Hello my Absentee Shawnee people!

The heat has, at times, been oppressive here in the Shawnee area. It seems to me that with all the rain we had last month this month’s humidity is more intense than I can ever recall it being. We have had many of our elders in need of air conditioning and it seems like more tribal members have needed temporary assistance to pay for their electric bills. Due to these temperature changes we are seeing more plant growth and our landscaping needs have become more noticeable.

There were several meetings and/or events I have attended over the last 30 days and they are as follows:

- July 23rd: Absentee Shawnee tribal audit - the Tribe has multiple deficiencies
- July 28th: OIGA conference
- August 7th: AST Day—employees were given this day off
- August 8th: War Dance—attended the Absentee Shawnee War Dance

Also, this month I, the Representative, and our new Secretary, visited with the recently appointed Oklahoma Secretary of State and the Native Affairs, Deputy Assistant. The Secretary of State, Chris Benge, is a recent cabinet level appointment of Oklahoma Governor, Mary Fallin, and is a Cherokee tribal member. Brian Hendrix, Native Affairs, Deputy Assistant, is an enrolled member of the Muscogee Creek Nation and has formerly worked for the Oklahoma District Attorney’s Council and for the Stillwater Drug Court. During this meeting we discussed:

- Collaborations
- ‘Business of Ethics’
- Agriculture issues—pertaining to Red Cedar
- Native American Caucus—who is on this OK legislative committee and how often they meet
- Cross-deputization(s)
- Priorities of Oklahoma Governor Mary Fallin—Education, Healthcare, Incarceration

During this meeting I spoke to Secretary of State Benge and Mr. Hendrix on the long and distinguished history of our people and Representative Blanchard gave them a hard copy of our history. I then discussed a few key concerns the Tribe was seeing in relation to the Education priority Governor Fallin speaks on, such as the educational curriculum, testing, culture concerns, teacher salaries and retention, and the strong need for Native American teachers in our Oklahoma public school systems. Mr. Benge was complimentary about my commitment and involvement on educational panels and forums.

For those families who lost loved one’s this month I offer my sincere condolences to you and your family.

In Conclusion:

I have 22 months left in Office and I find each day both challenging and full of possibilities. My door is always open (unless I am in a meeting or at a meeting) and I welcome your visits.

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

Thank you for your support.
Hello,

First I would like to say Thank You to everyone who supported me in the June 2015 Election. I really appreciate all your votes.

As your new Tribal Secretary, I am very pleased and looking forward to working with the rest of the Executive Committee to move forward for the sake of the Tribe. I would also like to say Thank You to the Staff of my office. They have been really helpful and knowledgeable during this transition.

I have been in office a little over four weeks and I am still learning all the policy, procedures, and programs the Tribe has to offer. I am also learning the policy and procedures for the programs I am over which are: Social Services, Title VI, Domestic Violence, ICW, Enrollment, and the TERO Department. If you have any questions pertaining to any of these programs feel free to come visit me or call (405) 275-4030 Ext. 6289. I will make myself available for your tribal needs.

Thank you,
Secretary John R. Johnson

Representative’s Report

Greetings to the Membership:

We have been holding informal meetings to discuss issues facing the Tribe by asking questions and scrutinizing answers. We are trying to eliminate confusion and disinformation when we have serious discussions on the future of the Tribe. As I mentioned in previous articles, it requires the full Executive Committee to come together as a whole to move the Tribe forward in the right manner. The move forward is slow when the full complement of five (5) Executive Committee members are not present on a daily basis to assist with bringing in new revenue to the Tribe.

On a lighter note, the Camp Nikoti project is proceeding according to schedule. It is hoped a majority of the project construction work could be completed before inclement weather begins during the winter months. The excavation portion of the project has recently begun with construction of the building facility to follow. More updates will follow as they become available.

You can contact me by calling me at extension 6287. You may write to me at 2025 S. Gordon Cooper Drive, Shawnee, OK 74801.

Ken Blanchard, Representative

No reports submitted by Lt. Governor and Treasurer

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<td>$286,745.65</td>
<td>$239,794.39</td>
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I would like to thank Governor Edwina Butler-Wolfe and Lt. Governor Isaac Gibson for their fast acting services during our power outage in the Sleepy Hollow Addition. I am so glad that we didn’t have any heat related illnesses. Thank you for all your hard work on the weekend.

Lisa Simpson & Family
OCTOBER 3, 2015

SOMEBODY HAD TO PAY FOR OUR FREEDOM

NATIVE AMERICAN CHURCH IS PROUD TO SPONSOR A POW WOW HONORING ALL VETERANS ALL RACES AND ALL NATIONS INVITED

MARINES          ARMY          NAVY          AIR FORCE          COAST GUARD          RESERVERS

Gourd dancing from 2:00 till 5:00
Supper served at 5:30
Grand Entry at 7:00
Intertribal dancing to follow

MC                  DON PATTERSON          AIR FORCE
HEAD SINGER         KENNETH LOOKING GLASS   MARINE
HEAD GOURD DANCER   CHINK WHITECLOUD       ARMY
HEAD MAN DANCER     JASON BENDER            MARINE
HEAD LADY DANCER    ELEANOR MCDANIEL        ARMY
ARENA DIRECTOR      SHANDA SILVERHORN        MARINE

All proceeds to go to the Native American Church Kickapoo Chapter Inc.

NOT RESPONSIBLE FOR THEFTS OR ACCIDENTS  No Drugs or Alcohol Allowed on the Premises

THUNDERBIRD CASINO ADDRESS:  157000 E. STATE HIGHWAY 9, NORMAN, OK
VENDERS & QUESTIONS CONTACT JIM JOHNSON (405)882-7749
Did You Know......

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

Personal Banking:

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

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

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

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2023 S. Gordon Cooper Drive, Shawnee, OK

Banking Hours:
2023 S. Gordon Cooper Drive, Shawnee, OK 74801
Lobby Hours 9:00 AM - 5:00 PM Monday - Friday
Drive In Hours 8:00 AM - 6:00 PM Monday - Friday
Saturday: 9:00 AM-12:00 Noon
The following report was given at General Council, October 18, 2014 by then CRC Coordinator Briana Ponkilla:

A brief history of this volunteer committee: It was established in September 2008 by the Executive Committee at that time to address the Absentee Shawnee Constitution to bring it up to date to where tribal government is today. They wanted to make the AST more appealing to outside business because businesses like to work with tribes whose governments closely resemble the US Government. The original Constitution was based on a template given out by the Bureau of Indian Affairs (BIA) to all Tribes. We felt a revision of the constitution should be based on our culture and needs.

The committee was made up of volunteers. Members of the committee are not paid. Some of the committee members are: Shirley Adkins, Paulette Blanchard, Eddie Brokeshoulder, Anita Chisholm, Augustine Johnson, Dan Little Axe, Melpherd Switch, Briana Ponkilla, Betty Watson, Cynthia Longhorn, and Jerry Little Axe, with the then Tribal Treasurer, Kathy Deere remained with the committee after leaving office. Twila Parker joined the committee after Cynthia Longhorn left the committee. At this time the committee is still working toward the mandate set for this committee by the past Executive Committee in 2008.

Past Success: The Constitution Revision committee proposed a reduction in blood quantum. We thought it was necessary to increase tribal enrollment.

Result: The blood quantum lowering proposal was passed in November 2010.

Next revision: The Constitution Revision Committee proposal was the separation of Legislative and Executive Branch in order to increase the checks and balances of the Tribe.

This Constitution Committee has continued to meet with a core group of volunteers who are still advocating bringing the Absentee Shawnee Constitution up to date with a more modern approach to make it viable and ready to do business. This exercise in tribal government reform is the ultimate empowerment of the People. Community outreach, education, and engagement are critical to success of this initiative. Tribal membership ultimately determines if the revised AST Constitution will be adopted.

Since this report in October 2014, Briana Ponkilla has had to take a less active role in the committee due to other commitments. She does provide assistance to the committee when possible. The most recent coordinators are Twila Parker and Kathy Deere.

The Committee has started to get more involved in the revision process again in 2015. In the past this Committee was working on parts of the Constitution “piecemeal” or bit by bit but after meeting with Attorney General’s Counsel Raymond Campbell and Michael Carter, with BIA Acting Regional Tribal Government Officer, Southern Plains Regional Office, Sherry Lovin that changed. They met with Constitution Revision committee members Kathy Deere, Melpherd Switch, Betty Watson, Dan Little Axe, Jerry Little Axe, and Twila Parker on April 23, 2015 at Thunderbird Casino in Little Axe off of Highway 9 at 6:00 p.m. The subject discussed was the number of “allowed amendments at one time.”

Ms. Sherry Lovin, BIA, indicated any more than “5” amendments, when presented to large groups of people at once, increase the chances of more confusion on what is being proposed. The next question the Committee and Attorney General Counsel advised was how to best shorten the time consuming process and why did the Absentee Shawnee Tribe still have to get Secretary of Interior Approval for changes to their tribal constitution?

Ms. Sherry Lovin’s (BIA) answer was; “With Tribal Self Governance being enacted upon by other tribes already the Absentee Shawnee has the option of voting on a Referendum Question of Requesting a Secretarial Election to be conducted by the BIA which pays for the whole process, organizing, mail outs to all enrolled tribal members, mailing out pre-registration ballots to vote in election, and the mailing out of the ballots on the election question. BIA also tabulates the results of election vote and informs Tribe of election outcome. This was what was done in past question on lowering the blood quantum.

Next Committee question to Ms. Sherry Lovin was to do justice to our Constitution is there some technical assistance and guidance on a more methodical approach to accomplish our goal of updating our constitution? Ms. Sherry Lovin, “Yes there are some avenues that are open to all Tribes to seek that kind of technical assistance to ensure the best outcome for the needs of your Tribe and what’s best for your tribal people. But, may have to ensure this Committee has proper approval of the present Executive Committee members and this is still what the Absentee Shawnee Tribe is still seeking to attain through a Constitution Revision updating process.” Once the Constitution Committee received the answers to our main questions and was discussed with our Tribal Attorney General’s Counsel we thanked Ms. Sherry Lovin, BIA, and Acting Regional Tribal Government Officer for meeting with us and we adjourned the meeting.

At this time, Ms. Sherry Lovin, Acting Regional Tribal Government Officer has contacted me again offering her assistance to attend any Executive Committee Meetings to explain any questions tribal officials may have for her on the whole Secretarial Election Process.

This is where this Committee is at this present time and we are still working toward making progress for the betterment of the Absentee Shawnee Tribe!
September 2015

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

We will only be open when the schools are open. At this time we will not provide services for school breaks including fall, winter, spring and summer breaks. The ASP-Shawnee will have tutors on hand to provide assistance with homework. We do have spots available; if you are interested please feel free to contact Briana Ponkilla at Briana.ponkilla@astribe.com or (405) 878-0633.
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**NOT GOING TO BE HOME!!!**
**CALL AND LET US KNOW AT 405-275-4030**
**EXT 6227 or 6270**
**OR NOTIFY YOUR DRIVER**

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

We will be going to the State Fair on Wednesday September 23, it’s Senior Day. 55 years and older are admitted free must have ID at gate. We can take around 12 Title VI Members and we will provide a lunch sack but you are more than welcome to eat State Fair Foods at your cost. Homebound will receive a sack lunch on the 22nd. Our van is not handicap accessible, sorry for the inconvenience. We will leave at 9am at the Title VI Building in Shawnee and return around 3pm. If you would like to drive you are more than welcome too.

Title VI Staff would like to thank the AST Tribal Police for the donation of a vehicle, it came at the right time. Thank You!!!
We invite Alumni and friends to join us at the

CROWNE PLAZA HOTEL
7902 S. LEWIS AVENUE, TULSA, OK
(Across from Oral Roberts University Mabee Center)

Hotel Reservation number: 918-492-5000
Ask for Haskell Reunion rate of $89 plus tax.
Room rate includes breakfast.

ACTIVITIES

Friday evening: Reception starting at 6:00 pm
(To date activities are being planned.)

Saturday morning: Annual meeting for the Association starting at 10:00 am
All Alumni are invited to attend annual board meeting
where reports includes past year activities and future plans. Also the National Alumni office and Board Regents will report Haskell activities.

Saturday evening: Dinner starting at 6:00 pm
The program will again feature raffle drawings, auctions, and dance. We are proud to announce that Plano Larry & Ramona will provide the dance music.

Sunday morning: Spiritual singing at 10:00 am

CONTACTS:

Flo (Tanner) Spotted Bear
918-948-2505
Email: Haskellight61@gmail.com

Loretta Burgess
918-633-7030
Email: dushkut1951@yahoo.com
The team of Trevor Yates and Evan Wahpekeche, representing Little Axe High School, traveled to Paris, Tennessee during the week of July 22-25, 2015 to participate in the Costa Bassmaster High School National Championship. The four day event was held on Kentucky Lake, out of Paris Landing State Park and was the culmination of the 2015 Bassmaster High School Fishing year.

The Little Axe team was one of three teams representing Oklahoma B.A.S.S. Nation at the championship, and was the highest finisher from Oklahoma. The team of Yates/Wahpekeche finished 43rd out of a total of 134 teams that have qualified to participate in this prestigious event. Teams traveled to Tennessee from all over the United States and from Canada for an opportunity to win scholarship prizes and to test their skill against other youths of the same age.

The Little Axe team earned their way to the championship by winning the 2015 Oklahoma B.A.S.S. Nation team trail championship. The trail championship consisted of four tournaments spread out over 3 months in varying parts of the state and on different lakes. The team of Yates/Wahpekeche never placed lower than third in any tournament and ended the year in a tie breaker with Jenks High School, which was won by Little Axe.

Trevor Yates, a 2015 graduate of Little Axe, has enrolled at East Central University where he plans to continue his fishing career. Evan Wahpekeche, a Sophomore at Little Axe, will continue to fish in the Bassmaster High School Fishing circuit.
The Absentee Shawnee Tribal Police Department is taking applications for the position of full-time Police Officer, as well as part-time Police Officers. Full-time CLEET certified officer desired.

Police Officers are used at the discretion of the Chief as well as the Governor of the Absentee Shawnee Tribe. Officers are responsible for assisting with answering calls, routine patrol, traffic control, basic investigations, and public safety as well as working special events. We are seeking persons who will serve the public while performing the duties of a Police Officer. Those who are interested in applying for a Police Officer position will be required to complete job application and attend an interview review board.

Minimum Requirements:

- Must be at least 21 years of age
- Must have a high school diploma or GED
- Must have valid driver's license
- Must pass background check
- Must have no felonies, domestic violence, crimes of moral turpitude
- Must have no misdemeanor convictions
- Must have no pending criminal charges
- Must be willing to work overnight, weekends, and holidays
- Highly principled ethics and moral character
- Sound judgment and ability to think quickly
- Must be full-time certified with experience
- Excellent communication skills
- A true desire to serve all members of society and be a team player
- Must pass a drug test

Minority and Women encouraged to apply.
Native American Preference

Applications accepted until September 11, 2015.

An application can be obtained at:

Absentee Shawnee Tribal Police Department
2025 S. Gordon Cooper Drive
Shawnee, Oklahoma 74801
Phone: (405)275-3200
Fax: (405) 878-4535

Between the hours of 9:00 AM – 4:00 PM or download at www.astribe.com

The Absentee Shawnee Tribal Police Department

Absentee Shawnee Tribal Police Department

Summer 2015 Training

June:
Chief Shawn Crowley – Oklahoma Chief of Police Conference
Sgt. Scott Wilson – Highway Safety Meeting
Patrol Officer Joe Abbiss – Red Earth Day Parade
Super Hero Day
Patrol Officer Travis Dinwiddie – None
Patrol Officer Steven Crisp – None
Housing Officer/Patrol Officer Ric Mantooth - None
Investigator-Jason Brinker – None
SORNA Officer/Patrol Officer Rick Reeves – None
Specialist Diane Ponkilla – None

July:
Chief Shawn Crowley – None
Sgt. Scott Wilson – FBI-LEEDA Supervisor Course Session #1
Patrol Officer Joe Abbiss – None
Patrol Officer Travis Dinwiddie – GLOCK Armor Course
Patrol Officer Steven Crisp – BID (Basic Instructor Development) Course
Housing Officer/Patrol Officer Ric Mantooth – BID (Basic Instructor Development) Course
Investigator Jason Brinker – Highway Safety Meeting
SORNA Officer/Patrol Officer Rick Reeves – None
Specialist Diane Ponkilla – SORNA Regional Conference

August:
Chief Shawn Crowley – Crimes against Children Conference
CJIS Tribal Conference
Sgt. Scott Wilson – FBI-LEEDA Supervisors Conference Session #2
Patrol Officer Joe Abbiss – None
Patrol Officer Travis Dinwiddie - None
Patrol Officer Steven Crisp – None
Housing Officer/Patrol Officer Ric Mantooth – Covert Operations Course
Investigator Jason Brinker – Covert Operations Course
SORNA Officer/Patrol Officer – None
Specialist Diane Ponkilla - None

Description of Training:

- Chief of Police Conference – gathering of Police Chiefs from around the state, sitting through several different sessions in reference to updated law to new technology for street survival. This was also a chance to meet with already used vendors as well as new vendors.
- Highway Safety - The Absentee Shawnee Tribal Police Department has always been involved with some type of Highway Safety program. Recently The Absentee Shawnee Tribal Police Department has stepped up our efforts in assisting other agencies such as the Pottawatomie County Sheriff’s Office as well as the Oklahoma Highway Patrol with projects such as “Click it or Ticket” and “Drive Sober or get pulled over” which starts August 19. Other events include Driver License checks as well as DUI (Driving under the Influence) checks.
- Super Hero Day: Super Hero Day was a day held at the Shawnee Mall where children had a chance to get their finger prints done as well as ask a Police Officer any question they desired.
- FBI-LEEDA Supervisors Course: This course is a trilogy of 3 different levels of Supervisor’s skills from the lowest level of supervisor to the top executive supervisor. The skills discussed are learning to communicate and effectively lead by example.
- GLOCK Armor: This session teaches the basic nomenclature of the duty pistols the Absentee Shawnee Tribal Police Officers carry in the event a malfunction is needed to be repaired. Basic repairs can be kept in house.
- BID: Basic Instructors Development session is very useful in the event the Absentee Shawnee Tribal Police Department hosts a basic reserve academy. This session gives the Department able bodies to teach and train personnel.

New Additions:

“River”—a 3 year old pure bred Black German Shepard has been added to the Absentee Shawnee Tribal Police Department. River is a single purpose dog, her specialty is Narcotics. River will be partnered with Housing Officer/Patrol Officer Ric Mantooth.

“Apache”—a 7 year old pure bred Black German Shepherd has been added to the Absentee Shawnee Police Department. Apache is a multi-purpose use dog. He will mainly be used for Narcotics. Apache will be partnered with Patrol Officer Joe Abbiss.
The Election Commission will be offering two Community meetings in September to review the Constitution, Ordinance and Policy & Procedures with all that attend.

Shawnee at Title VI
Tuesday, September 8th
7:00 to 9:00 pm
Little Axe at the Little Axe Resource Center
Tuesday, September 22nd
7:00 to 9:00 pm

THE OFFICE OF ENVIRONMENTAL HEALTH & ENGINEERING (OEH&E)

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

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

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

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

Office of Environmental Health & Engineering

• Tribal Housing Improvements Application

The Tribal Housing Improvement Program’s goal is providing sanitary, safe, and decent housing for its members by utilizing the following criteria to select the most “in need” tribal members with homes that are in disrepair but are still suitable for rehabilitation. All applicants must meet the eligibility requirements and criteria which is approved by the Absentee Shawnee Tribe.

THIP list all applicants by a priority list:
  a. Handicapped/Disabled and Elderly
  b. Income
  c. Family Size/Overcrowded Living Conditions
  d. Condition of Home

Other Programs available:
  • Sanitation Facilities Assistance Program

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

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

Submit completed application to:

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

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

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.
The Christmas Countdown Has Started!

Can you believe we have passed the six month’s till Christmas mark? From a budget standpoint, that means you should already be making adjustments for your holiday gift giving, before the new school year starts! Most financial advisors recommend even sooner to cover all the extra holiday expenses.

The one tried and true rule for Holiday Budgeting is to not go into debt, or fall behind on your normal monthly expenses. A general guide for a traditional family budget is 50% on household necessities (housing, food, utilities, etc.), 20% on saving and investing, and 30% on nonessentials (entertainment, gifts, eating out, etc.)

That means your 30% over the next 4 months could go toward your holiday budget. But, don’t forget that means you may be giving up some of the items you normally spend on. This could mean you “forgo” on a few things, or find a way to make more money to expand your 30% in order to make room for those festive presents and holiday expenses.

No eating out – over the next few weeks limit the amount of times you eat away from home. This can help keep extra money in your wallet to spend on a special gift.

Save the change – it’s an age old technique, but it really can add to your income for a special purpose. To maximize the amount have everyone in the family contribute!

Turn items into cash – In anticipation of getting new things, many people are more willing to part with older items. Do a closet, toy box, and garage clean out. Now is the perfect time for a garage sale.

Lower monthly bills – adjust your thermostat to lower your electric bill. Although it may not seem like much, it could be the amount needed for one more package under the tree. Even a slight adjustment could affect your bill by $10-$15.

Plan your travel – not just your travel away from home, but in town as well. Plan trips so you maximize the miles driven for the things you need to accomplish. Saving just 5 gallons a week could give you over $120 toward presents by the end of December.

The best thing about these holiday savings tips is they are short-term. However, once you get into the habit you may decide to keep it up. Just think how much you could save in six months for a great family trip in the summer!

Provided by:

Sonya McDaniel  
Family and Consumer Science Extension Educator  
OSU Pottawatomie County Extension Service

A collaborative partner with Thunderbird Community Development Financial Institution; formerly known as Absentee Shawnee Development Corporation
Our beautiful Mother, Grammy, Great Grandmother, Sister, Aunt, Cousin and wonderful friend, Shirley Fern Wapskineh passed away May 20, 2015 after a long illness. Shirley was born February 12, 1941 in Shawnee, Oklahoma to parents, Mable and Andrew Wapskineh. She leaves behind her loving family, daughters, Serina Frazier Shemayme and Skye Wapskineh and three sons, Randy, Lamont and Steve Frazier. Her aunt, Stella Petty and eight grandchildren, Seneca and Baby Girl Shemayme, Santee, Kevin, Lamont, Samuel, George, Winter and Sage Frazier. She was also blessed with nine great grandchildren. Littlebear, Pony Boy, Selene, Karis, Kenji, Hena, Nola, Amaya and Juan. Shirley was a dedicated public servant who retired from Oklahoma City public schools after 30 years of working in Indian Education. She left a permanent impression on the Native American community, establishing herself as President of the Oklahoma Federation of Woman for 10 years and was named Indian Woman of the Year in 1992. During her time with the federation, she developed the Miss and Junior Miss Indian Oklahoma City pageants and reveled in the success of “her girls”. She loved to see young Native American girls be recognized. She held them to high standards and put them on a pedestal, where she wanted them to always be. She was also Director of the Miss Red Earth pageant in 1986. Shirley was an integral part of the American Indian Chamber of Commerce, where she was honored with the Volunteer of the Year Award in 2007. She was founder and director of the Changing Winds Cultural Society, a member of the Oklahoma City Powwow Club, a committee member of the American Indian Heritage Foundation in Washington D.C., where she helped direct the Miss Indian USA pageant. She was also honored with the public service 5 Who Care award given by KOCO TV during a live television broadcast in 1992. Shirley loved to sew and took great pride in beading gold roses for her children’s indian clothes. Shirley was a member of the Absentee Shawnee Tribe and enjoyed a strong connection to the Prairie Band Potawatomie Nation. Her indian name is “Walacumseh”, which means clear water. Shirley loved to say “May you always walk in beauty”. We know you are walking in beauty in Heaven.

In Loving Memory

Shirley F. Wapskineh
Feb. 12, 1941 - May 20, 2015

Edith (Bea)White Goodman

The family of Edith Goodman, would to say Thank you to; Anthony Johnson, Sr. for his support at the hospital, Shirley Simpson for her guidance, and Lisa Frazier and most of all to George Blanchard for conducting the services, and his helpers Tom White and Edward White.

We cannot say THANK YOU enough to all of our relatives, friends, extended family, Cooks, wood cutters, grave diggers and AST maintenance, for all their support during our time of sorrow. It has made the preparation for her journey home a lot easier.

Thank you
Our AST Health System has continued to focus upon patient service reliability and increasing access for the past several months via several process improvement efforts. Helping with our access to care has been improvements in the electronic health record enabling more efficient patient encounters along with streamlined and standardized templates for various diagnoses.

Same-day Clinic and the PlusCare Clinic (after hours clinic) will consolidate into a single operation soon, allowing for opening up more access as an acute service need requested by our patients. The drive-thru pharmacy at the Little Axe Health Center will also begin extended hours soon to align with the PlusCare Clinic so existing, established patients may conveniently access their medication after their evening or weekend visit with the provider in the non-emergent, ambulatory acute setting.

The Oklahoma Blood Institute continues to press the community hard for donations, and the health system has answered every time. We have sponsored several events whereby the blood bank continues to see strong participation from the Tribe and surrounding communities receiving praise from the OBI Director for our efforts and the efforts of our volunteers!

The health system is reviewing with the Executive Committee the refinancing of the loan with health. If the loan is refinanced, the interest rate and cost savings will be in the millions over the life of the loan, and will substantially reduce the principle on the loan as well as allow for accelerated payments to retire the debt much sooner than originally projected.

The health board, in partnership with the Executive Committee, is also looking at improvements at the tribal complex for the Shawnee Clinic, whereby the addition of a new pharmacy drive-thru, newly expanded contract health and physical therapy, will all add convenience and increase service access to our patients.

We are thankful and very proud of our outstanding star performers this month and thank them all for their contributions to our patients, their fellow employees, and the Tribe! Employee of the month for health was Kristie McGuire, RN, Public Health; the team of the month was the Health Fair Committee, great job gang! The special leadership recognition award was presented to Dr. Bruce Stafford, Primary Care Provider. Wonderful job gang, you all make the health system work for our tribal members and patients alike!

A few other key bits of information for this month:

- **AST/Serviced Health System Native American Veterans**: If you are currently receiving services with the area VA Medical Center, please contact us today to set up an appointment to have your services established with the AST Health System.

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

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

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

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

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

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

- **Social Media**: You can follow the AST Health System on Facebook and receive the most current messages and announcements regarding your tribal health care.
The Absentee Shawnee Tribe Child Protective Services accepts, investigates, and records all reports of alleged abuse and neglect of Absentee Shawnee children and provides protection to Indian children on Trust land. Child Protective Services also works with the Department of Human Services to investigate the abuse or mistreatment of Absentee Shawnee children residing outside Trust land. The primary responsibility of Child Protective Services is to assess the safety of the child and take the appropriate action to protect and promote the best interest of the child.

COURT ADVOCACY

The Absentee Shawnee Indian Child Welfare Department provides court advocacy in the Tribal and State systems for children and families. This advocacy is to help ensure AST children and families get the protections offered under the Federal Indian Child Welfare Act as well as any protections offered by the various state Indian Child Welfare Acts. ICW workers attend court hearings in person or by teleconference to be a voice for the Absentee Shawnee Tribe in the protection of AST children. ICW workers also provide the planning and linkage to services necessary for families who are working to correct the problems causing the initial removal of their child. This service is offered for Absentee Shawnee children nation-wide, whether or not they reside in the Absentee Shawnee Tribe’s jurisdiction.

ABSENTEE SHAWNEE INDIAN CHILD WELFARE DEPARTMENT IS OPEN TO ANY ABSENTEE SHAWNEE MEMBER WHO IS IN NEED OF OUR SERVICES. THE AST INDIAN CHILD WELFARE DEPARTMENT’S GOAL IS KEEP TRIBAL CHILDREN WITH THEIR TRIBAL FAMILY WHENEVER POSSIBLE. IF ICW HAS TO REMOVE A CHILD FROM THEIR HOME TO ENSURE THEIR SAFETY, WE LOOK FOR TRIBAL FOSTER CARE HOMES. WE ARE ALWAYS LOOKING FOR TRIBAL MEMBERS WHO ARE WILLING TO OPEN THEIR HOME TO NEGLECTED OR ABUSED AST CHILDREN. IF YOU ARE TRIBAL MEMBER AND IF YOU WOULD LIKE TO BECOME AN ABSENTEE SHAWNEE FOSTER HOME PLEASE CONTACT:

JULIE WILSON/FOSTER CARE 405-878-4702

Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.

- Chief Seattle

AFTER HOUR PHARMACY NOTIFICATION

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

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

AST PHARMACY

When requesting refills, please provide 24 hour notice until pick-up. The most efficient method is to have your refill numbers ready when you call the Pharmacy, and use our automated system. Deliveries of controlled medications are not allowed.

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

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

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

We are open through the lunch hour!!

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

Thank You,
AST Pharmacy Staff
FYI: Contract Health Service News
Absentee Shawnee Tribal Health
The AST Contract Health Services Team are here to assist you...
follow the CHS Guidelines!
Get a copy of the CHS Guidelines and update your information

Emergency and Urgent Care Services

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

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

Contract Health Services for AST members with Insurance

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

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

Contract Health Services for AST members without Insurance

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

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

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

Shawnee Clinic
(405) 878-4702

Little Axe Health Center
(405) 447-0300

Contract Health Direct Phone Line 405.701.7951

Flo Mann
Laurie Webber

Debi Sloat Glendine Blanchard Sharon Ponkilla Darla Gatzman Jayne Werst
NEW CAR SEAT LAW

On November 1, 2015, Oklahoma will have a new car seat law. House Bill 1847 updated the state’s current law to mirror recommendations by the American Academy of Pediatrics and National Highway Traffic Safety Administration.

A child under 8 shall be properly secured in a child passenger restraint system (the law was previously only to age 6).

- Must be rear facing until two years of age or until the child reaches the weight or height limit of the car seat.
- Must be forward facing with harnesses at least two (2) years of age but younger than four (4) years of age.
- Age 4-8 years and less than 4 feet 9 inches in height should be in either a child passenger restraint system or child booster seat.

With the update Oklahoma becomes the second state to mandate rear facing until two years old.

“Car crashes are the leading cause of death for Oklahoma children”, said SAFEKIDS OK Executive Director, Katie Mueller. “In 2013, 6,000 child passengers were involved in traffic crashes. 607 were seriously injured and 22 were killed.”
The second class of the Second Wind Tobacco Cessation Program concluded on August 4, 2015 with 2 participants successfully completing the 12 week program. The 2 participants included Emma Johnson and Teresa Poston. Both of these ladies stated they really enjoyed the program and have begun implementing some of the behavioral coping strategies learned during the program on their journey to quit using commercial tobacco. The AST Health System would like to congratulate the ladies on their decision to improve their health through tobacco cessation!

If you would like to participate in Second Wind Program, please contact the Public Health Nursing Department at (405) 447-0300. The classes are formed based on number of interested participants.

Teresa Poston (L) and Emma Johnson

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

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

Visit your app store and install the Follow My Health app

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

For more information on how you can register for the new AST “Follow My Health” Patient Portal, contact Patient Registration at Little Axe Health Center - 405.447.0300 or Shawnee Clinic - 405.878.4702
# The Absentee Shawnee Diabetes & Wellness Fitness Center’s Fitness Schedule

## ABSENTEE SHAWNEE FITNESS

### FITNESS CLASS SCHEDULE

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**Location:** 1970 156th Ave. N.E. Norman, O.K. 73071  
(405) 364-7298  
For more information please visit our website at:  
http://www.asthealth.org/tags/fitness

**Fitness Hours:**  
**Monday** 6:00 a.m.— 7:00 p.m.  
**Tuesday** 6:00 a.m.— 7:00 p.m.  
**Wednesday** 6:00 a.m.— 4:00 p.m.  
**Thursday** 6:00 a.m.— 7:00 p.m.  
**Friday** 6:00 a.m.— 5:00 p.m.  
**Saturday/Sunday** CLOSED
Norman, Oklahoma – The Absentee Shawnee Tribal Health System announces the new hours of operation for the PlusCare Clinic beginning Monday, August 31, 2015. Recently, the Same Day Clinic, within the Little Axe Health Center, and the PlusCare Clinic merged and expanded the hours of operation at 15702 East State Highway 9, Norman, Oklahoma.

**Temporary Hours of Operation**
(Effective August 31, 2015):
- Monday - Friday  **9:00 AM to 9:00 PM**
- Saturday - Sunday  **10:00 AM to 4:00 PM**
- *Closed the first Wednesday of every month from 12:00 PM to 5:00 PM*

**Holiday hours**
10:00 AM to 4:00 PM
excluding Thanksgiving & Christmas

**Permanent Hours of Operation**
(Effective September 8, 2015)
- Monday - Friday  **9:00 AM to 9:00 PM**
- Saturday - Sunday  **9:00 AM to 5:00 PM**
- *Closed the first Wednesday of every month from 12:00 PM to 5:00 PM*

**Holiday hours**
9:00 AM to 5:00 PM
excluding Thanksgiving and Christmas

PlusCare is an acute care facility that treats non-life threatening illnesses and injuries on a walk-in, basis (no appointment needed). The clinic consists of 4 private exam rooms including a pediatric room. Care provided for will include common illnesses, sprains, strains, lacerations, flu, allergies, and infections. While these injuries may seem emergent, they do not require a trip to the emergency room; however, if you have a life threatening injury, an open fracture, excessive bleeding, head trauma or spine injuries, immediately go to the hospital/emergency room nearest you.

The Absentee Shawnee Tribal Health System encompasses three healthcare facilities located in Norman and Shawnee, Oklahoma. Providing a culturally-sensitive, quality health care system for American Indians, Alaska Natives, and qualifying Non-Natives, both healthcare facilities offer health promotion and disease prevention through a multi-disciplinary team using holistic and evidence-based practices that address all health issues and educational needs while protecting individual confidentiality.

---

AST Shawnee Clinic-Physical Therapy
2029 South Gordon Cooper Drive, Bldg. 16
Shawnee, OK 74801
Phone No.: (405) 878-5850

**Hours of Operation**
Monday through Friday 8:00 AM to 5:00 PM

**Services provided in the physical therapy department include:**
- Rehabilitation for orthopedic injuries
- Stroke rehabilitation
- Spinal dysfunction
- Neurological disease
- Post-surgical rehabilitation
- Sports injuries
- Spinal cord injuries
- Chronic pain
- Motor-vehicle accidents
- Vestibular balance and dysfunction

**Treatments provided:**
- Ultrasound
- Neuromuscular stimulation
- Manual therapy techniques
- Therapeutic exercise/activities

Each patient seen in physical therapy receives an individualized home exercise program.
Mission Statement

To promote the wellbeing of the “whole person” within the context of their culture.

A Single twig breaks but a Bundle of twigs is strong

Services

Supporting changes in the journey of life’s transitions. The following services are offered:

- Resource/referral information
- Crisis intervention
- Child, adult, family and couple/marital counseling
- Therapy and Support groups (TBA)
- Drub and alcohol assessments
- Anger management
- Depression screenings
- Sweatlodge
A. **Tribal storm shelter program.**

As of June 30, there have been 63 shelters completed for tribal members. We are anticipating the other 29 shelters should be completed by the end of September. Thank you for your patience during the past couple of months while we waited for the wet weather to subside. Once the shelters have been completed, the homeowner will need to register their shelter with their local fire department. If you need help finding your local fire department, contact the Emergency Manager at (405) 740-1562.

B. **Red Cross**

Power Outage—Tribal residents in the Bob Crouch area in Tecumseh experienced a power outage August 8-11, 2015, when it was very hot with heat indexes over 100 degrees. The Tecumseh emergency manager set up a relief shelter which was opened by the Red Cross at the Tecumseh City Hall. Red Cross advised tribal members who experienced loss of food and are receiving DHS benefits, can make a request to this agency for help in replacing food lost.

- The Red Cross was able to provide the following information for future reference:
  - Food Loss: If an individual receives DHS food assistance, sometimes they will grant emergency funds to replace food lost in power outages.
  - Tecumseh has a food pantry which may be able to assist:
    - Highland Church of Christ
      905 E. Walnut Street Tecumseh, OK
      (405) 598-3514
  - There are also several food pantries in Shawnee which may be able to assist as well.
    - Shawnee Mission, 126 S. Center, (405) 273-2248
    - Simons Peters Store House, 3331 N. Kickapoo

C. **Disaster Declaration/FEMA/OK State Emergency Management**

FEMA Damage Assessment team has worked with Asaycia Clayton, Procurement Director, and Sherry Drywater, ASHA Executive Director in the assessment of damages to tribal buildings and houses in the Burning Wood Addition. Also the FEMA team held a mitigation assessment to come up with a plan to prevent future damages to these structures and houses.

D. **Training**

CERT (Community Emergency Management Team) Training will be held on September 14–25, 9—11 am. Those attending the training are volunteers from the Little Axe Clinic organized by Darrell Longhorn who will be the instructor. We look forward to having our first AST CERT team. Thanks to Mr. Longhorn for his efforts to further readiness of the clinic for emergencies.

**Meetings/Events**
- FEMA Site Inspections at Tribal Complex (bldgs.), AST Housing Authority (houses)
- FEMA Mitigation Inspections—Tribal Complex & AST Housing
- EOC Management Class, Don Lynch, Instructor @ Expo Center – July 30-31
- ITEMC Meeting, Canadian Valley Technology Center, Chickasha campus, August 11

**DO’S AND DON’T’S OF SAFE STORAGE AND DISPOSAL**

**DO** Properly discard medications that are no longer needed or that have expired.

**DO** Keep track of how many pills you have during the course of treatment.

**DO** Lock up medications that are at risk for being abused- ask your pharmacist or other healthcare professional if the prescription medication prescribed to you or a Household member has abuse potential.

**DON’T** Throw medication in the trash or flush down toilet.

**DON’T** Leave medications that are at risk for being abused in plain sight or in places that aren’t secure.

**DON’T** Repackage medication in unmarked containers.
Have you ever received a random phone call and when you answered there was a pause for 2-3 secs and a message recording started? Well you’ve been randomly selected possibly by a robodialer! We’ll get into details about that term soon. Phone fraud is a rising attack method that spans to international borders, enterprises, and industries. Nearly 1 out of 2,200 calls are fraud, which has increased 30% since 2013. This phone channel assailants use multipronged attacks, targeting consumers, retailers, and financial institutions simultaneously. The most efficient techniques they use are robodialers point of origin is harder to trace back and they can work targeting simultaneous consumers. 1 in 6 phone numbers calling is a robodialer. 2.5 percent of U.S. phones receive at least 1 robocall every week. 86.2 million calls per month in the U.S. are phone scams.

Mobile phones are beginning to see this trend as the increase is climbing provided by the data below from 2011 to current. Consumer phone scams rely heavy on attacks casting on a wide net in scale wise. Phone fraud attacks seek the uninformed or vulnerable (e.g., the elderly, recent immigrants, young college students, etc.) One of the most common ways to exploit is by robocalling services. Attackers use tactics by messaging the consumer such as promising prizes, trips, free money, or other goods and services to get the consumer to interact. The more reported tactics are threatening messages, telling consumers they’re behind on taxes, missed jury duty, or arrest warrants.

CONCLUSION

The best safe-guard you have is to simply hang up when a recorded message is being played, don’t disclose any personal information. If you press any button, most likely it will lead to more robodialers. Most mobile phones like the iPhone can block calls from within the phone settings under Settings>Phone>Blocked. Android’s can be found >call settings>my device>blocking mode. You can check to see if your phone provider or internet company has services to screen and block robodialers as well.

You can report any experience you’ve had to https://www.ftccomplaintassistant.gov or by calling 1-888-383-1222.

VoIP has played a factor for increases on fraud calls. Voice over IP (VoIP) has minimized or eliminated cost of phone calls, domestic and international. There has been recent evidence to suggest VoIP service is easier to steal than other kinds of telephony services as well. Attackers use VoIP lines for 53 percent of their calls, compared to 7.8 of the general public. VoIP is only as reliable as the underlying network security, if the existing network has security vulnerabilities exploits can occur.
History:
The Iowa Tribe of Oklahoma Vocational Rehabilitation Program has provided vocational services to American Indians with disabilities for twenty years and counting, with Transition Services at six years. Our mission is to develop specialized services to American Indian students with disabilities currently making the transition from high school to work or achieving a post-secondary education.

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

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

COUNTIES served by ITOVR

KAY
NOBLE
PAWNEE
PAYNE
POTAWATOMIE
LINCOLN
LOGAN

Iowa Tribe of Oklahoma
Vocational Rehabilitation

P.O. Box 728
Perkins, OK 74059

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

"See the Person, Not the Disability"
CTSA Early Childhood Center

is seeking to hire a part-time
**NUTRITION TECHNICIAN**

for our Shawnee Location

The Nutrition Tech will provide support to the Lead Nutrition Tech, including dish washing, cleaning, serving and basic meal preparation.

- Must be at least 18 years of age
- Must have a high school diploma or equivalent
- Must pass background investigation for licensed child care programs
- Previous experience is preferred
- Food handlers certification is a plus

All applications accepted with preference given to qualified Native Americans and current/former HS/EHS parents

**Apply today:**
Applications accepted until position is filled

Employment Applications can be downloaded at:
www.ctsaheadstart.org

or picked up at:
1535 North McKinley Avenue, Shawnee OK 74801

CTSA is an Equal Opportunity Employer

CTSA Early Childhood Center

is seeking to hire a full-time
**Early Head Start Teacher**

for our Shawnee Location

An Early Head Start teacher provides educational experiences to infants/toddlers in a classroom setting, using developmentally appropriate practices.

**Early Head Start Teacher Minimum Requirements:**
- Infant/Toddler CDA Credential or Certificate of Mastery in CD
- Previous work experience with young children
- Pass background investigation for licensed child care programs

All applications accepted with preference given to qualified Native Americans and current/former HS/EHS parents

**Apply today:**
Applications accepted until position is filled

Employment Applications can be downloaded at:
www.ctsaheadstart.org

or picked up at:
1535 North McKinley Avenue, Shawnee OK 74801

CTSA is an Equal Opportunity Employer
The following are current programs administered by the Absentee Shawnee Tribe Education Department:

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

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

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

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

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

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

- **Big Jim Youth Award Program**: annual incentive for High School Seniors for Academic Achievement and Athlete of the Year. Deadline for application submission is March 31<sup>st</sup> of each year.

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

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

For more information, please call Tresha Spoon at (405) 275- 4030, Ext. 6242 or 1-800-256-3341 or email to tresham@astribe.com.
The Absentee Shawnee Tribal Health System started a youth bowling league this summer that met once a week from June 8th – Aug 3rd at Firelake Bowling Center. The AST Health System’s Public Health Nursing, SPF-TIG, MSPI departments all partnered together to provide prevention education throughout the league. Topics of prevention included tobacco prevention, prescription drug abuse prevention, meth and suicide prevention as well as education regarding physical activity recommendations for children and teens. As an added benefit, the bowling league itself provided positive physical activity as each Monday the bowlers experienced the equivalent of walking 1 mile while bowling the 3 games. The league was for youth ages 10-18 years old and ran for 8 weeks. There were 25 kids who consistently participated during this league. The younger kids met during the morning hours while the older kids met during the afternoon hours. The first 15-20 minutes of each week was spent on education for the youth over different prevention topics before they commenced to bowl their 3 games.

The league wrapped up on August 3rd and an awards party was held August 6th at Elevation Trampoline Park in Moore, OK. The outstanding male bowler for the morning league was Jordan Rodriguez and for the afternoon league was Cameron Dougan. The outstanding female bowler for the morning league was Kasi McGuire and for the afternoon league was Kyla McGuire. The team awards were presented according to total games won, scratch, and handicap score totals. The team awards for the morning league were first place: The Pinheads (Kasi McGuire, Santino Rodriguez, Kantynn Kaseca), second place: The Strike Zone (Ty Dougan, Brody Miller, Maecie Bender), and third place: The Strikers (Janelle Watson, Jordan Rodriguez, Chenoa Suke). Team awards for the afternoon league were first place: The Kings (Cameron Dougan, Ty Shields), second place: The Pindeans (Ozmond Wahpekeche, Christian Ellis, Abbe Owings), and third place: The Rolling Thunder (Andee Ellis, Huntar Floyd).

The AST Health System would like to thank the Oklahoma City Area Intertribal Health Board for awarding the grant that was able to provide the education and physical activity that each of the bowlers received through the bowling league. A number of the participants expressed their wish to continue the league again next summer because they had a lot of fun interacting with the staff and fellow bowlers.
AM Outstanding Female Bowler
Kasi McGuire pictured with PINS coordinator Kristie McGuire, RN.

PM Outstanding Male Bowler Cameron Dougan, Kristie McGuire,
PM Outstanding Female Bowler Kyla McGuire

The Pinheads:
Kantynn Kaseca, Santino Rodriguez,
Kasi McGuire pictured with
Kristie McGuire.

The Kings:
Ty Shields and Cameron Dougan
pictured with Kristie McGuire

The Strike Zone:
Brody Miller, Maecie Bender, and Ty
Dougan pictured with Kristie McGuire.

The Pindeans:
Christian Ellis, Abbe Owings, Ozmond Wahpekeche
pictured with Kristie McGuire.

The Strikers:
Chenoa Suke pictured with Kristie
McGuire. Not pictured: Janelle
Watson, Jordan Rodriguez.

The Rolling Thunder:
Andee Ellis and Huntar Floyd pictured with
Kristie McGuire.

Participation Medals:
Front Row: Ariela Moreno, Owen Rodriguez, Kanynn
Kaseca, Kali Wind, and Maddy McDowell. Back Row:
Aaliyah Shields, Kristie McGuire, Kyla McGuire, Dacoda
McDowell, and Jamie Seber.
2ND ANNUAL HEALTH AWARENESS FOR ALL GENERATIONS 2015

Little Axe Health Center

[Images of various activities and people at the event]
2ND ANNUAL HEALTH AWARENESS FOR ALL GENERATIONS 2015
The AST Health System values ALL feedback.  
We will listen....
*Patient Advocate Jim Robertson  
405-447-0300
*Customer Service Line  
405-701-7623
*Patient Questionnaire located in each of our clinics or on our website 
www.ASTHEALTH.ORG

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

Shawnee Clinic  
Absentee Shawnee Tribal Health System  
2029 S. Gordon Cooper Dr.  
Shawnee OK, 74801  
405-878-5850

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**Absentee Shawnee Housing Authority**

**Programs Available**

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

**FOR INFORMATION ABOUT OUR SERVICES**

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

**LOCATED AT 107 NORTH KIMBERLY IN SHAWNEE, OK.**

**WEBSITE: WWW.ASHOUSINGAUTHORITY.COM**

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**ABSOLUTE SHAWEE TRIBE OF OKLAHOMA**

**DOMESTIC VIOLENCE DEPARTMENT**

**Domestic Violence and Sexual Assault Advocacy**

The AST Domestic Violence/Sexual Assault Programs are on-call 24 hours per day to provide emotional support, advocacy and crisis counseling to survivors at hospitals, police stations and throughout the legal system. The programs also serve as a resource center to the community by offering educational information and referrals.

**Transitional Housing**

The AST DV Transitional Housing Program serves victims of Domestic Violence/Sexual Assault. Participants have up to six months to obtain education and job skills needed to begin a new life.

**Court Advocacy**

Assists survivors with domestic violence court related costs (when funding is available) and appearances as well as filing for emergency protective orders (EPO) or restraining orders.

**Shelter Placement Assistance**

The Absentee Shawnee Tribe’s Domestic Violence Program works with other shelters within Oklahoma in order to help victims obtain safe housing. Emergency transportation for the victim and children may also be available.

**Housing and Utility Assistance**

Assists victims of domestic violence, sexual assault, stalking, and/or dating violence in emergency situations. This assistance may allow for a victim to either receive housing or utility assistance.

**Referral Assistance**

Assists with providing community resources to those who are in need of additional services outside the scope of the Absentee Shawnee Tribe’s Domestic Violence Program.

**Community Outreach**

The Absentee Shawnee Tribe’s Domestic Violence Program offers educational trainings, informational displays, and community events in order to provide more awareness to both Tribal and Non-Tribal communities.

For any questions regarding any of the above services please contact the Absentee Shawnee Tribe’s Domestic Violence staff at (405) 273-2888.
The Absentee Shawnee... 5K Zombie Run
Run For Your Life...Again!

October 31st, 2015
9:00 a.m.
Little Axe Health Center

Name:_______________________________________       Address:_____________________________________________
City, State:___________________________________         Zip:_____________       Phone:___________________________
Age on race day:____
T-Shirt Size: YS  YM  YL / S  M  L  XL   XXL   Male:___   Female:___
5K RUN      or   1 Mile Walk

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

______________________________________________              _________________________
Signature                                                                                                  Date

Sponsored by the AST SPF Program and AST Diabetes and Wellness

Kids Costume Contest!
Medals!
Live DJ!

*Only pre-registered participants will receive a t-shirt

PRE-REGISTER for a t-shirt before SEPTEMBER 30th

*5K participants must be ages 12 years or older. Under 12 years may participate in the walk.

PRE-REGISTER for a t-shirt before SEPTEMBER 30th

For more information, please contact Buster Bread at (405) 364-7298, or Kasey Dean at (405) 701-7933. T-shirts WILL NOT be provided for day of registration participants. Participants under the age of 12 may only run in the fun walk for safety precautions.
Come join us at the AST Resource Center!!!

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

Open to All Middle School and High School Students

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

Everything is offered with no charge….Little Axe bus will transport students to the AST Resource Center on Peebly Road and parents are responsible for picking students up by 6:00pm.

Duration: Starts August 31st and will run through the school year. Monday-Thursday, 2:45pm-6:00pm

For more information and sign up please contact Blake Goodman at (405) 364-7569
WHAT IS A FOSTER CARE WORKER?

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

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

Some aspects of this relationship include the following:

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

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

Foster Care Payments are as follows:

0-5 age $14.73 day $441.97 month

6-12 age $17.12 day $513.57 month

12 and over $19.30 day $579.13 month

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

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

Hello Everyone;

I hope that everyone is in good health, with all of the allergies and various respiratory problems that have going on. I know I am looking forward to the Spring weather that has come. I have not gone on any travels here lately, due to the various problems that have been created by various Executive Committee members. I have been working on research looking in to the practices of the Department of Human Services and the methods that they have been using to place our children. I am also attempting to get an appointment with the Director of DHS and the Governor of the state of Oklahoma. Last year at the ICWA conference in Ft. Lauderdale, I attended the Attorney General’s Advisory Committee on American Indian/Alaska Native Children Exposed to Violence meeting where I gave testimony. This Committee held meetings in various states getting testimonies from various agencies, Law Enforcement, Tribal Leaders, ICW, and Educators concerning our Native Children. My point to this is that the Attorney General and the Bureau of Indian Affairs have re-written the Guidelines concerning ICWA and from speaking with ICW workers here the State of Oklahoma, Department of Human Services have not looked at the new Guidelines and are continuing to make their own decisions with out including the families or the tribes. If anyone would like a copy of the new guidelines they may come by my office and we will provide a copy.

I have also have concerns about the Tribal Housing Authority, so that is more research, which may or may not be a good thing. There have been numerous complaints from tribal members and I would like to know if the guidelines are being followed. After I finish researching then I will speak with the Housing Board and start asking questions.

I hope everyone has a wonderful Easter. If anyone has any questions or would like to just come by to visit, or call, please do.

Home Number is 307-0954, 275-4030, ex. 6289
Thank you, and Be Blessed.
Foster Care

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

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

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

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

Native American youth are facing a crisis. These children are being removed from their homes and placed into the child welfare system at rates much higher than any other population. Native American children are often placed in homes outside of their families, tribes, and Native American culture and all this contributes to significant social problems. The story of Native American people is a complicated one marked by significant trauma and atrocities. Often times this trauma consisted of the removal of abuse which happened to these young and vulnerable children in many of these schools resulted in overwhelming intergenerational trauma and unresolved grief. This trauma which interrupted the ability to parent has led directly to the most current social problems that plague Native American communities today including alcohol/drug abuse, domestic violence, child abuse, sexual abuse and parenting deficiencies. All of these problems have contributed to the break-down of the family unit, leading to the removal of large numbers of Native American youth from their families. The journey of healing and breaking the cycles which have been put in place by the historical trauma experienced by generations of Native Americans requires that the cultural identity for so long denied to these children be returned.

Native American youth have two distinct influences, that of their family of origin and that of their caregivers. Absentee Shawnee Tribal Foster Care is in need of homes for children that are in our child welfare system. Your participation in being a foster parent helps to ensure that these children have positive connections to their culture. This interaction helps these children nurture a positive sense of identification as a Native American. By being willing to do this, you can be a valuable part of the healing journey that will help strengthen this next generation of Absentee Shawnee children; in turn, helping those children become the parents that their children will need them to be. Our children are our future, what will we have our future be?

Absentee Shawnee Tribe Child Welfare
405-870-4702 (ext. 133)

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

Walk faster
Ki-me-lo

Don't be late
Te-ke-yah-nah-he

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

Everyone will be here soon
Lo-ge-he-ge-yik we-ya-fi-wa-pe-ya-wa

What's your name?
Na-he-wa-ke-ta-se-to

Some one came
We-ya-fi-ge-ya-wa

I don't hear very well
mi-ti ne-ho-wa-se no-ti-ka

My hearing is bad
Ne-ki ke-yap-as-a

Don't get your children cold
Te-ke-yah-kose mik-le ke-na-ge-yi mi-ke

Ki-me-lo

write your name here
Ka-hi-we-ki-ti ke-we-fo-wa mi-tise

Dont't be late
My hearing is bad
Everyone will be here soon
What's your name?
Some one came