The Absentee Shawnee Tribe Veterans Association recently held a Veterans Day Program honoring all veterans. The event was held on November 10, 2016 at the ASTHS Little Axe Health Center. More photos from the event inside on page 17. Pictured L to R: Taren Williams, David Little, Don Schulenberg & Twila Parker.
Hello friends, neighbors, relatives and Tribal members at large!

The cold weather is beginning to make an appearance here in the Shawnee area. We have had an unusual blend of warm, mild weather in the day time and very cold nights. This is unusual weather even for Oklahoma.

Recently I, my son, and several others went to the Standing Rock Sioux reservation in Standing Rock, ND to drop off supplies and to see in person how the protest on the Dakota Access Pipeline was being conducted. In case you have not been following this issue over the past seven months tribes have been gathering at Standing Rock to stop a natural gas pipeline operator from bulldozing sacred sites to construct a 1,172 mile oil pipeline. Tribes want to protect the Missouri River, which is the primary water source for the Standing Rock Reservation, from potential pipeline leaks. Standing Rock Sioux tribal members set up a major camp, Sacred Stone, and thousands have passed through and pledged support.

We visited the Sacred Stone encampment and what we found, upon arrival, was a huge camp site with tribal flags lining the road way, many RV’s, tents, and numerous teepee’s. There were camps within camps and we were taken to Oceti Sakowin, a main camp, where we were asked to identify our purpose for being there and our Media Director, Sherman Tiger, was required to get a media permit so that pictures could be taken while we were there.

The Sacred Stone camp was organized in respect to the location of certain services and supplies. There were sites where volunteers were to report to; meals were prepared and served at; supplies and clothing donations could be dropped off and where clothing could be picked up. There was a medical clinic set up in what was known as a Yurt, a portable, round tent. Throughout the encampment we saw a mix of men, women, and children, veterans and veteran groups and advocate groups from all walks of life. Those entering were asked to identify their purpose for being there. We took donations of medicine provided by the Absentee Shawnee health corporation(s); hats, flashlights and gift cards donated by Finley & Cook, a local CPA firm. The Protectors were located north of the major camp which was some distance from the camp we were at.

We visited a number of camps. At the camp of Roy Wahawahboshkuk, a Prairie Band Potawatomi, he shared that he had been there since day 1. He had witnessed the frontline activity going on. He told me of his former military service and how he had served for two terms during the Vietnam War. His grandson, Preston Wahawahboshkuk, and he were at this camp. Preston is attending the temporary camp school set up for young children. Preston said that he was learning the Lakota Sioux language and some of the Lakota culture.

We dropped supplies off at Med Camp. This is run by Alex Katz. It consists of two Yurts, one for triage and treatment and the other for behavioral health counseling, a large donated RV and numerous generators to support lighting and equipment being used to treat the sick and wounded. The type and number of staff were unclear. Alex indicated that some of the things being treated at the Med Camp are: bean bag shots; rubber bullet wounds; black spray mace and they had a baby born just a few weeks prior to my arrival. This med unit see’s about 200 people a day as people come from the surrounding community for medical clinic.

As I walked around the major Camp site I came across Little Miss Indian Oklahoma, Victoria Eckiwardy, a Yakima Indian. Victoria was handing out books to read, coloring books and crayons to the very young. I found this a thoughtful gesture as she too was small and so generous.

We visited the small camp of Fred, a Shoshone, and Mike, a Northern Cheyenne, who had been there since day 1 and had also seen frontline activity. Our visit was brief as the temperature was dropping. We gave Fred and Mike a few of our donated supplies and moved to the next camp.

This camp welcomed us with coffee, tea and sage bath soap. This is where I met Vanessa Bolin, she was from Dallas, Texas. We visited a number of other camps and then began our journey back home to Oklahoma.

Other Topics/Expressions

Happy Birthday & Anniversary
To those who have had a birthday or anniversary I extend my warmest regards.
**Condolesces**
To those families who may have lost a family member this month I extend my deepest condolences to you and your family.

**DOT Negotiated Rulemaking Committee**

This month the DOT FAST Act Negotiated Rulemaking Committee meeting was held in Minneapolis, MN. There were approximately 50 people that daily attended this intense 3 day meeting. Each day began promptly at 8:00 a.m. and went well into the afternoon and sometimes evening. We held discussions and provisional drafting continued to occur by the two Work Groups, Administration and Operation. After DOT has reviewed them and provided comment they should be sent out for public and tribal comment.

The focus of our rulemaking committee is to develop Department of Transportation Tribal Self Governance regulations for an inter-modal administration, create a viable budget that will receive appropriations and establish an Office of Self Governance within the Department of Transportation.

If you are interested in learning more about the FAST Act DOT TTSGP Negotiated Rulemaking Committee this information may be found at: fhw.dot.gov

**In Conclusion**

I have 6 months left in Office and I find each day eventful 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.

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**Secretary’s Report**

Hello,

This is just a short and quick update on the Ramah Case Settlement. The Tribes Finance Department has received the settlement monies and is currently working on getting the funds distributed in a timely manner. To help with this process, please make sure your information within the Enrollment Department is updated and/or correct. After all information is updated the Finance Department will then send out an information sheet and a W-9. These forms will need to be signed and returned, as soon as possible. Once the forms are received the monies will be released to the individuals who have completed and returned the forms. Should you have any questions, please feel free to contact the Secretary’s Office at ext. 6275.

I understand the holidays are just around the corner and most of you are expecting a Per Cap, but please be patient. The Enrollment Department, the Secretary’s Department and Finance is working together to get the money distributed in a timely manner. The process in releasing the per caps is a little more lengthy than intended.

Thank You,
John R. Johnson
Tribal Secretary
Photos From Governor’s Recent Trip to Standing Rock

AST Governor Edwina Butler-Wolfe with Roy Wahawahboshuk & grandson Preston.

AST Governor Edwina Butler-Wolfe with Alex Katz in front of the Med Camp.

AST Governor Edwina Butler-Wolfe with Little Miss Indian Oklahoma Victoria Eckwardy.

AST Governor Edwina Butler-Wolfe with Vanessa Bolin from Dallas, TX.

AST Governor Edwina Butler-Wolfe with Fred, a Shoshone and Mike, a Northern Cheyenne.

Veterans Meeting
Thunderbird Casino Warrior’s room
December 14, 2016 at 7:00 pm

The Absentee Shawnee Veterans Association will be holding their December meeting at Thunderbird Casino in the Warrior’s room and we will be accepting applications for membership in the Veterans Association. After the Meeting we will be having our Annual Christmas Dinner; All Veterans and One guest are invited to our meeting and Christmas Dinner. As a benefit to Veterans Association members we supply an all-weather jacket, vest, hats, beaded bolo and pay for the uniforms accessories needed. We welcome Association Members also volunteering to serve in the Color Guard as we are often invited to bring in the Colors at Conferences, meetings, pow-wows and at Tinker Air Force Base. On November 16, 2016 at 5:00 pm the Absentee Shawnee Veterans Association participated in the “Retiring of the Colors” at the Headquarters Building on Tinker Air Force Base. This was the second year that we were invited by Tinker Inter-Tribal Association to participate in this type of military ceremony with Deputy Commander Colonel Wilson in observation of our Color Guard to “Retire the Colors” We often receive requests from tribal families when conducting tribal rites for a Veteran and receive requests year round for the Absentee Shawnee Tribal flags.

For the New Year we have been talking about getting a computer and a phone hookup. With the plans of staffing the office once or twice a month to answer questions from Veterans and provide assistance to other programs that are available to them. More on that plan as we get closer to making that a reality. Also, in looking over the types of grants that are available to Veterans programs I believe it would be feasible to allocate money for a grant writer to pursue writing a grant to fund our program.

Any questions or suggestions please feel free to call: Commander-Walter Larney - 405-683-1247.
The Absentee Shawnee Veterans Association will be holding their December meeting at Thunderbird Casino in the Warrior’s room and we will be accepting applications for membership in the Veterans Association. After the Meeting we will be having our Annual Christmas Dinner; All Veterans and One guest are invited to our meeting and Christmas Dinner. As a benefit to Veterans Association members we supply an all-weather jacket, vest, hats, beaded bolo and pay for the uniforms accessories needed. We welcome Association Members also volunteering to serve in the Color Guard as we are often invited to bring in the Colors at Conferences, meetings, pow-wows and at Tinker Air Force Base. On November 16, 2016 at 5:00 pm the Absentee Shawnee Veterans Association participated in the “Retiring of the Colors” at the Headquarters Building on Tinker Air Force Base. This was the second year that we were invited by Tinker Inter-Tribal Association to participate in this type of military ceremony with Deputy Commander Colonel Wilson in observation of our Color Guard to “Retire the Colors” We often receive requests from tribal families when conducting tribal rites for a Veteran and receive requests year round for the Absentee Shawnee Tribal flags.

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Any questions or suggestions please feel free to call: Commander-Walter Larney - 405-683-1247.
November News

November was such a busy month; we hosted our annual Thanksgiving dinner for the children and their families. Mrs. Sharron and Mrs. Holly worked hard in the kitchen to make sure everyone left with a full tummy. A special thank you too all the teachers for helping in the kitchen and getting the kids and parents fed. I know some of you have noticed the children going on nature walks, as these are great learning experiences for the children. They learn about fall and all the changes this season brings. This also gave us time to do some updates to our playground. We now have turf around our big play area and the sand box has been cleaned and more sand has been added, these updates are being enjoyed by the children and staff.

As we began to close the year out the teachers and kids have one more exciting event our annual Christmas Program, however we will be doing it a little different this year but the teachers and kids will spend quite a bit of time getting prepared.

DATES TO REMEMBER:
• Christmas program-TBA
• Closed-12/23/16-12/26/16 for Christmas Holiday

As always my office door is open for any question or concerns.

Thank you,
Elizabeth Crawford
Director
Building Blocks II

BUILDING BLOCKS III (Little Axe)

We are excited to finally be able to move into our building in Little Axe! It's been a very, very long wait! We are currently in the process of setting up classrooms, which includes taking inventory of materials, distributing them to classrooms by age group, and putting together equipment. We are also ordering additional toys, furniture, and other equipment to meet and exceed DHS requirements.

Unfortunately, we have encountered some obstacles and have had to have repairs made to equipment and the building itself. A lot of these things needed repair because the building sat unoccupied for so long. Others were made because of poor workmanship. But we are making great strides and working very hard to get this center up and running! Our goal is to open in January 2017.

We are currently accepting employment applications, which are available at the Little Axe center. The positions we are hiring for include an Assistant Director, Master Teacher, Teacher, Assistant Teacher, Floater, Food Prep Specialist, and Food Prep Assistant. The job descriptions and qualifications for all positions can be viewed on the Tribe's website at www.astroibe.com under the “Employment” tab. You can also come to the center to view the job descriptions and qualifications. They are located at the front desk. You may apply in person or online.

Additionally, we are accepting waiting list applications for those families who are in need of child care. These are also available at the center. We will be accepting children starting at 6 weeks old. We are considering the possibility of opening the center to school-aged children and those who need Friday care, since Little Axe Schools are closed on Fridays. Once we determine the need in these areas, we will decide how to proceed.

I have included the center's contact information below, if anyone has any questions or needs to contact us for any reason.

Thank you,
Billie Thompson
Director
Building Blocks III (LA)
16051 Little Axe Drive - Norman, OK 73026
P: (405) 360-2710      F: (405) 360-2726
FROM THE ELECTION COMMISSION:

The Filing Period for Elective Office in 2017:

A tribal member may file for office, January 1 to January 10 (excluding weekends and holidays). Hours to file are during regular office hours of 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 in 2017.

EXECUTIVE COMMITTEE:

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<th>Position</th>
<th>Filing Fee</th>
<th>Term</th>
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<tr>
<td>Tribal Secretary</td>
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ELECTION COMMISSION:

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<tr>
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<tr>
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<td>Two (2) Year (unexpired)</td>
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<tr>
<td>Commission Member #2</td>
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<td>Three (3) Year</td>
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</tbody>
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Fee Amount: Basic fee (Executive Committee $500.00 and Election Commission $125.00) plus $40.00 Alcohol test, $25.00 Drug test and $25.00 MVR.

*The $174.00 is the correct fee amount for filing for the unexpired terms on the Election Commission. The fee posted in the November Newsletter was incorrect.
We've had a very good year in patient growth, revenue growth, system-wide and individual employee accomplishments and awards, as well as patient services expansion never before seen by your health system! We wish everyone a wonderful holiday season, and continued good health! The flu season is here now, and it is more imperative you get your flu shot than ever. Several flu shots were given out at the free flu shot clinic provided at the General Council meeting in October, and we are also providing the flu shot at all of our clinics with nurse visits; please call ahead to assure availability at your desired location. Tests for the flu are indicating it has arrived already beginning in September, 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.

The third annual Community Needs Assessment (C.N.A.) is nearing completion, and we've had more input this year than ever, thank you! The results of this year's survey will be compared to the last two year's Community Needs Assessment in the hopes of providing crucial data for comparison with last year's assessment. This is to help guide priorities in planning, prioritization, and budgeting for the healthcare delivery of our tribal community. The projects in Shawnee are underway with the addition of a new pharmacy drive through; newly expanded contract health and physical therapy already opened, and a new storm shelter facility underway are all adding convenience and increased service access to our patients.

We continue to monitor elder care and high risk fall patients as well as homebound tribal members are always a concern to the Tribe and Health System. The health system remains a full partner with the Tribe in caring for and coordinating care for any tribal member that is homebound and has needs that we can help with or service within our scope and authority to do so as a health and wellness system. If you know of any tribal member who is homebound and needs assistance medically, please contact administration at (405) 701-7621 so we can assist as best possible with resources or coordinate assistance for these members in need. Thank you all for making our entire staff and employees feel appreciated and for using our services!

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 John McKinney, Shawnee Health Maintenance; the team of the month was the Shawnee Laboratory for “Zero” discrepancies on their recent CLIA Inspection! The special leadership recognition award was presented to Dr. Marty Lofgren, Laboratory Director, for his leadership as Laboratory Director. Wonderful job AST Team, you all make a difference for our health system and the health and wellness of all of our patients!

### Additional health related information:

- **PlusCare Clinic/Little Axe area** has the ability to treat non-life threatening illnesses and injuries on a walk-in basis (no appointment needed). This service is extended to enrolled AST tribal members and other IHS eligible Native Americans who are the ages of 2 years and up. If you are a new (AI/AN) patient to our health system and are in need of our PlusCare services, please bring with you, your CDIB card, a second form of identification, social security card and health insurance card(s), if available. The location is 15702 East State Highway 9, Norman, OK (former Little Axe Clinic near Thunderbird Casino/Norman). The phone number is (405)447-0477. Hours of operation are M-F 9 AM to 9 PM with last walk-in accepted at 8:30 PM, Saturday and Sunday 9 AM to 5 PM and holidays are 9 AM to 5 PM (excluding Thanksgiving and Christmas) with last walk-in patient accepted at 4:30 PM.

- **Shawnee Clinic Extended Hours/Shawnee area** has the ability to treat non-life threatening illnesses and injuries on a walk-in basis (no appointment needed). This service is extended to enrolled AST tribal members, Native American Veteran’s, IHS eligible Native Americans, Medicaid/SoonerCare pediatric patients, and BCBS covered AST Non-Native employees who are the ages of 2 years and up. If you are a new patient to our health system and are in need of our extended hours services, please bring with you, your CDIB card, a second form of identification, social security card and health insurance card(s), if available. The location is 2029 South Gordon Cooper Drive, Shawnee, OK. The phone number is (405)878-5850. Hours of operation are M-F 9 PM to 9 PM with last walk-in accepted at 8:30 PM, Saturday 9 AM to 5 PM with last walk-in accepted at 4:30 PM and closed Sundays and holidays.

- **Emergency Dental Clinic** is available every Monday from 8 AM to 11:30 AM at the Little Axe Health Center. Patients will be evaluated on a first come, first serve basis and type of emergency care needed. Patients who have suffered trauma or present infection will be considered before other as well as established patients being considered before new patients. For more information, please call (405) 447-0300.

- **AST/Serviced Health System Native American Veterans**: If you are currently receiving services with the area VA Medical Center, please contact us today to set up an appointment to have your services established with the AST Health System at either the Shawnee Clinic (405) 878-5850 or Little Axe Health Center (405) 447-0300.

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

- **Contract Health Services (CHS)** interactive phone menu helps patients access the most appropriate service provider by calling (405) 701-7951 at the Little Axe Health Center. This feature will speed up access to the patients seeking services and follow-up to their care. We also have Contract Health representatives available at our Shawnee location. Tribal members are able to call Ms. Flo Mann, LPN or Ms. Laurie Webber, LPN at (405) 878-5850.

- **Customer Service** line is (405) 701-7623. Please direct all complaints or compliments to this line for appropriate attention and/or response. Be sure to be specific so we can respond appropriately.

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

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

- **Emergency After Hours Pharmacy**: If you experience an emergent issue after hours and receive a prescription that needs to be filled that same evening, AST Health has provided access for Tribal members only at three (3) approved Wal-green locations in Shawnee and Norman. You will need to submit your prescription and it is mandatory to identify yourself with your AST CDIB card and other appropriate ID. Then they shall fill your prescription. You will have a 5-day unlimited fill on your prescription. Upon the first work/business day, you can have the remaining balance of your prescription(s) transferred to your AST pharmacy in either Shawnee or Little Axe, and they will fill your remaining balance. The three (3) AST Health approved Walgreen service locations are: 1427 North Harrison Street or at 600 Shawnee Mall Drive, Shawnee, Oklahoma or 615 West Main Street, Norman, Oklahoma.

The Little Axe Health Center Drive-Thru Pharmacy is also available for emergency fills, for tribal members only, from: 5:00 PM to 9:00 PM Monday - Friday, 9:00 AM to 5:00 PM Saturday & Sunday and holidays from 9:00 AM to 5:00 PM excluding Thanksgiving and Christmas.

- **Social Media**: You can follow the AST Health System on Facebook and receive the most current messages and announcements regarding your tribal health care.
Reminder:

- All trust land transactions must come through the Realty Office.
- Sales and/or any other trust land transactions must be authorized by the Realty Department and approved by the BIA.
- Any trust land transactions not involving the Realty Department are invalid.
- Please keep addresses current with the Office of the Special Trustee for Indians @ 1-888-678-6836. This will allow proper notification to be made to landowners on new leases and other information.
- Please keep addresses current with the Absentee Shawnee Enrollment Department. This allows the Realty Department to cross-reference landowner addresses with the OST.
- Please visit www.indiantrust.com whereabouts unknown/Oklahoma/Absentee Shawnee Tribe, to see if you or your relatives are on this list.
- Gift deed transactions will take time to get approved from the BIA.
- Negotiated sales must follow the proper procedures to ensure the transaction is considered for approval.
- A family member of a deceased landowner must initiate the probate process.

If anyone has any questions, please contact the Realty Department @ (405) 275-4030.

PROBATE MISSION STATEMENT

The primary mission of the Division of the Probate is to compile inventories of the Indian Trust Assets and family information, and to coordinate the timely distribution of trust assets with the Office of Hearings and Appeals, Land Titles and Records Office and the Office of Special Trustee.

The Division of Probate gathers information regarding decedent’s family and property and prepares it for adjudication by the Office of Hearings and Appeals (OHA). After OHA issues a probate order the Division works with other trust offices, such as the Office of Special Trustee for American Indians and the Land Titles and Records Office to distribute assets.

In order for this to happen, the family of the decedent will need to contact the Absentee Shawnee Real Estate Division (Probate) to start the probate process.

Should you have any questions, please contact Lea Tsotaddle at 405-275-4030 ext. 6248.
EMERGENCY MANAGEMENT

EARTHQUAKE SAFETY IN OKLAHOMA

Oklahoma has had an increased number of earthquakes in recent years, including the record-breaking 5.6 magnitude earthquake that occurred on Saturday, November 6, 2011 and more recently a 4.8 in Pawnee, OK. To stay safe before, during and after an earthquake, take the following precautions:

Before an earthquake
Assemble an emergency preparedness kit for home and your vehicle.
Have a family emergency plan and identify a safe place to take cover, such as under a sturdy table or desk.
Teach your family how to “Drop, Cover and Hold” during an earthquake.
Check for hazards inside or outside your home or office. Heavy objects and falling hazards such as bookcases, hanging picture frames and other items can be dangerous if they are unstable and not anchored securely to a wall or the floor.
Know emergency telephone numbers.
Contact your insurance agent to review existing policies and to inquire about earthquake insurance.
Sign up for Earthquake Notifications on the USGS site as well as learn about other products and services they offer.

During an earthquake
“Drop, Cover and Hold” – DROP to the floor; take COVER under a sturdy table or other piece of furniture. If there isn't a table or desk near you, seek cover against an interior wall and protect your head and neck with your arms. HOLD ON until the shaking stops.
Stay away from glass or bookshelves, mirrors or other items that could fall.
If outside: stand in an open area away from underpasses and overpasses, buildings, trees, telephone, and electrical lines.
If on the road: drive away from underpasses and overpasses; stop in a safe area; stay in your vehicle.

After an earthquake
Check for injuries and provide first aid if necessary.
Do a safety check: check for gas, water, downed power lines and shortages. Turn off appropriate utilities, if you shut off the main gas valve do not turn it back on yourself. Wait for the gas company to check for leaks and make repairs.
Turn on the radio and listen for instructions on safety or recovery actions.
Use the telephone for emergencies only.
When safe follow your family emergency plan.
Be cautious when opening cabinets.
Stay away from damaged areas.
Be prepared for aftershocks.
If you are able to, log onto the USGS site and fill out a “Did you feel it?” form
(Note: It has been revealed through the local news media that insurance companies will not cover damages from “man-made” earthquakes such as what Oklahoma has been experiencing. If you have earthquake coverage in your policy, you may check with your carrier on your actual coverage.)


http://www.fema.gov/mobile-app

Contact information:
Emergency Management Coordinator can be reached at the Tribal Police Department 405-275-3200, cell phone number 405-740-1562, and at this email address: lday@astribe.com
### Tax Collections

**FY-2016**

**YTD TAX COLLECTIONS**

(Thru 10/31/16)

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<th>TAX CATEGORY</th>
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<th>MARCH</th>
<th>APRIL</th>
<th>MAY</th>
<th>JUNE</th>
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<th>AUGUST</th>
<th>SEPTEMBER</th>
<th>OCTOBER</th>
<th>NOVEMBER</th>
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<td>$6,695.50</td>
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<td>$238,772.61</td>
<td>$195,842.62</td>
<td>$203,998.11</td>
<td>$145,840.37</td>
<td>$200,254.72</td>
<td>$234,335.01</td>
<td>$287,871.29</td>
<td>$242,969.37</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$2,181,882.89</td>
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<td>Miscellaneous</td>
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<td>$300.00</td>
<td>$275.00</td>
<td>$65.00</td>
<td>$205.00</td>
<td>$120.00</td>
<td>$221.46</td>
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<td>$200.00</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$1,877.41</td>
</tr>
<tr>
<td><strong>TOTAL COLLECTIONS</strong></td>
<td>$146,407.11</td>
<td>$285,960.13</td>
<td>$239,072.61</td>
<td>$196,117.62</td>
<td>$204,063.11</td>
<td>$146,045.37</td>
<td>$200,374.72</td>
<td>$234,556.47</td>
<td>$287,993.79</td>
<td>$243,169.37</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$2,183,760.30</td>
</tr>
</tbody>
</table>

### Song Demo Studio

**Services Available**

I can make a sound track for your songs, or offer song writing help. Also for those that like singing Karaoke, I can change the keys to your tracks.

I can transfer your old LP albums to modern CD's and clean them & much more.

For free estimate call or text:

**Phil Bradley (405) 585-8801**

---

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

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

**ALL ARTICLES FOR THE NEXT MONTH’S ISSUE ARE DUE BY THE 15TH OF THE CURRENT MONTH**

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

WHEREAS, the Absentee Shawnee Tribe of Oklahoma is a federally recognized Indian tribe exercising all inherent sovereign rights from time immemorial; and

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

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

WHEREAS, it is the responsibility of the Executive Committee to uphold its constitutional responsibility to the Tribe and its membership as the highest priority; and

WHEREAS, it is the responsibility of the Executive Committee to set policies for the day-to-day operations of the Tribal Government; and

WHEREAS, the Absentee Shawnee Tribe of Oklahoma acknowledges certain dates as tribal holidays; and

WHEREAS, the Executive Committee formally approves the following list of holidays for calendar year 2017:

<table>
<thead>
<tr>
<th>DATE</th>
<th>HOLIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, January 2</td>
<td>New Year's Day</td>
</tr>
<tr>
<td>Monday, January 16</td>
<td>Martin Luther King, Jr. Day</td>
</tr>
<tr>
<td>Monday, February 20</td>
<td>President’s Day</td>
</tr>
<tr>
<td>Friday, April 14</td>
<td>Good Friday</td>
</tr>
<tr>
<td>Monday, May 29</td>
<td>Memorial Day</td>
</tr>
<tr>
<td>Tuesday, July 4</td>
<td>Independence Day</td>
</tr>
<tr>
<td>August, 2017 - TBD</td>
<td>Absentee Shawnee Day</td>
</tr>
<tr>
<td>Monday, September 4</td>
<td>Labor Day</td>
</tr>
<tr>
<td>Friday, November 10</td>
<td>Veterans Day</td>
</tr>
<tr>
<td>Thursday &amp; Friday November 23 &amp; 24</td>
<td>Thanksgiving</td>
</tr>
<tr>
<td>Monday &amp; Tuesday December 25-26</td>
<td>Christmas</td>
</tr>
</tbody>
</table>

NOW THEREFORE BE IT RESOLVED that the Executive Committee of the Absentee-Shawnee Tribe of Oklahoma hereby adopts and establishes the 2017 Holidays Schedule for Calendar Year 2017 as set out herein, and that such dates shall be formally observed as tribal holidays.

BE IT FURTHER RESOLVED the authorities granted by this resolution shall be continuing until and unless rescinded by separate action of this body.

CERTIFICATION

We, Edwina Butler-Wolfe, Governor and John R. Johnson, Secretary of the Absentee Shawnee Tribe of Oklahoma, do hereby certify this Resolution No. E-AS-2016-48 to be a true and exact copy as approved by the Executive Committee of the Absentee Shawnee Tribe of Oklahoma at a duly called Special meeting held on November 14, 2016, there being a quorum present, by vote of 4 in favor, 0 opposed, and 0 abstentions, as follows: Lt. Governor Gibson: Yes, Secretary Johnson: Yes, Treasure Bates: Yes, Representative Johnson: Yes, Governor Butler-Wolfe’s vote, if required, N/A.
CURRENT PROGRAMS AVAILABLE

- LEASE TO OWN HOMES
- LOW RENT HOUSING
- DOWN PAYMENT & CLOSING ASSISTANCE
- STORM SHELTER ASSISTANCE
- COLLEGE HOUSING ASSISTANCE
- EMERGENCY HOME REPAIR
- TRANSITIONAL HOUSING
- OVER-INCOME RENTAL HOUSING

FOR MORE INFORMATION ABOUT OUR SERVICES

PLEASE CALL (405) 273-1050 OR COME BY THE OFFICE LOCATED AT 107 NORTH KIMBERLY IN SHAWNEE, OKLAHOMA.

WEBSITE: WWW.ASHOUSINGAUTHORITY.COM

ATTENTION PARENTS!!!

CTSA EARLY HEAD START & HEAD START IS LOOKING FOR CHILDREN, AGES BIRTH TO 3 FOR OUR EHS PROGRAMS AND AGES 3 UP TO 5 FOR OUR HEAD START PROGRAMS!!

Our goal is to meet the individual needs of all children, especially those with disabilities. If you have a child or know of a child that would enjoy a safe, interactive and engaging learning environment, please call or come by one of our locations today!

A fun and exciting program for your child to learn and grow! Our qualified and dedicated staff provide rich learning environments where parents are encouraged to volunteer! If you are interested in our program, please contact our office in your area to complete an application.

We look forward to sharing your child’s learning years with you!

In our Shawnee location, we have two available options: Early Head Start (Birth to 3), & Head Start (3 up to 5). Both Norman and Cushing are strictly Head Start Programs (3 up to 5).

If you would like more information regarding our programs or to apply, please contact:

CTSA Early Head Start & Head Start

Shawnee Main Office: Enrollment Manager- Sherry Marsh (405) 275-4870
Stacey Osborne (405) 878-5820
1535 N McKinley, Shawnee 74801
sherrym@ctshaheadstart.org

Cushing Center: Center Supervisor- Wava Anderson (918) 225-1029
(405) 447-0381
111 W Vine, Cushing 74023
516 Iowa St.,
Norman 73069

Families must live in the following counties: Pottawatomie, Payne, Lincoln, & Cleveland

NATIVE AMERICAN PROGRAM (ALL ACCEPTED)

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

Prescriptions, medical supplies, helpful advice. The trained pharmacists and supportive staff at each of our AST pharmacy locations are happy to serve you in person or on the phone.

Please allow 24 hours for refills. When you call for refills, have your medication numbers ready and use our automated system. If you’d like to receive a text when medications are ready, share your current cell phone number with a pharmacy staff member. It’s also important to let us know about changes in address, phone numbers, insurance and other contact information.

24-HOUR EMERGENCY PHARMACY ACCESS

If you experience an emergent issue after hours and receive a prescription that needs to be filled that same evening, AST Health has provided access for Tribal members only at three (3) approved Walgreens locations in Shawnee and Norman. You will need to submit your prescription, and it is mandatory to identify yourself with your AST CDIB card and other appropriate ID. Then, they will fill your prescription. You will have a five-day limited fill on your prescription. Upon the first work/business day, you can have the remaining balance of your prescription(s) transferred to your AST pharmacy in either Shawnee or Little Axe, and they will fill your remaining balance. The three (3) AST Health-approved Walgreens service locations are: 1427 North Harrison Street or at 600 Shawnee Mall Drive, Shawnee, OK or 615 West Main Street, Norman, OK.

LITTLE AXE HEALTH CENTER
15951 Little Axe Drive
Norman, OK 73026
405.292.9530

Lobby:
Mon – Fri 8 a.m. to 5 p.m.

Regular Drive-thru:
Mon – Fri 7:30 a.m. to 5:30 p.m.

Extended Hours Drive-thru:
Mon – Fri 5:30 p.m. to 9 p.m.
Sat – Sun 9 a.m. to 9 p.m.
Holidays 9 a.m. to 5 p.m.
(excluding Thanksgiving & Christmas)

*Extended Hours Rx Drive-Thru is available ONLY for PlusCare Clinic prescriptions and AST member emergency room visit fills.

SHAWNEE CLINIC
2029 South Gordon Cooper Drive
Shawnee, OK 74801
405.878.5859

Regular Hours:
Mon – Fri 7 a.m. to 5 p.m.

Extended Hours:
Mon – Fri 5 p.m. to 9 p.m.
Sat 9 a.m. to 5 p.m.
Closed Sundays & Holidays

*Extended Hours Rx is available ONLY for Extended Hours Clinic prescriptions and AST member emergency room visit fills.

Both pharmacies are closed the first Wednesday of every month from Noon-5 p.m.
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<th>Saturday</th>
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<td>Cornbread</td>
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<td>Fluff</td>
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<tr>
<td></td>
<td>Chicken Noodle Soup</td>
<td>Beef Tips &amp; Noodles Veggies Mandarin Oranges</td>
<td>Chili Hot Dog Chez, Onions Tator Tots Cookie</td>
<td>Chicken Salad Sandwich LTOP Chips/orange</td>
<td>Scrambled Eggs Sausage Gravy Biscuits</td>
<td>Scrambled Eggs Sausage Gravy Biscuits</td>
</tr>
<tr>
<td></td>
<td>Grilled Chez Sandwich Pears</td>
<td>Grilled Noodles Veggies Mandarin Oranges</td>
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<tr>
<td></td>
<td>Pork Chop</td>
<td>Chicken Fried Steak Mashed Pot/Gravy Green Beans Crisp</td>
<td>Taco Casserole Salsa Peaches</td>
<td>Tuna Salad Sandwich LTOP Mac. Salad/Apple</td>
<td>Pancakes Bacon</td>
<td></td>
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<tr>
<td></td>
<td>Mac 'n Tom</td>
<td>Macaroni &amp; Cheese LTOP Mac &amp; Cheese</td>
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<td></td>
<td>Bread</td>
<td>Mashed Pot/Gravy Green Beans Crisp</td>
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<td>Mixed Fruit</td>
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<td>21</td>
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</tr>
<tr>
<td></td>
<td>Baked Chicken Veggies Wild Rice Apricots</td>
<td>Salisbury Steak Mashed Pot/Gravy Green Beans Crisp</td>
<td>Cabbage Stew Crackers Cinnamon Roll</td>
<td>Scrambled Eggs Toast Sausage Patty Mixed Fruit</td>
<td>Closed for Christmas</td>
<td></td>
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<td></td>
<td></td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
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<tr>
<td></td>
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<td>Salisbury Steak Mashed Pot/Gravy Green Beans Crisp</td>
<td>Cabbage Stew Crackers Cinnamon Roll</td>
<td>Scrambled Eggs Toast Sausage Patty Mixed Fruit</td>
<td>Closed for Christmas</td>
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<tr>
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<td>26</td>
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<td>28</td>
<td>29</td>
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<td>31</td>
</tr>
<tr>
<td></td>
<td>Closed for Christmas</td>
<td>Title VI Closed for Cleaning and Inventory</td>
<td>Title VI Closed for Cleaning and Inventory</td>
<td>Title VI Closed for Cleaning and Inventory</td>
<td>Title VI Closed for Cleaning and Inventory</td>
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<td>Title VI Closed for Cleaning and Inventory</td>
<td>Title VI Closed for Cleaning and Inventory</td>
<td>Title VI Closed for Cleaning and Inventory</td>
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</tr>
</tbody>
</table>

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

Title VI Photos

Merry Christmas
AARP 2016 HONOREES FROM HEALTH

**Norman, Oklahoma** – On October 10th the Annual American Association of Retired Persons (AARP) Oklahoma Elder Honors was held to recognize tribal elders from each of the 39 federally recognized Oklahoma tribes at the National Cowboy and Western Heritage Museum.

This year, the AST health system was amply represented as the Absentee Shawnee Tribe had 2 honorees this year, Mr. Melpherd Switch, ASTHA Health Board Chairman/LSWN Vice-Chairman and Ms. Jenifer Sloan, Behavioral Health Prevention Specialist.

Mr. Switch was nominated by Mr. Mark Rogers, AST Health Executive Director. He was honored for his active participation and dedicated service to improving the quality of care and serving as tribal champion for increased services for the Absentee Shawnee people. Mr. Switch is a strong advocate against bullying, homelessness, lobbies for American Indian Veterans health services, serves as cultural resource and is a member of the Absentee Shawnee Elder’s Council.

Ms. Sloan, Behavioral Health Prevention Specialist, was nominated by AST Governor Edwina Butler-Wolfe. She has years of experience serving children, youth, adults and families, in education, mental health/substance abuse, and prevention efforts. She has worked with Youth & Family Services, Johnson O’Malley Programs, and facilitated MSPI/suicide prevention projects. In addition, Ms. Sloan is a long standing member of the Absentee Shawnee Elder’s Council and has been a role model for students seeking higher education - as a Board member of the AST Education Committee.

“We are privileged to have such experienced and knowledgeable individuals here at the health system and congratulate them on their distinguished honors,” stated Mr. Rogers.
Photos from AST Veterans Day Program
held Nov. 10, 2016 at Little Axe Health Center
ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
INVITES YOU TO ANNUAL MOVIE EVENT

December 11, 2016
at 10:00 am

CINEMA CENTRE 8
3031 N. Harrison
Shawnee, OK 74801

Disney Movie – Moana
Rated PG

Popcorn & Soda
Provided 1 Per Child

One Chaperone will have Paid Admission Ticket for Movie

Gift Cards cannot be picked up Prior to 12/11/16,
Only Parents of AST Children will be able to pick up Gift Cards. You have until end of Jan. 31, 2017 to claim Gift Cards OF $25.00 WALMART GIFT CARDS

• In Finance Office@AST Complex. Call Twila Parker 405-275-4030 EXT. 6307 to Confirm Head Count by 12/9/2016.

CHILDREN MUST BE ENROLLED MEMBER OF THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA: CDIB REQUIRED AS PROOF
## DECEMBER 2016 BIRTHDAYS

<table>
<thead>
<tr>
<th>Name</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adams, Alexis Pearl</td>
<td>Adams, Misty Dawn</td>
</tr>
<tr>
<td>Adams, Missy Dawn</td>
<td>Adams, Thomas Allen</td>
</tr>
<tr>
<td>Adams, Carlos Edwin</td>
<td>Adams, John</td>
</tr>
</tbody>
</table>
Happy 19th Birthday
CeeCee
We love you,
mom, Granny,
cameron & Kelan

Happy 12th Birthday
Jili Jade
Happy 12th Birthday to one of the most Beautiful Souls I know!! You're my best friend now always and forever!! I Love You!!
Love, Mom

Princess Jiliyan
Happy Birthday little sister!! You are so sweet and mean at the same time!!
Gotta love you though!!
Love, Big Brother Justin

Jiliyan
Happy Birthday little sister!! You are so sweet and mean at the same time!!
Gotta love you though!!
Love, Big Brother Justin

Joplin
You are my favorite big sister!! Even though you make me do everything!!
Love Little Brother, Joplin

Jili
Happy 12th Birthday to my beautiful young niece! Hope your day is special! We love you lots!
Aunt BJ & fuzzy cousin Chloe

Happy Birthday
Lexi turns 10!!!

Happy Birthday
TO MY MIRICLE NIECE
JAMIE BEARD
I WISH YOU A HAPPY BIRTHDAY
LOVE AUNT RHONDA

Happy Birthday
TO MY OHNREY NIECE HOLLY DAVIS
THANK YOU FOR LETTING ME TAKE YOUR PLACE IN LAS VEGAS, I HAD A BLAST.
LOVE AUNT RHONDA
BEN COFFEE
From Mom

Merry Christmas & Happy New Year
to all our family and friends. God Bless You All.
Love The Kasecas

As part of National Native American Heritage month, some of the Little Axe Health Clinic staff participated in the Rock your Mocs Day, which was November 15th.

Lt to Rt: Dr. Whelan, Victoria Andrews, Corey Shawnee, Sharon Shawnee, Marvin Smith, Roland Smith, Clarice Williams, Jenifer Sloan, Brandi Johnson, and John Soap.

The Absentee Shawnee Tribe Media Department currently have clocks for sale. We have a desk clock with the AST Logo and we also have a wall clock also with the AST Logo. There is a limited number of each clock. The clocks will be sold on a first come basis. We accept cash, check or money order (make it out to AST Media).

AST Media Department
219 E. Walnut
Tecumseh, OK 74873
Phone: (405) 598-1279

Clocks For Sale

Desk Clock w/AST Logo - $69
Wall Clock w/AST Logo - $75
Let us help...

With your cooling bill this summer
If you live in Pottawatomie or Cleveland counties
and have a C.D.I.B. card you may qualify for the
L.I.H.E.A.P Program

Come and apply
Starting in May thru September
2016

The L.I.H.E.A.P Program will pay for

All applicants must meet the eligibility requirements and criteria which is
approved by the Absentee Shawnee Tribe.

Department of Social Services
(405) 275-4030, Ext. 6225
Annette Wilson, Social Services

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

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

• **Academic (K-12) Program**: assists with academic related expenses, and a
  portion of funds can be used for school-related athletic program expenses.
  Program has a maximum funding limit for the academic year.

• **Zahn Program**: established from a trust fund, program can help with some
  graduation expenses, and awards two (2) incentives: one for GED recipients
  and one for High School graduates. Program has a maximum amount of funding
  for graduation expenses.

• **Job Training Adult Education Program**: funds for vocational training at
  accredited vocational institutions. Program has a maximum funding limit for the
  calendar year or per program.

• **Higher Education**: Education Incentive Award Program: funds for
  undergraduate degrees, one associate or bachelor degree, at any accredited college
  or university. Funding levels are determined based upon grade point average and
  full-time or part-time status.

• **Graduate Scholarship Program**: funds for one master’s degree or one doctoral
  degree, and can fund one graduate admissions test. This program has funding
  levels based upon full-time and part-time status.

• **Big Jim Youth Award Program**: annual incentive for High School
  Seniors for Academic Achievement and Athlete of the Year. Deadline for
  application submission is March 31st of each year.

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

**Attention:**
Applications for fall 2016 must be received or postmarked by June 15, 2016.

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

For more information, please call Tresha Spoon at (405) 275-4030, Ext. 6242 or 1-
800-256-3341 or email to tresham@astribe.com.
Here for you, now more than ever.

**EXTENDED HOURS:**
5-9 p.m. Monday - Friday
9 a.m. - 5 p.m. Saturday

A child with a high fever. An ear infection. Flu. A blood sugar spike or fall. To take better care of you, Shawnee Clinic is now open extended hours on weekdays and additional hours on Saturday. We ask for your respect in understanding that these times are for people who need acute care immediately, not routine medical care. Last walk-ins will be accepted at 8:30 p.m. weekdays and 4:30 p.m. Saturdays.

Shawnee Clinic provides quality health care for people in our community. Sensitive, trusted, compassionate. You are at the heart of what we do.

**SHAWNEE CLINIC**
Absentee Shawnee Tribal Health Authority, Inc.

2029 South Gordon Cooper Drive | Shawnee, OK 74801
405.878.5850 or 1.877.878.4702 (TOLL-FREE)

**Regular hours of operation:** 7 a.m. to 5 p.m. M-F.
Closed the first Wednesday of every month from noon-5 p.m.
Closed Sundays & holidays.

A new extended-hours clinic available

**HOURS OF OPERATION:**
9 a.m. - 9 p.m. Monday – Friday
9 a.m. - 9 p.m. Saturday – Sunday
9 a.m. - 5 p.m. Holidays (except Thanksgiving & Christmas)

PlusCare will be closed the first Wednesday of the month from noon-5 p.m.

First appointment - 9 a.m.
Last appointment - 8:30 p.m., Monday - Friday
Last appointment - 4:30 p.m., Saturday, Sunday & Holidays

Minor illnesses and injuries—an earache, a sprain, the flu—can sneak up on you. That’s why PlusCare provides medical services for non-emergency conditions on a same-day, no-appointment necessary basis. PlusCare is available to AST tribal members and other IHS-eligible Native Americans who are ages two years and older.

At PlusCare, we’re dedicated to providing high-quality, clinic-based health care to members of our community. On evenings. On weekends. This is all for you.

**PLUSCARE**
Liisi-Wi-Wi Health, Inc.

15702 East State Highway 9 | Norman, OK 73026
Phone: 405.447.0477 Fax: 405.366.8996
The AST Diabetes and Wellness Fitness Center provides state of the art fitness equipment to help you reach your fitness goals. The AST Fitness Center is available to AST Diabetes Program patients, all Native Americans and their household family members, and the AST employees. Our goal is to provide appropriate and educational fitness training to all AST diabetes patients while promoting a safe, fun, and positive experience. Take some time to come by and visit the Diabetes and Wellness Fitness Center today! For more information, please contact Buster Bread or Chrissy Wiens at (405) 364-7298.

**AST Diabetes and Wellness Program**

The goal of the diabetes and wellness program is to provide a supportive resource to tribal members who are currently diagnosed with diabetes, or at risk and seeking information and/or support for diabetes and personal health. The program will offer guidance on healthy lifestyle changes such as eating healthy, exercise tips including workout classes with our two certified trainers, and keys to reducing stress.

The AST Resource Center fitness room hours are:
- **Monday-Friday** 6:00am - 9:00pm
- **Saturday** 9:00am - 3:00pm
- **Sunday** CLOSED

For more information on the many exciting opportunities available for our tribal community please call our clinic at 405-701-7977 or visit our website at [www.asthealth.org](http://www.asthealth.org) (Then navigate to our Diabetes and Wellness section under the services section.)
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td><strong>CLASSES</strong></td>
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<tr>
<td>Cardio Kickboxing 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center</td>
<td>Circuit Training 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center</td>
<td>Zumba Fitness 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center</td>
<td>Circuit Training 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center</td>
<td>Cardio Kickboxing 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center</td>
</tr>
<tr>
<td><strong>Cardio Kickboxing</strong> 12:00 p.m.-12:45 p.m. Chrissy Wiens LITTLE AXE HEALTH FACILITY</td>
<td>Circuit Training 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center</td>
<td></td>
<td></td>
<td>Full Body Strength 2:30 p.m.-3:15 p.m. Buster Bread LITTLE AXE HEALTH FACILITY</td>
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</tbody>
</table>

**Fitness sessions will be available every week at the Little Axe Health Center**

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

"Zumba Fitness" - Fitness, fun, and dance. Learn Zumba dance moves to get your heart rate pumping!

"Chair Exercise for Elders" - Low-impact strength training utilizing a chair for elders and beginner fitness levels.

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

"Full Body Strength" - Traditional strength training to improve muscular strength and fitness.
Norman, Oklahoma – The Medical Group Management Association (MGMA) presented its annual awards to those who had made outstanding contributions to the profession at their October MGMA 2016 Annual Conference in San Francisco, California. Mrs. Marla Throckmorton MSN, RN, CMPE, AST Health Deputy Director/Clinic Administrator, became the 2016 recipient of the Fred Graham Award for Innovation in Improving Community Health. This national award recognizes the advancement of healthcare delivery and improvement of community health.

Mrs. Throckmorton is a distinguished, advanced degreed, nurse executive. Under her adept leadership and clinical expertise, the entire tribal health system engaged in an operational re-start. Utilizing a team of skilled experts and a lot of heart, she was directly responsible for growing the 2 separate clinics owned by the tribe from 68 employees servicing 8,000 patients to a fully functional health system of 260 employees in 2 short years serving nearly 16,000 patients. Whenever called upon, she is there for tribal patients and other serviced non-Native community patients. Mrs. Throckmorton’s love for the tribe and the benchmarks she created has set a new standard of excellence for tribal health care in Oklahoma today. Her stewardship will be in effect and perpetuated via a comprehensive health system for years to come!

The Medical Group Management Association (MGMA) helps create successful medical practices that deliver the highest-quality patient care. As the leading association for medical practice administrators and executives since 1926, MGMA helps improve members' practices through exclusive member benefits, education, resources, news, information, advocacy, and networking opportunities, and produces some of the most credible and robust medical practice economic data and data solutions in the industry. Through its national membership and 50 state affiliates, MGMA represents more than 33,000 medical practice administrators and executives in practices of all sizes, types, structures and specialties. MGMA is headquartered in Englewood, Colo., with a Government Affairs office in Washington, D.C.
ASTHS DIABETES & WELLNESS PROGRAM:

December is here, and for many, it is the most wonderful time of the year. However, when it comes to sticking to wellness goals during the month of December, sometimes we don’t make our smartest decisions. December is a challenge for all of us, routines are disrupted and old, unhealthy choices can come creeping in, making the wellness challenge ever trickier. Try following these 3 strategies to maintain healthy goals over the winter holidays.

1. **Identify Your Wellness Strengths and Weaknesses**: We all have them, so take time to identify yours. Once you have considered that, then you can develop strategies to adapt and improvise; helping yourself achieve a happier, and healthier holiday outcome. For example, if you do not like walking in cold weather then perhaps you can put together a winter walking uniform that will keep you warm. Then give it a name, like “Mom’s Indomitable Snowman Suit” and enjoy bringing your family or friends a few smiles every time you engage in your physical activity goals! Use your imagination!

   If you know that baked goods with added sugars/fats are your pitfall, then you might offer to bring a healthier (but still tasty!) tray to work and family gatherings. A small, smart decision like this leads to other daily, small smart decisions on health. And you are most likely going to give in to a craving, either with too little movement, or too much food. It’s alright; just know that you can get back on track with your next smart, healthy decision!

2. **Watch Portions Closer than Ever**: Portion control is the best way to still have a little fun with food while focusing on your health so that you will be around to enjoy many more holidays! Look for smaller sized plates or spread your food selections out on a larger plate. Focus more on the people and conversations at food gatherings and eat slower, savoring every bite. Think, “less is more” with certain holiday favorites. Take sample size bites of the starchy foods, such as casseroles, stuffing and rolls and share desserts with another person. Take a breath and think through your portions—you can do this!

3. **Be Present in the Moment**: Do not wait until January to pick back up on your health and wellness goals. Diet and lifestyle change is an ongoing process—think of it as slowly un-locking a part of you that is trying to break out and exist. We all have some capacity to fill our mouths with more nutritious foods or lead more active lifestyles, so it is up to each of us to give that person within us a chance to live. Do not lock your healthy, active self away until next month. December can, in fact be one of the most wonderful times of the year! So bring your best self out now to engage with your family, play with your friends and serve your community.

Remember, we are here at the Diabetes and Wellness Center to help you achieve your nutrition, physical activity and lifestyle goals—this December and all throughout the year! Now get out there and make it a happy, healthy holiday!
ABSENTEE SHAWNEE TRIBAL MEMBERS

APPLYING FOR TRIBAL ENERGY ASSISTANCE (T.E.A)
(A ONE TIME YEARLY PAYMENT OF $150.00, PER RESIDENCE)

ELIGIBILITY

☐ ENROLLED ABSENTEE SHAWNEE TRIBE
☐ 18 YEARS OF AGE OR OLDER
☐ UTILITY BILL IN YOUR NAME AND/OR SPOUSE’S NAME (SPOUSE MUST RESIDE IN HOME)
☐ TOTAL RESIDENCE INCOME (MUST NOT EXCEED A MONTHLY NET PAY OF $2,800.00)

REQUIRED DOCUMENTATION:

☐ SOCIAL SECURITY CARDS (ALL MEMBERS RESIDING IN THE RESIDENCE)
☐ CDIB CARDS (ALL MEMBERS RESIDING IN THE RESIDENCE)
☐ CURRENT UTILITY BILL AND/OR DISCONNECT NOTICE
☐ CURRENT 30 DAYS INCOME VERIFICATION (I.E. CHECK STUB, SOCIAL SECURITY, UNEMPLOYMENT, TANF, ETC.)
☐ UNEMPLOYED APPLICANTS MUST COMPLETE SELF-CERTIFICATION FORM PROVIDED BY CASE WORKER

APPLICATION ALSO ONLINE: www.astribe.com

HAVE APPLICATION COMPLETED AND ALL REQUIRED DOCUMENTATIONS BEFORE SUBMITTING TO SOCIAL SERVICES

Office of Environmental Health & Engineering

• Tribal Housing Improvements Application

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

THIP list all applicants by a priority list:

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

Other Programs available:

• Sanitation Facilities Assistance Program

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

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

Submit completed application to:

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

Absentee Shawnee Tribe Complex
Office of Environmental Health & Engineering, Building 13
If you have any questions, you can reach us by phone at (405) 214-4235

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.
Help Protect Indian Country: Get your flu shot

Native Americans are at a higher risk of developing complications from the flu. Influenza (the flu) and pneumonia are leading causes of death in Native American elders. The flu can also make diseases like diabetes, asthma, and other heart and lung diseases worse. Getting a flu shot protects you, your family, and everyone around you from the flu.

The Flu Vaccine is Safe

The flu shot has been around for more than half a century and hundreds of millions of people have safely received one. The flu shot does not cause you to get the flu. A flu shot may cause you to be sore or feel achy from the injection which can be mistaken for having the flu. The side effects can last between 1-2 days. Because the flu vaccine changes every year it is important to receive the flu shot every season.

Where to get a Flu Shot

The flu vaccine is available Monday-Friday 8:00 am-5:00 pm at the Little Axe Health Center for established patients 6 months of age and older. You may schedule an appointment by calling 405-447-0300. The Plus Care Clinic serves walk-in patients only and is open Monday-Friday 9:00 am-5:00 pm and offers flu shots for Native Americans age 9 years and up. For more information about Plus Care services call 405-447-0477. The Shawnee Clinic is open for appointments Monday-Friday 8:00 am-5:00 pm. Schedule an appointment with your primary care provider’s nurse at 405-878-5850 or utilize the Same Day Clinic services from Monday through Friday from 9:00 am-9:00 pm. Also open on Saturdays from 9:00 am-5:00 pm.

For more information or questions regarding the flu vaccine contact Public Health Nursing at 405-447-0300 extension 7190.

http://www.cdc.gov/features/AIANFlu/Index.html

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**BRING US YOUR USED MEDICAL EQUIPMENT!!!**

The AST Health System is accepting used durable medical equipment items for re-use.

We can shine up that old walker, wheelchair, cane, or CPAP breathing machine and make it serviceable again.

Drop off your un-used item(s) at Little Axe or Shawnee Physical Therapy departments.

For more information call (405) 701-7985 (Little Axe) or (405) 878-5850 (Shawnee).
The Department of Interior recently advised they are expanding their schedule for implementing the Land Buy Back Program and adding 63 additional locations for the period of 2018 through 2021. This program began making offers in 2013. It has paid over $740 million to individual landowners and restored the equivalent of nearly 1.5 million acres to tribal governments. This expansion brings the number of locations being planned for the program to 105. This total includes 96 percent of all landowners with fractionated interests and more than 98 percent of both purchasable fractional interests and equivalent acres in Program eligible areas. There are currently about 245,000 landowners holding approximately 3 million fractional interests across Indian Country.

The intent of the Buy Back program is to partner with tribal governments to stimulate new opportunities so that tribes can operate more efficiently, enter into community discussions and create plans that ensure lands stay in trust. The Program implements the land consolidation component of the Cobell settlement which provided $1.9 billion to purchase fractional interests in trust or restricted land from willing sellers at fair market value within a ten year window. If a fractional land interest owner decides to sell their fraction you will receive a payment directly into your individual Indian Money (IM) account. The lands purchased through this process are immediately restored to tribal trust ownership to benefit the community and tribal members. In the upcoming months a Program representative will be communicating with our tribe on the process and its implementation.

Our tribe is on the new expanded Program list and members with eligible fractional interests are encouraged to call the Trust Beneficiary Call Center (Call Center) at 888-678-6836 and indicate whether you are a willing seller and/or to update contact information. By registering as a willing seller it does NOT commit you to selling your land, nor will it guarantee an offer will be extended; it merely identifies your interest and assist in advancing planning. Individual landowners can contact the Call Center, Office of the Special Trustee or BIA office to learn more about your land and options available to you. You can also visit the Program site at: https://www.doi.gov/buybackprogram/programimplementation-schedule.

A Little Note from The Tag Office

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.

Vocational Rehabilitation Transitional Services

Iowa Tribe of Oklahoma

- 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
  KAY
  NOBLE
  PAVNEE
  PAYNE
  PRIETA
  LINCOLN
  LOGAN

Iowa Tribe of Oklahoma Vocational Rehabilitation
P.O. Box 728
Ponca, OK 74059

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

"See the Person, Not the Disability"

Find us on the Web: www.bahlkoje.com
WAYS TO STOP THE AMOUNT OF MONEY SMOKING COSTS YOU AND THE NEGATIVE EFFECTS SMOKING HAS ON YOU

[Contact Information]

Sec. 4 Qualifications:

At least (2) two Directors must be AST Tribal members (18 years or older) with Health care experience. All others Directors must have sufficient professional experience in various fields (e.g. business, accounting, public service, law, administration, etc.) to contribute productively to the operation of the Board. All appointees are subject to a background check. No employee or staff member of the Absentee Shawnee tribal health care system may simultaneously serve on the Board.

2016 Employee BLS HCP CPR

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<tr>
<th>Date</th>
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<td>May 10, 2016</td>
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<tr>
<td>December 6, 2016</td>
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Please call Kathy at 7997 or email me at kheldenbrand@astribe.com or Call Gloria at 7600 or email her at gseeley@astribe.com or Call Deldre at 7190 or email her dyarbrugh@astribe.com

OILS

Oklahoma Indian Legal Services will be at the Tribal Court House, Bldg. #3 each month on the 2nd Thursday from 9am-12pm.

Oklahoma Indian Legal Services (OILS) is a nonprofit organization that provides free legal services to low income Native Americans in Oklahoma. To be eligible for services you must fall within OILS income guidelines.

Contact information:

Oklahoma Indian Legal Services (OILS)
4200 Perimeter Center Dr., Ste 222
Oklahoma City, OK 73112
Telephone: (405) 943-6457
Telephone: (800) 658-1497
Facsimile: (405) 917-7060
Don’t Get Caught with Your Tires Down
AAA.com/repair

Winter Car Care Checklist

Battery and Charging System – Have the battery and charging system tested by a trained technician. A fully charged battery in good condition is required to start an engine in cold weather. AAA members can request a visit from a AAA Mobile Battery Service technician who will test their battery and replace it on-site, if necessary.

Battery Cables and Terminals – Make sure the battery terminals and cable ends are free from corrosion and the connections are tight.

Drive Belts – Inspect the underside of accessory drive belts for cracks or fraying. Many multi-rib serpentine belts are made of materials that do not show obvious signs of wear; replace these belts at 60,000-mile intervals.

Engine Hoses – Inspect cooling system hoses for leaks, cracks or loose clamps. Also, squeeze the hoses and replace any that are brittle or feel excessively spongy.

Tire Type and Tread – In Oklahoma, all-season tires work well in our light to moderate snow conditions, provided they have adequate tread depth. Uneven tire wear can indicate alignment, wheel balance or suspension problems that must be addressed to prevent further tire damage. Replace any tire that has less than 3/32-inches of tread. Use the penny test: insert a penny – Lincoln’s head first – into the deepest part of your tire’s tread. If you can still see the top of Lincoln’s head, it’s time to invest in a new set of tires.

Tire Pressure – Check your tires’ inflation pressure more frequently in fall and winter. As the average temperature drops, so will tire pressures – typically by one pound per square inch (PSI) for every 10 degrees Fahrenheit. The proper tire pressure levels can be found in the owner’s manual or on a sticker typically located on the driver’s side door jamb or on the door of the glove compartment. Also, check your spare, if you have one. Many newer cars come without one.

Air Filter – Check the engine air filter by holding it up to a bright light bulb. If light can be seen through much of the filter, it is still clean enough to work effectively. However, if light is blocked by most of the filter, replace it.

Continued on next page
Coolant Levels – Check the coolant level in the overflow tank when the engine is cold. If the level is low, add a 50/50 solution of coolant and water to maintain the necessary antifreeze capability. Test the antifreeze protection level with an inexpensive tester available at auto parts stores or go to a qualified auto tech.

Lights – Check the operation of all headlights, taillights, brake lights, turn signals, emergency flashers and back-up lights. Replace any burnt-out bulbs.

Wiper Blades – The blades should completely clear the glass with each swipe. Replace any blades that leave streaks or miss spots.

Washer Fluid – Fill the windshield washer fluid reservoir with a winter cleaning solution that has antifreeze components to prevent it from freezing.

Brakes – If there is any indication of a brake problem, have the system inspected by a certified technician to ensure all components are in good working order.

Transmission, Brake and Power Steering Fluids – Check all fluids under the hood to make sure they are at or above the minimum safe levels.

Emergency Road Kit – Carry an emergency kit equipped for winter weather. The kit should include:

- Bag of abrasive material (sand, salt, clay-based kitty litter) or traction mats
- Snow shovel
- Flashlight with extra batteries
- Windshield washer solvent
- Ice scraper with brush
- Cloth or roll of paper towels
- Jumper cables (and know how to use them)
- Extra warm clothing such as gloves, hats and scarves
- Blankets
- Warning devices such as flares or triangles
- Drinking water
- Non-perishable snacks for both humans and pets
- First-aid kit
- Basic toolkit (screwdrivers, pliers, adjustable wrench, duct tape)
- Cell phone and car charger cord. Pre-program your phone with rescue apps (AAA.com/Mobile) and important phone numbers including family and emergency services.

The road to a long car life starts with the owner's manual. Following the vehicle manufacturer's recommended maintenance schedule found in the owner's manual is the best way to keep a car running properly and avoid costly repairs.

A not-for-profit, fully tax-paying organization, AAA Oklahoma provides its 395,400 Oklahoma members with emergency roadside assistance and auto travel services. Plus, the auto club offers members and the general public a wide range of personal insurance, worldwide travel and financial services at branch offices across Oklahoma and online at AAA.com. Motorists can map a route, identify gas prices, find discounts, book a hotel and access AAA roadside assistance with the AAA Mobile app for iPhone, iPad and Android. Learn more at AAA.com/mobile.
Office of Environmental Health
Brownfield Response Program

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

Do you possibly have a Brownfield site on your land?
Typical Brownfield Sites Include:

♦ Abandoned Factories/Buildings/Homes
♦ Burned Homes
♦ Buried Dump Sites
♦ Open Dump Sites
♦ A Large Amount of Tires
♦ Former Cattle Dip Pit Sites
♦ Barrels of Unknown Substances
♦ Old Service Stations
♦ Oil Storage Facilities
♦ Oil/Gas Well Sites
♦ Old Dry Cleaning Businesses

If it’s possible that you have a Brownfield site on your property, or if you know of a possible Brownfield site, please contact:

Absentee Shawnee Tribe
Brownfield Response Program
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801
(405) 214-4235
AST.Environmental.Programs@astribe.com

Follow us on Facebook to view and comment on current and upcoming projects.

www.facebook.com/ast.environmental.programs
Iowa Tribe of Oklahoma Vocational Rehabilitation Program

“See the Person Not the Disability”

History:
The Iowa Tribe of Oklahoma Vocational Rehabilitation Program has provided vocational services to American Indians since 1994, and transition services to students since 2009. Our goal is to develop and provide specialized services to American Indian students with a disability. We want to help these students that are making a transition from high school to work or who are seeking post-secondary education.

Services That Can Be Provided:
Depending on an individual’s needs and goals, will determine which services are best for you. However, some services that we can provide include testing fees such as SATs & ACTs, assistive devices, evaluations, and various other services.

Qualifications:
Must be an enrolled member of a federally recognized tribe, a junior or senior in high school, and must reside in one of the seven counties served by the Iowa Tribe Vocational Rehabilitation Program. You must also provide documentation of your disability and this can include a doctor’s statement or the IEP or 504 plan from your school.

Counties We Serve:
Kay, Noble, Pawnee, Payne, Pottawatomie, Lincoln, and Logan

Contact: Christa McClellan
Phone: 405-547-5721
Toll Free: 1-888-336-4692
E-mail: cmcclellan@iowanation.org

WE ARE ON THE INTERNET: www.bahkhoje.com

ONLINE PATIENT PORTAL
for our Little Axe Health Center and Shawnee Clinic

Need to schedule an appointment? Ask a question? View lab results?
Now, Little Axe Health Center and Shawnee Clinic patients can connect with their health records and care providers via our real-time, secure patient portal. Go to www.asthealth.org/patient-portal to register.
For more help, call your clinic, and we’ll walk you through it.

Install the app on iPhone or Android for real-time access to your health information

Sign up, stay connected.
CHS for a currently enrolled AST member who resides in the defined catchment area and has Medicare or private insurance.

1. To complete existing CHS patient updates, please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

   For new AST tribal members, to become established for CHS services, please make an appointment to see the New Patient Coordinator/PBA at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

2. Notify CHS at least 48 hours prior to appointment date for a Coordination of Benefits (COB) to be sent to the provider.

3. Inform provider/health facility that AST CHS is a 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.

EMERGENCY AND URGENT CARE SERVICES

CHS for a currently enrolled AST member who resides in the defined catchment area and 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 your 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 your 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 the determination such services were “emergency care” or “urgent care.” Such evidence my 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 CHS office or the Shawnee Clinic CHS office.

CONTRACT HEALTH SERVICES NEWS

The AST Contract Health Services Team is here to assist you.

Please follow the CHS guidelines.
Keep a copy on hand and update your information.

Contract Health Services is conveniently located in Little Axe Health Center and in Shawnee Clinic, Building 16.

8:00 a.m. – 5:00 p.m., Monday – Friday
Closed on Holidays
All facilities closed the first Wednesday of the month from Noon to 5pm.

IMPORTANT CONTACTS

BILLING & PAYMENT INQUIRIES
Little Axe Health Center & Shawnee Clinic
Glendine Blanchard, CHS Coordinator
Darla Gatzman, CH Technician
Chelle Foreman, Medical Claims Examiner
Lena Carol, CH Technician
Brenda White-Valdez, CH Technician

SHAWNEE CLINIC CHS
405.878.5850 (Primary)
405.878.4702 (Secondary)

LITTLE AXE HEALTH CENTER CHS
405.701.7951 (Please follow voice prompts)
405.447.0300 (Secondary)

REFERRAL MANAGEMENT
Little Axe Health Center
Debi Sloat, CHS Coordinator/RN
Sharon Littlecreek, Patient Care Manager/LPN
Jayne Werst, CH Specialist, Medicaid Patients
Dana Medina, CH Technician
Melinda Ferrell, PBA, Dental Referrals

REFERRAL MANAGEMENT
Shawnee Clinic
Flo Mann, CH Specialist, AST Patients/LPN
Laurie Webber, CH Specialist, IHS Patients/LPN
Carrie Stanley, CH Specialist, Medicaid patients/ Medical Assistant

CONTRACT HEALTH SERVICES FOR AST MEMBERS WITHOUT INSURANCE

CHS for a currently enrolled AST member who resides in the defined catchment area and 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. CHS staff and/or Patient Benefit Advocates can assist you with the application process for alternate resources. Failure to exhaust available or potentially available alternate resources may result in denial of payment.

2. To complete existing CHS patient updates, please visit the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

   For new AST tribal members, to become established for CHS services, please make an appointment to see the New Patient Coordinator/PBA at either the Little Axe Health Center or Shawnee Clinic during regular hours of operation.

3. You must utilize the services provided within 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 and/or CMMR Committee.

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.
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
405-878-4702 (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, ALL THE ABOVE MUST BE SENT TO THE STATE. ONCE PROCESSED, STATE PAYMENT WILL BE ISSUED.

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

Duration: Starts August 31st and will run through the school year. Monday-Thursday, 2:45pm-6:00pm

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

Everything is offered with no charge….Little Axe bus will transport students to the AST Resource Center on Peebly Road and parents are responsible for picking students up by 6:00pm.
You can earn 10, 15, 20 percent or more in FREE† Mary Kay® products.

†Based on the actual sales total and the number of bookings from your event to use toward your choice of Mary Kay® products.

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• Get skin care recommendations.

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Delana Ayers
405-432-7405
http://www.marykay.com/dayers4

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Party With a Cause
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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