

# From The Merle Boyd Center

## Destination Great Lakes Update Sharlyn Kennon, Exercise Specialist

Destination Great Lakes officially kicked off on Monday, September 12th. Eight teams and 62 participants began the journey of virtually walking to the Great Lakes of Michigan. The route began at Sac and Fox Nation, Stroud, OK and will finish 1770 miles away at Saginaw Bay. The purpose of the program is to explore the historical route of the Sac and Fox Nation dating back to the 1600's while

encouraging people to exercise and live a more active lifestyle.

Below is a list of teams with their Sauk name, their team leader and the number of miles they've achieved as of October 17th.

For more information about this or other exercise programs, contact Sharlyn Kennon at 918-968-9531 ext. 208 or at sharlyn.kennon@ihs.gov.

- Meshkothichik (The Red Ones) – Marleen Gabbard – 992 miles**
- Mahkatêwethichik (The Black Ones) – Raymond Massey – 843.5 miles**
- Kâhpîhâthochik (The Brown Ones) – Tina Morris – 754 miles**
- Ashkipakethichik (The Green Ones) – Gail Abney – 701 miles**
- Wipekothichik (The Blue Ones) – Terry Williams – 481 miles**
- Athâwethichik (The Orange Ones) – Ashlee Lee – 322 miles**
- Meshkopâthochik (The Pink Ones) – Jamie Barse – 231.5 miles**
- Wâpethichik (The Gray Ones) – Carrie Spang – 220 miles**

## YOU HAVE THE POWER TO PREVENT DIABETES

Did you know that you have the power to prevent Type 2 Diabetes? A lot of people think that since several of their family members have diabetes they will automatically get it too. That is not correct. Science has proven that you can prevent Type 2 Diabetes.

If you would like to know how YOU can prevent diabetes attend Diabetes Awareness Day November 14, 2011 from 11:00 until 2:00 at the Merle Boyd Center. The Merle Boyd Center is located south of the Black Hawk Health Center.

November 2011				
Black Hawk Health Center Activities				
Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45- Zumba/Step/Core •••	<b>2</b> 11:15 - Beginner Yoga ••• 12:15 -Circuitcise •••	<b>3</b> 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45- Combo Cardio •••	<b>4</b> 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
<b>7</b> 11:15 - Zumba/Step/Core ••• 12:15 - Zumba/Step/Core •••	<b>8</b> 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45- Zumba/Step/Core •••	<b>9</b> 11:15 - Beginner Yoga ••• 12:15 -Circuitcise •••	<b>10</b> 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45- Cardio Combo •••	<b>11</b> <b>Veteran's Day Clinic Closed</b>
<b>14</b> Diabetes Awareness Day @ MBC 11:00 - 2:00	<b>15</b> 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45- Zumba/Step/Core •••	<b>16</b> 11:15 - Beginner Yoga ••• 12:15 -Circuitcise •••	<b>17</b> 11:15 - Circuitcise • <b>Clinic Closed At Noon</b> 4:45 - Combo Cardio •••	<b>18</b> 11:15 - Xbox Kinect • 12:15 - Xbox Kinect •
<b>21</b> No Class	<b>22</b> No Class	<b>23-25 Thanksgiving Holiday Clinic Closed</b>		
<b>28</b> 11:15 - Zumba/Step/Core ••• 12:15 - Zumba/Step/Core •••	<b>29</b> 11:15 - Circuitcise • 12:15 - Circuitcise • 4:45- Zumba/Step/Core •••	<b>30</b> 11:15 - Beginner Yoga ••• 12:15 -Circuitcise •••		

• Boyd Center Fitness Room      •• Boyd Center Kitchen      ••• Gym

## Fancy Green Beans Recipes by Erica Dean MS, RD/LD Serves 4

- 1 Tbsp olive oil
- 1 garlic clove, minced
- 2 Tbsp coarsely chopped onion
- 1 coarsely shredded fresh carrot
- 1/3 cup fresh mushrooms (Or 1 can sliced)
- 1 1/2 cups fresh/frozen green beans, steamed (Or 1- 14.5oz can French cut, drained)
- Mrs. Dash® to taste

### Directions:

1. Heat olive oil on low setting in a non-stick skillet.
2. Add garlic, onion, and carrot. Stir occasionally for about 3 minutes and then add mushroom. Continue to cook for 3 minutes.
3. Add green beans and mix all ingredients. Cover and heat through.

## Healthy Traditions by Erica Dean MS, RD/LD

Start some new cooking traditions by making holiday favorites healthier. My family was very skeptical the year I had dinner at my house and now several of my side-dish items are family favorites. They want me to bring a few of those sides each year, especially the salad!

A few changes can help everyone feel lighter and less guilty about treating themselves to Thanksgiving dinner without giving up traditional foods. Here are some ideas for making your holiday menu a healthy tradition:

\* Turkey- Slow-roast your turkey in the oven instead of frying it. Using an oven bag will keep the turkey moist. If you are concerned about the breast meat becoming dry, cook the turkey breast side down. The fat from the rest of the turkey will trickle down and naturally baste the breast meat. Baste the turkey periodically using the turkey's own juices. Use a meat thermometer to check that the internal temperature of the turkey reaches 165°F before serving. (For more safe turkey preparation tips see [http://www.fsis.usda.gov/PDF/Countdown\\_to\\_Thanksgiving\\_Holiday.pdf](http://www.fsis.usda.gov/PDF/Countdown_to_Thanksgiving_Holiday.pdf).)

\* Mashed potatoes- Do you like a little potato with your butter and sour cream? Cut back on the fat by using 0% fat plain Greek yogurt in place of the sour cream. Products such as Butter Buds® or Molly McButter® will help decrease the fat and calories while maintaining a buttery flavor.

If you really want lighter and reduced carbohydrate mashed potatoes, steam some cauliflower and puree it. Mix the puree into the potatoes. Use slightly less than a 1 to 1 ratio of cauliflower to potatoes.

\* Stuffing- Skip the high sodium instant stuffing from a box. Cornbread mixes are convenient, but tend to be sweet and the grains refined. For a great tasting-stuffing

from the heart, use stone ground corn meal to make your cornbread ahead of time to give a boost to fresher taste and fiber. Avoid added sugar and use skim milk with the recipe. For the stuffing, sauté your celery and onion in olive oil instead of butter. Use low sodium broth or juices from the turkey and bake the stuffing separate from the turkey for food safety. Rely on the thyme and sage for flavor rather than added salt or sugars.

\* Green beans- A holiday meal isn't complete without the green beans. Skip the heavy casserole and try sautéed fresh green beans. See the recipe in this article for a fresh idea that will please.

\* Sweet potatoes- Instead of another tempting pie, why not turn them into a healthy side instead? Slice sweet potatoes thin. In a skillet, add the sweet potatoes, 1/2 Tablespoon brown sugar per potato, sprinkle nutmeg and cinnamon to taste. On medium heat, allow the sugar to melt and coat the potatoes. Once potatoes are browned and coated, add about 1-2 Tablespoons of water, cover with a lid and allow potatoes to steam until softened. Still a sweet treat without the added calories from butter and marshmallows.

\* Salads- serve some delicious greens with and olive oil based vinaigrette as a side option. The opportunity to fill up on the good stuff will help decrease portions of the heavy foods.

\* Desserts- Limit dessert options. Individuals have the tendency to want to try a portion of each dessert available. By limiting the options, there will be fewer items to taste-test and therefore fewer calories consumed.

Small changes to holiday favorites can help lighten the meal without sacrificing tradition and taste. Including more healthy options and limiting the added calories will leave the family feeling more pleased and less guilty for a little indulgence.

# NOVEMBER 2011

MONDAY	TUESDAY	WED	THURSDAY	FRIDAY
	<b>1</b> Grilled Cheese Sandwich Tomato Soup Pineapple Cup	<b>2</b> Tater Tot Casserole Spinach Wheat Bread Mixed Fruit Cup	<b>3</b> Chef Salad w/Chicken Crackers Choc. Pudding	<b>4</b> Tuna Sandwich Chips Baby Carrots Pear Cup
<b>7</b> Chicken & Noodles Mixed Vegetables Rolls Applesauce Cup	<b>8</b> Baked Fish Corn Cole Slaw Peach Cup	<b>9</b> Hamburger Stew Spinach Corn Bread Tangerine	<b>10</b> Boiled Eggs Sausage Toast Juice	<b>11</b> <b>OFFICES CLOSED NO MEALS</b>
<b>14</b> Sauerkraut & Polish Sausage Broccoli Crackers Apricot Cup	<b>15</b> Salisbury Steak Mashed Potatoes Spinach Yeast Rolls Diced Apples	<b>16</b> Spaghetti Garden Salad Garlic Bread Peach Cup	<b>17</b> Butter Beans w/Ham Corn Corn Bread Tropical Fruit	<b>18</b> Ham Sandwich Macaroni Salad Celery Sticks Pineapple Cup
<b>21</b> Chili Beans Green Beans Crackers Pear Cup	<b>22</b> Beef Stroganoff Green Beans w/ Potatoes Wheat Bread Vanilla Pudding	<b>23</b> Biscuits & Gravy Boiled Eggs Banana	<b>24</b> <b>OFFICES CLOSED NO MEALS</b>	<b>25</b> <b>OFFICES CLOSED NO MEALS</b>
<b>28</b> Ghoulash Green Beans Green Salad Apple Crisp	<b>29</b> Hominy & Pork Fry Bread Carrots Peach Cup	<b>30</b> Taco Salad Lettuce, Tomato, & Cheese Pineapple Cup		

# Winter Pow-wow

## Saturday December 3, 2011

Sac and Fox Community Building  
5.5 miles S of Stroud

HEAD STAFF:		
MC	RUSSEL SAUNDERS	
HEAD GOURD DANCER	GENE BIGSOLDIER, SR	2:00pm-5:00pm Gourd Dance
HEAD MAN DANCER	HENRY HUNTER	5:00pm-6:00pm Supper
HEAD LADY DANCER	NANCIE POODRY	6:00pm-7:00pm Gourd Dance
HEAD SINGER	LLOYD GWIN	7:00pm- ? Inter Tribal
ARENA DIRECTORS	W.C. HARJO / STEVE ELLIS	

### BIG TICKET RAFFLE

**Over 30 items to win worth hundreds!**

Sponsored by the Sac and Fox Elders. For more information contact: Gloria Ellis, EAB Chairperson at 405-878-8534, Stella Wilson at the Elders Building (Tu-Th, 8:00am—4:30pm) at 918-968-2583, or Anita Stevens, Interim Elders Coordinator at 918-968-3526, ext. 1054

