



Inside this issue. . .

Executive Committee

 Reports 2-7

YTD Tax Collections 6

Jim Thorpe Games 8-9

Cultural Preservation 10

July Birthdays 14-15

Horseshoe Bend 16-17

Title VI Menu 18

Ashley Brokeshoulder . . . 22

Foster Care 25

ABSENTEE SHAWNEE ELECTION COMMISSION
OFFICIAL ELECTION RESULTS
RUN OFF ELECTION JUNE 16, 2012

This is to announce the OFFICIAL results of the June 16, 2012 Run Off Election for the Absentee Shawnee Tribe of Oklahoma. This election was held on the above date pursuant to the Tribal Constitution and the Election Ordinance. All votes were counted at the Absentee Shawnee Tribal Complex.

EXECUTIVE COMMITTEE

LT. Governor: (2 Year Term)	Isaac Gibson, Jr.	-1-Vote
Tribal Treasurer: (2 Year Term)	Kathy Deere	-153-Votes
	Alicia Engler	-91-Votes
Tribal Representative: (2 Year Term)	Jeff Gibson	-150-Votes
	Diane Ponkilla	-96-Votes

ELECTION COMMISSION

Deputy Commissioner: (3 Year Term)	Augustine Johnson	-151-Votes
	Cynthia Carpenter	-95-Votes
Commission Member#1: (3 Year Term)	Shirley Adkins	-1-Vote

Changes in Pharmacy Mail-out Program

Prescription drug abuse is on the rise, not only in Oklahoma but around the entire United States. Oklahoma leads the nation in both prescription painkiller abuse and related deaths. Native Americans in Oklahoma are at the same level as the general population when it comes to prescription painkiller abuse and deaths. Painkiller abuse and related deaths are highest among Whites and Native Americans, about three times higher those of Blacks and Hispanics. Because of this abuse and related deaths due to prescription painkillers, the Absentee Shawnee Tribal Health Board of Directors voted at their recent monthly meeting to approve the pharmacy department request to stop the practice of mailing narcotics to out-of-state addresses. In Oklahoma, our pharmacists have access to the Prescription Monitoring Program (PMP) that allows the doctors and pharmacists to check on a patient's use of narcotics. The goal of this program is to reduce prescription fraud, substance abuse, "doctor shopping", and other illegal activity related to pharmaceutical drug diversion. Our providers and pharmacists in both of our clinics frequently check this site to make sure their patients are not abusing the drugs. They check to see when a prescription was filled, what the medication is, what provider wrote the prescription, or how often the medication is being filled. The pharmacists do not have the ability to do this on the out-of-state prescriptions because not all states have this same program.

Beginning in August, 2012, no narcotics will be mailed to out-of-state addresses. In June and July, the pharmacists will begin contacting those tribal members who this might affect and will attempt to offer other resources for their prescriptions. They will also be contacting the providers who write the prescriptions to let them know we will no longer fill prescriptions for narcotics that have to be mailed to these out of state patients. We just feel that this is a huge liability to mail out narcotics because we do not know who the person is who is signing for the delivery. In Oklahoma, patients are required to show a photo ID when picking up a narcotic prescription from the pharmacy. We do not have that option when we mail narcotics. The post office is not required to ask for a photo ID, so anyone could be getting the medication out of the mail. As a health program, we want to not only protect the patient but the tribe.

We are sorry for any convenience to those out of state tribal members. This does not affect the in-state prescriptions. We will continue to mail to in-state addresses, but we are asking that those patients go to the Shawnee or Little Axe pharmacies to provide their current addresses and driver's license. For in-state, we are able to check the PMP for patient information. This does not affect other medication such as monthly maintenance prescriptions such as diabetes, blood pressure, or other required monthly medications.

Executive Committee



GEORGE BLANCHARD
GOVERNOR



ISSAC GIBSON
LT. GOVERNOR



TERI REED
SECRETARY



KATHY DEERE
TREASURER



JEFFREY GIBSON
REPRESENTATIVE

Governor's Corner

Greetings fellow tribal members:

First and foremost, I want to thank all of you for your thoughts and prayers while I was in the hospital. I am doing good, feeling great, and I am back to work as usual. I am certain this is due to a great part by your thoughts and prayers. Thanks to the elders council for the flowers, and thanks to Dan Cross from the A.S.C.S. clinic for the flowers, and all of you who sent cards. Again, thank you all.

Our language classes will resume in August. Due to the summer camp now going on at Brendle Corner, we don't want to move any of the materials or equipment at this time. Watch the newspaper for dates and times, and we will also send out e-mails to let everyone know when and where.

I have been getting some good comments about our new health facility and all comments have been passed on to Health management and all the employees who have worked so hard to make it happen. Thank you all, and we appreciate your favorable comments.

Congratulations to Kathy, Jeff, and Isaac on their re-election, we look forward to continuing our commitment to serving our tribe to the best of our ability.

NE yi wa,

Governor George Blanchard

1. Basket
so so ne
2. Bed
te fi ne

3. Blanket
hi qe wa
4. Broom
ge ki te te ki
5. Table
ti we fa ne ke
6. Chair
hi pi pe wa
7. Stove
ti la fa lo ke
8. Iron
ta pe ya ke fe ki
9. Kettle
ho ko ko wi
10. Roof
hi pi qi ne fa ke
11. House
we ke wi
12. Floor
ti ta pi ke fa ke

If you are unable to pronounce any of these words, feel free to give me a call, I will be glad to help you. 405-659-5357 or gblanchard@atribe.com

Lt. Governor's Report

I hope all of you are doing well. The month of June moved at a slower pace than May. It was the month for the elections of the Office of Representative and the Office of Treasurer. It seems like prior to elections things slow down at the Tribal Office as everyone anticipates the outcome. I would like to congratulate Representative Jeff Gibson and Treasurer Kathy Deere on their wins.

The annual cook out is scheduled for June 22nd. The staff looks forward to preparing for it. A big meal is served, there are various competitions planned, it is fun for everyone. The staff works hard and allowing them one day of fun and games is just a small gesture of thanks for what they do year round.

According to the Tribe's law firm, the briefing schedule for the "Tribe with Jurisdiction" or "Probate Issue" provided for the Tribe to file their brief, then a reply brief by the Citizen Potawatomi was due by the end of June. Now we are waiting on the Interior Board of Contract Appeals (IBIA) to file a decision. Typically, the IBIA does not hold a hearing and decides matters based on the briefs. IBIA's decision should be filed no later than the end of August.

The Tribe has always had face-to-face negotiations with Dr. Kenneth Reinfeld from the Department of the Interior - Office of Self Governance. Due to travel restrictions placed on Federal Employees, we are conducting negotiations by fax, telephone and e-mail this year. It seems to be working out. We should have our BIA Funding Agreement negotiated by the end of July.

There was a meeting in Oklahoma City regarding the new highway bill. Oklahoma went all out; Tribes were represented from all over the state and were backed up by 71 of the 77 counties. The Commissioners of those 71 counties submitted resolutions in support of tribal transportation programs and gave testimony to the Federal Representatives on how the Tribe's had helped the counties

and the State with infrastructure and improving the highway system across Oklahoma. One of the things the Federal Representatives emphasized was pooling resources. The Commissioners were more than glad to expound on how in Oklahoma we did that and got a lot accomplished. A letter from Governor Fallan, praising the tribal transportation programs was presented as an official document, as were the county resolutions. Hopefully everything will work out.

The corn and watermelons we planted several months ago have come along quite well. According to our observations and advice from our elders, the corn should be ready around the middle of July. Be advised, this isn't sweet corn that we buy at the grocery store, it is White Flint Corn. The type we use in our ceremonies. The majority of it has tasseled and have



made ears. The watermelons are expected to be ready around the first of August. We have about 5 acres of Crimson Sweet planted. We still have our fingers crossed hoping our initial crop will be productive for all to share in.

Our Land Management Project at our Earlsboro property has progressed extremely. We have cleared around 50% of the cedar trees that were occupying the property. We have about 80% of the cross-fencing completed. We have been complimented on how much we have improved the property and it really shows.

We are still mowing yards. I appreciate everyone picking up your yards before the mowing crew gets there. It is very helpful.

The Kings Road project is well underway. The scheduled time of completion is the end of July.

Respectfully,
Isaac Gibson,
Lieutenant Governor



Greeting Tribal Members:

The tribal election was held this past weekend and the results are in! I would like to congratulate Treasurer Deere and Representative Gibson on their re-election for another term in office. I'm looking forward to working with them. Congratulations are also in order for Augustine Johnson and Shirley Adkins on their new terms for the Election Commission.

CULTURAL PRESERVATION PROJECT

Our new summer program to document the lives and stories of tribal members is underway. We had three college/graduate students apply for the summer internship and they have been busy interviewing tribal members and honing their writing skills. We have contracted with Mindy Wood, a freelance writing consultant,

to work with the interns. Ms. Wood is currently the managing editor for the Shawnee Outlook Magazine. She has worked as a consultant for two local public relation campaigns, is the writer of choice for several websites, and sought after for special projects in journalism. We are excited about having her assist us with this project.

Some of our work on this project will be featured in future issues of our newsletter. The stories and profiles will be maintained in our Cultural Preservation Department. We want to preserve our history by documenting these stories for future generations. I will continue to partner with the Cultural Preservation Department to help lead this project throughout the summer.

If you would like to volunteer to be one of the featured tribal members, please let me know. Or, you may contact the student journalist directly by email at journalist@astribe.com or by telephone on 405-275-4030 extension 191. You can find more information about this project in a separate article in this newsletter.

COUNTRY KITCHEN RESTAURANT

The tribe owns this small restaurant located on Highway 9 in front of the Thunderbird Casino in Norman. This location has gone through numerous transformations, all the way from a Mexican food restaurant in 2008 to a pizzeria in 2009. It currently serves a variety of traditional dishes that appeal to a broad clientele and they feature a daily special for those who are in a hurry for a quick meal. Breakfast tends to be a popular choice for the local patrons.

The small restaurant business is not generally considered a high profit business, but our proximity to Lake Thunderbird and the new clinic make this restaurant a sustainable enterprise and a great service for the community. We are always looking for ways to improve our service at the restaurant and to work efficiently to increase the profit margin. We determined through some hourly studies of revenue that Sunday afternoon and early evening is not a profitable time for us to be open. We changed

our hours in mid-June to close at 3:00 p.m on Sundays. We are sorry for any inconvenience that this may cause you and hope that you will visit the restaurant during our regularly scheduled hours.

RED EARTH FESTIVAL AND PARADE

The Absentee Shawnee Tribe was well represented in the recent Red Earth Festival Parade that was held on June 8th in downtown Oklahoma City. We had several groups that participated in the parade and many tribal members who danced in the competition. Many thanks to the participants and volunteers in the competition and parade. I was very proud of those who came out to represent the Absentee Shawnee Tribe. Good job.

GRANTS

As some of you know, I have been working with our grant writer and TERO Director Randy Edge on a grant to provide broadband service to some of our rural communities. Unfortunately, this is one grant that did not come through for us due to income requirements for the defined area and the wide availability of broadband service through DSL that is available to most of the Oklahoma area.

The tribe keeps our grant writer busy investigating and applying for grants for our tribe, and he does a good job. We have applied for approximately twelve grants this year and we have received approval on about half of them. The total award for the grants received this year is \$3.5, which is allocated mostly to the Domestic Violence Department and for child care.

ENROLLMENT

I know some of you are interested in our enrollment changes and activity, so this month I am reporting on our enrollment department activity for 2012 through the month of May.

- 3,689 total enrolled tribal members
- 15 deceased in 2012 through the end of May 2012
- 4 enrollment rejections
- 1 voluntary relinquishment
- 2 blood quantum corrections

If you plan to enroll a minor

applicant, please include a photo with your enrollment application so we will have a picture on file. Pictures can be emailed to: Larry Buckley at larryb@astribe.com or Darrell Larney at dlarney@astribe.com.

JIM THORPE GAMES

Congratulations to all of the Absentee Shawnee tribal members that participated in the Jim Thorpe Games in mid-June. It was great to see all of the tribes that participated from all over the country. I saw thousands of Native American athletes from across the nation and none shone brighter, in my eyes, than those who participated representing our tribe. Thanks to all of you that participated and represented the Absentee Shawnee Tribe. You're awesome.

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



Blessing to Absentee Shawnee Tribal Members, Want to extend my sincere appreciation and thanks to all who supported me these past two years as the Tribal Treasurer. It has been an honor and privilege to serve. Our plans to continue to move the Tribe forward and accomplish even more! We want to once again be recognized as innovative and progressive! Thank you for your support and confidence in me for another two years. We are continuing progressing in the areas of economic development, educating our tribal members, and services for the tribal members. Below is the list of activities for the month:

- ASED Board Monthly meeting, as Ad Hoc non-voting member.
- Elders' Monthly meeting, at the AST Resource Center this month. They meet 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. We plan fund raisers, outings, and cultural activities. Second Annual Inauguration

event for newly elected executive committee members, date will be TBD; Annual Elders' Veterans Dance, this year it is a Gourd Dance in November date TBD.

- The "Metamorphosis" Sovereignty Symposium XXV-2012, Skirvin-Hilton Hotel, OKC, OK. AST Color Guard, represented by Walter Larney and Esteline Schulenberg carried the AST Flag. Many tribes and Elected Officials followed in procession with respective flags. It was a proud moment to see so many tribes and elected officials represented. Representative Tom Cole, James M. Cole, Deputy Attorney General, United States Department of Justice, Washington D.C., were just a few of the distinguished speakers.

- Lt. Governor Gibson, Secretary Reed, and I attended the Event Room Ribbon Cutting, Friday, June 8th, 2012, 8:30 pm, Thunderbird Casino, Norman. Officially opening the new EVENT room and we know it will be used on numerous occasions.

- Planning meeting for the Family Music Fun night, Saturday, August 25, 2012, 4-9pm. Will have live music, karaoke contest, food, and lots of fun for whole family. Sponsored by Community Health Preventative Service.

- Diabetes Education Program for six (6) weeks every Thursday at the LI-SI-WI-NWI Health Clinic, Little Axe, OK. Class Topics include: What is Diabetes, Healthy Eating, Being Active, Monitoring & Taking Medication, Problem Solving, Reducing Risks and Healthy Coping. Encourage all tribal members to participate in upcoming classes on diabetes.

- Red Earth 2012 Parade, AST had a float and the "AST Horse" always a hit, people love to take pictures and comment on how beautiful. Executive Committee members: Secretary Reed, Representative Gibson, and I represented our Tribe. Absentee Shawnee Elders Council, TERO, Maintenance and Thunderbird Casino, also rode on the float.

- Community Meeting, AST Resource Center, June 14, 2012, 6-8:30pm. Discussion on the four

options and tenure concerning the Constitution Revision. Also, Salary committee did a presentation on the elected officials salary chart. Attendance was 21.

- Financial Consultant and I attended the Oklahoma Native Assets Coalition, June 11, 2012, Reed Ctr in MWC, OK. Conference covered many topics including Native asset building in Ok, opportunities for peer learning, share information about Native asset building models, funding sources, partnership opportunities, research, training and technical assistance. All these topics are informative toward grant opportunities and networking with consultants and receiving technical assistance.

- Monthly meeting with Thunderbird Casino Interim General Manager, Dillon Byrd and Belinda Collins. We meet to go over the monthly figures for both Shawnee and Norman Casinos. We are glad to say that progress in the area of revenue is on the upward rise and hopefully will continue. Various changes and events have taken place since we have a new general manager. As you will notice as time goes by.

- Monthly Redstone Investment meeting. We have an excellent investor advisor, who continually keeps the committee updated on the tribe's investments. Since we have been with Redstone Investments, we have achieved attractive returns for the Tribe's investment portfolio for over ten (10) years).

- Constitution Revision Committee. They need your input on revising the legislative branch of the AST government with Proposed Constitutional Change. Four options are being considered. As you will see on another page the proposed four (4) options. Please fill out the Survey and either mail, give or fax to a Constitution Revisions Committee Member or Eddie Brokeshoulder, Coordinator, Office of Treasurer, 2025 S. Gordon Cooper Dr., Bldg 2, Shawnee, OK 74801 or by fax 405-395-9780.

- We expect to complete the audit June 2012. All the Tribe's entities will be audited first and those will roll up into the Tribe's Government

wide financials; (ASEDA; ASEDA Fleet, AST Counseling Services, Store, Harrah Smoke Shop; and Restaurant: AllNations Bank: and Thunderbird Casino's Locations 1 & 2). The Audit will include the MD&A (Management Discussion and Analysis). The MD&A report is an informative report within the 2011 Audit; which is a brief review and explanation of the Audit. We expect to get another good "Audit for 2012".

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

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

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

Respectfully yours,
Kathy Deere, Treasurer

"The test of our "progress" is not whether we add to the abundance of those who have much. It is whether we provide enough to those who have little." Franklin D. Roosevelt

May God Bless you,
Kathy Deere



Greetings fellow Tribal Members:
I hope that June finds you all in good health and prosperity. I would like to start off with a thank you to those of you who came out and showed your support in the Tribal Elections. It's my plan to do as much as I can to further our tribe

in every way possible.

Happy Birthday to all of you celebrating a birthdays this month and Happy Anniversary to those of you celebrating anniversaries! We have been busy at the Tribe, keeping up with the day to day activities and beginning new projects as well. I am in the early stages of developing a new program in Little Axe for our Tribal youth. More details will be given as we get further along in the planning, but am hoping to finish up around late August. Also, we are very excited about the Building Blocks 3, which is in the beginning stages of the planning process.

It's so uplifting to see and hear of our Tribal Members participating in the Jim Thorpe Native American Games this month. The games were held from June 10-17 in Oklahoma City. The Absentee Shawnee were well represented and came out in full force to showcase their talents.

Tribal members are always asking about the cows and the farm. I am pleased to inform you that we now have 26 calves, 30 cows, and 1 bull. As some of you are already aware, the cows were moved to Earlsboro recently. Our herd has doubled, and everyone is in good health.

Have a wonderful month, and my door is always open to anyone needing who needs or wants to talk!

Thank you,
Jeff Gibson
Tribal Representative



The following are Resolutions passed through May 23, 2012

EXECUTIVE RESOLUTIONS:

E-AS-12-29 05/23/12

Approving, authorizing and supporting the submission of the Absentee Shawnee Tribe's application for the FY 2012 Tribal Homeland Security Grant Program (THSGP) Application for funding through the Dept. Of Homeland Security/FEMA to strengthen the Tribe's capacity to prepare for and respond to emergency situations. **Vote of 3**

**FINANCE DEPARTMENT
JULY 2012**

(Article Written 6/21/2012)

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.

We Audit wrap up meetings are taking place today, tomorrow, and next Monday. We will be turning the audit to the Audit Clearing House by the end of next week. All the Tribe's entities are audited first and those roll into the Tribe's Government wide financials; (ASEDA; ASEDA Fleet, AST Counseling Services, Store, Harrah Smoke Shop; Restaurant: AllNations Bank; and Thunderbird Casino Locations 1 & 2). The Audit will include the MD&A (Management Discussion and Analysis); which is a brief review and explanation of the Audit. The 2010 Audit was an "unqualified" audit; which when compared to an educational grading scale is an A; and it is my goal that the 2011 will be unqualified as well.

The Indirect Cost Proposal for 2012 is at the end of the negotiating period and hopefully, will be finalized by the National Business Center (NBC) by next week. NBC is six months behind whereas they had been only three months behind last year because they experienced budget cuts thus staff cuts. Our rate is up from 17.74% for 2010 to 21.98% for 2011 and we expect our rate to increase for 2012 however that is just an estimate. This estimated increase is based on the influx of operating activity. I will write the Indirect Cost Proposal for 2013 once the audit is complete.

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

in favor, 0 opposed, and 0 abstentions. Lt. Governor, Absent

E-AS-12-30 05/23/12

Appoints Surya Pierce to the Absentee Shawnee Tribal Health Authority, Inc. Board of Directors and Li Si Wi Nwi Health Inc. Board of Directors for a two year term, effective May 23, 2012 and expiring May 23, 2014. **Vote of 3 in favor, 0 opposed, and 0 abstentions. Lt. Governor, Absent**

E-AS-12-31 05/23/12

Rescinding Resolution No. E-AS-2009-95, a request to return funds in the estate account of George Dibler, Jr to the Absentee-Shawnee Tribe Resolution No. E-AS-2009-95 approved on October 21, 2009 is hereby rescinded. **Vote of 3 in favor, 0 opposed, and 0 abstentions. Lt. Governor, Absent**

E-AS-12-32 05/23/12

Approves and authorizes adoption of the "Solid Waste Recycling Plan" as set forth in the copy attached and made a part hereof. **Vote of 3 in favor, 0 opposed, and 0 abstentions. Lt. Governor, Absent**

E-AS-12-33 05/23/12

Approves and authorizes the Treasurer's Office and Finance Department to establish a bank account at AllNations Bank titled "Recycling2Reduce" in the initial sum of One Thousand Dollars (\$1,000.00) to be funded from O.E.H. (Office of Environmental Health) Support account to be used to implement the "Solid Waste Recycling Plan" with the signature requirements and authorized signers being the same as Tribal bank accounts to include the Executive Committee members as follows: Lieutenant Governor Isaac Gibson, Jr., Secretary Teri Reed, Treasurer Kathy Deere, and Representative Jeff Gibson, effective immediately. **Vote of 3 in favor, 0 opposed, and 0 abstentions. Lt. Governor, Absent**

E-AS-12-34 05/23/12

Directs the Bureau of Indian Affairs (BIA), Southern Plains Regional Office, Branch of Transportation to compile the required documentation and submit the document to the BIA, Central Office for additions to

the Tribe's current IRR Inventory. **Vote of 3 in favor, 0 opposed, and 0 abstentions. Lt. Governor, Absent**

E-AS-12-35 05/23/12

Authorizes the construction of the parking, curbs and guttering at the Harrah Smokeshop, 19857 Harrah, Oklahoma (IRR Route Number 8910), to be funded through the Absentee Shawnee Tribe's Indian Reservation Roads Program. **Vote of 3 in favor, 0 opposed, and 0 abstentions. Lt. Governor, Absent**

E-AS-12-36 05/23/12

Approves and accepts **Frances Jane Isaac, Mitchell Thomas McMillen, Dade Luke Allen Cooper, Anthony Lee Day, Gabriel Lee Foster, Hunter Lynn Foreman, Jalen Hawke Foreman, Lindsey Nicole Dennison, Jayden Dewayne Grant, Braylie Audra Williams, Kaenon Cole Williams, Rosa Marie Torres, Hector Gene Torres, Fernando Jose Torres, Keevan Jones Hill, Christopher Douglas Sloat, Alyssa Pamela Lee Medina, Mariella Raelynn Carter** as enrolled members of the Absentee Shawnee Tribe of Indians of Oklahoma as of the date of this resolution. **Vote of 3 in favor, 0 opposed, and 0 abstentions. Lt. Governor, Absent**

LEGISLATIVE RESOLUTIONS:

L-AS-12-03 05/23/12

Amends the Absentee Shawnee Tribe of Indians of Oklahoma Tribal Criminal Code Chapters 1 and 2 as provided for in the attachment "Exhibit A", effective immediately. (*Chapter 1 - Crimes against property, Chapter 2 - Crimes against persons*) **Vote of 3 in favor, 0 opposed, and 0 abstentions. Lt. Governor, Absent**

The following are Resolutions passed through June 20, 2012

EXECUTIVE RESOLUTIONS:

E-AS-12-37 06/20/12

Authorizing the submission of a competitive application to the Indian Health Service for an Injury Prevention Program (IPP) through a

cooperative agreement as described under 93.284 in the Catalog of Federal Domestic Assistance (CFDA) and authorizing the Governor and/or his designee to sign all documents necessary for the submission of the grant application (Excerpts are attached hereto).

Vote of 3 in favor, 0 opposed, and 0 abstentions. Treasurer, Absent

E-AS-12-38 06/20/12

Supports the Employee Committee by waiving all taxes, permits and any other provisions requiring a return to the Tribe under the Tax and associated with this agreement with Firecracker Joe's by the Employee Committee and authorizes the use of the site location space, electrical outlets, and electricity, if available per the dates stipulated by the attached agreement. **Vote of 3 in favor, 0 opposed, and 0 abstentions. Treasurer, Absent**

E-AS-12-39 06/20/12

Authorizing and approving the waiver and exemption of the Country Kitchen from Tribal sales tax, effective immediately. **Vote of 3 in favor, 0 opposed, and 0 abstentions. Treasurer, Absent**

E-AS-12-40 06/20/12

Grants voluntary relinquishment of membership of the Absentee Shawnee Tribe of Indians of Oklahoma to **Thomas Andrew Longacre**, effective Immediately. **Vote of 3 in favor, 0 opposed, and 0 abstentions. Treasurer, Absent**

E-AS-12-41 06/20/12

Approves and accepts **Ezrea Quasha Williams, Drake Jagger Arms, Brock Mason Davis, Mad-dox Joe Davis, Kathon Clay City, Keyle Marie White, Johnathan Cole Blanchard, Mattison Marie Oney, Craig Joseph Ellis, Jackson Matthew Ellis, Ryan Mark Ellis, Mia Angelina Kayleigh Lassiter, Anabeth Sophia Ximara Crow, Randon Matthew Crow, Alyssa Rose Salisbury, James Haydyn Salisbury, Lucas Holden Salisbury, Laila Annaliese Shields, Rhealee Grace Fuller and Alexander Jacob Spoon** as enrolled members of the Absentee Shawnee Tribe of Indians of Oklahoma as of the date of this resolution. **Vote of 3 in favor, 0 opposed, and 0 abstentions. Treasurer, Absent**

FINANCIAL CONSULTANT

Hello Tribal Members,

My how time flies, six months of 2012 has passed, we have Little Axe Health Center our community can be proud of, and most recently elections of Lt. Governor, Treasurer and Representative.

With the re-election of incumbent Kathy Deere, Treasurer, the office of Treasurer will continue to uphold fiduciary responsibilities in financial management and reporting. A testimony to the office of Treasurer with oversight of the Finance Department, two consecutive years of clean audits with an "unqualified" audit from auditing firm, and 2012 Indirect Cost Proposal submitted in a timely manner. Treasurer Deere and I, look forward to working with members of the Executive Committee and providing tribal members sound financial information.

The following activities I have been involved and participated:

Financial Reporting: Continue to review and analyze office of Treasurer monthly General Fund, Indirect Cost and Elder Council encumbrance budget reports.

Absentee Shawnee Economic Development Authority, Inc. (ASEDA): Selected to the ASEDA, Inc., board of directors in June, not official without a resolution. Attended monthly ASEDA board meeting to discuss current business operations ASEDAFLEET,

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 will begin June reconciliations for financial reporting on the first of June. 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).

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

The Absentee Shawnee Tribe's Finance Department has very hard working group of people and it is an honor to work with them, the Treasurer's office and at the Absentee Shawnee Tribe. The Finance Department employs 11: with 7 (64%) being AST Tribal Members and 4 (36%) being non-natives. This department,

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

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

Respectfully,
Belinda Collins, Controller

REALTY DEPARTMENT

Dear Tribal Members and Allotment Owners,

The Realty Department would like to make the following announcements:

As stated in previous newsletters, Realty has been involved in discussions about projects occurring on Tribal lands in the Cleveland and Pottawatomie County areas. This office wanted to make certain that membership is aware of these discussions and properly advised.

Most of you should have received the Consent Forms from Eagle Land & Minerals, and UDX. If

you have not, please check with the Office of the Special Trustee (OST) to make certain their department has an accurate and updated mailing address. Their number is: 1-888-678-6836. Again, these documents are the first in a series, should the company find minerals, and the initial step in this process. Due to the time involved to obtain consent and approval from the BIA, this project may not begin until late fall.

The timeline for the Farming and Grazing Lease Sale has been pushed back a month and will not be held until either August or September. This will serve as a reminder to those interested in submitting a bid, to contact our department to request a list of available tracts.

Finally, our office has been notified that the OKC Water Project is ready to proceed. Realty will be sending out notices, prior to individuals receiving these Consent Forms, to help you make a more informed decision about your negotiation.

On each of these projects, please remember it takes the majority interest of each property to agree to these contracts and it is important to respond within a timely manner.

Should you have any concerns or questions, please call our offices and we'll be happy to assist.

Thank you for your time.
Realty Director – ext. 125; Realty Specialist – ext. 127

FY-2012 YTD TAX COLLECTIONS MAY

Run Date:
06/26/12

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	TOTAL	TAX COLLECTED
Sales (6%)	\$1,303.68	\$5,764.96	\$9,556.88	\$20,267.74	\$251.60								\$37,144.86	\$37,144.86
Gaming	\$109,331.00	\$105,500.00	\$84,000.00	\$252,000.00	\$42,000.00								\$592,831.00	\$592,831.00
Employee (1%)	\$1,771.92	\$6,921.68	\$19,027.03	\$13,411.67	\$23,358.23								\$64,490.53	\$64,490.53
Severance (8%)	\$1,033.85	\$19,231.62	\$16,244.27	\$10,116.92	\$16,892.79								\$63,519.45	\$63,519.45
M Vehicle	\$11,657.32	\$14,984.82	\$14,227.79	\$11,321.19	\$10,285.99								\$62,477.11	\$62,477.11
Tobacco Refund	\$9,662.76	\$11,107.79	\$9,231.53	\$10,458.50	\$11,811.42								\$52,272.00	\$52,272.00
TOTALS	\$134,760.53	\$163,510.87	\$152,287.50	\$317,576.02	\$104,600.03	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$872,734.95	\$872,734.95
Miscellaneous	\$1,290.00	\$330.00	\$160.00	\$50.00	\$80.00								\$1,910.00	\$1,910.00
TOTAL COLLECTION	\$136,050.53	\$163,840.87	\$152,447.50	\$317,626.02	\$104,680.03	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$874,644.95	\$874,644.95

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



GOVCON Services, Inc., and Absentee Shawnee Counseling Services (ASCS), reviewed financial report and updated submission of a Small Business Administration (SBA) 8(a) application of GOVCON Services, Inc.

Redstone Investments: Attended our current monthly investment meeting with Mike Kelley of Redstone Investments, discussed investment strategies and opportunities in the financial investment market.



COMMUNITY DEVELOPMENT

Constitution Revision Committee: A recent AST tribal community meeting was held Thursday, June 14th, 6:30 – 8:30 p.m., at the Resource Center. Attendance was 21 tribal members with Executive Members Governor George Blanchard, Secretary Teri Reed and Treasurer Kathy Deere present to discuss Salary Chart and Constitution Revision Options. The salary committee charged with restructuring salaries of elected officials exchanged question and answer discussions with Tribal members in attendance.

The Constitution Revision Committee spokesperson Briana Ponkilla and I spoke briefly about the small turn-out of responses to our revision options which had deadlines of May 25 and was extended to June 29th.

“A Guide to Developing Winning Proposals”, Sponsored by Proposal Development, LLC: Attended a two-day seminar presented by Bennie Gonzales, with over 35 years of procurement experience with the Federal Government. During his career, Bennie wrote and administered supply, service, construction, fixed-price and cost-plus type contracts. Attendees included small business, tribal business, minority owned and women-owned businesses.

We were taught detailed information on formatting, graphic styles and other techniques to enhance your requests for proposals (RFP), that sets you apart from the competition, ensure you’re not eliminated and substantially increase your chances of being selected.

Oklahoma Native Assets Coalition (ONAC): Treasurer Kathy Deere, Gene Davis, CEO, ALLNATIONS Bank and I attended the ONAC conference, Reed Center, Midwest City, OK. This informative conference presented ways to create and sharing of asset building in Native Communities. Overview of information presented consisted of Native Financial Education Resources, Voluntary Income Tax Assistance, Credit as an Asset, Native Small Business Resources in Oklahoma, and HUD 184 Loan and Fair Housing Act information.



The afternoon session consisted of Children’s Savings Account (CSA) program design resources, Native Individual Development Account programs and Oklahoma Native Assets Coalition Networking Time and Membership Drive.

Handouts included SBA How-to Guide for Small Business, Building Native Communities, Tax Time Troubles, Borrowed

Time (Use of Refund Anticipation Loans, Building Trust, Big Money (Structuring Minors’ Trust Programs for Native Communities). The networking time allowed us to discuss opportunities for our tribe in developing a CDFI program, financial education and program development for asset building programs that will enhance our tribal community.



In closing the office of Treasurer, has an open door policy and should you have any questions or concerns, please contact me a 405-275-4030 ext 148, or e-mail eddieb@astribc.com.

Respectfully,
Eddie Brokeshoulder
Financial Consultant

Wills Clinic

October 11, 2012

9:00 am - 4:00 pm

Absentee Shawnee

Tribal Complex

Building 1

Call OILS at:

(405) 943-6457 or

1-800-658-1497

to make an appointment.

If anyone needs assistance with a will before then, call the same number to make arrangements for an appointment to meet with OILS attorney.



Family Music Fun Night!

Saturday, August 25th, 4-8pm

North side of the AST Health Center
15951 Little Axe Dr.

LIVE MUSIC, FUN, CONSESSION, GIVE-A-WAYS, & MORE



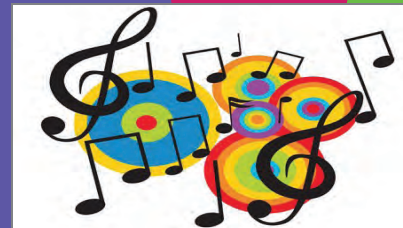
CDIB required for Registration of Karaoke Contest 2-3:30 pm
Tobacco Free and Alcohol Free Event
Not Responsible for Accidents or Thefts



Bring your own guitar or bass guitar. We will provide drums & piano!



Native American SINGERS!! Karaoke contest and a chance to win a pro studio recording of yourself.



WINNER will get a chance to make your own 10 track CD with art

Bring your lawn chairs, umbrellas, hats, and sun-screen while you layback and enjoy the music.

For more information call Sidna McKane 405.447.0300 ext. 7977

Sponsored by AST Community Health & Preventative Services Department



JIM THORPE NATIVE AMERICAN GAMES

In the spirit of one of the world's greatest athletes, the Jim Thorpe Native American Games brought together thousands of Native American Athletes from across the United States and Canada to compete in nine sports.

Oklahoma City played host to the Games throughout the week of June 10-17, 2012. They showcased the talents of these athletes and also served to preserve the heritage and build pride and positive lifestyles among Native American Athletes. The competition highlighted the Native American athletes who revolutionized today's popular sports and the rising star athletes who are making a positive change across the country.

Along with the athletic competition, activities included a Parade of Nations Opening Ceremony, Stickball exhibitions, trade show and Interactive Exhibits and Clinics.



AST Members at Grand Entry

Below are some of the AST participants and results that were reported to us:

PARTICIPANT	EVENT	PLACE
Karen Pyrch	Golf Senior Women	
Jesse Pyrch	Golf Men's Open	
Gregory Kilmer	Golf Men's Open	
Ben Coffee	Golf Men's Open	Third
Dakoda Cody	Junior Wrestling	First
Andee Frazier	18U Fastpitch	First
Summer Leitka	18U Fastpitch	First
Devon Frazier	Women's Fastpitch	Third
Andee Frazier	Women's Fastpitch	Third
Ashley Brokeshoulder	Women's Fastpitch	Third
Tre Miller	Kung Fu Forms	First
Tre Miller	Kung Fu Sparring	First
Kendell Frazier	12U Fastpitch	
Denia Marshall	12U Fastpitch	
Briana Marshall	12U Fastpitch	
Casey Miller	12U Fastpitch	
Darian Shields	Basketball	
Ariel Ellis	Basketball	
Aaliyah Shields	Basketball	
Mikayla Whitten	14U Fastpitch	First
Jacie Melton	14U Fastpitch	First

Thank you for representing our tribe and congratulations on your accomplishments.

PHOTOS FROM THE JIM THORPE GAMES



Tre Miller
Kung Fu Forms & Sparring
First Place



Briana Marshall, Casey Miller, Denia Marshall, Kendell Frazier
(Coach Laura & Donnie Marshall)
12U Fastpitch



Red Race Fastpitch Team
First Place



Dakota Cody
Junior Wrestling
First Place



Intertribal 18U Fastpitch Team
First Place



Nebi Team
Womens Fastpitch
Third Place



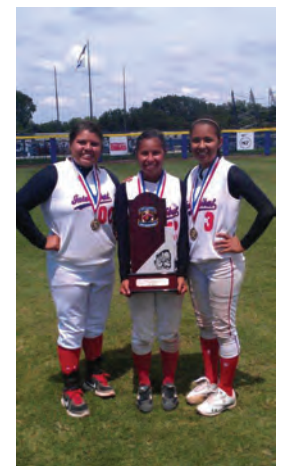
Mikayla Whitten,
Jacie Melton
14U Fastpitch
First Place



Ben Coffee
Golf
Third Place



Darian Shields, Jalyn Williams, Ariel Ellis
Basketball



Andee Frazier,
Liyahna Bender,
Summer Ietka
18U Fastpitch
First Place

CULTURAL PRESERVATION - ANNOUNCES WRITING PROJECT

Protecting Our Future by Preserving Our Past

By Paulette Blanchard, Ashley Brokeshoulder and Devon Frazier

The Cultural Preservation Department is sponsoring an exciting new project to establish a “living history” of Absentee Shawnee tribal members. Over the following several weeks, three college interns will have the opportunity to interview volunteering tribal members. These student journalists will then collaborate and archive the interviews. The objective is to accurately and chronologically record the information.

The information received during these interviews could range from various topics; from memories of childhood and stories of family and friends, to experiences of service in the military, boarding schools, and tribal government.

Teri Reed, Secretary-Absentee Shawnee Tribe, is partnering with the Cultural Preservation Department to help lead this project. “Our initial focus for this project will be to interview tribal elders to document their stories and profiles. Eventually, we will expand the focus to include others who have, or will, shape our history. We are very excited to have these young interns on this project” said Secretary Reed.

For the time-being, our hope is this project will be an opportunity to the younger generations; to learn about their families and themselves, through the histories of our people. These interviews are meant to create a holistic view of what it has meant to be an Absentee Shawnee during the last century. The struggles, triumphs, achievements, traditions, and memories that our people have experienced have ultimately shaped our tribe; and will continue to do so.

This project may eventually lead to a consistent program for the historical documentation of the Absentee Shawnee people. Because the historical and cultural preservation of our tribe and its people is most important, the overall goal is to share the format among tribal members. Though it is not fully decided how the collection of information will be utilized, there are numerous collaborative ideas.

One of these ideas is the possibility of sharing parts of these interviews in our monthly tribal newsletter. Another long-term suggestion is the creation of a collective book of our beloved tribal members.

If you are a tribal member who wishes to take part in this project or may know of someone who would, please do not hesitate to call. Interviews will be conducted within the comfort of the interviewee; therefore, a meeting place and time will need to be made with the student-journalists. For more information or to schedule an interview meeting, please contact us at:

Telephone - (405) 275-4030 Extension 191

Email – journalist@astribe.com

Journalist interns for the project are:



Ashley Brokeshoulder attends Texas Tech University as a senior pursuing a major in Nutrition Science.



Paulette Blanchard is a recent graduate of Haskell Indian Nations University with a B.A. in Indigenous and American Indian Studies.



Devon Frazier attends St. Gregory's University as a junior and is pursuing a major in History.

AST Fitness Program Tribal Youth Fitness

The Absentee Shawnee Wellness Department would like to recognize all Little Axe After School Tribal Youth Program participants for completing another school year. We congratulate you for your hard work and dedication towards staying healthy this school year!

Each day after-school, the TYP After School Program kids would jog at least one mile on the track at the Little Axe Resource Center. Some of them challenged themselves do more than one mile. The Fitness staff also worked with them using wellness activities and games to raise their awareness on the importance of eating healthy, and exercising to take care of their body.

The Absentee Shawnee Wellness Department would also like to thank the Tribal Youth Program and its staff for the opportunity to work with their program participants. The Fitness staff enjoyed giving the tribal youth something positive to look forward to each day after school. We would like to wish all of the after-school students a safe, healthy summer vacation and look forward to seeing you over your summer break!

Changes in Pharmacy Mail-Out Program

(cont. from front page)

We will continue to mail out these medications to the out-of-state addresses.

If you feel you have an addiction to prescription drugs, please call your primary care provider or the Absentee Shawnee clinics. We will work with you to help you get treatment for your addiction. You can also contact the Community of Anti-Drug Coalitions of America Tool Kit for prescription drug abuse prevention at www.preventionworksct.org/doc/SDFSC/PDF/Prescription_Drug_Abuse_Prevention.pdf for more information or the Substance Abuse and Mental Health Services Administration at www.samhsa.gov/rxsafety.

If you have any questions or need our assistance, please feel free to contact the pharmacy director, Nancy Phelps at 405-447-0300, Shawnee Clinic Administrator Marla Throckmorton at 405-878-4702, or Little Axe Clinic Administrator Beverly Felton at 405-447-0300. We will attempt to help you with alternate resources regarding your medications.

Improving Patient Care at AST Medical Clinics

Following the grand opening of our extraordinary Little Axe Health Center, there are some equally important changes happening to *the way* we will be delivering care throughout the AST medical clinics. Rest assured that like the new building, these changes are aimed squarely at providing increasingly better patient care. One new initiative is appropriately named *Improving Patient Care* (or *IPC* for short.)

IPC was developed by the Indian Health Service (IHS) to fundamentally transform the quality of care it provides. While the IPC model is uniquely designed to improve the problems in Indian Health clinics, this approach is based on the best practices of the health care quality improvement field. Started under the leadership of former CEO Gary Wabaunsee and continued by the leadership of head clinical administrator and interim CEO Beverly Felton, our clinical staff has begun training and implementation of this exciting IPC model.

While the effects of IPC generally start small and expand gradually, there are a few changes that you should expect to see in the next few weeks to months at our medical clinics...

1.) **All patients should have a PRIMARY CARE PROVIDER (PCP.)**

Have you ever gone to an Indian Health Service clinic and waited to see whichever doctor was available? Well, hopefully those days are gone. It turns out that **patients who have a primary care provider generally get better medical care and are healthier than patients who do not.** This makes sense because the better your provider gets to know you and your unique health issues the better she or he can diagnose your condition and recommend the best treatment plan for you. If you come to one of our clinics regularly, you probably already have a PCP. If not, you will be asked to choose one. It is important that you know who your PCP is, especially if you go to many different doctors. PCPs serve many important roles, such as coordinating care between specialists and making sure you get the recommended preventive care services like immunizations and blood sugar tests. And remember, "an ounce of prevention is worth a pound of cure."

2.) **We will be offering PRIMARY CARE TEAMS.**

Providing good health care takes more than just good doctors. Nurses, diabetic educators, counselors and pharmacists all have to work together to provide you good care. And just like in a basketball team, a coherent health care team improves the longer they work together. We will be making efforts to organize care around teams to help us to achieve the goal of your improved health.

3.) **We are becoming a PRIMARY CARE MEDICAL HOME.**

In order to provide you excellent service we encourage you to consider our clinic **your medical home.** This means that we strive to provide most of your primary care medical services (and also some specialty services such as podiatry, gynecology and psychiatry) all under one roof. If you do choose us as your medical home, please consider us the "first stop" for your medical needs. Having a **primary clinic** makes it more likely you will also have a **primary care provider** and a **primary care team** that knows your medical history and personal preferences.

In addition to these above changes, please know that all of our staff are working hard to improve the way we do things. If you have questions, concerns, criticisms or positive feedback about these changes, feel free to inquire with one of our staff members. For inquiries about IPC, feel free to email me directly at spierce@astribe.com.

Little Axe Clinic Update on the Landscaping

As many of you know, the Little Axe Clinic opened to patient care on April 30 of this year. During the past couple of months since the clinic opened, we have had numerous compliments on the building but many complaints about the lawn. Most of the complaints are about the tall grass and weeds. Right now, we are unable to do anything with the grass and weeds due to the contract we have with the company who placed the landscaping around the clinic.

Our landscaping plans were included in the plans of the building and the City of Norman has a "Beautification Ordinance" requiring us to maintain the landscaping as it was planned that were submitted to the City before construction began. According to this ordinance, we have to maintain the landscaping as planned and follow the plans of the landscaping company. According to the care of the lawn, we cannot mow the lawn until the grass has a chance to take root. We also cannot do anything with the weeds, this is all part of the agreement with the company. The company has to "paint" a weed killer on the tall weeds around the building and wait about two weeks before they can come back to mow the grass at the same height all around. There are only two companies in this area that can take care of the Buffalo Grass that was planted and they have been very busy. The company came out to the clinic on Thursday, June 21 to paint the weed killer and will be back in two weeks to mow.

This type of grass requires specific mowers or we risk the chance of pulling up the grass and ruining it. This is expensive grass. We are required to keep this grass and the landscaping for three years to be in compliance with the ordinance. We had to pay the City of Norman a bond for the landscaping costs and will be under this for three years. In these next three years, we have to maintain the landscaping to City standards or risk losing a substantial amount of money. If we could go back and change these plans, we would, but that is not an option at this time. We do realize that the landscaping is an eye-sore, but we are working to make the landscaping better looking. Once the mowing is complete, the lawns will look much better and it will be absolute beautiful facility inside and out.

Thank you for your concerns and comments. Always feel free to contact the two clinic administrators if you have any questions. Marla

Throckmorton can be reached at 405-878-4702 in Shawnee and Beverly Felton can be reached in Little Axe at 405-701-7621.

Little Axe Health Center News...

Women's health services have been added at the Little Axe Health Center. Jackie Odell, APRN, CNP and Misty Clouse, RN have been added to the Public Health department to provide complete preventative and disease care for women of all ages.

Preventative care includes Pap Smears, Mammography, breast exams, rectal exams and education for healthy living. Sexually Transmitted Disease, STD testing and treatment are also provided. Other medical services provided include treatment for abnormal and/or painful menstrual cycles, postmenopausal disorders and, hormone replacement.

Jackie, the Nurse Practitioner, sees patients Monday through Friday 8:00AM to 4:30 PM. Jackie has her Master's in Women's Health from Drexel University in Philadelphia PA. She has been in private practice in Shawnee for nearly 6 years. She greatly enjoys working with women from their teen years and up through the women's lifetime.

The Health Center respects each person's privacy and respects the confidential information of each patient regardless of age. Services are provided in the west hall of the clinic away from the more public areas of the center. The staff has 37 years between them in women's health care.

Congratulations Alicia (Aly) Edwards Miller!!



**For receiving your
Masters Degree, Magna
Cum Laude & receiving
one of the Highest SQU
Academic Honors, 2012
Outstanding Master
of Science in Business
Management
We love you & are so very
proud of you,
Scott, Connor & Brody**

Sexual Violence Is NOT Ok!!

**If you or anyone you know is a victim of sexual violence and are currently needing assistance please contact the
Absentee Shawnee Tribe
Domestic Violence Department.**



**A Sexual Assault Advocate is there to assist you.
For more information regarding services please
contact Linda Gouge, Sexual Assault Advocate @
405-275-4030 ext. 206 or 405-585-8348**

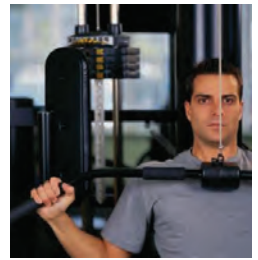
EVERYTHING at our agency is kept 100% confidential.



Absentee Shawnee Tribe



Fitness Competition



Aerobic activity – what counts?

Aerobic activity or "cardio" gets you breathing harder and your heart beating faster. From pushing a lawn mower, taking a dance class, or biking to the store – all types of activities count. Try doing them at a moderate or vigorous intensity for **at least 10 minutes at a time**. (150 minutes per week recommended)

How do you know if you're doing light, moderate, or vigorous intensity aerobic activities? For most people, light daily activities such as shopping, cooking, or doing the laundry doesn't count toward the guidelines. Why? Your body isn't working hard enough to get your heart rate up.

Moderate-intensity aerobic activity means you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favorite song.

Vigorous-intensity aerobic activity means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath.

Muscle-strengthening activities – what counts?

Besides aerobic activity, you need to do things to strengthen your muscles at least 2 days a week. These activities should work all the major muscle groups of your body (legs, hips, back, chest, abdomen, shoulders, and arms).

To gain health benefits, muscle-strengthening activities need to be done to the point where it's hard for you to do another repetition without help. A **repetition** is one complete movement of an activity, like lifting a weight or doing a sit-up. Try to do 8—12 repetitions per activity that count as 1 set. Try to do at least 1 set of muscle-strengthening activities, but to gain even more benefits, do 2 or 3 sets.

You can do activities that strengthen your muscles on the same or different days that you do aerobic activity, whatever works best. Try to allow 48 hours rest for each muscle group worked. There are many ways you can strengthen your muscles, whether it's at home or the gym.

(Information provided by the CDC)

If you'd like to submit an ad or article give us a call at (405) 598-1279 or send us an e-mail at mediadept@astribe.com

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

Unfortunately, we can only accept one picture per birthday person, not per birthday wish.

2012 Tribal Law Enforcement Dates to Remember

National MOBILIZATION
MAY 21 - JUNE 3, 2012
www.nhtsa.gov/CIOT

National CRACKDOWN
AUG 17 - SEPT 3, 2012
www.StopImpairedDriving.org



**DON'T SHATTER THE DREAM -
NATIVE AMERICAN HOLIDAY DWI CRACKDOWN**
December 14, 2012 - January 1, 2013



Happy Birthday!

July Birthdays

Alaee, Brandon Keith
Alberty, Langston Deshun
Alford, Bruce Douglas
Alford, Louella Ann
Allen, Cheryl Renee
Almanza, Marcel Andres
Armstrong, Robert Brent
Bailey, Brooke Lynn
Barber, Kristin Lynn
Barriga, Elias Micah
Bateman, Willow Shoshana Rain
Bayliss, Billy Ray
Bayliss, Katherine Anne
Bear, Bonnie Jean
Beaver, Rodney Gene
Bender, Judith Ann
Berry, Ryan Jennings
Birdtail, Mary Evelyn
Bittle, Lillian Kay
Blackbear, Tegan Quinn
Blanchard, Brian Keith
Blanchard, Clayton Lee
Blanchard, Eric Leon
Blanchard, Henry R.
Blanchard, Jamin Dalton
Blanchard, Kason Ryan
Blanchard, Nicholas Adam
Blanchard, Virginia Adele
Bonham, Virginia Doreen
Booth, Randall David
Botone, Lisa Lucille
Bradley, Edward H.
Brady, Sharon Kay
Breeding, Hollis Joshua
Brinson, Nicholas Henry
Brocksmith, Ethan James
Brown, Elijah Christopher
Brown, Samuel David
Brown, Tristan John
Bryce, Anita Jean
Bryce, Jacob Desmond
Buckley, Brandon Michael
Buckley, Christopher Maurice
Burkhart Sr, Arthur Elliott
Butler, Donna Ellen
Byers, Marilyn
Byers, Shannon Leon
Byers, Shawn Deeon
Byington, Michelle Hope
Canales, Alexis Marie
Carlson, Tyellissa Lynn
Case, Melissa Susan
Chapline, Isabella Roseanne
Citty, Keith Leon
Citty, Steven Keith
Ciulla, Tina Faye
Cochrane Jr., Guy Stanley

Coddington, Corey William
Collett, Savanna Len
Colungo, Darrell Dean
Combs, Robert Paul Dwight
Conner, Daniel Paul
Coody, Erin Melody
Cottrell, Mckinzey Faye
Cox, Jennifer Renee
Craig, Kayla Shawnee
Cruz, Mr. Cameron Jacob
Davis Jr., Anthony Louis
Davis Jr., Edward Leroy
Davis, Bryar Nicholas
Davis, Jocelyn Paige
Day, Jennifer Ann
Day, Virginia Rae
Deer, Derrick Wesley
Deer, Elnora Laverne Kaseca
Deer, Ethan Mack
Deer, Jaden Brandon
Deer, Kensington Jaide
Deer, Marissa Caitlin
Deere, Angelina Renee
Deitz, Aimee Rochelle
Delodge, Ezra Manuel
Dennison, Daniele
DeOliveria, Shelly Marie
Dixon, Abryana Elizabeth-Marie
Donnell, Patricia Kay
Doussett, Calvin Cecil
Dry, Shavonne Lynn
Ellingsen, Shirley Mae
Ellis, Andee Nicole
Ellis, Charlotte Lynn
Ellis, Chet Herbert
Ellis, Christian Nathaniel
Engler, Emily Laiken
Erickson, Tiffany Ranae
Farmer, Christine Bobbie
Felton, Zachary Douglas
Foley, Clayton Shane
Foreman, Amber Lynn
Foreman, Amper Len
Fowler, Cheyenne Deneau
Freeman, Eugene Bryce
French-Hawk, Tracie Lynn
Fritsch, Jerod Wayne
Frye, Williamscott Thomas
Garretson, Donna Kay
Gatzman, Darla Juyne
Gibson, Alan Gerard
Gibson, Donald James
Gibson, Elvis Glenn
Gibson, Gary Lloyd
Gibson, Ryan Edmond
Gibson, Tyler Glen
Gilcrease, Maedia Jean

Gilmore, Linkin Thomas
Gonzales, Gabriella Noel
Goss, Angel Marcus
Goss, Veronica Mae
Granstrom, Karsen Renee
Grass, Cree Breeann
Gurrola, Daniel Alberto
Harjo, Jeanette Marie
Harjo, Michael Ray
Harjo, Sharon Melody
Harjoe, Sonja Denise
Haskins Rich, Donna Paule
Haumpy, Ma-Yia Rahjanae
Hawk, Connor Evan
Haymond, Trisha Lynn
Helvy, Alta Jean
Henshaw, Allen Shawn
Hernandez Thorpe, Genesis Kay
Hernandez, Daezi Viay
Herndon, Martin Clyde
Herrera, John Anthony
Herrera, Michael Lee
Hibdon, Konner Brian
Hicks, Anna Marie
Hood, Dallas James
Hood, Elaina Rae
Hood, Matthew Dean
Hood, Piri Reis
Howe, Reign Phil
Hutchinson, Velma Jo
Hyde, Lester Clark
Ibarra, Lya Lynette
Irvin, Benjamin Raymond
Johnson, Amanda Shaye
Johnson, Amber Dawn
Johnson, Ashley Briann
Johnson, Austin Lee
Johnson, Debra Jean
Johnson, George Lewis
Johnson, Grant Scott
Johnson, Jessie Colt
Johnson, Kyle Dylan
Johnson, Nikki Renee
Johnson, Noreen Dottie
Johnson, Rita Jo
Johnson, Stacey Lynn
Johnson, Steven Boyd
Johnson, Tillman Earl
Jones, Donna Kay (Ellis)
Jones, Teresa Ann Wilson
Judkins, Dyllon Garrett
Kaniatobe, Karen Faith
Kaseca, April Eve
Kaseca, Kanyynn Leiann
Kaseca, Kevin Lynn
Kaseca, Russell Franklin
Kickapoo, Christopher Kerry

Kirby, Steven Wayne
Kirby, William Michael
Krauss, Chant'l Emily
Kupczynski, Cora Ashley
Larney, Kathryn Jon-Nicole
Larney, Nathaniel Roy
Larney, Noah Cruz
Larson, Sekoenatha Keegan
Lewis, Cierra Dawn
Little Axe Jr., Danny
Little Axe, Charlie Pratt
Little Axe, Graci Raquel
Little Axe, Jerry James
Little Charley, Jackie
Little Jim, Lindsey Marie
Little, Edwin Thomas
Little, Tony Wayne
Littlebear, Nelson Wayne
Littlecreek, Ephraim Jhames
Littlecreek, Josephine Taylor
Littlecreek, Mychal Shawn
Lockner, Kaylyn Krin
Long, Jordan Lee
Longhorn, Bradley Brian
Longhorn, Ewell Gary
Longhorn, Lee Allen
Longman, Ashley Nicole
Longman, Clayton Dean
Longman, Kristopher Morgan
Longman, William Ashton
Lovins, Wesley Jacob
Ludlow, Zoretta Denise
Mack, Felix Wayne
Marquez, Quentin Miles
Martin, Robyn Alexa
Martinez, Jalon Maverick
Martinez, Jasmine Nicole
Martinez, Stephanie Diane
Masquat, Ricky Lee
Masquat, Milania Che'Lee
Maxfield, Lisa Clorean
Maxwell, Alex Ryan
McBride, Wyatt Dean
McCoy, Violet Christine Harry
McCulloch, Erin Corrine
McGee, Michael Shannon
McMahan, Jayden Thomas
Merrell, Sean Allen
Michaelson, John Edward
Mohawk, McKenzie Jeanne
Mohawk, Travis Gene
Morton, Colette Ellen
Morton, Darrell Jackson
Morton, David Arthur
Morton, Sara Brianne
Nail, Cullen Chase
Nanaeto, Debra Jaclyn

Neuens, Kathy Marie
 Neugent, Louise L. C.
 O'Dell, Cody Dewayne
 Onzahwah, Alecia Joann
 Orosco, Diana Lee
 Pack, Camryn Lorraine
 Pack, Kristyn Bailey
 Patton, Qwentis Adarryl
 Patty, Twana Marie Spybuck
 Pederson, Rena Kaye Little Axe
 Pena, Eric
 Pickens, Teddy Ray
 Pine, Jaime` Ann
 Pine, James Francis
 Pine, Kaseon James
 Pitner, Sylvia Sue
 Ponce, Autumn Dawn
 Ponkilla, Carol Ann
 Ponkilla, Martin Ned
 Ramirez, Antonio Omar
 Reid, Rebecca Claire
 Roach, Drew Wilson
 Robertson, Leland Scott
 Robison, Christopher Charles
 Rodas Lopez, Monica Leree
 Rolette, Makaila Lynn
 Rolette, Sharon Sue
 Rolland, Vannessa Kay
 Ross, Gary Willis
 Rudloff, Dylan Cole
 Runsabove, Wade Mitchell
 Schulenberg, Esteline Sloan
 Schwarz, Loretta Jean
 Serena, Lisa Lynn
 Shane, Vivian Louella
 Shawnee, Coltin Dale
 Shawnee, Derrick Joel
 Shirk, Deborah Ann
 Simpson, Shirley Florence
 Sims, Vikki Ann
 Sloat, John Levi
 Smith, Curtis Alan
 Smith, Katherine Danene
 Smith, Kenneth Lee
 Smith, Lauren Ashlee
 Smith, Leslie Anne
 Smith, Lori Beth
 Smith, Luke Alan
 Smith, Tina Mae
 Snake, Brandon Matthew
 Snake, Gerald Kendall
 Snake, Jennie Lucy Mohawk
 Soap, Austin Jay
 Soap, Crystal Diane Moonlight
 Soap, Devin Elijah
 Solis, Allan Jesus
 Spoon, Jordan Leann
 Spoon, Ramona Gaye
 Spriggs, Chanoa Irene
 Spybuck Jr, James Cody
 Spybuck, Morganne Faith
 Squire, Thomas
 Stanley Jr., Denny Atine

Starr, David Martin
 Starr, Sheila Renee
 Stephens, AnnaMarie Gene
 Stewart, Robert Sterling
 Switch Sr., Douglas Vaughn
 Switch, Kathern Suzzete
 Switch, Voguel Carroll
 Talton, Daveon Lee
 Tapia, Shawnee Antonio
 Taylor, Lena Elaine
 Taylor, Nina Gail
 Tharp, Deborah Lynne
 Thomasee, Lawrence Cy
 Thompson, Cheyenne Jada
 Thornhill, Taryn MacKenzie
 Thorpe, Cyrus James
 Thorpe, Jarrett Scott
 Thorpe, Sandra Lorene
 Tiger Sr., Leonard Gene
 Tiger, Ann
 Tiger, Annette Renee
 Tiger, Francis Allen
 Tiger, Sarah Fawn
 Tiger, Sherman Lee
 Tiger, Sonya Marie
 Tiger, Stephanie Nicole
 Tiger, Susan Rochelle
 Tiger, Toni Dion
 Tsoodle, Arminda Lee
 Uchida, Micheal Gene
 Vasquez, Rebecca Faye
 Wakolee, Bernard Wilson
 Wallace, Timothy Scott
 Ware, Jenny Ann
 Warrior, Daniel Adam
 Warrior, Donna Carol (Gibson)
 Warrior, Samuel Norbbie
 Washington, Walter
 Watson, Brian Keith
 Watson, Jamie Ann
 White Jr., Charles Daniel
 White, Amber Mary
 White, Logan Riley
 White, Thomas Wayne
 Whitebird, Shelby Gail
 Wilkerson, Skylor Georgeann
 Williams, David Arlen
 Williams, Jalyn Anissa
 Williams, Melanie Marie
 Williams, Orin Ray
 Williams, Samuel Lee
 Willingham, Deidra Marie
 Wilson, Justin Dean
 Wilson, Marcus Allen
 Wilson, Penny Arlene
 Winter, Pilarr Ann
 Wolf, Nevaeh Annalise
 Wolfe, Beverly Edwina (Butler)
 Worley, Tehia Jane
 Yates, Katie Ann
 Yones, Arthur Ralph

Happy July 2012 Birthdays

Marilyn Byers
 Gary Gibson
 Shawn Byers
 Leila Kaseca
 Kevin Kaseca

Amber Foreman
 Katie Yates
 Coltin Shawnee
 Shannon Byers
 Nikki Johnson

We wish you a very
Special Day!
 From Marvin & Sherry

**HAPPY 30th
 BIRTHDAY
 TOP SHELF!**



**LOVE,
 MOM AND SIS**

**HAPPY BIRTHDAY
 TO MY LIL BROTHER
 EUGENE STRICKLIN
 U.S NAVY-RETIRED;
 MY SIS FRANCES
 BLANCHARD;
 TO MY OLDEST
 BABY SUSAN TIGER;
 MY NEPHEW AND
 NIECE EZRA & ERIN
 DELODGE
 AND TO ZAC DAVIS.
 HAPPY BIRTHDAY TO
 ALL;
 MUCH LOVE TO YOU
 ALL!!**

**Happy Birthday
 Marcus Wilson!**
 Hope you have a good day!
 Love, Mom & Dad,
 The Barnes,
 Bridge & Bryleigh!!

Happy Birthday Beautiful!!



From you know who!



HORSE SHOE BEND AFTER SCHOOL PROGRAM: Summer 2012



On May 24, 2012, a banquet was held at the Gordon Cooper Vo-Tech Center in Shawnee. Each Student was recognized for their achievement during the year at Horse Shoe Bend After School Program.



Hollin Kade Barnes
MOST CREATIVE



Bralynn
Kierra Barnes
MOST
DRAMATIC



Tristan Levi Bynum
MOST
IMPROVED



Kimberly
Raine Bynum
MOST
DRAMATIC



Daniel Alban
Castaneda
QUIETEST



Jayleen Alexis
Castaneda
SPELLING



Dahlia Monique
Gutierrez
GOOD HELPER



Gregory Hardin II
MATHLETE



Leila Rae Herrod
GOOD HELPER



Desiree Catholon
Johnson
MOST
PERSUASIVE



Eryn Edward Johnson
BEST SMILE



Alijah M. Masquas
RESPONSIBLE



Kaleb Jon Masquas
MOST IMPROVED
IN ALPHABET AND
NUMBERS



Jayden Ray Robinson
COOPERATIVE



Jimmy Ray
Rumsey
MATH



David Jereman
Skinner
RESPONSIBLE



Milton Wayne Skinner
STORY TELLER



Levi Charles Tiger
BEST ALL AROUND
STUDENT



Katie Lynn Wilson
IMPROVED
WRITING AND
COUNTING
NUMBERS



Ruben Andrew Wilson
BEST SPELLER



Damon Wilson
PENMANSHIP



Brendan
James Winter
BEST ATTITUDE



Tara Ann
Nicole Winter
GOOD HELPER



Jeff D. (JD)
Worthley
COOPERATIVE



Not pictured:
James Elijah
Stephens
TEACHER
TESTER

First day of Summer Tutoring began on Monday June 4, 2012, Monday thru Thursday, 9:00 am until 12:00 pm. We will be tutoring in Reading for the first 2 weeks in June. Math Tutoring will start June 18, 2012 thru June 28, 2012 and Science will start July 2, 2012 thru July 12, 2012, due to the Fourth of July being on a Wednesday, we will not be tutoring on Wednesday and Thursday, July 5, 2012. The last two weeks we will be tutoring in Oklahoma History. That will start on July 16, 2012 through July 26, 2012.

We had 15 students attending the first week of reading in June. We divided students into groups on their reading levels. The older students were able to read on their own, the groups read books out loud in their groups. At the end of the first week each student either read a book out loud or they made a report on a book they read. Tutors and I videotaped each student while they gave their report or read a book out loud.

The second week students wrote about themselves and read their story. They also were videotaped during this project. All students made progress during these two weeks of reading. The three Kindergarten Students that attended were able to read a book. Students studied sight words and improved their comprehension skills. Students were awarded at the end of the two weeks of reading with a movie and hot dogs, chips, soda drink.

Math session has started and students have been working on addition and subtraction for the first week. Second week of math students will work on multiplication and division. Kindergarten students are familiarizing with numbers and counting and learning to write numbers.

I would like to thank the tutors for their help during the first year of after school tutoring. Mrs. Elaine Brown, Randall Watson, Stuart Rolette, Ramona McCoy, Dustin Rolette, Mrs. Patricia Brown, Kassidy Sparks, Azhi Becker, Megan Mahtushquah.

Special Thanks to the following: Governor George Blanchard, Lt. Governor Isaac Gibson, Secretary Teri Reed, Treasurer Kathy Deere, Representative Jeff Gibson, The Sac and Fox Nation Business Committee, White Turkey Band, Absentee



Stuart Rolette helping Desiree
Johnson

A Tentative Schedule has been in plan for the two weeks of Science:

Monday July 2, 2012	Water Pressure & Demonstration with, "Waterzookas" Roger Anderson Cooking Hot Dogs with Solar Energy Randall Watson
Tuesday July 3, 2012	9:00 am – 10:00 am Water Quality and Bugs –Cecilia Flores and Phillip Cravat 10:15 am – 11:00 am Water Pollution Prevention Slide Show 11:15 am – 12:00 pm Fire Prevention – Larry Clark, BIA & Smokey Bear
Wednesday July 4, 2012	NO TUTORING
Thursday, July 5, 2012	NO TUTORING
Monday July 9, 2012	9:00 am – 10:00 am Recycling Roger Anderson 10:30 am – 11:30 am Build Bird House with Recycled Items- Cecilia Flores
Tuesday July 10, 2012	Water Presentation Shana Mashburn – USGS Hydrologis
Wednesday 11, 2012	Alternative Energy Day
Thursday, July 12, 2012	Field Trip to Grey Snow Eagle House, Perkins, Oklahoma

History Session is planned for July 16, 2012 thru July 26, 2012, we have a full schedule for the two weeks. We will be planning a trip to the American Indian Cultural Center and Museum, in Oklahoma City. Students will mainly be learning about the Oklahoma History and the Tribes in Oklahoma.

If you have any questions about the summer tutoring sessions please call 405 481-0397.

Edwina Butler-Wolfe, Director ~ Horse Shoe Bend After School Program ~ Absentee Shawnee Tribe of Indians of Oklahoma
20225 South Gordon Cooper Drive, Shawnee, Oklahoma, 74801
405-275-4030, Ext: 133 ~ 405-481-0397 Cell number ~ Fax Number: 405 273-9629 ~ edwinab@astribe.com

WHITE TURKEY BAND

On May 24, 2012 The Horse Shoe Bend After School Program held an Awards Banquet for the students that attended the after school program. We sponsored the Banquet with the help from Absentee Shawnee Executive Committee and a donation from Twila Longhorn Parker. The Veterans of the Absentee Shawnee Tribe also gave donation. The Banquet was a success as the students had a exciting time being recognized for their accomplishments in their school studies. Mr. Mike Matlock, Assistant Superintendent of Gordon Cooper Vo-Tech was the guest speaker. We had 85 people attend the Banquet. A meal was provided by Gordon Cooper Vo-Tech, before the Awards were given out.

Would like to thank the following people for showing their support by attending the Banquet:

Secretary Teri Reed, of the Absentee Shawnee Tribe of
Indians of Oklahoma
Treasurer Kathy Deere, of the Absentee Shawnee Tribe of
Indians of Oklahoma
Second Chief Orvena (Twiggy) Gregory, of the
Sac and Fox Nation of Oklahoma
Rick Short, Grant Writer for the Absentee Shawnee Tribe
Sherman Tiger, Absentee Shawnee Media Department
Melpherd Switch, Vice-President White Turkey Band Committee

Gwen Switch, Treasurer of the White Turkey Band Committee
Twila Parker, Secretary of the White Turkey Band Committee
Doug and Kathy Switch, White Turkey Band
Kay Wallace, White Turkey Band
Herbert Switch, White Turkey Band
June Buckner, White Turkey Band
Ramona McCoy, White Turkey Band
Eastman Switch, White Turkey Band

All the parents and grandparents of the students that attended the first year at the Horse Shoe Bend After School Program.
Like to thank Twila Parker for all her help in the planning of this Banquet, it was a BIG SUCCESS!!!!!!
Just to mention some of the activities that the White Turkey Band is preparing. We are awaiting word on when the Weather Siren, that is to be installed at the Horse Shoe Bend Community Center, and we are planning a community event for this occasion and the public will be invited.
August the 17, 2012 we will be holding a Bingo Night at the Horse Shoe Bend Community Center 7:00 pm until 9:00 pm.
Second Annual Fun Run is in the planning for October 6, 2012 at the Horse Shoe Bend Community Center. Proceeds of the Bingo Night will help with the expenses of the Fun Run.
White Turkey Band Meeting are held first Saturday of each month at 10:00 a.m., at the Horse Shoe Bend Community Center.
Edwina Butler-Wolfe, President
White Turkey Band

Happy 4th of July

From the Title VI Staff

July 4th, AST Complex will be closed for Independence Day; Title VI will not deliver or serve this day. Be Safe and Drink plenty of fluids.

On May 16th, The Title VI Director, Dos Owings attended a meeting in Norman with OICO Committee & Members; we had a great opportunity to meet with Kathy Greenlee, Assistant Secretary on Aging. We voiced our appreciation for keeping our programs flexible, 3 year funding, simple reporting, training, and listening sessions and recommended to increase funding!!!!!! The OICOA Committee presented Assistant Secretary Greenlee a beautiful Shawl and Cynthia LaCounte Director Office for American Indian, Alaska Natives and Native Hawaiian Programs

Administration for

Community Living

Administration on

Aging also received a

Shawl.

July 10-13, The

Title VI Director, Dos

Owings will be attend-

ing the Title VI Con-

ference in Denver,

CO. If you need to

contact Title VI during

this time, Donna Butler

or Johnnie Betleyoun

will be able to help you

or contact Rep. Jeff

Gibson.

During the hot

weather, we encourage

you to drink plenty of

water to stay hydrat-

ed. Please, if you're

not going to be home

call us and let us know,

so the drivers will not

be in the heat at the

door waiting on you to

answer and if you have

an ice chest please put

some ice in the chest

so it can help with

keeping your food &

milk from spoiling. The

Drivers will not leave a

meal if a container is

not available!!

If you have any ques-

tions or concerns, feel

free to call us at 405-

275-4030 ext 169(office), ext 149(diner),

ext 180(packaging room).



2% milk served daily

July 2012

menu subject to change

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1	Baked Fried Chicken Rice Veggies Bread	2	Chef Salad w/ Ham Cott. Chez Pineapples	3	AST Complex Closed	4	Goulash Squash Bread/Pears	5	Oatmeal Sausage Patty Toast	6		7	
8	Tuna Sandwich Lett, Tom Pita Bread Fruit Cocktail	9	Tamales Spanish Rice Tossed Salad* Apricots	10	Hamburger Steak Veggies Bread/Peaches	11	Baked Potato Ham/Chez Sour Cream Broc & Chez Fruit	12	Biscuit Sausage Gravy Fresh Fruit	13		14	
15	Ham Black-Eyed Peas Broccoli Bread	16	Meatloaf Veggies Crisp	17	Beans Cornbread Steakfries Salad Bar*	18	Chicken Fried Steak Mashed Pot./Gravy Greenbeans Pudding	19	Boiled Egg Bagel Cream Chez Fruit	20		21	
22	Soft Taco Tom, Lett Salsa/Chips Mand. Oranges	23	Beef Tips Noodles Veggies Cobbler	24	Fish Coleslaw Hushpuppies Cookie	25	Polish Sausage Cabbage Cornbread Peaches	26	Scrambled Eggs Sasauge Links Biscuit	27		28	
29	Hamburger Lett, Tom, Onion Onion Rings Ice Cream	30	Chicken Strips Tater Rounds Mac Salad Fruit	31	Not going to be home Call us & let us know 405-275-4030 ext 169 or notify your driver								

KNOW SMOKING!

Tia Danker, RDH
AST Dental Clinic

As we all know smoking is known to have effects on health and most of us *are* aware of the dangers of smoking on general health. What people tend to ignore is the impact of smoking on dental health.

Let's talk tooth health, and the dental effects of smoking.



Tooth Discoloration: Caused by nicotine and tar present in the cigarette. The staining ranges from yellow to dark brown. The staining can be on specific teeth or general discoloration. These stains are hard to remove by normal brushing.

Bad Breath: Smokers are at a much greater risk of developing bad breath than non smokers. The nicotine and tar content gives rise to a typical bad breath known as smokers breath.

Tooth Decay: Smoking puts you at a greater risk of developing dental cavities due to plaque build-up.

Gum Disease: Smoking also results in gum disease due to plaque and tartar build up. Smoking also interferes with the normal functioning of the cells in the gum tissue. A recent study showed that smokers are 4 times more likely to develop advanced gum disease, which is the leading cause of TOOTH LOSS!

Oral Cancer: We easily associate smoking with lung cancer but another major bad effect of smoking is oral cancer. Nearly 90% of all Oral Cancer patients are smokers.

Chronic Obstructive Pulmonary Disease (COPD): COPD and other types of lung disease have significantly higher rates of gingivitis and periodontal disease than those who have healthy lungs. It's not clear what the connection is, but we do know that the bacteria from dental plaque, when inhaled into the lungs, not only can cause COPD exacerbations but also might trigger respiratory infections.

Some other bad effects of smoking include:

Jaw bone loss
Mouth bores
Shifting teeth
Hairy tongue
Sinusitis
Altered sense of taste and smell
Delayed wound healing
Smokers lip



Smoking not only creates dental health issues but worsens already existing dental conditions. There was an increased likelihood of developing gum disease for people who smoked more cigarettes per day.

It reports that people who smoked less than half a pack a day were three times more likely to suffer from periodontal disease where as people who smoked more than one and half pack were 6 times more likely for the same. Recent studies have pointed out the reduced ability of the body to heal itself after surgery. **This is because the body's defense system was weakened by years of smoking.**

There are plenty of harmful effects of smoking on oral health which gives all the more reasons to quit smoking!!!



EDUCATION DEPARTMENT

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

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

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

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

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

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

THE RIBBON CUTTING



NEW EVENT ROOM

THUNDERBIRD CASINO-NORMAN



Photos from the Red Earth Parade



**Office of Environmental
Health & Engineering**

• Tribal Housing Improvements Application

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

THIP list all applicants by a priority list:

- a. Handicapped/Disabled and Elderly
- b. Income
- c. Family Size/Overcrowded Living Conditions
- d. Condition of Home

Other Programs available:

- Sanitation Facilities Assistance Program

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

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

Submit completed application to:

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

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

ABSENTEE SHAWNEE TRIBE

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

This past month TERO has been recognized and awarded the Certificate of Commendation for Safety Excellence from the Associated General Contractors. We currently have a total of 460 applicants, 8 new applicants, 19 walk ins and 47 phone calls. Employment referral is 2 applicants to the Health Clinic and 11 to the tribal offices. The referrals consist of skills such as clerical, janitorial, gaming, and health field. TERO has assigned four college interns to the following positions within the tribe such as Health Field, Culture Preservation, and Clerical Office Departments. We look forward to having these interns here on campus this summer and we are hoping to give them as much experience in the workforce as possible. We are very please to give our Indian people employment opportunity and career support in making a better life for their families as well as the community. Are you or anyone you know currently seeking employment? The Tribal Employment Rights Office is accepting applications for temporary and full time positions. We post all the positions that we are currently seeking employment for on our bulletin boards located outside of our office. These positions include local, OKC, and tribal jobs. We encourage all native Americans to come in and fill out an application with TERO. In order to have a completed application you will need to bring in 3 forms of identification such as Drivers License, Social Security Card, CDIB and/or State ID. Along with any credentials, licenses, or degrees you may have and a resume is highly recommended. If you have any questions about the TERO department feel free to contact us and we will be happy to assist you.
Randy Edge – TERO Director 405-275-4030 Ext: 135
Bridgette Wilson – TERO Office Assistant 405-275-4030 Ext: 163

TERO Job Interview Tips

- Keep Composure** by confident voice and remember to breath
- Be concise** and refrain from rambling.
- Provide Examples** "yes you have done that before.." provide strategic examples.
- Be Honest** and give relevant examples that pertain to you.
- Professionalism** is very important, keep your mind on the job and refrain from being too personal.

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

- | | |
|--|---|
| Journeyman
Diesal Mechanic
Maintenance Technician
Loader
Fitter
Safety Coordinator
CDL Driver
Delivery Hand | Assistant Manager
Waste Water Plant Team Leader
LPN
AR Associate
Banking Compliance Officer
Sales Associate
Finance |
|--|---|

These positions are located right outside of the TERO office. We update these positions daily. If you have any questions concerning a job opening please feel free to contact us at 405-275-4030 Ext: 163 or 135.

ABSENTEE SHAWNEE TRIBE

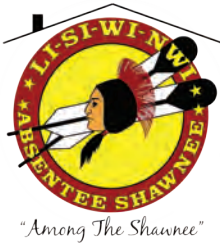
BRIDGETTE WILSON
TERO OFFICE ASSISTANT

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



Phone 405.275.4030 ext. 163

Fax 405.395.9888



**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



Catching up With Texas Tech Softball Pitcher

Ashley Brokeshoulder

By Sam Laskaris



Following a rollercoaster junior season, Ashley Brokeshoulder is already thinking ahead to 2013, in what will be her final year in the NCAA ranks. The 21-year-old, who has Choctaw and Absentee Shawnee ancestry, is a softball pitcher with the Texas Tech Red Raiders, the women's university team.

Brokeshoulder and her teammates concluded their 2012 campaign on May 19 with a 2-0 loss to Harvard University at the NCAA Regional tournament in Seattle, Washington. In their other matches at that four-team regional tournament the Red Raiders defeated Maryland 6-1 but lost 2-0 to host Washington, the team that won the event. Texas Tech finished the season with an over-all record of 41-17.

But Brokeshoulder did not play as much as she would have liked to this year. That's because she only joined the squad in mid-season, after recovering from a bout of mononucleosis. Upon her return Brokeshoulder was primarily used as a relief pitcher and not as one of the club's two starters.

"I was just excited to get back playing," she said. "I started off slow but then I got into it."

Brokeshoulder appeared in just seven games this season and started just one match. She posted a 2-0 record and a 2.33 earned-run average. Brokeshoulder, who is from Shawnee, Oklahoma, had played considerably more during

her first two seasons at Texas Tech.

During her freshman year she appeared in 24 games and had 11 starts as well as an 8-6 record and 2.43 ERA. And during her sophomore season she played in 21 matches and had seven starts. Even though her ERA shot up to 5.25, Brokeshoulder posted an 8-0 record.

As for one of her goals in her senior year, Brokeshoulder would love to have a spot in the Red Raiders' starting rotation.

"I feel if I work hard I should be able to do that," said Brokeshoulder, who is studying Nutrition Science at the university.

The two players who received the majority of starts for Texas Tech in 2012 will both be back next season. Cara Custer is going into her sophomore season while Brittany Talley will be a junior. Brokeshoulder realizes the fact she will be a senior does not give her any sort of advantage.

"My coach as said it doesn't matter what year you're in it's how you play," she said. Texas Tech coach Shanon Hays said he was impressed with Brokeshoulder during her limited action this year.

"She came on for us late in the spring and provided us with several solid relief appearances during Big 12 play and also in the regional," he said. Hays is also hoping Brokeshoulder's solid late-season efforts carry over into her 2013 campaign.

"We hope Ashley will build on that experience and be ready to have a great senior season," he said.

During each of her first three years at Texas Tech, Brokeshoulder and her teammates have competed in one of the 16 NCAA regional tournaments. But they've never advanced past that. She's hoping that changes next year and that the Red Raiders can be one of the 16 teams to earn a berth in the Super Nationals. And then from there eight squads qualify for the Women's College World Series. The Red Raiders have eight players who are graduating this season. But Brokeshoulder and her teammates are excited about some of those players who have been recruited and will be joining the program.

"Our coach has told us a bunch of those girls coming in are going to be able to fill those roles," Brokeshoulder said.

To help prepare for her senior year Brokeshoulder plans to suit up for a women's softball team that will participate in various Native tournaments in Oklahoma this summer. She anticipates she'll play in three events throughout the state.

“Following in Our Footsteps”

Nakiti Timage Pamthaykea

The MSPI (Meth/Suicide Prevention Initiative) funded through (IHS) Indian Health Service was renamed to “Following in Our Footsteps” in an effort to engage tribal youth for meth/suicide preventative services. The 3rd year of funding will end August 31st. However the Behavioral Health Department received an “Award Letter” for another year of funding beginning September 1, 2012.

Our most recent activity was the Illinois Camping Retreat held on June 5th, 6th, 7th and 8th at the Arrowhead Resort near Tahlequah, Ok. Our volunteers consisted of adult family members, tribal employees and other interested individuals as the following: Estee Cervantes, Gary Steves, Manual Johnson, Sleepy Eye LaFromboise, Michael Owings, Gene Kemp, Karen Washington, Sidna McKane, Andy Warrior, Randy Edge, Darrell Larney, and Kristy Morrell. My sincere thanks are extended to all volunteers who made the trip fun & safe for everyone. Special thanks, goes to the ThunderBird Casino for use of their bus and to our driver, Garrie Wheeler for transporting everyone safely.

A total of 24 youth participated in the river retreat. Two of those days they were able to do float trips down the river. The 1st day was a 6 miles float trip and after gaining some experience a 12 miles float trip was accomplished. It was a unique and first time experience for some participants on the river. They were able to stop and eat lunch and view the scenery but coming back to the lodge a little bit more tanned!

Upon arriving and settling in, Sleepy Eye LaFromboise did group introduction and interaction with ice breakers for everyone. At night he provided cultural storytelling, singing, and provided encouraging words for the youth to be safe and healthy. The other evening hours they were educated about Meth and Suicide prevention using the Faces of Meth presentation, Sucker Punched video, and substance abuse and depression screening. Also role playing by the youth for preventative steps in suicide. Our youth face many stresses in their lives in not only peer pressure but the pressure to succeed. Additional stress can be divorce, moving, combined families creating more self doubt and depression. Our goal is that the participants gain new tools for prevention in their young lives.

On May 10th, the MSPI Director attended the Oklahoma Tribal State Relations Workgroup at the Chickasaw Cultural Center in Sulphur, Ok. A program overview of the Chokka ‘Kilimpi’ Division of Youth & Family Services of the Chickasaw Nation was given and an update on the Oklahoma Systems of Care. The group discussed one day training on Cultural Competency and set a date for September 6, 2012 with the location TBA. The training will target service providers in the Behavioral Health, Child Welfare and Law Enforcement who work in Oklahoma County and surrounding counties. More information will be provided at a later date.

MSPI Director received a Tribal Scholarship to attend the 19th Annual Children’s Behavioral Health Conference from the Oklahoma Department of Mental Health & Substance Abuse Services.

The training site was in Tulsa, Ok on May 15 -17. The training offered 15.75 CEU’s with participants being able to create relationships with other services providers for a more comprehensive behavioral health services for young children, youth, and families.

Attendance to the National Health Board Summit in Tulsa, Ok on May 30, 31 & June 1 provided an opportunity to meet and share with one another the resources and knowledge of prevention in Indian Health care, law & policy, research in tribal health. The Oklahoma City Area Inter-Tribal Health Board provides many free training opportunities specifically for MSPI programs.

Several activities continue to be on-going such as the incentive at the YMCA which encourages the family unit to interact together in learning new life skills. The horseback riding lessons has been another alternative for the family at the Gwaltney Ranch in Shawnee, Ok. Future community events may be our Annual Suicide Prevention Walk/Run, Crisis Response Team, and establishing a Face Book.

The “Following in Our Footsteps” continues to welcome tribal members who want to participate as instructors/mentors and volunteers. The MSPI Program has moved to the Little Axe Clinic at 15951 Little Axe Drive, Norman, Ok 73026. For more information please contact Jenifer Sloan, MHR, MSPI Director @ (405) 701-7988.

KIDS COOKING CLASSES

When:

June 27, 2012

July 11, 2012

August 8, 2012

Where:

**Absentee Shawnee Tribal Health
Clinic**

15951 Little Axe Drive

Norman, OK 73026

What Time:

All Classes will begin @ 2:00 p.m.

Who can come:

Any child from ages 4-12

**We are only taking 12 kids so get your
child’s name on the list ASAP!**

**Contact Sidna McKane at 405-701-7977
or sidnam@astribe.com**



**The Absentee Shawnee Tribal Health Center
Announces**

**A Free Program sponsored by
Diabetes and Wellness and the OSU Extension
Community Nutrition Education Program**

ENROLL TODAY

Lesson topics include

- Choosing healthy drinks
- My plate and the food groups
- Making smart breakfast choices
- Eating more fruits and vegetables
- Preparing healthy meals and meal planning
- Understanding food labels and portion sizes
- Food safety and making the most of your food dollars

**Class will begin July 6, 2012 every Friday @2:00 p.m. @
the Little Axe Health Center**

15951 Little Axe Dr, Norman, OK 73026

For Native American and/or SoonerCare members

Sign up today to RSVP

with Sidna McKane at 405-701-7977

or sidnam@astribe.com

Seating is limited





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

Absentee Shawnee Behavioral Health

Absentee Shawnee Behavioral Health is now providing counseling services in both Shawnee and Little Axe locations. We are taking new patients at this time. Our facilities offer an array of services including but not limited to:

- *Psychiatry- adult and child
- *Intensive Outpatient Groups
- *Domestic Violence Counseling
- *Grief Counseling
- *Substance Abuse Counseling
- *Individual Therapy
- *Group Counseling
- *Bio Feedback
- *Stress Reduction
- *DUI Assessment

We welcome back Kristy Morrell – she is now located at the Little Axe Clinic. We would like to extend a warm welcome to our newest staff:

Dr. Julia Irwin is a psychiatrist and has been providing services at the Little Axe Clinic. She is available on every Thursday.

Dr. Peter Stanbro is a child psychiatrist and will be currently taking new patients. He will be providing services every Thursday at our Little Axe Clinic. Monte Blake, LPC is one of our newest clinicians. He is located at our Shawnee Clinic.

If in need of services call:
Shawnee: 405-878-4716
Or
Little Axe: 405-447-0300



PHARMACY NEWS

ABSENTEE SHAWNEE TRIBAL PHARMACY



• As of January 1, 2012, Oklahoma State Law mandates a current photo ID is required for EVERY time ANY controlled medication being picked up.

• Both Shawnee and Little Axe pharmacy locations both 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 the Pharmacy or stop by and speak with one of our Pharmacists. We are here to assist you with your pharmaceutical needs!

New Hours of Operation for the Pharmacy:
Shawnee: 7am-6pm Monday-Friday
Little Axe: 7am-5:30pm Monday-Friday
We are open through the lunch hour!!

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

The Shawnee Clinic is proud to continue to provide full service care to our patients.

We are maintaining our pharmacy, laboratory, radiology, primary medical care, and behavioral health services. Dr. Pat Chainakul, Pediatrician, has become an integral part of our team. Stacy Curtis, Physician Assistant, and Veronica Moody, Nurse Practitioner, are our full-time mid-level providers. Dr. Jennifer Semore MD will be at the Shawnee Clinic on Thursdays seeing patients until we are able to find a full-time physician. We are actively recruiting a full-time Family Practice Physician and have a pending contract with a part-time Internal Medicine specialist. Dr. James Gormley, Pediatrician, has graciously agreed to cover for Dr. Chainakul while she is gone on vacation.

Same day and next day appointments available. Please call 878-5850 to schedule that appointment. We have limited appointment times for new patients since they require more extensive work up on their first visit.

We have recently remodeled our registration desk to provide more privacy for our patients. The nurse's station and check-out desk have been added as well. Come see all of our changes. We are proud to be a part of such a progressive health system which includes the beautiful new facility at Little Axe. Our goal is to provide exceptional healthcare to the Absentee Shawnee Tribal members as well as all of our other patients.

Respectfully submitted by Marla Throckmorton RN, Shawnee Clinic Administrator.

ASTribe

Indian Child Welfare Department

FOSTER CARE

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

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

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

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

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

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

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

For more information about being a foster home, please contact the Indian Child Welfare Department at (405)275-4030.

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.

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

Raffle tickets

On sale at \$5.00 each or 5 tickets for \$20.00
 Raffle item: 50" HiDef Flat Screen TV,
 donated by Thunderbird Entertainment
 Center, drawing to be held at the AST Elders
 Veterans' PowWow, September 10, 2012.
 Contact any AST Elder to purchase your tickets.

Music Keeps You Young

By Phil Bradley, Music Education

At 84 years young, Alec Davis still has the liveliness to play music. Mr. Davis started in the Music Education classes 3 months ago trying his luck on the piano. Now, Mr. Davis is rocking out on the bass guitar and doing just fine. In my opinion, his passion for music is so broad that he must play in his sleep.

Every Thursday when 11:00 a.m. rolls around you can find Mr. Davis playing the bass guitar, learning a new scale, or playing some buggie along with me and having a blast. I believe that this is a wonderful dream come true for this 84 year old elder. Mr. Davis really set a great example for the elders in his community, as well as, his kids, and grandchildren. It's great to see him being so active and getting around visiting other elders in the title 6 program.

The main goal of our Music Education classes is to find the talent within the Native American community as well as, getting students to live an active and productive lifestyle. I am pleased that the Music Education classes have helped to make a difference in the life of some of our tribal elders with learning the joy and love that music can bring. Each week I'm privileged to teach over 64 Native Americans learn the wonders of music and watch so many become musicians and loving members of the music society. I know this experience has meant so very much to me. I have been able to be part of a gift that has changed so many lives in our tribe and others in our state.

The Absentee Shawnee Tribe has been outstanding in their pursuit of assisting their members reach their goals as musicians. I feel very fortunate to have the opportunity to call this my home away from home and very proud of each of the students in the program. To me, they all feel just like my family and friends. Thank you so very much from the bottom of my heart, to you, God Bless.

Phil Bradley
 Music Education
 CHPS/BH
 Outreach Music for Wellness



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)

HUMAN RESOURCE

Current Job Openings

HEALTH POSITIONS:

- Executive Director of Health Programs
- Staff Physician-Shawnee Clinic
- Dentist/Dental Director
- Accounting Technician
- Business Operations Representative
- Medical Coder

MEDIA / MIS POSITIONS:

- Web Developer

CULTURAL PRESERVATION:

- Gift Shop Manager
- Director of Cultural Preservation

BUILDING BLOCKS POSITIONS:

- Director
- Floater

COURT / LEGAL POSITIONS:

- Supreme Court Tribal Judge

GAMING COMMISSION POSITIONS:

- Surveillance Operator
- Internal Auditor
- Licensing Agent
- Executive Director Gaming

FAMILY SERVICE POSITIONS:

- Part Time Victim Advocate
- Office Manager

BOARDS & COMMISSION POSITIONS:

- Health Authority Board Member
- Commissioner for the TERO Boards
- Commissioners

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA DOMESTIC VIOLENCE DEPARTMENT



Victim Advocacy

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

Court Advocacy

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

Housing and Utility Assistance

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

Transitional Housing

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

Referral Assistance

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

Sexual Assault Advocacy

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

Shelter Placement Assistance

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

Community Outreach

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

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

*For a full listing of the job posting and qualifications visit www.astribe.com/employment.
You can also contact the Human Resource Department at 405.275.4030 ext 131 or 170*



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

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

RETURN SERVICE
REQUESTED

**2011
TRIBAL PHONE NUMBERS**

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

ABSENTEE SHAWNEE TRIBE – SHAWNEE DEPARTMENT EXTENSIONS

Gov.	Governor George Blanchard.....	188	Gov.	Lyndale Waller.....	187
Lt. Gov.	Lt. Governor Isaac Gibson.....	132	Lt. Gov.	Secretary Teri Reed.....	104
Lt. Gov.	Andy Warrior.....	189	Secretary	Jerry Ann Knox.....	186
Lt. Gov.	Mary Billy.....	146	Secretary	Larry Buckley (Enrollment).....	107
Lt. Gov.	Clarice Murdock (Self Gov. Spec.).....	205	Secretary	Darrell Larney (Enrollment).....	103
Gov.	Edwina Butler-Wolfe.....	133	Secretary	Treasurer Kathy Deere.....	118
Gov.	Edwina Butler-Wolfe.....	133	Treas.	Eddie Brokeshoulder (Financial Consultant).....	148
Lt. Gov.	Lisa Brownell (HR Director).....	131	Rep	Representative Jeff Gibson.....	202
Lt. Gov.	Elizabeth Clark.....	170	Rep	Rick Short.....	158
Lt. Gov.	HR.....	111	ASEDA	Adam Proctor.....	181
Lt. Gov.	INDIAN CHILD WELFARE.....	193	ATTORNEY	Alyssa Campbell.....	134
Lt. Gov.	Margaret Ellis.....	166	Attorney	Whitney Weingartner.....	134
Lt. Gov.	JR Wind.....	166	Attorney	Troy Littleaxe.....	134
Lt. Gov.	Sena Yessith (ICW).....	114	Attorney	Michalah Anderson.....	134
Lt. Gov.	MAINTENANCE.....	196	COURT	Kathy Brock (Court Clerk).....	120
Lt. Gov.	Cecil Walker.....	196	COURT	Vanessa Ryder.....	139
Lt. Gov.	Reta Harjo.....	128	CULT. PRES./GIFT SHOP	Henryetta Ellis (Director/THPO).....	190/199
Lt. Gov.	Steve Colungo.....	176	CULT. PRES./GIFT SHOP	Alison Taylor (Gift Shop Manager).....	203
Lt. Gov.	Stephen Fife, Isaac Betteloung, Donna Simon, Sherri Yetter, John Mann Tom White, Donnie Marshall, Lance Nanaeto, Levi Littlecreek.....	176	CULT. PRES./GIFT SHOP	Lisa Botone (Library/Gift Shop).....	122
Lt. Gov.	Little Axe Resource Center.....	585-8310	CULT. PRES./GIFT SHOP	Gift Shop.....	152
Lt. Gov.	Bucky LittleCharley.....	585-8310	EDUCATION	Margaret Ellis Admin Asst./Rec.....	193
Lt. Gov.	Duke Blanchard.....	585-3669	EDUCATION	Tresha Spoon.....	121
Lt. Gov.	Douglas Megehee.....	585-3669	ELECTION COMMISSION	Emily Longman.....	150
Lt. Gov.	MUSIC.....	117	ELECTION COMMISSION	Linda Zientek.....	168
Lt. Gov.	Phil Bradley.....	117	ELECTION COMMISSION	Kimberly Stephens.....	156
Lt. Gov.	MIS.....	400	ELECTION COMMISSION	Deborah Davis (Domestic Violence).....	113
Lt. Gov.	Rico Coon (Director, helpdesk).....	208	ELECTION COMMISSION	Jackie Denny.....	108
Lt. Gov.	Michael Berry (Website, helpdesk).....	183	ELECTION COMMISSION	Linda Gouge (Sexual Assault Adv).....	206
Lt. Gov.	Michael Berry (Website, helpdesk).....	183	ELECTION COMMISSION	Melissa Lopez.....	195
Lt. Gov.	Josh Gibson (helpdesk).....	207	ELECTION COMMISSION	Belinda Collins (Controller).....	162
Lt. Gov.	Josh Gibson (helpdesk).....	209	ELECTION COMMISSION	Jennifer Hernandez (Budget Analyst).....	213
Lt. Gov.	Fax (MIS).....	405-395-0569	ELECTION COMMISSION	Genevieve Foster (Asst. Cont.).....	161
Lt. Gov.	POLICE DEPT.....	275-3200 / 275-3432	ELECTION COMMISSION	Amy Hilderbrand (Pay. Spec.).....	159
Lt. Gov.	Brad Jackson (Chief).....	138	ELECTION COMMISSION	Teresa Ghe (Admin. Asst.).....	115
Lt. Gov.	Linda Day.....	140	ELECTION COMMISSION	Jenny Ware (Acct. Pay.).....	143
Lt. Gov.	Ben Henderson.....	182	ELECTION COMMISSION	Holly Davis (Acct. Pay. Spec.).....	144
Lt. Gov.	Scott Wilson.....	174	ELECTION COMMISSION	Dee Wood (Staff Acct. ID).....	110
Lt. Gov.	Anthony Johnson.....	141	ELECTION COMMISSION	Twyla Blanchard (Staff Acct. ID).....	175
Lt. Gov.	Trent Norton.....	155	ELECTION COMMISSION	David Deer.....	151
Lt. Gov.	Glenna Jones.....	145	ELECTION COMMISSION	Arlene Herrera.....	129
Lt. Gov.	Greg Mendiaz.....	174	ELECTION COMMISSION		
Lt. Gov.	PROCUREMENT.....	160	ELECTION COMMISSION		
Lt. Gov.	Becky Prewett (Director).....	178	ELECTION COMMISSION		
Lt. Gov.	Asaycia Clayton.....	178	ELECTION COMMISSION		
Lt. Gov.	REALTY.....	125	ELECTION COMMISSION		
Lt. Gov.	Rachel Howell (Director).....	125	ELECTION COMMISSION		
Lt. Gov.	Johannie Hagan (Probate).....	126	ELECTION COMMISSION		
Lt. Gov.	Joseph Blanchard.....	127	ELECTION COMMISSION		
Lt. Gov.	SOCIAL SERVICES.....	167	ELECTION COMMISSION		
Lt. Gov.	Annie Wilson (Director).....	167	ELECTION COMMISSION		
Lt. Gov.	TAX COMMISSION / TAG.....	136	ELECTION COMMISSION		
Lt. Gov.	Les Cusher.....	179	ELECTION COMMISSION		
Lt. Gov.	Alicia Engler.....	179	ELECTION COMMISSION		
Lt. Gov.	PAGING ZONES.....	70	ELECTION COMMISSION		
Lt. Gov.	ALL PAGE.....	71	ELECTION COMMISSION		
Lt. Gov.	Finance page.....	71	ELECTION COMMISSION		

Cover art is a selection of Earnest Spybuck painting,
"Procession Before War Dance" circa 1910