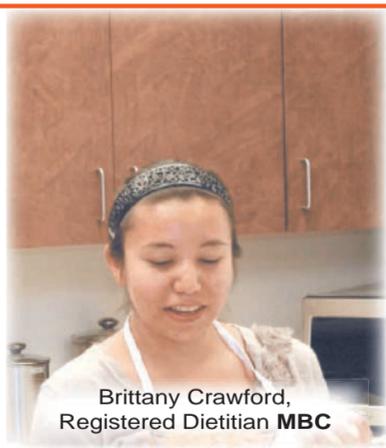


From The Merle Boyd Center

Don't Forget The July Cooking Demos

July 15
12:00 - 1:00
July 17
11:00

Dates are Tentative



Brittany Crawford,
Registered Dietitian **MBC**

July 2014 Black Hawk Health Center Activities				
Monday	Tuesday	Wednesday	Thursday	Friday
	1 open 8-4:30 Anthony in Shawnee	2 11:15 - Sweatin to the Oldies 12:15 - Circuit Training beginner's weight training class 5 pm	3 12:15 - CIRCUIT TRAIN 5 pm Circuit Training	4 Closed in observance of 4th of July
7 11:15 - Sweatin to the Oldies 12:15 -exercise dvd 5:00 Cardio/core training	8 open 8-4:30 Anthony in Shawnee	9 11:15 - Sweatin to the Oldies 12:15 - Circuit Training beginner's weight training class 5 pm	10 No Classes Health Fair in Gym MBC closes at 4:30	11 11:15 Sweatin to the Oldies 12:15 Circuit Training
14 11:15 - Sweatin to the Oldies 12:15 -exercise dvd 5:00 Cardio/core training	15 open 8-4:30 Anthony in Shawnee Brittany Cooking Demo @ 12- 1 pm	16 11:15 - Sweatin to the Oldies 12:15 - Circuit Training beginner's weight training class 5 pm	17 Closed 12-4:30 for In-service Training Cooking Demo @ 11 5 pm Circuit training	18 11:15 Sweatin to the Oldies 12:15 Circuit Training
21 11:15 - Sweatin to the Oldies 12:15 -exercise dvd 5:00 Cardio/core training	22 open 8-4:30 Anthony in Shawnee	23 11:15 - Sweatin to the Oldies 12:15 - Circuit Training beginner's weight training class 5 pm	24 12:15 - CIRCUIT TRAIN 2:15 - YOGA 5 pm Circuit Training	25 11:15 Sweatin to the Oldies 12:15 exercise dvd
28 Anthony @ Indian Falls Creek Health Fair MBC closes at 4:30	29 Anthony @ Indian Falls Creek Health Fair MBC closes at 4:30	30 11:15 Sweatin to the Oldies MBC closes at 4:30	31 12:15 - CIRCUIT TRAIN 2:15 - YOGA 5 pm Circuit Training	

Sac and Fox Nation Health Fair

Thursday July 10th from 10 AM -1PM

Health information, diabetes and cancer awareness, health screenings, OBI blood mobile, door prizes, raffle drawings, and much more!

Must have a photo ID to donate blood
those who donate will receive \$5 freeplay
courtesy of Black Hawk Casino



Located at Sac and Fox Gymnasium
next to the Education Building

Lunch and T-Shirt to FIRST 500 through
the door! Limited quantity. Doors will
open at 9:45 AM, NO EXCEPTIONS.

Any questions please contact
Anthony Ramirez 918-968-9531, ext 3039;
Anthony.Ramirez@ihs.gov

Located at the Sac and Fox Gymnasium
by the Black Hawk Health Center, 7
miles south of Stroud



MONTH of JULY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Goulash Salad Bread Fruit Cup	2 Cat Fish Hush Puppies Cole Slaw Fruit Cup	3 Sausage/Biscuit Hash Brown Boiled Egg Juice	4 OFFICES CLOSED Independence Day
7 Hamburger Baked Chips Fresh Veggies Fruit Cup	8 Liver/Onions Wild Rice Carrots Fruit Cup	9 Pork Chop Creamed Corn Salad Fruit Cup	10 Polish/Potatoes Green Beans Fruit Cup	11 Steak Fingers Mashed Pots. Salad Pudding
14 OFFICES CLOSED Native American Day	15 Salisbury Steak Baby Carrots Salad Fruit Cup	16 Beef Stew Fry bread Jello w/Fruit	17 BBQ Pork Sand. Chips Tomato Slices Fruit Cup	18 Cereal Bacon Boiled Egg Juice
21 Fried Chicken Scallop Pots. Zucchini Fruit Cup	22 Chili Dog Pot. Wedges Salad Cantaloupe	23 Ham Sweet Potatoes Corn Fruit Cup	24 Tuna Sand. Chips Salad Fruit Cup	25 Spaghetti Green Beans Garlic Bread Cake
28 Pinto Bean Corn Bread Cabbage Fruit Cup	29 Chicken Pot Pie Crackers Fruit Cup	30 Burrito Spanish Rice Celery Sticks Fruit Cup	31 Meat Loaf Mashed Pots. Salad Fruit Cup	AUG 1 Biscuit & Gravy Sausage Boiled Egg Juice

Safety tips for outdoor activities:
1. Stay out of direct sunlight.
2. Drink plenty of water.
3. Take plenty of breaks when working outside.

51st Annual Sac and Fox Pow-wow
July 10-13, 2014
Sac and Fox Reservation
Pow-wow Grounds 5.5 miles south of Stroud, OK

It Can't Be... Pow Wow Already!!

by LaDona Johnson, CHR Coordinator



It seems like it was just a couple of months ago when we were celebrating the annual Sac and Fox Pow Wow and now it's that time again!

Just as soon as the Pow Wow was over last year, the planning and work started for this year's events.

As we all know, the four day celebration starts on Thursday, July 10 and continues through Sunday night, July 13.

It takes many people, sacrificing hours and hours of their time, to help make this a success. Our hats go off to you that work so diligently and sacrificially.

Here is a taste of what's happening during the four days of celebration:

Thursday, July 10 – Sac and Fox Nation Health Fair will kick the festivities off. The health fair will be held from 10:00 a.m. – 1:00 p.m. at the Sac and Fox Gymnasium. There will be health information, diabetes and cancer awareness, health screenings, OBI blood mobile, door prizes, raffle drawings, and much more! If you donate blood, you must have a photo ID; you will receive \$5 freeplay, courtesy of Black Hawk Casino.

Thursday night is Sac and Fox Traditional Night. This is a time of seeing family and friends dancing into the night. As always, I look forward to seeing the Swan dance; it's one of my favorites of the night.

Friday night, July 11, the Tiny Tots Contest will be held. Also on that night, the Friday Night Special Women's 18 and Over Sauk/Meskewaki Scrub Contest will be held.

On Saturday, July 12, there will be Volleyball and Horseshoes Tournaments. It starts at 9:00 a.m. and is sponsored by Sallateeska Baptist Church. Registration can be done in advance, or the morning of. The volleyball tournament will be held on the south side of the pool; the horseshoes on the west side. Be sure and see the ad in this month's paper for details.

Saturday night, the Men's 21 & Over Fancy Dance contest will be held. First

place prize – Fancy Dance bustles & Prize Money.

Sunday morning, July 12, the Turtle Race starts at 10:00 a.m. Going to be a fun time!

Of course, the pool will be open during the Pow Wow from 12:00 p.m. – 6:00 p.m. Admission prices are \$2.00 for the general public, \$1.00 for Sac and Fox Nation tribal members.

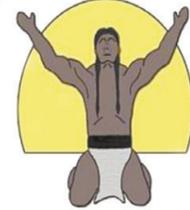
The Sac and Fox National Public Library will be open. It's a fun way to include reading and related activities during the summer. It helps children maintain and improve reading skills.

These are just some of the activities that are going to be held. It's a time for family and friends to get together. It's almost time... let's start the fun!

Sac and Fox Nation Annual 51st Pow Wow

All rules will be discussed at captains meeting at 8 am before the tournament begins

Sallateeska



Baptist Church

Sallateeska Outdoor Coed Spike Volleyball and Horseshoe Tournaments

Saturday July 12 beginning at 9 a.m.
Located 5 miles south of Stroud at
the Sac and Fox Powwow Grounds
Next to swimming pool

- \$50 PER TEAM
- MAX OF 8 PER TEAM, MINIMUM OF 5
- DOUBLE ELIMINATION BRACKET PLAY
- NO TEAM JUMPING
- MINIMUM OF 5 ON COURT AT ALL TIMES
- 1 GIRL ON COURT AT ALL TIMES

- FLAT \$5 PER PERSON
- MENS AND WOMENS SINGLES
- MENS AND WOMENS DOUBLES
- SINGLE ELIMINATION BRACKET PLAY
- MUST USE HORSESHOES PROVIDED!

Registration deadline is 8:30AM for volleyball and horseshoes!

Contact Amanda Ramirez to sign up for both tournaments! 405-415-5174

ALL PROCEEDS GO TO SUPPORT OUR MISSION TRIP TO INDIAN FALLS CREEK, DONATIONS ALSO WELCOME!