

Grants available from US Labor Department to provide job training, employment services for 1,900 homeless female veterans, veterans with families

WASHINGTON – The U.S. Department of Labor today announced the availability of up to \$5 million to fund 16 or more Homeless Female Veterans and Veterans with Families grants. Approximately 1,900 veterans will receive job training and related services to help them succeed in civilian careers.

“Much too often, those who have given so much to the nation face a difficult transition to civilian life and struggle to find a job that matches their talents,” said acting Secretary of Labor Seth D. Harris. “The grants announced today will help provide support and job assistance for veterans and their families, and open doors for career opportunities.”

Funds for the grants are being awarded on a competitive basis to state and local workforce boards, local public agencies and nonprofit organizations, tribal governments, and faith-based and community organizations. Grantees must be familiar with the areas and populations to be served, and have demonstrated that they can administer effective programs and coordinate their efforts with various local, state and federal social service providers. Homeless female veterans and veterans with families may receive occupational, classroom and on-the-job training, as well as job search and placement assistance, including follow-up services.

The solicitation for grant applications is available at <http://www.grants.gov>. Potential applicants seeking more information should visit <http://www>.

3 STEPS TO HEALTHY EATING



You can help your family members eat healthy by taking these 3 steps:

1. Use smaller plates.
2. Divide the plates into 4 equal portions of vegetables, fruits, grains, and meats/poultry/fish.
3. Watch portion sizes by stacking food no higher than 1 to 1½ inches.

To print out *My Native Plate* placemats showing these steps, go to:

www.diabetes.ihs.gov.

Click on *Printable Materials, Nutrition*, then *My Native Plate*.



Produced by IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov

2013 SAC AND FOX NATION ELECTION REQUEST FOR ABSENTEE BALLOT

GENERAL ELECTION

RETURN THIS FORM BY THE DEADLINE DATE OF AUGUST 1, 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 received by mail to the address below

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

All Eligible Voters Are Entitled To Vote, Either At The Polls or By Absentee Ballot.
 For Your Convenience, This Form May Be Duplicated.

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

**ELECTION BOARD USE ONLY
 GENERAL REQUEST**

RECEIVED: _____ APPROVED: _____ MAILED BALLOT: _____

DISAPPROVED: _____ REASON: _____

ELECTION BOARD

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

(Approved: 2010 SFNEB MINUTES-May 17, 2010)

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)