

The Absentee Shawnee News

April 2013

Vol. 27 (No. 16)

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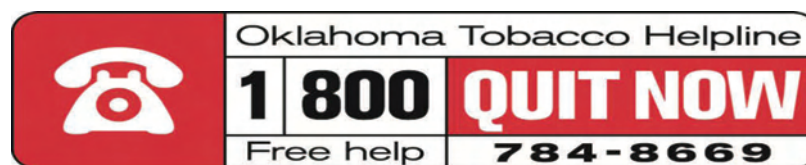
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Absentee Ballot Form



Kick Butts Day was March 20, 2013. Booths were set up at the Little Axe Health Center and at the Shawnee Health Center.

Kick Butts Day is a national day of activism that empowers youth to stand out, speak up and seize control against Big Tobacco. This day is a day to raise awareness and to learn the tobacco industry deceptive marketing techniques toward our children and youth from tobacco. There was information/resources on how to quit, tips for physical activity, healthy snacks, a pledge campaign, and a fun run/walk at both health centers.

If you have any questions or need information, please contact Patricia Yarholar at 447-0300 or Elise Grein at 878-5850.



APRIL 6, 2013
HEALTH FAIR FUN RUN AT 7:30 A.M.
GENERAL COUNCIL MEETING AT 10 A.M.

Executive Committee



GEORGE BLANCHARD
GOVERNOR



ISSAC GIBSON
LT. GOVERNOR



TERI REED
SECRETARY



KATHY DEERE
TREASURER



JEFFREY GIBSON
REPRESENTATIVE

Governor's Report

Greetings Relatives and Tribal Members

I hope all is well with you and your loved ones.

The annual AST Easter Egg hunt was held on Saturday, March 23, on the grounds of the Thunderbird Casino- Norman for enrolled members of the Tribe. It is with great pride that I watched our future generation taking an active part in this event. We had the traditional hunting of eggs by the various age groups, assistance by staff, parents, grandparents and the like. I feel that we had come together as a community of interested people. Interest in what we were doing and the way we were going about it. Not only doing things the right way, but also doing things in the right manner. These are the subtleties of such an event. Subtleties that is not spoken out loud, but felt by all and the way they conduct themselves. My congratulations to all the attendees and a hearty thank you to all who assisted to make this event successful.

I'd like to commend the Executive Committee for their support. They too realize how important functions such as this contribute to the togetherness of our people while they also continue to work for the betterment of the Tribe. The General Council of the Tribe is set for Saturday, April 6,

2013. Please plan to attend this informative gathering, visit with friends and relatives and enjoy a meal prepared by our Elders. If you get the chance, thank them for their help.

In closing, please stop by and visit with me when you can, I always enjoy visiting with friends and relatives alike. Sincerely,
George Blanchard, Governor

Lt. Governor's Report

April 2013

We started off the month with a site visit at the Little Axe Complex. We meet with the engineer, tribal police staff and other to discuss the final plans for the substation. We are awaiting final plans from the engineer then the project will go out for bid. There was siren dedication held at Horseshoe Bend early in the month. There was good turn out and it was a nice ceremony. I'm glad we were able to get the siren placed for the residents in the Johnson Community. The Grand Opening for the Harrah

Smokeshop is scheduled for March 21, 2013. General Council. I would like to congratulate the Secretary and her staff on a job well done. The Tribe has received lot of equipment through the GSA program; there is no cost to purchasing the equipment. We have increased the inventory for several programs by lot. It is my plan to provide you with a complete inventory by the next newspaper deadline. There are plenty of things we have in mind but it is hard to plan when right now the Federal Government is funding us at 37% a draw down instead of 100% up front. You can't move real fast when the money is coming in slow. According to the media and different sources, nationwide federal employees are being asked to work so many days for free to help with the financial deficit the nation is in right now. We are just going to have to move slow and steady until things get better. Often times things are not as bad as they appear in the media, we are hoping that is the situation here.

Lifelong Little Axe resident has passed and the memorial service has been scheduled for April 6th@10:00 a.m. The family asked me if I would participate at his service when he passed. I gave them my word that I would. Therefore, I will be unable to attend General Council. I hope all goes well and if you have questions or comments I will be more than glad to speak with you anytime after the meeting. Hope all of you are well, please call or come by, I always enjoy our visits.

Isaac Gibson

Lieutenant Governor

Treasurer's Report

Dear TRIBAL MEMBERS,

April brings spring showers and now you are use to the new spring forward time change! Hope you everyone made it to the Annual Easter Egg Hunt at Thunderbird Casino Pow Wow Grounds and your children found lots of eggs. We appreciate all of you who take time out to attend the 71st Semi-Annual General Council. Hope everyone made it to the polls to vote in the primary election. Remember to cast your vote in June, the run-off election for Governor and Secretary. So everyone exercise your privilege and right to vote for the candidate of your choice.

As you have all heard or read in the news, our federal government has still been unable to come to agreement on sequestration budget reduction! Obama signed an order that put in effect the cross-the-board government spending cuts known as "sequestration." Government agencies will now begin to hack a total of \$85 billion from their budgets between now and October 1. Furlough notices

warning employees and their unions have already begun. Effects of these cuts will, cause people to not go to the dentist, the kids might not go to the doctor, we won't be spending money in local restaurants, local movie theaters, etc. Possible could turn the U.S. military into a second-rate power. We in America ... have the best fighting force, the most capable fighting force, the most powerful fighting force in the world. Hopefully, the Joint Chiefs of Staff will not allow this capacity to wear down. Non-defense programs, federally backed education and law enforcement, etc., face a 9 percent reduction. A "continuing resolution" to fund government through the rest of the fiscal year has been implemented.

- Congratulations to our own Phil Bradley, Music & Arts Director, who appeared in the February 12, 2013, Indian Country Today magazine. <http://indiancountrytodaymedianetwork.com>

- Invitation to participate in Women in Leadership Roundtable, by the American Indian Chamber of Commerce, Oklahoma City Chapter (AICCO). We hope that young women will be inspired by seeing female tribal leaders as role models. At the meeting we will also welcome the newly - crowned Miss, Junior and Little Miss Indian Oklahoma City.

- 2012 Annual Audit has begun for the Absentee Shawnee Tribe. The Finance department has begun gathering requested data to conduct the audit. It usually takes about three to four months to complete the audit.

- The 2013 Indirect Cost proposal will begin soon and we are in process of gathering financial data for submission to the National Business Center. We still have not heard the latest on the 2012 rate.

- AST Health Board Authority and LSWN Board Meeting, held every third Tuesday, Little Axe Health Facility, Little Axe, OK. Serves as Ad Hoc non-voting member. Monthly reports of Executive Director, Department/Program Directors, financial, and activities of health facility are presented. Would like all tribal members to know that the LI SI WI NWI HEALTH, INC. LOAN FOR THE LITTLE AXE CLINIC, IS CURRENT AND ALL PRINCIPAL AND INTEREST PAYMENTS HAVE BEEN PAID IS CURRENT FOR THE MONTH. We would like to extend to the Health Board members appreciation and thank you for serving on the Health Board. The Board consists of Troy Little Axe, Chairman, Greg Terrell, Secretary, Lisa Johnson-Billy, member, Nathan Boren, member. We have two new board members, Lancer Stephens, and Sandra Vaughn, have been added to the board and we would like to say, "Welcome". Also, Congratulations to Angela Flanagan as the new Little Axe Clinic Administrator.

- Monthly Program/Departmental Directors meeting. Each director comes every third Monday and gives a monthly update on their program/department. We, as the Executive Committee, appreciate these departments who take the time to come and give us an update every month and prepare monthly written reports. We understand they may have circumstances occur that prevent them from coming to the monthly meetings.

- Elders' Monthly meetings are held every third Saturday, either at AST Resource Center or Title VI Bldgs, 10 am. If you are 55 years and older, please come join us for fellowship, food, and fun times together. Fund raisers, outings, and cultural activities are planned monthly.

- Thunderbird Casino Monthly financial meeting with General Manager, Dillon Byrd. Controller, myself, and/or other Executive Committee Member, who were available, to go over the monthly financials. Norman casino has some new changes and I hope you all have seen and experienced the changes. Shawnee Casino is thriving hope u visit it often.

- Constitutional Revision committee (CRC). They have been doing a great job of reviewing and revising the constitution. But it is a long and tedious process but they can always use your ideas and

suggestions. If you are interested in joining the constitution revision committee, call Eddie Brokeshoulder, 275-4030 X148, for the date and time of next meeting.

- Attended the United Indian Nations in Oklahoma, Kansas, and Texas (UINOKT), meeting in Oklahoma City. UINOKT Constitution and By-laws Preamble states, "to better community relations and stronger, productive communication with each other and to safeguard and protect the Sovereign rights, privileges and interests of all Indian nations; to improve the educational, economic and political status of the tribal governments; to promote the common welfare through united efforts; and to bring the tribal governments into a more cooperative relationship and unity of position on issues that affect all Indian governments.." Various issues and concerns for all tribes in Oklahoma, Kansas, and Texas have been addressed specifically, the tobacco, burn band compact, etc. Goals are to have a website, press release, and lobbying efforts of all tribes in Oklahoma, Kansas, and Texas. Annual Convention will be held September 20, 2013, time and place TBA. Next meeting April 8, 2013, 9 am, TBA.

- Dedication of the Community Tornado Warning System, Horseshoe Bend Community Center, 26309 Garrett's Lake Road, Shawnee, Saturday, March 2, 2013, 1pm., hosted by the White Turkey Band. It was great to see Wes Mainord, Mayor of Shawnee, the Mayor of Johnson Community, and several members of the community were there to share in the celebration and we all had a great time.



Reception cakes.



Larry Ponkilla & Poncho Walker

- My condolences go out to the Alford family on their loss of El Roy Sr. He was a great person and supporter of the Elders Council. We will all miss him and it was an honor and privilege to know to him.

- Participated in the Fun Run/Walk, Shawnee Health Center, and Campaign for Tobacco-Free Kids, "Kick Butts Day- Stand Out-Speak Up-Seize Control. This day was to raise awareness and to learn the tobacco industry deceptive marketing techniques toward our children and youth.



I am so proud of the AST Finance Department employees. They are deserving of recognition as they daily continue the never ending processes of the financial side and without their tireless dedication and commitment we would not be where we are today!

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! Also, sincere appreciation and thanks to Arlene Herrera who serves as Administrative Assistant to me and Enrollment.

We appreciate all your phone calls, emails, and visits. May God continue to bless you and yours! See below articles from All Nations Bank, Finance Department, and Financial Consultant, Eddie Brokeshoulder.

Respectfully yours,
Kathy Deere, Tribal Treasurer

"The world must learn to work *together*, or finally it will not work at all."

~ Dwight D. Eisenhower

Representative's

Report

Greetings Tribal Members,

I hope everyone is enjoying this warmer spring weather that we have been receiving. This is the perfect time to get outside and do something active. Attend a baseball game and support our youth that are participating in sports. Be sure to spend plenty of quality time with your loved ones. As always, I enjoy the visits I have been receiving from the Tribal members, your concerns are my concerns. I would like to send Happy Birthday and Happy Anniversary wishes out to all the Tribal members that are celebrating this month. I look forward to seeing our tribal members at the 71st Annual General Council Meeting which is scheduled for April 6th. Just an update on the Cattle Operation: we currently have 70 cows which includes 28 new calves since December 2012. The new Building Blocks Child Care will be located in Little Axe next to the LA Health Clinic. The process for the new Building Blocks is coming along successfully. They have cleared out the trees located on the site for the placement of the parking lot and for the building. They have started laying red dirt that they have compacted down which will support the foundation of the new Building Blocks. We are currently waiting on the City of Norman to approve the building permit, once approved, construction for this project will begin. Tribal members that have construction experience and are looking for employment, be sure to apply with our TERO program; contact Randy Edge for more information.

In closing, I would like to send a few words of encouragement to our tribal members that are in school. With only 2 months left of school, many of you are starting to make summer plans but, keep up the hard work. You can do anything that you set your mind to do; it will all pay off in the end and you're almost done with school. I hope everyone has a blessed month.

Ne Yi Wa!



Finance Department

March 2013

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

Tribal Members and Native Employees allowing clinic and pharmacy visits to be claimed on their medical insurance coverage from private insurance or other coverage is very beneficial to the Tribe's health systems. Any cost not paid by your insurance company will be paid by Tribal health system funds. You will not be asked to pay a deductible or any charges not covered by your insurance. Using your coverage allows the health systems to charge your insurance for the service rather than it being paid in full from the health system funds. This in turns enhances the entire program and allows more services to Tribal members. In addition, any funds paid by the Tribe on claims filed with your insurance helps to meet your deductibles.

The Tribe's 2010 and 2011 Audits are "unqualified"; which when compared to an educational grading scale is an A. We are gearing up for the 2012 audit coordinating business entities that will roll up into the tribe's audit. Auditors are on sight today, February 22, 2013 and will be here again April 2013. The 2013 Indirect Cost Proposal was submitted to the National Business Center (NBC) on September 4, 2012. NBC is six months behind due to budget cuts thus staff cuts. Our rate is up from 17.74% for 2010 to 21.98% for 2011 and our rate for 2012 is 22.35% and is expected to increase for 2013. We are still in the queue for assignment to a negotiator as of the date this article and as of this date, we have not been assigned a negotiator. I checked with NBC and they are working on June submissions currently.

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

financial reporting for the Health Authority and Li Si Wi Nwi, Health Inc. boards for Absentee Health Systems, Shawnee and Little Axe (LSWN) which is possible since the accounting is completed on schedule every month. The Finance staff has completed the December reconciliations for financial reporting for December. It is imperative the accounting staff continue to stay ahead of all of the accounting so that audits go smoothly, so that Indirect Cost rates will stay up to date as well. Indirect cost proposals cannot be submitted without completed audits as the audit is used to calculate the proposal. 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) and these rules are updated sometimes annually.

The Tribe currently has compact funds of BIA and I H S, 51 Grants. In addition, the Tribe operates on a General Fund and an Indirect Cost Fund. The new clinic building payments are current and have been and projections are that they will continue to be current going forward.

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 14: with 7 (50%) being AST Tribal Members, 2 non-AST tribal members, and 5 (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 continued group effort toward accomplishing our goal.

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

Respectfully,

Belinda Collins, Controller



1939 North Harrison
P. O. Box 1608
Shawnee, OK 74802-1608
Telephone (405) 976-2236
FAX (405) 678-7256

Marion S. McMillan
President

March 18, 2013

Belinda Collins
Controller
Absentee Shawnee Tribe of Oklahoma
2025 GORDON COOPER DR
SHAWNEE OK 74801-9005

Re: Status of Loan Payments for Li Si Wi Nwi Health, Inc – Little Axe Clinic Loan

Dear Belinda:

As per your request, I am pleased to report that the Li Si Wi Nwi Health, Inc. loan for the Little Axe Clinic, is current and all principal and interest payments have been made as agreed. The next scheduled interest payment is due March 30, 2013. Sufficient funds to make the scheduled interest payment is currently held in escrow by BancFirst and will be remitted to Bank of Oklahoma (the Trustee Bank) prior to March 30th.


If you have any additional questions, please do not hesitate to contact me. Thank you!

Sincerely,

Marion S. McMillan
President – BancFirst Shawnee

MSM/pg

Cc: Beverly Felton
Kathy Deere



RESOLUTIONS

The following are Resolutions passed through March 20, 2013

EXECUTIVE RESOLUTIONS

E-AS-13-12 02/25/13

Adopts and approves the submission of four applications to the U. S. Department of Justice Coordinated Tribal Assistance Solicitation, and further authorizes such approval for submission for the entirety of the fiscal year 2013 and continuing until the Year 2018.

E-AS-13-13 02/25/13

Approves and accepts Matthew George Washington, Heather Jo Detert, Gianna Jade Tapia, Alexandra Renee Louvier, CaiSyn William Larney, Stephen Turney, Zachary Garretson, Leland Paul Neasbitt Blackburn, Alye Tatum Ramirez, Ronald Dylan Krejci, Jared Russell Anderson, Dustin James Kinnamon, Joshua Steven Treat, April Lynn Kinnamon, Sarah Michelle Coyle, Addilynn Emmalee Brown, Philip Jeffery Spriggs, Preston Gavin Lowe, and Amber Nicole Ferrell as enrolled members of the Absentee Shawnee Tribe of Indians of Oklahoma as of the date of this resolution.

E-AS-13-14 02/25/13

Grants membership relinquishment of the Absentee Shawnee Tribe of Indians of Oklahoma to Alize Jade Wilson, a minor, provided she is accepted into the Kickapoo Tribe of Oklahoma.

E-AS-13-15 02/25/13

Grants membership relinquishment of the Absentee Shawnee Tribe of Indians of Oklahoma to Scottlyn Marie Wilson, a minor, provided she is accepted into the Kickapoo Tribe of Oklahoma.

E-AS-13-16 02/25/13

Approves and authorizes the Treasurer's Office and Finance Department to establish a bank account at AllNations Bank titled "General Fund Interest Earnings" with the signature requirements and authorized signers being the same as Tribal bank accounts to include the Executive Committee members as follows: Lieutenant Governor Isaac Gibson, Secretary Teri Reed, Treasurer Kathy Deere, and Representative Jeff Gibson, effective immediately.

E-AS-13-17 02/25/13

Approves the Public Safety & Capital Security IDC Budget (Exhibit A); removes the Security Staff Budget from Maintenance IDC (Exhibit B) and transfers it to Public Safety & Capital Security IDC.

E-AS-13-18 03/06/13

Establishes that the 71st Semi-Annual General Council Meeting for the Absentee Shawnee Tribe of Indians of Oklahoma be set for April 6, 2013 @ 10:00 a.m. at the Little Axe Health Center at Little Axe, Oklahoma. Annual General Council Meeting for the Absentee Shawnee Tribe of Indians of Oklahoma be set for April 6, 2013 @ 10:00 a.m. at the Little Axe Health Center at Little Axe, Oklahoma.

E-AS-13-19 03/06/13

Adopts and approves the submission of an application to Housing and Urban Development (HUD) for the Indian Community Development Block Grant (ICDBG) and to commit to a twenty-five percent (25%) leveraged resources to achieve the objectives of the grant.

E-AS-13-20 03/20/13

Re-appoints Janie Floyd as a member of the Absentee Shawnee Tax Board of Commissioners for a two (2) year term, effective April 14, 2013 and expiring April 14, 2015.

E-AS-13-21 03/20/13

Re-appoints Donna Jones to the Absentee Shawnee Tribe of Oklahoma's Tax Commission for a two (2) year term, effective April 14, 2013 and expiring April 14, 2015.

E-AS-13-22 03/20/13

Re-appointment of Tresha Spoon for a (2) two year term expiring March 20, 2015 to the Absentee Shawnee Foster Care Licensing Committee.

E-AS-13-23 03/20/13

Authorizes and approves the Absentee Shawnee Tribe of Indians of Oklahoma, through the Chief of Police of the Absentee Shawnee Tribal Police Department, to apply for the Smart office Fiscal Year 2013 Support for Adam Walsh Act Implementation Grant Program.

E-AS-13-24 03/20/13

Authorizes and approves signature authority of the Governor, George Blanchard, to enter into contractual agreements between the Absentee Shawnee Tribe and ASED A Enterprises, Inc., a wholly owned corporation of the Absentee Shawnee Tribe, effective immediately.

E-AS-13-25 03/20/13

Authorizes the Attorney General's office to negotiate property taxes on behalf of the Tribe, EFFECTIVE IMMEDIATELY.

E-AS-13-26 03/20/13

Approves and accepts Ryan Gregory O'Toole, Chelsey Marie O'Toole, Taylin Hope Bettelyoun, Daxton Ryder Schoenebaum, Rusty Haze Lowrance, Eaan Zane Lowrance, Thomas Artel Cuff, Whitlee Danell Nacole Gibson, Ethan Leroy Gibson, Malayah Jean Mack, Madison Fox Grant Rolette, Cobie Mae Rowan, Tobie John Plunkett, Georgina Lynn Ramos and Ashlyn Reilly Tolbert as enrolled members of the Absentee Shawnee Tribe of Indians of Oklahoma as of the date of this resolution. Jean Mack, Madison Fox Grant Rolette, Cobie Mae Rowan, Tobie John Plunkett, Georgina Lynn Ramos and Ashlyn Reilly Tolbert as enrolled members of the Absentee Shawnee Tribe of Indians of Oklahoma as of the date of this resolution.

E-AS-13-27 03/20/13

Grants voluntary relinquishment to Melissa Roselynn Deer of membership of the Absentee Shawnee Tribe of Indians of Oklahoma to, effective Immediately.

E-AS-13-28 03/20/13

Rejects the application of Kiarah Ann Bates for membership in the Absentee Shawnee Tribe due to Insufficient Blood Degree.

E-AS-13-29 03/20/13

Adopts the organizational chart, attached as Exhibit "A", EFFECTIVE MARCH 18, 2013, and which supersedes all previous Organizational charts. (Attachment)

E-AS-13-30 03/20/13

Reappointment of Governor George Blanchard and Representative Jeff Gibson to the Board of Directors of the Central Tribes of the Shawnee Area (CTSA).

LEGISLATIVE RESOLUTIONS

L-AS-13-01 03/20/13

Amends the Absentee Shawnee Tribe of Indians of Oklahoma Tribal Sex Offender Registry Code as provided for in the attached "Exhibit A", effective immediately. (Attachment)

FY-2013
YTD TAX COLLECTIONS
(thru 2/28/13)

RUN DATE:
03/19/13

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$5,320.89	\$5,961.53	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$11,282.42	1.20%
Gaming % of free cash	\$414,328.00	\$408,888.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$823,216.00	87.48%
Employee (1%)	\$29,238.39	\$4,799.87	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$34,038.26	3.62%
Severance (8%)	\$15,812.22	\$5,128.09	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$20,940.31	2.23%
Motor Vehicle	\$14,481.54	\$13,521.61	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$28,003.15	2.98%
Tobacco Refund	\$10,087.72	\$12,244.26	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$22,331.98	2.37%
TOTAL TAXES	\$489,268.76	\$450,543.36	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$939,812.12	\$939,812.12
Miscellaneous	\$970.00	\$250.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,220.00	0.13%
TOTAL COLLECTIONS	\$490,238.76	\$450,793.36	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$941,032.12	100%

FY-2013
YTD TAX COLLECTIONS
(thru 1/31/13)

RUN DATE:
03/20/13

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$5,320.89	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$5,320.89	1.09%
Gaming % of free cash	\$414,328.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$414,328.00	84.52%
Employee (1%)	\$29,238.39	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$29,238.39	5.96%
Severance (8%)	\$15,812.22	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$15,812.22	3.23%
Motor Vehicle	\$14,481.54	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$14,481.54	2.95%
Tobacco Refund	\$10,087.72	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$10,087.72	2.06%
TOTAL TAXES	\$489,268.76	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$489,268.76	\$489,268.76
Miscellaneous	\$970.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$970.00	0.20%
TOTAL COLLECTIONS	\$490,238.76	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$490,238.76	100%

HEALTH PROGRAM UPDATE

It has been a great month for the health programs. We have finally been approved to be a Medicare provider for the Little Axe Clinic and are waiting for our approval for the Shawnee Clinic. We have been working on getting approval for over a year for both clinics. We are also a network provider for United Healthcare for the benefit of the casino employees, especially the non-Native employee. The non-Native employee will need to contact either Tammy Peery in Little Axe or Amber Morton in Shawnee before making their appointment. These two ladies will be able to let the patient know how to pay their co-pay and if they have any deductible to pay. All payments must be made before the appointment time. We welcome the opportunity to become the primary care provider for the casino employees.

It is also great to report that we are still bringing in enough in 3rd party collections to be able to make our monthly loan payment. The only month we were short last year was May, but only by about \$60,000. Any funds that exceed our monthly loan payment are put into a reserve account that we can draw the money from when we are short. This was the case in May of last year. The bank was able to draw the funds from our reserve to make the loan payment. As of the end of December, we made almost \$1 million more in 3rd party collections than our loan payments for the year. This is great news because we were able to make our loan payments every month and if we are ever short again, we will have enough in our reserve account to cover any shortage. A copy of a letter from Marion McMillan, president of BancFirst is being included with this article showing that we have made our monthly obligations in paying the loan and are current on all our payments. Our goal is to keep the reserve account to a level that will sustain us if we ever have a problem or catastrophe that affects the clinic. We are very excited to say that we will again make our loan payment for the month of March. Thanks goes to our billing department, especially our business office manager, Jennifer Harmon, and the finance manager, Brenda Allen-DuBoise for keeping up with the billing process and the ladies in our business office who keep updated on billing and coding. Thank you to Donna, Debra, and Melanie for doing a great job. You all have been a great help in making the clinic a success.

An exciting thing happened in the clinic on March 1st. Our OB/GYN nurse practitioner, Jackie Odell, with the help of nurses Shelly Obendorf, Roxann Patterson, Sharon Ponkilla, and Misty Clouse delivered a healthy baby boy. The baby was born one month early and weighed about 8 lbs, 11 oz. The mother was being driven to Norman Regional by her father but the mother felt that she would not be able to make it to the hospital in time. When they showed up to the clinic, the mother was assessed by the nurses and called Jackie to check the mother. Her contractions were too close and the baby was coming. 911 was called but by the time the ambulance arrived, the mother was in full labor. Jackie delivered the baby with the help of the nurses. Congratulations to Jackie and all the nurses who helped to deliver the healthy baby. We are working on getting a gift together for the baby and once mom comes to the clinic, we will have a media day to present the baby with the gifts and to present the parents with a commemorative "birth certificate" from the clinic and the health programs.

Both of our clinics have experienced a shortage of medical providers

over the last few months and we are actively searching for providers, mainly physicians. We currently have two medical doctors who are interested in working for the tribe. One is a female doctor and another is a male doctor. We have had a few complaints that we don't have any male providers so I am hoping that we are able to bring on a male doctor to help with those male patients who want to be seen by a male provider. Our top priority it is to make sure we provide services to all our patients and I will do my best to bring on a male physician so that our male patients will be more comfortable when they need to be seen by a doctor. Hopefully we will be able to report in the next month's newsletter that we have hired more providers.

The top issue we are facing is the budget cuts coming from Washington, DC due to the sequestration. The areas that are going to see the biggest hit will be all of our grant programs. We are working with those programs to see how we can help them survive any cuts. Some of the funding to IHS could be cut by up to 9%, so we are being very cautious with our funding and making sure we only spend what we need to keep the clinics going and by having only the essential personnel we need and not going above what we can afford. We have had many employees leave for one reason or another but we are not filling those positions. This is one way of saving our budget. We will hire only those positions that are essential to the success of the health programs.

We are anxiously waiting for our pediatrician, Dr. Cerissa Key, to come back from maternity leave. She should be back working and taking pediatric patients during the month of April. Once she is back, we can start scheduling all those pediatric patients who have been waiting for appointments. If you are looking for a medical home and need a good pediatrician, please call the Little Axe clinic. The other pediatrician working for the tribe is Dr. Pachneerat Chainakul in the Shawnee Clinic. Dr. Pat is a wonderful doctor and we are so very lucky to have her working for the tribe. We get wonderful comments about Dr. Pat and she is so good to all our pediatric patients. We are slowly building up the pediatric practice for both providers and once Dr. Key returns, I'm sure she will be looking forward to filling up her schedule.

We have a great addition to the staff at the Little Axe Clinic. Angela Flanagan has been named the clinic administrator. She is taking on many of the same duties as the Marla Throckmorton, the Shawnee Clinic administrator. Angela was our electronic health record coordinator and did all of the training in the EHR for our employees. I know she will be a great addition to the administrative staff and has already taken on many responsibilities of the clinic administrator that I previously had been doing. With Angela here, I can now concentrate all of my efforts into making sure we stay on track with our budget and on making sure we are not left out of any IHS meetings regarding funding or the Affordable Care Act. Thank you Angela, for taking on many new responsibilities and for being another great employee working to make healthcare better for all our tribal members.

Thank you all very much for supporting the health programs. We work hard every day to make sure all our tribal members are taken care of and we have great employees who make the health programs a success.

Respectfully submitted,
Beverly Felton, MSN, RN
Executive Director of Health

The Absentee Shawnee Tribal Health System is hosting a Health Fair and Health Screening on Saturday April 06, 2013 beginning at 8:00 a.m. to 12:00 p.m. with booth set-up from 7:15 a.m. to 7:45 a.m. The Health Fair is in coordination with the AST General Council meeting and will be held at the AST Little Axe Health Center located at 15951 Little Axe Drive, Norman, Oklahoma 73026. You are cordially invited to provide a booth during the event to share your health organization information.

Booth space and fun/run are scheduled for no cost to participants.

If you are interested in participating, please complete and return this form to Patricia Fax: 405-701-7984 or scan and send electronically to: pyarholar@astribe.com by March 28, 2013.

For additional information please contact Patricia at 405-447-0300 X 7980. Thank You

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Absentee Shawnee Tribal Health System Health Fair

Date: April 6, 2013

Time: 8:00 am to 12:00 pm

Location: Little Axe Health Center, 15951 Little Axe Drive, Norman, OK 73026

I request _____ table and _____ chairs (no more than two tables please)

Your name: _____

Organization: _____

Address: _____

Contact Info/Email address: _____

Please fax or email the completed form to Patricia Yarholar by March 29, 2013:

fax (405) 701-7984 or pyarholar@astribe.com

Thank You

Financial Consultant

Hello Tribal Members,

The office of Treasurer is looking forward to 71st Semi-Annual General Council Meeting. We will provide information on the financial status of the Tribe at our table. The Treasurer is responsible for tribal finances and cash management. Treasurer Deere focus and approach includes creating transparency, trust and accountability.

Please come by our table and pick-up informative financial information.

The following activities I have been involved and participated:

Office of Treasure Financial Reports: Review and analyze monthly encumbrance General Fund and Indirect Cost budgets.

Absentee Shawnee Economic Development Authority, Inc. (ASEDA): Attended monthly board meeting to discuss current business operations and future business opportunities.

COMMUNITY DEVELOPMENT



Alliance for Economic Inclusion (AEI): Recently nominated as an advisory council member to the Alliance for Economic Inclusion (AEI) this is made up of representatives from Oklahoma City Federal Reserve (FDIC), Banking Officials, Oklahoma Native Assets Coalition (ONAC) and other community organizations. AEI recently met in Tulsa, Oklahoma, at Oklahoma State University - Tulsa Campus, from this meeting we came away with three committees: Access Committee, Financial Education Committee and Membership and Communications. In coming months I will have articles on improving tribal members financial health. Should you have questions, please contact me at 405-275-4030 x 148 or eddieb@astribe.com

Business of Indian Agriculture - Best Practices for Small Agribusiness: Attended a free Webinar sponsored by First Nations Development Institute, Longmont, Colorado, John Phillips, executive director of First American Land-grant Consortium (FALCON) was the lead instructor. Mr. Phillips spoke on educating Native community members to get involved in food systems and

Community Development Financial Institutions Fund agriculture work, with the ultimate goal of building business and organizational capacity. Other webinars will be forthcoming such as Co-operative models, Senior Citizen Hunger, and Creating Sustainable Programs and engaging tribal communities. Should you have any questions, please contact me at 405-275-4030 x 148 or eddieb@astribe.com.

Absentee Shawnee Constitution Revision Committee (CRC): The Constitution Revision Committee continues hold open meetings in discussion of revising our Constitution. As a committee we are continually soliciting your input as Tribal members. We have engaged meetings with representatives from Bureau of Indian Affairs and Executive Committee (E.C.) on our progress year to date. AST Constitution Revision Committee continues to solicit your comments and or suggestions as we move forward in improving our Governance. This is your government - it's your chance to be involved. Should you have any questions, please contact me at 405-275-4030 x 148 or eddieb@astribe.com.

Absentee Shawnee Tribe Native CDFI

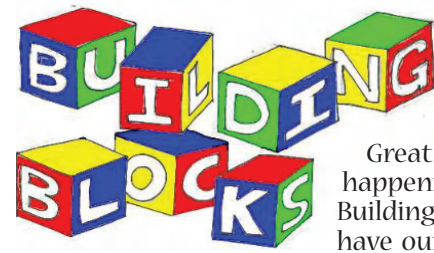


Community Development Financial Institutions (CDFI): Absentee Shawnee Tribe has applied for CDFI

funding through the U.S. Department of Treasury to develop an emerging Native Financial Institution whose purpose is to create economic futures for Tribal members. The technical assistance (TA) funding will provide our tribe to develop a provision for intensive, culturally appropriate financial literacy education and business development training / technical assistance services. Organizational development efforts are underway while creating a Credit Builder and Business Builder Loan products to meet the initial Tribal member needs identified in 2012 Tribal Member Financial Services survey conducted.

In closing, our office of Treasurer looks forward to hearing from you, if you have questions or concerns please contact me @ 405-275-4030 x148 or eddieb@astribe.com.

Respectfully,
Eddie Brokeshoulder
Financial Consultant



Great things are happening here at Building Blocks! We have our annual Easter egg hunt coming up

soon for the children at Building Blocks. The children and teachers are loving the nice weather we've had lately, it calls for more activities outside!! We look forward to more upcoming events, such as bringing in community helpers to visit with the children and each class will also be planting flowers for spring. We LOVE parent involvement at the center and are planning a family breakfast for the children in the beginning of April, we hope for another great outcome!!! Earth Day is going to be a lot of fun for everyone also. We have many activities planned including planting a tree for the children to hang their homemade birdfeeders, so keep an eye out for invites to come join us J- We have a total of 16 staff members and are looking to hire another teacher and a part time floater. At this time we have 57 children enrolled, hopefully within the next month we will be enrolling from ages one to school age to get our enrollment to full capacity. Hope everyone has a happy and safe spring J-

AST CONSTITUTION REVISION COMMITTEE SEEKING VOLUNTEER TRIBAL MEMBERS

Are you interested in participating and being a part of a better tomorrow?

Are you an Elder or Youth willing to better the Absentee Shawnee Tribe, if so please contact: Eddie Brokeshoulder at 405-275-4030 x 148 or eddieb@astribe.com

JOB openings

HUMAN RESOURCE DEPARTMENT
405.275.4030

- EXECUTIVE DIRECTOR GAMING COMMISSION
- GAMING COMMISSIONER
- INTERNAL AUDITOR
- GAMING SURVEILLANCE OPERATOR
- SUPREME COURT TRIBAL JUDGE- SHAWNEE
- HOUSEKEEPER - LITTLE AXE HEALTH CLINIC
- ADMINISTRATIVE ASSISTANT / DATA MANAGER - LITTLE AXE HEALTH CLINIC
- STAFF PHYSICIAN - LITTLE AXE HEALTH CLINIC
- DENTAL HYGIENIST- LITTLE AXE HEALTH CLINIC
- ACCOUNTING TECHNICIAN- LITTLE AXE HEALTH CLINIC
- REALTY SPECIALIST - SHAWNEE

TO APPLY -OR- FOR A FULL DESCRIPTION OF EACH JOB POSTING PLEASE VISIT WWW.ASTRIBE.COM

Greeting Tribal Members:

This year is shaping up to be a great year for our tribe in moving forward. We have a number of projects moving forward including the Grand Opening of the new Harrah Smoke Shop, the demolition of Tecumseh Square, improvements to Horse Shoe Bend, ground breaking on the new day care center in Little Axe, more improvements to Thunderbird Casino in Norman, and several other projects. All of the Executive Committee members are working hard to make this year productive and profitable for our tribe.

HARRAH SMOKE SHOP



The Harrah Smoke Shop is located at 19857 NE 23rd in Harrah Oklahoma. The Grand Re-Opening of this location took place this past month. I thought it would be interesting to take a look back at how tragedy turned into triumph for our tribe in 2013.



The original Harrah Smoke Shop building was approximately 2,400 square feet and was built in 1978. This

property was purchased by the tribe in 1992 and was subsequently used as a smoke shop. In 19 years of service, very little was done to update or maintain the building. The drive through area was in a state of disrepair and was unusable.

The Harrah Smoke Shop burned to the ground in 2011 due to some wild fires that moved through the area. The community stood behind us, many of our customers remained loyal, and all 4 of our employees remained with us. Though devastated at the loss of the building, they remained optimistic that we would re-open.



Former Tribal Secretary Michele Lopez did a great job with the help of the tribe and the insurance company in getting the business up and running again in a small

portable building (480 SF). We experienced very little down time, but sales drastically decreased after the building burned down.



The Grand Opening for the new building took place in March 2013. The new building is 2400 square feet and is divided for two businesses. The Smoke Shop is located on the east side and includes a drive through

window. The west half the building is a lease space. With the help of the Lt. Governor's office, the BIA Roads program was utilized to complete the parking lot.



Pictured are employees of the Tribe, and members of the Executive Committee, including (L-R) Treasurer Deere, Governor Blanchard, Representative Gibson, and Secretary Reed (Lt. Governor Gibson not shown). Smoke Shop Manager Debbie Flurry and General Manager Paul McIntire are holding the ribbon.

Previously, the market value of the building was less than \$100,000. The building belongs to the tribe, not the Smoke Shop business and I was charged with overseeing the rebuilding project for the tribe. The new building was financed by a combination of insurance money, Smoke Shop profits, a small capital infusion from the tribe, and the use of BIA Roads Funds. There is no loan on the building and the market value of the property is expected to exceed \$500,000. It was important that we completed this project without signing away our profits to investors or acquiring a loan that would eat away our profits. The building is a great asset for our tribe and the improvement will result in increased revenue for the business. It is expected that sales will increase by at least 30% now that the new building is open. This is an example of our tribe turning tragedy into triumph. I want to thank the members of the Executive Committee for their support and the numerous people who were involved in the planning, design, and execution of the plan. I am very proud of what we accomplished.

TOBACCO COMPACT

I have attended numerous State and Tribal Leader's meetings on the ensuing termination date of our Tobacco Compact in June. Most of the tribes in Oklahoma have Tobacco Compacts that are expiring in June and many of them have been amiable to the idea of joining forces in our negotiations. This is great news for the smaller tribes who lack the leverage of large sales volumes. I lobbied for a 4 year extension, and twenty-nine tribes agreed to seek an extension of our current compacts until August 2017. Governor Blanchard was among the tribal leaders that signed the letter in that meeting. I am hopeful that we will be able to obtain this extension as we currently have a strong compact that provides revenue for our programs.

BUSINESS ENTERPRISE UPDATE

Some big changes are planned for the Convenience Store and Restaurant in 2013. We've cleared out an area at the back of the store and have plans to install a small gaming venue. This will work in partnership with Thunderbird Casino, and will work much like travel stop-gaming casinos run by many tribes across Oklahoma. The initial plan calls for 30-50 machines to be in place before fall. The parking lot to the west of the store will be enlarged and resurfaced to accommodate the increased traffic for the store and the new satellite police station. Changes to the exterior of the Store and Restaurant are also being investigated as an enhancement to the changes being made at the casino. We want the casino, convenience store, and restaurant to all have a similar design and feel so that they work together to create visual cohesiveness. The casino exterior design has yet to be determined. Once the design is firmed up, we will look to see how the exterior of the Store and Restaurant can be changed to look similar to the casino. Paul McIntire was named as the new General Manager of our two Smoke Shops and Restaurants last month. Paul has been working for the tribe for the past year as a Business Project Manager and brings a wealth of

knowledge and experience to the job. He worked for the tribe previously (2006-2008) as the Enterprise Chief Financial Officer before taking a job as Commerce Chief Financial Officer for the Seminole Nation. Paul has many years' experience in the banking business.

BIG JIM YOUTH AWARDS

This award is for AST High School Seniors nationwide and will be presented in May of this year by the Education Department. The awards include Academic and Athlete of the Year for both male and female (4 awards total with each award a \$1,000 scholarship). The purpose of the award is to recognize outstanding performance and to encourage higher education for our tribal youth. The judges for the award will be an unbiased and independent group of non-AST members who are knowledgeable in the fields of education and athletics.

PHONE SYSTEM IMPROVEMENT

The phone improvement committee has been working to improve the service to the complex and we have implemented several improvements which will enhance our service to you.

A few people "**want the old phone system**". The old system was: the receptionist answers the phone and if she is on another call or at lunch, the caller can leave a voice message. We still have this system available today. All you have to do is press 0 for the operator. To make this option more apparent, we moved the instruction of "press 0 for the operator anytime" from the end of the script to the top. The voice prompt system is an enhancement to the old system and people can get through to departments to leave message after hours or during lunch. A few people say they "**don't know the extension numbers**" for people or departments. We are adding a second tier of departments/numbers for numbers that are frequently called. This includes our police department and health clinics as well as the Executive Committee members. The committee has been working to add all of our employees to the employee directory. We've also made up some "refrigerator-type magnets" listing of all of our departments with extension numbers that will be available at the receptionist office. Extension numbers are published on the back cover of every newsletter and are available on the website. The receptionist is giving out the extension number as she transfers people to a specific department. That way, if you get cutoff or have to call back....you will know the extension number. The receptionist does a good job of answering calls, but to make it even easier, she has been equipped with a headset so she can answer calls while she is in the adjoining mail room. These are just a few of the improvements that we have planned. We brought in a focus group of 5 tribal members to help us with ideas for improving our phone service. We appreciate their help and input with this ongoing process. Our improvement committee consists of Becky Prewett, Rico Coon, Paul McIntire and Colleen Butler.

CASINO UPDATE

The Casino is off to a great year and we are very excited about our current and future promotions. The Norman Casino is giving away a 2013 Chevrolet Crew Cab truck that is fully loaded on April 20th. The Shawnee Casino is giving away fishing packages every Friday and Saturday in April that include fiberglass fishing boats, trolling motors, fishing poles, and tackle boxes. Both Casinos will continue the popular \$500 hourly cash drawings on Friday and Saturday from 6pm to 10pm. The Casino also continues to offer \$10 Free Play to all Absentee Shawnee Tribal Members in addition to the weekly Match Play offered.

GENERAL ELECTION

The next general election will be on Saturday, June 15th, 2013. I encourage you to get out and exercise your right to vote.

If you have any issues or concerns that you would like addressed in the newsletter, please let me know.

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

HORSE SHOE BEND AFTER SCHOOL PROGRAM: April 2013 News

We currently have thirty-eight (38) students that are enrolled in the After School Program. On a daily base we see around 26 to 30 students per day. Students will have their Spring Break during the week of March 18 through 22, 2013, parent/teacher conferences will be held March 7 and 8 at North Rock Creek School. Parents have updated me of their children's progress as their parent/teacher conference was conducted. Teachers are informing parents that their children are ready to be promoted to the next grade level. Our younger students were struggling the first 9 weeks of school and they have been working very hard with their tutor, Lauren Wood of Oklahoma Baptist University. She has done a wonderful job with our Kindergarten students. I expect to see all my four boys in Kindergarten to graduate this May at North Rock Creek School. GOOD JOB!!!!!!!!!!!!!!

Students from North Rock Creek School that attend the Horse Shoe Bend After School Program will have their own bus route to the Center, due to the increase of students that attend the after school program. This became effective on March 6, 2013; students now arrive at 3:10 pm, Monday thru Thursday.

March 6, I met with Dr. Marc Moore, Superintendent of Shawnee Public Schools, discussion on trying to help our tribal students that attend the Shawnee Middle and High School. As discussion was in progress, the Director of Indian Education, Graham Primeaux, was called upon in the discussion. I mentioned that we, the Absentee Shawnee Tribe of Indians of Oklahoma would like to help in any way we can to see that our Absentee Shawnee Tribal students receive extra help with their school studies. Dr. Moore and Graham Primeaux agreed to accept our plan and I am in the process of writing a narrative as what terms and locations of service. I will be using students from the Oklahoma Baptist University to tutor after May so that I can see if there needs to be any changes for the school year 2013 and 2014. Our Absentee Shawnee Tribal students will receive help first then students from other federally recognized tribes. As there are cuts being made in federal programs, there will be a need in our public schools to help. I will keep you updated as this plan is in place.

As I have mentioned above about federal programs soon face cuts and some will be completely gone, parents and grandparents and anyone who takes care of young school children will see and feel the effects. As a parent, you are your child's first and most important teacher. When parents and families are involved in their children's schools, the children do better and have better feelings about learning and going to school.

- Support regular attendance and see that children are on time to school.
- Attend parent/teacher conferences as requested.
- Review, sign and return progress and/or classroom reports as requested.
- Show interest in what the child does each day in the classroom.
- Be accountable for all library and textbooks checked out to them.
- Check for homework completion and have children make up any missing work.
- Make sure children have necessary school supplies.
- Check children's backpacks and school folders.
- Make sure children get plenty of rest and sleep so they focus better in school.



HSB students being tutored by Haley Nickerson

ERYN JOHNSON



Eryn received the Achievement Award in his Fourth Grade Class at North Rock Creek School. Eryn shows strong knowledge in the math area. He likes to do fractions and multiply and divide. His report from his teacher during conference was all good and he is ready for Fifth Grade. Eryn is the son of Victor and Jennifer Castaneda. He is a tribal member of the Absentee Shawnee Tribe.

ELIZABETH NANAETO



Elizabeth was named the Achiever of the Month in her Fifth Grade Class at North Rock Creek School. She has received this award for the second time during this school term. Elizabeth attends the Horse Shoe Bend After School Program part of the time. She is the daughter of Crystal Nanaeto, and is a tribal member of the Sac and Fox Nation of Oklahoma.

GABRIEL FIFE



Gabriel has earned First Place medal of Facts Masters in multiplying. He has mastered of doing 400 multiplying problems in 10 minutes. Gabriel attends Earlsboro Middle School and is in the Fourth Grade. He is an outstanding student and is very athletic. He plays basketball, baseball, and football. Gabriel is the son of Steven and Theresa Fife and is an Absentee Shawnee Tribal member.



HSB student Brendan Winter with his grandfather from Utah

News on the new building for after school is that the building has been moved to its permanent location. The water, sewage, and electric are in the process of being hooked up. Hope to be in the building by the summer while our summer program is in progress. I would like to thank Stella Nullake, Sac and Fox Nation Council member; and Grandmother of Caitlyn and Elizabeth Nanaeto for the case of Gatorade. Thank you!!!!!!!!!!!!!!!!!!!!!!!!!!!!!! If you have any questions, please call 405-481-0397. Edwina Butler-Wolfe, Director Horse Shoe Bend After School Program

2013 Absentee Shawnee Fitness Challenge

Adding exercises to your daily routine that compliments your lifestyle makes it easier to develop a workout plan is best for you, even if you don't like exercising. Simple activities, such as a brisk walk around the block or exercises at your desk during a break in your work, can set you up for building a regular exercise plan. Check with your doctor before exercising if you haven't been active.

Keep Variety in Your Plan



Exercise doesn't have to overwhelm you. Make your exercise routine creative. Your plan may include walking, riding a bike, swimming or rowing. Even dancing or taking hikes with family or friends is considered exercise. Various activities help you to keep your motivation and avoid boredom from the same exercise each day.

Gradually Increase Activities



Getting overly tired may contribute to the failure of your exercise program. Limit strenuous exercises and focus on slow, steady physical activity at first. Increase your activity gradually over time. **Work your way up to 30 to 60 minutes of exercise on most days of the week.** You can also break up your routine. For example, you can exercise for 15-minute sessions a couple of times a day.

Fit Exercise into Your Regular Schedule



Devise an exercise plan that fits into your regular schedule. Plan your physical activities at times when you are the most energetic. Including exercises you can do indoors and outdoors will help keep your exercise routine going in case of rain or other weather conditions. If you don't feel energetic, try exercising for just 10 minutes. This may boost your energy level and incentive to exercise for another 10 minutes.

Individual Plan



This is your exercise plan, so do what works best for you. You may like to work out alone or you may decide to join an exercise class. Don't get discouraged if exercising feels difficult at times. You will have days when your energy levels are low. Some days will seem easier or more difficult than others.

(www.livestrong.com)



For more information please call the AST Fitness Program at 364-7298



For more information please call the AST Fitness Program at 364-7298



Absentee Shawnee Fitness Challenge 2013

Eat CLEAN
Train MEAN
Get LEAN

TAKE CARE OF YOUR BODY. IT'S THE ONLY PLACE YOU HAVE TO LIVE IN.

STOP SAYING "I WISH" START SAYING "I WILL"

THE GREATEST PLEASURE IN LIFE IS DOING WHAT PEOPLE SAY YOU CANNOT DO.

Whether it's ten miles or one, you will NEVER regret lacing up those running shoes and going outside.

ATTENTION ALL 2013 AST FITNESS CHALLENGE PARTICIPANTS!!!
YOUR SECOND SET OF FITNESS MEASUREMENTS WILL BE DUE THE WEEK OF APRIL 22nd - 26th
PLEASE VISIT THE RESOURCE CENTER OR THE AST COMPLEX TO HAVE YOUR MEASUREMENTS RECORDED FOR THE 2013 AST FITNESS CHALLENGE!
WE ENCOURAGE YOU TO GET OUT AND GET ACTIVE. IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT THE AST FITNESS STAFF AT 364-7298.

RUN HAPPY
RUN GRUMPY
RUN SPEEDY
RUN SLOW
RUN A LITTLE
RUN A LOT



April 22nd - 26th

LITTLE AXE Resource Center
8:00 a.m.-12:00 p.m. and 1:00 p.m.-5:00 p.m.

SHAWNEE Absentee Shawnee Courthouse
8:00 a.m.-12:00 p.m.
Absentee Shawnee Building 1
1:00 p.m.-4:45 p.m.



APRIL 22ND - 26TH

resource center (in Little Axe)
8:00 a.m.-12:00 p.m. and 1:00 p.m.-5:00 p.m.

CASH PRIZES!!!

1ST PLACE: \$1000
2ND PLACE: \$500
3RD PLACE: \$250

absentee shawnee courthouse
8:00 a.m.-12:00 p.m.
absentee shawnee building 1
1:00 p.m.-4:45

AST FITNESS - 364-7298
AST WELLNESS PROGRAM - 701-7979

Rules:

- Participants of the Absentee Shawnee Fitness Challenge are required to have 1 measurement recorded per month (3 per quarter) in order to be ranked.
- Participants of the Absentee Shawnee Fitness Challenge are required to have 1 measurement recorded per month (3 per quarter) to qualify to win.
- Participants are required to call and schedule 1 wellness evaluation with the Absentee Shawnee Wellness Program (Jimmi Norris/Margaret Starkey at 405-701-7979) immediately.
***In order to win a prize all participants must complete these requirements.**
- Participants will not be ranked and eligible to win if they lack the required number of measurements needed for reporting purposes and a wellness evaluation.
- Female participants (no categories) will compete against each other in the Absentee Shawnee Fitness Challenge.
- Male participants (no categories) will compete against each other in the Absentee Shawnee Fitness Challenge.
- All participants with any health condition (ex. high blood pressure, diabetes, etc.) must provide a doctor's clearance for exercise before participating in the 2013 Fitness Challenge.
- Any new participants interested in participating in the 2013 AST Fitness Challenge after the beginning of the first quarter must obtain the necessary requirements to participate in the fitness challenge. All new participants must wait to begin the 2nd quarter of the fitness challenge for a chance to win.
- Non-employees/non-AST tribal members are not eligible for the 2013 AST Fitness Challenge.
- The Absentee Shawnee Fitness Challenge will run for the duration of two quarterly periods for 2013. (1st quarter - February 25th-May 24th/ 2nd quarter May 27th - August 3rd)
- The Resource Center in Little Axe and The Main Building fitness area (basement) in Shawnee will be the designated measurement areas for the Absentee Shawnee Fitness Challenge.
- Each participant is responsible for getting their measurements recorded at the designated areas by the AST Fitness staff. 13. All Fitness Challenge participants will be responsible for finding a convenient time and day out of the 1 week designated each month (week and time will be announce through email) to come to the designated area for measurements.
- Each participant will require a NEW baseline measurement for registration into the 2013 AST Fitness Challenge. (All measurements from 2012 will be void).
- The AST Fitness Challenge is open to all Absentee Shawnee employees and Absentee Shawnee Tribal members, ages 18+.
- Body composition (Body fat %) shall be the measured and (based off the Bioelectrical Impedance Analysis device) used to report results (Weight, BMI, and waist measurement shall be available upon request, but will NOT be included in the data needed to find a winner).
- The male/female participant showing the greatest amount of body fat% after each quarter loss shall be deemed winner(s) of the AST Fitness Challenge.



Edwina Butler-Wolfe

Elect Me for Governor and Lets Build For the Future (BFF)!

Let me take a moment to discuss the duties of the Governor. In Article XIII – Duties of Officers of the Absentee Shawnee Tribal constitution it states ‘the Governor shall make an oral report on all of his activities, meetings, and conferences at the monthly Executive Committee meetings.’ I have been present at a number of these Executive Committee meetings and this type of transparency within our governmental system isn’t happening. I challenge the current Government to disclose information on the Clinic and its financial status. Let’s get into the issues and sort them out so that we can work them out. Our Tribal government’s system shouldn’t be about secrecy or hiding things from our Tribal citizens it should be about full disclosure. If I’m elected June 15th I will ensure that we give you, our Tribal citizens, this information at General Council and make certain that it’s also placed in our newspaper. Now that I have stirred the pot up let me ask a few questions: What Health accreditation process does the clinic have in place? Why do I ask this? Because we need to ensure that quality services are being provided to our AST Tribal citizens and to those from other Tribes that are served by our clinics. We need to correct our health services issues and this can be done through establishing: quality assurance standards, implementing a quality improvement committee, conducting consumer surveys, establishing baseline measures for health care services. If elected I would hire a Patient Advocate to ensure that health consumer issues are looked at and addressed timely. Why are we seeing only Medicaid and Sooner Care patients in the morning? I believe we should see all patients throughout the day. To conduct sound practices we need to fill our appointment slots all day, every day. I say this with the belief that we need to optimize service levels. I would suggest we hold several open slots each day and for those urgent care needs our patients have. I would establish a morning call in policy to allow for that to happen. We also need to maintain a fully functioning clinic and make certain we have enough Providers available to handle the work load at both the Shawnee and Little Axe clinics. Do we have enough medical Providers currently hired to handle our patient load and if not, why not? We have our Baby Boomer population retiring so what type of ancillary and long term care do we have for these individuals? What about our Hospice needs? How are those being met? If elected I will actively seek to establish a long term care facility and conduct a feasibility study on our Hospice needs and how we as a Tribe can best meet those. In conclusion, there are many questions that we as Tribal citizens need re-addressed by our current Governor and his staff so that we might understand our current system and determine if these needs are being adequately met. Additionally, we need representation at State, Federal and Tribal meetings so that we as a Tribe might actively engage in legislation, regulatory and policy development and seek adequate funding distribution. If elected I am committed to doing this! development and seek adequate funding distribution. If elected I am committed to doing this!

Edwina Butler-Wolfe:
405-488-4569
ebutler405@yahoo.com

How To Recognize When An E-Mail Is Fake

The usual goal of phony e-mails is to “trick” you into providing your debit card or bank account information. Next, unauthorized transactions appear on your account.

What is one of the latest e-mail “scams”?

Recently an e-mail with the FedEx logo will arrive informing the recipient, “Your parcel has arrived.”

It’s wonderful to receive a package you weren’t expecting. Who could it be from? It’s almost like being told that you have won the Canadian lottery, (when you haven’t even bought a ticket!) If it seems too good to be true, it probably is!

There are several things wrong with the “fake” FedEx e-mail message and some of these issues can be “tip-offs” the e-mail is fake:

1. This e-mail message has a link to click, labeled “Get Postal Receipt.” That link opens an Internet page that is not a secure website! How can customers know if they are accessing a secure website? The webpage address displayed at the top of the screen will begin with **https://** if it is secure. An Internet address beginning with **http://** is not secure. A company should never ask a customer to enter account information or other confidential information on a webpage starting with **http://**. (That’s an immediate indication that a website is bogus; or the company is extremely unprofessional. Either way, avoid it.)

2. This particular e-mail is inconsistent with itself—and therefore a fake.

The “From” line says “UPSService <NOreply.131@virginiabeach.com>.” But the logo included in the message is “FedEx,” and the e-mail is signed “The FedEx Team.” So which way is it—FedEx or UPS? You can be certain that a real company will not send e-mails “from” an e-mail address that contains a competitor’s name.

3. This e-mail is not sent “from” an actual package delivery service’s domain name—neither fedex.com nor ups.com—but from a community

web page, virginiabeach.com.

4. If the whole “premise” of the e-mail message makes no sense, it has to be bogus: This e-mail says to print your receipt and go to the nearest office to pick up your package (although before that happens, they will want some confidential information).

But think about how things work. When you send a package by FedEx or UPS, you give the recipient’s address and a phone number—not the recipient’s e-mail address. First they try to deliver the package, and then they leave a note on your door or in your mailbox. They don’t send a delivery notice by e-mail. How would they get your e-mail? This should “tip you off” that the person who has your e-mail address is not someone sending you a package.

5. The message uses the English language very poorly.

Yes, people today are writing worse and worse. But you still don’t see bad English in a huge company’s communications with its customers. And even bad writing is not this bad: “Your parcel has arrived at the post office at March 16. Our postrider was unable to deliver the parcel to you.” What’s wrong with these sentences? (1) FedEx (or UPS) packages do not arrive at the post office. (2) American English would say “on March 16,” not “at March 16.” (3) And a “postrider” is an old term for someone who delivers mail on horseback. FedEx and UPS use trucks. (4) Also, the message says to click on the link to “get postal receipt,” although in the U.S. “postal” only refers to mail service, not FedEx or UPS delivery. In summary, this person can’t handle American English very well, and doesn’t seem to be a native speaker of British English either. Probably, it’s someone living in another country who wrote this. Do you really want to give their account information to this person? Will some recipients fall for a “bogus” e-mail like this? Absolutely—because they so badly want to believe someone has unexpectedly sent them a package. They get so caught up in the “wonderful surprise” that they ignore all of the “warning flags” explained above. Then they foolishly give out their account information.

You’re AllNations Bank Family,
Gene, Eugene, Amber Delaina & Joy

Wills Clinic

May 16th, 2013

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 will before, then call same number to make arrangements for an appointment to meet with an OILS attorney.

If you'd like to submit an ad or article give us a call at

(405) 598-1279

(405) 481-0558

or send us an e-mail at

stiger@astribe.com

ALL ARTICLES FOR THE NEXT MONTH'S ISSUE ARE DUE BY THE 20TH OF THE CURRENT MONTH
Unfortunately, we can only accept one picture per birthday person, not per birthday wish.



Are you at risk for diabetes, have diabetes or know someone who does? Type 2 diabetes is the most common type of diabetes and affects millions of Native Americans. Many people are unaware that they have diabetes or pre-diabetes. Native Americans are twice as likely to develop Type 2 diabetes than others. Some common signs and symptoms include:

- Frequent infections
- Blurred vision
- Cuts/bruises that are slow to heal
- Tingling/numbness in the hands/feet
- Recurring skin, gum, or bladder infections

Often people with type 2 diabetes have no symptoms.

Some ways to prevent and manage diabetes is through healthy lifestyle behaviors. One question that many people with diabetes or pre-diabetes often ask is "What can I eat?". The American Diabetes Association states that you do not have to be deprived or restricted. The key factors are learning what are the "superfoods", how much of it you can have and how often. Getting into the habit of eating a healthy diet helps you manage diabetes and prevent complications caused by diabetes.

The following foods are listed on the American Diabetes Association web site as "superfoods". Try to incorporate as many of these foods into your daily meal plan to enhance the nutrient content of your meals.

The foods listed have a low glycemic index (causes slower rise in blood glucose after eating) and provide key nutrients that are lacking in the typical western diet such as:

- calcium
- potassium
- fiber
- magnesium
- vitamins A, C, and E.

Beans, dark green leafy vegetables, citrus fruit, sweet potatoes, berries, tomatoes, fish high in Omega-3 fatty acids, whole grains, nuts, fat-free milk and yogurt. To learn more about eating these superfoods and recipes visit diabetes.org and sign up for Wellness and Healthy Eating classes at the Little Axe Clinic. Call Sidna McKane to sign up at 405 701-7977.

Source: American Diabetes Association at www.diabetes.org



AST PHARMACY NEWS



- Visit our new, convenient drive-thru at the Little Axe location for refill drop off or pick up!!
- As of January 1, 2012, Oklahoma State Law mandates that a current, state issued photo ID be on file for both the patient and the representative picking up for EVERY fill of ANY controlled medication.
- Deliveries of controlled medications will no longer be allowed.
- Both Shawnee and Little Axe pharmacy locations fill prescriptions for members of all tribes, but outside prescription orders are restricted to Absentee Shawnee Tribal citizens with established charts.
- If you would like to receive a text message to your cell phone when your medications are ready for pick-up, please alert the pharmacy staff and provide us with a current cell phone number.
- 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 either Pharmacy or stop by and speak with one of our Pharmacy staff. We are happy to assist you with your pharmaceutical needs!

Hours of Operation:

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

Shawnee: 7am-6pm Monday-Friday

We are open through the lunch hour!!

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



AST COUNTRY KITCHEN

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

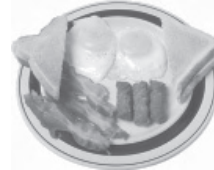
\$4.99

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 specials!

Something different every day!

Open 7 Days A Week!

366-7220



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



Oklahoma Inter-tribal Diabetes Coalition
4th Annual Benefit Golf Scramble
 Friday, April 19th @ 8:30 a.m. Firelake Golf Course, Shawnee, OK

- Team entry \$240/team
- Single entry \$60/person

In case of rain cancellation, event will be held Friday, May 3rd.

Entry Fee Includes: Green Fee, Golf Cart, Door Prize Drawing, Raffle Ticket and Awards Luncheon

8 a.m. Check-In / 8:30 a.m. Shotgun Start – 4 man Scramble Format

Contact Name/Company: _____

Address: _____

Phone: _____ Email: _____

Please provide a contact number for at least one team member in case of cancellation.

TEAM PLAYERS Please Print Names

Name _____ Name _____

Name _____ Name _____

SPONSORSHIP OPPORTUNITIES

I would like **PLATINUM LEVEL Sponsorship - \$1,500 or Greater**
Includes: Acknowledgement in any press releases/Company signage displayed on 4 holes/Twelve player entry fees/4 extra raffle tickets per player/Recognition at awards luncheon

I would like **GOLD LEVEL Sponsorship - \$1,000**
Includes: Company signage displayed on 3 holes/Eight player entry fees/3 extra raffle tickets per player/Recognition at awards luncheon

I would like **SILVER LEVEL Sponsorship - \$700**
Includes: Company signage displayed on 2 holes/Four player entry fees/2 extra raffle tickets per player/Recognition at awards luncheon

I would like **BRONZE LEVEL Sponsorship - \$350**
Includes: Company signage displayed on 1 hole/Four player entry fees/1 extra raffle ticket per player/Recognition at awards luncheon

I would like a **HOLE Sponsorship - \$100**
Includes: Company signage displayed on 1 hole – Businesses may sponsor more than one hole

I would like to **DONATE** items for the Door Prize Drawing - Door prize drawings occur at the awards luncheon. Donated items have included: gift certificates, electronics, concert/event/game tickets, athletic items, t-shirts and more.

PAYMENT (Credit Card payments not accepted)

Check enclosed, payable to Oklahoma Inter-tribal Diabetes Coalition for \$ _____

Deadline to register is Monday, April 15, 2013 by 5:00 p.m.
 You may also fax completed form to:
 Lea Caulfield
 Diabetes Care Center
 Chickasaw Nation Medical Center
 1921 Stonecipher Blvd.
 Ada, OK 74820
Lea.caulfield@chickasaw.net 580.421.4532 x82266

Oklahoma Inter-tribal Diabetes Coalition
SAVE THE DATE



4th Annual Benefit Golf Scramble

Friday, April 19, 2013
 8:30 a.m. Shotgun Start
 (Rain cancellation date – Friday, May 3, 2013)

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

- **4 Man Scramble (\$240/team or \$60/person)**
- **1st, 2nd, 3rd Flight Prizes Awarded**
- **Proximity Contests:** Longest Drive, Straightest Drive, Closest to the Pin
- **\$300 Prize to 1st player to make a hole in one:** 2 holes designated
- **Door Prizes:** T-shirts, gift certificates, and maybe even a kitchen sink!

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

Deadline to register: Monday, April 15, 2013 by 5:00 p.m.
No on-site registration

SEE REGISTRATION FORM FOR SPONSORSHIP OPTIONS



For more information, contact Lea Caulfield:
Lea.caulfield@chickasaw.net
 580-421-4532 x82266

See registration form for payment details

Contact Diabetes and Wellness Department at
 (405)701-7979 or (405)701-7978 to get registration form

**ABSENTEE SHAWNEE ELECTION COMMISSION
UNOFFICIAL ELECTION RESULTS
PRIMARY ELECTION MARCH 16, 2013**

This is to announce **UNOFFICIAL** results of the March 16, 2013 Primary Election for the Absentee Shawnee Tribe of Oklahoma. This election was held on the above date pursuant on the Tribal Constitution and the Election Ordinance. All votes were counted at the Absentee Shawnee Tribal Complex.

EXECUTIVE COMMITTEE

Tribal Secretary (2 Year Term)

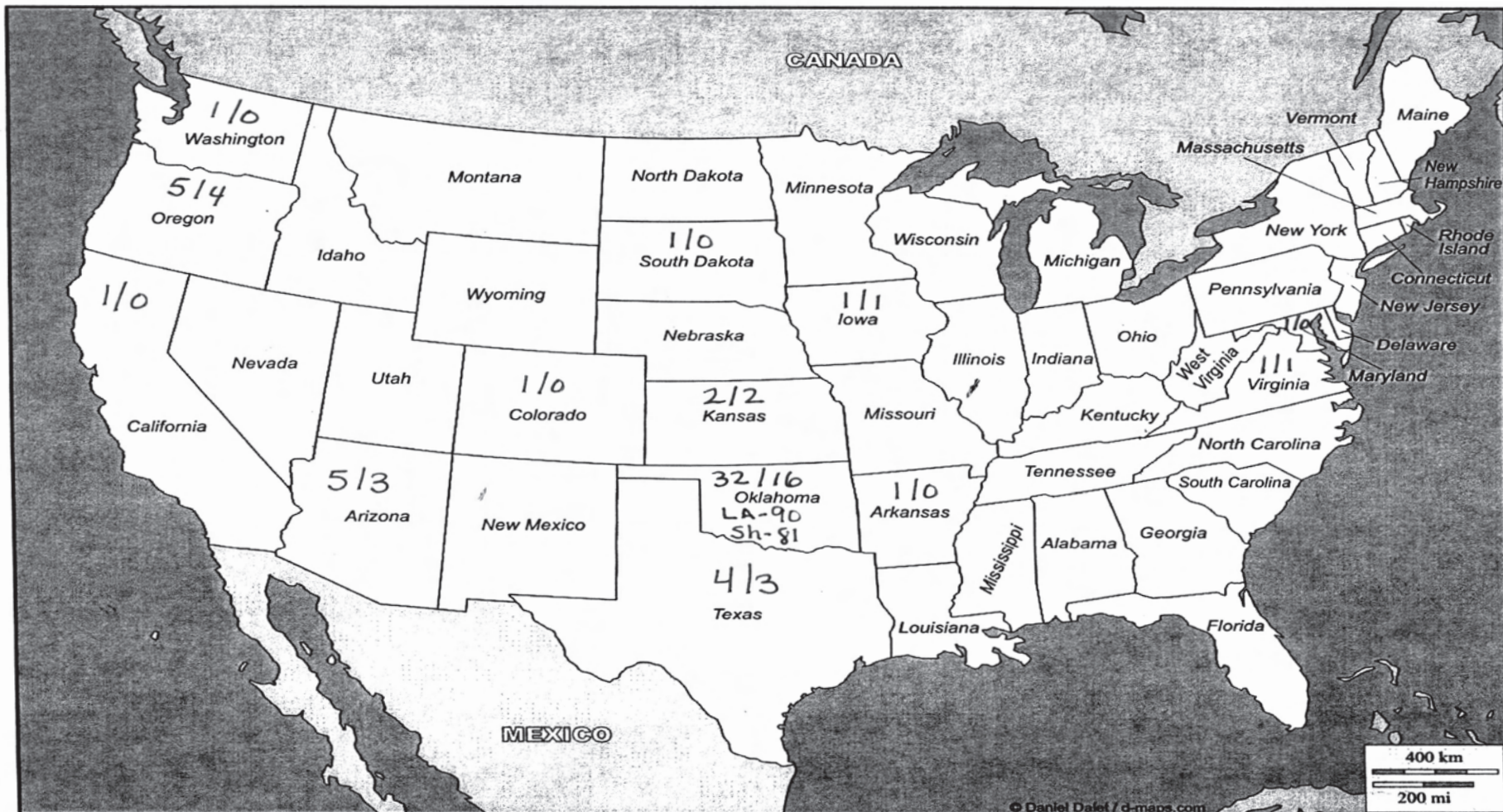
Sharon Ponkilla.....45 Votes
Vera Gibson Dawsey.....57 Votes
Teri Reed.....91 Votes

We the officials are responsible for declaring the above election results, do hereby claim that the above statements are true and correct to the best of our knowledge.

 _____ Election Commissioner	 _____ Commission Member #1
 _____ Deputy Commissioner	 _____ Commission Member #2
 _____ Election Secretary	 _____ Tribal Judge

Date: March 16, 2013

VOTER DISTRIBUTION : MARCH 16, 2013



Absentee Ballots requested / Ballots returned
 LA - Little Axe Poll-90 ⁵⁶
 Sh - Shawnee Poll-81 ³¹
 * 1 ballot had No Affidavit - therefore we could not determine the State

Diabetes and Wellness Program

Recipe

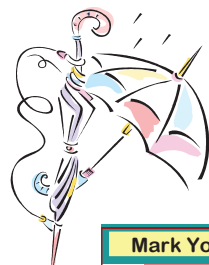
Chicken Salad

Ingredients:

- 5 oz can chicken in water
- 1 large stalk celery - cut into small pieces
- 8 Grapes - quartered
- 1/2 gala apple - cut into small pieces
- 1/4 cup walnuts -chopped
- 1/2 cup light miracle whip

Directions:

1. Drain chicken.
2. Mix all ingredients together in a bowl. Enjoy!



Mark Your Calendar

Upcoming Events...

Education Opportunities

- Learning to Control your Diabetes
- Join us for a 6 week program that teaches you the basics of Diabetes, giving you the tools you need to help manage this disease.

Locations:
Little Axe Health Center
Shawnee Health Clinic

Space is limitedcall now and enroll!!

NEW - Fitness Dance Classes

Shawnee Health Clinic -
Monday and Wednesday at 12:00
Little Axe Health Center -
Tuesday and Friday at 12:00
Please call to sign up

OIGC Golf Tournament

April 19, 2013
Deadline to register is April 15, 2013
Please call for details and registration form

NYPD Camp for Kids

June 10-14, 2013
DEADLINE to register is May 10, 2013
Spots limited, contact now

Nutritional Information:

-about 5 servings
For each serving:
Calories 120
Fat 7.8g
Carbohydrates 6.6g
Fiber 1.2g
Sodium 287.5 mg
Protein 7.3g

Diabetes and Wellness Program
Absentee Shawnee Tribe Health Clinic
Phone: (405)701-7977 (405)447-0300
Fax: (405)701-7984
15951 Little Axe Drive
Norman, OK 73026



Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Color Your Plate with Salad

Pack more nutrition into your day with a colorful main dish or side salad. Keep basic ingredients on hand for a quick addition to any meal.



Encourage kids to eat more vegetables by setting out ingredients to make their own salad creations. Or, let them choose individual items with salad dressing as a dip.

Mix and match ingredients by choosing one or more foods from each column below. Consider flavor, texture and color. Add a light salad dressing and enjoy!

Start with Leafy Greens

- Arugula
- Boston or Bibb lettuce
- Escarole
- Green or Red leaf lettuce
- Iceberg lettuce
- Mixed greens
- Napa Cabbage
- Radicchio
- Romaine
- Spinach

Select from Vegetables, Fruits and Beans

(Chopped, diced, shredded, sliced or whole)

Vegetables

- Artichoke hearts
- Bean sprouts
- Beets
- Bell pepper
- Bok choy
- Broccoli or cauliflower
- Carrots
- Celery
- Corn
- Cucumbers
- Onion (red or sweet)
- Peas
- Radishes
- Sugar Snap Peas
- Tomatoes
- Water chestnuts
- Zucchini

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

Power Up with Breakfast

Breakfast gives you energy to start the day. A healthy breakfast is important for everyone. Get the morning nutrition you need with these quick breakfast ideas.

- Make instant oatmeal with low-fat milk instead of water. Toss in raisins or dried cranberries and chopped walnuts.
- Layer low-fat plain yogurt with your favorite crunchy cereal and blueberries.
- Blend a breakfast smoothie with low-fat milk, frozen strawberries and a banana.
- Make one packet of microwave oatmeal with low-fat milk. Mix in 1/4 cup unsweetened applesauce. Sprinkle with apple pie spice or cinnamon.
- Top a toaster waffle with low-fat yogurt and peach slices.
- Stuff a whole-wheat pita with a sliced, hard-cooked egg and low-fat shredded cheese.
- Spread a flour tortilla with peanut butter. Add a whole banana and roll it up.
- Spread low-fat cream cheese on a whole-grain toasted bagel. Top with sliced strawberries.
- Add lean ham and low-fat Swiss cheese to a toasted whole-grain English muffin.



ABSENTEE SHAWNEE TRIBE

INJURY PREVENTION

APRIL 2013

Orthostatic Hypotension and Unintentional Falls

According to the Center for Disease Control and Prevention Postural Hypotension or Orthostatic Hypotension is a medical condition associated with unintentional falls. Orthostatic Hypotension occurs when your blood pressure drops while changing from a lying position to a sitting or standing position.

Symptoms:

*Lightheadedness/Dizziness after changing positions

*Fainting feeling, passing out and/or falling

*Headaches, tunnel vision

*Weakness and/or fatigue

Timing:

*When changing positions

*In the morning

*After consuming a large meal

*During exercise

*When straining on the toilet

Treatment:

*Notify your primary physician

*When changing positions, sit on the side of the bed for a few moments before standing.

*Try to sit down when doing strenuous activities/exercises. Chair exercises are ideal for elders with tendencies of falling.

*Have something to hold onto when getting out of bed.

*Sleep with your head elevated.

AST Injury Prevention

Located in Public Health Nursing Dept.
Little Axe Health Center
15951 Little Axe Drive
Norman, OK 73026
P:405-701-7601
F:405-701-7605
Sharon Ponkilla LPN
sponkilla@astribe.com

Little Axe Health Center
405-447-0300
Shawnee Clinic
405-878-5850





BIRTHDAYS

Alberty, Shannon Venita
 Alexander, Rachel Paulette
 Alford Jr., Eugene Ray
 Alford, Jaci Lanae
 Alford, Ray Wildcat
 Arms, Steven Anthony
 Armstrong, Tina Marie
 Ayers, Zachariah Matthew
 Bacon, Misty Twilight
 Barnes, Hollin Kade Eugene
 Bates, Johnna Suzanne
 Batson-Vasquez, Amber Danielle
 Berry, Collin Michael
 Bethell, Shelby Ann
 Bettelyoun, Cameron Jake
 Bied, Baley Andrea
 Blanchard II, Clifford Ray
 Blanchard II, Norman Neal
 Blanchard, Harry James
 Blanchard, Jahkahri HayLéroy
 Blanchard, John Christopher
 Blanchard, Norah Gisele
 Boyd, Xavier Tyrik
 Bradshaw, Jana Marie
 Brady, Scott Edgar
 Brinson, Christopher Allen
 Brokesoulder Jr., Clifton
 Brokesoulder, Eddie K.
 Brown, Jennifer Leah
 Bryce, Shayla Maelyn
 Buckley, Dawna Michele
 Byers, Reanna Nicole
 Byers, Zachary Elias
 Byrd, Lyndell D Armond
 Cairns, Vanesa Little Axe
 Chaney, Brittini Lynn
 Charley Whitley, Jordan Eugene
 Charley, Mary Serene
 Chisholm, Carly Nicole
 Clark, Dallas Joseph
 Clark, Dave George
 Clutter, Ramona Lynn
 Coddington, Aubriana Marie
 Coddington, Kyle Clarence
 Coddington, Michael Richard
 Coffee, Sahaunie Nicole
 Coon Jr., Stacy William
 Creek, Amber Lee
 Creek, Eunice Marie
 Creek, Stevie Eli
 Cryder, Michael Lawrence
 Davis Sr., Edward Leroy
 Davis, Jyquale Lee
 De'shon Davis, Maddox Joe
 Deere, Neva Lee [Larney]
 DeLodge, Ava Quinn
 Dibler, Dale G.
 Dousett, Delisha Ann
 Draper Sr., Russell Lee
 Draper, Reuben James
 Eason, Braxton Noah
 Ellis, Ariel Raquel
 Ellis, Russell Bruce
 Evans, Kayla Marie
 Fife, Andrew Jacob
 Frank, Janice Arlene
 Garcia, Jorish Elias
 Garfield, Alicia Raejhaun

Garretson, Riley Dean
 Gibson, Darianne Alexander
 Gibson, Jaysan Baylee
 Gibson, Mary Ann
 Gibson, Melonie Dian
 Gibson, Norma Jean
 Gilman III, Thomas Eugene
 Gilman, Robert Everett
 Goodwin, Dawn Marie
 Goodwin, Larry Tiger
 Gouge Jr., Marg
 Gouge, Courtney Waynell
 Graham, Charles Robert
 Grass, Solomon Wayne
 Griffin, Ladawn Abraham
 Hamon-Breeden, Katie Marie
 Harjo, Timothy A.
 Harris, Monte Lee
 Harvey II, Johnny Troy
 Haumpy, Ariann Renee
 Haumpy, Gage Allen
 Haumpy, O-Day Tah'lee Eugene
 Healy, Spencer James
 Hernandez, Curtis David
 Hill, Trent David
 Hoepfer, Emily Danielle
 Holderness, Samantha Grace
 Hollenbeck, May Angela
 Hood, Randolph Paul
 Hudson, Latasha Kay
 Hunt, Leeona Lucile
 Hurst, Maeqan Nicole
 Jackson, Fallon Kay
 Jacobs, Maria Elena
 Jacobs, Stormie Raelein
 James, Na'chelle Ardena Mae
 Johnson Jr, David Lee
 Johnson, Adison Graci Mae
 Johnson, Ashley Nicole
 Johnson, Justice Lonewolf
 Johnson, Richard Michael
 Johnson, Shoshanna Louise
 Johnson, Victoria Maria
 Johnson, Zachary Howard
 Jones, Anita Louise
 Judd Jr., Thomas Ray
 Kaniatobe, Marjorie Ann
 Kelsey, Leigha Marie
 Key, Christian Trey
 Kickapoo-Johnson, Lux Olyvia
 Kilmer, Lelia Lashell
 Kinnamon Jr, Larry Leon
 Kinnamon, April Lynn
 Kinsey, Margie
 Kovalchuk, Amber Nichole
 Larney, CaiSyn William
 Lee, Audrey Catherine Sung-hee
 Leffler, Claudia Jo
 Leyva, Marisela Isabelle Mariah
 Little Axe Jr., Troy Lee
 Little Axe, Diane Gail
 Little Axe, Jordan Kane
 Little Axe, Joshua Taylor
 Little Axe, Kaylee Jean
 Little Axe, Shiloh Blue
 Little Creek, Evelyn Lavon
 Little Creek, Alex
 Little Creek, Lawrence Keith

Little Jr., Gilbert Boyd
 Littlebear, Tonya Lynn
 Littlecreek, Samantha Jolene
 Littlecreek, Thomas Eugene
 Locke, Adrienne Lorine
 Longhorn, Darrell Wayne
 Longhorn, Leonard Wayne
 Longhorn, Vincent Wade
 Longman, Cherokee Dakota
 Longman, Trina Ann
 Louvier, Alexandra Renee
 Lowe, Justin James
 Mack Sr., Thomas James
 Mack, Cylas Ledarix
 Malone, Riley
 Mann, Raymond Freeland
 Mann, Richard Freeman
 Mann, Savannah Nicole
 Mann, Taylor Lawrence
 Markwardt, Franklin Thomas
 Martin, April Denise
 Martin, Kinley Rae
 Martinez, Amaya Rynae
 Martinez, Danielle Lynn
 Mason, Suzanna Rachel Powell
 Masquas, Phillip Jon
 Masquat, Lola Renee
 Massey, Karen Sue
 Mattingly, Alana Irene
 Mayo, Melba Mary
 McBride, Alice Jean Dirt
 McDaniel, Karen Diane
 McGirt, Dana Dale
 McGuire, Kyla Marie
 McPherson, Emily Paige
 Meek, Phillip Edward
 Megyeri, Charles Stevens
 Milburn, Heather Renee
 Miller, Lillian Grace
 Mills, Brian Richard
 Mohawk, Curtis Roy
 Monroe, Pamela Sue
 Montgomery, Peirss Awmae
 Morgan, Summer Dawn
 Morton, Joshua David
 Morton, Makayla Lynn
 Nakamoto, Gina Jessica
 Nelson Jr., Daniel Lee
 Ness, Mary Ellen
 Newton, Donnie James
 Nowlin, Pak Louise
 Ochoa, Alejandro Juan
 Ortega, Kristin Lace
 Pack, Christie Lorraine
 Panther, Nickolas Wayne
 Parker, Elizabeth Isabelle
 Parker, Sarah Lynn
 Parker, Twila Olene
 Petit, Sherri Ann
 Ponkilla, Yvonne Diane
 Porter, Lindsey Bowe
 Powell, Tammy Marie
 Richey, Jennifer Lynn
 Robb, James Edward
 Robertson, Winifred L.
 Robison, Stephanie Renee
 Rolette, Gregory Shawn
 Rolette, Hanna Grace

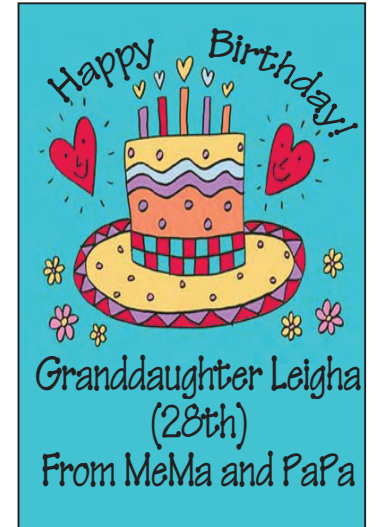
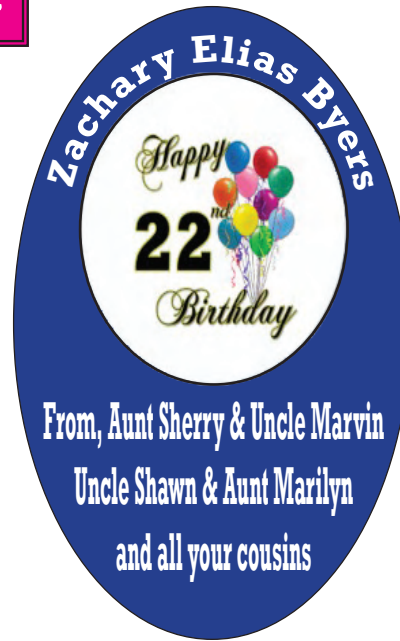
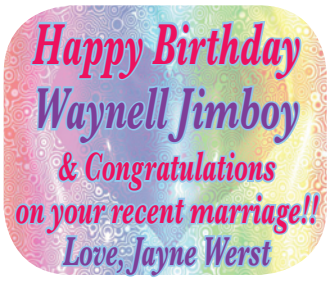
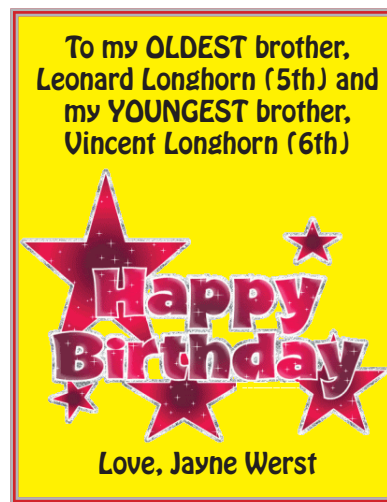
Roller, Geraldine M Bradley
 Runsbobbe, Bryce Leigh
 Ryder, Vanesa Louise
 Sanchez, Bailey Marie
 Sanchez, Citlali
 Sanchez, James Andrew Skylar
 Sanchez, Victoria Nicolette
 Seaton-Blanchard, Stephen Anthony
 Sellers, Levi Dalton
 Sexton, Jacob David
 Shawnee, Jaxon Avery
 Shawnee, Sharon Dale
 Sherrill, Penelope
 Sloan, Jenifer
 Sloat, Morgan Elaine
 Smith, Joshua Dean
 Smith, Noah Ryan
 Snake, Archie Ellis
 Soap, Alpha Christine
 Soap, Terayana Maxine
 Spoon, Ashley Donelle
 Spoon, Marques Dwyane
 Spoon, Samuel Lee
 Spriggs, Brian Lee
 Spybuck, Adrienne Eileen
 Spybuck, Larry Eldon
 Spybuck, Thomas Mark
 Squire, Billie Gene
 Squire, Samson Robert
 Squire, Wilbur James
 Starr-Fuentez, Olivia Angelina
 Stephens, William Lee
 Steves, Madelyn Louise
 Stewart, Sandra Leigh
 Stone Jr., James Lee
 Stone, Dawn Michelle
 Stuckey, Ware Declan
 Sullivan, Tiffany Chantele
 Sumka, Lena Darcille
 Switch, Traci Lynn
 Switch, Charles William
 Taryole, Trevor Seth
 Tascier, Timothy Andrew
 Tenner, Taylor Denise
 Thompson, Rhonda Gail
 Thornhill, Westly Lynn
 Thorpe, Brady Wayne
 Thorpe, Mary Catherine
 Tieyah, Lavern Wilson
 Tiger, Madelynn Rose
 Tiger, Patricia Ann
 Tiger, Stephon Michael
 Uchida, Andy Micheal
 Wabaunasee, Thelma Jean
 Wakley, Jade McKenzie
 Wakolee, Jorilyn Talia
 Wallace, Kay Laverne
 Walley, Johnny Ray
 Wallis, Baryn Clinton
 Walters, Shirley Ann
 Warrior, Marcellus James
 Washington, David Axe
 Washington, Kevin Bryan
 Washington, Samantha Lynn
 Watkins, Autumn Paige
 Watson, Jayden Tyler Scott
 Wenholm, Casey Andrew
 Whinery, Pamela Jean

White, Brenda Kaye
 White, Wesley Shane
 Whited, Kimberly Diane
 Whittington, Charlene E.
 Williams, Ezrea Quasha
 Williams, Lisa Renee
 Williams, Seth Andreas
 Wilson, Aaron Wade
 Wilson, Damon Allen
 Wilson, Drake Kenneth Rylee
 Wilson, Ethan Hawke
 Wilson, Gabriel Ahboah
 Wilson, Harold Wayne
 Wilson, Howard Gene
 Wilson, James Wayne
 Wise, Keeley Ava Lynn
 Witt, Joseph Andrew
 Wunderlin, Travis Rece
 Yellow Eagle, Angela Marie

HAPPY SWEET SWEET 16 GRANDDAUGHTER!! LOVE, G-MA

HAPPY Birthday!
Cord'A'lane Love You, Ashton

APRIL BABIES!!
HAPPY BIRTHDAY
Pam & Tom From, Mom & Dad And sisters Marty (10th) & Jenifer (28th)



Introducing...

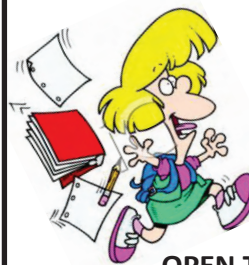
Dean Owen Wilson
January 23, 2013

Dean is the son of Deja Lea Wilson. And he is the great-great grandson of Jennie L. (Mohawk) Snake and the late Amos Snake.

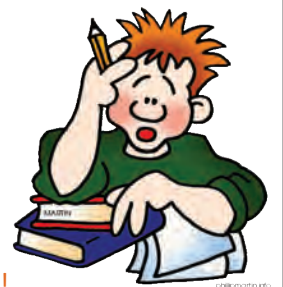


After School Program

Come join us at the AST Resource Center!!!



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



And Much More!

OPEN TO ALL MIDDLE SCHOOL AND HIGH SCHOOL STUDENTS

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

Duration: Starts September 4th and will run through the school year.

Monday-Thursday, 2:45pm-6:00pm

For more information and sign up please contact Blake Goodman at (405) 364-7569



WEATHER SIREN DEDICATION



Sec. Teri Reed,
 Ramona McCoy, Lt. Isaac
 Gibson,
 Edwina Butler-Wolfe,
 Gwen Switch, Janet Jeske,
 Twila Parker, Kathy Deer,
 Ware Stuckey, Zoe Stuckey,
 Justin Beaver
 (Background On Ladder)



The Dedication of the Community Tornado Warning System at the Horseshoe Bend Community Center located at 46309 Garrett's Lake Road which is located in the rural community of Johnson.

The Ceremonies were hosted by the White Turkey Band of the Absentee Shawnee Tribe Oklahoma.

The Ceremonies on March 2, 2013 at 1:00 pm began with the raising of the flags. Herbert Switch raised the United States flag with Larry Ponkilla raising the tribal flag and Rusty Parker raising the Oklahoma flag. The singing and drumming were done by Keesko Walker and



Poncho Walker singing the Native American flag songs. JR Woody Wilson tribal member coordinated the contacting and obtaining their attendance to provide the traditional drumming and singing for the Dedication Ceremony activities. Don Lynch, Director of Emergency Management in Shawnee was unable to attend but representing him was Mr. Justin Beaver, Communications Technician was able to provide a sample blast of the Tornado Siren. Edwina Butler-Wolfe, Director of the After School Tutoring Program was the Master of Ceremonies for the Dedication Ceremonies that took place on March 2, 2013. Edwina Butler-Wolfe shared with all attendees of the Dedication how this community project was addressed and the fact that this was due to the efforts of many people involved in the process to see this to completion.

The Tornado Siren was a subject that was brought up through monthly meetings of the White Turkey Band volunteer meetings. Once it was decided this issue needed to be addressed then it was directed to the Lt. Governor, Isaac Gibson of the Absentee Shawnee Tribe. Lt. Governor, Isaac Gibson then contacted the local County Commissioner, Melissa Dennis of District I of what could be done by the Pottawatomie County to assist in this matter of broadening the area of coverage of the Tornado Warning System to this small rural community of Johnson. County Commissioner of District I, Melissa Dennis began researching what resources programs or grants programs that the County has access to and found a resource that could be utilized for Emergency Warning System. This process seems simple at first impression but these meetings and concerns by the White Turkey Band have been taking place since 2010. Lt. Governor, Isaac Gibson shared with the group his past experience with a tornado that took a destructive path through Norman and then the Little Axe Community. Lt. Governor, Isaac Gibson said it all took place in a matter of seconds and the destruction was astonishing. Lt Governor, Isaac Gibson said after that experience, proximity, and the amount of families that were devastated in the aftermath. Lt. Governor, Isaac Gibson said that he felt all tribal members as well as all community people would benefit from the protection of a Tornado Warning System.

Edwina Butler-Wolfe concluded the ceremonies with the recognition of the Johnson Community Mayor, Kenny Branson and wife Kathy, Shawnee Mayor, Wes Mainord, Wayne & Jeannie Wilson, Absentee Shawnee officials, Lt. Governor, Isaac Gibson, Tribal Secretary, Teri Reid, Tribal Treasurer, Kathy Deere, Church of God Pastor, Charles & Joyce Higgins. With special recognition of tribal Elders Stanley & Clara Kaskaske, who support and attend as many of the White Turkey Band sponsored activities as they are to attend. Edwina Butler-Wolfe then recognized the White Turkey Band members; Treasurer Gwen Switch, Secretary Twila Parker, June Buckner, Janet Jeske, Kay Wallace, Ramona McCoy, JR Woody & Helen Wilson, Rita Harjo, Herbert Switch, Elaine Brown.



Clara Kaskuske and
 Stan (Husband)



MENU SUBJECT TO CHANGE

2% SERVED DAILY

April 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 BBQ Pork Sandwich Chips Pickles n Onions Pears	2 Turkey Sweet Pot. Dressing/Gravy Bread Cobbler	3 Meatloaf Mashed Pot/Gravy Green beans Bread	4 Wieners & Kraut Veggies Bread Crisp	5 Grits Boiled Egg Sausage Links Fruit	6 General Council 10 am Little Axe Health Clinic
7	8 Hot Ham & chez Mac Salad Applesauce	9 Soft Taco Spanish Rice Refried Beans Cinnamon Roll	10 Beef Stroganoff Veggies Roll Salad Bar*	11 Chicken Fry Steak Mashed Pot./Gravy Zucchini & Tom. Bread	12 Biscuits Bacon Scrambled Eggs Fruit	13
14	15 Chef Salad w/ Ham Eggs, Cheese Cottage Chez Peaches	16 Goulash Squash Bread Pears	17 Baked Potato Ham, chez Bro. & Chez Pudding	18 Wild Onions Navy Beans Cake	19 Cereal Toast Sausage Links Fruit	20
21	22 Ham Black Eyed Peas Tossed Salad* Cornbread Mixed Fruit	23 Roast Red Potato Carrots Roll Cake	24 Chicken Salad Sandwich Potato Salad Pineapples	25 Mexican Casserole Ranch Beans Spanish Rice Cookie	26 Bagel Cream Cheese Boil Egg Fruit	27
28	29 Hamburger Lett, Tom, Onion Onion Rings Mandarin Oranges	30 Fish Tossed Salad* Hushpuppies Mac n Chez				

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

HOMEBOUND IF YOU ARE NOT GOING TO BE HOME
CALL US AT 405-275-4030 EXT 169 OR LET YOUR DRIVER KNOW.

Title VI

April 6, AST General Council, 10 am, at the Little Axe Health Clinic. AST Health Fair, 8 am to 12pm (1 mile fun run at 7:30am registration at the entrance of the Little Axe Clinic), will be held in conjunction with the General Council Meeting.

Title VI has changed Food Vendors and you will be seeing new changes.

We will have a Wild Onion Dinner on the 18th.

The Warmer weather is coming and homebound we want to express that if you're not going to be home please let us know, if you have an ice chest please place frozen ice in it such as a 20oz bottle, butter tub or some other container, we don't want your food or milk to be spoiled.

Any questions, concerns or suggestions please let us know at 405-275-4030 ext. 169, 180, and 149.

ABSENTEE SHAWNEE TRIBAL
POLICE DEPARTMENT



SORNA

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

ABSENTEE SHAWNEE TRIBE

RANDY EDGE
TERO DIRECTOR

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



Phone 405.275.4030 ext. 135 Fax 405.395.9888 Cell 405.432.9859

T.E.R.O. DEPARTMENT APRIL NEWSLETTER

The Tribal Employment Rights Office also known as TERO is a department that protects tribal employees' rights and supports tribal career development. Within this past month, the TERO department has been very busy. We have added 11 new applicants to our database which now brings our total number of applicants to 554. Of those 11 new applicants, 3 are Absentee Shawnee Tribal members. We have also helped 32 applicants who have walked in, called/received 336 phone calls, and referred 17 applicants to various departments within the tribe, 3 applicants to outside sources, and 3 applicants to Thunderbird Entertainment Center.

In addition to the activity above, TERO has also attended several meetings. At the beginning of the month on **March 7**, TERO attended a meeting on campus supporting the Absentee Shawnee Tribe Annual Youth Award. Then, on **March 13**, TERO attended the Council Tribal Employment Rights (C.T.E.R.) Convention/Planning Meeting at the Hard Rock Hotel and Casino in Tulsa, Oklahoma. At this meeting, discussions took place about the future CTER National Conference. At the current time, TERO is considering the use of the Absentee Shawnee tribe and our color guard, a spiritual speaker and entertainment for the convention.

In the final weeks of March, TERO will be attending several more meetings/scholarships interviews. On March 28, TERO will be in attendance to another meeting on campus concerning the Absentee Shawnee Tribe Annual Youth Award. Then, on March 29, TERO will be attending the AGC Education Foundation Scholarship Interviews.

Within the next month of April, TERO will also be continuing to take applications for the construction project of the new Building Blocks Daycare that will be located in Little Axe. Please contact our TERO offices to update your application or to put in an application if you are interested. Also, there will be an opportunity to sign up for the 10 hour Occupational Safety Health Administration training held at Francis Tuttle Technology Center, and it will be paid for by TERO. This certification does not expire and will benefit your employment opportunity as safety is a concern. Further, on March 1, AGC will be taken sign-ups for CPR training.

The TERO department helps Native Americans with job placement and employment referrals, and we strongly encourage any tribal member or Native American who may need employment to come to the Absentee Shawnee TERO department and apply. To become an applicant, the process is simple. **First**, you will need to come to the department to pick-up and fill out an application. We are located in building #1 on the second floor. **Second**, you will need to provide the TERO department your CDIB or a document to prove your tribal Affiliation (**YOU MUST BE A MEMBER OF A FEDERALLY RECOGNIZED TRIBE TO BECOME AN APPLICANT**), your social security card, and your Driver's License or state ID. Third, you will need to provide the department with any licenses, credentials, or any other certifications/degrees you have acquired.

In addition to keeping your application on file, we also provide some other services. **TERO holds the responsibility of insuring our applicants have equal opportunity for employment and receive call backs or letters on all positions that are applied for.** The TERO department also provides/helps our applicants with job search, referrals, resume assistance, interview tips, and application status. Further for your convenience, the TERO department also posts all tribal positions, some local positions, and some positions for the Oklahoma City, Norman, and Moore areas outside of our offices on bulletin boards and in binders. Currently, we have close to 100 job openings posted outside of our offices. However, keep in mind, these job postings are constantly changing and being updated weekly as positions are filled. So, a job that may be listed below may already have been filled. However, still stop by and fill out an application, if you haven't already done so, and look at the current job openings. If you have any further questions about the TERO program or just have a request, you can contact our office anytime Monday through Friday from 8 am to 5 pm (closed 12 pm to 1 pm for lunch), and we will be happy to assist you.

Randy Edge (Director) 405-275-4030 ext. 135
Carol Butler (Office Assistant) 405-275-4030 ext. 163

The following is a list of job openings for some off campus positions posted at the TERO department:

Accounting Technician
Finance Manager
Surveillance Operator
Executive Assistant
Assistant Teacher
Registered Nurse
Customer Service
Office Clerk
Cashier
Waitstaff

Housekeeper
General Mechanic
Mixer Driver
Laborer
Plumber
Material Handler
Maintenance
Delivery Driver
Production Supervisor
Senior Sales Manager

NATIVE YOUTH PREVENTING DIABETES

NYPD 2013

June 10 – 14, 2013



5 days and 4 nights of outdoor activities, Native American cultural activities, and healthy FUN!

REGISTRATION DEADLINE IS MAY 10, 2013!!!

Please contact Diabetes and Wellness Dept. at
(405)701-7979 or (405)701-7978 for more information

Foster & Adoptive 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 Amanda Lenora, CPS/Foster Care Worker - 405-878-4702

ASTribe Indian Child Welfare Department FOSTER CARE

This article appears in the Daily Times in Farmington, New Mexico. And even though this talks about the foster care program and tribal children in foster care, this article can speak on behalf of what the Absentee Shawnee Tribe Foster Care and other tribes are going thru. Finding foster homes is a necessary to not only protect AST children but to also maintain their cultural identity, heritage and traditions. The Absentee is a small tribe and we should be able to work as ONE TRIBE to care for the AST children. If you have any questions, contact the ICW department at (405)275-4030.

"Only two foster homes in San Juan County belong to American Indian families, but more than half of the 85 children in foster care now are American Indian. That means about 40 American Indian youths in the local foster system are living with non-native families. The Children, Youth and Families Department, charged with placing children in alternate homes if their own families are deemed unsafe for reasons of abuse or neglect, is having a hard time finding enough native families for the number of native children in the system.

The department does everything it can to match a child with a family of a similar background. That doesn't work when fewer homes than children are in the system, which means native children more often than not end up in non-native families. This is contrary to federal policy, which directs the department to make every effort to place children of American Indian descent in homes that nourish their cultural identity. But without more native families stepping up to offer a home for children, there is little the department can do to remedy this situation.

The Indian Child Welfare Act provides four placement options, which the department must pursue in descending order every time it places a native child. The first option is to place American Indian children with a relative who can provide a safe environment and who eventually attains a foster care license. The second option is for a child to be placed in a family from the same American Indian tribe. The third is for the child to be placed with a American Indian family not of the same tribe. The final option, and the one the CYFD most often uses, is matching native children with non-native families that simply have a foster care license.

This is a loss for children and for potential foster families. It's also a loss when it comes to efforts to revitalize native traditions and teach them to the children. We encourage all native families with the resources that can allow children a home to contact the Children, Youth and Families Department. Fostering a child is one of the most rewarding things a family can do."

In the state of Oklahoma alone, there are almost 3000 Native American children in the foster care program with a majority of these children placed in non-native placements. Now imagine if your son, daughter, grand children were placed in another home that didn't teach or understand the Absentee Shawnee traditions. What would happen to their identity, their sense of being a AST, their sense of belonging and being proud of being a Absentee Shawnee?

The AST ICW dept are in need to foster homes. Emergency homes, temporary homes, it doesn't matter. We have made it a goal to get certify at least 5 homes to be foster homes for the AST. With obtaining more every year from this point on. It takes ONE TRIBE to care for ONE CHILD. As the great Tecumseh said, "A SINGLE TWIG BREAKS BUT A BUNDLE OF TWIGS IS STRONG."

For more information about being a foster home, please contact: Indian Child Welfare Department (405)878-4702

AST MAINTENANCE DEPT. NOW TAKING GRASS MOWING APPLICATIONS

Absentee Shawnee Tribe of Oklahoma
Maintenance Department
2025 S. Gordon Cooper Drive
Shawnee, Oklahoma 74801
(405) 275-4030

GRASS MOWING APPLICATION

The following are the requirements for this program:

1. Must be an Absentee Shawnee Tribal Member
2. Must be 65 years or older
3. Handicap/Disabled (Please have letter from doctor if under age 65)
4. Must provide proof of residency
5. All trash, branches, debris must be cleaned out of yard

The Absentee Shawnee Tribe Maintenance Department will **ONLY** mow and weedeat applicants' lawn. Maintenance will mow every two (2) weeks. Also, the maintenance workers will not trim trees, shrubs, etc. **NO RENTAL PROPERTY** will be mowed.

If you have any questions, please contact Rita Harjo at (405) 275-4030 ext. 128.

NAME: _____

ADDRESS _____

CITY: _____ STATE: _____

ZIP: _____

CDIB#: _____ DOB: _____

HOME PHONE: _____

MESS PHONE: _____

Finding directions to home:

THE AST CULTURAL PRESERVATION DEPARTMENT
would like to pass along the following information concerning updates to each of our programs...

I'd like to remind Tribal members and employees of the extended hours of the Gift Shop and Library as we are now open until 7 PM Daily, and on Saturday, from 10 AM to 4 PM.

Gift Shop

The Gift Shop continues to make progress in sales and new inventory. Word of Mouth is spreading about the types of product that we are carrying and this is in a constant state of change. A lot of times, we receive goods on Monday and they are sold before the week is complete. If you haven't stopped by lately, come in and browse around. I think you'll be surprised at the new supplies we have in stock. As we speak, the new Spring materials will begin to find their way into the store. If we don't have what you need, let us know and we may be able to 'special order' your request. If you have any questions, please call Esther at ext. 122, or contact her by email at elowden@astribe.com

Library

We have a variety of resources available for checkout or your reading leisure including: magazines, newspapers and journals. This past month, our Librarian helped with the Education Department's Spring Break camp by distributing information about membership applications and services available. If you have any concerns, please call Josh at ext. 122, or by email at jshawnee@astribe.com

Cultural Preservation

The Powwow Moccasin class has been re-scheduled for a later date. It was brought to our attention that the date originally chosen conflicted with several Tribal activities. It is my hope that those of you who participate will be able to take away a new skill upon the completion of your cultural skills class. This month's activity, Mrs. Esther Lowden will be assisting the youth of the MSPI program with a Shawl Making class. For information, please call Jenifer Sloan in Behavioral Health. Class space is limited due to costs and time constraints, so please sign up early. If you have any questions about the skills class or would like to sign up, call Joseph at Ext. 203, or send an email to joseph.blanchard@astribe.com

THPO

This past month, THPO staff participated in the "To Bridge a Gap" Conference, held in Norman the week of March 11-14. The AST Cemetery was used as a Ground Penetrating Radar (GPR) training site. The participants were polite and thankful to have the opportunity to obtain this specific skill and training. The data collected will be used for departmental Records and Archiving purposes. As the host Tribe, we didn't incur any costs (other than gas and staff time) and saved the program service fees of about \$10,000.

Your concerns are important to us. If you have any questions, please call our offices and someone will be happy to assist you. We thank you for the continued support of our department as we continue to make changes to our programs, in order to provide the best service to our customers.

Thank you for your time.

Joseph H. Blanchard
Cultural Preservation Director/
Tribal Historic Preservation Officer
(405) 275-4030 ext. 203

Absentee Shawnee Tribe Behavioral Health

Alicja L. Carter, LADC

The Absentee Shawnee Medical Clinic's Behavioral Health program is in full swing! In the last month, nearly 20 individuals have presented for counseling services, participating in resource and referral information, crisis intervention, drug and alcohol assessments, individual therapy, and group sessions. Group sessions include topics such as Early Recovery Skills, Relapse Prevention, Anger Management, Healthy Relationships, and The Red Road to Wellbriety.

Currently, Intensive Outpatient Services (IOP) are available. IOP refers to 9 hours of therapy per week with 9 of the hours being within a group setting. At the point, services are offered for all federally recognized tribes and Soonercare participants. Both Adolescents and adults are welcome.

"I seek strength, not to be greater than my brother, but to fight my greatest enemy-myself"

-unknown

For additional information or schedule an appointment:

Alicja L. Carter, LADC
Absentee Shawnee Behavioral Health
405-878-4716

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

**Absentee Shawnee Tribe
Recycling Program**

**ABSENTEE SHAWNEE
TRIBE OF OKLAHOMA**

RECYCLING MATERIAL THAT WE ACCEPT.

ALL WHITE PAPER, ENVELOPES, COLORED PAPER, JUNK MAIL, FAX PAPER, MAGAZINES, NEWSPAPER, CARDBOARD, AND ALUMINUM CANS.

MATERIAL WE DO NOT ACCEPT.

TONER, CARBON PAPER, FOOD WASTE, AND PLASTIC.

REMEMBER, WHEN IN DOUBT THROW IT OUT.

CONTACT INFORMATION

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA

OFFICE OF ENVIRONMENTAL HEALTH & ENVIRONMENTAL PROGRAMS.

2025 S. GORDON COOPER DR. SHAWNEE, OK 74801

PHONE: (405) 214-4235

FAX: (405) 878-4701

"To Establish a recycling program for municipal waste planning, reduction, and Recycling"

The Office of Environmental Health and Environmental Program is proud to announce the start of a new recycling program for the Absentee Shawnee Tribe. The recycling center is located in the yellow metal building adjacent to the OEH Department. The Absentee Shawnee Tribe (AST) Recycling Program Program declares that waste reduction and recycling are the preferable to the

or processing of municipal waste, and that removing certain materials



from the municipal waste stream will decrease the flow of solid waste to municipal landfills. AST Recycling Program used the knowl-

edge and information about recycling markets and market demand as well as information obtained from various publications and the internet to comprise an analysis of material the recycling program will address at the start of the program. AST Recycling Program Plan establishes a goal that, by year's end 2013, at least 25 % of the recyclable material produced by the Tribe will be recycled.

Reduce, Reuse, and Recycle

The AST recycling Program will initially focus on the following waste stream material; High-Grade shredded paper, Assorted office paper,

Phone books, Magazines, Cardboard, Newspaper, and Aluminum cans. As the program and market develops, other recyclables will be sought.

There is a cost associated with recycling, However, economic, social, and environmental benefits exceed these cost.



Diabetes and Wellness Program

Phone: (405)701-7977 (405)447-0300 * 15951 Little Axe Drive * Norman, OK 73026

Take Charge.....

Diabetes education is essential for all people with diabetes. Learning to take care of yourself when you have diabetes can help reduce your risk of complications related to this disease. You can take charge of diabetes and Learn to Control....

The Diabetes and Wellness Program is offering a 6 week program that will teach you the Basics of Diabetes. Giving you the tools you need to help you self manage this disease.

Topics will include:

- What is Diabetes?
- Healthy Eating and Meal Planning
- Being Active
- Monitoring
- Taking Medications
- Problem Solving
- Reducing risks of Complications
- Healthy coping



Location: Little Axe Health Center and Shawnee Health Center

Call today for dates and times of next class near you!

We have really been fortunate to get to know a lot of great people through these classes, and hope that all the participants have learned a lot. Pictured below is our latest graduating class. Here are some comments from previous classes—“Keep doing what you are doing! Had a great time and learned a lot.”, “The instructors are very knowledgeable and informative. I gained SO much information about diabetes. I would recommend this class to ANY person and the food was GREAT...but I need salt.”, “Thank you for all the additional info on diabetes, the exercise and game with the fake food was fun. I would recommend this class to relatives and friends.”, “Very enjoyable and more participation by participants. Liked the exercise with Buster and the games with foods was very good to know what’s acceptable. Learning carbs was great and I didn’t know a lot about. “



Pictured from left to right: Richard Birdtail, Voris Hesler, Mary Birdtail, Edward White, Sharon Shawnee, John Blanchard.

A special thank you to everyone that has participated and supported our efforts.

Elder Fall Prevention from the Injury Prevention Program

During the winter months, there could be several things that can cause an elder to fall; icy ground, tripping on things such as blankets or couch throws, or simply failing to wear shoes with rubber soles. Other causes include medication mismanagement, dizzy spells, vision, diabetes mismanagement, poor circulation, or tripping on uneven/ unsteady surfaces. Something as simple as carrying too many things in hand can be a hazard to an elder. Some of the more severe falls can result in serious traumatic brain injuries. According to the Centers for Disease Control, falls are the leading cause for traumatic brain injuries over car accidents. Furthermore, the CDC states that hospitalizations and death related to a traumatic brain injuries rank highest for elders 75 and older. There are some things you can do for yourself as well as any one taking care of an elder; encouraging exercise, making the home safer, having your medications reviewed, and an annual vision test.

Ways to make the home safer:

- Remove clutter from the floor; walk ways & stairs which may cause a trip
- Ensure you have proper lighting in hallways, near steps, ect.
- Remove rugs that don't have a non-slip bottom, or use double sided duct tape to hold the rug down
- Place items you use more often within reaching distance and avoiding using a step stool
- Install grab bars next to the toilet and shower for ease to get up or out
- Place non-slip rubber mats in the bath tub and a mat with a rubber bottom on the floor at the base of the tub
- Always wear proper shoes with rubber soles. Avoid wearing slippers and house socks alone
- Train your family pets not to jump on people when they are excited
- Home exercises; chair exercises and Tai Chi DVDs' which are available through AST Injury Prevention

If in the event that an elder does have a fall, protecting their head should be one of the most important things. Furthermore, if you fall it's best to keep the a telephone close to the ground so you can reach it and something to keep yourself comfortable if you aren't able to get up. If you are able to get up, ease yourself up on your elbows and then your hands and knees. Make sure you have a firm hold on something steady and face it (ex: chair or couch), then gently turn yourself and sit down.

A senior modified version of Tai Chi has been proven effective in preventing falls among elders 65 and older. It helps maintain muscle strength, improve mobility, and circulation among other benefits for elders with a variety of health issues. If you would like hands on instruction for Tai Chi, please contact Rosie TallBear at the AST Resource Center in Little Axe at 405.364.7298. Tai Chi classes are available Mondays and Wednesdays at 9:30am.



Listed below are examples of ways to prevent falls:



Rubber bath tub mat



Non-slip floor mats



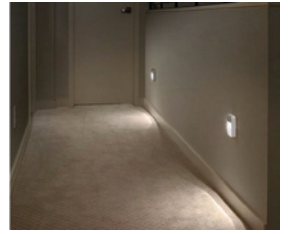
Proper non-slip shoes



Tai Chi is a proven method for preventing elder falls



Grab bar



Proper Hall way lighting

BRIGHT PATH GONA

April
5th, 6th, 7th,
2013

Gathering Of Native Americans

**Preventing Youth Violence,
Suicide, and Bullying**

Friday, April 5th 12am-6pm

Day 1 Belonging:

"Building & strengthening the sense of team, family, and community"

Featuring J.R. Pratt, presentation of Eagles by Gray Snow Eagle House and musical performance by Native Hip-Hop Rap artist Lil' Mike and Funnybone.



Saturday, April 6th 10am-5pm

Day 2 Mastery:

"Gaining mastery & healing from what holds us back"

Featuring presentations by Brian Frejo. Entertainment to be announced.



Sunday, April 7th 12pm-4pm

Day 3 Interdependence:

"Working together interdependently for positive change"



Additional Entertainment and Presenters to be announced at later date.



Education, Music,
Food, Fun, Crafts and
Fellowship

Sac and Fox Community Building

For information contact

Joshua Williamson at

(918)-968-9531 ext. 224

DISABILITY BENEFITS FOR WOUNDED WARRIORS

Military service members can get their disability claims processed quickly by Social Security.

Benefits available through **Social Security** are different than those from the **Department of Veterans Affairs** and require a separate application.

The expedited process is used for military service members who become disabled while on active military service on or after **October 1, 2001**, regardless of where the disability occurs.



www.socialsecurity.gov

or call toll-free, **1-800-772-1213**

(for the deaf or hard of hearing, call our TTY

number, **1-800-325-0778**)

4th Annual FOLLOWING THE TRAIL

April 26 - 27, 2013
Friday, 4-10:30 pm and Saturday, 7-5:30 pm

Native
American
Family
Conference

Everyone Welcome!

www.followingthetrail.org

Preregister before April 12th to be entered for extra door prizes!

**Men's
Program**

**New:
Friday
Night
Campout!**

**Door
Prizes!**

**Youth
Program**

**New:
Women's
Program**

**Grilled
Lunch**

**Afternoon
activities**

**Relaxed,
outdoor
atmosphere**

Conference Location:

Cornerstone Indian
Baptist Church
Little Axe, Oklahoma

Registration Costs:

Only \$10.00
per person
*Includes breakfast and lunch

Contact us:

Bryce Scott
(405) 912-0044
bwsscotti@hotmail.com

Ben Little
(405) 605-9312
Ben_little@msn.com

Jeanelle Lowe
(405) 431-8677
jeanellelowe@yahoo.com
www.followingthetrail.org

MUSIC

CHILDREN AT PLAY

So many of our children come home day after day from school they will grab a bite to eat and maybe watch a little T.V. some will do their home work & some won't. But there is a few of our kids that want to do more with time away from school and the free music program offered by The Absentee Shawnee Tribe of Oklahoma is there for the children that want to learn music. In the program this month we have six year olds and fifteen years of age and a few elders, some of our employees are in the music



program learning to play piano, guitar and even drums. The kids are just loving the opportunity to learn a skill that they can pass on all of their lives, they can teach their children and their elders and all their friends at school as well, I have children that give up their Saturday morning to come to a music class to learn the guitar or piano, some like playing the drums early in the morning and that is great I have a young man of 7 that has just started learning the guitar and doing very well, he comes to Saturday morning class and is ready to start his class at 8:30 along with his brother that is learning to play the drums it can get a little noisy but they are reaching to do new things and become real musicians and share their talents with the world, You would love the music classes We give each day from Tuesday all the way to Saturdays, every lesson is FREE and all you need to bring is yourself and the want to learn and in no time you will be on your way to playing piano or guitar or bass guitar, I'm in Little Axe on Tuesdays and Shawnee from Wednesdays until Saturday, You can always reach me through my cell phone at 405-370-5576 or at the Shawnee office 405-275- 4030 ext 117 or at The LAHC 405-701-7994 all classes are just 30 minutes long and we have other fun things we do throughout the year so give us a call and let's get started with some fun music classes. All Native Americans are welcome to enjoy all the classes again they are all free. Thanks Phil Bradley Instructor.

Absentee Shawnee Tribal Health System Presents

The Absentee Shawnee General Council

Health Fair



Saturday, April 6th 2013
8:00 a.m. - 12:00 p.m.

Activities will include:
Diabetes Screening
Blood Pressure Screenings
Eye Exams
Foot Exams
Dental
Vision

The fair will be held in
conjunction with the
General Council Meeting

For questions and concerns
Please contact Patricia Varholar at
447-0300

Come out and show your
support!

1 Mile Fun Run
7:30 a.m.
Registration at the entrance
of the Little Axe clinic

VANITY CAR TAGS FOR SALE



\$20.00 EACH
CONTACT

EILEEN PEARCE 227-2036

JOE COOPER FORD
SHAWNEE



Call Ken Edwards
today for your
Next auto purchase
(405) 410-6603





AST Youth Fitness

The Absentee Shawnee Fitness Program has been working with the AST Tribal Youth Program in promoting physical activity to help prevent diabetes among tribal youth. AST Tribal Youth Program participants have really enjoyed the games that the Fitness program has provided. The goal of the Absentee Shawnee Fitness Program is to provide an outlet for exercise and physical activity through fun games and activities. The youth are learning about healthy ways to prevent diabetes through healthy physical activity. The Absentee Shawnee Fitness Program would like to thank the AST Tribal Youth Program for allowing the Fitness staff to educate and provide activities for the youth to prevent diabetes.



Absentee Shawnee Fitness Program

Stronger Seniors Chair Exercise

Chair Exercise are exercises or workouts done while seated in a chair, or sometimes standing next to the chair for stability. Chair exercises are suitable for older adults due to the solid base of support preventing falls, and less strain on the joints.

They are also suitable for beginning exercisers who need to start with easier exercises to gain functional strength for the tasks of daily living. Other groups that would benefit include those with chronic conditions such as Cardiovascular Disease, Diabetes, Obesity, Arthritis and Osteoporosis. Other people who could improve their quality of life are the partially mobile, people in wheelchairs, the frail and the elderly.



Tai-Chi

Tai chi is a self-healing system of slow, graceful exercises that combine movement, meditation and rhythmic breathing to improve the flow of chi which is thought to prevent illness and improve well-being. Preliminary research suggests that tai chi may reduce stress, lower blood pressure and help older adults by improving posture, balance, muscle tone, flexibility and strength.



Strength

Flexibility



EVERY TUESDAY, THURSDAY, AND FRIDAY!

AST RESOURCE CENTER

TUESDAY (Chair Exercise/or Tai-Chi)
10:00 a.m. - 10:45 a.m.

THURSDAY (Chair Exercise/or Tai Chi)
10:00 a.m. - 10:45 a.m.

FRIDAY (Chair Exercise/or Tai Chi)
11:00 a.m. - 11:45 a.m.

Stress relief

Balance



The AST Fitness Program would like to extend an invite to all tribal members looking to increase their levels of physical activity and learn more about fitness and exercise. The AST Fitness Facility at the Resource Center is fully equipped with state of the art treadmills, elliptical machines, stationary cycles, dumbbells, isolation strength machines, and a cable machine. Our facility is also equipped with freestanding striking bags, medicine balls, exercise balls, fitness mats, resistance bands, BOSU balls, and other various exercise apparatus for your preferred workout. The AST Fitness Program currently provides free fitness classes to all tribal members. Classes include: Kickboxing, Circuit Training, Chair Exercise, Tai Chi, Boot camp, and Aerobic Fitness. The AST Fitness Program is here to help you get started on increasing your levels of physical activity and exercise. We invite you to come visit our fitness facility and see what our fitness program can provide for you.



AST Fitness Facility Hours

Monday through Thursday

6:00 a.m. – 9:00 p.m.

Friday

6:00 a.m. – 9:00 p.m.

Saturday/Sunday

CLOSED

405-364-7298



PROBATES

The Probate Office is trying to locate the next of kin of several deceased Tribal members. If you are a family member or if you know the whereabouts of any family members of the descendants listed below, please contact Johnnie Hagan at 405-275-4030 ext. 126 or 1-800-256-3341 ext. 126. We need the assistance of a family member in order to obtain the necessary information and documents to submit these cases for probate and distribution of the state to the rightful heirs:

Gilbert Luther Hood
Robert Jefferson Wimbish
Lawrence Gordon Lasenberry
Michael Edward Powell, Sr.
Gerald R. Clark
Zachary Paul Wolfe
Dorothy Spoon Rupe

GENEALOGY HELP NEEDED

Hello Tribal members. I, Darrell Burnett, am in need of your help please.

My great grandfather was Robert Canalis or (Conalis) my great grandmother was Pearl Canalis. Robert's siblings were Elanka (AL), William (Bill), Joseph (Joe), Julia, Cedro (Bud) Jr., Matilda (Tilda).

Anyone having family history, information and/or records, PLEASE contact me as I would like to know the final resting place of Mary, Robert and Cedro Sr.

Please call or write:
Darrell Burnett 1-800-523-1560
555 N. Waco St.
Van Alstyne, TX 75495

Education Department

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

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

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

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.

AST Education Department; Big Jim Youth Award applications

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)

High school **Seniors** of both genders within the 50 United States are eligible to apply for these awards for the 2012/2013 school year. Applications will be accepted from January 1 to March 1, 2013 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. The \$1000.00 award is in the form of a scholarship to the college or university where the award recipient will attend for the fall 2013 semester.

Individuals are encouraged to nominate deserving high school Seniors. You may nominate yourself. Please refer to the application for required documents. Eligible nominations will be judged by a panel of (non-AST) experts assembled specifically for this purpose. The intent is to bring together an unbiased group of experts to evaluate the applicants in an impartial and unbiased environment. Their decisions are final with respect to all matters concerning these awards. **Awards will be announced in May 2013.**

Award recipients will be recognized as the 2012/2013 Big Jim Academic Achievement Award winner or the Big Jim Athlete of the Year. In addition to this recognition the award recipients will receive a **\$1000.00** scholarship to be used towards their education and the advancement of their career.

Questions on these awards program should be addressed to:

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

SAFETY TIPS FROM...



- ✓ Never leave children alone in or around cars; not even for a minute.
- ✓ Put something you'll need like your cell phone, handbag, employee ID or brief case, etc., on the floor board in the back seat.
- ✓ Get in the habit of always opening the back door of your vehicle every time you reach your destination to make sure no child has been left behind. This will soon become a habit. We call this the "Look Before You Lock" campaign.
- ✓ Keep a large stuffed animal in the child's car seat when it's not occupied. When the child is placed in the seat, put the stuffed animal in the front passenger seat. It's a visual reminder that anytime the stuffed animal is up front you know the child is in the back seat in a child safety seat.
- ✓ Make arrangements with your child's day care center or babysitter that you will always call if your child will not be there on a particular day as scheduled.
- ✓ Keep vehicles locked at all times; even in the garage or driveway and always set your parking brake.
- ✓ Keys and/or remote openers should never be left within reach of children.
- ✓ Make sure all child passengers have left the vehicle after it is parked.
- ✓ When a child is missing, check vehicles and car trunks immediately.
- ✓ If you see a child alone in a vehicle, get involved. If they are hot or seem sick, get them out as quickly as possible. Call 911 or your local emergency number immediately.
- ✓ Be especially careful about keeping children safe in and around cars during busy times, schedule changes and periods of crisis or holidays.
- ✓ Use drive-thru services when available. (restaurants, banks, pharmacies, dry cleaners, etc.)
- ✓ Use your debit or credit card to pay for gas at the pump.

For additional information about ways to keep children safe in and around vehicles, visit our website at www.KidsAndCars.org.

Absentee Shawnee Tribe Veterans Association
March 13, 2013

C.O. Walter Larney
X.O. David Little
O.O. Esteline Schulenberg
Chaplin Donald Schulenberg

Members:

Roy Charley
David Vogle

1. Call to order at 7:00 p.m. by Walter Larney
2. Invocation by Chaplin Donald Schulenberg
3. Pledge of Allegiance - Esteline Schulenberg
4. AST Veterans Creed - Esteline Schulenberg
5. Attendance: 3 officers/Chaplin/2 members
6. Report of Officers

1. Executive Officer - update on upcoming events: March 27, Color Guard at new clinic in Little Axe at 1:00 p.m.

April 18, 2013, Conference in Tulsa, OK at the Tulsa Marriott Southern Hills on 1902 E. 71st, The 7th Generation. We need to leave about 6:30 a.m., April 18th.

Funeral service for one of our members, Elroy Alford Sr.: wake service is Friday, March 15th, 5:00 p.m. at Barn's Funeral Home in Midwest City on and the funeral service is Saturday, March 16th, 9:00 a.m. at Saint Teresa's Catholic Church in Harrah, OK.



Absentee Shawnee Housing Authority

107 N. Kimberly, Shawnee, Oklahoma 74804

Phone: (405) 273-1050

Come in and visit with us about:

- ❖ Lease with Option to Purchase
- ❖ Rental for Over Income
- ❖ Rental
- ❖ Budget Counseling



ABSENTEE SHAWNEE TRIBE OF OKLAHOMA

Notice of Interest: Committee, Board, or Commission

To be considered to serve on a committee, board, or commission, tribal members (18 years of age or older) should complete the following contact information, attach a cover letter and resume, and submit to: AST Secretary, 2025 S. Gordon Cooper Drive, Shawnee, Oklahoma 74801. Or, you may submit all documents by email to secretary@astribe.com.

Name: _____ CDIB #: _____

Address: _____

City: _____ State/Zip: _____

Phone: _____ Alt Phone: _____

Email: _____ Date: _____

I wish to be considered to serve on the following (check one):

- | | |
|---|--|
| <input type="checkbox"/> ASEDA (Economic Development) | <input type="checkbox"/> Health Commission |
| <input type="checkbox"/> Cultural Advisory Board | <input type="checkbox"/> Housing Board |
| <input type="checkbox"/> Education Commission | <input type="checkbox"/> Tax Commission |
| <input type="checkbox"/> Foster Care Commission | <input type="checkbox"/> TEC (Thunderbird Entertainment) |
| <input type="checkbox"/> Gaming Commission | <input type="checkbox"/> Other: _____ |

Notice of Interest form should be updated annually. Number and frequency of vacancies vary by board/commission due to term limits, number of positions, resignations, etc.

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 June 15, 2013. I cannot physically be present to cast my Vote at the **June 15, 2013 Run Off Election**, therefore, I am requesting an Absentee Ballot be mailed to me at the following address.

Name (please print): _____ (first) _____ (middle) _____ (last)
 Address: _____ City: _____ St: _____ Zip: _____

CDIB#: _____ Date of Birth: _____

Signature: _____ Date: _____

All REQUESTS must be returned to the Election Commission by the deadline of **May 26, 2013**

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 form may be duplicated

ELECTION COMMISSION USE ONLY

Received: _____ Approved: _____ Disapproved: _____

If Disapproved (reason): _____

Denial Letter Mailed: _____ Ballot Mailed: _____

Election Commission/Representative



Fellow Tribal Members:
My name is Teri Reed (Teresa White). I am your current Tribal Secretary and I have been honored to serve you over the past 18 months. I want to thank you for the strong support of my candidacy in the primary election on March 16th. I appreciate the emails, phone calls, and text messages I received from tribal members and employees who believe that I have made a difference for the tribe. I feel like the best is yet to come, and there is much more to accomplish.

The race is not over and I need your continued support in the June General Election. Your vote matters, so please remember to vote on Saturday, June 15th, 2013.

For those of you who are still on the fence and trying to determine your candidate of choice, I ask you to take the time to compare the differences between the two candidates in the areas of professional accomplishments, business experience, plan for the future of the tribe, and personal values. Although we both possess some skills that will benefit the tribe, I feel that I have demonstrated the ability to understand and act on the important issues. I feel I have acted professionally and effectively when representing the tribe in business activities/ventures with other tribes, with local and state officials, business professionals, and government offices. It's important to me that people are treated fairly, and I have a low tolerance for petty issues and gossip. I realize that it is difficult to get to know someone, especially anything about their value system, from a newsletter article. I am available to visit with you by telephone or by personal visit should you have questions or if you just want to meet to discuss issues that are important to you. You can set up a time by calling my office.

BACKGROUND

My father was Leroy White who passed in 2002. The matriarch of our family is my mother, Dee White. My paternal grandparents were Tennie Little Jim and Willie White, and my great grandparents were Little Jim and Ella (Beaver) Little Jim. My parents instilled a good sense of core values in our family. We were taught to work hard, to be fair to others, and to respect our traditions. I moved away from the Little Axe area and raised four children who have blessed me with ten wonderful grandchildren. I have a strong extended family that is supportive and active in their communities and in our tribe's culture.

BUSINESS EXPERIENCE

After a long and successful career (30+ years) in business as an executive for a large communication company and owning my own Real Estate Brokerage and Investment Branch, I ran for office as your Secretary in 2011. In the past, I enjoyed playing a little golf, watching sporting events, traveling, and getting involved with any group that had a good cause. A lot of these activities came to a halt after I became Secretary, but I still enjoy these activities whenever time permits.

As a business consultant, I traveled all over the country in the 1990's helping with multimillion dollar process improvement projects. I was usually in charge of leading the teams in addition to serving as the lead statistician for data analysis. I have had extensive training in management development, team building, leadership skills, and problem solving. After early retirement, I opened my own Independent Real Estate business in the early 2000's. After the housing market took a downturn, I decided that the time was right for me to pursue a new direction and a good time to get more involved in our tribal government.

TRIBAL EXPERIENCE AND ACCOMPLISHMENTS

I am a member of the National Congress of American Indians (NCAI) and the Oklahoma Federation of Indian Women (OFIW). I have been recognized by the Outstanding Professional Women's Organization for my work in business. I am the past President of the Noble Chamber of Commerce, and the current Vice President of Little Axe Chamber of Commerce. I have completed and passed the Indian Country Financial Oversight Certification Program.

As your Tribal Secretary, I have worked hard to improve the services we provide to tribal members while instituting and supporting new services. I have served with integrity and have done my best to serve honorably and with passion on issues that are important to you and our tribe. I have the courage to stand up for my beliefs even when it might be easier to

just go along with the majority. When I see unjustness, I work to make it right. I look for ways to save the tribe money and stop unnecessary spending and waste. If I see weaknesses in our work processes, I work to eliminate them.

Some of my recent accomplishments include:

- As one of the founding members of the Big Jim Youth Award program, I developed the program prototype and led a team in the implementation of this new program that is open to High School Seniors nationwide.
- Saved the tribe thousands of dollars in unnecessary fees and charges in telephone usage charges and unauthorized fees.
- Led a team to make improvements to the website (ongoing).
- I took the lead in remodeling and opening the exercise facility at the complex and organized a remodeling project for the main building in the complex.
- Planned, organized, and coordinated the rebuilding of the Harrah Smoke Shop which is scheduled for a grand opening in March.
- Coordinated the implementation of new gas pumps at our convenience store and increased gas sales by 33%.
- Reviewed and provided input on saving time/money on countless practices and work processes for the Tribe, Stores, and Health Clinics.
- Streamlined the corporation documents, tax IDs, and licenses that we use to run tribal businesses so that there is a clean line of business ownership, authority, and accountability.
- Supported economic development activities and grants.

If I am afforded the opportunity to serve another term, I want to focus on continuing to improve and add services to tribal members, supporting assisted living and housing initiatives, increasing the tribe's land base, strategic planning, and more economic development opportunities for increasing our revenue base. I would also like to work on creating some buyer discounts that will benefit tribal members in purchasing goods and services nationwide.

I feel a great sense of accomplishment in what I've been able to do and I feel that I have much more to offer. Please vote for me on June 15th. Thank you for your continued support.

Teri Reed – Candidate for Tribal Secretary
405-275-4030 Ext 104

AST Public Health Nursing Department Programs; Caregiver Program & Injury Prevention Program Host Elders in Two Educational Events

AST Public Health grant programs hosted an elder outreach event Friday, November 30 at the AST Little Axe Resource Center. The "Brown Bag Special" elder event focused on medication safety and management, as well as the risk of elder fall injuries that can contribute to taking medications. A "brown bag" lunch was provided to participants during the speaker presentations. AST Health's Director of Pharmacy, Nancy Phelps spoke on medication management and safety. Elders had the opportunity for an extended question and answer session regarding medications, use of AST pharmacy services and obtaining refills. The Caregiver program provided each participant with a personal wallet record to log their medication, allergies, doctor and pharmacy information to have available when they seek medical care. Each participant was given weekly medication planner boxes that Public Health Nursing provided instructions on and demonstrated use. Additional presentations on available program services and contact information were given by Behavioral Health Director, Dara Thorpe and Injury Prevention Program Coordinator, Sacha Almanza. Elder games and physical fitness activities, such as Tai Chi which promotes balance and mobility, were provided by the Resource Centers physical fitness staff.

The last AST Public Health grant programs elder event was held Thursday, December 20th at the Little Axe Resource Center. This "Winter Wellness Land" event included door prizes, fitness games and highlighted fire safety as weather conditions turn cold. AST physical fitness staff provided games and chair and strength band exercise demonstration to participating elders. Special guests included recently retired Shawnee Fire Department Captain of 24 years, Billy Mitchell, AST OEH Director Kenny Jones, and OEH Project Coordinator Dennis Burks. Mr. Mitchell's presentation included a fire extinguishing safety education video and offered a question and answer session concluding the presentation. AST tribal members are eligible for free Carbon Monoxide and Smoke Detectors, including installation, through a program offered by the AST OEH staff. Many participants signed up for these OEH Services.

For more information on
AST OEH Services contact 405.214.4235
or
AST Public Health Nursing Programs

The month of April is Child Abuse Prevention Month and the Promoting Safe and Stable Families would like to provide some information about child abuse, warning signs and tips on how you can help to prevent the abuse of a child from www.preventchildabuse.org.



FACTS ABOUT CHILD ABUSE

What is Child Abuse and Neglect?

- Physical abuse – an injury to a child that is not an accident, may include: hitting, punching, beating, burning, biting, kicking, cutting, shaking, or any action that physically harms a child.
- Emotional abuse – maltreatment of a child that may involve criticizing, insulting, yelling, swearing, manipulating, rejecting or withholding love.
- Sexual abuse – any sexual activity with a child, including exhibitionism, photographs or videos, pornography, prostitution, fondling, or rape.
- Neglect – failure to provide for a child's basic physical, emotional, medical or educational needs.

Who Abuses Children?

Most often the abuser is someone the child knows, such as a parent, relative, neighbor or friend of the family.

Where Does Child Abuse Happen?

Wherever children are, where they live, sleep, learn or play.

How Often Does Child Abuse Occur?

Each year, close to 3 million reports of suspected abuse is filed in the United States. Many more cases never get reported. One victim of child abuse is one too many!

WARNING SIGNS OF ABUSE

Children who are abused may show physical and behavioral signs. You may be a child's only lifeline to safety. Please pay attention to the treatment of children around you. Child abuse is everyone's business. If you suspect a child is being abused or neglected in Oklahoma, call 1-800-522-3511.

Children who have been abused or neglected may be:

- Nervous around adults or afraid of certain adults
- Reluctant to go home
- Very passive and withdrawn—or aggressive and disruptive
- Often tired or complaining of nightmares, or not sleeping well
- Fearful and anxious
- Showing sudden changes in behavior or school performance

Possible signs of physical abuse:

- Unexplained burns, bruises, black eyes or other injuries
- Apparent fear of a parent or caretaker
- Faded bruises or healing injuries
- Injuries that do not match the explanation

Possible signs of sexual abuse:

- Difficulty walking or sitting, or other indications of injury to the genital area
- Sexual knowledge or behavior beyond what is normal for the child's age
- Running away from home

Possible signs of neglect:

- Frequently missing school
- Begging for or stealing money or food
- Lacking needed medical or dental care
- Being frequently dirty
- Using alcohol or other drugs
- Saying there is no one at home to take care of him or her

Possible signs of emotional abuse:

- Acting overly mature or immature for the child's age
- Extreme changes in behavior
- Delays in physical or emotional development
- Attempted suicide
- Lack of emotional attachment to the parent.

Many of these signs may also be present in children exposed to violence in their homes and communities, like domestic violence and gang violence. These signs don't prove that a child is being abused. But they could be a signal that the child and his or her family may need help. If you know of and or suspect a child is being abuse, call the hotline at 1-800-522-3511 or the ICW department at 405-878-4702.

TEN WAYS TO HELP PREVENT CHILD ABUSE

Be a nurturing parent.

- Children need to know that they are special, loved and capable of following their dreams. Help a friend, neighbor or relative.
- Being a parent isn't easy. Offer a helping hand take care of the children, so the parent(s) can rest or spend time together.
- Help yourself.
- When the big and little problems of your everyday life pile up to the point you feel overwhelmed and out of control – take time out. Don't take it out on your kid.
- If your baby cries...
 - It can be frustrating to hear your baby cry. Learn what to do if your baby won't stop crying. Never shake a baby – shaking a child may result in severe injury or death.
- Get involved.
- Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.
- Help to develop parenting resources at your local library.
- Promote programs in school.
- Teaching children, parents and teachers prevention strategies can help to keep children safe.
- Monitor your child's television and video viewing.
- Watching violent films and TV programs can harm young children.
- Volunteer at a local child abuse prevention program.
- For information about volunteer opportunities, call 1.800.CHILDREN.
- Report suspected abuse or neglect.
- If you have reason to believe a child has been or may be harmed, call your local department of children and family services or your local police department.



Sexual Assault Awareness Balloon Release

**Come join us for our 4th Annual
Sexual Assault Awareness Event!!**

Balloon Release & Refreshments

Date: April 1, 2012

Time: 11:00 am

Location: In front of Building 1 at the AST Complex

**If you would like more information please contact:
Sexual Assault Advocate, Linda Gouge @ 405-273-2888**



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 TRIBE
OF INDIANS OF OKLAHOMA
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	2. SLOPE				
	lo wi ma ke				
	3. MOUNTAIN				
	ma ke wi ke or ma qi ke ke				
	4. ROAD				
	me ya we				
	5. TRAIL				
	me ye we na he				
	6. SWAMP				
	ti na pe wi ke ke				
	7. BOTTOM				
	li wi ma ke or li me ti fa				
	8. TOP				
	ho se ke ge				
	9. MIDDLE				
	ha la ke he				
	10. ROCK				
	se ko ni				
	11. FLAT				
	hi pi ke yi				
	12. ROUND				
	wi we ya ya or pa ta ko ga ya				
	OTHER ENTITIES & TOLL FREE				
	All Nations Bank	273-0202			
	ASEDA	878-6782			
	AST Campus	275-4030			
	Toll Free	1-800-256-3341			
	Brendle Corner	447-3372			
	Building Blocks	878-0633			
	(Lauren May, Rick Short)				
	Housing	273-1050			
	Indian Child Welfare	878-4702			
	(Summer Ackerman, Sena Yesslth, Amanda Lenora)				
	Country Kitchen Restaurant	366-7220			
	Media (Sherman Tiger)	598-1279			
	OE/HEP	214-4235			
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	Police Dept.	275-3200 / 275-3432			
	Thunderbird Casino NRM.....	360-9270			
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	Tribal Store (Little Axe).....	364-0668			
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	LITTLE AXE CLINIC				
	Clinic - Medical.....	447-0300			
	After hours	447-0498			
	Clinic - Dental	307-9704			
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	Pharmacy	292-9530			
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*Cover art is a selection of Earnest Spybuck painting,
"Shawnee Home Life About 1890" ca. 1910*