



The Absentee Shawnee News

SEPTEMBER 2014

VOL. 27 No. 31

"AMONG THE SHAWNEES"

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Executive Committee Approves Resolutions

EXECUTIVE
RESOLUTION NO. E-AS-2014-38
ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
REGULAR EXECUTIVE COMMITTEE MEETING
AUGUST 20, 2014

A RESOLUTION DULY ADOPTED BY THE EXECUTIVE COMMITTEE OF THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA HEREBY ACKNOWLEDGES AND AFIRMS THE ENACTMENT OF THE ABSENTEE SHAWNEE TRIBE CODE OF CONDUCT AND ETHICS, AS ATTACHED, AND THE ABSENTEE SHAWNEE TRIBE ETHICS COMMITTEE PROCEDURES FOR ETHICS HEARINGS, AS ATTACHED.

WHEREAS, the Absentee Shawnee Tribe of Oklahoma is a federally recognized Indian tribe exercising all inherent sovereign rights from time immemorial; and
WHEREAS, the Absentee Shawnee Tribe of Oklahoma has a Constitution approved by the Department of the Interior, last amended in May 2011; and
WHEREAS, the Executive Committee of the Absentee Shawnee Tribe of Oklahoma is empowered by the Constitution to speak and otherwise conduct business in the name of, and on behalf of, the Absentee Shawnee Tribe of Oklahoma; and
WHEREAS, it is the responsibility of the Executive Committee to uphold its constitutional responsibility to the Tribe and its membership as the highest priority; and
WHEREAS, the authorities granted by this Resolution shall be continuing until and unless amended, repealed, suspended, rescinded or nullified by separate action of this body; and
WHEREAS, on January 15, 2014 the motion to adopt the Absentee Shawnee Tribe Code of Conduct and Ethics ("Code of Conduct") at a regular meeting of the Executive Committee failed for lack of a second;
WHEREAS, on April 5, 2014, the General Council voted affirmatively on a motion to hold three (3) separate Community meetings to discuss the Code of Conduct and to place this measure on the June ballot for a referendum vote;
WHEREAS, the original Section XIII of the Code of Conduct was revised from requiring Executive Committee approval to reflect the affirmative vote of the General Council to place the Code of Conduct on the June ballot for referendum vote.;
WHEREAS, also as a result of the General Council directive, Community meetings to discuss the Code of Conduct were held at Horseshoe Bend on April 28, 2014, the Little Axe Resource Center on May 1, 2014, and the Absentee Shawnee Tribe Complex Title VI Building on May 5, 2014;
WHEREAS, on June 21, 2014, tribal membership voted affirmatively to enact the Code of Conduct;
WHEREAS, Section XIII of Code of Conduct requires the Executive Committee to adopt ethics hearing procedures by Resolution within sixty (60) days of adoption of the Code of Conduct by referendum;

NOW THEREFORE BE IT RESOLVED that the Executive Committee of the Absentee Shawnee Tribe of Oklahoma acknowledges and affirms the enactment of Absentee Shawnee Tribe Code of Conduct and Ethics, as attached, as the result of affirmative referendum vote.

BE IT FURTHER RESOLVED that the Executive Committee of the Absentee Shawnee Tribe of Oklahoma hereby authorizes the enactment of the Absentee Shawnee Tribe Ethics Committee Procedures for Ethics Hearings, as attached.

CERTIFICATION

We, Edwina Butler-Wolfe, Governor and Vera M. Dawsey, Secretary of the Absentee Shawnee Tribe of Oklahoma, do hereby certify this Resolution No-E-AS-2014-38 to be true and exact copy as approved by the Executive Committee of the Absentee Shawnee Tribe of Oklahoma at a duly called meeting held on August 20, 2104, there being a quorum present, by vote of 3 in favor, 2 opposed, and 0 abstentions, as follows: Lt. Governor Gibson: Yes, Secretary Dawsey: No, Treasure Bates: No, Representative Blanchard: Yes, Governor Butler-Wolfe's vote, if required, Yes.

EXECUTIVE
RESOLUTION NO. E-AS-2014-39
ABSENTEE SHAWNEE TRIBE OF OKLAHOMA
REGULAR EXECUTIVE COMMITTEE MEETING
AUGUST 20, 2014

A RESOLUTION DULY ADOPTED BY THE EXECUTIVE COMMITTEE OF THE ABSENTEE SHAWNEE TRIBE OF OKLAHOMA HEREBY RECOGNIZING THE ENACTMENT OF THE EXECUTIVE COMMITTEE SALARY SCALE PURSUANT TO THE TRIBAL REFERENDUM, AS ATTACHED, AND ADOPTING THE SALARY SCALE VERIFICATION REQUIREMENTS AND DEFINITIONS, AS ATTACHED.

WHEREAS, the Absentee Shawnee Tribe of Oklahoma is a federally recognized Indian tribe exercising all inherent sovereign rights from time immemorial; and
WHEREAS, the Absentee Shawnee Tribe of Oklahoma has a Constitution approved by the Department of the Interior, last amended in May 2011; and
WHEREAS, the Executive Committee of the Absentee Shawnee Tribe of Oklahoma is empowered by the Constitution to speak and otherwise conduct business in the name of, and on behalf of, the Absentee Shawnee Tribe of Oklahoma; and
WHEREAS, it is the responsibility of the Executive Committee to uphold its constitutional responsibility to the Tribe and its membership as the highest priority; and
WHEREAS, the authorities granted by this Resolution shall be continuing until and unless amended, repealed, suspended, rescinded or nullified by separate action of this body; and
WHEREAS, on April 5, 2014, the General Council voted affirmatively on a motion to place the Executive Committee Salary Scale on the June general election ballot for a referendum vote;
WHEREAS, on June 21, 2014, tribal membership voted affirmatively to enact the Executive Committee Salary Scale;
WHEREAS, the Executive Committee finds it necessary to enact this resolution with attached documents to implement the Executive Committee Salary Scale;

NOW THEREFORE BE IT RESOLVED that the Executive Committee of the Absentee Shawnee Tribe of Oklahoma hereby recognizes the enactment of the Executive Committee Salary Scale, as attached, pursuant to the referendum vote on June 21, 2014.

BE IT FURTHER RESOLVED that the Executive Committee of the Absentee Shawnee Tribe of Oklahoma hereby authorizes the Verification Requirements and Definitions, as attached, in order to implement the Executive Committee Salary Scale.

BE IT FINALLY RESOLVED that the Human Resources Department will be responsible for making all salary determinations for all Executive Committee members.

CERTIFICATION

We, Edwina Butler-Wolfe, Governor and Vera M. Dawsey, Secretary of the Absentee Shawnee Tribe of Oklahoma, do hereby certify this Resolution No-E-AS-2014-39 to be true and exact copy as approved by the Executive Committee of the Absentee Shawnee Tribe of Oklahoma at a duly called meeting held on August 20, 2104, there being a quorum present, by vote of 4 in favor, 0 opposed, and 0 abstentions, as follows: Lt. Governor Gibson: Yes, Secretary Dawsey: Yes, Treasure Bates: Yes, Representative Blanchard: Yes, Governor Butler-Wolfe's vote, if required, NA.

GENERAL COUNCIL MEETING
SATURDAY, OCTOBER 18, 2014 AT 10 A.M.
LITTLE AXE RESOURCE CENTER
WE HOPE THAT ALL TRIBAL MEMBERS WILL BE ABLE TO ATTEND

EXECUTIVE COMMITTEE



Edwina Butler-Wolfe
Governor



Issac Gibson
Lt. Governor



Vera M. Dawsey
Secretary



Leah Bates
Treasurer



Kenneth Blanchard
Representative

On January 15, 2014, the Executive Committee formally amended Resolution No. E-AS-2014-02 and established the list of holidays for calendar year 2014.

The list of 2014 holidays is as follows:

Tuesday, November 11

Thursday & Friday, November 27-28

Wednesday & Thursday, December 24-25

Veterans Day

Thanksgiving

Christmas Eve & Christmas Day



Governor's Report



Hello my Absentee Shawnee people!

I read recently that a number of the state lakes were full. I'm glad we have gotten more rain this year but it certainly seems hot and humid to me. I will be happy when September comes and cooler days arrive. I hope that each of you are staying indoors during these hot, humid, days and if not I encourage you to drink plenty of fluids to keep from dehydrating.

Since I came into Office I have shared my ideas, goals and issues about our businesses, our programs and our elected leaders. I believe we, as a Tribe, as a self-governed nation can make valued changes within our systems when we find it in our hearts to work together. We have great opportunities ahead.

Salary Ordinance and Code of Conduct & Ethics

In August 2013, former Treasurer Kathy Deere, I and Lesa Shaw, my Special Projects Coordinator began the process of putting into place a code of conduct and ethics for the Tribe. It was found that elected leaders needed their own specific code of conduct and ethics due to our constitution and the leadership role we were placed into upon taking our oath of Office. This meant we needed a code of conduct and ethics for Tribal leaders. Our Administrative Systems manual had one for employees but didn't address the needs of the elected body. Emails were sent out to all EC in September and then when little to no response was received a work group of three was formed. ALL EC were kept in the loop and due to the unique complexities of this policy our attorney general was tasked with it. This was a 12 month effort from its beginning to its passage. Recently there was some confusion about which code of conduct and ethics document should be considered. One document had been given out during an elders meeting and the other had been given out during the General Council meeting. Documents from the General Council meeting were secured by the Chief of Police and opened with the appropriate officials present. These same documents have also been: Given out at community wide meetings held for this purpose; placed online for Tribal members to read and

understand; placed in the newsletter for you to read and then put to a referendum vote and approved by you. At our August EC meeting two of our elected leaders voted 'no' on the code of conduct and ethics resolution and my vote as Governor was required. I voted for the code of conduct and ethics as we as elected officials should have a guide and enduring policy. The salary ordinance and code of conduct and ethics is now in place through this resolution. This is a good step forward for us and I want to thank Kathy Deere, Lesa Shaw, William Norman, Raymond Campbell and Michael Carter for their work on this. Thank you, Twyla Parker, for staying steadfast to meeting this need. I also thank all the Tribal members who supported and voted on this action to put it into place. These two documents are available online.

Health Board – Let's look at these actions.

In November of 2013 an ASTHA Board Shareholders' Representative meeting occurred. Since then I have attempted to get the Shareholders Representatives to meet so that we might pass Li-si-wi-nwi health Board appointments and bylaw changes. Shareholder Representatives' roles are outlined in both Board(s) existing bylaws and we need to meet these to ensure that we are part of the process to improve the healthcare of our people. Attending national meetings don't get actions done within the Tribe for our people. Taking part in these Shareholder Representatives' meeting works toward In order for changes to occur on and in these Boards we need to meet so that we can advance the expressed interests of the people and improve community awareness of health actions and policy reform. At the November 2013 meeting we placed all or most of the same individuals back on the ASTHA health Board. I remain concerned about several of these Board appointments as this Board has been pre-dominantly non-responsive in getting corrective action done timely or at all.

TEC, Inc. Board Meeting

As you may recall I have previously outlined what our internal auditor found in the audit done on our Casino. Many of these issues still remain. Our Gaming Commission is making progress in resolving them and I commend Gaming Commissioner Executive Director on her efforts to resolve these concerns.

One of the ways we are looking at correcting some of the ongoing Casino operational concerns is to update TEC, Inc. by-laws and allow for new Board appointments. A TEC, Inc. Shareholders Representatives' meeting is to occur on Tuesday, August 26th at 10:00 a.m. and by-laws will be voted on with five new board members and one ad hoc member

to be appointed. This will assist in direction setting for gaming and offer welcome business opportunities.

Let's Look At Planning and My Programs

Indian Health Service - Health

Since I began my term of Office I have noticed a number of areas that could use some change. As indicated earlier one of the largest areas that requires change has been and still is our health department. There have been a number of positive changes occurring within it and I am optimistic that with new health Board appointments and bylaw modifications our health department could rapidly move forward. In the upcoming year we need to look at establishing an IHS self-governance component for health similar to what the Lt. Governor has for the BIA operations. This will assist us in national legislative and policy development. The internal health policies will remain with the health boards as that is part of their delegated function through the by-laws. Self-Governance is the Tribe's inherent right, as a sovereign nation, as is given through treaty and as provided for under applicable law and executive authority. This has not been given to the health board(s).

Media

Our Media Director and his one staff have done a formidable job and this is with limited funding appropriated to him. It is my hope that we can enhance this department by giving it the staff and budget that it needs to expand its function. This department, if developed in line with the Media director's vision, would be both a tribal entity and a self-sustaining business. This type of operational outlay was discussed with Media last year and then not adequately funded based on Finance's revising the budget and not allowing for developmental costs. This department could be a wonderful business asset if the Tribe would develop its procurement policy, enhance its budget, staff it fully, establish it as an 8A under ASEDA and work on its internal operational component to enhance its development. I am committed to this program and the opportunities it holds.

Public Safety

Our law enforcement division is funded through grants and the BIA. It is a strong department within our Tribe. It conducts community outreach and ensures the Tribe, clinics and housing is protected and secure. In our Public Safety department we have the Emergency Management component and it continues to grow and develop. These two components under public safety are two vital pieces of what ensures the Tribe is protected. We need our Little Axe substation parking lot completed so that staff and those who need access to this substation can readily get into it. It has been over a year and the Lt. Governor's office still has not gotten this action completed. This needs to be completed. We need this accessible and functioning.

Education

Our Education Director wears multiple hats and completes a wide range of projects each month – she is amazing. In review of this department it needs additional staffing, funding and program enhancements extended to it so that it may reach its full potential by offering more outreach and offer even more educational opportunities to our Tribal members. It is my goal to work with the Education Director and the Education Committee to strategically approach its needs before the calendar year budget is allocated. The current Fall semester has arrived and those scholarship funds that is established annually for our students is rapidly being spent due to escalating college costs and our population increasing - yet our funding levels for this program have not increased.

Building Blocks

Our CCDF project Coordinator and our Building Blocks II Director continue to make solid infrastructure and developmental changes. They actively monitor national child care legislation and promote program changes and enhance funding opportunities. This grant funded program is where our children begin their day and where you, our parents,

entrust us to provide a nurturing, secure and developmental learning environment. We need to consider additional funding for this program to add a language immersion component to this wonderful program. It is my hope that in the next few months this action can be worked on with our culture and language department so that internal policy development can be initiated and funding needs for the upcoming calendar year may begin.

Tribal Operations Need Reviewed

Finance

Last year our Finance department was allowed to determine what my program budgets should be. It is understandable when a Finance department provides 'recommendations' but not when they 'MODIFY' a budget and indicate this is what there is. We need better fiscal management practices in place than that. Our current Finance budgeting and accounting practices need to change and should adhere to solid, fiscal management guides which means program input with discussions and reviews by oversight personnel. We need to move away from the practice of expecting Finance to determine the needs of programs and instead we must ensure that planning occurs with these departments to meet inflationary factors; consider our population increase and forecast on projected program budgetary needs for expanded services and levels of care.

Purchasing and Procurement

Formerly this department handled all purchasing and procurement actions. There are policies in the Administrative Systems Manual that we, as a Tribe, need to adhere to. If those policies aren't acceptable then we need to assist our purchasing and procurement department by modifying them. We need all of our contracts to go through this department and these staff should be allowed to work with our attorney general and human resources to ensure these contractual documents uniformly follow guidelines.

City of Shawnee

The City of Shawnee is getting ready to go through a change. On September 2 the City of Shawnee will give plaques to the outgoing City Commissioners and the three new City Commissioners will be sworn in. There will be a reception for the outgoing and the incoming Commissioners so I am asking that you all come. The three new individuals coming into Office is Gary Vogel, Ward I; Lesa Shaw, Ward 5; Micheal Dykstra, Ward 6. The agenda holds language to reconsider and/or remove from the ballot the detachment of the land that the Absentee Shawnee and the Citizen Potawatomi have property on. It is my hope that these new City officials can assist us in removing the referendum ballot that will detach our land from the City of Shawnee as a first step. Secondary steps will be for us to begin our work on the City in resolving the annex/de-annexation issue and tax concerns.

General Council Meeting

Our upcoming General Council Meeting will be held on Saturday, October 18, 2014 at the Little Axe Resource Center at 10:00 a.m. We hope that you will all be able to attend.

Conclusion

I have 9 months to go. My Open Door Policy remains active so I will be happy to see you if you have a chance to stop by and visit.

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

Thank you for your support.



Lt. Governor's Report

I hope this newsletter reaches everyone in good health. This past month our main tribal ceremony, War Dance, was held at the north dance ground. This is one of the most important dances we have and it is always well attended. We are very fortunate we can continue to carry on our traditions and ceremonies to this day. Some tribes are not as fortunate as us and have lost their ceremonial ways, having to turn to a pan-Indian type of celebration.

The rains we received throughout the summer have helped our Cattle Program this year. The Tribe has leased different allotments to burn and improve the growth of vegetation for hay. The hay is cut and used for our cattle to eat throughout the year. We are fortunate we have not had to buy hay in a couple of years due to the timing of the rains and growth of vegetation. Cattle feed can get very expensive, especially during times where hay is scarce, but we have been able to keep the cost of cattle feed to a minimum by using the hay from our leased lands.

My last article provided an update on the number of cattle we have and what we made on the sale of 17 head of cattle in July. So far the cattle have been a nice investment.

Several of you have asked what is happening with the parking area next to the Tribal Store and Police Substation. The answer is unfortunately we are waiting for AT&T to lower two lines running through construction site. My staff and the contractor on the project have been contacting the AT&T representative that handles these projects. I have been informed we are awaiting a work order and cost estimate to lower both lines. If we could lower these lines ourselves, the project would not be stalled; however, since these two lines are vital to the casino, store, and surrounding area and must be handled by AT&T. At this point I do not have a time frame for when AT&T will complete the line lowering.

The recent referendum on the "Code of Ethics" has created some confusion on which version was voted on. It is my understanding there are now five different versions floating around in the community. I recall the "Code of Ethics" being discussed and brought to the Executive Committee by former Treasurer Kathy Deere. At that time the "Code" was more or less a simple document that outlined a dress code and behavioral policy for Executive Committee members. Somewhere between August of last year, February of this year, to now; the code has been rewritten several times by one or two individuals.

I do want to clear one thing up with the "Code of Ethics". When the resolution for the "Code of Ethics" was presented earlier this year, a motion was made, but there was never a second. At that point the motion died due to a lack of a second. We were of the understanding the "Code" would be discussed among the Executive Committee and represented at another Executive Committee meeting. The "Code" was never placed on the Executive Committee meeting agenda a second time and we did not have the opportunity to discuss the "Code" prior to the events at

General Council. I agree the people spoke and want us to have a Code of Ethics, but which version is the correct version? Hopefully we will have an answer to this question by the next newsletter.

Respectfully,
Isaac Gibson Jr. Lt. Governor



Representative's Report

Greetings Tribal Members

Since taking office on June 30, 2014 I have noticed a change in the administrative operations and its varied functions, but I'm adapting comfortably.

When the lines of responsibility become confusing, we ably refer to the Constitution for guidance in these matters of governance.

Hopefully, we can begin to respond to the needs of the people by doing things right and in the right way.

I am already hearing from the constituents either by phone or office visits. I welcome these times where your voices can be heard. A recent example would be the Atoka Water line project that affects Trust lands belonging to tribal members.

With the entire Executive Committee's commitment, we can resolve these issues and concerns and move forward for the betterment of the Tribe.

Economic development, whereby we can bring more revenue to the Tribe, is of concern and I will bring this to the attention of the full Executive Committee soon.

If you desire a less formal visit, early in the week I have lunch with elders at the Shawnee Title VI site and on Fridays, breakfast with the elders at the Little Axe meal site. We'd be glad to have you sit with us.

I also want to hear from you on ideas that you feel are important.

To contact me at the Tribal Complex, please write to Representative Ken Blanchard, 2025 S. Gordon Cooper Drive, Shawnee, Oklahoma 74801, or by phone at 405-275-4030 ext. 202.

Respectfully,
Ken Blanchard



Finance Department Report

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 Tribe's 2010 through 2012, and 2013 Audits are "unmodified" opinion; which when compared to an educational grading scale is an A. The 2013 Audit had no findings and the Tribe was congratulated by the BIA Office of Self Governance on a job well done. The 2015 Indirect Cost Proposal work has begun. The reviewer had no questions and the Tribe has been assigned a rate for 2014 of 32.05%. Our rate is up from 17.74% for 2010 to 21.98% for 2011 to 22.35% for 2012 and 27.39% for 2013; and 32.05% for 2014.

The Tribe's Audit consists of the Tribe's entities [Casinos; Store; Restaurant; Smoke Shop's; ASED, Inc.; ASED, Enterprises; ASTHA & LSWN which makes up Absentee Health Systems; and the Tribal Government.] All of the tribe's entities must be audited first and then they are combined with the Tribe's Governmental Audit.

The finance department is completing accounting by the 10th day of the month. Financial reporting for the Tribe, Health Authority and Li Si Wi Nwi, Health Inc. boards and the Executive Committee for Absentee Health Systems, Shawnee and Little Axe (LSWN) continues monthly. The Finance staff has completed the July reconciliations and financials. It is imperative the accounting staff continue to stay ahead of all of the accounting so that audits go smoothly, and Indirect Cost rates stay up to date. Indirect cost proposals cannot be submitted without completed audits as the audit is used to calculate the proposal. There are many processes in place in your Tribe's accounting department that ensure we keep accurate records of transactions. The Tribe's accounting processes must be in compliance with GAAP; (Generally Accepted Accounting Principles) and GASB (Governmental Accounting Standards Board) and these rules are updated annually.

The Tribe currently has compact funds of BIA, IHS, and approximately 51 Grants. In addition, the Tribe operates a General Fund and an Indirect Cost Fund. The new clinic building payments are current and have not been late and projections are that they will continue to be current going forward.

The Absentee Shawnee Tribe's Finance Department has very hard working group of people and it is an honor to work with them, the Treasurer's office and at the Absentee Shawnee Tribe. The Finance Department employs 14: with 6 (43%) being AST Tribal Members, 2 (14%) non-AST tribal members, 6 (43%) being non-natives.

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

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

Respectfully,
Belinda Collins
Controller



*Financial Consultant
Report*



Hello Tribal Members,

As financial consultant I have been given the task to build a system of performance and financial indicators which increase internal capacities for programs and services. I have been involved and participated in the following:

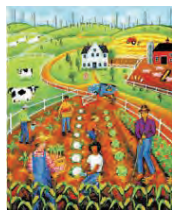
Absentee Shawnee Economic Development Authority, Inc. (ASEDA)

I attended and participated in our recent ASEDA, INC. monthly meeting. Our main topic of business focused on completing a request of Treasurer Bates to prepare an analysis report of ASEDA, INC., from beginning to current. Present were President Dan Little Axe, Vice-President Adam Proctor, and Secretary Eddie Brokeshoulder.

ASEDA, INC. continues to meet on regular basis, second Thursday of each month at 10:00 a.m. in Governor's conference room. All Tribal members and Executive Committee are invited to attend.

COMMUNITY ENGAGEMENT

Oneida Nation Community Integrated Food System Building a Healthier Community Through an



Oneida Nation of Wisconsin which has about 16,500 members living or residing around Oneida, extended an invitation to myself and Treasurer Leah Bates, Cultural Preservation Director, Joseph Blanchard and Emily Key, Diabetes Coordinator to see and experience Oneida Nation Community Integrated Food System.

The purpose of our visit was to give us a better perspective on an approach to building a healthy community for our tribe and address the challenges of diabetes, and obesity which plaque all of us in Indian Country. This trip was funded through Oneida Nation United States Department of Agriculture (USDA) grant relating to agriculture outreach, in an effort to give us a better understanding of how to build a sustainable food system for our community.

The Oneida people have always been farmers, cultivating the land and creating sustainable foods since the beginning of time. At the core of their historic food sovereignty model is the Three Sisters: Corn, Beans and Squash, they complement each other's nutritional value, corn provides carbohydrates needed to produce energy, beans are rich in protein, offsetting the lack of amino acids in corn, and squash provides necessary vitamins and seeds to hold the oil.

Our two and a half day visit of the integrated food systems provided each of us an educational and better understanding of what it takes to develop a productive food system which improves healthy lifestyles of tribal members.

Integrated Food Systems consisted of providing our group a visit to

the following:

- Farm to tribal school program
- Cannery
- Tsyunhehkwá Community Gardens
- Oneida Nation Health Center – Diabetes Program – Health Promotions
- Tourism – Longhouse Development
- Oneida Market – housed in tribal convenience store
- Printing and Media department
- Grants department
- Dinner with newly elected Treasurer and other tribal leaders.

If you are interested in our efforts to development an community integrated food systems, please contact Eddie Brokeshoulder, (405) 275-4030 x 148.

Native Peoples / Native Plants Ethnobotany Workshop



The Native Peoples / Native Plants Ethnobotany Workshop was held August 8th, Plains Classroom, Sam Noble Museum, University of Oklahoma, in attendance where academic professors, national park service, Native Seeds / Search, Native American Studies, tribal colleges, health / exercise school, and various tribes.

The purpose of ethnobotany workshop was to discuss in a community roundtable with various organizations involvement in Native Peoples / Native Plants, such as Mvskoke Food Sovereignty Initiative, Cherokee Nation Botany Projects, Pawnee Seed Sisters, Washita Battlefield Interpretive Garden and Sovereign Foods, Inc.

Native Seeds / SEARCH, Research & Education Program Manager presented a power point presentation on Native Seeds / Search a non-profit conservation organization based in Tucson, Arizona. Since 1983, they have become a major regional seed bank and leader in the heirloom seed movement, with open-pollinated, GMO-free seeds of heirloom and land race varieties from the greater southwest.

I came away with increased agricultural knowledge and resources that would benefit our tribe as we strive for sustainable food systems.

Absentee Shawnee Community Development Financial Institution (CDFI)



The Absentee Shawnee Community Development Financial Institution (CDFI) recently advertised for an Executive Director closing date of Monday, August 25th. Our Native CDFI program is a stand-alone non-governmental entity funded through the office of United States Treasury Department.

The Executive Director will be supervised by the CDFI board of directors, with instruction to develop articles of incorporation and by-laws, and develop an non-profit status, with first year start-up funds in developing an office space set-up, office furniture, and computer equipment.

The focus will eventually enable participants to receive credit repair and small business loans which will be tied to financial literacy and technical assistance of business development. For more information on our CDFI program, you can reach committee member Eddie Brokeshoulder, (405)275-4030 x 148.

Respectfully,
Eddie Brokeshoulder
Financial Consultant

FY-2014
YTD TAX COLLECTIONS
(thru 6/30/14)

RUN DATE:
07/18/14

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$5,532.03	\$5,205.95	\$6,535.34	\$5,180.06	\$6,870.96	\$4,397.76	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$33,722.10	2.27%
Gaming % of free cash	\$250,000.00	\$250,000.00	\$250,000.00	\$150,000.00	\$300,000.00	\$50,000.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,250,000.00	84.05%
Employee (1%)	\$10,095.26	\$602.94	\$22,804.85	\$4,159.08	\$3,805.88	\$24,535.57	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$66,003.58	4.44%
Severance (8%)	\$8,940.31	\$7,025.79	\$6,689.81	\$7,561.69	\$8,985.65	\$10,246.81	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$49,450.06	3.33%
Motor Vehicle	\$13,670.11	\$11,971.21	\$14,216.75	\$11,780.39	\$9,804.65	\$15,890.15	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$77,333.26	5.20%
Tobacco Refund	\$9,303.52	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$9,303.52	0.63%
TOTAL TAXES	\$297,541.23	\$274,805.89	\$300,246.75	\$178,681.22	\$329,467.14	\$105,070.29	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,485,812.52	\$1,485,812.52
Miscellaneous	\$600.00	\$130.00	\$65.00	\$350.00	\$80.00	\$140.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,365.00	0.09%
TOTAL COLLECTIONS	\$298,141.23	\$274,935.89	\$300,311.75	\$179,031.22	\$329,547.14	\$105,210.29	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,487,177.52	100% \$1,487,177.52

FY-2014
YTD TAX COLLECTIONS
(thru 7/31/14)

RUN DATE:
08/20/14

TAX CATEGORY	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	YEAR-TO-DATE TOTAL	% OF TAXES COLLECTED
Sales (6%)	\$5,532.03	\$5,205.95	\$6,535.34	\$5,180.06	\$6,870.96	\$4,397.76	\$6,237.06	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$39,959.16	2.46%
Gaming % of free cash	\$250,000.00	\$250,000.00	\$250,000.00	\$150,000.00	\$300,000.00	\$50,000.00	\$100,000.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,350,000.00	83.19%
Employee (1%)	\$10,095.26	\$602.94	\$22,804.85	\$4,159.08	\$3,805.88	\$24,535.57	\$3,805.02	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$69,808.60	4.30%
Severance (8%)	\$8,940.31	\$7,025.79	\$6,689.81	\$7,561.69	\$8,985.65	\$10,246.81	\$8,556.30	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$58,006.36	3.57%
Motor Vehicle	\$13,670.11	\$11,971.21	\$14,216.75	\$11,780.39	\$9,804.65	\$15,890.15	\$17,011.63	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$94,344.89	5.81%
Tobacco Refund	\$9,303.52	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$9,303.52	0.57%
TOTAL TAXES	\$297,541.23	\$274,805.89	\$300,246.75	\$178,681.22	\$329,467.14	\$105,070.29	\$135,610.01	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,621,422.53	\$1,621,422.53
Miscellaneous	\$600.00	\$130.00	\$65.00	\$350.00	\$80.00	\$140.00	\$85.00	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,450.00	0.09%
TOTAL COLLECTIONS	\$298,141.23	\$274,935.89	\$300,311.75	\$179,031.22	\$329,547.14	\$105,210.29	\$135,695.01	\$0.00	\$0.00	\$0.00	\$0.00	\$0.00	\$1,622,872.53	100% \$1,622,872.53

RESOLUTIONS THROUGH AUGUST 20, 2014

EXECUTIVE RESOLUTIONS:

E-AS-14-36 07/28/14

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

E-AS-14-37 07/28/14

Approves and enacts the Business Site Leasing Ordinance.

FURTHER RESOLVED that the Executive Committee hereby authorizes Governor Butler- Wolfe to execute and deliver the Business Site Leasing Ordinance to the United States Department of the Interior for review and approval pursuant to the HEARTH Act.

E-AS-14-38 08/20/14

Acknowledges and affirms the enactment of Absentee Shawnee Tribe Code of Conduct and Ethics, as attached, as the result of affirmative referendum vote. FURTHER that the Executive Committee of the Absentee Shawnee Tribe of Oklahoma hereby authorizes the enactment of the Absentee Shawnee Tribe Ethics Committee Procedures for Ethics Hearings, as attached.

CERTIFICATION

We, Edwina Butler-Wolfe, Governor and Vera M. Dawsey, Secretary of the Absentee Shawnee Tribe of Oklahoma, do hereby certify this Resolution No-E-AS-2014-38 to be true and exact copy as approved by the Executive Committee of the Absentee Shawnee Tribe of Oklahoma at a duly called meeting held on August 20, 2104, there being a quorum present, by vote of 3 in favor, 2 opposed, and 0 abstentions, as follows: Lt. Governor Gibson: Yes, Secretary Dawsey: No, Treasure Bates: No, Representative Blanchard: Yes, Governor Butler-Wolfe's vote, if required, Yes.

E-AS-14-39 08/20/14

Recognizes the enactment of the Executive Committee Salary Scale, as attached, pursuant to the referendum vote on June 21, 2014. FURTHER that the Executive Committee of the Absentee Shawnee Tribe of

Oklahoma hereby authorizes the Verification Requirements and Definitions, as attached, in order to implement the Executive Committee Salary Scale. FURTHER that the Human Resources Department will be responsible for making all salary determinations for all Executive Committee members.

CERTIFICATION

We, Edwina Butler-Wolfe, Governor and Vera M. Dawsey, Secretary of the Absentee Shawnee Tribe of Oklahoma, do hereby certify this Resolution No-E-AS-2014-39 to be true and exact copy as approved by the Executive Committee of the Absentee Shawnee Tribe of Oklahoma at a duly called meeting held on August 20, 2104, there being a quorum present, by vote of 4 in favor, 0 opposed, and 0 abstentions, as follows: Lt. Governor Gibson: Yes, Secretary Dawsey: Yes, Treasure Bates: Yes, Representative Blanchard: Yes, Governor Butler-Wolfe's vote, if required, NA.

E-AS-14-40 08/20/14

Approves and accepts James Aiyden Ruthledge, Santana LaRay Larney, Aiden Cooper Breeding, Octavia Marie Poncho, James Emanuel Dean Caudillo, Herman Russell James Caudillo, Ginna Lyn Aschtgen and Neela Mahadevi Mull as enrolled members of the Absentee Shawnee Tribe of Indians of Oklahoma as of the date of this resolution.

E-AS-14-41 08/20/14

Grants voluntary relinquishment of membership of the Absentee Shawnee Tribe of Indians of Oklahoma to David Leon Warrior to enroll with the Muscogee (Creek) Nation of Oklahoma effective the date the relinquishment was received by the enrollment staff.

E-AS-14-42 08/20/14

Contracts with attorney Kevin "D" Watley as counsel to render legal services regarding administrative procedures with the Internal Revenue Service relating to the Absentee Shawnee Tribe's employment Tax Returns (Forms 1099) and back-withholding matters for calendar year 2012; authorizes and approves the contract (attached); and designates Governor Edwina Butler- Wolfe as the Tribal official with the signature authority to execute the contract and related documents, including Form 2848, on behalf of the Tribe, effective immediately.

Cultural Preservation Department

The AST Cultural Preservation Department would like to pass along the following information concerning updates to each of our programs:

Cultural Preservation

Cultural Preservation coordinated the "Educational Outreach" Field Trip, where we sponsored 11 Tribal Members for a visit to the Hopewell Culture National Historic Park in Chillicothe, Ohio. On the way, we made an overnight stop in St. Louis then visited Cahokia Mounds State Park in the Missouri/Illinois state line area. Additionally, the Governor and members from the White Turkey Band met up with us at our final destination. We were greeted by the National Park Service Superintendent and other staff which included our colleague and fellow Archaeologist, Dr. Bret Ruby. While there, the group was able to listen to a "Welcome" presentation, view the reconstructed Mound City, and attend the Friday night performance of "Tecumseh, an Outdoor Drama". In total, 19 members made an initial trip back East to learn about the importance of our former Homelands.

We did not make the 2nd scheduled trip to Tama, Iowa since this occurred during the same time as War Dance Ceremonies. And although we have not had a Cultural Skills class lately, we will be putting that back on the agenda now that school is back in session.

Next month, several Tribal members will be traveling to Daniel Boone National Forest in Winchester, Kentucky. The Tribe has sent a delegation there to fulfill a request to participate in Living Archaeology Weekend (LAW), always held during the 3rd weekend of September. The intent of this trip is to share our knowledge about our history and culture, which includes providing Stomp Dance Demonstrations.

If you have questions about the skills classes or would like to lead a demonstration, please call Joseph at Ext. 302, or send an email to joseph.blanchard@astribe.com

Library

Since the last publication, our Library Tech, Sophia Thurman, has been preparing for her final year at the University of Central Oklahoma (UCO). As you may recall from her Introduction, she is set to graduate with her bachelor's degree in Museum Studies. We are very proud to have her as a part of our team and helping push us forward with our archives system and book circulation.

Recently, we added more books, CDs and DVDs to our collection. We have a variety of resources available for checkout or your reading leisure including magazines, newspapers, and journals. If you have any questions, please call Sophia at ext. 307 or send an email to sthurman@astribe.com

Gift Shop

The Gift Shop continues to make progress in sales and new inventory. At the time of this submission, we have submitted our fall orders and hope to have these in stock within a few weeks. We still have a few of the following items remaining: Backpacks, Wind Breaker Jackets, Aluminum Water Bottles, Polo Shirts and Hats. We will be selling the remnants of our Summer Order before we begin processing our Fall shipment.

Please come in and check out our selection of CD's in the Native style of music you prefer. We just received a new shipment of Northern and Southern Powwow music from the Young Buffalo Horse and Wild Band of Comanches drum groups. Don't forget we carry other tunes for NAC, and Stomp Dance. And finally, the newest shipment from **Crazy Crow** and **Saddle Blanket** have arrived so come view the latest variety of bags, rugs and table cloths now in stock. If we don't have what you like, let us know. Oftentimes, we can 'Special Order' your request and have it on hand in a matter of days. For inquiries, call Esther at ext. 307 or by email at elowden@astribe.com

THPO

Our THPO program continues to make great strides and advancements by responding to Consultation Requests from 20 Federal Agencies, representing over 20+ states. As mentioned previously, we received notice from **Monongahela National Forest**, announcing a Participating Agreement (PA) Award, in the amount of **\$50,000**. This allowed us to use our AST Heritage Resource Technician (HRT) Paraprofessionals, to complete Cultural Resource Management (CRM) responsibilities on their property in the Gauley Ranger District; Richwood, West Virginia. We sent our Certified Personnel to assist in Survey Data Collection during the week of July 27th, the first of four (4) outings over the next few months as we fulfill our obligations to the PA. The program was created to provide extra employment opportunities for those AST members who have completed the Training course criterion and obtained their Certification. Likewise, this has the potential to enhance future contract chances and provide another source of Department income.

The best compliment we received is that our staff didn't complain about the environment and surrounding area. In addition, we adjusted in a short amount of time to the altitude, terrain (rocky, hilly) and weather conditions. They were very impressed with our skill and adaptability and can't wait to see where this adventure takes us.

As work continues, there will be a need for more Tribal members to complete the HRT Certification Course and become eligible for Seasonal employment as a Paraprofessional. As of today, we are projecting late October as the 1st potential time frame to receive this training or possibly in March 2015.

Next month, we will introduce our newest member to the CP Team, Cecil Wilson. He recently transferred over from the Realty Department and brings with him a wealth of knowledge and experience. His title is "HRT/NAGPRA Coordinator". When you get a chance, stop by to welcome him to our Department.

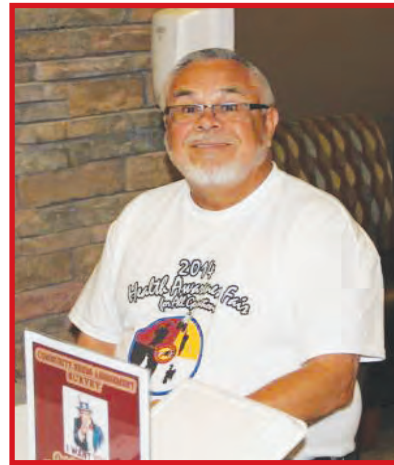
Your concerns are important to us. We thank you for the continued support of our department as we continue to make changes to our programs, in order to provide the best service to our Tribal community. Thank you for your time.

Joseph H. Blanchard
Cultural Preservation Director/
Tribal Historic Preservation Officer
joseph.blanchard@astribe.com



AST Health Fair 2014





GOVERNOR'S SPOTLIGHT EMPLOYEE OF THE MONTH

LESA SHAW



My spotlight employee this month is Lesa Shaw. Lesa is my Special Projects Coordinator and has 30+ years of professional work experience. She holds an undergraduate degree from Northeastern State University, a graduate certificate from the University of Utah and a graduate degree from the University of Oklahoma. She and her husband, a physician in Shawnee and an Osage Congressman, have four adult children and one grandchild. Lesa has worked for the Absentee Shawnee Tribe in several capacities over the years: Legislative/Health Policy Analyst; Special Assistant to the Governor; IHS Self-Governance Coordinator. In September Lesa will take the Ward 5, City Commissioner office for the City of Shawnee. We appreciate Lesa and her commitment to the tribe and to the community at large!

Let's Build For the Future (BFF)!

GOVERNORS SPOTLIGHT EMPLOYEE

Governor Edwina Butler-Wolfe will be working with the six program department that she has oversight over and will monthly select an employee that is deemed to have contributed to their program and to the Absentee Shawnee tribe. The attributes to be considered are: Contributions to the community and the Tribe; leadership; performance and work ethic; teamwork. It is the intent of the Governor to recognize tribal employees who do a remarkable job and might not otherwise get recognized for their contributions. This special employee recognition program will be highlighted under my Office as the SPOTLIGHT EMPLOYEE OF THE MONTH program.



THE ABSENTEE SHAWNEE

SPONSORED BY
THE AST SPF PROGRAM
/DIABETES AND WELLNESS PROGRAM

RUN FOR YOUR LOVER ZOMBIE SEX RACE

for ages 10+



OCTOBER 25TH, 2014
PRE-REGISTER FOR A FREE SHIRT
RACE BEGINS AT 10:00 A.M.

Open to the public!

LITTLE AXE HEALTH CENTER



COSTUME CONTEST

VOLUNTEER AS A ZOMBIE

FREE EVENT
FREE EVENT
FREE EVENT

KIDS COSTUME WALK

For more info, please contact Kasey Dean at 405-701-7993 or Buster Bread at 405-364-7298

FUNDED BY SAMHSA GRANT
#1U795SPO15620-03

Health System August Monthly Update

The AST Tribal Health System enjoyed a tremendous success during the August Health Fair! The Oklahoma Health Department, VA Medical Center and the Oklahoma Health Care Authority, along with a multitude of other vendors, several tribal representatives, and communities from around the area were in attendance. The health system's providers saw almost 70 back-to-school physicals; dental provided care and education to all who desired it; and nearly 200 haircuts were given to visitors by Paul Mitchells' School, along with tons of vendor gifts! Almost a hundred tables and vendors filled the building at the LittleAxe Clinic, including a really awesome visit by the Oklahoma Highway Patrol helicopter, available for all to see. Special "thanks" to the Thunderbird Casino for their help with the event and for providing free play incentives for the Community Needs Assessment Survey, where almost 200 surveys were completed. The goal of the Community Needs Assessment (CNA) is to plan, prioritize, and budget for the healthcare delivery for the tribal community and assess those needs on a periodic basis to ensure services and resources are concentrated where they should be. This is identified by the community serviced by the healthcare organization as necessary for improving the health of all tribal and other serviced community members via the evaluation of new technology, services, or products available to the community. The Employee of the Month was Buster Bread, Resource Center. The Team of the Month was the Resource Center Staff Great job gang! The Health Leadership Award was a tie between Eva Hartley in Behavioral Health and Sharon Shawnee, Procurement, both being recognized for their service to the health system within their respected areas. We are very proud of our star performers and for their contributions to the patients, their fellow employees, and the tribe!

A few other key bits of information for this month:

- AST/Serviced Health System Native American Veterans: If you are currently receiving services with the area VA Medical Center, please contact us today to set up an appointment for getting your services here with the AST Health System. Our contract has been completed and we are beginning to stand-up our program within the system to bill the VA for services you previously received, or currently receive, with the VA. Please contact a Patient Benefit Advisor (PBA) today to discuss at (405) 447-0300.

- Please have your voice heard today for the Community Needs Assessment (CNA). This survey will ensure your input and ideas are counted as we continue to update our strategic plan. You can access this survey today on the AST Health System web page: <http://www.asthealth.org>

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

- The interactive phone menu for the Contract Health Services (CHS) helps patients access the most appropriate service provider by calling (405) 701 7951. This feature will speed up access to the patients seeking services and follow-up to their care.

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

- The AST Anti-Bullying Prevention "HOTLINE" is (405) 701-7987 during work hours 8-5, M-F, and for added confidentiality or after hours you may contact Mrs. Dara Thorpe at either (405) 701-7992 or via cell (405) 481-0815 to start intervention assistance for tribal youth.

If it is an emergency, or someone is at risk of harming themselves or others, contact 911.

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

- Pharmacy After Hours Process: After hours and weekends/holidays, did you know you can go to Walgreens in either Shawnee or Norman, and have a five-day limited fill on prescriptions? All you have to do is submit your prescription, identify yourself with your AST CDIB Card and other appropriate ID, and then they will fill your prescription! Upon the first workday, you can have the remaining balance of your prescriptions transferred to your pharmacy in either Shawnee or LittleAxe, and they will fill your remaining balance. This is an emergency convenience for your benefit and to save the contract health dollars as well, so please be aware of this and other benefits your tribe provides you.

Community Garden Survey Leads To Self-Reliant Food System

On Friday, August 1, during the Health Fair held at the Little Axe Health Center, a survey was conducted about gardening experiences and the fresh foods that people eat. This information is being used to determine and develop a self-reliant food system also known as food sovereignty. Some of the survey information indicates how supportive the community would be for such an undertaking.

Participants were asked what kinds of foods they would want to grow. The most popular were vegetables with 19 different types written in from asparagus to tomatoes. Several types of herbs, spices, flowers and many fruits were also listed.

In hopes of developing a garden that would also contain traditional foods, participants were asked, “Do you remember any traditional or cultural foods?” 56% of women said yes compared to 80% of men who also said yes. There were over 50 food items written in as “traditional foods” from abuske to yakapins! 77% of females said they would participate in a cooking class; 66% of the men also wrote that they would be interested in cooking classes.

It is interesting that the smaller gardening styles were chosen instead of the traditional style of farming with large lots. The top 3 types of garden that participants preferred to work in were: Ground plots, raised beds, and potted plants or container gardening.

Participants were asked if they had any gardening experience. The table below indicates that 64% of the males have some gardening experience. And, the females have a similar rating with 62% of them having some gardening experience.

<u>MALES</u>		<u>FEMALES</u>		
13	37%	42	26%	Yes, have had my own garden
9	26%	49	30%	Yes, have helped a relative
1	3%	10	6%	Yes, have had my own garden and helped a relative
0	0%	56	35%	No
12	34%	5	3%	No response
35	100%	162	100%	

Out of the 198 people who took the survey, 82% were women and 18% were men. Among both genders, almost 50% live in rural areas. Some of the comments that participants wrote were: “I want to learn to do my own garden”, “It would be good for community!” and “I love fresh foods.”

A note of thanks goes out to all the survey participants. A lot of good information was shared and will be analyzed so that food sovereignty can become an issue for our people. Also, a \$50 gift card was raffled to those who participated in the survey.

Other survey questions focused on food, diet and food purchasing habits as well as gardening experience. If you would like a copy of the survey results contact Joy Moldenhauer at ext. 301. If you are interested in participating with the development of a self-reliant food system (food sovereignty) with emphasis in the community garden, please contact Eddie Brokeshoulder at 275-4030 ext. 148. A planning meeting is being scheduled for those individuals who want to participate.

Back to School Health Considerations

Now that the start of a new school year is upon us, Public Health Nursing Department would like to encourage you to consider a few ways to develop or maintain a healthy lifestyle that will carry you through not only this school year but also throughout life. September is a busy month full of health awareness causes.

As you begin this school year, we encourage you to make sure you are eating a healthy diet, as this will help to prevent illness. September is Fruit and Veggies More Matters Month, sponsored by the Centers for Disease Control and Prevention (CDC). We encourage you to eat the recommended daily servings because healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health. Most fruits and vegetables are naturally low in fat and calories and are filling. To find out what your recommended daily servings of fruits and vegetables are you can visit www.choosemyplate.org or www.fruitsandveggiesmatter.gov, these websites have tools to help you know how many servings to eat and what makes a serving size for different foods. Healthy balanced meals are served at both Shawnee and Little Axe Title VI resource centers. Meals are free to Native Elders ages 55 and up, otherwise meals are reasonable at three dollars a person. Lunch is served Monday through Thursday and breakfast is served on Fridays. If you have any questions regarding this program please contact Thomasine Owings at (405) 275-4030 ext 169.

September 8-14th is National Suicide Prevention Week and National Suicide Prevention Day is September 10th. Prevention begins by being aware of the signs and symptoms of depression which is one of the risk factors for suicide. Some other risk factors may include substance abuse, loss of loved one, loss of employment, mental illness, and situational crises. Suicide and depression can affect both the young and old alike but can present differently with each age group. Some signs and symptoms of depression may include, but are not limited to:

- Feelings of sadness or emptiness
- Loss of interest in normal activities
- Sleep disturbances
- Lack of energy

- ☒ Changes in appetite
- ☒ Difficulty concentrating or making decisions
- ☒ Unexplained physical problems

In young children, symptoms may include stomach pains, not wanting to go to school, and clinginess. In teens, symptoms may include poor school performance, substance use, and avoidance of social interaction. In older adults, symptoms may be less obvious to observe. Symptoms may include memory difficulties or personality changes; unexplained fatigue, loss of appetite, sleep problems, or aches; and often wanting to stay home rather than socializing or trying new things.

Suicide is a major public health concern considering that it claims the lives of over 1 million people worldwide each year. Every 40 seconds, someone commits suicide and for each completed suicide it is estimated that there are 10-20 attempts. Suicidal people do not always want to die, they just want to end the pain they are experiencing. Sometimes, just being able to talk about their situation can relieve some of that pain. Make yourself available to listen to anyone struggling with depression or suicidal tendencies. Together we can help prevent the senseless and tragic deaths of suicide and help to preserve our tribal lineage for many generations to come. If you or someone you know is feeling suicidal you can call the 24 hour suicide hotline to talk to trained counselors at 1-800-273-7255. You may also contact the Behavioral Health Department to schedule an appointment to talk with one of our counselors or psychiatrists. Both the Little Axe and Shawnee Clinics have staff available to help patients.

September is also Head Lice Prevention Month. We need to prepare to prevent head lice infestations as the children will again be in close contact which increases the chance of contracting head lice. The CDC website (www.cdc.gov) is a great source of information regarding head lice prevention and treatments. In the United States, infestation with head lice (*Pediculus humanus capitis*) is most common among preschool- and elementary school-age children and their household members and caretakers. Head lice are not known to transmit disease; however, secondary bacterial infection of the skin resulting from scratching can occur with any lice infestation. Getting head lice is not related to cleanliness of the person or his or her environment. Head lice are mainly spread by direct contact with the hair of an infested person. Itching will be one of the first indicators of head lice. If you notice your child scratching their head, examine them for nits. Nits are most commonly at the nape of the neck and behind the ears. Nits are grayish in color and attach to the hair shaft close to the scalp. The most common way to get head lice is by head-to-head contact with a person who already has head lice. Such contact can be common among children during play at:

- ☒ school,
- ☒ home, and
- ☒ elsewhere (e.g., sports activities, playgrounds, camp, and slumber parties).

Another great website for head lice resources is www.headlice.org, here you can find news and answers to frequently asked questions regarding lice prevention and myths. If you are unsure of what to look for and/or need assistance with screening for head lice, feel free to contact the Public Health Nursing Department at (405) 447-0300 and we can do head lice screenings for you. If head lice are found we can also coordinate with Primary Care Providers to help with head lice treatment supplies.

Please contact Public Health Nursing at (405) 447-0300 if you have questions about our services or any other topic. Gloria Seeley, BSN, RN and Kristie McGuire, RN are always glad to assist our tribal and native population in any way that we can.

Women's Health

Services provided at Shawnee Clinic 405.878.4702 Schedule an appointment

Little Axe Health Center

Women's Health Services
Located in the Primary Health Care

Providing & Promoting Preventative Health for All Women


Services include:

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

Information about:

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

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



Absentee Shawnee Tribe of Oklahoma

Injury Prevention Program

The Mayo Clinic and the Center for Disease Control & Prevention say that if you're physically active it may help prevent you from falling. The following activities: Walking, chair exercises and Tai Chi, can improve your leg strength, balance, coordination and flexibility. Remember to check with your doctor before starting any of these activities!

Here are some tips on how to stay safe while getting back into the spring of things.

- Be sure to warm-up and cool down when appropriate.
- Wear protective gear - i.e. bike helmets, wrist & elbow guards, pads, etc.
- Rest, especially when your muscles are tired
- Prevent "overuse" injuries (i.e. stress fractures, tendonitis, or inflamed joints) by not overdoing exercise.
- Condition your body before jumping into new activities at full force.

For more information contact: Rosie Tall Bear at 405-701-7601
Little Axe Health Center





WHITE TURKEY BAND OF THE ABSENTEE SHAWNEE TRIBE

4th ANNUAL 5K RUN/WALK AND 3K TROT (1 mile walk)

OCTOBER 4, 2014

8:00 A.M.

AT

HORSE SHOE BEND COMMUNITY CENTER

46309 GARRETTS LAKE ROAD

SHAWNEE, OKLAHOMA

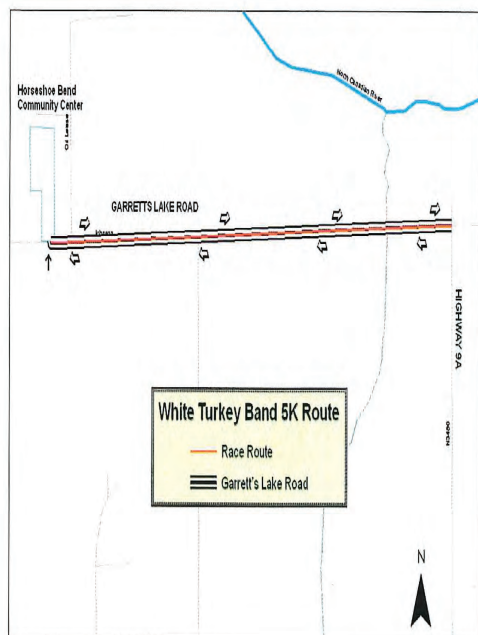
PROCEEDS WILL GO TO THE WHITE TURKEY BAND AND THE HORSE SHOE BEND AFTER SCHOOL PROGRAM FOR SPONSORSHIP TO STUDENTS ATTENDING THE TUTORIAL SERVICES.

COST: \$20.00 PARTICIPANT WILL RECEIVE T-SHIRT

DAY OF RACE REGISTRATION \$25.00 PARTICIPANT WILL RECEIVE T-SHIRT

OPEN DIVISION FIRST, SECOND, THIRD PLACE FEMALE AND MALE RUNNERS WILL BE AWARDED.

CONTACT INDIVIDUALS LISTED BELOW FOR MORE INFORMATION IF NEEDED



TWILA PARKER
405 229-8052

GWEN SWITCH
405 204-9612

White Turkey Band of the Absentee Shawnee Tribe
3rd Annual Open Division 5K Run/Walk and 3K Turkey Trot (1 mile walk)
SATURDAY, OCTOBER 4, 2014
HORSE SHOE BEND COMMUNITY BUILDING
46309 GARRETTS LAKE ROAD
SHAWNEE, OKLAHOMA 74801

NAME _____ BIRTHDAY: ____/____/____
Mo day yr

ADDRESS: _____ PHONE: _____

CITY: _____ STATE _____ ZIP _____

IN CASE OF EMERGENCY CALL: _____ PHONE _____

GENDER: MALE _____ FEMALE _____ Email: _____

CHECK ONE: 5K RUN _____ 5K WALK _____ 3K TURKEY TROT _____

CIRCLE YOUR T-SHIRT SIZE ADULT SIZES: S M L XL XXL YOUTH SIZES: M L

Entry Fee is \$20.00 per participant. 7:00am-7:45am Race Day Registration - \$25.00

MAKE CHECK PAYABLE TO: WHITE TURKEY BAND

Mail to White Turkey Band, P.O. Box 3016, Shawnee, Oklahoma 74802-3016

Horse Shoe Bend Community Center

46309 Garretts Lake Road

Shawnee, Oklahoma 74801

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. By entering and participating in this activity I assume all risks associated with running this event including, but not limited to: falls; contact with other participants; the effects of the weather; including high heat and/or humidity; traffic; and the conditions of the road. All such risks being known and appreciated by me, having read this waiver and knowing these acts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release White Turkey Band and the Absentee Shawnee Tribe, all sponsors, volunteers from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

SIGNATURE _____ DATE: _____
(IF UNDER 18, MUST BE SIGNED BY PARENT OR GUARDIAN)

National Fall Prevention Awareness Day

September 23, 2014

11 am to 1 pm

Little Axe Resource Center

Strong Today, Falls Free Tomorrow

Balance Assessments provided by
Physical Therapy/Toni Donahoo PT

Blood Pressure Checks provided by
Public Health Nursing



Walk

Door Prizes

Tai Chi

Games

Partners also include: AST Fitness &
AST Diabetes Department



Caregiver Grant & Injury Prevention Grant

Elder Event

Little Axe Health Center Clinic

JOB OPENINGS

We now have
a KIOSK
available for
applicants to
fill out
applications
online!

*Located in the
lobby of Building
#3

- Outpatient Counselor – Shawnee Clinic
- Building Blocks Director – Shawnee
- Building Blocks Teacher – Shawnee
- Building Blocks Teacher (Floater) – Shawnee
- Surveillance Operator – Thunderbird Casinos
- Media Administrative Assistant - Tecumseh

ABSENTEE SHAWNEE TRIBE HUMAN RESOURCES DEPARTMENT

John Carrington – x131
Elizabeth Clark – x170
Rachael Lankford – x111
Leo Teafatiller – 405.701.1638

2025 S. Gordon Cooper Drive
Shawnee, OK 74801

ph 405.275.1468
fx 405.273.2710

www.ashire.com

Car Seat Safety Checkup



Where: Absentee Shawnee Tribal Clinic

2029 S. Gordon Cooper, Shawnee, OK

Date: September 17, 2014

Time: 1 pm to 3 pm

For more information call:

Rosie Tall Bear at 405-701-7601



**SAFE
K:DS
OKLAHOMA**

\$10 Donation



September 2014 Birthdays

Abrams, Geraldine
 Alae, Sheila Sepideh
 Alford, David Paul
 Alford, Jennifer Christine
 Allen, Tasia Lynn
 Applegate, Jason Grant
 Arms, James Louis
 Arms, Michael Brandon
 Armstrong, Darrell Lynn
 Atwood, Stephen Jacob
 Barnard, Katrina Tate
 Barnes, Jordan Tylor
 Barriga Jr., Rogelio Alberto
 Bateman, Thomas Albert
 Bates, Charles Edward
 Beaver, Matthew David
 Bellin, Chance Andrew
 Bellin, Jack Matthew
 Bergen, Mercedes Ian
 Berry, Shane Tecumseh
 Blanchard Jr, Reuben Caleb
 Blanchard Jr., Leland Dale
 Blanchard Sr., George Melvin
 Blanchard, Chael Harper
 Blanchard, Consuela Sirena
 Blanchard, Craig Lewis
 Blanchard, Jacob Dakota
 Blanchard, Paulette Louise
 Blanchard, Reuben Caleb
 Blanchard, Summer Gail
 Blankenship, Fabian Mae
 Blocker, April Dawn
 Bosquez, Emilia Marie Nicole
 Bowens, Kendra Rachelle
 Brinkoetter, Karen Kay
 Brown, Addilynn Emmalee
 Bruner, Rhiannon Lydia
 Bump Sr., Richard Dewitt
 Burnett, Darrell Wayne
 Burns, Constance Darlene
 Burns, Natasha Brooke
 Butcher, Sallie Elizabeth
 Carlson III, Dennis Roy
 Carlson, Daniel Ray
 Carnes, Haley Ann Marie
 Carpenter, Cynthia Marie
 Carter, Mariella Raelynn
 Charley Whatley, Maddisson Noel
 Charley, Garry Joe
 Chisholm, Milford Wayne
 Clinesmith, Brooklyn Makay
 Cobell, Julee Rae
 Coddington, William Luther

Cody, Donna Noreen
 Colungo, Redena Sue
 Combs III, Frederick Cecil
 Coon, Ella Kay
 Cortez, Stephen Kaleb
 Cravens, Goldie Ann
 Creek, Josephine
 Creek, Ralph Samuel
 Crosswhite, Hunter Raven
 Cuellar, Ronald Lee
 Culwell, Bryson Gene
 Cypret, Norman Wayne
 Daniel, Dana Laree`
 Deer, Brandon Jeremy
 Deer, David Joel
 Deer, Jalen Dean
 Dibler, Bobby George
 Downey, Cheyenne Rena
 Downs, Debra Ann
 Duncan, Carolyn Ann
 Edgmon, Jeorgia Annabella
 Elam, Marquese Dashawn
 Ellis, Eric Wade
 Ellis, MaKenzie Rae
 Ellis, Richard Bryant
 Ellis, William Bryant
 Elmore, Christa Ann
 Ferrell, Melinda Kay
 Foreman, Stefany Elayne
 Foster, Linda Jean
 Frazier, Rickie Dewayne
 French, Jeffery John
 Fritsch, Jady Mark
 Fuentes, Cruzito Damacio
 Ganaway Jr., Mark Terrell
 Garretson, Cody Ronald
 Garza Jr., Gary Don
 Gibson Jr., Isaac
 Gibson, Edna Faye
 Gibson, Jennifer Michelle
 Gibson, Justin Ryan Hill
 Gillespie, Tamara Sue
 Gilman, Peter Howard
 Gouge, Ashlynn Jean
 Graham, Thomas Wendell
 Grass, Brooklynn Rayne
 Gregory, Samuel Edwin
 Hackbarth, Marissa Lucille
 Hadjiconstantinou, Openia Sue
 Hale III, Phillip Wayne
 Haley, Shirley Frances
 Hall, Christayl Rachell
 Harjo Jr, Benjamin

Harjo Jr., Burton Thomas
 Harris, Suzy Diane
 Harvey, Shelia Lynn
 Haumpy Jr., William Allen
 Haumpy, Talia Sharee
 Hicks, Angelia Jean
 Hill, Amanda Nicole
 Hood, Malacki David Weslyon
 Houston, Michael
 Houston-Fenix, Lexus Nicole
 Hurst, Brian Keith
 Jacobs, Kasiana Marie
 Jacobs, Mary Theresa
 James, Billie Jane
 James, Zachary Lee
 Jimerson, Tyrone Dremain
 Johnson, Brandon W. C.
 Johnson, Eryn Edward
 Johnson, Lewis Allen
 Johnson, Locv Lee Jace
 Johnson, Lyndsey Marie
 Johnson, Sandra Kay
 Jordan, Wendi Renee
 Kaseca, Kristin Nikole
 Kaseca, Paul Daniel
 Kelly, Gayla Ann
 Kelly, Kellie Marie
 Kickapoo, Roy Matteson
 Kickapoo, Valerie Yolanda
 Killian, Angelic Marie
 Kirby, Emma Grace
 Kmatz, Jacob Alexander
 Knight-Kastl, Patch Little Star
 Kowitz, Trentyn Mikal
 La Plant, Ryan Zachary
 Laplant, Raymond Lowell
 Larney, Darrell Scott
 Lassiter, Mia Angelina Kayleigh
 Lee, James Stacey Chang-Sun
 Leedom, Donna Jeanne
 Leupp, Lenora Little Creek
 Limon, Justine Danielle
 Little Axe III, Troy Lee
 Little Axe, Brittany Elaine
 Little Axe, Jason Randall
 Little Charley, Paige Marie
 Little Jim, Charles Kerwin
 Little Jim, Jason Webster
 Little Jim, Jason Webster
 Little, Christina Kathaleen
 Littlebear, Kianna Carolyn
 Littlecreek, Joshua Dwight
 Livsey, Mckinzy Diane
 Lockner, Krin Kimberly

Longhorn, Juanita Louise
 Longhorn-Dees, Aireanna Belle
 Longman, Anthony Lamont
 Longman, Emily R.
 Longman, Jordyn Christian Spybuck
 Longman, Shea Michael
 Lopez, Angela Michelle
 Louvier, Natasha Renee
 Lowe, Aria MaRae
 Lowe, Brian James
 Lowe, Caden Elijah
 Manley, Sue Ann Burkhart
 Mann, Ethan Coe
 Mann, John Edward
 Martin, Juston Allen
 Martinez, Brandon Paul
 Martinez, Leo Littlecreek
 Masquas, Jace Gabriel
 Masquat, Finley Ray
 Mauldin, Charlotte Vada Renia
 Maxfield, Katherine Elizabeth
 McAnally, Amber Chantel
 McClung, Helen L Burkhart
 McGirt, Douglas Burton
 McIntyre, Vickie Teresa
 McKinney, Lucia Jade
 McMahan, Ashley Rae
 McPherson, Jeremy Lee
 Miller, Esperanza
 Morrell, Kristy Ann
 Morris, Brandon Zachary
 Morris, Raymond Ray
 Morton, Lisa Marie
 Murry, Steve Raynae
 Nance, Jada Karyn
 Nance, Kameron Jace
 Nelson Jr., James Bradley
 Nelson, Telisa Renee
 Neske, Christopher Hugh
 Nice, Hunter Eli
 Norton, Jai'Ahnna Anjali
 Ochoa, Florence Pauline
 Olinger, Stephen Garrett
 Ongaco, Alexandra Renee`
 Pack, Trace Matthew
 Palacios, Phyllis Diana
 Panther III, William
 Panther, Nina Renee
 Panther, Raymond Dale
 Ponkilla, Edmond Lee
 Ponkilla, Timothy James
 Porambo, Anthony Thomas
 Poston, Teresa Sue

Powell, Robert M
 Powell, Wesley Lynn
 Prettyman, Faith Grinnell
 Proctor, Noah Gene
 Purcell, Jason Lee
 Reeves, Marian Louise
 Roberts, Jimmy Dean
 Routledge-Hunt, Brandi Faye
 Rowan, Cobie Mae
 Ruimveld, Shacoda Louis
 Ruimveld, Shawn Wade
 Ruiz, Kathlene Luiza Mae
 Ryan, Danielle Marie
 Sadongei, Carolyn Little Axe
 Salisbury, James Haydyn
 Sampson, Sharon Louise
 Schmitz, Tana Marie
 Seber, Walt Unitus
 Serena, Gary Allen
 Sharpe Jr., Chevis Shenold
 Shaver, Brittney Nicole
 Shaver, Jordin Lei
 Sherrill, Jocelynn Elyssa
 Shupe, Josh Michael
 Simpson, Julian Elliot
 Sloat, Alec Duane
 Sloat, Carol Ann
 Sloat, Colby Trae
 Sloat, Garrett Davis
 Smith, Kristi Dawn
 Smith, Larry Dale
 Snake, Jana Rachelle
 Soap, Jakobi Christopher
 Soap, Wilson Lee
 Spoon, Dakota Austin
 Spoon, Eric Louis
 Spoon, Kenneth Lee
 Spriggs, Helen Wyatt
 Spybuck, Justice Evan
 Spybuck, Kase Brennon
 Squire, Shawneecey Jordawna
 Squire, Takota Lynn
 Starr, Meranda Lynn
 Stoliby, Sean Ryan
 Switch, Eastman Kelly
 Switch, Isaac Jay
 Switch, Lana Iris
 Switch, Susan LeAnn
 Tascier, Samuel Ethan
 Terres, Paula Ailene
 Thompson, Darian Andrew
 Thompson, DeShayla Tamia
 Thorpe, Grace Janette

Thorpe, Keenan Allen
 Thorpe, Lorrie Ann
 Thorpe, Melanie Lea
 Thorpe, Rachel Danielle
 Tiger, Alisha Lynn
 Tiger, Christopher Neal
 Tiger, Darryl Dean
 Tiger, Gladys Jean
 Tiger, Luvenia Starr
 Tiger, Mary Augustina
 Tiger, Phyllis Gail
 Tiger, Terrance Nathan
 Torres, Hector Gene
 Tsoodle, Teri Kaye
 Tullius, Kaley Mariah
 Tyner, Marcus Charles
 Valdivia, Joseph Enrique
 Valdivia, Ronald David
 Vazquez, Tyler Keith
 Wahpekeche, Meredith York
 Wahpekeche, Silas Kane
 Walley, Breanna Joy
 Walsh, Malissa Lisa Renee
 Warrior Jr., Lucian Jay
 Warrior Sr., Manuel Anthony
 Warrior, Levi Stafford
 Washington Jr., Eric Sean
 Washington, Nicholas Shane
 Watkins, Mickaela Marie
 Watson, Betty Lou
 Watson, Jo Ann Spybuck
 Webster, Michael Brice
 Westberry, Amanda LeJean
 White III, Charles Daniel
 White, Susan Nicole Olivia
 Whitecloud, Bluesky Rain
 Whitecloud, Raquel Amae
 Whited, James Aaron
 Wilburn, Joshua Wayne
 Wilkerson, Lawrence Anthony
 Wilkerson, Tammy Lynn
 Williams, Christopher John
 Williams, Sonja Barbara Gosney
 Williams, Taren Janea
 Wilson Jr., Darrell Gene
 Wilson, Patrick Loyd
 Winrow, Rickie Dawn
 Winter, Brendan James
 Winter, Tammy Lyn
 Winter, Tara Ann Nicole
 Woods, Anna Marie
 Yeahpau, Jeri Maye
 Yones, Amber Marie



Happy Birthday
Pink!!!!!!!!!!!!

Hope you have a
very special day.

Love from Grammy, Paul, and Uncle JC.

Meredith Wahpekeche



from

Duck, Mady, Jarren, Ozzy,
Evan, and the Big Kids!

HAPPY 17TH
BIRTHDAY



MIKAH LITTLE AXE

FROM ALL OF YOUR
BROTHERS AND SISTERS
AND FAMILY. WE LOVE YOU
VERY MUCH.

AUG. 19TH

Happy Belated
Birthday!

Hunter Buck and Darrol Davis!!

We
love
you
both!



Becca,
Dakota,
William,
Dad and Mom,
and the rest of
the family.

August 31st

Happy
Birthday
mom
We Love You!!

Dad, Sheldon, Shelsie, Shelby, and Justin

Happy
Birthday!

Paige Little Charley

and

Melinda Ferrell

We love you both,
The whole family!!

August 31st

Happy Birthday
Grandma

May our creator bless
our Grandma
with many more
birthdays to come

Love,
Buggs and dae-dae



AUNT TAMMY!

We Love You!

(SEPT 11th)

From Kyla, Kelsey, and Kasi



MELINDA!



Horse Shoe Bend After School Program



BUILDING BLOCKS
CHILD DEVELOPMENT CENTER
 AN ABSENTEE SHAWNEE ENTERPRISE
 Absentee Shawnee Tribe of Oklahoma
 Building Blocks C.D.C.
 2025 S. Gordon Cooper Dr.
 Shawnee, Ok. 74801
 P: (405)878-0633 F: (405)878-0156

The Horse Shoe Bend after school program will be opening their doors on September 8, 2014. Unfortunately, we will be having some staff changes as both Faith Brown and Randall Watson will not be returning to the program as their college schedule(s) have become more demanding. We are in the process of hiring an individual to take the Coordinator position. We are pleased that some of our Oklahoma Baptist University students will be returning to assist us. All Horse Shoe after school program participants that are interested in attending the after school program must have an application on file. This includes both former and new participants. So parents please make sure you complete your child and/or children's application prior to the after school program beginning in September. The after school program schedule will not change. It will continue to be Monday thru Thursday, 3:00 pm until 6:00 pm. Parent's you must sign out your child and/or children from the after school program as you pick them up.

If there is any high school and/or college bound student that would like to volunteer to tutor our students please let me know. We require a background check and a drug test prior to starting. This would be a great opportunity for a high school student to gain work experience and place this community level involvement on their applications for future scholarships which they may consider applying for.

We look forward to the upcoming school year of 2014-2015 and the opportunities it will offer to our after school participants.

If you should have any questions or concerns I may be reached at 405 481-0397 or 275-4030, ext. 188.

Thank you,
Governor Butler-Wolfe

Building Blocks News...

Our Behavior and Guidance training was very informative. We are looking into hosting more helpful training events for families and community members. We will provide more information as those are scheduled. If there is a specific topic that you would like to see offered, please call us at 878-0633 and give us your suggestion.

Building Blocks staff is scheduled to attend a conference in Tulsa this month. The theme is "Using Conscious Discipline." This training focuses on how we can teach children social, emotional, and conflict resolution skills for everyday use. This training is helpful to those who work with children in schools, childcare centers, or mental health facilities. It can also be a great tool for parents to use when dealing with their own children. For information regarding this program, visit www.consciousdiscipline.com.

The school-age children are now back in school. This means that a lot of the older children are gone most of the day, but many of our younger children are returning. We currently have 56 children enrolled and are working on enrolling more children from our waiting lists. If you are in need of childcare and would like to be placed on the waiting list for either the Shawnee location or the Little Axe location, please call our Assistant Director, Ashley, at 878-0633.

We have recently hired a 3-year-old teacher and a part-time floater for the school-age classrooms at our Shawnee location. Because we have employees that will transfer to the Little Axe center when it opens, we are currently accepting applications for Teacher, Floater, Food Prep Asst., and Director at the Shawnee location. Please visit www.astribe.com for information on these positions.

Dates to Remember:

Monday, September 1st: Closed for Labor Day

Thank you,
Billie Thompson
Director

August 18, 2014
Monthly Report - August 2014

The CCDF Subsidy program currently has 22 children from 15 families who receive child care assistance through the subsidy portion of the CCDF grant. These children receive child care from Building Blocks as well as outside certified providers.

There is a delay in construction of the new Building Blocks III in Little Axe. The new tentative opening is November 17. The construction of BBIII is still ongoing. We are still in the process of securing the necessary equipment and furniture needed for the operation of the new facility. The job postings for the new BBIII in Little Axe have been pulled at this time until we get closer to opening. We had hoped to have the new facility open prior to the new school year but unfortunately that is not possible. But we look forward to the completion of the new center soon!

We are still accepting enrollment applications for the waiting list for our new BBIII facility in Little Axe. If you are interested in child care in the Little Axe area or know of someone who is, please contact Briana Ponkilla at 405-878-0633.

We look forward to all the developments and strides we are making at Building Blocks II and III.

Ni yi wa! (Thank you)

FYI: Contract Health Service News

Absentee Shawnee Tribal Health

*The AST Contract Health Services Team are here to assist you
... follow the CHS Guidelines!
Get a copy of the CHS Guidelines and update your information*

Contract Health Services for AST members with Insurance

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

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

Contract Health Services for AST members without Insurance

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

1. You must apply for any alternate resources for which you may be eligible - Medicare, Medicaid, SoonerCare, insurance, etc.
2. Complete CHS Patient Update form and update all information every 6 months
3. You must utilize the services provided within the AST health clinics prior to being referred out.
4. Referrals for outside services must be sent to CHS. Services must be medically approved by an AST Health provider.
5. An appointment will be scheduled and a COB will be sent to the outside provider.
6. In the event that you receive a bill from a provider, please provide a copy to CHS. *You may leave bills with Rhonda Kaseca at the Shawnee Clinic and Glendine Blanchard at the Little Axe Health Center.*

Emergency and Urgent Care Services

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

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

**Contract Health
Direct Phone Line
405.701.7951**



Debi Sloat



Glendine Blanchard



Flo Mann



Sharon Ponkilla



Darla Gatzman



Jayne Werst



Absentee Shawnee Housing Authority
 107 North Kimberly
 P.O. Box 425
 Shawnee, OK 74802-0425
 Phone (405)-273-1050
 Fax (405)275-0678

Down Payment Assistance Program for Over Income AST Tribal Members

This program is to provide Over-Income enrolled Absentee Shawnee Tribal members only with affordable homeownership financing opportunities. The Over-Income Down Payment Assistance will include payment of reasonable closing cost associated with the first mortgage and the ASHA's second mortgage with the remainder of the money going toward the down payment. The maximum amount for each homeowner is \$5000.00.

Eligibility

- Applicant must be eighteen (18) years of age
- Must be enrolled members of the Absentee Shawnee Tribe with gross incomes over 100% of the median income adjusted for family size to apply
- Applicant must be first-time homeowner
- Primary residences only
- Property must be located within the state of Oklahoma
- Must be approved for home loan
- Dwelling Unit must pass all Housing Quality Standards inspection as well as Environmental Inspection

For more Program Information, please contact Kimberly Vermillion at Ext. 260.

Absentee Shawnee Housing



Introduction

The information being provided is to help families understand what programs are offered through the Absentee Shawnee Housing Authority and how to apply. Our programs target low income Native American families who need housing assistance. The programs currently being provided are Rental, Lease to Own and Down Payment Assistance.

Application Process

Our process begins with the completion of our housing application. When completing the application be sure and answer all the questions that pertain to you and sign all attached forms. If you should have any questions regarding the application; call or come by our office and ask our staff in the Programs & Admissions Department and they would be glad to assist you.

The application will also require documents to be attached in order to complete the process; which are:

- ✦ Photo I.D.
- ✦ CDIB Card
- ✦ Social Security Card
- ✦ Birth Certificate
- ✦ Marriage License/Divorce Decree/Custody Decree (if applicable)
- ✦ Declaration of Section 214 (form is included with application)

Each household member must provide a birth certificate, social security card and CDIB card (if enrolled in a federally recognized tribe). The Housing Authority will conduct a criminal background check and credit check on all adult household members over the age of 18. A home visit is the final step in completing your application.

Waiting List

A letter will be mailed out once your application has been approved notifying you of the date your name was placed on the waiting list. It is very important to stay in contact and notify the Housing Authority anytime changes occur in income, household composition, or contact information.

In the event that your name is next in being offered a home; you will be notified by letter or phone. Annual Updates required to remain on the waiting list.

CONTACT INFORMATION:

**107 N. Kimberly
 Shawnee, OK 74801
 P.O. Box 425
 Shawnee, OK 74802-0425
 Phone: 405-273-1050
 Fax: 405-275-0678
 Office Hours: 8:00 a.m.- 4:30 p.m.**

Eligibility for each program has income requirements; please be sure and review the current income limits on your application. We will not be able to process your application if you do not meet the income criteria.



**ABSENTEE SHAWNEE TRIBAL
 POLICE DEPARTMENT**



SORNA

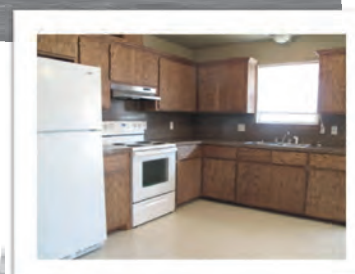
SEX OFFENDER REGISTRATION AND NOTIFICATION ACT
 EMAIL: SORNA@ASTRIIBE.COM
 TIPLINE 405-273-1249

Low Rent Housing

Our low rent housing program is provided to families in need of housing in the Shawnee and Tecumseh area. Rental houses are furnished with kitchen appliances, central heat and air, and mini blinds all throughout.

In the Shawnee area, the Absentee Shawnee Housing Authority has two elderly/handicap communities. These areas have fully and partial handicap accessible units. A laundry facility is located in the community for tenant use only.

Tenants in our rental program are provided services through our Maintenance Department; if any maintenance issues should arise you would contact the Housing Authority and a crew member will come and do the repair.



Lease to Own Program

The Lease to Own Program is available for any Native American family who has met our requirements and would like to purchase a home through the Housing Authority. The homes offered are ones currently in inventory and owned by the Housing Authority.

This program is designated for income eligible families who have been renting but now feel they are ready for the opportunity to purchase their own home. The application is the same as the rental; accept the income requirements are different. Be sure and specify when completing your application, that you are applying for the Lease to Own Program. If you have substantial rental history and meet the income requirements, your name may be placed on the waiting list.

Down Payment Assistance Program

This program offers a one-time grant of up to \$20,000 to assist with down payment and/or closing cost to purchase a home and is designed to make home mortgage payments more affordable

Eligibility Requirements

- Applicant must be eighteen (18) years of age
- Must be Native American enrolled in a Federally Recognized Tribe, with priority given to enrolled members of the Absentee Shawnee Tribe of Oklahoma to apply
- Applicant must qualify as a low-income family, and must meet minimum income guidelines
- Applicant must be first-time homeowner
- Primary residences only
- Must be approved for home loan
- Dwelling Unit must pass environmental inspection

- All applicants are required to attend a counseling class conducted by our Resident Counselor before signing a lease.
- Annual Recertification are required for Rental/Lease to Own programs
- Inspections are performed on our homes annually

- MONTHLY RENT IS CALCULATED BY YOUR INCOME
- OUR LOW RENT UNITS HAVE 1, 2, 3, & 4 BEDROOMS
- LEASE TO OWN HOMES HAVE 3 & 4 BEDROOMS

NEW RENTAL HOMES AVAILABLE!



Applications are now being accepted for families that are over the income limits for our IHBG funded programs. Please contact our Programs & Admissions Department for further details.

NOTE: There is limited homes available for this program.

ABSENTEE SHAWNEE
TRIBE OF OKLAHOMA

RECYCLING MA-
TERIAL THAT
WE ACCEPT.

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

MATERIAL WE
DO NOT AC-
CEPT.

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

REMEMBER,
WHEN IN DOUBT
THROW IT OUT.

CONTACT
INFORMATION

ABSENTEE SHAWNEE
TRIBE OF
OKLAHOMA

OFFICE OF
ENVIRONMENTAL
HEALTH &
ENVIRONMENTAL
PROGRAMS.

2025 S. GORDON
COOPER DR.
SHAWNEE, OK
74801

PHONE: (405) 214-
4235

FAX: (405) 878-
4701

Absentee Shawnee Tribe

Recycling Program

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

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

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



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

edge and information
about recycling markets
and market demand as
well as information ob-
tained from various pub-
lications and the internet
to comprise an analysis
of material the recycling
program will address at
the start of the program.
AST Recycling Program
Plan establishes a goal
that, by year's end 2013,
at least 25 % of the recy-
clable material produced
by the Tribe will be re-
cycled.

Reduce, Reuse, and Recycle

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

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

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

Office of Environmental Health & Engineering

- Tribal Housing Improvements Application

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

THIP list all applicants by a priority list:

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

Other Programs available:

- Sanitation Facilities Assistance Program

Applications need to be completed and all necessary documents at-
tached before the application will be processed.

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

Submit completed application to:

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

Absentee Shawnee Tribe Complex

Office of Environmental Health & Engineering, Building 13

If you have any questions, you can reach us by phone at (405) 214-4235

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

FOLLOW ME...
AWAY FROM
METH!



LITTLE AXE • SHAWNEE • HEALTH CLINIC

stellar

DISABILITY BENEFITS FOR WOUNDED WARRIORS

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

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

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



www.socialsecurity.gov
or call toll-free, **1-800-772-1213**
(for the deaf or hard of hearing, call our TTY
number, **1-800-325-0778**)



FITNESS CENTER HOURS

Monday—Thursday
6:00 a.m.—7:00 p.m.

Friday
6:00 a.m. — 5:00 p.m.

Saturday/Sunday
CLOSED



The AST Diabetes and Wellness Fitness Center provides state of the art fitness equipment, including: treadmills, elliptical cross-trainers, recumbent bikes, free-weights, kettlebells, and isolation strength machines. The AST Fitness Center is available to all Native Americans and their household family members. AST employees are also



eligible for membership. The AST Diabetes and Wellness Fitness Center strives to deliver a well-trained staff that seeks to help clients reach their personal fitness and health goals. Our staff takes pride in providing appropriate and educational fitness training to all clients, providing guidance in developing a successful plan to help prevent or manage diabetes and/or other health conditions, and providing clients with a fun and positive experience working with our staff. Please take some time to come by and visit the AST Diabetes and Wellness Fitness Center today!

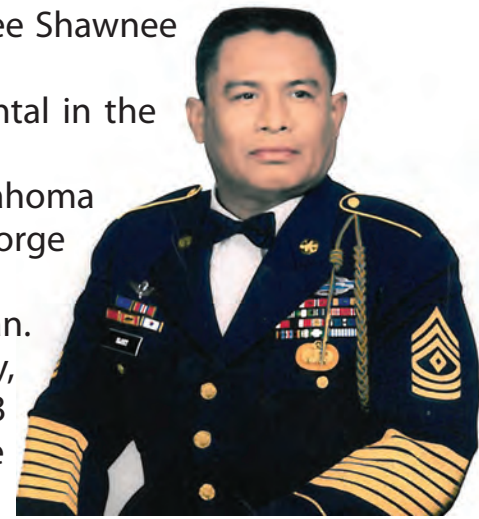
AST MEMBER TO BE INDUCTED INTO THE OKLAHOMA MILITARY HALL OF FAME

John L. Sloat, a highly decorated soldier who was the first Governor of the Absentee Shawnee Tribe, will be inducted into the Oklahoma Military Hall of Fame on Nov. 7 in Oklahoma City.

He served without pay for three terms as Governor of the tribe. He also was instrumental in the establishment of the tribe's Thunderbird Casino and a health clinic for tribal members.

Besides being the first Governor of the tribe, Slot also served as chairman of the Oklahoma Department of Indian Affairs for three years in the early 1980s. He was appointed by Gov. George Nigh.

Sloat, who lives in Noble, was born July 11, 1931, in Hog Creek Community east of Norman. He will be among 10 Oklahomans inducted into the Oklahoma Military Hall of Fame on Friday, Nov. 7, in Oklahoma City. This year's banquet will be held at the Oklahoma Tower Hotel, 3233 Northwest Expressway. The banquet begins with registration at 6:30 p.m. followed by the ceremony at 7 p.m.



In 1945, Sloat tried to join the U.S. Army but was too young. After graduating from Bethel High School in 1948, he joined the U.S. Army. He was sent to Korea after war broke out there. He was wounded during the fighting and received the Purple Heart.

In 1964 Sloat was sent to Vietnam. In 1967 he was assigned to Co. D, 2nd Battalion, 8th Cavalry (Airborne). During April 1967 Sloat was wounded and wounded again on Thanksgiving Day of 1967.

On April 2, 1967, the command post of Sloat's unit was attacked by a larger Viet Cong force using explosive charges, hand grenades and supporting small arms and automatic weapons fire.

"Seeing the command post was about to be overrun, Sloat charged three machine gun positions, destroying all of them. He suffered a head wound but removed 26 other wounded and dead for evacuation by helicopter," his citation for The Silver Star said. Because the helicopters were crowded, Sloat had to wait until the next morning to be evacuated. He was awarded the Silver Star for heroism.

In 1968 he was assigned to the 82nd Airborne Division, Fort Bragg, N.C., and retired in 1973. On June 3, 1979, he was presented a Certificate of Outstanding Community Achievement by President Jimmy Carter.



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

New Patient Portal
Absentee Shawnee Tribal Health System

Little Axe Health Center
Shawnee Clinic

FollowMyHealth™
Universal Health Record

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

Visit your app store and install
the Follow My Health app



for real-time access to your
health information

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

Summer Camp FUN



The Absentee Shawnee Tribe's Behavioral Health SPF-TIG Program attended the MSPI and Nikoti Camps! The SPF Program held a Drug Free poster contest & also an underage drinking prevention talk with the camp kids!



HEALTH FAIR FUN AT THE SPF-TIG BOOTH!





Come join the Lt. Governor and his staff as they host a day to come visit and observe the operations of the Black Angus Cattle Project.

Also, a fishing clinic will be held that morning by Mr. Trevor Yates and a couple of his colleagues. The clinic will be targeted for tribal youth 7-16 yrs. old. We will be giving the first 50 youths who sign up and attend that day a Zebco 33 Classic Spincast Rod and Reel.

**Saturday, Sept. 27th, 2014
9:00 am to 12 noon
I-40 and Earlsboro Exit**

Lunch will be served

Contact Andy Warrior, ext 189 or Mary Billy, ext 146 to sign up youth



Trevor Yates is an Absentee Shawnee tribal member and has taken an interest in competitive tournament fishing. He has been fishing for several years now in local, state and national tournaments. He recently fished in the Central Division Championship on Lake Sam Rayburn Reservoir in Lufkin, TX, and took first place. That win qualified him to fish in the National Championship against 6 other Divisional Champions from across the United States. He has become one of the elite youth anglers winning several tournaments and has gained recognition by some of the important sponsors and participants of the field. You can go to bassmaster.com and read an article and interview about Trevor.

The AST has proudly assisted Trevor in his competitions and are very proud of his success. We are grateful that Trevor can take time out of his schedule to come put on this small clinic for our tribal youth and be an encouragement to them as well.



A fishing tournament will be held for the youth after the clinic with prizes given out.

MARGRET ELLIS

The life of Margret Ellis, who we remembered with relatives and friends.



Thank you to everyone that brought food, the ones that helped and most of all who gave us the support we needed.

A special thank you to Jay and Carrie Ellis, the Governor of the Absentee Shawnee Tribe, Edwina Butler-Wolfe, and Mona McCoy (the great fry bread maker).

Thank you to Forrest Walker, who conducted the services and to the Sac & Fox Tribal Police who escorted us to Margret's final resting place.

To my family, thank you for everything you have done.

-Bernice Blanchard

Jimmy Ray Mohawk
A Decorated War Veteran
October 18, 1949 - July 31, 2014

Jimmy Ray Mohawk passed away on July 31, 2014.

Tribal Rites were held on August 1, 2014 at the Little Charley Family Home in Pink, Oklahoma. Burial was at the Little Charley Family Cemetery in Pink, Oklahoma.

The Little Charley Family would like to say NEE YAW WAY/THANK YOU to everyone who helped them out in their time of need.





TITLE VI MENU

SEPTEMBER 2014

2% MILK SERVED DAILY

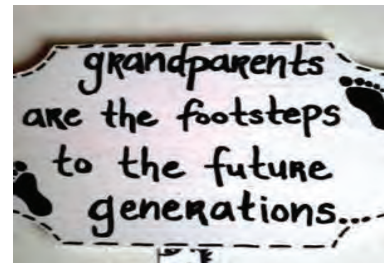
MENU SUBJECT TO CHANGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day AST Complex Closed	2 BBQ Sandwich Potato Salad Cake	3 Taco Casserole Spanish Rice Salsa Mixed Fruit	4 Chicken Pot Pie Squash Fruit	5 Biscuit Sausage Gravy Cereal	6
7 	8 Chef Salad w/ chicken Eggs, chez, Crackers Mandarin Oranges	9 Stew Crackers Pineapple Upside Down Cake	10 Oven Fried Chicken Mashed Pot./Gravy Pea & Carrots Pudding	11 Hot Ham & Chez Pasta Salad Fruit	12 Sac n Fox Conference & Olympics	13
14	15 Soft Taco Lett, Tom., onions Refried Beans Cookie	16 Homebound sack lunch Manwich Pickles Coleslaw Jell-O w fruit	17 Oklahoma State Fair 	18 Kraut N Wieners Veggies Bread Fruit	19 Scrambled Eggs Sausage Gravy Biscuits	20
21	22 Chicken Fry Steak Sandwich Lett, Tom Baked Chips/Fruit	23 Ham Black-eyed Peas Au gratin Pot. Bread/Pudding	24 Baked Pot. Chez, Ham, Onions Broc. & Chez SourCream/Fruit	25 Hamburger Lett, Tom, Onion Tator Tots	26 Waffles Bacon Fruit	27
28	29 Egg Rolls Veggies Oriental Rice Fortune Cookie	30 Beans Cornbread Steakfries Zucchini & Tom				

**NOT GOING TO BE HOME!!!
CALL AND LET US KNOW AT 405-275-4030
EXT 169 OR NOTIFY YOUR DRIVER**

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

September 7, GRANDPARENTS DAY!!!!



September 12: Title VI will be attending the Sac N Fox Conference and Olympics at Community Building in Stroud, and we will be leaving around 7am and leave after the activities. We will be able to take at 15 Elders or you are welcome to drive.

Homebound will be getting a sack lunch on the 16th.

September 17: we will be attending the Oklahoma State Fair for Seniors Day. We will be able to take 15 Elders and if you'd like to take your own car, please feel free. We will leave here from the Title VI Shawnee Bldg. at 8 am and should return around 3:30.

We will provide a sack lunch with a drink or you are more than welcome to eat at the fair at your expense.

www.okstatefair.com will give you more information of the scheduled activities

for September 17th.

Any questions or concerns please feel free to call me at 405-275-4030 ext 169.



“Culture is Prevention Drum Project”

The Methamphetamine and Suicide Prevention Initiative (MSPI), in cooperation with the Absentee Shawnee Behavioral Health Clinic and AST Cultural Preservation will begin drum making classes where the participants can learn to make pow wow drums, hand drums, sweat lodge drums and drum sticks. After we make the drums we will begin singing classes and learn our traditional songs and also learn how to compose new songs in Southern style, northern style, and hand drum round dance songs. We will have elders and adults that have lived culturally and spiritually with drumming and singing ceremonies as part of their daily walk on the Red Road (walking in prevention, sobriety, recovery, and wellbriety in the Native Way) come and be presenters to our participants (youth). We will work hard learning songs and will make 2 drum groups (northern and southern). We will use our sweatlodge to pray and ask for spiritual guidance while we learn sweatlodge songs. We will have talking circles learning about the medicine wheel and how culture and spirituality in our lives will help us stay away from alcohol and drugs. Once we have begun to learn songs we will let the drum group participants have fundraisers to raise money to travel to pow wows to sing. We will have our own Culture is Prevention Sobriety/Recovery Pow Wow. With the success of this Drum Project we can look to the future and keep it going with regalia classes and a stomp dance project for shell shakers. Contact John Soap at the Absentee Shawnee Behavioral Health Services at 405-878-4716. The Drum project classes will be at the Behavioral Health Conference room on Tuesday nights starting September 2, 2014.

On Saturday September 6, 2014 @ 2:00PM we want to invite all drummers and singers in the Shawnee/Tecumseh area for a meal and JAM SESSION to show our youth basic drum etiquette and how fun it is to sing and learn songs. Singers please bring hand drums and let's show these youth how to “make em dance!” This event will be behind the Behavioral health conference room.

The infographic features a central blue water drop shape containing contact information for OEH. It is surrounded by several circular callouts containing water-related facts. The background is decorated with blue icons of clouds, a sun, and a lightning bolt.

Water is composed Of two elements, Hydrogen and Oxygen, 2Hydrogen + 1 Oxygen = H₂O

75% of the human brain is water and 75% of a living Tree is water

Water regulates the Earth's temperature.

Water also regulates the temperature of the human body, carries nutrients and oxygen to cells, cushions joints, protects organs and tissues, and removes wastes

OEH
2025 S. Gordon Cooper Dr.
Shawnee, OK
(405) 214-4235

**Welcome
back to school**

<http://water.epa.gov/learn/kids/drinkingwater/waterfactsoflife.cfm>



AST PHARMACY NEWS



- Upcoming Pharmacy Department closures are as follows:
 - ✓ October 1, 2013 for inventory
 - ✓ November 11, 2013 to observe Veteran's Day
- Deliveries of controlled medications are not 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.
- When requesting refills, please provide 24 hours' notice until pick-up. We will need your refill number, located above your name on the prescription label, or the names of your medication in order to fill.
- 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 (changes at registration do not flow to pharmacy).

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

Hours of Operation:

Little Axe: 8am-5pm (& 7:30a-5:30p Drive-Thru) Monday - Friday

- Phone - (405) 292-9530

Shawnee: 7am-5pm Monday-Friday

- Phone - (405) 878-5859

We are open through the lunch hour!!

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

-Thank you,
Pharmacy Staff



Personal Banking:

AllNations Bank

offers a wide range of products and services to meet today's consumer demand including

our AllNations Bank Free Checking Account; Savings Account; Certificate of Deposit Accounts; Individual Retirement Accounts; Money Market; Now Accounts & Consumer Loans including Auto, Boat and more.

AllNations Offers Free ATM/Debit Card with each personal account that can be used at our Shawnee OK Drive Up ATM. In addition, we offer a wide selection of Safe Deposit Boxes for rent at competitive prices.

Contact Us for Details As Follows:

Calumet Office - Gene Davis or Dixie Smith 405-893-2240;

114 E Main, Calumet, OK

Shawnee Office - Gene Davis or Eugene Stidham 405-273-0202;

2023 S. Gordon Cooper Drive, Shawnee, OK

Business Banking:

In addition to our Commercial Checking account, AllNations Bank offers a wide range of products and services to meet today's business needs including all types of Commercial and Small Business Loans;

Merchant Services; Night Depository Drop & More.

Contact Us for Details As Follows:

Calumet Office - Gene Davis or Dixie Smith 405-893-2240;

114 E Main, Calumet, OK

Shawnee Office - Gene Davis or Eugene Stidham 405-273-0202;

2023 S. Gordon Cooper Drive, Shawnee, OK

Banking Hours:

2023 S. Gordon Cooper Drive, Shawnee, OK 74801

Lobby Hours 9:00 AM - 5:00 PM Monday - Friday

Drive In Hours 8:00 AM - 6:00 PM Monday - Friday

Saturday: 9:00 AM-12:00 Noon

Education Department

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

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

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

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

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

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



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

FOSTER CARE

WHAT IS A FOSTER CARE WORKER?

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

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

Some aspects of this relationship include the following:

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

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

Foster Care Payments are as follows:

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

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

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

We were able to set up a foster care awareness booth in building 1 this past month. Three lucky winners won our drawing goodies. We had a great turn out and appreciate each and every one of you that took the time to stop by and get information about fostering a child. We are in need of loving; committed foster parents that are able to provide a home to children in our tribe that are in need of a safe and loving home environment. I am not going to tell you that being a foster parent is always easy, because it is not. It is not always easy being a parent, because no child is ever perfect. I have raised six children myself, and honestly, there were days that I wanted to pull my hair out. Funny thing is that now that they are grown and on their own, I would do anything to go back to those days that consisted of caring for them and loving them and them needing me on that level. The truth is that foster children have experienced a family crisis and they have no idea of what is going on in their life, except the only thing that they have known all their life is turning upside down.

If you feel like you are in a place in your life where you are able to make a difference in a child's life, please contact Julie Wilson/AST/FC at 405-878-4702 (ext. 133).

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

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

The sad reality is that there are not enough culturally appropriate homes for these children, resulting in the placement of Native American children in homes that do not share their cultural heritage or traditions. We want to place "our tribal" children in our own homes, to do this we need tribal members to open their homes and their hearts. Are you willing to open your heart? Are you willing to open your home? If so, please contact Julie Wilson ICW/FC/CPS 878-4702 (ext. 133).



Preservation of American Indian culture starts with protection of our most precious resources -- American Indian children and families. Only when our children and families are healthy and happy can there be harmony in our world.

Problems Facing American Indian Children and Families

Today, 5.2 million American Indians and Alaska Natives (AI/AN) live in the United States

- American Indian children have the third highest rate of victimization
- American Indian/Alaska Natives have the highest rate of poverty of any other racial group in the nation
- In 2006, suicide was the leading cause of death for AI/AN males ages 10-14.
- A 2006 study found that, compared to other groups, AI/AN youth have more serious problems with mental health disorders.
- Alcohol-use disorders were more likely among American Indian youths than other racial groups.
- The AI/AN youth population is more affected by gang involvement than any other racial population.

WHAT CAN YOU DO TO HELP?

Children often get lost in a system that is supposed to protect them when their parents can't take care of them. They need someone who can provide a home that is safe. They need their emotional needs met by an adult who can act as if they are their parent. These children need love, shelter, safety, and a place that they can belong, they need a home. They need to know that they are not alone. If you are able to provide these things to one of our tribal children please contact: 405-878-4702 (ext. 133) Julie Wilson ICW/FC.

FOSTER CARE

FOSTER CARE NEWS

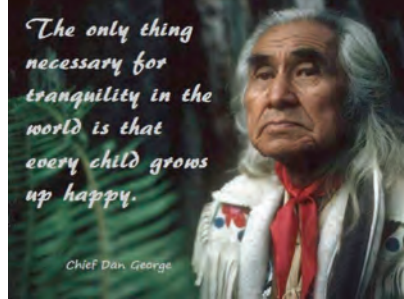
The Absentee Shawnee CPS Foster Care Program was able to organize a bowling and pizza party for our Absentee Shawnee Foster Care families with the help of a generous donation from our AST Housing Authority. Our families had such a good time on August 4th bowling, playing video games and eating pizza. Foster Parents got to relax and have a fun time with their foster children. It was a good way for the AST Foster Care Program to say thank you to our foster parents for doing such a good job taking care of our foster kids and wonderful time for our foster kids to just have fun. Each foster care family received a movie themed box for a home family night as a small token of our appreciation. We would like to send out a big "Thank You" to the Absentee Shawnee Housing Authority for making this event possible. We would also like to thank all of those that came out for this event to help support our foster care program.



GOT LOVE?

FOSTER A CHILD

Native American youth have two distinct influences, that of their family of origin and that of their caregivers. Absentee Shawnee Tribal Foster Care is in need of homes for children that are in our child welfare system. Your participation in being a foster parent helps to ensure that these children have positive connections to their culture. This interaction helps these children nurture a positive sense of identification as a Native American. By being willing to do this, you can be a valuable part of the healing journey that will help strengthen this next generation of Absentee Shawnee children; in turn, helping those children become the parents that their children will need them to be. Our children are our future, what will we have our future be?
 ABSENTEE SHAWNEE TRIBE CHILD WELFARE
 405-878-4702 (ext. 133)



Native American youth are facing a crisis. These children are being removed from their homes and placed into the child welfare system at rates much higher than any other population. Native American children are often placed in homes outside of their families, tribes, and Native American culture and all this contributes to significant social problems. The story of Native American people is a complicated one marked by significant trauma and atrocities. Often times

this trauma consisted of the removal of abuse which happened to these young and vulnerable children in many of these schools resulted in overwhelming intergenerational trauma and unresolved grief. This trauma which interrupted the ability to parent has led directly to the most current social problems that plague Native American communities today including alcohol/drug abuse, domestic violence, child abuse, sexual abuse and parenting deficiencies. All of these problems have contributed to the break-down of the family unit, leading to the removal of large numbers of Native American youth from their families. The journey of healing and breaking the cycles which have been put in place by the historical trauma experienced by generations of Native Americans requires that the cultural identity for so long denied to these children be returned. Native American youth have two distinct influences, that of their family of origin and that of their caregivers. Absentee Shawnee Tribal Foster Care is in need of homes for children that are in our child welfare system. Your participation in being a foster parent helps to ensure that these children have positive connections to their culture which in helps nurture a positive sense of identification as a Native American. By being willing to do this, you can be a valuable part of the healing journey that will help strengthen this next generation of Absentee Shawnee children; in turn, helping those children become the parents that their children will need them to be. Our children are our future, what will we have our future be? Will you, as Absentee Shawnee member, do your part if you are able? If you are interested in becoming a foster parent, please contact Juliann Wilson ICW/CPS/FOSTER CARE at 275-4030, ext. 133.



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

<<<NOTICE>>>

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



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

PRESORTED STANDARD
US POSTAGE
PAID
OKLAHOMA CITY, OK
PERMIT 2000

RETURN SERVICE
REQUESTED

AST Elders Council
Fundraiser
September 13, 2014
Pie/Cake Silent Auction
11:00 a.m. – 1:00 p.m.
Thunderbird Casino
Warrior Room
*Everyone come out and place a bid
on your favorite pie or cake!!*

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

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