The Official Signing of Tobacco Compact
Hello my Absentee Shawnee people!

It looks like the cooler fall weather has reached our area. So, now it’s time to start pulling out sweaters and jackets. The warm weather seemed to linger in Shawnee and I am thankful for the change. For those of you outside of the Shawnee area I hope that you are enjoying mild weather and have begun to prepare for the upcoming cold, winter months.

The Month of November
As many of you are aware November was Native American Heritage month. November was declared Native American Indian Heritage month by former President George H.W. Bush in August of 1990 and was sponsored through the American Indian Heritage Foundation by founder, Pale Moon Rose. By nationally commemorating November as a special month for Native America’s it afforded the opportunity to share our culture and language, traditions, crafts, music, dance and special ways and the different aspects of our lives with those who are unfamiliar or unaware of the rich complexities and unique qualities of Native life.

General Council, the Constitution and Leadership
During the October General Council it was re-stated by you, my people, that we should make some changes in our finance department. I have been working diligently with the Executive Committee, Human Resources and the Attorney General on getting one particular issue resolved. The issue I refer to is the Controller. This individual was placed on ‘administrative suspension’ in November as a special month for Native American heritage. Instead the Executive Committee sent out budgets this year trend with the ‘averaged’ budget practiced this year, should the federal government shut down and the funding concern become a very real issue to the tribe. 4. It is still unclear whether the Finance department has established policies and procedures. The Treasurer hired her Aunt approximately 8 months ago for the expressed purpose of ‘creating policies and procedures’. These policies have yet to be seen.

The Treasurer indicated during General Council that she has improved the financial processes and that she has had to train staff. I must admit I just don’t see it. Nor do I see the ‘Financial report to the AST people’ she committed to creating and sending out. As elected leaders we each have constitutional duties that are set and are to be used to guide us in our work for you, our people. It is my understanding that these duties are set for a purpose and the oath we each took is to be upheld. Under Article XIII, Section 1. of our Constitution my responsibilities are: 1) Call and preside over all meetings of the General Council and Executive Committee, as provided for in the Constitution; 2) Duties assigned by the Constitution – like Commander in Chief of the Police Department; 3) Such additional authorities delegated by General Council or the Executive Committee like program oversight responsibilities; 4) Responsible for executing policies established by the General Council; 5) A Semi-Annual Report is to be given to the General Council in April and October; 6) Give an oral report on all activities, meetings and conferences at the monthly Executive Committee meeting; 7) File an agenda with the Secretary; 8) Governor shall NOT vote except in the case of a tie. In each case I have been diligent about upholding both my constitutional duties and being true to my sworn oath of Office. I am here for you, my people, and am working to the best of my ability to meet my constitutional duties to do those tasks you have asked of me to complete during General Council and I do it ethically.
This is not the case of all of our elected leaders and that is why you may have seen articles in the Shawnee News Star, the Countywide News or in our last month’s newsletter. When an elected leader is considered to not be upholding his or her constitutional duties and not vigilant in keeping their oath of office it is not only they that are hurting. It is you, the people. If an elected leader is being held accountable by the Tribe then let me assure you there must be a good reason for it. It isn’t about ‘like or dislike’ it goes back to constitutional duties and laws of the tribe and impact to the tribe. If we want our children to have funds for their education, our elders to have a variety of services offered to them and our tribe to be a leader among the Nation’s then we need leaders and their staff to be held accountable and responsible for their actions. The job of a leader is 24/7 and to me that means being at the tribal complex and doing the business of the tribe, attending meetings and/or events as needed, dressing professionally and following through on commitments.

Meetings and Events
Since my last report in the November newsletter I have attended the following meetings and/or events:

- October 22 – Central Tribes of the Shawnee Area (CTSA) – Monthly Board Meeting
- October 23 – Halloween Carnival at the AST Police Department
- October 24 – General Council
- October 28 – Reception for RADM Kevin McSwain, OKC Area Indian Health Service (IHS) Director and met with Robert ‘Bob’ McSwain, National IHS Director
- October 29 - Shawnee Health Clinic – Breast Cancer Awareness Event
- November 2 – Tobacco Compact signing with Mary Fallin, Governor, State of Oklahoma
- November 5-6 – Out of Office – Due to heart procedure
- November 10 – AST Thunderbird Gaming Commission Meeting
- November 11 – Education Meeting

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

The month of December is a very special one to me and my family. It is one that is full of saving grace, love and hope. My prayer for each of you during the upcoming holiday season is that you find peace, love and joy with your families.

In Conclusion
I have 18 months left in Office and I find each day both challenging and full of possibilities. My door is always open (unless I am in a meeting or at a meeting) and I welcome your visits.

Help me to make a difference – stand beside me and Let us Build for the Future (BFF) – united and together!
Thank you for your support.

Lt. Governor’s Report

(This article was put out at General Council meeting from the Lt. Governor’s Office, as Lt. Governor was not present)

Welcome to everyone taking the time to attend the 76th Semi-Annual General Council. Since the last General Council, we have faced several internal issues ranging from the proper implementation of the Executive Committees’ salaries to lawsuits to having our internal tribal issues publicized in the general public. From my perspective, putting our internal issues in the general public makes the tribe look very incompetent. I would like to congratulate those who went to a public newspaper because you didn’t hurt one or two people; you hurt the four thousand plus members of this tribe. Now business from the outside world will not want to take a chance and work with this tribe. But actions like this have been a normal part of this administration. It appears that BFF (Building For the Future) is a false theme and which has become seek and destroy.

Many of the legal actions, investigation, and abuse of authority have come from one or two Executive Committee members with the help of the Attorney General. The cost of the Attorney General’s fee continues to grow as the Governor uses them constantly for even minor things like reading letters. To me, this is a waste of the tribe’s money. This is money that could go to other programs to help tribal members. With the exception of a few minor projects that began a few years ago, there has been little progress in new tribal ventures.

The Cattle Program has made it through another summer and continues to increase its herd of cattle. I am providing a booklet to those who are interested with information on the Cattle Program.

The construction of the ASTPD sub-station parking lot will resume on October 28th. The new daycare parking lot is complete, so when over the building is completely finished the new daycare can open. The Roads Program also assisted Cleveland County with the resurfacing of three county roads in the Little Axe area. We have partnered with Cleveland County to help maintain the county roads in this area for several years. We are working to do the same with Pottawatomie County in areas where our tribal members live.

Maintenance has continued to help tribal members with minor fixes to their homes. We hope by helping with these minor fixes we can keep tribal members from having to spend hundreds or thousands of dollars on repairs. During the summer we serviced several air conditioning units for tribal members. As fall and winter arrives, make sure to check and change your air filters in your HVAC units so they can work properly.

Thanks to the knowledge and dedication of program directors under my oversight, reports for each department will follow this report. Each program tries its best to take care of the needs of our Tribe and Tribal members.

If I have failed to mention any program or topic that you are interested in knowing more about, please come by or call the office. I will do my best to provide you with any information I can. As before, I ask that if you have questions regarding the programs under my supervision, or otherwise, feel free to contact me and I will be more than glad to try and answer your questions or point you in the right direction. We look forward to hearing from you with concerns and appreciation. My staff and I look forward to serving you to the best of our ability in the upcoming months.

I would like to thank those of you that put forth the effort to make this a successful, comfortable and informative meeting.

Respectfully, Isaac Gibson
Lieutenant Governor

Secretary’s Report

All,
I just wanted to give you all an update regarding the Ramah Navajo Chapter Proposed Settlement that was mentioned at the October 24, 2015 General Council Meeting. I received some information regarding this Settlement and in conclusion, although unlikely, there remains the possibility the Settlement will be rejected, resulting in re-negotiations or litigation and further delay. Once we learn whether Judge Parker approves or rejects the Settlement at the January 26, 2016 hearing, we will know with more certainty when the tribe may expect to receive its share of the proposed Settlement Amount.

After January’s hearing date, I should be able to give you more details. If you have any questions please feel free to contact my office.

Office: 405-275-4030 x 6289
Email: johnraymond.johnson@astribe.com
Thank You
Secretary Johnson
Thousands of vehicles in 2015, here are some winter driving tips to get you to your destination safely. " said Chuck Mai, spokesman for AAA Oklahoma.

If in doubt, have a qualified auto technician check it. Good indicators that your battery is weak and may need replacement include a starter motor (ABS), you may feel a pulsation in the brake pedal when coming to a stop. This means the system is operating as designed to prevent wheel lock up. Continue to apply firm pressure to the brake pedal until your vehicle comes to a complete stop.

Keep in mind that one of the most common causes of cold-weather breakdowns is a weak or dead battery. Good indicators that your battery is weak and may need replacement include a starter motor that cranks the engine slowly when the ignition key is turned, or headlights that dim noticeably when the engine speed drops to an idle. If in doubt, have a qualified auto technician check it.

Go: Now that your vehicle has the green light, here are some winter driving tips to get you to your destination safely.

- When driving during slippery and icy conditions, slow down and keep a safe distance from other vehicles, minimize brake use and bear in mind that traction is greatest just before the wheels spin. Gentle pressure on the accelerator pedal when starting is the best method for retaining traction and avoiding skids.
- The most effective way to stop on ice and snow is to apply your brakes gently well in advance of the point where you intend to stop. With antilock braking systems (ABS), you may feel a pulsation in the brake pedal when coming to a stop. This means the system is operating as designed to prevent wheel lock up. Continue to apply firm pressure to the brake pedal until your vehicle comes to a complete stop.
- Keep your seatbelts fastened and make certain all passengers are securely restrained.
- When driving in falling snow or fog, lower your speed, use your low-beam headlights or fog lights and keep a safe distance from the vehicle in front of you.

AAA is North America's largest motoring, leisure travel and safety advocacy organization with nearly 56 million members. A not-for-profit, fully tax-paying auto club, AAA Oklahoma serves its 389,000 Oklahoma members with emergency roadside assistance, auto travel counseling and a wide range of personal insurance, worldwide travel and financial services at branch offices across Oklahoma and online at AAA.com.
TRIBAL DAY OF ACTION!

ENROLLMENT EVENTS

Shawnee Clinic
Wednesday, November 4
9 a.m. - 4 p.m.

Little Axe Health Center
Thursday, November 5
9 a.m. - 4 p.m.

Learn about Medicare and explore your options!
See if you qualify for a no-cost plan on the Marketplace!
Consultations and enrollments courtesy of AST Health System Patient Benefit Advocates and OKINSUREME

For more information contact:
Connie Bottaro - Little Axe Health Center, Patient Benefit Advocate, 405.447.0300
Lela Culley - Shawnee Clinic, Patient Benefit Advocate, 405.878.5850
www.asthealth.org

Tanya Richardson (OKINSUREME Insurance Agent) and Openia Hadjiconstantinou, AST Tribal Member

Tribal Members Who Took Action During The
2015 AST Tribal Day Of Action Health Insurance
Marketplace And Medicare Enrollment Event:

Portia Anderson and Tewanna Edwards learn about 2016 Health Insurance Marketplace and Medicare options from Connie Bottaro, Patient Benefit Advocate and Steve Goldman, Oklahoma State Health Insurance Marketplace Navigator during the AST Tribal Day of Action:

- Portia Anderson
- Tewanna Edwards
- Connie Bottaro, Patient Benefit Advocate
- Steve Goldman, Oklahoma State Health Insurance Marketplace Navigator

Billy Williams, AST Tribal Member and Connie Bottaro, Patient Benefit Advocate

Reign Howe, AST Tribal Member and Connie Bottaro, Patient Benefit Advocate

A tribal member may file for office, January 1 to January 10 (excluding Weekends and Holidays.)

Hours to file are 8:00 a.m. to 12:00 p.m. (noon) and 1:00 p.m. to 5:00 p.m. Potential candidates please consult the Election Ordinance for the procedures and qualifications when running for elective office.

The following positions will be open for the Elections to be held in 2016.

**EXECUTIVE COMMITTEE**

<table>
<thead>
<tr>
<th>Position</th>
<th>Filing Fees</th>
<th>Term</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lt. Governor</td>
<td>$590.00</td>
<td>Two (2) Years</td>
</tr>
<tr>
<td>Treasurer</td>
<td>$590.00</td>
<td>Two (2) Years</td>
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<tr>
<td>Representative</td>
<td>$590.00</td>
<td>Two (2) Years</td>
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**ELECTION COMMISSION**

<table>
<thead>
<tr>
<th>Position</th>
<th>Filing Fees</th>
<th>Term</th>
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</thead>
<tbody>
<tr>
<td>Election Commissioner</td>
<td>$215.00</td>
<td>Three (3) Years</td>
</tr>
<tr>
<td>Secretary</td>
<td>$215.00</td>
<td>Three (3) Years</td>
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<tr>
<td>Commission Member #1</td>
<td>$125.00</td>
<td>Two (2) Years</td>
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**Fee amount:** Basic Fee (Executive Committee $500.00 and Election Commission $125.00) plus cost of $40.00 for Alcohol test, $25.00 for Drug test and $25.00 for Driver’s License Verification (MVR.)

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**Tax Collections**

**FY-2015**

YTD TAX COLLECTIONS

*(thru 10/31/15)*

<table>
<thead>
<tr>
<th>Tax Category</th>
<th>January</th>
<th>February</th>
<th>March</th>
<th>April</th>
<th>May</th>
<th>June</th>
<th>July</th>
<th>August</th>
<th>September</th>
<th>October</th>
<th>November</th>
<th>December</th>
<th>Year-to-Date</th>
<th>Total</th>
<th>% of Taxes Collected</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sales (6%)</td>
<td>$1,309.86</td>
<td>$98.49</td>
<td>$32,618.91</td>
<td>$119.48</td>
<td>$12,469.19</td>
<td>$6,240.39</td>
<td>$5,322.62</td>
<td>$5,825.51</td>
<td>$1,059.20</td>
<td>$5,255.54</td>
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<td>$0.00</td>
<td>$70,319.19</td>
<td>2.93%</td>
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<tr>
<td>Gaming % of free cash</td>
<td>$162,281.00</td>
<td>$140,000.00</td>
<td>$250,000.00</td>
<td>$265,798.00</td>
<td>$200,000.00</td>
<td>$250,000.00</td>
<td>$200,000.00</td>
<td>$150,000.00</td>
<td>$200,000.00</td>
<td>$200,000.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$2,030,082.00</td>
<td>84.67%</td>
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<tr>
<td>Employee (1%)</td>
<td>$41.05</td>
<td>$0.00</td>
<td>$11,691.21</td>
<td>$0.00</td>
<td>$11,597.06</td>
<td>$36,303.24</td>
<td>$3,817.41</td>
<td>$19,742.45</td>
<td>$20,000.00</td>
<td>$20,000.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$106,111.92</td>
<td>4.43%</td>
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<tr>
<td>Severance (8%)</td>
<td>$7,199.15</td>
<td>$756.29</td>
<td>$5,251.65</td>
<td>$4,449.01</td>
<td>$5,411.85</td>
<td>$5,533.28</td>
<td>$4,318.57</td>
<td>$3,862.18</td>
<td>$544.92</td>
<td>$6,370.80</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$43,687.70</td>
<td>1.82%</td>
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<td>Motor Vehicle</td>
<td>$11,660.98</td>
<td>$16,042.65</td>
<td>$16,645.60</td>
<td>$16,196.66</td>
<td>$10,223.79</td>
<td>$15,487.60</td>
<td>$16,468.69</td>
<td>$15,061.03</td>
<td>$13,262.66</td>
<td>$14,808.94</td>
<td>$0.00</td>
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<td>$145,858.60</td>
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<tr>
<td>Tobacco Refund</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
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<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>0.00%</td>
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</tr>
</tbody>
</table>

**TOTAL TAXES**

$184,495.04 | $166,897.43 | $316,207.37 | $286,563.15 | $239,701.89 | $313,564.51 | $229,927.29 | $194,481.17 | $227,767.25 | $236,454.31 | $0.00 | $0.00 | $2,396,059.41 | 100%

**miscellaneous**

$305.00 | $125.00 | $120.00 | $182.50 | $92.50 | $145.00 | $145.00 | $250.00 | $165.00 | $65.00 | $0.00 | $0.00 | $1,595.00 | 0.07%

**TOTAL COLLECTIONS**

$184,800.04 | $167,022.43 | $316,327.37 | $286,745.65 | $239,794.39 | $313,709.51 | $230,072.29 | $194,731.17 | $227,932.25 | $236,519.31 | $0.00 | $0.00 | $2,397,654.41 | 100%

Run Date: 11/17/15
### TITLE VI MENU

**Menu subject to change**

2% milk served daily

**December**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>Fish</td>
<td>Goulash</td>
<td>Grilled</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Coleslaw</td>
<td>Salad Bar*</td>
<td>Chez</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Hushpuppies</td>
<td>Cornbread</td>
<td>Veggie Soup</td>
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<tr>
<td>6</td>
<td>Hamburger</td>
<td>Beef Tips&amp;Coleslaw</td>
<td>Beans &amp; Noodles</td>
<td>Scrambled Eggs</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tom, Lett, Onions</td>
<td>&amp; Veggies</td>
<td>Casserole &amp; Rice</td>
<td>Sausage Gravy</td>
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<tr>
<td>7</td>
<td>Fries</td>
<td>Crisp</td>
<td>Tossed Salad*</td>
<td>Onions</td>
<td></td>
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<tr>
<td></td>
<td>Applesauce</td>
<td></td>
<td></td>
<td>Cornbread</td>
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<td>8</td>
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<tr>
<td>13</td>
<td>Chicken Fry Steak</td>
<td>Hot Ham n Chez</td>
<td>Tamales &amp; Refrigerators</td>
<td>English Muffin</td>
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<tr>
<td></td>
<td>Mashed Pot/Gravy</td>
<td>Sandwich</td>
<td>Mexi-corn</td>
<td>Ham</td>
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<td></td>
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<tr>
<td>14</td>
<td>Veggies</td>
<td>Mac Salad</td>
<td>Chips/Mand. Oranges</td>
<td>Scrambled Eggs</td>
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<tr>
<td></td>
<td>Apricots</td>
<td></td>
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<tr>
<td>20</td>
<td>Title VI Closed</td>
<td>Title VI Closed</td>
<td>Title VI Closed</td>
<td>Christmas Eve</td>
<td></td>
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<tr>
<td>Inventory &amp; Cleaning</td>
<td>Inventory &amp; Cleaning</td>
<td>Inventory &amp; Cleaning</td>
<td>Christmas Eve</td>
<td>Merry Christmas</td>
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</tr>
<tr>
<td>27</td>
<td>Tuna Sandwich</td>
<td>Wieners N Kraut</td>
<td>Roast</td>
<td>Ham</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lett, Tom</td>
<td>Mac n Chez</td>
<td>Red Pot/Carrots</td>
<td>Black-eyed Peas</td>
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<tr>
<td></td>
<td>Chips</td>
<td>Green beans</td>
<td>Bread</td>
<td>Au gratin pot.</td>
<td></td>
<td></td>
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<tr>
<td>28</td>
<td>Orange</td>
<td>Prunes</td>
<td>Mixed Fruit</td>
<td>Cornbread</td>
<td></td>
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**NOT GOING TO BE HOME!!!**

CALL AND LET US KNOW AT 405-275-4030
EXT 6227 or 6270
OR NOTIFY YOUR DRIVER

**LUNCH SERVED MONDAY-THURSDAY 11AM TO 1PM**

**BREAKFAST SERVED FRIDAYS 9AM TO 11AM**

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**Piano & Guitar Lessons**

$10 Per Hour

Call Phil Bradley at 405-585-8801
Join us at **3 P.M.** on the first Sunday of each month as we make amazing scientific discoveries through unforgettable demonstrations and hands-on experiments!

Jan. 4 • Air Pressure
Feb. 1 • Catapults
Mar. 3 • Fossils
Apr. 12 • Seed Bombs
May 3 • Insect Habitats
Jun. 7 • Volcanoes & Explosions

Jul. 5 • Rocketry
Aug. 2 • Density
Sep. 13 • Kitchen Reactions
Oct. 4 • Color & Light Science
Nov. 1 • Electricity & Magnetism
Dec. 6 • Gingerneering

DEL CITY LIBRARY • 4509 SE 15th ST. • 672-1377 • www.metrolibrary.org
January 15: Snow Globes
February 19: Sunshine/Science Crafts
March 19: Dr. Seuss Crafts
April 16: Rainy Day Crafts
May 21: Percussion Instruments
June 18: Summer Fun in the Car
July 16: Crafts that Blast Off
August 20: Back to School Crafts
September 17: Pirate Crafts
October 15: Spooky Crafts
November 19: Squawking Turkey Crafts
December 17: Winter Wonderland Crafts
SafeTALK!

Learn to apply the TALK (Talk, Ask, Listen, Keep safe), to connect a person with suicide thoughts to suicide first aid intervention caregivers.

Wednesday, December 9, 2015
10:00am - 2:00pm
(lunch included)
Little Axe Health Center’s
Main Training Room
(Entrance through Main doors)

Refreshments! Door Prizes!

Presented by AST BH/MSPI (Meth Suicide Prevention Initiative) Grant.
For registration and information please contact: Jenifer Sloan @ (405)701-7988
DISABILITY BENEFITS
FOR
WOUNDED WARRIORS

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

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

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

www.socialsecurity.gov
or call toll-free, 1-800-772-1213
(for the deaf or hard of hearing, call our TTY number, 1-800-325-0778)
Elders Council

If you have a family member that is 55 or older and resides in a nursing home, assisted living or is homebound contact Meredith Wahpekeche at (405) 760-2601 or Betty Watson at (405) 637-5806

The Elders Council has a limited number of Christmas Baskets that will be distributed. They will need your name, address and phone number for delivery.

ATTENTION 55 YEARS OR OLDER

You are invited to join Absentee Shawnee Elders’ Council

If you are 55 years and older, we invite you to come and join us. We would like you, AST elders who have recently or who will be turning 55 years, to come check us out at either the AST Resource Center in Little Axe or the Title VI Building in Shawnee. We love to visit, eat and fellowship with each other so we invite you to come.

The AST Elders Council meet the third Saturday of each month, 10 AM to Noon with a potluck lunch. The meeting sites alternate each month between the Resource Center in Little Axe and the Title VI Building in Shawnee. PLEASE CALL FOR MORE INFO:


Below is our Purpose Guideline:

PURPOSE: It shall be the responsibility of the Elders Council to define and make known to the Executive Committee, any economic and social needs of the Elders, to promote the delivery of supportive services, including health, nutritional services, personal care, chore services, and transportation. To provide guidance for the membership, Absentee Shawnee Tribe government on matters of history, tradition, and culture. We encourage elder participation and endeavor to strengthen connections among the tribal community nationwide. To promote and provide cultural enrichment programs to children and youth. To generate unity among tribal members and to support other programs that benefit the Absentee Shawnee Tribe (amended 03-12-2011).

We have a general fund budget that is allocated to the Elders Council for monthly expenses and we do monthly fund raising activities to sponsor activities that the Elders participate in throughout the year. We have sponsored and participated in these activities throughout the years:

Veterans’ November Pow Wow
Thanksgiving and Christmas dinners
Indian Child Welfare Christmas Gifts
First Inaugural Ball for Newly Elected Officials
6 Nations of Canada, “Tecumseh” play

Tecumseh Frontier Days
Shawnee Christmas Parade
OKC Red Earth Parade
Thunderbird July 4th Pow Wow
Crow Fair Pow Wow

We recently sent a support letter for the Tribal Incentive grant and we are in the process of an ANA grant for the Shawnee language. These are just a few of the activities, the list is long and diverse.

NI YAWA
Absentee Shawnee Elders’ Council

2016 AST Elders’ Council Meeting Dates and Places

<table>
<thead>
<tr>
<th>SATURDAY, JANUARY 16, 2016</th>
<th>TITLE VI BUILDING, SHAWNEE</th>
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<tr>
<td>SATURDAY, FEBRUARY 20, 2016</td>
<td>AST RESOURCE CENTER, LITTLE AXE</td>
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<td>SATURDAY, MARCH 19, 2016</td>
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<td>SATURDAY, APRIL 16, 2016</td>
<td>AST RESOURCE CENTER, LITTLE AXE</td>
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<td>SATURDAY, MAY 21, 2016</td>
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<td>SATURDAY, SEPTEMBER 17, 2016</td>
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<td>SATURDAY, OCTOBER 15, 2016</td>
<td>AST RESOURCE CENTER, LITTLE AXE</td>
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<td>SATURDAY, NOVEMBER 19, 2016</td>
<td>TITLE VI BUILDING, SHAWNEE</td>
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<td>SATURDAY, DECEMBER 17, 2016</td>
<td>AST RESOURCE CENTER, LITTLE AXE</td>
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Note: These dates & places are subject to change.
The Tribal Housing Improvement Program’s goal is providing sanitary, safe, and decent housing for its members by utilizing the following criteria to select the most “in need” tribal members with homes that are in disrepair but are still suitable for rehabilitation. All applicants must meet the eligibility requirements and criteria which is approved by the Absentee Shawnee Tribe.

THIP list all applicants by a priority list:

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

Other Programs available:

•Sanitation Facilities Assistance Program

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

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

Submit completed application to:

Office of Environmental Health & Engineering
Absentee Shawnee Tribe of Oklahoma
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801
Absentee Shawnee Tribe Complex
Office of Environmental Health & Engineering, Building 13
If you have any questions, you can reach us by phone at (405) 214-4235

THE OFFICE OF ENVIRONMENTAL HEALTH & ENGINEERING (OEH&E)

The principal role of OEH&E is to raise the health status of our tribal members to the highest possible level by providing services in the area of water and wastewater. To qualify for a water well and/or septic system, the applicant must be an enrolled Absentee Shawnee Tribal member and reside within one of these six counties; Pottawatomie, Cleveland, Oklahoma, Payne, Lincoln, or Logan, provide land ownership by verification such as a Warranty Deed or Notarized Lease Agreement through the Absentee Shawnee Tribe Reality Department. Proof of income is not required.

The services we provide are: new water wells, renovation of a water wells, new city or rural water connections, replacement of city or rural water service lines, new wastewater septic systems, renovation of septic systems, new city sewer lines/renovation of city sewer lines and water treatment systems as needed. We are not funded to perform annual pumping of septic tanks. That service is considered part of home maintenance.

If you are having water or wastewater issues or building a new home and need services please come by our office and fill out an OEH&E application for assistance.

If your home is under the management of any housing authority and has not been paid off, you do not qualify for assistance. Applications for this program are available online at www.astribe.com and at the OEH&E building.
Jili Jade,
Happy 11th Birthday
to my little beastie!!

Happy 11th Birthday

To my precious Granddaughter!!
Jiliyan Jade Spoon
I love you to MARS and Back again!!
Hugs and Kisses Princess!!
Lots of Love, Granny Low

Happy Birthday to our Beautiful Sister!!
Hope your day is everything you want!!
Love, Big brother Justin & little brother Joplin

Happy 25th Birthday “MoeMoe”
We Love You!!!!

- Grandpa, Grandma, Mom, Mack, Bry’son,
Willon, Sis, Tom, Sheldon, Shelby, Shelsie,
“DaeDae”, Bub, and Leadra

Happy Birthday
To my handsome great-grandson
Blake Tyler Alford

Happy Birthday Alyssia!!
Your, Family

Happy Birthday Delana!!
Your, Family

Happy Birthday Maxine!!
Your, Family

Happy Birthday Melissa!!
Your, Family

Happy Birthday Kathy!!
Your, Family

Hugs and kisses to you.
I love you bunches,
G-Low

You’re growing up into a beautiful young lady. I’m so very proud to call you my daughter and my best friend!!
I love you,
Mom

Happy Birthday to our Beautiful Sister!!
Hope your day is everything you want!!
Love, Big brother Justin & little brother Joplin

Happy 11th Birthday!!
Love Always,
Aunt BJ & Cousin Chloe

To my sweet niece Jiliyan
You’re very kind, loving, beautiful, awesomely talented young lady.
Happy 11th Birthday!!
Love Always,
Aunt BJ & Cousin Chloe

Happy Birthday

Happy Birthday to my handsome Great-Grandson Blake Tyler Alford

I Love You Bunches, G-Low

Reagan Elizabeth
Happy Belated Birthday to you on your 11th birthday.
Have fun and stay sweet like sugar.
Hugs and kisses to you.
I Love You Bunches,
G-Low

Alford

I love you, daughter and my best friend!!
I love you,
Mom

You’re growing up into a beautiful young lady. I’m so very proud to call you my daughter and my best friend!!
I love you,
Mom

Happy Birthday to my precious Granddaughter!!
Jiliyan Jade Spoon
I love you to MARS and Back again!!
Hugs and Kisses Princess!!
Lots of Love, Granny Low

Happy Birthday to our Beautiful Sister!!
Hope your day is everything you want!!
Love, Big brother Justin & little brother Joplin

Happy 11th Birthday!!
Love Always,
Aunt BJ & Cousin Chloe

To my sweet niece Jiliyan
You’re very kind, loving, beautiful, awesomely talented young lady.
Happy 11th Birthday!!
Love Always,
Aunt BJ & Cousin Chloe
November was another busy month for the health system. The Zombie 5K Run was a huge success, and fun was had by all who braved the rain and wind to attend this annual event. Our numbers of patient encounters continue to grow! In 2013-2014, we had approximately 25,000 patient encounters and in 2014-2015, we had approximately 128,000 patient encounters! Great going team health, we appreciate all of our outstanding providers and support staff for doing a tremendous job re-starting our health system! Training with FEMA’s Crisis Response Team with Behavioral Health and the Oklahoma State Department of Health (OSDH) from Cleveland and McClain Counties on resource prioritization in servicing the community’s needs for the Mental Health Workgroup also met at Little Axe Clinic. The clinic’s Day of Action for the Affordable Care Act (ACA) went extremely well in November, and the CMS Representative for the State of Oklahoma recognized the tribal health system for its community outreach efforts on their monthly White House phone call with President Obama! The Executive Director attended the annual Veterans Administration (VA) Honor Dance, which was another great opportunity for members and veterans of all tribes to come together and meet and share fellowship amongst warriors of several great nations and to learn more about the VA and each other. The Health System has received its final approval with AAAHC to move into the final phase of accreditation. An on-site survey will be completed soon to ensure all policies and procedures are being complied with as well as industry standards of practice for our health system. Once the pending survey has been completed, the health system will finally achieve this coveted accreditation! Great job to all of the AST Health Team, specifically our Patient Benefit Advisors (PBAs) and other volunteers who made this a great success! The flu season is here! It is imperative you get your flu shot. The Specialty Care Clinic continues to add providers, and the latest is Dr. Asim Chohan, Cardiologist, to our staff of providers. Dr. Chohan is a prominent leader in his field and will be seeing patients on staff during his scheduled dates beginning in December. Please join me in welcoming him to our health system! We will be providing the flu shot at both of our clinics with nurse visits, so call and schedule your shot today! Tests for the flu are indicating it has arrived already so please ensure you and your family is protected. The health system encourages everyone in the community to stay healthy this year by utilizing good personal hygiene, especially with hand sanitation procedures. We are thankful and very proud of our outstanding star performers this month and thank them all for their contributions to our patients, their fellow employees, and the tribe! Employee of the month for health was Dr. Marty Lofgren, Medical Director; the team of the month was the Mrs. Kasey Dean and Mrs. Aly Miller along with the Zombie 5K Team. The special leadership recognition award was presented to Physical Therapy (both campuses). Great going team health, you all make a difference for our health system and the health and wellness of all of our patients!

From the Doctor’s Notebook

We come to the last in a series of articles about obesity by putting some things together into a plan that you can use. First we must revisit some basics.

First of all remember the number 3500 (give or take 100). Generally speaking 3500 calories are needed to build 1 pound of fat. If you consume 3500 Calories on average in excess of what you need to function day to day you will, essentially build 1 pound of fat. Why is this so? Quite simply the human body is a very efficient biological machine. It does not like to throw away energy. Fat is essentially stored energy. In the past hunter gatherers did not have the luxury of driving down to McDonald’s for a hamburger when they got hungry. There were times when food was scarce and a mechanism for storing energy evolved over time. Some of us just have a little too much stored! Let’s see how this works. Say you are an employee at Tinker and you sit at a desk most of the day. Using a ballpark calculation, a female, 5’9” tall and weighing 175 pounds would need approximately 2489 calories in basic metabolic Calorie requirements per day (using the Harris-Benedict Equation if you’re interested). Obviously there are variable. Like the state of one’s thyroid function and use of insulin that can change this on a day to day basis. There are other calculators that will yield some slightly different numbers. Let us say then that on average you consume around 2600 Calories per day (this is not that hard to do). That is around 115 or so Calories in excess of your BME (basic metabolic expenditure) per day. Dividing 115 into 3500 gives us 30. Thirty then is the number of days you need to gain one pound by continuing at that rate of Calorie consumption. That equates to 12 pounds a year or 120 pounds in 10 years. Of course no one eats exactly the same number of Calories per day nor do they gain or lose exactly 1 pound a month. What I’m driving at is that weight gain occurs as a slow process over time, and it occurs as a result of too many Calories being consumed day to day over and above one’s requirements. The problem is that with time comes age and as we age we need fewer Calories to maintain a basal metabolism. The other thing that comes with age is joint pain and similar maladies that make us less likely to get up and move like we did as children. If I haven’t already said so I should have, and that is that weight loss, like weight gain must be a slow, steady process that takes place over time. That time span can can easily span several years, depending on the amount of weight to be lost. Only by losing weight slowly and steadily will that loss be sustainable because that slow weight loss comes only with change in lifestyle; day to day Calorie reduction, exercise, etc. You have probably seen “The Learning Channel” which had a program titled “The half ton man.” Now that was impressive! You may have wondered how people can get to weigh up to half a ton. When you see that you may also wonder – “Why can’t they just cut all that fat off?” To put it bluntly - it would kill the patient. That is very poor form in my business. Physicians would
much rather get patients early who are trending toward being overweight and intervene with lifestyle measures (and occasionally medications) to meet the problem head on before it gets out of hand. My whole thrust is that Calorie reduction, and/or increased Calorie expenditure (or both) will result in weight loss. I just has too. Even modest losses of a pound or two a week can yield tremendous gains over time. Any good investment advisor will tell you that it is the small investment done consistently over time that yields the best returns.

Artificial appetite suppressants are not the answer. In recent years the FDA has allowed pseudoephedrine back on the shelves. Ephedra is a drug which is known to decrease appetite and has been popular with the literally hundred of weight loss products bought over the counter in the past. While this is supposedly not allowed any longer there are herbal stimulants that purport to bring about weight loss. They do this by sometimes unknown or little understood mechanisms. This alone should steer one away from this approach. There is no denying that anything that decreases appetite will have a positive bearing on weight loss. I do not recommend medications as the intervention.

Let's do some math now. It is time to turn the readers of this article into Calorie counting fanatics. You can count carbs, points, etc., etc., but if you just count calories you get down to the basics. It is the basics which are easier to get a handle on. Carbohydrates are just long chains of sugars. Besides, there is a problem with counting carbs (carbohydrates). Have you ever wondered about Celery? Celery is very high in carbohydrates but it is virtually non-digestible by humans because we lack an enzyme which bye the way cows do have (I've never seen a cow count carbs either so why should we start?). I want you to think about every Calorie you put into your mouth from now on. Here is a rule that you can remember because food processors do not always report nutrition in a consistent manner.

1 gram of Fat equals 9 calories
1 gram of Protein equals 4 calories
1 gram of Carbohydrates equals 4 calories
1 gram of Alcohol equals 7 calories

I also ask you to become very familiar with the Nutrition Facts that are found on food products. Get hold of a Slimfast bar and note that (if you look at the same one I'm looking at) it will be a 210 Calorie self contained meal. I heartily approve of Slimfast type products as long as they are not followed by a 400 Calorie dessert. In fact, a Slimfast bar and an apple (about 90 Calories) make a great breakfast for on-the-go folks like me.

Along with sensible eating I do recommend a good multi vitamin a day. Anyway, look at the “Nutrition Facts”. This should be found on every processed food product packaged for individual sale. There are 5 grams of fat, 34 grams of carbs and 9 grams of protein.

From our table above we see that each fat gram is 9 Calories (Big C Calories is actually little c calories x 1000; a Calorie is actually 1 kilo calorie but we say Calories to make things less complicated). You can use roughly 4 Calories per gram for carbs and protein. Doing the math gives you 5x9 + 34x4 + 9x4 = 217 which is pretty close to the 210 Calorie nutrition disclosure for a Slimfast bar.

Try this with a Hershey bar. Now it doesn’t take a genius to understand that there are more Calories in fat than in sugars (kinda reminds me of the old joke about “What has more weight, a pound of lead or a pound of feathers”). This doesn’t mean at all that gorging on sugar all day long is going to be healthier than eating food cooked in lard. It simply means that pound for pound fat will put weight on faster than carbs or protein. Ideally one would consume only the basic metabolic expenditure of Calories per day in a balanced protein, carbs, and fat ratio. Unless you are a movie star and can afford a dietitian to cook your meals every day that just ain't going to happen. What should happen is that I have raised your awareness of what it takes to lose weight successfully and safely. With that awareness in place you are now equipped to approach dieting in a sensible and safe manner.

Let's put somethings together into a practical plan. Here's an example –

I am a man who is 68 years old, I am 69" tall. I can use the Harris-Benedict equation, or an online calculator to find that I need on average about 1800 Calories per day for my basic metabolic expenditure for a weight of 155 lbs, my target weight. If we add an additional 200 calories to make a reasonable fudge factor things are much easier to deal with. Now, lets say I have gained weight and now weigh weight 200lbs. And remember that as you get older it takes less basal Calories to preserve metabolic function day to day. Please consult with your physician before starting any diet or weight loss program. With that now said I will sit back and relax with my cup of hot tea with cream and sugar and think about what we will talk about next time. You know, you can always write the AST News and let me know what subject you would make this an exercise in futility. The bottom line is this - In all things you do, do in moderation. Eat to live, don't live to eat. And remember that as you get older it takes less basal Calories to preserve metabolic function day to day. Please consult with your physician before starting any diet or weight loss program. With that now said I will sit back and relax with my cup of hot tea with cream and sugar and think about what we will talk about next time. You know, you can always write the AST News and let me know what subject you might be interested in for future articles.

NeYiWa
I am Bruce Stafford, Diplomate ABFM and I am proud to be LiSiWiNwi.
Mission Statement
To promote the wellbeing of the “whole person” within the context of their culture.

A Single twig breaks but a Bundle of twigs is strong

Services
Supporting changes in the journey of life’s transitions. The following services are offered:

- Resource/referral information
- Crisis intervention
- Child, adult, family and couple/marital counseling
- Therapy and Support groups (TBA)
- Drug and alcohol assessments
- Anger management
- Depression screenings
- Sweatlodge

HEALTH AUTHORITY, INC. / LI-SI-WI-NWI HEALTH INC.

Tribal Members please submit your resume and a letter of interest to be considered being placed on Health Board.

QUALIFICATIONS FOR HEALTH BOARD MEMBERS:

- There must be 2 tribal members with health care experience.
- All other directors must have sufficient professional experience in various fields (business, accounting, public service, law administration to contribute productively to the Board.
- Appointees shall have a background check and may not be a staff member or employee of the health care system.

THUNDERBIRD ENTERTAINMENT CENTER, INC. (TEC BOARD)

Interested Tribal Members to be consider for board position. Please send letter of interest and a resume.

QUALIFICATIONS:

- Must be eligible to obtain a gaming license from the Absentee Shawnee Tribe Gaming Commission and possess experience in gaming operations, business, finance, or law and of the following:
  - Degree in Business Administration, Accounting, Marketing, Law or an equivalent field (Bachelor’s degree or higher);
  - Minimum three (3) years’ experience in business management;
  - Minimum two (2) years’ experience in casino operations; or
  - Knowledge of federal Indian law, the Indian Gaming Regulatory Act, and related statutes and regulations

Please send letters and resume to Secretary John Johnson Office:
2025 South Gordon Cooper Drive
Shawnee, Oklahoma 74801
Email: johnraymond.johnson@astribe.com
Emergency and Urgent Care Services

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

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

Contract Health Services for AST members with Insurance

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

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

Contract Health Services for AST members without Insurance

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

1. You must apply for all resources available to you such as: Medicaid, Medicare, Worker’s Compensation, Vocational Rehabilitation, Auto Insurance and other personal injury or liability coverage. PRC staff and/or Benefit Coordinators can assist with the application process for alternate resources. Failure to exhaust available or potentially available alternate resources may result in denial of payment.
2. Complete CHS Patient Update form and update all information every 6 months.
3. You must utilize the services provided within the AST health clinics prior to being referred out.
4. Referrals for outside services must be sent to CHS. Services must be medically approved by an AST Health provider.
5. An appointment will be scheduled and a COB will be sent to the outside provider.
6. In the event that you receive a bill from a provider, please provide a copy to CHS. You may leave bills at the Little Axe Health Center or Shawnee Clinic.

Contract Health Services is conveniently located at Shawnee Clinic-Building 16 and Little Axe Health Center

Contract Health Direct Phone Line 405.701.7951

Flo Mann Laurie Webber

Debi Sloat Glendine Blanchard Sharon Ponkilla Darla Gatzman Jayne Werst
29.1 million people have diabetes

That’s about 1 out of every 11 people

1 out of 4 do not know they have diabetes

86 million people — more than 1 out of 3 adults — have prediabetes

9 out of 10 do not know they have prediabetes

Without weight loss and moderate physical activity

15–30% of people with prediabetes will develop type 2 diabetes within 5 years

86 million people — more than 1 out of 3 adults — have prediabetes

9 out of 10 do not know they have prediabetes

Without weight loss and moderate physical activity

15–30% of people with prediabetes will develop type 2 diabetes within 5 years

Total medical costs and lost work and wages for people with diagnosed diabetes

Risk of death for adults with diabetes is 50% higher than for adults without diabetes

Medical costs for people with diabetes are twice as high as for people without diabetes

People who have diabetes are at higher risk of serious health complications:

- Blindness
- Kidney Failure
- Heart Disease
- Stroke
- Loss of Toes, Feet, or Legs
- Improved access to your health information
- Communicate directly with your clinic
- Request an appointment
...and more!

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

DID YOU KNOW??

The Absentee Shawnee Diabetes and Wellness Department would like to share the new statistics on diabetes from the CDC. If you think you may have diabetes or may be at risk for diabetes, please contact us at 405-701-7977.

Do’s and Don’ts of safe storage and disposal

**DO** Properly discard medications that are no longer needed or that have expired.

**DO** Keep track of how many pills you have during the course of treatment.

**DO** Look up medications that are at risk for being abused – ask your pharmacist or other healthcare professional if the prescription medication prescribed to you or a Household member has abuse potential.

**DON’T** Throw medication in the trash or flush down toilet.

**DON’T** Leave medications that are at risk for being abused in plain sight or in places that aren’t secure.

**DON’T** Repackage medication in unmarked containers.

Need a place to dispose your unwanted/unused medications?

You can drop off your unwanted/unused prescriptions anytime at these locations:

- Tecumseh Police Department
  199 West Washington
  Tecumseh, OK 74873

- Shawnee Police Department
  16 West 9th Street
  Shawnee, OK 74804

- Pottawatomie County Sheriff’s Department
  325 North Broadway Ave
  Shawnee, OK 74801

- Cleveland County Sheriff’s Office
  128 South Peters
  Norman, OK 73069

- Oklahoma University Police Department
  2775 Monitor Ave
  Norman, OK 73072

- Norman Police Department
  201 B West Gray
  Norman, OK 73069

- Moore Police Department
  117 East Main Street
  Moore, OK 73160

Absentee Shawnee Tribe of Oklahoma

Oklahoma SPI-TIG Project is funded by SAMSHA (Substance Abuse and Mental Health Services Administration)
BEHAVIORAL HEALTH
WELCOMES NEW ADDITION

Norman, Oklahoma (November 10, 2015) - The Absentee Shawnee Tribal Health System is privileged to announce the addition of a new Behavioral Health Medical Director to the Behavioral Health team, Dr. Sean Whelan, Psychiatrist.

Dr. Whelan has lived in Oklahoma since the age of 8. He graduated from Putnam City North High School, attended OSU and received a bachelor’s degree in Psychology. He then went on to graduate from the OU College of Medicine before attending Residency there for Psychiatry. Dr. Whelan comes to us with a wealth of experience from the Oklahoma City VA Medical Center. He is married to Christina Whelan who is a clinical Psychologist. They have 3 small children ages 1, 3, and 4. In his minimal free time, he enjoys riding and racing motorcycles.

A psychiatrist is a medical doctor who specializes in the diagnosis, treatment and prevention of mental illnesses. Psychiatrists are qualified to assess both the mental and physical aspects of psychological disturbance. A psychiatrist has completed medical school and additional four or more years of residency training in psychiatry.

Because they are physicians, psychiatrists can order or perform a full range of medical laboratory and psychological tests which, combined with interviews/discussions with patients, help provide a picture of a patient’s physical and mental state. Their education and years of clinical training and experience equip them to understand the complex relationship between emotional and other medical illnesses, to evaluate medical and psychological data, to make a diagnosis, and to work with a patient to develop a treatment plan.

Dr. Whelan can treat individuals who are the age of 18 years and up with issues such as depression, general anxiety, or obsessive compulsive disorders, schizophrenia, Alzheimer’s and other dementias and attention deficit disorders to mention a few. Dr. Whelan is accepting new patient by calling (405)701-7987 at the Little Axe Health Center or (405) 878-4716 for the Shawnee Clinic.

When requesting refills, please provide 24 hour notice until pick-up. The most efficient method is to have your refill numbers ready when you call the Pharmacy, and use our automated system. Deliveries of controlled medications are not allowed.

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 your current cell phone number. Please inform us of changes in address, phone number, insurance and other contact information (changes at registration do not flow to pharmacy).

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

Hours of Operation:
Little Axe: Monday-Friday 8am-5pm
(7:30am-5:30pm Drive-Thru)
Phone-(405)292-9530
Shawnee: Monday-Friday 7am-5pm
Phone-(405)878-5859

We are open through the lunch hour!!

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

Thank You,
AST Pharmacy Staff

AFTER HOUR PHARMACY NOTIFICATION

The Walgreens located at 100 12th Avenue NE in Norman, OK is no longer contracted with the AST Health System to pay for after hour emergency prescriptions due to losing its 24-hour service status. Tribal members may now take prescriptions to:

Walgrens
615 W. Main St
Norman, OK
(405) 573-5019

Absentee Shawnee Tribal Health System
Behavioral Health Services

Office Hours
Monday-thru-Friday
8:00 AM - 5:00 PM

Little Axe Clinic
15951 Little Axe Drive
Norman, OK 73025
Ph. 405-701-7987

Shawnee Clinic
2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
Ph. 405-878-4716

Services are offered through:
Little Axe Clinic & Shawnee Clinic for all Federally Recognized Tribes.

AST BEHAVIORAL HEALTH SERVICES

For counseling information, contact:
Shawnee BH: Roberta Cooper (405) 878-4716
Little Axe BH: Rolanda Smith (405)701-7987

Women’s Health
Little Axe Health Center
Women’s Health Services
Located in the Primary Health Care

Providing & Promoting Preventative Health for All Women
Services include:
• Adult immunizations
• Breast & Pelvic Exams
• Mammogram Referral
• Bone Density Studies

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

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Services include:
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• Health Promotion
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• Misuse of Alcohol and Drugs
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Women’s Health Services
Little Axe Health Center
15951 Little Axe Drive, Norman, OK 73025
405.447.0300 • Fax 405.701.7603
www.asthealth.org

Women’s Health Services
Little Axe Health Center
15951 Little Axe Drive, Norman, OK 73025
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www.asthealth.org
Emergency Numbers

The Governor has requested that a list of emergency numbers has been included in this report. Any agencies like FEMA, Red Cross or other disaster related entities will be notified by the Emergency Manager to assist.

Community Outreach

Distribution to elders and families of clothing, misc items and protein shakes from Feed the Children in partnership with CPN outreach coordinator. This partnership allows Emergency Management to bring items to tribal elders and children and will be continuing throughout the year.

Meetings/Events

- Attended OK Regional VOAD Conference Oct. 8-9
- Attended monthly Intertribal EM Meeting in Miami, ok Oct. 13
- Attended OG&E Community Mtg. Shawnee Expo Oct. 14
- Attended Salvation Army’s “Tactical Communications” OKC Oct 16
- Attended FEMA 581 Class, Emergency Ops for Tribes, CPN Tecumseh Oct. 27-20

EMERGENCY NUMBERS

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>EMERGENCY ASSISTANCE</td>
<td>911 Police, Fire, Ambulance State of Oklahoma</td>
</tr>
<tr>
<td>HEARTLINE EMERGENCY</td>
<td>211 Heartline Emergency State of Oklahoma</td>
</tr>
<tr>
<td>TRIBAL POLICE</td>
<td>405-275-3200 Absentee Shawnee</td>
</tr>
<tr>
<td>TRIBAL EMERGENCY MANAGER</td>
<td>405-740-1562 (cell) Absentee Shawnee</td>
</tr>
<tr>
<td>SHERIFF</td>
<td>405-273-1727 Pottawatomie County</td>
</tr>
<tr>
<td>CITY POLICE</td>
<td>405-273-2121 Shawnee</td>
</tr>
<tr>
<td>CITY EMERGENCY MANAGEMENT</td>
<td>405-273-5272 Shawnee</td>
</tr>
<tr>
<td>COUNTY HEALTH DEPT.</td>
<td>405-273-2157 Pottawatomie County</td>
</tr>
<tr>
<td>SHERIFF</td>
<td>405-701-8888 Cleveland County</td>
</tr>
<tr>
<td>CITY POLICE</td>
<td>405-321-1600 Norman</td>
</tr>
<tr>
<td>HEALTH DEPT.</td>
<td>405-794-1591 Cleveland County</td>
</tr>
<tr>
<td>OG&amp;E</td>
<td>405-272-9595 Report Power</td>
</tr>
<tr>
<td></td>
<td>1-800-522-6870 Outage</td>
</tr>
<tr>
<td>CANADIAN VALLEY</td>
<td>405-382-3680 Power Outage</td>
</tr>
<tr>
<td>DEPT OF ENVIRONMENTAL QUALITY</td>
<td>1-800-522-0206 State of Oklahoma</td>
</tr>
<tr>
<td>HIGHWAY PATROL</td>
<td>405-425-4385 Road Conditions</td>
</tr>
</tbody>
</table>
**CTSA Early Childhood Center**

is seeking to hire a full-time

**Early Head Start Teacher**

for our Shawnee Location

An Early Head Start teacher provides educational experiences to infants/toddlers in a classroom setting, using developmentally appropriate practices.

**Early Head Start Teacher Minimum Requirements:**
- Infant/Toddler CDA Credential or Certificate of Mastery in CD
- Previous work experience with young children
- Pass background investigation for licensed child care programs

All applications accepted with preference given to qualified
Native Americans and current/former HS/EHS parents

**Apply today:**
Applications accepted until position is filled

Employment Applications can be downloaded at:

www.ctsaheadstart.org (click on Forms)

or picked up at:

1535 North McKinley Avenue, Shawnee OK 74801

CTSA is an Equal Opportunity Employer

---

**CTSA Early Childhood Center**

is seeking to hire a part-time

**NUTRITION TECHNICIAN**

for our Shawnee Location

The Nutrition Tech will provide support to the Lead Nutrition Tech, including dish washing, cleaning, serving and basic meal preparation.

- Must be at least 18 years of age
- Must have a high school diploma or equivalent
- Must pass background investigation for licensed child care programs
- Previous experience is preferred
- Food handlers certification is a plus

All applications accepted with preference given to qualified
Native Americans and current/former HS/EHS parents

**Apply today:**
Applications accepted until position is filled

Employment Applications can be downloaded at:

www.ctsaheadstart.org (click on Forms)

or picked up at:

1535 North McKinley Avenue, Shawnee OK 74801

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**ABSENTEE SHAWNEE INDIAN CHILD WELFARE DEPARTMENT**

Child abuse prevention has historically been and remains one of the most basic aspects of American Indian culture. The practices of prevention, though not labeled as such, are embedded in centuries-old spiritual beliefs, child-rearing methods, extended family roles, and systems of clans, bands, or societies. This natural system of child protection and child abuse prevention has been threatened over time by forced assimilation, relocation, externally imposed social services, alcoholism, and poverty, but the traditions and values have survived. The old teachings, values, and family systems are still at the core of that child maltreatment prevention in Indian country, but more formal community responses are also in place.

The Absentee Shawnee Tribe has an Indian Child Welfare Department to ensure our tribal children’s rights are protected if they have a child abuse/neglect case being heard in the State Court System. ICW staff also work our own tribal cases on Trust land, or in our Tribal Court System. Our children are our Tribe’s future. Someday the journey that many of you have started will be completed by them. If you know of a child that is being physically, or sexually abused please contact the ICW Department at (405) 275-4030. If you do not want to give your name, you don’t have to do so. Sadly, there are things that not all of us are guaranteed in life when we are children. A healthy childhood free of dysfunction insures a foundation for education and success. Let us all do our part to insure our children have this foundation.

**ABSENTEE SHAWNEE INDIAN CHILD WELFARE DEPARTMENT IS OPEN TO ANY ABSENTEE SHAWNEE MEMBER WHO IS IN NEED OF OUR SERVICES. THE AST INDIAN CHILD WELFARE DEPARTMENT’S GOAL IS KEEP TRIBAL CHILDREN WITH THEIR TRIBAL FAMILY WHENEVER POSSIBLE. IF ICW HAS TO REMOVE A CHILD FROM THEIR HOME TO ENSURE THEIR SAFETY, WE LOOK FOR TRIBAL FOSTER CARE HOMES. WE ARE ALWAYS LOOKING FOR TRIBAL MEMBERS WHO ARE WILLING TO OPEN THEIR HOME TO NEGLECTED OR ABUSED AST CHILDREN. IF YOU ARE TRIBAL MEMBER AND IF YOU WOULD LIKE TO BECOME AN ABSENTEE SHAWNEE FOSTER HOME PLEASE CONTACT:**

JULIE WILSON / FOSTER CARE 405-878-4702

Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.

- Chief Seattle
## Fitness sessions will be available every Friday at the Little Axe Health Center

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CLASSES</strong></td>
<td><strong>CLASSES</strong></td>
<td><strong>CLASSES</strong></td>
<td><strong>CLASSES</strong></td>
<td><strong>CLASSES</strong></td>
</tr>
<tr>
<td>Cardio Kickboxing</td>
<td>Circuit Training</td>
<td>Zumba Fitness</td>
<td>Circuit Training</td>
<td>Cardio Kickboxing</td>
</tr>
<tr>
<td>6:15 a.m.-7:00 a.m.</td>
<td>6:15 a.m.-7:00 a.m.</td>
<td>6:15 a.m.-7:00 a.m.</td>
<td>6:15 a.m.-7:00 a.m.</td>
<td>6:15 a.m.-7:00 a.m.</td>
</tr>
<tr>
<td>Chrissy Wiens</td>
<td>Chrissy Wiens</td>
<td>Chrissy Wiens</td>
<td>Chrissy Wiens</td>
<td>Chrissy Wiens</td>
</tr>
<tr>
<td>Little Axe Resource Center</td>
<td>Little Axe Resource Center</td>
<td>Little Axe Resource Center</td>
<td>Little Axe Resource Center</td>
<td>Little Axe Resource Center</td>
</tr>
<tr>
<td><strong>Low Impact Chair Exercise</strong></td>
<td><strong>Strength Training Circuit</strong></td>
<td><strong>Aerobic Training Circuit</strong></td>
<td><strong>Beginner HIIT</strong> (Interval Training)</td>
<td></td>
</tr>
<tr>
<td>12:00 p.m.-1:30 p.m.</td>
<td>5:45 p.m.-6:30 p.m.</td>
<td>5:45 p.m.-6:30 p.m.</td>
<td>2:30 p.m.-3:15 p.m.</td>
<td>Buster Bread</td>
</tr>
<tr>
<td>Buster Bread</td>
<td>Buster Bread</td>
<td>Buster Bread</td>
<td>Buster Bread</td>
<td>LITTLE AXE HEALTH FACILITY</td>
</tr>
<tr>
<td>Little Axe Resource Center</td>
<td>Little Axe Resource Center</td>
<td>Little Axe Resource Center</td>
<td>Little Axe Resource Center</td>
<td>LITTLE AXE HEALTH FACILITY</td>
</tr>
</tbody>
</table>

**“Core N’ More” -** A dynamic training session that will assist in developing strength and functionality within the “core” system.

**“Circuit Training” -** A time efficient training system aimed at developing strength through pre-determined training stations.

**“Chair Exercise” -** Low impact strength utilizing a chair.

**“Cardio Kickboxing” -** Aerobic training using kickboxing techniques to engage and strengthen the cardiovascular system.

**“Beginner HIIT” -** An time efficient interval training system aimed at developing cardiovascular and muscular strength.

---

*Absentee Shawnee Fitness*
The AST Health System values ALL feedback. We will listen....
*Patient Advocate Jim Robertson 405-447-0300
*Customer Service Line 405-701-7623
*Patient Questionnaire located in each of our clinics or on our website www.ASTHEALTH.ORG

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

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

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
DOMESTIC VIOLENCE DEPARTMENT

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

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

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

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

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

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

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

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

Honoring Our Past
With Promise for Our Future

LIFE is Beautiful
Living Meth Free

Ne-Hi-Ki-Wa-Sa-Pa

We Listen
The U.S. Department of Education today announced the award of more than $5.3 million in grants to help Native American youth become college- and career-ready.

Under the new Native Youth Community Projects (NYCP) program, the Department is making grants to a dozen recipients in nine states that will impact more than thirty tribes and involve more than 48 schools. These awards are a demonstration of President Obama’s strong commitment to improving the lives of American Indian and Alaska Native children and a key element of his Generation Indigenous "Gen I" Initiative to help Native American youth.

"These grants are an unprecedented investment in Native youth, and a recognition that tribal communities are best positioned to drive solutions and lead change," said U.S. Secretary of Education Arne Duncan. "These grants are a down payment on President Obama's commitment last summer at his historic trip to the Standing Rock Sioux Reservation in North Dakota to create new opportunities for American Indian youth to cultivate the next generation of Native leaders."

"The investments we're announcing today underscore the Obama Administration's commitment to self-determination by putting tribal communities in the driver's seat for developing a strong and prosperous future for Indian Country," said U.S. Secretary of the Interior Sally Jewell, who joined Education Secretary Arne Duncan in announcing the funding awards today and is responsible for the management of more than 180 Bureau of Indian Education Schools, three of which are recipients of these Native Youth Community Projects program grants. "These grants provide tools to tribes to not only assist in the transition from federal to tribal control of school operations and management but also ensure college-readiness for the next generation of Native American leaders."

Each grant will support a coordinated, focused approach chosen by a community partnership that includes a tribe, local schools, and other organizations. For example, the program allows tribes to identify culturally-appropriate, community-specific supports for college and career readiness—whether it's early learning, language immersion or mental health services.

The President’s FY 2016 budget proposal calls for increased investments across Indian Country, including a total request of $20.8 billion for a range of federal programs that serve tribes—a $1.5 billion increase over the 2015-enacted level. The budget proposal includes $53 million for fiscal year 2016—a $50 million increase from this year's budget—to significantly expand the Native Youth Community Projects program.

For more on the Administration's investment in Native American issues, visit https://www.whitehouse.gov/nativeamericans.

Among the projects:
- Alaska Cook Inlet Tribal Council Inc., $600,000—The Cook Inlet Tribal Council, in partnership with the Anchorage School District, will administer Journey Ahead, a middle-school intervention designed to improve the college and career readiness of Alaska Native and American Indian students in Anchorage. The project will stress outcomes key to developing college and career readiness, including academic achievement, attendance, and a respectful school climate with caring adults.
- North Dakota (Wahpeton) Circle of Nations School, $440,217—The Circle of Nations School Native Youth Community Project will improve education indicators for college and career readiness through a community-wide approach providing academic, social, health, and other supports promoting school engagement and commitment to learning, which the project partners identified as the primary barrier among students at the U.S. Bureau of Indian Education-funded boarding school that serves students in grades 4-8.
- New Mexico Native American Community Academy Foundation, $472,806—The Native American Community Academy Foundation (NACA) will expand its network of high-performing schools
dedicated solely to Indigenous education in Northwest New Mexico. Following a 3-year piloting phase, the NACA-Inspired Schools Network emerged out of community efforts to establish the first network of high-performing schools that seek to reimagine what Indigenous education and the school experience can be for Native students by creating schools of academic excellence and cultural relevance.

Following are all of the grant recipients and levels of funding.

<table>
<thead>
<tr>
<th>State</th>
<th>City (Area Served)</th>
<th>Applicant</th>
<th>Tribal partner</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>AK</td>
<td>Anchorage</td>
<td>Cook Inlet Tribal Council Inc.</td>
<td>Applicant</td>
<td>$600,000</td>
</tr>
<tr>
<td>AZ</td>
<td>Phoenix</td>
<td>Phoenix Indian Center Inc.</td>
<td>Gila River Indian Community and Salt River Pima Maricopa Indian Community</td>
<td>$495,060</td>
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<tr>
<td>CA</td>
<td>Happy Camp (Humboldt and Siskiyou Counties)</td>
<td>Karuk Tribe</td>
<td>Applicant</td>
<td>$118,462</td>
</tr>
<tr>
<td>MT, OK</td>
<td>Northern Cheyenne Indian reservation in MT; and Little Axe, Bristow, Darlington, and El Reno School Districts in OK</td>
<td>Tribal Education Departments National Assembly Co. (Bureau of Indian Education partnership with Northern Cheyenne School in MT)</td>
<td>Northern Cheyenne Tribe, Absentee Shawnee Tribe, The Muscogee (Creek) Nation, and Cheyenne and Arapaho Tribes</td>
<td>$554,115</td>
</tr>
<tr>
<td>NC</td>
<td>Hollister (rural southeastern Warren and rural southwestern Halifax Counties)</td>
<td>Haliwa-Saponi Indian Tribe Inc.</td>
<td>Applicant</td>
<td>$204,197</td>
</tr>
<tr>
<td>NC</td>
<td>Pembroke (Robeson County)</td>
<td>Lumbee Land Development</td>
<td>Applicant</td>
<td>$480,707</td>
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<tr>
<td>ND</td>
<td>Wahpeton (Across ND)</td>
<td>Circle of Nations School (Bureau of Indian Education operated)</td>
<td>Sisseton-Wahpeton Oyate</td>
<td>$440,217</td>
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<tr>
<td>NE</td>
<td>Winnebago (Winnebago Indian Reservation)</td>
<td>HoChunk Community Development Corporation</td>
<td>Winnebago Tribe of Nebraska Education Department</td>
<td>$519,033</td>
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<tr>
<td>NM</td>
<td>Albuquerque (Cibola County, Gallup, Navajo, Santa Clara Pueblo, and Shiprock)</td>
<td>Native American Community Academy Foundation (Bureau of Indian Education partnership with Santa Clara Day School)</td>
<td>Santa Clara Pueblo Department of Youth and Learning</td>
<td>$472,806</td>
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<tr>
<td>OK</td>
<td>Tahlequah</td>
<td>American Indian Resource Center Inc.</td>
<td>Cherokee Nation Educational Department</td>
<td>$584,009</td>
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<td>OK</td>
<td>Tahlequah</td>
<td>Grand View School</td>
<td>Cherokee Nation</td>
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<td>OK</td>
<td>Hominy</td>
<td>Osage County Interlocal Cooperative</td>
<td>Osage Nation and Otoe-Missouri Tribe.</td>
<td>$498,710</td>
</tr>
</tbody>
</table>

Total $5,308,369
History:
The Iowa Tribe of Oklahoma Vocational Rehabilitation Program has provided vocational services to American Indians with disabilities for twenty years and counting, with Transition Services at six years. Our mission is to develop specialized services to American Indian students with disabilities currently making the transition from high school to work or achieving a post-secondary education.

Services we can provide:
We assist with testing fees (ACT, SAT), provide work clothing for new jobs, tuition assistance, assistive devices such as hearing aids, walkers, wheelchairs, eye glasses, along with physical and mental evaluations.

Qualifications:
You must be a member of a federally recognized tribe, a junior or senior in high school and must reside in one of the Iowa Tribe VR services area counties. You must also provide documentation from your doctor or physician noting your disability.

COUNTIES served by ITOVR

KAY
NOBLE
PAWNEE
PAYNE
POTTAWATOMIE
LINCOLN
LOGAN

Iowa Tribe of Oklahoma Vocational Rehabilitation

P.O. Box 728
Perkins, OK 74059

Phone: 405-547-2402 ext 168
Toll free: 1-888-336-4692
Fax: 405-547-1090
E-mail: Christa Tsotaddle, Transitional Counselor
ctsotaddle@iowanation.org

"See the Person, Not the Disability"
What Does Oklahoma’s Child Restraint Law Mean for You?

Effective November 1, 2015

A child under eight (8) must be properly secured in a child passenger restraint system. The law previously applied only to children under age six (6).

- **0-2 years:** Must be in a rear-facing car seat until at least two (2) years of age, or until the child reaches the weight or height limit of the car seat.

- **2-4 years:** Must be in a car seat until at least four (4) years of age.

- **4-8 years:** Must be in a car seat or child booster seat until at least eight (8) years of age unless the child is taller than 4’9”.

- **8 years or taller than 4’9”:** Must be in a seat belt.

For more information and recommended best practices in child passenger safety, visit ohso.ok.gov
The TCAP Project Coordinator, Jarrod Vasquez, hosted a Strategic Planning Training at Gordon Cooper on November 12th and 13th which was provided by Fox Valley Technical College out of Appleton, Wisconsin. The focus of the training was Strategic Planning or future planning. Participants were provided with the training tools that make up a successful and effective strategic plan. The goal is to move forward with a plan in place that will illustrate improvement, direction and success that can be used in the different departments of the Absentee Shawnee Tribe.
Absentee Shawnee Tribal Member, Takota Squire helped lead the Kiefer Trojans Football Team to an undefeated 10-0 season and the Sooner State Football League Championship. Takota plays left tackle and defensive tackle for the Kiefer Trojans and is currently in the 6th Grade. He is the son of Sharon and Kenny Squire.

We just wanted to say how much we love you & how proud of you we are!

Love,
Mom & Dad
DECEMBER 13, 2015
10:00 AM
CINEMA CENTRE 8
3031 N HARRISON
SHAWNEE, OK 74801

POP CORN & SODA
PROVIDED 1 PER CHILD

AST CHILDREN RECEIVE $25 WAL-MART GIFT CARD

THE GOOD DINOSAUR

CHILDREN MUST BE ENROLLED MEMBER OF THE ABSENTEE
SHAWNEE TRIBE OF OKLAHOMA *CDIB* REQUIRED AS PROOF

ONE CHAPERONE WILL HAVE PAID ADMISSION TICKET FOR MOVIE
GIFT CARDS CAN NOT BE PICKED UP PRIOR TO 12/13/15, ONLY PARENTS OF AST CHILDREN WILL BE ABLE TO PICK UP GIFT CARDS IN FINANCE OFFICE @ AST COMPLEX CALL TWILA PARKER 405.275.4030 EXT. 6207 TO CONFIRM HEAD COUNT BY 12/10/15

CHILDREN MUST BE ENROLLED MEMBER OF THE ABSENTEE
SHAWNEE TRIBE OF OKLAHOMA *CDIB* REQUIRED AS PROOF

Contact me to find out more!
Delana Ayers
405-432-7405
http://www.marykay.com/dayers4

Get a $40 gift of beauty.
A good buy gets every woman’s attention, especially when she can get $75 in the Mary Kay® products she loves for just $35 when she hosts a party.
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Give the gift of girl time.
Pamper your friends with the feel-good fun of a Mary Kay® party.

It’s all about you!
• Enjoy the personal attention.
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• Get skin care recommendations.

METROPOLITAN LIBRARY SYSTEM PRESENTS
Informal SOCIAL SECURITY TIPS & TRICKS

Beginning May 17
EVERY 3rd SUNDAY of each month
If you have already been approved for consideration of one of the Social Security Disability Programs (Title II or Title XVI) and would like some tips and information for completing forms, please come join us!

DEL CITY LIBRARY
4509 SE 15th • 672-1377
www.metrolibrary.org

Wordy people, unite! Challenge fellow wordsmiths to a lively game of Scrabble and keep your vocabulary honed.

Every 4th Tuesday of the month from 6:30pm-7:30pm
Games supplies provided

For Adults

DEL CITY LIBRARY | 4509 SE 15th | 672-1377 | WWW.METROLIBRARY.ORG
The Absentee Shawnee Tribe Native Language Survey

This survey is being conducted by The Absentee Shawnee Tribe to assess the current status of and interest in the Shawnee Language Revitalization.

- Indicate your age range:
  - Under 18
  - 18-29
  - 30-39
  - 40-49
  - 50-59
  - 60-69
  - 70+

- Male  Female

- Number of family members in your household:
  - 1-3
  - 4-6
  - 5-7
  - 8 & Over

- When you were a child, did anyone in your family speak Shawnee Language? (mark all that apply)
  - Grandmother
  - Grandfather
  - Mother
  - Father
  - Aunt/Uncle
  - Siblings
  - You

- Who currently speaks Shawnee Language in your home now?
  - Grandmother
  - Grandfather
  - Mother
  - Father
  - Aunt/Uncle
  - Siblings
  - You

- Rank your ability on Shawnee Language:
  - No ability
  - Fluent

- Understanding when someone else speaks
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - 7

- Ability to converse with others
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - 7

- Ability to speak in limited situations
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - 7

- Ability to recite vocabulary and phrases
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - 7

- Reading
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - 7

- Writing
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - 7

- Are you interested in taking a class to learn Shawnee?  Yes  No

- Can you attend Language classes?  Daytime  Evening  Weekend  Not At All

- What is your biggest obstacle to attending classes?
  - Money
  - Childcare
  - Transportation
  - Schedule
  - Embarrassed of mistakes

- What is your preferred method of learning?
  - Listening to cd’s/tapes
  - Watching videos
  - Formal classes
  - Books/written materials
  - Computer programs
  - Listening/responding to a person
  - Informal classes/workshops
  - Learning from relatives

OPTIONAL:
Your Name:__________________________________________
Address:_____________________________________________
Email:_______________________________________________
Phone:______________________________________________

Thank you for taking the time to complete this survey. The information will be used in planning a Shawnee Language Program. Your name will not be used, unless you give us permission.
10/2015
Building Blocks News...

It’s hard to believe that this year is almost over! I hope everyone had a wonderful Thanksgiving. Now onto Christmas!!

First, I’d like to welcome Heather Presley to Building Blocks. She is taking over as the Director at the Shawnee location, as I will be the Director of the Little Axe location. Heather has been learning our policies and procedures since she began working with us this past September. She’s doing a great job and fitting in the Building Blocks’ family wonderfully!

We also want to thank all of the families that joined us for our annual Thanksgiving luncheon. We had a great turnout!! Our kitchen staff (Ms. Sherrie, Ms. Sharon, and Nick) did an awesome job cooking delicious food for everyone. We love involving the families in activities and the children get so excited to spend time with their families at different events. It also gives our staff the opportunity to strengthen their relationships with the families that we serve.

Our annual Christmas program will be at Tecumseh City Hall on Friday, December 18, 2014 at 7:00 p.m. Each class will perform a Christmas song with their teachers. Please join us for the fun festivities!! Refreshments will be served.

**Dates to Remember:**

- **Friday, December 18th:** Christmas program @ 7:00 p.m.
- **Thursday, December 24th:** Closed for Christmas Eve
- **Friday, December 25th:** Closed for Christmas Day
- **Thursday, January 1, 2015:** Closed for New Year’s Day

**We wish you all a very merry Christmas and a happy & safe New Year!!!**

Thank you,
Billie Thompson Director
Absentee Shawnee Tribe Of Oklahoma
After School Program - Shawnee
2025 S. Gordon Cooper
Shawnee, OK 74801
P: (405) 878-0633 F: (405) 878-0156

The AST After School Program (ASP) - Shawnee has opened as of August 13, 2015. We will be accepting children who are in Kindergarten up to 12 years of age. We will be able to pick up from Shawnee or Tecumseh schools only. The cost is $25 per child per week. This fee will be able to help with transportation costs, snacks and supplies the children may need.

We will only be open when the schools are open. At this time we will not provide services for school breaks including fall, winter, spring and summer breaks. The ASP-Shawnee will have tutors on hand to provide assistance with homework. We do have spots available; if you are interested please feel free to contact Briana Ponkilla at Briana.ponkilla@astribe.com or (405) 878-0633.

Limited to the first 20 youth participants
Must be 10—18yrs. Must have a CDIB card.
Transportation may be provided after school from Little Axe Schools
Classes will start in December dates (TBD) and run through the spring; classes will be held one day a week after school hours.
Classes will be taught by AST Tribal Elders.
We find it to be very important to bring culture into prevention. This class is sponsored by the MYDNA SPF-TIG program & Diabetes and Wellness.

For more information or to get a registration form please contact Kasey Dean at 405-701-7993 or by email at kdean@astribe.com or Howard Brown at 405-701-7115.
Personal Banking:

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

Contact Us for Details As Follows:
Calumet Office - Gene Davis or Dixie Smith 405-893-2240;
114 E Main, Calumet, OK
Shawnee Office - Gene Davis or Amber Alexander 405-273-0202;
2023 S. Gordon Cooper Drive, Shawnee, OK

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

Contact Us for Details As Follows:
Calumet Office - Gene Davis or Dixie Smith 405-893-2240;
114 E Main, Calumet, OK
Shawnee Office - Gene Davis or Amber Alexander 405-273-0202;
2023 S. Gordon Cooper Drive, Shawnee, OK

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

Did You Know.....
Any name changes that may occur (i.e. marriage, divorce, etc.) need to be updated through enrollment, BEFORE any new registrations or renewals can be processed.
Native American youth are facing a crisis. These children are being removed from their homes and placed into the child welfare system at rates much higher than any other population. Native American children are often placed in homes outside of their families, tribes, and Native American culture and all this contributes to significant social problems. The story of Native American people is a complicated one marked by significant trauma and atrocities. Often times this trauma consisted of the removal of abuse which happened to these young and vulnerable children in many of these schools resulted in overwhelming intergenerational trauma and unresolved grief. This trauma which interrupted the ability to parent has led directly to the most current social problems that plague Native American communities today including alcohol/drug abuse, domestic violence, child abuse, sexual abuse and parenting deficiencies. All of these problems have contributed to the break-down of the family unit, leading to the removal of large numbers of Native American youth from their families. The journey of healing and breaking the cycles which have been put in place by the historical trauma experienced by generations of Native Americans requires that the cultural identity for so long denied to these children be returned. Native American youth have two distinct influences, that of their family of origin and that of their caregivers. Absentee Shawnee Tribal Foster Care is in need of homes for children that are in our child welfare system. Your participation in being a foster parent helps to ensure that these children have positive connections to their culture. This interaction helps these children nurture a positive sense of identification as a Native American. By being willing to do this, you can be a valuable part of the healing journey that will help strengthen this next generation of Absentee Shawnee children; in turn, helping those children become the parents that their children will need them to be. Our children are our future, what will we have our future be?

ABSENTEE SHAWNEE TRIBE CHILD WELFARE
405-878-1706 (ext. 133)

WHAT IS A FOSTER CARE WORKER?

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

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

Some aspects of this relationship include the following:

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

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

Foster Care Payments are as follows:

0-5 age $14.73 day $441.97 month
6-12 age $17.12 day $513.57 month
12 and over $19.30 day $579.13 month

IN ORDER TO RECEIVE PAYMENT, A LL THE A B O V E M U S T B E M E T A N D T U R N E D I N TO THE STATE. O NCE PROCESSED STATE PAYMENT WILL BE ISSUED.

This is just a little information on what type of work a foster care worker performs on a daily basis. If you are interested in becoming a foster home, please call 405-878-4030 ext. 133.
Christmas is Coming
This is the season to be jolly.
Homes filled with mistletoe and holly;
Silver bells and lights a glow,
Many hoping for the white of snow,
Presents wrapped silver and red,
Or gold ribbons tied around the bed;
So many ways to spread the joy.
As the kids love a brand new toy;
Songs to worship the glad tidings.
For the grace of God’s biddings;
With all the good fortune of the way,
Pray and remember it’s the Lord’s birthday;
Enjoy the festive time of the year,
And spread, Love, Happiness and Cheer!!

By Frank Tiger