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Executive Committee
L to R: Representative Jeffrey Gibson, Lt. Governor Isaac Gibson, Governor George Blanchard, Secretary Teri Reed, and Treasurer Kathy Deere

AST Children’s Christmas Party - December 4, 2011

Santa’s Mini-Me!

Musical Talents of Phil Bradley

Santa stopped in to pose for some pictures

The children loved their bags of goodies
Greetings fellow Tribal members.

All of us at Tribal Headquarters hope everyone had a happy and safe Christmas and New Year. As you will see from the other Executive Committee reports, this has been a very busy end of the year for all of us. We all think we’ve done some good things for you, the Tribal members with the resources available to us and we all hope to improve on all services this new year, 2012. I’ll be more able to give you all a projection on projects for this year after all budgets are complete, and notification of funding is available. Rest assured, that we, the Executive Committee are committed to moving our Tribe forward in regards to economic viability as well as increasing the services to you all.

George Blanchard, Governor

**SHAWNEE ALPHABET**

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1. Walk faster
   Ki-me-lo

2. Don’t be late
   Te-ke-ya-na-ki-fe

3. Hurry get dressed
   Hi-pa-ge-ni-ni-he-lo

4. Everyone will be here soon
   Lo-ge-he ge-yi-ke we-ya-fi
   wa-pe-ya-wa

5. What’s your name?
   Na-he-wa ke-ta-se-fo

6. I don’t hear very well
   mi-ti ne-ho-wa-se
   no-ti-ka

7. My hearing is bad
   Ne-ki ke-ya-ja-sa

8. Don’t get your children cold
   Te-ke-ya
   ko-se-mi-ke
   ke-na-ge-yi ni-ke

9. Write your name here
   Ka-hi-we-ki-ti
   ke-we-fo-wa
   mi-ti-se

10. Some one came
    We-ya-fi-pe-ya-wa

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**Lt. Governor’s Report**

I hope all of you had a Merry Christmas and a Happy New Year!

The Brendle Corner Project is almost complete. This project didn’t take long once we got it started. They are laying the asphalt this week and getting the bases for the lightening. The project may be complete as early as Friday.

The next project that we have lined up is Kings Road. I know you have heard this over and over but when you have to go by federal guidelines it takes time. You have to go by their time frames and it turns short jobs into long ones.

We are assisting Cleveland County with Pebbley Road and this project is moving right along.

I know that we have not been able to do any major projects for individuals; however, we have been able to assist quite a few tribal members in different areas. I’m glad that we were able to accomplish what we did. The Tribe is on an uphill climb, I feel that next year things will even get better. The national deficit is making it look tough but we are our own sovereign nation and if we handle things in a proper manner we can continue to gain and move forward.

I appreciate the staff and their hard work and dedication, without them the Executive Committee members would have a very difficult time achieving their goals. We’ve all worked together in a positive manner and it has paid off.

It has been a busy year but I have enjoyed every bit of it. I look forward to working with all of you next year.

Respectfully,

/s/
Isaac Gibson, Jr.
Lt. Governor
struction bids.

• Camp Nikoti — TYP Tribal Youth Program: $99,000 awarded which provides an Afterschool Program, Monday through Thursday in Little Axe at the Little Axe Resource Center for Middle-School and High-School youth. The afterschool program offers tutoring, snacks, and physical activities. The program also facilitates an AST Youth Council.

• Violence Against Women Grant: $850,000 (awarded 2011). We can provide emergency assistance to victims needing transportation, food, clothing and other concrete client needs.

• Transitional Housing Grant is for victims once they leave an emergency shelter. The Transitional Housing Program is the next step to help victims and their children enjoy independent living. The program allows victims and their children to get help with living costs, financial guidance, and counseling.

• Sexual Assault Grant is for those affected by relationship violence and/or sexual assault. The Sexual Assault Advocate works to provide case management, needs assessment, goal planning and referrals, and accompany clients to law enforcement and court hearings, and/or hospital.

• Family Violence Prevention Grant: ($100,000 awarded 2011) has an advocate available to assist victims with the intake process, crisis intervention, safety planning, legal assistance (i.e., protection orders), referrals to tribal and community resources, transportation, and emergency child care costs.

Grants we are applying for in January 2012 include:

• Youth Camp – We are applying for $800,000. $50,000 will be used to develop a master plan for the selected site. Funding will drill a water well and provide a water tower. It will also, provide sewer infrastructure including septic tank construction. Construction of six building: 4 cabins, a shower facility and a dining/activity hall. The master planning phase will have a lot of community input into the development of the camp from parents and youth.

• Economic Development - We are applying for $400,000 to hire full-time staff in the area of Job Development. The end result of this grant will be remodeling of the little white building at Brindle Corner and staff to work on the following types of projects for the next two years: developing new businesses at Little Axe near the clinic; exploring the need for senior adult housing; and a c-store construction project. This grant will also help AllNations Bank become certified to establish a revolving loan fund in Indian Country to help start new businesses by Tribal members.

On a national level, the Obama administration has been very open to paving the way for better services to Indian tribes for the future by removing roadblocks and establishing initiatives. He has primarily focused on the areas of crime prevention in Indian country, the health care improvement act, and the settlement of the class-action Cobell lawsuit over the federal government’s mismanagement of royalties for oil, gas, timber and grazing leases. Last month, he announced the signing of an executive order establishing a White House initiative on American Indian and Alaska native education. The initiative will be overseen by an executive director appointed by the interior and education secretaries. Their job will be to improve education services and to remove roadblocks for Native Americans in seeking a higher education.

It will be sometime before we realize the benefits from this initiative but at least the ground work has been laid for improvements to Native American education. We are aware of the importance of higher education for our tribal members and recently announced three new scholarships/awards geared towards encouraging continued education.

1. Health Careers Education and Scholarship (deadline 1/13/12)
2. Big Jim Academic Achievement Award (deadline 3/1/12)
3. Big Jim Athlete of the Year Award (deadline 3/1/12)

Information about these new scholarships/awards is included elsewhere in this newsletter and on the website. You can contact the Education Department for more information on these scholarships and awards.

As mentioned in the previous newsletter, I would like to see us be more proactive and involved in 2012 in developing some strategic planning for 5 to 10+ years down the road. We are looking at some options for making this happen. You will be provided with more information on this when the details are worked out.

Trei Reed – Secretary teri@astridge.com 405-275-4030 Ext 104

Treasurer’s Report

Happy New Year, Tribal Members,

Hope you have enjoyed your holidays with your family and friends.

Welcome to 2012! As we start the New Year, we, the Executive Committee, will continue to work together as a team. We still want to continue toward progression in the areas of economic development, educating our tribal members, and services for the tribal members.

• ASEDA Board Monthly meeting, as Ad Hoc non-voting member
• Executive Committee had a regular scheduled meeting. See Resolutions Page.
• Congratulations to Executive Committee’s Employee of Month December Winner, Phil Bradley
• We, as the Executive Committee, selected an Employee of the Year for 2011, Gary Wabanauese, Executive Director of the AST

Health Services. See Article.

• Monthly Volunteering time for Reading to two groups of (4-8 students) at Jefferson Elementary, Title VII Indian Education on the 3rd Thursday of each month and encourage them to read on their own.

• Monthly Redstone Investment meeting and investments are doing, as well, as can be expected in these up and down times.

• Attended All Nations Bank customer appreciation holiday open house in Shawnee.

• A “Thank You” Luncheon from the Absentee Shawnee Housing Authority

• Pottawatomie Alliance Toward Community Health (PATCH) breakfast which promotes healthy choices and healthy lives. Working to bring health to Pottawatomie County and to prevent nicotine addiction and to help people stop smoking. Sponsors Students Working Against Big Tobacco. hgordon@gatewayprevention.org to get on mailing list.

• Attended the Annual AST Elders Christmas Dinner in Tecumseh, Ok at the American Legion.

• Governor and I took 41 elders to see Christmas lights in Midwest City and Oklahoma City and dinner at Golden Corral.

• Attended a luncheon at Will Rogers Theater, Oklahoma City, OK to promote a new website for Indian elders from any Oklahoma Indian tribe can go to find the service or resource that best fits their needs. The AARP Indian elder Navigator is designed to be a resource center where tribes can list their contact information and resources. Also, AARP Oklahoma Indian Elder Navigator provides a single place of resources available to help older Indians in Oklahoma such as food programs, housing, transportation, and health. New and updated information and links will be added as the page grows. If you know of additional resources, please email the AARP Oklahoma State Office at ok@aarp.org so they can be added to AARP Oklahoma
Indian Elder Navigator

- Budgets for 2012 have been approved and based on estimation derived from actual 2011 revenue. IHS, BIA, Indirect Cost and General Fund combined budgets are approximately $20 million for 2012; which is an increase from last year’s budgets of $16 million.

FUTURE GOALS FOR 2012:
- Being your elected official, I want to continue to have accountability, communication, working relationships that foster leadership development, implementing new programs and strategic planning for 2012.
- Continue to search for grants that can advance economic activity and create jobs within the tribal communities through our business arm Absentee Shawnee Economic Development (ASEDA).
- Continue to have clean audits. For the past three years, we have been given clean audits and my goal is to continue this into 2012.
- Continue to work with Finance Department to continue to increase revenue and reduce expenditures, but not hinder tribal member services.
- Year 2012 looks to be a continued progression for our tribe and the tribal members.

Sincere appreciation goes out to the ladies of the Finance Department and the Controller, Belinda Collins, as they daily continue the never ending processes for the financial side of the Absentee Shawnee Tribe. Without their tireless dedication and commitment we could not keep the financial transactions processes flowing!

Also, would like to extend my appreciation to the Financial Consultant, Eddie Brokeshoulder, who continues to assist me with numerous projects, attend meetings where I cannot attend, and consulting decisions in the office of Treasurer!

We appreciate all your phone calls, emails, and visits. May God continue to bless you and yours! See below articles from AllNations Bank; Financial Consultant, Eddie Brokeshoulder; and Finance Department.

Respectfully yours,
Kathy Deere, Treasurer

FINANCE DEPARTMENT DECEMBER 2011

The Finance office continues its efforts in keeping the day to day activities flowing efficiently and effectively through communication between the Finance office and Programs. In working together, we have found the most time effective and cost effective processes for transacting business.

The Indirect Cost Proposal for 2012 has been signed and mailed to the National Business Center for approval. Our rate is up from 17.74% for 2010 to 21.98% for 2011 and we expect our rate to increase; however that is just an estimate. This estimated increased is based on the influx of activity deriving from the new clinic opening in 2012.

Budgets for 2012 have been approved and based on estimation derived from actual 2011 revenue. We expect revenues to increase based on the new Casino (estimated at approximately $600,000; which is a very conservative estimate). We based revenues for 2012 from the first ¾ of the year for past revenues. (Calculate revenues through September 30, 2011 divide this number by 3 then times it by 4 to get an annual estimate based on actual revenues for three-quarters of the year). The estimate for expenses will be calculated the same.

BIA $2,219,027.00
I.H.S $9,282,126.00
Indirect Cost $5,081,668.00
General Fund $3,319,404.00

The finance department continues to complete accounting by the seventh day of the month and have been since August 2010; so that financial reports can be created for the Health Authority and Li Si Wi Nwi, Health Inc. boards for health programs both Shawnee and Little Axe. The Finance staff will begin November reconciliations for financial reporting on the first of December. It is imperative the accounting / bookkeeping continue to stay ahead of all of the accounting so that audits go smoothly so that Indirect Cost rates will stay up to date as well. Indirect cost proposals cannot be submitted without completed audits as the audits are used to calculate the proposal. We continue to explore avenues that will make accounting for the tribe’s finances a smooth process including billing package for health programs. There are many processes in place in your Tribe’s accounting department that ensure we keep accurate records of transactions. The Tribe’s accounting processes must be in compliance with GAAP; (Generally Accepted Accounting Principles) and GASB (Governmental Accounting Standards Board).

We have begun Audit Preparation for the 2011 Audit. Plans for the Audit will be approximately in March 2012. All the Tribe’s entities will be audited first and those will roll up into the Tribe’s Government wide financials; (ASEDA; ASED A Fleet, AST Counseling Services, Store, Harrah Smoke Shop; and Restaurant: AllNations Shop; and Restaurant: AllNations

Hello Tribal Members,

Hope everybody had a very Merry Christmas and each of you hoping for a prosperous 2012 New Year! The office of Treasurer will continue to provide transparent and sound financial reporting. The following activities I have been involved and participated.

General Fund: Reviewed and analyzed Treasurer’s monthly general fund encumbrance report.

Indirect Cost: Reviewed and analyzed Treasurer’s monthly Indirect Cost encumbrance report.

Absentee Shawnee Economic Development Authority, Inc.

Happy New Year
ASEDA Fleet

Greetings fellow Tribal members,
The Holidays are always a good
time to give thanks and reflect on
the blessings that we have before us. The New ASEDA Board
members have completed our first year
on the ASEDA Board and a lot has
taken place in that time. For example:
• The ASEDA FLEET business
  was started in March. This company
  is now in the process of working with a couple of major
  Corporations to cater to their Di-
  versity goals. We have been able
  to work with some of our own
  Tribal Departments by furnish-
  ing them with a vehicle for their
  Department. We are also work-
  ing with other Tribal Enterprises
to broaden our territory and sup-
  plying vehicles for their compa-
nies. Given the amount we put
  into this company. We are very
  pleased with the progress it has
gained in such a short time. Next
year, we look to grow on what
we have built by marketing to
more Municipal, Government
agencies, & Corporations.
• Secretary Teri Reed has gained
  strides by turning around the op-
  erations of the Tribal stores and
  restaurant. If you noticed at the
  restaurant, the food tastes better!
  We encourage everyone to stop
  by the restaurant for a meal and
  enjoy your visit at the Casino.
  Thanks again, Ms. Secretary for
  all your hard work! Ne Yi Wa!
• The Absentee Shawnee Coun-
  seling Service has already seen
  an increase in patients since
  October 1st. By January/Febru-
  ary, we look to have at least 400
  patients cared for, at this facil-
  ity. Other area Tribes are will be
  referring their members here as
  well. This Counseling service is
  a great need in Indian Country.
  By counseling substance abuse
to our communities. We know
we can help Indian country, one
person at a time, and that’s all
that it takes.
• Gov-Con Services is still a pro-
gress at work. We are in the pro-
cess of submitting for our 8(a)
application, which will take 4-6
months to process. In the mean-
time, we will be pursuing con-
tracts through our Government
contracts.
We are in the process of working
on six (6) other projects. Once de-
developed, we will then be able
to announce those endeavors.
We look at 2011 as a re-building year
and 2012 is promising. We are
very blessed and pleased to be on
this Board. Our hearts and prayers
go out to everyone this Holiday
Season and Happy New Year!
Dan Little Axe,
President, ASEDA Inc.

All Nations Bank

Good day to our friends from all of
us, at your bank, AllNations Bank

We want to thank those that came
to our Christmas open house.
Carol Bernard won $50, Brenda
Ledford won a ham, Lisa Botone
won a poinsettia and Allison Tay-
lor won a poinsettia. A good time
was had by all that came. If you
missed it, make sure you come to
the next one.

The following are just a few of
the types of scams that you need
to watch for when going through
your day:
• PHISHING: An e-mail that ap-
ppears to be from your financial
institution asks you to click a
link, directing you to a web page
that looks legitimate. You are
asked to verify your personal in-
formation. It is a scam to snatch
your personal information. Re-
port any such e-mails by calling
your financial company directly.
• VISHING: Think of it as phish-
ing over the phone. The caller
claims to be from a financial
institution or other legitimate
organization asking you for
personal information. Similar
scams send you an e-mail or
voice mail asking you to call a
certain phone number, where an
automated voice system gathers
your information.
• POP-UPS and VIRUSES: As
anyone who has e-mailed or
surf the internet has expe-
rienced, there is no end to the
traps set up by online thieves.
Clicking on a pop-up could trig-
g your computer to download
a nasty virus or spyware. The
same goes for attachments or
links that come in unsolicited e-
mails.
• ADVANCE FEE FRAUD: This
con comes in many forms. You
are asked to pay in advance for
something in anticipation of re-
ceiving a greater reward. The
most popular being “lottery win-
nings” that will be delivered
to you if you just furnish your
bank account number, social
security number, password and
a fee for delivery expense. You
would be surprised at how many
of this type of scam receives
money. A common form of ad-
vance fee fraud is the Nigerian
Letter Scam. You might receive
an official sounding letter or e-
mail that promises you a cut of
millions of dollars if you will
help this person move money
out of his country using your
bank account.

There are many more types of
scams. Just be careful and use
common sense when dealing with
unknowns. If you have doubts
about the legitimacy of something
call someone or ask someone what
they think. It never hurts to be
careful.

Happy New Year

Eddie Brokeshoulder
Financial Consultant

Redstone Investments: Attended
monthly financial investment
meeting discussing current invest-
ment strategies as well as future
investment options.

AARP Oklahoma: Treasurer
Deer, Doss Owings and I attended
AARP Oklahoma luncheon at Will
Rogers Theater, Oklahoma City,
Oklahoma. Various Tribal, City,
State and local AARP representa-
tives were in attendance.
The purpose of luncheon was the
formal launch of the AARP Okla-
ahoma Indian Navigator Website.
The AARP Oklahoma Indian Nav-
ginator Website will be used to pro-
mote resources and programs such
as food programs, housing and
health for Tribe’s in Oklahoma.
The website is www.aarp.org/indi-
navigator.

First Nations Oweesta: I was se-
lected to receive a scholarship to
attend First Nation Oweesta-spon-
sored NeighborWorks Training In-
stitute training in Los Angeles, CA,
February 27, and March 2, 2012.
Attending a Native American De-
velopment course at a Neighbor-
Works Training Institute will offer
participants the opportunity to gain
practical tools, new ideas and fresh
solutions, while networking with
peers working across Indian coun-
try.
The training will provide an op-
portunity to learn Native Financial
Education Instructor Training and
Native Community Development
Financial Institutions: What is
Your Role?

Once again, the office of Treasurer
looks forward to working for you,
and providing financial informa-
tion that leads the Tribe to a pros-
perous New Year.

Respectfully,

Eddie Brokeshoulder
Financial Consultant
Happy New Year.

- 

Good day to all, I hope everyone enjoyed their holidays and I want to wish everyone a happy new year. My programs have finished up the year in a tremendous way and have high expectations on what this new year has to offer. Our offices are open for all our tribal members and encourage you to visit our new facilities to come. This is going to be an exciting year for all our tribal people and we wish you a safe and happy holidays!

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Realty Department

Dear Landowners and Interest Holders,

The Realty Department would like to remind you of the upcoming Farming and Grazing Lease Sale. The owners of the properties affected by this event should have previously received a “90-day Notice” letter, which announces the intent of the Realty Department to “Lease” the property. Please understand the letter is not to sale your interest or the land, but allows the highest bidder to utilize the land for farming or grazing practices.

In the weeks to come, please be looking in the mail for future correspondence which will contain “Consent” forms. It is important that these are completed and sent back to Realty, in a timely matter, to be included in the Lease Agreement file. This form also confirms that the ownership receives their appropriate share of the rental payment.

Allotments include:

Should you have any concerns or questions about the leasing process, please don’t hesitate to call our offices. We look forward to serving you in the future.

Realty Director, Ext. 125
Realty Specialist, Ext. 127

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EXECUTIVE RESOLUTIONS:

E-AS-11-86  12/21/11
Establishes Holidays for Calendar Year 2012 as set out therein.

E-AS-11-87  12/21/11
Grants membership relinquishment of the Absentee Shawnee Tribe of Indians of Oklahoma to the above named minor, **Breanna Grace Kihega**, provided she is accepted into the Oto-Missouria Tribe.

E-AS-11-88  12/21/11
Grants membership relinquishment of the Absentee Shawnee Tribe of Indians of Oklahoma to the above named minor, **Michaela Ellen Kihega**, provided she is accepted into the Oto-Missouria Tribe.

E-AS-11-89  12/21/11
Grants membership relinquishment of the Absentee Shawnee Tribe of Indians of Oklahoma to the above named minor, **Michael John Kihega, Jr.**, provided he is accepted into the Oto-Missouria Tribe.

E-AS-11-90  12/21/11

E-AS-11-91  12/21/11
Rejects the application of **Alyssa Breanna Martinez** for membership in the Absentee Shawnee Tribe due to Insufficient Blood Degree.

E-AS-11-92  12/21/11
Approves and authorizes adoption of the “Fund Balance Policy” as set forth in the copy attached and made a part hereof. (Attachment)

E-AS-11-93  12/21/11
Adopts and approves the submission of an application to the Administration of Native Americans Social and Economic Development Strategies - SEDS PROGRAM and in connection with such application does resolve and make assurances that all efforts and documents are in compliance with any and all program requirements.

E-AS-11-94  12/21/11
Makes certain assurances in connection with the application for the Indian Community Development Block Grant Program (24 CFR 1003) and to make a twenty-five percent (25%) matching share of the grant as the Tribes leveraged finding for one annual term, AND

FURTHER, that the Executive Committee of the Absentee Shawnee Tribe of Oklahoma hereby makes certain assurances in connection with the application for the Indian Community Development Block Grant Program to make a forty thousand ($40,000) commitment for operations and maintenance to address periodic mainte-
### 2011 EMPLOYEE OF THE YEAR

**GARY WABAUNSEE**

He has demonstrated outstanding leadership, managerial ability and has contributed in large measure to the success of the Absentee Shawnee Health Program Services in the few short months he has been here. Through his dauntless determination, distinguished manner, and remarkable foresight he effectively planned and supervised the implementation of major organizational changes which resulted in greater efficiency and more economical utilization for health services for tribal members. 

By his broad background in working with tribes he has been able to seek out problem areas and establish positive solutions. We are honored and privileged to have Mr. Wabaunsee working for the Absentee Shawnee Tribe of Indians of Oklahoma. Thank you.

### EMPLOYEE OF THE MONTH

**PHIL BRADLEY**

**DECEMBER 2011**

He is a compassionate, humble, and multi-talented man. He has shown so much patience with the kids and adults he teaches in learning musical instruments, and voice lessons. He makes learning music so easy, enjoyable, and fun. He is willing, to go the extra mile to help anyone that wants to learn music, works beyond normal duty hours just to make it convenient for students and has evoked many favorably comments from tribal members. He has contributed significantly to the successful accomplishment of the MSPI program. We are privileged to have him working for us and with us.

### OUTSTANDING EMPLOYEES FOR 2011

The following employees were presented with a certificate and monetary donation for their outstanding job performance during 2011 by the Executive Committee during the AST Employee Thanksgiving dinner at Thunderbird Casino:

Annette Wilson, Clarice Murdock, Donna Butler, Buster Bread, and Darrell Larney, Bradley Jackson, Margaret Ellis, Thomas White, Rosie Tallbear, Holly Davis, Bucky LittleCharley, Lisa Botone, Andrea Wahwasuck, Stephanie DePriest, Cecil Walker, Jerry Ann Knox, Eric Seig, Arlene Herrera, Becky Prewitt, Jack Ogden, Wynona Coon, Rhonda Kaseca, Geraldine Abrams, Jenny Ware, and Anthony Johnson.
Shawnee Medical Clinic Appreciation Day

Employee Thanksgiving Luncheon

Photos Provided Courtesy of Michael Berry
Elder’s Christmas Party

Cheryl Masquat, Mary McGuire, Lisa Blanchard, Abe Heatley

Mary Birdtail

Beverly Felton, George Blanchard, Sue Blanchard

Jo Ann Walker

Kelli Komacheet, Patricia Brown, Dara Thorpe

Dan Little Axe

Barbara Wilkerson

Pauline Johnson, D.K. Johnson

Reta Harjo, Bernice Tiger, Barbara Wilkerson

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

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

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

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

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

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

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

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

EIAP students: Deadline for fall 2011 official transcript is received or postmarked by January 15, 2012.

All applications and guidelines are available at [www.astribe.com](http://www.astribe.com). Click on Services and select Education.

For more information, please call Tresha Spoon at (405) 275-4030 ext. 121 or 1-800-256-3341 or email to tresham@astribe.com.

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**FREE MUSIC LESSONS**

The MSPI Creative Arts Program offers lessons all year round for Native American children from 5 years to 19 years old. Adults are also encouraged to participate. Come join the fun and learn to play the guitar, bass guitar, piano, or vocals.

Contact Phil Bradley, Music Instructor (405) 275-4030 Ext: 117 or Cell (405) 370-5576

Classes are now offered at the Little Axe Resource Center on Tuesday & Friday

Classes are made possible through AST Behavioral Health’s Meth/Suicide Prevention Initiative Grant (MSPI) “Following in Our Footsteps”

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Middle School and High School Students:

**WE NEED YOU!**

Come and join the Absentee Shawnee Youth Council...

All middle school and high school youth are welcome!

We will be meeting once every month to cover topics that interest our youth.

We are involved with our communities through hands-on activities and projects. [The AST Youth Council volunteer activity for December was wrapping Christmas gifts for the AST Foster Care/PSSF programs](#). For our January meeting we have a special guest from the AST Cultural Preservation Department coming to speak with our youth about Language Revitalization.

**Our 6th Meeting for the 2011-2012 school year will be Saturday, January 14th at 10:00 am in the basement of Building #3.**

If you are interested in becoming a member of the AST Youth Council, please contact....(405) 275-4030 Jared ext. 193 or Tresha ext. 121
PLEASE fill out EACH BLANK completely and return by the Deadline

ABSENTEE BALLOT REQUEST

I, ________________________________ (Print Name), hereby certify that I am or will be an Eligible Voter of the Absentee Shawnee Tribe on or before March 17, 2012. I cannot physically be present to cast my Vote at the March 17, 2012 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 26, 2012.

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. 150
Toll free number 1-800-256-3341 ext. 150

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. For your convenience - This request may be duplicated

ELECTION COMMISSION USE ONLY

Received: _______________ Approved: _______________ Disapproved: _______________

If Disapproved (reason): ________________________________

Denial Letter Mailed: ___________________________ Ballot Mailed: _______________________

______________________________ Election Commission/Representative

Happy New Year
November and December are always busy month each year and this year was no exception. The Elders were busy at the first of the month with their annual Veterans pow wow which was held November 5th at the Expo Center, Shawnee. Our elders and volunteers should be commended for their efforts in presenting this event. It takes a lot of work and this year we had a last minute pleasant surprise with Thunderbird Casino donating $1,100 for the head staff. I have to point out to our tribal members that our elders families donated prize money for each category in the pow wow and special thanks should go out to them. They include Governor Blanchard and family, the Little Axe family, Gene Parker, Mary and Richard Birdtail, David and Stella Little, Betty Watson, Dan Little Axe, Alice and Bill McBride, Serena Daugherty, Emily Longman, Kathy and Lloyd Deere and myself. Our drum groups were good and our AST Vets were present in their usually outstanding form. All went well with only a brief interruption by the earthquake that surprised the crowd and made national news. But that didn’t stop the pow wow, the dance went on and all was well after that. The food was good, which was brought in by our elders and other volunteers and our fry bread makers cranked out enough bread to feed everybody. Thanks! To everybody for their contributions and labor to make this a successful pow wow!

Our regular monthly Elders council meeting was held on November 19 at the Resource Center, Little Axe. All officers were present and the meeting was called to order at 10:25 am by President Dan Little Axe. A quorum was established with 37 tribal members and 10 visitors. The invocation was given by my Don Schulenberg. An anniversary was announced for David and Stella Little. The October 2011 Minutes were not available due to my illness and a motion to table was made by Sue Blanchard and seconded by Sadie Low. The motion carried. Comments were heard from Donna Butler regarding standard practice or protocol during pow wows and suggested we have a discussion on this topic before next year’s event. There was brief discussion on the continued efforts for collecting recipes for the fund raiser recipe book. The Elders Thanksgiving dinner was held following the meeting. The next meeting date is set for Saturday December 17 at the VFW Hall, Tecumseh.

President Little Axe announced that the winners of the Outstanding Elder and Volunteer for 2011. Barbara Wilkerson captured the title of Outstanding AST Elder and Stella Little walked away with the Outstanding Volunteer award. Both received a gift card from the Elders Council. Entertainment and join-in songs were heard from Patricia Brown, Dara Thorpe and Kelli Komacheet. Sue Blanchard announced that the Executive Committee will be taking Elders on a tour of Christmas lights and dinner on Monday, December 19. Pick up points would be Little Axe and Shawnee. Following that, gifts were exchanged and some elders donated gifts and candy to be given to elders in nursing homes which were delivered that same day. A motion to adjourn was made by Sue Blanchard and seconded by Kathy Deere. The motion carried and the meeting adjourned at 11:45 am. Following that, the Christmas dinner was had as well as the exchange of gifts. The next meeting date is set for January; 21, 2012 at the Resource Center in Little Axe.

January is NATIONAL STALKING AWARENESS MONTH

What is the definition of stalking?
According to the U.S. Department of Justice, stalking is defined as "a pattern of repeated and unwanted attention, harassment, contact, or any other course of conduct directed at a specific person that would cause a reasonable person to feel fear." Stalking behavior can include:

* Repeated, unwanted, intrusive, and frightening communications, by phone, mail and or email
* Following or laying in wait for a victim at places victims tend to frequently visit, including home, school, or work
* Making direct or indirect threats to harm the victim or the victim's children and family, friends, pets, and even co-workers
* Damaging or threatening to damage a victim's property
* Harassing a victim through the Internet, including email, social networking sites, and other sites

THINGS YOU CAN DO….
If you are in immediate danger, call 911
Trust your instincts
Take threats seriously
Contact local law enforcement, domestic violence shelter or a domestic violence program
Develop a safety plan; tell your family, friends, roommates, co-workers
Don’t communicate with the stalker or respond to attempts to contact you
Keep evidence of the stalking; Keep a record of the contacts, such as dates and times and places. Keep emails, phone messages, letters or notes

This information is provided by the AST Domestic Violence Program.
Please call our office if you any assistance (405) 275-4030.

Happy New Year
December 31st: “My New Year’s resolutions are to lose weight, exercise more, quit smoking, and win an Olympic Gold medal.”
January 1st: “Maybe I shouldn’t have drank so much last night.”
January 7th: “This weight loss stuff is really hard. Maybe I should just focus on that Olympic medal…”
January 15th: “What New Year’s resolution?”

If you’re like me you’re probably pretty familiar with setting lofty goals for the New Year only later to find yourself face to face with the cold, hard ground of mid-January reality. Sometimes I even wonder if it would be better just to forget setting goals all together and eat that extra piece of chocolate cake.

But then there are times when I meet patients like Mrs. Jane,* and I am reminded just how powerful making a resolution for better health can be. One day Mrs. Jane had enough of being sick from obesity, diabetes, hypertension, high blood pressure, high cholesterol and chronic back pain. She got sick and tired of being sick and tired. She decided that she was going to start exercising every day, lose weight, quit smoking, stop eating junk, and start eating more vegetables and fruit. (She also did something that I would NOT recommend, which was stopping all of her 9 medications!) When I met her for the first time, it had been almost a year since she had decided to make those rather extreme changes. I was a little shocked to find out that after almost a year after Mrs. Jane had stuck with it. She had lost nearly 80 pounds, she was no longer smoking, she was exercising for an hour most days of the week, and she was still eating a healthy diet. On top of that, her blood pressure and almost all of her lab tests were back to normal including her cholesterol and blood sugar…all of this without any medications. Tears came to her eyes when we discussed her lab work.

Although Mrs. Jane’s new life was not started on January 1st, I have met many other patients who did make big improvements in their health through New Year’s resolutions. Several of my patients have quit smoking for good on New Year’s resolutions. Others have started exercising every day January 1st. One of my patients even started taking his medications regularly on the New Year. The bottom line is that we all have the ability to make big improvements to the way we live our lives, and New Year’s resolutions are a great way to start improving our health.

In my experience with successful patients, I have found 3 major things to remember in making New Year’s resolutions:

Don’t be discouraged by failure. We have to fall down in order to learn to walk. Be flexible with your plans. If your resolution is to quit smoking, it might just take you the whole year be smoke free. For example, on average it takes most smokers 7 to 10 attempts at quitting before they quit for good.

Most people know what they should do to improve their health, but here are my top 5 most important New Year’s resolutions for you to consider:

1. Stop abusing tobacco. Abusing tobacco is probably the most preventable causes of death in the USA. Not only does it cause cancer, but smoking also causes heart attacks and strokes. Second hand smoke is also bad for health.
2. Lose weight. In the USA we are in the midst of an obesity epidemic. Obesity can cause diabetes, high blood pressure and cardiovascular disease. Oklahoma currently has the fastest growing obesity rate in the USA. If you are obese, losing weight might save your life.
3. Eat a diet that is high in fresh, multicolored vegetables and fruits. Diets high in non-starchy vegetables and fruits can improve the most common chronic medical problems and are associated with living longer.
4. Exercise more. There is not a disease known to humankind that is not improved by exercise. It feels good too!
5. Maintain healthy relationships. People who are socially connected live longer and recover from illness faster than people who are socially isolated.

Talking about your resolutions with your doctor, family, friends or someone else you trust can really help to keep you on track with your resolutions. We’d be happy to help you accomplish your health goals at Li Si Wi Nwi Clinic, and are looking forward to expanding our abilities to do so at our new facility in 2012. Call today and take the first step to a healthier you! Little Axe Clinic (405) 447-0300 & Shawnee Clinic (405) 878-5850.

Happy New Year! May this year be healthier than the last!

*Marry Jane

MERRY CHRISTMAS!!

The AST Shawnee pharmacy has recently taken appropriate steps required to become a licensed training facility for pharmacy interns and approval has been given from the State Board of Pharmacy. Therefore, we have signed an agreement with the University of Oklahoma College of Pharmacy to begin accepting Pharmacy students in their final year of study as interns.

In addition to their duties with the tribe, all three pharmacists currently stationed at our Shawnee pharmacy location are adjunct professors with the College and will be teaching these students on their journey to becoming licensed pharmacists. We have all worked extensively with students previously and enjoy the fresh perspective they are capable of providing. Please join as we welcome this exciting new element into our pharmacy practice.

Happy New Year
Influenza is a very contagious disease caused by the influenza virus, spread through cough, sneeze or nasal secretions. It is commonly seen each winter, particularly from October through May. The illness lasts 3-4 days and typically causes fever, chills, headache, cough, muscle aches and nasal congestion.

Get Vaccinated:
• Children less than 3 years of age and adults over 65 are most severely affected, particularly if they have a chronic disease of the heart, lungs or kidneys.
• The influenza vaccine is recommended for all patients 6 months of age and older.
• The influenza “shot” is an inactivated or killed vaccine and it is impossible to get the virus from this vaccine. Children 6 months to 9 years of age receive 2 shots, 1 month apart.
• A nasal spray vaccine is available although frequently in short supply. This is a live vaccine and may take two weeks to develop protection against the virus.
• The nasal vaccine can be given to healthy people 2 through 49 years of age who do not have certain chronic illness. Check with your doctor to see if the nasal vaccine is safe for you.

Anti viral medication can be useful to shorten the severity and duration of influenza but must be given by your doctor very early in the course of the illness to be most effective.

Come by the Shawnee Clinic’s Drop-in Flu Vaccination clinic every Thursday from 1:00 PM to 4:30 PM. No appointment needed for established patients. Or call today for an appointment (405) 878-5850.

This message brought to you by Dr. James Gormley, Pediatrician at the Shawnee Clinic.

Keep Warm and Safe during the Winter Months

Don’t let the cold weather keep you from exercising. Here are some safe ways to keep you motivated and staying fit.

• Dress in layers - This will make it easier to add or remove once you start to sweat. Keep your core temperature regulated. The first layer should be an Under Armour type long sleeve/or dri-fit shirt which helps sweat evaporate faster, keeping you dry and warm. Wear fleece or wool for insulation and waterproof apparel for an outer layer.
• Protect your hands, feet & ears – Wear gloves for your hands, thick thermal socks, plus regular socks for your feet. Wear a hat/headband for your ears. A scarf or face mask would also be helpful if it’s very cold.
• Keep track of the weather & wind chill – If temperatures are too low, you may want to consider doing an indoor activity.
• Stay Hydrated- It’s important to stay hydrated in all weather, hot or cold. Water is the best way to keep you hydrated.
• Make sure you know the signs and symptoms of frostbite & hypothermia – If you’re shivering then that’s a sign to seek shelter and warm up your core temperature.

Make sure you keep track of how your body feels to prevent cold weather injuries and remember these tips! If it’s too cold outside you can always exercise at the Resource Center. Other exercise options include: finding a mall to walk in, a treadmill to run on, or exercises you can do at home like chair exercise &/or body weight exercises. If you need more information please call the AST Fitness Program at the Resource Center. 405-364-7298.

Information provided by Rosie Tall Bear, AST Fitness Facility Director

Happy New Year

**Both pharmacy departments are closed the first Wednesday of each month to complete administrative duties**
New Li-Si-Wi-Nwi Clinic update

As many of you know, the tribe is in the process of building a new clinic in the Little Axe area. The new clinic is directly north of the old clinic and casino out on Highway 9. The new clinic will replace the existing clinic and will add more services to the tribal members who utilize our current clinic. The new clinic will be about 79,000 sq. ft., compared to our current 7,000 sq. ft. clinic.

We have been receiving calls requesting information about the new clinic and when will it be open. We have been told by the construction company that we should be ready for patient care in late spring, early summer. That is only about four short months away. The employees are waiting anxiously for that day to come. Currently, about 30 employees are located in the clinic building, a small administration trailer, and the larger trailer used by the Community Health & Prevention Services programs, so office space is very limited.

The clinic is about 85% complete. Many of the interior walls are up and painted. There are light fixtures that have been installed in all areas. Cabinets are being installed in all the exam rooms and in the lab area. Our Facility Manager, John Kammerzell, is on site every day overseeing construction and following up on any changes or issues related to the building.

This state of the art facility will be home to our medical and dental clinics as well as Behavioral Health, Community Health & Prevention Services, Lab, X-ray, Optometry, and Contract Health. We will be going from our current 30 employees to about 140 employees once we are at full capacity. There will be a large conference area that will have Internet and computer access so that employees can do their yearly training and conferencing. We will also have a demonstration kitchen and conferencing area for the diabetes program to hold cooking classes. In addition to all the added features, a safe room was built in the clinic for protection against any possible tornado threats.

We are all very excited about the new clinic and the construction appears to be on track for an April opening. We will schedule an open house once we have a firm opening date at which point all tribal members will be invited to tour the new facility. If you have any questions about the new facility, please call Beverly Felton, the administrator at Little Axe or Gary Wabaunsee, Executive Director of Health. The number to the Little Axe clinic is 405-447-0300. Mr. Wabaunsee can be reached at 405-878-4702.

Absentee Shawnee Diabetes & Wellness Program

The Absentee Shawnee Tribe Diabetes and Wellness program has two new staff members, Margaret Starkey and Jimmi Norris. Both are Registered Nurses and Certified Diabetes Educators with experience in population and community health. They are working with the Special Diabetes Program for Indians- Community Directive Grant project. Did you know that one in every six American Indian adults has the diagnosis of diabetes? Some of the program goals include, decreasing the prevalence and complications of diabetes by assisting with healthy eating choices, increasing physical activity, weight loss and stress reduction. Jimmi and Margaret are located at the AST Little Axe clinic to provide diabetes and wellness education to Absentee Shawnee Tribal members, tribal employees, and Native Americans in the surrounding counties. They will be available at both AST clinics on an appointment basis. Please drop by to meet them and schedule a time to discuss any diabetes and wellness related issues. Diabetes Education and Wellness Program, AST Clinic, Little Axe. Phone 405-360-0698.
Happy Birthday!

January Birthdays

Aguirre Perez, Mabel Beatrice


Happy Birthday to: Mary & Elijah Foreman, Clayton Foreman, Danny Watson, Patrick Watson
We wish you all a very Happy Birthday and a Happy New Year!!
Love The Foremans & Kasecas

Happy New Year
Two of our Absentee Shawnee Tribal members made the Oklahoma All Star Football Team. Trace Pack, the son of Christie Johnson Pack and Robert Pack. Trace is an 8th grader at Longfellow Middle School in Norman. Caden Blanchard, the son of Andrea Frye and Craig Blanchard. Caden is a 7th grader at Little Axe. These two young men were nominated and chosen for the Oklahoma all star team. Only 35 boys were picked through out the state of Oklahoma to play against other all star state teams. The boys and their families traveled to Arkansas to play Arkansas they won 24-6 and then to New Mexico to play team Nevada and won 41-24. The boys made it to round 3 where they met up with Texas which turned out to be a true Oklahoma-Texas Red River Battle. The boys came up short losing 12-10. The boys where playing to make it to round 4... the championship in San Antonio,Tx to play in Jan. 2012. We would like to thanks the AST executive committee for all of their support and our family that made the trips with us to the states we visited to watch our boys play.

Caden and Trace we are proud of you! Keep up the good work!!

The team was picked by FBU (football university), it's the same organization that puts on the Army All-American Bowl (for the 80 top HS seniors in the country) every year in San Antonio at the Alamo Dome. The boys competed in the 1st Annual FBU 8th Grade National Championship against other all star teams from other states. The boys were 1 game away from playing in the Nat'l Championship in San Antonio before the Army Bowl, before a nat'l audience. FBU also does a lot of camps and other promotion of outstanding players. They have a website, it is www.footballuniversity.com
Cultural Advisory Council
We would like to remind everyone that we still have three openings for the Cultural Advisory Council. If anyone is interested, applications can be submitted to the Secretary’s office.

Language Classes
Language classes are being held in the Governor’s Conference room on Sunday’s at 12:30 until 2 or 3. Besides learning the language, other topics have been discussed that coincide with the words that are being taught. Come join us to learn about the Shawnee language, culture and history.

Demonstration Classes
We are asking for your input on what classes to demonstrate this year. Please contact the Cultural Preservation Department to give us your suggestions of interest. Henryetta Ellis, ext. 177 or 190.

Absentee Shawnee Counseling Services
Native America's Painkillers

Last month the Center for Disease Control called prescription painkiller addiction an epidemic in the country, identifying Oklahoma as leading the nation in both the addiction and related deaths. It is only fitting that the battle against such addiction in "Native America” be led by three tribal owned clinics, Absentee Shawnee Counseling Services, OKC; Keetoowah Cherokee Treatment Services, Tulsa; and Quapaw Counseling Services, Miami.

Generally speaking, prescription painkillers are opiates. There are 14 Opioid Treatment Programs in Oklahoma certified by the Federal agency SAMHSA CSAT, including the Veterans Hospital in Oklahoma City. The importance of these OTPs revolves around SAMHSA’s findings that the Medication Assisted Treatment is 70-75% effective with opiate addiction, while traditional substance abuse treatment is 6-10% effective. This 8-9 times more effective treatment can often skip inpatient detox, avoiding the expense, time off from work and away from family, and the waiting list to get admitted.

Remarkable as it is that Native tribes own three of these best practice programs, one of them was selected by the Oklahoma Bureau of Narcotics and Dangerous Drugs to video for their agents and other providers to learn how these programs should be run. "All three programs were designed and set up in the same fashion, operating in the same manner. You will find the same level of excellence at all three clinics," asserted Dan Cross, Executive Director, Absentee Shawnee Counseling Services, OKC. "Tribes lead the assault against this epidemic in Native America," referring to the state of Oklahoma. All three tribal programs serve both Native and Non-Native adults and accept Medicaid.

"Natives have lead the way in holistic approaches to health and environmental concerns, not as a recent development, but from their ancient ways," noted Cross. "Whether it be herbal medicine that modern medical science has replicated pharmacologically, or holistic approaches to well-being that our best practices emulate, Native people have preceded modern technology," Cross observed. Now, it seems, Natives are leading the solution for this deadly wave of addiction sweeping over Oklahoma.

RESOURCES:
Center for Disease Control http://www.cdc.gov/homeandrecreationalsafety/rxbrief/
Absentee Shawnee Counseling Services http://ascs-okc.com/

In the past month TERO has received 111 phone calls, 37 walk-ins, and we had 13 new applicants. We have put 9 of our applicants to work at various locations including Nabholz. We are working on getting more job opportunities for our TERO applicants. Outside of our office we have 3 bulletin boards of current open positions for the Shawnee, Little Axe, and local areas. Also you can keep updated with job postings by logging onto the website at Absentee Shawnee Tribe of Oklahoma. TERO is dedicated to assisting our applicants with access to job opportunities, resumes, and access to online job positions.

If you or anyone you know is interested in becoming a TERO applicant we have applications located outside of our office. In order to apply with TERO the following is required: 3 forms of Id’s (Photo Id, S.S. and CDIB) any credentials, license or any other certificates you may have.

TERO is dedicated to assisting our applicants with access to job opportunities, resumes, and access to online job positions.

We look forward to meeting with you.

If you have any questions about TERO please feel free to contact our office Monday thru Friday 8-5pm at 405-275-4030 Ext: 163

Happy New Year & God Bless

TERO STAFF
RANDY EDGE,
DIRECTOR
BRIDGETTE WILSON,
OFFICE ASSISTANT

TERO OFFICE ASSISTANT
Bridgette Wilson
2025 S. Gordon Cooper Drive
Shawnee, OK 74801
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bridgette@astribe.com

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Phone 405.275.4030 ext.163
Fax 405.432.9859
bridgette@astribe.com
Scholarship Application Workshop

The Oklahoma City IHS Area Office would like to invite you to join our scholarship application workshop on January 6, 2012 in the Redbud conference room at 1pm. There will be a demonstration on “How to Apply,” for the IHS Scholarship. The Area Scholarship Coordinator will be on hand to be used as a reference throughout the application process and can provide assistance with any questions you may have regarding the completion of your application or supporting documentation in preparation for submission to the IHS Scholarship Program branch office. Please take advantage of this special opportunity.

When: January 6, 2012 @ 1:00pm
Where: Oklahoma City Area Office
Redbud Conference Room
701 Market Drive
Oklahoma City, OK 73114

Please R.S.V.P. Keith Bohanan by January 4, 2012

The mission of IHS is to raise the physical, mental, social, spiritual health of American Indians and Alaska Natives to the highest level. Because of the IHS Scholarship Program, many qualified health professionals are given the opportunity to pursue their careers as well as help their own communities.

INDIAN HEALTH SERVICE
Oklahoma City Area Office
701 Market Drive
Oklahoma City, OK 73114
Phone: 405-951-3789
E-mail: Keith.Bohanan@ihs.gov

Shawnee Clinic:

The Shawnee Clinic staff hopes that everyone had a safe and well holiday season. Remember that handwashing is the best way to keep you and your family well.

The Shawnee Clinic continues to offer SAME DAY appointments for patients that need to be seen right away. Please call 405-878-4702 and schedule your appointment. You will be seen as soon as possible.

The goal is to continue to expand our services. We are actively seeking a full time family practice physician and are in negotiation for a Cardiologist to come to the clinic once or twice a month. We want the Absentee Shawnee Tribal Members to have excellent quality care here at their clinic. The clinic is open to Absentee Shawnee Tribal members, Members of other tribes, as well as all Tribal employees.

Customer Service Task Force:

"Your Tribe, Your Voice" The Customer Service Task Force hosted the first Community Listening Session on Thursday Dec 15th at Horseshoe Bend Community Center. We appreciate the Tribal Members who took the time to attend and gave opinions on ways to improve the Health System. The Session was led by Health Executive Director, Gary Wabaunsee.

Our next session is scheduled for Thursday January 26th at the Little Axe Resource Center. Flyers will be posted. Please take this opportunity to have your voice heard.

Your Tribe, Your Voice Community Listening Session

Thursday, Jan. 26, 2012
Little Axe Resource Center
5:30 PM

Refreshments Provided

- Updates on the New Clinic Construction
- Updates on Shawnee Clinic Renovations
- Patient Satisfaction Survey
- Specialty Services Priority List
- Questions / Concerns

Join us in a listening session with Executive Director of the AST Health System, Mr. Gary Wabaunsee

Absentee Shawnee Tribal Health Authority, Inc.
Li-Si-Wi-Nwi Health, Inc.
In partnership with the Customer Service Task Force To learn more call Marla Throckmorton or Phyllis Tiger at (405) 878-4702
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**January 2012**
Happy New Year

Foster Parents Needed!!!

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

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

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

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

If you find yourself and your family interested in Foster Care, please contact J.R. Wind 405-275-4030 ext. 195.
ABSOLUTE SHAWNEE TRIBE OF OKLAHOMA
DOMESTIC VIOLENCE DEPARTMENT

Victim Advocacy
Assist victims by offering educational classes that focus on the dynamics of domestic violence and sexual assault, stalking and dating/violence. Each victim is helped with emotional support and resources both from Tribal programs and local community programs.

Court Advocacy
Assists survivors with domestic violence court related appearances as well as filing for emergency protective orders (EPO) or restraining orders.

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.

Transitional Housing
The AST DV Transitional Housing Program serves victims of Domestic Violence. Participants have up to two years to obtain education and job skills needed to begin a new life. Services include case management, counseling, and transportation. There are four homes all equipped with furniture and basic household items.

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.

Sexual Assault Advocacy
The AST DV Sexual Assault Program is on-call 24 hours per day to provide emotional support, advocacy and crisis counseling to sexual assault survivors at hospitals, police stations and throughout the legal system. The Program also serves as a resource center to the community by offering educational information and referrals.

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.

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) 275-4030.

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.

THP 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

Wills Clinic

April 19, 2012
9:00 am - 4:00 pm
Little Axe Resource Center

Call OILS at:
(405) 943-6457 or 1-800-658-1497 to make an appointment. If anyone needs assistance with a will before then, call the same number to make arrangements for an appointment to meet with OILS attorney.
Introduction
The information provided to you in this flyer is to help families understand what programs are offered through the Absentee Shawnee Housing Authority and how to apply. Our programs target low income Native American families who need housing assistance. The two programs currently being provided are Rental and Lease with Option to Purchase.

Application Process
Our process begins with the completion of our housing application. When completing the application be sure and answer all the questions that pertain to you and sign all attached forms. If you should have any questions regarding the application; call or come by our office and ask our staff in the Programs & Admissions Department and they would be glad to assist you.

The application will also require documents to be attached in order to complete the process:
- Photo I.D.
- CDIB Card
- Social Security Card
- Birth Certificate
- Marriage License/Divorce Decree/Custody Decree (if applicable)
- Declaration of Section 214 (form is included with application)

Each household member must provide a birth certificate, social security card and CDIB card (if enrolled in a federally recognized tribe). The Housing Authority will conduct an OSBI check and a Landlord and Utility Check on all adult household members over the age of 18. A home visit is the final step in completing your application.

Waiting List
A letter will be mailed out once your application has been approved notifying you of the date your name was placed on the waiting list. It is very important to stay in contact and notify the Housing Authority anytime changes occur in income, household composition, or contact information. In the event that your name is next in being offered a home; you will be notified by letter or phone.

Eligibility for each program has income requirements; please be sure and review the current income limits on your application. We will not be able to process your application if you do not meet the income criteria.

Low Rent Housing
Our low rent housing program is provided to families in need of housing in the Shawnee and Tecumseh area. Rental houses are furnished with kitchen appliances, central heat and air, and mini blinds all throughout. In the Shawnee area, the Absentee Shawnee Housing Authority has two elderly/handicap communities. These areas have fully and partial handicap accessible units. A laundry facility is located in the community for tenant use only. Tenants in our rental program are provided services through our Maintenance Department; if any maintenance issues should arise you would contact the Housing Authority and a crew member will come and do the repair.

- All applicants are required to attend a counseling class conducted by our Resident Counselor before signing a lease
- Inspections are performed on our homes annually

How to become a homeowner in our...

Lease with Option to Purchase Program
The Lease with Option to Purchase program is available for any native American family who has met our requirements and would like to purchase a home that the Housing Authority has available to offer.

This program is designated for income eligible families who have been renting but now feel they are ready for the opportunity to purchase their own home. The application is the same as rental; except the income requirements are different. Be sure and specify when completing your application, that you are applying for the Lease with Option to Purchase. If you have substantial rental history and meet the income requirements, your name may be placed on the waiting list.

- MONTHLY RENT IS CALCULATED BY YOUR INCOME
- OUR RENTAL UNITS HAVE 1, 2, 3, & 4 BEDROOM
- LEASE WITH OPTION TO PURCHASE HOMES HAVE 3 & 4 BEDROOMS

Happy New Year
HORSE SHOE BEND AFTER SCHOOL PROGRAM:
The students at the after school program have been working hard on their studies. I am pleased to report that they are excelling in their school work and this is being illustrated through improved grades. Students are proving that with hard work they can receive scholar and achievement awards. The Tutors assisting with this effort are also working hard to ensure that tutored students are assisted in areas they are having trouble with. The improvement is being seen on a week-by-week basis by teachers, parents, tutors and myself with student attitudes becoming more positive.

I am pleased to introduce 2 tutors, this report period that came on board as part-time employees: Stuart Rolette and Randall Watson. Stuart is in his second year at Rose State College majoring in cyber networking. He is a big help at the center as he tutors the third grade boys. Stuart is a citizen of the Sac and Fox Nation. Randall Watson is a Junior at Shawnee High School and is an Absentee Shawnee Tribal citizen. Randall plays football for the Wolves. He helps with the first and fifth grade students.

On November 22, 2011 I met with Principal Chief George Thurman of the Sac and Fox Nation to discuss the Horse Shoe Bend Afterschool Program. He expressed interest in the efforts of the Absentee Shawnee Tribe afterschool program and indicated that he would consider a joint project based on the acknowledged success of the program. This joint project would be dually funded by both Tribes should it occur. At this time the Absentee Shawnee Tribe have 25 kids enrolled in the program with 18 who attend consistently. These kids are both Tribal and non-Tribal youth. Those who are non-Indian pay a small fee that covers the expense of their attending the program.

LIMELIGHT FOR DECEMBER – Katie Wilson – Student of the Month
For December the student of the month is Katie Wilson, she is in Kindergarten at North Rock Creek School. Katie has been attending the Afterschool Program since it opened in August. I am very pleased with Katie’s determination and hard work which she demonstrates each week. She is making progress in identifying and writing her numbers and alphabet. Katie is the daughter of Calvin and Annie Wilson and has two brothers, Ruben and Michael. Katie will receive a $25.00 Wal-Mart Gift Card donated by the White Turkey Band.


I attended the Second Nine Weeks K through 5th Grade Award Assembly at North Rock Creek School on December 5, 2011. Two students received Awards from their class. They are:

Leila Castaneda, 1st grader, received a medal and a certificate for the Achievement Award. Leila is showing marked improvement each week with her reading and math skills. She is the daughter of Victor and Jennifer Castaneda. Leila has two brothers, Eryn and Daniel, two sisters, Desiree and Jayleen.

Ruben Wilson received the Achievement Award in his 3rd grade class. Ruben continues to show improvement in math and he has not missed a spelling word on his test since school started. He is the son of Calvin and Annie Wilson. Ruben has one sister, Katie and one brother, Michael.

The tutors and I are very proud of Katie, Leila, Ruben for their accomplishments. And we are also proud of all the students in our afterschool program.

Saturday, December 3, 2011 the White Turkey Band Committee sponsored a Christmas Party for the students that attend the Horse Shoe Bend afterschool program. Students received gifts, a sack of candy, and a stocking filled with gifts. A short program was held for the parents and guests. Each student read what Christmas meant to them. Students were provided pizza and juice and cookies for lunch. All who attended received a sack of candy.

A Special ‘Thanks’ goes out to the White Turkey Band for making this a special event for the students that attend the afterschool program. These kids enjoyed everything you provided for them. Additionally I extend a ‘thank you’ to the Absentee Shawnee Media Department, Faustina Blanchard, for attending and taking pictures and for Representative Jeff Gibson and the student’s parents for coming!

I would like to thank Clara McAfee, Johnson Community resident, for the tin can of popcorn she provided for the students at the center. And thanks to Calvin Wilson for the deer meat. Students enjoyed eating the deer meat with cheese and crackers.

As 2011 is nearing its end I want to say that we have made big strides in the education field for these students in a short period of time. And I can only see it getting better and bigger as time goes on. It takes everyone to chip in to make a difference. I appreciate the opportunity to be a part of this new program. If anyone has any suggestions or concerns, please do not hesitate to call me at 405-481-0397. My door is always open and I welcome your thoughts!

Thanks
Edwina Butler-Wolfe , Director
Horse Shoe Bend Afterschool
Absentee Shawnee Tribe
2025 South Gordon Cooper Drive
Shawnee, Oklahoma 74801
405 275-4030, Ext: 133
405 481-0397 cell number
edwinab@astribe.com

Happy New Year
WHITE TURKEY BAND NEWS:
The month of November and December has been very busy; we had our Old Time Box Supper that was held on November 19, 2011 at the Horse Shoe Bend Community Center. The proceeds at the box supper helped with the Christmas Party for the Horse Shoe Bend After School Program Students. We bought Christmas gifts and provided lunch and sacks of candy. We organized two different committees for this event a shopping and candy committee. June Buckner, Janet Jeske, Ramona McCoy, did the shopping and wrapping gifts. And candy committee was Kathy Switch, Gwen Switch, Kay Wallace. Thanks go out to Gwen Switch, and Janet Jeske for their time and expenses for making the Christmas Stockings that the students received, also a BIG THANK YOU to the anonymous person for the donation that was given to help out with gifts and the pizza. While the ladies where shopping a donation was given by Mary Black to help with gifts for the students. The Christmas Party was held on December 3, 2011 at the Horse Shoe Bend Community Center. It was a big success as the students were very excited that day. We would like to thank Representative Jeff Gibson for his attendance and Faustina Blanchard, Media Department.
White Turkey Band meets first Saturday of each month at the Horse Shoe Bend Community Center at 10:00 a.m., if anyone would like to attend.

WHITE TURKEY BAND WOULD LIKE TO THANK THE MSPI PROGRAM FOR THEIR HELP IN THE 5K RUN THAT WAS HELD ON OCTOBER 1, 2011. MSPI PROGRAM PAID FOR THE STUDENTS ENTRY FEE THAT PARTICIPATED IN THE RUN.
Join us for an exciting week of athletic competition in Oklahoma City, June 10-17, 2012

Athletes representing Indian nations, bands and tribes from across the United States and Canada gather to share their talents in the spirit of the “World’s Greatest Athlete” and Native American Legend....Jim Thorpe!

The games will celebrate the 100th Anniversary of Jim Thorpe’s medal winning performances in the 1912 Olympic Games in Sweden.

**Featuring 11 sports:**
Softball, Basketball, Baseball, Golf, Tennis, Track & Field, Cross Country, Wrestling, Stickball, Martial Arts, Beach Volleyball, 5K Run
*Plus an Oklahoma Native American High School All Star Football Game
*Youth and Adult Divisions in most sports. Entry form can be downloaded off the website.

**Additional Children’s activities and competitions such as Children’s Art Tent, NFL Punt, Pass & Kick Competition and Triple Threat Basketball Skills Challenge**

For more information contact, Annetta Abbott:
1-855-JTGAMES (1-855-584-2637) or aabbott@jimthorpegames.com
[www.jimthorpegames.com](http://www.jimthorpegames.com)

Proceeds from the Games will benefit Jim Thorpe Bright Path Youth Programs and Awakening The Spirit Diabetes Outreach Program.

Happy New Year
Happy New Year

Jim Thorpe Native American Games Coming To Oklahoma City

An exciting week of athletic competition is coming to Oklahoma City in honor of one of Oklahoma’s greatest athletes. The Jim Thorpe Native American Games will take place June 10-17, 2012 at different venues throughout Oklahoma City including: ASA Softball Hall of Fame, Remington Park, Oklahoma City Tennis Center, Oklahoma City University, Lincoln Park Golf Course, Millwood High School, and Bishop McGuiness High School.

Athletes representing Indian nations, bands and tribes from across the United States will gather to share their talents in the spirit of the “World’s Greatest Athlete” and Native American Legend… Jim Thorpe. The Games will celebrate the 100th anniversary of Jim Thorpe’s record setting Olympic performance in Sweden.

Over 3,000 Native American athletes are expected to participate in 11 different sports throughout the week that will include basketball, softball, baseball, tennis, wrestling, track and field, cross country, golf, martial arts, stickball and beach volleyball. Entry forms for all sports can be downloaded from the Jim Thorpe Games website.

In addition to these 11 sports, a Jim Thorpe Native American All-Star Football Game will take place on Friday, June 15, 2012. This game will showcase Native American high school seniors from across Oklahoma. If you are interested in participating in the All-Star Game or if you are a high school coach who would like to nominate one of your players, contact the Jim Thorpe Native American Games office.

Remington Park will be the host site for the Opening and Closing Ceremonies, Native American Art exhibit, Health Fair, College and Career Fair and traditional cultural exhibitions throughout the week. Remington Park will also be the site of an NFL Punt, Pass and Kick competition and a 5K Run.

Proceeds from the Games will benefit the Jim Thorpe Bright Path Youth Programs that include Jim Thorpe All-Star Games, Children’s Challenge, Artfest and the statewide Red Ribbon Week. In addition, a portion of the proceeds will benefit the “Awakening the Spirit” Native American Diabetes Awareness and Prevention program of the American Diabetes Association.

Thousand of Native American athletes, primarily young people, will participate in the Jim Thorpe Native American Games; making it one of the largest events of its kind. In addition to the sporting events; cultural activities associated with the Games will include art show, traditional entertainment and sporting exhibitions.

“The Native American communities know the importance and value of supporting healthy lifestyle choices for their youth. Some of the many benefits of the Games will include promoting leadership development, increasing cultural awareness and most importantly – motivating young people to achieve great things,” said Annetta Abbott (Choctaw), Executive Director. “Our young people are not only the leaders of the future; they are the leaders of today.”

For additional information on the Games contact Annetta Abbott, Executive Director, 405-208-9253 or aabott@jimthorpegames.com or visit their website www.jimthorpegames.com.
nance activities and repairs.

LEGISLATIVE RESOLUTIONS:

L-AS-11-12 12/21/11

Authorizes the capital injection of the sum of One Hundred Twenty-Five Thousand Dollars ($125,000.00) from the General Fund to the Absentee Shawnee Economic Development Authority (ASEDA) for the purpose of establishing pay at the pump and related marketing systems at the ASED A Tribal Stores.

L-AS-11-13 12/21/11

Authorizes and approves the Bureau of Indian Affairs (BIA) Budget for calendar year 2012 in the amount of Two Million, Two Hundred Nineteen Thousand, Twenty-Seven Dollars and no cents ($2,219,027.00) as reflected in the attached budget document, “Exhibit A”, effective immediately.

L-AS-11-14 12/21/11

Authorizes and approves the General Fund Budget for calendar year 2012 in the amount of Three Million, Three Hundred Nineteen Thousand, Four Hundred Four dollars and no cents ($3,319,404.00) as reflected in the attached budget document, “Exhibit A”, effective immediately.

L-AS-11-15 12/21/11

Authorizes and approves the Indirect Cost (IDC) Budget for calendar year 2012 in the amount of Five Million, Eighty-One Thousand, Six Hundred Sixty-Eight Dollars and no cents ($5,081,668.00) as reflected in the attached budget document, “Exhibit A”, effective immediately.

L-AS-11-16 12/21/11

Authorizes and approves the Indian Health Services (IHS) Budget for calendar year 2012 in the amount of Nine Million, Two Hundred Eighty-Two Thousand, One Hundred Twenty-Six Dollars and no cents ($9,282,126.00) as reflected in the attached budget document, “Exhibit A”, effective immediately.

The family of Michael Tiger would like tell everyone THANK YOU! Your hugs, kind words, handshakes and the many wonderful stories you shared with us were a tremendous help to us during this loss. We appreciated all the wonderful food that you brought to us. A special Thank You to Shirley Simpson, who is a wonderful cook and makes us laugh, Bucky LittleCharley, Lt. Govenor and his maintenance crew who waited for us in the rain, as well as our cousin’s Harold and Steve Williams. Thank You to Everyone!

The Tiger Family

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AST Education Department Announces New Youth Awards

As reported in last month’s newsletter the Absentee Shawnee Tribe’s Education Department will begin accepting applications for the following awards:

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

The purpose of these awards is to recognize the outstanding contributions of our tribal youth and to promote excellence in academics and athletics in high school and beyond. Tresha Spoon, Director of Education, stated, “We are excited to offer these awards as recognition of how our Absentee Shawnee youth are impacting their schools and communities through their academic achievement and athletic performance. The annual recognition of tribal high school students will give the tribe an opportunity to showcase the talented and hard-working youth in our tribe.” “Most of all,” she added, “we want to encourage our youth to strive for the best in whatever they choose to do in the future.”

High school students and varsity athletes of both genders in their Junior or Senior year of High School within the 50 United States are eligible to apply for these awards for the 2011/2012 school year. Applications will be accepted from January 1 to March 1, 2012 by US mail or email, official transcripts must be mailed. The official application form will be available at www.astribe.com under the Education Department by December 31, 2011.

Individuals are encouraged to nominate deserving high school student/athletes. You may nominate yourself. Please refer to the application for required documents. Eligible nominations will be judged by a panel of (non-AST) experts assembled specifically for this purpose. The intent is to bring together an unbiased group of experts to evaluate the applicants in an impartial and unbiased environment. Their decisions are final with respect to all matters concerning these awards. Awards will be announced in April 2012.

Award recipients will be recognized as the 2011/2012 Big Jim Academic Achievement Award winner or the Big Jim Athlete of the Year. In addition to this recognition the award recipients will receive $1000.00 to be used towards their education and the advancement of their career.

Questions on these awards program should be addressed to:

Absentee Shawnee Tribe
Education Department
c/o Tresha Spoon
2025 S. Gordon Cooper Drive
Shawnee, OK 74801
405.275.4030 Ext 121
youthaward@astribe.com
Absentee Shawnee Tribe of Oklahoma
Education Department
2025 South Gordon Cooper Drive
(405) 275-4030  Toll free (800) 256-3341  Fax (405) 273-1192
youthaward@astribe.com

Applications accepted:
Jan. 1st – March 1st
Finalists announced:
April 2012

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

STUDENT INFORMATION

Name: ___________________________________________________
                  (LAST)                     (FIRST)                                        (MI)
Enrollment #: __________________________
Address: _________________________________________________________________
                  (STREET)              (CITY)             (STATE)                             (ZIP)
Home Phone: (_______)_________________________ Cell Phone: (_______)_________________________
Email: ______________________________________________

HIGH SCHOOL INFORMATION

High School Name: _______________________________________________________
City: ________________________________ State: ____________________________
Class Year: ____________________________
Guidance Counselor: ____________________________ Phone #: _____________
Sport: ____________________________ Position: ____________________________
Coach: ____________________________ Phone #: _____________
      (FIRST)    (LAST)

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

Taking care of your health gives you a better chance to live a longer happy life.

According to the Center for Disease Control and Prevention:
- Every 18 seconds, an older adult is treated in an emergency department for a fall
- Every 35 minutes someone 65 or older dies as a result of their injuries from falls

Unintentional falls among the elderly occur often and are 100% preventable. Fall prevention not only begins in your home, but with your own personal health. Regular doctor’s checkups, vision checks, and medication reviews are just a few ways to practice fall prevention safety. Elders who fall tend to cut down their physical activity out of fear of falling and injuring themselves again, but as the saying goes “you don’t use it, you lose it.” In that case elders will lose their independence and well as muscle strength to get around. The best thing to do would be to get involved in elder friendly fitness exercises such as chair exercises and Tai Chi are physical activities you can do in your home. According to Harvard Health Publications these activities help by the following: increase muscle tone in your legs, improves balance, mobility, and independence, as well as improve your mental capacity and concentration. In addition to those benefits, it also helps by reducing your blood pressure and improving respiratory health especially those who have suffered from a stroke or heart attack. Among other benefits these exercises assist in managing arthritic pain and increase bone mass for elders. With winter upon us, it is vital that you as community members do your best to protect elders from the dangers of ice and other weather related fall dangers.

“Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.”
-Mark Twain

“We don’t stop playing because we grow old; we grow old because we stop playing.”
-George Bernard Shaw

AST Injury Prevention Program

If you have an elder you would like to get in contact with Absentee Shawnee Tribe Injury Prevention on exercise information or home safety assessments please call 405.878.5850 ext. 190; Sacha Almanza, IP Program Coordinator.

Tai Chi is offered Monday, Wednesday, and Friday from 9:30-10am at the Little Axe Resource Center, contact Rosie TallBear at 405.364.7298. Free Chair exercise DVDs are also available for elders.

Home safety assessments and supplies are free to all elders in the AST Health Services Area (Cleveland, Pottawatomie, Lincoln, Logan, and Oklahoma Counties).
Join Us!

Come see us for your important health and public service information!

• Diabetes Department
• Community Health Education
• Fitness Staff Activities
• Injury Prevention Program
• Dental Screenings & info.
• Behavioral Health
• AST Police
• AND MORE

Raffles, Fun, and Freebies for all!

Car Seat inspections for all families and Free car seat replacements for those who qualify. For children who have tribal enrollment cards, please provide those during car seat installations. Proof of state assistance is needed (Soonercare, WIC, Snaps, etc)

Other Public Programs are welcome to Participate. Please inform us of your commitment ASAP.

Sponsored by:

Absentee Shawnee Tribal Health Programs

Join Us...

Date
Thursday, February 9th, 2012

Time
5pm-8pm

Location
Little Axe Elementary School
2000 168th Avenue Northeast Norman, OK
73026-9010
(405) 447-0913

Contact:

Sldna McKane, AST Community Health & Prevention Services Administrative Assistant
405.360.0698
sidnam@astribe.com

Happy New Year
Happy New Year!