

Business Committee Meeting Minutes

Business Committee Meetings

Mini-minutes of December 19, 2011

Please be advised that the following are actions taken by the Business Committee meeting held on December 19, 2011, these actions are to be followed up by the appropriate departments.

1) Approved the Special Business Committee Meeting minutes of November 17, 2011 as presented. Jackie Williams-motion, Stella Nullake-2nd. VOTE: George-Yes, Orvena-Absent, Jackie-Yes, Carla-Absent, Stella-Yes. Motion carries.

2) Approved the Emergency Special Business Committee Meeting minutes of November 28, 2011 as corrected. Jackie Williams-motion, Stella Nullake-2nd. VOTE: Orvena-Absent, Jackie-Yes, Carla-Yes, Stella-Yes, George-Yes. Motion carries.

3) Approved Resolution SF-12-48, a resolution approving the Fiscal Year 2012 Revenue Allocation Plan Maintenance Department Budget in the total funding amount of \$375,783.00. Jackie Williams-motion, Stella Nullake-2nd. VOTE: Jackie-Yes, Carla-Yes, Stella-Yes, George-Yes, Orvena-Absent. Motion carries.

4) Approved Resolution SF-12-49, a resolution approving the Fiscal Year 2012 Revenue Allocation Plan Tribal Princess Budget in the total funding amount of \$5,000.00. Jackie Williams-motion, Stella Nullake-2nd. VOTE: Carla-Yes, Stella-Yes, George-Yes, Orvena-

Absent, Jackie-Yes. Motion carries.

5) Approved Resolution SF-12-50, a resolution approving the Fiscal Year 2012 Department of Interior Compact Higher Education Budget Modification #1 in the total funding amount of \$84,511.00. Jackie Williams-motion, Stella Nullake-2nd. VOTE: Stella-Yes, George-Yes, Orvena-Absent, Jackie-Yes, Carla-Yes. Motion carries.

6) Approved Resolution SF-12-51, a resolution approving the United States Environmental Protection Agency Performance Partnership Grant Budget for the period of October 1, 2011 through September 30, 2013 in the amount of \$450,000.00. The funding source is identified as the United States Environmental Protection Agency Grant # BG-OOF46301-0. Stella Nullake-motion, Jackie Williams-2nd. VOTE: George-Yes, Orvena-Absent, Jackie-Yes, Carla-Yes, Stella-Yes. Motion carries.

7) Approved Resolution SF-12-52, a resolution approving the Environmental Protection Agency Performance Partnership Grant In-Kind Match Budget in the total amount of \$11,578.00, the funding source is identified as the fair market value of the space donated by the Sac and Fox Nation for the OES office and lab. Stella Nullake-motion, Jackie Williams-2nd. VOTE: Orvena-Absent, Jackie-Yes, Carla-Yes, Stella-Yes, George-Yes. Motion carries.

8) Approved Resolution SF-12-53, a resolution approving

the Fiscal Year 2012 Revenue Allocation Plan Historic Preservation Budget in the total funding amount of \$2,937.75. Stella Nullake-motion, Jackie Williams-2nd. VOTE: Jackie-Yes, Carla-Yes, Stella-Yes, George-Yes, Orvena-Absent. Motion carries.

9) Approved Resolution SF-12-54, a resolution approving the Fiscal Year 2012 Department of Interior Compact Realty Budget Modification #1 in the total amount of \$217,035.00. Stella Nullake-motion, Jackie Williams-2nd. VOTE: Carla-Yes, Stella-Yes, George-Yes, Orvena-Absent, Jackie-Yes. Motion carries.

10) Approved Resolution SF-12-55, a resolution approving the Fiscal Year 2012 Oil and Gas Enterprises Budget Modification #1 in the total amount of \$240,250.00. Jackie Williams-motion, Stella Nullake-2nd. VOTE: Stella-Yes, George-Yes, Orvena-Absent, Jackie-Yes, Carla-Yes. Motion carries.

11) Approved Resolution SF-12-56, a resolution approving the Fiscal Year 2012 Department of Interior Compact Transportation Budget Modification #1 in the total funding amount of \$204,953.00. Jackie Williams-motion, Stella Nullake-2nd. VOTE: George-Yes, Orvena-Absent, Jackie-Yes, Carla-Yes, Stella-Yes. Motion carries.

12) Elder's Advisory Committee revised By-Laws were tabled until the pre-game meeting on January 9, 2012, to bring the Elder's Officers in for a discussion.

Break at 11:45 a.m.

Back from break at 12:47 p.m.

Second Chief Orvena Gregory entered meeting at 12:15 p.m.

13) Vacancies and Interests to Serve and Consideration of Appointments were tabled until the Regular Business Committee meeting on January 10, 2012.

14) Jackie motion for the Sac and Fox Nation to withdraw the offer on the land purchase in Cushing, Oklahoma. Stella Nullake-2nd. VOTE: Orvena-No, Jackie-Yes, Carla-Yes, Stella-No, George-No. Motion failed.

15) Tribal Attorney and Attorney General selection's were tabled until the Regular Business Committee meeting on January 10, 2012.

Meeting adjourned at 12:52 p.m.



Stephanie R. Walker

Stephanie Walker Graduates From OU

Willard "Poncho" & JoAnn Walker announce the graduation of their daughter Stephanie R. Walker from the University of Oklahoma on December 16, 2011. Stephanie received her Bachelor's of the Arts in Sociology with a Minor in Psychology. She also attended OCCC where she received

her Associate's in the Arts in Psychology. We are proud of her being a single mom, working and attending school while raising her son Ty. Her paternal grandparents are the late Willard & Henrietta Walker of McCloud and the late William & Nora Littlehead of Shawnee.

From The Merle Boyd Center

Ten Nutrition Tips to Start a Healthy 2012

By Brent Laesch, Registered Dietitian

* Try not to think of certain foods as "off-limits." When you purposely avoid certain foods or food groups, it is normal to want those foods more, and then feel disappointment if you eat these foods. If you really enjoy sweet, salty, or unhealthy foods, start by reducing portion sizes and not eating them as often. Later on you may find yourself craving them less. (Paul, 2011)

* Smaller portions are key. Serving sizes have blown up recently, particularly when we go out to eat. When dining out, choose an appetizer as a replacement for an entrée, divide a dish with a friend, and don't supersize menu items. When eating at home, use smaller plates, and think about serving sizes compared to these common items. Your serving of meat, fish, or chicken should be the size of a deck of cards, computer mouse similar to a medium baked potato and one dice equal to one teaspoon of margarine or butter.

* Eat with family and friends whenever possible. Eating with other people has many social and emotional benefits—particularly for children—and allows you to display healthy eating habits. Eating in front of the TV or computer often leads to mindless overeating.

* Pay attention to your body. Ask yourself this question "Am I really hungry?" At mealtimes, stop eating before you feel full. In reality it takes a few minutes for your brain to tell your body that it has had enough food, so eating slowly will help.

* Always eat breakfast, and eat smaller meals throughout the day. A healthy breakfast can jumpstart your metabolism, and eating small, healthy meals throughout the day (rather than the typical three large meals) keeps you full of energy and your metabolism higher.

* Avoid sugar-filled drinks. One 12-oz soda has about 10 teaspoons of sugar in it, more than the daily recommended limit! Try unsweetened tea with lemon or chilled bottled water.

* Never skip meals. Skipping meals can lead to out-of-control

hunger, which is often followed by overeating. When you're extremely hungry, it's also easy to forget about healthy food choices. Snacking between meals can help control hunger, but try not to eat so much that your snack equals the size of an entire meal.

* Make changes gradually. Just as there are no "superfoods" or easy answers to a healthy diet, don't expect to completely change your eating habits overnight. Changing too much, too fast can prevent success. For example, if you don't like the taste of skim milk, try 2% milk for a month, then 1% milk the next month. Eventually you may find you like skim. (Pierson, 2010)

* Remember, there are no good or bad foods. Don't feel guilty if you love foods such as apple pie, potato chips, candy bars or ice cream. Eat them in moderation, and choose other foods to provide the balance and variety that are essential to staying health.

* Mayo, C. (2010, April 08). Guide to portion control for weight loss

Retrieved from <http://www.mayoclinic.com/health/portion-control/NU00267>

Paul, M. (2011, December 02). Diet and nutrition

Retrieved from http://helpguide.org/topics/diet_nutrition.htm

Pierson, V. (2010, March 04). 10 tips to healthier eating

Retrieved from Primusweb.com/fitnesspartner/weight/10tips.htm

NEEDED A.S.A.P.
 Open Hearts, Open Homes and Open Arms!
 Contact Indian Child Welfare for complete details to make a positive change in Children's Lives.
 Contact Mrs. Tammy Arellano or Mrs. Karen Hamilton
 Shawnee Multipurpose Building
 1 - 800 - 259 - 1266

Sac and Fox Nation Casino
 is accepting Applications for General Manager
 Qualifications:
 Bachelors Degree in Business/Marketing
 Strong Leadership Skills
 Casino Management Experience
 Applicants must pass background and drug screen,
 Native American preference is recognized.
 Submit resume by fax
 @ 405-395-0790 or
 visit our website at sandcasino.com to apply online

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Turkey w/Rice Mixed Veg. Corn Bread Apple Crisp	2 Goulash Green Beans Rolls Mixed Fruit Cup	3 Boiled Eggs Sausage Links French Toast Grapefruit	4
5	6 Fish Filets Corn Cole Slaw Hush Puppies Jello w/fruit	7 Potato Soup Hamburger Patty Salad Crackers Yellow Cake	8 Polish Sausage Spinach Mac-n-Cheese Wheat Bread Choc. Pudding	9 Baked Chicken Mashed Pot. Squash Wheat Bread Pear Cup	10 Hamburger Chili Fried Corn Corn Bread Peach Cup	11
12	13 Boiled Cabbage w/Hamburger Carrots Biscuits Mixed Fruit Cup	14 Chicken Fried Rice Mixed Veggies Crackers Applesauce Cup	15 Pork & Squash Corn Salad Fry Bread Peach Cobbler	16 Meatballs Scalloped Pot. Broccoli Wheat Bread Mixed Fruit Cup	17 Biscuits & Gravy Sausage Patty Apple Orange Juice	18
19	20 Spaghetti w/Meatsauce Green Beans Garlic Rolls Waldorf Salad	21 Chef Salad w/Chicken Baked Zucchini Crackers Pear Cup	22 Pot Roast Pots & Gravy Cream Corn Wheat Bread Jello w/fruit	23 Brown Beans w/Ham Mixed Veggies Corn Bread Peach Cup	24 Beef Enchiladas Refried Beans Mexican Rice Wheat Bread Applesauce Cup	25
26	27 Lasagna Green Beans Green Salad Garlic Bread Vanilla Pudding	28 BBQ Chicken Pots & Gravy Carrots Wheat Bread Mandarin Oranges	29 Beef Tips & Noodles Green Beans Yeast Rolls Mixed Fruit Cup			

Sac and Fox Nation Government Offices Will Be Closed Monday February 20, 2012 For President's Day

