



FROM THE ELECTION COMMISSION:

THIS IS TO ANNOUNCE THE FOLLOWING POSITIONS FOR ELECTION IN 2013

Executive Committee

POSITION	TERM	FEES
Governor	2 Years	\$500.00
Secretary	2 Years	\$500.00

Election Commission

POSITION	TERM	FEES
Election Commissioner	3 Years	\$125.00
Election Secretary	3 Years	\$125.00

ANY PERSON WHO WISHES TO ANNOUNCE THEIR CANDIDACY FOR AN ELECTIVE POSITION FOR THE PRIMARY ELECTION SHALL BE REQUIRED TO POST THE APPROPRIATE FILING FEE, ALONG WITH THE CANDIDACY FILING PACKET, WITH THE ELECTION COMMISSION FOR THE PERIOD OF JANUARY 1-10 (EXCLUDING WEEKENDS AND HOLIDAYS) FROM 8:00 A.M. TO 12 P.M. AND 1:00 P.M. TO 5:00 P.M. A PERSON MAY FILE FOR ONLY ONE (1) ELECTED POSITION ON ANY ELECTIVE BODY.

ELECTION DAY IS MARCH 16
BE SURE TO VOTE!!!

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Executive Committee



GEORGE BLANCHARD
GOVERNOR



ISSAC GIBSON
LT. GOVERNOR



TERI REED
SECRETARY



KATHY DEERE
TREASURER



JEFFREY GIBSON
REPRESENTATIVE

Governor's

Report

Greetings Tribal Members

Hope this reading finds you in good spirits. Taking care of yourself both physically and mentally should be a personal priority.

I hear there is illness of various types within our people. This is the time for families to band together, check on loved ones, and feel the need to help each other.

On a lighter note, the annual children's Easter Egg Hunt has been scheduled for Saturday, March 23, 2013. We anticipate a large turnout for the youngsters. Please mark your calendars for this event and plan on attending. Further details will be forthcoming as we finalize the planning.

I anticipate our Gaming to increase its activities in the coming months. Gaming is always looking to present creative new games for the enjoyment of our clientele.

The Executive Committee is working diligently on your behalf. I credit their efforts continuously for making significant progress for the the betterment of the Tribe.

Our condolences to families who have recently lost loved ones.

Finally, I would like to mention to the Tribal Membership that I am seeking another term of office as your Governor. There are still some areas that needs addressing that I feel I can make a difference.

Please stop by and visit with me if you are in the area. I enjoy visiting with friends and family alike.

Sincerely,

George Blanchard
Governor

Lt. Governor's

Report

The New Year has begun, I hope is started off good for all of you.

At the Farm, the new year brings new calves and a lot of work. Our herd is growing quickly, I'm not sure how many calves there will be by the time this report gets to you but the count last week was eleven (11). The Representative's office has provided a more detailed report on the cattle operation.

I would like to thank everyone that helps with the cattle operation. We don't actually have a staff assigned to a department for this; it is a joint effort between this Office, the Representative's Office and our staff. Whether it is building fence, feeding

or looking for strays, the job gets done. We are proud of how well things have moved along in such a short time and we appreciate the hard work of everyone involved.

Approximately one fourth (1/4) of the federal funds on the BIA side were received by the tribe the last week of December. We are currently being funded under a continuing resolution (CR). All indications imply that the President's budget will be approved by the end of March. However, there have been times when the budgets weren't passed by Congress until June. This does not hinder us from providing BIA services. The Tribe will continue to operate under the CR until Congress finalizes the national budget.

The Tribe applied for and was funded for a transit planning grant from the Federal Highway Administration (FHWA). With the funds provided

for the planning process, we should be able to gather information and statistics that will give the Tribe the opportunity to apply for and be awarded a full transportation transit grant. Over the next few months if you are approached by tribal staff, or receive questionnaires regarding your transportation needs, please do not hesitate to provide the requested information. This way you can assist us in submitting a thorough application for grant funds that will provide for the transportation needs of our tribal members and other eligible Native Americans within the jurisdictional boundaries of the Tribe.

I'm looking forward to the successes and challenges that we will encounter in the upcoming year.

Respectfully,
Isaac Gibson, Lieutenant Governor

Greeting Tribal Members:

The Presidential inauguration took place this past week and I feel a great sense of patriotism in watching another president be sworn into office. There was a time in my young-life that I took such events for granted. As I matured, I became more aware of what a privilege it is to be Native American in this great country. Hopefully, I will be around to see many more presidents come into office. I am hopeful that the next four years will see a continued and renewed emphasis on Native American issues. I am also hopeful that the new administration will finally get a handle on improving our Nation's economy. As a country, we need to put more American's to work and help them acquire and maintain adequate housing. In our tribe, we need to do the same.

COBELL SETTLEMENT

We continue to receive calls here at the complex about the Cobell Class Action Settlement. The checks are not issued by us. They are issued by the federal government. If you have questions about the settlement or if you think you may be entitled to a part of this settlement, you can call 1-800-961-6109 or visit the website at www.IndianTrust.com. The settlement includes payments totaling 3.4 billion to 350,000 Native American beneficiaries that have IIM accounts. The lawsuit was the result of the federal government's mishandling of trust land royalties. The first checks for the Historical Accounting Class were for \$1,000.

The second phase of the settlement is the Trust Administration Class. The Court has entered a final deadline for submission of claims for the Trust Administration Class. Any claim forms must be postmarked by March 1, 2013. If you need to fill out a claim form, visit the website www.IndianTrust.com. The amount of this settlement will depend on how much income you've collected into your IIM account. Each member of the Trust Administration Class will receive a baseline payment of \$500. The \$100 million in the Trust Administration Adjustment Fund will be used to increase the minimum payment for Trust Administration Class Members. The current estimate is that will raise the minimum payment to Trust Administration Class Members to about \$800. Individuals with an IIM account open between 1985 and September 30, 2009 may receive more than \$800. This payment is separate from, and in addition to, the \$1,000 payment to individuals in the Historical Accounting Class.

INVESTMENTS AND GRANTS

Two issues that I have not reported on much in the past is grants and investment opportunities. I want to take this opportunity to tell you that your Executive Committee has applied/investigated many of these in the past year. Competition for grants is extremely high. While we have been afforded many grants this past year, we have lost out on the majority. We recently added a grant writer and hope to increase our acceptance rate. In today's economy, viable investment opportunities seem to be few and far between. We expend a good deal of effort and energy investigating offers and deals that are presented to us on a monthly basis (1-2 a month), but few of them actually pan out in the end. As a tribe, we tend to be cautious with investments/money. We need to continue in this mode until our financial resources are more fluid. This will happen as we repay our long term debt. In the meantime, we will continue to explore investment opportunities and will take advantage of any that make sense for our tribe.

BIG JIM YOUTH AWARDS

As with last year, I am involved in supporting the Big Jim Youth Award program with the Education Department. This award is for AST High School Seniors nationwide and will be presented in May of this year. 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 application form can be found in this newsletter or the website www.astribe.com. Applications need to be received by the March 31, 2013 to qualify. I want to encourage all high school seniors to apply. 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. It was a great honor and very rewarding to be a part of the support team last year, and I'm looking forward to working with this group again.

HEALTH CLINICS

The purpose of the health board is to lead and direct the operations of the

health clinics and to monitor the organizations financial health and progress toward long range goals. I attend the monthly meetings to keep abreast of the progress of our clinics. At our last meeting, there was some discussion about the need to fill a vacancy on this board that has existed for a few months. We need a tribal member with some medical experience. Some of the requirements/preferences for this position include:

- Experience with or serving on non-profit boards.
- Financial knowledge including experience with accounting and finance practices.
- Health care knowledge including experience in the health care arena such as middle to senior management of a hospital or comprehensive ambulatory care setting.
- Knowledge of healthcare organizational structures such as hospitals, clinics, hospices, etc.
- Experience with legal/business operational matters.
- Strong understanding of policies/procedures and fiduciary duties.
- Grant writing knowledge preferred.
- Have no conflicts of interest (and is not a current employee at our clinics).
- Must be available to meet on the third Monday of each month from 8:30 a.m. until about noon, as well as other times as directed by the board.

If you are interested in being a part of this board, please fill out the form located elsewhere in this newsletter and send it to my office at 2025 S. Gordon Cooper Drive, Shawnee, Ok 74801. Please include your resume. We are most interested in getting his position filled as soon as possible.

CASINO UPDATE

The Casino is giving away vacation packages every Friday and Saturday night in February. Packages range from Vegas getaways to Cruises. With over 16 packages given away the promotion promises to make February an exciting month with great odds of winning. As always Tribal members receive \$10 Free Play every week in addition to the weekly Match Play offered.

Bingo has not proven to be a big money maker for casino's, however, due to demand we are in the process of looking into bringing Bingo back as a way of increasing traffic. We also have new slot machines ordered which will be on the floor in the coming months. The TEC board is in the process of redesigning the outside of the Norman facility which will include new lighting and an updated feel. This remodel will include a new sign on Highway 9 to draw attention and drive traffic to the Casino. In addition to all of these improvements we are looking into the feasibility of adding a restaurant to the Casino. The revenue projection to the tribe in 2013 is over \$3,000,000.

TOBACCO COMPACT

We received notification that the State of Oklahoma plans to terminate our current Tobacco Compact on the expiration date at the end of June. We are discussing our options for the renegotiation of this compact which important to our tribe. Most Oklahoma tribes have Tobacco Compacts that will expire in 2013. Because of this, many tribes feel the need to join forces and to resurrect a regional coalition of tribes to tackle issues that are important to all of us. The United Indians of Oklahoma, Kansas, and Texas (UNIOKT) is being formed to fill this need. Our Executive Committee passed a resolution to join and support this group in 2013. This group has had several organizational meetings. The next meeting is scheduled for February 4th.

FITNESS CHALLENGE

For all of you who made a New Year's resolutions to improve your health or to lose weight, be on the lookout for information on the new fitness challenge for 2013. This year, the challenge will be extended to tribal members and employees of the tribe in the service area. A lucrative incentive for this challenge is being provided by the tribe and the casino. This fitness challenge is to provide a little fun and an incentive to improve your health. This is good for us as a tribe because it lowers our health care costs, decreases employee absences due to sickness, and creates healthier environments for our tribal member families. I plan to participate and hope you consider getting involved for better health in 2013.

GENERAL ELECTION 2013

The next general election will be on Saturday, March 16, 2013. I encourage each of you to get out and exercise your right to vote. If you will be unable to vote on that date, you can fill out an absentee ballot to make sure your voice is heard. Contact the Election Commission on extension 150 if you have questions on voting.

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

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

Treasurer's

Report

Greetings TRIBAL MEMBERS,

Hope everyone had enjoyable Valentine's Day! It is already the second month of 2013! Thankfully, we haven't had much of a cold winter so far, but we still have a month or so of winter! Hope you all decided to start the New Year off with a new resolution to diet, exercise, and keep healthy. The AST Fitness Staff have begun a new fitness program called 2013 Absentee Shawnee Fitness Challenge, which began on February 25th, 2013. This year the AST Fitness staff will be opening the challenge to all Absentee Shawnee employees and Absentee Shawnee tribal members. So contact Buster Bread, AST Resource Center, 405-364-7298. I know a lot of people have come down with the flu and viruses; so try to keep healthy during these times. Also, would like to extend my sincere condolences to the families who lost love ones, remember the good memories!

- Annual Easter Egg Hunt will be Saturday, March 23rd, 10 am, behind Thunderbird Casino, Pow-Wow Grounds, Norman, OK.

- Happy Birthday to Muriel Gene Parker! She celebrated her 85th Birthday at Gliori's Italian Restaurant, Tecumseh, OK. Congratulations and appreciation to a wonderful, hard working, lady who has served her Tribe to the best of her ability! Thank you Gene for your service to the AST Elders' Council for many years!

- Congratulations to Absentee Shawnee Tribe and Health Programs for being selected again as Certified Healthy Business Award of Excellence as part of the Certified Healthy Oklahoma businesses. There are three (3) levels of awards Basic, Merit, and Excellence. We are proud of their recognition and received an award in 2009, 2010, and 2011. They received award at the Certified Healthy Workshop and Award Luncheon, Cox Convention Center Ballroom.

- Cobell Settlement Information about the individual class-action payments (Historical Accounting Class and Trust Administration Class), Contact 1-800-961-6109, email Info@IndianTrust.com, or website: www.IndianTrust.com "Almost 40,000 Historical Accounting Class Members are shown as "whereabouts unknown." The awards for these Class Members

have been deposited in their IIM accounts and they only need to update their contact information to be able to claim their award. Another 10,000 Class Members have no contact information in the records furnished by Interior. If you are a member of the Historical Accounting Class and are not currently receiving statements on your IIM account from the government, then you need to provide contact information to the Claims Administrator or entering the information on the site by accessing the File a Claim/Register to Participate tab to the left." Finally, the Court has entered a final deadline for submission of claims for the Trust Administration Class. Any claim forms must be postmarked by March 1, 2013.

- Secretary of the Interior, Ken Salazar will be returning to his home state of Colorado at the end of March 2013. He stated in a press release, "I have had the privilege of reforming the Department of the Interior to help lead the United States in securing a new energy frontier, ushering in a conservation agenda for the 21st century, and honoring our word to the nation's first Americans..." He has served eight years in Washington D.C and four of those years he served as Secretary of the Interior under President Obama.

- Land Buy-Back Program for Tribal Nations which will manage a total of \$1.9 Billion Trust Land Consolidation Fund in which tribal leaders can attend consultation sessions for tribal feedback in either of three areas of the country, Minneapolis, MN, Rapid City, SD., and Seattle, WA. The initial implementation plan, based on consultation with tribes, outline how Interior will carry out the land consolidation component of the Cobell Settlement to purchase the fractionated interests in trust or restricted land, at fair market value, within a 10 year period. These acquired interests will remain in trust or restricted status through transfer to tribes. "freeing up fractionated lands for the benefit of tribal nations will increase the number of acres in tribal land bases, stimulate economic development and promote tribal sovereignty and self-determination," said Deputy Secretary of Interior, David J. Hayes. To ensure high level accountability, Secretary of Interior, Ken Salazar has established an oversight board, which includes the Deputy Secretary, Solicitor, Director of the Bureau Indian Affairs and the Special Trustee for American Indians.

Realty Director, Rachel Howell and I attended consultation session in Rapid City, SD.

- Fiscal Cliff sharp decline in the budget deficit that could have occurred beginning in 2013 due to increased taxes and reduced spending as required by previously enacted laws. The deficit—the amount by which government spending exceeds its revenue—was projected to be reduced by roughly half in 2013. The Congressional Budget Office (CBO) had estimated that the sharp decrease in the deficit would have likely led to a mild recession in 2013 with the unemployment rate rising to roughly 9 percent in the second half of the year. The fiscal cliff was largely eliminated by the American Taxpayer Relief Act of 2012 on 1-2013. The previously enacted laws leading to the fiscal cliff had been projected to result in a 19.63% increase in revenue and 0.25% reduction in spending from fiscal years 2012 to 2013. Those laws included the expiration of the 2010 Tax Relief Act and planned spending cuts under the Budget Control Act of 2011. The former extended the Bush tax cuts for two years, while the latter was enacted as a compromise to resolve a dispute concerning the public debt ceiling and address the failure of the 111th Congress to pass a Federal Budget. Under the fiscal cliff scenario, some major programs like Social Security, Medicaid, federal pay (including military pay and pensions), and veterans' benefits, would have been exempted from the spending cuts. Spending for federal agencies and cabinet departments would have been reduced through broad, shallow cuts referred to as budget sequestration. The American Taxpayer Relief Act of 2012 was signed into law by the President on January 2, 2013 and eliminated much of the tax side of the fiscal cliff, with the CBO projecting an 8.13% increase in revenue and 1.15% increase in spending for fiscal year 2013. Adjustments to spending were expected to be hashed out in early 2013. The Act resulted in a projected \$157 billion decline in the 2013 deficit relative to 2012, rather than the sharp \$487 billion decrease projected under the fiscal cliff. The increase in revenue came from increased marginal income and capital gains tax rates relative to their 2012 levels for annual income over \$400,000 (\$450,000 for couples); a phase-out of certain tax deductions and credits for those

with incomes over \$250,000 (\$300,000 for couples); an increase in estate taxes relative to 2012 levels on estates over \$5 million; and expiration of payroll tax cuts (a 2% increase for most taxpayers earning under approximately \$110,000). These changes would all be made permanent. A reduction in spending due to budget sequestration was delayed for two months under the act and the debt ceiling was not changed, leading to further debate during early 2013. The House passed the bill without amendments by a margin of 257-167 around 11 pm EST on January 1, 2013, and President Barack Obama signed it the next day.

- 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.

- Monthly Program/Departmental Directors meeting. Each director comes every 3rd 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. THANK YOU!

- Elders' Monthly meeting 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.

- Title VI nutritional program took a few elders to a luncheon put on by the Sysco Food Company and took a tour of the facility.

- 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.

- Monthly Redstone Investment meeting. We have an excellent investment advisor, who continually keeps the committee updated on current investments and most beneficial to the Tribe. Since we have been with Redstone Investments, we have achieved attractive returns for the Tribe's investment portfolio

for over ten (10 years). • ASEDA board monthly meeting every second Thursday of the month in Governor's Conference Room.

• Constitutional Revision committee. 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 at the Sac & Fox Tribal Complex, Stroud, OK. This group has been around since late 1996 and their purpose is to promote unity among the tribes in Oklahoma, Kansas, and Texas. Former Governors of the Absentee Shawnee Tribe have been involved with this group and now UINOKT are trying to reorganize and reunite again. 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.." UINOKT is amending their constitution and By-laws and in process of passing at next meeting. Goals are to have a website, press release, and lobbying efforts of all tribes in Oklahoma, Kansas, and Texas. Next meeting was held at the Comanche Tribal Complex, Lawton, Oklahoma hosted by the Comanche Nation.

The Finance Department employees and Controller, Belinda Collins, are deserving recognition as they daily continue the never ending processes for the financial side of the Absentee Shawnee Tribe. Without their tireless dedication and commitment we could not keep the financial transactions processes flowing!

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 AllNations Bank, Finance Department, and Financial Consultant, Eddie Brokeshoulder.

Respectfully yours,
Kathy Deere,
Tribal Treasurer

"Our greatest happiness does not depend on the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation, and freedom in all just pursuits."

-THOMAS JEFFERSON

Representative's Report

Greetings Tribal Members,

I hope everyone has been enjoying their new year. It's been a quite eventful month for my departments. I have enjoyed the visits from the tribal members that have come to talk with me. I hope everyone is staying warm with these chilly winds that we have been having. I would like to take the time to say Happy Birthday to all our Tribal Members with birthdays this month. Also, Happy Anniversary to all the couples celebrating their special days this month. My condolences go out to the families of the Tribal Members that have lost loved ones this past month, be sure to spend time with your loved ones and cherish the moments you have with them and tell them how much you care for them. The Cattle Operation is going well we currently have 67 cattle on the farm; 13 of them being new calves and a set of twin heifers. This past month Title VI attended a tasting at Sysco on ways to improve our healthy meals. I would like to thank everyone that came and supported the ideas on improving our Title VI. Building Blocks will be having their Valentine's Day party with the children and their families on Feb. 14th. The new Building Blocks is still undergoing the process to break ground on the construction site. In closing, I would like to encourage all of our Tribal Members to keep up the hard work to follow their goals. You can do anything you set your mind to, it'll all pay off in ways you can't even imagine. Times get tough and being with your loved ones will get you through anything. Have a good month and stay warm.

Ne ya wa! Jeff Gibson

FINANCE DEPARTMENT

February 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 our entities that will roll up into the tribe's audit. Auditors should be on sight in February and 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.

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 IHS, 51 Grants, and the new Clinic business. In addition, the Tribe operates on a General Fund and an Indirect Cost Fund.

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

FINANCIAL CONSULTANT

Hello Tribal Members,

As Financial Consultant for office of Treasurer, I hope each tribal member established a New Year's resolution to develop a financial plan for 2013, especially considering impacts of the "FISCAL CLIFF" toward Indian programs and families. The office of Treasurer will continue to provide fiduciary responsibilities of sound financial management

decisions for tribal funds and programs.

The following activities I have been involved and participated:

CY 2013 Financial Reports: Reviewed and analyzed Treasurer's calendar year 2013 General Fund, Indirect Cost encumbrance budget reports.

Absentee Shawnee Economic Development Authority, Inc. (ASEDA): Attended February board meeting with the following business topics and discussions:

ASEDA, INC. audit meeting with Finely & Cook CPA firm to discuss 2012 audit. Brothers Bottling Company, LLC met with board members to discuss business venture. Hi Tech Air Solutions met with board members to discuss business venture. Manhattan Construction and Horizon Engineering Company discussed findings with board members and Executive Committee on Water Utility Project.

COMMUNITY DEVELOPMENT

Alliance for Economic Inclusion (AEI): Participated in a telephone-conference call with AEI Advisory Council members which I am a member. The conference call was an introduction and a discussion on structure of AEI, Committees and Expectation of members, a decision was made to have three committees: Access, Financial Education and Membership & Communication committees. Native American issues will be incorporated in all three committees.

AEI held its first quarterly meeting, Wednesday, January 30th, Oklahoma State University-Tulsa Campus, Tulsa, Oklahoma. As AEI progresses in structure, I will submit more information in our future newsletter's for tribal members, please stay tuned.

Absentee Shawnee Community Development Financial Institution (CFDI): The deadline February 28th, in submitting an application for a Native CDFI program is fast approaching. Absentee Shawnee Tribe is submitting an application for Technical Assistance for a two-year funded program in the amount of \$150,000 per year.

AST Constitution Revision Committee: The AST Constitution Revision Committee is in full swing for 2013. Our committee has held three meetings in January, concluding with our last meeting on January 31st, at this meeting we invited Suzanne Chaney, Tribal Government Specialist from B.I.A.

area office in Anadarko, OK. At our January 31st meeting, invited were Executive Committee (E.C.), Election Commission and Attorney General Office, the purpose of this meeting was to inform, question and answer session with Suzanne Chaney. Everybody came away with a very productive constitution revision discussion.

The following tribal members make up the AST Constitution Revision Committee: Anita Chisholm, Briana Ponkilla, Paulette Blanchard, Augustine Johnson, Dan Little Axe, Jerry Little Axe, Mepherd Switch, Betty Watson, Kathy Deere, Treasurer and Eddie Brokeshoulder, Financial Consultant. Our committee is excited to welcome Paulette Blanchard to our committee, please contact me if you are interested in participating and being a part of a better tomorrow, please contact me Eddie Brokeshoulder, Financial Consultant, eddieb@astribe.com or 405-275-4030 x 148.

In closing, if you should have questions, please contact me at eddieb@astribe.com or 405-275-4030 x 148.

Respectfully,
Eddie Brokeshoulder
Financial Consultant

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*

RESOLUTIONS

The following are Resolutions passed through January 16, 2013

EXECUTIVE RESOLUTIONS:

E-AS-13-01 01/16/13

Re-appoints Cynthia Carpenter to the Absentee Shawnee Housing Authority Board of Commissioners for a term of (2) two years effective January 16, 2013 and expiring January 15, 2015.

E-AS-13-02 01/16/13

Re-appoints Roy Larney to the Absentee Shawnee Housing Authority Board of Commissioners for a term of (2) two years effective January 16, 2013 and expiring January 15, 2015.

E-AS-13-03 01/16/13

Re-appoints Edwina Butler-Wolfe for a two (2) year term to the Absentee Shawnee Education Committee, effective January 16, 2013 and expiring January 15, 2015.

E-AS-13-04 01/16/13

Re-appoints Lewis Allen Johnson for a two (2) year term to the Absentee Shawnee Education Committee, effective January 16, 2013 and expiring January 15, 2015.

E-AS-13-05 01/16/13

Authorizes and approves the certification of the Membership Roll of the Absentee Shawnee Tribe of Indians of Oklahoma as being accurate and correct. (3831 Members)
FURTHER, that the membership roll contains only the names of those persons who were determined to meet the requirements of enrollment and therefore, enrolled pursuant to the provisions of the Absentee Shawnee Constitution and By-laws.

E-AS-13-06 01/16/13

Approves and accepts Steven Duane Wallace, Cierra Shawnae Wallace, James Steven Box-Kessler, Michael Frank Ellis, Jr., Madelynn Rose Tiger, Hayven Irene Huntington, Shelly Kristin McMillan, Keaston James Guthrie Thorpe, Grace Janette Thorpe, Colby Richard Mills, Hanna Frances Mills, Lindsey Gayle Mills, Cheveyo Lachaim Kavi Johnson, Nizhoni Naim River Johnson, Jenifer Lyn Zinn, Justin Ray Coleman, Karli

Jessica Bump, Haley Kalyn Bump, Ashley Nicole Johnson and Alexis Lynn Johnson as enrolled members of the Absentee Shawnee Tribe of Indians of Oklahoma as of the date of this resolution.

E-AS-13-07 01/16/13

Grants membership relinquishment of the Absentee Shawnee Tribe of Indians of Oklahoma to Jose Maria Solis, a minor, provided he is accepted into the Iowa Tribe of Oklahoma.

E-AS-13-08 01/16/13

Grants membership relinquishment of the Absentee Shawnee Tribe of Indians of Oklahoma to Allan Jesus Solis, a minor, provided he is accepted into the Iowa Tribe of Oklahoma.

E-AS-13-09 01/16/13

Grants membership relinquishment of the Absentee Shawnee Tribe of Indians of Oklahoma to Adrianna Clavel Solis, a minor, provided she is accepted into the Iowa Tribe of Oklahoma.

E-AS-13-10 01/16/13

Authorizes the negotiation and approval of all geophysical exploration permits for the Absentee Shawnee Tribe's undivided or all 1/1 interests held in trust status by the United States of America on behalf of the Absentee Shawnee Tribe of Oklahoma.

E-AS-13-11 01/16/13

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

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.

EMPLOYEE OF THE MONTH DECEMBER 2012

FRANK YOUNG



Frank is a retiree who came to work to get out of the house. He started at Title IV as a kitchen helper, delivery driver for elderly meals, then he came to work as Security at the Little Axe clinic. Every time you see Frank he is strolling along with a smile on his face greeting everyone. He's so helpful and cheerful to everyone, he brightens everyone's day when they see him. More recently, on more than one occasion Frank has brought his homemade stew for everyone at the clinic (which is A LOT) to warm them up. That is so very thoughtful and greatly appreciated by all. It changes attitudes to see someone who enjoys his job so much with no complaints. He has also been keeping track of how this job is benefitting his health; he's losing weight and feeling great. Frank sharing his positive outlook is inspiring. We thank you for being such an inspiration and bringing a smile to people's faces as you secure our facility.

AST GIFT SHOP

Valentine's
Day

SALE

Receive 10%

Off purchase

OF JEWELRY, PULLOVER SWEATERS,
AND LONG SLEEVE T-SHIRTS

(Discount applied before tax. Offer only good on items in stock. Excludes Pendleton products and consignment products.)

February 1st - 14th

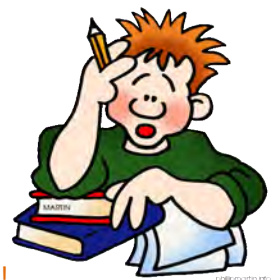
February 2013

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





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.



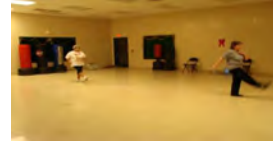
Aerobic Dance & Cardio Kickboxing

Little Axe Absentee Shawnee Resource Center

Aerobic Dance- Monday & Wednesday 6:05 a.m. - 6:50 a.m.

Cardio Kickboxing-Tuesday & Thursday 6:05 a.m. - 6:50 a.m.

Circuit Training 5:45 p.m. – 6:30 p.m.



As we all know it is a busy and competitive world out there, many people find it hard to find time for physical activities. We all know we need to exercise to be able to maintain good health. Aerobic Dance, Cardio Kickboxing, and Circuit Training at the Resource Center aim to replace traditional indoor exercise equipment with a full body workout that is less time consuming and fun!! Aerobic Dance, Cardio Kickboxing, and Circuit Training are effective total body workouts that last just 45 minutes. These classes offer many benefits:

- *Weight Reduction
- *Strength Building
- *Good for all ages
- *Better Balance
- *Time Saving
- *Better Coordination
- *Cardiovascular Improvements
- *Stress Reduction
- *Self Defense

The best thing about the AST Fitness Program classes is that they are time efficient. Classes begin early in the morning for those who choose to exercise before work. Circuit training classes in the evening help to provide an opportunity to exercise after a work day. These classes strive to help you become more alert, focused, stronger, flexible, confident, and happy throughout and at the end of your day. Come on out the Resource Center and take advantage of these fun and active classes!

Feel free to visit with our AST Fitness Program staff!!

For more information call us at (405)364-7298.



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



2013 Absentee Shawnee Fitness Challenge

Rules:

1. Participants of the Absentee Shawnee Fitness Challenge are required to have 1 measurement recorded per month (3 per quarter) in order to be ranked.
2. Participants of the Absentee Shawnee Fitness Challenge are required to have 1 measurement recorded per month (3 per quarter) to qualify to win.
3. 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.
4. 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.
5. Female participants (no categories) will compete against each other in the Absentee Shawnee Fitness Challenge.
6. Male participants (no categories) will compete against each other in the Absentee Shawnee Fitness Challenge.
7. 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.
8. 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.
9. Non-employees/non-AST tribal members are not eligible for the 2013 AST Fitness Challenge.
10. 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)
11. 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.
12. 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.
14. Each participant will require a NEW baseline measurement for registration into the 2013 AST Fitness Challenge. (All measurements from 2012 will be void). 15. The AST Fitness Challenge is open to all Absentee Shawnee employees and Absentee Shawnee Tribal members, ages 18+.
16. 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).
17. 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.



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.

BEGINNING FEBRUARY 25th!
**OPEN TO ALL AST EMPLOYEES AND
AST TRIBAL MEMBERS! NOW IS YOUR
CHANCE TO BECOME ACTIVE! ALL
YOU NEED TO DO TO REGISTER IS
HAVE ONE MEASUREMENT PER
MONTH WITH THE AST FITNESS
PROGRAM AND SCHEDULE 1
WELLNESS EVALUATION PER
QUARTER WITH THE AST WELLNESS
PROGRAM**

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

JUST RUN

(Doctor's statement required for all health conditions)

Call today and register for the AST
Fitness Challenge!!!

AST FITNESS - 364-7298

AST WELLNESS PROGRAM - 701-7979



BEAST
MODE



BASELINE MEASUREMENTS DUE

BEFORE FEBRUARY 25TH

1ST QUARTER:

FEBRUARY 25TH-MAY 24TH

2ND QUARTER:

MAY 27TH-AUGUST 23RD

CASH PRIZES!!!

1ST PLACE: \$1000

2ND PLACE: \$500

3RD PLACE: \$250

COME GET YOUR BASELINE MEASUREMENTS

NOW AT THE RESOURCE CENTER.

BASELINE MEASUREMENTS FOR SHAWNEE

WILL BE FEBRUARY 11th-15th AT BUILDING 1

“Forced Move to Bring Heartbreak for Indian Families”

“Forced Move to Bring Heartbreak for Indian Families” and also the published photo of Mrs. Little Jim, widow of Shawnee chief. Published March 25, 1962 in The Daily Oklahoman.

By Peggy O’Rear
(Norman Bureau)

NORMAN - “I don’t believe any Indian wants to leave his land,” the widow of Chief Little Jim of the Shawnees said as she put away her sewing.

Thirty Indian families, consisting of 200 persons, will have to move from their farms in the Little Axe area east of here before waters that will form Little River Lake begin to rise.

For these Indians, the move will bring the heartbreak of leaving land that has been home for some for 75 years.

And it means moving 40 graves to another site.



Copyright 1962, OPUBCO, Communications Group

Mrs. Little Jim, whose chieftain-husband died in January, at 91, does not think she will have to leave the home she shared with

her husband for almost 54 years. But as the widow of the leader, she feels regret for those who will have to move.

The Indians know, however, that the dam and its lake will be beneficial to the area. They do not even desire to protest, she said. They will accept this as their people have accepted uprootings in the past.

The federal bureau of reclamation will, of course, pay all persons whose land will become the lake floor. For the Little Jim Indians, this will not be a substantial amount because so many persons are heirs to parcels of land.

In one instance, seven persons are heirs to 60 acres. These people will be unable to pay the price of relocation.

Ted Reynolds, a missionary working with the Shawnees, has a plan to help those who must move.

Maude Reynolds Memorial Mission, Inc. will bid in a public auction on state school lands located north of the mission here in Cleveland County.

The 320 acres will be auctioned Wednesday by the state land commission. The school land is appraised at \$35 to \$40 an acre. Other land in the area is selling

for \$350 an acre. Thus, the school land is the Indians’ only hope to stay close to the area.

Reynolds explained that the mission will pay for the land if their bid is successful. The bureau of Indian affairs holds the land in trust, so the bureau of reclamation will pay the other bureau for the land through an intra-Interior department arrangement.

If the Indians do succeed in their bid, a community center is planned for the land. The women will have facilities for canning food stuffs, quilting and sewing; the young people will have a place to learn vocational skills and crafts.

“Since the community will be changed so much, we think it would be good to have a post office there.” Reynolds said. He has talked to officials at the U.S. department of public health concerning a sanitation program and facilities for water.



Ted Reynolds

Restrictions on the present land will be applied to any land where the Indians move. These restrictions

result from 172 years of treaties between the Indians and the government.

“We hope that since the school land is to be sold at a public auction we will not have to compete against those who would use it for commercial purposes.” Reynolds commented. “The mission is a nonprofit organization and we are not interested in making a cent.” Should it be successful in its bid, the mission hopes to secure nearby land for carrying on an extensive agriculture program. Berries, grapes, sweet potatoes, corn and pumpkins can grow very well in the soil around Little Axe.

“We want to help retain the Indians’ love of the land in an active and beneficial manner,” the missionary said.

In explaining the reason leaving their land is so difficult, Reynolds said that the Indians are devoted to their families. Their tie to the land is a tie to their heritage. He emphasized that the Indians will not complain. “They are deeply religious people,” he said.

The mission was established by Reynolds in June, 1952. Since last fall it has been St. Paul’s Church, an Episcopal preaching station with Reynolds as lay vicar.



Barbara Lee Johnson Wilkerson

Barbara Lee Johnson Wilkerson, 73, passed away on Tuesday, January 1, 2013, at her home in Norman. She was born May 14, 1939, in El Reno to Henry Lee and Zelma (Deere) Johnson. She is survived by her two children, Susan and Lawrence, and six grandchildren, Amy, Katie, Timothy, Samuel, Sarah, and Matthew.

To all of the people that came to our mother’s home, we are very grateful for the showing of LOVE!!! We appreciate and love all of you that helped us in this time of mourning. Our very special thanks go to George Blanchard, Anthony and D.K. Johnson for guiding us through this very difficult time. And to all of those that couldn’t make it here, we know that you really wanted to be here and show your love and help. Thank you from the family of Barbara Wilkerson.

FY-2012 YTD TAX COLLECTIONS (thru 12/31/12)

Run Date
01/24/13

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$1,303.68	\$5,764.96	\$9,556.88	\$20,267.74	\$251.60	\$12,976.77	\$9,892.03	\$5,332.45	\$2,490.53	\$7,403.05	\$7,677.80	\$5,300.14	\$88,217.63	3.18%
Gaming % of free cash	\$109,331.00	\$105,500.00	\$84,000.00	\$252,000.00	\$42,000.00	\$344,000.00	\$286,000.00	\$305,920.00	\$103,039.00	\$120,000.00	\$262,409.00	\$60,000.00	\$2,074,199.00	74.85%
Employee (1%)	\$1,771.92	\$6,921.68	\$19,027.03	\$13,411.67	\$23,358.23	\$14,230.92	\$6,059.30	\$27,296.76	\$768.55	\$6,126.61	\$4,241.54	\$4,335.18	\$127,549.39	4.60%
Severance (8%)	\$1,033.85	\$19,231.62	\$16,244.27	\$10,116.92	\$16,892.79	\$12,022.41	\$14,040.81	\$62,362.17	\$9,978.83	\$19,577.31	\$12,632.12	\$8,609.82	\$202,742.92	7.32%
Motor Vehicle	\$11,657.32	\$14,984.82	\$14,227.79	\$11,321.19	\$10,285.99	\$16,024.99	\$14,599.58	\$15,575.38	\$11,181.56	\$13,982.75	\$14,976.83	\$9,460.95	\$158,279.16	5.71%
Tobacco Refund	\$9,662.76	\$11,107.79	\$9,231.53	\$10,458.50	\$11,811.42	\$11,105.72	\$10,122.29	\$11,309.29	\$11,057.17	\$9,531.14	\$11,372.03	\$455.00	\$117,224.64	4.23%
TOTAL TAXES	\$134,760.53	\$163,510.87	\$152,287.50	\$317,576.02	\$104,600.03	\$410,360.81	\$340,714.01	\$427,796.05	\$138,515.64	\$176,620.86	\$313,309.32	\$88,161.09	\$2,768,212.74	
Miscellaneous	\$1,290.00	\$330.00	\$160.00	\$50.00	\$80.00	\$136.84	\$20.00	\$180.00	\$80.00	\$190.00	\$115.00	\$455.00	\$3,086.84	0.11%
TOTAL COLLECTIONS	\$136,050.53	\$163,840.87	\$152,447.50	\$317,626.02	\$104,680.03	\$410,497.65	\$340,734.01	\$427,976.05	\$138,595.64	\$176,810.86	\$313,424.32	\$88,616.09	\$2,771,299.58	100%

AllNations Bank
 2023 S. Gordon Cooper Drive
 Shawnee, OK 74801
 www.anbok.com

Hello from your AllNations Bank family. Your Shawnee bank branch will have been open two years come March 1, 2013. We now have 253 deposit accounts with balances totaling \$2,162,498 and 138 loans totaling \$2,988,992.

Our bank continues to offer a full line of deposit and loan products to serve your needs as follows:

- Simply Free Checking
 - Debit Card
 - Free Online Banking
 - Free Bill Pay
- Senior Account (Over 50)
 - Debit Card
 - Free Online Banking
 - Free Bill Pay
 - Free 3 X 5 Safe Deposit
 - One Free Check Order Per year
- Commercial Checking
- Free Small Business Checking
- Savings Accounts
- Certificate of Deposits
- Consumer, Small Business & Commercial Loans

Come talk to one of our representatives to discuss your banking needs.

Best regards,

You're AllNations Bank Family - Gene, Eugene, & Amber

Tribal Courts Assistance Program

HEADLINE: Tribal Court receives \$276,822

BYLINE: Grants Administrator/Writer

The Bureau of Justice Assistance awarded the AST Court a grant beginning October 1, 2012 for three years. The goal of the project is to enhance the Tribal Court System to assure the safety of victims of crime and court personnel by designing a sound judicial infrastructure.

The funds will be used to hire a Project Coordinator; Training court personnel and other tribal departments in the needs of the judicial system; create a Strategic Planning Advisory Board to survey the needs of the community; install equipment and software to computerize all court records, dating back from 1985, for easy access and assure confidentiality of those records; Install an enhanced security system in the court house; and, updating the tribal code of laws, in preparation for compliance with the Tribal Law and Order Act.

Mrs. Sacha Almanza, Injury Prevention Program Coordinator from the Public Health Nursing Department of the LI-SI-WI-NWI Health Clinic in Little Axe has accepted the Project Coordinator position and will move to her new location at the AST Court House on the tribal complex in Shawnee, beginning January 22nd. Sacha has a Bachelor's degree in Native American Social Interaction and currently working on attaining her Master's in Business Management from Western Governor's University. Mrs. Almanza has employment experience in grant writing, budgeting, and meeting grant objectives. She's married with four children. She is also a member of the Absentee Shawnee Tribe.

Absentee Shawnee Tribe

HUMAN RESOURCE

CURRENT JOB OPENINGS

HEALTH POSITIONS:

- Staff Physician-Shawnee Clinic
- Accounting Technician
- Patient Registration Clerk
- Security Guard
- Dental Hygienist

GAMING COMMISSION

- Executive Director
- Surveillance Operator
- Internal Auditor

BUILDING BLOCKS

- Floater Position

Court

- Supreme Court Tribal Judge
- Project Coordinator

Boards and Commissions

- Health Authority Board Member
- Commissioner for TERO



HUMAN RESOURCE

405.275.4030

Lisa Brownell- ext.131
 Elizabeth Clark- ext. 170
 Rachael Lankford- ext.111

For a full listing of the job posting and qualifications visit
www.astribe.com/employment.



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.

Please mail payment and completed form to:

Lea Caulfield
 Diabetes Care Center
 Chickasaw Nation Medical Center
 1921 Stonecipher Blvd.
 Ada, OK 74820

You may also fax completed form to:
 Lea Caulfield
 580.421.4572

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

Claims Must Be Filed By March 1, 2013 In \$3.4 Billion Indian Trust Settlement

What is This About?

The *Cobell v. Salazar* Settlement is approved. The Settlement resolves a class action lawsuit that claims that the federal government violated its duties by mismanaging trust accounts and individual Indian trust lands. Payments to the Historical Accounting Class are underway. The process of considering claims for the Trust Administration Class is ongoing. **The final deadline if you need to file a claim form for the Trust Administration Class is March 1, 2013.**

Am I Included?

The Trust Administration Class includes:

- Anyone alive on September 30, 2009, who:
 - Had an IIM account recorded in currently available electronic data in federal government systems anytime from approximately 1985 to September 30, 2009, or
 - Can demonstrate ownership in trust land or land in restricted status as of September 30, 2009.
- The estate (or heirs) of any deceased landowner or IIM account holder whose account was open or whose trust assets had been in probate according to the federal government's records as of September 30, 2009.

Do I Need to File a Claim Form?

You must file a claim form if you believe you are a member of the Trust Administration Class and you have not:

- Received IIM account statements at your current address anytime between January 1, 1985 and September 30, 2009 and continue to receive statements; or
- Received a payment as a member of the Historical Accounting Class. If you did, you will receive a second payment automatically as a member of the Trust Administration Class; or
- Filed a claim form already using your current address. If you have, the Claims Administrator will contact you.

You must fill out a claim form and mail it to Indian Trust Settlement, P.O. Box 9577, Dublin, OH 430174877, postmarked by **March 1, 2013** in order to receive a payment.

How Much Money Can I Get?

Members of the Trust Administration Class will likely receive at least \$800 or more. The actual amount will depend on the number of claims and the costs of administration.

For a claim form or to update your contact information:

Call Toll-Free: 1-800-961-6109 or Visit: www.IndianTrust.com

CTSA Head Start

is accepting applications
for a part-time

Child Care Teacher

at our Shawnee location.

Must be at least 18 years of age,
have a high school diploma or GED,
have a clean driving record,
have a valid driver's license,
pass OSBI/DHS background checks.

CDA or Early Childhood Degree preferred, experience a plus.

All applications accepted with
preference given to *qualified*
Native Americans.

Apply today at:
1535 N McKinley
Shawnee, OK 74801

or

Email your résumé to:
AmberC@CTSAHeadStart.org

CTSA Head Start is an Equal Opportunity Employer.

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA

RECYCLING MA- TERIAL THAT WE ACCEPT.

ALL WHITE PAPER,
ENVELOPES, COL-
ORED PAPER, JUNK
MAIL, FAX PAPER,
MAGAZINES,
NEWSPAPER, CARD-
BOARD, AND ALU-
MINUM CANS.

MATERIAL WE DO NOT AC- CEPT.

TONER, CARBON
PAPER, FOOD
WASTE, AND PLAS-
TIC.

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

Absentee Shawnee Tribe

Recycling Program

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

The Office of Environ-
mental Health and Envi-
ronmental Program is
proud to announce the
start of a new recycling
program for the Absen-
tee Shawnee Tribe. The
recycling center is lo-
cated in the yellow
metal building adjacent
to the OEH Depart-
ment. The Absentee
Shawnee Tribe (AST)
Recycling Program Pro-
gram declares that waste
reduction and recycling
are the preferable to the

or processing of muni-
cipal waste, and that re-
moving certain materials



from the municipal
waste stream will de-
crease the flow of solid
waste to municipal land-
fills. AST Recycling Pro-
gram used the knowl-

edge and information
about recycling markets
and market demand as
well as information ob-
tained from various pub-
lications 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 recy-
clable material produced
by the Tribe will be re-
cycled.

Reduce, Reuse, and Recycle

The AST recycling Pro-
gram 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 recycla-
bles will be sought.

There is a cost associ-
ated with recycling,
However, economic,
social, and environ-
mental benefits exceed
these cost.

Office of Environmental Health & Engineering

• Tribal Housing Improvements Application

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

THIP list all applicants by a priority list:

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

Other Programs available:

• Sanitation Facilities Assistance Program

Applications need to be completed and all necessary documents at-
tached 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

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 February Newsletter

The Tribal Employment Rights Office also known as TERO is a department that protects tribal employees' rights and supports tribal career development. Over the past month, the TERO department has experienced a steady flow of activity. We have added 12 new applicants to our database which now brings our total number of applicants to 531. Of those 12 applicants, 2 are Absentee Shawnee Tribal members. Further, we have also helped 40 applicants who have walked in, called/received 114 phone calls, and referred 3 applications to various departments within the tribe and 4 applications to Thunderbird Entertainment Center.

In addition to the above activity, the TERO department has also attended several meetings. On January 3, a meeting was held between Rance Miller of Sage Construction and the TERO department concerning the bid packet/ compliance plan. Then later in January, on the 16th, a meeting was scheduled between Dillon Byrd of Thunderbird Entertainment Center and the TERO department. During this meeting, discussions of how the TERO bid packet and compliance plan must be signed and agreed upon before any company can begin work occurred. The purpose of this plan is to inform and make are contractors understand that there is a TERO law or ordinance in place for our tribal people to be included in the beginning of construction and throughout.

A future meeting that TERO will attend on January 23 (which is after this article was written) is an Invitational Planning Session. At this session a discussion will occur about the possibility of holding an Indian Education Summit in the future.

Within the next month of February, TERO will also be continuing to take applications for the future 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.

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. Some of the services we provide to our applicants are job search, referrals, resume assistance, and interview tips. 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, 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:

- Sales Associate
- Automotive Retail Sales Associate
- Bank Teller
- Clerk
- CNA
- LPN
- Assistant Store Manager
- Restaurant Manager
- Bus Driver
- Delivery Driver
- Package Handler
- Mixer Driver
- Mechanic Helper
- Custodian
- Assembly Cell Technician

- Machine Operator
- Automotive Tire/Battery Installer
- Welder
- Fitter
- Utility Director
- IT Assistant
- HVAC Staff
- Laborer
- Cook/Cashier
- Host/Hostess
- Cashier
- Screen Printer Assistant
- Tribal Youth Coordinator
- Finance Manager
- Loan Processor

WHITE TURKEY BAND

ON JANUARY 5, 2013, THE WHITE TURKEY BAND MEETING WAS HELD AT THE TITLE VI BUILDING, LOCATED ON THE ABSENTEE SHAWNEE TRIBAL COMPLEX AT 10:00 A.M. WE WOULD LIKE TO THANK LINDA DAY, EMERGENCY MANAGER OF THE ABSENTEE SHAWNEE TRIBE FOR COMING OUT AND INFORMING US ABOUT THE WEATHER SIREN THAT WAS INSTALLED AT THE HORSE SHOE BEND COMMUNITY BUILDING. LINDA HAD SOME VITAL INFORMATION ABOUT THE PROCEDURE OF IF AND WHEN AN EMERGENCY MAY HAPPEN. THE WHITE TURKEY BAND AND THE JOHNSON COMMUNITY WILL BE WORKING WITH LINDA TO DEVELOP A PLAN OF ACTION IF AND WHEN AN EMERGENCY SITUATION MAY OCCUR.



EVENTS AT THE HORSE SHOE BEND COMMUNITY BUILDING:

FRIDAY NIGHT FEBRUARY 22, 2013
BINGO
6:30 PM UNTIL 9:00 PM

SATURDAY MARCH 2, 2013
DEDICATION OF THE WEATHER SIREN
1:00 PM UNTIL 3:00 PM.

FEBRUARY 2, 2013 WHITE TURKEY BAND MEETING AT 10:00 AM AT THE HORSE SHOE BEND COMMUNITY BUILDING

IF YOU HAVE ANY QUESTIONS PLEASE CALL:

EDWINA BUTLER-WOLFE
PRESIDENT 405-481-0397

TWILA PARKER
SECRETARY 405-229-8052

GWEN SWITCH
TREASURER 405-204-9612

February Birthdays 2013

Alford, Dianne Susan
 Alford, Donald Ray
 Alford, Laurie Leann
 Alford, Makenzie Raychel
 Alford, Paul Henry
 Almanza, Sacha Blue Renee
 Arellano, Jennifer Lynn
 Argueta, Oneonta Marie
 Armstrong, Dusty Ridge
 Asbridge, Sandra Lilrene
 Atwara, Honey Nicole
 Barnard, Kevin Michael
 Battiest, Phyllis Leeann
 Belden, Florene
 Belden, Lois Little Creek
 Bennett, Deeann Onahwag
 Berryhill, Valerie Lynn
 Bettelyoun, Amber Dawn
 Bettelyoun, Anthony Bryce
 Bettelyoun, Lea Dawn
 Bittle, Joshua Jacob
 Blanchard Craig, Carolyn Jean
 Blanchard Sr, Leland Dale
 Blanchard, Aaron Gabriel
 Blanchard, Cache Lewis
 Blanchard, Caden Briar
 Blanchard, Charles Eugene
 Blanchard, Joshua James
 Blanchard, Kellice Lee
 Blanchard, Rikki Rechele
 Blanchard, Sierrah Delyn
 Blanchard, Taylor Jordan
 Blanchard, Thurman Leon
 Blanchard, Velma Mae
 Bowles, Melissa Carole
 Boyd, Laura Lynn
 Bread, Charles Michael
 Bread, Dina Adele
 Breeding, Kinsley Reece
 Brokeshoulder, Tammy Lynn
 Brown III, Curtis Jermain
 Brown, Cody Wayne
 Brown, Lisa Renee
 Campbell, Mikayla Jo
 Carlson, Scottina Dakota
 Carnes, Kylee Aleea Lynn
 Carr, Adoree Celeste
 Checotah, Eric Wayne
 Cloud, Doris (Elephant)
 Coddington, William Michael
 Cooper, Dade Luke Allen
 Copeland, Val Rochelle
 Cottrell, Ryan Thomas
 Cozad, Anastasia E-mah-doh
 Crider, Eric Russell
 Crocker, Dorothea Carolyn
 Csoma, Alexander Attila
 Daugherty, Kenneth
 Daugherty, Mikenna Hope
 Daugherty, Serena Mae
 Davis, Meghan Paige
 De Shazo, Heather Ann
 Deardorff, Cynthia Ann
 Deer, Kylee Taryn
 Deer, Michael Neil
 Deere, Adina Ann
 DeLodge, Lena Ruby Rhianna

DeLodge, Ruby Leigh
 Digilio, Brandin Anthony
 Digilio, Bryon Andrew
 Edwards, Kenneth Lee
 Ellis, Austin Chase
 Ellis, Jeremy Michael
 Ellis, Jessica Lyn
 Ellis, Leroy
 Emmons, Brian Ross
 Engledowl, Jasey Belle
 Fenner, Kayana Isabelle
 Ferrell, Ethan Shawn
 Fixico, Stephen Anthony
 Floyd, Jane Elizabeth
 Foreman, Joshua Daniel
 Foreman, Richard Eli
 Frazier, Devon Leanne
 Frazier, Shirley Fern
 Geissler, Stephanie Dayle
 Gibson Jr., Ronald Lewis
 Gibson, Kylakay Virginia
 Gibson, Loretta Mae
 Gibson, Paige Nycole
 Gibson, Paul Brian
 Gillihan, Deziree Kristyne
 Gilman, Juanita
 Gomez, Wilma Sue
 Goodman, Blake Samuel
 Granstrom, Gayla Sue
 Grass, Wayne
 Hall, Matteson Roi
 Ham, Jerred Mace
 Ham, Rhonda Juliene
 Harder, Ruth Ellen
 Harjo, Benjamin Ray
 Harper, Pauline Aileen S.
 Harvey, Hally Marie
 Hayes, Donna Kay Elkins
 Hayes, Jocelyn Cynthia Lorene
 Hernandez, Erica Ann
 Herrera, Robert Manuel
 Hibdon, Kendra Nicole
 Hilderbrand, Amy Beth
 Hill, Stephen Allen
 Hood III, Warren Wesleyon
 Hood, Dakota Zane
 Hood, Morja Oloizia
 Huntington, Bradford Paul
 Hurst, Joseph Douglas Skinner
 Ibarra, Angel Antonio
 Irvin, Nathaniel Konrad
 Jimerson Jr, Robert
 Jobe, Alexa Lee
 Johnson Jr., Foster Calvin
 Johnson Jr., Mark Benjamin
 Johnson, Cleta Joyce Blanchard
 Johnson, Grayling Wade
 Johnson, Henry Kirby
 Johnson, Jacob Jordan
 Johnson, Mark Benjamin
 Johnson, Michael Jeremy
 Johnson, Pauline Virginia
 Johnson, Rahstin Allyn Sabbestiun
 Johnson, Sandra Kay
 Johnson, Tiffany Sheri
 Johnston, Diana Sue Alford
 Judkins, Ashley Ann

Kaseca, Beatrice June
 Keith, Andy Ronin
 Kickapoo, Derek Anthony
 Kirby, Gage Robert
 Kitchen, Amber Elisabeth
 Knight, Natalie Jean
 Krackenbergger, Sharon Lea
 Kupczynski, Joseph Martin
 Lalehparvaran, Ali Jordan
 Laplant, Scotty Alan
 Lasarge, Amos Dewayne
 Lavell, Jade Daniel
 Leath, Mary Loyse
 Lehman, Joenita Leigh
 Lena-Tiger, Camille Dawn
 Lewis, Elain Kay
 Lewis, Pamela Lynn
 Limbaugh, Jodi Kathleen
 Little Axe Eckles, Debra Lynn
 Little Axe Sr., Danny
 Little Axe, Ronald Dean
 Little Charley Jr., Scott
 Little Creek, Larry Dwight
 Littlebear, Brooklyn Shay
 Littlebear, Grant Edwin
 Littlebear, Laura Jan
 Littlecreek, Cynthia Marie
 Littlehead, Gary Lynn
 Longhorn, Avis Elaine
 Longhorn, Cynthia A.
 Longhorn, Lindsey Marie
 Longhorn, Nathan Neil
 Longman, Sasha Mae
 Lowe, Kara Michelle
 Lowe, Taylor Makayla
 Lumpmouth, Wynona Lee
 Maddux, Jonathan Webster Tiger
 Mahardy, Jeffery Andrew
 Mann, Colby Lee Richard
 Markwardt, Ethan Thomas
 Marshall, Denia Kay
 Martinez, Erica Inez
 Martinez, Jasmine Consuelo
 Martinez, Shawnee Danielle
 Masquas, Joshiah Lee
 May, Gina Lanette
 McDowell, Farrell Ramon
 McKane, Sidna Rae Lenee
 McKinney, Ellen Marie
 Medina, Elizabeth Ruth Ann
 Medina, Trinity Lynn Tiger
 Melton, Jaycie Taylor
 Miller, Cari Denise
 Miner, Veda Jorene
 Minesinger, Joshua Brooker
 Minesinger, Seth Wildcat
 Mohawk, Cherokee Cheyenne
 Molina Jr., Charles B.
 Moore, Alexia Saranda
 Moore, Thomas Joseph William
 Randall
 Morton, Joseph Ohland
 Mount, Glenda Dawn
 Murdock Jr., Steven Alan
 Murdock Sr., Steven Alan
 Musick, Michael Thomas
 Nail, Gregory Thomas

Novick, River Elaine-Monique
 Odell, Ronnie Lynn
 Owens, Beau Wesley Laine
 Owings, Abigail Rose
 Panther, Lydia Denise
 Panther, Shawn Dell
 Panther-Davis, Tammie Rae
 Parker, John Wendall Gage
 Perkins, Miranda Deann
 Perry, Sierra Breanna
 Peter, Kalina Nicole
 Pine, Jeremiah Andrew
 Ponce, Aisaiah Anthony Oscar
 Pynch, Jesse Kellen
 Quraishi, Ibraheem Bin Khalil
 Raisbeck Jr., David Nathaniel
 Raisbeck, Samantha Storm
 Raisbeck, Samuel Walter
 Ramirez III, Florentino
 Ramirez, Mariah Fay-Ann
 Ramirez, Matias Noah
 Richey, Kodi Rae Jolynn
 Ridenour, Sydney Bree
 Riley, Hulbutta Kotcha
 Robbins, Blake Anthony
 Robbins, Taylor Paige
 Robison, Ariana Michelle
 Rolette, Cheryl Lynn
 Rolette, Madison Joy
 Rowan, Damian Eugene
 Runsabove, Honor Mae
 Sams, Christine Lorraine
 Sanchez, Kianna Paola
 Seber, Peyton Eddie
 Serena, Laveda
 Shawnee, LaNayah JaN'ae
 Sheets, Angela Christy
 Simpson, Cody Lee
 Skelly, Shanna Lynn
 Slate, Patricia Ann
 Sloat, Douglas James
 Sloat, Meika Ladon
 Sloat, Newton D
 Smith, Marvin
 Smith, Zackery James
 Snake, Alvin Matthew
 Snake, Kenneth Lee
 Snake, Lewis George
 Snake, Stewart Lancer
 Soap, Sally Clarice
 Solomon, Billie Jean Tiger
 Spoon, Edward Joe
 Spoon, Justin Tyler
 Spybuck, Garland Charles
 Spybuck, Gavan Wayne
 Spybuck, Roberta Ann
 Stevenson, Jodean Ann
 Stoudemire, Naviah DeAnne
 Strain, Gerald Tousley
 Stryker, Doyle Chad
 Stryker, Laurel Brad
 Sullivan, Aizah Vanesse
 Sullivan, Marcus Lee
 Sutton Jr., Jeremy Ray
 Switch, Sabrina Lee
 Switch, Sophia Michelle
 Tahah, Barton Dale

Talton, Dacia Arie
 Talton, Kaydince James
 Taryole, Laura Lee
 Tascier, Sarah Isabelle
 Tello-Faz, Maria delaLuz
 Terrell, Xavier Thomas Jackson
 Thompson, Asher Bryce
 Thorpe IV, George Isaiah
 Thorpe Jr., Edwin James
 Thorpe Lena, Janice Gail
 Thorpe, Edwin James
 Tiger, Kevin Richard Dewayne
 Tiger, Tammy Cindie Ladawn
 Tiger, Tyler Matthew
 Tiger-Allen, Shane Clifford
 Trussell, Sherry Lynn
 Uchida, Denise Louise
 Uchida, Kevin Micheal
 Valdivia Jr., Enrique
 Vaughn, Dylan Thomas
 Wade, Justin Lee
 Walker, Robert Stanley
 Wallace, Christopher James
 Warrior, Anthony Louis
 Warrior, Pamela Sue
 Washington, Olvie Winston
 Watkins, Destiney Shae
 Watkins, Jayana Laneis
 Watson, Adriana Renae
 Watson, Brent Grynnel
 Watson, Micah Lashaun D.
 Watson, Peyton Deshae
 Wenner, Martha Ellen
 Wheeler, Leah J.
 Whims, Madison Mackenzie
 White, Christopher Alan
 White Thunder, Shelby Lynn
 Whited, Emily Anne
 Whittaker, Caiden Skye
 Whittaker, Joshua Jay W.
 Wiley, Prince John Bowen
 Wilkinson, Kaelynn Rayann
 Williams, Frank Richard
 Williams, Kaylee Nicole
 Williams, Kevin Bruce
 Williams, Paula Sue
 Wilson Harjo, Reta Marie
 Wilson, Adam Lee
 Wilson, Melvin Wayne
 Wilson, Zelma Jo
 Womack, Che'le Caye
 Wood, Judith A.
 Wood, Ryan Ashley
 Wright, Cynthia Diane
 Yamutewa, Chebon Dale



To My Beautiful Nieces
Chele Womack & Stephanie Geissler

I wish you
 both a
 wonderful
 day!



Happy
 birthday
 baby girls!

I love
 you!

Aunt
 Rhonda

**Happy Birthday &
 Happy Valentine's Day
 Velma Blanchard
 The World's Best MOM!
 We love you very much!!
 Marvin & Sherry**



*Happy Birthday &
 Happy Valentine's Day
 Marv!
 I love you!
 Sherry*



To My Brother
**Leland
 Blanchard, Sr**
 From Sis &
 The White
 Thunders

HAPPY BIRTHDAY MICHAEL DEER

HAVE A GREAT DAY!
 LOVE THE KASECAS



Happy Birthday!
 Brent Watson
 Feb. 1st
 I wish you good health
 and happiness!
 Love the Kasecas and
 Foremans



To my sister
**Rikki
 Blanchard**
February 17th
**From Sis &
 The White
 Thunders**



You've grown into such a
 wonderful young man and
 I'm so proud to be your
 mom.
 Happy 26th Birthday!
 I love you!!
 LOVE MOM

Hope you have a very
 happy birthday and I wish
 you the best. I love you
 nephew!
 Love Aunt BJ

Happy birthday
 to our big brother!
 We love you so very much
 & thank you for all you do
 for us!!
 Love your little sister
 Jiliyan and baby brother
 Joplin

Happy Birthday to my
 grandson
 Justin Tyler Spoon
 on your big 26th!
 Love Granny



Aunt Betty "Sugar" Isaacs
 January 4th

Mom/Grandma
 Bernice Blanchard
 January 19th

From Sis & The White
 Thunders



From Marv & Sherry



*Happy
 Birthday
 Janice Lena!!!
 From,
 Coondog &
 Hotdog*



UNCLE MARV & MAMA SEAL

HAPPY BIRTHDAY MARVIN SMITH
 FROM SHAWN & MARILYN

Happy Birthday to my Pop!
 Marvin Smith
 Love, Jordan

Happy Birthday MARY
 From Brown Sugar Davis



From,
 Marvin & Sherry



TO MY
 DAUGHTER
 BARBARA JO
 SPOON
 I LOVE YOU
 SWEETIE!
 LOVE MOM

TO MY BIG SISTER,
 BARBARA.
 I LOVE THE
 TIME WE SPEND
 TOGETHER. IT'S
 ALWAYS A BLAST!!!!
 LOVE YOUR SISTER,
 SHERRIE

To Our Daughter
 Happy
 21st
 Birthday

Shelby
 Lynn White
 Thunder

February 3rd
 With Love,
 From Mom, Dad, Sheldon & Shelsie



Jalyn Williams and Darian Shields Candidates for Basketball Homecoming Queen 2013



Tribal members, Jalyn Williams and Darian Shields both Seniors at Tecumseh High School were candidates for Basketball Homecoming Queen 2013. Jalyn is the daughter of Tisha Morgan and Darian is the daughter of Darren Shields. Both girls are the granddaughters of tribal member, Jenifer Sloan of Tecumseh.

IMPORTANT WAYS TO IMPROVE YOUR HEALTH FOR THE NEW YEAR!

If you have not set a New Year's Resolution yet, we have a top ten list of suggestions for you. They are small steps that each of us can take to improve our health.

- 1) Schedule an appointment for a check up with a doctor. The important thing is that you take the best possible care of you. The Absentee Shawnee Tribal health centers at Little Axe and Shawnee have health care providers to help you do just that. We have added a full time Women's Health Nurse Practitioner for female health of all ages. Many Primary care providers staff the two clinics. Primary care means they are able to diagnose and treat a large range of health issues. Pediatric services are also provided at both the AST Health locations.
- 2) Get your eyes checked. Dr Lee is full time at the Little Axe Health Center. It is important to get your vision checked regularly. If you have glasses or contacts, it is important to have your vision checked to guarantee that your lenses are right.
- 3) Make a Dental appointment. It is important to have your teeth cleaned and checked for decay twice a year. Brushing your teeth twice a day and flossing daily can help to insure that your visit to the dentist will be short and painless. This service is available at the Little Axe Health Center.
- 4) Exercise regularly. This can be a walk of ten minutes twice a day or one long walk. The Resource Center has a fitness center with certified trainers. It is free to CDIB holders, their families, employees of the AST and their spouses. They are open 5 days a week from 6:00am to 9:00 pm, except Fridays when they close at 5:00pm. There are scheduled classes for Aerobics, Circuit training Tai Chi, Boot Camp, Kick Boxing and Chair exercise for those who need accommodation in their exercise program.
- 5) Cut back on Caffeine. Caffeine can have several different ill effects on our bodies. It can raise your blood pressure, cause irregular heart rate, insomnia and anxiety. If tea is your form of caffeine, it can rob you of your iron stores, causing anemia. If you drink sweet tea the sugar is a large amount of extra calories and is hard on your teeth.
- 6) Decrease the amount of carbonated drinks each day. Yes, this can fall under the caffeine category, but not always. Even decaffeinated soda pop has some form of sweetener. It is widely known that the sugar in soda is not good for us, but even the artificial sweeteners can have ill effects.
- 7) Add a fruit or vegetable to every meal. Most of us do not get enough vitamins and fiber from our diet. Adding a fruit or vegetable each meal will help with this. This can help with blood sugar stabilization, aids in lowering cholesterol, assists in having regular bowel habits.
- 8) Take one serving of bread out of each day's meals. If you eat one less slice of bread each day, in a year that can mean a ten pound weight loss. That is if we don't add something else in its place. Most of us have more than the recommended serving of grains each day. Six servings are recommended by the USDA. This includes pasta, cereal, bread, rice. A serving of sliced bread is one slice. A serving of cooked pasta or rice should be a half cup.
- 9) Become aware of your Calcium intake. Daily recommendations range for 1000 to 1500mg of Calcium a day. Calcium is very important to your body. Not only does it make strong bones and teeth, but many other benefits as well. Calcium can help with maintaining a normal blood pressure. It is known to prevent leg cramps. Calcium has been shown to lower the risk of Breast Cancer. Getting enough Calcium can help you lose weight or maintain a healthy weight. Getting enough calcium can ease the symptoms of premenstrual syndrome (PMS). Calcium protects against colon cancer. For those of you who are lactose intolerant, there are many good options on the market. Soy Milk and Almond milk are both very good sources of Calcium. If you take Calcium as a supplement in pill form, take only about 500mg at a time. If you take more than that at one time, your body waists the extra. Getting Vitamin D with your Calcium may improve the effects of the Calcium.
- 10) Relax, rest and sleep. Sleep is very important part of health. Each person should get at least seven hours each night. Harvard University recent reported six health benefits of sleep.
 - a) Learning and memory: Sleep helps the brain commit new information to memory through a process called memory consolidation. In studies, people who'd slept after learning a task did better on tests later.
 - b) Metabolism and weight: Chronic sleep deprivation may cause weight gain by affecting the way our bodies process and store carbohydrates, and by altering levels of hormones that affect our appetite.
 - c) Safety: Sleep debt contributes to a greater tendency to fall asleep during the daytime. These lapses may cause falls and mistakes such as medical errors, air traffic mishaps, and road accidents.
 - d) Mood: Sleep loss may result in irritability, impatience, inability to concentrate, and moodiness. Too little sleep can also leave you too tired to do the things you like to do.
 - e) Cardiovascular health: Serious sleep disorders have been linked to hypertension, increased stress hormone levels, and irregular heartbeat.
 - f) Disease: Sleep deprivation alters immune function, including the activity of the body's killer cells. Keeping up with sleep may also help fight cancer.

Aside from sleep slowing life down so that we are not running from one activity to the next also is important. Having a schedule that does not allow time for rest exaggerates the stress in our lives.

Set your goal for improved health and ask your health provider about these 10 points when you see them next. Have a great 2013!

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 a 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



2% milk served daily

Menu subject to change

February 2013

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>LUNCH SERVED MONDAY-THURSDAY 11AM TO 1PM BREAKFAST SERVED ON FRIDAYS 9AM TO 11AM Salad Bar Day is served at the congregate meal sites only</p>				1 Croissant Ham Eggs Fruit	2
	3	4 Chicken Strips Mashed Pot/Gravy Greenbeans Mandarin Oranges	5 Ham Baked Sweet Pot. Broccoli Bread Salad Bar*	6 Soft Taco Lett, Tom, Onion Spanish Rice Refried Beans	7 Fish Coleslaw Hushpuppies Jell-O	8 Tulsa Indian Art Festival Homebound will be provided a lunch on the 7 th
10	11 Hot Dog Kraut Chips Cookie	12 Stew Crackers Cobbler	13 Chicken Breast Wild Rice Veggies Bread Fruit	14 Lasagna Tossed Salad* Garlic Toast Cake	15 Scrambled Eggs Sausage Gravy Biscuit Fruit	16
17	18 AST Complex Closed President's Day	19 Chef Salad w/ Chicken Crackers Cottage Cheese Peaches	20 Meatloaf Turnip Greens Mashed Pot/Gravy Bread Fruit	21 BBQ Sandwich Pickles Onions Baked Beans Cookie	22 Grits Sausage Patty Toast Fruit	23
24	25 Grilled Chez Chicken Noodle Soup Fruit	26 Beef Stroganoff Veggies Roll Tossed Salad*	27 Northern Beans Cornbread Steak fries Pineapples	28 Baked Potato Ham, Chez Sour Cream Broc n Chez Pudding		

If you not going to be home, Please call us at 405-275-4030 ext 169 or notify your driver.

February 8, Title VI Members & Staff will be attending the Tulsa Indian Art Festival. The first 20 to sign-up will be able to go. We will leave from the Title VI Building in Shawnee at 8 am and leave the festival around 3pm. Bring some money!!!!!! .

Any questions please call us at 405-275-4030 ext. 169. If you drive and bring anyone under 55 the cost will be \$8.00 and if you bring a non Title VI Member the cost is \$5.00 (55 yrs & older). A sack lunch will be available or you can eat at the festival at your own cost.

February 18, AST Complex will be closed for President's Day.
 No lunch will be served or delivered.

If you have any questions or concerns, you can call us at 405-275-4030 ext 169.

Absentee Shawnee Tribal Health Authority Update

As we start off the New Year, it is important that we all think about our health and well being. Over the past 8 months, the health programs have gone through a lot of changes, all for the better. We have moved our main clinic and health departments into the new clinic in Little Axe and we have hired many new employees. As with any changes, there are bound to be problems, but nothing that we haven't been able to handle. We have new programs or new providers that were added last year, among them are physical therapy, public health nursing, and pediatricians. These programs continue to grow and I look forward to continued growth in the coming year. We also have changed our operating hours at both clinics. In Shawnee, the new hours are 7:00 am to 5:00 pm and in Little Axe, the new hours are 8:00 am to 5:00 pm. We are closed all federal holidays and in times of bad weather. In case of bad weather such as snow or ice, please call the clinic to see if we are open. Often we may close early or have a limited number of employees. Thank you for your understanding and patience.

One area that needs to be addressed to all the tribal members and to all our other patients who utilize the clinics is the use of your insurance when being seen by our providers. As you may know, the loan payments on the new clinic comes from the money collected from the insurance companies that we bill when you are seen. Our collections from the 3rd Party payer sources, private insurance and Medicaid (SoonerCare), have gone up significantly over the year before, which was to be expected. We brought one many more providers. To date, we have made every one of our monthly payments to the bank on the loan. We have not missed a month yet and some months we have gone above and beyond expectations in regards to the billing and collections. This is all in part to the health programs billing the insurance companies. That is why it is very important that all our patients that have private insurance or SoonerCare provide those cards at the time they are being seen in the clinic. All the money collected from the insurances goes into the account that pays the loan on the new clinic none of it goes toward salaries or supplies.

Tribal Members 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. So please, if you have private insurance or on SoonerCare, allow our patient registration clerks to scan your cards and we can bill for your office visit or your medication.

We have had two resignations in the Little Axe Clinic. Dr. Pierce has decided to leave us and his last day will be Feb. 9. He is moving on to bigger and better things and we wish him all the best. Kim Kahn, the nurse practitioner in the same day appointment clinic has also left us. She will be working in Shawnee and I know she will be a great asset to her new employer. Therefore, we are short on providers for now in the clinic. Please do not get upset if we are unable to make you an appointment right away, but the clerks are working to get all patients scheduled as soon as possible. With that being said, it is very important that all patients call for an appointment and not just show up at that clinic expecting to be seen at that time. We do not have a "walk-in" clinic, all visits must have an appointment. When you call, often the clerks can get you in either the same day or first thing the next morning. We are working very hard to get all our tribal members in to be seen as soon as possible, but with many people walking into the clinic and asking to be seen right away, that could potentially take away an appointment that may have been needed for a tribal member.

If you have a medical question regarding your care or your visit, each of our providers has a nurse who has been assigned to work with

them. If you have a question, call your nurse. They are your nurse manager for your healthcare needs. This type of health care model is called "Improving Patient Care". According the Indian Health Service, "American Indian and Alaska Native (AI/AN) people face high rates of illness, disability, and death from chronic and preventable diseases. The Improving Patient Care (IPC) program supports IHS, Tribal, and Urban Indian health programs in reducing these health disparities. IPC sites are improving the quality of, and access to, care through the development of a system of care called the "Indian health medical home." IPC sites are: focusing on patient- and family-centered care; ensuring access to primary care for all AI/AN people; providing consistent, high-quality care by health care teams; acting on the guidance of the community and of Tribal leadership; and making positive, sustainable, and measurable improvements in care. Each time you have a doctor's appointment, you should be seeing the same provider and have the same nurse. This helps with providing quality care to all our patients. So the next time you are seen in either of the clinics, ask the nurse for their name. This way you will know who to contact if you have questions.

We have had a few complaints about the phone service in the Shawnee Clinic. Just to let you know that we have been having a lot of problems with the old telephone system in that building. We are working on the system and are trying to fix the problems. We continue to have issues with the phone lines being down and not working. If you call the Shawnee Clinic and do not get an answer, please call the Little Axe Clinic and we will attempt to contact them for you. We will take you name and a phone number and someone from the Shawnee Clinic will contact you. We hope to have this problem fixed soon and may need to look at replacing that system completely. We appreciate your understanding and patience while we work on this problem. You can contact the Little Axe Clinic at 405-447-0300 if you are unable to reach anyone in the Shawnee Clinic. As always, if you have questions or comments, please feel free to contact Marla Throckmorton, Shawnee Clinic Administrator at 405-878-4702, Clark Gallaher in Little Axe at 405-447-0300, or Beverly Felton, Executive Director at 405-701-7621. We will be happy to assist you as much as possible.



Wanted!

Descendants of

- **U.S. Military/Militia**
- **Native Americans**
- **Civilians**

Who fought and/or died at

Wabash Battle 1791; St. Clair's Defeat

or

Battle of Fort Recovery, 1794

To Be

Welcomed - Recognized - Honored

at the

**Re-dedication of the
Fort Recovery Monument**

(the largest tomb of unknown soldiers in the United States)

Sunday, May 5, 2013

Fort Recovery, Ohio 45846

If your ancestor fought and/or died in the great Indian/Army battles of 1791 or 1794, **contact** the Fort Recovery State Museum at: fortrecoverystatemuseum@yahoo.com
419-375-4384!

Foster Parents Needed!!!

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

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

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

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

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

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 an AST, their sense of belonging and being proud of being an 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)275-4030.

BENEFIT STOMP DANCE FOR BJ JACKSON

February 16, 2013

Glenpool Indian Community Bldg

Nov 6, 2012, BJ suffered a stroke that affected his left side. He is now in need of a lift for his truck in order for him to be able to load his electric chair on his own. Many have asked about donating items. Below is a list of things that would help make this dance a success:

Grocery Baskets	Cakes
Hamburger Meat	Hamburger buns
Onions	Pickles (sliced & whole)
Small bags of chips	Mustard
Bulk Candy	Ketchup
Tomatoes	Napkins

Volunteers for raffles during the dance and clean up afterwards.

All donations will be greatly appreciated. Mostly, we would just love for you to come and show your support for BJ's full recovery.

MVTO!

TL Lowe

To arrange pick up of any donations, please contact

Tom Barnett: 918-804-1050



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****



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

The AST Cultural Preservation Department Would Like To Pass Along The Following Information Concerning Updates To Our Programs...

Gift Shop

We would like to say "Thank you" to all our customers. With your help, December was our busiest sales month to date. Of course, part of that reason is the new supplies and inventory we receive weekly.

If you have not been in the store recently, please stop by and I'm sure you'll be pleasantly surprised at the available stock. If you have any questions, please don't hesitate to call Esther at Ext. 122, or by email at elowden@astribe.com

Library

The Library again wants to announce that we are open for Circulation daily from 10 AM to 5 PM and on Saturday, from 9 AM to 1 PM. We have a wide variety of resources available for checkout, and many magazines, newspapers and journals available for perusal. We look forward to serving your informational needs! For more information or a membership application, please call Josh at Ext. 122, or by email at jshawnee@astribe.com

Cultural Preservation

CP wants to remind you of upcoming dates for those of you interested in learning a new cultural skill, or brushing up on your old ones. The date to remember is: Saturday, February 16th. On this day, Mrs. Esther Lowden, Gift Shop Manager, will be leading a class on "Shawl Fringing". For those interested, please send an email or call our department to reserve your spot. To help curb costs, we ask that you supply the 2 . to 3 yards of cloth material (gabardine). For information about cultural activities, please call Joseph at Ext. 203, or by email at joseph.blanchard@astribe.com

Neyiwa!

Joseph H. Blanchard
Cultural Preservation Director/
Tribal Historic Preservation Officer
Absentee Shawnee Tribe of Oklahoma
2025 S. Gordon Cooper Drive
Shawnee, Oklahoma 74801
(405) 275-4030 ext. 203

ATTENTION HIGH SCHOOL SENIORS!!

Absentee Shawnee Tribe of Oklahoma

Education Department

2025 South Gordon Cooper Drive

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

youthaward@astribe.com

STUDENT INFORMATION

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

Enrollment #: _____

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

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

Email: _____

HIGH SCHOOL INFORMATION

High School Name: _____

City: _____ State: _____

Class Year: _____

Guidance Counselor: _____ Phone #: _____

Sport: _____ Position: _____

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

May include with application:

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

Our Service Area includes all or part of Lincoln, Pottawatomie, Payne, Logan, Oklahoma, & Cleveland Counties.

Sac and Fox Nation Food Distribution Program

**CALL TODAY
TO SEE IF YOU
QUALIFY!!!**

**STROUD OFFICE
(800) 256-3398**
★ ★ ★ ★
**SHAWNEE OFFICE
(866) 622-2310**

If at least one member of your household is Native American, you reside within our service area, and you meet our income guidelines...
You May Qualify. Call Today!!!



In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.



FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS (FDPIR) NET MONTHLY INCOME STANDARDS (Effective October 1, 2012)



The net monthly income standard for each household size is the sum of the applicable Supplemental Nutrition Assistance Program (SNAP) net monthly income standard and the applicable SNAP standard deduction.

- Earned Income Deduction:** Households with earned income are allowed a deduction of 20% of their earned income.
- Dependent Care Deduction:** Households that qualify for the dependent care deduction are allowed a deduction of actual dependent care costs paid monthly to a non-household member.
- Child Support Deduction:** Households that incur the cost of legally required child support to or for a non-household member are allowed a deduction for the amount of monthly child support paid.
- Medicare Part B Medical Insurance & Part D Prescription Drug Coverage Premiums:** Households that incur the cost of Medicare Part B medical insurance and/or Part D prescription drug coverage premiums are allowed a deduction for the monthly cost of the premiums.
- FDPIR Resource Standards:**
 - \$3250--Households with at least one elderly or disabled member
 - \$2000--Households without any elderly or disabled members

R. Sam Spang
FDPIR Director

Sac and Fox Nation
Food Distribution Program
920883 S. HWY 99, BLDG A
Stroud, OK 74079

Work (800) 256-3398
Call (405) 650-0129
Fax (918) 968-3099
rspang@sacandfoxnation-nsn.gov

48 Contiguous United States:

Household Size	FDPIR Net Monthly Income Standard
1	\$1080
2	\$1410
3	\$1740
4	\$2081
5	\$2438
6	\$2795
7	\$3125
8	\$3455
Each additional member	+ \$330

JOE COOPER FORD
SHAWNEE




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

The "2013" Miss, Jr. Miss & Little Miss Indian Oklahoma City Competition & Performance

Sponsored by "Changing Winds Cultural Society" & Destiny Christian Center

2012 Royalty
Miss Indian OKC
Brooke Kihaga
Otoe-Missouria
Jr. Miss Indian OKC
Lindsey Harjo
Seminole
Little Miss Indian OKC
Anoli Billy
Chickasaw



Friday
March 22rd
2013
6:30 PM
Destiny Christian Center
3801 SE 29th St.
Del City, OK
Free Admission
Public Invited

Special Awards Presentation for the 2013 Oklahoma Native American Man and Woman of the Year

Competition Reception Sponsored By:
The Oklahoma City Indian Clinic



Master of Ceremonies:
Chance Rush

Special Guests:
Vocalist:
Staci Ahhaitty
&
Singer Musician Entertainer
Keil Miller



Entertainment: Comedian
Chad Tahchawwickah

CWCS Director Shirley Wapskineh 632-5227 or swapskineh@sbcglobal.net

Pat Nimsey 943.3953	Neil Colbert 644.5202	Cindy Scott 912.0044
Carol Jarrett 525.2041	Yonavea Hawkins 919.1527	Pat & Renda Waters 248.0839
Martha Primeaux 677.4952	Dana Medina	Robert Deere 924.2532
Madonna Myers 833.9400	Perrin Deal 574.9034	Jan Oxford 474.7178
Cheryl Anquoe 250.6931	Corene Scott 273.8055	Yolanda White Antelope 604.9800
	Vera Anquoe-Haynes 703.501.1335	

2012 OKC Princess Honor Dance

Sponsored by the Families of the 2012 Miss Indian OKC Princesses
Co-Sponsor Changing Winds Cultural Society



2012 Miss Indian OKC
Brooke Kihaga
Otoe-Missouria
2012 Jr. Miss Indian OKC
Lindsey Harjo
Seminole
2012 Little Miss Indian OKC
Anoli Billy
Chickasaw/Choctaw

www.missindianokc.org

Saturday March 16, 2013 - Heart of Oklahoma Expo Center
1700 W. Independence, Shawnee, OK

CRAFT VENDORS WELCOME *BUT PLEASE NO OUTSIDE FOOD SALES*
Vendors please contact – Neil Colbert 405-664-5202
For all other information contact – Shirley Wapskineh 405-632-5227 or swapskineh@sbcglobal.net

Gourd Dancing 1:00 PM | Supper 5:00 PM | Gourd Dancing 6:00 PM | Grand Entry 7:00 PM

Head Staff:

| M.C. - Mark Wilson | Head Lady Dancers - 2012 Outgoing Miss Indian OKC Princesses |
| Head Man Dancer - Jason Bender | Host Gourd Clan - Comanche Little Ponies |

CONTESTS

- Men's Golden Age 55+ | By OK Native Art | \$175 - \$125 - \$100
- Men's Fancy | By Red Earth Inc. & Shirley Wapskineh | \$300 - \$200 - \$100
- Men's Straight | By Robert Deere, Cheryl Anquoe & Ruth Bondoni | \$300-\$200-\$100
- Women's Golden Age 55+ | \$100-\$75-\$50 | By Madonna Myers
- Women's Cloth | \$200-\$100-\$75 | In Honor of Lindsey Harjo, 2012 Jr. Miss OKC, by Ruth Bondoni
- 5 Civilized Tribes Girls Cloth | Age 6-16 | Birthday Contest For Serena Horinek | \$100-\$75-\$50
By Nancy Mendoza & Family [Must wear traditional Choctaw, Cherokee, Creek, Chickasaw or Seminole Regalia]
- Choctaw Traditional Women's Dress | Age 7+ | \$100-\$75-\$50 | In Honor of Madeleine Freeman
2012-2013 O.C.T.A. Princess | Sponsored by OK Choctaw Tribal Alliance
- Women's Fancy Shawl & Jingle Combined | In Honor of the late Frances Gunn, by Lenny & Dana Medina | \$100-\$75-\$50
- Teen Boys Traditional | In Honor of Jason Bender, by Akiane Bates Family | \$150-\$100-\$75
- Boys Straight | Age 7-17 | Sponsored by Changing Winds Cultural Society | \$100-\$75-\$50
- Boys Fancy | Age 7-17 | Sponsored by Changing Winds Cultural Society | \$100-\$75-\$50
- Girls Fancy Shawl | Age 7-17 | \$100-\$75-\$50 | Sponsored by Lisa & Phillip Billy
In Honor of Anoli Billy, 2012 Little Miss OKC
- Girls Jingle | Age 7-17 | \$100-\$75-\$50 | Sponsored by Neil Colbert, Jan Oxford & Corene Scott
- Girls Cloth & Buckskin Combined | Age 7-17 | Sponsored By The Brooke Kihaga Family &
Absentee Shawnee Tribe 2012 Miss Indian OKC
- Tiny Tots 6 & Under | In Honor of Rachel Scott | 2011 Little Miss Indian OKC

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.

NOTICE

**KEEP
WALKWAY
CLEAR**

Listed below are examples of ways to prevent falls:



Rubber bath tub mat



Non-slip floor mats



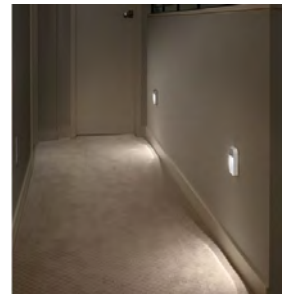
Proper non-slip shoes



Tai Chi is a proven method for preventing elder falls



Grab bar



Proper Hall way lighting

FOR SALE

**2011 DODGE JOURNEY
LIKE NEW CONDITION
24,500 MILES**

\$17,500.00 OBO

CALL JOE CROSSLEY AT 405-275-3078

OR

GENE PARKER AT 405-613-1139

2013

Miss, Jr. Miss & Little Miss Indian Oklahoma City Competition & Performance

Friday March 22, 2013

DESTINY CHRISTIAN CENTER, 3801 SE 29th St. , Del City, OK

Free & Open To The Public

SPONSORED BY: The Changing Winds Cultural Society & Destiny Christian Center

2012 Royalty

Miss Indian OKC—Brooke Kihega
Jr. Miss Indian OKC—Lindsey Harjo
Little Miss Indian OKC—Anoli Billy

COMPETITION OPEN TO
ALL APPLICANTS IN T
HE OKLAHOMA CITY
METRO AREAS BELOW

GUTHRIE

EL RENO ← → SHAWNEE

PURCELL

<i>Winners Will Use:</i>	<i>Winners Will Keep:</i>
Silver Crown Beaded Crown Silver Earrings Silver Hair Clips Silver Banner Clip Cedar Box	White Title Banner Blue Title Banner Monogrammed Shawl Monogrammed Jacket Winners Trophies
*All Contestants Will Receive a Trophy	

Miss 16-21 Years Old

Jr. Miss 11-15 Years Old

Little Miss 6-10 Years Old

<i>*Items below must be submitted with Competition Application:</i>	<i>*Items below must be submitted with Competition Application:</i>	<i>*Items below must be submitted with Competition Application:</i>
<ul style="list-style-type: none"> • Proof of Indian Descent • High School Diploma or Letter of Recommendation from Teacher • 5X7 Photo in Tribal Regalia 	<ul style="list-style-type: none"> • Proof of Indian Descent • High School Diploma or Letter of Recommendation from Teacher • 5X7 Photo in Tribal Regalia 	<ul style="list-style-type: none"> • Proof of Indian Descent • Letter of Recommendation from Teacher • 5X7 Photo in Tribal Regalia
<i>*Competition Requirements:</i>	<i>*Competition Requirements:</i>	<i>*Competition Requirements:</i>
<ul style="list-style-type: none"> • Interview with Judges • Tribal Greeting With Translation • Describe & Model Tribal Dress • Perform Traditional Talent 	<ul style="list-style-type: none"> • Interview with Judges • Tribal Greeting With Translation • Describe & Model Tribal Dress • Perform Traditional Talent 	<ul style="list-style-type: none"> • Introduction to Judges • Short Tribal Greeting With Translation • Describe & Model Tribal Dress

C.W.C.S. Director: Shirley Wapskineh—632.5227

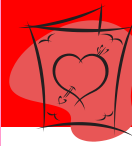
Pat Nimsey—943.3953	Neil Colbert—664.5202	Pat & Renda Walters -2 48.0839
Carol Jarrett—525.2041	Yonavea Hawkins—919.1572	Robert Deere -924.2532
Martha Primeaux—677.4952	Dana Medina-	Vera Anquoe-Haynes
Madonna Myers—833.9400	Perrin Deal—574.9034	Jan Oxford—474.7178
Cheryl Anquoe—250.6931	Corene Scott —273.8055	Yolanda White Antelope— 604.9800

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.



Diabetes and Wellness Program

Recipe

Strawberries Stuffed with Cheesecake

Ingredients:

- 1 -Pint of Strawberries
- 1 -container of sugar free whipped cream
- 1 -8 oz package of 1/3 fat cream cheese (softened)
- 1 1/2 tsp - vanilla extract
- 1 -package of sugar free cheesecake pudding
- 1 -gallon zip lock bag



Directions:

1. Fold together whipped cream and pudding until well blended.
2. Add cream cheese and vanilla extract and mix well.
3. Place into freezer bag and chill for 30 minutes in the refrigerator.
4. Wash strawberries, pat dry, turn strawberries with stem side down. Cut and "X" on the up side. Cut down to the bottom but do not cut all the way through.
5. Remove the baggie from refrigerator and cut the corner off the baggie and squeeze into your strawberries. Enjoy!



Nutritional Information:

-about 12 servings
For each serving:
Calories 80.4
Fat 2.2 g
Carbohydrates 11.7 g
Fiber 0.7 g
Sodium 230.3 mg
Protein 2.8 g

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

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!!!

Happy Valentines Day!



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 March 16, 2013. I cannot physically be present to cast my vote at the **March 16, 2013 Primary Election**, therefore, I am requesting an Absentee Ballot be mailed to me at the following address.

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

CDIB#: _____ Date of Birth: _____

Signature: _____ Date: _____

All **REQUESTS** must be returned to the **Election Commission** by the deadline of **February 24, 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. It feels like it was just yesterday that I announced my candidacy for this office, and now it's time to do it again.

For those of you who do not know much about me, my father was Leroy White who passed in 2002. The matriarch of our family is my mother, Dee White. 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 who are supportive and active in their communities and in our tribe's culture. 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 multi-million 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.

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 proto type and lead a team in the implementation of this new program.
- Saved the tribe thousands of dollars in unnecessary fees and charges in telephone usage charges and unauthorized fees.
- Lead 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 executive the rebuilding the Harrah Smoke Shop which is scheduled for a grand opening next month.
- Coordinated the implementation of new gas pumps at our convenience store and increased gas sales by 33%.
- Reviewed and revamped countless employment practices and work processes in our existing stores to save time and money.
- Streamlined the corporation documents, tax IDs, and licenses that we use to run these businesses so that there is a clean line of business ownership, authority, and accountability.

In some cases, making some of these changes felt like pushing an elephant uphill. It was not easy. For a myriad of reasons, making changes in a government setting is more laborious than in a regular business setting.

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 feel a great sense of accomplishment in what I've been able to do and I feel that I have much more to offer. If you will stick with me and vote for me on March 16th, I promise to serve you with integrity and passion. Thank you for your continued support.

Respectfully,

Teri Reed - Candidate for Secretary

Election Commission Office Hours

January 2013						
S	M	T	W	T	F	S
		✓	2	3	4	5
6	7	8	9	10	11	12
13	14	X	16	X	18	19
20	X	X	23	X	25	26
27	28	X	30	X		

February 2013						
S	M	T	W	T	F	S
					1	2
3	4	X	6	X	8	9
10	11	X	13	X	15	16
17	✓	X	20	X	22	23
24	25	26	27	28		

March 2013						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	X	27	X	✓	30
31						

April 2013						
S	M	T	W	T	F	S
	1	X	3	X	5	6
7	8	X	10	X	12	13
14	15	X	17	X	19	20
21	22	X	24	X	26	27
28	29	X				

May 2013						
S	M	T	W	T	F	S
			1	X	3	4
5	6	X	8	X	10	11
12	13	X	15	X	17	18
19	20	X	22	X	24	25
26	✓	28	29	30	31	

June 2013						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	X	26	X	28	29
30						

July 2013						
S	M	T	W	T	F	S
	1	X	3	✓	5	6
7	8	X	10	X	12	13
14	15	X	17	X	19	20
21	22	X	24	X	26	27
28	29	X	31			

August 2013						
S	M	T	W	T	F	S
				X	2	3
4	5	X	7	X	9	10
11	12	X	14	X	16	17
18	19	X	21	X	23	24
25	26	X	28	X	30	31

September 2013						
S	M	T	W	T	F	S
1	✓	X	4	X	6	7
8	9	X	11	X	13	14
15	16	X	18	X	20	21
22	23	X	25	X	27	28
29	30					

October 2013						
S	M	T	W	T	F	S
		X	2	X	4	5
6	7	X	9	X	11	12
13	14	X	16	X	18	19
20	21	X	23	X	25	26
27	28	X	30	X		

November 2013						
S	M	T	W	T	F	S
					1	2
3	4	X	6	X	8	9
10	✓	X	13	X	15	16
17	18	X	20	X	22	23
24	25	X	27	X	✓	30

December 2013						
S	M	T	W	T	F	S
1	2	X	4	X	6	7
8	9	X	11	X	13	14
15	16	X	18	X	20	21
22	23	✓	✓	26	27	28
29	30	31				

- Election Day
- Open 8-12 + 1-5
- X Open 1-5

- ✓ Holidays
- Regular Monthly Meeting
Second Thursday of Month

- Completed 11-13-12
- Approved 12-13-12



My name is Beverly Edwina Butler-Wolfe, and I am running for the office of Governor of the Absentee Shawnee Tribe of Indians of Oklahoma. This is both an honor and a pleasure to be considered for this office.

I was born and raised in Shawnee Oklahoma area and I am proud to be of the White Turkey Band of the Absentee Shawnee Tribe, of which I now serve as the President. My husband Leonard, also a citizen of the Absentee Shawnee Tribe and I reside at 2204 Ellis Drive, Shawnee, Oklahoma. I have one son, Josh and one step-daughter Christie, and one grandson, Nickolas, all citizens of the Absentee Shawnee Tribe. I have six sisters: Gwen, Janet, Delores, Fredith, Lana, Vicki, and one deceased sister: Pamela Kay Butler Rolette. Both of my parents are deceased: Roland Butler and Beverly Jean Longhorn Butler.

My educational efforts began at Dale High School where I and my sisters were known due to our basketball skills. After receiving my high school diploma I attended Oklahoma Baptist University and later went on to take part in an Adult Working Program that focused on administration and business at St. Gregory's University.

I enjoy working with and for the Tribe and I served on several committees: National Indian Education Association; Sac and Fox Johnson O'Malley (JOM) Advisory Committee; Sponsor of the North Rock Creek Indian Club, Domestic Violence Committee; currently holding position on the Absentee Shawnee Tribe Education Committee; Downtown Shawnee Safe Events For Family (SEFF).

My position within the Absentee Shawnee Tribe is the Director of the Horse Shoe Bend After School Program. I helped to implant and develop this program into the AST Community in the summer 2011 and its enrollment increases each semester. I also coordinated a joint venture with the Sac and Fox Nation who pay part of the costs for this program. I have High School and College tutors working with me to assist me in ensuring our children of tomorrow have a brighter future through education.

Over the next few months I will speak to you on a number of issues that you need to know about in our Tribal Programs. The big concern is our Health Program. I believe in bringing issues to light - being transparent and resolving the concern and moving forward. But first we will need to look at and discuss those issues honestly and completely and then make plans on how to proceed. That's where I need you as Tribal citizens to assist me in re-shaping our system. It's time for a change and I hope you will help me make that move forward! I believe that you will see I am a strong and determined leader who is willing to get questions answered and willing to get the job done in a friendly and professional way. Thank you!



Hello friends, relatives and fellow tribal members,

It's election time again and I, Sharon Ponkilla, am seeking your vote as Secretary of the Absentee Shawnee Tribe. I am a Licensed Practical Nurse employed in Public Health Nursing at the Little Axe Health Center (previously located at the Shawnee Clinic location). In my current position, I manage the Caregiver (Title VI part C) grant, hold health related elder events at the Shawnee Title VI and Little Axe Resource Center, and perform skilled nursing visits in tribal members' homes. I am currently working with my supervisor to establish a wound care clinic within the Public Health Nursing Department.

I have worked in the health care field for the past 13 years. In working with a diverse group of individuals, often times in challenging situations, I have developed the ability to work individually and as a team player. Together, my teams and I, have provided quality care and customer service. I feel I have developed the critical thinking skills and fairness needed to hold the position of Secretary.

If elected to this position, I will use my knowledge, skills and abilities to work with our Executive Committee in order to provide leadership that will promote and develop our tribe in a positive way. I appreciate the support of my family and friends in this endeavor. I ask you, my fellow tribal members,

for your support and vote in the March election. I am available for comments and suggestions, my door is always open. Thank you for your time and consideration.

Respectfully,
Sharon Ponkilla
sponkilla@yahoo.com

Hello everyone,

My name is Vera (Gibson) Dawsey, and I am running for Tribal Secretary. Here are a few of my qualifications and honors that I have achieved and received in my life. I was born (literally) born in Little Axe, I can speak my language a little, but I understand fluently. I attended Little Axe Elementary School and for high school, I attended Chilocco Indian School, Chilocco, Oklahoma, from 1966 to 1968, after which I returned home and attended Noble High School, Noble, Oklahoma, where I graduated in May, 1970. I attended Rose State College, MWC, Oklahoma, where I received an Associate's Degree, in Liberal Studies, I also attended the University of Oklahoma, no degree, I have 175 college hours in various areas of learning. I liked going to school and liked taking a variety of classes, however, most of my classes are in Criminal Justice. I have worked as a cross-country truck driver, a security officer, deputy sheriff, after 9-11, I was sent to NASA in Florida, to work with Gateway Support which is the Police Department at NASA. I also worked at a printing company, and as a secretary. Now that I am of the age that I am unable to physically execute the kinds of jobs that I am used to doing, I have elected to return to school, I am currently attending school online with Stevens-Henager College out of Ogden, Utah, my majors are Business Administration with an emphasis in Human Resources. I am also currently on the Constitution Revision Committee.

September, 1989, Letter of Appreciation, Veterans Administration for being a volunteer at the VA Hospital.

November, 1993, Letter of Commendation, Absentee Shawnee Tribe for assisting with Self-Governance, Indian Health Service negotiations.

July, 1995, Letter of Appreciation, American Red Cross, for volunteering at the OKC, Bombing.

Fall Semester, 1996, Vice's Presidents Honor Roll, Rose State College, MWC, Okla.

May, 1997, 2 Outstanding Accomplishment Awards, Criminal Justice Club, Rose State College, MWC, Okla.

March, 2000, Certificate of Training Achievement Award, Center for Professional Studies, Tulsa, Okla.

March, 2001, Service Award, Wackenhut Security.

November, 2001, Certificate of Achievement Award, SGS, USAF, NASA, Cape Canaveral, Florida.

November, 2001, Certificate of Achievement Award, Wackenhut Security, Tulsa, Okla.

1st Quarter, 2012, Deans Honor Roll

3rd Quarter, 2012, Honor Roll

I could be mistaken, but, I have always been under the impression that the reason the tribe has businesses and various programs was to help our tribal members, with housing, health, education, employment and others matters that pertain to our tribal people. From my point of view All of the tribal entities are predominately staffed by non-Indian employees, not non-tribal but non-Indian. If our tribal members are qualified to do the job, they should be employed by our entities.

The State of Oklahoma and the United States are trying to enact a law for bullying, what has the tribe done, they have allowed bullying in employment, it doesn't matter what family you come from or if you are White turkey or Big Jim, we are all Absentee Shawnee, and we should all learn to work together, to make our tribe prosperous and thriving people. I have problems with the "not" following of the guidelines and policy and procedures in our various departments. There is too much nepotism in the work place, the "word is that if you are a non-Indian and you know or are," friends with department heads and various members you can get a job easily. Where did that come from? Did you also know that when a tribal member or anyone else gets terminated from any other tribal enterprise and they file for unemployment, that the State Employment Service considers tribal entities a Hostile work, "what's wrong with this picture"? I am not oblivious to the fact, that there are many tribal members who take advantage of their jobs, by taking too much time off, and just do not want to perform their jobs, but I feel that it is up to the Human Resources, Education and the Executive Committee to come up with training or seminars to educate our tribal members, and department heads on the SOP's, because it seems that tribal employees are leaving their employment with the tribe because of these various reasons.

It was also my understanding that ASEDA's purpose was to bring new businesses and business ventures for the tribe, why has their budget get cut from \$30,000 to \$12,000, because the current Secretary does not agree with what avenues ASEDA is taking. It is not her place to operate as a department for ASEDA. I myself have gotten phone calls at my home concerning the fraternizing between the manager of the restaurant and a waitress, and the allowing of favoritism at the restaurant. I was also informed of tribal members being banned from the restaurant because they complained that their food was not completely cooked. I feel that the restaurant and both smoke shops should be ran by ASEDA, because, after all they are in the business of operating our business entities, and they have more contacts for grants for various projects.

These are just a few of the questions that I have, my concerns are not of a personal nature, I look at a couple of other tribes and see how well they are doing, and I know that we have the same ability, if we would stop with the jealousy, nepotism, rumors, and greed, because if we all work together we can all win. There, I would appreciate your votes in June.

Thank you, Be Blessed
Vera Dawsey



ABSENTEE SHAWNEE TRIBE
OF INDIANS OF OKLAHOMA
2025 S. GORDON COOPER DR.
SHAWNEE, OK 74801

PRSRD
STANDARD MAIL
U.S. Postage Paid
Permit No. 434
Shawnee, OK 74801

RETURN SERVICE
REQUESTED

ABSENTEE SHAWNEE TRIBE - SHAWNEE DEPARTMENT EXTENSIONS
Tribal Complex (405) 275-4030 or 1-800 256-3341

ABSENTEE SHAWNEE TRIBE - SHAWNEE DEPARTMENT EXTENSIONS (405) 275-4030

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EMAIL ADDRESSES FOR EMPLOYEES IS THE FIRST INITIAL OF THEIR FIRST NAME FOLLOWED BY THE LAST NAME AND @ASTRIBE.COM.
FOR EXAMPLE, AN EMPLOYEE NAMED JOHN DOE CAN BE REACHED AT JD0E@ASTRIBE.COM.
CORRECTIONS? E-MAIL TO PHONELIST@ASTRIBE.COM

UPDATED: OCTOBER 4, 2012

LANGUAGE CORNER

TREES

Ash tree - me-ya-li-ka-wa

Pecan tree - ki-fa-me-se

Blackjack tree - ma-ka-fa-me-te-qe

Persimmon tree - ma-gi-se-me-se

Bois-d'arc tree - wa-fa-we-ke

Post Oak tree - wi-pi-ko-me-se

Cedar tree - me-se-qe-fe

Red Oak tree - ho-fi-wa-se-ko-me-se

Cottonwood tree - na-ki-ka-wi

Walnut tree - fa-pa-ki-ne-me-se

Elm tree - hi-ne-pe-ya

Willow tree - me-to-wi-ke-fa-ke

Hickory tree - ko-ga-me-se

Cover art is a selection of Earnest Spybuck painting,
"Shawnee Home Life About 1890" ca. 1910