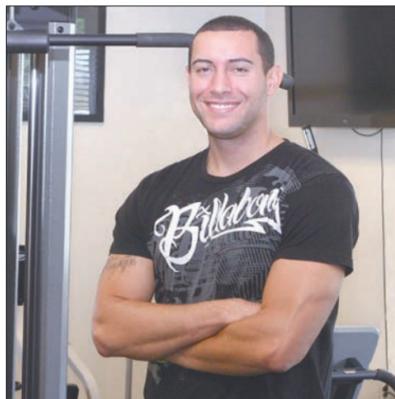


From The Merle Boyd Center

Action Packed Busy Summer

by Anthony Ramirez Exercise Specialist MBC



Anthony Ramirez
Exercise Specialist MBC

Summer is nearing its end, and what a busy one it has been! It began with NYPD camp at Camp Takatoka in Wagoner where we took 12 youth to learn about diabetes and how to fight it. Leaders from the Native Youth Preventing Diabetes organization and the Oklahoma Inter-Tribal diabetes Coalition had approximately 140 kids age 7-12 in many different groups to learn what types of food they can substitute for what they may have eaten in the past, how to exercise and what exercise is if they had never done any type before, and the dangers of tobacco cessation

The Youth Soccer Camp June 26th and 27th was a blast with 18 kids from ages 6-15 learning how to play and hopefully pick up a new sport that they can be active in and hopefully excel in. The two day camp was led by Dewayne Tiger with the Seminole Nation and the event was hosted at the park on Butler Drive in Falls Acres. The camp consisted of stretching, running, drills, kicking practice, defense and at the end of camp that Friday, a game in which all of the youth were split in half and competed in a half hour game against each other. At the end of the camp each youngster in attendance received a free soccer ball to encourage them to practice and stay active.

The annual health fair on Thursday July 10th began with hard rain, and ended with 585 people participating and sum 50+ walking out with door prizes

donated by the Merle W. Boyd Center, BHHC, OES and many of the outside organizations that set up tables to get their information to the people. We had 45 outside businesses set up tables that ranged from audiology, dental and other health fields to basket weaving, soil demonstrations and the Department of Narcotics bringing their helicopter and drug prevention Hummer. The OBI team collected more than 30 volunteer samples of blood to donate to needy persons in the state! That is double what we were able to receive last year and will benefit individuals that might not have that blood if you weren't able to attend.

Friday and Saturday the grounds played host to several tournaments. Friday 3 on 3 basketball tipped off at 9 am for the 17 and under age division which had 8 teams with the top two teams receiving prizes donated by the Pow-wow committee and the third place team receiving brand new basketballs donated by the Merle W. Boyd Center. At 11:30 the over 18 crowd had their chance to play and had 6 teams register. The two tournaments were fun and hopefully going to be an annual event where we can have many more teams enter and play. Thank you to all those that participated and came to cheer on all the teams.

Saturday morning Sallateeska Baptist Church hosted two tournaments simultaneously next to the pool, a horseshoe tournament and a spike volleyball tournament. There were plenty out for the horseshoes, I believe a total of 40 individuals, and 6 volleyball teams that played throughout the day battling sun and wind.

With all of this being said, it is my goal to have two different things happen in the future; intramural sports for youth and adults versus other Indian Nations, and have something planned and designed for our facilities to host more basketball, horseshoe and volleyball related activities. Be on the lookout for upcoming events and contact me if you have any questions. Anthony. Ramirez@ihs.gov or 918-968-9531 ext 3039



1st Place Volleyball: Creeks Unlimited, Captain Sam Coon



2nd Place Volleyball: Dig, Set Dig, Captain Mason Williamson



Women's Singles: 1st- Evonne Berryhill and 2nd-Amanda Ramirez



Men's Singles: 1st-Obie Butler and 2nd-Jo Henry



Horseshoes Men's Doubles: 1st - John Bynam and Anthony Wilson; 2nd - Alex Fish and Jo Henry (photo by Amanda Ramirez)



Horseshoes Women's Doubles: 1st - Tammy Wood and Lorena Bynam; 2nd - Christina Adelsberger and Teresa Skunk.

51st Pow Wow Soon to be 52nd!

by LaDona Johnson, CHR Coordinator



Pow wow is over and it's history. I'm sure it was deemed a success.

I first worried when I heard there might be record high temperatures the week of pow wow. My thoughts were what all can we expect? My mind began to race. As Angel and I prepared to organize the RV First Aid Station, it was obvious; the heat would take a toll.

On Saturday, the breakers kept tripping. It didn't take long for the RV to heat up and make it miserable. It was an oven in there! I would like to thank J. Paul Wilson for his promptness every time I called. He had to come several times and made sure things would return to normal. I can't thank him enough for keeping the RV electric and generator going.

I got a taste (okay, more than a taste) of the Women's Auxiliary food and it was yummy! It was some of the best food I've had in a long time. You all do such a great job!

I so enjoyed watching the young people playing basketball by the First Aid Station. It amazed me that since we "man" the station 24/7, you would hear the basketball start bouncing on the court around 6:30 in the morning, and sometimes the bouncing wouldn't stop until around 5:00 the next morning. That court was used almost every hour of pow wow.

As always, I enjoyed watching people pitching their tents, cooking over open fires, family and friends hugging each

other, eating, laughing, and all that goes along with this event.

I had a really special thing that happened to me this year. I helped a young gentleman with a sprained ankle. After I bandaged his ankle, Ken and I offered him some pizza, water, juice or Gatorade. He said he had just eaten.

He explained to us what all he had eaten for dinner that evening. He finished the menu off and stated he had grape dumplings. I told him I loved grape dumplings and when pow wow was over, I was going to ask someone to teach me how to make them.

A little time passed, I looked out; there was the young man with two bowls of grape dumplings! I trust he or his family sees this; they were delicious and how we appreciated this kind gesture!! Thank you so much, it meant a lot to me!

For all involved that makes the pow wow a success, thank you. I know many have worked months and months on this event.

We may say it's history and there were lots of memories made; time for finishing up all paperwork to close the books. Guess what???? Just as things come to an end this year, it won't be long until it's time to start the process again.

I trust you and yours had a fantastic time at the 51st Annual Sac and Fox Pow Wow! Be sure and offer thanks to those that helped in any way to make sure it was a success!



August 2014 Black Hawk Health Center Activities				
Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
Anthony out of office all week				
11	12 open 8-4:30 Anthony in Shawnee	13	14	15
18	19 Brittany Cooking Demo @ 12:00	20	21 Closed 12-4:30 for In-service Training Cooking Demo @ 11	22
25	26 open 8-4:30 Anthony in Shawnee	27	28	29 Anthony out of office