

June 2012

Vol. 27 No. 6

The

Absentee Shawnee

News

Remember to Vote June 16, 2012

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Thunderbird Casino - Norman hosted the OFIW Pow wow Special Insert



Dos Owings (right) and other visitors



Melinda Ferrell, Katie Shykes, Dental Student, Jackie Edge



Capt. Max Tahsuda, Dir. Self Determination Services, Adm. Kevin Meeks, IHS Area Dir.



Sizzortail Drum Group - Marty Thurman, Joseph Blanchard, Charles Logan, Dakota Blanchard, Solomon Blanchard, Joaquin Hamilton



Adm. Kevin Meeks, IHS Area Dir., Capt. Max Tahsuda, Dir. Self Determination Services, Isaac Gibson, Sr., Teri Reed, Secretary, Kathy Deere, Treasurer, George Blanchard, Governor



Mary Birdtail, Melissa Lopez, Jackie Denny



Absentee Shawnee Tribal Veteran's Association

Little Axe Health Center Grand Opening Dedication May 16, 2012



Isaac Gibson, Sr. and George Blanchard, Governor

Executive Committee



GEORGE BLANCHARD
GOVERNOR



ISSAC GIBSON
LT. GOVERNOR



TERI REED
SECRETARY



KATHY DEERE
TREASURER



JEFFREY GIBSON
REPRESENTATIVE

Governor's Corner

Hello fellow tribal members:

As we reported last month, FEMA notified us that more mobile homes were available for distribution to tribes. A request was sent to FEMA for some of these mobile homes for our tribe. At this time FEMA has not responded with a determination on when, or how many of these mobile homes we may be receiving. Due to this, instead of taking applications for mobile homes, a list of potential applicants is being produced by the Lt. Governor's office. If you want to be placed on the list, contact Mary Billy at 405-275-4030 Ext. 132. As soon as FEMA responds with information on these mobile homes we will advise everyone on a first come first served basis.

As you are aware, the Grand Opening of the new Little Axe Health Center was on May 16, 2012 and I want to personally thank everyone who made it possible. I know it is large and requires more walking, but the staff has thought of everything. You can now drive a scooter around the clinic. The only thing they ask: is for you not to speed, and leave marks on the floor from popping wheelies.

I was glad to see that our ceremonial grounds had a nice Spring Bread Dance and was blessed with good weather. A lot of you have nice gardens planted, and I am

happy to see the interest in planting this year. Let's all hope the weather stays like it is so everyone has a good harvest.

I would like to have everyone's opinion or thoughts about having our Indian Names printed on our C.D.I.B. cards. Teenagers have asked if this could be possible. I will discuss the matter later with the Executive Committee.

I want to wish Good Luck to all Tribal graduating seniors.

Please come by and visit with us when you are in our area.

Ne yi wa

George Blanchard, Governor

1. Eagle
Pa la fi
2. Skunk
Sa ki qi
3. Whippoorwill
Qi qi li fe
4. Road Runner
Pi qi ge pa la wi
5. Buffalo
Pe la se ke me fo fe wi
6. Buzzard
We ni se
7. Donkey
Ka ki no sa
8. Dove
Me yi se pi we fi
9. Quail
Qi li so fi
10. Parrot
Fa ne ki we
11. Raccoon
Hi fa pi te
12. Fox
Wi ko ga fe

Lt. Governor's Report

May was a busy month. The Annual Self Governance Conference was held in New Orleans. The meeting wasn't very uplifting as all the Federal Employees had to talk about was budget cuts. However, they did say the cuts would start at the Federal level. Listening to different people talk, it seems that in prior years the Tribes have suffered through those tough years. We will wait and see.

At least the Tribe's General Fund is doing better. We still have to count on federal funding somewhat but we are gaining on the tribal side. Hopefully it will even out and one of these days we can become totally self sufficient and won't have to worry about this kind of talk.

Also we have been receiving calls from Tribal Members regarding FEMA trailers. The tribe has requested trailers and right now we are no farther than that. Mary Billy at 275-4030, Ext. 146 is making a list of those of you who have called in requesting trailers. When we hear more we will let you know, we will still take your information. As was stated this is not a for sure deal. We are currently waiting on FEMA.

We spoke with Bill Perry, our Attorney on the Probate issue. CPN filed their brief on April 27th. The Absentee Shawnee will file it's re-

buttal on May 30. It looks good for the Tribe. It doesn't look much different from what they filed in the Office of Hearing and Appeals. Judge Reeh was not even moved by what they filed. I don't know if they can gain any ground with the IBIA folks, but we will let you know as soon as we hear something.

The Maintenance Department is glad to be able to mow yard for the elders; however, I must ask that you clean your yard before we get there and everyone on the list needs to up date their applications.

Have a great month!

Thank you,
Isaac Gibson,
Lieutenant Governor

Secretary's Report

Greeting Tribal Members:

This time of year is an exciting time as many of you are busy with summer plans, cultural participation in dances and football, gardening, graduations, and summer activities. There is a lot to be excited about at the tribal complex too. I have a lot of information to report to you this month.

LITTLE AXE CLINIC - PUBLIC GRAND OPENING

The grand opening for the new clinic took place on Wednesday,

May 16th. We had a great turn out and a lot of tribal members got a chance to tour the new facility. Currently, we are serving Native American's and Sooner Care children, with plans to start serving non-Native Americans before the end of the year.

BIG JIM YOUTH AWARDS

Now that school sports have been completed, we are able to release the names of our winners for the Big Jim Academic Achievement Awards and the Big Jim Athlete of the Year Awards. Congratulations to our male winner Doyle C. Stryker (Earlsboro, Oklahoma) for winning the academic and athletic award. Our female academic award went to McKinzey F. Cottrell (Ft. Gibson, Oklahoma) and our athletic award went to Shawnee D. Martinez (Modesto, California).

These are our first award winners for this prestigious award. More information about the winners is presented elsewhere in this newsletter. Our Award Committee traveled to each recipient's high school to present the awards, which consisted of a trophy, certificate, and a \$1,000 scholarship.

The awards were for outstanding high school seniors only. The selection committee consisted of five members who were either educators or coaches. None of the members of the selection committee were Absentee Shawnee Tribal members. We are excited about awarding these scholarships to our tribal members and hope that they will serve as an incentive to our youth to strive for excellence in their high school years as they prepare for higher levels of education.

I want to thank the award committee for all their hard work over the past several months to get this new program up and running. Each of the members worked hard to make this project a success. They were passionate in our quest to reward outstanding high school students and to make a difference in their lives. It was such a joy to work with them. The award committee consisted of: Jeff Gibson-Rep-

resentative, Tresha Spoon - Education Director, Randy Edge - TERO, Joseph Blanchard - Realty, and myself. I look forward to working with them on this program again next year. Applications for next year will be accepted January to March 2013.

OTHER YOUTH ACHIEVEMENT ANNOUNCEMENTS

I've been receiving information about the recent achievements of several of our talented young tribal members. I would like to congratulate Brandon Little Axe for being instrumental in his Norman North High School soccer team winning the 6A State Championship. Brandon has signed with Oklahoma Christian to play soccer next year. Congratulations are also in order for Brittany Watson for making Second Team All Region for playing second base at Northeastern Oklahoma college and for competing in this year's NJCAA National softball tournament in St. George, Utah. Congratulations to Devon Frazier, starting pitcher for St. Gregory's University, for being awarded as a SAC First Team All Conference selection and competing in the NAIA Nationals Tournament in Gulf Shores, Alabama. Devon was also recently selected as the Jim Thorpe college player of the week.

CULTURAL PRESERVATION PROJECT

We are in the beginning stages of developing a new summer program to document the lives and stories of tribal members. We want to preserve our history by documenting these stories for future generations. More information will be presented to you as we get further along with the development of this program. I will be partnering with the Cultural Preservation Department to help lead this project. We are looking for college interns who have journalism or history majors to be involved in this project, but we will consider others who have writing or journalism experience. Please contact me by phone or email if you would like to be involved in this temporary project and I will add you to the list.

If you would like to volunteer to be one of the featured tribal members, please let me or one of the other Executive Committee members know. Or, you may contact the cultural preservation department.

AST GROCERY AND SMOKE SHOP

The new pay-at-the-pump gas pumps were installed at the end of April, along with a new Point-of-Sale cash register system and new inventory software. These upgrades should increase traffic to the store, and allow us to be more effective and efficient in tracking sales and inventory. The increase in efficiency will allow us to better utilize the workforce and reduce expenses. We are now accepting Government EBT cards for food stamp purchases and the Fuelman credit card for gas purchases.

If you've caught a big fish in the central Oklahoma area, we would like to post a picture of your catch in the grocery store in Little Axe. We feel this will promote tourism and increase traffic to the lake area and our store. Pictures can be emailed to me at teri@astribe.com.

TRIBAL ECONOMIC DEVELOPMENT AND CASINO OPERATIONS

I recently had a couple of opportunities to attend some conferences to network with other tribes to learn more about issues that affect all of us, including economic development issues and casino operations. I attended the **National Indian Gaming Association** conference where I was able to learn more about the financial aspects of casino operations. Casinos continue to be the highest source of income for all tribes. This is a 28 billion dollar industry and the 5 year outlook shows continued growth. Oklahoma has the second most casinos in the nation, with only Nevada has more. There was a lot of talk among the tribes that we all need to increase our land bases and continue to push for getting these lands into trust status. I also attended the **Oklahoma Native American Construction Conference for Economic Development**

& Infrastructure, where Tribal Leaders and construction professionals came together to discuss creating jobs, opportunity, and increasing the quality of life with economic development and infrastructure construction projects. We learned more about how tribes are using TERO and Small Business 8(a) government contracting to increase opportunities for jobs and economic development.

OTHER

As a reminder, please remember to vote for the candidate of your choice on Saturday, June 16th.

In closing, I would like to take a moment to comment on the loss of our beloved Wannetta Battise who passed away suddenly on Mother's Day. She was the receptionist and the happy voice on the telephone that many of you had become accustomed to hearing over the years. She was a great lady and will be missed. She touched a lot of lives with her humor, smile, and her willingness to help tribal members who visited the complex or called on the telephone. My heart goes out to her family, and to any others who have suffered a loss within their families.

Teri Reed – Secretary
teri@astribe.com
405-275-4030 Ext 104



Blessing to Absentee Shawnee Tribal Members,

Hope you had a good and safe Memorial Weekend! Memorial weekend starts off the Powwows for the Summer! We attended Copan (This was their 48th Annual Delaware Powwow held May 25, 26 and 27 at the Fred Fall Leaf Memorial Campgrounds. AST member, Jason Bender was the Head Man Dancer and their 2012 Delaware Powwow Princess, Nawnee Little Axe of Bartlesville.) Congratula-

tions to all graduates! May all your future endeavors be fulfilled to your heart's desire! Remember to vote on Saturday, June 16, 2012! My sincere condolences to the families (Washington, Alexander, Wolfe, and Battise) AST members that have lost loved ones.

We are continuing progressing in the areas of economic development, educating our tribal members, and services for the tribal members. Below is the list of activities for the month:

- ASEDA Board Monthly meeting, as Ad Hoc non-voting member.
- Elders' Monthly meeting, at the AST Resource Center this month. They meet every third Saturday, either at AST Resource Center or Title VI Bldgs, 10 am. If you are 55 years and older, please come join us for fellowship, food, and fun times together. We plan fund raisers, outings, and cultural activities. Discussion on fund raising activities such as cookbook (elders are assembling for sale in near future); Golf Tournament, June 9, Firelake Golf Course (see flyer page); 2nd Annual Inauguration event for newly elected executive committee members, date will be TBD; Annual Elders' Veterans Dance, this year it is a Gourd Dance in November date TBD.
- Executive Committee had to move regular scheduled meeting to following Wednesday, due to closing of complex and grand opening of Little Axe Health Facility. See Resolutions Page.
- Fort Pitt Museum, Pittsburgh, Pennsylvania, Eastern American Indian History Conference. This conference goals were: (1) Share histories of both individual Native Americans and Indian nations; (2) Better understand and interpret their history through the lens of their material world and possessions; (3) Study their interaction with European and Euro-American newcomers encountered in areas of trade, diplomacy, missions, and military action; (4) Provide common ground for academics, American history enthusiasts, museum professionals, and collectors

both Native American and non Native, to share and learn from each other; and (5) Foster continue research into history of Native Americans and present new perspectives. Combination of elders and cultural preservation language class participants about 14 traveled to Pennsylvania in two vans. We represented our tribe well, as well as, the Seneca-Cayuga Tribe of Oklahoma were there to do the entertainment which consisted of several dances, alligator, duck, rabbit, stirrup, etc., and several stomp dances. Paul Barton, Director of the Language Preservation Program/Tribal Historical Preservation Officer (THPO) for the Seneca-Cayuga Tribe did presentation on, "A Time Line West: Mingo to Seneca-Cayuga". Historical overview of Sandusky and Lewistown Seneca and the New York Iroquois who occasionally joined them, from Ohio to the Indian territory, resulting in the modern Seneca-Cayuga Tribe of Oklahoma. Also, Scott Meachum, independent researcher and historian specializing in warfare and pictography. He has published articles on war clubs and war pictography and is a frequent speaker on these subjects. He was supposed to present, "Success Lies Within: War Bundle Contents and Power". But due to unforeseen circumstance his presentation was canceled. The conference had about six speakers for two days.

- Little Axe Health Facility between the Acting Executive Director, Beverly Felton, Health Finance Department, Shawnee Clinical Administrator, Finance Department Controller, and Office of Treasurer. We met to discuss monthly health financials to keep everyone updated on revenues and expenses.
- Grand Opening Committee of the Little Axe Health Facility meeting to discuss agenda and last minute details on opening.
- Monthly AST Elders' Meeting, Resource Center, 10 am. Discussion on fund raising activities such as cookbook elders are assembling for sale in near fu-

ture, Golf Tournament, June 9, Firelake Golf Course (see flyer page), 2nd Annual Inauguration event for newly elected executive committee members, date will be TBD, Annual Elders' Veterans Dance, this year it is a Gourd Dance in November TBD.

- Department of Health, and Human Services, Administration for Native Americans (ANA) Project Planning and Development Training, hosted by ANA Eastern region T/TA Center, Hard Rock Hotel, Catoosa, OK. The project development trainings are designed to provide prospective ANA applicants with skills to plan successful community development projects. Participants learn how to: work with community and key partners to identify and document specific community problems that stand in the way of meeting community goals; create a project work plan to address those problems and attain community goals; develop measurable outcomes and impacts to the community; and determine the level of resources and funding needed to implement the project.
- Congratulations to Executive Committee's Employee of Month May Winner, Clarice Murdock.
- Absentee Shawnee Health Systems and LSWNE meeting, as Ad Hoc non-voting member. I would like to thank Ms. Beverly Felton for her commitment and service to her duty as acting/interim Executive Director for the Absentee Shawnee Health Systems since the retirement of Gary Wabaunsee. She has stepped up and taken over the duties and has worked long hours to having this health facility open and begin to reach out to tribal members, community, and hopefully surrounding counties. Thank you Beverly for an excellent job!
- May 16, 2012, Dedication and Grand Opening, Guest Speakers, Gov. George Blanchard and IHS Area Director, Adm. Kevin Meeks. Estimate visitors, employees, and dignitaries were about 150+.
- Planning committee for 1st

Family Music Event, August 25, 2012, 4-9pm., LA Clinic North Patio.

- Oklahoma Federation of Indian Women Honor Powwow for outgoing 2011 Miss Indian Oklahoma-AST member Devon Frazier and JR Miss Indian Oklahoma, Raven Morgan held at the Thunderbird Casino in Norman. It was an honor and privilege to attend. We congratulate and thank Ms. Devon Frazier for her honorably service, dedication, and commitment to being the most beautiful and representative for the Absentee Shawnee Tribe.
- Horse Shoe Bend Awards Banquet at Gordon Cooper V-Tech School. These awards were presented to the participants that attended the after school program at Horse Shoe Bend.
- Monthly Redstone Investment meeting. We have an excellent investor advisor, who continually keeps the committee updated on the tribe's investments. The Tribes' Year to date portfolio has been 3.96% as of March 31, 2012, which represents a 15.84% annualized return. Since we have been with Redstone Investments, we have achieved attractive returns for the Tribe's investment portfolio for over ten (10 years).
- Constitution Revision Committee. They need your input on revising the legislative branch of the AST government with Proposed Constitutional Change. Four options are being considered. As you will see on another page the proposed four (4) options. Please fill out the Survey and either mail, give or fax to a Constitution Revisions Committee Member or Eddie Broke-shoulder, Coordinator, Office of Treasurer, 2025 S. Gordon Cooper Dr., Bldg 2, Shawnee, OK 74801 or by fax 405-395-9780.
- Attended the Cultural Preservation Language classes held at Brendle Corner. This is a great opportunity to learn our language. We have great teachers and they are anxious to teach any tribal member young or old. So consider attending the class. They are held every Sunday afternoon either at Governor's

Conference room or Brendle Corner. Call cultural preservation to know when and where the next class will be, 275-4030 X190.

- Auditors are on site for the 2011 audit. We expect to complete the audit end May 2012. All the Tribe's entities will be audited first and those will roll up into the Tribe's Government wide financials; (ASEDA; ASEDA Fleet, AST Counseling Services, Store, Harrah Smoke Shop; and Restaurant: AllNations Bank: and Thunderbird Casino's Locations 1 & 2). The Audit will include the MD&A (Management Discussion and Analysis). The MD&A report is an informative report within the 2011 Audit; which is a brief review and explanation of the Audit. We expect to get another good "Audit for 2012".
- We received notice our Indirect Cost Rate has increased to 34.79%. Awesome news! We are waiting on signature approval letter.
- Salary Committee needs your input on the proposed changes for the executive committee. In the newsletter and on the website, and different locations. Survey boxes have been placed at Resource center, Title VI eating places, Tribal Complex Buildings, 1, 2, and 3 for your convenience. Please fill out and place in boxes.

Sincere appreciation goes out to the employees of the Finance Department and the Controller, Belinda Collins, as they daily continue the never ending processes for the financial side of the Absentee Shawnee Tribe. Without their tireless dedication and commitment we could not keep the financial transactions processes flowing!

Also, would like to extend my appreciation to the Financial Consultant, Eddie Brokeshoulder, who continues to assist me with numerous projects, attend meetings where I cannot attend, and consulting decisions in the office of Treasurer!

Elections will be June 16, 2012, remember to get your absentee

ballot request into the Election Commission. The ballot request form was listed in the April issue and this May issue. Lt. Governor, Treasurer, Representative, Deputy Election Commissioner and Election Commissioner #1 Positions will be on the ballot. Deadline is May 27th, to get ballot request into Election Commission. Hope you all feel your elected officials are doing a good job and please exercise your right to vote!

We appreciate all your phone calls, emails, and visits. May God continue to bless you and yours! See below articles from AllNations Bank, Financial Consultant, Eddie Brokeshoulder; and Finance Department.

Respectfully yours,
Kathy Deere, Treasurer

"I know of no more *encouraging* fact than the unquestioned ability of a man to elevate his life by conscious endeavor." Henry David Thoreau

FINANCE DEPARTMENT JUNE 2012

The Finance office continues our efforts in keeping the day to day activities flowing effectively and efficiently through communication between the Finance office and Programs. In working together, we have found the most time effective and cost effective processes for transacting business.

We expect to complete the 2011 audit June 7, 2012; and we are still on schedule so far. All the Tribe's entities will be audited first and those will roll into the Tribe's Government wide financials; (ASEDA; ASEDA Fleet, AST Counseling Services, Store, Harrah Smoke Shop; Restaurant: AllNations Bank: and Thunderbird Casino Locations 1 & 2). The Audit will include the MD&A (Management Discussion and Analysis); which is a brief review and explanation of the Audit. The 2010 Audit was an "unqualified" audit; which when compared to an educational grading scale is an A; and it is my goal

that the 2011 will be unqualified as well.

The Indirect Cost Proposal for 2012 has been assigned to an auditor at the National Business Center (NBC) for approval. We expect to negotiate this rate by the end of next week. NBC is six months behind whereas they had been only three months behind last year because they experienced budget cuts thus staff cuts. Our rate is up from 17.74% for 2010 to 21.98% for 2011 and we expect our rate to increase for 2012 however that is just an estimate. This estimated increased is based on the influx of activity deriving from the new clinic opening in April 2012. I will write the Indirect Cost Proposal for 2013 once the audit is complete.

The finance department continues to complete accounting by the seventh day of the month and have been since August 2010; for financial reporting for the Health Authority and Li Si Wi Nwi, Health Inc. boards for Absentee Health Systems, Shawnee and Little Axe (LSWN) which is possible since the accounting is completed on schedule every month. The Finance staff will begin May reconciliations for financial reporting on the first of June. It is imperative the accounting staff continue to stay ahead of all of the accounting so that audits go smoothly so that Indirect Cost rates will stay up to date as well. Indirect cost proposals cannot be submitted without completed audits as the audit is used to calculate the proposal. There are many processes in place in your Tribe's accounting department that ensure we keep accurate records of transactions. The Tribe's accounting processes must be in compliance with GAAP; (Generally Accepted Accounting Principles) and GASB (Governmental Accounting Standards Board).

The Tribe currently has compact funds of BIA and I H S, 51 Grants, and the new Clinic business. In addition, the Tribe operates on a General Fund and an Indirect Cost Fund.

The Absentee Shawnee Tribe's Finance Department has very hard

working group of people and it is an honor to work with them, the Treasurer's office and at the Absentee Shawnee Tribe. The Finance Department employs 11: with 7 (64%) being AST Tribal Members and 4 (36%) being non-natives. This department, as always, would like to extend a special thanks and note of appreciation to the Executive Committee for providing the tools, resources and support to enable the finance staff to reach its accomplished goals and to continue with this effort. A special thanks and note of appreciation to Program Managers and Employees of the Tribe for their assistance and dedication in our group effort toward accomplishing our goal.

If you have any questions or needs, please call 405-275-4030 ext 162 and I will be glad to assist you in any way I can.

Respectfully,
Belinda Collins, Controller

FINANCIAL CONSULTANT

Hello Tribal Members,

The office of Treasurer continues to manage and provide sound financial reporting and in keeping with fiduciary responsibilities of improving the financial status of the Tribe.

The following activities I have been involved and participated.

Financial Reporting: Reviewed and analyzed monthly General Fund, Indirect Cost and Elder Council encumbrance monthly budget reports.

Absentee Shawnee Economic Development Authority, Inc. (ASEDA): Attended monthly ASEDA board meeting to discuss future business opportunities and current business operations development.

Redstone Investments: Attended our current monthly investment meeting, discussing investment strategies and opportunities.

Department of Treasury Community Development Financial Institutions Fund (CDFI): Contacted the CDFI Native American Initiative person Ms. Ruth Jaure this past month concerning an application for 2013 funding. Ms. Jaure provided encouragement that our Tribe would be eligible to apply in October for a \$100,000 technical assistance (TA) grant. You may request a TA grant for wide range of purposes. For example:

- **Training** – TA grant to acquire external training for staff, volunteers, or board members in order to increase effectiveness of your existing and future administrative operations and programs.
- **Travel Expenses** - TA grant to cover travel expenses for staff, consultants, or board members.
- **Professional Services** – TA grant to cover professional services such as, developing lending policies and procedures; developing a market analysis with recommendations for expansion; hiring a contractor to evaluate existing or new Financial Products or training services; hiring a contractor to deliver training to potential borrowers.

The opportunity to apply for this grant will bring opportunities to the Tribe such as small business development, loan opportunities, and financial literacy that will provide a prosperous future.

AST Constitution Revision Committee: May 25th at 5 p.m. was the closing date and time to submit by fax, mail or hand delivery of our Legislative Structure / Length of Tenure Questionnaire. The questionnaire provided Tribal members an opportunity to *circle or mark which option you feel would best represent the Absentee Shawnee Tribe.* **TENURE QUESTION:** *Please circle which amount of tenure you think would work best for the Absentee Shawnee Tribal Government (2 years – Current), 3 years, 4 years, 5 years and 6 years.*

In closing, I would like to let you know our offices are always open to answer questions you might have relating to financial management and AST Constitution Revision Committee. I can be reached at 405-275-4030 ext 148 or eddieb@astribe.com

ALLNATIONS BANK

Hello to All of Our Friends,

Facebook offers many privacy controls, but good luck understanding them. A new study by Siegel+Gale, New York based consultants, finds that Facebook's and Google's privacy policies are tougher to comprehend than the typical bank credit card agreement or government notice. Google's widely promoted new policy was so dense that researchers found it impossible to write an adequate question to test a reader's comprehension. Facebook's tools were nearly as difficult. The following are things you should consider:

- Think before you type. Even if you delete an account some information will remain in Facebook's computers for a long time.
- Regularly check your exposure. Each month, check out how your page looks to others. Review individual privacy settings if necessary.
- Protect basic information. Set the audience for profile items, such as your town or employer. Remember that sharing information with "friends of friends" could expose you to thousands.
- Know what you can't protect. Your name and profile picture are public. To protect your identity, don't use a photograph, or use one that doesn't show your face.
- "Unpublic" "your wall. Set the audience for all previous wall posts to just friends.
- Turn off Tag Suggest. If you would rather not have Facebook automatically recognize your face in photographs, disable that feature in your privacy settings. The information will be deleted.
- Block apps and sites that snoop. Unless you intercede, friends can share personal information about you with apps. To block that, use controls to limit the information apps can see.
- Keep wall posts from friends. You don't have to share every wall post with every friend.

You can also keep certain people from viewing specific items in your profile.

- When all else fails, deactivate. When you deactivate your account, Facebook retains your profile data, but the account is made temporarily inaccessible. Deleting an account, on the other hand, makes it inaccessible to you forever.

For detailed instructions on all of these tips, go to Consumer Reports.org/cro/facebookprivacy.

Gene Davis
President

Representative's Report

Greetings fellow Tribal members:

I hope everyone has gotten to enjoy the beautiful warm weather we've been having. I'm glad to hear about many of our youth playing in softball/baseball tournaments and other sporting endeavors recently. It pleases me to hear of the excitement and triumphs from our younger ones. On that same note, there have also been many to graduate this month as well, and I would like to give each and every one of you who did, a pat on the back. It's quite an accomplishment to graduate and I look forward to seeing what the future holds for these bright young minds.

Earlier this month I attended the Annual Self Governance Conference in New Orleans, Louisiana. It was uplifting to see so many tribes represented and working so hard in bettering their own tribes' livelihood. The impending budget cuts seem to be the main topic of discussion, but details were not given. We're still doing all we can to promote the well being of our tribe.

It has been a great privilege working with the programs that I do, and I can see many things have

improved over time. Here's a list of programs I oversee: Building Blocks, Domestic Violence, ICW, Social Services, TERO, Title VI, and the Veterans Group. As I have said before, if anyone has a question or concern about any of the programs that I work with, please don't hesitate to call or come by and visit with me. I welcome all questions and concerns. You can reach me at work (405-275-4030 ext 202) or on my cell, 405-481-6905.

Tribal elections are coming up on June 16th, so please exercise your right to vote. I would love to see any and all Tribal members out voting this year because it is your votes that count, and that decide what the future of the tribe will hold for us all.

As I close, I would like to take a moment to remember those who have passed on before us. They will not be forgotten, but remembered fondly with the greatest respect.

"We should not judge people by their peak of excellence; but by the distance they have traveled from the point where they started."

Henry Ward Beecher

Tribal Representative
Jeff Gibson

Resolutions

Due to unforeseen circumstances the Executive Committee Meeting had to be rescheduled. Therefore there are no resolutions to report this month. They will be included in next month's issue.

**2012
Absentee Shawnee Tribe
Corporate Cup Challenge Winners:**

The Back Up All-Stars

**Teammates are (pictured L to R):
Rosie Tallbear, Stephen Fife, and
Joseph Blanchard
Teammates Lisa Botone and Leah
Bates are not pictured.**

Congratulations!



**RACHEL SCOTT
YOUNG PRODIGY**

Rachel Scott is a young lady of 8 years and she has accomplished many wonderful things. She is active and participates in karate, dance and sports and has held the title of "Little Miss Indian Oklahoma City". To add to her accomplishments she is mastering the art of piano with a brief four months of attending classes with Mr. Phil Bradley, Music Instructor. Phil comments that Rachel is just awesome and he looks forward to watching her grow into a professional musician if that is the direction she wants to take. Rachel is gaining extensive knowledge and skills each week that she attends her music class at the AST Little Axe Resource Center.

Phil has worked with over 400 youth over the past three years and expresses that Rachel is a joy to be around, is motivated and a great role model for other youth. Rachel had the pleasure of playing Amazing Grace at a talent show in April. She played it beautifully with such confidence and grace. The music in itself is difficult to play. Rachel has expressed that the piano lessons have been a blessing and a great way for her to express herself through music. Music has provided such a positive impression in her young life that she can see the effects of it in her daily life whether at school, with friends, or family.

Free music lessons are available to all Native American children and their families. The program is having such a positive impact in bringing families together. Please contact Phil Bradley, Music Instructor at Little Axe Resource Center 405.364.7298, Little Axe Health Center 405.477.7994 or Shawnee Clinic 405.275.4030 Ext 117.

Schedule:
Monday – Off
Tuesday – LA RC
Wednesday – Shawnee
Thursday – Shawnee
Friday – LARC
Saturday - Shawnee

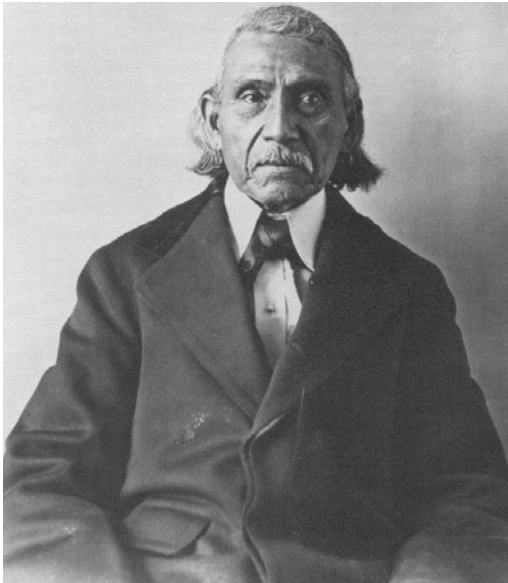
**FY-2012
YTD TAX COLLECTIONS
APRIL**

Run Date:
05/22/12

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	TOTAL	TAX COLLECTED
Sales (6%)	\$1,303.68	\$5,764.96	\$9,556.88	\$20,267.74									\$36,893.26	\$36,893.26
Gaming	\$109,331.00	\$105,500.00	\$84,000.00	\$252,000.00									\$550,831.00	\$550,831.00
Employee (1%)	\$1,771.92	\$6,921.68	\$19,027.03	\$13,411.67									\$41,132.30	\$41,132.30
Severance (8%)	\$1,033.85	\$19,231.62	\$16,244.27	\$10,116.92									\$46,626.66	\$46,626.66
M Vehicle	\$11,657.32	\$14,984.82	\$14,227.79	\$11,321.19									\$52,191.12	\$52,191.12
Tobacco Refund	\$9,662.76	\$11,107.79	\$9,231.53	\$10,458.50									\$40,460.58	\$40,460.58
TOTALS	\$134,760.53	\$163,510.87	\$152,287.50	\$317,576.02	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$768,134.92	\$768,134.92
Miscellaneous	\$1,290.00	\$330.00	\$160.00	\$50.00									\$1,830.00	\$1,830.00
TOTAL COLLECTION	\$136,050.53	\$163,840.87	\$152,447.50	\$317,626.02	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$769,964.92	\$769,964.92

NOTES:

Absentee Shawnee Tribe awards



On May 1, 2012, the Big Jim Youth Award Development Committee notified the tribal youth who were to receive these prestigious awards for their High School Academic or Athletic performance. As mentioned in previous newsletters, the selection committee for these awards consisted of five individuals who are either educators or coaches. None of the members of the selection committee were Absentee Shawnee Tribal members. This was incorporated into the program to maintain fairness to all of the applicants.

The Big Jim Youth Award Program was open to all Absentee Shawnee High School Seniors within the 50 United States. "The purpose of these awards is to recognize the outstanding contributions of our tribal youth and to promote excellence in academics and athletics in high school and beyond" said Tresha Spoon, Educational Director of the Absentee Shawnee Tribe.

Big Jim Youth Award for Academic Achievement, \$1000.00 Scholarship

Doyle C. Stryker

Earlsboro, Oklahoma

Grandparents: Gertrude and, the late Bob Pickering, Aunt: Tammy Liles

Attending Hillsdale Freewill Baptist College, Fall 2012

Major: Education-Mathematics

Accomplishments: National Technical Honor Society (2 years)
Pre-Engineering Academy (2 years)
Student Council (2 years)

Essay: "...I am actively involved in [the] National Technical Honor Society and have served proudly for 2 years...I try my hardest to excel in all that I do. I have been active with [the] Students Assisting Students Organization. Here we assist other students with anything as far as tutoring or something as simple as just listening to them...I feel we need more Native American teachers who are willing to learn from, as well as teach students..."



Runner-up

Laurel Stryker

Earlsboro, Oklahoma

Big Jim Youth Award Athlete of the Year, \$1000.00 Scholarship

Doyle C. Stryker

Accomplishments: All Conference Basketball 2011-2012

All Tournament Baseball 2011-2012

Best Basketball Players of AAU 2011

Essay: "...I have been chosen as All-Star player in both Baseball and Basketball. I have received All-Conference in both sports and I feel truly honored to have received these awards...These awards really make me want to try harder. I have set my goals so high that I refuse to give up or get discouraged."

Runner-up

Laurel Stryker

Earlsboro, Oklahoma

Big Jim Scholarship Awards

Big Jim Youth Award for Academic Achievement, \$1000.00 Scholarship

McKinzey F. Cottrell

Ft. Gibson, Oklahoma

Parents: Steve and Shari Cottrell

Attending Oklahoma State University, Fall 2012

Major: Pre-Med, Physical Therapy

Accomplishments: Oklahoma Indian Student Honor Society (2 years)
National Honor Society (3 years)
Native American Student Association (4 years)

Essay: "...I have maintained a grade point average greater than a 4.0 throughout high school...I feel this shows strong dedication to work hard, study as needed, and complete various tasks. Since my early school years, I have only had a few absences... One of the events that has given me the characteristics of a good leader is my role on the Varsity Cheerleading team...I have been involved in Dance for fourteen years and I currently dance for six to eight hours per week."

Runner-up

Jessica Ellis

Shawnee, Oklahoma



Big Jim Youth Award Athlete of the Year, \$1000.00 Scholarship

Shawnee D. Martinez

Modesto, California

Parents: Martin and Laronda Martinez

Attending California State University, Long Beach, Fall 2012

Accomplishments: Only boy or girl to win three Sac-Joaquin Section Masters title (2009, '10 and '11)
All-District Golfer of the Year 2011
Tied for third at the CIF State Girls Championships

Essay: "...I spend hours a day perfecting my swing and improving my overall performance which has taught me to be disciplined in life...I learned to discipline myself at a young age by doing everything I could to become a better golfer and a better person on and off the course...Golf is known as the "gentleman's sport" and a great amount of respect and responsibility is key."

Runner-up

Marissa Hackbarth

Meeker, Oklahoma





Brandon Little Axe; National Athletic Success

(Reprinted with permission from Native American Times)

Oklahoma's top high school athlete didn't make spectacular catches in the end zone on Friday nights this past fall. He didn't hit game winning three pointers with a second or two left on the clock. It wasn't huge home run shots in the final inning propelling him to this deserved status.

Brandon Little Axe, a high school senior and enrolled member of the Absentee Shawnee Tribe, simply dominated a game that is only in more recent times gaining an interest amongst the youth of Indian Country. On Saturday night he lead his Norman North soccer program on to the field to play for a 6A state championship against perennial athletic powerhouse Tulsa Union. His team, sporting a 16-0 record and having outscored their opponents 59-7 to this point in the season, was ranked #3 in the nation and #2 in the state. Oddly, Tulsa Union held a #1 state ranking and #10 national ranking. Brandon entered the game having scored 23 of his team's goals as well as a handful of assists. This tally had made him one of the most prolific offensive weapons in the country. Unfortunately for Tulsa Union and their offensive "Redskin" moniker, an actual Indian carrying a 3.8 GPA, 25 ACT, and a humble character to boot, was about to add two more goals to his season leading campaign and assist his team in taking home a 2-1 victory. This accomplishment would propel Norman North to a #1 state and national ranking.

When the whistle sounded and the Norman North student body rushed out of their stadium seats to mob those who just added a state and national championship to their trophy case, all one could hear in every side conversation was his name. The same chorus had been heard throughout the season. In true Brandon Little Axe style after being surrounded by news reporters and television cameras asking about his performance, he made the following statement. "We have no egos on the team. We're all together."

Brandon decided his collegiate future this week between offers from schools including the University of Tulsa, Southern Nazarene University, William & Mary College (Virginia), Oklahoma Christian University, Mid-America, and few others. In the end he was given a full scholarship to Oklahoma Christian and he accepted the offer. Kiowa tribal member and former NCAA D-II player Chris "Wonder Wondo" Wondolowski has already blazed a trail for the young Absentee Shawnee through college and the professional ranks of Major League Soccer winning the pro league's prestigious goal scoring title only two seasons ago and leading the league in goals so far this season for his San Jose Earthquakes squad. Hopefully, five or six years from now Indian Country will have a repeat of his performances from a young man with "Little Axe" scrolled along the back of his team jersey. Never minding the small number of American Indians inhabiting the soccer sports culture, I still like those odds.

"I have spent most of the years of our lives together involved the game of soccer. This includes my years as both an NAIA/NCAA college soccer player and head college coach. In all these years of playing against and recruiting players, rarely have I come across anyone with the athletic, academic, and character combination that I have witnessed with Brandon Little Axe. What he has done as an Indian person leading a 6A high school to the top ranks of both the state and nation and an undefeated record is unparalleled. Being on top of both the state and nation in scoring statistics is a further credit to this young man. I could not see a finer role model for the young people of the Absentee Shawnee Tribe and Indian Country as a whole, than him. Our children all look up to him. He is that special. His coach at Oklahoma Christian has inherited a future collegiate All-American." -Cedric Sunray (former head college soccer coach and NCAA/NAIA soccer player).

"Brandon is the son of Anna Little Axe and tribal member Darrell Little Axe. His grandparents are Barbara and Jerry Little Axe. Brandon is a tremendous talent. His perseverance, hard work, and determination are inspirational. We are all extremely proud of what Brandon has accomplished in high school and are looking forward to his success at Oklahoma Christian." -Teri Reed (Absentee Shawnee Tribe)

EDUCATION DEPARTMENT

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

Attention:

Applications for fall 2012 must be received or postmarked by June 15, 2012.

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.



Brandon Little Axe signing with Oklahoma Christian as Tresha Spoon (Education Director), and family and friends look on.

REALTY DEPARTMENT

Dear Tribal Members and Allotment Owners,

The Realty Department would like to make the following announcements:

Because of the recent interest, in oil and gas from petroleum entities on our Tribal properties, this office wanted to make certain that membership is aware of these discussions and properly advised.

Some of you should have received correspondence from UDX, LLC. in the past few weeks. This is an oil and gas exploration project, for Cleveland County, which began this past November. The phone calls we have received concern the location of the properties and interpretation of the details. I apologize for any confusion but the company inadvertently left off the Allotment Name, which can be found along the right-side of the form, and identified as "AST 820 xxx".

These documents are the first in a series, should the company find minerals. Due to the time involved to obtain consent and approval from the BIA, this project may not be concluded until late fall. The process being used will not employ the use of any detonating materials or drilling, at this time.

In the coming months, individuals with interests in Pottawatomie County will begin to receive paperwork from another company on a similar project. At the request of ownership and approval of Realty Director, we have asked that the company give a physical location (in laymen's terms) of these sites to better assist our clients.

Also, we need to send a reminder about the "90 Day Notice" letters. Realty is planning to have a Farming and Grazing Lease Sale near the end of July or beginning of August. Anyone with an interest in submitting a bid should contact our department to request a list of available tracts.

Should you have any concerns or questions, please call our offices and we'll be happy to assist.

Thank you for your time.

Realty Director – ext. 125;

Realty Specialist – ext. 127.

Wills Clinic

October 11, 2012

9:00 am - 4:00 pm

Absentee Shawnee

Tribal Complex

Building 1

Call OILS at:

(405) 943-6457 or

1-800-658-1497 to make an

appointment. If anyone

needs assistance with a

will before then, call the

same number to make

arrangements for an

appointment to meet with

OILS attorney.

Commissioner Terri White, Oklahoma Department of Mental Health & Substance Abuse Services, will address the Tribal Forum on Painkiller Addiction.

Thursday, June 21st 11:30 am - 1:00 pm

Absentee Shawnee Counseling Services

1301 SE 59th St, OKC, OK 73129

ascs-okc.com

Who is invited? All tribal leaders, Indian health care, behavioral health, and social services workers. All tribal press is also invited. Please forward to others who might be interested.

What is the purpose? To address how Native communities can respond to the prescription painkiller addiction epidemic.

Lunch provided by Robin Coffey, **Total Care Solutions**, 100% Native-owned health care equipment and supplies company.

Door prizes

Registration required due to limited seating. Email DCross@ascs-okc.com and state names, tribe, organization, email and phone. Registration must be confirmed as seating is limited.

ABSENTEE SHAWNEE TRIBE Promoting Safe and Stable Families Parenting Classes

PSSF Program provides parenting classes to promote positive parenting, help with the understanding of child development and communication skills to strengthen the entire family.

The classes will meet for ten weeks, one night a week **beginning June 6, 2012 at 6:00pm in Building #3**. The class will meet every Wednesday evening until August 8, 2012. You must attend every class to receive a Certificate of Completion.

A dinner will be provided at every class as well as a babysitter on site if needed. Classes are available for non tribal members at a small fee. For more information or to sign up, call 405-275-4030 ext 114.

Sena Yesslith, PSSF Worker



by Cynthia Longhorn

The regular monthly meeting of the Absentee Shawnee Elders Council was held Saturday, May 19, 2012 at the Resource Center in Little Axe. All officers were present. President Dan Little Axe called the meeting to order at 10:10 a.m. with a quorum of twenty-eight tribal members present. Others arrived during the meeting. An invocation at the beginning of the meeting was given by Don Schulenberg, husband of tribal member Esteline (Sloan) Schulenberg. Birthdays were acknowledged for Velma (Johnson) Hutchinson, Barbara (Johnson) Wilkerson, June (Switch) Buckner and Richard Birdtail, husband of tribal member Mary (Panther) Birdtail. Minutes of the previous months' meeting (April 14, 2012) were available for review and comment. Following noted additions a motion to approve was made by Serena (Spybuck) Daugherty and seconded by June Buckner. The motion carried and the minutes were approved. The financial report for the month of April 2012 was presented by Treasurer Betty Watson. The end of month account balance for the Elders fund raiser account was given to be \$5,165.11 and the Elders General fund account was given to be \$8,045.27. Following questions and explanations, a motion to approve the report was made by Twila (Longhorn) Parker and seconded by June Buckner.

OLD BUSINESS - The long discussed golf tournament was heard again and an update as well as requests for assistance for the even was heard. A golf tournament will be held on Saturday, June 9th at Fire-Lake Gold course in Shawnee. This annual event sponsored by Dan Little Axe in honor of his late father, John Little Axe, is co-sponsored as a fund raiser event to benefit the Elders fund raising activities this year. The Elders will provide food and drinks and other assistance as needed. The subject of the Recipe/cook book was briefly discussed. This is still being worked on.

NEW BUSINESS - Inauguration, or swearing in ceremony, was discussed. Last year's inauguration/dance was discussed and this year's event is suggested as having a Hawaiian luau theme. Plans and costs for this will be presented at next month's meeting.

ANNOUNCEMENTS/DISCUSSION - Serena Daugherty inquired about the food and quantity provided by the Elders for recent General Council. Esteline Schulenberg expressed displeasure in Vets not being consulted in plans for the November Vets pow wow. Wanda (Little Axe) Tiger announced that a Absentee Shawnee girl being honored at the upcoming Copan pow wow; also an Absentee Shawnee student at Norman North being an outstanding athlete. It was discussed and agreed that recognizing and honoring Devon Frasier, Miss Indian Oklahoma 2011 and Meredith Wahpekeche, Outstanding Native American Woman for Oklahoma 2012 would happen at the June 19, 2012 Elders meeting.

The unexpected resignation of Vice-President Gene Parker was received and accepted by the Council. Ms. Parker stated that she was unable to devote the time required of this position and made her resignation effective 5-31-2012. A new Vice-President will be voted upon at the June meeting which will be held Saturday, June 19, at the Title VI Building in Shawnee. Meeting time is as usual, 10 o'clock a.m. Donations at this meeting totaled \$51.00.

The meeting adjourned by motion made by Mel (Duane) Switch and seconded by Mary Birdtail.

For questions or comments on anything contained in this summary of meetings, contact Cynthia Longhorn, Secretary, at Area Code 405-273-4137.

AST Fall Health Fair Evaluation Results

April 21, 2012

N = 84

1. How would you rate the health fair in general?

79% - Excellent

21% - Fair

0% - Poor

2. Do you plan on making any personal health changes as a result of what you learned today or screening that was provided to you.

69% - Yes

31% - No

3. Do you plan on using any of the health fair information that you received today.

Please check the ways that you plan to use the information:

9% - I do not plan on using the information.

52% - I plan to read the pamphlets & educational information for my own benefit.

39% - I plan to share information with family and friends.

4. Which AST clinic do you use:

37% - AST Shawnee Clinic

54% - Little Axe Health Center

9% - Other

5. Please provide your comments:

Good job; Wonderful; Great; Thank You; Appreciate the items & pamphlets. I had a blood sugar test done, thanks; Health fair was very good, new clinic is very very nice; Nice building; N/A – nice job; I was really late today, so I didn't get to see everything. But I know it was excellent as always & the info is always helpful; This is what our Indian people need, a 1st class health facility; Wonderful clinic; Impressed with the new health center and the fair; Great new health center; Keep up the good work & thanks for all you do for our tribal members; Awesome; Fantastic; Suggest that participants of Health fair arrive early (at designated time) so that all are ready for visitors. Good fair but a bit disorganized due to late arrivals, etc.; Very informative material; It's ok; Real nice; New health facility is awesome! New clinic is very impressive. The clinic is beautiful and will be a great asset to the tribe; Liked the portion plate item.

Thank You for completing the evaluation this will help us in planning future health fairs!



Absentee Shawnee Tribe



Fitness Competition



Aerobic activity – what counts?

Aerobic activity or "cardio" gets you breathing harder and your heart beating faster. From pushing a lawn mower, taking a dance class, or biking to the store – all types of activities count. Try doing them at a moderate or vigorous intensity for **at least 10 minutes at a time**. (150 minutes per week recommended)

How do you know if you're doing light, moderate, or vigorous intensity aerobic activities? For most people, light daily activities such as shopping, cooking, or doing the laundry doesn't count toward the guidelines. Why? Your body isn't working hard enough to get your heart rate up.

Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favorite song.

Vigorous-intensity aerobic activity means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath.

Muscle-strengthening activities – what counts?

Besides aerobic activity, you need to do things to strengthen your muscles at least 2 days a week. These activities should work all the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders, and arms).

To gain health benefits, muscle-strengthening activities need to be done to the point where it's hard for you to do another repetition without help. A **repetition** is one complete movement of an activity, like lifting a weight or doing a sit-up. Try to do 8–12 repetitions per activity that count as 1 set. Try to do at least 1 set of muscle-strengthening activities, but to gain even more benefits, do 2 or 3 sets.

You can do activities that strengthen your muscles on the same or different days that you do aerobic activity, whatever works best. Try to allow 48 hours rest for each muscle group worked. There are many ways you can strengthen your muscles, whether it's at home or the gym.

(Information provided by the CDC)

AST Fitness Program Intern



NIKKI EAGLE ROAD

The end of the school year has arrived at last, and it's time to share what I have learned this year. Well, at least from this past semester or more specifically the time I have spent at the Resource Center. What I am really taking away from this internship is experience, and also a change in perspective. I am not from around this area. I am from the south-east part of the state where those Choctaws can be found. So here is what I mean by change in perspective. When it comes to fitness and wellness, I am aware of what the Choctaws are doing, but not other tribes like the Absentee Shawnee, which means that being here at the Resource Center allowed me to see how a different tribe operates in this area. There are differences. For instance, the Resource Center offers more classes than the Choctaws, and the Absentee Shawnee allow 3 hours for their employees to work out. I am jealous of that by the way! I got to see how these tribes work with the resources that they have. That is not all. I also got to witness how the staff works. From watching them, I noticed how much work goes into promoting and running their office. I got stressed from watching them sometimes. However, the fitness program really works at trying to make fitness fun for the tribal members and employees in their community. It was nice to observe how they interacted with the people that came to the center.

Overall, I learned quite a bit from my time here. Everyone that I met made it fun for me, which I really appreciated with this being my last semester in school. It was nice escape from my other classes. I would like to say "yakoke" or thanks to Buster, Rosie, and Chrissy for putting up with me and letting me intern with them at the Resource Center.

*Nikki Eagle Road has completed her dual degrees in Microbiology and Native American Studies from the University of Oklahoma. The Absentee Shawnee Fitness Program would like to congratulate Ms. Eagle Road on her academic accomplishments and wish her very well in the future.



(Nikki Eagle Road)



(AST Fitness staff with Nikki Eagle Road)



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

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



PHARMACY NEWS

ABSENTEE SHAWNEE TRIBAL PHARMACY

• As of January 1, 2012, Oklahoma State Law mandates a current photo ID is required for EVERY time ANY controlled medication being picked up.

• Both Shawnee and Little Axe pharmacy locations both 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.

The following are a few tips to help us be more efficient in our delivery of pharmacy services to you:

- ✓ 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.
- ✓ Let the Pharmacy staff know if the prescription is going to be picked up or needs to be delivered.
- ✓ When requesting refills, please provide 24 hours notice and either the refill number, which is located above your name on the prescription label, or the names of your medication.

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

New Hours of Operation for the Pharmacy:

Shawnee: 7am-6pm Monday-Friday

Little Axe: 7am-5:30pm Monday-Friday

We are open through the lunch hour!!

****Both pharmacy departments are closed the first Wednesday of each month to complete administrative duties****

Fraud Alert for People with Diabetes

Criminals who plot to defraud the Government and steal money from the American people have a new target: **people with diabetes**.

Although the precise method may vary, the scheme generally involves someone pretending to be from the Government, a diabetes association, or even Medicare, calling you. The caller offers "free" diabetic supplies, such as glucose meters, diabetic test strips, or lancets. The caller may also offer other supplies such as heating pads, lift seats, foot orthotics, or joint braces, in exchange for the beneficiaries' Medicare or financial information, or confirmation of this type of personal information. Additionally, you may receive items in the mail that you did not order.

The call is a scam.

If you receive such a call, OIG recommends the following actions:

1. Protect Your Medicare and Other Personal Information

Do not provide your Medicare number or other personal information. Be suspicious of anyone who offers free items or services and then asks for your Medicare or financial information. These calls are not coming from Medicare, diabetes associations, or other similar organizations. While the caller says the items are "free," the items are still billed to Medicare. Once your Medicare information is in the hands of a dishonest person or supplier, you are susceptible to further scams. Alert others about this scheme, and remind them not to provide strangers Medicare numbers or other personal information.

2. Report the Call to Law Enforcement

Report the call to the OIG Hotline at 1-800-HHS-TIPS or online at <http://oig.hhs.gov/fraud/report-fraud/>. As part of your report, provide the name of the company that called you, the company's telephone number and address, and a summary of your conversation with the caller.

3. Check Your Medicare Summary Notice and Medicare Bills

Check your Medicare Summary Notice and other medical information to see if you were charged for items you did not order or did not receive. Also, check for items that were billed multiple times, such as glucose meters, diabetes test strips and lancets, and other supplies. Report any irregular activity to your health care provider and the OIG Hotline at 1-800-HHS-TIPS or online at <http://oig.hhs.gov/fraud/report-fraud/>.

4. Do Not Accept Items That You Did Not Order

You are under no obligation to accept items that you did not order. Instead, you should refuse the delivery and/or return to the sender. Keep a record of the sender's name and the date you returned the item(s) to help OIG catch any future illegal billing.

The Department of Health and Human Services, Office of Inspector General (OIG) fights fraud in Government programs. As part of this effort, the OIG relies upon alert citizens to help them catch those who steal from American taxpayers.

Little Axe Health Center News. . .

First of all, let me apologize for the oversight in not acknowledging Secretary Teri Reed and Treasurer Kathy Deere during the grand opening last Wednesday afternoon at the Little Axe Health Center. It was not my intention of overlooking both of these special ladies. I also want to make sure that everyone knows that all the executive committee members have been very supportive of the health programs. Thank you to all the committee members, especially Secretary Reed and Treasurer Deere for their support. These two ladies attend all the health board meetings and we are in constant communication with Treasurer Deere regarding our budget. Thank you also to Lt. Gov. Isaac Gibson and Rep. Jeff Gibson for all their support to the health programs. A special thank you to all the employees who worked hard on the grand opening committee and to the employees who came from the Shawnee clinic to celebrate this historic event. You are all to be commended for your hard work and dedication to the tribe and to your patients.

The grand opening of the new clinic at Little Axe was a huge success. Our guest speakers were Absentee Shawnee Gov. George Blanchard and IHS Area Director Kevin Meeks. We were also blessed to hear the Shawnee language spoken by tribal elder Isaac Gibson, Sr. He opened up the grand opening with a prayer in his native language. We also had the Absentee Shawnee Tribal Veteran's Association raise the flags and the Scissortail Drum group performing. Thank you to these two groups who made the day even more special. Other special guests were representatives from the AST Health Board of Directors, the Norman Police Departments, Nabholz Construction Company, BancFirst, Childers Architects, and ADG Project Management Group. We also had visitors from the tribe, local businesses, members from other tribes' health programs, and the University of Oklahoma Health Sciences Center. Thank you to everyone who came out to make this day very special not only to the employees of the health program but to the Absentee Shawnee Tribe.

We have been very busy filling positions at the new clinic. We received a resignation from Dr. Nathan Boren who will be leaving us at the end of May. We also received a resignation from Jack Ogden, pharmacist. Dr. Boren and Jack are both leaving us to fulfill their goals of going into the mission field. They both will be going out of the country to different areas to do mission work. We wish them both well in their new adventures and safe journeys. They both will be greatly missed. We also received the resignation from our Executive Director of Health, Gary Wabaunsee in April. He decided to retire to spend more time with his family.

We are adding new providers to both the Shawnee and Little Axe locations. Marla Throckmorton, Shawnee clinic administrator is actively searching for new providers for the Shawnee location. The pediatrician, a nurse practitioner and a physician assistant are on staff to see patients. Behavioral Health is located in Shawnee with Virginia Kinkade is in charge of the Shawnee office with the help of Monte Blake, counselor. Luis Almanza is the administrative assistance for the Shawnee Behavioral Health office. All other behavioral health staff are located at the Little Axe Clinic. We continue to have x-ray and lab procedures done in the Shawnee clinic. We are not closing the Shawnee clinic, we are making improvements to the facility. You should be seeing changes when you go to your appointment in the Shawnee clinic.

If you have any comments or questions, you can contact Marla Throckmorton at 405-878-4702 or Beverly Felton, 405-447-0300. These are the two clinic administrators for Shawnee and Little Axe. Due to the retirement of Mr. Wabaunsee, Ms. Felton is also the Interim Executive Director of Health.

Submitted by Beverly Felton



Absentee Shawnee Tribe Awarded the Certified Healthy Oklahoma

As part of an effort to create healthy places in Oklahoma to live, work, learn and play, the Oklahoma State Department of Health (OSDH), along with the Oklahoma Academy, The State Chamber, and the Oklahoma Turning Point Council announced the annual award winners for the state Certified Healthy Oklahoma programs. This year, more than 570 applications were submitted from groups throughout the state, and over 480 award winners received the "Certified Healthy" status in the categories of Certified Healthy Businesses, Certified Healthy Restaurants, Certified Healthy Schools, Certified Healthy Campuses, and Certified Healthy Communities. An awards ceremony honoring the winners was held in March.

The Absentee Shawnee Tribe was awarded as one of the Not-for-Profit Businesses for Oklahoma Certified Healthy Business. Accepting the Certified Healthy Oklahoma award at the March Awards Ceremony were our Wellness staff: Sacha Almanza and Sidna McKane. Other tribal organizations were also awarded the Certified Healthy Oklahoma.

Through the Certified Healthy program, Absentee Shawnee is creating an environment to provide health and wellness opportunities and is working to improve the health status of their tribal members and employees. To be certified, businesses must meet specific criteria, including providing employee health screenings, workplace health and nutrition education, opportunities for physical exercise activities, management support for healthy workplace environments, tobacco use prevention activities, and sharing wellness activities within their respective communities.



Tribal member Danie Voyles was recently awarded the 2012 Secretary's Award for Nursing Excellence.

Danie has been employed at the Veterans Hospital in OKC for 24 years, working in the Orthopedic Clinic. A graduate of Dale High, she attended Gordon Cooper VoTech and began her nursing career at the V.A.

Danie and her husband David have one son, Devin, a student at Dale. She's the daughter of Elaine and Robert Brown, and Dan Makaseah and granddaughter of Stan & Clara Kaskuske and the late Richard and Betty Makaseah and Clyde Spoon.



Way to go Danie!

Happy Birthday!

June Birthdays

Aguirre Perez Jr., Jose Ricardo
Anderson, Jeffery Eugene
Anderson, Micah RaShawn
Arms, Eva Nikkole
Armstrong, Bobby Joe
Atabaigi, Victor Arman
Atchico, Kevin Todd
Atwood, Cynthia Ruth
Atwood, Dalana Ann
Barnett, Susan Renee
Bates, Darwin Lee
Bates, Edwin Gale
Bates, Horace Ray
Bates, Leah Daphne Ann
Beach, Madison Sue
Bear, Wally Eugene
Bell, Patsy Marie Rolette
Bettelyoun, Lester John
Bigpond, Michael Ray
Blackburn, Brittney Renee
Blackburn, Nicole Ann
Blackburn, Reba Gayle
Blanchard, Ryan Lee
Blanchard, Frances May
Blanchard, Joshua Darand
Blanchard, Linda Sue
Blanchard, Mark Leeroy
Blanchard, Trinity Morgan
Bluewater, Marty
Bonham, Megan Louise
Bowman, Lourie Ann
Bradley, Megan Nicholle
Brewer, Zelda Sue
Brokeshoulder, Gerald C.
Brown, David Anthony
Brown, Jearldean Louise
Brown, Shedrick Tremain
Brunson, Michelle Denise
Bryant, Christopher Michael
Bui, Robert Dao
Bullard, Carolyn Sue
Burgess, Anthony Wayne
Burriss, Joyce Ann
Byers, Samuel Ezra
Chapline, Annabelle Rene'
Charley Jr., Eugene R
Charley, Shawna Tracy
Chasteen, Patricia Marie Haskins
Ciulla, Casimer James
Clark, Christian Eugene
Clark, Mary Esther
Clem, Sherry Michelle
Cobell, Miranda Pauline
Cochrane, Arthur Kent
Coddington, Kevin Dwayne
Coddington, Michael William
Coddington, Nicole Chenoa
Coffee, Bradlee Roy

Corpus, Alyce Karen
Cox, Elizabeth Diane
Creek, Allison Jaine
Creek, Shelia Maria
Cruz, Owen Patrick
Cruz-Larney, Leonardo
Dankenbring, Christina Renee
Davis, Gary Brent
Davis, Jeremy Ray
Deer, Brayden Nathaniel
Deer, Channa Racyne
Delodge Jr., Dwight Lee
DeLodge, Tiger Kaseca
Dibler, Jimmy Floyd
Dietrich, Skylar Star
Dodds, Audrey Scroggins
Douglass, Catalyna Jade
Dunford, Dustin Everett
Durmon, Raven Reese
Eason, Gemini E'lane
Edwards, Christopher John
Ekk, Joyce Lynn Gant
Ellis Jr., Paul Samuel
Ellis, Joshua Lee
Felton, Beverly Ann
Finley, Charles Christopher
Fixico, Kyeanna Rochelle
Flippen, Gale Sue
Foreman, Jamie Marie
Foreman, Lisa Ann
Frazier, Lisa Deanne
Fritsch, Cheryl D. Sloat
Gant, Phillip Monroe
Garcia, Jennifer Gail
Garfield, Doreecesha La Shawn
Garretson, Sandra Jean
Gibson Sr., Isaac
Gibson, Bryan Scott
Gibson, Kyle Wayne
Gonzalez, Kacey Lynn
Grass, Gregory Ryan
Grass, Skylur Dain
Guthrie, William Thomas
Harjo II, Zackery Colin Dell
Harjo, Samantha MacHel
Harjo, Viola Harjo
Harjoe, Theodore Mose
Harris, Rebecca Rose Lillie
Harvey, Rowena Gail
Haumpy, Tyuana Senoria
Herrera, Arlene June
Herrera, Jose Alfredo
Hibdon, Kylee Brooke
Hill, Ryan Warren
Hood, Flora Jean
Hood, Leah
Houchin, Cynthia Diane
Ibarra Jr., Luis Ricardo

Irvin, Darlene Gosney
Jackson, Tenain A-Tye
Jackson, Tyson Joel Sweeney
Jacobs, Mistie Leann
Johnson, Bryan Austin
Johnson, Dane Echogee
Johnson, Hilo Tsoitigh
Johnson, John Raymond
Johnson, Joseph Tarron
Johnson, Megan Lucille
Johnson, Nahtanha Kai
Johnson, Tillman Aaron
Johnson, Travis Eric
Johnson, Troy
Kastl, James Edward
Kelough, LaChrista Kay
Kennedy, Cheryl Ann Edwards
Ketakea, Ashley Paige
Kickapoo, Brandy Jo
Kilmer Jr, Gregory Keith
Kilmer, Brandon Keith
Kilmer, Michael Houston
Kinley, Taylor Jordan
Koontz, Susan Kay
Kowitz, Shelly Anne
Kupczynski, Mary Lee
Larney, Harriet Lee
Larney, Megan June
Leitka, MacKlyn Chappell
Lewis, Mariah Nicole
Lewis, Mark Stephen
Lewis, Skylar Dean Cooksey
Lime, Andrew Barry
Little Axe, Arianna Danielle
Little Axe, Claude Tyner
Little Axe, Lisa Annette
Little Charley, Virgil Ray
Little Creek, Calvin Dale
Little, Anthony Ray
Littlebear Sr., Michael
Littlebear, Marquitta Annette
Littlecreek, Arnold Kent
Littlecreek, Christopher Dwight
Littlecreek, Drew Michelle
Lockner, Kayden Christopher
Lockner, Kaylee Leigh
Longhorn, Darrell Eugene
Longman, Andrea Kay
Low, Sadie L. Spybuck
Lowe, Braylon James
Mack, Justin Wayne
Mack, Kevin Lee
Mahardy, Bradley Gene
Mahardy, Lacey Rochelle
Masquas, Izaiah Zazueta
McGowan, Charles Lee
McGuire, Kelsey Nicole
McMahan, Camdyn Rae

Melton, Kalen Mykel
Michaelson, Carol Sue Morton
Michaelson, James Ross
Mickleburgh, Dorothy Jean
Mitchell, Trevor Micah David
Mohawk, Galen Leroy
Mohawk, William Douglas
Montgomery, Richard Henry
Aaron
Moore, Jordan LaShell
Morgan, Alissa Ann
Morgan, Billy Joe
Morgan, Twila Marshella
Morton, Madison Skye
Morton, Misty Lynn
Morton, Rachel Raynell
Murdock, Wisper Dawn
Murry Jr., Steven Ray
Nelson, Taylor Paige
Nice, Isac James
Nicewander, Troy Lynn
Nicholson, Peggy Mayrie
Welch
Onzahwah, David Levi
Owens, Jaelyn Nevaeh
Ozeretny, Patricia R Musick
Pearce, Eileen
Pearson, Etta Axe Washington
Petty, John Eric Matthew
Pine, Rita Ann
Pitchford, Lyria M. D.
Presley, Bailey Paige
Proctor, Sonia Danielle
Raisbeck, Christopher Gene
Ramirez, Virginia
Ramirez, Manuela
Ramirez, Tiffany Ann
Reading, Gregory Tyler
Respicio, Nicholas Lee
Rides At The Door, Maleah Jane
Riedel, Linda Mae Robinson
Robbins, Ariel Nicole
Robertson, Jimmy
Robertson, Marion James
Rolette, Tyler Austin
Ryan, Moria Colleen
Ryder, Holland Thomas
Sanchez, Eder Pavel
Sanchez, Josefa Yolanda
Scott, Colton James
Seber, James Eddie
Serena, Nicole Inez Raelynn
Shawnee, Lindsay Gael
Shields, Darren
Shrestha, Abhi Chase
Simpson, Flora Mae
Simpson, Lisa Rudine
Simpson, Raechel Rayann

Sipple, Patrick Michael
Slayton, Sharon Virginia
Sloat, Jerry Ray
Sloat, Lezlie Marie
Sloat, Shirley Ann
Smith, Brian Keith
Smith, Chandria Jean
Smith, Christina Sue
Smith, Scott Alan
Smith, Shad Michael
Snake Floyd, Janet Lynne
Soap, Margaret Angela
Spoon, Ashley Nicole
Spoon, David Clayton
Spriggs, Donald Ray
Spybuck, Jason Evan
Squire, Donald Ray
Squire, Joseph Lynn
Squire, Leroy Ricky
Stacey, Rosalyn
Steinruck Jr., Harold Eugene
Stephens, Rebecca Pauline
Steves, Gary Wayne
Stewart, Lonita Virginia Williams
Street, Louise Axe Washington
Stricklin, Eugene Stanley
Taff, Nancy Ann
Tascier, Susan Wilkerson
Temple, Ginger Lee
Thorpe, Tyrone Guthrie
Tiger, Emma Kay
Tiger, Gerald
Tiger, Kwinten Danyl
Tiger, Marisela Rose
Tiger, Nancy Rae
Tiger, Riley Eugene
Tiger-Onzahwah, Preston Zachary
Tilley, Nolan Grant
Tolbert, Janis Lavonne
Uchida, Bryson Harvey
Wahpepah, Pauline White
Walley, Lowana Gale
Warrior, Andrew Keith
Warrior, Luana Christie
Warrior, Lydia Rose
Washington Sr., Algene
Washington, Karen Rose
Watkins, Fawn Lil' grass
Watkins, Freddie Lee
Watkins, Jalyne Alexis
Watson Jr., Gregory Doyle
Watson, Darrell Dean
Watson, Katie Jean
Webb, Raven James
White, Xander Ralph
Whitney-Coon, Davin Zane
Whitten, David J. J. Thomas
Wietelman, Ebaney Bionca Lynn

Williams, Ethan Beau
 Williams, James Robert
 Williams, Kimberly Marie
 Williams, Kyree SaVaughn
 Williams, Lacey Alexandra
 Wilson, Adilynn Magnolia
 Wilson, Hannah Mae
 Wilson, James Leon
 Wilson, Kaden Joseph
 Wilson, Marvin Edward
 Wilson, Michele Renee
 Wilson, Shi Ann Delarae
 Wilson, Wesley Sheldon
 Winegar, Juanita Jean
 Winter-Engrav, Katherine Dorene
 Witt, Jacob Matthew
 Wolfe, Richard Ray
 Wright, Shane Allen
 Yeahpau, Eden Dione



Jepi
We hope your 4th birthday was full of fun! We love you so very much!!
Love Mommy, Daddy, Jiliyan, Justin

Joplin
Happy late 4th birthday wishes grandson. Hope your day was fun. Love you lots.
Love Granny Low

Little brother Joplin
Hope you had a fun 4th birthday. We love you so!!
Love big brother Justin & sister Jiliyan.

Joplin
Hope your 4th birthday was a fun one nephew.
I love you very much.
Love Auntie BJ

**HAPPY 6TH BIRTHDAY HOLDDY!
 LOVE YOU TO PIECES!
 MOMMA, ANDY, & BUH**



Congratulations Class of 2012
Emily Bryce
We're all proud of you!
Stan & Clara Kaskuske
Elaine & Robert Brown
Danie, David, and Devin
Voyles
Best Wishes

Belated Birthday Greetings to our son, Derek Schulenberg
 May 4
 Love, Mom & Dad



Congratulations, to our daughter, Tina Schulenberg, with a degree of Bachelor of Arts and Science in Native American Studies from the University of Oklahoma.

Congratulations, to our daughter, Pam Whinery on your promotion to "Senior Director of Business Planning" at the Sonic Corp.
 Love,
 Don & Esteline Schulenberg

**HAPPY FATHERS DAY TO MY "MOKIN" PAWPAW
 MARVIN SMITH
 LOVE, RYDER CASH**

HAPPY FATHERS DAY
To: Roy Gene, Gary, Everett, Corey, Todd, Leonard, Sid, Chubs, Clay, Eli, Kevin, Manual, Bob & Mike. We love you guys!
Marvin & Sherry

HAPPY FATHERS DAY
To our Dad
SHAWN BYERS
We love you very much!
Sebastian & Christian

**HAPPY FATHERS DAY
 SHANNON, SHAWN & JOHN
 FROM SHERRY**

Happy 19th Birthday & Completing your 1st year of college
SAMUEL BYERS
 We are so, so proud of you!
 Aunt Sherry, Uncle Shawn & families

HAPPY BIRTHDAY
Lindsey & Nolan
Love
Marvin & Sherry

**HAPPY BIRTHDAY
 LOURIE BOWMAN
 LOVE, YOUR SISTER,
 SHELIA CREEK**

Misty Jacobs
Happy Birthday baby girl!
Love Momma & Daddy Creek

**HAPPY BIRTHDAY
 RYNELL DUBOISE
 LOVE GRANDMA CREEK**

Happy 92nd Birthday Grandma (Viola Harjo)!
We love you, Twyla, Joseph, Dakota, Solomon, & lil gurl

Congratulations Dadro (Joseph Blanchard) on completing your Bachelor's Degree at the University of Central Oklahoma. We are proud and love you lots!
 Babe, Solomon, Dakota, & lil gurl



Happy 1st Birthday
Sugar!

You are a blessed miracle and we love you so much! You have grown so much, it's amazing!!
Love Daddy, Mama, Cayanna, Caileah, Caelynn, and Camenah!

Happy 1st Birthday to our lil Biscuit.
Love Grandma & Papa

Happy Birthday Catrina, our lil smiling face Cookie.
Love Granny

Happy 13th Birthday Kelsey
We love you very much Munchkin
Love Papa & Granny

Happy Birthday Kelsey
Love,
The Fab Five Blanchard Girls!

Happy Birthday Kelsey Nicole
We Love Ya!
Aunt Lisa & Uncle Larry

**HAPPY FATHERS DAY!
 WE LOVE YOU PAPA AND DADDY!
 LOVE,
 THE FAB FIVE BLANCHARD GIRLS!**

Shelsie Mae White Thunder
Congratulations for graduating from Little Axe High School 2012. From all your family: Mom, Dad, Sheldon, Shelby, Grandpa, Grandma, Rikki, Devin, Macklyn, Leland, Michele, Jr, Leadra, and finally and most important Baby Bryson

KNOW SMOKING!

Tia Danker, RDH
AST Dental Clinic

As we all know smoking is known to have effects on health and most of us *are* aware of the dangers of smoking on general health. What people tend to ignore is the impact of smoking on dental health.

Let's talk tooth health, and the dental effects of smoking.



Tooth Discoloration: Caused by nicotine and tar present in the cigarette. The staining ranges from yellow to dark brown. The staining can be on specific teeth or general discoloration. These stains are hard to remove by normal brushing.

Bad Breath: Smokers are at a much greater risk of developing bad breath than non smokers. The nicotine and tar content gives rise to a typical bad breath known as smokers breath.

Tooth Decay: Smoking puts you at a greater risk of developing dental cavities due to plaque build-up.

Gum Disease: Smoking also results in gum disease due to plaque and tartar build up. Smoking also interferes with the normal functioning of the cells in the gum tissue. A recent study showed that smokers are 4 times more likely to develop advanced gum disease, which is the leading cause of TOOTH LOSS!

Oral Cancer: We easily associate smoking with lung cancer but another major bad effect of smoking is oral cancer. Nearly 90% of all Oral Cancer patients are smokers.

Chronic Obstructive Pulmonary Disease (COPD): COPD and other types of lung disease have significantly higher rates of gingivitis and periodontal disease than those who have healthy lungs. It's not clear what the connection is, but we do know that the bacteria from dental plaque, when inhaled into the lungs, not only can cause COPD exacerbations but also might trigger respiratory infections.

Some other bad effects of smoking include:

- Jaw bone loss
- Mouth bores
- Shifting teeth
- Hairy tongue
- Sinusitis
- Altered sense of taste and smell
- Delayed wound healing
- Smokers lip



Smoking not only creates dental health issues but worsens already existing dental conditions. There was an increased likelihood of developing gum disease for people who smoked more cigarettes per day.

It reports that people who smoked less than half a pack a day were three times more likely to suffer from periodontal disease where as people who smoked more than one and half pack were 6 times more likely for the same. Recent studies have pointed out the reduced ability of the body to heal itself after surgery. **This is because the body's defense system was weakened by years of smoking.**

There are plenty of harmful effects of smoking on oral health which gives all the more reasons to quit smoking!!!

Taren Janea Williams

Taren Janea Williams is a recent 2011 graduate of Little Axe High School and an Absentee Shawnee Tribal member. She is the daughter to Taree Renea Williams and the granddaughter to the late Terry Ray Williams and late Virginia Mae White and the Great granddaughter to the late Robert and Florence Williams and Minnie and Thomas White.



Prior to graduating high school Taren joined the United State Navy's Delayed Entry Program while attending her last year in high school. While in the Delayed Entry Program she learned about the Navy and earned a Future Sailor of the Month for March 2011. After graduation she went active duty into United States Navy. Here is how she as been spending her time:

July 11, 2011- went to basic training in Great Lakes, IL. Also known as Recruit Training Center. While attending basic training obtaining Athletic Petty Officer.

September 1, 2011- Graduated basic and flew to Pensacola, FL. For "A" school to get the basic knowledge for my rate as an aviation ordnance man which deals with explosives such as missiles, bombs, and guns. I tried out for the Performing Units aka Honor Guard. I made it on the vocal team! We sang for retirements, schools, and throughout the community both military and civilian. I earned a letter of appreciation for all the hours I put in.

January 12, 2012- Graduated "A" school ad officially earned the name "AO". It felt great to put a patch on my uniform that actually meant something! The AO rate is a very crucial rate in all armed forces.

January 13, 2012- flew to Norfolk, VA to wait for other shipmates to arrive. Originally I had received orders to CVN-69 Dwight D. Eisenhower aka "The Ike" but, my plans suddenly changed when the demand for a mass majority of sailors were needed aboard CVN-72 Abraham Lincoln.

February 1, 2012- took a 26 hour flight to meet my ship that was in Bahrain. Stopped in Rota, Spain and Italy.

February 2 2012- arrived to my ship. Only spent a short three days in Bahrain and then the ship went underway.

Now we sail in foreign waters. I am hoping to be an effective asset to the Navy's mission.

When I get back I plan on go to school and majoring in sports medicine.

Late July Taren will return to the United States from her first deployment overseas. She is currently studying to become a Petty Officer. She contributes many of her successes to her family and community. She encourages all young people graduating high school to set goals and to go for them.



Duane Ellis

Sept. 30, 1938 - April 20, 2012



Herbert Harjo

January 1, 1939 - April 28, 2012

The family would like to thank everyone for their support during our time of loss of our loved one.

According to Jacqui Popick: *Jacqui Popick: Native American Women, Past, Present and Future. Lethbridge Undergraduate Research Journal. 2006. Volume 1 Number 1.*

Native American women traditionally belonged to a culture that gave them respect, power, autonomy and equality. Through the last hundred years and due to European colonization they have lost all that they had. Presently Native women suffer from a high rate of poverty. They also experience racism and sexism from Western cultures and have even lost respect from their own culture. European legislations, reserve life and residential schools have led to a loss of language, culture, family and self-esteem. But Native American women are the hope of the future for their culture. Native women are making visible efforts to renew traditions and to improve education, through self rule and by healing from within the culture itself. They are a strong group who will not quit fighting for their people because they are still the nurturers, counselors, spiritual and medical healers and providers of the First Nations People.

According to Indian Health Services: Native American women are raped at a rate more than double the rapes reported by all races.

The rate of violent crime experienced by Native American women is nearly 50 % higher than that reported by black males aged 12 and over.

1 in 3 American / Alaska Native women will be raped in their lifetime.

1 out of every 33 American men has been the victim of an attempted or completed rape in his lifetime. About 10 % of all victims are male.

Why:

It is important to evaluate the complacency toward prosecuting the perpetrators of Native American Sexual Assault and domestic Violence victims.

According to Indian Health Service's Statistics, U.S. Attorneys declined to prosecute 67 % of sexual abuse and related offenses that occurred in Indian Country from 2005-2009.

Barriers to prosecution:

- The criminal authority of the Tribes is limited.
- Lack of data reported to the uniform reporting system which is vital to the success of obtaining resources needed for victims of sexual violence.

AST Response

The AST Sexual Assault Program has enlisted the support of Behavioral Health Services & AST Medical Clinic Administration as part of a multi-disciplinary Sexual Assault Response Team, (SART).

The SART team will address the challenges Native American Women face in accessing support and resources needed to recover from a sexual assault as well as the procedures needed to prosecute the sexual assault perpetrator.

Federal Response:

- The Violence Against Women Act Title IX offers Indian Tribes the opportunity to increase their capacity to exercise sovereign authority to respond to crimes against Indian women.
- VAWA Title IX has authorized a baseline study on rates of violence against Native American women by the National Institutes of Justice along with a study to be conducted by the Center for Disease Control and Prevention, on the cost of injury to Native women due to violence.
- VAWA Title IX creates a National Tribal Sex Offender Registry and Tribal Protection Order Registry to enhance the ability of Tribal government to deal with violence against women on Tribal lands.
- VAWA now has a Tribal Deputy Director at the Office on Violence against Women, who is responsible for intergovernmental coordination and implementation of Tribal policies and programs.
- Authorized a single grant program for Indian Tribes created by combining set-aside from VASW programs in order to allow Tribes flexibility to determine appropriate governmental responses.
- Included provisions requiring that the Department of Justice and Health and Human Services consult with Tribes on the administration of VAWA program for Tribes.

The Shawnee Clinic is proud to continue to provide full service care to our patients.

We are maintaining our pharmacy, laboratory, radiology, primary medical care, and behavioral health services. Dr. Pat Chainakul, Pediatrician, has become an integral part of our team. Stacy Curtis, Physician Assistant, and Veronica Moody, Nurse Practitioner, are our full-time mid-level providers. Dr. Jennifer Semore MD will be at the Shawnee Clinic on Thursdays seeing patients until we are able to find a full-time physician. We are actively recruiting a full-time Family Practice Physician and have a pending contract with a part-time Internal Medicine specialist. Dr. James Gormley, Pediatrician, has graciously agreed to cover for Dr. Chainakul while she is gone on vacation.

Same day and next day appointments available. Please call 878-5850 to schedule that appointment. We have limited appointment times for new patients since they require more extensive work up on their first visit.

We have recently remodeled our registration desk to provide more privacy for our patients. The nurse's station and check-out desk have been added as well. Come see all of our changes. We are proud to be a part of such a progressive health system which includes the beautiful new facility at Little Axe. Our goal is to provide exceptional healthcare to the Absentee Shawnee Tribal members as well as all of our other patients.

Respectfully submitted by Marla Throckmorton RN, Shawnee Clinic Administrator.

**LITTLE AXE MEMORIAL GOLF TOURNAMENT
CO-SPONSOR: ABSENTEE SHAWNEE ELDERS COUNCIL**

ANNUAL TWO-PERSON TEAM SCRAMBLE

SATURDAY JUNE 9th @ 11:30 a.m. Firelake Golf Course. Shawnee. OK

- Single entry** \$60/person
- Team entry** \$120/team

LUNCH AND TEAM REGISTRATION 11:30 AM / TEE TIMES @ 1:PM.

Entry Fee Includes: Green Fee, Golf Cart, Door Prize Drawing, and Lunch

SPONSOR; Name/Company: _____

Address: _____

Phone: _____ **Email:** _____

TEAM PLAYERS Please Print Names

1) _____ 2) _____

NOTE; TOURNAMENT WINNERS WILL BE DECIDED BY SHOOTOUT OF FIVE LOWEST SCORES AFTER 18 HOLES OF PLAY. (2 FLIGHTS POSSIBLE DEPENDING ON NO. ENTRIES)

SPONSORSHIP OPPORTUNITIES

I would like **PLATINUM LEVEL Sponsorship - \$1,000 or Greater**

Includes: Acknowledgement in any press releases/Company signage and 4 TEAM ENTRY FEES.
Recognition at Tournament Registration and lunch.

I would like **GOLD LEVEL Sponsorship - \$800**

Includes: Company signage /3 TEAM ENTRY FEES Recognition at Tournament Registration and lunch.

I would like **SILVER LEVEL Sponsorship - \$600**

Includes: Company signage /TWO TEAM ENTRY FEES / Recognition at Tournament Registration and lunch

I would like **BRONZE LEVEL Sponsorship - \$200**

Includes: Company signage / ONE TEAM ENTRY FEE / Recognition at Tournament Registration and lunch

I would like a **CONTEST HOLE Sponsorship - \$100 Ea.**

Includes: Company signage on hole(s) Sponsored / Recognition at Tournament Registration and lunch
Contest Holes are; (2) Close to Pin, (2) long Drive, (1) Longest Putt

I will **DONATE** items for the Door Prize Drawing - Door prize drawings and Team awards will occur at the conclusion of the SHOOT OUT TO DETERMINE TOURNAMENT WINNERS. Donated items may include: DVD players, other electronics, gift certificates, game tickets, athletic items, t-shirts and more.

FOR PAYMENT PLEASE ACCEPT

My enclosed check is (made payable to) Little Axe Memorial Golf \$ _____

**Checks for Sponsorship and Entry Fees are due no later than June 4th, 2012 by 5:00 p.m.
Cash only will be accepted on day of Tournament..**

Mail completed form and payment to:
Little Axe Memorial Golf
Dan Little Axe
18800 Big Jim Road
Norman, OK 73026

Dan Little Axe
(405) 432-7952 or (405)329-5542

dla@conxinet.net (405)329-5542

SALARY COMMITTEE FOR EXECUTIVE COMMITTEE SALARY PROPOSAL

This option is based on a full time position with the salary based on a tiered scale with increases in salary based on the level of education and business experience of each individual. These requirements would establish specific qualifications that would be required if this option were passed by referendum. If these requirements are passed by referendum, then these qualifications would be allowable under the Constitution to be in addition to the Constitutional requirements to run for office.

For the offices of Governor, Lieutenant Governor and Secretary, there are five tiers. The **First Tier** requires that the Executive Committee member elected to these offices have at least a high school diploma or GED and if they do not have business experience, they will earn the base salary amount as provided in the chart. In the **Second Tier**, the Executive Committee member elected to these offices must have a high school diploma or GED plus one year of college and/or one year of business experience to earn the salary as provided in the chart. The **Third Tier** requires that the Executive Committee member elected to these offices have a high school diploma or GED plus two years of college and/or 2 years of business experience to earn the salary amount as provided in the chart. In the **Fourth Tier**, the Executive Committee member elected to these offices must have a high school diploma or GED plus three years of college and/or three years of business experience to earn the salary as provided in the chart. In the **Fifth Tier**, the Executive Committee member elected to these offices must have a high school diploma or GED plus a Bachelors Degree and four years of business experience to earn the salary as provided in the chart.

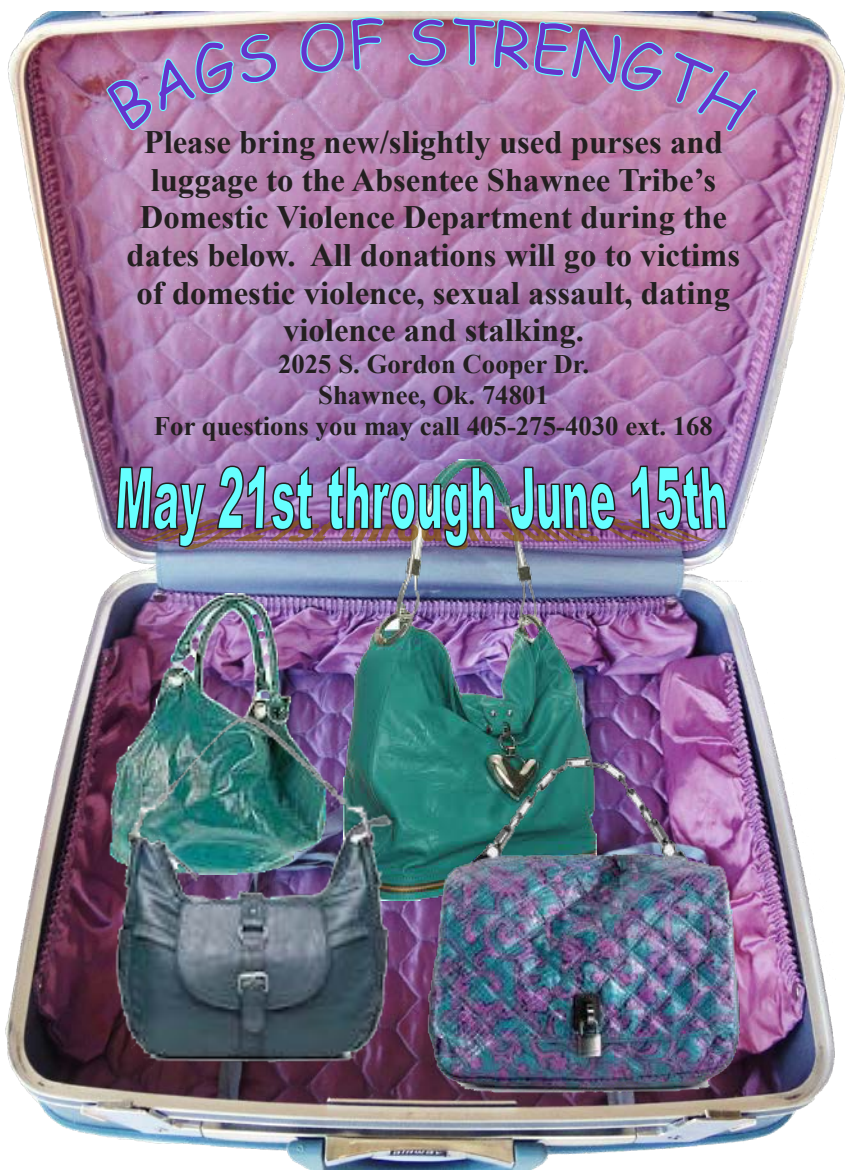
For the office of the Representative, there are five tiers. The **First Tier** requires that the Executive Committee member elected to this office have at least a high school diploma or GED and if they do not have business experience, they will earn the base salary amount as provided in the chart. In the **Second Tier**, the Executive Committee member elected to this office must have a high school diploma or GED plus one year of college and/or one year of business experience to earn the salary as provided in the chart. The **Third Tier** requires that the Executive Committee member elected to this office have a high school diploma or GED plus two years of college and/or 2 years of business experience to earn the salary amount as provided in the chart. In the **Fourth Tier**, the Executive Committee member elected to this office must have a high school diploma or GED plus three years of college and/or three years of public relations experience to earn the salary as provided in the chart. In the **Fifth Tier**, the Executive Committee member elected to this office must have a high school diploma or GED plus a Bachelors Degree and four years of public relations experience and four years of business experience to earn the salary as provided in the chart.

For the office of the Treasurer, there are six tiers. The **First Tier** requires that the Executive Committee member elected to this office have at least a high school diploma or GED and if they do not have business experience, they will earn the base salary amount as provided in the chart. In the **Second Tier**, the Executive Committee member elected to this office must have a high school diploma or GED plus one year of college and/or one year of business experience or accounting experience to earn the salary as provided in the chart. The **Third Tier** requires that the Executive Committee member elected to this office have a high school diploma or GED plus two years of college and/or two years of business experience/accounting to earn the salary amount as provided in the chart. In the **Fourth Tier**, the Executive Committee member elected to this office must have a high school diploma or GED plus three years of college and/or three years of business experience and/or accounting experience to earn the salary as provided in the chart. In the **Fifth Tier**, the Executive Committee member elected to this office must have a high school diploma or GED plus a Bachelors Degree and four years of business experience or accounting experience to earn the salary as provided in the chart. In the **Sixth Tier**, the Executive Committee member elected to this office must have a high school diploma or GED plus a Bachelors Degree and four years of business experience or accounting experience plus be a licensed Certified Public Accountant (CPA) in good standing to earn the salary as provided in the chart.

The salary amounts earned in the chart will be the base salary amounts paid to the Executive Committee members regardless of the source of the funds. In addition, the Executive Committee members will be entitled to all allowable fringe benefits offered to all full time employees of the Tribe. It is the intent of the Tribal members that the Executive Committee will not be allowed to supplement their salary amount in any way other than the method approved and passed by Tribal referendum.

Elected Official	High School Diploma or GED no business exp	High School Diploma or GED, 1 yr college and/or 1 yr business	High School Diploma or GED, 2 yr college and/or 2 yr business	High School Diploma or GED, 3 yr college and/or 3 business	High School Diploma or GED, Bachelors and 4 yr business	
Governor	35,000.00	40,000.00	50,000.00	65,000.00	85,000.00	
Lt Governor	33,000.00	38,000.00	45,000.00	60,000.00	75,000.00	
Secretary	30,000.00	35,000.00	42,000.00	55,000.00	65,000.00	
	High School Diploma or GED, no business exp	High School Diploma or GED, 1 yr college and/or 1 yr business	High School Diploma or GED, 2 yr college and/or 2 yr business	High School Diploma or GED, 3 yr college and/or 3 yr public relations experience	High School Diploma or GED, Bachelors and 4 yr public relations and business experience	
Representative	28,000.00	30,000.00	33,000.00	45,000.00	55,000.00	
	High School Diploma or GED, no business exp	High School Diploma or GED, 1 yr college and/or 1 yr business/accounting	High School Diploma or GED, 2 yr college and/or 2 yr business/accounting	High School Diploma or GED, 3 yr college and/or 3 business/accounting	High School Diploma or GED, Bachelors and 4 yr business/accounting	High School Diploma or GED, Bachelors and 4 yr business/accounting CPA
Treasurer	30,000.00	37,000.00	42,000.00	55,000.00	65,000.00	80,000.00

No matter what fund



49th Annual SAC & FOX NATION POWWOW

JULY 12-15, 2012
Free Admission
Public is Welcome

Not responsible for theft or accidents. Free camping and rations to all registered campers.

Contest Categories
 Tiny Tots 1-6 Yrs ❖ Juniors 7-12 yrs ❖ Teens 13-17 years ❖ Adults 18-54 yrs ❖ G

For information contact:
 Robert Williamson @ (918) 285-1563
 Letha Carter @800-259-3970 ext. 1025
 Carrie Spang @ 800-259-3970 ext. 1020

Earn College Credit
INTERN IN WASHINGTON DC
SPRING 2013
FULL SCHOLARSHIP

Native American Political Leadership Program
 at The George Washington University

THE GEORGE WASHINGTON UNIVERSITY
NATIVE AMERICAN POLITICAL LEADERSHIP PROGRAM

The Native American Political Leadership Program
APPLY TODAY AT:
 www.naplp.gwu.edu
 Email: naplp@gwu.edu
 Call: 202.994.8908
 January 14 - April 26, 2013
 Deadline to apply is 11/1/12

"As one of the first Native Hawaiians to receive a GW Native American Political Leadership Program scholarship, I not only got to work with some of the smartest and politically active people in our nation, but I also made incredible contacts and friendships with people that will last a lifetime."
 - Charlayne Holliday, Spring 2008

A Tribal Celebration of Our Children, Elders, and Friends!

Family Music Fun Night!
 Saturday, August 25th, 4-8pm
 North side of the AST Health Center
 15951 Little Axe Dr.

LIVE MUSIC, FUN, CONCESSION, GIVE-A-WAYS, & MORE

Registration for Karaoke Contest 2-3:30 pm
 Tobacco Free and Alcohol Free Event
 Not Responsible for Accidents or Thefts

Bring your own guitar or bass guitar. We will provide drums & piano!

WINNER will get a chance to make your own 10 track CD with art work!

Bring your lawn chairs, umbrellas, hats, and sunscreen while you layback and enjoy the music.

SINGERS!! Karaoke contest, videos, and a chance to win a professional studio recording of yourself.

For more info call Sidna McKane 405-447-0300 ext. 7977

Sponsored by AST Community Health & Preventative Services Department

The Absentee Shawnee Housing Authority was honored recently to receive a Letter of Recognition for Outstanding Innovation from the area U.S. Department of Housing and Urban Development Office. The Housing Authority was recognized due to methods that have been implemented that will preserve and protect the integrity of federal programs and associated funds.

As a recipient of federal funds, the Absentee Shawnee Housing Authority has for years been successful at expanding services and increasing housing opportunities for its members.

The Housing Authority was recently chosen by the area HUD office as a tour stop by HUD Officials from across the United States. Roger Boyd, Deputy Assistant Secretary, from Washington, D.C., Wayne Sims, Administrator for the area HUD office, Governor George Blanchard, Treasurer, Kathy Deere, Housing Authority Board of Commissioners, Redena Miller, Roy Larney, Leroy Ellis and Housing Authority Staff were among the many visitors. The tour was conducted so that it could be reported back to Washington, D.C. how the ARRA funds were used in different parts of the United States.



The Housing Authority built six brand new homes in Shawnee that are being used for low income family rental units with the ARRA funds.

A new project that is under way at the Housing Authority will be the construction of 8 new homes (3 and 4 bedroom) that will be used to accommodate families that are over income.

All funds that the Housing Authority receives from HUD must be used toward the building of new units, the maintenance of existing rental units or the renovation of lease with option to purchase units that come back to the Housing Authority. Any unit associated with these funds can only be offered to individuals that meet the income requirements established by the federal government. By using unrestricted funds to build the 8 new units we will be able to offer these rental units to individuals that exceed the HUD income guidelines. In order to form a waiting list, applications are now being accepted for these units. Approximate completion date should be toward the end of this year.



The Housing Authority has low income rental units and lease with option to purchase units available. Applications for these units are available at the Housing Authority Main Office, online at ashousingauthority.com, AST Main Building, AST Title VI, AST Tribal Enrollment Office, AST Family Services Office or call 405-273-1050 to have one mailed.

If you'd like to submit an ad or article give us a call at (405) 598-1279 or send us an e-mail at mediadept@astribe.com

ALL ARTICLES FOR THE NEXT MONTH'S ISSUE ARE DUE BY THE 20TH OF THE CURRENT MONTH

Unfortunately, we can only accept one picture per birthday person, not per birthday wish.

2012 Tribal Law Enforcement *Dates to Remember*

National MOBILIZATION
MAY 21 - JUNE 3, 2012
www.nhtsa.gov/CIOT

National CRACKDOWN
AUG 17 - SEPT 3, 2012
www.StopImpairedDriving.org



**DON'T SHATTER THE DREAM -
NATIVE AMERICAN HOLIDAY DWI CRACKDOWN**
December 14, 2012 - January 1, 2013





HORSE SHOE BEND AFTER SCHOOL PROGRAM:



The month of May has been very busy with the schools ending and awards assembly and Kindergarten and Eighth Grad Graduations. Students are excited that school is almost over and summer activities are planned at the Horse Shoe Bend After School Program.



On May 14, 2012 Eighth Grade Students had their Graduation at 7:00 pm. Stuart Rolette and Randall Watson and I attended the graduation. We watch Levi Tiger and Gregory Hardin II receive their Eighth Grade Diplomas. We are very proud of Levi and Gregory for their hard work throughout the year and we will miss them at the after school program. Also we wish them future success in the high school they choose to attend.

Levi Tiger, Sac and Fox Tribal Member received several awards, Participation in Sports Basketball and Football Certificate and he also received a Spanish Award. Levi has a promising spot in what he desires to do with his future. Levi is the son of Robin Tiger he has one sister Alexandria Marshall and four brothers, Kyle Gipp, Isaiah Marshall, Anthony Marshall, and Mekko Gayton. Levi will be attending Davenport High School.



Stuart Rolette, Levi Tiger, Randall Watson

Gregory Hardin II, received Science and Spanish, History Award and Accelerated Reading Award.

Gregory is a member of the North Rock Creek Honor Society and member of the sixth, seventh, eighth grade band of North Rock Creek. He is the only son to Gregory and Mary Hardin of Shawnee, Oklahoma. He will be attending Shawnee High School.

Stuart Rolette, Gregory Hardin II, Randall Watson, Edwina Butler-Wolfe

On May 15, 2012 North Rock Creek Kindergarten Graduation was held at 5:30 pm. Randall Watson and Stuart Rolette and I attended. We had two students from the Horse Shoe Bend After School Program graduate. Katie Wilson and Hollin Barnes, there was a total of 54 Kindergarten Students that graduated.

Katie Wilson, Navajo Tribe, has been coming to the Horse Shoe Bend After School Program since we started accepting students in August of 2011. She has really worked very hard with her numbers, letters of the alphabet, writing. She is the daughter of Calvin and Annie Wilson, she has two brothers, Michael, Ruben.

Hollin Barnes, Absentee Shawnee Tribal Member has attended the After School Program in March and April. Hollin is a very bright student and very pleasant to tutor. He is the son of Frank and Alvina Barnes and he has one brother Jordon and one sister Bralynn.

May 21, 2012 Randall Watson and I attended the South Rock Creek Kindergarten Graduation. Jayden Robinson received his Kindergarten Diploma. Jayden worked very hard with his reading and writing at the Horse Shoe Bend After School Program, we very proud of Jayden for his accomplishments. He is the grandson of Leon and Pat Bell.

STUDENTS AWARDS:

1. Ruben Wilson, received Excellence in Listening Skills and Excellence in Citizenship.
2. Katie Wilson, received Creative Design Award
3. Eryn Johnson received an Improvement Award in Reading and Outstanding Achievement in Penmanship and Most Improved.
4. Leila Herrod, received Outstanding Improvement in Reading, Excellence in Literature and Most Improved.
5. Desiree Johnson received Achievement Award for the month of April, Excellence in Creativity and Improvement in Reading and Achievement in Reading.
6. Daniel Castaneda, received a Architectural Design Award and Pre-K Certificate
7. Jayleen Castaneda received Certificate of Achievement in Spelling, Certificate of Achievement in Reading and Excellence in Penmanship.
8. Kimberly Bynum received Excellence in Phonic and Excellence in Reading, Oklahoma State Board of Education Achievement in Reading, Certificate of Reading 25 books.
9. Tristan Bynum received Pre-K Certificate, Academic Progress Award
10. Braylnn Barnes received Certificate of Participation in Softball
11. Hollin Barnes received Certificate of Good Sportsmanship and Certificate of a Good Listener Award
12. Nathaniel Brown received Excellence in Reading, Scholar Award for April
13. Dahlia Gutierrez received Excellence in Reading, Promotion Award.
14. Damon Wilson received Excellence in Handwriting, Excellence Artistic Ability.
15. Alijah Masquas received Achievement in Reading, Excellence in Accelerated Reading and Excellence in Math.
16. Kaleb Masquas received Pre-K Certificate
17. David Skinner received Improvement in Reading and Math, and Excellence Classroom Behavior
18. Wayne Skinner, received Excellence in Oral Communication, and Excellence in Kindness to Others
19. Jimmy Rumsey received Improvement in Reading and Excellence in Math
20. Brendan Winter, received Pre-K Certificate
21. Tara Ann Winter Certificate of Participation in Basketball
22. Jeff Worthley received Achiever of the Year Award.
23. James Elijah Stephens received Oklahoma State Board of Education Achievement in Reading, Improvement in Math, Excellence in Reading, and Excellence in Spelling.

STUDENT OF THE MONTH FOR MAY - JAYDEN ROBINSON



Jayden Robinson

Jayden was selected as Horse Shoe Bend Student for the Month of May. He will graduate from the Kindergarten Class at South Rock Creek. Jayden is active in Baseball and likes to Bowl. He is the grandson of Leon and Pat Bell.

Jayden received a \$25.00 Gift Card from Wal-Mart and gift card was donated by the White Turkey Band.

During the last week of after school tutoring we had an individual challenge competition were each student competed in time drills.

The results were:

3 Minute Basketball Shots	Eryn Johnson made 30 shots in 3 Minutes
Running the Track	David Skinner 2 minutes and 14 seconds
40 yard Shuttle Run	Brendan Winter 8 seconds 2 tenths of a second
2 Minute Basketball Shots and Dribbling	David Skinner 9 shots were made
Jumping Jacks	David Skinner 125 Jumping Jacks in 1 Minute 30 Seconds
Standing Jump	Wayne Skinner 7 ft.
Running Jump	David Skinner 7 ft.

Girls Result: Overall Winner or should I say Winners it was a tie.

Kimberly Bynum and Jayleen Castaneda each had 2 events they placed first.

Kimberly 3 minute basketball made shots 19 and Jumping Jacks 82 jumping jacks 1 minute and 1 second

Jayleen running the track 2 minutes and 34 seconds, standing long jump 54 inches.

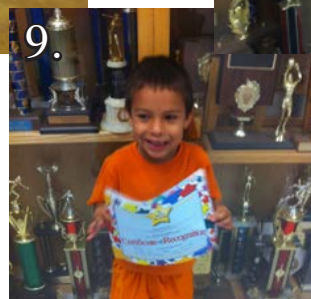
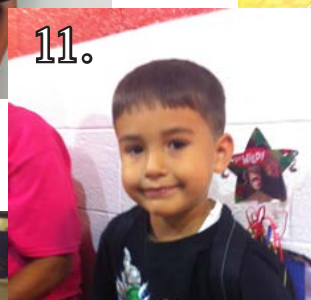
Each top winner received an Absentee Shawnee Tee-Shirt.

I would like to give special thanks to the White Turkey Band for supporting the Student of the Month here at the Horse Shoe Bend After School Program. Your contribution for the school year 2011 and 2012 was very appreciative. Again "Thanks".

Summer Tutoring will start on June 4, 2012, 9:00 am until 12:00 pm, Monday thru Thursday.

If you have any questions you may contact me at: 405 481-0397 cell number or may call 405 275-4030, Ext. 133, Absentee Shawnee Tribe, please leave a message and I will get back to you.

Edwina Butler-Wolfe, Director
Horse Shoe Bend After School Program



Campaign Letters. . .



Hello, it is that time of year again and I, Jeff Gibson am honorably being re-elected as your Tribal Representative. This first term as Representative is a wonderful experience and an honor to support our tribal people by phone and in person no matter what time it is. As Representative there is constant support for all our tribal people to uphold the integrity of the tribe whether it's during business or after hours. I sincerely believe in my heart that all ages of our tribal people are my concern and the needs have been met to the best of my ability.

There have been so many changes since I have been in office and I am proud of the way the Tribe is effectively progressing. Each year there have been challenges all tribes are facing with cuts in funding, my goal is to help increase the tribe's economic stability and build our resources for a better financial future. The knowledge I have gained as your Representative, I feel, will help continue this progress. Here are some of the programs that I have implemented or assisted in development while in office for you the Tribe:

- * Horseshoe Bend Remodel
- * Hiring of the New Health Director
- * Continued the Program from the past Representative and implemented the TERO Program
- * Apart of opening the All Nations Bank
- * Apart of opening the New Casino on the complex
- * Purchasing Registered Angus Cattle for the Tribe and worked the Lands owned by the Tribe in Earlsboro and Tecumseh
- * Started the After School Program at Horseshoe Bend Community center
- * Future site Building Blocks III Learning Center
- * Future Remodel of Brendle Corner
- * First year for your new Youth Award Program for Seniors in High School
- * and helped Tribal Members with various Projects

These are some of the Projects that I had part in while working for you. I believe the Absentee Shawnee Tribe has a Bright future and the direction its going is promising and it's great to work with a committee that envisions the same goals and working well together. If we don't see the same future for the Tribe then we take twice as long to reach our goals so let's keep the progress going and help me help you and let's make this Absentee Shawnee Tribe the Best..."I am Absentee Shawnee and Proud to work for you"

Jeff Gibson

As of March 26, 2012 I, Diane Ponkilla, officially became a candidate for Tribal Representative for the June 16, 2012 Absentee Shawnee Tribal Elections.



I was born April 18, 1964. The fifth child of 10 children to the late Tony Wilson Ponkilla Jr. and Francis Louise Logan Ponkilla Valdez. I have lived in the Shawnee and the McLoud area in Pottawatomie County all my life. I have five biological, two adopted, and four grandchildren.

I had the opportunity to be employed with the Absentee Shawnee Tribe for almost 14 years.

- 1986-1990: Thunderbird Casino - Floor Worker and Bingo Caller
- September 09, 1994: Absentee Shawnee Tribe - Receptionist
- May 28, 1995: Lt. Governor, Kenneth Blanchard - Receptionist/Switchboard
- March 28, 1997: Resigned
- September 14, 1998: Community Development, Kenny Jones - Receptionist
- January 25, 1999: Representative, Sabrina Little Axe - Clerk Typist
- August 27, 1999: Position abolished
- April 6, 2001: (WIA) Lt. Governor, Kenneth Blanchard - Clerical
- November 15, 2001: Lt. Governor, Kenneth Blanchard - Administrative Assistant
- December 17, 2003: Governor, Kenneth Blanchard - Administrative Assistant
- August 2, 2005: Tribal Police Department Chief, Dewayne Wilson - Operation Specialist
- May 4, 2006: Resigned
- June 28, 2006-2009: Deputy Commissioner/Acting Commissioner for the Absentee Shawnee Tribe Election Commission

During my employment with the Absentee Shawnee Tribe I worked within the following departments: BIA, Roads, AST Tribal Police, Social Service, Title VI, OEH, Education, Maintenance and Delivered rations to the Dance Grounds.

I was employed at the Firelake Grand Casino as Security for 7 months before being hired as Armed Security at my present employer of five years the Kickapoo Casino.

I have my Administrative Assistant Certificate and C.L.E.E.T. Certified Armed Security License.

My view for being Absentee Shawnee Tribal Representative: To be the voice for and to the Absentee Shawnee Tribal Members. I feel as a Tribal Member we should be informed of all action major or minor which occur within the Absentee Shawnee Tribe. Because it not only affects the individual, it affects the whole Tribe.

Send any comments, questions or concerns (positive or negative) to deanie74801@yahoo.com. I will answer to the best of my ability.

I would like to encourage each eligible Absentee Shawnee Tribal Member to vote June 16, 2012

Sincerely,
Diane Ponkilla



Tribal Members,

I would like to take a brief opportunity and encourage all tribal members(18 yrs of age and older)to vote in the upcoming election on June 16, 2012. Every vote matters and every vote gives the tribe direction. As mentioned in the newsletter, my campaign objectives leads to direction in the forms of financial planning, researching other tribe's operations to better ours, creating a strategic 5yr and 10 yr plan, explore and implement better practices to cut wasteful spending and make a functional and efficient tribe, and to learn from past experiences and improve the tribe for future generations. If elected as AST Treasurer, I guarantee to work hard towards these objectives and help our tribe move forward to success. Lastly, I would like to thank you for your support in advance and greatly appreciate the confidence. Please vote on June 16, 2012 for Alicia Watson-Engler for AST Treasurer.

AST CONSTITUTION REVISION COMMITTEE

LEGISLATIVE STRUCTURE / LENGTH OF TENURE QUESTIONNAIRE

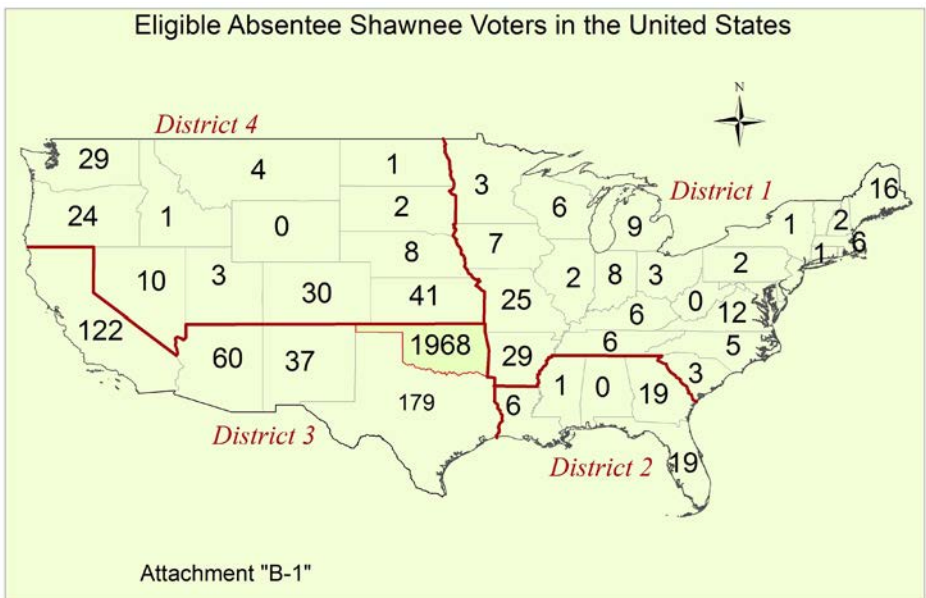
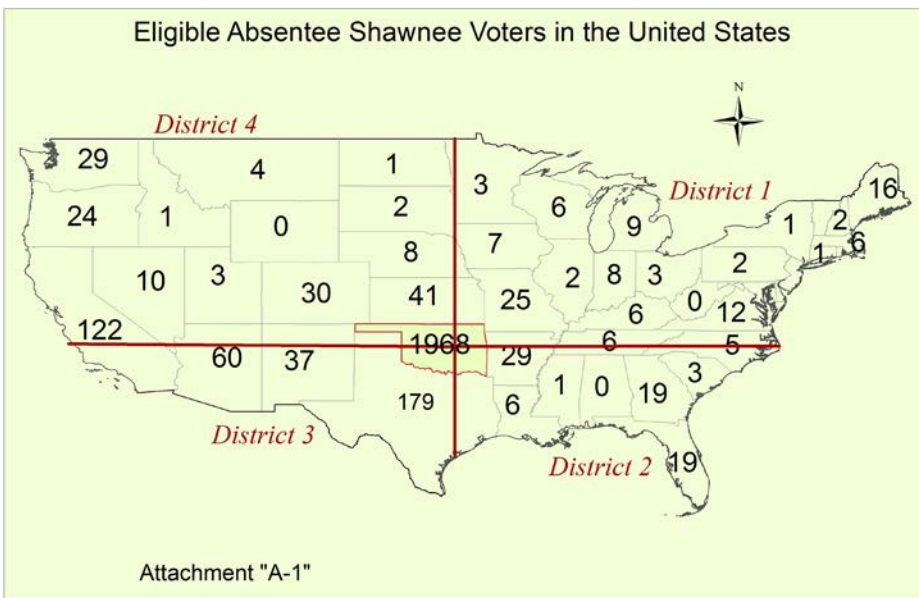
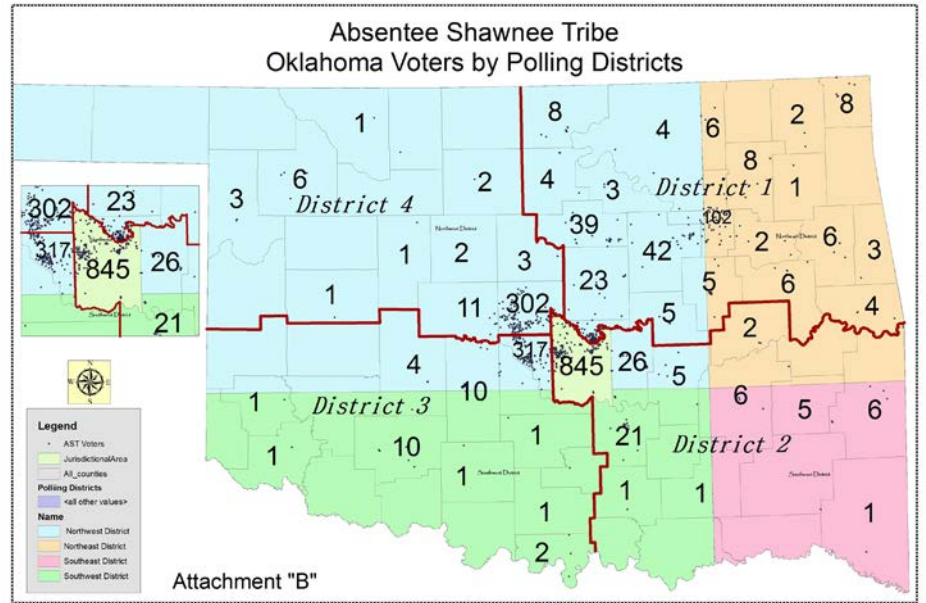
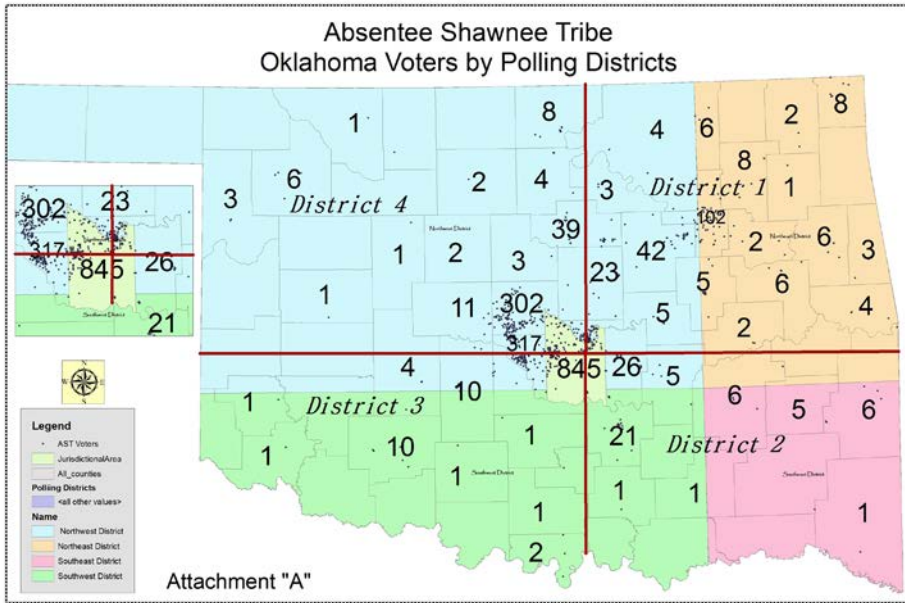
PROPOSED CONSTITUTIONAL CHANGES

1) LEGISLATIVE STRUCTURE QUESTION

The Constitution Revision Committee is considering revising the legislative branch of the AST government.

Below are the four options that are currently being considered, circle or mark which option you feel would best represent the Absentee Shawnee Tribe:

- A. Districts based on two geographical lines that would intersect the entire U.S. represented here based on Highway 9 and Highway 18 through Shawnee, OK. This option would have four districts with equal representation based on the number of voters in each as stated above. (See Attached "A" Map)
- B. Districts based on separating the counties of Oklahoma into four districts and separating the states to coincide with these districts as well so that the Districts are easier to distinguish. District 1 is the northeast portion of Oklahoma and the US, District 2 is the southeast portion of Oklahoma and the US. District 3 is the southwest portion of Oklahoma and the US. District 4 is the northwest portion of Oklahoma and the US. District 2 and District 3 with the most eligible voters will have two legislators each and District 1 and District 4 will have one legislator each for a total of 6 legislators. (See Attached "B" Map)
- C. Districts based on the two historical bands of the Absentee Shawnee Tribe: the White Turkey and the Big Jim Bands. Each eligible voter will have to choose a historical band to be a registered voter based on their family association with the band. Those who can claim both must choose which they wish to be affiliated. Each band will have 3 legislators each.
- D. The final option is to not have a separate legislative branch and leave the legislative powers with the Executive Committee as it is now.



AST CONSTITUTION REVISION COMMITTEE LEGISLATIVE STRUCTURE / LENGTH OF TENURE QUESTIONNAIRE

PROPOSED CONSTITUTIONAL CHANGES

cont.

2) TENURE OF OFFICE QUESTION

Please circle which amount of tenure you think would work best for the Absentee Shawnee Tribal government:

2 years (Current)

3 years

4 years

5 years

6 years

If you would like to give your comments or would like someone to contact you, please use the box below for comments or contact information.

Eddie Brokeshoulder
Financial Consultant
Absentee Shawnee Tribe
2025 S. Gordon Cooper Drive
Shawnee, OK 74801
eddieb@astribe.com
Telephone 405-275-4030 ext 148
Fax 405-395-9580

Deadline has been extended to June 29th at 5 p.m.
Questionnaire can be mailed, faxed, turned in or emailed to
Eddie Brokeshoulder.

HUMAN RESOURCE

Current Job Openings

<p>HEALTH POSITIONS:</p> <ul style="list-style-type: none"> • Executive Director of Health Programs • Staff Physician-Shawnee Clinic • Pharmacist • Medical Reimbursement Specialist • Dentist/Dental Director • Dental Hygienist • Accounting Technician • Business Operations Representative • Physical Therapist • Physical Activity Specialist • Quality Improvement Coordinator Nurse <p>MEDIA / MIS POSITIONS:</p> <ul style="list-style-type: none"> • Web Developer <p>FAMILY SERVICE POSITIONS:</p> <ul style="list-style-type: none"> • Part Time Victim Advocate 	<p>COURT / LEGAL POSITIONS:</p> <ul style="list-style-type: none"> • Supreme Court Tribal Judge <p>GAMING COMMISSION POSITIONS:</p> <ul style="list-style-type: none"> • Surveillance Operator • Internal Auditor <p>FAMILY SERVICE POSITIONS:</p> <ul style="list-style-type: none"> • Part Time Victim Advocate <p>BOARDS & COMMISSION POSITIONS:</p> <ul style="list-style-type: none"> • Health Authority Board Member • Commissioner for the TERO Boards Commissioners <p>BUILDING BLOCKS POSITIONS:</p> <ul style="list-style-type: none"> • Floater
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For a full listing of the job posting and qualifications visit www.astribe.com/employment.
You can also contact the Human Resource Department at 405.275.4030 ext 131 or 170

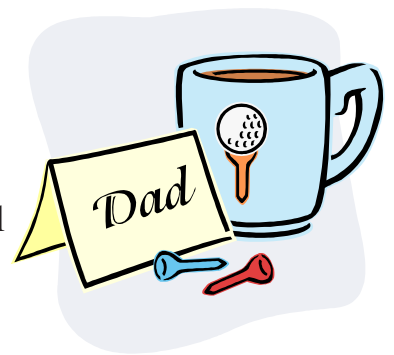
TITLE VI NEWS...

Father's Day
June 17, 2012

We wish all the Father's a wonderful
Father's Day.



June 14th is Flag Day!!!



Homebound, those of you who have ice chest please try to provide a way to keep your food from being spoiled, if you can freeze some water in container and put it in your ice chest. Thank you for your cooperation on this matter.

If you have any questions or concerns you can call us at 405-275-4030 ext 169(office), 149(diner), or 180(packing room).

Raffle tickets

On sale at \$5.00 each or 5 tickets for \$20.00
Raffle item: 50" HiDef Flat Screen TV, donated
by Thunderbird Entertainment Center, drawing
to be held at the AST Elders Veterans' PowWow,
September 10, 2012.

Contact any AST Elder to purchase your tickets.



menu subject to change

2% milk served daily June 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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LUNCH SERVED
 MONDAY-THURSDAY 11AM TO 1PM
 BREAKFAST SERVED
 ON FRIDAY 9 AM TO 11AM

Not going to be home!!
 Call us & let us know
 275-4030 ext 169 or notify your driver

3	4	5	6	7	8	2
	Manwich Tator Tots Pickles Pears	Meat Gravy Noodles Veggies Bread/Crisp	HotDog Kraut Chips Cookie	Fish Sticks Tator Rounds Hushpuppies Salad Bar*	Biscuit Sausage Gravy Fruit	
10	11	12	13	14	15	16
	Cold Cut Sandwich Lett, Tom, Onion Chips Pudding w/wafers	Pork n Hominy Frybread Turnip Greens Pineapples	Mexican Casserole Ranch Beans Salsa Peaches	Chef Salad w/Chicken Breadsticks Grapes	Scrambled Eggs Sausage Patty Biscuit	
17	18	19	20	21	22	23
Happy Father's Day!	Chicken Salad Sandwich Lett, Tom, Pickle Mand. Oranges	Roast Veggies Tossed Salad* Roll/Apricots	Frito Chili Pie Onion, Chez Cookie	Hot Ham N Chez Mac Salad Fruit	Scrambled Eggs Bacon Toast	
24	25	26	27	28	29	30
	Hamburger Lett, Tom, Onion Pork N Beans Fruit Cocktail	Pork Chop Mashed Pot/Gravy Carrot & Peas Salad Bar*	Chicken Breast Wild Rice Mixed Veggies Bread/Applesauce	Corn Soup Frybread Beets Crisp	Cereal Sausage Links Muffin	

**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:

- a. Handicapped/Disabled and Elderly
- b. Income
- c. Family Size/Overcrowded Living Conditions
- d. Condition of Home

Other Programs available:

- Sanitation Facilities Assistance Program

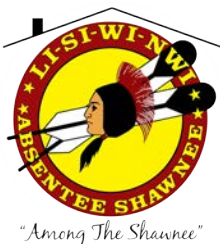
Applications need to be completed and all necessary documents attached before the application will be processed.

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



Absentee Shawnee Housing Authority

107 N. Kimberly, Shawnee, Oklahoma 74804
Phone: (405) 273-1050

Come in and visit with us about:

- ❖ Lease with Option to Purchase
- ❖ Rental for Over Income
- ❖ Rental
- ❖ Budget Counseling



ABSSENTEE SHAWNEE TRIBE

RANDY EDGE
TERO DIRECTOR

2025 S. Gordon Cooper Drive
Shawnee, OK 74801
redge@astribe.com



Phone 405.275.4030 ext. 135 Fax 405.395.9888 Cell 405.432.9859

The month of May has been quite eventful for TERO with many meetings and doors being opened for employment opportunity for this department. We attended the AGC Safety Awards Program in which Randy and I received an award for Safety Excellence. We also attended the Oklahoma Native American Construction Conference for Economic Development & Infrastructure. Randy the TERO Director attended a meeting with Jan Pro in regards to placing our native applicants to work, If you are looking for a position in the housekeeping field contact TERO for further information. TERO currently has 452 applicants. We have received 58 phone calls and 17 walk ins. During this month TERO has had 13 new applicants. We encourage our applicants to update their applications with new skills and qualifications you received in the workforce, any new phone numbers and address changes that you may have.

Looking for work? If you're looking for temporary or full-time work, or if you're looking for advance career opportunity, come in to TERO and fill out an application or contact us for further questions you may have. In order to have a completed application you will need to bring in 3 forms of identification (Photo ID, SS, & CDIB). Along with any credentials or licenses you may have and a resume is recommended. We post all positions that we currently have on our bulletin board outside of our office which includes local jobs and positions within the tribe. TERO can be reached at 405-275-4030 ext: 163 or 135.

**These are the external positions hiring for:
(Jobs may change each day so keep checking in)**

Dolese

Welder
Laborer & Night Laborer
Concrete Materials
Sales Clerk

Shawnee Expo Center

Maintenance

Richards Spur Quarry

Clerk

ABSSENTEE SHAWNEE TRIBE

BRIDGETTE WILSON
TERO OFFICE ASSISTANT

2025 S. Gordon Cooper Drive
Shawnee, OK 74801
bwilson@astribe.com



Phone 405.275.4030 ext. 163

Fax 405.395.9888

Safety Tips from



- ✓ Never leave children alone in or around cars; not even for a minute.
- ✓ Put something you'll need like your cell phone, handbag, employee ID or brief case, etc., on the floor board in the back seat.
- ✓ Get in the habit of always opening the back door of your vehicle every time you reach your destination to make sure no child has been left behind. This will soon become a habit. We call this the "Look Before You Lock" campaign.
- ✓ Keep a large stuffed animal in the child's car seat when it's not occupied. When the child is placed in the seat, put the stuffed animal in the front passenger seat. It's a visual reminder that anytime the stuffed animal is up front you know the child is in the back seat in a child safety seat.
- ✓ Make arrangements with your child's day care center or babysitter that you will always call if your child will not be there on a particular day as scheduled.
- ✓ Keep vehicles locked at all times; even in the garage or driveway and always set your parking brake.
- ✓ Keys and/or remote openers should never be left within reach of children.
- ✓ Make sure all child passengers have left the vehicle after it is parked.
- ✓ When a child is missing, check vehicles and car trunks immediately.
- ✓ If you see a child alone in a vehicle, get involved. If they are hot or seem sick, get them out as quickly as possible. Call 911 or your local emergency number immediately.
- ✓ Be especially careful about keeping children safe in and around cars during busy times, schedule changes and periods of crisis or holidays.
- ✓ Use drive-thru services when available. (restaurants, banks, pharmacies, dry cleaners, etc.)
- ✓ Use your debit or credit card to pay for gas at the pump.

For additional information about ways to keep children safe in and around vehicles, visit our website at www.KidsAndCars.org



ABSENTEE SHAWNEE TRIBE OF OKLAHOMA DOMESTIC VIOLENCE DEPARTMENT



Victim Advocacy

Assist victims by offering educational classes that focus on the dynamics of domestic violence and sexual assault, stalking and dating violence. Each victim is helped with emotional support and resources both from Tribal programs and local community programs.

Court Advocacy

Assists survivors with domestic violence court related appearances as well as filing for emergency protective orders (EPO) or restraining orders.

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.

Transitional Housing

The AST DV Transitional Housing Program serves victims of Domestic Violence. Participants have up to two years to obtain education and job skills needed to begin a new life. Services include case management, counseling, and transportation. There are four homes all equipped with furniture and basic household items.

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.

Sexual Assault Advocacy

The AST DV Sexual Assault Program is on-call 24 hours per day to provide emotional support, advocacy and crisis counseling to sexual assault survivors at hospitals, police stations and throughout the legal system. The Program also serves as a resource center to the community by offering educational information and referrals.

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.

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) 275-4030.





**AST COUNTRY
KITCHEN**
366-7220

*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*

Early Bird Breakfast
\$4.99
2 Eggs/Bacon or Sausage/Hash Browns
Biscuits & Gravy or Toast & Coffee
(Not valid on Saturday or Sunday. 1 coupon per customer. With coupon. No substitutions)



**Check out our daily
homemade lunch special!**

**Something different every
day!**

Open 7 Days A Week!



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



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

PRSR
STANDARD MAIL
U.S. Postage Paid
Permit No. 434
Shawnee, OK 74801

RETURN SERVICE
REQUESTED

2011 TRIBAL PHONE NUMBERS

Tribal Complex (405) 275-4030
or 1-800 256-3341
Building Blocks (405) 878-0633
Health Programs (405) 878-4702
or 1-877-878-4702
Little Axe Clinic (405) 447-0300
Little Axe Dental (405) 307-9704
Shawnee Clinic (405) 878-5850
Shawnee Pharmacy (405) 878-5859
Behavioral Health (405) 878-4716
LA Resource Center (405) 364-7298
or (405) 364-7569
LA Cultural Center (405) 447-3372
AST Police (405) 275-3200
or (405) 275-3432
OEH/OEP (405) 214-4235
AST Housing Authority (405) 273-1050
Thunderbird Casino (405) 360-9270
or 1-800-259-LUCK
AST Tribal Grocery & SmokeShop Little Axe (405) 364-0668
AST Country Kitchen (405) 366-7220
AST Smokeshop in Harrah (405) 454-0055
ASEDA (405) 878-6782
or Fax: (405) 878-4542

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				Behavioral Health.....878-4716
				Community Health.....878-5850
				Alternate No..395-0593 / 395-9006
				Contract Health.....878-4702
				Toll free.....1-877-878-4702
				Little Axe Clinic
				Clinic - Medical.....447-0300
				After hours.....447-0498
				Clinic - Dental.....307-9704
				Diabetes.....360-0698
				Pharmacy.....292-9530
				Resource Center.....364-7298
				(Buster Bread, Rosie Tallbear, Jared Duroy)
				Shawnee Clinic
				Clinic (Bldg. 17)878-5850
				Pharmacy.....878-5859
				Toll free.....1-866-742-4977

Cover art is a selection of Earnest Spybuck painting,
"Pumpkin Dance" ca. 1910