

# THE ONEIDA



## ONYOTA A KA

❖ ONEIDA INDIAN NATION NEWS ❖

THE ONEIDA ❖ ISSUE 1 VOLUME 21 ❖ MARCH, 2019



Shirl Oatman (Turtle Clan), Linda Williams and Anita Williams (both Turtle Clan) at the annual Healthy Heart luncheon held Feb. 13 at the Ray Elm Children & Elders Center.

## Annual Healthy Heart Lunch a Big (Red) Success

The Oneida Indian Nation's Government Programs and Services hosted its annual Healthy Heart luncheon on Wednesday, February 13 at the Ray Elm Children and Elder's Center. Participants in the Elders program, along with staff from the Nation's Health Services, packed the dining room for the healthy lunch prepared by Turning Stone chefs.

The menu consisted of several healthy options including a corn and bean salad, kale with green goddess dressing, vegetable soup, venison stew, stuffed turkey, whole grain dinner rolls, and fruit cups.

"It was delicious," Birdy Burdick and Vicki Greene (both Turtle Clan) said. "It's great that they do this every year."

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## Rec Hosts Mid-Winter Recess Activities

The Oneida Indian Nation's Recreation Department once again hosted several activities for Nation youth during the mid-winter recess from school. The daily program provides parents a safe place to send their kids during the work day. This year, the kids enjoyed a trip to the Museum of Science and Technology in Syracuse, a movie at the Glenwood Movieplex in Oneida, games in the Rec Center gymnasium and a fun, informative presentation by the Health Services Dental Department.



Dental Hygienist Amanda Blau led a game of dental health-themed bingo for the youth.

Donna Howe, the Nation's youth programs coordinator, said the kids love going on field trips, and always enjoy fun

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## Mid-Winter Recess

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games. And that is what Nation dental hygienist, Amanda Blau, brought for her dental presentation.

On one afternoon, Amanda brought several goodie bags filled with toothbrushes, dental floss, mouth wash and timers to make sure everyone brushes for two minutes when they go home. The game was dental bingo and the kids had to mark five dental terms in a row to win. Everyone left winners!



The bingo game provided a fun, interactive way to teach the importance of dental hygiene.



“It’s great the kids know so much about dental hygiene.” Amanda said. “They know it’s important to brush and floss your teeth at least twice a day.”

The activity gives Health Services staff an opportunity to interact with the Nation’s youth and promote good health practices. In addition to the fun and games of mid-winter recess, it’s important to give kids an informative lesson too.

For more info on the youth programs, you can visit [www.oneidaindiannation.com/recreation-youth-development/](http://www.oneidaindiannation.com/recreation-youth-development/) or contact Donna Howe at (315) 829-8484. ❖

## Stay Connected



Stay up to date with the latest news at the Oneida Indian Nation by following us on Facebook and Twitter. We regularly post about Elder activities, our youth and recreation programs, special GP&S events, and many more cultural happenings from around Indian Country. Recently, the Elders participated in a painting class led by Birdy

Burdick (Turtle Clan) and several Elders are ready to perform later this month as contributors to the new Drama Club.



@OneidaIndianNationNY



@OneidaNatnNews

Also ... There is a Facebook Group just for Members where we’ll share upcoming events, Member spotlights, and reminders and changes to any Nation programming. To request to join the group, go to [www.facebook.com/groups/OneidaIndianNationMembers](http://www.facebook.com/groups/OneidaIndianNationMembers)

If you know an Oneida Member that is excelling in service to their community, education or career, and think they should be highlighted in our upcoming Nation Member newsletters, let them know and contact Derek Montroy (Turtle Clan), external affairs editorial associate, at 315-366-9327 or [dmontroy@oneida-nation.org](mailto:dmontroy@oneida-nation.org). ❖



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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](http://www.OneidaIndianNation.com)

#### DOING BUSINESS ON NATION LAND

The Oneida Indian 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.

# Healthy Heart Lunch

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Vicki, a former nurse practitioner for the Nation, added.

It's important to shine a light on the potential warning signs of heart problems or ailments. Heart disease continues to be the leading cause of death in the United States, but the signs can differ for women and men.

This event provides a chance for the staff at Health Services to interact with Elders and inform them about heart health – and the symptoms that can accompany heart disease or a heart attack for men and women. The staff gave out several pamphlets on what to do to safeguard your heart. One important tip: know your numbers!

High blood pressure, high cholesterol, or high blood sugar can all lead to heart disease so it's critical to visit your doctor or health clinic to get the latest numbers for each. One of the sheets handed out highlighted the goals everyone should be shooting for. Your blood pressure should be less than 120/80, total cholesterol less than 180 and triglycerides less than 150, which is even more important for women.

These numbers can be confusing or ambiguous. That's why the Nation's Health Services holds events like the Healthy Heart luncheon periodically throughout the year to educate the community.

"Health Services nurses held blood pressure screenings, and before lunch, we watched a brief video that depicted common signs of a woman having a heart attack," the Nation's GP&S Program Coordinator, Pat Catalano said. "February is also American Heart Month, which gives us an opportunity to tie the lunch into Wear Red Day and Valentine's Day. We had nearly 60 people this year, which was great."



Paul Ordiway  
(Turtle Clan)



Senior Cook Charisse Gibson (Wolf Clan) dishes out some healthy options during the annual Healthy Heart Lunch.

Health Services also recommends getting in at least 30 minutes of exercise each day. But there are many other things you can do to greatly reduce your risk of heart disease.

Quit smoking! If you quit now, your body can repair much of the damage caused from cigarettes within a year. Eat smart! Avoid foods that are high in salt, sugar and fat, which can drive up your blood pressure and cholesterol. Instead, try foods that are high in fiber, like whole grains and fresh fruits and vegetables,

which can lower the amount of bad cholesterol in your body.

One other rule of thumb to consider is that less is more. Try cutting down on meal portions, or take home leftovers to eat at another time. And don't forget to take a short walk, even if it's using the stairs instead of the elevator. A few minutes of

walking each day can help save your life.

Events like the Healthy Heart luncheon are great reminders to maintain your health and wellness. It also provides another way for the Nation's Government Programs and Services to connect with the Nation community. ❖



Tsilos Edwards (Wolf Clan) and Lennox (left) and Leena Lee Cronin.



Kathryn and Karen Halbritter (both Wolf Clan).



## Nation Scholarship Program Offers Members Tremendous Opportunities

### *New Scholarship Coordinator Working to Reach More Students*

The Oneida Indian Nation believes a quality education is the foundation for a successful future, and assisting Members in their educational endeavors remains a top priority for the Nation's leadership. Through its innovative Scholarship Program, the Nation is proud to provide many avenues to support Members in furthering their education and careers.

In 2018, 70 Oneida Members were enrolled in a higher education program; up from the two Members that enrolled when the scholarship program began in 1990. The Nation remains committed to investing in future generations through

higher education, and it hopes more Members will take advantage of the opportunities to gain more knowledge and skills that will make them successful in any career they choose.

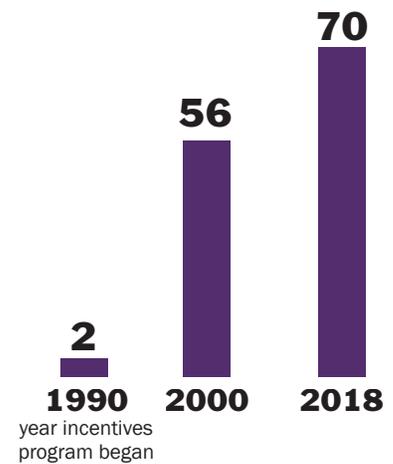
The scholarship program offers students the financial flexibility to earn vocational or trade certificates, undergraduate degrees, graduate degrees, and even doctoral degrees. It also provides financial incentives to students at all levels of education – from elementary on up – that achieve high marks in their respective classes for each semester or marking period.

The Nation's new scholarship coordinator, Lindsey Langdon, started



Lindsey Langdon

### Oneida Members Enrolled in Higher Education



her new role on November 1, 2018. As coordinator, Lindsey manages the financial assistance process and incentive distribution for students. She's excited to help Nation Members achieve their educational and career goals.

Lindsey earned her Bachelor's in sociology from Elon University and is an alumna of Teach For America where

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### Catching Up With ...

## Brooke Thomas

### Oneida Excels at Turning Stone, Embraces Culture

Brooke D. Thomas (Wolf Clan) started out as a blackjack dealer for Turning Stone Resort Casino in 2014 and was recently promoted to floor supervisor for the casino this past winter. She will turn 26 years old in April. Brooke has enjoyed her position and is excited to see where the future will take her.

"I never knew I would be where I am now," Brooke said reflecting on her experience and recent promotion. "The Nation has helped



me tremendously to succeed and I am forever grateful for the opportunities that we have."

When she's not working at Turning Stone, Brooke likes to share her cultural heritage through traditional Haudenosaunee dancing; participating in several Nation events throughout the year and, of course, at the Indian Village at the New York State Fair. Last year at the fair, Brooke took home first place in the traditional Smoke Dance competition.

# Exhibit at Colgate University Aims to Shift Discussion on Identity

In the fall of 2018, Colgate University’s Longyear Museum of Anthropology featured a unique exhibit to examine the issues of cultural identity and appropriation that affect indigenous people all over the world.

The exhibit was entitled *Not a Costume* to signify the intrinsic and personal value of all of the pieces that were submitted.

The university’s indigenous community members loaned several items of clothing and jewelry, from traditional handmade regalia to contemporary commercial t-shirts, to display how Native fashion is deeply personal and to share the stories each article of clothing represents. Kandice Watson (Wolf Clan) and Lisa Latocha (Wolf Clan) were two Nation Members

that submitted clothing for the exhibit.

Kandice, a Colgate alumna, said she knew exactly what piece she’d submit for *Not a Costume* when she was asked to participate. Her grandmother, Mamie Brown, crafted a one-of-a-kind regalia for Kandice when she was announced as the Oneida princess for the Six Nation's Agricultural Society Indian Village at the New York State Fair in the summer of 1985. That piece remains a huge part of her life.

The skirt and leggings were made of wool, a traditional material for customary regalia. Mamie also used lace for the bottoms of each and made two dresses, one blue and one pink with a flower print, to match. She also showed Kandice how to bead around the edges of the dress.



Lisa Latocha, Carl Jacobs and son Cavan (all Wolf Clan) at the Women's March in Washington, DC, January 25, 2017.



The *Not a Costume* exhibit at the Longyear Museum at Colgate University.

“We want to reiterate that these are not costumes,” Kandice said. “They have meaning for us and my regalia speaks directly to my identity.”

Lisa Latocha, now an assistant at the Longyear Museum, submitted a ribbon skirt and several cornhusk dolls for the exhibit. She says the ribbon skirt is a special piece of clothing used for ceremonies and powwows, and that she crafted the one at the exhibit for the Women’s March in Washington, D.C.

“I want people to know who I represent,” Lisa said. “I walked for the unknown Haudenosaunee women, signified by the cornhusk dolls, that gave the American women suffragettes the strength they needed.”

John Logan's (Wolf Clan) wife, Jackie Old Coyote Logan (Apsáalooke) also participated in the exhibit.

Raising awareness of American Indian cultural identity is a critical step toward ending the use of traditional regalia as costumes. The appropriation of stereotypes to entire groups of people is harmful in any practice, and museums like the Longyear Museum at Colgate University play an important role in reversing that trend in popular culture. ❖



Lisa Latocha (Wolf Clan), far left, and Kandice Watson (Wolf Clan), fourth from left, at the Six Nation's Agricultural Society Indian Village at the New York State Fair in 1985. Photo: Liz Williams.



## Health Services Medical Call Center

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 assess 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. ❖



## Narcan® Training Offered at Health Services

Health Services is offering a training to adults who are interested in learning the signs of an opioid overdose and how to administer Narcan® nasal spray. Training will be held on Monday, March 25 at 5:30 p.m. and Thursday, March 28 at 1 p.m., both at the Health Education Room. The instructor is Kara Kaplan, LMHC, Manager, Behavioral Health Services. Both trainings are the same; participants only need to attend one. Everyone attending will receive a free Narcan® Kit.

Training is open to Oneida Nation Members, Children of Enrolled Oneidas, Health Services clients ages 16 and older,



and GP&S employees. Ages 16-17 need permission from their parent or guardian to attend. Preregistration is required so enough kits are available.

Sign up by calling Tara Smith, Administrative Assistant, at (315) 829-8209 or 1-800-663-4324. ❖

## Health Services Policy Reminders

*Health Services would like to remind their patients/clients about the following policies.*

### Paperwork and Forms

Paperwork that is needed for school, such as exam forms, medication release or immunization records, requires 7-10 business days to be processed.

When asking Health Services to fax paperwork or forms to a school, the correct fax number must be provided.

Any records needed for personal use, such as immunization records or lab results, will require a Release of Information to be completed by the patient/client prior to release of records.

### Children's Physicals

Annual physicals for children ages 2-18 are scheduled 1 year and one day (366 days) apart. Only the child's parent is authorized to bring them to the physical appointment. The only exception is if someone other than the parent is the child's legal guardian (grandparent, foster parent, or court-appointed guardian with proper paperwork).

For more information about the policies, contact Lisa Winn, admissions supervisor, at (315) 829-8700 or 1-800-663-4324.

# Recreation & Youth Development Department Programs



## After School Program

The After School Program (ASP) is held Monday through Friday from 3-5 p.m. for grades 3-12 when school is in session. Separate activities are held during school breaks.

The ASP offers quiet homework time and assistance from NYS Common Core Curriculum trained staff, computer lab access, recreation games, sports skills development, culturally relevant games and activities, outdoor activities and a healthy snack.

## Youth Ambassadors and Jr. Youth Ambassadors Programs

The Youth Ambassadors Program (YAP) is an interest-driven young leaders program open to grades 7-12; the Jr. YAP promotes young leadership and team building skills for grades 3-6. Each group is involved in monthly educational, cultural or community workshops, with attendance based incentives.

Enrollment in both programs is based on space availability. For more information, contact Donna Howe, youth programs coordinator, or J'nese Avenia, youth assistant.

## Adult & Family Programs

### Box Lacrosse

An evening of box lacrosse is planned for Friday, March 15 as the Rochester Knighthawks take on the Georgia Swarm at the Blue Cross Arena in Rochester. Depart the Rec Center at 5 p.m. Registration is \$10 per person. Space is limited. Register in person with payment by March 8. Open to all ages; ages 17 and younger must attend with their parent or guardian.



### Running Club

The Running Club will begin on April 3 for ages 12 and older. Runs will be held Wednesdays from 5-8:30 p.m. on local trails and progress to training with the Utica Road Runners in May. The final run will be held on Oct. 13, with eligible club members participating in the Empire State Races. The cost is \$10 for single and family membership. Ages 12-17 must have their parent or guardian present at all runs. Open registration is from March 5-April 18.

### Bench Press Competition

A coed bench press competition will be held Sunday, March 31 from 2-6 p.m. Compete to bench the highest weight for one repetition. Registration begins at 2 p.m. and the competition starts at 3 p.m.

Parent/guardian must be present at arm wrestling practices, arm wrestling tournament and bench press completion for ages 13-17.



### Arm Wrestling

Open arm wrestling practice will be held Sunday, March 3, 10, 17 and 24 from 2-6 p.m. The program is free and offered to ages 13 and older, and employees. Learn the sport of arm wrestling while preparing for the Arm Wrestling Tournament.

### Arm Wrestling Tournament

An arm wrestling tournament will be held Sunday, March 24 for ages 13 and older, and employees. Registration begins at 2 p.m. and the first match begins at 3 p.m. Registration is free. The tournament is double elimination, with left and right handed classes for men and women.



For more information about Recreation Dept. programs, call (315) 829-8484 or 1-800-685-6115. Eligibility: Oneida Indian Nation Members, Children of Enrolled Oneidas, Oneida Indian Nation Health Services clients and where noted, employees or the general 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. All program participants must sign a waiver; participants ages 17 and younger must also have their parent/guardian sign the waiver. Proper athletic clothing and footwear must be worn in the gym and Fitness Room.



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More information about the Oneida Indian Nation programs and services can be found at [OneidaIndianNation.com](http://OneidaIndianNation.com)

Remember to like and follow the Oneida Indian Nation on Facebook and Twitter.

 @OneidaIndianNationNY

 @OneidaNatnNews

## SAVE THE DATE ...

**Sunday, March 24**

### Arm Wrestling Tournament

2 p.m. @ Nation Rec Center  
Info: 315-829-8484 or 1-800-685-6115

**Thursday, March 28**

### Elders Shuffleboard Tournament

9 a.m. @ Elders Center  
Info: 315-829-8133 or 1-800-685-6115

**Sunday, March 31**

### Bench Press Competition

2 p.m. @ Nation Rec Center  
Info: 315-829-8484 or 1-800-685-6115

## Scholarship Program

*Continued from page 4*

she taught students of the Oglala Lakota Nation at the Pine Ridge Reservation in Allen, South Dakota. The experience was very meaningful for Lindsey and she was happy to work with such a special community. Through TFA, she became certified to teach secondary English Language Arts and returned home to Clinton to teach adult English as a foreign language at Mohawk Valley Community College. As an adjunct instructor, she taught classes to local immigrants and refugees. Now at the Oneida Indian Nation, she's truly enjoying her new job and is really passionate about it.

As she gets acclimated in her new role, Lindsey hopes she can reach and interact with more students earlier in their academic careers to ensure Members get the most out of their educational opportunities. She's already engaged with many students in the Nation community.



"I want to get to know the younger students and really raise awareness about these great opportunities," Lindsey said. "It would be great to work with the local area schools to attend college nights, or create resume and writing workshops for the students. These are useful tools to connect with middle and high school students."

The Scholarship Office is hoping to make the process of applying for grants and other outside scholarships less burdensome for students as well by making it easier for Members to access the forms necessary to obtain scholarships

funds. Among the forms included would be the Educational Assistance Request form, New York State Indian Aid forms, Bureau of Indian Education higher education grant applications, and FAFSA instructions.

Lindsey is also putting together separate instruction documents for each form so students know exactly what to do and when to do it. In addition to the Scholarship Program policies and procedures booklet that explains all of the degree programs available to Members, a checklist document for each program will make the financial aid application process more efficient and effective.

The Nation's Scholarship Program is accessible for all eligible Members and it will continue to provide the best support for students. For more information on scholarship policies and opportunities, or if you have any other questions about the program, contact Lindsey Langdon at [llangdon@oneida-nation.org](mailto:llangdon@oneida-nation.org) or (315) 829-8150. ❖