PROGRESS IN ACTION

MULTI-PURPOSE BUILDING PARKING LOT IN SHAWNEE

“The without continual growth and progress, such words as improvement, achievement, and success have no meaning.”

In late May of 2019 we moved the Self-government department under the Office of the Treasurer. One of the primary reasons was the lack of action and fellow—through. Each department and program should be providing services to our members and the communities we serve. In the absence of action and progress, intended benefits for our tribe and our members are stripped away.

The parking lot for the multi-purpose building is just one example. It has been a perpetual planning phase for 5 years. It has been a need that has been requested from our AST Health System, our elders, many members and requested at General Council on multiple occasions. My office, through the collaborative efforts of many departments, have shown continual growth and progress towards completing the task. I am happy to report that the parking lot is almost scheduled and I anticipate a completion date in late August. The parking lot will have handicapped accessibility and parking, veterans parking, multiple entrances/exits and have ample LED lighting. Progress reveals that you have been sticking to the actions that produce results that will ultimately get you closer to your desired outcome. The Office of the Treasurer, inclusive of the departments and programs under my oversight, will continually strive towards incremental progress and forward action in order to benefit the tribe, our members and our enterprises.

Thunderbird Casino Anniversary Celebration


PHOTO BY: Sherman Tigner - Absentee Shawnee Tribe Media Department
NOTICE OF PUBLIC APOLOGY TO AST HEALTH SYSTEM

At the April 2019 General Council meeting, Governor Edwina Butler-Wolfe included in the General Council report unfounded and false accusations against the AST Health System and the Office of the Treasurer. Governor Butler-Wolfe also released false accusations against our AST Health System Executive Director, Mark Rogers. The AST Health System, included with the April General Council minutes, a response to the false accusations. The AST Health System response addressed each false accusation and provided untarnished information stating facts. Moreover, in the June 2019 Absentee Shawnee newsletter, Treasurer Ellis released an independent report from our auditor, Baker Tilly, that clearly disputed one of these false accusations. The political tactics used to smear the professionalism and the integrity of Mr. Rogers is bullying and reflects poorly on the Office of the Governor. To date, the anonymous accusations brought forth from Governor Butler-Wolfe have not been substantiated, independently verified, or claimed by any person. It can only be presumed that these accusations were intentionally fabricated. The AST Health System and Mr. Rogers have filed a formal complaint citing years’ long documented incidents of a sustained hostile work environment against Governor Butler-Wolfe. The majority of the Executive Committee agrees with the complaint signed by all five (5) AST Health System board members and the Executive Director. Therefore, the tribe issues a formal apology to the AST Health System and publicly reprimands the Office of the Governor under Edwina Butler-Wolfe.

The Office of the Governor and all elected officials should provide an example of leadership, foster collaboration among its operations and activities, and further the tribe’s goals. Bullying, intimidation, and harassment through slander reveals weak leadership. All of our operations and activities represent multi-million dollar ventures. Falsely and maliciously attacking the very operations and activities that we should be building and strengthening undercuts every member of the tribe and taints our tribe’s reputation. The majority of the Executive Committee and the AST members have higher expectations for the Office of the Governor. Consequently a leader that seeks to create turmoil and dissension within the tribe negatively impacts all of us. It’s the expectation and hope of the majority of the Executive Committee that the leadership of the tribe has higher standards among its members and makes decisions that benefit the tribe as a whole.

Treasurer, Absentee Shawnee Tribe  

Representative, Absentee Shawnee Tribe  

Secretary, Absentee Shawnee Tribe
Executive Committee

By AST Governor Edwina Butler-Wolfe

Lt. Governor’s Report

By AST Ken Blanchard

Treasurer’s Report

By Phillip Ellis, AST Treasurer

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The hot summer weather is well underway now and hopes everyone is watching the hot temperature and drinking plenty of water. The months are going by fast and before everyone realizes, it will be time for school to start back into session. There have been a few calls from those who closed the Horse Shoe Bend After School Program, one of the reasons is that there was a few who were attending the class and that’s due to more activities that was offered after school at North Rock Creek School. As the high school is open we will be taking another look at the options that are provided. There may be a need to re-open the center. Brian Pouskila, CDDP Coordinator at Building Blocks and will be monitoring it closely as school starts up.

**GAMING COMPACT WITH THE STATE OF OKLAHOMA**

Like to report on the Gaming Compact as many of you are aware that the compact is due to expire on January 1, 2020. We have been reporting of this issue for over a year and it looks like 2019 is the year, and now the time is here and we the Tribes are facing this issue today. All 39 Tribes in Oklahoma did receive a letter from Governor Kevin Stitt on July 5, 2019 and the letter Governor Stitt is asking of renegotiating the Compact and was advised that the Compact will not automatically renew. The language of the Compact implies, if no new terms or conditions are agreed upon between the Tribes and the State, the current Compact shall automatically renew for successive additional five-year terms.

The Governor had indicated in his letter that our Compact terminates on January 1, 2020, but he has failed to mention the evergreen provision of the Compact in Part 15 B. In which the Governor needs to understand that we still have an evergreen provision as operate and extends the Compact for an additional fifteen year term.

Governor Stitt’s renegotiating approach is to increase the exclusivity fees that tribes pay to the State of Oklahoma on monthly bases. By August 2019, he will hurt the size of our Tribe it will take away services that we provide for you our tribal people. It will not only decrease or dissolve the services but it will show to the Tribes the State will not take interest in our Tribal Government as Sovereign Nations.

The Absentee Shawnee Tribe signed the compact with the State of Oklahoma on January 27, 2005. In the last 15 years we have paid $6.6 million dollars in exclusivity fees to the State. Combining both the Norman and Shawnee Casino we currently have 2515 employees of which 27% are Absentee Shawnee Tribal people, 18% of other tribal affiliation and non-tribal 55%.

The Absentee Shawnee Executive Committee will be active in this important issue as it will play a big part in our Tribes future. A few Oklahoma Tribes important issue as it will play a big part in our Tribes future. A few Oklahoma Tribes

**Fund Size Documents on page 4-5**

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By Phillip Ellis, AST Treasurer

**BIA UPDATE**

In May 2019 I received an independent audit to complete a performance review of our BIA Roads program for FY 2017 and FY 2018. In their report, they found the following:

- Only 3 of the 26 approved routes were worked on during 2017.
- Only 1 of the 17 approved projects were worked on during 2018.
- The program was allowed to procure goods and services that circumvented procurement processes.
- Minimal supervision and accountability was provided over the program.
- BIA vehicles and equipment were found improperly stored at personal residences.
- The BIA program was allowed to procure goods and services that circumvented procurement processes.
- The program was allowed to include unneeded and assets were inappropriately utilized.
- The program was allowed to procure goods and services that circumvented procurement processes.
- Only 1 of the 17 approved projects was worked on during 2017.
- The program was allowed to procure goods and services that circumvented procurement processes.

**Action Items Include:**

- The program was allowed to procure goods and services that circumvented procurement processes.

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**2018 Financial Audit**

The 2018 audit has been completed and turned in to the government. The EC and AST Health System will meet with the Audit team in late July to go over the audit process and discuss any findings. The annual audit is a verification process of your company’s financial statements and systems. Let our auditors look at the accuracy of our finances and our internal processes and lets us know if internal control steps should be taken to help protect our organization against fraud. An audit is designed to provide reasonable assurance that financial statements prepared by the Office of the Treasurer and tribal finance are presented fairly, in the best interest of the tribe, and in conformity with the American Institute of Certified Public Accountants’ (AICPA) Generally Accepted Accounting Principles (GAAP). We utilize audit in a performance improvement plan to identify weaknesses in our accounting processes and correct financial problems.
Hello Tribal Members,

Let me start by saying I have received many phone calls from concerned tribal members regarding our most recent election. I am just as concerned and am at a loss as to why this has drug on for so long. I have asked the Election Commission to be transparent as possible and let the tribal members know what is going on. But I have yet to see any definitive communication from the Election Commission. A majority of the tribal members are very concerned with the lack of action from the Election Commission, and frankly, so am I. I have honestly and fairly won both the primary election and the run-off election, by a large margin. I have asked the Election Commission, why they haven’t certified the election? The Election Ordinances do NOT allow the Election Commission to stop an election or allow them to NOT certify the election. It is the responsibility of the Election Commission to hold an election and certify our tribal election with a swearing in ceremony. But this has not happened! I am disappointed and extremely frustrated as to the cowardly, political tactics used to disrupt our tribal election process.

Clearly Edwina Butler-Wolfe and our old tribal AG, William Norman with Hobbs Straus, did not have the best interest of the tribe when introducing the Secretarial Elections. In fact they both stated in an Executive Committee meeting and at the April General Council that the secretarial election would NOT interfere with the tribal elections. Obviously they were lying and have been lying to all of us. The resolution voted on by the Executive Committee did not include wording that the new Executive Committee terms would be effective immediately. Additionally, our Constitution Revision Committee never submitted item “B” for the secretarial election. All 3200 eligible tribal members did not receive a packet? After correcting the Eligible tribal members list twice, the eligible voters list was then given directly to William Norman who personally drove down to the BIA in Anadarko and persuaded the BIA to quickly hold the Secretarial Election. William Norman, as the AG for the tribe, failed to tell them that the Tribe was in the middle of elections and that we were going into Election runoffs. To quote an email from William Norman was received on December 19, 2018 at 5:30p.m., “THE BIA WILL GENERALLY AVOID SCHEDULING A SECRETARIAL ELECTION AT THE SAME TIME AS TRIBAL ELECTIONS. THE BIA’S ELECTION OFFICIALS WILL ASSEMBLE AND MAIL A SECRETARIAL ELECTION NOTICE 30-60 DAYS BEFORE THE ELECTION TO ALL PERSONS ON THE ELIGIBLE VOTERS LIST.” As the AG for the tribe, what was the main reason for pushing the Secretarial election so quickly, was it for personal gain or one body of the Executive Committee? Both Edwina Butler-Wolfe and our old AG deceived the Executive Committee and all our tribal people. I regret not seeing through their deception and not addressing this issue sooner. I am and will always continue to work in the best interest of the tribe.

In response to the Governor’s report: July 2019
The same issues of negativity keep coming up from Edwina. Every past and present report made by Edwina Butler-Wolfe is always about what she doesn’t like; what EC member did what; what key positions non-native employees hold, etc. She brings up old cases that have been thoroughly investigated. So, tell me how and why any of those things are relevant to moving the tribe forward. Her bullying tactics are unnecessary and should not be created by the Governor of the Tribe. Ask her and you will find she has no economic development she can point to. She hasn’t displayed any leadership skills that have benefited our tribe. Our bank under her oversight has crumbled. She has no economic development she can point to. She hasn’t displayed any leadership skills that have benefited our tribe.

Secrecy’s Report

By John Johnson, AST Secretary

Honorably Edwina Butler-Wolfe
Governor, Absentee Shawnee Tribe of Indians of Oklahoma
2226 South Gordon Copper Drive
Anadarko, Oklahoma 73001

Resignation E: AS-2018-06
December 19, 2018
Page 2 of 2

CERTIFICATION
We, Edwina Butler-Wolfe, Governor and John H. Johnson, Secretary of the Absentee Shawnee Tribe of Indians of Oklahoma, do hereby certify that the text and exact copy as printed is true and exact copy as approved by the Executive Committee of the Absentee Shawnee Tribe of Oklahoma as a duly certified meeting held on December 19, 2018, for the purpose of amending the Constitution, as follows:

NOW, THEREFORE, BE IT RESOLVED, that the Executive Committee of the Absentee Shawnee Tribe of Indians of Oklahoma hereby requests that the Secretary of the Interior conduct an election, in accordance with the provisions of Section 3 of the Oklahoma Indian Welfare Act of June 25, 1956 (49 Stat. 1967) for the purpose of amending the Constitution, and

BE IT FURTHER RESOLVED, that the text of the proposed amendments to the Constitution shall be as provided on Attachment A and Attachment B hereto.

John H. Johnson
Secretary

Executive Committee

August 2019
EXECUTIVE
RESOLUTION NO. E-AS-2018-06
ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
REGULAR EXECUTIVE COMMITTEE MEETING
DECEMBER 15, 2018
A RESOLUTION DULY ADOPTED BY THE EXECUTIVE COMMITTEE OF THE ABSENTE SHAWNEE TRIBE OF INDIANS OF OKLAHOMA REQUESTING A SECONDARY ELECTION TO BE CONDUCTED BY THE UNITED STATES DEPARTMENT OF THE INTERIOR TO AMEND THE CONSTITUTION FOR THE PURPOSE OF AMENDING THE CONSTITUTION AND TO HOLD AN ELECTION FOR EXECUTIVE COMMITTEE APPROVAL AND TO EXTEND THE TERM OF OFFICE OF BUSINESS COMMITTEE MEMBERS.

WHEREAS, the Absentee Shawnee Tribe of Indians of Oklahoma is a federally recognized Indian tribe, an independent governmental unit, and sovereign and free within its territory; and

WHEREAS, the Absentee Shawnee Tribe of Indians of Oklahoma has a Constitution approved by the Department of the Interior, last amended in May 2011; and

WHEREAS, the Executive Committee of the Absentee Shawnee Tribe of Indians of Oklahoma is empowered by the Constitution to speak and otherwise conduct business in the name of, and on behalf of, the Absentee Shawnee Tribe of Indians of Oklahoma; and

WHEREAS, it is the responsibility of the Executive Committee to hold its educability responsibility to the Tribe and its constituency as the highest priority; and

WHEREAS, Article XIII of the Constitution, Amendments to the Constitution may be proposed by a resolution of the Executive Committee; and

WHEREAS, the Executive Committee has reviewed the Constitution, along with the recommendations of the Constitution Revision Committee, and has concluded that it is in the best interest of the Tribe to request a secretarial election to approve certain constitutional amendments.

NOW, THEREFORE, BE IT RESOLVED, that the Executive Committee of the Absentee Shawnee Tribe of Indians of Oklahoma hereby requests that the Secretary of the Interior conduct an election, in accordance with the provisions of Section 3 of the Oklahoma Indian Welfare Act of June 25, 1956 (49 Stat. 1967) for the purpose of amending the Constitution, and

BE IT FURTHER RESOLVED, that the text of the proposed amendments to the Constitution shall be as provided on Attachment A and Attachment B hereto.
Executive Committee

no plans for the future of our tribe. The only thing she has is negativity, bad business practices and unprofessional leadership. She also talks about doing away with the 3 signatures to move business forward. To clarify, our Constitution states 3 signatures are required to do business. Edwina Butler-Wolfe is aware of what the EC is trying to do or what the plans are. If she doesn’t like the plan or it isn’t her idea, she just refuses to hear them. That is not a leader, those are actions of a spoiled child. Every meeting that has been held are all informal meetings to go over issues, corresponding documents or business deals. That is the purpose of a committee to discuss issues, ideas and business proposals and get everyone on the same page.

At one time, these meetings were being held, every Monday morning at 9:00 a.m. I am not sure why she decided she didn’t want to hold these meetings as her duty as the Governor. She stated “it being the duty of the Governor to have general supervision of the affairs of the Executive Committee and to perform all duties pertaining to the office of the Governor” then do these duties, attend the meetings, then you would know and have an input. Everything that is passed by resolution, contract or business proposal has went across her desk some way or another. Tell me how the Governor of “our” Tribe can easily cancel these informal meetings then complain to tribal members that she doesn’t have any idea what is going on. She does know she just doesn’t want to acknowledge it. She has one mind set and that is self-gain. Every month her report states she attends all these meetings but what information is brought back to the tribe pertaining to the meetings. I ask you again, what information do you get from reading her articles? These articles are unnecessary, and they do not pertain to tribal business. Is that what tribal members really want to know? Do you really want to know the gossip and rumors that are going on? How about you ask why the Horseshoe bend afterschool program closed; why there are so many complaints on Building Blocks; or why All Nations Bank is not progressing. Why don’t you ask her these questions? It is your right to know. Your questions and concerns need to be answered.

Our people have spoken and have clearly elected me as our tribe’s new Governor. Edwina Butler-Wolfe should leave on positive terms, not be asked to leave. A true leader would and should step down with grace, rather than fight to keep her position through deceit.

You’re newly elected Governor, John Johnson

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Yvonne D. Penkilla

From: Yvonne D. Penkilla
To: Sherry Lovin
Subject: Proposed Resolution

Ms. Penkilla,

Sherry Lovin, Regional Tribal Govt Services Officer, gave me a copy of a Notice of Special Meeting dated July 1, 2019 which indicates that the Executive Committee may adopt a resolution that “implements” Amendments A and B of the recently ratified constitutional amendments and replaces Amendment B. The information I’m sharing with you is advisory only and based on the regulations and the Oklahoma Indian Welfare Act.

The applicable law and regulations do not permit the Tribe to reject a validity approved and ratified amendment. If the Executive Committee were to adopt the proposed resolution, the BIA would not be able to recognize it. Legally Amendments A and B are both irrelevant on the date of the Secretarial election, neither one requires tribal implementation.

If there should be any questions over the interpretation or application of these amendments, it should be resolved by the appropriate tribal forums or court. It must be noted that any tribal forums cannot void or declare unconstitutional a duly ratified constitutional amendment.

I hope that this information is useful.

Yvonne D. Penkilla

Executive Assistant

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The Election Commission denied the Governor’s Protest. The matter is currently under review by the Tribal Court. The Election Commission will not take any further action until the Court rules.

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Election Commission

The Election Commission denied the Governor’s Protest. The matter is currently under review by the Tribal Court. The Election Commission will not take any further action until the Court rules.
In summation for CP and HR—in business, a detailed report in this issue on her Elizabeth Snow, will be providing Human Resources. The HR Director, million expansion. The museum will be undertaking a $75 of Tulsa to steward the museum. The Gilcrease facility equipped to preserve and protect all of the collected artifacts. The Gilcrease Museum has a wonderful collection of these wonderfully preserved artifacts. Native American items of interest. It was the museum’s Shawnee inventory and other items that bridge gaps in our day-to-day operations. All of these activities cover a broad range of topics and are projects or activities that are required to build our tribe and its operations.

Cultural Preservation. The Cultural Preservation Department staff have been working extremely hard and delivering big to our tribal members! The “can” making class, “ribbon skirt” making class and “moccasin” making class have all been a big success. Thanks to all participants who supported and participated in these classes. The CP staff truly enjoy sharing their time and work with all tribal members and will continue to bring classes that can be enjoyed by all tribal members.

The stomp dance Demonstration with Camp Nikoti and CCDP Sum Youth Programs was a huge success. CP’s goal is to ensure that we pass down to our children songs and dances so that each generation can learn about our culture and traditions. The CP staff saved late into the night before the event making ribbon skirts for the youth to wear as they participated in the stomp dance. Thanks to all the leaders who participated and helped to make this successful event. Also, everyone was treated to lunch—Indian Tacos!! A job well done by all!!

Greetings Tribal Members:

Youth participating in the stomp dance.

The Shawnee News Star visited Cultural Preservation and interviewed Andrea, Devon and I traveled to Tulsa to attend the Gilcrease Museum’s NAGPRA Consultation. The agenda included the history of the museum, collections, NAGPRA implementation, goals, objectives, ethnographic, CUI inventories and examinations. We examined the museum’s Shawnee inventory and other Native American items of interest. It was a real privilege to visit and tour many of these wonderfully preserved artifacts. The Gilcrease Museum has a wonderful facility equipped to preserve and protect all of the collected artifacts. Gilcrease Museum is owned by the City of Tulsa, which is partnered with the University of Tulsa to steward the museum. The museum will be undertaking a $75 million redesign provided an improvement to the design team and various professionals who will be working to complete Phase II. The enrollment of the bighouse to cabins has been completed, and this redesign provided an improvement to The Stomp Dance of campers that can be housed from 120 to 132. The removal of trees from the target construction area started on June 24. Once the trees have been removed, geotechnical soil testing and surveying will be performed. These environmental testing reports are required by the structural engineers in order to complete the work for the entry gate, cabins and shower house foundations. Once these are completed, the final cabin and gate layouts can be proposed and further design work for OEC power lines, septic piping, lagoon design and installation can be initiated.

Gaming Commission. I am undertaking a full review of the Gaming Commission Department. My goal is to improve the performance and deliverables. I am in the process of amending the Gaming Ordinance. The primary change is to improve the Ordinance whereby all five (5) Executive Committee members are the ultimate decision makers—not just one EC member. With these changes, there will be a fair and consistent process for making important decisions. Since the Gaming Commission’s offices are located in Little Axe (of campus), it has not had a connection or the ability to access the IT services provided by the tribe. I have started the process of bringing the Gaming Commission online at the tribal complex so that the Gaming Commission can receive all electronic services and communications expeditiously. This will greatly improve the overall work functions and efficiencies conducted by the Gaming Commission. Other. It was a great honor to be invited to attend RADM Meeks’ retirement in Oklahoma City. RADM Meeks was responsible for the provision of comprehensive healthcare services to one of the largest and most diverse BIS service populations. He was a great champion and supporter of our Absentee Shawnee Health System. We wish him well as he embarks on a much deserved retirement.

Youth activities, Employees and Leaders

Executive Committee

August 2019

Andrea Ellis-Harrison, Casey Wilson, Atheda Fletcher, John Raymond Johnson

quote: The task of the leader is to get their people from where they are to where they have not been.
AST Youth

AST Youth attended the Annual National United Native Indian Tribal Youth (UNITY) Conference in Orlando, Florida July 3-8th. United Native Indian Tribal Youth (UNITY) is a national organization that was created in 1976 to address the national crisis of Native American suicide for youth between the ages of 14 and 24. The Many Nations Youth Council is an UNITY affiliated independent youth council out of Norman, Oklahoma. The youth council is advised by AST tribal member, Sacha Almanza. Over 15 tribes across the Oklahoma and other states are represented within the council. Among the 12 active members, four AST youth were sponsored by the Absentee Shawnee Tribe to attend the conference. Lita Gibson (18), Jessica New Moon (21), Tegan Blackbear (13), Kaiya Almanza (13) were sponsored by the Absentee Shawnee Tribe to attend. The conference offered opportunities for social, spiritual, mental, and physical growth through workshops, leadership activities, cultural sharing, and spiritual healing in a supportive and encouraging environment. Through this opportunity youth are encouraged to take positive change and leadership skills back to their communities to make a difference. Over 1500 Native Youth across the United States were in attendance.

August 2019 – Scheduled Closings

<table>
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<tr>
<th>Dates Closed</th>
<th>Time(s)</th>
<th>Locations</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed., August 7th (1st Wed of Month)</td>
<td>Noon to 5 PM</td>
<td>All AST Health facilities CLOSED</td>
</tr>
<tr>
<td>Fri., August 9th (AST Day)</td>
<td>All Day</td>
<td>All AST Health facilities CLOSED</td>
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*In the event of a predicted severe weather forecast, please call ahead for possible health system closure or delay: Little Axe Health Center at (405) 447-0390, Shawnee Clinic at (405) 878-5850, or PlusCare at (405) 447-0477

**Health closures/delays are posted on the Absentee Shawnee Tribal Health Facebook wall “Absentee Shawnee Tribal Health”, Twitter @ASTHealth & on ASTHS website at www.asthealth.org

**Governor’ s Report Continued from page 2

EXPRESSIONS

For those families who may have lost a loved one this month, I offer my sincere condolences to you and your family on your loss.

CONCLUSION

As the Tribes in Oklahoma are in for a battle with this Gaming Compact it is vital that we the Executive Committee work together and not fight with one another. We need to fight together and make sure our Tribal People (and that is you) are taken care of and do our job as elected leaders. Treasurer Ellis and I have talked on moving forward and looking at a clean slate. I do believe he truly means it and I am willing to move forward as a whole of 5 elected leaders.

I appreciate Tribal Members that have come by my office or called with their concerns. My door is open unless I am in a meeting or attending a meeting elsewhere. My office is open and not behind locked doors.

Help make a difference and stand beside me and let us empower each and everybody to build for a better future.

Governor Edwin Butler-Wolfe
405 275-4300, Ext: 6408, Office Number 405 481-0397 Tribal Cell Number

Tribal Departments
AST member 9 yr old Joshua Foreman completed a prestigious Science, Technology, Engineering, and Mathematics (STEM) Program recently with the support of the health system and the health boards. Young Josh Foreman was the youngest student ever sponsored from Tecumseh within this National Program to expose students to mathematics and science programs via the STEM effort at student outreach for bright students with a focus upon developing their interest and potential in certain STEM courses, including medicine. Picture are: Grandparents, Leonard and Serena Foreman and brother Jacob Foreman providing an impressive project presentation to the Health Boards meeting on 16 July 2019 upon his return from his STEM program. The health program will continue to aggressively invest interest, time, and effort in developing AST and area Native American talent with a drive for medicine and health programs to reinvist in our local tribal communities, growing our talent locally for the future.

About Oklahoma City Indian Clinic
OKLAHOMA CITY: Oklahoma City Indian Clinic (OKCIC), a 501(c)(3) nonprofit clinic providing health and wellness services to American Indians in central Oklahoma, hosted its annual Children’s Health Fair on Friday, July 12 and Saturday, July 13, 2019.

Over the course of two days, OKCIC saw over 240 children aged 4-11. They received appropriate immunizations, fluoride treatments, sports physicals, head checks, school supplies, and health, hearing, and vision screenings.

“We like to help take the stress out of checkups by creating an easy and positive experience,” Dr. Jennifer Williams said, OKCIC’s Pediatric Medical Doctor. The Children’s Health Fair also had interactive activities, including an inflatable obstacle course and a petting zoo. Additionally, OKCIC’s Children’s Health Fair was part of the activities from the Oklahoma City Fire Department and the Rolling Thunder Book Bus.

“Our goal is to create a fun environment where children want to come by incorporating exciting activities with essential health care,” Williams said. “This creates satisfaction for both parents and kids. The kids have fun interactions and the parents get their children’s annual checkups complete.”

OKCIC would like to thank all our community partners and patients, including: Tinker Federal Credit Union, Tobacco Settlement Endowment Trust, Blue Cross Blue Shield of Oklahoma, Safe Kids Coalition, Infant Crisis Services, Metropolitan Library, Potawatomi Tribe Foster Care, Nurses Service Organization, and Captain Superfish.

About Oklahoma City Indian Clinic
Oklahoma City Indian Clinic was established in 1974 to provide excellent health care and wellness services to American Indians in central Oklahoma.

The clinic staff cares for more than 19,000 patients from over 200 federally recognized tribes every year. American Indians can receive a range of services, including medical, dental, pediatrics, prenatal, pharmacy, nutrition, fitness, family programs and behavioral health services. For more information, please call (405) 948-4900 or visit www.okccic.com.

Flu Shot Schedule

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Mashed Pot/Gravy Mashed Pot/Gravy Mashed Pot/Gravy Mashed Pot/Gravy Mashed Pot/Gravy Mashed Pot/Gravy

Tossed Salad* Tossed Salad* Tossed Salad* Tossed Salad* Tossed Salad* Tossed Salad*

Cold Cut Sandwich Cold Cut Sandwich Cold Cut Sandwich Cold Cut Sandwich Cold Cut Sandwich Cold Cut Sandwich

Cabbage Stew Cabbage Stew Cabbage Stew Cabbage Stew Cabbage Stew Cabbage Stew

Wild Rice Wild Rice Wild Rice Wild Rice Wild Rice Wild Rice

Cheese and Rice Cheese and Rice Cheese and Rice Cheese and Rice Cheese and Rice Cheese and Rice

Spaghetti Spaghetti Spaghetti Spaghetti Spaghetti Spaghetti

Ham, Eggs, Cheese Ham, Eggs, Cheese Ham, Eggs, Cheese Ham, Eggs, Cheese Ham, Eggs, Cheese

Macaroni and Cheese Macaroni and Cheese Macaroni and Cheese Macaroni and Cheese Macaroni and Cheese Macaroni and Cheese

Lunch served daily Monday to Thursday 11 AM to 1 PM

LUNCH SERVED MONDAY-THURSDAY 11AM TO 1PM BREAKFAST SERVED MONDAY-THURSDAY 5AM TO 11AM

No Bingo this month!!!

Absentee Shawnee Tribe School Clothing Department
Tribal Services

Galloway named Chief of Staff for Oklahoma DHS

OKLAHOMA CITY – Oklahoma Department of Human Services (DHS) Director Justin Brown has named Samantha Galloway Chief of Staff. Galloway most recently served as Executive Director of Oklahoma Community-based Providers (OCP), the statewide association of providers who serve Oklahomans with developmental disabilities.

“The agency is honored to have her depth of experience to serve alongside thousands of other dedicated team members, and we are all undoubtedly stronger and better positioned to help those in need because of her commitment to DHS,” Galloway said.

Galloway is a familiar face at DHS. She began her career in 2005 as a Developmental Disabilities Services (DDS) case manager before serving at DHS legislative liaison until 2016.

“MY career has been spent almost exclusively in human services,” said Galloway. “Returning to DHS is truly like coming home for a season. The work we do each and every day at DHS must be focused on the person we are serving, whether it is a person with a developmental disability trying to live and work in our community, a family in need of support towards stabilization, a child in need of protection, or a senior in need of support to remain safe and healthy in their home. We are here for service, period.”

Galloway provides strategic counsel about agency priorities with an emphasis on transparency and customer service. She works with Director Brown to implement successful outcomes and strengthen relationships with DHS providers who help the agency serve vulnerable Oklahomans.

“I have had the pleasure of spending a considerable amount of time with Justin as he prepared to become the new DDS Director,” said Galloway. “It was through those interactions that I became fully confident that he has the competency and heart to lead DHS.”

Galloway is a past Executive Director of Washington (Parish) Economic Development in Bogalusa, Louisiana and former Director of Community Services at the Center of Family Love in Okarche, Oklahoma.

She earned a Bachelor’s Degree in Speech Communication from Southeastern Louisiana University. Galloway began her duties as Chief of Staff June 17.

Galloway named Chief of Staff for Oklahoma DHS

Oklahoma City, OK – Oklahoma Department of Human Services (DHS) Director Justin Brown has named Samantha Galloway Chief of Staff. Galloway most recently served as Executive Director of Oklahoma Community-based Providers (OCP), the statewide association of providers who serve Oklahomans with developmental disabilities.

“Samantha’s skill set is unrivaled, and the fact that she is driven to use these skills for the benefit of those in the most need is a testament to her high moral code and her selfless approach to service,” said Brown. “The agency is honored to have her depth of experience to serve alongside thousands of other dedicated team members, and we are all undoubtedly stronger and better positioned to help those in need because of her commitment to DHS.”

Galloway is a familiar face at DHS. She began her career in 2005 as a Developmental Disabilities Services (DDS) case manager before serving at DHS legislative liaison until 2016.

“My career has been spent almost exclusively in human services,” said Galloway. “Returning to DHS is truly like coming home for a season. The work we do each and every day at DHS must be focused on the person we are serving, whether it is a person with a developmental disability trying to live and work in our community, a family in need of support towards stabilization, a child in need of protection, or a senior in need of support to remain safe and healthy in their home. We are here for service, period.”

Galloway provides strategic counsel about agency priorities with an emphasis on transparency and customer service. She works with Director Brown to implement successful outcomes and strengthen relationships with DHS providers who help the agency serve vulnerable Oklahomans.

“I have had the pleasure of spending a considerable amount of time with Justin as he prepared to become the new DDS Director,” said Galloway. “It was through those interactions that I became fully confident that he has the competency and heart to lead DHS.”

Galloway is a past Executive Director of Washington (Parish) Economic Development in Bogalusa, Louisiana and former Director of Community Services at the Center of Family Love in Okarche, Oklahoma.

She earned a Bachelor’s Degree in Speech Communication from Southeastern Louisiana University. Galloway began her duties as Chief of Staff June 17.

For more information
Casey Wilson 405-275-4030 ext. 6416
e-mail: cwilson@astribe.com

ELDER INTAKE FORM

Today's Date

Last Name

First Name

Middle Initial

Date of Birth

Sex

Married

Divorced/Seperated

Widowed

SPOUSE'S NAME

SPOUSE'S DATE OF BIRTH

NAME OF EMERGENCY CONTACT (1)

PHONE

NAME OF EMERGENCY CONTACT (2)

PHONE

PRIMARY LANGUAGE

ENGLISH

TRIBAL

OTHER

HOUSING

APARTMENT

COMMUNITY HOUSING

OTHER

COMPOSITION

LIVES ALONE

LIVES WITH SPOUSE

LIVES WITH FAMILY/FRIENDS

OTHER

NUMBER IN HOUSEHOLD

WHO HOLDS

HEALTH HISTORY

ASTHMA

ALZHEIMER'S

DIABETES

CANCER

HEART DISEASE

CHRONIC RASH

HEARING IMPAIRMENT

CHOLESTEROL

BLOOD PRESSURE

PRIMARY TRANSPORTATION

Walk/Cycle

Wheelchair

Handicap

Senior Transportation

Family

PROSTHETIC DEVICES

Walkers/Cane

Wheelchairs

Hearing Aid

Glasses

Dentures

Are you enrolled with a different Title VI Program?

YES

NO

IF YES, NAME OF PROGRAM & WHERE LOCATED

HEALTH CONCERNS

SERVICES CURRENTLY BEEN RECEIVED

Together we can make a living history.

We would like to film our people's history in their own words and keep it here at the library for future generations to be able to access and learn from.

For more information
Casey Wilson 405-275-4030 ext. 6416
e-mail: cwilson@astribe.com

August 2019

THE TRIBAL LIBRARY IS NOW ARCHIVING PHOTOS!

Come to the Cultural Preservation Building and have your pictures scanned and handed right back to you.

Together we can make a living history.

For more information
Casey Wilson 405-275-4030 ext. 6416
e-mail: cwilson@astribe.com

Honoring Our Past
With Promise for Our Future

LIFE is Beautiful
Living Meth Free

National Suicide Prevention
1-800-273-8255
(TALK)

Absentee Shawnee
Health Systems
Shawnee & Little Axe

Life is Beautiful
Living Meth Free

Tribal Services

August 2019

THE TRIBAL LIBRARY IS NOW ARCHIVING PHOTOS!

Come to the Cultural Preservation Building and have your pictures scanned and handed right back to you.

Together we can make a living history.

For more information
Casey Wilson 405-275-4030 ext. 6416
e-mail: cwilson@astribe.com

OKLAHOMA CITY – Oklahoma Department of Human Services (DHS) Director Justin Brown has named Samantha Galloway Chief of Staff. Galloway most recently served as Executive Director of Oklahoma Community-based Providers (OCP), the statewide association of providers who serve Oklahomans with developmental disabilities.

“The agency is honored to have her depth of experience to serve alongside thousands of other dedicated team members, and we are all undoubtedly stronger and better positioned to help those in need because of her commitment to DHS.”

Galloway is a familiar face at DHS. She began her career in 2005 as a Developmental Disabilities Services (DDS) case manager before serving at DHS legislative liaison until 2016.

“My career has been spent almost exclusively in human services,” said Galloway. “Returning to DHS is truly like coming home for a season. The work we do each and every day at DHS must be focused on the person we are serving, whether it is a person with a developmental disability trying to live and work in our community, a family in need of support towards stabilization, a child in need of protection, or a senior in need of support to remain safe and healthy in their home. We are here for service, period.”

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Mowing Applications are Open!

Dear Absentee Shawnee Tribal Members

For many years The Title VI Department has provided gas to mow your lawn. We are updating the guidelines. The Title VI Grant provides gas as supportive services and for us to provide supportive service you must be a participant in the Title VI Program Guidelines:

1. Absentee Shawnee Member
2. Must be 55 years and older
3. Must be a Title VI Member, have a current intake form on file (FY-2019)
4. Must provide Residency (utility bill--in the applicants name)
5. Handicap/Disabled applicants name)
6. NO RENTAL PROPERTY
7. NO RENTAL PROPERTY
8. Must be 55 years and older

As a Title VI Member as long as you are within the guidelines you can put in your application and turn in your applications to the Title VI Department.

As stated on the application: Maintenance will only mow and weed eat applicants lawn. Maintenance will now every two (2) weeks permitting. Also, the maintenance workers will not trim trees, shrubs, and will NOT move any items that are in the way of cutting your lawn.

Any questions you can reach me at 405-274-4030 ext. 6227 or email me at dowings@astribe.com

*Please contact us!

ABSENTEE SHAWNEE TRIBAL MEMBERS

APPLYING FOR TRIBAL ENERGY ASSISTANCE (T.E.A)

(A ONE TIME YEARLY PAYMENT OF $150.00 PER RESIDENCE)

UNEMPLOYED APPLICANTS MUST COMPLETE SELF-CERTIFICATION FORM PROVIDED BY CASE WORKER

- BASED ON YOUR LEVEL OF INCOME
- CDIB CARDS (ALL MEMBERS RESIDING IN THE RESIDENCE)
- SOCIAL SECURITY CARDS (ALL MEMBERS RESIDING IN THE RESIDENCE)

**Notes:**

Unemployment, TANF, etc.

**APPLICATION ALSO ONLINE:** www.astribe.com

Have application completed and all required documents before submitting to social services.

Absentee Shawnee Behavioral Health

STRENGTH OF TRADITION PROJECT

Funded through SAMHSA Native Connections Grant in providing support by:

- Extending an out outreach through community partnerships in increasing awareness of Substance Abuse and Suicide Prevention in the community.
- Increasing the participation of youth, parents, tribal leaders, and health providers in developing mental health services and treatment options based on the cultural values and practices of the Native community.
- Easing the impact of substance use, mental health illnesses, and trauma in Native communities.
- Supporting youth as they transition into adulthood.

If you have a Brownfield site that you would like to develop, or if you know of a possible Brownfield site, please contact:

Absentee Shawnee Tribe

Office of Environmental Health & Engineering

Brownfield Tribal Response Program

What is a Brownfield? The EPA defines a brownfield site as “… real property, the expansion, redevelopment, or reuse of which may be complicated by the presence or potential presence of hazardous substances, pollutants, contaminants, controlled substances, petroleum or manufactured gas products, or is mine-extracted land.”

Do you have land that you want to use for a business, park, or for cultural purposes, but are worried about possible contamination? If so, you may have a Brownfield site.

Typical Brownfield Sites include:

- Abandoned Factories/Buildings/Institutions
- Buried Houses
- Buried Cemetary Sites
- Open Cemetary Sites
- A Large Amount of Toxic Material
- Old Service Stations
- Oil Storage Facilities
- Oil Wells
- Old City Cleanup Businesses

If you have a Brownfield site that you would like to develop, or if you know of a possible Brownfield site, please contact:

Absentee Shawnee Tribe

Office of Environmental Health & Engineering

Brownfield Tribal Response Program

205 E. Gordon Drive

Shawnee, OK 74801

(405) 214-4335

ASTRIBE.ENVIRONMENT@ASTRIBE.COM

www.facebook.com/astribeenviro

www.twitter.com/astribeenviro

Absentee Shawnee Housing

2019 PROGRAMS

- Low Rent Housing
- Lease To Own
- $2,000 Down Payment & Closing Assistance – AST Members ONLY
- College Housing Rental Assistance
- Over Income Lease to Own Housing
- Home Rehabilitation – AST Members ONLY
- Home Rehabilitation – AST Members ONLY

For information about services, please call (405) 274-4030 or come by our office at 107 North Main Street, Shawnee, OK 74801.
Enrollment Please, Update Information

Absentee Shawnee Tribe Enrollment office has a list of names of the addresses that need to be updated within the Enrollment list. If you know any of the locations that need to be updated, please contact the office. If your name appears in the lists and is already updated, please disregard at this time.

Thank you for all of your help!

Aleta Applinga 405-235-4080 Melinda Arroyo 505-354-2260
Jessie Gathers 405-236-3025 Melissa Canseco 505-354-2260
Donna Blevins 405-236-3025 Hilda Webster 505-354-2260
Lucia Boiling 405-236-3025 Katrina Benavides 505-354-2260
Sara Boyd 405-236-3025 Asia Navarrete 505-354-2260
Kirby Brown 405-236-3025 Kim Rivas 505-354-2260
Allison Neutame 405-236-3025 Laura Collett 505-354-2260
Regina Nunez 405-236-3025 Laura Martinez 505-354-2260
Rebecca Nunez 405-236-3025 Lisa Morris 505-354-2260
Steven Palacios 405-236-3025 Steve Nelson 505-354-2260
Brittany Peterson 405-236-3025 Gary Nelson 505-354-2260
Noreen Sieler 405-236-3025 Sandra Nelson 505-354-2260
Sharon Sieler 405-236-3025 Sunny Nelson 505-354-2260
Michelle Sierra 405-236-3025 Melody Nelson 505-354-2260
Stacy Sieler 405-236-3025 Harry Nelson 505-354-2260
Jenniffer Sippel 405-236-3025 Katie Nelson 505-354-2260
John Susiski 405-236-3025 Eric Nelson 505-354-2260
Sarah Taylor 405-236-3025 Mica Nelson 505-354-2260
Melisa Tice 405-236-3025 Jean Nelson 505-354-2260
Amber Trejo 405-236-3025 Mark Nelson 505-354-2260
Jared Tyler 405-236-3025 Allison Nelson 505-354-2260
Katie Tucker 405-236-3025 Jasmine Nelson 505-354-2260
Cindy Tucker 405-236-3025 Marian Nelson 505-354-2260
Sara Trujillo 405-236-3025 Traci Nelson 505-354-2260
Uriah Trujillo 405-236-3025 Mary Nelson 505-354-2260
Melissa Uehling 405-236-3025 Steve Nelson 505-354-2260
Sara Uehling 405-236-3025 John Nelson 505-354-2260
Valerie Uehling 405-236-3025 Scott Nelson 505-354-2260
Smith Uehling 405-236-3025 Nancy Nelson 505-354-2260
Harrison 405-236-3025 Rachel Nelson 505-354-2260
Barbara Harrison 405-236-3025 Lisa Nelson 505-354-2260

Absence Shawnee Tax Commission
2029 S Gordon Cooper Drive, Shawnee, OK 74801
Monday-Friday 8 am - 12 pm; 1 pm - 5 pm
Fax: 405-236-1367
E-mail: asttay@astribe.com

Tribal Departments 11

August 2019

Now Accepting Credit/Debit
Effective May 1, the tag office will be accepting credit/debit cards. Please note a convenience fee of 2.75% will be added.
Greetings and blessings to all, we hope this report finds you in good health and spirit.

EXCITING ANNOUNCEMENT

On June 24, 2019 ASEDA, Inc. formed a partnership with Native American Hemp, LLC and applied for a 2019 industrial hemp license to grow hemp pursuant to the requirements of the Oklahoma Industrial Hemp Pilot Program. ASEDA, Inc. is excited to announce it received notification of a full application approval on July 15, 2019 placing us at the forefront in Indian Country of this booming and lucrative industry.

ASEDA Projects Coordinator
Cell: (405) 430-6018
Office: 405-275-4030 ext. 6263

Seed has been purchased and field preparations such as mowing and plowing have been completed to plant a 10-acre test crop at the Hardesty property. Native American Hemp Chief Operations Officer Aaron Fournier says “ASEDA’s groundbreaking industrial hemp project is an innovative enterprise that will help diversify the Tribe’s economic base and create jobs for Tribal Members, while at the same time providing significant environmental benefits by cleaning and enriching the soil and removing carbon from the air. It’s a tremendous example of how a Tribe can undertake forward-thinking business activities and lead an industry which is true to traditional values and be protecting of the land.” We are very excited to work with the team from Native American Hemp to get this project started and developed into an economic success.

ASEDA is very appreciative of the teamwork and help we have received from the various Tribal departments to get the project moving. We would also like to recognize Secretary/Governor Elect John Johnson, Treasurer Phillip Ellis and Representative Atheda Fletcher for not only taking time to attend the meetings and presentations but for fully supporting our efforts to move forward.

BIG UPDATE

We are a little behind for hitting some target dates on our 8a timeline but we continue to progress toward completing the registration and application process to become certified for government contracting. To date all registrations are complete except for the approval of our CAGE codes which is backlogged due to a high volume of registrations and a recent crash of the site. Once the codes are approved the application will be completed and submitted to SBA for approval.

GRANT OPPORTUNITY ASEDA, Inc. teamed up with the accounting firm Baker-Tilley to pursue its first grant opportunity by submitting an application for the Native American Business Development Institute (NABDI) Grant on July 1, 2019. The objective of the NABDI grant is to enable tribes to conduct a feasibility study on the viability of an economic development project, opportunity, enterprise, business or technology. This will help weigh risks to determine whether a project is worth pursuing. Feasibility studies also empower tribes to make informed decisions regarding their economic futures by distinguishing viable economic opportunities from investments and enterprises that have a high likelihood of failure. This will also be useful down the line for third-party due-diligence documentation for our Tribe and ASEDA, Inc. when seeking capital, federal or state grants, or other kinds of funding for a project. Awards for the NABDI grant averaged $33,333 in 2018. Our list consisted of six properties for the application to conduct the feasibility study on, those are:

- Hardesty Property
- Lillard Pipe Property
- Tecumseh Square Property
- Earlsboro Property
- Kickapoo Street Property
- Union Street Property

We feel very confident working with Baker-Tilley that an award letter will be coming soon and so be looking for updates in future editions of your newsletter. Thank you to all who assisted knowledge and expertise to help complete the application. God bless the Absentee Shawnee Tribe and Members.

Reminder: Deadline for Each issue is the 15th of the previous month!
Free Healthy Cooking Demo

Join us at 2pm on August 15th, 2019 at the AST Diabetes and Wellness Kitchen.

Free Recipe Cards and Samples Provided.

Questions? Call 405-701-7977

A slight change in times, the same great care.

NEW HOURS STARTING IN JULY.

In July, our Shawnee Walk-in Clinic, PlusCare Clinic and pharma-
netics will begin new hours of operation. We think this will help us be even more efficient in our services. And as always, we’re here for you.

PLUS CARE CLINIC
8 a.m. - 9 p.m. Monday-Friday (Last patient accepted at 7:30 p.m.)
9 a.m. - 5 p.m. Saturday
(Last patient accepted at 4:30 p.m.)

SHAWNEE WALK-IN CLINIC
8 a.m. - 9 p.m. Monday-Friday (Last patient accepted at 7:30 p.m.)
9 a.m. - 5 p.m. Saturday
(Last patient accepted at 4:30 p.m.)

LETTER AND HEALTH CENTER PHARMACY
7:30 a.m. - 8 p.m. Monday-Friday
9 a.m. - 5 p.m. Saturday

SHAWNEE PHARMACY
7:30 a.m. - 8 p.m. Monday-Friday
9 a.m. - 5 p.m. Saturday

We will close the first Wednesday of every month from 10 a.m. to noon.

In Oklahoma, call 4-1-1 or visit otahealth.gov for health resources.
All enjoy the festive events at Thunderbird Casino Anniversary Celebration, July 5-6, 2019, 15700 OK-9 Norman, OK.

The Miss & Junior Miss Indian Oklahoma Pageant Contestants are judged on personal interview, essay, traditional dress, traditional talent, platform, and an impromptu question.
Outdoor Exercise & Heat Stress

Summer is here and I know many of us been longing for summer exercise! Whether it is at the lake skiing, tubing, walking, biking at the park, playing sports, or even working in the garden, it is important to prepare yourself for the heat. Exercising in the heat can be risky if you are not careful. Heat Stress can be very dangerous and can cause problems with your health. If your body isn’t used to the heat, it may not be able to cool down efficiently, which can lead to heat exhaustion. Additionally, heat stress can cause problems with your health. If your body isn’t used to the heat, it may not be able to cool down efficiently, which can lead to heat exhaustion. Additionally, heat stress can cause problems with your health. If your body isn’t used to the heat, it may not be able to cool down efficiently, which can lead to heat exhaustion. Additionally, heat stress can cause problems with your health. If your body isn’t used to the heat, it may not be able to cool down efficiently, which can lead to heat exhaustion. Additionally, heat stress can cause problems with your health. If your body isn’t used to the heat, it may not be able to cool down efficiently, which can lead to heat exhaustion.

Below are some real heat stress issues to pay attention to, such as heat stroke, heat exhaustion, dehydration, and some other less severe, but preventable health problems such as heat cramps, fainting, and prickly heat rash that may also occur while exercising in the heat.


---

**Heat Weather (Medical Emergency)**

When heat stroke occurs, the heat body is regulating the body's temperature by sweating, leading to rapid dehydration, and death could occur.

- **Symptoms:**
  - The body is not sweating normally or is sweating very poorly.
  - High body temperature (>104°F).
  - Confusion, delirium, hallucinations
  - Shock, bradycardia, hypotension, or coma

- Heat stroke can occur if the body is not cooled down quickly.

**Prevention:**

- Drink plenty of fluids, especially water.
- Wear light-colored, loose-fitting, lightweight clothing.
- Stay indoors as much as possible.
- Take breaks in a cool location.

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**Heat Exhaustion (Medical Emergency)**

Heat exhaustion occurs when you have been in the sun for more than an hour or have been in a warm environment for a long time. You can prevent heat exhaustion by:

- Wearing lightweight, loose clothing.
- Staying indoors as much as possible.
- Taking breaks in a cool location.

**Prevention:**

- Drink plenty of fluids, especially water.
- Wear light-colored, loose-fitting, lightweight clothing.
- Stay indoors as much as possible.
- Take breaks in a cool location.

---

**Dehydration**

Dehydration occurs when your body loses more fluid than you take in through drinking water, another beverage, or foods. You can prevent dehydration by:

- Drinking water before you feel thirsty.
- Drinking water after exercising or sweating.
- Drinking water to replace any fluids lost in sweat.

**Prevention:**

- Drink plenty of fluids, especially water.
- Wear light-colored, loose-fitting, lightweight clothing.
- Stay indoors as much as possible.
- Take breaks in a cool location.

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**Heat Cramps (Muscle Soreness)**

Heat cramps are caused by muscle cramps in the heat. You can prevent heat cramps by:

- Staying indoors as much as possible.
- Taking breaks in a cool location.

**Prevention:**

- Drink plenty of fluids, especially water.
- Wear light-colored, loose-fitting, lightweight clothing.
- Stay indoors as much as possible.
- Take breaks in a cool location.

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**Heat Rash**

Heat rash is a common skin condition caused by heat and humidity. You can prevent heat rash by:

- Wearing lightweight, loose clothing.
- Staying indoors as much as possible.
- Taking breaks in a cool location.

**Prevention:**

- Drink plenty of fluids, especially water.
- Wear light-colored, loose-fitting, lightweight clothing.
- Stay indoors as much as possible.
- Take breaks in a cool location.

---

So continue to exercise and do outdoor activities just be aware heat stress because you may not realize any of these symptoms until it’s too late. Heat Stress can alter your coordination, lessen concentration, reduce strength and alertness, and make you very irritable.

Drink 10-16 ounces (a glass) of cold fluid 15-30 minutes before working out.

Continue to do so every 15-30 minutes during exercise, and maybe even add a small beverage with some electrolytes, potassium, or even a little sodium if you seem to be sweating a lot to prevent dehydration.

All of us at the AST Diabetes and Wellness Fitness Center encourage you to be active and safe this summer. So, go exercise and have fun but don’t forget to take breaks to hydrate and remember to listen to your body. Children and the elderly may become dehydrated faster than normal, so keep an eye out for them. You can’t do your best if you don’t feel your best! Remember exercise is very important to keep a strong and healthy body. If you don’t want to be in the heat, swing by the AST Fitness Center and work out indoors. We offer indoor fitness classes such as Circuit Training, Strength & Aerobic Training, HIIT, Core-N-More, Zumba, and Cardio Kickboxing at the AST Little Axe Resource Center and Little Axe Health Clinic.

Call Chrissy or Buster today and find out more information at (405) 364-7298 Ext 1.
Absentee Shawnee Tribe Child Care Development Fund Programs
La-pe-wi-ki-wa he-ge-ua-pe-fa-yi mi-ti-ge
"Lifelong Learning Begins Here."

Program Services:
- Building Blocks Child Development Center I- Shawnee, OK- Tribally Operated Child Care Center
- Building Blocks Child Development Center II- Little Axe, OK- Tribally Operated Child Care Center
- AST Child Care Subsidy Program- Child Care Assistance
- AST After School Program- Horseshoe Bend Community- After School Care
- AST After School Program- AST Complex, Shawnee- After School Care

For information about these services please visit the AST website at
www.astribe.com/Childcare

Contact information:
- BBDCCII-Shawnee (405)878-0633 Email: ecrawford@astribe.com
- BBDCCII- Little Axe (405)260-2710 Email: rebecca@astribe.com
- AST Child Care Subsidy (405)432-8411 Email: bnana.ponkilla@astribe.com
- AST ASP- HSB (405)432-8411 Email: lanore.buswell@astribe.com
- AST ASP-Shawnee (405)432-8411 Email: lanore.buswell@astribe.com

Free Music Lessons
Keyboard
Guitar
Bass
Percussion
Ukulele
Voice
Open to all Native Americans w/ CDIB#

Shawnee Behavioral Health Building
Call: 405-878-4716

New Hours: Mon 11am-7pm
Wed 11am-6pm
Fri 2:30pm-7:30pm

Need A Realtor?
- Assistance to individuals and Tribes with buying and selling real estate on the open market.
- Native owned business with experience with tribal down payment assistance programs and loans specifically for Native Americans with a CDIB card. We can help you navigate through the loan process with a lender.
- Our services are FREE to buyers. We can show you how to save money in buying or selling real estate.

Licensed in Oklahoma
Teri Reed
Branch Broker/Owner
405.417.1649

Metro Brokers - Realty Solutions
www.OKRealtySolutions.com
Buy/Sell Your Next Home Here!
Birthdays

August 2019

BIRTH

17

Sallee, Melanie Rachele
Ryan, Cullen Patrick
Rudloff, Derek Chace
Ross, Randall Lee
Ross, James Edward
Roller, Susan Margaret
Roller, David Lee
Robison, Noah Alan
Rich, Sonia Elaine
Ramsey, Tycilla Renee
Ramirez, Angel Renee
Pearl, Roger Allen
Neugent, Victoria Ann Louise
Neese, Krystal Ann
Myers, Jerri Annette
Mossbacher, Myles Anthony
Moore, Christian Glenn
Moore, Brian Keith
McPherson, Joshua Alan
McPherson, Elana Rose
McBride, Michael Andrew
McBride, Caroline Sue
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FINANCE
Jason Meador
6253
Sandra Barnett
6254
Kimberly Hauser
6259
Holly Davis
6265
Javell Gudgel
6385
Linnea Martin
6411
Phyllis Wahpepah-wah (Grants)
6338
La-K王府bub (Grants)
6383
Kristen Carter (Grants)
6284
Curt Brown
6397

PROCECUIMENT
Marty Girlditch
6291
Tara Battiste
6281
Kelli Smith
6410
Blaine Wiggles
6252
Lisa Carmous
6252

EMERGENCY ASSISTANCE
505-275-3200
505-273-2717
505-701-8888

HEALTH DEPT.
505-740-1591

OGA
505-272-9505

GOLDEN VALLEY
505-202-6279

ENFRIED MALIY
505-425-4383

RECEIPTIONIST
AASEDA Director
Lt. Gov. Rodriguez Gift Shop

ATTORNEY
Gary Pitchlynn
M.D.

COURT
Chief Capi
505-264-2683

CULT. PRES., GIFT SHOP
Merry Rodgers Gift Shop
505-264-2629

DEPARTMENT
Devin Frazer
505-264-2643

ASHLEY BRUCKENHOFER
505-264-2612

Kay Bees
505-264-2640

ANDREA ELVIS-HARRISON
505-264-2645

CASY WILSON (Librarian)
505-264-6416

DOM. VIOLENCE/FAMILY SERVICES
Melissa Lopez
505-264-2683

Leslie Harris
505-264-2624

Sherry Cleen
505-264-2624

BRETHA PAYNE
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DV ADVOCATE
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TAYLOR WILLS
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Lacey Carr
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ELECTION COMMISSION
Emmy Longman
505-264-2679

EMERGENCY CLINIC
Erica Masagat
505-264-2629

Fallon Jackson
505-264-2629

FILE ROOM
505-264-2630

POLICE DEPT.
275-3200/275-3432

Rex G. Farah
505-264-2626

Deanna Mitchell
505-264-2626

Doa Brewster
505-264-2626

Police, Fire, Ambulance
State of Oklahoma

Absentee Shawnee
Absentee Shawnee
Pottawatomie County
Pottawatomie County
Cleveland County
Cleveland County
Norman
Report Power Outage
Power Outage
State of Oklahoma
Road Conditions

THE CEREMONIAL COURT DOCKETS have moved from
2nd Wednesday afternoons at 1:30pm
to 2nd Wednesday mornings 9:00am.

IF YOU’D LIKE TO SUBMIT
AN AD OR ARTICLE

Give us a call at (405) 598-1279 or (405) 481-0588
during normal business hours.

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SHERRIFF’S OFFICE

CITY EMERGENCY MANAGEMENT
COUNTY HEALTH DEPT.

SHERRIFF’S OFFICE

HEALTH DEPT.

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