

PAYMENTS TO BEGIN SOON FOR INDIAN TRUST ACCOUNT HOLDERS

BY CHRIS CASTEEL

Copyright 2012, The Oklahoman

WASHINGTON — Nearly two years after Congress approved a settlement in the long-running lawsuit over individual Indian trust accounts, the federal government is preparing to send out checks to nearly 500,000 American Indians, including an estimated 50,000 in Oklahoma.

The U.S. Interior Department announced on Monday that disbursement of \$1.4 billion will begin now that legal challenges to the historic settlement have ended. Lawyers for the Indian trust account holders said the first payments should be distributed before the end of the year.

Those tax-free payments of \$1,000 will be sent to about 350,000 beneficiaries, the lawyers said.

“I welcome the final approval of the Cobell settlement agreement, clearing the way for reconciliation between the trust beneficiaries and the federal government,” President Barack Obama said Monday.

“While Elouise Cobell, the named plaintiff in this case is no longer with us, her legacy will be a renewed commitment to our trust relationship with Indian Country.”

Cobell was the driving force behind the lawsuit, filed here in 1996 to force the U.S. government to improve its management of the trust accounts holding the proceeds from land sales, oil and gas leasing, grazing and other activities.

The federal government fought the Indian account holders for years in a case that went through three judges and numerous appeals. The Obama administration brokered a settlement that was approved by Congress in late 2010 and by a federal judge in August 2011.

Payments have been delayed by four account holders who challenged the settlement. The U.S. Supreme Court rejected a challenge last month, paving the way for the payments to begin.

Of the \$3.4 billion settlement, more than \$1.4 billion will be used to make payments to Indians who have or had trust accounts within certain date ranges. For many, the payment will be a flat \$1,000, while others will get additional amounts based on how much revenue was received in their accounts.

The settlement includes another \$1.9 billion to buy parcels of land that have been divided up numerous times over generations and don't generate enough income to justify the management costs.

Inside this issue...

Executive Committee Reports.....	2-6
Dear Santa Letters.....	7
Employee of the Month.....	8
Andee Frazier.....	10
Title VI Menu.....	13
TERO Dept.....	15
Title VI Bingo.....	15
December Birthdays.....	16-17
Little Axe Health Center.....	18
Foster Care.....	21
Horseshoe Bend.....	24
Education Dept.....	30

**CAMPUS OFFICES WILL BE
CLOSED DECEMBER 24TH - 26TH**

**CHILDREN'S XMAS PARTY
DEC. 1ST AT 9:00 A.M.**

MUST HAVE CDIB CARD!

Executive Committee



GEORGE BLANCHARD
GOVERNOR



ISSAC GIBSON
LT. GOVERNOR



TERI REED
SECRETARY



KATHY DEERE
TREASURER



JEFFREY GIBSON
REPRESENTATIVE

Governor's

Corner

Greetings fellow Tribal members.

The 70th Semi-annual General Council has come and gone. If you were unable to attend, please make plans to attend next Spring 2013. I saw a good many people and enjoyed listening to their stories. Much laughter could be heard throughout the facility so I know many people were enjoying themselves. There was plenty of information about the services being provided to the membership and it is understandable that your interests were served.

The Elders are to be commended for their contribution towards the council meeting by providing lunch. This too was a good time to visit more with our friends and relatives. It felt like that the kinship we share as Shawnees was on full display and enjoyed by all.

The Elders Pow-Wow rounded out the day across Highway 9 in the Thunderbird Casino. The activity there was in full view to those uninitiated to the Gourd Dancing songs and dance. Whether you watched, danced, sang or all three, I hope you enjoyed the Elders Pow-wow. They work so hard at hosting this activity, a simple 'thank you' seems not enough. But they are appreciated nonetheless and in the end, that's all that really counts.

With the holiday season upon us, let me ask that everyone respect each other and try to make a difference in someone's life.

Have a Merry Christmas and a Happy New Year.

Ne Yi Wa (Thank You)
George Blanchard, Governor

LANGUAGE CORNER

1. Listen and learn - Hi ki wa sa ko
2. Let's go hunting - Ho wa ke hi li we ti wa
3. Wake up early - Ko la wa pi ka Ka hi mi mo
4. Make fire - Fa ke Qi ne Se ko ta Ka ho se to
5. Get wood - Ka pi mi ne fa pe wi
6. Live with nature - Ka pi fi fi qa pe wi
7. Whoop four times - Ne yi wa na Ka Hi ti wa pe wi
8. I'll try - Na ko gi ya
9. Our game(animals) - Ke ma ke ne ho wa ma ni ke
10. Watch the dancers - Wi pi ka ko
11. Help each other - Ni ti mi ge ko

Lt. Governor's

Report

It was good to see ever one at General Council; I hope you found the meeting informative. If you didn't get your questions answered or need information that you didn't receive or find in your packet please contact the tribal office and we will try to find answers for you. The Tribe has been working,

in conjunction, with the Office of Environmental Health to procure excess GSA property. We have been successful in obtaining heavy equipment, equipment for the police Department and other departments. Many of the items would be very expensive to the tribe if we would have had to purchase them. Through the GSAccess program the equipment is of no cost to the Tribe. The items the tribe has received

enhances our existing inventory and is equipment that has been needed by the departments that receive it. Everything we have received so far is in very good shape. I'm very pleased with the way this program has worked out for us. This office is not being remiss in reporting on the Probate/Tribe with Jurisdiction issue. We are still waiting for the Interior Board of Indian Appeals (IBIA) to rule on

this case. Normally court proceedings are dictated by a deadline, however IBIA is not. Our legal team suggested that we should hear something within 60 - 90 days. If we get a decision within that time frame it should be no later than the first of the year. I would like to wish all of you a Merry Christmas and a Happy New Year!
Respectfully,
Isaac Gibson,
Lieutenant Governor

Secretary's Report

Greeting Tribal Members:

We had our 70th General Council meeting on Saturday, November 10th at Little Axe Health Clinic. The health clinic did a great job of hosting the health fair. They had lots of booths to provide information before the meeting and also donated some door prizes that were given away after the meeting. Several groups at the tribal complex had booths to share information about their department and services. The Elder's committee was contracted to provide the meal after the meeting, and they did a great job. The food was good and there was a variety of food, including some traditional dishes.

Attendance for this General Council meeting was a total of 112, which included 15 employees, 7 guests, and 90 tribal members. For those of you who were unable to attend, the following is a narrative of my General Council report. During my report I recognized the Veterans in attendance for their support and service to our country. I also recognized the Little Axe Softball Team for their outstanding accomplishment of three State Tournament Championships in a row. I reported that the Executive Committee meeting for December has been changed to December 12th.

GENERAL COUNCIL NARRATIVE REPORT

This General Council report outlines the various programs and projects under my oversight. I am responsible for the following departments:

ENROLLMENT (Director - Larry Buckley)

This department is responsible for research and administration of enrolling tribal members and maintaining accurate and current records of enrollment. Occasionally we provide some

data compilations and analysis. Some of our analysis has been published in the tribal newsletter in the form of charts and graphs. I've received several positive comments from tribal members that they like to see this type of information, so we plan to continue this practice in the future. Current enrollment numbers through the month of October are as follows:

- 3,794 total enrolled tribal members
- 22 deceased in 2012
- 4 enrollment rejections
- 2 voluntary relinquishment
- 2 blood quantum corrections

MANAGEMENT INFORMATION SYSTEMS (Director - Rico Coon)

This department is responsible for the administration of computer systems, website, data storage and retrieval, and the integration of new technology. They always have a lot on their plate and they do a good job for us. One of the projects that I am most excited about is the website. We've been working on it for a while but things slowed to a halt when we were unable to find a qualified website administrator to finish out the project. We recently hired Nishant Shrestha and he is working to get our website up by the end of the year. He's working on the event calendar right now which will advertise tribal events. And yes, it will have cell phone viewing capabilities and a social network interface.

PROCUREMENT (Director - Becky Prewett)

Responsible for bid research and procuring goods and services for the tribe at the best possible rates (office equipment, supplies, employee travel, insurance, cell phones, etc.). We have a native preference policy in our procurement department and try to buy from native owned businesses when we make purchases. One of the things we want to look at in the next year is securing some buying discounts that can be used by

the tribe and our tribal members.

RECEPTIONIST/TELEPHONES (Directors - Becky Prewett and Rico Coon)

Responsible for receptionist duties and incoming mail center for the complex and administration of the telephone system.

OFFICE OF ADMINISTRATION SERVICES (Assistant - Jerry Knox)

Responsible for maintaining records of General Council meeting notes, and Executive Committee resolutions and meeting notes.

I have now been in office for one full year now and over this past year, I have worked to improve the departments where I have oversight, strived to learn more about issues that are important to the future of our tribe, and I have partnered with other groups within the tribe on projects and issues that I feel are important. For example:

(1) EDUCATION AND YOUTH ACTIVITIES - Education and related youth activities are important to me. If I get invited to an event that

has to do with the education and welfare of our children, I usually attend. This past year, I helped found the Big Jim Youth Award program to recognize our youth in the area of academic achievement and athletics. I will continue with this group this coming year in a supporting role. I participated in tribal leader round table discussions for education, supported the use of our after school programs at both Horse Shoe Bend and Little Axe through participation in sponsored activities and referrals.

(2) CULTURAL PRESERVATION - This is another area that I am passionate about. The Governor's office and the Cultural Preservation department has always done a good job in this area but I wanted to help out where ever I could. We added some college interns over the summer to help us with a project to preserve our history. The interns were charged with the

task of documenting the lives of tribal members who volunteered to be in this program. This year we did stories on Esteline Schulenberg, Johnnie Mae Bettelyoun, Cynthia Longhorn, and John Sloat. We have a couple of more coming up and we plan to continue this work as we can next year. I feel it is important that we preserve our culture and history, and preserving these stories is one way that we can preserve some of our history for future generations. I hope you have enjoyed the stories we've published.

ECONOMIC DEVELOPMENT - Economic development is a broad category that has been challenging for us in the past and looks like it will be a challenge for us in the coming year. Most tribe's who are successful in the area of economic development, make a good portion of their money from casino operations and through small business companies, particularly 8(a) companies that do government contracting. We have a number of capable groups who work on economic development. For example, our casinos, ASEDA, our cattle operation, All Nations Bank, and the one that I have oversight of, which is the smoke shops, convenience store, and restaurant.

SMOKESHOPS / STORE / RESTAURANT-These businesses have been sustainable but there is always room for improvement. The tribe invested in updating the gas pumps this past April because the old ones were outdated and had out lived their economic value. Since the pumps were installed, fuel sales improved by 45% and we also saw increases in beer and cigarette sales after the pumps were installed. With more people stopping for gas, we are able to sell more related items from the convenience store. The restaurant has been doing better since the health clinic opened, but we could always use more customers. The Harrah Smoke Shop burned to the ground in March 2011 during a wild fire.

Since that time, they have been operating out of a portable building. Construction began on a new building in September and is scheduled to be completed in early February 2013. The new building will house the Smoke Shop with a drive through window on one side, and a lease space for another business on the other side.

Today, I'm going to comment on just a couple of our challenges in the area of economic development.

(1) TOBACCO COMPACT - Our tobacco compact with the state of Oklahoma will expire next year and it is essential that our tribe maintains a competitive advantage in selling tobacco products to the public. Our 2 smoke shops/convenience store brings in about half million dollars in tobacco and fuel rebate money for the tribe each year. Compact money from the state tends to be more important for smaller tribes than it does to some of the larger tribes who have more financial resources to fund their programs. For the past couple of months, I've been involved in attending some tribal leader round table discussions with the staff of Governor Mary Fallin's office. These meetings have been helpful in planning our strategy in negotiating a new compact with the state. Our goal will be to maintain or increase our revenue through compact money for next year.

(2) CASINO - Nationwide, the latest figures show that revenue generated by Indian gaming is \$27 billion, and this is a 3% increase over the previous year. The overall outlook for the next 5 years indicates continued growth. In Oklahoma we have more gaming facilities than any other state with the exception of Nevada. As most of you know, we have people in Oklahoma that like to gamble. The challenge is going to be in attracting them to our rural based casinos and getting them to come back. Expanding our land base is going to be an important factor in increasing our casino foot-hold within the state in the future. We

have a lot of work to do. Over this past year, I have a gained a pretty good feel for some of the challenges we are facing. As a tribe, we have a lot to be proud of, and we have much to accomplish in the future. I am optimistic for our future because our people are strong and resilient.

END OF GENERAL COUNCIL NARRATIVE REPORT

I know that some of you have lost loved ones this past year and it will be difficult to face the coming year without them. My thoughts are with you and your families. To all tribal members - I'm wishing you and yours a joyful holiday season and a new year blessed with health, happiness, and peace.

If you have any issues or concerns that you would like addressed in the newsletter, please let me know.

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

Treasurer's Report

HAPPY HOLIDAYS TRIBAL MEMBERS!

Holidays bring a time of fellowship with family and friends. Hope everyone enjoys their time spent with loved ones near and far. The year 2012 is almost over and it seems it passes faster every year! My hope and prayers will be all of you have a safe holiday if you are traveling!

My condolences go out to the families who have lost loved ones this past year. We seem to lose part of Shawnee culture, language, traditional beliefs, and ways, with passing of fellow tribal members. So it is up to us to pass/teach our children and grandchildren the language and traditions.

We as, elected officials strive to put our best effort to continue to progress 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:

- Children and Youth Christmas Party, held Saturday, December 1, 2012, hope you all attended and your children received either a gift or giftcard.
- AST Health Board Authority and LSWN Board Meeting, held every third Tuesday, Little Axe Health Facility, Little Axe, OK. Serves as Ad Hoc non-voting member. Monthly reports of Executive Director, Department/Program Directors, financial, and activities of health facility are presented. We are proud and honored to have a new state of art health facility in the beautiful countryside of Norman. The community in Little Axe is glad to see economic improvement in health care and employment opportunities becoming available.

- Monthly Program/Departmental Directors meeting. Each director comes every 3rd Monday and gives a monthly update on their program/department. We, as the Executive Committee, appreciate these departments who take the time to come and give us an update every month and prepare monthly written reports. We understand they may have circumstances occur that prevent them from coming to the monthly meetings. THANK YOU!

- Elders' Monthly meeting will be combined with Christmas Dinner TBD. 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. Fund raisers, outings, and cultural activities are planned monthly. Annual Elders' Veterans Dance, a Gourd Dance, November 10, 2012, Thunderbird Casino and was well attended.

- Thunderbird Casino Monthly financial meeting with General Manager, Dillon Byrd. Controller, myself, and/or other Executive Committee Member who is available, go over the financials.

- Monthly Health Finance meeting with Executive Director, Beverly Felton, Contoller, Belinda Collins, Health Finance Manager, Brenda Allen-Duboise, Business Office Manager, Jennifer Harmon, Shawnee Clinic Director, Marla Throckmorton, Admin. Services Director, Clark Gallaher, and myself. Each month go over the finances of the Little Axe Health Facility and Shawnee Health Facility.

- Meeting with Grant Writer, Glenna Jones, to discuss grant opportunities that become available throughout the month.
- Eighth Annual Red Feather Gala, sponsored by the Oklahoma City Urban Indian Clinic, Silent and Live Auctions, and Live Paint by Bunky-Echo-Hawk and Micah Wesley. The proceeds are going toward expanding their pharmacy. Which at moment is in a 1,000 foot workplace with very little storage or privacy for patients. The OKCIC pharmacy fills more than a quarter of a million prescriptions every year. We appreciate the Thunderbird Casino and Tribe for their support in sponsoring tables at the Gala.

Copy of photo Kathy at Open House.JPG

- Financial Education in Oklahoma, Financial Consultant, Eddie Brokeshoulder and I attended a one-day conference, "Navigating the Changing World of Consumer Credit", at Moore-Norman Technology Center, South Penn campus, in Oklahoma City. The conference sponsored by Federal Reserve Bank of Kansas City, Oklahoma City Branch and the Oklahoma



Jump\$art Coalition, provided

attendees an insight of Consumer Credit, Alternative Consumer Loan products, Education Debt: Is it a Crisis?, Credit Building as an Asset, and Credit Reports and Scores.

• Attended a Come-and-Go Open House with Congressman James Lankford and his staff. They were so kind, respectful and made me feel more than welcome. I had a great time and was honored to be able to spend time with our Congressman and his staff.

• Congratulations to November 2012 Employee of the Month, Jimmi Norris, CDE Director, Little Axe Health System employee.

• Monthly Redstone Investment meeting. We have an excellent investment advisor, who continually keeps the committee updated on current investments and most beneficial to the Tribe. Since we have been with Redstone Investments, we have achieved attractive returns for the Tribe's investment portfolio for over ten (10 years). • ASEDA board monthly meeting. Discussion on developing strategy for 2013 to accomplish future economic development for the tribe. Monthly report from the Absentee Shawnee Counseling Services in Oklahoma City, presented by Executive Director, Dan Cross.

• Constitutional Revision committee next meeting will be January 3, 2013, 6 pm, Watson Restaurant, I-40 and McCloud Exit. If you are interested in joining the constitution revision committee, please come to the meeting or call Eddie Brokeshoulder, 275-4030 X148.

As always, sincere appreciation goes out to the employees of the Finance Department and 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! We appreciate all your phone calls, emails, and visits. May God continue to bless you and yours! See below articles from AllNations Bank, Finance Department, and Financial Consultant, Eddie Brokeshoulder.

Respectfully yours,
Kathy Deere, Treasurer

"The best way to *inspire* people to superior performance is to convince them by everything you do and by your everyday attitude that you are wholeheartedly supporting them."

~HAROLD S. GENEEN

Representative's Report

Greetings Tribal Members!

I hope this month finds you all in good health and happiness. I was pleased to see the turn out at the General Council this year. Everyone seemed to be on the same page as far as our progression as a tribe. As long as we can keep that mind set, working together, looking at the big picture, instead of arguing over small details we can accomplish huge things for our people.

Down at the tribe things are well; everyone is in good spirits because of the holiday season. I would like to take the time to wish you all a very "Merry Christmas" and a "Happy New Year" from my house to yours! Spend as much time with those you love and don't let the stress of holiday shopping, bills, or traveling take away from the ones you love.

Respectfully,
Jeff Gibson,
Tribal Representative

FINANCE DEPARTMENT

December 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.

The Tribe's 2010 and 2011 Audits are "unqualified"; which when compared to an educational grading scale is an A. We are gearing up for the 2012 audit. Auditors should be on sight in March 2013.

The 2013 Indirect Cost Proposal was submitted to the National Business Center (NBC) on September 4, 2012. NBC is six months behind due to budget cuts thus staff cuts. Our rate is up from 17.74% for 2010 to 21.98% for 2011 and our rate for 2012 is 22.35% and is expected to increase for 2013. We are still in the queue for assignment to a negotiator as of the date this article.

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 has completed the October reconciliations for financial reporting for November. 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 IHS, 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 14: with 7 (50%) being AST Tribal Members, 2 non-AST tribal members, and 5 (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 continued group effort toward accomplishing our goal.

I would like to welcome the Tribe's grant writer to the finance department; welcome, Glenna Jones, to the Finance family.

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



Hello Tribal Members,

As Financial Consultant for the office of Treasurer, I hope this report finds you surviving the Thanksgiving holidays along with Black Friday and looking forward to a Merry Christmas and a Happy New Year. The office of Treasurer would like to thank all tribal members who attended our 70th Semi-General Council meeting, and participated in completing our Absentee Shawnee Community Financial Services survey. This past year has produced progress for our tribe in improving health care, and pursuing financial services for our tribal community. Treasurer and I wish each of you a prosperous New Year and it's our hope to provide you with a transparency of sound financial reporting and operations.

The following activities I have been involved and participated in:
General Fund Budget: Reviewed and analyzed office of Treasurer monthly general fund encumbrance financial report.

Indirect Cost Budget: Reviewed and analyzed office of Treasurer monthly Indirect Cost encumbrance financial report.

CY 2013 Treasurer General Fund Budget: Assisted Treasurer Deere in reviewing and submitting CY 2013 General Fund budget request.

CY 2013 Treasurer Indirect Cost Budget: Assisted Treasurer Deere in reviewing and submitting CY 2013 Indirect Cost budget request.

Absentee Shawnee Economic Development Authority Inc. (ASEDA): Attended monthly board meeting discussing current business operations and future business strategies.

COMMUNITY DEVELOPMENT

Financial Education in Oklahoma "Navigating the Changing World of Consumer Credit": Treasurer Deere and I attended a one-day free conference sponsored by Oklahoma Jump\$tart Coalition in partnership with the Federal Reserve Bank of Kansas, Oklahoma City Branch. The conference was highlighted by various organizations geared to providing information on improving consumer credit, credit reporting and youth relating to foster youth services, Education Debt: Is it a Crisis (College Student Loans), and Credit Reports and Scores.

Treasurer and I both came away with information and partnerships that will support program development for our tribal youth and adults, as we apply for our upcoming Native Community Development Financial Institutions (CDFI) grant application.

Uniform Commercial Codes (UCC): Bringing Business to Indian Country: Attended a working forum on Tribal Secured Transaction Laws, Courtyard Hotel, Oklahoma City, OK, November 13, 2012, sponsored by Federal Reserve Bank of Minneapolis, San Francisco and Kansas City and the U.S. Department of Interior's Office of Indian Energy and Economic Development. Representatives from federal agencies, tribal attorney general staff, tribal economic development board members and banking officials. The U.C.C. forum provided an insight of many American Indian tribes lacking adequate laws to support its business commerce and access to affordable credit due to the absence or insufficiency of laws protecting creditors' rights.

A matter of risk: The term secured transaction refers to a loan or other extension of credit where a borrower gives a security interest in his or her designated personal property – property other than real estate as collateral to a creditor. If the borrower fails to repay or otherwise defaults, the creditor is entitled to take possession of

the collateral.

Susan M. Woodrow, Community Development Advisor, Federal Reserve Bank of Minneapolis, Montana Branch, and Shawn RealBird, Apsaalooke Nation (Crow), provided both the federal and tribal perspective of the importance of having "secured transaction laws" legal infrastructure.

Advocating Assets: How asset development strategies address poverty reduction in Native American Communities Webinar: Participated in an on-line webinar sponsored by department of Health and Human Services, Administration for Native Americans (ANA) department. The purpose was to bring awareness and offer support for the development and implementation of asset building strategies for Native American communities. Asset Development best practices include a financial security framework of Learning – Earning – Saving – Investing – and Protecting. Credit worthiness is a huge barrier to overcoming asset poverty and improving one's credit score can go a long way to help secure financial independence.

Asset development will be integrated in the format of products and services that have financial education and training requirements in our submission of our Native Community Development Financial Institutions (CDFI) grant application due in early part of 2013.

Oklahoma A.A.R.P.: Attended Oklahoma AARP meeting for the Shawnee, Oklahoma, purpose of the meeting was to discuss recently released Transportation in Pottawatomie County 2012 prepared by University of Oklahoma Price School of Business. The meeting consisted of tribal organizations, local city officials and transportation program staff.

In closing, once again it is our hope that you and your love ones have a safe and joyful New Year. Should you have questions, please call me at 405-275-4030 x 148, or eddieb@astribe.com.

Respectfully,
Eddie Brokeshoulder
Financial Consultant



Pictured left to right: Shawn Real Bird of Crow Nation, Susan M. Woodrow, Federal Reserve Bank of Minneapolis, Eddie Brokeshoulder and Joseph Chiang McDowell, of JingSan Investments.

**AST CONSTITUTION REVISION COMMITTEE
SEEKING VOLUNTEER TRIBAL MEMBERS**

Are you interested in participating and being a part of a better tomorrow?

Are you an Elder or Youth willing to better the Absentee Shawnee Tribe, if so please contact: Eddie Brokeshoulder at 405-275-4030 x 148 or eddieb@astribe.com

FROM: WHITE TURKEY BAND STUDENTS

Dear Santa:

My name is ERYN JOHNSON, 11 YEARS OLD, for Christmas I would like for you to bring me:

Video Games, Basketball Goal, a Basketball, new shoes size 8, X-Box, Jacket, a lot of gym shorts, ball caps (like Stuarts), Bicycle, football, army men, basketball jersey, t-shirts, reading books, magazines, journal, minutes for phone, MP3 Player.

Dear Santa:

My name is RUBEN WILSON, and I am 9 YEARS OLD, I would like to have some

SHOES SIZE 6, Game for my X-Box 360, IPOD Touch, Clothes, Football, Jacket.

Dear Santa Clause:

My name is GABRIEL FIFE, and I am 9 YEARS OLD, and in the Fourth Grade, I would like to have a

X-BOX 360, WWE Wrestlers, PSI, Pencils and paper. A Basketball and a Football and Baseball Equipment, Touch Screen cell phone.

Dear Santa:

My name is ALESIA MASQUAS, and I am 10 YEARS OLD For Christmas I would like to have a SLIDE Phone, a Basketball, necklace, pants, make-up, Thunder Poster, Boots, Phone Case, Hair dye.



Dear Mr. Santa Clause:

My name is DESIREE JOHNSON, and I am 9 YEARS OLD, I would like to have a IPAD, Thunder Jersey, Thunder Tickets to watch the game, Art Material, Digital camera, make up, hair accessories, Brown Boots at JC Penny's, Cell Phone, Flat Screen TV.

Dear Santa:

I want a Game Boy with Mario, Cell Phone. And that is all I want.

Dear Santa

My name is KATIE WILSON, and I am 7 YEARS OLD, I would like to have a IPAD, Monster High Doll, Draculaura, Cell Phone, Stickers for phone, necklace, Clothes, Soccer Ball, Soccer Clothes, Black Bow for Hair, Boots with a tie, Baby Doll, Blue Finger Nail Polish.

Dear Santa:

I would like to have an IPAD, and laptop, computer, and \$100.00 Dollars, bicycle, a basketball and that is all I want. How is Ms. Clause? And how is Rudolph the Red Nose Reindeer?

ALIJAH MASQUAS, I am 8 years old.

Dear Santa Clause:

I want a motorcycle to ride, new bike, skate board, scooters (2), I want some Santa boots, some clothes, and that all I want. How do you find all the presents for all the kids.

KALEB MASQUAS, age 6 years old

Dear Santa:

Skate Board, a big bike, scooter, dinosaur water gun, guitar, Kobe Bryant Jersey, Kevin Durant Jersey, X-Box 360. DANIEL CASTANEDA, I am 5 years old.



JAYLEEN CASTANEDA

Dear Santa,

My name is JORDAN COODY, I am 8 years I would like to have a basketball, football, OU shirts, Thunder Shirts.

Dear Santa Clause

I Pad, Laptop, a guard Power Ranger Suite, Shoes, a little Club House, Trampoline. How are the reindeers? Good I hope!!!

CHRISTIAN COODY, I am 6 years old

ANDREW FIFE, I am 12 years old

Dear Santa:

Blue Power Ranger Toy. ZACHARIAH FIFE, I am 6 years old

Dear Santa Clause:

I would like to have a 4 wheeler, BB Gun, Bow and Arrow, New art set, lego, telescope, dirt bike, axe, hatchet, saw, basketball goal and a basketball, Football, and that is all I want.

DAVID SKINNER, I am 11 years old

Dear Santa Claus

Bicycle, Skate Board, Indian Hat, Iron Man Costume, Cell Phone, Hulk Mask, and that is all I want.

BRENDAN WINTER, I am 6 years old

Executive Committee's Employee Of The Month ~ November 2012

Jimmi Norris

Jimmi is a great person to work with as well as know. She's friendly, shows respect to any person that she has contact with, is an expert and professional in her area of work. She's dedicated, dependable, takes things in stride, even when she's stressed from all activities such as planning classes, meal planning, cooking along with daily activities and administrative duties. Jimmi has done so much to build the Special Diabetes Program for Indians (SDPI) diabetes program. Those that attend classes or see her one-on-one express their happiness and gratitude for the knowledge that they gain. Jimmi doesn't ask for anything or complain, she is a great leader and team player all the way. It is a pleasure knowing and working for Jimmi.



Submitted by Patricia Yaholar



We are so blessed that she is working for the Absentee Shawnee Tribe and thank her for joining our family.

Absentee Shawnee Employee Dinner



Some Of Our Employees Of The Year...



Jerry Ann Knox
15 years of service



Clarice Murdock
15 years of service



**Chrissy Weins and
Kathy Deere**



**John Mann and
Ike Gibson**



**Beverly Felton and
Kathy Deere**



Rico Coon and Teri Reed



Donna Simon and Teri Reed



**Kevin Kaseca and
Ike Gibson**

LITTLE AXE'S FRAZIER GOES OUT ON TOP

LITTLE ALL-CITY PLAYER OF THE YEAR SENIOR PITCHED TEAM TO THIRD STRAIGHT TITLE



Little Axe's Andee Frazier was 28-9 with a 1.00 ERA in her senior season.

PHOTO BY DOUG HOKE, THE OKLAHOMAN

THE OKLAHOMAN

BY RYAN ABER
Copyright 2012, The Oklahoman

There was little doubt that Little Axe's Andee Frazier was going to at least try playing softball.

Her parents both played the sport, and her older sister played.

"I think we were kind of forced to play at first, but softball is one of those things we fell in love with," Devon Frazier, Andee's older sister, said. "We fell in love with it and just didn't look back from there."

They certainly didn't. Devon pitched for Little Axe and now plays at St. Gregory's.

In her senior year this season, Andee led the school to its third consecutive state title.

She went 28-9 with a 1.00 ERA and 355 strikeouts in 239 innings to earn The Oklahoman's Little All-City Player of the Year honors.

"It was amazing finishing out on top and the way everybody else dreams it would end," Frazier said. "I knew it was going to be a good season, I just didn't know that it'd be this good."

For Andee, it was Devon's pitching that led her to the position.

"I remember watching her pitch when she was 10 and under and I thought that was pretty cool," Andee said.

As a freshman, Andee couldn't get to the circle because Devon already had that spot.

"It was great having a role model in high school, someone to look up to and follow," Andee said. "It made it even better that it was my sister."

Little Axe was ranked No. 1 in the preseason and kept that ranking throughout.

Frazier set the tone in late August, pitching a perfect game and striking out 20 of 21 batters against Lone Grove at the same ASA Hall of Fame Stadium complex where she would lead her team to a state title just a few months later.

In that perfect game, Little Axe coach Mike Bread came up to Frazier midway through and told her she hadn't allowed a baserunner.

Conventional wisdom and superstition say to avoid talking about perfect games and no-hitters while they're in progress, but Frazier never shied away from pressure.

"I like the pressure," she said. "It's something I've always been able to handle pretty well."

"It gives you another edge to go twice as hard." Like her sister, Frazier will continue her softball career in college. She has signed with Missouri-Kansas City.

In a couple years, there could be another Frazier pitching for the Indians — younger sister Kendell is 13. "She's the one with the pressure now," Devon said.

Diabetes is a controllable disease

Many people are diagnosed with diabetes everyday. When first diagnosed some go through a range of emotions. Some experience anger, denial, or depression, while others refuse to let diabetes define them. Like everything we set our minds to and try to overcome, diabetes requires hard work and patience. Just ask Cynthia White, Absentee Shawnee Tribal Member, about the changes she has made to help her control diabetes. Here is her story...



"When I was first told that I had diabetes; I didn't know what it was. As it was explained to me, I still did not understand. I bought books and took meds; but it was still unclear. I wanted to get rid of it, but didn't know how. It kept getting harder for me, because I had to take more medication and more. I was frustrated and chaos was building up around me, and was stressing me out bad. When the doctor said we were looking at insulin shots, I was terrified! So I decided to move home to the country. I lived with my brother, George, and his son. We learned together what to do. He got me into exercising with him twice a week; then we started going to cooking classes. They really helped me understand what I needed to do, and my brother and I started losing weight and eating differently. Even though I still didn't eat breakfast. It was working. When I first started out being diabetic my A1c was 11% and now it is 6.8%, and I am glad. Thanks to my brother George, my daughter

Emily, Chrissy, Margaret, and Jimmi I feel better about my life. I am no longer afraid."

-Cynthia White



Cynthia White running her first 5k race at OU—Oklahoma Run to Beat Diabetes

	Oklahoma Tobacco Helpline	
	1 800	QUIT NOW
Free help	784-8669	

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA

Notice of Interest: Committee, Board, or Commission

To be considered to serve on a committee, board, or commission, tribal members (18 years of age or older) should complete the following contact information, attach a cover letter and resume, and submit to: AST Secretary, 2025 S. Gordon Cooper Drive, Shawnee, Oklahoma 74801. Or, you may submit all documents by email to secretary@astribe.com.

Name: _____ CDIB #: _____

Address: _____

City: _____ State/Zip: _____

Phone: _____ Alt Phone: _____

Email: _____ Date: _____

I wish to be considered to serve on the following (check one):

- | | |
|-------------------------------------------------------|----------------------------------------------------------|
| <input type="checkbox"/> ASEDA (Economic Development) | <input type="checkbox"/> Health Commission |
| <input type="checkbox"/> Cultural Advisory Board | <input type="checkbox"/> Housing Board |
| <input type="checkbox"/> Education Commission | <input type="checkbox"/> Tax Commission |
| <input type="checkbox"/> Foster Care Commission | <input type="checkbox"/> TEC (Thunderbird Entertainment) |
| <input type="checkbox"/> Gaming Commission | <input type="checkbox"/> Other: _____ |

Notice of Interest form should be updated annually. Number and frequency of vacancies vary by board/commission due to term limits, number of positions, resignations, etc.

Hello from your AllNations Bank family. Everyone needs to be aware of how to “Detect” (recognize) Identity theft. Detect suspicious activity by routinely monitoring your financial accounts and billing statements

Detect identity theft by being alert to the following signs that require your immediate attention:

1. Bills that do not arrive as expected.
2. Unexpected credit cards or account statements.
3. Denials of credit for no apparent reason.
4. Calls or letters about purchases you did not make.
5. Charges on your financial statements that you don't recognize.

Inspect:

- **Your Credit Reports** - Credit reports contain information about you, including what accounts you have and your bill paying history.

- The law requires the major nationwide credit reporting companies - Equifax, Experian, and Trans Union - to give you a free copy of your credit report every 12 months if you ask for it.

- Visit www.Annualcreditreport.com or call 1-877-322-8228, a service created by these three companies, to order your free annual credit report. You also can write:

Annual Credit Bureau Request Service
 P. O. Box 105821
 Atlanta, GA 30348-5281

- If you see accounts or addresses you do not recognize or information that is inaccurate, contact the credit reporting company and the information provider. To find out how to correct errors on your credit report, visit ftc.gov/idtheft.

Next month we will explore how to “Defend” against identity thefts as soon as you suspect it.

Best regards,

You're AllNations Bank Family - Gene, Eugene, Janice & Amber

FROM THE ELECTION COMMISSION:

This is to announce the following positions for election in 2013

EXECUTIVE COMMITTEE

POSITION	TERM	FEES
Governor	2 Years	\$500
Secretary	2 Years	\$500

ELECTION COMMISSION

POSITION	TERM	FEES
Election Commissioner	3 Years	\$125
Election Secretary	3 Years	\$125

Any person who wishes to announce their candidacy for an elective position for the Primary Election shall be required to post the appropriate filing fee, along with the Candidacy Filing Packet, with the Election Commission for the period of January 1-10 (excluding weekends and holidays) from 8:00 a.m. to 12 p.m. and 1:00 p.m. to 5:00 p.m. A person may file for only one (1) elected position on any elective body.



DECEMBER 2012

MENU SUBJECT TO CHANGE!!
2% MILK SERVED DAILY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Veggie Soup Cold Cut Sandwich Lett, Tom, Onion Mand. Oranges	4 Spaghetti Meat sauce Green beans Breadstick Salad Bar*	5 Egg Roll Stir Fry Veggies Rice Fortune Cookie	6 Salmon Patty Veggies Bread Peaches	7 Eggs Biscuit Sausage Gravy Fruit	8
9	10 Burrito Spanish Rice Chips/Salsa Fruit Cocktail	11 Stew Chez stick Crackers Crisp	12 Hot Ham & Chez Chips Mac Salad Pineapples	13 Christmas Dinner Title VI Members	14 Biscuit Sausage Gravy Cereal Fruit	15
16	17 Goulash Garlic Bread Okra Tossed Salad*	18 Chicken Strips Mashed Pot/Gravy Green beans Roll/Fluff	19 Hamburger Pork N Beans Lett, Tom, Onions Fruit	20 Beans Cowboy Bread Onion Cake	21 Eggs Bacon Toast Fruit	22
23	24 AST Complex Closed for Christmas	25 	26 AST Complex Closed for Christmas	27 Title VI closed for Cleaning and Inventory	28 Title VI closed for Cleaning and Inventory	29
30	31 Ham Black eyed peas Cornbread Cookie		<div style="border: 1px solid black; padding: 10px;"> <p>During the winter months, if the Shawnee /Little Axe schools are closed due to the weather. We will be closed also!</p> </div>			

The Title VI Staff wishes everyone a Merry Christmas & Happy New Year.

December 24 - 26th
AST Complex will be closed to Celebrate Christmas.
December 27th & 28th
Title VI will be closed for Cleaning.

Homebound will get two meals for the 27th & 28th on the 21st.

During the winter months if the Shawnee School or Little Axe School Systems are closed due to the weather, we will also be closed.

If you have any concerns or comments please feel free to call us at
405-275-4030 ext 169, 149, or 180.

The Title VI Staff





MUSIC FOR THE FUTURE

SUBMITTED BY: PHIL BRADLEY,
MUSIC OUTREACH

EACH AND EVERY DAY WE GET UP AND DO ALL THE THINGS WE NEED TO DO TO PREPARE FOR THE START OF OUR NEW DAY. SUCH AS TAKE A SHOWER, BRUSH OUR TEETH, COMB OUR

HAIR, SHAVE, AND GET DRESSED. HOW MANY OF US SING A LITTLE SONG OR TAKE A SMALL AMOUNT OF TIME TO PLAY AN INSTRUMENT LIKE THE PIANO OR GUITAR OR JUST SET BACK AND ENJOY THE BEAUTY OF MUSIC. MUSIC APPRECIATION IS ONE METHOD THAT CAN RELAX YOU FROM A LONG DAY AT WORK OR SCHOOL AND IS A REAL LIFE CHANGING TOOL.

I WORK WITH ELDERS AND THEIR GRANDCHILDREN HAVE TOLD THEM THAT MUSIC HAS CHANGED THEIR LIVES & HELPED THEM TO MAKE A HARD DAY EASIER AND A MORE ENJOYABLE DAY. STUDIES HAVE SHOWN THAT CHILDREN THAT HAVE MUSIC IN THEIR LIVES HAVE A MUCH BETTER ATTITUDE IN SCHOOL AND AT HOME. CHILD CARE AND CHILDREN'S HEALTH VOL.7 OCTOBER 5, 2012 [HTTP://WWW.GPO.GOV/](http://www.gpo.gov/)

MUSIC APPRECIATION HAS BEEN PROVEN TO PLAY A BIG ROLE IN HEALTH AND WELLBEING. I MYSELF HAVE OBSERVED FAMILIES GROW CLOSER TOGETHER AND HAVE MORE FUN TOGETHER. THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA HAS OFFERED A FREE MUSIC PROGRAM FOR THE PAST THREE YEARS TO ALL NATIVE AMERICAN CHILDREN AND ELDERS. CURRENTLY OVER 85 CHILDREN AND ELDERS ARE INVOLVED WITH THE MUSIC PROGRAM OFFERED AT THE AST LITTLE AXE HEALTH CENTER.

THE FUTURE IS TOMORROW AND TODAY STARTS THAT CLOCK, THANKS TO ALL THE FAMILIES IN THE MUSIC PROGRAM AND KEEP UP THE GOOD WORK FOR YOUR FUTURE IS NOW! PHIL

Phil Bradley, Music Outreach

CTSA Head Start

is accepting applications
for a part-time

Child Care Teacher

at our Shawnee location.

Must be at least 18 years of age,
have a high school diploma or GED,
have a clean driving record,
have a valid driver's license,
pass OSBI/DHS background checks.

CDA or Early Childhood Degree preferred, experience a plus.

All applications accepted with
preference given to *qualified*
Native Americans.

Apply today at:
1535 N McKinley
Shawnee, OK 74801

or

Email your résumé to:
AmberC@CTSAHeadStart.org

CTSA Head Start is an Equal Opportunity Employer.

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA

RECYCLING MA- TERIAL THAT WE ACCEPT.

ALL WHITE PAPER,
ENVELOPES, COL-
ORED PAPER, JUNK
MAIL, FAX PAPER,
MAGAZINES,
NEWSPAPER, CARD-
BOARD, AND ALU-
MINUM CANS.

MATERIAL WE DO NOT AC- CEPT.

TONER, CARBON
PAPER, FOOD
WASTE, AND PLAS-
TIC.

REMEMBER, WHEN IN DOUBT THROW IT OUT.

CONTACT INFORMATION

ABSENTEE SHAWNEE
TRIBE OF
OKLAHOMA

OFFICE OF
ENVIRONMENTAL
HEALTH &
ENVIRONMENTAL
PROGRAMS.

2025 S. GORDON
COOPER DR.
SHAWNEE, OK
74801

PHONE: (405) 214-
4235

FAX: (405) 878-
4701

Absentee Shawnee Tribe

Recycling Program

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

The Office of Environ-
mental Health and Envi-
ronmental Program is
proud to announce the
start of a new recycling
program for the Absen-
tee Shawnee Tribe. The
recycling center is lo-
cated in the yellow
metal building adjacent
to the OEH Depart-
ment. The Absentee
Shawnee Tribe (AST)
Recycling Program Pro-
gram declares that waste
reduction and recycling
are the preferable to the

or processing of muni-
cipal waste, and that re-
moving certain materials



from the municipal
waste stream will de-
crease the flow of solid
waste to municipal land-
fills. AST Recycling Pro-
gram used the knowl-

edge and information
about recycling markets
and market demand as
well as information ob-
tained from various pub-
lications and the internet
to comprise an analysis
of material the recycling
program will address at
the start of the program.
AST Recycling Program
Plan establishes a goal
that, by year's end 2013,
at least 25 % of the recy-
clable material produced
by the Tribe will be re-
cycled.

Reduce, Reuse, and Recycle

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

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

There is a cost associ-
ated with recycling,
However, economic,
social, and environ-
mental benefits exceed
these cost.

Office of Environmental Health & Engineering

• Tribal Housing Improvements Application

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

THIP list all applicants by a priority list:

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

Other Programs available:

• Sanitation Facilities Assistance Program

Applications need to be completed and all necessary documents at-
tached 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

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

TERO Department December Newsletter

This past month has been very busy within the TERO department. We have added 12 new applicants to our database with 6 of them being Absentee Shawnee Tribal Members. This brings the total number of applicants on the database to 510. We have also had 39 walk-ins, 100 call-ins, and have referred applicants to 15 various positions within the tribe.

In addition to applicant activity, we have also attended several events within the past month. From October 17 through October 18, TERO attended the Midwest Native American Economic Development Conference in Chicago, IL. This meeting gave insights on what tribes have development to obtain their financial sustainability and create employment for the tribal community. On October 23, TERO attended the National Incident Management System known as NIMS. The training gave a foundation on utilizing the tribes programs such as TERO applicants as a contact in case of volunteer emergency support. From October 31 through November 2, TERO attended the Southern Plains TERO Conference and welcomed new TERO members from Muskogee Creek Nation.

The Tribal Employment Rights Office also known as TERO helps Native Americans with employment referrals. We also assist with online job search, interview tips, and enhancing resumes. To become a TERO applicant, you will need the five following documents on file:

- (1) Driver's license or State ID
- (2) Social Security Card
- (3) CDIB or documentation of tribal affiliation
- (4) Completed Application
- (5) Any licenses, credentials or certificates.

We are located on the second floor to the right in Building #1. We have tribal as well as local positions posted outside of our office. We currently have 100 job openings posted for both local and tribal employment. If you have any questions, contact the TERO department and we will be happy to assist you.

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

TITLE VI



BINGO BLACKOUT WINNER



Ms JUDY WOOD



DARRELL WILSON



BINGO!!



Happy Birthday!!

D
E
C
E
M
B
E
R
2012
B
I
R
T
H
D
A
Y
S

Adams, Misty Dawn
Aguirre, Carlos Eriberto
Alaee, Beverly Jo
Alford, Blake Tyler
Allen, Annabelle Marie
Anderson Reading, Alecia Dawn
Armstrong, Hobart
Ash, Roger Wayne
Ashmore, Anita Carol
Atabaigi, Roberta Lynn
Atwood, Crystal Dawn
Ayers, Delana Sue
Ballard, Debra Ann
Ballard, Donald Gene
Barnett, Laketa Kaye
Bates, Aria Belyn
Bates, Howard Eugene
Beartusk, Brian James
Bender, Maecie Raelene
Berry, Dakota Trah
Bierd, Jamie Chereese
Bigpond, Bobby Gene
Blanchard, Ashley Gabrielle
Blanchard, Camenah Joe
Blanchard, Crystal Raylene
Blanchard, Erica Michelle
Blanchard, Johnathan Cole
Blanchard, Mya Aileen
Bond, Delsin Wyatt
Bradley, Micah Joel
Bradley, Phillip Monroe
Bradshaw, Mitchell Bryan
Breeding, Matthew Thad
Brokeshoulder, Elk Eli
Brokeshoulder, Glenda Mae
Brokeshoulder, Katrina Sue
Brokeshoulder, Vickie Robin
Brown, Charlotte Elaine
Brown, Cochanna Christine
Bui, Noreen Fay
Bui, Wiley The
Bullen, Shelly Lisa
Bump, Tonya Lynn
Burk, Debra Ann
Butler, Wosey Jane
Byers, Jonell
Byers, Sherry Levon
Byington, David Adam
Carpenter, Whitney Rochelle
Chafin, Sierra Nicole
Charley Whately, Marrassa Ashley
Chisholm, Keegan Conner
Coddington, Emily Elizabeth
Coddington, Krystal Renee
Cody, Dakota Hunter
Coffee, Larry Ben
Colbert, Braylon Dean
Colungo, Wilma Wildena
Conner, Robert Neal
Coon, Vanessa Rae
Cooper, Beverly Rose
Cortez, La Donna Marie
Cravens, Christopher Dale
Creek, Christopher Samuel
Creeping Bear, Bobby
Crosswhite, Donna Elaine
Crow, Kimberly Kay

Csoma, Amber Blanchard
Cuellar Jr., Clifford Eugene
Daugherty, Samuel Edwin
Davis, Holly Ann
Davis, Julius Alexander
Day, Anthony Lee
Day, George Michael
Deer, Alena Rose
Deere, Alyssia Lynn
Deere, Gabriel Xavier
Deere, Kathleen Ann
DeLodge, Genesis Octavia
Delodge, Wayne Lee
Douglass, Christian Jayce
Downs, Che Kyle
Duran, Anthony George
Ellis, Ciara Renee
Ellis, Jessica Marie
Ellis, Justin Lee
Ellis, Matthew Drew
Elsloo, Lyla Lee
Engledowl, Alexia Michelle
Engler, Alicia Diane
Evans, James Steven
Evans, Steven E
Farris, Stacey Lynn
Felton, Aiden Michael
Florick, Krista Leann
Foreman, Carole Jean
Foreman, Elysabeth Lesleigh
Foreman, Zelda Mae
Fowler, Joanna Marie
Frye, Zoe Ann
Galloway, Daisy Jade
Galloway, Kory Damien
Galloway, Skylar Matthew
Garretson, Christopher Ronald
Garretson, Janis Marie
Gibson, Davanee Mina Paralee
Gibson, Garret Henry
Gibson, Lita Danielle
Gibson, Lousetta B.
Gibson, Willie Ray
Goodman, Edith White
Goodwin, Alissa Mae
Graham, Jordan Michael
Grant, Jayden Dewayne
Grass, Billie Jean
Grass, Gage Owen
Griego, Aiyanna Che'la
Gurrola, Arturo Jr
Guzman, Ginger Gaile
Hadjiconstantinou, Ty Lucas
Hall, Sarah Jean
Harrison, Andrea Layne (Ellis)
Harvey, Nevaeh Nicole
Hatcher, Wade Jeffrey
Haumpy Sr., William Allen
Hawk, Jordyn Marie
Hayes, Jackson Elias
Haymond, J-Lynn Lanea
Herrera, Precious Lara
Hill, Dominick Allen
Hill, Keevan Jones
Hood, John Michael
Hooper, Steven Joe
Huckaby, Mary Louise Tynner

Innis, Quannah Guy
Isaac, Frances Jane
James, Constance Logan
James, Gregory Dale
Jantz, Evan Blake
Jimerson, Magan Christina
Johnson Jr., Anthony David
Johnson, Brodie Wade
Johnson, Byron Mack
Johnson, Camille Marie
Johnson, Fawntayne Catara
Johnson, George Benjamin
Johnson, Guenevere Tess
Johnson, James Christopher
Johnson, Kayla Ryan
Johnson, Marlene Jane
Johnson, Steve Allen
Kaniatobe, Guy Willis
Kastl, Scott Christopher
Kennedy, Deborah Leigh
Kilmer, Sandra Lynn
Kishketon, Malaki Allen
Lamb, Caden James Charley
Landrum, Rachel Erin
Larney, Darnell Maxine
Larney, Flora Jean-Kent
Larney, Shawnee H.
Lester, Mackenzie Danielle
Limon, Jennifer Nell
Little Axe Sr., Ricky Lee
Little Axe, Jaydell Chance
Little Axe, Kamyrah Lemarea Illiana
Little Axe, Maxine
Little Axe, Slayer Dane
Little Axe, William Dennis
Little Charley, Newman
Little, Richard Wayne
Littlebear, Calvin
Littlebear, Jonathon
Littlebear, Patrick
Littlebear, Paul Jaccob
Littlebear, Susan Gail
Littlebear, Waleen Tenae
Littlecreek, Ronnie Joe
Littlecreek, Sarah Denae
Logan, Glenda Sue
Longhorn Jr., Keith Warren
Longhorn, Kaselyn Diane
Longhorn, Stuart Kyle
Longman Sr., Clyde Bennie
Longman, Collin Jay
Longman, John Wayne
Lopez, Ruby Ann
Maldonado, Trevian Alexander
Mammen, Deann Marie
Martinez Jr., Timothy Andrew
Martinez, Efen Adam-Dean
Martinez, Tewa Marie
Masquat, Dana Lanelle
Maxfield, Joseph Thad
McBride, Anthony Daniel
McBride, Damien Nicholas
McBroom, Garrett Allen Trece
McCoy, Ramona Cadue (Sloat)
McCulloch III, Grant Howard
McGuffin, Vickie Ann
McGuire, Mary Ann Masquat

Megehee, Dakota Micheal
Merrell, Cass Adam
Merrell, Cruz David
Miller, Alicia Le Waine Edwards
Mitchell, Qiana Skye
Mizell, Janice Maria
Molina, Deanne Jo
Morlan, Debra Jean
Morris III, John Gilbert
Morris, Cecilia Renee
Murdock, Brian Lee
Neash, Alecia Lucinda
Neash, Bobby Joe
Neash, Nekkia Christine
Neske, Kyle Logan
New Moon, Melissa Elaine
Nicholson, Lee Anna
Odell, Travis Dewayne
Oles, Robin Jewel
Olsen, Tonya Lynn
Ontiveros-Adame, Tina Marie
Onzawah, Brian Neil
Parker, Hunter Caleb Chase
Parker, Teresa Erin
Patton, Erionna Marie
Pawpa, Jacey Tatum
Perry, Savannah Jade
Pewenofkit, Jay Patrick
Pickens, Irma Juanita
Pine, Jacob Lawrence
Pitner, Shane Thomas
Ponkilla, Orrin Heath
Price, Ciara Davon Delodge
Price, Ethan Daniel
Puckitt, Cody Michael
Purcell, Desmond Lee
Ramirez, Alejandro Andres
Reid, Parker Gabriel
Robertson, Drew Hayden
Robertson, Kyle Scott
Robinson, Star Dionna
Rolette Sr., Larry James
Rolette, Lawrence R.
Rolette, Ryan Adam
Rolette, Tiffany Renee
Ryan, Crystal Gay
Sanchez, Sofia Magdalena
Sanchez, Tommy Shawnego
Schmidt, Sammie Anne
Self, Katelyn Lynel
Shawnee, Aria Nicole
Shawnee, Carrah Dawnell
Shawnee, Corey Wayne
Shelton, Jonell Lynne
Sherrill, Cody Michael
Shields, Desirae Roxanne
Shields, Ty Xavier
Shoemaker, Pauline Williams
Simpson, Thurman Ray
Sinks, Tammy Relin
Sloat, Arthur Wayne
Sloat, Jennifer Lauren
Smith, Cheryl Renae
Smith, Kyle Lee
Snow, Brianna Margaret Faye
Solis, Adrianna Clavel
Solis, Jose Maria

Spears, Catherine Renae
Spoon Jr, Carl David
Spoon, Jiliyan Jade
Spoon, Michael Brody
Spybuck, Barbara Ann
Spybuck, Deborah Ann
Spybuck, Nicholas Lawrence
Squire, Christopher Lane
Squire, Johnnie Larue
Squire, Marvin Lee
Stanley, Denelle Mae
Starr, Jack Eugene
Stevens Jr., Houston
Stinger Jr., Jack Theophilus
Stone, Sherry Darlene
Sultuska Jr., Jerome Ray
Switch, Herbert Clifford
Teehee, Penny Lynn
Tello-Faz, Jennie Rebecca
Tenner, Kirsten Elizabeth
Thorpe, Dara Beth
Thorpe, Jamie Lee
Thorpe, Matilda C Masquat
Thorpe, Preston Barrett
Tiger, Ashlee Jean
Tiger, Joseph Aaron
Tiger, Kane Matthew
Tolbert, Justin Wade
Torres-Salazar, Mary Ellen
Trammell, Lisa Michelle
Valdivia, Shirley Ann
Villalobos, Constantina K.
Wabaunasee, Mary Ellen
Warrior, David Leon
Warrior, Whitney Michelle
Watson, Zachary Miles
Webb, Charles Kenneth
Webster, Ryan Bennett
Whims, Lawanna Jo
White Sr., Robert
White, Beckie Lynett
White, Callie-Kaye Ellice
White, Edward Leon
Whittaker, Dominique Marie
Wiles, Mitzie Arlene Little Creek
Williams Jr., Joseph Edward
Williams, Adrian Thomas
Williams, Billy John
Williams, Chance Michael
Williams, Daniell Anissa
Williams, Michelle Lee
Williams, Okah Melina
Wilson, Alvin Blaine
Wilson, Dwayne Alan
Wilson, Jessie Lee
Wilson, Kaitlyn Nicole
Wilson, Kamren Patrick
Wilson, Raylin Amelia
Wilson, Retha Ann
Wilson, Scottlyn Marie
Wolf Jr, Eric Wayne
Womack, Cody Lee
Wyatt, Vance Allen
Youngbear, Curtis Joshua



Happy Birthday And Merry Christmas

Zelda Foreman

*Our sister, mother, grandma
You are very special to us.*

*Thank you for being part of our lives and going to our
ball games (Elijah and Siah)*

*Love,
Your children, sisters and brothers*



Happy Birthday & Merry Christmas

Sherry Byers & Marvin!

Have A Wonderful Day

Love,

*The Foremans, Davis,
Kasecas & Johnsons*

**Happy Birthday
Julius (JellyBean) Davis
On Christmas Day!!**

We love you,
Grandma Chelle, Auntie Holly,
Grandpa Greg, and
Uncle Darrol.

I am 8 Jiliyan

To my beautiful Jiliyan: I wish you the best, happiest birthday!! Mom loves you to bits! I love you sweetie!! Love, MOM.

To my granddaughter Jiliyan: Have a happy happy 8th birthday! Granny loves you skyfuls!! I love you

To my baby sister Jiliyan. Hope you have the best 8th Birthday ever!! I love you! Love, Big brother Justin

To my big sister Jiliyan. I love you and wish you the happiest 8th birthday. Love, Joplin

Jiliyan: Happy 8th birthday to my sweet little niece, I wish you the happiest day!
Love, Aunt BJ

**Happy 1st Birthday
Jayden!**

**Love,
Mommy & Daddy and Family**

**HAPPY BIRTHDAY
Holly Davis!!** (Dec. 10)

Happy Birthday Baby Girl, sister, Daughter
We Love You Bunches!
Mom, Greg, Brothers and Aunt Rhonda

Auntie Holly!!

**Happy
Birthday!**

We love you,
Ryan & Jellybean

To:
My miracle
niece:

**JAMIE
BIERD!!**

**HAPPY
BIRTHDAY!**

(December 4th)

We wish you many more wonderful years!
Love, Aunt Rhonda & Family

HAPPY BIRTHDAY

BRANDON!!

WE LOVE YOU VERY MUCH!

**LOVE,
BRIDGE & BRYLEIGH**

**Happy Birthday
Grandma Wilma!**

We love you!!
Love, your grandkids



Little Axe Health Center

Providing Customer Care You Deserve, Trust, and Choose.

15951 Little Axe Drive, Norman, OK 73026 405-447-0300

Open Monday-Friday
Hours: 7 am to 5:30 pm

*Providing Exceptional Care to All Soonercare Members
(Tribal and Non-Tribal)*



New Clinic Hours for Shawnee and Little Axe Clinic

Beginning on Dec. 31st, there will be new clinic hours for both clinics. The Shawnee Clinic will be open 7:00 am to 5:00 pm Monday through Friday. The Little Axe Clinic will be open from 8:00 am to 5:00 pm Monday through Friday. Both clinics will continue to be closed on the first and third Wednesday afternoons from 12:00 pm to 5:00 pm for staff meetings, conferences, and trainings. The pharmacies will only be closed on the first Wednesday afternoons but will remain open on the third Wednesday afternoon. These changes were necessary due to the lack of patients requesting the early morning times in Little Axe and the later times at both clinics. We appreciate all of you for understanding the changes we are making.

We welcome five new employees to the clinic staff. In Little Axe we have a new Behavioral Health Director and a new counselor. Dara Thorpe is our new director. She has been with the tribe before and we welcome her back. We know she is going to be a great asset to the department and has already made so many terrific changes and we have seen great progress since she came on board last month. Our other new employee in that department is Cindy Honeycutt. Cindy is a licensed alcohol and drug counselor and is also a licensed professional counselor. She will be taking on many of our clients that will be seeking drug and alcohol counseling. We are also looking for an additional counselor for the Shawnee Clinic. We will be advertising for a licensed marriage and family therapist. We hope to have someone in that position very soon.

We also have a new employee in our Health Information department. Sherry Sloat comes to us with

years of experience in medical records management and has already taken on the role of preparing medical records for release to other providers or health care facilities. She is a welcome addition to that department and we are very lucky to have her as an employee.

We had a few issues within our housekeeping department and were able to add two part-time employees to help with cleaning the Little Axe Clinic after it closes. Bob White and Nicole Hair started working with us on Nov. 12th. They have been great to work with and have stepped in to take care of the cleaning of the clinic after it closes and they both have years of experience in housekeeping skills. Welcome to Bob and Nicole.

Both clinics will be closed on Dec. 24 and 25 for the Christmas Holiday. Please plan on getting your medications filled before these days in order not to run out before the clinic opens. That will be a long 4-day weekend that we will be closed, so plan accordingly. The pharmacy will be closed on Wednesday, Dec. 19th all day for inventory. Emergency prescriptions will be filled, but please try to have our prescriptions filled before this day so that the staff can concentrate on getting the inventory completed before the beginning of the new year.

Have a safe and happy Christmas. This year is almost over and the new year will be here before we know it. We look forward to continuing to serve your medical needs at both of our locations.

Happy Holiday!

Beverly Felton
Executive Director
Absentee Shawnee Tribal Health Authority

AST Health System/Health Fair Update

The Absentee Shawnee Tribe of Oklahoma held their 70th Semi-Annual General Council Meeting at the AST Little Axe Health Center on November 10, 2012. The Absentee Shawnee Tribal Health System, AST Tribal Programs and visiting health booths had a great time visiting and meeting AST Tribal members and their families, while providing health information and screening. According to evaluation results the Health Fair and Fun/Run Walk was a success. Thank You for the opportunity for allowing the Health Departments and others to share important health information.

AST Fall Health Fair Evaluation Results

Nov 10, 2012

N = 62

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

a. Excellent = 78% b. Fair = 19% c. Poor = 3%

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?

a. Yes = 63% b. No = 37%

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:

I do not plan on using the information. = 4%

I plan to read the pamphlets & educational information for my own benefit. = 40%

I plan to share information with family and friends. = 56%

4. Which AST clinic do you use:

AST Shawnee Health Center = 33%

Little Axe Health Center = 61%

Other = 6%

5. Did you enjoy the breakfast?

Yes = 88% No = 12%

6. Please provide your comments:

Any health information is better than none; Love the health programs; Keep up the great work; Very informative; Did not eat; Director you have great employees! Employees thanks for all information-and working on your day off; Very good; Place looks good; Very educational; Excellent; Friendly employees excellent facility good food what else could you ask for; Everyone is great!; Everything was good; Nothing was fully set up at 8 am; Good day for the walk and council meeting.

Thank You!



ELDER'S FEAR OF FALLING MAY NOT BE JUST A FEAR DURING WINTER MONTHS

As elders prepare for the winter months, sometimes the cold weather can be enough to slow anyone down. Generally, if someone has fallen or injured themselves, they develop a fear of doing it again. While it is okay to fear injury and make yourself aware of your surroundings, what most people don't realize is they will limit their physical activity more than just increasing their awareness. This in turn can cause you to actually lose your muscles because "If you don't use them you lose them!" Your risk of falling is increased as your balance and mobility decrease. Some ways to stay active when it's cold outside is to exercise in your favorite chair at home or exercise at your kitchen counter.

Some Tips for at home exercise:



AST LA Clinic Physical Therapist, Toni Donihoo conducting a balance assessment.

1.) Tai Chi videos

2.) Use Strength Bands

3.) Chair exercise videos

(All available through the Injury Prevention Program)

4.) Practice NOT holding on to furniture and the wall while walking through your house

The Injury Prevention Program is located in the Public Health Nursing Department at the AST Little Axe Clinic. We are currently recruiting AST elders 55 and older for fall prevention project. We would provide you with a one on one balance assessment with our Physical Therapist, medication reviews, home safety assessment, fall prevention home education as well other services. Our mission is to help our elders remain independent and in their own homes for as long as possible. Let us give you the tools to stay active and mobile!

For more information please contact Sacha Almanza, IP Coordinator 405.701.7981

DIZZY DAYS?

ARE YOU DIZZY? FEEL UNSTEADY OR HAVE RINGING IN YOUR EARS? DO YOU HAVE DIFFICULTY RIDING IN THE BACKSEAT OF A CAR? IS IT DIFFICULT TO WALK A STRAIGHT LINE OR BALANCE ON ONE FOOT? YOU MAY HAVE A VESTIBULAR PROBLEM. THESE SYMPTOMS CAN BE CAUSED BY AN INNER EAR PROBLEM, PATHOLOGY IN THE NECK, MENIER'S DISEASE, LABYRINTHITIS OR BENIGN PAROSYSMAL POSITIONAL VERTIGO.

MORE THAN 2 MILLION PEOPLE VISIT THEIR PHYSICIAN EACH YEAR WITH THE ABOVE COMPLAINTS. 80% OF PEOPLE WITH THESE SYMPTOMS ARE COMPLETELY CURED WITH APPROPRIATE MEDICATION AND PHYSICAL THERAPY. TREATMENT OF NECK DYSFUNCTION AND BALANCE DISORDERS IS COMMONLY TREATED WITH PHYSICAL THERAPY.

YOUR BODY CAN BE TRAINED TO IMPROVE YOUR STATIC AND DYNAMIC BALANCE. THE LITTLE AXE HEALTH CARE SPECIALISTS CAN HELP YOU IMPROVE YOUR VISUAL TRACKING, COORDINATION AND MOVEMENT STRATEGIES. WE CAN ALSO IMPROVE YOUR NECK PROBLEMS. THE NUMBER ONE REASON FOR FRACTURES IN THE ELDERLY POPULATION IS FALLS SECONDARY TO POOR BALANCE. WHY WAIT? WHY SUFFER? AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE.

LITTLE AXE HEALTH CENTER

-TONI DONAHO, DOCTOR OF PHYSICAL THERAPY



BUILDING BLOCKS

CHILD DEVELOPMENT CENTER

AN ABSENTEE SHAWNEE ENTERPRISE



From the staff at Building Blocks:

Coming up in December we will be having our Christmas Program at Tecumseh City Hall on the 18th at 7:00 pm. Our theme this year is Winter Wonderland. Everyone is welcome to come out and watch our program. The kids will be working hard on it. Santa will be making his visit to Building Blocks in December to take pictures and hand out gifts to our children. This month we will be working on Winter/Hibernation, Holidays/Hand washing, New Year Fest. Our letters will be W, X, Y and Z. The numbers will be 8, 9, and 10. We will also be working on various light sources, body parts, following instructions, doing child friendly recipes and discussing resolutions. We will talk about different Native American Seals, Tribal colors, Tribal symbols, legends, costumes and history of different tribes. This is just a little of what is going on at our center.

If you'd like to submit an ad or article
give us a call at

(405) 598-1279

(405) 481-0558

or send us an e-mail at

stiger@astribc.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.

FY-2012 YTD TAX COLLECTIONS (thru 10/31/12)

RUN DATE:
11/20/12

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$1,303.68	\$5,764.96	\$9,556.88	\$20,267.74	\$251.60	\$12,976.77	\$9,892.03	\$5,332.45	\$2,490.53	\$7,403.05	\$0.00	\$0.00	\$75,239.69	3.18%
Gaming % of free cash	\$109,331.00	\$105,500.00	\$84,000.00	\$252,000.00	\$42,000.00	\$344,000.00	\$286,000.00	\$305,920.00	\$103,039.00	\$120,000.00	\$0.00	\$0.00	\$1,751,790.00	73.94%
Employee (1%)	\$1,771.92	\$6,921.68	\$19,027.03	\$13,411.67	\$23,358.23	\$14,230.92	\$6,059.30	\$27,296.76	\$768.55	\$6,126.61	\$0.00	\$0.00	\$118,972.67	5.02%
Severance (8%)	\$1,033.85	\$19,231.62	\$16,244.27	\$10,116.92	\$16,892.79	\$12,022.41	\$14,040.81	\$62,362.17	\$9,978.83	\$19,577.31	\$0.00	\$0.00	\$181,500.98	7.66%
Motor Vehicle	\$11,657.32	\$14,984.82	\$14,227.79	\$11,321.19	\$10,285.99	\$16,024.99	\$14,599.58	\$15,575.38	\$11,181.56	\$13,982.75	\$0.00	\$0.00	\$133,841.38	5.65%
Tobacco Refund	\$9,662.76	\$11,107.79	\$9,231.53	\$10,458.50	\$11,811.42	\$11,105.72	\$10,122.29	\$11,309.29	\$11,057.17	\$9,531.14	\$0.00	\$0.00	\$105,397.61	4.45%
TOTAL TAXES	\$134,760.53	\$163,510.87	\$152,287.50	\$317,576.02	\$104,600.03	\$410,360.81	\$340,714.01	\$427,796.05	\$138,515.64	\$176,620.86	\$0.00	\$0.00	\$2,366,742.33	
Miscellaneous	\$1,290.00	\$330.00	\$160.00	\$50.00	\$80.00	\$136.84	\$20.00	\$180.00	\$80.00	\$190.00	\$0.00	\$0.00	\$2,516.84	0.11%
TOTAL COLLECTIONS	\$136,050.53	\$163,840.87	\$152,447.50	\$317,626.02	\$104,680.03	\$410,497.65	\$340,734.01	\$427,976.05	\$138,595.64	\$176,810.86	\$0.00	\$0.00	\$2,369,259.17	100%

ASTribe

Indian Child Welfare Department FOSTER CARE

This article appears in the Daily Times in Farmington, New Mexico. And even though this talks about the foster care program and tribal children in foster care, this article can speak on behalf of what the Absentee Shawnee Tribe Foster Care and other tribes are going thru. Finding foster homes is a necessary to not only protect AST children but to also maintain their cultural identity, heritage and traditions. The Absentee is a small tribe and we should be able to work as ONE TRIBE to care for the AST children. If you have any questions, contact the ICW department at (405)275-4030.

“Only two foster homes in San Juan County belong to American Indian families, but more than half of the 85 children in foster care now are American Indian. That means about 40 American Indian youths in the local foster system are living with non-native families. The Children, Youth and Families Department, charged with placing children in alternate homes if their own families are deemed unsafe for reasons of abuse or neglect, is

having a hard time finding enough native families for the number of native children in the system.

The department does everything it can to match a child with a family of a similar background. That doesn't work when fewer homes than children are in the system, which means native children more often than not end up in non-native families. This is contrary to federal policy, which directs the department to make every effort to place children of American Indian descent in homes that nourish their cultural identity. But without more native families stepping up to offer a home for children, there is little the department can do to remedy this situation.

The Indian Child Welfare Act provides four placement options, which the department must pursue in descending order every time it places a native child. The first option is to place American Indian children with a relative who can provide a safe environment and who eventually attains a foster care license. The second option is for a child to be placed in a family from the same American Indian tribe. The third is for the child to be placed with a American Indian family not of the same tribe. The final option, and the one the CYFD most often uses, is matching native children with non-native families that simply have a foster care license.

This is a loss for children and for potential foster families. It's also a loss when it comes to efforts to revitalize native traditions and teach them to the children. We encourage all native families with the resources that can allow children a home to contact the Children, Youth and Families Department. Fostering a child is one of the most rewarding things a family can do.”

In the state of Oklahoma alone, there are almost 3000 Native American children in the foster care program with a majority of these children placed in non-native placements. Now imagine if your son, daughter, grand children were placed in another home that didn't teach or understand the Absentee Shawnee traditions. What would happen to their identity, their sense of being a AST, their sense of belonging and being proud of being a Absentee Shawnee?

The AST ICW dept are in need to foster homes. Emergency homes, temporary homes, it doesn't matter. We have made it a goal to get certify at least 5 homes to be foster homes for the AST. With obtaining more every year from this point on. It takes ONE TRIBE to care for ONE CHILD. As the great Tecumseh said, “A SINGLE TWIG BREAKS BUT A BUNDLE OF TWIGS IS STRONG.”

For more information about being a foster home, please contact:

Indian Child Welfare Department
(405)275-4030.

Foster Parents Needed!!!

Can you open your home and heart for a foster child? Foster parents provide a temporary, safe home for children in crisis. Foster parents are partners with child welfare workers, lawyers and judges. It is not for everyone but if you have it in your heart - we need you.

- Can you love and care for a child who comes from a difficult background?
- Can you help a child develop a sense of belonging?
- Are you secure in yourself & your parenting Skills?
- Can you maintain a positive attitude toward a child's parents?
- Can you love with all your heart & then let go?

FOSTER PARENTS PROVIDE A TEMPORARY, SAFE HOME FOR CHILDREN IN CRISIS. THEY ARE PARTNERS WITH WORKERS, LAWYERS, AND JUDGES. IT IS NOT FOR EVERYONE! CAN YOU OPEN YOUR HOME AND HEART FOR A FOSTER CHILD?

Many children need a loving home and a family to help them through a very tough time. Please think about it and talk with your family before you become a foster home. They all need safe, supportive environments!

If you find yourself and your family interested in Foster Care, please contact J.R. Wind - 405-275-4030 ext. 195.



AST PHARMACY NEWS



- Visit our new, convenient drive-thru at the Little Axe location for refill drop off or pick up!!
- As of January 1, 2012, Oklahoma State Law mandates that a current, state issued photo ID be on file for both the patient and the representative picking up for EVERY fill of ANY controlled medication.
- Deliveries of controlled medications will no longer be allowed.
- Both Shawnee and Little Axe pharmacy locations fill prescriptions for members of all tribes, but outside prescription orders are restricted to Absentee Shawnee Tribal citizens with established charts.
- If you would like to receive a text message to your cell phone when your medications are ready for pick-up, please alert the pharmacy staff and provide us with a current cell phone number.
- 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 either Pharmacy or stop by and speak with one of our Pharmacy staff. We are happy to assist you with your pharmaceutical needs!

Hours of Operation:

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

Shawnee: 7am-6pm Monday-Friday

We are open through the lunch hour!!

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



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

Absentee Shawnee Behavioral Health

Absentee Shawnee Behavioral Health is now providing counseling services in both Shawnee and Little Axe locations. We are taking new patients at this time. Our facilities offer an array of services including but not limited to:

- *Psychiatry- adult and child
- *Intensive Outpatient Groups
- *Domestic Violence Counseling
 - *Grief Counseling
- *Substance Abuse Counseling
 - *Individual Therapy
 - *Group Counseling
 - *Bio Feedback
 - *Stress Reduction
 - *DUI Assessment

We welcome back Kristy Morrell – she is now located at the Little Axe Clinic

We would like to extend a warm welcome to our newest staff:

Dr. Julia Irwin is a psychiatrist and has been providing services at the Little Axe Clinic. She is available on every Thursday.

Dr. Peter Stanbro is a child psychiatrist and will be currently taking new patients. He will be providing services every Thursday at our Little Axe Clinic.

Monte Blake, LPC is one our newest clinician's. He is located at our Shawnee Clinic.

If in need of services call:
Shawnee: 405-878-4716
 Or
Little Axe: 405-447-0300

The AST Cultural Preservation Department would like to pass along the following information concerning updates to our programs.

Gift Shop

The Gift Shop continues to bring in new product styles. By the time of this printing, we hope to finally have in our order from our newest vendor, Pendleton. This past week, our shipment from Saddle Blanket Co. arrived and we processed it immediately to put out for display. If you have not been in the store recently, please stop by and I'm sure you'll be pleasantly surprised at the available stock. As this is the time of year for Holiday shopping, we are trying to provide the items our customers want and need. If you have any questions, please don't hesitate to call Esther at Ext. 152, or by email at elowden@astribe.com

Library

The Library is excited to announce that we are open for Circulation daily from 10 AM to 5 PM and on Saturday, from 9 AM to 12 PM. We have a wide variety of resources available for checkout, and many magazines, newspapers and journals available for perusal. We look forward to serving your informational needs! For more information or a membership application, please call Josh at Ext. 122, or by email at jshawnee@astribe.com

Cultural Preservation

On November 19th, the Cultural Preservation Department hosted students from the North Rock Creek Indian Ed program. Along with their sponsor, Patricia Brown, these youngsters were allowed an opportunity into the daily life of the Absentee Shawnee Tribe. During the tour, they received simple instruction about the services we provide to Tribal members. We want to commend each of the employees that opened their doors to discuss their programs and express our appreciation to the Executive Committee members for allowing this event to happen. For information about cultural activities, please call Joseph at Ext. 203, or by email at joseph.blanchard@astribe.com

As a final note, the AST Cultural Preservation Department and its staff would like to wish everyone a very, Merry Christmas and a prosperous, Happy New Year!

Neyiwa!

Joseph H. Blanchard
 Cultural Preservation Department Director/Tribal Historic Preservation Officer
 Absentee Shawnee Tribe of Oklahoma

*Though the weather outside is frightful,
winter wellness activities are delightful...*

YOU are invited... A Winter Wellness Land Celebration!

Join us for food, fun, and fitness!

Guest speakers will present
Information on winter fire safety!

Injury Prevention will
Highlight fall prevention
During the winter
months

Who: Open to the Public
When: Friday, December 20th 2012
Where: Little Axe AST Resource Center



For more info.
Call:
Public Health
Nursing
405.701.7999

HUMAN RESOURCE Current Job Openings

HEALTH POSITIONS:

- Staff Physician-Shawnee Clinic
- Pharmacy Tech
- Registered Nurse
- Security Guard
- Accounting Technician
- Dental Hygienist
- Patient Registration Clerk
- Patient Registration Clerk Floater
- Maintenance Worker/Groundskeeper
- License & Marriage Family Therapist

ICW

- Director of Indian Child Welfare

BUILDING BLOCKS POSITIONS:

- Floater

COURT / LEGAL POSITIONS:

- Supreme Court Tribal Judge

GAMING COMMISSION POSITIONS:

- Surveillance Operator
- Internal Auditor
- Executive Director Gaming

BOARDS & COMMISSION POSITIONS:

- Health Authority Board Member
- Commissioner for the TERO Boards
Commissioners

OEH/OEP

- Water Quality Specialist

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

PSSF/ICW/CPS Up Coming Events

December -
Angel Tree



The ICW department will be getting out the Angels to all their families. The Angels will be placed on the Christmas tree in Building #1 on November 26th. On the back of each Angel will be information for a child such as gender, size and wish list. As a reminder for those who take an Angel, please SIGN OUT your Angel and return the Angel with the new, unwrapped gifts to the ICW department by:

December 14, 2012.

**For further information on any event please contact
the ICW Department**

HORSE SHOE BEND AFTER SCHOOL PROGRAM: December 2012 News

The Horse Shoe Bend After School Program Students have received all good reports for the first nine weeks of school. Tutors are working very hard daily with their students making sure homework is done and that students are excelling in their school work.

NOVEMBER 1, 2012

NORTH ROCK CREEK AWARDS ASSEMBLY:



KATLYN MASQUAS

Katlyn received a Citizenship Award in her Second Grade Class. She is tutored by Ms. Haley Desch of Oklahoma Baptist University at the Horse Shoe Bend After School Program. Katlyn works hard with her studies and is a delightful student. She likes to play basketball, and hang out with her friends. She is the daughter of Sandy and Joshiah Masquas. Katlyn is a member of the Absentee Shawnee Tribe.

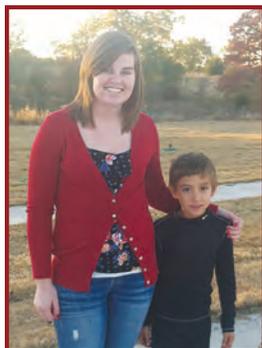
ALESIA THOMAS

Alesia was awarded with a Citizenship Award in her Third Grade Class. Alesia shows leadership abilities at the after school program. She is always willing to help others and she is a very good student. Alesia is tutored by Gabriella Perez, a student from Seminole State College. She is the daughter of Sandy and Joshiah Masquas. Alesia is a member of the Sac and Fox Nation.



JORDAN COODY

Jordan received the Scholar Award in his Second Grade Class. He is tutored by Caitlyn Wells, a student from Oklahoma Baptist University. Jordan is very active and works hard on all his studies. He plays football at the YMCA in Shawnee. He is the son of Kyle and Kenna Coody. Jordan is a member of the Seminole Tribe of Oklahoma.



EARLSBORO ELEMENTARY SCHOOL

GABRIEL FIFE

Gabriel was awarded with the Regional STEM Standout. This award is a comprehensive award in subjects of Science, Mathematics and Technology. He is tutored by Stuart Rolette, Gabriel is in the Fourth Grade is a very talented student and shows a good attitude toward others. Gabriel likes to play basketball and football. He is the son of Stephen and Teresa Fife. Gabriel is a member of the Absentee Shawnee Tribe.



OKLAHOMA BAPTIST UNIVERSITY TUTORS

Lauren Wood, from Oklahoma and Johanna Kleinsasser, from Arkansas tutors at the after school are members of the OBU Women's Cross Country Team they competed in the Sooner Athletic Conference Meet at Gordon Cooper Technology Center November 3, 2012 and won the Championship Title. Lauren Wood came in eighth at 18:53. Johanna and Lauren were selected to the All-Conference Team. Oklahoma Baptist University Women's Cross Country Team have won a spot in the NAIA National Women's Cross Country Championship. They will be competing on November 17, 2012, at Vancouver, Washington.

WE WISH JOHANNA AND LAUREN GOOD LUCK!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

BOO On BELL STREET

On October 27, 2012 was the Annual Boo on Bell Street in Downtown Shawnee. The Horse Shoe Bend After School Tutors handed candy out and was in the parade.



I would like to congratulate Adriana Watson for placing Third Place in the age group of 0 – 1 year olds Adriana is daughter of Randall Watson and Chaney Cecil. Adriana is an Absentee Shawnee Tribal Member.

Congratulations to Emily Engler for placing Second in the age group 2 – 3 year olds, she is the daughter of Trevor and Alicia Engler. Emily is an Absentee Shawnee Tribal Member.



I would like to thank all the volunteers that helped out in the Halloween Costume Contest:



Janet Jeske, June Buckner, Sherry Stacy, Lisa Watson, Stuart Rolette, Randall Watson, Gabriella Perez, Johanna Kleinsasser, Lauren Wood.

Thank the parents for walking in the parade with their children and grandchildren: Annie Wilson, Jena Masquas.

NOVEMBER BIRTHDAYS:

JORDAN COODY, CATLYN NANAETO, WAYNE SKINNER
HAPPY BIRTHDAY FROM STUDENTS AND TUTORS AT
HORSE SHOE BEND AFTER SCHOOL!!!!!!!!!!!!!!

The students at Horse Shoe Bend would like to thank Linda Day, Emergency Manager of the Absentee Shawnee Tribe for all the materials she brought back with her from her recent training. Students enjoyed the books, pencils, and rulers also the Smokey Bear Stick Pins. I would like to thank Jacklyn Williams, Secretary and Stella Nullake-Nanaeto Committee Member of the Sac and Fox Nation for donating the 3 boxes of chips to the students at the Horse Shoe Bend After School Program.

ELAINE, STUART, RANDALL, GABRIELLA, LAUREN, HALEY, JOHANNA, CAITLYN, CAPTAIN, EDWINA WISH EVERYONE A MERRY CHRISTMAS AND A HAPPY NEW YEAR!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Edwina Butler-Wolfe, Director
Horse Shoe Bend After School
405 481-0397 Cell Number



Absentee Shawnee Housing Authority

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

"Among The Shawnee"

Come in and visit with us about:

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



Absentee Shawnee Tribe of Oklahoma
Education Department

2025 South Gordon Cooper Drive
(405) 275-4030 Toll free (800) 256-3341 Fax (405) 273-7938
youthaward@astrib.com

Applications accepted:
Jan. 1st – March 1st
Finalists announced:
May 2013

- \$1,000 Scholarship Big Jim Academic Achievement Award (Male)
- \$1,000 Scholarship Big Jim Academic Achievement Award (Female)
- \$1,000 Scholarship Big Jim Athlete of the Year (Male)
- \$1,000 Scholarship Big Jim Athlete of the Year (Female)

STUDENT INFORMATION

Name: _____
(LAST) (FIRST) (MI)

Enrollment #: _____

Address: _____
(STREET) (CITY) (STATE) (ZIP)

Home Phone: (_____) _____ Cell Phone: (_____) _____

Email: _____

HIGH SCHOOL INFORMATION

High School Name: _____

City: _____ State: _____

Guidance Counselor: _____ Phone #: _____

Sport: _____ Position: _____

Coach: _____ Phone #: _____
(FIRST) (LAST)

All Absentee Shawnee High School Seniors are eligible and encouraged to apply.

Documents to be included with application:

- Official High School Transcript
- Letter of Recommendation (Educator/Coach)
- Tribal Enrollment Card (copy)
- Resume of Accomplishments and Activities
- 500-word Essay: How do you feel your accomplishments (knowledge/training) will influence your future?
- Video (optional): no more than 10 minutes in length

After School Program

Come join us at the AST Resource Center!!!

- ✚ Free Tutoring in all subjects!
- ✚ Snacks!
- ✚ Games and activities!
- ✚ Field Trips!
- ✚ Delinquency Prevention!
- ✚ Healthy Lifestyles!

And Much More!

OPEN TO ALL MIDDLE SCHOOL AND HIGH SCHOOL STUDENTS

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

Duration: Starts September 4th and will run through the school year.

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

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



Tribal Youth Council

Location:

AST Complex Building 1



Date/Time:

The next meeting will be Dec. 8th at 10:00am. Meetings vary in length, but usually last at least an hour.

Participants /Ages:

6th grade to 12th grade. The Youth Council is open to all students in this grade range.

Transportation:

Parents will be responsible for bringing and picking up their child.

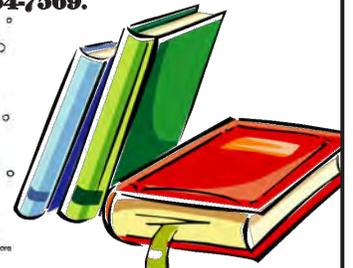
What is it? :

The Youth Council is a way for students from the surrounding AST communities to work together and bring to light things they need help with in their school. It is also a way for students to work and learn how they can create a difference for the tribe and their own community. We explore different prevention topics, volunteer in the community, and also explore further educational options.



Questions:

For Further questions please contact Tresha Spoon at 275-4030 ext. 121, or Blake Goodman at 364-7569.





AST Youth Fitness

The Absentee Shawnee Fitness Program has been working with the AST Tribal Youth Program in promoting physical activity to help prevent diabetes among tribal youth. AST Tribal Youth Program participants have really enjoyed the games that the Fitness program has provided. The goal of the Absentee Shawnee Fitness Program is to provide an outlet for exercise and physical activity through fun games and activities. The youth are learning about healthy ways to prevent diabetes through healthy physical activity. The Absentee Shawnee Fitness Program would like to thank the AST Tribal Youth Program for allowing the Fitness staff to educate and provide activities for the youth to prevent diabetes.



AST FITNESS

ABSENTEE SHAWNEE



FITNESS

The Absentee Shawnee Tribal Fitness Program would like introduce the new logo of the AST Fitness Program. This logo was designed to represent the Absentee Shawnee Tribe and their perseverance in creating strong and healthy tribal members. The AST Fitness Program would like to use the logo as a symbol of the strength and endurance the Absentee Shawnee people demonstrate in developing a healthier generation of Absentee Shawnee Tribal people. Each print is a representation of the clans among the Absentee Shawnee Tribe.



The AST Fitness Program would like to extend an invite to all tribal members looking to increase their levels of physical activity and learn more about fitness and exercise. The AST Fitness Facility at the Resource Center is fully equipped with state of the art treadmills, elliptical machines, stationary cycles, dumbbells, isolation strength machines, and a cable machine. Our facility is also equipped with freestanding striking bags, medicine balls, exercise balls, fitness mats, resistance bands, BOSU balls, and other various exercise apparatus for your preferred workout. The AST Fitness Program currently provides free fitness classes to all tribal members. Classes include: Kickboxing, Circuit Training, Chair Exercise, Tai Chi, Boot camp, and Aerobic Fitness. The AST Fitness Program is here to help you get started on increasing your levels of physical activity and exercise. We invite you to come visit our fitness facility and see what our fitness program can provide for you.



AST Fitness Facility Hours

Monday through Thursday

6:00 a.m. – 9:00 p.m.

Friday

6:00 a.m. – 9:00 p.m.

Saturday/Sunday

CLOSED

405-364-7298





AAA Oklahoma News Release

www.AAA.com
www.facebook.com/AAAOKlahoma
www.twitter.com/AAAOKlahoma

Contacts:
Chuck Mai
Office: (405) 753-8040
Cell: (405) 209-8260
chuck.mai@aaaok.org

Danial Karnes
Office: (918) 748-1074
Cell: (918) 935-9318
daniel.karnes@aaaok.org

Use Caution Shopping this Holiday, AAA says, Online and in Parking Lots

AAA Oklahoma, Nov. 19, 2012 – The hectic holiday shopping season means parking lots full of people and safety hazards and the heightened possibility of theft. But thieves aren't just looking to steal newly-bought Christmas gifts, they're also after your identity.

"We hope these tips keep shoppers motoring on their merry way, protecting drivers and consumers from seeing the Grinch during this busy time of year," said AAA Oklahoma spokesman Chuck Mai.

Parking Lot Safety

- **Eliminate distractions.** Turn off and stow cell phones. Set up navigation and GPS devices before starting to drive.
- **Watch for pedestrians.** Remain cautious of pedestrians on crosswalks and moving in-between and behind cars. Be alert especially for children who are not always paying attention.
- **Learn to play the outfield.** Outlying areas have more spaces, lighter traffic and a lower risk of collision.
- **Don't put yourself in a tight spot.** Avoid parking between a pair of tall SUVs, minivans or pickups where it might be hard to back out of the space. If you can't see well enough to back out safely, get help from one of your passengers.
- **Buckle up.** Even a low-speed collision can result in injuries. Make sure that everyone is strapped in a seat belt or child car seat while the car is in motion, even if it's just a short trip to another part of the parking lot.

Keeping Your Identity Safe

To safeguard your personal information as you shop this season, AAA Financial Services offers these tips:

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.



AST COUNTRY KITCHEN

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 specials!

Something different every day!

Open 7 Days A Week!

366-7220



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

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



Diabetes and Wellness Program

Recipe

Great gift idea!

Hot Chocolate Mix in a Jar

Ingredients:

- 1 $\frac{1}{2}$ C no calorie sweetener, granulated
- 1 $\frac{1}{2}$ C non-fat milk powder
- $\frac{3}{4}$ C powdered non-dairy creamer
- $\frac{3}{4}$ C unsweetened cocoa

Directions:

1. Mix ingredients in a bowl, and store in an air tight container until ready to fill jars.
2. Put a tag on your jar that reads, "Place 2-3 tablespoons in a mug, and add 1 cup of boiling water. Variations to consider: Replace water with coffee for a mocha hot chocolate, or use a flavored non-dairy creamer such as French Vanilla or Hazelnut."
3. Once you fill your jar you can decorate it with a fabric or lace on top and tie it with ribbon.



Mark Your Calendar

Upcoming Events...

Education Opportunities

- **Learning to Control your Diabetes**
 - 6 Week series of education classes
 - Thursdays 2:00 pm– 4:00 pm
 - Little Axe Health Center
 - Shawnee Health Clinic
- For more information and to enroll call the number below.*



Happy

Holidays!

Nutritional Information

-For 2 tablespoons
 Calories 17.7
 Fat 0.8 g
 Carbohydrates 3.5 g
 Fiber 0.6g
 Sodium 5.7 g
 Protein 0.7g

Nutritional Information

-For 3 tablespoons
 Calories 26.5
 Fat 1.1 g
 Carbohydrates 5.2g
 Fiber 0.9g
 Sodium 8.5g
 Protein 1.1g



Diabetes and Wellness Program

Absentee Shawnee Tribe Health Clinic
 Phone: (405)701-7977 (405)447-0300
 Fax: (405)701-7984
 15951 Little Axe Drive
 Norman, OK 73026



**ABSENTEE SHAWNEE TRIBAL ELDERS
PRESENT
CHRISTMAS BAZAAR
WEEKEND**

**OPEN TO PUBLIC
DON'T MISS OUT
40+ Craft Booths
Everything Imaginable
COME AND SEE/BUY
AND EAT!!**

**Saturday - Sunday
December 8 - 9
8 am - 5 pm**

**Resource Center Bldg
1970 156th Ave. NE (Peebly Rd.)
Norman (Little Axe), OK
3/4 mile north on 156th Ave.
(AKA Peebly Rd.) of Thunderbird Casino**



**COME
SHOPPING
FOR UNIQUE GIFTS**

**CRAFT ITEMS: ONE OF A KIND
MADE BY LOCAL CRAFTERS - ARTISTS**

**NATIVE AMERICAN
BEADWORK - QUILTS - MOCCASINS - ARTWORK
EARRINGS - BRACELETS - NECKLACES**

YOU'LL FIND EXACTLY WHAT YOU'RE LOOKING FOR!!!

**CONCESSION TOO - AST ELDERS
TASTE NATIVE AMERICAN CUISINE
CORN SOUP, HOMINY SOUP, GRAPE DUMPLINGS, CORN FRITTERS,
AND (of course) FRY BREAD**

**NO DRUGS/ALCOHOL ALLOWED ON PREMISES - AST ELDERS NOT LIABLE NOR
RESPONSIBLE FOR ANY INJURIES, THEFT OR ACCIDENTS**

Education Department

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

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

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

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

Attention:

If you are considering taking courses for the spring 2012 semester, please contact the Education Department as soon as possible.

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.

AST Education Department: Big Jim Youth Award applications

The Absentee Shawnee Tribe's Education Department will begin accepting applications for the following awards:

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

High school **Seniors** of both genders within the 50 United States are eligible to apply for these awards for the 2012/2013 school year. Applications will be accepted from January 1 to March 1, 2013 by US mail or email, official transcripts must be mailed. The official application form will be available at www.astribe.com under the Education Department. The \$1000.00 award is in the form of a scholarship to the college or university where the award recipient will attend for the fall 2013 semester.

Individuals are encouraged to nominate deserving high school Seniors. You may nominate yourself. Please refer to the application for required documents. Eligible nominations will be judged by a panel of (non-AST) experts assembled specifically for this purpose. The intent is to bring together an unbiased group of experts to evaluate the applicants in an impartial and unbiased environment. Their decisions are final with respect to all matters concerning these awards. **Awards will be announced in May 2013.**

Award recipients will be recognized as the 2012/2013 Big Jim Academic Achievement Award winner or the Big Jim Athlete of the Year. In addition to this recognition the award recipients will receive a **\$1000.00** scholarship to be used towards their education and the advancement of their career.

Questions on these awards program should be addressed to:

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

**ABSENTEE SHAWNEE TRIBAL
POLICE DEPARTMENT**



SORNA

SEX OFFENDER REGISTRATION AND NOTIFICATION ACT

EMAIL: SORNA@ASTRIBE.COM

TIPLINE 405-273-1249

