

January 2012

Vol. 27 No. 1

The **ABSENTEE SHAWNEE** News

Li-Si-Wi-Nwi

"Among the Shawnee"

www.astribe.com

Inside this issue...

- Executive Committee Reports 2-6
- Resolutions 6 & 28
- Employee of the Year/ Employee of the Month ... 7
- YTD Tax Collections 7
- Education Department ... 10
- Elders Report 12
- Health News 13-15
- December Birthdays .. 16-17
- Title VI Menu 20
- Horseshoe Bend 24
- White Turkey Band..... 25



Season's Greetings

Executive Committee

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



Santa's Mini-Me!

AST Children's Christmas Party - December 4, 2011



Musical Talents of Phil Bradley



Santa stopped in to pose for some pictures



The children loved their bags of goodies

GOVERNOR'S *Corner*

Greetings fellow Tribal members.

All of us at Tribal Headquarters hope everyone had a happy and safe Christmas and New Year.

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

George Blanchard, Governor

SHAWNEE ALPHABET

PI	PA	PE	PO
	(spelling)		

bah	bay	bee	bo
	(pronunciation)		

FI	FA	FE	FO
(F has a TH sound as in thump)			

thah	thay	thee	tho
------	------	------	-----

SI	SA	SE	SO
----	----	----	----

sah	say	see	so
-----	-----	-----	----

NI	NA	NE	NO
----	----	----	----

nah	nay	nee	no
-----	-----	-----	----

MI	MA	ME	MO
----	----	----	----

mah	may	mee	mo
-----	-----	-----	----

KI	KA	KE	KO
----	----	----	----

kah	hay	kee	ko
-----	-----	-----	----

WI	WA	WE	WO
----	----	----	----

wah	way	wee	wo
-----	-----	-----	----

TI	TA	TE	TO
----	----	----	----

tah	tay	tee	toe
-----	-----	-----	-----

GI	GA	GE	GO
----	----	----	----

(G has a "J" sound)			
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jah	jay	jee	jo
-----	-----	-----	----

LI	LA	LE	LO
----	----	----	----

lah	lay	lee	lo
-----	-----	-----	----

HI	HA	HE	HO
----	----	----	----

hah	hay	hee	ho
-----	-----	-----	----

YI	YA	YE	YO
----	----	----	----

yah	yay	yee	yo
-----	-----	-----	----

QI	QA	QE	QO
----	----	----	----

qah	qay	qee	qo
-----	-----	-----	----

1. Walk faster
Ki-me-lo
2. Don't be late
Te-ke-ya-na-ki-fe
3. Hurry get dressed
Hi-pa-ge-ni-ni-he-lo
4. Everyone will be here soon
Lo-ge-he ge-yi-ke we-ya-fi wa-pe-ya-wa
5. What's your name?
Na-he-wa ke-ta se-fo
6. I don't hear very well
mi-ti ne-ho-wa-se no-ti-ka
7. My hearing is bad
Ne-ki ke-ya-pa-sa
8. Don't get your children cold
Te-ke-ya ko-se-mi-ke ke-na-ge-yi ni-ke
9. Write your name here
Ka-hi-we-ki-ti ke-we-fo-wa mi-ti-se
10. Some one came
We-ya-fi-pe-ya-wa

LT. GOVERNOR'S *Report*

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

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

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

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

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

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

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

Respectfully,

/s/

Isaac Gibson, Jr.

Lt. Governor

SECRETARY'S *Report*

Greeting Tribal Members:

The beginning of the new year is a great time to reflect on past accomplishments, consider the lessons learned from the past year, and to make plans for a better future.

This past year we made a lot of progress on two projects that have been in the works for quite some time. The new casino in Shawnee was opened, and we made a tremendous amount of progress on the new health clinic. The grand opening for the new clinic is scheduled for the end of March.

Thunderbird Entertainment Center, Inc. is working with a company called I-5 Design & Manufacture to update the Norman casino inside and out. The 25 year old facility will also be getting a new air handling system to help with the smoke. The new fresh air system should be installed by mid-February. After the completion of these updates, there are plans add a live entertainment venue on the south end that will be open to the public. We are looking forward to seeing the upcoming changes. Our new casino in Shawnee has been open about four months and is developing a strong customer following. It is a great addition to our gaming enterprise and Tribe.

We have a number of grant opportunities that we currently taking advantage of, including:

- CCDF Child Care grant: \$1.4 million dollars (awarded 2011) which operates the Building Blocks Child Care Facility and the Horseshoe Bend After School Program. Some of this funding will be used to help construct the building of a new child care facility in Little Axe. The engineering and design is done and we are waiting on con-

struction bids.

- Camp Nikoti — TYP Tribal Youth Program: \$99,000 awarded which provides an Afterschool Program, Monday through Thursday in Little Axe at the Little Axe Resource Center for Middle-School and High-School youth. The afterschool program offers tutoring, snacks, and physical activities. The program also facilitates an AST Youth Council.
- Violence Against Women Grant: \$850,000 (awarded 2011). We can provide emergency assistance to victims needing transportation, food, clothing and other concrete client needs.
- Transitional Housing Grant is for victims once they leave an emergency shelter. The Transitional Housing Program is the next step to help victims and their children enjoy independent living. The program allows victims and their children to get help with living costs, financial guidance, and counseling.
- Sexual Assault Grant is for those affected by relationship violence and/or sexual assault. The Sexual Assault Advocate works to provide case management, needs assessment, goal planning and referrals, and accompany clients to law enforcement and court hearings, and/or hospital.
- Family Violence Prevention Grant: (\$100,000 awarded 2011) has an advocate available to assist victims with the intake process, crisis intervention, safety planning, legal assistance (i.e., protection orders), referrals to tribal and community resources, transportation, and emergency child care costs.

Grants we are applying for in January 2012 include:

- Youth Camp — We are applying for \$800,000. \$50,000 will be used to develop a master plan for the selected site. Funding will drill a water well and provide a water tower. It will also, provide sewer infrastructure including septic tank construction. Construction of six building: 4 cabins, a shower facility and a

dining/activity hall. The master planning phase will have a lot of community input into the development of the camp from parents and youth.

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

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

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

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

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

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

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

TREASURER'S *Report*

Happy New Year, Tribal Members,

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

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

Health Services. See Article.

- Monthly Volunteering time for Reading to two groups of (4-8 students) at Jefferson Elementary, Title VII Indian Education on the 3rd Thursday of each month and encourage them to read on their own.
- Monthly Redstone Investment meeting and investments are doing, as well, as can be expected in these up and down times.
- Attended All Nations Bank customer appreciation holiday open house in Shawnee.
- A "Thank You" Luncheon from the Absentee Shawnee Housing Authority
- Pottawatomie Alliance Toward Community Health (PATCH) breakfast which promotes healthy choices and healthy lives. Working to bring health to Pottawatomie County and to prevent nicotine addiction and to help people stop smoking. Sponsors Students Working Against Big Tobacco. hgor-don@gatewaytoprevention.org to get on mailing list.
- Attended the Annual AST Elders Christmas Dinner in Tecumseh, Ok at the American Legion.
- Governor and I took 41 elders to see Christmas lights in Midwest City and Oklahoma City and dinner at Golden Corral.
- Attended a luncheon at Will Rogers Theater, Oklahoma City, OK to promote a new website for Indian elders from any Oklahoma Indian tribe can go to find the service or resource that best fits their needs. The AARP Indian elder Navigator is designed to be a resource center where tribes can list their contact information and resources. Also, AARP Oklahoma Indian Elder Navigator provides a single place of resources available to help older Indians in Oklahoma such as food programs, housing, transportation, and health. New and updated information and links will be added as the page grows. If you know of additional resources, please email the AARP Oklahoma State Office at ok@aarp.org so they can be added to AARP Oklahoma

Indian Elder Navigator

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

FUTURE GOALS FOR 2012:

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

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

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

We appreciate all your phone calls, emails, and visits. May God con-

tinue to bless you and yours! See below articles from AllNations Bank; Financial Consultant, Eddie Brokeshoulder; and Finance Department.

Respectfully yours,
Kathy Deere, Treasurer

FINANCE DEPARTMENT DECEMBER 2011

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

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

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

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

The finance department continues to complete accounting by the seventh day of the month and have been since August 2010; so that

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

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

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

The Absentee Shawnee Tribe's Finance Department has very hard working group of people and it is an honor to work with them, the Treasurer's office and at the Absentee Shawnee Tribe.

The Finance Department employs 11; with 7 (64%) being AST Tribal Members and 4 (36%) being non-natives.

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

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

Respectfully,
Belinda Collins, Controller

FINANCIAL CONSULTANT

Hello Tribal Members,

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

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

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

Absentee Shawnee Economic Development Authority, Inc.

Happy New Year

(ASEDA): Attended monthly board meeting to discuss current business operations and future business opportunities.

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

AARP Oklahoma: Treasurer Deer, Doss Owings and I attended AARP Oklahoma luncheon at Will Rogers Theater, Oklahoma City, Oklahoma. Various Tribal, City, State and local AARP representatives were in attendance.

The purpose of luncheon was the formal launch of the AARP Oklahoma Indian Navigator Website. The AARP Oklahoma Indian Navigator Website will be used to promote resources and programs such as food programs, housing and health for Tribes in Oklahoma. The website is www.aarp.org/indiannavigator.

First Nations Oweesta: I was selected to receive a scholarship to attend First Nation Oweesta-sponsored NeighborWorks Training Institute training in Los Angeles, CA, February 27, and March 2, 2012. Attending a Native American Development course at a NeighborWorks Training Institute will offer participants the opportunity to gain practical tools, new ideas and fresh solutions, while networking with peers working across Indian country.

The training will provide an opportunity to learn Native Financial Education Instructor Training and Native Community Development Financial Institutions: What is Your Role?

Once again, the office of Treasurer looks forward to working for you, and providing financial information that leads the Tribe to a prosperous New Year.

Respectfully,

Eddie Brokeshoulder
Financial Consultant

ASEDA FLEET

Greetings fellow Tribal members, The Holidays are always a good time to give thanks and reflect on the blessings that we have before us. The New ASEDA Board members have completed our first year on the ASEDA Board and a lot has taken place in that time. For example:

- The ASEDAFLEET business was started in March. This company is now in the process of working with a couple of major Corporations to cater to their Diversity goals. We have been able to work with some of our own Tribal Departments by furnishing them with a vehicle for their Department. We are also working with other Tribal Enterprises to broaden our territory and supplying vehicles for their companies. Given the amount we put into this company. We are very pleased with the progress it has gained in such a short time. Next year, we look to grow on what we have built by marketing to more Municipals, Government agencies, & Corporations.
- Secretary Teri Reed has gained strides by turning around the operations of the Tribal stores and restaurant. If you noticed at the restaurant, the food tastes better! We encourage everyone to stop by the restaurant for a meal and enjoy your visit at the Casino. Thanks again, Ms. Secretary for all your hard work! Ne Yi Wa!
- The Absentee Shawnee Counseling Service has already seen an increase in patients since October 1st. By January/February, we look to have at least 400 patients cared for, at this facility. Other area Tribes are will be referring their members here as well. This Counseling service is a great need in Indian Country. By counseling substance abuse to our communities. We know we can help Indian country, one person at a time, and that's all that it takes.
- Gov-Con Services is still a progress at work. We are in the pro-

cess of submitting for our 8(a) application, which will take 4-6 months to process. In the meantime, we will be pursuing contracts through our Government contracts.

We are in the process of working on six (6) other projects. Once developed, we will then be able to announce those endeavors. We look at 2011 as a re-building year and 2012 is promising. We are very blessed and pleased to be on this Board. Our hearts and prayers go out to everyone this Holiday Season and Happy New Year!

Dan Little Axe,
President, ASEDA Inc.

ALLNATIONS BANK

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

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

The following are just a few of the types of scams that you need to watch for when going through your day:

- **PHISHING:** An e-mail that appears to be from your financial institution asks you to click a link, directing you to a web page that looks legitimate. You are asked to verify your personal information. It is a scam to snatch your personal information. Report any such e-mails by calling your financial company directly.
- **VISHING:** Think of it as phishing over the phone. The caller claims to be from a financial institution or other legitimate organization asking you for personal information. Similar scams send you an e-mail or voice mail asking you to call a certain phone number, where an automated voice system gathers

your information.

- **POP-UPS and VIRUSES:** As anyone who has e-mailed or surfed the internet has experienced, there is no end to the traps set up by online thieves. Clicking on a pop-up could trigger your computer to download a nasty virus or spyware. The same goes for attachments or links that come in unsolicited e-mails.
- **CREDIT CARD SKIMMING:** At retail stores and restaurants some workers have been caught recording information off customer credit cards. If at all possible keep your credit card in sight or swipe it yourself if possible.
- **ADVANCE FEE FRAUD:** This con comes in many forms. You are asked to pay in advance for something in anticipation of receiving a greater reward. The most popular being "lottery winnings" that will be delivered to you if you just furnish your bank account number, social security number, password and a fee for delivery expense. You would be surprised at how many of this type of scam receives money. A common form of advance fee fraud is the Nigerian Letter Scam. You might receive an official sounding letter or e-mail that promises you a cut of millions of dollars if you will help this person move money out of his country using your bank account.

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

The following are Resolutions passed through December 21, 2011

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

REALTY DEPARTMENT

Dear Landowners and Interest Holders,

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

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

Allotments include:
AS-178B, AS-S-215, AS-216,
AS-216A, AS-253, AS-255, AS-264,
AS-285, AS-322, AS-357, and
AS-412A.

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

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

EXECUTIVE RESOLUTIONS:

E-AS-11-86 12/21/11

Establishes Holidays for Calendar Year 2012 as set out therein.

E-AS-11-87 12/21/11

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

E-AS-11-88 12/21/11

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

E-AS-11-89 12/21/11

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

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

Approves and accepts **Megan June Larney, Ariana Isabel Brinson, Alexander Armando Brinson, Christopher Allen Brinson, Breanna Joyclynn Dry, Karlee Nicole Dry, Bailey Paige Presley, Ephraim James Littlecreek, Kamren Patrick Wilson, Jaremyah Jamez Factor, Charles Randall Musick, Kaden Joseph Wilson, Sekoenatha Keegan Larson, Linkin Thomas Gilmore, Cynthia Jayden Gilmore, Garrett Michael Altman, Colson Charles Altman, Tammy Lyn Winter, Sherry Lyn Drywater, Emily Anne Deadwiley, Kaylee Leigh Lockner, Kayden Christopher Lockner, Keeley Ava Lynn Wise, Landon Kyle Wise, Christopher Dale Wilson, Angel Renee Ramirez, Kevin Micheal Uchida, Nolan Garrett Uchida, Bryson Harvey Uchida, James Andrew Skylar Sanchez, Emily Katherine Hall, Elizabeth Lynn Hall, Heather Rochelle Miner, Christina Michelle Johnson, Jaelyn Nevaeh Owens, Isabel Deanne Crowley, Parris Rae Crowley, Aleycia Nicole Crowley, Dorothea Fallon Wilkerson, Ethan James Brocksmith, Chole' Elizabeth Brocksmith, Maddisson Noel Charley Whatley, Jordan Eugene Charley Whatley, Lillian Kay Wood and John Gilbert Morris III** as enrolled members of the Absentee Shawnee Tribe of Indians of Oklahoma as of the date of this resolution.

E-AS-11-91 12/21/11

Rejects the application of **Alyssa Breanna Martinez** for membership in the Absentee Shawnee Tribe due to Insufficient Blood Degree.

E-AS-11-92 12/21/11

Approves and authorizes adoption of the "Fund Balance Policy" as set forth in the copy attached and made a part hereof. (Attachment)

E-AS-11-93 12/21/11

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

E-AS-11-94 12/21/11

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

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

Continued on page 28

2011 EMPLOYEE OF THE YEAR



GARY WABAUNSEE

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

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

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

EMPLOYEE OF THE MONTH



PHIL BRADLEY
DECEMBER 2011

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

OUTSTANDING EMPLOYEES FOR 2011

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

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

Happy New Year

FY-2011 YTD TAX COLLECTIONS (thru)November														
TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	TOTAL	TAX COLLECTED
Sales (6%)	\$10,465.58	\$12.34	\$16,646.46	\$5,088.76	\$15,566.63	\$7,193.56	\$10,539.59	\$11,250.68	\$5,486.74	\$102.45	\$10,976.76	\$0.00	\$93,329.55	\$93,329.55
Gaming	\$102,200.00	\$50,000.00	\$126,145.00	\$200,000.00	\$196,337.00	\$207,561.00	\$100,000.00	\$103,835.00	\$180,000.00	\$205,697.00	\$100,000.00	\$0.00	\$1,571,775.00	\$1,571,775.00
Employee (1%)	\$15,754.96	\$0.00	\$18,485.67	\$6,507.55	\$9,378.31	\$18,471.03	\$4,217.44	\$21,160.54	\$4,177.25	\$0.00	\$25,247.18	\$0.00	\$123,399.93	\$123,399.93
Severance (8%)	\$888.64	\$2,062.45	\$2,103.94	\$966.79	\$1,424.72	\$2,347.87	\$0.00	\$2,340.58	\$51,706.48	\$8,046.42	\$136,944.13	\$0.00	\$208,832.02	\$208,832.02
M Vehicle	\$12,422.54	\$11,428.73	\$15,470.44	\$12,156.17	\$11,291.89	\$11,283.67	\$13,690.12	\$11,997.85	\$14,037.66	\$9,344.82	\$12,240.84	\$0.00	\$135,364.73	\$135,364.73
Tobacco Refund	\$18,501.65	\$18,412.20	\$14,507.15	\$13,955.28	\$13,165.79	\$19,772.47	\$15,870.57	\$15,434.81	\$18,504.89	\$9,028.26	\$10,126.00	\$0.00	\$167,279.07	\$167,279.07
TOTALS	\$160,233.37	\$81,915.72	\$193,358.66	\$238,674.55	\$247,164.34	\$266,629.60	\$144,317.72	\$166,019.46	\$273,913.02	\$232,218.95	\$273,168.07	\$0.00	\$2,299,980.30	\$2,299,980.30
Miscellaneous	\$160.00	\$80.00	\$132.50	\$150.00	\$212.50	\$120.00	\$130.00	\$80.00	\$220.00	\$110.00	\$380.00	\$0.00	\$1,775.00	\$1,775.00
TOTAL COLLECTION	\$160,393.37	\$81,995.72	\$193,491.16	\$238,824.55	\$247,376.84	\$266,749.60	\$144,447.72	\$166,099.46	\$274,133.02	\$232,328.95	\$273,548.07	\$0.00	\$2,301,755.30	\$2,301,755.30

NOTES:
 - Sales Tax = 6% of Gross Sales
 - Free cash flow
 - Gaming Tax
 - Employee = 1% of Gross Wages
 - Severance Tax = 8% of Total P Production Market Value
 State Compact (Tobacc Refund)

Shawnee Medical Clinic Appreciation Day



Substance Abuse Counselor,
Elizabeth Brakefield



Director of Pharmacy,
Nancy Phelps

Personnel Assistant,
Leah Bates
Tribal Member,
Mary Birdtail



Dian Osborn, LPN
Stacy Curtis, PA
Laura Webber, LPN



Employee Thanksgiving Luncheon



Photos Provided Courtesy of Michael Berry

Happy New Year

Elder's Christmas Party



Cheryl Masquat, Mary McGuire, Lisa Blanchard, Abe Heatley



Mary Birdtail



Beverly Felton, George Blanchard, Sue Blanchard



Jo Ann Walker



Kelli Komacheet, Patricia Brown, Dara Thorpe



Dan Little Axe



Barbara Wilkerson



Pauline Johnson, D.K. Johnson



Reta Harjo, Bernice Tiger, Barbara Wilkerson



Happy New Year

EDUCATION DEPARTMENT

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

- **Academic (K-12) Program:** assists with academic related expenses, and a portion of funds can be used for school-related athletic program expenses. Program has a maximum funding limit for the academic year.
- **Zahn Program:** established from a trust fund, program can help with some graduation expenses, and awards two (2) incentives: one for GED recipients and one for High School graduates. Program has a maximum amount of funding for graduation expenses.
- **Job Training Adult Education Program:** funds for vocational training at accredited vocational institutions. Program has a maximum funding limit for the calendar year or per program.
- **Higher Education: Education Incentive Award Program:** funds for undergraduate degrees, one associates or bachelors degree, at any accredited college or university. Funding levels are determined based upon grade point average and full-time or part-time status.
- **Graduate Scholarship Program:** funds for one master's degree or one doctoral degree, and can fund for one graduate admissions test. This program has funding levels based upon full-time and part-time status.

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

Attention:

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

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

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

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

FREE MUSIC LESSONS



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

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



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

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

Middle School and High School Students:

WE NEED YOU!

Come and join the Absentee Shawnee Youth Council...

All middle school and high school youth are welcome!

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



We are involved with our communities through hands-on activities and projects. [The AST Youth Council volunteer activity for December was wrapping Christmas gifts for the AST Foster Care/PSSF programs.](#)

For our January meeting we have a special guest from the AST Cultural Preservation Department coming to speak with our youth about Language Revitalization.

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

If you are interested in becoming a member of the AST Youth Council, please contact....(405) 275-4030 Jared ext. 193 or Tresha ext. 121

PLEASE fill out EACH BLANK completely and return by the Deadline

ABSENTEE BALLOT REQUEST

I, _____, hereby certify that I am or will be an Eligible Voter of the Absentee Shawnee Tribe on or before March 17, 2012. I cannot physically be present to cast my Vote at the **March 17, 2012 Primary Election**, therefore, I am requesting an Absentee Ballot be mailed to me at the following address.

Name (please print): _____
(first) (middle) (maiden) (last)

Address: _____ City: _____ St: _____ Zip: _____

CDIB#: _____ Date of Birth: _____

Signature: _____ Date: _____

All REQUESTS must be returned to the Election Commission by the deadline of February 26, 2012

Mail to:

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

Fax to:

Fax # (405) 273-1337 (Do not fax to any other fax #)

Phone: (405) 275-4030 ext. 150

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

Deliver in Person to:

Election Commission Office
located in the Tribal Court Building

All eligible voters are entitled to vote either at the Polls or by Absentee Ballot.

For your convenience - This request may be duplicated

ELECTION COMMISSION USE ONLY

Received: _____ Approved: _____ Disapproved: _____

If Disapproved (reason): _____

Denial Letter Mailed: _____ Ballot Mailed: _____

Election Commission/Representative

November and December are always busy month each year and this year was no exception. The Elders were busy at the first of the month with their annual Veterans pow wow which was held November 5th at the Expo Center, Shawnee. Our elders and volunteers should be commended for their efforts in presenting this event. It takes a lot of work and this year we had a last minute pleasant surprise with Thunderbird Casino donating \$1,100 for the head staff. I have to point out to our tribal members that our elders families donated prize money for each category in the pow wow and special thanks should go out to them. They include Governor Blanchard and family, the Little Axe family, Gene Parker, Mary and Richard Birdtail, David and Stella Little, Betty Watson, Dan Little Axe, Alice and Bill McBride, Serena Daugherty, Emily Longman, Kathy and Lloyd Deere and myself. Our drum groups were good and our AST Vets were present in their usually outstanding form. All went well with only a brief interruption by the earthquake that surprised the crowd and made national news.

But that didn't stop the pow wow, the dance went on and all was well after that. The food was good, which was brought in by our elders and other volunteers and our fry bread makers cranked out enough bread to feed everybody. Thanks! To everybody for their contributions and labor to make this a successful pow wow!

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

held following the meeting. The next meeting date is set for Saturday December 17 at the VFW Hall, Tecumseh.

Our **December** monthly meeting was held at Tecumseh as planned. All officers were present. Forty-six ASST elders were present and twenty guests/visitors. The invocation was offered by Don Schulenberg. Edith Goodman and Mary McGuire celebrated birthdays this month. President Little Axe gave condolences for those elders whom we had lost during this past year and offered a prayer on their behalf. Minutes were not available. The Treasurers' for the month of November was presented. There were questions about information presented as well as some receipts still not available for inclusion in this report and donated items solicited from vendors. A motion to table was made by Mary Birdtail and seconded by D.K. Johnson. The motion carried. The subject of an audit came up and it was suggested that it happen as soon as possible. Sue Blanchard brought up the subject of the recipe book and stated that the Media department will soon be ready to start putting the recipe book together. Dan Little Axe stated that the suggested trip to Florida is beyond

what the Elders could afford and suggested that other ideas be considered. It was announced that flu shots were available today for elders who might require such.

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

January is NATIONAL STALKING AWARENESS MONTH

What is the definition of stalking?

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

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

THINGS YOU CAN DO....

If you are in immediate danger, call 911

Trust your instincts

Take threats seriously

Contact local law enforcement, domestic violence shelter or a domestic violence program

Develop a safety plan; tell your family, friends, roommates, co-workers

Don't communicate with the stalker or respond to attempts to contact you

Keep evidence of the stalking; Keep a record of the contacts, such as dates and times and places. Keep emails, phone messages, letters or notes



This information is provided by the AST Domestic Violence Program.

Please call our office if you any assistance (405) 275-4030.

Happy New Year

RESOLVE FOR BETTER HEALTH

-by Surya Pierce, MD



December 31st: “My New Year’s resolutions are to lose weight, exercise more, quit smoking, and win an Olympic Gold medal.”

January 1st: “Maybe I shouldn’t have drank so much last night.”

January 7th: “This weight loss stuff is really hard. Maybe I should just focus on that Olympic metal...”

January 15th: “What New Year’s resolution?”

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

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

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



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

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

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

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



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

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

*The real name of Jane and the other patients in this article have been hidden to protect privacy.

MERRY CHRISTMAS!!



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

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

Happy New Year



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

Get Vaccinated:

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

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

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

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

PHARMACY NEWS



ABSENTEE SHAWNEE TRIBAL PHARMACY



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

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

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

New Hours of Operation for the Pharmacy:

Shawnee: 7am-6pm Monday-Friday

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

We are open through the lunch hour!!

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

Keep Warm and Safe during the Winter Months

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

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

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



Information provided by Rosie Tall Bear, AST Fitness Facility Director

Happy New Year

New Li-Si-Wi-Nwi Clinic update

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

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

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

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

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



Absentee Shawnee Diabetes & Wellness Program

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



Happy Birthday!

January Birthdays

Aguirre Perez, Mabel Beatrice
Alford Jr., Paul Leon
Alford, David Wesley
Alford, Robert Bruce
Alford, Sandra Kaye
Armstrong, Billy Joe
Armstrong, Frank Lee
Atkinson, Maureen Jessica
Barber, Joseph Leeroy
Barton, Brittany Lynn
Bates, Terri Elaine
Bayliss, Jeffery Channing
Beach, Cary Sue
Bettelyoun, Kelan Chase
Bittle, Boston Warrior
Blalock, William Charles
Blanchard II, Aaron Gabriel
Blanchard, Bernice Starr
Blanchard, Chelsey Kolesha
Blanchard, Cory Eugene
Blanchard, Terance Blaine
Blanchard, Twyla Gayle
Boyd, Ladarius Eugene
Bragg, Ronald Lee
Brannon, Tyneeka Alexandria
Bread, Christina L.m.
Brinson Jr, F E
Britt, Kelly Lee
Brokesoulder, Harry
Brokesoulder, Sherri Dawn
Brown, Harper Janiece
Brown, Jennifer Renee
Burkhard, Valarie Mae
Cathers, Connie Frances
Chisholm, Mark Wayne
Citty, Rebecca
Colungo, Damien Micheal
Condra, Karri Marie
Coon, Wynona Sloat
Cope, Michell Eldon
Coriz, Matoka Marie
Creek, Bessie Lee
Cripps, Jimmy Mark
Crossley, Orin Lee
Crossley, Rachel Ann
Cruz, Reyna Jalyssa
Cutler, Breanna Kailee
Dankenbring, Melody Renee
Darnell, Carol Jane
Davis, Rhonda Jean
Day, Vivian Denise
Day, Zander Nicholas
Deer, Braelyn Ariyahna
Deer, Melissa Roselynn
Deere, Christopher Lee
Deere, Clinton Jess
Delodge, Raymond Louis
Dibler Jr, Daymon Daniel
Draper, Shawnee Sharisse
Edwards, John L.
Ellis, Brandi Nicole
Ellis, Lisa Marie
Felton, Kandice Nicole Grace

Flowers, Jasmine Lynne
Foreman Jr., James Louis
Foreman, Anthony Clayton
Foreman, Elijah Bryce
Freeman, Jerilyn Kay Barnett
Fritsch, Jaxon James
Fruit, Andrea Dee
Geissler, Jarett Paul
Gibson, Braxton Reid Caddo
Gibson, Clarence
Gibson, Gloria Lynne
Gibson, Jeremy Lee
Gibson, Jimmy Ray
Gibson, Martha Lynette
Gibson, Ronnie Caleb
Gibson, Walter Ray
Gilman, Howard Floyd
Gonzalez, Xochitl Olivia
Goodman, Thomas Donald
Granstrom, Tyler Michael
Harjo, Nicholas Gerald
Harrington, Carolyn Jean
Harris, Samuel Lee Allen
Sabre
Haumpy, Tacie A'lize
Hawk, Quincy Ryan
Heatley, Prada DeeAnn
Herrera, Angel Juventino
Hill, Stephen Lee
Hood, Dantel Ruya
Hough, Alyssa Blake
Howe, Angelina Marie
Humphrey, Lou Ann
Irvin, Michael Reed
Isaacs, Betty B
James, Diane Renee
Januszewski, Connie Bradley
Jimboy, Kaden Allen
Jiron, Mary Elizabeth
Johnson Jr., Henry Caddo
Johnson Jr., Josie Ed
Johnson, Bruce Dale
Johnson, David Lee
Johnson, Janessa Leann
Johnson, Patrick Wayne
Johnson, Pauletta Elephant
Johnson, Tanessa Anah Mari
Kaseca, Kesa La`nae
Kaseca, Thomas James
Keith, Shelli Leann
Kelough, Manuel LeeWayne
Kihega, Breanna Grace
Komahcheet, Nolan Frank
Larson, Brooke Nichole
Leath Jr., William Jake
Lester, Bradley Shane
Lester, Brandy Nicole
Lewelling, Amber Dawn
Lewelling, Stacie Berlyn
Little Axe Jr., Ricky Lee
Little Axe, Courtney Nicole
Little Axe, Darrell James
Little Axe, John Al
Little Charley, Keith Eldon

Little Jim, Charles Allen
Little, Mia Rachelle
Little, Sutton Keith
Little, Troy Don
Littlebear Jr., Michael
Littlecreek, Catherine
Littlecreek, Kami Dawn
Livsey, Shannon Marie
Longacre, Nancy L. Warrior
Longhorn II, Leonard Wayne
Longhorn Moore, Tylee Raquel
Longhorn, Crystal Alaina
Longhorn, Ladonna Gail
Longhorn, Shawna Michele
Longman, Caitlin Oteaka
Lovins, Marilyn Sue
Lowe, Charles Jake Kilraine
Lowry, Linda Diane
Maldonado, Michael Tyrus
Mann Jr., Glenn Dale
Mann Sr., Glenn Dale
Mann, Marc Andrew
Marriott, Cadence Sunay
Martin, Jared Webster
Martinez, Laronda Ann
Martinez, Sam Littlecreek
Martinez, Winter Dawn
Mathany, Connie Ruth
Maxwell, Diondre DaShawn
Maxwell, Jimmy Ray
Maxwell, Nellie Tiger
McCreary, Lisa Jane
McGirt, Travis Wade
McPherson, Alan Lynn
McPherson, Jessica Lynn
McPherson-Brittain, Jason Tyler
Meek Jr, Jimmy David
Melton, Serena Jo
Melzer, Logan Michael Boyer
Milburn, Michelle Sahara
Miller, Laney Lee
Miller, Tre Dean
Mitchell, Gage Jaydn
Mitchell, Nycole Morningstar
Montgomery, Nathan Andre Patrick
Morgan, Autumn Dawn
Morris Jr., John Gilbert
Morris, Betty Sue Williams
Morris, David Leon
Morris, Jordan Marie
Morris, Lucas Hayden
Munroe, Ellen Marie
Nail, Brandy Diane
Nance, Desmond Ravon
Nance, Eva Renae
Neash, Lonnie Allen
Ned, Tina Renee
Nelson, Payton Ashlee
Nicholson Jr., Larry Zenith
Nicholson, Victoria Rose
Odell, April Babette

Panther Jr., William
Panther, Cheyanne
Parker, Muriel Gene Tyner
Parsons-Squire, Autumn Lynn
Patty, Elsie Wynona
Pearce, Kelle Dawn
Pearl Atwood, Donna Sue
Perryman, Mary Ella
Pewenofkit, Alta Rochelle
Ponkilla, Orphie Jane
Queen, Marlene Lucille
Rakestraw, Mariah Diane
Ramirez II, Antonio
Reed, Teresa June
Riden, C`anne Danielle
Ridenour, Logan Taylor
Riedel, Brian Alan
Roach, Dawson Wayne
Roberts, Ramona Lee
Robertson, Wanda Lejean
Robison, Tyrel Lane
Rogers, Tammy Sue
Ruimveld, Chad Christopher
Rye, Gail Marie Alford
Sanders, Dylan Wayne
Seber, Jamie Nicole
Seber, Lauren Elizabeth
Serena, Anthony George
Shaffer, Christie Elaine
Shawnee, Keaten Wayne
Sherrill, Quentin Patrick
Shields, Aaliyah Brooke
Shular, Sandra Jeanne Hood
Sloat, Cilicia Ann
Sloat, Taylor Renee
Sloat, Warren Howard
Smith, Al Murray
Smith, Mariah Love
Smith, Ryan James
Snake, Anita Mae Burton
Snake, Barry Gabriel
Sorrells, Sandra Lee
Spoon, Barbara Jo
Spoon, Carl David
Spoon, Christopher Jaye
Spoon, Deric Brandon
Spoon, Tina Louise
Spybuck, Winter Dawn
Squire, Jimmy Dowell
Starr, Adrien Miguel
Starr, Martin
Starr, Rance George
Steinruck, Mrs. Eugene
Donnell
Stewart, Glenn Alan
Stewart, James Clyde
Stone, Brian David
Stricklin, Victor Medrano
Stryker, Rodney Shane
Sullivan, Glenda Ann
Little Axe
Surface, Ashley Katherine
Sutton, Santos Daniel
Switch, Casey Camden

Switch, Tiana Bright Path
Tarbox, Christy Lee
Taylor, Nathan Wayne
Thomas, Joel Elijah
Thornhills, Nina Canalas
Thorpe II, Ronnie Allen
Tiger, Christopher Blaine
Tiger, Wanda Little Axe
Tilley, Makiah Lynn
Tyner, Tonia Melanie
Valdivia, Thomas Lesley
Walker, Roger Steven
Warrior, Tobin Shane
Washington, Rebecca Marie
Watson, Danny Owen
Watson, Julie Marie
Watson, Matthew Payden
Watson, Patrick Scott
Weatherley, Amandia
Quaymmie
White Thunder, Sheldon
Thomas
White, Jesse Lee
White, Seth Wesley
Whited, Angela Kay
Williams, Joseph Billy
Williams, Joseph Bryan
Williams, Joshua David
Willoughby, Marcie Deann
Wilson, Aarion James Deer
Wilson, Alix Re`Ann
Wilson, Alta Louise
Wilson, Calvin Lee
Wilson, Edward Wayne
Wilson, Faith Anne Marie
Wilson, James Francis
Wilson, Michael Eugene
Wilson, Wesley Dean
Wolf Sr., Aaron Paul
Wolf, Angel Erica
Wolfe Jr., Houston Hugh
Wunderlin, Donna Jo
Wyatt, James Allen
Yandell, Leon Allen

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

Happy New Year



Happy 7th
birthday
Kandice and
many more!
From
Pa Pa Tiger &
family



*Happy Birthday Chipper
Love Koo Koo Chi*

Happy Birthday
Uncle Pat &
Happy New Year
We Love You Kantynn &
Kanynn

WE WISH PAT JOHNSON AND
JARRET GEISSLER
HAPPY BIRTHDAY
HAVE A GREAT DAY
LOVE YA
THE KASECAS

Happy Birthday to
Clay Foreman
Zayden Foreman
Mary Foreman
Elijah Foreman
Pat Johnson
Your goofy relatives
Marvin & Sherry

Happy Birthday
Makiah Tilley
&
Talon Tahah
Love
Grandpa Marvin & Sherry

*Happy Birthday
Aunt Sweet
We love you
Marvin & Sherry*

Happy Birthday
Kandice Nicole Felton,
Love you! Daddy, Grandma
& Grandpa, & Gran & Pops

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

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



Congratulations Trace for making Team Oklahoma and congratulations for a great season!
Your Family is SO VERY PROUD of you.
Love Mom, Dad, Brandon, Camryn, & Kristyn.

The team was picked by FBU (football university), it's the same organization that puts on the Army All-American Bowl (for the 80 top HS seniors in the country) every year in San Antonio at the Alamo Dome. The boys competed in the 1st Annual FBU 8th Grade National Championship against other all star teams from other states. The boys were 1 game away from playing in the Nat'l Championship in San Antonio before the Army Bowl, before a nat'l audience. FBU also does a lot of camps and other promotion of outstanding players. They have a website, it is www.footballuniversity.com

Cultural Advisory Council

We would like to remind everyone that we still have three openings for the Cultural Advisory Council. If anyone is interested, applications can be submitted to the Secretary's office.

Language Classes

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

Demonstration Classes

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

Absentee Shawnee Counseling Services

Native America's Painkillers

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

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

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

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

RESOURCES:

- Center for Disease Control <http://www.cdc.gov/homeandrecreationalafety/rxbrief/>
- SAMHSA Treat Improvement Protocol 43 http://www.samhsa.gov/samhsanewsletter/volume_16_number_6/tip43.aspx
- SAMHSA OTP Directory <http://dpt2.samhsa.gov/treatment/directory.aspx>
- Absentee Shawnee Counseling Services <http://ascs-okc.com/>



TERO
TRIBAL EMPLOYMENT RIGHTS OFFICE

RANDY EDGE
TERO DIRECTOR

2025 S. Gordon Cooper Drive
Shawnee, OK 74801
redge@astribe.com

Phone 405.275.4030 ext.135
Cell 405.432.9859
Fax 405.878.4543

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

If you or anyone you know is interested in becoming a TERO applicant we have applications located outside of our office. In order to apply with TERO the following is required: 3 forms of Id's (Photo Id, S.S, and CDIB) any credentials, license or any other certificates you may have. We look forward to meeting with you. If you have any questions about TERO please feel free to contact our office Monday thru Friday 8-5pm at 405-275-4030 Ext: 163

Happy New Year & God Bless

TERO STAFF
RANDY EDGE,
DIRECTOR
BRIDGETTE WILSON,
OFFICE ASSISTANT



TERO
TRIBAL EMPLOYMENT RIGHTS OFFICE

BRIDGETTE WILSON
OFFICE ASSISTANT

2025 S. Gordon Cooper Drive
Shawnee, OK 74801
bwilson@astribe.com

Phone 405.275.4030 ext.163
Cell 405.585.8631

INDIAN HEALTH SERVICE



Scholarship Application Workshop

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

When: January 6, 2012 @ 1:00pm

Where: Oklahoma City Area Office
Redbud Conference Room
701 Market Drive
Oklahoma City, OK 73114

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

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

INDIAN HEALTH SERVICE

Oklahoma City Area Office
701 Market Drive
Oklahoma City, OK 73114

Phone: 405-951-3789

E-mail: Keith.Bohanan@ihs.gov

Shawnee Clinic:

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

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

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

Customer Service Task Force:

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

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

Your Tribe, Your Voice

Community Listening Session

Thursday, Jan. 26, 2012

Little Axe Resource

Center

5:30 PM

Refreshments Provided

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

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

Absentee Shawnee Tribal Health Authority, Inc.
Li-Si-Wi-Nwi Health, Inc.

In partnership with the Customer Service Task Force
To learn more call Marla Throckmorton or
Phyllis Tiger at (405) 878-4702





January 2012



menu subject to change
2% milk served daily

Sun Mon Tue Wed Thu Fri Sat

1						
2	AST Complex Closed	Smoked Sausage Blackeyed Peas Bread Mandarin Oranges	Loaded Baked Pot. Ham/chez Sour cream Brocc n Chez Pears	Chicken Strips Mashed Pot./Gravy Greenbeans Applesauce	Oatmeal Sausage Patty Toast	
3						
4						
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31						

NOT GOING TO BE HOME DURING THE WINTER MONTHS IF THE
CALL & LET US KNOW AT SHAWNEE AND LITTLE AXE SCHOOLS ARE
405-275-4030 EXT 169 OR CLOSED DUE TO THE WEATHER,
NOTIFY YOUR DRIVER!! TITLE VI WILL BE CLOSED.

TITLE VI NEWS



Title VI Staff hopes everyone had a Wonderful & Safe Christmas.

During the winter months, if the Shawnee and Little Axe Public Schools are closed DUE to the weather we will also be closed.

January 2, AST Complex will be closed due to New Year's Day being on a Sunday. January 16th AST Complex will be closed for Martin Luther King, Jr Day. No meals will be served or delivered for these two days.

Any questions or concerns you can contact us at 405-275-4030 x 169.

Hello, Tribal Members:

My name is Sherman Tiger and I'm the Media Director. Myself, along with Faustina Blanchard, have been employed at the Tribe to manage the Media Department.

By now, you have noticed that we changed the newsletter to newsprint. That is a cost saving move for the Tribe, here are the totals for your information; to print newspaper like we are now it is \$1,105.00 monthly or for the year it is \$13,260! The way it was done before the cost is \$3,195 monthly or \$38,340 yearly! So you see the savings of at least \$25,000 over the course of the year.

Also, this format has allowed us to increase the size of the font to make it more legible and to get more information in the paper. Which I think should be the main focus of the newsletter. We are making an effort to complete the newsletter by the end of the month so that we can mail it out by the first of the month as it takes 7-10 days to deliver once we drop it off at the post office. If you live in surrounding area and not getting it in that time frame you may need to speak with your postmaster on this matter. Also, Tribal Members could help us out by keeping addresses updated as it does cost to mail and have it return to us.

On the Birthday wishes, as much as we would like to print as many photos you have of your loved one, we can only do one and if you could please include a self addressed stamped envelope so that we may return the photo.

I hope this answers some questions you may have. If there's anything else we can help with, just let us know.

Thank You

Sherman Tiger

Phone: (405) 598-1279

Fax: (405) 598-0221

Email: stiger@astribe.com

Absentee Shawnee Tribe of Oklahoma

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



Medical Clinic: (405) 447-0300
Fax: (405) 447-2250
Dental Clinic: (405) 307-9704

Operating Hours:

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

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

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

DUI

ASSESSMENT & SCHOOLS

(State Approved)

Monday - Friday
8:00 to 5:00

Call Linda Or Glenna
PHONE: 275-3432

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

Foster Parents Needed!!!

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

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

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

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

If you find yourself and your family interested in Foster Care, please contact J.R. Wind
405-275-4030 ext. 195.



**AST COUNTRY
KITCHEN**
366-7220

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

Early Bird Breakfast

\$4.99

2 Eggs/Bacon or Sausage/Hash Browns
Biscuits & Gravy or Toast & Coffee
(Not valid on Saturday or Sunday. 1 coupon per customer. With coupon. No substitutions)



*Check out our daily
homemade lunch special!*

*Something different every
day!*

Open 7 Days A Week!



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

**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

Wills Clinic

April 19, 2012

9:00 am - 4:00 pm

Little Axe Resource Center

Call OILS at:

(405) 943-6457 or 1-800-658-1497 to make an appointment. If anyone needs assistance with a will before then, call the same number to make arrangements for an appointment to meet with OILS attorney.

**ABSENTEE SHAWNEE
TRIBE OF OKLAHOMA
DOMESTIC VIOLENCE
DEPARTMENT**



Victim Advocacy

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

Court Advocacy

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

Housing and Utility Assistance

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

Transitional Housing

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

Referral Assistance

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

Sexual Assault Advocacy

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

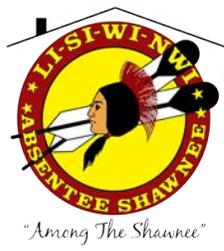
Shelter Placement Assistance

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

Community Outreach

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

For any questions regarding any of the above services please contact the Absentee Shawnee Tribe's Domestic Violence staff at (405) 275-4030.



Absentee Shawnee Housing Authority

107 N. Kimberly P.O. Box 425
Shawnee, OK 74801 Shawnee, OK 74802-0425
Phone: 405-273-1050
Fax: 405-275-0678



Introduction

The information provided to you in this flyer is to help families understand what programs are offered through the Absentee Shawnee Housing Authority and how to apply. Our programs target low income Native American families who need housing assistance. The two programs currently being provided are Rental and Lease with Option to Purchase.

Application Process

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

The application will also require documents to be attached in order to complete the process:

- Photo I.D.
- CDIB Card
- Social Security Card
- Birth Certificate
- Marriage License/Divorce Decree/Custody Decree (if applicable)
- Declaration of Section 214 (form is included with application)

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

Waiting List

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

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

Low Rent Housing

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

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

How to become a homeowner in our...

Lease with Option to Purchase Program

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

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

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

HORSE SHOE BEND AFTER SCHOOL PROGRAM:

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

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

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

LIMELIGHT FOR DECEMBER – Katie Wilson – Student of the Month

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



What is Katie's Favorite Color? Pink. Who is her favorite Teacher? Ms. Tucker. What is her favorite food? Pizza. What animal does she like best? Tiger. What is her favorite hobby? To play dress up. What is her favorite class in school? PE. What is her favorite game? Hide-in-seek. Who is her best friend? Meagan. What is her favorite movie? Pretty Princess. And her favorite song? You Belong With Me. Her favorite singer is: Taylor Swift. What is her favorite place? Disneyland. And what is her favorite state? Oklahoma. What store does she like most? Wal-Mart. What is her favorite past time? Hang out with her friends. Where does she most like to Eat? McDonalds. Who is her favorite actor? Jacob (the werewolf guy on Twilight). Her favorite actress is Julia Roberts.

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



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

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



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

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

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

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

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

Thanks

Edwina Butler-Wolfe , Director
Horse Shoe Bend Afterschool
Absentee Shawnee Tribe
2025 South Gordon Cooper Drive
Shawnee, Oklahoma 74801

405 275-4030, Ext: 133
405 481-0397 cell number
edwinab@astribe.com

Happy New Year

WHITE TURKEY BAND NEWS:

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

White Turkey Band meets first Saturday of each month at the Horse Shoe Bend Community Center at 10:00 a.m., if anyone would like to attend.

WHITE TURKEY BAND WOULD LIKE TO THANK THE MSPI PROGRAM FOR THEIR HELP IN THE 5K RUN THAT WAS HELD ON OCTOBER 1, 2011. MSPI PROGRAM PAID FOR THE STUDENTS ENTRY FEE THAT PARTICIPATED IN THE RUN.





Join us for an exciting week of athletic competition in Oklahoma City, June 10-17, 2012

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

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

Featuring 11 sports:

Softball, Basketball, Baseball, Golf, Tennis, Track & Field, Cross Country,
Wrestling, Stickball, Martial Arts, Beach Volleyball, 5K Run

*Plus an Oklahoma Native American High School All Star Football Game

*Youth and Adult Divisions in most sports. Entry form can be downloaded off the website.

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

For more information contact, Annetta Abbott:

1-855-JTGAMES (1-855-584-2637) or aabbott@jimthorpegames.com

www.jimthorpegames.com



Proceeds from the Games will benefit

Jim Thorpe Bright Path Youth Programs and Awakening The Spirit Diabetes Outreach Program.

Happy New Year

Jim Thorpe Native American Games Coming To Oklahoma City

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

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

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

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

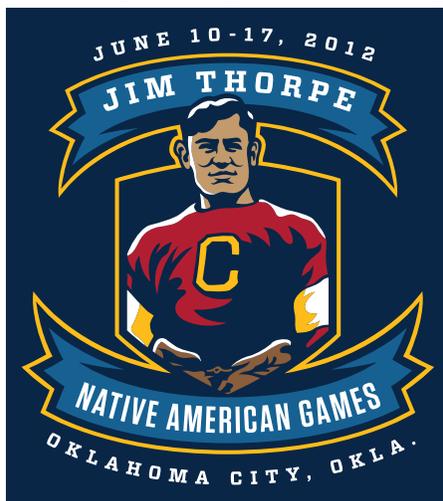
Remington Park will be the host site for the Opening and Closing Ceremonies, Native American Art exhibit, Health Fair, College and Career Fair and traditional cultural exhibitions throughout the week. Remington Park will also be the site of an NFL Punt, Pass and Kick competition and a 5K Run.

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

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

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

For additional information on the Games contact Annetta Abbott, Executive Director, 405-208-9253 or aabbott@jimthorpegames.com or visit their website www.jimthorpe-games.com.





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send us an e-mail at
mediadept@astribe.com**

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

AST Education Department Announces New Youth Awards

nance activities and repairs.

LEGISLATIVE RESOLUTIONS:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Questions on these awards program should be addressed to:

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



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

The Tiger Family

**Absentee Shawnee Tribe of Oklahoma
Education Department**

2025 South Gordon Cooper Drive

(405) 275-4030 Toll free (800) 256-3341 Fax (405) 273-1192

youthaward@astribe.com

Applications accepted:

Jan. 1st –March 1st

Finalists announced:

April 2012

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

STUDENT INFORMATION

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

Enrollment #: _____

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

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

Email: _____

HIGH SCHOOL INFORMATION

High School Name: _____

City: _____ State: _____

Class Year: _____

Guidance Counselor: _____ Phone #: _____

Sport: _____ Position: _____

Coach: _____ Phone #: _____
(FIRST) (LAST)

May include with application:

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

Fitness & Aging Well

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

According to the Center for Disease Control and Prevention:

- Every 18 seconds, an older adult is treated in an emergency department for a fall
- Every 35 minutes someone 65 or older **dies** as a result of their injuries from falls

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



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

-Mark Twain

“We don’t stop playing because we grow old; we grow old because we stop playing.”

-George Bernard Shaw



AST Injury Prevention Program

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

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

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

Little Axe School Health Fair 2012



Join Us!

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

Child Passenger Safety Seat Inspections

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

Raffles, Fun, and Freebies for all!

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

Contact:

Sidna McKane, AST Community Health & Prevention Services Administrative Assistant
405.360.0698
sidnam@astribes.com

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

Join Us...

Date

Thursday, February 9th, 2012

Time

5pm-8pm

Location

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



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Absentee Shawnee Tribal Health Programs



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Tribal Complex (405) 275-4030
or 1-800 256-3341
Building Blocks (405) 878-0633
Health Programs (405) 878-4702
or 1-877-878-4702
Little Axe Clinic (405) 447-0300
Little Axe Dental (405) 307-9704
Shawnee Clinic (405) 878-5850
Shawnee Pharmacy (405) 878-5859
Behavioral Health (405) 878-4716
LA Resource Center (405) 364-7298
or (405) 364-7569
LA Cultural Center (405) 447-3372
AST Police (405) 275-3200
or (405) 275-3432
OEH/OEP (405) 214-4235
AST Housing Authority (405) 273-1050
Thunderbird Casino (405) 360-9270
or 1-800-259-LUCK
AST Tribal Grocery & SmokeShop Little Axe (405) 364-0668
AST Country Kitchen (405) 366-7220
AST Smokeshop in Harrah (405) 454-0055
ASEDA (405) 878-6782
or Fax: (405) 878-4542

2012

ABSENTEE SHAWNEE TRIBE – SHAWNEE DEPARTMENT EXTENSIONS

Gov. George Blanchard.....188
Lyndale Waller.....187

FINANCE
Belinda Collins (Controller)162
Jennifer Hernandez (Budget Analyst)213
Genevieve Foster (Asst. Cont.)161
Amy Hilderbrand (Pay. Spec.)159
Teresa Gile (Admin. Assf.)115
Jenny Ware (Acct. Pay)143
Holly Davis (Acct. Pay. Spec.)144
Dee Wood (Staff Acct. II)110
Twylla Blanchard (Staff Acct. ID)175
David Deer151
Arlene Herrera129

Lt. Gov. Isaac Gibson132
Andy Warrior189
Clarice Murdock (Self Gov. Spec.)205

PROCUREMENT
Becky Prewett (Director)160
Asaycia Clayton.....178

Secretary Teri Reed104
Jerry Ann Knox186
Larry Buckley (Enrollment) 107
Darrell Lamey (Enrollment) 103

REALTY
Rachel Howell (Director)125
Johnnie Hagan.....126
Joseph Blanchard127

Treasurer Kathy Deere.....118
Eddie Brokeshoulder148
(Financial Consultant)

SOCIAL SERVICES
Annie Wilson (Director)167

Rep. Jeff Gibson.....202
Rick Short.....158

TAX COMMISSION/TAG
Les Cusher136
Alicia Engler179

ASEDA
Sharrod Tabbytite.....181

TERO
Randy Edge (Director)135
Bridgette Wilson163

ATTORNEY
Alyssa Campbell134
Whitney Weingartner134
Troy Littleaxe134

TITLE VI
Thomasine (Dos) Owings (Director)169

COURT
Kathy Brock (Court Clerk)120
Deputy Court Clerk.....139

HEALTH PROGRAMS
Behavioral Health878-4716
Community Health878-5850
Alternate No. 395-0593 / 395-9006
Contract Health878-4702
Toll free1-877-878-4702
Little Axe Clinic
Clinic - Medical447-0300
After hours447-0498
Clinic - Dental307-9704
Diabetes360-0698
Pharmacy292-9530
Resource Center364-7298
(Buster Bread, Rosie Tallbear, Jared Duroy)

CULT. PRES./ GIFT SHOP
Henryetta Ellis(Director)190/199
Alison Taylor(Gift Shop Manager) .203
Lisa Botone (Library/Gift Shop) ..122
Gift Shop152

Little Axe Resource Center
Bucky LittleCharley585-8310
Duke Blanchard585-3669

EDUCATION
Margaret Ellis Admin Asst./Rec. .193
Tresha Spoon.....121

MEDIA
Sherman Tiger (Director) .598-1279
Faustina Blanchard.....598-1279
Media Fax598-0221

ELECTION COMMISSION
Emily Longman150

MUSIC
Phil Bradley117

DOMESTIC VIOLENCE/ FAMILY SERVICES
Margaret Ellis193
Kimberly Stephens156
Deborah Davis (DV)113
Jackie Denny108
Linda Gouge (Sexual Assault Adv) .206
Melissa Lopez166

MIS
Rico Coon (Director, helpdesk)208
Michael Berry(Website, helpdesk)183
Eric Sieg (helpdesk)207
Travis O'Dell (helpdesk)209
Fax(MIS)405-395-0569

POLICE DEPT
.....275-3200 / 275-3432

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