

THE ONEIDA



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ONEIDA INDIAN NATION

NEWS

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February/March 2018

Nation Recognized for Community Partnership

Oneida Indian Nation Partners with Oneida YMCA to Bring Archery Programs to the Community at Oneida Heritage in Sherrill

The Oneida Indian Nation's Oneida Heritage recently announced a partnership with the Oneida Family YMCA to provide archery instruction for all ages and ability levels at the 12-lane indoor range known as Warrior Archery. The first series of group and individual programs started on January 17 and continued through March 3. Classes are taught by Ron

Patterson (Wolf Clan) and Alex Dickerman (Turtle Clan).

The unique partnership gives the local community the opportunity to learn the history of traditional archery and its impact on American Indian culture while also learning the timeless skill. Both Ron and Alex are USA-Certified archery instructors, and Alex will soon receive his pro shop technician certification. Archery

continues to grow in popularity all across the country and Oneida Heritage hopes to build off that momentum in the Central New York region.

The Oneida Family Y, which is part of the Greater Tri-Valley organization, recently presented its "Community Partner of the Year" award to Oneida Heritage with a

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Oneida Nation Turtle Clan Council Member and Director of Oneida Heritage Dale Rood.

Oneida Indian Nation
P.O. Box 1
Vernon NY 13476



(NCAI photo)

Oneida Nation Representative Ray Halbritter receives the Native Voice Award

from NCAI President Jefferson Keel.

Halbritter Honored with Native Voice Award

Oneida Nation Representative and Nation Enterprises CEO Ray Halbritter has been awarded the Native Voice Award, recognizing him as one of the nation's most distinguished leaders in Indian Country. The honor was bestowed upon Halbritter on Tuesday, February 13 in Washington, D.C. at the 20th Annual Leadership Awards Ceremony of the National Congress of American Indians (NCAI), the nation's oldest, largest and most representative American Indian organization.

The Native Voice Award is given in appreciation of an individual's tireless commitment and leadership to create equality, fair representation and increased opportunity for Native Americans and our future generations. Halbritter was recognized as a leader who uplifted Native voices through Indian Country Today Media Network and also championed accurate and respectful portrayals of Native peoples

through the Change the Mascot movement.

The Change the Mascot grassroots campaign has worked to educate the public about the damaging effects on American Indians arising from the continued use of the R-word as the mascot of the NFL's team in Washington, D.C. This civil and human rights movement has helped reshape the debate surrounding the use of Native names and imagery as mascots and brought the issue to the forefront of social consciousness.

"I thank the National Congress of American Indians, both for this wonderful recognition today and for their ongoing dedication to the issues facing Indian Country," said Halbritter. "It is critically important that we work as hard as possible now to make sure that our children and their children and their children's children are fairly represented and

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Native Voice Award

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treated as equals in this society — and to accomplish that, we must always stand in solidarity with all of Indian Country.”

Congratulating Halbritter on this achievement were a number of prominent American Indian and political leaders:

“Ray realized long ago the importance of engaging and influencing national cultural and educational institutions that have for too long ignored the place of Native Americans in national life. This passion for teaching the truth about Native history and culture is longstanding and persistent, and Ray and the Oneida Indian Nation have shown that we can lead national conversations and attack the myths about Native Americans that have long held us back.”

— Kevin Gover, Director, National Museum of the American Indian

“Ray Halbritter is a true advocate and inspiration for Native American people. He utilizes his voice and platform to push forward key issues that impact the social, economic, and political welfare of our people.”

— Notah Begay III, Former Professional Golfer and Founder, Notah Begay III Foundation

“Ray is a true leader. He can turn his visions into reality and inspire those around him to do the same. I am truly grateful for the time I spent with Ray. In his presence, I couldn’t help but be inspired to try and make a difference.”

— Dave Archambault II, Former Chairman, Standing Rock Sioux Tribe

“This award recognizes a lifetime of hard work by Ray Halbritter, who is one of the most respected Native American leaders not just in New York, but all across the United States. I offer my sincere congratulations to him on this momentous achievement and thank him for his invaluable service to the Oneida people and all of Indian Country.”

— Chuck Schumer, U.S. Senator, New York

“Ray Halbritter has dedicated endless time and energy to raise awareness and create solutions for the biggest issues faced by Native Americans in New York and across the country. We are proud of the honor Mr. Halbritter has brought to Central New York through his distinguished accomplishments.”

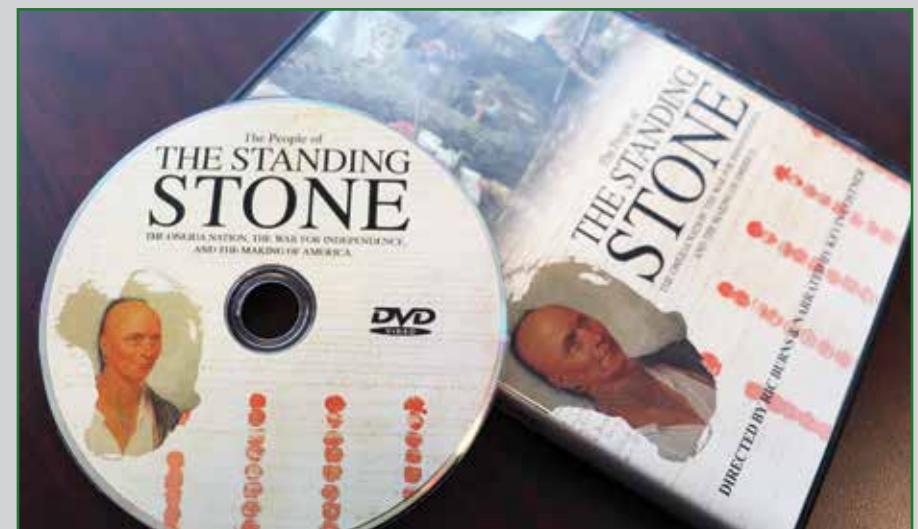
— John Katko, Congressman, U.S. House of Representatives, New York

“NCAI and Indian Country owe a debt of gratitude to those who unselfishly give of their time, talent and spirit for the betterment of our peoples,” said NCAI President Jefferson Keel. “We continue to show our appreciation for those who have committed tremendous service to Indian Country.”

This year’s other award recipients include: Google American Indian Network – Public Sector Leadership Award; Mark Trahant, journalist – Native American Leadership Award; Tulalip Tribes, Confederated Tribes of the Umatilla Indian Reservations, and the Pascua Yaqui Tribe – Government Leadership Award; Senator Jerry Moran from Kansas – Congressional Leadership Award; Julie Johnson – Special Recognition Award.



Oneida Nation Representative Ray Halbritter was one of the recipients of the NCAI Leadership Awards given annual to distinguished leaders in Indian Country.



'The People of the Standing Stone' Film Now Available for Download on iTunes

The story of Polly Cooper's heroic journey to Valley Forge with Chief Shenendoah is an understated account of the Oneidas' impact on the American Revolution. It was Cooper who, along with several other Oneida, travelled hundreds of miles to deliver bushels of white corn to feed Gen. George Washington's starving troops and raise their spirits during the brutal winter of 1777-78. It's a story long-celebrated within the Oneida community and illuminates how Indigenous people were a pivotal force in the formation of the United States of America.

The Oneida Nation-commissioned film, “The People of the Standing Stone: The Oneida Nation, the War for Independence and the Making of America,” finally gives voice to this tremendous story of courage and generosity for all future generations to see, and cements the Oneidas’ standing as America’s First Allies. Narrated

by Academy Award winning actor Kevin Costner and directed by Ric Burns, the film traces the history of the Oneida Nation and offers a deeper exploration of the story not often explained in history textbooks.

The film, which is screening at the Museum of the American Revolution in Philadelphia, is now available to download for \$2.99 on iTunes. The DVD is also available for \$7.99 on Amazon.

As a proud founder of the Museum, the Oneida Nation is helping preserve the culture of its people and accurately share the story of the historic bonds with the founding fathers. The entire second-floor atrium at the Museum is named for the Oneida Indian Nation. The exhibit, which is complete with recreated historical settings, will be a permanent fixture – and along with the film – will serve as a tribute to the rich tradition of the Oneida People and their role in forging America’s independence.



THE ONEIDA

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TOLL-FREE MEMBER PHONE LINE 1.800.685.6115

Nation Council Meetings are held the first Tuesday of every month at 10:30 a.m., Nation Council House, Oneida Territory via Route 46 South, Oneida, NY
For further information contact: The Oneida Indian Nation, P.O. Box 1, Vernon, NY 13476, or visit us on the web: www.OneidaIndianNation.com

DOING BUSINESS ON NATION LAND

The Oneida Nation has developed a website for use by any business who does business on Nation lands and collects Oneida Indian Nation Sales Tax to remit the taxes to the Nation online. If you have a business on Nation land or are thinking about starting one up, contact the Nation’s Department of Taxation at 315-366-9393 for assistance. They can help answer any questions and provide training on the website’s use.

Member's Ambitions Take Flight at Four Directions

Keeping up with the latest technology advancements is an arduous task, even for some of the most tech-savvy people. But for the small staff at Four Directions Media, the Oneida Indian Nation's high-end video production house, it is a must.

Jason Rood (Turtle Clan) stepped up to take on the role as Four Directions' drone pilot when it was clear that would be the future of video production.

"Being a production house, we saw that's where video was going," Jason said as he placed a DJI Inspire 1 drone on the table during a recent interview. "I volunteered because I already had an interest in it."

Jason received his remote pilot certificate to operate small unmanned aircraft systems (sUAS) after passing the Part 107 aviation test in September of 2016. The test covers the certification and operational requirements that are needed to fly sUAS in the National Airspace System.

"Basically I'm a pilot," he said frankly. "Once we decided to go down that road, I studied for the test. You have to know how to read maps, communicate with the air traffic control tower and navigate the air spaces. It was a bigger deal than I thought it was going to be."

Permission to fly from air traffic control is necessary when flying

within five miles of an airport and participants undergo a background check as well.

Jason's experience with gaming eased the learning curve early on, which made the process much more manageable. But it was his skills and passion for dirt racing that really helped him become an excellent drone pilot. Intense focus and hand-eye coordination are critical for both.

For the last 23 years, Jason has competed on the local dirt track racing circuit, which includes trips to Utica-Rome Speedway and Fulton Speedway on numerous weekends each summer. Turning Stone Resort Casino and its Tin Rooster restaurant sponsor his car and team.

"I have a couple cars and my own team," he said. "When I got started, I would race three nights a week. It was a lot of traveling so I try to stay local as much as I can now to stay close to my family."

His aviation certification is strictly for unmanned aerial systems, but in addition to learning the technical aspects of flying a drone, he also learned how to read and interpret the codes coming from the control tower. Those codes tell him if he's in a cleared space for flying or if he needs to move or land the drone.

Once Jason was comfortable with flying, the next step was learning how to capture quality video. Getting the



Jason Rood pictured with a DJI Inspire 1 drone.



camera positioned at a precise point and keeping the motion shots smooth and steady are constant challenges. Although with a lot of practice, Jason can now fly any course he creates. He goes through a checklist every time he flies to ensure he operates the drone with consistency.

Visual communication and graphic design have always interested Jason, which ultimately led him to Cazenovia College. He transferred there after spending one year at Mohawk Valley Community College where he studied animation. He received his Bachelor's in visual communication and soon began interning at Four Directions.

"I knew I eventually wanted to be here," he said. "I didn't start full time until 2009 and began as a basic graphic artist. We all wear different hats since there's only a few people here."

Jason is currently working on a seasonal time lapse video of the Turning Stone Resort Casino. He's setting a course to fly in the spring, summer, fall and winter to showcase the great seasons in Central New York. Third party apps for the drone enable the pilot to enter specific longitudinal and latitudinal coordinates so he can fly the exact same path. After setting the course, Jason just has to master the proper camera movements to make it appear seamless from one season to the next.

Jason also contributed on other projects such as the Nation's animated shorts, "Raccoon and Crawfish" and "My Home." He sat in on brainstorming sessions for "Raccoon and Crawfish" as an intern and worked on the coloring for "My Home," which took over two years to complete. That project underwent a lot of revisions and changes from beginning to end.

The crew at Four Directions also worked on a video for Syracuse University Athletics at MetLife Stadium in East Rutherford, NJ and another for Ferris Industries, a local commercial products plant in Munnsville.

In addition to completing projects and meeting deadlines, Jason monitors the latest hardware and software updates for the drone. New updates can change the drone dramatically so it is vital that the pilot knows how the updates will affect it. Still, there's a lot more control with the newer drones that even allow the pilot to hover without moving the control sticks.

Jason enjoys his new role as the drone pilot for Four Directions and hopes to learn more about video editing and post-production from the talented crew at the production house. Four Directions is a small operation, but it hopes to grow in the near future and bring on some more talent to an already exceptional staff.



Jason pictured in 2012 at the Oneida Nation Children & Elders Center with his mother Martha and father Robert, and his Dirt Car.

Sisters Excited for Careers in Medicine

The Oneida Indian Nation continues to invest in future generations with educational scholarships that are designed to encourage academic achievement and enhance the quality of life for students. The Nation's Scholarship Program has been in place since 1991 and has served numerous Members with career advancement and higher education opportunities.

This past May, two more Nation Members graduated from college with assistance from the Scholarship Program and now have high hopes for the future. Kristen and Kathryn Halbritter (Wolf Clan) earned their Bachelor's degrees from Andrews University in Michigan, a small campus near the eastern shore of Lake Michigan.

The twins decided on Andrews University because of its religious affiliation and academic excellence. They both liked that it was a smaller atmosphere, academically rigorous and offered a program in Animal Science, which they both chose as their major. The school enrolls around 3,000 students.

"It was fun," Kristen said reflecting on her experience. "We both liked that it was smaller and had a religious component."

Kristen knew she wanted to be a veterinarian when she began applying to colleges. Andrews presented a unique opportunity to dive deeper into the field and would prepare her for advanced study further down the

road. Kristen's advisor in the Pre-Vet program, Dr. Katherine Koudele, taught many of the classes and quickly became one of her favorite professors.

As part of any successful college experience, it's also important to participate in clubs, sports or other extracurricular activities to meet new people, try new things and see what other activities might draw your interest. Kristen participated in club soccer for four years and joined the Pre-Vet Pre-Med Club. She served as the club's president during her senior year.

Now, Kristen is waiting to hear back from several schools to continue her studies in Veterinary Medicine. Cornell University and Colorado State University are among her top choices. Her bright future is right around the corner and she's also eager to share it with her husband, David. The couple were married this past December.

"It's all really exciting," she said. "He's finishing up his degree this year and if I'm accepted, I get started this August."

Kathryn's interests led her to the Pre-Med direction of the program. Like her sister, she also participated in the Pre-Vet Pre-Med Club and served as its chaplain during her senior year. In their roles, they would open with prayer and help organize different events across campus that connected with the club's mission.

"I enjoyed Andrews a lot," Kathryn said. "Michigan is a lot like New York so there's a lot to do outside in



Twins Kristen and Kathryn Halbritter.

addition to the rigorous academics. I think the experience was very beneficial."

Kathryn said she and Kristen both graduated magna cum laude. Now, she feels she's ready for her next big adventure. Kathryn took the MCATs and applied to medical school this past fall and hopes to begin her studies in August. Her first choice is the Loma Linda School of Medicine near Riverside, CA.

With so many different areas to choose from in the medical field, Kathryn is keeping her options open so she can see what she's drawn to and where she can best serve people. To begin that process, she started working at the Nation's Health Services in October as a medical scribe for Dr. Newton, which she says has been a great experience.

"I'm really enjoying my job working with such fantastic doctors," she said enthusiastically. "I'm learning how to document as a doctor would, along with learning a ton of new things that will be beneficial when I go to med school."

As life after college begins, both Halbritter sisters are excited to move closer toward their career goals. Kristen and Kathryn said they would like to come back to the Nation at some point to use what they've learned and give back to the Nation community.

"I'd like to come back and possibly work as a physician for the Nation and give back to my people," Kathryn said. But for now, they are looking forward to their next academic challenge and advancing in their respective fields.

Scholarship Program Helps Members Excel

The Oneida Nation Education Department's Scholarship Program has helped many Nation Members on their career journeys. From certificate programs to advanced degrees, the Nation is committed to providing Members with educational opportunities with financial peace of mind.

"The Scholarship Program offers an excellent opportunity for our Nation Members to advance their education, whether it be in a skilled trade or college degree," Scholarship Coordinator, Sarah Carrillo said. "We have enhanced our program to better serve them, and we have seen a steady increase in applicants over the last year."

There are currently 84 Members enrolled in a higher education or trade program and 61 Members receiving incentives for academic achievement in elementary, middle and high school.

Sarah encourages young students to submit their quarterly report cards to see if their attendance (K – 6th grade) and/or grade point average (K – 12th grade) will qualify them for a gift card or monetary incentive.

"In 2017, we had 11 students graduate with college-level degrees, 8 graduated from trade schools, and 9 graduated from high school," Sarah said expressing the wide variety of opportunities available to Members. "As we come in to 2018, I expect our higher education enrollment numbers to increase with new applicants gearing up for their first college term this Spring."

For more information on scholarship policies and opportunities or if you have any questions about the program, contact Sarah Carrillo at scarrillo@oneida-nation.org or 315-829-8150.



Kathryn and Kristen doing the traditional "graduate leap."

Annual Luncheon Brings Awareness to Heart Health

Participants in the Oneida Indian Nation's Elders Program and several departments from the Nation's Government Programs and Services enjoyed a healthy lunch in the Ray Elm Children and Elders Center to raise awareness for heart health and Wear Red Day. The Healthy Heart luncheon, held on Valentine's Day, continues to be a popular event among Elders and employees, and gives them a chance to connect on a more personal level.

Nearly all in attendance wore their red sweaters, shirts and scarves to celebrate the occasion. Pat Catalano, Events Coordinator for the Government Programs and Services, said the lunch is a great way to remind everyone to take care of their heart.

"It's important to have events like this," she said. "We have Health Services offer blood pressure screenings and distribute flyers with information on how to detect heart problems, and we also had the kids over from the Early Learning Center to sing in the Oneida language."

The menu included a salad with strawberries and a number of different greens, butternut squash soup – a favorite among the Elders, and turkey and veggie wraps. A small pastry with berries and whipped cream was a crowd-pleasing dessert as well.

Elders Program Coordinator Kathy Willard and Activities Leader Tammy Patterson (Wolf Clan)



Geraldine Feeley (Wolf Clan) and Rose Tompkins (Wolf Clan) at the Healthy Heart Luncheon.



Betty Kline (Turtle Clan), Shirl Oatman (Turtle Clan) and Birdy Burdick (Turtle Clan) were decked out in red for the Healthy Heart Luncheon held Feb. 14 at the Children & Elders Center.

assisted Pat with the prize drawings that featured a variety of healthy lifestyle products. A pair of yoga packages, Swiss Miss hot chocolate Valentine's gifts, candles and workout bags were raffled off. Among the winners was the Nation's Diabetes Program Coordinator Mollie Tracy, who took home one of the yoga packages.

Elwood Webster (Wolf Clan), who came to the lunch after working on a project at the center's wood shop, said he attends the event and other similar ones every year.

"It's a great thing," he said after the lunch. "We go all the time and it's great to see everyone."

The Nation has taken many steps to advocate for heart health with events like this. It also puts on several events to raise awareness for its diabetes prevention program, including the 23rd annual Three Sisters Dinner scheduled for March 5 at the Shenendoah Clubhouse.

Winnie Cerra is grateful that the Nation is invested in Elders' health: "They try to keep us healthy, which is wonderful."



Above: Linda Williams and her daughter Anita (Turtle Clan) at the luncheon.

Below: Kathy Willard, Pat Catalano and Tammy Patterson (Wolf Clan) drew names for the door prizes that were aimed at promoting a healthy lifestyle.



More than 60 Elders, Government Programs and Services staff and community members attended the Healthy Heart Luncheon Feb. 14



New Police Chief Honored to Serve Nation Community

The Oneida Indian Nation promoted Captain Gary Henderson to Acting Chief of Police on August 21, 2017 and later announced him as the permanent Chief of Police on September 18, 2017. He takes over for retiring Chief of Police Joseph Smith to lead an experienced team in serving the Nation community and its Members.

"Keeping people safe is what we do," Police Chief Henderson said first and foremost. "Our team approach requires everybody from civilian communications all the way up the ranks to provide the best and most professional police services. We want everyone to live, work and enjoy what the Nation has to offer."

Henderson first came to the Nation as a sergeant and is now approaching his ninth year on the Nation police force after serving just shy of 27 years with the New York State Police in Oneida. While he was there, he rose through the ranks to become Station Commander and oversaw the daily operations of the station and its satellite areas, which included 18 state troopers.

Community policing has always been a strong component of the Nation Police. Henderson frequently stated that in order to be successful, you have to involve your community.

"We're very proud of our community policing," he said. "We even brag about it. When we interview potential candidates, we like to gauge how they actually feel about getting out into the community and pose a couple questions to see their approach to our values. It's important to have a positive working relationship, especially with the Nation's Elders."

Henderson moved to Oneida in the late 1970s and lived on Union Street. He saw firsthand the transformation of the community and the Nation as a whole.

"What an unbelievable transition," Henderson said looking back on his service in Oneida and



Oneida Indian Nation Chief of Police Gary Henderson

the flourishing Nation Enterprises. "And what they've given back to their people is amazing. It's a great story that needs to be told and sets an example that with a certain vision and knowing where you want to go, you can accomplish anything."

Henderson has four children and his wife, Gail, recently retired after 38 years as a special education school teacher with Madison-Oneida BOCES. They currently reside in Sherrill. His children, now all grown, have picked up the baton

of public service. His youngest son, Casey, serves in the Air Force and is learning how to fly the HH-60 Pave Hawk combat rescue helicopter while undergoing SERE (Survival, Evasion, Resistance, Escape) training in Washington State. Casey, like his father, also had a close connection to the Oneida Nation.

Casey wanted to play lacrosse when he was 13 years old, but his school district, Vernon-Verona-Sherrill, did not field a team. So Henderson took Casey over to the Nation Recreation Center to see if he could play with the Nation's team. Ron Patterson (Wolf Clan) and Coach Brian Connors from the took Casey in and taught him how to play.

"It just shows how welcoming and supportive they were because they didn't have to let him play," Henderson said.

The team, along with Casey and his father, travelled all over the Six Nations for games and Casey learned the team approach to lacrosse that his coaches deeply valued. Interest grew at V-V-S and they eventually started a team at the high school level.

Henderson's deep bond with the community will continue to be a driving force for the entire police department. That close, personal connection with the Oneida Nation – along with his impeccable credentials and experience – will enhance the Nation Police's tradition of strong community policing.

Community Partnership

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special dinner held at the Delta Lake Inn. The Oneida Family Y annually selects a "Community Partner of the Year" and honors recipients with a commemorative certificate that underscores the organization's commitment to the community.

Oneida Nation Turtle Clan Council Member and Director of Oneida Heritage Dale Rood was thrilled to partner with the Oneida Family YMCA and is excited to expand the outreach of Oneida Heritage. "Being awarded community partner of the year is the culmination of a lot of hard work," he said. "Ron, Alex and I wanted to find ways to get the community here, especially kids, and archery was a perfect fit."

Ron is excited to see support for innovative collaborations and partnerships growing in the community. "As an organization of more than 9,000 members, the award from the YMCA carries the honor and respect of the entire community," he said. "It's an honor that they've recognized us for what we've done."

"I have seen first-hand what archery can do for kids – and adults – in the form of competition, fun and self-esteem building," said Hank Leo, CEO of the YMCA of the Greater Tri-Valley. "The archery community is a very giving one. I've had the opportunity to connect with US Olympic pros, and people from all over the country on our programming goals. I cannot thank Oneida Heritage enough for opening their doors to Y programming."

Hank also said the Oneida Family YMCA is participating as a collaborator with the Northeastern Archery Academy's Winter Cam Classic scheduled to take place March



Alex Dickerman (Turtle Clan) works on a bow at Warrior Archery.

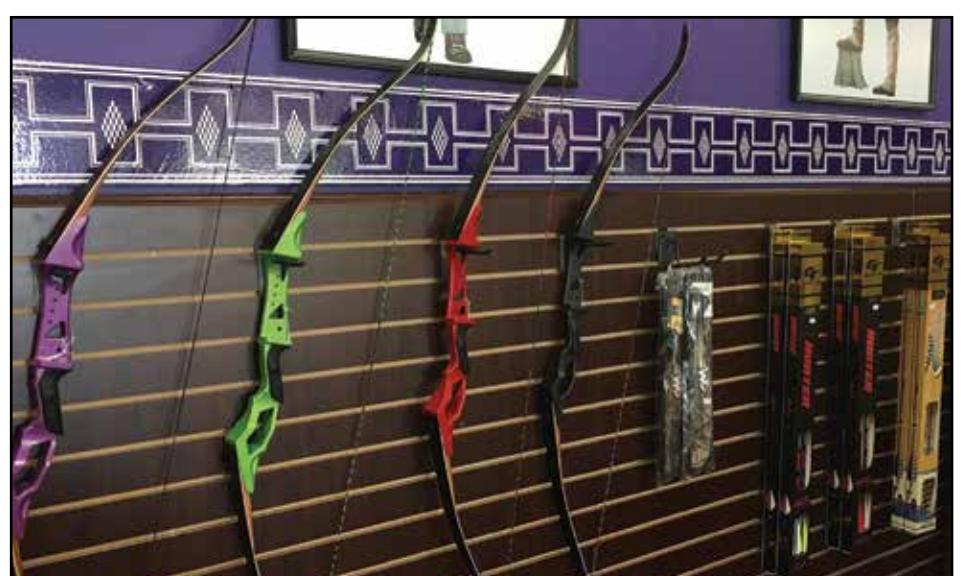
2-4 at Turning Stone Resort Casino. The Oneida Indian Nation and Oneida Heritage are among several sponsors of the event.

The competition is slated to draw up to 1,000 archers from all over the world and competitors will be able to practice at Oneida Heritage before their scheduled shooting times. Shuttles will bring archers to and from Oneida Heritage and the Resort.

The community's excitement for the new facility is exhilarating for the entire staff of Oneida Heritage. Dale and Ron have also talked with the Boy Scouts, Girl Scouts and 4-H organizations about offering programs to get kids more active in the sport, and learn about its history and tradition.

Oneida Heritage hopes to build more partnerships not only with community organizations, but also local area schools as well. Dale and Ron welcomed the Superintendent and Principal of Vernon Verona Sherrill High School to Warrior Archery for a tour of the facility with hopes to offer a new physical education option for students.

Warrior Archery at Oneida Heritage is open 11 a.m. to 7 p.m. Tuesday through Thursdays. For more information call (315) 829-8836 or visit www.warriorsarchery.com.



Oneida Heritage carries a wide range of archery supplies including bows.

Recreation Department Activities

For additional information about any of the following Recreation programs, contact the Recreation Dept. at (315) 829-8484 or 1-800-685-6115. Registration priority for all Recreation Dept. programs is given to Oneida Indian Nation Members, followed by Children of Enrolled Oneidas, Oneida Indian Nation Health Services clients and when indicated, employees and the public. All grounds and buildings of the Recreation facility are alcohol, smoke and drug free, as are all on-site and off-site events for participants of all ages. Participants of Recreation programs are required to sign a waiver prior to participation; parent/guardian signature is also required for ages 17 and younger.

Fitness Classes

All classes are coed and held in the gym. Proper workout clothes and footwear must be worn to each class.

Noon Workouts – Monday through Friday until May 25. Classes will vary from day to day; contact the Recreation Dept. for a schedule. All workouts will last approximately 30 minutes.

Circuit Class – Tuesdays and Thursdays from 5-6 p.m. until March 29. Workouts target the entire body and include elements of cardio, abdominals/core, legs and upper body exercises. Participants will complete exercises at stations, then run laps around the gym, at their own pace. Open to ages 13 and older; minors ages 13-17 must attend with an adult.

Insanity® Live – Tuesdays and Thursdays from 6:30-7:30 p.m. until March 29. A fast-paced workout with plyometric (jump training) and cardio exercises. Workouts are from 30-50 minutes. Open to the general public ages 18 and older.

Adult Basketball League

Games are played Wednesdays at 6 p.m., 7 p.m. and 8 p.m. until April 4.

Running Club

Oneida Indian Nation Running Club will meet Wednesdays beginning April 4 from 5-8:30 p.m. at the Rec. Center. Participants will start out with indoor conditioning exercises and runs on local running trails. The weekly runs will help participants progress from short to long-distance runs, including eventual training runs with the Utica Roadrunners. Registration is \$10 per person or family and is limited to 20 participants ages 12 and older. Parent/guardian of ages 12-17 must be present at all training runs and races. Registration and payment must be completed in person by April 18.

**ADMINISTRATION ♦ EDUCATION
HEALTH SERVICES ♦ RECREATION
COMMUNITY SERVICES**

GP&S programs are for Oneida Members, Children of Enrolled Oneidas and Health Services clients only, unless otherwise noted.



Youth Development Programs

After School Program

The After School Program (ASP) is held Monday through Friday from 3:30-5:30 p.m. for grades 3-12. Students will receive homework assistance from NYS Common Core Curriculum trained staff, access to the computer lab for school projects and homework, recreational and physical education-style games, sports skills development, culturally relevant games and activities, outdoor activities and snack.

The ASP is not held during holidays or when school is not in session.

Contact: Donna Howe, youth programs coordinator, at (315) 829-8484.

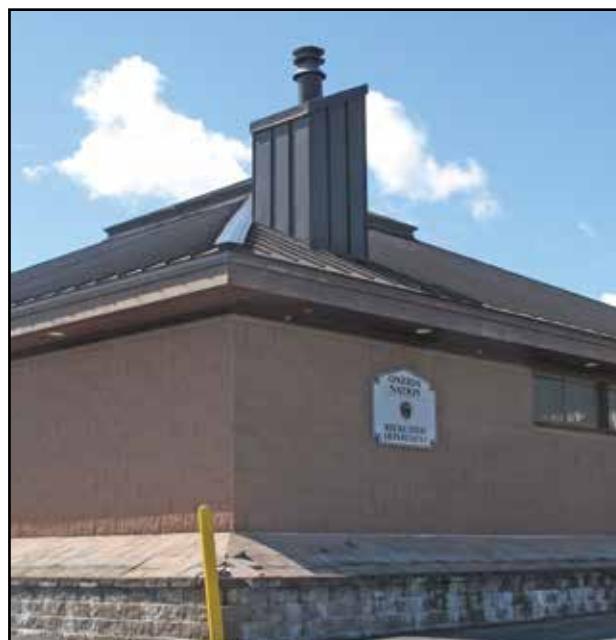
Youth Ambassadors Program (YAP) and Jr. YAP

The YAP (Youth Ambassadors Program) is an interest-driven young leaders program for students in grades 7-12. YAP members plan and implement community service projects, and participate in monthly workshops with attendance incentives.

Jr. YAP (Youth Ambassadors Program) is open to grades 3-6 and promotes young leadership and team building skills for students. The Jr. YAP also participate in monthly workshops with attendance incentives.

YAP and Jr. YAP are open to Oneida Indian Nation Members, Children of Enrolled Oneidas and Oneida Indian Nation Health Services clients; enrollment is based on space availability. Both programs run from October to May.

Contact: Donna Howe, youth programs coordinator, at (315) 829-8484.



The Oneida Indian Nation Recreation Center is located on Territory Road in Oneida.
Hours: 8 a.m. – 9 p.m., Monday through Friday,
Noon – 10 p.m., Saturday, Noon – 9 p.m., Sunday.
Contact: (315) 829-8484

Health Services Medical Call Center

Medical Call Center is a service that will give registered patients the option of talking to a registered nurse about medical concerns when Health Services is closed.

With Medical Call Center, medical and dental patients can call Health Services anytime the office is closed to talk to a registered nurse, who will “triage” the call and suggest options for care. When a call is triaged it means a registered nurse will talk to the patient and assesses their symptoms or health concerns and offer advice for follow up.

Examples of the types of calls that the nurse is authorized to triage:

1. Recommending the patient go to the emergency room or urgent care.
2. Advising the patient to follow up with Health Services on the next business day to make an appointment.
3. Suggest over-the-counter medications until the patient can be seen at Health Services or if the situation requires, an emergency room or urgent care visit.

The Medical Call Center is not to be used for medical emergencies, prescription refills, or to make or cancel appointments. For more information, contact Lisa Winn, Admissions Supervisor, at (315) 829-8715 or 1-800-663-4324.

Pneumococcal Vaccine

The Prevnar 13 pneumococcal vaccine is available to eligible Health Services clients, by appointment. Age and other restrictions apply. For more information or to schedule an appointment, call (315) 829-8700 or 1-800-663-4324.

The Flu and You

The flu, or influenza, is a contagious respiratory illness caused by viruses that infect the nose, throat, and lungs. Signs and symptoms of the flu may include some or all of the following: fever or feeling feverish with chills, cough, sore throat, runny or stuffy nose, headaches, muscle or body aches, and fatigue. Please note: Not everyone with the flu will have a fever. You can be sick & contagious without running a temperature.

To prevent the spread of the flu you can get a flu shot. Also, to stop the spread of germs and viruses be sure to cover your cough and sneezes, wash your hands often, and if you are sick, stay home to help prevent others from getting the flu. For more information, please visit oneidaindiannation.com/what-you-need-to-know-this-flu-season

For more information about the flu vaccine or to schedule an appointment call (315) 829-8700 or 1-800-663-4324.

Nation Respite Services a Blessing for Elders

American Indian communities have always held their Elders in the highest regard. For the Oneida Indian Nation, that tradition and respect for earlier generations is shown through the significant, and often life-changing, resources it offers its Elders. The Nation's Respite Services program is a shining example of how it continues to provide Elders with the best possible physical, emotional and spiritual care.

Jeanne Dee Northington (Wolf Clan) has worked at the Oneida Nation for twenty years and began working at the Ray Elm Children and Elders Center as the Nation's Respite Aide in August of 2008. Jeanne takes great pride in the close-knit relationships she developed with the Elders at the center and on home visits. It's something she takes seriously in her role, which continues to grow and evolve.

"I'm working with all of the Elders at the center to start building those relationships so that if they need respite care in the future they are comfortable with me," Jeanne said expressing what she wants to do in the future as the Nation's respite aid. "It's important to build that level of trust in our family."

Jeanne currently works and visits with ten local Elders who are homebound with physical limitations, but can also visit Elders in local hospitals and nursing homes. She schedules times to meet with each Elder at least once a week to bridge the gap they might have from seeing a family member.

"In between weekly visits, my Elders can always call to get what they need," Jeanne said describing her busy schedule. "Texting also makes it easier to communicate if they need someone to talk to immediately."

Helping Elders maintain a certain level of independence and companionship are two significant areas that Jeanne works hard to provide. Assisting with the completion of those often wearisome errands like paying bills, going grocery

shopping and doing some light housekeeping lifts a huge burden off Elders who may not be able to drive or get to those hard-to-reach places to clean their home.

In addition to those tasks, Jeanne also changes bedding, takes out the trash, brings pets to the veterinarian, and cleans out refrigerators, which can be difficult for Elders that have trouble bending or sifting through the lower shelves and bins.

The calendar in Jeanne's office is scattered with scheduled appointments that take her all over the local community. She spreads out her appointments to accommodate her Elders.

"I'm there to see if they need anything," she said. "Even if it's just to pick them up a coffee or doughnut. I want to make sure to touch base with them when I can."

Jeanne brings daily lunches offered at the center every Monday through Friday to the local Elders she services that can't get to the center on their own. The popular service provides approximately sixty lunchtime meals each day for the Elders.

Monthly care-giver meetings are another service offered to family members that assist Elders. In these meetings, Jeanne leads discussions with family members to share stories of support. The job can be taxing, particularly if an Elder is ill, but she says the support of the staff and the Elders makes the atmosphere feel more like a close family.

Jeanne's role often involves helping out with activities at the Elders Center as well. She assists the Elders Center staff with off-site trips such as the monthly trip to Green Lakes Lanes in Fayetteville or special events like bingo in the center's dining room.



Jeanne Northington in her office at the Children & Elders Center.

Jeanne manages several of her own activities with Elders, too, such as the walking group and the fitness squad. Her walking group is an incentive-based program that meets once a week. Elders earn points based on how far they walk and can exchange them for special gifts and prizes. The fitness squad meets every Thursday for about an hour of light aerobic and strength-building exercise. Jeanne says she gets about six or seven Elders for each session.

"Every few weeks I'll change it up to add variety," she said. "I actually went to a fitness class in Oneida to learn how they do it so we could bring it to the Elders at the center."

The Nation's respite services are a saving grace for many Nation Members and their families that can't give their Elders the care they need all the time. Jeanne's favorite part in her role as respite aid is the building of close relationships with everyone at the center. She says the job delivers something different every day and you never know what you might get to do. Her work is vital to the mission of the Oneida Nation, which has always included providing the best services for Elders.

Health Services Supports Alcohol Awareness Month

To help support Alcohol Awareness Month in April, the clinical staff at Oneida Indian Nation Health Services are ready to provide education, support, and treatment to clients who are affected by problem drinking.

How can you tell if drinking is a problem? Start by asking yourself or your loved one the following questions:

- Have you ever felt you needed to cut down on your drinking?
- Have people annoyed you by criticizing your drinking?
- Have you ever felt guilty about drinking?
- Have you ever felt you needed a drink first thing in the morning

("eye-opener") to steady your nerves or to get rid of a hang-over?

Answering "yes" to two or more of the above questions may be a sign that alcohol use is a problem. The medical providers at Health Services recommend that if you chose to drink, that it be in moderation. This means no more than 1-2 drinks per day for men and 1 drink a day for women. One drink can equal:

- 12 ounces of regular beer, which is usually about 5% alcohol
- 5 ounces of wine, which is typically about 12% alcohol
- 1.5 ounces of distilled spirits, which is about 40% alcohol

Individuals who are ages 21 and

younger, pregnant women, and those who have health problems such as diabetes, heart disease and liver disease should avoid alcohol. Also, please talk with your doctor if you take prescription or over the counter medication, as it may be dangerous to combine them with alcohol.

There is help and support available at Health Services. Our Health Services team can provide the following services to our registered clients:

- Confidential assessments and screenings
- DWI evaluations
- Patient/family education
- Referrals to inpatient, detox, and intensive outpatient treatment

- Individual or family counseling
- Information on AA meetings, Al-Anon meetings, and other community supports
- Support for those who have a loved one who is using/abusing alcohol
- Auricular Acupuncture to assist in reducing cravings for use
- Treatment planning that is driven by the individual

For more information on how the Oneida Indian Nation Health Services can help, call (315) 829-8700 or 1-800-663-4324 and ask to speak with an available counselor or your primary care provider. We are here to help.