



Chief Kay Rhoads Address To The Nation



Elizabeth Kay Rhoads
Principal Chief
Sac and Fox Nation

Greeting to my tribal members. It has been a busy time with budget reviews and having meetings with the department directors and boards to find out about their programs and needs. These meetings have been helpful to the Business Committee to identify what issues need our immediate attention and helped us become familiar with program objectives and look at what programs should be working together to provide better services to our members. We have also directed the Chief of Staff to fill all the open positions to help programs run more efficiently. The Business Committee continues to try and address the concerns members voiced

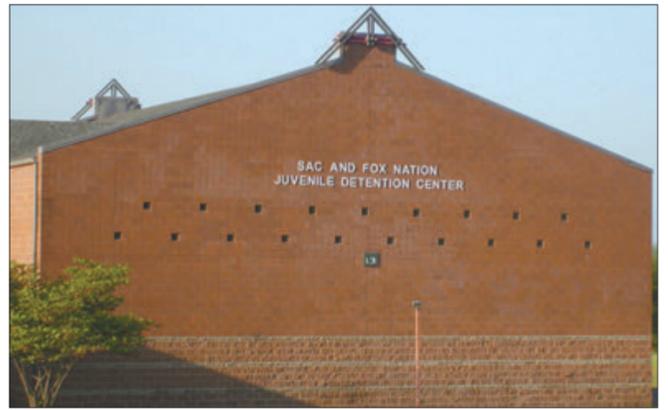
during the elections. If we have not addressed your concerns please notify us so we can begin working on the issue and hopefully find a solution.

The Special Governing Council meeting schedule October 10, 2015 failed to have a quorum. This was unfortunate that people did not attend and participate in tribal discussions. A discussion of the agenda items were held to give everyone a chance to hear about the issues and voice their concerns. Although action was not taken on any of the matters listed, it was a good meeting and good suggestions were made by the members. The Grievance Committee brought forth the revised Grievance Policy for discussion after meeting with the tribal attorney to revise the Grievance Policy. The policy is complete and is available on the tribal web site for members to review and make comment.

The enrollment issue regarding seven people on the roll that have not had contact with the Nation for over seven years was discussed. Their per capita funds are being held but they need to be located by family and friends so the funds can be dispersed. Please notify Sec-

retary Mary McCormick if you have information on the tribal members listed in this paper. One suggestion was to limit the number of years we would hold per capita funds for adults if they were not claimed within 3 or 5 years. Funds would then be returned to the RAP program for distribution. There was no further action taken on the issue due to lack of a quorum. The agenda items listed on the October 10, 2015 Special Governing Council will be carried over to the Quarterly Governing Council Meeting.

The Quarterly Governing Council Meeting is scheduled for December 12, 2015. If you have items for discussion please submit your request by November 13, 2015 to allow time to get into the packet. If you have questions about programs, please let the Business Committee know ahead of time so we can get your questions answered or direct you to the proper source. There are many things within the Nation that need to be addressed and it all takes time to review and find some solutions. Tribal members have many ideas on improvements and many times their suggestions can be implemented. (Continued on Page 3)



Sac and Fox Nation Juvenile Detention Center (Photo provided by Juvenile Detention Center)

Getting to know your Sac and Fox Nation Juvenile Detention Center

The Sac and Fox Nation Juvenile Detention Center provides a service as a secure holding facility for juveniles 12-18 years of age. The residents are held at the facility for an average stay of 28 days. The residents are held until they are taken to court, bonded out on a charge, taken to a permanent placement, or released from custody.

During the stay of a resident, they are provided a range of services, such as Education (provided by Stroud Public Schools), Substance Abuse/Behavior Health counseling, physical education, structured activities, visitation from family, free time, church services, haircuts, and case management.

The Juvenile Detention Center contracts with 71 of 77 counties in Oklahoma for services. We also contract with a number of Tribes and the Bureau of Indian Affairs. The Oklahoma Office of Juvenile Affairs contract for 12 resident beds and the Bu-

reau of Indian Affairs contracts for 6 resident beds. The other beds are filled by other contracted Tribes.

The facility has 27 full time employees; consisting of Administration (3); Maintenance (5); Kitchen staff (3); Shift Managers (3); Resident Advisors (11); Case Manager (1) and a Substance Abuse/ Behavior Health Counselor.

The Juvenile Detention Center operates on annual funding from the Department of Interior, Oklahoma Office of Juveniles Affairs, State Department of Education, Tribal Detention Services, County Detention services. They do not use any General Operating Funds (Treasury) from the Sac and Fox Nation.

The Director of the facility, Gene Carroll, invites all Sac and Fox Tribal Members to come visit the facility. He also would urge you to call him at the following number (918) 962-4279 ext. 4001, if you should have any questions about the pro-

Update on Jim Thorpe Repatriation: At the End of Federal Litigation, Plain Language of NAGPRA Does Not Necessarily Mean What It Says

By Steve Ward, Tribal Attorney

Federal litigation brought by the Sac and Fox Nation and the surviving sons of Jim Thorpe has ended with the 2014 decision of the United States Court of Appeals for the Third Circuit left intact—that the plain language of the Native American Graves

Protection and Repatriation Act—known as “NAGPRA”—does not necessarily mean what it says when Indian people and tribes attempt to compel repatriation proceedings.

In an order entered on October 5, the United States Supreme Court declined to review the Third Circuit’s decision ruling that the Borough of Jim Thorpe, Pennsylvania, will not be required to participate in a repatriation proceeding concerning the famous athlete’s remains.

“It gives the family, the Sac and Fox Nation and Indian people concern about the lack of respect and love for this great man and tribal religious beliefs when non-Indian people choose to exploit Mr. Thorpe remains and disregard his final wish to be buried among his people and family,” said Principal Chief Kay Rhoads.

“It also saddens and concerns me that the plain language of important civil rights legislation like NAGPRA can be overridden based upon judges’ subjective views about what they believe a law was intended to address.”

The Macabre Odyssey of Jim Thorpe’s Burial

The great athlete died from a heart attack on March 28, 1953, in Lomita, California. The biographer Kate Buford has written that Thorpe’s third wife, Patricia Askew Thorpe (known as “Patsy”), initially “wanted nothing to do with her husband,” and donations of money and mortuary services had to be enlisted to prepare his body for burial. However, within days and “once she realized that [Jim Thorpe’s] death was opportunity,” Patsy Thorpe began seeking financial

commitments for a memorial.

In accordance with Jim Thorpe’s expressed wishes, his Indian family had his remains returned to Shawnee, near where he was born, for burial in Sac and Fox Indian country. On Sunday, April 12, 1953, members of the Sac and Fox Thunder clan and other members of his Indian family gathered at the Mack farm near Shawnee for the beginning of a two-day funeral conducted in accordance with Sauk burial customs and traditions. However, as the funeral ceremonies began, Patsy Thorpe, accompanied by law enforcement officers, arrived and had the casket removed.

In the following days, Patsy Thorpe began a macabre odyssey of shopping her husband’s remains to a city or town that would best meet her demands, financial and otherwise. After learning from a television broadcast in Philadelphia about the economic development efforts of two dying Pennsylvania coal mining towns—Mauch Chunk and East Mauch Chunk—Patsy Thorpe began negotiating with leaders of the communities to bury her husband there.

Efforts to Use Jim Thorpe’s Remains for Commercial Purposes

Extensive plans were made by the communities to use the body of Jim Thorpe to reverse the towns’ economic fortunes. Local leaders agreed to merge the communities into a single borough, to be named “Jim Thorpe.” The plans called not only for a mausoleum but also for an extensive commercialization of the Jim Thorpe name, including a football shrine, a (Continued on Page 5)

Tribal Member Jimmy Stephens Receives State of Texas Highest Award

Jimmy Stephens, Environmental Health Specialist for City of DeSoto, received the I. E. Scott Award presented by the Texas Environmental Health Association at their annual education conference in Austin, Texas last week. This award recognizes individuals for superior achievement and attainment of the highest standards in the environmental health profession.



Jimmy Stephens
Environmental Health Specialist

“From the time that Jimmy Stephens began his career in the public health field, he has continued to gain knowledge and has worked to expand his field of expertise to include a wide variety of public health topics,” said Jodie Heilman-Halter, Texas Environmental Health Association (TEHA) Executive Director. “This depth of knowl-

edge and his more than 20 years of work in the public health field has resulted in a well-rounded consummate professional.”

As the sole environmental health and food safety professional for the City of DeSoto for the last 24 years, Jimmy is responsible for inspection and safety enforcement of more than 200 food services establishments. He knows the importance of keeping current on regulations and topics that impact his residents and regulated community. He takes pride in being able to positively impact the lives of the families in DeSoto by helping them understand complex public health issues.

In addition to his work with food establishments, Jimmy is the main point of contact for the City with the Dallas County Health and Human Services Department disseminating information on a myriad of public health issues including ground spraying for West Nile Virus positive mosquitoes. He also worked recently with the Safe Kids of Greater Dallas program to host a Car Seat Check in DeSoto along with the “Walk This Way” program at Northside Elementary designed to teach kids how to use crosswalks safely. Jimmy also took the lead recently in presenting a plan approved by the DeSoto City Council which will make (Continued on Page 3)

Upcoming Events

- November 4**
Sac and Fox Nation Elders Meeting
Shawnee 10 am
- November 7**
Veterans Honor Dance
Community Building
- November 10**
Sac and Fox Nation Veterans Meeting
Cultural Center
- November 16**
Informational meeting
New Grievance Procedures
10:00 - ?
- November 19**
Sac & Fox Nation Womens Auxiliary
- November 21**
Josh Williamson Basketball Tournament
Stroud Collisium
- December 5**
Elders Christmas Dance
SFN Community Bldg.
- December 19**
Annual Christmas Party
Community Building
6 pm - 9 pm

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.

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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 December issue is Friday, November 20, 2015 at 4:30 p.m.

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

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sacandfoxnation.com
click news

courtesy of Shawnee News Star

Medi Flight visits CTSA for hands-on learning



By Sophia Stanley

Central Tribes of the Shawnee Area Head Start aims to help children learn about their community through hands-on experiences.

Wednesday, a MediFlight air ambulance flew to the center for an up-close lesson.

Sherry Marsh, education manager at the STSA Headstart, said they serve low-income children, with a priority towards Native American children.

"They land on our children's playground and allow the children to get in, talk to them and allow them to go through the helicopter," she said. "We secure the area for them and they're out there and get to watch them land and take off."

"We teach the kids about community helpers and things like that," Marsh said. "Last year we had a parent that is on MediFlight team, so that was really cool for him to land there and his son was in our program and he got to go out and show off his daddy."

Marsh said the center also has police and firemen visit the children.

"They love it," she said. "It's something they don't get to see every day, so it's interesting and the children really enjoy it."

The purpose of this is not only to teach the children about different professions, Marsh said, but also so they are aware of and not afraid of emergency responders.

"We really appreciate them taking the time out of their day to do this for us," she said.

Twice a year, the MediFlight air ambulance visits the Central Tribes of the Shawnee Area Head Start center. The children are allowed to ask questions and get inside the helicopter. Ed Blochowiak Staff Photographer

DEADLINE FOR DECEMBER PAPER IS FRIDAY, NOVEMBER 20

VETERANS' HONOR DANCE ALL GOURD DANCE

NOVEMBER 7, 2015

SAC AND FOX NATION COMMUNITY BUILDING
5.5 MILES S. OF STROUD OK, ON HWY. 99

SCHEDULE

2PM GOURD DANCE
5PM SUPPER BREAK
7PM GOURD DANCE

HEAD STAFF

MC:	DENNIS HOPKINS/U.S. ARMY
CO/MC:	JEFFREY WILSON
HEAD SINGER:	FORREST "KESKO" WALKER
HEAD GOURD DANCER:	WILLARD "PONCHO" WALKER/U.S. ARMY
ARENA DIRECTOR:	RUEBAN ALLEN/U.S. ARMY
WATER BOYS:	L.J. MCKISSICK/ANTHONY CALDERON
HONORED VETERAN:	JOE FISH/WWII/MCLOUD OK
HONORED VETERAN:	RAY MURDOCK/NAVY/MCLOUD OK

SPECIAL THANKS GOES OUT TO "WILLIAM FORD/
CAPTAIN/U.S. ARMY" AND THE SHAWNEE MILL

SAC AND FOX NATION VETERANS HONOR GUARD AND/OR SAC AND FOX NATION IS NOT RESPONSIBLE FOR ANY ACCIDENTS, THEFT OR LOSS...

Sac and Fox Elders

Monthly Meeting

November 11
2015
Stroud
10:00 am

Sac and Fox Veterans

Monthly Meeting

November 10
2015
Cultural Center

PUBLIC NOTICE

A REGULAR CALLED MEETING OF THE SAC AND FOX NATION BUSINESS COMMITTEE TO BE HELD ON November 9, 2015 AT 9:30 A.M. IN THE SMALL CONFERENCE ROOM OF THE SOCIAL SERVICES BUILDING SAC AND FOX RESERVATION STROUD, OKLAHOMA

5th Annual All Indian
JOSH WILLIAMSON MEMORIAL
Men's Basketball Tournament

MVP & TOP GUN AWARDS

1st-Jackets
2nd-Hoodies
3rd-Tshirts

November 21, 2015
STROUD 66 COLLISIUM
Stroud, Oklahoma

CATHERINE WALKER (405) 985-1387
CATHINE.WALKER@SACANDFOXNATION-NSN.GOV
R.SAM SPANG (405) 650-0129
RSPANG@SACANDFOXNATION-NSN.GOV
MASON WILLIAMSON (918) 290-0625
MASON.WILLIAMSON@SACANDFOXNATION-NSN.GOV
JAMEY NOBLE (918) 509-0169
JAMEY.NOBLE@SACANDFOXNATION-NSN.GOV

\$200.00 entry fee (no refund)
10 man roster
Double elimination

Not responsible for thefts or accidents

Chief Kay Rhoads Address To The Nation

From Page 1

mented. Each suggestion will be considered but sometimes they cannot be implemented because of Federal grant requirements or laws prohibiting the recommendation. Additionally, all changes must be reviewed to ensure tribal member rights are not ignored and the change is good for all members, the Nation and not just special interest groups.

The RAP meeting was held on October 24, 2015 to approve the per capita and RAP budgets. These funds are used for services to the tribal members in areas of health, education, social services, safety, cultural preservation, elders and veteran services. These RAP funds are very much appreciated and although the programs do not have an abundance of funds to serve all the needs, these funds supplement the programs and allow more tribal members to receive help rather than relying on limited federal funding.

The Business Committee and the Sauk Business Enterprise Board are working to expand gaming to help increase the program dollars. We are working together to develop a casino in the Cushing area. The project is in the beginning stages of trying to identify funding, size of facility, and number of games to include in facility, additional amenities such as restaurant, meeting rooms, gift shop, covered parking and development of the infrastructure. The target deadline is late 2016 for completion. This project will not only increase program services but per capita as well.

There has been several request to develop a casino on the Tanger Mall site. Gaming facilities can only be opened on trust land. The Tanger Mall is still not in trust but we are working to have it placed in trust. The previous Business Committee has placed the land in trust using the

Charter but it is not clear if the National Indian Gaming Association will recognize the trust status using the Charter. We will continue to work with the BIA to try to place the land into trust.

The space at the Tanger Mall is comprised of 18.3 acres. Many tribal members are under the impression we purchased the entire Tanger Mall, however, the Nation under the direction of the Governing Council purchased only 18 acres of the Tanger Mall site for approximately \$72,000 per acre. We own about half of the former mall and the huge gully behind where the mall once stood. There is also question about do we have a right of way to our property. There were recommendations to not purchase the land without further considerations but the motion was made on Council floor to purchase the land and the Enterprise Board proceeded with the purchase. Although the price was not reasonable, we now have the land and must utilize it to bring economic development to the area and to our Nation. A feasibility study was conducted and gaming was an option for the site but was not the number one recommendation. Gaming for this site is being considered but we must proceed with caution to avoid problems with NIGC.

Economic development will happen for our Nation but we must work together. If we can work toward a common goal we can grow our Nation. We must overcome the criticism and negative comments about one another. Respect for each other is necessary to make us united. Support must be given for those that step out and try to make a difference for the good of our people. These are the people who work in the programs, those that serve on committees and boards and act as advisors to our programs and op-

erations. We have to be united and work as one.

We need to become role models for our youth, they are our future leaders and they mimic our behaviors. We must return to our traditional values and teach and guide our youth so they can make our Nation stronger and more progressive. Just like the need to break the cycle of drugs and alcohol, we have to break the cycle of negative behavior and be the example for our youth.

I have to praise the Grievance Committee for being open-minded and willing to work together with advisors to modify the Grievance Policy. It is actions like this that make a difference for our people. It is the cooperative behavior that was exhibited on the Council floor at the October 10 meeting that gets work

done and make progress happen.

Working as a team to hear opposing ideas, willingness to find solutions that can work for the improvement of programs, rules, regulations, and laws are essential for growth. Going to the source to find out the truth rather than rely on rumors also eliminates negativity and strengthens us.

By working cooperatively, it encourages other to take a part in decision making and provides for a broader perspective of the issues. It becomes a lesson and pattern for our youth to follow. We must be concerned not just about today but what we leave behind for our youth and the next generations. Let's make them proud to be Indian and Sac and Fox Nation members. Together we can make a difference and grow our Nation.

Tribal Member Jimmy Stephens Receives Award

From Page 1

DeSoto 100% smoke free beginning January 1, 2016.

Jimmy Stephens has been an active member of both the Texas Environmental Health Association (TEHA) and the National Environmental Health Association (NEHA) since 1991. He has also held a number of TEHA officer positions at both the local and state level with pro-

gressively more responsibility.

"We are fortunate to have an employee of Jimmy's caliber and experience managing the environmental health issues in our community," said Tracie Hlavinka, Assistant City Manager for City of DeSoto. "We are so proud that his efforts have been recognized on the state level."

INDIAN HEALTH SERVICE WATER AND SEWER ASSISTANCE AVAILABLE

The Indian Health Service, Office of Environmental Health and Engineering, offers programs to install water and sewer facilities to qualified Indian Homeowners. Funding and construction of sanitation facilities, such as wells, water service lines, septic tanks and drain fields, wastewater lagoons and sewer service lines, are available.

Minimum eligibility requirements include:

- Property must be located within the local Indian Health Service jurisdiction: The greater portion of Oklahoma County; Pottawatomie County north of the North Canadian River; Cleveland County west of the Indian Meridian; Lincoln County; Logan County, and a portion of southern Payne County.
- You must be a member of a federally recognized Indian tribe, band or group;
- If renting, you must obtain a lease agreement (minimum of five years) and a copy of the landowner's deed/title and CDIB. Property owner must possess a Certified Degree of Indian Blood (CDIB).
- HUD homes must be paid in full before services can be provided.

Documentation of tribal affiliation and home ownership or long-term lease will be required with the application for services. Mobile homes must be tied down, skirted and wheels removed prior to service.

Absentee Shawnee and Citizen Potawatomi Nation tribal members must apply for services through their tribal OEH offices.

Please note that applying for service does not guarantee you will receive service. Service depends on the availability of funding.

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

SAC AND FOX
NATION
BIGGEST
LOSER!

Contact Anthony Ramirez at the Merle W. Boyd Center, by email: Anthony.Ramirez@IHS.GOV or by phone at 918-968-9531 EXT. 3039

Program starts **December 1st, 2015** and will last until the **first full week in September 2016**. Weigh in first week of each month at the MBC on our scale.

Prizes at the end of the program to be determined by percentage of **BODY FAT MASS LOST!**

Participants must have an active medical chart with Black Hawk Health Center

HELP WANTED!
SAC & FOX NATION
EMPLOYMENT OPPORTUNITIES

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

- Accounting Technician (Finance)**
Seeking Immediate Placement
- Education Director (Stroud)**
Seeking Immediate Placement
- Resident Advisor (Juvenile Detention Center/Stroud)**
Open Continuously
- Cashier (Finance)**
Seeking Immediate Placement
- Elders Program Coordinator (Stroud)**
Seeking Immediate Placement
- Reception Clerk III (BHHC/Stroud)**
Seeking Immediate Placement
- Maintenance Tech (Stroud)**
Seeking Immediate Placement
- Environmental Technician**
Seeking Immediate Placement
- Administrative Assistant (Economic)**
Seeking Immediate Placement
- Surveillance Observer (Shawnee)**
Seeking Immediate Placement

Applicants must successfully pass an OSBI/National background check and drug screen. Preference in hiring is given to qualified Native Americans. Applicants claiming Indian Preference must provide a copy of their CDIB. For more information and to learn how to apply please visit our website at: www.sacandfoxnation.com or contact Human Resources, Sac and Fox Nation, 920883 S Hwy 99, Bldg. A Stroud, OK 74079 or by phone (918) 968- 3526



Annual Christmas Party

Sponsored by
Sac & Fox Nation
Activity Committee

December 19, 2015

6:00 p.m. - 9:00 p.m.

Sac & Fox Nation
Community Building



Activity Committee NOT Responsible for accidents or thefts

Black Hawk Health Center

Merle Boyd Center



Sac & Fox dietitian Elizabeth Burgess and Black Hawk Health Center Physician's Assistant Kathy Song recently presented to Tobacco Incentive group. This is a stop smoking group sponsored by Sac & Fox Black Hawk Health Clinic Medical and Behavioral Health Services. If you wish to stop smoking and need help, please see your Black Hawk Clinic medical provider to learn more about this great program. (SFNews Photo)

Healthy for the Holidays

By Elizabeth Burgess MS, RD/LD; Anthony Ramirez, Exercise Specialist

The holiday season is among us, and for many people this brings thoughts of joy, laughter, and celebration. Then the words "diet" and "exercise" pop into our brains and suddenly the good thoughts turn into negative ones. Most people will only gain an average of 2 pounds after the holidays, but research has shown that this small weight gain continues each year and eventually builds up over time. As a registered dietitian, it is common for me to see people who fall into this weight gain trend. While it may seem unachievable, it is possible to stay on track with your health and enjoy your favorite holiday foods. Follow these tips:

* On the day of your holiday meal, choose small, low calorie meals beforehand. Go for snacks like fruit, whole grain toast with peanut butter, or a low fat cheese stick. Although you might think skipping meals allows you to "save" your calories for one large meal, remember eating large portions at one time contributes to your waistline.

* Remember to enjoy the conversation. Talking and taking part in the activities of your meal can help make sure you don't overeat on snack foods out of boredom.

* Looking to try everything on the table? It's a good idea to keep portions small and choose only foods you really want to eat. Keep the foods to one plate only and avoiding stacking foods on each other when you run out of room. This helps make sure you serve yourself small portions to be able to fit everything on the plate.

* Don't drink your calories. An easy way to add some extra room into your holiday meal is to avoid high calorie, high sugar drinks. Opt for sparkling water instead of a can of soda. When choosing alcoholic beverages, remember these calories can add up easily too. Choose that drink OR the extra bite of pumpkin pie.

* Bringing a dish? Choose something delicious and nutritious. Look around for low fat, low calorie recipes that offer great flavor, but allow more room for other foods. Use two egg whites in place of one egg to reduce cholesterol. Go for low-sodium, fat-free chicken broth to add to mashed potatoes instead of butter. Dips can be made with fat-free yogurt and sour cream. Try choosing reduced fat or low fat cheeses for salads and casseroles.

Along with making diet changes, add exercise into your holiday and everyday routine. Through his experience as an exercise specialist for the Sac and Fox Nation, Anthony Ramirez has been able to learn a variety of ways to encourage and push people to not let their mind limit the work their body is made to handle. He relates that the body's muscle system is an amazing instrument that benefits us in a variety of movements, but we have gotten away from what we were initially created to be, hunters with bodies trained to withstand harsh conditions. Anthony emphasizes the need for every person to start a workout plan now and not wait until the New Year. Here are a few of Anthony's top recommendations:

* Try a bi-weekly workout plan where you do not perform the same workout more than once in two weeks.

* Determine the correct weights for your fitness level. Choose weights that aren't a struggle to move, but not extremely light and easy to move as these may have no muscle benefit. Instead of performing three sets of 15 repetitions with a light weight, try three sets of 10, 5

and 15 repetitions with different weights and isolate the specific muscle you want targeted. Slow and controlled with various weight sizes is a better way of targeting a specific muscle and promoting isolation than using light weights.

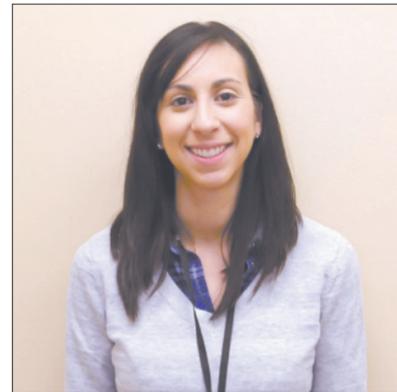
* Be creative and try a variety of exercises. For those of you truly interested in beginning a workout plan, try teaching yourself about different exercises that target areas you want to strengthen and areas you want to lose fat. Pair up these muscle groups when you hit the weights next; chest and triceps, shoulders and biceps or back and biceps (back can be worked on its own it can handle it), quads and calves, and finally glutes and hamstrings.

* Lastly, find a workout that works for you and stick to it to receive the best benefits you can work for!

Remember to enjoy the holidays and make small, attainable diet and exercise goals that fit into your lifestyle. Contact your local registered dietitian and exercise specialist for a more specific plan that can help you reach your weight management goals.

November is National Diabetes Month

By: Elizabeth Burgess MS, RD/LD



Elizabeth Burgess MS, RD

November is National Diabetes Month. Take time out of your week to familiarize yourself with some basic facts about diabetes mellitus. Did you know there are 3 types of diabetes mellitus? In type 1 diabetes, a person produces very little or no insulin. Typically this is seen in infants and children. These

people are born with type 1 diabetes and there is no way to prevent the disease. Gestational diabetes occurs in pregnant women. Type 2 diabetes is more common, and in this disease a person's body is not using insulin properly. It is more common for adults to be diagnosed with this form. Unlike type 1 diabetes, type 2 diabetes is preventable. You can prevent type 2 diabetes by consuming a healthy diet similar to MyPlate, exercising, and staying at a healthy weight. Symptoms of uncontrolled type 2 diabetes include frequent urination, involuntary weight loss, and frequent thirst. If you are diagnosed with type 2, make sure you control your diabetes through diet, exercise, and medications. Uncontrolled type 2 diabetes can ultimately lead to kidney disease, eye disease, heart disease, and nerve damage. If you are experiencing any of these symptoms, contact your doctor immediately.

November Cooking Class

"Healthy Holiday Desserts"

Monday, November 23rd at 11:00 am
Tuesday, November 24th at 12:00 pm

Location: Sac and Fox Nation Learning Center
Hosted by Elizabeth Burgess,
Registered Dietitian for Sac and Fox Nation

November 2015

Black Hawk Health Center Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core Training	3 Exercise Room open 8AM-4:30PM Anthony In Shawnee	4 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	5 Exercise Room open 8AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Upper Body Focus	6 Exercise Room open 7AM-4:30PM
9 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core Training	10 Exercise Room open 8AM-4:30PM	11 Closed for observance of Veteran's Day	12 Exercise Room open 8AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Upper Body Focus	13 Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training
16 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core Training	17 Exercise Room open 8AM-4:30PM	18 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	19 Exercise Room open 8AM-4:30PM Closed 12-4:30 for in service training 5 PM Upper Body Focus	20 Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training
23 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training Elizabeth Cooking class at edu building 11:00 AM 5 PM Cardio/core Training	24 Exercise Room open 8AM-4:30PM Elizabeth Cooking class at edu building 12:00 PM	25 Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training	26 Closed for observance of Thanksgiving Day	27 Closed for observance of Thanksgiving Day
30 Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core Training				

November: National Diabetes Month!

Free Raffle Prizes, Giveaways, Information, Blood Sugar Testing!

Take time in November to educate yourself about diabetes! Do you know if you're at risk for type 2 diabetes? Come visit our table and take a free risk test and free finger stick blood sugar test. Learn about ways to prevent and manage diabetes and discover how Black Hawk Health Center can help you lead a healthier life!

Black Hawk Health Center Lobby Table Dates & Times:

- November 5th 8:00am-12:00pm
- November 10th 8:00am-12:00pm
- November 17th 8:00am-12:00pm
- November 25th 8:00am-12:00pm

Update on Jim Thorpe Repatriation

museum, a 500-bed hospital, an Olympic stadium, and a sporting goods factory with a Jim Thorpe trademark. Patsy Thorpe signed an interment agreement to ensure that the town consolidation occurred, and historians report that she was paid expenses and perhaps additional sums of money to close the deal.

The plans for Jim Thorpe, in death, to save the Borough faced setbacks from the beginning. It took three years for the Borough to deliver on the promised mausoleum, and none of the grandiose developments focused on commercializing the grave ever materialized. Meanwhile, the desecration of Jim Thorpe's remains continued. Believing the casket was too heavy, the locals had it opened and examined the body. Subsequently, a group of protestors tried to "pry the coffin out of the crypt with the intent of dumping it" on the front porch of the home of one of the promoters of the burial initiatives.

Within a few years, when it became clear that the efforts to use Jim Thorpe's remains for economic development were futile, two referendums were called to reverse the name change. Before the first vote, vandals defaced the mausoleum with a hammer. As a local community leader expressed: "You mention Jim Thorpe and nobody knows what you're talking about," to which he added, in an interview with Sports Illustrated: "All we got is a dead Indian."

Decision: An Indian Civil Rights Statute that May Not Always Mean What it Says

The enactment of NAGPRA in 1990 marked a significant achievement in the long struggle of Native Americans to reclaim control over their ancestors' remains and to avoid their exploitation. Prior to the enactment of NAGPRA, American Indian people had faced a long history of having their peoples' remains disrespected and desecrated, which included grave robbing and the treatment of remains as scientific curiosities, or worse. But this legacy encompassed numerous issues, and has long included—as this case illustrates—the use of Indian remains and graves as roadside attractions. NAGPRA was therefore crafted broadly to remedy a serious violation of Indian peoples' civil rights.

The litigation initially was filed in the United States District Court for the Middle District of Pennsylvania in June 2010 by John Thorpe. Following his death in early 2011, his surviving brothers, Bill and Richard, and the Sac and Fox Nation joined in the case.

The litigation did not seek an immediate repatriation of Jim Thorpe's remains. Instead, it sought to compel the Borough to participate in a repatriation proceeding under NAGPRA. That proceeding, which would have provided family members and other parties with a legal interest in the case an opportunity to comment and to express their wishes.

In April 2013, a United States District Court in Pennsylvania, following extensive briefing by the parties on the pur-

pose, interpretation, and application of NAGPRA, ruled that the statute applied to the Borough of Jim Thorpe and to the remains of Jim Thorpe. The Borough appealed that ruling to the Third Circuit.

In October 2014, the Third Circuit reversed the decision of the federal district judge. The appeals court agreed that the plain language of NAGPRA applied to the Borough and to the remains. Nevertheless, the court invoked a seldom-used judge-made doctrine, and reversed on the grounds that a repatriation of Jim Thorpe's remains would be an "absurd" result shocking to most people in society.

"NAGPRA—like most other civil rights legislation—was drafted using broad language, because it was intended to be used as a remedial tool to correct a wide variety of historic abuses of the rights of Indian people," said Steve Ward, an attorney at Conner & Winters, LLP, in Tulsa, and who represented the Nation and the Thorpes in the litigation.

"The effect of this ruling is that Indian people and tribes still have this important statute, but its use may well be limited, depending on a particular judge's perspective and understanding of the issues relating to Indian rights."

Chief Rhoads observed that the denial of Jim Thorpe's stated request to be buried on Indian land within the Sac and Fox Reservation is remembered—in the tribe and elsewhere in Indian country—as a serious injustice. "For now, it appears we will have to continue living with this memory, and without tools under the law to remedy this abuse of our human and religious rights," she said.

Statement of Principal Chief Rhoads
Following is Principal Chief Kay Rhoads' statement concerning the Supreme Court's refusal to review the case:

On behalf of the Sac and Fox Nation, I want to express our disappointment about the decision of the United States Supreme Court not to review the ruling of the Third Circuit in the litigation seeking to initiate a repatriation proceeding concerning the remains of Jim Thorpe.

The famous Sac and Fox athlete's remains were taken forcibly from a traditional burial ceremony in 1953 under circumstances that illustrate the lack of respect in general in our country's history for the traditions and religious beliefs of American Indians. Jim Thorpe's remains were shopped around the country, and eventually were turned over to two small Pennsylvania towns—now called the Borough of Jim Thorpe—that hoped to use them as part of a grandiose economic development plan, which, of course, never was realized. This type of treatment of Indian people's remains—the remains of our human beings and our family members—is, unfortunately, not unusual in American history.

This litigation was brought pursuant to civil rights legislation enacted to correct historic abuses of the human rights of American Indian people—the Native American Graves Protection and Repatriation Act, or "NAGPRA." The treat-

ment of Jim Thorpe's remains was, in fact, within the core purposes of NAGPRA—to prevent the commercial exploitation of Indian peoples' remains and graves, and to require the law to respect their religious and other traditions with respect to burials. This was not only our view, but it is a view confirmed by the United States District Court that heard this case, and it was further affirmed by the parties that supported our request for review in the United States Supreme Court of the adverse ruling of the United States Court of Appeals for the Third Circuit, which included the Native American Rights Fund (one of the original supporters of NAGPRA), the National Congress of American Indians, members of Congress, legal scholars, and various organizations that promote the protection of the free exercise of religious and cultural practices.

The Third Circuit agreed with the federal district court that the plain language of NAGPRA clearly applies to the remains of Jim Thorpe. However, the appeals court overturned that judgment based upon a seldom-used judge-made doctrine for the reason that they personally believed Congress could not possibly have intended to permit such a repatriation. I think the Third Circuit's ruling represents to some extent a misunderstanding of both NAGPRA and the injustices it was intended to correct. Nev-

ertheless, it calls into question whether Indians and tribes will be in a position to continue to use these important legislative tools to fight and correct a long history of discrimination and abuse of Indian peoples' rights.

The Supreme Court's decision not to review the Third Circuit's ruling represents a personal defeat for the Indian family of Jim Thorpe, including his surviving sons, Richard Thorpe and Bill Thorpe, who have sought for some 60 years to have their father buried in Sac and Fox country accordance with his wishes. It gives the family, the Sac and Fox Nation and Indian people concern about the lack of respect and love for this great man and tribal religious beliefs when non-Indian people choose to exploit Mr. Thorpe remains and disregard his final wish to be buried among his people and family. It also saddens and concerns me that the plain language of important civil rights legislation like NAGPRA can be overridden based upon judges' subjective views about what they believe a law was intended to address.

The denial of Jim Thorpe's stated request to be buried on Indian land within the Sac and Fox Reservation is remembered in our tribe and elsewhere in Indian country as a serious injustice. For now, it appears we will have to continue living with this memory, and without tools under the law to remedy this abuse of our human and religious rights.

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.

Co-ed **DODGEBALL** Tournament

Saturday, November 14, 2015
12:00 p.m.

Thunderbird Casino Event Center

- Up to 40 teams accepted!
- Register by October 26th
- \$5 per player (6-8 player per team and must have at least 2 tribal employees)
- Must be 18 years or older
- Prizes for 1st & 2nd place
- Pick up registration packets October 30th at the Absentee Shawnee Tribal Complex or Little Axe Health Center

Admission \$1 or a donation of a non-perishable food item for Absentee Shawnee Foster Care Families

To sign Up Call or Email
Jackie Denny at 405-275-4030; jdenny@astribe.com
or
Shawnee Martinez at 405-701-7994; smartinez@astribe.com

Business Committee Meeting Minutes
are now accessible on the Website and Facebook
sacandfoxnation-nsn.gov

OES PUBLIC NOTICE
OES has a **RECYCLE DROP OFF TRAILER**
in it's parking lot most of the year

The Sauk Language Department of the Sac and Fox Nation of Oklahoma is currently accepting resumes for part and/or full-time work for individuals experienced in working with youth and young adults. Additional experience working with multi-media technology (i.e. graphic arts, web design, etc.) is preferred, but not mandatory. Resumes with portfolios would be given preferential treatment.

This is a call for resumes and portfolios only. Scope of work, project specifications, and rate of pay negotiated on a case-by-case basis. Those interested in working with youth and young adults **must be capable of attending design meetings in Stroud, OK and working on-site at least part time.**

Please email your resume to the following:
language@sacandfoxnation-nsn.gov

NO PHONE CALLS PLEASE



Vocational Rehabilitation Transitional Services
Iowa Tribe of Oklahoma

History:
The Iowa Tribe of Oklahoma Vocational Rehabilitation Program has provided vocational services to American Indians with disabilities for twenty years and counting, with Transition Services at six years. Our mission is to develop specialized services to American Indian students with disabilities currently making the transition from high school to work or achieving a post-secondary education.

Services we can provide:
We assist with testing fees (ACT, SAT), provide work clothing for new jobs, tuition assistance, assistive devices such as hearing aids, walkers, wheelchairs, eye glasses, along with physical and mental evaluations.

Qualifications:
You must be a member of a federally recognized tribe, a junior or senior in high school and must reside in on of the Iowa Tribe VR services area counties. You must also provide documentation from your doctor or physician noting your disability.

COUNTIES served by ITOVR

- KAY
- NOBLE
- PAWNEE
- PAYNE
- POTTAWATOMIE
- LINCOLN
- LOGAN

Iowa Tribe of Oklahoma Vocational Rehabilitation

P.O. Box 728
Perkins, OK 74059

Phone: 405-547-2402 ext 168
Toll free: 1-888-336-4692
Fax: 405-547-1090
E-mail: Christa Tsotaddle, Transitional Counselor
ctsotaddle@iowanation.org

"See the Person, Not the Disability"

1/23/2015 CT Find us on the Web: www.bahkhoje.com

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.



NOVEMBER 2015 LANGUAGE QUOTES

"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

"We believe, we firmly do believe, that the language was a gift from our Creator. As such, it is sacred to us. Without it, we cannot exist in the manner the Creator intended for us."

-William C'Hair, Arapaho

"You've got to know your language to understand your culture."

-Beatrice Taylor, Ojibwe

NOTICE • NOTICE

The Sauk Language Department of the Sac and Fox Nation of Oklahoma is currently accepting resumes and portfolios for part and/or full-time contractual work for web design, digital graphic arts, game development, video production, and other multimedia projects.

This is a call for resumes and portfolios only. Scope of work, project specifications, and rate of pay negotiated on a case-by-case basis. Contractor must be capable of attending design meetings in Stroud, OK and working on-site at least part time.

Please email your resume to the following:
language@sacandfoxnation-nsn.gov

NO PHONE CALLS PLEASE



NOVEMBER 2015 WORD SCRAMBLE

- eênwPa _____
- napheya _____
- eekimâhoionpskw _____
- neôppi _____
- naeakwâkccîhniihh _____
- iâneitkink _____
- iihntkiépwean _____
- mwetâkhnooaha _____
- wwîaikn _____
- hôothnpoai _____
- haîpapni _____
- hîeâintiwnnwka _____
- ehêiânwmk _____

NOVEMBER 2015 WORD LIST

Penêwa	turkey
ahpenya	potato
shemekowâpikoni	squash
nepôpi	soup
nechînâwichikanaki	family (my)
nikânetiki	friends (my)
kîwithenipena	let's all eat
athâmehkonowa	eat too much
wîkanwi	(it) tastes good
atôhpothôni	table
ahpapîni	chair
wîtheniwinâkani	plate
êmehkwâni	spoon

NOVEMBER 2015 WORD MATCH

Penêwa	spoon
ahpenya	family (my)
shemekowâpikoni	soup
nepôpi	squash
nechînâwichikanaki	chair
nikânetiki	table
kîwithenipena	turkey
athâmehkonowa	let's all eat
wîkanwi	eat too much
atôhpothôni	plate
ahpapîni	(it) tastes good
wîtheniwinâkani	potato
êmehkwâni	friends (my)

SAUK LANGUAGE DEPARTMENT HAPPENINGS AND NEWS

NOVEMBER 2015
PAKAMÊHA
(Striking Moon)



THE SAUK LANGUAGE DEPARTMENT

The new Sauk I and Sauk II online courses are now available for high school students who want to learn Sauk. If you are interested in taking these courses, please contact your high school counseling office to learn more.

The Sauk Language Department now has 3 FREE downloadable, stand alone Language Apps for both Android and iPhones. Go to Google Play Store or iTunes to get yours today, and start learning Sauk.

Don't forget about the new selection of Sauk Language T-Shirts now available for sale!! All T-Shirts \$10 While Supplies Last!

Join Us Online!

Come join us online at our UPDATED www.talksauk.com to see what new games and words we have to offer.

We always welcome suggestions and/or comments from tribal members on programs you have attended, or would like to see scheduled.

Call 918-968-0070 or 800-256-7552, or email language@sacandfoxnation-nsn.gov

The Sauk Language Department wants to hear from you!

In an effort to offer new and exciting ways to involve young members of the tribal community, the Sauk Language Department is asking for young adults, ages 18-25, who are high school graduates, to let us know if a new Sauk Language Multimedia Technology Pilot Program would be something you would be interested in attending.

What is the Sauk Language Multimedia Technology Pilot Program?

This is a pilot program designed for creative, organized young adults who want to develop skills using a broad level of current technologies.

The Sauk Language Multimedia Technology Pilot Program will focus on providing basic instruction in web design, graphic arts, digital illustration, and video production.

This is a call for general interest only. Submission of the following information is to determine the interest level in a Pilot Program for Multimedia Technology, not acceptance into the Pilot Program.

If you are interested in this new Pilot Program, please send the following information, either by email or regular mail, to the Sauk Language Department:

- Full Name _____ Phone number _____
- Email address _____ Age _____
- Level of education completed _____ Available mornings or afternoons? _____

Sauk Language Department • 920883 S. Hwy 99 • Stroud, Oklahoma 74079
Language@sacandfoxnation-nsn.gov • No Phone Calls Please

**JUST IN TIME FOR CHRISTMAS SHOPPING
NEW SELECTION OF TSHIRTS NOW AVAILABLE AT THE
SAUK LANGUAGE DEPARTMENT**



***** LIMITED SUPPLY ***
*** WHILE SUPPLIES LAST *****



Light Blue T-Shirt Sizes S, M, XL, XXL, 3XL
Kiwi Green T-Shirt Sizes S, M, XL, XXL, 3XL

Black T-Shirt Sizes S, M, L, XL
Black Hooded Sweatshirt Sizes S, M, L, XL, XXL, 3XL
Black Ball Cap is Adjustable



All T-Shirts \$10
Hooded Sweatshirts \$45
Ball Cap \$5



**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.

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

**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.

TURKEY DAY BY NICOLE WATASHE

 Inoki ini Penewi Kishethwi	 Nekya wachâhowa mâneta wiythaniweni. Menwihâkwatwi.	 Nenanâhîkamawâwa nekya ahtôpathôni wîhwîkometiyâkwe.
 Êkîshîhawiyâni, nepîhapi pâpâkînechênâpi.	 Nâko, meshôna ôni nethkwitha Meghan.	 Nekya kîshithêkwêwa ôni newithenipena
 Nemenwipenêwikîsheki! Newâwiyâmâwaki nechînâwichikanaki!		

**SAC AND FOX TAX COMMISSION
REVENUE**

August 2015

Beer and Liquor	\$107.20
State Tobacco Rebate	\$210,215.16
Motor Vehicle	\$3,314.75
Sales Tax	\$13,779.78
Treasury	\$30.00
Oil & Gas	\$753.67
Gaming	\$132,632.10
TOTAL	\$360,832.66

Are you a Sac and Fox artist?

Would you like to display some of your artwork in our Cultural Center?

We are limited in size, but we would love to help you show off your best work! Items will be displayed inside the exhibit showcases.

For questions and queries, please visit or call the Sac and Fox National Public Library at 918-968-3526, extension 2021.

Some restrictions will apply.



November 2015 Wordsearch

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

Sac and Fox Nation Police Department

From Sac and Fox Tribal Police Chief Bob Roberts



Sac and Fox Tribal Police Chief Bob Roberts

November Safety Tips

The most wonderful time of the year also can be the most hazardous in your home. Police departments report a spike in burglaries from Thanksgiving to Christmas, and fire departments receive hundreds of calls involving fires caused by Christmas tree and holiday lights. Before the festivities kick into high gear, take a moment to protect your home and family by reducing the risk of these holiday hazards.

- Potential burglars don't need to know what type of computer or flat-screen TV is now in your home. When throwing away gift packaging, break down all boxes and place them in a dark colored trash bag or closed container-not an open bin. If you're unable to use one of these containers, consider waiting to put your trash out until the day of pick-up to reduce the time that the boxes are left out in the open.

- Likewise, don't invite burglars to window-shop. Keep valuable items like computers and piles of gifts out of easy sight, away from windows or doors. If you're going out of town, keep the shades drawn.

- Check for identification before

opening the door to a stranger, including delivery people; criminals sometimes pose as couriers delivering gifts.

- If you're going to be away from home for a few days, create the illusion of occupancy. Put a couple indoor lights on timers or leave on if you don't have timers and enlist a friend or neighbor to collect your mail, newspapers and deliveries. Criminals are now driving around following UPS or FED-EX waiting to see if packages are being left on your door ways.

- Do not use holiday lights that have worn or broken cords or loose bulb connections. From 2007 to 2011, electrical failures or malfunctions were factors in 64% of fires involving holiday or decorative lights, according to a November 2013 report from the National Fire Protection Association. Only use holiday lights that are certified by an independent testing laboratory and suited for the use you need-whether indoor or outdoor.

- Keep real trees well-watered. Researchers have found they are less likely to catch fire. When a tree begins dropping needles, it's time to take it to drop off site or the curb. Trees that are not watered and dried out can be extremely flammable and result in a fatality more frequently than other home fires.

- Even artificial trees can be flammable, so make sure yours is identified by the manufacturer as fire-retardant. Styles with built-in electrical systems also should have the Underwriters Laboratory (UL) label.

- If you plan to enjoy a toasty fire, ensure your chimney flue is inspected and cleaned to remove flammable buildup. Keep any flammable items, like wrapped holiday presents and decorations, at least three feet away from the fireplace.

- Another way to protect your home at the holidays: consider installing a home security and automation system.

The Sac and Fox Nation Tribal Police Department wish you a happy and very safe holiday season.



Tribal member James "Bones" Walker recently attended the Million Man March in Washington D.C. Native Americans were invited to D.C. by "Justice or Else" Million Man Reunion where they gathered to pray, inspire and bring good thoughts for Native communities that are trying to thrive not just survive standing up for human rights. James conducted a service for the Native American Church while in D.C.

Sac and Fox Nation Extensions

Main Number 918-968-3526

- Chief - 1004 • Second Chief - 1005 • Treasurer 1006 • Secretary - 1007
- Committee Member - 1010 • BC Front Desk - 1002 • Tax - 1043 - 1045
- Accounting - 1030 - 1036 • Property and Procurement - 1020 - 1039 - 1022
- Maintenance - 2063 • BHHC - 918-968-9531 • ICW - 1711 • Court - 2039
- Library - 2020 - 2021 • Language - 918-968-0070 or ext. 2053 • JUVI - 4000
- USDA - 2077 (WIC 2079) - 2080 - 2081 - 2082 (Warehouse USDA 2089)
- Education - 2046 • IT - 2041 • Police - 2033 • Self-Governance - 1080
- Capitol Security - 1090 • Realty - 1050 • Enrollment - 1040 - 1041 • RAP - 2000
- Social Services - 2010 - 2011 • OES - 2091 - 2092 - 2094 • Veterans - 1065
- Newspaper - 1060 • NAGPRA/Historic Preservation - 1070 • Chief of Staff - 1001

Muscogee (Creek) Nation WIC Program

Stroud Clinic

USDA Building 920883 S. HWY 99
Open 1st and 3rd Wednesday of each Month
Hours: 9:30am - 3:30pm

Closed for Lunch 12:00pm - 1:00pm

1-800-648-2302 or 918-968-1784 for information

Closed last business day of each month for staff training.

Standards for participation are the same regardless of age, race, sex, color, national origin or handicap.

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.



Absentee Shawnee Tribe of Oklahoma Domestic Violence Program

Mission Statement

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



The Domestic Violence Department provides services to:

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

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

Oklahoma City Indian Clinic receives grant for domestic violence prevention

OKCIC was one of eight Urban Indian Health Programs awarded

OKLAHOMA – Oklahoma City Indian Clinic (OKCIC), a nonprofit clinic providing services to American Indians in central Oklahoma, recently received a renewed grant from Indian Health Service (IHS) for the Domestic Violence Prevention Initiative (DVPI) program. This grant was awarded to 56 IHS, tribal and urban Indian health organizations, totaling \$7,456,000 overall. Eight Urban Indian Health Programs were awarded, including OKCIC.

“We are grateful for the opportunity to continue the work we are doing in the area of domestic violence and sexual assault prevention,” Robyn Sunday-Allen said, CEO of OKCIC. “Our primary goals, with this grant and beyond, are to increase knowledge, expand crisis intervention, provide trauma-informed services and improve organizational and community practices surrounding abuse,

sexual assault and bullying.”

OKCIC screens all patients for issues related to domestic violence, depression, suicidal ideation, alcohol abuse, drug abuse, tobacco use and bullying, and is exploring ways to screen for elder abuse and sex trafficking and sexual assault. The clinic staff attends and presents at local and national conferences to gain and provide knowledge on the important topic of trauma-informed care.

The Behavioral Health department takes part in numerous activities and events. This year, the clinic is partnering with local school districts and agencies that serve victims of domestic violence and bullying. Through this partnership, OKCIC will continue to educate the youth in Oklahoma through the promotion of the cessation of bullying and drug/alcohol abuse with Craig Conrad’s “Unstoppable You” program.



Landis McClellan (left), National Indian Council on Aging (NICOA) worker and Janis Jackson (right), Sac and Fox Nation Certification Staff (USDA Photo)

Resource Roundup Banner Up: Pop-ups are here!

Using the design developed by the FDPIR Marketing Committee, made up of FNS and FDPIR staff, FNS produced a pop-up banner for use by all FDPIR administering agencies. The banners were delivered to ITOs in August and have already been seen at many regional and local events. The double-sided banner highlights the program under the tagline, Healthy Choices, 100% American

Grown, and shows nutrition education along with information on items within the FDPIR food package. ITOs may use the banner at health fairs, with partner organizations, and/or during FDPIR nutrition education events. The banners can also be used in coordination with the FDPIR brochure developed by the FDPIR Marketing Committee last summer.

Oklahoma Tobacco Helpline

1
800
QUIT
NOW

Thank You

To everyone who came to the Halloween Carnival you made this event a success. A special thank you goes to the volunteers who took the time to help; Jessica Satepeahta (Finance), Pam Zimmerman (JDC), Shirley Wakolee (Library), Janis Jackson (USDA), Nancy Nullake (JDC), Jaron Ahhaitty, Preston Barse, Jayden Brown, Alex Garcia, L J McKissick, Crystal Nanaeto, Stella Nullake, Randy Tiger, and Rosanna Wassana . Your willingness to volunteer was very much appreciated, without your help and hard work this event would not have been as effortless as it seemed and thank you again. Thank you to Bessie Franklin & Stroud’s Dollar General for the donation of the Halloween items last year. You all are the best and may God bless you. My gratitude is infinite.

Sincerely, Jamie Barse Vice-Chair Activity Committee

Feel like a cup of coffee or tea?

Please join us at your

Sac and Fox National Public Library ...

and we'll put the pot on!

Or, we can share a bag of popcorn!

Drop by!

Anytime!

Sac and Fox National Public Library • 918-968-3526 Extension 2021

CTSA is Hiring!

CTSA is a Head Start, Early Head Start, and child care program in Shawnee, OK. We are currently seeking teachers to fill full time and part time positions. CTSA is a tribal program that has been strong in the Shawnee community for over 40 years. We offer excellent services to families and a great work environment for employees. CTSA offers competitive pay and small class sizes. Full time employees can receive excellent benefits, education assistance, and ample time-off work. Come join our team! Early childhood experience preferred. CDA credential preferred. All applications accepted. Applications may be downloaded at ctaheadstart.org or picked up at 1535 N McKinley Ave. Shawnee, OK, 74801. CTSA is an equal opportunity employer.

Winter Stomp dance Benefit

Sponsored by Sac and Fox Honor Guard

When: Feb 6, 2016, 6PM-??

Where: Sac & Fox Community Building
Highway 99 Stroud, OK
MC-Oba Mack-Fish Pond Grounds

*Bring Chair

50/50 & Raffles
Cake Walk

We Welcome

All Stomp dance grounds, leaders
Shell shakers and Vendors

***Not responsible for lost items, No Alcohol or Drugs Allowed**

Contact Paul D Wolf (405)275-6587

Celebrating 81 Years BIRTHDAY DANCE HONORING THOMAS MORRIS JR.

SATURDAY, NOVEMBER 21, 2015
THA-KI-WA (SAUK) ACTIVITY CENTER (GYM)
(across the HWY from the Tribal Office)
STROUD OKLAHOMA

The children and family of Thomas Morris Jr. is inviting all of his friends, relatives, Gourd dancers, and war dancers, for a day of dancing, and celebration.

WAR DANCE... (Tail Dance 2 Sets).....	2:00 P.M.
<i>Followed by Intertribal</i>	
SUPPER.....	5:00 P.M.
GOURD DANCING.....	6:00 P.M.

MASTER OF CEREMONIES.....DON PATTERSON

HEAD SINGER.....JIMMY KEMBLE

HEAD GOURD DANCER.....THOMAS KAUDLEKAULE

HEAD WAR DANCER.....OTTO HAMILTON

HEAD WOMAN DANCER.....STELLA MOORE

ARENA DIRECTORS.....LARRY TSOSIE

FOR MORE INFORMATION
CONTACT 918-968-3246

The sponsors are not responsible for any accidents thefts

SAC AND FOX NATION BREAST AWARENESS DAY



SAC AND FOX NATION RODEO COMMITTEE HOSTS OKLAHOMA HIGH SCHOOL RODEO ASSOCIATION



Happy November Birthday Elders

Martin Boyd
 Loa Rae Simoes
 Douglas Lowell Franklin
 Viola Renee Buckley
 Paul Joseph Della Calce
 Michael James Griggs
 Julie Marlene Breger
 Doris Irene Worthington
 Lana S. Grant
 Donna Darlene Longshore
 Catherine Joy Walker
 Archie Hector Rice
 Luana Zentner
 Jenell Ashbaugh
 Mary E. Abney
 Connie Sue Cobb
 Darrell Harvey Poodry
 Forrest Neil Walker
 Deborah Sue McElroy
 Cheryl Lee Crane
 Jeff Daniel Miles
 Jimmie Lee Garcia
 Corrine Lavern Tsoodle
 Georgia Lee Hancock
 Mary Georgie Rolette
 Betty L. Harmon
 John Patrick Butler
 Phyllis Faye Britt
 Paula Kaye Williams
 Gloria C. Bonifield
 Brenda Gail Ponkilla
 Sharon Elaine Little
 Latricia Switch
 Colbert R. McClellan
 Mary Lee Brown
 Laveta Aldean Ashley
 Nelda Joyce Snodgrass
 Edward Abrahm Longshore
 Barbara Jean Rothrock- Williams



Ruth Wright
 Julia L. Hanson
 John Earl Longshore
 Larry G. James
 Mark Everett Couteau
 Douglas Edward Gibbs
 Dale Wayne McCreless
 Dorothy J. Lawson
 Ronald Dean Brown
 Margaret Lucille Ward
 Linda Joyce Morris
 Patricia Dean
 Robert E. Williamson
 Janet Jeske
 Johnnie Mae Tallbear
 Ellis Gayle Rolette
 Eva-Kay Rice
 Beverly Sue Jackson
 David Eugene Phelps
 Mary F. Ward
 Karin Kae Wakolee
 Robin Ray Hocker
 John Jacob Allen
 Theodore Wendell Eubanks
 Delores Colbert
 William Sheridan Pennock
 Patricia Guinn Ponder
 Rosita Lee Duncan
 Melinda E. Redd
 Tommy Leon Masquat
 Larry Robert Butler
 Kenneth Robert McKosato
 Anita Louise Mack
 Sharon Gail Oszman
 David Leon Roubidoux
 Gayla Louise McCoy
 Jim Dewitt Longshore
 Christine Barker Williamson
 Thomas Morris

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.



Sac and Fox Nation Secretary Mary McCormick with U.S. Tom Cole at the USDA Annual Consultation. The event was held at the Artesian Hotel, in Sulphur, Oklahoma, August 26, 2015. Secretary McCormick said the meeting was very informative and there were a lot of actual reports from various tribes on how USDA has assisted their tribe to succeed, and achieve goals that helped their tribal members! (Photo by Stella Nullake)

URGENT NOTICE TO VETERANS

Men and Women especially WW1, WW2 and Korean
The Sac and Fox National Public Library
is asking for your
DD 214's for their records and
Memorial Monument Purposes
See Cathrine Walker 1-918-968-3526 Ext. 2022



Oklahoma Tobacco Helpline

1 800 QUIT NOW

Indian Child Welfare Department

Located at

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

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 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



Roseanna Preston
Sac and Fox tribal member

I make Sac and Fox tribe clan shields and Sac and Fox ribbonwork. I also mend clothes and do jewelry repair. If you're interested give me a call at 405-585-9527



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 _____



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

NAME CHANGE AND/OR CHANGE OF ADDRESS FORM

NAME

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

SIGNATURE _____ DATE _____

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

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

MAILING ADDRESS

OLD	NEW
ADDRESS _____	ADDRESS _____
CITY _____ STATE _____ ZIP _____	CITY _____ STATE _____ ZIP _____

STREET ADDRESS (IF DIFFERENT THAN MAILING ADDRESS)

OLD	NEW
STREET ADDRESS _____	STREET ADDRESS _____
CITY _____ STATE _____ ZIP _____	CITY _____ STATE _____ ZIP _____

CHANGE OF ADDRESS FOR MINORS REQUIRE A W-9 FORM BE COMPLETED FOR THE BANK. PLEASE REQUEST A FORM FOR EACH CHILD FROM THE ENROLLMENT DEPARTMENT, 918-968-3526 ext. 1040 or 1041.

TO BE COMPLETED BY THE ENROLLMENT DEPARTMENT

Date Electronic File Was Updated
Date Sac and Fox News Was Notified
Staff Initials



By: Phillip Mee-Air Quality Specialist
Mold Basics:

Mold is an organism that is present both outdoors and indoors and is a part of the natural environment. Outdoors, it is a type of fungus that plays an important part in nature by decomposing dead material such as, fallen leaves, dead trees, and dead animals and return the nutrients to the environment. Mold requires; air, food, temperature and moisture, in order to live and grow, but water is the key for mold growth. Fragmentation and sporulation is how mold spreads and reproduces, meaning that, tiny lightweight spores are released and travel through the air in search of water/moisture. If mold growth happens indoors, it's because mold spores landed on a surface that was wet/moist. If there is mold growth in your home, you must clean up the mold and fix the water problem. If you clean up the mold, but don't fix the water problem, then, most likely, the mold problem will come back. Mold will not grow if there is no moisture. Stop the water, stop the mold.

The best way to clean up mold is with warm soapy water. Clean the area thoroughly and be sure to completely dry afterwards. It's best to dry water-damaged areas and items within 24-48 hours to prevent mold growth. There is proper protection equipment/PPE that should be worn such as; a respirator or a N95 mask, gloves, eye protection, and if needed, a protective suit, when a person is cleaning or removing mold. There are some items

that can't be cleaned. If you have mold on clothes, carpets and/or furniture, these items would be harder to clean. Depending on the damage you may have to get rid of the items or find a specialist that can clean up the items for you.

Not all mold is bad, but should be treated as such since mold has the potential to cause health problems. Mold produces allergens (substances that can cause allergic reactions), irritants, and in some cases, potentially toxic substances (mycotoxins). Touching or inhaling mold or mold spores may cause allergic reactions to sensitive individuals. Allergic responses include, sneezing, runny nose, red eyes, and skin rash (dermatitis). Exposure to mold can irritate eyes, skin, nose, throat and lungs of both mold-allergic and non-allergic people. Mold can also cause asthma attacks in people with asthma who are allergic to mold. If you have an allergic reaction or irritation issues from coming in contact with mold and it lasts for a long period of time. Visit your doctor to see what can be done to stop the issues.

If anybody has any concerns about their Indoor Air Quality (IAQ). Please contact Phillip Mee at the Office of Environmental Services at, 918-968-0046, or phillip.mee@sacandfoxnation-nsn.gov to set up an individual consultation where we can discuss any specific concerns/issues and determine if an indoor air quality assessment needs to be conducted.



Winter is just around the corner... By Dale Miller

The days are getting shorter and the nights are getting colder. Many are preparing our homes for the coming winter. The furnaces are being serviced and filters changed. Windows sealed shut and curtains drawn. Cracks around the doors are getting fresh sealant put into fill them. Insulation is even being checked and in some cases added to the ceilings and walls. Blankets are being pulled out of storage and sweaters are moving out of the backs of closets.

Now these are common for most, but there is another house that gets neglected until something bad happens. The well house that supplies the water to drink, bath, clean, and generally live comfortably. It's the last thing you want to have a problem with on a freezing cold day.

The well house needs to be winterized just like the rest of your home.

- * Fix anything broken-door, walls, roof, valves
- * Insulate everything-pipes, walls, roof, door
- * Consider putting a heat lamp or small heat source inside
- * Seal it up to prevent bugs, mice, rodents from using as their winter home
- * Check the well cap make sure it is sealed and sanitary
- * Winter is inevitable don't wait until something bad happens at the worst time possible. Protect yourself and your family. Enjoy working in this wonderful weather, instead of the sleeting, blowing, ice storms that may be on the way this winter.

Protectors Unseen

By: Environmental Director, Jeremy Fincher

I would like to share with everyone some operations of the Office of Environmental Services (OES) that some may not be aware of. The Office of Environmental Services receives no tribal funding and has no permanent positions, as a result, OES prepares, writes, and submits its own grant applications for Federal grant funding every year in hopes that the department can continue to exist. This fiscal year OES had 3 grant applications approved where federal funding was awarded. In this article I will focus on the Clean Water Act (CWA) Section 106 grant that was awarded. This grant has been an important component to the existence and success of the OES department over the last several years.

There are two components to the grant's funding, "Base" and "Variable". The foundation, or "Base" of this grant is to perform surface water monitoring for streams and rivers and then compile the data and submit reports back to the Environmental Protection Agency. It may not sound too interesting, but this actually allows us to put boots on the ground and go out into waterbodies within Sac and Fox Nation jurisdiction and seek out pollution and its sources. In past years, the CWA program maintained around 8 monitoring locations spread across 3 different watersheds. A watershed is all the land area that drains into a body of water. Within Sac and Fox Nation jurisdiction we have 3 different watersheds, one for each of the large rivers that flow through it. The Cimarron to the North, Deep Fork in the middle, and the North Canadian to the South. Next time you're driving North or South on Highway 99 between Cushing and Prague try to see if you can identify the ridges that separate the watersheds.

5 of the 8 monitoring locations in previous years were located in the Cimarron River watershed. This past year OES increased the number of location in the Cimarron River watershed to 7. Currently OES only has 1 monitoring location for the Deep Fork River watershed and 1 for the North Canadian River watershed. One of OES's goals over the next two years is to increase its number of monitoring locations for each of the 3 watersheds and Veterans' Lake. The number of monitoring locations should at least double over the next 2 years. After a sufficient number of monitoring locations are established for each watershed, OES plans to focus on a single watershed each year and rotate them so each watershed will be studied every 3 years. Currently, OES does not have the funding our manpower to monitor all 3 watersheds simultaneously. The rotating schedule allows OES to expand the reach of its monitoring program by

collecting samples in areas that have never been sampled before and be able to better assess the health of the entire watershed instead of the health in just one local area. The expansion of OES's surface water monitoring program is significant for many reasons. It will help determine and locate areas of concern, areas that may need additional monitoring, improve identification of different types and sources of pollution, and provide a better understanding of the health of the streams and rivers tribal members use and depend on.

Additionally, this past Spring Dale Miller, Water Quality Specialist, and I attended a workshop for first responders to fish kills and became a member of an inter-tribal/inter-agency group called the Oklahoma Kill Response Management Team (OKRMT, pronounced O-Kermit like the Muppet). This group was formed so when a fish kill is reported the information is received and communicated quickly to the entire group and whoever may be in the area can respond quickly and can request additional support and sampling equipment from other environmental professionals in the area. A quick response is key when trying to identify the cause of a fish kill because the "crime scene" is constantly moving as the water flows downstream. Participating in OKRMT is just an example of the many partnerships, strategies, and tactics OES is employing to keep improving the Department, even while funding may be declining, we strive to find ways to keep going.

Lastly, please know, year round OES is out in the field actually getting in these waters to collect samples and actively, proactively, seeking out and monitoring for any sources of contamination that could harm anyone using those waters, including the aquatic life and other animals. That is why we are focusing our efforts on expanding to include more monitoring locations so we can try to protect tribal members, the broader community, and the environment even more. So this winter when you're looking out the window at the snow and it's bitterly cold or you're watching the news and hear about another fish kill or chemical spill, know there is someone out there trying to make it better, even if unseen.

Please look for my article in next month's Newsletter where I will highlight the "Variable" funding portion of the CWA grant, including macroinvertebrate sampling, rural water well monitoring, habitat assessments, fish collections, and fish tissue biopsies and how they are used to help protect the Environment. Kiyakapati Aki.

Thanks for reading, JF.

INDOOR AIR QUALITY

Please mail or return form to the address below.

You may also contact us via email, phone, or fax.

SAC AND FOX NATION OFFICE OF ENVIRONMENTAL SERVICES
920883 S. Hwy 99 Bldg. A Stroud, OK 74079
Phone: 918-968-0046
Fax: 918-968-0049
Email: phillip.mee@sacandfoxnation-nsn.gov
Email: jeremy.finchner@sacandfoxnation-nsn.gov

NAME: _____

ADDRESS: _____

CONCERNS: _____

PHONE: _____

What's in your air?

- Particulates: dirt, dust, pollen spores, pet dander, candle soot
- Bioaerosols: viruses, mold, bacteria, living micro organisms
- Volatile Organic Compounds: odor causing contaminants, chemical gases, solvents

SOURCE: oltrom.com/IAQ/index

We are seeking input from Sac and Fox Nation Tribal Members so we may address their concerns over Indoor Air Quality (IAQ). All respondents will be contacted individually to better understand their concerns, provide insight into future project development, and determine if an IAQ assessment is needed. All personal information provided is confidential.

This service is provided at no cost to you!

America Recycles Day

November 15

Dust
Pollution
Chemicals
Mildew
Quality
Gases
Pollen
Toxic
Mold
Air
Fumes

Indoor

Want to know about Indoor Air Quality?

Learn what could be in your Indoor Air.

Learn about health issues from poor Indoor Air.

Learn how to make your Indoor Air better and healthier.

Breathe Healthy Air!

DECEMBER 4, 2015

Presentation will be in Stroud, OK at the Sac and Fox Nation Learning Center in the large conference room.

Participants will receive a bag including energy saving items and information handouts on Indoor Air Quality.

Snacks will be provided!

OFFICE OF ENVIRONMENTAL SERVICES
920883 S. Hwy. 99 Stroud, OK, 74079
phillip.mee@sacandfoxnation-nsn.gov
ees@sacandfoxnation-nsn.gov
December 4, 2015 @ 2pm

Story submitted by Dora S. Young courtesy of The Seminole Producer

Persimmon Seed Predicts Area Winter Weather



Local persimmons had their seeds cut open recently to reveal the winter prediction folklore. The kernels revealed a spoon shape, which indicates lots of heavy, wet snow will fall this winter.

By Angela Downing
Events Editor

Fall is officially here and with all the activities that are associated with the season, so is common fall folklore about persimmons and their weather predictions.

Throughout the United States it is custom to cut open a persimmon seed and revealing what shape the kernel inside contains.

If the kernel is spoon-shaped, lots of heavy, wet snow will fall. Spoon is often thought of as a shovel.

If it is fork-shaped, you can expect powdery, light snow and a mild winter.

If the kernel is knife-shaped, expect to be "cut" by icy, cutting winds.

Persimmons were picked and cut Friday morning in the Seminole area and all of the seeds revealed spoon shapes.

Folklore surrounding the winter weather-predicting power of persimmon seeds is widely known and often trusted.

For much of the U.S., the 2016 Almanac says that a super cold winter is on

tap-with below-average winter temperatures.

Freezing temperatures will be especially pronounced along most of the Atlantic seaboard and in the Ohio Valley, Great Lakes, Pacific Northwest, and southwestern states.

The Northeast, Ohio Valley, Northern Plains, and Pacific Northwest should brace for a slew of snow.

"Super cold is coming, says our Almanac editor Janice Stillman, but also the good news is that areas with record-shattering snow last winter-like Boston-won't have to deal with quite so many flakes."

"All in all, this coming winter will be a good one for snuggling up next to the fire with a good book!"

A strong El Nino continues and is likely to be even stronger by the time it peaks later this fall or this winter, according to the October El Nino diagnostic discussion from NOAA released Thursday morning.

The El Nino is expected to prevail through winter and into spring 2016, when gradual weakening is likely to begin.

The fact that El Nino is likely to last into spring is important for the United States since precipitation and temperature impacts from a moderate-to-strong El Nino are typically most noticeable during the colder months. From late fall through winter.

For the Seminole area, weather will begin to drop at night to the high 30s and 40s during the middle of November, with daytime highs in the 50s and 60s.

Only time will tell what the winter months have in store for the area but a reminder that a snowy winter is always a possibility is told by the persimmon seed folklore.



The Black Hawk Health Center in cooperation with the Veterans Administration of Oklahoma recently hosted an informational meeting to assist Veterans with benefits. Jessica Buchanan, BHHC Patient Benefits Coordinator and Candy Klump, VA Native American Nurse Navigator, along with several other VA Benefits representatives were present to assist. (SFNews Photo)

PLEASE NOTIFY

Secretary Mary F. McCormick
Of Any Change In Your Address

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

SAC AND FOX NATION ELDER'S ADVISORY COMMITTEE

ANNUAL CHRISTMAS DANCE
SFN COMMUNITY BUILDING
5.5 MILES SOUTH OF STROUD ON HWY 99
SATURDAY - DECEMBER 5, 2015
EVERYONE IS WELCOME

HEAD STAFF

Head Singer Gene Logan
Head Man Dancer Josh "Nami" Williamson, Jr.
Head Lady Dancer Tina Morris
M.C. Robert Williamson
A.D. Randy Tiger

2:00 PM Opening Prayer
Flag Song
Memorial Song
Gourd Dance

5:30 PM Supper

6:30 PM Round Dance
Inter-Tribal
Traditional Dances

DOOR PRIZES RAFFLES CAKE WALKS MONEY TREE

Come spend the day with the Sac and Nation Elders' Advisory Committee as we begin to prepare for the joyous time of the year. Let's come together for some good fellowship, break bread together and most of all let's laugh.

Merry Christmas

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: _____

Thanksgiving Day

MONTH of NOVEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spaghetti Green Beans Garlic Bread Applesauce	3 Chicken & Dumpling Zucchini Crackers Peaches	4 Chili Dog Fritos Green Salad Pears	5 Fish Tater Tots Corn on Cob Pineapple	6 Biscuit & Gravy Sausage Boiled Egg Juice
9 Hamburger Potato Salad Fresh Veggies Mandarin Oranges	10 Pork Chop Scalloped Potatoes Carrots Vanilla Pudding	11 OFFICES CLOSED VETERANS DAY	12 Brown Beans & Rice Spinach Cornbread Pears	13 Pancake Bacon Boiled Egg Juice
16 Salisbury Steak Mashed Potatoes Carrots Peaches	17 Vegetable Stew Fry bread Cabbage B S Pudding	18 Chicken Pot Pie Okra Crackers Fruit Cocktail	19 Lima Beans & Ham Spinach Corn Bread Pineapple	20 Scrambled Egg Polish Sausage Hash Brown Banana
16 Tuna Salad Sand Cottage Cheese Chips Peaches	17 Vegetable Stew Frybread Cabbage Fruit Cocktail	18 Tomato Soup Grilled Cheese Pea Salad Pears	19 Chicken & Rice Carrots & Celery Crackers Choc. Pudding	20 Breakfast Burrito Tater Tots Salsa 2% Milk
23 Turkey Dressing & Gravy Green Beans Cherry Delight	24 Enchilada Refried Beans Chips & Salsa Fruit Cocktail	25 Chili Green Salad Cornbread Pineapple	26 OFFICES CLOSED FOR Thanksgiving	27 OFFICES CLOSED

OKC VA NATIVE AMERICAN VETERAN'S ELDERS COUNCIL
OKC VAHCS WARRIORS GROUP AND IN
COLLABORATION WITH OKC VA AMERICAN INDIAN COUNCIL

Presents
16th ANNUAL VETERANS HONOR DANCE
FRIDAY, NOVEMBER 13, 2015
12:00 P.M TO 5:00 P.M

VA Medical Center, 921 NE 13th Street Oklahoma City, OK 73104
(Northwest corner of NE 13th and Kelley)

HEAD STAFF

Honored Guest Speaker Maj. Gen Rita Aragon
Master of Ceremonies Tim Tallchief
Head Singer Willard Poncho Walker
Head Lady Dancer Eleanor McDaniel
Head Gourd Dancer Randy Frazier
Arena Director Graham Primeaux

Honored Guests
TBA (Pending acceptance)
TBA (pending acceptance)
Pershing Yeahquo

HONOR GUARD
Sac and Fox Veterans Honor Guard

Presentation: Changing Winds Cultural Society

Opening Ceremony and Grand Entry.....12:00 pm
Gourd Dancing.....12:30 pm to 2:30 pm
Dinner.....2:30 pm to 3:30 pm
Resume Gourd Dancing.....3:30 pm to 5:00 pm

All Veterans and Princesses invited.

Vendors Welcome

For more information contact:
Candy Fish Klump 405-456-3808 or
Tempie Nichols-Rood 405-456-1129

Head staff please be available by 11:00 a.m.
Vendors welcome with limited booth space available. Contributions accepted.

Business Committee Meeting Minutes

Recessed Special Business Committee Meeting Mini-Minutes September 29, 2015

Please be advised that the following are official actions taken by the Business Committee in a Recessed Special Business Committee Meeting held on September 29, 2015. These actions are to be followed up by the appropriate departments.

(1) Resolution SF-15-165, a resolution denying fifteen (15) persons to the membership roll of the Sac and Fox Nation in accordance with the Constitution and Laws of the Sac and Fox Nation. Mary F. McCormick-motion, Don Abney-2nd. VOTE: Kay-Yes, Don-Yes, Mary-Yes, Jared-Yes, Robert-Yes. Motion carried.

(2) Resolution SF-15-166, a resolution approving the Fiscal Year 2016 General Operations Budget in the total funding amount of \$751,725.00. Mary F. McCormick-motion, Jared A. King-2nd. VOTE: Kay-Yes, Don-Yes, Mary-Yes, Jared-Yes, Robert-Yes. Motion carried.

Break at 11:36 a.m.

Back from break at 12:39 a.m.

(3) Resolution SF-15-167, a resolution approving the Fiscal Year 2016 Oil and Gas Enterprise Budget in the total amount of \$298,654.00, the funding source is identified as the Oil and Gas Enterprise Budget. Jared A. King-motion, Don Abney-2nd. Jared A. King-withdrew his motion, Don Abney-Withdrew his 2nd.

(4) Resolution SF-15-167, a resolution approving the Fiscal Year 2016 Oil and Gas Enterprise Budget in the total amount of \$240,250.00, the funding source is identified as the Oil and Gas Enterprise Budget. Don Abney-motion, Mary F. McCormick-2nd. Mary-Yes, Jared-Yes, Robert-Yes, Kay-Yes, Don-Yes. Motion carried.

(5) Resolution SF-15-168, a resolution approving the Fiscal Year 2016 Tribal Court Supplemental Budget in the total amount of \$69,670.00, the funding source is identified as fees and fines collected by the Sac and Fox Nation District and Supreme Courts. Mary F. McCormick-motion, Robert Williamson-2nd. VOTE: Jared-Yes, Robert-Yes, Kay-Yes, Don-Yes, Mary-Yes. Motion carried.

(6) Resolution SF-15-169, a resolution approving the Fiscal Year 2016 Sac and Fox Nation Enterprise Budget in the total amount of \$550,168.00, the funding source is identified as net operating profits. Mary F. McCormick-motion, Robert Williamson-2nd. VOTE: Robert-Yes, Kay-Yes, Don-Yes, Mary-Yes, Jared-Yes. Motion carried.

(7) Resolution SF-15-170, a resolution approving the Fiscal Year 2016 Mo-

tor Pool Budget in the total amount of \$36,000.00, the funding source is identified as mileage reimbursement and carryover from the previous years. Robert Williamson-motion, Don Abney-2nd. VOTE: Kay-No, Don-No, Mary-Yes, Jared-Abstain, Robert-No. Motion failed.

Break at 1:30 p.m.

Back from break at 1:45 p.m.

(8) Resolution SF-15-171, a resolution approving the Fiscal Year 2016 Indirect Cost Budget in the (8) total Budget amount of \$2,745,384.00, the funding source is identified as all programs paying direct wages through an approval indirect cost allocation plan. Don Abney-motion, Jared A. King-2nd. VOTE: Don-Yes, Mary-Yes, Jared-Yes, Robert-Yes, Kay-Yes. Motion carried.

(9) Resolution SF-15-172, a resolution approving the Fiscal Year 2016 Indian Health Services Compact Budget in the total amount of \$10,278,821.00, the funding sources are identified as the Indian Health Services Compact Fiscal Year 2016 Annual Funding Agreement and previous year's carryover. Mary F. McCormick-motion, Don Abney-2nd. VOTE: Mary-Yes, Jared-Yes, Robert-Yes, Kay-Yes, Don-Yes. Motion carried.

(10) Resolution SF-15-173, a resolution approving the Fiscal Year 2016 Indian Health Services Office of Self-Governance Budget in the total amount of \$120,000.00, the funding source is identified as the Indian Health Service Compact Annual Funding Agreement. Jared A. King-motion, Mary F. McCormick-2nd. VOTE: Jared-Yes, Mary-Yes, Kay-Yes, Don-Yes, Kay-Yes. Motion carried.

(11) Resolution SF-15-174, a resolution approving the Fiscal Year 2016 Black Hawk Health Center Third Party Billing Budget in the total amount of \$5,282,546.00, the funding sources are identified as Private Insurance, Medicaid, and Medicare Carryover with Fiscal Year 2016 expected revenue. Mary F. McCormick-motion, Robert Williamson-2nd. VOTE: Robert-Yes, Kay-No, Don-Yes, Mary-Yes, Jared-Yes. Motion carried.

(12) Resolution SF-15-175, a resolution approving the Fiscal Year 2016 Tax Commission Budget in the total funding amount of \$177,354.00, the funding source is identified as Treasury Appropriations. Jared A. King-motion, Mary F. McCormick-2nd. VOTE: Kay-Yes, Don-Yes, Mary-Yes, Jared-Yes, Robert-Yes. Motion carried.

(13) Resolution SF-15-176, a resolution approving the Fiscal Year 2016 Library Fund Budget in the total amount of

\$11,492.00, the funding source is identified as DOI Compact Carryover. Mary F. McCormick-motion, Don Abney-2nd. VOTE: Don-Yes, Mary-Yes, Jared-Yes, Robert-Yes, Kay-Yes. Motion carried.

(14) Resolution SF-15-177, a resolution approving the Fiscal Year 2016 Tribal Police Operations Budget in the total funding amount of \$192,973.00, the funding source is identified as DOI Compact Carryover. Robert Williamson-motion, Mary F. McCormick-2nd. VOTE: Mary-Yes, Jared-Yes, Robert-Yes, Kay-Yes, Don-Yes. Motion carried.

(15) Resolution SF-15-178, a resolution approving the Fiscal Year 2016 Tribal Court Operations Budget in the total amount of \$78,756.00, the funding source is identified as DOI Compact Carryover. Mary F. McCormick-motion, Don Abney-2nd. VOTE: Jared-Yes, Robert-Yes, Kay-Yes, Don-Yes, and Mary-Yes. Motion carried.

(16) Resolution SF-15-179, a resolution approving the Fiscal Year 2016 Attorney General Budget in the total amount of \$54,950.00, the funding source is identified as DOI Compact Carryover. Mary F. McCormick-motion, Don Abney-2nd. VOTE: Robert-Yes, Kay-Yes, Don-Yes, Mary-Yes, and Jared-Yes. Motion carried.

(17) Resolution SF-15-180, a resolution approving the Fiscal Year 2016 Sac and Fox Nation Fire Department Budget in the total amount of \$11,000.00, the funding source is identified as DOI Compact Carryover. Don Abney-motion, Robert Williamson-2nd. VOTE: Kay-Yes, Don-Yes, Mary-Yes, Jared-Yes, Robert-Yes. Motion carried.

(18) Resolution SF-15-181, a resolution approving the Fiscal Year 2016 Tribal Realty Budget in the total amount of \$14,555.00, the funding source is identified as Tribal Realty fee collections. Mary F. McCormick-motion, Robert Williamson-2nd. VOTE: Don-Yes, Mary-Yes, Jared-Yes, Robert-Yes, Kay-Yes. Motion carried.

(19) Resolution SF-15-182, a resolution approving the Fiscal Year 2016 Child Welfare Services Title IV-B, Subpart 1 Budget in the total amount of \$26,498.00, the funding source is identified as the Department of Health and Human Services, Administration for Children and Families, Grant #15PMOK-CWSS. Mary F. McCormick-motion, Robert Williamson-2nd. VOTE: Mary-Yes, Jared-Yes, Robert-Yes, Kay-Yes, Don-Yes. Motion carried.

(20) Resolution SF-15-183, a resolution approving the Fiscal Year 2016

Promoting Safe and Stable Families, Title IC-B, Subpart 2 Budget in the total amount of \$41,873.00, the funding source is identified as the Department of Health and Human Services, Administration for Children and Families, Promoting Safe and Stable Families, Grant #15MOKFPSS. Robert Williamson-motion, Don Abney-2nd. VOTE: Jared-Yes, Robert-Yes, Kay-Yes, Don-Yes, Mary-Yes. Motion carried.

(21) Resolution SF-15-184, a resolution approving the Fiscal Year 2016 Juvenile Detention Center Operating Budget in the total amount of \$1,594,575.00, the funding source is identified as the Department of Interior Self-Governance Compact Annual Funding Agreement, the Oklahoma Office of Juvenile Affairs and previous year carryover funds. Don Abney-motion, Mary F. McCormick-2nd. VOTE: Jared-Yes, Robert-Yes, Kay-Yes, Don-Yes, Mary-Yes. Motion carried.

(22) Resolution SF-15-185, a resolution approving the Fiscal Year 2016 Juvenile Detention Center Substance Abuse Budget in the total amount of \$106,360.00, the funding source is identified as the Fiscal Year 2016 Indian Health Service Compact Annual Funding Agreement with Fiscal Year 2015 carryover. Robert Williamson-motion, Jared A. King-2nd. VOTE: Robert-Yes, Kay-Yes, Don-Yes, Mary-Yes, Jared-Yes. Motion carried.

(23) Resolution SF-15-186, a resolution approving the Fiscal Year 2016 Tribal Police Supplemental Budget in the total amount of \$4,500.00, the funding source is identified as paper services, fees, and confiscated monies. Robert Williamson-Yes, Mary F. McCormick-2nd. VOTE: Kay-Yes, Don-Yes, Mary-Yes, Jared-Yes, Robert-Yes. Motion carried.

(24) Resolution SF-15-187, a resolution approving the Fiscal Year 2016 Gaming Commission Budget in the total amount of \$1,989,310.00, the funding source is identified as Treasury Appropriations. Don Abney-motion, Robert Williamson-2nd. Don Abney to amend his motion for the dollar amount to be \$1,628,320 and Robert Williamson 2nd agrees. VOTE: Don-Yes, Mary-Yes, Jared-Yes, Robert-Yes, Kay-Yes. Motion carried.

ADJOURNMENT:

Mary F. McCormick motion to recess the Special Business Committee Meeting at 4:45 p.m. Till September 30, 2015, Robert Williamson-2nd.

Business Committee Meeting Minutes

Reconvened Special Business Committee Meeting Mini-Minutes September 30, 2015

Please be advised that the following are official actions taken by the Business Committee in a Reconvened Special Business Committee Meeting held on September 30, 2015. These actions are to be followed up by the appropriate departments.

(1) Resolution SF-15-188, a resolution authorizing and approving the attached continuing Fiscal Year 2015 Budgets beginning October 1, 2015 at the current funding appropriations levels, and sources until the Fiscal Year 2016 Budgets can be approved. Those programs being Motor Pool, SFN Pow Wow Committee, Emergency Management, Historic Preservation, Sauk Language, Tower Construction Notification System, DOI Office of Government (Enrollment), DOI Facilities and Grounds, DOI Office of Self Governance, DOI Welfare Assistance, DOI Library, DOI Human Services, DOI Realty, DOI Department of Public Safety, DOI Court, DOI Johnson O'Malley, DOI Higher Education, DOI Indian Child Welfare, DOI Transportation, DOI Economic Development, Re-Entry Program, SFN Rodeo Committee. Don Abney-motion, Mary F. McCormick-2nd. VOTE: Kay-Yes, Don-Yes, Mary-Yes, Jared-Yes, Robert-Yes. Motion carried.

Principal Chief Kay Rhoads left the meeting at 10:03 a.m.

(2) Mary F. McCormick motion to approve the form letter of the Sac and Fox Nation Membership Null and Void Form. Jared A. King-2nd. VOTE: Don-

Yes, Mary-Yes, Jared-Yes, Robert-Yes, Kay-Absent. Motion carried.

(3) Mary F. McCormick motion to accept the letter of Nina Desiree McKosato as presented that her membership with the Sac and Fox Nation is null and void. Robert Williamson-2nd. VOTE: Mary - Yes, Jared-Yes, Robert-Yes, Kay-Absent, Don-Yes. Motion carried.

(4) Mary F. McCormick motion to accept the letter of Justin Anthony McKosato as presented that his membership with the Sac and Fox Nation is null and void. Robert Williamson-2nd. VOTE: Jared-Yes, Robert-Yes, Kay-Absent, Don-Yes, Mary-Yes. Motion carried.

(5) Mary F. McCormick motion to accept the letter of Christopher Joseph McKosato as presented that his membership with the Sac and Fox Nation is null and void. Robert Williamson-2nd. VOTE: Robert-Yes, Kay-Absent, Don-Yes, Mary-Yes, Jared-Yes. Motion carried.

(6) Robert Williamson motion to accept the letter of Alyssia Chauntey McKosato as presented that her membership with the Sac and Fox Nation is null and void. Mary F. McCormick-2nd. VOTE: Kay-Absent, Don-Yes, Mary-Yes, Jared-Yes, Robert-Yes. Motion carried.

Break at 10:44 a.m.

Back from break at 11:23 a.m.

Break for lunch at 11:31 a.m. Back from lunch at 12:31 p.m.

Principal Chief Kay Rhoads came back into meeting at 4:52 p.m.

(7) Resolution SF-15-189, a resolu-

tion certifying the current membership roll of the Sac and Fox Nation in accordance with the Constitution and Laws of the Sac and Fox Nation the total enrollment is 4008. Robert Williamson-motion, Don Abney-2nd. VOTE: Kay-Yes,

Don-Yes, Mary-Yes, Jared-Yes, Robert-Yes. Motion carried.

ADJOURNMENT:

By consensus of the Business Committee to adjourn the meeting at 4:54 p.m.

Business Committee Meeting Minutes

are now accessible on the Website and Facebook

sacandfoxnation-nsn.gov

Notice: No-Till Drill Season

Begins September 1, 2015

Custom no-till drilling

Conservation District provides tractor, drill and operator

Land owner provides seed

\$19.00 / acre

\$2.00 / acre discount if land owner helps load seed

\$200.00 Minimum charge

Lincoln County Conservation District

Call for Appointment 405-258-5011

Deadline For December Paper is Friday, November 20

November 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
ELDERS DAY WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	ELDERS DAY WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30 SHIPMENT	WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	ELDERS DAY WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30
WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	CLOSED  Veterans Day	WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30 LITTLE AXE
WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30 SHIPMENT	WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30 PERKINS
LATE NIGHT WAREHOUSE 8:30-6:00 SHAWNEE 8:30-2:30	LATE NIGHT SHAWNEE 12:00-6:00 WAREHOUSE 8:30-2:30	CLOSED FOR INVENTORY	CLOSED	CLOSED  Happy Thanksgiving
CLOSED FOR INVENTORY				

Muscogee (Creek) Nation WIC Program Is All About

BREASTFEEDING!

For more information about breastfeeding and how to apply for WIC, please call:

1-800-648-2302 or 918-758-2722

This institution is an equal opportunity provider

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**.

FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS (FDPIR) FY 2016 NET MONTHLY INCOME STANDARDS (Effective October 1, 2015 to September 30, 2016)

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

48 Contiguous United States:

Use this Amount

Household Size	SNAP Net Monthly Income Standard		SNAP Standard Deduction		FDPIR Net Monthly Income Standard
1	\$981	+	\$155	=	\$1,136
2	\$1,328	+	\$155	=	\$1,483
3	\$1,675	+	\$155	=	\$1,830
4	\$2,021	+	\$168	=	\$2,189
5	\$2,368	+	\$197	=	\$2,565
6	\$2,715	+	\$226	=	\$2,941
7	\$3,061	+	\$226	=	\$3,287
8	\$3,408	+	\$226	=	\$3,634
each additional member					+ \$347

Alaska:

Use this Amount

Household Size	SNAP Net Monthly Income Standard		SNAP Standard Deduction		FDPIR Net Monthly Income Standard
1	\$1,227	+	\$265	=	\$1,492
2	\$1,660	+	\$265	=	\$1,925
3	\$2,094	+	\$265	=	\$2,359
4	\$2,527	+	\$265	=	\$2,792
5	\$2,960	+	\$265	=	\$3,225
6	\$3,394	+	\$282	=	\$3,676
7	\$3,827	+	\$282	=	\$4,109
8	\$4,260	+	\$282	=	\$4,542
each additional member					+ \$434

FY 2016 FDPIR Income Deductions (see 7 CFR 253.6(e)) Effective October 1, 2015 to September 30, 2016

Earned Income Deduction	Households with earned income are allowed a deduction of 20 percent of their earned income.
Dependent Care Deduction	Households that qualify for the dependent care deduction are allowed a deduction of actual dependent care costs paid monthly to a non-household member.
Child Support Deduction	Households that incur the cost of legally required child support to or for a non-household member are allowed a deduction for the amount of monthly child support paid.
Medical Expense Deduction	Households that incur monthly medical expenses by any household member who is elderly or disabled are allowed a deduction in the amount of out-of-pocket medical expenses paid in excess of \$35 per month. Allowable medical expenses are provided at 7 CFR 273.9(d)(3).
Home Care Meal-Related Deduction	Households who furnish the majority of meals for a home care attendant are allowed an income deduction equal to the maximum SNAP benefit for a one-person household. The home care meal-related deduction amounts are as follows: 48 Contiguous U.S. States = \$194 Alaska by Area Designations <ul style="list-style-type: none"> • Urban = \$237 • Rural 1 = \$302 • Rural 2 = \$368 See 7 CFR 272.7(b) for area designations in Alaska.
Standard Shelter/Utility Expense Deduction	Households that incur at least one monthly shelter or utility expense are allowed a standard income deduction (see chart below). Allowable shelter/utility expenses are provided at 7 CFR 273.9(d)(6)(ii).

FY 2016 FDPIR Standard Shelter/Utility Expense Deductions Effective October 1, 2015 to September 30, 2016

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

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

Sac and Fox Nation USDA Commodity Food Demonstration



"Half Veggie Burger"

Monday, November 3rd
10:00 am - 1 pm

Shawnee USDA Warehouse
Hosted by Elizabeth Burgess,
Registered Dietitian for Sac and Fox Nation

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 Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20259-9410, or call toll free (866) 632-9922 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339, or (800) 845-8130 (TDD/voice). USDA is an equal opportunity provider and employer.



2015 PER CAPITA PAYMENT INFORMATION

- You must be enrolled by Wednesday, September 30, 2015 to be eligible for the 2015 per capita payment.
- The tribal membership will be certified by Wednesday, September 30, 2015.
- A complete W-9 form must be received by the Sac and Fox Nation Finance Department before a check can be distributed. The Sac and Fox Nation Finance Department will mail the 2015 IRS form 1099 by January 31, 2016.
- No official date has been set at this time for disbursement of the per capita payment.
- All checks will be mailed, no exceptions.

IRS Form W-9

It is critical that the IRS Form be completed correctly and thoroughly for each individual tribal member; not doing so could result in a delay of you receiving your per capita payment. The form must be signed and dated. IRS Form W-9 can be found at <http://www.irs.gov>.

Required Legal Documents

Please ensure the office of Enrollment has a copy of your social security card. The name and signature on the W-9 must match the name on the social security card. If your name has been changed due to marriage, divorce, adoption, etc., it is your responsibility to provide any legal documentation (including a social security card which reflects your new name) to the Office of Enrollment.

Minors

Parents or guardians are responsible for providing a W-9 for minor children; not doing so could result in the minor's payment not being deposited into the minor's trust fund account in a timely manner.

Contact information - Finance Department

A completed W-9 must be submitted by mail or via facsimile only. For identity/security purposes, e-mailed forms will not be accepted.

Contact information:

Sac and Fox Nation
Finance Department
920883 S. Hwy 99, Bldg. A
Stroud, Oklahoma 74079

Direct fax: 918-968-4528

If you have any questions, please contact the Finance Department staff by phone at 918-968-3526 or 800-259-3970 ext. 1033, 1038 or 1027.

Tax Liability Notification

What are the withholding requirements for distributions that are made per a Revenue Allocation Plan (RAP)? The first step is to identify the source of funds used for the distribution. Unless the source of funds is specifically exempt from taxation, the amounts that make up the distributions to tribal members are taxable.

Which funds get reported on Form 1099-Misc? Distributions could be derived from many sources, including the profits from a tribal business other than a Class II or Class III gaming operation, interest income on investments, or rental payments from tribal lands. All these payments require a tribe to prepare a Form 1099-MISC

When does a person receive a Form 1099-Misc, Statement for Recipients of Miscellaneous Income? If a person receives **\$600 or more in 1 calendar year** from the same source, that amount must be reported on a Form 1099, and that Form 1099-Misc. must be provided to the individual.

It is only the amount distributed from NET GAMING REVENUE that is subject to withholding. The Internal Revenue Code provides that "Every person, including an Indian tribe, making a payment to a member of an Indian tribe from the net revenues of any Class II or Class III gaming activity conducted or licensed by such tribe, shall deduct and withhold from such payment a tax in an amount equal to such payment's proportionate share of the annualized tax." The amount to withhold is provided in Withholding Tables found in IRS Publication 15-A, Employer's Supplemental Tax Guide.

If the Indian tribe anticipates making a distribution of any kind, the Indian tribe needs the tribal members' Social Security number before the distribution is made. If an Indian tribe does not know a tribal member's Social Security number at the time of distribution, the distribution is subject to "backup withholding" (at 28% in 2009). (Source: Internal Revenue Service (IRS) Indian Tribal Governments Frequently Asked Questions, Last Reviewed or Updated: April 22, 2013)

Per capita payments could affect any Tribal, Federal, State, and/or Local benefits you may receive or programs in which you participate. The Sac and Fox Nation encourage you to check with your tax accountant or benefit specialist.

EDUCATION DEPARTMENT NOTICE

Applications for College - Vocational and Adult Education are on the Sac and Fox Nation Web site - Click on Education for downloads.

SPECIAL NOTICE

from

Grievance Committee

Informational Meeting on
New Grievance Procedures
Monday, November 16, 2015

10:00 am - ?

Light Lunch Provided

Sac and Fox Community Building
Called by Chair Person "Lolly" Ashley

This Proposal to be Presented
at the Quarterly Governing Council
December 12, 2015

Tribal Attorney Staff Member, Daniel Carter
and Sac and Fox Nation Political Analyst,
Melissa Peros to be present

For Information Call - 405-878-0913

NOTICE

Why does a W-9 needed to be submitted yearly?

If a tribal member receives income that is taxable, a 1099 must be issued for Tax Purposes. The W-9 also serves as a yearly address update.

Can the allotted minor payment be refused in order to have the entire per capita payment be deposited in trust? Yes, but in order to do so we must still receive a W-9 for the same reasons stated above. We would also need a written statement to that effect to be included with the W-9.

↓ W-9 FORM MUST BE CUT ON DOTTED LINE BEFORE MAILING ↓

2015 PER CAPITA W-9

Form W-9 (Rev. August 2013) Department of the Treasury Internal Revenue Service	Request for Taxpayer Identification Number and Certification	Give Form to the requester. Do not send to the IRS.
Name (as shown on your income tax return) X		ROLL # X
Business name/disregarded entity name, if different from above		
Check appropriate box for federal tax classification: <input type="checkbox"/> Individual/sole proprietor <input type="checkbox"/> C Corporation <input type="checkbox"/> S Corporation <input type="checkbox"/> Partnership <input type="checkbox"/> Trust/estate <input type="checkbox"/> Limited liability company. Enter the tax classification (C=C corporation, S=S corporation, P=partnership) ▶ _____ <input type="checkbox"/> Other (see instructions) ▶ _____		Exemptions (see instructions): Exempt payee code (if any) _____ Exemption from FATCA reporting code (if any) _____
Address (number, street, and apt. or suite no.) X		Requester's name and address (optional)
City, state, and ZIP code X		SAC AND FOX NATION 920883 S. HIGHWAY 99 BLDG. "A" STROUD, OKLAHOMA, 74079
List account number(s) here (optional)		
Part I Taxpayer Identification Number (TIN)		
Enter your TIN in the appropriate box. The TIN provided must match the name given on the "Name" line to avoid backup withholding. For individuals, this is your social security number (SSN). However, for a resident alien, sole proprietor, or disregarded entity, see the Part I instructions on page 3. For other entities, it is your employer identification number (EIN). If you do not have a number, see <i>How to get a TIN</i> on page 3.		Social security number X
Note. If the account is in more than one name, see the chart on page 4 for guidelines on whose number to enter.		Employer identification number
Part II Certification		
Under penalties of perjury, I certify that:		
1. The number shown on this form is my correct taxpayer identification number (or I am waiting for a number to be issued to me), and		
2. I am not subject to backup withholding because: (a) I am exempt from backup withholding, or (b) I have not been notified by the Internal Revenue Service (IRS) that I am subject to backup withholding as a result of a failure to report all interest or dividends, or (c) the IRS has notified me that I am no longer subject to backup withholding, and		
3. I am a U.S. citizen or other U.S. person (defined below), and		
4. The FATCA code(s) entered on this form (if any) indicating that I am exempt from FATCA reporting is correct.		
Certification instructions. You must cross out item 2 above if you have been notified by the IRS that you are currently subject to backup withholding because you have failed to report all interest and dividends on your tax return. For real estate transactions, item 2 does not apply. For mortgage interest paid, acquisition or abandonment of secured property, cancellation of debt, contributions to an individual retirement arrangement (IRA), and generally, payments other than interest and dividends, you are not required to sign the certification, but you must provide your correct TIN. See the instructions on page 3.		
Sign Here X	Signature of U.S. person X	Date X

General Instructions

Section references are to the Internal Revenue Code unless otherwise noted.

Future developments. The IRS has created a page on IRS.gov for information about Form W-9, at www.irs.gov/w9. Information about any future developments affecting Form W-9 (such as legislation enacted after we release it) will be posted on that page.

Purpose of Form

A person who is required to file an information return with the IRS must obtain your correct taxpayer identification number (TIN) to report, for example, income paid to you, payments made to you in settlement of payment card and third party network transactions, real estate transactions, mortgage interest you paid, acquisition or abandonment of secured property, cancellation of debt, or contributions you made to an IRA.

Use Form W-9 only if you are a U.S. person (including a resident alien), to provide your correct TIN to the person requesting it (the requester) and, when applicable, to:

- Certify that the TIN you are giving is correct (or you are waiting for a number to be issued).
- Certify that you are not subject to backup withholding, or
- Claim exemption from backup withholding if you are a U.S. exempt payee. If applicable, you are also certifying that as a U.S. person, your allocable share of any partnership income from a U.S. trade or business is not subject to the withholding tax on foreign partners' share of effectively connected income, and

4. Certify that FATCA code(s) entered on this form (if any) indicating that you are exempt from the FATCA reporting, is correct.

Note. If you are a U.S. person and a requester gives you a form other than Form W-9 to request your TIN, you must use the requester's form if it is substantially similar to this Form W-9.

Definition of a U.S. person. For federal tax purposes, you are considered a U.S. person if you are:

- An individual who is a U.S. citizen or U.S. resident alien,
- A partnership, corporation, company, or association created or organized in the United States or under the laws of the United States,
- An estate (other than a foreign estate), or
- A domestic trust (as defined in Regulations section 301.7701-7).

Special rules for partnerships. Partnerships that conduct a trade or business in the United States are generally required to pay a withholding tax under section 1446 on any foreign partners' share of effectively connected taxable income from such business. Further, in certain cases where a Form W-9 has not been received, the rules under section 1446 require a partnership to presume that a partner is a foreign person, and pay the section 1446 withholding tax. Therefore, if you are a U.S. person that is a partner in a partnership conducting a trade or business in the United States, provide Form W-9 to the partnership to establish your U.S. status and avoid section 1446 withholding on your share of partnership income.

SAC AND FOX NATION 2015 HALLOWEEN PARTY

