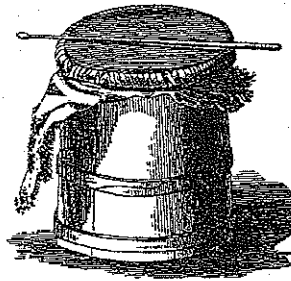


DRUMS

Oneida Elder Services
Lee McLester II Building
P.O. Box 365, 2907 S Overland
Rd.

Oneida, WI 54155
Phone: 920-869-2448
1-800-867-1551

Drums contact: Helen Doxtator
Email: hdoxtato@oneidanation.org



ACROSS

Senior Center-Meal Site
134 Riverdale Dr.
Oneida, WI 54155
Phone: 920-869-1551
Fax: 920-869-1526

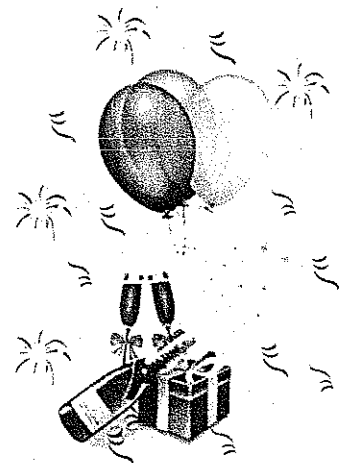
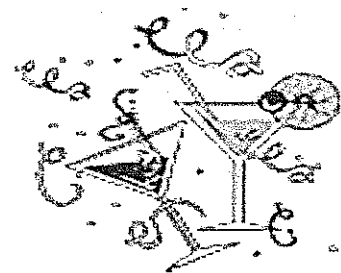
Tsha'tekohsélha? Wahní'tale?

Mid-Winter Moon

January 2014

HAPPY New Year!

Director's Corner
January Menu
January Activities Calendar
Yawáko
New Year Puzzle
Nutrition Information
Caregiver Info
Benefit Specialist/Foster Grandparents & Senior Companion
Elder Abuse Prevention
Transportation/Activities
Snow Plowing 2013-2014
Oneida Gift Shop
Training Positions Flyer NICOA
GLNAEA – March 2014
Sustain Article 6



Director's Corner Sagoli Oneida Elders

The staff of Elder Services, Title V workers and Elder Helpers would like to wish you all a very Happy New Year. Included in my message are updates for the year 2013.

Tribal Aging Directors Association holds regular meetings on a by-monthly basis. The Association consists of the 11 Tribal Aging Directors of Wisconsin. This past September 5th, Elder Services hosted the Wisconsin Tribal Aging Directors meeting at the Radisson. On September 6th we hosted the Great Lakes Native American Elders Association (GLNAEA). Some of the topics of discussion and items covered were Budgets, Sequestration, 2014 NICOA Conference, Wisconsin Aging Bureau updates, Affordable Care Act, Aging and Disability Resource Centers and Family Care.

I would like to thank the ONCOA Board, Wes Martin-Chair, Arlie Doxtator-Vice Chair, Marlene Summers-Secretary, Pearl Mc Lester, Shirley Barber, Carol Elm, Clifford Doxtator, MaryAnn Kruckeberg and Charlene Cornelius for their continued support and leadership in advocating for our elders and the program. Consistent advocacy has been the hallmark of Wisconsin's Aging Network and has always been a primary focus for the members of the Oneida Nation Commission on Aging. ONCOA continues to demonstrate skill in securing long-term care and support services for tribal elders to help them maintain their independence. We also thank Lois Strong and Rochelle Powless for continued coordination and support.

This year in working with ONCOA, we completed the Three Year Plan for our Title III grant. Our goals for 2013-2015 will focus on collaboration and coordination with internal programs and external aging agencies to enhance the programs and services under the Older Americans Act. Focus areas will be Alzheimer's or related disorders and Emergency preparedness. Elder Services will plan activities to educate and show the importance of making safety a priority so elders are able to respond to emergencies (natural or man-made). Evidence Based Prevention Programming, like AARP Driver Safety program, Powerful Tools for Caregivers, Falls Prevention, and Chronic Disease Self-Management. Elder Services Program will reach out to coordinate with the surrounding county ACRC's to maximize services, information and resources.

I'd like to thank you all for completing the Identifying Our Needs Survey of Elders. This needs survey assist us in determining the needs for Oneida elders. The analysis showed a strong demand or support for grandparents raising grandchildren. The surveys are analyzed and processed by the National Resource Center in North Dakota. We use the information from that report for our Title VI application. All information is held in strict confidence.

In collaboration with the new nursing home Anna John Resident Centered Care Community (AJRCCC), we moved into the Elder Services Congregate Meal site on November 4, 2013. Elder Services has a Memorandum of Agreement (MOA) with AJRCCC to provide meals for the congregate meal site and Home Delivered Meals. With the new 150 seat meal site we will be able to serve more elders nutritious meals.

I'd like to acknowledge and remember those elders that have passed into the spirit world. We like to thank those Tribal Departments that were strong in advocating for our elders and working with us. If you should have any questions regarding the updates, please don't hesitate to give me a call. I would like to wish you all good health, peace and joy throughout the New Year.

Have a happy, warm and safe New Year from all the staff at Elder Services.

Ho Yan

Florence Petri, Elder Services Program Director

HAPPY NEW YEAR

January 2014

Menu

Congregate Meal Site, 2901 S. Overland, Oneida, WI 54155 Phone: 1-920-869-1551

Monday	Tuesday	Wednesday	Thursday	Friday
All Meals are served with Milk, coffee, tea, juice or water	Menu is subject to change. Lunch is served Monday-Friday 12:00-1:00 PM	1 Closed for New Year's Day	2 Pork Medallions Rice Pilaf Butternut squash Corn muffin Cheesecake	3 Honey Dipped Chicken Roasted Potatoes Zucchini Dinner Roll Variety Fruit
6 Liver N Onions Mashed Potatoes Carrots Bread slice Homemade Cookie	7 Spaghetti w/ meat sauce Zucchini Cheesy Bread Fresh Fruit	8 Swiss Steak Baked Potato w/sour cream Brussels Sprouts Fruit Cocktail Dinner Roll	9 Beef Stew Biscuit Raw Veggies w/dip Fresh Fruit	10 Baked Fish Filet Oven Roasted Potatoes Asparagus Rye Bread Orange Slices
13 Baked Ziti Mixed Vegetables Breadstick Fresh Fruit	14 Beef Vegetable Soup Meat Sandwich Salad Gelatin	15 Roast Turkey Roasted Sweet Potato Wax Beans Corn Bread Cranberry Sauce Fruit	16 Beef Stroganoff with Noodles Mixed Vegetables Fruit Ice Cream	17 Salmon Loaf w/ creamed pea Sauce Parsley Buttered Potatoes Rye Bread Gelatin Fruit Salad
20 Chicken Ala King Carrots Biscuit Lettuce Salad Fresh Fruit	21 Meatloaf Cheesy Potatoes Green Bean Casserole Dinner Roll Apricots	22 Chicken Tetrazzini Squash Gelatin Fruit	23 Boiled Dinner Salad Dinner Roll Fresh Fruit	24 Potato Crusted Cod California Blend Vegetables Dinner Roll Cake
27 BBQ Chicken Potato Salad Broccoli Dinner Roll Fruit	28 Ring Bologna Parsley Buttered Potatoes Squash Homemade Bread Fresh Fruit	29 Roast Turkey Homemade Dressing Mixed Vegetables Cranberry Sauce Pear Crisp	30 Chili w/ crackers Homemade Bread Fruit Gelatin Cake	31 Baked Fish Filet Roasted Rosemary Vegetables Creamy Coleslaw Applesauce

JANUARY 2014 ACTIVITIES

Monday	Tuesday		Thursday	Friday
<p>* Please sign up for trips at the AJRCCC.</p> <p>* All Trips leave from AJRCCC.</p> <p>* Activities subject to change.</p>	<p>*Is this your Birthday Month? You must sign up in the <u>Birthday Book</u> at the <u>AJRCCC</u>. <u>Must be present at B-day Lunch</u> to receive your gift card</p>	<p>1 NO ACTIVITIES OFF IN OBSERVANCE OF NEW YEARS DAY</p>	<p>2 St Vincent De Paul Green Bay 9:30</p> <p>Yahtzee Game Main Dining Hall 1:00</p>	<p>3 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00</p> <p>No Transportation for lunch this day.</p>
<p>6 Scrabble Game AJRCCC 9:30</p> <p>Exercise Main Dining Hall 11:00</p> <p>Bingo Main Dining Hall 1:00</p>	<p>7 Crafts 10:00 – 11:30 AJRCCC</p>	<p>8 Quiddler Game AJRCCC 9:30</p> <p>Exercise Main Dining Hall 11:00</p> <p>Bingo Cliff Webster Build 1:30</p>	<p>9 Neville Public Museum 9:30</p> <p>\$5.00 admission fee Movie Main Dining Hall 1:00</p>	<p>10 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00</p> <p>No Transportation for lunch this day.</p>
<p>13 Checkers AJRCCC 9:30</p> <p>Exercise Main Dining Hall 11:00</p> <p>Bingo Site II 1:00</p>	<p>14 Crafts 9:30 – 11:30 AJRCCC</p>	<p>15 Oneida Language Main Dining Hall 9:30</p> <p>Exercise Main Dining Hall 11:00</p> <p>Bingo Cliff Webster Build 1:30</p>	<p>16 Cultural Heritage Genealogy Visit 9:30 – 11:15</p> <p>Wii Bowling Main Dining Hall 1:00</p>	<p>17 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00</p> <p>No Transportation for lunch this day.</p>
<p>20 Cards AJRCCC 9:30</p> <p>Exercise Main Dining Hall 11:00</p> <p>Bingo Main Dining Hall 1:00</p>	<p>21 Crafts 9:30 – 11:30 AJRCCC</p>	<p>22 Rummikub Game AJRCCC 9:30</p> <p>Exercise Main Dining Hall 11:00</p> <p>Bingo Cliff Webster Build 1:30</p>	<p>23 Chair Yoga Oneida Fitness center 10:00</p> <p>Dollar Stores Seymour 1:00</p>	<p>24 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00</p> <p>No Transportation for lunch this day.</p>
<p>27 Scatergories Game AJRCCC 9:30</p> <p>Exercise Main Dining Hall 11:00</p> <p>Bingo Site II 1:00</p>	<p>28 Crafts 9:30 – 11:30 AJRCCC</p>	<p>29 Oneida Language Main Dining Hall 9:30</p> <p>Exercise Main Dining Hall 11:00</p> <p>Bingo Cliff Webster Build 1:30</p>	<p>30 Old Oneida High school Visit 9:30</p> <p>Birthday Lunch 12:00 Main Dining Hall</p> <p>Wii Bowling Main Dining Hall 1:00</p>	<p>31 Banks, Shopping & Lunch Out (On your own) 10:00 – 3:00</p> <p>No Transportation for lunch this day.</p>

****If you have any questions Please call Michelle at 869 -1551****

Yaw^ko

In the Oneida language, *Yaw^ko* means *Thank You!* During these hard economic times, the generosity of our community members means so much, which is why Oneida Elder Services would like to send a very special thank you to the following individual(s):

Josephine Oudenhoven

.....

Nice Comments....

"Thank you", to Laverne Lentz for donation of Book regarding a wonderful story about Sarah Palin – Governor of Alaska, nominated for Vice presidency to the Elder Services Library.

Pearl called and wanted to say "Thank you," to Elder services for providing services to her.

Thank you to Al Fabian for donating and bringing in 3 boxes of books for the Elder Services Library.

We would like to Thank, all the employees who work for the Oneida Tribe of Indians and Elder Services for all the work they do to keep everything running in a smooth and orderly fashion to help all the elders in the community.

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ONCOA Meetings:

Second and Fourth Tuesday of every month

1:00 PM – 3:00 PM

Elder Services Conference Room

2907 S Overland Rd

Oneida, WI 54155



C	F	U	L	D	N	O	I	S	E	M	A	K	E	R	S	F
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Toasts Times square Resolutions Parties Parade
Noisemakers Midnight Kiss January Hats
Fireworks Countdown Confetti Clock Celebration
Calendar New Year Baby Auld

Nutrition Information

Contact: Loretta Mencheski – 920-869-1551

Effective Immediately: to receive a bingo pass you must sign-up before the 10th of each month.

Questions: Loretta Mencheski-Meal Site Supervisor.



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Volunteers Wanted: The meal site is looking for volunteers, age 55 or older; services needed are assistance in the kitchen and delivering Meals on Wheels to homebound elders. If you would like to volunteer, call Loretta (920) 869-1551, or you can stop by the meal site at 134 Riverdale Dr. Oneida, 54155.

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Attention All Participants of the Senior Center Meal Site:

Policies & Procedures Specific to the Older Americans Act – Funded Nutrition Program

Effective October 1, 2008 the meal site will maintain a reservation system for participants who eat at the meal site. Participants who eat at the meal site are asked to call in the day before to reserve or to cancel their meal for the next day, week, or month before 4:00 p.m. Contact Loretta Mencheski – 920-869-1551

No participant will be denied a meal

.....

Upcoming Nutrition Advisory Council Meetings

- When: 3rd Friday of the Month
 - Time: 1:00 P.M.
 - Where: Oneida Senior Center Meal Site
-

Attention All Participants of the Senior Center Meal Site:

Effective June 17, 2013 the meal cost for ages under 55 will increase to \$8.00. We are asking all participants who plan on eating at the meal site to call in the day before to reserve their meal for the following day, week, or month. We also ask if you have reserved your meal and you cannot make it please call and cancel your reservation.

To Reserve or Cancel your meals please call (920) -869-1551

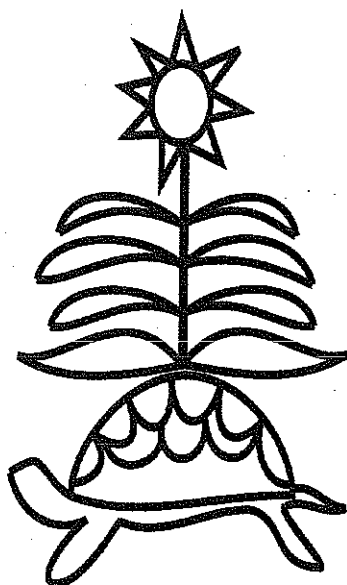
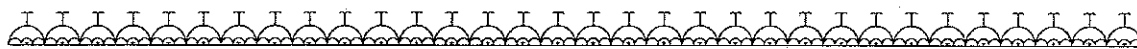
Oneida Elder Services Native American Family Caregiver Information

Oneida Elder Services would like to introduce the "Native American Family Caregiver Voucher/Stipend Program". It is designed to give established primary caregivers the opportunity to have a break from their caregiving responsibilities for up to 4 hours a month. It also provides an hourly stipend/wage to the relief caregiver. You may qualify for this program if you are a caregiver, recipient, or grandparent who is legally caring for their grandchild(ren), Native American, age 55+ and live within the reservation boundaries.

Please contact Barbara Silva/Native American Family Caregiver at (920) 869-2448 for details.



****Services are dependent on available funds****



Please join us for our Alzheimer's & Native American Family Caregiver Support Group at:

Elder Services Complex – Pod A
2907 S Overland Rd, Oneida WI 54155
4th Wednesday of the Month
1:30 PM – 3:30 PM

For more information, contact Barbara Silva/Native American Family Caregiver at (920)869-2448.



BENEFIT SPECIALIST AT ELDER MEAL SITE



On the **second** and **fourth Monday** of the month Angela Ortiz, Benefit Specialist for Oneida Elder Services will be at the Elder Meal Site located at 2901 S Overland Rd, Oneida, WI 54155 from **11:30 a.m. to**

1:00 p.m. She will be there to answer questions and offer assistance with Medicare, Medicaid, Senior Care, and similar programs that are available for Elders. Please feel free to stop by with questions on those days or contact her in the office.

Any questions please contact: Angela Ortiz, Benefit Specialist at (920) **869-2448**



Make a Difference in your Community become a Foster Grandparent or Senior Companion:

Are you a senior, 55 years or older who enjoys spending and/or sharing your time, knowledge of tradition and culture? If income eligible, you can make a difference in your community by volunteering up to 8 hours a day while receiving extra income.

Foster Grandparents provide an inter-generational exchange between Elders and youth. Elders can serve as mentors to youth at tribal schools, day care centers, head start, after-school activity groups and youth centers.

Senior Companions provide opportunities for healthy older adults to serve Elders who may be homebound, alone, and/or isolated without family support. Senior Companions may serve clients within reservation boundaries.

Come share with our community, enjoy life, help others and earn tax-free money!

For an opportunity in your area contact:
Angela Ortiz, Benefit Specialist
(920) 869-2448

**You must be a least 55 years of age, complete a background check and meet
Income guidelines to earn a stipend!**

Elder Abuse Prevention

Wednesday

January 15, 2014

12:00 noon

Elder Meal Site
2901 S Overland Rd
Oneida, WI 54155



WHO: Joyce Johnson
Elder Abuse Prevention Coordinator

WHAT: What is Elder Abuse?
What to do when you see an elder being abused?
Who to contact?

Any question please contact (Joyce Johnson- Elder Abuse
Prevention Coord. Supervisor) at (920) 869-2448

WISCONSIN COUNCIL OF THE BLIND

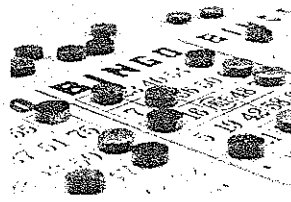
PRESENTER: Bruce Parkinson
WHEN: January 21, 2014
TIME: 12:00 PM – 12:45 PM
LOCATION: Elder Services Meal site
2901 S Overland Rd
Oneida, WI 54155



Please come to meet a presenter who will share his personal experiences with Legal Blindness. He will speak about programs available to assist with the special challenges that this disease presents.

Questions pertaining to this subject will be answered during the presentation.

Please contact Joyce Johnson – (920) 869-2448



Oneida Elder Services Activity Notice

Please disregard the December Activity Notice in the previous Drums regarding Bingo. **Bingo will be reinstated.** We apologize for any inconvenience the article may have caused. Any questions or concerns feel free to contact:

Tina Pospychala, Assistant Director or Florence Petri, Program Director at:
(920)869-2448

Oneida Elder Services Transportation Activities

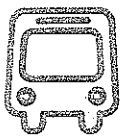
Provides **free** transportation to all Elder Services Activities

See the **Activity Calendar** in **Drums Across Oneida**

Plan your day, including lunch (Mon – Thurs) at the Meal Site

Door to Door Service!!

For more information please contact:
Michelle Cottrell, Activity Specialist or
Joyce Ann Hoes, Transportation Supervisor
(920) 869-2448
RIDE the BUS!!



Elder Services Senior Transportation



We have Oneida Public Transit & Green Bay Metro bus passes available to

Elders 55 years or older who are gainfully employed,

Serve on a board, committee or commission that pays stipends.

While Supplies Last!

For more information please contact:

Joyce Ann Hoes, Transportation Supervisor (920) 869-2448

2013-2014 Snow Plowing

Due to limited staff and an extensive list, we will be plowing out our Priority List first then we will begin to get the remaining list when we can.

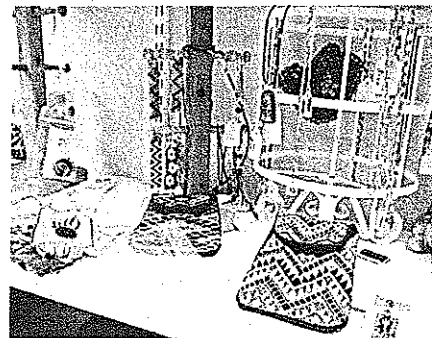
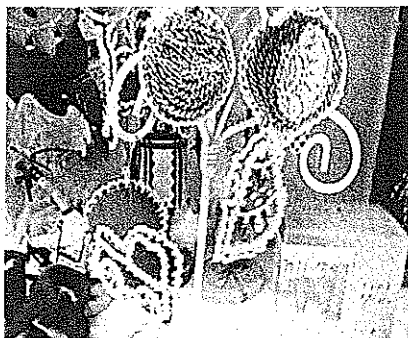
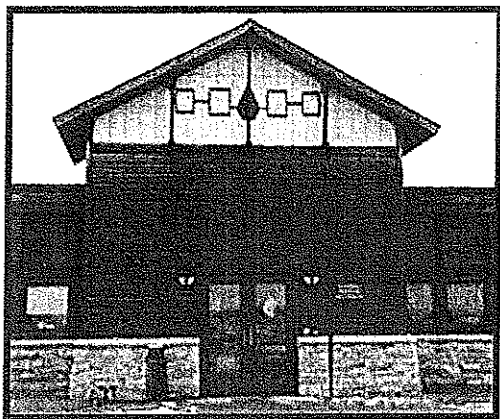
- Must be on Emergency Response System (ERS) otherwise known as "Life Line" or "Care Gard" and/or on dialysis
- 70+ are our priority
- You must be the homeowner and must reside at that residence
- Must provide proof of homeownership
- Must reside within Oneida Reservation boundaries
- Snow plowing will begin with measurable snowfall of three (3) inches or more
- A Needs Assessment must be completed and up-to-date

The purpose for snow plowing is to allow emergency vehicles access to those that are on ERS and dialysis.

Your patience and understanding is appreciated as we go through our lists. We will salt your main entrance; however, we do not salt the whole driveway.

Please contact Kristine Hughes, Services Coordinator for any service requests
869-2448

We strongly encourage family members to help the elders with snow removal.



Oneida Elder Gift Shop

Located inside the Elder Services Complex

2907 South Overland Rd. Oneida, WI

Open Monday – Friday

8:00 To 12:00PM & 12:30PM to 4:30PM

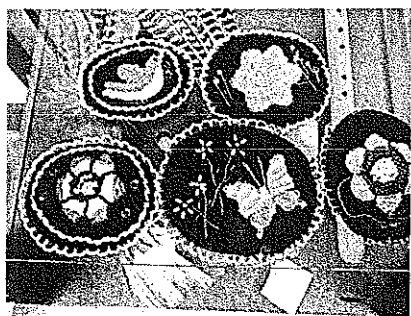
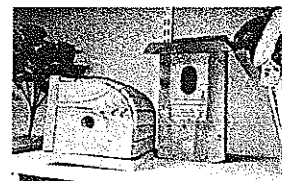
Meet our friendly elder employees.

Beautiful handmade Crafts by Oneida Elders.

Beadwork, jewelry, birdhouses, ribbon-shirts,

Coasters, t-shirts, hoodies, and baskets

Oneida Singers Tapes and CD's

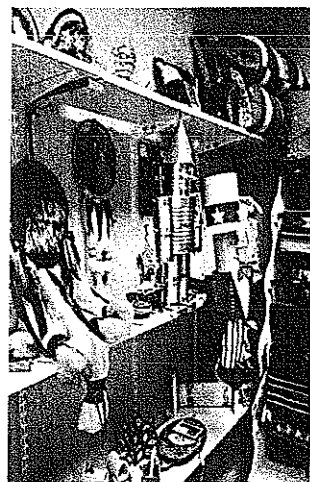
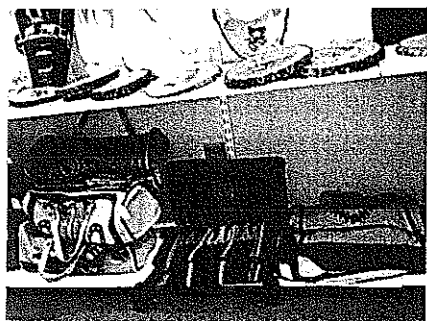


Fresh popcorn, soda, and water

No consignment fees for Oneida elders, age 55 and older to display and sell your arts and crafts.

For more information you may contact:

Barb Skenandore at 920-869-2448



GLNAEA



Great Lakes Native American Elders Association
Sponsored by Lake Superior Chippewa
March 6 & 7, 2014 – Lac Du Flambeau
Lake of the Torches Resort/Casino
717 Peace Pipe Rd, Lac Du Flambeau, WI 54538
1-715-588-9262 or 1-800-25-torch

All GLNAEA member elders who want to participate in coordination with Elder Services please sign up at the Oneida Senior Center Meal Site by Monday, Feb. 18, 2014. Payment must be received at sign-up and GLNAEA membership verification will be requested at time of payment. We will make arrangements for 8 people and will be using our tribal van, (please bring no more than 1-bag per person). Participants must be independent, (able to help themselves), and be in good health (to prevent spread of illness). We will be staying at the Lake of the Torches Resort/Casino and the cost is \$35.00 per person. We will leave the Congregate Meal site at 12:30 pm on Wednesday March 6. If you have any questions please call Oneida Elder Services Meal site (920) 869-1551. Thank you.

Next Meeting Information:
June 5 & 6, 2014 – Carter (Potawatomi)
Sept. 4 & 5, 2014 – Ho-Chunk Nation



Paid Training Positions Available!!

Part-Time training positions for those over 55!!

- ◆ Criteria
- ◆ Must be 55 or older
- ◆ Must not exceed low-income guidelines
- ◆ Must reside in the state you work in
- ◆ Must not have worked in past 7 days

We are looking for elders to participate in this paid training program part-time 20 hours a week.

Interested call:

Erica Hawpetoss, MN/WI Job Developer
P. O. Box 910
Keshena, WI 54135
Phone: 715-799-5309
E-mail: ehawpetoss@nicoa.org

Oneida Elder Services
Kristine Hughes, Services Specialist
Phone: 920-869-2448 ~ Toll Free 800-867-1551

These positions are paid for and sponsored by National Indian Council on Aging. For more information on NICOA feel free to look at their website. www.nicoa.org



Blood, Nation, and Citizenship in the 21st Century
By: The Oneida Trust and Enrollment Committee
Article 6 of 8

This series of articles is designed to inform Oneida citizens about Tribal enrollment issues. The goal of these articles is to generate community conversations leading up to and beyond the Sept 7th Sustain Oneida Summit which will explore potential solutions for citizenship and belonging.

As Oneida people, we must remember we are not just racial minorities; we are also citizens of a separate nation. The fact that we have a sovereign right to self-government is what makes us different from any other racial or ethnic group in the United States. Even the U.S. Constitution describes Indian tribes as separate governments. The Constitution's Commerce Clause states that Congress has the right "To regulate commerce with foreign nations, and among the several states, and with the Indian tribes." As a sovereign nation, we have the power to determine who can be citizens of the Oneida Nation, and it does not necessarily have to be based upon race and the amount of Oneida blood that someone has.

Since time immemorial, membership within the Oneida Nation had nothing to do with blood DNA. For instance, when we lived alongside the Stockbridge-Munsee people in New York, there was much intermarriage between our tribes. We also mixed with people from other Haudenosaunee (Iroquois) tribes. Beginning in 1936, however, we began to base Oneida Nation citizenship upon blood quantum. Many other tribes also adopted blood quantum requirements during the 1930s. Today, more and more Oneidas are of mixed race and no longer meet the minimum $\frac{1}{4}$ blood requirement. Soon, few may meet that threshold. The United States, as a whole, is becoming much more multi-racial as well. Now is an important time to consider whether or not blood should remain the only factor that qualifies one for Oneida citizenship. Multiple routes to citizenship would be more inclusive.

What exactly does it mean to be an Oneida Nation citizen in the 21st century? Is it about looking like a "real Indian"? Many people don't, including some tribal members who exceed the minimum blood requirement. Is it about being from the reservation? Many of our tribal members live off the reservation, and some in distant parts of the country. Is it about being knowledgeable of our traditional ways? Large numbers of Oneidas are strictly Christian. Some Native scholars have argued that "peoplehood" is based upon shared bonds through territory, language, sacred history, and ceremony. Must one have $\frac{1}{4}$ Oneida blood to be part of those social bonds? After all, don't we all know someone (perhaps the spouse of a tribal member) who is a recognizable member of our community, yet is not an enrolled citizen because they lack Oneida blood? Should we allow non-members, regardless of their race, to apply for citizenship just as the United States does? We dedicate much time to discussing what our rights are as tribal citizens, but what are the responsibilities of Oneida citizenship? These and other difficult questions need to be asked so we can initiate the gradual process of building an agreement. The blood quantum requirement has become so familiar to us that it can be hard to imagine how tribal membership could be determined without it. What we all must keep in mind, however, is that the blood quantum system is a relative newcomer in our

community. Perhaps we will decide as a nation to keep some form of it, but we ought to enter into that discussion realizing that race and citizenship status need not be one and the same, and that we can think outside the blood quantum box, if we so choose.

For more information about Sustain Oneida, please visit:

<https://www.facebook.com/OneidaTrust>

<https://www.oneida-nsn.gov/TrustEnrollmentCommittee.aspx>

Or call: Dottie Krull - 920-869-4372 - Education & Training Admin.

For comments or questions, please email: sustainoneida@oneidanation.org

