



Phone: 918-968-3526 • 920883 S Hwy 99 Bldg A • Stroud, OK 74079 • Vol.36 No. 4 • April 2015

Chief's Address To The Nation



Greetings,
Spring is officially here and inclement weather comes to the forefront of our concerns especially if you live in states that have tornado sightings! We at the tribal complex have a "safe room" located in the Cultural Center; designated areas to go to in the Learning Center, Juvenile Detention Center, and have tornado drills so our employees know what to do if they have to take shelter.

Our tribal police department monitors by internet, cell phones, and are in contact with the Lincoln County Emergency Management to notify staff if there is any potential danger developing resulting from severe weather. We also have a tornado warning siren located on the grounds. Plans are to build within any new structures constructed on site, safety rooms for the protection of employees, guests, and tribal members that may be visiting or conducting business at the tribal complex.

Emergency preparedness training has been discussed and being researched to be able to implement within our tribal government.

I encourage our Sac & Fox Nation Housing Authority to consider the implementation of safe rooms in all new homes to be constructed and to study the possibility of adding to existing properties internally and externally, safety rooms / cellars. Those of you who have had to take shelter during these tornado "warnings" know exactly what I'm referring to and probably have a plan of action to get your families to safety.

There may be a local community shelter such as a school, storm shelter, or similar type structure for you to drive to; but for those tribal members without transportation or unable to drive, something must be done. (1) I have instructed our grants writer / planner to research grant opportunities for monies to address this problem. (2) Revenue Allocation Plan (RAP) monies could possibly be used for the purpose of building cellars, and (3) HUD dollars may be available.

If you have any ideas or suggestions as to helping our tribal membership, please contact a member of the Business Committee or Chief of Staff Rick Quarry. I would appreciate any input from tribal members.

Local

Software Simplified MIP Fund Accounting

The conversion to Software Simplified MIP Fund Accounting, a total software and professional services will soon be undertaken. I reported on this necessary expenditure and change in my earlier article(s). I again emphasize that the vast majority of all Indian nations / tribes are currently using this system. Governing Council's request has not fallen on deaf ears, the request for current accounting of the Nation's funds has been continuously requested and with this conversion the answers will be readily available after the system is up and running with all of any glitches ironed out.

The work will be done in four phases, set to take just over 3 months, which will get us to our new goal of modernization. I am including details on those phases below –

Phase One: Database Set Up, Design/Deployment

This phase includes the initial project meeting and the development of a full business process study. Current financial statements and reports will be analyzed. The design/build of the database includes:

- Initial Project Meeting & Discovery Session
- Implementation Plan Review and Development
- Training & Go-Live Plan Scheduling Development
- Develop, Review & Approve Chart of Accounts
- Import General Ledger Beginning Balances (Note 1)
- Discuss and Create Distribution Codes
- Create and Setup Users for All Modules
- Setup Advanced Security Module
- Setup Bank Reconciliation Module, Develop Importing .def File
- Setup Budget Worksheets, Primary Budget Controls, Workflows, and Import Primary Budgets
- Setup Electronic Requisitions, Purchase Order and Workflow Modules
- Setup Accounts Payable Module and Import Vendors, Bal-

- ances, and Year to Date History
- Setup Encumbrances Process
- Setup AR Reporting & Billing Module and Import Customers and Balances
- Setup Allocation Module and Build up to 3 Allocations
- Setup Fixed Assets and Import Existing Fixed Assets
- Setup Payroll Module and Import Employees and Year to Date History (Note 2)
- Setup HR Module and Import Related Employee Data Beyond Fields in Payroll (Note 3)
- Setup Direct Deposit Module
- Define and Build Financial Statement Formats and Report Group Options
- Create Checks, Purchase Orders, Invoices, and Statements in Forms Designer

Phase Two: Conference Room Pilot

This phase includes a conference room pilot with all users. Users are walked through each transaction type to test/review all setups and validate that the database is setup to perform as desired.

Phase Three: Database Training for Users

Based on the training schedule developed in Phase I, this phase includes training for all users in their assigned applications. The training is comprehensive and designed to meet the needs for users at different levels. Training is performed with your data, not a sample database. It will ensure that all users are fully able to use every feature of the system whenever it is needed.

Phase Four: Ongoing Support

Starting at day one of purchasing the software, the Sac and Fox Nation will receive technical support from the manufacturer. Additionally, as per agreement, Software Simplified will provide post go-live personal support to the users for the first month, and until the first set of financials are prepared.

I want to thank Chief Financial Officer (CFO) Phil Ellis for the recommendation to utilize this software project.

Short Takes

Organizational Charts

The Business Committee revised the Organizational Chart(s) during our Special meeting on March 20 that reflects the many positive changes within our tribal government which will result in better and improved services to our clients – tribal membership.

PACE Group

PACE Group is currently in the last phase of locating potential candidates for the Economic Development Director position. The needs assessment and job description were reviewed by many tribal members, staff, community leaders, and professionals whom in return commented on behalf of our Nation. We are grateful to all the Tribal Members who participated and expressed their opinions on our need. Thank you all for your time.

(Continued on Page 3)



Spring is here: Spring has finally arrived, and although April showers bring May flowers, it also brings the threat of severe weather. Be weather aware these next few months, tornadoes have already hit parts of Moore and caused considerable damage in the Tulsa area the last week of March. (SFNews photo)

The Sac and Fox Nation Historic Preservation Office

by Historic Preservation Officer Sandra Massey

The Office of Historic Preservation began in 1996 as the Repatriation Committee office to implement the Native American Graves Protection and Repatriation Act (NAGPRA), first staffed by committee members until September 1997 when the SFN created the full time position of NAGPRA Coordinator.

With no other department at the tribal complex handling history questions and with all federal and state agencies in and out of state mandated to comply with Section 106 of the National Historic Preservation Act (NHPA), the NAGPRA office became the Historic Preservation Office.

The initial and ongoing goal of the Office of Historic Preservation is to protect our ancestors and their teachings through the implementation of federal laws that protect our graves and historic and sacred sites, which are:

- NAGPRA – The Native American Graves Protection and Repatriation Act signed into law on November 15, 1990 provides for the repatriation and return of Native American human remains, funerary objects, sacred objects, and objects of cultural patrimony from museums and federal agencies to lineal descendants, culturally affiliated tribes, and Native Hawaiian organizations. We have repatriated our people from museums

in Illinois, Missouri, Kansas, Pennsylvania, Iowa, and Massachusetts with reburials in or as close to the original burial site.

NHPA – The National Historic Preservation Act of 1966 states that "the spirit and direction of the Nation are founded upon and reflected in its historic heritage" and "the historical and cultural foundations of the Nation should be preserved as a living part of our community life and development". Through this law, particularly Section 106, tribes must be contacted for commentary prior to any undertaking on our historic properties.

ARPA - The Archaeological Resources Protection Act of 1979 protects archaeological resources on public and Indian lands in recognition that they are "an accessible and irreplaceable part of the Nation's heritage".

AIRFA – The American Indian Religious Freedom Act of 1978 exists "to protect and preserve for American Indians their inherent right of freedom to believe, express, and exercise the traditional religions of the American Indian, Eskimo, Aleut, and Native Hawaiians, including but not limited to access to sites, use and possession of sacred objects, and the freedom to worship through ceremonies and traditional rites."

(Continued on Page 3)

Upcoming Events

April 4

Sac and Fox Nation Eggapalooza
1:00 - 3:30 pm

April 8

Sac and Fox Elders Monthly Meeting
Shawnee

April 9

Sac and Fox Genealogy Workshop
Learning Center
2 pm - 6 pm

April 14

Sac and Fox Nation Veterans Meeting
Cultural Center

April 16

Sac and Fox Nation Womens Auxillary

May 9

Sac and Fox Elders Mothers Day Dance
Community Building

SAC AND FOX NATION 2015 ELECTION

NOTICE OF POSITIONS FOR ELECTION

The Sac and Fox Nation Election Board is declaring and officially posting the following positions that will be open for the 2015 election year.

BUSINESS COMMITTEE POSITIONS

PRINCIPAL CHIEF

SECOND CHIEF

COMMITTEE MEMBER

GRIEVANCE COMMITTEE

GRIEVANCE COMMITTEE #3

Georgia Blanchard, Chairman
Sac and Fox Nation Election Board

Date

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.

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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 May issue is Monday, April 20, 2015 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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Assn - Since 1988

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Visit us on the web @

sacandfoxnation.com

click news

Obituaries

Dale Dominic Roubidoux

Dale Dominic Roubidoux, 9 year old, long time Shawnee, Oklahoma resident passed from this life Sunday, March 8, 2015 at Pioneer Nursing Home in Seminole, Oklahoma. He was born May 30, 1965 in Dalhart, Texas to parents, Joseph Mason Roubidoux and Lillian Barbara (McIntosh) Roubidoux.

Dale was a member of the Sac & Fox Nation of Oklahoma, and also of the San Carlos Apache Tribe.

Dale graduated from Arizona's, "Phoenix Indian High School" in 1984. He was baptized at St. John's Catholic Church in Komatke, Arizona and is a current member of St. Benedict Catholic Church in Shawnee.

Dale had worked in construction most of his life and had also worked as a grounds keeper at St. Gregory's University in Shawnee.

Survivors include his mother Lillian Barbara (McIntosh) Roubidoux of Shawnee, Oklahoma; six brothers, Jonas Roubidoux of San Carlos, Arizona, Doyle Roubidoux of Shawnee, Oklahoma, Noel Roubidoux of Albuquerque, New Mexico, Joel Roubidoux of Shawnee, Oklahoma, Barney Bigman of Goodyear, Arizona, Rick Hoffman of Washington State; one sister, Margaret (Roubidoux) Bailey of Shawnee, Oklahoma; and a host of other family and dear friends.

Dale was preceded in death by his father, Joseph Mason Roubidoux; two brothers, Paul Roubidoux and Neal Roubidoux.

Funeral services were Friday, March 13, 2015 at the Sac & Fox Nation Chapel in Stroud with Jonas C. Roubidoux officiating the service. Dale was of the Bear Clan. A Traditional Native American Ceremony followed at the Sac & Fox Nation Cemetery, Darrell McElvany conducted the burial rites.

Pallbearers were: Jonas Roubidoux, John Stoneroad, Chris Stoneroad, Anthony Roubidoux, Zachary Ibarra and Robert Roubidoux.

Honorary Pallbearers were: Joel Roubidoux, Darrell McElvany and Richard Hoffman. Services were under the direction of Swearingen Funeral Home in Seminole, Oklahoma.



Dale Dominic Roubidoux

Thank You

The family and friends gratefully acknowledges every expression of love and support shown to them throughout Dales' life and after his passing.
Thank you from the Roubidoux family.

Alberta "Peaches" Staley

Alberta "Peaches" Staley, was born October 14 1928 in Cushing, Oklahoma and passed away February 12, 2015 in Kiefer Oklahoma.

Peaches went to school at Oak Grove and graduated Haskell in 1947. She was a barber and a waitress. She loved playing bingo and dressing up for Halloween, usually winning 1st or 2nd place.

She was a member of the Sac and Fox Tribe. Preceding her in death were: Parents John and Angeline Crane, sisters: Geraldine Adams, Jacquelyn Wolverton, brother Johnnie Crane, son "Dover" Staley.

She is survived by sister; Mary Hammett, daughter Brenda Floyd and husband Danny, grandsons; Toney Floyd, nieces Tommie Ford, Robin Brown, Gina Hughes. Extended family; Cathey Dickey, Toni McEntire and David and Chris McEntire. Cousin, Sandra Patton and "special granddaughter" Andrea Patton Kadish.



Alberta "Peaches" Staley

Last Wave

I know you love me, but I've gone where rose petals are my pillow. I know you cared for me as I got weak; I've gone where I can run again. I know you hoped my pain would ease, so I've gone where I can smile again. As I wave goodbye for the last time... I leave you with my words of encouragement... My memories. I leave with you my dreams, my warmth. Smile with me... As I go home to rest.
Dawn Macgregor-Bromfield

Wilson Conklin "WC" Harjo

Wilson Conklin "WC" Harjo was born on June 6, 1967, in Pawnee, and departed this life on Saturday, March 14, 2015, in Oklahoma City, Oklahoma, at the age of 47.

WC, the son of Vincent and Joyce (Ellis) Harjo, was a resident of Shawnee. WC's, grandparents; parents; one brother, Christopher; one sister, Mikka; and one grandson, Xavier, and adopted mother, Verlayne Wilson preceded him in death.

Survivors include: two sons, Isaac Harjo of Meeker and Elijah Harjo of Prague; three daughters, Diana May Larson of Shawnee, Rosanne Harjo of Shawnee, and Alexis Harjo of Prague; three brothers, Vincent Harjo II of Seminole, Virgil Harjo, and Chuck Spoon of Shawnee; three sisters, Jeri Lynn Harjo of Shawnee, Shawna Spoon of Shawnee, and Casey Wilson of Shawnee; adopted mothers, Gloria Ellis and Peggy Ellis; many other family and friends.

Funeral services were held Wednesday, March 18, 2015, at 9:00 AM at the Sac and Fox Cemetery in Stroud with Sam Spang officiating.



Wilson Conklin "WC" Harjo

Summer Dey Gokey

Summer Dey Gokey, 30 year old Seminole resident passed from this life on Friday, March 20, 2015 in Seminole, Oklahoma. She was born June 25, 1984 in Claremore, Oklahoma to parents, Darrell Martin Gokey and Carolyn Dee (Wood) Gokey.

Summer worked at the Best Western Hotel in Seminole as a housekeeper. She was also a member of Spring Baptist Church in Sasakwa, Oklahoma.

Survivors include her mother, Carolyn Yarbrough of Seminole, Oklahoma; one daughter, Naciaiah Armaru Gokey of Seminole, Oklahoma; five brothers, Darrell M. Gokey, Jr. of Shawnee, Oklahoma, Aries Gokey of Seminole, Oklahoma; Damion Gokey of Seminole, Oklahoma, Delrey Gokey of Pryor, Oklahoma, Tyrone Gokey of Oklahoma City, Oklahoma; seven sisters, Latosha Gokey of Dallas, Texas, Cassandra Knox of Shawnee, Oklahoma, Dariel Gokey of Shawnee, Oklahoma, Dina Harjo of Shawnee, Oklahoma, Rosetta Garcia of Chandler, Oklahoma, Deanna Gokey of Edmond, Oklahoma, Rose Cervontes of Florida; grandfather, Matthew Wood of Seminole, Oklahoma; and a host of other family and dear friends. Summer was preceded in death by her father, Darrell M. Gokey Sr.

A wake service was held Tuesday evening at 6:00 p.m., March 24 2015 at Swearingen Funeral Home Chapel in Seminole.

Funeral Services were Wednesday, March 25, 2015 at the Sac & Fox Community Center in Stroud, Oklahoma. Rev. Kevin Fox and Rev. Ed George officiated the service. Interment followed at the Sac & Fox Nation Cemetery in Stroud. Services were under the direction of Swearingen Funeral Home in Seminole, Oklahoma.



Summer Dey Gokey



Officer Quinton Lane a Lieutenant with the Sac and Fox Nation Police Department recently taught an Active Shooters Awareness Class for employees of the Sac and Fox Nation. (SFNewsphoto)

Chief's Address To The Nation From Page 1

- The Black Hawk Health Center (BHHC) is fully staffed with professionals which hasn't been the case for a long time but has now become a reality.
- The announcement of a "community" meeting for you to discuss your ideas and suggestions for your new health facility will be announced very soon!
- On behalf of our Nation, I have submitted written testimony to the House Appropriations Subcommittee on Interior, Environment, and Related Agencies on the FY 2016 Budgets for the Bureau of Indian Affairs and the Indian Health Service. This testimony is dedicated to advocating both our need for funds and the advancements we have made as a Nation in the past year – including our move towards the enhanced jurisdiction of the Sac and Fox Nation Tribal Court for domestic violence issues. Currently only 3 other tribes have made the move toward enforcing this jurisdiction and I am proud to say that we are on the forefront of a major change for Tribal Nations.
- While on a recent business trip to Washington DC, I hand delivered a letter to Robert G. McSwain, Acting Director Office of Tribal Self-Governance Indian Health Service giving notice of the intent to build a new clinic using our third party billing carryover funds and IHS

Compact carryover funds.
I express my appreciation for the opportunity to represent our Nation as Chief and am very excited for our future as key positions are being filled as a team effort is being developed to lead us forward. We have many new employees and with them have come some new and innovative ideas to "streamline" the workload. Combining these new concepts with our dedicated employees who have been with us for years will only benefit our tribal people manifold as we advance together.



Thank you and God Bless.
Sincerely,
George Thurman, Principal Chief

Coltyn Ingham Signs for Haskell College

Coltyn Ingham and LJ (Larry Joubert Jr.) met in the first grade and became best friends, a friendship that's lasted all through their school years. They started out playing peewee football with Millwood Schools. Coltyn's uncle sent him to OU football camp for 3 years.

Recently on National Signing day, both young men signed to fulfill their dream to play football.

LJ's dad, Coach Larry Joubert Sr., is one of the coaches at Douglass High School and took Coltyn to High School everyday for four years. Colton's desire is to be part of a winning team. Coach Larry Joubert Sr. is one of the coaches

at Douglass that helped mold Coltyn into the fine young man he is becoming today.

Coltyn, a defensive tackle, signed with Haskell Indian Nations University in Lawerance, Kansas and best friend LJ Joubert Jr., offensive lineman, signed with Northeastern Oklahoma A&M.

Colton's grandmother is proud of her grandson. She called the whole team her boys. She couldn't wait for game time every week to see her boys play.

Colton's proud parents are Freddie Ingham and Donna Drevuecky Ingham, Oklahoma City. Grandmother is Karen Jones Ingham; Great grandmother was the late Irene Harris Jones. The Ingham family would like to give a special thank you to Cedric Sunray, one of Colton's teachers at Douglass High School.



Best Friends: (L-R) LJ (Larry Joubert Jr.) and Coltyn Ingham. (photo submitted by Karen Ingham)



Fulfilling his Dream: Coltyn Ingham in the locker room revving up for a game! (photo submitted by Karen Ingham)

Sac and Fox Nation Historic Preservation Office

From Page 1 by Historic Preservation Officer Sandra Massey

The Office of Historic Preservation also does outreach. This office aided in the creation of museum exhibits about Sac and Fox history, participated in lectures, workshop panels, and site examinations, made contributions to publications, all to teach of our history and to maintain accuracy. We are still a living people who kept our tribal traditions, practices, and language.

The Sac and Fox Nation as a people no longer lives in our historic homelands but we have an historic presence there.



An ongoing goal is to correct misinformation and to present the accurate account of events. We want any image or story pertaining to us to have the facts.

Sac and Fox Enrollment Department
is trying to locate the following Tribal Members:

Victor James Barnes DOB: 1902	Bridgette Jean-Marie (Harkins) DOB: 7/27/1980
Clyde Benjamin Davis DOB: 12/06/1933	Arthur H. LaBelle DOB: 1917
Anthony Myron Mack DOB: 12/25/1940	Glen Kenneth Morton DOB: 1927
Donald L. Tyner DOB: 12/08/1938	

If you have any information on them, please inform the Enrollment Department at 1-800-259-3970, extension 1040 or 1041. If they have passed away, send us a Copy, of their Death Certificate or Obituary.

ATTENTION ALL SAC AND FOX VETERANS AND ACTIVE MILITARY MEN AND WOMEN!

The Sac & Fox Veterans Women's Auxiliary is in the planning stages of creating a yearly calendar honoring all of our tribal Veterans, and the men and women currently serving in the military. We are requesting photographs of your veteran(s) along with any commendations they received (i.e., Silver Star, Distinguished Service Cross, Medal of Honor Wounded in Action, Bronze Star with V(Valor) etc.). We are asking that you also provide the date of birth for each so that it may be denoted on the calendar. We would greatly appreciate your assistance in our endeavor. All correspondence may be sent to the following address: Sac and Fox Nation, ATTN: Sac & Fox Veterans Women's Auxiliary, 920883 S. Hwy 99, Building A, Stroud, OK 74079.

Sac and Fox Nation

Happy Easter

EASTER EGGAPALOOZA

Saturday, April 4, 2015

1:00 PM – 3:30 PM

Sac and Fox Nation Community Building

Sac and Fox Nation not responsible for thefts or accidents

DECORATION DAY

Memorial Day Pow-wow

Raffle • 50/50 Pots • Blanket, Raffle • Gas Card • And Other!

Pow-wow Grounds Arena

Dance & Activities

Saturday May 23, 2015 Stroud, Oklahoma

Sponsored by the Sac and Fox Nation Veterans Organization & the Sac and Fox Nation Veterans Auxiliary

10 a.m. Reading of Names of Deceased Tribal Vets at the Sac and Fox Cemetery

Head Staff

Head Singer	Mike Plumley
Head Gourd Dancer	Michael Tsotaddle Army
Head Lady Dancer	Ursula Hill
Head Man Dancer	Cecil Wahpekeche
M.C.	J.R. Patt Pawnee
A.D.	Russell Saunders
Water Boys	Anthoni Calderon & L.J. McKissick

2 p.m. Gourd Dance
5 p.m. - 6 p.m. Dinner

6 p.m. Crowning of our 2015 - 2016 Sac & Fox Veterans Princess

(Community Building)

6 p.m. - 7 p.m. Gourd Dance
7 p.m. Grand Entry

Dinner - Sac & Fox Auxiliary Organization
Concession - Sac & Fox Elders

SAUK LANGUAGE DEPARTMENT PHILOSOPHY

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

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



Talk Sauk.
**SAUK LANGUAGE
DEPARTMENT**

Sauk Language Classes

Mondays and Thursdays

- Starting Feb. 16, 2015 Sauk Tutoring session will be available at the Learning Center 7pm-9pm
- Starting Feb. 19, 2015 Community Classes at the Learning Center 7pm-9pm

* classes will be taught by Mosiah Bluecloud

April 2015 Word List

Kewâwiyâmene

Thank you

Apenôhêha

Baby

Nôhkometha

My Grandma

Nenâpême!

Husband!

Nekya

My mother

Wachâhota

Chef

Ketepânene

I love you very much

Petheshêwa

Listen

Ketêpihi

I'm grateful to you

Mahkwâtapino!

Calm down!

Ketotamihi

You're bothering me

Nekâhtothi!

Sorry!

Native American Quotes

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

Sonia Kinequon, Cree

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

Anthony Aristar

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

Dakota Littlecrow, Salish

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

Muriel Scott, Hopi

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

April 2015 Word Scramble

Keeiweânwymâ _____

phôêenhaA _____

ôoNethakmh _____

!peeâemNn _____

yeNak _____

aoachWthâ _____

enpeKeentâ _____

hwPeseaêth _____

iêthKipe _____

kâhanp!oiatMw _____

eKtoiahimt _____

ktthiâ!hNoe _____

Sauk Language Happenings and News



APRIL

TAKWANÎHA-SNOW CRUST MOON



Follow us on Facebook for new
videos, events and contests!

SAUK HIGH SCHOOL STUDENTS

Good Friday!

Stroud Public Schools -No School 3/3/15

SAUK HIGH SCHOOL STUDENTS

Make sure you got your Sauk Language App!!!

The new **Sauk Language App** for all mobile devices is now available for downloading. Go to **GooglePlay** or **iTunes** and download your **FREE Sauk Language App** today.

And....

The 2014 Sac and Fox National Pow-wow Traditional DVDs are ready. Due to budget cuts, we have a limited number on hand at the Department, but will take requests for one copy per person when those are gone. Call or come by the Language Department to get your copy today. Sorry, we can only give out one per person.

SAUK COMMUNITY CLASSES AND SAUK TUTORING ARE CANCELLED DUE TO LACK OF PARTICIPATES

April 2015 Word Match

Nekâhtothi

Thank you

Ketotamihi

I'm grateful to you

Mahkwâtapino

My Grandma

Ketêpihi

My mother

Petheshêwa

I love you very much

Ketepânene

Sorry

Nekya

Chef

Nenâpême

You're bothering me

Nôhkometha

Baby

Apenôhêha

Husband

Kewâwiyâmene

Calm down

Wachâhota

Listen

All-Gourd Dance 2015



April 2015 Wordsearch

m	k	!	a	h	ê	h	ô	n	e	p	a	k
a	n	e	k	n	n	!	p	k	n	n	ê	e
i	n	m	e	i	h	i	p	ê	t	e	k	t
ô	ô	ê	w	a	c	h	â	h	o	t	a	o
e	h	p	â	i	e	t	e	s	ê	e	a	t
m	k	â	w	c	e	o	a	t	e	y	k	a
!	o	n	i	p	a	t	â	w	k	h	a	m
n	m	e	y	n	a	h	p	e	a	o	!	i
h	e	n	â	!	e	â	n	i	ê	k	h	h
y	t	h	m	e	s	k	h	o	ê	n	i	i
n	h	p	e	t	h	e	s	h	ê	w	a	t
k	a	!	n	a	e	n	h	e	c	a	i	h
k	e	t	e	p	â	n	e	n	e	k	n	t

Nation Hires Grants Writer/Planner and Re-Entry Program Manager



Keith Pike
Grants writer/Planner

Keith Pike has a Bachelor of Arts in Liberal Studies from Evergreen State College, Olympia, WA and a Graduate School degree in Community Psychology from Sonoma State University, Rohnert Park, CA.

He has over twenty years' planning and development work with Tribal Governments.

From September 2000 to the Present Pike was: Executive Management; Strategic Planning and Consulting tribes in California, Washington, Oregon, Nevada, and Alaska. In 1984 to 1995, he served as Tribal Chairperson and Tribal Administrator for the Guidville Rancheria, Ukiah, CA.



Monica Yellow Bird
Re-Entry Program Manager

My name is Monica Yellow Bird from Minneapolis, Minnesota. I am of the Lakota and Arikara nations, and enrolled at the Three Affiliated Tribes of North Dakota.

I have my Bachelors of Science in Business Administration with an emphasis in Business Management, and Accounting from Haskell Indian Nations University in 2012. I am currently finishing my graduate program at Baker University in the Masters of Business Administration with an emphasis in Finance.

I am also in the process of obtaining my Certified Public Accountant certification through the state of Minnesota. Once obtaining both the MBA and CPA I plan on attending a PhD program in Business Administration with a major in Management or Finance within the next 5 years.

I enjoy reading, sports, and I coach and train professional/amateur fighters in Boxing, Kickboxing, Tae Kwon Do and MMA.

Sac and Fox Elders
Monthly Meeting
April 8
2015
Shawnee
10:00 am

"PRINCESS DANCE CONTEST" "PAST AND PRESENT"

The Sac & Fox Veterans Organization and Honor Guard cordially invite all past and present princesses, regardless of age, to enter the dance contest specifically dedicated to the Royalty of the Pow-Wow arena and Tribal entities throughout. The contest will be held in conjunction with the 2015 Sac & Fox Veteran's Memorial Day Pow-Wow May 23, 2015 at the Sac & Fox Jim Thorpe Memorial Park located 5 1/2 miles south of Stroud OK. Come and enjoy good fellowship, food and dancing. Princesses, please come with your banners. Cash prizes to winners.

Sponsored by the Sac & Fox Elders

Mother's Day Dance

Saturday

May 9, 2015

Sac & Fox Comm. Bldg.-5.5 miles south of Stroud

We will be honoring tribal elder and elders advocate Mary F. McCormick, SFN Secretary

Head Staff

Master of Ceremonies	Francis Grant
Head Singer	Gene Logan
Head Gourd Dancer	Mike Tsotaddle
Head Man Dancer	Robert Lincoln
Head Lady Dancer	Tina Morris
Arena Directors	Wilson Harjo, Steve Ellis & Tristan McKissick

2:00pm-5:00pm	Gourd Dance
5:00pm-6:00pm	Supper
6:00pm-7:00pm	Gourd Dance
7:00pm- ?	Inter-tribal Dancing

BIG TICKET RAFFLE – 20+ Items
Raffles+Cake Walk+50/50+More!

Vendors welcome. For questions or information, contact:
Stella Wilson, EAC Chairperson at 405-412-8359.

To Wilson Harjo

Well, we laid to rest a great man yesterday. Honestly I didn't know him very well, but from all the people I seen yesterday he must have touched their life in some way. He was with my mother, Janice Meeks, and I'm a momma's boy so at first I was being the difficult son that I'm supposed to be when someone new dates your mother, but as time went by I saw how great he was for my mom. She was actually happy and that's all I wanted to see in my mom's heart is happiness. My niece and nephew were also around him and my niece just loved him. Made my heart hurt to see them hurt losing Wilson. When I saw my mom break down and cry yesterday, I'm not gonna lie, I shed a couple tears. Mom, Janice Meeks, he may not be here physically but he'll always be here spiritually. I'm always here for you. It's been you & me since day one. Wilson Harjo, I thank you for coming into my mother's life and being a blessing to my Mom and niece. Wish I had taken the time to get know you better, but I wish you safe journeys on the red road.

Ben Meeks



INTEREST TO SERVE ON COMMITTEES, COMMISSIONS, AND BOARDS

The Sac and Fox Nation's Business Committee will be appointing people to fill vacancies, as they occur, on various Committees, Commissions, and Boards. 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 and a resume 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 Genealogy Workshop

Hosted by the Sac and Fox National Public Library
and the Sauk Language Department

Learning Center
April 9, 2015
2 pm - 6 pm

Please Join Us!

Services Provided Include:

- Opportunity to purchase proofs of photographs from archives
- Research your family and lineage
- Free family vocabulary list, CD, and Sauk family tree template available
- Library and Language staff will be available to assist in family research
- Please bring any family information you may have

There will be 3 genealogy workshops for the 2015 year:
April 9, May (TBA) and Monday July 6
For any questions, please contact Cathrine Walker at 918-968-3526 ext. 2022

GOLDEN Egg Hunt



CRACK OPEN THE PRIZES
APRIL 5 • 10AM-8PM*

Earn 30 points to pick one of 250 Easter eggs filled with cash and prizes. Pick the Grand Prize egg to win an amazing **\$1,000!** Every egg's a winner, so earn as many as you can until we run out. What are you waiting for?

Hop to it!



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.

Office of Environmental Services



Secrets Hidden Deep

By: Dale Miller-Water Quality Specialist Office of Environmental Services

What do we want to find in our waterways?

Many wonderful things can be found in our rivers, lakes, and ponds. Different species of fish from miniscule minnows to fabulous paddlefish. The ever present turtles, from behemoths like alligator snappers, to the tiny red sliders. Singing frogs that serenade the night, or booming bullfrogs that plunk around in the dark. All these and many more are what we want in our healthy waterways.

What else can we find in our lakes, rivers, and ponds?

How about trash ranging from pop bottles, to tires, and even whole cars. There may be a lot of things in the water and or under it that are hidden from sight, but effect all who use these waterways. We should also think about the future users of our waterways, our children's children... We are very lucky to have so many opportunities and varieties of waterways to enjoy.

Where does this trash in our waterways come from?

Many times its friends, family, and yes even us that is responsible for the trash in our environment. Empty bottles, left over disposable plates, wrappers from food, and much more are lost or left improperly disposed of at many waterway areas. How many of us have seen a lonely can or bottle floating down a river, in a pond, or across a lake? There is a lot more waste that cannot be seen that sank or dissolved

into the waterway.

Then, there are the intentional dumping of refuse, junk, and waste of all types. These so called "Midnight dumping" sites can affect the water system greatly. These conscious choices are done more for convenience of the illegal dump site, or the inconvenience or lack of the proper dump sites. Excuses like they couldn't get to a proper site due to the site being closed after 5pm, it's too far away, or the site is not open on weekends. These reasons and many more are used to justify possibly contaminating, and or ruining a waterway for generations to come. If you see illegal dumping on Sac and Fox Nation lands you can contact the Sac and Fox Nation Police Department to report the issue.

What can you do to care for your waterways?

Start by always properly cleaning up after your trips to the waterways. Fishing trips generate waste just like a lake-side birthday party and must be properly cleaned up. Place a roll of trash bags into your vehicle to make cleanup much easier. Think ahead and plan for disposal of items you brought with you, like the water bottles, candy, snacks, etc... to the waterway. Last, but not least, pick up any trash you can even if you didn't bring it. Many of the items could even be recycled. That trash you picked up might save the waterway for the next generation. We all want to enjoy how beautiful nature can be.



Indian Child Welfare Department

Located at
Shawnee Multi Purpose Building
 215 North Harrison Ave
 405-275-1262

SAC AND FOX TAX COMMISSION REVENUE

January 2014

Beer and Liquor	\$162.81
State Tobacco Rebate	\$208,341.23
Motor Vehicle.	\$2,691.00
Sales Tax.	\$14,906.81
Treasury.	\$180.00
Oil & Gas.	\$742.14
Gaming	\$124,771.98
TOTAL	\$351,800.97

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 FOURTH (4th) THURSDAYS DECEMBER ONLY. WE WILL BE ABLE TO BETTER SERVE TRIBAL MEMBERS LIVING IN THE SHAWNEE AREA WITH MOTOR VEHICLE REGISTRATION AND ANY OTHER SERVICE THAT WE CAN ASSIST YOU WITH.



**SAC AND FOX NATION
RAP ASSISTANCE APPLICATION**

FAX: 918-968-4207
 PH: 918-968-3526
 EXT: 2000 & 2001
 RAP APP
 Form#2011-01

NAME _____ PHONE # (_____) _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

BIRTHDATE ____/____/____ SOCIAL SECURITY # xxx-xxx-(____) SFN ROLL # _____

Sac and Fox Nation tribal membership will be verified by the Sac and Fox Nation RAP Department

Please List Statement of Need: _____

Please Provide the Following:

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

Type of Assistance Requested (Please Check All That Apply)		
<input type="checkbox"/> Tribal Energy	<input type="checkbox"/> Elders Lawn Care	<input type="checkbox"/> Dental
<input type="checkbox"/> Hardship	<input type="checkbox"/> Emergency Appliance	<input type="checkbox"/> Dentures
	<input type="checkbox"/> Vision	<input type="checkbox"/> Orthodontic
		<input type="checkbox"/> Hearing Aid

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 _____	

Approved by BC October 2014

Indoor Air Quality

by: Phillip Mee-Air Quality Specialist

Introduction

The Indoor Air Quality (IAQ) Grant Project, is a new grant project that is funded by the EPA: CAA section 103. I came on board as the Air Quality Specialist on March 3, 2015 working for the Sac and Fox Nation's Office of Environmental Services. I graduated from Saint Gregory's University with a Bachelor of Science in Nature Science, in 2012. I am new to this field and project and will do a lot of training on IAQ. I hope for the project to have lots of success for years to come, which we have submitted a proposal to hopefully secure another year of service.

What the Project is about

The Indoor Air Quality Project is used to help identify concerns and problems that are related to the quality of the air in buildings that are occupied, and to provide building owners and homeowners information on ways that they can prevent or remediate problems with indoor air quality (IAQ).

Some common IAQ issues are, molds, pollen, dander from pet fur and second-hand smoke. Ways to improve these issues are to. Fix water leaks and ventilate areas that hold moisture to help keep mold away. If you see mold, it can be

cleaned with no more than one cup of bleach mixed with a gallon of water. Never mix bleach with ammonia. Open windows or run air conditioning or ventilation systems to bring in fresh air. Clean to get rid of dust and pet fur. Do not smoke indoors or in other areas with poor ventilation.

Project Goals

The goals are to be able to inspect tribal buildings and tribal member's homes for indoor air quality (IAQ) issues. To educate the Nation's employees and tribal members on the related health effects from the different types of indoor air pollutants and how it can be prevented or remediated. Provide building owners and homeowners with the basic information on what can affect the quality of air that circulates around them and to make healthier home and work practices.

If anybody has concerns about their indoor air quality, please feel free to contact me at the Office of Environmental Services at, 918-968-006, to set up an appointment for me to come out and help assess the issue. For more information on Indoor Air Quality, here are a few websites to visit as well. www.epa.gov/iaq/science/index.html and www.cdc.gov/nceh/airpollution/airquality/default.htm

Steve Johnston New PA at BHHC



Steve Johnston, Physician Assistant

A little about me. Ever since I was a child I have always had a strong desire to help others. As a Physician Assistant (PA) I am provided with almost daily opportunities to help a variety of individuals in a way that they may not otherwise be able to...and I wouldn't have it any other way!

In the spring of 2012 I start my clinical practice as a PA in a field of medicine that often addresses a very uncomfortable topic-POOP! Yes, I worked in a gastroenterology clinic and often times had to break the ice with my patients and tell them that it was okay to talk about their bowel movements because, hey, I get paid to talk about it! Now that we've got that out of the way, I want to share some tips and tricks about two common ailments that many suffer from but are often ignored due to their waxing and waning behaviors in the human gut-constipation and diarrhea.

CONSTIPATION

What is it?

The Centers for Disease Control (CDC) has defined constipation as passage of small amounts of hard, dry bowel movements, usually fewer than three times a week. Persons who are constipated may find it difficult and painful to have a bowel movement. Other symptoms of constipation include feeling bloated, uncomfortable, and sluggish.

What causes it?

Constipation can be caused by many things and often is associated with things such as lack of physical activity, low fiber diet, low water consumption, prescription and over the counter medications. Sometimes constipation can be caused by life threatening conditions such as colon cancer.

Who has it?

It is estimated that between 3 and 25 million (www.ncbi.nlm.nih.gov) Americans suffer from constipation most days of the week. The most commonly affected individuals are children, women, and individuals over the age of 65. Also, a special group of affected individuals are pregnant women. However, men are still commonly affected by this ailment.

How is it treated?

There are several approaches to treating constipation, depending on the severity and duration of the patient's symptoms. Most treatments involve increasing dietary fiber in the form of whole grains, fruits, and vegetables. Also, increasing water intake and physical activity can be extremely beneficial. If constipation remains an issue after initiating a high fiber diet, then over the counter (OTC) stool softeners, laxative, or psyllium fiber can be used.

Why should I treat it?

Not treating constipation can lead to minor problems such as bloating, painful bowel movements, hemorrhoids, etc. However, the minor problems can lead to major problems and complications such as severe abdominal pain, bowel obstruction, toxic megacolon, etc.

DIARRHEA

What is it?

Diarrhea is defined as an abnormal looseness of stool, changes in stool frequency, consistency, urgency, and continence. Diarrhea can be separated into two separate subcategories: Acute diarrhea and chronic diarrhea. According to the American College of Gastroenterology acute diarrhea is defined as diarrhea that lasts less than 2 weeks. Chronic diarrhea is defined as diarrhea lasting longer than 2 weeks.

What causes it?

Acute diarrhea is usually caused by a virus and is called viral gastroenteritis. Antibiotics and medications containing magnesium are also common culprits. Artificial sweeteners that are poorly absorbable in the gut, if eaten in high quantities can cause acute diarrhea. They are found in diabetic foods, gums, mints, coffee, tea, or diet sodas.

Most episodes of acute diarrhea resolve quickly and without the need for antibiotics. However, some episodes of acute diarrhea may be related to bacterial infections and may need antibiotic therapy. Causes of acute bacterial diarrhea can be from organisms such as Campylobacter, Shigella, or Salmonella. Foreign travel or eating contaminated fruit or ground beef can also lead to exposure to acute diarrhea from bacteria.

Chronic diarrhea as mentioned above, is diarrhea lasting longer than 2 weeks. A common, and potentially life threatening type of bacterial diarrhea is called Clostridium difficile or C.diff. Common causes of C.diff are recent or recurrent antibiotic treatments, usually for other medical conditions or illnesses, and exposure to healthcare settings such as nursing homes or hospitals. It is spread through touching unclean surfaces (i.e. bathrooms, etc) dirty hands, and exposure from an individual with an active C. diff infection. Individuals over the age of 65 are at greatest risk of death from C. diff.

Chronic bloody diarrhea is most likely due to an Inflammatory Bowel Disease (IBD), which includes Ulcerative Colitis and Crohn's disease. Other less common causes include gut ischemia, radiation therapy, colon cancer, or polyps. Non-bloody chronic diarrhea can be due to things such as medications, celiac disease, or Irritable Bowel Syndrome (IBS).

Who has it?

Those who are susceptible to acute diarrhea from either a bacteria or virus are often people with a weakened immune system, such as infants, chronically ill individuals with HIV, and those over the age of 65. Individuals with chronic diarrhea may be at higher risk due to exposure from job hazards in the healthcare field, or if they have a family history of a particular condition associated with diarrhea.

How is it treated?

Acute viral gastroenteritis is treated with hydration, over the counter anti-diarrheals, and as mentioned, a little bit of time. Acute or chronic bacterial diarrhea typically needs antibiotics and a close follow-up with a healthcare provider. Chronic conditions such as IBD, Celiac Disease, and IBS are usually referred to the care of a Gastroenterologist. Colon cancer and polyps should also be evaluated by a gastroenterologist with a colonoscopy.

Why should I treat it?

Some of the conditions noted above can be life threatening and therefore require evaluation from a healthcare provider.

As previously mentioned, constipation and diarrhea can be easily treated with something as simple as a diet adjustment or over-the-counter remedies; however, sometimes many individuals need some added guidance in treating their condition and would benefit from evaluation from their healthcare provider.



New Employees at BHHC: (L-R) Sena Yesslith, Health Information Clerk; Francena Little, LPN; Vicki Wilson, Health information Management Coder; Jessica Buchanan, Patient Benefits Coordinator and Mae Jordan, Reception Clerk. (SFNews photo)

Dangers of "Fad Diets" *By Elizabeth Burgess MS, RD/LD*



Elizabeth Burgess MS RD/LD

With summer just around the corner, many of us are looking to get slim. We may turn to the internet, television, or books that offer a quick fix. Before you jump in to a weight loss diet, consider what you are doing to your body.

Diets that recommend a strict calorie restriction should be discussed with a dietitian to ensure your body continues to receive proper nutrition. Cutting back extremely on calories can leave your body feeling weak instead of healthy and will actually lower your metabolism and lead to weight gain.

Focusing on one nutrient like carbohydrates or protein can also be dangerous. Our body needs protein, fat, and carbohydrates to power our everyday activities like reading, talking, and walking. When we cut out one nutrient we are depriving our bodies of

"fuel." Naturally our body will try and make up for this lack of nutrient.

In the case of carbohydrates, not eating these can lead to the formation of ketones causing ketosis. Symptoms include headaches, mental fatigue, nausea, and weakness. Just as cutting out a nutrient can be harmful, eating too much of one nutrient has the same effect.

For instance, many people believe very high protein diets are the key to weight loss. Their meals consist solely of meat, dairy, or beans. Depending on the type of meat and dairy you are eating, your risk of cardiovascular disease may increase. Your kidneys will also be forced to work harder to get rid of the waste produced from metabolizing protein. Over time this can lead to kidney damage or even failure.

Many people choose to avoid dieting altogether and go for weight loss supplements that are available over the counter. Make sure you discuss starting any weight loss supplement with your doctor. Many products available today are not FDA approved and can have more negative side effects than positives. As an example, products that claim to block fat metabolism can cause severe diarrhea or diverticulitis when eaten with high caloric and fat meals.

It is important to remember that there is no "quick fix" for weight loss. Lifetime weight management requires attention to diet and a commitment to staying active.

April Cooking Class

Featuring: Stuffed Bell Peppers



Come learn how to make this easy, colorful dish that is sure to become a dinner time favorite!

Monday, April 27th at 12:00pm
Tuesday, April 28th at 11:00am

Location: Sac and Fox Learning Center

SAC & FOX NATION		April 2015				
Black Hawk Health Center Activities		Monday	Tuesday	Wednesday	Thursday	Friday
				1 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	2 Exercise Room open 8AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Upper Body Focus	3 Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training
6 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core training	7 Exercise Room open 8-4:30 Anthony in Shawnee	8 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	9 Exercise Room open 8AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Upper Body Focus	10 Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training		
13 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core training	14 Exercise Room open 8-4:30 Anthony in Shawnee	15 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	16 Exercise Room open 8AM-12PM, 4:30-6PM Closed 12-4:30 for In service training 5 PM Upper Body Focus	17 Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training		
20 Exercise Room open 7AM-4:30PM	21 Exercise Room open 8-4:30 Anthony in Shawnee	22 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	23 Exercise Room open 8AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Upper Body Focus	24 Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training		
27 Cooking Class 12:00 PM Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core training	28 Exercise Room open 8-4:30 Anthony in Shawnee Elizabeth Cooking Class 11:00 AM	29 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	30 Exercise Room open 8AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Upper Body Focus			

ATTENTION: SAC and FOX TRIBAL MEMBERS

POWWOW TIME IS APPROACHING. If you plan on attending any of the events, and an unforeseen medical need should arise, Black Hawk Health Center is available for your use. The Black Hawk Health Center is located east of the tribal complex/headquarters, across the highway. If you do not have a medical record established, we will need the following documents to establish a medical record: CDIB (Certified Degree of Indian Blood); Photo ID (preferably a Driver's License); and a Social Security Card. If you have any Insurance coverage (Insurance cards); Medicare card; and Medicaid or Sooner Care information, we would appreciate this information; but it is not needed to establish a medical record. The Health Fair will be on Thursday, July 9, 2015 – 10:00 am – 2:00 pm

Letter to the Editor March 11, 2015

We are very proud and thankful to be members of Sac and Fox. The Tribe has done wonderful things for our family.

Our dad had heart surgery three years ago in April. Since then, he was placed in a nursing home and can't walk anymore. He has been neglected, abused and mal-nourished. We love our dad and feel helpless.

Native Americans are provided medications and treatment at clinics, but when family are forced to put a loved one in a nursing home, there are no programs available to keep them in their home or no Native American Nursing Homes to help care for our loved ones. Tribes offer many great programs but we wish a nursing home operated by Native Americans was a priority. We pray none of you go through what we have.

Another thing that troubles us is "Jurisdiction". Long ago our ancestors were

forced to stay within restricted boundaries. No more. We can't help where we grew up as children and couldn't live within the jurisdiction of our Tribe, but regardless of where we live, we have the same Sac and Fox blood running through our veins.

We pray for these changes and for every member of the tribe to benefit from all programs offered to us no matter where we live.

Our parents have been married for 61 years in May. They spent their honeymoon at the "Harris Home Place" to them known as "Toad Hill".

Sincerely,
 Rose Bean, Roll No. 57
 Delores Barada, Roll No. 55
 Howard R. Barada, Roll No. 56
 918-855-8754
 2619 Hickory Bluff Road
 Sapulpa, OK 74066

INDIAN HEALTH SERVICE WATER AND SEWER ASSISTANCE AVAILABLE

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



"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 2015-2016 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.

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 9, 2015. Please contact Clarissa Littlehead, Auxiliary Chairperson, at 405-240-0082 or Shawna Spoon at 405-275-2581 for further information.

2nd Annual Southern Hoops Basketball Tournament
 Sac and Fox Nation Gym
 5.5 miles South of Stroud & North of Education Building
 All Men's Tournament 18 & up (10 team max)
 10 Man Roster - \$130 Entry Fee (No Refund)
 Double Elimination
 Saturday, April 11, 2015
 9:00 AM- Registration
 10:00 AM - Games Start
 Prizes for 1st, 2nd, 3rd Place

April 11&12
Concession Available

Contact: Mrs. Bemo (404) 788-5191 ext. 305
 Joyce Paningsoro (405) 213-7014
NOT RESPONSIBLE FOR INJURY OR THEFT
 SPONSORED BY UNITED NATIONS YOUTH COUNCIL OF THE SAC AND FOX NATION

April Menu 2015				
Monday	Tuesday	Wednesday	Thursday	Friday
Don't Forget EAC Mothers Day Pow-wow May 9, 2015 Comm. Bldg.		1 Polish Sausage & Sauerkraut Green Peas Bread Peaches	2 Chicken Fried Steak/gravy Mashed Potato Corn Pears	3 Ham GB Casserole Dressing Carrot Cake
6 Hamburger Pork & Beans Chips Fresh Veggies Pineapple	7 Chicken Pot Pie Broccoli Vanilla Pudding	8 Chili & Beans Mex. Cornbread Green Salad Fruit Cocktail	9 Pork & Potatoes Squash & Corn Frybread Jello w/fruit	10 Breakfast Casserole Hash Brown Orange Juice
13 Salisbury Steak Mashed Pots Green Beans Applesauce	14 Fish w/Tartar Sauce Coleslaw Corn on Cob Peaches	15 Meatloaf Potato Salad Zucchini Pears	16 Chef Salad w/diced Chicken Crackers Plain Cake	17 Pulled Pork Sandwich Beets Chips Pineapple
20 Hamb. Gravy Mashed Pots Corn Mand. Oranges	21 Lima Beans w/Ham Fried Cabbage Cornbread Pudding	22 Spaghetti Green Salad Green Beans Tropical Fruit	23 Chicken & Rice Casserole Mixed Veggies Jello w/fruit	24 Dry Cereal Bacon Fried Egg Milk
27 Fried Chicken Scalloped Pots Carrots Peaches	28 Liver & Onions w/gravy Baby Carrots Fries Pears	20 Tuna Salad Carrot Salad Chips Tropical Fruit	30 Indian Taco Fresh Veggies Sour Cream & Salsa Fruit Cocktail	

ATTENTION
TRIBAL MEMBERS
 Sr. Man and Sr. Woman
 Nominations Due
 April 13, 2015

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

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

APPLICATION
 Sac and Fox Nation
 Miss, Jr. Miss, and Little Miss Sac and Fox Nation
 Application Due April 30, 2015

Name: _____

Date of Birth: _____

TRIBAL MEMBER
 Sac and Fox Roll No.: _____

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

Parent(s) Name & Tribe: _____

Maternal Grandparents Name & Tribe:

Paternal Grandparents Name & Tribe:

Haskell Alumni Association of Oklahoma
 Benefit Gourd Dance

Sac and Fox Community Building
 Stroud, Oklahoma
 Saturday 2 PM
 April 11, 2015

Head Staff

CY Ahtone _____ EMCC Kiowa
 Tom Spotted Horse _____ Head Singer Kiowa
 Butch McIntosh _____ Arena Director Creek

PROGRAM

Gourd Dance _____ 2PM
 Supper _____ 5 PM
 Round Dances _____ 6:30 PM
 Gourd Dances _____ 7 PM

* Raffles and 50/50 drawing will be held during the dance

Invitation to Gourd dance groups and former Haskell students of all years

Vendors Welcomed \$25 Donation to set up can pay at the door For Information Call 405-822-2815

Sac and Fox Nation Police Department
 From Sac and Fox Tribal Police Chief Bob Roberts



Safety Tips for the upcoming Tornado Season

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

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

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

1. Strong persistent rotation in the cloud base.

2. Whirling dust or debris on the ground under cloud base-tornadoes sometimes has no funnel!

3. Hail or heavy rain followed by either dead calm or a fast, intense wind shift. Many tornadoes are wrapped in heavy precipitation and can't be seen.

4 Day or night- Loud, continuous

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

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

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

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

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



Officer Wolfgang Hinker and his K-9 partner "Vader" (SFNews photo)

Officer Hinker and K-9 Partner "Vader" Receive Certification

Officer Wolfgang Hinker recently traveled to LaPlace Louisiana for two days in February.

The purpose of the trip, which was paid for by DOI funding, was to achieve a K-9 certification with NNDDA (National Narcotic Detector Dog Association Inc.).

This is the only national K-9 certification authority accredited with all Appellate Courts and the US Supreme Court.

Officer Hinker and his K-9 partner successfully certified with NNDDA. Substances they are now certified to detect are Methamphetamines, Cocaine, Heroin, Marijuana and MDMA (Ecstasy).

This supersedes the Oklahoma State certification, which does not include MDMA.

While in Louisiana, Officer Hinker and his K-9 partner "Vader" competed in the annual Jeremy Triche Narcotic K-9 Competition and placed 12th in field of 43 competitors from four different states.

The competition is a charitable event organized by NNDA.

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

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 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

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.

OKLAHOMA INDIAN LEGAL SERVICES, INC. Indian Wills Clinic

Attorneys from Oklahoma Indian Legal Services will provide **free** will preparation services for eligible tribal members who own interest in Indian Trust/Restricted Land

Tuesday, May 5, 2015

(10:00 a.m. – 3:00 p.m.)

**Sac and Fox Tribal Courthouse
 Stroud, OK**

Please call Norma to register @ 1-800-658-1497, (M-F 8:00 a.m. – 5:00 p.m.). You must have an appointment to talk to an attorney.



Oklahoma Indian Legal Services, Inc. is a non-profit law firm funded principally by the Legal Services Corp. For additional information regarding other legal services, please call Oklahoma Indian Legal Services, Inc. 1-800-658-1497.



Low-Income Home Energy Assistance Program (LIHEAP)

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

**Sac and Fox Nation
 Human Services Department
 918-968-3526**

LIHEAP Clients
 Please allow 7-14 working days for your application to be reviewed, verified and processed for payment.
 If you have a cut-off notice we ask that you make payment arrangements.
 Thank you.

Sac and Fox Nation

920883 S. Hwy 99
 Bldg A.
 Stroud, OK 74079
 Phone: (918) 968-3526
 Extension 2011
 Fax: (918) 968-0142
 Toll Free: 800-259-3970

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

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

PLEASE BE PREPARED TO PROVIDE THE FOLLOWING:

CDIB cards for all household members (birth certificates for those without a CDIB)

Social Security cards for all household members.

Driver's license or photo I.D.

Current utility bill or cut-off notice.

Proof of income-including paycheck stubs, Social Security or disability benefits, unemployment compensation, pension or retirement funds, etc. for all household members 18 years of age or older. Other documents may be required based on your situation.

Business Committee Meeting Minutes

Regular Business Committee Meeting Mini-Minutes February 19, 2015

Please be advised that the following are official actions taken by the Business Committee in a Special Business Committee Meeting held on February 19, 2015. These actions are to be followed up by the appropriate departments.

Break at 10:49 a.m.

Back from break at 11:08 a.m.

Lunch Break at 11:30 a.m. back from lunch at 2:31p.m.

(1) Resolution SF-15-61, a resolution approving the Fiscal Year 2015 Revenue Allocation Plan Grievance Committee Budget in the total amount of \$15,981.00, the funding sources are identified as the approved Governing Council Resolutions SF/GC-15-01 and SF/GC-15-06. Mary McCormick-motion, Jared King-2nd. VOTE: George-Yes, Orvena-Yes, Mary-Yes, Jared-Yes, Stella-Yes. Motion carried.

(2) Resolution SF-15-62, a resolution approving the Fiscal Year 2015 Revenue Allocation Plan Office of Government in the total amount of \$8,749.00, the funding sources are identified as the Governing Council Resolutions SF/GC-15-01 and SF/GC-15-06. Stella Nullake-motion, Mary F. McCormick-2nd. VOTE: Stella-Yes, Orvena-Yes, Mary-Yes, Jared-Yes, George-Yes. Motion carried.

(3) Resolution SF-15-63, a resolution approving the Fiscal Year 2015 Revenue Allocation Plan Office of Government Donations Budget in the total amount of \$77,039.00, the funding source is identified as the approve Governing Council RAP Resolution SF/GC-15-01. Stella Nullake-motion, Jared King-2nd. VOTE: Mary-Yes, Jared-Yes, Stella-Yes, George-Yes, Orvena-Yes. Motion carried.

(4) Resolution SF-15-64, a resolution approving the Fiscal Year 2015 Revenue Allocation Plan Newspaper Budget in the total amount of \$41,375.00, the funding source is identified as the Governing

Council approved Resolutions SF/GC-15-01 and SF/GC-15-06. Stella Nullake-motion, Mary F. McCormick-2nd. VOTE: Jared-Yes, Stella-Yes, George-Yes, Orvena-Yes, Mary-Yes. Motion carried.

(5) Resolution SF-15-65, a resolution approving the United States Environmental Protection Agency Performance Partnership Grant Budget for the period of October 1, 2014 through September 30, 2015 in the amount of \$261,019.00, the funding source is identified as the US Environmental Protection Agency Grant #BG-OOF72801-1 with carryover from previous years. Stella Nullake-motion, Jared King-2nd. VOTE: Stella-Yes, George-Yes, Orvena-Yes, Mary-Yes, Jared-Yes. Motion carried.

(6) Resolution SF-15-66, a resolution approving the Environmental Protection Agency Performance Partnership Grant In-Kind Match Budget in the total amount of \$5,776.00, the funding source is will be identified as the fair market value of the space donated by the Sac and Fox Nation for the OES office and lab. Stella Nullake-motion, Jared King-2nd. VOTE: George-Yes, Orvena-Yes, Mary-Yes, Jared-Yes, Stella-Yes. Motion carried.

Break at 2:42p.m.

Back from break at 2:54p.m.

(7) Stella Nullake motion to approve the proposal agreement with Friction Motor Sports to use the Tanger Mall parking lot on March 7, 2015 and April 18, 2015 and May 23, 2015 at \$800.00 per each event the agreement is with the Sac and Fox Nation. Mary F. McCormick-2nd. VOTE: Orvena-Yes, Mary-Yes, Jared-Yes, Stella-Yes, George-Yes. Motion carried.

(8) Stella Nullake-motion to approve the proposal agreement with North East Oklahoma SCCA to use the Tanger Mall parking lot on May 31, 2015 and June

28, 2015 at \$800.00 per date with the Sac and Fox Nation. Jared King-2nd. VOTE: Mary-Yes, Jared-Yes, Stella-Yes, George-Yes, Orvena-Yes. Motion carried.

(9) Resolution SF-15-67, a resolution adding three (3) persons to the Membership Roll of the Sac and Fox Nation in accordance with the Constitution and Laws of the Sac and Fox Nation. Stella Nullake-motion, Jared King-2nd. VOTE: Jared-Yes, Stella-Yes, George-Yes, Orvena-Yes, Mary-Yes. Motion carried.

Break at 3:44 p.m.

Back from break at 3:16 p.m.

(10) Stella Nullake motion to approve grant proposal for the fiscal year 2016-2017 US EPA: Performance Partnership Grant October 1, 2015 through September 30, 2017. Jared King-2nd. VOTE: Mary-Yes, Jared-Yes, Stella-Yes, George-Yes. Orvena-Yes. Motion carried.

(11) Stella Nullake motion to ratify straw poll on the Authorization for Steven Ward and Gregg Bigler to enter their appearance as legal counsel for the Sac and Fox Nation Tribal Court and the Honorable Darrell R. Matlock, Jr. in the matter of United Planners Financial Services of America, L.P. (Plaintiff(s), v. Sac and Fox Nation, Sac and Fox Nation Housing Authority; Sac and Fox Nation District Court; and the Honorable Darrell R. Matlock, Jr. (Defendant (s) Western District of Oklahoma case#CIV-14-1278-HE. Mary F. McCormick-2nd. VOTE: Stella-Yes, George-Yes, Orvena-Yes, Mary-Yes, Jared-Yes. Motion carried.

(12) Mary F. McCormick motion to approve the letter to be sent to the Housing Authority on Pilot Taxes, that Pilot taxes be brought current. Stella Nullake-2nd. VOTE: George-Yes, Orvena-Yes, Mary-Yes, Jared-Yes, Stella-Yes. Motion carried.

(13) Mary F. McCormick motion to authorize Conner & Winters to move forward on the Jim Thorpe appeal. Stella Nullake-2nd. VOTE: Stella-Yes, George-Yes, Orvena-Yes, Mary-Yes, Jared-Yes, Motion carried.

(14) Resolution SF-15-68, a resolution appointing Cheryl McClellan to position number five (5) of the Sac and Fox Nation Housing Authority Board of Commissioners, which is hereby to expire August 2015. Mary F. McCormick-motion, Stella Nullake-2nd. VOTE: George-Yes, Orvena-Yes, Mary-Yes,

Jared-Yes, Stella-Yes. Motion carried.

(15) Orvena Gregory motion to approve the RAP Government donations those being, Meeker Public Schools \$1000.00, Ripley Public Schools \$250.00, Agra Athletics \$200.00, Cushing Public Schools \$250.00, Shawnee Public Schools \$2000.00, Oklahoma Bandit IOU Fast Pitch Softball \$250.00, Friends of the Capital \$1000.00, Putnam City Schools \$500.00, Jacob's Ladder Foundation (Stroud Elementary) \$1000.00, OK Native American Youth Language Fair Oklahoma University \$5000.00, Stroud Athletics \$500.00, S.W.A.G. Lions Club of Shawnee Ok \$500.00, Agra Public Schools Alumni \$500.00, Track Coaches Association \$1000.00, North Rock Creek Schools Volleyball \$500.00, to be paid out of the Revenue Allocation Plan Government Donations Line Item. Stella Nullake-2nd. VOTE: Orvena-Yes, Mary-No, Jared-Yes, Stella-Yes, George-Yes. Motion carried.

(16) Orvena Gregory motion to approve the RAP Charitable donations those being, The Care Center \$250.00, Shawnee Rescue Mission \$250.00, The Knights Auto Club \$250.00, Prague Kolache Festival \$750.00, American Indian Chamber of Commerce \$500.00, Health Heart Initiative \$350.00, to be paid out of the Revenue Allocation Plan Charitable Line Item. Stella Nullake-2nd. VOTE: Orvena-Yes, Mary-No, Jared-Yes, Stella-Yes, George-Yes. Motion carried.

EXECUTIVE SESSION:

Went into Executive Session at 4:54p.m. Discussion of travel request.

Out of Executive Session at 5:37p.m.

Chief George Thurman left the Executive Session Meeting and turned the meeting over to the 2nd Chief Orvena Gregory.

2nd Chief Orvena Gregory motion for the BC to approve the 2nd Chief's (Orvena Gregory) travel since the Principal Chief George Thurman refuses to approve the 2nd Chief's (Orvena Gregory) travel to accompany the Chief and Grant Writer to a conference and possible meeting in Washington State regarding the new marijuana situation that has come upon the Tribal Nations. 2nd Mary F. McCormick. VOTE: Mary-Yes, Jared-Abstain, Stella-No, George-Absent, Orvena- Yes. Motion failed.

ADJOURNMENT:

By consensus of the Business Committee to adjourn at 5:39p.m.

Food Distribution Program Updates

FDPIR Income Guidelines:

New Deductions Expected to Boost Participation Nationwide

With our increased FY14 Net Monthly Income Standards, new income deduction rules were also approved in the CFR. Households that pay rent or utilities, regardless of amount, are now allowed a Standard \$300 Deduction of their Net Monthly Income that is measured against the USDA Net Monthly Income Standards. For elderly or disabled household members there is now a Medical Expense Deduction that can be claimed for all out of pocket medical expenses with no limit regarding the amount. Also there is a new Meal Deduction that can be claimed should a household member require the full time services of a home health worker.

For more information on these deductions or to see if you qualify please call (866) 622-2310 Shawnee Office or (800) 256-3398 Stroud Office.

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!!!

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability. To file a complaint of discrimination, write USDA, Director, Office of Administration, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call toll free (866) 632-9932 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

Cozad Family Father's Day Benefit Dance

April 5th 2015
Sac and Fox Nation Tribal Gymnasium
Stroud, Oklahoma

Head Staff	Contests
Honored Veteran—Linda BigSoldier	Tiny Tot Contest <i>Sponsored by the Cozad Girls</i>
M.C.—Edmond Nevaquaya	Women's "Freestyle" Contest <i>Sponsored by Cheryl McClellan</i>
H.S.—Anthony Kemble	Women's Buckskin & Cloth Combined, Men's Traditional & Men's Straight Dance <i>Sponsored by the Wakolee & LittleCreek Families</i>
H.G.D.—Raymond "Eagle Boy" Whiteshield, Jr	Women's Jingle—Winner Take All <i>Sponsored by Donie Grace Pewo</i>
H.L.D.—Georgia Noble	Men's Fancy Dance—Winner Take All <i>Sponsored by Donie Grace Pewo</i>
H.M.D.—Thomas "GoGo" GoodEagle	← Additional Contests To Be Determined →
Co-Host—Osage Gourd Dancers	
Host Northern Drum—Young Buffalo Horse	
Arena Directors—Rusty & Lewis Cozad	
WaterBoy—Auday Tahlee Cozad	
Color Guard—SFN Veterans Honor Guard	

Program	
1-5 pm	Gourd Dance & Specials
5-6 pm	Supper Break
6pm	Grand Entry

All Drums & Princesses Welcome • Cake Walks • 50/50 • Raffles • Concession Stand

Vendor's Welcome With a Donated Item for Raffle • For More Information call 918-850-6736 or 405-919-0819

NO ALCOHOL OR DRUGS ALLOWED • SECURITY WILL BE PROVIDED

Cozad Family Father's Day Celebration Founded in 1969 by The Cozad Family, Anadarko, Ok

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

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.

Sac & Fox National Public Library
Open House
CELEBRATING 28 Years
Thursday April 23, 2015
COME EAT, CELEBRATE, TAKE A TOUR
sign up for a library card

IN THE DISTRICT COURT FOR THE SAC AND FOX NATION
356159 EAST 926 ROAD, STROUD, OKLAHOMA 74079
PHONE: (918) 968-2031

FILED IN THE DISTRICT COURT
2015 MAR 12 A 10:43
SAC AND FOX NATION
CHARLOTTE CARTWRIGHT
COURT CLERK
BY *J. Miller* DEPUTY

In the Interest of: Case No. JFD-14-00032
Hayden Dale Taylor,
Minor Indian Child.

Summons

THE SAC AND FOX NATION TO: Justin Dale Taylor
Address Unknown

Greetings:
You are hereby notified that a PETITION FOR NAME CHANGE AND TO CORRECT THE RECORD has been filed in the Sac and Fox District Court. You have twenty (20) days from the date of service to file an Answer.

You are hereby summoned and notified that the Court will hear the evidence in support of and in opposition to the granting of said Petition for Name Change and to Correct the Record at the Sac and Fox District Courthouse located 5 miles South and ¼ mile East of Stroud, Oklahoma on the 23rd day of April 2015 at the hour of 9:30 a.m..

YOU MAY SEEK THE ADVICE OF AN ATTORNEY ON ANY MATTER REGARDING THIS SUIT OR YOUR ANSWER.

IN WITNESS WHEREOF, I have hereunto set my hand and official seal on March 12, 2015.

SAC AND FOX NATION, Court Clerk
(SEAL) By: *Charlotte Cartwright* Clerk/Deputy

IN THE DISTRICT COURT FOR THE SAC AND FOX NATION
356159 EAST 926 ROAD, STROUD, OKLAHOMA 74079
PHONE: (918) 968-2031

FILED IN THE DISTRICT COURT
2015 MAR 12 P 2:12
SAC AND FOX NATION
CHARLOTTE CARTWRIGHT
COURT CLERK
BY *J. Miller* DEPUTY

Andrea Harrison, Plaintiff.
-vs- Case No. JFD-10-00067
Billy Jack Harrison, Defendant.

Summons

THE SAC AND FOX NATION TO: Billy Jack Harrison
Address Unknown

Greetings:
You are hereby notified that a PETITION FOR DIVORCE has been filed in the Sac and Fox District Court. You have twenty (20) days from the date of service to file an Answer.

You are hereby summoned and notified that the Court will hear the evidence in support of and in opposition to the granting of said Petition for Divorce at the Sac and Fox District Courthouse located 5 miles South and ¼ mile East of Stroud, Oklahoma on the 23rd day of April 2015 at the hour of 9:30 a.m..

YOU MAY SEEK THE ADVICE OF AN ATTORNEY ON ANY MATTER REGARDING THIS SUIT OR YOUR ANSWER.

IN WITNESS WHEREOF, I have hereunto set my hand and official seal on March 12, 2015.

SAC AND FOX NATION, Court Clerk
(SEAL) By: *Charlotte Cartwright* Clerk/Deputy

April 2015
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
HAPPY EASTER		WAREHOUSE 1 8:30-2:30 SHAWNEE 8:30-2:30 SHIPMENT	ELDERS DAY 2 WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	CLOSED FOR SFN APPRECIATION DAY 3
ELDERS DAY 6 WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	ELDERS DAY 7 WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 8 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 9 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 10 8:30-2:30 SHAWNEE 8:30-2:30
WAREHOUSE 13 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 14 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 15 8:30-2:30 SHAWNEE 8:30-2:30 SHIPMENT	WAREHOUSE 16 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 17 8:30-2:30 LITTLE AXE SHAWNEE 8:30-2:30
LATE NIGHT 20 WAREHOUSE 8:30-6:00 SHAWNEE 8:30-2:30	LATE NIGHT 21 SHAWNEE 12:00-6:00 WAREHOUSE 8:30-2:30	WAREHOUSE 22 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 23 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 24 8:30-2:30 PERKINS SHAWNEE 8:30-2:30
WAREHOUSE 27 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 28 8:30-2:30 SHAWNEE 8:30-2:30	CLOSED FOR INVENTORY 29	CLOSED FOR INVENTORY 30	

WIN MOW PRIZES

SATURDAYS IN APRIL • 10PM

We're giving away a sweet riding lawnmower EVERY SATURDAY IN APRIL.

- Start earning entries now
- Earn double entries every Monday 10AM-10PM
- Drawings every Saturday in April at 10PM
- 30 points equals 1 entry

www.sandfcasino.com/stroud | 918.968.2540 | 356120 E 926th Rd | Stroud, OK 74079

Must be present to win. Actual prize may vary. Each entry earned will be for that week's drawing only. See Player's Club for official rules for promotion. Management reserves the right to revoke or alter any promotion or offer. Gambling Problem? Call 1.800.522.4700.

Tax & mptin fo American Indians and Alaska Natives

Don Whitehead, Health Services Director

Starting in 2014 every person needs to have health coverage or make a payment on their federal income tax return called the "shared responsibility payment." Some people are exempt from making this payment. As a member of an Indian tribe, you can ask the Internal Revenue Service (IRS) for this exemption before you file your federal income tax return. You don't need to ask for an exemption if you're not going to file a federal income tax return because your income is below the filing threshold. If you're not sure, you may want to ask for an exemption.

If you get this exemption, you can keep it for future years without submitting another application if your membership or eligibility for services from an Indian health care provider remains unchanged. You can use one application to apply for this exemption for more than one person in your tax household.

You will need documents showing tribal membership or eligibility for services from the Indian Health Service, a tribal health care provider, or a urban Indian health care provider, your Social Security numbers (SSNs), if you have them, and Information about people in your tax household. We ask for Social Security number and other information to make sure your exemption is counted when you file your federal income tax return. All the information you give will be kept private and secure, as required by law.

Your documentation, completed and signed application must be sent to the address below. They will follow-up with you within 1-2 weeks and let you know if they need additional information. If you get this exemption, they will give you an Exemption Certificate Number that you'll put on your federal income tax return. If you don't hear from them, visit [HealthCare.gov](#), or call the Health Insurance Marketplace Help Center at 1-800-368-9662.

Health Insurance Marketplace - Enrollment Processing
465 Industrial Bldg.
Lanark, KY 401

Black Hawk Health Center can assist you in filing for an exemption.

If you should need copies of the application with instructions, help with filling out the application, or a letter of eligibility for services from the Indian Health Service please contact the Black Hawk Health Center at (918) 968-9531. We will be happy to assist you in completing the forms.

