing the benefits of a healthy lifestyle is a recent CDC study that found modestly overweight adults who worked with nutrition and exercise experts reduced their risk of diabetes by nearly 60 percent over several years, compared with a group that made no changes, said Kahn.

Lalita Kaul, an American Dietetic Association spokeswoman and professor of nutrition at Howard University Medical School, said over the last 25 years, about 70 percent of her patients at risk of diabetes have been able to control their blood sugar with diet and lifestyle changes.

The key diet changes, she said, include eating at least five servings of fruits and vegetables daily; cutting down on sugar and desserts while eating more whole grains; eating less saturated fat and using healthier cooking oils; eating salmon and other fish rich in essential fatty acids a few times a week; and avoiding prepared foods high in sodium, which pushes up blood pressure.

You are cordially invited to attend the

## 2006 Oneida Women's Wellness Fair

An event sponsored by the Oneida D.V. Program, in honor of Domestic Violence Awareness Month

**Wednesday, October 18**

**4:30 to 7:30 P.M.**

**Oneida Social Services**

(2640 Westpoint Rd., Green Bay)

**This event is free and open to all women/employees in the Oneida Community**

**Come and learn about valuable resources available in Oneida and the surrounding community**

**Come for a massage, stay for dinner**

Childcare is available. FMI please contact Belinda Brennan, at 490-3821.

The following agencies will be setting up a booth:

Oneida D.V. Program, Harbor House, Golden House, Mico Femina, Feng-shui by D. Spangenberg. Massage by C. Escamea, Crisis Center, Sexual Assault Center, Readings, Angel Reading by P.Poole, Tsyunhehkwa, Oneida Reproductive Health, Quit Smoking Prgm., Reflexology by

### Mighty Ninjas

Age Appropriate Martial Arts For 4 and 5 year olds  
 Phone: (920) 490-3730

### Why not spend your Saturday mornings at... Oneida Family Fitness?



### Saturday Class Schedule for the month of... October

- October 7 - Spin Cycle w/ Stef.
- October 14 - Circuit Training w/ Ryan W.
- October 21 - Kickboxing w/ Adam
- October 28 - Boot Camp w/ Lori

All Saturday classes are from 9-10AM

### Day For Women...

**KI Convention Center**

**Downtown Green Bay**

**Tuesday • October 3, 2006**

11:30AM-2:00PM..... Welcome and luncheon programs

2:00PM-6:00PM..... Vendor displays

6:00PM-8:30PM..... Welcome and dinner programs

**We hope to see you there!**

### Oneida Family Fitness Staff

Michelle Mielke.....	Fitness Center Director
Todd Shelto.....	Fitness Center Assistant Director
Lori Bembnister.....	Fitness Specialist Lead
Ryan Engel.....	Fitness Specialist Lead
David Beiser.....	Fitness Specialist
Eric Frantz.....	Fitness Specialist
Tina Jacobsen.....	Fitness Specialist
Jason Manders.....	Fitness Specialist
Stefanie Richter.....	Fitness Specialist
Kevin Schoenebeck.....	Martial Arts Coordinator
Adam Brown.....	Martial Arts Instructor
Maureen Cisler.....	Administrative Assistant
Martina Frechette.....	Administrative Assistant
Teresa Holschuh-Sieja.....	Aquatics Trainer/Supervisor
Nicole Cooley.....	Lifeguard
Orrie Kreuzscher.....	Lifeguard
Teresa Roth.....	Lifeguard

The Oneida Family Fitness (OFF) staff is here to serve you! If you haven't been to the Fitness Center lately, please stop in and get acquainted with the staff! The office is located at: 2640 West Point • Green Bay, WI Phone: (920) 490-3730. Look for **o.f.f. highlights** once a month in the Kali.