



Shirley Wakole, daughter Janis Jackson and Berdina George attended the Multiple Sclerosis Mother Road Ride of 2014 Victory Part to honor the people and companies who donated and contributed to the Multiple Sclerosis Society Thursday night November 13, 2014 which was held at the Territory Cellars in Stroud. One gentleman raised over \$43,000 for the MS Society, which was quite impressive. Approximate money raised was \$175,500.00. On September 20, 2014 Sac and Fox Nation Volunteers set up a Rest Stop at the Community Building for the Riders of the Mother Road Ride, drinks and snacks were provided by the volunteers and the MS Society.

Sac and Fox Nation Police Department

From Sac and Fox Tribal Police Chief Bob Roberts



The sad reality is that we live in an increasingly violent society in which the fear of crime is ever-present. Personal safety has become an issue of importance for everyone, but especially for women. Concerned about this state of affairs, there are ten (10) things that every woman should know about personal safety.

(1) Awareness: Your first line of defense. Most people. Most people think of kicks to the groin and blocking punches when they hear the term “self-defense.” However, true self-defense begins long before any actual physical contact. The first, and probably most important, component in self-defense is awareness: awareness of yourself, your surroundings, and your potential attacker’s likely strategies.

(2) The criminal’s primary strategy is to use the advantage of surprise. Studies have shown that criminals are adept at choosing targets who appear to be unaware of what is going on around them. So be aware of your surroundings, and project a presence of being aware and many altercations which are commonplace on the street can be avoided.

(3) Use your sixth sense. “Sixth sense.” “Gut instinct.” Whatever you call it, your intuition is a powerful subconscious insight into situations and people. Especially women, have this gift, but few pay attention to it. Learn to trust this power and use it to your full advantage. Avoid a person or a situation which does not “feel” safe-you’re probably right.

(4) Avoid martial arts studios: Unless you specifically wish to train in the traditional martial arts techniques and are prepared for a long-term commitment. Many women’s self defense programs teach watered-down martial arts techniques that are complex and unrealistic under the stress of an actual attack. Choose a self-defense program that includes simulated assaults, with a fully padded instructor in realistic rape and attack scenarios, to allow you to practice what you’ve learned.

(5) Escape: Always your best option. What if the unthinkable happens? You are suddenly confronted by a predator who demands that you go with him-be it in a car, or into an alley, or a building. It would seem to be the thing to do, but you must never leave the primary crime scene. You are far more likely to be seriously injured if you go with the predator than if you run away (even if he promises not to hurt you). Run away, yell for help, do whatever you can to attract attention. And if the criminal is after your purse or other material items, throw them one way while you run the opposite way.

(6) Your right to fight. Unfortunately,

no matter how diligently we practice awareness and avoidance techniques, you may find yourselves in a physical confrontation. Statistics clearly show that your odds of survival are far greater if you do fight back. Aim for the eyes first and the groin second. Remember, to use the element of surprise to your advantage-strike quickly, and mean business. You may only get one chance.

(7) Pepper spray: Pros and cons. Pepper spray, like other self-defense aids, can be a useful tool. However, it is important to understand that there can be significant drawbacks to its use. Example, it does not work on everyone. Surprisingly, 15-20% of people will not be incapacitated even by a full-face spray. Also, if you’re carrying it in your purse, you will only waste time and alert the attacker to your intentions while you fumble for it. Never depend on any self-defense tool or weapon to stop an attacker. Trust your body and your wits, which you can always depend on in the event of an attack.

(8) Home invasions: A crime on the rise. The primary way to prevent a home invasion is simply to never, ever open your door unless you either are certain you know who’s on the other side or can verify that they have a legitimate reason for being there (dressing up as a repair person or even police officer is one trick criminals use). In the event that an intruder breaks in while you’re home, you should have a safe room in your house to which you can retreat. Such a room should be equipped with a strong door, deadbolt lock, phone (preferably cell phone).

(9) Avoiding a car-jacking. Lock all doors and keep windows up when driving. Most car-jacking take place when vehicles are stopped at intersections. The criminals approach at a 45-degree angle (blind spot), and either pull you out of the driver’s seat or jump in the passenger’s seat.

(10) A travel tip. Violent crimes against women happen in the best and worst hotels around the world. Predators may play the part of a hotel employee, push their way through an open or unlocked door, or obtain a pass key to the room. As with home safety, never open your door unless you are certain the person on the other side is legitimate, and always carry a door wedge with you when you travel. A wedge is often stronger than the door it secures.

(11) Safety in cyberspace. Although the internet is educational and entertaining, it can also be full of danger if one isn’t careful. When communicating online, use a nickname and always keep personal information such as home address and phone number confidential. Instruct family members to do the same.

Native Employment Works (NEW)



Native Employment Works Funds Available Now

The Sac and Fox Nation Human Services Department is currently taking applications for Native Employment Works. NEW is a federally funded program that helps low-income households with expenses while attending school or if underemployed. We encourage you to apply at our office in Stroud or at the Shawnee Multi-Purpose Center. Please call us at the number on the bottom of this article, if you have any questions.

To qualify for NEW, you must be an enrolled member of the Sac and Fox Nation and reside within the Sac and Fox Nation jurisdictional boundaries.

The NEW program eligibility includes teen parents, unemployed parent(s) if attending school, underemployed parent(s), and other tribal members if they have one or more Sac and Fox children.

PLEASE BE PREPARED TO PROVIDE THE FOLLOWING:

- Tribal enrollment cards for all household members
- (Birth certificates for those without a tribal enrollment card)
- Driver’s license if over 18 and not enrolled.
- Driver’s license or photo ID for applicant.
- Social Security cards for all household members.
- School enrollment verification or employment verification.
- Proof of income – including paycheck stubs, Social Security or disability benefits, unemployment compensation, pension or retirement funds, etc. for all household members 18 years of age or older.

Other documents may be required based on your situation.

Sac and Fox Nation Human Services

920883 S. Hwy 99 Building A Stroud, Oklahoma 74079
Phone: 918-968-3526 • Extensions 2010 & 2011
Toll Free: 800-259-3970 • Fax: 918-968-0142

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SAC AND FOX NATION ELDERS WINTER DANCE

DECEMBER 6, 2014

MC: JAMEY NOBLE
HEAD SINGER: JEFF WILSON
HEAD MAN: GREG MORRIS
HEAD WOMAN: GEORGIANNE NOBLE
HEAD GOURD DANCER: EVERETT DENNY
AD: LAFFATTE “LJ” MCKISSICK JR
ANTHONY CALDERON

BIG TICKET RAFFLE

INVITATION GOES OUT TO ALL SAC AND FOX TRIBAL ELDERS. SPECIAL INVITATION GOES OUT TO ELDERS OF ALL TRIBES AND THEIR FAMILY MEMBERS. COME OUT AND ENJOY SOME GOOD SINGING, DANCING, AND GREAT FELLOWSHIP!

2:00PM - 5:30PM	GOURD DANCE
5:30PM - 6:30PM	SUPPER
6:30PM - ?	INTER-TRIBAL

SAC AND FOX NATION COMMUNITY BUILDING 5¾ MILES SOUTH OF STROUD ON HWY 99

MORE DETAILS TO FOLLOW AT A LATER DATE...

Low-Income Home Energy Assistance Program (LIHEAP)

LIHEAP runs from Nov. 10 – April 15 for heating assistance and from June 11 – Sept. 11 for cooling assistance

Sac and Fox Nation Human Services Department

918-968-3526

The Sac and Fox Nation Human Services LIHEAP Program is a federally funded program that helps low-income households with their home energy bills. LIHEAP can help you stay warm in the winter and cool in the summer. By doing so, you can reduce the risk of health and safety problems (such as illness, fire or eviction). We encourage you to apply at our office in Stroud or at the Shawnee Multi-Purpose Center. Please call us at the number to the left if you have any questions. The program runs from Nov. 10 through April 15 for heating and from June 11 through Sept. 11 for cooling.

To qualify for LIHEAP, you must be an enrolled member of a federally recognized tribe and reside within the Sac and Fox Nation jurisdictional boundaries.

PLEASE BE PREPARED TO PROVIDE THE FOLLOWING:
 CDIB cards for all household members (birth certificates for those without a CDIB)
 Social Security cards for all household members.
 Driver’s license or photo I.D.
 Current utility bill or cut-off notice.
 Proof of income-including paycheck stubs, Social Security or disability benefits, unemployment compensation, pension or retirement funds, etc. for all household members 18 years of age or older. Other documents may be required based on your situation.

Sac and Fox Nation

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