



ONEIDA Hosts and Impresses CDC pg 2

ONEIDA'S NEWLY ELECTED AND RE-ELECTED OFFICIALS



▲ The Oneida Nation Inauguration Ceremony was held Friday, August 25, 2023 at the Radisson. Top, Oneida Business Committee Councilwoman, Jenny Webster, Councilman Kirby Metoxen, Chairman Tehassi Hill, Councilman Jameson Wilson, Vice-Chairman Brandon Yellowbird Stevens, Treasurer Larry Barton, Secretary Lisa Liggins, Councilman Marlon Skenandore and Councilman Jonas Hill.

◀ Far right, Chief Judge, Court of Appeals Patricia Stevens-Garvey, conducted the swearing in of, far left, Court of Appeals Judge Daniel J. Cornelius, Court of Appeals Judge Michele Doxtator, and Trial Court Judge John E. Powless III.

Recently, at the regular Business Committee Meeting Wednesday, September 13, 2023, newly elected Board, Committee, and Commission Members were sworn in by Secretary Lisa Liggins to fulfill their roles and responsibilities. For a full list, see page 12.



Discover Green Bay, formerly known as the Green Bay Visitor's and Convention Bureau, hosted a ribbon cutting Wednesday, September 13, 2023 for the new Visitor's Center that has been built. This center will host the staff from Discover Green Bay and also have space for Oneida Tourism.

Several years ago, the Nation invested \$1.5 million in this center and heavily advocated for additional funding for the center with the WI State Legislature and the Governor. Over \$800 million in tourism dollars come to this region and the Nation works directly with Discover Green Bay to bring some of those monies into the Oneida community and to our destinations. The community partnerships realized from this endeavor have been beneficial to the Nation.

GTC Meeting • Radisson Hotel • Sun., Oct. 8, 2023 • 2pm

KATHY SAKS

ONEIDA HOSTS AND IMPRESSES CDC



Dr. Seh Welch, Acting Director of CDC Office of Tribal Affairs and Strategic Alliances; Debra Danforth, Oneida Comprehensive Health Director; Councilwoman Jennifer Webster; Dr. Leslie Dauphin, Director of the CDC National Center for State, Local, Tribal and Territorial Public Health Infrastructure and Workforce.

By Garth Webster

Kalihwisaks/Creative Services

The Oneida Nation hosted the 26th Biannual Tribal Advisory Committee (TAC) meeting with the Center for Disease Control (CDC) and Agency for Toxic Substances and Disease Registry (ATSDR) on Wednesday and Thursday, September 6 & 7, 2023 to discuss policies and broad strategies affecting American Indian/Alaska Native communities.

Councilwoman Jennifer Webster, who serves as the CDC TAC Delegate for the Bemidji area, explained that the pandemic prevented these meetings from happening and thus, it was a great honor for Oneida to be chosen as the site for the return of in-person meetings within Indian Country with the CDC after three years, "It's a way to sit with the CDC and our partners to find ways that will help our communities. For instance, we have the child-seat program in Oneida. We, including Comprehensive Health Director Debra Danforth, can identify gaps in these programs to discuss with our federal partners to improve these types of programs." Webster went on to explain how these meetings increase Oneida's and many other tribe's ability to be proactive, "These discussions enable tribes to be in the conversation at the beginning

rather than the end to positively impact policies and regulations."

The TAC's mission is to promote health and quality of life by preventing and controlling disease, injury, and disability through established and ongoing relationship and advice. To exemplify Oneida's sovereignty in this regard, the attendees were given a tour of the Oneida Health Center to witness first-hand the state-of-the-art healthcare facilities and a short video showing the Oneida response to the pandemic advocating for masking and vaccine use. To explain the importance of culture and food sovereignty to tribal public health, the tour participants also experienced Tsyunhehkwa, the Amelia Cornelius Culture Park, the Oneida Orchard, and finally, a healthy meal served at the farmstead of Ukwakhwa followed by a Smoke Dance presentation at the Radisson.



The Tour of Oneida ended at the Radisson with a Smoke Dance Presentation, with audience participation.

On a side-note, although the focus of the meeting(s) were not primarily on the Administration for Children and Families (ACF), Webster shared Oneida Nation's efforts to modify federal funding whereby 80% of ACF funds would be derived from the federal level and 20% from the tribal level. Webster explained how eliminating this 20% tribal match would make it much more affordable for many more tribes to provide family assistance (welfare), child support, child care, head start, child welfare and other programs relating to children and families. This is an example of how Oneida Nation and its programs work with federal Tribal Advisory Committees to advocate for the needs of Oneida Nation and all tribal nations.



Leah Stroobants, seen here providing a little history as she guides the group on a tour of the Amelia Cornelius Culture Park.



Stephen and Becky Webster were gracious hosts at their Ukwakhwa farmstead where attendees enjoyed a healthy and delicious meal.

MCLESTER-DAVIS EPITOMIZES CULTURALLY-DRIVEN AMBITION



By Garth Webster

Kalihwisaks/Creative Services

Dr. Lauren W. Y. McLester-Davis' Oneida name is Yowelunh, which means Soft Wind. She is the daughter of David Davis and Joan McLester and the grandchild of Wendell and Thelma McLester. She was raised in an environment where education was highly encouraged and thus, since attending high school at Notre Dame and eventually graduating in 2014 from West De Pere High, McLester-Davis has ambitiously attended numerous higher education establishments throughout the area.

After high school, McLester-Davis attended Lawrence University in Appleton, WI from 2014-2018 where she double majored to earn her Bachelor of Arts degree in Neuroscience and Biochemistry. From there, she continued her education at Tulane University in New Orleans, acquiring a PhD in Neuroscience. In four years and seven months, McLester-Davis completed her dissertation titled, *Telomere Length: A Biomarker of Neurodevelopment and Neuropsychological Aging for Minoritized Populations*. It was during the latter half of her doctoral research where she had the opportunity to work with

Oneida and their partnership with the University of Wisconsin-Madison's Alzheimer's Disease Research Center (ADRC), which utilized McLester-Davis' dissertation hypotheses to benefit their efforts to combat Alzheimer's and dementia. Specifically, the project looked further into cellular aging and cognitive performance in older generations of minority populations, including Oneida, who contributed blood samples. Previously, this type of study was only completed for Caucasian populations. The hope is that the research will lead to early intervention strategies for Indigenous populations, which is indicative of McLester-Davis' passion, as she explains, to honor her Oneida culture and ancestry, "My focus is make sure that an Indigenous perspective is present when we're asking these questions and also, having early intervention and prevention methods that are applicable to our community."

Currently, McLester-Davis is the Director of Indigenous Science Advocacy as well as a Research Scientist at the University of Wisconsin-Madison, which she recently began in July 2023. Through the Oneida partnership, McLester-Davis cites her enthusiasm to work with Margaret King and Sacheen Lawrence who are proactively doing work here in Oneida for the ADRC to take care of our Oneida elders. She is also happy to be back home where she gets to work with other Native faculty and the Native American Center for Health Professions, where she says, "It's been really enjoyable to be surrounded with individuals who have the same goals and passion as I do." She goes on to explain how the Native American Center for Health Professions is a strong advocate for Indigenous perspectives on healthcare and to recruit and retain future healthcare professionals. Another bonus of being back home is to once again be close to her family, including her grandparents, Thelma and Wendell.

While growing up, her grandma, who worked for the Oneida Higher Education Department and authored many books, instilled the importance of education, always reminding her that, "Education is one thing that can never be taken from you and you have to get your education to understand the various laws and regulations that affect whatever you decide to do." McLester-Davis personifies this approach in both her education and Oneida background.

Continued on PG 6

McLester-Davis Epitomizes Culturally-Driven Ambition

1822 Land Development Company of Oneida and WHEDA Break Ground for Affordable Housing Project



L-R Land Commissioner, Pat Cornelius; Oneida Comprehensive Housing, Lisa Raschenbach; MS2 Project Manager, Sarah Bushie; WHEDA, John Searles; OESC CEO, Jeff House; Chairman Tehassi Hill; 1822 General Manager, Pete King III; Councilman, Jameson Wilson; OESC Board of Directors Chairman John Breuninger, Councilman, Kirby Metoxen; Vice Chairman, Brandon Yellowbird Stevens; Dimension IV Architect Jerry Bourquin; and Bay Bank President, Jeff Bowman.

By Garth Webster

Kalihwisaks/Creative Services

1822 Land and Development Company of Oneida (1822) broke ground on a 35-unit affordable housing project in Oneida on Red Willow Parkway. To help celebrate the event, members of the Oneida Business Committee, Land Commission, and Comprehensive Housing, Oneida ESC Group (OESC), Bay Bank along with Wisconsin Housing Economic Development Authority (WHEDA) and Dimension IV Architects came together Monday morning, September

18, 2023, for a tobacco burning and ground-breaking ceremony.

The development will have a total of 35 units; 24 will be apartment style units in one building and 11 multi-family townhouse style units in a second building. 21 units are designated as affordable housing, meaning the tenant must fall within 60% of the median income level for Outagamie County. Seven units are set aside for supportive and veteran housing and seven units are market rate units.

The \$10 million project is funded through the Low-Income Housing

Tax Credit (LIHTC). LIHTC allows the acquisition, construction, and rehabilitation of affordable rental housing for low- and moderate-income tenants. The federal government issues tax credits to state and territorial governments such as WHEDA. State housing agencies then award the credits to private developers of affordable rental housing projects through a competitive process. Developers generally sell the credits to private investors to obtain funding.

Completion of the construction is targeted for December 2024.



GIRL SCOUTS HONOR ASHLEE MCGEE



Ashlee McGee, shown here with her mother, Danielle. Ashlee is the granddaughter of Daniel & Jane Skenandore.

By Missy Brozek

Girl Scouts Director, Brand & Communications

The Girl Scouts proudly recognizes Ashlee McGee—Girl Scouts of the Northwestern Great Lakes Junior Girl Scout—from Ashwaubenon, WI, for her exceptional display of quick thinking, decision-making, and heroism in a critical situation. Ashlee has been awarded the prestigious Medal of Honor, one of the highest accolades given to girls who exhibit extraordinary bravery and resourcefulness in the face of adversity.

Dating back to 1913, the handbook titled "How Girls Can Help Their Country" listed two medals that girls could earn for meritorious deeds involving saving lives: the Bronze Cross, presented when a girl had shown special heroism or had faced extraordinary risk of her own life to save another's life, and the Silver Cross, presented for gallantry with considerable risk to a girl's life. Even after 110 years,

the tradition of recognizing the heroic efforts of Girl Scouts through Lifesaving Awards continues, with the Bronze Cross and the Medal of Honor now serving as the modern-day equivalents.

Ashlee's courageous actions unfolded when she was at home with her sister and mother, who suddenly began experiencing symptoms of a stroke. In the midst of the emergency, Ashlee exhibited remarkable composure and took charge of the situation. Recognizing her mother's irregular facial features and impaired speech, she immediately alerted her older sister, and together they contacted emergency services.

Despite the high-pressure circumstances, Ashlee assumed responsibility for the 911 call. With unwavering calmness, she relayed crucial information to the dispatcher, accurately described her mother's condition, performed necessary tests as directed, and provided vital details to

ensure prompt and efficient help arrived. Throughout the ordeal, Ashlee remained attentive to her mother's well-being, embodying the true spirit of heroism.

Attaining a Lifesaving Award requires girls to submit a comprehensive application outlining the events leading up to and following the rescue. These awards are exceptionally rare, with our council averaging one or fewer recipients yearly.

Girl Scouts is privileged to present Ashlee McGee with the National Medal of Honor award, symbolizing her selflessness, quick thinking, and unwavering commitment to helping others. Ashlee's exemplary act inspires girls everywhere, illustrating the profound impact that one person, regardless of age, can have on their community. The Medal of Honor will be presented to Ashlee at the Ashwaubenon Village Hall Tuesday, September 26 at 3:30pm.

From page 3/ *McLester-Davis Epitomizes Culturally-Driven Ambition*

Along with her science education, McLester-Davis also took all of the Oneida language classes at the University of Wisconsin-Green Bay while also learning the language from her grandparents. During her time at Lawrence University, she also completed a Nursing Assistant Certificate course at Fox Valley Technical College, and a few other courses at St. Norbert's College and Northeastern Wisconsin Technical College in high school.

As McLester-Davis continues her career at the University of Wisconsin-Madison, she enjoys going on long walks along the lakeshore near Monona Terrace with her fiancé and their German Shepherd, who's Oneida name, Yotahuhtá•ktu, means "She has a crooked ear." Finally, a word of advice from Dr. McLester-Davis for anyone looking to pursue higher education and a great career, "All you really need to know is that you have it within you to do this and not to doubt yourself. Sometimes we can be too humble, but the Indigenous knowledge we carry within ourselves is priceless."

ELDER EXPO REIGNITED



Photos courtesy by Leah Stroobants

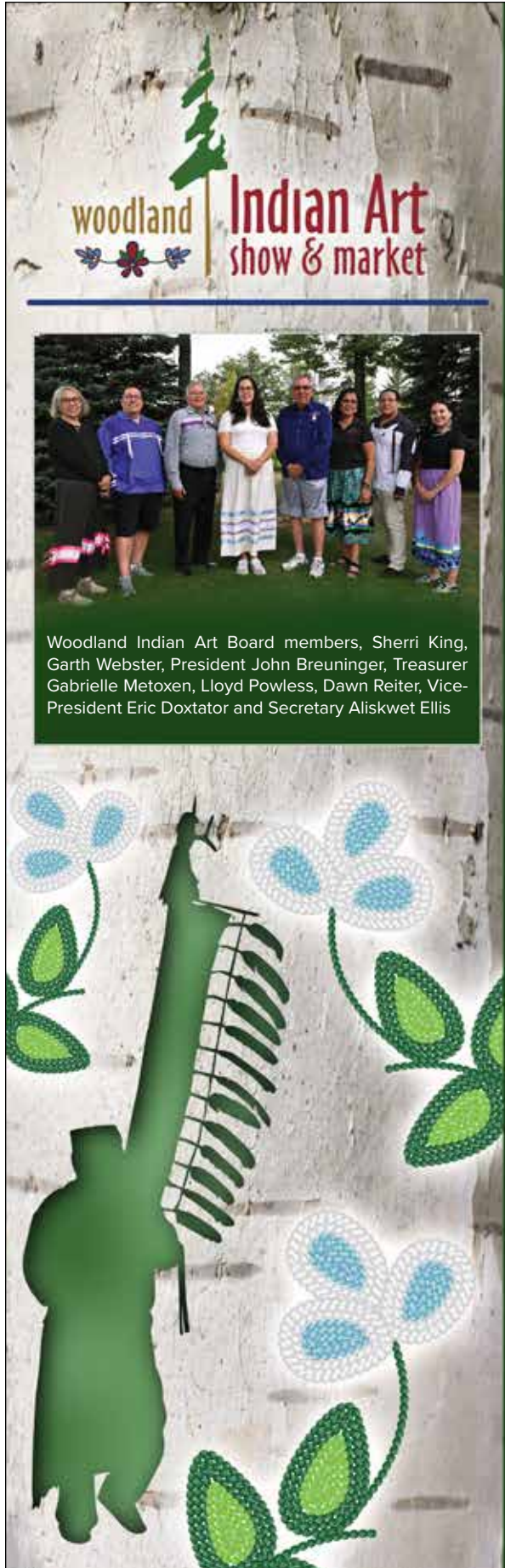
By Sarah Madden
Kalihwisaks Contributing Writer

August 29th, 2023, the Oneida Aging and Disability Services was able to reignite the Elder Expo, which hasn't taken place in 4 years, due to the pandemic. What started out as a small elder gathering in the hallways of the Elder Services building, is now an event with 200 participants in attendance, held at the Radisson Conference Center. The Expo provided information about resources available to Elders which also provided a space for elders to socialize and enjoy a nice lunch. Participants engaged in door prizes, a silent auction, 50/50 raffle, and a photo booth provided by the Cultural Heritage Department. Oneida Aging & Disability Services

would like to thank those that helped make this event a success this year. Especially a big thank you to our ONCOA

Board, Veterans Department, Cultural Heritage Department, and all those that graciously donated any items.





17TH ANNUAL WOODLAND INDIAN ART SHOW & MARKET is Set to Impress, Nov. 10-11, 2023

Garth Webster

Kalihwisaks/Creative Services

The Woodland Indian Art Board (WIAB) Team will hold the 17th Annual Woodland Indian Art Show & Market (WIASM) Friday and Saturday, November 10 & 11, 2023 at the Radisson Hotel & Conference Center as they continue their mission to expand the awareness and appreciation of Woodland Indian arts and culture through education, events, and markets.

Most of the WIAB Team is volunteer-based who simply find pleasure in promoting Woodland Indian art forms as they juggle their work and personal lives while still meeting once per month to coordinate the details of their yearly activities, which of course, culminate at the WIASM. As they do so, they find a way to theme the event. Last year, the theme was Honoring the Youth. This year, with the second day of the event taking place on Veterans Day, the WIAB Team decided this year's theme will be Honoring Our Veterans—Past, Present, and Future. Long time WIAB President, John L. Breuninger, who is also a veteran, discusses how this year's show will be extra special, "Being on Veteran's Day, the 2023 WIASM and our Theme, fits directly into my experience after having served 28 years in the United States Air Force and the United States Public Health Service, retiring as a Captain (O-6) prior to coming to Oneida in 1998. My heart is filled with love and respect for our Uniformed Services personnel and it is great for me to connect our service members with our Oneida

Nation's art and culture along with many other Native American Tribes/ Nations within the Woodland Region of the United States."

The WIAB Team is enthusiastic about this year's show. However, they, along with the Oneida Community and the all those who love Indian Art Forms, go into this event with a heavy heart as they honor the legacy of WIAB founding member, Loretta Webster, who made her journey to the spirit world this past August 2023. Loretta was instrumental in recognizing that preserving Woodland Indian culture and identity should be done in a way to recognize the value of the individual Native American artist's contributions to their respective community's artistic enrichment as well as the importance of Native American Art to the tribal economies of all nations across Turtle Island. For this, Breuninger expresses that the Indian Art world will be forever grateful to Loretta, "It was Loretta's dream that Woodland Indian art and culture be recognized and identified throughout the world as a specific genre, just as the Southwestern style is to that region."

Admission for the 2023 Woodland Indian Art Show & Market is free and open to the public. It promises to be another great one featuring a diverse array of artists selling their creations while competing for cash prizes in a plethora of artistic categories. The show will also feature live entertainment and fashions shows. It's going to be a can't-miss event. Learn more at WoodlandIndianArt.com.

CHARLES MITCHELL'S ART BEAUTIFIES Oneida Casino's Office Areas



Photo courtesy by Garth Webster

Charles Mitchell with two of his paintings, *Nightwinds Guardian* and *Spirit Woman* in his apartment/studio in Appleton, WI.

Garth Webster

Kalihwisaks/Creative Services

Charles Mitchell, a Vietnam era veteran and artist in residence, began his artistic career after studying at the Chicago Art Institute in 1956. After living and working in Chicago, he eventually moved to Wautoma, WI but then eventually settled where he resides today in Appleton, WI.

Through the years, Mitchell has accumulated an extensive list of accolades. He's completed illustration works for many publishing companies, including Encyclopedia Britannica. He also has work that was featured in numerous museums, including the Museum of New Mexico, Fellowship Show in Sante Fe, NM.

His connection to Oneida is, of course, through his paintings. Take a walk through the West Reception area at Oneida's Main Casino and you'll notice his 1990 creation, *Spirit Woman*, hanging directly across from the Reception desk. The Oneida Casino administration purchased the original

painting from Mitchell after he visited them on a sales call.

Mitchell's family is originally from the Fort Peck Reservation in Poplar, MT. Mitchell is also a registered member of the Assiniboine along with being 1/16 Chippewa. With that, Mitchell describes his interest in creating Native American themed images, "They're recorded in my genes." He further explains in the forward of the book, *Sing Back My Bones*, a collection of poems inspired by Mitchell's paintings written by Ellen Kort, "It is said that an artist is really a picturemaker, a story teller who speaks through his hands. When I trace the lifeline in the palm of my hand it connects me to my ancestors...Great Great Aunt Jenny Firemoon, a healer woman who cooked a meal for Sitting Bull and my Grandfather, Charles Mitchell, whose bones are buried on a fenceless hill in the prairies of Montana. I smell sage and burning sweetgrass, know the gathering of stones, the laying of Tobacco, the benediction of a handprint left on the wall of a cave. This is what I paint."

This connection continued when Mitchell attended a pow wow somewhere in northern Wisconsin. His attention was caught by a fancy shawl dancer who had glimmering objects on her regalia, represented by the highlights that fall down to the left and right of *Spirit Woman*. Kort also wrote a poem about *Spirit Woman*.

*If you would call her
let it be softly
as in a dream where air
is thin and fragile
If you were to speak
let it be language
of clay and blood
and honey ~ whisper-
words of stars settling
in for the night
Ask her to take you
to that place
where you floated
all those months
in the sweet pulp
center where petals
opened one by one
lifting the light
Ask her to let loose
her hair dark
brushstrokes of geese
flying See how
the curve of moon
touches her forehead
and if one final sound
needs to be made
ask her to tell you
your story How she
found you spinning
in the hum of water*

We Called Each Other "Oldest Best Friend"

Others will acknowledge Loretta's remarkable accomplishments. I wish to share a bit of our early friendship. It was toward the end of WWII as our war-weary world dealt with food rations, gas rations and small flags that hung in neighbors' windows. A blue star indicating the home of a military service member while each gold star represented a military death.

Loretta and I lived next door to each other separated only by Dr. Hills's little orchard and outhouse surrounded by tall hollyhocks.

Neither of us had toys or dolls or "treats". We simply were in each other's company, completely.

Sometimes we took turns on the swing that hung from Grandmother's Wolf River apple tree. Sometimes we sketched with chalk on the small black slate left for messages from her patients. Loretta yearned for shoes like mine and shoes that matched, and she was deeply moved by the experience of watching her mother make soup from one small piece of meat, then serving the meat to her father, explaining that he most needed it because of his physically demanding job. The broth was served to the rest of the family. There were times when Loretta didn't join me as expected. I would later learn that she was needed for picking produce for the canning factory, but I never heard her complain. Gravel was periodically scattered over the dusty, dirt road we know as Airport Road. Great clouds of dust would explode then disappear as though inhaled by Creator. Now, that was an exciting day!

Over the following decades Loretta has given me many precious gifts but one I'll not be able to hold is the gift of her laugh, spontaneous and joy filled.

Dr. Rosa Minoka-Hill's legacy lives on in the physical presence of families who would not otherwise be alive without her medical interventions. Loretta House Webster's legacy lives on in the numerous cultural awakenings to which

she gave birth. Two remarkable women, neighbors, I've had the privilege to love!

Yawaʔkó

Carol O. Smart



TWAKHWALÓ·LOKS (HARVEST THANKSGIVING)

The Harvest Thanksgiving ceremony lasts for three days, assuming that Kayáto·wá·ná (the Peach Stone Game) lasts only one day.

The first day there are áhsa nikanúnyake Ohstowaʔkówa (Three Great Feather Dances). The first one is for Ionatlih·tú (all of the title holders), the second is for katyóhkwa (the people), and the third is for Shukwayaʔtísu (the Creator).

On the second day, Kayuʔkwáthu (the Tobacco Thanksgiving Ceremony) is the first thing done. Then the Hatúwa Ceremony is opened. This is when our Ukwehu·wé names are put through. The Friendship Medicine Society Ceremony can be done, and Faithkeepers can be raised up (appointed) at this time, also.

Then Oaneho·lú (the Water Drum Dance) is done.

A speaker is chosen to give the Thanksgiving during the dance for all of the cycles of life. Sa·yes (the wild blackberry) is used as a medicine during this dance.

On the third day Kayáto·wá·ná (the Peach Stone Game) is played with Lotiskle·wáke (the Bear Clan) and Lotinyátha (the Turtle Clan) against Lotikwáho (the Wolf Clan). Things deemed appropriate to bet are wampum, turtle rattles, lacrosse sticks, or traditional clothing.

A runner is chosen from each side of the house to go around early in the morning to collect what the people will be using to bet. The items collected from the Bear and Turtle Clans are matched up with items of equal value that are collected from the Wolf Clan. Whatever side of the house wins, they get back what they bet and what was matched up with it.

Then Ohstowaʔkówa (the Great Feather Dance), Kunukwehné (the Old Woman's Dance) and Osahé·ta (the Bean Dance) are sung.



Oneida Comprehensive Health

**Fight the FLU
this Fall!**

Come get your yearly flu shot! We are providing three different dates with a drive thru option to best meet the needs of the community.

2023
**Community
Flu Prevention
Clinic**

Drive-Thru Clinic

**Wed. Oct. 4th
11am-2pm**

Water Circle Place
N7360 Water Circle Place
Oneida, WI 54155
Enter from Olson Rd. (Look for
our signs!

Please Note:

The Drive-Thru Flu Clinic is for participants 5 years and older who can receive the flu shot in their arm. No more than 4 people per car receiving the vaccine.

Walk-In Clinic

**Wed. Oct. 18th
3:30-5:30pm**

Oneida Nation Elementary
School
N7125 Seminary Rd.
Oneida, WI 54155
Enter through Door #1

Walk-In Clinic

**Wed. Nov. 1st
3:30-5:30pm**

Oneida Nation Elementary
School
N7125 Seminary Rd.
Oneida, WI 54155
Enter through Door #1

Flu Clinics are open to
anyone served by Oneida
Comprehensive Health
For questions, please call
Oneida Community
Health at 920.869.4840.



FALL & WINTER WELLNESS: Elder to the Rescue During Cold and Flu Season

**By Sarah Madden***Kalihwisaks Contributing Writer*

As predictably as the changing seasons, children have returned to school, and with their return comes the onset of the cold and flu season. Despite the numerous preventive measures available, including maintaining a healthy diet, ensuring ample rest, engaging in regular exercise, practicing diligent hand hygiene, and receiving the flu shot, it's important to acknowledge that even our most diligent efforts may not always shield us from the unwelcome arrival of a cold or flu.

As we navigate the challenges of cold and flu season, it's essential to explore additional natural remedies that can complement our efforts. Let's delve into how elderberry can be a valuable ally in bolstering our immune systems and helping us stay healthy during this season.

Elder, indigenous to Wisconsin's woodlands, are resilient enough to thrive in all regions of Wisconsin, as noted on wisc.edu, Elder is a versatile plant with various beneficial parts. According to the Oneida Medicinal Plant Field Guide (2020), the bark, flow-

ers, and fruits of the elder plant can be utilized for various health purposes. Elder flowers, for instance, can reduce fevers by promoting sweating.

On the other hand, Elderberries are particularly renowned for their immune-boosting qualities and potent antiviral properties, making them effective against a range of viral infections, and used in the treatment of upper respiratory infections. Because it's rich in essential nutrients like vitamin C, vitamin A, bioflavonoids, flavonoids, phenolic compounds, beta-carotene, iron, potassium, and phytosterols, it makes them an ideal ingredient for crafting a natural medicinal syrup, as recommended in Rosemary Gladstar's Medicinal Herbs, Beginners Guide.

Check out this comprehensive video to making your own Elderberry syrup. Blog.MountainRoseHerbs.com/ElderBerry-Syrup-Recipe

Click or Scan the
QR Code to view
Mountain Rose
Herb blog



MEDICINAL PLANT & FORAGING: Encompasses Plant Wisdom, Culture, and A Little Adventure

By Sarah Madden

Kalihwisaks Contributing Writer

During September 2023, Tehahuko'tha (Randy Cornelius), Cultural Heritage Department Archivist, conducted a series of weekly educational sessions about medicinal plants and foraging. I had the privilege of participating in most of these engaging classes. Each week unfolded as a unique journey, commencing with our gathering in the parking area behind Cultural Heritage, Cottage #3. Our destination for the next few hours remained a mystery, known only to Randy himself. Before every class, Randy dispatched an email outlining the essential equipment required for the day's exploration. For the Wed., September 13, 2023 class, we were advised to bring rubber boots due to the swampy terrain.

Once the entire group was present, Randy shared the approximate location for the day's plant harvest. Some participants rode along with Randy, others closely followed in their own vehicles as we embarked on our journey to the designated spot. The medicinal plant foraging excursions all occur within the boundaries of the Oneida reservation, ensuring a swift arrival for the participants. However, it's after the drive that the true adventure unfolds.

On this day we traveled down an unconventional path to where we parked our cars. Randy revealed that we would be looking for Sweet Flag, which is medicinally used for coughs & sore throats, and shared how to prepare Sweet Flag once harvested. After the lesson, we grabbed our



baskets and tobacco and headed out on foot, following Randy through prickly tree bushes, uneven ground, and dead trees to our swampy destination, an ideal habitat for Sweet Flag.

Randy, put on his waders and meandered into the swamp where he found the Sweet Flag, and began the Tobacco offering, whilst teaching the class the purpose of this offering. The group followed suit, reciting the tobacco offering, sprinkled their tobacco and began to harvest. As I immersed myself in this hands-on exploration of Sweet Flag and the rich cultural traditions surrounding it, I felt my connection to the plant medicine. Its healing treasures deepened my bond with nature and tradition more strongly than ever before. To that, I say Yaww ?kó Tehahuko'tha!



Scan To
Listen

To Tobacco offering
for the Sweet Flag
Harvest



Click or Scan the
QR Code to view
Oneida to English
Tobacco offering



From page 1/ *Board, Committee and Commission Members Take Oaths of Office*



Anna John Resident Centered Care Community Board – Shirley Schuyler (blue shirt, in-person), which is not an elected position but rather, an Oneida Business Committee appointed position, which occurred August 28, 2023.

Oneida Election Board - Vicki Cornelius and Tonya Webster (virtually sworn in)

Oneida Gaming Commission - Mark A. Powless, Sr. (virtually sworn in)

Oneida Land Claims Commission - Kerry Kennedy (virtually sworn in)

Oneida Land Commission - Patricia Cornelius (pink jacket, in-person) and Sidney White (virtually sworn in)

Oneida Nation Commission on Aging - Christina Liggins, Sandra Skenadore, and Winnifred Thomas (virtually sworn in)

Oneida Nation School Board - Candace House (Virtually sworn in) and Katsitsiyo Danforth (black and white shirt, in-person)

Oneida Trust Enrollment Committee - Pamela Ninham (purple shirt, in-person), and Dorothy Ninham (virtually sworn in)

SUMMER SNACK DOWN FINAL BELL

By Kimberly Schulyer

Oneida Retail Enterprise Marketing/Merchandising Manager

Oneida Retail's Summer Snack Down promotion ended last month as the final winner of the Yeti Cooler was announced. The promotion was a great success due in large part to the remarkable staff at the stores. Associates and managers did an excellent job all summer long in promoting the contest and engaging with the customers.



The promotion more than tripled the target goal for the summer. This again is attributed to the staff as nearly all stores increased their sales from last year over the summer.

The excitement for the promotion was built through social media and with in store displays, signs, and specially designed shirts worn by staff. Store vs. Store competition helped fuel sales as well.

We would like to congratulate all the winners of the promotion and we are excited to build on the success with our employees.





Breast Cancer

AWARENESS MONTH
OCTOBER 2023

An Annual Campaign To Raise
Awareness About the Impact of
Breast Cancer.

Get Involved

NationalBreastCancer.org

Schedule Your Mammogram Today!

OCTOBER 2023

**Childbirth &
Breastfeeding Classes
at Oneida Health Center**



**TO REGISTER CALL:
920-869-4940**



- For due dates in October 2023 through February 2024
- Support person encouraged to attend
- Participants encouraged to attend all three classes

Instructors are Oneida Prenatal Nurse Candi and Oneida WIC Dietitian/Lactation Staff

Class 1: THURS., OCT. 5, 2023

• **5:30-7:30pm**

Normal Labor and Delivery
Labor Positions and Coping Methods
Labor Pain Medications and Procedures

Class 2: THURS., OCT. 12, 2023

• **5:30-7:30pm**

Topics: Postpartum Care & Infant Care

Class 3: THURS., OCT. 19, 2023

• **5:30-7:30pm**

Topics: Breastfeeding Basics

**Click or Scan the QR below to
learn more about the
Celebrating 2023 Indigenous
Milk Medicine Week**



Oneida Nation High School

THUNDERHAWK TIMES



Click or Scan
the QR Code to
view additional
Thunderhawk Times
Articles



PREPPING for Basketball

By Marqus Thayer

Even though boys' basketball season doesn't get going until early November, it's never too early to start thinking about it. Especially if you are planning to play.

This writer is looking forward to the upcoming Thunderhawk's season. Last year, the team did okay with a 16-9 record. This year, we are looking to improve on that.

While not participating in any fall sports, I am working hard to prepare myself mentally and physically for one of the longest seasons of high school athletics, one that lasts nearly five months.

Mentally, I am trying to stay focused. Physically, I am working out regularly. Here's hoping the preparation pays off.

Watch these pages as fall sports wrap up and winter sports get going.

IMPRESSIVE Packers First Win

By Evander Alavez-Danforth

What's not to like if you are a Packers fan?

A day after the team's win, fans can be excited. Packers won their first game of the season against their rival, The Bears, with a 38-20 win. Quarterback, Jordan Love, hit on 15/27 passes and threw for 245 yards with two touchdowns. Running back, Aaron Jones had nine carries, for 41 yards, one touchdown and two catches, for 86 yards and that touchdown.

WILD RICING

By Tehatkwa Skenandore

The day was sunny, but a little cool. We loaded up the things we would need, tying the canoes and push poles to the truck.

We arrived at the water by 10 am and set out in the canoes.

We found the wild rice beds and tried to harvest the rice, but there was little rice to harvest.

We did this for 3 days. It occurred to me that this practice has been going on for hundreds of years and that this food, this medicine, was an ancient tradition that had sustained people for a long time.

CROSS COUNTRY – Sustaining the Run

By Lewis Thunder

At 3 miles long, a cross country race is nothing to laugh at. It can be a challenge. Uphill, downhill, and across all kinds of obstacles.

Starting the race out, you are happy. It's a perfect late summer day. The sun is shining. Coach Caleb Anderson's words of encouragement are in your ear.

But as it gets going, you find yourself doubting yourself. "Damn, I'm going to lose."

Your body is starting to feel dead, but your mind says, "Keep going."

Now comes the hard part, getting to that finish line. "This race is taking too long," is one thought you have. Then, "I can do it." Finally, you cross that finish line. You've completed the run. Your thought is "I don't feel good, but I did it."

MURDERED AND MISSING INDIGENOUS WOMEN – An In-Depth Look

Advisor's Note: May is designated as Murdered and Missing Indigenous Peoples Month. May 5, 2023, specifically, was set aside to commemorate women affected by this national tragedy. This topic continues to hold great importance to the Oneida Community and Indigenous communities across the United States, including the

young people of our high school.

Over the next three issues of "Thunderhawk Times," three of our reporters will take a detailed look at this topic, just how widespread a problem it is, and what is being done to address it.

MMIW – The Facts of the Matter

Part One of a Three-Part Series

By Otstokhwi "Osa" Wheelock-Flores

To fully understand the MMIW issue, one should first look at the facts.

Statistics updated this year by the Native Women Wilderness Organization give an alarming look at just how big this problem is:

- Indigenous Women and girls are murdered ten times higher than all other ethnicities.

- More than four out of five Indigenous Women, 84.3 % have experienced violence (National Institute of Justice Report).

- Murder is the third leading cause of death for Indigenous Women (Centers for Disease Control).

- Indigenous Women are 1.7 times more likely than Anglo-American women to experience violence.

- More than half Indigenous Women, 55.5% has been physically abused by their intimate partners.

- More than half, 56.1% Indigenous Women experience sexual violence.

This issue is a culmination of "injustice, colonization, historical trauma, racism, and sexual objectification of Indigenous Women including young girls."

There are more statistics out there to give readers a better handle on this topic. The next part of this three-part series brought to you by fellow reporter Mariah House-Bailie, will talk about the nationwide issues of this problem.

Staff Contributors: Thunderhawk
Times Staff – Semester 1, 2023-2024

Ever Acostak, Willie Adams, Leland Cutbank, Ava Danforth, Evander Alavez-Danforth, Zoe Duxtator, Caliana Guterrez, Asa Hill, Mariah House-Bailie, Cordarrell McIntyre, Lohátiyo Metoxen, Tehatkwa Skenandore, Seagram Stevens, Marqus Thayer, Mikael Thayer, Lewis Thunder, Otstokhwi "Osa" Wheelock-Flores, Advisors: Denis Gullickson and Jeff Martens



2024 Executive & Regular Session OBC Meeting Schedule

Executive Meeting Date	Regular Meeting Date	Agenda Request Due Date:
N/A	Wed. Jan. 10	Tues. Jan. 2
Tues. Jan. 23	Wed. Jan. 24	Tues. Jan. 16
Tues. Feb. 13	Wed. Feb. 14	Tues. Feb. 6
Tues. Feb. 27	Wed. Feb. 28	Tues. Feb. 20
N/A	Wed. Mar. 13	Tues. Mar. 5
Tues. Mar. 26	Wed. Mar. 27	Tues. Mar. 19
N/A	Wed. Apr. 10	Tues. Apr. 2
Tues. Apr. 23	Wed. Apr. 24	Tues. Apr. 16
Tues. May 7	Wed. May 8	Tues. Apr. 30
Tues. May 21	Wed. May 22	Tues. May 14
N/A	Wed. Jun. 12	Tues. Jun. 4
Tues. Jun. 25	Wed. Jun. 26	Tues. Jun. 18
N/A	Wed. Jul. 10	Tues. Jul. 2
Tues. Jul. 23	Wed. Jul. 24	Tues. Jul. 16
Tues. Aug. 13	Wed. Aug. 14	Tues. Aug. 6
Tues. Aug. 27	Wed. Aug. 28	Tues. Aug. 20
N/A	Wed. Sep. 11	Tues. Sep. 3
Tues. Sep. 24	Wed. Sep. 25	Tues. Sep. 17
N/A	Wed. Oct. 9	Tues. Oct. 1
Tues. Oct. 22	Wed. Oct. 23	Tues. Oct. 15
Tues. Nov. 12	Wed. Nov. 13	Tues. Nov. 5
Tues. Nov. 26	Wed. Nov. 27	Tues. Nov. 19
N/A	Wed. Dec. 11	Tues. Dec. 3
Mon. Dec. 23*	Thurs. Dec. 26*	Tues. Dec. 17

*Due to a holiday the submission deadline has been adjusted.

Stroke Prevention Research Study

ARE YOU AN ONEIDA TRIBAL MEMBER?
ARE YOU BETWEEN THE AGES OF 35 AND 55?
DO YOU LIVE IN THE ONEIDA RESERVATION?
DO YOU WANT TO MAKE AN IMPACT IN YOUR COMMUNITY?



School of Medicine
and Public Health
UNIVERSITY OF WISCONSIN-MADISON



**I INVITE YOU TO PARTICIPATE IN THIS STUDY:
 IN THE ROOT CAUSES OF STROKE RISK
 DISPARITY IN WISCONSIN NATIVE AMERICANS**

This study is a partnership between the Oneida Nation and the UW Madison Stroke Team to decrease Stroke and Stroke Risk Factors in the Native American Population.

No cost to participant. All activities are on the Oneida Reservation!

Take care of your health and your family for the next seven generations.

CONTACT AMANDA AT 920.490.3984 OR
 ARIESEN@ONEIDANATION.ORG FOR MORE INFORMATION

**SUPPORT WAS PROVIDED BY THE UNIVERSITY OF WISCONSIN-MADISON
 OFFICE OF THE VICE CHANCELLOR FOR RESEARCH AND GRADUATE
 EDUCATION.**

ONEIDA OPTICAL DEPARTMENT

**WALK-IN EYE EXAMS AVAILABLE
 THURSDAY MORNINGS.**



Registration begins at 8am. Please register in the order you arrived. Patients will be seen on a first come, first served basis. Once registered, please remain in the optical waiting area. Contact Optical department with any questions.

920.869.4921

AMELIA CORNELIUS

~~~~~ Culture Park ~~~~~

## Longhouse Village & Salt Pork Avenue

- 1.** LONGHOUSE
- 2.** SALT PORK AVENUE
- 3.** VISITOR CENTER
- 4.** MEDICINAL GARDEN
- 5.** AMPHITHEATER
- 6.** KAHUK ROAD
- 7.** PARKING LOT





# BIG IMPROVEMENTS UNDERWAY At Amelia Cornelius Culture Park

**Garth Webster**

*Kalihwisaks/Creative Services*

It's an exciting time for the Amelia Cornelius Culture Park as planned improvements from the \$2.6 million set-aside to improve the park are beginning.

Accessible asphalt pathways will be installed between the log homes, Medicinal Garden, Three Sisters Garden, Longhouse and back to the log homes, including ramps to the log home entrances, making it easier for those with disabilities to tour the park. The map also illustrates where the Visitor Center, which will be roughly 3,225 square feet, will be built as well as its parking lot.

Farther south along Hwy 54, the Veterans Memorial is also undergoing continued improvements. Cracks from continued exposure to the elements were sealed and the Wampum

belt design was given some paint touch ups. A ridge cap, with lighting to create ambiance, was also installed to divert water away from the wall. At press time, the ground around the wall is being regraded to help divert water away from the base. In doing so, however, the bricks, some of which were purchased by individuals as memorials, will need to be removed and stored until the groundwork can be completed. Eventually, the bricks will be reinstalled.

Finally, a new bald eagle statue will be installed opposite the existing eagle on the east end of the wall. The new eagle is very similar to the existing eagle's design but is made from bronze. Stay tuned for details for a ceremonial event, which is targeted to happen before Veterans Day 2023, to unveil the improvements at both the wall and park.

► Tarps and trenching are being completed through the park to indicate and prepare the ground for the asphalt pathways.



▲ A sneak peak at the new bronze eagle to be installed at the eastern end of the wall.

► Memorial bricks were removed for the ground surrounding the base of the wall so the surface can be regraded to divert water. The bricks, shown in inset photo will eventually be reinstalled.








## Welcome to the Oneida P.E.A.C.E Trail

Take a stroll along our PEACE Trail, located behind the Elderly Services entrance, for an uplifting experience! It's a trail that gives you the opportunity to reflect, understand and set goals. Appreciation and gratitude can be found along the PEACE Trail.

Watch for details for an upcoming ceremony to officially open the PEACE Trail.

Special thanks to The Aldo Leopold Foundation  for donating the benches along the Peace Trail. **ONEIDA**

## Yawí'kó


*Shekoli Swakwek, I greet you all with a good thought and feeling. I hope that you all are well and are in good health.*

*First I want to say yaw^ko to each and everyone of you for allowing me to represent you as Councilman for the Oneida Nation. It has been the greatest honor and privilege of my life. It has also been my greatest challenge and learning experience and I am forever grateful for that.*

*Please take a moment to click or scan the QR Code to read the rest of my message.*

*Sincerely,  
Daniel Guzman King*





**Fri., Nov. 10, 2023**  
**Doors open 6pm**  
**Event starts 6:30pm**

**Resch Expo**  
**840 Armed Forces Dr.**  
**Ashwaubenon, WI**

Join us for this **FREE EVENT** where we will have live music and a life-changing message. If you need Hope, Healing, Deliverance, or Freedom, this is the event for you.

We are especially honored to have the Oneida Nation VFW Post 7784 Honor Guard with us for this event.

Learn more at [HopeNightWisco.com](https://www.HopeNightWisco.com).

## ONEIDA ESC GROUP COLLEGE SCHOLARSHIP PROGRAM

Oneida ESC Group (OESC) will award up to two scholarships of \$5,000 annually to a high school senior or college senior pursuing a college education in engineering or earth/natural sciences. Scholarships are merit-based; submission of financial information is not required for eligibility.

**Completed applications are due by November 1st**

**Complete applications by November 1, 2023 and send to:**

Oneida ESC Group  
 Attn: Debra James-Brown  
 1033 N. Mayfair Road, Suite 200  
 Milwaukee, WI 53226  
 Phone: (414) 607-6758  
 E-mail: [djames-brown@oescgroup.com](mailto:djames-brown@oescgroup.com)

Applications will be reviewed by a Scholarship Selection Committee and awards will be made by December 1st  
[www.oescgroup.com](https://www.oescgroup.com)

Click or Scan the QR Code to view full Flyer



Oneida ESC Group (OESC) is a family of companies owned by the Oneida Nation that delivers customer-focused engineering, science, and construction services worldwide. Our family of companies include: Oneida Total Integrated Enterprises (OTIE), Mission Support Services (MS2), General Mechanical Corporation (GMC), Sustainment & Restoration Services (SRS), Oneida Engineering Solutions (OES), Oneida Professional Services (OPS), LG2 Environmental Solutions (LG2), Oneida Environmental (OE), and 1822 Land and Development Company of Oneida (1822).



ENGINEERING ■ SCIENCE ■ CONSTRUCTION



HOLY APOSTLES EPISCOPAL CHURCH PRESENTS

# Annual Fall Harvest Dinner

SATURDAY, OCTOBER 14, 2023

PARISH HALL  
2936 FREEDOM RD., ONEIDA

**Serving 11:30am-5pm  
or until gone**

## On The Menu:

|                            |                            |
|----------------------------|----------------------------|
| Roast Turkey               | Corn                       |
| Mashed Potatoes<br>& Gravy | Desserts                   |
| Stuffing                   | Dinner Rolls               |
| Squash                     | Beverage<br>(Dine in only) |
| Cranberries                |                            |

**\$12 - Adult plate or Take out orders  
\$6 - Children 12 & under**

*Just For Fun Raffles*

Please contact the Church Office at  
920-869-2565 for more info.



Just Move It Oneida Presents

# Spooktacular Fun



**Saturday  
October 21st  
9-11am**



**Oneida Nation  
Elementary  
School**

**N7125 Seminary Rd. Oneida, WI 54155**

**WEAR A COSTUME & TRICK OR TREAT  
YOUR WAY AROUND THE WALK ROUTE.**

**CARAMEL APPLE DECORATING & CORN SOUP  
(WHILE SUPPLIES LAST)**

FOR MORE INFORMATION OR QUESTIONS CONTACT HANNA LEISGANG  
E-MAIL: HLEISGAN@ONEIDANATION.ORG PHONE: 920.490.3927  
@JUSTMOVEIT ONEIDA





**ALEXUS IVAN**  
LICENSED LIFE AND  
HEALTH ADVISOR, B.S.

## PROTECT WHAT'S IMPORTANT

Life insurance brings certainty to you and your family's future, providing you peace of mind.

### Life Insurance can:

- Help You Build Generational Wealth
- Prevent Loan Burden
- Serve As Retirement Planning
- Help You Become Your Own Bank
- Act As Income Replacement
- Provide Guaranteed Protection

## Let's Talk About What Works Best For Your Family's Situation

330.575.4842

[HELLO@ALEXUSIVAN.COM](mailto:HELLO@ALEXUSIVAN.COM)

CHECK OUT MY LICENSING CREDENTIALS' HERE:  
[HTTP://ALEXUS.VERIFIEDPRODUCER.COM](http://ALEXUS.VERIFIEDPRODUCER.COM)

# GET MOVING THIS FALL

## AT ONEIDA FAMILY FITNESS

### MEMBERSHIP BENEFITS & AMENITIES.....

- New Cardio & Strength Equipment
- FREE Group Fitness Classes
- FREE Fitness & Wellness Assessments
- Member Incentive programs
- Martial Art Programs
- Walking Track
- Full Court Gymnasium
- Personal Training

#### NEW FACILITY HOURS (Effective October 2, 2023)

Monday—Thursday  
6:00 a.m.—7:00 p.m.

Friday  
6:00 a.m.—6:00 p.m.

Saturday  
7:00 a.m.—1:00 p.m.

**Memberships are  
FREE for  
Oneida Enrolled,  
Oneida Descendants, & Oneida Employees!**

**Stop in to learn how our programs & services can help you!**

Oneida Family Fitness  
2640 WestPoint Rd, Green Bay, WI 54304  
920.490.3730 • <https://oneidansn.gov/fitness>

Click or Scan  
the QR Code  
to view all the  
Family Fitness  
OFF Class Schedule  
Mighty Ninjas



Like us on Facebook!



JOIN THE FUN AT SCREAMS ON THE GREENS  
& SIGN UP FOR

## TRUNK OR TREAT WITH YOUR GOLF CART, THE SPOOKY DINNER BUFFET & MORE!

SATURDAY, OCTOBER 21, 2023 | 4-8 PM

### POST GOLF ACTIVITIES:

- Entertainment
- Trunk or Treat with your golf cart
- Pumpkin Bowling & Mini Golf
- Spooky Dinner Buffet (\$20 per person/adults, \$10/kids - 12 yo & under)
- Family Costume Contest - Winner receives a gift valued over \$300!

TO SIGN UP & PURCHASE  
DINNER BUFFET TICKETS,  
CONTACT OUR EVENTS TEAM!  
[events@golftomberry.com](mailto:events@golftomberry.com)  
920-434-7501 x112 or x115



Please purchase dinner buffet tickets via cash, check, or credit card in person or by credit card via phone.  
Payment in full is required. Dinner buffet sales conclude on October 14, 2023. 920-434-7501 x112 x115  
4470 N Pine Tree Rd., Oneida, WI 54155





**Tsha Tewahsana Hosts First  
Northern & Southern  
Travelers Marathon**

**10K RUN/5 MILE WALK**

**October 14, 2023**

**Sunrise to Sunset**

Athletes,  
Volunteers, **Water Tower Circle**  
Vendors! Go to: **Oneida, WI**

 *Public Welcome!*

**www.tshatewahsana.org**

NEW-TRG


**NATIVE  
IT GROUP**


**OCTOBER  
SCHEDULE** 

[www.NativeTRG.BlogSpot.Com](http://www.NativeTRG.BlogSpot.Com)  
**f @Ktsyohkwa-Ase Hutsya**


**IN PERSON, VIRTUAL, OR LEAVE A COMMENT ON THE BLOG!**

**WALK  
WITH A  
DOC**






**Tuesday, Oct. 10 -  
Mental Health  
OCHC Front Entrance**



**ONEIDA COMMUNITY HEALTH CENTER  
12:10 - 12:45 PM**



Come Join Us! Oneida Comprehensive Health Division's Health Promotion and UW Madison Stroke Team are teaming up. Each walk will have a health related topic the Dr. will talk about and while we walk to enjoy the fall colors, you will be able to ask the Dr. questions. Pace is leisurely. Dress appropriately for the weather.

For More Information Contact  
Amanda Riesenberg,  
Stroke Prevention Wellness Coach  
920.490.3984 •  
[ariesenb@oneidanation.org](mailto:ariesenb@oneidanation.org)

The Wellness Council presents:

**Winter Wellness Talks**

|                                                                                                |                                                                               |
|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| <b>Topic &amp; Date:</b><br>Healthy Holidays<br>November 1, 2023                               | <b>Time:</b><br>12:10-12:45PM                                                 |
| <b>Seasonal Blues</b><br>December 6, 2023                                                      | <b>Location:</b><br>Oneida Health Center<br>North & South<br>Conference Rooms |
| <b>Ahs Niyoliwake</b><br>Three Foundational Matters of Lotinoshuni Wellness<br>January 3, 2024 |                                                                               |
| <b>Heart Health</b><br>February 7, 2024                                                        |                                                                               |
| <b>Nutrition</b><br>March 6, 2024                                                              |                                                                               |
| <b>Alcohol &amp; Substance Use</b><br>April 3, 2024                                            |                                                                               |

Contact Taylor Jean for more information  
or future topic suggestions.  
[tjean@oneidanation.org](mailto:tjean@oneidanation.org) or 920-490-3940





**DIANE BRACKETT****August 20, 1946-September 5, 2023**

Diane Brackett, age 77, of Ashwaubenon passed away on September 5, 2023, at St. Vincent Hospital in Green Bay. She was born on August 20, 1946,

daughter of the late James and Lydia (Metoxen) Skenandore.

Diane worked for many years as a physical therapy aide at San Luis Nursing Home for many years. She was a caring person that was always thoughtful of others.

Diane survived a house fire in 1996. She never gave up on life and was always thankful for what she had.

She is survived by her husband, Larry Brackett; three children: Kevin, Christine (Don), and Danny (Lisa); many grandchildren and great-grandchildren; sister, Roxanne Waterloo; brother, Larry Skenandore; many nieces, nephews, and other relatives.

In addition to her parents, she was preceded in death by a son, Brian Lejman; and five siblings.

Private family services for Diane will take place with a celebration of her life to be announced later.

Muehl-Boettcher Funeral Home, Seymour, is assisting the family with arrangements. Online condolences may be expressed to Diane's family at [www.muehlboettcher.com](http://www.muehlboettcher.com).

The family would like to thank everyone that helped Diane over the years, which allowed her to keep her positive and caring outlook on life.

**LOU ANNE GREEN****September 18, 1942 - August 29, 2023**

Lou Anne Green left the earthly plane in the early hours of the morning on Tuesday, August 29th, 2023. She was born on September 18, 1942, in

Oneida, WI. As a proud member of the Oneida Nation, she lived the majority of

her life on the Oneida Reservation. While she enjoyed living in California and Arizona, home was always Oneida.

She was the youngest daughter of twelve children born to Milton and Mildred (Metoxen) Summers who wed on March 4, 1922. Her parents preceded her in death, her father in 1978 and her mother in 1982. She was also preceded in death by siblings Emmaline Schultz, Lavinia Metoxen, Amanda Summers, Milton Jr "Tony" Summers, Ella Sauer, and Rita Summers. She is survived by siblings Noel "Fudge" Clevlen, Arvilla (Arlie) Doxtator, Jan Frion, Lynn (Claire) Summers, and Phillip Summers.

Lou Anne was always on the go. She liked to go out and interact with people and shop for bargains. She loved her time with her children and grandchildren as well as her brothers and sisters. Her granddaughters lovingly dubbed her GG and it stuck. She enjoyed crafts and working with her hands and was always willing to teach anyone who wanted to learn. She did not like staying in one place and frequently traveled to Arizona to be with her daughter and grandchildren. Up until just a few years ago, she would still drive herself from Wisconsin to Arizona. She loved roadtrips and would often surprise her family by simply showing up at the door just in time for a game of Rummikub. She was a Rummikub fiend, often willing to play well into the night to make sure she was the champion. She also had a love of animals, though she would often not admit it. Her favorite dog to date was Odie, Lauren's dog, who she would often take on car rides to get her coffee in the morning when she was in Arizona. After Odie passed, she warmed up to the new puppy and would sneak him out of his crate at night to cuddle him whenever she could. If she was not loving on the family dogs Odie, Gus, Finn, and King, she was spoiling the family cats with extra treats and toys.

Lou Anne was a kind soul who would do anything for anyone, but she also had a temper. If you crossed her, you would know it. She was not one to hold a grudge so if you apologized and she accepted your apology as being sincere, she would move on. She did not waste her time on frivolous arguments, and you would learn your lesson when she put you on a 'time out.' She was a great supporter of the Oneida Nation and was politically active.

She wanted fair and just treatment for everyone and fought courageously for her causes. She was not one who could be bullied and always did what was right.

Unfortunately, Lou Anne lost her kidney function shortly after Thomas (Jr.) was born. After a time on dialysis, she was the recipient of a donor kidney that she maintained with care for almost 30 years. She referred to her donor kidney as her "redneck kidney" as she received it from a young man who died in Missouri. She honored his memory by taking the best care she could of that part of her and it stayed with her throughout her life.

Lou Anne is survived by her two precious children Laura Carr and Thomas "Tommy" Green. She is also survived by her grandchildren whom she loved with all her heart and soul, Lauren (Parker) Carr, Marissa Carr and Thomas Green Jr (Amber). She is further survived by many nieces, nephews, cousins, and friends.

Lou Anne did not want any funeral services but did want her family and friends to gather for a potluck luncheon. Her memorial luncheon will be held on Saturday, September 9, 2023, from 11 am – 3 pm at the Veteran's Building located at 134 Riverdale Drive, Oneida. Please bring your best stories and dishes to pass as we remember our beloved mother, grandmother, sister, aunt, cousin, and friend.

**DARRELL "SQUITCH" ANTHONY NINHAM****May 20, 1973 - September 10, 2023**

Squitch. He was the clown in the room, and we were his audience.

My "Squitch," my son, was a humble servant to those he loved. My strong-willed boy

who became a man. My right arm and life companion. He took care of me always. From laughter to medical care, he was always there. Squitch loved to unite people through laughter by doing silly things only he could think of. I miss you so much. I love you my crabby old man. Love, your

**Continued on PG 23**

Darrell "Squitch" Anthony Ninham



**From page 22/ Darrell "Squitch" Anthony Ninham**

crabby old lady -Momma BEAR.

On September 10, 2023, Darrell Anthony Ninham, AKA "Squitch," 50, unexpectedly passed away at his home in Green Bay, WI. He was born on May 20, 1973, to the late Gerald Ninham and Kathleen Anderson.

Darrell was an experienced roofer and liked to help others with home improvement projects. Although he never married, he leaves behind his lifelong sweetheart, Danielle John. Squitch loved football and was a huge Green Bay Packers fan. He enjoyed cooking and music such as heavy metal, country, and Spanish. He loved spending time with friends and family. Squitch was an early bird, always up at the crack of dawn. He had to start every day with his morning coffee. He was always smiling, being funny and cracking jokes. Being a member of the Oneida Nation, Squitch was very proud of his native heritage. Squitch will be deeply missed by his family, friends, and all who knew him.

Squitch is survived by his mother, Kathleen Rodriguez; son, Austin; brothers, Geryl, Miguel, Chelo, and Joel; sisters, Leah, Maria, Catalina, Candelaria, Alicia, and Erika. Squitch is further survived by many nieces, nephews, aunts, uncles, and cousins.

Squitch was preceded in death by his father, Gerald and brother, Mario.

Visitation for Squitch will be held on Tuesday, September 19, 2023, at Proko-Wall Funeral Home, at 1630 E. Mason St., from 3:00pm until the time of Funeral Service at 6:00pm. Squitch will be placed to rest at the Oneida Sacred Burial Grounds. A memorial will be established in Squitch's name. Online condolences may be expressed at [www.prokowall.com](http://www.prokowall.com)

May the drums of heaven beat loud and clear. May the earth shake with thunderstorms to celebrate your home coming. May the Angels rejoice as you fall into the arms of Jesus Christ and welcomed by your ancestors. You have touched the hearts of many souls. Never forgotten as you live within us every day.

**LAVON M. SCHANANDORE**  
**June 6, 1951 - August 15, 2023**



Lavon M. Schanandore, age 72, passed away on Tuesday August 15, 2023, in Seymour. Lavon was born on June 6, 1951, in Keshena to the late Elmer and Doris (Chevalier) Schanandore.

In her free time, she enjoyed sewing, beadwork, gardening, and anything that brought her outdoors. Lavon was a generous, kind, gentle, and friendly woman and will be dearly missed by all who knew and loved her.

Lavon is survived by her daughters, Rebecca (Ronald) Cornelius and Olivia (Tom) Blain; a special son, Gary Grignon; three grandchildren, Kateri (Santo Gagliano) Cornelius, Ana Cornelius and Ryan Cornelius; and siblings, Dewey Schanandore, Russel Schandandore, Charles (Linda) Schanandore, Doris Isaac, Roseanna Schanandore, Mary (Alex, Jr.) Menore and Sharon Skenandore. She is further survived by numerous nieces, nephews, other relatives, and friends.

Lavon is preceded in death by her brother, Richard "Coon" Schanandore and her parents, Elmer and Doris.

A funeral mass will be held at 10am on Saturday August 19, 2023, at St. Anthony Catholic Church in Neopit with Fr. Hanz Christian officiating. Visitation will be held at the Alex and Mary Menore Residence, W6710 McCall Street in Neopit beginning Thursday August 17, 2023, at 3pm and continuing until the procession leaves to the church on Saturday.

Lavon's family would like to extend a special thank you to Good Shepherd Nursing Home in Seymour for the wonderful care.

**SHIANN LEE SKARADZINSKI**  
**June 5, 1980 - September 9, 2023**



ShiAnn Lee Skaradzinski, 43, passed away peacefully at St. Vincent's hospital in Green Bay, WI on September 9, 2023, of natural causes with family by her side. She was born in Milwau-

kee, WI on June 5, 1980, to Claudette Parker.

She went to New Berlin High School in Milwaukee, WI and graduated from New Berlin High school. She worked in custodial work from 2000 to 2011. She recently worked at Subway and enjoyed serving customers. She loved spending time with her kids and enjoyed making them laugh. She was very considerate, generous, and had a good heart that wanted to help everyone around her.

ShiAnn is survived by her better half John Tebeau Jr. and children Morgan Tebeau, Angel Tebeau, and John Russell Tebeau, sister Roxanne Danforth, children of Arlinda & Jared Skenandore, children of Martha Armstrong, children of Justin Tebeau, children of Wanda LeFevre, Danny Tebeau, Cousin Deb, dear friend Marissa Powell, and special cousin and dear friend Jody L. LaRock (Detser) and family.

She is preceded in death by her Loving Mom Claudette Parker, Russell & Geraldine Parker, Uncle Jeffery Parker (Mary), Favorite Auntie Leatrice Powless (Leland), Uncle Carl Parker, and Uncle Jr. Andrew Parker (Betty).

Family and friends may call at Ryan Funeral Home, 305 N. Tenth St. De Pere, WI from 4:00 pm to 7:00 pm on Wednesday, September 13th, 2023. Visitation will continue at Holy Apostles Church, 2937 Freedom Road, Oneida, WI on Thursday, September 14th from 9:00 am until the time of mass at 10:15 am with Rev. James Biegler presiding.

A special thank you to Ryan Funeral Home staff, the Oneida Singers, family and friends that have supported us, and the nurses on the 6th floor at St. Vincent's hospital.

**MICHAEL DARON SKENANDORE**  
**March 7, 1992 - August 20, 2023**



Michael Daron Skenandore passed away August 20, 2023. Michael was born March 7, 1992. Michael is the son of Tara Skenandore and the grandson of Reed Skenandore, Sr.

**Continued on PG 24**  
Michael Daron Skenandore

From page 23/ Michael Daron  
Skenandore

Viewing was held Friday, September 1, 2023 at Woodfords Gym from 10am-11am. Burial was at Woodfords Indian Cemetery followed by a dinner at Woodfords Gym. Food donations were gladly accepted.

### JOHN P. SUNDQUIST

April 8, 1946 - September 4, 2023



John P. Sundquist, age 77, of Green Bay, formerly of Oshkosh, passed away Monday, September 4, 2023, surrounded by his family. He was born in Osh-

kosh, WI, April 8, 1946, son of the late Walter and Gladys (Cornelius) Sundquist.

John was a graduate of Oshkosh West High School. He continued his education at NWTC, where he was trained in carpentry. He married Holly Ann Vaillancourt and they shared many loving years of marriage before she passed away in 2018. John worked as a carpenter for Rusty Doemel Excavating years ago.

In his younger years, John enjoyed hunting. John was an avid Packer fan. He was very proud of his Oneida heritage. When Holly Ann became ill, John became her primary care giver. He was a great provider and proud to care for Holly and his sons, Alan and Bobby. His greatest joy was cooking. John was most happy with a home full of family and friends enjoying his delicious cooking. He was overjoyed any time he had visitors.

John is survived by his sons, Alan (Keri Miller) Vaillancourt; grandchildren: John, Aleica, Alan Jr., Amanda and Lexi Vaillancourt, Morgan Miller and Izaiah and Genevieve Vaillancourt and 3 siblings: Marilyn (Bob) Deffibaugh, Leo Sundquist and Jeff Sundquist. He is further survived by numerous nieces, nephews, other relatives and friends.

He was preceded in death by his wife, Holly Ann, a son, Bobby Vaillancourt, sister, Nancy Sundquist-Hyler and brothers: Cliff, Walter, Chuck and Gilbert Sundquist. Visitation will be held at Newcomer-Green Bay Chapel (340 S. Monroe Ave., Green Bay), Sunday, September 10, 2023 from

2-4pm. A funeral service will follow at 4 pm. To leave an online condolence for the family, please visit [www.NewcomerGreenBay.com](http://www.NewcomerGreenBay.com).

John's family would like to thank Gwen, John's care giver, for her cooking and loving care.

### MARILYN JOAN (CORNELIUS) TIPTON

January 30, 1955 - August 20, 2023



Marilyn Joan Cornelius Tipton, 68, of Brooksville, FL passed away on August 20, 2023. She was born on January 30, 1955 to Eastman and Abbie Jean Corne-

lius. Marilyn was a loving mother, grandmother, sister, aunt, and friend, as well as a loving, supportive, and proud military wife. She enjoyed knitting, sewing, and cooking but her happiest years were those spent with her family, especially her grandchildren. They will miss "Nana" until it is time to meet again.

Marilyn is survived by her husband, James E. Tipton, as well as their children James D. (Csilla) Tipton, Justin (Jada) Tipton, and Jennifer (Frank) Tipton Trott and grandchildren Madalyn, Jolivia, Jerod, Willie, Kenny, Kaden, and Karis. She is further survived by her mother, Abbie J. Jarvis, and her brothers and sisters, Eastman (Janice) Cornelius, Jr., Michael (Judy) Cornelius, Richard Cornelius, Linda Cornelius Greene, and Judith Cornelius (Tony) Cole, as well as many nieces and nephews.

She is preceded in death by her father Eastman Cornelius, her brother Roger Cornelius, her grandson Elijah Silva, as well as her grandparents and many aunts and uncles.

The family would like to extend a special thank you to Brewer & Sons Funeral Home in Brooksville, FL for assisting us with compassion during this very difficult time.

## TRIBAL ELDER FOOD BOX PROGRAM



FREE DISTRIBUTION OF  
LOCAL, TRADITIONAL FOODS

ONEIDA

N7372 Water Circle Pl.

Oneida, WI 54155

Fridays at 10 am

October 13 & 27

Thurs. Nov. 9

\*3 pm

(due to oneida tribal holiday)

December 1 & 15

For Questions Contact:  
Marilyn King at 920.869.1041

## Seeking CLASS OF 2023 College Graduates! COLLEGE GRADUATE PICTURES

SUBMIT PHOTOS BY,  
THURSDAY, NOVEMBER 2, 2023

If you graduated or anticipate graduating college in 2023, the Kalihwisaks would like to recognize your accomplishment.

Email your photo, the name of your College, and degree to

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

Deadline to submit: Thur, Nov. 2, 2023.

Photos will be published  
in the December 2023 edition.



## KUNHI-YO “I’M HEALTHY” PARTICIPANTS MAKE IT A MEANINGFUL DAY



Don Coyhis addresses the audience regarding “human” problem of substance abuse.

**By Chris Christenson**

*Leonard & Finco Public Relations, Inc.*

More than 300 Oneida community members participated in Oneida Behavioral Health’s (OBH) KUNHI-YO “I’m Healthy” conference Thursday, August 31, 2023 at the Radisson to acknowledge International Overdose Awareness Day.

This year’s all-day conference featured opening and closing ceremonies with the Sacred Hoop; talks by Dr. Joan Groessl, Don Coyhis and Dr. Cary Waubanasum Hawpetoss; performances by the Oneida Hymn Singers, Onedia Veterans, the Smoke Dancers and Hip Hop artist SUPAMAN. The goal of the event was to raise awareness about drug overdoses, reduce the stigma of drug-related deaths and acknowledge the grief felt by families and friends. Speakers shared messages of hope, healing, harm reduction and healing from historical trauma. “It was a fantastic turnout, and we thank everyone who participated,” stated Mari Kriescher, Behavioral Health Director for Oneida Nation.

“Events like Kunhi-Yo are critical to encouraging open discussions about both healing and prevention,” added Kriescher. “It is so impactful to hear not only from the speakers and artists, but also from attendees who willingly share their stories. Overdose is happening all around us. We have to talk about it because it will take every single one of us to bring about healthy, positive change.”

Speaker Don Coyhis described overdose as not just an “Indian problem” but as a “human” problem. He shared the Sacred Hoop, which he says has four gifts: the power to forgive the unforgivable, the power to heal, the power of unity, and the power of hope.

Over the past year, dozens of Oneida Nation members lost their lives to overdose. In hopes of preventing further deaths, Behavioral Health staff distributed harm reduction resources during the event, including NARCAN and fentanyl test strips. NARCAN and fentanyl test strips are available free of charge throughout the year at OBH offices.

### *The Sacred Hoop*



White Bison, Inc. the keeper of The Sacred Hoop of 100 Eagle Feathers that carries the four gifts of healing, hope, unity and the power to forgive the unforgivable. Elders of the four directions, red, white, black, and yellow, placed these four gifts into the Sacred Hoop in 1994 at a multicultural Elders gathering and ceremony in Janesville Wisconsin at the Dedication of the Sacred Hoop. The Sacred Hoop was carried to many Indian and non-Indian communities in the US and Canada over the next years and continues now. People from all four directions, came to find forgiveness for themselves, their families and their communities. Wherever people sought recovery from alcohol and drug abuse, there went the Sacred Hoop. Wherever people sought healing from family violence the Sacred Hoop was there. Thousands and thousands of people have prayed with the Sacred Hoop. ~ From the Red Road to Wellbriety in the Native American Way pp. 148-150.



## Tsyunhehkwa invites you to it's 30th Annual Harvest & Husking Bee

SATURDAY, OCTOBER 7  
*Time: 11-3*

Location: 139 Riverdale Dr, Oneida

Free Corn Soup & Apple Cider  
Music  
Wagon Rides  
Corn Husk Doll Making  
Apple Pie Contest

**ONEIDA**

## ELDER & DISABLED HAZARD TREE SERVICES



- **WHO QUALIFIES:**  
Oneida members 55 and over or disabled Oneida members.
- **SERVICES PROVIDED:** Storm Damage, Hazardous Tree Removal, Treat or remove dying trees.
- **SERVICES PROVIDED BY:** Collaboration between Oneida Conservation, Oneida Environmental Health & Safety and Epic Tree Care.

\*To start the process for assistance with storm damage, hazardous trees or treating/removing dying trees on property, call 920-869-1600 and let the receptionist know why you're calling. A form will be filled out and routed to the appropriate department.

 **920.869.1600**

## Oneida Bird Program Community Day!

Saturday, Oct. 7th  
9-11am

Explore Oneida Nation's restored lands, share stories, and connect with community!

### Family-Friendly Event & Open to All!

#### Event Schedule

- **9:00am** - Opening Address by Tehahuko'tha (Randy) Cornelius
- **9:30am** - Guide Nature Walk
- **Ongoing** - Arts & Crafts, Food & Drinks



Scan QR Code for Parking Location!  
giesse@uwgb.edu



**Yawłkó  
Thank You!**

**Snacks,  
Drinks, Bug  
Spray & Gifts  
Provided!**

   
**Rain or Shine!  
Tent on site.**





# LEGAL NOTICE

## Notice of Probate Hearings.

Setting Time and Notice to Interested Parties and Creditors. The following estate is being prepared for probate by the The Oneida Nation, Land Commission Hearing Body.

Grace Koehler, Probate,  
Oneida Nation, Land Management,  
PO Box 365, Oneida, WI 54155,  
920-869-6610  
gkoehler@oneidanation.org



First published notice 9/23 • Second published notice 10/23

### In the Matter of the Estate of Oscar S. Schuyler, Case No. 2023 LCP 0001

1. An application for probate was filed.
2. The decedent with a date of birth of 1/24/1937 and date of death 3/16/2023, was an Oneida Nation member and domiciled on the Oneida Reservation at 3130 Jonas Circle, Oneida, WI 54155
3. **The deadline to submit claims is 10/17/2023.**
4. All interested persons are hereby noticed.

To attend a scheduled hearing virtually contact: Grace Koehler, Probate, Oneida Nation, Land Management, PO Box 365, Oneida, WI 54155, 920-869-6610 or gkoehler@oneidanation.org. Dated: 10/18/2023

**October 23rd, 2023, beginning at 4:00 p.m. (via Microsoft Teams platform) A debt claim deadline of 10/17/2023.**

## NOTICE OF PUBLIC HEARING-ONEIDA ZONING

Oneida Land Commission • Little Bear Development Center • N7332 Water Circle Place, Oneida, WI 54155

Monday, November 13, 2023 • 4:30pm

The Land Commission will be holding a Public Hearing on November 13, 2023, for the purpose of rezoning the following property:

| Parcel Number: | Current Zoning District:        | Proposed Zoning District: | Comments:                                 |
|----------------|---------------------------------|---------------------------|-------------------------------------------|
| HB-1358        | Single-Family Residential (R-1) | Commercial (C-1)          | Rezone for Commercial Development.        |
| 170200100      | Single-Family Residential (R-1) | Commercial (C-1)          | Rezone for future Commercial Development. |

Written comments are due prior to the November 9, 2023. Written comments may be submitted in one of the following ways:  
email mcannon@oneidanation.org; mail to: Oneida Zoning Department, Attn: Misty Cannon, P.O. Box 365, Oneida, WI 54155;  
or drop off at Little Bear Center at N7332 Water Circle Place, Oneida, WI 54155.

This request is being completed in accordance with the Oneida Code of Laws-Chapter 605: Zoning and Shoreland Protection Law.

### Microsoft Teams Meeting Info:

|                                     |                                                        |                                  |
|-------------------------------------|--------------------------------------------------------|----------------------------------|
| Computer, Mobile app or Room device | Meeting ID: 259 133 579 93                             | Passcode: D9aZ5Z                 |
| Or call in (audio only)             | +1 920-455-8831, 99902659#<br>United States, Green Bay | Phone Conference ID: 999 026 59# |

# ONEIDA JUDICIARY

Tsi nu téshakotiya?tolétha?

## TRIAL COURT



## NOTICE OF INTENT TO GARNISH

Debtor's Names:

Donavan Danforth

Nizohonie Gilsoul

Fernando Silva Jr.

Marcus Skenandore

Payment can be made either in person at the Oneida Trial Court located at  
2630 West Mason Street, Green Bay, WI 54303;  
or by mailing said payment to Oneida Trial Court P.O. Box 19, Oneida, WI 54155

Oneida entities owed a debt: ONEIDA TRIAL COURT

First published notice 10/23

# P.Y.O.

## A P P L E S

REGULAR HOURS:  
THURS.  
NOON-5:30PM  
  
FRI.-SUN.  
9AM-5:30PM

3976 WEST MASON ST.  
ONEIDA, WI 54155 • (920) 869-2468  
exploreoneida.com OneidaApples

## Join Us For Our Annual Oneida Community Feast

**Thursday, November 23, 2023**  
**10 am - 5 pm**  
**At Parish Hall**  
**2936 Freedom Rd., Oneida**

Let's give thanks  
and give back to our community!

Please see our sign up link for  
donation list <https://shorturl.at/abFIJ>

For more information  
contact  
Duwayne Matson  
920.600.1029

| ONEIDA CROSSWORD PG 31 |                |
|------------------------|----------------|
| ACROSS                 | DOWN           |
| 1. Plate               | 1. White Corn  |
| 2. Soap                | 2. Telephone   |
| 3. Floor               | 3. Raspberry   |
| 4. Door                | 4. Blueberries |
| 5. Blackberry          | 6. Strawberry  |
| 15. Chair              | 11. Couch      |
| 16. Squash             | 12. Sink       |
| 17. Knife              | 13. Television |
| 18. Bed                | 14. Table      |
| 20. Spoon              | 19. Fork       |
| 21. Clock              | 21. Cup        |



**SAVE THE DATE!** **NOV★4** **11AM-5PM**

**Holiday Open House**

**"HOLIDAY POP-UP"**

Calling All Artists, Crafters & Vendors

Saturdays 11/18 thru 12/23 | 11am-5pm

\$25 fee includes 6ft table & chair. Limited spots.

Call or stop in to reserve your spot, or for more information.

**ENTER TO WIN \$100 Store Gift Certificate**

**Inward Bound**

1641 Commanche Ave. Suite D | Green Bay | (920) 785-4318 | Open: Sun & Mon 11AM-3PM, Tues-Sat 11AM-5PM



## Yeyathókwah Wahnitale HARVEST MOON

Join us for opening harvest weekend to  
**PICK, HUSK, and BRAID** corn together.

**SAT SEPT 30 & SUN OCT 1**

**The Barn** 1600 S Pine Tree Road  
De Pere, WI 54155

Click or Scan QR Code to read  
the press release of the event!

Get Directions:

<https://qrco.de/belqeq>



Find us on Facebook:  
**@AmongTheCornstalks**



## BOOST YOUR BRAIN Diet & Lifestyle

### 5 Ways to increase brain function



#### DIET

##### FOOD THAT INCREASE NEUROGENESIS

Fish Oil - Green Tea - Curcumin - Blueberries -  
Hesperidin (Methyl Chalcone), High Fiber Foods

##### FOODS THAT DECREASE NEUROGENESIS

Industrial Seed Oils (Canola, Soybean, Cottonseed  
& more), Refined Sugar, Refined Carbs

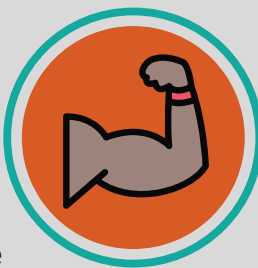
#### BODY

**AEROBIC EXERCISE:** Increase Neurogenesis 4-5x

**TOUCH & SEXUALITY:** More is Better-Reduces Stress,  
Increase Immunity & Neurogenesis

**SLEEP & RELAXATION:** 7-8 Hours Required-Less  
Increase Disease Risk, Take Frequent Downtime

**NOVEL ENVIRONMENTS:** Learn to Dance, Play, Nature

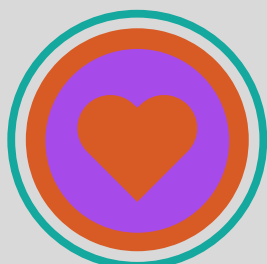


#### HEART

##### ENGAGE YOURSELF EMOTIONALLY

**Dedicate plenty of the to:**

Intimate Relationships & Deep Friendships  
Touch & Sex Intimacy & Vulnerability  
Satisfying Work, Life Purpose  
Reducing Stress & Isolation



#### MIND

##### BUILD UP YOUR COGNITIVE RESERVE

Read and Write Regularly

Avoid Multitasking & Hours of TV Watching

**Challenge Yourself:** Complex Problem Solving,  
Concentration Exercise, Organizing Teaching Others,  
Playing Music, Continuing Education.



#### SPIRIT

##### HAVE A CONSISTENT SPIRITUAL PROACTIVE

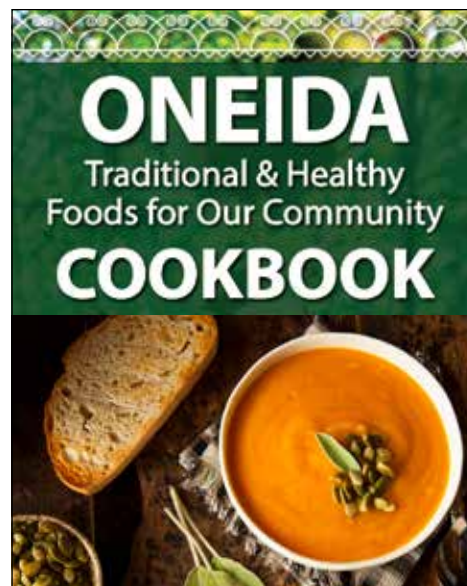
**Mindfulness Meditation:** Focus on the Present  
Moment or Follow the Breath

**Heart Based Practices:** Devotion, Compassion,  
Loving Kindness, Appreciation, Focused Prayer,  
Heart Center Concentration.



Source: The Neurogenesis Diet and Lifestyle by Brant Cortright

Infographic by originsmedicine.com



## BUTTERNUT SQUASH SOUP

BY ANONYMOUS ONEIDA  
ELDER



#### INGREDIENTS:

|                                       |
|---------------------------------------|
| 2 Cloves garlic, minced               |
| 1 ½ cups Carrots, chopped             |
| ¾ cup Onion, chopped                  |
| ½ cup frozen Butternut squash, thawed |
| 1 cup Water                           |
| 1/3 cup Flour                         |
| 3 cups Reduced-sodium chicken broth   |
| ½ cup Frozen corn kernels             |
| 1 Tbsp Fresh dill, snipped            |

#### DIRECTIONS:

- 1 In a large stockpot over medium-high heat, sauté the carrots, onion and garlic in oil for 2-3 minutes.
- 2 Add the broth, corn and squash
- 3 Increase heat to high; boil for 4-5 minutes stirring often.
- 4 In a small mixing bowl, whisk together water and flour.
- 5 Whisk flour mixture into soup and cook over high heat for 3-4 minutes.
- 6 Reduce heat, stir in dill and simmer another minute.

#### NUTRITIONAL INFO PER SERVING:

Calories 100 • Protein 3g • Carbohydrates 23g •  
Dietary fiber 2g • Total fat 1.5 g • Cholesterol 5 mg •  
Sodium 504 mg



# ONEIDA CROSSWORD



English word can be found in September 2023 edition



## ONEIDA TO ENGLISH

### ACROSS

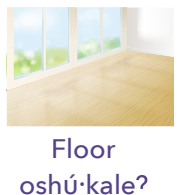
5. átsya  
7. onohaléhtaʔ  
8. oshú·kaleʔ  
9. kanhóhaʔ  
10. sá·yes

### DOWN

15. anitskwahlákhwaʔ  
16. onuʔúhslíʔ  
17. á·shaleʔ  
18. ka·nákteʔ  
20. átókwaht  
21. kahwistaʔéktaʔ

### DOWN

1. o·nasteʔ  
2. yutwánataʔástaʔ  
3. ohtahkwaka·yú  
4. otstókwi  
6. awáhihte  
11. yutolishátákhwaʔ  
12. yutsyóhalehtákhwaʔ  
13. watahsatálhaʔ  
14. atekhwahlákhwaʔ  
19. áshekweʔ  
21. yehnekílat̃haʔ





PSRT STD  
US POSTAGE  
**PAID**  
ONEIDA WI 54155  
PERMIT NO. 4

PO Box 365, Oneida, WI 54155-0365 ▪ 2701 W. Mason St., Green Bay, WI 54155

**Garth Webster**  
Kalihwisaks/Creative Services  
920.496.5632

**For All Submissions**  
[kalihwisaks@oneidanation.org](mailto:kalihwisaks@oneidanation.org)

**Michelle Danforth-Anderson**  
Marketing & Tourism Director

**Nicole Hrabik**  
Graphic Designer

**Contributors:** Sarah Madden ▪ Eric Duxtator ▪ Trista Cornelius-Henricks  
Leon Webster ▪ Peggy Duxtator ▪ Nevada Skenandore ▪ Hartman Skenandore  
Diane Corn ▪ Mel Webster



KALIHWISAKS

WISCONSIN

[www.oneida-nsn.gov/resources/kalihwisaks/](http://www.oneida-nsn.gov/resources/kalihwisaks/)

 [@kalihwisaks](https://www.facebook.com/kalihwisaks)

# CALL TO PHOTOGRAPHERS! | FALL LEAF PHOTOS

**Email  
photos by  
Noon,  
Wednesday,  
Nov. 8, 2023.  
No extension  
deadlines.**



**Email photos to**  
**[Kalihwisaks@OneidaNation.org](mailto:Kalihwisaks@OneidaNation.org)**  
**Include: Name and**  
**General Location of Photo**

***One photo will be selected as  
the best. Prize to be determined.***

**Congratulations to the  
2022 Fall Leaf Photo Contest Winner!**

**Randy Archiquette took this  
beautiful photo in Rhinelander, WI.**

