



The Absentee Shawnee News

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The White Turkey Band Of Shawnees

Thanks The Candidates For Office For Coming Out To The Political Forum.



Twila Parker for Treasurer - Scott Miller for Treasurer - Ken Blanchard for Lt. Governor
Kathy Deere for Treasurer - Sherman Tiger for Representative

GENERAL COUNCIL MEETING

April 9th 2016 - 10:00 A.M.

at the Thunderbird Entertainment Center, Norman, Ok

*Please note: Only breakfast will be served. From 8:30-9:45

Executive Committee



Edwina Butler-Wolfe

Governor



Issac Gibson

Lt. Governor



John Johnson

Secretary



Leah Bates

Treasurer



Kenneth Blanchard

Representative

Monthly Executive Committee meetings can be watched online at astribe.com

Governor's Report

Hello my Absentee Shawnee people!

Global warming has definitely had an impact here in Shawnee. We are having a range of daily temperatures from 32 to 70. In days gone by we would still be having icy temperatures with even some snow fall. It doesn't look like that will be happening, here, this year. This weekend I noticed a number of my neighbors out clearing their flower beds in preparation for the upcoming Spring. Although, I don't seem to have the time to commit to landscaping I certainly do appreciate the beauty of flowers and landscapes and those who work so hard in bringing such beauty to Shawnee. In order to make change within the Shawnee community I will need to be in a position to do that. I have been asked to sit on the Shawnee Beautification Committee and have decided to accept that opportunity. I hope that by serving on this Committee that I may take a larger role in what we see done within the Shawnee area. And as I have said so often the Maintenance department needs to have a vision for our tribe that includes the hiring of a Master Landscaper to work on and around our community buildings and our Shawnee tribal complex grounds. This vision should further include at creating a facility master plan that dedicates funds to our buildings and establishes building priorities. This facility master plan should be placed before the Executive Committee so that we might all share in that futuristic effort so that we can ensure the longevity of what we as a self-governed Nation has worked so hard to achieve – sustainability, self-sufficiency and self-determination.

This past month(s) I participated in the following meetings:

JANUARY 2016

- 11th CTSA Governing Board and Policy and Procedure Board Training
- 15th United Indian Nations of Oklahoma, Kansas and Texas (UINOKT) Meeting in Tulsa
- 19th ASTHA, Inc. and Li Si Wi Nwi, Inc. Health Board Meeting(s)
- 20th Regular Executive Committee Meeting and Thunderbird Entertainment Center (TEC) Board Meeting
- 21st CTSA Monthly Board Meeting
- 22nd ASED A Shareholders Meeting
- 26th AM Executive Committee Informal

Meeting

- 26th (Continued) 11:30 AM/ 1:00 PM Luncheon at the Oklahoma Governor's Mansion – Tribal Leaders only Luncheon
- 26th (Continued) Retirement Reception for Candy Klump at VA Hospital in OKC, OK
- 29th CTSA Special Board Meeting

FEBRUARY 2016

- 1st Oklahoma State of State Address Governor Fallin at OKC State Capitol 2ND Met with Ada Melton of American Indian Development Associates on the National Baseline Study, US Department of Justice, National Institute of Justice
- 3rd AM Informal Meeting Executive Committee
- 4th 10:00 AM ASTHA, Inc. and Li Si Wi Nwi, Inc. Shareholders Meeting 2:00 PM BANK MEETING
- 10th 10:00 AM Executive Committee Informal Meeting
- 11th 10:00 AM Bank Meeting with Board Members

Other Topics/Expressions

Happy Birthday & Anniversary

To those who have had a birthday or

anniversary I extend my warmest regards.

Condolences

To those families who may have lost a family member this month I extend my condolences to you and your family.

Upcoming Elections

The election season is upon us and I encourage all of you to go vote. Please keep in mind whether you want to see the tribe move forward under rule of law; whether you want to see financial reports; whether you want to keep paying for certain elected officials legal fees. Look at experience and education and work ethic and not just culture, although that is a vital element to who we are as a people. As for me my vote goes to those who have over 15 years of experience; have a STRONG work ethic and abide by our law. I think you know who those people are.

In Conclusion

I have 19 months left in Office and I find each day eventful and full of possibilities. My door is always open (unless I am in a meeting or at a meeting) and I welcome your visits.

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

Thank you for your support.



Secretary's Report

Tribal members,

As you all know General Council will be held in April 2016, the date has not been set yet but as soon as it is, I will have it posted via Tribal Newsletter and Tribal website. I have noticed in the past years, the secretary's office has ordered 200 books for attendees at General Council and every year there are more than half of the booklets left. So this year we are only ordering 100 General Council books. They will be given first come first serve. If you do not get a book and wish to have one, you can request one through the secretary's department at 275-4030 x6275/6306. The General Council booklets will also be on the tribal website for your review. Also, in the past, we had provided breakfast and lunch. This year we are only providing breakfast. It will be served from 8:30 am to 9:45 am. Hope to see you there!!!

I would like to recognize tribal member Ms. Ashley Nicole McCray. She received the 2015 City of Norman Human Rights Award. Ashley has been active on many fronts in securing equal treatment for Oklahoma's Indigenous Peoples. Her work and advocacy on behalf of Oklahoma's 36 federally recognized tribes has yielded positive results for The University of Oklahoma and the residents of the city of Norman. Ashley's work is a great example of how a few dedicated individuals can contribute to making Norman's more inclusive and welcoming community for people of diverse backgrounds. In early 2015, McCray led an effort to implement a new diversity policy for the University of Oklahoma. This effort was well received by the university's administrators. Ashley was recognized by the White House; Champions for Change program. Throughout her journey, McCray led a successful campaign to recognize the second Monday in October as "INDIGENOUS PEOPLE'S DAY". The declaration of Indigenous People's Day makes the University of Oklahoma one of the first universities in the country to replace Columbus Day with "INDIGENOUS PEOPLE'S DAY". The University of Oklahoma declaration has received the enthusiastic support from the student government associates as well as David Boren.

Also, it has been brought to my attention that improper charges are being charged for tobacco for traditional funerals. If you use tobacco for traditional funerals, you will need to get proper documentation (Tobacco Memorandum letter from the Secretary's Department or Social Services with signatures). The store will NO LONGER authorize any tobacco charges for traditional (funeral) purposes, if you do not have signed documentation.

I have been very busy the past month, I apologize if I have missed any calls or emails.

NIYAWA,
Secretary Johnson

Treasurer's Report

Since taking office, I have done my utmost to ensure financial accountability for all Tribal entities; thus, as of today, the Tribe has stayed within its allotted budget with the exception of the convenience store. The Finance department continues to ensure that the day-to-day activities of the finance department, as well as the other departments continue to flow efficiently and effectively.

The financial processes are continually being streamlined in order for there to be accurate accountability. One of the many positive outcomes of the finance's 'streamlining process', is that a 2005

strategic plan was located in an old unused desk in 2015, and we soon realized that the accounting steps that were initially discussed, within my first 3 months of taking office, were almost a mirror image of the ones outlined in the 2005 strategic plan. The most rewarding difference between then and now is that the individuals within the current finance department and many others, accomplished the accounting steps outlined in this strategic plan within 18 months compared to the 5 years the 2005 strategic committee said it would take and never implemented.

The initial goal of the Treasurer's office is to close all loose ends by June of 2016 and prepare the tribe for another 2 years of progress. We have spent the last year and a half cleaning up processes, educating team members, researching guidelines, and changing the mindset of "that is always how we done it". Subsequently, it is amazing what we can do when we work together as a TEAM, and I appreciate every person that has stepped up and took their individual department to another level. We must also remember that the millennials are coming into the workforce and it is time we move the tribe financially into modern times.

Representative's Report

Fellow Tribal Members:

I hope this message finds you in good health and spirits.

We, the Executive Committee have only recently been meeting together as a group to discuss business of the Tribe and the role of this Tribal Government. Too often we look at the short term and not the long term effects how our decisions will affect the Tribal Membership.

You see, people get in trouble when they spend, spend, spend...without seeing the end results.

The smart person would develop a budget, next develop a plan, seek outside expertise and discuss it some more. This is the way we should be handling tribal business as it affects the Tribal Membership.

I will continue to work for you in this manner, the Tribal Membership first and foremost.

The Human Resource Department has completed the revision to our 401K retirement plan with Redstone investments and is excited to be able to offer direct planning and management of employee 401K accounts. One of our goals in 2016 is to empower all employees with knowledge about planning for their future.

Safety training is scheduled for March 8 and 9 and this will be sponsored by OnPoint Insurance. This will be for first roud of safety training for 2016 and a kick-off to the HR initiative to encourage safety practices and principals on the AST campus.

Absentee Shawnee Tribe personnel policy manual does allow for 3 wellness hours per week at the directors discretion so please encourage each other to get out and get moving!

Currently Absentee Shawnee Tribe has 10 employment positions open, however to view a full listing please visit our website at www.astrive.com.

If you have any questions regarding the Human Resources Department please call Cheri Hardeman at (405) 275-4030 ext. 6252.

The Representative has oversight over the Camp Nikoti Project: Progress Report for Camp Nikoti as of 02-12-2016.

The Request for Proposals (RFP) for Architectural and Civil Engineering Services has been posted with and Architectural and Civil Engineering firm under contact. Pre-Construction soil borings have been completed for construction design. The Architect has completed the Camp Activity/Dining Hall plans and placed the building out to bid. We are now in the process of negotiation

some design changes on the building. The Civil Engineering firm has completed and submitted the parking lot design work for review and approval, along with the water well design specs. The water well and water storage tank has been sent out to bid and we are now waiting on reviewing the bids and soon will have the water tower under contract for construction. The proposed lake construction has started with approximately half of the trees removed for the lake area. Removal of the remaining trees and dam developments should start back up soon with weather permitting. Cleveland County OEC has been to the site flagging the electrical route and clearing trees along the front entrance preparing for electrical poles to service the Camp Nikoti.

Representative, Kenneth Blanchard: (405) 275-4030 ext. 6287, cell (405) 585-8991 or kblanchard@astrive.com

Representative Administrative Assistant, Diane Ponkilla: (405) 275-4030 ext. 6335, cell (405) 765-6598 or diane.ponkilla@astrive.com

APPROPRIATE POLL BEHAVIOR

According to the Election Ordinance Article VIII Section 1 – The official polling sites and adjoining Tribal Grounds are neutral grounds, therefore, there shall be no campaigning or loitering on Election Day by any person. It shall be the duty of the Election Commission to request that Tribal police, be present at each polling place and be responsible for maintaining order, prevent campaigning, and loitering during the election process.

In order to comply we suggest that you do not campaign in any fashion.

For Examples:

- No: "vote for..."**
- sticker on cars**
- campaign clothing**
- disbursement of**
- campaign material;**
- counseling as to who to**
- vote for**

Do not loiter at poll site:

1. **Arrive**
2. **Register**
3. **Vote**
4. **Exit**

Unless there is a line each voter should be at the poll no more than 10 minutes, outside of voter booth. Each voter may take all the time they need to read the ballot to vote in the private booth but should not "visit" with Commissioners or other voters at the poll site.

Any visiting of voters must occur outside of the Poll Site and adjoining Tribal grounds. Voting Polls close at 6:00 p.m. Voter has to be in line in order to vote.

POLICIES AND PROCEDURES STATES:

There shall be no campaigning on property of polling site. This includes signs, person to person, clothing, etc. or within 200 ft. of the polling site. (On Election Day all signs must be over 200 ft. away from the edge of tribal property that contain poll sites.)






TITLE VI MENU

March 2016

2% milk served daily

Menu subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 BBQ Pork Sandwich Pickles n Onions Mac Salad Orange	2 Chicken Broc and Rice Casserole Tossed Salad* Peaches	3 Beef Fingers Mashed Pot/Gravy Beets Bread Pudding	4 Bagel Cream Cheese Boiled Egg	5
6	7 Ham Scalloped Pot. Blacked Eye Peas Pears	8 Chicken Strips Mashed Pot/Gravy Spinach Mandarin Oranges	9 Tamale Refried Beans Spanish Rice Cookie	10 Pork Riblets Baked Beans Tossed Salad* Bread	11 Scrambled Eggs Sausage Gravy Biscuit	12
13	14 Pork Chop Stuffing Green Beans Mixed Fruit	15 Smoked Sausage Mac N Chez Veggies Crisp	16 BBQ Chicken Tossed Salad* Cauliflower Bread	 17 Shepard's Pie Bread Fluff	18 Oatmeal Raisins Sausage Toast	19
20	21 Chicken Fajitas w/ bell peppers & onion Tortillas Refried Beans	22 Goulash Greenbeans Garlic Bread Apricots	23 Grilled Chez Chicken Noodle Soup Grapes	24 English Muffin Scrambled Eggs Ham	25  AST Complex Closed	26
27 	28 Hamburger LTOP Fries Ice Cream	29 Chef Salad W Chicken Eggs, Chez Cottage Chez Pineapples	30 Wild Onion Dinner Beans Cake	31 Tuna Salad Sandwich LTOP Apple Pita Bread		

NOT GOING TO BE HOME!!!
CALL AND LET US KNOW AT 405-275-4030
EXT 6227 or 6270
OR NOTIFY YOUR DRIVER



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

TITLE VI NEWS



March 13, **Set your clocks UP one hour!!!**



March 27, **EASTER**



March 17, **St. Patrick's Day**



MARCH IS WHEN THE SCHOOL KIDS HAVE SPRING BREAK!!! SO LET'S BE CAREFUL WHEN YOU'RE OUT AND ABOUT!!!!



March 20, **SPRING BEGINS!!!**

Basketball fans get ready for



March 25, **AST Complex will be closed. No meals will be delivered or served.**

***IF YOU HAVE ANY CONCERNS OR COMMENTS PLEASE GIVE US A CALL AT 405-275-4030 EXT 6227**

Larry Buckley

Jan 2nd, 1956—February 17th, 2016



Long-time employee, Larry Buckley passed at his home on February 17th, 2016.

Larry was the Director of Enrollment for 13 years. He assisted tribal programs and departments with statistical data as well as everyday tasks like making tribal enrollment cards for tribal members. He was knowledgeable of the Tribe's enrollment procedures and regularly attended Executive Committee meetings to present tribal members for enrollment.

We thank Larry for his commitment to integrity within the Enrollment Department. He will be missed by family, friends, and co-workers here at the Tribal Complex.

Services were held at Indian Nations Baptist Church, Seminole, OK

ABSENTEE SHAWNEE TRIBAL MEMBERS

APPLYING FOR TRIBAL ENERGY ASSISTANCE (T.E.A) (A ONE TIME YEARLY PAYMENT OF **\$150.00**, PER RESIDENCE)

ELIGIBILITY

- ENROLLED ABSENTEE SHAWNEE TRIBE**
- 18 YEARS OF AGE OR OLDER**
- UTILITY BILL IN YOUR NAME AND/OR SPOUSE'S NAME** (SPOUSE MUST RESIDE IN HOME)
- TOTAL RESIDENCE INCOME** (MUST NOT EXCEED A MONTHLY NET PAY OF \$2,800.00)

REQUIRED DOCUMENTATION:

- SOCIAL SECURITY CARDS** (ALL MEMBERS RESIDING IN THE RESIDENCE)
- CDIB CARDS** (ALL MEMBERS RESIDING IN THE RESIDENCE)
- CURRENT UTILITY BILL AND/OR DISCONNECT NOTICE**
- CURRENT 30 DAYS INCOME VERIFICATION** (I.E. CHECK STUB, SOCIAL SECURITY, UNEMPLOYMENT, TANF, ETC.)
- UNEMPLOYED APPLICANTS MUST COMPLETE SELF-CERTIFICATION FORM PROVIDED BY CASE WORKER**

APPLICATION ALSO ONLINE: www.astribe.com

**HAVE APPLICATION COMPLETED AND ALL REQUIRED DOCUMENTATIONS BEFORE
SUBMITTING TO SOCIAL SERVICES**

Elders Council

NOTICE:

DUE TO THE ELECTION BEING ON MARCH 19TH, THE ELDERS MEETING DATE/TIME HAS CHANGED TO MARCH 12TH, 2016 AT THE TITLE VI BUILDING IN SHAWNEE, OKLAHOMA.

Tax Collections

FY-2016
YTD TAX COLLECTIONS
(thru 01/31/2016)

RUN DATE:
02/16/16

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$6,629.54	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$6,629.54	4.53%
Gaming % of free cash	\$100,000.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$100,000.00	68.30%
Employee (1%)	\$20,005.91	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$20,005.91	13.66%
Severance (8%)	\$2,266.67	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$2,266.67	1.55%
Motor Vehicle	\$10,173.81	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$10,173.81	6.95%
Tobacco Refund	\$7,107.73	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$7,107.73	4.85%
TOTAL TAXES	\$146,183.66	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$146,183.66	
Miscellaneous	\$223.45	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$223.45	0.15%
TOTAL COLLECTIONS	\$146,407.11	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$146,407.11	100%



Personal Banking:

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

Contact Us for Details As Follows:

**Calumet Office - Gene Davis or Dixie Smith 405-893-2240;
114 E Main, Calumet, OK**

**Shawnee Office - Gene Davis or Amber Alexander 405-273-0202;
2023 S. Gordon Cooper Drive, Shawnee, OK**

Business Banking:

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

Contact Us for Details As Follows:

**Calumet Office - Gene Davis or Dixie Smith 405-893-2240;
114 E Main, Calumet, OK**

**Shawnee Office - Gene Davis or Amber Alexander 405-273-0202;
2023 S. Gordon Cooper Drive, Shawnee, OK**

Banking Hours:

2023 S. Gordon Cooper Drive, Shawnee, OK 74801
Lobby Hours 9:00 AM - 5:00 PM Monday - Friday
Drive In Hours 8:00 AM - 6:00 PM Monday - Friday
Saturday: 9:00 AM-12:00 Noon

Talking Leaves
Job Corps
Success Story



Name:
 Shayla Taylor

Center:
 Talking Leaves Job Corps Center

Career Area:
 Certified Clinical Medical Assistant

Dates in Job Corps: Graduated in October 2015

Place of Employment:
 Tahlequah Medical Group

Position:
 Medical Assistant

Shortly after enrolling, Shayla Taylor quickly realized Talking Leaves Job Corps was the first step in launching her career. Now, she has completed her training as a certified clinical medical assistant and is continuing on her journey to become a registered nurse.

A graduate of the Talking Leaves Job Corps Center, in Tahlequah, Okla., Shayla credits the program for giving her the employability skills and hands-on training to begin achieving her career goals. As a student, she completed work-based learning at the Tahlequah Medical Group, and was then hired as a medical assistant. She plans to continue her education through advanced training at a local technology center and then at Connors State College for its R.N. program.

“The Talking Leaves Job Corps Center prepared me for my field,” she said. “My favorite thing about Job Corps is the education it gave me so I could enroll in advanced training.”

While at Job Corps, Shayla was active in many organizations, leading the Native Voices club as president and serving as secretary of Student Government Association. Before Job Corps, Shayla was homeless, sleeping in her car and working in a dead-end job.

“Job Corps gave me a chance to build a foundation so I could build myself back up,” Shayla said. “I have a career now. Talking Leaves Job Corps Center gave me a helping hand when I needed it the most.”

Talking Leaves Job Corps is a native emphasis center, targeting qualified youth between the ages of 16-24 years of age that desire vocational training that can lead to a career. Students can also receive a GED or High School diploma. The center provides transportation back along I-40 as far as Oklahoma City each weekend. If you would like more information on how to qualify, call (405) 424-1927 and speak with an Admissions Counselor.



TALKING LEAVES JOB CORPS
 A NATIVE EMPHASIS CENTER

Career Training at No Cost To Qualified Applicants!



- 16-24 years old
- Need Career Training/High School Diploma/GED
- Meet income guidelines
- No pending legal matters



Tours Every Thursday at 9:45 a.m.
 (Except for Major Holidays)

Talking Leaves Job Corps Center
 5700 Bald Hill Rd
 Tahlequah, OK
 74465

... Job Corps could be for you!
 (Bus travels to OKC each weekend)

For more information
Call 405.424.1927

Career Technical Training

- Clinical Medical Assistant
- Facilities Maintenance
- Culinary Arts
- Office Administration
- Electrical
- Nurse Assistant/Home Health Aide

Placement assistance for

Military, Advance Training, College, or Employment in Your Career





ABSENTEE SHAWNEE DIABETES AND WELLNESS SOCCER CAMP

The Absentee Shawnee Diabetes and Wellness Program will be sponsoring a youth soccer camp at the Little Axe High School. All Little Axe community youth are invited to participate. Registration is limited so please contact the Diabetes and Wellness Fitness Program at 405-364-7298 and pre-register EARLY!

**SATURDAY
MARCH 5TH, 2016**

**LITTLE AXE HIGH SCHOOL
FOOTBALL FIELD**

ELEMENTARY SESSION
9:00 A.M. - 10:45 A.M.
MIDDLE SCHOOL AND HIGH SCHOOL SESSION
11:00 A.M. - 12:45 P.M.



Name: _____

Phone: _____ Male: ___ Female: ___ Age: ___

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

Signature _____

**LEARN BASIC SOCCER SKILLS
HAVE FUN BEING PHYSICALLY
ACTIVE!**

**ALL LA ELEMENTARY AND
MIDDLE SCHOOL COMMUNITY
YOUTH ARE WELCOME!
NO EXPERIENCE REQUIRED!**



ABSENTEE SHAWNEE LANGUAGE CLASS

FREE SHAWNEE LANGUAGE CLASS FOR NATIVE YOUTH

- Limited to the first 20 youth participants
- Must be 10–18yrs. Must have a CDIB card.
- Transportation may be provided after school from Little Axe Schools
- Orientation starts February 10th and classes start February 17th and run through the spring; classes will be held one day a week after school hours at the AST Little Axe Health Center.
- Classes will be taught by AST Tribal Elders.

We find it to be very important to bring culture into prevention. This class is sponsored by the MYDNA SPF-TIG program & Diabetes and Wellness.

For more information or to get a registration form please contact Kasey Dean at 405-701-7993 or Howard Brown at 405-701-7115.

Participant name: _____ DOB: _____

Parent/Guardian name: _____ Phone: _____

I, _____, grant my child, _____, permission to participate in the Absentee Shawnee Language Class. In Consideration of the acceptance of this entry I waive all claims for myself, my child and my heirs against the sponsors, cooperating and coordinating groups and any individuals associated with the event and will hold them harmless for any and all injuries which may result from my participation. I hereby give my permission to the media to use my name and photograph in the AST newsletter without limitation or obligation.

Print _____ Email _____

Signature _____ Date _____

Oklahoma SPF-TIG project is funded by SAMHSA (Substance Abuse and Mental Health Services Administration)

METROPOLITAN LIBRARY SYSTEM PRESENTS

Children Reading to Dogs

EVERY 2nd & 4th THURSDAY
6:30PM

Join us on the 2nd and 4th Thursday of each month at 6:30PM for Children Reading to Dogs! Children will develop their reading skills and make a lifelong friend by reading to trained therapy dogs. All dogs and owners have completed therapy dog certification.



DEL CITY LIBRARY • 4509 SE 15th • 672-1377 • www.metrolibrary.org

Little Axe

After School Program 2015-2016

Come join us at the AST Resource Center!!!



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



Open to All Middle School and High School Students

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



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



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

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



DEL CITY LIBRARY PRESENTS:

SCRABBLE CLUB

Wordy people, unite! Challenge fellow wordsmiths to a lively game of Scrabble and keep your vocabulary honed.

Every 4th Tuesday of the month from 6:30pm-7:30pm

Games supplies provided

For Adults



DEL CITY LIBRARY | 4509 SE 15th | 672-1377 | WWW.METROLIBRARY.ORG

Free Music Lessons for Kids



Contact Phil Bradley
405-585-8801

METROPOLITAN LIBRARY SYSTEM PRESENTS

SCIENCE SUNDAYS

An illustration of a green robot with a clock face on its chest, a scientist with a mustache holding a book, and two children in lab coats conducting an experiment with beakers and a small robot.

Join us as we build and learn about science with hands-on experiments and takeaways! Parents encouraged to participate!

January 3 - Electricity & Magnetism	July 3 - Rocketry
February 7 - Machines	August 7 - Science of Magic
March 6 - The Sound of Science	September 11 - Engineering
April 3 - Air Pressure	October 2 - Spooky Science
May 1 - Bubble Science	November 6 - Polymer Science
June 5 - Fossils	December 4 - Temperature

Metropolitan LIBRARY SYSTEM

DEL CITY LIBRARY • 4509 SE 15th • 672-1377 • www.metrolibrary.org



Absentee Shawnee Tribe Of Oklahoma
After School Program - Shawnee
2025 S. Gordon Cooper
Shawnee, OK 74801
P: (405) 878-0633 F: (405) 878-0156



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

We will only be open when the schools are open. At this time we will not provide services for school breaks including fall, winter, spring and summer breaks. The ASP-Shawnee will have tutors on hand to provide assistance with homework. We do have spots available; if you are interested please feel free to contact Briana Ponkilla at Briana.ponkilla@astribe.com or (405) 878-0633.



Congratulations Abbe!!!!

Family of Faith Christian School
8th Grade Girls Basketball Team
OCSSA 2A STATE CHAMPIONS!



Abbe Owings - 8th Grade
Basketball Champ

♥Proud Momma, Dos Owings

On February 13th, 2016, Abbe Owings and the 8th grade girls basketball team took state at the OCSSA 2A class state championship

***Honoring Our Past
With Promise for
Our Future***

LIFE is Beautiful
Living Meth Free



**National Suicide
Prevention**

**1-800-273-8255
(TALK)**



**Absentee Shawnee
Health Systems
Shawnee & Little Axe**

AST Education Department: Big Jim Youth Awards

We will begin taking applications for the 2015-16 Big Jim Youth Awards on January 1, 2016. High school **seniors** of both genders within the 50 United States are eligible to apply for these awards for the 2015-2016 school year. Applications will be accepted from January 1 to March 31, 2016 by US mail or email, official transcripts must be mailed. The official application form will be available in January 2016 at www.astribe.com under the Education Department.

The \$1,000.00 award is in the form of a scholarship to the college or university where the award recipient will attend for the fall 2016 semester. The scholarship **must be used for the fall 2016** semester.

We will begin accepting applications for the following awards:

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

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

AWARDS WILL BE ANNOUNCED IN MAY 2016

We encourage ALL Absentee Shawnee High School Seniors to apply.

Award recipients will be recognized as the 2015-2016 Big Jim Academic Achievement Award winner or the Big Jim Athlete of the Year. In addition to this recognition the award recipients will receive a **\$1,000.00** scholarship to be used towards their education and the advancement of their career.

Questions on these awards program should be addressed to:

**Absentee Shawnee Tribe Education Department c/o Tresha Spoon
2025 S. Gordon Cooper Drive
Shawnee, OK 74801
(405) 275-4030 Ext. 6242
youthaward@astribe.com**

Absentee Shawnee Tribe of Oklahoma Education Department

2025 South Gordon Cooper Drive
(405) 275-4030 Toll free (800) 256-3341 Fax (405) 273-7938
youthaward@astribe.com

Applications accepted:
Jan. 1st – March 31st
Finalists announced:
May 2016

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

STUDENT INFORMATION

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

Enrollment #: _____

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

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

Email: _____

HIGH SCHOOL INFORMATION

High School Name: _____

City: _____ State: _____

Guidance Counselor: _____ Phone #: _____

Sport: _____ Position: _____

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

All Absentee Shawnee High School Seniors are eligible and encouraged to apply.

Documents to be included with application:

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



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

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

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

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

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



AST COURT - UPDATE

Governor Isaac Gibson, Jr. case No. CRM-2015-77 and the Absentee Shawnee Tribe vs. Jeffrey Gibson, case No. CRM-2015-76 the last court proceedings were held on January 27th, 2016. A motion to dismiss the above cases was filed by the Respondents council, Attorney Gary Pitchlynn. The motion to dismiss was denied.

The next court proceedings will be April 12th, 2016 at 1:30 pm at the Absentee Shawnee Tribal Court.

Office of Environmental Health & Engineering

- Tribal Housing Improvements Application

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

THIP list all applicants by a priority list:

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

Other Programs available:

- Sanitation Facilities Assistance Program

Applications need to be completed and all necessary documents 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

The AST Housing Authority

is seeking sealed bids for the Development and Construction of 12 Single Family Units to be located in Shawnee, Oklahoma. Indian Preference will be given according to NAHASDA regulations and 24 CFR 1000.52; but Sealed Bids will be open to all vendors.

Sealed Bids will be available on or after **January 25, 2016** and will be due back in our office at 107 N Kimberly, Shawnee by **February 26, 2016 at 3:00 pm**. Late submissions

will not be considered unless an insufficient number of proposals are received. The cost of each packet obtained will be a \$300.00 refundable deposit which must be paid by check, money order, or credit card.

If you are interested in submitting a sealed bid for this project, please contact Amanda Ramirez, Development Coordinator, at

(405) 273-1050
Monday through Friday
8:00 am to 4:30 pm

Grass Mowing/Garden Tilling Application

The following are the requirements for this program:

1. Must be an Absentee Shawnee Tribal member
2. Must be 65 years or older
3. Handicap/Disabled
4. Must provided proof of residency
5. All trash, branches, debris must be cleaned out of yard

The Absentee Shawnee Tribe Maintenance Department will only mow, weed eat and till applicant's property. Maintenance will mow every two (2) weeks. Maintenance department will not trim tress or shrubs. **No Rental Property will be mowed.**

If you have any questions please called Reta Harjo at (405) 275-4030 ext 6249 or Mary Billy at ext 6267

Name: _____

Address: _____

City:_____ **State:**_____ **Zip Code:**_____

CDIB:_____ **DOB:**_____

Home Phone:_____ **Cell Phone:**_____

Directions to home:_____

The Absentee Shawnee Maintenance Department

2025 S. Gordon Cooper Drive

Shawnee, Oklahoma 74801

(405) 275-4030

MARCH 2016 BIRTHDAYS

Alexander, Jason Thomas
 Alexander, Sherri Ann
 Alford, Grace Guadalupe
 Alford, Michael Jason
 Alford, Terry Wayne
 Allen, Vanessa Olivia
 Anania, Salvatore Westbrook
 Anderson, Steven Brian
 Annis, Loraine Pearl
 Applegate, Richard Allen
 Araujo, Bearen Demetrio
 Arms, Bruce Edwin
 Arms, Drake Jagger
 Augustine, Dezmound Solomon
 Barnes, Bralynn Kierra
 Barnhill, Rachel Renee
 Beaver Jr., Rodney Gene
 Bender, Liyahna Kyne
 Bernard, Carol Jean (Mohawk)
 Bettelyoun, Isaac Phillip
 Bettelyoun, Taylin Hope
 Bittle, Mona Jene
 Blalock, Aaron Wayne
 Blalock, Robert Edward
 Blanchard II, Larry Dean
 Blanchard, Brayden Nicole
 Blanchard, Izabel Marie
 Blanchard, Joe Henry
 Blanchard, Russell Duane
 Blanchard, Solomon Grant
 Bowden, Rosada Lynn
 Bradley, David John
 Brady, Dallas Dustin
 Brannon, Tkeyah Monique
 Brinson, Alexander Armando
 Brokeshoulder, Ashley M.
 Brooks, Amy Louise
 Brophy, Eulue Lee Eleyce
 Brown, Monica Francesca
 Brown, Railynn Taylor
 Bryce, Jerry Dale
 Buckheart, Elysa Victoria
 Buckheart, Phillip Cruz
 Bullock, Dynna Ann
 Burgess, Pearl Tyner
 Burk, Harley Lynn
 Cahwee, Yvonne Katherine
 Carter, Taylor Wade
 Casteel, Rhaeanna Corinne
 Caudillo, Herman Russell James
 Caudillo, James Adam
 Clark, Carol Dawn
 Coddington, Koryne Shazity
 Coddington, Michele Cholena
 Cole, Carolyn Mary
 Cook, Jonathon David
 Cook, Makylea Mae
 Coon, Justin Bo
 Coon, Waylon Henry-Goliath
 Cordova, Cecelia Velma Brady
 Coriz, Clinton Eric
 Coyle, Shannon Christine
 Cravens III, John Monroe
 Creek, Felix Albert
 Cruz, Gregorie Thomas
 Cuellar Jr., Leno
 Davis, Shawn E.
 Day, Linda G.
 Day, Rosanna Jolena
 Deer, Christopher Jerome
 Deer, Makiyah Kaylind Anora
 Denson, Hilda Mae
 Eckwardy, Alano Ezekiel
 Edgin, Laura Marie

Ellis, Andrew
 Ellis, Bert
 Ellis, Leann Dee
 Ellis, Mark Russell
 Ellis, Renee June
 Elsloo, Kasia Lee
 England, Adam Joe
 Fenner, Alannah Benae
 Ferree, Sierra N
 Fife, Zachariah Everett
 Fontenot, Teddy Lynn
 Foreman, Henry Jake
 Foreman, La Donna Rochelle
 Foreman, Merrilee
 Foster, Gabriel Lee
 Frazier, Andee Danielle
 Freeman, Retha Ann
 French, Jeffrey Martin
 French, Mary Ann
 Fuller, Rhealee Grace
 Garretson, Stephanie Rae
 Garretson, Tanisha Marie
 Gibson, Charles Arthur
 Gibson, Dylan Scott
 Gibson, Isaac Dean
 Gibson, Jaylan Chaunce
 Gibson, Johnathan Caine
 Gibson, Joshua Lee
 Gibson, Phillip Craig
 Gibson, Toney Ellise
 Grass, Ayson
 Grass, Gavin John
 Grass, Matthew Scyrus
 Gravel, Robin Renee
 Graves, Casey James
 Greenfield, Tawana Elane
 Grover, Michelle Renee
 Hall, Elizabeth Lynn
 Hall, Kayla Collette
 Harjo, Jacob Lee
 Harjo, Jimmie Dean
 Harjo, Sammy Harjo, Shirley Ann
 Harjo, Zerek Bishop
 Harp, Emily Sue
 Haskins, Michael Truett
 Herrera Jr., Rudy
 Herrera, Richard John
 Hilderbrand, Derek Mitchell
 Hood, Richard Foster
 Hood, Ross Damon
 Hooper, Michael Shayne
 Hubble-Kirschner, Skylur Nacole
 Hunt, Lyndon Brandon
 Ibarra, Rosalee Brianna Lizzet
 Irvin, Catherine Ann
 Isaac-Robbins, Shirley Jean
 Isaacs, Leann Vachon
 Jim, Tia Marissa
 Johndrow-Boston, Mark Joseph
 Johnson Jr., Hubert Dana
 Johnson Jr., Walter Mack
 Johnson Sr., Walter Mack
 Johnson, Alexis Lynn
 Johnson, John Daniel
 Johnson, John Pershing
 Johnson, Leam Edwin
 Johnson, Pamela
 Johnson, Shirley Renee
 Jones, Dennis Roy
 Judkins, Charles Gary
 Kaniatobe, Tiffany Paige
 Kaseca, Brandon James
 Ketakea, Georgia Kay
 Ketakea, Kayla Marie

Khalil Qureshi, Maryam Anisah
 Khalil-Quraishi, Sumiyah
 Khan, Keyania Shaneil
 Kickapoo, Collins Kristopher
 Kirschner, Tony William
 Kisor, Alexzander Jordan
 Landrum, Avery Lynn
 Leach, Melissa Louise
 Ledezma II, Roberto Bernal
 Lee, Catherine Stacey
 Lemon, Toni Marie
 Leroy, Mary Denise
 Lewis, Katlyn Hope Cooksey
 Lewis, Quinton DeWayne
 Lindsay, Lila
 Little Axe, Dennis Robert
 Little Axe, Skye Keenan Patrick
 Little Charley, Estelena
 Little Charley, Gary Dean
 Little Creek, Levi Kelly
 Little Doctor, Abe
 Little Jim Jr, Webster
 Little, Benjamin Ray
 Little, Keith David
 Little, Marysa Fay
 Little, Micco David
 Littlebear, Trinidad Adam
 Littlecreek, Jade Marie
 Littlecreek, Jeremiah James
 Littlecreek, Sadie Rachelle
 Littlehead, Addie Mae
 Logan, Priscilla Ann
 Longhorn, Bradley Lucky
 Longhorn, Tommy Dale
 Longhorn, Vaun Marie
 Longman Jr., Clyde Bennie
 Longman, Michael Ray
 Lowe, Victor Shane
 Mack Jr., Thomas James
 Mack, Ryan Dale
 Mahtapene, Charlie Renee
 Martinez, Alexee June
 Masquat, Cameron Isaiah
 Masquat, Nathaniel Gage
 Maxwell, Kimber Leigh
 Mayo, Leslie Carol Garretson
 Mayo, Michelle Marie
 McBride, Taylor Iralea
 McBroom, Ashley Denise
 McBroom, Michelle Leigh
 McCray, Ashley Nicole
 McDoulett, Karen Susan
 McGonigal, Peter Roygan Hodge
 McGuire, Kasi Lynn
 McKinney, Mahnee Zuri
 McLovin, Alexander Charles
 McMillen, Destenie DeAnne
 Meek, Mark Anthony
 Merrell, Jason Andre
 Miller, Louis-Renee Sarah
 Miller, Patrick Michael
 Miller, Redena Kay (Blanchard)
 Miner, Matthew Carl
 Mohawk, Billye-Jo Ryleigh
 Molina, Terry Randall
 Montgomery Jr., Wendall Len
 Moore, Joseph Dakota
 Moore, Patricia Naomi
 Morgan, Katie Lynne
 Morton Jr., Jeremiah James
 Morton, Hannah Raine
 Nakamoto, Lisa Marie
 Nelson, Linda June
 Nuckolls, Larry Wayne

Oney, Mattison Marie
 Ongaco, Ariana D. Wilson
 Onzawah, Leroy Galin
 Ozeretny, Gary Lee
 Panther IV, William
 Panther, Ashlynn Nevaeh
 Panther, Cyerra Lynn
 Patten, Sherri Louise
 Pease, Xailey May
 Peetoom, Alexander R.S
 Peters, Pauline Alford
 Pickering, Gertrude B. Spybuck
 Ponkilla, Boyd Dean
 Powell, Alicia Kaye
 Powell, Terry Shane
 Price, Judith Ann
 Puckitt, Steven Ray
 Rainey, Katherine Lydia Warrior
 Rakestraw, Colton James
 Rakestraw, Corbin Lee
 Respicio, Lucas Antonio
 Rex, Suzzy Jean
 Reyes IV, Jose Ysmael
 Richard, Eryxon Joe
 Richey, Gunner Wayne
 Rigney, Sean Librado
 Roach, Dustin Michael
 Roach, Dylan Lane
 Robbins, Joshua Dale
 Robison, Jack Alan
 Rolette Jr., Larry James
 Rolette, Seth Allan James
 Roller, Christine
 Ruimveld, Vickey Lynn
 Runsabove, Bryant Kent
 Ryan, Ryder Lazaro
 Sanchez, James Andrew
 Schaal, Winnie Virginia
 Scott, Denise Renee
 Scraper, Julia Jean Wilson
 Self, April Jennell
 Self, Sheila Ann
 Sevier, Jennifer Michelle
 Skeen, Lucille
 Sloan, James B.
 Sloat, Ann Marie
 Sloat, Athenia Kayra
 Sloat, Christina Sue
 Sloat, Jeremy Clay
 Smith, Daleana Lee
 Snake, Anna Grace
 Snake, Steven Ray
 Soap Jr., Roger Eugene
 Spoon, Alexander Jacob
 Spoon, Courtni Renee
 Spoon, Elijah Gage
 Spoon, Gracelynn Faith
 Spoon, Isabella Lorraine
 Spoon, John Allen
 Spoon, Robby Wayne
 Spoon, Sherrie Dawn
 Spriggs, Dakota Paul
 Spybuck, Deanna Marie
 Squire, Jerry Wayne
 Starr, Jesse Lloyd
 Starr, Lawrence Mitchell
 Stephens, Aubriana Nichole
 Steves, Adam James
 Stewart, Stanley Allen
 Stinger, Heather Ann
 Stone, Taylor Cheyenne
 Straight, Lela Gale
 Stryker, Vikki Dawn
 Stuckey, Zoee Ellori

Sutton, Mason Riley
 Sutton, Virginia Lee
 Switch, Faye Ramona
 Switch, Redonna Lynn
 Switch, Thomas Alfred
 Tahah, Everett Wade
 Tapia, Dakotah Cruz
 Taryole, Newman Ryan
 Taryole, Sydney Alixandra
 Tascier, Matthew Isaiah
 Taylor, Lafonda Raye
 Taylor, Scott Alan
 Thapa, Sonya Shree
 Thompson, Billie Gean
 Thompson, Brandee Ian
 Thornhill, Nathaniel Weston
 Thorpe, Kimberly Clarice
 Thorpe, Mary Elizabeth
 Tiger, Anthony Michael Gene
 Tiger, Donna Jean
 Tiger, James Scott
 Tiger, Mandy Jane
 Tiger, Raymond Gary
 Toca, Kelly Amanda
 Tucker, Brian O'Neal
 Tucker, Keely Marie
 Turner, Terry Michael
 Tyner, Sallie Hood
 Vanliew, Naomi Maye
 Villalobos, Lena Lou
 Wakolee, Regina Gayle
 Walker, Morgan Baylee
 Walker, Vera N
 Wallace, Christopher James
 Walley, Brian Jeffery
 Warrior, Shawna Kogee
 Washington, Billy Gene Axe
 Watkins, Melysha Raven
 Watson Jr., Theodore Randall
 Watson, Bryeanna Renee Louise
 Watson, Martha Ruth (Tiger)
 Wenholm, Jody Dawn
 Werth, Luke Jake
 Wesley Jr., Daniel Kenneth
 Westberry, Casey LyDale
 Westberry, Hayley Morgan
 White Thunder, Shelsie Mae
 White, Calvin Lee
 White, Raelynn
 Williams, Bryce Cameron
 Williams, Cody Grant
 Williams, Jo Ann
 Williams, Johni Kaleen
 Williams, Kayce Brylin
 Williams, Mark Henry
 Williams, Matthew James
 Williams, Taree Renea
 Wilson, Annette Ponkilla
 Wilson, Mitchell James Wayne
 Winter, Warren Patrick
 Witt, Adam Wayne
 Wolf, Bryne Andrew
 Wolfe, Leonard Wayne
 Woods, Kathy Lynn
 Wright, Tasha Laquinta Suzanna
 Wyatt, William David
 Yandell, Steven Joseph
 Yates, Kylie Ann
 Yeahpau, Roman Mausanap
 Zinn, Jenifer Coleman


Happy Happy Birthday
 To my beautiful
 "Baby" Daughter
Sherrie Dawn Spoon
 I hope your day is happy
 and good.
 I love you bunches &
 bunches. Hugs & Kisses
 and Lots of Love. Mom


TO MY NIECE

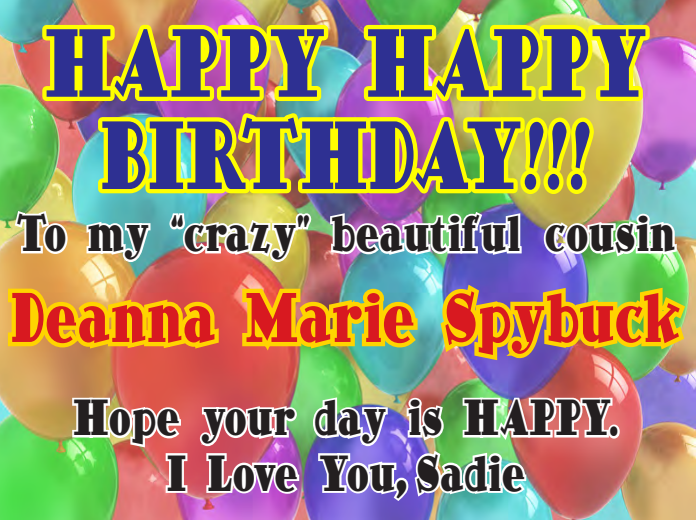
VIKKI DAWN STRYKER
 Have a good day.
 Love,
 Your Auntie Sadie

Happy 45th Birthday Baby Sister!!

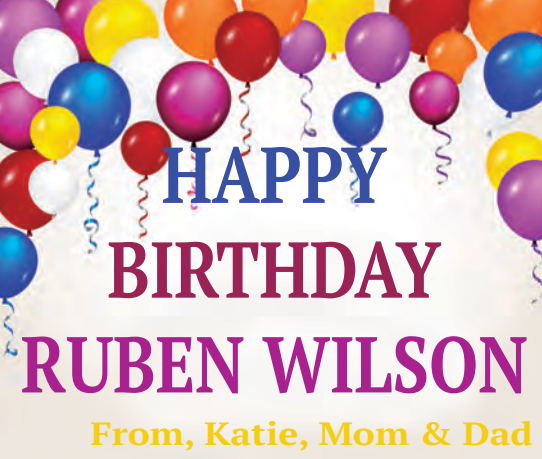
 You deserve so much happiness on your special day!!
 Love,
 The Creep &
 Itsy Bitty

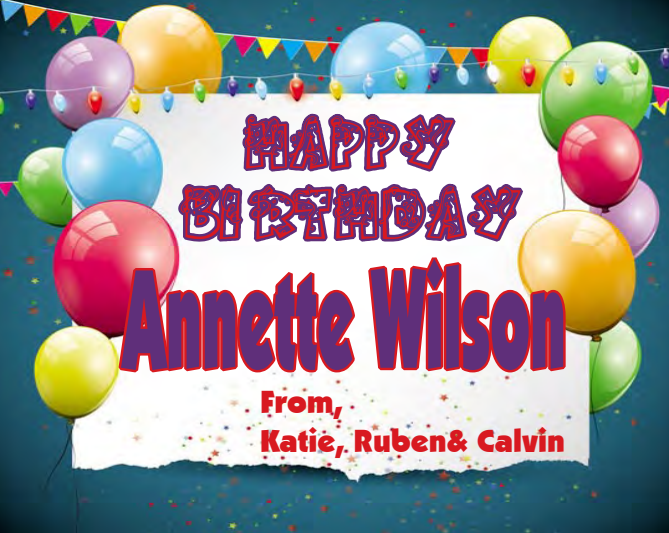
To my handsome
 Grandson
Michael Jason Alford (Jay)
 I Love You,
 G-LOW


Happy Birthday
 "lil sister"
 Gertrude "Trudy"
 Pickering
 I Love You.
 Sadie



HAPPY HAPPY BIRTHDAY!!!
 To my "crazy" beautiful cousin
Deanna Marie Spybuck
 Hope your day is **HAPPY.**
 I Love You, Sadie



Shelsie Mae White Thunder
 March 30th
Happy Birthday
 Love-Mom, Dad, Shelton, DaeDae, Bryson,
 Shelby & Justin

HAPPY BIRTHDAY
RUBEN WILSON
 From, Katie, Mom & Dad


HAPPY BIRTHDAY
Annette Wilson
 From, Katie, Ruben & Calvin


TO OUR FAVORITE BROTHER
J.B. SLOAN
 March 18
HAPPY BIRTHDAY TO YOU
 From, Your Sisters Jennifer, Marty & Esteline

HAPPY BIRTHDAY
Ashley Brokesoulder

 From, Mom & Dad

We love you more than words can say!!
 Hope everything beautiful comes your way!!
Happy Birthday Mom!
 Love your 3 monsters, Just, Jop, Jili & Rat


AST HEALTH SYSTEM - MARCH 2016

Our specialty clinic is now fully operational and staffed! Dr. Art Conley will be starting in March, replacing Dr. Wheeler. In addition to the Orthopedic services, Dr. Conley and his practice will also provide Spine and Pain Management Services once his orthopedic patients are set up. We are very excited to have Dr. Conley on staff, rounding out our specialty care clinic platform of services and integrated population-focused healthcare.

We are very thankful and appreciative of the Executive Committee for their support with some great new projects for the health system including a drive through pharmacy and a storm shelter facility that will act as a dual-purpose community building, expanding office space at the Shawnee Clinic. The new Optometry Clinic expansion at Little Axe will open up triple the space for patient appointments that drastically increase patient access and care to the optometry services, including significantly expanded retail frames for our patients. Accreditation of our health system is pending, with the final stage being set in mid-April with the on-site survey by the AAAHC Team.

With the help of input of our tribal members, elders, and patients we've completed the 2015 community needs assessment analysis. We are using the results to assist with the final actions of the strategic plan for healthcare. This is intended to execute with the direction and desires of the tribe being built into the plan to resource against. The health boards continue to increase access, quality of care, and services to all our patients. The health boards are made up of five active members, two of whom are AST Tribal members, two others being significant Native American leaders in their own tribes, and one medical doctor. The AST Board Members comprise 40% of the board's being represented by AST Tribal Membership; of this 40% presence, they are 100% in charge of the health boards as Chairman and Vice Chairman of both boards, levying 100% of board leadership in AST Tribal Members.

The Zika Virus has seen a lot of attention in the media and we have posted several pieces of important information in this month's edition of the tribal newspaper. Please read and familiarize yourself with this information to protect you and your family. The normal Flu season is still upon us and we are encouraging everyone again to continue to follow your good hygiene measures as well as encouraging the same for your family. Once again, our teams of excellent employees stand up, and stand out, for our health system! I'm very proud of our outstanding star performers again this month, and thank them all for their contributions to our patients, their fellow employees, and the tribe! Employee of the month for health was Mrs. Rhonda Kaseca, Shawnee Clinic; Team of the Month: Optometry Team;

Special Leadership Award: Shawnee Clinic Laboratory. The health employees continue to do great things for our patients and for each other, taking care of our internal and external customers/patients. They all make a difference for our health system and for the health and wellness of all of our patients!

Additional health related information:

- **PlusCare Clinic** has the ability to treat non-life threatening illnesses and injuries on a walk-in basis (no appointment needed). This service is extended to existing AST tribal members and other IHS eligible Native Americans who are the ages of 2 years and up. If you are a new (AI/AN) patient to our health system and are in need of our PlusCare services, please bring with you, your CDIB card, a second form of identification and health insurance card(s), if available. The location is 15702 East State Highway 9, Norman, OK (former Little Axe Clinic-near Thunderbird Casino/Norman). The phone number is (405) 447-0477. Hours of operation are M-F 9 AM to 9 PM, Saturday and Sunday 9 AM to 5 PM and holidays are 9 AM to 5 PM (excluding Thanksgiving and Christmas).

- **Emergency Dental Clinic** is available every Monday from 8 AM to 11:30 AM at the Little Axe Health Center. Patients will be evaluated on a first come, first serve basis and type of emergency care needed. Patients who have suffered trauma or present infection will be considered before other as well as established patients being considered before new patients. For more information, please call (405) 447- 0300.

- **AST/Service Health System Native American Veterans:** If you are currently receiving services with the area VA Medical Center, please contact us today to set up an appointment to have your services established with the AST Health System at either the Shawnee Clinic (405) 878-5850 or Little Axe Health Center (405) 447-0300.

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

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

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

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

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

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

The Little Axe Health Center Drive-Thru Pharmacy is also available for emergency fills, for tribal members only, from: 5:00 PM to 9:00 PM Monday - Friday, 9:00 AM to 5:00 PM Saturday & Sunday and holidays from 9:00 AM to 5:00 PM excluding Thanksgiving and Christmas.

- **Social Media:** You can follow the AST Health System on Facebook and receive the most current messages and announcements regarding your tribal health care.

AST PHARMACY

When requesting refills, please provide 24 hour notice until pick-up. The most efficient method is to have your refill numbers ready when you call the Pharmacy, and use our automated system.

Deliveries of controlled medications are not allowed.

If you would like to receive a text message to your cell phone when your medications are ready for pick-up, please alert the pharmacy staff and provide us with your current cell phone number.

Please inform us of changes in address, phone number, insurance and other contact information (changes at registration do not flow to pharmacy).

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

Hours of Operation:

Little Axe: Monday-Friday 8am-5pm

(7:30am-5:30pm Drive-Thru)

Phone-(405)292-9530

Shawnee: Monday-Friday 7am-5pm

Phone-(405)878-5859

We are open through the lunch hour!!

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

Thank You,
AST Pharmacy Staff

AFTER HOUR PHARMACY NOTIFICATION

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

Tribal members may now take prescriptions to:

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

Absentee Shawnee Tribal Health System

Behavioral Health Services



Office Hours

Monday-thru-Friday

8:00 AM - 5:00 PM

Little Axe Clinic
15951 Little Axe Drive
Norman, OK 73025
Ph. 405-701-7987

Shawnee Clinic
2029 S. Gordon Cooper Dr.
Shawnee, OK 74801
Ph. 405-878-4716

Services are offered through:

Little Axe Clinic & Shawnee Clinic for all Federally Recognized Tribes.

AST BEHAVIORAL HEALTH SERVICES

For counseling information, contact:

Shawnee BH: Roberta Cooper (405) 878-4716
Little Axe BH: Rolanda Smith (405) 701-7987



Women's Health

Services provided at Shawnee Clinic 405.878.4702 Schedule an appointment

Little Axe Health Center

Women's Health Services
Located in the Primary Health Care

Providing & Promoting Preventative Health for All Women

Services include:

- Adult immunizations
- Breast & Pelvic Exams
- Mammogram Referral
- Bone Density Studies

Information about:

- Health Promotion
- Quitting Smoking
- Misuse of Alcohol and Drugs
- Nutrition
- Physical Fitness and Exercise
- Controlling Stress and Violence
- Prevention of Pregnancy
- AIDS and other Sexually Transmitted Diseases

Women's Health Services
Little Axe Health Center
15951 Little Axe Drive • Norman, OK 73026
405.447.0300 • Fax 405.701.7605
www.asthealth.org





FREE MONEY!

(NON-SMOKERS NEED NOT APPLY)

JOIN US FOR A NEW AND IMPROVED
SMOKING CESSATION CLASS STARTING

MARCH 1ST, 2016 @ 2:00 P.M.

IN THE LITTLE AXE HEALTH CENTER

CONFERENCE ROOM B

CLASSES WILL MEET WEEKLY FOR 4 WEEKS

LEARN ABOUT

- WAYS TO STOP SMOKING
- THE NEGATIVE EFFECTS SMOKING HAS ON YOU
- THE AMOUNT OF MONEY SMOKING COSTS YOU AND HOW MUCH MONEY YOU WILL FREE UP BY QUITTING SMOKING



2016 Employee BLS HCP CPR



Date	Time	Location
January 19, 2016	09:00am to 12:00pm	Conference Room B
February 2, 2016	09:00am to 12:00pm	Conference Room B
March 8, 2016	09:00am to 12:00pm	Conference Room B
April 12, 2016	09:00am to 12:00pm	Conference Room B
May 10, 2016	09:00am to 12:00pm	Conference Room B
June 14, 2016	09:00am to 12:00pm	Conference Room B
July 12, 2016	09:00am to 12:00pm	Conference Room B
August 9, 2016	09:00am to 12:00pm	Conference Room B
September 13, 2016	09:00am to 12:00pm	Conference Room B
October 11, 2016	09:00am to 12:00pm	Conference Room B
November 8, 2016	09:00am to 12:00pm	Conference Room B
December 6, 2016	09:00am to 12:00pm	Conference Room B

Please call Kathy at 7997 or email me at kheldenbrand@astribe.com or
 Call Gloria at 7600 or email her at gseeley@astribe.com or
 Call Deidre at 7190 or email her at dyarbrough@astribe.com



ABSENTEE SHAWNEE TRIBAL

HEALTH SYSTEM

PUBLIC SERVICE ANNOUNCEMENT

Dental Emergency Clinic Now Available Every Monday

Norman, Oklahoma – The Dental Department at the Little Axe Health Center would like to take this opportunity announce the availability of emergency dental services every Monday morning, except holidays. The clinic will be from 8:00 AM -11:30 AM.

Check in will be from 8:00 AM-9:00 AM and patients will be evaluated on a first come first serve basis for the need of emergency treatment. Only a certain number of patients will be able to be seen that day. The number of patients seen will be determined by clinic availability and based on the type of emergency and treatment needed. Some patients may not be able to receive treatment that day depending on the needs of others and type of emergency.

The last patient will be seen at 11:30 AM. Patients who have suffered trauma or have a present infection will be considered before others. Patients of record will also be considered before new patients.

For more information or to make an appointment, please call (405)447-0300.

Prevention. Progress. Pride.

SHAWNEE CLINIC
 2029 S. Gordon Cooper Dr.
 Shawnee, OK 74801
 405.878.5850

LITTLE AXE HEALTH CENTER
 15951 Little Axe Dr.
 Norman, OK 73026
 405.447.0300

WWW.ASTHEALTH.ORG

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FYI: Contract Health Service News

Absentee Shawnee Tribal Health

*The AST Contract Health Services Team are here to assist you
... follow the CHS Guidelines!*

Get a copy of the CHS Guidelines and update your information

Emergency and Urgent Care Services

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

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

Contract Health Services for AST members *with* Insurance

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

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

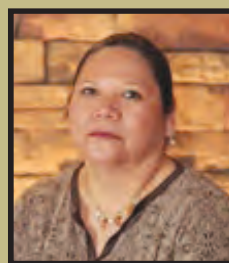


Contract Health Services for AST members *without* Insurance

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

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

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



Flo Mann



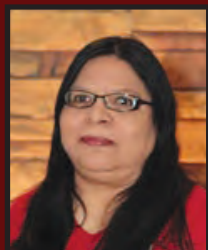
Laurie Webber

**Shawnee Clinic
(405) 878-4702**

**Little Axe Health Center
(405) 447-0300**



Debi Sloat



Glendine Blanchard



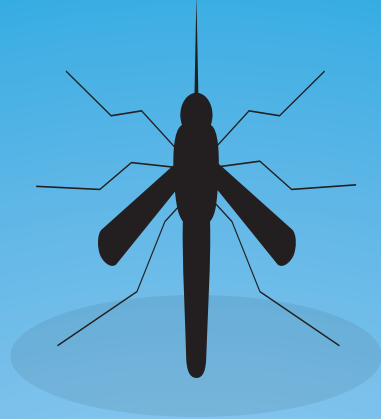
Sharon Ponkill



Darla Gatzman



Jayne Werst



PROTECT YOURSELF from MOSQUITO BITES

Mosquitoes spread chikungunya, dengue, and Zika viruses.



Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters. They can also bite at night.



Use insect repellent.

Look for the following active ingredients:

- DEET • PICARIDIN • IR3535
- OIL of LEMON EUCALYPTUS
- PARA-MENTHANE-DIOL



Wear long-sleeved shirts and long pants or use insect repellent. For extra protection, treat clothing with permethrin.





U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

For more information:

www.cdc.gov/chikungunya • www.cdc.gov/dengue • www.cdc.gov/zika

Mosquito Bite Prevention (United States)

Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

Type of Mosquito	Viruses spread	Biting habits
 <p><i>Aedes aegypti</i>, <i>Aedes albopictus</i></p>	Chikungunya, Dengue, Zika	Primarily daytime, but can also bite at night
 <p><i>Culex</i> species</p>	West Nile	Evening to morning — do not bite at night

Protect yourself and your family from mosquito bites

Use insect repellent

Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. All EPA-registered insect repellents are evaluated for safety and effectiveness.

Active ingredient	Some brand name examples*
Higher percentages of active ingredient provide longer protection	
DEET	Off!, Cutter, Sawyer, Ultrathon
Picaridin, also known as KBR 3023, Bayrepel, and icaridin	Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)	Repel
IR3535	Skin So Soft Bug Guard Plus Expedition, SkinSmart

* Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.



Help Control Mosquitoes that Spread Dengue, Chikungunya, and Zika Viruses

Bzzzz.

Aside from being itchy and annoying, the bite of an infected female mosquito (*Aedes aegypti* or *Aedes albopictus*) can spread dengue, chikungunya, or Zika viruses. People become infected with dengue, chikungunya, or Zika after being bitten by an infected mosquito.

- Female mosquitoes lay several hundred eggs on the walls of water-filled containers. Eggs stick to containers like glue and remain attached until they are scrubbed off. When water covers the eggs, they hatch and become adults in about a week.
- Adult mosquitoes live inside and outside.
- They prefer to bite during the day.
- A few infected mosquitoes can produce large outbreaks in a community and put your family at risk of becoming sick.

Protect Yourself, Your Family, and Community from Mosquitoes

1. Eliminate standing water in and around your home:

- **Once a week**, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.
- Tightly cover water storage containers (buckets, cisterns, rain barrels) so that mosquitoes cannot get inside to lay eggs.
- For containers without lids, use wire mesh with holes smaller than an adult mosquito.

2. If you have a septic tank, follow these steps:

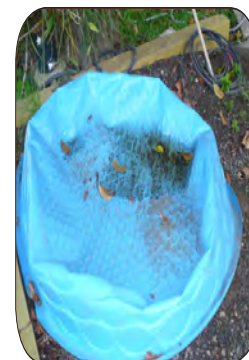
- Repair cracks or gaps.
- Cover open vent or plumbing pipes. Use wire mesh with holes smaller than an adult mosquito.

3. Keep mosquitoes out of your home:

- Use screens on windows and doors.
- Repair holes in screens.
- Use air conditioning when available.



Put plants in soil, not in water.



Drain water from pools when not in use.



Recycle used tires or keep them protected from rain.



Drain & dump any standing water.



Weekly, scrub vases & containers to remove mosquito eggs.





Pregnant?

Warning: Zika might be linked to birth defects
There is no vaccine to prevent Zika virus infection



Protect yourself from mosquito bites



Daytime is most dangerous

Mosquitoes that spread chikungunya, dengue, and Zika are aggressive daytime biters. They can also bite at night.



Use insect repellent

It works!

Look for the following active ingredients:

- DEET • PICARIDIN • IR3535
- OIL of LEMON EUCALYPTUS (Para-menthane-diol)



Wear protective clothes

Wear long-sleeved shirts and long pants and use insect repellent. For extra protection, treat clothing with permethrin.

For more information:

www.cdc.gov/chikungunya • www.cdc.gov/dengue • www.cdc.gov/zika



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

HEALTH AUTHORITY, INC./LI-SI-NWI HEALTH INC.

Tribal Members please submit your resume and a letter of interest to be considered being placed on Health Board.

QUALIFICATIONS FOR HEALTH BOARD MEMBERS:

- There must be 2 tribal members with health care experience.
- All other directors must have sufficient professional experience in various fields (business, accounting, public service, law administration to contribute productively to the Board.
- Appointees shall have a background check and may not be a staff member or employee of the health care system.

THUNDERBIRD ENTERTAINMENT CENTER, INC. (TEC BOARD)

*Interested Tribal Members to be consider for board position.
Please send letter of interest and a resume.*

QUALIFICATIONS:

- Must be eligible to obtain a gaming license from the Absentee Shawnee Tribe Gaming Commission and possess experience in gaming operations, business, finance, or law and of the following:
 - ☒ Degree in Business Administration, Accounting, Marketing, Law or an equivalent field (Bachelor's degree or higher);
 - ☒ Minimum three (3) years' experience in business management;
 - ☒ Minimum two (2) years' experience in casino operations; or
 - ☒ Knowledge of federal Indian law, the Indian Gaming Regulatory Act, and related statutes and regulations

Please send letters and resume to Secretary John Johnson Office:

2025 South Gordon Cooper Drive

Shawnee, Oklahoma 74801

Email: johnraymond.johnson@astribe.com

HEALTHY AND SAVORY SUBSTITUTIONS

By Sarah Judkins, MA, RD/LD Dietitian, Diabetes & Wellness Program

March is National Nutrition Month® and the theme this year is
“Savor the Flavor of Eating Right.”

Did you know you can make healthy food and beverage choices and limit added sugar, sodium and saturated fat in your diet? One of the best ways to limit added sugar consumed when drinking sweetened beverages is to add your favorite fresh or frozen fruit to water. The most convenient and cost efficient option to add flavor to water is to keep a package of frozen mixed berries in your freezer and add 1-2 cups of the frozen berry mix to a gallon of cold water. Let the water and fruit sit in the refrigerator for a couple hours and then enjoy. If you desire stronger flavor let mixture sit overnight and enjoy the next day.

In addition to sugar, salt is found in many processed foods and per the 2015-2020 Dietary Guidelines sodium needs to be limited to fewer than 2,300 milligrams sodium per day. Ways to limit sodium and still get appealing flavor is to buy frozen and canned products without added salt. Choose fresh meats and cook meals from scratch. Also herbs and spices without salt are great additions to not only your meats and vegetables but can also be added to your drinking water to add a savory flavor.

Lastly additional undesirable calories are consumed when eating foods high in saturated fat. Fat gives food flavor but the key is to choose foods with good fats. Foods containing saturated fat are whole milk, cream, butter and cheese and it is important to limit and avoid these. Unsaturated fats including polyunsaturated and monounsaturated fats are better fats to choose. Examples of unsaturated fats are oils, fish, nuts and seeds. You can still give your food flavor by making healthy fat substitutions. For example substitute fat-free or low fat milk for whole milk, low-fat cheese substituted for regular cheese and oils (i.e. olive oil) for butter. Also choosing lean cuts of meat will help limit your intake of saturated fat. Being creative by making healthy and savory substitutions to limit sugar, sodium and saturated fat intake will be beneficial for your health and managing your weight.

EMERGENCY MANAGEMENT - FEBRUARY 2016 REPORT

Focus on Safety - Carbon Monoxide Awareness

More than 150 people in the U.S. die every year from accidental nonfire-related CO poisoning.

Carbon monoxide or CO is colorless is a colorless and odorless gas. CO poisoning can occur when a fuel-burning appliance or machine such as a furnace, heater or generator, is not working or vented properly. Breathing in CO at high levels can be fatal.

What can you do to protect your family from the dangers of CO?

Install and maintain CO alarms inside your home to provide early warning of CO. Install CO alarms in a central location outside each separate sleeping area on every level of your home. Use portable generators outdoors in well-ventilated areas away from all doors, windows and vents. Make sure vents for the dryer, furnace, stove and fireplace are clear of snow and other debris. Remove vehicles from the garage immediately after starting.

Heating Fire Safety – Maintain a Fire-Safe home this winter by following these heating tips

Space Heaters – keep anything that can burn such as bedding, clothing and curtains, at least 3 feet away from the heater. Make sure the heater has an automatic shut off so if it tips over, it shuts off. Turn heaters off when you go to bed or leave the room. Plug portable heaters directly into the outlets and never into an extension cord or power strip. Only use portable heaters from a recognized testing laboratory

Fireplace – Keep a glass or metal screen in front of the fireplace to prevent embers of sparks jumping out. Do not burn paper in your fireplace. Put the fire out before you go to sleep or leave your home. Put ashes in a metal container with a lid, outside at least 3 feet from your home

Wood Stove – Make sure your wood stove is 3 feet from anything that can burn. Do not burn paper in your wood stove. Put the fire out before you go to sleep or leave your home. Have your chimney inspected and cleaned each year by a professional.

Furnace – Have your furnace inspected each year. Keep anything that can burn away from the furnace.

Kerosene Heater – Only use kerosene in heaters from a recognized testing laboratory. Make sure the heater has an automatic shut off, so if it tips over, it shuts off. Refuel your cooled heater outside.

Emergency Management Staffing change

On January 4, Sgt. Scott Wilson of the Tribal Police Department was assigned to Emergency Management as the Co-Emergency Manager by the Governor and Police Chief. This change was made due to budget reductions for the Police Department and Emergency Management. Also, the current Emergency Management Coordinator, Linda Day, will have the additional duties as Police Specialist II at the Tribal Police office. Sgt. Wilson will be attending emergency management training, meetings with local partners and federal agencies, as well as the monthly Intertribal Emergency Managers' Coalition meetings.

FEMA – Update on disaster declaration for flooding in May 5-June 4, 2015 (FEMA-4222-DR-OK)

On January 27, 2016, FEMA-Region VI Representatives, Ok State Emergency Management Tribal Liaison and Tribal Emergency Management Coordinator met to finalize and close out our requests for reimbursement for this disaster. The Tribe had five projects that were reimbursed totaling \$93,400.35. These funds will go back into repairing damages to Building Blocks, Office of Environmental Health, Administration Building 1, Tribal Court Building, and Tribal Store/Restaurant. Asaycia Clayton, Director of Procurement, is to be recognized for all her work with the FEMA Damage Assessment Team. She coordinated all of the inspections with FEMA and reviewed the project worksheets for final approval.

Community Outreach

There are still a few space heaters available to elders and families with small children. If you need a heater, contact Emergency Manager, cell: 740-1562 or the Tribal Police Department at 275-3200, extension 6261.

EMERGENCY NUMBERS

EMERGENCY ASSISTANCE	911	Police, Fire, Ambulance
HEARTLINE EMERGENCY	211	State of Oklahoma
TRIBAL POLICE	405-275-3200	Absentee Shawnee
TRIBAL EMERGENCY MANAGER	405-740-1562 (cell)	Absentee Shawnee
SHERIFF	405-273-1727	Pottawatomie County
CITY POLICE	405-273-2121	Shawnee
CITY EMERGENCY MANAGEMENT	405-273-5272	Shawnee
COUNTY HEALTH DEPT.	405-273-2157	Pottawatomie County
SHERIFF	405-701-8888	Cleveland County
CITY POLICE	405-321-1600	Norman
HEALTH DEPT.	405-794-1591	Cleveland County
OG&E	405-272-9595	Report Power Outage
	1-800-522-6870	
CANADIAN VALLEY	405-382-3680	Power Outage
DEPT OF ENVIRONMENTAL QUALITY	1-800-522-0206	State of Oklahoma
HIGHWAY PATROL	405-425-4385	Road Conditions



ASIST

Applied Suicide Intervention Skills Training

Want your Community, Workplace and/or Family to be suicide safe?

Then come to this Workshop!

WHEN: March 3 & 4, 2016
8:30 a.m. to 4:30 p.m. both days

WHERE: Little Axe Clinic Conference Room

HOW: Register by February 19, 2016 at Behavioral Health with Jenifer Sloan 701-7988 or jsloan@astribe.com *****lunch provided

The ASIST workshop is for people who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million people have participated in this two-day, highly interactive, practical, practice-oriented workshop.

Participation in the full two days is required. Enjoy small group discussions and skills practice that are based upon adult learning principles. Experience powerful videos on suicide intervention. Feel challenged and safe. Learn suicide first aid.

we Listen Ne-Hi-Ki-Wa-Sa-Pa

The AST Health System values ALL feedback.
We will listen....



*Patient Advocate Jim Robertson 405-447-0300

*Customer Service Line 405-701-7623

*Patient Questionnaire located in each of our clinics or on our website

www.ASTHEALTH.ORG

Little Axe Health Center

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

Shawnee Clinic

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



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

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

New Patient Portal
Absentee Shawnee Tribal Health System

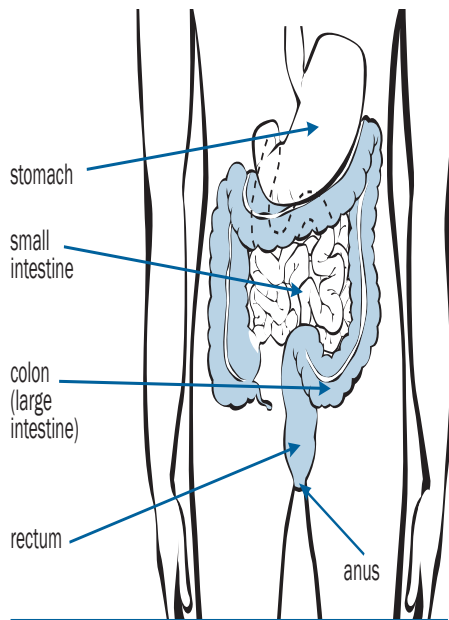
Little Axe Health Center
Shawnee Clinic

Visit your app store and install the Follow My Health app



for real-time access to your health information

For more information on how you can register for the new AST "Follow My Health" Patient Portal, contact Patient Registration at Little Axe Health Center - 405.447.0300 or Shawnee Clinic - 405.878.4702



Colon and Rectum

Are You at High Risk?

Your risk for colorectal cancer may be higher than average if:

- You or a close relative have had colorectal polyps or colorectal cancer.
- You have inflammatory bowel disease.
- You have a genetic syndrome such as familial adenomatous polyposis (FAP) or hereditary nonpolyposis colorectal cancer.

People at high risk for colorectal cancer may need earlier or more frequent tests than other people. Talk to your doctor about when to begin screening and how often you should be tested.

Screening Saves Lives

If you're 50 or older, getting a colorectal cancer screening test could save your life. Here's how:

- Colorectal cancer usually starts from polyps in the colon or rectum. A polyp is a growth that shouldn't be there.
- Over time, some polyps can turn into cancer.
- Screening tests can find polyps, so they can be removed *before* they turn into cancer.
- Screening tests also can find colorectal cancer early. When it is found early, the chance of being cured is good.



Colon Polyp

Colorectal Cancer Can Start With No Symptoms

Precancerous polyps and early-stage colorectal cancer don't always cause symptoms, especially at first. This means that someone could have polyps or colorectal cancer and not know it. That is why having a screening test is so important.

What Are the Symptoms?

Some people with colorectal polyps or colorectal cancer do have symptoms. They may include:

- Blood in or on your stool (bowel movement).
- Stomach pain, aches, or cramps that don't go away.
- Losing weight and you don't know why.

If you have any of these symptoms, talk to your doctor. These symptoms may be caused by something other than cancer. However, the only way to know what is causing them is to see your doctor.

Types of Screening Tests

Several different screening tests can be used to find polyps or colorectal cancer. Each can be used alone. Sometimes they are used in combination with each other. The U.S. Preventive Services Task Force (USPSTF) recommends colorectal cancer screening for men and women aged 50–75 using high-sensitivity fecal occult blood testing (FOBT), sigmoidoscopy, or colonoscopy. Talk to your doctor about which test or tests are right for you. The decision to be screened after age 75 should be made on an individual basis. If you are older than 75, ask your doctor if you should be screened.

• High-Sensitivity FOBT (Stool Test)

There are two types of FOBT: One uses the chemical guaiac to detect blood. The other—a fecal immunochemical test (FIT)—uses antibodies to detect blood in the stool. You receive a test kit from your health care provider. At home, you use a stick or brush to obtain a small amount of stool. You return the test to the doctor or a lab, where stool samples are checked for blood.

How Often: Once a year.

• Flexible Sigmoidoscopy

For this test, the doctor puts a short, thin, flexible, lighted tube into your rectum. The doctor checks for polyps or cancer inside the rectum and lower third of the colon.

How Often: Every five years. When done in combination with a High-Sensitivity FOBT, the FOBT should be done every three years.

• Colonoscopy

This is similar to flexible sigmoidoscopy, except the doctor uses a longer, thin, flexible, lighted tube to check for polyps or cancer inside the rectum and the entire colon. During the test, the doctor can find and remove most polyps and some cancers.

How Often: Every 10 years.

Colonoscopy also is used as a follow-up test if anything unusual is found during one of the other screening tests.

Other Screening Tests in Use or Being Studied

Although these tests are not recommended by the USPSTF, they are used in some settings and other groups may recommend them. Many insurance plans don't cover these tests, and if anything unusual is found during the test, you likely will need a follow-up colonoscopy.

- **Double Contrast Barium Enema**—You receive an enema with a liquid called barium, followed by an air enema. The barium and air create an outline around your colon, allowing the doctor to see the outline of your colon on an X-ray.
- **Virtual Colonoscopy**—Uses X-rays and computers to produce images of the entire colon. The images are displayed on the computer screen.
- **Stool DNA Test**—You collect an entire bowel movement and send it to a lab to be checked for cancer cells.

Will Insurance or Medicare Pay?

Many insurance plans and Medicare help pay for colorectal cancer screening tests. Check with your plan to find out which tests are covered for you. To find out about Medicare coverage, call 1-800-MEDICARE (1-800-633-4227) or visit www.medicare.gov.

The Bottom Line

If you're 50 or older, talk with your doctor about getting screened. For more information, visit www.cdc.gov/screenforlife or call 1-800-CDC-INFO (1-800-232-4636). For TTY, call 1-888-232-6348.

What Is Colorectal Cancer?

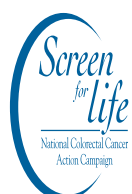
Colorectal cancer is cancer that occurs in the colon or rectum. Sometimes it is called colon cancer. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

It's the Second Leading Cancer Killer

Colorectal cancer is the second leading cancer killer in the United States, but it doesn't have to be. If everyone aged 50 years or older had regular screening tests, at least 60% of deaths from this cancer could be avoided. So if you are 50 or older, start getting screened now.

Who Gets Colorectal Cancer?

- Both men and women can get it.
- It is most often found in people 50 or older.
- The risk increases with age.



1-800-CDC-INFO (1-800-232-4636)
www.cdc.gov/screenforlife



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention



Election Commission

TRIBAL MEMBERS:

The Primary Election will be held on **Saturday, March 19, 2016**. The voting polls will be located at the Little Axe Resource Center on Peebly Road and at the Police Department building on the Tribal Complex in Shawnee, Oklahoma. The polls will be open from **8:00 a.m. to 6:00 p.m.** at both locations.

A sample absentee ballot is below and a sample of the primary election ballot is on the next page.

PLEASE fill out **EACH BLANK** completely and return by the Deadline.

ABSENTEE BALLOT REQUEST

I, _____, hereby certify that I am or will be an Eligible
(Print Name)
Voter of the Absentee Shawnee Tribe on or before March 19, 2016. I cannot physically be present to cast my Vote at the **March 19, 2016 Primary Election**, therefore, I am requesting an Absentee Ballot be mailed to me at the following address.

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

CDIB#: _____ Date of Birth: _____

Signature: _____ Date: _____

All **REQUESTS** must be returned to the Election Commission by the deadline of
February 28, 2016

Mail to:

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

Fax to:

Fax # (405) 273-1337 (Do not fax to any other fax #)
Phone: (405) 275-4030 ext. 6271
Toll free number 1-800-256-3341 ext. 6271

Deliver in Person to:

Election Commission Office located in the Tribal Court Building

All eligible voters are entitled to vote either at the Polls or by Absentee Ballot.
This form may be duplicated for your convenience.

ELECTION COMMISSION USE ONLY

Received: _____ Approved: _____ Disapproved: _____

If Disapproved (reason): _____

Denial Letter Mailed: _____ Ballot Mailed: _____

Election Commission/Representative

BALLOT

Please remove \geq

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA PRIMARY ELECTION MARCH 19, 2016

VOTING INSTRUCTIONS: Cast your vote by placing an [X] or [\geq] mark in the box next to the candidate of your choice.

EXECUTIVE COMMITTEE

LT. GOVERNOR

Kenneth Blanchard.....[]

Isaac Gibson, Jr.....[]

TREASURER

Leah Bates.....[]

Scott Miller.....[]

Twila Parker.....[]

Kathy Deere.....[]

REPRESENTATIVE

Rick Little Axe, Sr.....[]

Anthony "Tadpole" Johnson..... []

Sherman Tiger..... []

ELECTION COMMISSION

Election Commissioner (No One filed) Election Secretary (No One filed)

Commission Member #1 Mary Birdtail.....[]

REFERENDUM QUESTION

GENERAL COUNCIL MOTION: Should the final amount due to the Absentee Shawnee Tribe of Oklahoma from Ramah Navajo Chapter, et al., v. Jewell NO 90-CV-957 (D.N.M.) be distributed equally, per capita, to each enrolled AST tribal members, as of this date (10-24-15) with any remaining balance not distributable to be put in a Per Capita account to be invested within the tribe investment policy until such time account amounts warrants another distribution, further, all costs of this distribution shall be covered by the tribe and shall not diminish the total amount of the settlement?

YES [] NO []

VOTE FOR TWILA O. 'LONGHORN' PARKER ABSENTEE SHAWNEE TREASURER

Twila Parker
16963 Topeka Circle
Choctaw, OK 73020

My Goals & Plans

My goal is to establish:

- Strong, fiscal management by developing budgets that are a systematic method of allocating financial, physical, and human resources to achieve strategic goals.
- Budgets are utilized in order to monitor progress toward our goals, help control “out of control” spending, and predict cash flow and profit. Also, documents where all monies are being applied to what services, supplies, and equipment being purchased for what purposes.
- Work on planning by reviving our Strategic Plan which has mapped out Tribal Goals that set priorities, focus energy and resources, strengthen operations; ensure employees understand the common goals and other stakeholders understand and work toward common goals.
- Work with programs that provide services to all members with an emphasis on documenting needs and unmet service needs.

I plan to establish a more systematic and better tracking method of service calls. Prioritizing on calls for help in really extreme weather heat/cold if Elderly, disabled, & families. This will assist in determining what type of program services they will be eligible for such as: Elderly disabled – look at the type of disability programs that might best meet the housing needs and developing a referral resource guide. It could include:

*Emergency food assistance programs in Shawnee area

*DHS services for families in need;

*How to apply for the Sac & Fox Nation Food Distribution program – on Indian reservations individuals get more pounds of fresh food than does the DHS Food Stamp program (SNAP). By establishing a sound ‘fiscal management’ system we can expand Home Repairs

PRESENT TREASURER: Serving term for June 2014 to 2016: Did not follow the Tribes Constitution which states she is to provide accurate amounts to the Executive Committee (EC) at each regular EC meeting. On 08-20-14 the tribe passed E-AS-14-39 Salary Ordinance. On Jan. 26, 2015 Alt. Judge Matt Thomas “ruled in the affirmative on the Dec. 8, 2014 petition 1) Effective date of the Salary Ordinance-Court ruled effective date of the Salary Ordinance as 08-20-14. October General Council told us mailing Financial Reports, none of this date

PREVIOUS TREASURER: Served two terms: June 2010 to 2014. On October 7, 2014 – Case No. CIV-2014-91 - Finley & Cook issued a preliminary audit confirming audit findings with more than \$75,000 questionable payments of sick and annual leave being paid out to officials from 2011 to 2014.

I belong to the Absentee Shawnee Color Guard, Secretary of the Little Axe Chamber of Commerce, I have CERT Training Certificate, I have a good credit rating so I’m Bondable.

I ASK FOR YOUR VOTE ON MARCH 19, 2016!
You’ve already voted for the REST in past, NOW VOTE FOR THE BEST!
TWILA PARKER FOR TREASURER!

VOTE FOR

SHERMAN TIGER

ABSENTEE SHAWNEE TRIBE REPRESENTATIVE

Now is the time for you, our Tribal members, to make a difference. How can you do that? Go vote for me, Sherman Tiger, on March 18, 2016. If you elect me to the Office of Representative I commit to moving your concerns forward, to getting answers and to making a difference through my vote on the Committee. I will be at every Executive Committee and General Council meeting that is held. I want to make progress for our tribe and I want to do it ethically and honestly. My track record is solid:

- 30+ years of consistent work history;
- I attend General Council and Executive Committee Meetings;
- I support advancement of our culture and language through various forms of communication;
- I have knowledge and skill at balancing budgets and increasing our revenue.

If elected we can make needed progress on new initiatives and advance educational opportunities for our children and youth by consistently providing:

- Language classes – Elementary through Intermediate;
- Certify our Language Instructors;
- Initiate a Pre-K Language Immersion program within our childcare centers.

If elected we can advance our Communication program efforts to include:

- Live streaming of our Executive Committee Meetings;
- A formal Communications Policy and Procedure that will address social media outlet needs.

If elected we can re-visit the needs of the tribe and do:

- Strategic Planning – including short and long range planning – in the community and with program personnel;
- Promote Fiscal Accountability – get financial reports and clear guidance on what it means to the Tribe;
- Address Economic development – look and evaluate the needs of the tribe and establish priorities – business ventures and development.

If elected I, Sherman Tiger, an enrolled Absentee Shawnee tribal member, of the Big Jim Band will work for you, our tribal people and our tribal communities, to make a lasting difference in a good way, the right way, the Absentee Shawnee way.

Thank you and I hope that you will vote for me, **Sherman Tiger**,
on March 19, 2016
so that our journey can begin!



KENNETH BLANCHARD FOR THE OFFICE OF LT. GOVERNOR

Thank you for the confidence and support for allowing me to serve you as the Tribal Representative in the current administration.

As former Governor and Lt. Governor of the Absentee Shawnee Tribe, I have the knowledge and experience to provide professional leadership and improve services that impact each of you as a tribal member.

We need to develop a short and long range plan for our future with sound economic development that will provide programs and services that will have a direct effect on you and your families now and in the future. We cannot provide these things without revenue.

We have several parcels of real estate that with proper planning can be developed to generate the needed income. During my term as Representative, I was successful in leasing out property that set idle for the past few years like the Tecumseh Square property.

We need to plan on developing programs to possibly provide services to members outside the service area.

We need to evaluate the educational needs for our youth. Their future depends on what opportunities we provide for them now.

We need to implement policies so all tribal members would be served equally to meet their need.

With my experience in tribal government and as Lt. Governor will allow me to be more responsive to your assistance.

Please consider these things before you cast your vote. Do not be misled by political PROMISES.

I AM ASKING FOR YOUR VOTE
MARCH 19, 2016

KATHY DEERE FOR TREASURER

"Treasure wisdom, and it will make you great; hold on to it, and it will bring you honor." Proverbs 4:8 NCV

Pledge to Tribal Members

First of all: I served as AST Treasurer from July 2010 - June 2014...

FUTURE GOAL: See that tribal members get reports of all monies received and expenditures of operations of tribal business & businesses owned & operated by the tribe. Inform tribal members of all grants, dollars received for each program, and beginning and ending dates. You, as tribal members need to be informed.

I pledge to report in newsletter, website, and general council packets.

I pledge to represent and serve you as your treasurer and caretaker of your monies. If you elect me to do so, I will provide any and all legal information to you that I can without harm or violation.

I pledge to uphold my duties according to our constitution, ARTICLE XIII-Duties of Officers, Section 4. The Treasurer shall be custodian of all monies....

Accomplishments Past & Present:

Served four years as Treasurer from July 2010 to June 2014. Monthly reports of activities in newsletter, website information and Financial reports in the General Council books semi-annually. Attended Monthly executive committee, community, and GC mts. CURRENTLY: Serving as Clerk for the Cleveland County Elections; Treasurer for Cornerstone Indian Baptist Church and AST Elders' Council; member of the Little Axe Booster Club; and on list for Substitute teaching at Little Axe Schools for Middle And High School. Attend the LSWN/ASTHS Health Board Monthly and EC meetings regularly. Members need to be informed of financial accountability in areas of our Tribe. Such as grants federal funding of grants, budgeting for departments, revenue building for economic development, investments, and strategic planning for the future generations. We have a total membership of 4,163, as of January 5, 2016.

Issues/Concerns:

Cattle Project: Reporting Profit/Loss?
Enforcement of Ethics and Salary Ordinances....what is the status?
Strategic Plan for 2-5 years..what is status?
Property/Buildings...what is the plans for Tecumseh Square, Hwy 177 bldg, Harrah bldgs beside smoke shop.
Little Axe and Harrah Financial Re-ports for these businesses...what is status?
Random alcohol/drug screenings enforced.
Reporting requirements in newsletter, website, and general council books.
Desk audits of all positions, contract workers, etc.

Goals:

Serve with the best interest of Tribal Members.
Accountability and transparency.
Be proactive on most critical issues facing tribal governments such appropriation dollars, taxation, and sovereignty.
Advancing into new age of agricultural, farming, energy saving, etc.
Economical development of our casinos, smoke shops, and other businesses.
Improve our buildings or moving into another area. Move forward to work as a cohesive unit of executive committee leaders. It starts with us and trails down to the workers.
Reporting requirements to Tribal members.
Finding answers.



KATHY DEERE FOR TREASURER

ACCOUNTABLE-COMMITTED-INTEGRITY

Previously served four (4) years as Tribal Treasurer & would like an opportunity to serve Tribal Members again! I pledge to give a financial report to executive committee members and tribal members on a regular basis in newsletter and/or website. I'm committed to our Tribe and have served with honesty and values in all my endeavors! I pledge to be available, dedicated, & trustworthy to serving YOU as an elected official should!

VOTE KATHY DEERE, March 19, 2016

Devotion-Integrity-Transparency

Call, email, or text me at:
Cell: 405-816-7874
Shwneturtle@yahoo.com
Hm Tel: 405/447-1247

ELECT
Scott
MILLER
Absentee Shawnee Tribe
TREASURER
VOTE • MARCH 19, 2016

Dear Fellow Tribal Members,

This is an extremely important election, as it will determine the positive or negative direction of our tribal treasury. We are facing several issues affecting our financial well-being, such as limited tribal gaming tax; lack of a diverse businesses; and potential cuts to federal funding. Each of these issues affect programs and services which are currently provided to tribal members. As a previous Executive Committee member, I will not have to spend valuable time learning the tribe's financial system. I already understand our tribal constitution; how our tribe's finances work; the process in which federal funds are distributed; and federal regulations.

My purpose for candidacy is:

- Report the tribe's finance in accordance with the constitution
- ☑ provide monthly financial reports at Executive Committee meetings

- ☑ create an annual financial report to send to tribal members
- Ensure income generating programs are maximizing their revenue opportunities
- Continue the fight for our share of federal funding
 - ☑ represent and be a voice for the Absentee Shawnee Tribe at BIA and IHS related meetings
 - ☑ pursue funding opportunities with other federal agencies
- Create a financial plan for the tribe's contract support cost settlement award
 - ☑ purchase land, make sound investments, reserve funds for program use
- Protect our tribal finances
 - ☑ update internal accounting policies to reflect changes in regulations
 - ☑ update the tribe's financial internal controls to prevent misuse of funds
- Advocate for sound, legitimate business investments
 - ☑ seek legitimate business partners
- Focus on the big picture for the tribe
 - ☑ help bring the Executive Committee back together to work on projects with positive results for the tribe
 - ☑ help create a positive environment where you can be proud of the tribe

These are a few areas among many I plan to address when taking office. Results from the work addressing these areas may not be realized immediately, but over several months. With your support, I can begin the process of improving our tribe's financial outlook.

Ne yi wa (Thank you) for your support!



March



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CLASSES	CLASSES	CLASSES	CLASSES	CLASSES
<u>Zumba Fitness</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Circuit Training</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Cardio Kickboxing</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Circuit Training</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center	<u>Zumba Fitness</u> 6:15 a.m.-7:00 a.m. Chrissy Wiens Little Axe Resource Center
<u>Chair Exercise for Elders</u> 12:00 p.m.-12:30 p.m. Buster Bread Little Axe Resource Center		<u>Low-Impact Chair Strength Training</u> 12:00 p.m.-12:45 p.m. Chrissy Wiens LITTLE AXE HEALTH FACILITY		
				<u>Strength and Tone</u> 2:30 p.m.-3:15 p.m. Buster Bread LITTLE AXE HEALTH FACILITY
<u>Strength Training Circuit</u> 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center		<u>Aerobic Training Circuit</u> 5:45 p.m.-6:30 p.m. Buster Bread Little Axe Resource Center		

Fitness sessions will be available every Friday at the Little Axe Health Center

“Chair Strength” - A modifiable and low-impact strength training system for all fitness levels and ages using resistance bands, weights, and other apparatus to improve muscular strength and endurance.



“Circuit Training” - A time efficient training system aimed at developing strength through pre-determined training stations.

“Chair Exercise for Elders” - Low impact strength training for elders for utilizing a chair.

“Cardio Kickboxing” - Aerobic training using kickboxing techniques to engage and strengthen the cardiovascular system.



“Strength/Tone” - Strength training combined with a circuit format aimed at improving general strength and mobility.

Absentee Shawnee Fitness

Diabetes and Wellness

A Little Note from The Tag Office

Did You Know.....

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

ABSENTEE SHAWNEE TRIBAL
POLICE DEPARTMENT



SORNA

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

How to Get a Tag

NEW MOTOR VEHICLE REGISTRATION*

Any new motor vehicle registrations must be done in person by the Tribal Member. The following is a list of required documents you must have for new motor vehicle registration(s).

- TITLE
- BILL OF SALE OR SALES CONTRACT LIEN ENTRY FORM (if applicable)
- ABSENTEE SHAWNEE TRIBAL ENROLLMENT CARD
- OKLAHOMA INSURANCE VERIFICATION
- VALID OKLAHOMA DRIVER LICENSE

REGISTRATION RENEWAL

There are two (2) options available. The following is a list of required documents for renewals.

RENEWING IN PERSON:

- Current Registration Certificate
- Oklahoma Insurance Verification
- Valid Oklahoma Driver License
- Absentee Shawnee Tribal Enrollment card

RENEWING BY MAIL:

To renew by mail, send check or money order along with the above listed items. Make check or money order payable to: Absentee Shawnee Tribe Tax Commission. A \$35.00 fee for all returned checks will be charged.

TAG PRICE GUIDE Excise tax = Actual Purchase Price x 1.25%

NEW MOTOR VEHICLE REGISTRATIONS

Excise Tax + Years Tagged + Title Fee + Admin. Fee = TAG PRICE

RENEWALS

Years Tagged + Admin. Fee = TAG PRICE

VEHICLE REGISTRATION TAX SCHEDULE

Years Tagged	Tax Imposed	Administration Fee	Total Fees
1 st through 4 th year	\$80.00	\$5.00	\$85.00
5 th through 8 th year	\$70.00	\$5.00	\$75.00
9 th through 12 th year	\$50.00	\$5.00	\$55.00
13 th through 16 th year	\$30.00	\$5.00	\$35.00
17 th year and over	\$10.00	\$5.00	\$15.00

Do you have any questions? Please feel free to contact the AST Tax Commission office at (405)275-4030, option 6.

*No tags will issue unless at least one (1) person on the title is an Absentee Shawnee Tribal member.



Vocational Rehabilitation Transitional Services

Iowa Tribe of Oklahoma

▶ History:

The Iowa Tribe of Oklahoma Vocational Rehabilitation Program has provided vocational services to American Indians with disabilities for twenty years and counting, with Transition Services at six years. Our mission is to develop specialized services to American Indian students with disabilities currently making the transition from high school to work or achieving a post-secondary education.

▶ Services we can provide:

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

▶ Qualifications:

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



COUNTIES served by ITOVR

KAY

NOBLE

PAWNEE

PAYNE

POTTAWATOMIE

LINCOLN

LOGAN



Iowa Tribe of Oklahoma Vocational Rehabilitation

P.O. Box 728
Perkins, OK 74059

Phone: 405-547-2402 ext 168
Toll free: 1-888-336-4692
Fax: 405-547-1090

E-mail: [Christa Tsotaddle, Transitional Counselor](mailto:Christa.Tsotaddle@iowanation.org)
ctsotaddle@iowanation.org



"See the Person, Not the Disability"



ABSENTEE SHAWNEE

Diabetes and Wellness Program

EASTER EGG RUN



Saturday, April 2nd, 2016

Little Axe Health Center



Walk begins at
8:00 a.m.



Preregistration
8:00 a.m.



Run begins at
9:00 a.m.

For more information or questions, please contact The AST Diabetes and Wellness Fitness Program at 405-364-7298

Family Craft night

Get Your Craft On!

Create memories together with an evening of crafts designed for ages 5-12. All ages welcome.



Every
3rd Thursday
of the month @ 6:30p

Del City Library
4509 SE 15th | 672-1377
www.metrolibrary.org



Get the Party Started!



You can earn
10, 15, 20 percent
or more in **FREE**[†]
Mary Kay[®]
products.

[†]Based on the actual sales total and the number of bookings from your event to use toward your choice of Mary Kay[®] products.

Party with
a company
women trust.

Creating products
women love for
over 45 years.



Get a **\$40**
gift of beauty.

A good buy gets every woman's attention, especially when she can get \$75* in the Mary Kay[®] products she loves for just \$35 when she hosts a party.
*Suggested retail

Give the gift
of girl time.

Pamper your friends
with the feel-good
fun of a
Mary Kay[®] party.

It's all about you!

- Enjoy the personal attention.
- Receive a one-on-one consultation.
- Get skin care recommendations.



Contact me to find out more!

Delana Ayers
405-432-7405
<http://www.marykay.com/dayers4>

Party With
a Cause

Host a party that benefits
your favorite charity.



March 19: Dr. Seuss Crafts

April 16: Rainy Day Crafts

May 21: Percussion Instruments

June 18: Summer Fun in the Car

July 16: Crafts that Blast Off

August 20: Back to School Crafts

September 17: Pirate Crafts

October 15: Spooky Crafts

November 19: Squawking Turkey Crafts

December 17: Winter Wonderland Crafts

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 at the Education Department office or for download at www.astribe.com.

- **Academic (K-12) Program:** assists with academic related expenses, and a portion of funds can be used for school-related athletic program expenses. Program has a maximum funding limit for the academic year.
- **Zahn Program:** established from a trust fund, program can help with some graduation expenses, and awards two (2) incentives: one for GED recipients and one for High School graduates. Program has a maximum amount of funding for graduation expenses.
- **Job Training Adult Education Program:** funds for vocational training at accredited vocational institutions. Program has a maximum funding limit for the calendar year or per program.
- **Higher Education: Education Incentive Award Program:** funds for undergraduate degrees, one associate or bachelor degree, at any accredited college or university. Funding levels are determined based upon grade point average and full-time or part-time status.
- **Graduate Scholarship Program:** funds for one master's degree or one doctoral degree, and can fund one graduate admissions test. This program has funding levels based upon full-time and part-time status.
- **Big Jim Youth Award Program:** annual incentive for High School Seniors for Academic Achievement and Athlete of the Year. Deadline for application submission is March 31st of each year.

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

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

For more information, please call Tresha Spoon at (405) 275- 4030, Ext. 6242 or 1-800-256-3341 or email to tresham@astribe.com.

IF YOU'D LIKE TO SUBMIT AN AD OR ARTICLE:

Give us a call at (405) 598-1279 or (405) 481-0558 or send us an e-mail to stiger@astribe.com

ALL ARTICLES FOR THE NEXT MONTH'S ISSUE ARE DUE BY THE 15th OF THE CURRENT MONTH

UNFORTUNATELY, WE CAN ONLY ACCEPT ONE PICTURE PER BIRTHDAY PERSON, NOT PER BIRTHDAY WISH.

Absentee Shawnee Housing Authority



Programs Available

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

FOR INFORMATION ABOUT OUR SERVICES

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

LOCATED AT 107 NORTH KIMBERLY IN SHAWNEE, OK.

WEBSITE: WWW.ASHOUSINGAUTHORITY.COM

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA DOMESTIC VIOLENCE DEPARTMENT

Domestic Violence and Sexual Assault Advocacy

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

Transitional Housing

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

Court Advocacy

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

Shelter Placement Assistance

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

Housing and Utility Assistance

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

Referral Assistance

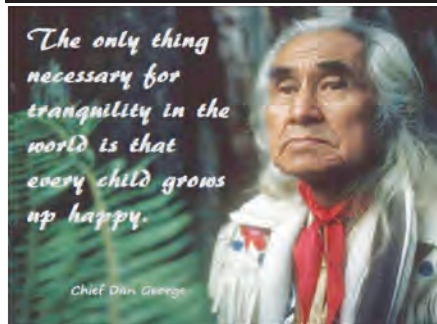
Assists with providing community resources to those who are in need of additional services outside the scope of the Absentee Shawnee Tribe's Domestic Violence Program.

Community Outreach

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

For any questions regarding any of the above services please contact the Absentee Shawnee Tribe's Domestic Violence staff at (405) 273-2888.

FOSTER CARE



Native American youth are facing a crisis. These children are being removed from their homes and placed into the child welfare system at rates much higher than any other population. Native American children are often placed in homes outside of their families, tribes, and Native American culture and all this contributes to significant social problems. The story of Native American people is a complicated one marked by significant trauma and atrocities. Often times this trauma consisted of the removal of abuse which happened to these young and vulnerable children in many of these schools resulted in overwhelming intergenerational trauma and unresolved grief. This trauma which interrupted the ability to parent has led directly to the most current social problems that plague Native American communities today including alcohol/drug abuse, domestic violence, child abuse, sexual abuse and parenting deficiencies. All of these problems have contributed to the break-down of the family unit, leading to the removal of large numbers of Native American youth from their families. The journey of healing and breaking the cycles which have been put in place by the historical trauma experienced by generations of Native Americans requires that the cultural identity for so long denied to these children be returned. Native American youth have two distinct influences, that of their family of origin and that of their caregivers. Absentee Shawnee Tribal Foster Care is in need of homes for children that are in our child welfare system. Your participation in being a foster parent helps to ensure that these children have positive connections to their culture which in helps nurture a positive sense of identification as a Native American. By being willing to do this, you can be a valuable part of the healing journey that will help strengthen this next generation of Absentee Shawnee children; in turn, helping those children become the parents that their children will need them to be. Our children are our future, what will we have our future be? Will you, as Absentee Shawnee member, do your part if you are able?

IF YOU ARE INTERESTED IN BECOMING A FOSTER PARENT, PLEASE CONTACT JULIANN WILSON ICW/CPS/FOSTER CARE AT 275-4030, EXT. 133.

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

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

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

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

GOT LOVE?

FOSTER A CHILD

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

ABSENTEE SHAWNEE TRIBE CHILD WELFARE
405-878-4702 (ext. 133)

"I don't want a family. I need one."
- Current Waiting Child

<<<NOTICE>>>

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

WHAT IS A FOSTER CARE WORKER?

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

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

Some aspects of this relationship include the following:

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

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

Foster Care Payments are as follows:

- 0-5 age \$14.73 day \$441.97 month
- 6-12 age \$17.12 day \$513.57 month
- 12 and over \$19.30 day \$579.13 month

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

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



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



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