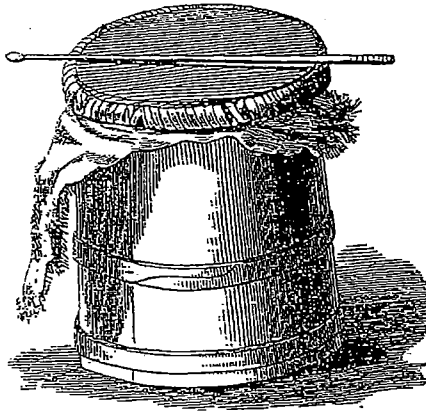


DRUMS ACROSS ONEIDA

ELDERLY SERVICES
2907 S. OVERLAND RD.



SENIOR CENTER
134 RIVERDA;E DR.

P.O. BOX 365

ONEIDA, WI. 54155

ELDERLY SERVICES 1-920-869-2448

SENIOR CENTER 1-920-869-1551

TOLL FREE 1-800-867-1551

Tsha?tekohselha? Wehni-tale?

Mid Winter Moon

February 2006



Valentine Day's Party
February 14th,
At The Senior Center
11 am - 2 pm

Come have fun on Valentine's Day with your friends.

We will have games,

There will be a **Luscious Lips** contest

Many door prizes including

Staff taking an "**Elder Date**" to lunch.

Laugh and have a good time.

Brighten your world with friendship and love.

For more information call
869-2448 and ask for Cindy.



ELDERLY SERVICES COMPLEX:

Program Director
Assistant Program Director
Benefits Specialist
Elder Abuse Coordinator
Elderly Services Coordinator
Office Manager
Transportation Coordinator
Transportation Driver
Transportation Aide
Activity Coordinator
Outreach Worker
Outreach Worker
Outreach Worker
In-Home Chore Worker
In-Home Chore Worker
Respite Care Worker
Respite Care Worker
Administrative Assistant
Elder Helper
Elder Helper
Alzheimers/Respite Activities Specialist
Vista Worker
Title V
Title V

ONEIDA SENIOR CENTER:

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
Home-Chore Worker
Elder Helper
Elder Helper
Elder Helper
Title V
Title V
Title V

2907 S. Overland Rd. (P.O. Box 365)
Oneida WI 54155 1-920-869-2448
Florence Petri
Tina Pospychala
Anglea Ortiz
Joyce Johnson
Cheryl Ault
Claudia Skenandore
Lorna Christjohn
Connie Van Gheem
Dale Webster
Michele Cottrell
Cindy Brabbs
Sandy Charles
Amy Sumner
Joanne Close
Lorleen John
James Smith
Glory LeFlex
Marty Braeger
Marie Scott
Barbara Skenandore
Rita Summers
Sara Loken
Mildred Figueroa
Leland Danforth

134 Riverdale Drive (P.O. Box 365)
Oneida WI 54155 1-920-869-1551
Brenda Jorgenson
Loretta Mencheski
Betty Jorgenson
Pat Beilke
Alfrieda Grignon
Robert LaGest
Richard Summers
Lee Domencich
Lloyd Davis
Lisa Huff
Don Bogda
Jared Skenadore
Harold Dostalek
Richard Dodge
Cornelius Hill
Grover Smith
Jeannine LaRock
Marena Pamanet
Herb Powless

CELEBRATE OUR FEBRUARY BIRTHDAY'S

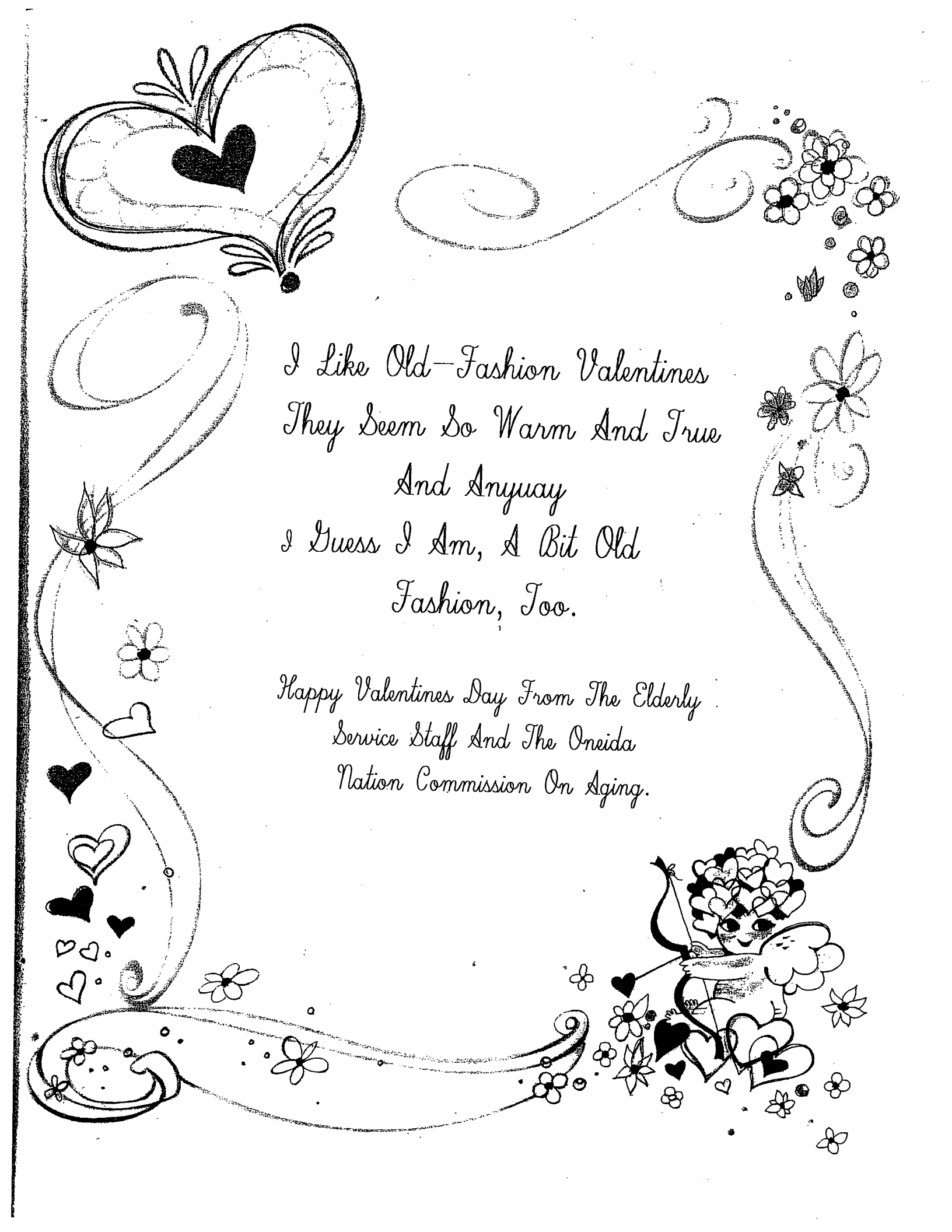


Loyde Aldrich	2-14
Roberta Anderson	2-09
Mildred Brosel	2-01
Charlene Cornelius	2-14
Cleo Cornelius	2-26
Fredrick Cornelius	2-01
Ralph Cornelius	2-16
Hugh Danforth	2-25
Wilma Danforth	2-24
Donald Davids	2-13
Phyllis Davids	2-28
Nori Demrow	2-26
Sandra Dennette	2-26
Barbara Denny	2-14
Terry Denny	2-18
Marie Dool	2-28
Margaret Doxtator	2-16
Clifford Doxtator	2-20
Pat Eberle	2-04
Norman Elm	2-01
Alan Fabian	2-25
Henry Huff	2-22
Cora John	2-16
Neva John	2-16
Joyce Johnson	2-17
Kermit Jordan	2-25

Edwin King	2-07
William King	2-14
Judith Matthews	2-01
Lori McGuire	2-13
Pearl Mc Lester	2-22
Betty Mendolla	2-10
Commadore Metoxen	2-07
Lorraine Metoxen	2-10
Leroy Neconish	2-18
Margaret Parker	2-17
George Reed	2-22
Carole Robelia	2-15
Bob Schegel	2-17
Susan Semens	2-11
Karen Skenandore	2-28
Lawrence Skenandore	2-13
Norbert Skenandore	2-16
David Smith	2-02
Abraham Steevens	2-05
Ernie Stevens	2-17
Orville Summers	2-29
Alice Torres	2-13
Helen VandeHei	2-22
Kenneth Webster	2-15

Elders, if you have a birthday in March, please join us at the Oneida Senior Center, 134 Riverdale Drive (Hwy J) on February 23, 2006. Have lunch with us and sign the birthday book.

Birthdays for our elders are celebrated on the last Thursday of each month.



I Like Old-Fashion Valentines
They Seem So Warm And True
And Anyuay
I Guess I Am, A Bit Old
Fashion, Too.

Happy Valentines Day From The Elderly
Service Staff And The Oneida
Nation Commission On Aging.


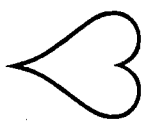


MENU 134 Riverdale Dr

February

1-920-869-1551

2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Lasagna Salad Garlic Bread Ice Cream	2. Chicken Broccoli Alfredo W/W Bread Pears & Juice	3. Sausage Pancakes Juice Mix Berries
		8. Hamburger Cass. W/W Bread Juice Sherbert	9. Liver & Onions Potatoes & Beets W/W Bread Peaches	10. Bacon & Eggs Toast & Grits Juice Orange Slices
		6. Tuna Salad Croissants Tomatoes Cottage Cheese Applesauce	7. Bean Soup Fresh Bread Juice Jell-o W/Bananas	13. Ham Sweet Potatoes Peas W/W Bread Blueberries
		14. Tomato Soup Ground Bologna Han & Cheese Sand Jell-o /Chips Punch	15. Turkey & Gravy Potatoes-Broccoli W/W Bread Whip & Chill	16. Fish & Potatoes Cole Slaw Bread Pineapple Tidbits
		21. Calif. Blend Cheese Soup Fresh Bread Juice Strawberries	22. Chicken Patties Red Potatoes Green Beans W/W Bread Pudding	23. BIRTHDAYS Pork Roast /Potatoes Brussel Sprouts W/W Bread Strawberry ShtCake
20. Chili Cucumber Salad W/W Bread Ice Cream	27. Chicken Salad Croissant Tomatoes & Cukes	28. Boiled Dinner Fresh Bread Juice Mandarin Oranges	Flower: Birthstone:	All meals are served with coffee, tea, or milk. Menu is subject to change.
				Office Hrs:8am-4:30pm Lunch served 12-1pm Breakfast served on Fri. From 9am-10am

February 2006 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
		1 PRICE IS RIGHT Elderly Services 9:30 BINGO HWY H 1:30	2 P.A.C.E. Exercise Elderly Services 10:00 CARDS HWY H 1:30	3 BANKS SHOPPING LUNCH OUT 10-3
6 P.A.C.E. Exercise Elderly Services 10:00 MOVIE Elderly Services 1:00 (NO BINGO AT SITE II)	7 CRAFTS EPWORTH HALL 9:30-11:30	8 ONEIDA LANGUAGE Elderly Services 10:00 BINGO HWY H 1:30	9 P.A.C.E. Exercise Elderly Services 10:00 BOWLING Ashwaubenon Lanes 1:30	10 BANKS SHOPPING LUNCH OUT 10-3
13 P.A.C.E. Exercise Elderly Services 10:00 BINGO SITE II 1:00	14 VALENTINE'S DAY PARTY Senior Center 11:00- 2:00 (No Crafts or Lunch at Epworth Hall)	15 GOODWILL 9:30 BINGO HWY H 1:30	16 P.A.C.E. Exercise Elderly Services 10:00 CARDS HWY H 1:30	17 BANKS SHOPPING LUNCH OUT 10-3
20 P.A.C.E. Exercise Elderly Services 10:00 BINGO SITE II 1:00	21 CRAFTS EPWORTH HALL 9:30-11:30	22 ONEIDA LANGUAGE Elderly Services 10:00 BINGO HWY H 1:30	23 P.A.C.E. Exercise Elderly Services 10:00 BIRTHDAY LUNCH 12:00 BOWLING 1:30 Ashwaubenon Lanes	24 BANKS SHOPPING LUNCH OUT 10-3
27 P.A.C.E. Exercise Elderly Services 10:00 BINGO SITE II 1:00	28 BINGO EPWORTH HALL 9:30-11:30		*ACTIVITIES DUE TO CHANGE WITHOUT NOTICE.	*Please sign up for trips at Senior Center. *All trips leave from Senior Center.

*Oneida Area Faith in Action
Presents*

Bingo & Breakfast at the Radisson

IF YOU'RE INTERESTED IN VOLUNTEERING, JOIN US!!

*Friday March 3, 2006, Huron & Ontario Rooms
9:00 a.m. through LUNCH
FREE Breakfast Buffet and Bingo
LOTS of PRIZES*

***SIGN UP PRIZES WILL BE AWARDED TO ALL WHO
REGISTER TO VOLUNTEER WITH
ONEIDA FAITH IN ACTION***

***ONEIDA AREA FAITH IN ACTION IS A VOLUNTEER-BASED PROGRAM
THAT SERVES THE ELDERLY & INFIRM WITHIN RESERVATION
BOUNDARIES.***

WE PRIMARILY SERVE THROUGH:

- ★TRANSPORTATION***
- ★COMPANIONSHIP***

***AS A FAITH IN ACTION VOLUNTEER YOU CHOOSE WHEN YOU SERVE,
WHERE YOU SERVE, WHO YOU SERVE AND WHAT SERVICES YOU
PROVIDE.***

- ★2-4 HOURS A MONTH IS SUGGESTED***
- ★WEEK DAY & DAYTIME HOURS ARE NEEDED***

UP CLOSE AND PERSONAL

With Claudia Skenandore Office Manager

Claudia was born on August 2, 1956 to Cecil and Ruth Skenandore. She has 3 brothers and 4 sisters. She was active at West De Pere High in cheerleading, sports, music and graduated in 1974. One memory from school is after her small solo. She remembers her music teacher saying "Claudia, just say thank-you". That teacher was Mrs. Skenandore. Thank -you has become a real self building tool.

Claudia started work at Sheltered Industries in Green bay after high school and worked there for one year before starting college at UW Stevens Point. She secured a job at Proctor and Gamble and decided not to go back to college.

About 1976 she married Reynold Thomas Danforth and was happily divorced in 1988. Claudia left Proctor and Gamble the end of 1979. She had her first child February 13, 1981, Jeremiah Thomas Danforth. Jeremiah now has three children with Shayla VerBruggen (Evan -4, Eliciah - 3 and Eajah - 1.

Claudia was a stay at home mom until she began working as Receptionist at the Civic Center in Oneida Accounting Department. She had her second child February 24, 1982.

Claudia advanced with the Oneida Tribe to Program Budget Analyst for the Development Division. Claudia worked 25 years for the Tribe before resigning to play the role of "Grandma" in the Native American dance show "Spirit the Seventh Fire". She toured four times with this show and during her lay off's, she took Emergency Temporary jobs with Oneida. Check out the website at Spirit7thfire.com and find more information about Claudia.

Claudia finished her Accounting Degree through NWTC and wants to

complete a Bachelors in Communication. She worked part time as a Womens Advocate for the Family Violence Center / Golden House for about 2 years since 2000.

Claudia accepted the Office Manager position with Oneida Elderly Services. She states she loves being a Grandma in the show and loves being around elders. She hopes to learn about being an elder for her future and to be supportive of those future friends and family elders.

When you were a child, what did you think you'd like to be when you grew up?
A Mother

Who or what has had the biggest influence in your life?
My mom , Dad and the Creator

What do you consider to be your greatest accomplishment?
Learning to be Oneida

Is there something you've always wished you were great at doing?
Dancing and singing

What is the best advice anyone ever gave you?
Say "Thank-you"

What advice would you give to someone who is about to retire?
Live one day at a time to the fullest.

What is your ideal vacation?
Anywhere with my children

Favorite Meal: Corn soup

Favorite Music: Country

Favorite Books: Self Esteem Books

Favorite Movies: Comedies - Johnny Depp

Favorite Hobbies: Biking, dancing & singing

JOB OPPORTUNITY

Are you 55 or older and looking for work?

The NICOA Senior community Service Employment Program may be just what you are looking for. Eligible candidate must meet income guidelines and be available to work 20 hours per week.

Training is provided. Information can be obtained by calling 869-2448 and ask for Claudia.

Make The Most Of Today

To realize the value of **ONE YEAR** ask a student who failed a grade.

To realize the value of **ONE MONTH** ask a mother who gave birth to a premature baby.

To realize the value of **One HOUR** ask the lovers who are waiting to meet.

To realize the value of **ONE MINUTE** ask the person who missed the train.

To realize the value of **ONE SECOND** ask the person who just avoided an accident.

To realize the value of **ONE MILLISECOND** ask a person who won a silver medal in the Olympics.

Treasure every moment that you have!
And treasure it more because you shared it with someone special, special enough to spend your time with.

And remember that time waits for no one.
Yesterday is history, **Tomorrow** is a mystery. **Today** is a gift; that's why it is call the **present**.



What did the hat say to the man?
You stay here, I'm going on ahead!



What Foods Are In The Grain Group

Any foods made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into 2 sub groups, whole grains and refined grains. Whole grains contain the whole grain kernel—the bran, germ, and endosperm. Examples include:

- * whole wheat flour
- * bulgur (cracked wheat)
- * oatmeal
- * whole cornmeal
- * brown rice

Refine grains have been milled, a press that removes the bran and germ. This is done to give grain a finer texture and improve their shelf life, but it also removes dietary fiber, iron and many B vitamins. Some examples of refined grain products are:

- * white flour
- * degermed cornmeal
- * white bread
- * white rice

Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) are added back after processing. Fiber is added back to enriched grains. Check the ingredient list on refined grain products to make sure that the word “enriched” is included in the grain name. Some food products are made from mixtures of whole grain and refined grains.



What did the light bulb say to the lamp shade?
You stay here, I'm going out for the night!!



Suffering From Headaches

Did you know that overuse of prescription or non prescription pain relievers can lead to “rebound headaches.” This may lead to taking more pills than is safe, as the headache returns every time medication wears off.

Self -Care Tips

If you suffer from headaches, new prescription medications are available from your doctor that can help treat or even prevent them. There’s also plenty you can do on your own to ease the pain.

- * Take medicines right away. Pain relievers work best if taken when pain starts.
- * Find a dark quiet spot and lie down.
- * Try warm heat, such as a warm pad on the back of the head.
- * Consider massage or physical therapy to help reduce muscle strain and stress.

Watch The Three C’s.

- * Cheese (ripened varieties such as cheddar and Brie)
- * Chocolate
- * Citrus fruits. These fruits contain amines, substances that in some people cause blood vessels to swell, resulting in head pain.

More Headache Triggers.

- * Alcohol, especially red wine.
- * Poor ergonomics and posture
- * Hot dogs and other processed meats
- * Monosodium glutamate (MSG)
- * High sodium foods
- * Paint, varnish and glue odors
- * Aspartame (artificial sweetener)
- * Lack of sleep.
- * Excessive noise
- * Glaring lights
- * Perfume
- * Stress

Not All Head Pain Is The Same

Type of headaches include:

Tension : Ninety percent of headaches are caused by excessive muscle tension in the scalp and neck, often resulting from stress.

Migraine: Symptoms include intense, throbbing pain on one side of the head, nausea and sensitivity to light and noise, sometimes preceded by an “aura.” flashing lights or other vision disturbances.

Cluster: These headaches occur once or more per day for several weeks or months, then disappear for months or even years. Symptoms include extreme pain in or near one eye, which may become red and teary. The nostril on the affected side may become congested.

For Your Safety: Most headaches are not serious. However, if a headache is accompanied by nausea or blurry vision , involves pain in the eye or ear, last for more than a couple of days or keeps recurring, seek medical attention.

Source: National Headache Foundation

Aspirin

A German chemist with Friedrich Bayer and Co., seeking a way to relieve his father’s rheumatoid arthritis pain, formulated acetylsalicylic acid in 1897.

Aspirin is the world’s most used drug. More than 70 million pounds of aspirin are produced each year.

Aspirin skyrocketed to the moon along with Neil Armstrong, on the Apollo 11 lunar module in 1969.

ATTENTION ELDERS

If you want to participate in activities offered by the Oneida Elderly Services, you must sign up in PERSON at the Oneida Senior Center, 134 Riverdale Dr. Oneida. (This also includes signing up for bingo passes.) We will **no longer** accept phone calls and **you may** not sign up for someone else. There have been too many call in's and the same name is on the sign up list more than once.

The dead line for sign up for activities will be 4:30 PM one day before the schedule event. **(THE ONLY EXCEPTION BEING WAKES AND FUNERALS.**

Transportation will be provided by the Elderly Services Department to attend after hours or weekend activities providing there is a **minimum of 5 elders signed up to go.**

The following restrictions apply for out of town activities:

- A. Elders must be physically able to keep up with others and must be able to physically able to board the bus or van on their own.
- B. Elders with high risks of heart attacks (open heart surgery or pace makers) may not attend.
- C. Elders with lung disease (dependent on oxygen) or Emphysema.
- D. Elders on medication that causes disorientation, dizziness or nauseousness.

Thank-You
Oneida Elderly Services Department

RURAL DEVELOPMENT

The Elderly Meal Site
134 Riverdale Dr.
Oneida, Wi. 54155

First Thursday of Every Month

504 Home Repair Loans and Loan Grant Combinations. 502 Home Purchases to buy or build. Programs are available for low and very low income households.
Stop for details or call the mealsite office at 1-920-869-2448

Shawano Rural Development Office at 1-715-234-2148.

Oneida Benefit Specialist Angela Ortiz

Benefit Specialist from the Elderly Service Center will be available at the Oneida Senior Center, (meal site) every second and fourth Thursday of the month from 11 am-1pm. She has valuable information on benefits and helpful programs for you, including information on health insurance. This is on the first come first serve basis. You can also sign up for Senior Care with Angela. For more information call 1-920-869-2448.

Blood Pressure And Blood Sugar Screening

February 10th 2006
Oneida Senior Center
Meal Site
134 Riverdale Dr.
1-920-869-1551



Happy Valentine Day's



LORNA'S CORNER ELDER HUMOR

Hey, do you remember dances you went to way back when? This one elder said her parents told her she could go if she had a ride; back then not everyone had a car. One parent said, "Yes, I'll pick you up for a quarter for some gas. (Remember that?) They all agreed, so they all got to go to the dance. Back then all they had in the way of music was waltz's or polka's. So, when a polka was played everyone got out there just a flying around the dance floor. This friend was just flying around the floor when the elastic on her bloomers gave way, she had a skirt and the gravity took over and down her bloomers came! She grabbed her bloomers and ran to the bathroom and used a safety pin to hold them up and back to the dance floor, barely missed a beat!! She said hardly anyone saw the event happen as they were having so much fun, until she told them why she had to run off the dance floor.

Now those were the days!!!



FRIENDS

"Don't walk in front of me,
I may not follow.
Don't walk behind me,
I may not lead.
Walk beside me and be my friend"

OPTIONS FOR ONIONS

Fried onions and Apples

3 large yellow onions, sliced
2 Tbs. Butter or margarine
6 large tart red apples, sliced
½ cup brown sugar, packed
1 teaspoon salt
½ teaspoon paprika
⅛ teaspoon ground nutmeg

In a large saucepan over medium heat saute onions in butter until tender. Place apples on top of onions. Combine remaining ingredients, sprinkle over apples. Cover and simmer 5 minutes longer or until apples are tender. Serve with a slotted spoon. Serves 12, 110 calories, 2.5 g fat.

An onion should be firm, hard, and heavy for its size. The outer skin should be slightly loose. Fresh onions have a faint, sweet aroma. Do not choose onions that are shriveled, bruised or decayed.

Onions can be stored in a cool, dry, well ventilated area for 4-5 weeks. Do not store onions in plastic, near potatoes, or in the refrigerator. Cut onions can be kept in a sealed container in the refrigerator for 2-3 days. Throw away any sprouting onions.

Slice the top and bottom, then slice from top to bottom, and peel off the outer layer. To avoid teary eyes, chill in the freezer for ten minutes before slicing, or peel it under cold water.

What do you get when you cross a vampire with a snowman?Frostbite.

The Horseman

It was a bitter cold evening in northern Virginia many years ago. The old man's beard was glazed by winter's frost while he waited for a ride across the river. The wait seemed endless. His body became numb and still from the frigid north wind. He heard the faint, steady rhythm of approaching hooves galloping along the frozen path. Anxiously, he watched as several horsemen rounded the bend. He let the first one pass by without an effort to get his attention. Then another passed by...and another. Finally, the last rider neared the spot where the old man sat like a snow statue. As this one drew near, the old man caught the rider's eye and said, "Sir, would you mind giving an old man a ride to the other side? There doesn't appear to be a passageway by foot!"

Reining his horse, the rider replied, "Sure thing. Hop aboard." Seeing the old man was unable to lift his half-frozen body from the ground the horseman dismounted and helped the old man onto the horse. The horseman took the old man not just across the river, but to his destination, which was just a few miles away.

As they neared the tiny but cozy cottage, the horseman's curiosity caused him to inquire, "Sir, I notice that you let several other riders pass by without making an effort to secure a ride. Then I came up and you, immediately asked me for a ride. I'm curious why, on such a bitter winter night, you would wait and ask the last rider. What if I had refused and left you there?"

The old man lowered himself slowly down from the horse, looked the rider straight in the eyes and replied, "I've been around these here parts for a long time. I reckon I know people pretty good." The old timer continued, "I looked into the eyes of the other riders and immediately saw there was no concern for my situation. It would have been useless even to ask them for a ride. But when I looked into your eyes, kindness and compassion were evident. I know, then and there, that your

gentle spirit would welcome the opportunity to give me the assistance in my time of need."

Those heartwarming comments touched the horseman deeply.

"I'm most grateful for what you have said," he told the old man. "May I never get too busy in my own affairs that I fail to respond to the needs of others with kindness and compassion,"

With that, Thomas Jefferson turned his horse around and made his way back to the White House.

A SECRET VALENTINE

Oh Mom, I've got secret
and I'm not supposed to tell
But when you find it out I know,
that you will think it's swell.
I made it yesterday in school
and I can hardly wait,
Till I can give it to you
on that very special date.
I'm not supposed to tell, you see
What I have made for you.
But I don't think it matters
If I give a hint or two.
It's round and red and it has lace
around the sides of it..
And please excuse my cutting cause
I'm not too good at it.
And if my writing's hard to read,
Here is what I'll do. I will help you
out a bit..The words say "I love You."
Oh Mom, I had a secret and I wasn't
supposed to tell. But now that I have
told you, don't you agree it's swell?

P.Mongeau



Psalms Of Excellence

Psalms so gently soft and clear, that even the birds rush their singing.

Psalms so far reaching and very kind, that even stone hearts justly arise.

Psalms so victoriously soothing , that even the angels in heaven rejoice.

Psalms so overwhelmingly strong, that peace dwells beyond all understanding.

Psalms so deep and keen , that even sluggards tilt their listening ears,

Psalms are the brightly blazing swords of golden truth, where to no lie shall ever abide.

Psalms are the victorious teachers of wisdom that shall forever boldly arise.

Psalms are the divine authors of righteousness that shall eternally stand.

Psalms are the seeds of spiritual growth and the blooming flowers of beauty.

Psalms are the sweet notes of music to the soul as never clearly heard before.

Psalms are the heavenly angels that gently await just beyond God's golden throne.

SPECIAL THANKS

Donation from Allen Reed.

Thanks to Pearl McLester for her donation of delicious chocolates.

Thanks to Cheryl, Lorna, Michele, Milly, Joyce, Barb, and KO for their donations of Holiday goodies.

Hugs Are Important

There's something in a simple hug,
That always warms the heart.
It welcomes back home,
And makes is easier to part.

A hug is a way to share the joy
And sad times we go through,
Or just a way for friends to say\
They like you, cause you're you.

Hugs are meant for anyone
For whom we really care,
From your grandma to a neighbor,
Or a cuddly teddy bear.

A hug is a amazing thing
It's just the perfect way
To show the love we're feeling
But can't find the words to say.

It's how a little hug
Makes everyone feel good,
In every place and language,
It's always understood.

Hugs don't need new equipment,
Special batteries or parts
Just open your arms
And open your heart.

Source: M. Hoover



My valentine I pray, That thou wilt be
Not for a day, But for eternity.

I love thee to the level of every day's
most quiet need, by sun and candlelight.



E.B. Browning

FREE TAX PREPARATION

WHEN: Thursday, March 2, 2006

**8:30 AM -12 NOON & 1PM-3:30PM
AND**

Thursday, MARCH 16, 2006

8:30 AM-12 NOON & 1PM-3:30PM

WHERE: ELDERLY SERVICES -POD -A

SORRY, NO APPOINTMENTS WILL BE

SCHEDULED BETWEEN 12 NOON AND 1 PM

**PLEASE CALL 869-2448 AND ASK THE
RECEPTIONIST TO SCHEDULE AN
APPOINTMENT FOR YOU . DON'T
FORGET TO LEAVE YOUR NAME AND
PHONE NUMBER.**

**TAXES WILL BE PREPARED BY
ANNETTE LOBERGER, BAY AREA AGENCY
ON AGING**

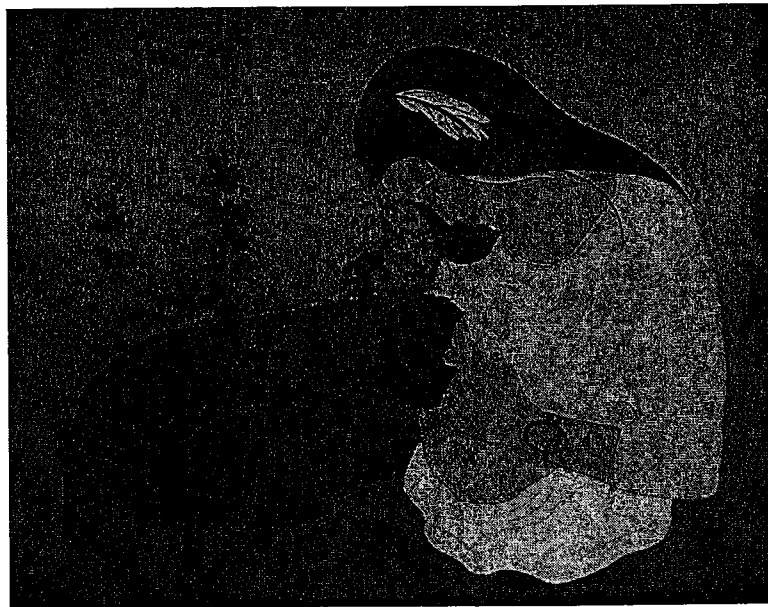
Family Care Givers Support Group

When: Friday, February 24th

Where: Oneida Elderly Services
2907 S Overland Rd
Oneida WI 54155

Time: 10:00 am - 12:00 pm

Refreshments and Respite Care available for your loved ones...



Play Games

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

BOARD GAMES

CHARADES

DARTS

ENTERTAIN

BOATS
 BOWLING
 BRIDGE
 CAMP
 CANASTA
 CARDS
 CASINO
 CASTLE
 CATCH
 CHECKERS
 CHESS
 CHILD
 CLUBS
 COMEDY
 COUNT
 CRIBBAGE
 CROQUET
 DARE
 DEUCE
 DIAMONDS
 DIVERSION
 DOLLS
 DOMINOES
 EAT
 ECARTE
 ENJOYMENT
 ENLIVEN
 ESCAPISM
 EUCHRE
 FARO
 FETE
 FIESTA
 FLY
 FROLIC
 GALA
 GAMES

Chinese Food

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

ALMONDS
 BEAN SPROUTS
 BEEF
 CASHES
 CHESTNUTS
 CHICKEN
 CHOW MEIN
 CRAB
 DRINK
 EGG ROLL
 EGG FOO YUNG
 FRIED
 GARLIC
 HOT
 LARGE
 LOBSTER
 MENU
 MILD
 MUSTARD
 NOODLES
 OIL
 ONIONS
 PEPPERS
 PORK
 RIBS
 RICE
 SAUCE
 SESAME
 SHRIMP
 SMALL
 SOY
 SPICY
 STEAMED
 STIR
 STIR FRIED
 SWEET AND SOUR
 TEA
 WHITE RICE
 WOK

Elderly "Request for Service" Procedure

This is a friendly reminder regarding clarification of procedures for:

- emergency and non-emergency requests for service and
- payment of bills.

If you need a service, please call the Elderly Services at (920)869-2448. Upon receiving your request, an Initial Contact Form will be generated and routed to the proper vendor by the Elderly Services Coordinator.

We recognize emergencies do arise, however, before we can process payment all paperwork needs to be in place. This include having an Initial Contact Form in our files. Please contact us **before beginning the work and the billing process** so that we can ensure proper payment can be arranged.

Our policy is to serve seniors 70 and older, disabled or handicapped. Our priority for serving this age group would be an immediate emergency, economic or health and safety issue. Follow-up by the Elderly Services Coordinator will be done to make sure services are satisfactorily completed. Every effort will be made to meet the needs of the Elders in the 55/69 age group.

UNLESS the Elderly Services/Senior Center makes the referral to a vendor, this department will NOT be responsible for any of the charges incurred by you. You will be responsible for the full cost of these charges.

* We provide a 24-hour answering service and are able to access immediate service in areas of electrical, plumbing and furnace repairs. An after hours phone service is available evenings and weekends, please leave a message and the messages will be directed to the appropriate staff person for your assistance.

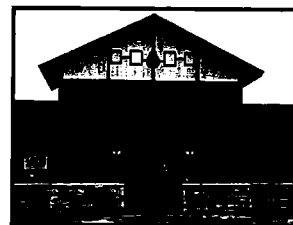
This procedure is only applicable as funds are available. If you have any questions, please do not hesitate to call (920) 869-2448. Regular office hours are Monday thru Friday, 8:00 a.m. to 4:30 p.m. Thank you for respect in these matters and we hope to be able to assist you soon.

January 13, 2006



Gift Shop at Elderly Complex

Elderly Services Complex, 2907 Overland Rd.



**Check out our shop !
Meet our friendly Elder Helper, Barbara Skenandore
and our new Elder Volunteer, Judy Cornelius**

**Gifts and Crafts all hand made by our Elders, fresh
popcorn, soda, water and greeting cards for sale**

Operating hours: M-F : 8-noon

And NOW with our new volunteer

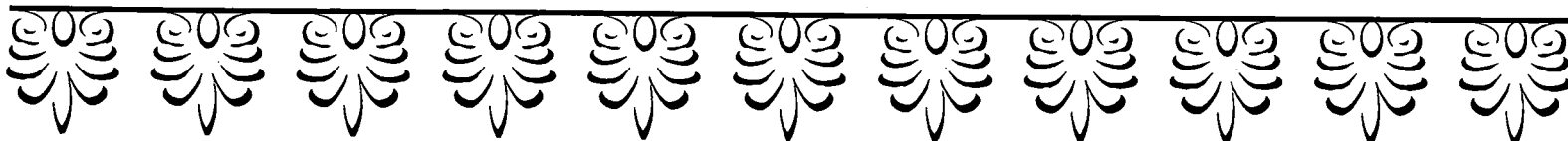
Also open **Monday's from 1-4**

CALL FOR ELDERS:

- If you have a hour or two to spare, call us to sign up to volunteer.
- Elderly, age 55 and older, inquire to display your arts and crafts in our store.

Contact: Michelle Cottrell at Elderly Services for more information 869-2448.

**Our mission is to assist our elders to maintain an independent, healthy,
productive and quality lifestyle through love, caring and respect by the
services we provide.**



ELDERLY SERVICE GIFT SHOP

THIS IS AN INVITATION FOR YOU TO COME AND VISIT OUR ELDERLY SERVICE GIFT SHOP. OUR HOURS ARE FROM 8:00 AM- 12:00 AM., MONDAY THROUGH FRIDAY. WE ALSO FEATURE FRESH POPCORN DAILY.

The following is a list of items for sale:

- Seasonal Items
- Crosses, all types (plastic canvas)
- Dresser Scarfs
- Door Hangers
- Wreaths
- Floral Arrangements
- Greeting Cards, Native American etc.
- Hats and Booties
- Kleenex Box Sets (plastic canvas)
- Native American Dolls
- Necklaces
- Key Chains
- Picture Frames
- Pillows
- Quilts (full & crib size)
- Book Covers
- Memories of Oneida Elders Tapes
- Oneida Singers Tapes

Many Other Assorted Items

Our gift shop is located in the Elderly Service Complex, on Overland Road, right next to the Airport Road Daycare Center.
Elders, display your arts and crafts in our store FREE.

Your Journal Of Gratitude

Your son flunked his math test, your car needs new brakes, your company just announced layoffs again!! Most of us are too busy trying to deal with the everyday problems, that we have little time to appreciate the good things that come our way.

According to new research, it's crucial to stop and count your blessings, even when you've got other things on your mind. In the Journal of Personality and Social Psychology, people who began to consciously remind themselves every day of the things they were grateful for, showed a significant improvement in mental health. They also slept better and exercised more. "In just two to three weeks, they reported being happier-and their friends noticed the difference, too," says M. McCullough, Ph.D. Associate Professor of psychology and religious studies at the University of Miami and co-author of the study.

Writer Sarah Breathnach says she used to be a closet whiner. "I never complained to anybody else, but I was constantly whining to myself." She grew so tired of listening to her inner drone that one day she sat down and she would not leave the table until she came up with ten reasons why her life was perfect just the way it was.

Six hours and 150 overlooked blessings later, Breathnach felt more than a little humbled. She also felt pretty good. In fact, Breathnach says the buzz she felt was almost euphoric. That night she slept better than she had in a long time, "I wanted to experience that feeling again" she says. "The next day she thought, I wonder if I could find five more reasons in the day to be grateful." She began her grateful journal,

Taking the time to write down your blessings is an important step toward living a life of gratitude, says Breathnach. It firms up your grateful thoughts and encourages you to act on

them. It can also slowly change the lens through which you view your day. Instead of looking for every harm inflicted on you, you'll find yourself becoming keenly aware of small things that bring you pleasure.

While the effects of writing down your blessings can be almost immediate Breathnach suggest that you go back and read your gratitude journal after a few months, taking time to reflect on what brought you pleasure. "Most of us don't know what makes us happy," she says, "If we don't know what little pleasures we like, how can we bring more of them into our life."

Your journal should be fun, not a chore. Keep it simple, and don't try to make it too deep or philosophical. Here are some tips for getting started.

- 1. Take stock of your senses. Jot down a taste you enjoy, something you saw that you never noticed before, or the pleasant feeling such as clean sheets or your favorite cashmere sweater.**
- 2. Think small. Of course, we are thankful of the big things like our health, our relationships, our children- but it's the small things, like a stranger holding the door for you or a hot cup of tea on a cold winter night.**
- 3. If your finances are causing you anxiety find five things that made you feel bountiful that day. Maybe you found \$5 in a jacket pocket, or the plumber's bill was less than you expected. "Your mind cannot hold two opposing thoughts at the same time," says Breathnach. Don't be surprised if you feel happier, better rested, and more inclined to reach out to others. All these things come out of two words-Gratefulness and Thank-You.**

FOR IMMEDIATE RELEASE: January 11, 2006

Oneida Residents Florence Petri, Josephine Oudenhoven, Pearl McLester and Charlene Cornelius complete Wisconsin Senior Statesman Program

(MADISON) - "When citizens participate in their state government, we build a stronger society," says Ken Mosentine, president of the Coalition of Wisconsin on Aging Groups (CWAG), "And learning about state government is the first step to getting involved." Just ask Florence, Josephine, Pearl and Charlene from Oneida, WI. They were four of the 27 people to complete the Wisconsin Senior Statesmanship Program held November 7-10, 2005.

Each year since 1980, older adults from all over the state come to take part in this unique program that educates the elderly on the legislative process at the state level of government. Its purpose is to give older people a good understanding of the role that they can play in developing public policy through advocacy. Participants learned about a number of state issues that have an impact on them and were given the tools to speak out on those issues. They also had the opportunity to meet with their legislators, sit in on legislative floor sessions and hearings, visit state agencies and the Supreme Court and hear from experts on the most current state legislative concerns. The program is sponsored and operated by the Coalition of Wisconsin Aging Groups (CWAG) - a statewide senior advocacy organization and is co-sponsored by the Wisconsin Association of Area Agencies on Aging.

According to Mosentine, Senior Statesmanship graduates leave the program with a good understanding of state government and the role that they can play in the process and are encouraged to utilize that knowledge back to their own communities to advocate for state and local issues.

For more information or to subscribe to the Senior Statesmanship mailing list, contact CWAG: 2850 Dairy Drive, Suite 100, Madison, WI 53718 or call 608/224-0606.



Benefits Specialist Presentation

Presenter: Angela Ortiz -
Oneida Benefits Specialist

Date: Thursday, Feb. 8, 2006

Time: 11:45 A.M. - 12:15 P.M.

Location: Oneida Elderly Meal Site
Hwy J, Oneida

ACTIVE CIP PROJECTS - Communication Plans

Submitted by: Engineering Department

Jan. 4, 2006

The Project information will be communicated to the community and staff as follows:

- a. Weekly status reports - Monday 8:30 AM at LBDC conference room (Project Manager)
- b. Community Meetings - *(as noted below)* (Project Manager)
- c. Quarterly reports in: (Senior Tribal Architect)
 - DRUMS
 - Gaming Gazette (will note which edition of Kalihwisaks report is published in)
 - HRD Communicator (via e-mail to supervisors)
 - Kalihwisaks
- d. Ground breaking and dedication ceremonies scheduled with the events coordinator (Project Manager / Business Unit Manager)
- e. Periodic articles in the Kalihwisaks based upon the specific needs of the project. (Project Manager)
- f. Periodic updates at the Business Unit Informational Meetings (Senior Tribal Architect)

All CIP Projects will be developed employing a process of development consisting of four (4) distinct phases, as noted below:

<u>Project Phases:</u>	<u>Phase Titles:</u>	<u>Phase Description:</u>	<u>% of Project:</u>
CIP - 1	CIP Package assembly phase	The Project Team assembles the specific project information into a package for approval of project.	0 to 25%
CIP - 2	Project Approval phase	The CIP Package is routed to review entities for comment and finally presented to OBC for approval.	26 to 35%
CIP - 3	Design phase	The Architect designs building and prepares documents defining the scope of work for contractors to bid on.	36 to 65%
CIP - 4	Construction phase	The project is bid and constructed.	66 to 100%

ACTIVE CIP PROJECTS - Communication Plans

Submitted by: Engineering Department

Jan. 4, 2006

Project No.	CIP Request Date	Project Title	Project Manager	Current Project Phase	% of Project completed	Total Project Budget	Scheduled Completion
94-005	8/26/94	Oneida Cultural Center	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org	CIP - 3	42%	\$22,625,000 estimated as of 2005	To be determined by capital campaign
The facility will provide cultural and history services by establishing a centralized, holistic, research, exhibition, learning, and teaching facility with a non-institutionalized atmosphere, for the use of the Oneida Nation and will become a major tourism attraction for Northeast Wisconsin serving the local, national, and international public.							
Community Meetings: The project has had four community meetings and will have additional when in the design phase.							
97-001	10/29/96	Oneida Nation Judicial Center	Dan Skenandore 920-869-4550 dskenan1@oneidanation.org	CIP - 1	5%	To be determined	To be determined
The facility will provide appropriate court rooms, law library, offices, and support spaces for the Appeals Commission to carry out their mission within the Oneida Judicial System, which protects the self governance and sovereignty of the Oneida Nation.							
Community Meetings: To be determined. Communication plan will be included in CIP Package when developed.							
98-005	FY98	Assisted Living Facility & New Anna John Nursing Home	Dan Skenandore 920-869-4550 dskenan1@oneidanation.org	CIP - 2	30%	\$34,618,000 Estimated	Estimated Substantial Completion: July 2008
The facility will provide another option in the continuum of care for tribal members. Assisted Living facilities offer a homelike atmosphere with trained professionals who are available to help residents with their daily routines. Nursing homes offer 24-hour a day care for those who can no longer live independently and/or may need specialized care for severe illness or injuries. The proposed facility will also include the congregate meals program which will share kitchen and dining space with the other programs in the building.							
Community Meetings: One Community meeting was held on Dec. 15, 2005. Additional meetings to be determined.							

ACTIVE CIP PROJECTS - Communication Plans

Submitted by: Engineering Department

Jan. 4, 2006

21-009	FY01	Wastewater Treatment Facility	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org	CIP - 3	64%	\$6,189,000	Estimated Substantial Completion: Nov. 2006
The project will create a wastewater treatment facility in central Oneida which will allow us to determine our own sewer service area boundaries (sovereignty), assist in reducing land acquisition costs, maintain affordable sewer utility rates, and will recharge water resources of the reservation.							
Community Meetings: No meetings are planned.							
23-003	FY03	Administration Building	John Bauman 920-869-4585 jbauman1@oneidanation.org	CIP - 3	47%	\$29,700,000	Estimated Substantial Completion: May 2008
The project will promote operational efficiencies through co-location of business units currently scattered around the reservation. The proposed new building will allow the co-location of all core Tribal governmental and key non-core business units at a site which is convenient to central Oneida. All Tribal government services will be readily available to Tribal members and officials at a single site.							
Community Meetings: One meeting was held and one additional meeting is planned. Specific date has not been determined.							
23-005	2/24/03	Residential Home Sites (infrastructure only)	John Bauman 920-869-4585 jbauman1@oneidanation.org	CIP - 3	36%	\$900,000	To be determined
The project is proposed to develop home building sites on Tribal owned parcels for Tribal members to build homes on. The proposed project would be for multiple sites and be phased over a number of years. Sites will be offered to individuals on the DOLM waiting list.							
Community Meetings: No meetings are planned.							
23-007	9/8/03	Family Fitness Center Elevator Addition	John Bauman 920-869-4585 jbauman1@oneidanation.org	CIP - 4	85%	\$1,557,500	Estimated Substantial Completion: March 2006
The project will provide ADA accessibility to all levels of the Family Fitness Center, relocate check-in area, correct air flow and humidity problems in the pool, create a family locker room, and consolidate staff work areas. The project will address the community's request for access to all levels of the center for members with limited mobility.							

ACTIVE CIP PROJECTS - Communication Plans

Submitted by: Engineering Department

Jan. 4, 2006

Community Meetings:		No meetings are planned. The Fitness Center will be sending communications to their membership updating them on the project and it's impact on the availability of the facilities during construction.				
23-404	FY03	Main Casino Master Plan	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org	CIP-1	15%	To be determined
		The current project will define the scope and cost of expanding the overall casino/hotel site into a destination resort facility. The scope will be used in creating a CIP Package for project approval. The project will consolidate the gaming operations onto this site and maximize efficiencies.				
Community Meetings:		To be determined. Communication plan will be included in CIP Package when developed.				
04-005	FY05	SSB Remodeling - Phase IV	Troy Parr 920-869-4529 tparr@oneidanation.org	CIP - 4	70%	Estimated Substantial Completion: May 2006
		The project is a continuation of the upgrading of the building to current building codes and creating operating efficiencies of building systems and spaces. Phase IV will mainly consist of upgrades to and creation of systems to improve building occupant comfort and building functionality.				
Community Meetings:		No meetings are planned.				
04-009	2/27/04	Packerland One Stop	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org	CIP - 3	60%	Estimated Substantial Completion: Sept. 2006
		The project is proposed to include a convenience store, restaurant, and casino. The objective is to maximize profits by accommodating the needs of the emerging market of the South Packerland Drive area.				
Community Meetings:		No meetings are planned.				
04-018	5/19/04	West Mason Street Town Houses	John Bauman 920-869-4585 jbauman1@oneidanation.org	CIP - 3	45%	To be determined
		The project is proposed to develop between twelve and twenty, two and three bedroom town houses style units as suitable for eventual conversion to condominiums.				
Community Meetings:		No meetings are planned.				

ACTIVE CIP PROJECTS - Communication Plans

Submitted by: Engineering Department

Jan. 4, 2006

04-022	7/23/04	Oneida Public Transit Garage	Troy Parr 920-869-4529 tparr@oneidanation.org	CIP - 3	36%	\$5,600,000	To be determined, contingent upon grant funding cycles.
The project will create a facility to house Transit's buses and vans. It will include some support spaces. It is anticipated that the majority of the funding for this project will come from federal transportation grants.							
Community Meetings:		No meetings are planned.					
05-006	6/2/05	Buffalo Observation Shelter	Troy Parr 920-869-4529 tparr@oneidanation.org	CIP - 4	66%	\$44,000 Applying for Grant.	To be determined.
This project will provide a buffalo observation shelter that is accessible to all persons including those with limited mobility, on a raised portion of the site and will provide a unique vantage point for visitors to observe the buffalo.							
Community Meetings:		No meetings are planned.					
05-009	FY05	Mason Street Casino Bar	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org	CIP - 2	33%	\$821,100	To be determined.
The project would replace the existing temporary bar located within the facility. The bar and grill offer beer, wine, an array of liquors, and casual food menu. The bar will provide ambiance, menu selection and service to enhance our diversification to our casino guests and keep them in the facility longer, thus increasing revenue.							
Community Meetings:		No meetings are planned.					
05-011	2/14/05	Oneida Law Enforcement Center Remodel	Dan Skenandore 920-869-4550 dskenan1@oneidanation.org	CIP - 1	1%	To be determined	To be determined
The project will include minor remodeling and a new site sign. The project scope is being defined as the CIP Package is assembled.							
Community Meetings:		To be determined. Communication plan will be included in CIP Package when developed.					

ACTIVE CIP PROJECTS - Communication Plans

Submitted by: Engineering Department

Jan. 4, 2006

05-012	3/2/05	Elder Garages & Driveways	Dan Skenandore 920-869-4550 dskenan1@oneidanation.org	CIP - 1	20%	To be determined	To be determined
The project would add garages and paved driveways on Oneida elders property to make it safer for them to move from the vehicle to their home.							
Community Meetings: To be determined. Communication plan will be included in CIP Package when developed.							
05-013	3/2/05	Elder Services / Apartment Improvements	Dan Skenandore 920-869-4550 dskenan1@oneidanation.org	CIP - 1	20%	To be determined	To be determined
The project would include adding garages for the apartment residents, installing a surveillance system for the common areas, and enhancing the landscaping.							
Community Meetings: To be determined. Communication plan will be included in CIP Package when developed.							
05-014 thru 05-021	FY05	Gaming Building Renovations	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org	CIP-3 & 4	varies	\$1,724,771	varies
The project includes various maintenance and minor repair projects at the main casino, IMAC, and Mason Street Casino. Projects include: roof replacement, carpet replacement, asphalt repair, toilet room remodeling.							
Community Meetings: No meetings are planned.							
05-024	5/16/05	OCHC - Fitting Station	Troy Parr 920-869-4529 tparr@oneidanation.org	CIP - 2	34%	Estimated \$119,500	Estimated Substantial Completion: July 2006
The project will construct a garage that will be used for storing car seats, educating and demonstrating the proper installation of children's car seats. The fitting station will serve as a one stop shop for storage, installation, and education.							
Community Meetings: No meetings are planned.							

ACTIVE CIP PROJECTS - Communication Plans

Submitted by: Engineering Department

Jan. 4, 2006

05-025	9/2/05	NHC Remodeling - Phase V	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org	CIP-4	66%	\$1,207,800	Estimated Substantial Completion: Nov. 2006
	The project is a continuation of the upgrading of the building to current building codes and creating operating efficiencies of building systems. Phase V will mainly consist of replacing the existing steam boilers with hot water boilers and other work associated with the replacement. Replacement will provide better energy efficiency.						
Community Meetings:		No meetings are planned.					
06-001	10/18/05	Tribal Building Restoration	Troy Parr 920-869-4529 tparr@oneidanation.org	CIP - 1	1%	To be determined	To be determined
	The project will restore this historically significant building to allow it to be used for community related programs and services.						
Community Meetings:		To be determined. Communication plan will be included in CIP Package when developed.					

Questions regarding a specific project can be directed to the Engineering Department's Project Manager listed above.

**PLEASE !!
MAY I HAVE YOUR
ATTENTION!**

**ELDERLY SERVICES
ARE LOOKING
FOR
USED CELL-PHONES
PLEASE DONATE
TO
ELDERLY SERVICES
WE WILL MAKE GOOD
USE OF THEM
THANK YOU**



The Oneida Trust & Enrollment Committee Requests Your Support

February 2006

- The Trust & Enrollment Departments work cooperatively, but independently of each other, and will always be linked.
- The Trust-Enrollment Committee respectfully requests your support to create 2 committees out of 1 by approving the "development" of a Separation Plan.
- The Committee would best serve it's roles, responsibilities and commitment if G.T.C. authorizes two distinct bodies to conduct business on behalf of G.T.C.
- Due to growth, Trust & Enrollment duties have become increasingly complex and time consuming.
- Each department has unique purposes and mission.
- G.T.C. elects people they trust to manage the Trust and Enrollment areas. We would not make a recommendation to G.T.C. unless it was necessary and in the best interest of the Oneida Nation.
- Both Committees will remain autonomous and be under the direct supervision of G.T.C.
- Your support in creating 2 out of 1 is the crucial beginning step.



RECYCLING INFORMATION SHEET
(Items not handled by your waste hauler)

ITEM(S)	FACILITY/ADDRESS	PHONE	DESCRIPTION
BATTERIES	Batteries Plus 850 Hansen road	498-1100	FREE: Car batteries, Small engine Batteries, Specialty Batteries (rechargeable, watch hearing aid, phone). Mercury* Batteries are not accepted for FREE. Currently regular Alkaline Batteries are not accepted.
CONSTRUCTION DEBRIS	Gerald E. Braun Construction	869-2251	Call first. Accepts cement pieces
FREON APPLIANCES	Brown County Transfer St. Outagamie County Landfill	920-490-2706 920-832-5277	\$15 each unit \$10 each unit
HOUSEHOLD APPLIANCES-No Freon-includes CHECK YELLOW PAGES FOR OTHER SITES	Reliable Recycling 3711 West Mason St	826-2431	Will Pay for washers/dryers @ \$25/ton Open Mon-Fri 8-4:30, Sat. 8-1
	Brown County Transfer St.	920-490-2706	Minimum \$3.00/\$17.50/tn after 1/1/06 w/o PCB/CFC's
	Outagamie Landfill	920-832-5277	non-Freon= \$10 ea. & w/Freon= \$10 ea.
	Smitty's Salvage	920-468-9896	Won't pay--but may pick up
HOUSEHOLD FURNITURE	Shelters/Resale Shops Brown County Transfer St. Outagamie County Landfill	Yellow Pages 920-490-2706 920-832-5277	Furniture that is reusable can be donated. Some places may pick up. Landfills should be used as last resort.
PLASTIC BAGS	Grocery Stores (Copps) Lombardi Access Road Dept. Stores(Kohl's) Bay Park Mall-Oneida St.	Yellow Pages	Please reduce the use of plastic paper bags by using cloth shopping bags. (Plastic bags / wrappings not recyclable in curbside bins)
SCRAP METAL	Reliable Recycling 3711 West Mason Other Salvage Yards	826-2431 Yellow Pages	Call first for prices Won't pay, but may pick items up.
STYROFOAM PACKING	Mailboxes Etc./S. Oneida Mailboxes Etc/S. Military	499-3385 499-1991	Both open daily 8-6, and Sat. 9-1 Accepts peanuts & plastic bubblesheets
USED COOKING OIL	*Brown County Household Hazardous Waste Facility 2561 S. Broadway Street (Next to MRF on Globe Avenue and Broadway)	492-4964	ONLY HOUSEHOLD WASTE --Do Not Accept Business or Farm Waste. The service is FREE to all Brown County Residents (excluding the town of Wrightstown)
USED OIL	Brown County H.H.W Facility Green Bay Municipal Gar. DePere Municipal Garage	492-4964 492-3731 339-4060	Thursdays 12 noon-8 p.m. Saturdays 8-2 You must live within city limits You must live within city limits
WASTE TIRES	Brown County Transfer St. Outagamie County Landfill	920-490-2706 920-832-5277	\$1.25 per 20 lbs. or \$125/Ton \$1/ea 16" & smaller; Larger \$4 ea or \$75/Tn
WOODEN PALLETS	Hanson's Pallets 1530 Cornell Rd; Howard (Velp (HS), East on Wooddale (EB) to Cornell	434-9899	Call first for hours open.

Brown County Transfer Station Hours: Mon-Friday 7:30 a.m.-4:00 p.m. / Sat. 7:30 a.m.-12 Noon

Brown County Household Hazardous Waste Facility Hours: Thurs.12 Noon-8:00 p.m. / Sat. 8:00-2:00 p.m.

"IF YOUR TRASH ABSOLUTELY WILL NOT FIT INTO YOUR CONTAINER"

1. LEAVE OUT SOME OF THE EXTRA TRASH UNTIL NEXT WEEK: that way animals won't get into the bags at the curb and the bags won't blow into neighbor's yards.
2. IF YOU ARE HAVING THIS OVERLOAD PROBLEM **EVERY** WEEK MAYBE YOU SHOULD CONSIDER OBTAINING A LARGER BIN (THEY RUN 35 GALLONS, 65 GALLONS, AND 95 GALLONS): Think about it--if you have 5 or more people in your home--you **will** need a larger container. And, some weeks there is just more (i.e. a good example is if you have company from out of town, birthday parties, or other special events). For trash cans contact Oneida Utilities at 497-5806.
3. **DO NOT STORE RECYCLING IN THE RECYCLING BIN IN PLASTIC BAGS--THE RECYCLING WON'T GET PICKED UP.** You don't want a smelly recycling bin inside the house? Fine, keep your recycling in a plastic bag and hang it on the back door (or handy closet door). When the plastic bag gets full carry it to your recycle bin in the garage (or outside) and empty the bag into bin so your recycling is loose in the bin/container. Throw the plastic bag into the trash can (right next to your recycling bin) or if it is not too dirty, rinse it out and re-use it.
4. **GET CASH FOR YOUR CANS!** That's right aluminum prices are up right now, so contact your local salvage yard or recycling center to get the current price for cans (one local company had aluminum cans going for 53¢ a pound just the other week.12/17/2005) Check your Yellow Pages under Recycling Centers. One recycling center is Reliable Recycling on West Mason Street at 920-826-2431; or Smitty's Salvage, Samuels, Lasch Steel, Sadoff Iron. Just to name a few in this area.
5. **LARGE ITEMS:** Put what you can in the trunk of your car, back of your truck/van and drive it to the Brown County Transfer Station on West Mason Street (across from Ridgeview Plaza). The minimum cost is \$3.00 minimum or \$19.00/ton. (This price will be reduced after January 1, 2006 to \$17.50/ton) Don't have a big enough vehicle? Call a friend or family member for help. Couches, chairs, tables, exercise equipment--will cost \$15 per item to have Onyx pick up. *Check flyer that Oneida Utilities sent out. Or, contact the Recycling Program at 496-5345, and request the Information Sheet. If you are moving--call the Social Services office (Women's Shelter) ask if they could use any good, solid furniture, especially baby furniture, refrigerators, microwave, coffee makers, etc. (As long as they work) or contact local resale shops (some even come out to pick items up).

**PLEASE POST AND/OR SHARE THIS INFORMATION WITH CO-WORKERS
FRIENDS, AND FAMILY WHO ARE NOT ON GROUP-WISE!**

**ANY QUESTIONS PLEASE CALL: RECYCLING PROGRAM AT 1-920-496-5345
ONEIDA UTILITIES AT 1-920-497-5806**

MEET OUR THE EMPLOYEES OF ONEIDA ELDERLY SERVICES: WITH A BLAST FROM THE PAST! THE OLDIES BUT GOODIES TO THE NEW AND IMPROVED CURRENT PHOTOS!!! CAN YOU GUESS WHO'S WHO???

Linda Torres, Area Manager

Florence Petri, Program Director

Tina Pospychala, Assistant Director

Claudia Skenandore, Office Manager

Cheryl Ault, Service Coordinator

Joyce Johnson, Elder Abuse Coordinator

Angela Oritz, Benefit Specialist

Robert LaGest, Maintenance Supervisor

Michelle Cottrell, Activities Specialist

Lorna Christjohn, Transportation Supervisor

*Cindy Brabbs, Outreach Worker/
NAFCG Coordinator*

Richard Summers, Home Repair Worker

Don Bogda, Home Chore Worker

Martha (Marty) Braeger, Admin Assistant

Joanne Close, In-home Chore Worker

Sandra Charles, Outreach/In-home Chore Worker

Lloyd Davis, Home Chore Worker

Richard Dodge, Elder Helper

Lee Domencich, Home Chore Worker

Harold Dostalek, Home Chore Worker

Cornelius Hill, Elder Helper

Lisa Huff, Home Chore Worker

Lorleen John, In-home Chore Worker

Betty Jorgenson, Relief Cook

Brenda Jorgenson, Cook Supervisor

Loretta Mencheski, Assistant Cook

*James Smith, Respite Worker/
FIA Coordinator*

Marena Pamanet, LTE Alzheimer Activities Aide

Marie Scott, Elder Helper

Grover Smith, Elder Helper

Barb Skenandore, Elder Helper

Jared Skenadore, Home Chore Worker

Amy Sumner, Outreach Worker

Glory LaFlex, Respite Worker

*Connie VanGheem, Transportation
Driver*

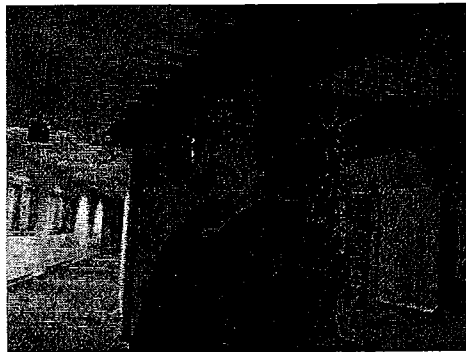
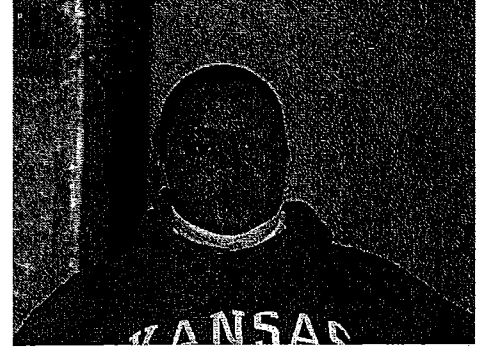
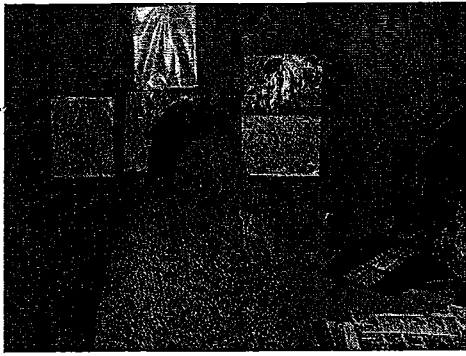
Dale Webster, Relief Driver

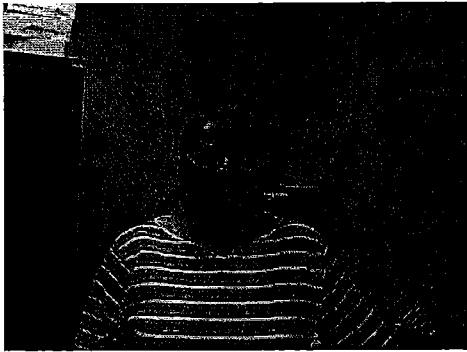
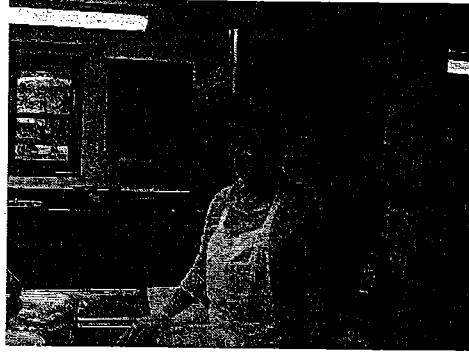
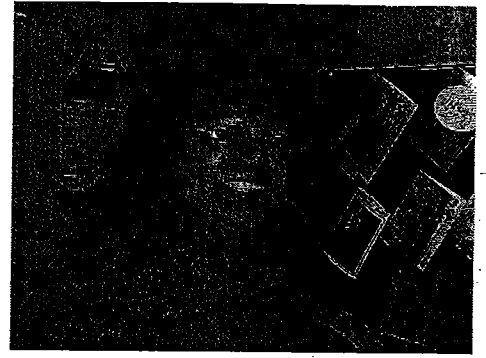
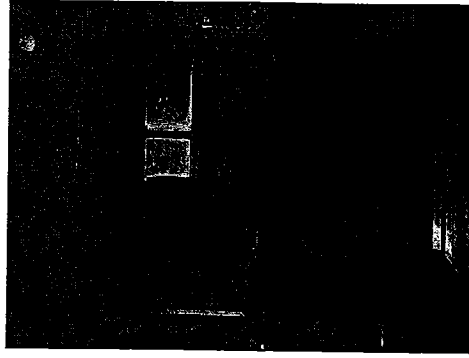
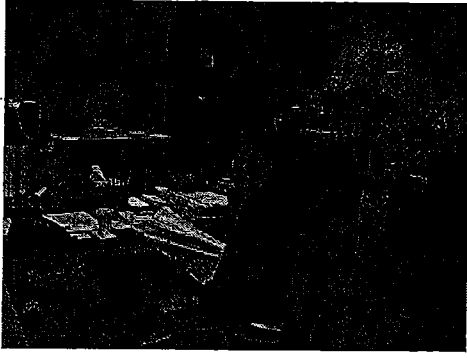
Herb Powless, Title V Worker

Alfrieda Grignon, Meals on Wheels Driver

Pat Beilke, Relief Cook

Jeff Webster, DPW Maintenance



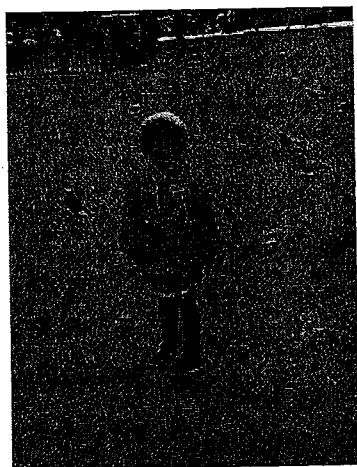




Sara



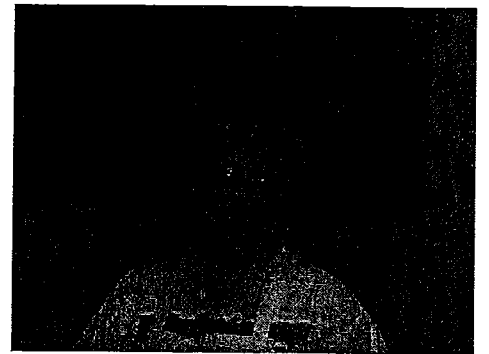
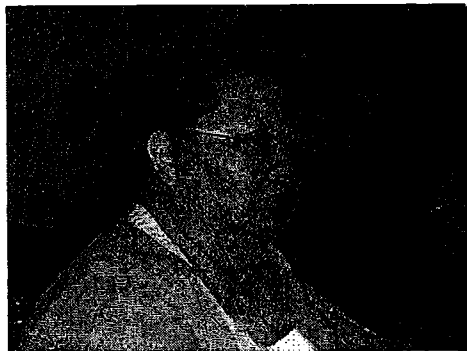
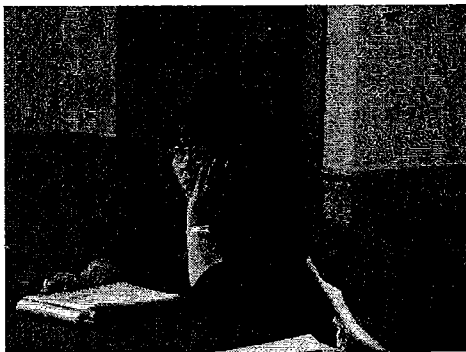
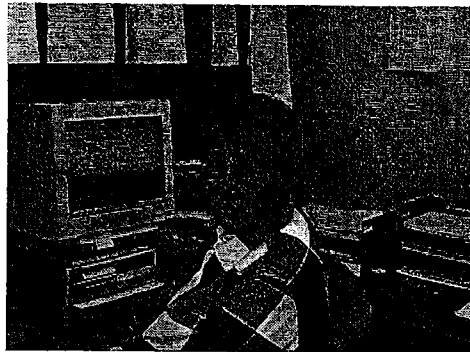
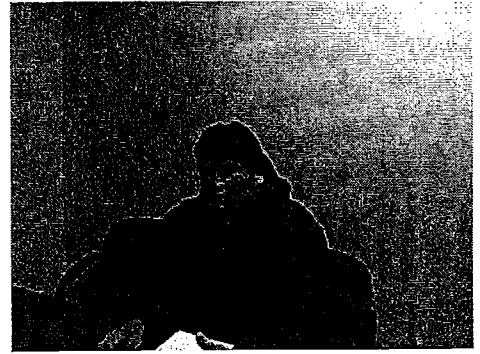
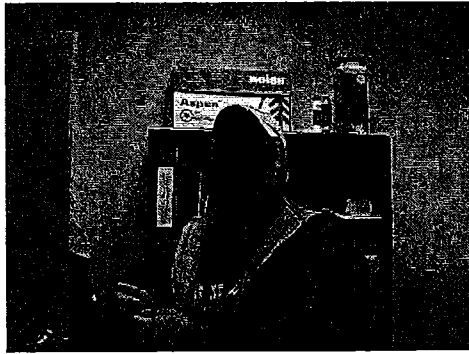
Cindy

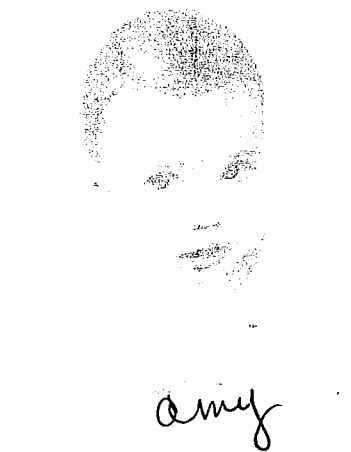


Grover



Claudia





Amy



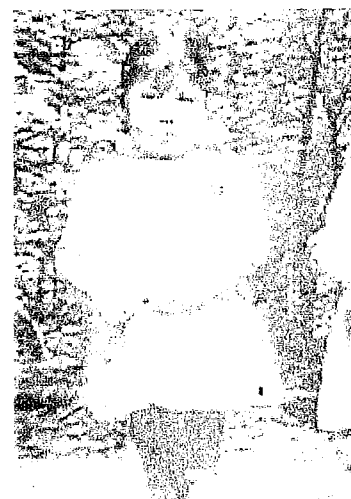
Richard



Dale



~~Herb~~
Herb

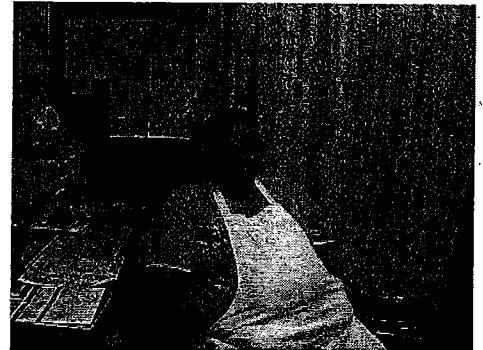
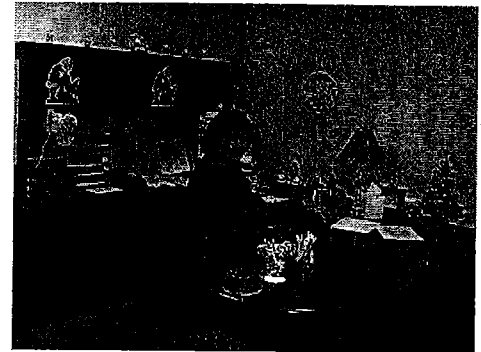
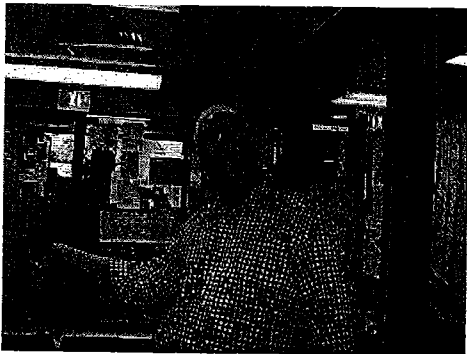
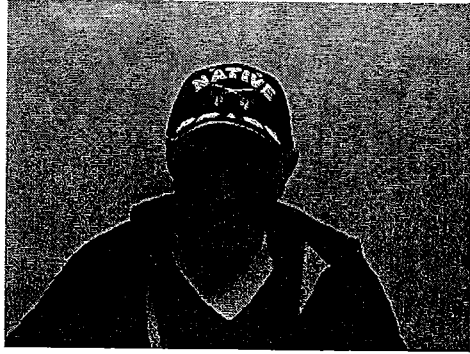
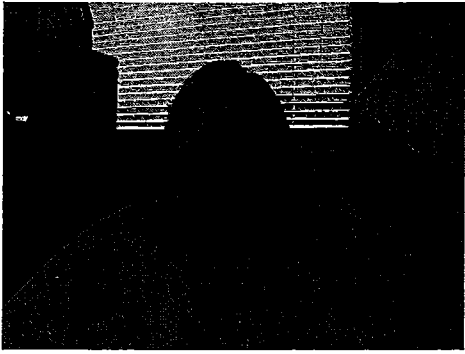


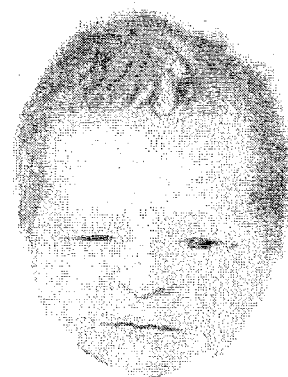
Jana



Marge







DATE: / /

Name			Phone Number ()		
Address			Social Security Number / /		
City	State	Zip Code	County	DOB	/ /

A:\ENROLLME.WPD(11/26/02)