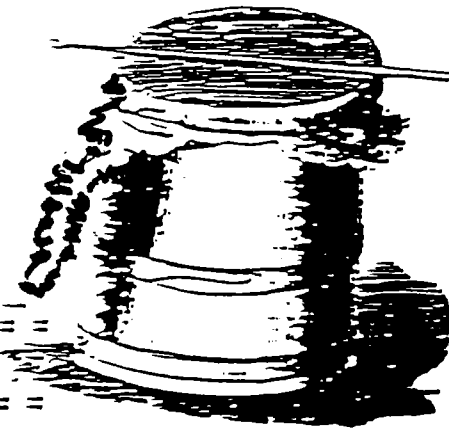


DRUMS ACROSS ONEIDA

SENIOR CENTER

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



===== :
LEIGH CAMPSHURE, EDITOR
=====

===== :
AUGUST, 1999
=====

To the Elders of Our Community:

Two months ago, it was reported in this newsletter that services to our Elder community would be reduced because of vacancies on the staff. The office was under-staffed and a number of positions were not being filled because of a hold on new hires that was directed by the General Manager.

The intent of the hold was certainly not to stop services from being continued to our Elders but rather to put an orderly and fair priority system for hiring in place. The Tribe was hiring an average of 10 people per day, and in light of the expected need to reduce the budget by 35%, it would have been irresponsible to continue to hire people that might need to be laid off in a very short period of time. As soon as the "essential personnel" criteria was approved, the hiring for the Elders programs was completed.

Direct services to Elders are among the priorities within Tribal budgets. Over time, we will continue to assess how best to meet the needs of this segment of our community with sound financial planning and the continued recommendations of our Elders, themselves. We know that they understand the financial challenges of our Nation and they appreciate the most legitimate needs of their segment of our community.

Bill Gollnick, General Manager
Don White, Governmental Services Area Director
Fred Muscavitch, Area Manager
Roberta Kinzhuma, Program Director

ELDERLY SERVICES COMPLEX:

2907 S. Overland Rd. (P.O. Box 365)
Oneida WI 54155
1-920-869-2448

Program Director
Assistant Program Director
Benefits Specialist Supervisor
Benefits Specialist
Elder Abuse Coordinator
Elderly Services Coordinator
Administrative Assistant III
Office Manager
Transportation Coordinator
Activity Coordinator
Outreach Worker
In-Home Chore Worker
In-Home Chore Worker
Respite Care Worker
Respite Care Worker
Administrative Assistant I

Roberta Kinzhuma
Florence Petri
Lori Metoxen
Loretta Metoxen
Karen Rusch
Scharlene Kasee
Michelle Rodriguez
Connie Danforth
Lorna Christjohn
Terry Reed
Cindy Brabbs
Joanne Close
Lorleen John
Amy Sumner
Josephine Doxtator
Noreen Powless

ONEIDA SENIOR CENTER:

134 Riverdale Drive (P.O. Box 365)
Oneida WI 54155
1-920-869-1551

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
Clerical
Clerical/Meals On Wheels

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

AUGUST, 1999

ANNOUNCEMENTS & REMINDERS

- Aug. 03 *** **Elderly Services Staff Meeting, 8:00 a.m. at Oneida Senior Center**
- Aug. 04** **Kalihwisaks Deadline**
- Aug. 05** **Rural Development at Oneida Senior Center, 9:30 a.m. - 12:30 p.m.**
- Aug. 05-15** **Wis. State Fair in Milwaukee**
- Aug. 06** **WIEA Meeting in Odanah, WI**
- Aug. 10** **ONCOA Board Meeting at Elderly Services, 1:00 p.m.**
- Aug. 11** **Perseid Meteor Shower**
- Aug. 11** **Total Sun Eclipse (seen in Europe)**
- Aug. 16** **Newsletter Deadline for Sept. We welcome all articles.**
- Aug. 17** **Kalihwisaks Deadline**
- Aug. 18** **Casino Bingo for Elders**
- Aug. 19** **Diabetic Luncheon at Parish Hall, 10:00 a.m. - 12:00 p.m.**
- Aug. 19** **Rural Development at Oneida Senior Center, 9:30 a.m.-12:30 p.m.**
- Aug. 25** **Demonstration on Iroquois Pottery Making at Oneida Senior Center - 10:00 a.m.**
- Aug. 25** **Alzheimer's Support Group, 10:00 a.m. to 12:00 p.m., Elderly Services Complex**
- Aug. 26** **Full Moon**
- Aug. 26** **Elders' Birthday Party with Music by Woody Webster, Oneida Senior Center, 11:00 a.m. to 1:00 p.m.**
- Aug. 28** **Quilt Show sponsored by Oneida Nation Museum at Parish Hall, 10:00 a.m. to 5:00 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.**

NATIVE AMERICAN QUILT SHOW

ONEIDA NATION MUSEUM

The Oneida Nation Museum is celebrating their 20th Anniversary this year. As a part of the celebration, we are having a Native American Quilt Show at the Parish Hall on August 28, 1999, from 10:00 a.m. to 5:00 p.m.

We are requesting quilters to submit one or two quilts. There will be three categories to enter. The first category is Honoring Quilts which honor family members or community members. The second category is Cultural Quilts -- quilts that represent our Oneida/Iroquois culture. There will, also, be a Peoples Choice Award that all quilts will automatically be entered. Voting for the Peoples Choice Award will be done by the public who attend the Quilt Show.

If you would like to participate in our Quilt Show, please contact Vickie Cornelius at the Oneida Nation Museum for details. The Registration Form is below. Deadline to register is August 13, 1999.

QUILTERS REGISTRATION FORM

Quilters Name _____

Quilt Style

Quilt Size

Category Entering: Cultural Identity _____
Honoring Quilts _____

"Oneida Nation Commission on Aging"

Oneida Tribe of Indians of Wisconsin

Post Office Box 365

Phone: 869-2448

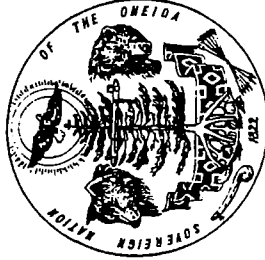
Oneida, WI 54155



Oneidas bringing several hundred bags of corn to Washington's starving army at Valley Forge, after the colonists had consistently refused to aid them.



UGWA DEMOLUM YATEHE
Because of the help of
this Oneida Chief in
cementing a friendship
between the six nations
and the colony of
Pennsylvania, a new
nation, the United States
was made possible.



MEMO

TO: Elders on Grass Cutting List

FROM: Robert LaGest, Home Chore Supervisor

SUBJECT: Grass Cutting

DATE: July 19, 1999

If the weather is good, we will be cutting grass according to our priority listing approximately every two (2) to three (3) weeks. In case of inclement weather, we will be cutting for you every four (4) weeks or once a month. We are unable to cut more frequently due to the number of elders we serve, occasional equipment breakdowns and staffing patterns.

A Guide To A Happy Life

No one will ever get out of this world alive. Resolve therefore to maintain a reasonable sense of values.

Take care of yourself. Good health is everyone's major source of wealth. Without it, happiness is almost impossible.

Resolve to be cheerful & helpful. People will repay you in kind.

Avoid angry, abrasive persons, They are generally vengeful.

Avoid zealots. They are generally humorless.

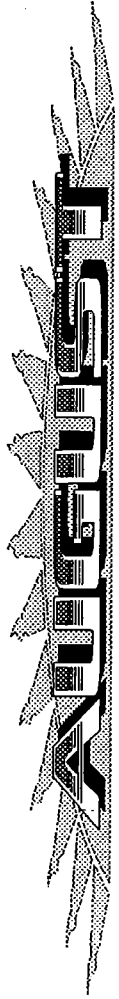
Resolve to listen more & to talk less. No one ever learns anything by talking.

Be chary of giving advice. Wise men don't need it & fools won't heed it.


Resolve to be tender with the young, compassionate with the aged, sympathetic with the striving & tolerant of the weak & the wrong. Sometime in life you will have been all of these.

Do not equate money with success. There are many successful moneymakers who are miserable failures as human beings. What counts most about success is how a person achieves it.

Activities



1999

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Fitness 10am to 11am	3 EP Worth Hall 9:30-11:30am Crafts Cards Beads	4 Farmers Market 9:30-11:30 Fitness 10am to 11 am Crafts 1pm-3pm	5 Shopping Banks Lunch 10am-3pm	6 WIEA
9 Fitness 10 am to 11 am	10 EP Worth Hall 9:30-11:30am Crafts-Cards-Beads Shopping 1pm-3pm	11 Farmers Market 9:30-11:30 Fitness 10 am to 11 am	12 Blackberries 10am-12pm Lunch 12:30pm Sandwiches & Fruit Drink	13 Shopping Banks Lunch 10am-3pm
16 Fitness 10 am to 11 am	17 EP Worth Hall 9:30-11:30am Crafts-Cards-Beads Shopping 1pm-3pm	18 Fitness 10 am to 11 am Bingo at Casino Lunch Out 9:30am-12:30pm	19 Diabetic Lunch 10am-11:30 St Vincent de Paul 1-3pm	20 Shopping Banks Lunch 10am-3pm
23 Fitness 10 am to 11 am	24 EP Worth Hall 9:30-11:30am Crafts-Cards-Beads Shopping 1pm-3pm	25 Farmers Market 9:30-11:30 Fitness 10 am to 11 am Crafts 1pm-3pm	26 BIRTHDAY Gifts 12:15pm-12:30pm Crafts 1pm-3pm	27 Shopping Banks Lunch 10am-3pm
30 Fitness 10 am to 11 am	31 EP Worth Hall 9:30-11:30am Bingo Shopping 1pm-3pm	Activities subject to change.	Bus leaves from Oneida Senior Center for trips.	

1999 Oneida Election Results

The unofficial results from the 1999 Oneida Elections are as follows:

Chairman: Gerald Danforth
Vice-Chairman: Christina Danforth
Treasurer: Judy M. Cornelius
Secretary: Julie Barton

Business Committee: Sandra Ninham Paul Ninham
David Bischoff Eugene Metoxen
Vince De La Rosa

Commission on Aging: Dellora Cornelius Alfreda Green
Joy Ninham

Oneida School Board: Al Summers Kelly Skenandore

Gaming Commission: Wanda Webster Rochelle Powless
Lee Ninham

Trust/Enrollment Committee: Kathy Hughes Geraldine Danforth

Three vacancies are available for the Trust/Enrollments Committee; however, only two are chosen while the third position is assigned to a Business Committee member.

Appeals Commission: Eric McLester Stanley Webster
Marjorie Stevens Mary Adams
Carole Liggins Winnie Thomas
Kirby Metoxen Lee Ninham

A referendum question was also posed which asked tribal members if they favored amending, replacing or no change to the Oneida Constitution. Most favored the amending the constitution (872) while 269 wanted to replace and 460 indicated no change.

SPECTACULAR STAR GAZING FOR THE AUGUST SKIES

THE NEWLY-DISCOVERED "COMET LEE"

From August 10 and into September, we can observe the brand-new "Comet Lee" which was discovered by Steven Lee in Australia while he was attending a Star Party in April, 1999. Look in the lower part of the Northeastern sky during the night until pre-dawn.

THE PERSEIDS METEOR SHOWER

The best time to see the "Shooting Stars" will be later in the afternoons into the evenings of August 12 & 13 until pre-dawn in the Northeastern sky. The Perseids typically provide us with 80 meteors per hour. Since there will be a "New Moon" (which means there will be no moon visible) on August 11, the viewing of the skies should be spectacular!

ORBITING SATELLITES

While watching for the above, you might catch a glimpse of a Satellite such as the Russian Mir, the Hubble Space Telescope or the new International Space Station and Space Shuttle moving across the sky as they orbit our Earth. They will be moving at a steady pace and you may see a "flare" or flash of light as they reflect the sunlight because their orbits are high enough to still be in the sunlight.

By: Leigh Campshure



P.O. Box 365, Oneida, WI 54155
2640 West Point Road, Green Bay, WI 54304
Telephone: (920) 490-3730
Fax: (920) 490-3899

Ease those Aches!!!

This is the perfect water
class for anyone who has
arthritis or is just starting an
exercise program.

Classes are held from
10:15am-11am
Every Wednesday starting
June 9, 1999

There is no charge if you are a Healthworks Member!

ELDERS CELEBRATE AUGUST BIRTHDAYS

JOIN US AT THE ONEIDA SENIOR CENTER AUGUST 26, 1999.

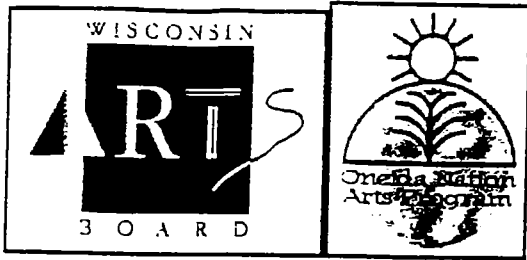
8/07	Laban Baird	8/06	Dolores Lemon
8/30	Edmund Baumgart	8/09	Marion Mauritz
8/18	William Bennett	8/02	Gordon McLester
8/16	Angeline Bocker	8/09	Barbara Medolla
8/28	David Cannon	8/02	Donald Metoxen
8/09	Verna Charles	8/19	Lida Metoxen
8/12	Arlene Danforth	8/19	Nancy M. Metoxen
8/25	Sandra Dennett	8/31	Francis Montour
8/06	Louis Denny	8/08	Evadna Muscavitch
8/04	Lydia Denny	8/11	Harold Ninham
8/22	John Elm	8/15	Anna Olson
8/28	Marilyn Elm	8/24	Viola Ortiz
8/16	Shirley Elm	8/13	Josie Oudenhoven
8/07	Shirley Evison	8/22	Betty Powers
8/06	Grace Griffey	8/20	Theresa Powless
8/18	Irene Hill	8/08	Allen Reed
8/05	James House	8/04	Harriet Reiter
8/27	Warren House	8/16	George Samardich
8/06	Rose Howard	8/02	Violet Skenandore
8/28	Emerson John	8/29	Zach Skenandore
8/09	Arthur Johnson	8/11	Robert Smith
8/20	Karen Spang Jourdan	8/15	Ronald Sommers
8/12	Janice Kedrowski	8/31	Edward Stevens
8/15	David King	8/12	Gordon Swamp
8/01	Geneieve King	8/10	Pat Thompson
8/15	Jean King	8/30	Ronald Webster
8/30	Wayne King	8/28	Ted White

Flower:
Poppy



Birthstone:
Sardonyx or Peridot

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 lunch and sign the birthday book.



Made possible through the generous grant from:

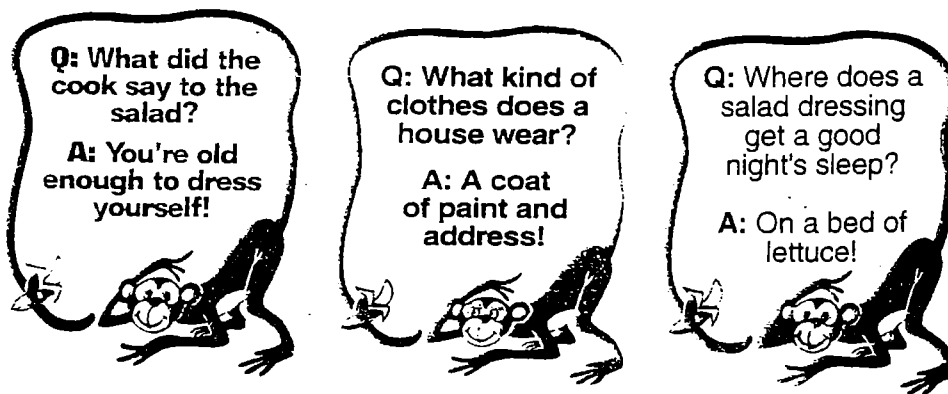
**PLEASE COME JOIN US AS ROSE KERSTETTER DOES
A DEMONSTRATION ON TRADITIONAL IROQUOIS
POTTERY MAKING.**

**THE DEMONSTRATION WILL BE HELD AT THE
ONEIDA SENIOR CENTER, 134 RIVERDALE DRIVE,
WEDNESDAY, AUGUST 25, 1999, AT 10:00 A.M.**

CHECK OUR MENU AND STAY FOR LUNCH.

**PLEASE R.S.V.P. AND LET US KNOW IF YOU WILL
NEED TRANSPORTATION.**

* * * * *



Submitted
By
Ed Watruba

SUMMERFRUIT MUFFINS

Preheat oven to 400 degrees. Bake 20-25 minutes.
Makes 12 muffins.

1 cup unsifted all-purpose flour
½ cup whole wheat flour.
2 tablespoons wheat germ, optional
½ cup sugar
2 teaspoons baking powder
½ teaspoon salt
1 large egg, beaten
¼ cup salad oil
½ cup milk

Mix ingredients together. Fold in either 1 cup of blueberries or ¾ cup cherries, cut up.

AHS:

Three

NATE'KUTAHNUTELE

Sisters

YEKHUNYA·THA KAHYAT&SLI

Cookbook

NUATEKANATA·LOTÁ
Breads and Muffins

Fruits and Vegetables for Dieters.

Over the years the overweight have embraced innumerable diets in the search for thinnity. These meal plans often emphasize one particular food or a limited selection of particular dishes. Consequently, legions of waist watchers have embarked on the Grapefruit Diet, the Champagne Diet, the Bread and Water Diet, the Yogurt Diet, the... but the list continues ad nauseam.

But cutting calories while cutting out too many fruits and vegetables may make you forfeit your health at the same time as your fork control forgoes fulsome feasts. A study presented at an Experimental Biology meeting (4-19-99) found that dieters who ate plenty of fruits and veggies evidenced lower homocysteine levels in their blood. (Homocysteine is a protein that can raise your risk of heart disease and stroke.)

The study (funded by weight watchers) took a look at about 3 dozen men and woman for four months. According to Karen Miller-Kovach, a lead investigator, "Folic acid and other B vitamins are closely linked to homocysteine... (those who ate) fruits, vegetables and enriched grain products have a higher intake of folic acid which is good."

Fruits, vegetables and grains apparently provided plenty of B vitamins, including folic acid, that kept homocysteine at safe levels (a B vitamin supplement wouldn't hurt, either). The lesson: When you diet, eat plenty of produce. And don't forget the vitamins.

ROCKING MAY EASE **ALZHEIMER'S SYMPTOMS**

A two-year study at a Rochester, N.Y. nursing home found that rocking eases the agitation caused by Alzheimer's disease.

The study of 25 individuals with Alzheimer's found nearly half of the group suffered less depression and anxiety when they rocked in a rocking chair for 80 minutes or more a day.

The researchers say the reasons are unclear but they speculate that prolonged rocking releases mood boosting endorphins, just as exercising does.

Nancy Watson, a geriatric nursing researcher at the University of Rochester who led the study, identified rocking as a mild form of exercise for the elderly that is easily overlooked.

"It's difficult for caregivers to help an individual with Alzheimer's walk for 80 minutes a day but it's easy for that individual to rock on their own," Watson said.

**ONEIDA
CARE GIVER SUPPORT GROUP**

Program will consist of:

**Friendship
Discussion
Support
Confidentiality
Speakers
Advocacy
Education**

" This is your support group "

**Meet: Last Wednesday of the month
Elderly Services Complex
2907 S. Overland Drive**

Contact: Karen Rusch 869-2448

CHEESE OF THE WORLD

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

BRIE

CUT

DAMEN

DANBO

DRY

DUNLOP

EAT

EDAM

EGG

FETA

GOYA

ILHA

JACK

KARUT

OKA

PAGO

PRATO

SLICE

SWISS

TALI

TIBET

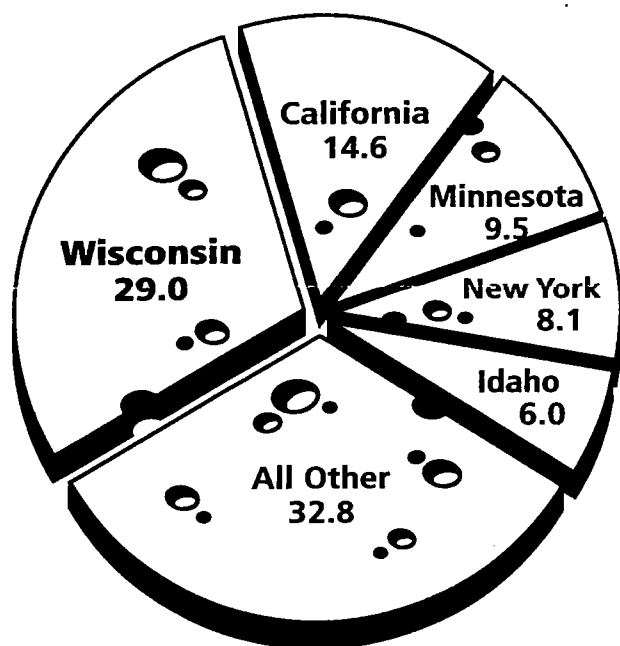
TSCHIL

ZIEGEL

ZOMMA

Total Cheese Production by States—1996

Percent of U. S. Cheese

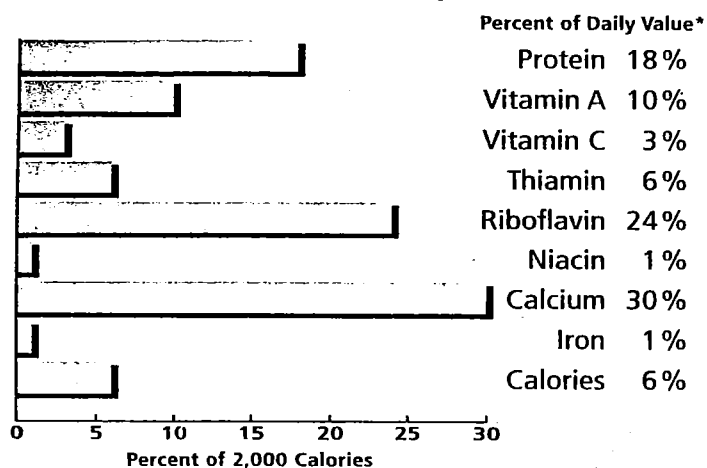


Various Countries' 1996 Per Capita Cheese Consumption

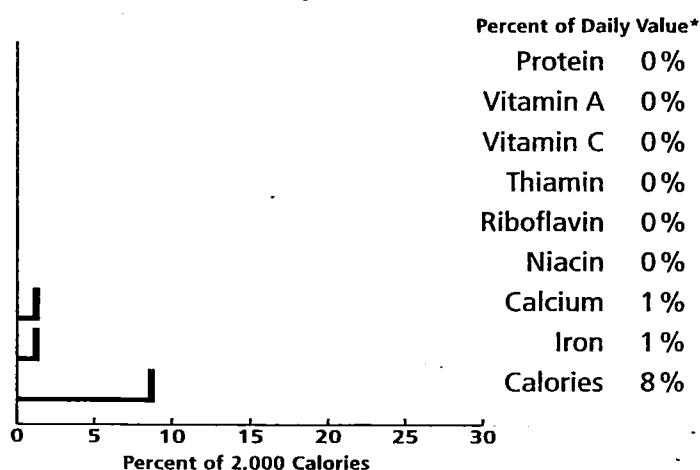
Australia	21.3 lbs.
Brazil	5.8 lbs.
Canada	21.7 lbs.
France	46.8 lbs.
Greece	51.6 lbs.
Italy	42.0 lbs.
Japan	3.1 lbs.
Mexico	10.0 lbs.
Russia	4.1 lbs.
Switzerland	33.0 lbs.
United Kingdom	20.2 lbs.
United States	27.7 lbs.

Contribution to U.S. Recommended Daily Values

2% Reduced Fat Milk, 1 cup—121 calories

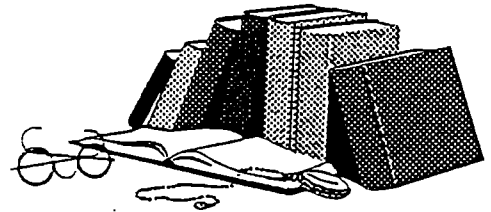


Soft Drink—Cola, 12 fl. oz.—151 calories



*Based on a 2,000 calorie diet. Source: National Dairy Council

NATIVE AMERICAN **HERBAL HEALING**



While alternative medicine often derives from European or Eastern herbal traditions, the natural remedies and healing ceremonies of Native Americans enjoy much less familiarity. Now a new book serves as the definitive guide to America's own native healing traditions:

"American Indian Healing Arts: Herbs, Rituals and Remedies for Every Season of Life"

Written by E. Barrie Kavasch, an herbalist, ethnobotanist and direct descendant of Pocahontas, and journalist Karen Baar, this guide contains more than 60 recipes for common ailments.

Featured is a wealth of healing food recipes, botanical remedies and hands-on techniques to treat everything from skin problems and PMS to a sore throat and the common cold. The authors, also, show how Native Americans invoke legends and involve the entire community in the spirit of healing.

Filled with quotations from shamans and medicine people, "Healing Arts" offers a do-it-yourself look at an ancient way of holistic living.

Book on aging can help everyone live longer, fuller life

Dear Readers: At age 77, John Glenn takes another trip into space, and at 75, President Bush goes skydiving.

Sophia Loren, Sean Connery and Robert Redford, all 60-something, are all still considered sex symbols.

And let us not forget that Strom Thurmond, who is 96, is still an active member of the U.S. Senate.

Although none of us can stop the march of time, we can, with proper guidance, look forward to long, vigorous, healthy and independent lives.

The insurance actuaries tell us that we are all slated to live longer, and I can tell you that if you quit smoking, eliminate or cut way back on alcohol, and exercise a bit every day, your chances are very good of making it to 80 and beyond.

And now — I have a book that will help you along the journey. It tells you the truth about aging — the hard facts as well as the good news.

Whether you have just turned 30, are a baby boomer hitting your midlife stride, or are already a senior citizen, the author tells you how to delay, prevent and deal with the signs of aging.

You will be told, in detail, how to accelerate your energy level, how to deal with cancer and strokes, osteoporosis and heart

disease, as well as what to do about deafness and failing eyesight.

This book is written in simple language and lets you know that you are the key player in the aging game. The author tells us that aging is inevitable, but its complications are not.

You CAN retain possession of your faculties.

You CAN feel well and strong. You CAN look great, enjoy your sexuality and enhance the quality of your life.

His advice is simple, clear and to the point.

Here are the chapter titles:

Alzheimer's Disease: Remembering!

Cancer: Of Mice and Men
Constipation

Depression: When Clouds Have Lost Their Silver Lining

Hearing Loss

Heart Attacks: A Preventable Epidemic

Impotence: The Not So Silent (Anymore) Epidemic

Insomnia: News You Can Use to Help You Snooze



**ANN
LANDERS**

Libido in Limbo
Menopause: His and Hers
Osteoarthritis: A Joint Declaration

Osteoporosis: Hip, Hip, Hooray
Prostate Enlargement

Aging Skin: A Dry and Flaky Chapter

Stroke: Brain Attack!

Diminished Taste and Smell

Tinnitus: For Whom the Bell Tolls — and Tolls, and Tolls

Tooth Loss

Loss of Vision — Macular Degeneration, Cataracts and Glaucoma

The author of this book is Dr. Isadore Rosenfeld, attending physician at New York Hospital and Memorial Sloan Kettering Cancer Center.

The title of the book is *Live Now, Age Later*.

The price is \$24.

The publisher is Warner Books.

My advice is run, don't walk, to your favorite bookstore immediately, or phone and ask that a copy be saved for you until you get there.

In fact, you'd better get two copies — one for yourself and another copy for someone you love.

Ann Landers is a syndicated columnist.

Write to her at Creators Syndicate, 5777 W. Century Blvd., Suite 700, Los Angeles, CA 90045.



WHO?



WHO WENT INTO MILD HYSTERICS
WHEN TOLD THE NEWS?

WHO SUFFERED NINE MONTHS OF WAITING,
WONDERING AND SECRETLY AGONIZING?

WHO WAITED FOR TWELVE HOURS
BY THE PHONE WAITING FOR NEWS?

WHO RUSHED OFF TO THE HOSPITAL BABBLING LIKE
AN IDIOT?

WHO BAWLED LIKE A BABY WHEN
SHOWN WHO ARRIVED?

WHO'S THE PROUDEST AND ZANIEST PERSON?

WHO SHOWS OFF PICTURES
LIKE PRECIOUS JEWELS?



WHO?

ME, THE LUCKIEST GRANDMA IN THE WORLD!



**Wellness Message
From the Desk of Sandy Dennett**

This Wellness Message is from:

**Stone Soup For The World
Edited by: Marianne Larned**

SIDEWALK SAM

It's downtown Boston, rush hour. But no one is rushing. Instead, a large audience stands in awe, staring down at an 8 x 10 foot reproduction of the Mona Lisa beneath their feet.

Crouched upon the sidewalk next to his dusty chalk masterpiece, "Sidewalk Sam" created the perfect blush on Mona Lisa's cheeks; then he smiles up at the crowd.

It's the same kind of crowd with friendly faces and cautious feet, that he has brought together for the past 30 years. For this work of art will be washed away in a matter of minutes under the sprinkling rain. But this concrete artist does not frown. He just sits comfortably in his work jeans & blue denim shirt, feeling pure satisfaction in creating this community of admirers.

Robert Guilleman studied art in Paris and his artwork has been in many galleries & Museums. But something was still missing for him. Art should be for everyone, he thought.

Guilleman realized that sidewalks were actually exhibition platforms where people played out much of their lives. And so, over 30 years ago, he crouched down upon a busy street corner - with a box full of chalks - and began to draw. Spending 10-12 hours each day on a few square feet of sidewalk, he soon became known as "Sidewalk Sam." Instead of promoting his individual expression of art, he decided to unite a whole community in a lifetime art project.

Once the city of Boston realized that he was creating communal masterpieces, he's been allowed to draw just about anywhere he pleases. Sidewalk Sam has become a symbol, using his artistic talent to get the public to realize the kindness in their own hearts. Reflecting upon his work, Sam explains, "I took my goodness & set it on the ground. I allow people to trample it, if they would. But instead, tens of thousands step around it everyday."

THREE'S COMPANY

This alphabetical list of seemingly unrelated words actually contains 15 groups of three related items. Your job is to sort them out into those 15 groups using each item only once. The trick is that some of the items could be used in more than one list, but only one arrangement of all the items will work. Remember, use each item only once and have exactly three items in each group.

Apollo	Cookout	Grill	Peruke	Tamale
Azure	Deal	Impel	Pluto	Thimble
Bobbin	Deck	Mace	Rotisserie	Thread
Carnation	Earth	Mat	Roy	Toast
Carpet	Egg	Mercury	Rug	Toupee
Cereal	Enchilada	Needle	Secretariat	Trigger
Charcoal	Fred	Neptune	Shuffle	Violet
Cinnamon	Gemini	Nutmeg	Silver	Wig
Clove	Ginger	Pancake	Taco	Zinnia

1. Breakfast foods	_____	_____	_____
2. Colors	_____	_____	_____
3. Sewing basket	_____	_____	_____
4. Planets	_____	_____	_____
5. Spices	_____	_____	_____
6. Let's have a barbecue	_____	_____	_____
7. Spanish food	_____	_____	_____
8. Famous Rogerses	_____	_____	_____
9. It's hairy	_____	_____	_____
10. Goad	_____	_____	_____
11. Flowers	_____	_____	_____
12. Play cards	_____	_____	_____
13. Famous horses	_____	_____	_____
14. Floor coverings	_____	_____	_____
15. NASA projects	_____	_____	_____

Answers: 1. Cereal, Pancake, Toast; 2. Azure, Charcoal, Zinnia; 3. Secretariat, Silver, Trigger; 4. Earth, Neptune, Pluto; 5. Clove, Mace, Nutmeg; 6. Cookout, Grill, Rotisserie; 7. Enchilada, Taco, Tamale; 8. Fred, Ginger, Roy; 9. Peruke, Toupee, Wig; 10. Egg, Impel, Needle; 11. Carnation, Violet, Zinnia; 12. Deal, Deck, Shuffle; 13. Secretariat, Silver, Trigger; 14. Carpet, Mat, Rug; 15. Apollo, Gemini, Mercury.

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.

CONGRATULATIONS

TO THE WINNER

OF THE 50/50 RAFFLE

SPONSORED BY

ONEIDA SENIOR CENTER & ELDERLY SERVICES

The winner of the 50/50 Raffle was drawn at the Pow Wow on July 4, 1999: The prize of \$251.26 went to C. Little Bull of the Milwaukee Area. Little Bull was very happy and plans to fix his Caravan SC Van. He spent \$5.00 to buy the raffle tickets and says “THANK YOU!”

[illegible]

HOUSEHOLD HINTS

POTATOES:

- 1. To keep potatoes from budding, place an apple in the bag with the potatoes.**
- 2. If you accidentally over-salt a dish while it's still cooking, drop in a peeled potato. It absorbs the excess salt for an instant "fix-me-up."**
- 3. Potatoes will take food stains off your fingers. Just slice and rub raw potato on the stains and rinse with water.**

EGGS:

1. To prevent eggshells from cracking, add a pinch of salt to the water before hard-boiling.
2. To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh; if it rises to the surface, throw it away.

MISCELLANEOUS:

- 1. To get the most juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before squeezing.**
- 2. To cure a headache, take a lime, cut it in half and rub it on your forehead. The throbbing will go away.**

MY PILLS

**A row of bottles on my shelf
Caused me to analyze myself.**

**One yellow pill I hope to pop
Goes to my heart so it won't stop.**

**A little white one that I take
Goes to my hands so they won't shake.**

**The blue ones that I use a lot
Tell me I'm happy when I'm not.**

**The purple goes to my brain
And tells me I have no pain.**

**The capsules tell me not to sneeze
Or cough or choke or even wheeze.**

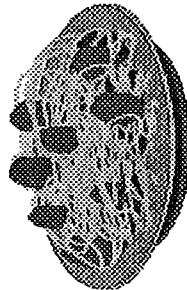
**The red one's smallest of them all
Goes to my blood so I won't fall.**

**The orange ones are big and bright
And stop leg cramps in the night.**

**Such an array of brilliant pills
Helping to cure all kinds of ills,**

**But what I'd really like to know
Is what tells each one where to go!!**

August Menu 1999

Monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Salad Cottage Cheese Tomato Slices Raspberries	2 Split Pea Soup Orange Juice Fresh Rolls Watermelon	3 Pork Roast Carrots Whole Wheat Bread Applesauce	4 Fish Cole Slaw Rye Bread Pineapple Tidbits	5 Bacon Oatmeal Pineapple Juice Peaches
9 Chop Suey Whole Wheat Bread Cranberry Juice Diet Jello	10 Beef Vegetable Soup Fresh Bread Orange Juice Whip & Chill	11 Tator Tot Casserole Green Beans Whole Wheat Bread Mandarin Oranges	12 Pork Steak Buttered Noodles Brussel Sprouts Whole Wheat Bread	13 Sausage Cream of Wheat Toast Orange Juice
16 Spaghetti Lettuce/Green Peppers French Bread Pears	17 15 Bean Soup Fresh Rolls Orange Juice Sherbet	18 Beef Roast Peas Whole Wheat Bread Fresh Fruit Salad	19 Cube Steak Macaroni & Cheese Whole Wheat Bread Blackberries	20 Bacon French Toast Cranberry Juice Mixed Berries
23 Ring Bologna Sauerkraut Whole Wheat Bread Mandarin Oranges	24 Beef Stew Biscuits Cranberry Juice Peaches	25 Meat Loaf Cottage Cheese/Peaches Whole Wheat Bread	26 BIRTHDAYS Chicken Corn Spice Cake with Peanut Butter Frosting	27 Ham Cheese Muffins Fresh Fruit
30 Chicken & Rice Broccoli Whole Wheat Bread Cantalope	31 Tomato Soup Egg Salad Sandwiches Apple Juice Diet Jello/Raspberries	Meals subject to change.	All meals served with coffee, tea and milk.	

ONEIDA NATION COMMISSION ON AGING MEMBERS

Warren Skenandore
(Chairman)
850 9th Street
Green Bay, WI 54302
437-7122

Mary Edna Greendeer (Vice-
Chair)
W103 Service Rd
Oneida, WI 54155
869-2907

Pearl McLester
N3810 Countyline U
Oneida, WI 54155
869-2318

Erv Thompson
824 Smith St.
Green Bay, WI 54302
(Home) 437-6331
(Work) 496-7897
Beeper # 665-2574

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2610 Forestville Dr.
Green Bay, WI 54304
490-8865

Dellora Cornelius
N6319 Onondaga Dr.
Oneida, WI 54155
869-1171

Alfreda Green
P. O. Box 12
Oneida, WI 54155

Meetings are held on the second Tuesday of each month at 1:00 p.m. in the Board Conference Room at the Elderly Services Building located at 2907 S. Overland Rd.. Your participation is welcome.

WELCOME! To all newly-elected ONCOA Board Members.

The Month of July In Review

The second annual Governmental Services Division Fair was held at the Parish Hall. It was here that information regarding the many services and benefits offered by the tribe was on display for all tribal members.

The Oneida 27th Annual Pow-Wow took place 4th of July weekend at the Norbert Hill Center. In attendance was many spectators and dancers even though the weather was hot and humid at times.

A big social event for all the elders was the All Nations Elder Picnic that was held at Pamperin Park on July 14. Elders from all over Wisconsin were invited to attend. The day was filled with live music, raffles, good food, and bingo.

**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