

I am a positive runner focused on pacing myself
 I wonder how long I've been running
 I hear people saying my name as I pass them
 I see the distance between me and the other runners
 I want to be at the front of our group
 I am a positive runner focused on pacing myself

I pretend as soon as I turn the corner I'll be finished
 I feel sweat running down the side of my face
 I touch my forehead to swipe the sweat off my face
 I worry I'll get dehydrated while I'm running
 I cry when I let myself down when it comes to my goals
 I am a positive runner focused on pacing myself

I understand that I have to be patient with myself
 I say I can do it because I believe in myself
 I dream I will achieve my goals
 I try to pace myself whenever I'm running
 I hope to see improvement in the speed I run
 I am a positive runner focused on pacing myself



Anna Smist, granddaughter of Mary McCormick

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

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.

Sac and Fox Nation Police Department

From Sac and Fox Tribal Police Chief Bob Roberts



Winter Storm Safety Tips

This season, there have already been winter storms that left homes and businesses without electricity, leaving residents to find alternate ways to heat homes. Whenever alternate heating methods are used, the risk of having a home fire or exposure to dangerous carbon monoxide increases. The U.S. Fire Administration (USFA) advises the following tips to stay safe:

Power and Gas Lines

After a storm, avoid power lines that have been damaged or downed. Do not use gas lines that are leaking until they have been inspected.

Generators

Only use generators outdoors. Generator fumes contain carbon dioxide that can quickly overwhelm a person.

Check to make sure the right size and type of power cords are used.

Never run cords used for a generator under a carpet or a rug.

Ensure that a generator is not connected to another power source, such as a wall outlet.

Keep all chemicals away from the generator for safety purposes.

Candles

Use candles with care, as they can be easily knocked over and start a fire quickly.

Consider using battery operated candles instead, as they are a safer alternative.

Space Heaters

All space heaters should be placed at least three feet from beds, curtains or anything flammable.



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

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 Human Services Department 918-968-3526

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

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

PLEASE BE PREPARED TO PROVIDE THE FOLLOWING:

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



ONABEN selects Tulsa, Oklahoma for the 2015 annual Native Trading at the River Conference

ONABEN

Portland OR -- ONABEN - Our Native American Business Network announces the city for the annual Trading at the River Conference and Native Marketplace. The conference, held for the last eleven years in Oregon and Washington, will be held in Tulsa, Oklahoma, May 2015. The Muscogee (Creek) Nation will host the conference and native marketplace at their properties, River Spirit Casino and RiverWalk.

Trading at the River is a two-day event that focuses on content to facilitate growing strong economies on tribal reservations and in communities through entrepreneurship, developing and growing small businesses and building partnerships.

Veronica Hix, ONABEN Executive Director, expressed her appreciation at the opportunity to bring Trading at the River to Oklahoma. "Trading at the River is a unique experience for entrepreneurs, small business owners and economic development practitioners to gather, exchange and grow. The change in venue next year will be a great opportunity to be able to share Trading at the River outside of the Pacific Northwest."

ONABEN Board Chairman, Jack Lenox, also commented that, "The Muscogee (Creek) Nation offered to host our event and, in line with ONABEN's growth and expanded services across Indian country, the ONABEN Board of Directors approved the city and venue change."

ONABEN will also partner with the Cherokee Nation TERO and Mvskoke Loan Fund to present Trading at the River. Anchoring the conference is a marketplace where Native artists, crafters and other vendors can showcase and sell their products and services.

ONABEN is a 501(c)(3) corporation headquartered in Portland, Oregon, and was created in 1991 by four Oregon tribes to encourage development of a private sector on their reservations. ONABEN provides curriculum, training and organizational consulting focused on developing entrepreneurship in Native communities. ONABEN serves Native business development organizations and entrepreneurs nationally through its "Indianpreneurship" curriculum. The group is driven by its mission to strengthen Indigenous communities and individuals by increasing opportunities for economic growth through culturally innovative business solutions.

For more information about ONABEN and Trading at the River, please visit ONABEN.org and TradingattheRiver.com.



TRADING AT THE RIVER

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