### GENERAL COUNCIL MEETING

**April 9th 2016 - 10:00 A.M.**

*at the Thunderbird Entertainment Center, Norman, Ok*

*Please note: Only breakfast will be served. From 8:30-9:45*

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The Absentee Shawnee News

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**The White Turkey Band Of Shawnees**

Thanks The Candidates For Office For Coming Out To The Political Forum.

Twila Parker for Treasurer - Scott Miller for Treasurer - Ken Blanchard for Lt. Governor
Kathy Deere for Treasurer - Sherman Tiger for Representative
Hello my Absentee Shawnee people!

Global warming has definitely had an impact here in Shawnee. We are having a range of daily temperatures from 32 to 70. In days gone by we would still be having icy temperatures with even some snow fall. It doesn’t look like that will be happening, here, this year. This weekend I noticed a number of my neighbors out clearing their flower beds in preparation for the upcoming Spring. In order to make change within the Shawnee community I will need to be in a position to do that. I have been asked to sit on the Shawnee Beautification Committee and have decided to accept that opportunity. I hope that by serving on this Committee that I may take a larger role in what we see done within the Shawnee area. And as I have said so often the Maintenance department needs to have a vision for our tribe that includes the hiring of a Master Landscaper to work on and around our community buildings and our Shawnee tribal complex grounds. This vision should further include at creating a facility master plan that dedicates funds to our buildings and establishes building priorities. This facility master plan should be placed before the Executive Committee so that we might all share in that futuristic effort so that we can ensure the longevity of what we as a self-governed Nation has worked so hard to achieve – sustainability, self-sufficiency and self-determination.

This past month(s) I participated in the following meetings:

**JANUARY 2016**

- 11th CTSA Governing Board and Policy and Procedure Board Training
- 15th United Indian Nations of Oklahoma, Kansas and Texas (UINOKT) Meeting in Tulsa
- 19th ASTHA, Inc. and Li Si Wi Nwi, Inc. Health Board Meeting(s)
- 20th Regular Executive Committee Meeting and Thunderbird Entertainment Center (TEC) Board Meeting
- 21st CTSA Monthly Board Meeting
- 22nd ASEDAM Shareholders Meeting
- 26th AM Executive Committee Informal Meeting

- 26th (Continued) 11:30 AM/ 1:00 PM Luncheon at the Oklahoma Governor’s Mansion – Tribal Leaders only Luncheon
- 26th (Continued) Retirement Reception for Candy Klump at VA Hospital in OKC, OK
- 29th CTSA Special Board Meeting

**FEBRUARY 2016**

- 1st Oklahoma State of State Address Governor Fallin at OKC State Capitol 2ND Met with Ada Melton of American Indian Development Associates on the National Baseline Study, US Department of Justice, National Institute of Justice
- 3rd AM Informal Meeting Executive Committee
- 4th 10:00 AM ASTHA, Inc. and Li Si Wi Nwi, Inc. Shareholders Meeting 2:00 PM BANK MEETING
- 10th 10:00 AM Executive Committee Informal Meeting
- 11th 10:00 AM Bank Meeting with Board Members

**Other Topics/Expressions**

**Happy Birthday & Anniversary**

To those who have had a birthday or anniversary I extend my warmest regards.

**Condolences**

To those families who may have lost a family member this month I extend my condolences to you and your family.

**Upcoming Elections**

The election season is upon us and I encourage all of you to go vote. Please keep in mind whether you want to see the tribe move forward under rule of law; whether you want to see financial reports; whether you want to keep paying for certain elected officials legal fees. Look at experience and education and work ethic and not just culture, although that is a vital element to who we are as a people. As for me my vote goes to those who have over 15 years of experience; have a STRONG work ethic and abide by our law. I think you know who those people are.

**In Conclusion**

I have 19 months left in Office and I find each day eventful and full of possibilities. My door is always open (unless I am in a meeting or at a meeting) and I welcome your visits.

Help me to make a difference – stand beside me and Let us Build for the Future (BFF) - united and together!

Thank you for your support.
Secretary’s Report

Treasurer’s Report

Tribal members,

As you all know General Council will be held in April 2016, the date has not been set yet but as soon as it is, I will have it posted via Tribal Newsletter and Tribal website. I have noticed in the past years, the secretary's office has ordered 200 books for attendees at General Council and every year there are more than half of the booklets left. So this year we are only ordering 100 General Council books. They will be given first come first serve. If you do not get a book and wish to have one, you can request one through the secretary's department at 275-4030 x6275/6306. The General Council booklets will also be on the tribal website for your review. Also, in the past, we had provided breakfast and lunch. This year we are only providing breakfast. It will be served from 8:30 am to 9:45 am. Hope to see you there!!!

I would like to recognize tribal member Ms. Ashley Nicole McCray. She received the 2015 City of Norman Human Rights Award. Ashley has been active on many fronts in securing equal treatment for Oklahoma’s Indigenous Peoples. Her work and advocacy on behalf of Oklahoma’s 36 federally recognized tribes has yielded positive results for The University of Oklahoma and the residents of the city of Norman. Ashley’s work is a great example of how a few dedicated individuals can contribute to making Norman’s more inclusive and welcoming community for people of diverse backgrounds. In early 2015, McCray led an effort to create a new diversity office for the University of Oklahoma. This effort was well received by the university’s administrators. Ashley was recognized by the White House; Champions for Change program. Throughout her journey, McCray led a successful campaign to recognize the second Monday in October as “INDIGENOUS PEOPLE’S DAY”. The declaration of Indigenous People’s Day makes the University of Oklahoma one of the first universities in the country to replace Columbus Day with “INDIGENOUS PEOPLE’S DAY”. The University of Oklahoma declaration has received the enthusiastic support from the student government associates as well as David Boren.

Also, it has been brought to my attention that improper charges are being charged for tobacco for traditional funerals. If you use tobacco for traditional funerals, you will need to get proper documentation (Tobacco Memorandum letter from the Secretary’s Department or Social Services with signatures). The store will NO LONGER authorize any tobacco charges for traditional (funeral) purposes, if you do not have signed documentation. I have been very busy the past month, I apologize if I have missed any calls or emails.

NIYAWA,
Secretary Johnson

Representative’s Report

Fellow Tribal Members:

I hope this message finds you in good health and spirits.

We, the Executive Committee have only recently been meeting together as a group to discuss business of the Tribe and the role of this Tribal Government. Too often we look at the short term and not the long term effects how our decisions will affect the Tribal Membership.

You see, people get in trouble when they spend, spend, spend…without seeing the end results.

The smart person would develop a budget, next develop a plan, seek outside expertise and discuss it some more. This is the way we should be handling tribal business as it affects the Tribal Membership.

I will continue to work for you in this manner, the Tribal Membership first and foremost.

The Human Resource Department has completed the revision to our 401K retirement plan with Redstone investments and is excited to be able to offer direct planning and management of employee 401K accounts. One of our goals in 2016 is to empower all employees with knowledge about planning for their future.

Safety training is scheduled for March 8 and 9 and this will be sponsored by OnPoint Insurance. Safety training is scheduled for March 8 and 9 this will be sponsored by OnPoint Insurance. This will be for first round of safety training for 2016 and a kick-off to the HR initiative to encourage safety practices and principals on the AST campus.

Absentee Shawnee Tribe personnel policy manual does allow for 3 wellness hours per week at the directors discretion so please encourage each to take advantage of this opportunity.

Currently Absentee Shawnee Tribe has 10 employment positions open, however to view a full listing please visit our website at www.astribe.com.

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

The Request for Proposals (RFP) for Architectural and Civil Engineering Services has been posted with and Architectural and Civil Engineering firm under contact. Pre-Construction soil borings have been completed for construction design. The Architect has completed the Capital Activity/Dining Hall plans and plans the building out to bid. We are now in the process of negotiation

some design changes on the building. The Civil Engineering firm has completed and submitted the parking lot design work for review and approval, along with the water well design specs. The water well and water storage tanks has been sent out to bid and we are now waiting on reviewing the bids and soon will have the water tower under contract for construction. The proposed lake construction has started with approximately half of the trees removed for the lake area. Removal of the remaining trees and dam developments should start back up soon with weather permitting. Cleveland County OEC has been to the site flagging the electrical route and clearing trees along the front entrance preparing for electrical poles to service the Camp Nikoti.

Representative, Kenneth Blanchard: (405) 275-4030 ext. 6287, cell (405) 585-8991 or kblanchard@astribe.com

Representative Administrative Assistant, Diane Ponkilla: (405) 275-4030 ext. 6335, cell (405) 765-6598 or diane.ponkilla@astribe.com

APPROPRIATE POLL BEHAVIOR

According to the Election Ordinance Article VIII Section 1 –The official polling sites and adjoining Tribal Grounds are neutral grounds, therefore, there shall be no campaigning or loitering on Election Day by any person. It shall be the duty of the Election Commission to request that Tribal police, be present at each polling place and be responsible for maintaining order, prevent campaigning, and loitering during the election process.

In order to comply we suggest that you do not campaign in any fashion.

For Examples:
No: “vote for...”
sticker on cars campaign clothing disbursement of campaign material counseling as to who to vote for

Do not loiter at poll site:

1. Arrive
2. Register
3. Vote
4. Exit

Unless there is a line each voter should be at the poll no more than 10 minutes, outside of voter booth. Each voter may take all the time they need to read the ballot to vote in the private booth but should not “visit” with Commissioners or other voters at the poll site.

Any visiting of voters must occur outside of the Poll Site and adjoining Tribal grounds. Voting Polls close at 6:00 p.m. Voter has to be in line in order to vote.

POLICIES AND PROCEDURES STATES:
There shall be no campaigning on property of polling site. This includes signs, person to person, clothing, etc. or within 200 ft. of the polling site. (On Election Day all signs must be over 200 ft. away from the edge of tribal property that contain poll sites.)
# TITLE VI MENU

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<tr>
<th>2% milk served daily</th>
<th>Menu subject to change</th>
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<table>
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<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<th>Saturday</th>
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<tr>
<td></td>
<td></td>
<td></td>
<td>1 BBQ Pork Sandwich Pickles n Onions Mac Salad Orange</td>
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<td>2 Chicken Broc and Rice Casserole Tossed Salad* Peaches</td>
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<td></td>
<td>2 Chicken Broc and Rice Casserole Tossed Salad* Peaches</td>
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<td>3 Beef Fingers Mashed Pot/Gravy Beets Bread Pudding</td>
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<td>3 Beef Fingers Mashed Pot/Gravy Beets Bread Pudding</td>
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<td>4 Bagel Cream Cheese Boiled Egg</td>
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<td>6</td>
<td>6 Chicken Strips Mashed Pot/Gravy Spinach Mandar Oranges</td>
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<td>9 Tamale Refried Beans Spanish Rice Cookie</td>
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<td></td>
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<td>7</td>
<td>7 Ham Scalloped Pot. Blacked Eye Peas Pears</td>
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<td>10 Pork Riblets Baked Beans Tossed Salad* Bread</td>
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<td>8</td>
<td>8 Chicken Strips Mashed Pot/Gravy Spinach Mandar Oranges</td>
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<td>11 Scrambled Eggs Sausage Gravy Biscuit</td>
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<td>13</td>
<td>14</td>
<td>14 Pork Chop Stuffing Green Beans Mixed Fruit</td>
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<td>15 Smoked Sausage Mac N Chez Veggies Crisp</td>
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<td>15 Smoked Sausage Mac N Chez Veggies Crisp</td>
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<td>16 BBQ Chicken Tossed Salad* Cauliflower Bread</td>
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<td>21</td>
<td>21 Chicken Fajitas w/ bell peppers &amp; onion Tortillas Refried Beans</td>
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<td>16 BBQ Chicken Tossed Salad* Cauliflower Bread</td>
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<td>23 Grilled Chez Chicken Noodle Soup Grapes</td>
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<td>24 English Muffin Scrambled Eggs Ham</td>
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<td>25 English Muffin Scrambled Eggs Ham</td>
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<td>26 English Muffin Scrambled Eggs Ham</td>
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<td>26 English Muffin Scrambled Eggs Ham</td>
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<td>27 Hamburger LTOP Fries Ice Cream</td>
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<td>28</td>
<td>28 Hamburger LTOP Fries Ice Cream</td>
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<td>29</td>
<td>29 Chef Salad W Chicken Eggs, Chez Cottage Chez Pineapples</td>
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<td></td>
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<td>30</td>
<td>30 Wild Onion Dinner Beans Cake</td>
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<td></td>
<td></td>
<td>31</td>
<td>31 Tuna Salad Sandwich LTOP Apple Pita Bread</td>
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**NOT GOING TO BE HOME!!!**
CALL AND LET US KNOW AT 405-275-4030
EXT 6227 or 6270
OR NOTIFY YOUR DRIVER

**LUNCH SERVED MONDAY-THURSDAY 11AM TO 1PM**
**BREAKFAST SERVED FRIDAYS 9AM TO 11AM**

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## TITLE VI NEWS

**March 13, Set your clocks UP one hour!!!**

**March 17, St. Patrick’s Day**

**March 20, SPRING BEGINS!!!**

**March 25, AST Complex will be closed. No meals will be delivered or served.**

*If you have any concerns or comments please give us a call at 405-275-4030 ext 6227*
ABSENTEE SHAWNEE TRIBAL MEMBERS

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

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

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

APPLICATION ALSO ONLINE: www.astribe.com

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

Long-time employee, Larry Buckley passed at his home on February 17th, 2016.

Larry was the Director of Enrollment for 13 years. He assisted tribal programs and departments with statistical data as well as everyday tasks like making tribal enrollment cards for tribal members. He was knowledgeable of the Tribe’s enrollment procedures and regularly attended Executive Committee meetings to present tribal members for enrollment.

We thank Larry for his commitment to integrity within the Enrollment Department. He will be missed by family, friends, and co-workers here at the Tribal Complex.

Services were held at Indian Nations Baptist Church, Seminole, OK.
Elders Council

NOTICE:
DUE TO THE ELECTION BEING ON MARCH 19TH, THE ELDERS MEETING DATE/TIME HAS CHANGED TO MARCH 12TH, 2016
AT THE TITLE VI BUILDING IN SHAWNEE, OKLAHOMA.

Tax Collections

FY-2016
YTD TAX COLLECTIONS
(thru 01/31/2016)

RUN DATE:
02/16/16

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<th>TAX CATEGORY</th>
<th>JANUARY</th>
<th>FEBRUARY</th>
<th>MARCH</th>
<th>APRIL</th>
<th>MAY</th>
<th>JUNE</th>
<th>JULY</th>
<th>AUGUST</th>
<th>SEPTEMBER</th>
<th>OCTOBER</th>
<th>NOVEMBER</th>
<th>DECEMBER</th>
<th>TOTAL COLLECTED</th>
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<td>Sales (6%)</td>
<td>$6,629.54</td>
<td>$0.00</td>
<td>$0.00</td>
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<td>$0.00</td>
<td>$6,629.54</td>
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<td>Gaming % of free cash</td>
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<td>$0.00</td>
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<td>Employee (1%)</td>
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<td>$20,059.11</td>
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<td>Severance (8%)</td>
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<td>$0.00</td>
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<td>$0.00</td>
<td>$0.00</td>
<td>$2,266.67</td>
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<tr>
<td>Motor Vehicle</td>
<td>$10,173.81</td>
<td>$0.00</td>
<td>$0.00</td>
<td>$0.00</td>
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<td>$0.00</td>
<td>$0.00</td>
<td>$10,173.81</td>
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<td>Tobacco Refund</td>
<td>$7,107.73</td>
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<tr>
<td><strong>TOTAL TAXES</strong></td>
<td><strong>$146,183.66</strong></td>
<td>$0.00</td>
<td>$0.00</td>
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<td>$0.00</td>
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<td>$0.00</td>
<td>$0.00</td>
<td><strong>$146,183.66</strong></td>
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<tr>
<td>Miscellaneous</td>
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<td>$0.00</td>
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<td>$0.00</td>
<td>$223.45</td>
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<td><strong>TOTAL COLLECTIONS</strong></td>
<td><strong>$146,407.11</strong></td>
<td>$0.00</td>
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</tbody>
</table>

NOTE:
RUN DATE:
02/16/16
FY-2016
YTD TAX COLLECTIONS
(thru 01/31/2016)

Personal Banking:

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

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

Business Banking:

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

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

**Banking Hours:**
2023 S. Gordon Cooper Drive, Shawnee, OK 74801
Lobby Hours 9:00 AM - 5:00 PM Monday - Friday
Drive In Hours 8:00 AM - 6:00 PM Monday - Friday
Saturday: 9:00 AM-12:00 Noon
Name: Shayla Taylor  
Center: Talking Leaves Job Corps Center  
Career Area: Certified Clinical Medical Assistant  
Dates in Job Corps: Graduated in October 2015  
Place of Employment: Tahlequah Medical Group  
Position: Medical Assistant  

Shortly after enrolling, Shayla Taylor quickly realized Talking Leaves Job Corps was the first step in launching her career. Now, she has completed her training as a certified clinical medical assistant and is continuing on her journey to become a registered nurse.

A graduate of the Talking Leaves Job Corps Center, in Tahlequah, Okla., Shayla credits the program for giving her the employability skills and hands-on training to begin achieving her career goals. As a student, she completed work-based learning at the Tahlequah Medical Group, and was then hired as a medical assistant. She plans to continue her education through advanced training at a local technology center and then at Connors State College for its R.N. program.

“The Talking Leaves Job Corps Center prepared me for my field,” she said. “My favorite thing about Job Corps is the education it gave me so I could enroll in advanced training.”

While at Job Corps, Shayla was active in many organizations, leading the Native Voices club as president and serving as secretary of Student Government Association. Before Job Corps, Shayla was homeless, sleeping in her car and working in a dead-end job.

“Job Corps gave me a chance to build a foundation so I could build myself back up,” Shayla said. “I have a career now. Talking Leaves Job Corps Center gave me a helping hand when I needed it the most.”

Talking Leaves Job Corps is a native emphasis center, targeting qualified youth between the ages of 16-24 years of age that desire vocational training that can lead to a career. Students can also receive a GED or High School diploma. The center provides transportation back along I-40 as far as Oklahoma City each weekend. If you would like more information on how to qualify, call (405) 424-1927 and speak with an Admissions Counselor.
The Absentee Shawnee Diabetes and Wellness Program will be sponsoring a youth soccer camp at the Little Axe High School. All Little Axe community youth are invited to participate. Registration is limited so please contact the Diabetes and Wellness Fitness Program at 405-364-7298 and pre-register EARLY!

**Learn Basic Soccer Skills**

**Have Fun Being Physically Active!**

**All LA Elementary and Middle School Community Youth Are Welcome!**

**No Experience Required!**

**SATURDAY**

**MARCH 5TH, 2016**

**LITTLE AXE HIGH SCHOOL**

**FOOTBALL FIELD**

**EVERYDAY**

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

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

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

**Participant name: __________________________ DOB: _________________**

**Parent/Guardian name: _______________________ Phone: ________________**

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

**Print**

**Email**

**Signature**

**Date**

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

**ABSENTEE SHAWNEE LANGUAGE CLASS**

**FREE SHAWNEE LANGUAGE CLASS FOR NATIVE YOUTH**

- Limited to the first 20 youth participants
- Must be 10–18 yrs. Must have a CDIB card.
- Transportation may be provided after school from Little Axe Schools
- Orientation starts February 10th and classes start February 17th and run through the spring; classes will be held one day a week after school hours at the AST Little Axe Health Center.
- Classes will be taught by AST Tribal Elders.

We find it to be very important to bring culture into prevention. This class is sponsored by the MYDNA SPF-TIG program & Diabetes and Wellness.

For more information or to get a registration form please contact Kaye Dean at 405-701-7993 or Howard Brown at 405-701-7115.

**Participant name: __________________________ DOB: _________________**

**Parent/Guardian name: _______________________ Phone: ________________**

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

**Print**

**Email**

**Signature**

**Date**

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

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

Family of Faith Christian School
8th Grade Girls Basketball Team
OCSSA 2A STATE CHAMPIONS!

Abbe Owings - 8Th Grade Basketball Champ
♥Proud Momma, Dos Owings

On February 13th, 2016, Abbe Owings and the 8th grade girls basketball team took state at the OCSSA 2A class state championship

Honoring Our Past
With Promise for
Our Future

LIFE is Beautiful
Living Meth Free

National Suicide Prevention
1-800-273-8255 (TALK)

Absentee Shawnee Health Systems
Shawnee & Little Axe
We will begin taking applications for the 2015-16 Big Jim Youth Awards on January 1, 2016. High school seniors of both genders within the 50 United States are eligible to apply for these awards for the 2015-2016 school year. Applications will be accepted from January 1 to March 31, 2016 by US mail or email, official transcripts must be mailed. The official application form will be available in January 2016 at www.astribe.com under the Education Department.

The $1,000.00 award is in the form of a scholarship to the college or university where the award recipient will attend for the fall 2016 semester. The scholarship must be used for the fall 2016 semester.

We will begin accepting applications for the following awards:

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

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 MAY 2016

We encourage ALL Absentee Shawnee High School Seniors to apply.

Award recipients will be recognized as the 2015-2016 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 $1,000.00 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. 6242
youthaward@astribe.com

Applications accepted: Jan. 1st –March 31st
Finalists announced: May 2016

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

STUDENT INFORMATION

Name: ___________________________________________________ (LAST)                    (FIRST)                                       (MI)
Enrollment #:________________________
Address: _________________________________________________________________________________ (STREET)            (CITY)            (STATE)                             (ZIP)
Home Phone: ( ) Cell Phone:  ( )
Email: __________________________________________

HIGH SCHOOL INFORMATION

High School Name:
City: ____________________________ State:________________________
Guidance Counselor:____________________ Phone #:________________________
Sport:__________________________ Position:________________________
Coach:__________________________ Phone #:________________________
(              ) (               )

All Absentee Shawnee High School Seniors are eligible and encouraged to apply.

Documents to be included with application:

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

We encourage ALL Absentee Shawnee High School Seniors to apply.

Award recipients will be recognized as the 2015-2016 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 $1,000.00 scholarship to be used towards their education and the advancement of their career.

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2025 S. Gordon Cooper Drive
Shawnee, OK 74801
(405) 275-4030 Ext. 6242
youthaward@astribe.com
THE OFFICE OF ENVIRONMENTAL HEALTH & ENGINEERING (OEH&E)

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

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

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

If your home is under the management of any housing authority and has not been paid off, you do not qualify for assistance. Applications for this program are available online at www.astribe.com and at the OEH&E building.

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:
- Handicapped/Disabled and Elderly
- Income
- Family Size/Overcrowded Living Conditions
- Condition of Home

Other Programs available:
- Sanitation Facilities Assistance Program

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

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

Submit completed application to:

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

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

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

If you are interested in submitting a sealed bid for this project, please contact Amanda Ramirez, Development Coordinator, at (405) 273-1050 Monday through Friday 8:00 am to 4:30 pm

AST COURT - UPDATE

Governor Isaac Gibson, Jr. case No. CRM-2015-77 and the Absentee Shawnee Tribe vs. Jeffrey Gibson, case No. CRM-2015-76 the last court proceedings were held on January 27th, 2016. A motion to dismiss the above cases was filed by the Respondents council, Attorney Gary Pitchlynn. The motion to dismiss was denied.

The next court proceedings will be April 12th, 2016 at 1:30 pm at the Absentee Shawnee Tribal Court.
Grass Mowing/Garden Tilling Application

The following are the requirements for this program:

1. Must be an Absentee Shawnee Tribal member
2. Must be 65 years or older
3. Handicap/Disabled
4. Must provided proof of residency
5. All trash, branches, debris must be cleaned out of yard

The Absentee Shawnee Tribe Maintenance Department will only mow, weed eat and till applicant’s property. Maintenance will mow every two (2) weeks. Maintenance department will not trim tress or shrubs. **No Rental Property will be mowed.**

If you have any questions please called Reta Harjo at (405) 275-4030 ext 6249 or Mary Billy at ext 6267

Name:_____________________

Address:_____________________

City:_________ State:_____ Zip Code:_________

CDIB:_______ DOB:__________

Home Phone:______________ Cell Phone:________________

Directions to home:__________________________________

The Absentee Shawnee Maintenance Department
2025 S. Gordon Cooper Drive
Shawnee, Oklahoma  74801
(405) 275-4030
Our specialty clinic is now fully operational and staffed! Dr. Art Conley will be starting in March, replacing Dr. Wheeler. In addition to the Orthopedic services, Dr. Conley and his practice will also provide Spine and Pain Management Services once his Orthopedic patients are set up. We are very excited to have Dr. Conley on staff, rounding out our specialty care clinic platform of services and integrated population-focused healthcare.

We are very thankful and appreciative of the Executive Committee for their support with some great new projects for the health system including a drive through pharmacy and a storm shelter facility that will act as a dual-purpose community building, expanding office space at the Shawnee Clinic. The new Optometry Clinic expansion at Little Axe will open up triple the space for patient appointments that drastically increase patient access and care to the optometry services, including significantly expanded retail frames for our patients. Accreditation of our health system is pending, with the final stage being set in mid-April with the on-site survey by the AAAHC Team.

With the help of input of our tribal members, elders, and patients we’ve completed the 2015 community needs assessment analysis. We are using the results to assist with the final actions of the strategic plan for healthcare. This is intended to execute with the direction and desires of the tribe being built into the plan to resource against. The health boards continue to increase access, quality of care, and services to all our patients. The health boards are made up of five active members, two of whom are AST Tribal members, two others being significant Native American leaders in their own tribes, and one medical doctor. The AST Board Members comprise 40% of the board’s being represented by AST Tribal Membership; of this 40% presence, they are 100% in charge of the health boards as Chairman and Vice Chairman of both boards, levying 100% of board leadership in AST Tribal Members.

The Zika Virus has seen a lot of attention in the media and we have posted several pieces of important information in this month’s edition of the tribal newspaper. Please read and familiarize yourself with this information to protect you and your family. The normal Flu season is still upon us and we are encouraging everyone again to continue to follow your good hygiene measures as well as encouraging the same for your family. Once again, our teams of excellent employees stand up, and stand out, for our health system! I’m very proud of our outstanding star performers again this month, and thank them all for their contributions to our patients, their fellow employees, and the tribe! Employee of the month for health was Mrs. Rhonda Kaseca, Shawnee Clinic; Team of the Month: Optometry Team; Special Leadership Award: Shawnee Clinic Laboratory. The health employees continue to do great things for our patients and for each other, taking care of our internal and external customers/patients. They all make a difference for our health system and for the health and wellness of all of our patients!

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

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

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

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

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

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

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

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

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

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

• Social Media: You can follow the AST Health System on Facebook and receive the most current messages and announcements regarding your tribal health care.
When requesting refills, please provide 24 hour notice until pick-up. The most efficient method is to have your refill numbers ready when you call the Pharmacy, and use our automated system. Deliveries of controlled medications are not allowed.

If you would like to receive a text message to your cell phone when your medications are ready for pick-up, please alert the pharmacy staff and provide us with your current cell phone number. Please inform us of changes in address, phone number, insurance and other contact information (changes at registration do not flow to pharmacy).

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

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

Thank You,
AST Pharmacy Staff

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

We are open through the lunch hour!!

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

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

### After Hour Pharmacy Notification

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**AFTER HOUR PHARMACY NOTIFICATION**

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

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

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**Absentea Shawnee Tribal Health System**

**Behavioral Health Services**

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

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

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

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

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**Women's Health**

**Little Axe Health Center**

**Women's Health Services**
Located in the Primary Health Care

Providing & Promoting Preventative Health for All Women

Services include:
- Adult immunizations
- Breast & Pelvic Exams
- Mammogram Referral
- Bone Density Studies

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

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**Absentee Shawnee Tribal Health System**

**Behavioral Health Services**

**Office Hours**
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2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
Ph. 405-878-4716

**Services are offered through:**
Little Axe Clinic & Shawnee Clinic for all Federally Recognized Tribes.
FREE MONEY!
(NON-SMOKERS NEED NOT APPLY)

JOIN US FOR A NEW AND IMPROVED
SMOKING CESSATION CLASS STARTING
MARCH 1ST, 2016 @ 2:00 P.M.
IN THE LITTLE AXE HEALTH CENTER
CONFERENCE ROOM B

CLASSES WILL MEET WEEKLY FOR 4 WEEKS
LEARN ABOUT
- WAYS TO STOP SMOKING
- THE NEGATIVE EFFECTS SMOKING HAS ON YOU
- THE AMOUNT OF MONEY SMOKING COSTS YOU AND HOW MUCH MONEY YOU WILL FREE UP BY QUITTING SMOKING

Dental Emergency Clinic Now Available Every Monday

Norman, Oklahoma – The Dental Department at the Little Axe Health Center would like to take this opportunity announce the availability of emergency dental services every Monday morning, except holidays. The clinic will be from 8:00 AM - 11:30 AM.

Check in will be from 8:00 AM-9:00 AM and patients will be evaluated on a first come first serve basis for the need of emergency treatment. Only a certain number of patients will be able to be seen that day. The number of patients seen will be determined by clinic availability and based on the type of emergency and treatment needed. Some patients may not be able to receive treatment that day depending on the needs of others and type of emergency.

The last patient will be seen at 11:30 AM. Patients who have suffered trauma or have a present infection will be considered before others. Patients of record will also be considered before new patients.

For more information or to make an appointment, please call (405)447-0300.
FYI: Contract Health Service News
Absentee Shawnee Tribal Health

The AST Contract Health Services Team are here to assist you... follow the CHS Guidelines!
Get a copy of the CHS Guidelines and update your information

Emergency and Urgent Care Services

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

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

Contract Health Services for AST members with Insurance

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

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

Contract Health Services for AST members without Insurance

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

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

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

Flo Mann  Laurie Webber

Debi Sloat  Glendine Blanchard  Sharon Ponkilla  Darla Gatzman  Jayne Werst

Shawnee Clinic  Little Axe Health Center
(405) 878-4702  (405) 447-0300
PROTECT YOURSELF from MOSQUITO BITES

Mosquitoes spread chikungunya, dengue, and Zika viruses.

Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters. They can also bite at night.

Use insect repellent. Look for the following active ingredients:
- DEET
- PICARIDIN
- IR3535
- OIL of LEMON EUCALYPTUS
- PARA-MENTHANE-DIOL

Wear long-sleeved shirts and long pants or use insect repellent. For extra protection, treat clothing with permethrin.

For more information:
Mosquito Bite Prevention (United States)

Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

<table>
<thead>
<tr>
<th>Type of Mosquito</th>
<th>Viruses spread</th>
<th>Biting habits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aedes aegypti, Aedes albopictus</td>
<td>Chikungunya, Dengue, Zika</td>
<td>Primarily daytime, but can also bite at night</td>
</tr>
<tr>
<td>Culex species</td>
<td>West Nile</td>
<td>Evening to morning — do not bite at night</td>
</tr>
</tbody>
</table>

Active ingredient

Higher percentages of active ingredient provide longer protection

<table>
<thead>
<tr>
<th>Active Ingredient</th>
<th>Some brand name examples*</th>
</tr>
</thead>
<tbody>
<tr>
<td>DEET</td>
<td>Off!, Cutter, Sawyer, Ultrathon</td>
</tr>
<tr>
<td>Picaridin, also known as KBR 3023, Bayrepel, and Icaridin</td>
<td>Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)</td>
</tr>
<tr>
<td>Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)</td>
<td>Repel</td>
</tr>
<tr>
<td>IR3535</td>
<td>Skin So Soft Bug Guard Plus Expedition, SkinSmart</td>
</tr>
</tbody>
</table>

* Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.

Protect yourself and your family from mosquito bites

Use insect repellent

Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. All EPA-registered insect repellents are evaluated for safety and effectiveness.

Help Control Mosquitoes that Spread Dengue, Chikungunya, and Zika Viruses

Aside from being itchy and annoying, the bite of an infected female mosquito (Aedes aegypti or Aedes albopictus) can spread dengue, chikungunya, or Zika viruses. People become infected with dengue, chikungunya, or Zika after being bitten by an infected mosquito.

- Female mosquitoes lay several hundred eggs on the walls of water-filled containers. Eggs stick to containers like glue and remain attached until they are scrubbed off. When water covers the eggs, they hatch and become adults in about a week.
- Adult mosquitoes live inside and outside.
- They prefer to bite during the day.
- A few infected mosquitoes can produce large outbreaks in a community and put your family at risk of becoming sick.

Protect Yourself, Your Family, and Community from Mosquitoes

1. Eliminate standing water in and around your home:
   - Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, pools, bird baths, flower pots, or trash containers. Check inside and outside your home.
   - Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
   - For containers without lids, use wire mesh with holes smaller than an adult mosquito.

2. If you have a septic tank, follow these steps:
   - Repair cracks or gaps.
   - Cover open vent or plumbing pipes. Use wire mesh with holes smaller than an adult mosquito.

3. Keep mosquitoes out of your home:
   - Use screens on windows and doors.
   - Repair holes in screens.
   - Use air conditioning when available.

Put plants in soil, not in water.
Drain water from pools when not in use.
Recycle used tires or keep them protected from use.
Drain & dump any standing water.
Weekly, scrub vases & containers to remove mosquito eggs.
Daytime is most dangerous
Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters. They can also bite at night.

Use insect repellent
It works!
Look for the following active ingredients:
- DEET
- PICARIDIN
- IR3535
- OIL of LEMON EUCALYPTUS (Para-menthane-diol)

Wear protective clothes
Wear long-sleeved shirts and long pants and use insect repellent. For extra protection, treat clothing with permethrin.

Pregnant?
Warning: Zika might be linked to birth defects
There is no vaccine to prevent Zika virus infection

For more information:

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
Tribal Members please submit your resume and a letter of interest to be considered being placed on Health Board.

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

THUNDERBIRD ENTERTAINMENT CENTER, INC. (TEC BOARD)

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

QUALIFICATIONS:
- Must be eligible to obtain a gaming license from the Absentee Shawnee Tribe Gaming Commission and possess experience in gaming operations, business, finance, or law and of the following:

  - Degree in Business Administration, Accounting, Marketing, Law or an equivalent field (Bachelor’s degree or higher);
  - Minimum three (3) years’ experience in business management;
  - Minimum two (2) years’ experience in casino operations; or
  - Knowledge of federal Indian law, the Indian Gaming Regulatory Act, and related statutes and regulations

Please send letters and resume to Secretary John Johnson Office:

2025 South Gordon Cooper Drive
Shawnee, Oklahoma 74801
Email: johnraymond.johnson@astribe.com
March is National Nutrition Month® and the theme this year is “Savor the Flavor of Eating Right.”

Did you know you can make healthy food and beverage choices and limit added sugar, sodium and saturated fat in your diet? One of the best ways to limit added sugar consumed when drinking sweetened beverages is to add your favorite fresh or frozen fruit to water. The most convenient and cost efficient option to add flavor to water is to keep a package of frozen mixed berries in your freezer and add 1-2 cups of the frozen berry mix to a gallon of cold water. Let the water and fruit sit in the refrigerator for a couple hours and then enjoy. If you desire stronger flavor let mixture sit overnight and enjoy the next day.

In addition to sugar, salt is found in many processed foods and per the 2015-2020 Dietary Guidelines sodium needs to be limited to fewer than 2,300 milligrams sodium per day. Ways to limit sodium and still get appealing flavor is to buy frozen and canned products without added salt. Choose fresh meats and cook meals from scratch. Also herbs and spices without salt are great additions to not only your meats and vegetables but can also be added to your drinking water to add a savory flavor.

Lastly additional undesirable calories are consumed when eating foods high in saturated fat. Fat gives food flavor but the key is to choose foods with good fats. Foods containing saturated fat are whole milk, cream, butter and cheese and it is important to limit and avoid these. Unsaturated fats including polyunsaturated and monounsaturated fats are better fats to choose. Examples of unsaturated fats are oils, fish, nuts and seeds. You can still give your food flavor by making healthy fat substitutions. For example substitute fat-free or low fat milk for whole milk, low-fat cheese substituted for regular cheese and oils (i.e. olive oil) for butter. Also choosing lean cuts of meat will help limit your intake of saturated fat. Being creative by making healthy and savory substitutions to limit sugar, sodium and saturated fat intake will be beneficial for your health and managing your weight.
Focus on Safety - Carbon Monoxide Awareness

More than 150 people in the U.S. die every year from accidental nonfire-related CO poisoning.

Carbon monoxide or CO's colorless is a colorless and odorless gas. CO poisoning can occur when a fuel-burning appliance or machine such as a furnace, heater or generator, is not working or vented properly. Breathing in CO at high levels can be fatal.

What can you do to protect your family from the dangers of CO?

Install and maintain CO alarms inside your home to provide early warning of CO. Install CO alarms in a central location outside each separate sleeping area on every level of your home. Use portable generators outdoors in well-ventilated areas away from all doors, windows and vents. Make sure vents for the dryer, furnace, stove and fireplace are clear of snow and other debris. Remove vehicles from the garage immediately after starting.

Heating Fire Safety – Maintain a Fire-Safe home this winter by following these heating tips

Space Heaters – keep anything that can burn such as bedding, clothing and curtains, at least 3 feet away from the heater. Make sure the heater has an automatic shut off so if it tips over, it shuts off. Turn heaters off when you go to bed or leave the room. Plug portable generators directly into the outlets and never into an extension cord or power strip. Only use portable heaters from a recognized testing laboratory

Fireplace – Keep a glass or metal screen in front of the fireplace to prevent embers of sparks jumping out. Do not burn paper in your fireplace. Put the fire out before you go to sleep or leave your home. Put ashes in a metal container with a lid, outside at least 3 feet from your home

Wood Stove – Make sure your wood stove is 3 feet from anything that can burn. Do not burn paper in your wood stove. Put the fire out before you go to sleep or leave your home. Have your chimney inspected and cleaned each year by a professional.

Emergency Management Staffing change

On January 4, Sgt. Scott Wilson of the Tribal Police Department was assigned to Emergency Management as the Co-Emergency Manager by the Governor and Police Chief. This change was made due to budget reductions for the Police Department and Emergency Management. Also, the current Emergency Management Coordinator, Linda Day, will have the additional duties as Police Specialist II at the Tribal Police office. Sgt. Wilson will be attending emergency management training, meetings with local partners and federal agencies, as well as the monthly Intertribal Emergency Managers’ Coalition meetings.

FEMA – Update on disaster declaration for flooding in May 5-June 4, 2015 (FEMA-4222-DR-OK)

On January 27, 2016, FEMA-Region VI Representatives, Ok State Emergency Management Tribal Liaison and Tribal Emergency Management Coordinator met to finalize and close out our requests for reimbursement for this disaster. The Tribe had five projects that were reimbursed totaling $93,400.35. These funds will go back into repairing damages to Building Blocks, Office of Environmental Health, Administration Building 1, Tribal Court Building, and Tribal Store/Restaurant. Asaycia Clayton, Director of Procurement, is to be recognized for all her work with the FEMA Damage Assessment Team. She coordinated all of the inspections with FEMA and reviewed the project worksheets for final approval.

Community Outreach

There are still a few space heaters available to elders and families with small children. If you need a heater, contact Emergency Manager, cell: 740-1562 or the Tribal Police Department at 275-3200, extension 6261.
Applied Suicide Intervention Skills Training

Want your Community, Workplace and/or Family to be suicide safe?
Then come to this Workshop!

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

WHERE: Little Axe Clinic Conference Room

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

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

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

Visit your app store and install the Follow My Health app

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

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

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

New Patient Portal
Absentee Shawnee Tribal Health System
Little Axe Health Center
Shawnee Clinic

Visit your app store and install
the Follow My Health app

for real-time access to your health information
Colorectal Cancer Screening

Basic Fact Sheet

What Is Colorectal Cancer?
Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

It’s the Second Leading Cancer Killer
Colorectal cancer is the second leading cancer killer in the United States, but it doesn’t have to be. If everyone aged 50 years or older had regular screening tests, at least 60% of deaths from this cancer could be avoided. So if you are 50 or older, start getting screened now.

Who Gets Colorectal Cancer?
• Both men and women can get it.
• It is most often found in people 50 or older.
• The risk increases with age.

Are You at High Risk?
Your risk for colorectal cancer may be higher than average if:
• You or a close relative have had colorectal polyps or colorectal cancer.
• You have inflammatory bowel disease.
• You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer.

People at high risk for colorectal cancer may need earlier or more frequent tests than other people. Talk to your doctor about when to begin screening and how often you should be tested.

Screening Saves Lives
If you’re 50 or older, getting a colorectal cancer screening test could save your life. Here’s how:
• Colorectal cancer usually starts from polyps in the colon or rectum. A polyp is a growth that shouldn’t be there.
• Over time, some polyps can turn into cancer.
• Screening tests can find polyps, so they can be removed before they turn into cancer.
• Screening tests also can find colorectal cancer early. When it is found early, the chance of being cured is good.

Colorectal Cancer Can Start With No Symptoms
Precancerous polyps and early-stage colorectal cancer don’t always cause symptoms, especially at first. This means that someone could have polyps or colorectal cancer and not know it. That is why having a screening test is so important.

What Are the Symptoms?
Some people with colorectal polyps or colorectal cancer do have symptoms. They may include:
• Blood in or on your stool (bowel movement).
• Stomach pain, aches, or cramps that don’t go away.
• Losing weight and you don’t know why.

If you have any of these symptoms, talk to your doctor. These symptoms may be caused by something other than cancer. However, the only way to know what is causing them is to see your doctor.

Types of Screening Tests
Several different screening tests can be used to find polyps or colorectal cancer. Each can be used alone. Sometimes they are used in combination with each other. The U.S. Preventive Services Task Force (USPSTF) recommends colorectal cancer screening for men and women aged 50–75 using high-sensitivity fecal occult blood testing (FOBT), sigmoidoscopy, or colonoscopy. Talk to your doctor about which test or tests are right for you. The decision to be screened after age 75 should be made on an individual basis. If you are older than 75, ask your doctor if you should be screened.

• High-Sensitivity FOBT (Stool Test)
There are two types of FOBT: One uses the chemical guaiac to detect blood. The other—a fecal immunochemical test (FIT)—uses antibodies to detect blood in the stool. You receive a test kit from your health care provider. At home, you use a stick or brush to obtain a small amount of stool. You return the test to the doctor or a lab, where stool samples are checked for blood.
How Often: Once a year.

• Flexible Sigmoidoscopy
For this test, the doctor puts a short, thin, flexible, lighted tube into your rectum. The doctor checks for polyps or cancer inside the rectum and lower third of the colon.
How Often: Every five years. When done in combination with a High-Sensitivity FOBT, the FOBT should be done every three years.

• Colonoscopy
This is similar to flexible sigmoidoscopy, except the doctor uses a longer, thin, flexible, lighted tube to check for polyps or cancer inside the rectum and the entire colon. During the test, the doctor can find and remove most polyps and some cancers.
How Often: Every 10 years.

Colonoscopy also is used as a follow-up test if anything unusual is found during one of the other screening tests.

Other Screening Tests in Use or Being Studied
Although these tests are not recommended by the USPSTF, they are used in some settings and other groups may recommend them. Many insurance plans don’t cover these tests, and if anything unusual is found during the test, you likely will need a follow-up colonoscopy.
• Double Contrast Barium Enema—You receive an enema with a liquid called barium, followed by an air enema. The barium and air create an outline around your colon, allowing the doctor to see the outline of your colon on an X-ray.
• Virtual Colonoscopy—Uses X-rays and computers to produce images of the entire colon. The images are displayed on the computer screen.
• Stool DNA Test—You collect an entire bowel movement and send it to a lab to be checked for cancer cells.

Will Insurance or Medicare Pay?
Many insurance plans and Medicare help pay for colorectal cancer screening tests. Check with your plan to find out which tests are covered for you. To find out about Medicare coverage, call 1-800-MEDICARE (1-800-633-4227) or visit www.medicare.gov.

The Bottom Line
If you’re 50 or older, talk with your doctor about getting screened. For more information, visit www.cdc.gov/screenforlife or call 1-800-CDC-INFO (1-800-232-4636). For TTY, call 1-888-232-6348.
TRIBAL MEMBERS:
The Primary Election will be held on Saturday, March 19, 2016. The voting polls will be located at the Little Axe Resource Center on Peebly Road and at the Police Department building on the Tribal Complex in Shawnee, Oklahoma. The polls will be open from 8:00 a.m. to 6:00 p.m. at both locations.

A sample absentee ballot is below and a sample of the primary election ballot is on the next page.

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

ABSENTEE BALLOT REQUEST

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

Name (please print): ___________________________________________________________.
(first)           (middle)           (maiden) (last)
Address:____________________________ City: _______________St: _______Zip:________
CDIB#:______________________                 Date of Birth:_______________________
Signature:____________________________ Date:_______________________________

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

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

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

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

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

ELECTION COMMISSION USE ONLY

Received: _____________________ Approved:____________________ Disapproved: _______________
If Disapproved (reason): _________________________________________________________________
Denial Letter Mailed:____________________________ Ballot Mailed:_____________________________

_______________________________________
Election Commission/Representative
BALLOT

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
PRIMARY ELECTION
MARCH 19, 2016

VOTING INSTRUCTIONS: Cast your vote by placing an [X] or [ ] mark in the box next to the candidate of your choice.

EXECUTIVE COMMITTEE

LT. GOVERNOR
Kenneth Blanchard[ ]
Isaac Gibson, Jr.[ ]
Sherman Tiger[ ]

REPRESENTATIVE
Rick Little Axe, Sr.[ ]
Anthony “Tadpole” Johnson[ ]

TREASURER
Leah Bates[ ]
Scott Miller[ ]
Twila Parker[ ]
Kathy Deere[ ]

ELECTION COMMISSION

Commission Member #1 Mary Birdtail[ ]

REFERENDUM QUESTION

GENERAL COUNCIL MOTION: Should the final amount due to the Absentee Shawnee Tribe of Oklahoma from Ramah Navajo Chapter, et al., v. Jewell NO 90-CV-957 (D.N.M.) be distributed equally, per capita, to each enrolled AST tribal members, as of this date (10-24-15) with any remaining balance not distributable to be put in a Per Capita account to be invested within the tribe investment policy until such time account amounts warrants another distribution, further, all costs of this distribution shall be covered by the tribe and shall not diminish the total amount of the settlement?

YES [ ] NO [ ]
Vote For
TWILA O. ‘LONGHORN’ PARKER
Absentee Shawnee Treasurer

Twila Parker
16963 Topeka Circle
Choctaw, OK  73020

My Goals & Plans

My goal is to establish:

• Strong, fiscal management by developing budgets that are a systematic method of allocating financial, physical, and human resources to achieve strategic goals.
• Budgets are utilized in order to monitor progress toward our goals, help control “out of control” spending, and predict cash flow and profit. Also, documents where all monies are being applied to what services, supplies, and equipment being purchased for what purposes.
• Work on planning by reviving our Strategic Plan which has mapped out Tribal Goals that set priorities, focus energy and resources, strengthen operations; ensure employees understand the common goals and other stakeholders understand and work toward common goals.
• Work with programs that provide services to all members with an emphasis on documenting needs and unmet service needs.

I plan to establish a more systematic and better tracking method of service calls. Prioritizing on calls for help in really extreme weather heat/cold if Elderly, disabled, & families. This will assist in determining what type of program services they will be eligible for such as: Elderly disabled – look at the type of disability programs that might best meet the housing needs and developing a referral resource guide. It could include:

*Emergency food assistance programs in Shawnee area
*DHS services for families in need;
*How to apply for the Sac & Fox Nation Food Distribution program – on Indian reservations individuals get more pounds of fresh food than does the DHS Food Stamp program (SNAP). By establishing a sound ‘fiscal management’ system we can expand Home Repairs

PRESENT TREASURER: Serving term for June 2014 to 2016: Did not follow the Tribes Constitution which states she is to provide accurate amounts to the Executive Committee (EC) at each regular EC meeting. On 08-20-14 the tribe passed E-AS-14-39 Salary Ordinance. On Jan. 26, 2015 Alt. Judge Matt Thomas “ruled in the affirmative on the Dec. 8, 2014 petition 1) Effective date of the Salary Ordinance-Court ruled effective date of the Salary Ordinance as 08-20-14. October General Council told us mailing Financial Reports, none of this date

PREVIOUS TREASURER: Served two terms: June 2010 to 2014. On October 7, 2014 – Case No. CIV-2014-91 - Finley & Cook issued a preliminary audit confirming audit findings with more than $75,000 questionable payments of sick and annual leave being paid out to officials from 2011 to 2014.

I belong to the Absentee Shawnee Color Guard, Secretary of the Little Axe Chamber of Commerce, I have CERT Training Certificate, I have a good credit rating so I’m Bondable.

I ASK FOR YOUR VOTE ON MARCH 19, 2016!
You’ve already voted for the REST in past, NOW VOTE FOR THE BEST!
TWILA PARKER FOR TREASURER!
NOW is the time for you, our Tribal members, to make a difference. How can you do that? Go vote for me, Sherman Tiger, on March 18, 2016. If you elect me to the Office of Representative I commit to moving your concerns forward, to getting answers and to making a difference through my vote on the Committee. I will be at every Executive Committee and General Council meeting that is held. I want to make progress for our tribe and I want to do it ethically and honestly. My track record is solid:

- 30+ years of consistent work history;
- I attend General Council and Executive Committee Meetings;
- I support advancement of our culture and language through various forms of communication;
- I have knowledge and skill at balancing budgets and increasing our revenue.

If elected we can make needed progress on new initiatives and advance educational opportunities for our children and youth by consistently providing:

- Language classes – Elementary through Intermediate;
- Certify our Language Instructors;
- Initiate a Pre-K Language Immersion program within our childcare centers.

If elected we can advance our Communication program efforts to include:

- Live streaming of our Executive Committee Meetings;
- A formal Communications Policy and Procedure that will address social media outlet needs.

If elected we can re-visit the needs of the tribe and do:

- Strategic Planning – including short and long range planning – in the community and with program personnel;
- Promote Fiscal Accountability – get financial reports and clear guidance on what it means to the Tribe;
- Address Economic development – look and evaluate the needs of the tribe and establish priorities – business ventures and development.

If elected I, Sherman Tiger, an enrolled Absentee Shawnee tribal member, of the Big Jim Band will work for you, our tribal people and our tribal communities, to make a lasting difference in a good way, the right way, the Absentee Shawnee way.

Thank you and I hope that you will vote for me, **Sherman Tiger**, on March 19, 2016 so that our journey can begin!
Thank you for the confidence and support for allowing me to serve you as the Tribal Representative in the current administration.

As former Governor and Lt. Governor of the Absentee Shawnee Tribe, I have the knowledge and experience to provide professional leadership and improve services that impact each of you as a tribal member.

We need to develop a short and long range plan for our future with sound economic development that will provide programs and services that will have a direct effect on you and your families now and in the future. We cannot provide these things without revenue.

We have several parcels of real estate that with proper planning can be developed to generate the needed income. During my term as Representative, I was successful in leasing out property that set idle for the past few years like the Tecumseh Square property.

We need to plan on developing programs to possibly provide services to members outside the service area.

We need to evaluate the educational needs for our youth. Their future depends on what opportunities we provide for them now.

We need to implement policies so all tribal members would be served equally to meet their need.

With my experience in tribal government and as Lt. Governor will allow me to be more responsive to your assistance.

Please consider these things before you cast your vote. Do not be misled by political PROMISES.

I AM ASKING FOR YOUR VOTE
MARCH 19, 2016

KENNETH BLANCHARD FOR THE OFFICE OF LT. GOVERNOR

"Treasure wisdom, and it will make you great; hold on to it, and it will bring you honor." Proverbs 4:8 NCV

Pledge to Tribal Members

First of all: I served as AST Treasurer from July 2010 - June 2014...

FUTURE GOAL: See that tribal members get reports of all monies received and expenditures of operations of tribal business & businesses owned & operated by the tribe. Inform tribal members of all grants, dollars received for each program, and beginning and ending dates. You, as tribal members need to be informed.

I pledge to report in newsletter, website, and general council packets.
I pledge to represent and serve you as your treasurer and caretaker of your monies. If you elect me to do so, I will provide any and all legal information to you that I can without harm or violation.
I pledge to uphold my duties according to our constitution, ARTICLE XIII-Duties of Officers, Section 4. The Treasurer shall be custodian of all monies....

Accomplishments Past & Present:
Served fours years as Treasurer from July 2010 to June 2014. Monthly reports of activities in newsletter, website information and Financial reports in the General Council books semi-annually. Attended Monthly executive committee, community, and GC mts. CURRENTLY: Serving as Clerk for the Cleveland County Elections; Treasurer for Cornerstone Indian Baptist Church and AST Elders’ Council; member of the Little Axe Booster Club; and on list for Substitute teaching at Little Axe Schools for Middle And High School. Attend the LSWN/ASTHS Health Board Monthly and EC meetings regularly. Members need to be informed of financial accountability in areas of our Tribe. Such as grants federal funding of grants, budgeting for departments, revenue building for economic development, investments, and strategic planning for the future generations. We have a total membership of 4, 163., as of January 5, 2016.

I AM ASKING FOR YOUR VOTE
MARCH 19, 2016

KENNETH BLANCHARD FOR THE OFFICE OF LT. GOVERNOR

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I AM ASKING FOR YOUR VOTE
MARCH 19, 2016

KENNETH BLANCHARD FOR THE OFFICE OF LT. GOVERNOR

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Dear Fellow Tribal Members,

This is an extremely important election, as it will determine the positive or negative direction of our tribal treasury. We are facing several issues affecting our financial well-being, such as limited tribal gaming tax; lack of diverse businesses; and potential cuts to federal funding. Each of these issues affect programs and services which are currently provided to tribal members. As a previous Executive Committee member, I will not have to spend valuable time learning the tribe's financial system. I already understand our tribal constitution; how our tribe's finances work; the process in which federal funds are distributed; and federal regulations.

My purpose for candidacy is:

➢ Report the tribe's finance in accordance with the constitution
➢ Provide monthly financial reports at Executive Committee meetings
➢ Create an annual financial report to send to tribal members
➢ Ensure income generating programs are maximizing their revenue opportunities
➢ Continue the fight for our share of federal funding
➢ Pursue funding opportunities with other federal agencies
➢ Create a financial plan for the tribe's contract support cost settlement award
➢ Purchase land, make sound investments, reserve funds for program use
➢ Protect our tribal finances
➢ Update internal accounting policies to reflect changes in regulations
➢ Update the tribe’s financial internal controls to prevent misuse of funds
➢ Advocate for sound, legitimate business investments
➢ Seek legitimate business partners
➢ Focus on the big picture for the tribe
➢ Help bring the Executive Committee back together to work on projects with positive results for the tribe
➢ Help create a positive environment where you can be proud of the tribe

These are a few areas among many I plan to address when taking office. Results from the work addressing these areas may not be realized immediately, but over several months. With your support, I can begin the process of improving our tribe’s financial outlook.

Ne yi wa (Thank you) for your support!
### March

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CLASSES</strong></td>
<td><strong>CLASSES</strong></td>
<td><strong>CLASSES</strong></td>
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<td><strong>CLASSES</strong></td>
</tr>
<tr>
<td>Zumba Fitness</td>
<td>Circuit Training</td>
<td>Cardio Kickboxing</td>
<td>Circuit Training</td>
<td>Zumba Fitness</td>
</tr>
<tr>
<td>6:15 a.m.-7:00 a.m.</td>
<td>6:15 a.m.-7:00 a.m.</td>
<td>6:15 a.m.-7:00 a.m.</td>
<td>6:15 a.m.-7:00 a.m.</td>
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<td>Little Axe Resource Center</td>
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<td>Little Axe Resource Center</td>
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</table>

<table>
<thead>
<tr>
<th>Chair Exercise for Elders</th>
<th>Low-Impact Chair Strength Training</th>
<th>Strength and Tone</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:00 p.m.-12:30 p.m.</td>
<td>12:00 p.m.-12:45 p.m.</td>
<td>2:30 p.m.-3:15 p.m.</td>
</tr>
<tr>
<td>Buster Bread</td>
<td>Buster Bread</td>
<td>Buster Bread</td>
</tr>
<tr>
<td>Little Axe Resource Center</td>
<td>LITTLE AXE HEALTH FACILITY</td>
<td>LITTLE AXE HEALTH FACILITY</td>
</tr>
</tbody>
</table>

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

“**Chair Strength**” - A modifiable and low-impact strength training system for all fitness levels and ages using resistance bands, weights, and other apparatus to improve muscular strength and endurance.

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

“**Chair Exercise for Elders**” - Low impact strength training for elders for utilizing a chair.

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

“**Strength/Tone**” - Strength training combined with a circuit format aimed at improving general strength and mobility.

**Absentee Shawnee Fitness**

**Diabetes and Wellness**
**Did You Know.....**

Any name changes that may occur (i.e. marriage, divorce, etc.) need to be updated through enrollment, BEFORE any new registrations or renewals can be processed.

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**How to Get a Tag**

**NEW MOTOR VEHICLE REGISTRATION**

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

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

**REGISTRATION RENEWAL**

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

**RENEWING IN PERSON:**

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

**RENEWING BY MAIL:**

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

**TAG PRICE GUIDE**

Excise tax = Actual Purchase Price x 1.25%

**NEW MOTOR VEHICLE REGISTRATIONS**

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

**RENEWALS**

Years Tagged + Admin. Fee = TAG PRICE

**VEHICLE REGISTRATION TAX SCHEDULE**

<table>
<thead>
<tr>
<th>Years Tagged</th>
<th>Tax Imposed</th>
<th>Administration Fee</th>
<th>Total Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st through 4th year</td>
<td>$80.00</td>
<td>$5.00</td>
<td>$85.00</td>
</tr>
<tr>
<td>5th through 8th year</td>
<td>$70.00</td>
<td>$5.00</td>
<td>$75.00</td>
</tr>
<tr>
<td>9th through 12th year</td>
<td>$50.00</td>
<td>$5.00</td>
<td>$55.00</td>
</tr>
<tr>
<td>13th through 16th year</td>
<td>$30.00</td>
<td>$5.00</td>
<td>$35.00</td>
</tr>
<tr>
<td>17th year and over</td>
<td>$10.00</td>
<td>$5.00</td>
<td>$15.00</td>
</tr>
</tbody>
</table>

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

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

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

**Services we can provide:**

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

**Qualifications:**

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

**COUNTIES served by ITOVR**

- Kay
- Noble
- Pawnee
- Payne
- Pottawatomie
- Lincoln
- Logan

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**Iowa Tribe of Oklahoma**

**Vocational Rehabilitation**

P.O. Box 728  
Perkins, OK 74059

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

"See the Person, Not the Disability"

Find us on the Web: www.bahkhoje.com
ABSENTEE SHAWNEE
Diabetes and Wellness Program
EASTER EGG RUN

Saturday, April 2nd, 2016
Little Axe Health Center

Walk begins at 8:00 a.m.
Preregistration 8:00 a.m.
Run begins at 9:00 a.m.

For more information or questions, please contact The AST Diabetes and Wellness Fitness Program at 405-364-7298

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Get the Party Started!

You can earn 10, 15, 20 percent or more in FREE† Mary Kay® products.
†Based on the actual sales total and the number of bookings from your event to use toward your choice of Mary Kay® products.

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

Get a $40 gift of beauty.
A good buy gets every woman’s attention, especially when she can get $75* in the Mary Kay® products she loves for just $35 when she hosts a party.
*Suggested retail

Give the gift of girl time.
Pamper your friends with the feel-good fun of a Mary Kay® party.

It’s all about you!
• Enjoy the personal attention.
• Receive a one-on-one consultation.
• Get skin care recommendations.

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

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METROPOLITAN LIBRARY SYSTEM PRESENTS:
Family Craft Night

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

Every 3rd Thursday of the month @ 6:30p

Del City Library
4009 SE 15th | 405-722-1377
www.metallibrary.org

March 19: Dr. Seuss Crafts
April 16: Rainy Day Crafts
May 21: Percussion Instruments
June 18: Summer Fun in the Car
July 16: Crafts that Blast Off
August 20: Back to School Crafts
September 17: Pirate Crafts
October 15: Spooky Crafts
November 19: Squawking Turkey Crafts
December 17: Winter Wonderland Crafts
The following are current programs administered by the Absentee Shawnee Tribe Education Department:

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

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

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

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

- **Higher Education**: 
  - **Education Incentive Award Program**: funds for undergraduate degrees, one associate or bachelor degree, at any accredited college or university. Funding levels are determined based upon grade point average and full-time or part-time status.
  - **Graduate Scholarship Program**: funds for one master’s degree or one doctoral degree, and can fund one graduate admissions test. This program has funding levels based upon full-time and part-time status.
  - **Big Jim Youth Award Program**: annual incentive for High School Seniors for Academic Achievement and Athlete of the Year. Deadline for application submission is March 31st of each year.

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

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

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

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

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

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

**UNFORTUNATELY, WE CAN ONLY ACCEPT ONE PICTURE PER BIRTHDAY PERSON, NOT PER BIRTHDAY WISH.**
Native American youth are facing a crisis. These children are being removed from their homes and placed into the child welfare system at rates much higher than any other population. Native American children are often placed in homes outside of their families, tribes, and Native American culture and all this contributes to significant social problems. The story of Native American people is a complicated one marked by significant trauma and atrocities. Often times this trauma consisted of the removal of abuse which happened to these young and vulnerable children in many of these schools resulted in overwhelming intergenerational trauma and unresolved grief. This trauma which interrupted the ability to parent has led directly to the most current social problems that plague Native American communities today including alcohol/drug abuse, domestic violence, child abuse, sexual abuse and parenting deficiencies. All of these problems have contributed to the break-down of the family unit, leading to the removal of large numbers of Native American youth from their families. The journey of healing and breaking the cycles which have been put in place by the historical trauma experienced by generations of Native Americans requires that the cultural identity for so long denied to these children be returned. Native American youth have two distinct influences, that of their family of origin and that of their caregivers. Absentee Shawnee Tribal Foster Care is in need of homes for children that are in our child welfare system. Your participation in being a foster parent helps to ensure that these children have positive connections to their culture. This interaction helps these children nurture a positive sense of identification as a Native American. By being willing to do this, you can be a valuable part of the healing journey that will help strengthen this next generation of Absentee Shawnee children; in turn, helping those children become the parents that their children will need them to be. Our children are our future, what will we have our future be? Our Tribal Foster Care is in need of homes for children that are in our child welfare system. Your participation in being a foster parent helps to ensure that these children have positive connections to their culture. This interaction helps these children nurture a positive sense of identification as a Native American. By being willing to do this, you can be a valuable part of the healing journey that will help strengthen this next generation of Absentee Shawnee children; in turn, helping those children become the parents that their children will need them to be. Our children are our future, what will we have our future be? Our children are our future, what will we have our future be?

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

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

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

Some aspects of this relationship include the following:

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

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

Foster Care Payments are as follows:

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

IN ORDER TO RECEIVE PAYMENT, ALL THE ABOVE MUST BE MET AND TURNOVER TO THE STATE. ONCE PROCESSED STATE PAYMENT WILL BE ISSUED.

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