



## Nemishâtenemo êhthâkiwiyâni

Phone: 918-968-3526 • 920883 S Hwy 99 Bldg A • Stroud, OK 74079 • Vol.37 No. 2 • February 2016

### Chief Kay Rhoads Address To The Nation



**Elizabeth Kay Rhoads**  
Principal Chief  
Sac and Fox Nation

During the State of the Nation Address by President Obama, he addressed the effects of climate change on the people and the need to address the problem now. He introduced the Clean Power Plan to cut harmful carbon pollution from the power sector that's fueling climate change. By setting the first-ever national standards to limit carbon pollution from power plants, the largest single source of U.S. carbon pollution, it will improve the health of Americans across the country, create clean energy jobs, and help households and businesses save on their energy bills. Other government departments are exploring ways to help improve the environment as well and implement processes to slow down global warming.

Climate change is a term that most people have heard but why should we be concerned? Global warming is a real issue that impacts our daily lives. It affects our health, weather, economic base, ecosystem and quality of life. As Native People the impact of climate has already impacted our traditions by limiting our food supplies such as the Indian corn production and other cultivated crops as well as fish, game and wild life. The reduction in these food sources, the growth and survival of native plants of the areas will have an impact on our tradition-

al harvesting and gathering of materials used for our cultural, medicinal, economic, and community health that we have used for generations.

We have all noticed the extreme heat over the last few years and this is expected to increase in the future. Higher temperatures contribute to the formation of harmful air pollutants, allergens, droughts and depletion of our water sources. The change in the climate has affected our weather causing more extreme conditions as witnessed in more powerful tornados, heavier flooding, more hurricanes, earthquakes and wildfires.

The projected increase in high temperature extremes and heat waves have negatively affected livestock, farming and gardening that is necessary to sustain our way of life. As the temperature increases the water levels are lowered in lakes, rivers, streams, ponds and our aquifers. Better conservation efforts to provide water for plants and animals will increase the cost to farmers which is then passed on to the consumers. We have all seen the increased prices as we shop at our local grocery stores.

For rural and tribal communities, remote locations and limited local services present greater challenges in responding to climate extremes. Older populations are at much higher risk of dying during extreme heat events. Pre-existing health conditions also make older adults susceptible to cardiac and respiratory impacts of air pollution and to more severe consequences from infectious diseases. More people are suffering from allergies; the percentage of Americans with asthma has doubled in the past three decades. These health conditions are requiring more trips to the doctor, pharmacy or hospitals to relieve the symptoms resulting in increased medical cost.

The third U.S. National Climate Assessment Highlights reports: "Observed climate-induced changes have been linked to changing timing of flowering, increases in wildfire activity and pest outbreaks, shifts in species distributions, declines in the abundance of native species, and the spread of invasive species. Variation in the timing and magnitude of precipitation due to climate change was found to decrease the nutritional quality of grasses." All of these issues affect our way of life as the threat of more pests attacking our crops and animals. More pesticides are being used to protect the crops and that is proving to be detrimental to the good insects that pollenate our crops and bring more chemicals to our food and water supplies. The warmer temperatures bring more mosquitos that are carrying new strains of disease affecting the health of our families and animals.

As Indian people our natural ways of life is being eroded not just here in Oklahoma but throughout the world. What can we do to reduce climate change? Small actions can help. The Sac and Fox USDA Office have installed solar panels in the warehouse to help cut down on

energy use. The Housing Authority installed new doors and windows to help reduce energy use in our tribal member homes. The Office of Environmental Services set up a recycling program to collect paper, plastic and aluminum to eliminate pollution to our lands and air quality.

Energy is one source to address the climate change but other programs have to be developed to adjust to the climate change. We have to be concerned about how we protect the air, water, and land. The Sac and Fox Nation is looking at how to improve the quality of lands in our area by implementing conservation efforts. We have applied for a grant to help eradicate the invasive species of red cedar trees that is threatening our water supply by drinking up to 400 gallons of water a day. The abundance of cedar trees has destroyed a lot of farm and grazing land and increased the treat for wild fires. By clearing the land of the cedars, more land can be used by tribal members to lease or farm. Land improvement will restore the quality of the land, increasing economic development and restore the Nation's ability to farm and restore some of our traditional foods.

A Community Garden Program is being planned to help restore our traditional foods. A planning meeting is being set up on Feb 13, 2016 at the Sac and Fox Tribal Community Center to determine how many people are interested in being part of the garden project and to get the program started as spring approaches.

An Agricultural Program is also being developed to identify all the tribal farmers and producer in our tribal jurisdiction. This will also be open to land owners who may have land that has been overrun by cedar trees or other invasive plants and has prevented the owner from farming or leasing their property. Most farmers and ranchers want land that can be used for growing crops or pastures for cattle to graze. Many tribal members have not been able to lease their land or have received minimal lease revenue due to poor quality of land. The AG program will look at ways to improve the land and make it more productive. Zack Butler from the Inter-Tribal Agricultural Council will be hosting the meeting starting

(Continued on Page 3)



Sonny Masquat, Commander of the Sac and Fox Nation Honor Guard, was recently awarded a hand made quilt by Shelley Prewitt from the organization of "Quilts of Valor" (From Left) Paul Wolf, Dennis Hopkins, Bud McClellan, Sonny Masquat, Shelley Prewitt, Curtis "Dagwood" Wakolee and Austin Grant Jr. (SFNews Photo)

### We Award You This Quilt of Valor

*A letter from Katherine Caffey Oklahoma Request Coordinator/ Oklahoma State Coordinator*

Our founder Catherine Roberts describes a Quilt of Valor as the civilian equivalent of a Purple Heart Award. Our quilts are awarded, not just handed out like a magazine or a video. This Quilt of Valor unequivocally says Thank You for your Service Sacrifice and Valor in Serving Our Nation.

As of today QOV has awarded 131,657 quilts since 2003. We are looking forward to having more join QOV, and seeing this number climb even higher over the next few years. Today I will add you're quilt to this list and this count.

We believe as we sew; love, caring and gratitude flow from our hearts through our hands into the developing quilt. We the quilters all want you to know that through our quilts you will forever be in our hearts and our quilting family.

"Warrior's Star" each quilt

is given a name to signify its individuality. There is no other quilt like yours and your name in on your QOV, so future generations in your family know what you have done for Our Country.

A Quilt of Valor does not judge. Its sole purpose is to honor, comfort and heal you for the sacrifice you made in serving our country. It is indeed an honor for us to wrap you in love, in one of these beautiful quilts.

On behalf of the Quilts of Honor Foundation, we serve honor and comfort upon you. Through we may never know the depth of your sacrifice to protect and defend the United States of America as a gesture of gratitude from a grateful Nation we ask that you accept your Quilt of Valor and the love that comes with it on this 12th day of January 2016.

### ONAP Chooses HASFN as one of their Best Practices for the Year

Creating an effective team can mean a successful project with minimal complications. The Sac & Fox Nation Housing Authority (SFHA), Sac & Fox Nation, Bear Claw Construction, BancFirst, the SFHA general counsel, City of Shawnee, Pottawatomie County Officials and HUD collaborated and held a series of focus driven meetings to foster the progression of a loan through the Title VI loan process. Joint underwriting between the Southern Plains Office of Native American Programs and HUD's Office of

Loan Guarantee seamlessly provided on-going technical assistance to the partnership.

The collaboration resulted in the development of a \$2.5 million dollar apartment complex that will address 46% of the SFHA needs for immediate housing assistance. The \$1.5 million dollar NAHASDA Title VI Loan supplemented with an additional \$1 million in NAHASDA funding from the annual block grant for the SFHA means that 23 families will have a new place to call home.

(Continued on Page 3)

### Upcoming Events

**February 6**

Winter Stomp Dance Benefit  
6:00 pm - ?  
Community Building

**February 9**

Sac and Fox Nation Veterans Meeting  
Cultural Center

**February 10**

Sac and Fox Nation Elders Meeting  
Stroud 10 am

**February 13**

Powwow Committee Sweetheart Dance  
1:00 pm - 10:00 pm  
Community Building

**February 18**

Sac & Fox Nation Womens Auxiliary

**March 5**

Governing Council Community Building  
10:00



Sac and Fox Casino is Stroud Chamber of Commerce "Business of the Month": (Front row from left) Stroud Chamber of Commerce Vice President Bob Pearman, Shift Manager Dereck Abney, Site Manager Robert Abney, Shift manager Mary Harjo and Stroud Chamber of Commerce Board Member Rick Craig. Back row: Snack Bar Lead Scott Murrison, Sac and Fox Nation Treasure and Stroud Chamber of Commerce Board Member Jared King and Sac and Fox Nation Casino General Manager Dusty Day. (American Photo)

## Sac and Fox News

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

**Mailing address:**

Sac and Fox Nation  
Administration Building  
920883 S Hwy 99 Bldg A  
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The Sac & Fox News is the official publication of the Sac and Fox Nation. Our mission is to meet all tribal members information needs concerning the Nation.

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

Editorial statements, guest columns, and letters to the editor published in this newspaper contain the opinions of the writers. These opinions do not necessarily reflect the opinions of the Sac and Fox News staff or any elected official or department of tribal government or administration.

The Sac and Fox News reserves the right to refuse publication of letters to the editor. All editorials and letters to the editor become the property of the Sac and Fox News.

Submissions for publication must be signed by the author and include an address and contact phone number. They are limited to 300 words. The staff will not edit editorials or letters to the editor to fit the 300-word limit.

**Deadline for the March issue is Monday February 22, 2016 at 4:30 p.m.**

Reprint permission is granted, with proper credit to the Sac and Fox News, unless other copyrights are shown. Articles and letters may be submitted to the newspaper either by mail or Fax to the address provided above, - or by e-mail: newspaper@sacandfoxnation-nsn.gov.

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

**Managing Editor**

Ken Johnson

**For information:**

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Member OPA

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Visit us on the web @

sacandfoxnation.com

click news

## Obituaries

### Keith Allen Butler

Keith Allen Butler, 46, died Tuesday, Dec. 22, 2015, at his Shawnee residence. Keith was born Feb. 21, 1969, in Pawnee, Oklahoma to Lee Butler Sr. and Martha Jean (Carr) Butler. He attended school in Cushing, Oklahoma. Keith worked in construction and enjoyed fishing and playing pool. He was a member of the Sac and Fox Tribe and the Creek Nation.

He was preceded in death by his mother, Martha. Survivors include his father, Lee Butler Sr. of Shawnee, brothers and sisters: Marjorie Carr of Eufaula, Teresa Noear of Oklahoma City, Lee Butler Jr of Shawnee, Annette Butler of Oklahoma City, Renita Butler of Oklahoma City, Samuel Nino of Oklahoma City and Jesse Nino of Oklahoma City, numerous nieces, nephews, and other family and friends.

Tribal rites were held Friday Evening, Dec. 25, at Mary Butler's Place. Burial was 2:00 p.m. Saturday, Dec. 26, at Sac and Fox Nation Cemetery.



Keith Allen Butler

### Michele Regina "Peachez" Walker

Michele Regina "Peachez" Walker, 38, of Oklahoma City, passed from this life on Sunday, Jan. 10, 2016, in Oklahoma City.

Funeral services were Saturday, Jan. 16, at Salateeska Baptist Church. Burial followed at Wakolee Cemetery.

Michele Walker was born Sept. 14, 1977, in Claremore to William Walker and Betty (Wano). She attended Sequoyah High School, in Tahlequah and Bacone College in Muskogee. She was employed as a mortgage specialist. Michele enjoyed playing softball and basketball, watching OU football and the Arizona Cardinals. She was a great mother, auntie, and friend.

She was preceded in death by her father, William Walker. Survivors include mother: Betty Wano; three children: Ajunae Garza, Laila Garza, and Jazymn Walker; three sisters: Evonne Berryhill, Donna Pennock, and Tashina Walker; brother: Rickey Cline; companion: Marquis Tayler; nieces and nephews: Lacey Pennock, Ashley Pennock, Jarrod Cline, and Nicholas Kien; grandson: Noah Kien "Noah Bear;" extended family: Dariel Ashley, Dominic Garza; and many other family and friends.



Michele Regina "Peachez" Walker

### David Jan Whistler

David Jan Whistler of Potomac, MD passed away peacefully on December 3, 2015 at Suburban Hospital in Bethesda, MD. He is survived by his loving wife, Theresa L. Pezza and children, John Whistler (DJ), Janna Huston (Gary) and Don Whistler; and stepchildren, Anthony Pezza (Susan) and Sharon Richards (Mark). He leaves grandchildren, David Dears, Jaime Whistler, Perrin Whistler, Jenae Whistler and Alex Huston; and step-grandchildren, Christopher Pezza, Emily Dennison, Nicholas Pezza and Rachel Dennison; and a great-granddaughter, Katrina Battin.

He was born in Oklahoma and was a graduate of the University of Oklahoma. A Memorial Mass was held at St. Raphael Church, 1513 Dunster Rd., Rockville, MD on Saturday, January 2, 2016 at 12 noon. In lieu of flowers, contributions in his memory may be made to the St. Labre Indian Schools, 1000 Tongue River Road, Ashland, MT 59004 or to the Salvation Army.



David Jan Whistler

### PUBLIC NOTICE

A REGULAR CALLED MEETING OF THE SAC AND FOX NATION BUSINESS COMMITTEE TO BE HELD ON FEBRUARY 1, 2016 AT 9:00 A.M. IN THE SMALL CONFERENCE ROOM OF THE SOCIAL SERVICES BUILDING SAC AND FOX RESERVATION STROUD, OKLAHOMA



### 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: \_\_\_\_\_

### NOTICE • NOTICE • NOTICE • NOTICE • NOTICE

### QUARTERLY GOVERNING COUNCIL MEETING of the Sac and Fox Nation



Saturday, March 5, 2016

Sac and Fox Nation Community Building

10:00 am

## Chief Kay Rhoads Address To The Nation From Page 1

in March 2016. Look for the dates of these meetings which will be held in Shawnee, Stroud and Cushing.

As Native People we have always looked at how we will preserve our lands for our future generations. I agree with President Obama when he says we have a moral obligation to leave our children a planet that's not polluted or damaged. It is up to all of

us to be more concerned about how we can reduce pollution and the effects of climate change so we leave a cleaner and safer environment for our children and grandchildren. Let's not lose our traditions to convenience, let's look at how our ancestors valued the land, how they preserved it and how we can combine our traditions with modern methods to protect Mother Earth.

## ONAP Chooses HASFN as one of their Best Practices for the Year From Page 1

This is the first large scale project the SFHA has taken on since the termination of the 1937 Housing Act funding. The SFHA has continued to develop units; however, a large scale multifamily dwelling is a welcome boost to their ability to serve the Native population.

Brad Campbell, CEO and Principal Owner of Bear Claw Construction stated, "It has been a pleasure working together collaboratively with HUD, The Sac and Fox Nation and Amanda Procter - the lead attorney for the Housing Authority. It is an honor and privilege to work with our Tribal Communities and Housing Directors, like Billy Komacheet, to ensure our team of professionals is providing the best housing possible for our Tribal Members. When all stakeholders come together - like this group has - exciting things can take place and we can all be more effective and efficient in our roles and responsibilities within the team. As a Tribal member of the Iowa Tribe of Kansas and Nebraska, I truly appreciate the trust and confidence this team has had in Bear Claw Construction to be a quality service partner to help see this project come to fruition."

Funding for the project was provided through BancFirst, a local lender that

has a rich history of working with lending to the Tribal community. BancFirst is a Section 184 approved lender and has experience working with the Office of Native American Programs. Casey Bell, Senior Vice President of BancFirst Shawnee was an intricate part of the team. The lender's participation was key to successfully navigating through traditional lending, Tribal sovereignty, and the Title VI program. BancFirst left the table feeling confident about working with HUD and Tribe and is currently working on additional Title VI Loans.

"The method in which the Sac & Fox Title VI project was completed was highly efficient and cost effective. Through a series of targeted meetings with all involved parties, the details of the transaction were discussed and agreements were reached. This process prevented many non-productive meetings. All involved parties were prepared for each meeting and that proved to be beneficial." Casey Bell, Senior Vice President BancFirst

For further information, contact:  
Mr. Billy Komacheet, Executive Director Sac & Fox Nation Housing Authority P.O. Box 1252 Shawnee, OK 74801 (405) 275-8200 BKomacheet@hasfn.net



Groundbreaking Ceremony for the HASFN Wikiuapi Apartments (Photo provided)

## 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.



### 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.

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



## PowWow Committee's Sweet Heart Dance

DATE: February 13, 2016  
TIME: 1:00 PM - 10:00 PM  
PLACE: SAC AND FOX NATION  
COMMUNITY BUILDING  
STROUD OK

### Elders Household Assistance Program

**Eligible Participants:** Members of any federally recognized tribe age 55 or older living in Sac and Fox Jurisdiction.  
**Services to Be Provided:** Assistance with meal preparation, transportation, light household chores, laundry, errands, etc. for up to 6 hours per week. Program participation is limited to 2 months and may be renewed as program funds permit.

We are also looking for individuals willing to serve as choreworkers in the Cushing, Shawnee, Meeker/Prague, and Stroud areas. Choreworkers must be able to pass a background check/drug screening if requested by the Elder and will be paid a flat rate of \$50 per week for each Elder assisted. Preference will be given to tribal members.

Contact: Lynn A. Mihandoost  
Director Human Services Department Sac and Fox Nation  
920883 S. Highway 99, Bldg. A Stroud, Oklahoma 74079  
(918) 968-3526 Ext. 2010

## Happy February Birthday Elders

<p>Sylvia A. Whittaker Butler Charlotte Kay Aswell Robert Jose Gutierrez Patsy Ann Grant Gregg Scott Judy Howard Ray Barada Gloria Ann Hawkins Curtis Dawson Jones Sherry Lyn Robbins Kathy Eileen Walker Carletta Henthorn Mary Jacquelyn Christensen Linda Kay Rogers Freda Lavern West Billy D. Ablin Dawn Sherri Staton Vickie Jo Ebbe Kari Lea Fish Cynthia Joy Standlee Thomas James Myers Cheryl Lynn McClellan Connie Fay Gregory Nancy Ann Whistler Arlan Eugene Manatowa Debra Jean Sousa Kenneth R. O'Brien Franklin Keith Riley Terence John Alvarado Pamela Jeanne Bushyhead Steven Edward Payne Mary Elizabeth Hammett Jackie Dean Keo Roderick James Wakolee Johnnie Kay Murphy Georgia Ann Wakole</p>		<p>Rowena Elaine Wakolee Richard Douglas Crain Frankie Dale Wakolee Mildred G. Marceleno Johnelle Mische' Terry Ralph Billiman Robert W. Davis Jo Rene M. Martinez Carlena Hagler Mary Melissa Jennings Sherri L. McAllister Nicholas John Hovsepian Jeffery Alan Ponkilla Gary Don Norman Eugene Floyd Wilson Samuel Houston Roane Barbara Lee Strouss Tommie Ann Ford Patricia Denise Longhorn Alice Gay Steward Allace Brennan Buchmelter Carl E. Conallis Muriel Renee Wheeler Cozzett Elizabeth Charboneau Sharon Kaye Warren David Louis Walker Sigrid N. Hennrich Cecelia Lois Washington Sally Ann Wakole Richard Howard Williamson Mary Ann Butler Curtis Grant Kenneth Freeland Wood Vera Mae Grant Cheryl Kay Clark</p>
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## Interior Department, Outdoor Manufacturer Thule Partner to Give Youth, Veterans Opportunities to Work on Public Lands

WASHINGTON – The U.S. Department of the Interior today welcomed a \$100,000 donation from outdoor manufacturer, Thule, in support of the 21st Century Conservation Service Corps (21CSC), an ongoing national effort to engage the next generation of outdoor stewards by training and employing thousands of America's young people and veterans to protect, restore, and enhance our nation's public lands and waters.

"Thule's generous donation will engage more youth in hands-on service to America's public lands and waters while opening new doors to employment and creating lifelong connections to nature," said U.S. Secretary of the Interior Sally Jewell. "We're grateful for public-private partnerships like the one with Thule, which will benefit the Nation's young people and the communities they serve."

Through the 21CSC, thousands of young adults and veterans will work on projects across America's public lands, including maintaining campgrounds, preserving historic sites, monitoring water quality, building trails and more. From Denali to the Everglades, youth conservation corps are gaining work experience, helping improve the visitor experience and mobilizing entire communities in the stewardship of our parks, refuges, waters and heritage.

"We are proud to make this contribution to the 21st Century Conservation

Service Corps and be able to support the organization's efforts to help get America's youth involved in the outdoors," said Thule President, Fred Clark. "For Thule, the decision to support the 21CSC isn't about generating the next consumer. It is about getting kids outdoors, which is something we all believe in."

Thule, founded in 1942 to help people with active lives transport gear safely and easily, joins companies like American Eagle Outfitters, CamelBak, The North Face, Coca-Cola, The Champion Foundation, Youth Outdoor Legacy Fund, REI and American Express in a national movement to invest in and help prepare the next generation of conservation stewards and leaders by providing meaningful and lasting opportunities to play, learn, serve and work in the great outdoors.

The 21CSC is part of an overall strategy by the Obama Administration to connect young people to the outdoors. Other efforts include First Lady Michelle Obama's Let's Move! Outside initiative and President Obama's Every Kid in a Park program to provide all fourth grade students and their families with free admission to national parks and other public lands and waters for a full year. These complement the National Park Service's Find Your Park campaign preparing for this year's centennial of the National Park System. For more information about the youth initiative, visit: [www.doi.gov/youth](http://www.doi.gov/youth).

## Thank You from the Massey Family

Raymond Henry Massey was a well loved and respected man in the Sac and Fox Nation. While this has always been apparent, it was especially so during his funeral and the fourth day feast, from all the help his grieving family received.

From the very first moment our sorrow began we were never alone. From waiting with us while we still hoped, making the necessary phone calls on our behalf, sharing your expertise in planning menus, providing what he needed for his journey, bringing food, phone calls, preparing the main house and the Indian house where he would be, coming from all over the country, all over the state, to just being there, you held our hands literally and figuratively.

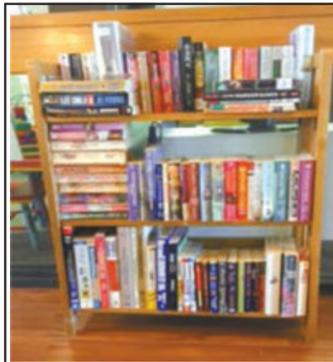
People always say "Thank you for coming" or "I'm glad to see you" at these times, and those words came from our mouths, too, but most sincerely to each and every one of you. Keeping us in your thoughts and prayers may be why we could even function, to do what we needed to do for Raymond.

We can't name everyone who helped us because so many did so much, and we're sure there are matters of which we are unaware, and there are still those of you reaching out to us even now. To all of you we say Thank You.

We especially want to thank Jacob Manatowa Bailey for being with us when we made arrangements and for all the organization you did, to Robert Williamson for making the calls that needed to be made, agreeing to do whatever we asked of you, getting breakfast for the cooks and gravediggers, and to Melissa Jennings for preparing it, to Larry Dubois for providing dinner, to Ida Parrish and Georgia Blanchard for helping us plan and for cooking on the fourth day with Stella and Nancy Nullake and all of you for being at our side, to Mason Williamson, Sandra Exendine, and J.R. Thorpe for driving for us in our shattered state, and to Laura Barto for helping us to make his old friends and schoolmates aware. Sometimes you had to do our thinking for us, and we appreciate that you did.

Special Thank Yous to speaker Sam Spang, head gravedigger J. Paul Wilson, and head cook Anita Stevens for all the work you did and all the love with which you did it; it's hard to ask family to step into those positions when you hurt, too.

*Thank you to all of you for loving Raymond  
Henrietta, Sandra, and Rosemary*



The Sac and Fox National Public Library has used paperbacks (and a few hardbacks) for sale. Paperbacks are three for \$1, or 35 cents each. Hardbacks are \$1 each.

### PLEASE NOTIFY

Secretary Mary F. McCormick  
Of Any Change In Your Address

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

**Sac and Fox Elders**  
Monthly Meeting  
February 10  
2016  
Shawnee 10:00 am

**Sac and Fox Veterans**  
Monthly Meeting  
February 9  
2016  
Cultural Center

### 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.

*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

## OES PUBLIC NOTICE

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

### NOTICE:

Attention Sac and Fox community gardeners, farmers, ranchers, and agriculture enthusiasts!

The Realty department is pleased to sponsor a community meeting to discuss the potential for creating a community garden and other farming and ranching activities at the Sac and Fox Nation.

**When:** Saturday, February 13, 2016  
**Where:** Community Center  
**Time:** 10Am to 12PM

For additional details call the Realty department, Alicia Nevaquaya @ 918-968-3526 ext 1050



Bring your ideas and your appetites  
because lunch will be provided!

February 2016 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
1 <b>ELDERS DAY</b> WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	2 <b>ELDERS DAY</b> WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30	3 <b>WAREHOUSE</b> 8:30-2:30 SHAWNEE 8:30-2:30 SHIPMENT	4 <b>WAREHOUSE</b> 8:30-2:30 SHAWNEE 8:30-2:30	5 <b>ELDERS DAY</b> WAREHOUSE 8:30-2:30 SHAWNEE 8:30-2:30
8 <b>WAREHOUSE</b> 8:30-2:30 SHAWNEE 8:30-2:30	9 <b>WAREHOUSE</b> 8:30-2:30 SHAWNEE 8:30-2:30	10 <b>WAREHOUSE</b> 8:30-2:30 SHAWNEE 8:30-2:30	11 <b>WAREHOUSE</b> 8:30-2:30 SHAWNEE 8:30-2:30	12 <b>WAREHOUSE</b> 8:30-2:30 LITTLE AXE SHAWNEE 8:30-2:30
15 <b>CLOSED</b> 	16 <b>WAREHOUSE</b> 8:30-2:30 SHAWNEE 8:30-2:30	17 <b>WAREHOUSE</b> 8:30-2:30 SHAWNEE 8:30-2:30 SHIPMENT	18 <b>WAREHOUSE</b> 8:30-2:30 SHAWNEE 8:30-2:30	19 <b>WAREHOUSE</b> 8:30-2:30 PERKINS SHAWNEE 8:30-2:30
22 <b>LATE NIGHT</b> WAREHOUSE 8:30-6:00 SHAWNEE 8:30-2:30	23 <b>LATE NIGHT</b> SHAWNEE 12:00-6:00 WAREHOUSE 8:30-2:30	24 <b>WAREHOUSE</b> 8:30-2:30 SHAWNEE 8:30-2:30	25 <b>WAREHOUSE</b> 8:30-2:30 SHAWNEE 8:30-2:30	26 <b>CLOSED</b> FOR INVENTORY
29 <b>CLOSED</b> FOR INVENTORY				

## SAUK LANGUAGE DEPARTMENT PHILOSOPHY

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

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



**Talk Sauk.**  
**SAUK LANGUAGE  
DEPARTMENT**

### Language Quotes

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

**Dakota Littlecrow, Salish**

"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**

"How can we still have a nation, if we don't speak our own language?"

**Ellie Mitchell, Chippewa**

### 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



### Word List February 2016

My Friend	Nîhkâne
Mom	Nêhe
Dad	Nôthe
Grandma	Nôhko
Grandpa	Nemesho
Wife	Nîwe
Husband	Nenâpême
Daughter	Netâhe
Son	Nekwîhe
Grandchild	Nôshîhi
Older Sister	Nemithe
Older Brother	Nethethe

### Word Scramble February 2016

Nnehâik	_____
Nhêe	_____
thNeô	_____
ôkhNo	_____
Nehomse	_____
wNîe	_____
mneêpâeN	_____
âtNeeh	_____
eîNwhék	_____
ishhîôN	_____
tNemieh	_____
ehethNet	_____

### Word Match February 2016

My Friend	Nemesho
Mom	Nekwîhe
Dad	Nenâpême
Grandma	Nôshîhi
Grandpa	Nôthe
Wife	Nîhkâne
Husband	Netâhe
Daughter	Nethethe
Son	Nîwe
Grandchild	Nôhko
Older Sister	Nêhe
Older Brother	Nemithe

## SAUK LANGUAGE DEPARTMENT HAPPENINGS AND NEWS

**FEBRUARY 2016  
TAKWANÎHA  
(Snow Crust Moon)**



### FROM 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 the Sauk Language Department 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](http://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](mailto: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.

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 OK 74079  
[language@sacandfoxnation-nsn.gov](mailto:language@sacandfoxnation-nsn.gov)  
No phone calls please

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](http://www.okpromise.org) or  
 Contact the Oklahoma State Regents for Higher Education by e-mail at [okpromise@osrhe.edu](mailto:okpromise@osrhe.edu) or by phone at 1-8-858-1840 (225-9152 in OKC)  
 Get an application from your counselor

**INDIAN HEALTH SERVICE  
 WATER AND SEWER  
 ASSISTANCE AVAILABLE**

Indian Health Service OEH Field Office  
 703 E. Independence Street • Shawnee, Oklahoma 74804  
 405-214-4200 Office • 405-214-4210 Fax



Jennifer Houston (right) receiving her diploma during graduation from East Central University/Ada. (Photo submitted by Jennifer Houston)

**Tribal Member Jennifer Houston 2015 Graduate**

Jennifer Houston is a Sac and Fox Tribal member who worked hard to complete her college education. Jennifer completed an Associate's in Arts Degree at Eastern State College in 2010 and then went on to complete a Bachelor of Arts Degree from East Central University/Ada in 2012 and completed her Master of Science in Human Resources Degree with a Major in Counseling at East Central University/Ada in December of 2015. Jennifer will be a Licensed Professional Counselor (LPC).  
 Jennifer's mother is the late Maxine Greenwood Haese and her dad is Wayne Snodgrass. She has an Aunt Nelda (Joyce) and a brother Tony Snodgrass

who are employed by the Sac and Fox Nation in Shawnee.  
 Jennifer went thru college utilizing the Sac and Fox Nation's RAP College Education and Federal Assistance Programs over a period of time from 2008 thru 2015. Jennifer is a single mother who worked a full time job as well as attending college full time and she states "that it can be done."  
 Jennifer expresses her appreciation to the Sac and Fox Tribe for the assistance they provided to help her achieve her goals. We here in the Education Department congratulate you for your dedication to obtaining your goal and we wish you the best in the future.



**2016 April 02**  
 12 pm to 5 pm  
 Sac and Fox Nation Cultural Center  
 Registration Deadline: March 21  
 Please call the Sauk Language Department to Register 918-968-0070  
 SPACE IS LIMITED  
 High School and College Age Native American Students

**YOUNG CHIEF LEADERSHIP WORKSHOP**  
 TRAINER: KEVIN ROBERTS-FIELDS  
*LACK OF SUPPORT, OVERCOMING FAILURE, LOW SELF-IMAGE, AND POOR DECISION-MAKING ARE AT THE HEART OF MANY OF THE CHALLENGES FACING NATIVE*

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](mailto:language@sacandfoxnation-nsn.gov)

**NO PHONE CALLS PLEASE**



**February 2016 Wordsearch**

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

- |          |          |
|----------|----------|
| Nîhkâne  | Netâhe   |
| Nêhe     | Nekwîhe  |
| Nôthe    | Nôshîhi  |
| Nemesho  | Nemithe  |
| Nîwe     | Nethethe |
| Nenâpême | Nôhko    |

**'PLAYING OUTSIDE'** BY NICOLE WATASHE

Inoki îni netashikânopena thâkichi, nîna oni nethethêha  
 Nematâkwitashikânopena!  
 Shêni withakamatamwa.  
 Nenânâwa nekya.  
 Nekya neneshkimekwa shêni netâchimo-hâwa "nekatothi."  
 Nâkachi îni netashikânopena nîna oni nethethêha.

# EDUCATION NEWS

By Barbara Ramos Education Director Sac and Fox Nation

The Education Department was able to assist 62 college students with tuition, books & supplies, and living allowance. In viewing the student's transcripts we were pleased to note that so many were doing exceptionally well. Keep up the good work as you begin the spring semester. Jean Lynam has been hard at work getting the paperwork together so that she can begin processing payment requests.

Remember if you graduated you can apply for the college incentive by going on the Sac and Fox Nation's website to retrieve the application located under the heading "Education". Be sure to attach all required documentation-copy of transcript or diploma, Privacy Statement, and a copy of your tribal enrollment card to ensure timely processing. The website will be updated soon with current guidelines and application forms for both the RAP Program (Tribal) and the Federal Programs.

The Johnson O'Malley (JOM) Program requires that we have an Indian Education Committee (IEC) in place; therefore, if you are interested in serving on the IEC please submit a written request to: Mary F. McCormick, Secretary at secretary@sacandfoxnation-nsn.gov or send it to Business Committee, Attention: Secretary, Sac and Fox Administration Bldg., 920883 S. Hwy. 99, Bldg. A, Stroud, OK 74079. The Indian Education Committee (IEC) members are appointed by the SFN Business Committee. We would greatly appreciate a parent from each of the school districts in our jurisdiction to serve on the IEC in order to accomplish the following:

- Promote the welfare of Indian Children and youth in home, school, community and tribe.
- Raise the standards of school achievement of Indian children.
- Bring into closer relationship the home and the school so that parents and teachers may cooperate intelligently in the education of Indian children and youth.

To be eligible to serve on the IEC the parent(s) or those acting in place of a parent must have a child(ren) in school. Any tribal member within in the Sac and

Fox jurisdiction can request to serve on the IEC as JOM serves all Indian children. We will meet four (4) times a year to discuss and resolve issues to help the children and the schools. Please consider serving on this committee to help the JOM Program operate effectively. We need five (5) individuals to serve on this committee.

The U.S. Department of the Interior sent a News Release out on January 6, 2016 to announce that the Interior Department transferred an additional \$4 million into the Cobell Education Scholarship Fund. Contributions from the Land Buy-Back Program have helped to fund opportunities for American Indian and Alaska Native students with scholarships to help them pursue post-secondary and graduate education, and training. I would encourage any of you college students to apply for these scholarships – a lengthy process but could be a good way to help you seek a higher education. Go to aigcs.org for more information on the Cobell Scholarship Fund.

In October of 2015 the American Indian Graduate Center and Wells Fargo announced a three (3) year partnership to bring more and better information and resources to American Indians and Alaska Natives throughout the United States about access to and success in higher education. The Wells Fargo American Indian Scholarship Program funds students who are enrolled full time in a bachelor's degree program. Any qualified student may apply for the Wells Fargo Scholarship for the upcoming year as long as they are seeking an undergraduate degree in that year. Approximately 110 students will receive awards of \$5,000 per academic year. Awards, however, cannot exceed the unmet need of attendance as defined in the financial aid office of the school. This may result in a lower award. The Wells Fargo American Indian Scholarship is an online application which can be accessed by going to aigcs.org and selecting "Apply Now." Again, this application may take time but will be worth it should you receive a scholarship. Seniors and Undergraduates should start this process as soon as possible. Good luck!



## William Kirby Zakkariah Betts Arrives

William Kirby Zakkariah Betts was born in Shawnee, OK on 12/15/15 at 8:14 am weighing 10.5 lbs and 21in long; his mother is Sac and Fox tribal member ShoShawna Bates, and his big sister is Serenity Ataddlety. Other tribal family members include grandmother Louise Thomison (deceased), uncles Dusty Bates & Jeremy Allison, great aunt Cathy Cole, great grandmother Ruby Vandever and many other aunts, uncles and cousins.

## LEARN TO TALK SAUK AT SCHOOL

The new Sauk Language I and II online courses are now available for high school students who want to learn Sauk. These courses are available for World Language credit for graduation, or for elective credit.

If you are interested in taking these courses, please contact the Sauk Language Department to learn more.

918-968-0070

## 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

## 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

**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 \_\_\_\_\_



## Happy Valentines Day

### FEBRUARY 2016 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Chicken Fried Steak Fresh Veg's French Fries Pineapple</p>	<p>2 Chick &amp; Rice w/celery Fry Bread Mand Orange</p>	<p>3 Pork Chop Scalop Pots Carrots Applesauce</p>	<p>4 Salisbury Steak Mash Pots Green Beans Cookies</p>	<p>5 Scrambled Egg Sausage Patty Hash Brown Banana "Bingo"</p>
<p>8 Turkey Dressing Beets Fruit Cocktail</p>	<p>9 Spaghetti Green Beans Garlic Toast Pears</p>	<p>10 Chick Strips Pot Salad Carrots Cherry Crisp</p>	<p>11 Enchilada Refried Beans Chips &amp; Salsa Peaches</p>	<p>12 Biscuit &amp; Gravy Bacon Boiled Egg Orange Juice</p>
<p>15 <b>OFFICES CLOSED President's Day</b></p>	<p>16 Baked Fish Corn on Cob Mac. Salad Mand Orange</p>	<p>17 Meatloaf Mashed Pots Green Salad Pears</p>	<p>18 Ham Sweet Pots Green Bean Jello w/fruit</p>	<p>19 French Toast Sausage Patty Boiled Egg Milk</p>
<p>22 Chili Spanish Rice Crackers Fruit Cocktail</p>	<p>23 Fried Chicken Mashed Pots. Carrots Cake</p>	<p>24 BBQ Ribs Baked Beans Pea Salad Peaches</p>	<p>25 Indian Taco Fresh Veggies Salsa Pears</p>	<p>26 Break Burrito Hash Brown Banana</p>
<p>29 Tomato Soup Grilled Cheez Cookies</p>	<p style="background-color: #e67e22; color: white; padding: 5px;"><b>Elders Mtg Stroud 2-10-16</b></p>			

Bingo – 1<sup>st</sup> Friday of Each Month – After Breakfast, Join Us for Fun & Fellowship  
"Menu Subject to Change"

# You Decide Advance Directives are Your Medical Voice

By Eugene M Hoyt, JD, MD, FCLM

*(Editors Note) Dr. Gene Hoyt is a well known physician and Trustee of the Oklahoma States Medical Society. Few people know he is also an attorney. A former Oklahoma Assistant Attorney General, U.S. Air Force Advocate and Trial Judge, he continues to write and lecture about topics in Law and Medicine.*

Who wants to make a Will? No one! It is not pleasant to sit down and think of End of Life issues. But, it should be done by each of us. Like the Will that passes property, your Living Will allows you the opportunity to voice your desires for medical treatment at the end of life. Many think that Living Wills, also called Advance Directives, are only for the old folks. Not true! Illness and trauma can occur at anytime and at any age. Your voice needs to guide your caregivers through an emotional time. If you have a Living Will, you decide on what care you want and spare your family of the grief of decision making. Many people complete Living Wills at the time they devise real and personal property with a traditional Will. The State of Oklahoma provides us with simple and concise forms for Living Wills and Durable Powers of Attorney which I will discuss.

A Living Will is your expression of medical care you want or don't want if you have a terminal illness. The Living Will is a relatively new document. In the past your spouse or other family members spoke for you. But, now you must speak for yourself. If you do not have a Living Will, the state presumes you want all appropriate medical care to include cardiopulmonary resuscitation which may include chest compression, ventilator care to breathe for you, and tube feeding to maintain nutrition. Your family can overcome this presumption only by obtaining a costly Legal Guardianship over you. You can spare your family of

this time consuming and costly legal proceeding by having a Living Will. If you have a Living Will and have appointed a Healthcare Proxy (someone who acts for you) there can be little doubt of your intentions and you save the family much emotion and grief. Your cultural and religious beliefs can also be expressed in your Living Will.

Just as with a property will the maker of a Living Will must be 18 and of sound mind. A Living Will must be witnessed by two disinterested people. As long as you are competent you make your own decisions for yourself and your decisions for ongoing care must be followed regardless of your illness or condition. A Living Will becomes effective only if you are unable to make informed decisions and have a Terminal Condition. A Terminal Condition is defined as an incurable condition from which a person will die within 6 months, even if treatment is administered. Two physicians must certify a Terminal Condition and document it in the medical record before a Living Will becomes effective. Your medical decision maker, someone you know and trust, is called your Proxy. The Proxy will make health care decisions in your place. The Proxy must follow all of the instructions you have given in your Living Will. The Proxy speaks with your voice, Always, Always talk to your Proxy and tell them what you want or don't want as part of your medical care. You should also appoint an Alternate Proxy to act if the primary is unable.

The Oklahoma statute allows you to Will your body or organs for transplant or research and education.

A unique feature of the Oklahoma Living Will statute allows a pregnant woman, who is in a Terminal Condition, through her Proxy, to decline and refuse all life sustaining treatment including respiratory support and nutrition. Through

a Living Will a pregnant woman can specifically provide for treatments to be withheld or withdrawn.

Another document you should know of is a Durable Power of Attorney. The term durable means the Power of Attorney will be valid if you can no longer make decisions for yourself. A Power of Attorney may be general or specific. A Durable Medical Power allows your chosen representative to authorize your medical care in other than Terminal Conditions. If you are unconscious from illness or trauma, the Durable Power of Attorney for Healthcare allows your delegate to make decisions on your behalf until you are able to make medical decisions for yourself.

These documents are important to you and to your family. Talk to your family. Talk to your physician and to your attorney. Let your voice be heard through your Living Will and Durable Power of Attorney for Healthcare.

Many articles have been written concerning Advanced Directives. One of the best articles and the article which is the basis of this article is "Your Right to Decide". It is much more complete than my summary and provides you with Oklahoma forms and virtually line by line instructions to complete Living Wills and Durable Powers by yourself. The article is found at [www.senior-law.org](http://www.senior-law.org)

Gene Hoyt JD, MD

## When it hurts: Choosing the right pain reliever

OKLAHOMA CITY, Jan. 21, 2016

Choosing a pain reliever can almost be enough to give you a headache. But making the best choice doesn't have to be complicated.

According to Oklahoma Medical Research Foundation physician-researcher Eliza Chakravarty, M.D., not all over-the-counter pain relievers are interchangeable. "It starts with knowing what each one works best for," she said.

The three most popular over-the-counter types of painkillers are: acetaminophen (Tylenol), naproxen (Aleve) and ibuprofen (Advil, Motrin). Aspirin was once the most common pain reliever, but it has been largely supplanted by naproxen and ibuprofen, which target similar issues with fewer side effects.

If you have a headache, fever or minor pain, Chakravarty says that acetaminophen is likely the place to start. "It's purely a pain reliever and fever reducer," she said.

"It's also good for people with stomach problems, kidney disease or other chronic health problems, because it has a lower risk of side effects," she said. "But it doesn't help relieve inflammation, and that's its major drawback." High doses or long-term use of acetaminophen also can cause liver damage, so that can be an issue for those who have liver problems or drink alcohol regularly.

Ibuprofen and naproxen fall into a broad category called nonsteroidal anti-inflammatory drugs or NSAIDs, a category that also includes aspirin. These drugs are also effective fever reducers and pain relievers and, unlike acetaminophen, can also relieve inflammation. Aspirin is still taken in low doses to reduce the risks of

heart attack and stroke or act as a blood thinner. Chakravarty said, in general, she does not recommend taking higher doses of aspirin for pain, siding with ibuprofen and naproxen instead.

NSAIDs work by inhibiting the production of chemicals released in the body by injured cells, which trigger pain and inflammation. They are more common for short-term usage in dealing with menstrual cramps, dental pain, muscle aches, arthritis and minor injuries. While acetaminophen can be taken alone, all NSAIDs need to be taken with food.

"NSAIDs actually have more helpful properties than acetaminophen alone," said OMRF's Chakravarty. "The problem with NSAIDs is they can make existing kidney problems worse, and they can cause stomach ulcers, even in doses you take over the counter. So if you need to take aspirin, ibuprofen or naproxen for more than three or four days, talk to a doctor to make sure that you don't need another medicine to protect yourself from complications or side effects."

While all of these pain-control medications are largely regarded as safe, as with any drug, they can be dangerous if misused or overused. That's why Chakravarty urges everyone to take time to learn the pluses and minuses of these drugs—and any drugs you take. Some products may contain more than one pain reliever, so she recommends checking ingredients before taking a new pain reliever.

"The best thing you can do is educate yourself about these products," said Chakravarty. "If you have questions about which is best for you or need to use them for more than a few days, always check with your physician."

Contact Anthony Ramirez at the Merle W. Boyd Center, by email: [Anthony.Ramirez@IHS.GOV](mailto: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.

# SAC AND FOX NATION BIGGEST LOSER!

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

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

Monday		Tuesday		Wednesday		Thursday		Friday	
1	Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core training	2	Exercise Room open 8AM-4:30PM Anthony in Shawnee	3	Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	4	Exercise Room open 8AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Upper Body Focus	5	Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training
8	Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core training	9	Exercise Room open 8AM-4:30PM	10	Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	11	Exercise Room open 8AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Upper Body Focus	12	Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training
15	Closed for observance of President's Day	16	Exercise Room open 8AM-4:30PM	17	Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	18	Exercise Room open 8AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Upper Body Focus	19	Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training
22	Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core training	23	Exercise Room open 8AM-4:30PM	24	Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Lower Body Focus Training Class	25	Exercise Room open 8AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Upper Body Focus	26	Exercise Room open 7AM-4:30PM 11:15 Circuit Training 12:15 Circuit Training
29	Exercise Room open 7AM-6PM 11:15 Circuit Training 12:15 Circuit Training 5 PM Cardio/core training								

### 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**

### 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



## Volatile Organic Compounds (VOCs)

By: Phillip Mee-Air Quality Specialist

### VOCs

Volatile organic compounds (VOCs) are emitted as gases from certain solids and liquids, VOCs include a variety of chemicals (both man-made and natural chemicals), some of which may have short and long-term adverse health effects such as: eye and upper respiratory irritation, nasal congestion, fatigue, loss of coordination, etc. VOCs can smell both pleasant and unpleasant. Some examples include: sealants and coatings, paints and varnishes, household cleaning and disinfecting agents, pesticides, new furnishings, air fresheners, other scented products, perfumes/colognes and other personal products. Other sources of VOCs that can get into the home are from vehicles, waste/garbage receptacles, sewer odors, smoke and/or smoking.

There are some things that can be done about exposure to these sources. You can buy products that come in low-VOCs or no-VOCs. Ventilate your home by opening windows and doors, if pos-

sible, to bring in fresh outdoor air to help reduce the effects of VOCs. Do this for about an hour. If you are using household cleaning and or disinfectant agent, it's best to have windows open while using the products so the fumes do not get trapped in the home.

Also consider the possibility of using an alternative over a chemical. Something like putting baby powder out around your home, during the summer, to stop ants from outside coming in. It coats the feet of the leading ant leaving no scent to follow. Uses for other natural alternatives can be found on the internet.

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.

## Tulsa Artist Fellowship to offer 30 new fellowships and more than \$1 million for second cohort

Program expands to include writers in second year of fellowship

TULSA, Okla. – George Kaiser Family Foundation has announced they are expanding their national artist fellowship program—the Tulsa Artist Fellowship (TAF)—during its second year to include writers. With the inaugural class of visual artists beginning their fellowships this month, the TAF is now accepting applications for 2017. Awarding up to 30 new fellowships totaling over \$1 million in stipends, free housing and free workspace for the second cohort, the TAF will continue to enhance Tulsa, Oklahoma's growing art scene.

"We are thrilled to expand our fellowship program to include writers," said Stanton Doyle, senior program officer at George Kaiser Family Foundation. "With our inaugural class of 12 visual artists now living and working in Tulsa, we look forward to expanding our program in 2017. Moving forward, we hope to provide more artists the opportunity to fine tune their craft through the TAF across a variety of disciplines."

The 12 visual artists in the inaugural class assembled from all over the United States, including Brooklyn, San Francisco, Juneau and Baltimore. Living in new downtown Tulsa lofts, the artists were selected from an applicant pool of over 300.

Open to local and national artists in the disciplines of writing and visual arts, the TAF fellows will be awarded a stipend, free housing and studio workspace, if applicable. All fellowships are merit-based grants, not project grants, and fellows will be expected to integrate into the local community by participating in local programs, symposiums and more.

In an effort to continue growing and shaping Tulsa's vibrant arts community, non-resident artists will be required to live in provided housing in Tulsa's Brady Arts District. For each discipline category (visual artists and writers) up to 15 fellowships will be awarded based on the quality of entries.

### TAF: Visual Artists

Fellows will be awarded a \$20,000 unrestricted stipend with free downtown housing and workspace during Year One. Year Two is optional and will include a stipend of \$7,500 plus free housing and

workspace.

The program will reserve some of the fellowship positions for Native American, Alaskan Native and Native Hawaiian artists. A screening committee and selection panel will follow the Indian Arts and Crafts Act of 1990 as a guideline in awarding Native American artists a fellowship.

Eligible applicants will be reviewed by a national panel comprised of Kathleen Ash-Milby, Andy Grundberg, Monica Ramirez-Montagut, Jane Sauer, and Marilyn Zapf.

### TAF: Writers

Fellows will be awarded a \$20,000 unrestricted stipend with free downtown housing for Year One of the two-year fellowship. During Year Two, fellows will receive a \$12,500 unrestricted stipend and continued free private housing.

In its inaugural year, TAF: Writers will focus on creative nonfiction, fiction, graphic novel, young-adult fiction, poetry and play/screen writing.

Eligible applicants will be reviewed by a national panel comprised of experts in the field.

A coordinating committee consisting of local leaders in the Tulsa arts community will screen all fellowship applications for eligibility and coordinate community programs for the fellows during their time in Tulsa.

Applications for the TAF 2017 are due on March 4, 2016, and fellows will be announced on June 1, 2016. The fellowship will begin on January 9, 2017. To learn more about the Tulsa Artist Fellowship and apply, visit [www.TulsaArtistFellowship.org](http://www.TulsaArtistFellowship.org).

### About Tulsa Artist Fellowship

The Tulsa Artist Fellowship is a program established by the George Kaiser Family Foundation to enhance the local art scene by retaining and recruiting artists to Tulsa. In its second year, Tulsa Artist Fellowship will provide fellowships in two categories: Visual Arts and Writing. Fellowships are merit-based, not project grants, with a one-year term for Visual Artist and two-year terms for Writers.

For more information, visit <http://www.tulsaartistfellowship.org>.

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.



## Earthquake

### Community Presentation on Earthquakes in Oklahoma

#### When

February 16, 2016

Doors open at 4:30 pm, presentation to start promptly at 5:00 pm

#### Where

Cushing Youth Activity Center  
700 South Little Avenue Cushing, Oklahoma

#### Presenters

Dr. Jeremy Boak, Oklahoma Geological Survey-Director, University of Oklahoma &  
Dr. William Andrews, United States Geological Service Oklahoma Water Science Center-Director

For information contact: Jeremy Fincher Environmental Director  
Sac and Fox Nation @ 918-968-0046

**\*OPEN TO THE PUBLIC\***

### SAC AND FOX TAX COMMISSION REVENUE October 2015

Beer and Liquor	\$149.85
State Tobacco Rebate	\$226,353.79
Motor Vehicle	\$3,328.50
Sales Tax	\$9,594.87
Treasury	\$150.00
Oil & Gas	\$12.11
Gaming	\$102,199.26
<b>TOTAL</b>	<b>\$341,788.38</b>



Please mail or return form to the address below.

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



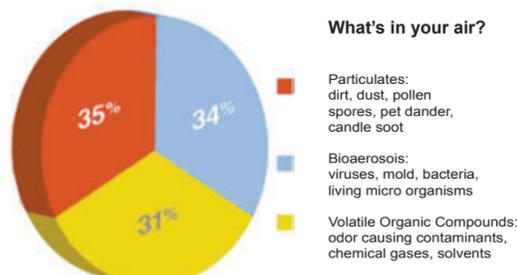
SAC AND FOX NATION  
OFFICE OF ENVIRONMENTAL SERVICES  
920883 S. Hwy 99 Bldg. A  
Stroud, OK 74079  
Phone: 918-968-0046  
Fax: 918-968-0049  
Email: phillip.mee@sacandfoxnation-nsn.gov  
Email: jeremy.fincher@sacandfoxnation-nsn.gov

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CONCERNS: \_\_\_\_\_

PHONE: \_\_\_\_\_



SOURCE: [oltrom.com/IAQ/index](http://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!



## Sac and Fox Nation Police Department

From the desk of Police Chief Bobby Roberts



### February Safety Tips

## Checklist and Tips for Safe Winter Driving



Sac and Fox Tribal Police Chief Bob Roberts

#### Get your vehicle serviced now

No one wants to break down in any season, but especially not in cold or snowy winter weather. Ensure that your vehicle is in optimal condition. Visit your mechanic for a tune-up and other routine maintenance. Have your entire vehicle checked thoroughly for leaks, bad worn hoses, or other needed parts, repairs, and replacements.

#### Check your battery

When the temperature drops, so does battery power. For gasoline-powered engines, be aware that it takes more battery power to start your vehicle in cold weather than in warm. Having your mechanic check your battery for sufficient voltage; having the charging system and belts inspected; replacing the battery or making system repairs, including simple things like tightening the battery cable connections.

#### Check your cooling system

When coolant freezes it expands. This expansion can potentially damage your

vehicle's engine block. Don't let this happen to your vehicle this winter. You should make sure you have enough coolant in your vehicle and that it's designed to withstand the winter temperatures you might experience in Oklahoma. A 50/50 mix of coolant to water is sufficient for most regions of the country. Check to see if your system has been flushed (draining the system and replacing the coolant). If it hasn't been flushed for several years, have it done now. Over time, the rust inhibitors in antifreeze break down and become ineffective. Coolant also needs to be refreshed periodically to remove dirt, rust particles that can clog the cooling system and cause it to fail.

#### Inspect your tires

Check tire pressure and make sure each tire is filled to the vehicle manufacturer's recommended inflation pressure which is listed in your owner's manual. Tire pressure drops as the temperature drops.

#### Plan your travel and route

Keep yourself and others safe by planning ahead before you venture out into bad weather. Check the weather, road conditions, and traffic; plan to leave early if necessary. Don't rush! Allow plenty of time to get to your destination safely. Let others know your route and anticipated arrival time.

#### Protect yourself and your loved ones

Remember to always wear your seat belt. Ensure that everyone in your vehicle is buckled up as well. Do not text (it is now the law) or engage in any other activities that may distract you while driving.

**Be safe during winter driving from the Sac and Fox Nation Tribal Police Department.**

## 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.



### 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

## EDUCATION DEPARTMENT NOTICE

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

## 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.**

## 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 pay-check 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

### 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

**Resident Advisor (Juvenile Detention Center/Stroud)**  
Open Continuously

**Elders Program Coordinator (Stroud)**  
Seeking Immediate Placement

**Human Resources Director (Stroud)**  
Seeking Immediate Placement

**Patient Benefits Coordinator (Black Hawk Health Center)**  
Seeking Immediate Placement

**Environmental Technician (Stroud/OES)**  
Seeking Immediate Placement

**Surveillance Observer (Shawnee)**  
Seeking Immediate Placement

**LPN (Black Hawk Health Center)**  
Seeking Immediate Placement

**CHS Medical Tech IV (Black Hawk Health Center)**  
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](http://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



Oklahoma has more than 75 farmers markets spread across the state from Guymon to Idabel. (Photo ODAFF)

## Agriculture Department Sponsors Farmers Market Conference on March 10

The Oklahoma Department of Agriculture, Food and Forestry (ODAFF) will host a Farmers Market Conference on March 10 from 9 a.m. – 3 p.m. at the Cole Community Center, 4400 NW Expressway, in Oklahoma City.

ODAFF, the Oklahoma Nutrition Information and Education (ONIE) Project, the Regional Food Bank of Oklahoma and OSU-OKC are partnering for this conference geared toward market managers, board members, growers, vendors and individuals or city officials wanting to start a farmers market in their town or community. Breakout sessions will include nutrition education at the farmers market, a health regulations panel, Supplemental Nutrition and Seniors Nutrition Programs at the market, growing season planning, starting a farmers market, recruiting vendors and marketing to the public.

Registration for the workshop begins at 8:30 a.m. The general session be-

gins at 9 a.m. The daylong workshop is scheduled to end at 3 p.m. There is no charge for the conference and lunch will be provided. Registration is due by March 3 using the site [www.onieproject.org/FarmersMarket](http://www.onieproject.org/FarmersMarket). For more information, contact Meredith Scott at (405) 271-2091.

“We hope managers and vendors are excited about the upcoming season and can quickly put to use any information they learn at the conference,” said Ashley Bender, ODAFF Farmers Market Coordinator for the statewide program.

Oklahoma has more than 75 farmers markets spread across the state from Guymon to Idabel. Several markets serve the Oklahoma City and Tulsa metropolitan areas. Markets generally are open from April – October. Details about the state’s farmers markets are available at <http://www.okgrown.com/markets/>.

For more information contact: Meredith Scott, (405) 271-2091

### Business Committee Meeting Minutes

are now accessible on the Website and Facebook

[sacandfoxnation-nsn.gov](http://sacandfoxnation-nsn.gov)

### 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

## Plasticulture conference set for February 13, 2016

The Oklahoma Department of Agriculture, Food and Forestry will host its 10th Annual Plasticulture Conference on Sat., Feb. 13 at the Mid America Technology Center in Wayne. The conference provides gardeners with the latest information on the plasticulture growing technique.

This year’s theme will be “Advanced Techniques for Plasticulture.” Keynote speaker Itzhak Esqira is the Greenhouse and Plasticulture Extension Specialist for the Israeli Plants Board. He teaches greenhouse technology at Tel Hai College and offers agricultural consulting through his company, GreenIT in Tel Aviv, Israel.

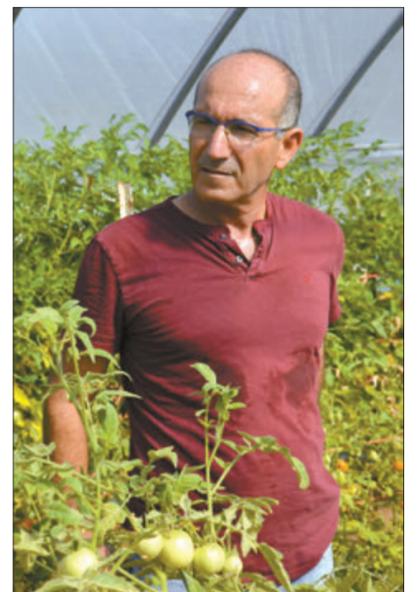
Plasticulture is a farming technique that creates raised soil beds covered with plastic sheeting and equipped with irrigation drip lines laid directly under the plastic. Vegetable seedlings are planted in holes punched through the plastic.

Micah Anderson, ODAFF Plasticulture Program Coordinator, will give an overview of his recent trip to the International Agriculture Conference in Tel Aviv, Israel. Other speakers include OSU Area Extension Horticulturist Dr. Jim Shrefler, Noble Foundation Horticulture Consultant Steve Upson, US Foods Manager Freddy Phillips and Dr. Merritt Taylor of the OSU Agricultural Economics Department.

The general session on Saturday will be from 8:30 a.m. – 3 p.m. Register for the conference by calling Ashley Bender at (405) 522-4330. Registration costs \$10 per person and includes lunch.

The Mid America Technology Center is located at 27438 State Highway 59 in Wayne.

A pre-conference session will be held Fri., Feb. 12 from 3-6 p.m. at Mid America Technology Center. It is open to the public at no charge and will include an outside demonstration laying a plasticulture bed with a tractor and a display of hoop house design by Kingston Greenhouses.



Israeli greenhouse and plasticulture specialist Itzhak Esqira will be a guest speaker at the 10th Annual Plasticulture Conference sponsored by the Oklahoma Dept. of Agriculture, Food and Forestry on Sat., Feb. 13 at the Mid America Technology Center in Wayne.

## Indian Child Welfare Department

Located at

### Shawnee Multi Purpose Building

215 North Harrison Ave

405-275-1262

The Sac and Fox National Public Library offers two computers geared toward our youngest patrons. The computers have an assortment of games and fun programs for babies through early grade school. (Shhh. Some games are even educational, but don't have to tell them that!) Help your little ones get a leg up by calling (918-968-3526, Extension 2021)



## PRINCESS HONOR DANCE



**Saturday, March 19, 2016**  
All Gourd Dance: 2:00 pm to 10:00 pm

**THA-KI-WA (SAUK) ACTIVITY CENTER (GYM)**

MC: Chris White  
Head Singer: Larry Cozad  
Head Gourd Dancer: Tim Tsoodle  
Arena Director: TBA  
Supper Break 5:00 pm

### Gabrielle "Gabi" Morris

Inviting all Gourd Dance Organizations  
Inviting all Princess

For more information contact 918-968-3246



**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**

<u>OLD</u>	<u>NEW</u>
ADDRESS _____	ADDRESS _____
CITY _____ STATE _____ ZIP _____	CITY _____ STATE _____ ZIP _____

---

**STREET ADDRESS (IF DIFFERENT THAN MAILING ADDRESS)**

<u>OLD</u>	<u>NEW</u>
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 \_\_\_\_\_

## Business Committee Meeting Minutes

Regular Business Committee Meeting Mini-Minutes January 11, 2016

Please be advised that the following are official actions taken by the Business Committee in a Regular Business Committee Meeting held on January 11, 2016. These actions are to be followed up by the appropriate departments.

(1) Don W. Abney motion to approve the Minutes of the Special Business Committee Meeting December 21, 2016 as presented. Robert E. Williamson-2nd. VOTE: Kay-Yes, Don -Yes, Mary-Yes, Jared-Yes, Robert-Yes. Motion carried.

(2) Robert E. Williamson motion to approve the Minutes of the Recessed Special Business Committee Meeting December 22, 2016 with corrections. Don W. Abney-2nd. Vote: Don-Yes, Mary-Yes, Jared-Yes, Robert-Yes, Kay-Yes. Motion Carried.

(3) Resolution SF-16-86, a resolution enacting the Sac and Fox Nation Internet, Email and Computer Use Policy. Don W. Abney-motion, Robert Williamson-2nd. VOTE: Mary-Yes, Jared-Yes, Robert-Yes, Kay-Yes, Don-Yes. Motion carried.

**Executive Session:**

Went into Executive Session at 9:36 a.m.: HRP #2016-01

Out of Executive Session at 10:59 a.m. No action was taken, until further review.

(4) Control Burns-Presentation by Absentee Shawnee Tribe, (Discussion only)

**Break for lunch at 12:15 p.m.**  
**Back from lunch at 1:12 p.m.**

(5) Resolution SF-16-87, a resolution authorizing and directing the planning, design and construction of the parking lot and access road improvements at the Sac and Fox Nation Property comprised of five acres located at 1808 South East

Avenue, Cushing, Payne County, Oklahoma. Don W. Abney-motion, Mary F. McCormick-2nd. VOTE: Jared-Yes, Robert-Yes, Kay-Yes, Don-Yes, Mary-Yes. Motion Carried.

(6) Resolution SF-16-88, a resolution requesting, authorizing and approving the Bureau of Indian Affairs to secure the funding necessary and to complete the reconstruction of the bridge projects identified on the Sac and Fox Nation priority list and included on the Sac and Fox Nation Bridge Inventory System. Robert E. Williamson-motion, Don W. Abney-2nd. VOTE: Robert-Yes, Kay-Yes, Don-Yes, Mary-Yes, Jared-Yes. Motion Carried.

(7) Resolution SF-16-89, a resolution approving, authorizing, adopting, submitting, and directing the Bureau of Indian Affairs to accept and include the updated Sac and Fox Nation Tribal Road and Bridge priority list as the official Tribal Indian Reservation Road And Bridge priority list to be accepted and included into the Sac and Fox Nation's Long Range Transportation Plan and accepted and included into the Bureau of Indian Affairs Indian Reservation Road And Bridge Inventory System and Long Range Transportation Plan as identified at 25 CFR part 170.410; 25 CFR part 170.420; and 25 CFR part 170.442. Don W. Abney-motion, Robert E. Williamson-2nd. VOTE: Kay-Yes, Don -Yes, Mary-Yes, Jared-Yes, Robert-Yes. Motion carried.

(8) Resolution SF-16-90, a resolution adding four (4) 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, Robert E. Williamson-2nd. VOTE: Don-Abstain, Mary-Yes, Jared-Yes, Robert-Yes, Kay-Yes. Motion Carried.

(9) Resolution SF-16-91 a resolution approving the Fiscal Year 2016 Low Income Home Energy Assistance Program Budget in the total amount of \$104,928.00. The funding source is identified as the Department of Health and Human Services, Administration for Children and Families, Low Income Home Energy Assistance Programs Grant #G-16JOOKLIEA and carryover from #G-15JOOKLIEA. Don W. Abney-motion, Robert Williamson-2nd. VOTE: Mary-Yes, Jared-Yes, Robert-Yes, Kay-Yes, Don-Yes. Motion carried.

(10) Mary F. McCormick motion to accept the purchase of the Estate of Jonette Lincoln, deceased Sac and Fox (Mississippi)-IA Indian Interest that is less than 5 % pending approval of the Federal Land Buy-Back program and also pending the option to buy back the entire parcel from other heirs. Jared A. King-2nd. VOTE: Jared-Yes, Robert-Yes, Kay-Yes, Don-Yes, Mary-Yes. Motion Carried.

(11) Don W. Abney motion to accept

the purchase of Interests of less than 5% for Wayne Allen Longhorn, deceased Absentee Shawnee tribal member pending approval of the Federal Land Buy-Back program and also pending the option to buy back the entire parcel from other heirs. Jared A. King -2nd. VOTE: Robert-Yes, Kay-Yes, Don-Yes, Mary-Yes, Jared-Yes. Motion Carried.

(12) Mary F. McCormick motion to appoint Principal Chief Kay Rhoads as Primary Representative and Don W. Abney as alternate representative to the Self-Governance Communication and Education Tribal Consortium Board of Directors. Jared A. King-2nd. VOTE: Kay-Yes, Don-Yes, Mary-Yes, Jared-Yes, Robert-Yes. Motion carried.

(13) Robert E. Williamson motion to approve updated Facility Rental Agreements with corrections. Don W. Abney-2nd. VOTE: Don-Yes, Mary-Yes, Jared-Yes, Robert-Yes, Kay-Yes. Motion Carried.

ADJOURNMENT:  
Adjourned at 4:40 p.m.

### Regular Business Committee Meeting Mini-Minutes November 9, 2015

Please be advised that the following are official actions taken by the Business Committee in a Special Business Committee Meeting held on January 14, 2016. These actions are to be followed up by the appropriate departments.

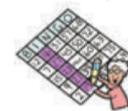
(1) Resolution SF-16-92, a resolution approving and authorizing the submission of a proposal to the Bureau of Indian Affairs Southern Plains Regional Office for the Endangered and Invasive

Species Program for projects that are directly related to the Restoration, Management, and Economic Development of Tribal trust resources. Mary F. McCormick-Motion, Robert Williamson-2nd. VOTE: Kay-Yes, Don-Absent, Mary-Yes, Jared-Yes, Robert-Yes. Motion carried.

ADJOURNMENT:  
It is the consensus of the Business Committee to adjourn at 4:21 p.m.

## Breakfast and Bingo

### Every First Friday of the Month



All tribal elders age 55 and older are welcome for a free meal which starts at 8:30 a.m. and Bingo starts at 9:30

**There will be prizes**

Contact the Elders Coordinator @ Ext. 2012 for questions or to donate prizes.

## ATTENTION TRIBAL MEMBERS "MOTHER OF THE YEAR"

The Elders Advisory Committee are taking nominations for "Mother of the Year 2016" to be announced during the Elders "Mother's Day Dance" May 7, 2016

The criteria to be nominated for Mother of the Year are: **Must** be an enrolled member of the Sac and Fox Nation, **Must** be 55 years old or older and **Must** be an active member of the Elder Advisory Committee for the past year.

Name: \_\_\_\_\_ Role # \_\_\_\_\_  
Age: \_\_\_\_\_

Give a brief statement on why this individual should be "Mother of the Year"  
**Deadline is March 31, 2016**

# 2nd Annual Old School

## Half Court Women's 6 on 6 Basketball Tournament



**Entry Fee \$125**  
**10 Player Roster**

(If you can't find a team and would like to play we can place you on a team, your fee will be \$15)

For Tournament Registration/Information Please Contact:  
Karen (918) 968-9531  
Joyce (405) 213-7014  
Teresa (405) 464-4531  
Margaret (405) 481-5820  
Veronica (405) 788-7199

Admission  
\$3.00 Adults  
\$1.00 Elders/Students

**Concession Available**

**This is a drug & alcohol free event**

The United Nations Youth Council & NRC School is not responsible for accidents, injuries, or theft



Hosted by: The United Nations Youth Council of the Sac & Fox Nation

## Internship Opportunity with the Indian Land Tenure Foundation



*Indian lands in Indian hands*

Summer 2016

**INTERNSHIP DESCRIPTION**

The Indian Land Tenure Foundation (ILTF) is looking to hire two current undergraduate or graduate students as interns for the summer of 2016. The internships are full-time positions over the course of 10 - 12 weeks (400 hours). Beginning and ending dates are negotiable. Salary will be \$15.00 per hour with potential additional funds for living and relocation expenses. As temporary employees of ILTF, interns are not eligible for employee benefits.

**ORGANIZATION DESCRIPTION**

ILTF's mission is to ensure that "land within the original boundaries of every reservation and other areas of high significance where tribes retain aboriginal interest are in Indian ownership and management." We support this mission through long-term capital investments, focused grant-making, and collaborations with those holding similar interest in Indian land tenure issues.

**INTERNSHIP DESCRIPTION**

**Research Intern:** The Research Intern will conduct outreach and general research to update Foundation records to improve relationships and the understanding of tribal land office's. The intern must have knowledge of database technology. (Microsoft Access preferred.)

**Education Intern:** The Education Intern will edit curriculum lessons, develop and implement online education surveys, create a summer education outreach plan, and revise teacher training materials. Candidates must have high attention to detail and thorough knowledge of grammar and punctuation rules. Knowledge of federal and educational state standards desired. Experience with Drupal content manager a plus.

**DEADLINE FOR APPLICATION: February 29, 2016**

We will inform applicants of selection no later than March 31, 2016.

**INTERN QUALIFICATIONS**

Applicant must demonstrate professional communication and writing skills appropriate for a business environment. Background knowledge on Indian land history is not required, but a desire to understand the historic relations between tribes and governments is critical. Research, analysis and data collection experience is preferred, along with a basic understanding of Microsoft Office products. Intern candidate must be willing to interact in new or different environments socially and culturally.

**APPLICATION INSTRUCTIONS**

Please submit letter of interest, resume and a list of computer programs with which you are familiar to:

Patricia Chase, Office Manager  
151 East County Road B2  
Little Canada, MN 55117  
pchase@iltf.org

# NEW YEARS DANCE 2016



Photos by Nicholaus Jennings

