

Gabriella Big Soldier Scouted to Attend Exclusive Event

To all my friends, their friends & family, and my family...

Our daughter Gabriella Big Soldier, was scouted by the Model & Talent Expo for an audition to attend an exclusive event held on November 20, 2013 in Dallas, TX.

Out of hundreds of auditions in the OKC-Tulsa area. Gabriella is the ONLY NATIVE from Oklahoma in her age group (4-7) to be chosen to attend the Expo, so you can see we are all very proud of her!! Gabriella is so excited to have been given this opportunity at her young age, so we are asking for help.

To make things easier on the talents to attend. The Expo, is providing items to be raffled (iPad, Nikon Camera, 55 in. T.V. and a variety of gift cards)

Tickets are \$5 each and the drawing will be held one month before the Expo in Dallas. (around October 20th)

Winners will be notified by email and prizes will be shipped to address given. Please message me for tickets I have 27 at this time and will be receiving more.

All monies received, collected, donated, or sponsored will go directly to Gabriella for her registration fees and hotel accommodations.

Please visit www.conventionexpo.com and enter the information below to help support Gabriella.

•member only:



GABRIELLA BIG SOLDIER

•password:
expo
•click make payment
easy as 123

We Thank You All in advance from the Denny/Big Soldier Family :)
Gene & Mary Big Soldier
Everett & Melissa Denny
Great Grams Mary Ann Butler

SAC AND FOX NATION HUNTING REGULATIONS

Hunting will be permitted for DEER ARCHERY SEASON ONLY in accordance with Tribal, Federal and State Hunting Regulations. All hunters are REQUIRED to obtain a permit from the Sac and Fox Nation Realty Department and check in with the Sac and Fox Nation Police Department.

SEASON OPEN.

Archery: October 1, 2013 THRU January 15, 2014

DESIGNATED AREAS: (Map can be obtained when you check in)
Approximately 320 acres is described as follows:

Tract #1: S/2, NW/4 of Section 15-T14N-R06E.I.M., containing 80 acres
Tract #2: SW/4 of Section 15-T14N-R06E.I.M., containing 160 acres
Tract #3: E/2 SE/4 of Section 16-T14N-R06E.I.M., containing 80 acres

Only two (if hunting together) hunters are permitted in the designated hunting areas at one time, otherwise only one permitted in each area at one time.

REQUIREMENTS ARE:

1. Sac and Fox tribal members will be given preference. (Must show CDIB).
2. Must be 16 years of age or older.
3. State Hunting License is required.
4. One (1) guest allowed. Must be 16 year or older and have a valid State Hunting License and Deer Tags.

Sac and Fox Nation Women's Auxiliary

The Sac and Fox Nation Women's Auxiliary meet the 3rd Thursday every month at 6:00 p.m. We have a pot luck dinner at every meeting. Our meeting locations alternate from the Stroud-Elder's Building to the Shawnee-Multi Purpose Building. If anyone needs information, they can contact Shawna Spoon by phone at 405-275-2581 or by e-mail at shawnaspoon@att.net.

What Tribal Members Need to Know About HEALTH INSURANCE EXCHANGES

WHAT IS HEALTH INSURANCE?

Health insurance is a little like car insurance. For car insurance, you pay a premium to the insurance company and they pay a portion of the costs if your car is wrecked. If you have health insurance, the insurance plan will pay for a portion of the costs of your visit to the doctor, emergency room and hospital stays, your medical tests, and your prescription drugs. Health insurance companies offer several types of plans that cover different health services.

HEALTH INSURANCE EXCHANGES ALLOW PEOPLE TO PURCHASE HEALTH INSURANCE PLANS.

A Health Insurance Exchange is a computer website where individuals can buy health insurance for themselves and their family, small businesses can buy health insurance for their employees, and Tribes can buy health insurance for their members. Starting January 1, 2014, there will be an Exchange in each state operated by state or federal government.

THE COST FOR HEALTH INSURANCE DEPENDS ON YOUR INCOME.

The **premium** is a monthly amount that is paid to the insurance company. The federal government pays a portion of the premiums for low and middle income people who purchase insurance through Exchanges. Sometimes Tribes or other organizations will pay for the rest of the premium cost. Check with your Tribal clinic to see what they recommend.

AMERICAN INDIANS AND ALASKA NATIVES WHO ENROLL IN HEALTH INSURANCE EXCHANGE PLANS DO NOT HAVE COST SHARING.

Cost sharing is the term used for both the deductible and co-pay. A **deductible** is the amount most consumers pay each year before the insurance company pays for health services. A **co-pay** is the amount most consumers pay at each visit. For American Indians and Alaska Natives with health insurance, there is never any cost sharing when you get your services from your Tribal or IHS clinic. The rules for cost sharing for services provided outside Indian health clinics can be complicated, but your Tribal clinic will know how to help so that you never have to pay cost sharing.

HEALTH INSURANCE EXCHANGE HAS A WEBSITE.

- People at your Tribal or IHS clinic can help you access the Exchange website.
- You will be asked a few questions and the information will be entered into the computer.
- The website will determine if you are eligible for Exchange plans or other programs, such as Medicaid and State Child Health Insurance Program (SCHIP).
- Information from your federal income tax will be used to determine whether you qualify for programs that reduce or eliminate the cost of health insurance.
- After you see what programs are available, you can decide whether you want to enroll. Enrollment can be done on the website.
- For information call the Black Hawk Health Center 918-968-9531

10 QUESTIONS About Enrolling in Health Insurance Exchange Plans

1. HOW WILL I BENEFIT FROM HAVING HEALTH INSURANCE?

Contract Health Services (CHS) does not have enough money to meet all the needs, so there is a priority list and sometimes CHS runs out of money. If you have health insurance, you can get the health services you need even if it is not high on the CHS priority list and even if CHS is out of money. Health insurance will pay for things that your Tribal or IHS program does not provide, such as medical specialists, tests, emergency room visits, and hospital care.

2. IF I ENROLL IN AN EXCHANGE PLAN, WILL I HAVE TO GET MY HEALTH CARE FROM A CLINIC FAR AWAY FROM WHERE I LIVE?

No. You can continue to use your Tribal or IHS clinic. Let them know that you have insurance so that they can receive payment for services they provide to you.

3. WILL THERE BE A COST TO ME TO ENROLL IN A HEALTH INSURANCE PLAN?

When you use the Health Insurance Exchange website, you will find out if you qualify for programs that pay all or a portion of the costs of health insurance. Your Tribe may be able to help with any additional costs.

4. I AM ELIGIBLE FOR INDIAN HEALTH SERVICE SO WHY DO I NEED TO HAVE HEALTH INSURANCE?

The Indian Health Service is funded at only about half the level of need, and Tribes only get about half the funding they need from the Indian Health Service. Your Indian health clinic must get the other half of funding from other sources, such as billing insurance. Health insurance is optional for American Indians and Alaska Natives. There is no penalty if you choose not to enroll in an Exchange plan.

5. WHAT ABOUT THE FEDERAL TRUST RESPONSIBILITY? SHOULDN'T THE FEDERAL GOVERNMENT PAY FOR ALL OF MY HEALTH CARE?

The Federal government is paying for Indian health care through many programs in addition to the Indian Health Service. In the new Health Insurance Exchanges, the Federal government is paying a portion of the cost of insurance. Also, there are special provisions for the Federal government to pay the co-pays and deductibles for American Indians and Alaska Natives enrolled in Exchange plans.

6. ISN'T IT "DOUBLE DIPPING" FOR IHS OR MY TRIBAL CLINIC TO RECEIVE FUNDING FROM CONGRESS AND ALSO BILL MY INSURANCE?

Congress expects IHS and Tribes to bill other insurance. The funding for Indian health care comes from many sources. The money is needed to provide services for everyone in our Tribal communities.

7. WHAT IF I ALREADY HAVE HEALTH INSURANCE?

If you already have health insurance through your job, you will not be eligible for the Health Insurance Exchange. If you are eligible for Medicaid, Medicare or the State Child Health Insurance Program (SCHIP), you will not be able to enroll in an Exchange plan. Tell your Indian health clinic about your health insurance.

8. HOW CAN I GET HELP TO ENROLL IN EXCHANGE PLANS?

Your Indian health clinic can help you find out if you are eligible to enroll in an Exchange plan. Starting in 2013, there will be a new website that simplifies the eligibility and enrollment process. Your privacy will be protected by federal law and the information you provide will be treated confidentially.

9. WHAT ABOUT ALL THE PAPERWORK FROM HEALTH INSURANCE COMPANIES?

You can ask that the paperwork be sent to your Indian health clinic instead of your home. Your clinic can monitor the paperwork and let you know when there's something you need to do.

10. WHAT SHOULD I DO NEXT?

Go to your Indian health clinic and ask for help to see if you qualify for an Exchange plan. Bring your Social Security card. You have a choice. If you decide to enroll in a health insurance plan, you will be helping yourself, your family and your community!