

# Office of Environmental Services

Daniel Red Thunder Wind Environmental Director



## Sac and Fox Nation Police Department Safety Tips from Tribal Police Chief, Bob Roberts

### Gardening workshop 2013 a success!!!

The Office of Environmental Services would like to take this moment to thank all those whom attended a workshop on Gardening hosted by OES and the Pottawatomie County OSU Extension Office. The workshop was April 15<sup>th</sup> and 16<sup>th</sup> at the SFN Learning Center and had a total of 14 attendees over the course of those two days. Door prizes were given away as well as some small OES promotional items to those in attendance.

The workshop was presented by George Driever, Pottawatomie County Horticulturist and 4-H Coordinator. Mr. Driever conducts numerous talks on gardening and agricultural topics within Pottawatomie County, and is open to questions regarding your garden, agriculture, and livestock issues. The presentation included topics on organic gardening, raised bed gardening, drought resistant vegetables, pest management, and concluded with hoop/green house types and construction. The presentation was very informative and detailed which included handouts and factsheets on:

- Centipedes and Millipedes
- Growing Tomatoes in the Home Garden
- Vegetable Varieties for the Home Garden in Oklahoma
- Ornamental and Lawn Pest Control (for Homeowners)
- Honey Bees, Bumble Bees, Carpenter Bees, and Sweat Bees
- Cultural control Practices

OES has copies of these factsheets available upon request. Or you may visit <http://osufacts.okstat.edu> to print you off a copy and other factsheets on various topics.

Oklahoma State University has county extension office located throughout the

state in every county. The extension offices are open to agricultural, natural resource management, livestock, and food/health sciences questions and offer services for soil testing, youth education, and community development. Each office has a horticulturist, 4-H coordinator, and an agriculturist as well. If you have a garden or livestock and have some questions you may want to pay them a visit. The extension offices for our area include:

**Pottawatomie County Extension Office**  
14001 Acme, Shawnee, OK 74804  
405-273-7683  
FAX: 405-273-8014  
email: [lynn.moore@okstate.edu](mailto:lynn.moore@okstate.edu)

**Payne County Extension Office**  
315 W. 6th Suite 103, Stillwater, OK 74074-4044  
405-747-8320  
FAX: 405-747-8323  
email: [nathan.anderson@okstate.edu](mailto:nathan.anderson@okstate.edu)

**Lincoln County Extension Office**  
811 Manvel Ave., Suite 2, Courthouse, Chandler, OK 74834-3800  
405-258-0560  
FAX: 405-258-1206  
email: [jessica.riggin@okstate.edu](mailto:jessica.riggin@okstate.edu)

OES is open to hearing what types of workshops or questions you may have concerning natural resources and the environment. You may stop by our offices located between the SFN Judicial Center and the SFN Juvenile Detention Center. You may also call 918-968-0046 or email us at [oes@sacandfoxnation-nsn.gov](mailto:oes@sacandfoxnation-nsn.gov). Again OES would like to thank all those who attended the 2013 Gardening Workshop and the Water Well Presentation by OES Water Specialist Jeremy Fincher.



The Garden workshop was presented by George Driever, Pottawatomie County Horticulturist and 4-H Coordinator. (staff photo)

## MENTAL HEALTH AWARENESS MONTH

### “DEPRESSION AND STRESS”

May is Mental Health Awareness Month in the United States. According to the CDC, an estimated 1 in 10 adults report depression. In 2006-2008, 11.4% of Americans in Oklahoma suffer from some type of depression. The percent of Native Americans that suffer from depression is unknown due to many factors. According to the article published in Archives of Pediatrics & Adolescent Medicine, found that when compared with other racial and ethnic groups, American Indian/Alaska Native youth have more serious problems with mental health disorders related to suicide, such as anxiety, substance use, and depression.

According to the CDC (Center for Disease Control and Prevention), Depression is a mental illness that can be costly and debilitating to those who suffer from it. Depression can affect the course and outcome of common chronic conditions such as arthritis, asthma, cardiovascular disease, cancer, diabetes, and obesity. Depression can also result in increased work absenteeism, short term disability, and decreased productivity.

**Please Join Us  
On May 22, 2013**

A Mental Health Booth  
will be set up in the BHHC lobby  
from 9:00--12:00

Contact:  
Sac and Fox Behavioral Health Services  
800-830-0683 or 918-968-9531

For additional information:  
Archives of Pediatrics & Adolescent  
Medicine, Vol153, Pages 573-580

It's Spring, and Summer is not far off, so fun times at the lake or picnics are forth coming. This is good this is how it should be, only we all need to use good old fashion common sense in having fun with our families and friends. 'ALCOHOL' can spoil our fun and entertainment if not used in a responsible manner. I personally do not use alcohol but here are some tips for those of you that do. It's very possible to have a few drinks and have a good time. It's also possible to have a few drinks and stay safe. Here are a few suggestions for staying safe.

- a. Eat at least fifteen minutes before consuming alcohol.
- b. Make your first drink a large glass of water, juice or soda to quench your thirst.
- c. Always drink slowly, never drink alcohol because you are thirsty.

d. Avoid alcohol even in moderation when your energy level is low.

e. A person's metabolism and physical makeup change with aging, so a single drink packs a much stronger wallop in a sixty year old than in a twenty year old.

f. Usually the less you weigh, the faster your blood alcohol concentration level will increase with the same amount of alcohol.

g. With some medications, including many over-the-counter drugs, adverse reactions can occur when alcohol is consumed. Talk to your doctor, read labels carefully.

The bottom line is drink in moderation and have a happy and safe summer.

356159 East 926 Road, Stroud OK.  
74079 (918) 968-2031 Fax: (919) 968-3781

## Thank You

The family of David Lee "Buddy" Wakolee Jr. would like to say thank you to everyone that took some time out of their lives to be with us in our time of sorrow. And to those that gave us words of kindness, prayers and donations.

We would like to acknowledge the Sac and Fox Nation, Kickapoo Tribe, the Sac and Fox Nation Color Guard, Native American Church (Kickapoo Chapter), J. Paul Wilson and grave diggers, Lela Walker and her helpers for the meals they prepared, Amy Hilderbrand and her sisters for the shirt and moccasins they made for Buddy.

And a special acknowledgement to Forrest Walker for conducting the services, Cathrine Walker for the use of her home.

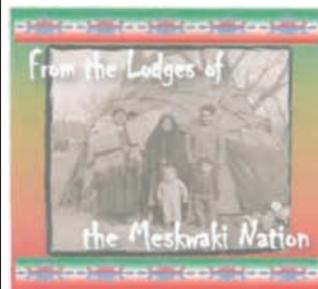
Again the family is truly grateful to all the people for their help. Our apologies to anyone we left out. May God Bless You.

*The Wakolee Family*

Now available at the Sauk Language Department office for a limited time.

Price is \$15.00.

Sorry, but we are not able to mail out these CDs.  
To order by mail, please see instructions below.



### ALBUM SALES

- Meskwaki Love Songs
- Meskwaki Lullabies
- Meskwaki Moccasin Game Songs
- plus Contemporary bonus tracks



Album on sale now \$15.00  
Purchase at the Language office: Public Works building upstairs. (1632 305th St., Tama, IA) CASH or MONEY ORDER ONLY payable to Sac & Fox Tribe.

To order by mail: Send check or money order for \$20 (includes shipping) to: Meskwaki Language Dept CD Orders; 349 Meskwaki Rd; Tama, IA 52339. Make check payable to Sac & Fox Tribe. 3 weeks for delivery.

Find us on Facebook Search: "Meskwaki Language Department"

Album Release Party Flyer built in Oneacre Page 1

## NATIVE YOUTH PREVENTING DIABETES 2013

June 10-14, 2013



- 5 days/ 4 nights
- Outdoor Activities
- Health Classes
- Native American Cultural Activities

For more information call: **Brittany Crawford (918) 968-9531 ext. 210.**