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General Council -2012-

The General Council will be held Saturday, April 21, 2012 at the Little Axe Health Center.

Land Improvements

A Prescribed Burn was performed on the Earlsboro property located at I-40 and highway 9A and also at a property located on Macarthur Rd. *Full article continued on page 23*.



L to R: Randy Tiger, Andy Warrior, Andy Tsoodle, Allen Tsoodle





Executive Committee



GEORGE BLANCHARD **GOVERNOR**



ISSAC GIBSON LT. GOVERNOR



TERI REED **SECRETARY**



KATHY DEERE TREASURER



REPRESENTATIVE



The Governor is currently attending a conference and will not have a report this month.



Greetings Tribal Members

I hope everyone has enjoyed the good weather and this article finds you in good health and happy. We here at the complex have enjoyed it and we've also used it to our advantage.

While the weather has been nice we have been making improvements on properties owned by the Tribe. Andy Warrior worked diligently on these projects, therefore, for your information I have asked him to submit a detailed article, which you will find in this issue of the news letter on page 23. The article is entitled "Land Improvements".

As many of you are aware, we have purchased Black Angus Cattle. The tribe now owns one (1) bull and thirty (30) cows. Since the initial purchase we have fourteen (14) calves. I have heard good comments and I've been told there are some tribal members that are worried or concerned about this venture. If you have use of the internet you can find many reasons why this is a good sound business decision. From Red Rock to Coalgate, Oklahoma, the prices in Black Angus varies no more than \$200.00

per head, ranging anywhere from \$1,350.00 to \$1,150.00. As stated earlier, we already have fourteen (14) calves and they didn't cost the tribe anything. When they become a year old they will be worth \$1,000.00 or more. The most expensive thing about raising cattle is the land. They are low maintenance, and require limited attention and expense. I can't guarantee that one won't break a leg or get sick.

There are no guarantees in any business venture but I'm certain we can use our own lands and make a profit. As I was saying, if you have the opportunity to research it, you will be amazed. The Tribe already owns everything we need to get started. This can be a self sustained operation with limited outsourcing. If you have questions I will be glad to sit down and visit with you or feel free to call.

The cattle venture was one of the reasons for the land improvements however, there are many options the Tribe has for utilizing our lands. The Tribe is going to have to diversify to become financially stable and prosperous.

I know most all of you know Clarice Murdock; she was in a vehicle accident the first part of January. She is back at work full time. We are glad she's well and back at work and she is glad to be back.

We will meet with Commissioner Dennis, Pottawatomie County on Monday, February 27th @ 10:00 a.m. to go over the preliminary plans for Kings Road. This project has been a long time coming, but we are almost there.

Commissioner Dennis is going to install a T-128 siren warning system at Horseshoe Bend in the event of a disaster. We should have the Kings Road Project started by the 1st of July.

Spring's around the corner and the tribe is making preparations to assist tribal members with their gardens this year. If you are interested in planting a garden, please contact Andy Warrior, Project Coordinator for the Gardening Program. He will be taking names and contact information right away. Please contact Andy at 405-275-4030 ext.

If you have any ideas or would like to discuss any issues, please feel free to call my office. Have a great month!

/s/ Isaac Gibson, Jr. Lieutenant Governor



Greeting Tribal Members:

Besides making a couple of announcements, this month I wanted to focus more on providing an update on some of our business enterprises. Since most of my experience prior to working for the tribe was centered around owning, running, and consulting for business enterprises, I find this part of the job to be enjoyable and exciting. Without a doubt, we have some areas that are going to be challenging in the future. But we also have some exciting possibilities.

LITTLE AXE HEALTH CENTER AND GENERAL COUNCIL

The next General Council meeting will take place on Saturday, April 21st, at 10:00 a.m. and will be held at our new health complex in Little



Little Axe Health Center Lobby

Axe. We will again feature a health fair during the day and there will be guided tours of the facility. Come early to have breakfast and visit the health fair. We have also scheduled the Grand Opening Ceremony for Wednesday, May 16th from 1:30 to 3:30. Please mark your calendars for these two important dates to celebrate our opening. I toured the building a couple of weeks ago and they are adding the final touches to this first class facility. I think you will be very impressed with the layout, design, and features of the building, including our AST logo which is inlaid into the floor of the grand lobby.

The Little Axe Health Center was awarded funding through a joint venture project in 2007 as a partnership between the Absentee Shawnee Tribe and Indian Health Services. Out of the 16 tribes who applied, we were one of only two tribes in the United States that was awarded funding through this process. Keeping up with third party billing and working within the guidelines for contract health so that funds are available all year long will be a challenge this year.

ALLNATIONS BANK

We are nearing the first anniversary of ALL NATIONS Bank in Shawnee. We recently had our annual shareholders meeting for the bank. The president, Gene Davis, reviewed the progress of the bank over the past year and discussed plans for 2012. It takes time for a new branch to be profitable and we are not where we want to be on profitability at the Shawnee Branch at this point. A combined profit with the main office in Calumet is expected for 2012. We need to increase the number of loans executed from the Shawnee Branch and this won't be easy as the competition for loans in the area is pretty stiff. Mr. Davis feels that part of the problem is that some people think the bank is setup for Native Americans only. This, of course, is not the case. The bank will focus on advertising through radio and print media that the bank is open to all people. Please help us spread the word that the bank is

open to all, and they can help with loans. In my opinion, this year will be a pivotal year in determining the banks success and direction for the future. The board members and bank's management have a lot of work ahead of them to ensure we are successful.

THUNDERBIRD CASINOS

It's been an exciting time at both of our casinos over the past couple of months. We replaced some of the games at the Norman location that were not receiving a lot of play and added some new games. The new fresh air system is now up and running and the improvement in air quality is remarkable. Bathroom remodels are complete, the new entertainment venue is in its final stages of completion, and there are still many more enhancements to our Norman casino on the way. These enhancements will include new lighting, a sports bar, and updates to the exterior façade.

Our new cash back program was implemented in both casinos in January and this is one of the best promotions in the state. The response from players has been favorable and is steadily growing as people begin to understand it. The One Million Dollar Mega Slot promotion is for a limited time and has been a very popular attraction. We've increased our advertising and recently filmed a new commercial that you'll be seeing on television soon. The months of February, March and April are always strong months for revenue and early reports from management are showing that this year will be no exception. Reports are indicating that activity and revenues are up at both of our casinos, and this is a good thing.

The casino management has been working at a frenzied pace to make changes that will attract new customers while maintaining a satisfying experience for our established customer base. They have invested heavily in rolling out some new customer service training that will improve the overall customer experience. I've visited both casinos in the past week, and I can tell that

the employees are making a concerted effort to engage with customers in a helpful and friendly manner. We appreciate the management's hard work in the casino and their dedication to improving customer service. The frenzied pace for improvement needs to continue. In today's competitive market, we are not yet where we need to be.

AST GROCERY AND SMOKE-SHOP

In December, a resolution was passed for a capital infusion to pay for some upgrades to the convenience store. Now that the inventory counts and annual audits have been scheduled, it is time to complete these upgrades before the busy season starts. The new pay-at-the-pump gas pumps are due to be installed in late March, along with a new Point-of-Sale cash register system and new inventory software. These upgrades should increase traffic to the store, and allow us to be more effective and efficient in tracking sales and inventory. The increase in efficiency will allow us to better utilize the workforce and reduce expenses.

We are also in the process of changing the name of the store to better fit the way we are doing business today. For many years the store has been known as the AST Grocery and Smokeshop. This name confuses the public because they don't understand the acronym AST, and we are operating more as a convenience store than a grocery store. Thunderbird Express has been selected for the new name. We will begin transitioning to this name around the time the new pumps are installed.

BIG JIM YOUTH AWARDS

There has been a recent change to the Big Jim Youth Awards which were announced a couple of months ago. The Oklahoma Secondary School Activities Association (OSSAA) has denied our request to allow High School Juniors to compete for this award. Juniors WILL NOT be eligible for this award. We apologize for any inconvenience this may have

caused any of our youth and their families. For those who have already submitted applications, you will be notified of this change immediately following the receipt of the application. Also, to clarify, the \$1000.00 award is in the form of a scholarship to the college or university where the award recipient will attend for the fall 2012 semester. The scholarship awards include:

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

The selection committee to determine the winners consists of five individuals who are knowledgeable of education and sports. None of the members of the selection committee are Absentee Shawnee Tribal members. This was purposely incorporated into the program to maintain fairness to all of the applicants. The winners will be announced by the end of the school year. The exact date has yet to be determined. We are most excited about including these new awards for our youth and hope that will serve as an incentive to our youth to strive for excellence in their high school years as they prepare for higher levels of education.

If you have a question or concern that you would like for me to address in the newsletter, please let me know.

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

Due to unforeseen development issues with the new website, we are displaying the former AST website until further notice. We wanted to enable those who use the website for information to continue to have the ability to use it for those purposes. We apologize for the inconvenience and delay.

Thank you.

Treasurer's Report

Greetings Tribal Members,

March is here going into the third month of 2012! Daylight Savings Time will begin on March 11, so don't forget to spring forward your clocks one hour on Saturday night!

We are continuing progressing in the areas of economic development, educating our tribal members, and services for the tribal members. Below is the list of activities for the month:

- ASEDA Board Monthly meeting, as Ad Hoc non-voting member.
- Executive Committee had a regular scheduled meeting and Special Executive Committee Meeting. See Resolutions Page.
- Congratulations to Executive Committee's Employee of Month February Winner, Jerry Ann Knox.
- New Name, "Absentee Shawnee Health Systems", formerly the Health Board Authority and LSWNE meeting, as Ad Hoc non-voting member.
- Monthly Redstone Investment meeting. We have an excellent investor advisor, who continually keeps the committee updated on the tribe's investments.
- Attended Constitution Revision Committee meeting. Next meeting will be on March 11 and 25th, 2012. Meetings are on Sunday afternoons. So if you are interested in working on revision of the AST constitution, please come to Thunderbird Norman

- casino, Warrior room at 2pm.

 Attended Taxes & Politics dinner/discussion on how the economy is still struggling, Unemployment remains high, upcoming Presidential election, and how these situations affect investments and this was sponsored by LPL Financial Advisors Michael Kelley and Michael Fox, CFP® (Certified Financial Planners).
- Participated in panel interviews for tribal police candidates.
 - Attended the RES2012 (Reservation Economic Summit & American Indian Business Trade Fair. RES is the premier American Indian economic and business development conference in the nation. Over 3,000 attendees include American Indian and Indigenous entrepreneurs, tribal economic and business development decision-makers, tribal leaders, government and corporate Executives and Buyers seeking Indian suppliers and contractors. RES is structured as three days of business information and training delivered through more than 24 60-minute sessions that is geared specifically for native entrepreneurs, tribal enterprises, and organizations wishing to do business with American Indian Businesses. In addition, a 2-day trade fair provides opportunities for American Indian suppliers to meet corporate and government buyers to market their organizations and companies, network, and negotiate potential contracts.
- AST housing monthly regular board commissioners meeting.
- Annual ALLNations Bank Shareholders' Meeting with Gene Davis, President.

Auditors are on site for the 2011 audit. We expect to complete the audit in May 2012. All the Tribe's entities will be audited first and those will roll up into the Tribe's Government wide financials; (ASEDA: ASEDA AST Counseling Services, Store, Harrah Smoke Shop; and Restaurant: AllNations Bank: and Thunderbird Casino's Locations 1 & 2). The Audit will include the MD&A (Management Discussion and Analysis). The MD&A report is an informative report within the 2011 Audit; which is a brief review and explanation of the Audit. We expect to get another good "Audit for 2012".

Sincere appreciation goes out to the employees 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!

Elections will be June 16, 2012, remember to get your absentee ballot request in as soon as it comes available. Lt. Governor, Treasurer and Representative Positions will be on the ballot. Hope you all feel your elected officials are doing a good job and please vote!

We appreciate all your phone calls, emails, and visits. May God continue to bless you and yours! See below articles from AllNations Bank, Financial Con-

sultant, Eddie Brokeshoulder; and Finance Department.

Respectfully yours, Kathy Deere, Treasurer

"Seek to make your life long and its purpose in the service of your people...Always give a word or sign of salute when meeting or passing a friend, even a stranger when in a lonely place. Show respect to all people and grovel to none."
-TECUMSEH

FINANCE DEPARTMENT MARCH 2012

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

The Indirect Cost Proposal for 2012 has been signed and mailed to the National Business Center (NBC) for approval. NBC is six months behind whereas they had been only three months behind last year. The explanation is that they have had a budget cut; thus staff was cut. Our rate is up from 17.74% for 2010 to 21.98% for 2011 and we expect our rate to increase for 2012 however that is just an estimate. This estimated increased is based on the influx of activity deriving from the new clinic opening in 2012.

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 Shaw-

nee and Little Axe. The Finance staff will begin February reconciliations for financial reporting on the first of March. 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 audit is 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).

Auditors are on site for the 2011 audit. We expect to complete the audit in May 2012. All the Tribe's entities will be audited first and those will roll up into the Tribe's Government wide financials: (ASEDA: ASEDA Fleet, AST Counseling Services, Store, Harrah Smoke Shop; Restaurant: AllNations Bank: and Thunderbird Casino Locations 1 & 2). The Audit will include the MD&A (Management Discussion and Analysis). The MD&A report is an informative report within the 2011 Audit; which is a brief review and explanation of the The 2010 Audit was an "unqualified" audit; which when compared to an educational grading scale is an A; and it is my goal that the 2011 will be unqualified as well.

The Tribe currently has compact funds of BIA and I H S, 51 Grants, and the new Clinic business. In addition, the Tribe operates on a General Fund and an Indirect Cost Fund.

The Absentee Shawnee Tribe's Finance Department has very hard working group of people and it is an honor to work with them, the Treasurer's office and at the Absentee Shawnee Tribe. The Finance Department employs 11; with 7 (64%) being AST Tribal Members and 4 (36%) being nonnatives.

This department, as always, would like to extend a special thanks and note of appreciation to the Executive Committee for providing the tools, resources and support to enable the finance staff to reach its accomplished goals and to continue with this effort. A special thanks and note of appreciation to Program Managers and Employees of the Tribe for their assistance and dedication in our group effort toward accomplishing our goal.

If you have any questions or needs, please call 405-275-4030 ext 162 and I will be glad to assist you in any way I can.

Respectfully, Belinda Collins, Controller

FINANCIAL CONSULTANT

Hello Tribal Members,

The office of Treasurer continues to provide sound financial management decisions and fiduciary responsibilities of the office. The following activities I have been involved and participated.

Financial Reports: Reviewed and analyzed Treasurer's monthly General Fund, Indirect Cost and Elder Council encumbrance monthly budget reports.

Absentee Shawnee Economic Development Authority, Inc. (ASEDA): Attended and participated in joint meeting of ASEDA

and Executive Committee. The meeting was an open dialogue for both entities with ASEDA board members describing what businesses and business strategies that have been created for the Tribe.

Redstone Investments: Attended monthly investment meeting, topics included status of current investments and strategies for future investment options.

First Nations Oweesta Corporation: As a recipient of a scholarship to attend NeighborWorks Training Institute, February 26 – March 3, 2012, Los Angeles, CA, a sponsored professional development and leadership training, I will be joined by 1,700 colleagues and peers from around the country. The training will focus on Native Financial Education Instructor Training and Native Community Development Financial Institutions (CDFI).

In closing, if you should have questions, please contact me at 405-275-4030 ext 148, or eddieb@astribe.com.

Sincerely, Eddie Brokeshoulder Financial Consultant

ALLNATIONS BANK

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

A single misstep can damage your credit score for years, which could make it harder to obtain a new mortgage, car loan or credit card. When you do not repay loans or do not make payments on or before the due date your credit is damaged and it takes years to obtain a decent credit report. You can recover some of your credit score points in as little as three years if you start making payments on time and correct any old outstanding debts.

One of the ways to rebuild damaged credit is to use your credit card responsibly. If there's a recent bankruptcy or unpaid bill on your credit report you may no longer qualify for a traditional credit card. But, you may very likely qualify for a "secured" credit card. These are available to most people. The catch is you will have to make a deposit with the card issuer in advance that is equal to the secured card's credit limit. Assuming you have been responsible and made all of your payments on time the card issuer may be willing to switch to a standard unsecured card in a couple of years. If you have an interest in this type of card you might check out www.appliedbank.com or www. citicards.com. Some secured card users assume that the card issuer deducts their charges from the money they already have on deposit, so they don't bother to pay their bills. In truth, if the issuer must dip into your deposit, it will report your bill as unpaid, adding another black mark to your credit report.

Pay off your secured credit card balance and any other revolving credit balances, in total every month. This will save you steep interest payments, and it could dramatically improve your credit score. About one-third of your credit score is determined by the percentage of your available credit that you currently use, and lower is better.

Do not hire a credit-repair firm. Some of these are scammers that charge you a monthly fee but do nothing for you. The rest just submit letters to credit-reporting agencies on your behalf challenging the validity of negative listings on your credit report. If there are inaccurate listings on your credit report, you can challenge them yourself for free. Go to www.Credit.com and click on "Learn How to Manage Your Credit Scores."



Absentee Shawnee Tribe

Hello again, I hope everyone is in good Health. So far in February we have had a more than normal Winter and I hope everyone is enjoying the warm weather. The Spring sports are fixing to get under way and we have a lot of talented children, youth and yes adults in our Tribe. I know when the weather is nice everyone has spring cleaning and other plans on there agenda, but take time to get out and support our Talented Absentee Shawnees. We are a blessed Tribe with so many talented youth. Just going to watch a game or watching the Band perform makes a huge impact on their confidence and pushes them an their respected talent to the next level and every Tribal member deserves that opportunity.

The 30 Angus Heifers that where purchased last year have calved 15 new Babies so far, and we are expecting more before spring gets here. I am still looking over the Cattle right now and it has been an enjoying time to watch these mothers tend to their Babies. We will be moving the Cattle herd in March closer to the Complex.

The TERO program has helped in many ways this year with the hiring of Tribal members and other Tribes members in various programs as well as hiring fence builders for the Cattle. I would like to Thank Randy Edge for assisting in all areas of employment. You have been an asset to all Tribes.

Please if you would support all of Tribal businesses from the AST Tribal Store, AST Diner, Thunderbird Casino (Norman) Thunderbird Casino (Shawnee), All Nations Bank, and the AST Media Department, which is located where the old smoke shop used to be in Tecumseh.

Also I would just like to say to the Tribal Members that have lost a loved one we are thinking of you in your time of loss an may you be comforted by our Creator.

Below is the future development that will hopefully start in May or sooner.

Representative Jeff Gibson





The proposed Little Axe Child Development Center will be constructed using Child Care Development Funding. This is the same funding that was used to construct the Building Blocks II Facility. Other Tribal Departments will also assist in providing funding related to utilities and parking. The facility will be licensed for 100 children.



The following are Resolutions passed through February 15, 2012

EXECUTIVE RESOLUTIONS:

E-AS-12-01 01/18/12

Amends Resolution No. E-AS-2011-86 establishing Holidays for Calendar Year 2012 to correct the days off for Christmas 2012 as set out herein.

E-AS-12-02 01/18/12

Authorizes and approves the certification of the Membership Roll of the Absentee Shawnee Tribe of Indians of Oklahoma as being accurate and correct.

FURTHER, that the membership roll contains only the names of those persons who were determined to meet the requirements of enrollment and therefore, enrolled pursuant to the provisions of the Absentee Shawnee Constitution and By-laws. (3550 Members)

E-AS-12-03 01/18/12

Approves and accepts Sharon Renee Ponkilla, Timothy James Ponkilla, Madelyn Louise Steves, Malacki David Weslyon Hood, Iyon Joseph Weslyon Hood, William Isaac, Sr., Ella Kay Coon, Claudia Jo Leffler, Stephen Arthur Rochon, Kathy Marie Neuens, Rose Ann Muench, Kaydence Rae Creek, Shelly Marie DeOliveria, Siera Brooke Roberts, Steven DeWayne Blocker, Bailey Marie Blocker, Erica Lynn Johnson, Bradley Nathaniel Preston Scott Johnson, Kayla Ryan Johnson, Liam Malachi Eason, Braxton Noah Eason, Bonnee RaeLynn Hall, Matteson Roi Hall, Alexia Saranda Moore, Timothy Jake Turner, Chance Andrew Bellin, Jack Matthew Bellin, Billye-Jo Ryleigh Mohawk, Mckenzi Jeanne Mohawk, William Douglas Mohawk, Galen Leroy Mohawk, Lux Olyvia Kickapoo-Johnson, Veronica Mae Goss, Angel Marcus Goss and Joseph Douglas Skinner Hurst as enrolled members of the Absentee Shawnee Tribe of Indians of Oklahoma as of the date of this resolution.

E-AS-12-04 01/18/12

Authorizes the corrected blood degree change for **Andrea Layne Harrison**, and hereby makes it known that this individual is an enrolled Tribal Member and is now and forever the degree of Absentee Shawnee Indian blood as corrected and shown above.

E-AS-12-05 01/18/12

Rejects the application of **Shea Alexis Little** for membership in the Absentee Shawnee Tribe due to Insufficient Blood Degree.

Continued on page 28

EMPLOYEE OF THE MONTH



Ms. Jerry Ann Knox February 2012

Jerry Ann Knox has worked for the tribe for fourteen years. She has worked side-by-side with various tribal officials and employees since 1997 and has always been known as one of the most even tempered and helpful employees at the tribe. She completes her work on time, is efficient in how she handles her job and assignments, and is professional in her dealings with

others. She shares a smile or laugh with anyone she comes in contact with, and is a joy to work with. She works effectively with others and does an excellent job with anything she tackles. She is a great asset for the tribe.

Jerry Ann serves as a positive example to her peer employees in all manners of performance relating to work effort, adaptability to work, problem solving, working relationships, communication, work productivity, self-sufficiency and skill in what she does. We appreciate all she has done for the Absentee Shawnee Tribe of Indians of Oklahoma.

						H TD TAX	FY-2012 YTD TAX COLLECT	SNOIL						Run Date: 02/23/12
TAX CATEGORY	JANUARY	FEBRUARY MARCH APRIL	MARCH	APRIL	MAY	JUNE	JULY #	AUGUST SE	PTEMBER O	CTOBER N	JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER	CEMBER	TOTAL	TAX COLLECTED
Sales (6%)	\$1,303.68												\$1,303.68	\$1,303.68
Gaming	\$109,331.00												\$109,331.00	\$109,331.00
Employee (1%)	\$1,771.92												\$1,771.92	\$1,771.92
Severance (8%)	\$1,033.85												\$1,033.85	\$1,033.85
M Vehicle	\$11,657.32												\$11,657.32	\$11,657.32
Tobacco Refund	\$9,662.76												\$9,662.76	\$9,662.76
TOTALS	\$134,760.53		\$0.00 \$0.00 \$0.00 \$0.00 \$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00 \$134,760.53	\$134,760.53
Miscellaneous	\$1,290.00												\$1,290.00	\$1,290.00
TOTAL COLLECTIONS	\$136,050.53		\$0.00 \$0.00 \$0.00 \$0.00 \$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00 \$136,050.53	\$136,050.53

FROM THE ELDERS CORNER . . .

by Cynthia Longhorn

The Absentee-Shawnee Elders Council met to hold their regular monthly meeting on Saturday, February 18, 2012 at the Title VI Building on the tribal complex. A quorum was established and the meeting called to order at 10:10 a.m.. Officers present were: Dan Little Axe, Sr., President; Gene Parker, Vice-President and myself, Cynthia Longhorn, Secretary. Treasurer Betty Watson was absent due to a conflict in scheduled appointments. The invocation was given by Don Schulenberg, husband of tribal member Esteline (Sloan) Schulenberg. Birthdays were announced and acknowledged for Lee Roller, husband of tribal member Gerry Roller, Serena (Spybuck) Daugherty, Dan Little Axe, Sr., Helen Wilson, Wife of tribal member "Woody" Wilson, Pauline Johnson, and Cynthia Longhorn.

Minutes of the January 21, 2012 meeting were available for review and comment. A motion to approve was made by Sue Blanchard and seconded by Serena Daugherty. The motion to approve was made by Sue Blanchard and seconded by Serena Daugherty. The motion carried and the minutes were approved. The financial report was not available due to the absence of Treasurer Watson and a motion to table was made by Sue Blanchard and seconded by June (Switch) Buckner. The motion carried.

Old Business: The subject of the recipe/cook book was brought up and comments from Sue Blanchard led to much discussion on the need for more traditional recipes to be included in the book. It was stated that Mondays and Tuesdays would be good days to meet with Sherman Tiger of the tribes' Media Department to continue work on this project. In regard to the proposed Golf Tournament, David Little, Jr. commented that he had contacted an individual about a site in Choctaw for this event and that he was waiting for feedback. The efforts continue on these fund raiser events.

New Business: Our Guidelines specifically designate proposed changes to be presented and discussed at this months' meeting; however, there were no changes or amendments presented. This led to comments from members about questions from other elders regarding Christmas gift cards received by Council members for attending meetings during the year. President Little Axe commented about the confusion between Christmas gift cards and payments to elders in the past from the Tribe (per capita) and the policy from the Elders Council for attendance being paid from fund raiser monies. He went on to explain the requirements for taking trips with the Elders Council which involved helping with six (6) fund raiser events. Secretary Longhorn commented that these gift card payments and amounts have been a policy of the Council for some years now but hopefully these questions have been clarified to the Executive Committee members as well as other elders. Concluding all those questions and comments, there were no proposed changes or amendments suggested; therefore, there will be no items on this subject to be voted on as provided in Guidelines at next months' meeting (March 2012).

Open Discussion: Gene Parker questioned a statement contained in the minutes in regard to dates for a fund raiser Indian Taco sale. She said that recalled talking about this event but the minutes stated there was no action taken on this subject. Sue Blanchard commented that the dates proposed was responded to by council members that the two dates were good dates but supply items and a firm date would be discussed at this months meeting. After some comments, it was agreed that Saturday, May 5, 2012 would be the date for this event at FireLake. Parker is to come up with food items list and schedule at next months meeting. The selling price is agreed upon to be \$6.00. Woody Wilson inquired of the possibility of the Elders having raffle items at the upcoming Miss Indian Oklahoma Pow Wow at the Expo Center in Shawnee. Vice-President Parker reminded council members that we have several Pendleton blankets that could be raffled if we got permission to do so at the pow wow. Helen Wilson and Mary Birdtail volunteered to donate a shawl each if we could do the raffle. Mrs. Birdtail volunteered to contact pow wow official Shirley Wapskineh about this. Dan Little Axe pointed out flyers available at the meeting in regard to the AST Language and Culture Committee Bingo being held at Brendle corner this date to raise money for attending a conference being held April 28-29, 2012 in Pittsburg, Pennsylvania. This conference is important because it deals with sacred items in the possession of a museum in Fort Pitt, Pennsylvania.

Dan Little Axe announced the celebration of he and wife Georgia celebrating their 50th anniversary with a get together at Brendle Corner this afternoon and invited everyone to stop by. Secretary Longhorn reminded council members of last months mention of the annual National Indian Education Association (NIEA) conference scheduled to be held in Oklahoma City in October and that conversations with our Education Director, Tresha Spoon and personnel from local schools are now planning this national conference are receptive to our elders and youth attending this conference and the areas where our elders could help as volunteers and perhaps present something of our tribes culture during the conference or perhaps the pow wow held during the conference. More information will be provided as it becomes available.

It was announced that the March primary election will not be held this year but that successful candidates drawing opponents election will be determined in June this year. This according to Tribal Attorney Tripp is allowable and legal. Council donations this date was \$36.37 and the Pie/Cake auction earned \$136.50. Marjorie (Sloan) Kaniatobe provided Valentine favors, Cynthia Longhorn donated candy and Mel (Dewayne) Switch provided dough nuts for everyone at this months meeting. The pot luck dinner was enjoyed by those present.

Next months meeting will be at the Resource Center in Little Axe and a Chili Dinner will be held as the fund raiser part of the meeting. Everyone is invited and we hope to see a good turn out for the meeting and dinner.

For any comment or questions on this report, contact Cynthia Longhorn, Secretary for the Elders Council at (405) 273-4137.

April is Sexual Assault Awareness Month!!!

Come join us for our 3rd Annual Sexual Assault Awareness Event!!

Balloon Release & Refreshments

Date: April 3, 2012
Time: 2:00 pm
Location: In front of Building 1 at the AST Complex

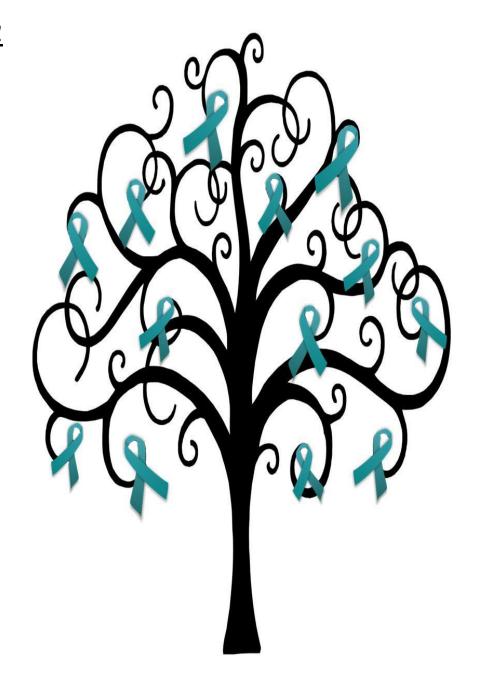
1 in 3 Native American women will be sexually assaulted in her lifetime.

1 in 6 women report rape or attempted rape at sometime in her life.

1 in 4 girls and 1 in 6 boys will be sexually assaulted by the age of 18.

If you are currently a victim of Sexual Assault and are needing assistance Please contact Linda Gouge, Sexual Assault Advocate at 405-275-4030 ext. 206 or Cell 405-585-8348

Our goal is to provide you with the best services possible. Everything at our agency is kept 100% confidential.



Congratulations Nicholas Shaffer!!!

Nicholas Shaffer, a member of the Absentee Shawnee Tribe, place first in three categories in his school's Annual Reflections Contest for 1st Graders at Eastlake Elementary in Oklahoma City. This year's theme was "Diversity Means..". Nicholas' story-entry was about his favorite topic, Pokemon. His other entries included a drawing and a photograph. This is his second year to earn the top award for his class.

Nicholas is active in both swimming and basketball. He also has a new passion for golf, thanks to his recent participation in this past summer's Horse Shoe Bend First Annual Golf Clinic.

He is the son of Brandon and Christie (Wolfe) Shaffer, parents could not be more proud of his achievements. He is the grandson of Leonard and Edwina Butler-Wolfe.



EDUCATION DEPARTMENT

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

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

- Academic (K-12) Program: assists with academic related expenses, and a portion of funds can be used for school-related athletic program expenses. Program has a maximum funding limit for the academic year.
- Zahn Program: established from a trust fund, program can help with some graduation expenses, and awards two (2) incentives: one for GED recipients and one for High School graduates. Program has a maximum amount of funding for graduation expenses.
- **Job Training Adult Education Program:** funds for vocational training at accredited vocational institutions. Program has a maximum funding limit for the calender 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:

Applications for fall 2012 must be received or postmarked by June 15, 2012.

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

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

FREE MUSIC LESSONS



The MSPI Creative Arts
Program offers free music
lessons all year round for
Native American
children from 6 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



At the Shawnee Campus from 10:00 a.m. until 5:00 p.m. and on Saturdays from 7:00 a.m. until 4:00 p.m.

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

Come enjoy music and have some fun too!

AST Youth Council

Middle School and High School Students:

WENEED 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.

For our March meeting, we will be discussing our upcoming volunteer project for April and a tour of the University of Central Oklahoma..

Our 8th Meeting for the 2011-2012 school year will be Saturday, March 31th at 10:00 am in Building #3.

If you are interested in becoming a member of the AST Youth Council, please contact.....

Tresha Spoon (405) 275-4030

ext. 121 or 193

MUSIC LESSONS

Well its getting on its way toward the warmer months and this year the music & Arts program will be awesome!

With lots of fun learning, the FREE music classes, and monthly get together we'll be having with music and food.

And just a good time with our families and friends.

The Music & Arts Program is now under the Community Health & Preventative Services

Our new director Patricia Yarholar is a wonderful lady and is here to help all the families this year in many areas. Please come on in or call me and let's talk about getting you signed up for the FREE music classes offered each week here at the Shawnee Campus on Wednesdays & Thursdays from 8:00 until 5:00 p.m and

At The Little Axe Resource Center Tuesdays & Fridays also from 8:00a.m until 5:00 p.m. We've worked with over 125 families on teaching them Guitar, Piano, Drums Bass guitar and vocal singing lessons so feel free to give us a call at 405-275-4030 ext 117 or 405-370-5576 just ask for Phil Bradley, music instructor.

Music up lifts Lives!



Sunday - 7am to 7pm Monday - 7am to 3pm Tuesday - 7am to 3pm Wednesday - 7am to 8pm Thursday - 7am to 8pm Friday - 7am to 9pm Saturday - 7am to 9pm

Early Bird Breakfast
\$4.99

2 Eggs/Bacon or Sausage/Hash Browns

| Biscuits & Gravy or Toast & Coffee | (Not valid on Saturday or Sunday. 1 coupon | per customer.With coupon. | No substitutions



Check out our daily homemade lunch special!

Something different every day!

Open 7 Days A Week!



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

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.

AST Education Department Announces New Youth Awards

There have been recent changes to the Big Jim Youth Awards which were announced a few months ago.

Due to recent information received from the Oklahoma Secondary School Activities Association, High School Juniors will not be eligible to apply for this type of award. We apologize for any inconvenience this may have cause any of our youth and their families. For those who have already submitted applications, they will be notified of this change immediately following the receipt of the application.

Also, to clarify the \$1000.00 award is in the form of a scholarship to the college or university where the award recipient will attend for the fall 2012 semester.

The Absentee Shawnee Tribe's Education Department will continue to accept applications for the following awards:

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

High school **Seniors** of both genders within the 50 United States are eligible to apply for these awards for the 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 Seniors. You may nominate yourself. Please refer to the application for required documents. Eligible nominations will be judged by a panel of (non-AST) experts assembled specifically for this purpose. The intent is to bring together an unbiased group of experts to evaluate the applicants in an impartial and unbiased environment. Their decisions are final with respect to all matters concerning these awards. **Awards will be announced in spring 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 a \$1000.00 scholarship to be used towards their education and the advancement of their career.

Questions on these awards program should be addressed to:

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



How To Deal With Nicotine Withdrawal



Most people who are trying to stop smoking have some withdrawal symptoms, but usually do NOT have all that are listed below. Use this information to help you with the symptoms you do have and don't worry about those that you do not experience. Remember that these symptoms are generally temporary in nature and a sign that you are on the road to recovery.

Irritability / Anxiety

- The body's craving for nicotine causes irritability after you stop smoking.
- Irritability from nicotine withdrawal will lessen over time, typically between 2 and 4 weeks.
- Using the nicotine patch or gum should help to ease the cravings and irritability.
- Tell your family and friends that this may be a tough time for you. Remind them, and yourself, that it is a temporary symptom and you are doing something great for yourself.

Craving a cigarette

- Cravings for cigarettes happen most often during the first few days after you stop smoking. These cravings usually only last a few minutes.
- Cravings lessen over time. Most ex-smokers say that they only have an occasional urge to smoke 2 to 3 weeks after they stop smoking.
- Distract yourself by doing something other than smoking. Walks, talking with a friend or reading a good book are some examples of doing something else.

Coughing / Clearing Your Throat / Dry Throat / Postnasal Drip

- Smokers' bodies create extra mucous to help rid the body of the harmful chemicals in cigarettes. When you stop smoking, your body stops making extra mucous. As you adjust to this change, you may need to cough or clear your throat.
- Coughing and other similar symptoms are signs that your body is healing itself.
- These symptoms usually go away a few days after you stop smoking.
- Drinking water or having hard candy is a way to ease the coughing.

Sleepless Nights (Insomnia)

- Nicotine can affect how deeply you sleep. When you stop smoking your body no longer has its "fix" of nicotine. This symptom usually goes away in a few days. Dreaming about smoking is also common.
- Deep breathing, a hot bath before going to bed and drinking decaffeinated tea or warm milk may help.

Lightheaded (Dizziness)

- Dizziness seems to happen because your body is getting normal amounts of oxygen, something that didn't happen when you were smoking. This is a sign that your body is repairing itself and returning to health.
- This is a common symptom and usually lasts only one or two days after stopping smoking.

Hunger

- Sometimes cigarette cravings are confused with hunger.
- Try not to replace a cigarette with food. Use the 5 D's listed below instead.

Concentration Problems

- As a smoker, you relied on nicotine to help you concentrate. Most ex-smokers say that their concentration returns to normal within one or two weeks after they stop smoking.
- Choosing a weekend or vacation are often good times to plan to stop smoking.

Feeling Tired

- Nicotine is a stimulant, which means that your body speeds up. Feeling tired is your body's reaction to not having the nicotine. Your energy will increase as you get used to the effects of not smoking.
- Tiredness typically happens in the afternoon. Try to plan activities that help keep your energy level high.
- Healthy eating and avoiding foods high in sugar can help reduce the effects of feeling tired.
- Using the nicotine patch or gum help can lessen this problem.

Depression

- Some ex-smokers say that stopping smoking is like losing a friend. It is not uncommon to feel a bit depressed.
- Remind yourself that stopping smoking will have long-term positive effects and that the negative feelings and withdrawal symptoms will soon pass.
- Physical activity often helps reduce negative feelings.
- These feelings will pass. Remind yourself that the progress you have made so far is something to be proud about. Starting to smoke again often increases depression due to the guilt of having returned to smoking.
- Discuss your feelings with others.

Constipation

- Constipation may occur for a brief period after you stop smoking. It typically goes away within a week or two.
- Eat more whole grains, fruits and vegetables.
- Drink plenty of water.
- Physical activity often helps reduce constipation.

Chest Tightness

- Tightness in the chest is often caused by your body craving nicotine.
- This usually passes within a few days after you stop smoking.
- Speak with your physician or health care professional if you are concerned.

Practice the 5 D's:

Delay

Drink Water

Do Something Else

Deep Breathe

Discuss With A Friend

Source: NYState Smokers Quitline

The National Kidney Foundation

celebrates March as National Kidney Month.

Take the Kidney quiz to check your kidney knowledge.

Most people have how many kidneys? 2, 3, or 4

How big are your kidneys? The size of your...head, fist, or eye

Where are your kidneys? in your back behind your lungs, or by your belly button

Which of the following are functions of your kidney? to clean your blood, to support healthy bones and tissues, or to keep your blood pressure normal

Let's see how you did.

Most people are born with 2 kidneys. The kidneys are the bean shaped organs that are located in your back behind your ribs and are about the size of your fist. The kidneys main functions are to clean the blood by filtering out waste by producing urine, to help control your blood pressure and regulate the body's salt, potassium and acid content. They also produce Vitamin D for healthy bones and teeth and produce hormones that affect other organs functions.

People with high blood pressure and or diabetes are at greater risk for developing kidney disease. In fact diabetes is the number one cause of kidney failure in the United States (IHS, June 2008). You can help protect your kidneys by keeping your blood pressure and blood sugar in check and controlled. Talk to your clinician about your blood pressure and blood sugar goals and about getting a yearly exam to tell how well your kidneys are working and to check for the earliest signs of kidney damage. The Diabetes and Wellness Program is available to help answer any questions and schedule you for an appointment. Call us today at 405 360-0698. We are available at the Little Axe and Shawnee locations.

Source: National Kidney Foundation at kidney.org



If anyone is interested in attending and working on the Constitution Revision Committee Meeting,

PLEASE COME TO THE NEXT MONTH'S MARCH MEETINGS!!

If you have questions or need more information, please contact Eddie Brokeshoulder, 275-4030, Ext. 148.

The next Constitution Revision Committee Meeting will be *Sunday, March 11, 2012* and *Sunday March 25, 2012*, 2pm., Thunderbird Casino-Nrm, Warrior Room.

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

Teeth Tips

Tia Danker RDH Li-Si-Wi-Nwi Dental Clinic

How can you tell if you're hitting the mark when it comes to good oral care? Generally, your teeth and gums should not bleed, be painful, or feel rough or sharp to your tongue. Your breath should be fresh for at least a couple of hours after brushing in the morning and after having eaten breakfast. One of the easiest ways to prevent gum disease is to clean your teeth properly, so try these tricks for a healthier mouth.

1. Rinse your mouth.

If you use mouthwash twice a day, you'll slash your risk of gum disease by 60 percent. Ideally you should aim to rinse for about 30 seconds with a mouthwash that has microbial protection to fight plaque and gingivitis, such as Listerine®.



2. Floss first.

You should floss before you brush your teeth, rather than after a recent study showed that helps brush away any food that was stuck between your teeth to prevent bacteria from growing.

3. Get the right toothbrush.

Soft bristles are best. A medium or hard-bristled toothbrush literally scratches the tissue away over time exposing the root surface underneath and can lead to possible bone loss.

Brush smart.

Last but most important!!! To really clean your teeth, aim to brush them for a full two minutes, twice a day. Make sure you brush your tongue and cheeks as well as the chewing surfaces to remove all harmful bacteria. To get your kids to brush the full two minutes, sing "Happy Birthday To You" or the "Alphabet Song" twice through at a normal speed for each half of your mouth. And be sure to replace your toothbrush about every three months.

Little Axe Dental Clinic

Monday - Friday 7:00 AM to 5:30 PM.

(405) 307-9704



Visit your pharmacy and meet the new Pharmacists! We are excited to meet you!

Both Shawnee and Little Axe pharmacy locations are now filling prescriptions for members of all tribes, but outside prescription orders are still restricted to Absentee Shawnee Tribal citizens with established charts. The following are a few tips to help us be more efficient in our delivery of

pharmacy services to you:

- Present insurance cards each time you pick up or drop off a prescrip-
- Keep us informed of changes in address, phone number and other contact information.
- Let the Pharmacy staff know if the prescription is going to be picked up or needs to be delivered.
- When requesting refills, please provide 24 hours notice and either the refill number, which is located above your name on the prescription label, or the names of your medication.
- If you have any questions at any time, feel free to call the Pharmacy or stop by and speak with one of our Pharmacists. We are here to assist you with your pharmaceutical needs!

New Hours of Operation for the Pharmacy:

Shawnee: 7am-6pm Monday-Friday Little Axe: 7am-5:30pm Monday-Friday

We are open through the lunch hour!!

Both pharmacy departments are closed the first Wednesday of each month to complete administrative duties

Generic vs. Brand Name Medications

Absentee Shawnee Tribal Pharmacy Program

There is a misconception among the public that generic drugs are inferior to brand name drugs. According to the FDA, "a generic drug is identical, or bioequivalent, to a brand-name drug in dosage form, safety, strength, route of administration, quality, performance characteristics, and intended use", but generic drugs aren't required to have the same color, size, or shape as the brand product. In order for a generic drug to be approved by FDA, generic drug manufacturers are required to submit detailed results of testing to prove the generic is identical to its brand-name counterpart. A generic drug can cost anywhere from 30 percent to as much as 80 percent less than its brand equivalent. This process is required for prescription and over-the-counter medications.

To be approved for marketing, a generic drug must:

- be the rapeutically equivalent to the Brand
- meet the same batch requirements for identity, strength, purity, and quality
- be manufactured under the same strict standards of FDA's good manufacturing practice regulations required for Brand.
- Generic substitution with the rapeutic equivalent products generally saves patients a substantial amount of money without adverse effects.
- Generic drugs aren't required to have the same color, size, or shape as the brand product.

In conclusion, with the stringent regulations placed on generic drug manufacturers by the FDA, patients should feel completely safe when taking generic medications and know that the medication will be entirely effective for their condition.



March is National Nutrition Month celebrated by the Academy of Nutrition and Dietetics. This month will be directed towards "Get Your Plate in Shape" by making healthy food choices, developing healthy eating habits and increasing physical activity.

The Diabetes and Wellness Program will be hosting weekly Diabetes and Wellness education classes and cooking classes. Please join us in our journey to healthier lifestyles by calling us today to reserve your seat. RSVP to the Diabetes and Wellness program at the Little Axe Clinic-405 360-0698.

Source: Academy of Nutrition and Dietetics @ eatright.org

Absentee Shawnee Tribe REACH and Meaningful Use Coordinator

Ursula Hill is the REACH/Meaningful Use Coordinator of the Absentee Shawnee Health Tribal Health Programs. Ms. Hill is a member of the Sac and Fox Nation of Oklahoma. She holds a Bachelors of Science and Masters in Education degree. She has previously worked as the Native American Tobacco Education Network Coordinator, National Native American Commercial Tobacco Abuse Prevention Network Coordinator,



and was recently the Meaningful Use Consultant for the Oklahoma City Indian Health Service Area Office. Please drop by Little Axe clinic to meet Ursula and schedule a time for Smoking Cessation classes, welcome Ursula to the Absentee Shawnee Tribal Health!

The Absentee Shawnee Tribe Fitness Competition Fitness Competition

The AST Fitness Competition is in full swing and all of our employees participating in the Absentee Shawnee Tribe Fitness Competition are doing great. Many of our employees are showing good results. The Absentee Shawnee Fitness Competition continues to provide and support daily physical activity for our employees. The goal for the AST Fitness Program is to get our employees active. We want to help all of our employees to incorporate some form of physical activity into their daily lives. Whether it is walking, jogging, dancing, sports activities, etc., our mission is to provide motivation and support for employee wellness. We are happy to see many employees taking the initiative to get active and healthy. Stay active employees, you are doing an awesome job!



AST employees racing to match the cards



AST Fitness staff member Rosie Tall Bear explaining fitness results



employees taking part in the M to Win It contest



AST Fitness staff member Chrissy Wiens recording measurements

Happy Birthday!

March Birlindays

Alexander, Jason Thomas Alford, Michael Jason Alford, Terry Wayne Allen, Vanessa Olivia Anania, Salvatore Westbrook Anderson, Steven Brian Annis, Loraine Pearl Applegate, Richard Allen Araujo, Bearen Demetrio Arms, Bruce Edwin Armstrong, Taylor Cheyenne Barnes, Bralynn Kierra Barnhill, Rachel Renee Bayliss, Robin Renee Beaver Jr., Rodney Gene Bernard, Carol Jean (Mohawk) Bettelyoun, Isaac Phillip Bittle, Mona Jene Blanchard II, Larry Dean Blanchard, Brayden Nicole Blanchard, Izabel Marie Blanchard, Joe Henry Blanchard, Russell Duane Blanchard, Solomon Grant Bowden, Rosada Lynn Bradley, David John Brady, Dallas Dustin Brannon, Tkeyah Monique Brinson, Alexander Armando Brokeshoulder, Ashley M. Brown, Charley Brown, Monica Francesca Bryce, Jerry Dale Buckheart, Elysa Victoria Buckheart, Phillip Cruz Burk, Harley Lynn Cahwee, Yvonne Katherine Carter, Taylor Wade Casteel, Rhaeanna Corinne Caudillo, James Adam Charley, Amy Louise Christopher, Juanita Marie Bragg Coddington, Koryne Shazity Coddington, Michele Cholena Cole, Carolyn Mary Coon, Justin Bo Coriz, Clinton Eric Cravens III, John Monroe Creek, Felix Albert Cruz, Gregorie Thomas Cuellar Jr., Leno Davis, Shawn E. Day, Linda G. Day, Rosanna Jolena

Deer, Alicia Kave Deer, Christopher Jerome Deer, Makiyah Kaylind Anora Denson, Hilda Mae Edgin, Laura Marie Ellis, Andrew Ellis, Leann Dee Ellis, Mark Russell Ellis, Renee June Elsloo, Kasia Lee England, Adam Joe Fenner, Alannah Benae Ferree, Sierra N Fife, Zachariah Everett Fontenot, Teddy Lynn Foreman, Henry Jake Foreman, La Donna Rochelle Foreman, Merrilee Frazier, Andee Danielle Freeman, Retha Ann French, Jeffrey Martin Garretson, Stephanie Rae Garretson, Tanisha Marie Gibson, Charles Arthur Gibson, Dylan Scott Gibson, Jaylan Chaunce Gibson, Johnathan Caine Gibson, Joshua Lee Gibson, Phillip Craig Gibson, Toney Ellise Grass, Ayson Grass, Gavin John Graves, Casey James Grover, Michelle Renee' Hall, Elizabeth Lynn Hall, Kayla Collette Harjo, Jacob Lee Harjo, Jimmie Dean Harjo, Sammy Harjo, Shirley Ann Harp, Emily Sue Haskins, Michael Truett Herrera Jr., Rudy Herrera, Aileen Louise Herrera, Richard John Holderness, Carol Dawn Hood, Richard Foster Hood, Ross Damon Hooper, Michael Shayne Hubble-Kirschner, Skylur Nacole Hunt, Lyndon Brandon Ibarra, Rosalee Brianna Lizzet

Irvin, Catherine Ann

Isaac-Robbins, Shirley Jean Isaacs, Leann Vachon Johnson Jr., Hubert Dana Johnson Jr., Walter Mack Johnson Sr., Walter Mack Johnson, John Daniel Johnson, John Pershing Johnson, Leam Edwin Johnson, Pamela Johnson, Shirley Renee Jones, Dennis Roy Judkins, Charles Gary Kaniatobe, Tiffany Paige Ketakea, Georgia Kay Ketakea, Kayla Marie Khalil Qureshi, Maryam Anisah Khalil-Quraishi, Sumiyah Kickapoo, Collins Kristopher Kirschner, Tony William Leach, Melissa Louise Ledezma II, Roberto Bernal Lee, Catherine Stacey Lemon, Toni Marie Leroy, Mary Denise Lewis, Katlyn Hope Cooksey Lewis, Quinton DeWayne Lindsay, Lila Little Axe, Dennis Robert Little Axe, Skye Little Charley, Estelena Little Charley, Gary Dean Little Creek, Levi Kelly Little Jim Jr, Webster Little, Benjamin Ray Little, Keith David Little, Marysa Fay Little, Micco David Littlebear, Trinedad Adam Littlecreek, Jade Marie Littlecreek, Jeremiah James Littlecreek, Sadie Rachelle Logan, Priscilla Ann Longhorn, Tommy Dale Longhorn, Vaun Marie Longhorn, Wayne Allen Longman Jr., Clyde Bennie Longman, Michael Ray Lowe, Victor Shane MacK Jr., Thomas James MacK, Ryan Dale Mahtapene, Charlie Renee Martinez, Alexee June Masquat, Cameron Isaiah

Masquat, Nathaniel Gage

Maxwell, Kimber Leigh Mayo, Leslie Carol Garretson Mayo, Michelle Marie McBride, Taylor Iralee McBroom, Ashley Denise McBroom, Michelle Leigh McDoulett, Karen Susan McGonigal, Peter Roygan Hodge McGuire, Kasi Lynn McKinney, Mahnee Zuri McMillen, Destenie DeAnne Merrell, Jason Andre Miller, Patrick Michael Miller, Redena Kay (Blanchard) Miner, Matthew Carl Mohawk, Billye-Jo Ryleigh Molina, Terry Randall Montgomery Jr., Wendall Len Moore, Patricia Naomi Morgan, Katie Lynne Morton, Hannah Raine Nakamoto, Lisa Marie Nelson, Linda June Nuckolls, Larry Wayne Ongaco, Ariana D. Wilson Onzahwah, Leroy Galin Ozeretny, Gary Lee Panther IV, William Panther, Cyerra Lynn Patten, Sherri Louise Pickering, Gertrude B Spybuck Powell, Terry Shane Price, Judith Ann Puckitt, Steven Ray Queen, Shannon llene Rainey, Katherine Lydia Warrior Respicio, Lucas Antonio Richey, Gunner Wayne Rigney, Sean Librado Roach, Dylan Lane Robbins, Joshua Dale Robison, Jack Alan Rolette Jr., Larry James Rolette, Seth Allan James Ruimveld, Vickey Lynn Runsabove, Bryant Kent Sanchez, James Andrew Schaal, Winnie Virginia Scott, Denise Renee Self, April Jennell Self, Sheila Ann

Sevier, Jennifer Michelle Sinks, Raymond Leonard Sloan, James B. Sloat, Athenia Kayra Sloat, Christina Sue Sloat, Jeremy Clay Smith, Daleana Lee Snake, Anna Grace Snake, Steven Ray Spoon, Courtni Renee Spoon, Elijah Gage Spoon, Gracelynn Faith Spoon, Isabella Lorraine Spoon, John Allen Spoon, Robby Wayne Spoon, Sherrie Dawn Spriggs, Dakota Paul Squire, Jerry Wayne Starr, Jesse Lloyd Starr, Lawrence Mitchell Stephens, Aubriana Nichole Steves, Adam James Stewart, Stanley Allen Stinger, Heather Ann Straight, Lela Gale Stryker, Vikki Dawn Sutton, Alano Ezekiel Sutton, Virginia Lee Switch, Faye Ramona Switch, Redonna Lynn Tahah, Everett Wade Tapia, Dakotah Cruz Taryole, Newman Ryan Taryole, Sydney Alixandra Tascier, Matthew Isaiah Taylor, Lafonda Raye Taylor, Scott Alan Thapa, Sonya Shree Thompson, Billie Gean Thompson, Brandee Ian Thornhill, Nathaniel Weston Thorpe, Kimberly Clarice Thorpe, Mary Elizabeth Tiger, Anthony Michael Gene Tiger, Donna Jean Tiger, James Scott Tiger, Kelly Amanda Tiger, Raymond Gary Turner, Terry Michael Villalobos, Lena Lou Walker, Vera N Walley, Brian Jeffery Warrior, Shawna Kogee Watkins, Melysha Raven Watson Jr., Theodore Randall Watson, Bryeanna Renee Louise Watson, Martha Ruth (Tiger) Wenholm, Jody Dawn Wesley Jr., Daniel Kenneth Westberry, Casey LyDale Westberry, Hayley Morgan White Thunder, Shelsie Mae White, Calvin Lee White, Raelynn Williams, Bryce Cameron Williams, Cody Grant Williams, Johni Kaleen Williams, Kayce Brylin Williams, Mark Henry Williams, Taree Renea Willis, Suzzy Jean Wilson, Annette Ponkilla Winter, Warren Patrick Witt, Adam Wayne Wolf, Bryne Andrew Wolfe, Leonard Wayne Woods, Kathy Lynn Wyatt, William David Yandell, Steven Joseph Yates, Kylie Ann Yeahpau, Roman Mausanap



March 9

Happy Lth Birthday
Tessa Baker
I love you very very
much baby!!
Love you Mom
(Tara Battise)

Happy 6th Birthday Tessie I love you very, very much! Love you, Nana (Wannetta)

Happy Birthday Tessa, we love you!! Uncle Ray, Grandpa, Gina, Karla & Kyle



Happy Birthday Brallynn! We Love Mou:) Love Bridgette, Brandon, E Brylleigh

Happy Birthday
Rudy Herrera.
We hope you have a
great day old man!
Love Always
The Herrera Family

"Happy Birthday" My son, Derek Hilderbrand on March 10th - 25 yrs old

> Nieces Casey & Hayley Westberry on March 8th

Niece Tessa Christine Baker on March 9th

Nephew Terry Powell on March 18th.

> Love you! Amy & Family

March 28th
Wishing you a BIG 50th
Birthday
Annie Wilson!

Happy Birthday Auntie Gina I love you very, very much!!! Love ya, Tiny

Happy Birthday Gina;
We love you!!
Tara; Ray; Karla &
Kyle

MARCH 30TH
HAPPY 37TH BIRTHDAY
REGINA GAYLE,
I LOVE YOU!!
MOM

Happy Birthday Chelle Foreman From Sherry & Marv

HAPPY BIRTHDAY
EVERETT TAHAH
FROM
MARV & SHERRY

Happy 49th Birthday Manuel "AKA Rudy" Sherry & Marvin

Happy 12th Birthday Kyllie Ann Mates From Uncle Nine Toes & Mama Seal

Happy Birthday to my 2
OLDER sisters,
Martha Watson and
Rosada Bowden!
With lots of LOVE your
YOUNGER sister Phyllis
and family!

Happy 57th Birthday
Tommy Longhorn
from your brothers
and sisters

HAPPY 85TH BIRTHDAY
WAYNE LONGHORN
FROM ALL YOUR CHILDREN,
GRAND CHILDREN, GREAT
GRANDCHILD, GREAT,
GREAT GRANDCHILDREN.
WE LOVE YOU



Happy Birthday
Solomon Blanchard
Love
Dadro and Mom

Happy Anniversary
Christopher!!!!
It has been a blessing
to be your wife these 9
years! I love you with
all my heart and soul!
SFM!!
Love, Marie

Happy Anniversary Chris & Faustina Love, Mom & Dad



Happy Birthday Uncle Dean! We miss you! XOXO

Love, The Fab Five Blanchard Girls!

HAPPY BIRTHDAY
BABY BR2!
L2VE,
CHRIJ & FAUJTINA

Happy Birthday Baby Boy Blanchard We love and miss you <mark>ver</mark>y much.

Love Mom & Dad

Happy 27th Birth<mark>da</mark>y Dean Love Grandma

Happy Birthday Grandma Chelle Love Ryan and Jellybean

Happy Birthday
Chelle, Martha, Rheanna,
Solomon
We wish all a wonderful
day
Love ya'll Aunt Rhonda

Granny Rhonda we love you bunches Kantynn and Kanynn and family

TECUMSEH'S

UAR:

THE ROAD TO 1812

he bicentennial of the War of 1812 will be widely commemorated in Canada, but not so much in the United States. A good part of the credit, or blame, for this disparity, depending on you side of the border, belongs to the great Shawnee war leader Tecumseh.

The war, once an academic backwater, is now seen as a crucial event in forging three national identities - Canadian, American, and the pan-tribal American Indian. Historians are paying renewed attention to the conflict on the western frontier - the Old Northwest for the United States, and Upper Canada for the British. The battles here now look like the culmination of a generation of formidable Native resistance to Euro-American encroachment.

The central figure of the last stage of this fight is Tecumseh, born in Ohio in 1768 and killed in 1813 defending Moraviantown in Canada against an invading U.S. army. He has won grudging respect in United States history. The Kentucky officer who claimed to have killed him was later elected Vice President of the U.S. largely because of that feat. His nemesis, William Henry Harrison, campaigning on his defeat of Tecumseh's brother at Tippecanoe, became President. But in the coming bicentennial, Tecumseh is slated to emerge as a Canadian national hero.

"With no proper education, no military training, he had come so close to stopping the United States," says Sherman Tiger (Absentee Shawnee). "And if he had succeeded, the United States might be only half the size it is today."

THE FIGHT FOR THE OLD NORTHWEST

For the natives of the Northwest Territory, later to become the American states of Ohio, Indiana, Illinois, Michigan and Wisconsin, the war that ended in Canada had begun decades earlier along the Ohio River. Although Great Britain abandoned its nominal claim to the region after American Independence, the tribal federations asserted their sovereignty over the territory. An alliance of tribes in Ohio took arms to resist American settlements on their land. In 1790 and again in 1791, they inflicted two of the most severe defeats ever suffered by the United States Army. In one hour of battle on Nov. 4, 1791, Indian sharpshooters led by the Miami (Twight-wee) Chief Me-she-kin-no-quah (Little Turtle) annihilated an entire army led by the Northwest Territory Governor Arthur St. Clair. Nearly 700 American Soldiers were killed.

The disasters spurred the young republic to an extraordinary military effort. President George Washington devoted 80 percent of the increase in his entire federal budget to preparing the 1794 cam-



Battle of Tippecanoe. Kurz and Allison print, 1889



Battle of the Thames and the death of Tecumseh, by the Kentucky mounted volunteers led by Colonel Richard M. Johnson, 5th Oct. 1813. Lithograph c1833

paign led by Maj.-Gen. Anthony Wayne, quadrupling his defense spending. Congress also responded with the Federal Non-Intercourse Act, taking Indian policy out of the hand of state governments who were blamed for inflaming hostilities. Wayne, a much better general than his predecessors, decisively defeated the Native alliance in 1794, at the Battle of Fallen Timbers, his peace, the Treaty of Grenville, expropriated tribal lands in south and east Ohio. But it established a line across the state supposedly protecting Indians on the northern and western side against further encroachment.

The treaty lines, however, couldn't control powerful social forces. A flood of American immigrants into Ohio put constant pressure on Indian lands. Even worse, the impact of border fighting, dislocation, diminishing resources, disease and, most overtly, alcohol severely weakened traditional tribal life.

The turbulence and weak U.S. control in the region across the Greenville Line offered a rich arena for intrigue to British agents who expected the collapse of the untested new country, or at least eventual

war with it. The British Indian Department based in Amherstburg, Ont., closely monitored events, providing supplies and arms to the tribes through a network of traders fluent in their languages and often married into them. As tensions waxed and waned, opinion in the United States blamed outbreaks on British instigation, ignoring Native grievance.

These accusations grew into a powerful motive for the War of 1812. Although U.S. histories focus on the maritime causes, such as the British and French commercial blockades and British impressments of American sailors, as well as the spectacular U.S. naval victories, the issue on the western frontier was Canada. If British intrigues from Amherstburg were the cause of Indian unrest, the quickest way to pacify the tribes was to drive out the British.

After 1810, the War Party in Congress called more and more loudly for the invasion of Canada. In the debate on the war, the acerbic John Randolph, Congressman from Virginia, complained, "We have heard but one word - like the whip-poor-will, but one eternal monotonous tone - Canada! Canada! 'In opposing the war, Randolph a descendant of Pocahontas, made the remarkable statement that the Indians had a just cause, "It was our own thirst for territory, our own want of moderation that had driven these sons of nature to desperation, of which we felt the effects."

TECUMSEH AND THE PROPHET

As Randolph, and very few other Americans, admitted, Indians had their own motives in the conflict. And two historic Native personalities, who happened to be brothers, were driving the events. Tecumseh, the famed war leader, was a middle child in the large family of a Shawnee father, Puckeshina, and a Creek mother, Methoataske (Turtle Laying is Eggs). The parents met when a group of Shawnee took refuge in Creek villages in Alabama during the 1750s.

Migration and warfare con-

stantly disrupted the family. The father was killed in battle before the birth of the last children, triplets. After a Revolutionary War incursion in 1779, the mother returned home to her Creek village, leaving most of her children in Ohio to be raised by the older brother and sister. Tecumseh, a well-favored popular youth, seemed destined for a traditional career as war leader, the role of his tribal division. the Kispothoka. One of the triplets, apparently an unpleasant braggart, grew up with the nickname Lalawethika, the Noise-maker. A failure in hunting and war, he developed into a corpulent alcoholic, before an event that changed the lives of the brothers and all Indians in the Old Northwest.

One evening in April 1805, while lighting his pipe, Lalawethika collapsed in a trance. Taken for dead, he awoke as his family prepared for his funeral and reported a vision of heaven and hell. The Master of Life had chosen him to save the Indians. Thus began his transformation into Tenkswatawa (Open Door), the Prophet. He preached a return to traditional ways, forbidding whiskey and American merchandise. Americans, he said, had not been created by the Master of Life, but by the Great Serpent, a water-being possibly with ancient roots in the Mississippian culture. By following the Master of Life, and himself, Indians would overthrow American power.

His new religion was what sociologist call a Revitalization Movement, an attempt to restore order to a society under extreme external pressure It spread rapidly but unevenly, meeting resistance from older chiefs but winning adherents across tribal bounds. Pilgrims from tribes as remote as the Ojibway came to a new settlement established by the Prophet, and run by Tecumseh.

The religion took a big step beyond traditionalism; it preached to all Indians as a single people, not just as tribal members. This pan-tribalism transformed Tecumseh's outlook, too. Politicizing the movement, he began to argue that the land on the Indian side of Greenville Line was Indian country owned in common by all the tribes. No single tribe could sell any of it to Americans without the consent of all the other tribes.

A great orator, Tecumseh began to travel far and wide to win tribes to his principles, and to create a grand confederacy to resist United States expansion. He visited the Territorial Governor William Henry Harrison at Vincennes. After a tense confrontation caused Harrison to draw his sword, Tecumseh managed to temporarily allay his suspicions. Harrison was deeply impressed; Tecumseh, he later wrote, is "one of those uncommon geniuses who spring up occasionally to produce revolutions and overturn the established order of things." But Tecumseh declined Harrison's invitation to visit Washington D.C..

Tecumseh did, however lead a large delegation to Amherstburg, where the British were playing a delicate game in Indian relations. After a naval incident in 1807 nearly led to war with the United States, British officials in Upper Canada realized they would need strong Indian allies. They worked through Matthew Elliott, an Irish-American Tory exile from Pennsylvania who owned a large plantation in Amherstburg and served, off-and-on, as head of the Indian Department; he had married a Shawnee woman and spoke the language fluently. Elliott kept close ties with Tecumseh and the Prophet and sent supplies to their settlement. Elliot privately was to encourage a war alliance while Britain publicly denied its support. British officers complained that Elliot did his work too eagerly.

TIPPECANOE AND AFTER

In 1808, Tecumseh and the Prophet had relocated their religious settlement to the far side of the Indiana Territory, by the conjunction of the Wabash and Tippecanoe rivers. Prophetstown, as it was known, eventually drew nearly 3,000 Indian inhabitants, coming in from the west as well as from Ohio. In 1811, Tecumseh set off on his last

great diplomatic journey, to win support from the powerful tribes of the Southeast. The Choctaw and Chickasaw rejected his confederacy, and he had only limited success among his mother's people, the Creek. Even worse, Harrison saw Tecumseh's absence as the last chance to achieve his long simmering goal of dispersing Prophetstown.

In November. Harrison marched a thousand troops to the outskirts of Prophetstown. Never a great warrior, the Prophet decided on a predawn attack, relying on the Master of Life for victory. The battle was something of a draw, but the unexpected casualties demoralized the Prophetstown defenders, and they abandoned the village. Harrison and his men burned the village and its food stores to the ground. The Prophet's reputation never recovered. When Tecumseh returned, he saw his grand plan shattered and bitterly blamed his brother. But it is hard to see what else could have been done in the face of Harrison's provocation, and Tecumseh might deserve some of the blame for leaving his base unsecured.

OVERTAKEN BY THE WAR

In the coming months, Tecumseh tried to placate Harrison and rebuild his alliance, but they were all about to be overtaken by events far away. On June 1, 1812, President James Madison sent his War Message to Congress, Although most of it dealt with the maritime blockade, he also accused the British for the Indian unrest: "It is difficult to account for the activity and combinations which have for some time been developing themselves among tribes in constant intercourse with British traders and garrisons without connecting their hostility with that influence." As Congress declared War on June 18, Tecumseh and a party of warriors were on their way to Amherstburg.

Although it was an anticlimax to Tecumseh's career, his small force was about to play the role that British policy had long contemplated. It joined the defense of Fort Malden near Amherstburg

TECUMSEH'S WAR

under the command of Major General Isaac Brock, who badly needed reinforcements, A 2,000-strong U.S. force under Governor William Hull had crossed from Detroit into Canada, but the advance stalled. The newly bolstered British-Indian force succeeded in driving the Americans back across the Detroit River and eventually in capturing Fort Detroit. Because of the village's strategic location, the victory was a decisive one, giving Brock, Tecumseh and their men control over all of Michigan territory. Brock admired Tecumseh's cunning, telling the British Prime Minister, "a more gallant or sagacious warrior does not exist." It seemed Tecumseh had finally found a British commander he could rely on.

But it wouldn't last. Three months after the siege of Detroit, Brock died in combat. His replacement, Major-General Henry Proctor, lacked his predecessor's courage and concern for Indian allies, preferring to withdraw into British territory and defend rather than attack American forces in the Old Northwest. On several occasions, he ordered his troops to fall back without notice to Indian compatriots. Doubt and distrust among the armies crippled morale.

Almost exactly a year after Brock's death, Americans reclaimed Detroit and invaded Canada. Now under the command of William Henry Harrison, they were advancing on the British and Indian army near Moraviantown, just 80 miles northeast of the recovered fort. On the morning of October 5, 1813, Proctor commanded his forces to flee. But Tecumseh refused to turn and run. It would be his last stand.

The dream of an independent pan-Indian nation went with him. The Ottawa leader Naiwish, who had stood with Tecumseh at Moraviantown, summed it up grimly: "Since our great chief Tecumtha [sic] has been killed we do not listen to one another: We do not rise together. We hurt ourselves by it."

THE MYTH AND THE AFTERMATH

Even today, Tecumseh's legacy is complicated. "Some of our group considered him more or less a troublemaker, going around and trying to get people to fight instead of promoting peace," says George Blanchard, governor of the Absentee Shawnees, one of three federally recognized Shawnee tribes in Oklahoma. He says one of the biggest misconceptions about Tecumseh is that he was a true chief. "He didn't come from the clan that provided ceremonial chiefs. He was a self-proclaimed chief."

Blanchard says no one in his family really talked about Tecumseh and he didn't learn about him in the classroom. "When I was in school, there wasn't that much talk about Tecumseh in the 1950s, or about Indians in general. Even in Oklahoma."

Sherman Tiger thinks that many of the tribal elders don't talk about Tecumseh because they believe that he never received a proper burial. Since his body was never spoken for, according to tradition, his name shouldn't be spoken. And it is these traditions - not textbooks or memorials - that are important.

"We've held onto our Indianness the best we can," Tiger says. "As long as there are a few people showing up, we're going to carry on and continue what my grandparents did, and what their grandparents did, and what Tecumseh was fighting for. "For Andy Warrior, former director of the Absentee Shawnee cultural preservation department, the lesson he would like people to learn is this: "The day Tecumseh died isn't the day the Shawnees died."

Molly Stephey is a member of the Public Affairs Office of the National Museum of the American Indian and a frequent contributor to *American Indian* magazine. James Ring Adams is senior historian with the Museum's Culture and History Unit and managing editor of *American Indian* magazine.

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Election Commission Update

The Election Commission has an opening for an Alternate on the Election Commission Board. If you are interested please contact Emily Longhorn at 405-275-4030 ext. 150.

Candidates must pass the same requirements as the elected board members.

All,

We regret to inform everyone that the tax clinic which is sponsored by OILS will not be here this year, due to lack of funding! Here are a few other options:

The Norman Public Library will have free tax preparation starting 1/25/12 on Wednesdays and Thursdays from 5:30-8:00pm. OU Law students will be providing the preparations.

225 N Webster Ave, Norman, OK (405) 701-2600

Retired & Senior Volunteer Program and Central Oklahoma Community Action Agency

(COCAA) have once again partnered with the IRS to offer:

FREE TAX PREPARATION

Filing Period:

January 23, 2012 - April 17, 2012

Location: 108 E. Main Street Shawnee, OK 74801

Across the street from Pott. County Bookstore

Schedule: (subject to change) Monday 9:00 AM to 4:00 PM

Thursdays 9:00 AM to 4:00 PM Saturdays 9:00 AM to 3:00 PM

Call for an appointment: (405) 878-1512

Appointments are requested and will have priority over walk-ins

FREE Smoke Alarms and Carbon Monoxide Detectors still Available!!

OEH personnel will provide and install smoke alarms and/or carbon monoxide detectors for enrolled Absentee Shawnee tribal members living in Pottawatomie, Cleveland, or Oklahoma County.

Please complete an application/short survey form and schedule a time and date for installation. Application/survey forms are available at the OEH office and at www.astribe.com.

Please contact OEH at 214-4235 for more information.

2% milk served daily March 2012

menu subject to change

Sat

7

Mon

Sun

NOT GOING TO BEI

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_		Hot Ham N Chez	Pot Solod/Chins	
Wild Onion Dinner	` () () () () () () () () () () () () ()	TBA		
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				(4)
Sausage Gravy Biscuits	Cereal Bagel Cream Chez Fruit	16 Scrambled Eggs Bacon Toast	23 Pancakes Sausage Patty	30 Scrambled Eggs English Muffin Ham/Fruit
Hot Ham N Chez Pot. Salad/Chips Fruit	Ribs Greenbeans Red Pot. Pudding	15 Sheppard's Pie Biscuits Mixed Fruit	Philly Steak 22 Sandwich SteakFries Coleslaw Pie	29 Chicken Strips Mashed Pot/Gravy Broccoli Roll/Pudding
ТВА	Chicken Breast Wild Rice Tossed Salad* Cobbler	14 Chicken A La King Stir Fry Veggies Pineapples	Lasagna 21 Greenbeans Tossed Salad* Garlic Bread Crisp	Pinto Beans w/Ham Turnip Greens Cowboy Bread
Ĭ.	6 Polish Sausage Cabbage Cornbread Jell-O	Beef Tips Noodles Brussel Sprouts Cookie	20 Spanish Rice Refried Beans Fruit Cocktail	Baked Pot. 27 Ham, Chez Sour Cream Cauliflower Salad Bar*
A LET US NINOW 405-275-4030 EXT 169 OR NOTIFY YOUR DRIVER	Soft Taco Lett, Tom Salsa Chips/Pears	Tuna Sandwich 12 Lett, Tom Pita Bread Cott. Chez Mand. Oranges	19 Kraut & Weiners Veggies Bread Apricots	Hamburger Tom,Lett & Onion Pork n Beans Peaches
405-275-4 OR NOTIFY	4	Daylight Savings Time Spring Forward	18	25

As your treasurer, we have continued to provide sound financial management and uphold fiduciary responsibilities for the office of Treasurer. I have gained experience, knowledge, and wisdom in the importance of tribal elected leaders. There are very important issues at the National, State, City, and local levels, we need to concentration on such Cobell, land consolidation, Indian education, Indian child welfare issues, cuts in budgets for Native American programs such as Title VI, water rights, and even some environmental issues that may cause airborne diseases.

My two years as your treasurer, I have done my best to represent the Absentee Shawnee to the best of my ability. We as, elected tribal leaders, have promoted communication, cooperation, and teamwork to the betterment of, YOU, the tribal members of the Absentee Shawnee Tribe of Indians of Oklahoma.

I would appreciate your <u>VOTE</u> of confidence in me once again, as your Tribal Treasurer!

Blessings and Neyawa,

Kathy Deere

"Being respected is more important than having great riches. To be well thought of is better than silver or gold."

Proverbs 22:1

Absentee Shawnee Tribe of Oklahoma

Li-Si-Wi-Nwi Medical Clinic & Dental Clinic 15702 E. Hwy 9 Norman, Oklahoma 73026

Medical Clinic: (405) 447-0300 Fax: (405) 447-2250

Dental Clinic: (405) 307-9704



Operating Hours:

Monday thru Friday 7:00 a.m. - 5:30 p.m. Weekends/Federal & Tribal Holidays Closed Clinic and Pharmacy are opened during the lunch hour.

* Clinic is closed the 1st and 3rd Wednesday of each month from 1:00 p.m. to 5:00 p.m

* Pharmacy is closed the 3rd Wednesday of each month from 1:00 p.m. to 5:00 p.m

DUI

ASSESSMENT & SCHOOLS

(State Approved)

Monday - Friday 8:00 to 5:00

Call Linda Or Glenna PHONE: 275-3432

Absentee Shawnee Tribal Police Department 2025 S. Gordon Cooper Drive, Building 19 Shawnee, OK 74801

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.

Land Improvements

Recently, the Absentee Shawnee Tribe began efforts to assess the needs of implementing improvements on any and all lands that we own. The tribe has owned and leased the properties over the years and expected the leasee to make some improvements. Realizing we have the resources to perform these improvements ourselves, the initiative has been made and operations have begun.

A Prescribed Burn was performed on the Earlsboro property located at I-40 and highway 9A and also at a property located on Macarthur Rd. This burn was conducted for several reasons. First, it eliminated and reduced hazardous fuels that contribute to wildfires. Secondly, it was used for Red Cedar eradication. Cedar trees have the tendency to take over natural rangelands and make them unproductive. They also have the potential to absorb tens of thousands of gallons of water a year. Third, the burn will greatly improve grazing quality and promote a denser re-growth of natural grasses.

The use of fire as a tool in land management is hardly used today. It takes knowledge and experience of fire science to perform such a task. Luckily, we are fortunate to have access to someone with such experience. Andy Warrior took the lead in this operation. He planned, prepped and conducted the burn in a coordinated fashion that was a positive image for the tribe. He was assisted by several Wildland Firefighters- Allen Tsoodle, Andy Tsoodle, Randy Tiger- trained and experienced through BIA Forestry. Also assisting were several staff members from the USDA Natural Resources Conservation Service- Shawn Fleming, Tony Wright, Stephanie Guy- and also Josh Williams, BIA Fuels Specialist. Burn notifications were sent to Shawnee Fire Dept. and Earlsboro Fire to create good government to government relations. Also, adjoining landowners were informed of our operations.

By far, the burns were a success and containment of the fire was kept within intended boundaries. All total, 200 acres will be burned this year, if not more. The use of fire as a management tool is more cost effective than mechanical treatments. This allows us to utilize our resources in a more effective manner such as building and repairing fencerows. It also shows to other agencies that we are trying to be good wards of the lands. This in turn will allow us to acquire conservation plans, seek and apply for grant funding for agricultural operations and so forth.

Our future intentions are to increase improvements on tribal lands, working with our Realty Dept and their recommendations, and even providing our Prescribe Burn operations to other local tribes. This is a positive step for our tribe in the field of agriculture.



Andy Tsoodle, Randy Tiger, Allen Tsoodle, and Andy Warrior





Randy Tiger





Stephanie Guy and Shawn Fleming

Shawn Fleming District Conservationist

United States Department of Agriculture Natural Resource Conservation Service Shawnee Field Office

201 N. Bell Rm 111 Shawnee, OK 74801-6940

Voice: (405) 273-2076 x101 Fax:(405) 273-1746

Email: shawn.fleming@ok.usda.gov

HORSE SHOE BEND AFTER SCHOOL PROGRAM:

I can hardly believe we have 12 weeks left in our second semester this year for the after school program. Tutors and I have been busy planning for special activities during the upcoming spring break. Students are excited and ready for a nice short break to enjoy some fun activities, we have some hard working students that attend the after school program. We are very proud of them with all their success in school academics. Some parents were very concerned with their first parent and teacher conferences. Teachers informed parents the possibilities of their students not passing the current grade if extra academic attention is not exercised. The outcome of recent parent and teacher conferences resulted in positive news as parents were delighted to inform me of their children's accomplishments. Students have successfully met and exceeded their struggling challenges in various subjects that they once were faced with. Teachers had full confidence in reporting to parents that their children were going to pass to the next grade.

I have some sad news, Heather Capps a tutor at the Horse Shoe Bend passed away on February 16, 2012. She died of massive pulmonary edema. Heather tutored part-time in the months of October, November, December of 2011, she loved to work with students in math and enjoyed being around kids. We will miss her.

We have a new tutor to join the after school program. We like to welcome Patricia Brown for her time to come out and tutor students every Monday. She is a big help with the First Grade Students. Patricia is a Title I Reading Teacher at North Rock Creek School and is a Tribal Citizen of the Absentee Shawnee Tribe.

I like to thank all my tutors for their time and help at the after school program without them this program could not survive. Stuart Rolette, Randall Watson, Elaine Brown, Dustin Rolette. We currently have 31 students enrolled at the Horse Shoe Bend After School Program.

On February 16, 2012 I attended a Public Federal Program Meeting at North Rock Creek School. It was a very informative meeting to attend, I encourage every parent to attend these public school meetings and ask questions on what kind of help your student is receiving and who is benefiting from federal programs.

February Student of the Month: Tristan Bynum

Tristan is a student at North Rock Creek he is in the Pre-K Class. He is a member of the Sac and Fox Nation of Oklahoma. Tristan has accomplished the alphabet of identifying upper and lower case letters and numbers 1 to 20. At the present time tutors and I are teaching Tristan how to count by 5's and 10's and writing. Tristan is the son of John and Lorena K. Bynum, he has two sister Katie Wood and Kimberly Bynum. Tristan received a \$25.00 Wal-Mart Gift Card donated by the White Turkey Band of the Absentee Shawnee Tribe.

Tristan Favorites:

Sport? Soccer Place? Movies Movie? Captain America Friend? Brendan and Daniel Color? Blue Food? Chicken Nuggets Animal? Horse Toy? Captain America Past Time? Shopping Book? Ninjago (Lego) Class? Pre-K Sport? Swimming Ice Cream? Vanilla



Tristan Bynum

INSIGHT OF A REGULAR DAY AT HORSE SHOE BEND AFTER SCHOOL

When students arrive each day, they sign in. I do a head count and they are anxious to go back outside to do their daily walk or run around the track. Everyone starts at the same time and not everyone finishes at the same time by the time some finishes one time around some students are on their second round. We have some future track runners. After everyone is done we all go back in and I do another head count and the snacks are given out to each student. Students take about a 10 to 15 minute break to eat their snack. Homework is always the first item on the agenda at the after school program. Most of the time students are anxious to get started on homework and they are flashing their homework papers up to let you know what they need to do. There are some students that do not have homework when that occurs we have print out sheets to give them to work. When Wednesday comes it is very busy for me as all the younger students have Wednesday Folders that they bring home and they are bringing them to me to show me their papers that they had done in school. This helps me out by looking at their folders so I can see if student is having a problem in any particular area. Students are drilled by flash cards with the clock, addition, subtraction, multiplication, division, numbers, shapes, colors, sight words, money, and the alphabet. My older students enjoy helping out with the younger students by using the flash cards. I do allow at times for students to go outside after everything is done and when weather is nice. On Wednesday younger students do not have homework and we sometimes will watch a movie.

We average of 16 to 18 students per day, some students come twice a week or once a week, we have most of the students that attend all four days.

I like to thank the Absentee Shawnee Housing for the paper they gave the after school program. We can definitely use the paper.

Thank Kay Wallace for the large color book, students enjoy coloring.

And the White Turkey Band for their past, present, and future fund raisers benefiting the after school program.

If you have any questions about the after school program please call. 405 481-0397.

Edwina Butler-Wolfe, Director Horse Shoe Bend After School Program



Kimberly Bynum



Damon Wilson



Brendan Winter



Leila Herrod



Gregory Hardin



Tristan Bynum



Eryn Johnson



Daniel Castaneda and Desiree Johnson



Ruben Wilson, Wayne Skinner, and Katie Wilson



Jayleen Castaneda

White Turkey Band

A Bingo Fundraiser was conducted Friday, February 17, 2012 at the Horse Shoe Bend Community Center. There were around 25 people that attended the fundraiser. Cost per card to play bingo was 50 cents and a concession stand was available. Proceeds from the bingo will go to the Horse Shoe Bend After School Program end of the year activity. We will be having more fundraisers benefitting the after school program in the next months. Thanks go out to the people for attending the bingo fundraiser. Thanks also go out to Clara Kaskuske and Elaine Brown and the White Turkey Band Committee for the donation of prizes for the bingo. Everyone at the bingo left with a prize and no one left empty handed. Also a special thanks to Pat Bell for her monetary gift.

January Meeting election of officers was conducted the following elected officers are:

Edwina Butler-Wolfe, President Melpherd Switch, Vice-President Twila Parker, Secretary Gwen Switch, Treasurer

Term of 2 years



Twila Parker and Gwen Switch

White Turkey Band Meeting is held first Saturday of each month at 10:00 am at the Horse Shoe Bend Community Building.

If you have any questions please call: Edwina Butler-Wolfe, President 405-481-0397 or 405-488-4569



Lana Butler and Tom White



David Skinner, Cindy Chancellor, Regina McAfee



Janelle Watson and Wanda Chapo



Cindy Chancellor, Regina McAfee, Wayne Skinner, Jimmy Rumsey



Mary Wood



Douglas Switch



A Big Thank You!!

AST Injury Prevention

On behalf of AST Community Health and Prevention services, I would like to give everyone a big thank you for participating in the February 9th, Little Axe School/ Community Health Fair sponsored by the AST Health Programs. Among those who participated were the Absentee Shawnee Tribal departments such as Education, Indian Child

Welfare,
Domestic
Violence,
Police
Department,
and T.E.R.O.
The AST
Health
Program
Departments



that participated were Dental Staff, Diabetes Department, Behavioral Health/ MSPI, Music, Shawnee Clinic Staff; Patient Benefits Advocate, Community (Public) Health Nursing, REACH US, Fitness Staff, in addition to the Injury Prevention Program. Other outside entities were also responsible for making this event possible; Cleveland County DHS/ Health Department, Safe Kids Oklahoma, Community Action/ RX for Oklahoma, United Way, Millennium, Walgreens, Bethesda Inc., Campbell Drug, OKC Area Intertribal Health Board, Norman Regional Health Systems, OU Children's Diabetes Center, Jim Thorpe Native American Games, OU College of Nursing, Sooner Success, Success by Six, Dr. Jacob Smith at Classic Vision, and Norman Police Dept., Oklahoma County Sheriff's Dept., Jaime Beard for Scentsy, and Express Personnel.



Roll Over Simulator courtesy of Ok. County Sheriff's Department

In addition to those who participated, community business provided much appreciated donations to the cause. Wal-Mart and the Little Axe Sonic donated gift cards for our raffle items. The Thunderbird Casino donated funds toward the car seats provided to families in need during the car seat checks as well as the fresh fruit given to parents and children. Also, a huge thank you to OU Athletics for donating 200 women's basketball tickets to the event! That was a surprise to many and we received so much great feedback on what a great memory making deed OU had done for the children! Last but not least we would like to thank the hard working staff at the Little Axe Elementary School for such dedication and hard work you put in to making this possible for our community families. In total all of the public services and information reached a total of 240 individuals who came to the health fair.

Thanks again! Apologies to anyone who may have been forgotten!



Patricia Yarholar



David Spector and Scott Wilon







TERO office would like to thank the Absentee Shawnee Tribe, Health Program and Entities of the Tribe! In December of 2011 TERO has been in operations for 18 months and placed 88 applicants to work with 22 being hired full time! The Tribal Employment Rights Office (TERO) is a great opportunity to collaborate with other department and the Absentee Shawnee tribal entities for Native American employment opportunities/rights.

TERO is excited for 2012 new year as we are effectively placing Indian applicants to work. January and February we have received 110 walk ins, 425 calls, and 33 new applicants. During these few months we have referred 15 applicants to work in various skills such as painter, fence installation, general laborer, drywall, welding, and clerical. All these positions are temporary jobs and out of the 15 applicants, 2 applicants have successfully been hired full time. In this past month TERO attended the Little Axe Health Fair and handed out 20 TERO applications and 15 Thunderbird casino applications. From this event we have added 33 new TERO applicants. In the months to come we look forward to attending various job fairs with other employment agencies such as Express Personnel. We have attended a meeting with members of the Southern Plains TERO Region. Discussions included prebid contractual agreements in order to establish solid understandings between the TERO Ordinance and General Contractors.

TERO would like to encourage all Indian people to apply for employment positions you may qualify for. Each employment posting is listed on TERO job board, the website at www.astribe.com, or you can call the TERO office for jobs available and qualifications. If you are not currently an applicant of TERO then please come by our office and fill out an application 8-5 Monday through Friday located at the Shawnee Campus and Little Axe Resource Center. We currently have 35 job listings posted local and are in contact with local employment agencies and businesses throughout Shawnee, Norman and Oklahoma City.

We encourage our applicants to clear through Express Employment Services in Shawnee as job]opportunities are continually increasing. All employment opportunities with TERO we ask that an application to be filled out and provide 3 forms of identification such as Photo ID, Social Security Card, and CDIB card. All applicants are encourage to provide supported skilled credentials such as licenses, letter of recommendations and any supported materials that will better qualify you for a position. The TERO office is located at the Shawnee campus, second floor of building one. We encourage all skilled applicants to apply and be ready for a great opportunity!

Ne Yi Wa

Randy Edge TERO Director

Bridgette Wilson TERO Office Assistant

WANTED:

NORMAN

*Li Si Wi Nwi (AST Health)

- -Registered Nurse
- -Maintenance Worker
- -Medical Coder
- -Supervisory Security Guard
- -Telephone Operator
- -Security Guard
- -Medical Reimbursement Specialist (2)

*Thunderbird Casino

-Internal Auditor

SHAWNEE

*Li Si Wi Nwi (AST Health)

- -Personnel Assistant
- -Network Administrator
- -Pharmacist
- -RN Charge/Nurse/Nurse Supervisor
- -Staff Physician
- -Nurse Practitioner/Physician Assistant
- -Elders Outreach Specialist (2)
- -Behavioral Health Clinician (Clinic Only)
- -Behavioral Health Clinician (Outreach)
- -Behavioral Health Clinician

- -Budget Technician
- -Financial Director

*AST Tribal Complex

- -Supreme Court Tribal Judge
- -Deputy Court Clerk
- -Part Time Victim Advocate
- -Health Authority Board Member

*First National Bank

- -Bank Operations
- *Express Personnel
- -100 Welders
- *Oldcastle
- -Driver Class A

*Express Personnel

-Welders (100 needed)

OKC

- *Unisource
- -Assistant Store Manager
- *Paper Plus
- -Potential Assistant Store Manager

*Express Personnel

-Welders (100 needed)



Cont

E-AS-12-06 01/18/12

Rejects the application of **Jayden Kyle Lawson** for membership in the Absentee Shawnee Tribe due to Insufficient Blood Degree.

E-AS-12-07 01/24/12

Declares that only the Annual Election in June will be held as provided for in the Constitution. (Due to the number of candidates filing for office)

E-AS-12-08 01/24/12

Amends Chapter 7 of the Absentee Shawnee Tribe of Oklahoma's Administrative Systems Manual to read as shown in the attached document. (*Employee Emergency Donated Leave Policy*)

E-AS-12-09 01/24/12

Appoints Leroy Ellis to the Absentee Shawnee Housing Authority Board of Commissioners for a term of (3) three years effective January 24, 2012 and expiring January 24, 2015.

E-AS-12-10 02/15/12

Establishes that the 69th Semi-Annual General Council Meeting for the Absentee Shawnee Tribe of Indians of Oklahoma be set for April 21, 2012 @ 10:00 a.m. at the Little Axe Health Center.

E-AS-12-11 02/15/12

Amends E-AS-2012-07 to declare that only the Annual Election in June 2012 will be held as provided for in the Constitution.

E-AS-12-12 02/15/12

Approves and accepts Terayana Maxine Soap, Anthony Ray Little, O-Day Tah'lee Eugene Haumpy, Taj-ah Billy Haumpy, Ma-Yia Rahjanae Haumnpy, Phillip Lawrence Wright, Dakota Zane Hood, Joseph Austin Kelly, Chelsea Elizabeth Diehl, Cari Denise Miller, Scott R. Ellis, Marleigh Jaye Merrell, Garrett Allen Trece McBroom, Tallon Cole McBroom, Ashley Denise McBroom, Micheal Sage, Christopher John Edwards, Londyn Alayne Swenson, Natasha Brooke Burns, Sophia-Marie Linda Moore, Timothy Wayne Black, Alannah Benae Fenner, Kayana Isabelle Fenner, Raven Reese Durmon, Lucy Jeslene Almanza, Enrique Ivan Villalobos, Valentina Noel Villalobos, Constantina K. Villalobos, Francisco Javier Villalobos, Gabriella Noel Gonzales, James Steven Evans, Kayla Marie Evans, Kyle Scott Robertson, Drew Hayden Robertson, Mya Aileen Blanchard, Eli Zayne Foreman, Jamie Marie Foreman, Kinsley Rae Masquat, Gabriel David McCreary, William Thor Wyatt, Courtney Dawn Leedom, Christal Nasebewa Rapos, Jade Daniel Lavell, Alicia Nicole Cagle, Robert Neal Conner, Kayla Shawnee Craig, Daniel Paul Conner, Russell Lee Draper, Jr., Terry Shane Powell, Cherokee Chevenne Mohawk and Randall Lee Ross as enrolled members of the Absentee Shawnee Tribe of Indians of Oklahoma as of the date of this resolution.

LEGISLATIVE RESOLUTIONS:

L-AS-11-01 02/15/12

Approves and amends Resolution No. L-AS-2010-10 and hereby amends the gaming regulatory fee to Seventy-One Thousand Dollars and No Cents (\$71,000) per month on Thunderbird Entertainment Center, Inc., to be paid by the last day of each month, effective March 1, 2012.

ABSENTEE 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 area 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.





Absentee Shawnee Housing Authority

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

Come in and visit with us about:

- Lease with Option to Purchase
- * Rental for Over Income

* Rental

Budget Counseling



BIRTHDAY/GRADUATION DANCE FOR SHELSIE MAE WHITE THUNDER *DIGGINGBEAR*

MARCH 31, 2012 CONCHO COMMUNITY HALL CONCHO, OK

DANCE TO BEGIN AT 3:00 P.M. SUPPER BREAK AT 5:00 P.M. DANCE TO RESUME AFTER SUPPER

HEAD STAFF

M.C.--BURL BUFFALOMEAT
H.S'S -- DEVON & DEON WERMY
H.M.D.--ERNEST BIG MEDICINE
H.L.D.--ANNA HELEN SPOTTEDWOLF
H.T.B--KYLE ST. CYR
H.T.G.--SUMMER LEITKA
H.L.B.--EPHRAIM LITTLE CREEK
H.L.G.--ANN MARIE COMETSEVAH
HONORED VETERAN--D.K. TOPPAH
AD'S--KENDRICK & JAMES SLEEPER

SPECIAL CONTEST WOMEN'S CLOTH/BUCKSKIN COMBINED
IN
HONOR
OF
SHELSIE MAE WHITE THUNDER

\$500 WINNER TAKE ALL!!

For more information contact - Sheldon, Shelby or Tommy White Thunder @ 405/598-1596 or 405/598-0378

Family is not responsible for any accidents or thefts. No drugs or alcohol allowed.



If you'd like to submit an ad or article give us a call at (405) 598-1279 or send us an e-mail at mediadept@astribe.com

ALL ARTICLES FOR THE NEXT MONTH'S ISSUE ARE DUE BY THE 20TH OF THE CURRENT MONTH

We would like to apologize for the error on the Absentee Shawnee Housing Authority ad.

We have replaced it with the correct information.

Once again, we apologize for any Inconveniences that it may have caused.

Problem Gambling . . .

The National Council on Problem Gambling has designated March 4-10th as National Problem Gambling Awareness Week to educate the public about the warning signs of problem gambling and the resources available for treatment.

Problem gambling can be defined as the increasing preoccupation with gambling, loss of control, restlessness or irritability when attempting to stop and continuation of the gambling behavior in spite of mounting, serious, negative consequences.

Pathological gambling can be defined as the inability to resist impulses to gamble which can lead to severe personal or social consequences.

According to the National Council on Problem Gambling:

- The estimated national social cost to families and communities from bankruptcy, divorce, job loss, and criminal justice costs associated with problem gambling is \$6.7 billion.
- An individual who have or have had problems with substances is at higher risk for developing gambling problems. 30% of persons treated for substance disorders have a co-occurring diagnosis of compulsive gambling.

Facts: The risk associated with excessive gambling is expressed by a gradual loss of control over gambling behavior.

www.youthgambling.com statistics:

Pathological Teen Gambling

- · High School students have twice the rate of gambling problems as adults.
- Approximately 4-5 % of youth, ages 12-17, meet one or more criteria of having a gambling problem.
- 10-14% is at risk of developing an addiction, which means that they already show signs of losing control over their gambling behavior.
- While the vast majority of players will gamble only on occasion, others will gamble excessively and develop serious problems. Those players become preoccupied with gambling activities, become over-involved, neglecting their responsibilities and other activities, which can lead to various other problems.
- Between 50-60 % of high school students report having gambled for money during the past year, 4-6 % of these students are considered pathological gamblers (addicted to gambling), while 6-8 % are at risk for developing serious gambling problems, or show signs of loss of control.
- Boys are more likely than girls to gamble and experience gambling problems.

Signs for Teen Gambling Addiction:

- Begins to sell personal belongings
- Borrow money and does not repay.
- Steal and lies
- Has unexplained large amounts of cash
- Has unexplained debt
- Increasingly call by strangers
- Withdraws from regular social groups and activities
- Unexplained absences from school or work
- Appears distracted, anxious, moody or depressed
- Breaks curfew
- Spends much time online on gaming sites
- Obsessed with sports scores.

Adult Criteria:

Ten questions about gambling behavior provide criteria for identifying problem gambling.

- 1. You have often gambled longer than you had planned.
- 2. You have often gambled until your last dollar was gone.
- 3. Thoughts of gambling have caused you to lose sleep.
- 4. You have used your income or savings to gamble while letting bills go unpaid.
- 5. You have made repeated, unsuccessful attempts to stop gambling.
- 6. You have broken the law or considered breaking the law to finance your gambling.
- 7. You have borrowed money to finance your gambling.
- 8. You have felt depressed or suicidal because of your gambling losses.
- 9. You have been remorseful after gambling.
- 10. You have gambled to get money to meet your financial obligations.

If you or someone you know answers "Yes" to any of these questions, consider contacting AST Behavioral Health Dept to access the appropriate treatment at 405-878-4716;

National Problem Gambling Help Line Network (800.522.4700) toll free is confidential throughout the U.S.

Oklahoma residents can access services by calling Oklahoma's 24- hour toll free Problem Gambling Helpline at 1-800-522-4700

Virginia Kinkade, MSW AST Behavioral Health Services



You could be saving up to 15%

on qualifying AT&T services



As a part of **Absentee Shawnee Tribe**, you'll enjoy the AT&T Sponsorship Program discount and all the other benefits of AT&T:

- Unlimited usage on the nation's largest Wi-Fi® network¹
- Simultaneous use of voice and data on the nation's fastest mobile broadband network"
- Keep unused minutes from month to month with Rollover®, only from AT&T®
- Ask about Unlimited Messaging, personal email and wireless Internet

If you are a current AT&T customer go to att.com/wirelessdiscounts to sign up today! If you visit a local AT&T store, please have proof of eligibility (employee badge, pay stub or student ID).

Mention FAN: 4160032 - New Customers Too! Take Flyer to AT&T Store.



For existing customers/citizens with AT&T wireless service you will need to take this ad to an AT&T store to sign up. AT&T retail representative can sign you up at the store with a manual form. The online validation process only works if you have a @astribe.com email address.

*4G speeds delivered by HSPA+ with enhanced backhaul. Available in limited areas. Availability increasing with ongoing backhaul deployment. Requires 4G device and compatible data plan. Learn more at att.com/network. Ounused Anytime Minutes expire after the 12th billing period. Night & Weekend and Mobile to Mobile Minutes do not roll over. **Mobile broadband not available in all areas. **Wi-Fi enabled device required. Access includes Wi-Fi Basic. Other restrictions apply. See attwifi.com for details and locations. **Actual service discount applies only to the Monthly Service Charge of eligible plans and varies monthly depending on your employer's aggregate volume of qualified charges. See your AT&T representative for complete details. IMPORTANT INFORMATION: Limited-time offer. Coverage not available in all areas. Qualified customers only. Activation Fee of \$36. Early Termination Fee up to \$325 or \$150 depending on device. Two or one year contract required unless purchasing at full commitment price. Requires voice plan. Smartphones require a Smartphone Data Plan. For more information see att.com/dataplans. Monthly discount: Available to qualified employees of companies and/or government agencies and qualified students and employees of colleges/universities with a qualified business agreement ("Business Agreement"). Service discount subject to corresponding Business Agreement and may be interrupted and/or discontinued without notice to you. Service discount applies only to the monthly service charge of qualified plans and not to any other charges. A minimum number of employees, minimum monthly service charge for qualified plans, additional AT&T services or other requirements may apply for discount eligibility. Discounts may not be combined. Offer subject to change. Additional conditions and restrictions apply. If you have a question about available discounts and/or your eligibility, you can contact your AT&T representative. Other conditions and restrictions apply. See contract and rate plan for details. © 2011 AT



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TERO



2011

(405) 405)

Health Programs

Building Blocks

Fribal Complex



405)

ittle Axe Dental Shawnee Clinic

ittle Axe Clinic

405) 405) (201

Shawnee Pharmacy

Behavioral Health



(405) 360-9270

800-259-LUCK

405) 273-1050

AST Housing Authority

OEH/OEP

Fhunderbird Casino

(405) 364-0668 (405) 366-7220

SmokeShop Little Axe

AST Country Kitchen

AST Smokeshop in

ASEDA Harrah

AST Tribal Grocery &

275-3432 405) 214-4235

364-7

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