

SAC and FOX NEWS



Kemîshâtênemopena êthâkihiyakwe!

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Chief's Address To The Nation

Tribal Members
 "Spring Break" has come and gone for our tribal students. I'm hoping you had a good time spent with family, catching up on sleep, and just enjoying the break from school!



Chief George Thurman

Indian Country has had some good news the first quarter of 2013, awaits the effect of sequestration, and is watching the development of the battle over the Keystone XL Pipeline; therefore, my whole article is devoted to national news this month.

NATIONAL NEWS

President Signs 2013 VAWA – Empowering Tribes to Protect Native Women.
 President Obama signed into law the Violence Against Women Reauthorization Act of 2013. This Act strengthens the Violence Against Women Act (VAWA) with increased protections for Native American women. During the signing ceremony the President emphasized, "Tribal governments have an inherent right to protect their people, and all women deserve the right to live free from fear. And that is what today is all about."

Making Native American communities safer and more secure has been a steadfast priority of the Obama Administration. Currently, Native American women are more than twice as likely to be victims of domestic violence as non-Native women. A recent Center for Disease Control and Prevention study found that 46% of Native American women have experienced rape, physical violence, and/or stalking by a partner in their lifetime. One regional survey conducted by University of Oklahoma researchers showed that nearly three out of five Native American women had been assaulted by their spouses or intimate partners. Tribal leaders tell us the actual rates of victimization may be even higher, since the justice system's failure to adequately respond leaves many Native American victims unable to safely come forward with their stories.

In July 2010, President Obama signed the Tribal Law and Order Act (TLOA), which provided for enhanced sentencing by tribal courts. Upon signing the TLOA, the President stated that the prevalence of violence against Native American women remains "an assault on our national conscience" that "we cannot allow to continue." The tribal provisions included in the reauthorization of VAWA give tribes important new tools to help address this problem. Tribal governments — police, prosecutors, and courts — are essential to the response to these crimes, but have long lacked the authority to address them effectively. Prior to TLOA's enactment, no matter how violent the offense, tribal courts could sentence Indian offenders to only one year in prison. Even worse, since a U.S. Supreme Court decision in 1978, tribal courts have had no authority to prosecute a non-Indian who commits domestic violence, even if he lives on the reservation, works for the



Grand Opening

New Cultural Center Grand Opening: The Grand Opening will be Tuesday, April 23 at 10:00 am

tribe, and is married to a tribal member.

Not surprisingly, abusers who are not arrested are more likely to repeat, and escalate, their attacks. Research shows that law enforcement's failure to arrest and prosecute abusers both emboldens attackers and deters victims from reporting future incidents. In short, the jurisdictional framework in Indian country has left many serious acts of domestic violence and dating violence unprosecuted and unpunished. The reauthorization of VAWA signed by President Obama will empower Indian tribes to protect all Native American women in Indian country, at long last.

Following up on countless reports from Native women and tribal leaders, the Administration, led by the Department of Justice, consulted formally with the tribes and then developed and submitted to Congress a proposal to address the jurisdictional barriers that have allowed crimes of domestic violence in Indian country to go unprosecuted. Because the Justice Department's proposal was ultimately included in the VAWA reauthorization bill, tribes will now be able to prosecute non-Indian perpetrators of domestic violence against Native American women in Indian country. The new law also clarifies that tribal courts have full civil jurisdiction to provide Native American women the safety and security of protection orders and gives additional tools to federal prosecutors to combat severe cases of domestic violence.

The Obama Administration

looks forward to partnering with Indian tribes to implement all of the new provisions included in the VAWA reauthorization law.

SEQUESTRATION.

The Sac and Fox Nation received a letter from Kevin Washburn, Assistant Secretary, United States Department of the Interior Office of the Secretary, that outlined how the sequester will affect the SFN.

Washburn's letter stated that the DOI contracts with tribes for over \$2 billion annually for programs and services and recognizes how important these programs are and how the reduction will affect the ability to provide these programs and services.

Washburn said the DOI budget has been cut by \$800 million for the remainder of the year but the DOI reductions will be made equitably among recipients or activities. The sequester leaves dollar amounts undetermined but the DOI Office of the Secretary will keep tribes informed and will revisit payments should the sequester be corrected.

"While these reductions are unfortunate and will be damaging, DOI is doing everything within our power to protect our mission to the greatest extent possible," Washburn said. "Accordingly, we are prepared to work closely with you to manage these reductions to the extent that we can. Should Congress take subsequent action that changes the level or nature of these reductions, we will work closely with you to manage those changes, as well."

KEYSTONE XL

LEGISLATIVE UPDATE

House to vote before Memorial Day on bill approving Keystone pipeline

By Ben Geman

03/15/13 11:51 AM ET

The Hills Global Affairs Blog
 House GOP leaders will bring legislation to the floor before Memorial Day to approve the Keystone XL pipeline and have assigned it the number H.R. 3, signifying the importance of the measure, a top Republican said Friday.

"H.R. 3 is really about one thing. It is about energy independence for North America," House Energy and Commerce Committee Chairman Fred Upton (R-Mich.) said at a bicameral press conference with several Republicans and centrist Democrats.

Leaders of the GOP-controlled house assign the lowest bill numbers to measures that reflect top political and policy priorities. H.R. 1 has been set aside for comprehensive tax reform. "It shows ... the significance the leadership puts into this legislation and our intent is to bring it to the floor before Memorial Day," Upton said. The lawmakers held a press conference in the Capitol urging approval of Keystone ahead of President Obama's energy policy speech on Friday outside of Chicago.

"I know the president is in his home state of Illinois today and he is going to talk about energy issues, and I think this is one of the key parts of any energy package or plan or vision," said Rep. Lee Terry (R-Neb.) the lead sponsor of the latest bill to green-light TransCanada Corp.'s proposed pipeline.

The pipeline would bring oil
 (Continued on Page 3)

Upcoming Events 2013

April 5-6-7
 GONA Conference
 April 5 & 6
 10:00 am - 5:00 pm
 April 7
 12:00 - 4:00 pm

April 9, 5 pm
 Sac & Fox Nation Veterans' Meeting
 Elders Bldg Stroud

Sunday April 14
 Elders Advisory Committee Meeting
 Shawnee
 Potluck 2:00 pm

Tuesday April 23
 Sac & Fox National Public Library Open House
 11:00 am - 1:00 pm

Tuesday April 23
 Sac & Fox Nation Cultural Center Grand Opening
 10:00 am

Saturday, May 11
 Mothers Day Dance
 2:00 p.m.
 SFN Community Building

Saturday May 25
 Memorial Day Pow-Wow
 Sac & Fox Reservation



To Bridge A Gap Conference: From Left: Sac and Fox Nation Principal Chief George Thurman speaking at the conference, Second Chief Orvena Gregory and Business Committee member, Stella Nullake also attended the "To Bridge A Gap" conference in Norman, Oklahoma. (photos by Historic Preservation Officer, Sandra Massey)

Sac and Fox News

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Editorial statements, guest columns, and letters to the editor published in this newspaper contain the opinions of the writers. These opinions do not necessarily reflect the opinions of the Sac and Fox News staff or any elected official or department of tribal government or administration.

The Sac and Fox News reserves the right to refuse publication of letters to the editor. All editorials and letters to the editor become the property of the Sac and Fox News.

Submissions for publication must be signed by the author and include an address and contact phone number. They are limited to 300 words. The staff will not edit editorials or letters to the editor to fit the 300-word limit.

Deadline for the May issue is Monday, April 22, 2013 at 4:30 p.m.

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Visit us on the web @
sacandfoxnation.com
click news

Obituaries

Frederick Allen McAllister IV (Freddy)

Birth: January 23, 1973 West Lake Hospital, West Lake, California.
Death: February 23, 2013 St. Anthony's Hospital, Oklahoma City, Oklahoma.
Survived by: Wife Shenan McAllister, Son Jordan (19), Daughters Cheyenne (17), Keylan (14), Parents Fred and Pat McAllister, Brother David McAllister and family, Sisters Julie James and family, Natoma Erickson and family, and Mary Gold and family.

Freddy was always there with a helping hand for someone in need. If you were having a bad day he could cheer you up with a joke or just a smile. Freddy had the natural ability to laugh and joke with everyone he met. He was asked one time, "Is everyone your friend?" Freddy replied, "No there are a lot of people I haven't met yet." Freddy loved Oklahoma. He loved the traditions, the spirit and the kindness of the people of Shawnee. We want to thank everyone that has shown their support, kindness and love to our family. No there won't be pages written about him in the history books, just a few lines in his home town newspaper. Freddy knew that he was loved as a husband, father, brother, son, and friend. Freddy was a proud member of the Sac & Fox Nation and tried his best to follow their philosophy. We would like to thank the tribe for their support in our time of sorrow. Freddy will rest next to his beloved grandmother, Cleo McAllister.



Frederick Allen McAllister IV (Freddy)

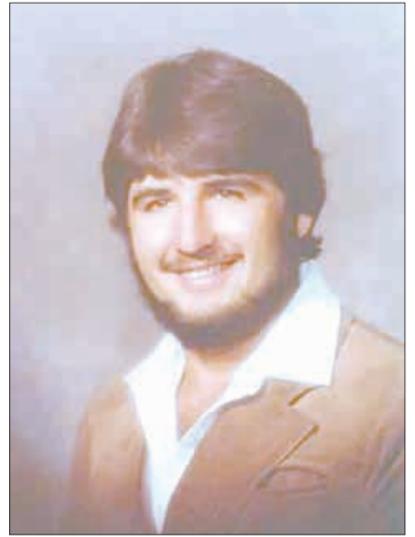
Todd Steven Spaid

Todd Steven Spaid, 50, of Stillwater, passed from this life on March 7, 2013 in Cushing, OK. Services were entrusted to the care of Palmer Marler Funeral Home of Stillwater and were held at 3:00 pm on Sunday March 10, 2013 at the Palmer Marler Funeral Home Chapel.

Todd was born on July 4, 1962 in Cushing, OK to Clarence "Sam" Spaid and Clarene F. Hodge. Todd played football in high school and following his graduation, he went to work as a welder in various equipment manufacturing facilities. When he was not working, Todd enjoyed hunting, fishing, and he was a talented dancer. He also loved to cook, gardening, and watching history and sci-fi movies. He was also a member of Sunnybrook Christian Church and loved his dogs Sadie and Dink. He was a happy guy who never met a stranger and never missed a chance to make others smile. Todd was a caring husband, a dedicated father, a loving son, and a loyal friend who will be missed by all who knew him.

Todd is survived by his wife Ina Spaid. Children: Chaunda, Rance, Dawnyel, and Nicole Spaid. Parents Sam and Clarene Spaid, Sister Karen Spaid. Grandchildren Chance (Jennifer) Burton and Ashley Burch. Great grandson Colt Burton, Nephew Michael Melix,

In lieu of flowers, the Spaid family requests that you take a kid fishing. Condolences may be sent to the family via an online guest book at www.pmfch.com



Todd Steven Spaid

Sac and Fox Honor Guard Makes Presentation to WWII Navajo Code Talker Bill Toledo

Members of the Sac and Fox Nation Veteran's Honor Guard recently attended the 5th Annual Louise Young Diversity Lecture at East Central University in Ada, Oklahoma.

The lecture featured WWII Navajo Code Talker, Bill Toledo, who was there to speak as well sign books on behalf of the Navajo Code Talkers Group. The Sac and Fox Veterans were in attendance to present Bill with a sash.

Navajo Code Talker, Bill Toledo, played an instrumental role for the United States Marines in their successful efforts in the Pacific Theatre of World War II. He served for three years from 1942-45 and was involved in engagements, including the Battle of Bougainville in the British Solomon Islands and the Battles of Guam and Iwo Jima.

During the early months of World War II, Japanese intelligence experts broke every communication code the U.S. forces devised. They were able to anticipate American actions at an alarming rate because many Japanese spoke fluent English. The Japanese sabotaged messages and issued false commands, which led to the ambush of Allied troops.

Enter Toledo and his fellow Code Talkers, who successfully used the Navajo language as an indecipherable means to prevent the Japanese from breaking the U.S. code.

On the island of Guam, while filling in as a messenger, Toledo narrowly escaped sniper fire thanks to some quick footwork. His moves impressed some of his fellow Marines that they jokingly asked about his football career before the war.

On another occasion, while marching through the jungle, Toledo was mistaken for a Japanese soldier by fellow Marines and taken prisoner. After being taken

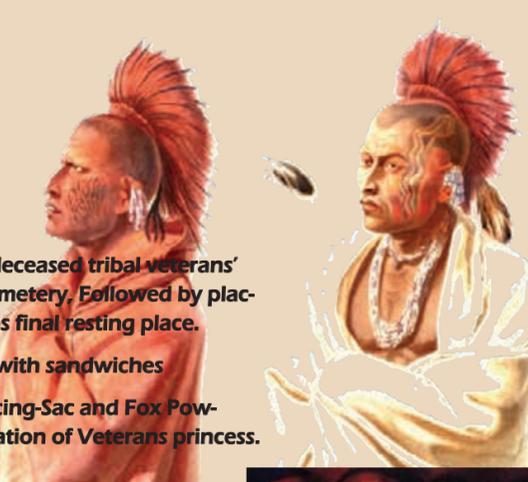


From Left: Dennis Jennings, Navajo Code Talker Bill Toledo, Austin Grant, Dean Tartsah, Norwood Masquat Jr., Stella Nullake, Wilson Harjo, Crystal Nanaeto, Curtis Wakolee, Raymond Pennock, and Gwen Wilburn.

back to headquarters at gunpoint, he was assigned a bodyguard to avoid future misunderstandings.

Fifteen tribal nations in all provided a code that was unbreakable by the Japanese army. Those nations included:

Assiniboine, Cherokee, Chippewa, Choctaw, Comanche, Hopi, Kiowa, Menominee, Muscogee Creek, Navajo, Oneida, Pawnee, Sac and Fox (Meskwaki), Seminole, and Sioux (Lakota/Dakota).

10:00am: Reading of deceased tribal veterans' names-Sac and Fox Cemetery, Followed by placing of flags on veterans final resting place.

12:00pm: Light lunch with sandwiches

2pm-5pm: Gourd Dancing-Sac and Fox Pow-Wow Grounds. Coronation of Veterans princess.

5pm-6pm: Hot Meal

6:30pm: Conclude Gourd Dance Program

7:00pm: Grand Entry-Sac and Fox Pow-Wow Grounds. War-Mothers' Songs. Soldier Dance.



Saturday, May 25th

2013

Memorial Weekend Gourd Dance & Pow-Wow

Commander: Norwood Masquat Jr. (Sonny) (918)-225-2214

Vice-Commander: Curtis Wakolee (405)481-0948

Sety: Dennis Jennings (405)395-7426

Sac and Fox Reservation, five miles south of Stroud, OK

- MC-Frank Carson, Otoe
- Head Gourd Dancer- Cecil Wahpekeche, Kickapoo Vietnam Veteran
- Head Man Dancer-Sidney Keahna, Meskwaki Vietnam Veteran
- Head Lady Dancer- Dixie Kapayou, Meskwaki US Army Veteran
- Head Singer- Gene Logan, Meskwaki
- Arena Director- Russell Saunders, Sac/Fox
- Water Boys-Anthoni Calderon / Geremy Johnson

Weather permitting The Nation's pool will be open at 11:00am.

Not responsible for thefts or accidents



Norwood Masquat Jr., Commander Sac and Fox Veteran's Organization presents Code Talker Bill Toledo with a sash.

Chief's Address to the Nation

From Page 1

from Canadian oil sands projects to Gulf Coast refineries. The State Department is weighing whether to grant a cross-border permit, but the final call is expected to come from the West Wing.

Obama will speak Friday at the Energy Department's Argonne National Laboratory, where he will tout his proposal to steer some revenue from oil-and-gas production into programs to help develop alternative fuel and vehicle technologies. Reps. Jim Matheson (D-Utah), John Barrow (D-Ga.) and Adam Kinzinger (R-Ill.) joined the pro-Keystone event alongside Upton and Sen. John Hoeven (R-N.D.). House Republicans, with support from centrist and oil-state Democrats, have repeatedly passed measures to expedite the federal decision or outright approve Keystone. The project presents a political quandary for Obama because it divides his political base — a number of unions have joined business groups in backing the project, while environmentalists strongly oppose it. Hoeven, backed by Sen. Max Baucus (D-Mont.) and mix of about a dozen other Democrats and Republicans, this week introduced his latest bill to approve Keystone. He predicted the bill will have more than 50 sponsors "very soon" and said he's exploring ways to secure a floor vote, although noted that the GOP does not control the chamber.

"We are looking at what vehicles we might attach it to," Hoeven said, adding that backers are working with Senate Minority Leader Mitch McConnell (R-Ky.) and Baucus, who Hoeven said is in turn working with other Democrats. In 2012, Hoeven's plan to force approval of Keystone failed 56-42 when 60 votes were needed for approval, a vote that followed President Obama's personal lobbying of some Democrats to oppose the measure. Asked Friday if the bill could attract 60 votes, Hoeven said, "We're in that mid-50 range, I don't know yet." "That is why we are working to build support," Hoeven said Friday. In January, nine Senate Democrats joined Republicans on a letter calling for approval of the project. While bills to force approval are unlikely to reach Obama's desk and would likely face White House opposition, they nonetheless provide a political rallying point for backers to pressure the administration.

Indian Country Today: "Exaggerated Consultation Claims, Factual Errors in State Department's Keystone XL Environment Report Rankle Natives"

Exaggerated Consultation Claims, Factual Errors in State Department's Keystone XL Environment Report
Rankle Natives
Rob Capriccioso
March 15, 2013

Consultation? Depends on your definition. Cultural preservation survey? The Yankton Sioux Tribe, the alleged conductor of said survey, says it didn't happen.

These are just two of the erroneous claims in the U.S. State Department's draft report on the potential environmental impacts of the hotly contested Keystone XL pipeline project regarding Natives, according to American Indian citizens who are perturbed by its representation of tribal acquiescence. The report, released on March 8, indicates that there will be little overall impact on the environment if the Keystone XL project goes forward, even as it potentially crosses Indian country homelands. It says that of the 80 tribes being consulted, 27 are still consulting, 13 are currently not consulting, and 40 are still undecided. But some of the tribal references are of major concern to American Indian citizens who say that contrary to assertions in the report, consultation has been lacking. Moreover, they say, some of the points in the report don't make sense, or are even incorrect. They are urging tribal members to speak up during the 45-day public comments period. "The environmental report contains a lot of false statements, and their idea of consultation is different than the tribes' ideas," lamented Marty Cobenais, a Red Lake Ojibwe organizer with the Indigenous Environmental Network, of the March 1 report. "They say that an e-mail to a tribe counts as consultation, or a phone call [does], but that isn't meaningful consultation. They need to talk to the tribal councils as a whole." If federal officials were to do that, Cobenais said, they would find widespread opposition to the Keystone XL pipeline expansion plans of Canadian developer TransCanada. If approved by President Barack Obama, the pipeline would carry oil sands crude from Canada through a swath of the United States to the Gulf of Mexico. Many tribes along the proposed route have already passed resolutions opposing the pipeline. "The Natives are growing restless," Cobenais said. "It's time for President Obama to open his eyes and look at Native nations and realize there is a problem here. We are tired of getting stepped on." "We believe that President Obama's legacy and our legacy are tied together," added Casey Camp, a Ponca Nation citizen from Oklahoma who says the federal government "has been negligent in their consultation and government-to-government relationship" with her tribe.

"The [Ponca] government remains in the dark about the deadly issues that our people encountered in relationship to the Conoco Phillips refinery and other extractive industry poisons; and now Keystone and KXL are passing through our territory with further reasons and/or excuses to not provide adequate cultural resource surveys in all areas," Camp

said. "The KXL is going to parallel directly our Trail of Tears from our ancestral homelands and bring death and destruction to not only where we are now but also where we came from." Cobenais appreciates the part of the report that predicts the project will create few jobs, while importing much oil overseas and not really enhancing American interests. He envisions the president making a final decision sometime in late summer. Until then, he suggests, there be many more federal public hearings on the proposed expansion.

Indian activists have also found parts of the report that appear to be misleading, such as its listing of a cultural preservation survey being performed by the Yankton Sioux Tribe. Tribal officials there have told State that no such survey was done, and the department has backtracked on that claim. "In the opinion of the Treaty Council here at Ihanktonwan, consultation is not concluded. In fact, it is has not even started with General Council," said Faith Spotted Eagle, a tribal elder. She called the report's assertion that the state department had consulted more than 150 times with the Yankton Sioux "a bit ridiculous," adding, "They have counted e-mails, notices, phone calls, meetings with [Tribal Historic Preservation Officers] who are regulatory, not nation-to-nation bodies." Moreover, the state department had "decided where Natives could survey arbitrarily and did an excellent job of dividing the tribe by dangling small amounts of fragmented survey funds to poverty-stricken communities," Spotted Eagle said. "This document...shows considerable risk and impact upon First Nation, tribal and indigenous community cultural resources along the route, and [the report] is also incomplete," said Kandi Mossett, also an organizer with the Indigenous Environmental Network. "This is cause for serious concern." Mossett note that anti-pipeline organizations have listed multiple concerns of tribes and communities, which include worry over potential impacts to groundwater resources from spills, pollution, wetlands and wildlife destruction, and safety and sacred site issues. Mossett said that now is the time for American Indians to make their voices heard if they want to prevent the development. "The State Department is currently putting the pressure on the general public to comment and hold them accountable to make the right decision," Mossett said, adding that people should read the document and participate in the 45-day commenting period.

"Many of our sacred sites, our water and our generations will be affected by this immensely oppressive act by

two governments who never healed from their 'post conflict' experience when they were oppressed in Europe," Spotted Eagle said. "This pipeline will not happen in the Oceti Sakowin lands!" For a look at what oil sands development is doing to the environment, see the slide show Athabasca Oil Sands in All Their Terrible Glory.

Read more at
<http://indiancountrytodaymedianet.com/2013/03/15/exaggerated-consultation-claims-factual-errors-state-departments-keystone-xl-environment>

SHORT TAKES

* April 23, Grand Opening of our Cultural Center at 10:00 a.m.

* March 4-7, Washington DC - Represented our Sac & Fox Nation as Area Vice-President Southern Plains Region at the NCAI Executive Council Winter Session.

* March 13, Las Vegas, NV - Represented our Sac & Fox Nation at The National Center for American Indian Enterprise Development RES as a panelist / Leadership - United Tribal Organizations: United South and Eastern tribes (USET), Affiliated Tribes of the Northwest Indians, and United Indian Tribes of Oklahoma, Kansas, and Texas (UINOKT).

* March 14, Norman, OK - Represented our Sac & Fox Nation at the «To Bridge a Gap» Conference as a panelist / Trans Canada Panel.

* March 18, Oklahoma City, OK - Attended a statewide tribal leaders meeting to discuss Tobacco Compacts. A letter of unity was signed by twenty heads of tribal nations addressed to Governor Fallin; history was made with this document as UINOKT is the basis of the tribes in Oklahoma forming an allegiance to address common initiatives.

* March 21, Washington DC - Testified on behalf of our Sac & Fox Nation before the House Commerce, Justice, Science and Related Agencies appropriations Subcommittee on the FY-2014 Budget submitting a Tribal Specific Budget request in the amount of \$4.8 million to fully fund the Sac and Fox Juvenile Detention Center.

* March 25-26, New Orleans, LA - Attended the 4th Annual Native American Health Care Conference with staff as liaison to our Black Hawk Health Center.

* April 2-4, Washington DC - Representing our Sac & Fox Nation on the Department of Interior Self Governance Advisory Committee (DOI-SGAC) quarterly meeting.

I appreciate the honor and privilege of representing our Nation as Chief in many capacities and in so many arenas of Indian Country. Aho!

Sincerely,
George Thurman, Principal Chief

Sac and Fox Nation **April 23, 2013**
Cultural Center 10:00 a.m.
Grand Opening



Opening Ceremonies

- Sac and Fox Nation Honor Guard Post Colors
- Welcome - Principal Chief George Thurman
- Special Guests - Representatives from HUD and Corp of Engineers
 - Ribbon Cutting
 - Tour and Refreshments



Sac and Fox National Public Library
open house



Tuesday, April 23, 2013
11 a.m. - 1 p.m.



From The Merle Boyd Center

Do Not Let the World Weigh You Down

by Anthony Ramirez, Exercise Specialist MBC

Do you feel as if the stresses and weights of the world are bearing down on your mind, body and spirit? Although these three are separate, they can be targeted and focused on through exercise. Exercise provides amazing health benefits and will minimize the long term risk of aggravating health or physical conditions. While exercise is beneficial for most, there are many individuals that have medical conditions and may be taking prescription drugs, most likely they will need modified exercise to ensure they are having a safe experience and also getting positive results. Whether you exercise in the comfort of your home or yard, go to a gym, or come to the MBC exercise room on highway 99, it is up to you to start somewhere on working towards your goals. The specific goal you have is not the same as your neighbors, but no matter if it is to lower cholesterol, get off of blood pressure medicine, or to look even better for the summer it begins with getting off the couch and moving your body any little bit more than you already are. The Center for Disease control is even quoted in writing that exercise can reduce the risks of cardiovascular disease, type 2 diabetes, some cancers, and also improve the chances of living longer and the ability to do daily activities.

It is always "suggested" to receive a medical clearance before engaging in exercise, but this is almost as important



Anthony Ramirez

as actually exercising so please DO NOT SKIP GOING TO THE DOCTOR! If you take medicine for any type of medical condition also, this is not something you can take when you "feel like it" or "need it", they were prescribed already because you need it and in most cases doctors will tell you that adding a little to moderate exercise with your medicines will in time bring you to a healthier state. It is not my job to prescribe any type of medicine or to suggest anything other than physical activity so please consult with your doctor, then come in to set up an exercise plan. An exercise program can be set up that can range from just getting started and working on balance and flexibility, to an experienced athlete that would like to gain strength and agility.

Recipes for April

by Brittany Crawford,
Registered Dietitian MBC

Black-Bean Tostadas with Corn Relish

Makes 6 servings

Ingredients

- 2 limes
- ½ purple onion, finely diced
- 1 package frozen corn kernels
- 2 and 1 Tbsp olive oil, separated
- Coarse salt and ground pepper (optional)
- 1 jalapeno pepper
- 12 oz cherry tomatoes
- 6 oz Shredded Monterey Jack cheese
- 6 flour tortillas
- 1 avocado
- 1 can low sodium black beans
- Reduced-fat sour cream (optional)

Preparation

In a medium bowl, combine corn and onion. Juice limes and add juice to the corn and onion mixture. Add 1 Tbsp olive oil, salt, and pepper, toss to combine and set aside. Mince jalapeno pepper and half tomatoes. Combine together and set aside. Preheat oven to 475 ° F. Arrange tortillas on baking sheet and brush both sides with remaining 2 Tbsp olive oil. Rinse and drain beans, sprinkle over tortillas. Top with tomatoes, jalapeno, and cheese. Bake until golden and crisp, about 10 minutes. While tostadas are baking, pit, peel, and dice avocado. To serve, top tostadas with corn relish, avocado, and sour cream.



Brittany Crawford

Stress Management: How to Reduce, Prevent, and Cope with Stress

Submitted by LaDona Johnson, CHR Coordinator



I found this article and thought it was really interesting. Stress affects us in so many areas of our lives. Since the article is lengthy, we will cover the first part in this newspaper issue; part two will be in the May's addition.

It may seem that there's nothing you can do about stress. The bills won't stop coming, there will never be more hours in the day, and your career and family responsibilities will always be demanding. But you have more control than you might think. In fact, the simple realization that you're in control of your life is the foundation of stress management. Managing stress is all about taking care: of your thoughts, emotions, schedule, and the way you deal with problems.

Identify the sources of stress in your life

Stress management starts with identifying the sources of stress in your life. This isn't as easy as it sounds. Your true sources of stress aren't always obvious, and it's all too easy to overlook your own stress-inducing thoughts, feelings, and behaviors. Sure, you may know that you're constantly worried about work deadlines. But maybe it's your procrastination, rather than the actual job demands, that leads to deadline stress.

Until you accept responsibility for the role you play in creating or maintaining it, your stress level will remain outside your control.

Start a stress journal

A stress journal can help you identify the regular stressors in your life and the way you deal with them. Each time you feel stressed, keep track of it in your journal. As you keep a daily log, you will begin to see patterns and common themes. Write down what caused your stress (make a guess if you're unsure). How

you felt, both physically and emotionally. How you acted in response. What you did to make yourself feel better.

Look at how you currently cope with stress

Think about the ways you currently manage and cope with stress in your life. Your stress journal can help you identify with them. Are your coping strategies healthy or unhealthy, helpful or unproductive? Unfortunately, many people cope with stress in ways that compound the problem.

Unhealthy ways of coping with stress

These coping strategies may temporarily reduce stress, but they can cause more damage in the long run: Smoking, Drinking too much, Overeating or undereating, Zoning out for hours in front of the TV or computer, Withdrawing from friends, family, and activities, Using pills or drugs to relax, Sleeping too much, Procrastinating, Filling up every minute of the day to avoid facing problems, Taking out your stress on others (lashing out, angry outbursts, physical violence).

Learning healthier ways to manage stress

If your methods of coping with stress aren't contributing to your greater emotional and physical health, it's time to find healthier ones. There are many healthy ways to manage and cope with stress, but they all require change. You can either change the situation or change your reaction. When deciding which option to choose, it's helpful to think of the four A's: avoid, alter, adapt, or accept.

Since everyone has a unique response to stress, there is no "one size fits all" solution to managing it. No single method works for everyone or in every situation, so experiment with different techniques and strategies. Focus on what makes you feel calm and control.

In the May addition, we will address the five stress management strategies and The Four A's.

Information provided by Helpguide.org
Melinda Smith, M.A. Robert Segal, M.A.

NOTICE
Merle Boyd Center Exercise Facility
Will be Open
Mondays Thru Thursdays Until 6:00 p.m.
*Must have referral from
Black Hawk Health Center to use exercise room*

**Sign up form for the
Mîwîkô!
Exercise Program**

Name _____

Email _____

Phone Number _____

Shirt Size _____ Short Size _____

Referral to exercise _____

April 2013
Black Hawk Health Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
1 11:15 - Lunch Tone 12:15 - exercise dvd 	2 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2	3 11:15 - Lunch Tone 12:15 - exercise dvd	4 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2	5 Just come in!
8 11:15 - Lunch Tone 12:15 - exercise dvd	9 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2	10 11:15 - Lunch Tone 12:15 - exercise dvd 	11 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2	12 Come and exercise! Have fun and move
15 11:15 - Lunch Tone 12:15 - exercise dvd	16 11:15 - YOGA 12:15 - CIRCUIT TRAIN 12-1 P.M. Healthy Cooking 5:00 - 5:45 C.A.P.S.2	17 11:15 - Lunch Tone 12:15 - exercise dvd	18 Closed 12-4:30 for In-service Training 11-1 PM Healthy Cooking 5:00 - 5:45 C.A.P.S.2	19
22 11:15 - Lunch Tone 12:15 - exercise dvd	23 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2	24 11:15 - Lunch Tone 12:15 - exercise dvd	25 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2	26
29 11:15 - Lunch Tone 12:15 - exercise dvd	30 11:15 - YOGA 12:15 - CIRCUIT TRAIN 5:00 - 5:45 C.A.P.S.2 			

11:15 and 12:15 Lunch classes Monday - Thursday
5:00 - 5:45 C.A.P.S. in the Merle W. Boyd exercise room. Employees and patients with referral only
MONDAY thru Thursday OPEN TIL 6 PM!!

FREE mesh backpack, shorts, t-shirts, hooded sweatshirts and more!

To Get Started
Get referral to exercise from
Black Hawk Health Center
And meet with
Exercise Specialist

Mîwîkô (Move Around)
Log actual miles walked or jogged, bicycled, or time lifting weights

For More Information Contact
Anthony Ramirez at (918) 968-9531 Ext. 205 or Anthony.Ramirez@ihs.gov

Ground Level Ozone _____ by Rendon C. Falls

Did you know that there are six common air pollutants found across the United States? Can you name them or even venture to guess what they are? Well, if you do not know. Let me go ahead and tell you. They are particle pollution (often referred to as particulate matter), ground-level ozone, carbon monoxide, sulfur oxides, nitrogen oxides, and lead.

These six common air pollutants are also known as, "Criteria Pollutants". Each of these criteria pollutants can be harmful to one's health. In particular, the pollutant ground level ozone can be harmful to a person's health because it is in the air we breathe. According to the EPA's website, "breathing ozone can trigger a variety of health problems including chest pain, coughing, throat irritation and congestion. It can worsen bronchitis, emphysema and asthma (www.epa.gov/airquality/ozonepollution)".

Asthma is one of the more serious problems caused by ground level ozone. It is a serious problem for two reasons: One, because it literally can lead to death and two because it has become more prevalent in recent years among our Native people. The Office of Minority Health reports on its website that in 2008 Native Americans were 20% more likely to be diagnosed with asthma than any other people group. This is an alarming statement and should cause each of us to ask one simple question. "How can we protect our health against ground level ozone"?

The easiest way to begin protecting your health from ground level ozone is to start reducing your exposure to ground level ozone. To do this you must know when ground level ozone is expected to be high and then to stay indoors on those days and or particular times. The best way to accomplish this is to use the Air Quality Index (AQI). The AQI is a nationally uniform index for reporting and forecasting daily air quality. The AQI tells the public how clean or polluted the air is and how to avoid potential associated health effects. To find and use a local AQI go to www.

airnow.gov. Once you are on the web page just click on the state you live in and it will pull up all your local information. It is also important to note that evidence also indicates that, across the population, reducing exposure to ozone will reduce public health impacts. So to sum it all up, take a daily look at the AQI and if it shows the levels of ozone to be high in your area, stay indoors. Reducing your exposure to ground level ozone and its harmful effects are just that easy. As the EPA likes to say, "Ozone: Good up High, Bad Nearby". Now that we know a little about the pollutant Ground Level Ozone, let's all be a little more proactive about protecting our health.

For more information on ozone and how to reduce exposure you may visit www.epa.gov or you may contact us here at the Office of Environmental Services at 918-968-0046 or via email: oes@sacandfoxnation-nsn.gov.



Elder Advisory Committee: Jamey Noble, Vice-Chairperson, Lolly Ashley; Cheryl McClellan, Chairperson; Oresa Wilson, Committee Member and Katie Wood, Treasurer (photo by Cheryl McClellan)

Sac and Fox Nation Veterans Organization Meeting
 April 9, 2013 Elders Building Stroud
 Always on the 2nd Tuesday of each month unless otherwise posted

What can *the Sac and Fox National Public Library* do for me???

- ✓ We have more than **books** that can be checked out; many deal with Native American themes.
- ✓ We have more than 550 **reference books** available for research.
- ✓ We subscribe to **two daily newspapers, three weeklies, one monthly, and a number of magazines.**
- ✓ We have more than 1,100 **DVDs** that can be checked out.
- ✓ We have 46 **audio books** that can be checked out.
- ✓ We have 50 **CDs** that can be checked out.
- ✓ We have three **Internet-ready computers** for public use. We can help you sign on and access Web pages, such as Sooner Care, Social Security, Oklahoma Workforce, etc.
- ✓ We have two **computers** that are set up strictly for young children. They are loaded with games that educate youngsters while they play.
- ✓ We also have a **children's nook** where kids can play, read or watch DVDs.
- ✓ We can make **copies:** black and white or color (for a fee).
- ✓ Our **Historical Researcher** who can help you learn about Sac and Fox history.
- ✓ We currently hold the **oral and written histories** for Sac and Fox members.

Gardening Workshop

April 15th and 16th, 2013

by Daniel Red Thunder Wind

Last year the Office of Environmental Services was lucky enough to get a presenter from the OSU Extension office to come and provide a presentation on Gardening and Composting. This year we are again lucky to be able to bring back George Driever from the Pottawatomie County OSU Extension Office to present some information and tips on Gardening.

Mr. George Driever is the Horticulturist and 4-H Educator for Pottawatomie County through the OSU Extension Office. He teaches various classes for the county including a eight week master gardener course. His offices are located at 14001 Acme Road in Shawnee on the corner of MacArthur and Acme Road and can be reached at 405-273-7683.

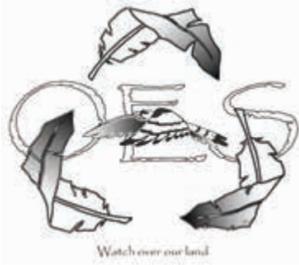
This workshop will be April 15th and 16th at the Sac and Fox Nation Learning Center and will consist of topics from Gardening 101 to Drought resistant plants. The sessions will be from 2 pm to 4 pm. Refreshments will be provided and there will be some door prizes for those in attendance. Please reference the attached flyer for more information. While a RSVP isn't required it would be great to get a head count for those whom plan to attend.

This workshop will provide information needed to start a garden from a novice point of view and also allow the more experienced gardener a chance to ask questions from a local expert. Some of the topics that will be covered will include raised bed gardening, companion plants, drought resistant choices, irrigation and hoop house/green house. If you have any questions about this event or if you would like to RSVP please contact a staff member of OES at 918-968-0049 or via email: oes@sacandfoxnation-nsn.gov.



Gardening Workshop



Interested in gardening? Or Maybe you're already an experienced gardener with questions? Either way join us for a short workshop on Gardening with Mr. George Driever, Pottawatomie County OSU Extension Office Horticulturist and 4-H Educator, to learn more and to answer any questions you may have. Refreshments will be served and there will be door prizes for those in attendance.

April 15 - Topics Include:

- Gardening 101
- Raised Bed Gardening
- Companion Plants

April 16 - Topics Include:

- Drought Resistant Choices
- Irrigation
- Hoop House/Green Houses

Date:
April 15-16, 2013
Time: 2pm - 4pm

Location: Sac and Fox Nation Learning Center

If you have any questions regarding this event or would like to RSVP please contact a OES staff member at the number or email below.







Sac and Fox Nation Office of Environmental Services

Phone: 918-968-0046
 Email: oes@sacandfoxnation-nsn.gov

SAUK LANGUAGE DEPARTMENT PHILOSOPHY

Indians are born speaking our languages. For some of us, they lie dormant within our bodies. They are looking for a way out. God gave us these beautiful languages. All of us hold them in a sacred manner within. There is no such thing as an Indian person who cannot speak Indian.

Our language programs find these languages within our bodies. They bring them out through our mouths and deliver them to their rightful resting places within our hearts.



Talk Sauk.
**SAUK LANGUAGE
DEPARTMENT**

GREAT GIFT IDEAS FROM THE SAUK LANGUAGE DEPARTMENT



April 2013 Native American Quotes

"Without the language and without the children learning it, it is going to evaporate. And if we don't have a setting where children can learn their language, they are eventually going to lose it."

Sonia Kinequon, Cree

"Losing a language is a major setback for everyone, because along with the language, you will also lose all of the poems, the stories, the songs. And those things are of immense importance to all of us as human beings."

Anthony Aristar

"Our language is what holds us. It is a part of who we are. This is what my father told me."

Dakota Littlecrow, Salish

"One word could have a thousand meanings. It is coming directly from the heart. When you do it in your own language there is a feeling you are conveying that is much stronger than using the English language."

Muriel Scott, Hopi

<http://www.nativevillage.org/Libraries/Quotes>

KIHTHAKIWATOWEPENA!

(Let's All Talk Sauk!)

Pâpahkwâha
(Bark-Peeling Moon)
April 2013

Menôhkamiwi! (It's Spring!)

**Due to Low Attendance,
Stroud Community Classes Have Been Postponed
Until Further Notice**

**The 2012 Sac and Fox National Pow-wow DVD
Is now available at the Sauk Language Department.**

**A new Sauk Language CD is now available.
Compilation #8:
Carving Class Words & Phrases
Chopping/Cutting Phrases
Trees**

**Call or come by today
918-968-0070**

language@sacandfoxnation-nsn.gov



VIST OUR
FACEBOOK
PAGE

April 2013 Word Match

Mîshâkani	Locust Tree
Athawîhani	Red Oak Tree
Meshkwikânahâkwa	Cedar Tree
Shîka	Box Elder Tree
Mîshîmîshâ	White Ash Tree
Wîthekâkwi	Sycamore Tree
Meyâshikwâtîya	Hackberry Tree
Kâkâwimîshi	Red Bud Tree
Meshkwâhâkwa	Burr Oak Tree
Wîthakînakêkwi	Slippery Elm Tree
Kîshowâkwe	Cottonwood
Makatêwîthkânôwa	Mulberry Tree
Anîpa	Willow Tree
Thathapîkâ	Elm Tree
Mîtwîwa	Redbud Tree

April 2013 Word Scramble

nhâakiîsM	_____
aAwhnahîit	_____
khsnwwkihaâaekMâ	_____
Skhaî	_____
îMssimhîhâ	_____
tâkikWhewî	_____
etysiakwhîyMââ	_____
Ksâkimhâiwî	_____
kâeksâwahwhM	_____
kîtkîakWhwiaên	_____
wîKkwshoâe	_____
aaêntwîkahMkôwat	_____
pînaA	_____
Thptahkîâa	_____
wwMîaît	_____



2012 SAC AND FOX NATIONAL POW-WOW DVD IS HERE!

PLEASE COME BY OR CALL THE SAUK LANGUAGE DEPARTMENT

918-968-0070 or 800-256-7552

EMAIL language@sacandfoxnation-nsn.gov



Dear Sac and Fox Senior High School Student:

Do you want to be one of the first students in history to simultaneously learn your Native language AND earn a college degree?

In conjunction with Bacone College, in Muskogee, Oklahoma, the Sac and Fox Nation Language Department is pleased to announce a new opportunity for graduating 2013 Sac and Fox high school seniors.

Bacone College is offering a new course concentration in Tribal Languages within the American Indian Studies degree, with Sauk language offered for college credit, on site in Stroud, Oklahoma, for the first time in the program's history, providing students the opportunity to study and learn Sauk while earning college credit toward degree completion.

We invite you to fill out the application and return it with the required documentation to the Sauk Language Department to take that first step in a new career.

Eligibility requirements:

* Must be a Sac and Fox senior in high school who graduates in the spring of 2013

* Must have a cumulative GPA of 2.0 or higher

* Must submit a copy of your current school transcript

* Must submit a copy of your ACT/SAT scores

* Must submit a written statement, 250 words or more, of why you want to learn and teach the Sauk language

* Must submit a letter of reference

All students meeting general eligibility requirements will be contacted for an entrance interview to determine if it is in the best interest of the student to apply to the Tribal Languages Program.

Upon successful completion of their entrance interview, students choosing to apply to the Tribal Languages Program will receive assistance from the Sauk Language Department and Bacone College in applying for financial aid, scholarships, and housing assistance.

ATTENTION 2013 GRADUATING HIGH SCHOOL SENIORS!

DO YOU WANT TO MAKE HISTORY?

In a historic partnership, the Sauk Language Department and Bacone College have come together to offer a new **Tribal Languages Program** within the American Indian Studies degree.

The Sauk Language Department is now recruiting 2013 graduating high school seniors for this exciting new program.

WHAT DOES THIS MEAN FOR ME?

- Being part of the **FIRST** class of its kind in Oklahoma
- An opportunity to learn the Sauk language while earning a college degree
- Full academic credit for Internships at the Sauk Language Department
- Specialized courses in Native Language Learning, Native Language Linguistics, and Teaching Native Languages

If you are interested in the new **Tribal Languages Program** at Bacone College, please fill out the application, and return to the Sauk Language Department.
918-968-0070

SAC AND FOX LANGUAGE DEPARTMENT APPLICATION
PLEASE WRITE LEGIBLY IN INK
RETURN WITH REQUIRED DOCUMENTATION TO:
SAUK LANGUAGE DEPARTMENT
920883 S. HWY 99
STROUD, OK 74079

DATE _____

NAME _____ SOCIAL SECURITY NUMBER _____

STREET ADDRESS _____ CITY _____ STATE _____ ZIP CODE _____

() _____ () _____
HOME PHONE # _____ ALTERNATE PHONE # _____ EMAIL ADDRESS _____

HIGH SCHOOL _____ CITY _____ STATE _____

ARE YOU 18 OR OLDER? _____

IF NO, PARENT/GUARDIAN NAME _____ RELATIONSHIP _____

I UNDERSTAND THAT SUBMISSION OF THIS APPLICATION AND THE REQUIRED DOCUMENTATION WILL BE USED IN DETERMINING ELIGIBILITY, AND DOES NOT CONSTITUTE ADMISSION TO THE TRIBAL LANGUAGES PROGRAM OR TO BACONE COLLEGE.

APPLICANT SIGNATURE _____ APPLICANT PRINTED NAME _____

PARENT/GUARDIAN SIGNATURE (IF APPLICANT UNDER 18) _____ PARENT/GUARDIAN PRINTED NAME _____

DATE _____

APRIL 2013 WORD LIST
(Excerpts from Sauk Language Department Compilation #8)

1. Red oak tree	Mishâkani
2. Mulberry tree	Athawîhani
3. Red bud tree	Meshkwikânahâkwa
4. Slippery elm tree	Shika
5. Burr oak tree	Mishîmishâ
6. White ash tree	Wîthekâkwi
7. Box elder tree	Meyâshikwâtîya
8. Hackberry tree	Kâkâwimîshi
9. Cedar tree	Meshkwâhâkwa
10. Locust tree	Wîthakînakêkwi
11. Sycamore tree	Kîshowâkwe
12. Redbud tree	Makatêwîthkânôwa
13. Elm tree	Anîpa
14. Willow tree	Thathapîkâ
15. Cottonwood tree	Mîtwîwa

Sauk Language Compilation #8 is now available at the SLD

April 2013 Wordsearch

s	i	i	a	w	î	k	î	t	a	â	â	h	w	h	w
h	t	w	w	w	h	k	î	n	i	m	â	e	m	w	n
e	t	k	ô	î	a	h	î	â	n	k	e	t	m	k	e
î	i	ê	n	t	a	p	s	a	a	w	a	h	i	k	h
a	w	k	â	h	a	n	â	k	i	w	k	h	s	e	m
t	h	a	k	e	a	w	h	t	h	h	i	s	h	w	a
h	n	n	h	k	n	t	h	a	t	h	a	p	î	k	â
a	y	î	t	â	w	k	i	h	s	â	y	e	m	â	w
w	h	k	î	k	s	â	s	î	m	î	t	w	î	w	a
î	t	a	w	w	â	h	m	t	î	t	t	e	s	ô	a
h	h	h	ê	i	î	i	h	e	â	î	â	i	h	h	w
a	y	t	t	k	w	e	h	ô	î	a	s	ê	â	s	w
n	s	î	a	â	m	i	h	s	m	h	â	y	m	î	i
i	a	w	k	â	h	â	w	k	h	s	e	m	w	k	m
a	k	â	a	h	a	î	k	h	a	â	m	ô	m	â	e
a	k	î	m	î	s	h	â	k	a	n	i	a	î	î	â

Bacone College Day



Bacone College Day A Great Success

Sac and Fox Nation Language Department sponsored “Bacone College Day” recently during the month of February.

The event was organized to provide students an opportunity to meet Bacone Recruiters and also Admissions and Financial Aid Personnel to walk them through the application process in one location all in one day.

Chief George Thurman gave the welcome and commended everyone for being in attendance.

Jacob Manatowa, Director of the Center for Tribal Languages at Bacone along with Katie Grant, Sauk Language

Teacher, spoke to the students about the exciting new Language program at Bacone and how it is providing new career paths for Sac and Fox high school seniors.

Anthony Ramirez, Exercise Specialist and Brittany Crawford, Registered Dietitian of the MBC presented a program to those in attendance on healthy ways to begin your college career through diet and exercise to avoid those nasty “Freshman 15”.

Joshua Williamson, GONA Youth Coordinator and Hope McAllister, Behavioral Health Drug and Alcohol Councilor made a presentation on understand-

ing how Bullying and Depression are real obstacles to college freshman, and how you can deal with these issues.

Jared King, Sac and Fox Education Department also informed the students on all the various Higher Education programs that are aimed to assist in college expenses.

Sac and Fox Language Speakers Henrietta Massey, Christine Williamson, Maxine Cobb and Committee Member Stella Nullake were also on hand to answer any questions the students might have had.

A healthy meal was served along with some lively exercise. A great success!



Interview with Sauk Language Department teachers *Katie Grant and Mosiah Bluecloud*

Question

1. What originally brought you to the Sauk Language Department?

Katie - I was offered an internship to work for the language department in the summer of 2010.

Mosiah - The Sauk language of course!! I've never met a Kickapoo that didn't enjoy the sound of Sauk. I enjoy hearing and speaking Sauk. It's just the same enough for me to be comfortable, and just different enough to always keep me on my toes.

Question

2. Why did you decide to become an intern for the Sauk Language Department?

Katie - It sounded like a great opportunity and I've always been interested in learning Sauk.

Mosiah - I thought that Sauk's and Kickapoo's were on the same level of language retention. It was a lonely day when I learned that the Sauk's only had five speakers left at the time I started coming around. I was sad because I thought there would be people my age talking Sauk. It was such an exciting thought to think about other youths just talking Indian to each other like Kickapoo Youths do. I became an intern to try and show support in any way I could for the Sauk. I started out just editing audio. I never in a billion years would have thought that I would be a Teacher for the Sauk language department.

Question

3. Before coming to the Sauk Language Department, what was your college plans?

Katie - I attended Oklahoma State and was working on my degree in psychology.

Mosiah - Before coming to SLD I wanted to get my degree in linguistics then join the Marines and become a translator.

Question

4. Why did you decide to change those plans?

Katie - I decided to work full time and dedicate most of my time to learning Sauk. I realized that the language is in need of more speakers and decided to put college on the backburner. College will always be around but Sauk is on its way out.

Mosiah - I feel that there aren't a whole lot of people in the United States that are trying or even able to help the Sauk bring their language back to the mouths of the youth. There are droves of people able to translate for the marines. I changed my college plans to fit where I believe my help is most needed.

Question

5. Why did you decide to teach Sauk?

Katie - I decided to teach Sauk because I want other people to speak as well and I was given an opportunity to learn Sauk that other people didn't have, so I feel like this is my contribute to my people. I believe it is our responsibility as Sauk people to share knowledge with each other. That is how our culture has survived for so long, because people took the time to teach others about our ways. And language is a key component to our culture.

Mosiah - The Sauk language needs teachers. I decided to teach because its what is needed most right now more than anything.

Question

6. Overall, how do you feel about the last year with the Sauk Language Department.

Katie - I think that the language department has taken huge leaps and bounds in the past year. We have implemented the language into the Shawnee high school and we are going to have Sauk in the Stroud high school starting in the fall. Other native language departments nationally recognize the department and we

are paving the way for other tribes to revitalize their languages.

Mosiah - So much has happened so fast. Everything has sped up for me in my branch of duties in the SLD. The high school course is very demanding. There are a lot of responsibilities that Shawnee high school teachers have. Responsibilities that for a very long time I had to just roll with. Community class style teaching is almost a whole different animal from teaching an official high school course that has to meet with various state requirements.

Question

7. What are your thoughts about the new Tribal Languages Program at Bacone?

Katie - It's a solution for teenagers when it comes to deciding whether to go to college or work with their tribe. I made a choice to leave college to do the work I do here, and now future interns and high school students can do both.

Mosiah - I'm excited. It's a big step towards creating more teachers.

Question

8. If you could sit down with a high school senior, and talk to them about the Sauk Language Department, being an Intern, and the Tribal Languages Program, what would you say?

Katie - I would tell them go for it! It is a very rewarding experience to be able to speak Sauk.

Mosiah - I would say, "The Sauk Language department needs you. The language needs you and the people need you. There will be a great multitude of youths learning the language and finding their roles in the SLD that best suit them, and the well oiled machine that is the department. If the thought of being part of a movement excites you, then this is that path for you. If being taken care of and finding guidance in one of the best world-renowned language departments fills your heart with hope for yourself and the future, then this path is for you. The language is going to come back just as strong as it used to be. It would be a beautiful thing to be a part of the new generation of Sauk speakers, don't you think? As a high school senior you have this opportunity to join the warriors of today in the fight to preserve our language and our culture so that our Indian identity will remain, and become strong, as strong as it was for our great great grandparents."

Question

9. How do you all feel about teaching at Stroud and Shawnee schools?

Katie - I'm very excited to start teaching in Stroud. I've been meeting with a few high School students once a week and the feedback from them are very positive. We are all anxious to start talking Sauk.

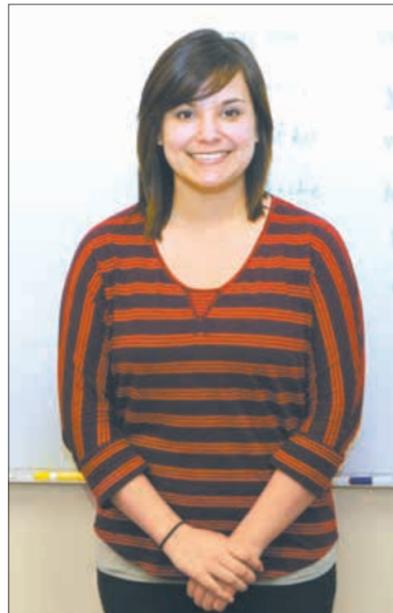
Mosiah - Teaching the high school course in Shawnee is very fulfilling. Its great being able to teach the students for almost an hour everyday because there is more retention that way. Their young minds are able to learn so quickly. Its very fun to watch.

Question

10. Do you feel like this is a profession or just a job?

Katie - This is a profession for me. I enjoy the work I do and I love working with the Speakers.

Mosiah - This is not a job. This is not a profession. This is a responsibility. I honestly feel that I did not choose this life of teaching and learning the Sauk language. Learning and teaching the Sauk language chose me. One minute my life was soft with no real direction, two seconds later I had a responsibility and calling. I will hold the line and be as strong as I need to be. It is a hard job without help though. I pray the youth arrive soon. Reinforcements would be greatly appreciated.



Katie Grant



Mosiah Bluecloud

**Center for Tribal Languages
Native Language Interest Survey
Sac and Fox Nation
Sophomore, Junior, and Senior American Indian High School Students**

_____ Interested in Tribal Languages Program

Name _____ AGE/GRADE _____

Street Address _____ City _____ State _____ Zip Code _____

Home Phone # _____ Alternate Phone # _____

High School _____ Email Address _____

Parent/Guardian Name _____ Parent/Guardian Daytime Phone # _____

Parent/Guardian Address _____

Parent/Guardian Email Address _____

1. Please list all of your tribal affiliations/heritages:

2. Upon completion of high school, have you considered going to college?

3. Upon completion of high school, do you think you would be interested in learning the Sauk Language?

4. Upon completion of high school, do you think you would like to work towards a professional career of teaching the Sauk Language while earning a degree in Tribal Languages at Bacone?

Please Return by **April 17, 2013** to: The Sauk Language Department
920883 S. Hwy 99
Stroud, OK 74079

**Questions? Please call 918-968-0070 or 800-256-7552
Monday thru Friday, 8am to 4:30 pm CST**

**SAC AND FOX NATION
RAP ASSISTANCE APPLICATION**

FAX: 918-968-0098
PH: 918-968-3526
EXT: 2000 & 2001
RAP Application
Form#2011-01
BC Approved on
2/5/13

NAME _____ PHONE # (with area code) _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

D.O.B. _____ SOCIAL SECURITY # (Last 4 digits) _____ SFN ROLL # _____
Sac and Fox Nation tribal membership will be verified by the Sac and Fox Nation RAP Department

Please List Statement of Need: _____

Type of Assistance Requested (Please Check All That Apply)

<input type="checkbox"/> Tribal Energy	<input type="checkbox"/> Elders Lawn Care	<input type="checkbox"/> Dental
<input type="checkbox"/> Hardship	<input type="checkbox"/> Emergency Appliance	<input type="checkbox"/> Dentures
<input type="checkbox"/> Elders Handyman	<input type="checkbox"/> Vision	<input type="checkbox"/> Orthodontic
		<input type="checkbox"/> Hearing Aid

Please Provide the Following:
The bill you are requesting assistance with & proof of residence if the bill is not in your name.

****NOTE**** You must receive an award letter **PRIOR** to receiving any Health services requested above. If you receive services prior to an award letter being issued, you are responsible for the charges.

CLIENT'S STATEMENT OF RIGHTS AND RESPONSIBILITIES

I hereby authorize the Sac and Fox Nation RAP Department to make any necessary inquiries relating to my account's which the RAP Department may be considering making payment on my behalf. I understand that I have the right to a hearing of any action of the Sac and Fox Nation, which I consider improper, and also any unreasonable delay in decision. (Request for fair hearings may be made in writing to the Business Committee of the Sac and Fox Nation, 920883 S. Hwy. 99 Bldg. A, Stroud, OK 74079) I understand that any person who knowingly, willfully and fraudulently provides false information for the purpose of obtaining benefits which he/she is otherwise ineligible to receive, may be subject to prosecution to the fullest extent to the appropriate Tribal statutes.

DATE _____ SIGNATURE OF APPLICANT OR GUARDIAN _____ GUARDIAN FOR _____

PERSON ASSISTING WITH APPLICATION _____ RELATIONSHIP TO APPLICANT _____

DATE _____ RAP SPECIALIST _____ DATE _____



RAP Department Human Services Programs Monthly Totals Fiscal year November 3, 2012 - September 30, 2013 \$768,500.00 EXPENDITURE REPORT AS OF MARCH 22, 2013

	Elders Lawn Care	Vision	Dental	Hearing Aid	Dentures	Tribal Energy	Hardship	Orthodontic Program	Elders Handyman	Emergency Appliance	Total
Budget Amt	\$ 38,500.00	\$ 135,000.00	\$ 80,000.00	\$ 20,000.00	\$ 60,000.00	\$ 160,000.00	\$ 120,000.00	\$ 80,000.00	\$ 25,000.00	\$ 50,000.00	\$ 768,500.00
Program Amount Remaining	\$ 38,500.00	\$ 81,733.27	\$ 69,001.31	\$ 13,755.94	\$ 31,300.00	\$ 108,313.44	\$ 50,581.99	\$ 68,200.00	\$ 25,000.00	\$ 28,134.76	

NEW BOOKS, DVDs ARRIVE IN LIBRARY

The new books from the Perspectives on Modern World History series at the Sac and Fox National Public Library highlight the highs and lows of history. The book that will hit closest to home is The Oklahoma City Bombing. In addition to covering the history of the tragedy, the book highlights the controversies surrounding the bombing: was it a conspiracy? Was anyone else involved, in addition to Timothy McVeigh and Terry Nichols? The book concludes with four essays from four people who were personally involved.

Two other book target The Columbine School Shooting and D-Day.

The books are geared toward high school students, but we believe many others will find them informative and challenging.

Another recent purchase highlights nutrition and health. The books include Genetically Modified Foods, Food Regulation and Safety, Food Allergies and Childhood Obesity.

Young Adults are the targeted audience, but adults also should enjoy this

new series.

We also have purchased two graphic novels that might make the classics more palatable to reluctant readers. They are Wuthering Heights and A Midsummer Night's Dream. But we're not sure what Emily Brontë and William Shakespeare would think of the new adaptations.

Another new series includes a book called Cyberbullying and Online Addiction. Bullying through the Internet is a new phenomenon and can be quite devastating. Online addiction is also quite scary. One report recounts how his brother just tuned out of life and can only "live" through cyberspace and ended up homeless – literally. Shocking stuff.

The final new series is on Diseases & Disorders. One book covers the dangers of Fetal Alcohol Syndrome.

Forty thousand babies are diagnosed with prenatal exposure to alcohol annually. Another book in the series targets children who face Learning Disabilities.

And an "old" disease making a comeback is Whooping Cough.

The library also has purchased new DVDs including The Dead Can't Dance, Shadowheart, The Land Before Time, Beaches, Mel Gibson's Apocalypto, and Dr. Seuss' The Lorax.

The Dead Can't Dance is touted as the "world's first Native American zombie film! This comedy/drama follows three Comanche men who discover they are somehow immune to a mysterious plague that is turning everyone else into zombies. The movie, written and directed by Rodrick Pocowatchit of Wichita, Kansas, won the Best Native American film at the Indie Spirit Film Festival.

Johnny Cash Sings Ballads of the American Indian: Bitter Tears has been added to the CD collection.

Applications are in the library if you don't have the new library card.

Visit the library's online catalog at <https://sacandfox.biblionix.com/atoz/catalog/>.

Come and check us out!



Emmett Alexander Jerome Jones Arrives

Born: March 10, 2013 @ 3pm at Claremore Indian Hospital, 5 lbs 5oz, 18 inches long.

Proud parents are: (Sac and Fox tribal member) Clarissa DeLoyce Rose McClelland and Jake Jones.

Grandparents are: Guy Burris and (Sac and Fox tribal member) Pam McClelland.

ATTENTION:
PAST
SAC & FOX PRINCESSES,
SENIOR SAC & FOX WOMEN,
LADIES AUXILIARY
GET YOUR SHAWLS
READY
TO PARADE
IN
DURING OUR
50TH
SAC & FOX
POW-WOW
JULY 11-14 2013
ROBERT WILLIAMSON
POW-WOW CHAIRMAN

Sac and Fox National Public Library and Archives Receives Grant to Help Preserve Its Historic Collections

The Oklahoma Department of Libraries, in partnership with the Oklahoma Historical Records Advisory Board, announced Thursday that the Sac and Fox National Public Library and Archives was awarded a "Threats to Your Collection" grant of \$1,000 to update and modernize its archives before relocating in the new Sac and Fox Cultural Center.

The Sac and Fox Nation will hold a ribbon-cutting ceremony on April 23rd to mark the opening of the new Cultural Center. Archives that currently are being stored in the Sac and Fox National Public Library will be relocated in the Cultural Center.

"In presenting this grant to the Sac and Fox National Public Library and Archives, it is our intention to help further its commitment to providing the best possible care of the historic materials in its collections," said Susan Feller, Project Director for the Oklahoma Historical Records Advisory Board and

Development Officer for the Oklahoma Department of Libraries. "We hope that these grants will facilitate increased local support for the care of historic collections held by organizations such as the Sac and Fox National Public Library and Archives."

According to Feller, the "Threats to Your Collection" grant opportunity was an outcome of a statewide survey that assessed the condition of collections held by Oklahoma's 800 museums and libraries. The study found that almost all organizations have lost historic materials through theft, environmental damage, and other causes. "It is our goal to stem the loss of Oklahoma's heritage

by providing funding for secure storage, environmental controls, archival storage supplies, fire detection, and other projects that address threats to collections," Feller said.

Support for the grant program was provided by the National Historical Publications and Records Commission, the funding arm for the National Archives and Records Administration. Grants totaling \$50,000 were awarded to 27 Oklahoma institutions.

For more information on the Sac and Fox National Public Library and Archives, contact Kathy Platt, the Library Director at (918) 968-3526, extension 2020

**Muscogee
(Creek) Nation
WIC Program**

**Stroud Clinic
USDA Building
920883 S. HWY 99**

Open 1st and 3rd
Wednesday of each Month
Hours: 9:30am - 3:30pm
Closed for Lunch
12:00pm - 1:00pm

1-800-648-2302 or
918-968-1784
for information

Closed last business day of
each month for staff training.

Standards for participation are the
same regardless
of age, race, sex, color, national
origin or handicap.



SAC AND FOX NATION
920883 S Hwy. 99 Building A • Stroud, Oklahoma 74079 • (918) 968-1141 • FAX (918) 968-1142

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AND/OR
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PLEASE LIST PREVIOUS NAME (PRINT)

ROLL NUMBER

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STREET ADDRESS

CITY STATE ZIP

CHANGE OF ADDRESS FOR MINORS REQUIRE A W-9 FORM BE COMPLETED FOR THE BANK. PLEASE REQUEST A FORM FOR EACH CHILD FROM THE ENROLLMENT DEPARTMENT, 918-968-3526 ext. 1040 or 1041.

TO BE COMPLETED BY THE ENROLLMENT DEPARTMENT

Date Electronic File Was Updated

Date Sac and Fox News Was Notified

Staff Initials

NOTICE
FROM SAC AND FOX NEWS
 Due to postal rate increases beginning **March 2013**
 you will be receiving the **Sac and Fox News**
 mailed in an envelope
 Ken Johnson Editor Sac and Fox News

17th Allie Reynolds Red Earth Golf Tournament; Win a New Rolex on Oklahoma City's Most Prestigious Course

OKLAHOMA CITY - The exclusive Oklahoma City Golf & Country Club, Oklahoma City's most historic and prestigious golf course, is the site of the 17th annual Allie Reynolds Red Earth Golf Tournament. The tournament, scheduled Monday, April 15 at 11 a.m., benefits year-round programming at Red Earth, Inc. and gives participants a chance to win fantastic prizes.

"Our tournament theme is '18 Holes...18 Fantastic Prizes,'" said Shane Lindstrom, co-chairman of the local organizing committee and member of Red Earth Board of Directors. "Our committee has worked diligently to secure amazing prizes including a Rolex watch from B.C. Clark Jewelers valued at \$7,000 for a hole-in-one."

The golf course of the Oklahoma City Golf & Country Club was designed by legendary golf course architect Perry Maxwell. Surrounded by Nichols Hills, the course is an oasis of gentle rolling terrain in the heart of Oklahoma City with lakes, creeks, bunkers and deceptive greens. Maxwell is famous for courses he designed throughout the United States.

"The Country Club allows only six outside charity golf tournaments a year," said Lindstrom, "making the Allie Reynolds Red Earth Golf Tournament an excellent opportunity to play one of Oklahoma's most exclusive courses."

The Allie Reynolds Red Earth Golf Tournament is a tribute to Muscogee/Creek Indian and Oklahoma native Allie Pierce Reynolds, a founding father of the Red Earth Festival. Reynolds was one of Major League Baseball's most feared pitchers of the 1940s and 1950s. As a pitcher for the New York Yankees, Reynolds won six World Series from 1947-1953 and was six-time MLB All-Star from 1945-1954.

The Red Earth tournament features four-member teams in 18 holes of scramble golf. There are a limited number of team sponsorships, tee sponsorships and individual player slots available. Additional information is available online at www.RedEarth.org or by calling 405-427-5228. Players receive lunch on the course, contests for a bevy of prizes, beverages throughout the day and an awards ceremony to wrap up the event.

Needed - Johnson O'Malley Indian Education Committee Members

The Sac and Fox Nation is seeking persons interested in serving on the Indian Education Committee which administers the Nation's Johnson O'Malley Program. One (1) representative from each of the following districts is needed:

District #1: Agra, Cushing, Ripley, Oak Grove

District #2: Chandler, Meeker, Davenport, Prague, Stroud

District #3: Shawnee, Pleasant Grove, Grove, North Rock Creek

Representatives can be a parent, grandparent or legal guardian of a Native American student enrolled in the Johnson O'Malley Program, a person acting for or on behalf of the best interests of Native American children in the community, or an interested and concerned Native American community member who is familiar with education and has demonstrated leadership and involvement in the community. Representatives will be expected to be actively involved with school personnel in

order to understand and advocate for the needs of the students.

The purpose of the Committee is to:

- 1) Promote the welfare of Indian children and youth in home, school, community and Tribe;
- 2) Raise the standards of school achievement of Indian children;
- and 3) Bring into closer relationship the home and the school so that parents and teachers may cooperate intelligently in the education of Indian children and youth.

Representatives will provide positive input and advocate progressive, innovative ideas to promote the betterment of the Johnson O'Malley Program purposes and will attend meetings on a regular basis.

This is a fresh start for the committee and all persons interested in serving are encouraged to submit a letter of interest to serve to the Tribal Secretary at the following address:
Attention: Tribal Secretary Sac and Fox Nation 920883 S. Highway 99 Stroud, OK 74079

Sac and Fox Nation Director of Public Safety, Bob Roberts on Safety Tips for the upcoming Tornado Season!

It is that time again here in Oklahoma so let's take a little time to review on Tornado safety.

1. Prevention and practice before the storm: At home, have a family tornado plan in place, based on the type of home you live in. Know where you can take shelter in a matter of seconds, and practice a family tornado drill at least once a year. Have a pre-determined place to meet after a disaster. Flying debris is the greatest danger in tornadoes; so store protective covering (mattress, sleeping bags, thick blankets, etc) in or next to your shelter space, ready to use on a few seconds' notice. When a tornado watch is issued forget about the old notion of opening windows to equalize pressure; the tornado will blast open the windows for you!

2. Know the signs of a tornado: Weather forecasting science is not perfect and some tornadoes do occur without a warning. There is no substitute for staying alert to the sky. Besides an obviously visible tornado, here are some things to look and listen for:

- Strong persistent rotation in the cloud base.
- Whirling dust or debris on the ground under a cloud base—tornadoes sometimes have no funnel!
- Hail or heavy rain followed by either dead calm or a fast, intense wind shift. Many tornadoes are wrapped in heavy precipitation and can't be seen.
- Day or night – Loud, continuous

roar or rumble, which doesn't fade in a few seconds like thunder.

• In a house with no basement or cellar: Avoid windows. Go to the lowest floor, small center room (like a bathroom or closet), under a stair well, or in an interior hallway with no windows. Crouch as low as possible to the floor, facing down; and cover your head with your hands. A bath tub may offer a shell of partial protection.

• In a mobile home: Get out! Even if your home is tied down, it is not as safe an underground shelter or permanent, sturdy building. Go to one of those shelters, or to a nearby permanent structure.

• In a vehicle: Vehicles are extremely risky in a tornado. There is no safe option when caught in a tornado in a vehicle. If the tornado is visible, far away, and the traffic is light, you may be able to drive out of its path by moving at right angles to the tornado. Seek shelter in a sturdy building, or underground if possible. If you are caught by extreme winds or flying debris, park the vehicle as quickly and safely as possible—out of the traffic lanes. Stay in the vehicle with the seat belt on. Put your head down below the windows; cover your head with your hands and a blanket, coat, or other cushion if possible. If you can safely get to a ditch along the side the roadway, leave your vehicle and lie in that area.

Information taken from Roger Edwards, Storm Prediction Center, Norman, Oklahoma

Oklahoma Tobacco Helpline

1

800

QUIT

NOW

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 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 SALES

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

Album Release Party Flyer built in Oweegee Page 1

Muscogee (Creek) Nation WIC Program
 Is All About
BREASTFEEDING!

For more information about breastfeeding and how to apply for WIC, please call:

1-800-648-2302 or 918-758-2722

This institution is an equal opportunity provider

BRIGHT PATH GONA

April 5th, 6th, 7th, 2013

Gathering Of Native Americans

Preventing Youth Violence, Suicide, and Bullying

Friday, April 5th 10am-5pm
Day 1 Belonging:
 "Building & strengthening the sense of team, family, and community"
 Featuring J.R. Pratt, presentation of Eagles by Gray Snow Eagle House and musical performance by Native Hip-Hop Rap artist Lil' Mike and Funnybone.

Saturday, April 6th 10am-5pm
Day 2 Mastery:
 "Gaining mastery & healing from what holds us back"
 Featuring presentations by Brian Frejo. Entertainment to be announced.

Sunday, April 7th 12pm-4pm
Day 3 Interdependence:
 "Working together interdependently for positive change"

Additional Entertainment and Presenters to be announced at later date.

Education, Music, Food, Fun, Crafts and Fellowship

Sac and Fox Community Building
 For information contact
 Joshua Williamson at
 (918)-968-9531 ext. 224

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.**

The Fed's latest announcement is a death knell for the greenback

From the December 2012 Trumpet Print Edition by Robert Morley
 Submitte by Dora Young

America's economy is in deeper trouble than thought. Federal Reserve Chairman Ben Bernanke confirmed it. His official announcement on September 13 said America is on the mend, it is just experiencing a few headwinds from Europe. He then went on to unleash a quantitative easing program (QE3) so potentially massive in scope that it could dwarf QE1, QE2, Operation Twist, and all the money-printing schemes the Fed has carried out so far—combined!

If you really want to know what is going on in the economy, ignore what the Fed says—and watch what it does.

Another Bank Bailout

Bernanke announced that the Fed will spend a whopping \$40 billion per month—\$480 billion per year—purchasing mortgage-backed securities from the big Wall Street banks. He called it an effort to drive down mortgage rates and get more people buying and building houses, thus creating jobs.

If this is the best the Fed has to offer, America is in big trouble. Mortgage rates are already at historic lows, and people cannot afford to buy more houses. Pushing record-low rates a few fractions of a percent lower won't do much. What is likelier is that the big banks will finally have an opportunity to unload all their garbage subprime-mortgage-backed securities at the expense of taxpayers. In other words, this is another bank bailout.

But if that part of the Federal Reserve's announcement wasn't shocking enough, what it said next should blow your socks off. The Fed said it was writing itself a blank check for how much it could spend until the labor market improved "substantially." It gave itself no predefined limit on how much it could spend or for how long under this new QE3 program. It is completely opened.

The Fed also indicated that if this did not prove enough to stimulate the job market, it could unveil other policy weapons. For starters, it will keep the interest rate it charges banks to borrow money at zero percent until at least 2015.

Remember: This new QE3 program is in addition to the current \$45 billion per month the Fed is using to purchase U.S. treasury bonds—and to keep the federal government paying its bills. In the past, the Federal Reserve has only lent money to the federal government short term, but now it is going to use this \$45 billion per month to lend to the government "longer term."

What This Does To The Dollar

For those not versed in the intricacies of Federal Reserve machinations, remember that the Fed has no money of its own. Any money it spends, it does via a printing press, or its electronic equivalent, which it uses to create dollars out of thin air.

But there is no free lunch. Economists always forget the other side of the equation. You don't just create \$40 billion, throw it at the banks, and get magical economic growth. Every time

the Fed "creates" money out of thin air, it cheapens the value of all preexisting dollars.

So while dollar money supply totals may grow by \$40 billion per month, and while America's gross domestic product may increase, it is phony growth because the dollars are worth less. Yes, people are spending more, but they are getting less.

Printing money to buy things is "Zimbabwe policy." What happened to Zimbabwe when it tried this? Eventually it cost Zimbabweans billions of dollars to buy a banana. This is where the quantitative-easing road leads.

It is happening already. Within just a few hours of Bernanke's statement, the dollar lost over half a percent in value. The following day it lost more than half a percent again.

The Federal Reserve's QE policy will drive the dollar "through the floor," says Peter Schiff, CEO of Euro Pacific Capital. "This is a disastrous monetary policy; it's kamikaze monetary policy," Schiff told CNBC. "The dollar ... is going to be in free fall at some point ... ultimately there's going to be a currency crisis."

Schiff is absolutely right. When America's central bank announces that it is going to create unlimited amounts of new money to fix the economy, you need to realize that America is in serious trouble.

The truth is that America is addicted to quantitative easing. It can no longer function without it. The federal government can't cover its bills without money printing. The banking sector would collapse without money printing. The mortgage market would no longer function without various forms of quantitative easing. And now Bernanke says the job market may not recover without QE.

America needs to prepare for massive economic upheaval. America's top banker has signaled that it is quantitative easing or sudden death for the economy. There is no choice. If the money printing stops, America stops. But that means the dollar is going to get killed.

My Closing Comments: This is quite alarming since most Americans may not know that we are now printing our own money, with nothing (Gold?) to back it up! The Bible has something to say about America's economic condition. It would be worth your time to study Leviticus 26 and Deuteronomy 28, known as the "blessings and curses" chapters. For example, Deuteronomy 28:44 is especially revealing. Referring to foreigners, it says, "He shall lend to you, and you shall not lend to him; he shall be the head, and you shall be the tail".

Rival or Hostile nations such as China, Iran, Russia, Venezuela and Libya own in aggregate more than \$2 trillion of our debt, a fact unknown to most Americans! *Dora Young Deaconess in Training Church of God - 7th Day*



Kira and husband Neal Ramirez were united in marriage on March 9, 2013. Kira is the daughter of Cathrine Walker. We would like to thank all the family, relatives and friends that attended and those that could not make it because we know we were thought of on our special day... From the bottoms of our hearts we want to say Thank You to those that brought gifts and to those that brought food... we hope everyone had an enjoyable time at the reception because it's special occasions such as this that make people forget about their everyday lives and enjoy the laughter and fun that surrounds them on these kind of days.....

THE SAC AND FOX NATION VETERAN'S WOMEN'S AUXILIARY

ARE IN THE PLANNING STAGES OF PREPARING CARE PACKAGES FOR SERVICEMEN AND WOMEN WHO ARE CURRENTLY SERVING IN THE MILITARY WHO ARE STATIONED ABROAD OR STATESIDE.

PLEASE SUBMIT ADDRESS (ES) TO THE FOLLOWING:

SAC AND FOX VETERAN'S WOMEN AUXILIARY
 920883 S. HWY 99, BUILDING "A"
 STROUD, OK 74079



- Aaron Fryor Wilson
- Alice April Eason
- Alma Faye Northrup
- Annabell Wisema
- Annetta Sue Monsen
- Annette Miles
- Barbara (T) McIlvaine Smith
- Beverly Sue Gibson
- Carol Ann Holmes
- Charles A. Poitras
- Charles Dewayne Lasley
- Clifford Farrell Monday
- David Allan Edmonson
- David Jan Whistler
- Deborah Kay Givens
- Donald Chad Monday
- Donn Whistler
- Dorene Katherine Keo
- Earnest L. Hocker
- Edith Lucille Harjo
- Elizabeth Ahkeahbo
- Eva Jordan
- Francis Leroy Grant
- Gerald Dean Bushyhead
- Harriett OresaRice
- Jessie Lee Walker
- Jimmy Kent Waller
- John Grass
- Kenneth E. Hocker



- Kenneth Ray Wano
- Lawanna Jean Sugar
- Leo Elmer Gokey
- Leva Marlene Ellis
- Marvin Warren Thurman
- Merlin Dean McClellan
- Michael Harry Deer
- Naomi D. McCoy - Shognosh
- Phillip Joseph Manatowa
- Ralph Maurice Hamblin
- Ramona Nadine Rico
- Raymond Lee Harris
- Richard W. Rice
- Robert Jackson Pennock
- Robert V. Hocker
- Ronnie Eugene Wano
- Rose Marie Bean
- Rose Marie Thompson
- Ruby Irene Harris
- Ruby Mae Vandever
- Rudy Keo
- Sharon Lee Ebbinga
- Thelma Mae Coker
- Tina Jean Blackburn
- Tommy Ray Moore
- Wallace Buster McClellan
- Wallace H. Allen
- Wanda Yvonne Brown
- William Scott McCoy

APRIL 2013					
SAC AND FOX NATION FOOD DISTRIBUTION PROGRAM					
STROUD WAREHOUSE (918) 968-3030		1-800-256-3398			
SHAWNEE OFFICE (405) 395-0063		1-866-622-2310			
Mon	Tue	Wed	Thu	Fri	
ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	1	ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	2	SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	3
SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	8	SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30 COOKING WITH MARY LEE 10-2	9	SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	10
SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	15	SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	16	CLOSED FOR SHIPMENT AND INVENTORY	17
LATE NIGHT SHAWNEE 8:30-6:00 SHAWNEE 8:30-2:30	22	LATE NIGHT WAREHOUSE 12:00-6:00 WAREHOUSE 8:30-2:30	23	SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	24
CLOSED FOR INVENTORY	29	CLOSED FOR INVENTORY	30	SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	25
				SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	26

Tribal Member Shalah Crawford Honored for Volunteer Work



Shalah K. Lasley Crawford

Tribal member Shalah K. Lasley Crawford has been volunteering for Houston Livestock Show and Rodeo for the last 4 years.

The Houston Livestock and Rodeo, founded in 1932, is the world's largest livestock show and rodeo dedicated to benefiting youth, supporting education, and facilitating better agricultural practices through exhibitions and presentation. A large portion of the proceeds goes towards youth scholarships.

There are over 28,000 volunteers and 107 committees benefiting the youth of Texas. Between the rodeos, livestock shows and concerts the attendance in 2013 broke all records. Recently a concert with country superstar, George Strait, drew a crowd of over 80,000 with an announcement

that every year there would also be a George Strait scholarship offered.

Shalah works with the Transportation committee of 1486 volunteers. On that committee there are two teams for BBQ Cook-off and 10 teams during the rodeo as well as several cook teams, set-up and tear down teams. There are 113 volunteers on Shalahs team "The Outsiders".

She has served as office manager for The Outsiders Team for the past two years. As Office Manager she oversees the scheduling of pick-ups to and from the local airports and/or hotels. This includes the performers band/crew; Houston Livestock Show and Rodeo Executive Directors to just name a few.

The transportation committee operates golf carts, mini-trams, trams, and vehicles to move guests on the grounds of Reliant Park in Houston, Texas. Volunteers are required to be at the rodeo around 50 hours.

Out of 1486 Volunteers Shalah was recently awarded a belt buckle and named MVP of the Transportation Committee.



Twiggy's Corner

The Indian Health Service, Office of Environmental Health and Engineering, offers programs to install water and sewer facilities to qualified Indian Homeowners. Funding and construction of sanitation facilities, such as wells, water service lines, septic tanks and drain fields, wastewater lagoons and sewer service lines, are available.

Minimum eligibility requirements include:

- Property must be located within the local Indian Health Service jurisdiction: The greater portion of Oklahoma County; Pottawatomie County north of the North Canadian River; Cleveland County west of the Indian Meridian; Lincoln County; Logan County, and a portion of southern Payne County.

- You must be a member of a federally recognized Indian tribe, band or group;

- If renting, you must obtain a lease agreement (minimum of five years) and a copy of the landowner's deed/title and

CDIB. Property owner must possess a Certified Degree of Indian Blood (CDIB).

- HUD homes must be paid in full before services can be provided.

Documentation of tribal affiliation and home ownership or long-term lease will be required with the application for services. Mobile homes must be tied down, skirted and wheels removed prior to service.

Absentee Shawnee and Citizen Pottawatomie Nation tribal members must apply for services through their tribal OEH offices.

Please note that applying for service does not guarantee you will receive service. Service depends on the availability of funding.

Please call (405) 214-4200, or stop by our office at 14106 Highway 177, Shawnee, Oklahoma, for more information.

2013-2014

SAC AND FOX NATION APPLICATION FOR MISS, JR. MISS AND LITTLE MISS SAC AND FOX NATION

Name: _____

Date of Birth: _____

Tribal Member
Sac and Fox Roll #: _____

Descendant

If not an enrolled tribal member, please describe Sac and Fox lineage;

Parent(s) Name and Tribe: _____

Maternal Grandparents Name and Tribe: _____

Paternal Grandparents Name and Tribe: _____

DEADLINE FOR THE APPLICATION WILL BE

April 26, 2013

ATTENTION TRIBAL MEMBERS

A MEMBER OF THE TAX COMMISSION STAFF WILL NOW BE AT THE SHAWNEE MULTIPURPOSE CENTER TWICE A MONTH.

THE TAX COMMISSION WILL BE THERE ON THE FIRST (1ST) AND THIRD (3RD) THURSDAYS OF EACH MONTH. WE WILL BE ABLE TO BETTER SERVE TRIBAL MEMBERS LIVING IN THE SHAWNEE AREA WITH MOTOR VEHICLE REGISTRATION AND ANY OTHER SERVICE THAT WE CAN ASSIST YOU WITH.

SAC AND FOX TAX COMMISSION REVENUE

February 2013

Tobacco Tax.	\$25,296.00
Wholesale Tobacco Tax.	\$49,725.36
Beer/Liquor.	\$85.35
Motor Vehicle.	\$2,067.75
Sales Tax.	\$11,208.06
Treasury.	\$180.00
Oil & Gas.	\$742.14
Gaming.	\$135,164.22
TOTAL	\$224,468.88



Elders Advisory Committee Meeting
Sunday, April 14, 2:00 pm
Shawnee Multi-Purpose Center

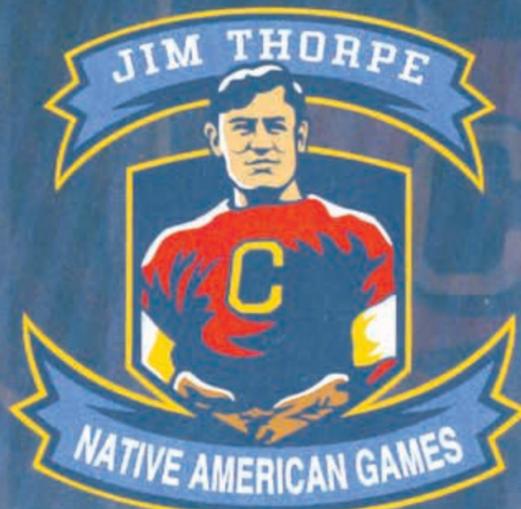
MONTH of APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
1 Tuna Salad Soup Chips Pears	2 Lasagna Corn Green Salad Peaches	3 Chicken Strips Potato Wedges Squash Jello w/fruit	4 Beans w/ham Spinach Cornbread Fruit Cocktail	5 Hamburger Potato Salad Chips Apple
8 Fried Chicken Carrots White Rice Mand. Oranges	9 Veggie Stew Frybread Apricots	10 Liver & Onions Mixed Veggies Wheat Bread Pudding	11 Chili Dog Fries Corn-on-cob Pears	12 Pancakes Boiled Egg Bacon Juice Peaches
15 Steak Fingers Mashed Pots Spinach Mand. Oranges	16 Spaghetti Green Beans Green Salad Bread Apricots	17 Fish Cole Slaw Boiled Potato Peaches	18 Chicken/Noodles Mixed Veggies Crackers Pears	19 Meatloaf Corn Green Salad Orange
22 Salisbury Steak Mashed Pots Carrots Fruit Cocktail	23 Egg Salad Sand. Fresh Veggies Pudding	24 Burrito Refried Beans Chips/Salsa Peaches	25 BBQ Pork Potato Salad Green Salad Pears	26 Oatmeal/Cereal Sausage Toast Milk Mand. Oranges
29 Indian Taco Veggies Peaches	30 Chicken & Rice Carrots & Celery Crackers Jello w/fruit	Tornado season is here. Be prepared.	LIHEAP added additional monies To the program. If you need help, contact Sue Bryant, ext. 2011	Need help in the home. Contact Elders Coord. At 1-800-259-3970 ext. 2012.

SAVE THE DATE

Make plans now to enter the 2013 Jim Thorpe Native American Games

June 9-15, 2013 • Oklahoma City



Entry forms available soon!

1-855-JTGAMES or 1-855-584-2637

www.jimthorpegames.com info@jimthorpegames.com

2013 SAC AND FOX NATION ELECTION DATES TO REMEMBER

Sac and Fox Nation, LED
920883 S. Hwy. 99 Bldg. A • Stroud, OK 74079

DATE 12-11-12
SECRETARY
SAC & FOX NATION
Carlyle Williams



Principal Chief GEORGE THURMAN
Second Chief ORVENA (TWIGGY) GREGORY
Secretary JACKLYN K. WILLIAMS
Treasurer CARLA REED
Committee Member STELLA NULLAKE

FY2013 Sac and Fox Nation Election Dates to Remember

Section 201. Election Days

(c) Any such Primary Election shall be held at least thirty (30) days prior to the regular General Election.
Primary Election: July 27, 2013

Section 201. Election Days

(a) Regular General Elections of members of the Business Committee and Grievance Committee shall be held on the last Saturday in August of each election year. All other required Tribal elections shall be held upon call of the Business Committee.
General Election: August 31, 2013

Section 208. Poll Watchers

Each candidate may designate in writing one person, not a candidate, to watch the activities at the polls. Such designation shall be presented to Election Board Officials prior to the election. Such persons may not interfere in any way with the conduct of the election, but may observe only. Any poll watcher interfering with the election or attempting to electioneer, in any way, shall be rejected from the poll area by a Sergeant of Arms or law enforcement officer.

PRIMARY ELECTION: Notification of Poll Watchers for the Primary Election must be in writing and received by mail eight (8) days prior to the election.
DEADLINE: Friday, July 19, 2013, 4:30 p.m.

GENERAL ELECTION: Notification of Poll Watchers for the General Election must be in writing and received by mail eight (8) days prior to the election.
DEADLINE: Friday, August 23, 2013, 4:30 p.m.

All notifications must be sent to the Sac and Fox Nation Election Board, 920883 S. Hwy 99, Bldg. A, Stroud, OK 74079

Section 302. Voting List

(b) One copy of the voting list shall be maintained in the Tribal Office and be open to public inspection during Regular business hours no later than sixty (60) days prior to the election.

PRIMARY ELECTION: Open to the public: Tuesday, May 28, 2013
GENERAL ELECTION: Open to the public: Tuesday, July 2, 2013

Section 303 Challenges to Voting Lists

(a) At any time more than twenty (20) days before the Primary Election and General Election, any person may challenge the voting eligibility of any person whose name appears on said list, or may apply to have their name added to said list by filing an application with the Election Board. The application shall clearly indicate the substance of the challenge, the specific names challenged, and the relief requested.

PRIMARY ELECTION: Deadline for Challenges: Friday, July 5, 2013, 4:30 p.m.
GENERAL ELECTION: Deadline for Challenges: Friday, August 9, 2013, 4:30 p.m.

Section 402. Filing for Office

To be eligible for election and have one's name placed upon the ballot Notice of Candidacy for an elective office must be filed with: The Tribal Secretary after depositing the candidate's non-refundable filing fee of two hundred dollars (\$200.00) (cashiers check only) with the Tribal Treasurer during regular business hours at the Tribal Office complex not later than sixty-five (65) calendar days prior to the date of the Primary Election and General Election. The Tribal Secretary shall notify the Chairman of the Election Board of all candidates who have filed for office.

OPENING DATE to File for Office: January 2, 2013
PRIMARY ELECTION: Closing date to File for Office: Thursday, May 23, 2013, 4:30 p.m.

If No Primary Election is held, Closing Date for General Election: (Only if no one files for one office) Thursday, June 27, 2013, 4:30 p.m.

Section 403. Petition for Office

A petition often (10) or more members of Council may submit a written notice with required filing fees of two-hundred (\$200.00) non-refundable (cashiers check only), no later than sixty-five (65) calendar days prior to the date of the Primary Election and/or General Election stating the name of the candidate, age, birth date, and proof of actual residence and domicile.

PRIMARY ELECTION: Deadline to Petition for Office: Thursday, May 23, 2013, 4:30 p.m.

If No Primary Election is held, Closing Date for General Election: (Only if no one files for one office) Thursday, June 27, 2013, 4:30 p.m.

Section 406. Withdrawals

Any candidate for office may withdraw by filing a written notice of withdrawal with the Election Board at any time within ten (10) days after the closing date of filing for office. Such notice shall contain the candidates name, the office filed for, a statement of withdrawal and shall be notarized or sworn to before a person authorized to administer oaths. (Required filing fee non-refundable)

PRIMARY ELECTION: Deadline to withdraw: Friday, May 31, 2013, 4:30 p.m.
GENERAL ELECTION: Deadline to withdraw: Friday, July 5, 2013, 4:30 p.m.

Section 408. Contest of Candidate Eligibility

Any candidate or eligible voter may challenge a candidate's legal qualifications to run for office by filing a written petition with the Election Board within three (3) business days of the closing of the filing period. Each petition shall state with particularity the reasons the candidate is not eligible to file for office. There is a one-hundred dollars (\$100.00) non-refundable cashier's check contest fee.

PRIMARY ELECTION: Deadline to contest Candidate Eligibility: Wednesday, May 29, 2013 by 4:30 p.m.

GENERAL ELECTION: Deadline to contest Candidate Eligibility: Tuesday, July 2, 2013 by 4:30 p.m.

Section 602. Application for Absentee Ballot

Qualified voters wishing to cast vote by absentee ballots shall notify the Election Board not sooner than ninety (90) days and not later than thirty (30) days prior to the election. Such notices must be in writing and must include the correct mailing address of the person making the request. Only one ballot per written request.

PRIMARY ELECTION: Requests will be accepted from April 28, 2013 and cannot accept requests after June 27, 2013, 4:30 p.m.

GENERAL ELECTION: Requests will be accepted from June 2, 2013 and cannot accept requests after August 1, 2013, 4:30 p.m.

Section 603. Delivery of Absentee Ballot

As soon as the filing period for candidates has closed sixty-five (65) calendar days before the election, the Election Board will prepare a special ballot and send one to each qualified voter who has requested same. The Election Board shall maintain an accurate record of all absentee ballots so issued, including the name and address of the voter to whom the ballot was issued and the date of issue.

PRIMARY ELECTION: Thursday, May 23, 2013, 4:30 p.m.
GENERAL ELECTION: Thursday, June 27, 2013, 4:30 p.m.

Section 706. The Tally

The Election Board shall unlock the ballot box (es), shall remove the ballots one by one, and as each one is removed, the clerks shall read off the names of the candidates marked thereupon. At least two election officials shall view each ballot, and each counter shall keep a separate tally of the votes cast. Each candidate may select a watcher of their choice, not a candidate, to observe and keep a separate record of the tally of the ballots, and who shall not interfere with the tally process. After the tally is complete, all ballots, absentee ballots, voter registers, and ballot boxes shall be transported to the Sac and Fox Nation Tribal Court House.

**PRIMARY ELECTION: Notification of Tally Watchers for the Primary Election must be in writing and received by mail eight (8) days prior to the election.
DEADLINE: Friday, July 19, 2013, 4:30 p.m.**

**GENERAL ELECTION: Notification of Tally Watchers for the General Election must be in writing and received by mail eight (8) days prior to the election.
DEADLINE: Friday, August 23, 2013, 4:30 p.m.**

All notifications must be sent to the Sac and Fox Nation Election Board, 920883 S. Hwy 99, Bldg. A, Stroud, OK 74079

Section 710. Certification of Election

The election shall be certified by the Election Board immediately after the ten (10) day period for filing an election contest expires, provided, that if an election contest petition is filed within the time period allowed, then no Certificate of Election shall be issued until after such election contest is finally decided.

**PRIMARY ELECTION: If the tally is completed on Saturday, July 27, 2013
CERTIFICATION is on Friday, August 16, 2013
If the tally is completed on Sunday, July 28, 2013
CERTIFICATION is on Saturday, August 17, 2013**

**GENERAL ELECTION: If the tally is completed on Saturday, August 31, 2013
CERTIFICATION is on Friday, September 20, 2013
If the tally is completed on Sunday, September 1, 2013
CERTIFICATION is on Saturday, September 21, 2013**

Section 802. Contest Petition

A candidate or qualified voter contesting a Tribal Election shall, within ten (10) days after completion of the tally of the election and declaration of the results, shall deposit a two hundred dollar (\$200.00) non-refundable cashier's check contest filing fee with the Tribal Treasurer, file with the Election Board a statement in writing setting forth their particular grounds for the contest. The statement shall be verified by affidavit of the contestor (s) that they believe the matters and things therein contained are true. After the statement is filed the Election Board shall set a time for a hearing of the contest, no later than ten (10) days after the date on which the statement of contest was filed. Written notice of such hearing shall be mailed or delivered to each candidate for the office contested. Any party to the election protest and the Election Board shall have the right to view the election ballots and records in the presence of the Court Clerk in the clerk's office. Any party to the protest or a Tribal member shall be entitled to receive a photocopy of said documents certified as true and correct copies by the Court Clerk upon payment to said clerk of the normal and customary charges.

Said certified copies shall be received as evidence by the Election Board in like manner as an original. Alternatively the Election Board, upon request of a party or on its own motion, may convene a hearing for any protested election at the Tribal Courthouse for the purpose of review of said election materials. After hearing the proofs and allegations of the contestants, the Election Board shall make their findings and shall have authority to pronounce their judgment either setting aside, or confirming the election.

**PRIMARY ELECTION: If the tally is completed on Saturday, July 27, 2013
THE CONTEST PETITION DEADLINE DATE:
Tuesday, August 6, 2013, 4:30 p.m.**

**If the tally is completed on Sunday, July 28, 2013
THE CONTEST PETITION DEADLINE DATE:
Wednesday, August 7, 2013, 4:30 p.m.**

**GENERAL ELECTION: If the tally is completed on Saturday, August 31, 2013
THE CONTEST PETITION DEADLINE DATE:
Tuesday, September 10, 2013, 4:30 p.m.**

**If the tally is completed on Sunday, September 1, 2013
THE CONTEST PETITION DEADLINE DATE:
Wednesday, September 11, 2013, 4:30 p.m.**

Section 80S. Request for Recount

Since the Election Ordinance provides for automatic recount of ballots, any request for recount of ballots must list the reasons therefore in writing and be submitted to the Election Board Chairman, or the Chairman's designated representative within five (5) days after the election. Such request must be accompanied by a non-refundable cashier's check of two-hundred dollars (\$200.00) made payable to the Sac and Fox Nation. Said check shall be forwarded to the Tribal Secretary-Treasurer to be credited against the cost of the recount. The Election Board shall meet and decide within ten (10) days of receipt of the notice whether or not the reasons listed in the request are sufficient to cause a recount of ballots.

**PRIMARY ELECTION: The deadline date to request a recount:
Thursday, August 1, 2013**

**GENERAL ELECTION: The deadline date to request a recount:
Thursday, September 5, 2013, 4:30 p.m.**

2013 SAC AND FOX NATION PRIMARY ELECTION

REQUEST FOR ABSENTEE BALLOT

THE ELECTION BOARD MUST RECEIVE THIS FORM BY DEADLINE DATE OF
JUNE 27, 2013

(FOR YOUR CONVENIENCE, THIS FORM MAY BE DUPLICATED)

NAME (Please Print): _____
(First) (Middle) (Maiden) (Last)

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

ROLL #: _____ DATE OF BIRTH: _____

SIGNATURE: _____ DATE: _____

All requests must be returned by mail (only) to the address below

**SAC AND FOX NATION ELECTION BOARD
P.O. BOX 240
STROUD, OKLAHOMA 74079**

PLEASE fill out EACH BLANK completely and return by deadline date.

**ELECTION BOARD USE ONLY
PRIMARY REQUEST**

RECEIVED: _____ APPROVED: _____ MAILED BALLOT: _____

DISAPPROVED: _____ REASON: _____

ELECTION BOARD

Georgia Blanchard: _____ Chairman	Berdina George: _____ Vice-Chairman	Letha Carter: _____ Secretary	Carrie Spang: _____ Assistant Secretary
Robert Williamson: _____ Member	Mike Harris: _____ Member	Peggy Ellis: _____ Member	Wilson Harjo: _____ Member
Anita Mack: _____ Member	Debra Mitchell: _____ Member	Kyle Nullake: _____ Member	Karen Spaid: _____ Member

(Approved: 2010 SFNEB MINUTES-May 17, 2010 / Revised: March 8, 2011)

ATTENTION TRIBAL MEMBERS

**A MEMBER OF THE TAX COMMISSION STAFF
WILL NOW BE AT
1st INDIAN BAPTIST CHURCH
CUSHING OKLAHOMA
1034 EAST WALNUT
ONCE A MONTH.
THE TAX COMMISSION WILL BE THERE
2nd THURSDAY OF EACH MONTH
WE WILL BE ABLE TO BETTER SERVE TRIBAL
MEMBERS LIVING IN THE CUSHING AREA WITH
MOTOR VEHICLE REGISTRATION AND ANY
OTHER SERVICE THAT WE CAN ASSIST YOU WITH.**

Cooking with Mary Lee
 April 9th 10:00 - 12:00
ways to cook salmon

Search for Building Manager Elders Building in Stroud

If interested, please see Sac and Fox Nation Secretary, Jackie Williams. Elders would like a Building Manager in place by the April 14th monthly meeting. This position will be paid for a maximum of twenty five (25) hours a week, Monday to Friday only. Work hours to be determined by the Elders Advisory Committee Officers. Job duties include, but are not limited to: Overseeing the Stroud Building in handling office work and correspondence, assisting the Elders Advisory Committee with filing, answering telephone calls, taking messages, greeting guests, maintaining activities scheduled for the building, and assisting with training/classes.

Elders Monthly Meeting

Sunday, April 14, 2013
 Multi-Purpose Building, Shawnee,
 2:00pm Potluck Dinner

In an attempt to make our monthly meetings accessible to reach more Elders, we have scheduled our April meeting on Sunday afternoon. Come learn what the Elders are planning for the rest of this fiscal year and sign up to volunteer for fundraising activities and events. Bring your favorite dish and enjoy the fellowship.

All elders age 55 and over are welcome

"Veterans helping Veterans"
 SAC & FOX NATION VETERAN'S WOMEN'S AUXILIARY
 HONOR GUARD PRINCESS SELECTION

The Sac and Fox Nation Veteran's Women's Auxiliary will be selecting the Sac and Fox Veteran's Honor Guard 2013-2014 Princess on May 5th and are accepting Biographies from all interested young ladies who meet the following criteria. The princess will be announced and crowned at the annual Sac and Fox Veteran's Memorial Day Pow-Wow, May 25, 2013.

Candidates are required to meet the following criteria:

1. Candidate must be of Sac & Fox descent
2. Age limit: 13-19 years of age
3. Have a family member(s) who is a veteran (living or deceased) or is currently serving in the military
4. Submit a typewritten, detailed biography about them. Biography should show applicant's knowledge of their Sac & Fox heritage, veteran background and all accomplishments.
5. Dancing ability
6. All candidates must be in full regalia and be present at the time of selection
7. Reside in Oklahoma
8. No cohabitation
9. No children

Please include address and telephone number. All biographies need to be submitted to the Sac & Fox Veteran's Women's Auxiliary, 920883 S. Hwy. 99 Building A, Stroud, Oklahoma 74079 or e-mailed to the Auxiliary Secretary, Shawna Spoon at shawnaspoon@att.net. Deadline for submission is May 3, 2013. Please contact Clarissa Littlehead, Auxiliary Chairperson, at 918-987-0311 or Shawna Spoon at 405-275-2581 for further information.

FREE Seminar For Private Water Well Owners

WHO:
Welcome to everyone in the community

WHY:
The goal is to provide knowledge and information about the well that is supplying your water, how to properly maintain the well, signs of contamination to look for, proper weatherization, water quality testing, well disinfection, and much more.

WHEN:
Wednesday 4/10/13 from 10 am to 12 pm

WHERE:
Sac and Fox Nation Learning Center, large classroom
**Refreshments provided*

Presented by: **Jeremy Fincher**, Sac and Fox Nation's Office of Environmental Services, in partnership with **Bruce Chandler**, Community Resource Group, and **Indian Health Service** (IHS will provide assistance on application process)

Please contact **Jeremy Fincher** if you would like to register, are interested in attending, or have any further questions.
 jeremy.fincher@sacandfoxnation-nsn.gov or 918-968-0046

Thank you and hope to see you there!

Oklahoma Tobacco Helpline

1 800 QUIT NOW

earn FREE college tuition
it's Oklahoma's Promise

With Oklahoma's Promise, the Oklahoma Higher Learning Access Program, 8th, 9th, and 10th grade students whose family income is \$50,000 or less **can earn FREE COLLEGE TUITION**

Apply online at www.okpromise.org or
 Contact the Oklahoma State Regents for Higher Education by e-mail at okpromise@osrhe.edu or by phone at 1-8-858-1840 (225-9152 in OKC)
 Get an application from your counselor

ATTENTION TRIBAL MEMBERS

Sr. Man and Sr. Woman Nominations Due April 26, 2013

I, _____, Roll # _____ hereby
 nominate the following Man: _____
 He should be the Sac and Fox Nation Sr. Man because: _____

I, _____, Roll # _____ hereby
 nominate the following Woman: _____
 He should be the Sac and Fox Nation Sr. Woman because: _____

4th Annual FOLLOWING THE TRAIL

April 26 - 27, 2013

Native American Family Conference

Everyone Welcome!

www.followingthetrail.org

Men's Program
New: Friday Night Campout!
Door Prizes!
Youth Program
New: Women's Program
Grilled Lunch
Afternoon activities
Relaxed, outdoor atmosphere

Conference Location:
 Cornerstone Indian Baptist Church
 Little Axe, Oklahoma

Registration Costs:
Only \$10.00 per person

Contact us:
Bryce Scott
 (405) 912-0044
bwsscotti@hotmail.com
Ben Little
 (405) 605-9312
Ben_little@msn.com
Jeanelle Lowe
 (405) 431-8677
jeanellelowe@yahoo.com

Preregister before April 12th to be entered for extra door prizes!



(From left) Tribal members Vera Grant, Christine Williamson, Sandra Massey, Henrietta Massey, Maxine Cobb, and Stella Nullake visited the Jim Thorpe exhibit in the Jim Thorpe Gallery at the Chesapeake Energy Arena. The exhibit will be on display until October 2013. Admission to the Gallery is free with tickets to an event at the arena or by contacting Justin Lenhart (far right), Jim Thorpe Association Museum Curator, at (405) 427-1400 x 301 with advance notice of approximately two weeks. (SFN staff photo)

NOTICE TO VETERANS

The Sac and Fox National Public Library is asking for your DD 214's for their records
See Cathrine Walker
1-918-968-0705

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

Shawnee Multipurpose Building

1 - 800 - 259 - 1266

SHAREHOLDERS MEETING



Saturday, July 13, 2013
9:00 am - 12:00 Noon

During

The Annual Sac and Fox Nation Pow-Wow
Sac and Fox Nation Gym
Continental Breakfast

HELP WANTED!

SAC & FOX NATION EMPLOYMENT OPPORTUNITIES

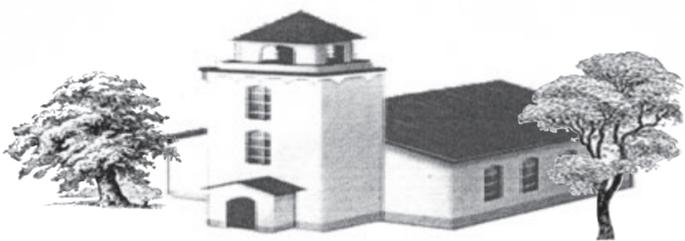
THE FOLLOWING IS A LIST OF JOB VACANCIES WITH THE SAC & FOX NATION:

- Tribal Administrator (Stroud)
- Controller (Stroud)
- Indian Child Welfare Coordinator (Stroud)
- Indian Child Welfare Specialist (Stroud)
- Compliance Officer (Gaming)
- Cashier (Finance/Stroud)
- Resident Advisor (Juvenile Detention Center/Stroud)
- Economic Development Director (Stroud)
- Surveillance Observer (s) (Gaming)
- Finance Manager (Finance/Stroud)
- Accounting Clerk(s) (Finance/Stroud)
- Physician (Black Hawk Health Center/Stroud)
- Executive Assistant (Shawnee)
- Surveillance Supervisor (Shawnee)
- Licensing Investigator (Gaming)
- Shift Supervisor (Gaming/Stroud)

Applicants must successfully pass an OSBI/National background check and drug screen. Preference in hiring is given to qualified Native Americans. Applicants claiming Indian Preference must provide a copy of their CDIB. For more information and to learn how to apply please visit our website at:

www.sacandfoxnation.com

or contact Human Resources, Sac and Fox Nation, 920883 S Hwy 99, Bldg. A Stroud, OK 74079 or by phone (918) 968- 3526



Sunday Worship Services At Sac and Fox Chapel

9:45 a.m. - Bible Study
11:00 - Worship Services
Preaching: Don Tiger
Worship Leader: Mike Grass
Come Join Us . . .

This is the day that the Lord hath made we will rejoice and be glad in it.

Sac and Fox Nation Food Distribution Program

CALL TODAY TO SEE IF YOU QUALIFY!!!

STROUD OFFICE
(800) 256-3398
SHAWNEE OFFICE
(866) 622-2310

If at least one member of your household is Native American, you reside within our service area, and you meet our income guidelines... You May Qualify. Call Today!!!



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Sac and Fox Elders Mother's Day Dance

MAY 11, 2013
SAC AND FOX COMMUNITY BUILDING
5 MILES SOUTH OF STROUD

Gourd Dance 2:00 p.m.
Supper 5:00 p.m.
Intertribal Dancing 7:00 p.m.

Head Singer: J. Paul Wilson
Head Gourd Dancer: Edgar Butler
Head Man Dancer: Troy Shackelford
Head Lady Dancer: Muriel Wheeler
Emcee: RG Harris
AD: Jeremy Johnson and Anthoni Calderon



Drawing for the Big Ticket Raffle. See any Elder to purchase a raffle ticket. Drawing will be Saturday evening. Need not be present to win. Not Responsible for Accidents or Theft