



Photo provided by Cheryl McClellan



Phone: 918-968-3526 • 920883 S Hwy 99 Bldg A • Stroud, OK 74079 • Vol.35 No. 5 • May 2014

Chief's Address To The Nation



Tribal Members,
This month I report on some of the issues that affect our Nation and the process and means utilized to bring forth our concerns before the elected officials of the Oklahoma Congressional Delegation. I traveled to Washington, D.C. April 7-8 to visit "The HILL" and to testify on behalf of our Nation.

Congressional Visits
Sense, Inc., a Washington, D.C. based firm that acts as a liaison and advocate for Tribes, scheduled appointments with our Oklahoma Congressional delegation (U.S. Senator James Lankford; Frank D. Lucas; Markwayne Mullin; U.S. Senator James N. Inhofe; Tom Cole; Jim Bridestine) to discuss Federal Corporate Charter(s) for Sac and Fox Nation to Support Tribal Economic Development. U.S. Senator Tom Coburn, MD was unavailable, but two weeks later Craig Smith, Field Representative of Coburn's Oklahoma City office, contacted our office to schedule a meeting about our issue.

Congressional Testimony
I requested and was granted the opportunity to testify before the U.S. House of Representatives Committee on Appropriations, Subcommittee on Interior, Environment, and Related Agencies on the FY 2015 Budgets for the Bureau of Indian Affairs and the Indian Health Service.

My April 8, 2014 testimony:

Good morning to the Subcommittee Members and Congratulations to Chairman Calvert as the new Chairman and to Congressman David Valadao, the newest member on this Subcommittee. I am George L. Thurman, Principal Chief of the Great Sac and Fox Nation, home of Jim Thorpe, one of the most versatile athletes of modern sports who earned Olympic gold medals for the 1912 pentathlon and decathlon. On behalf of the Sac and Fox Nation, thank you for the opportunity to present our requests for the Fiscal Year 2015 Budgets for the Bureau of Indian Affairs and the Indian Health Service.

A fundamental goal for Indian Country governmental services is parity with similarly situated governments or services. Although Tribes have made some progress in addressing terribly inadequate public services that many Americans routinely take for granted, they are still experiencing what the U.S. Commission on Civil Rights called "A Quiet Crisis" of unmet Federal funding needs. Full funding of Contract Support Costs is a step in the right direction for Tribes to be paid the costs of performing services under contract with the Federal government enjoyed by non-Tribal Federal contractors. It is not fair that the Federal government's legal obligation to pay Contract Support Costs requires reducing Tribal funds to meet the Federal trust obligation to Tribal Nations.

In Fiscal Year 2013 Tribal programs incurred cuts totaling over \$500 million under the sequestration. We were not able to recover the sequestered funding under the Murray/Ryan budget deal and the Bureau of Indian Affairs and Indian Health Service Spending Plans further disappointed our expectations for budget equity during these fiscally strained times. We strongly urge Congress to fully restore sequestration cuts from FY 2013 and exempt Tribal funds from future sequestration. It threatens the trust responsibility and reduces portions of the budget that are not major contributors to the deficit.

I. TRIBAL SPECIFIC REQUEST - \$4.95 Million to Fully Fund Operations of the Sac and Fox Nation Juvenile Detention Center - Bureau of Indian Affairs - Public Safety and Justice - Office of Justice Services - Detention/Corrections Account

II. NATIONAL REQUESTS - BUREAU OF INDIAN AFFAIRS

1. Public Safety and Justice - Law and Order - Detention/Corrections:
 - a. Increase the 2015 Request by \$4.95 million for Detention/Corrections to fund the Sac and Fox Nation Juvenile Detention Center
 - b. Fully fund all provisions of the Tribal Law and Order Act of 2010;

Cuts of \$119 million to Tribal Program Funding

3. Add \$19.3 million over Fiscal Year 2014 for Tribal Priority Allocations Account

4. Add \$4 million over Fiscal Year 2015 request to fully fund Contract Support Costs;

5. Add \$500,000 for Johnson O'Malley education assistance grants to support a new student count in 2015 and provide funding for the projected increase in the number of students eligible for grants; and,

6. Provide increased funding to the Office of Self-Governance

to fully staff the office for the increase in the number of Tribes entering Self-Governance.

III. NATIONAL REQUESTS - INDIAN HEALTH SERVICE

1. Restore 2013 Sequestered Cuts of \$220 Million to Tribal Health Services;

2. Support Indian Health Service Mandatory Funding to maintain current services;

3. Add \$30 million over Fiscal Year 2015 request to fully fund Contract Support Costs;

4. Add \$50 million over the 2015 request for Purchased and Referred Care; and,

5. Restore \$6 million to the Office of Tribal Self-Governance to fulfill legal requirements under Title V of Public Law 106-260 which increased the responsibilities of the Office.

TRIBAL SPECIFIC REQUEST. In 1996, the Sac and Fox Nation Juvenile Detention Center opened its doors as the first regional juvenile facility specifically designed for American Indians/Alaska Natives, as well as the first juvenile facility developed under Public Law

(Continued on Page 3)



Special Recognition: The Sac and Fox Nation Police Department, along with several others, recently received special recognition for their participation in the 'Safe Corridors' Program implemented by the Oklahoma Highway Safety Office. Back row, second from left: Major A.M. Selfridge, Asst. Chief Sac and Fox Nation Police Department. Front row, third from left: Bob Roberts, Chief of Police, Sac and Fox Nation Police Department.

New Storm Siren Installed at Sac and Fox Nation Tribal Complex

By Major A.M. Selfridge Asst. Chief Sac and Fox Nation Police Department

Greetings!
The Department of Public Safety is pleased to announce that a new storm siren has been installed here on the Sac and Fox Nation tribal complex. In an effort to ensure a safer work environment during severe weather emergencies, the SFN Department of Public Safety purchased a Sentry Siren model 7V8-B storm siren, which was installed between the RV Park and the Nation's swimming pool. The siren features a 5.5 horsepower motor that emits an omni-directional 460hz warning tone for 3 minutes during activation.

This siren uses the latest technology electro-mechanical design to emit a louder signal in a 360 degree pattern.

The siren activates wirelessly upon independent transmission from Police personnel but will also activate in concert with the warning sirens in the city of Stroud. In the event of power loss, the system will continue to function thanks to a 6 battery backup power system.

This state-of-the-art storm siren is the latest step in an effort to ensure the safety of not only employees here at the SFN Complex, but also tribal members residing in the immediate area. The SFNPD conducted several tests last month to make sure that the siren was operational and it now stands ready for severe weather duty. During severe weather events that warrant activation of the storm siren, the SFNPD will also alert

all employees by use of the Nation's telephonic "all page" feature which will allow a warning message to be played simultaneously over all telephones on the Nation's telephone system. As always whenever there is a severe weather event, uniformed officers will activate lights and sirens and travel from building to building here at the SFN complex and advise employees to take shelter.

After the danger has passed, and all clear signal will be given.

Thanks,
Major A.M. Selfridge Asst. Chief Sac and Fox Nation Police Department
(918)968-2031 ext. 2029
(918) 968-3781 Fax



New Storm Siren: A new storm siren has recently been installed at the Sac and Fox Nation tribal complex

Upcoming Events

May 13

Sac and Fox Nation Veterans' Meeting
Elders Bldg Stroud

May 14

Elders Advisory Committee Meeting
Stroud 10 am

May 10

Mothers Day Dance
Sac and Fox Gym

May 17-18

Camp Clean up
Pick up May 19 & June 23

May 24

Veterans Memorial Day
Gourd Dance

May 31

Princess Competition
Community Bldg
6 pm

June 3 - July 25

SFN National Public
Library Summer
Reading Program

June 8 - 14

Jim Thorpe Native
American Games
Shawnee, Oklahoma

Sac and Fox News

The Sac & Fox News is the monthly publication of the Sac & Fox Nation, located on SH 99, six miles south of Stroud, OK.

Mailing address:

Sac and Fox Nation
Administration Building
920883 S Hwy 99 Bldg A
Stroud, OK 74079
Phone: 918-968-3526
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The Sac & Fox News is the official publication of the Sac and Fox Nation. Our mission is to meet all tribal members information needs concerning the Nation.

The Sac & Fox News is mailed free, one per address, to enrolled Sac and Fox tribal members. Paid subscriptions are available for \$12.00 annually.

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 June issue is Tuesday, May 20, 2014 at 4:30 p.m. Reprint permission is granted, with proper credit to the Sac and Fox News, unless other copyrights are shown. Articles and letters may be submitted to the newspaper either by mail or Fax to the address provided above, - or by e-mail: newspaper@sacandfoxnation-nsn.gov.

Address corrections & changes are accepted by The Business Committee at the address listed below.

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Ken Johnson

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Member OPA

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Visit us on the web @
sacandfoxnation.com
click news

Obituaries

Edith Verlayne (Littlehead) Wilson

Edith Verlayne (Littlehead) Wilson, 63, of Shawnee, passed away March 27, 2014, at her home surrounded by family and friends.

She was born to Edward and Cecelian (Butler) Littlehead on May 3, 1950 in Pawnee, OK. She was an enrolled member of the Sac and Fox Nation of Oklahoma. She was also a descendant of the Absentee Shawnee and Euchee Tribes.

She was married to Edward Charles Spoon Sr. for over 20 years. She was then later married to Darrell G. Wilson Sr. for 9 years.

Verlayne graduated from Earlsboro High School and went on to earn her college degree at Bacone Jr College. She worked many years for the Sac and Fox Nation Housing Authority and later as a medical records technician for the Indian Health Service. After retiring she was active in tribal activities with the Sac and Fox Women's Auxiliary and the Sac and Fox Nation Elders Organization.

Verlayne loved spending time with her children and grandchildren. She played a very active role in her grandchildren's upbringing. She also enjoyed visiting with her many relatives and having fun at the casino.

She was preceded in death by her parents, sister, Radonna Blanchard, and daughter, Lucinda (Spoon) Johnson.

She is survived by her daughter, Shawna Spoon, son, Edward Spoon Jr., daughter, Casey Wilson; grandchildren, Jeremy Johnson, Madison Johnson, and Aiden Mitchell; three brothers, Edward Littlehead Jr., Cecil Littlehead, and Ronald Littlehead; one sister, Clarissa Littlehead; several nieces, nephews, and other loving relatives and friends.

Tribal rites were held Saturday, March 28, 2014, at the Sac and Fox Reservation, Stroud. Burial was Sunday, March 29, 2014, at the Clark Family Cemetery in Shawnee Oklahoma.



Edith Verlayne (Littlehead) Wilson



Landscaping Project: The landscaping project at the Veterans Memorial located in Heritage Park is in progress. Landscapes USA, a company with over seventy national and state environmental improvement awards, was chosen to design the layout and installation of the project. There will be numerous types of trees, shrubs and grasses complete with a state of the art irrigation system. LandscapeUSA is located in Oklahoma City. (SFN Photo)

Memorial Day Gourd Dance and Powwow

SAC AND FOX NATION VETERANS' ORGANIZATION

SATURDAY, 24th May, 2014

Sac and Fox Powwow Grounds, 5 miles South of Stroud, Oklahoma on Hwy 99
(Inclement Weather-Sac and fox Community Building)

10am-Post Colors, Taps and Read Names at Sac and Fox Cemetery

Head Staff

Head Singer-Forest (Kisko) Walker
Head Gourd Dancer-Cecil Wahpekeche
Head Man Dancer-Daryl Wildcat
Head Lady Dancer-Shayla Miller
Arena Directors-Russell Saunders & Joe Estes
Master of Ceremonies-Jaime Noble

2pm-5pm: Gourd Dancing
5pm-6:30: Hot Meal served by Sac and Fox Veterans Auxiliary
6:30pm-7pm: Complete Gourd Dance
7pm until ?: Grand Entry, Memorial Song, Post Colors, War Dance

Honor Guard Invitation

Special Invitation to all Tribal Honor Guards
Door Prizes during Supper !

S&F Vets' Organization Not Responsible for Accidents or Theft.
For more information, call Commander Norwood Masquat, Jr. (918 225 2214),
Vice-Commander Curtis Wakolee (405 481 0948)

Chief's Address To The Nation

100-472, the Self-Governance Demonstration Project Act.

At that time, the Bureau of Indian Affairs made a commitment to fully fund the Sac and Fox Nation Juvenile Detention Center operations; however this commitment was never fulfilled. Even though the Nation continues to receive and use Federal dollars to address the issue of juvenile delinquency and detention for Tribes in the Southern Plains Region and Eastern Oklahoma Region, it has never received sufficient funds to operate the facility at its fullest potential. Full funding to the facility by the Bureau of Indian Affairs would relieve financial burdens on Area Tribes to pay for detention services elsewhere and keep Tribal youths close to home.

Full funding would allow the Nation to provide full operations including (but not limited to):

* Juvenile detention services to the 46 Tribes in Oklahoma, Kansas, and Texas

* Rescue more of our at-risk youth and unserved youth in need of a facility like the Sac and Fox Nation Juvenile Detention Center

* Re-establish programs we have lost due to inadequate funding such as: On-site Mental Health Counseling; Transitional Living, Vocational Training, Horticulture, Life Skills, Arts and Crafts, Cultural Education and Activities, Spiritual Growth and Learning

* Offer job opportunities in an area that is economically depressed

* Fully staff and expand staff training to address high volume of staff turnover which will allow for continuity in operations and service delivery

Most recently at the Fiscal Year 2016 Regional Budget Formulation Session, these Tribes continued to support and endorse full funding for operation of our Juvenile Detention Center and included it as a priority in their "Top 10 Budget Increases" for the Fiscal Year 2016 Bureau of Indian Affairs budget.

The current funding level represents only approximately 10% of what is needed to fully fund the Juvenile Detention Center. Additional funding in the amount of \$4,950,000, over what Sac and Fox already receives in base funding (\$508,000), would fully fund the facility at a level to address the need of juvenile delinquency in the tri-state area and create opportunities for employment for more Tribal members.

The Sac and Fox Nation Juvenile Detention Center is a 50,000+ square foot, full service, 24 hour, 60 bed (expandable to 120 beds) juvenile detention facility that provides basic detention services to all residents utilizing a classification system based on behavioral needs to include special management, medium and minimal security. Our facility was designed to provide programs including behavioral management, alcohol and substance abuse, spiritual and cultural growth and

learning, self-esteem, arts and crafts, health and fitness, horticulture, nutrition, life skills, vocational technical training, counseling, educational programs and a Transitional Living Center.

Through a partnership with the local High School, students are afforded an education at the public school level, including a graduation ceremony and issuance of a certificate upon successfully achieving the state requirements. Additionally, the Sac and Fox Nation has an on-site Justice Center providing Law Enforcement and Tribal Court services and the Nation also operates an on-site health clinic which provides outstanding medical services that include contract service capabilities for optometry, dental and other health-related services.

The lack of adequate funding from the Bureau of Indian Affairs and decreases in base funding have mushroomed into underutilization of the facility and erosion of the programs it was built to offer. Our current funding levels only allow us to provide an alcohol and substance abuse program, some health and fitness activities and a basic education program. We have lost our programs for vocational training, horticulture, life skills, arts and crafts, on-site counseling and transitional living. The passage of the 2010 Tribal Law and Order Act was applauded by the Sac and Fox Nation because we saw this as an opportunity for the Federal government to finally step up to its pledge to fully-fund the Sac and Fox Nation Juvenile Detention Center and honor its Treaty and Trust obligations to our people. However, lack of funding is also impeding the implementation of the Tribal Law and Order Act!

In 1996, the Sac and Fox Nation Juvenile Detention Center was built as a model facility in Indian Country. And nearly 20 years later there is still a need for such a facility to help our youth return to their traditional healing and spiritual ways. As a Self-Governance Tribe we operate our Tribal government on the premise that we are the best provider of the services and know which services are most needed in our communities. We saw the increasing need in the 1990's for a facility like the Juvenile Detention Center and we acted on our instincts to help our youth by giving them a place to turn their lives around and the access to programs, services and holistic care they needed to recover and heal. Sadly, the number of Native American youth, and juveniles overall requiring detention has not decreased. The Sac and Fox Nation Juvenile Detention Center was built with the same ideals that the Tribal Law and Order Act Long Term Plan to Build and Enhance Tribal Justice Systems espouses today. The Sac and Fox Nation Juvenile Detention Center has the facility, staffing, ability, commitment and capacity to provide superior detention and rehabilitation services to Native American youth,

as well as any youth in the tri-state area in need of our services. We do not understand the Federal government's desire to fund the construction of more detention facilities while our beds remain empty.

With access to full funding for operations, the Sac and Fox Nation Juvenile Detention Center will have the stability to fulfill the mission the Tribal Leaders envisioned to help our youth once again find their way and recover from the ills that resulted in them coming to our facility. With adequate funding we believe it is possible to thrive and benefit the lives of juveniles who enter our Center and are desperately in need of our help to develop and assist them to have a more healthy

and productive future.

Thank you for allowing me to submit these requests on the Fiscal Year 2015 budgets.

I thank our Sac and Fox Nation membership for the privilege of representing you as Chief before Congressional Leadership, Department of Education, Department of Justice, Indian Health Service, Department of Interior / Bureau of Indian Affairs, and Indian Country. I continue to ask for your prayers daily as decisions are made not only on a national level but also here at home on the local level.

Sincerely,
George Thurman, Principal Chief

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.

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

The Department of Education

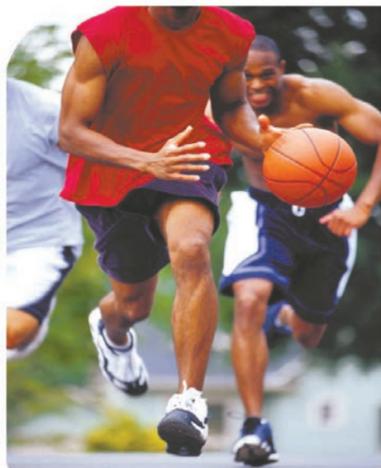
Celebrates with our

JOM Students

"Road to Success"

June 6th Learning Center

10:00 - 2:00 pm



"Sign up with your Indian Education Coordinator if you plan to attend"



1ST ANNUAL SHOW

BLACK HAWK CASINO AMPHITHEATER

MAY 31 • 8AM-4PM

Love wheels?

Join us for the first ever Black Hawk Casino Car Show this May. Get your motor running with classic cars, a variety of food choices, a beer garden*, hopping music, and plenty of fun for the whole family—plus win over \$10,000 in prizes!

Special Appearance and Meet & Greet
"Murder Nova" and "Big Chief" from *Street Outlaws*.
12PM-4PM

WINNING HAPPENS HERE

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 hearts.



Native American Quotes May 2014

“How can we still have a nation, if we don’t speak our own language?”

Ellie Mitchell, Chippewa
(www.nativevillage.org)

“We send out little Indian boys and girls to school, and when they come back talking English, they come back swearing. There is no swear word in the Indian languages, and I haven’t yet learned to swear.”

Gertrude S. Bomin-Yankton Sioux
(www.pinteest.com)

“Language is the vehicle for transmitting culture.”

Ryan Mackey-Cherokee
(www.nativevillage.org)

“If you talk to the animals they will talk with you and you will know each other. If you do not talk to them, you will not know them, and what you do not know, you will fear. What one fears one destroys.”

Chief Dan George-Tslei-Waututh Chief
(www.pinterest.com)

May 2014 Sauk Word Match

Match the Sauk word to the English Phrase
(Use Sauk Words from the Word Search)

There's a storm raging	Kohkikîshekîwi
It's going to rain	Kehchikemiyâwi
It's windy	Thîtâwi
It's sprinkling	Kehchinôtenwi
It's warm and sunny	Menwikîshekîwi
The weather's changing	Newîshatho
It's a good, fine day!	Aniwâthenwi
It (must have) rained!	Wîhkemiyâwi
I'm hot and sweaty	Nahâwiwi
It's pouring	Kemiyâkwêni

May 2014 Sauk Word List Pâpahkwâha (Bark-Peeling Moon)

Kehchinôtenwi	There’s a storm raging
Wîhkemiyâwi	It’s going to rain
Aniwâthenwi	It’s windy
Thîtâwi	It’s sprinkling
Nahâwiwi	It’s warm and sunny
Kohkikîshekîwi	The weather’s changing
Menwikîshekîwi	It’s a good, fine day
Kemiyâkwêni!	It (must have) rained!
Newîshatho	I’m hot and sweaty
Kehchikemiyâwi	It’s pouring

May 2014 Word Scramble

inhichwônetKe	_____
mwâWîihekyi	_____
winnwtiAâhe	_____
htiwîTâ	_____
wiwNâahi	_____
okeîiihîkwKhks	_____
Mînhkwîisweke	_____
Kimêenkwiây!	_____
shhtNeowîa	_____
mieicîhwâhKkey	_____

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 _____

- Please list all of your tribal affiliations/heritages:

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

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

- 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 **May 20, 2014** 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

KĪHTHĀKĪWĀTOWĒPENĀ!

(Let's Talk Sauk)

Menôhkamîwi! (It's Spring!)

May 2014
Âpâminehkêha
(Moving-Camp month)

We have 2013 Traditional Night DVDs available! Come by the office, call #918-968-0070 or send us an email at language@sacandfoxnation-nsn.gov

Log onto <http://www.youtube.com/user/Nativepolyglot> to see the latest in fun and educational Sauk videos!

To all the 2014 High School and College Graduates:
Netêpethipena êkîshîshkonihîyani!
(We're glad you finished school!)

Join Us Online!

Come join us online at www.talksauk.com to see what all we have to offer: games, Pictionary, videos, etc. Visit our Facebook page where you can post your comments, and see what the latest classes and activities are ongoing:



Sac & Fox Language Department

2014 12th Annual Oklahoma Native American Youth Language Fair

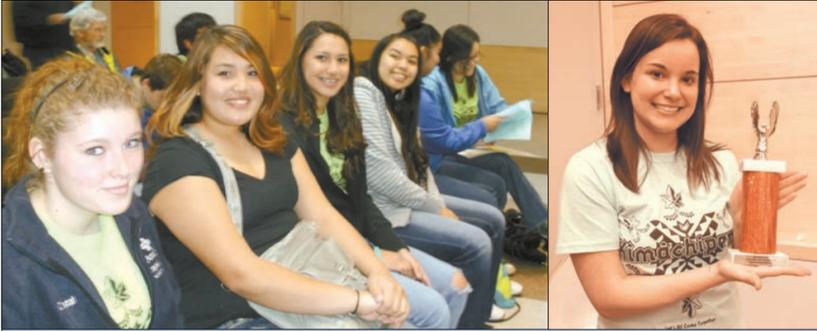
Sauk Language High School Classes Compete in Oklahoma Native American Youth Language Fair

On Tuesday, April 8, 2014, all three Sauk Language classes from Shawnee High School and Stroud High School sent students to the 12th Annual Oklahoma Native American Youth Language Fair at the Sam Noble Oklahoma Museum of Natural History, on the grounds of the University of Oklahoma in Norman, Oklahoma. The theme for this year's Fair was "My Language Goes with Me".

The Sauk Language Shawnee High School students submitted two Sauk language videos under the Film and Video Screening category, under the direction of Sauk Language Instructor Mosiah Bluecloud. The Sauk I class entered a film entitled "Sauk Greetings". The Sauk II class entered a film entitled "Sauk Survivors". The Sauk II class won third place.



Accepting the trophy for this award were Shawnee High School students: Breasha Marriot, Braden Clutter, Jesse Jones, Elyssa Tallbear, and Ethan Comer



An Open Letter to all Native American High School Sophomores, Juniors, and Seniors YOU CAN GO TO COLLEGE!!

DID YOU KNOW:

- * Almost 50% of Native American high school students dropout?
- * The unemployment rate for those with a high school diploma is 2 times higher than those with a college degree? High school dropouts have an unemployment rate 3 times higher than those with a college degree?
- * An adult with a college degree or other specialized training in the U.S. earns, on average, 72% more than someone who only has a high school diploma.
- * The Average Annual Earnings for a High School Dropout is \$22,000.00
- * The Average Annual Earnings for a College Graduate is \$50,000.00
- * The Average LIFETIME Earnings for a High School Dropout is \$1.1 Million. The Average LIFETIME Earnings for a College Graduate is \$2.5 Million.

of this Program is the ability to earn college credits for intensive Language Internships at the Sauk Language Department,

* Graduates of this Program will receive their Associates Degree in American Indian Studies with an emphasis on Tribal Languages, and will be prepared to take their place within the Sac and Fox Nation as Native Language Instructors, Tribal Linguists, and Native Language Revitalization workers.

Who is qualified to apply for the Sauk Language-Tribal Languages Program?

Any Enrolled or Sac and Fox Descendent/Heritage High School Graduating Senior

Why are you asking Sophomores and Juniors to fill out the Survey?

There are many opportunities for Sophomores and Juniors to begin their journey toward a Native Language teaching career, and it's never too early to start. Please fill out the attached survey and return it to the Sauk Language Department.

If you are specifically interested in the Tribal Languages Program of the Bacone College American Indian Studies Associates Degree, please indicate on the attached Interest Survey and return it by May 20, 2014 to:

The Sauk Language Department
920883 S. Hwy 99
Stroud, OK 74079

May 2014 Wordsearch

Feeling The Last Of Winter Blues Use word List (English Words Not in Puzzle)

i	k	e	m	i	y	â	k	w	ê	n	i	!	y
w	w	a	n	i	w	â	t	h	e	n	w	i	â
î	î	î	h	e	î	â	t	w	o	i	â	s	t
k	h	e	k	e	w	n	t	ê	m	h	y	w	â
e	k	i	t	e	w	î	a	î	h	î	i	s	i
h	e	o	k	i	h	n	s	h	h	â	m	h	w
s	m	h	i	h	o	s	h	h	â	t	e	w	h
î	i	î	c	i	â	m	î	i	a	w	k	k	â
k	y	h	a	e	â	î	o	k	i	t	i	â	ê
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From The Merle Boyd Center

Sac and Fox Nation Health Fair

Thursday July 10th from 10 AM-2 PM

Health information, diabetes and cancer awareness, health screenings, OBI blood mobile, door prizes, raffle drawings, and much more!





Any questions please contact
Anthony Ramirez 918-968-9531, ext 3039;
Anthony.Ramirez@ihs.gov

Located at the Sac and Fox Gymnasium
by the Black Hawk Health Center, 7
miles south of Stroud

Step Your Way to Health by Anthony Ramirez Exercise Specialist MBC



Anthony Ramirez
Exercise Specialist MBC

Have you ever been curious about the amount of steps you take in a day? Do you wear a pedometer to keep track of those steps? Well if you are an avid walker and average a 20 minute mile, you are walking approximately 100 steps PER MINUTE! That is just over one and a half steps per second!

The incredible thing though is the amount of steps you take or the equivalent in different exercise, depending on what you are doing. When you are walking you are using your legs from your hips down, and your shoulders to swing your arms. Now, think about all the other things you do whether it is around your house or throughout your daily activities and check out the chart below.

Walking you are really isolating only a few areas of your body unless you focus on specific muscles, with something such as step aerobics in a fitness facility you are moving to a step count of about 128 beats per minute and that is usually one step per beat, now incorporate stepping up onto the step while holding weights, tightening your core and possibly lifting your knee up.

Do you have a visual? Well according to research I have found from some digging around, (which also used some steps) you could be having an equivalent step count of 273! A faster song possi-

bly with more movement and different weights and you could be pushing upward of 300 steps per minute!

The breakdown on calorie burn in comparison is tricky, especially if you are letting your heart rest for recommended time, but you could be burning, or could burn in the future, anywhere between 200-400 calories per hour, or more with the right choice of exercise. The more you can incorporate your full body in cardio aerobics as opposed to cardio isolation, the higher caloric burn you will have and the better chances for weight loss, inch loss, and an overall healthier lifestyle.

Challenge yourself to be more active this month than last, it may not be too difficult to do that, but get your legs and rest of your body moving in hopes of being more active and having less pain and struggle through the summer and upcoming winter.

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It's Tornado Season LaDona Johnson, CHR Coordinator



Hello Spring, we welcome your return. We DO NOT welcome tornado season though!!

Last month, the article was on lightning; this month tornado season. I realize these two articles are more of a safety topic than medical, but it's that time of year to be weather aware.

Tornado – noun – A mobile, destructive vortex of violently rotating winds having the appearance of a funnel-shaped cloud and advancing beneath a large storm system.

I think last year's May 20th tornado is still pretty fresh on our minds. When you travel I-40 and see the devastation around Shawnee, Bethel and Dale areas, it is a strong reminder, how in a few minutes, the landscape can change drastically. More important than landscape, how many, many lives were changed that day also.

Of course that was the same day the Oklahoma City suburb of Moore was hit. We traveled to these areas a few weeks after the storm and there weren't words that could describe what you saw and felt.

Moore had also been hit on May 3, 1999. That storm started near the town of Lawton. By the end of the day, it had grown into a violent storm system with a reported 76 tornadoes. More than 40 people were killed, over 500 were injured, and more than 1,500 buildings were destroyed. One of the tornadoes in the system, classified as an F5, had a diameter of 1 mile at times and stayed on the ground for more than 4 hours.

May is notorious for Oklahoma tornadoes. Of course they can happen in any month, as I well know. October 1970 I was a teenager and our house was totally demolished. That's the storm that hit Shawnee and traveled to Prague, which resulted in fatalities. Maybe that's why I really have a fear of tornadoes.

Tornadoes have been known to shatter buildings, drive straws through solid wood (saw that one), lift trains from their tracks, and even pulls the water out of small streams. The United States experiences most of the world's tornadoes, averaging about 800 each year. Most of these tornadoes arise in the states of Texas, Oklahoma and Kansas. On average, tornadoes are responsible for 80 deaths, 1,500 injuries, and millions of dollars of damage annually in the United States.

Here are four myths vs. facts that I'll share:

Myth: Opening windows in a home or building during a tornado will help equalize pressure

Fact: Opening windows will have no effect. Stay away from windows and exterior walls. Take shelter in the base-

ment, storm cellar or an interior room without windows on the lowest floor.

Myth: If you are caught driving during a tornado, you should always get out of your car and get in a ditch.

Fact: Try to drive to the closest sturdy shelter. If there is flying debris, pull over and park. Stay in the car with the seat belt on and the engine running. Put your head below the windows, covering your head with your hands and a blanket.

Myth: Cities are protected from tornadoes because of the tall buildings.

Fact: Tall buildings do not protect from tornadoes. Cities cover a small geographical area so the chances of being directly hit are small. However, tornadoes can strike anywhere.

Myth: Taking shelter in the southwest corner of your home will protect you.

Fact: This is based on an outdated theory that all tornadoes come from the northeast. Tornadoes can move from any direction and no one corner of your home is always safe.

The F scale rates a tornado from F0 all the way to F5 with F5 tornado having the fastest wind speeds and causing the most damage. Here's the rating:

F0 tornado – Have wind speeds between 40-72 mph; causes light damage, branches breaks off of trees and pushes over small trees.

F1 tornado – Have wind speeds between 73-112 mph, causes moderate damage, tiles broken off of roofs. Cars and trailers get pushed.

F2 tornado – Have wind speeds between 113-157 mph, causes considerable damage, roofs get torn off. Big trees get toppled, mobile homes are destroyed. Heavy cars are lifted and thrown.

F3 tornado – Have wind speeds between 158-206 mph, causes severe damage, roofs torn off even on the most well constructed structures. Trains are overturned.

F4 tornado – Have wind speeds between 207-260 mph, causes catastrophic damage, well constructed structures are leveled. Structures with weak foundations are blown away.

F5 tornado – Have wind speeds between 261-318 mph, causes total damage. Few if any structures are left standing. Cars become missiles flying in the air.

In 1928, a tornado in Kansas plucked the feathers right off some chickens. In 1931, a tornado in Mississippi lifted an 83 ton train and tossed it 80 feet from the track.

We've seen the horrendous effects that a tornado leaves, right here within a few miles, just last year. It's close, it's personal, and tornados can be deadly.

Please be weather aware this year. Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information. In any emergency, always listen to the instructions given by local emergency management officials.



May 2014

Black Hawk Health Center Activities



Monday	Tuesday	Wednesday	Thursday	Friday
				
5 11:15 - Sweat in to the Oldies 12:15 -exercise dvd 5:00 Cardio/core training	6 open 8-4:30 Anthony in Shawnee	7 11:15 - Sweat in to the Oldies 12:15 -exercise dvd beginner's weight training class 4:45	8 12:15 - CIRCUIT TRAIN 2:15 - YOGA 4:45 Circuit Training	9 11:15 Sweatin to the Oldies 12:15 exercise dvd
12 11:15 - Sweat in to the Oldies 12:15 -exercise dvd 5:00 Cardio/core training	13 Demo dates are Tentative open 8-4:30 Anthony in Shawnee Brittany Cooking Demo @ 12- 1 pm	14 11:15 - Sweat in to the Oldies 12:15 -exercise dvd beginner's weight training class 4:45	15 Closed 12-4:30 for In-service Training Brittany Cooking Demo @ 11-12 noon 4:45 Circuit training	16 Closed in observance of Sac and Fox Victory Day
19 11:15 - Sweat in to the Oldies 12:15 -exercise dvd 5:00 Cardio/core training	20 open 8-4:30 Anthony in Shawnee	21 11:15 - Sweat in to the Oldies 12:15 -exercise dvd beginner's weight training class 4:45	22 12:15 - CIRCUIT TRAIN 2:15 - YOGA 4:45 Circuit Training	23 11:15 Sweatin to the Oldies 12:15 exercise dvd
26 Closed in observance of Memorial Day	27 open 8-4:30 Anthony in Shawnee	28 11:15 - Sweat in to the Oldies 12:15 -exercise dvd beginner's weight training class 4:45	29 12:15 - CIRCUIT TRAIN 2:15 - YOGA 4:45 Circuit Training	30 11:15 Sweatin to the Oldies 12:15 exercise dvd

Sac and Fox Nation

Special Diabetes Program

May Cooking Demonstration



Please join us for this months cooking demonstration! We will be learning about a whole grain food that is also high in protein. Cooking demonstrations will take place in the Merle W. Boyd Demonstration Kitchen.

Tuesday May 13 12 PM– 1 PM

Thursday May 15 11AM– 12 PM

EDUCATION SPOTLIGHT

Tribal Member Whitney Standing Attends OSU-OK *by Whitney Standing*



Whitney Standing

shortchange your life in pursuing education. Research the resources that are available to you to go to school. I am a participant who utilizes one of the programs our tribe provides, and it is called the education dept. The education dept. is there for a reason, and that reason is for our community to have the opportunity to rise above and be successful in many ways.

One word I have learned to love and live by every day "Determination". I am determined every day by waking up going to class and making each day count to my final day in May 2015. I believe everyone has a motivation to do something successful in life, my motivation was for sincere reasons as I have mentioned already. Find what is so important in life to drive the word "Determination" to reach a valid goal. My determination has come far for my hard work in school, I have 32 weeks left (fall, spring semester) till I receive my degree and become a qualified Dietetic Technician Registered.

During my community rotation, I landed myself a part time job, and what was great about the job, it was for the WIC program, which I had plans to work after I graduate. Going to school opens opportunities to part time jobs, and puts the foot in the door to career fields.

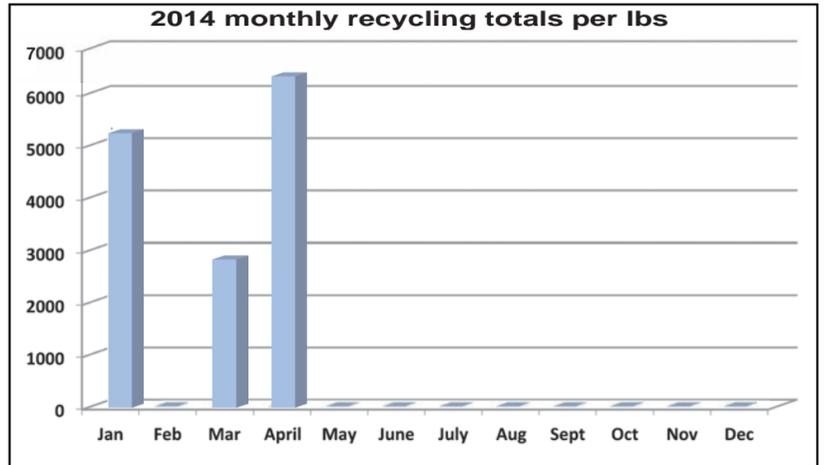
This is my school experience, and I have learned to grow and develop in many different ways. Education has helped me see endless opportunities to be even more successful by the career field I have applied myself to.

Hello my name is Whitney Standing, I am a current student in the Dietetic Technician program at OSU-OKC. I am very close to a milestone in my life; I will be soon graduating with my associates in Applied Science in the spring of 2015. I am a mother of an amazing two year toddler named Tristian Walker.

My motivation to get a higher education was because I had a son who I needed to care for, and working for minimum wage, I realized was not going to get me far to support one child. I enrolled my first semester in the summer of 2012 and since then, I am winding down to my last academic fall and spring semester.

My advice to the youth, do not

Office of Environmental Services



OES Recycling Update

by Andy Anderson

Ahó, nǐhkánetike
Andy here, from the Office of Environmental Services (OES), to give you all an update on our recycling efforts for the first 4 months of the year.

OES started collecting recyclable material in May of 2009. By December of that year, OES had collected almost 3 1/2 tons of material with a total weight of 6,702 lbs. We have grown those efforts gradually with our biggest year being 2012. That year we collected 20 tons of material, ending with a total weight of 40,090 lbs.

Last year we had a small decline in our numbers, collecting almost 15 tons with a total weight of 29,580 lbs for the year. That is still a lot of material for our small community here at the Nation. It is nothing to become discouraged about. Yet, OES must stay conscious of our totals for each year. When there is a decline

from one year to the next, the difference in weight is ending up in landfills, dump sites and our creeks and rivers. We must stay aware of that.

However, our decline in numbers from 2012 to 2013 was not, in anyway, the fault of you who help with our recycling efforts. OES had to go through a few minor obstacles within this past year that slowed our progress a little. Now, with our focus getting back on track we are on our way to having the best year yet. As of April 21st, our totals are already ahead of where we were in April 2012 by 2,420 lbs. That is exciting! How large can our total become? How clean can our land become?

I would like to thank all of you who help us, again. Without your help there wouldn't be any numbers to report.

Thank you,
Andy Anderson

NOTICE

The Veteran's Administration is partnering with the Pawnee Indian Health Center to enroll all Native American and non-Indian Veterans for health care benefits the third Thursday of every month from 10:30 am to 1:00 pm. Veterans will be able to get questions answered about their benefits without traveling to Tulsa, Muskogee or Oklahoma City. The Pawnee Service Unit is located on the Pawnee Nation Tribal Reserve, 1201 Heritage Circle, in Pawnee, Oklahoma 74058, for more information call: (918) 762-6724

Business Committee Meeting Minutes

are now accessible on the Website and Facebook
sacandfoxnation-nsn.gov

NOTICE

The Rap Department is Taking Requests For Lawn Care Assistance For Elders And The Handicapped
1-800-259-3970 RAP Department

SAC AND FOX TAX COMMISSION REVENUE

March 2014

Beer and Liquor	\$426.76
State Tobacco Rebate	\$182,117.75
Motor Vehicle	\$2,682.25
Sales Tax	\$12,358.09
Treasury	\$335.38
Oil & Gas	\$27.45
Gaming	\$151,674.72
TOTAL	\$349,622.40

May Menu 2014

Mon	Tue	Wed	Thu	Fri
			1 Corn Dog Potato Wedges Mixed Vegetables Pears	2 Pizza Salad cookies
5 Chicken Pot Pie Tomato Slices Peaches	6 Pinto Beans Cabbage Corn Bread Banana	7 Baked Ham Yams Green Beans Mandarin Oranges	8 Goulash Corn Bread Pineapple	9 French Toast Bacon Boiled Egg Orange Juice
12 Hamburgers Fries Veggies Peaches	13 Chicken/dumpling Carrots Fruit Cocktail	14 Pork/Hominy Frybread Sliced Tomatoes Pears	15 Tater Tot Casserole Mixed Vegetables Pineapple	16 Spaghetti Salad Beets Tropical Fruit
19 Steak Fingers Mashed Potatoes Broccoli Mandarin Oranges	20 Fried Chicken Corn On Cobb Carrots Applesauce	21 Meatloaf Au Gratin Potatoes Squash Jello/ w/Fruit	22 Enchilada Cass. Refried Beans Salad Choc. Pudding	23 Pancake Sausage Boiled Egg Apple Juice
26 <i>Memorial Day</i>	27 Fish Hush Puppies Corn Peaches	28 Burrito Spanish Rice Beans Pineapple	29 Pork Chop Green Beans Salad Pears	30 Chili Dog Potato Salad Chips Fruit Cocktail



Janice Lee Riche
Judy K. Stephens
Vada Rose Meek
Mark Ashton Brewer
Bobbie L. Shawn
Imogene Haley
Melva Ladawn York
Karen Denise Gibson
Edgar Thomas Butler
Harry Dewynne Wood
Ronald M. Bemo
Delores Jean Carter
Michael John Pimley
Betty Taber
Odell M. Dowd
Robert Alexander Whistler
Rex D. Watts
Carla Dean Honeyestewa
Mary Sue Truitt
Robin Gaye Brown
Ricky Dean Brice
Myra K. Bohannon
Monty Eli Tasier
Cathleen Dolores Mikulski
Theresa Sue Ferguson
Debra Elaine Wakole
Michael David Gibbs
Billie F. Berry
Barbara Ladon Hale
Peggy Ann Dixon
Joan Josephine Thorpe
Robert David Chaney
Pauline Sue Webb



Katherine Sue Higgs
Rosalyn G. Clinkenbeard
Maxine Carol Wakolee
Patricia Ann Holland
William Cliff Jones
Gwendolyn J. Switch
Elvita Louise Jefferson
Alden Gene Blanchard
Gloria Gay Williams
Bertha Lynn Brown
David Edward Meek
Joy Ellen Walklin
Patricia R. Yarbrough
Edward L. O' Brien
Gail Ruth Marez
Reginald Ashley
Shalah Louise Grass
Richard Wayne Phillips
William Francis Thornton
Anita Marie Zein
Lena Leota Clark
Elizabeth Ann Maclas
Carmelia Ketcher
Rebecca Jeanne French
Sammy Lee Bass
Rebecca Lea Dean
Edward Abraham Longshore
Ida Louise Parish
Barbara Jane Harshberger
Stephen Wayne Wood
Timothy H. Dean
Monty Bass
Judy Anita Baggett

SPRINGTIME HAZARDS BE CAREFUL OUT THERE!!

by Gene Hoyt MD BHHC

It's springtime! It's sunny, warm and winter is really gone. It's time to be outside and there are so many jobs that need to be done. What do you want to do first?

Make sure you and your equipment are ready to start. I know you've lost your summer tan and feel pale but, make sure you are properly dressed while working outside. Wear appropriate clothing and not your shorts or bathing suit. Long pants and long sleeved shirts help to protect you from insect bites, sunburns, contact allergies and flying debris. Look at all the dust you've caused and listen to you snort and sneeze! Remember Oklahoma is an allergy hotspot. Tree and grass pollen as well as mold can make your outdoor adventure into an uncomfortable experience. If you have seasonal allergies, you should consider taking your allergy medicine before you expose yourself to the great outdoors. Face masks and respirators may also be helpful. When you finish don't sit around in dirty clothes admiring your work: Take a shower and change clothes to decrease your allergy exposure.

You are ready to go. Are your machines ready? Check the oil and other fluids. If you need to change the oil or other petroleum based fluids you must safely dispose of the used fluids. Recycle them don't just drain oils out on to the dirt. Don't put petroleum fluids down the drain or into storm drains or septic systems. Many of these fluids are highly flammable. Oil related fluids, batteries and other machine related refuse can be taken to many auto supply stores for recycling. While you are in the garage or shop consider the hazards to your family and pets that have been stored over the winter and may also be beyond a useful date: weed killers, pesticides and household chemicals. Now you are really ready to get started: gloves, hats and eye protection and good common sense.

Grass is growing. Maybe you need to mow and clean your yard. Be careful! Emergency rooms across the country see hundreds of thousands of people each year who are injured from flying debris from lawn mowers, trimmers and power saws. Some of the injured are mere on-lookers. Always make certain to protect and watch out for children, pets and others who might be struck by flying debris. Machines run hot; burns are a common use injury. Hot also reminds us that hard work can make you sweat. Dehydration can cause you serious injury. Always have plenty of non alcoholic fluid available to drink.

"Oh, my aching back." Many of us are

weekend warriors. There is much to be done and little time to complete the job. We start out bright eyed with shovels and hoes and end up with aches and pains. Be careful not to overdo your outdoor tasks. Use common sense to decrease the risk of muscle injury and strains. Ice to swollen injuries and heat to aches and pains often help as well as pills and potions.

Use of fertilizers, lawn granules and various sprays are not without risks to you, your family and pets. Chemical dusts can be inspired into the lungs. Many chemicals can be absorbed through your skin causing you serious injury. Remember gloves and long sleeved shirts. Always wash your hands before eating or drinking after any chemical use.

"Down and dirty" in the garden. Always, always wear your gloves. I know you watch carefully for what might cut you, stick you or bite you. That's the point (good pun). But, you simply can't see the many small hazards that exist in the dirt: sticks, shards of metal and glass or biting bugs. Poisonous bugs such as spiders or poisonous snakes may also infest your garden. Poison ivy grows throughout Oklahoma. It may just be in your garden.

"Don't forget to clean out the gutters." They are full of dirt, last year's leaves and may be the home of biting bugs such as wasps and hornets. When you get the ladder also get someone to come with you to watch you from the ground while you are on the ladder or on roof. Be mindful of the wind which could blow you ladder down. Be sure the ladder fits you weight wise and that it fits the job. Is it tall enough to do the job you have planned? Most ladder accidents occur from imbalance, from people reaching too high or too far laterally for the ladder.

In Oklahoma the greatest of our spring risks is the weather. As I write this article the winds are blowing 40 MPH. Warnings are myriad: tornado, severe thunderstorms, hail and even frost abound. May is potentially our most dangerous weather month. Be prepared! If you have a cellar or safe room make certain it is accessible. Move whatever obstructs the door for fast access. Notify Emergency Management of your shelter location so they are aware of where you are if your area is stuck by a severe storm (<http://stillwater.org>). If you do not have a hidey hole, talk to neighbors, friends or landlords about available safe shelters.

Enjoy the springtime, it will be summer soon enough.

Gene Hoyt MD



Members of several departments recently attended a Coordination of Care meeting at the Sac and Fox Nation Court House. Left side, from left: Sue Bryant, Social Services; Danita Kollars, MSW; Vickie Rutledge, ICW Director; Karen Simmons, Behavioral Health Services Manager; Laura Guess, B.H. Administrative Assistant, Charlotte Cartwright, Court Clerk, and Juan York, Child Welfare Specialist II; (SFN Photo)

The mission of the Sac and Fox Nation Behavioral Health Services Program (BHS) is to provide the highest quality clinical and other related behavioral health services possible. The services are performed to alleviate the social and emotional impact of substance abuse, physical or mental illness or disability, enhance social and personal functioning, and to promote those conditions essential to assure maximum benefits from short and long-term health care services and to prevent illness.

SERVICES: Outpatient services shall include the following:

- Individual, family and group counseling
- Psychotropic Medication Therapy
- Marital Counseling
- Primary Psychological Screening for Developmental Progress
- Advocacy, Behalf of Clients
- Alcohol/Substance Abuse Counseling
- In-Service Trainings to Other Departments of Health Center/Tribal Programs
- Consultation
- Prevention Education/Activities
- Crisis Intervention
- Case Management
- Referrals
- Aftercare/Follow-Up
- Domestic Violence Screening
- Groups

AVAILABILITY OF SERVICES: Outpatient services are available are 8:00 a.m. to 4:30 p.m., Monday through Friday. The 3rd Thursday of each month the clinic is closed at 1:00 p.m. for staff meeting. Each Wednesday from 3:30 a.m. to 4:30 p.m., the BHS department will have staff meeting.

HOW TO ACCESS SERVICES: For Behavioral Health Services, one must contact the Black Hawk Health Center at (918)968-9531 or 1(800)830-0683.

EMERGENCIES: If an emergency arises after normal business hours, go to the nearest hospital or contact your tribal or local police or call 911. Notification of emergency hospital visits after hours must comply with the Black Hawk Health Center's Contract Health Services policy and procedures.

STAFFING: It is the policy of the Black Hawk Health Center that all Behavioral Health Services staff has an understanding of the unique needs of the clients they serve. The current staff: (1) Behavioral Health Services Manager (2) Licensed Clinical Social Worker (3) Tribal Youth Coordinator (4) Substance Abuse Counselor (5) Administrative Assistant and (6) Contract Psychiatrist. Professional staff is both licensed and credentialed and participate in quality assurance activities.

Brown Family Reunion

If you plan on attending please call one of the people listed below to RSVP by May 1. We are trying to get a count on how many plan to make it. Also if you would be interested in Tee shirts let us know that too. Thanks!

Please Call:

- Glenda (Brown) Fuller @ 405 962-5732**
- Ronnie Lauderdale @ 405 765-2700**
- Twiggy (Wilson) Gregory @ 405- 434-9136**
- John Soap Jr. @ 405-585-968**
- Sissy Franklin @ 405 567-9254**

Oklahoma Tobacco Helpline

1
800
QUIT
NOW

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.



Absentee Shawnee Tribe of Oklahoma Domestic Violence Program

Mission Statement

The Absentee Shawnee Tribe of Oklahoma's Domestic Violence mission is to eliminate violence in Native Country and to strengthen Native families to end the cycle of violence. Absentee Shawnee Tribe Domestic Violence program serves Native American families and Non-Native families by providing advocacy in the areas of Domestic Violence, Sexual Assault, Stalking, and Dating Violence.



The Domestic Violence Department provides services to:

Victims of Domestic Violence, Sexual Assault (on call 24 hours per day), Stalking, and/or Dating Violence. We serve Native and non-Native victims as well as their children, as these problems affect everyone in our community. When a victim flees the situation they often leave behind all of their belongings, that's where we step in, offering a hand up to the victim. We offer advocacy for the victim, through the process of court, counseling, housing and utility assistance, referrals as needed (for services ASTDV does not provide), shelter, and transitional housing. We have four transitional houses fully furnished, where victims will be provided the opportunity to get an education and obtain job skills. Emergency transportation can be provided as well. For questions regarding necessary paperwork in order to receive assistance please contact the AST Domestic Violence Office.

Absentee Shawnee Tribe of Oklahoma
 2025 S. Gordon Cooper Drive Shawnee, Oklahoma 74801
 Phone: (405) 275-4030 Fax: (405) 273-1192
 National Domestic Violence Hotline: 1-800-799-7233
 National Sexual Assault Hotline: 1-800-656-4673



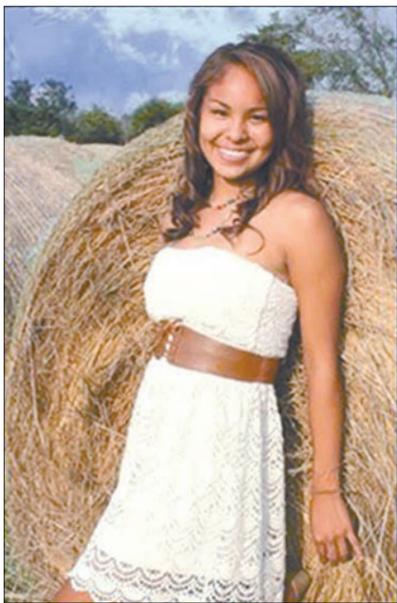
L to R: Harrah Asst. Coach Zachary Knox; Harrah Asst. Coach Terry Patterson; Lady Mavericks Head Coach Greg Krause; Lady Mavericks Asst. Coach Nate Macy; and Harrah Head Coach Curt Knox. Bottom row: Ursula Hill, Darian Hill, Shawn Hill and S & F Veterans Honor Guard Princess Reagan Hill (photo provided by Ursula Hill)

Tribal Member Darian Hill Signs with Northern Oklahoma College

The Ponca City News

Tonkawa- Northern Oklahoma College women's basketball coach Greg Krause announced the signing of three more players for the 2014-2015 seasons.

The three include Darian Hill of Harrah, Lexi Cowan of Bridge Creek and Jaslynn Boyce of Oklahoma City.



Darian Hill

Hill is a 5-foot-7 guard who averaged 15 points per game at Harrah. She also averaged 4.4 rebounds and 2.6 steals per contest.

She was named to the Oklahoma Girls Basketball Coaches Association Middle

West All-State team and the Oklahoma Coaches Association All-State team. She was named second team Little All City by the Oklahoman and she was the North Canadian River Conference most valuable player her senior year.

"Darian is a fast, up-tempo player", Krause said. "She can play any guard position. She is an excellent defender and she hit 53 three-point baskets her senior year. Darian is a great fit for our style of play."

Academics

- National Honor's Society
- Ranked fourth in class

Community Service

- Counselor at Harrah Basketball Camp
- Volunteer at the Food Bank
- Helped at the Salvation Army
- Donated clothes for NHS

Athletic

- OGBCA All-State Basketball 2014
- Panther Classic All-Tournament team 2013
- Jones All-Tournament team 2014
- First Team All-Conference 2013
- State Quarterfinalist 2013 & 2014
- Soccer semifinalist 2012 & 2013
- Three-time Athlete of the week 2013
- Four-time Athlete of the week 2014
- Conference Champions 2013 & 2014
- Conference MVP 2014
- Conference Outstanding Defensive Player 2014



Grass Family Reunion

Sac and Fox Community Building
May 3, 2014
Come one - Come all
For Information Call
918-290-0602

Princess Competition

Will Be

Saturday, May 31, 2014

Sac and Fox Nation Community Building

6:00 P.M.

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



We're coming into vacation season. Anytime you are away from home it is more vulnerable to a break-in or damage. However, there is no reason you should have to worry about the security of your home and your belongings while away. There are many things you can do to minimize the risks of break-ins or other problems. These tips will help you plan ahead and give you peace of mind while away.

Get a house sitter

Find or hire someone you trust to care for your home by checking on it a few times a day. Have them turn the lights on at night. If you have pets, you may want to have them care for your animals too. Make sure you choose someone reliable who you can trust while you are away.

Inform your local Police Department

Always notify your local police department if you are going to be away for an extended period of time. The police department officers will drive by and check on your house and observe to see if anything looks out of order or unusual. If you have a security system leave your house key and security code with someone you trust, and provide the security company with your travel plans and your emergency contact information.

Don't tip off burglars on Facebook or Voicemail

Be careful about sharing personal information on social media such as Facebook and Twitter. Think again, before you post details about your travel plans. Many people today post personal information without realizing that there

may be many strangers receiving their posts. Also be careful what you say on your voicemail and automated email response messages. Callers do not need to know that you are not home or traveling, they just need to know you can't come to the phone right now.

Make it look like someone is home

Leaving lights on all day or night may not be the best idea. Instead purchase a light switch timer that can turn lights on automatically based on the schedule you set.

Stop paper and mail deliveries

Several newspapers and a stack of mail signal burglars that your home may be unoccupied. Place a stop order on your mail and newspapers or have a neighbor or house sitter pick them up while you are away. It only takes a minute to place a hold on your mail at the US Postal Service website.

Remove hidden keys

If a burglar notices your home is unoccupied, they often look for spare keys under a mat or flowerpot, on top of a doorframe or in a fake rock. Even if you have a house sitter, remove any spare keys you have hidden before departing.

Unplug electronics

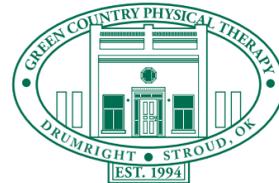
To protect electronics from power surges or prevent a possible fire, unplug computers, televisions, appliances and mobile phone charges. This will save unnecessary electricity costs too.

Inclusion, have a happy and safe vacation without worry, go and enjoy yourselves.

Your Home for Aquatic Therapy in Green Country

Decreases joint pain | Reduces swelling in lower extremities | Improves circulation

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918-352-3838



STROUD
323 West. Main St.
918-987-0608

Low impact recovery for high impact results.

www.greencountrypt.com — most insurance plans accepted — call today!

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.

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

Honoring Our Sac and Fox Veterans

Harry D. Wood (Mishâchineni)



Harry D. Wood

Medals: Outstanding service while engaged with the enemy and several others that were never received.

H.D. Wood recently came into the office and shared, I'm sure, a small portion of his experiences while in the service. Here's his recollection:

I headed to El Paso, Texas March 3, 1966 for two weeks and then off to Ft. Campbell, Kentucky to receive my basic training in A.I.T.

On November 26, 1966 after completing basics in the 3rd Army Unit, one of the most decorated units out of WWII, we headed out for Viet Nam.

We headed out on a ship to Viet Nam just like they did in WWII.

While on the ship, soldiers were given jobs to do and for a while I was never assigned any type of duty; I was told to go to top deck. One day as I was looking out over the water I felt the presence of God speaking to me saying, "Go to the other side of the ship and I'll show you, I'll take care of you."

After awhile I did what He impressed on me to do. I crossed over and looked down the ship and saw a small cloud with a little rainbow, which drifted my way and showered on me. I felt that was God's way of letting me know everything was going to be ok.

While on the top deck, a soldier approached me one day and said, "Come here I have something for you." As I turned and looked, he handed me a big cinnamon roll. I asked him where he got it and he just told me it was what the officers didn't want.

I never asked him his name or where he was from; he just kept bringing me rolls everyday for a while.

I recall one day he said, "Come go with me, I know where we can sit down." I followed him into a big room on the ship, where there were several pairs of men watching old movies, just like we did when we were kids.

Shortly after that, I was assigned a job for the rest of the voyage. I always wondered if he was an angel

sent by God to watch over me, I never knew his name or saw him again.

I remember one day in May, while in Viet Nam, we had our gun battery set up with sand bags all around. I looked out over the ocean and seen one of our own ships. They must have not known we were there because they fired toward us. I just sat there and watched that 500 pound bomb land right by me; thank the Lord it didn't go off.

About that time, the Captain of the gun battery came and got onto me. He said, "Next time you better get down or you'll get killed!" I looked up and told him we better do it now because here comes another one! Close call from friendly fire!

Shortly after that, we headed to the Mekong Delta North of Chu Lia up in the mountains. It was at this location I encountered the closet firefight of my tour, they said we were fighting Ho Chi Minh's personal army.

After that close call, we headed farther north to the DMZ for two weeks. Upon arriving, we set up sand bags for ammo bunkers and started shooting; a lot at first, and then it started tapering off. The Sargent came by and told me to go take a break and lay in the shade. I laid down next to some sand bags, just out of the sun. I looked up and saw U.S. supply planes flying over low. They were supposed to wait until all shooting stopped, but I guess they got in a hurry. As I was looking up at a plane flying really low, right above me I said, "I wish I were on that plane headed home." Once again, I felt God's presence telling me, "You'll be where I put you", and within seconds, I saw the tail section of that plane getting shot off.

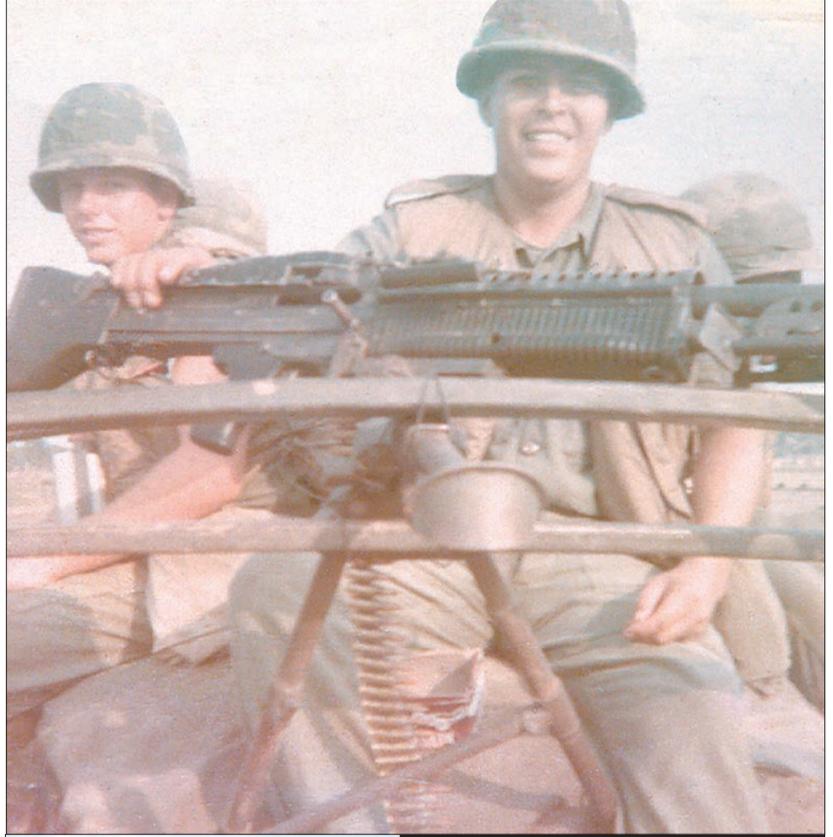
The plane crashed just feet from me. As I hunkered down, two pieces of shrapnel from the destroyed plane hit so close to me that sand from the bags poured on top of me. Once again I knew I was blessed as God watched over me.

Just before we came home, we went half way into South Viet Nam and spent sixteen days in the mountains. It was the monsoon season, and it rained so much we had to stop firing, because our rounds were going off prematurely. That day we were shipping out, the rain stopped and the sun came out long enough for us to leave on a rickety old railway, back to the main base.

After processing, we flew back to Fort Stewart, Georgia for three months, to train helicopter pilots how to coordinate their gunfire.

While in Viet Nam, I noticed that the Native people were about the same color as I was, but they avoided me. One day an old Vietnamese soldier approached me and asked, "What are you, a Native American?" I replied yes, and he said, "You're one of those fearsome Warriors!"

I know one thing, I am very blessed and I know God watched over me.



Sac and Fox Nation Veterans Meeting
 May 13, 2014
 Elders Bldg
 Stroud 5 pm

Norwood Masquat, Jr., Commander of Sac and Fox Nation Veterans' Organization

"No new DD214's have come in. We need 214's for our next monuments. We want to complete the four monuments for WWI, WWII, Korea and the Women's monuments by the fall of 2014.

Information Needed to Find a Person's DD214

- ✓ Veteran's Name
- ✓ Date and place of birth
- ✓ Branch of service
- ✓ Time and term of service
- ✓ Service number if available
- ✓ Social Security number, if available

With this information we can track down an individual's DD214, enabling us to see his or her service record.

See Cathrine Walker 1-918-968-0705

Sac and Fox Elders Mother's Day Dance

MAY 10, 2014
 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: Poncho Walker
 Head Gourd Dancer: Francis Grant
 Head Man Dancer: Francis Sweetwater
 Head Lady Dancer: Gwen Wilburn
 Emcee: Russell Saunders
 AD: Joe Estes and Jeremy Johnson
 Veteran Color Guard: Sac and Fox Veterans

Not Responsible for Accidents or Theft

April Was National Child Abuse Prevention Month

Indian Child Welfare Department

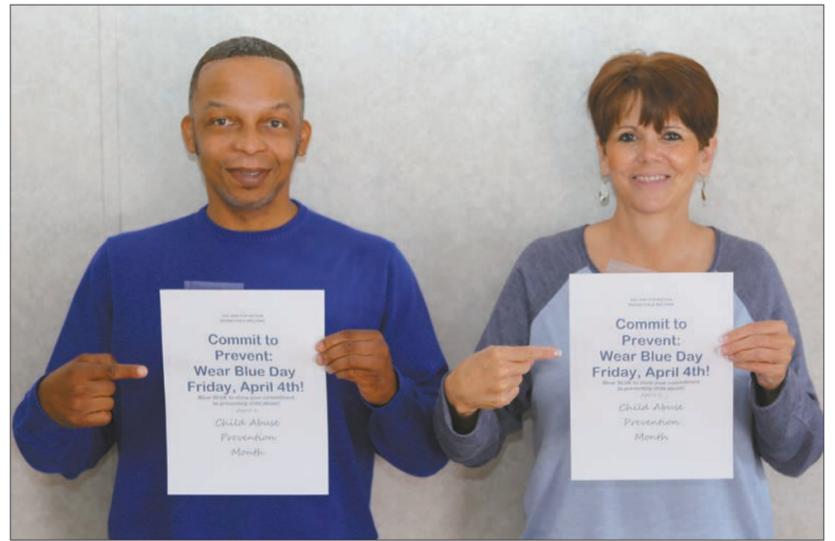
has moved to the
Shawnee Multi Purpose Building
 215 North Harrison Ave
 405-275-1262

Update on the RAP Programs

We are currently out of funds in the following programs, Hardship, Emergency Appliances, Vision, Dental, Denture, Orthodontic and Hearing Aids.

There is \$34,751.59 left in Tribal Energy and the department can accept 15 more applications for the Lawn program.

Please be sure to submit a copy of your membership card with all applications.



Employees of the Sac and Fox Nation Indian Child Welfare Department wore blue April 4, 2014 to raise awareness because they see child abuse first hand every day. Wearing blue may not mean very much on its own. However, being the symbol of Child Abuse Prevention Month in April, wearing blue could make all the difference in raising awareness. We want the community to know that child abuse is preventable, and the best way to do this is to heighten awareness of the issue. Something as simple as wearing blue to work can spark a conversation about the importance of child safety. From left: Juan York, ChildWelfare Specialist II and Vickie Rutledge, Director, Sac and Fox Nation Indian Child Welfare.

Ballot for Senior Man and Senior Woman

Deadline to return a ballot is June 13, 2014
Must be an enrolled member of the Sac and Fox Nation to vote

Circle Only One



SENIOR MAN

Edgar Butler

Benjamin McClellan



Return ballot to:

Activity Committee
Sac and Fox Nation
920883 S. Hwy. 99 Bldg. A
Stroud, OK 74079

Fax 918-968-4837

Email newspaper@sacandfoxnation-nsn.gov

Voters Name: _____ **Please Print**

Voters Roll #: _____ **Must be an enrolled member to vote**

Voters Signature: _____

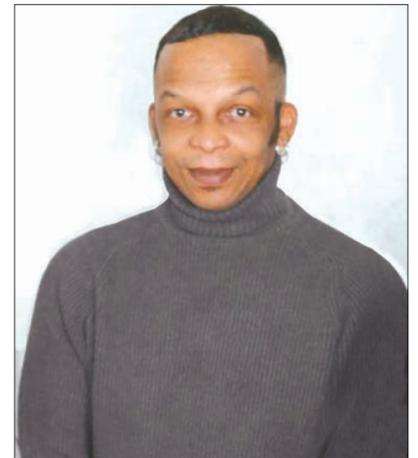
Urgent Need For Foster Families Within Sac and Fox Nation

Currently, there is an urgent shortage of foster families capable and willing to foster infants, teenagers and sibling groups within the Sac and Fox Nation. If you have love in your heart, a warm home, and want to make a difference in the life of a child, please contact the Sac and Fox Nation Indian Child Welfare department at 918-968-3526 ext. 1713.

Bringing a child or children into your home and effectively raising them requires an incredible amount of time and effort on the part of foster families. Why choose to do this? Choose this path and give a child a second chance at a happy, healthy, and safe childhood.

Acts 20:35 In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus him-

self said: 'It is more blessed to give than to receive.'



Juan York
 Child Welfare Specialist II
 918-968-3526 ext. 1713

Deadline For June Paper is Tuesday, May 20

HELP WANTED!

SAC & FOX NATION EMPLOYMENT OPPORTUNITIES

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

Resident Advisor (Juvenile Detention Center/Stroud)
 Open Continuously

Distribution Clerk/Driver (USDA Stroud)

Surveillance Observer (Gaming)
 Open until filled

Compliance Officer (Gaming)
 Seeking Immediate Placement

Surveillance Technician (Gaming)
 Seeking Immediate Placement

Medical Director (BHHC Stroud)
 Seeking Immediate Placement

Substance Abuse Counselor (JDC/Stroud)
 Seeking Immediate Placement

Policy Annalist
 Seeking Immediate Placement

Health Information Management Coder
 Seeking Immediate Placement

Maintenance Technician
 Seeking Immediate Placement

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



The Sac and Fox Nation Indian Child Welfare continue the quest for foster parents.

For more information, please contact:
 918-968-3526 ext. 1713

BE THE REASON....THEY FEEL LOVED, THEY HAVE HOPE, IT GETS BETTER!



INTEREST TO SERVE ON COMMITTEES, COMMISSIONS, AND BOARDS

The Sac and Fox Nation's Business Committee will be appointed people to fill vacancies, as they occur, on various Committees, Commissions, and Board. If you are a tribal member 18 years of age or older, and wish to serve, please complete the information form below and return the completed form to the Tribal Secretary.

NAME: _____ Roll Number: _____

Address _____ Telephone: _____

CITY: _____ State: _____ Zip Code: _____

I wish to be considered to serve on the following Committees, Commissions, or Boards, as prioritized below:

Priority #1: _____

Priority #2: _____

Priority #3: _____

Submitted by: _____ Date: _____

Sac and Fox Nation 2014 Easter Celebration



Sac and Fox Nation 2014 Easter Celebration



26th Sac and Fox National Public Library Open House



Sac and Fox Nation Swimming Pool Rules and Hours

Sac and Fox Nation Swimming Pool
Opening Memorial Weekend

Pool hours are:
12:00pm to 6pm Tuesday through Sunday
Closed on Mondays

Admission prices are \$2.00 for the general public,
\$1.00 for the Sac and Fox Nation tribal members

Private Parties are in the evenings from 6:00pm until 8pm
Parties are required to fill out proper paperwork for rental agreements as well as for scheduling 24 hrs in advance
Arrangements will be administered through the Office of Government

Pool rental prohibited during the week of the
Nation's annual celebration

Rental prices are \$50.00 (2 hour) for general public,
\$25.00 for Sac and Fox Nation tribal members

Certified Lifeguards with CPR/First aid training will be on duty
No waiving of fees. No exceptions.

INDIAN HEALTH SERVICE WATER AND SEWER ASSISTANCE AVAILABLE

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 Potawatomi 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.

FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS (FDPPIR) NET MONTHLY INCOME STANDARDS (Effective October 1, 2013)

The net monthly income standard for each household size is the sum of the applicable Supplemental Nutrition Assistance Program (SNAP) net monthly income standard and the applicable SNAP standard deduction.

48 Contiguous United States:

Use this Amount

Household Size	SNAP Net Monthly Income Standard		SNAP Standard Deduction	=	FDPPIR Net Monthly Income Standard
1	\$958	+	\$152	=	\$1,110
2	\$1,293	+	\$152	=	\$1,445
3	\$1,628	+	\$152	=	\$1,780
4	\$1,963	+	\$163	=	\$2,126
5	\$2,298	+	\$191	=	\$2,489
6	\$2,633	+	\$219	=	\$2,852
7	\$2,968	+	\$219	=	\$3,187
8	\$3,303	+	\$219	=	\$3,522
each additional member					+ \$335

Alaska:

Use this Amount

Household Size	SNAP Net Monthly Income Standard		SNAP Standard Deduction	=	FDPPIR Net Monthly Income Standard
1	\$1,196	+	\$260	=	\$1,456
2	\$1,615	+	\$260	=	\$1,875
3	\$2,035	+	\$260	=	\$2,295
4	\$2,454	+	\$260	=	\$2,714
5	\$2,873	+	\$260	=	\$3,133
6	\$3,292	+	\$274	=	\$3,566
7	\$3,711	+	\$274	=	\$3,985
8	\$4,130	+	\$274	=	\$4,404
each additional member					+ \$420

FDPPIR Income Deductions (see 7 CFR 253.6(e)):

Earned Income Deduction	Households with earned income are allowed a deduction of 20 percent of their earned income.
Dependent Care Deduction	Households that qualify for the dependent care deduction are allowed a deduction of actual dependent care costs paid monthly to a non-household member.
Child Support Deduction	Households that incur the cost of legally required child support to or for a non-household member are allowed a deduction for the amount of monthly child support paid.
Medical Expense Deduction	Households that incur monthly medical expenses by any household member who is elderly or disabled are allowed a deduction in the amount of out-of-pocket medical expenses paid in excess of \$35 per month. Allowable medical expenses are provided at 7 CFR 273.9(d)(3).
Home Care Meal-Related Deduction	Households who furnish the majority of meals for a home care attendant are allowed an income deduction equal to the maximum SNAP benefit for a one-person household. In Fiscal Year 2014, the amounts are as follows: 48 Contiguous U.S. States <ul style="list-style-type: none"> • October 1, 2013 – October 31, 2013 = \$200 • November 1, 2013 – September 30, 2014 = \$189 For Alaska, please select appropriate link below. <ul style="list-style-type: none"> • October 1, 2013 – October 31, 2013 • November 1, 2013 – September 30, 2014 See 7 CFR 272.7(b) for area designations in Alaska.
Standard Shelter/Utility Expense Deduction	Households that incur at least one monthly shelter or utility expense are allowed a standard income deduction (see chart below). Allowable shelter/utility expenses are provided at 7 CFR 273.9(d)(6)(ii).

FY 2014 FDPPIR Standard Shelter/Utility Expense Deductions Baseline by Region*

Region	States Currently with FDPPIR Programs	Shelter/Utility Deduction
Northeast/Midwest	Michigan, Minnesota, New York, Wisconsin	\$400
Southeast/Southwest	Mississippi, New Mexico, North Carolina, Oklahoma, Texas	\$300
Mountain Plains	Colorado, Kansas, Montana, Nebraska, North Dakota, South Dakota, Utah, Wyoming	\$400
West	Alaska, Arizona, California, Idaho, Nevada, Oregon, Washington	\$350

*If the geographic boundaries of an Indian reservation extend to more than one region per the identified regional groupings above, then a qualifying household has the option to receive the appropriate shelter/utility expense deduction amount for the State in which the household resides or the State in which the State agency's central administrative office is located.

Heroin use in Oklahoma is up, but is still a fraction of narcotics cases

Dan Cross, CREOKS Behavioral Health Services



Dan Cross

The number of people in Tulsa County seeking treatment for heroin and opiate use has doubled over seven years, state data shows, but local law enforcement say the drug accounts for a small percentage of their narcotics cases.

Last year, treatment centers in the county admitted 386 patients who reported heroin and other opiates as their drug of choice compared to 194 users in 2007, according to the Oklahoma Department of Mental Health and Substance Abuse Services. The category accounted for 13.63 percent of the total users in Tulsa County in 2013.

"Are we seeing more (heroin) now than maybe we did five years ago? Yes. But are we seeing the surge like they're seeing on the East Coast? No, not to that degree," said Mark Woodward, spokesman for the Oklahoma Bureau of Narcotics and Dangerous Drugs.

Heroin, derived from the opium poppy, converts to morphine in the human body. The drug is most frequently injected but can be smoked, snorted or used as a suppository, according to the medical information website Drugs.com.

Due to the falling price of heroin and increased regulations on prescription opioids such as oxycodone, opiate abusers are turning to heroin to feed their addiction, Woodward said.

The White House points to Latin America as the primary supplier of heroin in the United States, with Mexican heroin prevalent in areas west of the Mississippi River.

The Tulsa County Sheriff's Office recovered 42 pounds of heroin in March, and nearly 10 pounds of the drug were seized in a Department of Homeland Security raid late last year. Texas authorities discovered six pounds during a traffic stop in which the driver told officers he was transporting heroin to Tulsa.

Smaller amounts have been found during arrests in Claremore and Bixby within the last year.

"We see a lot of it coming through Oklahoma and some of it's staying here ... but most of the drugs coming through Oklahoma are heading east where there's a much bigger problem," Woodward said.

The state, due to its highway system and proximity to the U.S.-Mexico border, continues to be "prime real estate" for Mexican cartels that "will ship anything across the border — whether it's drugs, money, people — if they think they can make a profit," he said.

Tulsa Police Cpl. Mike Griffin of the narcotics unit estimated less than 5 percent of their cases involve heroin.

"It's up from what it's been. It's still not up there with everything else ... still not on the realm of meth and marijuana and cocaine," he said.

The number of drug-related arrests involving heroin are not independently documented, as heroin is grouped in a category with cocaine.

Clients seeking treatment for alcohol and marijuana accounted for the highest percentages of patients statewide and in Tulsa County. Between 2007 and 2013, about 32 percent of Oklahoma clients were alcoholics and nearly 22 percent of clients were users of marijuana or hashish, which are grouped together.

Doctor discusses state's addiction

Dr. Hal Vorse, who serves as medical director of several residential treatment centers for drug and alcohol abusers in central Oklahoma, and presents addiction medicine seminars for students at the University of Oklahoma Health Sciences Center, states, "[Painkiller abuse] has become one of the leading causes of death in people between 18 and 55. More people are dying from overdose deaths in Oklahoma than are being killed in motor vehicle accidents. The most recent data, from 2012, is over 800 overdose deaths in the state. About 80 percent of those are due to prescription drugs."

"I would say half of our new patients that have opiate addiction got legitimate prescriptions for legitimate reasons. But they discovered that they really liked the euphoria produced by the drugs and started using more and more, and eventually started taking so much that it interfered with their ability to function."

"The cost of these drugs gets very expensive, so many of these people resort to committing crimes in order to get the drugs they need. The burden on society is not just the direct effects of the addiction, but also the crime (and) the utilization of the health care system. The cost to society is just huge."

Oklahoma Tobacco Helpline
1 800 QUIT NOW

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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New Police Officer: Principal Chief George Thurman swears-in new police officer, Nathan Graves recently. (SFN Photo)

PARALEGAL SERVICES NOW AVAILABLE

The Sac and Fox Nation Tribal Court is pleased to announce that paralegal services are now being offered at the Sac and Fox Nation Justice Center. This service is to help alleviate the pressure placed on the prose litigants, litigants who may not be able to afford the luxury to hire legal assistance. Without the aid of legal expertise, litigants often enter the judicial system unprepared for the complicated process and may leave dismayed by the results. In recognition of this problem, the Sac and Fox Nation Tribal Court and Oklahoma Indian Legal Services have been in collaboration to provide the tribal members with a paralegal to offer

assistance to prose litigants in preparing their legal documents and understanding the judicial process.

The paralegal provided through Oklahoma Indian Legal Services is on-site three (3) times a month to assist enrolled tribal members with preparation of legal documents, help in understanding the judicial process, assisting court administration in issuing Orders and Decrees, directing litigants to outside organizations for further assistance, preparation of wills and referrals for further legal advice.

Contact the Court Clerk's Office at 918-968-2031 for dates and times.

Letter to the Editor

Peggy Big Eagle

April 18, 2014

Business Committee Members
Sac and Fox Nation
920883 S. Highway 99 Bldg. A
Stroud, OK 74079

Re: Resolution SF/GC-14-02

Dear B.C. Members:

This is to request publication in the next tribal newsletter of the research the B.C. has conducted to assure that all members meet the SFN Constitutional requirements for enrollment. The 6-month deadline passed several weeks ago, so a report may already be prepared.

If there is no report yet I offer the following questions to make your work easier; they address all the issues in Council's resolution. As you know the resolution asks for records to be reviewed only back to the time George Thurman took office, since he is the longest serving B.C. member. The B.C. is not asked to take responsibility for anyone else's decisions.

- 1. Applicants without an Oklahoma Sauk Parent on the Roll**
 - Processing of pending applications for enrollment without a Sauk parent on the roll was to be halted as of the date of Council meeting. Did that happen?
 - Applicants without a Sauk parent on the roll were to be notified within one week after Council meeting that they were ineligible for SFN enrollment under the Constitution. Did that happen?
- 2. Applicants with Less Than 1/8 Oklahoma Sauk Blood Quantum**
 - Processing of pending applications for enrollment with less than 1/8 Oklahoma Sauk blood quantum was to be halted as of the date of Council meeting. Did that happen?
 - Applicants for enrollment with less than 1/8 Oklahoma Sauk blood were to be notified within one week after Council meeting that they were ineligible for SFN enrollment under the Constitution. Did that happen?
- 3. SFN Enrollment Records To Record Oklahoma Sauk Blood Quantum Separately**
 - Do SFN enrollment records show Oklahoma Sauk blood quantum separately from blood quantum of every other tribe?
 - Have enrollment records been corrected back to the time George Thurman joined the B.C. to indicate SFN blood quantum separately from blood quantum of every other tribe?
- 4. An enrollment audit and assistance from the Bureau of Indian Affairs**
 - Did the tribal Secretary request BIA assistance to make sure SFN enrollment complies with our Constitution?
- 5. Report Within Six Months of How Many Members Have Been Enrolled Without a Sauk Parent on the Roll**
 - Has the tribal Secretary prepared a report of how many members have been enrolled without a Sauk parent on the roll from the time George Thurman came on the B.C.?
- 6. Report Within Six Months of How Many Members With Less Than 1/8 Oklahoma Sauk Blood Quantum Have Been Enrolled**
 - Has the tribal Secretary prepared a report of how many members have been enrolled with less than 1/8 Oklahoma Sauk blood quantum from the time George Thurman came on the B.C.?

I know enrollment issues can be difficult which is why I've repeatedly offered my assistance. As always I'm available to assist the B.C. however I can in regard to enrollment or other Constitutional issues.

Sincerely,
Peggy Big Eagle

cc: Sac and Fox News
2407 NW 31st Street
Oklahoma City, OK 73112

405.314.2679
peggybig eagle@sbcglobal.net

Business Committee Meeting Minutes

are now accessible on the Website and Facebook

sacandfoxnation-nsn.gov

Deadline For June Paper is
Tuesday, May 20

Notice From The Editor

Due to the printing schedule of the Sac and Fox News any event or public notice of meetings that is going to take place during the first week of the month needs to be **published in the previous months newspaper**. It is our aim at the Sac and Fox News to keep the Nation informed of every event possible.

Ken Johnson,
Editor Sac and Fox News

Sac and Fox Elders

Seeking Donations

Material of all Kinds

Lots of Projects

Coming Up

Contact: Mary Brown

919-968-3526 Ext 2016

May 2014

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	ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30
SHAWNEE 5 8:30-2:30 WAREHOUSE 8:30-2:30	ELDERS ONLY SHAWNEE 8:30-2:30 WAREHOUSE 8:30-2:30	SHAWNEE 7 8:30-2:30 WAREHOUSE 8:30-2:30	SHAWNEE 8 8:30-2:30 WAREHOUSE 8:30-2:30	SHAWNEE 9 8:30-2:30 LITTLEAXE 10:00-12:00 WAREHOUSE 8:30-2:30
SHAWNEE 12 8:30-2:30 WAREHOUSE 8:30-2:30	SHAWNEE 13 8:30-2:30 WAREHOUSE 8:30-2:30	SHAWNEE 14 8:30-2:30 WAREHOUSE 8:30-2:30	SHAWNEE 15 8:30-2:30 WAREHOUSE 8:30-2:30	CLOSED FOR SAC AND FOX NATION VICTORY DAY
LATE NIGHT WAREHOUSE 8:30-6:00 SHAWNEE 8:30-2:30	LATE NIGHT SHAWNEE 12:00-6:00 WAREHOUSE 8:30-2:30	CLOSED FOR SHIPMENT AND INVENTORY	SHAWNEE 22 8:30-2:30 WAREHOUSE 8:30-2:30	SHAWNEE 23 8:30-2:30 PERKINS 10:00-12:00 WAREHOUSE 8:30-2:30
CLOSED FOR MEMORIAL DAY	SHAWNEE 27 8:30-2:30 WAREHOUSE 8:30-2:30	SHAWNEE 28 8:30-2:30 WAREHOUSE 8:30-2:30	CLOSED FOR INVENTORY	CLOSED FOR INVENTORY

URGENT

NOTICE TO VETERANS

Men and Women especially WW1, WW2 and Korean

The Sac and Fox National Public Library
is asking for your DD 214's for their records
and **Memorial Monument Purposes**

See Cathrine Walker

1-918-968-0705

Business Committee Meeting Minutes

Recessed Regular Business Committee Meeting Mini-Minutes September 11, 2013 & Reconvened September 12, 2013

September 11, 2013

PRESENT:

George Thurman, Principal Chief; Orvena Gregory, Second Chief; ABSENT: Stella Nullake, Committee Member; Carla Reed, Treasurer; STAFF: Carolyn Fite, Recording Secretary

CALL TO ORDER

Principal Chief George Thurman called the recessed meeting to order at 1:42 p.m. Stella Nullake called roll. George Thurman called a quorum.

NEW BUSINESS

FISCAL YEAR 2014 TRIBAL POLICE SUPPLEMENTAL BUDGET

Approved Resolution SF-13-217, a resolution approving the Fiscal Year 2014 Tribal Police Supplemental Budget in the total amount of \$4,500.00, the funding source is identified as paper services and confiscated monies. Stella Nullake-motion, Orvena Gregory-2nd. VOTE: George-Yes, Orvena-Yes, Carla- Absent, Stella-Yes. Motion carried.

UNITED STATES ENVIRONMENTAL PROTECTION AGENCY PERFORMANCE PARTNERSHIP GRANT BUDGET

Approved Resolution SF-13-218, a resolution approving the United States Environmental Protection Agency Performance Partnership Grant Budget for the period of October 1, 2013 through September 30, 2014 in the amount of \$228,640.00, the funding source is identified as the United States Environmental Protection Agency. Stella Nullake-motion, Orvena Gregory-2nd. VOTE: Orvena-Yes, Carla-Absent, Stella-Yes, and George-Yes. Motion carried.

FISCAL YEAR 2014 DEPARTMENT OF INTERIOR COMPACT OFFICE OF GOVERNMENT (ENROLLMENT) BUDGET

Approved Resolution SF-13-219, a resolution approving the fiscal year 2014 Department of Interior Compact Office of Government (Enrollment) Budget in the total amount of \$108,660.00, the funding source is identified as the Department of Interior Self-Governance Compact Annual Funding Agreement. Stella Nullake-motion, Orvena Gregory-2nd. VOTE: Stella-Yes, George-Yes, Orvena-Yes, Carla-Absent. Motion carried.

Break at 1:55 p.m.

Back from break at 2:16 p.m.

FISCAL YEAR 2014 DEPARTMENT OF INTERIOR COMPACT FACILITIES AND GROUNDS BUDGET

Approved Resolution SF-13-220, a resolution approving the Fiscal Year 2014 Department of Interior Compact Facilities and Grounds Budget in the to-

tal amount of \$18,356.00, the funding source is identified as the Department of Interior Self-Governance Compact Annual Funding Agreement. Stella Nullake-motion, Orvena Gregory-2'nd. VOTE: George-Yes, Orvena-Yes, Carla-Absent, Stella-Yes. Motion carried.

FISCAL YEAR 2014 DEPARTMENT OF THE INTERIOR OFFICE OF SELF-GOVERNANCE BUDGET

Approved Resolution SF-13-221, a resolution approving the fiscal year 2014 Department of the Interior Office of Self-Governance Budget in the total amount of \$77,194.00, the funding source is identified as the Department of the Interior Compact Annual Funding Agreement. Stella Nullake-motion, Orvena Gregory-2'nd. VOTE: Orvena-Yes, Carla-Absent, Stella-Yes, George-Yes. Motion carried.

FISCAL YEAR 2014 DEPARTMENT OF INTERIOR COMPACT LIBRARY BUDGET

Approved Resolution SF-13-222, a resolution approving the Fiscal Year 2014 Department of Interior Compact Library Budget in the total funding amount of \$93,433.00, the funding source is identified as the Fiscal Year 2014 Department of Interior Self-Governance Compact Annual Funding Agreement. Stella Nullake-motion, Orvena Gregory-2'nd. VOTE: Carla-Absent, Stella-Yes, George-Yes, Orvena-Yes. Motion carried.

Break at 2:26 p.m.

Back from Break at 3:17p.m.

FISCAL YEAR 2014 DEPARTMENT OF INTERIOR COMPACT SAUK LANGUAGE BUDGET

Approved Resolution SF-13-223, a resolution approving the fiscal year 2014 Department of Interior Compact Court Budget in the total amount of \$99,262.00, the funding source is identified as the Department of Interior Self-Governance Compact Annual Funding Agreement. Stella Nullake-motion, Orvena Gregory-2'nd. VOTE: George-Yes, Orvena-Yes, Carla-Absent, Stella-Yes. Motion carried.

FISCAL YEAR 2014 DEPARTMENT OF INTERIOR COMPACT TRANSPORTATION BUDGET

Approved Resolution SF-13-224, a resolution approving the Fiscal Year 2014 Department of Interior Compact Transportation Budget in the total funding amount of \$2,126,103.00, the funding source is identified as the Fiscal Year 2014 Department of Interior Self-Governance Compact Annual Funding Agreement. Stella Nullake-motion, Orvena Gregory-2'd. VOTE: George-Yes, Orvena-Yes, Carla-Absent, Stella-Yes. Motion carried.

FISCAL YEAR 2014 TRIBAL COURT SUPPLEMENTAL BUDGET

Approved Resolution SF-13-225, a resolution approving the Fiscal Year 2014 Tribal Court Supplemental Budget in the total amount of \$69,041.00, the funding source is identified as fees and fines collected by the Sac and Fox Nation District and Supreme Courts. Stella Nullake-motion, Orvena Gregory-2'nd. VOTE: Orvena-Yes, Carla-Absent, Stella-Yes, George-Yes. Motion carried.

FISCAL YEAR 2014 TRIBAL COURT OPERATIONS BUDGET

Approved Resolution SF-13-226, a resolution approving the fiscal year 2014 Tribal Court Operations Budget in the total amount of \$73,373.00, the funding source is identified as Sac and Fox Nation Treasury Appropriations. Stella Nullake-motion, Orvena Gregory-2'nd. VOTE: George-Yes, Orvena-Yes, Carla-Absent, Stella-Yes. Motion carried.

Recess at 2:56p.m.

To reconvene on September 12, 2013 at 9:30a.m.

RECONVENED REGULAR BUSINESS COMMITTEE MEETING 2014 BUDGETS September 12, 2013

PRESENT:

Principal Chief, George Thurman; Second Chief, Orvena Gregory; Treasurer, Jared A. King; Stella Nullake, Committee Member; Sam Caruso, Chief of Staff; Carolyn Fite, Recording Secretary

Call TO ORDER

Principal Chief George Thurman called the meeting to order at 12:26 p.m. Stella Nullake called the roll. George Thurman called a quorum. Jared A. King gave the invocation.

ANNOUNCEMENTS/GUESTS, ADDI-

TIONS/DELETIONS, MINUTES, OLD BUSINESS NONE

NEW BUSINESS

FISCAL YEAR 2014 SAC AND FOX ENTERPRISE BUDGET

Approved Resolution SF-13-227, a resolution approving the Fiscal Year 2014 Sac and Fox Enterprise Budget in the total funding amount of \$104,576.00, the funding sources are identified as net operating profits. Stella Nullake-motion, Orvena Gregory-2'nd. VOTE: George-Yes, Orvena-Yes, Jared-Yes, Stella-Yes. Motion carried.

FISCAL YEAR 2014 EMERGENCY MANAGEMENT BUDGET

Approved Resolution SF-13-228, a resolution approving the fiscal year 2014 Emergency Management Budget in the total amount of \$17,412.00, the funding source is identified as carryover from previous years. Stella Nullake-motion, Orvena Gregory-2'nd. VOTE: Orvena-Yes, Jared-Yes, Stella-Yes, George-Yes. Motion carried.

FISCAL YEAR 2014 DEPARTMENT OF INTERIOR COMPACT CARRY-OVER HISTORIC PRESERVATION BUDGET

Approved Resolution SF-13-229, a resolution approving the fiscal year 2014 Department of Interior Compact Carry-over Historic Preservation Budget in the total amount of \$75,439.00, the funding source is identified as the Department of Interior Compact year's carryover. Stella Nullake-motion, Orvena Gregory-2'nd. VOTE: Jared-Yes, Stella-Yes, George-Yes, Orvena-Yes. Motion carried.

ADJOURNED:

It is the consensus of the Business Committee to adjourn at 1:00 p.m.

Sac and Fox Transportation Program

Criteria You Must Meet Before Being Eligible for Transportation:

- You must have an established chart at BHHC
- You must have no other means of transportation
- You must have an active referral from a BHHC provider to the facility where being transported

If you have Medicaid, please utilize SoonerRide
SoonerRide's toll free phone number is

(877) 404-4500

Graduation Honor Dance

for
Danny Rowell and Kevin Queton
Saturday, May 17, 2014
Sac and Fox Community Center, 5.5 Miles South of Stroud, OK
Cushing High School Tigers



Head Singer: Allen "Hyde" Toppah
Head Gourd Dancer: Larry Tsosie
Head Lady Dancer: Stephanie Fields
MC: R.G. Harris

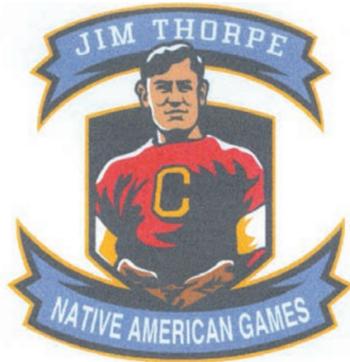
2:00-5:30 p.m. Gourd Dance
5:30-6:30 p.m. Supper Break
6:30-8:00 p.m. Gourd Dance

Special musical performance by "The Sweet Browns," a Native R&B student duo from Oklahoma City featuring **Harrison Rice (Sac and Fox) and Emily Northcutt (Caddo)** Following the Gourd Dance

The Sac and Fox Powwow Committee will Cohost Special invitation to the Sac and Fox Veterans

Bring your own chairs/No drugs or alcohol permitted/Not responsible for accidents

Jim Thorpe Native American Games Venue Locations June 8-14, 2014



OPENING CEREMONY – Firelake Arena (Sunday, June 8th)

Stickball Exhibition – Firelake Pow Wow Grounds (Sunday, June 8th)

Softball – Ballfields at Firelake (Monday – Tuesday, June 9-10th)

Golf – Firelake Golf Course (Monday – Tuesday, June 9 -10th)

Cross Country – Gordon Cooper Vo-Tech (Monday, June 9th)

Wrestling – Shawnee High School (Monday, June 9th)

Basketball – OBU & St. Gregory's (Tuesday – Thursday, June 10-12)

Track & Field – OBU (Tuesday, June 10th)

Beach Volleyball – OBU (Saturday, June 14th)

Tennis – OBU (Friday & Saturday, June 13-14th)

Martial Arts – OBU (Saturday, June 14th)

All Star Football Game – OBU (Practices –Tues. – Thurs., June 10-12; Game – Fri., June 13th)

Lacrosse Exhibition – OBU (Friday, June 13th)

Business Committee Meeting Minutes

Special Business Committee Meeting Mini-Minutes March 27, 2014

Please be advised that the following are official actions taken by the Business Committee in a Special Business Committee Meeting held on March 27, 2014. These actions are to be followed up by the appropriate departments.

(1) Stella Nullake motion to accept the Special Business Committee Meeting minutes of March 13, 2014 with corrections. Jared A. King-2nd. VOTE: George-Yes, Orvena-Absent, Mary-Yes, Jared-Yes, Stella-Yes. Motion carried.

(2) Mary F. McCormick motion to accept the Special Business Committee Meeting minutes of February 5, 2014 as presented. Stella Nullake-2nd. VOTE: Orvena-Absent, Mary-Yes, Jared-Yes, Stella-Yes, George-Yes. Motion carried.

(3) Stella Nullake motion to accept the Special Business Committee Meeting minutes of February 27, 2014 with corrections. Jared A. King-2nd. VOTE: Mary-Yes, Jared-Yes, Stella-Yes, George-Yes, Orvena-Absent. Motion carried.

(4) (Tabled) Sac and Fox Nation invoiced by OWRB for water rights.

(5) Stella Nullake motion to approve the Sponsorship to the 6th Annual Public Health Conference Inter Tribal Health Board at the Epidemiology Center. The Sponsorship will be C. \$1000.00 Bean Sponsorship to be paid from the RAP Charitable Donations. Jared A. King-2nd. VOTE: Jared-Yes, Stella-Yes, George-Yes, Orvena-Absent, Mary-No. Motion carried.

Orvena Gregory entered meeting at 10:50 a.m.

Break at 11:35 a.m.
Back from break at 1:19 p.m.

(6) (Strike) Sac and Fox Nation Gaming Commission approval of Bledsoe & Associates PLLC 2014 for external audit.

(7) Mary F. McCormick motion to approve the Sac and Fox Nation Emergency Management Plan. Jared A. King-2nd. VOTE: Stella-Yes, George-Yes, Orvena-Absent, Mary-Yes, Jared-Yes. Motion carried.

(8) (Tabled pending further information) Request from Tribal Members for Realty Department to meet their requests.

(9) (Strike) Sac and Fox Nation Computer Systems/Software Policies and Procedures.

Orvena Gregory entered meeting at 1:25 p.m.

(10) Orvena Gregory motion to approve the Health Information Record Scanner/Indexer position for the Black Hawk Health Center as requested. Stella Nullake-2nd. VOTE: George-Yes, Orvena-Yes, Mary-Abstain, Jared-Yes, Stella-Yes. Motion carried.

(11) Reconsideration of Straw Poll between the Sac and Fox Nation Black Hawk Health Center and Julie Carr of Sharpless, Inc contract #2014-03-02. Resolution SF-14-104, a resolution authorizing and approving an agreement between the Sac and Fox Nation Black Hawk Health Center and Julie Carr of Sharpless, Inc. Mary F. McCormick-motion. Motion failed lack of a 2nd.

(12) Orvena Gregory motion to approve the renewal contract #2013-01-04a between the Sac and Fox Nation and Seminole Nation of Oklahoma Detention Service Agreement. Mary F. McCormick-2nd. VOTE: Orvena-Yes, Mary-Yes, Jared-Yes, Stella-Yes, George-Yes. Motion carried.

(13) Orvena Gregory motion to approve the agreement between Sac and Fox Nation and Friction Motor Sports for the day of May 10, 2014. Stella Nullake-2nd. VOTE: Jared-Yes, Stella-Yes, George-Yes, Orvena-Yes, Mary-Yes. Motion carried.

Break at 1:58 p.m.
Back from break at 2:40 p.m.

(14) Stella Nullake motion to approve renewal contract #2009-12-06c with Indian Country Development Center for professional services as presented. Jared A. King-2nd. VOTE: Stella-Yes, George-Yes, Orvena-Yes, Mary-Abstain, Jared A. King-Yes. Motion carried.

(15) Announcement: Sac and Fox Nation Police Department has been selected by the Oklahoma Highway Safety Office to receive Special Recognition Award honoring your agency's work on the Pottawatomie County Highway Safety Corridor, Tuesday April 22, 2014 at the Embassy Suites Hotel and Conference Center, 2501 Conference Drive in Norman.

(16) Approved Resolution SF-14-104, a resolution approving the Fiscal Year 2014 Department of Interior Compact Welfare Assistance Budget Modification #3 in the total amount of \$18,083.00, the funding source is identified as the Department of Interior Self-Governance Compact Annual Funding Agreement with carryover from Fiscal Year 2013. Mary F. McCormick-motion, Stella Nullake-2nd. VOTE: Stella-Yes, George-Yes, Orvena-Yes, Mary-Yes, Jared-Yes. Motion carried.

(17) Approved Resolution SF-14-105, a resolution approving the Fiscal Year 2014 Department of Interior Compact Human Services Budget Modification #1 in the total amount of \$146,108.00, the funding source is identified as the Department of Interior Self-Governance Compact Annual Funding Agreement with the increase identified as FY 2014 Contract Support Cost Distribution. Orvena Gregory-motion, Stella Nullake-2nd. VOTE: George-Yes, Orvena-Yes, Mary-Yes, Jared-Yes, Stella-Yes. Motion carried.

(18) Approved Resolution SF-14-106, a resolution approving the Fiscal Year 2014 Department of Interior Compact Department of Public Safety Budget Modification #1 in the total amount of \$645,784.00, the funding sources are identified as the Fiscal Year 2014 Department of Interior Self-Governance Compact Annual Funding Agreement with the increase identified as contract support cost distribution. Orvena Gregory-motion, Stella Nullake-2nd. VOTE: Orvena-Yes, Mary-Yes, Jared-Yes, Stella-Yes, George-Yes. Motion carried.

(19) Approved Resolution SF-14-107, a resolution approving the Title VI Part-C, Caregiver Support Program Budget Modification #2 in the total amount of \$12,609.00, the funding source is identified as the Department of Health and Human Services, Administration on Aging, Grant Document No. 1123OKT6CG/2013/2. Orvena Gregory-motion, Stella Nullake-2nd. VOTE: Mary-Yes, Jared-Yes, Stella-Yes, George-Yes, Orvena-Yes. Motion carried.

(20) Approved Resolution SF-14-108, a resolution approving the Title VI Part-A, Elders Program Budget Modification #2 in the total amount of \$40,821.00, the funding source is identified as the Department of Health and Human Services, Administration on Aging, Grant Document No. 1123OKT6NS/2013/2. Stella Nullake-motion, Orvena Gregory-2nd. VOTE: Jared-Yes, Stella-Yes, George-Yes, Orvena-Yes, Mary-Yes. Motion carried.

(21) Approved Resolution SF-14-109, a resolution approving the Fiscal Year 2014 Department of Interior Compact Library Budget Modification #1 in the total amount of \$114,433.00, the funding source is identified as the Fiscal Year 2014 Department of Interior Self-Governance Compact Annual Funding Agreement with the increase identified as FY 2014 DOI Contract Support Cost Distribution. Stella Nullake-motion, Orvena Gregory-2nd. VOTE: Stella-Yes, George-Yes, Orvena-Yes, Mary-Yes, Jared-Yes. Motion carried.

(22) Approved Resolution SF-14-110, a resolution approving the Medicare Improvements for Patients and Providers Act (MIPPA) for Beneficiary Outreach and Assistance Budget in the total funding amount of \$1,000.00, the funding source is identified as the Department of Health and Human Services, Administration for Community Living, Grant #1323OKMTRB. Orvena Gregory-motion, Jared A. King-2nd. VOTE: George-Yes, Orvena-Yes, Mary-Yes, Jared-Yes, Stella-Yes. Motion carried.

(23) Approved Resolution SF-14-111, a resolution approving the Fiscal Year 2014 Department of Interior Compact Office of Government (Enrollment) Budget Modification #1 in the total amount of \$123,660.00, the funding source is identified as the Department of Interior Self-Governance Compact Annual Funding Agreement with the increase identified as FY 2014 Contract Support Cost Distribution. Stella Nullake-motion, Orvena Gregory-2nd. VOTE: Orvena-

Yes, Mary-Yes, Jared-Yes, Stella-Yes, George-Yes. Motion carried.

(24) (Strike) Letters of Interest to Serve.

EXECUTIVE SESSION:
HRPA-2014-06
Second Chief Orvena Gregory requested HRPA-2014-06 to be put on the agenda.

Break at 4:12 p.m.
Back from break at 4:50 p.m.

Second Chief Orvena Gregory announced that Principal Chief George Thurman has left the meeting and Secretary Mary F. McCormick left the meeting also. Principal Chief George Thurman left Second Chief Orvena Gregory in charge of the meeting. Went into Executive Session at 4:51 p.m. Business Committee is not finished with discussion on HRPA-2014-06, recessed at 5:22 p.m. until Friday March 28, 2014 at 9:00 a.m. by consensus.

Recessed at 5:22 p.m.

PLEASE NOTIFY

Secretary Mary F. McCormick
Of Any Change In Your Address

This is the **ONLY CONTACT**
we have with you

NOTICE

CAMP CLEAN-UP

In preparation for Pow-Wow
there will be two camp clean-up days
May 17 and June 21
Pickup is May 19 & June 23

- Place big items next to road for pickup
- Small items should be placed in the dumpsters

Any questions call: 918-968-4271

Ready to make a healthy change?

- Tuesdays at the Shawnee Multi-Purpose Building
- Exercise on brand new equipment
- Learn the correct posture, balance and coordination needed
- **Have fun and be healthy!!**

Anthony Ramirez
Exercise Specialist MBC

BENEFITS OF EXERCISE

- Lower Resting Heart Rate
- Increased vascularity and better oxygen delivery to muscles
- Increased tolerance to intense exercise
- Better body shape
- Better sleeping patterns
- Less stress
- Increased self esteem

General Wellbeing	Helps to manage existing conditions	Reduces the risk of medical conditions
<ul style="list-style-type: none"> • Weight management • Increased energy levels • Reduction in stress levels • Improved heart & lungs (cardiovascular) • Improved strength & endurance • Increased flexibility • Enhanced bone and muscle 	<ul style="list-style-type: none"> • Obesity • Anxiety • High blood pressure (hypertension) • Stroke • Coronary Heart Disease • Type 2 Diabetes 	<ul style="list-style-type: none"> • Obesity • Coronary Heart Disease • Stroke • Type 2 Diabetes • Bone and joint problems e.g. Osteoporosis • Back problems • Certain types of Cancer

Physical Fitness

The ability to function effectively in physical work, training and other activities and still have enough energy left over to handle any emergencies which may arise.

New Survey: Oklahoma Native Americans Say Personal Health Problems Are Their Most Important Challenge

(SHAWNEE, Okla.) – A recent survey completed by AARP and the Oklahoma Area Tribal Epidemiology Center (OKTEC) suggests personal health problems are the number one concern of American Indians when asked ‘what is the single most important problem or challenge facing Oklahoma Native Americans in mid-life’.

Respondents to the survey stated other challenges faced were: staying healthy, the cost of living, retirement and transportation.

Nearly all those surveyed said it is extremely or very important for tribes to maintain current funding levels for health care access, while 87% said funding home modifications that allow people to stay in their own homes is extremely or very important. More than three out of four respondents (86%) said it is extremely or very important for tribes to fund housing arrangements for people who can no longer live in their own homes, such as, adult family homes and assisted living.

The AARP Tribal Community Survey was unveiled at the 6th Annual Tribal Epidemiology Center Public Health Conference held in Shawnee. The survey polled more than 300 American Indian and Alaska Natives age 40 and older living in Oklahoma. It was conducted by OKTEC, part of the nonprofit organization Oklahoma City Area Inter-Tribal Health Board (OCAITHB), in conjunction with AARP Oklahoma.

Tom Anderson, Interim Executive Director of the Oklahoma City Area-Inter Tribal Health Board and OKTEC Director said the American Indian survey targeted 14 Oklahoma communities and gathered information concerning demographics, challenges and priorities in life, consumer-related issues and monthly expenses and discounts.

“The results of this community survey reaffirm the mission of the Oklahoma City Area Inter-Tribal Health Board to improve the health and quality of life of Native American communities through advocacy and education,” he said. “Working with partners like AARP Oklahoma, we are able to extend our effort to explore ways for improving the quality of life for Native Americans”.

AARP Oklahoma State Director Sean Voskuhl said outreach and education to Native Americans is one of the top priorities of the association in Oklahoma.

“This survey is significant because for the

first time, we now have a snapshot of the beliefs of Native Americans in Oklahoma,” he said. “This validates AARP’s past work on healthcare education, cultural preservation and transportation and gives us a solid roadmap to continue working with the Oklahoma City Area Inter-Tribal Health Board

as well as all 39-federally recognized tribes and nations in the state.”

AARP participated in a breakout session at the public health conference focusing on creating healthy and livable communities by establishing a rural transportation system in eastern Oklahoma.



**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"/> Hardship <input type="checkbox"/> Elders Handyman	<input type="checkbox"/> Elders Lawn Care <input type="checkbox"/> Emergency Appliance <input type="checkbox"/> Vision	<input type="checkbox"/> Dental <input type="checkbox"/> Dentures <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 _____

Sac and Fox Nation
Veterans Organization
Meeting
May 13, 2014
Elders Building Stroud
Always on the 2nd Tuesday of each month
unless otherwise posted

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



SAC AND FOX NATION

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

NAME CHANGE
AND/OR
CHANGE OF ADDRESS FORM

NAME

PRINT CURRENT FULL NAME (First, Middle & Last) _____	ROLL NUMBER _____
SIGNATURE _____	DATE _____

A COPY OF THE LEGAL DOCUMENT CHANGING YOUR NAME AND A COPY OF YOUR NEW SOCIAL SECURITY CARD MUST BE ATTACHED.

PLEASE LIST PREVIOUS NAME (PRINT) _____	DATE OF BIRTH _____
---	---------------------

MAILING ADDRESS

OLD	NEW
ADDRESS	ADDRESS
CITY STATE ZIP	CITY STATE ZIP

STREET ADDRESS (IF DIFFERENT THAN MAILING ADDRESS)

OLD	NEW
STREET ADDRESS	STREET ADDRESS
CITY STATE ZIP	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 _____
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Sac and Fox Nation Housing Authority Expanding Service

The Housing Authority of the Sac and Fox Nation is expanding our service to assist our housing participants in getting rent delinquencies paid, getting in compliance with Housing policies and assist with other concerns.

Two locations are listed for your convenience:

Where: Cushing Chamber of Commerce

When: 1st and 3rd Wednesdays

Time: 9:00 am to 1:00 pm

Second location

Where: Sac and Fox Education Bldg.

When: 2nd and 4th Wednesdays

Time: 9:00 am to 3:00 pm

If you should have any questions feel free to contact:

Erica Masquat,
Tenant Accounts Specialist
@ 1-800-831-7515

A letter submitted by tribal member
Dora S. Young
Information courtesy of
Traditional Values Coalition

Dear Sac and Fox Council Member,

This letter is in regard to the (EMP) Electromagnetic Pulse that IF there is ever an attack by our enemies, foreign or domestic, on America's power grids located at strategic places throughout the country, it can be a disaster to us! Please read and heed the information I recently received from Traditional Values Coalition, along with a EMP Survival Checklist.

WATER Stockpiling both single-serve and gallon bottles of water is important. Also consider buying a "gravity fed" or "drip" filter (that doesn't need water pressure to operate) that can purify rain water or water taken from rivers, streams, and lakes. A few drops of plain chlorine bleach, not scented, can kill dangerous germs in contaminated water.

FOOD Start putting aside canned goods and other non-perishables like pasta and rice. Canned meats, such as tuna and chicken, provide needed protein during an emergency. Don't forget freeze-dried fruits and vegetables (with a shelf life of up to 25 years) that can be reconstituted just by adding water. If you have a baby in the house, be sure to put aside food for her, too! All food must be rotated so it doesn't expire.

GARDEN SUPPLIES This is an integral part of your food supply. While a large garden supplying fruits and vegetables for much of the year is ideal, even those living in small homes or apartments can grow fresh, nutritious food. Sprouting kits are very inexpensive and can produce a year-round supply of healthy sprouts in a variety of flavors. And many herbs with culinary and medicinal properties, like parsley, can easily be grown on a kitchen windowsill.

FIRST AID SUPPLIES, MEDICINES, AND TOILETRIES Be sure to put aside a good store of bandages, hydrogen peroxide, rubbing alcohol, antiseptic cream, and other "first aid" items. And be sure you have a supply of any medications you or your family need (ask your doctor to write a prescription enabling you to do this). Remember to pick up soap, shampoo, hair conditioner, toothpaste, toothbrushes, razors, and other needed items. Don't forget toilet paper! And like food, make sure you rotate your medicine, first aid supplies, and toiletries.

CASH This is probably one of the most overlooked emergency supplies you should have on hand. Following an EMP, banks will be closed and ATMs will not work. Your debit or credit card will be useless in this situation. Try to have at least several hundred dollars in cash available to make purchases.

HEAT If an EMP occurs in the winter in the northern half of the country, you will freeze without some source of heat. Woodstoves, where practical, can be a lifesaver. Another option is a generator big enough to run your heating system, but this requires stockpiling the needed fuel to run it. Make use of passive solar heat by letting the sunshine in through your south facing windows. Never burn wood or other combustibles inside your house without proper ventilation! Heavy blankets, sweaters, and hats all help keep you warm.

Other items to consider are protection/defense (which begins with a quality deadbolt lock on all your doors) and communication (with no phones or Internet, how will you stay in contact with family and friends?).

LIHEAP Funds Available

Liheap funds are available for tribal members (all federally recognized tribes) that live within the jurisdiction and are within the income guidelines. The Tribal Energy guidelines state that Liheap is to be used first if people are eligible and funds are available. There are copies of the Tribal Energy guidelines available at the Sac and Fox Nation Social Services Building and also at Shawnee Housing Center.

918-968-3526 Ext. 2001 & 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.

The Sac and Fox National Public Library Summer Reading Program...

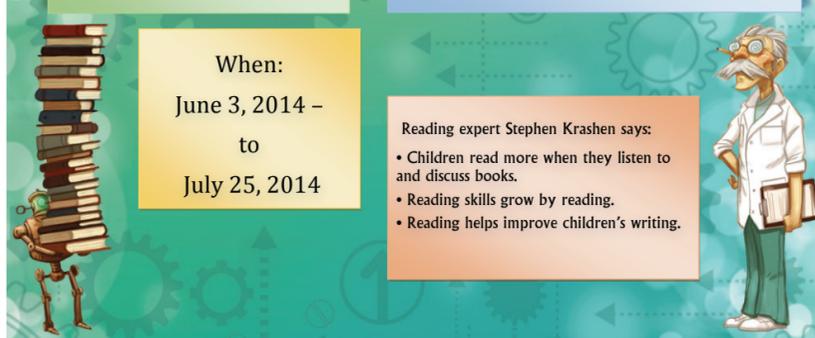
...is a fun way to include reading and related activities during the summer. It helps children maintain and improve reading skills.

One great way to keep your children reading is to have them join the
Fizz, Boom, Read!
Summer Reading Program
At
Sac and Fox National Public Library

When:
June 3, 2014 –
to
July 25, 2014

Reading expert Stephen Krashen says:

- Children read more when they listen to and discuss books.
- Reading skills grow by reading.
- Reading helps improve children's writing.



SHIELD AMERICA FROM A DISASTROUS AND DEADLY EMP

U.S. Rep. James Lankford
228 Cannon House Office Building
Washington, DC 20515-3605

Dear Rep. Lankford:

It's not a matter of IF an electromagnetic pulse (EMP) will destroy part or all of the United States' electrical grid, it's a matter of when! And time is running out!

A thousand hijacked airliners, delivered squarely on target, wouldn't inflict nearly the horrific catastrophe on America as one electromagnetic pulse missile, which would short out circuit boards and cause everything electronic to stop working. In addition to the fact that a solar flare is capable of causing horrendous damage at any moment (and we are in the midst of a major solar storm right now!), our nation's avowed enemies already have the technology and ability to launch an attack that will, in effect, end the United States of America!

Before it's too late; I ask that you support Rep. Franks' "SHIELD Act" - H.R.2417 - which will "harden" our nation's existing infrastructure to protect America's electric grid from an EMP attack. And don't worry about the cost -It's estimated at only \$1 a month to electric customers - a very small price to pay, considering the alternative! I want you to know that I am willing to voluntarily .pay that amount rather than have government raise my taxes.

Think of it: a nuclear warhead detonated 300 miles above our continent would wipe out the entire electric grid - coast to coast- in a matter of seconds! With North Korea possessing nuclear capabilities and Iran on the verge, we can no longer to choose to ignore this threat! And now Russian warships are anchoring in Havana, Cuba-just 90 miles from America's coast!

No food, no water, no TV or radio, no transportation, no medicine, no emergency services, no relief - that's the impact of an EM.P strike. It'd be the end of the United States!

DO NOT stand by and allow terrorists to zap our nation back to the Stone Age with a weapon that inflicts not only mass panic, disorder and disease but ultimately death to nine in 10 Americans.

Not only that, but Washington D.C., New York City, LA and U.S. coastal cities are vulnerable to an EMP device carried aloft by a short-range missile launched by terrorists from the deck of a cargo ship off our coast. Iran already has conducted test launches and soon is expected to be ready to attack.

I urge you to encourage other Members of Congress to sign on as co-sponsors and support the SHIELD Act, H.R. 2417, with the full influence and power of your office! My family, friends and I will be watching to see how you react to this terrorist challenge to America's future.

(Signed) *Dora S. Young* 3/27/14

I am requesting an update on this piece of important legislation from U.S. Congressman James Lankford and as soon as I receive it, I'll certainly share it with you. As you can see I signed a Petition to Congressman Lankford to sign Rep. Franks' Bill as a co-sponsor and support the SHIELD Act - H.R. 2417.!



"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 2014-2015 Princess. We are now 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 24, 2014.

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 10, 2014. Please contact Clarissa Littlehead, Auxiliary Chairperson, at 405-240-0082 or Shawna Spoon at 405-275-2581 for further information.

Sac and Fox Elders Easter Celebration

