

THE ONEIDA



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❖ ONEIDA INDIAN NATION NEWS ❖

THE ONEIDA ❖ ISSUE 1 VOLUME 22 ❖ MARCH, 2020



Participants in the Mid-Winter Recess program show off their new electric toothbrushes received courtesy of the Oneida Indian Nation Health Services dental staff. See more photos page 5.

Mid-Winter Recess Activities Provide Fun, Educational Activities for Youth

Dental Presentation Raises Awareness of Oral Health

Kids participating in the Oneida Indian Nation Recreation Center's Mid-Winter Recess activities were treated to a special presentation by the Nation's Health Services dental department on proper dental care and oral hygiene. Dental assistants Amanda Blau and Debra Hart and dental hygienist Diane Berwick gave some tips and fun facts about oral health, including how flossing once a day

can increase your life expectancy by six years and that tooth enamel is harder than bone.

The kids then took on a challenging word scramble to learn more about specific dental lingo. At the end of the activity, Amanda handed out electric toothbrushes for everybody. Jadalyn George and Madison Pendell (Turtle Clan) demonstrated how to use them with a fun pose. These activities teach the kids about proper dental care and other healthy practices for their daily lives.

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Karen Pierce (Turtle Clan)

Nation Member Relishes Opportunities to Share Culture

"I want all Nation Members to know they're invited," Nation Member Karen Pierce (Turtle Clan) said of the Oneida Indian Nation's ceremonies.

"You don't need to sing or dance – you can just observe. I hear that many people don't go because they might feel out of place, but they shouldn't feel that way," she continued.

Ceremonies have become a vital part of Karen's life, and of her children's lives ever since they were babies. Passing down her cultural heritage is crucial, not only for Karen personally, but to ensure younger generations embrace that heritage.

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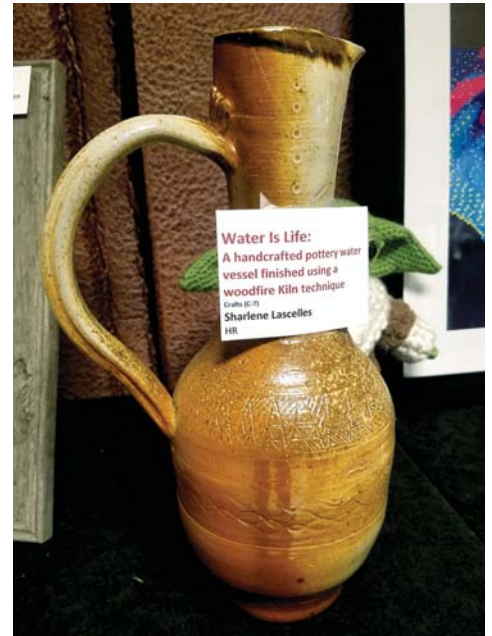
Creation Story Murals on Display

The Oneida Indian Nation recently installed a set of three large murals by artist William Ashby McCloy, which depict a version of the Oneida Creation Story, in the Ray Elm Children and Elders Center atrium. The Nation acquired the murals in 2017 and commissioned conservation work and framing with West Lake Conservators in Skaneateles.

The murals are painted on heavy canvas with wooden stretchers and are a beautiful addition that will welcome visitors to the center. The center canvas is 8 ft. high and nearly eleven ft. wide. The two side canvases are 8 ft. at the high end and a little over 6 ft. at the low end. They are nearly ten ft. in width.

A display sign has been placed below the murals with more details about the artist and his interpretation of the Creation Story. Visitors will instantly recognize Sky Woman's descent onto Turtle Island in the center panel, the battle between the Good and Evil Spirits in the right panel, and the creation of Earth and restoration of land from flood waters in the left.

Check out the grand display in the atrium and pick up an information card with more information on these spectacular paintings at the reception desk. ❖



Oneida Artist Wins at Employee Art & Literary Show

Artist Sharlene Lascelles (Bear Clan) took home a first-place Judge's Award in the Craft category of the Oneida Indian Nation's employee Art and Literary Show in February. Her handcrafted pottery vessel, entitled "Water Is Life," features a unique shape and external design influenced by her Oneida heritage. It was finished using a wood-fire kiln. Sharlene works in the Human Resources Department at Oneida Nation Enterprises. ❖

Got Good News?

If you know an Oneida Member who 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 project coordinator, at 315-366-9327 or dmontroy@oneida-nation.org. ❖

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EDITORIAL STAFF:

Ray Halbritter, Publisher and CEO
Joel Barkin, Vice President of Communications
Jim Heins, Senior Manager, Editorial Services
Alison Griffiths, Senior Writer
Derek Montroy, External Affairs Project Coordinator
Pat Catalano, GP&S Programs Coordinator

ONEIDA NATION COUNCIL

Ray Halbritter, Nation Representative, Wolf Clan
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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 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.

Member Relishes Opportunity

Continued from page 1

As with most formal settings, children need regular reminders on how to behave and act appropriately. That can only be done by bringing them to ceremonies early and often.

“They sit and listen – and they learn how to act,” Karen said. “As time goes by, kids learn what to expect at ceremonies.”

Karen says her kids have already been given their Oneida names and know that’s what they are to be called at ceremony. She made all three of her kids’ – Nalani, Kowahatawi and Shoneida Hill (Turtle Clan) – moccasins and tobacco pouches, too. Making those traditional materials is something Karen holds dear, and it remains a central part of her job with the Nation.

As a Nation employee, Karen assists with the day-to-day operations at the Shako:wi Cultural Center and Oneida Heritage. At Shako:wi, she welcomes many school groups, usually twice per month, exploring Haudenosaunee culture. She shares traditional stories and legends



Karen points out one of the many items available for sale at Oneida Heritage.

with the students, and leads a cornhusk doll craft at the Cookhouse.

“I get stories from the Elders sometimes – the legend of the cornhusk doll, the Creation story – there’s so many – to teach them not only about our ways, but about our values,” Karen said. “A lot of the children like the cornhusk doll story because it teaches that vanity is wrong. All of our kids need to hear these stories and I want my children to learn them.”

Over at Oneida Heritage, Karen mainly works on beading – working on

everything from earrings and necklace sets to larger works like replica Oneida and Hiawatha belts.

“Ron [Patterson] (Wolf Clan) got me into making Oneida belts and Hiawatha belts about two years ago,” she said. “It started out rough, but I feel I’m really good now.”

Given her role in teaching Oneida heritage and culture, Karen hopes to attend ceremonies at the other Haudenosaunee Nations.

“I’d love to travel to the different Nations, go to their ceremonies and learn about what they do,” she said. “Reporting back and sharing their influences on our own ceremonies would be great. Some of their ceremonies can go for 21 days.”

Karen and her mother, Luanne (Turtle Clan), regularly take part in the Nation’s community events. Luanne visits the Ray Elm Children and Elders Center to participate in Elder program activities, including ceramics classes and intergenerational bingo with her granddaughters.

Both Karen and Luanne have used the Oneida Indian Nation’s Health Services to help in the management of their diabetes as well.



A beaded necklace created by Karen Pierce.

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Winter Recess Activities

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Trips to Golf Dome Allow Youth to Keep Up Their Game

The Oneida Indian Nation Recreation Center's Mid-Winter Recess activities featured two trips to the Turning Stone Golf Dome during the week of Feb. 17. The kids participating received a group lesson with assistant golf professional Ryan McGinnis in the hitting bays as well as the short game area. Many of them have been playing for many years through the popular Summer Jam program, like Ashley Scott, who said she loves to play golf because of her grandfather.

During the practice sessions, the kids competed in fun putting competitions. Ryan split the group into two teams and tossed ten blue golf balls and ten white golf balls across the short game area's three undulating greens. The first team to make all of their putts won. And at the end of practice, everybody had two shots

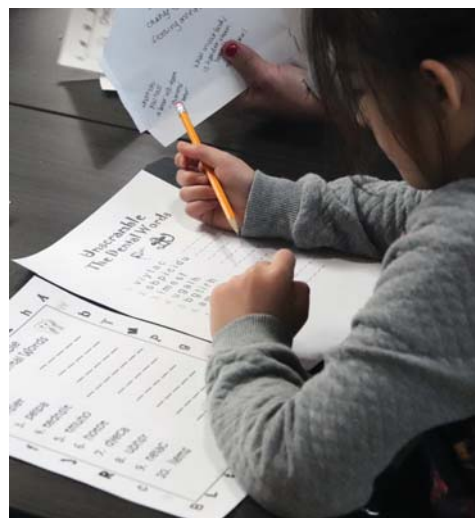
at an "impossible putt," which was over 150 feet away; and a few came close to sinking one!

The Nation's Rec Center leads by example with daily activities in the gymnasium for youth participants. In addition to golf during the break, the group also took a trip to WonderWorks at Destiny USA in Syracuse where they could explore interactive exhibits and a ropes course that hangs high above the third floor of the mall. ♦





February was National Children's Dental Month. Youth participating in the Nation's Mid-Winter Recess Program were treated to an interactive educational presentation by Oneida Indian Nation Health Services dental staff.



Member Relishes Opportunity

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"Health Services share different diets along with the things I should be eating and shouldn't be eating," Karen said. "We have a long lineage of diabetes in our family so it's been wonderful having a resource to manage that. I try to teach my children that, too, and eat healthy at home."

As a resident of the Village of the White Pines, Karen is well aware of the

importance of the sovereignty of the Nation and its lands. Sovereignty and heritage work hand-in-hand, which is why she wants her children to learn more about ceremonies and Haudenosaunee ways of life. She continually reinforces the need to know what to cook, how to walk into Cookhouse or the Council House, and how to do so with a good mind.

"I want my girls to learn Longhouse etiquette. They are very respectful. They learn and listen, and are almost there," Karen said. "But you can't be angry or upset. You have to leave that at home."

Ceremonies are a way to learn more about Oneida culture and heritage, and Karen wants Nation Members, of all ages, to know that they are welcome and always have a place.

"Our children need to hear and see what goes on at ceremonies," she said. "We have people coming from other Haudenosaunee Nations coming to our longhouse, which makes me feel good, but it would be great if we could get more of our people to come. I'd love to see everyone check it out." ❖



Seasonal Flu Shots Available

The medical providers at Oneida Indian Nation Health Services recommend the flu vaccine for all persons ages 6 months and older and for those who are at the greatest risk of complications, including pregnant women, children, and elders who are at risk for flu-related complications. The flu can cause certain health conditions to become worse, including diabetes, asthma, and heart and lung disease. A flu shot is needed each year because influenza viruses are always changing and immunity wanes over time.

To schedule an appointment for a flu shot, call Health Services at (315) 829-8700 or 1-800-663-4324. ❖

After-Hours Medical Call Center

All Health Services patients can call the Health Center after hours to talk to our medical call center. Your call will be triaged and patients will be appropriately directed based upon their concern. All calls are forwarded to the patient's providers for follow up if required.

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, Patient Access Manager, at (315) 829-8715 or 1-800-663-4324. ❖

Three Sisters 25th Anniversary Dinner

The 25th anniversary of the Three Sisters Dinner will be celebrated on Thursday, March 26 at the Shenandoah Clubhouse at Turning Stone Resort Casino. Doors open at 5:30 p.m. Dinner will be served after the Thanksgiving Address, at approximately 6:15 p.m. A social dance will close the evening.

The dinner is open to Oneida Indian Nation Members, Children of Enrolled Oneidas and Oneida Indian Nation Health Services clients of all ages. Dinner reservations are required by March 19. Contact Tara Smith, administrative assistant, at (315) 829-8209 or 800-663-4324.

The Three Sisters Dinner is held in March to observe National Nutrition



Month®, an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The 2020 education campaign theme is *Eat Right, Bite By Bite*. ❖

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, patient access manager, at (315) 829-8700 or 1-800-663-4324.

Elders Bus Art Contest

The Oneida Indian Nation Elders are sponsoring a contest for a distinctive design that will adorn the side of their bus. American Indian artists of all ages are encouraged to enter the contest and submit their artwork. The contest runs from Feb.3 – June 22, 2020. The winner will receive a check for \$500.

Contest Criteria:

- Art must be original and depict only the Turtle, Wolf and Bear clans and the Oneida belt
- Art should be submitted in digital format as PDF or EPS, or an original drawing or painting, no larger than 11 x 17
- Design must include the words "Oneida Indian Nation Elders"
- Design area is the side of the bus and above windshield and should be horizontal format
- 1 submission per person
- Include with your submission: your name, email address, phone number, mailing address, copy of your tribal enrollment card and a brief biography.
- Mailed or emailed artwork must be postmarked/dated by June 22, 2020

Send submissions to Tammy Patterson, Elders Activities Leader, at tpatterson@oneida-nation.org or mail to Tammy at Ray Elm Children & Elders Center, 5000 Skenondoa Way, Oneida, NY 13421. Call (315) 829-8135 or 1-800-685-6115 for more information.

Entries will be judged by Oneida Indian Nation Elders on Saturday, June 27, 2020. Winner will be notified by email and receive check by mail within 10 days of receipt of Winner Release. For full contest rules, visit www.oneidaindiannation.com or www.facebook.com/OneidaIndianNationNY



PLEASE NOTE:

The Family Trip to the Rochester Knighthawks Lacrosse Game Originally Scheduled for March 28 Has Been Canceled

We apologize for any inconvenience.
For more information, contact
Cole Perkins, Recreation Center
supervisor.

Running Club

The Running Club meets every Wednesday from May 13 to Sept. 16 to train for the Utica Boilermaker. During the first 10 weeks, participants will meet at the Recreation Center at 5 p.m. and travel by van to the Utica Recreation Center for runs with the Utica Roadrunners. For the final 10 weeks participants will meet at the Utica Recreation Center at 6:15 p.m. for training runs.

Running Club participants are automatically entered into the 4-race challenge, held between April and December.

Open Basketball

The gym will be available on Saturdays from 1-3 p.m. for pick up games of basketball until April 25. Open to ages 13 and older, and employees. Minors (ages 13-17) must be accompanied by their parent or guardian and have their signature on the waiver. All participants must show a valid ID each time they come to the gym and follow all facility regulations.



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. Recreation activities will not be held when the building is closed for a holiday.

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

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

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 @OneidaNatnNews

SAVE THE DATES ...

Thursday, March 26 Elders Pitch Tournament & Potluck

Info: 315-829-8135 or
1-800-685-6115

Saturday, March 28 Trip to Knighthawks Lacrosse Game

Info: 315-829-8484 or
1-800-685-6115

Monday, March 30 Elders St. Patrick's Bingo Party

Info: 315-829-8135 or
1-800-685-6115

Oneida Indian Nation Members and Their Immediate Family or One Guest,
Oneida Indian Nation Council Members and Immediate Family or One Guest,
Elders Program Participants and One Guest and Elders Program Staff
Are Cordially Invited to Attend the



Elders Dinner

Sunday, April 5, 2020 ~ 1 p.m.

Turning Stone Resort Casino
Oneida Room

Please R.S.V.P. by March 27 to Kaitlin Jocko
at 315-829-8335 or 1-800-685-6115

At the request of our Elders this is an adult only (18+) event