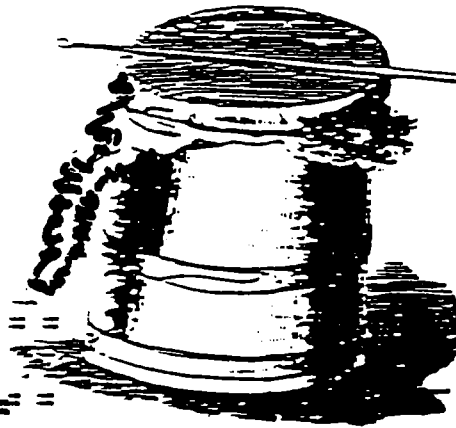


DRUMS ACROSS ONEIDA

134 Riverdale Drive
P.O. Box 365
Oneida WI 54155
920-869-1551 (Senior Center)
920-869-2448 (Elderly Services)



SENIOR CENTER

=====

LEIGH CAMPSHURE, EDITOR

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JULY, 1999

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THE ABC's Of Life's Treasures

A - air, ancestors, angels, animals
B - babies, birds, breath, brothers
C - children, challenge, compassion
D - day, delight, dignity, devotion
E - earth, energy, enthusiasm
F - family, father, faith, friends
G - God, grandchildren, grandparents
H - happiness, health, hugs, humor
I - imagination, insight, integrity
J - joy, journey, judgment, justice
K - knowledge, kin, keepsake
L - life, love, laughter, liberty
M - mother, moon, music, mercy

N - nature, neighbors, nurturing
O - Oneida, optimism, oneness,
P - patience, peace, prayer, passion
Q - quiet, questions, quest
R - rest, rain, rhythm, rituals
S - seasons, sisters, smiles, spirit
T - traditions, trees, trust, taste
U - understanding, universe
V - values, vacations, voice
W - wellness, wisdom
X - eXperience
Y - youth, yes, yesterday
Z - zeal, zest, zip

ELDERLY SERVICES COMPLEX:

2907 S. Overland Road (P.O.Box 365)
Oneida WI 54155
920-869-2448

Program Director
Assistant Program Director
Benefits Specialist Supervisor
Benefits Specialist
Elder Abuse Coordinator
Elderly Services Coordinator
Administrative Assistant III
Recording Secretary
Transportation Coordinator
Activity Coordinator
Outreach Worker
In-Home Chore Worker
In-Home Chore Worker
Respite Care Worker
Respite Care Worker (E.T.)
Administrative Assistant I
Administrative Assistant III (E.T.)

Roberta Kinzhuma
Vacant
Lori Metoxen
Loretta Skenandore
Karen Rusch
Scharlene Kasee
Michelle Rodriguez
Vacant
Lorna Christjohn
Terry Reed
Vacant
Joanne Close
Lorleen John
Amy Sumner
Josephine Doxtator
Noreen Powless
Marsha Salzman

ONEIDA SENIOR CENTER:

134 Riverdale Drive (P.O. Box 365)
Oneida WI 54155
920-869-1551

Head Cook Supervisor
Assistant Cook
Relief Cook
Relief Cook
Home-Delivered Meals Driver
Maintenance Supervisor
Home Repairs Coordinator
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Home-Chore Worker
Outreach Worker
Kitchen/Dining Assistant
Custodian
Clerical Relief
File Clerk

Brenda Jorgenson
Loretta Mencheski
Betty Jorgenson
Althea Schuyler
Cathlyn Warnke
Robert LaGest
Richard Summers
Lee Domencich
Lloyd Davis
Lisa Huff
Denise Johnson
Jerry Powless
Warren House
Winona Mencheski
Richard Dodge
Elda Swamp
Marie Scott

JULY, 1999

ANNOUNCEMENTS & REMINDERS

June 30 - 7/1	Governmental Services "Community Fair" at Parish Hall
July 01	Rural Development at Oneida Senior Center, 9:30 a.m. - 12:30 p.m.
July 02-03-04	Oneida 27th Annual Pow Wow, Norbert Hill Center
July 04	Pow Wow Parade
July 05	Holiday (Observed) for 4th of July - Oneida Senior Center and Elderly Services are closed
July 06	* Elderly Services Staff Meeting, 8:00 a.m. at Oneida Senior Center
July 07	Kalihwisaks Deadline
July 13	ONCOA Board Meeting at Elderly Services, 1:00 p.m.
July 14	Casino Bingo for Elders
July 15	Newsletter Deadline for July. We welcome all articles.
July 15	Rural Development at Oneida Senior Center, 9:30 a.m.-12:30 p.m.
July 21	Elder Law Day, Parish Hall, 9:00 a.m. - 12:00 p.m.
July 21	Kalihwisaks Deadline
July 24	5th Annual Cultural Festival, Oneida Nation Museum
July 28	Alzheimer's Support Group, 10:00 a.m. to 12:00 p.m., Elderly Services Complex
July 28	"The Night in the Park" event at Site II Park sponsored by Oneida Housing
July 28	Full Moon
July 29	Elders' Birthday Party with Music by Woody Webster, Oneida Senior Center, 11:00 a.m. to 1:00 p.m.

***Elderly Services Staff meetings are held every Tuesday morning at 8:00 a.m. at the Oneida Senior Center. Anyone is welcome to attend.**

**ADVANCE WEEKEND TICKETS
COST OF \$8.00
AVAILABLE AT:
BINGO GIFT SHOP
COMPLIANCE OFFICE, RIDGEVIEW PLAZA
SEOTS OFFICE, MILWAUKEE
OR
CALL 496-7897**

Dont' forget!!

Mark your calendars and clear your schedules!!

The Second Annual Governmental Services Division "Community Fair"



is coming!!
June 30 and
July 1, 1999!!



What can you hope to
see and do?

It's a family event with food,
informational booths, meet McGruff the
Crime Fighting Dog, see what types of
services the Governmental Division has
to offer the Oneida Community!!

Come and have fun!! Win Prizes!!
And ENJOY!!!

Where is all the fun?

At the

Oneida Parish Hall!!



ELDERS: COME AND ENJOY THE GSD FAIR

June 30

- 11:00 Opening Ceremony
- 11:15 Industrial Hygiene - *"Getting the Lead Out: Lead in Household Paint"*
- 11:30 Community Health Nursing - *"1,2,3's of Preventing Diabetes"*
- 11:45 Community Health Nursing - *"Let's Talk about Diabetes, A Question and Answer Session"*
- 12:00 Language Revitalization Program - *"Games - favorite games in the Oneida Language"*
- 12:30 Community Education - *"Oneida Education Jeopardy"*
- 12:45 Higher Education - *"Egg-cited about Education"*
- 1:00 Youth Education Services - *"Insults and Criticism, It hurts when you say..."*
- 1:30 Health Promotion - *"We Can All Be Peacemakers"*
- 1:45 Conservation - *"Priority Watershed Program"*
- 2:00 Employee Assistance Program - *"Depression in the Workplace"*
- 2:30 Health Promotion - *"Come Join the Oneida Nation Laughing Club"*
- 2:45 Conservation - *"Hook and Line Knot Tying"*
- 3:00 Conservation - *"Proper Fish Filletting Techniques"*
- 3:15 Conservation - *"Proper Techniques to Reduce Exposure Risk in Fish Fillets"*
- 3:45 Cultural Heritage - *"Social Dancing - a presentation with participation"*
- 4:00 Health Promotion - *"Yoga, Yoga, Yoga and You"*
- 4:30 Health Promotion - *"Relaxing Breath"*
- 5:00 Oneida Tribal Social Services - *"Strengthening the Family - an interactive skit"*
- 5:30 Duck Creek Theatre - *"Acting Out!"*
- 6:00 Oneida Nation Arts Program - *"Getting Jiggy - A Jigging Contest"*

July 1

- 9:30 Solid Waste & Recycling - *"Make It Second Nature"*
- 9:45 Oneida Police Department - *"Canine Unit Demonstration"*
- 10:00 Conservation - *"Surveying Techniques"*
- 10:15 Youth Education Services - *"Insults and Criticism, It hurts when you say..."*
- 10:30 Environmental Safety - *"Fall Safety"*
- 10:45 Health Promotion - *"We Can All Be Peacemakers"*
- 11:00 Language Revitalization Program - *"Games - favorite games in the Oneida Language"*
- 11:30 Parks and Recreation - *"You and Recreation"*
- 11:45 Health Promotion - *"Come Join the Oneida Nation Laughing Club"*
- 12:00 Oneida Tribal Social Services - *"Strengthening the Family - an interactive skit"*
- 12:15 Oneida Library - *"Storytelling for Everyone"*
- 12:30 Employee Assistance Program - *"Depression in the Workplace"*
- 12:45 Cultural Heritage - *"Social Dancing - a presentation with participation"*
- 1:00 Conservation - *"Wildlife and Track Identification"*
- 1:15 Community Health Nursing - *"1,2,3's of Preventing Diabetes"*
- 1:30 Community Education - *"Oneida Education Jeopardy"*

MEALS WILL BE SERVED.

ONEIDA

27TH ANNUAL POW-WOW

JULY 2-4, 1999

NORBERT HILL CENTER POW-WOW GROUNDS
ONEIDA, WISCONSIN

7 miles West of Green Bay just off Highway 54

ADMISSION

SPECTATORS

Weekend Pass \$10.00
 Daily Pass \$5.00
 Advance Purchase
 Weekend Pass \$8.00
(Available at Oneida Retail Stores 6/99)
 65 yrs. and over Free
 6 yrs and under Free
(Identification may be required.)

DANCERS

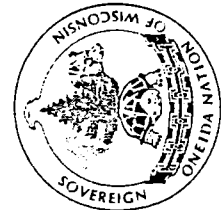
Weekend Pass: \$5.00
(Must be registered to receive discount.)

GRAND ENTRIES

Friday, July 2 7:00pm
 Saturday, July 3 1:00pm & 7:00pm
 Sunday, July 4 12:00 noon
(Gates open at 4pm on Fri. and 9am on Sat. and Sun.)

REGISTRATION HOURS

Friday, July 2
 Saturday, July 3
 4:00 pm-8:00 pm
 9:00 am-12:30 pm



Radisson
 INN - GREEN BAY

FOX 11
 YOUR HOME TEAM

INVITED DRUMS

- Zotigh
- Eyabey
- Mandaree
- Badgers
- Northern Wind
- Whitefish Bay
- Iroquois Nation
- Eagle Feather

Sound system by
PM PRODUCTIONS

RADISSON INN - GREEN BAY

POW WOW PACKAGE:

Deluxe Accommodations
 July 1 - July 6, 1999
 Phone for reservations (920) 494-7300
 or 1-800-333-3333
 Rooms upon availability. Tax not included.
 Contact: **All Nations Travel**
 for your Traveling needs.
 1-800-659-2075 ext. 4445 or 4382

ONEIDA POW-WOW COMMITTEE

Lloyd Powless, Chairperson
 Darlene Neconish, Vice-Chair
 Lance Kelley, Treasurer
 Jean Webster, Secretary
 Lisa Oudenhoven
 Laura Cornelius
 Greg Matson
 Butch Summers
 Michelle King

1-800-236-2214 OR 920-496-7897

PUBLIC IS WELCOME

DANCE CATEGORIES AND PRIZES

Golden Age (50 & Over)

Men and Women - All Categories

1st-\$1200, 2nd-\$700, 3rd-\$500, 4th-\$300,
5th-\$100

Adults (18-49)

Mens - Traditional, Grass, Fancy

Womens - Traditional, Jingle, Fancyshawl

1st-\$1200, 2nd-\$700, 3rd-\$500, 4th-\$300,
5th-\$100

Youth (13-17)

Teen Boys - Traditional, Grass, Fancy

Teen Girls - Traditional, Jingle, Fancyshawl

1st-\$400, 2nd-\$200, 3rd-\$100, 4th-\$50, 5th-\$25

Juniors (17-21)

Boys - Traditional, Grass, Fancy

Girls - Traditional, Jingle, Fancyshawl

1st-\$150, 2nd-\$100, 3rd-\$75, 4th-\$50, 5th-\$25

Tiny Tots (6 and under)

Paid \$2.00 Daily (Sat. and Sun.)

*Smoke Dance

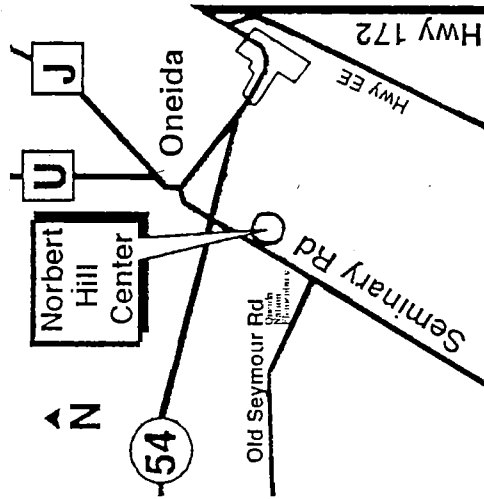
Men and Women

1st-\$500, 2nd-\$300, 3rd-\$200, 4th-\$100,
5th-\$50

*MENS FANCY TROPHY DANCE

Cash prizes also

* Indicates special contest and dancers must be in full
Irroquois regalia to win or collect prize money



THE PUBLIC IS WELCOME!

Dancers **MUST** provide social security number to be eligible for prize money and **MUST BE IN FULL REGALIA** to receive prize money.

The Oneida Pow-Wow invites you to stay with us and in doing so, we also want you to have a pleasant experience. We have designated the following rules for the safety and enjoyment of all who attend our event. Disregard for the safety rules which the Oneida Pow-Wow Committee has established may result in ejection from the event without refund and/or notification to local law enforcement. Please keep in mind that these established rules are for the benefit of everyone in attendance. If you should have any questions, concerns or suggestions on how to make our event better, please contact a member of the Pow-Wow Committee.

ALL RAFFLES MUST BE REGISTERED WITH THE POW-WOW COMMITTEE AND CALLED DURING THE POW-WOW.

24 HOUR SECURITY WILL BE PROVIDED ON POW-WOW GROUNDS

Alcohol, drugs, fireworks or firearms will not be tolerated.

No open fires, no animals or pets allowed. Swimming will be allowed only at designated times when a lifeguard is on duty. The Oneida Nation and the Pow-Wow Committee are not responsible for accidents, lost articles or theft. Free camping on pow-wow grounds is available at your own risk. A vehicle pass must be obtained from the security booth. All campers 17 yrs. and under must be accompanied by an adult. No RVs will be allowed on pow-wow grounds.

Special RV location available. Please see security booth for location.

FOR MORE INFORMATION REGARDING THE 1999 ONEIDA POW-WOW

PLEASE CONTACT

LLOYD POWLESS AT 1-800-236-2214 OR (920) 496-7897

LOCAL CAMPGROUNDS

• Happy Hollow Camping Resort (920) 532-4386

• Brown County Fairgrounds (920) 448-4466

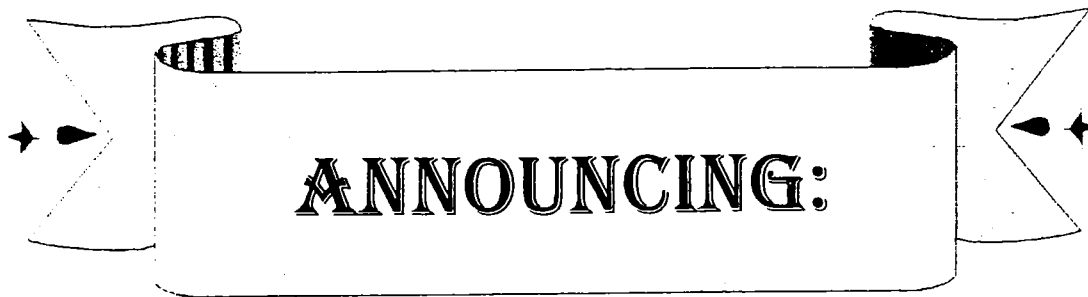
• Shady Acres Campsites (920) 863-8143

ONEIDA

POW-WOW

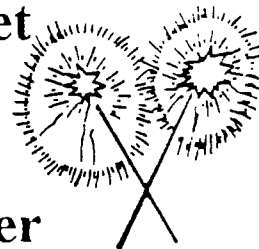
JULY
2-4,
1999

*We have
good medicine*



RAFFLE WITH WONDERFUL PRIZES

- | | |
|------------|---|
| 1st | Doll in full Native American Costume & accessories |
| 2nd | Blanket - Native American pattern |
| 3rd | Food Pack - Variety Cheeses & Sausages |
| 4th | Baby Basket - With Quilt & Toy |
| 5th | Eagle Painting - Matted & framed |
| 6th | Barrette - White Beaded Bird on Velvet |
| 7th | Gift Certificate - ½ hr. Massage |
| 8th | Puzzle - Native American Lands |
| 9th | Barrette - Green & Gold Packer Backer |



CHANCES ARE 3/\$1.00 OR 20/\$5.00

CONTACT JEANNETTE AT ELDERLY SERVICES TO BUY YOUR CHANCES OR PHONE HER AT 869-2448, EXT. 4972, IF YOU HAVE ANY QUESTIONS. THE DRAWING WILL BE AT THE POW WOW ON JULY 3, 1999. YOU NEED NOT BE PRESENT.

GOOD LUCK!

All proceeds will benefit the Special Activities Club which is sponsored by Oneida Community Options. A Picture of the prizes can be seen on bulletin boards at Elderly Services and the Oneida Senior Center.

MEMO:
From the Oneida Recreation Department

**We will be selling discount WPRA tickets for special attractions again this year. The tickets may be purchased at the Recreation Department Monday through Friday from 8:00 a.m. to 9:00 p.m.
For more information, please contact Robbie or Tracey at 869-1088.**

SIX FLAGS GREAT AMERICA

Gate Price: \$36.00 Adult \$18.00 Child (48" & Under)
"WPRA Week" (July 11-17) Recreation Price \$21.50 Adult
"ANYDAY" \$28.50 Adult
We do not offer Child discount tickets.

NOAH'S ARK

"All Day Unlimited Use Pass"
Gate Price: \$25.43, Recreation Price: \$18.75
Free: Children 2 and under

MILWAUKEE ZOO

Gate Price: \$8.00-Adult, \$6.00-Child (3-12)
Recreation Price: \$5.50 Adult, \$4.00 Child
Free: Children 2 and under

RAINBOW FALLS

"Day Pass"
Gate Price: \$16.95, Recreation Price: \$11.75
Free: Children 2 and under

RIVERVIEW PARK & WATERWORLD

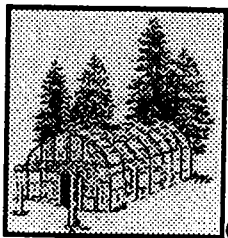
"All Day Pass"
Gate Price: \$16.87, Recreation Price: \$10.25
Free: Children 5 and under

ORIGINAL WISCONSIN DUCKS

Gate Price: \$14.50-Adults, \$8.75-Child (6-11)
Recreation Price: \$12.00-Adults, \$7.75-Child
Free: Children 5 and under

SHIPWRECK LAGOON MINI-GOLF

"18 Holes"
Gate Price: \$6.30 Recreation Price: \$3.50
Free: Children under 3



Oneida Nation Museum

THE ART OF RAISED BEADWORK

Summer 1999

Participants will be taught the art of basic and advanced techniques of Iroquois raised beadwork on velvet (embossed beadwork on new velvet material) and leather techniques using Eastern Woodland floral and bird motifs. Three classes instructed by Samuel Thomas and assisted by Lorna Hill will be offered. Each class will provide instruction, all materials and tools needed to complete two projects. Provisions will be made to accommodate participants with children. Children will be able to create their own separate projects involving beads and velvet (such as a small picture frame). The instructors for this class are expert raised beadworkers who have been practicing and teaching this art for 20 years. Through their experience and teaching, they have achieved the level of true art in raised beadwork.

Project A--Bird (8 hours)

July 6 6:00pm-10:00pm

July 8 6:00pm-10:00pm

LOCATION: Decaster Garage

Project A--Stuffed velvet bird pincushion with attached beaded wings and tail. Participants will be taught the following: cutting pieces from paper pattern, cutting velvet, cutting interfacing, sewing bird body portion, beading bird body portion, beading wing and tail portion, using basic methods of border application techniques and basic beadwork application (e.g. leaf and stem design), edging techniques, stuffing body portion, backing tail and wings with calico material, attaching tail and wings, beading handle.

Project B--Pincushion (12 hours)

July 10 11:00am-5:00pm

July 11 11:00am-5:00pm

Location: West Conference Room, Casino

Project B--Larger size pincushion/pillow with Eastern Woodland raised floral and bird motifs.

Participants will be taught the following: proper color selection of beads and materials, cutting velvet, interfacing and paper facings, advance border techniques, outlining and filling in flower, hummingbird design, stem and leaf application, binding project with satin ribbon, stuffing project, and advanced edging techniques.

Project C--Leather Pipe Bag (16 hours)

July 17 10:00am-6:00pm

July 18 10:00am-6:00pm

Location: West Conference Room, Casino

Project C--Deerskin pipe bag with beaded (embossed) velvet panel. Participants will be taught the following: cutting panel from velvet, interfacing, paper facings, utilization of basic and advanced border techniques (see projects A and B), cutting deer skin, cutting lace, proper use of a leather punch, lacing sides of bag together, attaching beaded velvet panel, attaching fringes, lining bag and finishing.

****MATERIALS FOR PROJECTS WILL BE PROVIDED TO CLASS PARTICIPANTS ONLY****



Oneida Nation Museum

THE ART OF RAISED BEADWORK
REGISTRATION FORM
SUMMER 1999

Name _____ Date _____

Street Address _____

City, State, Zip _____ Phone _____

Oneida Enrollment#: _____

Have you taken any raised beadwork classes with Sam Thomas? ☐ YES ☐ NO

Do you have a child to bring? ☐ YES ☐ NO (age 10 or older only--one child per paid adult)

Class	Dates	Times	Fee Per Participant	No. Attending	Total
Bird	Tues/Thurs July 6&8	6:00-8:00 pm (Decaster Garage)	\$15.00		
Pincushion	Sat/Sun July 10&11	11:00am-5:00pm (West Conf. Room, Casino)	\$20.00		
Pipe Bag	Sat/Sun July 17&18	10:00am-6:00pm (West Conf. Room, Casino)	\$25.00		
All Classes	See above times and dates		\$40.00		
TOTAL AMOUNT DUE					


Send your check made out to the Oneida Nation Museum and completed registration form to: Oneida Nation Museum, Beadwork Class, P.O. Box 365, Oneida, WI 54155. Cash payment must be made at the Oneida Nation Museum, W892 County Trunk EE (near the intersections of County Roads E & EE).

Deadline for registration is June 30, 1999.

For more information regarding this class, contact Karen Brockman at the Oneida Nation Museum at 920-869-2768.

****MATERIALS FOR PROJECTS WILL BE PROVIDED TO CLASS PARTICIPANTS ONLY****

July Menu 1999

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Meals subject to change.	Meals served with coffee, tea and milk.	1 Tator Tot Casserole Green Beans WW Bread Grape Juice Ice Cream	2 Bacon Eggs Cornmeal Toast Cranberry Juice Mandarin Oranges
5 Closed in observance of Independence Day	6 Chicken Noodle Soup Fresh Bread Orange Juice Pears	7 Beef Patties Pasta Salad WW Bread Cranberry Juice Blueberries	8 Beef Roast Potatoes Green Beans Whole Wheat Bread Pineapple Tidbits	9 S.O.S. Eggs Pineapple Juice Toast Grapefruit Sections
12 Tuna Salad Croissants Cottage Cheese Tomato & Cucumber Slices Strawberries	13 Tomato Soup Peaches Egg Salad Sandwiches on Whole Wheat Bread Cranberry Juice	14 Ham & Scalloped Potatoes Peas Whole Wheat Bread Orange Slices	15 Barbequed Ribs Potatoes Broccoli Whole Wheat Bread Diet Jello	16 Sausage French Toast Orange Juice Mixed Berries
19 Spanish Rice Green Beans Whole Wheat Bread Orange Juice Mandarin Oranges	20 Cal. Blend & Cheese Soup Fresh Rolls Apple Juice Melon	21 Corn Soup Baking Powder Bread Cranberry Juice Strawberry Shortcake	22 Lasagna Garlic Bread Lettuce Salad/Green Peppers Pineapple Tidbits	23 Scrambled Eggs with Ham, Peppers & Onions Toast Peaches Pineapple Juice
26 Ham Sweet Potatoes Green Beans Whole Wheat Bread Peaches	27 Chili Whole Wheat Bread Cucumber Salad Grape Juice Apple Sauce	28 Liver & Onions Potatoes California Blend Veg. Whole Wheat Bread Blackberries	29 BIRTHDAYS Pork Roast Potatoes Corn Whole Wheat Bread Jello Cake	30 Sausage Pancakes Orange Juice Mixed Berries

YOU ARE INVITED TO ATTEND THE
ALL NATIONS POTLUCK PICNIC,
HOSTED BY THE ONEIDA TRIBE OF
INDIANS OF WI AND THE UNITED
AMER-INDIAN CENTER OF GREEN BAY.

WHEN: JULY 14, 1999 10:00 TO 3:00

WHERE: AT PAMPERIN PARK IN
GREEN BAY

Please RSVP by July 9th to Michelle or
Darlene at 1-800-867-1551 or Candy at 920-
436-6630. At that time you can also let us
know how many elders will be attending &
what dish or food item your tribe will be
bringing to pass. Meat, beans, and cake will
be provided.

Come enjoy yourself with a day full of fun,
games and entertainment.

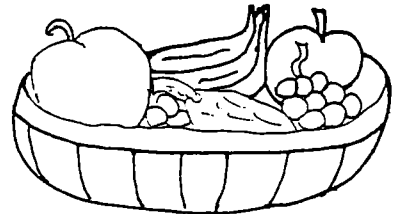
ENTERTAINMENT PROVIDED BY: WOODY WEBSTER AND WOLF RIVER BAND

NYATE KU KAKSA·KU WA?TEYΛ·TU

Fruit Dish

OLD FASHIONED BERRY COBBLER

1 egg
1 cup of sugar
3 tablespoons melted butter
1/3 cup of milk
1/2 cup sifted all purpose flour
2 teaspoons baking powder
1/2 teaspoons salt
4 cups of berries
1/4 teaspoon ground nutmeg
1/4 teaspoon ground cinnamon



Beat together, 1 egg, 1/2 cup sugar, the butter and milk. Sift together flour, baking powder and salt. Beat into egg mixture. Put in greased baking dish (12x8x2inches). Top fruit with batter, spreading smoothly. Bake in moderate oven (375F) for 30 minutes or until crust is golden brown. Serve hot with cream or custard. Serves 6.

From:
THE THREE SISTERS
COOKBOOK

EATING FOR BETTER HEALTH

Foods	Health Benefits	How Much to Eat	What To Look For
Broccoli	May reduce risk of cancer & cataracts. Helps reduce risk of heart disease & stroke. Helps combat anemia.	One to three 6-oz. servings a week may reduce cancer risk.	Look for broccoli with deep green color & crisp leaves.
Cabbage	Can reduce risk of cancer, heart disease, stroke & cataracts. Speeds healing of ulcers.	One 4-oz. serving a week may reduce risk of colon cancer.	Bright, fresh heads. Use them before they toughen.
Carrots	Helps protect against cancer, especially lung cancer. Can lower cholesterol.	One large carrot a day increases the body's level of beta carotene.	Thicker carrots can be tough, but contain more beta carotene than younger, thinner ones.
Chili Peppers	Reduce risk of blood clots, stimulate circulation. Clear congested airways, aids digestion, increase the body's calorie-burning rate.	Two teaspoons of fresh jalapenos a day is enough to benefit circulation & clear airways.	Choose fresh chilies instead of dried ones, which retain little Vitamin C.
Garlic	Can subdue many infections & may protect against colds, flu, etc. Helps reduce cholesterol & dilate blood vessels. Lowers blood pressure, reduces risk of blood clots.	One or two fresh garlic cloves a day can improve heart health substantially within several weeks.	Choose fresh garlic instead of garlic powder.
Onions	Help reduce risk of heart disease and stroke. Can help bronchial congestion. Aids cancer resistance.	Half an onion a day. Raw onions have the most health benefits.	Fresh onions with no soft spots.
Oranges	Promote the immune system. May reduce the risk of some cancers. Can help lower cholesterol. Improve iron absorption.	Any amount can improve health. Eating 1/4 lb. of oranges per day can substantially reduce cancer risk, studies have found.	Heavy, ripe ones. Blood oranges have the most beta carotene.
Sweet Potatoes	Can help regulate blood pressure. May help reduce risk of heart disease, stroke, some cancers and cataracts.	One sweet potato supplies the RDA of beta carotene, more than double the RDA of Vitamin E, and half the *RDA of potassium.	Firm, smooth-skinned sweet potatoes.

*Recommended Dietary Allowance

5/25/99

Dear Leigh,

Thank you so much for including the museum doll exhibit in the Senior Center newsletter!

I really appreciate it!

If you would like to arrange a tour of the museum, there is no cost to tribal members or employee. Call Vickie Cornelius at 869-2768 to set up a time. We would love to have a group (or several groups)!

Karen Brockman

Thank you from Woodrow Webster to the Elderly Services Coordinator, Scharlene Kasee and the Conservation Department for doing an excellent job clearing his property.

Attention as of 6/14/99 the Elder Bingo sessions in Site II will be cancelled due to the beginning of their 1999 Summer Youth Programs. Bingo is expected to resume in the Month of August. Please watch your August Newletters for Elder Bingo information.

The anatomy of memory

Memory is as natural to us as breathing. It is an ability we all have, yet rarely ever think of — unless we perceive that we are losing that ability. Memory lapses are an annoyance in themselves, but worse is the anxiety that often comes along with them. Probably the greatest fear provoked by lapses in memory is that of Alzheimer's disease, a progressive and debilitating disease that usually starts in midlife with minor defects in memory and behavior. Although this is a fairly common disorder among older people, it is important to realize that most memory lapses have nothing to do with Alzheimer's disease.

People have come to expect that, as they age, their ability to remember will begin to deteriorate; that their powers of recall will diminish. This is not necessarily true. The aging process itself has little, if any, bearing on the ability to recall information. Occasional memory lapses are a natural, normal part of life at virtually any age, but with proper diet and nutrition, the memory should remain sharp and active well into one's 90s or beyond.

Some other key brain-boosting nutrients to consider are:

DHA (docosahexaenoic acid)	vitamin B6/pyridoxine (alone)
choline	vitamin C
manganese	vitamin E
vitamin B complex	zinc
flush-free vitamin B3/niacin (alone)	lecithin (granules or capsules)
vitamin B5/pantothenic acid (alone)	CoQ10

Herbs: *Ginkgo biloba*, anise, blue cohosh, ginseng, and rosemary

[From *Prescription for Nutritional Healing*, 2nd Ed., by James F. Balch, M.D., and Phyllis A. Balch, C.N.C. Copyright 1997. Published by Avery Publishing Group, Inc., Garden City Park, New York, 1-800-548-5757. Used by permission.]

“ CARE OF THE CARE GIVER.”

WHAT ABOUT ME?

CARE FOR YOURSELF HAS TO COME FIRST IF YOU WANT TO BE ABLE TO CARE FOR OTHERS. CARE GIVING IS A VERY STRESSFUL EXPERIENCE--- FEW SAY IT'S AN EASY JOB.

IT CAN BE:

***PHYSICALLY AND EMOTIONALLY STRESSFUL TO ALL INVOLVED.
YOU MAY FEEL INADEQUATE, ANGRY AND FRUSTRATED.
YOU MAY HAVE LITTLE TIME FOR YOURSELF.
YOU MAY FEEL GUILTY FOR HAVING THOSE FEELINGS.
YOU MAY BEGAN HAVING PHYSICAL AND EMOTIONAL PROBLEMS.***

LEARN TO ASK FOR HELP. DON'T WAIT FOR A CRISIS TO OCCUR.

TAKE THE STEP TO SEEK ASSISTANCE NOW.

CARE GIVERS ARE MANY AND NOT ALONE WHO NEED A SUPPORT SYSTEM TO ALLOW THEM TO GAIN STRENGTH FROM OTHERS, LEARN ABOUT RESOURCES WHO CAN ASSIST, AND LEARN TO TAKE BREAKS FROM CARE GIVING TO REFRESH YOURSELF, MAINTAIN YOUR HEALTH AND AVOID BURNOUT.

TO ASSIST YOU IN THIS DIFFICULT TASK CONTACT:

**ONEIDA ELDERLY SERVICES 869-2448
MEETS THE LAST WEDNESDAY OF EACH MONTH
10AM UNTIL NOON
COME TO “CARE FOR CARE GIVERS SUPPORT GROUP.”**

OUTDOORS

Y	R	W	I	N	D	S	T	E	U	W	D
K	C	Y	E	E	S	M	O	L	X	C	R
S	T	R	E	A	M	I	O	B	U	L	B
I	F	W	R	J	R	R	R	B	U	J	K
O	W	G	E	N	U	T	U	E	L	S	D
K	E	Z	V	T	G	R	H	P	T	T	H
R	T	T	O	K	H	J	F	L	N	F	V
T	D	T	R	S	Y	R	F	V	A	M	V
U	G	A	G	U	K	Y	O	E	L	N	T
I	B	R	Z	C	N	G	L	S	P	S	D
G	F	M	O	S	S	K	T	R	E	E	Z
Z	T	R	L	W	T	C	S	N	G	P	O

BARK
 BULB
 BUSH
 EARTH
 GRASS
 GROVE
 GROW
 LAND

LEAF
 MOSS
 NEST
 PEBBLE
 PLANT
 ROCK
 ROOT
 ROSE

SHRUB
 SKY
 STREAM
 TREE
 TRIM
 TRUNK
 WEED
 WIND

ELDERS CELEBRATE JULY BIRTHDAYS

JOIN US AT THE ONEIDA SENIOR CENTER JULY 29, 1999.

Nellie Acheson	7/28
Sarah Andrews	7/11
George Arndt	7/16
Elizabeth Bailey	7/16
Evelyn Baird	7/01
Julie Barton	7/20
Donald R. Bean	7/01
Patricia M. Benson	7/13
Lillian Bischoff	7/16
Geraldine Brass	7/31
Bill Cooper	7/18
Alice Cornelius	7/10
Clarence Cornelius	7/26
Dellora Cornelius	7/20
Earl Cornelius	7/15
Eva Cornelius	7/13
Harry Cornelius	7/04
Marie Dalton	7/02
Irene Danforth	7/14
Louis Danforth	7/04
Marilyn Danforth	7/07
Mary Danforth	7/04
Erma Denny	7/30
Martin Denny	7/19
Arlie Doxtator	7/24
Cleveland Doxtator	7/08
Shirley Doxtator	7/31
Arlene Elm	7/19
Gordon F. Fabian	7/29
Tom Gierczak	7/25
John Hill	7/05
Peter Hill	7/06
Francis House	7/07
Winnie Howard	7/20
Harold Huff	7/12
Darwin John	7/04
Irving John	7/08
Ronald John	7/09
Heleema Jordan	7/27
Harold King	7/28

HAPPY, HAPPY BIRTHDAYS!

James Marundee	7/20
Ruth Melchert	7/22
Russell Metoxen	7/06
Theresa Morgan	7/03
Rosella Moss	7/04
Marlene Murazewski	7/10
Vernon N. Ninham	7/11
Lorraine Penn	7/07
Anna Peotter	7/28
Paul Peterson	7/12
Richard Phillips	7/11
Leatrice Powless	7/12
Shirley Powless	7/25
Walter Reed	7/05
Edward E. Retzlaff	7/16
Kenneth Schuyler	7/12
Barbara Skenandore	7/01
Bette Skenandore	7/20
Cecil Skenandore	7/15
Laverne Skenandore	7/22
Lorraine Skenandore	7/24
Elizabeth Smet	7/21
Evens P. Smith	7/15
Nathan Smith	7/29
Reka Smith	7/26
Rosetta Stevens	7/05
Amanda Summers	7/13
James Summers	7/22
Elda Swamp	7/30
Sherman Thomas	7/06
Shirley Thomas	7/11
Rosella Van Boxel	7/15
Donald Vandevort	7/14
Millie Ver Brugger	7/07
Geneviene Verhein	7/19
Benjamin Vieau	7/07
Bernard Webster	7/07
Loretta F. Webster	7/25
Violet Webster	7/13
Dorothy D. Winze	7/04

Birthdays for our elders are celebrated on the last Thursday of every month. If you would like your birthday on our list, please visit us at the Oneida Senior Center, 134 Riverdale (Hwy. J.) have luncheon and sign the birthday book.

Elder Law Day

When: Wednesday July 21st, 1999

Where: Parish Hall

Time: 1:00p.m.-4:30p.m.

Includes:

Oneida Probate and Indian Wills

Elder Abuse

Scam Awareness

Wills

Durable Power of Attorney-Financial

Health Care Power of Attorney and Living Wills

Computer Scam and Internet Awareness

Landlord Tenant Issues

Guardians for life for pets



Join us for lunch at the Senior Center on RiverDale, at 12:00p.m.-12:45p.m.. Before this event, we will have the following legal lunch!!!

****Corn Soup***

****Strawberry ShortCake***

****Door Prizes***

And More! Hope to see you there

Please r.s.v.p. by July 9th.

(920)-869-2448 OR (920)-869-1551

CULTURAL ENRICHMENT

BY

NORMA GENERAL

FOR ALL ONEIDA ELDERS

AUGUST 6, 1999 AND DECEMBER

3, 1999

9:00 A.M. TO 1:00 P.M.

ELDERLY SERVICES COMPLEX

(CONFERENCE ROOM)

LUNCH WILL BE PROVIDED

IF INTERESTED PLEASE CALL 869-2448

HOPE TO SEE YOU THERE !!!!

* THE PERSON WHO BRINGS THE MOST
GUESTS TO THIS EVENT WILL RECEIVE A
SPECIAL APPRECIATION GIFT.

JOKE PAGE

Sitting on the side of the highway, waiting to catch speeding drivers, State Police Officer sees a car puttering along at 22 MPH.

He thinks to himself, this driver is just as dangerous as a speeder!" So he turns on his lights and pulls the driver over.

Approaching the car, he notices that there are five elderly people - two in the front seat and three in the back - eyes wide and white as ghosts.

The driver, obviously confused, says to him "Officer, I don't understand. I was doing exactly the speed limit! What seems to be the problem?" The officer replies, " You weren't speeding but you should know that driving slower than the speed limit can also be a danger to other drivers."

"Slower than the speed limit? No, sir, I was doing the speed limit exactly...Twenty-Two miles an hour!" the elder says a bit proudly. The State Police Officer, trying to contain a chuckle explains that "22" was the route number, not the speed limit. A bit embarrassed, the elder grinned and thanked the officer for pointing out the error.

"But before I let you go, I have to ask...Is everyone in this car OK? These people seem awfully shaken and they haven't muttered a single peep this whole time." the officer asks.

"Oh, they'll be alright in a minute, officer. We just got off Route 119!"

An ego trip is something that never gets you anywhere!

The only person who listens to both sides of an argument is the fellow in the next apartment!



Stay Cool!!!

WATER, WATER COOL, CLEAR WATER

We are all aware of the recommended -- Drink 6 - 8, eight-ounce glasses of water per day, which, of course, is two quarts. Now, with the hot, humid weather upon us, we will be losing more than the usual 1 to 3 quarts of water per day.

For those who are watching their weight, keep in mind that water adds no calories, increases the sense of fullness, aids in eliminating retained liquids and body wastes and removes stored fat.

Drinking coffee, tea, soda, beer or other alcohol, does not count for "Water." In fact, they accelerate fluid loss and increase toxic waste in our bodies.

Try these wonderful suggestions:

*Fill a two-quart bottle each day with clean water to drink during that day. This helps to ensure that you will consume the recommended 6 - 8 glasses without even counting.

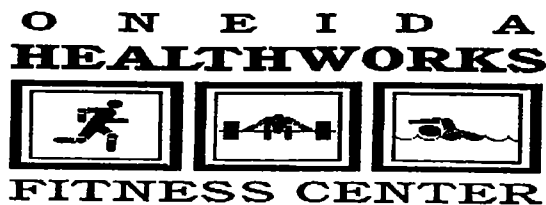
*Squeeze different types of fruit, especially citrus, for special tasting drinks.

**BY SIMPLY REPLACING YOUR CURRENT FLUIDS WITH CLEAN WATER,
YOU CAN ADD YEARS TO YOUR LIFE AND LIFE TO YOUR YEARS!**

7 Easy Ways To Prevent Household Breakdowns

In some ways, homes are like cars. They need periodic inspection to keep them running smoothly. Homeowners can prevent numerous breakdowns using this simple checklist.

- 1. *Hoses.* Check your hoses at least once a year. Hoses for washing machines and air conditioning units can leak or burst and cause extensive damage. Lint-clogged dryer hoses can spark a fire.
- 2. *Filters.* Furnace filters need to be changed or cleaned periodically to avoid damaging the heating system. The lint screen in your dryer is also a filter and needs to be cleared after each use.
- 3. *Exhaust.* If you burn wood, the chimney should be cleaned and inspected at least once a year.
Creosote buildup can lead to chimney fires. If you heat with oil or natural gas, the venting system should be checked annually. A blocked exhaust path could trap deadly carbon monoxide inside your home.
- 4. *Electrical.* If you trip a breaker when using different appliances at the same time, have an electrician inspect your system. Overloading your electrical system is a serious fire risk.
- 5. *Pumps.* Check your sump pump at least twice a year. Simply raise the float to see if the pump turns on. Check the clearance around the float to be sure it can function without obstruction.
- 6. *Water Heater.* Check the area around your water heater for signs of drips that may indicate it's about to give out and empty into your home. Also, have your water heater strapped to the wall to keep it from breaking loose from its connections in an earthquake.
- 7. *Downspouts and gutters.* One of the easiest ways to prevent severe damage to your home is to keep your gutters free of leaves, needles, twigs, and other debris. Overflowing gutters can leak into walls, ceilings, and floors



2640 West Point Rd. Green Bay, WI 54304 Phone 490-3730
Effective June 7, through September 3, 1999

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:15-7:00 AM	AQUA CHALLENGE	POOL CLOSED	AQUA CHALLENGE	POOL CLOSED	POOL CLOSED
7:00-8:00 AM	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED
8:00-9:00 AM	POOL CLOSED	POOL CLOSED	ADULT SWIM	POOL CLOSED	POOL CLOSED
10:15-11:00AM	POOL CLOSED	WATER EX	EASE THOSE ACHES	WATER EX	POOL CLOSED
11:00-12:00 AM	POOL CLOSED	ADULT SWIM	POOL CLOSED	ADULT SWIM	POOL CLOSED
12:00-1:00 PM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM
1:00-4:00 PM	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED
4:00-5:00 PM	LESSONS 4:15 -5:00	LESSONS 4:45 -5:15	POOL CLOSED	POOL CLOSED	POOL CLOSED
5:00-6:00 PM	FAMILY/REC	LESSONS 5:15-5:45	LESSONS 5:00-5:45	FAMILY/REC	FAMILY/REC
6:00-7:00 PM	FAMILY/REC	AQUA CHALLENGE	FAMILY/REC	AQUA CHALLENGE	FAMILY/REC
7:00-8:00 PM	FAMILY/REC	FAMILY/REC	FAMILY/REC	FAMILY/REC	FAMILY/REC

ADULT SWIM: For adults only (ages 14 and older). Choose activity: Lap Swim, Water Walking, or practice your strokes and skills

REC/FAMILY SWIM: Available to adults and their families. All children under the age of 10 must be accompanied by an adult in the water. NO DIVING ALLOWED!

LAP SWIM: Restricted to 14 years and older. Swim laps only.

AQUA CHALLENGE: This class is designed for individuals of all fitness levels. It consists of movements in the water that will challenge your cardiovascular system and also tone and strengthen your upper and lower body (ages 14 and older).

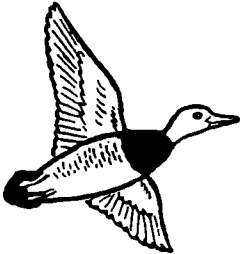
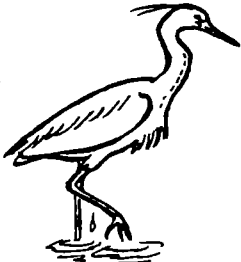

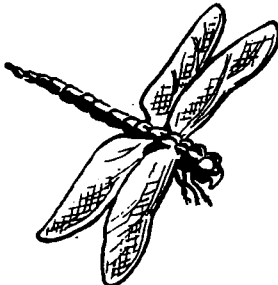
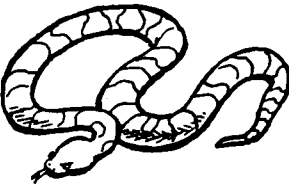
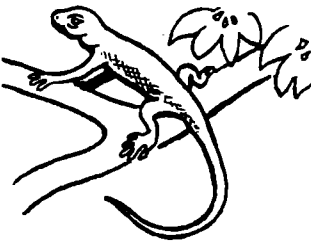

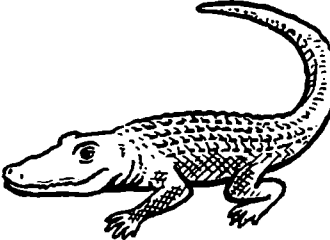
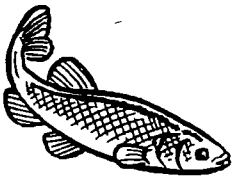
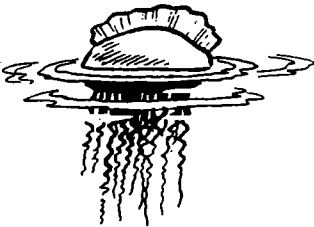

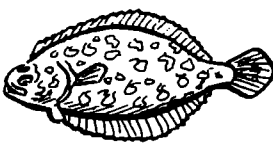



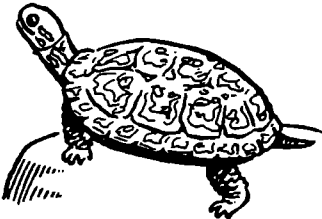
WATER EX: This class is designed for individuals of all fitness levels. We will focus on strengthening, stretching, range of motion, and balance (ages 14 and older).

EASE THOSE ACHES: This is a special class for those individuals who suffer from arthritis or just starting to exercise and need to ease back into an exercise program.

SWIM SUITS ARE REQUIRED FOR POOL USE. NO SHORTS!!!! Boys and Mens suits must have a lining.

LIFEGUARDS MAY ASK INDIVIDUALS TO LEAVE DUE TO UNSAFE SWIMMING SKILLS!

In each group, circle the one wildlife that does **not** belong with the others.

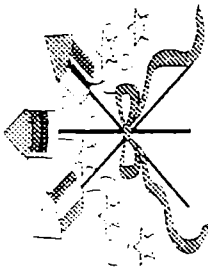
<p>1</p>  <p>Duck</p>	 <p>Heron</p>
 <p>Eagle</p>	 <p>Dragonfly</p>
<p>2</p>  <p>Snake</p>	 <p>Lizard</p>
 <p>Bullfrog</p>	 <p>Alligator</p>
<p>3</p>  <p>Minnow</p>	 <p>Jellyfish</p>
 <p>Bass</p>	 <p>Flounder</p>
<p>4</p>  <p>Deer</p>	 <p>Muskrat</p>
 <p>Fox</p>	 <p>Turtle</p>

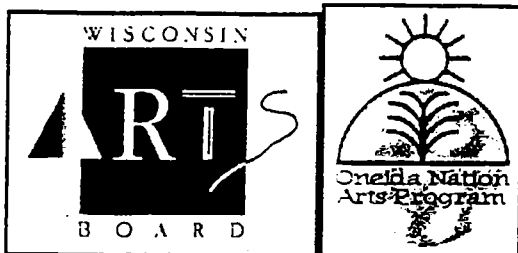
Answers:

1. The dragonfly is different because it is an insect; the others are birds.
2. A bullfrog is not a reptile like the others; it is an amphibian.
3. Jellyfish are not really fish at all—they are called invertebrate. The others are true fish.
4. Turtles are reptiles. The other animals are mammals.

CHECK ON CHERRIES

1999

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 5 Closed-Independence Day Observed	VACATIONS: Terry Reed July 1-13	Activities subject to change. Bus leaves from the Oneida Senior Center for trips.	1 St Vincent de Paul 1pm-3pm 8 Rummage Sales 9:30am-11:30am & 1pm-3:30pm 15 Diabetic Lunch 10am-11:30am New Zoo-Cost \$2 1pm-3pm 22 Leave 10 AM Pot Luck Picnic Lunch Along Lake Michigan 12pm-1:30pm Craft Store 9am-3pm-11-12 29 BIRTHDAYS Gifts 12pm-12:30pm Crafts 1pm-3pm	2 Shopping Banks Lunch 10am-3:30pm 9 Shopping Banks Lunch 10am-3:30pm 16 Shopping Banks Lunch 10am-3:30pm 23 Shopping Banks Lunch 10am-3:30pm 30 Shopping Banks Lunch 10am-3:30pm
12 Fitness 10am-11am Bingo Site II 1pm-3pm 19 Fitness 10am-11am	6 Hobby Lobby Craft Store East Town Mall 1pm-3pm 13 Epworth Hall 9:30-11:30 Cards Crafts Beads 20 Epworth Hall 9:30-11:30 Cards Crafts Beads 27 Epworth Hall 9:30-11:30 Bingo	7 Epworth Hall 9:30-11:30 Crafts Cards Beads 14 Bingo at the Casino 9:30am-12:30pm Lunch out 21 Fitness 10am-11am Farmers Market 1pm-3pm 28 Fitness 10am-11am Farmers Market 1pm-3pm		
26 Fitness 10am-11am Bingo Site II 1pm-3pm				



Made possible through the generous grant from:

Please come join us as Rose Kerstetter
does a demonstration on Traditional
Iroquois Pottery Making.

The demonstration will be held at the
Oneida Senior Center 134 Riverdale
Drive Wednesday, August 25, 1999
At 10:00 A.M.

CAPTAIN JAMES POWLIS IN THE REVOLUTIONARY WAR

We will soon celebrate another 4th of July in remembrance of the very first when the Declaration of Independence was signed on July 4th, 1776, two hundred and twenty three years ago.

Recently, while reading through the pension applications of descendants of Oneida people who fought in the Revolutionary War for the Thirteen Colonies, I found that there is one of those commissioned officers buried here in our midst. His name is Captain James Powlis, also known as Wak-ar-an-thar-aus (meaning it became worrisome). His son, Chief Henry Powlis, of the First Christian Party filed a claim, on behalf of his sister Polly and himself, for his father's pension. Chief Henry Powlis filed that pension application on August 23, 1853 in Oneida County, New York.

According to Chief Henry Powlis, his father enlisted in the Continental Army in 1777, the year following the Declaration of Independence and served faithfully until December, 1784 when he was honorably discharged. He further states that his father was a Chief of The First Christian Party, as was he, and that his father came to Wisconsin after his mother Nelly died in New York, and that Captain James Powlis died here in Wisconsin on March 15, 1849 at the age of 99 years.

This story is important to all of us as there are very few Revolutionary War soldiers buried in Wisconsin. Furthermore, Captain James Powlis was a commissioned officer fighting for what was to become the United States. He received 1800 acres in bounty lands for his service since the United States was too broke to pay him in money at the time. Those bounty lands still belonged to Indian Tribes in the first place, in that area of the country. Captain Powlis has many descendants in this community today.

When I discussed this information with Mark N. Powless, he tells me that he derives from this a notable man through his father Mark and his grandfather John D. Powlis (Powless).

After I read the pension application and followed up with some other source documents, I went to the high hill in the Holy Apostle's Cemetery to try to find Captain Powlis's burial site. I could find no headstone for him. So, my next step is to study the existing cemetery maps to try to ascertain the whereabouts of his remains so that we might properly identify his burial place and to give him the long delayed honor that is due him, especially on this 4th of July, 222 years after he enlisted in the Continental Army.

**By Loretta V. Metoxen
Tribal Historian**

**ONEIDA SENIOR CENTER
ENROLLMENT FORM
DATE _____**

NOTE: The state and federal government have requested that we collect the following information on individuals who receive our services. The information may be used to justify continued funding of our programs. This information may also be shared with other programs of the Oneida Tribe of Indians of Wisconsin for statistical or funding purposes or to provide a basis for policy decisions.

Name _____ Telephone Number _____

Address _____ Social Security Number _____

City _____ State _____ County _____ Zip Code _____ Date of Birth _____

Please check the appropriate responses:

Marital Status: ---Married ---Single ---Widowed ---Divorced

Race: ---Native American ---Caucasian ---Latino ---Asian ---African American

Tribal Affiliation: _____ Roll Number _____

Living Arrangements: ---Live Alone ---With Spouse ---Other
 ---Rent ---Own

General Health Status: ---Excellent ---Good ---Fair ---Poor

Monthly Household Income: ---0 to \$778 ---\$779 to \$1045 ---\$1046 +

Do you currently have one of the following: ---Guardian ---Power of Attn.. Finances
---Medicaid ---Medicare ---Power of Attn. Health ---Representative Payee
---None of the above.

In case of emergency please contact: Name _____ Phone _____
 Relationship _____

*****For
Office Use Only

Low income: Y N Date _____
Medically At Risk: Y N No. 99- _____
Nutrition At Risk: Y N

Please Return To
Oneida Elderly Service Complex
Service Coordinator
2907 S Overland Rd
Oneida WI 54155