



"Among The Shawnees"

The Absentee Shawnee News



JANUARY 2015 — VOLUME 27 No. 35

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OPEN LETTER TO EXECUTIVE COMMITTEE...

After attending last October's general council meeting, and December's Executive meeting I am very concerned for our tribe. There is no compromise in working together. There seems to be a lot of separate agendas. A few years ago it was just as bad, we seemed to be making progress, now we have taken backward steps. The pay scale tiers are not in effect yet, do we as tribal members have to ask for a Special meeting to get it done? After all, it was, by our vote, that this plan was developed. Budgets also were mentioned at the E.C. meeting. Shouldn't they have been ready to submit back in October and not the last week in December? I'm not a political person but our tribe is a business, a multi-million dollar business, things have to get done and on time. **NOT ON INDIAN TIME!** We haven't heard anything about our banking interests lately, what are we going to do with the former shopping center in Tecumseh. Are we generating enough 3rd party money to fulfill our obligation at the Little Axe Clinic? Do we have a 5 year plan? We can't seem to operate year to year. What happened to the car leasing business? These are things we should hear at General Council; but we don't. After leaving the EC meeting in December, I seriously considered buying SOME of the executive officers a copy of ROBERTS RULE OF ORDER. I know our officers are busy and get a lot put on their plates, but they ran for office and took an oath, so step up and do what is in the best interest of the TRIBE. Seriously people we as a tribe need to take an interest, attend GC meetings and if possible an EC meeting; get involved. Forget the old, "THEY DON'T LISTEN", "THEY DON'T DO ANYTHING". If you don't speak You can't be heard. If we don't get on the right track and conduct tribal business like a business, our next generations will have NOTHING! Thank you for reading my little rant. I'm climbing off my soapbox now. Who is next?

Respectfully,
Charlotte Elaine Spoon Brown
AST tribal member

AST ELDERS STEW/CHILI FUNDRAISER

January 17, 2015 at 10 AM

Title XI Building

Public Invited - \$5 for Adults & \$3 for Children

EXECUTIVE COMMITTEE



Edwina Butler-Wolfe
Governor



Issac Gibson
Lt. Governor



Vera M. Dawsey
Secretary



Leah Bates
Treasurer



Kenneth Blanchard
Representative



Governor's Report

Hello my Absentee Shawnee people!

On December 23rd the AST Employee Committee hosted the annual Christmas party. It was held at the Thunderbird Casino in Little Axe and our menu was chicken fried steak, chicken fried steak, potatoes, gravy, corn, and a roll provided by the Employee Committee. Departments were asked to bring either a dessert, tea, and/or bottled water. Employees were required to sign in for the lunch and the Tribe then gave them the afternoon off to be with their families. The Employee Committee did a good job and even gave out door prizes. The holiday season began for our employees after that as they were given off the afternoon of December 23rd, Christmas Eve – December 24, Christmas Day – December 25th and off on December 26th. They were also given off January 1 and due to inclement weather employees were also given off January 2nd. So it is my hope that all of our employees had a good vacation and are now rested up and ready to do the work of the Tribe.

BUSINESS OF THE TRIBE

It has been brought to my awareness that for the past six months Finance has not been working with the Tax Commission to ensure that our Gaming tax is being collected. Revenues generated from this and other tax revenue sources are primarily how our General Fund (GF) can exist. Without these funds and the Gaming Commission Regulatory Fee reimbursements the Tribe would find it hard to operate. This appears to be the case this year. There will be a cut on all 2015 General Fund budgets by 5% regardless of program requests or historic costs. In a budget process one should look at historic costs (meaning how much was spent in the prior year budgets), current inflationary factors and program expressed needs. Instead the Treasurer and her staff looked at previous budgets approved by tribal resolution. This does not take many factors into consideration and leads to budget shortfalls (over budget). It is my hope that Treasurer and the Acting Controller, will seek training on budget formulation.

Additionally, I have noted that we do not appear to have any smoke shop revenues being generated and our restaurant in Little Axe is shut down. The Treasurer should be reporting on these revenue generating concerns. Is there other revenue being generated by the Convenience Store in Little Axe? And what other revenue streams other than contracts and grants can we count on for this upcoming calendar year?

MAINTENANCE

As-to-date I have not seen any monthly project lists from the Maintenance Director on what services are being done in the Shawnee and Little Axe areas.

SALARY ORDINANCE

In December I and the Representative filed for a Declaratory Judgment on getting the Salary Ordinance put into place. As you may recall this was passed by you, the voters, and then approved by the Executive Committee. The Representative asked the Attorney General for an opinion on getting this Salary Ordinance into place and that is included in our request for a Declaratory Judgment. It is my hope that our Court System will take immediate action on both this Judgment and the one filed by the Attorney General. The Lt. Governor, Secretary and Treasurer personally continue to benefit from the Salary Ordinance not being in place as they were determined by the Human Resource department to be at Tier 1. It is my hope that once the court renders a favorable decision that it corrects the Treasurer's inaction and makes it retroactive to the date the law was passed. This will mean elected officials will be responsible for paying the Tribe back.

MEETINGS ATTENDED

The month of December was a very busy month. My schedule was full with school and program activities, meetings and conferences. Let me share with you what I have been doing.

December 3, 2014 State Representative Justin Wood, a member of the Sac and Fox Nation of Oklahoma, made a visit to my office to discuss a variety of issues. Some of these issues were the ongoing tax issue with local tribes and the City of Shawnee and public schools in our community. I gave State Representative Wood the history of our Absentee Shawnee Tribe and advised him on how our form of tribal government works. Representative Wood is also the Director of the Big Brother and Big Sister program here in Shawnee. He indicated that they could use some help getting volunteers from our native people who would be interested in becoming a big brother and sister in our local community. Representative Wood would like to place Native American volunteers with Native American children.

On December 8, 2014 I had the opportunity to attend a meeting of the Oklahoma Rural Schools Research Alliance at the Doubletree Hotel. The meeting was geared toward the needs of what could be improved on for our Native American students that attend public schools. We had a round table discussion and webinar. I offered my input based on some of the problems related to me by both parents and children that children face while attending local public schools.



Governor Edwina Butler-Wolfe and State Representative Justin Wood



Speaker at Oklahoma Council for Indian Education in Tulsa

December 9, 2014 I was a guest speaker at the 35th Annual Oklahoma Council for Indian Education held at the Doubletree Hotel in downtown Tulsa. This year the theme was “Starting with Me: Education, Culture and Language”. My speech touched on the highlights of my experience as an educator during my years at a public school. I also spoke on the importance of culture and language to our Absentee Shawnee Tribe. This two day meeting allowed for me to network with other tribal educators in the public school system.

On December 10, 2014 I attended the Veterans Christmas Dinner held in the Warrior Room at the Thunderbird Casino, Norman. It was an honor to attend this event as I highly respect and value our Veterans of the Absentee Shawnee Tribe. These individuals represent our Tribe very well as they are called upon throughout the State of Oklahoma. We are very proud of our Veterans of the Absentee Shawnee Tribe and I offer my respect to all Veterans.

The third week of each month is a very busy week: we have the Directors meeting with the Executive Committee on the third Monday, Tuesday is the Health Board Meeting held at the Little Axe Clinic, then the Executive Committee Meeting on the third Wednesday.

Pizza was supplied to the two after school programs: Horse Shoe Bend and Resource Center located in Little Axe. It was a very enjoyable event for me to be with some of the students in the Little Axe area. Blake and Brandan Goodman do a great job with the students at the Resource Center. And I extend my thanks to the guys that work with our students at both centers: Stuart Rolette, Blake Goodman and Brandan Goodman.

CONCLUSION

I have 5 months to go. My door is always open (unless I am in a meeting or at a meeting) and I welcome your visits. We have much to do to get our Tribe back on track and I want to do the best I can for all of our tribal members.

Help me to make a difference – stand beside me and Let’s Build for the Future (BFF) - united and together!

Thank you for your support.



RED CROSS AND ABSENTEE SHAWNEE TRIBE SIGN FIRST MEMORANDUM OF UNDERSTANDING IN OKLAHOMA

Shawnee, Thursday, December 18, 2014 — The American Red Cross and the Absentee Shawnee Tribe of Oklahoma officially signed a Memorandum of Understanding this week, making it the first such agreement between the organization and Tribal Nation in Oklahoma.

“This is very exciting for the Absentee Shawnee Tribe,” said Governor Edwina Butler-Wolfe, Absentee Shawnee Tribe of Oklahoma. “I am excited and I am excited for our emergency management. It’s a step forward and I’m glad we’re the first tribe in Oklahoma to do this. It brings a peace of mind when it comes to disasters like tornadoes and house fires.”

The Red Cross and the Absentee Shawnee Tribe have worked for nearly a year on the Memorandum of Understanding (MOUs) which is an agreement used to improve and clarify relationships between two organizations, a sort of “handshake” of understanding. Basically, the push to establish these agreements is rooted in the desire for the Red Cross to be both an essential component in effective disaster preparation and as quick a responder as possible to any disasters Tribal Nations might face.

“We are honored to officially solidify an already great partnership with the Absentee Shawnee Tribe,” said Red Cross Oklahoma regional CEO Janienne Bella. “This is the first in what I hope will be other agreements with the Tribal Nations in Oklahoma.”

While MOUs are not always a necessity in a good relationship, they can potentially solve challenges in the way of effective disaster prevention and preparation. For example, Tribal Nation Emergency Managers play a crucial role in communicating with the Red Cross for both preparation purposes and disaster help in the case of an emergency; however, with this profession facing high turnover and shortage rates everywhere, the importance of establishing long term managers is vital. With MOUs established with the Red Cross, tribal nations lacking more long-term solutions to disaster prevention will have the fix they need.

This recent push to establish these memorandums is proving to be successful, and potential for future growth is very promising. To date, the Red Cross has established three existing MOUs in the southwestern United States with the following tribes: the Standing Rock Sioux Tribe beginning on March 28, 2013; the Washoe Tribe of California and Nevada beginning on Jan. 1, 2014; and the Pueblo of Pojoaque in New Mexico beginning on Jan. 4, 2014.



Red Cross Oklahoma regional CEO Janienne Bella (left) and Absentee Shawnee Tribe of Oklahoma Governor Edwina Butler-Wolfe (right) officially sign the Memorandum of Understanding solidifying the relationship between the non-profit and the tribe.



Regional CEO Janienne Bella (left) and Absentee Shawnee Tribe of Oklahoma Governor Edwina Butler-Wolfe (right) shake hands after signing a Memorandum of Understanding solidifying the relationship between the non-profit and the tribe.



Back row: Chele Rider and Rene Beezely with the American Red Cross, Absentee Shawnee Emergency Manager Linda Day and Susan Morris and Lynn Edward with the Red Cross. Front Row: Regional CEO Janienne Bella, American Red Cross Oklahoma and Governor Edwina Butler-Wolfe, Absentee Shawnee Tribe of Oklahoma.

About the American Red Cross:

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission.

For more information, please visit redcross.org or visit us on Twitter at @RedCross.



Secretary's Report

Hello All,

I hope everyone had a joyous holiday and may the New Year bring many blessings to you and your loved ones. First off I would like to apologize for not having my article ran in the tribal newsletter. I was told my freedom of speech was no longer authorized, so therefore I will be nice and my report will be strictly about day to day business.

Over the past few months I have attended several meetings. One in particular was over the Atoka Water-Line once again I am no longer the contact person for this issue. You will need to direct all your questions and concerns to the Tribal Representative, Kenneth Blanchard. His office will address any issues you may have.

On October 22, 2014 I attended an "INTERNAL" court hearing. This hearing was on a "Temporary Restraining Order" that was filed within the Executive Committee. I have yet to hear the outcome of this hearing, except to say that we are waiting on another court date. But I will tell you the "Restraining Order" had expired as of 10/22/2014 @ 4:00p.m.

I also attended several ASED A Enterprise meetings throughout the month of November. The current board member appointed four new members to the ASED A board. With the new members aboard, we will be able to move forward within ASED A Enterprise. My goal for the upcoming months is to expand ASED A Enterprise with hopes of more jobs for the tribal community.

In December, I had a meeting with finance over the FEMA Trailers. I have had several issues brought to my attention regarding the FEMA Applicants. After going over current FEMA reports with Finance, I will be making some major changes. All applicants will be receiving letters regarding their FEMA Trailer account. This letter will advise the applicant of the changes that will be made and enforced. The FEMA Trailer payments are to be made on or before the 5th of every month to the Finance Department. Checks, cashier's checks or money orders are to be made out to the Absentee Shawnee Tribe Finance Department /FEMA Account. Beginning February 1, 2015 if your FEMA Trailer payment is more than five days past due you will be charged a \$25.00 late fee. If you have any questions regarding your letter, after you receive it, you are more than welcome to discuss your issues with myself or my assistant Alvina Barnes. She will be handling all necessary paperwork pertaining to the FEMA Trailers.

I encourage all tribal members to attend the monthly Executive Committee Meetings. I would like you to see for yourself, how day to day business is conducted. By attending these meetings you will get a better understanding. Our meetings are held at 10:00am on the 3rd Wednesday of each month in the Governor's Conference room. We had our December Executive Committee Meeting on December 17, 2014. The meeting we had was very interesting. There were a few business items that needed to be added to the agenda, but when the remaining E.C. members tried to amend the Governors agenda, the Governor refused to add any additional business. This meeting should be on the website, so you can see for yourself. If you need help getting to this, the media department can assist you.

I am currently serving on the NICWA Board, the OCAF board, and the TPHWG. I also have an upcoming conference. I

will be attending the Quarterly NIGA Winter Legislative Summit in Washington D.C. on January 20th thru January 23rd, 2015. When I return I will have information on the conference if you are interested.

If you have issues you would like to discuss or you need questions answered please come visit me, my door is always open. And if you can't make it to the office you can call my cell # 405-432-8754, office # 275-4030, ext. 154 or 186, or my home # if you would live to speak with me in the evenings is 405-307-0954.

Thank you Have a great day!!!
Secretary Vera Dawsey



Representative's Report

Greetings Tribal Members,

Here's to wishing Happy Holidays to the tribal membership. It is the time to share fellowship with our family, friends, and relatives and that's my intent for this time of year.

We are making progress in small stages and look forward to a better 2015. To contact me at the tribal complex, please write to:

Representative Ken Blanchard
2025 S. Gordon Cooper Drive
Shawnee, Oklahoma 74801

I can be reached by phone at (405) 275-4030 Ext. 202.

Respectfully,
Ken Blanchard

**No reports submitted for
Lt. Governor and
Treasurer**

**Monthly Executive Committee
meetings can be watched online at
astribe.com**

**JUST A FRIENDLY REMINDER:
FEMA TRAILER PAYMENTS ARE
DUE ON THE 5TH OF EACH MONTH
TO THE FINANCE DEPT. CHECK,
CASHIER'S CHECK OR MONEY
ORDERS ARE TO BE MADE OUT
TO ABSENTEE SHAWNEE TRIBE
FINANCE DEPT./FEMA PAYMENT
AS OF FEBRUARY 1, 2015 IF
PAYMENTS ARE MORE THAN 5
DAYS LATE THERE WILL BE A
\$25.00 LATE FEE.
THANK YOU.**

FY-2014
YTD TAX COLLECTIONS
(thru 11/30/14)

RUN DATE:
12/23/14

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$5,532.03	\$5,205.95	\$6,535.34	\$5,180.06	\$6,870.96	\$4,397.76	\$6,237.06	\$9,715.49	\$709.77	\$4,615.96	\$136.20	\$0.00	\$55,136.58	2.12%
Gaming % of free cash	\$250,000.00	\$250,000.00	\$250,000.00	\$150,000.00	\$300,000.00	\$50,000.00	\$100,000.00	\$250,000.00	\$200,000.00	\$150,000.00	\$250,000.00	\$0.00	\$2,200,000.00	84.65%
Employee (1%)	\$10,095.26	\$602.94	\$22,804.85	\$4,159.08	\$3,805.88	\$24,535.57	\$3,805.02	\$13,537.64	\$5,895.29	\$9,597.48	\$0.00	\$0.00	\$98,839.01	3.80%
Severance (8%)	\$8,940.31	\$7,025.79	\$6,689.81	\$7,561.69	\$8,985.65	\$10,246.81	\$8,556.30	\$6,767.94	\$4,582.79	\$8,244.28	\$4,025.85	\$0.00	\$81,627.22	3.14%
Motor Vehicle	\$13,670.11	\$11,971.21	\$14,216.75	\$11,780.39	\$9,804.65	\$15,890.15	\$17,011.63	\$14,773.49	\$12,928.61	\$18,007.43	\$11,904.84	\$0.00	\$151,959.26	5.85%
Tobacco Refund	\$9,303.52	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$9,303.52	0.36%
TOTAL TAXES	\$297,541.23	\$274,805.89	\$300,246.75	\$178,681.22	\$329,467.14	\$105,070.29	\$135,610.01	\$294,794.56	\$224,116.46	\$190,465.15	\$266,066.89	\$0.00	\$2,596,865.59	\$2,596,865.59
Miscellaneous	\$600.00	\$130.00	\$65.00	\$350.00	\$80.00	\$140.00	\$85.00	\$195.00	\$250.00	\$180.00	\$90.00	\$0.00	\$2,165.00	0.08%
TOTAL COLLECTIONS	\$298,141.23	\$274,935.89	\$300,311.75	\$179,031.22	\$329,547.14	\$105,210.29	\$135,695.01	\$294,989.56	\$224,366.46	\$190,645.15	\$266,156.89	\$0.00	\$2,599,030.59	100%

The new **Community Development Financial Institution (CDFI)** would like to announce the start of a specialized financial institution that focuses on providing services to the Native American community that will offer fair lending and financial education. Heather Napier, CDFI Executive Director has started the initial steps in getting the office open to the public and has started the process of implementation. Heather Napier has a Bachelors Degree in Management, Associates Degree in Business, 8 years of working in the non-profit sector, and 12 years of grant management/compliance. The new Executive Director has served on numerous Boards and has worked in the Tribal Government for 7 years. Heather Napier is a Seminole Nation Tribal Member who has been privileged to work with Native communities and is looking forward to working with the Absentee Shawnee Tribe of Oklahoma community.

The newly emerging Community Development Financial Institution (CDFI) is a non-profit entity. The CDFI is sponsored by the Absentee Shawnee of Oklahoma. Currently the Community Development Financial Institution is working towards providing small consumer loans initially to Absentee Shawnee Tribe of Oklahoma employees that will offer much lower interest rates and allow for Absentee Shawnee employees to have access to affordable financial lending. The goal of the small loan lending is to alleviate the burden of being in debt to predatory lenders. The term predatory lending is any unfair credit practice that harms the borrower and eventually will affect the credit or ownership interest of the borrower. Unfortunately many communities rely on the image of convenience of payday loans and other loan companies that impose an average interest rate of 200% to the borrower. According to the 2007 Survey of Consumer Finance the Center for American Progress reported that “a number of 38% of families who had borrowed a payday loan in the last year were non-white while only 22% percent of families that did not take out such loans were non-white.” This is why the first initial step to the Community Development Financial Institute is to provide small consumer loans. Loans will be paid back in installments that are affordable and that do not have predatory interest rates. Offering borrowers better financial options along with financial education. The anticipated start up for providing the small loan product will be late February of 2015.

The CDFI will be working towards future goals of the organization providing more access to credit, capital, and financial services. Please contact the CDFI Office for any questions or information. We welcome all ideas/suggestions so that the CDIF can take those to the Board of Directors and come up with market needs that will help our Native American community reach their own personal or business goals. The CDIF Office can be reached at (405) 275-4030- ext. 158. The Community Development Financial Institution works under the direction of the CDFI Board of Directors. Twila Parker serves as the Chairperson and can be reached at (405) 229-8052. At the present time the CDFI office is located on the Absentee Shawnee Tribe of Oklahoma Complex in Shawnee, OK. in building #1 room 114. Office hours are Monday thru Friday from 8:00 am to 5:00 pm. The Executive Director can be reached at (405) 275-4030 ext. 158.

GOVERNOR'S SPOTLIGHT EMPLOYEE OF THE MONTH

Diane Ponkilla



Diane, an enrolled Absentee Shawnee Tribal member, works in the Police Department as the Dispatcher and is a Police Specialist. She has been with the Absentee Shawnee Tribe for many years. In her early work effort for the Tribe she worked in the Administration Office of the Tribe as a Security Officer for various locations. Ms. Ponkilla is CLEET Certified and presently serves as the President of the Absentee Shawnee Employee Committee.

We are very fortunate to have Diane as a tribal employee who brings both her knowledge and experience to the Police department.

Congratulations and thank you, Diane!!!!

Let's Build For the Future (BFF)!

GOVERNORS SPOTLIGHT EMPLOYEE

Governor Edwina Butler-Wolfe will be working with the six program department that she has oversight over and will monthly select an employee that is deemed to have contributed to their program and to the Absentee Shawnee tribe. The attributes to be considered are: Contributions to the community and the Tribe; leadership; performance and work ethic; teamwork. It is the intent of the Governor to recognize tribal employees who do a remarkable job and might not otherwise get recognized for their contributions. This special employee recognition program will be highlighted under my Office as the SPOTLIGHT EMPLOYEE OF THE MONTH program.

Governor's Christmas Party Pics



Press Release

Media Advisory

**The Oklahoma Department of Mental Health and Substance Abuse Services
The Tulsa Police Department The Moore Police Department
Absentee Shawnee Tribe Police Department Absentee Shawnee Tribe Behavioral Health
Department-SPF-TIG The University of Oklahoma Southwest Prevention Center-SPF-SIG**



Monday, December 22, 2014

The Absentee Shawnee Police Department and the Moore Police Department Received Training in Naloxone Administration to Reverse Opioid and Heroin Overdose

Today, the Absentee Shawnee Police Department and the Moore Police Department sent their training officers to the Absentee Shawnee Tribe Little Axe Health Center to receive training on Naloxone Administration to Cleveland county and Pottawatomie county citizens who overdose on opioids or heroin. The initiative began with the Tulsa Police Department being trained to administer Naloxone through a pilot project with the Oklahoma Department of Mental Health and Substance Abuse Services. So far, 11 lives have been saved since the Tulsa Police Department started the project in late April 2014. Naloxone, in its spray application form, acts as an opioid antagonist that reverses an opioid overdose. Those critical moments

during an overdose are important when it comes to saving the life of an individual. These departments will roll out services for citizens who overdose in 2015 as a way of reducing fatal opiate overdoses in Cleveland and Pottawatomie counties.

The police departments have partnered with The University of Oklahoma Southwest Prevention Center's SPF-SIG and the Absentee Shawnee Tribe SPF-TIG to begin providing training and information to policemen and the general public that will allow them to be fully prepared in the event of an opioid overdose.

Join us in saying thank you to Moore PD and ASTPD for their dedication, initiative and compassion to Cleveland and Pottawatomie county citizens.



2% milk served daily

Menu subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 AST Complex Closed New Year's Day	2 Title VI Closed Homebound will get a meal on 12-31-14	3
4	5 Ham Wrap Lett, Tom, Onions Chips Mixed Fruit	6 Stew Cornbread Cake	7 Baked Pot. Ham, Cheese, Onions Sour cream Veggies/Fruit	8 Oven Fried Chicken Mashed Pot/Gravy Veggies Pineapples	9 Biscuit Sausage Gravy Scrambled Eggs	10
11	12 Grilled Cheese Sandwich Chicken Noodle Soup Apricots	13 Pork Chop Stuffing Green Beans Pears	14 Taco Casserole Chips/Salsa Crisp	15 Chili Dogs Fritos Onions, Cheese Applesauce	16 Oatmeal Bacon Toast	17
18	19 AST Complex Closed Dr. Martin Luther King Jr. Day	20 BBQ Chicken Veggies Tossed Salad* Peaches	21 Manwich Tater Tots Pickles Cookie	22 Beef Tips Noodles Veggies Fruit	23 French Toast Sausage Patty	24
25	26 Hamburgers Lett, Tom, Onions Pork-n-Beans Mandarin Oranges	27 Tamales Spanish Rice Refried Beans Pineapples	28 Beans Steak fries Spinach Cake	29 Fish Hushpuppies Coleslaw Pudding	30 Boiled Egg Sausage Patty Cereal	31

NOT GOING TO BE HOME???
CALL AND LET US KNOW AT 405-275-4030, EXT. 169
OR NOTIFY YOUR DRIVER

LUNCH SERVED MONDAY-THURSDAY 11AM TO 1PM
BREAKFAST SERVED FRIDAY'S 9AM TO 11AM

Title VI News 2015



WE HOPE YOU HAD A WONDERFUL CHRISTMAS!!!

Our Title VI staff is very blessed to have been able to serve many Elders this past year and we are sad that many have passed away and/or moved away.

Another BIG thank you to the Executive Committee. They provided the Title VI members, who have been active during the year, with a Christmas ham. Love to see their eyes shine and have a big smile and get a hug when you give them a nice ham. This warms our hearts.

January 2, Title VI will not be serving or delivering on this day. We need one more day of cleaning!!!!

The Homebound will get a meal on the 31st of December.

Have a wonderful New Year and let's be careful of the words we say, be smart in all your doings, buckle up, and most of all let's be thankful for who we have in our lives, what we got, and for having another day!!!!

Any questions or concerns, please call us at 405-275-4030, Ext. 149 or 169.

Christmas Hams Given to Title VI members...



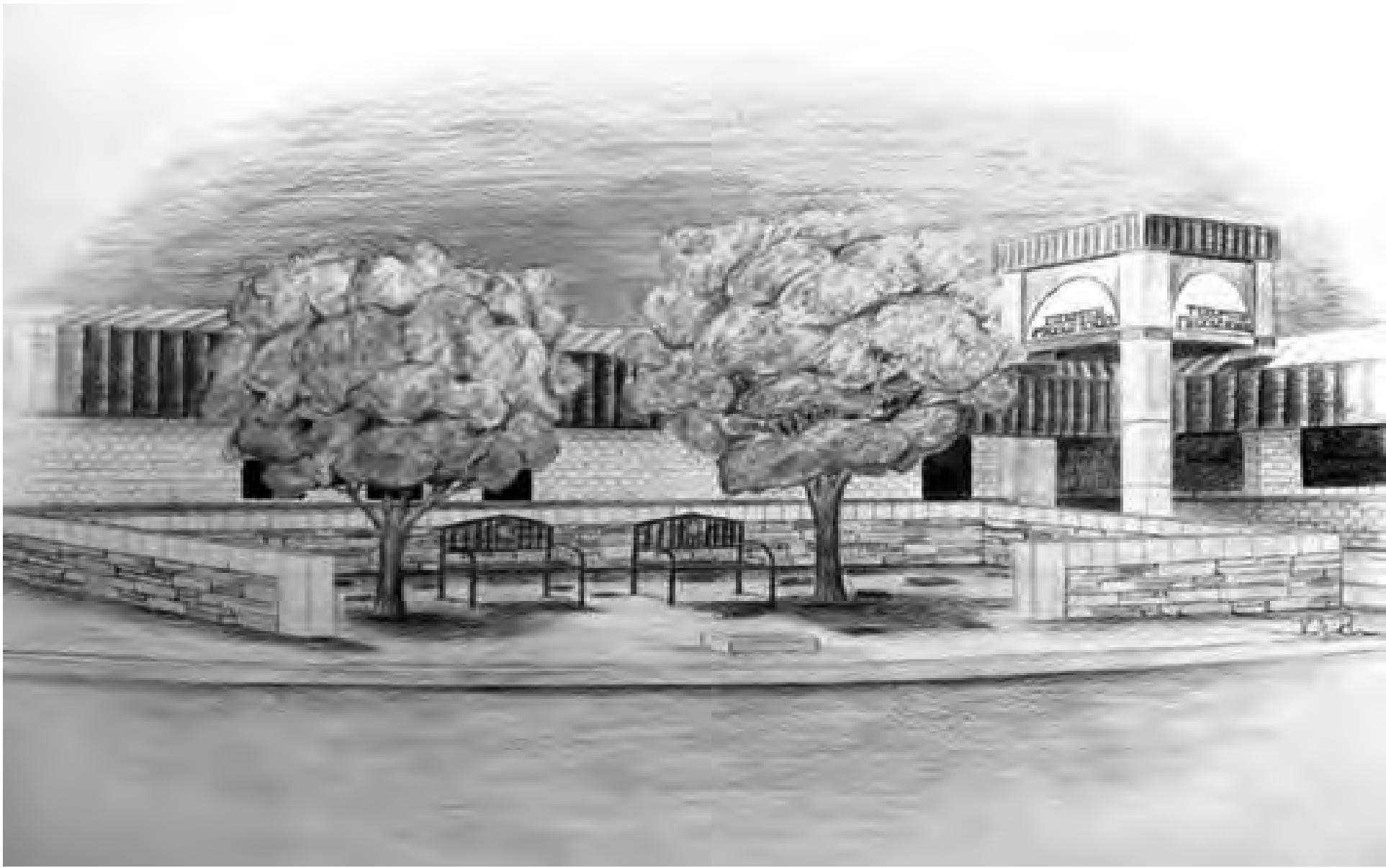
Congratulations Jessica!!



Congratulations to Jessica New Moon, enrolled Absentee Shawnee, Ponca, Chickasaw and Eastern Shawnee, on winning the first ever University of Central Oklahoma Miss Native American Pageant on November 7, 2014. Jessica competed against 3 other girls to win the pageant. Jessica's platform/speech was "The Growing Obesity Epidemic of Native Americans" and her talent was Jingle Dancing. Also Jessica's introduction included using Absentee & Eastern Shawnee language. Jessica is currently a sophomore at the University of Central Oklahoma and is studying Nutrition/Dietetics. Jessica was formally Western Heights High School Indian Club Princess 2012-2013.

Jessica is the daughter of Glenn R. & Melissa E. New Moon. She is the grand daughter of the late Kenneth W. Little Axe and Estelline Washington Little Axe Littlecreek. Her great-great grandparents were the late John & Lillian Sloan Little Axe. Jessica would like to thank all her family, relatives and friends in assisting her in getting to this exciting point in her life. UCO is planning to have their spring Pow Wow Saturday, April 11, 2015. Everyone is invited.

Tecumseh Middle School Students Unveil Memorial Plan



Gloria Trotter • Thu, Dec 11, 2014

A permanent memorial to the April 19, 1995, Murrah Building bombing in Oklahoma City will be constructed on the Tecumseh Middle School campus with plans to dedicate it on the 20th anniversary of the event, school board members were told Monday night.

The TMS Student Council was challenged to come up with plans for a memorial after trees planted on the campus in the week after the bombing were cut down earlier this fall. Superintendent Tom Wilsie, responding to outraged former students, that no one was aware of the significance of the trees and plans would be made to “turn a negative into a positive.”

Five TMS students — Josh Trice, Gabby Street, Hunter Baldrige, Damon Stagner and Makayla Conley — were at the Board of Education’s monthly meeting to present their plans. Trice explained that the memorial will be built near the northwest corner of the main building, just outside the main office and library.

“The open-air memorial will be full of symbolism so that those of us who were not alive when that event occurred will be able to learn and those of us who were alive will remember the details of that day,” Trice said.

A three- to four-foot wall will be built in the shape of the Murrah building after the bombing. An opening in the wall will represent where the bomb went off and serve as the entrance. Inside, two American Elm trees from the original Survivor Tree will be planted, one representing the past and the other the future. A bench will be placed near each tree.

Also within the wall will be 168 markers consisting of bricks or stones, said Street, and those will represent those who died. A plaque near the entrance will describe the purpose of the memorial, when it was dedicated, and contain a quote from Chief Tecumseh: “A single twig breaks, but the bundle of twigs is strong.”



Health System ~ January 2015

Your AST Tribal Health System continues to provide improvements in access and quality of care in all of our service areas. We are operating a new “walk-in”, same day acute care clinic within the public health department at the current Little Axe Clinic. If you meet the eligibility criteria as an American Indian or Alaskan Native (AI/AN) you will be able to be seen. Appointments are scheduled in 15-minute intervals and are available for either walk-in or same day appointment services outside of the Primary Care Clinics, who also continue to see patients same day as patient scheduling and appointments allow.

The health system is participating on the Oklahoma Health Care Improvement Workgroup for the strategic plan for healthcare by the State of Oklahoma. The Oklahoma Health Care Authority has reached out to all of Oklahoma’s Native American communities to help prepare this comprehensive strategic plan to improve access to services by the state. Please see the OSDH website for more information on this effort.

We continue to see a huge influx of patients with Influenza “A” or those seeking care for flu related symptoms at our clinics. The CDC and AST Health urge you to take the necessary steps to protect yourself and others by taking the time to get a flu vaccine and to use preventative actions to stop the spread of germs such as washing your hands with soap and water and covering your nose and mouth when you cough or sneeze.

We are excited to be opening soon an after-hours clinic in early 2015, which will be established at the former Little Axe Clinic adjacent to Thunderbird Casino, Norman. Tentative hours will be from Monday through Friday 5 P.M.-9 P.M., and Saturday and Sunday from 10 A.M.-4 P.M.

One another note, the Health System is proud to announce the November employee of the month, Ms. Sharon Ponkilla, Case Management; the November Team of the Month was the Human Resources Team; and our November Special Leadership Recognition Award went to Ms. Kristie McGuire, Public Health. We are very proud of our outstanding star performers and for their contributions to our patients, their fellow employees, and the Tribe!

A few other key bits of information for this month:

Ebola Public Health Messages and Updates: You can access this up to date information today on the AST Health System webpage: <http://www.asthealth.org>. Breaking news and information from the CDC and OSDH are located on our webpage along with other pertinent information for you to protect yourself and your loved ones.

AST/Service Health System Native American Veterans: If you are currently receiving services with the area VA Medical Center, please contact us today to set up an appointment for getting your services here with the AST Health System. We are beginning to stand-up our program within the system to bill the VA now for services you previously received, or currently receive, with the VA. Please contact a Patient Benefit Advisor (PBA) today to discuss at (405) 447-0300.

If you need CPR training, please contact the AST Health System’s Public Health Office at (405) 447-0300 for scheduling and training opportunities.

The interactive phone menu for the Contract Health Services (CHS) helps patients access the most appropriate service provider by calling (405) 701-7951. This feature will speed up access to the patients seeking services and follow-up to their care.

The AST Health System Customer Service. The Customer Service Line is (405) 701- 7623. Please direct all complaints or compliments to this line for appropriate attention and/or response. Please be assured that this is the best way to have each situation addressed, with consistent updates from our Health Staff. After the investigations of all issues are complete, our Health Director or a Clinic Administrator will personally contact you with updates, decisions, or question pertaining to your case.

The AST Anti-Bullying Prevention “HOTLINE” is (405) 701-7987 during work hours 8-5, M-F, and for added confidentiality or after hours you may contact Mrs. Dara Thorpe at either (405) 701-7992 or via cell (405) 481-0815 to start intervention assistance for tribal youth. If it is an emergency or someone is at risk of harming themselves or others-contact 911.

The Affordable Care Act Decision Tool continues to be a valuable tool with helping you decide what you need to do for compliance with the act. Please see the ACA tab at the ASTHA Health Program’s Website: <http://www.asthealth.org/aca> (Please visit our site today to find out what you need to do to protect yourself and your family)!

Pharmacy After Hours Process: After hours and weekends/holidays, did you know you can go to Walgreens in either Shawnee or Norman, and have a five-day limited fill on prescriptions? All you have to do is submit your prescription, identify yourself with your AST CDIB Card and other appropriate ID, and then they will fill your prescription! Upon the first workday, you can have the remaining balance of your prescriptions transferred to your pharmacy in either Shawnee or LittleAxe, and they will fill your remaining balance. This is an emergency convenience for your benefit and to save the contract health dollars as well, so please be aware of this and other benefits your tribe provides you.

JANUARY IS NATIONAL BIRTH DEFECTS PREVENTION MONTH & JANUARY 4-10 IS FOLIC ACID AWARENESS WEEK

The Absentee Shawnee Tribe Public Health Nursing is joining the National Birth Defects Prevention Network (NBDPN) to raise awareness of the prevalence of birth defects and strategies that reduce the risk of birth defects and their complications. This year's theme is "Making Healthy Choices to Prevent Birth Defects: Make a PACT for Prevention." Although not all birth defects can be prevented, the healthcare community can help all women (including teens) who could become pregnant or are pregnant to lower their risk of having a baby with a birth defect by encouraging them to follow some basic health guidelines throughout their reproductive years, including:

Plan ahead

- Get as healthy as you can before you get pregnant.
- Get 400 micrograms (mcg) of folic acid every day.

Avoid harmful substances

- Avoid drinking alcohol and smoking.
- Be careful with harmful exposures at work and home.

Choose a healthy lifestyle

- Eat a healthy diet that includes fruits, vegetables, whole grains, low fat dairy, lean proteins, and healthy fats and oils.
- Be physically active.
- Work to get medical conditions like diabetes under control.

Talk to your doctor

- Get a medical checkup.
- Discuss all medications, both prescription and over-the-counter.
- Talk about your family history.

Folic Acid Awareness Week, January 4-10, is a perfect time to call additional attention to the importance of folic acid in preventing certain birth defects. The United States Public Health Service recommends that all women of childbearing age consume 400 micrograms (400mcg or .4mg) of folic acid daily to prevent up to 50 - 70% of neural tube defects, such as spina bifida and anencephaly. If you have questions, you can talk with your healthcare provider or visit www.nbdpn.org for more information.

IT'S NOT TOO LATE TO PROTECT YOURSELF AGAINST THE INFLUENZA VIRUS

Flu season is upon us and there are already national reports of flu illnesses, hospitalizations, and deaths, and activity is expected to increase in the coming weeks. Oklahoma has seen flu activity already as well.

CDC recommends an annual flu vaccine for everyone 6 months and older. There are documented benefits from receiving the flu vaccine, including reductions in illnesses, related doctors' visits, and missed work or school. Vaccination also prevents flu-related hospitalizations and deaths. While some of the viruses spreading this season are different from what is in the vaccine, **vaccination can still provide protection and might reduce severe outcomes such as hospitalization and death.** If you have not been vaccinated yet this season, **get your flu vaccine now.** You can schedule nurse appointments at both clinic sites to get your flu vaccine. Flu season peaks in January and February, so you still have time to get your vaccine.

Women's Health

Services provided at Shawnee Clinic 405.878.4702 Schedule an appointment

Little Axe Health Center

Women's Health Services
Located in the Primary Health Care

Providing & Promoting Preventative Health for All Women


Services include:

- Adult immunizations
- Breast & Pelvic Exams
- Mammogram Referral
- Bone Density Studies

Information about:

- Health Promotion
- Quitting Smoking
- Misuse of Alcohol and Drugs
- Nutrition
- Physical Fitness and Exercise
- Controlling Stress and Violence
- Prevention of Pregnancy
- AIDS and other Sexually Transmitted Diseases

Women's Health Services
Little Axe Health Center
15951 Little Axe Drive • Norman, OK 73026
405.447.0300 • Fax 405.701.7605
www.asthealth.org



FROM THE ELECTION COMMISSION:

The filing period for Elective Offices in 2015.

A tribal member may file for office, January 1 to January 10 (excluding weekends and holidays.) Hours to file are 8:00 a.m. to 12:00 p.m. (noon) and 1:00 p.m. to 5:00 p.m. Potential candidates please consult the Election Ordinance for the procedures and qualifications when running for elective office.

The following positions will be open for the Elections to be held in 2015.

EXECUTIVE COMMITTEE

<u>Position</u>	<u>Filing Fees</u>	<u>Term</u>
Governor	\$500.00	Two (2) Years
Tribal Secretary	\$500.00	Two (2) Years

ELECTION COMMISSION

<u>Position</u>	<u>Filing Fees</u>	<u>Term</u>
Deputy Commissioner	\$125.00	Three (3) Years
Commission Member #1	\$125.00	Three (3) Years

IF YOU'D LIKE TO SUBMIT AN AD OR ARTICLE:

Give us a call at (405) 598-1279 or (405) 481-0558
or send us an e-mail to
stiger@astribe.com

**ALL ARTICLES FOR THE NEXT MONTH'S ISSUE ARE
DUE BY THE 15th OF THE CURRENT MONTH**

**UNFORTUNATELY, WE CAN ONLY ACCEPT ONE PICTURE PER BIRTHDAY PERSON,
NOT PER BIRTHDAY WISH.**

PLEASE fill out EACH BLANK completely and return by the Deadline.

ABSENTEE BALLOT REQUEST

I, _____, hereby certify that I am or will be an Eligible
(Print Name)

Voter of the Absentee Shawnee Tribe on or before March 21, 2015. I cannot physically
be present to cast my Vote at the **March 21, 2015 Primary Election**, therefore, I am requesting an Absentee Ballot be mailed to me at the following address.

Name (please print): _____
(first) (middle) (maiden) (last)

Address: _____ City: _____ St: _____ Zip: _____

CDIB#: _____ Date of Birth: _____

Signature: _____ Date: _____

All **REQUESTS** must be returned to the Election Commission by the deadline of
March 1, 2015

Mail to:

Absentee Shawnee Election Commission

P.O. Box 741
Tecumseh, OK 74873

Fax to:

Fax # (405) 273-1337 (Do not fax to any other fax #)

Phone: (405) 275-4030 ext. 150
Toll free number 1-800-256-3341 ext.150

Deliver in Person to:

Election Commission Office located in the Tribal Court Building

All eligible voters are entitled to vote either at the Polls or by Absentee Ballot.

This form may be duplicated for your convenience.

ELECTION COMMISSION USE ONLY

Received: _____ Approved: _____ Disapproved: _____

If Disapproved (reason): _____

Denial Letter Mailed: _____ Ballot Mailed: _____

Election Commission/Representative

AST Education Department: Big Jim Youth Awards

We will begin taking application for 2014-15 Big Jim Youth Awards on January 1, 2015. High school seniors of both genders within the 50 United States are eligible to apply for these awards for the 2014-2015 school year. Applications will be accepted from January 1 to March 31, 2015 by US mail or email, official transcripts must be mailed. The official application form will be available in January 2015 at www.astribe.com under the Education Department. The \$1,000.00 award is in the form of a scholarship to the college or university where the award recipient will attend for the fall 2015 semester. The scholarship must be used for the fall 2015 semester.

We will begin accepting applications for the following awards:

- Big Jim Academic Achievement Award (Male and Female)
- Big Jim Athlete of the Year (Male and Female)

Individuals are encouraged to nominate deserving high school seniors. You may nominate yourself. Please refer to the application for required documents. Eligible nominations will be judged by a panel of (non-AST) experts assembled specifically for this purpose. The intent is to bring together an unbiased group of experts to evaluate the applicants in an impartial and unbiased environment. Their decisions are final with respect to all matters concerning these awards. Awards will be announced in May 2015.

We encourage ALL Absentee Shawnee High School Seniors to apply.

Award recipients will be recognized as the 2014-2015 Big Jim Academic Achievement Award winner or the Big Jim Athlete of the Year. In addition to this recognition the award recipients will receive a \$1,000.00 scholarship to be used towards their education and the advancement of their career.

Questions on these awards program should be addressed to:

Absentee Shawnee Tribe
 Education Department
 c/o Tresha Spoon
 2025 S. Gordon Cooper Drive
 Shawnee, OK 74801
 405.275.4030 Ext 121
youthaward@astribe.com

STUDENT INFORMATION			
Name: _____			
(LAST)	(FIRST)	(MI)	
Enrollment #: _____			
Address: _____			
(STREET)	(CITY)	(STATE)	(ZIP)
Home Phone: (_____) _____		Cell Phone: (_____) _____	
Email: _____			
HIGH SCHOOL INFORMATION			
High School Name: _____			
City: _____		State: _____	
Guidance Counselor: _____		Phone #: _____	
Sport: _____		Position: _____	
Coach: _____		Phone #: _____	
(FIRST)	(LAST)		
All Absentee Shawnee High School Seniors are eligible and encouraged to apply.			
Documents to be included with application:			
<input type="checkbox"/> Official High School Transcript			
<input type="checkbox"/> Letter of Recommendation (Educator/Coach)			
<input type="checkbox"/> Tribal Enrollment Card (copy)			
<input type="checkbox"/> Resume of Accomplishments and Activities			
<input type="checkbox"/> 500-word Essay: How do you feel your accomplishments (knowledge/training) will influence your future?			
<input type="checkbox"/> Video (optional): no more than 10 minutes in length			

Little Axe

After School Program 2014/2015



Come join us at the AST Resource Center!!!

phillipmartin.info

- + Free Tutoring in all subjects!
- + Games and activities!
- + Delinquency Prevention!
- + Healthy Lifestyles!



Open to all Middle School and High School Students

Open to Absentee Shawnee Tribal Students K-5 with a C.D.I.B.



Everything is offered with no charge...Little Axe bus will transport students to the AST Resource Center on Peebly Road and parents are responsible for picking students up by 6:00 pm.

Duration: Starts September 2nd and will run through the school year.

Monday-Thursday, 2:45pm-6:00pm

For more information and sign up please contact Blake Goodman at (405) 364-7569



Happy
Birthday

January

2015

Squire, Jimmy Dowell
Starr, Adrien Miguel
Starr, Martin
Starr, Rance George
Steinruck, Eugene Donnell
Stewart, Glenn Alan
Stewart, James Clyde
Stone, Brian David
Stricklin, Victor Medrano
Stryker, Rodney Shane
Sullivan, Glenda Ann Little Axe
Surface, Ashley Katherine
Sutton, Santos Daniel
Switch, Casey Camden
Switch, Hannah Nichelle
Switch, Tiana Bright Path
Tarbox, Christy Lee
Taylor, Nathan Wayne
Thomas, Joel Elijah
Thorpe II, Ronnie Allen
Thorpe Jr., James Francis
Thorpe, Shylah Jean
Tiger, Christopher Blaine
Tiger, Wanda Little Axe
Tilley, Makiah Lynn
Tolbert, Ashlyn Reilly
Tonyan, Teagan Gwen
Torres, Fernando Jose
Torres, Rosa Marie
Treat, Joshua Steven
Turner, Timothy Jake
Tyner, Tonia Melanie
Uchida, Nolan Garrett
Valdivia, Thomas Lesley
Vanliew, Kesa La'nae
Villalobos, Valentina Noel
Wahpekeche, Eric Lynd
Wahpepah, Hazel Paige
Walker, Roger Steven
Warrior, Tobin Shane
Washington, Rebecca Marie
Watson, Daniel Owen
Watson, Julie Marie
Watson, Matthew Payden
Watson, Patrick Scott
White Thunder, Sheldon Thomas
White, Jesse Lee
White, Seth Wesley
Whited, Angela Kay
Williams, Joseph Billy
Williams, Joseph Bryan
Williams, Joshua David
Willoughby, Marcie Deann
Wilson, Aarion James Deer
Wilson, Alix Re' Ann
Wilson, Alta Louise
Wilson, Calvin Lee
Wilson, Christopher Dale
Wilson, Dean Owen
Wilson, Edward Wayne
Wilson, Faith Anne Marie
Wilson, James Francis
Wilson, Michael Eugene
Wilson, Stephen Edward
Wilson, Wesley Dean
Wise, Landon Kyle
Wolf Sr., Aaron Paul
Wolf, Angel Erica
Wolfe Jr., Houston Hugh
Womack, Kaleigh Patricia
Woods, Jiya Marie
Wright, Phillip Lawrence
Wunderlin, Donna Jo
Wyatt, James Allen
Yandell, Leon Allen
Yeahpau, Michael Tyrus

Aguirre Perez, Mabel Beatrice
Alford Jr., Paul Leon
Alford, David Wesley
Alford, Robert Bruce
Alford, Sandra Kaye
Altman, Garrett Michael
Anderson, William Chase
Armstrong, Billy Joe
Armstrong, Frank Lee
Barber, Joseph Leeroy
Barfield, Amandia Quaymmie
Barton, Brittany Lynn
Bates, Terri Elaine
Bayliss, Jeffery Channing
Beach, Cary Sue
Bettelyoun, Kelan Chase
Bittle, Boston Warrior
Blalock, William Charles
Blanchard II, Aaron Gabriel
Blanchard III, Larry Dean
Blanchard, Bernice Starr
Blanchard, Chelsey Kolesha
Blanchard, Chester Vernon
Blanchard, Cory Eugene
Blanchard, Terance Blaine
Blanchard, Twyla Gayle
Boston, Nathan Daniel
Boyd, Ladarius Eugene
Bragg, Ronald Lee
Brannon, Tyneeka Alexandria
Bread, Christina L.m.
Brinson Jr, F E
Britt, Kelly Lee
Brokeshoulder, Sherri Dawn
Brown, Harper Janiece
Brown, Jennifer Renee
Burkhard, Valarie Mae
Casteel, Annabella Rai
Chisholm, Mark Wayne
Citty, Rebecca
Clark, Emiley Ann
Coleman, Justin Ray
Colungo, Damien Micheal
Condra, Karri Marie
Coon, Wynona Sloat
Cope, Michell Eldon
Coriz, Matoka Marie
Cox, Micheal Sage
Creamer, Maureen Jessica
Creek, Bessie Lee
Cripps, Jimmy Mark
Crossley, Orin Lee
Crossley, Rachel Ann
Cruz, Reyna Jalyssa
Cutler, Breanna Kailee
Dankenbring, Melody Renee
Darnell, Carol Jane
Davis, Rhonda Jean
Day, Vivian Denise
Day, Zander Nicholas
Deer, Braelyn Ariyahna
Deere, Christopher Lee
Deere, Clinton Jess
Delodge, Raymond Louis
Dibler Jr, Daymon Daniel
Eckles, Ethan Andrew
Ellis, Brandi Nicole
Ellis, Jackson Matthew

Ellis, Lisa Marie
Ellis, Ryan Mark
Felton, Kandice Nicole Grace
Fire, Orphie Jane
Flowers, Jasmine Lynne
Foreman Jr., James Louis
Foreman, Anthony Clayton
Foreman, Elijah Bryce
Foreman, Hunter Lynn
Freeman, Jerilyn Kay Barnett
Fritsch, Jaxon James
Fruit, Andrea Dee
Geissler, Jarett Paul
Gibson, Braxton Reid Caddo
Gibson, Clarence
Gibson, Gloria Lynne
Gibson, Jeremy Lee
Gibson, Jimmy Ray
Gibson, Martha Lynette
Gibson, Ronnie Caleb
Gibson, Walter Ray
Gilman, Howard Floyd
Gonzalez, Xochitl Olivia
Goodman, Thomas Donald
Granstrom, Tyler Michael
Hall, Bonnee RaeLynn
Hamman, Stacie Berlyn
Hanson, Bentley Robert Jin
Harjo, Nicholas Gerald
Harrington, Carolyn Jean
Harris, Samuel Lee Allen Sabre
Haumpy, Tacie A'lize
Hawk, Quincy Ryan
Heatley, Cashis King
Heatley, Prada DeeAnn
Herrera, Angel Juventino
Hilderbrand, Cameron James
Hill, Keiton James
Hill, Stephen Lee
Hood, Dantel Ruya
Hough, Alyssa Blake
Howe, Angelina Marie
Humphrey, Lou Ann
Innis, Nicholas Alexander
Irvin, Michael Reed
Isaacs, Betty B
James, Diane Rene
Januszewski, Connie Bradley
Jimboy, Kaden Allen
Jiron, Mary Elizabeth
Johnson Jr., Henry Caddo
Johnson Jr., Josie Ed
Johnson, Bradley Nathaniel
Preston Scott
Johnson, Bruce Dale
Johnson, David Lee
Johnson, Janessa Leann
Johnson, Patrick Wayne
Johnson, Pauletta Elephant
Johnson, Tanessa Anah Marie
Kaseca, Thomas James
Keith, Shelli Leann
Kelly, Addison Marie
Kelough, Manuel LeeWayne
Kelsey, Kyler Seann
Komahcheet, Nolan Frank
Larson, Brooke Nichole
Leath Jr., William Jake

Lester, Bradley Shane
Lester, Brandy Nicole
Lewelling, Amber Dawn
Little Axe Jr., Ricky Lee
Little Axe, Courtney Nicole
Little Axe, Darrell James
Little Axe, Daveny Amour
Little Axe, John Al
Little Charley, Keith Eldon
Little, Mia Rachelle
Little, Shea Alexis
Little, Sutton Keith
Little, Troy Don
Littlebear Jr., Michael
Littlecreek, Catherine
Littlecreek, Kami Dawn
Livsey, Shannon Marie
Longacre, Nancy L. Warrior
Longhorn II, Leonard Wayne
Longhorn Moore, Tylee Raquel
Longhorn, Bruce Jerome Allen
Longhorn, Crystal Alaina
Longhorn, Ladonna Gail
Longhorn, Shawna Michele
Longman, Caitlin Oteaka
Lovins, Marilyn Sue
Lowe, Charles Jake Kilraine
Lowry, Linda Diane
Mann Jr., Glenn Dale
Mann Sr., Glenn Dale
Mann, Marc Andrew
Marquez II, Quentin Miles
Marriott, Cadence Sunay
Martin, Jared Webster
Martinez, Laronda Ann
Martinez, Sam Littlecreek
Martinez, Winter Dawn
Masquat, Kinsley Rae
Mathany, Connie Ruth
Maxwell, Diondre DaShawn
Maxwell, Jimmy Ray
Maxwell, Nellie Tiger
McBroom, Tallon Cole
McCreary, Gabriel David
McCreary, Lisa Jane
McGirt, Travis Wade
McPherson - Khalil, Jessica Lynn
McPherson, Alan Lynn
McPherson, Mason Thomas
McPherson-Brittain, Jason Tyler
Meek Jr, Jimmy David
Melton, Serena Jo
Melzer, Logan Michael Boyer
Mendoza, Samuel Lee
Merrell, Maddox Andre
Milburn, Michelle Sahara
Miller, Laney Lee
Miller, Tre Dean
Mitchell, Gage Jaydn
Mitchell, Nycole Morningstar
Montgomery, Nathan Andre Patrick
Morgan, Autumn Dawn
Morris Jr., John Gilbert
Morris, Betty Sue Williams
Morris, David Leon
Morris, Jordan Marie
Morris, Lucas Hayden
Mull, Neela Mahadevi

Munroe, Ellen Marie
Nail, Brandy Diane
Nance, Desmond Ravon
Nance, Eva Renae
Neash, Lonnie Allen
Ned, Tina Renee
Nelson, Payton Ashlee
Nicholson Jr., Larry Zenith
Nicholson, Victoria Rose
Norton, Jai'Nasha Camille
O'Brian, Connie Frances
Odell, April Babette
Panther Jr., William
Panther, Cheyanne
Parker, Muriel Gene Tyner
Parsons-Squire, Autumn Lynn
Patty, Elsie Wynona
Pearce, Kelle Dawn
Pearl Atwood, Donna Sue
Pease, Taylor Renee
Perryman, Mary Ella
Pewenofkit, Alta Rochelle
Poncho, Octavia Marie
Queen, Marlene Lucille
Rakestraw, Mariah Diane
Ramirez II, Antonio
Ramirez, Joe Anthony
Ramos, Georgina Lynn
Reed, Teresa June
Reeves, Sharon Annette
Riden, C'anne Danielle
Ridenour, Logan Taylor
Riedel, Brian Alan
Roach, Dawson Wayne
Roberts, Ramona Lee
Robertson, Wanda Lejean
Robinson, Shawnee Sharisse
Robison, Tyrel Lane
Rochon, Stephen Arthur
Rogers, Tammy Sue
Rolette, Ty Clay
Ruimveld, Chad Christopher
Rye, Gail Marie Alford
Sam-Ruimveld, Bailey Shae Issi Balalli
Sanders, Dylan Wayne
Seber, Jamie Nicole
Seber, Lauren Elizabeth
Serena, Anthony George
Shaffer, Christie Elaine
Shawnee, Keaten Wayne
Sherrill, Quentin Patrick
Shields, Aaliyah Brooke
Shields, Laila Annaliese
Shular, Sandra Jeanne Hood
Sloat, Cilicia Ann
Sloat, Warren Howard
Smith, Al Murray
Smith, Mariah Love
Smith, Ryan James
Snake, Anita Mae Burton
Snake, Barry Gabriel
Sorrells, Sandra Lee
Spoon, Barbara Jo
Spoon, Carl David
Spoon, Christopher Jaye
Spoon, Deric Brandon
Spoon, Tina Louise
Spybuck, Winter Dawn



Clay, Mary, Elijah, Pat,
Patrick

We wish you all a happy
new year and a happy
birthday!

January
Birthdays

Love the Kasecas



FROM BROTHER & SISTER & BEN

Devin Leitka "Big D"

Happy 24th

Belated

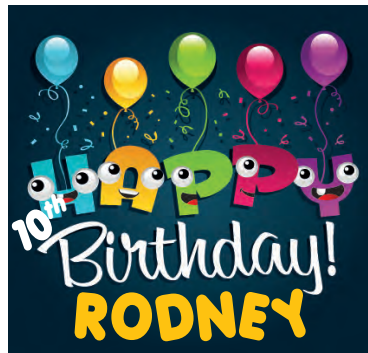
Birthday

November 12th

We love you and we're VERY proud of the
accomplishments that you have made and
continue to make. Remember SKY IS THE
LIMIT, so keep striving for what you want
and deserve in life.

Love- Sis, Tom, Sheldon, Shelby, Shelsie,
DaeDae, and Bryson

Rodney
Birthday!
BOY
We wish you a big 10th Birthday!
We love you! Love, Doyle & Laurel



I love you very
much!
♥ Granny

RODNEY!

HAPPY

10th

Birthday

WE LOVE YOU VERY
MUCH
LOVE YOU LOTS &
FOREVER
MOM & DAD

RODNEY, YOU'RE SUCH A BIG BOY, HAPPY 10TH BIRTHDAY!



I LOVE YOU! -AUNT TAMMY

Happy Belated
Birthday

Cody Lee Womack
I love you bunches!
Aunt Rhonda

HORSE SHOE BEND AFTER SCHOOL PROGRAM

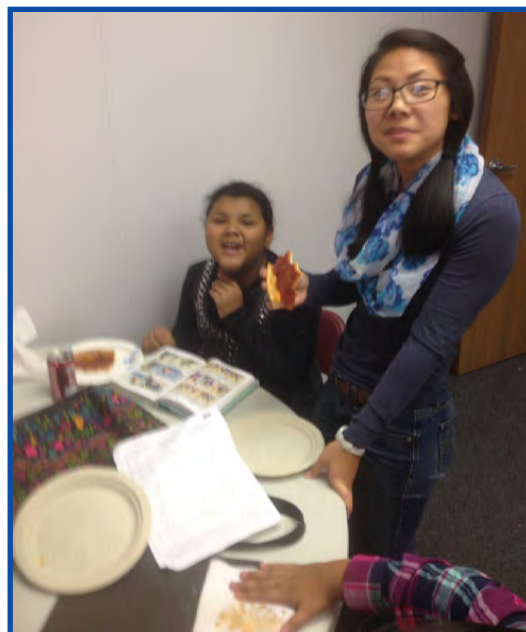
The after school program will start again on January 6, 2015 from the holiday break. The month of December was a very active month due to semester test and activities planned at the school. It seems there is not too much time between the Thanksgiving and Christmas breaks. Students have been busy with their homework and the tutors have been diligent in preparing for their semester tests and preparing to go home for the fall semester break. As the spring semester approaches there may be some tutors not returning due to their school schedule but it is my hope that most will return.

On December 11, 2014 the students were provided with a Christmas party which was pizza, sodas, cupcakes and a bag of goodies. I would like to thank the volunteers for coming out to help with the Christmas treats for the students.

On December 16, 2014 Tresha Spoon, Director of Education, and I were contacted by 'Feed the Children' to inform us that they had 200 turkeys available for our programs. Tresha and I utilized the 'Feed the Children' Program this past summer. We were fortunate to have this state funded service organization that came out daily and provided nutritious lunches to our summer programs. We distributed 100 frozen turkeys from two program sites to students and volunteers of these programs. Then if there were any turkeys left over then those frozen turkeys were distributed in the community. I tried to personally deliver these turkeys to tribal members that do not participate in and/or are may not be qualified for assistance through the tribe. The turkeys were not bought by the Tribe but were given to the Tribe by the 'feed the Children' program. I hoped that everyone that received these TURKEYS enjoyed them!!

If you have any questions about the After School program please call 405-481-0397.

Thank you,
Governor Edwina Butler-Wolfe



DISABILITY BENEFITS FOR WOUNDED WARRIORS

Military service members can get their disability claims processed quickly by Social Security.

Benefits available through **Social Security** are different than those from the **Department of Veterans Affairs** and require a separate application.

The expedited process is used for military service members who become disabled while on active military service on or after **October 1, 2001**, regardless of where the disability occurs.



www.socialsecurity.gov

or call toll-free, **1-800-772-1213**

(for the deaf or hard of hearing, call our TTY number, **1-800-325-0778**)

Office of Environmental Health & Engineering

- Tribal Housing Improvements Application

The Tribal Housing Improvement Program's goal is providing sanitary, safe, and decent housing for its members by utilizing the following criteria to select the most "in need" tribal members with homes that are in disrepair but are still suitable for rehabilitation. All applicants must meet the eligibility requirements and criteria which is approved by the Absentee Shawnee Tribe.

THIP list all applicants by a priority list:

- Handicapped/Disabled and Elderly
- Income
- Family Size/Overcrowded Living Conditions
- Condition of Home

Other Programs available:

- Sanitation Facilities Assistance Program

Applications need to be completed and all necessary documents attached before the application will be processed.

Applications are available online on the website: www.astribe.com.

Submit completed application to:

Office of Environmental Health & Engineering
Absentee Shawnee Tribe of Oklahoma
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801

Absentee Shawnee Tribe Complex

Office of Environmental Health & Engineering, Building 13

If you have any questions, you can reach us by phone at (405) 214-4235

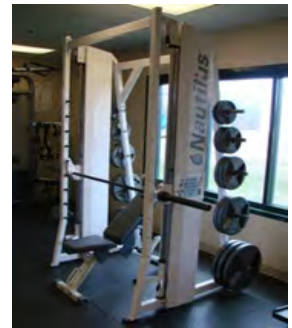


FITNESS CENTER HOURS

Monday—Thursday
6:00 a.m.—7:00 p.m.

Friday
6:00 a.m. — 5:00 p.m.

Saturday/Sunday
CLOSED



The AST Diabetes and Wellness Fitness Center provides state of the art fitness equipment, including: treadmills, elliptical cross-trainers, recumbent bikes, free-weights, kettlebells, and isolation strength machines. The AST Fitness Center is available to all Native Americans and their household family members.



AST employees are also eligible for membership. The AST Diabetes and Wellness Fitness Center strives to deliver a well-trained staff that seeks to help clients reach their personal fitness and health goals. Our staff takes pride in providing appropriate and educational fitness training to all clients, providing guidance in developing a successful plan to help prevent or manage diabetes and/or other health conditions, and providing clients with a fun and positive experience working with our staff. Please take some time to come by and visit the AST Diabetes and Wellness Fitness Center today!

Recycling Containers Now Available

OEH now has recycling containers set up for public use. These recycle containers, which are cardboard only containers, are located on the south side of the Title VI building at the main complex and the other container is located at the northeast corner of the Little Axe Clinic.



We also have our mobile recycle container available behind the clinic here at the main complex. We are currently only accepting cardboard in this container as well.



ABSENTEE SHAWNEE TRIBE OF OKLAHOMA

RECYCLING MATERIAL THAT WE ACCEPT.

ALL WHITE PAPER, ENVELOPES, COLORED PAPER, JUNK MAIL, FAX PAPER, MAGAZINES, NEWSPAPER, CARDBOARD, AND ALUMINUM CANS.

MATERIAL WE DO NOT ACCEPT.

TONER, CARBON PAPER, FOOD WASTE, AND PLASTIC.

REMEMBER, WHEN IN DOUBT THROW IT OUT.

CONTACT INFORMATION

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA

OFFICE OF ENVIRONMENTAL HEALTH & ENVIRONMENTAL PROGRAMS.

2025 S. GORDON COOPER DR. SHAWNEE, OK 74801

PHONE: (405) 214-4235

FAX: (405) 878-4701

Absentee Shawnee Tribe Recycling Program

“To Establish a recycling program for municipal waste planning, reduction, and Recycling”

The Office of Environmental Health and Environmental Program is proud to announce the start of a new recycling program for the Absentee Shawnee Tribe. The recycling center is located in the yellow metal building adjacent to the OEH Department. The Absentee Shawnee Tribe (AST) Recycling Program Program declares that waste reduction and recycling are the preferable to the

or processing of municipal waste, and that removing certain materials



from the municipal waste stream will decrease the flow of solid waste to municipal landfills. AST Recycling Program used the knowl-

edge and information about recycling markets and market demand as well as information obtained from various publications and the internet to comprise an analysis of material the recycling program will address at the start of the program. AST Recycling Program Plan establishes a goal that, by year's end 2013, at least 25 % of the recyclable material produced by the Tribe will be recycled.

Reduce, Reuse, and Recycle

The AST recycling Program will initially focus on the following waste stream material; High-Grade shredded paper, Assorted office paper,

Phone books, Magazines, Cardboard, Newspaper, and Aluminum cans. As the program and market develops, other recyclables will be sought.

There is a cost associated with recycling. However, economic, social, and environmental benefits exceed these cost.



Register Now!!!
www.asthealth.org/patient-portal

New Patient Portal
 Absentee Shawnee Tribal Health System

Little Axe Health Center
 Shawnee Clinic



Visit your app store and install
 the Follow My Health app

- Improved access to your health information
- Communicate directly with your clinic
- Request an appointment
- ...and more!



for real-time access to your
 health information

For more information on how you can register for the new AST **"Follow My Health"** Patient Portal, contact Patient Registration at Little Axe Health Center - 405.447.0300 or Shawnee Clinic - 405.878.4702

MEDICARE OUTREACH & EDUCATION
2015 OPEN ENROLLMENT EVENT



Sponsored By
Richardson Insurance



Serving the Native American Community for 24 years

RICHARDSON INSURANCE
 agency, llc

Are You Turning 65?
 or

Do You Want to Explore Your Current Medicare Options?

COME SEE US!



2015 Annual Open Enrollment Options
 October 7 – December 15, 2014
 Insurance

Explore Your Medicare
 courtesy of Richardson Insurance

- Medicare Basics
- Annual Open Enrollment Info
- Medicare Enrollment Assistance
- Explore Medigap or Part C&D Plans
- Personal Medicare Plan Comparison
- Part D Drug Plan Comparisons
- Medicare Savings & Extra Help Info
- Understanding Tribal Benefits

Coordination

Richardson Insurance is an Indian-owned and family-operated Oklahoma state licensed insurance agency specializing in assisting Native Americans find the best medical plan for their specific needs. Tanya and Tommie Ann Richardson have been in the insurance



AST COUNTRY KITCHEN

Check out our daily homemade lunch specials!

- Sunday - 7am to 7pm
- Monday - 7am to 3pm
- Tuesday - 7am to 3pm
- Wednesday - 7am to 8pm
- Thursday - 7am to 8pm
- Friday - 7am to 9pm
- Saturday - 7am to 9pm

Something different every day!

Open 7 Days A Week!

366-7220



(In Front of Thunderbird Entertainment Center Next to AST Smoke Shop)

FYI: Contract Health Service News

Absentee Shawnee Tribal Health

*The AST Contract Health Services Team are here to assist you
... follow the CHS Guidelines!
Get a copy of the CHS Guidelines and update your information*

Contract Health Services for AST members *with* Insurance

CHS for a currently enrolled AST member who resides in the defined catchment area who has insurance such as Medicare or Private Insurance:

1. Complete CHS Patient Update form and update all information every 6 months.
2. Notify CHS at least 48 hours prior to appointment date for a (COB) Coordination of Benefits to be sent to provider
3. Inform Provider/HealthFacility that AST CHS is secondary payer/payer of last resort.
4. In the event that you receive a bill from a provider, please provide a copy to CHS. *You may leave bills with Rhonda Kaseca at the Shawnee Clinic and Glendine Blanchard at the Little Axe Health Center.*

**Contract Health
Direct Phone Line
405.701.7951**

Contract Health Services for AST members *without* Insurance

CHS for a currently enrolled AST member who resides in the defined catchment area who does not have insurance:

1. You must apply for any alternate resources for which you may be eligible - Medicare, Medicaid, SoonerCare, insurance, etc.
2. Complete CHS Patient Update form and update all information every 6 months
3. You must utilize the services provided within the AST health clinics prior to being referred out.
4. Referrals for outside services must be sent to CHS. Services must be medically approved by an AST Health provider.
5. An appointment will be scheduled and a COB will be sent to the outside provider.
6. In the event that you receive a bill from a provider, please provide a copy to CHS. *You may leave bills with Rhonda Kaseca at the Shawnee Clinic and Glendine Blanchard at the Little Axe Health Center.*

Emergency and Urgent Care Services

CHS for a currently enrolled AST member who resides in the defined catchment area who needs emergent or urgent care:

1. Call the On-Call nurse at (405) 447-0300 option 9 for "triage".
2. Notify CHS on the next business day or within 72 hours after the ER visit. Notification does not assure authorization of payment. However if you do not notify CHS within 72 hours, your bills will not be paid.
3. For AST members with no insurance evidence must exist that the visit was medically necessary. Medical priorities have been established for determining which referrals can be authorized for payment.
4. For AST members *with* insurance, evidence must exist that a third party resource has made determination such services were "emergency care" or "urgent care" (such evidence may include payment from private insurance).
5. In the event that you receive a bill from a provider, please provide a copy to CHS. *You may leave bills with Rhonda Kaseca at the Shawnee Clinic and Glendine Blanchard at the Little Axe Health Center.*



Debi Sloat



Glendine Blanchard



Flo Mann



Sharon Ponkilla



Darla Gatzman



Jayne Werst



AST PHARMACY NEWS



- Upcoming Pharmacy Department closures are as follows:
 - ✓ October 1, 2013 for inventory
 - ✓ November 11, 2013 to observe Veteran's Day
- Deliveries of controlled medications are not allowed.
- Both Shawnee and Little Axe pharmacy locations fill prescriptions for members of all tribes, but outside prescription orders are restricted to Absentee Shawnee Tribal citizens with established charts.
- If you would like to receive a text message to your cell phone when your medications are ready for pick-up, please alert the pharmacy staff and provide us with a current cell phone number.
- When requesting refills, please provide 24 hours' notice until pick-up. We will need your refill number, located above your name on the prescription label, or the names of your medication in order to fill.
- Present **insurance cards each time** you pick up or drop off a prescription.
- Keep us informed of changes in address, phone number, and other contact information (changes at registration do not flow to pharmacy).

If you have any questions at any time, feel free to call either Pharmacy or stop by and speak with one of our Pharmacy staff. We are happy to assist you with your pharmaceutical needs!

Hours of Operation:

Little Axe: 8am-5pm (& 7:30a-5:30p Drive-Thru) Monday - Friday

- Phone - (405) 292-9530

Shawnee: 7am-5pm Monday-Friday

- Phone - (405) 878-5859

We are open through the lunch hour!!

****BOTH PHARMACY DEPARTMENTS ARE CLOSED WITH THE CLINICS THE FIRST WEDNESDAY AFTERNOON OF EVERY MONTH TO COMPLETE ADMINISTRATIVE DUTIES****

-Thank you,
Pharmacy Staff

Absentee Shawnee Tribe of Oklahoma

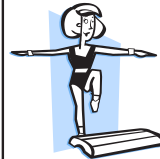
Injury Prevention Program

The Mayo Clinic and the Center for Disease Control & Prevention say that if you're physically active it may help prevent you from falling. The following activities: Walking, chair exercises and Tai Chi, can improve your leg strength, balance, coordination and flexibility. Remember to check with your doctor before starting any of these activities!

Here are some tips on how to stay safe while getting back into the spring of things.

- Be sure to warm-up and cool down when appropriate.
- Wear protective gear - i.e. bike helmets, wrist & elbow guards, pads, etc.
- Rest, especially when your muscles are tired
- Prevent "overuse" injuries (i.e. stress fractures, tendonitis, or inflamed joints) by not overdoing exercise.
- Condition your body before jumping into new activities at full force.

For more information contact: Rosie Tall Bear at 405-701-7601
Little Axe Health Center



Personal Banking:

AllNations Bank offers a wide range of products and services to meet today's consumer demand including our AllNations Bank Free Checking Account; Savings Account; Certificate of Deposit Accounts; Individual Retirement Accounts; Money Market; Now Accounts & Consumer Loans including Auto, Boat and more. AllNations Offers Free ATM/Debit Card with each personal account that can be used at our Shawnee OK Drive Up ATM. In addition, we offer a wide selection of Safe Deposit Boxes for rent at competitive prices.

Contact Us for Details As Follows:

**Calumet Office - Gene Davis or Dixie Smith 405-893-2240;
114 E Main, Calumet, OK**

**Shawnee Office - Gene Davis or Eugene Stidham 405-273-0202;
2023 S. Gordon Cooper Drive, Shawnee, OK**

Business Banking:

In addition to our Commercial Checking account, AllNations Bank offers a wide range of products and services to meet today's business needs including all types of Commercial and Small Business Loans; Merchant Services; Night Depository Drop & More.

Contact Us for Details As Follows:

**Calumet Office - Gene Davis or Dixie Smith 405-893-2240;
114 E Main, Calumet, OK**

**Shawnee Office - Gene Davis or Eugene Stidham 405-273-0202;
2023 S. Gordon Cooper Drive, Shawnee, OK**

Banking Hours:

2023 S. Gordon Cooper Drive, Shawnee, OK 74801
Lobby Hours 9:00 AM - 5:00 PM Monday - Friday
Drive In Hours 8:00 AM - 6:00 PM Monday - Friday
Saturday: 9:00 AM-12:00 Noon

FOSTER CARE

WHAT IS A FOSTER CARE WORKER?

Foster care caseworker training involves completing a bachelor's degree program in social work through a college or university. Students take courses in psychology, abnormal psychology, sociology, economics, ethics, child welfare policies and complete a supervised internship.

The child's Foster Care Worker needs to be a partner with the foster parents to ensure that each child receives the full spectrum of services provided and/or arranged by the Department.

Some aspects of this relationship include the following:

- Sharing information on an ongoing basis regarding the child's individual needs, family situation and adjustment to the foster home
- Encouraging the foster parents to participate in the total service planning process
- Providing the foster parents the opportunity to discuss the child's progress and any unmet needs which they assess
- Providing the foster parent with information, support, guidance and referrals to other professionals on the child's behalf
- Helping the foster family, when necessary, to identify and obtain services for the foster child; e.g., medical, educational
- Ensuring that the foster family, on the child's behalf, has access to all financial resources available to the child while in foster care.

A Foster Care Worker works in conjunction with Tribal Courts, Tribal Law Enforcement, Bureau of Indian Affairs, and other county services. Indian Child Welfare's goal is to ensure the safety of our tribal children when they placed in foster care. The homes that our tribal children are placed in must complete Child Welfare Background Check, OSBI Background Check, Income Verification, Home Study, and a Physical. Our AST foster homes are licensed by our Foster Care Committee.

Foster Care Payments are as follows:

0-5 age \$14.73 day \$441.97 month

6-12 age \$17.12 day \$513.57 month

12 and over \$19.30 day \$579.13 month

IN ORDER TO RECEIVE PAYMENT, ALL THE ABOVE MUST BE MET AND TURNED INTO THE STATE. ONCE PROCESSED STATE PAYMENT WILL BE ISSUED.

This is just a little information on what type of work a foster care worker performs on a daily basis. If you are interested in becoming a foster home, please call 405-878-4030 ext. 133.

Why do we need Indian Child Welfare?

Why do we need Tribal Foster Homes?

Foster-Care System Stretched Too Far

Recent news reports reported on July 2 that Sally Schofield, the foster mother of Logan Marr, was found guilty June 25 of wrapping the 5-year-old's body with 42 feet of duct tape during a "timeout," causing the little girl to suffocate.

Schofield could face up to 40 years in prison for the child's death.

"The child-welfare system failed Logan Marr in every possible way," said Richard Wexler, the executive director of the National Coalition for Child Protection Reform. "They failed her ... by ... ignoring her cries of abuse and they failed her by letting her die in that foster home."

Six weeks before she was killed, Logan was on a visit to her birth mother when, in the presence of a child-welfare worker hired to supervise the visit, she complained that her foster mother was hurting her. "She did this to me and I cried 'cause it hurts me," the child is heard saying on a videotape, although she isn't seen.

The truth is that we must protect our tribal children; we must protect them from a system that is overworked and in desperate need of an overhaul. We must have a voice in the child welfare system for our tribal children. As tribal child welfare workers there is not a day that goes by where we are not fighting for the rights of one of our tribal children and working to make sure that employees of the State are following OICWA and ICWA. Silence will not ensure the rights of this generation, or the next generation of Absentee Shawnee Children. The Absentee Shawnee Foster Care Program is in need of tribal foster care homes for AST children. A strong tribe must have a system in place to protect the youngest of its members when they need protection. If we do not have tribal foster homes, our Absentee Shawnee children go into State homes. We have not control over these homes; therefore, the children placed in these homes are more vulnerable. Some will say that no one can love their child as much as a parent, but when parents are unable to care for their children properly, we as a tribe need to be there for the children....We must love that child as their parent.

We use a Native American tradition of the talking stick. You sit and pass it around and whoever has the stick has to talk. Some people just hold it. Others really share.

Let us be a tribe that protects the youngest of our tribal members, let us just not say the words, but open our homes to those children who need us to protect them and offer them safety. If you are interested in becoming a foster parent please notify:

Julie Wilson
AST/CPS/FOSTER CARE

405-878-4702

The Child Welfare Department would like to welcome Glenna Jones and Dara Thorpe as new members of the Foster Care Committee. We appreciate their dedication and willingness to advocate for our children.

Preservation of American Indian culture starts with protection of our most precious resources -- American Indian children and families. Only when our children and families are healthy and happy can there be harmony in our world.

Problems Facing American Indian Children and Families

Today, 5.2 million American Indians and Alaska Natives (AI/AN) live in the United States

- American Indian children have the third highest rate of victimization
- American Indian/Alaska Natives have the highest rate of poverty of any other racial group in the nation
- In 2006, suicide was the leading cause of death for AI/AN males ages 10-14.
- A 2006 study found that, compared to other groups, AI/AN youth have more serious problems with mental health disorders.
- Alcohol-use disorders were more likely among American Indian youths than other racial groups.
- The AI/AN youth population is more affected by gang involvement than any other racial population.

WHAT CAN YOU DO TO HELP?

Children often get lost in a system that is supposed to protect them when their parents can't take care of them. They need someone who can provide a home that is safe. They need their emotional needs met by an adult who can act as if they are their parent. These children need love, shelter, safety, and a place that they can belong, they need a home. They need to know that they are not alone. If you are able to provide these things to one of our tribal children please contact: 405-878-4702 (ext. 133) Julie Wilson ICW/FC.

FOSTER CARE

Racial disproportionality is defined as the over-or under-representation of certain groups (e.g. racial/ethnic, gender, age) relative to the group's proportion in the general population. Reports conducted in 2008 showed that, compared to other groups, Native American children were:

- 3 times more likely to be referred to CPS
- 1.6 times more likely to be removed from their biological homes
- Twice as likely to remain in foster care for over two years
- Less likely to be adopted and more likely to be in guardianships
- Less likely to be reunited with their biological parents

The sad reality is that there are not enough culturally appropriate homes for these children, resulting in the placement of Native American children in homes that do not share their cultural heritage or traditions. We want to place "our tribal" children in our own homes, to do this we need tribal members to open their homes and their hearts. Are you willing to open your heart? Are you willing to open your home?

If so, please contact Julie Wilson ICW/FC/CPS 878-4702 (ext. 133).



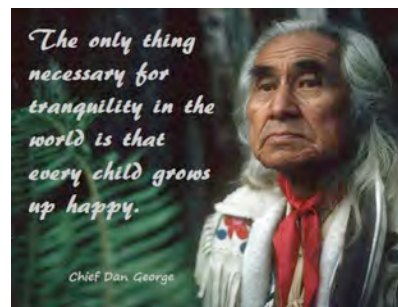
GOT LOVE?



FOSTER A CHILD

Native American youth have two distinct influences, that of their family of origin and that of their caregivers. Absentee Shawnee Tribal Foster Care is in need of homes for children that are in our child welfare system. Your participation in being a foster parent helps to ensure that these children have positive connections to their culture. This interaction helps these children nurture a positive sense of identification as a Native American. By being willing to do this, you can be a valuable part of the healing journey that will help strengthen this next generation of Absentee Shawnee children; in turn, helping those children become the parents that their children will need them to be. Our children are our future, what will we have our future be?

ABSENTEE SHAWNEE TRIBE CHILD WELFARE
405-878-4702 (ext. 133)



Native American youth are facing a crisis. These children are being removed from their homes and placed into the child welfare system at rates much higher than any other population. Native American children are often placed in homes outside of their families, tribes, and Native American culture and all this contributes to significant social

problems. The story of Native American people is a complicated one marked by significant trauma and atrocities. Often times this trauma consisted of the removal of abuse which happened to these young and vulnerable children in many of these schools resulted in overwhelming intergenerational trauma and unresolved grief. This trauma which interrupted the ability to parent has led directly to the most current social problems that plague Native American communities today including alcohol/drug abuse, domestic violence, child abuse, sexual abuse and parenting deficiencies. All of these problems have contributed to the break-down of the family unit, leading to the removal of large numbers of Native American youth from their families. The journey of healing and breaking the cycles which have been put in place by the historical trauma experienced by generations of Native Americans requires that the cultural identity for so long denied to these children be returned. Native American youth have two distinct influences, that of their family of origin and that of their caregivers. Absentee Shawnee Tribal Foster Care is in need of homes for children that are in our child welfare system. Your participation in being a foster parent helps to ensure that these children have positive connections to their culture which in helps nurture a positive sense of identification as a Native American. By being willing to do this, you can be a valuable part of the healing journey that will help strengthen this next generation of Absentee Shawnee children; in turn, helping those children become the parents that their children will need them to be. Our children are our future, what will we have our future be? Will you, as Absentee Shawnee member, do your part if you are able? If you are interested in becoming a foster parent, please contact Juliann Wilson ICW/CPS/FOSTER CARE at 275-4030, ext. 133.

"I don't **want** a family. I **need** one."
- Current Waiting Child

<<<NOTICE>>>

Currently there are three (3) openings on the Foster Care Board. If you are interested in serving on the board, send your letter of interest to Secretary Dawsey at the Tribal Complex, 2025 S. Gordon Cooper Dr., Shawnee, OK 73801.

OEH

WATER POLLUTION PROGRAM

AST WATER POLLUTION PROGRAM HAS TAKEN OPPORTUNITY AT THE HALLOWEEN SAFETY CARNIVAL WITH THE AST POLICE DEPARTMENT DURING THE MONTH OF OCTOBER TO PRESENT OUTREACH TO THE TRIBE.

THE PROGRAM SETUP BOOTHS TO SHOW SOME OF THE WATER FIELD SITES TO SHARE WITH THOSE WHO ATTEND THIS EVENT.

THE **LONG TABLE** REPRESENTED THE RIVERS, IN THIS CASE IT WAS THE LITTLE RIVER, WHERE THE DEPARTMENT MONITORS TWO RIVERS NORTH CANADIAN AND

THE **CIRCLE** REPRESENTED THE RESERVOIRS, IN THIS CASE IT WAS THE SHAWNEE TWIN LAKES. HERE THE PARTICIPANTS AIMED FOR A FISH WITH A RING ROPE. THE DEPARTMENT ALSO MONITORS THUNDERBIRD LAKE. THIS IS THE SECOND YEAR FOR MONITORING FOR THE DEPARTMENT FOR THE SITES MENTIONED.

THE PARTICIPANTS WHO PLAYED OUR BOOTHS GOT SOME SPIDERS, & FISH GUMMY CANDY AND SMALL TOYS, FLASH LIGHT FOR FINGER AND FOOTBALL,

IT WAS REALLY FUN TO SEE THOSE WHO TOOK PART AND SEEN DIFFERENT STRATGY TO WIN THEIR OPPONENT AS YOU CAN SEE THE PHOTOS ON THE NEXT PAGE IT



CARNIVAL & OUT REACH TO ALL AGES ABOUT AST WATER SITE





PARTICIPANTES USED AIR TO MOVE THE BOAT UPSTREAM ON THE "LITTLE RIVER"



PARTICIPANTES FISHED AT "SHAWNEE TWIN LAKES"



BUILDING BLOCKS
CHILD DEVELOPMENT CENTER
AN ABSENTEE SHAWNEE ENTERPRISE

Absentee Shawnee Tribe of Oklahoma Building Blocks C.D.C.
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801

P: (405)878-0633
F: (405)878-0156

Building Blocks News...

We hope everyone had a merry Christmas!! All of our teachers and children were very busy in December with holiday art projects, learning Christmas songs, and preparing for our Christmas program. We would like to thank all of those who attended and showed support to the children and the staff. Everyone worked so very hard to make it a special occasion. Our teachers also put together classroom Christmas parties. Thank you to all of the families that contributed snacks to the parties and to those who were able to join us. A special 'Thank you' to Charlie Hayes for being Santa at our Christmas program and our class parties!! He even distributed gifts to each of the children. They loved it!!

Building Blocks currently has 58 children enrolled. With the completion of the holiday season, we are in the process of enrolling children from our waiting list. If you are interested in placing your child on our waiting list, please contact the center at (405) 878-0633. We can email or fax you a waiting list application. We are open to the public, but preference is given to Native American children.

We also have the Assistant Director position available. If you are interested in applying, please visit the AST website (www.astribe.com) and look under the 'Employment' tab to view the job requirements. Applications can be submitted online, through Human Resources, or delivered to Building Blocks.



Dates to remember:

Monday, Jan. 19th: Closed in observance of Martin Luther King, Jr. Day

Thank you,
Billie Thompson Director

We Listen Ne-Hi-Ki-Wa-Sa-Pa

The AST Health System values ALL feedback.
We will listen....

- *Patient Advocate Jim Robertson
405-447-0300
- *Customer Service Line
405-701-7623



*Patient Questionnaire located in each of our
clinics or on our website
www.ASTHEALTH.ORG

Little Axe Health Center

Absentee Shawnee Tribal Health System
15951 Little Axe Drive
Norman OK, 70326
405-447-0300

Shawnee Clinic

Absentee Shawnee Tribal Health System
2029 S. Gordon Cooper Dr.
Shawnee OK, 74801
405-878-5850



ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM IS PLEASED TO ANNOUNCE
NATIVE AMERICAN U.S. DEPT OF VETERANS AFFAIRS PARTNERSHIP



NOW ACCEPTING VETERANS HEALTH BENEFITS! Schedule Your Appointment Today!

- » Basic Medical Eligibility
- » Behavioral Health Services
- » *Service-Connected Disabilities
- » *Dental Services
- » *Vision Services

CDIB required

***Veteran must be VA Service-Connected**

Annual Required VA Hospital Visit must be current!

**VA disability assessment and annual VA hospital visit
must be scheduled at a VA facility**



LITTLE AXE HEALTH CENTER
Absentee Shawnee Tribal Health System
15951 Little Axe Drive
Norman, OK 73026
405.447.0300



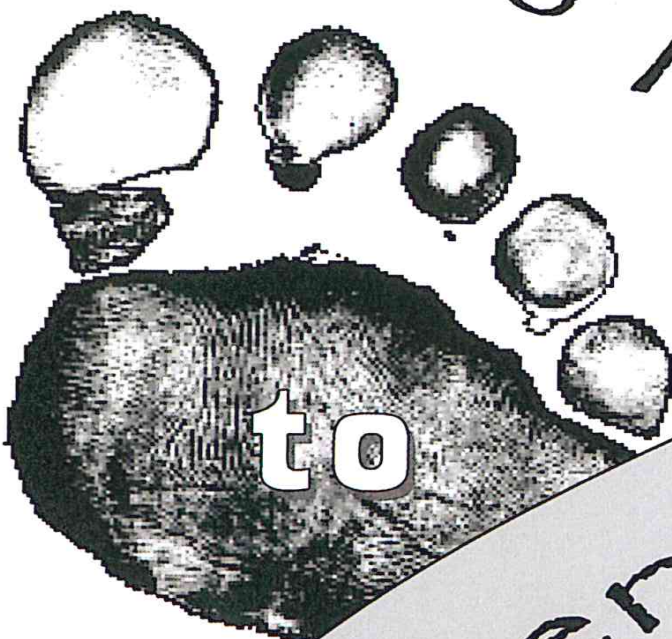
Caring for AMERICA'S HEROES
www.oklahoma.va.gov

www.asthealth.org
www.va.gov



SHAWNEE CLINIC
Absentee Shawnee Tribal Health System
2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
405.878.5850

Steps to Take



Prevent

Falls



1st- Get Moving

(Exercise!!) By not exercising you weaken your muscles increasing the likelihood of a fall to occur. 30 minutes daily of a low impact exercise will help this.

2nd- Medications

(Check with your doctor!!) Some medications or a combination of medications can cause dizziness increasing the chance of a fall.

3rd- Vision (Keep you eyes healthy!!)

Poor vision makes it harder to get around safely. Keep your yearly vision checks and wear glasses or contacts to prevent falls.

4th- Remove Home Hazards!!

Half of all falls happen at home. Remove clutter from walkways and identify other fall hazards like poor lighting to keep walking safely.

5th- Have a home evaluation!!

Falling is not a normal part of aging! It is a combination of many factors, have your home professionally checked for potential problems.

Rosie Tall Bear
Injury Prevention Coordinator

Contact me for more for more information or if you suspect you or a loved one is prone to falling.

rtallbear@astribe.com or 701-7601



Are you at risk for diabetes, have diabetes or know someone who does? Type 2 diabetes is the most common type of diabetes and affects millions of Native Americans. Many people are unaware that they have diabetes or pre-diabetes. Native Americans are twice as likely to develop Type 2 diabetes than others. Some common signs and symptoms include:

- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

Often people with type 2 diabetes have no symptoms.

Some ways to prevent and manage diabetes is through healthy lifestyle behaviors. One question that many people with diabetes or pre-diabetes often ask is "What can I eat?". The American Diabetes Association states that you do not have to be deprived or restricted. The key factors are learning what are the "superfoods", how much of it you can have and how often. Getting into the habit of eating a healthy diet helps you manage diabetes and prevent complications caused by diabetes.

The following foods are listed on the American Diabetes Association web site as "superfoods". Try to incorporate as many of these foods into your daily meal plan to enhance the nutrient content of your meals.

The foods listed have a low glycemic index (causes slower rise in blood glucose after eating) and provide key nutrients that are lacking in the typical western diet such as:

- calcium
- magnesium
- potassium
- vitamins A, C, and E.
- fiber

Beans, dark green leafy vegetables, citrus fruit, sweet potatoes, berries, tomatoes, fish high in Omega-3 fatty acids, whole grains, nuts, fat-free milk and yogurt. To learn more about eating these superfoods and recipes visit diabetes.org and sign up for Wellness and Healthy Eating classes at the Little Axe Clinic. Call Sidna McKane to sign up at 405 701-7977.

Source: American Diabetes Association at www.diabetes.org

Education Department

The following are current programs administered by the Absentee Shawnee Tribe Education Department:

These are brief descriptions of current programs. Program guidelines are available in hard copy at the Education Department office or for download at www.astribe.com.

- **Academic (K-12) Program:** assists with academic related expenses, and a portion of funds can be used for school-related athletic program expenses. Program has a maximum funding limit for the academic year.
- **Zahn Program:** established from a trust fund, program can help with some graduation expenses, and awards two (2) incentives: one for GED recipients and one for High School graduates. Program has a maximum amount of funding for graduation expenses.
- **Job Training Adult Education Program:** funds for vocational training at accredited vocational institutions. Program has a maximum funding limit for the calendar year or per program.
- **Higher Education: Education Incentive Award Program:** funds for undergraduate degrees, one associate or bachelor degree, at any accredited college or university. Funding levels are determined based upon grade point average and full-time or part-time status.
- **Graduate Scholarship Program:** funds for one master's degree or one doctoral degree, and can fund one graduate admissions test. This program has funding levels based upon full-time and part-time status.
- **Big Jim Youth Award Program:** annual incentive for High School Seniors for Academic Achievement and Athlete of the Year. Deadline for application submission is March 31st of each year.

All funding is based upon the availability of funds at the time of application.

All applications and guidelines are available at www.astribe.com. Click on Services and select Education.

For more information, please call Tresha Spoon at (405) 275-4030, Ext. 121 or 1-800-256-3341 or email to tresham@astribe.com.

ABSENTEE SHAWNEE TRIBAL
POLICE DEPARTMENT



SORNA

SEX OFFENDER REGISTRATION AND NOTIFICATION ACT
EMAIL: SORNA@ASTRIBE.COM
TIPLINE 405-273-1249

Absentee Shawnee Housing



Introduction

The information being provided is to help families understand what programs are offered through the Absentee Shawnee Housing Authority and how to apply. Our programs target low income Native American families who need housing assistance. The programs currently being provided are Rental, Lease to Own and Down Payment Assistance.

Application Process

Our process begins with the completion of our housing application. When completing the application be sure and answer all the questions that pertain to you and sign all attached forms. If you should have any questions regarding the application; call or come by our office and ask our staff in the Programs & Admissions Department and they would be glad to assist you.

The application will also require documents to be attached in order to complete the process; which are:

- ↳ Photo I.D.
- ↳ CDIB Card
- ↳ Social Security Card
- ↳ Birth Certificate
- ↳ Marriage License/Divorce Decree/Custody Decree (if applicable)
- ↳ Declaration of Section 214 (form is included with application)

Each household member must provide a birth certificate, social security card and CDIB card (if enrolled in a federally recognized tribe). The Housing Authority will conduct a criminal background check and credit check on all adult household members over the age of 18. A home visit is the final step in completing your application.

Waiting List

A letter will be mailed out once your application has been approved notifying you of the date your name was placed on the waiting list. It is very important to stay in contact and notify the Housing Authority anytime changes occur in income, household composition, or contact information. In the event that your name is next in being offered a home; you will be notified by letter or phone. Annual Updates required to remain on the waiting list.

CONTACT INFORMATION:

**107 N. Kimberly
Shawnee, OK 74801
P.O. Box 425
Shawnee, OK 74802-0425
Phone: 405-273-1050
Fax: 405-275-0678
Office Hours: 8:00 a.m.- 4:30 p.m.**

Eligibility for each program has income requirements; please be sure and review the current income limits on your application. We will not be able to process your application if you do not meet the income criteria.



Low Rent Housing

Our low rent housing program is provided to families in need of housing in the Shawnee and Tecumseh area. Rental houses are furnished with kitchen appliances, central heat and air, and mini blinds all throughout. In the Shawnee area, the Absentee Shawnee Housing Authority has two elderly/handicap communities. These areas have fully and partial handicap accessible units. A laundry facility is located in the community for tenant use only. Tenants in our rental program are provided services through our Maintenance Department; if any maintenance issues should arise you would contact the Housing Authority and a crew member will come and do the repair.



Lease to Own Program

The Lease to Own Program is available for any Native American family who has met our requirements and would like to purchase a home through the Housing Authority. The homes offered are ones currently in inventory and owned by the Housing Authority. This program is designated for income eligible families who have been renting but now feel they are ready for the opportunity to purchase their own home. The application is the same as the rental; accept the income requirements are different. Be sure and specify when completing your application, that you are applying for the Lease to Own Program. If you have substantial rental history and meet the income requirements, your name may be placed on the waiting list.

Down Payment Assistance Program

This program offers a one-time grant of up to \$20,000 to assist with down payment and/or closing cost to purchase a home and is designed to make home mortgage payments more affordable

Eligibility Requirements

- Applicant must be eighteen (18) years of age
- Must be Native American enrolled in a Federally Recognized Tribe, with priority given to enrolled members of the Absentee Shawnee Tribe of Oklahoma to apply
- Applicant must qualify as a low-income family, and must meet minimum income guidelines
- Applicant must be first-time homeowner
- Primary residences only
- Must be approved for home loan
- Dwelling Unit must pass environmental inspection

- All applicants are required to attend a counseling class conducted by our Resident Counselor before signing a lease.
- Annual Recertification are required for Rental/Lease to Own programs
- Inspections are performed on our homes annually

- MONTHLY RENT IS CALCULATED BY YOUR INCOME
- OUR LOW RENT UNITS HAVE 1, 2, 3, & 4 BEDROOMS
- LEASE TO OWN HOMES HAVE 3 & 4 BEDROOMS



NEW RENTAL HOMES AVAILABLE!

Applications are now being accepted for families that are over the income limits for our IHBG funded programs. Please contact our Programs & Admissions Department for further details. *NOTE: There is limited homes available for this program.*



Absentee Shawnee Housing Authority
107 North Kimberly
P.O. Box 425
Shawnee, OK 74802-0425
Phone (405)-273-1050
Fax (405)275-0678

Down Payment Assistance Program for Over Income AST Tribal Members

This program is to provide Over-Income enrolled Absentee Shawnee Tribal members only with affordable homeownership financing opportunities. The Over-Income Down Payment Assistance will include payment of reasonable closing cost associated with the first mortgage and the ASHA's second mortgage with the remainder of the money going toward the down payment. The maximum amount for each homeowner is \$5000.00.

Eligibility

- Applicant must be eighteen (18) years of age
- Must be enrolled members of the Absentee Shawnee Tribe with gross incomes over 100% of the median income adjusted for family size to apply
- Applicant must be first-time homeowner
- Primary residences only
- Property must be located within the state of Oklahoma
- Must be approved for home loan
- Dwelling Unit must pass all Housing Quality Standards inspection as well as Environmental Inspection

For more Program Information, please contact Kimberly Vermillion at Ext. 260.

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA DOMESTIC VIOLENCE DEPARTMENT

Domestic Violence and Sexual Assault Advocacy

The AST Domestic Violence/Sexual Assault Programs are on-call 24 hours per day to provide emotional support, advocacy and crisis counseling to survivors at hospitals, police stations and throughout the legal system. The programs also serve as a resource center to the community by offering educational information and referrals.

Transitional Housing

The AST DV Transitional Housing Program serves victims of Domestic Violence/Sexual Assault. Participants have up to six months to obtain education and job skills needed to begin a new life.

Court Advocacy

Assists survivors with domestic violence court related costs (when funding is available) and appearances as well as filing for emergency protective orders (EPO) or restraining orders.

Shelter Placement Assistance

The Absentee Shawnee Tribe's Domestic Violence Program works with other shelters within Oklahoma in order to help victims obtain safe housing. Emergency transportation for the victim and children may also be available.

Housing and Utility Assistance

Assists victims of domestic violence, sexual assault, stalking, and/or dating violence in emergency situations. This assistance may allow for a victim to either receive housing or utility assistance.

Referral Assistance

Assists with providing community resources to those who are in need of additional services outside the scope of the Absentee Shawnee Tribe's Domestic Violence Program.

Community Outreach

The Absentee Shawnee Tribe's Domestic Violence Program offers educational trainings, informational displays, and community events in order to provide more awareness to both Tribal and Non-Tribal communities.

For any questions regarding any of the above services please contact the Absentee Shawnee Tribe's Domestic Violence staff at (405) 273-2888.

After School Program 2014/2015

Come join us at the AST Resource Center!!!

- Free tutoring in all subjects!
- Games and activities!
- Delinquency prevention!
- Healthy lifestyles!

And much more!



OPEN TO ALL MIDDLE SCHOOL AND HIGH SCHOOL STUDENTS

Everything is offered at no charge....Little Axe School's bus will transport students to the AST Resource Center on Peebly Road and parents are responsible for picking students up by 6:00 pm.

Duration: Starts September 2nd and will run through the school year.

Monday-Thursday, 2:45pm-6:00pm

For more information and to sign up please contact Blake Goodman at (405) 364-7569.



The Absentee Shawnee Health System is pleased to announce that plans are being made to open an Extended Hours Health Clinic in 2015.

Coming soon!
2015

*The Extended Hours Health Clinic will be located in the "old" Little Axe Clinic in the Casino Parking lot
15702 East HWY 9
Norman, OK 73026*

Coming soon!
2015

The Extended Hours Health Clinic will be similar to an "AM/PM" clinic for acute illness or injury needs. The clinic will be staffed with a Physician, Physician Assistant, or a Nurse Practitioner. This acute needs clinic is designed to allow increased access to care for our patients after the regular Primary Care clinic is closed and on weekends. If you have an emergent condition such as chest pain or suspected stroke, please call 911 or go to the nearest ER. *The Extended Hours Health Clinic will not be equipped for emergent care.



NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

**FOLLOW ME...
AWAY FROM
METH!**

LITTLE AXE • SHAWNEE • HEALTH CLINIC

stellar

Martial Arts

Camp



On November 8th, the Absentee Shawnee Diabetes and Wellness Program hosted a martial arts camp for the tribal youth at the AST Health Facility in Little Axe. The kids participated in learning about the discipline of Taekwondo, a Korean martial art. Children and parents participated in learning the basic self-defense methods of taekwondo. Other camp activities included instructions on how to perform a proper warm-up, how to pull away from strangers, and breaking boards. The Absentee Shawnee Diabetes and Wellness Program would like to thank all of the parents and children that participated in this fun and active event.





ABSENTEE SHAWNEE TRIBE
OF INDIANS OF OKLAHOMA
2025 S. GORDON COOPER DR.
SHAWNEE, OK 74801

PRESORTED STANDARD
US POSTAGE
PAID
OKLAHOMA CITY, OK
PERMIT 2000

RETURN SERVICE
REQUESTED

AST LANGUAGE CORNER

BASKET: SO SO NE

BED: TE FINE WA

BLANKET: HI QE WA

BROOM: GE KI TE TE KI

TABLE: TI WE FA NE KE

CHAIR: HI PI PE WA

STOVE: TI LA FA LO KE

IRON: TA PE YA KE FE KI

KETTLE: HO KO KO WI

ROOF: HI PI QI NE FA KE

HOUSE: WE KE WI

FLOOR: TI TA PI KE FA KE

NOTE:

As of January 19, 2015 a new phone system will be installed.
This extensions list will be updated for the next issue.

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EMAIL ADDRESSES FOR EMPLOYEES ARE TYPICALLY THE FIRST INITIAL OF THEIR FIRST NAME FOLLOWED BY THE LAST NAME AND @ASTRIBECOM.
FOR EXAMPLE, AN EMPLOYEE NAMED JOHN DOE CAN BE REACHED AT JD@ASTRIBECOM. THERE ARE SOME EXCEPTIONS FOR OLD EMAIL ADDRESSES.
CORRECTIONS: E-MAIL TO PHONELIST@ASTRIBECOM
UPDATED: APRIL 15, 2014