



The Absentee Shawnee News

INSIDE THIS ISSUE

Volume 27 No. 45 ♥ February 2016

2 - 3 EXECUTIVE COMMITTEE REPORTS
4 TITLE VI MENU & NEWS
6 ELDERS COUNCIL
11 ELECTION COMMISSION
13 OEHE
14 - 15 FEBRUARY BIRTHDAYS

16 AST HEALTH SYSTEM UPDATE
18 EMERGENCY MANAGEMENT REPORT
20 - 21 HEALTH SYSTEM ANNOUNCEMENTS
23 FROM THE DOCTOR'S NOTEBOOK
24 NATIONAL CHILDREN'S DENTAL HEALTH MONTH
27 NATIONAL FOLIC ACID AWARENESS

28 - 29 TEEN DATING VIOLENCE AWARENESS MONTH
30 AST INDIAN CHILD WELFARE
35 - 36 CAMPAIGN LETTERS
37 FOSTER CARE
38 - 39 MINUTES

From the Election Commission:

TRIBAL MEMBERS FOR ELECTIVE OFFICES

LT. GOVERNOR

Kenneth Blanchard
Isaac Gibson, Jr.

TREASURER

Leah Bates
Scott Miller
Twila Parker
Kathy Deere

REPRESENTATIVE

Rick Little Axe, Sr.
Anthony "Tadpole" Johnson
Sherman Tiger

COMMISSION MEMBER #1

Mary Birdtail

No one filed: Election Commissioner, Election Secretary

Executive Committee



Edwina Butler-Wolfe

Governor



Issac Gibson

Lt. Governor



John Johnson

Secretary



Leah Bates

Treasurer



Kenneth Blanchard

Representative

Monthly Executive Committee meetings can be watched online at astribe.com

Governor's Report

Hello my Absentee Shawnee people!

I am often amazed at what electronic online libraries offer. I can still remember earlier days when the DOS (Disk Operating System) was the first widely-installed operating system for personal computers and was considered the forerunner of business computer technology. Much has changed since IBM began that computer line. These days have a host of explorable opportunities available to us both in the type of technology and the software that can go on and in it. As an example: this past week I was visiting the Wikipedia site and decided to put DOS (Disk Operating System) was the first widely-installed operating system for personal computers in the name 'Oklahoma'. I was somewhat surprised at what I learned. Many of you probably know that 'Oklahoma' is derived from the Choctaw language and liberally interpreted it means 'land of red man'. But were you aware that the federal government regarded our state as Indian Territory with the thought in mind that it would be an all Indian state controlled by the United States Superintendent of Indian Affairs? It was only later that the name changed from Indian Territory to Oklahoma, the de facto name for Oklahoma Territory, in 1890. In review of our own tribal history the Absentee Shawnee's began early settlement into 'Indian Territory' around 1839. This was brought about by Indian agents from the U.S. government bringing soldiers from Fort Reno in western Indian Territory and forcing the Absentee Shawnees located in Deep Fork River to leave. Our people were brought south to the area known as Hog Creek and Little River where the Big Jim band remains to this day. The White Turkey Band was moved to what is now Pottawatomie County near a town later

named 'Shawnee' after our tribe.

As I go out and meet with other tribal leaders or agency officials I am often asked the question? Why are we called the 'Absentee Shawnee's'? Our cultural department indicate the phrasing of our name the "Absentee Shawnee" stems from a provisional clause in an 1854 treaty regarding surplus lands in the Kansas Reservation which were set aside for the "absent" Shawnees.

STATE OF INDIAN NATIONS

On January 14, 2016 the State of the Indian Nations was given by the National Congress of American Indian's President, Brian Cladoosby. He called on the federal Congress and the President to address the following issues in 2016:

Community Security.

- Reauthorization of the Tribal Law and Order Act.

Economic Equality.

- Tribes should be able to collect taxes without placing extra burdens on local businesses.

NCAI called on the Department of Interior to amend 'The Indian Trader' regulations, to eliminate dual taxation in Indian Country, and empower tribes to invest in the infrastructure and services that make economic development possible.

- Tribes must be able to issue tax-exempt bonds.

Education, Health And Wellness Of Tribal Communities.

- **Education** is a promise made in exchange for our land. NCAI indicated there is '... work to do, to ensure that tribal governments are directing the education of their youth.'

It can be done by incorporating tribal culture and language into the classroom; by acknowledging the role of tribal education departments in Indian education; and by ensuring that students have adequate, safe, and modernized schools and environments in which to learn and thrive.

➤ **Wellness.**

NCAI asked the federal government to permanently reauthorize the Special Diabetes Programs for Indians, so that tribal communities can continue to combat this disease. NCAI called on Congress to provide advanced appropriations for the Indian Health Service to eliminate delays and uncertainties for clinics, hospitals, staff, and patients.

NCAI called on both the Administration and Congress to relieve tribal communities of the financial burden they bear under the Affordable Care Act's employer mandate.

Threat Of Global Climate Change.

NCAI asked for the establishment of a permanent Climate Adaptation Task Force, in collaboration with tribal leaders.

Land Into Trust – Where Are We?

In August 2015 the Executive Committee legislated to make an offer on the Nettie Moreland trust property in Pottawatomie County. In November expenditures of tribal funds were authorized for the purchase of this property. The tribe owns the property and we are waiting for this land and numerous other tracts of land the tribe owns to be placed into trust for the tribe.

Maintenance

For the past 31 months I have been bringing to your attention the concerns I have in relation to getting the maintenance and grounds needs of our tribal complex taken care of. Our buildings are in dire need of care both on the inside and the outside. Two weeks ago part of my ceiling fell in. Pigeons and hawks are known to get in our buildings due to holes and openings in our ceilings. If you were to come onto the campus you would see the negligence both staff and visitors daily see. Yet there are exceptions to this. Finance has had three building renovations done in a 3 year period, with new equipment purchased and 'matching' glass desk tops tailored to their desks. This year's budget for Finance shows they included additional building renovation funds; construction funds and new furniture and fixture funds. It has been noted that two facilities located on the tribal campus have had to hire their own maintenance personnel. This is not good for business. The tribe needs to set project prioritizations. These could be done by starting with buildings on the tribal complex as the tribe operates business and the services being provide from these buildings. As a secondary consideration the community buildings as those serve our tribal communities. The needs of the tribal members are important and a system should be considered to assist tribal members based on an established process and a budget line item specifically for that to occur. At this time none of this is in place and it needs to be done and I am hopeful with a change in leadership that will happen.

Meetings And Events

Since my last report in the January newsletter I have attended the following meetings and/or special events:

- December 15th Health Board Meeting
- December 16th Executive Committee Monthly Meeting
- December 17th CTSA Governing Board of Director Meeting
- December 18th Budget Meeting Health Program and Tribe
- December 23rd Staff Christmas Luncheon
- December 30th Special Executive Meeting
- January 11th Informal Meeting Executive Committee
- January 11th CTSA Training 5:30 pm – 9:00 pm
- January 15th United Indian Nation Oklahoma, Kansas and Texas Meeting

Expressions

For those families who may have lost a loved one this month I offer my sincere

condolences to you and your family on your loss.

For those families celebrating a new birth, birthday and/or anniversary I extend my warmest congratulations.

In Conclusion

I have 16 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.

Secretary's Report

Hello All,

The holidays are over and the New Year has begun. I am ready to get things started and my goals accomplished. I'm hoping with a new year among us, I will be able to exceed and excel in the goals that I have set forth for the tribe. Due to the funds running low for 2015, I was unable to start my first goal of getting the tribal resolutions set up on a database. By doing this, the tribal resolutions will be made available via the tribal internet. This will give AST tribal members complete access to the tribal resolutions that are being passed in the Executive Committee meetings.

My second goal is to have a NEW TRIBAL TRAVEL STORE in Little Axe built. After a complete feasibility study is done on the store, I will be able to give you more details. As tribal members, I want to hear your feedback on this. I want to hear your questions, comments or concerns for a new store.

As you know, there are upcoming elections approaching, as the tribal secretary, I would like to ask for all candidates to please be respectful to each other during the election time. Thank you and good luck to all the candidates.

GOOD DAY!!

Niyawa,
John R. Johnson
Secretary

Representative's Report

Greetings Tribal Members:

I hope everyone enjoyed their holiday with family and friends and ready for the beginning of 2016. I would like to express my deepest condolences to the families of the recent deceased Tribal Members.

On November 24, 2015 I had a change of staff Leonard Longhorn is now the Director of Cultural Preservation and Diane Ponkilla transferred from AST Police Specialist to the Representatives Administrative Assistant.

The Representative has oversight of The Human Resources and The Cultural Preservation Department.

Human Resources Department:

The mission of the HR Department is to recruit, retain and develop a highly competent workforce that supports the core goals, vision and values of the Absentee Shawnee Tribe. HR is made of (4) Employees: Cheri Hardeman, Human Resource Director; Rachael Lankford, Human Resource Generalist; Elizabeth Clark, Benefit Specialist and Casey Adams, Human Resources Assistant.

The HR Department is currently working on ACA1095 reporting and 401K open enrollment. They have drafted (3) policies for the Executive Committee to review and are continuing efforts in revising the Personnel Manual.

Coming events in the early part of 2016 will be Supervisor and Safety Training for our Employees. HR has identified that this is a need across the board to insure the safety of our Employees.

The Absentee Shawnee Tribe currently has 370 Employees and growing!

If you have any questions regarding the Human Resources Department please call Cheri Hardeman at (405) 275-4030 ext. 6252

The Cultural Preservation Department:

Consists of (6) Employees: Leonard Longhorn, Cultural Preservation Director; Colleen Butler, Tribal Historic Preservation Officer (THPO); Sherry Tejada, THPO AP/AR Clerk; Miranda Cobell,

THPO AP/AR Clerk; Tracy Wind, THPO Specialist; Ashley Brokeshoulder, Gift Shop Manager and Ashley McCray, Librarian/Archivist.

If you have any questions regarding the Cultural Preservation Department please call Leonard Longhorn at (405) 275-6310

You may contact Me Representative, Kenneth Blanchard at (405) 275-4030 ext. 6287 or cell (405) 585-8991 or Diane Ponkilla at (405) 275-4030 ext.6335 or cell (405) 765-6598.

February 2016



Menu subject to change

2% milk served daily

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Hamburger Lett, Tom, Onions Waffle Fries Yogurt	2 Chef Salad w/Chicken Eggs, Chez Crackers Mixed Fruit	3 Cabbage Stew Crackers Crisp	4 Oven Fried Chicken Mashed Pot/Gravy Brussel Sprouts Applesauce	5 Cereal Toast Sausage Patty Fruit	6
7	8 Chicken Stir-Fry Egg Roll Pineapples	9 Turkey Mashed Pot/Gravy Carrots Roll/Pears	10 Chili w/beans Chez, Onions Cornbread Peaches	11 Baked Chicken Wild Rice Veggies Mandarin Oranges	12 Scrambled Eggs Sausage Gravy Biscuit	13
14 	15 AST Complex Closed President's Day	16 Kraut n Wieners Green beans Bread Mixed Fruit	17 Taco Casserole Ranch Beans Tossed Salad* Cinnamon Roll	18 Beef Tips Noodles Veggies Plums	19 Waffles Bacon Fruit	20
21	22 Salisbury Steak Mashed Pot/Gravy Mixed Veggies Apricots	23 Chicken Enchilada Soup Tortilla Chips Pudding	24 Baked Ziti Green Beans Tossed Salad* Garlic Bread	25 Beans w/ham Steak fries Onions Cake	26 Scrambled Eggs Sausage Gravy Biscuit	27
28	29 Fish Coleslaw Fries Ice Cream					

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 NEWS

We have scheduled two dates with the Public Health Department, February 9th at the LARC 11 am to 1 pm and February 23rd at the Shawnee Title VI Building 11 am to 1 pm, more details to come.

Weather Information: AST Severe Weather policy

- Prior to normal starting time it will be announced on the local television or radio channels that the Absentee Shawnee Tribe is open and/or closed based on weather severity. The Governor, and/or designee, will report to these channels. Channel 4, 5, 9, Fox 25; Radio KTOK 1000; KOKC 1520 AM. Formerly the policy has been that when schools in Little Axe and Shawnee are closed then employees would be allowed administrative leave. This policy seeks to clarify on procedures and gives the decision making process back to the Tribe.
- On days when weather conditions worsen as the day progresses, the Governor or another Member of the Executive Committee may decide to close early. In such cases, a decision and an announcement will be made through email to all employees.

February 2,  Ground Hog Day!!!

February 8,  Chinese New Year!!!

February 14,  Happy Valentine's Day

February 15,  President's Day

AST Complex will be closed for President's Day. No lunch will be served or delivered this day.

The Green Buffalo Company **At** **Little Axe Bison Ranch** **Tecumseh, OK**

In Stock Items

Buffalo Stew Meat
1 pound packages
Vacuum sealed & Frozen
\$12 each

Ground Buffalo
1 pound packages
Vacuum sealed & Frozen
\$11 each



Items Available for Pre-order

Buffalo Summer Sausage
12 ounce roll
Vacuum sealed & Frozen
\$12 each

Buffalo Burgers
Four 1/3 pound patties per package
Vacuum sealed & Frozen
\$14 each

thegreenbuffalocompany@gmail.com
(405) 287-8517

Providing quality bison products, made in Oklahoma!

Piano & Guitar Lessons

\$10 Per Hour

Call Phil Bradley at 405-585-8801

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:

Mary Birdtail: 476-5603, Wynona Coon: 481-3506, or Kathy Deere: 816-7874.

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 | Tecumseh Frontier Days |
| Thanksgiving and Christmas dinners | Shawnee Christmas Parade |
| Indian Child Welfare Christmas Gifts | OKC Red Earth Parade |
| First Inaugural Ball for Newly Elected Officials | Thunderbird July 4th Pow Wow |
| 6 Nations of Canada, "Tecumseh" play | 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

SATURDAY, FEBRUARY 20, 2016	AST RESOURCE CENTER, LITTLE AXE
SATURDAY, MARCH 19, 2016	TITLE VI BUILDING, SHAWNEE
SATURDAY, APRIL 16, 2016	AST RESOURCE CENTER, LITTLE AXE
SATURDAY, MAY 21, 2016	TITLE VI BUILDING, SHAWNEE
SATURDAY, JUNE 18, 2016	AST RESOURCE CENTER, LITTLE AXE
SATURDAY, JULY 16, 2016	TITLE VI BUILDING, SHAWNEE
SATURDAY, AUGUST 20, 2016	AST RESOURCE CENTER, LITTLE AXE
SATURDAY, SEPTEMBER 17, 2016	TITLE VI BUILDING, SHAWNEE
SATURDAY, OCTOBER 15, 2016	AST RESOURCE CENTER, LITTLE AXE
SATURDAY, NOVEMBER 19, 2016	TITLE VI BUILDING, SHAWNEE
SATURDAY, DECEMBER 17, 2016	AST RESOURCE CENTER, LITTLE AXE
NOTE: THESE DATES & PLACES ARE SUBJECT TO CHANGE	

The AST Elders' Council appreciate ALL the donations received from the Executive Committee, AST Housing Authority, LSWNE Dental Clinic, Mary T. Jacobs (30 cookie tins & 29 goody bags), individuals, & the Elders! We could not have given the 32 Christmas baskets for the shut-ins, disabled, and nursing home AST members!

Those members who received the baskets were so very appreciate, excited, and happy that they were thought of at Christmas time!

AST ELDERS' COUNCIL

**THANK
YOU!**

***Honoring Our Past
With Promise for
Our Future***

**LIFE is Beautiful
Living Meth Free**



**National Suicide
Prevention**

**1-800-273-8255
(TALK)**



**Absentee Shawnee
Health Systems
Shawnee & Little Axe**

Get the Party Started!

MARY KAY

You can earn 10, 15, 20 percent or more in **FREE!** Mary Kay® products.

Party with a company women trust. Creating products women love for over 45 years.

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.

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. Receive a one-on-one consultation. Get skin care recommendations.

Party With a Cause. Host a party that benefits your favorite charity.

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

METROPOLITAN LIBRARY SYSTEM PRESENTS

SCIENCE SUNDAYS

Join us as we build and learn about science with hands-on experiments and takeaways! Parents encouraged to participate!

January 3 - Electricity & Magnetism	July 3 - Rocketry
February 7 - Machines	August 7 - Science of Magic
March 6 - The Sound of Science	September 11 - Engineering
April 3 - Air Pressure	October 2 - Spooky Science
May 1 - Bubble Science	November 6 - Polymer Science
June 5 - Fossils	December 4 - Temperature

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

METROPOLITAN LIBRARY SYSTEM PRESENTS:

Family Craft Night

Get Your Craft On!
Create memories together with an evening of crafts designed for ages 5-12. All ages welcome.

Every 3rd Thursday @ 6:30p

Del City Library
4509 SE 15th | 672-1377
www.metrolibrary.org

METROPOLITAN LIBRARY SYSTEM PRESENTS

Children Reading to Dogs

Join us on the 2nd and 4th Thursday of each month at 6:30PM for Children Reading to Dogs! Children will develop their reading skills and make a lifelong friend by reading to trained therapy dogs. All dogs and owners have completed therapy dog certification.

EVERY 2nd & 4th THURSDAY 6:30PM

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

DEL CITY LIBRARY PRESENTS:

SCRABBLE CLUB

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

- 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

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@astribc.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.



AAA Oklahoma News Release



www.AAA.com

www.facebook.com/AAAOKlahoma

www.twitter.com/AAAOKlahoma

Chuck Mai – 405-753-8040 / 405-760-6007 – chuck.mai@aaaok.org
Cristi Goettel – 918-748-1072 / 918-845-4115 – cristi.goettel@aaaok.org

PREPARE NOW FOR WINTER DRIVING

Nov. 24, 2015 – With possible ice and snow in Oklahoma’s forecast, now’s the time to make sure you and your vehicle are ready for the weather. AAA estimates thousands of vehicles in the state are in need of preventive maintenance.

“During AAA’s Car Care Check-ups, the most frequent problems we find are under-inflated tires, dirty oil and low fluid levels under the hood,” said Chuck Mai, spokesman for AAA Oklahoma. “Taking action now can save trouble on down the road.”

To help motorists get ready, get set and go during this year’s winter driving season, AAA Oklahoma offers the following tips:

Get Ready: Before you drive long distances, check the weather conditions along your route. As a safety precaution, remember to bring a cellular phone and a winter driving kit that includes the following items:

- a flashlight with fresh batteries,
- a small snow shovel and brush,
- traction mats,
- an ice scraper,
- booster cables,
- a warm blanket,
- flares or triangle warning devices,
- heavy gloves,
- snacks and water,
- simple tools
- window washing solvent,
- paper towels
- and a first aid kit.

Get Set: Inspect your vehicle thoroughly before leaving your driveway. Ensure that your tires are properly inflated, fluid levels (including anti-freeze) are full, front and rear lights are operating, and belts and hoses are in good condition.

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.



ABSENTEE SHAWNEE DIABETES AND WELLNESS SOCCER CAMP

The Absentee Shawnee Diabetes and Wellness Program will be sponsoring a youth soccer camp at the Little Axe High School. All Little Axe community youth are invited to participate. Registration is limited so please contact the Diabetes and Wellness Fitness Program at 405-364-7298 and pre-register **EARLY!**

**SATURDAY
MARCH 5TH, 2016**

**LITTLE AXE HIGH SCHOOL
FOOTBALL FIELD**

ELEMENTARY SESSION

9:00 A.M. - 10:45 A.M.

MIDDLE SCHOOL AND HIGH SCHOOL SESSION

11:00 A.M. - 12:45 P.M.



Name: _____

Phone: _____ Male: ___ Female: ___ Age: _____

**LEARN BASIC SOCCER SKILLS
HAVE FUN BEING PHYSICALLY
ACTIVE!**

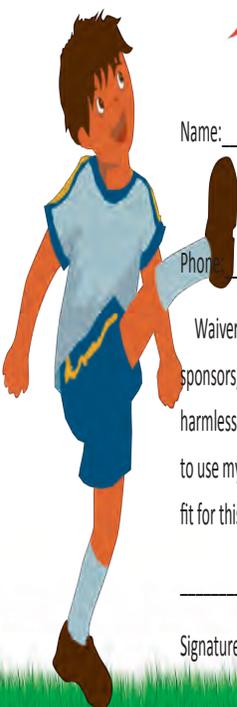
**ALL LA ELEMENTARY AND
MIDDLE SCHOOL COMMUNITY
YOUTH ARE WELCOME!**

NO EXPERIENCE REQUIRED!

Waiver: In consideration of the acceptance of this entry I waive all claims for myself and my heirs against the sponsors, cooperating and coordinating groups and any individuals associated with this event and will hold them harmless for any and all injuries which may result from my participation. I hereby give my permission to the media to use my name and photograph in the AST newsletter without limitation or obligation. I certify that I am physically fit for this event and understand the risks involved by participating in this event.

Signature _____

Date _____



ABSENTEE SHAWNEE LANGUAGE CLASS

FREE SHAWNEE LANGUAGE CLASS FOR NATIVE YOUTH

- 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
- Orientation starts February 10th and classes start February 17th and run through the spring; classes will be held one day a week after school hours at the AST Little Axe Health Center.
- 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 Howard Brown at 405-701-7115.

Participant name: _____ DOB: _____

Parent/Guardian name: _____ Phone: _____

I, _____, grant my child, _____, permission to participate in the Absentee Shawnee Language Class. In Consideration of the acceptance of this entry I waive all claims for myself, my child and my heirs against the sponsors, cooperating and coordinating groups and any individuals associated with the event and will hold them harmless for any and all injuries which may result from my participation. I hereby give my permission to the media to use my name and photograph in the AST newsletter without limitation or obligation.

Print

Email

Signature

Date

Oklahoma SPF-TIG project is funded by SAMHSA (Substance Abuse and Mental Health Services Administration)

Election Commission

The Filing Period for Elective Office in 2016.

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

<u>Position</u>	<u>Filing Fees</u>	<u>Term</u>
Lt. Governor	\$590.00	Two (2) Years
Tribal Treasurer	\$590.00	Two (2) Years
Tribal Representative	\$590.00	Two (2) Years

ELECTION COMMISSION

<u>Position</u>	<u>Filing Fees</u>	<u>Term</u>
Election Commissioner	\$215.00	Three (3) Years
Election Secretary	\$215.00	Three (3) Years
Commission Member #1	\$125.00	Two (2) Years

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.)

QUALIFICATIONS:

- A) An enrolled member of the tribe.
- B) An eligible voter for purposes of voting in tribal elections.
- C) Must be twenty-one (21) years of age on the date of the election for which he/she desires to be a candidate.
- D) Physically reside within the following counties: Cleveland, Pottawatomie, Oklahoma, McClain, Garvin, Pontotoc, Seminole, Lincoln, or Okfuskee.
- E) In cases where a prospective candidate has been convicted of a felony, such person shall not be eligible for consideration as a candidate until at least five (5) years have passed following completion of the penalty for such conviction(s).
- F) Not more than one (1) member of an immediate family shall be elected to the same tribal elective body except when running as a candidate for the same elective position.

Consult the Election Ordinance for Specific/Additional Qualifications.

PLEASE fill out EACH BLANK completely and return by the Deadline.

ABSENTEE BALLOT REQUEST

I, _____, hereby certify that I am or will be an Eligible
(Print Name)

Voter of the Absentee Shawnee Tribe on or before March 19, 2016. I cannot physically be present to cast my Vote at the **March 19, 2016 Primary Election**, therefore, I am requesting an Absentee Ballot be mailed to me at the following address.

Name (please print): _____
(first) (middle) (maiden) (last)

Address: _____ City: _____ St: _____ Zip: _____

CDIB#: _____ Date of Birth: _____

Signature: _____ Date: _____

All **REQUESTS** must be returned to the Election Commission by the deadline of
February 28, 2016

Mail to:
Absentee Shawnee Election Commission
P.O. Box 741
Tecumseh, OK 74873

Fax to:
Fax # (405) 273-1337 (Do not fax to any other fax #)
Phone: (405) 275-4030 ext. 6271
Toll free number 1-800-256-3341 ext. 6271

Deliver in Person to:
Election Commission Office located in the Tribal Court Building

All eligible voters are entitled to vote either at the Polls or by Absentee Ballot.
This form may be duplicated for your convenience.

ELECTION COMMISSION USE ONLY

Received: _____ Approved: _____ Disapproved: _____

If Disapproved (reason): _____

Denial Letter Mailed: _____ Ballot Mailed: _____

Election Commission/Representative

Tax Collections

FY-2015
YTD TAX COLLECTIONS
(thru 12/31/15)

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$1,309.86	\$98.49	\$32,618.91	\$119.48	\$12,469.19	\$6,240.39	\$5,322.62	\$5,825.51	\$1,059.20	\$5,255.54	\$5,816.45	\$11,931.27	\$88,066.91	3.12%
Gaming % of free cash	\$164,284.00	\$150,000.00	\$250,000.00	\$265,798.00	\$200,000.00	\$250,000.00	\$200,000.00	\$150,000.00	\$200,000.00	\$200,000.00	\$200,000.00	\$100,000.00	\$2,330,082.00	82.63%
Employee (1%)	\$41.05	\$0.00	\$11,691.21	\$0.00	\$11,597.06	\$36,303.24	\$3,817.41	\$19,742.45	\$12,900.47	\$10,019.03	\$13,882.91	\$16,118.32	\$136,113.15	4.83%
Severance (8%)	\$7,199.15	\$756.29	\$5,251.65	\$4,449.01	\$5,411.85	\$5,533.28	\$4,318.57	\$3,852.18	\$544.92	\$6,370.80	\$0.00	\$9,940.25	\$53,627.95	1.90%
Motor Vehicle	\$11,660.98	\$16,042.65	\$16,645.60	\$16,196.66	\$10,223.79	\$15,487.60	\$16,468.69	\$15,061.03	\$13,262.66	\$14,808.94	\$10,107.63	\$9,372.21	\$165,338.44	5.86%
Tobacco Refund	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$6,344.76	\$20,355.21	\$17,171.98	\$43,871.95	1.56%
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	\$242,799.07	\$250,162.20	\$164,534.03	\$2,817,100.40	
Miscellaneous	\$305.00	\$125.00	\$120.00	\$182.50	\$92.50	\$145.00	\$145.00	\$250.00	\$165.00	\$65.00	\$115.00	\$1,080.00	\$2,790.00	0.10%
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	\$242,864.07	\$250,277.20	\$165,614.03	\$2,819,890.40	100%



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



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 Realty 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.



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 Housing Authority of the Absentee Shawnee Tribe

is seeking sealed bids for the Development and Construction of 12 Single Family Units to be located in Shawnee, Oklahoma. Indian Preference will be given according to NAHASDA regulations and 24 CFR 1000.52; but Sealed Bids will be open to all vendors. Sealed Bids will be available on or after **January 25, 2016** and will be due back in our office at 107 N Kimberly, Shawnee by **February 26, 2016 at 3:00 pm**. Late submissions will not be considered unless an insufficient number of proposals are received. The cost of each packet obtained will be a \$300.00 refundable deposit which must be paid by check, money order, or credit card.

If you are interested in submitting a sealed bid for this project, please contact Amanda Ramirez, Development Coordinator, at

(405) 273-1050

Monday through Friday, 8:00 am to 4:30 pm

FEBRUARY 2016 BIRTHDAYS

Alford, Dianne Susan
 Alford, Laurie Leann
 Alford, Makenzie Raychel
 Alford, Paul Henry
 Almanza, Sacha Blue Renee
 Arellano, Jennifer Lynn
 Argueta, Oneonta Marie
 Armstrong, Dusty Ridge
 Asbridge, Sandra Lilrene
 Atwara, Honey Nicole
 Barnard, Kevin Michael
 Battiest, Phyllis Leeann
 Belden, Florene
 Belden, Lois Little Creek
 Bennett, Blaine Mattingly
 Berryhill, Valerie Lynn
 Bettelyoun, Amber Dawn
 Bettelyoun, Anthony Bryce
 Bettelyoun, Lea Dawn
 Bittle, Joshua Jacob
 Blanchard Craig, Carolyn Jean
 Blanchard Sr, Leland Dale
 Blanchard, Aaron Gabriel
 Blanchard, Cache Lewis
 Blanchard, Caden Briar
 Blanchard, Charles Eugene
 Blanchard, Joshua James
 Blanchard, Kellice Lee
 Blanchard, Rikki Rechele
 Blanchard, Sierrah Delyn
 Blanchard, Taylor Jordan
 Blanchard, Thurman Leon
 Blanchard, Velma Mae
 Bowles, Melissa Carole
 Boyd, Laura Lynn
 Bread, Charles Michael
 Bread, Dina Adele
 Breeding, Kinsley Reece
 Brokeshoulder, Tammy Lynn
 Brown, Curtis Jermain
 Brown, Cody Wayne
 Brown, Lisa Renee
 Bryant, Isis Aponi
 Bullen, Myles Robert
 Campbell, Mikayla Jo
 Carlson, Scottina Dakota
 Carnes, Kylee Aleea Lynn
 Carr, Adoree Celeste
 Checotah, Eric Wayne
 Cloud, Doris (Elephant)
 Coddington, William Michael
 Cooper, Dade Luke Allen
 Copeland, Val Rochelle
 Cottrell, Ryan Thomas
 Cozad, Anastasia E-mah-doh
 Creek-Harjo, Josiah Sage
 Crider, Eric Russell
 Crocker, Dorothea Carolyn
 Csoma, Alexander Attila
 Daugherty, Kenneth
 Daugherty, Mikenna Hope
 Daugherty, Serena Mae
 Davis, Meghan Paige
 De Shazo, Heather Ann
 Dean, Minnie Bear
 Deardorff, Cynthia Ann
 Deckard, Dakota Dale
 Deer, Kylee Taryn
 Deer, Michael Neil

Deere, Adina Ann
 DeLodge, Lena Ruby Rhianna
 DeLodge, Ruby Leigh
 Digilio, Brandin Anthony
 Digilio, Bryon Andrew
 Downs, Camden Blake
 Downs, Cayden James
 Edwards, Kenneth Lee
 Ellis, Austin Chase
 Ellis, Jeremy Michael
 Ellis, Jessica Lyn
 Ellis, Leroy
 Emmons, Brian Ross
 Engledowl, Jasey Belle
 Fenner, Kayana Isabelle
 Ferrell, Ethan Shawn
 Fixico, Stephen Anthony
 Floyd, Jane Elizabeth
 Foreman, Joshua Daniel
 Foreman, Richard Eli
 Frazier, Devon Leanne
 Geissler, Stephanie Dayle
 Gibson Jr., Ronald Lewis
 Gibson, Kylakay Virginia
 Gibson, Paige Nycole
 Gibson, Paul Brian
 Gillihan, Deziree Kristyne
 Gilman, Juanita
 Gomez, Wilma Sue
 Goodman, Blake Samuel
 Granstrom, Gayla Sue
 Grass, Avis Elaine
 Grass, Wayne
 Gravel, Olivia Jane
 Hale, Taliyah Marie
 Haley, Sasha Mae
 Hall, Matteson Roi
 Ham, Jerred Mace
 Ham, Rhonda Juliene
 Harder, Ruth Ellen
 Harjo, Benjamin Ray
 Harper, Pauline Aileen S.
 Hartfield, Jazlynn Shae
 Harvey, Hally Marie
 Hayes, Donna Kay Elkins
 Hayes, Jocelyn Cynthia Lorene
 Hernandez, Erica Ann
 Herrera, Robert Manuel
 Hibdon, Kendra Nicole
 Hilderbrand, Amy Beth
 Hill, Stephen Allen
 Hood III, Warren Weslyon
 Hood, Dakota Zane
 Hood, Moria Oloizia
 Huntington, Bradford Paul
 Hurst, Joseph Douglas Skinner
 Ibarra, Angel Antonio
 Irvin, Nathaniel Konrad
 Jimerson Jr., Robert
 Jobe, Alexa Lee
 Johnson Jr., Foster Calvin
 Johnson Jr., Mark Benjamin
 Johnson, Cleta Joyce Blanchard
 Johnson, Grayling Wade
 Johnson, Henry Kirby
 Johnson, Jacob Jordan
 Johnson, Marc Anthony
 Johnson, Mark Benjamin
 Johnson, Michael Jeremy

Johnson, Pauline Virginia
 Johnson, Rahstin Allyn Sabbestiun
 Johnson, Sandra Kay
 Johnson, Tiffany Sheri
 Johnston, Diana Sue Alford
 Jones III, Timothy Dale
 Jones, Willie Lee
 Judkins, Ashley Ann
 Keith, Andy Ronin
 Kelly, Ryan Michael
 Kickapoo, Derek Anthony
 Kirby, Gage Robert
 Kitchen, Amber Elisabeth
 Knight, Natalie Jean
 Krackenberger, Sharon Lea
 Krejci, Ronald Dylan
 Kupczynski, Joseph Martin
 Lalehparvaran, Ali Jordan
 Laplant, Scotty Alan
 Lasarge, Amos Dewayne
 Lavell, Jade Daniel
 Leath, Mary Loyse
 Lehman, Joenita Leigh
 Lena-Tiger, Camille Dawn
 Lewis, Elain Kay
 Lewis, Pamela Lynn
 Limbaugh, Jodi Kathleen
 Little Axe Eckles, Debra Lynn
 Little Axe Sr., Danny
 Little Axe, Ronald Dean
 Little Charley Jr., Scott
 Little Creek, Larry Dwight
 Littlebear, Brooklyn Shay
 Littlebear, Grant Edwin
 Littlebear, Laura Jan
 Littlecreek, Cynthia Marie
 Littlehead, Gary Lynn
 Longhorn, Lindsey Marie
 Longhorn, Nathan Neil
 Lowe, Kara Michelle
 Lowe, Taylor Makayla
 Lumpmouth, Wynona Lee
 Maddux, Jonathan Webster Tiger
 Mahardy, Jeffery Andrew
 Mann, Colby Lee Richard
 Markwardt, Ethan Thomas
 Marshall, Denia Kay
 Martinez, Erica Inez
 Martinez, Hayden Loa
 Martinez, Jasmine Consuelo
 Martinez, Shawnee Danielle
 Masquas, Cora Irene
 Masquas, Elysia Rose
 Masquas, Joshiah Lee
 May, Gina Lanette
 McDoulett, John William
 McDowell, Farrell Ramon
 McKane, Sidna Rae Lenee
 McKinney, Ellen Marie
 Medina, Elizabeth Ruth Ann
 Medina, Trinity Lynn Tiger
 Melton, Jaycie Taylor
 Miller, Cari Denise
 Miner, Veda Jorene
 Minesinger, Joshua Brooker
 Minesinger, Seth Wildcat
 Mitchell, Benito Miquel Travis
 Mohawk, Cherokee Cheyenne
 Molina Jr., Charles B.

Moore, Alexia Saranda
 Moore, Thomas Joseph William Randall
 Morton, Joseph Ohland
 Mount, Glenda Dawn
 Murdock Jr., Steven Alan
 Murdock Sr., Steven Alan
 Musick, Michael Thomas
 Nail, Gregory Thomas
 Novick, River Elaine-Monique
 Odell, Ronnie Lynn
 Owens, Beau Wesley Laine
 Owings, Abigail Rose
 Panther, Lydia Denise
 Panther, Shawn Dell
 Panther-Davis, Tammie Rae
 Parker, John Wendall Gage
 Perez, Tesla Nichole
 Perkins, Miranda Deann
 Perry, Georgia Grace
 Perry, Sierra Breanna
 Peter, Kalina Nicole
 Pine, Jeremiah Andrew
 Ponce, Aisaiah Anthony Oscar
 Pynch, Jesse Kellen
 Quraishi, Ibraheem Bin Khalil
 Raisbeck Jr., David Nathaniel
 Raisbeck, Samantha Storm
 Raisbeck, Samuel Walter
 Ramirez III, Florentino
 Ramirez, Mariah Fay-Ann
 Ramirez, Matias Noah
 Reyes, Isabel Fe
 Richey, Kodi Rae Jolynn
 Ridenour, Sydney Bree
 Rigg, DeeAnn Onahwag
 Riley, Hulbutta Kotcha
 Robbins, Blake Anthony
 Robbins, Taylar Paige
 Robison, Ariana Michelle
 Rolette, Cheryl Lynn
 Rolette, Madison Fox Grant
 Rolette, Madison Joy
 Rowan, Damian Eugene
 Runsabove, Honor Mae
 Sams, Christine Lorraine
 Sanchez, Kianna Paola
 Seber, Peyton Eddie
 Serena, Laveda
 Shawnee, LaNayah JaN'ae
 Sheets, Angela Christy
 Simpson, Christian Jacob
 Simpson, Cody Lee
 Skelly, Shanna Lynn
 Slate, Patricia Ann
 Slayton, Brooke Danielle
 Sloat, Douglas James
 Sloat, Meika Ladon
 Sloat, Newton D
 Smith, Cynthia Diane Daugherty
 Smith, Marvin
 Smith, Zackery James
 Snake, Alvin Matthew
 Snake, Julia DeAnn
 Snake, Kenneth Lee
 Snake, Lewis George
 Snake, Stewart Lancer
 Soap, Sally Clarice
 Solomon, Billie Jean Tiger
 Spoon, Edward Joe

Spoon, Justin Tyler
 Spoon, Paisley Rennea
 Spybuck, Garland Charles
 Spybuck, Gavan Wayne
 Spybuck, Roberta Ann
 Stevenson, Jodean Ann
 Stoudemire, Naviah DeAnne
 Strain, Gerald Tousley
 Stryker, Doyle Chad
 Stryker, Laurel Brad
 Sullivan, Aizah Vanesse
 Sullivan, Marcus Lee
 Sutton Jr., Jeremy Ray
 Switch, Sabrina Lee
 Switch, Sophia Michelle
 Tahah, Barton Dale
 Talton, Dacia Arie
 Talton, Kaydince James
 Taryole, Laura Lee
 Tascier, Sarah Isabelle
 Tello-Faz, Maria delaLuz
 Terrell, Xavier Thomas Jackson
 Thompson, Asher Bryce
 Thorpe IV, George Isaiah
 Thorpe Jr., Edwin James
 Thorpe Lena, Janice Gail
 Thorpe, Edwin James
 Tiger, Karman Rose Daylee
 Tiger, Kevin Richard Dewayne
 Tiger, Soaryn Edward Matthew
 Tiger, Tammy Cindie Ladawn
 Tiger, Tyler Matthew
 Trussell, Sherry Lynn
 Uchida, Denise Louise
 Uchida, Kevin Micheal
 Valdivia Jr., Enrique
 Vaughn, Dylan Thomas
 Wade, Justin Lee
 Walker, Robert Stanley
 Warrior, Anthony Louis
 Warrior, Pamela Sue
 Washington, Olvie Winston
 Watkins, Destiney Shae
 Watkins, Jayana Laneis
 Watson, Adriana Renae
 Watson, Brent Grynnel
 Watson, Micah Lashaun D.
 Watson, Peyton Deshae
 Wheeler, Emily Anne
 Wheeler, Leah J.
 Whims, Madison Mackenzie
 White Thunder, Shelby Lynn
 White, Christopher Alan
 Whittaker, Caiden Skye
 Whittaker, Joshua Jay W.
 Wiley, Prince John Bowen
 Wilkinson, Kaelynn Rayann
 Williams, Brennan Marie
 Williams, Kaylee Nicole
 Williams, Kevin Bruce
 Wilson Harjo, Reta Marie
 Wilson, Adam Lee
 Wilson, Mariana Danyel
 Wilson, Melvin Wayne
 Wilson, Zelma Jo
 Womack, Che`le Caye
 Wood, Judith A.
 Wood, Ryan Ashley
 Yamutewa, Chebon Dale

Shelby Lynn White Thunder
(Feb. 3rd)



From, Mom, Dad, Sheldon,
Shelsie, Bryson, and Daelan

Garland
Happy Birthday
Brother!

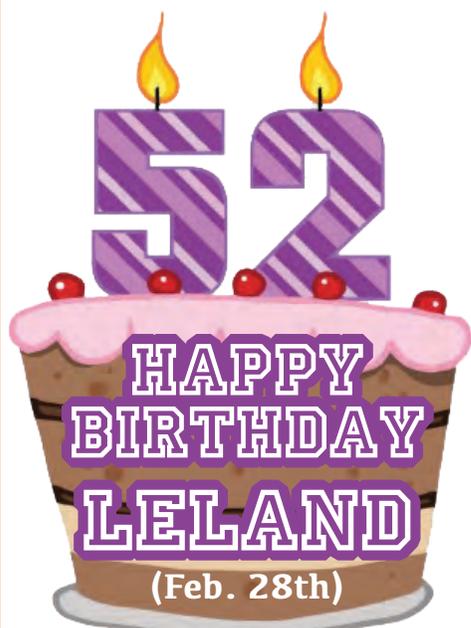
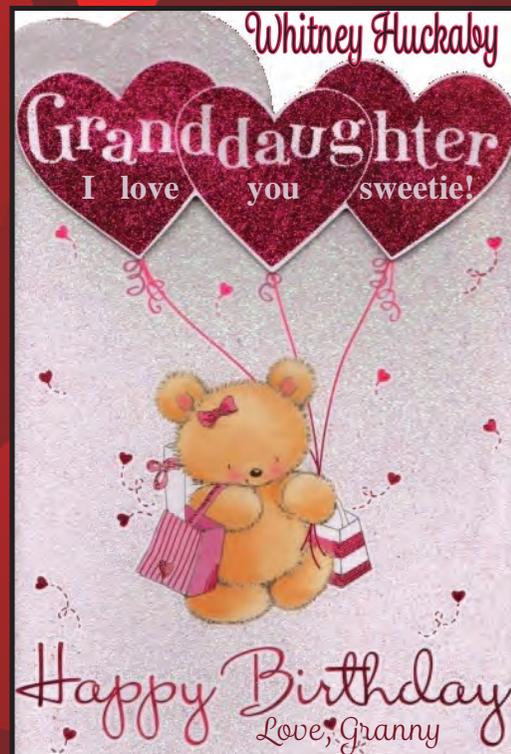
I love you very much!! Love your sister, Sadie
XOXO

Justin

You continue to make me so very proud of
the great young man you have become!!
I love you so very much!!
Love, Antique & Lil Shoxx

GRANDSON JUSTIN TYLER SPOON
Stay sweet like you are. I love you very much.
Love, Granny

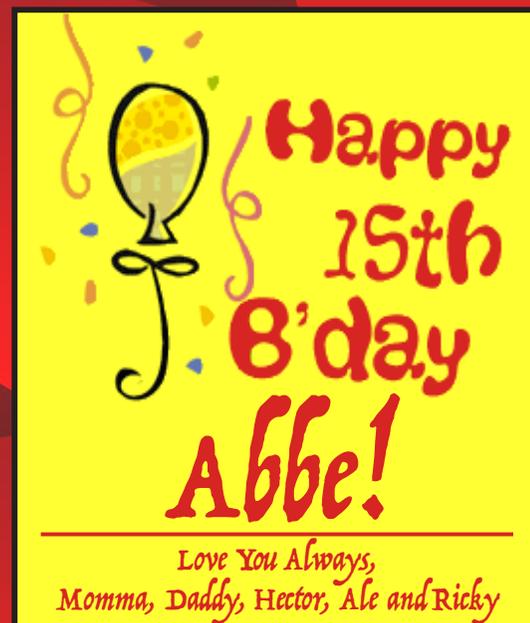
Happy birthday to our totally
awesome big brother!!
Hope your day is filled with more
love and more laughter!!
Love, Joplin & Jiliyan



From, Sis, Tommy, Sheldon, Shelsie, Shelby
& Justin, Bryson, and Daelan

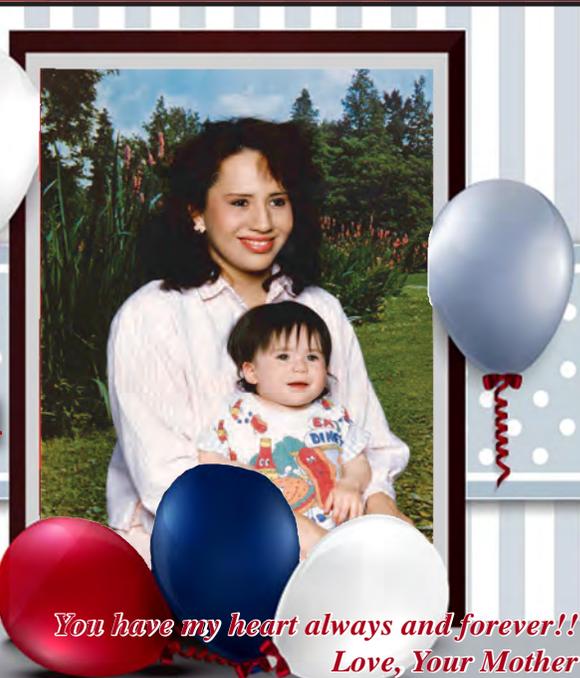


(Feb 17th)
From,
Sis, Tommy, Sheldon, Shelsie, Shelby & Justin, Bryson, and Daelan



Love You Always,
Momma, Daddy, Hector, Ale and Ricky

Happy 29th
Birth Day
To my oldest
child
Justin



You have my heart always and forever!!
Love, Your Mother



Happy Belated Birthday To:
Betty "Sug" Isaacs January 4th
Sheldon White Thunder January 16th
Bernice Blanchard January 19th
Chester Blanchard January 24th
Martin Starr January 24th

From: Sis, Shelby, Shelsie, Daelan,
Bryson, Jensen, Rikki, Devin, Mack,
Willon, Leadra, Jr., and Ken

AST HEALTH SYSTEM - JANUARY 2016

2015 was a year to remember! We achieved much, and yet we have much more to do. We've seen steady increases in our customer/patient satisfaction rates, access to care and services, as well as a steady decline in patient complaints and concerns. Although no organization is perfect, the distinction of excellence lies within the culture of an organization and its ability to continuously improve processes and respond to their internal and external customers' needs and concerns. The health system's culture is on the right track, and I'm proud of the motivation, morale, and dedication our staff has to this health enterprise!

This past year we added several new providers, increased access to services more than any other time in AST Health System's history in Dental, Primary Care, and Behavioral Health. Also, our Diabetic Health and Wellness as well as Physical Therapy and Contract Health (now renamed Purchase Referred Care by Congress) drastically increased their services, outreach, and patient access at both clinic locations. As the mantra states in health care, when you take care of the patient the revenue follows! Our third party revenue is also at historic highs, allowing us a near-term ability to accelerate our payment schedule to retire the Joint Venture debt for the Little Axe Clinic in years rather than decades at the present rate, which is projected to continue to grow! Making this important goal even more attainable is the refinancing of the interest rate for the health system's Joint Venture at historically low interest rates, also allowing more accelerated payments on the debt.

The Zombie 5K Run held for the second year along with the annual health fair had record crowds and attendance by vendors at these events, which were a huge, growing success, mainly due to the dedication of our outstanding employees and tribal members! New equipment, state of the art technology, and improvement in patient through-put processes combined to increase efficiency, lower wait times, and increased access to services. The expansion of pharmacy hours along with the PlusCare Clinic initiative has provided our tribal members services – as identified through the annual community needs assessment (C.N.A.) conducted in 2014.

Accreditation of our health system is pending, with the final stage being set in mid-April with the on-site survey by the AAAHC Team. This mark of distinction for our health system will certify our system as being in a unique, set apart category of excellence recognized by the healthcare industry as being a provider of quality healthcare verified through very in-depth assessments and skillfully applied industry standards of practice and evidence-based medicine. It is also extremely important to recognize the accomplishments of the health boards, LSWN and ASTHA, both being chaired by experienced, dedicated, AST Tribal members with significant healthcare industry and hospital experience. The Executive Committee has been instrumental in working together every time they've been needed by health to

support all the successes we've achieved, and we all sincerely thank them for their kind, caring, and dedicated support in improving health care services and access to all of our patients and tribal members we service!

Please take notice...recently, reported to us, one of our patients, who is a tribal member, was contacted by someone claiming to be with Blue Cross/Blue Shield and asking for personal information including their Medicare number. The call back number provided did not work, and the member felt uncomfortable with the request, as they had just signed up with the benefits mobile unit at the Little Axe Clinic. Please feel free to coordinate with our health system's Patient Benefit Advocates (PBAs) if you think you are being targeted or solicited for information that does not seem right to you and allow us to help you verify or assist in vetting whether it is a legitimate request or not. Upon further review, this member did not have any items needing any attention, and it is suspected that it may have been an attempt to gain personal information. Always ask questions and call back to verify if you do not believe the request for information is appropriate or necessary based upon what you know about your status and coverage(s). This tribal member was alert, and cautious, and succeeded in protecting their valuable information.

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 Mr. Robert White Jr., facility support staff; the team of the month was the Mrs. Emily Key, Mrs. Sara Judkins, and NP Jamie Gonzalez for their partnership with the Casino in improving healthy menu choices. The special leadership recognition award was presented to both Jimmy Robertson and Manual Johnson, for assisting transportation with multiple patient transports on very short notice, assisting tribal patients with getting to their medical appointments unabated while short staffed in transportation. We have a wonderful team health, and they all make a difference for our health system and for the health and wellness of all of our patients!

Additional health related information:

- AST/Service 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.

- 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. 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.

- The AST Health System continues to improve its Customer Service. The Customer Service Line is (405) 701-7623. Please direct all complaints or compliments to this line for appropriate attention and/or response. Please be assured that this is the best way to have each situation addressed, with consistent updates from our Health Staff. After the investigations of all issues are complete, our Health Director or a Clinic Administrator will personally contact you with updates, decisions, or question pertaining to your case.

- 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 hour 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 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 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 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.

AST PHARMACY

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:

Walgreens
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

Services provided at Shawnee Clinic 405.878.4702 Schedule an appointment

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

Women's Health Services
Little Axe Health Center
15951 Little Axe Drive • Norman, OK 73026
405.447.0300 • Fax 405.701.7605
www.asthealth.org



EMERGENCY MANAGEMENT - JANUARY 2016 REPORT

PREVENT WINTER FIRES

Put a FREEZE on winter fires. Home fires occur more in winter than any other season. As you stay cozy and warm this winter season, BE FIRE SMART!

- Half of all home heating fires occur in the months of December, January, and February.
- Heating equipment is involved in 1 in every 6 reported home fires, and 1 in every 5 home deaths.
- Keep anything that can burn at least 3 feet from any heat source like fireplaces, wood stoves, radiators, or space heaters.
- Keep portable generators outside, away from windows, and as far away as possible from your house.
- Plug only 1 heat-producing appliance (such as a space heater) into an electrical outlet at a time.
- Install and test carbon monoxide alarms at least once a month.

EARTHQUAKE SAFETY

If you are inside a building:

- Stay where you are until the shaking stops. Do not run outside. Do not get in a doorway as this does not provide protection from falling or flying objects, and you may not be able to remain standing.
- Drop down onto your hands and knees so the earthquake doesn't knock you down. Drop to the ground (before the earthquake drops you!)
- Cover your head and neck with your arms to protect yourself from falling debris.
- If you are in danger from falling objects, and you can move safely, crawl for additional cover under a sturdy desk or table.
- If there is low furniture or an interior wall or corner nearby, and the path is clear, these may also provide some additional cover.

- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as light fixtures or furniture.
- Hold on to any sturdy covering so you can move with it until the shaking stops. Stay where you are until the shaking stops.

If getting safely to the floor to take cover won't be possible:

Identify an inside corner of the room away from windows and objects that could fall on you. The Earthquake Country Alliance advises getting as low as possible to the floor. People who use wheelchairs or other mobility devices should lock their wheels and remain seated until the shaking stops. Protect your head and neck with your arms, a pillow, a book, or whatever is available.

If you are in bed when you feel the shaking:

If you are in bed: Stay there and Cover your head and neck with a pillow. At night, hazards and debris are difficult to see and avoid; attempts to move in the dark result in more injuries than remaining in bed.

If you are outside when you feel the shaking:

If you are outdoors when the shaking starts, move away from buildings, streetlights, and utility wires. Once in the open, "Drop, Cover, and Hold On." Stay there until the shaking stops. This might not be possible in a city, so you may need to duck inside a building to avoid falling debris.

If you are in a moving vehicle when you feel the shaking:

If you are in a moving vehicle, stop as quickly and safely as possible and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses, and utility wires. Proceed cautiously once the earthquake has stopped. Avoid roads, bridges, or ramps that the earthquake may have damaged.

COMMUNITY OUTREACH

A limited number of electric space heaters will be available on a limited basis for tribal members, elders, and families with small children during the cold weather. If you need a space heater, contact Emergency Management at (405) 740-1562, or the AST Tribal Police department at (405) 275-3200.

EMERGENCY NUMBERS

EMERGENCY ASSISTANCE	911	Police, Fire, Ambulance
HEARTLINE EMERGENCY	211	State of Oklahoma
TRIBAL POLICE	405-275-3200	Absentee Shawnee
TRIBAL EMERGENCY MANAGER	405-740-1562 (cell)	Absentee Shawnee
SHERIFF	405-273-1727	Pottawatomie County
CITY POLICE	405-273-2121	Shawnee
CITY EMERGENCY MANAGEMENT	405-273-5272	Shawnee
COUNTY HEALTH DEPT.	405-273-2157	Pottawatomie County
SHERIFF	405-701-8888	Cleveland County
CITY POLICE	405-321-1600	Norman
HEALTH DEPT.	405-794-1591	Cleveland County
OG&E	405-272-9595	Report Power Outage
	1-800-522-6870	
CANADIAN VALLEY	405-382-3680	Power Outage
DEPT OF ENVIRONMENTAL QUALITY	1-800-522-0206	State of Oklahoma
HIGHWAY PATROL	405-425-4385	Road Conditions

FYI: Contract Health Service News

Absentee Shawnee Tribal Health

*The AST Contract Health Services Team are here to assist you
... follow the CHS Guidelines!*

Get a copy of the CHS Guidelines and update your information

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/HealthFacility 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



Flo Mann



Laurie Webber

**Shawnee Clinic
(405) 878-4702**

**Little Axe Health Center
(405) 447-0300**



Debi Sloat



Glendine Blanchard



Sharon Ponkill



Darla Gatzman



Jayne Werst

“It is not my heritage or my history. To submit my life and my strength to a substance that has no intention other than to cause me harm is not my natural instinct. Nor is it in my DNA. I was born, by nature, into strength, tenacity, and an innate ability to overcome, no matter how dire the circumstance. These are the characteristics that are in my blood and that wrote my history, I will take ownership in that history and will commit to writing the next chapter with integrity and a promise to uphold the very values that made it possible for my generation to exist today.”

Check out our social media website:
<https://www.facebook.com/mydnarocks/>

&

Our website:
<http://www.mydna.rocks>

Contact Kasey Dean or Howard Brown at 405-701-7993 for more info.



2016 Employee BLS HCP CPR



Date	Time	Location
January 19, 2016	09:00am to 12:00pm	Conference Room B
February 2, 2016	09:00am to 12:00pm	Conference Room B
March 8, 2016	09:00am to 12:00pm	Conference Room B
April 12, 2016	09:00am to 12:00pm	Conference Room B
May 10, 2016	09:00am to 12:00pm	Conference Room B
June 14, 2016	09:00am to 12:00pm	Conference Room B
July 12, 2016	09:00am to 12:00pm	Conference Room B
August 9, 2016	09:00am to 12:00pm	Conference Room B
September 13, 2016	09:00am to 12:00pm	Conference Room B
October 11, 2016	09:00am to 12:00pm	Conference Room B
November 8, 2016	09:00am to 12:00pm	Conference Room B
December 6, 2016	09:00am to 12:00pm	Conference Room B

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 Deidre at 7190 or email her at dyarbrough@astribe.com



ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM

PUBLIC SERVICE ANNOUNCEMENT

ASTHS ANNOUNCES NEW CHILD PSYCHIATRIST

Norman, Oklahoma (January 15, 2016) – The Absentee Shawnee Tribal Health System would like to introduce Little Axe Health Center’s most recent addition, Dr. Fadalia Kim, Child and Adolescent Psychiatrist. She is a nationally board certified psychiatrist with specialization in child and adolescent psychiatry. She is a Clinical



Associate Professor at Griffin Memorial Hospital Psychiatry Residency Program where she teaches and supervises physicians in training, as well as seeing to the medical care of patients. She works part time at a psychiatric crisis center hospital where she cares for patients in acute crises requiring stabilization.

Dr. Kim is a graduate of The University of Oklahoma Health Sciences Center where she also went on to train in psychiatry residency. Dr. Kim received her post- doctoral specialization in child and adolescent psychiatry at

The University of Oklahoma Health Sciences Center. She grew up in Del City, OK and currently resides in Norman, OK. She is married and has 3 children who are involved in competitive soccer and basketball which takes much of her free time. She also enjoys cooking, crafting and traveling to new places.

Dr. Kim sees children from the ages of 5 years to 18 years of age. She offers initial psychiatric assessments and medication management of acute and chronic psychiatric disorders.

The LAHC Behavioral Health Department is now scheduling appointments with Dr. Kim, so please call to make your confidential appointment today at (405) 701-7987.

Prevention. Progress. Pride.

SHAWNEE CLINIC
 2029 S. Gordon Cooper Dr.
 Shawnee, OK 74801
 405.878.5850

LITTLE AXE HEALTH CENTER
 15951 Little Axe Dr.
 Norman, OK 73026
 405.447.0300

WWW.ASTHEALTH.ORG

COPYRIGHT © 2015, ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM. ALL RIGHTS RESERVED.



ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM

PUBLIC SERVICE ANNOUNCEMENT

ASTHS PUBLIC HEALTH ADDS STAFF & ANNOUNCES UPCOMING EVENTS

Norman, Oklahoma – The Public Health Department at the Absentee Shawnee Tribal Health Clinic recently gained two new staff members. Ms. Deidre Yarbrough, RN, will be taking on the role of Health Promotion and also assisting with visiting patients at home. Ms. Kathy Heldenbrand, RN, will be the Employee Health nurse for both Little Axe and Shawnee locations.

It is not too late to get a flu vaccine if you haven't received one yet. Flu season peaks from December to February so now is as good a time as any to get your flu shot. Everyone six months of age and older should get a yearly flu vaccination. Contrary to popular belief, the flu shot DOES NOT give you the flu. The most common reaction to the flu shot in adults is soreness, redness or swelling at the spot where the shot was given and usually only lasts a couple of days. Protect yourself from the flu and contact your health care provider for an appointment today!

February is American Heart Month and the Public Health Department would like to provide you with some helpful information about heart health and risk factors leading to heart disease. Heart disease is the leading cause of death in Native Americans. Some risk factors for heart diseases, such as genetics, we are not able to control. Most risk factors can be decreased or eliminated by making lifestyle changes. These lifestyle changes are not always easy to make but with some practice become easier. You can start by doing one or more of the following things:

- Maintain a healthy blood pressure or control high blood pressures. If you suspect high blood pressure, make an appointment with your health care provider. Measure your blood pressure at home for several days in a row, keep a record and take it with you to your appointment. Sometimes we have "white coat syndrome" and our blood pressures will always be elevated during your visit to the clinic. Your home measurements will help your provider better assess your blood pressure and plan treatment options.

- Monitor and lower your cholesterol if it is elevated. Our bodies have both "good" and "bad" fats and a proper amount of each is required to be healthy. We can maintain a good balance of each by eating right, but sometimes medications are also needed. Talk to your health care provider about your cholesterol levels.

- Prevent or control diabetes. Having diabetes greatly increases your risk for heart disease. Preventing or controlling diabetes will lower your risk. If you have diabetes, make sure to follow you and your provider's treatment plan for controlling blood sugars.

- Stop smoking. Cigarette smoke and second hand smoke exposure increases the risk of heart disease and stroke. When you smoke it is not only harmful to you, but also to those around you. Your risk for disease decreases more the longer you abstain from smoking.

- Limit alcohol use. Excessive amounts of alcohol increases blood pressure, which increases the risk of heart disease, heart attack, and stroke. Use alcohol in moderation and always use alcohol responsibly.

- Exercise regularly. Get at least 30 minutes of moderate physical activity each week. Exercise keeps the body strong and contributes to healthy weight which lowers risk for heart disease. As always, consult your health care provider before starting any exercise regimen.

- Eat healthy. Eat smaller portions at meal time and choose nutritious, heart-healthy foods such as fruits and vegetables. Limit sodium and trans fats. Consult with your health care provider or a nutritionist for more heart healthy food options and nutritious food choices.

- Reduce stress. There are many ways to reduce stress. You can exercise, laugh, meditate, or even deep breathe. Getting the right amount of sleep also reduces stress. All of these stress reducers can help you reduce your risk of heart disease.

Ultimately, taking responsibility for your health is up to you, but there are programs available to assist you with making changes such as quitting smoking. The Public Health Department at the Absentee Shawnee Tribal Health Clinic offers The Second Wind Program, a 12-week program designed to assist Native Americans to refrain from commercial tobacco use. The next class is tentatively scheduled to start in March. Feel free to contact us at the Public Health Department at 405-447-0300 for more information or to sign up for a class. Happy Heart Month!

References:

<http://www.cdc.gov/flu/about/season/flu-season-2015-2016.htm> http://www.cdc.gov/DHDSP/data_statistics/fact_sheets/fs_aian.htm
<http://heart.arizona.edu/heart-health> http://www.cdc.gov/dhdsp/american_heart_month.htm

Prevention. Progress. Pride.

SHAWNEE CLINIC
2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
405.878.5850

LITTLE AXE HEALTH CENTER
15951 Little Axe Dr.
Norman, OK 73026
405.447.0300

WWW.ASTHEALTH.ORG

COPYRIGHT © 2015, ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM. ALL RIGHTS RESERVED.

National Wear Red Day® FRIDAY, FEBRUARY 5, 2016

Join the American Heart Association's Go Red For Women® movement to help raise awareness and save more lives.

You can:

- wear red on February 5th;
- encourage others to get involved.

For more information about your organization's involvement, contact: _____ Public Health Nursing (405) 447-0300

Let's unite to prevent heart disease and stroke.
Wear red to raise awareness and help save women's lives.

GoRedForWomen.org/WearRedDay.

Go Red For Women is nationally sponsored by



©2015, American Heart Association. Also known as the Heart Fund. TM Go Red trademark of AHA. Red Dress trademark of DHS. 2015-210-1172

FEBRUARY IS AMERICAN HEART MONTH



What is heart disease?

What are the signs and symptoms?

Are you at risk for heart disease?

Can heart disease be prevented?

Heart disease is the #1 cause of death in the United States.
Attend an event near you to receive more information about ways to help prevent heart disease and receive a blood pressure check.

Friday, February 5th, 2016 1:00-3:00 Little Axe Health Center lobby
Tuesday, February 9th, 2016 11:00-1:00 Little Axe Resource Center
Friday, February 19th, 2016 1:00-3:00 Shawnee Clinic lobby
Tuesday, February 23rd, 2016 11:00-1:00 Shawnee Complex, Title 6

For more information contact Public Health Nursing

Phone: 405-701-7190

E-mail: dyarbrough@astribe.com



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

February is National Children's Dental Health Month

AST Dental's theme this year is "Fighting for Healthy Teeth"!

Good foods: fruits, vegetables, yogurt, cheese, nuts, and beef jerky

Bad foods: chips, crackers, granola bars, fruit snacks, dried fruits

Ugly foods: candy, cookies, cake, donuts, soda, and energy drinks

All carbohydrates whether it is sugar or not, mix with the plaque bacteria to create acids. These acids attack the tooth's surface and cause breakdown and cavities.

Some things to remember when you have the not so good foods:

- ✓ Rinse your mouth with water to help loosen the food particles
- ✓ Wait 30 minutes after drinking soda to brush your teeth due to the acid in soda
- ✓ Limit late night snacks
- ✓ Do not allow children to have anything after bed except water

In 2014, the ADA (American Dental Association) changed the guidelines for use of fluoride toothpaste in small children. Now when the child gets their first tooth you can use fluoride toothpaste. Use the amount the size of a grain of rice until age two or three then you can use a pea size amount.

Brush twice a day for two minutes, floss, eat healthy foods and see the dentist twice a year to help keep a healthy smile.

Ne yi wa!



ASIST

Applied Suicide Intervention Skills Training

Want your Community, Workplace and/or Family to be suicide safe?

Then come to this Workshop!

WHEN: March 3 & 4, 2016
8:30 a.m. to 4:30 p.m. both days

WHERE: Little Axe Clinic Conference Room

HOW: Register by February 19, 2016 at Behavioral Health with Jenifer Sloan 701-7988 or jsloan@astribe.com ***** *lunch provided*

The ASIST workshop is for people who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million people have participated in this two-day, highly interactive, practical, practice-oriented workshop.

Participation in the full two days is required. Enjoy small group discussions and skills practice that are based upon adult learning principles. Experience powerful videos on suicide intervention. Feel challenged and safe. Learn suicide first aid.

FROM THE DOCTOR'S NOTEBOOK

Let's talk today about low back pain. This is a subject near and dear to my heart as I have endured back pain for over 40 years. Back pain is a consequence of our existence as human beings and stems from one very important factor in that existence – we walk upright and we are fighting gravity. It is also a consequence of our frailty as biomechanical machines, and you are well aware that all “machines” wear out or break down sometime. When patients come in with back pain I am not being flippant when I tell them that the “We all get it” in one form or another.

Low back pain exists in many different flavors but the most common is simply muscular strain. When we do stupid things (I don't know about you but I do stupid things) like bend over quickly to pick up an object on the ground, especially while twisting we invite trouble. The muscles of the back are some of the smallest and weakest we have. There is no one large muscle, say like the large rectus muscles of the thigh. The muscles of the back exist as three layers, each with a specific function. Within these layers, the muscles are grouped in long strands that run up and down the back. Some are very short and some are quite long. These muscle groups work together to maintain our posture during walking and to help us bend and twist when those movements are required. When bending over too quickly, especially when twisting and then trying to straighten back up these muscles can become strained. One can actually tear muscle fibers. This can result in instantaneous, very sharp pain, mostly in the low back where the muscles are the weakest. It can feel like someone stabbing you with a knife and that is no exaggeration. I have lost track of how many times I have done this. Make no bones about it, it hurts like the devil and is no laughing matter when you are wearing it. Again, this type of back pain is due to muscular strain and so common it can be lumped under the category of “overuse” syndrome. Safety departments, employee health organizations, OSHA and others take back injury seriously as it contributes too many lost days of work and millions of dollars in cost visiting a healthcare provider.

One thing that we just must consider when we deal with mechanical low back pain is obesity. Take a look at a side view of a child or teenager. One can imagine an imaginary line drawn from the top of the head down through the legs and ending in the feet. This line represents the axis along which our center of gravity resides. One should notice that the crossover point, or point of inflection of the curvature of the back is in the low back. This in essence is the center of gravity point. The mass of the body on either side of this line is pretty much the same. Now, do the same exercise with a picture of an overweight or obese individual. One can easily see that the mass (weight) is shifted forward and that the center of gravity has shifted forward. Understanding mechanics helps you to visualize that when this weight is shifted forward there is now an induced strain on the inflection point in the low back. This causes strain on the muscles as we try to maintain our posture to keep from falling forward. Obesity is a major contributor to low back pain (and other skeletal pain such as knee pain). My apologies if I have gotten too technical but as a former engineer I do tend to think of things that that hat on as well.

In times past when one did get the classic low back pain due to overuse or strain the old remedy was typically narcotic pain meds, muscle relaxers and the advice to lie on a heating pad. It turns out that many studies have been done on this subject and the old advice has been thrown out the window. Narcotic pain meds are no help at all for the underlying problem. Muscle relaxers simply make one tired, and lying on a heating pad over time worsens the condition. The best remedy for common low back pain (muscular strain variety) is to walk. Plain old over-the-counter “Excedrin Migraine” is an excellent pain reliever and is cheap as dirt. In recent years I have begun recommending patients perform McKenzie© exercises (this can be found easily on the Web). Rarely, if ever do patients with low back pain need to get x-rays, MRI's or other imaging studies because imaging does not yield any useful information except as we discuss below.

When low back pain is accompanied by shooting pain down either or both legs all bets are off. This can be the sign of a more insidious problem. Recall that I made the statement that the vast majority of low back pain is muscular. This is still true, however low back pain can present with what we in the medical profession call “red flags.” Along with this is a mantra I have been singing for a number of years – “No bad thing happens on onesies.” If there is something bad going on there will always be other things going on. Let me illustrate. A patient who comes in with low back pain from a fall off a ladder is more than likely going to have some muscular contusions but when we couple that with the inability to walk, has bowel or bladder incontinence, or shooting pain into either extremity we have need for concern. That concern would be a compression fracture or other lumbar (low back) skeletal issue. There is a difference – muscular issues yield well to physical therapy or can just improve over time with daily activity (lying around on the couch does not

count!), skeletal (in the bones) issues take more investigation. This is where x-rays, or sometimes MRI or CT scan can pay off leading to a diagnosis.

Low back pain that is accompanied by shooting pain down into the lower extremities is red flag. Add in numbness and weakness and we have more red flags. If we have bowel or bladder incontinence we have a big red flag. We need to know about that. This is the type of situation where an MRI is most helpful but be aware MRIs are expensive. If a patient comes in with the above symptoms and states flatly that they do not want any intervention (surgery) then there is no need to do an MRI. For the most part MRIs are not used for diagnosis. They are used to tell a surgeon where to cut. Even so, skeletal back pain can yield somewhat to physical therapy. When there is bowel or bladder incontinence, however this is serious.

One thing I might point out here is that whenever a normal healthy adult has an x-ray of their low back a diagnosis of degenerative disc disease (DJD) typically follows. There are sometimes other findings as well but DJD is almost always on the x-ray report of anyone older than 50 or so. DJD can even show up on an x-ray of the chest or abdomen that might be done for a totally different reason. In truth this is why we don't order routine x-rays for low back pain. Degenerative disc disease is a normal consequence of aging and is the reason people get shorter as they age. It shows up on an x-ray report and people get all excited about what is in essence a non-issue. The discs of the spine are like shock absorbers and are made of cartilage-like material. The same material found in the large joints of the body, especially the knees. This material wears and degenerates but DOES NOT generally contribute to low back pain (again – no bad thing ...) unless the degree of compression is pronounced. Since it is such a common finding on lumbar spine x-rays there is no reason to order an x-ray to find out what you already know. X-rays are ordered when there is a suspicion of some other problem (this is why we physicians examine our patients, or at least should examine them).

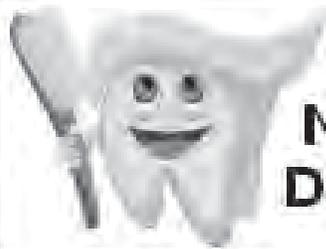
Of particular significance is the deep down inside type low back pain that comes on insidiously over time, is worsening and accompanied by other symptoms (again – no bad thing ...) such as night sweats or weight loss. With this type of back pain we have to consider something really bad and if you go to the doctor for that you would be wise to describe all your symptoms so that nothing gets missed or the wrong assumption gets made.

Women tend to get back pain more than men. Aside from the common back pain described above women of child bearing age suffer from the common muscular back pain of carrying a child in pregnancy. We married men know all too well what pregnancy does to a women. Another not uncommon cause of back pain is urinary tract infections. Most women will already have an idea that they are dealing with that and it is an easy diagnosis and treatment. Kidney stones and other internal problems can also manifest with back pain.

Low back pain; we all get it and it can resolve without any treatment, or with minimal treatment. Remember, I said that I have lived with back pain for over 40 years. I can remember the very day in 1968 when as a young Marine I bent over to pick up a foot locker and got a shooting pain in my low back that took me to my knees on the floor. Now I can tell my patients that I have been there and done that. Occasionally I get that twinge in my back that tells me I'm doing something stupid and to back off. This is one instance when listening to your body can help avoid some significant discomfort. Interestingly enough, as I conclude this discussion a recent study has been published in the Journal of the American Medical Association that concludes without a doubt that exercise is the number one best way to help prevent low back pain. Unfortunately there is no guarantee of anything in life (except death and taxes) and likewise there is no guarantee that one will never suffer from back pain despite a good exercise program.

Your physicians do not want you to suffer and we certainly don't want you to think you are not welcome to come in to discuss this issue. I would rather have 10 people come in with common low back pain that is for lack of better term – no big deal, than to have 1 person not come in just thinking there is nothing wrong only to find out there is something very wrong.

Always in your service,
Ne-Yi-Wa
Bruce A. Stafford, DO
Diplomate, ABFM, NBPAS
Deputy Medical Director
Absentee Shawnee Tribal Health System
Little Axe Health Center



February:
**National Children's
Dental Health Month**

AST Dental's theme this year is "Fighting for Healthy Teeth"!

Good foods: fruits, vegetables, yogurt, cheese, nuts, and beef jerky

Bad foods: chips, crackers, granola bars, fruit snacks, dried fruits

Ugly foods: candy, cookies, cake, donuts, soda, and energy drinks

All carbohydrates whether it is sugar or not, mix with the plaque bacteria to create acids. These acids attack the tooth's surface and cause breakdown and cavities.

Some things to remember when you have the not so good foods:

- ✓ Rinse your mouth with water to help loosen the food particles
- ✓ Wait 30 minutes after drinking soda to brush your teeth due to the acid in soda
- ✓ Limit late night snacks
- ✓ Do not allow children to have anything after bed except water

In 2014, the ADA (American Dental Association) **changed the guidelines for use of fluoride toothpaste** in small children. Now when the child gets their **first tooth you can use fluoride toothpaste. Use the amount the size of a grain of rice until age two or three then you can use a pea size amount.**

Brush twice a day for two minutes, floss, eat healthy foods and see the dentist twice a year to help keep a healthy smile.

Ne yi wa!

The AST Dental Team

FITNESS BIT

Did you know that one of the easiest and most effective exercises for your body involves the use of only a chair? The simple sit-and-stand exercise is a great physical activity that can be used to strengthen and tone your legs (quadriceps and hamstrings) and butt (gluteus maximus). This exercise also helps to get your heart rate pumping! All you need is a chair or a bed! Here are some steps to help you learn how to perform the sit-and-stand to increase leg strength and endurance:

Step 1: Have a seat in a **STURDY** chair or use your bedside (make sure you're not sitting too high!)

Step 2: Fold your arms in front of you or hold them to your side, or even behind your head.

Step 3: Simply stand up without using your arms. If you are just now learning how to do this exercise and have weak legs, use a chair with arms to assist you in standing.

Step 4: Come to complete standing position then sit back down.

Step 5: Repeat the sit-and-stand as many times possible for 30 seconds, then rest. Complete this exercise 3 times, or as many times as possible.

Tip #1: If this exercise is too hard, use a higher chair or bedside **Tip #2:** If this exercise is too easy, use a lower chair



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

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

CTSA is an Equal Opportunity Employer

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



Register Now!!!
www.asthealth.org/patient-portal

New Patient Portal
Absentee Shawnee Tribal Health System

Little Axe Health Center
Shawnee Clinic



Visit your app store and install the Follow My Health app

- Improved access to your health information
- Communicate directly with your clinic
- Request an appointment
- ...and more!



for real-time access to your health information

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

we Listen
Ne-Hi-Ki-Wa-Sa-Pa

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

Shawnee Clinic

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

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.

NATIONAL FOLIC ACID AWARENESS WEEK

Plan ahead before and during pregnancy
to increase chances of having a healthy baby.



January 10-16, 2016 is National Folic Acid Awareness Week.

Folic acid is a B vitamin. It is an important part of [preconception health](#), which refers to the health of women and men during their reproductive years. If a woman consumes the recommended amount of folic acid before and during early pregnancy, it can help prevent some major birth defects of the baby's brain (known as anencephaly) and spine (known as spina bifida). Anencephaly is a serious birth defect in which parts of a baby's brain and skull do not form correctly. Babies born with anencephaly cannot survive. Spina bifida is a serious birth defect in which a baby's spine does not develop correctly, and can result in some severe physical disabilities. All women, but especially those who want to become pregnant, need 400 micrograms (mcg) of folic acid every day.

Do I need folic acid?

Yes! Every woman needs to get enough folic acid each day, even if she does not plan to become pregnant. This is because our bodies make new cells every day—blood, skin, hair, nails and others. Folic acid is needed to make these new cells. Start a healthy habit today and get 400 mcg of folic acid every day.

Why can't I wait until I'm pregnant to start taking folic acid?

Birth defects of the brain and spine ([anencephaly](#) and [spina bifida](#)) happen in the first few weeks of pregnancy, often before a woman finds out she's pregnant. Also, half of all pregnancies in the United States are unplanned. These are two reasons why it is important for all women who can get pregnant to be sure to get 400 mcg of folic acid every day, even if they aren't planning a pregnancy any time soon. By the time a woman realizes she's pregnant, it might be too late to prevent these birth defects. Plan ahead! Starting today is the best option.

How do I get folic acid?

An easy way to be sure you're getting enough folic acid is to take a daily multivitamin with folic acid in it. Most multivitamins have all the folic acid you need. If you get an upset stomach from taking a multivitamin, try taking it with meals or just before bed. If you have trouble taking pills, you can try a multivitamin that is gummy or chewable. Also be sure to take it with a full glass of water.

Folic acid has been added to foods such as enriched breads, pastas, rice and cereals. Check the Nutrition Facts label on the food packaging. A serving of some [cereals](#) has 100% of the folic acid that you need each day.

In addition to getting 400 mcg of folic acid from supplements and fortified foods, you can eat a diet rich in folate. You can get food folate from beans, peas and lentils, oranges and orange juice, asparagus and broccoli, and dark leafy green vegetables such as spinach, and mustard greens.

Taken from CDC website:

<http://www.cdc.gov/features/folicacidbenefits/index.html>

Deidre Yarbrough, RN
Public Health Nursing
15951 Little Axe Drive
Norman, Oklahoma 73026
(405) 701-7190
(405) 701-7605 (fax)
www.asthealth.org



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.



FEBRUARY IS TEEN DATING VIOLENCE AWARENESS MONTH

Every year nearly 1.5 million high school students nationwide experience physical abuse from a dating partner. And 1 in 3 adolescents in the U.S. is a victim of physical, sexual, emotional, or verbal abuse from a dating partner. The following is a healthy relationship quiz. Answer the questions below to see if you are in a healthy relationship.

The Person I'm With (Often, Sometimes or Never)

1. Is very supportive of things that I do and encourages me to try new things.
2. Likes to listen when I have something on my mind.
3. Talks to me when they're unhappy with something in the relationship.
4. Is willing to compromise.
5. Understands that we have separate interests and can spend time apart.
6. Is mean or rude to my friends.
7. Criticizes or distracts me when I'm doing things that don't involve them.
8. Gets extremely jealous or possessive.
9. Accuses me of flirting or cheating when I'm not.
10. Constantly checks up on me or makes me check in.
11. Breaks or throws things when we fight.
12. Threatens to destroy my things.
13. Tries to control what I do, who I see, what I wear, how I look or who I talk to.
14. Makes me feel nervous or like I'm "walking on eggshells."
15. Blames me for problems, puts me down, calls me names or criticizes me.
16. Makes me feel like no one else would want me.
17. Threatens to hurt themselves, me, my friends, pets or family.
18. Grabs, pushes, shoves, chokes, punches, slaps, holds me down, throws things or hurts me in some way.
19. Yells, screams or humiliates me in front of other people.
20. Pressures, guilts or forces me into having sex or going farther than I want to.

Scoring

Questions 1-5: Often: -5, Sometimes: -3, Never: 5

Questions 6-10: Often: 5, Sometimes: 1, Never: 0

Questions 11-15: Often: 10, Sometimes: 5, Never: 0

Questions 16-20: Often: 50, Sometimes: 25, Never: 0

Now that you're finished and have your score, the next step is to find out what it means. Simply take your total score and see which of the categories below apply to you.

Score: 0 or Less Points

You got a negative score or a zero? Don't worry -- it's a good thing! It sounds like your relationship is on a pretty healthy track. Maintaining healthy relationships takes some work -- keep it up! Remember that while you may have a healthy relationship, it's possible that a friend of yours does not. If you know someone who is in an abusive relationship, find out how you can help them.

Score: 1-5 Points

If you scored one to five points, you might be noticing a couple of things in your relationship that are unhealthy, but it doesn't necessarily mean they are warning signs. It's still a good idea to keep an eye out and make sure there isn't an unhealthy pattern developing.

The best thing to do is to talk to your partner and let them know what you like and don't like. Encourage them to do the same. Remember, communication is always important when building a healthy relationship. It's also good to be informed so you can recognize the different types of abuse.

Score: 6-10 Points

If you scored six to ten points, it sounds like you may be seeing some warning signs and your relationship may be unhealthy. Don't ignore these red flags. Something that starts small can grow much worse over time. No relationship is perfect -- it takes work! But in a healthy relationship you won't find abusive behaviors.

Score: 11-50 Points

If you scored eleven to fifty points, you are definitely seeing warning signs and may be in an abusive relationship. Remember, abuse is not just physical. Learn about the different types of abuse and how to spot the warning signs.

Score: More than 50 Points

If you scored more than 50 points, it is important to consider taking steps to ensure your safety. A trained advocate is available to work with you to create a safety plan that is tailored to your situation, and focused on keeping you safe whether you choose to remain in the relationship or not.

You don't have to deal with this alone. We can help. Everyone deserves a healthy relationship.

For questions regarding Teen Dating Violence you may contact Melissa Lopez at 405-273-2888 or 405-432-9657 or visit the following websites:

www.loveisrespect.org
www.BreaktheCycle.org

Teen Dating Violence (For Parents)

Knowing that your son or daughter is in an unhealthy relationship can be both frustrating and frightening. But as a parent, you're critical in helping your child develop healthy relationships and can provide life-saving support if they're in an abusive relationship. Remember, dating violence occurs in both same-sex and opposite-sex couples and either gender can be abusive.

What Do I Need to Know?

You can look for some early warning signs of abuse that can help you identify if your child is in an abusive relationship before it's too late. Some of these signs include:

- Your child's partner is extremely jealous or possessive.
- You notice unexplained marks or bruises.
- Your child's partner emails or texts excessively.
- You notice that your son or daughter is depressed or anxious.
- Your son or daughter stops participating in extracurricular activities or other interests.
- Your child stops spending time with other friends and family.
- Your child's partner abuses other people or animals.
- Your child begins to dress differently.

What Can I Do?

- Tell your child you're concerned for their safety. Point out that what's happening isn't "normal." Everyone deserves a safe and healthy relationship. Offer to connect your son or daughter with a professional, like a counselor or attorney, who they can talk to confidentially.
- Be supportive and understanding. Stress that you're on their side. Provide information and non-judgmental support. Let your son or daughter know that it's not their fault and no one "deserves" to be abused. Make it clear that you don't blame them and you respect their choices.
- Believe them and take them seriously. Your child may be reluctant to share their experiences in fear of no one believing what they say. As you validate their feelings and show your support, they can become more comfortable and trust you with more information. Be careful not to minimize your child's situation due to age, inexperience or the length of their relationship.
- Help develop a safety plan. One of the most dangerous times in an abusive relationship is when the victim decides to leave. Be especially supportive during this time and try to connect your child to support groups or professionals that can help keep them safe.
- Remember that ultimately your child must be the one who decides to leave the relationship. There are many complex reasons why victims stay in unhealthy relationships. Your support can make a critical difference in helping your son or daughter find their own way to end their unhealthy relationship.

For questions regarding Teen Dating Violence you may contact Melissa Lopez at 405-273-2888 or 405-432- 9657 or visit the following websites:

www.loveisrespect.org
www.BreaktheCycle.org

ABSENTEE SHAWNEE INDIAN CHILD WELFARE DEPARTMENT

Whitesboro, N.Y. Residents Vote To Keep Racist Emblem Appearing To Show White Man Choking Native American.

Supporters say the logo shows a "friendly wrestling match," not a White man choking a Native American.



I realize while performing my duties as an Indian Child Welfare Worker in the Child Welfare field that I face daily struggles in the scope of this profession dealing with outside forces that do not want to respect the Indian Child Welfare Act of 1978, when dealing with Native American children. I struggle with the concept that today in 2016 there are those in our society who judge you on the color of your skin and refuse to give you the consideration you deserve as a human being who is different in some way. I often read articles that discuss what is going on in our Country in terms of "News" that relates to the Native American people. I was shocked to read this story "Whitesboro, N.Y. Residents Vote to

Keep Racist Emblem appearing To Show White Man Choking Native American".

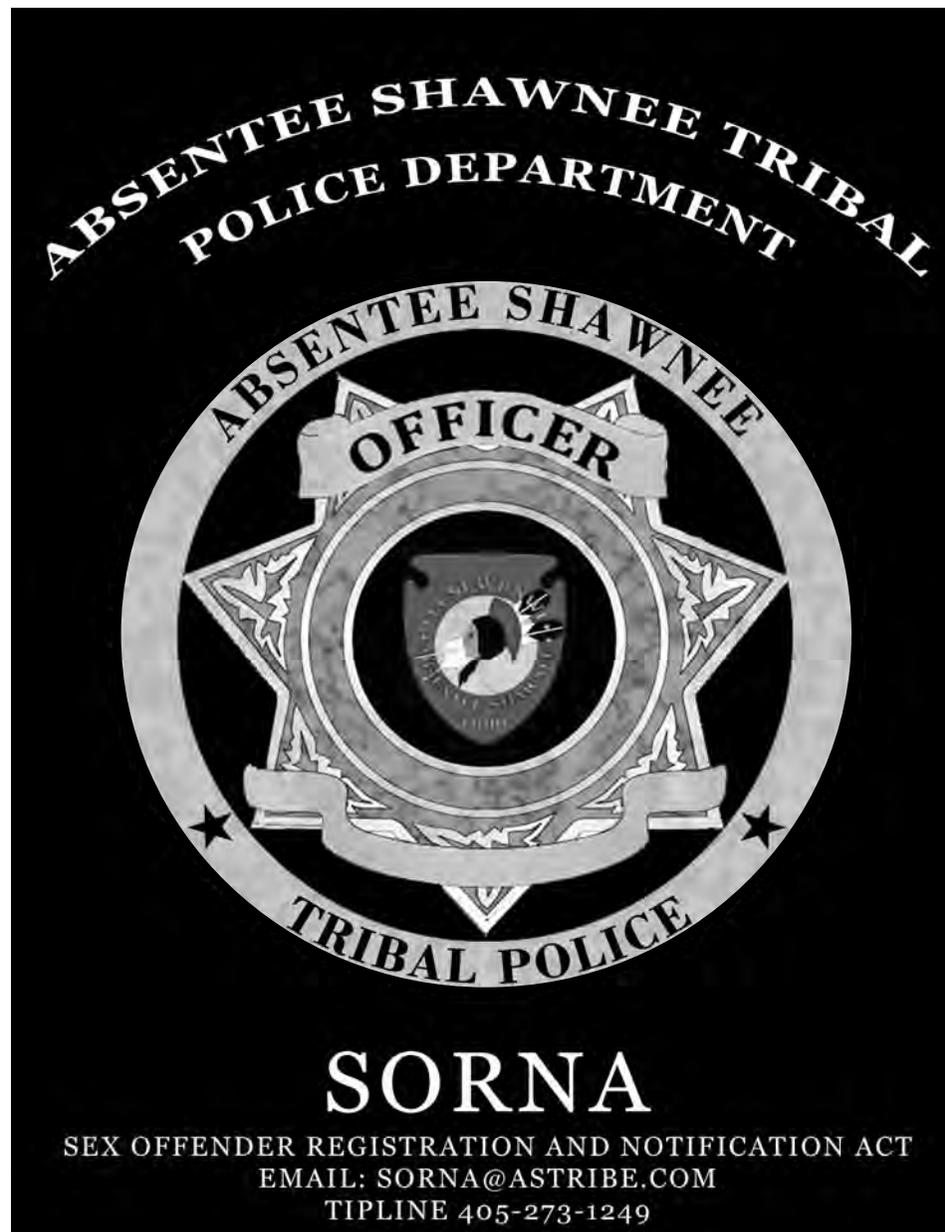
The headline caught my interest so I read further. Residents of Whitesboro, a small village in Oneida County, New York, voted to keep a logo that appears to show the 18th century founder, Hugh White, choking a Native American from the Oneida Tribe. It appears those in Whitesboro, New York believe their emblem/town seal is not offensive, and if you think it is....they don't care what you think because they are going to keep it. Personally, I wish that the Government would tell the Village of Whitesboro that use of their emblem would cause them to lose any Federal/State money the town receives. No money for schools, no money for roads.....NO MONEY. It seems like every other day the Federal Government is telling us how we can spend the money they give the tribes. As a department we are constantly worrying about our budget. If the government can dictate to the Tribes, why can't they dictate to a village that obviously doesn't get the fact that their village is in the United States of America.

Allowing an emblem showing a white man strangling a Native American.....or allowing an emblem that shows an African American hanging from a tree are the same and should not be accepted in our society. It seems one would cause outrage, but the other one is acceptable. Unfortunately this is the history of the United States, but let us clarify it is not our future. The Indian Child Welfare Act is in place so that our tribal children are not lost in the system set up by the Government. We fight everyday so our children get their culture and heritage respected in the "system".

ICW workers are often treated "inadequately" by those in the State Child Welfare System because we speak up for our tribal children and fight for their rights. The truth is, those in ICW are here because we crave more than the average Child Welfare Worker. We crave the safety of our tribal children while advocating for their rights as a Native American and their right not to be separated from their tribe. We fight every day for equality for our tribal children and respect for their cultural beliefs. I can only imagine growing up Native American in Whitesboro, New York.

It saddens me to think of Native American children who are growing up in this town. It saddens me that I don't have the number of foster care homes needed to place all our tribal children in a tribal home when they are taken into custody by the State. As a tribal member you can do your part to fight the injustices put on our people by opening your home to one of our tribal children in need of a safe environment... a home. You don't need a big house, but you need a big heart and love to give a child in need.

If you would like to be an AST Foster Care Home, please call Julie Wilson 405-275-4030.





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 on 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

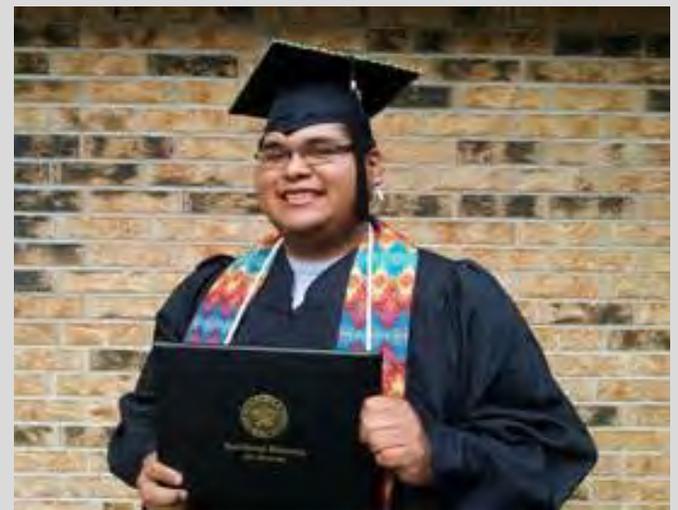
PAWNEE

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"

Absentee Shawnee Housing Authority



Programs Available

- Low Rent Housing
- Lease to Own Housing
- Down Payment & Closing Assistance
- Storm Shelter Assistance
- College Housing Assistance
- Emergency Home Repair
- Over Income AST Member Down Payment Assistance

FOR INFORMATION ABOUT OUR SERVICES

PLEASE CALL (405) 273-1050 OR COME BY OUR OFFICE

LOCATED AT 107 NORTH KIMBERLY IN SHAWNEE, OK.

WEBSITE: WWW.ASHOUSINGAUTHORITY.COM

How to Get a Tag

NEW MOTOR VEHICLE REGISTRATION*

Any new motor vehicle registrations must be done in person by the Tribal Member. The following is a list of required documents you must have for new motor vehicle registration(s).

- TITLE
- BILL OF SALE OR SALES CONTRACT LIEN ENTRY FORM (if applicable)
- ABSENTEE SHAWNEE TRIBAL ENROLLMENT CARD
- OKLAHOMA INSURANCE VERIFICATION
- VALID OKLAHOMA DRIVER LICENSE

REGISTRATION RENEWAL

There are two (2) options available. The following is a list of required documents for renewals.

RENEWING IN PERSON:

- Current Registration Certificate
- Oklahoma Insurance Verification
- Valid Oklahoma Driver License
- Absentee Shawnee Tribal Enrollment card

RENEWING BY MAIL:

To renew by mail, send check or money order along with the above listed items. Make check or money order payable to: Absentee Shawnee Tribe Tax Commission. A \$35.00 fee for all returned checks will be charged.

TAG PRICE GUIDE Excise tax = Actual Purchase Price x 1.25%

NEW MOTOR VEHICLE REGISTRATIONS

Excise Tax + Years Tagged + Title Fee + Admin. Fee = TAG PRICE

RENEWALS

Years Tagged + Admin. Fee = TAG PRICE

VEHICLE REGISTRATION TAX SCHEDULE

Years Tagged	Tax Imposed	Administration Fee	Total Fees
1 st through 4 th year	\$80.00	\$5.00	\$85.00
5 th through 8 th year	\$70.00	\$5.00	\$75.00
9 th through 12 th year	\$50.00	\$5.00	\$55.00
13 th through 16 th year	\$30.00	\$5.00	\$35.00
17 th year and over	\$10.00	\$5.00	\$15.00

Do you have any questions? Please feel free to contact the AST Tax Commission office at (405)275-4030, option 6.

*No tags will issue unless at least one (1) person on the title is an Absentee Shawnee Tribal member.

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

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**)

Little Axe

After School Program 2015-2016

Come join us at the AST Resource Center!!!



- Free Tutoring in all subjects!
- Games and activities!
- Delinquency Prevention!
- Healthy Lifestyles!



Open to **All Middle School and High School Students**

Open to **Absentee Shawnee Tribal Students K-5 with a C.D.I.B.**



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.

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



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.



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.



Education Department

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

These are brief descriptions of current programs. Program guidelines are available in hard copy 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.

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.

VOTE FOR SHERMAN TIGER

ABSENTEE SHAWNEE TRIBE
REPRESENTATIVE

My name is **Sherman Tiger**, I am an enrolled Absentee Shawnee tribal member and am of the **Big Jim Band**. I am running for the **Office of Representative**.

Since I began my career I have served on community and tribal boards and committees. In that capacity I have learned the need for orderliness so that we, as a tribe, may stay focused and clear in the direction we are going and the places we have been. Roberts Rules of Order could be used as a guide to help us get to that orderliness in our Executive Committee and General Council meetings.

My career began with me being a delivery driver for the University of Oklahoma Health Sciences Center printing where I worked for 8 years. For the next 17.5 years I did outside printing and press work for Unique Printing, Quintel Printing, Norman Transcript, Southwest Printing and Digital Graphics. I served for 1 year as the Absentee Shawnee Tribe's Project Specialist in the Cultural Preservation program. Since 2011 I have worked as the Media Director for our tribe.

If I am elected as your Representative I commit to you that I will listen to your concerns, address them timely and do all that I may to address issues like those that are present in our financial and health systems, review our business development opportunities and sustainability of current businesses. I will also work towards supporting language and cultural initiatives for our children and youth. As an example:

Business ventures that need sustainable options:

Cattle operation:

- Manage our cowherd records – use a spread sheet listing each cow in the herd by ear tag number, annual calving date and what happened to the calf.
- Annual expenditure projections be given to EC and tribe for cattle feed, vet services and other yearly costs.
- Commercial Operation v Registered Herd – attend registered angus events and become familiar with level of effort needed for either a commercial or registered herd plan and make determination which will bring the most return to the tribe.
- Market Assistance – consider developing a resource network with trusted marketing firms like the Stockman Oklahoma Cattle Marketing or a similar source.
- Cattle Management plan - Spring versus fall calving. By developing a good cattle management plan it will assist in identifying when calves are to be marketed and then aid in developing a plan to target that market.

Health System:

- What level of involvement does our tribe have in the operation of the health system? We, the tribal members, need to review the operations of the health system and give guidance to what we want it to have within it and run the Li-Si-Wi-Nwi 'For Profit' health corporation like the business it should be.

Language and Culture:

- Recently the Health Corporation(s) received a grant that will allow for Tribal Culture to be added to/for the grant, thus the development of a pilot language course for kids who are enrolled tribal members. Language is an integral part of who we are as a tribe and I believe we should support these types of opportunities and expand them through media outlets and expanded communication forums.

I believe that 'now is the time' for us to take a new direction and work to make a difference for our children, their children, our veterans, our elders and for all of our tribal members. I stand willing and able to 'Represent' the tribe by supporting our constitution, our laws, and our traditions.

Together – we can Make A Difference!

I ask for your vote on March 18, 2016.

VOTE FOR TWILA O. 'LONGHORN' PARKER

ABSENTEE SHAWNEE TREASURER

I am Twila Parker, an enrolled Absentee Shawnee Tribal member and of the White Turkey Band. I am running for the Office of Treasurer. My father was Ernest F. Longhorn from the Macomb area, he served as a former Lt. Governor and then as Representative. I have brothers and other family members who have served in Office and I find that now is the time for me too to serve our Tribe.

Previously, I have had the honor and privilege of serving on various Boards and Committee's such as the AST Housing Authority Board for ten years; U.S. Postal Office AA/EEO Committee; Keyworker for Combined Federal Campaign; Loaned Executive to United Way for federal agencies; Mail Handler Union Steward; Primary Union Steward; Site core Team and Safety Committee; co-coordinated the early Commodity (Food Distribution) program and most recently the AST Community Development Financial Initiative (CDFI). I understand the way Board's and Committee's should and could be run and am clear on Roberts Rules of Order; Open Meetings Act and the AST Constitution. As Treasurer I will follow the Constitution. I am eligible to be bonded under a bona fide bond as I am financially solvent. I have a high credit rating, steady retirement, own my own home and I am blessed with self-sufficient children. If elected I will be at the Office every day of the week. I will not exhaust our travel fund. I will be professional and conduct the business of the tribe.

I have over thirty years of professional work experience. In 1977 I enlisted with the U.S. Air Force and received my basic training at the Lackland Air Force Base in San Antonio, Texas. From there I gained Top Secret Clearance to work in encrypting. I returned to the U.S. and was honorably discharged in 1980. From that time forward I began my career and have worked in a variety of positions within several federal agencies, i.e. Indian Health Service, Tinker AFB and U.S. Post Office and most recently as a temporary employee in the AST Governor's Office.

I learned from my father, a preacher, that to give is better than to receive. Thus, I began my earliest work effort as a volunteer and have continued to give back. In 1982 I assisted with the Community Health Merger which ensured our people received food baskets; in 1982 I received a community service award due to my early intervention to appropriately administer record keeping at our Shawnee clinic which at that time was still under the Indian Health Service; assisted in the development and structure of our AST Housing Authority and was certified at Level 1 by NAIHC; in my role as Union Steward I researched and interviewed each incident to ensure that Mail Handler's grievances were represented and addressed based on Union standards and those efforts got me an Outstanding Service Award; as a Diversity Board member I helped to develop goals and got input from members resulting in a letter of commendation from the OKC District Manager.

To better understand a diverse work force and the challenges it presented I did what my Dad always stressed to me 'Get an education'. I had received on the job experience and military training and felt compelled to go further for myself, my family and my people. In 1999 I received an Associate's in Applied Science Business Administration from Rose State College and was on the VP's Honor Roll. In 2003 I graduated from OU with a Bachelor of Liberal Studies in 'Focus Administrative Leadership' and in 2005 received a Masters in Human Relations.

I have 'fought the good fight' for our country. I stand ready to take on the challenges happening due to select leaders in Office. We need individuals in Office who want to advance our tribe and do so through a professional, ethical and educated way. I have worked outside of our Tribe and brought back what I have learned to improve our productivity and efficiency.

I ask for your vote on March 18, 2016.



Dear Fellow Tribal Members,

I would like to take this opportunity to introduce myself. My name is Scott Miller, son of Glenn and Redena Miller, grandson of the late Lewis and Cynthia Blanchard. I live in the Shawnee area with my wife Alicia, a.k.a Aly and our sons, Connor and Brody. I am an active participant of the North Dance Ground and strongly believe in our Shawnee traditions. I earned my Bachelors degree in Business Administration and my Masters of Business Administration from St. Gregory's University. My experience as a former Executive Committee member has helped me understand our tribal constitution, federal regulations, tribal finances and funding sources that support our programs. I am running for office because I strongly believe our tribe can achieve much more financially.

First and foremost our tribal constitution states the Treasurer is the "custodian of all monies" and "will submit financial reports and audit results" to the Executive Committee and at the semi-annual General Council meetings. Whether our finances are in the black or red, the Treasurer must report the tribe's finances. This constitutional requirement provides the transparency our tribal members look for to be assured the tribe is on a stable financial foundation.

Tribal gaming has been our main revenue generator for many years. It has funded and supplemented many programs, such as School Clothing Assistance, Burial Assistance, and Cultural Preservation. In order for us to continue to fund these and other service programs, it is imperative we have other forms of income as the tribal membership continues to grow. Large or small, on trust land or not, it is important we seek legitimate businesses now in order for us to survive in this economic climate.

Also, we are heavily dependent on federal funds in the form of Self-Governance Compacts and grants to provide services to our tribal membership. In this day of national, political fighting, it is very concerning that federal funds can be cut at any time, potentially leaving the tribe without the resources to provide services. Other fund sources, such as the Salazar v. Ramah Navajo contract support cost settlement award, would best benefit the tribe in supplementing service programs and strategically purchasing property to increase our land base. Any funds the tribe receives from lawsuit settlements like this should be carefully invested for the tribe to use in future endeavors.

It takes an individual who has the knowledge and financial experience to fight for our funding, whether on the federal or state level. I strongly believe my experience and education will protect and preserve our tribal monies according to our constitution and beyond. Once elected, I will work to develop legitimate business opportunities in addition to create/update our financial policies, insuring our monies are safe, properly report to the AST people and spent in the proper fiducial manner. I formally announce my candidacy for the office of Treasurer of the Absentee Shawnee Tribe. I appreciate you support in the March 19th Primary Election.

Ne yi wa!
Scott Miller



KATHY DEERE FOR TREASURER

ACCOUNTABLE-COMMITTED-INTEGRITY

Previously served four (4) years as Tribal Treasurer & would like an opportunity to serve Tribal Members again! I pledge to give a financial report to executive committee members and tribal members on a regular basis in newsletter and/or website. I'm committed to our Tribe and have served with honesty and values in all my endeavors! I pledge to be available, dedicated, & trustworthy to serving YOU as an elected official should!

VOTE KATHY DEERE, March 19, 2016

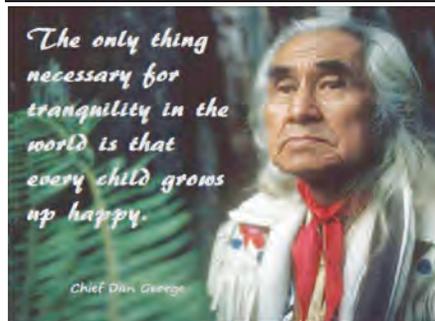
White Turkey Band

Political Forum

The White Turkey Band will be hosting an Political forum on February 13th 2016, from 2:00 – 4:00 P.M. At Horseshoe Bend building 46309 Garrett's Lake Rd., Shawnee, OK. For more Information please Contact Gwen Switch-Cell phone (405)-204-9612

**ALL CANDIDATES
ARE INVITED**

FOSTER CARE



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 which in helps 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? Will you, as Absentee Shawnee member, do your part if you are able?

IF YOU ARE INTERESTED IN BECOMING A FOSTER PARENT, PLEASE CONTACT JULIANN WILSON ICW/CPS/FOSTER CARE AT 275-4030, EXT. 133.

Racial disproportionality is defined as the over-or under-representation of certain groups (e.g. racial/ethnic, gender, age) relative to the group's proportion in the general population. Reports conducted in 2008 showed that, compared to other groups, Native American children were:

- 3 times more likely to be referred to CPS
- 1.6 times more likely to be removed from their biological homes
- Twice as likely to remain in foster care for over two years
- Less likely to be adopted and more likely to be in guardianships
- Less likely to be reunited with their biological parents

The sad reality is that there are not enough culturally appropriate homes for these children, resulting in the placement of Native American children in homes that do not share their cultural heritage or traditions. We want to place "our tribal" children in our own homes, to do this we need tribal members to open their homes and their hearts. Are you willing to open your heart? Are you willing to open your home?

If so, please contact Julie Wilson ICW/FC/CPS 878-4702 (ext. 133).

GOT LOVE?

FOSTER A CHILD

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)

"I don't want a family. I need one."
- Current Waiting Child

<<<NOTICE>>>

Currently there are three (3) openings on the Foster Care Board. If you are interested in serving on the board, send your letter of interest to Secretary Dawsey at the Tribal Complex, 2025 S. Gordon Cooper Dr., Shawnee, OK 73801.

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 MET AND TURNED IN 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.



AST SPECIAL EXECUTIVE COMMITTEE MEETING MINUTES

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
SPECIAL EXECUTIVE COMMITTEE MEETING
TRIBAL COMPLEX, BUILDING #2, CONFERENCE ROOM
Special Executive Committee Meeting
December 30, 2015 @ 1:30 A.M.

EXECUTIVE SESSION
NONE

LEGISLATIVE SESSION

MINUTES

PRESENT: Governor Edwina Butler-Wolfe
Secretary John R. Johnson
Representative Kenneth Blanchard

ABSENT: Lt. Governor Isaac Gibson, Jr.
Treasurer Bates

STAFF PRESENT: Sherman Tiger Twyla Blanchard
Courtney Green Vivianna Wilhelm
Sujata Sturm Alvina Barnes

VISITORS: Melpherd Switch Mark Rogers
Michael McMahan

I. CALL TO ORDER:

Governor Butler-Wolfe called the Special Executive Committee Meeting to order at 9:05 A.M.

II. ROLL CALL:

Present at Roll Call: Governor Edwina Butler-Wolfe
Secretary John R. Johnson
Representative Kenneth Blanchard

Absent at Roll Call: Lt. Governor Isaac Gibson, Jr.
Treasurer Leah Bates

III. DECLARATION OF QUORUM:

Secretary Johnson made the Declaration of Quorum.

C. A RESOLUTION.....L-AS-2015-13 AUTHORIZING AND APPROVING THE INDIRECT COST BUDGET (IDC) BUDGET FOR CALENDAR YEAR 2016 IN THE AMOUNT OF FIVE MILLION SEVEN HUNDRED FIFTY-FIVE THOUSAND THREE HUNDRED FIFTY-SEVEN DOLLARS AND NO CENTS (\$5,755,357.00) AS REFLECTED IN THE ATTACHED BUDGET DOCUMENT, "EXHIBIT A," EFFECTIVE IMMEDIATELY.

There being no questions, comments or concerns; Governor Butler-Wolfe entertained a motion for approval. Secretary Johnson made a motion to approve; motion seconded by Representative Blanchard. The following vote was recorded.

Governor Butler-Wolfe	/	N/A
Lt. Governor Gibson	/	ABSENT
Secretary Johnson	/	YES
Treasurer Bates	/	ABSENT
Representative Blanchard	/	YES

Resolution approved: 2 in favor; 0 opposed; and 0 abstentions.

D. A RESOLUTION.....L-AS-2015-14 AUTHORIZING AND APPROVING THE BUREAU OF INDIAN AFFAIRS (BIA) BUDGET FOR CALENDAR YEAR 2016 IN THE AMOUNT OF THREE MILLION EIGHTY-FIVE THOUSAND SEVEN HUNDRED SEVENTY DOLLARS AND NO CENTS (\$3,085,770.00) AS REFLECTED IN THE ATTACHED BUDGET DOCUMENT, "EXHIBIT A," EFFECTIVE IMMEDIATELY.

There being no questions, comments or concerns; Governor Butler-Wolfe entertained a motion for approval. Representative Blanchard made a motion to approve; motion seconded by Secretary Johnson. The following vote was recorded.

Governor Butler-Wolfe	/	N/A
Lt. Governor Gibson	/	ABSENT
Secretary Johnson	/	YES
Treasurer Bates	/	ABSENT
Representative Blanchard	/	YES

Resolution approved: 2 in favor; 0 opposed; and 0 abstentions.

E. A RESOLUTION.....L-AS-2015-15 AUTHORIZING AND APPROVING THE ABSENTEE SHAWNEE TRIBAL HEALTH AUTHORITY, INC. AND O.E.H IHS BUDGET FOR CALENDAR YEAR 2016 IN THE AMOUNT OF SEVEN MILLION SEVEN HUNDRED TWENTY-THREE THOUSAND SEVENTY EIGHT DOLLARS AND NO CENTS (\$7,723,078.00) AS REFLECTED IN THE ATTACHED BUDGET DOCUMENT, "EXHIBIT A" EFFECTIVE IMMEDIATELY.

There being no questions, comments or concerns; Governor Butler-Wolfe entertained a motion for approval. Representative Blanchard made a motion to approve; motion seconded by Secretary Johnson. The following vote was recorded.

IV. SPECIAL BUSINESS:

GOVERNOR

A. A RESOLUTION.....L-AS-2015-11 AUTHORIZING AND APPROVING THE LI SI WI NWI HEALTH, INC BUDGET FOR CALENDAR YEAR 2016 IN THE AMOUNT OF EIGHTEEN MILLION NINE HUNDRED EIGHTY-NINE THOUSAND SEVEN HUNDRED FIFTY-SIX DOLLARS AND NO CENTS (\$18,989,756.00) AS REFLECTED IN THE ATTACHED BUDGET DOCUMENT, "EXHIBIT A," EFFECTIVE IMMEDIATELY.

There being no questions, comments or concerns; Governor Butler-Wolfe entertained a motion for approval. Secretary Johnson made a motion to approve; motion seconded by Representative Blanchard. The following vote was recorded.

Governor Butler-Wolfe	/	N/A
Lt. Governor Gibson	/	ABSENT
Secretary Johnson	/	YES
Treasurer Bates	/	ABSENT
Representative Blanchard	/	YES

Resolution approved: 2 in favor; 0 opposed; and 0 abstentions.

B. A RESOLUTION.....L-AS-2015-12 AUTHORIZING AND APPROVING THE GENERAL FUND BUDGET FOR CALENDAR YEAR 2016 IN THE AMOUNT OF FOUR MILLION SEVEN HUNDRED SIXTY-EIGHT THOUSAND SEVEN HUNDRED EIGHTY-THREE DOLLARS AND NO CENTS (\$4,768,783.00) AS REFLECTED IN THE ATTACHED BUDGET DOCUMENT, "EXHIBIT A," EFFECTIVE IMMEDIATELY.

There being no questions, comments or concerns; Governor Butler-Wolfe entertained a motion for approval. Representative Blanchard made a motion to approve; motion seconded by Secretary Johnson. The following vote was recorded.

Governor Butler-Wolfe	/	N/A
Lt. Governor Gibson	/	ABSENT
Secretary Johnson	/	YES
Treasurer Bates	/	ABSENT
Representative Blanchard	/	YES

Resolution approved: 2 in favor; 0 opposed; and 0 abstentions.

Governor Butler-Wolfe	/	N/A
Lt. Governor Gibson	/	ABSENT
Secretary Johnson	/	YES
Treasurer Bates	/	ABSENT
Representative Blanchard	/	YES

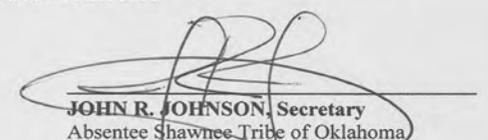
Resolution approved: 2 in favor; 0 opposed; and 0 abstentions.

V. ADJOURNMENT - Executive Session

There being no further business on the Agenda for the Legislative Session of the December 30, 2015 Special Executive Committee Meeting, Governor Butler-Wolfe entertained a motion to adjourn; Representative Blanchard made a motion to adjourn; motion seconded by Secretary Johnson. Following a unanimous voice vote the Legislative Session was adjourned at 9:12 a.m.

CERTIFICATION

I, John R. Johnson, Secretary of the Absentee Shawnee Tribe of Indians of Oklahoma, do hereby certify that the above Minutes are a true and exact copy as approved by the Executive Committee of the Absentee Shawnee Tribe of Indians of Oklahoma, on January 20, 2016 at the REGULAR Executive Committee Meeting, there being a quorum present by a vote of: 4 in favor, 0 opposed, and 0 abstention, as follows: Lt. Governor Gibson: YES; Secretary Johnson: YES; Treasurer Bates: YES; Representative Blanchard: YES; and if required; Governor Butler-Wolfe: N/A.


JOHN R. JOHNSON, Secretary
Absentee Shawnee Tribe of Oklahoma

Signed this 20th day of January, 2016.

MINUTES

PRESENT: Governor Edwina Butler-Wolfe
Lt. Governor Isaac Gibson, Jr.
Secretary John R. Johnson
Treasurer Leah Bates
Representative Kenneth Blanchard

ABSENT: None

STAFF PRESENT: Sherman Tiger / Glenn Jones
Genevieve Foster / Asaycia Clayton
Ken Jones / Larry Buckley
Jeff Gibson / Twila Parker
Sujata Sturm / Alvina Barnes

VISITORS: Robert Sheppard / Sherry Drywater
Elaine Brown / Eastman Switch
Raymond Campbell

I. CALL TO ORDER:

Governor Butler-Wolfe called the Regular Executive Committee Meeting to order at 10:02 a.m.

II. ROLL CALL:

Present at Roll Call: Governor Edwina Butler-Wolfe
Lt. Governor Isaac Gibson, Jr.
Secretary John R. Johnson
Treasurer Leah Bates
Representative Kenneth Blanchard

Absent at Roll Call: None

Secretary Johnson / YES
Treasurer Bates / YES
Representative Blanchard / YES

Resolution approved: 4 in favor; 0 opposed; and 0 abstentions.

D. A RESOLUTION.....E-AS-2015-70
AUTHORIZING AND APPROVING THE SUBMISSION OF AN APPLICATION TO THE U.S. BUREAU OF INDIAN AFFAIRS – TRIBAL YOUTH INITIATIVE (TYI) PROGRAM FOR FISCAL YEAR 2016, AND FURTHER AUTHORIZING THE GOVERNOR TO SIGN ALL DOCUMENTS NECESSARY FOR THE SUBMISSION OF SAID APPLICATION.

Glenna Jones, Grants Specialist, gave explanation for the Tribal Youth Initiative Grant. Governor Butler-Wolfe entertained a motion for approval. Secretary Johnson made a motion to approve; motion seconded by Lt. Governor Gibson. The following vote was recorded:

Governor Butler-Wolfe / N/A
Lt. Governor Gibson / YES
Secretary Johnson / YES
Treasurer Bates / YES
Representative Blanchard / YES

Resolution approved: 4 in favor; 0 opposed; and 0 abstentions.

E. A RESOLUTION.....E-AS-2015-71
ESTABLISHING HOLIDAYS FOR CALENDAR YEAR 2016.

There being no question, comments or concerns; Governor Butler-Wolfe entertained a motion for approval. Secretary Johnson made a motion to approve; motion seconded by Treasurer Bates. The following vote was recorded:

Governor Butler-Wolfe / N/A
Lt. Governor Gibson / YES
Secretary Johnson / YES
Treasurer Bates / YES
Representative Blanchard / YES

Resolution approved: 4 in favor; 0 opposed; and 0 abstentions.

F. A RESOLUTION.....E-AS-2015-72
AUTHORIZING AND APPROVING A CONTRACT AGREEMENT BETWEEN THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA AND C.H. GUERNSEY & COMPANY FOR CONSULTING SERVICES.

Ken Jones, OEH Director, gave explanation of the Consulting Services contract. Governor Butler-Wolfe entertained a motion for approval. Secretary Johnson made a motion to approve; motion seconded by Lt. Governor Gibson. The following vote was recorded:

V. Executive Session

Governor Butler-Wolfe entertained a motion to go into executive session; Treasurer Bates made a motion to go into executive session; motion seconded by Secretary Johnson. The following vote was recorded:

Governor Butler-Wolfe / N/A
Lt. Governor Gibson / YES
Secretary Johnson / YES
Treasurer Bates / YES
Representative Blanchard / YES

Executive Session: 4 in favor; 0 opposed; and 0 abstentions. Time: 10:53 am.

Governor Butler-Wolfe entertained a motion to come out of Executive Session. Lt. Governor Gibson made a motion to come out of executive session; motion seconded by Treasurer Bates. The following vote was recorded:

Governor Butler-Wolfe / YES
Lt. Governor Gibson / YES
Secretary Johnson / YES
Treasurer Bates / YES
Representative Blanchard / YES

All in Favor; 5 in favor, 0 opposed and 0 abstentions. Time out: 11:18 am.

There being no more business on the agenda for the Executive Session; Governor Butler-Wolfe entertained a motion to adjourn the executive session. Lt. Governor Gibson made a motion to adjourn; motion seconded by Secretary Johnson. Following a unanimous voice vote, All in Favor, the meeting was adjourned at 11:19 am.

LEGISLATIVE SESSION

I. CALL TO ORDER:

Governor Butler-Wolfe called the Legislative Session to order at 11:20 a.m.

II. ROLL CALL:

Present at Roll Call: Governor Edwina Butler-Wolfe
Lt. Governor Isaac Gibson, Jr.
Secretary John R. Johnson
Treasurer Leah Bates
Representative Kenneth Blanchard

Absent at Roll Call: None

III. DECLARATION OF QUORUM:

Secretary Johnson made the Declaration of Quorum.

EXECUTIVE SESSION

IV. REGULAR BUSINESS:

SECRETARY

A. APPROVAL OF MINUTES.....MOTION

NOVEMBER 18, 2015 RECM

There being no questions, corrections or comments for the November 18, 2015 Minutes, Governor Butler-Wolfe entertained a motion to approve. Representative Blanchard made a motion to approve the Minutes; motion seconded by Lt. Governor Gibson. The following vote was recorded:

Governor Butler-Wolfe / N/A
Lt. Governor Gibson / YES
Secretary Johnson / YES
Treasurer Bates / YES
Representative Blanchard / YES

Minutes approved: 4 in favor; 0 opposed; and 0 abstentions.

B. APPROVAL OF MINUTES.....MOTION

DECEMBER 7, 2015 SECM

There being no questions, corrections or comments for the December 7, 2015 Minutes, Governor Butler-Wolfe entertained a motion to approve. Secretary Johnson made a motion to approve the Minutes; motion seconded by Representative Blanchard. The following vote was recorded:

Governor Butler-Wolfe / N/A
Lt. Governor Gibson / YES
Secretary Johnson / YES
Treasurer Bates / YES
Representative Blanchard / YES

Minutes approved: 4 in favor; 0 opposed; and 0 abstentions.

B. APPROVAL OF MINUTES.....MOTION

DECEMBER 7, 2015 SECM

There being no questions, corrections or comments for the December 7, 2015 Minutes, Governor Butler-Wolfe entertained a motion to approve. Secretary Johnson made a motion to approve the Minutes; motion seconded by Representative Blanchard. The following vote was recorded:

Governor Butler-Wolfe / N/A
Lt. Governor Gibson / YES
Secretary Johnson / YES
Treasurer Bates / YES
Representative Blanchard / YES

Minutes approved: 4 in favor; 0 opposed; and 0 abstentions.

G. A RESOLUTION.....E-AS-2015-73

AUTHORIZING THE ABSENTEE SHAWNEE HOUSING AUTHORITY TO APPLY FOR A LOAN FROM A PRIVATE LENDER AND LOAN GUARANTEE FROM THE U.S. DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT (HUD) FOR THE PURPOSE OF CONSTRUCTING A SINGLE-FAMILY HOUSING DEVELOPMENT.

Sherry Drywater, gave a brief description of the structure layouts and plans. Governor Butler-Wolfe entertained a motion for approval. Lt. Governor Gibson made a motion to approve; motion seconded by Treasurer Bates. The following vote was recorded:

Governor Butler-Wolfe / N/A
Lt. Governor Gibson / YES
Secretary Johnson / YES
Treasurer Bates / YES
Representative Blanchard / YES

Resolution approved: 4 in favor; 0 opposed; and 0 abstentions.

SECRETARY

A. A RESOLUTION.....E-AS-2015-74

APPROVING AND ACCEPTING TALANI ROSE LITTLECRREEK, BRENDEN SALVATORE WASLEY, SOPHIA KATHERINE LILY MEDINA, JOCELYN ADELENE MEDINA, ARYA NICOLE CONCES, WILLIAM THOMAS JAMES WOOD, MARTIN THOMAS HUERTA AND JOSE ANGEL REYES AS ENROLLED MEMBERS OF THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA.

Larry Buckley, Enrollment Director, stated a few amendments need to be made to a correct a couple of birth dates. The first one being for Brenden Wasley, correct DOB is 07/01/2014. The second correction William Thomas James Wood correct DOB is 07/09/2012. Larry Buckley also stated all the applicants meet the constitutional requirements to be enrolled. Governor Butler-Wolfe entertained a motion to amend the resolution for corrected birth dates. Lt. Governor Gibson made a motion to amend the resolution; motion seconded by Representative Blanchard. The following vote was recorded:

Governor Butler-Wolfe / N/A
Lt. Governor Gibson / YES
Secretary Johnson / YES
Treasurer Bates / YES

Resolution approved: 4 in favor; 0 opposed; and 0 abstentions.

III. DECLARATION OF QUORUM:

Secretary Johnson made the Declaration of Quorum.

IV. REGULAR BUSINESS:

TREASURER

A. A RESOLUTION.....L-AS-2015-09

AUTHORIZING AND APPROVING A CITIBANK PURCHASING CREDIT CARD WITH A CREDIT LIMIT OF FIFTY THOUSAND DOLLARS AND NO CENTS (\$50,000.00) FOR ASAYCIA CLAYTON, PROCUREMENT DIRECTOR OF THE ABSENTEE SHAWNEE TRIBE OF INDIANS OF OKLAHOMA, EFFECTIVE IMMEDIATELY.

Asaycia Clayton, Procurement Director, explained the reasoning for the resolution. Governor Butler-Wolfe entertained a motion for approval. Secretary Johnson made a motion to approve; motion seconded by Lt. Governor Gibson. The following vote was recorded:

Governor Butler-Wolfe / N/A
Lt. Governor Gibson / YES
Secretary Johnson / YES
Treasurer Bates / YES
Representative Blanchard / ABSTAIN

Resolution approved: 3 in favor; 0 opposed; and 1 abstentions.

B. A RESOLUTION.....L-AS-2015-10

AUTHORIZING AND APPROVING A CITIBANK PURCHASING CREDIT CARD WITH A CREDIT LIMIT OF FIFTEEN THOUSAND DOLLARS AND NO CENTS (\$15,000.00) FOR KAYLA KETAKEA, THE PROCUREMENT CLERK OF THE ABSENTEE SHAWNEE TRIBE OF INDIANS OF OKLAHOMA, EFFECTIVE IMMEDIATELY.

There being no questions, comments or concerns; Governor Butler-Wolfe entertained a motion for approval. Secretary Johnson made a motion to approve; motion seconded by Lt. Governor Gibson. The following vote was recorded:

Governor Butler-Wolfe / N/A
Lt. Governor Gibson / YES
Secretary Johnson / YES
Treasurer Bates / YES
Representative Blanchard / ABSTAIN

Resolution approved: 3 in favor; 0 opposed; and 1 abstentions.

GOVERNOR

A. A RESOLUTION.....TABLED
AUTHORIZING A MEMORANDUM OF UNDERSTANDING AGREEMENT (AS ATTACHED) WITH THE OSAGE NATION NATIVE AMERICAN M-POWER PROGRAM TO DISTRIBUTE OKLAHOMA TOBACCO HELP LINE MATERIALS AMONGST TRIBAL EMPLOYEES AND FURTHER AUTHORIZING GOVERNOR BUTLER-WOLFE TO EXECUTE THE AGREEMENT.

Governor Butler-Wolfe entertained a motion to table the resolution for lack of information. Lt. Governor Gibson made a motion to Table; motion seconded by Representative Blanchard. The following vote was recorded:

Governor Butler-Wolfe / N/A
Lt. Governor Gibson / YES
Secretary Johnson / YES
Treasurer Bates / YES
Representative Blanchard / YES

Resolution approved: 4 in favor; 0 opposed; and 0 abstentions.

B. A RESOLUTION.....DIED

HEREBY AUTHORIZING THE PROPOSAL WITH FINLEY & COOK, PLLC (AS ATTACHED) TO PERFORM SPECIAL PROJECT SERVICES TO ASSESS COMPLIANCE OF THE ACCOUNTING AND GRANT REPORTING FOR THE CULTURAL PRESERVATION DEPARTMENT AND AUTHORIZING GOVERNOR BUTLER-WOLFE TO EXECUTE SAID PROPOSAL ON BEHALF OF THE TRIBE, AND FURTHER DESIGNATING REPRESENTATIVE BLANCHARD AS THE INDIVIDUAL RESPONSIBLE TO DIRECT AND OVERSEE THE SERVICES PROVIDED BY FINLEY & COOK, PLLC.

Representative Blanchard gave explanation for the resolution. Governor Butler-Wolfe entertained a motion for approval. No motion was made, so therefore the Resolution died.

C. A RESOLUTION.....E-AS-2015-69

AUTHORIZING AND APPROVING THE SUBMISSION OF AN APPLICATION TO THE U.S. BUREAU OF INDIAN AFFAIRS – INVASIVE SPECIES (IS) PROGRAM FOR FISCAL YEAR 2016, AND FURTHER AUTHORIZING THE GOVERNOR TO SIGN ALL DOCUMENTS NECESSARY FOR THE SUBMISSION OF SAID APPLICATION.

Glenna Jones, Grants Specialist, gave explanation for the Invasive Species Grant. Governor Butler-Wolfe entertained a motion for approval. Treasurer Bates made a motion to approve; motion seconded by Secretary Johnson. The following vote was recorded:

Governor Butler-Wolfe / N/A
Lt. Governor Gibson / YES

Representative Blanchard / YES
Resolution approved: 4 in favor; 0 opposed; and 0 abstentions.

Governor Butler-Wolfe entertained a motion to approve the resolution with corrected birth dates. Lt. Governor Gibson made a motion to approve; motion seconded by Representative Blanchard. The following vote was recorded:

Governor Butler-Wolfe / N/A
Lt. Governor Gibson / YES
Secretary Johnson / YES
Treasurer Bates / YES
Representative Blanchard / YES

Resolution approved: 4 in favor; 0 opposed; and 0 abstentions.

B. A RESOLUTION.....E-AS-2015-75

GRANTING VOLUNTARY RELINQUISHMENT OF MEMBERSHIP IN THE ABSENTEE SHAWNEE TRIBE OF INDIANS TO ANTHONY DUANE GIBSON.

Larry Buckley, Enrollment Director, stated Mr. Gibson submitted application for voluntary relinquishment with the Absentee Shawnee Tribe. Larry Buckley made a motion to amend the resolution to correct the application date; being 12/08/15. Governor Butler-Wolfe entertained a motion to amend the resolution with the correct application date. Lt. Governor Gibson made a motion to amend the resolution; motion seconded by Treasurer Bates. The following vote was recorded:

Governor Butler-Wolfe / N/A
Lt. Governor Gibson / YES
Secretary Johnson / YES
Treasurer Bates / YES
Representative Blanchard / YES

Resolution approved: 4 in favor; 0 opposed; and 0 abstentions.

Governor Butler-Wolfe made a motion to approve the resolution with corrections. Treasurer Bates made a motion to approve the resolution with corrected application dates; motion seconded by Lt. Governor Gibson. The following vote was recorded:

Governor Butler-Wolfe / N/A
Lt. Governor Gibson / YES
Secretary Johnson / YES
Treasurer Bates / YES
Representative Blanchard / YES

Resolution approved: 4 in favor; 0 opposed; and 0 abstentions.

V. GOVERNOR'S REPORT

VI. RECOGNITION OF TRIBAL MEMBERS

Elaine Brown Eastman Switch
Jeff Gibson

VII. ADJOURNMENT - Legislative Session

There being no further business on the Agenda for the Legislative Session of the December 16, 2015 Executive Committee Meeting, Governor Butler-Wolfe entertained a motion to adjourn; Lt. Governor Gibson made a motion to adjourn; motion was seconded by Secretary Johnson. Motion passed by unanimous voice vote. Meeting adjourned at 11:59 a.m.

CERTIFICATION

I, John R. Johnson, Secretary of the Absentee Shawnee Tribe of Indians of Oklahoma, do hereby certify that the above Minutes are a true and exact copy as approved by the Executive Committee of the Absentee Shawnee Tribe of Indians of Oklahoma, on January 20, 2016 at the REGULAR Executive Committee Meeting, there being a quorum present by a vote of: 4 in favor, 0 opposed, and 0 abstention, as follows: Lt. Governor Gibson: YES; Secretary Johnson: YES; Treasurer Bates: YES; Representative Blanchard: YES; Governor Butler-Wolfe: N/A.


JOHN R. JOHNSON, Secretary
Absentee Shawnee Tribe of Oklahoma

Signed this 20th day of January, 2016.



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

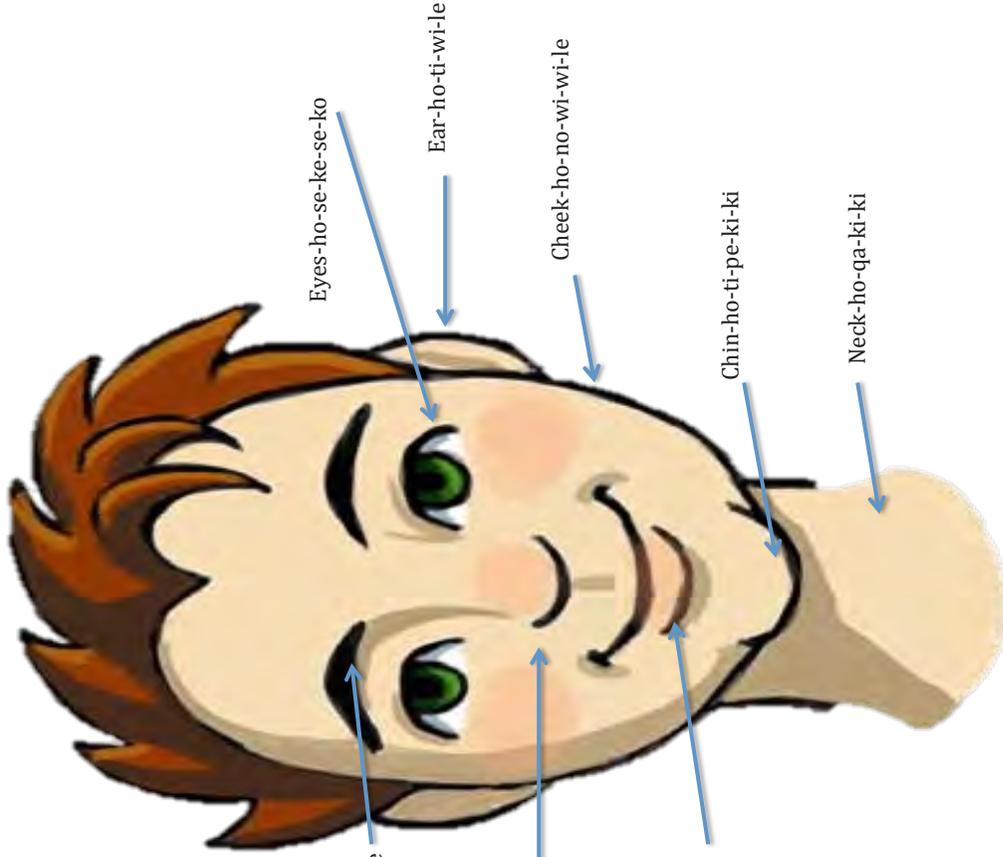
PRESORTED STANDARD
US POSTAGE
PAID
OKLAHOMA CITY, OK
PERMIT 2000

RETURN SERVICE
REQUESTED

Language Corner

Volume 27 No. 45 February 2016

Hair-ho-we-la-fi



Facial parts-Shawnee Language

Gov.	Governor Edwina Butler-Wolfe.....	6308
	Eddie Brokeshoulder.....	6307
	Lesa Shaw.....	6269
Lt. Gov.	Lt. Governor Isaac Gibson.....	6253
	Andy Warrhot.....	6309
	Mary Billy.....	6267
	Scott Miller (BIA Spec.).....	6325
Secreta	Secretary Vera M. Dawsey.....	6289
	Jerry Ann Knox.....	6306
	Alvina Barnes.....	6275
Treas	Treasurer Leah Bates.....	6239
	Donna Longhorn.....	6240
Rep.	Representative Ken Blanchard.....	6287
	Leonard Longhorn.....	6335

RECEPTIONIST	Lea Bettelyoun.....	4030
ATTORNEY	Ray Campbell.....	6313
COURT	Kathy Brock (Court Clerk).....	6241
	Vanessa Ryder.....	6260
	6336
CULT. PRES. /GIFT SHOP	Receptionist.....	6243
	Joseph Blanchard(Director).....	6310
	Carol Butler.....	6319
	Colleen Butler.....	6340
	Tracy Wind.....	6324
	Esther Lowden (Gift Shop Manager).....	6323
	Cecil Wilson.....	6245
	Gift Shop.....	6273

COMMUNITY DEVELOPMENT FINANCIAL INSTITUTION	Heather Napier.....	6264
DOMESTIC VIOLENCE/FAMILY SERVICES	Kimberly Stephens.....	6277
	Jackie Denny.....	6326
	Linda Gouge (Sexual Assault Adv).....	6333
	Melissa Lopez.....	6315
	DV Advocate.....	6224
	6298
EDUCATION	Admin Asst./Rec.....	6255
	Tresha Spoon.....	6242
ELECTION COMMISSION	Emily Longman.....	6271
ENROLLMENT	Larry Buckley.....	6292
	Sujata Sturm.....	6288
HORSE SHOE BEND (After School Program Director)	Edwina Butler-Wolfe.....	6308
	Stuart Rollette.....	585-1346

FINANCE	Belinda Collins(Controller).....	6283
	Genevieve Foster(Asst. Cont.).....	6282
	Amy Hilderbrand (Pay.Spec.).....	6280
	Jessica Gonzales.....	6300
	Courtney Green.....	6250
	Jenny Ware (Acct. Pay.).....	6279
	Holly Davis (Acct. Pay. Spec.).....	6265
	6295
	David Deer.....	6320
	Twyla Blanchard (Staff Acct. II).....	6233
	Jennifer Hernandez(Budget Analyst).....	6228
	Glenna Jones (Grants Admin).....	6338
	Sandra Burnett (Grants).....	6385
HUMAN RESOURCES	Cheri Hardeman.....	6252
	Elizabeth Clark.....	6296
	Rachael Lankford.....	6222
	Dayna Dick.....	6337
ICW	Ronelle Baker.....	8802
	Julie Wilson.....	8803
	Debra Daugomah.....	8804
LITTLE AXE RESOURCE CENTER	Bucky LittleCharley.....	585-8310
	Duke Blanchard.....	585-3669
MAINTENANCE	Cecil Walker.....	6316
	Reta Harjo.....	6249
	Stephen Fife.....	6234
	Donna Simon, Sherri Yetter, Isaac Bettelyoun, John Mann, Kevin Kaseca Tom White, Donnie Marshall, Lance Nanaeto, Levi Littlecreek.....	6331
MUSIC	6238
MIS	Rico Coon.....	6328
	Michael Berry.....	6303
	Josh Gibson.....	6329
	Nishant Shrestha.....	6327
OEI	Ken Jones.....	8845
	Dakota Blanchard.....	8843
	Jarrod Lloyd.....	8844
	Evelyn Pablito.....	8847
POLICE DEPT.	275-3200 / 275-3432
SHAWN CROWLEY (Chief)	6302
Diane Ponkilla.....	6261	
Trent Norton.....	6276	
Anthony Johnson.....	6262	
Jason Brinker.....	6259	
Scott Wilson.....	6232	
David Spector.....	6266	
.....	6268	

OTHER EXTENSIONS	Bldg. 1 Conf. Rm.....	6294
	Bldg. 1 Break Rm.....	6305
	Gov. Bldg. 2 Conf. Rm.....	6330
	Fam. Svs. Conf. Rm.....	6311
	Finance Conference Rm.....	6236
OTHER ENTITIES & TOLL FREE	All Nations Bank.....	273-0202
	ASEDA.....	878-6782
	Toll Free.....	1-800-256-3341
	Brendle Corner.....	447-3372
	Building Blocks.....	878-0633
	(Billie Thompson, Briana Ponkilla)	
	Housing.....	273-1050
	Human Resources.....	275-1468
	Indian Child Welfare.....	878-4702
	Country Kitchen Restaurant.....	366-7220
	Media.....	598-1279
	(Sherman Tiger, Derek Hilderbrand)	
	OEI/OEP.....	214-4235
	Police Dept.....	275-3200 / 275-3432
	Thunderbird Casino NRM.....	360-9270
	Shawnee Casino.....	273-2679
	Tribal Store (Little Axe).....	364-0668

LITTLE AXE CLINIC	Chitc - Medical.....	447-4300
	After hours.....	447-0498
	Clinic - Dental.....	307-9704
	Diabetes.....	360-0698
	Pharmacy.....	292-9530
	Resource Center.....	364-7298
	(Chris Vries, Ineser Breit, Blake Goodman)	
SHAWNEE CLINIC	Clinic (Bldg. 17).....	878-5850
	Pharmacy.....	878-5859
	Toll Free.....	1-866-742-4977