

Tsha'tekohsélha'
"sot day go sail"
Mid-Winter

ONEIDA INDIAN NATION

February 2020 GP&S Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 6:00 Shawl Class at Oneida Heritage	5	6	7 6:00 Social Dinner/Potluck	8
9	10	11 6:00 Shawl Class at Oneida Heritage	12 12:00 Healthy Heart Lunch- Wear Red Day at the Elders Dining Room	13	14 6:00 Potluck 6:45 Ceremony Training	15 8:30 Maple Ceremony: Putting Sap Into Trees
16	17 GP&S Offices closed	18 6:00 Shawl Class at Oneida Heritage	19	20 6:00 Shawl Class at Oneida Heritage	21	22
23	24	25 6:00 Shawl Class at Oneida Heritage	26	27 6:00 Shawl Class at Oneida Heritage	28	29

GP&S Administration 829-8215 or 829-8918
Health Services 829-8700 or 1-800-663-4324
Education 829-8155; Language 829-8206;
Library 829-8200; Scholarship 829-8150;
ELC 829-8139; Elders Program 829-8135; Elders
Meal Program 829-8154 (reservations must be
made a day in advance)
Member Benefits 829-8335; Nation Member
toll-free number 1-800-685-6115

Ceremonies: Chelsea Jocko 829-8208
Department of Housing 361-6355
Shako:wi Cultural Center and Socials 829-8801
GP&S calendar, Elders newsletter/calendar/menu online at
www.oneidaindiannation.com. Also visit www.facebook.com/
OneidaIndianNationNY
GP&S calendar activities are open to Oneida Indian Nation
Members, Children of Enrolled Oneidas and Oneida Indian
Nation Health Services clients; employees or the public as stated.

PROGRAM DETAILS

Maple Ceremony: Putting Sap Into Trees

The ceremony will be held Saturday, Feb. 15 at 8:30 a.m. at the Council House. On Friday, Feb. 14 is a potluck at 6 p.m., followed by ceremony training with Floyd and Beth Harris at 6:45 p.m., at the Cookhouse. Please bring to the ceremony: Indian tobacco for the tobacco burning if you have some; 2 candy items to bet for the small Peachstone game (such as 2 chocolate bars, 2 packs of gum, 2 packs of cough drops); a dish to pass, a cup and eating utensils for yourself/family members and wear regalia if you have it. All Oneidas and other Native Americans are invited to the potluck, training and ceremonies. For more information, contact Chelsea Jocko.

Oneida Heritage Classes

Shawl making classes will be held at Oneida Heritage in Sherrill from 6-8 p.m. on Tuesday, Feb. 4, 11, 18 and 25, and Thursday, Feb. 20 and 27. Open to the public, ages 16 and older. There is a one-time \$20 materials fee.

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. Call Health Services to schedule an appointment.

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ONEIDA INDIAN NATION
RECREATION DEPARTMENT CALENDAR
FEBRUARY 2020



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 7:00 Running Club 1:00 Open Basketball
2 5:00 Big Game Party	3 6/7/8 Volleyball	4	5	6 5:00 Jr. YAP Workshop 6:00 YAP Workshop	7	8 7:00 Running Club 1:00 Open Basketball
9	10 6/7/8 Volleyball	11	12	13 5:00 Jr. YAP Workshop 6:00 YAP Workshop	14 Deadline to register with payment for Mid-Winter Recess	15 7:00 Running Club 1:00 Open Basketball
16	17 Buildings open 12-6 p.m.	18 9:00 Mid-Winter Recess	19 9:00 Mid-Winter Recess	20 9:00 Mid-Winter Recess	21 9:00 Mid-Winter Recess	22 7:00 Running Club 1:00 Open Basketball
23	24	25	26	27	28	29 7:00 Running Club 1:00 Open Basketball

Recreation Dept. 829-8484 or 1-800-685-6115; Youth Development 829-8486 or 829-8217. **Registration priority:** Oneida Indian Nation Members, Children of Enrolled Oneidas, Oneida Indian Nation Health Services clients. All program participants must sign a waiver; parent/guardian signature needed for minors (ages 13-17). Minors must be accompanied by their parent/guardian to off-site trips and specified on-site programs. Recreation grounds, buildings and off-site programs/events are alcohol/drug/smoke free.

PROGRAM DETAILS

Big Game Party

Watch the Big Game and enjoy pizza and wings at the Rec Center from 5 p.m. until the game ends. All ages welcome; children ages 12 and younger must attend with parent or guardian. Participants are welcome to bring a dish to pass.

Mid-Winter Recess

Activities will be held Feb. 18-21 for grades 3-8 from 9 a.m.-4:30 p.m. Registration is \$10 per student and is limited to 10 students. Payment is due by Feb. 14.
Feb. 18 - gym and outdoor games; golf at the Golf Dome
Feb. 19 - crafts and recreation activities; Oneida Indian Nation dental presentation
Feb. 20 - gym and outdoor games; golf at the Golf Dome
Feb. 21 - Wonderworks at Destiny USA
Students must bring a bagged lunch each day and also wear/bring sneakers, and a jacket, snow pants, boots, hat and gloves.

Jr. YAP Workshops

Workshops are held at the Rec Center from 5-5:30 p.m.
Feb. 6 - Sugar Sleuths. Learn how to find sugar content in food.
Feb. 13 - Food Journal and Sleep Journal. Keep a journal of food and sleep and analyze the results.

YAP Workshops

Workshops are held at the Rec Center from 6-7 p.m.
Feb. 6 - Food Journal and Sugar Sleuths. Complete a food journal and learn how to find sugar content in food.
Feb. 13 - Heart Healthy Relay. Complete challenges to be the first team to finish the relay.