

ONEIDA COMMUNITY HEALTH CENTER WEIGHT MANAGEMENT PROGRAM FOR ADOLESCENTS

A new weight management program for Oneida community adolescents is starting soon! SHAPEDOWN is designed to help you lose weight, feel better about yourself and improve your health habits. The program is for boys and girls 12-18 years of age.

It doesn't matter if you are 10 or 200 pounds overweight. If you are interested in learning ways to control your eating and weight, this program is for you.

SHAPEDOWN includes weekly exercise, discussions and nutrition activities directed by a Registered Dietitian. SHAPEDOWN was developed at the University of California, San Francisco School of Medicine. This program has shown to be effective in producing significant long term results.

Enrollment in SHAPEDOWN is limited. The 10 week program costs \$10.00 and financial assistance is available. For registration information call:

Helen Brown, Nutritionist
869-2711



The next SHAPEDOWN group starts:

DATE: September 18, 1985

TIME: 4:00 - 6:00 p.m.

PLACE: Oneida Health Center
Kitchen

COME JOIN US!

KALIHWI-SAKS The Official Publication of the Oneida Nation

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

KALIHWI-SAKS
Oneida Tribe of Indians
of Wisconsin
P. O. Box 365
Oneida, WI 54155
or call:
414 — 869-2083

KALIHWI-SAKS is distributed locally at the beginning of the month. Distribution nationwide is made at the end of each month.

STAFF:

Grace Koehler, Coordinator

COVER AND DESIGN:

Original Artist:
Mary LeMieux

Resemblance and Color:
Loren Moore

Layout and Design:
Grace Koehler

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SEPTEMBER ISSUE • VOLUME 11 • 1985

niyakwatekhunyahslakasta. much we eat and what appetite we have

— told by Tsiklv?tanak (George Peters) to Dennison Hill 4-28-39

Uskah utlatste? tshifho:ku lanvtakalyasne tahuwathvle? tho kwi ne yahv:newe? tohka? nu:ta: tho yahv:ne:se? onv tsahatili:wvhte? tsi? nahte? aoli:wa? tsi? thuwathv:lu yah ne nuwv:tu te?tyakotkathu tsi? nutahuwatikwatstv? kwah se? yonehlakwat tsi? nutahuwanateyvhtu. Ne kati? tsi? onv ethoha tsa?tutahuhtv:ti: akte? nuwa? nu nyahuwatiya?tvhawe? onv tsakahewe? ahutekhu:ni: ne?n tshifs. Ne o:nv tokvske? kakwatakvw tsi? nu yahutawyahte? a?e niwatekhwahla:tsles tsi? nu yahuwatinaktothahse? tahnu ne: tho uni? ne thati?tlu:tu ne?n latihsvnowa:nv:se? okhale? n lanvtakalyas tho uni? ne laya?talati? ne uhte? ne tho niyot tsi? wa?thotuhwvtsyohse? oskanne ahutekhu:ni tho ne? onv vshuhtv:ti: ne?n atwa?kvnha. Tahnu kv? ok ne nahe? wahatikhwv:ta:ne? ne?n latihsvnowa:nv:se? sheku nihutekhu:nihe? tshifs onv wa?tha:ta:ne? ne?n lanvtakalyas wahata:ti: tsi? ok nahte? wahvhluni, "akatsanu:ni i: sv tho ni:yot tsi? akatekhuniheke." Shaya:tat tshif tusaha:ta:ne? wahv:lu?, "onv se? akwe:ku sanuwahtutu tsi? nahte? yukwayv:tahkwe? ne: nv nuwa? ihsle? asye:na: ka?ikv tsi? niyakwatekhunyahslakasta.

It was at one time that the chiefs were called to Washington, D.C. So they all got there and they were there for a few days. They had their council meetings and then they had all come to an agreement for whatever the council meeting was all about. As far as getting good treatment these Indians were sure respected to the fullest. When time came for them to come home first they were given a big well prepared banquet. Where they entered was a great long table where they were invited to stay and seated around it were the high officials. The President was even among them hoping they would eat together and then the Indians would go home. Well it didn't take the President and the high officials long to finish their meals, but these chiefs were still eating and the President got up and spoke. The President made a comment that he wishes he could eat and have an appetite like they had. One of the chiefs got up and said a few words and he said the President does not seem to like it, but they have taken just about everything away from us. Now he wants to take our appetites away from us too.

Translated and taped by Amos Christjohn 6-8-82

URGENT NEED FOR INDIAN FOSTER HOMES

Mother Earth covers her growing plants with warmth and food
So that the roots grow strong and deep
And the branches reach out bearing leaves and fruit
The flowers bud and open to the Sun —

So a Family is to a Child

AMERICAN INDIAN FOSTER FAMILIES — BECAUSE OUR CHILDREN HAVE TENDER ROOTS

Children need a foster home for the following reasons:

- * Abuse
- * Neglect
- * Desertion
- * Financial Problems
- * Alcoholism
- * Health
- * Parent's or Child's inability to cope with situation at home



FOR INDIAN CHILDREN
OF ALL AGES

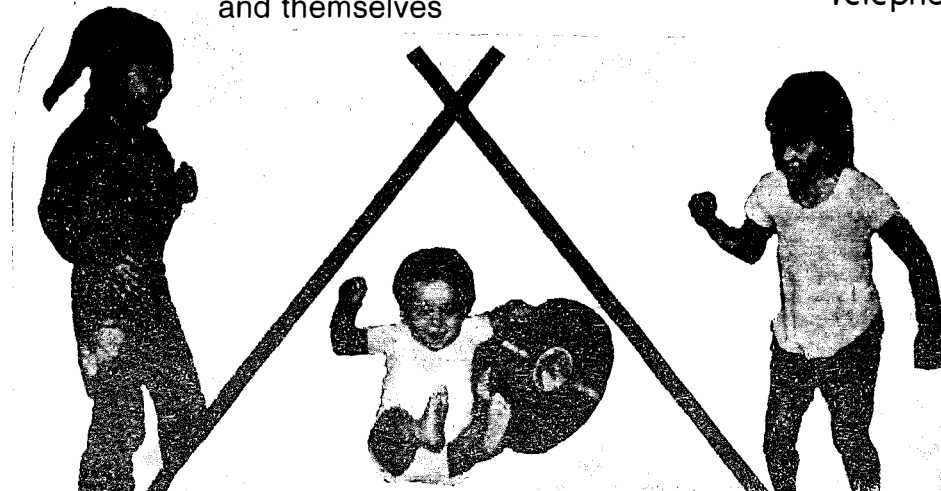
Your help is needed to:

- * Protect the right of Indian children
- * Promote the stability and security of Indian children
- * Teach them to respect their culture, heritage, and themselves

FOR MORE INFORMATION, PLEASE CONTACT:

Kathy King or Sandra Hill
Indian Child Welfare Dept.
Oneida Community Health Center
P.O. Box 365
Oneida, WI 54155

Telephone: (414)869-2711



Maybe you are thinking about breastfeeding but feel alone or weird or scared. There are several people who would like to help!

The WIC staff has a lot of information and knowledge to share. Several women in the community would also like to help as breastfeeding counselors. Call us at WIC at 869-2711, WE ARE HERE TO HELP!

TRY A FEW OF THESE WARM WEATHER SNACKS

Frozen Bananas

Bananas, peeled and cut in half
Ice Cream sticks (or plastic spoons)
Toppings (use any or all) crushed cereal, peanut butter, chopped nuts, applesauce, coconut, fruit yogurt

1. Cut bananas in half, insert stick in thicker end.
2. Put bananas on tray or small pan, put in freezer.
3. Allow bananas to thaw slightly, so you can bite into them.

Eat plain, or roll or dip into toppings. Use wet topping first, so others will stick.

CELERY BOATS

(A new version of stuffed celery)

2 large stalks of Celery
1 medium Banana
3 Tbsp. Peanut Butter
1-2 teas. Honey (optional)
1 Tbsp. Raisins

1. Cut celery stalks to desired lengths.
2. Mix together banana, peanut butter and honey (can also add sunflower seeds)
3. Fill up "boats" (stalks) and top with raisins.

HAVE YOU GOT MORE ZUCCHINI THAN YOU KNOW WHAT TO DO WITH? TRY DELICIOUS MUFFINS. INCLUDED ARE SEVERAL MUFFIN VARIATIONS...

ZUCCHINI—RAISIN QUICK BREAD OR MUFFINS

2 Eggs, beaten	2 T. Bran
½ C. Vegetable Oil	1 teas. Ground Cinnamon
½ C. Honey	½ teas. Baking Powder
1 teas. Vanilla	½ teas. Baking Soda
1 C. Whole Wheat Flour	1 C. Shredded Zucchini
2 T. Wheat Germ	½ C. Raisins

Preheat oven to 350°F. Butter an 8½ X 4¼ inch loaf pan or a 12-cup muffin tin. In a small bowl combine egg, oil, honey, and vanilla. In a large bowl combine flour, wheat germ, bran, cinnamon, baking powder, and baking soda. Add liquid ingredients and stir just until mixed. Blend in Zucchini and raisins.

To make bread, pour batter into prepared pan and bake for 45 minutes.

to make muffins pour batter into prepared muffin tin and bake for 25 minutes.

Remove from pan or muffin tin and cool on a wire rack. (Makes 1 loaf or 1 doz. muffins)

VARIATIONS:

APPLESAUCE-RAISIN MUFFINS: Substitute 1 cup unsweetened applesauce for zucchini, and add ¼ cup more flour, ¼ teaspoon ground cloves, and ½ teaspoon ground nutmeg.

BANANA-RAISIN MUFFINS: Substitute 1 cup mashed bananas (2 medium) for zucchini.

BLUEBERRY MUFFINS: Substitute 1½ cups fresh blueberries for zucchini, and omit raisins and cinnamon. (If using frozen blueberries, add ¼ cup more flour).

CARROT-RAISIN MUFFINS: Substitute 1 cup grated carrots for zucchini.

CRANBERRY-NUT MUFFINS: Substitute 1½ cups chopped fresh cranberries for zucchini, substitute ½ cup chopped nuts for raisins, omit cinnamon, and add ¼ cup more flour.

NUT AND RAISIN MUFFINS: Substitute 1 cup chopped nuts for zucchini and omit cinnamon.

PUMPKIN-RAISIN MUFFINS: Substitute 1 cup pureed pumpkin or squash for zucchini, and add ¼ cup more flour, ¼ teaspoon ground cloves, and ½ teaspoon ground nutmeg.

"Miss Indian World" —Contest—

The concept for the Miss Indian World competition is to select the best young Indian woman, with knowledge of her tribal tradition, out going, out spoken, and tremendous dancing ability (either traditional plains styles or the women's fancy style). The determination of the winner will be based upon a fair point system, with five categories to be judged.

The first category is that of ticket sales. All contestants will be required to sell raffle tickets. These sales help to offset the costs for the production of the Miss Indian World contest and the cash stipend given to the contest winner.

The top eight ticket sellers will move on to the final categories of the competition; those being an interview before a panel of judges, a demonstration of a traditional talent (representing her tribe), public speaking before the audience assembled at the Gathering of Nations Pow-Wow, and a dance competition.

Young Indian women between the ages of sixteen and twenty four may compete for the title of Miss Indian World. Upon completion and return of the attached application, each contestant will receive five hundred raffle tickets. Tickets may be sold through the first evening of the Gathering of Nations Pow-Wow. In the past, the average number of tickets sold of those who have reached the finals has been about eight hundred. Additional tickets will be supplied upon request and the submitting of money, for those tickets already sold, to the Gathering of Nations.

The contestant with the greatest number of total points accumulated through out the competition will reign as Miss Indian World, for one year. Miss Indian World will receive a cash stipend based upon a percentage of the total number of tickets sold, a beaded crown, and shawl stating: Miss Indian World, Gathering of Nations Pow-Wow.

The entry deadline for the Miss Indian World contest is January 31, 1986.

The crown of Miss Indian World is registered under the Gathering of Nations, Ltd., a non profit corporation chartered in the State of New Mexico.

Gathering of Nations
Miss Indian World
P.O. Box 49
Station 14
Albuquerque, New Mexico 87194

I Believe in the All — Sufficiency of the Bible!

All that man needs to know in order to please God and go to heaven is contained in the Bible. The Bible and it alone is sufficient to show the way of salvation. God speaks to man through no other means but through His Word. He does not speak through any one particular man or group of men. When an individual accepts the biblical teaching of the all-sufficiency of the scriptures, then he will realize there are no latter day revelations of any kind for us today.

What scriptures teach this? In 2 Timothy 3:16-17 it reads, "All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness, that the man of God may be complete, thoroughly equipped for every good work." **All** scripture is inspired by God. God's Word teaches us what is right and wrong. A man can be complete if he follows God's Word. To claim that God still speaks to men today is to deny that God's Word is complete.

In 2 Peter 1:3 it says, "As His divine power has given to us all things that pertain to life and godliness, through the knowledge of Him who called us by glory and virtue." God has given all the information we need to know in order to do His will. To say we need more is to deny that God gave us all things that pertain to life and godliness." Also in Jude 3 it reads, "Beloved, while I was very diligent to write to you concerning our common salvation, I found it necessary to write to you exhorting you to contend earnestly for the faith which was once for all delivered to the saints." We must contend for the truth that God has given. We can know what the truth is, otherwise how could we contend for it. God's truth was given once. "Once" is translated from the Greek word "hapax" and means "once for all . . . not requiring repetition." (W.E. Vine, Expository Dictionary) Therefore, no more will be revealed.

God warns us not to tamper with the contents of the Bible. Please consider these scriptures. (Deuteronomy 4:2; Proverbs 30:6, Numbers 22:18; I Corinthians 4:6; and Revelations 22:18-19) Let us look at 2 John 9 which reads, "Whoever transgresses and does not abide in the doctrine of Christ does not have God . . ." We do not have a relationship with God if we go beyond or transgress the doctrine He has given us. If you hear someone say, "Well, where has God said not to do it" you can be sure the person wants to go beyond what God has told us. He does not trust in the all-sufficiency of the word of God. We must be content with His Word.

In Galatians 1:7-8 it says that if anyone, even an angel, preaches another gospel beside the one in the Bible, then they will be accursed. Many groups claim that their leaders are receiving new revelations from God today. Do not believe it. It is a sin and a tragedy to change God's Word for it is complete as it is. In Psalm 119:10 it says, "With my whole heart I have sought You; Oh, let me not wander from Your commandments!" Read God's Word today and see what God has said to You.

Nolan Glover
2077 Packerland Dr.
Green Bay, WI 54304
ph. 497-0769

NUTRITION NOTES — — — WIC NEWS

Due to the Labor Day holiday, we will NOT have check pick-up on September 2nd. Checks will be given out on **Tuesday, September 3 in Oneida, Friday, September 5 in Green Bay** and **late pick-up** will be **Wednesday, September 11.**

NO checks will be given out during certification.

WIC Check pick-up dates:

Oneida Community Health Center
824 Double E Rd., DePere

NO CHECK PICK—UP ON MONDAY, 9/2

Tuesday, Sept. 3, 1985
8:00 a.m. to 4:30 p.m.

OUTPOST

Corner 9th & Broadway, Green Bay

Friday, Sept. 6, 1985
9:00 a.m. to 4:00 p.m.

LATE CHECK PICK-UP — ONEIDA:

Wednesday, Sept. 11, 1985

SEPTEMBER "GROUP"

TIME: Tuesday, Sept. 3 at 10:00 a.m.

TOPIC: "Cooking the Iron-Rich Way"

Tired of serving Braunschweiger to improve your iron? come to this fun WIC group and learn how to prepare iron-rich foods for your family. We'll have food demonstration plus lots of good food to sample. As always, we'll have a special movie or activity for your child.

Anyone in the community is welcome to attend.

NUTRITION FACTS

Did you know the average person drinks 40 gallons of soda pop each year, and only 46 gallons of water? In fact, many teenagers today drink more soda than milk or juice.

Is pop all that bad? Soda pop supplies ¼ of all the sugar eaten. Sugar isn't poison, but it does not provide any nutrients, but calories. The problem is that soda often replaces more nutritious beverages like milk and juice.

It was discovered recently, that the sugar plus the acid in soda damages teeth. In fact, without the sugar, soda pop would taste something like vinegar. Imagine what soaking your teeth in vinegar would do to them?

What about diet sodas? They will not give you or your children extra calories, but they can make a small stomach feel full. Some people question if it is good to give children artificial sweeteners.

Remember to serve your children water as a beverage. Your grandparents grew up drinking water instead of pop and kool-aid and were healthier for it.

Soda pop is definitely NOT a good idea for a baby. Soda in a bottle will cause "bottle mouth syndrome" (a decaying of front teeth). Babies like sweet drinks, but they are harmful to their teeth. The easiest way to get your children to kick the soda pop habit, is to slow down yourself. You will improve your families health and save money at the same time.

WHO IS BREASTFEEDING THEIR BABY?

Did you know that across the nation 75% of the women begin breastfeeding their babies? Breast-feeding has become the most popular way to feed babies. Breastfeeding was the most popular way to feed babies throughout history until canned milk and formula was developed in the 1950's. The advertisements made women think they weren't "modern" if they breastfed. But things have changed! Scientists have proven over and over again, what grandmothers knew, breastfeeding is best . . . BEST FOR BABY, and BEST FOR MOM! Formula is ok, but will never be as good as nature's food for human babies — — human milk.

So, who breastfeeds in Oneida? Lots of women! Last year, 48% of the babies born to Oneida women were breastfed at birth. 25% of the women nursed their babies for longer than one month. Many women breastfed for a year.

continued-

OPTICAL DEPARTMENT

Beginning in September, our Optical hours will be **Wednesday** and **Thursday ONLY** from 8:30 a.m. to 5:00 p.m. Calls regarding the scheduling of an appointment, if glasses are in, etc., will be accepted during these days only. **Cancellations of appointments will be accepted by the Operator at any time.**

We would like to stress the importance of your assistance in appointment cancellations due to our limited service hours.

The increase in the number of "no-shows" for scheduled appointments has hampered our service to other community members. This appointment is a specially allotted time to meet your optical needs and we would appreciate all efforts to call in advance if you are unable to keep it. Also, if you have a scheduled appointment, please be prompt in consideration of other patients.

Presently, we have a waiting list of clients with similar optical needs or concerns.

Failure to cancel or reschedule your appointment will automatically place you at the end of this waiting list.

We will continue to be understanding of those situations that make it an impossibility to call.

Thank you for your continued support.

* * * * *

CONFUSING INSURANCE FORMS

We sympathize with you in that insurance forms are confusing and complicated to fill out. Please feel free to stop in the Billing Office if you need help in filling these forms out. **DO NOT** ask your Dr. or Pharmacist, Dentist or Optician, to fill these forms out for you. Their time is valuable. The Billing staff are experienced in completing these forms and will obtain the necessary information and mail them in to your insurance carrier.



SCHOOL IS OUT

IMMUNIZE

YOUR CHILDREN

NOW

Help your child be fully prepared for the upcoming school year. It's time for new school clothes, school supplies, and yes, IMMUNIZATIONS.

Your school is required by Wisconsin law to assure that each student has completed an immunization schedule. If your child has not had some of the required immunizations, now is the time to catch them up and complete the requirements. If your child has completed the schedule — congratulations! You have taught your child that prevention is an important part of taking care of yourself and your community.

Your Community Health Nurses at the Oneida Community Health Center are anxious to help you meet the immunization requirements. Children may be brought to the Community Health Nursing Office, Monday through Friday from 8:30 to 5:00 and receive the necessary immunizations as well as an official record of proof of immunization.

If you have any questions, please call us.

Deb Lidbury, RN, FNP
Community Health Nursing
Director

Helen Smits, RN, CHN

Pearl Webster, LPN

CELEBRATE AMERICAN INDIAN ARTS UNIVERSITY OF WISCONSIN - MILWAUKEE

October 31 - November 19, 1985

WHO MAY ENTER

All American Indian artists and craftworkers residing in Wisconsin, Minnesota, Michigan, Iowa and Illinois.

Must be 16 years of age or older.

ENTRIES

Each artist may enter up to 5 pieces.

All entries must be submitted in slide form for jurying. Each slide must bear the artist's name, TITLE of work, YEAR the work was completed, MEDIA, DIMENSIONS, height, width, depth. All information must be clearly printed. A red dot at the bottom, right-hand corner of the slide, will insure correct viewing.

PROCEDURE

Fill out the entry form clearly and completely, listing all the pieces you wish to enter and specific information. Include, a self-addressed, stamped envelope, with correct postage for the return of your slides and the jury results.

QUALIFICATIONS FOR ENTRIES

Entries may be acrylic, oil, or watercolor paintings; clay, wood, or metal sculpture; woodcut, stone or beadwork; porcupine quillwork; birchbark work; cradle-boards; paddles; drums; baskets; quilts; sashes; woven bags; pipes; ribbon applique; featherwork; or any media accepted by the exhibit committee.

Entries submitted must not be over two years old.

Entries must be artist's original design; no copies, reproductions, or "kit" work will be exhibited.

All two-dimensional work must be matted, framed, and equipped to hang.

Quilts, weaving or other wall hangings must be equipped to hang.

If work is not prepared to exhibit, it will not be shown.

SEND MATERIALS TO:

Celebration of American Indian Arts
Native American Studies
University of Wisconsin-Milwaukee
Holton G-48
Milwaukee, Wisconsin 53201

SELECTION OF ENTRIES

A panel of three jurors will select entries for inclusion in show and will select entries for prizes.

RECEIVING OF ACCEPTED WORKS

Entries should be mailed or delivered to:

University of Wisconsin-Milwaukee
Union Art Gallery
2200 E. Kenwood Blvd.
Milwaukee, Wisconsin 53201

LIABILITY

The committee will not be responsible for loss or damage to works of art submitted, or frames, no matter how the same may be caused, and all exhibits are submitted and received subject to this condition.

It is suggested that artists insure their work privately if they feel the need for such protection.

CALENDAR

September 6, 1985 deadline for entries
 September 9-13 jurying of slides
 September 30 notification of acceptance
 October 25 delivery deadline of accepted works
 opening reception
 November 1 exhibition
 October 31 - November 19 pick up of exhibited works
 November 20

SALES

Artist must mark their work for sale or not for sale.

The Union Art Gallery retains 25% COMMISSION on all sales.

LABELING WORKS

Keep the enclosed labels for artwork. Attach completed labels to the back of each entry, placing it on the upper, right-hand corner.

FOR MORE INFORMATION

Contact Diane Amour, Native American Studies Program, 414-963-5880.

CONTRACT HEALTH SERVICES

Effective August 12, 1985, there will be NO CONTRACT HEALTH VOUCHERS ISSUED except when deemed a medical priority by the Acting Medical Director of the Oneida Health Center.

This policy will be in effect until September 31, 1985

This policy has been implemented to expedite the closing out of the 1985 contract in a timely manner.

Barbara Hill-Hawkins,
 Administrator
 Oneida Health Center

For medical care after hours, we have an answering service, **437-6007**. This number is also available by calling the Health Center, **869-2711**, in which case a recording gives the information needed. This service will have the physician on-call contact you for your health care needs. The physicians have medical privileges at **ST. MARY'S HOSPITAL** as it is not practicable for them to serve at all three hospitals. **If you need to use the emergency room, you MUST NOTIFY ME WITHIN 72 HOURS to be covered by contract.**

Our policy for payment of health services not provided at this facility, requires referrals from the health provider, or health disciplines (Physicians, Dentists, or Pharmacists), from this facility. Please use our Health Center physicians for any follow-up needed after an emergency.

If you are eligible for Medicare, Medical Assistance or private insurance, **YOU MUST UTILIZE THESE RESOURCES FIRST.**

In the future, for financial assistance from contract patient care, utilization of provided services and the referral system is necessary.

Thank you,
 Carol Smith,
 Contract Health Manager
 Oneida Health Center

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ONEIDA HEALTH CENTER DENTAL CLINIC

School is starting soon . . . ARE YOU READY FOR IT?!!

ARE ALL YOUR CHILDRENS DENTAL NEEDS READY FOR SCHOOL TOO?

CALL YOUR FRIENDLY SMILE-MAKERS!

Make that appointment at your earliest convenience.

We'll be glad to see you!

Dr. Lewitzke *** Henri

Pat *** Celestine *** Janet

Oneida Community Cannery

Norbert Hill Center, Room 1144

Indian Corn — \$2.75 qt.
 Jams & Jellys — \$1.50 ½ pt.
 Apple Butter, Blackberry Jam, Apple Jelly

We will also take your orders to make corn soup.

Call for more information — 869-2737

Canning info available.

Monday - Friday

Open 8:00 A.M. — 4:30 P.M.

Keeping The Harvest

Oneida Community Cannery
 Norbert Hill Center
 Room 1114

August 29th
 Pickles and Relishes

with
 Marilyn Hermen
 Brown County Home Economist

Call 869-2737 for more information.

We have received quite a few bills from individuals for emergency services. Many of these needs could have been served at the Oneida Health Center. I would like to inform you of several services available to you at the Oneida Community Health Center.

For emergency services, we have a 24-hour, 7-day a week, Rescue Service for conditions of sudden onset, or of such severity as to require immediate medical care. Call **469-9777** or **911** if in that service area.

PATIENT INFORMATION:

"TIPS TO REMEMBER WHEN SCHEDULING APPOINTMENTS"

CLINIC HOURS: Mon. - Fri. 8:30 — 12:00 and
1:00 — 5:00

CLINIC CLOSED WEDNESDAY MORNINGS

- * One should never assume that a physician will be at the clinic other than the posted hours. All physicians have hospital and paperwork responsibilities as well as clinic duties. A physician is "on call" 24 hours per day after clinic hours and weekends. If you need to speak to a physician after clinic hours or on weekends, the answering service can be reached by dialing 437-6007. They will ask your name, phone number and the problem and have the physician "on call" contact you. Please try to limit your calls to URGENT problems which simply CAN NOT wait until the next day or over the weekend.
- * Remember: the Oneida Community Health Center is not an emergency center. In cases of a LIFE THREATENING EMERGENCY a rescue squad should be summoned prior to contacting anyone else. County Rescue's phone number is 469-9777.
- * Dr. John Gallagher and Dr. Thomas Halloin see expectant mothers on certain prearranged Wednesday mornings, only by direct referral from either the clinic nursing staff or Oneida Health Care providers. If you think you are pregnant, you must see a nurse or physician at the Oneida Health Center before your appointment can be made with the O.B. doctors.
- * Patients with appointments have a right to expect to be seen as close to their appointment time as possible. Please try to be prompt for your appointment. Being late for your appointment may result in your appointment having to be rescheduled for another day. People who ask to see a physician but have no appointment and simply walk in, must expect to wait until the scheduled appointments are seen or we have an opening in the schedule. These people will be seen by a nurse who will determine if they need to be seen by a physician on that day or be asked to schedule an appointment.

- * Please try to plan accordingly when an appointment is necessary before refilling prescriptions. The bottles will state whether you need to see a physician before getting more medication. Try to allow at least 1 to 2 weeks in advance for an appointment **BEFORE** your prescription runs out.
- * As the school season approaches, many children will be needing physicals for school and sports activities. Please try to schedule appointments well in advance, if you know your child will need a physical or plans to participate in a sports activity. At the present time, complete physical exams are being scheduled 2 to 3 weeks in advance or more, so please plan accordingly.
- * When scheduling an appointment, please remember that the time assigned for your appointment is specifically set aside for you only. If you fail to keep your appointment, you could possibly be preventing someone else who may be seriously ill from seeing the doctor. Try to notify the Health Center as early in the day as possible when you are unable to keep an appointment time. Repeatedly scheduling appointments and not keeping them or not cancelling the appointment may result in your losing privilege of scheduling appointments. This means that when an appointment is needed, you may have to wait to be seen.
- * The receptionists are required to request information such as what you are coming in to see the doctor for, when scheduling any appointments. This information is necessary to know how much time to allow for the appointments. Any information obtained by the receptionist will remain confidential.
- * It is **EXTREMELY** important that everyone present their insurance cards, Medical Assistance and/or Medicare cards with them at each visit to the receptionist. The Health Center is **NOT A FREE CLINIC**, and **MUST** have current insurance information for billing purposes.

The Thrift N' Gift House

Located on S. County Line Rd.
off E. Open 12-5 every day
except Sun & Mon.
or call Ruth Skenandore
869-2171 anytime.

Some items for sale are —
Electric guitar & amplifier
Electric organ
26 cu. ft. chest freezer
couch & chair
2 chest of drawers
Aquarium
Canning jars - dill
Electric fans
Gas cook stove
Electric cook stove
Ribbon shirts, shawls, jewelry, baby
quilts, rummage

NOTICE

To Oneida Community Oneida Health Board Vacancy

If you are interested in serving on the Oneida Health Board, please submit your name and address to the Oneida Tribal Secretary's office, L. Gordon McLester, or you may call or stop in during regular working hours.

If you have any further questions, please feel free to contact Gordon McLester at 869-1260, ext. 130.

NEW HOURS

ANN'S WORLD

OF

INDIAN ARTIFACTS

10:00 A.M. - 8:00 P.M.

Monday - Saturday

10:00 A.M. - 6:00 P.M.

Sunday

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

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

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

SENIOR CITIZENS CHARGE IT!!
10% DISCOUNT LAYAWAYS!!

Ann Skenandore

Thanks

I wish to thank all who took the time to come vote at the July 27th Elections.

I would especially like to thank those of you who supported and voted for me.

Your support was greatly appreciated.

EMERSON ARCHIQUETTE

Thanks

Just want to THANK all who came to see me at the hospital, also who sent gifts and cards.

Extra THANKS to Fr. Smith and Fr. Dolan and Fr. Sampter who came to see me at the hospital.

Thanks to all
Lois Doran

Thanks

The family of Lucinda J. Skenandore wish to thank all those who sent cards, flowers, food and comfort during our loss. A Special Thanks to Leroy and Gloria Skenandore for preparing the dinner, your help was greatly appreciated.

Paul, Judy, Cheryl, Burton Jr.,
Donna and Donald

In Loving Memory of Mrs. Sara (Baird) Schwartz

of Brookfield, Wisconsin
Born in Oneida, WI April 2, 1899
Passed away July 24, 1985

Survived by her husband, Edward of Brookfield, WI and one daughter Virginia at home. 3 sisters; Mrs. Maude Galer, Aricharville, Michigan; Mrs. Amelia Campbell, Muncie Indiana; Mrs. Lola Drappeaux, DePere, Wisconsin. 1 sister-in-law, Ruth Baird, Green Bay, Wisconsin. Many nieces and nephews. Preceded in death by her parents, Cornelius & Ida (Skenandore) Baird, and 14 brothers and sisters.

Services were held Sunday, July 28, 1985 at the Chapel of Flowers Wisconsin Memorial Park. Officiating the Rev. Victor Bartelt. Entombment, Wisconsin Memorial Park, Milwaukee, Wisconsin.

Prayer

Oh Grandfather whose voice I hear in the winds, whose breath gives life to all the world. Hear us we are before You, one of your many children. We are small and weak, we need strength with the favor of Your wisdom. Let us walk in the beauty of Your eyes, with our eyes to ever behold the sacredness of each setting sun. Make our hands respect the creation You have made, our ears sharp to hear Your voice. Make us wise to Your teachings. We seek strength Grandfather, not to be superior to our sisters and brothers, only to enable us to fight our greatest enemy, ourselves.

Grandfather, may we be ever ready to come to You, with clean hands and a humble spirit.

Hō Hō
Peace
Green Bay Eagle

Oneida Community Health Center

COUNTY RESCUE is the **ONLY** authorized emergency rescue service contracted to provide coverage to the Oneida Reservation. Their number is 469-9777. If any other rescue service is called, payment of this service will be the responsibility of the patient or person concerned.

Clip, and Post Near Telephone

A.A. Meetings

Every Wednesday at 7:00 p.m. in the kitchen of the Oneida Health Center. Every Thursday at 8:00 p.m. at the United Amerindian Center Outpost, 403 Kellogg Street, Green Bay.

ALAnon & ALAteen Meetings

Every Wednesday at 7:00 p.m. in the Conference Room of the Oneida Health Center.

A.A., ALAnon, ALAteen Combined Meetings

Every Friday, at 7:00 p.m. in the Conference Room of the Oneida Health Center. Open meetings on the last Friday of the month.

ANNUAL ONEIDA CHEMICAL DEPENDENCY SUPPORT GROUP PICNIC

WHERE: Pamperin Park
WHEN: August 18, 1985
TIME: 1:00 p.m.
COST: A delightfully edible dish to share!

SEE YOU THERE!

CONGRATULATIONS!

TO: Cathy Delgado and Jenny Kurowski

FOR: Winning and placing in the Miss Oneida Contest during the Oneida Pow-Wow!

ACCIDENT INFORMATION

When you are involved in an accident of any kind, and then seek services at the Health Center for treatment of your injuries, PLEASE inform our receptionists of who should be billed for these charges. Perhaps there is an auto insurance or homeowner's policy that could be responsible for payment. You should not be submitting bills (nor letting us) to your medical health insurance carrier for injuries if there is another party responsible for payment.

When seeing the Dr. for services caused by an injury, ask yourself these questions, and then inform us of your answers:

IS THIS ILLNESS/INJURY DUE TO AN ACCIDENT?

If yes, WHAT TYPE OF ACCIDENT CAUSED THIS ILLNESS/INJURY? Auto? Someone's property?

WAS ANOTHER PARTY RESPONSIBLE FOR THIS ACCIDENT?

Name/Address of Auto Insurance _____

Name/Address of Property Owner _____

Remembering to ask yourself these questions and then informing the appropriate staff, will enable us to bill the correct responsible insurance. Also, if there should be a law suit resulting from the accident, you will not be responsible for payment from your settlement, for the charges that we incorrectly billed to your medical health insurance. If you do not have insurance, but are seen at the Health Center for injuries from an accident, and then later receive an insurance settlement, you are responsible for payment of charges incurred at the Health Center.

Oneida Recreation

On July 22, we had our annual trip to Great America.

Everyone that went was at the Civic Center at 6:00 A.M. The buses (2) and our recreation van pulled out at 6:00 A.M. The first stop was in Fond du Lac at McDonald's for breakfast. After a hearty meal by everyone, it was on to Gurnee, Illinois.

Arrival time was 10:15 A.M. and the rest on the day was spent riding, playing games, and seeing the side attractions.

It seemed as if everyone we saw from Oneida must have been on the Logs, the Boats, or White Water Rampage as everyone was wet.

At 11:00 P.M. it was closing time and back to the buses and then back home to Oneida. The buses let everyone off at the Civic Center at 1:30 A.M.

Everyone seemed to have had a good time and enjoyed themselves. Now we start our fund raisers for next year. Next year July 21, 1986, will be our trip date.

Child Food Program

The Oneida Head Start Program and Oneida Child Care, Inc. announces the sponsorship of the Child Care Food Program at the Oneida Head Start Center, Urban Center Head Start and Oneida Child Care Center. This program administered by the U.S. Department of Agriculture (USDA) and the Wisconsin Department of Public Instruction, gives financial assistance to child care centers so that nutritious meals can be integrated with non-residential child care services for children.

The goal of the program is to improve the diets of young children and increase the opportunity for children to eat a variety of nutritious foods. The meals and snacks served meet standards set by USDA.

Listed below are the USDA Income Eligibility Guidelines which are effective July 1, 1985 through June 30, 1986.

Household Size	Reduced	Free
	Annual Income Level (must be at or between)	Annual Income Level (must be at or between)
1	\$ 6,826 and 9,713	\$ 6,825
2	9,166 and 13,043	9,165
3	11,506 and 16,373	11,505
4	13,846 and 19,703	13,845
5	16,186 and 23,033	16,185
6	18,526 and 26,363	18,525
7	20,866 and 29,693	20,865
8	23,206 and 33,023	23,205
Each Additional Family Member	2,340 and 3,330	2,340

The amount of reimbursement received by Oneida Head Start Program and Oneida Child Care, Inc. is based on the approved income affidavits completed for enrolled children. Children for child care are served the meals at no separate charge and without regard to race, sex, color, handicap, age, or national origin. Any person who believes he or she has been discriminated against in any USDA-related activity should write immediately to the Secretary of Agriculture, Washington, D.C. 20250.

For Sale

WHITE CORN 1.00 Qt.
CORN FLOUR 1.50 Qt. Henry Skenandore.
833-2411.

WANTED:
Lawn cutting for summer. Supplies own lawn mower.
869-2837.

FOR SALE:
Women's 5-speed 19" bike, like new.
\$50.00. For more information call 833-6940.

In need of Stanley products, call 869-2976, after six.

FOR SALE:
8x10 Rug, Oriental printed. Just like new.
\$125.00.
Early American swivel rocking chair, orange.
Like New. \$150.00. 869-1377.

LAWN MOWER REPAIR.
Will pick up and deliver. Phone 869-2260 or
Contact Joe Webster — Corner of EE &
Freedom Rd. Also some used ones for sale.

WANTED TO BUY: Totem Poles & Tepees —
Any Size. Call Ann Skenandore. 434-3555.

FOR SALE
1978 Kawasaki KE150 — \$150
869-2954 call after 5:30.

PUPPIES to give away to good home. Can be
seen at 1743 Sandhill Circle.

WILL BABYSIT
Newborn to 13 yrs. of age.
75¢ an hour.
336-1039 - Sharon Koepke

FOR RENT
3 bedroom home, 1599 Freedom Road
Available Sept. 1, 1985, closing
date August 28, 1985.
Contact Chris Doxtator at (414) 869-2707 or
apply at Oneida Land Office. Room 1347.
Norbert
Hill Center.

1976 Kawasaki K2-400, low mileage — \$550.
2 - 8mm Mausers Rifles.
1 — \$80, Other — \$70.
1 — 22 semi-automatic — \$40.
833-7366 after 5:00 P.M.

WANTED: Responsible working couple with
family would like to rent a 4 bedroom or large
3 bedroom home. Have excellent references.
Phone: 833-6762.

FOR SALE: 1972 Chevy Monte Carlo
AM-FM Cassette Deck
New Paint Job \$900 with mags, \$800 without
mags.
Call 336-1281 after 5:00 P.M.
Call 869-2737 between 8:00 - 4:00 P.M.
Can be seen at 510 Adam Drive, De Pere

FOR SALE: 1948 Dodge
Got to see to appreciate. Call 869-1197

LOT FOR SALE
Garage Basement, Landscaped. Call
494-7821

SEWING DONE
Repair, alterations, and clothes made from
patterns. Soft sculptured dolls made. Call and
order 833-2219, ask for Shirley.

FOR SALE: 1974 Nova
Good condition. Call 833-7366 or 498-8512
ask for Cheryl.

NORBERT HILL CENTER CAFETERIA . . .

BREAKFAST: 7:45-8:30 Carryout snacks available mornings and afternoons.
LUNCH: 12:15-1:30 Full line menu @ \$2.00 — Ala carte items available. Pay on the line or buy a ticket from the NHC Main Office in the morning.
DINNER: 4:45-5:30 \$4.75

HAPPY LABOR DAY

\$2 LUNCH



SEPT. 2, 1985

SEPTEMBER 1985

Monday	Tuesday	Wednesday	Thursday	Friday
	Hamburger French Fries Crispy Apple Chocolate Milk 3	Turkey Nuggets Whipped Potatoes/ Butter Peach/Cranberry Salad Chocolate Milk 4	Corn Dog Baked Potato Apple/P'Nut/ Lettuce Salad Milk 5	Tomato Soup Grilled Cheese Sandwich Fresh Fruit - grapes Chocolate Milk 6
Lasagna Tossed Salad Applesauce Garlic Bread Milk 9	Grilled Ham & Cheese 7 Layer Salad Pear Milk 10	Turkey Casserole Cob Corn Watermelon Bread/Butter Milk 11	Meat/Bean Burrito Lettuce/Tomato Slices Peaches in Jello Milk 12	Baked Fish Baked Potato Cole Slaw Rye Bread/Butter Milk 13
Chili/Crackers Cheesy Stuffed Potato Apple Slices Milk 16	Wieners/Buns Pork & Beans Chips Cherries in Jello Milk 17	Pizza Tossed Salad Peach/Cottage Cheese Milk 18	Creamed Chicken/ Biscuit Peas & Cheese Salad Watermelon Milk 19	Macaroni/Cheese Green Beans Bananas/Cherries Whole Wheat Bread/ Butter Milk 20
Hamburger Casserole Tossed Salad Pears Bread & Butter Milk 23	Roast Chicken Whipped Potatoes Fruit Salad Baking Powder Biscuits Milk 24	Beef Stew Carrots Potatoes Dinner Rólls/Butter Plums Milk 25	Spaghetti/Meat Sauce Garlic Bread 7 Layer Salad Milk 26	Seaburger Mashed Potatoes Apple Rings on Lettuce Milk 27
Ring Bologna Whipped Potatoes/ Butter Green Grapes Bread/Butter Chocolate Milk 30				

ATTENTION: Oneida Tribal Members

If your home needs repair, can it be brought to standard condition? YES NO
If yes, how much would it cost to repair?

Estimate Cost

- A — \$0 — \$5,000
- B — \$ 5,000 — \$10,000
- C — \$10,000 — \$15,000
- D — \$15,000 — \$20,000
- E — Over \$20,000

Any estimates can be taken by a local contractor or lumber yard.
Please bring these estimates with you or send them in with your application.
If you have any further questions, please feel free to contact this office.

NOTE: APPLICATIONS WILL BE ACCEPTED ACCORDING TO DATE ORDER IN EACH CATEGORY.

Please Return to:

Home Improvement
P.O. Box 365
Oneida, WI 54155
Attention: Jerry Kurowski

Norbert Hill Center

Did you know?

Norbert Hill Center has 3 new chiefs. There's the Little Chief, the Big Chief and the Super Chief. Word has it they are the **hottest** thing in Oneida! You can even take one home with you. How would you like to meet them? Come to the dining room and order your favorite. Cheese and sausage; cheese; cheese, sausage and pepperoni or mushrooms, or a special. Well, by now you've guessed! The Chiefs are 12", 14" and 16" pizzas — made fresh at Norbert Hill Kitchen. You can take them home and bake them, or we bake them for you. Come in and get your Chief, everyone is!

* Also available to be made for groups interested in selling pizzas for fund raising.

Building & Grounds Automotive Customers

As of September 1st we will no longer be able to service public customers, except for tires. We are in the process of restructuring and hope that in this process we will be better able to serve you in the future.

Thank you for the past and present opportunity to serve you. We will let you know when we will be open for business again.

Pete M. Jordan
Plant Manager

EDUCATION

Oneida Education Office Has Moved

We've moved and we're sorry for the inconvenience. The Oneida Education office now has a new look and a new name. We've joined forces with the JTPA program to provide a more comprehensive education and training program for members of the community. We're still located in the Norbert Hill Center, but our new offices are located in the main corridor on the second floor. Cheryl Van den Berg will be in room 1355, Sue Daniels in room 1356 and Ron Skenandore in Room 1363. Our phone numbers are the same, 869-2111 and 869-2173. Stop up and see our new look.



The Association of American Indian Physicians Receives The Pew Memorial Trust Grant

The Association of American Indian Physicians has been awarded a grant in the amount of \$415,000 from THE PEW MEMORIAL TRUST of Philadelphia, Pennsylvania for the purpose of assisting and supporting American Indian students who are in the educational and training phases of becoming health professionals.

The activities contained in the grant proposal will be directed and managed out of the AAIP Executive Office located in Oklahoma City, Oklahoma. The "American Indian Health Professional Assistance Program" is the title of the project, and consists of three major components. These components will be implemented to identify American Indian college undergraduates and graduate students who are seeking entrance to, or require assistance in order to remain in and graduate from a school of medicine, osteopathy, dentistry, veterinary medicine, optometry, pharmacy, and podiatry.

The major components of the program are:

CLINICAL CLERKSHIPS

The purpose of this component is to facilitate a meaningful experience for Indian medical students at tribally managed health facilities and urban Indian health clinics. Medical students will receive funds for transportation and room and board expenses for a six week clerkship.

SCHOLARSHIPS

As a result of THE PEW MEMORIAL TRUST grant award, the AAIP will award five scholarships to Indian students who are enrolled in medicine, osteopathy, dentistry, veterinary medicine, optometry, pharmacy, and podiatry. Students selected for the scholarships must show that their financial resources are limited. Only those students exhibiting the greatest potential for devoting most of their medical career to the provision of health services to American Indians will be considered for the scholarships.

