

Tsha'tekohselha'
Midwinter

ONEIDA INDIAN NATION GP&S CALENDAR
FEBRUARY 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 6:00 Social Dance and Dinner	4
5	6	7	8	9	10 6:00 Ceremony Training 6:45 Ceremony Potluck	11 8:30 Maple Ceremony
12	13	14 12:00 Healthy Heart Lunch/ Wear Red Day	15 6:00 Social Dance and Pizza	16	17	18
19	20 GP&S offices closed for President's Day	21	22	23	24	25
26	27	28				

As of Feb. 11, all calls will require dialing 315 before the numbers listed here (except 800 numbers).
GP&S Administration 829-8215
Health Services 829-8700; Pathways Case Management 829-8768; or toll free 1-800-663-4324.
Education 829-8155; Language 829-8206; Library 829-8200; Scholarship 829-8150; ELC 829-8139; Elders Program 829-8133 or 829-8135; Elders lunch reservations 829-8154; call a day in advance.

Ceremonies: Sheri Beglen 829-8204
Shako:wi Cultural Center 829-8801; Cultural Programs 829-8920
Member Benefits 829-8335. Toll-free Nation Member number 1-800-685-6115. GP&S calendar, Elders newsletter/calendar/menu are available at www.oneidaindiannation.com. Scroll down to "Oneida Nation Happenings." GP&S calendar activities are open to Oneida Indian Nation Members, Children of Enrolled Oneidas and Oneida Indian Nation Health Services clients, unless otherwise stated.

GP&S PROGRAM DETAILS

Healthy Heart Lunch/Wear Red Day

Lunch will be served at noon at the Elders Dining Room. Menu: Stuffed turkey breast, Three Sisters salad, rolls, beverage and dessert. Cost: \$7 for GP&S employees; \$5 for Nation Members younger than 55; no charge for Nation Elders and their spouse and American Indians age 55 and older. Door prize drawings after lunch. Wear red to show support of preventing women's heart disease. Sign up by Feb. 7 by calling the Elders Kitchen at (315) 829-8154.

Wáhta' Maple Ceremony: Putting Sap Into the Trees

The ceremony is Saturday, Feb. 11 at 8:30 a.m. at the Cookhouse. On Friday, Feb. 10 is a potluck at 6 p.m., followed by ceremony training at 6:45 p.m., at the Cookhouse. Please bring:

- Indian tobacco (if you have it) for the tobacco burning
- Two candy items to bet for the small Peachstone game (such as 2 chocolate bars, 2 packs of gum or cough drops)
- A dish to pass and eating/drinking utensils for yourself/family members to the ceremony
- Wear regalia if you have it

Vaccines Available at Health Services

Prevnar 13 Pneumococcal Vaccine

Can protect adults ages 65 and older from pneumococcal disease, which can cause serious infections of the lungs, blood and covering of the brain and spinal cord.

Flu Vaccine

Recommended for ages 6 months and older. The flu can cause serious complications for those with health conditions such as diabetes, asthma, and heart and lung disease.

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ONEIDA INDIAN NATION
RECREATION DEPARTMENT CALENDAR
FEBRUARY 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 12:00 Tabata 6:00 Basketball 7:00 Basketball 8:00 Basketball	2 12:00 Kettlebell 5:00 Jr. YAP 6:00 YAP 5:30 Circuit Train 6:30 Insanity Live	3	4 5:30 Circuit Training
5 5:00 Championship Football Game	6 12:00 Tabata 7:00/8:00 Volleyball League	7 10:00 Open V'ball 5:30 Circuit Train 6:30 Insanity Live	8 12:00 Tabata 6:00 Basketball 7:00 Basketball 8:00 Basketball	9 12:00 Kettlebell 5:00 Jr. YAP 6:00 YAP 5:30 Circuit Train 6:30 Insanity Live	10	11 5:30 Circuit Training
12	13 12:00 Tabata 7:00/8:00 Volleyball League	14 10:00 Open V'ball 5:30 Circuit Train 6:30 Insanity Live	15 12:00 Tabata 6:00 Basketball 7:00 Basketball 8:00 Basketball	16 5:30 Circuit Train 6:30 Insanity Live	17 6:00 Family Night	18 5:30 Circuit Training
19	20 Building open 12-6 p.m. No Volleyball League	21 9:00 Midwinter Break begins 5:30 Circuit Train 6:30 Insanity Live	22 9:00 Midwinter Break 6:00 Basketball 7:00 Basketball 8:00 Basketball	23 9:00 Midwinter Break 5:30 Circuit Train 6:30 Insanity Live	24 9:00 Midwinter Break	25 9:00 Cross Country Ski Trip 5:30 Circuit Training
26	27 7:00/8:00 Volleyball League	28 10:00 Open V'ball 5:30 Circuit Train 6:30 Insanity Live	After School Program (ASP) Held Monday through Friday at the Rec Center from 3:30-5 p.m. for students in grades 3-12. Homework help, gym games, cultural activities and more. The ASP is held only when school is in session. Separate programs are held during school breaks.			

Recreation Dept. Phone Numbers, Contacts and *Disclaimer

Main number: 315-829-8484 or 1-800-685-6115. Staff: Cole Perkins - Recreation Supervisor; Barb George-Winton - Administrative Assistant; Ben Kimball - Gym Attendant; Donna Howe - Youth Programs Coordinator, Antonio Doxtator, Youth Programs Assistant. All program participants must sign a waiver; minors must have their parent/guardian also sign the waiver. *All grounds and buildings within the Recreation facility are alcohol/drug/smoke free, as are all on and off-site programs/events for all participants. **Order of priority for Recreation programs registration:** Oneida Nation Members, Children of Enrolled Oneidas and Health Services clients, and when noted, employees and the general public.

PROGRAM DETAILS

Championship Football Party Feb. 5

Pre-game festivities begin at 5 p.m. Enjoy pizza and wings during the big game. Optional: bring a dish to pass.

Cross Country Ski Trip Feb. 25

Depart the Rec Center at 9 a.m. for a day of skiing at Green Lakes State Park. Cost is \$10 person. Register with payment by Feb. 17.

February Family Night Feb. 17

Catered dinner, board games and gym games from 6-8 p.m. All ages welcome. Signup by Feb. 15.

Fitness Classes and Sports Leagues

Walking for Wellness - earn a SāvOn gas card for steps walked until March 31.

Tabata Exercise Class - Mon/Wed to Feb. 15.

Kettlebell - Thursdays to Feb. 9.

Circuit Training - Tues/Thurs/Sat in Feb.

Insanity® Live - Tues/Thurs until March 28.

Volleyball League - Mondays until April 3.

Open Volleyball - Tuesdays in February

Basketball League - Wednesdays until April 5.

Jr. YAP (Youth Ambassadors Program) Grades 3-6 Workshops 5 p.m.

Feb. 2 - anti-bullying presentation by YAP

Feb. 9 - healthy communication

YAP Grades 7-12 Workshops 6-7 p.m.

Feb. 2 - discuss scholarship opportunities

Feb. 9 - healthy communication

Midwinter Break Feb.21-24

Limited to first 20 students in grades 3-12 who register with \$10 payment by Feb. 15.

Activities include: a presentation by The Wild, sledding, bingo with the Elders, tubing at Four Seasons, golf at the Golf Dome, arts and crafts and dental jeopardy. Students must bring a daily bagged lunch, sneakers and appropriate winter outerwear.