

# New Year Traditions By Alicia Nevaquaya Realty Director

As the New Year emerges the Tribe welcomes a fresh start! The practice of welcoming a new cycle in the calendar is probably one of the most universal holiday celebrations in the world, and often celebrated with enjoying certain foods, especially legumes (beans), for luck.

Legumes, including beans, peas and lentils are considered to be symbolic of money and thus considered an indication of prosperity and good luck into the New Year. Several of them resemble coins and the fact that they swell up when soaked in water, also extends the analogy that the prosperity grows with time.

Traditions vary in different parts of the world. In Italy there is a preference for sausages with green lentils that is eaten just after midnight. In a similar vein in Germany they bring in the New Year with split peas, and in Japan lucky foods eaten during the first three days of the year include sweet black beans.

Closer to home and here in Oklahoma, it's traditional to eat black-eyed peas in a dish called "Hopping John". When the dish is served with collard greens, the odds of prosperity are increased as green symbolizes the color of money.

The New Year often comes with resolutions for eating healthy and legumes are healthy and readily available during these winter months when other things are somewhat lean. The bounty of red, yellow, green and white lentils, along with the dozens of red, white and black beans ensure that we have plenty of options to pick from at the beginning of the New Year and beyond. The Realty Department wishes you the best in the New Year and always.

Prep time: 10 minutes.

Cook time: 25 minutes. Serves: 6

- Ingredients**
- 2 tablespoons extra virgin olive oil
  - 1 tablespoon butter
  - 1 medium sized onion, diced
  - 2 cloves garlic, minced
  - 1 or 2 ribs of celery, finely chopped
  - 1 or 2 carrots, diced
  - 1 cup of white rice (I used Basmati rice, which will give this recipe a very delicate and elegant finish)
  - 2 1/2 cups of stock or water
  - 3/4 cup of cooked black eyed peas
  - 1 teaspoon salt or to taste
  - 1 teaspoon freshly ground black pepper
  - 2 tablespoons red wine vinegar (optional)
  - Chopped green onions for garnish

**Instructions**

In a pot with a tight fitting lid, add in the olive oil and the butter and heat until the butter is melted. Add in the onion, garlic and sauté for about 5 minutes, until the onion softens considerably and begins to turn pale golden. Add in the celery and the carrot and stir well. Stir in the rice and mix well. Add in the stock or the water and the cup of black eyed peas. Add in the salt and the pepper and bring the mixture to a simmer.

Cover and cook the rice for 18 minutes (please note, this time works for the basmati rice, for other rice varieties allow a few more minutes, essentially the rice should be soft and all the water should be absorbed)

Let the rice rest for about 10 minutes. Remove the lid and fluff the rice. Sprinkle with the red vinegar if using and garnish with the green onions if using.

Notes: If you are cooking the black eyed peas yourself, please save the cooking liquid and add in to the rice, in lieu of the stock or water.



**Thank you Employee Committee for all your hard work:** (From Left) LaTonya Killman, Carrie Spang, Letha Carter and Rhonna Morris (SFNews Photo)

## Library Genealogy Report by Catherine Walker Historical Researcher

December 10, 2015 a Genealogy Workshop was held from 9am – 3:30pm at the Sac and Fox Nation Multi-Purpose Building in Shawnee Oklahoma. Tribal members had access to the old rolls, allotments, allotted lands, older genealogy's that were pre-done, lot of this information was helpful in finding your relations. Also, some of information from the allotments had members English and Indian names.

We had a sign-in sheet with 7 names.

Ralph Hamblin states: I enjoyed all the good information you provided to me about many of my relatives. Thank you for all that you are doing.

Shirley Alexander states: I enjoyed the Genealogy Workshop. There were 3 or 4 people that came to the workshop. It was very interesting to see and help people to look up their ancestors.

No dates have been set, planning on having a Genealogy Workshop in Cushing and in Shawnee again.

### 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.



## 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.

2016		JANUARY		2016	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		SFN Elders Advisory Committee Mtg 1-13-16 SHAWNEE		1 <b>HAPPY NEW YEAR OFFICES CLOSED</b>	
4 Salisbury Steak Mashed Potatoes Carrots Pears	5 Lima Beans w/ham Cabbage Cornbread Fruit Cocktail	6 Spaghetti Green Beans Garlic Bread Jello w/fruit	7 Fried Chicken Scalloped Pots Zucchini Peaches	8 Scrambled Eggs Sausage Patty Toast Banana	
11 Cat Fish Cole Slaw Corn on Cob Applesauce	12 Beef Stew Fry Bread Vanilla Pudding	13 Meatloaf Mac & Cheese Green Beans Fruit Cocktail	14 Chili Dog Potato Salad Cottage Cheese w/Tomato Cake	15 Biscuit & Gravy Bacon Boiled Egg Orange	
18 Goulash Fried Okra Crackers Plain Cake	19 Pork Ribs Potato Salad Baby Carrots Mandarin Oranges	20 Cheeseburger French Fries Baked Beans Fruit Cocktail	21 Chicken & Noodles Squash Crackers Pears	22 French Toast Sausage Patty Boiled Egg Milk	
25 Beef Tamale Pie WC Corn Ranch Beans BS Pudding	26 Pot Roast Mashed Potatoes Green Beans Applesauce	27 Polish-N-Kraut Carrots Crackers Peaches	28 Indian Taco Fresh Veggies Salsa Grape Dumplings	29 Sausage Biscuit Hash Brown Boiled Egg Juice	

**HAPPY NEW YEAR! MAY 2016 BRING YOU HEALTH, PEACE, AND JOY!**

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

## 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