

# THE ONEIDA



## ONYOTA A KA

❖ ONEIDA INDIAN NATION NEWS ❖

THE ONEIDA ❖ ISSUE 2 VOLUME 21 ❖ JUNE, 2019

## Nation Hosts Elders Conference

*Members Offer Their Expertise to Elders During the 19th Annual Event*

At the 19th annual Elders Conference, held at Turning Stone Resort Casino, Nation Members took center stage in several workshops to offer their own unique how-to skills to help Elders. The conference is a presentation of the Oneida Indian Nation and offers the region's Elders and their caregivers an opportunity to connect with the Nation community.



Dr. Darryl Tonemah addresses Elders during one of the workshops.

This year, the conference opened with its featured keynote speaker, Dr. Darryl Tonemah, for a presentation on staying positive and the importance of laughter in your life. The old axiom that laughter is

the best medicine is very true, and even more so as we age.

Dr. Tonemah tied in his talk with some of his own personal experiences in directing positive energy. He described one situation where a child was crying uncontrollably. He instantly noticed it would be next to impossible to apply verbal reasoning to figure out why the child was bawling, so he implored the child to breathe with him as he played his flute. The child took six deep breaths for seven seconds apiece as Dr. Tonemah played long notes, eventually inviting the child to try covering the holes as he played.

“The feeling of overwhelm is not relinquished until we feel safe,” Dr. Tonemah explained. “Otherwise it stays charged up for the purpose of survival. It's our gut feeling.”

Personal sovereignty over your own body affects how you behave. If we are in control, we know we are in a safe place.

“When I control my body, I can control all of these outside things to help my people and my community,” he said in closing.



Manlius Pebble Hill student Olivia Bigtree

## Oneida Student Wins Awards for Photography

Art is more than a passion for Olivia Bigtree (Turtle Clan), a rising senior at Manlius Pebble Hill School, it's a part of her.

Earlier in May, one of Olivia's photographs was chosen as the winner of U.S. Representative John Katko's Congressional Art Competition. Olivia will visit the U.S. Capitol in Washington, DC this summer to meet with the Congressman in recognition of her achievement and celebrate the other award-winning young artists from across the country.

*Continued on page 6*

*Continued on page 3*



## Nation Recognized for Promoting and Preserving Heritage

Oneida Indian Nation Representative and Nation Enterprises CEO Ray Halbritter received the Medal of Honor from the Oneida Chapter of the National Society Daughters of the American Revolution (DAR) at the organization's annual Community Service Awards Dinner on May 16.

The Medal of Honor, the most prestigious honor awarded by the DAR, is given to an individual who has shown extraordinary qualities of leadership, trustworthiness, service and patriotism, and who has made lasting contributions to the community.

Halbritter, nominated for the award by DAR Oneida Chapter Vice-Regent Suzanne Bellinger, was honored for his commitment to preserving and promoting the Oneida Indian Nation's significant role in the Revolutionary War and the birth of the United States of America, and for his dedication to maintaining a strong government-to-government relationship built on that historic friendship for the benefit of the entire region.

Organizations like the Daughters of the American Revolution play an important role in showcasing and preserving the history and heritage of America's founding. The Oneida Indian Nation is incredibly proud to be included in that story.

"By recognizing and honoring the Oneida Indian Nation's formative role in building our great country, Halbritter said at the banquet, "you are helping ensure our story – one of great hardships, sacrifice, loyalty and perseverance – is carried unto the future generations."

Oneida County Executive Anthony Picente Jr. joined local elected officials in offered congratulations and reflected on their working relationship with the



New York DAR Regent Nancy Zwetsch, Ray Halbritter, Oneida Chapter Vice-Regent Suzanne Bellinger and Oneida Chapter Regent Nancy Langenegger.

Nation. "During the past 20 years, Mr. Halbritter has raised the standard of living for the people of the Oneida Nation from abject poverty to prosperity," said Picente. "Ray is a visionary leader and businessman who has done extraordinary things for his people, our community and this country." ❖

**REMINDER:**  
Register for the  
25<sup>th</sup> Anniversary

Oneida Indian Nation  
**Member  
Picnic**

For Oneida Indian Nation  
Members, Your Spouse  
& Children or One Guest

**Sunday,  
July 14**

**Noon – 6 p.m.  
At the Peaceful Pines  
Campground**

**REGISTRATION FORMS  
DUE JULY 1!**

For further information contact  
Member Benefits at 315-829-8335.

**PRE-PAY to avoid the  
line at check-in!**

### ONYOTA'A:KÁ:

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Dale Rood, Turtle Clan

#### 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.

## Student Wins Awards

*Continued from page 1*

Olivia set up her shoot for the winning photograph inside the new art room at MPH. Her art teacher, Ms. Henderson, has been a guiding figure in her work and Olivia says she’s been an incredible mentor. Olivia also isn’t shy about taking multiple shots from different angles and setups to invoke different emotions, something her teacher encourages. She likes to use all sorts of props, and the weirder the better she says.

“I love capturing bizarre scenes,” Olivia said about her winning photograph. “So I tried to get the weirdest things I could find like the large spoon and mannequin arm. I had models in mind ahead of time and I wanted to capture them interacting with these pieces.”

Photography gives Olivia an opportunity to relax her brain from taking on bigger issues that she says she’s always drawn to. Without an operative outcome, she has free reign to experiment with her craft.

“I didn’t want it to make sense. That’s what I love about this shoot specifically because I didn’t have a purpose going into it,” Olivia said. “But I love that



Olivia Bigtree's winning photo that will be on display in Washington DC.

people can interpret it in so many ways because there’s so much going on. That’s what I love about art and my art.”

Olivia was also named a 2019 National Medalist in the Scholastic Art & Writing Awards for the same photograph. It was awarded a Gold Medal in the national competition, but it also picked up accolades through local and statewide competitions. The winning photograph won a Gold Key to advance to the

national competition while another photo she entered was awarded an Honorable Mention. Olivia will head to New York City in early June for an awards ceremony in honor of her work.

The next project Olivia looks forward to completing focuses on the crisis of missing and murdered Indigenous women. Still in the early stages of development, she wants her exhibit to be more interactive, which includes white dresses that are marked up to insinuate the violence that women endure. Visitors to Olivia’s exhibit would have to walk through it, and she hopes they’ll really *feel* it.

With the success of her recent work, Olivia is excited about the opportunities to hone her craft in a variety of artistic disciplines. Closing out a busy month of June, she’ll head to the Bay Area for a month-long pre-college program at the San Francisco Art Institute. She’s interested in attending Syracuse University in 2020, but says finding an art school would be a dream come true.

“If I could get a scholarship to an art school next year, I would love that,” Olivia said eagerly. ❖



Olivia is working on a project to bring awareness to missing and murdered Indigenous women.

## Member Continues Education, Reaches Pinnacle with Doctorate in Executive Leadership

Higher education is a valuable commodity in today's society. It elevates the student's personal leadership, character and critical thinking skills but also prepares them for a myriad careers later in life.

Karen Buck (Turtle Clan) has taken those lessons to heart. With a Bachelor's and two Master's degrees under her belt already, she has been working seemingly non-stop to earn her doctorate of education (Ed.D) from St. John Fisher College over a vigorous 28 months. Karen successfully defended her dissertation in the summer of 2018.

The intensive Executive Leadership program leaves no time for extended breaks, or even a weekend off. As a part-time student working full time at the Onondaga County Health Department, Karen had to hit the books early and often.

"It's a tremendous amount of work in a short period of time," Karen said reflecting on her doctoral student experience. "Our cohort attended class on Fridays and Saturdays, and we had two classes each semester."

There were 14 other students in Karen's cohort that met at St. John Fisher's satellite campus at Onondaga Community College. Five drove more than an hour to get to class every Friday and Saturday. Although the school

has several satellite programs available across the state, every student feels a part of the St. John Fisher community. Over the course of the program, the cohort attends lectures or events at least five times at the main campus.

The second semester is the beginning of the dissertation process, which allows

the cohort to complete the program in the robust 28 months. The program also requires work outside of classroom to gain experience with leaders that implement social justice into their careers. Karen had two executive mentors during her time at St. John Fisher.

The mentorship part of the program counterbalances the intensity of the scholarly writing process. Karen spent a minimum of three to four nights a week – between 12-15 hours – at the computer. Half way through the program, students submit an official proposal and the college approves the research that will be conducted. Karen said the consistent and constant deadlines kept her honest with how much work she needed to do in a given day, week or month.

"It was a tremendous experience because the program is structured in a way that always keeps you moving forward," she said. "They support and help you through the dissertation process so you're not left to your own devices."

Applying a social justice lens to the health care industry and criminal justice system was at the heart of Karen's research. Specifically, she wanted to dive into the lack of health care rights of those incarcerated. It's something she said she encountered throughout her career and that it was a significant problem.

The United States Supreme Court ruled in 1976 that anyone incarcerated is entitled to health care. But Karen says



Karen Buck with her son, Erich.

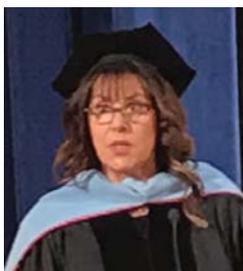
there is no measurement or monitoring system to make sure that's happening. Her research examines how jail administration can make an impact on their communities, the families of those incarcerated, and the effectiveness of its application.

"From a humanitarian standpoint, if we can't provide them with health care should we really be locking them up?" Karen asks.

Addressing the question has helped some of Karen's colleagues. Earlier this year, Upstate Hospital in Syracuse did a symposium on social justice in health care. A friend of Karen's that she had worked with for years presented and acknowledged her research.

"She said 'I'd like to thank my good friend Dr. Karen Buck whose research aided much of this presentation today,'" Karen said. "I felt such a significant sense of accomplishment and I wish my parents could've been here to see it."

Family is very important to Karen. She was incredibly happy to have the



Karen Buck.

## Catching Up With ...

# Paulette Bucktooth

In 1992, Paulette Bucktooth (Turtle Clan) was chosen to be the Princess of the Six Nations Agricultural Society Indian Village at the New York State Fair. Representing the Oneida Indian Nation that year, she was excited to be involved in the special fair festivities. And it almost didn't happen!

"My parents asked my sister, Lisa Oakes, and I to do an interview to be the Oneida Indian Princess for the New York State Fair," Paulette recounts. "Anyone that knows my sister knew she was very shy and I was the outgoing child. My sister told the interviewers that she couldn't dance without music, so my two friends that went with us sang and I danced with her. We had a mini social dance with lots of laughs."

Later on, Paulette's parents received a phone call saying that she was chosen to be the Oneida Indian Princess. Looking back, she says the experience influenced her life greatly.

"The opportunity to publicly speak gave me confidence," she says. "Speaking in front of a large crowd of people, participating in the fair parade and the time I had spent with my amazing Aunt Wava, who taught me to always look for the good. This was one the greatest experiences of my life."

Her Aunt Wava Carpenter transported her to and from the fair every day, and always shared with her a long talk about life. Loni Powless and Evelyn Powless made her six sets of regalia to wear for the events at the fair as well. Paulette says many new people from that experience remain in her life and thoughts to this day.

Now, Paulette remains a constant visitor to the fair and sees many familiar faces at Indian Village.

"It's a great place to network and connect with the people there you might not have seen in a while," she says.

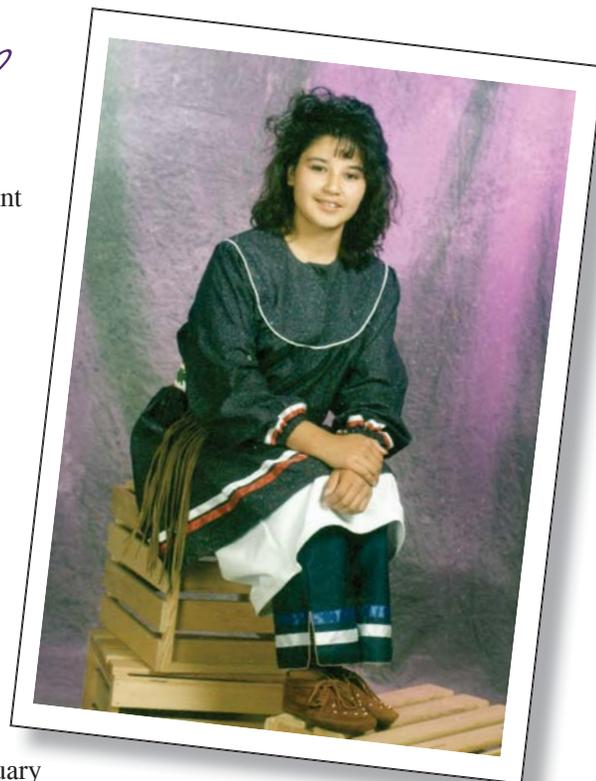
The Indian Princess experience also directly helped Paulette on her career journey. Over the last 18 years, she's worked at the Central New York Developmental Disabilities State Operations (CNYDDSO) office. Working her way up through the ranks, she was promoted to grade 7 Program Manager in February and runs her own group home.

Prior to getting in at the CNYDDSO, Paulette completed her Associate's degree in human services at Onondaga Community College in 2000, and is near completion of her Bachelor's degree where she was studying criminology at LeMoyne College. Just two years ago, she was honored as CNYDDSO employee of the year.

Paulette has three kids: her eldest son Hajenhne Brown, 24, daughter Sadie Smith, 18, and her youngest son Kahtehliyo Smith, 14. She is proud to

**"This was one of the greatest experiences of my life."**

**- Paulette Bucktooth**



Paulette in her regalia in 1992.

have managed her eldest son's lacrosse team and coached her daughter's T-ball team. She tries to instill in them her confidence and determination.

"I really love my job," she said elatedly. "I feel I was able to progress in my career a lot faster because of my experiences and I'd like to thank my parents for their support in everything I do." ❖

## Got Good News?

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). ❖

## Elders Conference

*Continued from page 1*

### Adapting to Technology

Later that morning, the conference split for a couple of workshops aimed at providing Elders and their caregivers with tips to improve their quality of life. Tammy Tarbell (Turtle Clan), an information technology support coordinator for the Oneida Indian Nation, delivered a presentation on basic smartphone functionality.

Tammy went over how to answer calls, how to use the speakerphone function, how to send and save pictures, and much more in addition to answering any questions from Elders.



Shirl Oatman (Turtle Clan) and Linda Williams (Turtle Clan) at the Elders Conference.

### Exploring Medicinal Herbs and Spices

Laughter may be known as ‘the best medicine,’ as the theme for the annual Aging Well Elders Conference suggests, but sometimes the cure for what ails us may be found right in our own cupboard or spice rack. Dozens of attendees packed the Tuscarora Room at Turning Stone on the opening day of the conference to hear tips and pointers from Sheri Beglen (Wolf Clan) on the health benefits of using herbs and spices found in many homes.

At the beginning of the workshop titled “Healing from the Spice Rack,” Sheri stressed that the use of herbs for medicinal purposes are not designed to take the place of professional medical treatments. She discussed the importance of sharing information with others and learning about the herbs and spices we have at home before trying them out for uses other than cooking. For example, turmeric is an herb that is an anti-inflammatory and may help improve symptoms of arthritis, but it also should not be used by people on blood thinner medication and can cause staining of teeth.



Sheri Beglen (Wolf Clan) discusses the health benefits if using everyday herbs and spices with participants at the Elders Conference.

Sheri brought along several samples of common household herbs that were passed around the room for Elders to observe. She even shared a few treats such as candy-coated fennel seeds that help with digestion and ginger water, which may aide in soothing a sore throat or relieving symptoms of a common cold. Sheri’s presentation focused primarily on herbal teas. To help keep the herbs as pure as possible she suggested using a stainless steel kettle to boil the water used for tea, letting the tea ingredients steep for about a minute to a minute-and-a-half in an organic cheesecloth teabag, and drinking out of a glass teacup.



Tammy Tarbell (Turtle Clan) explained the features of a smartphone.

“If you’re going to get a smartphone, you should know how to get the most out of it,” Tammy said.

With that, she went over many of the basic functions for iPhones as well as for the Android operating system, which many Elders said was trickier for them to navigate. The slideshow explained the proper function commands for each type of device. Many used what they learned right in the room so they wouldn’t forget.

While her presentation was filled with tips on using herbs and spices such as sage to help with a sore throat, cinnamon as an analgesic, and thyme to help with respiratory issues, she also invited Elders to share their own favorites. Linda Williams (Turtle Clan) said she liked to grow her own sage and used it for making tea as well as cooking. She also recalled making tea from white pine needles and how much she enjoyed that as a special treat. Pine needles are high in vitamin C and contain antioxidants that help boost overall health.

Corn may not come to mind when thinking of tea ingredients, but the silk from organic or Indian corn can be used fresh or dried to make a mild tea that is good for the urinary system, reducing blood sugar, and reducing gout. Tea made from the crown of an ear of corn – the top kernel and the five surrounding it – is good for lifting a person’s mood.

Everyone’s tastes and reactions are different and each person should take their own approach to herbal teas, Sheri explained. “What might be good for one person is not necessarily good for another” she said.

## Sugar Alternatives

On Day 2 of the conference, Kathryn Halbritter (Wolf Clan) delighted many Elders in the Tuscarora Room with several delicious alternatives to refined granular sugar, which can do damage to the body if consumed in large amounts.

Her presentation touched on the more natural alternatives for sweeteners including stevia, honey and the natural sugar alcohols from the fibers of fruits and vegetables. Stevia, a natural sugar, can even lower your blood pressure and blood sugar.

According to the American Heart Association, a healthy amount of sugar per day is nine teaspoons for men and six teaspoons for women. The amount



Attendees of the Elders Conference participated in social dancing.

seemed low even to Kathryn, but provided another eye-opener to the Elders concerned with striking a healthy balance of sugar.

The most shocking part of the presentation was showing how much sugar is packaged in many of the products we buy at the store. Raisin Bran, considered by many to be a healthy cereal, had six teaspoons of sugar per serving while a 16 oz. bottle of Mountain Dew

had 18 teaspoons of sugar; well over the recommended amount for an entire day.

“I think it’s best to stick to more natural sugars like fruits and other things our Creator made for us,” Kathryn said. “It’s important to give yourself manageable goals for adjusting your sugar intake. Too much of a good thing can still be bad so moderation is key.”

To accent her presentation, Kathryn was joined by two Turning Stone chefs for a couple of cooking demonstrations. The Elders

were able to taste test all of the sweet treats, including a healthy brownie and chocolate chip cookie.

To close out the two day conference,



Kathryn Halbritter (Wolf Clan) led a workshop on sugar alternatives.

Haudenosaunee dancers thrilled Elders with several social dances. Chris Thomas led his troupe featuring Brooke Thomas (Wolf Clan), Cameron Schenandoah (Wolf Clan) and Hickory Edwards from the Onondaga Nation.

The group was happy to display their skills

and even posed for some photos after their performance.

The 19th Elders Conference was

another big hit for all in attendance. Many, like Cricket Williams (Turtle Clan), look forward to it each year.

“It’s always a blast,” Cricket said after day one. “I’ll see you tomorrow morning for more fun.”



Cricket Williams (Turtle Clan)

Thank you to all of the Elders and their caregivers that attended this year’s conference. ❖



Participants in this year's parade float included Chelsea Jocko (Wolf Clan) and her nephew Wes Halsey, Jr. (Wolf Clan), Clairese Patterson and her daughter Camille (Wolf Clan) and Laikyn Lynch.

## Nation Sponsors Chittenango's Oz-Stravaganza!

The Oneida Indian Nation carried on its time-honored tradition as the presenting sponsor of the Village of Chittenango's annual Oz-Stravaganza in early June.

With "The Magic of Oz" as this year's Oz-Stravaganza theme, the Oneida Indian Nation's parade float featured Grand Marshal Ruby Rakos, who starred as Judy Garland in several productions of the musical *Chasing Rainbows: the Road to Oz*, about Judy's early years and her journey to Oz. Members of the Oneida Indian Nation community, as part of its annual tradition, rode atop the colorful float. The Oneida Indian Nation's Maple Leaf Market mini-tanker also made an appearance.

In addition to the Oz-Stravaganza, the Oneida Indian Nation has shown its support for the Village of Chittenango in many other ways, including several years of sponsoring the Summer Music in the Park series. ❖



Kathy Patterson, Patti Millimen Welch and Meagan Welch with their President's Volunteer Service award certificates.

All Things Oz

## Nation Members Receive Volunteer Awards

Patricia Milliman Welch (Bear Clan) was honored during the Oz-Stravaganza weekend by the International L. Frank Baum and All Things Oz Historical Foundation for her volunteer service to the Museum and entire Chittenango community. Patti received an honorary lifetime membership to the Museum and, along with her family, also received the Bronze Presidential Service Award.

In a Facebook post Patti shared her thoughts on the honor:

*"I have tried to raise my kids to be good humans, I have tried to instill the same value of 'Its not what you have that matters, it how you use what you have to help others that counts.' All of the bear cubs have helped when they can, and some still do as much as possible. But their love of community is still a value.*

*I am truly humbled for these honors. The recognition is not why I do it but I am thankful for all of the people I meet and will continue to do what I can, however I can. Thank you to my family for supporting me and following me and Thank you ALL THINGS OZ!!" ❖*



## Call for Entries: Museum Exhibit Competition

Exhibit competitions are open to all Oneida Members in a variety of categories. Entries are due by 3 p.m., Monday, Aug 19<sup>th</sup> to Gail Semian at the Ray Elm Children & Elders Center. Pictures and paintings must already have hanging hardware installed. **For more information or questions contact Sheri Beglen at (315) 829-8204.**

## Golf Tournament Fundraiser

The Six Nations Agricultural Society is hosting a golf tournament fundraiser on Sunday, July 28<sup>th</sup> at the Robert Trent Jones Jr. designed Seneca Hickory Stick Golf Club in Lewiston, NY. The event is \$150 per golfer or \$500 per foursome through July 27<sup>th</sup>. Foursomes paying the day of will owe \$600. The mission of the Society is to promote agriculture throughout all New York State tribes and the funds raised for this event will be used to support the efforts of the Society to provide education about Haudenosaunee (Iroquois) culture and traditions.

Registration begins at 11 a.m. with lunch available at 11:30 a.m. The scramble format tournament will have a shotgun start at 1 p.m. Payment includes golf, lunch, dinner and player gifts and prizes. For questions, sponsorship opportunities or to register call 716-5533-9950 or email at [agsocietygolf2019@gmail.com](mailto:agsocietygolf2019@gmail.com). ❖

# Start Planning Now for the Six Nations Indian Village at the State Fair

The Six Nations Agricultural Society Indian Village at the New York State Fair opens on Wednesday, August 21<sup>st</sup> and runs through Labor Day on Monday, September 2<sup>nd</sup>. The Indian Village is one of the true landmarks and highlights of the annual 13-day summer event at the State Fair Grounds in Syracuse, NY.

Located near Gates 4 and 5, the Village is open daily from 10 a.m. to 8 p.m. Visitors can explore exhibits displaying Iroquois arts and crafts, visit vendor booths, watch social dancing and try their hand at the time-honored sport of archery.

The Soup House in the Village opens at 6 a.m. daily and serves breakfast, lunch or dinner, offering traditional favorites and daily specials.

Haudenosaunee dances will be held daily at 11 a.m., 4 p.m. and 7 p.m. and each Nation will present an individual program at 2 p.m. on their specific day during the last week of the Fair. This year, **Oneida Day will be Wednesday, August 28<sup>th</sup>.**

Six Nations Day, or Indian Day, is Friday, August 30<sup>th</sup> and it features the thrilling Smoke Dance competition. The 3 p.m. event draws dance competitors from far and wide. Last year, Brooke Thomas (Wolf Clan) and Heath Hill (Wolf Clan) took home first place in their respective divisions while Nalani Hill (Wolf Clan) came in third in the girls ages 6-12 division. Don't miss the Iroquois Indian Band, which performs on Indian Day as well.

The Indian Village is also home to a large wood carving of a Ceremonial Pipe created by Oneida Chief William Rockwell in 1932, a birch bark canoe, a replica 16th century Longhouse, and much more.





## 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. ❖



# Help Prevent Lyme Disease

## Summer Time Tips on Avoiding Ticks

Lyme disease continues to spread throughout New York State. Lyme disease is a bacterial infection caused by the bite of an infected deer tick and can affect people of any age. Untreated, the disease can cause a number of health problems. Patients treated with antibiotics in the early stage of the infection usually recover rapidly and completely. Not all deer ticks are infected with the bacteria that cause Lyme disease, and a tick must be attached for 36 hours or more before the bacteria can be transmitted.

In tick-infested areas, your best protection is to avoid contact with soil, leaf litter and vegetation. However, if you garden, hike, camp, hunt, work, or otherwise spend time in the outdoors, you can still protect yourself:

- Wear light-colored clothing with a tight weave to spot ticks easily.
- Wear enclosed shoes, long pants and a long-sleeved shirt. Tuck pant legs into socks or boots and shirt into pants.
- Check clothes and any exposed skin frequently for ticks while outdoors and check again once indoors.
- Consider using insect repellent. Follow label directions.
- Stay on cleared, well-traveled trails. Avoid contacting vegetation.
- Avoid sitting directly on the ground or on stone walls.
- Keep long hair tied back, especially when gardening.

If you have been bitten by a tick please contact Oneida Indian Nation Health Services at (315) 829-8700 or 1-800-663-4324.

Source: New York State Department of Health. For more information visit: <https://www.health.ny.gov/publications/2825/>

## 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



## Kids' Day Celebrated July 10

It's "Off to the Races" at the 26th annual Kids' Day celebration on Wednesday, July 10 from 11 a.m. to 1:30 p.m. at the C&E Center. Activities include hula hoop challenge, bean bag toss, hopscotch, letter race, relay race suitcase game, obstacle course, Simon Says, ring toss, magnetic letter race, airbrush face painting, child ID kits and more!



Prize drawings will be held throughout the day; winners must be present. Kids' Day is open to all ages. Prize drawings and goody bags are for ages 0-16.



No pre-registration is necessary. Goody bags and prize tickets are available at the registration table at the C&E lobby.

For more information, contact Pat Catalano, GP&S programs coordinator, at (315) 829-8215. ❖

## Summer Jam

Summer Jam begins July 8 and continues Monday through Friday from 8:30 a.m.-4:30 p.m. until Aug. 16. The program is open to Oneida Indian Nation Members, Children of Enrolled Oneidas and Oneida Indian Nation Health Services clients who are entering grades 3-8 in the fall and are not eligible for the Youth Work Learn program.

Open registration is from June 1-19 and is \$50 per student for the 6-week program. Priority registration applies. Space is limited to the first 30 students who pay in full and provide a final report card by June 19. Accommodations may be made for students who need to be dropped off earlier and/or picked up later.

Breakfast and two snacks are served daily. Students must bring a bagged lunch daily. Food cannot be cooked or heated, it must be ready to eat.



Summer Jam includes the First Tee program.

Students in the program will also participate in the popular First Tee Program. The First Tee program is held two days per week from 9:30 a.m. to noon at the Nation's Golf Dome or one of the Nation's golf courses. The final week of Summer Jam includes Family Day on Aug. 14 and a trip to Roseland Water Park on Aug. 16.

## Running Club

Running Club training and runs are held Wednesdays from 5-8:30 p.m. with the Utica Road Runners. The final run will be held on Oct. 13, with eligible club members participating in the Empire State Races. Participants younger than age 18 must have their parent or guardian present at all runs.

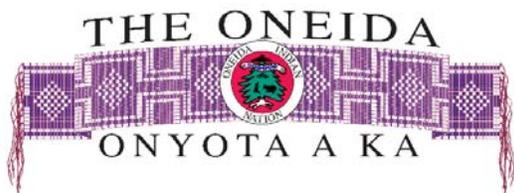


## Coed Wooden Softball League

The league began June 5 and continues through Aug. 21. Games are played Wednesdays at 6 p.m., 7 p.m. and 8 p.m. at the Nation's softball field.

Registration is limited to 12 players ages 18 and older, including employees. Teams must have at least 3 females. Registration and weekly umpire fees apply.

.....  
**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. For more information about Recreation Dept. programs, call (315) 829-8484 or 1-800-685-6115.



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

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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.

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## SAVE THE DATES ...

**Wednesday, July 10**

### **Kids' Day**

11 a.m. - 1:30 p.m. @ C&E Center  
Info: 315-829-8215 or 1-800-685-6115

**Sunday, July 14**

### **Member Picnic**

Noon - 6 p.m. @ Peaceful Pines  
Info: 315-829-8335 or 1-800-685-6115

**Friday, August 30**

### **Indian Day @ Indian Village**

Free Admission to the NYS Fair for  
American Indians

## Member Continues Education

*Continued from page 4*

support of her son Erich Haney at her dissertation defense and to celebrate with him when she successfully completed the program. She hopes she's been a consistent role model for education for him and her younger son, Matthew Haney.

Karen's two kids always inspire her and make her proud each and every day. Erich graduated from SUNY Stony Brook with a degree in economics and currently works in the Syracuse area while Matthew is a trained welder and works at Tops Friendly Markets. Karen's husband, Tom Buck, continues to work at Raymour and Flanigan as well. They

married in 2013 and now reside in Camillus.

Education has always run in the family. Her eldest sister Deb Montroy (Turtle Clan) set the educational example early by attending college and going back to get advanced degrees. This past December, Karen's younger sister Joann Fregin Trice (Turtle Clan) defended her dissertation from the same program at St. John Fisher College while her youngest sister Jennifer DiBello (Turtle Clan) is working toward a PhD at Syracuse University.

The Oneida Indian Nation's Scholarship Program was a significant resource that helped each sister succeed in their post-graduate studies.

"That's how I was able to get as far as I am today," Karen said. "There was no way I could get here without the financial support from the Nation."

Karen currently works at the Syracuse Community Health Center as a director of nursing. When asked about what she'd like to do next, Karen said

she'd like to teach one day.

"I have no problem standing on a platform for social justice regardless of the political climate," she said. "We need to learn how to talk about policy in a nonpartisan way and respect other opinions, or

enlighten other people. I'd like to bring this to a classroom setting and get a good conversation going." ❖

**"There was no way I could get here without the financial support from the Nation."**

**- Karen Buck**