

The

Absentee Shawnee

News

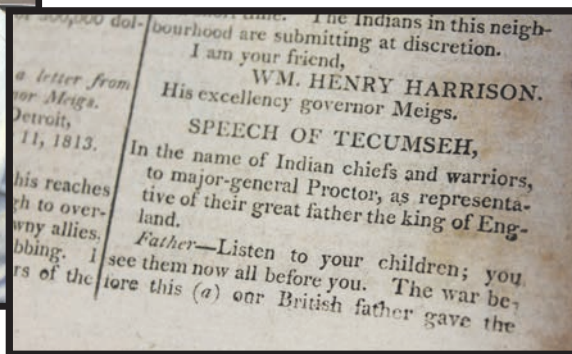
Tribal Member Carolyn Ann (Snake) Duncan Donates Historical Documents

Ms. Duncan has donated a signed first edition "Civilization, as told to Florence Drake by Thomas Wildcat Alford" book dated September, 1936. She has also donated a newspaper, "The American Weekly Messenger", printed on November 20, 1813. The document contains a speech given by Tecumseh to British Major General Proctor from one of their many meetings.

These documents were received by Gov. Blanchard for the Cultural Preservation department, which they are entrusted to care for and display for all tribal members to see. It is donations, such as these, which will help our present and future tribal members learn about their past. For giving the Absentee Shawnee Tribe these donations, we owe Ms. Duncan a big Thank you/O Nee yaw way!

As an historian, it's really hard for me to control my excitement at the value and historic nature of these rare artifacts. I am tremendously overjoyed at the thought of having such precious items within our archives collection. The

AST Library is progressing; we have big plans for the continued growth of the program and the services we provide.



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ATTENTION

70th SEMI-ANNUAL

GENERAL COUNCIL MEETING

OCTOBER 20TH 2012 10:00 A.M.

At L.A. HEALTH CENTER

Executive Committee



GEORGE BLANCHARD
GOVERNOR



ISSAC GIBSON
LT. GOVERNOR



TERI REED
SECRETARY



KATHY DEERE
TREASURER



JEFFREY GIBSON
REPRESENTATIVE

Governor's Corner

Hello everyone,

Hope all is well with all of your families, as you'll start preparing for the winter months.

For those who are waiting for a FEMA trailer, I check everyday with FEMA to see when those trailers will be available; no definite date given.

As most of you have noticed; my office is with-out an office aid, Lyndale has moved to the little axe casino; I wish him well in his new position. I think he will be an asset to the operation there and also an asset to our tribe; let's all wish him well. Lyndale has helped many tribal members while he worked in this office; and he will continue to assist as many members as he can fit in his busy schedule. I will most certainly miss him in this office.

As of this date we do not have anything to report about the COBELL monies. As soon as that report becomes available; I will call a special meeting to let everyone know the details.

As always; if you have something you would like to talk to me about, please come by and visit with me.

Ne yi wa,
George Blanchard

1. Clouds: *pi po fe qi ke*

2. Cloudy: *po fe qi te*

3. Day: *ke sa ke*

4. Night: *ta pa ke*

5. Full moon: *ne pe we sa*

6. Rain: *ke mo wi ne*

7. Morning star: *ke se ki li ki wi*

8. Mid-night: *li we ta pa ke*

9. Stars: *hi li qi ke*

10. Sun: *ke si fe wi*

11. Rainbow: *ho ko ni ki wi*

12. Moon: *ta pa ke ke si fa wi*

Lt. Governor's Report

I hope everyone is doing well. As summer ends and fall approaches the days are getting cooler and shorter. As a result, activities have slowed down somewhat for duties required outside of the office. Hopefully we will have a reprieve from the heat and drought for a few months before we start dealing with winter.

A resolution was passed at the last Regular Executive Committee meeting to hold the 70th General Council Meeting on the 20th day of October. The meeting will be held at the Little Axe Health facility. It is time for the Executive Committee and Department Heads to put their reports together to be presented to you at the General Council. I hope everyone is able to attend the meeting. I look forward to seeing you there.

Maybe it's a little early to start reminding people of the National elections; actually they're not that far off. I've often heard that states with large Indian populations can get the Native friendly delegates in office. If the Native people in Oklahoma would register to vote and be active in local, state and national elections, we could get people in office that truly care and would do something about Indian issues. If you're not registered to vote, please register and participate in these elections. Find out who is running for office in areas

that affect you, learn about their views on tribal governments and vote. The Tribe's in Oklahoma provide many, many jobs to Native Americans and non-Natives; a very large portion of income generated by tribal governments is spent in the state. The ratings on "Best Places to Live in the U.S." has several Oklahoma towns listed. We (all tribes) are making this state a better place to live. Let's get Native American's or Native American advocates in office. Political activities are considered very private; I just thought it was worth mentioning.

In last month's article of the Tribal News Paper we reported on our federal programs, with General Council coming up, hopefully we can provide information on the Tribe's activities, both federal and non-federal. I look forward to seeing you there.

The next issue of the Tribal News Paper will not be printed until after General Council. I hope you have a good month and look forward to seeing you there.

Respectfully,
Isaac Gibson
Lieutenant Governor

Secretary's Report

Greeting Tribal Members:

GENERAL COUNCIL MEETING

The date for the 70th General Council Meeting is scheduled for Saturday, October 20th at 10:00 a.m. at the Little Axe Health

Clinic. Hope you will make plans to attend if you are in the area. Information that I present during the General Council meeting will be published in next month's newsletter for those of you who are unable to attend. The Elder's group has been contracted to provide the lunch. This is one of the Elder's fund raising activities for the year and I'm sure they will do a great job of cooking up something you will love. Be sure to come early to visit the information booths that will be set up and sign up for any give-a-ways.

one at each our property locations. We look forward to everyone coming out for a chance to win a car on October 27th.

ENROLLMENT

The following is a list of our enrollment activity from our enrollment department through the month of August.

- 3,745 total enrolled tribal members
- 17 deceased in 2012 through the end of June 2012
- 4 enrollment rejections
- 2 voluntary relinquishment
- 2 blood quantum corrections

COMMITTEE AND BOARD APPLICATIONS

Last month I mentioned that we occasionally have openings on our standing committees and boards for new members. We inadvertently left out the application form from the newsletter. You will find a copy of the application form in this newsletter. You can attach a resume or a list of your qualifications to the application and forward it to my office at 2025 S. Gordon Cooper Drive, Shawnee, Ok 74801, or email to me at teri@astribe.com.

CULTURAL PRESERVATION PROJECT

This month we are featuring a story written by one of our summer interns, Devon Frazier, on tribal member Cynthia Longhorn. The story is titled "A Proud Shawnee Advocate" and outlines her long and varied career as a leader. I hope you enjoy the article on Cynthia Longhorn and all of our future stories. We still have a few more to publish in coming months. All of our stories will be maintained for future generations in our Cultural Preservation Department.

CASINO UPDATE

Thunderbird-Norman was forced to be closed for a few days during the recent wildfires. This set them back a bit because the fires happened during the busy weekend hours. September financials are not yet complete, but it appears revenue will be higher than the same period last year. Much of this revenue increase is due to cutting excessive spending and streamlining the work processes.

The response to the BBQ trailers giveaway has been mostly positive and this promotion is drawing to an end. For October, the casino is giving away two Ford Mustangs,

TOBACCO COMPACT

Our tobacco compact with the state of Oklahoma will expire next year and it is important that our tribe maintains an advantage in selling tobacco products to the public. Currently, our tobacco compact revenue supplies our Tribe's general fund with approximately \$500,000 annually. I will attend a tribal leader round table discussion on the tobacco compacts at the annual conference of the National Intertribal Tax Alliance (NITA) in Tulsa later this month. There are several tribes that have compacts that will expire in 2013, so I'm expecting a large turnout at this conference. It benefits all of us when other tribes do a good job in negotiating their compacts, so I'm excited about participating in this conference with other tribal leaders.

PROFILE OF ELDERS

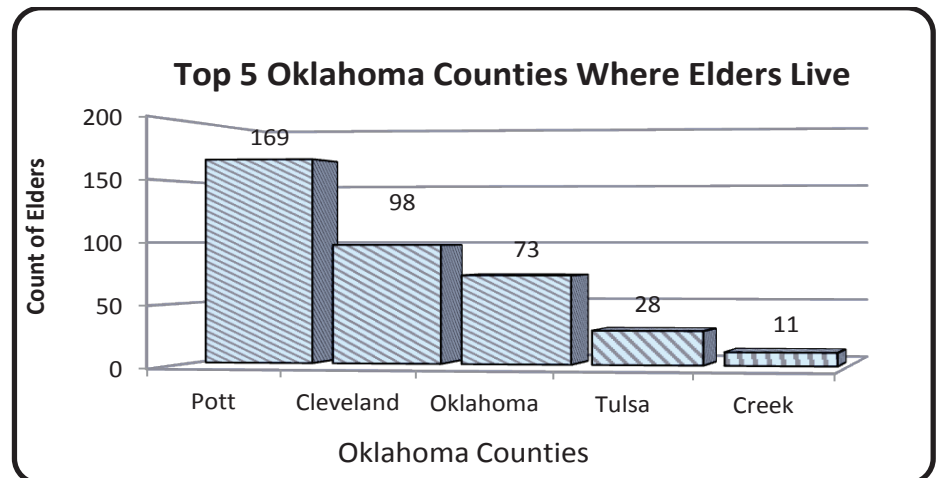
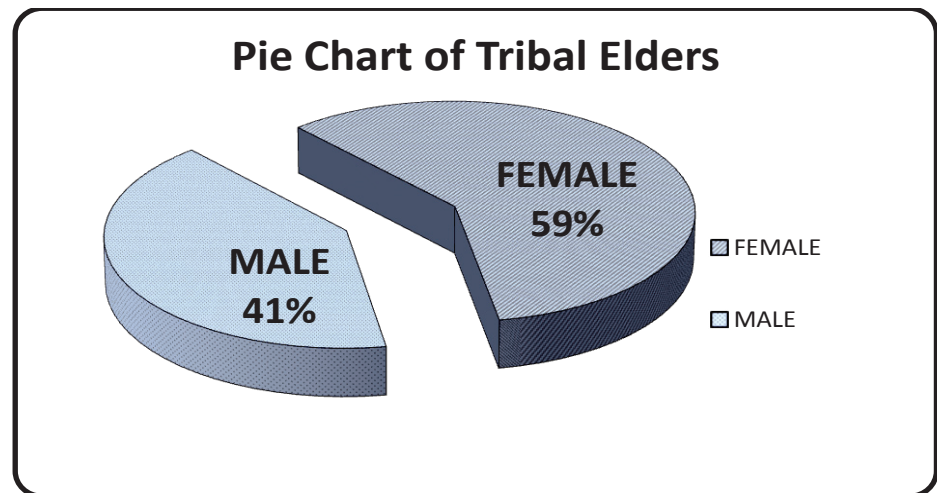
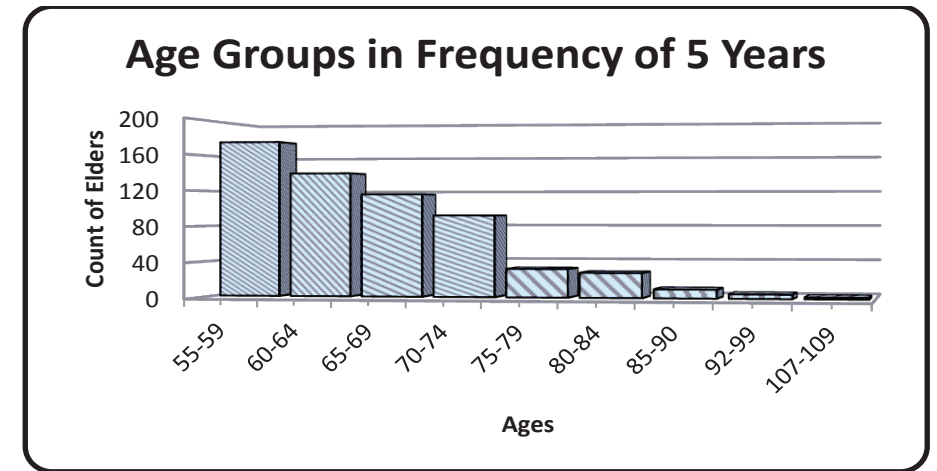
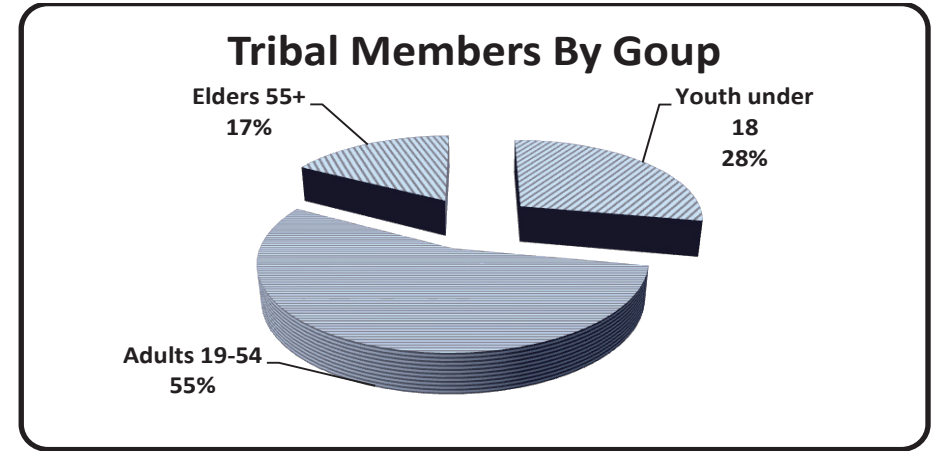
I was recently asked to compile some numbers of our elder's population. I created a profile of the makeup of this segment of our population and thought there might be others who would be interested in knowing more about our elders. The following information and accompanying charts are excerpts from my report.

Our Absentee Shawnee elders (age 55+) are a vibrant and important segment of our tribal population. As family patriarchs, they are looked upon to provide advice and leadership to their families, tribe, and to the communities in which they live. They are often called upon to provide history on family lines, cultural activities and ceremonies, and to provide a connection with our rich heritage.

There are 630 elders, which is 16.8% of the 3,745 enrolled tribal members. The most typical tribal elder is described as between the age of 55-59 and living in the central Oklahoma area. Seventy percent of our elder's live in Oklahoma. Females represent 59%

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

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



Treasurer's Report

Hello fellow tribal members,

Fall is here at last! Cooler weather is back and it is wonderful. So glad to see three digit temperatures go away! The 70th Semi-Annual General Council Meeting, Saturday, October 20, 2012, Little Axe Health Facility, Norman, OK, hope you all will be attending.

My condolences go out to the families who have lost loved ones.

Your elected officials are continuing progressing in the areas of economic development, educating our tribal members, and services for the tribal members. Below is the list of activities for the month: AS Health Board Authority and LSWN Board Meeting, held every third Tuesday, Little Axe Health Facility, Little Axe, OK. Serves as Ad Hoc non-voting member. Monthly reports of program directors, financial, and activities of health facility are presented. We are privileged and proud to have a new state of art health facility in the beautiful countryside of Norman.

Monthly Program/Departmental Directors meeting. Each department director comes every 3rd Monday and gives a monthly update on their program/department. We, Executive Committee, appreciate those departments who take the time to come and give us an update every month and monthly written reports. We understand they may have circumstances occur that prevent them from coming to the monthly meetings. THANK YOU! Elders' Monthly meeting, at the Resource Center this month. They meet every third Saturday, either at AST Resource Center or Title VI Bldgs, 10 am. If you are 55 years and older, please come join us for fellowship, food, and fun times together. We plan fund raisers, outings, and cultural activities. Annual Elders' Veterans Dance, a Gourd Dance, November 10, 2012, Thunderbird Casino. Attended the Eastern Shawnee POW WOW in Seneca, OK/MO. About 26 elders attended. Received a warm welcome from our relatives of the Eastern Shawnee Tribe. The AST

Elders will be serving the meal at the General Council Meeting, October 20, 2012.

Congratulations to September 2012 Employee of the Month, Stephen Fife, Maintenance Worker, Absentee Shawnee Tribe employee.

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

Committee for Native Community Development Financial Institutions (CDFI) met at All Nations Bank Fund was established by the Riegle Community Development and Regulatory Improvement Act of 1994 to promote economic revitalization in low-income communities. The CDFI Program is one of the primary ways that the CDFI Fund works to achieve this mission. The purpose of the CDFI Program is to use federal resources to invest in CDFIs and to build their capacity to serve low-income people and communities that lack access to affordable financial products and services. Through the CDFI Program, the CDFI Fund provides two types of monetary awards to CDFIs - Financial Assistance awards and Technical Assistance awards. CDFIs may use the funds to pursue a variety of goals, including: a) To promote economic development, to develop businesses, to create jobs, and to develop commercial real estate; b) To develop affordable housing and to promote homeownership; and c) To provide community development financial services, such as basic banking services, financial literacy programs, and alternatives to predatory lending.

ASEDA board monthly meeting. Discussion on developing strategy for 2013 to accomplish future economic development for the tribe. Monthly report from the Absentee Shawnee Counseling Services in Oklahoma City, presented by Executive Director, Dan Cross.

Native American Finance Officers Association (NAFOA) mission is to improve the quality of financial and business

management of tribal governments and their business entities. NAFOA advocates for tribes on issues affecting sovereignty and supports the development of Native American financial professionals. NAFOA invests in Native American communities by building the next generation of Native American financial leaders through exposing young adults to opportunities in finance. Fall Finance and Tribal Economies Conference, San Diego, California. Featured was a Tribal Leaders Roundtable: Winning through Public Relations, significance of providing good internal and external communications, effective negotiating skills, and the importance of managing tribe's image; all of which can impact diversification and long-term growth. Also learned that several tribes throughout the nation are not as blessed as the Absentee Shawnee Tribe in the accounting and financial fields. We were proud to tell them we have an excellent percentage of tribal members who have degrees in our accounting/financial department. Most of the tribes that spoke have very few tribal members or others that have accounting/financial skills. Recommendations were made to start in middle and high schools to mentor and provide guidance for students interested in the accounting/financial fields. Have various tribes that have a good finance department to provide a scholarship program, internships, mentoring for students who are interested in this field.

Constitutional Revision committee meeting was held at the AST Resource Center on Sunday, 9-23-12, to discuss the next step on moving forward to amending constitution for TENURE OF OFFICE, proposed changes increase the term of elected officials to four (4) years and TRANSFER OF POWER -The power of the people was taken away and given to the Executive Committee and other topics. If you are interested in joining the constitution revision committee, please come to the meeting or call Eddie Brokeshoulder, 275-4030 X148.

Horseshoe Bend, Community Fall Fest, Shawnee, OK. Informational booth for Office of Treasurer, Eddie, Arlene, and I gave out various financial literacy,

AllNations bank, constitutional revision survey, Absentee Shawnee Counseling Center, brochures, and had a raffle for a Foxwoods-Monopoly Game. We enjoyed meeting the community and visiting with all who came to our booth. Thank you White Turkey Band for sponsoring this wonderful community Fall Fest.

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

Also, would like to extend my appreciation to the Financial Consultant, Eddie Brokeshoulder, who continues to assist me with numerous projects, attend meetings where I cannot attend, and consulting decisions in the office of Treasurer! We appreciate all your phone calls, emails, and visits. May God continue to bless you and yours! See below articles from AllNations Bank and Financial Consultant, Eddie Brokeshoulder.

Respectfully yours,
Kathy Deere
Treasurer

***"LIFE IS NOT
ADVANCEMENT. IT IS
GROWTH. IT DOES NOT
MOVE UPWARD, BUT
EXPANDS OUTWARD, IN ALL
DIRECTIONS."***

Russell G. Alexander

Representative's Report

Greeting Tribal Members:

I hope this month finds you all in good health and happiness. Things have been good at the Tribe, busy as usual. I have enjoyed the visits from the Tribal members that have come to talk. I hope everyone has been outside enjoying the nice weather we've been having, and if not, hey, find a relative that's playing ball, and go watch! With

FINANCE DEPARTMENT OCTOBER 2012

the weather cooling off like it has, this is a great time to enjoy an evening out with the family.

I did want to let everyone know that the 5th Quarter is put on hold for now, due to lighting and a/c difficulties. We do still plan on holding the activities after the Friday night home games in Little Axe at Brendle Corner, but will let you know when it will begin.

Update on the Little Axe Child Development Center: The City of Norman raised some unexpected issues in July concerning location of the building with respect to Highway 9. The City has a Code (passed in 1966) which requires a building to be 178 feet back from the center of Highway 9. This was done to protect expanding Highway 9 into four lanes. It was also done to reduce serious accidents by moving commercial tourist traffic away from the highway.

The Tribe was forced to petition the City to waive the zoning requirement. A line 178 feet from Highway 9 would have been right in the middle of the proposed location and prevented us from building there.

On Sept 13 we met with the City Planning Commission and they approved a recommendation to the City Council to waive the zoning requirement and allow us to set back 50 feet from Little Axe Doctor. The bad news is that this delayed us a full 30 days on our construction agenda. However, the water lines to the facility are already in place and a contract has also been signed to lay the sewer lines under Highway 9 to the Casino Lagoon. Once our final plat is approved in October, we can request a building permit in early November.

If you receive the Norman Government Channel, on your TV, you can watch our presentations in Oct and Nov before the Planning Commission and the City Council.

In closing, I would like to encourage all Tribal members to keep up the hard work, all students to keep trucking along - it'll all pay off in ways you can't even imagine, and those going through difficult times - we've all been there, things will get better! I hope to see you all at the upcoming General Council Meeting on October 20th and my door is always open!

Ne ya wa!
Jeff Gibson

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

The Audit is complete and has been turned in to the Audit Clearing House. All the Tribe's entities are audited first and those roll into the Tribe's Government wide financials; (ASEDA; ASEDA Fleet, AST Counseling Services, Store, Harrah Smoke Shop; Restaurant: AllNations Bank; and Thunderbird Casino Locations 1 & 2). The Audit includes the MD&A (Management Discussion and Analysis); which is a brief review and explanation of the Audit. The 2010 and 2011 Audits are "unqualified"; which when compared to an educational grading scale is an A.

The Indirect Cost Proposal for 2012 negotiation is complete and has been signed. National Business Center (NBC) is six months behind whereas they had been only three months behind last year because they experienced budget cuts thus staff cuts. Our rate is up from 17.74% for 2010 to 21.98% for 2011 and our rate for 2012 is 22.35%. I continue work on the Indirect Cost Proposal for 2013. This is about a 40-60 hour task; which will have to be done around other monthly duties.

The finance department continues to complete accounting by the seventh day of the month and have been since August 2010; for financial reporting for the Health Authority and Li Si Wi Nwi, Health Inc. boards for Absentee Health Systems, Shawnee and Little Axe (LSWN) which is possible since the accounting is completed on schedule every month. The Finance staff will begin July reconciliations for

financial reporting on the first of August. It is imperative the accounting staff continue to stay ahead of all of the accounting so that audits go smoothly, so that Indirect Cost rates will stay up to date as well. Indirect cost proposals cannot be submitted without completed audits as the audit is used to calculate the proposal. There are many processes in place in your Tribe's accounting department that ensure we keep accurate records of transactions. The Tribe's accounting processes must be in compliance with GAAP; (Generally Accepted Accounting Principles) and GASB (Governmental Accounting Standards Board).

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

The Absentee Shawnee Tribe's Finance Department has very hard working group of people and it is an honor to work with them, the Treasurer's office and at the Absentee Shawnee Tribe. The Finance Department employs 11: with 6 (55%) being AST Tribal Members and 5 (45%) being non-natives. I welcome Jessica Gonzales and Courtney Green to the Finance staff not as additions to the staff but as replacements for two positions that became vacant. This department as always would like to extend a special thanks and note of appreciation to the Executive Committee for providing the tools, resources and support to enable the finance staff to reach its accomplished goals and to continue with this effort. A special thanks and note of appreciation to Program Managers and Employees of the Tribe for their assistance and dedication in our group effort toward accomplishing our goal.

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

Respectfully,
Belinda Collins
Controller

FINANCIAL CONSULTANT

Greetings Tribal Members,

It's that time again, preparing for 70th Semi-General Council meeting scheduled for October 20, 2012. As financial consultant for office of Treasurer, I assist in management support, analyzing and evaluating Tribe's fiscal performance. The process involves performing an analysis of budgets, financial reports and evaluating supporting documents of business ventures.

Please take time to visit Office of Treasurer booth at General Council, we will provide hand-outs of important financial information. Our office looks forward to meeting and discussing with you financial status of the Tribe.

The following activities I have been involved and participated: Financial Reports: Reviewed monthly encumbrance for General Fund, Elders Council and Indirect Cost.

Absentee Shawnee Economic Development Authority, Inc. (ASEDA): Established to function independently of under direction of a board of directors composed of current members Dan Little Axe, President, Adam Proctor, Vice-President and Eddie Brokeshoulder, Secretary. Our board meetings are scheduled for second Friday of each month, our discussions involve current business operations and future business strategies. Small Business Administration (SBA) teaming programs and 8(a) application for a Tribally-Owned Small Disadvantaged Business Enterprise are just a few items being discussed.

More information will be forth coming on the SBA Small Business Teaming Pilot and 8(a) programs. ASEDA, Inc. office, located at 2025 S. Gordon Cooper Drive, Shawnee, Ok, building #2, phone number 405-275-4030 ext. 181.

BUSINESSES

Absentee Shawnee Counseling Services (ASCS): ASCS is a tribally-owned clinic located at

1301 SE 59th Street, Oklahoma City, OK, specializing in providing out-patient programs for Native and Non-Native treatments for alcohol abuse, methamphetamine and medication assisted treatment for opiate dependency.

ASCS is the only tribally-owned Opioid Treatment Program south and west of Tulsa in the state providing Medication Assisted Treatments for Native Americans. For more information on Absentee Shawnee Counseling Services, please call Dan Cross, Executive Director, at 405-672-3033.

GOVCON SERVICES, INC: is a tribally-owned corporation, originally founded in 1997, on August 11, 2011, it was incorporated under the Tribal Corporation Code of the Absentee Shawnee Tribe. The primary purpose was to diversify and bolster the economy of the tribe, by capitalizing on opportunities in the federal government contracting market.

ASEDA, Inc. board members Adam Proctor with assistance of Eddie Brokeshoulder have diligently worked and reviewed submission of an 8(a) certification application for a Tribally Owned Small Disadvantaged Business

Enterprise to the office of Small Business Administration (SBA). The application was reviewed by staff of Oklahoma City SBA office and a well-qualified individual of Cherokee Nation Industries, Tulsa, Oklahoma, who has submitted and approved over fifteen (15) 8(a) applications for Cherokee Nation.

COMMUNITY DEVELOPMENT

AARP OK Pottawatomie County: Attended AARP OK Pottawatomie County Transportation Stakeholders Meeting, in Shawnee. The transportation stakeholders meeting was an informative meeting discussing a review collection of transportation resources for Pottawatomie County. The purpose was to create actionable item's to be submitted in a plan format by end of year and completed by year end 2013. Attending this meeting were local tribes, AARP organizations and community wide agencies with transportation programs for the community.

AARP Oklahoma Indian Elder Navigator: Established in 2011, AARP Oklahoma Indian Elder Navigator website goal is to provide a single place where

you can easily find resources available to help older Indians in Oklahoma on things such as transportation, food programs, housing and health.

As this page grows, new and updated information and links will be added. If you know of additional resources available to Oklahoma Indian Elders, please email the AARP Oklahoma State office at ok@aarp.org.

Constitution Revision Committee: Constitution Revision Committee meeting was held, Sunday, September 23rd at Little Axe Resource center. Topics of discussion included revisiting the Legislative Structure question, Tenure of Office and other topics of discussion. Should you have questions, feel free to contact members of the Constitution Revision Committee: Brianna Ponkilla, Dan Little Axe, Anita Chisholm, Jerry Little Axe, Shirley Atkins, Betty Watson, Augustine Johnson, Vera Dawsey, Eddie Brokeshoulder.

As always, my office is open and ready to assist you. I am excited as we prepare for our 70th Semi-General Council meeting, and look forward to your ideas on improving our financial transparency, economic

development and our revisionment of our constitution. I can be reached at 405-275-4030 ext. 148 or eddieb@astribe.com.

Respectfully,
Eddie Brokeshoulder
Financial Consultant

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

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

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

FY-2012 YTD TAX COLLECTIONS (thru 8/31/12)

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$1,303.68	\$5,764.96	\$9,556.88	\$20,267.74	\$251.60	\$12,976.77	\$9,892.03	\$5,332.45	\$0.00	\$0.00	\$0.00	\$0.00	\$65,346.11	3.18%
Gaming % of free cash	\$109,331.00	\$105,500.00	\$84,000.00	\$252,000.00	\$42,000.00	\$344,000.00	\$286,000.00	\$305,920.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,528,751.00	74.43%
Employee (1%)	\$1,771.92	\$6,921.68	\$19,027.03	\$13,411.67	\$23,358.23	\$14,230.92	\$6,059.30	\$27,296.76	\$0.00	\$0.00	\$0.00	\$0.00	\$112,077.51	5.46%
Severance (8%)	\$1,033.85	\$19,231.62	\$16,244.27	\$10,116.92	\$16,892.79	\$12,022.41	\$14,040.81	\$62,362.17	\$0.00	\$0.00	\$0.00	\$0.00	\$151,944.84	7.40%
Motor Vehicle	\$11,657.32	\$14,984.82	\$14,227.79	\$11,321.19	\$10,285.99	\$16,024.99	\$14,599.58	\$15,575.38	\$0.00	\$0.00	\$0.00	\$0.00	\$108,677.07	5.29%
Tobacco Refund	\$9,662.76	\$11,107.79	\$9,231.53	\$10,458.50	\$11,811.42	\$11,105.72	\$10,122.29	\$11,309.29	\$0.00	\$0.00	\$0.00	\$0.00	\$84,809.30	4.13%
TOTAL TAXES	\$134,760.53	\$163,510.87	\$152,287.50	\$317,576.02	\$104,600.03	\$410,360.81	\$340,714.01	\$427,796.05	\$0.00	\$0.00	\$0.00	\$0.00	\$2,051,605.83	
Miscellaneous	\$1,290.00	\$330.00	\$160.00	\$50.00	\$80.00	\$136.84	\$20.00	\$180.00	\$0.00	\$0.00	\$0.00	\$0.00	\$2,246.84	0.11%
TOTAL COLLECTIONS	\$136,050.53	\$163,840.87	\$152,447.50	\$317,626.02	\$104,680.03	\$410,497.65	\$340,734.01	\$427,976.05	\$0.00	\$0.00	\$0.00	\$0.00	\$2,053,852.67	100%

CERTIFIED HEALTHY BUSINESS SYMPOSIUM

Absentee Shawnee Tribe Tobacco-Free Health Policy

EXECUTIVE COMMITTEE'S EMPLOYEE OF THE MONTH SEPTEMBER 2012



STEPHEN FIFE

Stephen has been working in maintenance department of the Absentee Shawnee Tribe for 7 years with a very good attendance record. He's very prompt in getting things done when you call him. He never complains, is always friendly, a good worker who always stays busy and does whatever it takes to get the job done. He's dedicated, dependable, always cheerful and willing to help anyone at anytime. Even if he's going through things his self, he always has a smile and uplifting attitude for everyone he comes in contact with. Stephen is a Positive Example to his peers and all employees.

The Oklahoma Certified Healthy Business (CHB) program started in 2003 by the Oklahoma Academy for State Goals, the Oklahoma Turning Point Council, the State Chamber, and the Oklahoma State Department of Health. The OK CHB recognizes businesses that are working to improve employee health by providing wellness opportunities and implementing policies that lead to healthier lifestyles. Businesses that promote health & wellness see a return on investment with decreased insurance premiums, fewer sick days taken, increased productivity and better morale among staff.

Absentee Shawnee tribal employees had the opportunity to attend the Certified Healthy Symposium at Oklahoma Baptist University on Sept 5, 2012. Sponsored by the Pottawatomie Alliance Toward Community Health Coalition (PATCH), a Communities of Excellence (CX) tobacco control program. The coalition has taken on the mission to create a healthier environment for the county residents to live, work, play, and gather. Many organizations within Pottawatomie County have seen the value to adopt tobacco-free policies due to the efforts of the CX. The Absentee Shawnee Tribal Health Authority and Li- Si-Wi-Nwi are no exception. Due to past efforts and collaboration with the Communities of Excellence staff for their efforts while assisting in the development of the policy along with the AST Policy Analyst and stakeholders within the tribal health system for adoption of the policy in 2010.

Patricia Yarholar, MPH, CHES – AST Community Health & Preventative Services Director had the opportunity to present on a panel during the symposium. Other staff in attendance included Roxanne Patterson, RN, Director of Public Health and Sharon Ponkilla, PHN that showcased a booth on Protect the Circle of Life on immunizations and children while educational pamphlets were disseminated to attendees. The panel presentation by Patricia included an introduction of the Absentee Tribe, a brief

overview of the REACH program, and the adoption of the Tobacco-Free Policy. As well as experiences in the process for applying for the Certified Healthy Business and how it has been beneficial to the tribe. Certified Healthy Business Award of Excellence has brought tribal, state, and national attention to the Absentee Shawnee tribe for their efforts to improve environmental change due to adopted policies on tobacco, and employee wellness.



Roxanne Patterson and Sharon Ponkilla display their booth during the CHB Symposium.



Patricia Yarholar presented on the Tobacco-Free Health Policy with the AST.

The Resource Center at Little Axe was the site of the monthly meeting of the Absentee Shawnee Elders on Saturday, September 22, 2012. President Dan Little Axe called the meeting to order at 10:40 a.m. with a quorum of thirty (30) members present. Eight guests were present. The Invocation was given by Don Schulenberg.

Birthdays were acknowledged for Nova Hood, Woody Wilson, Lloyd Deere, and Charles Tiger.

The minutes of the special meeting of September 1, 2012 were presented for review. A motion to approve the minutes was made by David Little JR and seconded by Trudy Pickering. The motion carried.

The financial report for the month of August 2012 was presented by Treasurer Betty Watson. The account balances were given as follows: Fund raiser account: \$4,832.16; General fund account: \$5,723.24.

After discussion, Roy Alford made a motion to approve and Sadie Low seconded. The motion carried.

Old business was presented and explained by Vice President Mary Birdtail concerning the upcoming trip to Albuquerque, New Mexico and the Balloon Fest there. The trip is scheduled for October 6th-9th.

New business was addressed by Wanda Tiger who talked about the Christmas Bazaar set for December 8th & 9th at the Resource Center in Little Axe, for information contact Wanda at 405-706-2357.

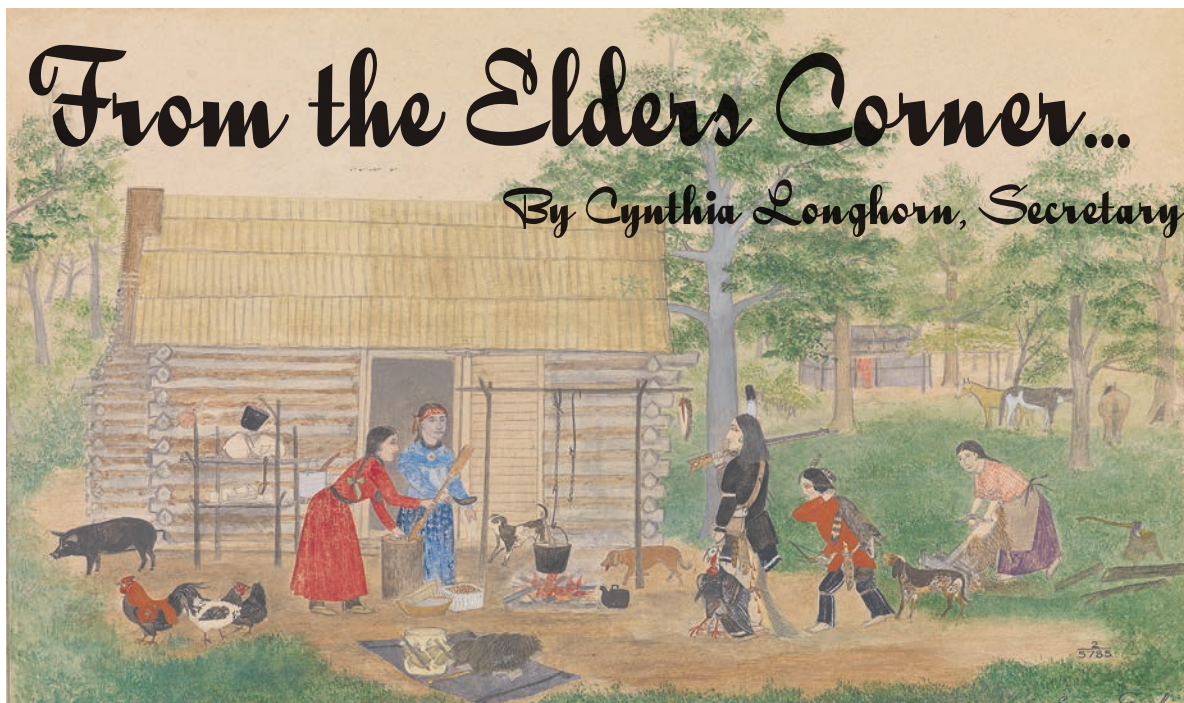
A presentation was heard about individual life, health and accident insurance from a representative from Individual Assurance Company (IAC).

Treasurer Watson informed those present that the Elders Council would be providing the meal for General Council set for October 20, 2012 for a fee of \$1,250.00. A list was passed around for individuals to sign up to bring food items to this upcoming event. Shawls, jewelry, a Pendleton and raffle tickets for a 50" HD tv will be available that day, also.

President Little Axe said that the head staff for the Veterans Dance set for Saturday, November 10th, 2012, at the Thunderbird Casino will be filled soon and made known at next months meeting.

Secretary Longhorn explained latest details for the NIEA (National Indian Education Association) set to take place in OKC October 18th-21st. The Elders/Youth are to present a stomp dance demonstration on Thursday, October 18th at this National Conference.

Donations for this meeting totaled \$84.05. The meeting was adjourned at noon. For anything contained in this report, contact me at 405-273-4137, Cynthia Longhorn.



GIVING BACK

By Carolyn Ann (Snake) Duncan

I am proud to give back to my tribe just as they have given to me in helping with my education. I'm glad that I pursued and obtained a degree because education is knowledge that no one can ever take away from you.

Researching and looking for historical documents about our tribe has always been an interest of mine. One of my two great finds was a signed, first edition "Civilization, as told to Florence Drake by Thomas Wildcat Alford," book dated September, 1936. It provides a glimpse of our culture and traditions of our then young tribe. Mr. Alford mentions about employing the services of my great aunt Ellen Bullfrog, to help him collect the household names of tribal members so that a list could be compiled and submitted to the United States Government for consideration for tribal recognition. As a result of their work, our tribe was granted recognition – the Absentee Shawnee Tribe of Oklahoma. There is a sense of respect and admiration of these people who saw a vision for us to be recognized as a nation. I would like to think that if Chief Tecumseh were alive, he would be proud that we have grown and continue to flourish.

My second find was "The American Weekly Messenger" newspaper, printed on November 20, 1813. It is a rare find, almost a 200-year old newspaper document that contains the last speech of Chief Tecumseh addressing Major General Proctor. As you read Tecumseh's speech, you can hear his eloquent heartfelt words, and the internal struggling pain he must have felt in giving up the land he had once called home. Chief Tecumseh died on October 5, 1813, fighting for the cause he strongly believed in.

It is my desire and hope that my donation will inspire other tribal members to consider donating historical documents or items that are relevant to our tribe as a nation. I am reminded of my late grandfather, Luther Snakeman, his infamous words while visiting my parents. He always quoted the late United States President John F. Kennedy, "Ask not what your country can do for you, but ask what you can do for your country." His words resonate the message – I get it. For me, my country is my tribe, and it is an honor to give back to my tribe just as they have given to me. It is my desire that one day, these documents can be viewed, and provide our upcoming generations insight of our historical journey as a tribe. These are all the reasons why I have freely donated these historical documents to our tribe on this date of September 5th, 2012.

Eastern Shawnee Powwow

September 15, 2012



Governor George Blanchard and his wife, Sue, Eastern Shawnee Chief Glenna J. Wallace and Mary Birdtail, Vice President of the AST Elders Council.

A good time was had by all at the Eastern Shawnee Powwow on Sept. 15, 2012.



Members of the AST Elders Council were transported to Seneca, Mo., and Miami, Okla., to visit the Shawnee Museum, which was very interesting, along with a tour of the area where part of the three (3) bands of Shawnees are located. A slide show was presented at the library.



The AST Color Guard was part of the Grand Entry at the powwow. Those representing the group were Don and Estelene Schulenberg, David Little and Richard Birdtail.




Welcome

We have a new employee, Mike Wood, Realty Specialist, in the Realty Department. Mike's first day of employment began on Monday, September 17, 2012. Mike owns a farm in Meeker and lives there with his wife, Dee and son, Jacob. He has raised cattle and trained cutting horses at the farm. He discontinued training quarter horses and raising cattle to become an assistant coach while his son played high school football.

In addition, he was the first Native American to take the state championship for Seminole High School in golf in 1978 and has continued to be active in golf to this day. Currently he is a school board member for the Meeker High School and has been active for the past ten years. He brings a lot of experience to the Realty Department and we are excited to have him working for the Absentee Shawnee Tribe.



Rachel Howell
Realty Director

Enrolled Tribal Member Helps Her Team Win A National Title.



Ashley Gabrielle Blanchard, 16, from Albuquerque, NM, is the daughter of Aaron Blanchard from Shawnee, OK, and Kimberly Blanchard from Albuquerque, NM.

Ashley has been participating in the Starling's National Volleyball Tournament held in San Diego, CA since she was in the 6th grade. The tournament was held this year June 23-24 2012 in various locations in the metro San Diego area, she helped lead her team to undefeated in bracket play winning all their games in their respective pools. Ashley is the only Labero on the team so she is on the court continual playing hard every game picking hard digs and supporting her front net players with her defensive skills.



Ashley is currently a sophomore attending Southwest Aeronautics Mathematics and Science Academy in Albuquerque, NM where she had earned academic excellence and the opportunity to be a Air Plane Pilot.

You can see a picture of Ashley had her Team on the Starlings website at Starlings.org.

Ashley Played for the Club Team Shonto Starling's 16's team Coached by Harrison Miles who has a big part in developing Ashley to the player she is today. In 2011 Ashley played for the Tuba City Starling's 14's team and they Placed second playing a tough four games in the championship game losing to South Bay but this this year they won the whole tournament beating a team from Tijuana.

A Proud Shawnee Advocate

By: Devon Frazier



Cynthia A. Longhorn, 'Wa-la-ga' of the Turtle Clan, has lived a life of both consistency and change. She is both a woman of evolving priorities and steadfast loyalties; a feat that any good leader must learn to endure. Born February 1949 in Shawnee, Oklahoma, Cynthia comes from families of two prominent areas of Shawnee lineage. Her mother, Vergie Mae (Roberts) Longhorn, came from the Little Axe area; while her father, Earnest Frank Longhorn, came from the Horseshoe Bend, or White Turkey area of Shawnee, Oklahoma.

Much of her life's influences are from lessons she learned from her parents, including her beliefs regarding all Indian nations. Her mother spoke of 'full-blood sisters and brothers,' but it was not until later that Cynthia realized she did not simply speak of her own nine siblings, but of all Indians. Her father also spoke of a broader family when he mirrored Chief Tecumseh's wisdom: "We are Indian first, and then we are U.S. citizens. And then you're Absentee Shawnee."

A history enthusiast as a student, she would later understand the importance of this order. "When you start studying history, Indian history, we weren't U.S. citizens for many years. And a lot of people now say, 'How can you be separate governments?' I say, "Because we are. Your forefathers knew that because they signed papers; they signed treaties, recognizing us as governments- as separate entities," she proudly assured.

It's this lesson that Cynthia would remember as she entered the riveting world of tribal politics. "I was in high school in the late 60s, when I first became aware of tribal politics. My father used to be the Chairman of the tribe; and I first got involved with tribal politics by going and taking notes with him at various meetings," Cynthia recalled. From this sprouted numerous tribal positions over later years. She has been our elected Representative twice, Task Force Director, tribal newsletter writer, Secretary of the Elder's Council, and elected Secretary for two terms. "My involvement with the tribe goes back many years," she said.

As normal in the muddled world of politics, Cynthia has seen both good and bad times for the tribe. "One of the worst things I experienced, being a member of our tribal government, was being carted off and taken to jail. It was because of politics," she remembers. "We were arrested by the tribal police to prevent a hearing that had to happen that day, in regard to one of our governmental official's wrongdoing. It was up to the Executive Committee to do something about it. It was the only thing that had

to be done, without getting into names and opening up to slander or anything else."

As traumatic as this experience may already have been, while mug shots were being taken and fingerprints recorded, Cynthia collapsed as result of her diabetes. She was taken to the hospital in an ambulance. When she awoke, her family was watching over her. She was amused to see that she was also being guarded by one of the tribal policeman. "I thought that was so stupid. I couldn't even walk," she said with a glint of annoyance. Regardless of this memory, Cynthia always remembers the good things that the tribal government accomplished. "I think a little known fact that our tribe doesn't remember, or pay much attention to, was that one of the buildings on this complex was the first Hope House (opened April 1971 and served as a children's shelter) in Pottawatomie County. A lot of people don't know that; but it was our tribe that offered that, and it was here," she said.

An extension of her work in the political realm, Cynthia also became involved in the school systems after marriage and having children. Indian education would be the priority while her children were in school. Having lived in the Oklahoma City area, she would serve as Chairperson of both the district's Johnson O'Malley (JOM), a financial assistance program for Native American students and Title 4 (an equality based upon gender program; now known as Title 9). With this experience, she placed an incentive with the Absentee Shawnee Tribe to incorporate a JOM program for Tecumseh, Oklahoma Public Schools. Alongside her tribal and Indian education endeavors, one of her proudest accomplishments would be on the national scale. Cynthia served as the first chairwoman for the Joint Shawnee Council; an incorporation of the three Shawnee groups: Absentee Shawnee, Eastern Shawnee, and Loyal Shawnee for NAGPRA (Native American Graves Protection and Repatriation Act) issues.

No matter where life led Cynthia A. Longhorn, she saw opportunities for positive change and pursued action. In the political arena, she would adapt, prevail, and succeed- an epitome of the Native thriving survivor. Both a leader and teacher at heart, this grandmother continues to pave the way for both her grandchildren and extended family of other tribes; from explaining that stomp-dance doesn't necessarily imply a physical stomp to showing firsthand the importance of hospitality to strangers. "I think as tribal leaders, the most important thing we can do for ourselves now is learn to look to the future, because we know what our past was." Simply understood- be the change you want to see in the world.

(This is from our series of stories from our the cultural preservations department about tribal members)

ALLNATIONS BANK

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

Hello from your AllNations Bank family. Everyone needs to be aware of how to “Deter” (avoid) becoming a victim of Identity theft. Identity theft is a serious crime. It occurs when your personal information is stolen and used without your knowledge to commit fraud or other crimes. Identity theft can cost you time and ruin your credit and ruin you’re your good name.

Deter identity thieves by safeguarding your information.

1. Shred financial documents and paperwork with personal information before you discard them.

2. Protect your Social Security number. Don’t carry your Social Security card in your wallet or write your Social Security number on a check. Give it out only if absolutely necessary and ask to use another identifier.

3. Don’t give out personal information on the phone, through the mail or over the Internet unless you know who you are dealing with. Avoid disclosing personal financial information when using public wireless connections.

4. Never click on links sent in unsolicited emails; instead, type in a web address you know. Use firewalls, anti-spyware and anti-virus software to protect your home computer; keep them up-to-date. If you use peer to peer file sharing, check the settings to make sure you’re not sharing other sensitive private files. Visit OnGuardOnline.gov for more information.

5. Don’t use an obvious password like your birth date, your mother’s maiden name or the last four digits of your Social Security number.

6. Keep your personal information in a secure place at home, especially if you have roommates, employ outside help or are having work done in your house.

Next month we will explore how to “detect” identity thefts by routinely monitoring your financial accounts and billing statements.

Best regards,
You’re AllNations Bank Family,
Gene, Eugene, Janice & Amber

REALTY DEPARTMENT

WHEREABOUTS UNKNOWN:

Listed below are the names of the Absentee Shawnee tribal members whose whereabouts are unknown to the Office of Special Trustee for American Indians (OST). If your name appears on the list or if you recognize any of the names and know how to contact them, please have them call OST and update their mailing address at 888-678-6836 (toll free) and also call the Absentee Shawnee Enrollment Office at 405-275-4030 ext. 103 or 107 to update your information with the Tribe.

SOUTHERN PLAINS REGION

Abrams, Geraldine
Addis, William F
Alexander, Rachel P
Alford, George W
Barber, Joseph
Barber, Kristin
Bates, Horace R
Bentley, Curtis
Bishop, Richard P
Blanchard, Burtis C
Boatman, Joshua P
Boatman, Mark J
Brinson Jr, F E
Brown, Paula A
Byers, Jonell

Canada, Mike
Carter, Rosa L
Chupp, Angela M
Clark, Gerald R
Cloud, Doris (Elephant)
Colungo, Shawnee H
Combes, Michelle L
Coody, Erin M
Crosswhite, Donna E
Cuallar, Philemon Jr
Danner, Lunn D
Delodge, Ciara D
Delodge, Wayne Lee
Dohrwardt, Sherry A Johnson
Duran, Gillian L
Duran, Lucas
Folks, Norma C
Garretson, Sandra J
Green, Wilfred M
Harris, Rebecca
Haymond, Karen R (Washington)
Hernandez, Curtis D
Hood, Orville
Hood, Randolph P
Hood, Richard
Jewsberry, Bobbie Jean
Johnson, David L
Johnson, Elizabeth Y
Johnson, George
Johnson, John P
Johnson, Manuel S
Johnson, Mark B
Johnson, Marlene J
Johnson, Travis E
Johnson, Troy
Johnson Jr, Foster C
Jones, Carrie M
Jones, Eleanor
Juby, Lorraine K
Judkins, Charles G
Kaseca, Beatrice
Keith, Andrew R
Keith, David A
Keith, Jaime L
Keith, Joni C
Keith, Lisa G
Keith, Marshall C
Lamebull, Grace A
Little, Edward T
Little, Richard W
Little Charley, Evelyn L
Little Charley, Samantha
Little Charley, Terry L
Little Jr, Gilbert B
Longhorn, Allen B
Longhorn, Bradley B
Lynch, Merle D
Mack Jr, William C
Mahardy, Bradley G
Mahsetky, Mahriah
Mcgonigal, Michael S
Miller, Patrick C
Moore, Patty N

Moreno, Isabel (Ruiz)
Morton, Lana S
Morton, Misty L
Murdock, Sandra J (Betanzos)
Nakamoto, Gina J
Ned, Tina R
Nelson, Valerie
Nuckolls, Larry
Onzahwah, Alecia J
Ortega, Eileen M
Peters, Donald
Petty, Eric M
Reed, Mary A
Robb, James F
Robertson, Leland S
Rolette, Larry J
Rolette, Lesley P
Rolette, Robbin L
Rolette, Stacey L
Salazar, Terry
Salazar, Theresa
Salazar, Tommy
Salazar, Tony
Salazar, Tonya
Scraper, Benjamin A
Sloat, Tammy C L
Smith, Alfred L
Smith, Paula
Smith, Shad
Snyder, Christine
Sparks, Elaine M
Spriggs, Helen
Spriggs, Philip J
Squire, Gwendale L
Strain, Cynthia A
Stubbs, Elena M
Switch, Charles W
Switch, Kathy S
Switch Jr, Randy C
Tiger, Donna J
Tiger, Gerald Wayne
Tiger, Ida L (Ellis)
Tiger, Marcie
Tiger, Tamara Dean
Tyner, Clayton E
Waller, Robert
Wapskineh, Sharon (Moody)
Washington, David
Watkins, Freddie L
Webster, Michael B
Williams, Frank R
Woodward, Anthony E
Yandell, Raymond L

SHAWNEE FIELD OFFICE

Creek, Minnie Little
Gibson, David Michael
Gibson, Edna F
Gibson, Pamela A
Haines, Timothy (Gibson)
Harjo, Jeanette M
Little Jim, Jason
Sanchez, Joseph

Resolutions

The following are Resolutions passed through September 19, 2012.

EXECUTIVE RESOLUTIONS:

E-AS-12-53 09/19/12

Authorizes and approves the use of the Sac and Fox Nation Juvenile Detention Center for juvenile detention services, authorizes and approves the Detention Services Agreement and authorizes the Governor and/or his designee to execute the contract and any renewals on behalf of the Tribe until action is taken to rescind this resolution, effective August 1, 2012 .

E-AS-12-54 09/19/12

Authorizes and approves the Cox Agreement for Voicemanager and Ethernet for the old AST Clinic and new police substation and authorizes the Governor and/or his designee to execute the contract on behalf of the, effective immediately.

E-AS-12-55 09/19/12

Establishes that the 70th Semi-Annual General Council Meeting for the Absentee Shawnee Tribe of Indians of Oklahoma be set for October 20, 2012 @ 10:00 a.m. at the Little Axe Health Center at Little Axe, Oklahoma.

E-AS-12-56 09/19/12

Amends Resolution No. E-AS-2011-29 and authorizes the negotiation and purchase of the original allotment of Long Man, AS S-374-M, described as Surface and Surface rights only in and to the S/2 S/2 NE/4 NE/4 NE/4 of Section 18, Township 9 North, Range 1 East of the Indian Meridian, Cleveland, Oklahoma containing 2.50 acres, more or less, being allocated from the revenue of Thunderbird Casino. (Bill Bayless property)

E-AS-12-57 09/19/12

Directs the Bureau of Indian Affairs (BIA), Southern Plains Regional Office, Branch of Transportation to compile the required documentation and submit the document to the BIA, Central Office for additions to the Tribe's current IRR Inventory.

E-AS-12-58 09/19/12

Approves and accepts Hunter Caleb Chase Parker, Hannah Nichelle Switch, Samuel Tiger Switch, Marie delaLuz Tello-Faz, Maribella Elizabeth Tello-Faz, Joel Encarnacion Perez- Vargas, Juan Manuel Perez-Vargas, Jr., Tasha Laquinta Suzanna Wright, Andy Ronin Keith, Andrew Richard Keith, Adley Reese Davis, Donnie James Newton, Naviah DeAnne Stoudemire, Xavier Thomas Jackson Terrell, Raequan DeMario Wicks, Jeremy Ray Sutton, Jr., Sierra Dawn Sutton, Mason Riley Sutton, Brady Maverik Wahpepah, Hazel Paige Wahpepah, Mavrik West Tebe, I, Lily Ann Marie Littlecreek, Brandon David

Wakolee, Jr., Josilyn Talia Wakolee, Spencer Blake Heath, Joe Anthony Ramirez, River Elaine-Monique Novick, Phyllis Leeann Battiest, Michael Brody Spoon, Lexi Della-Ann Spoon, Eric Russell Crider, Daylen Joseph Pearl, Lisa Renee Williams, Mackenzie Rae Ellis, Patience Bruce Longhorn, and Bruce Jerome Allen Longhorn as enrolled members of the Absentee Shawnee Tribe of Indians of Oklahoma as of the date of this resolution.

CTSA Head Start

is accepting applications
for a part-time

Child Care Teacher

at our Shawnee location.

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

CDA or Early Childhood Degree preferred, experience a plus.

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

Apply today at:
1535 N McKinley
Shawnee, OK 74801
or

Email your résumé to:
AmberC@CTSAHeadStart.org

CTSA Head Start is an Equal Opportunity Employer.

FAMILY FEAST

October 20, 2012



**Johnnie Mae Bettelyoun
would like to invite all family
members to a feast for family
members that have passed on.
The dinner will be held at the
home of Dewayne Wilson.**

EDUCATION DEPARTMENT

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

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

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

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

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

For more information, please call Tresha Spoon at (405) 275-4030 ext. 21 or 1-800-256-3341 or email to tresham@astribe.com.

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA Notice of Interest: Committee, Board, or Commission

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

Name: _____ CDIB #: _____

Address: _____

City: _____ State/Zip: _____

Phone: _____ Alt Phone: _____

Email: _____ Date: _____

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

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

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



THE FAMILY FUN FEST, A NIGHT OF TALENT

I hope everyone has had a great summer and enjoyed themselves at the 2012 Family Fun Fest. For those of you who didn't hear the Music Education Program along with many other Health Programs orchestrated a night of family fun with music. Our Family Fun Fest was held on August 25, 2012 open to parents and children at the Thunderbird Casino in Little Axe. This event showcased the many talented Native Americans we have in our community. We had booths from the health system programs as well as booths from vendors outside of the tribe handing out helpful health information to make this night memorable.

The purpose of this event was to help get the word out about the Music Education services and to let people, young and aged, know about the joy music can bring. The main focus of the Family Fun Fest was the Karaoke Contest in which the contestants sang their hearts out without a monitor to read off of. We had many talented contestants but of course only one winner. We would like to congratulate Delana Deere who sang "The Eagle Song." She did such an amazing job so if you get a chance to see her, kindly congratulate her. She won the chance to make her own 10 track CD with artwork.

During the contest raffle tickets were sold and a silent auction took place. The give-a-ways consisted of 2-\$25 gift certificates from Country Boy Grocery, 2-\$10 gift cards from Sonic, \$10 voucher from Avon, 4-\$25 gift cards from Wal-Mart bought by the AST, 4-\$25 gift card to be used at the AST tribal store, AST diner, or AST gift shop, 4-\$25 free play good at any Thunderbird Casino, and a \$25 gift card from Firelake Grocery. The silent auction was a huge hit raising \$357.00 for the Music Education Program. The auction items were a Rogue Guitar, a boys Huffy bike, a girls Huffy bike, 2 George Strait Autographed CD's, 2 George Strait Autograph Pictures, a gift basket from Avon, a bucket filled with cleaning supplies with a \$20 gift card from Lowe's, and a socket wrench set. This event was our first event like this, and to make it an even better success for next year we are in the stages of planning for our 2013 Family Fun Fest. We are attempting to get a well known music entertainer possibly a line dance contest. We're open to suggestions.

I would like to thank all of the Health Departments who took time out of their busy schedules to help plan and make this event a success which include, Diabetes & Wellness, REACH, Public Health Nursing and Caregivers, Injury Prevention, Behavioral Health MSPI, our Substance Abuse & Drug Counselor, Glenna Jones, and Patient Benefit Advocates. We also had Indian Child Welfare and our local Avon Representative set up booths. A special thanks goes out to our MC of the night, Randy Edge, Kyle Gibson for helping set up and tear down the equipment, and Buster Bread for being our Sound System Technician. Our Judges were Teri Reed, Belinda Collins, Kyle Gibson, John Kammerzell, and Lynn Melton. Thank you all again for all your hard work we look forward to seeing you all next year at the 2013 Family Fun Fest.

I still offer free music lessons at the Little Axe Health Center and at the tribal complex in Shawnee. Feel free to contact me at 405-701-7994 or Sidna McKane at 405-701-7977, we will be happy to let you know about the music lessons offered. I view every class as a time of enjoying music and learning to play the acoustic guitar, piano, bass guitar, or vocal or song writing. My classes are informal, relaxed, and fun so please give us a call or visit; you might just find the musician inside of you waiting to come out!

Sincerely,
Phil Bradley, Music Education, CHP

HUMAN RESOURCE

Current Job Openings

HEALTH POSITIONS:

- Staff Physician-Shawnee Clinic
- Accounting Technician
- Pharmacy Tech
- Nurse Practitioner/Physician Asst.
- LPN
- RN
- Patient Registration Clerk
- Health Information Specialist

ICW:

- Director

FAMILY SERVICE POSITIONS:

- Part Time Victim Advocate

CULTURAL PRESERVATION:

- Library/Gift Shop Assistant

COURT / LEGAL POSITIONS:

- Supreme Court Tribal Judge

GAMING COMMISSION POSITIONS:

- Executive Director
- Surveillance Operator
- Internal Auditor

FAMILY SERVICE POSITIONS:

- Part Time Victim Advocate

BOARDS & COMMISSION POSITIONS:

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

BUILDING BLOCKS POSITIONS:

- Floater

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

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

RANDY EDGE
TERO DIRECTOR

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



Phone 405.275.4030 ext. 135 Fax 405.395.9888 Cell 405.432.9859

BRIDGETTE WILSON
TERO OFFICE ASSISTANT

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



Phone 405.275.4030 ext. 163

Fax 405.395.9888

This past month has been quite eventful for our department. We have received 23 new applicants 7 of which are Absentee Shawnee Tribal members. With the addition of these 23 applicants, we now have a total of 488 applicants. In addition to this activity, we ve have also had 48 walk ins, various departments within the tribe.

Over the last month, the TERO department has attended several meetings. On August 27-28th, TERO attended the Indian Country Business Summit in Norman, OK. From this event, we received contacts for 17 new vendors. Then, on September 13th, TERO attended a meeting at Norman High School. The two things discussed during the meeting were Norman High Schools process and the Youth Build Grant. The Youth Build Grant for example will help build skills in such areas as carpentry, roofing and other areas to better the chances in pursuing a career in today s workforce while completing a GED.

Great news for Tribal Nations. The Equal Employment Opportunity Commission (EEOC) has recently approved a model plan that will help Indian tribes partner with the EEOC to combat employment discrimination. Each MOU (Model Memorandum of Understanding) will allow the EEOC and an individual tribe to coordinate investigations, share information and provide reciprocal training in their mutual efforts to eradicate employment discrimination. These MOUs will not only promote employment justice with protections for Indian tribal members, they will also foster relationships between the EEOC and tribes and promote enforcement of employment discrimination laws on and off Indian lands. The following link has more information on the EEOC approval Model to help Indian Tribes fight job discrimination: <http://www.eeoc.gov/eeoc/newsroom/release/9-18-12.cfm>

Overall, the Tribal Employment Rights Office is a department organized to help Native Americans search for employment. In addition to this, we protect the rights of Native Americans in the workforce, assist in referring applicants to jobs, help applicants build resumes, assist in searching for online jobs, and provide interview tips to applicants.

We encourage all tribal members as well as other Native Americans looking for employment to apply with TERO. The process to become a TERO applicant is as follows[1] Complete a TERO application [2] Provide a copy of your Tribal Enrollment or your CDIB Card (Must be a member of a Federally recognized tribe or be able to document tribal affiliation) [3] Provide a copy of your Social Security Card and a copy of your Photo ID [4] Provide copies of achievements and/or certifications (Certificates, Degrees, Diplomas, Transcripts, Licenses, or Certifications received). For everybody who is interested, we are located in Building #1 on the second floor. For your

convenience, we have posted all tribal positions as well as local positions outside of our doors. Currently, we have 68 job openings both locally and tribal posted outside of our door. However, keep in mind, the job openings are updated weekly as employment opportunities are always changing. If you have any questions about the TERO program contact our office and we will be happy to assist you.

From June 11th to July 19th, we gave four college students the opportunity to explore and obtain job skills in one of the Absentee Shawnee departments of their choice. Our mission was to provide these four students the opportunity to intern with different departments and acquire the knowledge of what types of responsibilities might be expected from them in their chosen career field. In the end, we hoped that this internship would help these four interns understand their chosen career paths, realize if these paths were right for them, recognize the opportunities the Absentee Shawnee Tribe can provide as a business, and present each intern the chance to network with the tribe and its entities.

The four students chosen to intern were Dakota Blanchard, Peyton Watson, Brittany Watson, and Carol Butler.



Dakota Blanchard is the son of tribal members Joseph and Twyla Blanchard. He is currently a student at the University of Science and Arts of Oklahoma pursuing a Bachelors Cultural Preservation Department. While interning in the department,

he learned how to communicate and effectively work with other people which he feels would be beneficial in his college career when it comes to learning, reading, and communicating with both students and professors.



Peyton Watson is the daughter of tribal members Patrick and Jamie Watson. She is currently a student at East Central University pursuing a Bachelors Therapy/Exercise Science. During the internship, she was placed in the Health/PT Department. While interning in

the department she realized that she really enjoyed helping people, learned about different injuries, and understood how to treat and help patients recover from their injuries. Ultimately, her experience helped her realize that Physical Therapy was the field of study she wanted to pursue.



Brittany Watson is the daughter of tribal member Katrina Watson. She is currently a student at Arkansas Tech University pursuing a Bachelor s degree in Physician Assistant/ Biology. During the internship, she was placed in the Health

Department working in the clinic. While interning in the department, she learned how to approach patients, diagnosis patients, and about CBCs and EKGs. She feels the previous experiences will give her an advantage in her college career because she had the experience in patient/caregiver interaction and had been trained in knowing what needed to be done.



Carol Butler is the daughter of tribal member Donna Butler. She is currently a student at the University of Oklahoma pursuing a Masters with a concentration in Biogeography. During the internship, she was placed in the T.E.R.O. Department. While interning in the department, she felt she improved and made stronger her already learned skills of how to communicate effectively with people, multitasking, working in teams, researching, time management, and knowledge of computers. She feels that all these skills would definitely be beneficial in her college career when it comes to writing and defending her thesis.

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

- Customer Service Representative
- Fixed Assets Clerk
- Invoicing Clerk
- Sales Representative Masonry Division
- Sales Professional
- Sales Associate
- Sales Consultant
- Clerk Shipping & Receiving
- Patient Service Technician Local Delivery Driver
- Occupational Therapist
- Information Technology Specialist
- Hospitality Manager
- Logistics Supervisor
- Field Service Technician
- Retail Manager
- School Bus Driver
- Security Officer
- Information & Education Specialist
- Dynamics GP System Administrator
- Crew Member
- Cook
- Cashier
- Bus Person
- Journeyman HVAC Technician
- Mixer Driver
- Pipe Liner
- Field Operator
- Concrete Materials Tester
- Material Handler

These positions are located right outside of the TERO office. We update these positions weekly. If you have any questions concerning a job opening, please feel free to contact us at 405.275.4030 X163 or 135.

HAPPY BIRTHDAY!! HAPPY B

OCTOBER 2012 BIRTHDAYS

Abma, Meado Elisa
 Adams, James Michael
 Aguinaga, Aaron Juan
 Aguirre, Jose Raul
 Ahtone, Caylen Evreaux
 Alford Jr., Elroy Raymond
 Alford, Herbert Vearl
 Ardrey, Wanda Marie
 Ash, Earl James
 Aspen, Andrew James
 Atwood, Joseph Eugene
 Bailey, Beverly Jean Lovins
 Balch, Shannon Eugene
 Barnard, Legacy May
 Barnett, Charles Wayne
 Barriga, Sommer Rae
 Battise, Tara Christine
 Bayliss, Jeanette Williams
 Beach, Brodie Aaron
 Beartusk, Jonah Edward
 Belvin Jr, Jesse Lee
 Bender, Jason Allen
 Bettelyoun, Kendall Ray
 Bettelyoun, Michael Vincent
 Bhandari, Dasan Krishna
 Bittle Jr., James Carl
 Blackbear, Jorey Rian
 Blanchard Jr., George Melvin
 Blanchard, Alex Gordon
 Blanchard, Bryson Dale
 Blanchard, Jared Dillon
 Blanchard, Kevin Owen
 Blood, Jennifer
 Bond, Brandon Curtis
 Bradley, Jimmie Lee
 Bradley, Ronald Gene
 Brady Jr., Cecil Edgar
 Brady, Carlie Noelle
 Breedlove, Cynthia Kay
 Brittain, Shaye Dawn
 Brokeshoulder, Aaron Dean
 Brokeshoulder, Randall James
 Brown, Kane Alexander
 Brown, Kristopher Todd
 Bryce, Todd Kaden
 Bui, Bennett Van
 Byers, Sebastian Michael
 Cagle, Sheryl Lynette
 Call, Kelly Edward
 Campbell, Charlotte Lynn
 Carlson, Harley Leann
 Carpenter, Glenda Carol
 Chapman, Atira Vonne
 Chisholm, Candace Lauren
 Chupp, Angela Marie
 Citty, Dora Mae
 Cochrane, Rachel D.
 Coddington, Cameron Michael
 Coddington, Hailey Elaine
 Coleman, Janice Sue
 Colungo, Khia Jayde
 Coriz, Benjamin Allen
 Cottrell, Steven Thomas
 Crossley, Burton Jay
 Crossley, Jeffery Mark
 Cypret, Isaac Matthew
 Dalitz, Christi Lynn
 Daugherty, Steven Neil
 Davis, Brock Mason

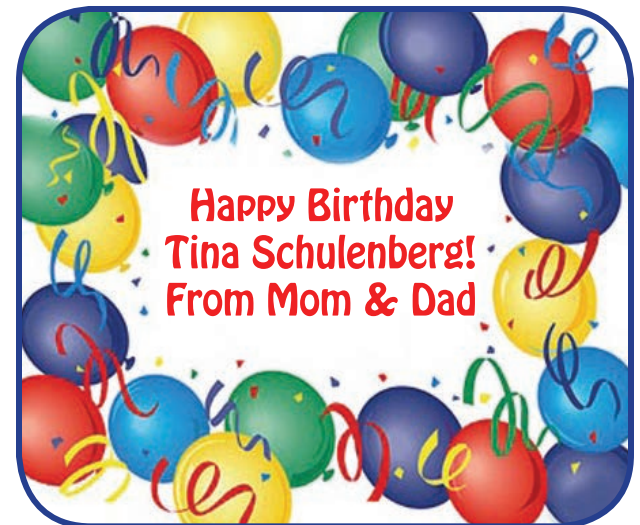
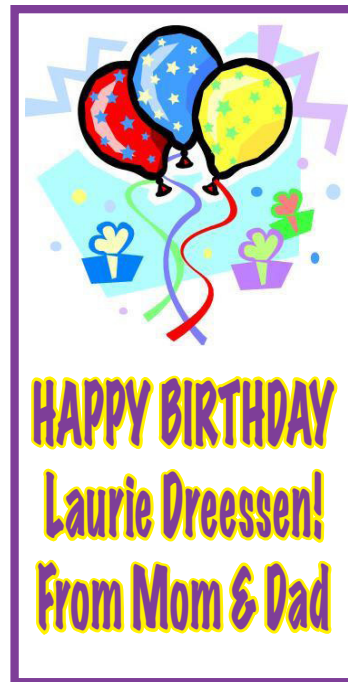
Davis, Janice Laverne
 Davis, Kimber Lee
 Davis, Mary Louise
 Davis, Ryan Kyle
 Dees, Elizabeth Yvonne
 DeLodge, Brendan Joseph
 Dezeller, Joyce Fay
 Diehl, Chelsea Elizabeth
 Dohrwardt, Sherry Ann
 Doussett, Linda Sue
 Dreesen, Laurie Dawn
 Dry, Breanna Joyclynn
 Dry, Karlee Nicole
 Durmon, Ryland Ryder
 Eason, Liam Malachi
 Eckles, Erick Emmanuel
 Eckles, Steven George
 Edwards, Shawnee Dawn
 Ellis, Allison Krista
 Ellis, Henryetta (Blanchard)
 Ellis, Kevin Mark
 Ellis, Kimberly Marie
 Ellis, Linda Jean
 England, Connie Sue
 Fife, Austin Scott
 Fisher, Susan Renee
 Foreman, Eli Zane
 Foreman, Sidney Brian
 Foreman, Wesley Josiah
 Frazier, Anthony Lawrence
 Gall, Rebecca Sue
 Gibson, Bernice
 Gibson, Collin Lane
 Gibson, John Arnold
 Gibson, Tyler Logan
 Gillihan, Layton Douglas
 Gilman Jr., Thomas Eugene
 Gilman, Tomi-Lynn Sophia
 Gonzalez, Kathrine Mary
 Green, Angela Dawn
 Green, Shai Leigh
 Green, Tristin Eeon
 Gregory, Derek Ryan
 Gregory, Jacob Samuel
Griffin, Craig Robert
 Hardeman, Uriah Terez
 Harjo, Bryleigh Marie
 Harjo, Linda Marie
 Harjo, Stathan Ray
 Harjoe, Dawn Nicole
 Haumpy, Lijuan Myki
 Hayes, Jaeger Koen
 Healy, Shawna Susan
 Helvy, Camber Nicole
 Herrera, Eian Anthany
 Herrera, Manuel Gustava
 Herrera, Michael Alexander
 Herrera, Rosalynn Macie
 Herrin, Susan Rena
 Holderness, Nichole Ann
 Holland, Tambi Dawn
 Hood, Nova Dean
 Hough, Marrisa Louise
 Houston, Thurman
 Irvin, Timothy Logan
 Isaac Sr., William
 Jimboy, Katie La Rae
 Jimerson III, Robert E
 Johnson, David Leroy

Johnson Sr., Josie Ed
 Johnson, Chan Van Ness
 Johnson, Emma Lee
 Johnson, Erica Lynn
 Johnson, Jessica Lynn
 Johnson, Manuel Steve
 Johnson, Mark
 Johnson, Sean Allen
 Johnson, Shannon Renay
 Johnson, Stevi Mahri
 Jones, Kaiya Damon
 Jones, Zackery Dene
 Kauley, Charlotte Jayne
 Kelly, Joseph Austin
 Kilmer, Brittany Michelle
 Kilmer, Ethan Allen
 Kirby, Robert Micheal
 Kleine, Elizabeth Ann
 Kobs, Alexander Francis
 Lasenberry, Lawrence
 Layton Brooks
 Lee, Cortney Raeanne
 Leedom, Christopher Donald
 Leedom, Melanie Rochelle
 Leedom, Stephen Wayne
 Lewelling, Avis Jewel
 Little Creek, Frank Dwight
 Little Jim, Gabriel Clint
 Little Jim, Justin Dale
 Little Jr., David
 Little, Freddie Don
 Little, Michael Boyd
 Little, Travis Shane
 Littlebear, Anthony Karlin
 Littlebear, Brett Cason
 Littlebear, John
 Littlebear, Lois Gwen
 Littlecreek, Aaron Dale
 Littlecreek, Dalton Dale
 Littlecreek, Melissa Richelle
 Littlehead, William Douglas
 Littlejim, Gracey Lorene
 Lockner, Isaac Joseph Leigh
 Longhorn, Lance Calvin
 Longhorn, Lydia Kye
 Longhorn, Ryan Wade
 Longhorn, Stephanie Lee
 Longhorn, Vernice Correne
 Longman Sr., Henry Daniel
 Longman, Ciara Lynn
 Lossie, Colton Lewis Cain
 Lowe, Kerry Denise
 Lucas Spybuck, Misty Rosileah
 Mack, Dewayne George
 Mack, Kailas Dail
 Mack, Melissa Ann
 Mack, Secote Vholoce
 Martinez, Marina Cristine Mas-
 quas, Katlyn Alexzandra Mat-
 thews, Anthony Edward Scott
 Mattingly, Erin Paige
Maxfield, Sky Colisa
 Maxwell, Meagan Renee
 McBride, Aaron Wayne
McGuffin, Mary Bradley
 Megehee, Shirley Louise
 Megehee, William Sean
 Merrell, Marleigh Jaye
 Miller, Anna Mae

Miller, Brody Scott Glenn
 Miller, Kale Donovan
 Miller, Scott Alan
 Mohawk, Jimmie Ray
 Monk, Jessica Rita
 Morgan, Avin Tyler
 Morgan, Letitia Rhea
 Morton, Rhianna Elizabeth
 Motes, Christopher Cole
 Myers, Rachel Johnnie
 Neese, Branden Hunter
 Newton, Colt Allen
 Odell, Edna May Armstrong
 Onzahwah, Theodora Marie
 Panther Sr., Donald Eric
 Panther, Dakota Eric
 Parker, Queta Cara
 Perryman, John Lewis
 Perryman, Lillie D Blanchard
 Peter, Terrance Nicholie
 Petersen, Marsha Ann
 Ponkilla, Brigette Nicole
 Powell, David W
 Ramirez, Antonio
 Ramirez, Helen Marie
 Rapos, Christal Nasebewa
 Rathbun, Nicholis Lee
 Ressler, Linda Kay
 Rickard, Janice Renee
 Rivas, Becky Marie
 Roach, Tanya Emma
 Roberts, Jeremiah Dean
 Robison, Burtis Charles
 Rock, Patricia Ann
 Rolette, Robbin Louise
 Rolette, Travis Anthony
 Rudloff, Emma Leann
 Salazar, Ellen Diesta
 Salisbury, Alyssa Rose
 Sanchez, Airez Pete
 Sanchez, Itzel Itzury
 Schulenberg, Justin Michael
 Schulenberg, Tina Yvette
 Scraper, Benjamin Alexander
 Self, Braydon Wayne
 Serena, Barbara Jean
 Shaffer, Nicholas Keith
 Shields, Darian Alexandria
 Shirey, Caeden Carlsen
 Sloan, Michael Ray
 Sloat, Jeromi Wayne
 Sloat, Zaurhea Elayne
 Smith, Shannon Dana
 Spoon Jr., John Wesley
 Spoon, Canaan Lee
 Spoon, Christina Ann
 Spoon, Preston Gabriel
 Spoon, Steven Paul
 Spybuck, Brandi Christine
 Squire, Gwendale Lynn
 Stacey, Nils Greg
 Starr, Eric Glen
 Starr, Tricia Suzanne
 Stewart, Wanda Louise
 Sullivan, Pamela Kay
 Sultuska, George A
 Surface, Ian Robert
 Switch Jr., Douglas Vaughn
 Switch Jr., Randy Carrol

Switch, Aaron Christopher
 Switch, Valerie June
 Tallchief, Bobby Eves
 Tapia, Carlito Cruz
 Taylor Jr., James Robert
 Taylor, Amanda Mae Alice
 Taylor, Gail Anne
 Taylor, Shelly Bennie
 Thapa, Blake Lee
 Thorpe III, George
 Thorpe Sr., Ronnie Allen
 Thorpe, Derrick James
 Thorpe, Patricia Ann
 Thorpe, Taj Robert
 Tiger, Aaron Dewayne
 Tiger, Anthony John
 Tiger, Attison Elaine
 Tiger, Christy Danielle
 Tiger, Cynthia Caylin
 Tiger, John Charles
 Tiger, Stormy Sky
 Tolbert, Jaleigh Renee
 Torbett, Lori Ann
 Turner, Georgie Ann
 Tyner, Dwight A.
 Upman, Ronald David
 Vaughn, Nathan Michael
 Voyles, Danielle Rose
 Walker, Randall Dean
 Warrior Sr., Lucian Jay
 Warrior, Necon Andrew
 Warrior, Watasha Nichole
 Wasley, Lewis Daniel
 Watkins III, Irvin Lee
 Watson, Aaron Wayne
 Watson, Katrina Dawn
 Whinery, Rachel Elaine
 White, Cynthia Diane
 White, David Leroy
 White, Evan James
 White, Keyle Marie
 White, Nicholas Clay
 Whittaker, Brantley Jai
 Wicks, Raequan DeMario
 Wilkerson, Amanda Carol
 Wilkerson, Amy Marie
 Williams, Matthew Lee
 Williams, Amber Ann
 Williams, Charles Scott
 Williams, Darlene Kaye
 Williams, Timothy J.
 Wilson, Bridgette Nicole
 Wilson, David Anthony
 Wilson, Joseph Warren
 Wilson, Tanya Ann
 Wilson, Terry Wayne
 Wilson-Ongaco, Michelle Marie
 Wolf, Christian Seminole
 Wolfe, Fanya Gayle
 Wood, Darla Sue
 Woody, Derek Wayne
 Wright, Michael Roosevelt
 Wright, Raven Roxanne
 Wunderlin, Tyler Jay
 Wyatt, William Thor
 Yandell, Paisley Alexis
 Yates, Kaitlin Cheyenne

BIRTHDAY!! HAPPY BIRTHDAY!!



The head forgets —
but the heart remembers.


Happy Belated Birthday

Jennie Mohawk (Boots) Snake

Ms. Snake has reached the Golden Age of 90 years young. She was surrounded by family as she celebrated her birthday with cake and many presents. Ms. Snake was born in 1922, and attended school at Oklahoma State University. She is living proof that while being diabetic you can live a long useful life as she has been one for well over 30 years.

Love Steven Snake- Alta Jean Snake






Little Axe Health Center
Providing Customer Care You Deserve, Trust, and Choose.

15951 Little Axe Drive, Norman, OK 73026 405.477.0300
 Open Monday-Friday
 Hours: 7 am to 5:30 pm

*Providing Exceptional Care to All Soonercare Members
 (Tribal and Non-Tribal)*



Health Program Update

Well, the cooler months are coming and it is time to think about getting a flu shot. Both clinics are setting up times for tribal members to come in for a flu shot. Call the Shawnee Clinic at 878-4702 to schedule your shot or the Little Axe Clinic at 447-0300. We will also be giving flu shots during General Council.

If you have been in the clinic lately, you may have noticed eight portraits throughout the clinic. These portraits are paintings of Shawnee leaders of the past. These painting were donated to the clinic from Treasurer Deere's office. With the addition of these portraits, the clinic feels more like a Shawnee business. So I would like to offer a proposition to all Shawnee Tribal members. I would like to start putting pictures of all our Shawnee ancestors throughout the clinic. If you have old pictures of your family members and would like to share these pictures, I would like to have copies. I would like to hang pictures of our ancestors on the walls in the clinic. If you would like to help me make the clinic feel more like a Shawnee clinic, please bring me copies of your family pictures. I will scan the pictures on our copy machine and print these pictures and I will have them framed. These pictures will be hung throughout the building. Currently we have two pictures of tribal members from years ago. One picture I have was given to me by my dad and it was taken in 1947 when my grandfather returned from WW II. I have it framed and on display in the case in the front lobby of the clinic. These are the types of pictures I'd like to display in the clinic.

If you would also like to donate an item of interest to the clinic, I would like to display these in our case too. I have been approached many times by people who want to know why we don't have anything in our display cases and I tell them I'm waiting for people to give me things to put in here. I want to thank Treasurer Deere, Charles and Wanda Tiger, Briana Ponkilla, and many other tribal members who have loaned items for our display case, but I'd like to be able to put in more of our artifacts or mementoes in the cases so that visitors to our clinic can learn more about the tribe and our history.

This month I am featuring the physical therapy department. Toni Donaho is the physical therapist. She comes from Norman and has worked in private practice before coming to the tribe. Toni started in June and her schedule quickly filled up.

She works 8 am to 5 pm every day and is currently accepting new patients. Sandra Whitethunder is the receptionist in the department and is helping with the patients. Toni is teaching her how to start patients on their session and this helps with increasing patient care.

The other department that is working well is the Diabetes and Wellness. We have two diabetes educators, Jimmi Norris and Margaret Starkey. Both of these ladies have many years of experience teaching diabetes education and have been having cooking classes in the clinic as a way to teach diabetics how to cook food that will keep their blood sugar low and teach ways to lower their blood sugar. If you are a diabetic and have not yet been seen by our diabetes educators, make an appointment to visit with one of these ladies. Margaret also goes to the Shawnee Clinic to see patients. You can call the Shawnee Clinic to schedule a time to visit with Margaret.

The health programs are working with many other departments and programs within the tribal system. The office of ICW needed a place to move to that will allow them more space so the health program allowed them to move into offices in building 16, the old administration offices that are on the south side of the clinic. They currently use four of the offices in building 16 and have use of a receptionist who takes calls for them and checks in their clients. We are happy to have ICW in there to keep Rhonda company.

We have been getting questions about our telephone system and on some days, when you call in, you get the auto-attendant instead of the live person. When our operator is on another line with a patient and she does not answer the phone after a certain number of rings, the auto-attendant picks up the call. The same is true if she leaves her desk for a few minutes, which can happen if she has to take a quick break or has to help a patient find their way around, the auto-attendant picks up the call. We are working on this problem We are training the registration clerks to help with relieving Autumn at the telephone so she can take her breaks and her lunch time. Our operator works 7 am to 4 pm so we have to have relief from 4-5 pm. When we are short on staff, often the auto-attendant has to be activated to take calls because we have no one to relieve the operator. So please just bear with us for now, we are getting more of our clerks trained to use the telephone system so that the operator can have her breaks and if she is ever out sick or needs to have some time off, we will have someone who can

take over. If you continue to have questions about the telephone and still have problems with getting through, please let me know.

Before I close, I would like to take this time to say thank you to all the tribal members who use the clinics. We are always trying to find ways to improve the programs and accept questions and concerns. If you have problems, please let me know or you can also talk to Marla in the Shawnee Clinic. We look forward to serving the Shawnee people and are always willing to listen to concerns.

Thank you,
 Beverly Felton, MSN, RN Executive Director of Health

Dizzy Days?

Are you dizzy? Feel unsteady or have ringing in your ears? Do you have difficulty riding in the backseat of a car? Is it difficult to walk a straight line or balance on one foot? You may have a vestibular problem. These symptoms can be caused by an inner ear problem, pathology in the neck, Menier's Disease, labyrinthitis or benign parosymal positional vertigo.

More than 2 million people visit their physician each year with the above complaints. 80% of people with these symptoms are completely cured with appropriate medication and physical therapy. Treatment of neck dysfunction and balance disorders is commonly treated with physical therapy.

Your body can be trained to improve your static and dynamic balance. The Little Axe Health care specialists can help you improve your visual tracking, coordination and movement strategies. We can also improve your neck problems.

The number one reason for fractures in the elderly population is falls secondary to poor balance. Why wait? Why suffer? An ounce of prevention is worth a pound of cure.

Little Axe Health Center

-Toni Donahoo, Doctor of Physical Therapy

Participant call!! If you are AST 55 and older residing in Cleveland and Pottawatomie counties and have a fear of falling or a history of falling, we would like to speak with you. The AST Injury Prevention Program and the Public Health Nursing Department are working with the Little Axe Physical Therapy Department to conduct a study to reduce elder falls and injury. We will be offering balance assessments to participants as well as physical therapy and tai chi exercise to improve your balance, flexibility, and improve mobility. Unintentional falls are the second leading cause of unintentional deaths for Native American ages 55 and older, according to the Center for Disease Control. The CDC reports the death rates for Native American's in the US have increased from 69.87% in 2000 to 76.48% in 2005. Unintentional falls were a total of 81% of deaths of persons ages 65 and older. For those who are lucky enough not to suffer a fatal injury during a fall, are likely to become less able to get around, unable to live on their own, and may suffer an early death. Elders are important to the well-being and cultural strength of our Native communities. The community needs you so please give us a call at the Little Axe Clinic. Sacha Almanza, AST Injury Prevention Program Coordinator 405.447.0300 located in the Public Health Nursing Department, ext. 7999.



October 2012

HAPPY HALLOWEEN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 Hot Ham N Chez Onion Rings Fruit Cocktail	2 Smoked Sausage Cabbage Red Pot. Bread/Pears	3 Title VI Attending Food Show	4 Spaghetti Meat sauce Garlic Bread Greenbeans Tossed Salad*	5 Cereal Boiled Egg Sausage Links	6	
7	8 Hot Dog Mac. Salad Chips Yogurt	9 Stew Cornbread Onions Cake	10 Chicken Pot Pie Scalloped Pot. Apricots	11 Tamales Spanish Rice Refried Beans Cinnamon Roll	12 French Toast Sausage Patty Fruit	13	
14	15 BBQ Sandwich Coleslaw Pickles n Onions Chips Mand. Oranges	16 Eggroll Stir-fry Veggies Rice Banana w/Glaze	17 Meatloaf Green beans Mashed Pot. Gravy Cookie	18 Hamburger Steak w/ gravy Veggies Tossed Salad* Bread	19 Scrambled Eggs Sausage Gravy Biscuit	20 General Council 10am LARC	
21	22 Steak Fingers Mashed Pot. Gravy Brussels Sprouts Pineapple	23 Beef Tips Noodles Veggies Roll Crisp	24 Pinto Beans w/Ham Steak fries Onions Cornbread	25 Chicken Salad Sandwich Lett & Tom. Chips Fruit	26 English Muffin Eggs Ham	27	
28	29 Taco Casserole Ranch Beans Salsa Applesauce	30 Chicken Breast Wild Rice Mixed Veggies Bread Peaches	31 Halloween Chili Crackers Eyeball Cupcakes				

2% MILK SERVED DAILY

MENU SUBJECT TO CHANGE



GOURD DANCE HONORING ALL NATIVE VETERANS/WARRIORS

November 10th, 2012

Little Axe, OK (Thunder Bird Casino Facilities)

SPONSOR:..... ABSENTEE SHAWNEE ELDERS COUNCIL

CO-HOST:..... COMANCHE LITTLE PONIES

INVITING

ALL VETERANS AND CURRENT WARRIORS (MEN AND WOMEN)

ALL GOURD DANCE CLUBS/ORGANIZATIONS

ALL TRIBAL COLOR GUARDS

SOME SPECIAL HONORS AND RECOGNITIONS

MOST VETERAN DANCERS IN GROUP,PARTICIPATING
GROUP TRAVELING FURTHEREST DISTANCE..... TO LITTLE AXE
YOUNGEST DANCER CURRENTLY IN MILITARY..... (MAN)
YOUNGEST DANCER CURRENTLY IN MILITARY..... (WOMAN)
OLDEST VETERAN GOURD DANCER..... (MAN)
OLDEST VETERAN GOURD DANCER..... (WOMAN)
(OTHER)..... INDIVIDUAL VETERANS AND WARRIORS

STAFF

MASTER OF CEREMONIES.....TBD

HEAD SINGER.....LEONARD COZAD, JR

HEAD DANCER (MEN).....TBD

HEAD DANCER (WOMAN).....TBD

SCHEDULE

1:00 PM TO 5:PM.....GOURD DANCE AND HONORING ACTIVITIES

5:00PM —6:30PMSUPPER BREAK ---PROVIDED BY AST ELDERS

6:30 –11:00 PM GOURD DANCE AND HONORING ACTIVITIES

CRAFTS VENDER SPACE AVAILABLE—\$ 50 PRE-REGISTRATION FEE- (REQUIRED)



FOR INFORMATION :

CONTACT:
DAN LITTLE AXE
PRES. AST. ELDERS
C---(405) 432-7952
O---(405)-329-5542



ASTribe

Indian Child Welfare Department FOSTER CARE

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

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

Foster Parents Needed!!!

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

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

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

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

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

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

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

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

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

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

For more information about being a foster home, please contact:

Indian Child Welfare
Department
(405)275-4030.

Wills Clinic

October 11, 2012

9:00 am - 4:00 pm

Absentee Shawnee

Tribal Complex

Building 1

To make an
appointment

Call OILS at:

(405) 943-6457 or

1-800-658-1497

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



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

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

Often people with type 2 diabetes have no symptoms.

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

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

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

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

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

Source: American Diabetes Association at www.diabetes.org

Absentee Shawnee Behavioral Health

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

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

We welcome back Kristy Morrell – she is now located at the Little Axe Clinic

We would like to extend a warm welcome to our newest staff:

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

Dr. Peter Stanbro is a child psychiatrist and will be currently taking new patients. He will be providing services every Thursday at our Little Axe Clinic.

Monte Blake, LPC is one our newest clinician's. He is located at our Shawnee Clinic.

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



AST PHARMACY NEWS



- Visit our new, convenient drive-thru at the Little Axe location for refill drop off or pick up!!
- As of January 1, 2012, Oklahoma State Law mandates that a current, state issued photo ID be on file for both the patient and the representative picking up for EVERY fill of ANY controlled medication.
- Deliveries of controlled medications will no longer be allowed.
- Both Shawnee and Little Axe pharmacy locations fill prescriptions for members of all tribes, but outside prescription orders are restricted to Absentee Shawnee Tribal citizens with established charts.
- If you would like to receive a text message to your cell phone when your medications are ready for pick-up, please alert the pharmacy staff and provide us with a current cell phone number.
- The following are a few tips to help us be more efficient in our delivery of pharmacy services to you:
 - ✓ Present insurance cards each time you pick up or drop off a prescription
 - ✓ Keep us informed of changes in address, phone number and other contact information.
 - ✓ Let the Pharmacy staff know if the prescription is going to be picked up or needs to be delivered.
 - ✓ When requesting refills, please provide 24 hours' notice and either the refill number, which is located above your name on the prescription label, or the names of your medication.

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

Hours of Operation:

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

Shawnee: 7am-6pm Monday-Friday

We are open through the lunch hour!!

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

From the Cultural Preservation Department:

As a newly contracted member of the Cultural Preservation department, let me begin by telling you how honored I am to serve the Absentee Shawnee Tribe as Library Assistant. It is my hope that my diverse history in library services, education, community arts outreach and information management will contribute significantly to the already bright future of the Cultural Preservation Department. I look forward to working with Joseph to build a solid program that will serve the educational and information needs of the Absentee Shawnee Tribe. In the following months we will be working to

- Expand our resources and prepare them for circulation in the community
- Establish a "Young Scholars and Artists in Residence" program
- Construct a "Friends of the Library" volunteer corps
- Develop an "Adult Literacy" program
- Begin a "Library to Go: Books on Wheels" delivery service
- Launch a "Living Histories" multimedia archives project
- Implement a summer youth program
- Create an "Autumn Arts Festival" to showcase our library
- And much, much more!

We have big dreams for the Absentee Shawnee Library! But with your support we can make this vision a reality. I look forward to working with each of you to develop a program that serves the needs of the Absentee Shawnee Tribe and am confident that, with a little hard work and perseverance, the Library program will flourish into one of this community's crowning achievements!

Josh Shawnee
 Library Assistant
 Cultural Preservation Department
 Absentee Shawnee Tribe

Diabetes and Wellness Program



Recipe

No-Bake Pumpkin Swirl Cheesecake

Ingredients:

- 3/4 cup finely crushed graham crackers
- 2 tablespoons butter, melted
- 1 8 ounce package reduced-fat cream cheese (Neufchatel)
- 1/2 cup sugar or sugar substitute equivalent to 1/2 cup sugar*
- 1/2 cup fat-free milk
- 2 teaspoons vanilla
- 1/2 teaspoon finely shredded orange peel
- 2 8 ounce packages fat-free cream cheese
- 1 15 ounce can pumpkin
- 1 teaspoon pumpkin pie spice
- 1 envelope unflavored gelatin
- 1/4 cup orange juice

For crust:1. In a medium bowl, stir together crushed graham crackers and melted butter until crackers are moistened. Press mixture onto bottom of an 8-inch springform pan. Cover and chill while preparing filling.

For filling:2. In a food processor or blender, combine the reduced-fat cream cheese, 1/4 cup of the sugar, 1/4 cup of the milk, the vanilla, and orange peel. Cover and process or blend until smooth. Transfer to a medium bowl; set aside.

3. In a food processor or blender, combine fat-free cream cheese, pumpkin, remaining 1/4 cup sugar, remaining 1/4 cup milk, and the pumpkin pie spice. Cover and process or blend until smooth.

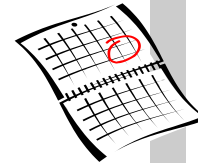
4. In a small saucepan, sprinkle gelatin over orange juice; let stand for 5 minutes. Cook and stir over low heat until gelatin is dissolved. Stir 1 tablespoon of the gelatin mixture into the white cream cheese mixture and the remaining gelatin mixture into the pumpkin mixture.

5. Pour pumpkin mixture over chilled crust in pan. Carefully pour white cream cheese mixture over pumpkin mixture. Using a narrow, thin-bladed metal spatula or a table knife, swirl pumpkin and white mixtures.

6. Cover and chill overnight before serving. To serve, using a small sharp knife, loosen cheesecake from side of springform pan; remove side of pan. Cut into wedges. Makes 12 servings.

nutrition Facts Per Serving:

servings Per Recipe: 12
 calories: 149
 protein: 9 g
 carbohydrate: 12g
 fat, total: 7g
 cholesterol: 23mg
 saturated fat: 4g
 dietary Fiber: 1g
 sodium: 331mg



Mark Your Calendar

Upcoming Events...

Education Opportunities

- Learning to Control your Diabetes
Thursdays 2:00 pm– 4:00 pm
Little Axe Health Center
- Diabetes and Wellness Program along with OSU Extension presents Community Nutrition Education Program
Fridays 2:00 pm
Little Health Center

For more information and to enroll Call the number below

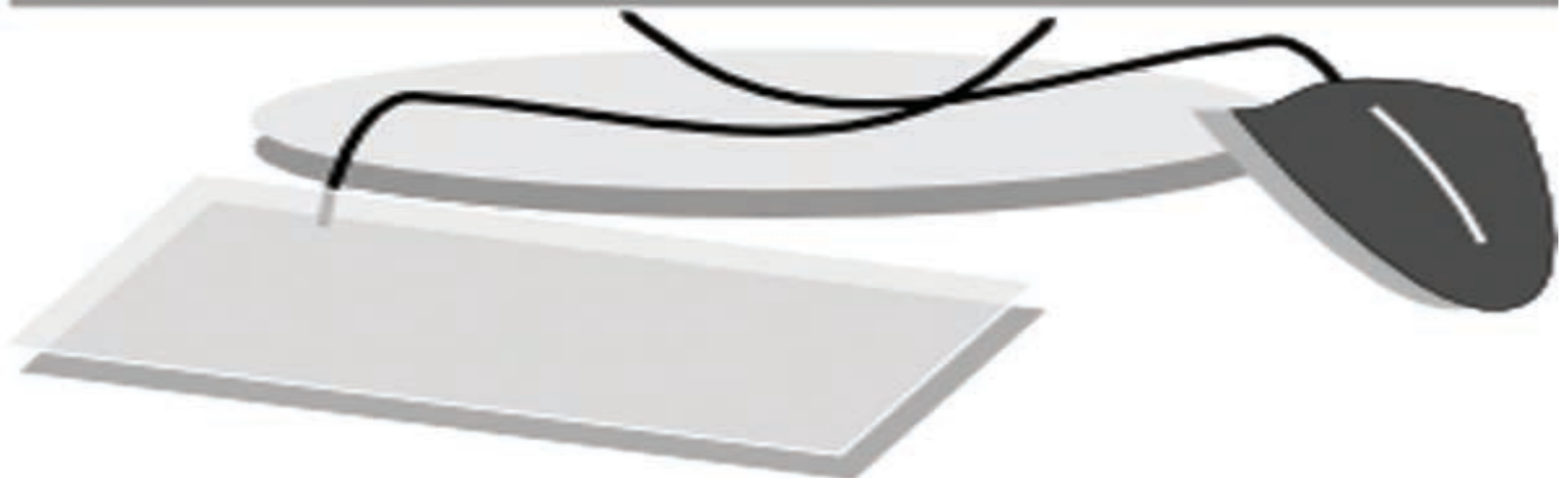
Diabetes and Wellness Program
 Absentee Shawnee Tribe Health Clinic
 Phone: (405)701-7977 (405)447-0300
 Fax: (405)701-7984
 15951 Little Axe Dr.
 Norman, OK 73026



WELCOME NISHANT!

WELCOME OUR NEW WEBSITE DEVELOPER NISHANT SHRESTHA (SHRESH-TAH) WHO STARTED WITH US ON SEPTEMBER 5TH. NISHANT IS ORIGINALLY FROM NEPAL AND HIS WIFE, JENNIFER, IS KICKAPOO/ABSENTEE SHAWNEE. HE HAS A SON, ABHI, WHO IS AN ENROLLED AST MEMBER. NISHANT JUST MOVED HERE FROM CALIFORNIA. HIS BACKGROUND INCLUDES WORK AS A SOFTWARE ENGINEER. HE GRADUATED FROM THE UNIVERSITY OF CENTRAL OKLAHOMA IN 2004. HE CURRENTLY LIVES IN EDMOND. HE ENJOYS PLAYING GUITAR, LOVES JIMMY HENDRIX, HIKING, SWIMMING, AND CAMPING.

PLEASE STOP AND SAY HI TO HIM IF YOU SEE HIM AROUND THE COMPLEX. HE WILL BE WORKING ON WEBSITE IMPROVEMENTS AND IS THE MAN TO CALL FOR ALL YOUR WEBSITE NEEDS. RICO AND I ARE SO EXCITED TO HAVE HIM WORKING IN MIS.



HORSE SHOE BEND AFTER SCHOOL PROGRAM: Summer 2012

The After School Program started tutoring students on September 4, 2012, for the school term of 2012- 2013. Students were excited to be back at Horse Shoe Bend, we have our returning students from last year and a lot of new students. The center averages 18 to 22 kids per day, Monday through Thursday. I have 35 that enrolled, but due to conflicting schedules with some families with softball and football those students will be attending when those sports are finished for the season. It has been very busy for the first two weeks of tutoring. I have the pleasure of recruiting three students from Oklahoma Baptist University and one student from Seminole State College also a retire Coach. Randall Watson and Stuart Rolette and Elaine Brown are back for another year. I really appreciate their dedication to the students at The Horse Shoe Bend After School Program; they are an asset to this new program that the Tribe has taken on for our school children. We are in our second year of tutoring at Horse Shoe Bend and I can see that it has made a big impact in the attitude of our students that attend.

I'd like to introduce our new tutors:

JOHANNA KLEINSASSER Age: 19

Hometown: Lee's Summit, Missouri

Education: Sophomore at Oklahoma Baptist University

I am on the track and cross country team at OBU, a Senator for Student Government Association, and Parliamentarian for Pi Sigma Phi. I worked at Camp Summit and Kohl's this past summer. I am undecided for my major and unsure what I plan to pursue after graduation

LAUREN WOOD Age: 20

Hometown: Pauls Valley, Oklahoma

Major: Math

College: Sophomore at Oklahoma Baptist University

Involved in Cross Country and Track at OBU. I am also involved in Pi Sigma Phi and worked at Falls Creek this past summer as a ropes course staff member.

Plans for after college: Teaching and coaching basketball or track.

GABRIELLA PEREZ Age: 18

Hometown: Kellyville, Oklahoma

Major: Health-Science

Education: Freshman at Seminole State College

I'm a Certified Phlebotomist Technician. I plan to transfer to Oklahoma University where I will study Sonography. I worked here this past summer.

Plans after college: work as a Phlebotomist/Ultrasound Technician



CAITLIN WELLS Age: 19
Home town: Paoli, Oklahoma
College: Sophomore at Oklahoma Baptist University
Involved with Student Ministries and is the Chaplin for Theta Sigma Chi, a social club on Campus
Has worked at Falls Creek Baptist Conference Center for two summers in the coffee shop.
Major: Family and Community Services

Plans after college: to get married, be accepted into Graduate School and get my masters in Counseling.



CAPTAIN SMITH

He has coached at Pleasant Grove School in Shawnee for 23 years, and he retired this past May, 2012. Captain has inspired many young students throughout his 23 years of teaching and coaching.

I am very fortunate to have Captain here at Horse Shoe Bend After

School; he has already made an impact with our students. Captain is a Member of the Seminole Tribe of Oklahoma. He and his family reside in Earlsboro, Oklahoma.

Students are adjusting and they work hard each day when they arrive at the Center. Our daily routine is as follows: Students start arriving at 3:15 pm North Rock Creek Bus arrives at 3:30 pm, each student signs in and puts their school bag at their designated table. Students then walk or run one lap on the walking track around the Center. When they finish walking or running a snack and drink is given to them, they have a break until 4:00 pm. At 4:00 pm students come back into the building to start on homework.

Ms. Lauren tutors Kindergarten Ms. Joanna tutors First Grade Ms. Caitlin tutors Second Grade Ms. Gabriella tutors Third Grade Mr. Stuart tutors Fourth Grade Mr. Randall tutors Fifth Grade

Mr. Captain tutors Sixth Grade through Eighth Grade.

When we settle down into tutoring sessions, I try to keep a limit of three students to a tutor. As the smaller grade tend to require more attention from tutor. Elaine and I tutors student (s) where we see that there is an over flow of students in a particular grade.

If you know of any student in the Elementary or Middle and High School that needs help in homework please give me a call.

I would like to thank the Absentee Shawnee Housing Authority for the purchase of the new refrigerator that was donated to the Horse Shoe Bend After School Program; also for all the support they have given our program.

Edwina Butler-Wolfe, Director

Horse Shoe Bend After School Program - Absentee Shawnee Tribe of Indians of Oklahoma

405 275-4030, Ext: 133 ~ 405 481-0397 Cell Number ~ edwinab@astribe.com



RESOURCE CENTER FITNESS

1970 156th Ave. N.E.

Norman, OK 73026



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

AST Fitness Facility Hours

Monday through Thursday

6:00 a.m. - 9:00 p.m.

Friday

6:00 a.m. - 9:00 p.m.

Saturday/Sunday

CLOSED

405-364-7298



AST FITNESS

ABSENTEE SHAWNEE



FITNESS

The Absentee Shawnee Tribal Fitness Program would like introduce the new logo of the AST Fitness Program. This logo was designed to represent the Absentee Shawnee Tribe and their perseverance in creating strong and healthy tribal members. The AST Fitness Program would like to use the logo as a symbol of the strength and endurance the Absentee Shawnee people demonstrate in developing a healthier generation of Absentee Shawnee Tribal people. Each print is a representation of the clans among the Absentee Shawnee Tribe.

After School Program

Come join us at the AST Resource Center!!!

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

And Much More!

OPEN TO ALL MIDDLE SCHOOL AND HIGH SCHOOL STUDENTS

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

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

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

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



Tribal Youth Council

Location:

AST Complex Building 1

Date/Time:

Next Meeting will be October 27th at 10:00am. Meetings vary in length, but usually last at least an hour.

Participants /Ages:

6th grade to 12th grade. The Youth Council is open to all students in this grade range.

Transportation:

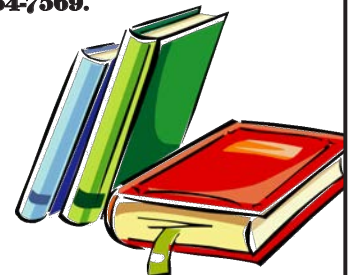
Parents will be responsible for bringing and picking up their child.

What is it? :

The Youth Council is a way for students from the surrounding AST communities to work together and bring to light things they need help with in their school. It is also a way for students to work and learn how they can create a difference for the tribe and their own community. We explore different prevention topics, volunteer in the community, and also explore further educational options.

Questions:

For Further questions please contact Tresha Spoon at 275-4030 ext. 121, or Blake Goodman at 364-7569.



RAFFLE TICKETS

On sale for \$5.00 each

Raffle item:

**50" HiDef Flat Screen
TV**

Donated by

**Thunderbird Entertainment
Center**

Drawing to be held at the
AST Elders Veterans' PowWow

November 10, 2012

Contact any AST Elder to purchase
your tickets.

SAFETY TIPS FROM...

KIDS AND CARS.ORG

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

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



AST COUNTRY KITCHEN

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

Early Bird Breakfast

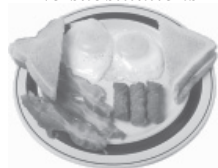
\$4.99

2 Eggs/Bacon or Sausage/Hash
Browns

Biscuits & Gravy or Toast & Coffee

(Not valid on Saturday or Sunday. 1 coupon
per customer. With coupon.

No substitutions



Open 7 Days A Week!

366-7220



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

Check out our
daily homemade
lunch specials!

Something
different
every day!



THE UNIVERSITY OF OKLAHOMA HEALTH SCIENCES CENTER POSITION AVAILABLE

The University of Oklahoma Health Sciences Center has a part-time Community Research Assistant (CRA) position currently available. This individual will work on a grant funded project through the Susan G. Komen for the Cure Foundation which is a collaborative project between various Oklahoma tribes pertaining to Native American women and breast cancer. The CRA will work in Shawnee and assist in research activities such as administering surveys and informed consents; participate in meetings, trainings, and community events; assist in focus groups; and perform data entry and recruit Native American women. The CRA must have excellent interpersonal, collaborative and organizational skills; ability to take initiative; flexible and adaptable; good oral and written communication skills; and must have reliable transportation. This position does not have benefits. Salary is \$9.09-\$12.12/hour or more depending on experience.

To ensure review of application, materials must be submitted electronically via the website (jobs.ou.edu) and look for requisition #14540.

For further information please contact Dr. Eleni Tolma (405)271-2017 ext. 46757

TRIBAL ASSAULT ON PAINKILLER ADDICTION

245,000? The approximate number of Oklahomans above age 11 who abusing prescription painkillers for nonmedical reasons in 2009. This identifies Oklahoma as leading the nation in the addiction to painkillers as well as related deaths. It is only fitting that the battle against such addiction in "Native America" be led by tribal owned clinics, Absentee Shawnee Counseling Services, OKC and Keetoowah Cherokee Treatment Services, Tulsa.

Generally speaking, prescription painkillers are opiates. There are 16 Opioid Treatment Programs in Oklahoma certified by the Federal agency SAMHSA CSAT, including the Veterans Hospital in Oklahoma City. The importance of these OTPs revolves around SAMHSA's findings that the Medication Assisted Treatment is 70-75% effective with opiate addiction, while traditional substance abuse treatment is 6-10% effective. This 8-9 times more effective treatment can often skip inpatient detox, avoiding the expense, time off from work and away from family, and the waiting list to get admitted.

According to the Centers for Disease Control, Native Americans have roughly three times the prevalence rate of painkiller addiction and related deaths than other minorities like Blacks or Hispanics. "Tribes lead the assault against this epidemic in Native America," remarks Dan Cross referring to the state of Oklahoma. Cross is the Executive Director, Absentee Shawnee Counseling Services. "These tribal programs accept Medicaid but all CDIB card carrying Indians will be treated at our clinic without regard for ability to pay. If an Indian needs help, regardless if they can pay, we will treat them." Call ASCS in OKC at 405-672-3033 or Keetoowah Cherokee Treatment Services in Tulsa at 918-835-3017 or go to ascs-okc.com for more information.

Native people are among the most affected by this epidemic addiction but tribes are also leading the way in addressing the problem. This is the first in a series of articles on prescription painkiller addiction in Native America.

PAINKILLER ADDICTION: TARGETS INDIANS

Sara was first molested at age 10 years old by a family member. At age 27 she was raped by her sister's live-in boyfriend with whom she also lived. She has had two significant relationships before the one she lives with now, both she left due to domestic violence. Her current relationship, she reports, is safe and she is coming to get help for her prescription painkiller addiction.

Sara is a fictitious person representative of several clients at Absentee Shawnee Counseling Services – OKC. While many clients are simply people who got hooked on opiates accidentally while recovering from surgeries or injuries, a large number are like Sara who find painkillers soothe something deeper inside.

According to the Centers for Disease Control, Native Americans have roughly three times the prevalence rate of painkiller addiction and related deaths than other minorities like Blacks or Hispanics. That begs the question why? The answer may lay in the way that prescription painkillers works and the history and culture of American Indians.

Painkillers are opioids, analgesics used for the relief of pain. They work by numbing the pain receptors of the brain. Coming off the drugs results in a hypersensitivity causing an enhanced perception of pain, both physical and emotional. This, in turn, creates a greater need for the drug. When pain is treated long term it understandably creates dependency. The presence of physical or

emotional makes the individual particularly vulnerable to such an addiction.

The Substance Abuse and Mental Health Services Administration's Native American Center for Excellence has identified Inter-Generational or Historic Trauma as a major source for American Indian cultural pain, a shared trauma related to a traumatic shared history. The White Bison AIAN recovery community has connected this trauma with the prevalence of substance abuse among Natives.

The National Native Children's Trauma Center, University of Montana, states, "Native American youth are at a greater risk of trauma, depression, and PTSD as a result of grief and exposure to violence. Most Native children possess strong resilience and do not develop traumatic stress symptoms. However, some need additional care." NNCTC goes on to state that left untreated this trauma results in many disorders, including a high risk for substance abuse and adult dependency.

"Tribes recognize this historical vulnerability and lead the assault against this epidemic in Native America," remarks Dan Cross, Executive Director, Absentee Shawnee Counseling Services. "These tribal programs accept Medicaid but all CDIB card carrying Indians will be treated at our clinic without regard for ability to pay. If an Indian needs help, regardless if they can pay, we will treat them." Call ASCS in OKC at 405-672-3033 or Keetoowah Cherokee Treatment Services in Tulsa at 918-835-3017 or go to ascs-okc.com for more information.

PAINKILLER ADDICTION: THE AMBUSH

Sam is a desperate man these days. Things were not always this way as he was an excellent student and athlete in high school, sustaining a back injury in football his senior year. He graduated technical school and was a valued employee at the local plant until he severely injured his back on the job.

His doctor prescribed opiate painkillers to curb the excruciating pain. At first, they took some getting used to but, as the doctor advised, he did get used to them and they did offer the relief he needed. But then he started needing more and more and, finally, the doctor cut him off telling him he was addicted and "med-seeking."

In November 2011 the Centers for Disease Control announced that prescription painkiller addiction was a national epidemic. Oklahoma leads the nation in that addiction and related deaths and that prevalence is very high among Native Americans.

In response, the Obama Administration generated a plan to address the issue, Epidemic: Responding to America's Prescription Drug Abuse Crisis. The President's plan almost exclusively deals with shutting down the supply of these drugs for illicit use. Almost nothing is planned for addressing the demand for these drugs, and what is addressed is prevention. No plan addresses the SAMHSA's estimated 245,000 painkiller abusers in Oklahoma, many of whom are Indians.

Like Sam, these are often people who often accidentally got hooked but found opiate addiction is very powerful. Traditional treatment has proven to be only 6-10% effective, according to SAMHSA. It begins with inpatient detox, which often has a long waiting list and disrupts home life and employment. By shutting down supply, which is a good thing, we set up a situation where people become very sick and desperate – and in Oklahoma, we are talking about a massive number of people.

"This starts a foreseeable progression of life events," remarks Dan Cross, Executive Director, Absentee Shawnee Counseling Services - OKC. "People lose jobs, lose homes because they can't pay rent. Families

break up and Child Welfare steps in. Crime becomes a necessary option for people who would have never done those things before. Health care utilization goes way up, as does the need for social services. A plan that shuts down illicit prescription opiate supply, in the face of this much addiction, without addressing the addiction, will lead to huge social problems. Tribal communities need to plan a response, now."

Cross continues, "Our tribal programs uses a highly effective SAMHSA evidence-based best practices that are 70-75% effective and skip inpatient detox. There is no wait and we don't disrupt your job or home life. We accept Medicaid but all CDIB card carrying Indians will be treated at our clinic without regard for ability to pay. If an Indian needs help, regardless if they can pay, we will treat them." Call ASCS in OKC at 405-672-3033 or Keetoowah Cherokee Treatment Services in Tulsa at 918-835-3017 or go to ascs-okc.com for more information.

PAINKILLER ADDICTION: A COMMUNITY RESPONSE

Nowhere is the national epidemic of painkiller addiction greater than in Native America. Oklahoma leads the nation in that addiction and related deaths, and that prevalence is very high among Native Americans. While the Federal and State governments have taken effective measures to curb the illicit supply of these drugs, no plan addresses the SAMHSA's estimated 245,000 painkiller abusers in Oklahoma, many of whom are Indians.

Tribal communities need to step up to the plate to address this critical issue before "a foreseeable progression of life events begins for a massive number of people," remarks Dan Cross, Executive Director, Absentee Shawnee Counseling Services - OKC. "People will lose jobs, lose homes because they can't pay rent. Families break up and Child Welfare steps in. Crime becomes a necessary option for people who would have never done those things before. Health care utilization goes way up, as does the need for social services. ... Tribal communities need to plan a response - now."

This summer Absentee Shawnee Counseling Services hosted the first forum on painkiller addiction in the state. Fifteen tribes were represented as well as the Oklahoma City Area Inter-Tribal Epidemiology Center, the Oklahoma City Indian Clinic and other agencies. Oklahoma Department of Mental Health and Substance Abuse Services Commissioner Terri White, Opioid Treatment Authority Ray Caesar, and Cross, were speakers and a Tribal Community Response Guide was distributed. The consensus was that an effective response to this crisis must be channeled in the most effective manner to avoid the massive destruction of this tsunami of addiction. A copy of this guide can be obtained at ascs-okc.com.

Traditional treatment has proven to be only 6-10% effective, according to SAMHSA. It begins with inpatient detox, which often has a long waiting list and disrupts home life and employment. "Our tribal programs use a highly effective SAMHSA evidence-based best practices that are 70-75% effective and skip inpatient detox," notes Cross. "There is no wait and we don't disrupt your job or home life. We accept Medicaid but all CDIB card carrying Indians will be treated at our clinic without regard for ability to pay. If an Indian needs help, regardless if they can pay, we will treat them." Call ASCS in OKC at 405-672-3033 or Keetoowah Cherokee Treatment Services in Tulsa at 918-835-3017 or go to ascs-okc.com for more information.

Contacts: Dan Cross, Executive Director, ASCS, danb.cross@gmail.com, 405-672-3033, C:918-260-1096

**ABSENTEE SHAWNEE TRIBAL ELDERS
PRESENT
CHRISTMAS BAZAAR
WEEKEND**

**OPEN TO PUBLIC
ALL CRAFT
VENDORS WELCOME
NO FOOD VENDORS**

***BOOTH SPACES (TABLES) ARE GOING FAST
To reserve booth space call
Wanda Tiger 405-706-2357**

**Saturday - Sunday
December 8 - 9
8 am - 5 pm**

**Resource Center Bldg
1970 156th Ave. NE (Peebly Rd.)
Norman (Little Axe), OK
3/4 mile north on 156th Ave.
(AKA Peebly Rd.) of Thunderbird Casino**



**COME
SHOPPING
FOR UNIQUE GIFTS**

**CRAFT ITEMS: ONE OF A KIND
MADE BY LOCAL CRAFTERS - ARTISTS**

**NATIVE AMERICAN
BEADWORK - QUILTS - MOCCASINS - ARTWORK
EARRINGS - BRACELETS - NECKLACES**

YOU'LL FIND EXACTLY WHAT YOU'RE LOOKING FOR!!!

**CONCESSION TOO - AST ELDERS
TASTE NATIVE AMERICAN CUISINE
CORN SOUP, HOMINY SOUP, GRAPE DUMPLINGS, CORN FRITTERS,
AND (of course) FRY BREAD**

One table w/two chairs and/or set up fee: \$10.00

Payable only to Wanda Tiger upon arrival - your table/booth space will then be assigned.

**Note: Get going on your talented skills/crafts and come make yourself some Christmas money!
NO DRUGS/ALCOHOL ALLOWED ON PREMISES - AST ELDERS NOT LIABLE NOR
RESPONSIBLE FOR ANY INJURIES, THEFT OR ACCIDENTS**

HAPPY
HALLOWEEN

Title IV News

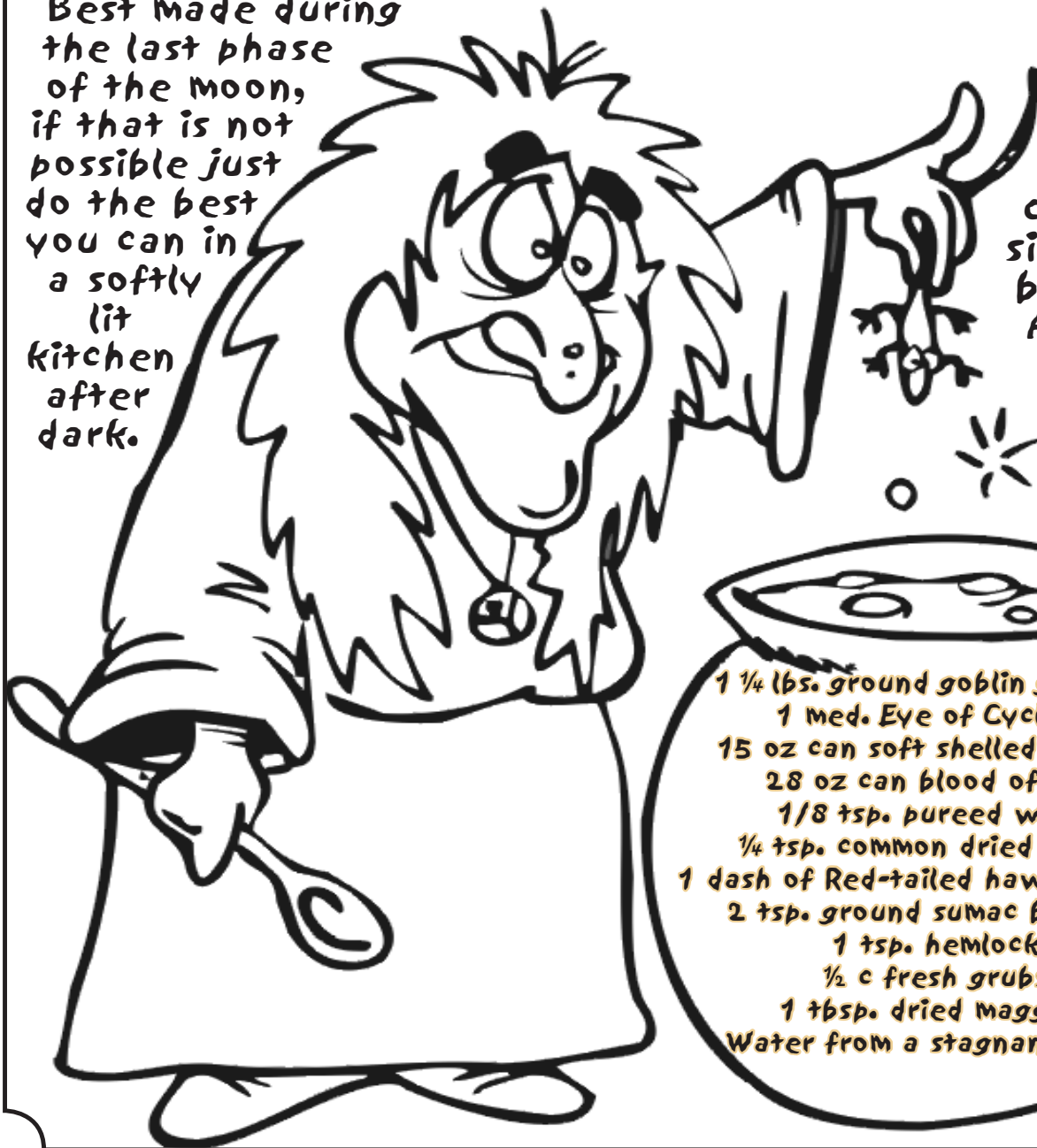
October 3, The Title VI Staff will be attending a Food Show in Fort Smith, AR. There will be no serving lunch at the sites or deliveries. We will be providing the home-bound with a sack lunch on October 2.

October 20
GENERAL COUNCIL MEETING 10 am at the Little Axe
Resource Center.

If you have any questions or concerns you can contact us at 275-4030
Ext. 169, 149 or 180.

Recipe for Halloween Chili

Best made during
the last phase
of the moon,
if that is not
possible just
do the best
you can in
a softly
lit
kitchen
after
dark.



Brown the gizzards in an iron cauldron over a fire made from the siding off of a haunted house add chopped eye of Cyclops and simmer until the pieces of eye become translucent again. Add blood of bat, and soft shelled beetles, bring to a slow bubbling boil. At this time add the common weed, maggots, toenails, sumac, grubs, hemlock, eye of newt and the pureed wasp.

As it cooks you may want to adjust the consistency with pond water. You can tell it is done when the eye of newt swells and the vertical tan colored cat's eye appears on one side.

1 ¼ lbs. ground goblin gizzards
1 med. Eye of Cyclops
15 oz can soft shelled beetles
28 oz can blood of bat
1/8 tsp. pureed wasp
¼ tsp. common dried weed
1 dash of Red-tailed hawk toenails
2 tsp. ground sumac blossom
1 tsp. hemlock
½ c fresh grubs
1 tbsp. dried maggots
Water from a stagnant pond



Shape your future

Healthy Tailgating 101

Football season is here and with that comes tailgating and lots of eating. There are healthy and delicious alternatives to the typical tailgate menu. This year, tailgate smarter by checking out these healthy ideas and recipes for the next big game.

If you usually serve:

Try this instead:

Nachos

Baked Chips and Salsa

Salsa is actually really good for you especially if you make it yourself with fresh tomatoes, onions, cilantro and peppers.

Chicken Wings

Marinated Grilled Chicken

Boneless, skinless chicken can be marinated in advance and will cook quickly when thrown on a hot grill.

Lil' Smokies

Turkey Meatballs

Here's a good low sugar recipe that can be used as a BBQ sauce substitute for turkey meatballs: 12 oz jar sugar free grape jelly and 12 oz bottle chili sauce. Mix it up, cover meatballs and heat through. (Works great in a slow cooker!)

Take-out Pizza

Vegetable Pizza

Make your own, or at the least when ordering, order thin whole wheat crust covered in your favorite fresh veggies.

Potato Salad

Grilled Veggies

Fill up on as many grilled veggies as you want. Drizzle some olive oil on them after they come off the grill.

Queso

Hummus and Whole Wheat Pita

Hummus is filled with fiber, protein and healthy fats. It comes in different flavors and is a crowd-pleaser.

ShapeYourFutureOK.com



Shape your future

ShapeYourFutureOK.com

Show Your Colors

To serve as an appetizer or dessert, set out fruit or veggie trays that show off your school spirit!

Fruit Trays

OU - Crimson/Cream

Crimson / strawberries, apple slices, watermelon, cherries, raspberries, cranberries, red grapes
Cream / honeydew melon, pears, low-fat yogurt dip

OSU - Orange/Black/White

Orange / orange slices, cantaloupe, mangos, apricots
Black / blackberries, purple grapes
White / honeydew melon, pears, low-fat yogurt dip

Veggie Trays

OU - Crimson/Cream

Crimson / red peppers, radishes, red onion, red potato slices, tomatoes
Cream / cauliflower, mushrooms, onions, low-fat veggie dip

OSU - Orange/Black/White

Orange / carrots, pumpkin, sweet potatoes
Black / black olives, black beans
White / cauliflower, mushrooms, onions, low-fat veggie dip

Come up with your own ideas that fit your school colors!

Easy Recipes

Sweetly Spiced Yogurt Dip

1 cup low-fat vanilla yogurt
sprinkle of brown sugar
1 tbsp ground cinnamon
2 tbsp honey

Combine, whisk and chill for 1-2 hours and serve with sliced fruit.

Basic Veggie Dip

1 16 oz container fat-free cottage cheese
1 pkg ranch dressing mix

Put cottage cheese in blender and blend until completely smooth. Pour into a bowl. Add pack of ranch mix. Cover, and refrigerate overnight so the powder has time to dissolve.

ABSENTEE SHAWNEE TRIBE OF OKLAHOMA DOMESTIC VIOLENCE DEPARTMENT



Victim Advocacy

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

Court Advocacy

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

Housing and Utility Assistance

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

Transitional Housing

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

Referral Assistance

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

Sexual Assault Advocacy

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

Shelter Placement Assistance

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

Community Outreach

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

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



COME JOIN THE DEFENSIVE LINE

THIS OCTOBER 2012

WITH THE



ABSENTEE SHAWNEE DOMESTIC VIOLENCE DEPARTMENT

FOR **DOMESTIC VIOLENCE AWARENESS MONTH**

Week of October 1st - 5th

KICK OFF

October 1st - Balloon Release & Walk; Pickles and Popcorn 2:00 pm at the AST Shawnee Tribal Complex

October 2nd - Balloon Release & Walk; Pickles and Popcorn 2:00 pm at the Little Axe Health Center

Week of October 8th - 12th

SPRIT WEEK

Monday - Crazy Hat Day Tuesday - Favorite Team Spirit Day

Wednesday - Crazy Hair Day Thursday - Crazy Sock Day

Friday - Wear Purple Day

Week of October 15th - 19th

TRIVIA WEEK

Week of October 22nd - 26th

GAME WEEK

Flag football games at Noon each day

Friday - Championship Game & Tailgate Party w/lunch



