



THE

ABSENTEE SHAWNEE NEWS

PO SE QE KE SE FE WA
half-way month to summer

LI SI WI NWI

"Among the Shawnee"

March 2019

• www.astribc.com

• Volume 30, No. 03

A Meeting of Nations

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Edwina Butler-Wolfe, Absentee Shawnee Tribe Governor, meets with Sir Kim Darroh, British Ambassador to the United States, at the Gilcrease Museum in Tulsa, Oklahoma



On Wednesday February 6, 2019, Tribal leaders attended a meeting with British Ambassador to the United States Sir Kim Darroh at the Gilcrease Museum in Tulsa, Oklahoma. Ambassador Darroh was in Oklahoma for a very brief visit, but made it a priority to visit with Tribal Nations to learn more about Tribe and the Nations of Native Americans in Oklahoma.

Ambassador Darroh served as the Prime Minister's National Security Advisor from January 2012 to September 2015. While acting as the Secretary of the National Security Council, Ambassador Darroh lead the National Security Team on issues like the rise of Daesh in Iraq and Syria; Russian aggression in the

Ukraine; the nuclear threat from Iran; and the collapse of governmental authority in Libya.

Tribal leaders were given an opportunity to speak about their respective Tribes including the history and current operation of government. While talking about our tribe, I informed Ambassador Darroh that the Shawnee's greatest warrior, Tecumseh, fight with the British in the War of 1812. This is an important part of U.S. and British history, as Tecumseh's effort was to prevent the westward encroachment of white set-

tlers in to tribal lands. Unfortunately Tecumseh is more revered outside of the United States.

Tribal leaders in attendance were: Governor Edwina Butler-Wolfe, Absentee Shawnee Tribe; Chairwoman Tamara Fourkiller, Cadco Nation; Chairman John Barrett, Citizen Potawatomi Nation; Chief Bill John Baker, Cherokee Nation; Governor Reggie Wassana and Lt. Governor Gilbert Miles, Cheyenne & Arapaho Tribes; Designee Neal McCaleb, Chickasaw Nation; Designee Judy Allen, Choctaw Nation; Chief

Glenna Wallace, Eastern Shawnee Tribe; Chairwoman Lynn Williams, Kaw Nation; Designee Bake Follis, Modoc Tribe; Chief James Floyd, Muscogee (Creek) Nation; Chief Greg Harper, Peoria Tribe; Business Committee Member Kinsel Lieb, Ponca Nation; Chief Greg Chilcoat, Seminole Nation; Chief Ron Sparkman, Shawnee Tribe; Vice President Patrick Waldroup, Tonkawa Tribe; and Chief Joe Bunch, United Keetowah Band of Cherokee Indians.

FROM THE ELECTION COMMISSION:

Tribal Members: The Primary Election will be held on Saturday, March 16, 2019. The voting polls will be located at the Little Axe Resource Center (1970 156th Ave NE, Norman, OK) and at the AST Health Multipurpose Building at the Tribal Complex (2025 S. Gordon Cooper Drive, Shawnee, OK). The polls will be open from 8:00 a.m. to 6:00 p.m. at both locations.

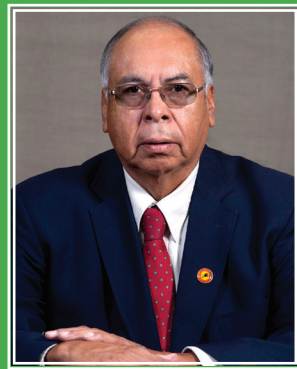
General Council Meeting

April 20th • Shawnee, OK
AST Health
Multi-purpose Building
10:00 A.M

EXECUTIVE COMMITTEE



Edwina Butler-Wolfe
Governor



Kenneth Blanchard
Lt. Governor



John Johnson
Secretary



Phillip Ellis
Treasurer



Atheda Fletcher
Representative

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

Governor's Report

By AST Governor Edwina Butler-Wolfe
405 275-4030, Ext: 6308
405 481-0397 Cell Number (tribal)

Hello Fellow Tribal Members,

I hope everyone is staying well as the flu and other illnesses are hitting the community hard. I want to get started by thanking everyone who attended the Community Meeting on January 26, 2019 at the Multi-Purpose Building on the Absentee Shawnee Tribal Complex. It was nice to see everyone that attended the community meeting and listening to questions and concerns. I know there are some in the community that take issue with ideas or projects the Executive Committee or an individual Executive Committee member is working on. But rest assured whether popular or not, these ideas or projects are thought of to improve the Tribe.

I want to address a question that was directed to me at the Community Meeting about a medical marijuana license for the Tribe. The question was, "Did the Attorney General tell me not to submit for a medical marijuana license?" The answer is no. The Attorney General indicated that there is no law prohibiting a Tribe from applying for a medical marijuana license, but federal law classifies marijuana as a Class I drug and restricts tribes from production and dispensing.

During one of our weekly informal Executive Committee meetings in August 2018, the 5 elected officials had discussions whether to submit for medical marijuana license. After that discussion, the conclusion was to go ahead and submit for a medical marijuana license, all of us agreed. Our hope was that it would not be long before federal law changes to allow Tribes to enter in the medical marijuana industry. At the time, H.R. 6043 (STATES Act) was introduced in Congress to amend the Controlled Substance Act that would allow Tribes to produce and dispense medical marijuana in states where it is permitted. When this bill or similar a bill is passed in Congress, the Tribe will be ready to start a business. The State of Oklahoma started taking applications on August 25, 2018. The licensing process for the Absentee Shawnee Tribe was started on August 25, 2018 and finished on the 28th of August as I stated in the October 2018 AST Newsletter. The fee for submission was \$2,500.00. The address submitted in the application is 40220 Benson Park Road, Shawnee, Ok 74801, on the NW corner of Benson Park Road and Highway 177, the old Lillard Pipe property and the business name is Absentee Shawnee Tribe. To date, the Tribe has not received

approval for a medical marijuana license from the state.

There is nothing wrong with the Tribe being ready for when the federal law changes. This could be an economic boost to the Tribe, especially since we do not have but one other tribal business, the Tribal Store and the ice machine, outside of Thunderbird Casinos. I have never put the tribe in jeopardy, and I am not about to do so now. I will always protect the Tribe from harm.

Oklahoma Indian Gaming Association (OIGA)

Oklahoma Indian Gaming Association was established in 1986, non-profit organization of Indian Nations with other non-voting associate members representing organizations, tribes, and businesses engaged in tribal gaming enterprises from around Oklahoma. The common commitment and purpose of OIGA is to advance the welfare of Indian peoples economically, socially and politically.

OIGA shared number figures of what Gaming contributed to the State of Oklahoma. Oklahoma's Tribal Gaming industry's output (value of sales) is \$9,586,889,121.

- Jobs that was created of full time equivalents, is 74,723.
- Wages, measured as salaries, wages, bonuses, tis and benefits are \$4,294,196,195.
- Oklahoma's Tribal Gaming Industry has been responsible for tax revenue and revenue share payments (revenue share payments consist of agreed upon gaming-related payments by tribes to federal, state, and local governments.) in the amount of \$1,635,473,017.
- Oklahoma has the second largest Native American population in the United States, behind California. According to the 2010 Census, 482,760 Oklahomans identified as Native American alone or in combination with other races.
- Meeting was held on January 28, 2019 at the Oklahoma Judicial Center, Oklahoma City, Oklahoma.

British Ambassador Sir Kim Darroch

On February 6, 2019 I was invited to meet with the Ambassador at the Gilcrease Museum, Tulsa, Oklahoma along with Tribal Leaders from other Tribes. The Ambassador made this meeting his high priority to meet to gain more understanding of Tribes. Tribal leaders were given an opportunity to speak about their respective Tribes including the history and current operation of government. While talking about our tribe, I informed Ambassador Darroch that the Shawnee's greatest warrior, Tecumseh, fight with the British in the Ware of 1812. This is an important part of U.S. and British history, as Tecumseh's effort was to prevent the westward encroachment of white settlers in to tribal lands. Unfortunately Tecumseh is more revered outside of the United States.

The Ambassador Darroch served as the Prime Minister's National Secu-

city Advisor from January 2012 to September 201. While acting as the Secretary of the National Security Council, Ambassador Darroch lead the National Security Team on issues like the rise of Daesh in Iraq and Syria; Russian aggression in the Ukraine; the nuclear threat from Iran; and the collapse of governmental authority in Libya.

Title VI – Indian Education – Shawnee Indian Education Parent Committee Meeting

The Shawnee Public Schools Indian Education Parent Committee held a meeting where graduation stoles were part of the discussion. The Parent Committee and those in attendance agreed graduating Indian students should be given a stole and allowed to wear it at graduation. In the past, there has been reluctance from the Shawnee Public School Administration to allow our Indian students to wear a graduation stole from their respected Tribe. Tribal leaders and Tribal Education Directors will be working with the Parent Committee to resolve this issue with the school’s administration. It is my understanding the Parent Committee approached the Shawnee Public Schools’ Superintendent to talk about Indian students wearing stoles at graduation, but the Parent Committee was directed to other administration personnel. This kind of action is disturbing and disrespectful, showing that our Native children may not be getting a fair opportunity for a quality education and are being treated in a negative manner. If Indian parents were brushed off in a disrespectful manner, then my instincts may be right about how Indian children are treated in the Shawnee School System. Students identifying with their Tribe while in school should be encouraged not discouraged. Oklahoma has 39 federally recognized Tribes and our Indian students should be able to wear stoles from their respective tribes, feathers, or anything that makes them proud to be Native American.

The Absentee Shawnee Tribe has 11 seniors graduating from Shawnee Public Schools in May. This is the highest number of Absentee Shawnee graduating seniors at one school since I have been in office. Education Director Tresha Spoon and I will be ordering stoles and honoring all enrolled Absentee Shawnee high school graduating seniors. Please contact Tresha Spoon regarding the graduation stoles. We are proud of our students and wish them well in the future!

Governor’s Meeting January and February

January	
17th	9:00 am United Indian Nations of Oklahoma, Kansas and Texas held at the AST Complex.
18th	9:00 am CTSA Board Meeting at AST Complex
20th	10:00 am Charter School Meeting AST Complex
21st	AST Complex Closed Martin Luther King Day
22nd	9:00 am Directors Meeting Directors attended: Media, ICW, Domestic Violence, Building Blocks II, Social Services, OEH, Human Resource, Court, Thunderbird Casino, Police, Cultural Preservation, Education, CCDF/After School, Enrollment , Absentee Shawnee Housing, Health, Maintenance, Gaming Commission. 1:30 pm Meeting with Daniel Shaughnessy, City of Shawnee local TV
23rd	10:00 am meeting with City Manager of Shawnee 2:00 pm interview for a tribal judge
24th	10:00 am Little Axe School Meeting- Blake Goodman 6:00 pm Tinker Induction Ceremony Commanders Program
26th	10:00 am Community Meeting AST Complex
28th	9:00 am Weekly Executive Meeting 1:00 pm Oklahoma Indian Gaming Association Meeting –OKC 5:30 pm TEC Board Meeting, Thunderbird Casino, Norman, Oklahoma
31st	Governor Office celebrated Glenna Jones, Governor Assistant, 59th Wedding Anniversary 6:30 pm Shawnee Indian Education Parent Meeting at Shawnee High School



Absentee Shawnee Tribe Governor Edwina Butler-Wolfe and Dale High School Senior Devon Voyles



Absentee Shawnee Tribe Governor Edwina Butler-Wolfe attends a Tribal Police special training session provided by Oklahoma Bureau of Narcotics and Dangerous Drugs and the United States Marshals Service.

February

4th	9:00 am Weekly Executive Committee Meeting 11:45 am Attended the State of the State Address at the State Capital
5th	9:00 am 4th Annual Indian Education Legislative Day, State Capital
6th	10:30 am British Ambassador Sir Kim Darroch meeting at the Gilcrease Museum, Tulsa
7th	10:00 am AllNations Bank Meeting
8th	10:00 am Ground Breaking at Gordon Cooper Vo-Tech for the Public Safety Building
11th	9:00 am Weekly Executive Committee Meeting 10:30 am through 5:00 pm I took personal leave 5:45 pm Absentee Shawnee Tribal Student Devon Voyles honored at Dale High School with Academic Leather Jacket
12th	8:30 am AG’s Meeting with Executive Committee 9:30 am CTSA Ground Breaking for new buildings 2:00 pm Census Meeting attending meeting Bruce Longhorn
13th	Directors evaluations for oversight directors
16th	10:00 am Elders Meeting, Little Axe
18th	AST Complex Closed for Presidents Day
19th	9:00 am Area Law Enforcement Training at the AST Complex 12:00 pm due to the inclement weather Tribal Office closed at noon.

Expressions:
For those families who may have lost a loved one this month, I offer my sincere condolences to you and your family on your loss.

Conclusion:
I appreciate Tribal Members that have come by my office or called with their concerns. My door is open unless I am in a meeting or attending a meeting elsewhere. My office is not behind locked doors.

Help me make a difference and stand beside me and let us Build for the Future (BFF)

Lt. Governor Report

By Kenneth Blanchard
AST Lt. Governor

Good Morning! I would like to send my condolences to the families who have lost a loved one.

I hope all Tribal Members are taking precautions from the flu. Washing hands, wiping down door knobs, furniture, etc. with Clorox wipes, over all disinfecting the household.

On February 16, 2019 Representative Fletcher followed through with the selling of the cattle and the unknown whereabouts of two donkeys and one shetland pony that were donated to the Tribe. With the assistance of Treasurer Ellis and his procurement staff, Representative Fletcher went against the Legislative Resolution No. L-AS-2019-63, which the vote was Lt. Governor Blanchard: Abstain, Secretary Johnson: Yes, Treasurer Ellis: Yes, Representative Fletcher: Yes and Governor Butler-Wolfe’s vote, if required, NA.

The following clauses stated in the resolution, which were not followed as voted on by the Secretary, Treasurer and Representative, are the following:

BE IT FURTHER RESOLVED, that the Executive Committee of the Absentee Shawnee Tribe of Indians of Oklahoma authorizes **the Lieutenant Governor** to take all steps and execute all documents necessary to effectuate the intent of this agreement.

BE IT FURTHER RESOLVED, that the authorities granted by this resolution shall remain in full force and effect unless revoked by a subsequent resolution duly enacted by the Executive Committee of the Absentee Shawnee Tribe of Indians of Oklahoma


The Executive Committee as a full body has yet to see the agreement/ contract between Representative Fletcher and Daniel Morse, sales receipt or check amount made on the sale of the cattle. The donkeys or shetland pony was not mentioned in the Resolution No. L-AS-2019-63 therefore should have remained with the Tribe.

As the Lt. Governor and having knowledge of raising cattle, myself and GF staff had a plan in place to sell the cattle by May 31, 2019 which is the deadline stated in the Resolution. There will be no more mention of the cattle from the Lt. Governor’s Department, if you have any concerns or questions direct them to Representative Fletcher.

There was a total of 23 Tribal Members requesting Tribal Housing Assistance, as of February 25, 2019 at a total cost of \$11,196.33 used of the GF allocated for Maintenance and Repairs of Tribal Housing.

Pest Control the total of 36 Tribal Members assisted at the cost of \$3,000.00 of Sponsored Programs.

Kevin Kaseca, Director of IDC Maintenance has completed 65 on campus work orders, has six pending projects: New ceiling grid and tiles replaced in hallways of bldg. 1, new bathroom partitions in bldg. 2, painting Enrollment offices, maintain flower beds on complex, fix leak in front of All Nations Bank and Maintenance office remodeling. And has three completed projects: new MIS Office, new grid and tile in hallway of the Police Dept. and AST Complex lawn fertilized.



VOTE

MARCH 16TH

Little Axe Resource Center

1970 156th Ave NE • Norman, OK

AST Health Multipurpose Building - Tribal Complex

2025 S. Gordon Cooper Dr. • Shawnee, OK

8:00 a.m. to 6:00 p.m.

Treasurer Report

By Phillip Ellis
AST Treasurer

Cattle Update



I applaud Rep. Fletcher for taking action on behalf of the membership’s wish for the sale for the cattle. Many of our cattle were malnourished and it was clear that appropriate care was not provided to our herds in both locations. In fact, multiple cows (7 head) died the 2 weeks prior to the cattle sale. The tally of cattle that were sent to be sold is as follows:

<u>Earlsboro Cattle</u>		<u>Little Axe Cattle</u>	
81	Cows	21	Cows
2	Bulls	1	Bull
53	Calves	14	Calves
136	TOTAL	36	TOTAL
172	TOTAL Sent to Stock Yards		

The revenue generated and deposited into our general fund from the cattle sale was: \$80,628.13. A tribal member (Sloat) stated there were 7 cows that belonged to him. The total revenue received by Absentee Shawnee Tribe (AST) from the Sloat cattle sale has yet to be finalized.

C-Store Audit

I’m wrapping up the Proof of Loss form and will be submitting it to our bonding company within days. I’ve had a number of conversations with the bonding company over what went on during the year in question; 2016. To be honest with the membership, it’s my opinion that we may not be able to recoup losses based on the facts and circumstances surrounding the decisions and actions that were allowed to occur during the year that year. I have discussed with the EC as what I am writing you. Be assured, we are discussing a number of alternatives in this matter. Moreover, the FBI investigation is still ongoing. I will keep you informed on these matters.

Minor’s Trust

Upon assuming office and restarting the AST Investment Committee, I discovered that the Minor’s Trust was not set up as promised and that all dollars allocated for the Minor’s Trust Per Cap had been kept in our general fund. As of Feb. 2019, the amount allocated for our minor’s trust is \$455,103.94. The dollars allocated to our minors must be safeguarded, invested, and secured in a manner

that draws a reasonable a reasonable amount of interest possible. Information on the minor’s funds should also be proactively provided to our minor’s and their parents/guardians. Moreover, by not separating those minor’s funds, it gives an inaccurate amount for general fund uses.

I have met with multiple companies that provide minor’s trust services and have selected Alliance Benefit Group Southwest LLC to set up the AST Minor’s Trust and be the record keeper of the trust. Passed by resolution on February 20th, ABG Southwest LLC will provide the following:

- Set up AST Minor’s Trust;
- Maintain records of the accounts established by AST for each member under the Program;
- Will facilitate communications with Minor Members eligible for such distributions, a minimum of three months prior to their eligible distribution date;
- Will additionally maintain a 1-800 phone line, and respond as needed to requests for information from Minor Members and their parents/guardians;
- Will transmit to the Tribe and members annually, or at such other intervals as shall be mutually agreed upon, individual member statements showing the status of the account of each member as of the date of the statement;

OILS Meeting Update



On Jan. 30th, we held the first quarterly Wills & Trusts meeting with Oklahoma Indian Legal Services (OILS). The primary purpose and information discussed was wills and the probate process. However, other important topics emerged from that meeting and were covered to include:

- Trust Indian Land Issues (Right of Ways, Mineral & Grazing Leases, Probates)
- Emergency Financial First Aid Kit
- Indian Child Welfare Act (Adoptions, Guardianships, Representing parents in District Court)

- Tribal Housing Issues
- Elder Issues (Powers of Attorney and Advance Directives)
- Criminal Defense in Tribal Courts
- Expungements
- Disaster preparedness checklist

I highly encourage tribal members to attend one of these OILS educational meeting. I would also encourage all Tribal Programs and Directors to allow tribal member employees to attend one of these quarterly meetings. The information provided and discussions that evolve from those meeting cover a great deal of practical knowledge and important information. The next 3 dates and meeting locations are as follows:

<u>OILS Presentation Dates</u>	<u>Locations</u>
Wed., April 24th (10am – 12pm)	Little Axe Health Center Conf. Room
Wed., July 31st (10am – 12pm)	Shawnee Multi-Purpose Building
Wed., Oct. 30th (10am – 12pm)	Little Axe Health Center Conf. Room

Lunch is provided by the Office of the Treasurer.

BIA/Self-Governance

Over the past few months, I have arrived at the opinion that our BIA/Self-governance department has been operating with minimal oversight and has provided even less operational results. The roads project list that was approved by resolution in December 2018 was not even submitted to the BIA. Up until this past fall, the EC didn't even know the exact amount of BIA carryover funds. We cannot allow such an important department critical to the Tribe success to operate without accountability or transparency. To quote the late Supreme Court justice Louis Brandeis famous statement back in 1913 "Sunlight is said to be the best of disinfectants" — I would like to bring accountability and transparency back to our BIA/Self-Governance department. In February I submitted a resolution to move the BIA / Self Governance office under the oversight of the Office of the Treasurer; my submission was refused. I had hopes of ensuring that proper oversight would be provided and that the department operated with accountability. In my opinion, our Tribe's departments operate to benefit the Tribe and our members. If this resolution ever gets put on the EC agenda and is approved, I will drive action in that department which will benefit the Tribe and its members.

OK Tribal Finance Consortium

On January 17th and 18th I attended the OK Tribal Finance Consortium which was hosted by the Choctaw Nation in Durant, OK. The consortium meeting included tribal treasurers and finance leaders representing the 38 federally recognized tribes residing in Oklahoma. I serve as a board member of the OK Tribal Finance Consortium along with other tribal treasurers and tribal finance leaders. From the Jan. meeting, I keyed in on a few areas of interest that I will further research to see how they may benefit our tribe and our members. They are as follows:

- Fraud Prevention & Cybersecurity; Trends & Best Practices
 - o Minimize fraud and cyber risk
- Public Law 102-477 (Grant Funding Consolidation)
 - o Maximize grant funding; reallocate resources to benefit tribal members
- Native American Economic Impact Study
 - o Economic impact study that shows what AST provides in our communities
- Financial Literacy in Indian Country
 - o Best practices for starting out bank accounts for minors; budgeting education for tribal members

**Representative's Report**

Atheda Fletcher

Work PH: 405-275-4030 Ext. 6239

Cell PH: 405-287-5247

afletcher@astribe.com

Greetings Tribal Members:

The US government shutdown is over!! I begin every day with a smile, with hope and with expectations for progress. Every day I restate my goals and pledge to be open to new ideas and opportunities for achieving goals that will help our tribe. My outlook for our tribe is positive, and I strongly feel that we have the opportunity in the upcoming months to introduce ideas and changes that will grow our tribal initiatives. With that said, I will provide a summary for events and/or activities that I have participated in since my last report.

Human Resources

The HR Director, Elizabeth Snow, will provide a detailed report for the Human Resources Department.

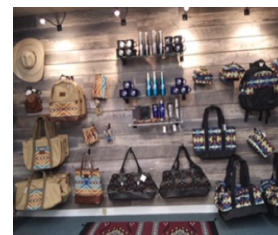
Cultural Preservation

CP Activities--The CP staff held the first of the two scheduled beading classes. Deidre Yarbrough is the teacher for the beading classes and she was assisted by Michelle Harjo. We are so fortunate to have talented tribal members who offer their unique services that we can provide our tribal members. Thank you Deidre and Michelle! There was great support for this event with 39 attendees. Light food fare was provided and the class began their project on techniques and work to produce beaded earrings. The next class was rescheduled for a later date and a different location than originally planned. Class 2 was held on February 28, 2019, 6:00 PM, at the Resource Center in Little Axe.

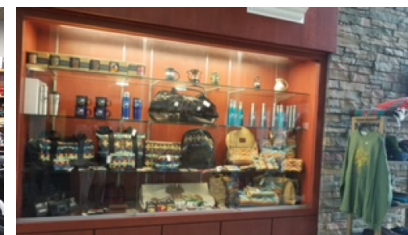
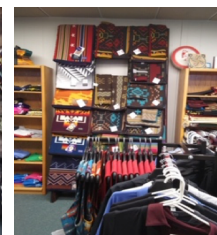
Programs that are developed in partnership with youth are of high priority with cultural preservation. Cultural preservation is striving to have a greater impact with our Native American Youth in our community. Involving youth increases the likelihood that our culture and heritage will become a part of their everyday lives and promote the protection of our culture for the future. The CP staff is reaching out to the surrounding schools to partner with each to work with the Native American Clubs. Our goal is to work with youth to create stewardship, ownership, respect, sense of pride for our tribe and bring topics of interest to the youth. We want our youth to know about opportunities with the Forest Service, know about the remarkable Absentee Shawnee Tribe and more. Our youth will be future leaders within our tribe as well as our communities. So, as we move through the year, we are hopeful that we can engage and be a partner with our local educational entities.

Gift Shop— Year-end results show an increase in sales from \$47K in 2017 up to \$53K at year-end 2018. Expenses also increased in 2018 due to the need to purchase more merchandise to stock two separate locations. The Gift Shop Manager, Merry Rodriguez, is continuing to build on the appearance and the merchandise we offer.

Shawnee Gift Shop



Little Axe Gift Shop

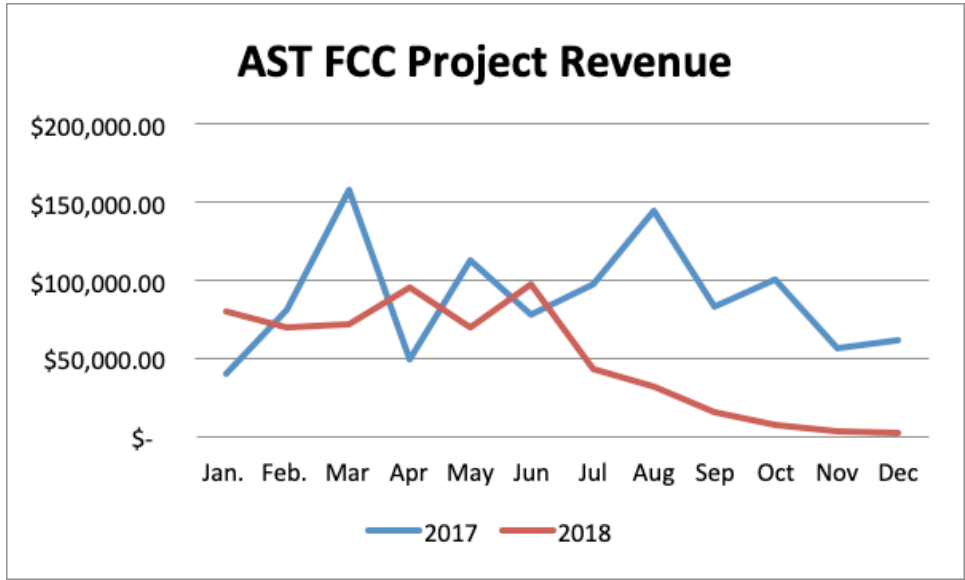


In the day-to-day operations, the Gift Shop is currently running an end of winter season sale to make room for the new spring merchandise. Inventory rotation helps keep our Gift Shop looking fresh and new. As we prepare to move out the winter items, in comes the new Spring Pendleton merchandise and the CP staff is busily stocking both locations. Ms. Rodriguez reports that she is seeking new vendors to supply new and different merchandise. She also plans to visit with local artisans to support their businesses and offer special hand-made items in our Gift Shop. Please stop by and see what's new!

FCC—The Tribal Caucus cancelled the scheduled February 19 meeting in Miami, Oklahoma due to the adverse weather. The Akerman Law Firm has also scheduled an update meeting on February 20. Ashley Brokesoulder will attend this meeting. I will not attend due to the regular monthly EC meeting on the same date. In March, oral arguments are scheduled with the federal appeals court in the District of Columbia where the tribes' complaint asks for the court to stop implementation of

the FCC’s Wireless Infrastructure Streamlining Order. I plan to attend this court hearing.

Below is a chart comparing the revenue flow during 2017 and 2018. As shown below, there has been a considerable decline in the revenue during 2018. For January 2019; 117 projects were received; 92 projects completed with a total amount to be invoiced of \$58,500. The CP staff will continue to work the projects and invoice for work performed. I will continue to provide updates on this lawsuit.



Tribal Language—We are continuing the work required for organizing Shawnee language classes. We are searching for a qualified instructor who can commit to providing language classes for an extended period of time. If you have an interest in helping with the program, please contact me. We are also searching for grants to help with this program. As I have previously stated “half of the world’s languages are at high risk of extinction in this century, and vast bodies of cultural knowledge has already been lost or endangered--preserving our culture, heritage and language is crucial.” I have a passionate desire to preserve our language and will continue to seek avenues to perpetuate our language. We must always remember that our language is a vital element in the protection of our tribal sovereignty.

Staffing--Ms. Suhaila Nease, the CP Director, resigned her position with the AST in order to concentrate on earning her bachelor’s degree. We wish her the very best of luck in her pursuit of this worthy goal. I am currently conducting interviews to fill this position with a qualified candidate.

Other Initiatives



During the last general council in Oct. 2018, it was clear that the sale of the cattle was what the direction of the people wanted. For many years, our cattle program has lost money and has been a major point of contention for us. Little to no information was ever provided for many years, despite multiple and repeated requests for audited information. Furthermore, our cattle program has been fraught with rumors of potential fraud and theft. Recently Treasurer Ellis showed the financial numbers showing clearly that our cattle pro-

gram has consistently been losing money. As the Representative, I acted at the request of the people to do my part in getting out of the cattle business. Regarding the sale of the cattle, I want to make it clear on what transpired. I performed my due diligence by finding a cattle manager who could provide ME with sound information on the condition of our cattle. I needed this information so that I could make informed decisions regarding our tribal cattle. I shared this information with the Lt. Governor and the other EC members. At the time I gave him the information, he expressed an interest and desire to work together on this initiative. The Lt. Governor and I met with the cattle manager prior to making the arrangements to get the cattle to market. He declared and acknowledged that he was pleased with the cattle manager and the process. At no time did he object to any of the process. He even provided the cattle manager and me a copy of “his” unaudited report so that the cattle manager had paperwork for the cattle count. Afterwards, I personally talked with Lt. Governor about the proposed time to ship the cattle to market—he agreed and he never once objected. Representatives from the Procurement Department, Finance Department, Police Department and I were all present during the roundup. The Lt. Governor failed to show up or notify anyone that he would be absent.

As for the condition of the cattle, they were in very poor condition. They were not being properly taken care of; they were not being feed regularly, the property was overgrazed, they were dying and some were cripple. Because the property in Earlsboro was overstocked and had been for a very long time, the cattle had no other source of food except for what we provided them. These cattle needed all food given to them every day. The cost for providing this food is extremely high which means the tribe goes further and further into the hole on this program with no expectation of generating profit. Even worse, the health of the cattle was on a steady decline. I take this very serious and will not accept or be a party to inhuman treatment of animals. These cattle were tribal assets and should have been protected.

This was not a simple operation to get the cattle to market. There were 2 semi-trucks used to transport out of the Earlsboro property and 2 smaller long-bed trailers used for the Little Axe property due to the limited access and difficult terrain. Two horses and dogs were brought in to round up the cattle at both locations. The Little Axe property proved to be the more difficult location due to the rough, narrow road into the property and the wooded areas on the property. Following are photos taken during the roundup.

As an elected official, I have one vote to cast in the decisions that we make in the day-to-day operations of tribal business. I take this responsibility very seriously and strive to perform my due diligence in all decisions that I make. I do not arbitrarily go along—I make my own decisions based on facts. I will always place the “best interest of the tribe” first.



Economic Development

I am a strong proponent for economic development for our tribe. I believe we should be using our sovereign status and governmental authority to achieve economic self-sufficiency and the protection of our cultural. I want our tribe to be in a position where we can break our dependence on federal programs. This will be a long and challenging road. Economic development is the key to doing this. I continue to work with my fellow EC members in building for the future. One area of need that I have consistently heard from our membership is the request for an Assisted Living Center. More Native Americans are starting to live longer, and we need a long-term care infrastructure in place to take care of our elders. Assisted Living is a long-term senior care or disabled care option that provides personal care in the specific areas a senior individual or disabled individual may need. By providing necessities like meals, home health and medication management, assisted living facilities allow seniors to live mostly INDEPENDENT lives but also find the help they need with the aspects of daily life that provide new challenges for them. Recently I have been working eagerly with the office of the Treasurer to look for funding resources for this endeavor. Our tribe has historically taken care of our elders. We need to infuse a stronger focus on preserving and respecting our knowledge keepers by appropriately building for our future.

In Closing

My door is always open to all tribal members. If you have any questions or have any issues that you need help with, please do not hesitate to contact me.

Quote: Today is the only day. Yesterday is gone.

From the Election Commission:

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.

BALLOT

Tear Off ✂

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
PRIMARY ELECTION
MARCH 16, 2019

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

EXECUTIVE COMMITTEE

GOVERNOR

John Raymond Johnson-----[]
Edwina Butler-Wolfe-----[]
Leroy Ellis-----[]

SECRETARY

Twila O. Longhorn Parker-----[]
Delana Deere -----[]
Ezra M. Delodge-----[]

ELECTION COMMISSION

Election Commissioner

John Al Little Axe-----[]

Election Secretary

Sherman Tiger-----[]

Commission Member #1

No one filed.

Commission Member #2

James C. Spybuck, Jr.-----[]

DESCENDANTS OF TECUMTHA (or TECUMSEH)

(Prepared in 1930)

TECUMTHA and his wife, Monetohse, left two sons: Nay-thah-way-nah who died in 1840, and McLaughlin or Mah-yaw-we-kaw-pa-we, who died in 1868.

Nay-thah-way-nah married So-com-se, who died in 1867 in Oklahoma. To them were born six children, two boys and four girls, one of the latter(a twin-sister of number 3 below) was killed in infancy by the kick of a horse during the year of 1827. The remaining five grew up to manhood and womanhood. Their names follow:

1. Naw-swaw-pa-ma, who died in 1856, and her husband, Nocks-kaw-way, who died in 1860.
2. Pa-se-quaw-mea-se, who died in 1857, and her husband, Kyan-thaw-tah, who died in 1850.
3. Way-lah-skse (a twin), who died in the summer of 1869 near what is now the city of Shawnee, Oklahoma. She was the wife of George Wildcat Alford, Sr., or Gay-tah-ke-pea-se-ka, who died Sept. 25, 1877, near the same city at the age of 52 years.
4. Jim Fry, or Wal-kos-ka-ka, who died in 1872 in the same state, at the age of 41 years, and his wife, Jay-ne-y-quay, who died in 1876 in the same state, at the age of 39 years.
5. Big Jim, or Waw-paw-meap-to, who died in Mexico, Sept. 30, 1900, at the age of 66 years, and his wife, Methotay-se, who died in 1876 in the state of Oklahoma.

McLaughlin, or Mah-yaw-we-kaw-pa-we (the other son

of Tecumtha), married Mrs. McLaughlin, or Taw-pa-ma, who died in 1873. To them was born the following named daughter:

6. Mrs. Washington, or Pea-taw-pea-se, who died March 5, 1912, near Skiatook, Oklahoma, at the age of 99 years; and her husband, Thomas Washington, Sr., or Way-nay-peas-ka-ka, who died in 1884 near the same place.

Now the descendants of these six GRANDCHILDREN of Tecumtha, mentioned above, in the order of their names, follow:

1. To Naw-swaw-pa-ma and her husband was born Nay-cah-twah, who died March 4, 1892, in Oklahoma, at the age of 47 years. She married four times and left three children now living, whose names are Webster Tyner, age 57 years; Lucy Williams, nee Ellis, or May-lo-now-o-se, age 51 years, and William Ellis, or We-se-kih-se-mo, age 48 years. Also several of her grandchildren are now living.
2. To Pa-se-quaw-mea-se and her husband was born Thomas Washington, Jr., better known as "Long Tom", or Wayl-way-way-se-ka, who died June 22, 1906, eight miles north-east of Shawnee, Okla., at the age of 59 years, and left six children, two boys and four girls, who are still living: Mrs. Fannie Tarhorty, or So-we-pea-se, age 58 years; Mrs. Hattie Dirt, or Hol-o-tah-we-pea-se, age 50 years; Ella Washington, or Mkahtay-wah-com-se, age 47 years; Mrs. Rose McClellan, or Ne-thaw-pea-se, age 44 years; Walter Washington, age 37 years, and Willie Washington, age 35 years. Also several of his grandchildren are now living.
3. To Way-lah-skse and her husband were born four children, two boys and two girls: Mrs. Nancy Hood, or Ah-lay-maw-pa-ma, now living, age 72 years, who has four children and several of her grandchildren now living; Thomas Wildcat Alford, or Gan-waw-pea-se-ka, now living, age 70 years, who has eleven children and several grandchildren now living; David W. Alford, or Bay-me-taw-pea-se-ka, who died near Tecumseh, Okla., Sept. 28, 1900, at the age of 37 years and left his son, Webster Alford, now living, age 37 years, who has three children living; Mrs. Nellie

Descendants list from 1934 from the Book of "Old Chillicothe" Appendix, pages 324-325

Delana Deere for Tribal Secretary

Greetings, this past month is just the beginning of an exciting experience of running for your Tribal Secretary as we count down the days till election. I find it a pure joy to answer your questions, talk about our visions and give hope for our future. We still have a long way to go but this is a great start. The time is now for our leaders to become one voice for our people; root ourselves in a firm foundation so that when unexpected movements against our tribe will not prevail. And we shall have the freedom to move forward to the blessing of greater things ahead of us as a tribe. When elected, my plan is to build up the programs under me through community relations to empower our people to rise up in strength. In the old day, a warrior would sacrifice himself for the good of others. Whatever we need to do to help our tribal members get on their feet through our programs is my goal.

Also, I look forward to joining the EC to put into actions our vision for the people. When our leaders set good examples those under them will be a reflection and produce good fruit that will benefit the Tribe. Therefore, built upon the stable foundation of my education, wisdom, knowledge, understanding, leadership, integrity, administrative experiences and fear of our Creator, I believe I am the best candidate for this position.

Lastly, young people, your voice counts! A couple weekends ago, I hosted a Rally and I was informed that 75% of AST members do not vote. The other 25% that do vote decides the future of our Tribe. AST members, your voice counts! Don't ever think you are too young or too old to make a difference. So, I strongly encourage you to vote for the leaders that are unity driven and looking out for what is best for the people. EVERY VOTE COUNTS!

MARCH 16, 2019
ELECT THE BEST
VOTE DELANA DEERE
FOR TRIBAL SECRETARY!
The Girl With The Smile Will Go The Extra Mile!

VOTE TWILA PARKER (LONGHORN) FOR TRIBAL SECRETARY



Vote for experience!

- ✓ **AIR FORCE VETERAN**
- ✓ **MEMBER OF THE VETERAN'S ASSOC. AND FUNERAL COLOR GUARD**
- ✓ **OU ADMINISTRATIVE LEADERSHIP DEGREE**
- ✓ **FEDERAL RECORDS MANAGEMENT**

405-229-8052

I've had many questions about the descendants of Tecumseh, see left for more information!

Greetings from your Governor

You can tell it's election time once again. People with *no facts* tend to come to the surface.

Let's talk about the cattle. The Governors' office has never been over the cattle operation. The past Lt. Governor purchased the cattle and the oversight has always been under the Lt Governors' office. The AST Cattle was sold the first weekend of February and we have people still wanting to point fingers.

Let's talk about the Moose Lodge. As everyone should know; I do not live in Norman, Oklahoma and therefore I do not know the real estate of the town. This was a project that was brought to the Executive Committee by Secretary Johnson and former Representative Anthony Johnson. They're intention was to flip the property to make money; however this has not happened. I was not present to sign the final paperwork on the purchase of the Moose Lodge. Remember Tribal People, I do not vote in the Executive Committee Meetings on anything, except to break a tie vote.

Let's talk about the Hardesty property on the Southwest corner of HWY 177 and Hardesty Road. A local farmer had it leased from the previous owners to cut the Hay. Yes, it is in a flood zone, but not to the extreme. As you see, the businesses on two other corners were flood zones as well. Flood zones can be built up and used for thriving businesses as the Sonic and the Feed Store.

Both land purchases, Moose Lodge and Hardesty Land, were made with the tribal contract support cost settlement. Therefore, no tribal trust assist was used to purchase the properties. If we sold Trust Property the General Council would have to vote to agree to the sale. Proceeds from that Sale would be considered a Trust Assist.

Let's now talk about The C Store. As everyone knows, it is under the watch of Secretary Johnson. Has anyone seen the Financials on the C Store? I have not. It has been reported the store is making money, but we have not seen any financials.

In Conclusion:

Vote March 16, 2019 for accountability and dependability. Vote for a Governor that reports to the people in the newsletter. I have not missed one newsletter, Executive Committee Meeting or a General Council Meeting in the six (6) years I have been in office. That is Stability!

Vote to Re-elect Edwina Butler-Wolfe!



PHARMACY SERVICES

Your health is our first order.

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

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

LITTLE AXE HEALTH CENTER

15951 Little Axe Drive
Norman, OK 73026
405.292.9530

Lobby:
Mon – Fri 8 a.m. to 5 p.m.

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

Extended Hours Drive-thru*:
Mon – Fri 5:30 p.m. to 8:30 p.m.
(or until last PlusCare patient receives their medications)

Sat – Sun 9 a.m. to 5 p.m.
Holidays 9 a.m. to 5 p.m.

(excluding Thanksgiving & Christmas)

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

SHAWNEE CLINIC

2029 South Gordon Cooper Drive
Shawnee, OK 74801
405.878.5859

Lobby:
Mon – Fri 7 a.m. to 5 p.m.

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

Extended Hours*:
Mon – Fri 5 p.m. to 8:30 p.m.
(or until last patient receives their medications)

Sat 9 a.m. to 5 p.m.
Closed Sundays & Holidays

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

Both pharmacies are closed the first Wednesday of every month from Noon-5 p.m.

24-HOUR EMERGENCY PHARMACY ACCESS

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



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

Prevention. Progress. Pride.

Accredited by
AAAHC

Hello My Fellow AST Members,

My name is **John Raymond Johnson** and I am running for our tribe's **Governor** position. I am a proud Absentee Shawnee Tribal Member and I stand for **Loyalty, Honesty, and Progress**. My father was Bill Johnson Jr., Delaware/Shawnee. My mother was Delores Little Axe Johnson, AST. My grandfather was John Little Axe, AST. My grandmother was Emma Polecat, AST. I attended Murray State College in 1975. I have 35 years in the optical business with 15 years running my own optical shop. Additionally, I have 3 years successful experience in tribal government serving as Secretary and Lt. Governor. I have been married to my wife Janet for 40 years. My son is a physician in North Carolina for the US Army. My daughter is a theater stage manager in New York.



A Leader for Progress



VOTE

John "Raymond" JOHNSON

for AST Governor

A Man of Vision...A Leader for Progress...

We need leaders who care about the people they represent and put **our tribe first**. I plan on restoring the type of leadership that support decisions that **benefit the tribe** as a whole, and not the individual or the few. Like Tecumseh, one of our great Shawnee Leaders and Warriors, I have a collaborative leadership style. I don't care to fight over petty things that keeps our tribe stagnate. But I will **fight** for and stay focused on **economic progress** for our tribe. In-fighting has held our tribe hostage and has kept us stagnate. I hope you are as frustrated in "talk with no action" as I am. I will not fight just for the sake of fighting; as it does our tribe no good. But I will fight vigorously for our tribe's progress! My leadership style is collaborative...bringing the right people together to act on progress. There has been a lot of promises for the last 5 years, but our tribe has just heard talk and seen no real progress. No more excuses, its time for our tribe to start moving forward. Vote for me and I promise to drive our tribe towards progress.

I am asking for your vote this March 16th.

Sincerely,

John Raymond Johnson

Find Out More at
www.JohnJohnson4Governor.com

A Man of Vision



I am running for this leadership position because I believe in our tribe's **potential for greatness**. Our tribe needs better representation to lead us into the future; a future of progress and economic growth. With economic growth, I see our tribe having **more resources** for our families, **more services** for all members (**regardless of location**), and a **prosperous and stabilized future** for our youth. I want our Absentee Shawnee Tribe to thrive for my family and yours. I care deeply about the people in

our tribe. My passion to serve drives me to work hard every day. I want to be a Governor who listens and works for you. But more importantly, I want to be a leader that helps drive our tribe forward towards progress. Please vote for me and allow me to lead our Absentee Shawnee Tribe forward into the future.

ASTHS February Monthly Update

By Mark E. Rogers, MAL, FACHE, CMPE, CHC
AST Health Systems Executive Director

The health system has been recognized with two prestigious awards starting in the New Year! The first award is the Certified Healthy Oklahoma Award from the Oklahoma Department of Health (OSDH), Excellence Category, for the Absentee Shawnee Tribal Health System. The health system has met the criteria to become a Certified Healthy Business. Certified Healthy Business recognizes business sites that make a positive impact on the health of employees and patrons. Our contribution in creating a healthy environment is important to the future of Native Americans in Oklahoma. The second award was from the American Heart Association (AHA) for Outstanding Support in both Research and Community Support for Heart Health awarded at the February Town Hall Meeting in LittleAxe. There are three levels of certification: Basic, Merit and Excellence. AST Health earned the "Excellence" certification and we are so thankful for our patients and employees for their support! This year's flu season continues to hit the community hard this year. Please continue to utilize your flu precautions of frequently washing, using hand sanitizer, and if you or your family are ill, running a fever, or have been exposed to someone with the flu, stay home and avoid contact with anyone to help prevent the spread of the flu. Wearing a mask is also recommended as the flu is spread via the respiratory system (especially if you have a compromised immune system or other medical complications). Patients will continue to experience longer than usual wait times at the walk-in clinics due to the significant amount of flu patients experiencing symptoms or coming down with the full blown flu virus. The virus should peak by the end of March, but that may change dependent upon weather and other possible flu strains potentially appearing around the country. The American Heart Association will have their annual Heart Walk in Oklahoma City this year in June, (so warm up with the OKC Marathon in April which allows for either walking or running). Let's all get moving and stay healthy in 2019! If you are interested in participating in any of these events, please contact the Resource Center Health and Wellness Staff for more information. Our new e-ClinicalWorks health record system is doing great things now! Please ensure you update all of your family's information so that it stays current, and please use the new app "Healow" which stands for "health and online wellness" which will be your AST Health System's Patient Portal to control several aspects of your healthcare! Kiosks will soon allow you to remotely check into your appointments, so lots of great things coming very soon! See your registration staff or providers for more information.

We are always thankful and very proud of our outstanding star performers, and thank them all for their contributions to our patients, their fellow employees, and the tribe! Employee Awards and awardees are listed below. The AST Health System always strives to make your health its top priority, and you all make a difference for our health system and the health and wellness of all of our patients!

February Health Employee Awards of the Month

Employee of the Month
Team of the Month
Special Leadership Award

Morgan Blackstone, RD, Diabetes Health & Wellness
Diabetes Health & Wellness
Manuel Johnson, Maintenance/Housekeeping Lead



Mark E. Rogers, MAL, FACHE, CMPE, CHC
Executive Director

INTRODUCING OUR NEW PATIENT PORTAL AND HEALOW APP

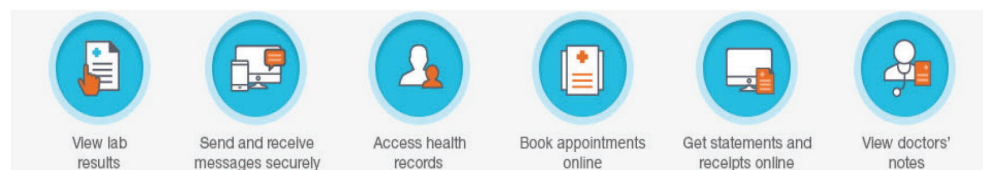


Our new Patient Portal and the healow™ app
(formerly Follow My Health) give you secure online
access to your health information.

The Patient Portal

A secure, convenient, and easy-to-use website that gives you round-the-clock access to your health information. View labs, medications, and immunization records. Get reminders. Exchange messages with your doctor. Stay informed and take charge of your health!

HERE'S WHAT YOU CAN DO WITH OUR PATIENT PORTAL







The healow™ App

Access your health record with the healow™ smartphone app. Along with the features you get with our Patient Portal, the healow app can manage multiple accounts (all family members), set medication and appointment reminders, and use trackers to help manage health. The healow app is a secure and convenient way to manage what's important and puts YOU in control of your health.

healow is available free on the Apple app store and Google Play store.



SET UP THE HEALOW SMARTPHONE APP IN FOUR EASY STEPS!

-  **Step 1**
Download the healow app from App Store (iPhone) or Google Play (Android Phone).
-  **Step 2**
Search for our practice by entering this unique code on the healow app - JEDEBD.
-  **Step 3**
Enter your portal username and password.
-  **Step 4**
Set up your PIN.

For more info or questions call:
Shawnee Clinic 405.878.5850 or LAHC 405.447.0300



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM

ABSENTEE SHAWNEE TRIBAL HEALTH SYSTEM

SCHEDULED CLOSINGS



March 2019

Date:	Time(s) Closed:	Locations:
Wed., Mar 6th <i>(1st Wed of Month)</i>	Noon-5PM	All AST Health facilities CLOSED PlusCare Clinic & Shawnee Clinic Ext Hours OPEN 5PM - 9PM (last patient accepted at 8:30p)

In the event of a predicted severe weather forecast, please call ahead for possible health system closure or delay:
Little Axe Health Center 405.447.0300 • Shawnee Clinic 405.878.5850 • PlusCare 405.447.0477

Health closures/delays are posted on the Absentee Shawnee Tribal Health Facebook wall “Absentee Shawnee Tribal Health, Little Axe Health Center or Shawnee Clinic”, Twitter @ASTHealth and on the ASTHS website at www.asthealth.org.

*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



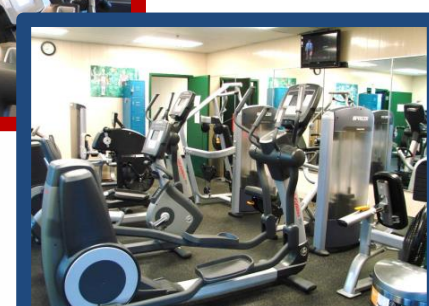
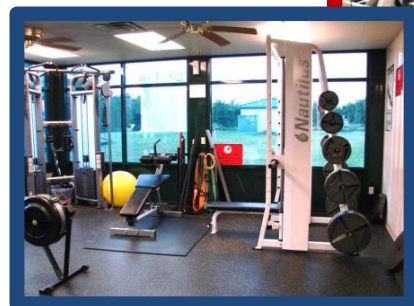
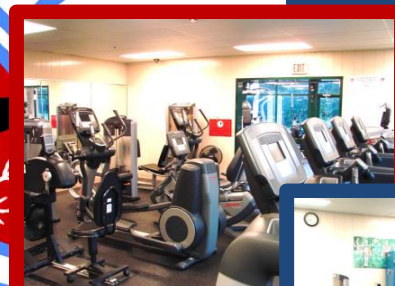
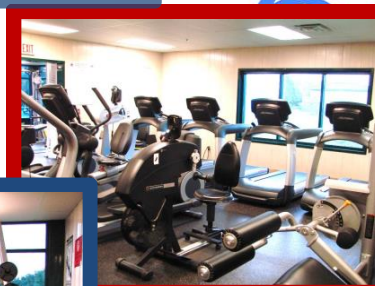
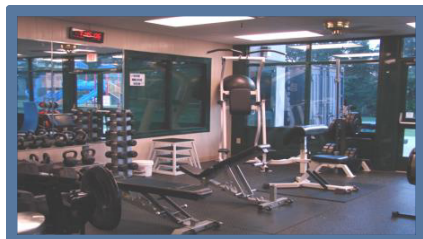
Buster Bread
Fitness Manager



Chrissy Wiens
Physical Activities Specialist

The Absentee Shawnee

Diabetes and Wellness



Fitness Facility Hours of Operation

Monday – Friday

6:00 a.m. – 9:00 p.m.

Fitness Facility Weekend Hours of Operation

Saturday

9:00 a.m. – 3:00 p.m.

Fitness Center



Brandon Goodman
Fitness Technician

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



McKenna Watson
Fitness Technician

AST Diabetes and Wellness Program

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

The AST Resource Center fitness room hours are:

Monday-Friday	6:00am - 9:00pm
Saturday	9:00am - 3:00pm
Sunday	CLOSED

For more information on the many exciting opportunities available for our tribal community please call our clinic at 405-701-7977 or visit our website at www.asthealth.org (Then navigate to our Diabetes and Wellness section under the services section.)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSES	CLASSES	CLASSES	CLASSES	CLASSES
<u>Aerobic/Strength Circuit</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Aerobic/Strength Circuit</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Aerobic/Strength Circuit</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Aerobic/Strength Circuit</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Aerobic/Strength Circuit</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center
	<u>Low-Impact Functional Fitness</u> 12:00 p.m.-1:00 p.m. Chrissy Wiens LITTLE AXE HEALTH FACILITY			
			<u>HIIT Friday</u> 12:00 p.m.-1:00 p.m. Buster Bread LITTLE AXE HEALTH FACILITY	
<u>Resistance Training</u> 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center		<u>Aerobic Circuit</u> 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center		

Fitness sessions will be available every Wednesday and Friday at the Little Axe Health Center

"Low-Impact Functional Fitness"- A low-impact exercise class that assists in improving body movement. Come train to defeat fatigue and improve your strength to better perform your daily activities.

Absentee
Shawnee Fitness



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

"Resistance Training"- Classic resistance training utilizing a variety of fitness apparatus, including resistance bands, dumbbells, kettlebells bodyweight exercises, and medicine balls.



"HIIT"- High-Intensity Interval Training alternates between intense training intervals and brief rest periods to give you an short and effective workout.

Diabetes and
Wellness

NO CREDIT CARDS

SURPLUS EQUIPMENT **AUCTION**

SATURDAY, APRIL 6, 2019 @ 10 A.M.

Location: Thunderbird Casino Parking Lot & Events Center on Highway # 9. 13 miles East of Norman. 15 West of Tecumseh.

**Absentee Shawnee Tribe
of Oklahoma**

Find pictures and more information at www.astribe.com

AST Police Recieve Special Training

This month, The Absentee Shawnee Tribal Police Department hosted specialized training provided by the Oklahoma Bureau of Narcotics and Dangerous Drugs and the United States Marshals Service. This specialized tactical training has provided our officers with hands on experience in tactical operations, officer safety, emergency medical care and many other areas. We are deeply appreciative of the OB-NDD and U.S. Marshals for providing this no cost training opportunity to our department. This training will allow our department to operate safely, assuring when a situation arises, our officers will have the knowledge and experience to respond to the emergency at hand.

Diabetes and Wellness Hosting Monthly Healthy Cooking Demos

The D&W program would like to share our forecasted cooking demo's in the coming months in an attempt to boost participation! Please share.

Thursday, March 14th at 2:00pm

- Celebrating National Nutrition Month!

Thursday, April 11th at 2:00pm

Thursday, May 9th at 2:00pm

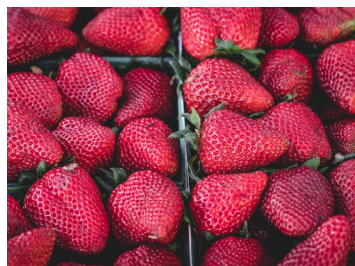
Where: Little Axe Diabetes & Wellness Cooking Demo kitchen. RSVP's & questions: Diabetes & Wellness Program 701-7977.

IMPORTANT NOTICE!

The Criminal Court Dockets
have moved from 2nd Wednesday
afternoons at 1:30pm to 2nd
Wednesday mornings 9:00am.

Join us for a March Healthy Cooking Demo

To celebrate National Nutrition Month



When:
Thursday, March 14th,
2pm

Where:
Diabetes & Wellness
Demo Kitchen
Little Axe Clinic



**Free Recipe
Cards and
Samples
Provided**

Please RSVP to the
Diabetes & Wellness
Program by **March 8th**
405-701-7977

Presented by the AST
Diabetes & Wellness Program

March is National Kidney Month

A Shared Family Story by Dr. Elizabeth Saladin

Stories passed down from generation to generation; stories about the good old days. Growing up in a family with mixed cultures and backgrounds, I recall the different stories. On my mother’s side, Native American stories about the Creator and lessons from animals and mother Earth is meant to teach us respect and to pass down wisdom. On the other hand, as early as I can remember from my father’s European background were stories of pioneering inventions and futuristic endeavors that impacted people and changed lives. His dad, my grandpa, lived right next door to us; he and I had a special bond. He was inspirational to me and because of his accomplishments and belief that nothing was impossible I never had an idea that was too big.

Grandpa’s house was filled with years of memories and objects collected from all over the United States. However there was one thing that always captured my curiosity. In the corner was something very special to my grandpa and he always loved talking about. As a child, I thought everyone had a small dialysis machine in the living room. Grandpa’s stories reminded me of Frankenstein. I mean, this machine kept my grandmother alive! He loved to tell me all about my grandmother. Unfortunately, I never knew her.

Eleanor Hamilton was my grandmother. She was only 44. She was born in 1929 and she was a twin. She married my grandpa in 1949 and they had two kids, my dad, Lou Jr and my aunt Maryjane. Their life seemed like an action movie to me. Stories of travel and adventure, motorcycles and Indy 500 races created excitement and likely instilled in me a confidence in my own future endeavors and adventures that I would not have even imagined as a child. Unfortunately, she was diagnosed with renal failure in her early 40’s. It was believed she suffered from post streptococcal glomerulonephritis, a complication from a streptococcal infection. Later, it was discovered that she was born with only one kidney, which made fighting this battle extra challenging.

Ultimately, my grandmother Eleanor required lifesaving treatments of hemodialysis 6 hours 3 times a week. In the 1970’s this was usually done in a hospital setting and cost about \$36,000 a year, most times paid for out of pocket by the patient and family. My grandfather owned a small Lawn and Garden business in NJ and thankfully was able to pay for this to keep his wife alive. After reality set in and ‘Eleanor Hamilton’ became a name on a kidney donation recipient list, my grandfather became consumed with desire to overcome this. He studied the dialysis machines that she was dependent on and after only a few treatments in the hospital my grandfather purchased a machine and began home dialysis. But this was not enough. Determined to return to life on the road, he drafted ideas and dreamed of a way to design such a machine that would fit on their family bus/ converted mobile home.

Now, bear in mind, my grandpa only had an 8th grade education. Amazingly he created a machine ¼ the size and able to be stowed and operated within the family’s bus. When it came time to try the new kidney machine on grandma the first time, my dad remembers Dr. Rigolosi at the Holy Name Hospital in Teaneck, NJ suggesting they try it out on the dog first! Everyone laughed and I cannot imagine the tension in the room, or the trust that my grandfather must have had in my grandfather to attempt hemodialysis on the first small portable dialysis machine.

To everyone’s amazement, it worked! Eleanor fared well and the machine got the approval of the doctor and technicians. They were no longer restricted from travel! For 3.5 years my grandmother’s life was prolonged but more importantly her quality of life was preserved. She lived her life to the fullest until the very end. I hear that she loved to sing. She was funny and free spirited. She was kind and loving and I was always told of how much she would have spoiled me if she had been given the opportunity to know her grandchildren.

My dad tells of the night they got a call from the transplant surgeon that a donor kidney was available; I see sadness in his eyes and hear it in his voice. He initially speaks with excitement as he called his mom and dad who were, guess what...traveling! They were in another state and he urgently explained they had to get home now! My grandpa hired a private Lear jet and with a police escort they were there the next morning. Sadly, the donor’s organs were unable to be transplanted due to injury resulting from trauma. It was so close. They did all they could to increase the likeliness of getting a kidney. In fact, my grandparents moved their residence to Ohio after they researched that more kidney transplants were done in this state than in their home state. My grandfather also sold his business to fund this noble cause. This is a story of love.

During the time grandma was on dialysis, my family, including my mother, embarked on a mission of public awareness called the “Kidney Krusade.” They converted another bus into a mobile educational display that gave the public an overview of kidney disease and treatment options. They displayed the kidney dialysis machine and explained how it worked and more importantly they encouraged people to become organ donors. Although my parents had only been married for one year my mom still speaks of love and admiration for Eleanor. Mom was also very committed to the Kidney Krusade and


actually lived on the bus with my dad for a whole year traveling the U.S. After a few years of visiting schools, fairs, and community events they were able to reach over 200,000 people that toured the “Kidney Koach,” and amazingly 60,000 people became documented organ donors. People all over were amazed. Documentaries, newspaper articles, and TV interviews are evidence today of what an impact the Hamiltons made. Sadly, Eleanor passed away due to complications of renal failure in 1973.

At 18, I left home and married my high school sweetheart. He believed in my dreams as much as my grandpa did and he was willing to do whatever it took to make sure I would be successful. I knew I had a passion for the medical field and helping people, but was not prepared for how far that would take me. I honestly cannot explain what came over me to even have the thought of becoming a doctor. Health professionals were in my family; my mother a licensed medical technician, a sister who is a pharmacist and another a pharmacy technician, but physicians there were none. My grandpa’s health soon declined early in my college years. He never got to see me graduate from medical school, although I proudly shared his story and documentaries every time I could throughout medical school and residency.

No, I did not become a nephrologist, although I have the utmost respect for this specialty. Instead, I found my love in Family Medicine. I am able to care for people of all ages and my focus is that of preventing disease. I get to meet people where they are along this life’s journey and if I am lucky, I get to play a small part in helping to make a life with good health. I also have a calling to use my education and background to contribute and help improve the health of Native people. I was able to attend medical school through a scholarship through the Indian Health Service and I have a deep, personal commitment that extends beyond my service requirements of the program. I was honored to work for the Eastern Band of Cherokee Indians in Cherokee, NC for 4 years following residency and later moved home to Oklahoma and currently work for the Absentee Shawnee Tribe. Diabetes and hypertension are prevalent in alarming rates in the Native population, which often leads to kidney disease. Every day I have the opportunity to encourage patients to create healthy lifestyles and help them find ways to maintain control over the disease, not letting the disease control them. We use all available tools to screen for diseases and have dedicated nephrologists who travel to our rural clinics to see our patients. Thankfully the rates of chronic kidney disease in

Native populations are declining due to the increased screening and interventions and patient efforts.


Growing up, I felt like I was a product of two different worlds. I wasn’t sure where my place was, who I was. I was not sure how they connected, who I would become. Looking back, I am grateful for both of my parents’ cultures and the way they molded me into who I am today. I give God the glory for the things He has done in my life and I look forward to how He will continue to use me during my time on this Earth. Thank you for allowing me to share my story. I look forward to sharing these stories with my two daughters as they grow up and find their own place in this world.



Absentee Shawnee Tribe Child Care Development Fund Programs

La-pe-we-ki-wa ho-ge-wa-pe-fa-yi mi-ti-ge

“Lifelong Learning Begins Here.”



Program Services:

- Building Blocks Child Development Center II- Shawnee, OK- Tribally Operated Child Care Center
- Building Blocks Child Development Center III- Little Axe, OK- Tribally Operated Child Care Center
- AST Child Care Subsidy Program- Child Care Assistance
- AST After School Program- Horseshoe Bend Community- After School Care
- AST After School Program- AST Complex, Shawnee- After School Care

- For information about these services please visit the AST website at www.astribe.com/Childcare
- Contact information:
 - ✕ BBCDCII-Shawnee (405)878-0633 Email: ecrawford@astribe.com
 - ✕ BBCDCIII- Little Axe (405)360-2710 Email: rebeccaj@astribe.com
 - ✕ AST Child Care Subsidy (405)432-8411 Email: briana.ponkilla@astribe.com
 - ✕ AST ASP- HSB (405)432-8411 Email: lanora.buswell@astribe.com
 - ✕ AST ASP-Shawnee (405)432-8411 Email: lanora.buswell@astribe.com



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.***



March

2% milk served daily Menu subject to change



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Boiled Egg Ham English Muffin	2
3	4 Hamburger French Fries LTOP Ice Cream	5 Baked Potato Chez, Onions Broc n Chez Pudding	6 Beef Tips & Noodles Veggies Salad Bar* Bread	7 Burrito Chili N Chez Onions Applesauce	8 Scrambled Eggs Sausage Gravy Biscuit	9
10 Spring Forward	11 Chicken Salad LTOP Baked Chips Mandarin Oranges	12 Turkey Dressing/Gravy Sweet Potato Crisp	13 Tator Tot Casserole Tossed Salad* Pears	14 Corn Soup Cinnamon Roll	15 Scrambled Eggs Bacon Toast	16
17 St Patrick's Day 	18 Hot Dog Pork n Beans Chips Mixed Fruit	19 Soft Taco LTOC Refried Beans Jell-O	20 Baked Fried Chicken Mashed Pot/Gravy Veggies/ Cake	21 Wild Onion Dinner Beans Cobbler	22 Cereal Sausage Patties Blueberry Muffin	23 AST ELDERS MTG 10 AM TITLE VI BUILDING SHAWNEE
24/31	25 Chef Salad w/ Chicken Eggs, Chez, Onion Peaches Cottage Chez	26 Goulash Okra Bread Plums	27 Smoked Sausage Cabbage Carrots Bread Pineapples	28 Tuna Salad Sandwich LTOP Chips/Cookie	29 Waffles Sausage Patties Fruit	30

NOT GOING TO BE HOME!!!
CALL AND LET US KNOW AT 405-275-4030
EXT 6227 or 6270
OR NOTIFY YOUR DRIVER



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



Title VI News...

March is here!!! Let the madness begin!!

March 10, Spring Forward set your clocks up one hour!!!

Schools are on spring break this month so watch out for those Kiddos

March 14, we will have a Bingo at the Little Axe Resource Center
Just Bingo Prizes for the winners and no door prizes. 12pm to 1pm

Well, I would put in the weather information but I don't know what to expect anymore

Any questions or comments, feel free to contact us at 405-275-4030 extension 6227 and the menu is always on the website astribe.com

Absentee Shawnee Tribe
Behavioral Health Services

WHITE BISON, Inc.
A Cultural Approach to Personal Recovery
Substance Abuse

Wellbriety Group Meetings

Facilitator: John Soap, LPC

Every Thursday 5:30pm-6:30pm

Shawnee Multipurpose Building
(east of the Shawnee Clinic, Bldg. 16)

For further information, contact:

Shawnee Behavioral Health Services: John 405-878-4716

Little Axe Behavioral Health Services: Dara 405-701-7987

MARCH BIRTHDAYS

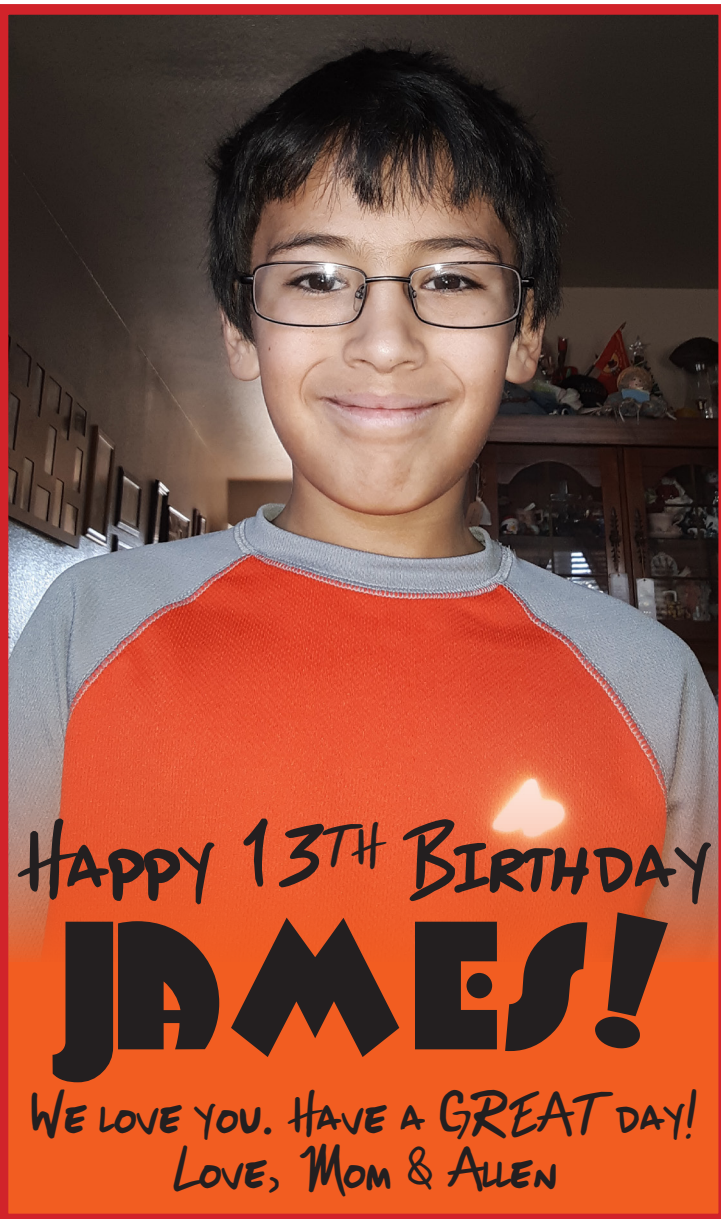
Alexander, Jason Thomas
 Alexander, Sherri Ann
 Alford Sr., Herbert J.
 Alford, Diana Lynn
 Alford, Grace Guadalupe
 Alford, Jeanette
 Alford, Michael Jason
 Alford, Terry Wayne
 Allen, Vanessa Olivia
 Anania, Salvatore Westbrook
 Anderson, Steven Brian
 Annis, Loraine Pearl
 Applegate, Richard Allen
 Araujo, Bearen Demetrio
 Arms, Bruce Edwin
 Arms, Drake Jagger
 Atchico, Danny Benjamin
 Augustine, Dezmond Solomon
 Bailey, Jeffrey Dean
 Barnes, Bralynn Kierra
 Barnhill, Rachel Renee
 Bates, Thomas Four Winds
 Beaver Jr., Rodney Gene
 Bender, Courtney Renee
 Bender, Liyahna Kyne
 Benish, Tricia Marie
 Bernard, Carol Jean
 Bettelyoun, Charles Lester
 Bettelyoun, Isaac Phillip
 Bettelyoun, Taylin Hope
 Blalock, Aaron Wayne
 Blalock, Robert Edward
 Blanchard II, Larry Dean
 Blanchard, Brayden Nicole
 Blanchard, Cecily Ann
 Blanchard, Izabel Marie
 Blanchard, Joe Henry
 Blanchard, Kolton Reece
 Blanchard, Rachel Elizabeth
 Blanchard, Russell Duane
 Blanchard, Solomon Grant
 Bowden, Rosada Lynn
 Boyer, Alexander Caden
 Bradley, David John
 Brady, Dallas Dustin
 Brannon, Tkeyah Monique
 Brinson, Alexander Armando
 Brinson, Ronald
 Britton, Kara Grace
 Brokeshoulder, Ashley M.
 Brooks, Amy Louise
 Brooks, Matthew Aaron
 Brophy, Eulue Lee Eleyce
 Brown, Charley
 Brown, Lucille Scott Brady
 Brown, Lydia Don
 Brown, Railynn Taylor
 Bryce, Jerry Dale
 Buckheart, Elysa Victoria

Buckheart, Phillip Cruz
 Bullock, Dynna Ann
 Burgess, Pearl Tyner
 Burk, Harley Lynn
 Cahwee, Yvonne Katherine
 Camp, Maria Lynn
 Carter, Taylor Wade
 Casteel, Rhaeanna Corinne
 Caudillo, Herman Russell
 James
 Caudillo, James Adam
 Christopher, Juanita Marie Bragg
 Clark, Carol Dawn
 Coddington, Koryne Shazity
 Coddington, Michele Cholena
 Cole, Carolyn Mary
 Cook, Jonathon David
 Cook, Makylea Mae
 Coon, Justin Bo
 Coon, Waylon Henry-Goliath
 Cope, Chelsea Lea
 Cordova, Cecelia Velma Brady
 Coriz, Clinton Eric
 Coyle, Shannon Christine
 Cravens III, John Monroe
 Creek, Felix Albert
 Cruz, Gregorie Thomas
 Cuellar Jr., Leno
 Cutler, Ben Bryant
 Davis, Rebecca Elizabeth
 Davis, Shawn E.
 Day, Linda G.
 Day, Rosanna Jolena
 Deer, Christopher Jerome
 Deer, Makiyah Kaylind Anora
 DeLodge, Deanna Lynn
 Denson, Hilda Mae
 Douglass, Charles Joseph
 Dragoo, Benjamin Casey
 Ducharme, Justin Michael
 Eckiwady, Alano Ezekiel
 Edgin, Laura Marie
 Ellis, Andrew
 Ellis, Bert
 Ellis, Leann Dee
 Ellis, Mark Russell
 Ellis, Renee June
 Elslloo, Kasia Lee
 England, Adam Joe
 Fenner, Alannah Benae
 Ferree, Sierra N
 Fife, Zachariah Everett
 Fontenot, Teddy Lynn
 Foreman Sr., Thomas
 Foreman, Henry Jake
 Foreman, La Donna Rochelle
 Foreman, Merrilee
 Foster, Gabriel Lee
 Frazier, Andee Danielle

Freeman, Retha Ann
 French, Jeffrey Martin
 French, Mary Ann
 Fuller, Rhealee Grace
 Garretson, Leslie Carol
 Garretson, Stephanie Rae
 Garretson, Tanisha Marie
 Gibson Jr., John
 Gibson, Charles Arthur
 Gibson, Dylan Scott
 Gibson, Isaac Dean
 Gibson, Jaylan Chaunce
 Gibson, John
 Gibson, Johnathan Caine
 Gibson, Joshua Lee
 Gibson, Phillip Craig
 Gibson, Toney Ellise
 Gonzalez, Francisco Javier
 Graham, Logan Faith
 Grass, Ayson
 Grass, Gavin John
 Grass, Matthew Scyrus
 Gravel, Robin Renee
 Graves, Casey James
 Greeley, Willow Maria Grace
 Greenfield, Tawana Elane
 Grover, Michelle Renee
 Hall, Elizabeth Lynn
 Hall, Kayla Collette
 Hargis, Faith Marie
 Harjo, Jacob Lee
 Harjo, Jimmie Dean
 Harjo, Sammy
 Harjo, Shirley Ann
 Harjo, Zerek Bishop
 Harman, Joshua Ely
 Harp, Emily Sue
 Haskins, Michael Truett
 Henshaw, Charley Jim
 Herrera Jr., Rudy
 Herrera, Aileen Louise
 Herrera, Richard John
 Hilderbrand, Derek Mitchell
 Hood, Edgar Foster
 Hood, Eugene Tyner
 Hood, Richard Foster
 Hood, Ross Damon
 Hooper, Michael Shayne
 Hubble-Kirschner, Skylur Nacole
 Hunt, Lyndon Brandon
 Hurst, Linda Sue Little Charley
 Hutchings, Dawnette Kay
 Ibarra, Rosalee Brianna Lizzet
 Irvin, Catherine Ann
 Isaac-Robbins, Shirley Jean
 Isaacs, Leann Vachon
 Jim, Tia Marissa
 Johndrow-Boston, Mark Joseph
 Johnson Jr., Hubert Dana

Johnson Jr., Walter Mack
 Johnson Sr., Walter Mack
 Johnson, Alexis Lynn
 Johnson, John Daniel
 Johnson, John Pershing
 Johnson, Leam Edwin
 Johnson, Pamela
 Johnson, Shirley Renee
 Johnson, Skylar Wind Dancer
 Jones, Dennis Roy
 Judkins, Charles Gary
 Kaniatobe, Tiffany Paige
 Kaseca, Brandon James
 Ketakea, Georgia Kay
 Ketakea, Kayla Marie
 Key, Michael Duane
 Khalil Qureshi, Maryam Anisah
 Khalil-Quraishi, Sumiyah
 Khan, Keyania Shaneil
 Kickapoo, Collins Kristopher
 Kilmer, Houston Colt
 Kirschner, Tony William
 Kisor, Alexzander Jordan
 Kupczynski, Maureena June
 Landrum, Avery Lynn
 Langdeaux, Louise Sultuska
 Herndo
 Lasenberry, Whitley Sue Mae
 Leach, Melissa Louise
 Leatherman, Maximus Phillip
 Florentino Antonio
 Ledezma II, Roberto Bernal
 Lee, Catherine Stacey
 Lemon, Toni Marie
 Leroy, Mary Denise
 Lewis, Destiny Paige
 Lewis, Katlyn Hope Cooksey
 Lewis, Quinton DeWayne
 Lindsay, Lila
 Little Axe, Dennis Robert
 Little Axe, Skye Keenan Patrick
 Little Charley, Estelena
 Little Charley, Gary Dean
 Little Creek, Levi Kelly
 Little Doctor, Abe
 Little Jim Jr., Webster
 Little, Benjamin Ray
 Little, Keith David
 Little, Marysa Fay
 Little, Micco David
 Littlebear, Kensley Sue
 Littlebear, Trinidad Adam
 Littlecreek, Corwyn Dale
 Littlecreek, Jade Marie
 Littlecreek, Jeremiah James
 Littlecreek, Sadie Rachelle
 Littlehead, Addie Mae
 Logan, Priscilla Ann
 Longhorn, Bradley Lucky
 Longhorn, Harold Bruce
 Longhorn, Lori Rose
 Longhorn, Tommy Dale

Longhorn, Vaun Marie	Panther, Cyerra Lynn	Snake, Steven Ray	Tucker, Keely Marie
Longhorn, Wayne Allen	Panther, Irene Harris Longman	Soap Jr., Roger Eugene	Turner, Monica Francesca
Longman Jr., Clyde Bennie	Patten, Sherri Louise	Spoon Sr., Robert Ray	Turner, Terry Michael
Longman, Herbert Jake	Pawnee, Samuel Charles	Spoon, Alexander Jacob	Tyner, Evelyn Lisa
Longman, Michael Ray	Pease, Xailey May	Spoon, Dasiya Vernice	Tyner, May
Longman, Ruby Johnson	Peetoom, Alexander R S	Spoon, Elijah Gage	Tyner, Sallie Hood
Love, Thomas Philip Brent	Peters, Pauline Alford	Spoon, Gracelynn Faith	Vanliew, Gabriel Winters
Loving, Mckinley Grace	Pickering, Gertrude Bernice	Spoon, Isabella Lorraine	Vanliew, Naomi Maye
Lowe, Victor Shane	Ponkilla, Boyd Dean	Spoon, John Allen	Vasquez, Elijah Cristobal
MacK Jr., Thomas James	Powell, Terry Shane	Spoon, Robby Wayne	Villalobos, Lena Lou
MacK, Kameron Wayne	Price, Judith Ann	Spoon, Sherrie Dawn	Wakolee, Regina Gayle
MacK, Ryan Dale	Puckitt, Steven Ray	Spriggs, Dakota Paul	Walker, Morgan Baylee
Mahardy Jr, Roy Gene	Queen, Shannon Ilene	Spybuck Jr., Thomas Woodrow	Walker, Vera N
Mahardy, Jack	Rainey, Katherine Lydia War-	Spybuck Sr., James Cody	Wallace, Christopher James
Mahtapene, Charlie Renee	rrior	Spybuck, Deanna Marie	Walley, Aubree Michelle
Mann, Kyle William	Rakestraw, Colton James	Spybuck, Lille Davis	Walley, Brian Jeffery
Marx, Luther	Rakestraw, Corbin Lee	Squire, Jerry Wayne	Warrior Bittle, Mona Jean
Masquas, Taylor Daine	Ramirez, Adam Bennett	Stallin, Linny Earl	Warrior, Shawna Kogee
Masquat, Cameron Isaiah	Ramirez, Omaria Carolina	Stanley, Darrel Ray	Washington, Billy Gene Axe
Masquat, Nathaniel Gage	Ramirez-Beavers Jr., Ulyesses	Stanley, Farrell Jay	Watkins, Fredna Christine
Maxwell, Kimber Leigh	Biala	Starr, Jesse Lloyd	Spoon
Mayo, Michelle Marie	Respicio, Lucas Antonio	Starr, Lawrence Mitchell	Watkins, Melysha Raven
McBride, Taylor Iralee	Rex, Suzzy Jean	Steele, William Christopher	Watson Jr., Theodore Randall
McBroom, Ashley Denise	Reyes IV, Jose Ysmael	Stephens, Aubriana Nichole	Watson, Bryeanna Renee Louise
McBroom, Michelle Leigh	Richard, Eryxon Joe	Steves, Adam James	Watson, Martha Ruth (Tiger)
McCray, Ashley Nicole	Richey, Gunner Wayne	Stewart, Stanley Allen	Wenholm, Jody Dawn
McDoulett, Karen Susan	Rigney, Sean Librado	Stinger, Heather Ann	Werth, Luke Jake
McGonigal, Peter Roygan Hodge	Roach, Dustin Michael	Stone, Taylor Cheyenne	Wesley Jr., Daniel Kenneth
McGrew, Zearec Alexzander	Roach, Dylan Lane	Straight, Lelah Gale	Westberry, Casey LyDale
McGuire, Kasi Lynn	Robbins, Joshua Dale	Stryker, Vikki Dawn	Westberry, Hayley Morgan
McKinney, Mahnee Zuri	Robinson Jr., Richard Dion	Stuckey, Zoe Ellori	White Thunder, Shelsie Mae
McLovin, Alexander Charles	Robinson, Jack Alan	Sutton, Mason Riley	White, Calvin Lee
McMillen, Destenie DeAnne	Rolette Jr., Larry James	Sutton, Virginia Lee	White, Raelynn
McPherson, Maiden Ashlee Kayly	Rolette, Sandra Kay	Swaggerty, Heather Lacharlotte	Williams, Bryce Cameron
Meek, Mark Anthony	Rolette, Seth Allan James	Switch, Faye Ramona	Williams, Cody Grant
Megehee, Alicia Kaye	Roller, Christine	Switch, Redonna Lynn	Williams, Jo Ann
Merrell, Jason Andre	Ruimveld, Vickey Lynn	Switch, Thomas Alfred	Williams, Johni Kaleen
Miller, Louis-Renee Sarah	Runsabove, Bryant Kent	Tahah, Everett Wade	Williams, Kayce Brylin
Miller, Patrick Michael	Russell, Alexee June	Tallchief, Mary Lee Ellis	Williams, Mark Henry
Miller, Redena Kay (Blanchard)	Ryan, Ryder Lazaro	Tapia, Dakotah Cruz	Williams, Matthew James
Miner, Johnny Clinton	Sanchez, Glenda Joanne	Taryole, Newman Ryan	Williams, Taree Renea
Miner, Matthew Carl	Sanchez, James Andrew	Taryole, Sydney Alixandra	Wilson, Annette Ponkilla
Miner, Sylver Kay Diane	Schaal, Winnie Virginia	Tascier, Matthew Isaiah	Wilson, Geneva Creek
Mohawk, Billye-Jo Ryleigh	Scott, Denise Renee	Taylor, Aaden John	Wilson, Lillie
Molina, Terry Randall	Scraper, Julia Jean Wilson	Taylor, Lafonda Raye	Wilson, Mitchell James Wayne
Montgomery Jr., Wendall Len	Self, April Jennell	Taylor, Scott Alan	Winter, Warren Patrick
Moore, Joseph Dakota	Self, Sheila Ann	Tebe, Joseph Ray	Witt, Adam Wayne
Moore, Patricia Naomi	Sevier, Jennifer Michelle	Thapa, Sonya Shree	Wolf, Bryne Andrew
Morgan, Katie Lynne	Sinks, Esther Sophie	Thompson, Billie Gean	Wolfe, Leonard Wayne
Morton Jr., Jeremiah James	Sinks, Raymond Leonard	Thompson, Brandee Ian	Woods, Kathy Lynn
Morton, Hannah Raine	Skeen, Lucille	Thornhill, Nathaniel Weston	Wright, Tasha Laquinta Suzanna
Nakamoto, Lisa Marie	Sloan, Agnes Sloat	Thorpe, Kimberly Clarice	Wyatt, William David
Nelson, Linda June	Sloan, James B.	Thorpe, Mary Elizabeth	Yandell, Steven Joseph
Nuckolls, Larry Wayne	Sloat, Ann Marie	Tiger, Anthony Michael Gene	Yates, Kylie Ann
Oney, Mattison Marie	Sloat, Arthur	Tiger, Donna Jean	Yeahpau, Roman Mausanap
Ongaco, Ariana D. Wilson	Sloat, Athenia Kayra	Tiger, James Scott	Zinn, Jenifer Coleman
Onzawah, Leroy Galin	Sloat, Christina Sue	Tiger, Jim Tay-Per-Scoy-Ka	
Onzawah, Linda Charlene	Sloat, Henry	Tiger, Mandy Jane	
Owens, James Patrick	Sloat, Jeremy Clay	Tiger, Raymond Gary	
Ozeretny, Gary Lee	Smith, Courtni Renee	Tiger, Sage Rowan Dibble	
Panther IV, William	Smith, Daleana Lee	Toca, Kelly Amanda	
Panther, Ashlynn Nevaeh	Snake, Anna Grace	Tucker, Brian O'Neal	



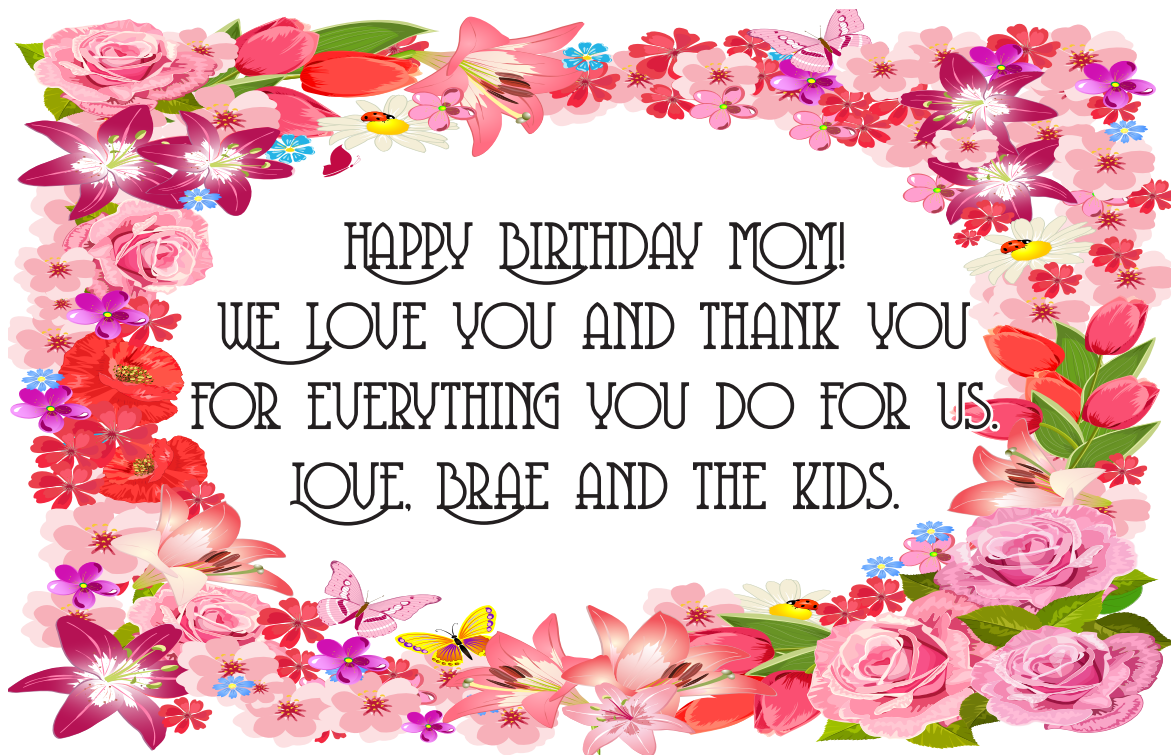
HAPPY 13TH BIRTHDAY
JAMES!

WE LOVE YOU. HAVE A GREAT DAY!
LOVE, MOM & ALLEN

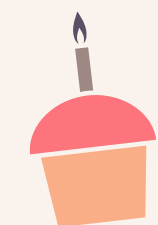


Happy Birthday to my concert buddy! lol

Chelle Foreman
Have a wonderful day!
Love, Aunt Rhonda



HAPPY BIRTHDAY MOM!
WE LOVE YOU AND THANK YOU
FOR EVERYTHING YOU DO FOR US.
LOVE, BRAE AND THE KIDS.



Happy Birthday 26th
TO YOU

Shelsie White Thunder

March 30th

From Mom, Dad, Shelby, Sheldon,
Nakiaus, and Bryson Dale

Happy 10th Birthday

KIYAH BUG!

We love
you!!!

Love, Mom,
D, Brae, sissy,
and bubba



Congratulations!



Congratulations to AST Tribal member Slayer Dane Little Axe (Left),
2019 Regional Wrestling Champion Open Division 90lbs.
Oklahoma State Qualifier 2019

Congratulations to AST Tribal member Brittany Little Axe (Right),
2019 OKWA Wrestling 15u Girls' State Runner-Up



Congratulations

I would like to congratulate my daughter Jasmine Martinez on her scholarship to run track at Loyola University in New Orleans. She signed her letter of intent on Wednesday Feb 6, 2019 on national signing day. The entire family is very proud of you Jappy!!!

Sherrie

Happy Birthday
dearest daughter.
Wishing you a terrific,
special day!
I love you.
Love, Mom

Sister

Wishing you a
beautiful, wonderful
kind of Birthday!
Love, your older sister,
Barb

*Happy Birthday
Mom*

Hope you have an AMAZING
day! Because you totally
DESERVE it!
We love you very much!
*Joplin, Jiliyan,
& Justin*

National Nutrition Month

By Lisa Harrington, MS, RDN, LD

If you made New Year’s resolutions that are starting to fizzle, then there is no time like March to refresh your healthy goals. The Absentee Shawnee Tribe Diabetes and Wellness Program is challenging all community members to a “Make the Change, March”. March is National Nutrition Month® and we would like to share the top 3 diet changes you can make to build a happier, healthier you!

1. Drink water. Consider this—one 12 oz can of soda per day adds up to 14 lbs of weight gain in one year. Just by substituting water for your favorite sugar sweetened drinks, you can lower your calorie intake, decrease your weight, lower your risk of developing diabetes or help manage diabetes and keep blood sugars in control.

2. Eat vegetables with every meal. Most of us do not eat the recommended 3-5 servings of vegetables per day. Vegetables are low in calories but high in fiber and nutrients. Try adding vegetables like broccoli and bell peppers to the pan when scrambling eggs, as a way to bring vegetables to the breakfast meal. Find one new vegetable recipe a week to try with your family dinners or come to a Diabetes and Wellness cooking demonstration class—I promise, we always prepare and sample a new vegetable recipe!

3. Slow down. We live in a fast paced world and we do many things involving food at a rushed pace. Think about it—“fast food”, “I’m running to the grocery store”, “quick dinner”, “breakfast on the go”—these common phrases show that we are in a race when it comes to food. Slow it all down. Take time to make a list before going to the grocery store; plan a family meal and enjoy talking to your friends and family; set a goal of avoiding “fast food” for the entire month of March. When you slow down, you will become more mindful, make better choices, and feel more satisfied.

There are many other nutrition goals you could choose to work on during National Nutrition Month. If you need help with making nutrition goals, we invite you to come visit us at the Diabetes and Wellness program. Together, let’s make it a “Make the Change, March



Oklahoma Inter-tribal Diabetes Coalition

SAVE THE DATE

10th Annual Benefit Golf Scramble

Friday, April 12, 2019

9:00 a.m. Shotgun Start
(Rain cancellation date – Friday, April 26, 2019)

FireLake Golf Course

1901 S. Gordon Cooper Drive, Shawnee, OK 74801 (405) 275-4471

Registration fees:

Early bird (through Friday, March 22nd): \$300/team or \$75/person
Late: March 23rd – April 8th: \$320/team or \$80/person

Deadline to register: Monday, April 8th, 2019 by 5:00 p.m.
No on-site registration

4 Man Scramble
1st, 2nd, 3rd Flight Prizes Awarded
Proximity contests
\$300 hole in one
Door prizes (maybe even a kitchen sink!)

Come and support the Coalition’s efforts in raising awareness and advocating for diabetes prevention in Oklahoma.

SPONSORSHIP OPTIONS AVAILABLE
SEE REGISTRATION FORM



For more information, contact Torie Fuller:
918-623-1424 ext. 1352
Fax: 918-623-3013
Torie.fuller@creekhealth.org
See registration form for payment details



Absentee Shawnee Housing 2019 PROGRAMS




- Low Rent Housing
- Lease to Own Housing
- \$5,000 Down Payment & Closing Assistance –AST Members ONLY
- College Housing Rental Assistance
- Over Income Lease to Own Housing
- Over Income Rental Housing
- Home Rehab Assistance – AST Members ONLY

FOR INFORMATION ABOUT OUR SERVICES

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

LOCATED AT 107 NORTH KIMBERLY IN SHAWNEE, OK.

WEBSITE: WWW.ASHOUSINGAUTHORITY.COM



O.I.L.S Clinics

Presented by : Office of the Treasurer and Oklahoma Indian Legal Services, Inc.

O.I.L.S offers educational clinics for multiple services to help tribal citizens.

- * Prepare wills/probates,
- * Legal assistance with criminal charges
- * Expungements of Criminal Records for Native Americans
- * Disaster Preparedness training

Wills/Trusts/Probate Clinic Dates	Locations
Wed., April 24 th (10am to – 3pm)	Health Center Conf. Room – Little Axe, OK
Wed., July 31 st (10am to – 3pm)	Multi-Purpose Building – Shawnee, OK
Wed., Oct. 30 th (10am to – 3pm)	Health Center Conf. Room – Little Axe, OK

General Information will be provided from 10:00 AM – 11:30 AM
Appointments will begin at 11:30 AM- 3:00 PM
Please call Stephanie Hudson at 405-943-6457 to get appointments.
Please RSVP with the Office of the Treasurer.
[405] 275-4030 Ext 6309
Lunch will be provided by the Office of the Treasurer.

AST Teen Honored by State for Act of Bravery



Left to Right: House District 27 State Rep. Danny Sterling, Braydon Self, Tecumseh Chief of Police JR Kidney

On February 7, 2019, tribal member Braydon Self was presented a citation of recognition by House District 27 State Representative, Danny Sterling. This recognition was for his actions on January 13, 2019 when he called 911 after fleeing from an armed robber at the Family Dollar store in Tecumseh. Braydon attends Tecumseh Middle School. His parents are April Self and Steven Self. Video of this presentation is available at www.okhouse.gov/ Video.

FREE MUSIC LESSONS

Guitar • Bass • Piano • Drums

Available to all Native Americans w/CDIB#

For details, call Absentee Shawnee Behavioral Health • 405-878-4716

ASEDA Seeking Administrative Assistant

GENERAL DESCRIPTION

The purpose of the position is to provide high-level administrative support by conducting research, preparing statistical reports, handling information requests and performing clerical functions such as preparing correspondence, receiving visitors, arranging conference calls and scheduling meetings.

RESPONSIBILITIES

- Manage and maintain ASEDA Staff schedules and meetings.
- Communicates with media on needs for public relations activities inclusive of storylines, photo opportunities, etc.
- Creates and implements community related activities for presentations, mail-outs and other related informational needs.
- Prepare invoices, reports, memos, letters, financial statements and other documents, using word processing, spread sheets, database, or presentation software.
- Read and analyze incoming memos, submissions, and reports to determine their significance and plan their distribution.
- Open, sort, and distribute incoming correspondence, including faxes and email.
- Prepare responses to correspondence containing routine inquiries.
- Perform general office duties such as ordering supplies and maintaining records.
- Traveling, on occasion, with and/or ASEDA Staff to various meetings.
- Make travel arrangements for ASEDA Staff.
- Other duties as assigned by ASEDA Staff.

EDUCATION REQUIREMENTS AND QUALIFICATIONS

Bachelor’s Degree (preferred) and a minimum of two years of professional or technical administrative experience in business or public administration or an equivalent combination of education and experience, substituting one year of qualifying experience for year of the required education. Must possess excellent written and verbal communication skills. Must have excellent computer skills. Must be able to pass a criminal background check. Native American Preference/EOE/Drug Free Workplace


ASEDA Report

“Progress” is the key word to describe the state of activities for the Absentee Shawnee Economic Development authority. Tribal leaders have expressed their continued commitment to a better and more effective ASEDA. To accomplish that, an aggressive effort to garner 8A certified minority-owned status continues to bear promise. To date, the following critical requirement have been met, or are awaiting approval; Registering with the Secretary of State, acquiring the IRS Employee Identification Number (EIN), acquiring the DUNS number, acquiring and organizing the ASEDA articles of incorporation, bi-laws and required legal information. All of these efforts will pay-off in the future as we meet our goal of ownership of an 8A certified company during the 2019 calendar year.

With respect to business opportunities and economic development, we are focused on significant growth in in the 2019 calendar year. More specifically – the expansion and increases in capacity of our commercial, retail, AST healthcare service facilities and operations. From a development, planning, construction standpoint 2019 will be the year we go from the “status quo to status GO”!

ASEDA will continue to carry-out the will and vision of AST Executive Committee, Tribal Leaders, AST Healthcare officials, and Tribal citizens for the advancement of job growth and economic prosperity. The plans we have made to accomplish these goal are aggressive, specific, and attainable.

Let your voice be heard.




Ne-Hi-Ki-Wa-Sa-Pa. *We listen.*

It is our mission to provide quality health care. To do this, we need some help from you. Share your needs, concerns and care experiences. **Call patient advocate Jim Robertson at 405.447.0300 or Customer Service at 405.701.7623.** Complete a Patient Questionnaire in one of our clinics or online.

Together, we will fulfill our mission.

LITTLE AXE HEALTH CENTER 15951 Little Axe Dr. Norman, OK 73026 405.447.0300	SHAWNEE CLINIC 2029 S. Gordon Cooper Dr. Shawnee, OK 74801 405.878.5850	PLUSCARE CLINIC 15702 East State Highway 9 Norman, OK 73026 405.447.0477
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AAAHC
ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.

ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

WWW.ASTHEALTH.ORG

PURCHASED REFERRED CARE NEWS



The AST Purchased Referred Care Team is here to assist you.

Please follow the PRC guidelines. Keep a copy on hand and update your information.
To update your patient information, please see patient registration.

SHAWNEE CLINIC
PURCHASED REFERRED
CARE
HAS MOVED.

We are now located in
SHAWNEE CLINIC (BLDG. 17)
Our phone numbers have NOT changed.

EMERGENCY AND URGENT
CARE SERVICES

PRC for a currently enrolled AST citizen who resides in the defined catchment area and needs emergent or urgent care.

1. Call the On-Call nurse at 405.447.0300, option 9 for triage.
2. Notify PRC on the next business day or within 72 hours after your ER visit. Notification does not assure authorization of payment. However, if you do not notify PRC within 72 hours, your bills will not be paid.
3. For AST citizens with no insurance, evidence must exist that your visit was medically necessary. Medical priorities have been established for determining which referrals can be authorized for payment.
4. For AST citizens with insurance, evidence must exist that a third-party resource has made the 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 PRC. **You may leave bills at the Little Axe Health Center PRC office or the Shawnee Clinic PRC office.**

PURCHASED REFERRED CARE
FOR AST CITIZENS
WITH INSURANCE

PRC for a currently enrolled AST citizen who resides in the defined catchment area and has Medicare or private insurance.

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

For new AST tribal citizens, to become established for PRC services, please make an appointment to see the **New Patient Coordinator/PBA at either the Little Axe Health Center or Shawnee Clinic** during regular hours of operation.
2. Notify PRC at least 48 hours prior to appointment date for a Coordination of Benefits (COB) to be sent to the provider.
3. Inform provider/health facility that AST PRC is a secondary payer/ payer of last resort.
4. In the event that you receive a bill from a provider, please provide a copy to PRC. **You may leave bills at the Little Axe Health Center or Shawnee Clinic.**

PURCHASED REFERRED CARE
FOR AST CITIZENS
WITHOUT INSURANCE

PRC for a currently enrolled AST citizen who resides in the defined catchment area and does not have insurance.

1. You must apply for all resources available to you, such as: Medicaid, Medicare, Worker's Compensation, Vocational Rehabilitation, auto insurance and other personal injury or liability coverage. PRC staff and/or Patient Benefit Advocates can assist you with the application process for alternate resources. Failure to exhaust available or potentially available alternate resources may result in denial of payment.
2. To complete existing PRC patient updates, **please visit Patient Registration at either the Little Axe Health Center or Shawnee Clinic** during regular hours of operation.

For new AST tribal citizens, to become established for PRC services, please make an appointment to see the **New Patient Coordinator/PBA at either the Little Axe Health Center or Shawnee Clinic** during regular hours of operation.
3. You must utilize the services provided within AST health clinics prior to being referred out.
4. Referrals for outside services must be sent to PRC. Services must be medically approved by an AST Health provider and/or CMMR Committee.
5. An appointment will be scheduled, and a COB will be sent to the outside provider.
6. In the event that you receive a bill from a provider, please provide a copy to PRC. **You may leave bills at the Little Axe Health Center or Shawnee Clinic.**

EASY ACCESS

Purchased Referred Care is conveniently located
in Little Axe Health Center and in
Shawnee Clinic, Building 17.

8:00 a.m. – 5:00 p.m., Monday – Friday
Closed on Holidays

All facilities closed the first Wednesday of the month from Noon to 5pm.

IMPORTANT CONTACTS		
BILLING & PAYMENT INQUIRIES <i>Little Axe Health Center & Shawnee Clinic</i>	REFERRAL MANAGEMENT <i>Little Axe Health Center</i>	REFERRAL MANAGEMENT <i>Shawnee Clinic</i>
Glendine Blanchard, PRC Director	Debi Sloat, PRC Deputy Director/RN	Flo Mann, PRC Specialist, AST Patients/LPN
Darla Gatzman, PRC Specialist	April Parton, PRC Health Specialist/LPN	Laurie Webber, PRC Specialist, IHS Patients/LPN
Lena Carroll, Claims Processor	Jayne Werst, PRC Specialist, Medicaid Patients	Carrie Stanley, PRC Specialist, Medicaid patients/
Jennifer Wells, PRC Technician	Melinda Ferrell, PRC Specialist	Medical Assistant
Kareena Deere, File Clerk		

Hello from the Absentee Shawnee Tribal Procurement Department

We have had a very busy month with Tribal Travel, Tribal Department Purchasing and the upcoming Tribal Auction. It is a new year of Educational and Certifications Trainings quickly approaching. These trainings allow our employees and directors to stay up to date and current with State/Federal Regulations and knowledge of what is being implemented in other surrounding Tribal Communities. Our Tribal Complex Purchasing is constantly busy we do purchasing for 32 different Departments. We have made some changes in our Department in order to streamline the Purchasing Headache for our Directors and our Procurement Staff. We will be implementing new software that will digitalize our process; Microix will be implemented into each Department separately this year. It is already in a few Departments and is working wonderful. Onsite training will be provided for each Department also when Microix is installed.

Our Tribal Auction date is set for April 6th, 2019 @ 10AM. The Auction will take way at the Thunderbird Casino 15700 OK-9 Norman, OK 73026. We will be auctioning off Cars, Trucks, Tractor Implements, Furniture, Mowers, Generators, Forklift and Much more.

We have also added a few new faces to our Department:



Rebecca Kennedy, our new Administrative Assistant is an AST Tribal Member. She has an extensive background ranging from Military Duty to Purchasing and Administration Duties. She is excited to be employed with her Tribe and is dedicated to provide the best customer service and skills to make a difference in our Complex. She is a fast and active hand on learner and has been a huge asset to our Procurement Department.



Blake Wiggins, our new Asset/Fleet Coordinator is from the Micmac Tribe. He has past experience in Heavy Equipment, Fleet Management and Company Inventory. He came to us with 5 plus years' experience in Heavy Machinery. He is determined to inventory and clean up our asset list. He is compiling and facilitating the upcoming Auction in April 2019. He strives at meeting his goals and is ready to hit the ground running. He enjoys spending time with his family and spending time outdoors. We are pleased to have him join our Procurement Department.

The Human Resource Report March 2019

The Human Resource Department has been extremely productive over the last several months. With the new ADP payroll system, Open Enrollment, Internal Audits and day to day activity the department has been increasingly busy. The department is streamlining a number of administrative processes in an effort to reduce the work burden for departments. We are in the developmental stage of overhauling the Administrative Manual and will focus heavily on updating our policies over the next several months. The Department along with the Representative will be working closely with the Executive Committee Members and department supervisors to review the current policies to identify where clarification and enhancements are needed.

This month, the department is implementing supervisor training that will begin at the end of March. These trainings will be held monthly and are exclusively for our department supervisors. The goal is to provide core skills to help supervisors retain talent and provide support to employees. These trainings are vital to the progress for the Tribe as whole to help retain our employees.

In 2018 The Absentee Shawnee Tribe turnover rate reached an all-time high of 39.7% and the top reasons for employees to separate from employment were:

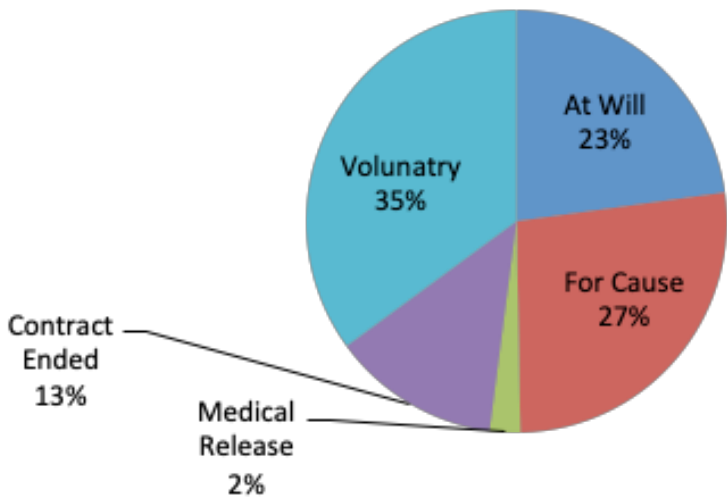
- Voluntary Separation - 35%
- For Cause - 27%
- At Will – 23%

While there are many variables that can affect turnover rates the leading cause in our retention rates are due to the over utilization of the At Will policy and not taking the proper steps to retain our employees. On average, it cost the Tribe approximately 10% of each employees annual salary when a separation occurs. The Tribe puts every effort to investing time and training into each newly hired employee with an almost 40% turnover rate for 2018, this is a huge financial burden for the Tribe.

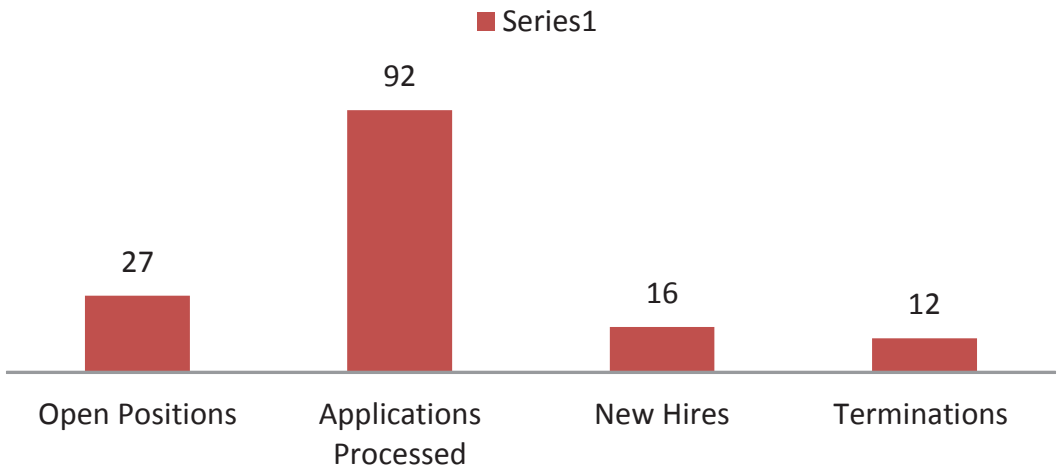
In an effort to reduce this waste the Human Resource Department will first focus on developing the knowledge and skills of our supervisors with monthly trainings. The goal is to empower and engage our supervisors by giving them the necessary skills to assist with employment hurdles. Supervisors are the frontline defense for our organization. A good supervisor can motivate and inspire an employee, and they act as an offensive line to remove obstacles. They help identify gaps within our structures and organize departments to perform at a high level. It is vital that we arm each supervisor with the knowledge and skills to assist their department and staff appropriately to continue to retain our staff.

However, this is just phase one of this action plan, phase two is providing clear policies for employees and supervisors to adhere to. The department is working with the Representative to research the best practices of other organizations and Tribes to implement policies that encompass our unique needs. We will continue to track key indicators over time to align our strategies and policies to better assist the Tribes goals and employment needs.

2018 Separations




Human Resource Metrics last 60 days



WOMEN'S HEALTH SERVICES

There is a welcoming place for women.



Studies show that women tend to ignore their own health while taking care of children and partners. But how can you take care of them if you don't take care of you? Breast and pelvic exams, mammography referrals, bone density screenings and adult immunizations are beyond important. They make you healthier. Better. More able to do the hard work that women do.

LITTLE AXE HEALTH CENTER

15951 Little Axe Dr,
Norman, OK 73026
405.447.0300

SHAWNEE CLINIC

2029 S. Gordon Cooper Dr,
Shawnee, OK 74801
405.878.5850 • L87.878.4702 (Toll-free)

HEALTH SYSTEM


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WWW.ASTHEALTH.ORG

ABSENTEE SHAWNEE TRIBAL
POLICE DEPARTMENT

ABSENTEE SHAWNEE
OFFICER



TRIBAL POLICE

SORNA

SEX OFFENDER REGISTRATION AND NOTIFICATION ACT
EMAIL: SORNA@ASTRIBE.COM
TIPLINE 405-273-1249

Melokami Youth Camp

SPRING BREAK!

Location: Brendle Corner Community Building
Little Axe, OK

Date/Time: March 18–22, 2019
9:00 am to 4:00 pm

Ages: 6th grade to 12th grade

Limit: 25 participants

Transportation: Tecumseh/Shawnee area youth will be picked up at the AST complex @ 8:30 am SHARP. We will be returning at 4:30 pm. **Space is limited.**



to include: Youth Prevention Activities
Cultural Activities
Healthy Lifestyles Activities

Registration: Registration until March 15, 2019, 5 pm.

Contact:
Brandon Goodman at 275-4030 ext. 6255,
Tresha Spoon ext. 6242, or
Blake Goodman at 364-7569 or bgoodman@astribe.com



SPRING

Absentee Shawnee Veterans Association Meeting

Membership Drive on March 13, 2019 at 6:00 p.m.
Warriors Room, Thunderbird Casino
Highway 9, Norman, OK 73026

Hello all Absentee Shawnee Veterans we will be having our annual Election of Officers on March 13, 2019 at 6:00 p.m. This meeting will be held at Thunderbird Casino in the Warriors room. Also, we will be finishing up taking information on all Veterans measurements for khaki pants which the Commander, Walter Larney will be ordering before the summer months get here. Hope to see every one there at the meeting please wear your uniforms after Elections we will be taking pictures.

Contact Twila Parker, cell phone (405)229-8052, or Walter Larney, cell phone (405)683-1247.

IOWA TRIBE OF OKLAHOMA
VOCATIONAL REHABILITATION

TRANSITIONAL SERVICES

The Iowa Tribe of Oklahoma Vocational Rehabilitation (ITOVR) Program has provided vocational services to Native Americans consumers since 1994, and transition services to students since 2004. For years, our goal has been to empower Native American with disabilities, consistent with their individual strengths, resources, priorities, concerns, abilities, capabilities, and informed choice, to prepare for the transition from school to work or post-secondary school.

PROGRAM

Transition Services help Native American high school junior and seniors with disabilities continue their education, train for a job and find a job after completing education.

You design your own customized Individualized Plan of Employment (IPE) with our help.

QUALIFICATIONS

- Are you an enrolled member of a federally recognized tribe?
- Are you a Junior/Senior in High School?
- Do you reside in our services area?
- Disability documentation from a Doctor, Physician or Mental Health Provider noting disability and impediments?
- An IEP or 504 Plan may be accepted as proof.

SERVICES

- Counsel and Guidance about Training and Education after H.S.
- Assistive Devices (Hearing Aids, Walkers, Eyeglasses, Learning Devices, etc.)
- Tuition Assistance
- Testing Fees (ACT/SAT)
- Work Clothing for New Jobs
- Career Assessments
- Physical or Mental Evaluations
- Resume Building, Interview Etiquette, etc.
- Other Various Services

ITOVR provide their services to any member of a Federally recognized tribe residing in the seven counties as shown in this image.

ITO Service Area

For more information contact:
Taylor McClellan, Counselor
405-547-5721 x223 • 888-336-IOWA
tmccllellan@iowanation.org

IOWA TRIBE OF OKLAHOMA
335588 E. 750 RD.
PERKINS, OK 74059
405-547-2402
BAHKHOJE.COM


Note: All registrants must come to the Little Axe Resource Center or Building 1: Education Dept. on the AST complex to fill out registration, liability, and release forms. (Registration packet may be filled out until March 15th at 5 pm.)



Mission Hill Update

From the Attorney General's Office

For several months, the Pottawatomie County Commissioners have been in discussions with the Citizen Pottawatomie Nation over the old Mission Hill Hospital property, located adjacent to the Absentee Shawnee complex. In the summer of 2018, the Absentee Shawnee expressed to the Pottawatomie County Commissioners and BIA that the Tribe has an interest in the Mission Hill property and there is an issue of which Tribe the property should revert to. Local papers have recently published some misleading reports with respect to the Mission Hill property, suggesting that it has been transferred to the Citizen Potawatomi Nation. According to the Department of Interior, this is not the case, and the BIA is still actively seeking input from the Absentee Shawnee Tribe regarding the ultimate disposition of the Mission Hill property. The BIA has provided a small number of historical documents relating to the property's history, but the record is still incomplete, and we are continuing to work with the BIA and search other sources to locate the missing documentation. If the sale to CPN is ultimately approved by BIA without the Absentee Shawnee Tribe's consent, the decision would be subject to appeal, meaning the decision could be held up for several years. We will continue to work closely with the BIA and the Solicitor's Office to determine whether there is an Absentee Shawnee interest in the property and to protect whatever interest may exist from being improperly transferred to another tribe.



ABSENTEE SHAWNEE TRIBAL
HEALTH SYSTEM
Prevention. Progress. Pride.

BEHAVIORAL HEALTH SERVICES


A guiding hand
on your shoulder.

Life comes with its share of challenges. As individuals, family members, friends, there are times when we all need some help to clear our minds and better the days ahead. The resources are here; the people are kind. If you need us, please call us, **8 a.m. to 5 p.m. Monday through Friday.**

LITTLE AXE HEALTH CENTER
15951 Little Axe Dr.
Norman, OK 73026
405.447.0300
BEHAVIORAL HEALTH
Rolanda Smith 405.701.7987


SHAWNEE CLINIC
2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
405.878.5850 • 1.877.878.4702 (Toll-free)
BEHAVIORAL HEALTH
Roberta Cooper 405.878.4716

Services available for all Federally Recognized Tribes.

 **AAAHC**

W W W . A S T H E A L T H . O R G

Care on your schedule, that's the Plus.



A N A F T E R H O U R S A C U T E C A R E F A C I L I T Y

HOURS OF OPERATION:


9 a.m.-9 p.m. Monday – Friday
9 a.m.-5 p.m. Saturday – Sunday
9 a.m. -5 p.m. Holidays
(except Thanksgiving & Christmas)

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

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

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


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



PLUSCARE

LI-SI-WI-NWI HEALTH, INC.

Prevention. Progress. Pride.

Accredited by
 **AAAHC**
ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.

15702 East State Highway 9 • Norman, OK 73026
Phone: 405.447.0477 Fax: 405.366.8996

W W W . A S T H E A L T H . O R G



Office of Environmental Health & Engineering
Brownfield Tribal Response Program

What is a Brownfield?



Do you have land that you want to use for a business, park, or for cultural purposes, but are worried about possible contamination? If so, you may have a Brownfield site.

Typical Brownfield Sites Include:

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

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



If you have a Brownfield site that you would like to develop, or if you know of a possible Brownfield site, please contact:

Absentee Shawnee Tribe
Brownfield Response Program
2025 S. Gordon Cooper Dr.
Shawnee, OK 74801
(405) 214-4235

AST.Environmental.Programs@astribe.com

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



www.facebook.com/
ast.environmental.programs

Fiscal Year 2019 - YTD Tax Collections (through 1/31/2019)

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$15,159.46	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$15,159.46	4.40%
Gaming % of free cash	\$250,000.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$250,000.00	72.52%
Employee (1%)	\$11,753.43	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$11,753.43	3.41%
Severance (8%)	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	0.00%
Motor Vehicle	\$15,068.14	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$15,068.14	4.37%
Motor Fuel Taxes (Qtrly.)	\$43,765.11	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$43,765.11	12.70%
Tobacco Refund	\$8,835.92	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$8,835.92	2.56%
TOTAL TAXES	\$344,582.06	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$344,582.06	
Miscellaneous	\$130.15	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$130.15	0.04%
TOTAL COLLECTIONS	\$344,712.21	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$344,712.21	100%

ABSENTEE SHAWNEE TRIBE
TAX COMMISSION

2025 S. Gordon Cooper Drive
Shawnee, OK 74801
(405) 275-4030 • Fax: (405) 214-4225

NEW REGISTRATIONS

- VALID OKLAHOMA DRIVER’S LICENSE
- VALID OKLAHOMA INSURANCE
- CDIB/ENROLLMENT CARD
- NOTARIZED TITLE
- NOTARIZED BILL OF SALE or PURCHASE AGREEMENT
- LIEN ENTRY FORM (if you are making payments)
- LIEN RELEASE FORM (if previous owner had lien)

TRIBAL MEMBER MUST BE PRESENT FOR ALL NEW REGISTRATIONS

Note: You may be asked to provide supporting documentation for verification purposes.

RENEWALS

- VALID OKLAHOMA DRIVER’S LICENSE
- VALID OKLAHOMA INSURANCE
- CDIB/ENROLLMENT CARD
- PREVIOUS YEARS REGISTRATION

ANYONE MAY COME RENEW THE VEHICLE AS LONG AS THEY HAVE THE ABOVE LISTED DOCUMENTS FOR THE TRIBAL MEMBER

TAG PRICES

1-4 YEARS	\$85
5-8 YEARS	\$75
9-12 YEARS	\$55
13-16 YEARS	\$35
17- OVER YEARS	\$15

PENALTY

\$0.25 A DAY

Absentee Shawnee Behavioral Health
STRENGTH OF TRADITION PROJECT

Funded through SAMHSA Native Connections Grant in providing support by:

- ♦ Extending an out outreach through community partnerships to increase awareness of Substance Abuse and Suicide Prevention in the community.
- ♦ Increasing the participation of youth, parents, tribal leaders, and health providers in developing mental health service and treatment options based on the cultural values and practice of the Native community.
- ♦ Easing the impacts of substance use, mental health illnesses, and trauma in native communities.
- ♦ Supporting youth as they transition into adulthood.

If you would like to know more about this program, please contact us!

Linda Gouge Grant Coordinator (405)701-7988
Victoria Andrews Grant Assistant (405)701-7995

Little Axe Health Center
Li-Si-Wi-Nwi Health, Inc.
15951 Little Axe Drive
Norman, OK 73026



“This flyer was developed under a grant number SM080181 from the Substance Abuse and Mental Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies, and opinions expressed are those of the authors and do not necessarily reflect those of SAMHSA or HHS.”

Absentee Shawnee Tribe of Oklahoma
Enrollment Office



Director
Carly Dyer

Enrollment Clerk
Kim Little Axe

Enrollment Staff
Melissa Hill
Shelby Raines

Tribal Secretary
John Raymond Johnson

Enrollment Office’s Identity Verification Process

The Enrollment Office will be implementing a new verification process on September 1, 2017. This process will include verifying an AST Tribal Member identity through primary and secondary form of Identification (ID) or a stand-alone primary form of ID when the Member is being issued a replacement CDIB Card. The mail-in process will accept color-copied IDs (excluding birth certificate/FS-240 form) as well as a notarized statement stating that the original documents were seen. The notarized statement and the color-copied document must be completed on the same paper.

This verification process will be conducted every time a CDIB Card is being issued to a AST Tribal Member. Due to the cause of identity theft and incidents of fraudulent cards being produced, this process will provide an additional method to protect the Member’s information and will continue to uphold the integrity that the Absentee Shawnee Tribal Members CDIB card has with state and federal entities.

This process will not interfere with any member’s enrollment status, if by some chance a member cannot be issued a CDIB Card until the appropriate form of IDs are submitted; the Enrollment Office will be more than happy to verify enrollment for the CDIB through an enrollment verification to any other department or entity that may accept this form of verification. This enrollment verification process will be conducted on a department-to-department basis.

There will be a three-tier list of IDs that may be presented to the Enrollment office in order to be issued a replacement CDIB Card. The Stand-Alone Primary IDs are made to be the only form of ID that does not have to be accompanied with a secondary form of ID. If a Stand-Alone Primary form of ID cannot be presented then a Primary form of ID will be required with at least one Secondary form of ID. Please reference the following list on page 2 to what will be verified as a form of ID for

The Enrollment Office’s Identity Verification Pro

Secondary Form of Identification

- Any primary proof of identification, which is not used as the primary ID for a U.S. citizen
- For any person under the age of 18, an affidavit signed by the parent or legal guardian
- Identification Document issued by one of the following:**
 - Oklahoma public, private, or parochial secondary school
 - Oklahoma institution of higher education
 - Oklahoma technology center school
 - Oklahoma employer
 - Oklahoma gun permit
 - Pilot license
 - Oklahoma lifetime hunting or fishing license
 - Oklahoma voter identification card
 - Social Security card
 - Health insurance card
 - Motor vehicle registration or title
 - Marriage certificate
 - Separation or divorce judgment
 - Professional degree, certificate, or license
 - Deed or title to property in Oklahoma, including a burial plot deed
 - Health, life, or home insurance policy issued to the applicant
 - Automobile insurance policy or security verification form issued to the applicant
 - A valid U.S.D.O.T. health card, as required by 49 C.F.R. Part 391
 - Digital photograph comparison, if a Citizenship-generated digital photograph is already on file with the AST Enrollment Office
 - Military discharge (DD-214), unless specified not to be used for identification

Enrollment
Department

Enrollment would like to clarify on why we are updating our tribal enrollment card- CDIB. We have had a lot of questions on” Why” are we doing this. Basically we as a tribe are updating our Enrollment card because of the Identity Verification Process and following the Real ID Act. Attached is the Enrollment Office’s Identity Verification Process Information form for you’re to read and be aware of what it is. Enclosed you can read another form of Information that is necessary to be informed on, is the standalone Identification, Primary Identification and Secondary Identification form that the Enrollment Department can accept when updating your tribal enrollment card. Once again, thank you for working with us during the time of change in Enrollment and if there is anything we can clear up and help our tribal members understands, do not hesitate to call Enrollment.

Stand-Alone
Primary Form of Identification

Primary Form of Identification
(with a Secondary form of ID)

- | | |
|---|--|
| <ul style="list-style-type: none">State ID Card or Driver’s License (no More than 3 months expired)Oklahoma Self Defense Act License (Concealed/Open Carry License) (no more than 3 months expired)United States Passport (no more than 3 months expired)Out-of-State Drivers LicenseAn identification document issued by the United States Armed Services (Issued by the Department of Defense); one of the following:<ul style="list-style-type: none">Military identification cardMilitary dependent identification card | <ul style="list-style-type: none">Birth CertificateFS-240 form: Consular Report of Birth Abroad |
|---|--|

A Little Note from The Tag Office

Did You Know.....

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

AST Education Dept Now Accepting Applications for Scholarships

AST Education Department: Big Jim Youth Awards

We will begin taking applications for the 2018-19 Big Jim Youth Awards on January 1, 2019. High school seniors of both genders within the 50 United States are eligible to apply for these awards for the 2018-2019 school year. Applications will be accepted from January 1 to March 31, 2019 by US mail or email, official transcripts must be mailed. The official application form will be available in December 2018 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 2019 semester. The scholarship must be used for the fall 2019 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/June 2019.

We encourage ALL Absentee Shawnee High School Seniors to apply.

Award recipients will be recognized as the 2018-2019 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

Education

Absentee Shawnee Tribe of Oklahoma
Education Department
 2025 South Gordon Cooper Drive
 Shawnee, OK 74801

Applications accepted:
Jan. 1st–March 31st
Finalists announced:
May/June 2019

(405) 275-4030 Ext. 6242 Toll free (800) 256-3341 Fax (405) 273-7938

youthaward@astribc.com

- ☐ \$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)
- ☐ \$1,000 Scholarship Big Jim Athlete of the Year (Female)

STUDENT INFORMATION

Name: _____
(LAST) (FIRST) (MI)

Tribal Enrollment #: _____

Address: _____
 (STREET) (CITY) (STATE) (ZIP)

Home Phone: () _____ Cell Phone: () _____

Email: _____

HIGH SCHOOL INFORMATION

High School Name: _____

City: _____ State: _____

Guidance Counselor: _____ Phone #: _____

(FIRST) (LAST)

Sport: _____ Position: _____

Coach: _____ Phone #: _____

(FIRST) _____ (LAST) _____

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

Documents to be included with application:

- ☐ Official High School Transcript
- ☐ Letter(s) of Recommendation (Educator/Coach/Tribal/Church)
- ☐ Tribal Enrollment Card (copy)
- ☐ Resume of Accomplishments and Activities
- ☐ 500-word Essay: How do you feel your accomplishments (knowledge/training) as well as your being an Absentee Shawnee Tribal member will influence your future plans?
- ☐ Video (optional): no more than 10 minutes in length

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

ATTENTION TRIBAL MEMBERS!!!

The approved Legislative Resolution No. L-AS-2018-17 has been duly adopted by the Executive Committee of the Absentee Shawnee Tribe of Indians of Oklahoma Authorizing and Approving an increase in the Burial Assistance amount for qualified and approved members to **six thousand dollars and no cents (\$6,000.00)**, effective October 1, 2018. If you have any questions, please contact the Social Service Department at (405) 275-4030, ext. 6225 or 6255. All the changes will be posted to the Absentee Shawnee Tribe’s web site under service + Social Service.

When mailing in your application for any assistance through the Social Service Department, Please DO NOT send original CDIB, Drivers License and Social Security cards. Please attach copies of your ID’s only; if you are in the office copies will be made. Absentee Shawnee Tribe is not responsible for lost ID’s in the mail. If you have any questions, please call **(405) 275-4030, ext. 6225 or 6255.**

Important Notice - ATOKA Pipeline Address Unknown

Below is a list of property/Interest owners the Absentee Shawnee Tribe needs to notify them of potential leases for the Atoka pipeline.

Daniel O. Watson/ Patrick Scott Watson/Sammi Louise Little Creek.

Roy G. Gibson/Mary C. Johnson/ Jeanie M. Columbus/Marcie Tiger/Debra F. Warrior/Louise Neugent.

Jimmy K. Gibson/Orphia (Ponkilla) Fire/Thomas Aaron Watson/Karen L. Tiger/Leeona L. Hunt.

Jessi N. Fillmore/Taren J. Willians/Farrell McDowell/Audrey Dodds/Rebekah L. White.

Emma K Catcher/Mary Charley/Ida Lee Ellis Tiger/WosBilly J. Parker Jr.ey J. Butler/Mary E. Torres/Randolph Hood.

Warren Howard Sloat/John F. Fingerlin/Vernon Dale Little/Dorthea Crocker/Diana L. Alford.

Alyce K. Corona/Billy J. Parker Jr./Dion A. Tiger/Jerry Brown/Randall W. Nanaeto/Deanna A. Scraper.

Deceased Tribal members;

Lonnie A. Neash/Herbert C. Switch/Darrel D. Watson/Mary A. Gibson/Penlope W. Sherrill.

Please contact Diane Ponkilla at the Lt. Governor's Office (405)275-4030 Ext 6267. Available Monday-Friday 8 a.m. to 5 p.m.

PFAC Report

The monthly Patient Family Advisory Council meeting was held at the Little Axe Health Center on January 24th. Meeting attendees included PFAC members; Absentee Shawnee Tribal Representative Atheda Fletcher, Absentee Shawnee Health Board Chairwoman Sandra Vaughn, Meredith Wahpekeche, Kathy Deere, and Stella Little.

The PFAC council was provided with presentations from two health system department heads to educate them on services that are offered within ASTHS. Mike Kuestersteffen, Dental Front Office Manager, provided a presentation on dental services provided for Native American patients they see in the health system. A second presentation was given by the Michelle Wollenzin, Interim Clinical Services Director, who is director over the Public Health Nursing Department. Wollenzin educated the PFAC on the services provided and grant funded outreach programming that is implemented in the community. Following each presentation, question and answer sessions were held. The PFAC was able to discuss patient complaints and possible future projects to help get information to the community about the health system. The meeting concluded with a clinic tour for the council members provided by Dr. Bruce Stafford. The next meeting for the PFAC will be held on February 28th.

Patient and Family Advisory Councils (PFACs) are a productive way for patients and families to partner with a health-care system to provide guidance on how to improve the patient and family experience. At the Absentee Shawnee Tribal Health System (ASTHS) we value your perspective and believe it could help improve our services.


The vision of the ASTHS PFAC is to achieve a level of care where patient and family involvement is welcomed and optimized. It is our hope that through this partnership you will help us enable solutions for implementation and delivery of health and wellness programs relating to patient and family centered care that is safe, fair, effective, efficient, timely, and culturally sensitive to our Native American patients.



Group Pic: (from left to right) Sacha Almanza (Interim Patient Registration Director), Meredith Wahpekeche (PFAC Member), Stella Little (PFAC Member), Kathy Deere (PFAC Member), Atheda Fletcher (AST Representative/PFAC Member), Mark Rogers (ASTHS Executive Director), Sandra Vaughn (ASTHS Board Chair/ PFAC Member), Dara Thorpe (ASTHS Deputy Director), and Jim Robertson (Patient Advocate)



PFAC Members: (from left to right) Meredith Wahpekeche (PFAC Member), Stella Little (PFAC Member), Kathy Deere (PFAC Member), Sandra Vaughn (ASTHS Board Chair/ PFAC Member), and Atheda Fletcher (AST Representative/PFAC Member).



VOTE

MARCH 16TH

Little Axe Resource Center
1970 156th Ave NE • Norman, OK
AST Health Multipurpose Building - Tribal Complex
2025 S. Gordon Cooper Dr. • Shawnee, OK
8:00 a.m. to 6:00 p.m.

CCSG Report

By Kathy Deere, Vice-Chairman
shwneturtle@gmail
Phone: 405-637-8248

CONSTITUTION COMMITTEE STUDY GROUP (CCSG)
(FORMERLY CONSTITUTION REVISION COMMITTEE)
MARCH NEWSLETTER REPORT

GREETINGS

The Constitution Committee Study Group (“CCSG”) Monthly meeting is held every fourth Sunday. Next meeting will be March 24, 2019, at 3:00 p.m. at the Little Axe Community Building. AST members are welcome to attend. We cordially invite all interested tribal members. CCSG website is available at <https://astccsg.squarespace.com>. The intent is for the AST members to be informed concerning CCSG meetings, minutes, resolutions, and community meetings. If you have comments, questions, suggestions, you can visit our website for the informational updates on the progress.

CCSG Officers are: Chairman: Danny Little Axe, Sr.
Vice-Chairman: Kathy Deere
Secretary/Treasurer: Shirley Adkins

THANK YOU TO THE EXECUTIVE COMMITTEE MEMBERS!!!

Resolution No. E-AS-2018-96-Requesting Secretarial Election by the Department of the Interior (BIA) to amend the Constitution for the purposes of removing the Requirement for Secretarial Approval and to extend the Term of Office of Business Committee Members. This resolution was passed on December 19, 2018. I believe the resolution and letter was sent to the BIA in February 2019. So, as soon as, the two (2) Election Board members are appointed and approved by the EC members and sent to BIA. The process begins 90 days from February 12, 2019, to have the Secretarial Election. BIA will meet with the appointed election board as soon as they receive the letter designating the Election Board. The Secretarial Election will be conducted by Absentee Voting only. So if you don’t get a ballot, is probable due to no current updated address!

AST members will be able to exercise their rights in voting for these important decisions concerning the constitution. Our constitution is outdated and needs to be amended to reflect our government to be more sustainable and profitable in relation to business and services. To do this, we have to first take out the BIA out of the Constitution, and then we can revise the Constitution to six (6) legislators and two (2) executive committee members.

EXERCISE YOUR CONSTITUTIONAL RIGHT TO VOTE!!!

The next Constitution Committee Study Group meeting is Sunday, February 24, 2019, LA Community Bldg (West of C-Store). AST members are warmly invited to attend.



THUNDERBIRD

CASINO

WWW.PLAYTHUNDERBIRD.COM

NORMAN

15700 E State Hwy 9 | Norman, OK 73026
405-360-9270

SHAWNEE

2051 S Gordon Cooper Dr | Shawnee, OK 74801
405-273-2679

From the Office of Self-Governance

By Scott Miller, MBA, MLS
Director of Self-Governance

Greetings Tribal Members

The Indian Self-Determination and Education Assistance Act of 1975, P.L. 93-638, as amended, has been a tribally driven initiative made possible through Congressional authorization and appropriate support. Self-Governance was proposed by Tribes who, twelve years after passage of P.L. 93-638 continued to be frustrated with the federal Indian bureaucracy as exhibited by the BIA and IHS. Basically, P.L. 93-638 authorized Indian Tribes and Tribal organizations to contract and operate federal service programs within the BIA and IHS.

Self-Governance is fundamentally designed to provide Tribal governments with more control and decision-making authority over the federal financial resources provided for the benefit of Indian people. More importantly, Self-Governance fostered the shaping of a "new partnership" between Indian Tribes and the United States in their government-to government relationships. The Indian Self-Determination and Education Assistance Act of 1975 provided the opportunity for Tribal governments to exercise their sovereignty with minimal federal intrusion and involvement. Although the concept of Self-Governance is relatively simple to understand, any newly elected Tribal official who has very limited to no knowledge of or exposure to P.L. 93-638 can have difficulty understanding the finer details in the law.

The Absentee Shawnee participated in the Title III Demonstration Project for both Department of Interior and Indian Health Service in the early 1990's and is one of the first 14 tribes to go Self-Governance. The Tribe compacted with the Department of Interior in November of 1990 and with Indian Health Service in 1994. Today we are a Title IV and Title V Tribe with all the rights and privileges granted up to and through P.L. 93-638, as amended. We updated our IHS compact and funding agreement in the spring of 2017 to reflect the changes and references to federal law. The same is being done with the DOI/BIA compact; however the process is much slower with the BIA. Since both compacts were negotiated in the early 1990's, they established the foundation for funding and a stronger tribal government in allowing us to determine our path. If we were to completely renegotiate both our compacts and funding agreements today, the Tribe would lose funding due to changes in funding formulas and federal policy since the 1990's.

At its core, the Absentee Shawnee Tribe Office of Self-Governance is a stand-alone office, independent from any service program such as health or other social programs. It maintains the government-to-government relationship established by the Tribe with the federal government. The function of this office is to ensure the Department of Interior (DOI) Bureau of Indian Affairs (BIA) and the Indian Health Service (IHS) compacts, contracts, funding agreements and grants meet the federal government's trust responsibilities and alert the Governor and Lieutenant Governor of any legislation or policy detrimental to the Tribe. As authorized by the Executive Committee, the AST OSG also negotiates funding agreements with both BIA and IHS as they become due. AST OSG ordinarily assists the Finance Department in the preparation of the Indirect Cost (IDC) proposal as it relates to Contract Support Costs payments to the Tribe from the BIA and IHS. AST OSG also ordinarily assists with the development and monitoring

of annual budgets for BIA and IHS compacted programs to ensure federal funds are being used in compliance with both compacts and funding agreements, 25 CFR, 42 CFR, 2 CFR and policies within the programs funded by these two agencies.

The Roads Program is also housed under the AST OSG and was formerly managed at the Tribe by the BIA Specialist for many, many years. For those who are not familiar with the Roads Program, the Tribal Transportation Program is the federal program where funding comes to Tribal Road or Transportation programs from the U.S. Department of Transportation in the form of a funding agreement. These funds are exclusive to the Roads Program only and cannot be used in any social program. The TTP/Roads Program was designed to improve the roadway infrastructure on reservations and in our case, within our jurisdictional boundaries.

In years past, the Roads Department has completed various parking projects at the Tribal Complex and other Tribal building locations. Roads has also partnered with both Cleveland and Pottawatomie Counties to help maintain roadways in areas where our Tribal population resides. Since project amounts can be very large, we must be diligent in following either the federal procurement policy or the Tribe's procurement policy, whichever addresses the project amount. There are also other federal regulations that apply to procuring and awarding these projects, which can burden the timeframe of completing a project.

BOARD POSITIONS OPEN!

The following Departments are seeking candidates to fill Board positions:

- TEC BOARD - 2 POSITIONS
- ASHA BOARD - ALL POSITIONS
- GAMING BOARD - 3 POSITIONS
- ASEDA - 3 POSITIONS
- TAX COMMISSION - 1 POSITION

Please contact the Secretary's Office for information and applications.

(405) 275-4030 ext. 6275

WALK-IN CLINIC WITH EXTENDED HOURS



Here for you,
now more than ever.

EXTENDED HOURS:
9 a.m. - 9 p.m. Monday - Friday
9 a.m. - 5 p.m. Saturday
NO APPOINTMENT NEEDED.

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

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



SHAWNEE CLINIC

ABSENTEE SHAWNEE TRIBAL HEALTH AUTHORITY, INC.

Prevention. Progress. Pride.

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

Regular hours of operation: 7 a.m. to 5 p.m. M-F.

Closed the first Wednesday of every month from noon-5 p.m.

Closed Sundays & holidays.

Accredited by



AAAHC

ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.

WWW.ASTHEALTH.ORG

Letter to the Editor

AST Cattle

Since June 2011, tribal members have voiced concerns about the Black Angus Cattle project under then Lt. Governor Gibson. Requests for information on this business scheme have been ongoing over the years with little accounting or report findings offered to tribal membership or consistently provided to tribal leadership at monthly Executive Committee meetings.

On January 16, 2019, during a regular Executive Committee, action was taken by the elected body to approve and adopt the selling of the cattle. Lt. Governor Blanchard was designated as the official tasked, under this Executive order, to take all steps and execute all documents necessary to ‘effectuate’ the intent of the agreement.

On February 16th it was learned that Representative Fletcher took the following steps, WITHOUT EXECUTIVE authorization:

1)

Hired a cattle manager

2)

Hired individuals to herd and ship cattle to market

3)

Allegedly sold the cattle at market (‘allegedly’ as there appears to be no receipts or check indicating the amount the cattle sold for.)

The question is:

Did Representative Fletcher act outside of her delegated authority as Representative of the Tribe to sell cattle?

Answer:

If the Lt. Governor was the only elected official given expressed authority under Resolution No. L-AS-2019-03 to take the necessary steps for the Executive Committee to consider the sale of the cattle, then is an elected official with no designated authority considered the appropriate official to take independent action?

The Absentee Shawnee Tribe’s Code of Conduct and Ethics was established to require accountability to tribal members by the Executive Committee in exercising authority vested in them.

So, if the AST Code of Conduct and Ethics, Article VI, Abuse of Power, Item 3. states the following: No Executive Committee member shall knowingly and independently use his or her position on the Executive Committee to access information, documents, or other materials **which are not related to a program for which s/he has oversight responsibility**, is this action seen as an abuse of power by an elected official who has no oversight of this program?

The intent of setting law through tribal resolutions is for the tribe to have a legal cure for a legal problem. The Executive Committee recognized there were issues with the treatment of the cattle and the operation of the business and appropriate legal actions were being taken to remedy those concerns through a designated official. There was no need for one elected official to step outside of expressed law to do so.

Thank you
Sherman Tiger



IT'S TIME FOR NEW LEADERSHIP IN ABSENTEE SHAWNEE COUNTRY!

WE NEED ECONOMIC DEVELOPMENT TO MAKE MONEY FOR OUR TRIBE, THE ONLY INCOME WE RECEIVE COMES FROM THUNDERBIRD CASINO AND THIRD PARTY BILLING REVENUES FROM OUR HEALTH CLINICS.

- **Governor Edwina Butler-Wolfe** had asked for and approved oversight to buy the Moose Lodge in Norman for **\$350,000.00** and 31 acres of land on Hardesty Road & Tecumseh Bypass for **\$638,000.00** which is located in a flood plain area, which we will have to pay property taxes. This is in violation of **our Constitution**, which states that they **must** have the General Council **approve before the purchase** of land or property with Tribal Trust Money.
- Eight (8) months ago it was asked that **THE COWS** be sold to cut our losses from this tainted venture, but, **Governor Edwina Butler-Wolfe**, didn't want to sell **THE COWS**. Under her watch, when the cows were sold, they were all starving for food, full of worms and malnourished.
- She spent **\$2,500.00** of the tribe's money, **without** asking approval from all the elected Executive Members and the General Council. And there wasn't a seated Cannabis Committee, she applied for a Dispensary License, after she was given an option from the AG, **NOT** to. **And, where is Scott Miller?**

It's time we **VOTE** for **NEW LEADERSHIP** who will follow our Constitution and the wishes of the General Council. And **NOT** just **talk** about it. It's time we see **RESULTS!**

IT'S TIME FOR **NEW LEADERSHIP**
IN ABSENTEE SHAWNEE COUNTRY!



ELECT



John R. Johnson
GOVERNOR

**V
O
T
E**

**V
O
T
E**

VOTE for leadership who is behind
the wishes of the General Council
and will follow the Constitution.

And who will get **RESULTS.**

We need to **VOTE** for **RESULTS!**

And not just **TALK!**

Paid for by AST Watchdog!

IT'S TIME FOR **NEW LEADERSHIP**
IN ABSENTEE SHAWNEE COUNTRY!



ELECT



Twila Parker
SECRETARY

**V
O
T
E**

**V
O
T
E**

VOTE for leadership who is behind
the wishes of the General Council
and will follow the Constitution.

And who will get **RESULTS.**

We need to **VOTE** for **RESULTS!**

And not just **TALK!**

Paid for by AST Watchdog!

Paid for by Michael Harjo

Ten Travel Preparedness Tips You Won’t Want To Forget

At some point in our lives, many of us have been subject to Murphy’s Law of Travel—what can go wrong, will go wrong. And often we’re too excited, stressed, or concerned with getting the car or suitcase packed that we may forget to prepare for any unexpected emergencies we may face while traveling.

Just like preparing for an emergency at home, work, or school, it’s equally important to prepare for travel emergencies. So here are our top 10 Travel Preparedness and Safety Tips:

1. Tell someone you trust where you’re going

If you’ve seen the movie Taken, you’ll know that telling someone where you’re going and any change of plans you might make can ensure your safety. Whether you’re traveling solo or as a family, make sure you:

- Always tell friends, family, or those picking you up from the station or airport your travel routes and schedules.
- Always tell friends, family, or those picking you up from the station or airport any delays or changes to your travel plans.
- If you take short cuts or alternative routes while driving, inform someone of these changes.
- It’s nice to be friendly with other travelers, but DO NOT give out extensive information about your travel plans to strangers.
- Give your trusted friend an itinerary of your daily plans. If your plans change, let your friend know.

2. Don’t forget to your . . .

- First Aid Kit—include medicines for stomachaches, diarrhea, headaches, and motion sickness
- Hygiene Kit— to keep in your carry-on bag just in case your luggage gets lost or you get stuck in a place where you’ll need these items
- Emergency Car Kit—a great idea to stick in your car or rental car in case you have some type of emergency while on the road. Make sure to pack a car emergency kit. The article, “Emergency Kits Tackle Unepxected Problems on the Road,” gives some great advice on what types of items to include in your car emergency kit.
- Small Emergency Kit or Survival Pack like the SOL Origin bring with you in a daypack or backpack if you plan on going hiking or doing another high adventure day trip
- Emergency Food—Calorie Food Bars can last even in extreme temperatures making them great for car travel
- Important Medications
- Child Care Items
- Extra Clothing
- Travel Documents—passport, tickets, I.D., etc.

3. Know what to do if you get sick

If you got VERY sick or injured in another state or another country, where would you go for help? What would you do?

Before: make sure your health insurance coverage will cover you in other states (you may want to look into getting traveler’s insurance that will cover medical emergencies)

During: See a Doctor right away! If you have:

- Diarrhea and a high fever (102 degrees or above)
- Bloody diarrhea
- Flu-like symptoms (especially in countries with diseases like Malaria)
- If you’ve been bitten or scratched by an animal
- Been seriously injured (broken bones, gashes, large cuts, or wounds, etc.)
- Been sexually assaulted
- Been in a car accident

For more tips on what to do if you get sick on an airplane, car ride, cruise, or during international travel, check out the Center of Disease Control’s (CDC) article, “Know What to do if You Get Sick or Injured on a Trip.”

4. Be aware of your surroundings

Learn about your destination before you go there—the people, the place you will be staying, the culture of the area, etc. Secure your belongings: make sure you have your purse or daypack with you and positioned on your body so that others cannot get into it. And be aware of what’s going on around you so you don’t get stuck in an unsafe situation. Report any suspicious behavior.

5. Pack smart

- Make sure to pack light so you can keep your hands free and move quickly if you have to.
- Store your passport, I.D., cash, and other important documents in different places. You may want to store your credit cards in a money pouch, and some cash in your front pockets, etc. That way if one item is stolen, everything isn’t lost with it.
- Keep at least one change of clothes with you in your carry-on or daypack if your luggage will be stored in a separate compartment.
- Bring a water filtration/purification method with you, if you are in a country where the water is not safe to drink.

6. Read up on transportation companies before booking

Several cruise ships have “report cards” issued through the Vessel Sanitation Program of the CDC. This program inspects the cleanliness, repair, food preparation, water quality, hygiene, and pest management of the vessels. You can find these report cards on the CDC website before you book your cruise. Also, check into reviews of airlines, bus companies, etc. because, as we all know, some perform better than others at getting you where you need to be on time.

7. Get a maintenance check on your car before travel

- Make sure your gas tank is always half full
- Make sure your lights are in good working order (especially if traveling at night)
- Make sure your car has gone through any passed and safety or emissions tests required by your state
- Repair any issues with brakes and replace tires with low tread

8. Follow the rules of the road

Observe the speed limit, buckle up, give your full attention to the road (DO NOT drive while impaired), and be respectful to other motorist. Also, if you experience car trouble pull over to the side of the road. Basically, to ensure your safety, follow the rules you were taught when you passed your driving test.

9. Be familiar with safety and emergency evacuation procedures for the hotel you’re staying in and for the mode of transportation you’ve chosen. Read up on them before you go, or ask for a copy before boarding the vehicle or while checking into the hotel.

10. Learn which weather disasters are common to your destination

Read up on the types of disasters common to the area where you’ll stay, especially if you’ve never experienced those types of emergencies before. Find out about local radio systems and emergency alerts. Know where you can go for safety. Pay attention to weather forecasts for your destination. Downloading a Red Cross Mobile app to your phone can also help you prepare for and be aware of emergencies in the area.

In case an emergency occurs while you’re in a different country, know how to contact the U.S. Embassy or Consulate before you leave home by using the U.S. Passports and International Travel’s Country Specific Information Pages

Source: <https://www.beprepared.com/blog/13519/10-travel-preparedness-tips-you-wont-want-to-forget/>

Contact information:

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

March

po se qe ke se fe wa

AST LANGUAGE PAGE

Si Wi Ne Wi Alphabet

Spelling	PI	PA	PE	PO
Pronunciation	pah	pay	pee	po
Spelling	FI	FA	FE	FO
Pronunciation	thah	thay	thee	tho
	“F” has a “TH” sound as in thump			
Spelling	SI	SA	SE	SO
Pronunciation	sah	say	see	so
Spelling	NI	NA	NE	NO
Pronunciation	nah	nay	nee	no
Spelling	MI	MA	ME	MO
Pronunciation	mah	may	mee	mo
Spelling	KI	KA	KE	KO
Pronunciation	kah	kay	kee	ko
Spelling	WI	WA	WE	WO
Pronunciation	wah	way	wee	wo
Spelling	TI	TA	TE	TO
Pronunciation	tah	tay	tee	to
Spelling	GI	GA	GE	GO
Pronunciation	chah	chay	chee	cho
	“G” has a “CH” sound			
Spelling	LI	LA	LE	LO
Pronunciation	lah	lay	lee	lo
Spelling	HI	HA	HE	HO
Pronunciation	hah	hay	hee	ho
Spelling	YI	YA	YE	YO
Pronunciation	yah	yay	yee	yo
Spelling	QI	QA	QE	QO
Pronunciation	kwah	kway	kwee	kwo

Animals

1.

hi fa pi te (hah-thay-pah-tee) – raccoon
2.

hi ma qi (hah-may-kwah) – beaver
3.

hi ne qi (hah-nee-kwah) – squirrel
4.

ki ke la (kah-kee-la) – turtle
5.

ki ke qi (kah-kwah) – porcupine
6.

ko se ko (koh-skoh) – pig
7.

me to fe wi (mee-thoh-thwah) – cow
8.

me he wa wi (mh'way-wah) – wolf
9.

me qi (m'kwah) – bear
10.

me sa wa (m'say-way) – horse
11.

mi ne to (mah-nee-toh) – snake
12.

ni ma fi (nah-may-thah) – fish
13.

pa la wi (pay-lay-wah) – chicken
14.

pa ti ke na fe (pay-tah-kee-nay-thee) – rabbit
15.

pe se ke fe (pee-seek-thee) – deer
16.

po se fi (poh-see-thah) – cat
17.

we he se (weeh-see) – dog
18.

wi pa te (wah-pay-tee) – elk
19.

wi pe pa la wi (wah-pee-pay-lay-wah) – turkey

People and Family

1.

ko ko ge (koh-koh-chee) – grandma
2.

me so me fi (m'sohm-thah) – grandpa
3.

ne ke yi (neek-yah) – mother
4.

no fi (no-thah) – father
5.

se ke wa fe fa (skway-thee-thah) - girl
6.

se ki le fe fa (skah-lee-thee-thah) – boy
7.

si wi ne wi (sah-wahn-wah) – Shawnee

Home

1.

ge fe fe ki (cheeth-thee-kah) – fork
2.

ho ko qi (hoh-koh-kwah) – pot
3.

ho li ki (hoh-lah-kah) – plate or bowl
4.

ki fe to na ho wa (kah-thee-toh-nay-hoh-way) – napkin
5.

mi ke le qi (mah-kee-lee-kwah) – car
6.

mi na fe (mah-nay-thee) – knife
7.

se ko le (skoh-lee) – school
8.

ta pe ki (tay-pee-kah) – cup
9.

we ke wi (wee-kee-wah) – house
10.

wi pe ya me qi (wah-pee-yehm-kwah) – spoon

Numbers

1.

ne ko te (nick-koh-tee)
2.

ne se we (nee-swee)
3.

ne fe we (n'thwee)
4.

ne ya we (nee-yay-wee)
5.

ne ya li ne we (nee-yah-lahn-wee)
6.

na ko ta wi fe we (nay-koh-twah-thwee)
7.

ne se wi fe we (nee-swah-thwee)
8.

ne fe wi se ke fe we (n'thwah-sick-thwee)
9.

ge yi ki te fe we (chah-kaht-thwee)
10.

ma ti fe we (may-tah-thwee)

Colors

1.

ho fi wi (hoh-thah-wah) – yellow or orange
2.

me ki ta wi (m'kah-tay-wah) – black
3.

me se qi we (m'squah-wee) – red
4.

wa ki ni ke yi (wah-kah-nahk-yah) – white
5.

se ke pi ke yi (ske-pahk-yah) – green or blue

Directions

1.

ya li wi qa ke (yay-lah-wah-quay-kee) – south
2.

ya pa po ne ka ke (yay-pay-pohn-kay-kee) – north
3.

ya pi ke se mo ke (yay-pahk-see-moh-kee) – west
4.

ya ti ko fi ke (yay-tah-koh-tah-kee) – east

Nature

1.

hi li qi (hah-lah-quah) – star
2.

ho ko ni qi (hoh-koh-nah-kwah) – rainbow
3.

ke sa ke ke se fe wa (kee-say-kee-kee-sthway) – sun
4.

ne pe (neh-pee) – water
5.

pi pa ke wa (pah-pay-key-weh) – flower
6.

ta pa k eke se fe wa (tay-pay-kee-kee-sthway) – moon
7.

se ko ta (skoh-tay) – fire

Weather

1.

ka mo wi ne (kay-moh-wah-nee) – rain
2.

ka ka fe (kah-kah-thee) – tornado
3.

ko ni (koh-nah) - snow
4.

ma se ki ke (may-see-kah-kee) – wind
5.

pi po fe qi (pah-poh-thkway) – clouds

Food

1.

ho ta ha me (hoh-tay-hay-mee) – strawberry
2.

ko se ko yi ka (koh-skoy-yah-kah) - pork
3.

me fo fe yi ki (mee-tho-thee-yah-kah) – beef
4.

me sa se ke wi po (mee-say-skee-wah-poh) - tea
5.

na pe pa me (nay-pee-pay-mee) – salt
6.

ti ke qi na fi (tah-kwah-nay-thah) – cookies
7.

ta mi (tah-mee) – corn
8.

we fi ke ki ge ki (wee-thahk-kah-chee-kah) – black pepper

Body

1.

ho fa ge (hoh-thay-chee) – foot
2.

ho ki ge (hoh-kah-chee) – leg
3.

ho la gi le (hoh-lay-chah-leh) – hands
4.

ho se ke sa ko (hoh-skee-say-koh) – eyes
5.

ho we se (ho-wee-see) – head
6.

ho ta he (hoh-tay-hee) – heart
7.

ho ti wi ki wi le (hoh-tah-wah-kah-wah-lee) - ears
8.

ho to ne (hoh-toh-nee) – mouth
9.

ho we pe ti le we (hoh-wee-pee-tah-l-way) – teeth
10.

we la fi (wee-lay-thah) – hair

EMERGENCY NUMBERS

EMERGENCY ASSISTANCE	911	Police, Fire, Ambulance
HEARTLINE EMERGENCY	211	State of Oklahoma
TRIBAL POLICE	405-275-3200	Absentee Shawnee
TRIBAL EMERGENCY MANAGER	405-740-1562 (Cell)	Absentee Shawnee
SHERIFF	405-273-1727	Pottawatomie County
CITY POLICE	405-273-2121	Shawnee
CITY EMERGENCY MANAGEMENT	405-273-5272	Shawnee
COUNTY HEALTH DEPT.	405-273-2157	Pottawatomie County
SHERIFF	405-701-8888	Cleveland County
CITY POLICE	405-321-1600	Norman
HEALTH DEPT.	405-749-1591	Cleveland County
OG&E	405-272-9595	Report Power Outage
	1-800-522-6870	
CANADIAN VALLEY	405-382-3680	Power Outage
DEPT. OF ENVIRONMENTAL QUALITY	1-800-522-0206	State of Oklahoma
HIGHWAY PATROL	405-425-4385	Road Conditions

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VOTE

March 16th



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