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## **Oneidas' CJO** appointed WTJA President By Yvonne Kaquatosh Kalihwisaks

The Chief Judicial Officer of the Oneida Appeals Commission can add another feather to his hat. Leland Wigg-Ninham recently accepted his new position as president of the Wisconsin Tribal Judges Association (WTJA) which went into effect this month, January 2006. Wigg-Ninham will take over the responsibilities of David Rassch, former Chief Judge of the Stockbridge-Munsee Tribe, who served approximately five years as WTJA president. Judge Rassch resigned from WTJA in November 2005. This is the first time an Oneida has served on the WTJA as an officer. Wigg-



reported on its Web site Friday evening that Louis Jourdain was sentenced to spend up to a year at a private juvenile rehabilitation and

extremely terrible about what

Minneapolis federal court

sources, the Star Tribune

left

anonymous

the

happened at Red Lake."

without commenting.

Attorneys

Quoting

treatment facility and that the length of his confinement depends on his rehabilitation.

The teenager will be on probation until he is 21, and during that period, a federal judge will have discretion to send him to other facilities as a condition of probation, the paper reported.

A telephone message left by The Associated Press at Floyd Jourdain's home was not immediately returned Friday evening. Another message was left with Jon Hopeman, Louis Jourdain's attorney. A judge barred victims of the shooting or their survivors from the closed juvenile proceedings, ruling that they were not victims of the crime for which Jourdain was being sentenced and that the proceedings would not answer their questions about the March 21, 2005, rampage. Jeff Weise, 16, killed his grandfather and the man's companion, then headed to Red Lake High School, where he killed five students, a teacher and a security guard before killing himself in the worst school shooting since Columbine. Jourdain was once accused of conspiring with Weise, and not knowing his punishment or other details frustrated victims' family members, including Francis Brun, whose 28year-old son, Derrick, was the security guard killed. "It's a double whammy for those of us that are victims, that have been denied the right to gather information about how our family member died and whether there was any evidence ... that may have given a rundown of Louie's involvement with Jeff Weise," Brun said.

See Page 2 **WTJA** 

calihwisaks Dneida Tribe of Indians of Wiscon •O. Box 365 Dneida, WI 54155

# **Oneida advocates sorely needed**



Photo courtesy of Charlene Cornelius Charlene Cornelius (right) has been an advocate for Jill Schraufagel for the last twenty-two years.

By Dawn Walschinski Kalihwisaks

Mike Conroy doesn't want much, he just wants a friend.

"I'm pretty good at bowling and baseball. I play pool, I play football, all the fun stuff!," he explained enthusiastically during an interview at ASPIRO, Inc. He hopes someone will contact the Citizen Advocacy Program and volunteer to do those things with him.

"I come to work every day. Generally, I pass him in the hallway and he'll say 'Have you found someone to be my advocate yet?' It just breaks

my heart to say 'I'm looking, I really am,"" said manager of Citizen Advocacy Sara Bruskiewicz.

The program matches people with cognitive disabilities with volunteers to be advocates. The people with congnitive disabilities, or partners, vary in ability levels and ages from 6-years-old to 87.

"(Advocates) can be a mentor and try and encourage the people to try new things and do things they wouldn't do if they didn't have that encouragement. A spokesperson to provide and additional voice for

someone in a time of need. And most important, obviously, we would just want them to be a friend to offer support in good times and bad times," said Bruskiewicz.

Advocates makes contact with their partner at least once a month, either through e-mail, a phone call or a visit.

"It isn't a huge commitment, but we do struggle with getting enough volunteers to be advocates," said Connie Greenauld who's been an advocate

#### See Page 4 **Advocates**

Jourdain admitted last fall that he made threatening interstate communications, a

> See Page 2 **Red Lake**

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January 19, 2006 kalihwisaks

# White House refuses to reveal details of meetings with lobbyist Abramoff

#### **By Nedra Pickler**

Associated Press Writer Washington (AP) The White House is refusing to reveal details of tainted lobbyist Jack Abramoff's visits with President Bush's staff.

Abramoff had "a few stafflevel meetings" at the Bush White House, presidential spokesman Scott McClellan said Tuesday. But he would not say with whom Abramoff met, which interests he was representing or how he got access to the White House.

Since Abramoff pleaded guilty two weeks ago to conspiracy, mail fraud and tax evasion charges in an influence-peddling scandal, McClellan has told reporters he was checking into Abramoff's meetings. "I'm making sure that I have a thorough report back to you on that," he said in his press briefing Jan. 5. "And I'll get that to you, hopefully very soon."

McClellan said Tuesday that he checked on it at reporters' requests, but wouldn't discuss the private staff-

level meetings. "We are not going to engage in a fishing expedition," he said.

Senate Minority Leader Harry Reid, along with three other Democratic senators, wrote Bush a letter Tuesday asking for an accounting of Abramoff's personal contacts with Bush administration officials and acts that may have been undertaken at his request. "The American people need to be assured that the White House is not for sale," they wrote.

McClellan has said Abramoff attended three Hanukkah receptions at the White House, but corrected himself Tuesday to say there were only two - in 2001 and 2002.

McClellan said Bush does not know Abramoff personally, although it's possible the two met at the holiday receptions.

Abramoff was one of Bush's top fund-raisers, having brought in at least \$100,000 for the Bush-Cheney '04 re-election campaign and earning the honorary title "pioneer." The campaign took \$6,000 of the contributions - which came directly from Abramoff, his wife and one of the Indian tribes he represented - and donated it to the American Heart Association. But the campaign has not returned the rest of the money Abramoff raised.

# From Page 1/ GTC

dence. The GTC was pleased with the action taking place to ensure the health and well being of the nation and accepted the report. Lloyd Powless, by the direction of the GTC, investigated 15 problem areas within the health center and gave reasonable solutions to the problems and actions that are currently taking place.

The meeting closed with a SEOTS update and a student intern update. Both updates were accepted with minimal or no changes.

# From Page 1/Ninham appointed to top post

Ninham was nominated to serve as Vice-President of the Wisconsin Tribal Judges Association (WTJA) at a quarterly meeting in October 2005. He accepted the position after receiving approval from the Oneida Appeals Commission.

Wigg-Ninham has been the Chief Judicial Officer for the Oneida Appeals Commission for the past four years. He was first elected to the Oneida Appeals Commission in 1999, and in 2000, he was installed as a full-time Judicial Officer. He is currently serving his secondterm upon a successful reelection in 2003. He is an active member of the Peacemaking Committee serving with Paul Ninham, OBC Councilman and Dr. Carol Cornelius, Area Manager for Oneida Cultural Center.

The Wisconsin Tribal Judges Association was instrumental with the success of the national conference "On Common Ground" held at the Radisson in July 2005 that brought tribal, state and federal court judges together



Leland Wigg-Ninham, Chief Judicial Officer **Oneida Appeals Commission** 

from all over the United States. The conference was funded by the State of Wisconsin and the Bureau of Justice. WTJA focuses on strengthening those relationships by providing training in Indian Child Welfare, PL-280, court protocols/agreements between state, federal and tribal courts, Guardian Ad Litem, and Advocate training. WTJA also provides training to assist tribal judges in adversarial and peacemak-WTJA ing environments. works closely with Wisconsin Judicare, Fox Valley Technical College, the Wisconsin State Supreme Court and the National Indian American Court Judges with various training.

The WTJA conducts four quarterly meetings per year.

# From Page 1/Red Lake sentence

crime that can carry up to five years in prison.

A court docket released in November, some of it blacked out, said the younger Jourdain used a computer to conduct interstate communications that "could be taken by an objective observer as threatening" sometime between Jan. 1, 2003, and March 2005.

The sentencing hearing was closed despite efforts by shooting victims and the media to make it public. Prosecutors told family members of victims they were prohibited from talking about the sentence, the families said.

Some of those at the courthouse Friday directed their frustration at Floyd Jourdain, who isn't subject to any such restrictions.

"I don't understand why he can't come and tell us," said LeeAnn Thunder, whose son Steven Cobenais was shot in the face in Weise's attack. "I mean, it was closed upstairs, but he's walking out right now, so why can't he tell us?"

Cobenais, a sophomore, said he held Jourdain partly responsible for the shootings and hoped he would go to prison "because of what he did to us kids and all of our friends."

U.S. Attorney Thomas Heffelfinger plans to meet with the families of Weise's victims on Jan. 30, but he said Friday that he will not reveal the sentencing.

Heffelfinger also said that although the judge reminded Floyd Jourdain that the sentencing is a confidential matter, the court has no authority over the chairman.

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I win when I eat healthy foods! Everyday

#### Dear Parents,

Your child is participating in a poster contest in an effort to increase the awareness of nutrition and indigenous foods in the Oneida School System during the month of January. The following are some tips to consider to encourage a healthy lifestyle.

When shopping for food for your home, purchase: Indigenous foods Whole foods

Locally produced foods As much organic foods as you can afford

To encourage a healthy lifestyle:

Eat at least one meal a day as a family

Exercise daily with your children

Watch less television

Spend more time outside

Grow a garden

Prepare your foods in traditional ways such as drying, baking, stewing and boiling. Fry less often.

We also invite you to attend an Participation Recognition Dinner on Tuesday, February 7, 2006 at 5: 00 PM. Featured guest speaker is Melissa Luedke, from Natural Ovens Foundation, to talk about Nutrition & Behavior and school lunch programs.

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For questions or comments about news coverage, please contact Yvonne Kaquatosh at (920) 869-4280, Dawn Walschinski at (920) 869-4277 or Phil Wisneski at (920) 869-4279. Phil can also be reached for classified information.

Kalihwisaks is a member of NAJA (Native American Journalists Association) & WNA (Wisconsin **Newspaper Association)** 



Local

January 19, 2006

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#### Skenandore, Phillip B. June 13, 1930 - January 6, 2006

Phillip Β. Skenandore, 75, of Oneida, passed away early Friday morning, January 6, 2006 at home. The son of the late George and Hilda (Doxtator) Skenandore was born June

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13, 1930 in Oneida. On August 9, 1952, he married the former Dorothy Charles at Oneida Methodist Church.

Phil had worked at Lindquist Machine Company and then at Oneida Housing Office prior to retirement in 1995. He was an active member of Oneida Methodist Church and had served on many committees including the Church Men's Club. He loved fishing and enjoyed dartball league.

Survivors include his wife, Dorothy, four children, Rose

and Earl Tipler, Oneida, Phil Jr. and Connie Skenandore, Oneida, Tina Cottrell and fiancé James Kralvik, De Pere, George and Lisa

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Skenandore, Oneida, eight grandchildren, Daniel Bacon, Michael Bacon, Tiffany and Kimberly, Joshua and Jeremiah Cottrell and Jenna and Bailey Skenandore, one sister, Karen Skenandore and one sister-in-law, Betty Skenandore. He was preceded in death by his parents, one daughter, Joyce, one grandson, Joseph Bacon, one great-grandson, Victor, one brother, Anthony Skenandore and two sisters and brothersin-law, Harriet and Raphael Alicia, and Eileen and Roy Cornelius.

#### **Oneida Reservation Comprehensive Plan** Submitted by John L. sixteen plan elements. These

Breuninger Area Manager-Planning

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This message is being written as an INVITATION for everyone to participate in the final look at the Goals and Objectives of our Nation's Reservation Comprehensive Plan, prior to the plan being completed. These Goals and Objectives have been developed from the very valuable input our citizens have made.

Over the past three years, the Planning Department and other business units within the Tribal Organization have been collecting data from the community. There have been a series of meetings, gatherings, Coffee With the Planners, talking circles and a Seventh Generation Summit for both the high school students from the various high schools in our geographic region and the community "at large."

After collecting all of this data, it has been analyzed, categorized and reviewed by the Planning staff and the Project PROUD Teams, from which Goals and Objectives were written for each of the

Goals and Objectives have been reviewed by the 100 plus high school students who participated in the Oneida Nation Youth Day activities at the Radisson Hotel and Conference Center on November 29, 2005 (Oneida 7 Generation Youth Summit). Their thoughts and ideas have been incorporated into the data as well as the Goals and Objectives. Now is the opportunity for the adult population of the community to come forward and do the The Planning same. Department is sponsoring the following 7G Summit:

On Tuesday, January 31,2006, at the Radisson Hotel and Conference Center, in the Three Clans Ballroom, there will be three sessions for our community members to participate in a review of the Goals and Objectives for our Comprehensive Plan. Everyone is encouraged to participate.

Session 1: will be a morning session from 8:00 AM until 11:00 AM

Session 2: will begin at 12:00 Noon until 3:00 PM

Session 3: will begin at 4:00 PM until 7 :00 PM

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These options will allow time for all of our community members to "step up to the plate" and provide your input as well as enjoy a meal while attending. Food will be provided with each session, breakfast in the morning, lunch at noon and dinner in the evening. As an added incentive, door prizes will be provided and all participants will be eligible to win. We are requesting that all participants please "sign in" so you will be eligible to win a door prize.

The format will be as follows: Each of the Sixteen Plan Elements will have a table with ten chairs. People may choose to sit at any and/or all of the tables within the session and provide their reaction, input or concerns with the Goals and Objectives. Two people will be at each table to discuss the information provided and record everyone's input. Participants may move from table to table at their leisure, providing their input as appropriate. Everyone is encouraged to listen, read and respond to what is presented.

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Once the sessions are completed, the input will once again be recorded and appropriately applied to the Goals and Objectives and will be included in the final plan.

The Planning Staff will now write the plan, based upon all of the input and the Objectives. Goals and Business Units within the current Organization will be requested to assist the planning staff as "content experts" and together, we will write each chapter of the plan.

Please do not miss this opportunity to participate in our community's future. Come and be a part of our Comprehensive Nation's Plan.

If additional information is necessary, please call the Oneida Planning Department at 869-4527 or utilize the Planning Department e-mail address planningdept@oneidanation.org

Thank you and we look forward to working with each of you.

# Grant, David J.

David J. Grant, 33, of Green Bay, died Thursday morning January 12, 2006 as a result of an auto accident. David had worked at numerous restaurants in the area as a cook.

He is survived by his children; Hunter and Stephanie, his mother and step father; Marcia (Archie) Doxtater, his father and step mother; Jeffrey (Diane) Grant, his step siblings; Scott (Janel) Doxtater, Evan (Mandy) Doxtater, Joe Doxtater and his special friend Sara, Rick Doxtater and his special In Memory of

# friend Sandie, Julie Doxtater,

Charlie Doxtater, and numerous other relatives.

Services were held on Monday January 16, 2006 at Holy Apostles Episcopal Church, Oneida, with Fr. Ray Ryerson and Deacon Edmund Powless officiating. Spring burial will take place at Glenwood Memorial Gardens, Marinette.

Ryan Funeral Home, De Pere, assisted the family with arrangements. Please go to www.ryanfh.com to express online condolences to the family.

Klamath Falls, Ore. (AP)-Controversy is brewing over a plan to develop a \$200 million geothermal energy project at the Medicine Lake Highlands, a collapsed large

Since the 1980s, a series of developers have proposed drilling geothermal wells at

Proponents tout geothermal energy as a clean alternative to other sources of electricity, such as fossil fuels, coal and nuclear energy. And the concept has caught on: the state of California, for example, is requiring energy providers to place a higher reliance on alternative power, such as healing purposes for more geothermal and wind, to ease than 10,000 years by the Pit dependence on fossil fuels.

#### The work includes pumping naturally heated water from underground sources,

using the water to generate power and then pumping the water back into the ground to be reheated and reused.

Some studies show that the Medicine Lake Highlands has the largest identified geothermal resource in the lower 48 states.

But opponents, including a combination of environmental groups and Indian tribes, claim the area is sacred ground and say development would harm plants important to tribal cultures.

Indian tribes say the caldera has been used for spiritual, ceremonial and River, Modoc and Shasta

tribes.

The latest development proposal comes from Calpine Energy Corporation, which wants to develop the Telephone Flat geothermal plant, a 15-acre site about a mile from Medicine Lake.

The project calls for 15 geothermal wells that would produce a constant 49 megawatts of power. One megawatt is enough energy to power about 1,000 households.

Estimated cost of building the plant, a 13-mile transmission line and other work is nearly \$200 million.

The plant's construction would require 200-plus workers, and the plant would oper-

energy project under consideration opment at Telephone Flat. But the Bureau of Land Management and the Forest Service, which manage federal lands at Medicine Lake Highlands, imposed a temporary halt pending further reviews of the project.

Tim Burke, the BLM's Alturas field office manager, said that barring unforeseen circumstances, the review process should be completed by early March. On-site work could begin after that, although various lawsuits could cause further delays.

Calpine filed a Chapter 11 restructuring bankruptcy Dec.

Geothermal

shield volcano.

Medicine Lake and transmitting energy over power transmission lines.

# 1973 - January 12, 2006

Josh Webster who passed away 6 years ago ~ January 21, 2000 ~

Gone, But Never to Be Forgotten Son, it's been six long years

that you were called to your heavenly home.

As you continue your journey in the Creator's land, continue to guide others down the righteous road.

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Son, you are never far apart from us as all we have to do, is look inside our hearts

> You may be gone - but never to be forgotten!

Love Mom, Brian, Jerome, Jermaine, Jason and BJ.

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message of nanks The family of Daisy Christjohn would like to say Thank You to all that has been there for our family during our time of need. There are so many people to thank. We appreciate all the donations of food, wood, tents and supplies that people brought to the house. We would like to say thank you for the use of the Norbert Hill Center cafeteria for the lunch., the wood that was donated from the Conservation Department and all the ladies that were able to come over and take care of things for the family at the house. We would like to say thank you to everyone that was able to donate the food and help cook for the funeral and all the people who were able to tend the fire. Everything that was done for us was greatly appreciated. We would like to thank Ryan Funeral Home, the Oneida Hymn Singers, all the Veterans and Unity Hospice. We apologize if we forgot to mention someone, as there are so many people to thank.

The Family of Daisy Christjohn

ate with 20 full-time employees.

Last August, Calpine officials wanted to move ahead with the first phase of devel20, but a spokeswoman for said the the company Klamath-area development will continue.

In Loving Memory of... Josh Webster

who passed away on January 21, 2000

I miss you as the days go by... all we have is pictures. Josh, I miss you so much!

> Love, Grandma King We all miss you, Josh

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January 19, 2006 kalihwisaks

# From Page 1/Advocates serve Brown County Oneida residents complete Wisconsin

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for Kate Parizek for sevenand-a-half years.

The program currently serves 109 people with 34 individuals on the waiting list. Bruskiewicz hopes more people, especially men, will sign up.

"It's hard to find men to be advocates. There's so many young boys on our waiting list that don't have fathers, that their father has passed away or their fathers have just left or whatever the case may be, an they don't have any male role models in their life. That's the biggest thing

that we're looking for right now," she said.

More specifically, Conroy and another Native American on the waiting list have

advocates.

"Most of these people live in a group home where they're not surrounded by anyone of their same cultures. Even if they wanted to learn more about the culture that they come from, they couldn't because a lot of times they can't go places by themselves," said Bruskiewicz.

Conroy lives in a group home with eight other men. His parents have passed and he is estranged from his siblings.

Even though he is his own guardian, he finds it difficult to go out by himself.

He had an advocate named Chris, but she quit due to health problems. Conroy listed some of the things they used to do, like go out to eat.

"Do you get to do any of those fun things now?" Bruskiewicz asked him. Conroy frowned and shook his head no.

Bruskiewicz noted that activities with a partner don't have to be special events and the partners often can pay their own way at movies or eating out.

"We would love to see most people working them into their normal everyday things. If they're going to go to the grocery store, call them up and say 'Hey, I need to go to the grocery store, do you want to come with me?" she said.

Charlene Cornelius has been an advocate for Jill Schraufagel for 22 years.

The two occasionally For the people who go out to lunch love me, I always set together and them up, make them talk on the phone. laugh and make them "She knits

a lot. She ~ Mike Conroy knits me stuff and it's 100%, not

feel good... 🔊

requested Native American but it's appreciated for her workmanship," said Cornelius, "I'm amazed by what she can do being a person with Down Syndrome,"

> Over the years, Cornelius has helped Schraufagel with her housing arrangements and encouraged her to make contact with her sister.

> "She calls me up once in a while when she's felling blue or something, and I think I've gotten more out of the relationship than she has because, also, if I need somebody to talk to I can call her and talk to her. I have many friends, but still, it's like talking to one of my daughters," she said.

Greenauld also feels her involvement with program has been very rewarding.

"It's a one-on-one thing where you really see the results of what you do immediately because amazingly enough people with disabilities are grateful for any little thing, pretty much as a gen-



Local

**Mike Conroy** 

The Citizen Advocacy Program runs a background check on applicants and conducts a series of interviews to match an advocate to a partner.

"If we find a good match, we'll sit them down and meet together. If they don't seem to hit it off right there and then, then we move on and try and find someone they do hit it off with," said Bruskiewicz.

Meanwhile, Conroy waits for someone interested in fishing, baseball or just cooking dinner together.

"I love kids, I love sports and I love people. For the people who love me, I always set them up, make them laugh and make them feel good." he said.

#### For more info...

Contact Sara Bruskiewicz at 920-498-2599, or e-mail at: sbruskiewicz@aspiroin c.org

Citizens Advocates serves all of Brown County.

Check it out...

A recruitment night will be held at the Green Bay Gamblers game on March 21st. There is a limited amount of tickets available for people interested in becoming an advocate. Contact Sara Bruskiewicz for details.

# Senior Statesman Program

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

Each year since 1980, older adults from all over the state come to take part in this unique program that educates the elderly on the legislative process at the state level of government. Its purpose is to give older people a good understanding of the role that they can play in developing public policy through advocacy. Participants learned about a number of state issues that have an impact on them and were given the tools to speak out on those issues. They also had the opportunity to meet with their legislators, sit in on

legislative floor sessions and hearings, visit state agencies and the Supreme Court and hear from experts on the most current state legislative concerns. The program is sponsored and operated by the Coalition of Wisconsin Aging Groups (CWAG) - a statewide senior advocacy organization and is co-sponsored by the Wisconsin Association of Area Agencies on Aging.

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According to Mosentine,

See Page 5 **CWAG** 

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ONEIDA ENROLLED TRIBAL MEMBER

"Since Chris retired, there's nothing to do," he said.

eral rule, so you get a lot of gratification from volunteering," she said.

# Do you know us?



Submitted by: Barb Skenadore

This photo comes from the Phillip Jordan collection. His parents are Earl and Sharon Jordan. The photos are from his father's side of the family and belonged to his grandparents Lucy (Danforth) and Lomas Jordan. If you have any information about the identification of these two individuals, please contact the Oneida Community Library at (920) 869-2210 or write to: Oneida Community Library, PO Box 365, Oneida, WI, 54115. The previous unidentified photo generated three responses.

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# **AARP Applauds Gov. Doyle's Proposal** to expand Family Care Choices

Madison AARP Wisconsin is applauding Governor Jim Doyle's proposal to bring the resources, choices and services offered by Family Care to every Wisconsin resident.

"This is truly a visionary proposal," says Gail Sumi, AARP Wisconsin's Associate State Director for State Advocacy. "Making Family Care a statewide program means that thousands of Wisconsinites will be able to choose to receive long-term care services in their own homes rather than be forced into nursing homes."

As of now, Sumi explains, Family Care exists only as a pilot program, available exclusively in just five Wisconsin counties, including Milwaukee, Fond du Lac, La Crosse, Portage and Richland. In Wisconsin's other counties,

the only setting in which care is guaranteed is a nursing home. If you need long-term care services, you have to take what's available. In most cases that means moving into a nursing-home, even if limited help with such everyday needs as home health or nutrition might be enough to enable you to stay in your own home.

In Family Care counties, however, if assessments conclude that receiving long-term care services in your home is an appropriate choice for you, you may request that optionand your request will be approved.

Family Care can also show that it saves taxpayer money. A recent independent study of Family Care in Fond du Lac, La Crosse, Portage and Richland counties showed that per-capita costs were about \$450 per month less than for nursing-home residents.

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"AARP regularly asks members about their longterm care preferences," Sumi adds. "By overwhelming margins, they always tell us that they'd prefer to receive long-term care services in their own homes rather than in a nursing home.

"AARP Wisconsin played a key role in securing approval for the launch of Family Care as a pilot program. We know Family Care works, both for people needing long-term care services and for Wisconsin taxpayers. We commend Governor Doyle for having the will and the vision to transform the ways in which Wisconsin delivers long-term care services."

# Green will restrict influence of tribes

in 2003 shortly after three

tribes sent \$750,000 to the

national Democratic Party in

the waning days of the 2002

campaign. The party sent \$1.2

million back to Wisconsin to

help Doyle's campaign. The

governor has consistently

Ken Walsh, a spokesman

for the Forest County

Potawatomi, said Green's pro-

posals were disappointing

because they seem intent on

The proposals include:

-Reopening negotiations on

According to state officials,

the state and each tribe would

have to agree to renegotiate

encouragement, a social gath-

ering that makes it fun, and

prize money to advance com-

petition and motivate learn-

\$6,000 with Adult 1st Place at

\$1500 and Youth 1st Place at

\$750. Our emcee is Larry

judges for this event are RJ

(Ojibwe),

Grammy-winning Bill Miller

(Stockbridge-Munsee) and

The Host Drum is the LCO

Pipestone Singers; invited

Drum groups are Little Otter,

Midnite Express, The Boyz,

Eyabay, and Battle River. The

evening competition is a live

broadcast and web cast that

will feature the finalists and

winners awarded. Admission

buttons are available \$7

Adults, Children 5-12 years

old \$5, Elders and children

For more information, con-

tact WOJB at 715-634-2100

under five are free.

or www.wojb.org.

Becenti (Navajo),

Smallwood

Total prize money is

gaming compacts.

providing

and

Joyce

Lizzy

(Menominee),

Awonohopay

denied any connection.

**By The Associated Press** Madison, Wis. (AP) - Gov. Jim Doyle's campaign and potential GOP opponent U.S. Rep. Mark Green said Wednesday they would return donations connected to a growing national political scandal involving Washington lobbyist Jack Abramoff and Congressman Tom DeLay.

U.S. Rep. Mark Green of Green Bay, seeking the GOP nomination in Wisconsin's gubernatorial race. are needed to restrict the influence of tribal gaming money in state politics.

Green and others have criticized Democratic Gov. Jim Doyle for the compacts he signed with Wisconsin tribes

#### Hand Drum Contest

all

ing.

"Amik"

Smith

Tony

Pyawasit

(Menominee).

involvement

WOJB 88.9 FM is sponsoring the Third Annual Hand Drum Contest on February 11, 2006. It will be held at the Courte Lac Oreilles Convention Center located 4 miles southeast of Hayward on County Road B. Registration is from 11am until 5pm, the contest begins at 1pm.

In 2003, through encouragement by community members, WOJB created the Hand Drum Contest. Hand Drums were originally used in native homes for personal singing, but over the past 50 years, the practice and its songs, were in danger of becoming lost. Here in the Northwoods, it needs to be revived and preserved for all tribes in the listening area. It also serves as a family entertainment event for the community during the long winter months. Contestants and attendees come from all over the Great Lakes Region to take part in this cultural event.

The revival of hand drum music is best accomplished utilizing a "contest" format. The element of a contest event provides audience

WPA-The way they fished

before that could happen.

-Prohibiting campaign contributions from any entity involved in a request to create an off-reservation casino in Wisconsin until the proposal is approved or denied. Doyle has received donations from several interests seeking offreservation casinos.

-Requiring legislative approval of any off-reservation casino. Under current law, only the governor has that authority and the decisions are subject only to federal review, not review by the state Legislature, given Indian tribes' sovereign status under federal law.

# From Page 4/ CWAG

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

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

# Winter Jamboree

Girl Scouts of the Fox River Area, Inc. will host a Camp Birch Trails Winter Jamboree for the public on February 11 at 1 p.m. -February 12 at noon at Camp Birch Trails in Irma, Wisconsin (near Merrill).

Families are invited to bring snow shoes, ice skates, cross country skis, and sleds for this camping overnight. Cost is \$15/person and includes lodging, afternoon and evening snack, dinner, and breakfast on Sunday. A participation patch is also included for Girl Scouts in attendance. Transportation is provided from the Girl Scout Program Center in Appleton. All children must have an adult chaperone. Girl Scouts of the Fox River Area, Inc. has been providing Girl Scouting in the area for 85 years and serves over 8,000 girl and adult members in the counties of Outagamie, Winnebago, Waupaca, Shawano, Menominee, and a part of Calumet. To register, call 800-924-1211 or 920-734-4559 or visit www.gsfra.org by January 28.

# Postage increase revives 2-cent stamp

Santa Fe (AP) The latest postage increase has revived a 2004 stamp showcasing Navajo jewelry.

The stamp, featuring a silver and turquoise necklace with sand-cast squash blossoms, is the only 2-cent stamp available.

One-hundred million copies of the stamp were printed in 2004. However, the U.S. Postal Service has made two billion more copies as a result of the Jan. 8 increase in the cost of first-class stamps from 37 cents to 39 cents each, said spokesman Mark Saunders.

The increase is the first

since June 2002 and follows legislation requiring the Postal Service to put \$3.1 billion in an escrow account this vear.

Navajo jeweler Lori Hesuse, 57, remembers the 2004 dedication ceremony of the Navajo stamp in Crownpoint, where her daughter served as postmaster.

"When the stamp first came out, I bought a bunch of them and gave them all to my friends," she said.

A prominent Navajo design on a stamp makes a lot of American Indians proud, she of a private collection, said.

The squash-blossom design is based on a Spanish-Mexican trouser ornament that is a stylized version of the pomegranate blossom.

The image of the squash blossom was captured by Peter T. Furst, an anthropologist, author and photographer of American Indian and Spanish cultures.

The image was reproduced in a painting by Washington, D.C., artist Lou Nola, who has done many postal stamps.

The necklace is believed to have been made during the 1940s or 1950s and was part Saunders said.

Associated with talented people Bank.

#### picking on Wisconsin's tribal gaming industry, despite its announced a series of proposcontributions to the state's als Wednesday that he said economy.



At Associated Bank, we believe that our team of associates should be a reflection of our customer base. Here you'll find friendly and talented people from every background working together in a warm environment that welcomes everyone to learn, grow and contribute to our success. That's why this is such a great place to work and why our customers keep coming back. If you're looking for a career that offers the chance to be part of an exceptional team of unique people, it's time to get associated with one of the best financial institutions in the Midwest.

Get associated with great benefits, career development and advancement opportunities. Visit our Web site at: www.associatedbank.com for a listing of current openings. EOE M/F/D/V



associatedbank.com

# Nelson Metoxen to David

Skenandore Oneida History WPA Papers

The Way They Used to Fish Long Time Ago

The Oneida way of fishing is the spring, they knew how to go about. The women even went along and they would take lunch with them such as Indian corn bread. Also they would take kettles to boil the fish heads with which the fishermen will lunch at midnight. Corn bread and fish heads was considered very good combination.

The river which is Duck Creek would look like a big city at night with all the lights and fires burning. They also make a torch light which is on one pole and one man would carry the light for his partner. Other spear the fish. At that time they didn't use nets. When they had enough they would trade equally or give the driver a little more. And they took just what they could use.

They would cure all the fish that they would have by salting it down.

# Another Reason To Love Sundays!

# **Sunday Brunch**



Sundays 8:30 am - 1:00 pm

Enjoy a bountiful variety of delicious breakfast dishes, elegant entrees, enticing salads, and wonderful desserts.

Featuring made to order omelets and waffles, and carved country ham.



20% Discount applies to all Oneida Tribal Members and Employees with Identification





6A (Y@=yahk)

January 19, 2006

kalihwisaks

# Some Puyallups question per capita

Tacoma, Wash. (AP) - The Puyallup Nation. "There is no Puyallup Tribe of Indians takes the direct approach with profits from its Emerald Queen Casino. Every one of the tribe's 3,450 members gets a monthly check for \$2,000.

Since the program began in 2002, the Puyallups have paid out \$280 million.

But as the tribal population increases, the payments have become a topic of heated debate.

Puyallup leaders say there's no problem, citing the casino's healthy profits.

But a group of concerned members says the payments have put the Puyallups on an economic treadmill they can't keep up with and can't get off.

Members of the group, who declined to be identified by name, told The News Tribune newspaper that the tribe recently restructured more than \$130 million in loans so that only interest payments will be made over the next five years. The tribe then will face a balloon payment.

"The tribe is essentially operating on a paycheck-topaycheck basis," said a member of the group, which calls itself Full Circle of the

consideration given to longterm debt. They have no idea how they're going to come up with the money to pay that balloon in five years."

David Peterson, hired by the tribe as its head accountant, would not discuss the details, but said restructuring is a normal part of business. The payments to tribal members are part of a large and complex business plan - wellthought-out and entirely above board, he said.

"Some people start scurrilous rumors and blow up situations beyond recognition," said John Bell, the tribe's top attorney. "Five banks, I think, now are involved. ... They are not going to get involved in something if they think there's a chance they won't get their money back."

Numbers provided by Full Circle indicate that, without a new source of income, the payments cannot continue at their present rate if membership continues to go up. Without restructuring the loan, projections indicate, the gap between revenues and expenditures would have grown steadily toward a \$39 million deficit in 2010.

since the payments began. Last year, the payments took \$83.5 million of the casino's net revenue of \$126 million. The rest goes to finance most of the rest of the tribe's activities.

This year, tribal membership is expected to increase by another 229 people.

The birthrate accounts for part of the membership increase. Another source of new members - people with Puyallup ancestry who transferred from other tribes - was cut off a year ago by an amendment to the tribal constitution.

Many people now depend on the monthly checks, critics say.

"It would be political suicide to touch the per caps and they know it," a Full Circle member said.

Three council seats are up for reelection this year - the primary is in March and the election in June, At least three members of Full Circle are expected to run for seats, which has some dismissing their concerns as campaign rhetoric.

Finding the truth is complicated by the secretive and Membership in the tribe highly personal nature of tribwho complain angrily about the problems in private don't want their names publicly revealed, saying they fear retribution from the council. The council has the power to hand out tribal jobs and grant special grants of cash to families.

Making matters more difficult, members of the tribal council have declined to meet with Full Circle or to speak directly with the media. The News Tribune's inquiries led to a meeting not with tribal council members but with a tribal spokesman, a tribal accountant and a tribal attorney - none of them tribal members.

The Puyallups' hefty monthly payouts set them apart from other casino-rich tribes, who make minimal payouts directly to members and instead invest profits in social programs and in efforts to diversify their economies.

"The Puyallup Tribe believes that its members know best what their needs are," Peterson said. "It wishes to apply economic benefit to its members more directly."

The tribe does have plans for other money-making ventures. Most promising is tribal property on the Blair

has increased by 1,000 people al politics. Tribal members Waterway at the Port of Tacoma. But the tribe's economic subsidiary, Puyallup International Inc., is struggling now to reduce its own debt load of \$2.2 million.

A major concern, even among the program's strongest supporters, is the effect of handing over so much cash directly to young adults.

For those under 18, about \$1,400 per month is put into a trust account and the remainder is signed over to the child and parent or guardian. At 18, the member gets everything that has accumulated in the trust fund.

Some worry about the impact on incentive to finish school or train for jobs.

Petterson says the tribe recently required financial institutions holding the money to offer money-management classes for kids. To encourage education, the tribe also pays tuition for any member who wants to go to college.

"There are good choices and bad choices," said Bell, who has been with the Puyallups since the 1970s. "In the end, everyone must decide for themselves what those choices might be."

# Indian 'kitchen' unearthed

Charlestown, Ind. (AP) -Workers building a boat ramp at southeastern Indiana's Charlestown State Park have uncovered the apparent remains of a 4,000-year-old "kitchen" ancient American Indians tribes may have used to prepare their winter food supply.

The discovery of the site in eastern Clark County prompted the state to temporarily halt work on the Ohio River boat ramp project.

Bob McCullough, who heads an archaeological survey team from Indiana University-Purdue University Fort Wayne, said the lowlying area was probably used by nomadic tribes of hunters and gatherers. He said they appear to have collected hickory nuts, used large slabs of rock to crush them and then made fires to boil them and extract fatty oils.

Tribes often stored such high-energy nut oils for use during the lean winter months, McCullough said.

The IPFW team has made two trips to the site and plans a third study of the area. The archaeological work is required under federal and state historic preservation laws.

No human remains or bones have been found at the site.

McCullough said he was surprised by how well-preserved the cooking area site was, but he said it was protected over the centuries by layers of silt deposited by floodwaters.

Michael Strezewski, the lead archaeologist from IPFW on the first two visits to the park last fall, estimated the site dates from about 2000 B.C. He said it contains large amounts of Laurel chert, a stone from which stone tools can be created.

Other artifacts included stone slabs used for grinding and cracking nuts, the

#### Claim hearing packs high school auditorium Oneida Land

Verona, N.Y. (AP) - More than 1,000 residents and casino employees packed a high school auditorium Tuesday for a public hearing on the Oneida Indian Nation's application to put nearly 18,000 acres into federal trust.

The U.S. Bureau of Indian Affairs was in town to collect comments on what environmental impacts should be considered when deciding whether to put the land into trust, a status that essentially exempts it from local and Rome. state laws and taxes.

Oneida Indian Nation Chief Executive Officer Ray Halbritter said the property, school, income and sales taxes paid by the nation's 4,500 employees dwarf any other taxes owed. He listed other business and government entities that have tax including breaks, the Carousel Center mall in Syracuse and the former Griffiss Air Force Base in

"It seems convenient to blame the nation for local problems," Halbritter said.

Local government officials, however, focused their comments on how ``jurisdictional chaos" would ensue if the application trust was approved.

"Taking land into trust is a remedy for disruption in a region where the future requires partnerships," said Oneida County Executive Joe

Griffo. "Instead of dividing the land, we must unify the region."

The hearing pitted neighbor against neighbor, as some spoke for the benefits of casino jobs while others spoke about the disadvantages of unpaid property taxes.

"If some other business brought 4,500 jobs to this area, local leaders would have the red carpet rolled out for them," said Cazenovia resident and nation employee Terry Taube.

"Are we one nation with equal rights and laws guaranteed to everyone?" Oneida resident Bernie Conklin asked rhetorically. "One nation, one people, one law."

of the trust application both picketed outside Vernon-Verona-Sherrill High School, where the hearing was held. Oneida County Sheriff's deputies said they turned away hundreds of people who could not fit inside the auditorium.

The New York Oneidas, along with tribes in Wisconsin and Ontario, filed a land claim lawsuit in 1970 seeking the return of 250,000 acres in Madison and Oneida counties that state illegally acquired from the tribes in the late 18th and early 19th centuries. The claim continues in litigation. Meanwhile, the Oneidas have used profits from their casino operations to re-acquire land

# we've had in the local hosiery Construction of a tribal center

North Alabama could get first casino

Fort Payne, Ala. (AP) -North Alabama could get its first casino under a man's plan

industry," she said.

for members who move to Hammonds said he hoped Alabama from Oklahoma

to turn over land for development to an Indian tribe based in Oklahoma, where it already has a gambling operation.

David Hammonds, who owns 69 acres adjacent to an ancient Indian burial site in Fort Payne, said he plans to transfer the property to the United Keetoowah Band of Cherokee Indians this week.

Hammonds said the plan is to open a gambling casino "as soon as possible" in Fort Payne, a textile town located in the northeast corner of the state near Georgia and Tennessee.

Charles Locust, vice chief of the Keetoowah, said the project remains in the planning stages.

"We're still just considering where we're going to go and what other services we want to provide once we have people who might want to relocate to work at that location. It will start off small," he said.

Patty Tucker, director of the DeKalb County Tourist Association, said the organization's board responded favorably" "very to Hammond's proposal for a gaming facility and an associated Indian cultural center.

"It could lead to an increase in hotels, restaurants, shops and spur economic growth in this community the likes of which we have never experienced before, and help offset some of the job loss

construction could begin "just could begin as early as as soon as all legal issues March. have

been resolved."

#### CenturyTel offers telephone assistance for individuals living on Tribal Lands

CenturyTel is energizing its efforts to inform residents of two assistance programs that provide discounts on initial telephone installation and basic monthly telephone service to qualifying low-income consumers. Link-Up helps these consumers pay the initial costs of getting telephone service. Lifeline provides certain discounts on monthly service for qualified subscribers.

Lifeline and Link-Up are available to qualifying consumers in every U.S. state (territory and commonwealth). Qualifications for participation vary by state.

States with their own programs have their own criteria. In states that rely solely on the federal program, the subscriber must participate in one of the following programs: Medicaid, food stamps, Supplemental Security Income (SSI), Federal Public Housing Assistance or the Low-Income Home Energy Assistance Program (LIHEAP), Head Start, the National School Lunch Program's Free Lunch Program, Temporary Assistance to Needy Families (TANF) or if the Household annual gross income is at or below 135% of the federal poverty level.

The amount of the discounts also varies by state. Link-Up helps qualified low-income consumers to connect to the telephone network. This federal program offsets 1/2 of the initial hook-up fee, up to \$30, for qualified households.

Residents of American Indian and Alaskan Native tribal lands may qualify for an additional \$25 of enhanced Lifeline support monthly and up to \$70 of expanded Link-Up support beyond current levels. An individual living on tribal lands may also qualify for Lifeline and Link-Up discounts if he or she participates in one of the above programs or one of the following federal programs: Bureau of Indian Affairs General Assistance or Tribally Administered Temporary Assistance to Needy Families.

Individuals living in a CenturyTel service area should call 800-201-4099 or visit www.centurytel.com/custserv/lifeline to inquire about eligibility.



lifelineTribal 12-27-05 NON SAU

Supporters and opponents in the claim area.

remains of fire pits .

GOOD "a C.A.P.P.S. approach to address underage drinking MIND...



C.A.P.P.S. Dipper: Women of the Community

Tuesday, Japuary 31, 2006

#### **NEW LOCATION: PARISH HALL**

5:30pm—7:30pm

Come and Celebrate the amazing women in Oneida!

Ron Hill will help present a special honoring of community women, brought forward by youth and members of the community. Each woman will be recognized with a token of appreciation.

CCR for Youth and Families has joined with the CAPPS Advocacy committee to host the dinner!

Dinner includes venison, wild rice and other traditional foods

For more information about the event or forms to nominate women contact: Justine at (920) 490-3854

> Free Event Open to Everyone

Lefters Legislative Review/Letters LL Lefters

January 19, 2006

and the Tribes. Fortunately,

not all of the Legislature

wants to work in a hostile

environment and will hope-

fully be able to defeat this

type of initiative. If they

don't, I can see us spending a

We still believe more

progress can be made by sit-

ting down and talking through

our differences. It is for this

reason that we participate in

monthly meetings such as,

HALO, to which Green Bay

is now included. And, month-

ly meetings with the Hobart

Board of Trustees are also

occurring. The ultimate goal

Councilman

Ed Delgado

lot of time in Court.

(Tsya=t@k) 7A



Vice-Chairwoman Kathy Hughes

January 9th was the Annual GTC meeting, for which there was a quorum and the entire agenda was dealt with. I mention this because it has been a long time since we actually dealt with an entire agenda with just one meeting. Amendments to the Oneida

# Vice-Chairwoman's Corner...

Removal Law and the Oneida Trust/Enrollment Committee By-Laws were presented on agendas previous and approved at this meeting. The progress report on the Cultural Center was approved and authorization given to continue the development of the project. Discussion took place on many topics and while not all of it resulted in any formal action, the Business Committee will pursue certain suggestions as discretion allows.

Meetings also occurred in New York this week regarding the land into trust applications submitted by the New York Oneida Nation. The Bureau of Indian Affairs conducted "Scoping Hearings" to obtain comments from local resi-

dence on the applications. Reports from the people we sent to observe this process indicated there was overwhelming participation from the locals, with strong opinions for and against. Since we have also submitted an application for one of our parcels to go into trust, we felt it was important to observe the process taking place and the feedback being given. We don't know when hearings will be scheduled on our application but we must assume some of the same objections will have to be addressed and this affords us a better understanding of how to do so.

Here in Wisconsin we must remain vigilant on activities in Madison. This week we became aware of an initiative endorsed by Congressman Mark Green to have the Legislature take action to require the Governor to reopen negotiations on all Gaming Compacts. That is a concern, primarily from the standpoint that it gives a good indication of what the Tribes will have to look forward to if Congressman Green wins the election and becomes our next Governor. This type of legislation serves only one purpose and that is to prevent there being any comfort level with a cooperative working relationship between the State

Legislative Update

Greetings,

The following is my 3rd Legislative Update to the Oneida Tribal membership.

#### Cost of Living Adjustmment (COLA)

In my last Update, I mentioned that my office was in the process of studying the possibility of bringing back fair COLA wage increases for Oneida Tribal employees. Since then, my Office has received many calls from employees who are concerned that their wages don't seem to be keeping pace with the rising prices of heat, food, gas and other commodities that are needed to sustain their families' needs.

Accordingly, my Office conducted some preliminary research. The research shows that the employees have a valid reason to be concerned about their declining purchasing power. Below is the results of my research regarding rising prices in the Midwest area from November 2004 thru November 2005:

- Energy prices increased 17.4 per cent
- Medical care prices increased 5.2 per cent
- Transportation prices increased 4.5 per cent
- Food and beverage prices increased 2.4 percent (in Wisconsin, food prices increased 4 percent). Housing prices increased 3.2 per cent

here is to work together in a manner that will benefit both communities as a whole. It is through these meetings that we arrive at agreements such as the Service Agreements. Currently being worked on Hobart, with is а Transportation Agreement that will provide a means for maintaining roads within the reservation, utilizing the Tribes ability to obtain federal funding and the Villages to obtain State funding. Working together we should be able to do better and more.

> Yaw^ko Kathy Hughes

payments is at about 3.6 per cent. Accordingly, on January 11, my Office submitted a request to be considered at the January 18th Oneida Business Committee meeting, to "direct the General Manager to present the Business Committee with a proposal for a fair COLA wage increase for all Oneida Tribal employees for Fiscal Year 2007.

In my next Legislative Update, I will notify the Tribal

membership regarding each of the Committee's vote regarding the COLA request. In the inter-

est of fairness, I doubt very much that the Business Committee will object to COLA increases considering that we as Committee members now receive annual 3% increases in our wages.

#### **Administration Building**

In December, the Oneida Tribe held a youth summit at the Radisson Hotel. It was attended by about 200 Oneida youth from area high schools. Part of the summit consisted of a meeting between the youth and the Oneida Business Committee. There, many of the youth expressed their belief that the Oneida Tribe needs a new high school facility. I informed them, that currently, the Oneida Tribe is considering a new administration building at a cost of about \$29 million. I also told them that the new administration building would provide new and modern offices for the Oneida Business Committee. In addition, I pro posed a question for them to consider. I asked them, "What's more important, new offices for the Business Committee or a new high school?" I got my answer. It was the answer I was hoping for. In that answer, I feel real good about our Oneida youth and the very real common sense they are able to demonstrate. And yes, we do have the Norbert Hill Center for the Oneida Business Committee to do our work and hold our meetings, but do we have an adequate and safe high school for our children?



#### Chamber Board Embraces Diversity

The following compelling letter was sent to Tim Weyenberg, board chair for the Green Bay Area Chamber of Commerce by Tim Nixon, Diversity Council Co-Chair, Godfrey & Kahn. The letter is printed in its entirety.

A little over 40 years ago, the world was different. It was only several years earlier when Life magazine could write about Joe Dimaggio, without criticism, that, "He didn't smell of garlic or talk with an accent --- a true American!" In that climate, the Green Bay Packers took the astounding step of hiring an Italian American as a head football coach. Many thought he would fail. Whether Vince Lombardi failed need not be addressed.

Lombardi, victim of irrational and hateful discrimination himself, would not permit it on his football team. That was how a championship dynasty was created. Bold actions like picking up an undrafted black quarterback

the University from of Southern California and moving him to free safety created an all pro. In 1961, Lombardi had the Packers stay at Fort Benning, Georgia, instead of hotels that refused to permit black players to room with white players. This was leadership needed in Green Bay in the early 1960's to rejuvenate a franchise that had fallen on hard times. It created a standard for excellence still recognized and immortalized in football's ultimate awardthe Lombardi Trophy.

Green Bay and Brown County again stand at a point of destiny. The world we grew up in no longer exists. Foreign competition erodes our traditional economic base and challenges us to change and compete with the rest of the world. Like 40 years ago, we need to reach out and embrace ethnic and "minority" groups that traditionally have been less than fully welcomed. 40 years ago it created greatness.

To survive and thrive we need to include everyone here. That means families like mine, which have been in Brown County for three and one half centuries, as well as those that arrived three and one half days ago—and everyone that arrived in between.

While most of us are trying to get our boat into the world economic race, others seem content through ignorance, or otherwise, to punch holes in the bottom—or stand quietly by while others do damage. We, however, can and must speak out strongly and forcefully for including everyone in our efforts to carry Brown County into this challenging, exciting and yes—sometimes scary—new global economy.

Lombardi when asked about race, expressed a different view. He said that the only colors he recognized were "green and gold." We, as business leaders, must recognize "green" in particular. This is one of those wonderful occasions when morality, justice, doing the right thing and, making an honest wage and profit, all happily lead to the same actions.

Accordingly, the Chamber

- Apparel prices increased 3.1 per cent
- Prices of other goods and services increased 4.1 per cent
- Postage stamp prices increased 5.2 per cent

The federal government has reacted to the rising prices incurred in 2005 by providing a cost of living allowance increase in federal Social Security payments for 2006. It appears that the increase in social security

Business Diversity Committee writes to ask the Chamber to formally take a strong and aggressive stance in favor of including residents of all colors, all backgrounds, in our economy. Let our collective and individual voices be heard to say that everyone who is willing to work to build our community is welcome here. As the organized representative of the business community, let us carry the message throughout the area that we are all on the same team and that we will succeed, or fail, together. It isn't just the right thing to do. To survive, it is imperative.

As others have more artfully stated, we need to be inspired and to become a place that is "welcoming, inclusive and constantly striving to be our best." We need to recognize that our recently arrived neighbors bring needed talents to our economy. We will be measured as a community and region by our vibrancy and diversity. As business people, we know that our recently diverse populations are our present and

future markets. All great wealthy trading nations successfully integrated diverse people and places in productive and profitable relationships. So must we. Statistics bear out this indisputable point. Wisconsin will shortly be facing a labor shortage that could further damage our competitive ability.

Moreover, civilized society requires us to move past simple tolerance to embrace and "leverage" differences. We need to define diversity beyond the bare legal definition. As you know, this is part of a greater regional business effort led by New North and others. Milwaukee is already ahead of us with IDEAL. We cannot wait to implement.

Just like Green Bay welcomed the Italian American coach and the black players he brought here, it must now honor, follow, and renew that legacy by welcoming our new arriving residents. 40 years ago this boldness resulted in unprecedented success and a standard of excellence. If we have that same courage, foresight, vision and wisdom, the result will be the same—or greater.

#### Timothy F. Nixon, Chair Green Bay Area Chamber of Commerce Diversity Committee

# Appreciation expressed...

Oneida Elderly Services would like to thank all of the Elderly Services staff, the Oneida Business Committee staff, and the following businesses & individuals for their generous contributions & assistance in making our December 16th, 2005 Elder's Christmas party a huge success:

Bear Paw Keepsakes, Ben Franklin store, Blackhawk Co., Inc., Center for Self-Sufficiency, Curren Real Estate, Don's Quality Market, Doxbees's, Fatzo's Pizza, Gitchi Gaming, Inc., Grama's Diner, Green Acress Greenhouse, Heavenly Ham, Hill Top Service Station,

## See Page 8 Letters

January 19, 2006 kalihwisaks

# TRIAD program benefits individuals with diabetes

LASSOFts LA

#### By Dawn Walschinski

Kalihwisaks

Fitness specialist David Beiser set the weight machine to 60 pounds for Everett Doxtator's workout session at the Oneida Family Fitness Center (OFFC) on Monday, January 16th.

Beiser knelt next to Doxtator to watch his form as Doxtator slowly pulled the bar to his chest.

It wasn't that long ago that Doxtator couldn't move his shoulder without pain.

"When I had my bypass surgery, I ended up with a frozen shoulder. So part of that exercise

You don't take it with my left shoulder so serious and then you realize when it's too late. The heart bypass was a good wake up.<sup>9</sup>

more flexibility," he said. Doxtator is taking

and working

that it has

~ Everett Doxtator part in the

TRIAD program; Taking Responsibility In Addressing Diabetes.

"We'd like to incorporate three pillars helping somebody create a behavior change: nutrition, exercise and education." Beiser explained, "We like to help people basically take responsibility for themselves, for their own health and naturally manage their diabetic condition."

Doxtator was recommended to the program by Tim Moureau of the Oneida Community Health Center Diabetic Clinic. He started in August of 2005 and has seen positive results.

"Tim tells me I could be poster boy for the diabetic program. All my numbers have been coming out real good." said Doxtator who was first diagnosed with the condition ten years ago

"I didn't take it serious enough," he said of his diabetes. It wasn't until he underwent bypass surgery that he realized how the disease was hurting him

"I want to see my grandchildren. I want all those things, those family things. A lot of things you don't want to lose, you don't always think about it. You don't take it serious and then you realize when it's too late. The heart bypass was a good wake up." he said.

Doxtator usually works out five days a week for an hour to an hour-and-a-half. He does a combination of cardiovascular exercises, stretching and weightlifting on his own and with the help of Beiser.



Kali photo/Dawn Walschinski

David Beiser, Fitness Specialist at the Oneida Family Fitness Center, 2640 West Point, Green Bay, monitors Everett Doxtator's recent workout on the elliptical machine.

"Going out (to OFFC) and reading and doing your own thing, you find that you really are not doing the exercises properly so you're not really benefitting from doing it the right way. So Dave has been very instrumental in helping me to do the stretching and exercise and stuff and do it the proper way so I can get the maximum out of it." said Doxtator.

The TRIAD program starts people off with an assessment to see where they are physically.

"Ideally, we would like to start them out at

a safe level, a level that's not going to exhaust them." said Beiser, "We try and get them to so a little bit more little bit more little bit more, and as their bodies respond to the exercise, as they become more fit, then their bodies are going to be stronger to deal with the diabetes that they have."

The TRIAD program runs for 36 weeks with the first 12 weeks focusing on making lifestyle changes.

"We actually try and get their fitness level up, we try and get them very comfortable with the idea of exercise, trying to increase their self-esteem and self-respect and say, 'Hey, look at this, you can do this, we can do this in twelve weeks. That twelve weeks is probably the most rigorous time for them. It's probably the hardest part of the program. That's also when they're meeting with the trainer the most." said Beiser.

Doxtator agrees it isn't easy, but he has been supported by the people at OFFC and the Diabetic Clinic.

"It's a tough journey, you need the encouragement, you need the follow up that they give you, stuff like that, but it's been a really excellent program." he said.

Doxtator, who is a deacon for St. Joseph's Catholic Church in Oneida, has also been encouraged by the results of his efforts.

"I think you walk with more energy," he said, "From wearing albs and robes and stuff and a lot of genuflecting and moving around. I'd hate to be kneeling down and then tip over. And so you can kneel down and get up, you have the balance and the ability to do it without feeling like you need help."

Doxtator has noticed a lot of joint pain he had in the past has started to go away and he has slimmed down.

"I noticed I've moved a couple of notches of the belt buckle. That's nice to lose some of that, the goal is to keep losing it." he said.

The two-year-old program currently has 30 to 35 participants. While there is a waiting list to join, there are three classes that are open to anyone: Monday and Wednesday from 5:45pm to 6:30pm and Tuesdays from 12:10pm to 1:00pm.

Doxtator hopes more people will become active to avoid the complication of diabetes.

"It's not an overnight thing, it's a rest of your life thing, and it depends on the quality of life that you want. I want good quality. I want to outlive my retirement money." he said.

# Oneida girls basketball keeps improving as season progresses

By Phil Wisneski Kalihwisaks

The Oneida nation girls gram

tournament. history,

ence for those players who are a team," Stevens said. For the first time in pro- still learning the game," the Stevens said.

the Thunderhawks. The victo- Santiago 1, S. Danforth 8 Overall though Stevens is ry all but assures Oneida a Cornelius 2, Stevens 6, T excited about the growth of higher seed.

Danforth 12. FT 8-20. F: 21.

basketball program is getting better and better as the season goes on. With a 6-7 record for the season and winning three out of the last five the Thunderhawks are getting primed for a run on the WIAA some playing time and experi-

Thunderhawks are fielding a junior varsity team. Having the team has it's positives and negatives coach Cheryl Stevens said.

"This will help with getting injuries and illnesses and with

The downside to having the junior varsity team is that it limits the size of the varsity bench.

"We have had a few a small squad this really hurts

From Page 7/Letters...(Continued)

Home Town Buffet, Image Keepers, Iroquois Bay Embroidery, J & A Quik Lube, Joyce A. Johnson, Julie's Café & Catering, College Martin's of Cosmetology, McDonald's Menards, Corporation, Menominee Hotel, Mohican North Star - Bingo and Casino, Olive Garden, Oneida Bingo and Casino, Oneida Business Committee, Oneida Gaming Division, Oneida Family Fitness and Recreation, Oneida Nation on Aging, Commission Oneida Nation Farms, Oneida Nation Museum, Oneida Thunder Wash, LLC., Oneida Retail, Nation Oneida Radisson Hotel and Conference Center, PDQ Carwash, Parmentier's Ninth Street Floral, Perkin's Family Restaurant, Florence Petri,



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) 869-4280.

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 to ensure we get your submission in time for the deadline day. You must follow through and send a hard copy through the mail. E-mail your letters to: Yvonne Kaquatosh – ykaquato@oneidanation.org

Any questions, please feel free to call (920) 869-4280.

Lilly Plass, Potowatomi Bingo and Casino, Rite View Restaurant, Roses Etc., Safari Steak House, Sam's Warehouse, Trina Sanchez, Flowerland, Schroeder's Seroogy's Candy, Skenandore Construction, C & C Smith Electrical, Stadium View Sports Bar and Grill, Tsyunhehkwa, TGHS, LLC (Tweet Garot Plumbing), Three Clans Coffee, Walmart, Wise Women Gathering Place, and Woodman's Food Market.

May you all have a blessed & wonderful New Year.

The Director of Oneida **Elderly Services Florence** Petri & Staff: Tina P., Angela O., Joyce J., Cheryl A., Claudia S., Lorna C., Connie V., Dale W., Michelle C., Cindy B., Sandy C., Amy S., Joanne C., Lorleen J., James S., Glory L., Marty B., Marie S., Barbara S., Sara L., Mildred F., Leland D., Brenda J., Loretta M., Betty J., Pat B., Alfrieda G., Robert L., Richard S., Lee D., Lloyd D., Lisa H., Don B., Jared S., Harold D., Richard D., Cornelius H., Grover S., Jeannine L., Marena P., and Herb P.

the program and said the game experience gained by the younger players is very valuable.

Stevens also credits the girls with their commitment to giving maximum effort, even when injuries and illness has limited their numbers.

"I give them a lot of credit ish to still get out there and play hard,"Stevens said.

Oneida 45 Stockbridge 39 Twyla Danforth lead the charge by pouring in 27 points. The Thunderhawks made eight free throws in the final quarter to hold off the pesky Stockbridge team.

The win was especially important as Stockbridge is in the same WIAA regional as

# Thunderhawk boys lose again

#### **By Phil Wisneski** Kalihwisaks

The Oneida Nation boys basketball team is giving up 72 points per game this season on defense. Against Goodman, the Thunderhawks were right around their average and lost 58-75 to the Falcons in Goodman.

"You can't give up 72 points in a high school game and expect to win," said head coach Scott Murray. "Right now our trouble is on the defensive end."

Oneida was outscored 40-22 in the first and third quarters. That deficit proved to be the difference.

Truman Powless lead Oneida with 18 points and Darrell Skenandore came off the bench to chip in 16.

Oneida improved to 6-7 on the season.

Oneida 14 8 7 16 - 45 Stockbridge 11 10 6 12 - 39 Oneida: T. Danforth 29, S. Danforth 13, Stevens 5. FT:11-14. F: 11.

#### **Oneida 30 Gibraltar 45**

A slow start and a slow findoomed the Thunderhawks as they traveled up to Door County. The Vikings outscored Oneida 22-10 in the opening and closing quarters to get the win.

Twyla Danforth lead Oneida with 12 points while Stakwas Danforth chipped in

Oneida 6 7 13 4 - 30 Gibraltar 12 9 14 10 - 45 Oneida: L. Funmaker 1, 6-9. F: 8.

Oneida: Powless 7, Cantu

11, Hernandez 8, Clary 1

Gutierrez 2, Hill 11

Skenandore 7, J. Christjohn 4

Lynk 2. 3-PT: Cantu

Hernandez. FT: 14-24. F: 28

Fouled Out: Powless, Lynk.

Oneida 44 Sevastopol 78

The Thunderhawks were

dominated on the glass as the

got

after

rebound to take control of the

Truman Powless

Oneida: 15 6 17 6 - 44

Sevastopol 22 20 15 21 - 78

Oneida: Powless 10, Cantu

5, Gutierrez 2, Hernandez 6

Hill 7, Skenandore 8, Lynk 6

Hernandez. FT: 7-11. F: 21

Fouled Out: Hill, Lynk, Gutierrez

Oneida with 10 points.

3-PT: Powless,

offensive

offensive

leac

Cantu

Pioneers

rebound

game.

Oneida 12 15 10 21 - 58 Goodman 21 15 19 20 - 75 Oneida:Powless 18, Cantu 3, Hernandez 4, Skenandore 16, Hill 2, A. Gutierrez 9, Lynk 4, J. Christjohn 4. 3-PT: Powless 2, Cantu, Gutierrez. FT: 8-12. F: 24. Fouled out: Hernandez, Hill, J. Christjohn.

#### Oneida 54 NEW Luth. 89

The Blazers blew the game open in the second quarter by outscoring the Thunderhawks 30-17. The Blazers used a trapping defense that caused numerous Oneida turnovers.

Nick Cantu and Gavin Hill paced Oneida with 11 points each. Freddie Herandez added 8 points for the Thunderhawks.

Oneida: 9 17 14 14 - 54 NEW: 14 30 28 17 - 89

#### Oneida 41 Bowler 25

After trailing 11-10 at the end of the first quarter, the Thunderhawks outscored the Panthers 31-14 the rest of the game.

Twyla Danforth scored 12 of her game high 20 points in the second half.. Lois Stevens chipped in 11 points for Oneida. Oneida's starting forward, Stakwas Danforth, dic not play due to her wisdom teeth getting pulled out earlier in the day.

Oneida: 10 10 12 9 - 41 Bowler 11 2 6 6 - 25

Oneida: McLester 2 Santiago 6, Cornelius 2 Stevens 11, T. Danforth 20. 3-PT:Stevens 2, Danforth. FT January 19, 2006

Section Two

# **Oneida Casino becomes**

concert and entertainment venue Oneida Casino and sports and event facilitator PMI, have teamed up to expand and enhance Ticket Star outlets in Northeast Wisconsin.

The result of this joint business venture became accessible to the public at 9am on

the Oneida Main Casino Northland Ave.; Curry's Concierge began service as an Foods Oneida Casino Ticket Star outlet.

In addition to Oneida's Main Casino Concierge, other Oneida Casino Ticket Star outlet locations are as follows: Resch Center Box Office, 1901 S. Oneida Street;

(Green Bay, WI) – Local Monday, January 9, 2006, as Cub Foods Appleton, 1200 W. Marinette, 1507 Cleveland Ave.; and Dr. Freuds Manitowoc, 921 South 8th Street. Tickets may also be purchased online 24 hours a day at www.ticketstaronline.com, or by calling 800-895-0071 to charge by phone. Customers looking to

attend concerts, sporting events, theatrical productions and other area showcase events may do so by being able to purchase tickets to a multitude of entertainment options with the Ticket Star integrated system.

Oneida Casino regularly hosts popular concerts with international artists both dur-

# **Oneida Casino** World series of **Poker tournament** on FTP site 1/2 pg., full color ad

outdoor concert venue, Pavilion Nights; and throughout the year inside the Radisson Three Clans Conference Center / Oneida Main Casino Complex. PMI manages sporting and entertainment events at the Resch Center, Brown County Veterans Memorial Complex, Leach Ampitheater and the Meyer Theatre.

fifth Ticket Star outlet

 $\mathbf{e}$ 

The new casino outlet will run the same as other outlets with one exception. Casino shows, including the popular Pavilion Nights series, will not be charged a surcharge like at other Ticket Star outlets.

The biggest seller thus far at the casino outlet has been for Disney on Ice. The show is being held at the Brown County Veterans Memorial Arena and takes place February 22-26. Tickets range from \$17.50 to \$50.50. The first day tickets went on sale at the casino over 50 were sold.

"That was our biggest day so far," said Concierge Supervisor Melissa Shimeck. "Business has been off and

on since the first day,"

ing the summer months at its Shimeck added. "Not a whole lot of people realize that we are an outlet yet, so hopefully word gets out there."

> Just recently four new shows were announced.

> The first show is Marty Stuart on February 27. Tickets are \$10 each.

> B.B. King will take the stage on March 13 for his 80th Birthday Celebration Tour. Tickets are \$35.

Toni Braxton will grace the stage for a March 23 show. Tickets for Braxton again will be \$35. Rounding out the new shows will be Engelbert Humperdinck on April 3. Tickets will be \$25.

All shows will take place in the Three Clans Ballroom inside the Radisson Hotel and Conference Center and go on sale February 1 at 10 A.M. All seats are reserved. Tickets are available at all Ticket Star locations and no sur charge will charged for tickets bought at the Oneida outlet. Tickets can also be bought online at ticketstaronline.com or by calling 1-800-895-0071. A limit of 8 tickets per person per show.



#### Kali photo/Phil Wisneski

Concierge employees Melissa Shimeck and Randy Morelock show how easy the new Ticket Star outlet at the Oneida Casino works.

	neida Recreation
TEENVAL	ENTINE'S DANCE
Transfer and alder) are instead	to join us Wednesday, February 15: 2000 at the
	00 p.m. We will be having a dance contest from
	1. Food and drinks will be provided.
Dance rules are as follows:	
1. If dancing in groups, 5 or le	ici per group please.
2. There will be a three minut	
	e contest is encourage, however, you can sign up the
night of the dance unto 7:0	
	ase include the song you will be using to make sure
that the DJ has your my	
	m muce, you can tring your own. NO FOUL walls replicit lyncs allowed Bring edited versions
	strand axbinet alluet onoway Duud careed valuous
	ill be cause for disqualification of the entire team.
Disqualification of a team	
First Priz	r \$100.00 prite
Second Pr	nize \$ 50.00 prize
Third Priz	e \$ 25.00 prize
	could like to sign up for the dance contest, please
cont	act Kim at 833 0010

January 19, 2006 kalihwisaks

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## Trapped Miners Show Amazing Heroism

#### by Isaiah Smith **ONHS** Senior

Twelve miners dead and only one survivor.

The big story last week was about the miners who got stuck down in a mine in Sago, West Virginia. There was a big thing going around about how there was wrong communication. The first word out of the mine was that just one miner was dead and twelve were alive. But they got it wrong and when people in Sago found out that only one

Meet More of

Jacklyn Smith is known by

most people as "Jackie." She

is in twelfth grade – a senior.

In journalism, she's in the

group that writes for the Kali.

She writes articles about peo-

ple and their pets, which is

kind of funny because she has

two cats. One, Baby Ashley,

she loves. The other one,

Oscar, she can't stand

"Because he's always hitting"

by THT Staff

ONHS

her.

miner survived, they got even worse news. All of that, while they were in a church hoping and praying for their family members would be ok in the mine.

When the rescuers went down to see if there were any survivors, they found a mysterious note. It was written by one of the miners, 51-year-old Martin Toler, Jr. The note said, "Tell all I'll see them on the other side, it wasn't bad. I just went to sleep I love you." People are even saying that

Our THT Staff

Jackie isn't sure what she

She lives with her mom,

Sue, and her step-dad, Brian

Pickett. Her dad is Mike

Smith and her step-mom is

Christine Skenandore. There

are a lot of kids in her family.

Her older brother, Johnathan,

In her spare time, Jackie

likes to go to movies, go to

movies or go to the mall. She

also likes to talk on her cell

graduated from ONHS.

phone.

will do next year. She says

she'll "probably sleep late."

the older miners may have given some of their own oxygen to the youngest miner so that he would survive. We had quite a discussion in journalism class about this. Most people didn't think they would pass up their chance to live for someone else. My only thought is – yes, it may be hard for any of us to think of doing this, but it is definitely the right thing to do. We all must sacrifice for others. That's the only right thing to do.

## Student Council Puts ONHS Students in "Lock-In"

hours.

Teachers have said that it

was a great success, there

was no trouble and everyone

had a lot of fun. A lot of stu-

dents are hoping for this to

become an annual thing

because it turned out so well.

Some were skeptical at first

because this has never been

tried before, but there is a

Neset Vega and Student

Council for putting this

[Note: Special thanks to

first time for everything!

together.]

#### by Lois Stevens

ONHS junior and Thunderhawk Times editor-in-chief

On January 6th, the Oneida Nation High School tried something new and fun, a lock-in. For those who don't know what a lock-in is, it is where the students stay in a building for a whole night and are not allowed to leave. And this event turned out very well.

There were many activities planned throughout the night for all the students to partici-

## Truth, Lies, and the Drama....

by Rollie Christiohn

What's up with all the gossip in Oneida? Or in school? Or in your own home? It's not funny how people are talking about other people. I say it's not funny, because sometimes it may be serious, and sometimes, it may not be serious.

But what people don't realize is that they're hurting other people's feelings by what they're doing. And when it's going on, some people are like "so what, they're just jealous." And that's what it is. People are jealous.

# Gadgets Rated on the Cool Factor

by Eliza Pelky **ONHS** Senior

In one of our Journalism classes this past week, we were to read an article on www.msn.com called "Greatest Gadgets of the Last 50 Years."

The number one thing on the list was the "Sony Walkman TPS - LZ" (which

pate in. There was a basketball tournament, in which first place went to Anthony Gutierrez, Josh Christjohn and Lois Stevens. But there was also volleyball, video games played on the XBOX 360, cookie/cake making, movies, board games, pizza, and open gym. These events were planned to last all night and most students were up the entire night (9 p.m.-9 a.m.). Although I couldn't make it for the whole night, I fell asleep at the last couple

In school it's like, "Oh, did don't come around me. If you hear this person is going you're not sure whether you out with so and so?" or "Did cause drama or not, you might you hear what they did this want to take a good look. weekend?" It all starts out These are just some thoughts - if the shoe fits, with the truth and then its gets to more people, and starts to wear it.

to the point were that's not even what happened. Is it the parents who are not teaching their children to mind their own business? Or, is it just in the schools? Or, is just being Oneida? Why do some people act like that's just how it is in Oneida?

I don't like drama and a lot of other people don't either.

get more twisted and twisted

thing that everyone should really think about. Second, was the price of the gadgets. when it first hits the market, well, you are sure are going to be paying the price for it. It's a big part of the Cool Factor.

#### by THT Staff ONHS His name is Scott J. Lynk and he is an ONHS senior.

Scott is an only child, living in Three Sisters all his life. His parents are Fred and Brenda Lynk

Scott likes to play sports such as basketball and golf only to name a few. He also likes to analyze football with his journalism teacher.

younger brother, Pe-Wa-Beck. In his spare time, he likes to play video games and draw.

This 11th-grader doesn't



Her motto is "I think you should feel good about life."

In journalism, he is currently working in the video new group but he has also worked on the parent newsletter and put articles out for the "Kali."

After high school, Scott plans to work and be a part time student at a local college. His motto to live by is "If it ain't broke don't fix it." His advice to other students is "Stay in school."

ism, writing articles for the paper you are reading right now. He came to Oneida in second grade, the day after Valentine's Day.

His motto to live by is

"Live life to the fullest, 'cause

you don't know when your

number is going to be up."

# **ONHS** Senior

If you like to cause drama, it first came out. Learning

this made me think of two factors: First, Number one and Number two on the list If you want the good stuff are both gadgets that have something to do with music. That shows that music has a high impact on people, some-



low-key. Who would have known that this guy was so out there?

His name is Sapatis H.

Menomin, III. His nickname

is "Tis" and he seems pretty

Who's in his family? "A lot of people! My mom, Valleen; dad, John and

know exactly what he plans to do after high school, but he's thinking about college. He is currently on the Kaliwisaks group in journal-

King Kong - The Movie

#### A review by Dwight Hill

#### **ONHS** junior

by THT Staff

The other weekend my girl and I went to go see a movie by Peter Jackson (the director of The Lord Of The Rings Trilogies) called King Kong. The cast was made up of Naomi Watts, Jack Black, Adrien Brody, Andy Serkis, Hanks, Thomas Colin Kretschmann and Kyle

Chandler.

It was is really good movie compared to the old one. I think everyone has seen some clips of the old King Kong. He looks like a big puppet on top of fake buildings. But in this movie you can tell how far technology has come to make a movie like that look close enough to real.

This movie also had a lot of

it action - drama, suspense, and some comedy. I mean, come on, it's got Jack Black in it, though it's kind of hard to take him seriously in this movie because usually he is so much funnier.

But all in all I thought it was worth seeing. So as your movie reviewer, I advise you to go see this movie. I'm petty sure you will like it.

everything you could want in Everyone in the theater did. **Family Winter Fun Day** Games, Activities for all ages! Families are encouraged to participate! January 28, 2005

**Behind the** 

12:00pm - 5:00pm





**Norbert Hill Center** (Dependant on the weather)

Sponsored by On^yoteaka Youth **Council & CAPPS** 

was made in 1979).

I must totally agree on the fact that number one should be a Sony Walkman. Almost everyone has owned a Walkman of some kind. Some have even owned more then one. I myself have owned a couple of cd players (for if the reason to be lost, stolen, or broken).

But why would the first Walkman be Number 1? crossed my mind. Why would they consider that gadget when you can have something more modern? Or something much less expensive?

You can buy a Walkman today for as little as \$14.99 at Wal-Mart. A really good one costs \$49.99. So why is the "Sony Walkman TPS -LZ" the Number 1, when, at the time it came out, it cost \$200. Yeah... crazy stuff.

Then I noticed the way that the editers at PCWorld rated each gadget. They rated them usefulness, design, on degree of innovation, and influence on subsequent gadgets, as well as the ineffable quality we called the "cool factor." After all that they tailed the results.

But of course the Number 2 gadget was the Apple Ipod (2001) – something more modern but something that was also priced at \$399 when

## Native American Mascots

#### Travis by Dessart-Cornelius **ONHS Senior**

[On December 22, students from De Pere High School met with ONHS journalism students to discuss several topics - including Native American mascots used by area schools.]

With the controversy over team names degrading Native Americans, I thought I'd give my opinion.

I think those team names in no way degrade, offend, or intend to project the image of Native Americans in a negative way. To me a team name, or any name for that matter, is intended to provide an accurate representation of how you want your team or product to be viewed. Ford didn't call their Mustang a mustang because they're slow. They call it a Mustang because they believe that animal represents their vision of how that vehicle is. If they called it a "pony" that isn't exactly a proper description of that vehicle, is it?

"Warriors," "Indians" what does that look like in your mind? Is it a name that sounds weak or un-intimidating? I think those teams are called that for a reason, for that image that Native Americans were given on the battlefield.

Everyone always says, "why not make a team called the honkies?" Well, would a "honky" represent your team well?

Everybody seems to want to complain about something for the sake of complaining. But hey, I guess maybe we would be betterrepresented on the cover of a bottle or something instead of our style on the battlefields.

By the way, whoever decided to call our school's teams sports the "Thunderhawks?" Have you ever wondered if the birds might get offended by us being called that? Maybe teams shouldn't be called anything anymore. Someone always seems to get upset.

Education

SZ

S'P

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# Public school open enrollment application period is Feb. 6-24

SZ

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MADISON—Parents who wish to choose the public school district their children will attend next year have an important set of dates approaching: the Feb. 6 to 24 open enrollment application window.

"The open enrollment program is one of many options our state offers parents to be involved in decisions affecting their children's education," said State Elizabeth Superintendent Burmaster in announcing the annual three-week application period.

The February application period commences the ninth year in which Wisconsin law has permitted children to attend public school in a school district other than the one in which they live. Participation in the program continues to grow, with 18,210 students transferring to another school district during the 2004-2005 school year, up from just 2,464 transfers the first year of the program.

Under the full-time public school open enrollment program, parents must apply during the application period to the school district they wish their children to attend. Early and late applications are not accepted. Parents will be informed by April 7 whether their open enrollment applications have been approved or denied.

In most circumstances, transportation is the responsibility of the parent. However, some school districts may

plications

elect to provide partial transportation. Parents with questions about transportation should call both the resident and nonresident school district offices to find out if any transportation will be provided. Reimbursements of some transportation costs is avail-

1				0
able for				th e
1 o w -	Open Enrollment			form.
income			New and	An inac-
parents			Continuing	curate or
whose		Applications	Transfers	incom-
children	1998-99	5,926	2,464	plete
	1999-00	6,691	4,858	*
are eligi-	2000-01	7,616	7,213	form
ble for	2001-02	9,523	9,603	m a y
free or	2002-03	11,859	12,379	result in
reduced-	2003-04	13,770	15,413	denial of
price	2004-05	15,367	18,210	an appli-
lunches	2005-06	16,461	Not Available	cation.
i anono i				oution.

under the federal school lunch program.

The DPI provides the following guidelines for parents who wish to apply for open enrollment:

• Open enrollment deadlines are firm. Application forms must be submitted to the nonresident school district no earlier than Feb. 6 and no later than Feb. 24. early and late applications will be returned. The forms are due in the nonresident school district no later than 4 p.m. on Feb 24; a postmark will not meet the requirement. Hand-delivery of application forms to the nonresident school district is strongly recommended.

• Parents may submit applications to no more than three nonresident school districts for each child during the open enrollment application period. Submitting more than three applications to nonresident school districts will result in all applications being invalidated.

• Forms must be filled out completely and accurately. Contact the local school district office or the DPI if assistance is needed in filling out h e

curate or ncomplete o r m т а у result in denial of an application. Parents may request enrollment in a specific school or program in the nonresident school district; however, enrollment in the requested school or program is subject

to space and other limitations and is not guaranteed. • Most students who attended a nonresident school district under open enrollment

## St. Norbert Job Fair

St. Norbert College will host its 4th annual Full-time Job and Internship Fair Tuesday, Feb. 28, from 3-5 p.m. in the Sensenbrenner Union.

The college is currently looking for businesses and organizations with full-time jobs and internships available that would like to participate in

the fair. The cost for a table is \$50. Interested businesses should register by Tuesday, Feb. 14. For registration information call: (920) 403-

3040 or email: careers@snc.edu

Youth

**Forum** 



last year are not required to reapply for the 2006-2007 school year. However, if the student will be entering middle school, junior high school, or high school in the 2006-2007 school year, parents should call the nonresident school district to find out if reapplication will be required.

• Parents may apply for their children to attend 4vear-old kindergarten under open enrollment only if the resident school district also offers a 4-year-old kindergarten program for which the child is eligible.

Application forms may be obtained from any public school district, from the Department of Public Instruction, or from the DPI's open enrollment website at http://dpi.wi.gov/sms/psctoc.html. More information is available from local school districts or from Mary Jo Cleaver, DPI, 888-245-2732 (toll-free), or

maryjo.cleaver@dpi.state.wi.us

#### Summer Health Career Program/2006 Submitted by: Headlands Medicine, Pharmacy and Indian Health Careers Program

Norman, Okla.-The University of Oklahoma Health Sciences Center is now accepting application for its 2006 Headlands Indian Health Careers Program, to be held June 4 through July 29, 2006, on the OU Norman campus.

American Indian high school seniors and first-year college students that are interested in pursuing a career in the health professions are encouraged to apply for this intense eight-week enrichment program offering mini-block courses in calculus, chemistry, physics and biology. These courses are designed to increase the students' knowledge and prepare them for the required college-level math and science coursework in prehealth programs.

Students again will gain experience in the laboratory, strengthen their communication and writing skill, and attend interactive presentations at the OU Health Sciences Center colleges of Public Health, Allied Health,

Nursing. Field excursions to health clinics and hospitals also are included.

SZ

Travel, lodging and meal expenses will be provided for each student accepted into the program. Applications for the Headlands program can be found at www.headlands.ouhsc.edu or call (405) 271-2250. Application deadline is March 15, 2006.

The Headlands program is sponsored by the Oklahoma Native American EXPORT Center with funding form the National Center on Minority Health and Health Disparities of the National Institutes of Health.

Carla Guy

Training Core Coordinator Oklahoma Native

American EXPORT Center OUHSC College of Public Health

801 N.E. 13th Street, CHB-100

Oklahoma City, OK 73190 405-271-3090 Ext. 46885

405-271-4390 Fax Jacobs Tsotigh

University of Oklahoma

555 E. Constitution Street, Room 121

Norman, OK 73072 (405) 325-8175

## "a C.A.P.P.S. approach to address underage drinking'

Kudos go out to the On<yote>a=ka Youth Group and Oneida Housing Authority for hosting a New Year's Teen Dance at the Site II Community Building on December 29. They had 43 youth attend. Another teen activity for the Oneida Nation High School students was a Lock-in. This was initiated by the student council leaders and the staff persons Carol Johnson and Denis Gullickson worked supported them by rallying the chaperones and aided in planning. Chaperones who volunteered their time to stay up throughout the night with the youth were teachers Becky Nutt, Lance Kelley, Dale Mueller, Carol Martin, Lynn Adrian, to work with the youth. Toni Osteberg and principal Bob Ganka. School police liaison officer Lyle Metoxen and D.A.R.E. officer Jack Mehojah donated their time as well. Special recognition goes to community members Jermaine Delgado, Irene Danforth and moms Karen Mills and Lisa Vega for their commitment to the youth. Thanks also to a few of the OPD officers on duty who stopped in to lend support. Have you also heard that the Civic Center is planning to host a Teen Valentine's Dance. Yes!! It will be for teens (13 and older) on Wednesday, February 15, 2006 at the Civic Center from 6:00 to 8:00 p.m. It will be feature a dance contest from 7:00 to 8:00 p.m. Food and drinks will be provided. Wait, there's more! On<yote>a=ka Youth Group is planning a Family Winter Fun Day for January 28. (Providing there is snow!) Activities behind Norbert Hill Center include sledding, family snow sculpting contest, snow snake, and hopefully snowshoeing! Plus, games and art projects inside NHC cafeteria and a community dinner at 5:00. On February 25 the youth will sponsor a Men's 5 on 5 Basketball Tournament at the Sonny King Memorial Gymnasium. Proceeds will donated by the be On<yote>a=ka Youth Group to the Harriet Alicia Scholarship Fund, which her family creat-

great future**!** 

ed to honor her dedication to education and the youth. The On<yote>a=ka Youth Group meets every Tuesday at the Site II Community Building. All youth age 13 and up are invited to attend.

So, what's the big deal about all this? Our youth are being supported! These activities help to reduce under-age drinking and associated atrisk behaviors by providing an alternative, non-alcoholic activity for the youth. These activities teach leadership skills to the youth where they learn about the community they live in, how to plan and how work together as team! These activities also utilize the community as a resource Studies show that a connection to the community and strong community ties can also strengthen youth and reduce risky behavior because they take ownership in the community they live in. Our youth feel valued when there are opportunities for them, especially when it involves adults who can come around them to support, encourage and mentor them! These teens are our future... It is inspiring to see the community working so diligently to support them! CAPPS (Community Analysis Process for Planning Strategies) is the national model used to mobilize the community to share resources, ideas, and information surrounding an issue. Please join us on January 31, 5:30-7:30 for our next community dinner. Location change!!! This month the dinner will be held at the Parish Hall. Youth and community members have nominated over 50 names of women who have provided support and encouragement in some way. Also, we will have a healthy, traditional meal arranged by Gail Danforth and the Longhouse. Ron Hill will facilitate the evening and Annette Cornelius will present the benefits of natural, indigenous foods! This project is supported by the Bureau of Justice Assistance, Office of Justice Programs, U.S. Dept. of Justice.

Saturday, April 22, 2006 • 7:30 p.m. Social Services Auditorium

NEEDED: People who love to sew and create new looks for our community youth!

Create a new piece of native-influenced clothing for Oneida teen models. Teen models will be provided.

Three categories for competition:

- Special Event Attire
- Sports/School Wear
- Career Bound

**Oneida Nation Arts Program provides** up to \$150-\$200 for materials.

> Pieces will be featured and cash prizes will be awarded in each category at the Saturday, April 22nd Fashion Show.

For an application, more information or to receive a detailed brochure, call ONAP. at 920-490-3833 or visit 🥖 www.oneidanationarts.org

Designer Competition is a unique opportunity for community teens and designers to collaborate in creating native influenced contemporary outfits for a teen's life.

This competition is open to any person of Native descent or community member.





The Fashion Show Design Competition is sponsored by the Oneida Nation Arts Program, with funding provided by the Wisconsin Arts Board and the Oneida Tribe of Indians of Wisconsin.

30th to August 4th, 2006 on the UW-Whitewater campus in Whitewater, WI.

The WI Youth Leadership

Forum is now accepting

applications for the 7th

Annual YLF being held July

Leadership

If you know a high school student with a disability who would like to have fun this summer while sharpening their leadership and selfadvocacy skills and increasing their career awareness, please send an application their way!

There is no cost to the student to attend the YLF.

Applicants must be:

\*Students who have demonstrated their leader ship potential by being active in their school and/or community;

\*Students who have a disability (physical, learning, cognitive, emotional, sensory, etc.);

\*Wisconsin Residents, and; Students who are currently high school sophomores, juniors or seniors. **APPLICATION DEAD-**LINE: February 24, 2006

Direct questions to: Jenny Neugart, neugajw@dhfs.state.wi.us or by phone at **608-266-8778**.

Thank you to our sponsors who make the YLF possible:

Becker Law Office, Capital Times Kids Fund, DHFS -Pathways Projects, Division of Vocational Rehabilitation, Governor's Committee for People with Disabilities, Office of Disability Employment Policy, University of Wisconsin-Whitewater, Wisconsin ADA Partnership, Wisconsin Rehabilitation Association

**UB** (Kay#)

January 19, 2006

kalihwisaks

XXXXX Health & Recreation XXXXXX

# **Oneida Recreation keeps community active**

#### By Mandy Schneider

Oneida Recreation Civic Center Learning Center

The month of December in the learning center at the civic was a great one. The children earned their 500 leaves, and had their ice

Metoxen was rewarded with a prize of his choice for earning 55 out of the 500 leaves needed to reach our goal. YEAH NICK, GOOD JOB !!!! The children are now working on their next goal of 500 good

# January Art News...

By Michelle McCormick Art Specialist - Civic Center

January has arrived and with it brings the New Art Program at the Civic Center. Classes have begun and are available for different age groups. Here are just some of the activities going on for the month of January.

One Hit Wonders - (Ages 7 - 12) Monday and Wednesday Nights, 5:30pm to 6:30pm. 3-D Picture Frames, Felt Puppets, Rolled Brim Hats, Foil Collages and much more.

Multi cultural Night- (All Tuesday Nights, Ages) 5:30pm to 6:30 pm. Australian Rain Sticks, African Mask and Carribean Wind Socks.

All Things Native - (All Ages) Thursday Nights, 5:30pm to 6:30pm. Exploring jewelry making.

We are looking for local native artist who would like to share their talents for this class. If you are interested, please contact Michelle McCormick at the Civic Center.

Art Club - (Ages 12 and up) Monday - Wednesday Nights, 5:00 pm to 5:30pm. Working together to develop field trips to museums, art shows and different functions. Also we are planning to develop our own art exhib-

E&E - (Ages 13 and up) Friday Nights, 6:30pm to 8:30 pm. This is a night set aside for teens to come watch a movie, listen to music, participate in contest, plan events, etc.

The Real Deal - (Ages 13 and up) Monday - Thursday Nights, 7:00pm - 8:30pm. Learning drawing techniques and developing skills. We are looking for teens who are interested in learning and developing their art skills. Also if there are any adults who are interested in attending please call. Next month in February is Color Theory Month. All interested in learning the basics in color and painting please come join us.

Please feel free to come by and see what's happening with the new art program. If you have artistic talent and would like to share your experiences with our youth, please contact us. We would love to hear from you. We are making future plans for an art show in the spring and also we are looking for a location to paint a mural. Any information of a location for the mural would be greatly appreciated. For any comments, questions or concerns, you can email Michelle McCormick macrileys@yahoo.com or

call the Civic Center at 869-1088.

cream party where Nick behavior badges to win a trip to the movie theater. They are off to a banner start earning 18 of the snowballs they need to build their snowman in just two days.

Not only that, the Civic Center children are working hard at completing their Leadership and Teamwork Challenges with only two weeks left to go before the big prize is handed out. Rolly Vande Hei, Bobby Mills, and Christine Afraid of Hawk are neck in neck to win the Leadership Challenge, while the teams of Rolly Vande Hei and Raymond Danforth, Diego Metoxen and Jaycob Johnson, and Jordan Bain and DuWayne Matson are in a dead heat to win the Teamwork Challenge. GOOD LUCK TO ALL WHO ARE PARTICIPAT-ING!

Last, but certainly not least, I would like to mention the winner of the reading corner gift certificate for the month of December, and that person would be Raymond Danforth. Even with all of the excitement of the Holidays Raymond still was able to read a total of two hours, earning himself a \$10 gift certificate to Wal-Mart, and 3 hours worth of play station time. GREAT JOB RAY-MOND!

In conclusion, I would just like to mention that the learning center is open Monday thru Friday from 3:30pm to 8:30pm for homework help. I would also like to mention to the teens that help with job searching, resume writing, financial aid applications, scholarship writing, college application and apartment searching is available anytime after 7pm at the civic center learning center. Once again I hope to see you here.



B-I-N-G-O... The elders' Christmas Bingo party was a huge success. Each elder who attended the gathering brought a non-perishable food item. The elders donated 86 items to the Oneida Food Pantry. The party was held December 21.

# Elders in Action...

#### Submitted by Oneida Recreation

December was a busy and fun month for the elders and January is going to have even more exciting events to partake in. The hit of the month was the Christmas Bingo Party held on December 21st, 2005. There were games, food, presents, a ton of laughter and, of course, BINGO. One of the highlights of the day, besides all the presents, was the 86 food items that were donated to the Oneida Pantry by the elders. Bingo is held every Wednesday from 1:30-3:00 for people ages 55-up.

An event that has been brought back by popular demand in January is Elder Bowling. This free bowling league will take place every other Thursday from 1:30-3:00 starting January 12th. You can come alone or bring a partner and meet us at the Ashwaubenon bowling alley located at 2929 Allied Street in Green Bay The League will run for 7 weeks, with the 7th week consisting of an awards party for all partici-

pants. Light weight ball and ramps will be available. You won't want to miss out on this league!

Another league that you don't want to miss out on that starts in January is our Starting Card Club. January 19th at the County H building we will play various card games including, but not limited to, Rummy and Euchre. Everyone is welcome whether you have played for years or just learning, we want you to participate. This league is free and a great time to sit back enjoy a drink, snack, and socialize with friends.

To sign up for any of the upcoming events or if you have any questions about the Golden Program, please contact Kim Diemer at 833-0010.

# **ATTENTION**

The Oneida Nation Museum exhibit area will be **CLOSED** for the **MONTH OF JANUARY 2006** for renovations.

However, the *Museum Gift Shop* will continue to be open for your convenience.

The Gift Shop's hours of operation are...

# 9–5PM Tuesday thru Friday

Watch for information regarding our Grand Re-Opening Reception in February and have a great HOYAN!

# **Food is Medicine**

ries. It is said that when the as a medi-



cine in the



Submitted by On^yote>a=ka Living in Balance Team

Like many Indigenous people, the Oneida's traditionally believed that food is medicine. This belief still remains today in the Oneida community. Many foods and herbs are used as medicines, for both physical and spiritu-



tant role in family gatherings, spiritual ceremonies and in the community.

It has been said that we have a "spirit to spirit" relationship with food. An example of this is the story of the Three Sisters: Corn, Beans and Squash. The Three Sisters story tells how the

spirits of the plants communicated with people to



teach respect, use and care. In return for the care they receive, the Three Sisters sustain the Oneida people.

Another example of food as a medicine is blackber-

Oneida people received the ceremonies from the Creator, one fatherless boy got instructions from the Creator on how to conduct them. He was told to give the people blackberries at the Mid Winter ceremony because they are used to help the peo-

ple in preventing illnesses and to aid in healing. Blackberries are still given Oneida Mid Winter ceremony today.

Oneida (Ron Hill, Faithkeeper)

For more information please contact Sylvia Cornelius-Waupoose at 496-5352. OLB meets the 1st & 3rd Tuesdays of the month at Ridgeview Plaza, new faces welcome.

For the Best in Native **American Music** *Contemporary* & Traditional Tune in to Kalihwiyose **WPNE 89.3** on your FM dial... Thursdays 10 to midnight.

# Red Cross thanks blood donors

The Blood Drive Committee and the Red Cross would like to thank the 41 blood donors who took the n time out of their busy schedules to participate in the Oneida Blood Drive on Dec. 9th. Because of your donations, 102 lives can be helped or saved!

> Thank you for your dedication to donating throughout the construction project at Oneida Family Fitness. (Especially the donor who walked around the building after being dropped off in the

Huge thanks go to our Blood Drive Committee and

Ella Sauer, Neva Archiquette, Jeanne Kurowski, Barb Truttmann and Casino Maintenance staff, Michelle Mielke and the Oneida Family Fitness staff, Karen Hallada, and Dawn Krines Glatt.

Refreshments were provided by: Brenda and Pat Buckley, Subway owners. Health Promotion, Oneida Community Health Center. Red Cross

Please mark your calendars for the next Oneida Blood Drive to be held on Friday, Feb. 10, 2006. Due to the

blood.

ply.

needs.

patients.

ative blood.

Every two seconds, some **ONEIDA** one in this country needs Only 5% of the eligible **Blood Drive** population give blood. The demand for blood is out-pacing the available sup-Friday, Feb. 10th, 2006 8 am – 2 pm Every day, the Red Cross must collect over 900 **Oneida Family Fitness** blood donations in our region to meet patients' 2640 West Point Rd. Every unit of blood can be Call the Oneida Family Fitness separated into several components, helping save Center today for an appointment the lives of three or more at... All blood types are needed constantly, but there is a special need for O nega-490-3730 tive, O positive and B neg-

continuing construction at Oneida Family Fitness, watch for signs on which entrance to use, or call ahead to find out at **490-3730**. The current entrance is in the back (north) side of the fitness center with parking in the lot next to the apartments (east side of fitness center.)

American

Red Cross



Oneida H istory & R esources

#### "Chronology of Events: Research on Oneidas in Wisconsin 1634-2000"

compilation of activities involving Oneidas in Wisconsin, from their lives in New York to their migration to Wisconsin. Information involving treaties, land transactions, formation of the IRA government, Works Progress Administration, accounts about life and more.

217 pages, \$20.00 plus \$3.95 s/h © 2003

#### "Oneida People, Places, Dates and Events: A Resource Guide"

genealogy guide about Oneida people in Wisconsin from the A early 1800's through the 1940's. Entries include information from census records, diary accounts, land records, church records, boarding school information, civil war records, newspaper accounts and correspondence.

Available on compact disk (cd), \$65.00 plus \$4.95 s/h © 2005

#### Works Progress Administration **167 Notebooks Collection**

welve original collections of the Works Progress Administration (WPA) stories gathered in the late 1930's involving accounts of life on the reservation. This collection contains over 11,000 hand-written pages transferred into typewritten text with cross-referenced indexing.

#### Available on compact disk (cd)--Adobe format. \$150.00 plus \$4.95 s/h © 2005

To see excerpts of the book, go to: www.angelfire.com/on3/oneida

#### Allow 2–3 weeks for delivery!

Mail orders to:	Susan G. Daniels W5507 Porter Road Shawano, WI 54166
Comments:	<u>sdaniels1@tds.net</u>



January 19, 2006

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(Wisk) 5B

Environment Rare big-eared bats found in Eastern Oklahoma

Tulsa, Okla. - A forestry specialist with the Cherokee Nation appraising timber in eastern Oklahoma uncovered a newfound colony of endan-

C

Scientists believe that only Pat Gwin, who noticed the about 2,000 of the bats exist, and roughly 75 percent of those are in Oklahoma.

bats in a cave and thought most of them looked ordinary. "But I saw this one bat that

The Oklahoma bat colony I was a little worried about gered Ozark big-eared bats. was discovered by forester maybe not being run-of-the-

mill." he said. A biologist, Gwin had

studied the animals 20 years ago as a student assistant to a research professor at Northeastern State University.

66 to 100%

He called in Steve Hensley, manager of the nearby Ozark Plateau National Wildlife Refuge.

Hensley, who works for the U.S. Fish and Wildlife Service, confirmed that some of the bats were the rare Ozark big-eared variety.

The men were careful not to bother the colony.

Neither the tribe nor the federal agency will release the landowner's name or reveal the exact location of the bats.

The bats can't be bothered in the summer months, when they're raising their young, Hensley said. If humans come around, the parent bats will abandon the pups.

They can't be bothered while they're hibernating during the winter, either.

If they awaken, the bats will begin burning the energy

#### they've stored from a summer of insect-eating. With no bugs to consume, they'll starve before warm weather returns, Hensley said. The landowner's original

plan to cut and sell his timber would be detrimental to the bats, so tribal and federal officers began searching for money to fund a conservation easement, which essentially would compensate the landowner for not cutting the trees and leaving the bats alone.

The Cherokee Nation came through with the money.

"Imagine yourself in these fiscal times saying, 'I need xnumber of dollars to save some bats," Gwin said. "That's why I really say the Environmental Protection Commission of the tribe really stepped up."

# Easy ways to save energy dollars at home

#### Submitted by Diane Jourdan

Municipal Recycling Program The following ideas come from Wisconsin Electric (or WE-ENERGIES). The advice may be dated, but the rules are still applicable, especially during this high billing season. By following the suggestions listed below you can save energy dollars easily, at no cost, and without tools.

Saving energy dollars works - whether you own or rent. Maybe you rent your house or apartment, rather than own it. Even so, chances are you pay most, if not all of the utility costs. So, whether you own or rent, you can save lots of energy dollars! Check who pays the bills, you or your landlord, for these energy users: Heat, Hot Water, T.V. Air Conditioners, Oven, etc. Even if it is the landlord who pays, your conservation efforts will help-at least it's a strong argument against a possible rent increase! And ou can save a lot of energy dollars year after year! Save look for more suggestions on 10% to 30% – or more – every year! Keep thermostats set for *son*. energy economy. Try these

temperature levels during Heating Season Days: 66° -68° F. When you go out or go to sleep, set for 55° -60° F. If you don't have calibrated controls on your heating unit (degree marks like 70°) adjust the controls to "medium" or "low" or to another number (if they have 1, 2, 3 etc. on the dial). You can check the resulting temperature in the room with a wall thermometer (available at any hardware store).

If a room is not in use, don't heat it more than is necessary. Close the warm air supply register, turn off the electric heating unit, close the damper in a radiating heating unit, use storm windows, keeping the shades down and draperies drawn, and close the door to the room. Cautions: Do not let temperatures fall below 50°. Most of the air supply registers on heat pump systems should remain at least partially open, to avoid damage to the system.

Next issue of Kalihwisaks keeping your family warm throughout this winter sea-

# **ACTIVE CIP Projects – Communication Plans**

#### Submitted by Engineering Department (Part I of II)

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

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

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

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

CIP - 4	Construction phase	The project is bid and constructed.

		P P					
Project No.	CIP Request Date	Project Title	Project Manager	Current Project Phase	% of Project completed	Total Project Budget	Scheduled Completion
94-005	8/26/94	Oneida Cultural Center	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org	CIP - 3	42%	\$22,625,000 estimated as of 2005	To be determined by capital campaign
		ill provide cultural and history services by ed atmosphere, for the use of the Oneida Na nal public.					
Commu	nity Meetings:	The project has had four community mee	tings and will have additional whe	en in the desi	gn phase.		
97-001	10/29/96	Oneida Nation Judicial Center	Dan Skenandore 920-869-4550 dskenan1@oneidanation.org	CIP - 1	5%	To be determined	To be determined
		ill provide appropriate court rooms, law lib al System, which protects the self governan			als Commission	n to carry out their m	ission within the
Commu	nity Meetings:	To be determined. Communication plan	will be included in CIP Package v	vhen develop	oed.		
98-005	FY98	Assisted Living Facility & New Anna John Nursing Home	Dan Skenandore 920-869-4550 dskenan1@oneidanation.org	CIP - 2	30%	\$34,618,000 Estimated	Estimated Substantial Completion: July 2008
	professionals independently	ill provide another option in the continuum who are available to help residents with the and/or may need specialized care for seven and dining space with the other programs in	ir daily routines. Nursing homes re illness or injuries. The propose	offer 24-hou	r a day care for	those who can no lo	onger live
Commu	nity Meetings:	One Community meeting was held on De	c. 15, 2005. Additional meetings	to be determ	ined.		
21-009	FY01	Wastewater Treatment Facility	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org	CIP - 3	64%	\$6,189,000	Estimated Substantial Completion: Nov. 2006
		/ill create a wastewater treatment facility in cing land acquisition costs, maintain afford					daries (sovereignty),

	unity Meetings:	No meetings are planned.					
23-003	FY03	Administration Building	John Bauman 920-869-4585 jbauman1@oneidanation.org	CIP - 3	47%	\$29,700,000	Estimated Substantial Completion: May 2008
	will allow the	ill promote operational efficiencies through co-location of all core Tribal governmental se readily available to Tribal members and o	l and key non-core business units				
Commu	unity Meetings:	One meeting was held and one additional	meeting is planned. Specific date	e has not bee	n determined.		
23-005	2/24/03	Residential Home Sites (infrastructure only)	John Bauman 920-869-4585 jbauman1@oneidanation.org	CIP - 3	36%	\$900,000	To be determined
		proposed to develop home building sites o and be phased over a number of years. Site	•			n. The proposed pro	oject would be for
Commu	unity Meetings:	No meetings are planned.					
23-007	9/8/03	Family Fitness Center Elevator Addition	John Bauman 920-869-4585 jbauman1@oneidanation.org	CIP - 4	85%	\$1,557,500	Estimated Substantial Completion: March 2006
Commu	create a family	ill provide ADA accessability to all levels of y locker room, and consolidate staff work a limited mobility.	reas. The project will address the enter will be sending communication	community'	s request for ac	ccess to all levels of	the center for
		on the availability of the facilities during					
23-404	FY03	Main Casino Master Plan	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org	CIP-1	15%	To be determined	To be determined
	-	oject will define the scope and cost of expa for project approval. The project will conse	-				ill be used in creating a
Commu	unity Meetings:	To be determined. Communication plan	will be included in CIP Package v	vhen develop	ed.		
04-005	FY05	SSB Remodeling - Phase IV	Troy Parr 920-869-4529 tparr@oneidanation.org	CIP - 4	70%	\$1,260,000	Estimated Substantial Completion: May 2006
						-	
		a continuation of the upgrading of the build consist of upgrades to and creation of syst	-		-		ems and spaces. Phase
Commu			-		-		ems and spaces. Phase
Commu 04-009	IV will mainly	consist of upgrades to and creation of syst	-		-		1
	IV will mainly inity Meetings: 2/27/04 The project is	v consist of upgrades to and creation of syst No meetings are planned.	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org	CIP - 3	d building func	s7,796,000	Estimated Substantial Completion: Sept. 2006
04-009	IV will mainly inity Meetings: 2/27/04 The project is	y consist of upgrades to and creation of syst No meetings are planned. Packerland One Stop proposed to include a convenience store, re	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org	CIP - 3	d building func	s7,796,000	Estimated Substantial Completion: Sept. 2006
04-009	IV will mainly inity Meetings: 2/27/04 The project is emerging mar	v consist of upgrades to and creation of syst No meetings are planned. Packerland One Stop proposed to include a convenience store, re ket of the South Packerland Drive area.	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org	CIP - 3	d building func	s7,796,000	Estimated Substantial Completion: Sept. 2006
04-009 Commu	IV will mainly inity Meetings: 2/27/04 The project is emerging mari inity Meetings: 5/19/04	r consist of upgrades to and creation of syst No meetings are planned. Packerland One Stop proposed to include a convenience store, re- ket of the South Packerland Drive area. No meetings are planned. West Mason Street Town Houses proposed to develop between twelve and tw	Wayne Metoxen 920-869-4556 wmetoxen@oneidanation.org estaurant, and casino. The objecti John Bauman 920-869-4585 jbauman1@oneidanation.org	CIP - 3 Ve is to maxi	d building func 60% imize profits by 45%	\$7,796,000 x accommodating th \$1,700,000	Estimated Substantia Completion: Sept. 2006 e needs of the To be determined

Section II of CIP Project will be published in the February 2nd issue of the Kalihwisaks.

# **Oneida Hunting, Fishing, and Trapping Laws Meeting**

When: Tuesday, February 7, 2006 Time: 6:00p.m.-8:00p.m. Where: Ridgeview Plaza Suite 4

This meeting is to discuss possible changes that Oneida Sportsmen may have regarding the Hunting, Fishing, Trapping Laws. If you have any questions, please contact the Oneida Conservation Department at (920) 869-1450.

## Hunter Safety Classes

This class is required for anyone born on or after January 1, 1973

#### February 20 - March 15 and March 27- April 19

Both classes are held every Monday and Wednesday from 6:00 pm-8:00 pm at the Ridge View Plaza, in Suite 4. Class fee of \$10.00 per student, due 1st night of class. Space is limited to 30 students, sign up on a first come first serve basis. Plan ahead, the next Hunting Season will be here before you know it !!! Contact the Oneida Conservation Department @ 869-1450.

## 2006 Spring Turkey Season 4/8/06-5/14/06 Permits go on sale March 1st Cost \$8.00 each

Permits are available to all sportsmen who hold a valid 2005-06 Oneida Sportsman license. Last date to purchase a permit is April 5, 2006. For more information contact the Oneida Conservation department at (920)869-1450.

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January 19, 2006

kalihwisaks



WHEN: Friday, January 27, 2006 *TIME:* 10:00 am – 12:00 pm PLACE: Oneida Elderly Services, 2907 S Overland Rd Refreshments and Respite Care available for your loved ones...For more info. call Tina R. Pospychala at 1-800-867-1551

Rummage Sale WHEN: February 2, 2006 *TIME:* 9:00AM – 3:00PM PLACE: Three Sisters Library & Center, Off Hwy 54 across NWTC to Chief Hill Drive Clothes & Household Items, Indian Tacos and Bake Goods, Dine in or carry outs available. Sponsored by Women's Support Group. Contact Isabel Parker, 498-3340 or Georgia Burr, 592-8682

February 2-6

Third Annual Indigenous Farming Conference 2006 WHEN: February 2-5, 2006 TIME: Various PLACE: Radisson Inn, Green Bay, WI Restoring Food Sovereignty Through Integrating Local Food Systems. Keynote presented by Winona LaDuke. Workshop tracks include: Youth Focus, Family to Community Scale Production, All Levels of Expertise. \$75 registration for tribal affiliations, \$175 registration for nontribal. Contact 920-869-2718. Hosted By: The Oneida Nation of Wisconsin, White Earth Land Recovery Project, Sponsored

By Wisconsin Tribal Advisory Committee

#### February 10

Come and join Dupray Ministries for a night of Gospel music and expressing God's love

WHEN: Friday, February 10, 2006 *TIME:* 7:00pm – 10:30pm PLACE: Norbert Hill Center Auditorium N7210 Seminary Road, Oneida, WI Free Admission (An offering will be taken) For more information call... 920-869-1596

Please call the kalihwisaks office at (920) 869-4280, 4279 or 4277 to include events in this section. Any future announcements must have a contact phone # that can be published to be included in this section.



with a **PUBLISH** 

DATE of...

Thursday,

February 2<sup>nd</sup>, 2006

Questions, please

call: 920-869-4280,

4279 or 4277

Toll Free:

1.800.236.2214

ext. 4277, 4279, or

4280



**Oneida Clocks** \$20

Call Richard at (920) 490-2472 Ext. 16 to order

Do you know a tribal member who is not receiving the Kalihwisaks? Or, have you moved recently and need to update your address to continue receiving the Kalihwisaks without interruption?

Call the Enrollment **Department TOLL FREE at:** 1.800.571.9902 to get the matter resolved! Psst...Your signed request mailed or delivered to Enrollment will ensure delivery to your home!

For the Best in Native

**American Music** 

*Contemporary* 

& Traditional

Tune in to Kalihwiyose

**WPNE 89.3** 

on your FM dial...

Thursdays

10 to midnight.



 $\mathcal{O}$ To our readers... "Good News" submissions mailed in without payment will NOT be published. Payment for "Good News" wishes MUST BE made at time of submission. Please review the follow-Message w/Photo:

- Message Only:
- **1** col. @ \$8.00 **2** col. @ \$16.00
- **1** column @ \$3.00 **2** column @ \$6.00 **3** column @ \$9.00
- ing price options:

□ 3 col. @ \$24.00

(There is an additional \$5.00 charge if message only is over 20 words and message with photo is over 40 word limit!

**Questions?** Call *kalihwisak's* Toll Free at:

1.800.236.2214 Dawn-ext. 4277 • Phil-ext. 4279 • Yvonne-ext. 4280

To place a classified, call the Kalihwisaks 1-800-236-2214

Vacancies **Oneida Seven Generations** Corporation: One (1)vacancy Qualifications: a. All board members must have at least five

Board

(5) years experience in one (1) or more of the following areas: real estate, commercial development, business management, risk management, finance, tribal government or accounting. b. The majority of the members must be voting members of the General Tribal Council, the amount of non-Oneida board members will not exceed two (2). c. The term of office will be five (5) years with the exception of the non-Oneida board member who are limited to one (1) five (5) year term. Deadline date for receipt of applications of February 17, 2006.

# **Legal Notice**

Oneida Appeals Commission: Original Hearing Body: Notice of Probate.

RE: 05-TC-152. In The Matter of The Estate of Alice Cornelius, Deceased. The estate of deceased Alice Cornelius, who is an enrolled member of the Oneida Nation, has entered into probate before a hearing body of the Oneida Appeals Commission. A hearing shall take place on February 7, 2006, at 9:00 a.m. for all heirs and parties-in-interest to the estate, at Legal Notice

the Commission office: located at Ridgeview Plaza. Suite #1. 3759 W. Mason St, Oneida, WI 54155.

Inquiries for additional information may be directed to: Administrator/Clerk

**Oneida Appeals Commission** P.O. Box 19 Oneida, WI 54155 (920) 497-5800

# Job Opportunities

**Department of Corrections** Working Title: Agency Liaison 05-03087 Dane County.

Full Time (40 hrs/week) Salary: The salary will be between \$41,960 and \$65,145. Contact: Denise Kohout, HR Specialist Senior, 608-240-5575, denise.kohout@doc.state.wi.us Deadline to Apply: 1/9/2006 Application materials must be received by 4:30 pm on Monday, January 9, 2005. Exam Information: Exam cannot be previewed. The Department of Corrections, Office of the Secretary is currently seeking an Agency Liaison. This position is responsible for representing the Secretary on various councils and workgroups and is located at 3099 E. Washington Avenue, Madison.

Job Duties: This position serves as the agency' s liaison to Wisconsin Native American Tribes, community-based orga-

## NEW MINI STORAGE UNITS Key Storage, LLC Town of Oneida

W1224 Town Road Green House, on County H.) De Pere



Howard

## Job Opportunities

THE CLASSIFIEDS

nizations and advocacy organizations (including both offender and victim), other state agencies and local governments on issues related to current and future Departmental policies, procedures and programs as they relate to these organizations. The position is responsible for establishing and maintaining working relationships with the aforementioned organizations to ensure proper communication of DOC policies, programs or procedures; receiving feedback from the organization; and working with representatives of the organizations to recommend and implement initiatives or changes to current policies, programs or procedures related to offenders and/or victim services.

Job Knowledge, Skills and Abilities: Knowledge of program assessment and evaluation techniques; ability to speak to diverse groups and audiences: ability to research and analyze complex information: ability to interpret laws, statutes, policies, and procedures; knowledge of the development of policies and procedures; effective written and oral communication skills; and the ability to use a variety of computer programs including Microsoft Office suite for standard functions as well as analytical and report writing functions.

How To Apply: Please send an Application for State E m p l o y m e n t (http://oser.state.wi.us/application.asp), a resume, and a paper limited to two pages per question detailing your training and experience in: 1) policy and program development, evaluation,

# Job Opportunities

and/or programs; 2) researching and analyzing data. In your response, include the methods used to collect data, the type of data analyzed, and how you determined the potential impacts on the organization; and 3) communicating information through written and oral communication. Send completed applications materials to DOC/BPHR; Denise Kohout, HR Specialist, 3099 E. Washington Avenue, Madison, WI 53707-7925. You may also fax completed materials to 608-240-3343 Attn: Denise Kohout.

#### **HELP WANTED KASEE TRUCKING INC.**



We are now looking for midwest drivers. Must be reliable, dependable and be able to pass drug screen and physical. Two years experience and has HAZ-MAT endorsement. Full and part time positions available.

inquiries please call 869-2853 8am-4pm Monday-Friday

## **Items for** Sale

16 Inch Chrome rims and Kuhmo Tires. Fits Honda. May also fit other vehicles. \$400 OBO. Call 884-6377 for more information.

Help Crime Victim - 36" diameter signed hand painted medallion of Sitting Bull purchased at 2001 Gathering of Nations Pow Wow. \$400 or best reasonable offer. Call Diane at 920-435-1462.

## PUBLIC HEARING NOTICE

r r r

Purpose: Amendments to the OPEN RECORDS AND **OPEN MEETINGS Law** to specify the Tribal Secretary role as custodian of the OBC & GTC documents and clarify the availability of draft laws and policies.

**When:** February 7, 2006

January 19, 2006

Where: Business Committee Conference Room **Time:** 11:30 A.M.

If you would like to obtain a copy of the above proposed policy or have any questions as to the public hearing process you may contact Peril Huff at the Legislative Reference Office, via GroupWise phuff@oneidanation.org Or call 1-800-236-2214 or 869-4376. The Legislative Reference Office fax number is 1-920-869-4399. Copies of this proposal are also available on the LOC Website: www.on-loc.org

#### PUBLIC HEARING NOTICE

Purpose: To Adopt the Plumbing Code (New York Law). Pursuant to the Tribe's Land Claim Settlement Agreement with New York State this Code adopts the International Plumbing Code, 2003 edition, including Appendix Chapters, as published by the International Code Council.

When: February 7, 2006

Where: Business Committee Conference Room **Time:** 11:30 A.M.

If you would like to obtain a copy of the above proposed policy or have any questions as to the public hearing process you may contact Peril Huff at the Legislative Reference Office, via GroupWise phuff@oneidanation.org Or call 1-800-236-2214 or 869-4376. The Legislative Reference Office fax number is 1-920-869-4399. Copies of this proposal are also available on the LOC Website: www.on-loc.org

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When: February 7, 2006

Where: Business Committee Conference Room **Time:** 11:30 A.M.

If you would like to obtain a copy of the above proposed policy or have any questions as to the public hearing process you may contact Peril Huff at the Legislative Reference Office, via GroupWise phuff@oneidanation.org Or call 1-800-236-2214 or 869-4376. The Legislative Reference Office fax number is 1-920-869-4399. Copies of this proposal are also available on the LOC Website: www.on-loc.org

#### Did you know... the Oneida Nation has a Website? Did you know...

you can find Oneida Language there?

Click on Departments (at the top), select: Language Revitalization, and then language lessons.

## (Tsya=t@k) 7B

Oneida's

Best

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advancement and continued education in the Hospitality industry. Experienced and/or interested candidates may apply in person, fax or mail resume.

**Atty. Jim Joannes** 435-8159

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

# Three earn black belts at Family Fitness

By Adam Brown **Oneida Family Fitness** 

t was a tough day but a day of celebration, too. On Saturday, December 17 three local Tae Kwon Do students successfully tested for their Black Belts at Oneida Family Fitness.

Eva Domencich, Brickman House, and Drew Jacobsen have all been training in the Korean martial art for several years and their hard work and dedication were paid off as they attained the rare rank. This truly is a special occasion when you keep in mind that only about one in 10,000 people who begin training in martial arts continue far enough to reach the Black Belt level.

Along with their practice of Tae Kwon Do, each student is also cross-trained in Eskrima, the Phillipino stick and knife martial art, as well as Jujitsu, the Japanese art of falling, rolling, and ground grappling. Among the skills the students

demonstrated were many kicking and punching combinations, self defense and sparring skills, as well as knowledge of martial arts history and Korean culture. Also included in the testing process was their chance to break multiple boards, a demonstration of focus and power.

Martial arts coordinator, Kevin Schoenebeck, said, "at this level it's not just about kicking and punching. The Black Belts also learn respect, honor, self discipline, and citizenship skills." Schoenebeck went on to say that at the Black Belt level, students may be eligible to begin teaching the basics to beginning pupils during regular classes.

This is an important event. Eva, Brickman, and Drew have worked extremely hard and deserve congratulations.

For more information on martial arts training, call Oneida Family Fitness at 490-



Oneida Family Fitness 22222

Adam Brown (left) and Kevin Schoenebeck (far right) pose with three new Black Belts, Drew Jacobsen, Eva Domencich, and Brickman House.

# What is "Functional Training"?

#### By David Beiser

**Fitness Specialist** Do you lack strength for specific tasks? Do you, occa-

sionally, struggle with balance and stability? If you answered "yes" to any of these questions, func-

tional training is for YOU! "Functional Training" is intended to increase the functional ability of one's physical body to meet the demands placed upon it. However, if that was the extent of the definition then there are a lot of inefficient training methods out there that could fall under this term. So what more must go into this definition of "functional training"?

Most importantly, there is the question of safety. For and stabilize the weight. example, a person can "train" their body to lift 200lb, but there are many poor methods to train the body to do this. Unfortunately, these methods can also increase the risk that an injury will occur while lifting that amount of weight. True functional training first begins with an assessment of any imbalances that may predispose a person for injury or limit a person's movement ability. Safety also includes how one moves. Oftentimes one must "re-train" the body to move correctly. As people grow and mature they often pick up bad habits of how they move their bodies. In our example, if the person is training to lift 200lb using

poor "form," then this again increases their risk for injury. Therefore, correct "form" must first be learned and practiced properly until the exercise can be done correctly each and every time.

In addition, functional training must include exercises that will increase the body's ability to balance, stabilize, and move the selected resistance safely. The selected exercises must be applicable to "real life" situations. In this regard, some exercises just don't do the body much good. For example, sitting on a machine pushing or pulling doesn't force the nervous system, joints, and muscles to balance Some "non-functional" exercises like these can actually increase the risk for imbalance and injury. In summary, functional training is not only intended to increase the functional ability of one's physical body, but also to do this safely and efficiently while being applicable to life outside the fitness center. A person must make sure they choose exercises that train their body to do what they need it to do safely. Properly done, functional training will accomplish the following:

(develop good "form"). • Increase the stability and

- balance of the body.
- Increase strength applicable in many different situations, positions, and environments.

Interested in finding out more? Come to Oneida Family Fitness for a demonstration/presentation:

Wednesday, February 1<sup>st</sup> at 5:10 PM or

Friday February 3rd at 12:10 PM

You DON'T have to be a member to join us!

For more information, contact Fitness Specialists, David Beiser, Tina Jacobsen, or Stefanie Richter at (920) 490-3730.

# Active for Life Update

## **Oneida Family Fitness Employee** Meet Teresa Roth...

Aquatic Lifeguard at the Oneida Family Fitness Center

Teresa started working at the Oneida Family Fitness Center in February 2002 as a Lifeguard and Water Safety Instructor for the Fitness Center pool. She came to the Fitness Center with 25 years of experience in teaching Water Safety.

Her interests are in music and the water. Teresa was born and raised in Portage, WI. and learned to play the piano at a very young age. While in grade school, Teresa started to accompany choirs on the piano. Shortly thereafter she began to accompany

Trainer/Head for solo & ensemble competitions. Throughout her adult life, Teresa has accompanied on the piano and organ for many different churches and programs around the nation.

Music is not Teresa's only love, however. She grew up around the water and enjoys swimming, snorkeling, and canoeing. She took up SCUBA diving at the age of 15 yrs. and has since received her PADI Master Diver and Divemaster certification. Her favorite type of diving is Great Lakes wreck diving.

In High School, Teresa participated on the synchronized swim team and has coached both swim/springcompetitions. After High School she spent five years enlisted in the US Navy as a hospital corpsman. Teresa spent time stationed at the National Naval Medical Center in Bethesda, MD and also on the island of Guam. Teresa received training in working neurosurgery, general surgery, pediatrics, labor & delivery, ICU nursery, and emergency room. She met her husband while on Guam, got married, and had her first child on the island. She moved back to Wisconsin with her family in 1993 and purchased a small farm house to raise their children. After her children graduated from High School and took off to college, she decided to go back to school and has since received her degree in biology from St. Norbert College. She is now working on a Nursing Degree with a desire to be trained in hyperbaric medicine.

## Fitness Members for the month of January...

Berry has been a member of Oneida Family Fitness for

eight years.

He is currently exercising on a regular basis because his dietician recommended

Berry Skenandore that he do so. This is because he was recently diagnosed as being pre-diabetic. He is hoping to lose enough weight to keep from becoming diabetic. However, one obstacle in his way is his diet. To help change his eating habits, his refrigerator at home now has a lock on it to keep him from eating in the middle of the night. He also tries to eat healthier at work and stay away from the vending machines.

Since exercising regularly for the past several months, Berry has lost several inches, and has lost about twenty pounds. He has also improved on his overall cardiovascular health. He has been exercising with a personal trainer about three times per week, and usually exercises on his own once or twice per week as well.

Berry enjoys exercising at Oneida Family Fitness because of the friendly staff and the other people that exercise there. Besides exercising, Berry works from 9am-3pm, Monday through Friday, and he enjoys following the Green Bay Packers.

Finally, Berry's advice for changing your lifestyle habits is this: "Go workout!".

#### Linda Gerlikowski

Linda has been a member of Oneida Family Fitness for almost ten years. She is currently exercising on a regular basis to lose weight before her son's upcoming wedding. She wants her son to be proud of her, and she wants to be proud of herself. The hardest part for Linda to exercise regularly is squeezing her workouts into board dive teams and has her busy schedule. She gets judged springboard diving up at 5:30am just so she can exercise and be done in time for work at 8am. Besides preparing for her son's wedding, Linda is motivated to exercise to remain healthy as she grows older. This will help her to enjoy her family's accomplishments in the years to come. So far, Linda has lost some weight and toned up her body. She has accomplished this by performing cardiovascular exercise for 30-45 minutes, four to five days a week, and lifting weights three times a week. Linda enjoys exercising at Oneida Family Fitness because it is in the same building she works in. She also enjoys the selection of equipment that is available to use. Besides exercising, Linda enjoys going for walks, boating, going to her family's cottage, and spending time with her family. Linda's advice for changing your lifestyle habits is, "Have a goal and work at it slowly, and keep increasing it until you're where you want to be!". Congratulations to Berry and Linda for their hard work and dedication!

Develop or reinforce cor-

#### **Oneida Family Fitness Staff**

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Michelle Mielke	Fitness Center Director
Todd Shelto	Fitness Center Assistant Director
Lori Bembnister	Fitness Specialist Lead
	Fitness Specialist Lead
David Beiser	Fitness Specialist
Eric Frantz	Fitness Specialist
Tina Jacobsen	Fitness Specialist
	Fitness Specialist
Stefanie Richter	Fitness Specialist
Kevin Schoenebeck	Martial Arts Coordinator
Adam Brown	Martial Arts Instructor
Maureen Cisler	Administrative Assistant
Martina Frechette	Administrative Assistant
Teresa Holschuh-Sieja	Aquatics Director
Nicole Cooley	Lifeguard
	Lifeguard
	Lifeguard
Susan Majeski	Experiential Director
	Experiential Coordinator
	Experiential Specialist
	Experiential Specialist

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.

#### • Correct any existing imbalances or previous injuries of the body.

rect movement patterns

#### By Lori Bembnister Team Captain Coordinator

We had approximately 500 employees on 35 different teams participate in the fourth Oneida Active for Life program. During this program, participants received a pedometer so they could track the number of steps they took daily. This was an 8 week worksite wellness program where participants "virtual hiked" to different areas throughout the United States, depending on their total steps throughout the program. Our final destination and grand prize was a trip for two to The National Museum of the American Indian in Washington D.C. All participants who met Saturday classes in February

Oneida Family Fitness is open on Saturdays, too! Just because it's the weekend doesn't mean you can't work out. We open bright and early at 7am and we close at 2pm.

Plus, every Saturday morning at 9am we offer a different, one hour free group exercise class to keep you moving and motivated. Check out the schedule for February below. It's the perfect opportunity to give some classes a try. February 4–*Circuit* 

Training with Eric February 11-Core Class with David February 18–"Heart Healthy" day, special event in the gymnasium February 25-Body Bar/Abs with Ryan

their weekly goal and completed the 8 week program were entered into the raffle drawing for the grand prize. First place winning departments included Oneida Utilities, OCHC Billing/Medical Records, and Table Games.

After tallying event surveys it was learned that the top three reasons for participating in the program were increased energy, feeling better overall, and improving their body image. Participants felt encouraged to participate, felt good about themselves, felt positive support, and would participate again. The top two reasons that kept people participating in the program: were self-motivated and encouragement from their co-workers. Many also stated that they saw an improvement in morale in their work place.

Congratulations to all of the winning teams and Thank you to all the participants.

We are currently looking for Team Captains for all departments for the next Active for Life program which begins in February. If interested please contact Lori Bembnister at 490-3730.

CUT OUT COUPON

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Teresa love's the Wisconsin Outdoors and loves to teach people how to be safe and have fun around the water.

#### VALUABLE OFFER! PRESENT THIS COUPON TO RECEIVE A FREE TOUR OF ONEIDA FAMILY FITNESS AND EARN A COMPLIMENTARY PASS SO THAT YOU MAY TRY OUR FACILITY THAT DAY AND SEE EXACTLY WHAT WE HAVE TO OFFER FOR YOUR FITNESS AND RECREATION NEEDS! **ONEIDA FAMILY FITNESS** PLEASE BRING PHOTO I.D. 2640 WEST POINT ROAD **ONE TIME USE PER PERSON** GREEN BAY, WI 54304 **COPIES NOT ACCEPTED** (920) 490-3730 COUPON EXPIRES MARCH 1, 2006 / NO CASH VALUE