

In This Issue



**OBC honors community members - 2A**  
The Oneida Business Committee honored Irv Metoxen for his 30 years of service to the tribe and Corey Jordan for his athletic achievements during the 2008 prep football season.



**Background on Business Curves - 5A**  
Tribal member Rebecca Gardner recently purchased the Curves franchise located at 2331 Velp Avenue in Howard. She took over the operation in November of 2008.



**Oneida family welcomes New Year's first baby - 1B**  
Shaleen Danforth and Calvin Bester rang in the new year with their newborn daughter Sasha Jaylei Bester. Born 36 minutes into the new year, she was the first baby born locally in 2009.

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# DPW again fighting record snowfall

**By Nate Wisneski**  
Kalihwisaks

Bruce Danforth, Department of Public Works (DPW) Area Manager, thought last year's record snowfall would lead to a somewhat slower year for his snow removal crews. That's proving to not be the case.

According to Danforth, there has been more snow in the month of December than in a normal year. "So far this year has been worse than last year," he said. "We have been plowing every other day since the beginning

of December." December of 2008 set a record of 45.6 inches of snow in Green Bay, which is nearly 10 inches greater than the previous December record set in 1887.

The above average snowplowing has lead to increases in man hours and supply demands. Workers are averaging 85 hours a week and the entire year of salt supply, 700 tons, was diminished completely in December. Danforth ordered 150 tons more than last year.

Danforth wants to order more but is hamstrung by

their current storage situation. "We don't have capacity (to order more salt). The current salt shed can only hold enough for one storm, which is 40 tons. We just don't have the ability to order in bulk," he said.

Danforth buys the salt from Outagamie County due to their willingness to store up to 700 tons of salt for the tribe.

Relief is on the way for DPW as a new storage shed is scheduled to be built this summer. "We are going to build a 2500 ton storage shed and we should be able to store two or three year's worth of salt," Danforth said. "Then we can go to the shipyards and buy in bulk and pay cheaper prices and even sell



**Snowiest December's:**  
2008: 45.6 in.  
1887: 36.4 in.  
Avg. December: 10.8 in.

Department of Public Works Groundskeeper Chris Jordan mixes the remaining salt supply with sand and rock chips in front of the empty salt storage shed at the DPW offices on Ranch Road.

**• See 2A, DPW**

Kali photo/Nate Wisneski

# Tax-free gas to deflate tribe's bottom line

**By Dawn Walschinski**  
Kalihwisaks

All Oneida tribal members living on and off the reservation will soon be able to buy gas at Oneida Retail locations without paying the .31 cent per gallon state tax.

The Oneida Business Committee (OBC) passed a resolution on Wednesday, January 14 allowing the motor vehicle fuel tax exemption to apply to all Oneida Tribal members regardless of residence.

"The tribe can provide that, the tribe does not have to tax its members," said Councilman Ed Delgado.

The resolution comes with an estimated price tag of \$126,314 a year, according to a Statement of Effect from the Legislative Reference Office. Oneida Retail will have to pick up the tab as a cost of doing business in Oneida.

Oneida Retail Profit Area Manager Michele Duxtator explained that Retail purchases fuel and pays for the state gas tax at that time. When a tribal member who lives on the reservation pays for gas and fills out the paperwork, that member is rebated the .31 cents per gallon on their purchase.

"Then on a monthly basis, the Accounting Department takes all of the daily information and requests a rebate back from the state," said Duxtator.

"So for tribal members who do not live on the reservation, we will be subsidizing their exemption," said OBC Secretary Patti Hoeft.

The change is scheduled to go into effect April 1.

Kali photo/Dawn Walschinski

Oneida One-Stops throughout the reservation will soon be offering tax-exempt gas for all tribal members regardless of whether they live within reservation boundaries or not. The resolution was passed at a January 14 Oneida Business Committee meeting.

# Feds reject proposed Beloit tribal casino

BELOIT, Wis. (AP) ~ An application to develop a tribal casino at Beloit has been denied by the U.S. Bureau of Indian Affairs, marking the second time in a week that the federal government rejected proposals for off-reservation gambling projects in southern Wisconsin.

U.S. Rep. Tammy Baldwin, D-Wis., and state Sen. Judy Robson, D-Beloit, issued statements expressing disappointment at the decision announced Tuesday on the Beloit casino. They also said they hope that the incoming Obama administration, due to take office next Tuesday, will reverse the decision.

The Bad River and St. Croix Chippewa bands of northern Wisconsin made the application to develop a casino complex in Beloit.

Tribal spokesman Joe Hunt said the tribes still have hope that the project will go forward. He cited an ongoing lawsuit and the possibility that the administration of President-elect Barack Obama will see things differently.

Baldwin criticized Secretary of the Interior Dirk Kempthorne, whose agency oversees the BIA, contending "he has made a decision based not on law, but on his own personal bias."

Last week, the government rejected the Menominee tribe's proposal to build a casino and entertainment center at the Dairyland Greyhound Park in Kenosha. The tribe said it would vigorously pursue its lawsuit against the department over its policy in deciding whether to grant applications for off-reservation gambling developments.

The legal challenge is aimed at the rules that the Interior Department issued last year that make it more difficult to win approval of an off-reservation casino the farther it is from the reservation.

The St. Croix band also focused on those rules in the lawsuit it filed last month in U.S. District Court in Washington, D.C., on behalf of itself and the Bad River band.

# Follow the Oneida Vets as they march in history

**By Nate Wisneski**  
Kalihwisaks

The Oneida Veterans are set to take off to Washington D.C. to march in President-Elect Barack Obama's Inauguration Parade on January 20.

I will be joining the Oneida Veterans and providing daily coverage of their trip as they attend inaugural powwows and balls. You can track their three day trip on our website, [www.kalihwisaks.com](http://www.kalihwisaks.com), where I will have photos and blogs updated daily or see our January 29 issue.

The plan is to capture not only their participation in the parade but also their entire experience in Washington D.C. during such a historic time. They tentatively will be attending the American Indian Inaugural Ball Powwow on Monday, January 19 and the 11th Annual American Indian Inaugural Ball on Tuesday, January 20.

Kerry Metoxen, Veteran's Affairs Director, was notified by the Inaugural Parade Committee that his online application was accepted on December 5 by telephone.

"This is a really big deal. We've got a few calls from community members supporting us. One even said to make sure we don't chew gum during the parade," said Metoxen.

The veterans that will be attending are Thomas W. Webster, Unites States Marine Veteran, Jerry Cornelius, United States Army Veteran, Gerald Danforth, retired after 30 years from the United States Navy and retired Oneida Tribal Chairman, Timothy Ninham, United States Navy Veteran and Marty Antone, United States Marines, Marine Reserve and National Guard Army Reserve. They will represent the tribe while carrying the Oneida tribal flag, the United States flag, the state of Wisconsin flag, the Prisoners of War flag, along with the Eagle Staff. Webster is expected to wear his traditional native attire.

# Metoxen honored for 30 years



Kali photo/ Nate Wisneski

Irv Metoxen (left), DPW Maintenance Technician, was honored by the Oneida Business Committee on January 14 for his 30 years of service to the tribe. He was presented with a Pendleton blanket by OBC council member Tehassi Hill (right). Hill, who previously worked for DPW, stated it was an honor to work with an individual that had the experience Metoxen had.

# Jordan honored for athletic achievements



Kali photo / Nate Wisneski

Corey Jordan (center), holds his certificate of achievement from the Oneida Business Committee on January 14. He was honored for his athletic accomplishments on the football field at West De Pere High School where he was named Defensive Player of the Year in the Bay Conference. His father Curtiss Jordan (left), stands with Corey as OBC council member Tehassi Hill presents the award.

# From 1A, DPW plowing record snowfalls

An extra 400 tons of salt is expected soon and Danforth expects that to last through the remaining winter. “If we get a normal snowfall that should take us past March,” he said.

Danforth feels many don't understand the process that needs to be done to completely handle a snowfall. “Every time there is a snow storm it takes three days to completely clean-up. We are getting (a snow storm) every other day and we can't keep up. We're just piling and piling and piling, we never get a chance to haul it away,” he said.

For the average snowfall DPW workers go out at midnight, clear snow, and then work their scheduled eight-hour workday. “Whether there is an inch or six, we need to go out and remove it. We can't just salt it and hope it melts,” Danforth said.

The average night of snowplowing has roughly 30 trucks and staff from Facilities Management, Automotive, and Groundskeeping moving and removing snow. There are over 100 buildings, 100 parking lots, and 63 miles of road that fall under the responsibility of DPW.

“Our crew goes through a lot of stress and overtime. The unfortunate thing is our workers don't get the appreciation they deserve. They put in the time to keep parking lots and roads safe and they don't get thanks for that. There are no off days, we work 365 days of the year,” said Danforth. Danforth is hoping for the snow to slow down its pace so his workers can catch their breath. According to the National Weather Service, snow total for the remaining winter should stay in the average range.

# Seneca Nation targets NY Thruway in tax dispute

By Carolyn Thompson  
Associated Press Writer

BUFFALO, N.Y. (AP) ~ The Seneca Indian Nation is preparing to collect tolls on the New York State Thruway where it runs through reservation land to protest the state's plans to tax cigarettes destined for their discount smokeships.

The tribal council also has authorized Seneca President Barry Snyder Sr. to spend \$1 million to hire “emergency response personnel” and to ask incoming President Barack Obama for federal troops to protect the Seneca people against potential action by the state.

Snyder outlined the plans Tuesday in response to Gov. David Paterson's Dec. 15 signing of a law that would disrupt the Senecas' \$313 million retail sector by enforcing tax collections on cigarette wholesalers who supply reservation businesses.

The law, set to take effect next month to help the state close a budget deficit, would likely raise the cost to Indian retailers and force them to charge prices more in line with non-Indian competitors.

“Our concern as nation leaders justifies taking any and all prudent actions to protect and defend the nation's economy and the way of life of the Seneca people,” Snyder said.

Those actions include charging \$2 for every vehicle that drives the Thruway,

Snyder said, with the system for collecting the tolls to be determined.

In April 2007, the 7,300-member tribe rescinded a 1954 agreement that allowed construction of the Thruway along 300 acres of Seneca territory in the Cattaraugus Reservation. The tribal council said the pact, which paid the Senecas \$75,000, had not received the proper federal approvals.

Since then, the Senecas have been unsuccessfully seeking \$1 per vehicle from the state, but are doubling the price and stepping up collection efforts in the wake of the newly passed law.

“The state and the Thruway Authority are trespassing on our lands and have not paid us for the right to do so,” Snyder said. “The council and I believe that the state should not be allowed to continue to operate an illegal business - the New York State Thruway - upon nation lands at the same time that it seeks to destroy a significant component of the nation's economy.”

The Senecas have taken

## CORRECTION

The caption for the photo on the bottom of page 7 of the January 2, 2009 issue stated that Byran Halona and Madonna Micheletz received the Chuck Giordana Environmental Award. The photo was of Byran Halona who received the Chuck Giordana Environmental Award, and Yoneh Danforth who received the Madonna Micheletz Excellence Award. The Kalihwisaks apologizes for the error.

# HONOR THE YOUTH

# POWWOW

## February 7th, 2009

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Oneida, WI

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Crow Belcourt  
Minneapolis, MN

**Arena Director**  
Wambli Charging Eagle  
Rapid City, SD

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Harvey Dreaver  
Big River Cree First Nation, Saskatchewan

**Youth Host Drum**  
Young Fire Keepers  
Wabeno, WI

**Youth Head Dancers**  
Head Male– Jordan Bain  
Head Female– Ladonna Parker

For more information visit  
[www.oneidanation.org/tourism/powwows.aspx](http://www.oneidanation.org/tourism/powwows.aspx)

#### Schedule of Events

**12 Noon - 2pm**  
Iroquois Social Dancing  
*Featuring the Oneida Nation Singers*

**2pm - 6pm**  
Powwow Grand Entry @ 2pm  
Tiny Tots Dance  
*Sponsored by Owista Taxes*  
Give Away and Youth Recognitions  
*Sponsored by Youth Enrichment Services*

**Feast @ 5pm**

**6pm - 7pm**  
One Man Hand Drum Special

- Youth Hand Drum 17 & under  
*Sponsored by Chairman Rick Hill & OBC members Brandon Stevens, Tehassi Hill & Melinda Danforth*
- Adult Hand Drum 18+  
*Sponsored by the Oneida Powwow Committee*

**7pm till close**  
Round Dance Singing & Dancing  
*Singers bring your hand drums*

All Singers, Dancers, & Spectators Welcome  
~ Minimum of 5 singers needed to register for powwow ~  
Vendors/Questions contact Powwow Committee @ (920) 496-5310  
This is a Drug and Alcohol Free event, Powwow Security provided  
Powwow Committee is not responsible for any lost, stolen or damaged property

## kalihwisaks

“She Looks for News”

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For questions or comments about news coverage, please contact Dawn Walschinski at (920) 869-4277 or Yvonne Kaquatosh at (920) 869-4280, or Steve Gandy at (920) 869-4279. Steve is also the contact to include information in the classifieds section.

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## Passing On...

### Natewa, Matthew "Chuck" March 2, 1964 – January 4, 2009

Matthew "Chuck" Natewa, 44, of Oneida, passed away Sunday morning, January 4, 2009, close to home. The son of Stanley Natewa and the former Margaret "Maggie" Summers was born March 2, 1964 in San Jose, CA.



Chuck worked for the Oneida Nation in the Bingo and Retail Divisions for many years. He loved music, going to concerts and was a good singer. Chuck was an avid Packer Fan.

His family includes his mother, Margaret "Maggie" Fermanich, one son, Charles Matthew Natewa, and Charles's mother Virginia Sharon Thomas. Also survived by one grandson, Anthony Charles Lewis, two brothers, Steve Natewa and

Gary Fermanich, niece, Angel Natewa, nephew, Thomas Two Hearts, and many cousins and other family. He was preceded in death by his father, Stanley Natewa, grandparents, Anderson and Nancy (Hill) Summers, aunts, uncles and other family.

Funeral services were held at the Oneida United Methodist Church, Freedom Road at 11:00am Friday, January 10, 2009. Pastor Earl L. Smith officiated with burial in the church cemetery.

RYAN FUNERAL HOME, 305 North Tenth Street, De Pere, WI assisted the family with arrangements. Please visit [www.ryanfh.com](http://www.ryanfh.com) to send online condolences to the Natewa family.

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## A.R.M. Valentine's Sobriety Dance



Association of Recovering Motorcyclists

**Hannahville Indian Community Center  
Wilson, Michigan  
February 14, 2009  
6pm - 12am**

**Events:** 6pm - Potluck.  
7pm - Meeting  
8pm - Dance

**Contacts:** Darrel Hardwick - 920.280.2083  
Rodney Fry - 906.399.2853



## In Loving Memory



### In Loving Memory of... Erik Michael Wingle Cornelius

On your belated 21st Birthday on  
December 21, 2008



You were a gift sent from Heaven. You brought stronger faith, much joy, happiness and richer love to everyone that you knew. You gave us the privilege of loving and caring for you.

You were a fighter from birth till the day the lord called you home on August 5, 2008.

Now you are at peace and with your father (Keith).

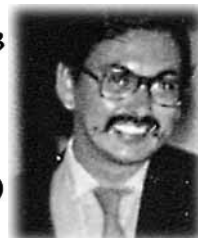
You will always be in our memories and forever in our hearts.

We know that you will continue to be the #1 fan for the Green Bay Packers, Detroit Red Wings, & Detroit Tigers.

You are deeply missed & loved by - Grandmother Juanita, aunts, uncles, and cousins, along with your mom, stepfather, sister and brother

### In Loving Memory of Ed Griffey

September 13, 1948 to January 15, 2008



*The Best*  
God saw you getting tired and a cure was not to be, So He put His arms around you and whispered "Come to Me".

With tearful eyes we watched you, and saw you pass away. Although we loved you dearly, we could not make you stay.

A Golden Heart stopped beating, hard working hands at rest, God broke our hearts to prove to us, He only takes the best.

Missed by Mom, Brothers & Sisters, and Loved Ones

### In Loving Memory of Little Grace Elijah

January 12, 1978 – October 9, 1998

Because she was so dear to us her memory will live on, Just as the fragrance of a flower still lingers when it's gone.

The beauty that was hers alone in thought is with us still, And in the hearts that love her She lives on ...And always will

Sadly missed and loved by Family and Friends XXOO



### In Loving Memory of...



&



Anthony "Tony" Powless

Don "Poppa Don" Cornelius

#### Angel Light

Although you may not see them, You are always in their sight. They bring the gift of love and guidance, It is called the "Angel Light". You know they always hear you, to them your voice is dear.

With the comfort that they bring to you, You need not ever fear.

So here's a place for Tony and Poppa Don to come, to do with angels what must be done. To make our world whole and bright, and share with all, the "Angel Light".

You both are especially missed by Dorothy/Mom, and the families of Tony Powless and Don Cornelius

### In Loving Memory of Mamie Rose Arellano

November 4, 1960-January 14, 2008

#### The Broken Chain

We little knew that morning that God was going to call your name.

In life we loved you dearly, in death we do the same.

It broke our hearts to lose you, you did not go alone; for part of us went with you, when God called you home.

You left us peaceful memories, your love is still our guide; and though we cannot see you, you are always at our side.

Our family chain is broken, and nothing seems the same; But as God calls us one by one, THE CHAIN will link again.

Very much loved and missed by your family & friends



### In Loving Memory of Milo "Pie" Stevens

Who passed on 1 year ago January 15th  
(May 3, 1953 – January 15, 2008)

You are not forgotten, loved one Nor will you ever be, As long as life and memory last We will remember thee.

We miss you now, our hearts are sore As time goes by we'll miss you more. Your loving smile, your gentle face, No one can fill your vacant place.

Sadly missed by Family & Friends



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Submitted by Leland Wigg-Ninham

This article focuses on the separation of powers between the branches of government and why it is important for a Tribal Judicial system to be independent of a legislative branch and executive branch of government. The information contained in this article is intended to give the reader a clearer understanding of the idea of separation of powers and how it can be beneficial to Oneida.

According to Wikipedia, an on-line source of information: “separation of powers is a political doctrine under which the executive, legislative and judicial branches of government are kept distinct, to prevent abuse of power. This U.S. form of separation of powers is widely known as “checks and balances.”

In Resolution 8-19-91-A, Addendum VI, “Administration: An independent administration of the Oneida Tribal Judicial System, which is known as the Appeals Commission of

## The Judicial Column

### Separation of powers in government

the Oneida Tribe, Shall select an administrator to administer the judicial arm of the Oneida Tribe, completely separate from any executive branch, legislative branch and the Personnel Department of the Oneida Tribe in order to maintain the integrity of a separation of powers.” It is clear in this Resolution that the Business Committee during this time, realized the importance of a 'separation of powers' and thus established the judicial arm of its government, the Oneida Judicial System. The Oneida Judicial system is also referred to as the Oneida Appeals Commission where Oneida Tribal members have access to legal redress as stated in the Oneida Constitution.

In contrast, most other tribal judiciaries maintain a system similar to the Anglo American Legal System of having a one judge forum. Given the special nature of tribal culture/politics, this kind of decision making tends to create problems with some tribal members. To quote an expert in his field, The Honorable B.J. Jones, Chief Judge of the Sisseton-Wahpeton Tribal Court and Director of the Tribal Judicial Institute states; “Many of the

conflicts that arise between the tribal governments and their justice systems center on the fundamental question of what authority a tribal court does and should have to question tribal executive or legislative action. Even in those tribal communities where the tribal court system is created under the authority of the tribal constitution, tensions exist because the concept of one individual resolving a major dispute in a tribal community may go against the consensus decision making process that was very common in many tribal communities.” In another instance and separate setting, the Honorable B. J. Jones acknowledged tribal courts for their unique strength in their ability to bring a greater amount of equal justice than the Anglo Legal System.

In retrospect, from a traditional perspective, the Oneida Tribe is unique in their continued use of a “Consensus Decision making concept.” The Oneida Judiciary process currently uses three (3) decision makers /judges on a Trial Hearing Panel and five (5) decision makers/judges on the Appellate Hearing Panel. This method of decision making is taken from the

Oneida Clan System which consists of; The Bear, Turtle and Wolf and has been used since the adoption of Resolution 1991-A thereby establishing the Oneida Judicial System as the Judicial Branch of the Oneida Tribe of Indians in Wisconsin.

Now reverting back to the topic of discussion, “Why is a Separation of Powers important to Tribal Judicial Systems?” In a system of “checks and balances” the Legislative, Executive, and Judicial branches all have certain powers and responsibilities. This ensures that the other branches are equal in power, but not a single supreme authority individually. In order to exercise their individual powers each branch must be respectful and autonomous of the other branches and yet must work in collaboration for the greater benefit of all its citizens.

Future articles will be about the Administrative Procedures Act, Sovereignty, Tribal, Federal, State jurisdiction, Appointment vs. Election of judicial officers, Mediation/Peacemaking, Public Law 280, Constitutions and Retrocession.

## Oneida Reservation Comprehensive Plan approved

Submitted by the Development Division: Planning & Statistics Department

On December 10, 2008, the Oneida Business Committee APPROVED the Oneida Reservation Comprehensive Plan (Comp Plan). John L. Breuninger, Area Manager for Planning “thanked” the OBC for their approval and committed to implementing the goals and objectives of each of the Comp Plan’s sixteen (16) Plan Elements as soon as possible.

With the assistance of the Planning & Design Institute (Consultants), the Comp Plan includes a key Land Policy Framework with a DRAFT Map of the Oneida Reservation, which is to be utilized as a “guide” for land use planning. This DRAFT Map and Land Policy Framework will be featured in all up-coming Community Meetings regarding the Implementation Process of the Comp Plan and the Plan Element goals and objectives.

Beginning in January (times & locations to be announced later), Plan Element Teams will be established for all sixteen (16) Plan Elements and these teams will review each specific element, their respective goals and objectives and further, develop a “plan of action” for their implementation. Goals and objectives are considered as short or long term, and the appropriate resource requirements will be identified and included in future budget requests. Updates on the “status” of each goal and objective by Plan Element, will be kept and reported annually, along with an annual evaluation of the overall Comprehensive Plan.

In September of 2008, the Planning/Statistics Department, in concert with PDI, held a Comprehensive Plan SUMMIT at the Oneida Radisson Hotel, within which, the goals and objectives of each Plan Element were reviewed and comment upon by the Oneida community members who participated in the SUMMIT. Very minimal changes were suggested by the community members and additional notes were made regarding each specific Plan Element.

The additional comments received regarding each Plan Element, will be included in the data collection for the next re-write of the specific Plan Element and ultimately, the entire Comprehensive Plan.

The methodology for the dissemination of the Comprehensive Plan to the Tribal Organization and membership is currently being developed and will be advertised in the Kalihwisaks, on the Internet, Intranet and Tribal GroupWise as soon as possible.

Comments and/or concerns relating to the Comprehensive Plan may be directed in the following ways: Mailing Address: Oneida Planning & Statistics Department, Little Bear Development Center, N7332 Water Circle Place, P.O. Box 365, Oneida, WI 54155; Phone & FAX: (920).869.4527 or 1.800.236.2868 or FAX: 920.869.1610; E-mail: planning@oneidanation.org

### Transit receives medical transports

Beginning January 1, 2009 the two Medical Transport Aids that were assigned to the Oneida Community Health Center will be moving to Oneida Public Transit. This change brings us one step closer in the development of a comprehensive transportation system for the Oneida Tribe.

How does this change affect you?

1. One phone number to arrange both medical and non medical transportation.
  2. Improved access to medical transportation services; greater service area, fewer eligibility restrictions, and longer hours of service.
  3. New handicapped accessible vans have been enlisted specifically for medical transportation.
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who DOES that?



Motorola 315 \$49.95 with Tribal Lifeline



Activation at time of service and two-year service agreement required. Applicants must be 18, have a physical address and participate in at least one state program as noted on the Tribal Lifeline application. Service not available in all areas. Participants must certify eligibility to receive Tribal Lifeline discounts and eligibility must be re-verified annually. Promotional phone subject to change. Prices do not include taxes, fees or other charges. Other restrictions may apply.

After February 17, 2009, a television receiver with only an analog broadcast tuner will require a converter box to receive full power over-the-air broadcasts with an antenna because of the Nation's transition to digital broadcasting. Analog-only TVs should continue to work as before to receive low power, Class A or translator television stations and with cable and satellite TV services, gaming consoles, VCRs, DVD players, and similar products. Information about the DTV transition is available from <http://www.DTV.gov>, and from <http://www.dtv2009.gov> or 1-888-DTV-2009 for information about subsidized coupons for digital-to-analog converter boxes.



### Calendar

2009

January 21

#### Fundraiser for Kate Stevens

**WHEN:** Wednesday, January 21  
**TIME:** 11:30AM – 1:30PM & 5:00PM – 6:30PM  
**PLACE:** Parish Hall

The benefit/fundraiser is being held on behalf of Kate Stevens. Kate had gone through an extensive stomach surgery and is currently in recovery. All donations will assist Kate with any medical bills and finances. We Thank you for your Assistance~Kate Stevens Family & Friends! Chili & FryBread - \$5.00, Baked Items -Various Prices, Soda - \$1.00 Dine In Only! FMI: Contact Susan at 920-713-8544.

January 30, 31

#### Beading class at Bear Paw Keepsakes

**WHEN:** Friday, January 30 & Saturday January 31  
**TIME:** 8:00AM – 6:00PM  
**PLACE:** Beading class at Bear Paw Keepsakes, 2667 W. Mason St

Readers can sign up to finish a small (black, dark red or dark green) velvet shoulder purse for \$50.00. Duck Creek Coffee will be open for your pleasure.

Feb 1

#### Oneida Apostolic Church Soup-er Bowl Sale

**WHEN:** Sunday, February 1st  
**TIME:** 2:00PM to 4:00PM  
**PLACE:** 118 W. Meadow Dr., Oneida (off Cty. U)  
Serving corn soup, chicken booyah, chicken dumpling, chili and mexican pazole. Cost is \$6.00 to include unlimited soup plus a piece of pie, homemade biscuits, and drink (coffee or sugar-free tea). Take-outs also available at \$6.00 a quart. For more information, call Dean LaFlex at **833-6542**.

February 12

#### Village of Hobart Candidate Forum

**WHEN:** Thursday, February 12  
**TIME:** 6:30 PM  
**PLACE:** Hobart Village Hall  
Candidates are vying for two Trustee positions. The Candidates are Dave Dillenburg (incumbent), Donna Severson, Jamie Henn, Lance Kelley, and Susan House. Contact Hobart Village Clerk Mary Smith **920-869-1011** for more information.

February 20

#### Family Fun Night

**WHEN:** Friday, February 20  
**TIME:** 6:00PM – 8:30PM  
**PLACE:** Hillcrest Elementary School, 4193 Hillcrest Road, Oneida

Bring your whole family and enjoy carnival activities complete with silent auction, entertainment, games & prizes, raffle, face painting, glamour station, and food. For more information call 920-660-9634 or visit [http://connect.pulaski.k12.wi.us/hillcrest/HCPTO\\_Happenings.cfm](http://connect.pulaski.k12.wi.us/hillcrest/HCPTO_Happenings.cfm).

February 25

#### WisDOT seeks Public Comment on Transportation Plan

**WHEN:** Wednesday, February 25  
**TIME:** 5:00PM – 8:00PM  
**PLACE:** St. Norbert College  
WisDOT also welcomes comments and questions via phone at **(608) 266-8108**, or on the Connections 2030 Web site at: **www.wiconnections2030.gov**. Comments will be received until February 27, 2009. Connections 2030 is a statewide, multimodal transportation plan that provides a vision for highways, local roads, air, water, rail, bicycle, pedestrian, and transit through the year 2030. Its policies and recommendations direct WisDOT's activities in areas such as preserving transportation infrastructure and services, promoting transportation safety, and supporting economic growth. The plan will guide transportation decisions over the next 20 years. It focuses on the transportation system's ability to support the preservation of transportation services and infrastructure, safe travel on all modes, mobility for all citizens, security and efficiency in all areas of operation, and economic growth throughout Wisconsin.

Tuesdays

#### Women's Talking Circle Group

**WHEN:** Tuesday evenings  
**TIME:** 6:00 PM – 7:30 PM  
**PLACE:** Community Education Center Conference Room, 2632 S. Packerland

Wise Women Gathering Place is sponsoring a Women's Talking Circle Group. Come and join us as we discuss a healthy lifestyle, relationships, children, jobs and overall wellness. For more information: Contact Marlene Summers or Bev Scow at Wise Women Gathering Place **920-490-0627**.

Wednesdays

#### Loom Work Beading Class

**WHEN:** Wednesdays  
**TIME:** 6:30PM – 9:00PM  
**PLACE:** Site II Community Building, W1144 Park Dr.  
Breezy will be teaching a loom work beading class. Materials will be provided. Class is open to those ages 13 to adult. To register, call Breezy at **920-869-6669**.

Fridays

#### Women's Support Group

**WHEN:** Fridays  
**TIME:** 12:30PM – 2:30PM  
**PLACE:** Three Sisters Center  
For more information contact Isabel Parker or Georgia Burr at **(920) 592-8682** or **(920) 412-0396**.

*To include events in this section please call the kalihwisaks office at (920) 869-4280, 4279, 4090 or 4277. Announcements must have a contact phone # that can be published to be included in this section.*

See the...  
Language  
website

Remember that every word you learn and speak becomes a part of keeping the Oneida Language alive. Please visit our website at:

<http://language.oneidanation.org/about/history>



## BACKGROUND ON BUSINESS

### Tone up your ‘Curves’ in 2009

#### Tribal member acquires franchise

By Steven J. Gandy  
Kalihwisaks

Healthy living and good company; Curves on Velp Avenue can provide you with both.

Oneida tribal member, Rebecca Gardner, a business major at UWGB, will soon be graduating with a bachelor degree. Degree aside, Gardner was given a crash course in business management when she purchased the Curves facility located in Howard.

“I’ve been looking for a business to get into; I just hadn’t found one that kind of struck me...but then when this opportunity came, I was like, wow, perfect opportunity for me to permanently work on my health, my fitness, my nutrition and help other women that have the same struggle that I’ve been having all my life,” Gardner said.

Gardner knows the challenges of trying to lose weight and looks forward to being able to help other achieve their goals.

“Weight has been a struggle for me off and on all my life. Curves is a facility that’s designed for women featuring a complete 30 minute workout and weight management program that’s fun, fast and safe,” she said.

Gardner’s transition into the role of Curves owner was facilitated by the previous owner who took Gardner under her wing.

“Before the sale was even entirely through, the previous owner welcomed me to come in and start meeting the clients that were here, and getting to know the circuit;

Curves					
Radial Pulse					
AGE	50%	60%	70%	80%	85%
15	17	21	24	27	29
20	17	20	23	27	28
25	16	19	23	26	28
30	16	19	22	25	27
35	15	19	22	25	26
40	15	18	21	24	26
45	15	18	20	23	25
50	14	17	20	23	24
55	14	17	19	22	23
60	13	16	19	21	23
65	13	16	18	21	22
70	13	15	18	20	21
75	12	15	17	19	21
80	12	14	16	19	20

Rebecca Gardner, owner of Curves, stands in front of a wall displaying various target heart rates her members try to maintain while going through the 30 minute circuit. Around the wall are the names of her members and the number of workouts they have completed at Curves.

getting to know the equipment, the software; all the basic things that I need to know in order to run the business,” she said.

In addition to the hands-on training provided to her by operating the business, Gardner also must complete training required by Curves corporate.

“Curves itself has a training camp that all new owners are required to go to and that teaches them, basically, everything that they need to know as far as the circuit, the muscles, the sales, the customer service; things to keep your clients encouraged and on the right track, nutrition and all those types of things, and I actually leave for that training next week,” Gardner explained.

The one week course is held in Waco, Texas.

Curves has set itself apart in the health club industry and directed its resources to just one gender.

“One thing that sets Curves apart is that it’s geared towards women and the workout itself is geared toward women. Curves does extensive research on what women need in order to get healthy and get fit and get the proper nutrition and they use that research and put it in towards all of the franchises out there and share all that information with us to get us

that knowledge,” Gardner said.

In addition to the knowledge base available to the all-female membership of Curves, other factors designed to help facilitate healthy living are also available.

“It’s a more comfortable setting for women. I know that I have a lot of women that have said before that they don’t like going to the regular gym because they always feel like they’re competing with the women that are already fit. I think because it’s an all women setting and it’s more like a family; they don’t feel so intimidated,” she explained.

Gardner also expressed that socializing is also a big part of the 30 minutes spent at Curves for some women.

“We have women come in three or more times a week and I think it’s because they like to chit-chat with the other members. We have women that come in and talk about sales at stores or clipping coupons,” she said.

In addition to the 30 minute circuit training designed to provide strength and heart-rate training, Curves also has a product line of vitamins, protein shakes and other supplements designed specifically for women to help them maintain a healthy lifestyle.

Also, a new fitness and

weight management plan will be implemented in February. The plan will be free to all members and non-members interested in learning about it. It is a three phase plan designed to control calorie intake to a level that will create a life-sustaining balance which can easily be maintained.

The cost for Curves services range from \$34.00 to \$44.00 per month depending on how members choose to pay. Curves also runs monthly specials so Gardner encourages women to call her store to find out that month’s special.

Gardner also offers a free tour of her facility along with a free fitness assessment and one week free to try out all the benefits that her business has to offer.

For more information call Curves on Velp at (920) 491-0506 or visit .

### Curves

#### Hours of Operation

Mon. 6 am - 7 pm

Tues 6 am - 12

& 3 - 7 pm

Wed. 6 am - 7 pm

Thur 6 am - 12

& 3 - 7 pm

Fri. 6 am - 5:30 pm

Sat. 8 am - 11 am

## NCAI pushes for inclusion of Tribal Governments in President-Elect Obama’s Economic Recovery Plan

### Tribes hit even harder in volatile economy

WASHINGTON—For decades Indian Country has been economically strained and in today’s difficult times tribal governments are feeling the stress even more. President-Elect Barack Obama’s upcoming economic recovery plan holds promise that tribal governments will be not be left out. The National Congress of American Indians (NCAI), the largest and oldest Indian organization, is working to ensure that the poorest of the poor Native Americans will be included in the economic recovery plan.

“We are advocating that tribal governments be treated at the same level as state governments in the economic recovery plan by equally distributing funds to enable tribal governments to serve their citizens and allowing them access to capital,” said NCAI Executive Director Jacqueline Johnson Pata. “This country cannot move on economically without involving tribal governments.”

Historically tribes have lacked the infrastructure for basic needs. Roads and bridges on many reservations are comparable to those in developing countries. School buildings in tribal communities are in desperate need of

repair. Tribal governments are requesting \$5.4 billion in infrastructure spending.

“A tribal provision in the economic plan could mean funding for Indian health care programs, schools and job training projects,” said NCAI President Joe A. Garcia. “Indian Country needs a chance to develop the systems to grow their local economies and Indian people deserve the opportunity for a secure future.”

Currently federal rules and regulations limit tribal government’s access to capital, expanding the use of tax-exempt bonds could leverage federal spending on infrastructure and economic development activities on reservations. A tribal economic recovery component could also expand loans and surety bonding for Indian businesses.

According to the U.S. Census, in 2000 the per capita income for American Indians living on reservations was one-third of the U.S. average for all races. Low income coupled with high unemployment places an Indian family at 36 percent of the poverty rate – two and half times the national average.

Obama’s economic stimulus package, expected to be introduced in soon, will include \$300 billion in tax cuts and about \$500 billion in spending.

## Congratulations! You’re the Latest Sweepstakes Scam Victim

It starts off innocently enough. You receive a congratulatory phone call or letter informing you that you’ve won a prize in a lottery or sweepstakes. The cash prize sounds great, especially during the recent economic downturn. The only hitch is a minor one; before any winnings are delivered, you must pay fees, taxes or other charges. Considering all the money you have just won, the amount requested seems small and reasonable compared to your winnings.

Congratulations! You’re the recipient of a sweepstakes scam. The only prize you will receive is an overdraft notice from the bank if you attempt to spend your winnings.

Scams involving lotteries or sweepstakes are very common and tend to target consumers age 70 and older. With the recent economic downturn, it is more important than ever to be cautious when receiving an offer that seems too good to be true.

Protect yourself from sweepstakes scams with the following tips:

- Know who you’re dealing with and confirm the company’s name, address and Phone number through agencies like the Better Business Bureau
- Don’t give out your credit card, checking account number or write a check unless you are sure who you’re dealing with and

what you will be receiving.

- Resist high-pressure sales tactics and insist on time to think and discuss offers With trusted friends, family members or financial advisors.
- Report any suspicious offers to your local police or financial institution.

During hard economic times scammers are also contacting individuals claiming to hold stimulus checks in your name, or the may contact you with an offer to be a mystery shopper or s similar job that sounds too good to be true. As tempting as these easy money opportunities might sound, you should always trust your better judgment and contact Consumer Protection, the Better Business Bureau or your Bank if you receive such an unsolicited offer. These organizations can advise you if the opportunity is the real deal, or just a scam. Also, you should never have to pay an employer for work. If they ask you for money there’s a very good chance that something is up.

An educated, cautious person is the number one defense against scams like these.



## OTIE board members installed



Kali photo/Nate Wisneski

The Oneida Total Integrated Enterprises, LLC (OTIE) board was sworn in at the Norbert Hill Center on January 9. OTIE is a tribally-owned company that strives to be a diverse professional services company that focuses on environmental engineering services. Board members from left to right: Thomas Wilbur, Dwight Gourneau, Jeff House, Bruce Danforth, and Butch Rentmeester.

### Business Brief

If you are an Oneida Business owner and would like to be considered for our next ‘Background on Business’ focus contact us at:

**kalihwisaks@oneidanation.org**



Vice-Chairwoman  
Kathy Hughes

Vice-Chairwoman’s Corner...

Ho Yan Happy New Year

I am not a person who makes New Year Resolutions but I do like to think about what I would like to see to make it better than the year past. And one of those concepts that come to mind is patience with everyone’s opinions, ideas or thoughts. As many of you know, we (and I’m not sure who we is but eventually I know it will be the Business Committee) are in discussion with “The

Boys and Girls Club”. I first learned of this because the rumor reached me that a petition was being circulated to call a GTC meeting to stop the talks. And yes, a petition finally made its way into the Secretary’s Office calling for the meeting. The Business Committee is going to join the verbal melee and meet with representatives from the Club. We have also been provided with a packet of information about the Club. Despite the panic from people who think they are going to lose their jobs and others who think the programs for the youth and elders will cease to exist, the Business Committee is continuing to seek information and gather facts which will all be a part of any decision about the Boys and Girls Club. I appreciate those individuals who have expressed concerns regarding an affiliation with

the Club but I believe my responsibility as an elected official is to listen first to all opinions, gather as much factual information as I possibly can and then use all that to arrive at a decision that meets the needs of our membership. Petitioning for a meeting because someone had an idea could be premature and may cause unnecessary expense in a time when every dollar is needed to continue to provide services which include recreational activities for the youth and the elders. We continue to grow and ideas, new or old, are what have supported that growth. So, I encourage you to continue bringing forward ideas. Something may not have worked in the past but will now. We need to continue along the path of accepting new ideas, or old ones, supporting thorough research, and encouraging people,

even if the ideas result in a petition for a GTC. A big congratulations to a lot of people who worked long hours, even during this busy holiday time, to bring closure to the Tribe’s acquisition of the Thornberry Creek Golf Course. The land acquisition of 300+ acres, while increasing our land base, is an opportunity to expand our business portfolio. It is hoped the operation of a golf course will also provide additional incentives for customers at the casino and hotel. Better business for the Tribe has a ripple effect of promoting better business in the surrounding community. Let’s hope this New Year demonstrates the positive energy needed in our current economic times for continued growth. Litigation and the legal fees that go with it are very draining financially and emotionally.

The Annual General Tribal Council meeting took place on January 5. It was held in the 3Clans Room at the Oneida Radisson Inn with 1,158 registered attendees. I personally received several comments that evening about how informative the meeting was and they really appreciated the information being provided. Now if you were not able to attend the meeting, it is hoped you received the packet of information sent out with the same information. Of course, there is a lot to talk about and we may have missed the subject of importance to you. Please feel free to contact anyone of the Business Committee with any questions or concerns you may have. We are continually trying to improve on communications and the information being disseminated. Your inquiries help us to do that.

Letters & Opinions...

Old Friends...

Dear Hyron Cornelius and Bernie Rogers,  
I’m trying to find your address or telephone number. Just want to say hello and see how life is treating you. Old friend from Sparta, Charlie Kwick 3707 Glen Way Eau Claire, WI 54701 (715)-833-1826

Many thanks

Thank you. I want to say thank you from the Volunteers and Staff of the Oneida Pantry Emergency Network (OPEN) to all of those people and Organizations who donated food and money for the Holiday season to help provide food for the many families needing help in our community.

- Thank you...
- Oneida Gaming Administration and Employees
  - Oneida Gaming Marketing
  - Oneida Employee services
  - Oneida Land Management
  - Oneida Retail
  - Oneida Bingo
  - Black Creek Food pantry
  - Preble Optimist Club (Terror on the Fox)
  - Zion Lutheran Church
  - Holy Apostles Church
  - St. Joseph’s Church
  - O.D.P.S. Benevolent club

There were also single donators of food and money and I want to thank you also. Without the help of these organizations the OPEN would not be able to help the families in our community who need food to feed their children. We received a large amount of donations during the Holidays but the pantry shelves are close to being empty because of the number of families we serve. Please do not forget there are hungry families all year round. Again I say THANK YOU from all of us at the OPEN.

Gary Smith

OBC Forum...

Hoyan

I hope this new years finds all of you in good health and spirit. January 5, 2008 was the best General Tribal Council meeting I have attended in such a long time. I would like to thank the Duck Creek Crossing Drum and Oneida Veterans for opening our meeting, as well as the Oneida Singers. The cultural representation was so appreciated. Special thanks also to all the departments who participated with sharing information about their specific programs prior to the meeting. There were approximately 30 booths staffed by several of our departments communicating with the public. I would also like to extend my appreciation to all the worker bees whose teamwork and coordination efforts presented a professionally organized large event: OBC staff, OPD and Security, Radisson staff, gaming staff-shuttles, registration volunteers,

Enrollment staff, maintenance staff, and those who handled the presentations, lighting and sound. There were over 1100 people this team had to contend with. Great job everybody. Last, but not least, I would like to thank the General Tribal Council for their cooperation and patience listening to all the information presented and the dialogue regarding those presentations. You may have heard or read about the Business Committee’s “100 Day Plan” process. Considerable work has gone into developing a management system for all the responsibilities we have as leaders of this great Nation. Improving how we communicate with each other as well as with others is extremely important to all our successes. The Sr. Managers were involved with our processes as well as our immediate staff to learn at the same time. Although the process was very time consuming, it was well worth the effort. The Business Committee will

bring forth to the General Tribal Council a final report of this project. As we complete our own balance score card we will have set priorities, goals and objectives that align with the National Mission, Vision and Values of the Tribe. We will also implement strategies to reach our goals. Communication and efficiencies of operations and procedures will also be improved. That’s the plan. Soon we will be able to reiterate this in a manner where everyone can understand what we are doing, and at that point I am hoping they will lend their support to move forward. On another note, the Legislative Operating Committee has been very busy, mostly with finishing up some of the issues that were processed to the point of Public Hearing by the last



Trish King  
Councilwoman

Committee. The Paternity Law and the Child Support law are two such laws very close to being finished. They currently are in the status of emergency adoption (effective until June, 2009). Within this timeframe, the LOC will have another public hearing and then finalize any changes. From that point the Oneida Business Committee will make the final approval on the laws. There are many other items being addressed, and they will be reported on through a monthly issue in the Kalihwisaks, with the next issue. If you would like to follow our progress, please log onto the Tribe’s website www.oneidation.org or call our offices to receive agendas, 1-800-236-2214 or 920-869-4376.

Shekoli and Hoyan,




Tehassi Hill  
Councilman

Welcome everyone to the New Year. I would like to take this opportunity to talk a little about Tsa>tekohs#Iha which is our midwinter ceremony. Tsa>tekohs#Iha is traditionally held five days after the new moon and lasts four days; this year it was January 1-4. The first day of the ceremony is ostowa>k%wa, which is the Great Feather Dance, and is danced three times. The first is for the Faithkeepers to thank them for carrying out their responsibilities. The second is for the people to give thanks that they can continue the ceremonies the Creator has given us. The last is for shukwaya>\$su, the Creator, to give thanks that the cycle of creation continues and for all that is placed upon the earth. The second day begins with the stirring of the ashes. One person from each side of the longhouse is selected to pass the paddles for their side. The paddles are made

from different kinds of wood. Each side will also select a speaker and a singer. The Faithkeepers are the first to stir the ashes. They will walk back and forth with the singer and speaker and stir the ashes on both sides. Then all the people will follow. We do this to renew the earth and all of creation for the New Year. The third day begins with a tobacco burning, kayu>k&tho. One person from each side is chosen to collect tobacco from everyone who walks into the longhouse on their side. One person is chosen to speak on behalf of all the people. Next comes the men’s chants, at&wa, or personal songs to the Creator. Then the children who have not received Indian names will be confirmed before the people. When this is done, we will have a drum dance, oneho-&l&. For the drum dance you need four people, a singer, a speaker, a lead dancer and a man to call out. Two pails of blackberry

drink are placed on either end of the longhouse. One is medicine for the women and one is medicine for the men. The last day of midwinter is the Peach Stone game. In the morning before ceremonies, runners will go to the houses of the people and collect items to bet before the game. There are four things which cannot be played with. They are anything solid black, anything solid red, or anything shiny-like a coin. The house will be divided. Turtles and Bears on one side, Wolves on the other. One person from each side will be chosen to hold the beans for their side. After one side wins all the beans, there will be a feather dance, a women’s dance, and a bean dance. The New Year also brings to an end the 100 Day Plan the Business Committee and staff have been working on. From the 100 Day Plan, we have several initiatives that we will be working or continuing to work on this year and beyond. One of these is the BC Balanced Scorecard or Ska>nik&-lat which means “one mind.” The BC will use this to help identify priorities and strategic goals to better manage the tribe. It is

also a way to continually measure our performance and report out to the tribe and organization. We are still in the process of finalizing the Scorecard, which I then hope will be available for everyone to see. Another exciting venture that will begin this year is the Thornberry Creek Golf Course. The tribe has finalized this purchase and is currently working to develop a charter and board to manage the golf course. This acquisition was very important to the tribe because not only will it allow us to expand our amenities but it also brought back over 320 acres of land to the tribe. While it is true that the restrictive covenants are still in place on the property, with time it is hoped that these can be removed through efforts on part of Oneida and its citizens. However, for the time being, I look forward to seeing this purchase flourish and bring new business and dollars to the tribe. If you have any questions or comments, please stop by my office or call me at 869-4311.



# kalihwisaks

*Letters To The Editor Policy*

Guest articles and editorials that appear in the *kalihwisaks* are not necessarily the views or opinions of the Kalihwisaks’ staff, Editorial Board or the Oneida Nation of Wisconsin. Although Kalihwisaks requires a final signed submission from our readers who write in, you can e-mail us now – and send the hard copy through the mail – to ensure we get your submission in time for the deadline day. E-mail your letters to: **Dawn Walschinski – dwalschi@oneidation.org**

*If you have any questions, please call (920) 869-4277*

Effective January 1, 2001 per Kalihwisaks Policies & Procedures, Section I (c)(4), “Individuals will not be allowed to submit more than eight (8) letters per year regardless of topics.” For more information on Kalihwisaks Policies & Procedures, please contact (920) 869-4277.

## Land Claims Commission Corner



Submitted by Jennifer M. Stevens

LCC Executive Assistant

Call For Quotes!

Seeking submissions of your perspectives on the Oneida Land Claims in New York State and will quote you in the next New York Land Claims Update: Special Edition.

## Quotes regarding NY land claims

Dear Oneida Community Members,

I'm currently drafting a New York Land Claims Update: Special Edition for our community members. The Special Edition will entail an Oneida Land Claims Historical Overview and other facts that will be educational and informative. A section of the Special Edition is "Community Perspectives." With this in mind, I'm calling for your perspectives that I can quote in our next edition.

What I'm looking for...

- Topic: Questions to stir your answers...

For Example...

"What do you know about the New York Land Claims History?"

"What do you want to know about the New York Land Claims?"

"What do you remember your ancestors saying about the New York Land Claims?"

\*Special Note: These are examples for questions for you to answer...not limited to. I am searching for your perspectives of the New York

Land Claims. I'm accepting only "serious" community perspectives and will screen out/edit quotes that are not appropriate for the subject. I'm searching for quotes that are no longer than five sentences long because I have limited space and need room for other perspectives.

**QUESTIONS?** Do you have a question about the New York Land Claims? Send in your questions and I will try to find the answer for you and answer it in the New York Land Claims Update: Special Edition.

Forward your quotes to me via: Mail or E-mail at the following:

**Oneida Land Claims Commission**  
ATTN: Jennifer M. Stevens  
PO Box 365  
Oneida, WI 54155  
jstevens@oneidanation.org

## What's News in Indian Country

### Feds put 18 acres into trust for upstate NY tribe

VERONA, N.Y. (AP) – The federal government has placed 18 acres of central New York land into tax-exempt trust for the Oneida Indian Nation.

The transfer of land from the Air Force to the U.S. Department of Interior bypassed the lengthy, contentious battle that has engulfed the Oneida nation's request to place more than 17,000 acres of Oneida-owned land into trust, where it would be exempt from local and state governance and taxes.

Interior officials last year recommended putting more than 13,000 acres into trust, a decision that triggered seven lawsuits still pending in federal court.

The 18 acres are part of a 513-acre parcel of land known as the U.S. Air Force Space Command Complex. Built in the 1950s as a testing site for the now-defunct Griffiss Air Force Base, the site has been mothballed for years.

In 1999, the Air Force declared the 18-acre parcel was no longer needed. The remaining 495 acres of the complex were declared excess in 2006. A spokeswoman at the General Services Administration, which handles the actual transfers of land from one government agency to another, said she did not know if that 495 acres would also be turned over to Interior for Oneida trust land.

The Oneida Nation issued a brief statement supporting the trust land acquisition.

"We are pleased by the Department of Interior's action, as it is a first step toward using trust land in a way that will benefit not just the Oneida Nation but all the communities that make up Central New York," the statement read.

Opponents of the larger trust action say they'll fight the transfer of the Air Force land.

"This will be challenged," said David Vickers, president of Upstate Citizens for Equality, which has filed one of the lawsuits against the larger trust request. "This is yet another violation of New York's sovereignty by the federal government."

### Native American newspaper folds

SIOUX FALLS, S.D. (AP) ~The Flandreau Santee Sioux Tribe in Flandreau has ended publication of its weekly newspaper the Dakota/Lakota Journal.

According to a front page story, the current issue will be the last.

The tribe said the poor economic conditions have cut readership and advertising, while the Internet and new technology have changed how people receive information.

### Mohegan Sun to impose pay cuts

UNCASVILLE, Conn. (AP) – The Mohegan Sun casino is cutting the pay of all 9,800 employees to reduce costs in a deteriorating economy, but plans to avoid layoffs.

The Mohegan Tribal Gaming Authority announced Sunday that it will cut pay for vice presidents and senior management by 10 percent, middle managers' pay by 7.5 percent and the pay for nonmanagement salaried and hourly employees by 4 percent. The cuts will be take effect Feb. 1.

The gaming authority also said it will suspend future annual and merit pay raises and halt its matching payments to 401K retirement plans.

The casino complex also is reducing operating hours in some outlets and taking other unspecified actions to improve efficiency.

"Due to unprecedented market conditions, the authority has been forced to make a number of difficult, but necessary, decisions to reduce our operating costs," said Mitchell Etes, president and CEO of Mohegan Sun.

The Mohegan Sun reported revenue for its fiscal year ended Sept. 30 of about \$1.4 million, down 4.7 percent from 2007.

Mohegan Sun has cut more than 500 jobs through attrition over the past year and delayed an expansion project. The competing Foxwoods Resort Casino has laid off 800 casino workers since last summer.

### Program about Indian languages recognized

NORMAN, Okla. (AP) – The state Education Department is honoring a group of Norman High School students for their documentary about dying languages of American Indian tribes.

The program "When It's Gone, It's Gone" by 13 students in the school's Native America Club is also now being used in classrooms as a teaching tool.

The students interviewed tribal elders from American Indian tribes in Oklahoma about their native languages and the effort to keep their languages and cultures alive.

Most of the elders in the video are in their 80s and have witnessed their native tongues dying out as younger generations are raised to speak English.

Oklahoma has 39 federally recognized tribes, and many are losing their languages with few fluent speakers left, said Desha Dawson, director of world languages for the state Education Department.

Mosiah Bluecloud, a former Norman High School student, said working on the documentary changed his life.

"I felt sad as I listened to them talk about their children," he said. "It kind of made me feel helpless."

Bluecloud, a Kickapoo, decided to change his major at the University of Oklahoma to linguistics, and he wants to become fluent in his native language.

Dawson said she's received comments from high school and college language teachers across the state who've shown the video in their classes and used it to start discussions about the cultural importance of language.

The video has struck a chord with people, and they get emotional about it, Dawson said.

"You express your culture through your language, and without that language, it makes it that much more difficult to maintain your culture," Dawson said.

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# Family Fitness Highlights

**Oneida Family Fitness Hours:**  
M-T-W-TH-F: 5:30AM–8:30PM  
Saturday: 7AM–2:00PM  
For more information call **490-3730**

## Manage Your Stress!

**By Todd Shelto**  
Fitness Specialist/Personal Trainer

We've all been at a time in our lives when we feel overwhelmed. Life feels out of control, or we have a chronic sense of tension. Some people handle times such as these by gorging on comfort food, numbing themselves with alcohol, or verbally taking their aggressions out on others. Recognizing the buildup of stress in your life and getting a handle on it before it harms your family and social relationships, and health, can be a rewarding learning experience.

One effective tool that can be used is "uplifts". Uplifts are activities that refresh you physically, emotionally, or spiritually. It's something you do just for the good feeling it gives you. Using uplifts is one way you can stay healthy and happy in stressful times.

Some examples of uplifts are:

Listening to music, appreciating art, being out

in nature, singing or playing an instrument, painting, telling or hearing jokes, writing to someone, smiling at people, praying, reading other spiritually oriented books, getting lots of sleep, using relaxation techniques, exercising, playing sports.

Make up your own list of uplifts, and ask yourself if you take enough time for these stress-reducing activities. You might feel that uplifts take too much time away from important things that you have to do. This point is understandable, especially if your life is very busy. On the other hand, uplifts are important to your health. And what could be more important than staying healthy?

If your day is very busy, you may have to plan time in your "daily planner" for your uplifts. You may also need to ask for help. For example, you may want some time alone for your uplift. Or, your uplift may be something you want to do with others. Either way, ASK. It's that important!

## Active For Life set to kick off January 20

With the new year often comes "resolutions". We all know how hard these resolutions can be to keep. How would you like to have a whole team helping motivate you and giving you inspiration to set and meet your physical fitness goals? Sound too good to be true? It's not. Active For Life is just what you need.

Active For Life is a popular worksite wellness program that encourages participants to develop a lifestyle of physical activity. The program runs for ten weeks and offers educational opportunities and prizes! It's fun, it's easy, and it's FREE!

Oneida Family Fitness would like to invite you to the 2009 Active For Life Kickoff Event. This will be held at the Radisson in the Wolf Room on Tuesday, January 20th.



Photo submitted by Adam Brown

Aquatic classes are a great way to stay active for life.

The event will run from 11:30am until 1:30pm. Snacks and beverages will be supplied, plus there will be

great raffle prizes!

Come on over, meet your friends, and register for 'Active For Life', the program

designed to kickoff your new year in healthy, active style!

## Weigh of Life can work for you

Oneida Family Fitness and Health Promotion team up to present the Weigh Of Life program. This is a 12 week weight-management program designed to give you the tools you need to achieve a healthy, balanced "weigh of life". The instructor delivers educational sessions designed to teach you how to make healthier choices and empower you to achieve and maintain a healthy weight.

This group meets weekly over the Noon hour at Oneida Family Fitness. Bring a bag lunch to make the most out of the hour.

The next session starts February 24 and runs through

May 12, 2009. The session includes weekly nutritional presentations, interactive discussions, goal setting and behavior modification techniques. You'll also receive a physical activity and nutritional journal to record your weekly weigh-ins and progress for the duration of the program. Certified personal trainers will provide pre and post fitness assessments, wellness profiles, personalized fitness program and more.

Stop in or call Oneida Family Fitness **(920-490-3730)** for more details on this powerful program.

### Oneida Family Fitness Staff

Michelle Mielke.....	Fitness Center Director
Ryan Waterstreet.....	Assistant Director
Amy Griesbach.....	Office Manager
Ryan Engel.....	Fitness Specialist Supervisor
Stefanie Reinke.....	Fitness Specialist Supervisor
Eric Frantz.....	Fitness Specialist
Jason Manders.....	Fitness Specialist
Tiffany Brockington.....	Fitness Specialist
Jessica Trembl.....	Fitness Specialist
Todd Shelto.....	Fitness Specialist
Tek Skenandore.....	Fitness Assistant
Hudson Denny.....	Fitness Specialist/Promotions
Kevin Schoenebeck.....	Martial Arts Coordinator
Adam Brown.....	Martial Arts Instructor
Maureen Cisler.....	Administrative Assistant
Shoshana King.....	Administrative assistant
Teresa Roth.....	Aquatics Supervisor
Teresa Holschuh-Sieja.....	Aquatics Trainer/Supervisor
Nicole Cooley.....	Lifeguard
Orrie Kreuscher.....	Lifeguard
Matt Fourness.....	Lifeguard
Elaena Duffy.....	Lifeguard
Jessica Mettler.....	Lifeguard

The Oneida Family Fitness (OFF) staff is here to serve you! If you haven't been to the Fitness Center lately, please stop in and get acquainted with the staff! The office is located at:

2640 West Point • Green Bay, WI Phone: **(920) 490-3730**.  
Look for **O.F.F. highlights** once a month in the Kali.

## Weight room at OFF



Photo submitted by Adam Brown

An extensive weight room is available to OFF members. Come check it out!

**New Saturday  
Hours  
OPEN  
5:30AM to 3:00PM**

## Oneida Home Resources Fair Returns!

Last year our event educated over 100 community members. Whether you are an existing homeowner, looking to buy, or renting, there is something for everybody at the Oneida Home Resources Fair.

After attending the home resources fair, you will leave with a strong knowledge of:

- ..... Whether renting or buying is right for you
- ..... Tribal, Federal, and State grant and rebate opportunities
- ..... Buyer Beware Concerns
- ..... How to obtain a mortgage
- ..... Healthy Homes Program (mold, asbestos, lead, etc)
- ..... Wells and Septic Program
- ..... Renewable Energy
- ..... Energy Efficiency and Home Performance Testing
- ..... Recycling
- ..... Zoning and Permits



The Oneida Home Resources Fair is a cross-organizational team effort: Oneida Housing Authority; Division of Land Management; Environmental, Health, & Safety Division; Environmental Resource Board, Oneida Community Health Center, Oneida Zoning, and others.

For more information on this event call Bill Koonz at EH & S 490-5350 or Diana Mann at OHA 869-2227.

**There will be Food & Prizes!**

Save the Date  
on your calendar...  
**Wednesday January  
21, 2009  
from 2 to 6pm at the  
Radisson Hotel.**

## Sifu David Leung's Tai Chi Seminar

**Monday, January 19, 2009**

**10:00 - 11:30am**

Oneida Family Fitness is proud to offer a unique opportunity for you to learn about this internal Martial Art which is performed slowly with focus on breathing, balance, and stances. Tai Chi stimulates health and improves muscle tone while balancing energy and metabolism to help control weight.

**No Experience Needed!**

**Seminar cost only \$15**

**Class Size Is Limited and Pre-Registration is Required**

Sign up today for this once in a lifetime chance to learn from a Tai Chi Master!

Sifu David Leung began his Tai Chi training in the 1950's in Hong Kong. Master Leung moved to the United States and opened his own Tai Chi school in Eugene, Oregon in 1970. His understanding of Asian culture, substantial knowledge of Chinese Martial Arts, and energetic teaching style combine to make his seminars extremely interesting, informative, and entertaining.

**Oneida Family Fitness**  
2640 West Point Road  
Green Bay, WI 54304  
**(920) 490-3730**

familyfitness@oneidanation.org  
Contact Kevin Schoenebeck for more information

## Oneida newborn first to see 2009

By Steven J. Gandy

Kalihwisaks

Proud and progressive, the Oneida Tribe of Indians of Wisconsin is a national leader in many aspects across the country. That trend continued into the New Year with an Oneida baby being the first in the area to forge her way into the world.

Sasha Jaylei Bester made her way into the world on January 1, 2009 at 12:36 am. Born at St. Vincent Hospital, Sasha was 7 pounds and 5 ounces and 20 inches tall.

Sasha's parents, Shaleen Danforth and Calvin Bester, welcomed their new daughter with open arms and without even knowing that they had made the record books as the parents of the New Year baby.

"We didn't really know anything about it. The next thing I know my auntie is like, 'five more minutes until new years.' I really didn't even care, I was trying to concentrate," Danforth said.

Bester and Danforth took their new daughter home a few days after their New Year's Eve push-a-thon and the three are resting comfortably together.



Proud parents Shaleen Danforth and Calvin Bester relax at home as they enjoy the presence of their newborn daughter, Sasha Jaylei Bester.

Kali photo/Steven J. Gandy

## Evergreen Productions to produce Robin Hood play

### Auditions to be held in Green Bay

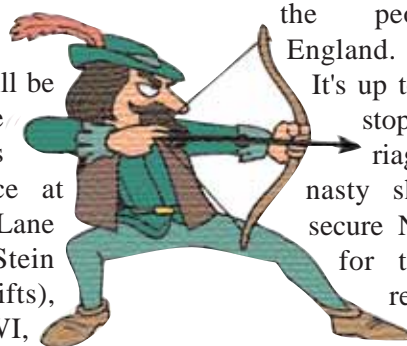
Evergreen Productions' Children's Theatre in Green Bay will hold auditions for performers (2nd grade thru High school) for Robin Hood, written by Tim Kelley. Directed by Ruth Novak, contact number: 336-0643

Auditions will be held at the Evergreen's rehearsal space at 1010 Waube Lane (next to Stein Garden & Gifts), Green Bay, WI, Monday, January 19, 2009, 4:30 - 7:00 pm and Tuesday, January 20, 2009, 4:30 - 7:00 pm. 20-25 roles are available. Those auditioning should expect to stay about an hour to read from the script, memorize a short passage and do some impromptu acting.

Plot: Robin Hood, the outlaw of Sherwood Forest, leads a merry life with his followers. Anyone who is hungry or who has no place to live is welcome. The citi-

zens of the forest oppose wicked Prince John who has taken the place of King Richard the Lion-Hearted, who is on crusade. The evil Lady Merle plans to force Robin's childhood sweetheart, Maid Marian to marry Prince John in an effort to make him more acceptable to the people of England. To arms!

It's up to Robin to stop the marriage, defeat a nasty sheriff and secure Nottingham for the King's return.



### Performance dates

Friday, March 6,  
2009, 7:00pm

Saturday, March 7,  
2009, 1:00 pm

Saturday, March 7,  
2009, 3:00 pm

Sunday, March 8,  
2009, 1:00 pm

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# Winter of '08-'09 also affects area Wildlife

What does all this snow mean for wildlife on the Oneida Reservation? The answer is mixed as some species are able to live under the snow, protected from the cold by a thick layer and hard crust. Animals that live above but rely on finding food beneath the snow must deal with the accumulation and icy crust. For species that are able to walk on the snow's surface and find food above it, the icy crust has been a blessing.

Deer, for example, are having a difficult winter. It is not a food shortage; it is a food availability shortage. First, snow accumulations of over two feet are deeper than their legs are long. It forces them to push snow when they move off trails. This is not energy efficient and the animals maintain shorter and shorter trail systems. Food becomes scarce along the trails and

food on the ground is not accessible, resulting in starvation. In addition, deer have sharp hooves with a small surface area. They typically plunge through a crust while predators (coyotes, dogs, etc.) can stay on top of the crust. This condition causes three problems for deer. First, they are confined to a small trail system with diminishing food supplies. Second, they break through the crust when attempting to leave or expand their trail system when finding food or escaping predators. The hard crust cuts their legs and feet causing sores and bleeding. Third, deer become much more vulnerable to predators that can stay on top of the crust. It is a winter when residents need to be very careful with their pets. Letting dogs run can result in them chasing and killing deer; even small dogs can join in the killings under

the current conditions. Another reality with deep, crusted snow for deer is that they improve their chances for survival if they band together (yard up). Cedar swamps are typical places to yard but sites containing conifers or even willows may be used. A problem is that these areas are learned over time and if several years go by with no severe winter conditions, few in the population may know where to yard up. There is strength in numbers and small groups of deer may not maintain a large enough trail system to afford them access to enough food or allow them to escape from predators. There is a good chance that winter kill will

occur this year.

Ruffed grouse are also adversely impacted by the crusted snow. Normally they dive into the snow to escape predators and stay warm at night. That is not possible when a hard crust covers the snow's surface. Wild turkeys can walk on top of the snow but much of their food is on the ground, unavailable to them. It will be a hard winter for pheasants as well as they will have trouble finding food, places to hide from predators and keep out of the wind.

Raptors, hawks and owls, will be at a great disadvantage this winter. They will have surface dwelling animals on their diets as mice and voles

will be safe under the crusted snow. By early January, hawks and owls became more common along roadways where they can take advantage of road kills. There will likely be many hawks and owls killed by cars here this winter. Coyotes and foxes will also be forced to find food above ground. Rabbits, deer, pheasants, and wild turkeys will be on their menu while mice and voles will be much less of a food staple this winter.

Squirrels will have a difficult time finding food through the snow while raccoons will find refuge in various places where the snow provides cover. They will be able to walk on the snow's surface,

holing up for days or even weeks when temperatures make finding food more energy consuming than energy gaining.

Mice and voles, animals that live under the snow, will benefit from this winter's conditions the most. They will be protected from predation and the blanket of snow will provide them with a warm cover that they can tunnel through to find food. Several frog species will also benefit from this winter's insulating snow cover.

For more information on local animals or the environment, contact Bill Koonz at Oneida Environmental [bkoonz@oneida.org](mailto:bkoonz@oneida.org) or at 946 5350.

## Town of Oneida Temporary Recycling Service

By Diane Jourdan

Oneida Nation Recycling Coordinator

Residents in the Township of Oneida now have a temporary recycling drop off center at the Town of Oneida Garage located at N6631 County Road H.

This drop-off facility is fenced in and will have an operator on hand every other Saturday starting January 10, 2009, from 8:00 a.m. – 12:00 p.m.

This facility is only for the residents who recently lost their recycling hauler. The Oneida Nation Municipal Recycling Curbside Service provided by Veolia (the dark green trucks) will be picking up recycling on their regularly scheduled routes on every Thursday and Friday.

So, for residents in the Township of Oneida, recycling

will NOT be collected curbside in January. The next scheduled recycling drop-off site will be open on January 24, 2009, from 8 a.m. – Noon. Please bring your comingling recycling and paper/cardboard. Cardboard boxes should be flattened, and reduced to no larger than 2' x 2' bundles. The best way to contain them is by placing the flattened boxes into paper shopping bags. There will be no need for string or tape (both of which are not allowed).

If you have any questions please contact the Outagamie County Material Recovery Facility at 920-832-4710, the Town of Oneida Garage at 920-869-2211, or the Oneida Nation Municipal Recycling Program at 920-496-5345.

## Testing and Controlling Home Radon is a Wise Investment

Noting that January is National Radon Action Month, state health officials today touted the value of testing your home for radon and controlling it if it is detected.

"Radon testing is a small investment that can pay big dividends for homeowners," said Dr. Henry Anderson, State Health Officer. "A home radon test kit is inexpensive, and many hardware stores and local public health agencies have inexpensive radon test kits for sale, including laboratory analysis in the price."

Radon is an odorless, radioactive gas that is naturally present in the ground and enters houses through their foundations. Breathing radon for extended times increases the risk of lung cancer. Since radon is widespread and concentrations vary greatly from home to home, every home having contact with the ground should be tested.

If your home's radon level is elevated, the risk of lung cancer and potential for loss of a loved one can be serious. However a home's radon level can be substantially reduced. The cost for reducing radon in your home is around \$1,000, and the investment could make a home easier to sell.

"Professional radon control

buys peace of mind not only for the homeowner, but also for would-be buyers," Anderson said.

More than 50 radon mitigation contractors in Wisconsin are nationally certified and install highly-effective systems. Thousands of systems are installed in existing homes in Wisconsin each year. When having a new home built, features that reduce radon entry can be included for little added cost.

The U.S. Environmental Protection Agency estimates that radon is the second leading cause of lung cancer after smoking and is responsible for several thousand preventable lung cancer deaths each year. State statistics indicate that between five and ten percent of the homes in Wisconsin have elevated airborne concentrations of radon in significantly-occupied spaces.

For comprehensive radon information, go to the Department's website at [www.lowradon.org](http://www.lowradon.org) or [www.lowradon.org](http://www.lowradon.org)

Experts in local public health agencies can be reached toll-free statewide by dialing 1-888 LOW-RADON (1-888-569-7236).

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## New Programs offered at CMN



Welding and Sustainable Residential Building Systems, both technical degree programs, have been added to the Spring 2009 schedule at the College of Menominee Nation (CMN).

Student who obtain a Welding Diploma have the opportunity to achieve national and state certification, apply for apprenticeships, and enter employment as welders in construction and industry.

A degree in Sustainable Residential Building Systems prepares students for a career in the residential building industry with a green building emphasis. Upon successful completion, students will be able to enter the residential building industry in either a factor or on-site construction.

The College of Menominee Nation is cur-

rently taking applications for these new programs. The deadline to apply for the Welding and Sustainable Residential Building Systems, without a late fee, is January 30. You may register for classes in these two programs through February 6. Classes for Welding and Sustainable Residential Building Systems begin on February 23, 2009.

For all other Spring 2009 programs and classes the deadline to apply without a late fee is January 9. The deadline to register for classes, without a late fee, is January 20 with classes beginning on January 26, 2009.

The College of Menominee Nation provides ongoing educational opportunities at both the Keshena and Oneida/Green Bay Campuses. While the majority of the students are American Indian, all students are welcome. The College aspires to attract and retain a diverse population of students. CMN provides a culturally familiar setting for Native Students and a unique learning opportunity for non-Native students.

The college is accredited

by the Higher Learning Commission and a member of the North Central Association of Colleges and Schools. CMN has articulation agreements with UW-Green Bay, UW- Eau Claire, UW-Madison, UW-Oshkosh, Silver Lake College, and Bellin College of Nursing.

If you are interested in learning more about the Welding or Sustainable Residential Building Systems programs please contact Mary Koonz at 715-799-6226 ext: 3120. For all other inquiries regarding admissions and registration call 715-799-6226 ext: 3053

If you are interested in learning more about College of Menominee Nation, wish to tour the campus, or need further information regarding classes, certificates, or degree programs, please contact Rebecca Edler, Admissions and Recruiting Specialist, at 715-799-6226 ext: 3061.

## Major sponsors announced for Drug Alliance Great Paper Airplane Toss

The Great Paper Airplane Toss at Lambeau Field is on schedule to take off Saturday, Jan. 31, from 11 a.m. to 3 p.m. The major sponsors for the event are Associated Wealth Management, Com-Video Productions, Schneider National Foundation and Partners in Education, a program of the Green Bay Area Chamber of Commerce. Media sponsors are WOGB radio and WFRV TV.

The major sponsors have paid for all major event costs, making it affordable for any area family to participate and fly paper airplanes at the

Lambeau Field Atrium – the nation's premier event for flying paper airplanes.

Prizes are available for all grade groups in the competition categories: Preschool, K-2, 3-5, 6-8, 9-12 and adult. For each student, the first throw is free, with 25 cents for each additional throw. A grand prize will also be handed out. Paper will be supplied and the airplanes in the competition must be folded during the event. Pre-made airplanes can be brought and thrown but they will not be eligible for prizes. A family vs. family team challenge will also take place at 2:30 p.m. Teams

are required to register before the series starts.

The Great Paper Airplane Toss is presented by the Partners in Education Drug Alliance, a program of the Green Bay Area Chamber of Commerce. The Drug Alliance is a community coalition supported by healthcare, law enforcement, education, business and community groups.

Questions about the event can be posed to Rebecca Deschane, youth development manager at the Green Bay Area Chamber of Commerce at (920) 593-3406 or rdeschane@titletown.org.



## Shaping The Future Of Northeast Wisconsin's Workforce.

NWTC provides education, training, and life-long learning opportunities for individuals and businesses leading to the development of a skilled workforce. We are welcoming new faces from many diverse cultures and are seeking qualified individuals from a broad range of specializations.

We have current or anticipated openings in the following areas:

- Clerical/Support Positions
- Instructors in various technical areas and general studies
- Student Services
- Other Professional Staff

Help us shape the future of Northeast Wisconsin's workforce. For more information, please visit: [www.nwtc.edu](http://www.nwtc.edu)

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*Discover the Magic at the Radisson*

Photo By: Kathleen Gasko

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- Two Free Standard Guest Rooms
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## ONEIDA FACE Program

Family And Child Education  
*is a National Literacy based program designed to focus on Native American Families.*

- Services are provided for adults and children from birth to age 5.
- Center Base Early Childhood Program is located in the Turtle School and meets Mon.-Thurs. from 8:00-2:30.

**For more information,**  
1.920.869.4634

**Oneida Nation**  
**Job Line**  
**1-800-236-7050**  
<http://hrd.oneidanaton.org>



## The Oneida Nation Arts Program Presents...

# The Wacky Chicken Show

The "Wacky Chicken Show," is full of humor, music, and magic.

In this story, a hen and a rooster become parents of an egg. As they take turns caring for the egg, it breaks. The hen and the rooster examine the meaning of life, renewal, and their shattered dreams throughout this dilemma.

Even though, "The Wacky Chicken Show," is influenced by vaudeville and slap-stick comedy, it explores the deeper meanings of life. The show weaves a hysterically funny, thoughtful and joyful story of human yearning, failure and triumph.



Friday, January 30, 2009, 7:00 PM  
**Norbert Hill Center Auditorium**

N7210 Seminary Rd. Oneida, WI 54155

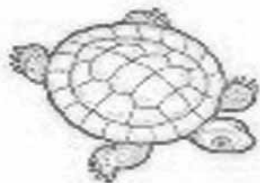
Admission: Adults \$3; Seniors \$2; Students with ID \$2; Child 13 and younger \$1

Info: ONAP (920) 490-3830 or [www.oneidanationarts.org](http://www.oneidanationarts.org)

This presentation is supported by the Performing Arts Fund, a program of Arts Midwest funded by the National Endowment for the Arts, which believes that a great nation deserves great art, with additional contributions from the Wisconsin Arts Board, General Mills Foundation, Land O'Lakes Foundation, and the Oneida Tribe of Indians of Wisconsin.



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# Thunderhawk

## ONHS Seniors Continue Fundraising

By Thunderhawk Times Staff

The ONHS class of 2008 has already had one successful fundraiser, a Taco Sale on Thursday, December 11. The class netted \$234 from the sale toward a year-end class trip. They have also been selling concessions at home basketball games.

At this point, the class is planning on traveling to Minneapolis and taking in the Mall of America as well as other sights.

School board members Debbie Danforth, president, and Carolyn Miller, vice president, are also senior parents

this year. Both helped the class with the taco sale. Danforth's son, Bobby, and Miller's son, Garrett were runners, making deliveries for the sale. Miller's nephew, Joslin Skenandore, helped make the tacos at the Parish Hall.

Danforth and Miller both had words of praise for the class members following the sale.

"I just wanted to take a moment to let all of you know how very impressed I was with the students who assisted with the Senior Fundraiser last week," Danforth wrote to several ONHS staff members. "They conducted themselves

very professionally and handled the orders and preparation extremely well."

Miller added, "It was fun helping as a parent/board member with such well behaved and respectful students."

"I know we don't often recognize when things go well or 'good behavior,'" added Danforth, "but I wanted to express my sense of pride in our student's behavior and how each of them conducted themselves." Danforth added that the seniors made her "feel proud not only as a mother but also as a school board member!"

The next fundraiser will be

another Taco Sale on a date to be announced.

Tacos are \$5. Blanket dogs are \$2. Fry bread alone is \$1 and sodas are \$1. Seniors will deliver to Norbert Hill Center, the One Stop on Highway 54, and DPW. If you're too hungry to wait for delivery, you can also pick up your tacos at the Parish Hall. Phone numbers to order tacos will be listed on the posters for the event.

Senior Tyler Pamanet gave his class's tacos a ringing endorsement. When asked if they were any good, he said, "Yeah, and they'll be even bigger next time."

## Winter Activity abounds at ONHS



Photo by Ces Dawson

Students in Ces Dawson's classes built winter survival shelters with Oneida Rec Adventure Department Instructor Kip Miller. Dawson said the best shelter of the day was this one built by (l to r) Cory Hill, Salene LaRock (background), Allison Bailey, and Eli Ninham (not pictured).



Photo by Ces Dawson

Hockey has become a popular winter activity for ONHS students in Ces Dawson's phy ed classes. (l to r) Tinea Bailey, Durant Summers, Carl Tepiew and Louis Guerra.

Photos by Ces Dawson

**Top:** ONHS students (l to r) Jo Jo Santiago and Carl Tepiew play hockey on the ice rink behind Norbert Hill Center. The rink--which was put in for Ces Dawson's phy ed and health classes--has gotten a lot of use so far this winter.

**Bottom:** ONHS students are using the ice rink behind Norbert Hill Center for winter sports.

Thunderhawk

**Thunderhawk  
Times Staff  
Semester I  
2008-'09 School Year**

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Nicole Godfrey

Louis Guerra

Tyler Pamanet

Leah Pociopa

Martina Red Hail

Ashley Skenandore

Janene Skenandore

Marquita Tebeau

Carl Tepiew

## What a car it is!

By Carl Tepiew

ONHS sophomore

Talk about cars!

The Porsche Carrera GT has a 5.7 liter v10 engine. It is a 2 door roadster with a six-speed manual transmission.

It goes from 0-100 in 3.9 seconds with maximum speed of 205 mph.

The car costs \$440,000 and \$5,000 for delivery.

Six hundred and four were delivered.

Some of the new technology in the car is a pure carbon fiber monocoque and sub-frame dry sump lubrication and inboard suspension. It also has a carbon-ceramic (silicon carbide) disc brake.



## Holiday Basketball

By Tyler Pamanet

ONHS senior

The Oneida Thunderhawks took third place at the four-team holiday tournament on December 29 and 30 in Gresham.

We drove up there the 29th to play Juda, a school district from southern Wisconsin, at 4:30.

We lost that game and we drove back disappointed, knowing that we would not have a shot to play in the championship round. Our morale was also down because one of the Juda players actually dunked it—something our whole team took personally.

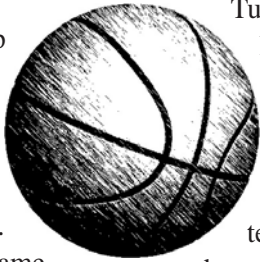
That same night Menominee and Gresham played. Menominee won and

the next morning Juda and Menominee played in the championship game. Menominee won again, placing first, putting Juda in second.

We left Oneida on Tuesday, with our heads held high, looking for a victory. We played Gresham at 8:30 that night. Both teams played hard, but we won, taking third and putting Gresham in last place in their own tournament. We drove back to Oneida, happy with another win.

On Thursday night, January 8, however, we didn't do as well. We lost at home to Lincoln Hills by a score of 77 to 48.

Our basketball team now has a record of 5-7.



## My Scoop

### Barack Obama Administration

By Jaylee Godfrey

ONHS sophomore

This is a New Year and every New Year entails changes. As we have a new president and he is ready to make history, although he already has just by being elected.

He has a lot on his shoulders, with being the 44th president. He will also be the first African-American to hold the White House.

On January 20, 2009, Barack Obama will be inaugurated. After this day, he will make changes to help our country. We have elected him, and now it is his turn to hold his own. It is his turn to make changes as he promised. On the 20th, Obama, his wife, Michelle, and their two daughters, Malia and Sasha, will pack their bags and move into the White House.

Let us hope this is a great start for a president we will all love.

## Driving in my rez beater

By Eldon "The Bobcat" Powless

ONHS senior

Driving around in my rez beater

Radio's broke, so is the heater

Can't afford coolant, it's running a fever

Windows don't work, the A/C neither

Smears on the windshield, crumbs on the floor

Wipers still work, well not anymore

Tires are bald, that's for sure

You cannot get in on the driver side door

Doesn't have a muffler, so it sounds tough

You'd think I'm hitting switches, the bumps are rough

No hubcaps or none of that stuff

All four doughnuts just my luck

The gas gauge is tricky, it changes every minute

Might be full, might be empty, never know what's in it

Windows pretty dirty, makes 'em look tinted

The key is broke off in the ignition

The brakes don't work, the gas pedal's touchy

If it had elbows, they'd probably be crusty

Smells a little moldy, smells a little musty

Just breathe through your mouth, it works just trust me

They might work, the blinkers are a maybe

But don't count on it, I use my hand signals daily

You have to push to reverse, that'll drive you crazy

Be very ginger, it's my little baby

## Happy New Year

By Jaylee Godfrey

ONHS sophomore

Welcome to the New Year,

Where your resolutions may come true

What becomes of this year is up to you.

May everyday bring you great surprises.

As this New Year starts,

We think of loved ones and friends

How they'll be there until the end.

A New Year,

Another chance,

To make it the best

And when this New Year ends,

May the next year be good, too.

## Holiday afterthoughts

### Dream Christmas

By Jaylee Godfrey

ONHS sophomore

My dream Christmas would be one where my whole family went away on vacation. Like a nice place where the weather was warm. And we would have a rented home with a huge Christmas tree. And then Christmas morning we would order in breakfast and open presents.

It would be the best thing ever, just so that we could be together and not have to go through the cold weather.

### Favorite Christmas

By Carl Tepiew

ONHS sophomore

Christmas is fun because I get new things each year and I like to spend time with my family. This Christmas I'm going to my moms for two days.

Call the Kalihwisaks at  
**1-800-236-2214**  
 ext. 4279  
 to place your classified.

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## REQUEST FOR QUALIFICATIONS US 41 Public Outreach Specialists (Winnebago and Brown Counties)

The Wisconsin Department of Transportation has retained HNTB Corporation to oversee public outreach activities related to the expansion of US 41 in Winnebago County.

In Brown County, the project begins at Orange Lane, extends 14 miles north to County M (Lineville Road) and includes the reconstruction of eight interchanges; in Winnebago County, the project extends 17 miles from WIS 26 to Breezewood Lane and includes upgrades for seven interchanges.

HNTB seeks statements of qualifications from candidates with experience doing grassroots, door-to-door outreach activities, and who have worked with either Brown County or Winnebago County elected officials and community- and faith-based organizations.

Candidates must be strong communicators, self-motivated and have experience working with diverse populations.

These two, part-time positions for ongoing outreach activities will be subcontracted through HNTB. Both HNTB and WisDOT staff will participate in candidate selection.

HNTB will accept resumes until 5 p.m. on Jan. 23, 2009. Candidates who meet position criteria will be asked to participate in interviews the week of Jan. 26, 2009.

### Please direct all inquiries to:

Caron Kloser  
 HNTB Corporation  
 11414 W. Park Place, Suite 300  
 Milwaukee, WI 53224  
[ckloser@hntb.com](mailto:ckloser@hntb.com)

Additional information about the project may be found online at:  
[www.dot.wisconsin.gov/projects/us41expansion/index.htm](http://www.dot.wisconsin.gov/projects/us41expansion/index.htm)

## Annual Letter of Notification

### ANNUAL LETTER OF NOTIFICATION NORBERT HILL CENTER 2008

The Norbert Hill High School has Updated Asbestos Management Plans prepared for the school at the Norbert Hill Center. These plans are available for your inspection Monday through Friday during normal business hours at the building coordinator's office.

A six-month mandatory periodic surveillance was conducted on November 1, 2007 on all areas of the Norbert Hill Center. There were no changes noted on the periodic surveillance. On July 14, 2005, a three-year asbestos reinspection was conducted by an accredited inspector employed by the Oneida Environmental, Health and Safety Division. The inspector evaluated the condition of the asbestos, and reassessed operations and maintenance procedures that will keep the material in good condition.

An Operations and Maintenance Repair Project occurred on May 4 & 5, 2000 on the second and third floor of the main area of the Norbert Hill Center. All thermal asbestos containing material (ACM) was repaired and labeled.

There were asbestos abatement projects that occurred at the basement and first floor July 10 to August 14, 1995; first floor/east wing April 3 to 11, 1995; third floor/north wing January 2 to 13, 1996; first floor east wing/second floor north wing July 23 to August 2, 1996; north wing January 27 to March 11, 1999 and the former Healthworks Facility March 2 to March 23, 1999; 2nd floor, December 23 & 24, 2004, hall 16 & 17; April 18, 2005, 3rd floor conference room; Business Committee Conference Room 3340A, April 28, 2006; 2nd floor Business Committee offices, July 24, 2006 to July 29, 2006; Basement Boiler Room, March 17, 2008 to March 18, 2008; Basement Auditorium, March 24, 2008 to March 28, 2008; 3rd Floor MIS Corridor area, September 6, 2008. The removal of duct insulation, pipe elbow insulation, pipe lagging insulation, ceiling tiles, floor tile and adhesives, transite board, window caulk and boiler gaskets occurred during these abatement projects.

Should you have any further questions concerning these activities or would like to review these documents, please contact John Brocker, building coordinator at the Norbert Hill Center at (920)-869-2214 or Al Baird at Oneida Environmental, Health & Safety Division at (920)-496-5339.

## Board Vacancies

### ONEIDA POLICE COMMISSION *Four (4) Vacancies*

Qualifications:

- Shall serve a five (5) year term
- Must be a member of the Oneida Tribe
- Must be 25 years of age or older
- Must submit to a complete backgrounds investigation
- Must submit to drug testing prior to appointment and on an annual basis
- Must not be an employee of the Oneida Police Department
- Shall attend applicable training
- Must be person of known good standing in the community

### ONEIDA NATION SCHOOL BOARD *One (1) Vacancy*

Qualifications:

- Remainder of term ending in July of 2011
- Must be an enrolled member of the Oneida Tribe
- Shall be a Parent or Guardian of a child enrolled in the Oneida Nation School System

**DEADLINE:**  
**February 29, 2009**  
*for receipt of applications.*

## Oneida Nation Job Line

For a Complete listing of employment opportunities call or visit.

1-800-236-7050

<http://hrd.oneidanaton.org>

Oneida Tribe does not discriminate on the basis of race, color, national origin, sex, religion, age or disability. However, individuals of Indian ancestry and veterans will be given preference by law in initial employment or re-employment.

**kalihwisaks**

**NEXT DEADLINE**

is... **Wednesday**

**January 21, 2009**

**@4:30 P.M.**

with a

**PUBLISH DATE**

of...

**Thursday**

**January 29, 2009**

Questions, please call:

**920-869-4277, 4279,**

**4280 or 4090**

**or email us at:**

[kalihwisaks@oneidanation.org](mailto:kalihwisaks@oneidanation.org)



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'88 Chev C/C 1500.....	\$1988
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'97 Ford F150 .....	\$3988
'98 Dodge Dakota 4x4 .....	\$3988
'97 Dodge Ram 4x4 C/C .....	\$4288
2001 Chev C/C 1500.....	\$4988

### VANS

'95 Mercury Villager.....	\$1488
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'98 Ford Windstar .....	\$2488
2000 Chev Venture .....	\$3488
2002 Pontiac Montana.....	\$3988
2000 Chrysler Town & Country .....	\$5488

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'98 Chev Tahoe.....	\$3988
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## New Arrivals

If you have a birth announcement, please send it to the Kalihwisaks Newspaper, PO Box 365, Oneida WI 54155 or call Yvonne Kaquatosh at (920) 869-4280 for more information. There is NO CHARGE for birth announcements. However, if you would like to include a photo, please send a SASE with your submission. Please include baby's full (first, middle & last) name, parents (first & last), d.o.b., weight (lbs. & oz.), length, grandparents (maternal/paternal), siblings (first names only). Also, if the baby was given an Indian name, please include the correct spelling and meaning. Please include phone number where you can be reached during the day!

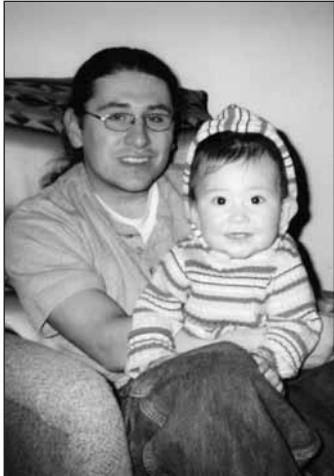
**Isabella Rose Rentmeester**  
Isabella Rose Rentmeester was born December 12, 2009. She weighed 8 lbs 2 oz and was 19 inches. Proud parents are Sonya Skenandore and Justin Rentmeester. Maternal grandparents are Joanne Torres (Greg) Jacobs and Joe (Judy) Skenandore. Paternal grandparents are Denise and Russell Rentmeester. Great grandmas are Alice Torres and Julia Stutleen. Isabella is joined at home by brother Gavin.

**Wenona Raeana Gbur**  
Wenona Raeana Gbur daughter of Lisa Rose Allender and Anthony James Gbur born December 22nd 2008 3 pounds 13 ounces and 17 and a half inches long. Maternal grandparents are Delbert and Patricia Allender paternal grandparents are Donald and Vicky Miller. Special little sister to Anthony James Gbur Jr.

**kalihwisaks**  
**NEXT DEADLINE**  
is... **Wednesday,**  
**January 21, 2009**  
**@ 4:30 P.M.**  
with a  
**PUBLISH DATE**  
of... **Thursday,**  
**January 29, 2009**  
Questions, please call:  
**920-869-4277**  
or email us at:  
kalihwisaks@oneidanation.org

## Happy Birthday

**Oakley & Ruby**  
Happy belated 30th Birthday to Oakley on January 7th  
Happy heap big 7th Birthday to Ruby on February 5th



Love Dodo & Papa

## Happy 13<sup>th</sup> Birthday


**Natasha Little Bird in the Snow**  
on January 16



Mom, Dad, Shakira, Anastasia, Coleman, Kelly & Vernon

## Happy 11<sup>th</sup> Birthday


**Kelly Jr.**  
on January 13



Mom, Dad, Shakira, Anastasia, Coleman, Natasha & Vernon

## Happy Birthday

**Lauren & Gus**  
Happy 3rd Birthday to Little Miss Lauren & her daddy Gus on January 7





Love, mommy Lillian (Hill), lil' bro Nate, tia Felicia, grandma Frances, grandpa Mike, y abuelos Dominguez

## Happy Birthday

**Jordan**  
Wishing you success in your future.

**Fran Christjohn**



Much love from the Christjohn and Batiste families

Love the Christjohn and Batiste Clan

## Happy 1<sup>st</sup> Birthday


**Beni**  
on January 18th



Love Always Mommy and Da-da

## Happy Birthday

to  
**Dad**  
on January 7th



## Happy 3<sup>rd</sup> Birthday

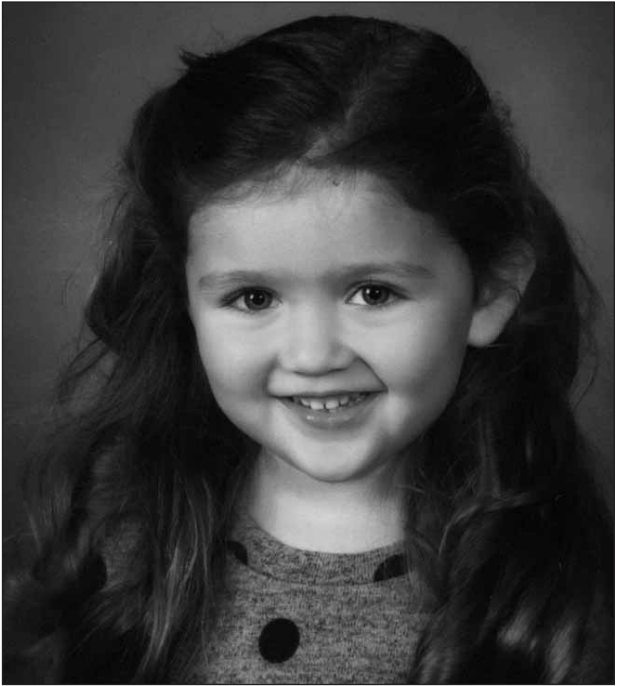
to our "Piggers"  
**Laina**  
on January 19th



Love Mom, Landon, Gramma, Papa, Auntie Jen & Uncle Alberto

## Happy 4<sup>th</sup> Birthday


**Laith Elise**  
on January 28



Love, the Huff family

## Happy 25<sup>th</sup> Birthday

**Danny**  
on January 25th



Love Daddy & Beverly

**Tune in to**  
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## The Intenders of the Highest Good



**We're Starting an Intenders Circle/Law of Attraction Group, and You're Invited!**

The Intenders of the Highest Good have created a simple, but very empowering format for bringing people together to manifest their dreams. We sit in a circle and state our intentions and what we are grateful for. That's all there is to it. After that, all you have to do is be open to receive.

Law of Attraction Teachings will be incorporated into the group and resources will be available.

**Intenders Circles are free. Everyone is welcome!**

**When: Every Tuesday, beginning January 20, from 6:30 to 8:30p.m.**  
**Location: Oneida Social Services Community Room**  
**Contact: Belinda Brennan at 490-3821 or Marion Jimos at 490-3823**

## Doctor donates father's art to Health Center



Kali photo/Nate Wisneski  
Oneida Community Health Center's Dr. Szabo (right) presents a piece of art to Debbie Danforth, Comprehensive Health Division Director. Szabo's father, who has cancer, carved the wood piece and donated it to the OCHC. It will hang in the hall between the clinic and pharmacy. Each piece of the art is hand carved and pieced together.

## Growing Gardeners Workshop offered

Plans are being made to hold 6 gardening workshops. These workshops will guide you throughout your gardening season, showing you how to plant a well yielding garden on a very small plot of land. We will be holding each workshop twice so if you can not make it to the first one you can attend the second one. Please only attend one of the 2 offered.

There is no cost to attend these workshops, and thanks to a grant from the USDA Farmers Market

Promotional program we will be able to provide some supplies for your gardening needs.

The first workshop will be held at the Little Bear Development Center on Saturday, February 7 from 10am – 11am and again on Thursday, February 12 from 5pm – 6pm. We are offering it twice for your convenience but please choose only one day.

We will start slow so come grow with us and think Spring!

### Workshop topics / dates are as follows:

1. Garden Planning on a very small plot – offered Sat. Feb. 7 and Thur. Feb. 12
2. Seed Starting/Growing your own plants – offered Sat. March 7 and Thur. March 12
3. Soil Preparation/Planting – April or May
4. Care and maintenance of your plants – May - August
5. How to direct market your products – August or September
6. Garden cleanup – September or October

*There is a limited number of spaces and you must pre-register.*

*For questions and reservations please call 869-4530 or email Bill at: [Wvervoor@oneidanation.org](mailto:Wvervoor@oneidanation.org), please specify which day you plan on attending.*

## Frigidly cold temperatures could lead to slick roads

*Salt not as effective at melting ice at sub zero temperatures*

If you'll be doing any traveling over the next several days, slow down. The Wisconsin Department of Transportation (WisDOT) reminds motorists that normal driving conditions will be difficult to achieve with the single-digit and sub-zero temperatures forecast for the next several days. That's because salt, the normal product used to keep roadways clear of ice and snow, has greatly reduced effectiveness below 15 degrees Fahrenheit.

WisDOT winter maintenance engineer Michael Sproul notes that at 30 degrees, one pound of salt will melt 46.3 pounds of ice;

at 5 degrees, just 4.1 pounds of ice. "When temperatures get well below freezing, as they will be over the next several days, it makes little sense to use salt to try to melt ice, because it will just refreeze and make roads even more slippery," Sproul said. "About the only thing we can do at these temperatures is plow, but that does little to clear ice that may be present on the roadway."

Sproul said sand will be applied on low-speed roadways and at intersections, but it is rarely applied to main highways because it typically can be blown off the roadway by as few as 10 to 12 cars or 3 to 5 trucks.

The best advice for driving at these frigid temperatures, Sproul said, is to remember: *If there's ice and snow, take it slow.*

## Oneida Blood Drive

The Oneida Blood Drive is coordinated by the Oneida Employee Health Nursing Department. Following are a few things you should know prior to donating blood:

You must be at least 17 years old to donate. Please bring a photo ID or your blood donor card. Please eat a good meal about 1-2 hours prior to donating. Check on the Intranet for further

American Red Cross guidelines and Oneida Nation of Wisconsin resolution # 4-5-95-A which are posted 2-3 weeks before each drive.

When you donate blood you help 2-3 people with each donation.

Please Help Save Lives!

Stay tuned! There will be more to come in the next issue of the Kalihwisaks.

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Must be 21 or older to enter casino.

- Every two seconds, someone in this country needs blood.
- Only 5% of the eligible population give blood. The demand for blood is outpacing the available supply.
- Every day, the Red Cross must collect over 900 blood donations in our region to meet patients' needs.
- Every unit of blood can be separated into several components, helping save the lives of three or more patients.
- All blood types are needed constantly, but there is a special need for O negative, O positive and B negative blood.

**ONEIDA  
Blood Drive  
Friday  
February 13<sup>th</sup>, 2009  
8 AM – 2:00 PM  
Oneida Family Fitness  
2640 West Point Rd.**

**Call the Oneida Family Fitness Center today for an appointment at...**

**490-3730**



**American Red Cross**

*Coordinated by the Oneida Employee Health Nursing Department*



## Departmental Staff Directory

For more information regarding the OCIFS programs please contact the appropriate person listed or visit us at our website <http://ocifs.oneidanation.org>

**Oneida Nation Farms**  
• Pat Cornelius at 833-7952

**Oneida Tsyunhehkw^**  
• Jeff Metoxen at 869-2141

**Oneida Food Distribution**  
• Don Miller at 869-1041

**Oneida Health Center**  
• Tina Jacobsen at 869-4899

**Oneida Grants Office**  
• Frieda Clary at 869-4263

**Oneida Pantry**  
• Gary Smith at 869-1041

# The Quest for Food Security

By the OCIFS Coordinator

Food and agriculture issues significantly affect public health, land use, hunger, community culture, economy, environment and quality of life. Across the country people are coming together to organize Food Policy Councils within their communities. Most of these councils aim at supplying locally grown food to their communities by connecting local food producers to consumers.

What is a food policy council? A food council is a group of stakeholders that provides support to governments and citizens in developing policy and programs related to the local food supply. The members of a food council have a solid understanding of the local food system and represent a diversity of community interests. For instance, many food councils are designed to advise governments on policy and are referred to as food policy councils, while others focus their energies on work within the community.

In addition to a food policy council, we all need to become better educated about health, eating habits and our food choices. We also need to be concerned about how and where our food is created and the distribution process it takes to get to our community.

We cannot continue to allow our youth to contract diabetes, heart problems, obesity and other food consumption/choice related illnesses at such a young age. The health costs of caring for diabetics, heart patients and cancer patients will be astronomical in the future if we do not address this issue pro actively and in a timely manner.

To address some of these issues and better serve the Oneida Reservation and surrounding communities, the Oneida Community Food Assessment Team conducted a survey to gather information on food resources and community needs within the Oneida Reservation boundaries. Specifically, we wanted to find out who is producing foods locally, where the community is getting their food from, whether they have access to healthy locally grown foods, and what assistance they need to integrate healthy local foods into their families.

The team has worked over a year on this project. We have received 342 responses from our food assessment from all community (tribal and non-tribal) members who live within the boundaries of the Oneida Reservation. We will now begin the arduous task of compiling the data results and identifying the next steps in our quest for local food security. We will

be sharing this information with all our neighbors and communities in our area. It will help us all to see what steps we can take to make a positive and constructive impact on our communities and people. Special thanks goes out to the Oneida Community Integrated Food Systems Members (OCIFS) and the Oneida Living in Balance (OLB) team for their support in this project. We would also like to thank everyone who took the time to complete the survey, and a special acknowledgment goes to the raffle winners: Ben John, Debbie Bowman, Kathy Elm, Nancy Kunzman, Anita Toney, Jerry Englebert, Larry LaPierre, Wendy



Kunesh, Dorothy Skenandore, Jennifer Jaimes, Fred Muscavitch, Kathyln Mertz, Nadine Escamea, Leo Diederich, and Margene Roshak.

If you would like any addi-

tional information or would like to participate in upcoming events, please contact Jeff Metoxen at 869-2141 or [jmetoxen@oneidanation.org](mailto:jmetoxen@oneidanation.org) or Bill Ver Voort at 869-4530 or [Wvervoort@oneidanation.org](mailto:Wvervoort@oneidanation.org)



## Seasonal Affective Disorder (SAD)

December 21st is known as “The Winter Solstice” or the official first day of winter. It is marked also as the shortest day of the year – that is – where sun light has reached its lowest point on the solar calendar. Many cultures around the world recognize and celebrate the completion of this major sun cycle, but here in Oneida, the long winter months with less and less day light can lead to a syndrome known as Seasonal Affective Disorder or SAD.

Symptoms of SAD are often referred to as the “holiday blues”, but can vary from mild to severe where sufferers experience situational depression, to worst case scenarios

of suicidal thoughts. Women will often suffer from symptoms of SAD, more so than their male counterparts. There are some things that you can do to treat symptoms of SAD if/when you recognize them. Note: check with your physician to determine your health care needs.

Use of essential oils that stimulate the hypothalamus may help in this area by providing a general uplifting and “sunny effect”. Examples are:

- Frankincense
- Bergamot
- Geranium Rose
- Citrus Oils: Orange Grapefruit and/or Mandarin

To lift the spirits and increase energy, teas may provide effective results. To encourage a feeling of well-being, try the Tsyunhehkw^ proprietary blend of herbs in the SPIRIT LIFTER tea (Ingredients: Lemon Balm, Lavender Flower, Rose Petals, Spearmint, St. John’s Wort, Marjoram)

Light therapy is now being explored for people experiencing this condition.

We hope all of you and your family and friends had a Happy Safe Holiday Season. Anything we can do for you please contact our Retail Store at (920) 497-5821.

Betters, Jamie - *Cannery Worker II*  
Skenandore, Diane - *Cannery Worker I*

**Retail Staff**  
Skenandore, Raeann - *Natural Health Retail Supervisor*  
Stoneman, Bonnie – *Customer Service Representative/Cashier*  
Meltz, Crystal – *Customer Service Representative/Cashier*

**Administration Staff**  
Metoxen, Jeff - *Manager*  
VACANT - *Student Intern*

**Agricultural Staff**  
Skenandore, Ted - *Food Production Supervisor*  
Miller, Jonsey David - *Agriculture Worker*  
Haney, Frank - *Outreach Worker - SEASONAL EMPLOYEE*  
Coenen, Gerald - *Sub Relief Agriculture Worker*  
Charnon, Don – *Horticulture Farmer*  
Wisneski, Kyle - *Greenhouse Technician - SEASONAL EMPLOYEE*  
VACANT - *Greenhouse Technician Trainee - SEASONAL EMPLOYEE*

**Cannery Staff**  
Cornelius, Vickie E. – *Food Processing Supervisor*

## Fruit/Veggie of the Month...

### Broccoli

#### Did you know...?

Broccoli is part of the cabbage family and considered to be a flower. In fact, long ago, broccoli was "exotic" in someone's garden. It is a cool-weather crop that grows poorly in the summer.



#### Selection:

Choose odorless heads with tight, bluish-green florets.

#### Storage:

Refrigerate for use within 3-5 days.

#### Nutrition Benefits:

Low fat, saturated fat free, low sodium, cholesterol free, high in vitamin C, high in folate, good source of dietary fiber, good source of potassium.

This green vegetable in a low-fat diet can help maintain:

- Vision Health
- A lower risk of some cancers
- Strong bones and teeth