



The Shawnee Journal

29 South Highway 69A Miami, Oklahoma 74354 918-542-2441

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FALL 2013

Points of Interest:

- ▶ Annual Meeting
- ▶ Website Update
- ▶ Chief's Update
- ▶ Important Dates

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Annual Meeting

As prescribed by Article IX of the Constitution of the Shawnee Tribe, the Annual Meeting is held on the 3rd Saturday in September. This year's Annual Meeting, also called the General Council Meeting, will be held at 10:00 am on September 21st at the Shawnee Tribe Community Building (1/4 mile North of the Turnpike entrance on Highway 69 A) in Miami, Oklahoma. Tribal members may register at the door.

Members will receive a 2014 Annual Report containing minutes of the 2012 meeting, a fiscal year 2013 financial summary, the Chief's report, updates on Tribal programs and project, and a Business Council roster. If

you are unable to attend the meeting but would like a copy of the 2012 Annual Report, please call the office and request one to be mailed to you. The 2012 Annual Meeting Agenda will include reports on economic opportunities and on general tribal operations and activities.

Candidates for two Business Council seats have been certified by the Election Committee. Both candidates are running unopposed and will commence their four year terms in October. These candidates are Roberta Coombes and Joel Barnes.

All Tribal members 18 and older who were enrolled at or before the August 2013 Business Council meeting are eligible to attend and

vote. We encourage all members to attend. This is your chance to be involved with the Tribe's future direction.

We will have various forms available for Tribal members to be able to request a new membership card if you have lost your card, have had an address change or name change. Staff and Business Council members will be available to talk with before and after the meeting.

Light refreshments will be served starting at 9:30 am. The Tribe's Gift Shop will also be open after the Annual Meeting if any anyone would like to purchase logo items featuring the Tribal seal and flag, silver and beaded jewelry or Pendleton items.

Veteran's Enrollment Seminar

The Claremore Indian Hospital will be sponsoring a "VA Enrollment Seminar" to assist Native American Veteran patients in applying for eligibility for health care services through the VA.

Claremore Indian Hospital Benefit Coordinators and representative from the VA

will be available to assist with the application process. This seminar will be held at the Claremore Indian Hospital in the large conference room on Thursday September 19, 2013 at 10:00 am to 2:00 pm.

If you plan on attending please bring your DD-214 (military discharge document) with you. The address of the Claremore

Indian Hospital is 101 South Moore Ave, Claremore, OK. Please call 918-342-62000

with any questions. Please make plans to attend this event if you are a veteran.



Education Assistance Still Available

EDUCATION ASSISTANCE

Any tribal member attending an accredited post-secondary school in the 50 United States on a full or half-time basis with a GPA of at least 2.5 is eligible for our Education Assistance Program. If you are a recent high school graduate, we will accept an official copy of your high school transcripts or your GED score. Assistance is also available to tribal members attending vocational or certificate programs.

Assistance available includes \$1,000 per semester for full time students. Full time status is 12 credit hours or more. Part time assistance, in the amount of \$500, is available as well. Part time status is anything less than 12 credit hours. Vocational

and certificate programs are eligible for \$500 one time a calendar year.

Applications may be obtained by calling the tribal office and requesting one to be sent to you. Students must re-apply for assistance each semester. Payment will be made directly to the school and not to the student.

EDUCATION ACHIEVEMENT AWARD

Any tribal member who graduates from an accredited high school will receive \$100 for this achievement. Any tribal member who receives an Associates degree will receive \$200. Any tribal member who completes a Bachelor program will receive \$350,



and any tribal member who completes their Masters degree will receive \$500. If a student completes every degree possible from high school through a masters program, they could earn up to a total of \$1,150.00. This program was implemented in May of 2011, so unfortunately, we will not be able to reward achievements prior to May 2011.

Applications for this program may be obtained by calling the tribal office and asking for Agnes Sappington. Ms. Sappington will mail the Education Achievement Award application to you. The application will be a one page information sheet you must complete as well as submitting a copy of your diploma and college or high school transcript that shows the completed level.

Tribal Members In The News

Hiho! Hi ke ho wa se li si mi mo?

Hello Friends and Relatives! How are you? My name is Hanna Elizabeth Wensman. I am of the Shawnee Tribe in Miami, Oklahoma and the Red Lake Ojibway Nation of Red Lake, Minnesota. My Shawnee name is Pem.Ta.Com.See which translates to RunningWater. I am the 20 yr. old daughter of Hilda Kaiser and Eric Wensman of Sperry, Oklahoma. I am a lifelong resident of Sperry, Oklahoma.

I am a direct descendent of Tecumseh of the Shawnee Tribe. My maternal grandparents are the late Elsie and John Kaiser of Sperry, Oklahoma. My paternal grandparents are the late Maurice Wensman of Minneapolis, MN, and Sue and the late Bob Quinton of Sperry, Oklahoma. I have two sisters, Sumer and Aubree Wensman.

I am from the White Oak ceremonial grounds where I participate in our spring and fall Bread dances. I am a lifelong member of the Native American Church as well.

I am currently an Honors College sophomore at Oklahoma State University where I am Pre-Med with an emphasis in Athletic Training. I am an officer of the Native American Student Association where I was voted Up and coming New Member, and I am an active member of the Athletic Training Student Association, Paddle People and the Horseman's Association. I am a sister of the First Native American Sorority, Alpha Pi Omega of the Gamma Chapter. I am a mentor for Native Explorers. I plan to graduate from Oklahoma State University with a Masters in Athletic Training and continue onto Medical school to pursue my dreams of becoming an Orthopedic surgeon.

During my spare time I love to attend stomp dances, powwows, other tribal ceremonies, a rough game of Indian football and stickball. I enjoy reading, running, beading, listening to music and being outside.

I would like to thank the Tulsa Indian Club for selecting me. I am very honored and ecstatic to be selected as the 2013-2014 Tulsa Powwow Princess. I am excited to represent the Tulsa Indian Club, my family and nation to the best of my ability. I am ready for the exciting journey and experiences this prestigious title will bring me!

Nosalako!



Children and Family Services Program Update

The Tribe's Child Care Development Fund Program is currently serving 145 children, 86 families and has provided quality improvement funding to over 55 different child care programs. Families from 15 different tribes are enrolled in the program. Based on the average of 121.53 hours in daycare per child each month, the average monthly subsidy per child contributed by the CCDF Program was \$288.94 while the average monthly cost per child paid by parents was only \$18.38.

The CCDF Program participates in many quality services and activities. On May 2nd the program hosted an Emergency Preparedness training along with eight local Tribal child care programs that provided training to 49 local daycare providers. Topics of discussion included coping skill after a disaster, fire and earthquake prevention, domestic violence, security and facility lockdown, sheltering, response vaccinations, an emergency preparedness



plan and point of relocation, power outages and restoring power after a disaster as well as essential phone notification apps.

On July 22nd—26th, the CCDF Program and the other local Tribal childcare programs helped sponsor the “Just for Kids” summer event that was hosted by the Northeastern Tribal Health Systems Diabetes Program. Approximately 112 children attended the week long summer camp that focused on nutrition and healthy food choices, cultural activities and physical fitness activities.

On July 30th, 31st and August 1st the Shawnee Tribe's Annual School Supply Giveaway was held.



The program supplied backpacks filled with various school supplies to 165 tribal school age children.

On August 24th, the CCDF Program helped sponsor the 3rd Annual HOPE(Help

Our People End Domestic Violence) 5K Run to at the Miami High School in honor of Fern L. Holland Day.

The CCDF Program continues to offer monthly CPR/ First-Aid /AED classes to our contracted child care providers.

Approximately 205 child care providers have received their certifications. We continue to offer these classes for free to tribal members. For more information Please contact Tena Booth at (918) 542-7232.



Next Year's Inter- Tribal Children's Powwow date has been set for Saturday June 14, 2014 at the Ottawa Tribal Powow Grounds.

For More information please call Tena Booth at the Tribal office .



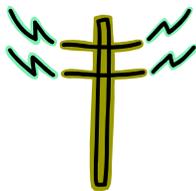
Tribal Web Site Update Coming Soon

Shawnee Tribe staff is currently in the process of improving our tribal website. The revamped site will include an enhanced search function and photo gallery. The site will also be optimized to be more user friendly as well as have most program applications available for downloading. Notices about upcoming events and programs will be on the website. We will also be archiving old editions of the Tribal newsletter as well as a new interactive program for tribal children. We hope to launch these improvements by the beginning of October. The Tribe's website is www.shawnee-tribe.com Stay tuned for more information. Please don't forget to email the tribal office at shawneetribe@shawnee-tribe.com directly if you have questions about tribal matters, such as programs, services or activities.



Other News and Updates

Having Trouble With High Utility Bills?



The Shawnee Tribe still has Low Income Home Energy Assistance money available to those households that qualify. All applicants must live in the state of Oklahoma, belong to the Shawnee Tribe, and qualify under the income guidelines. The Tribe offers \$100.00 for assistance to pay for heating or cooling costs. Please contact Diana Baker at 918-542-2441 for more information.

Announcements



If you would like to announce births, marriages, gradua-

tions, deaths, or family reunions, please let the office staff know so that we can include the information in the next newsletter, which is scheduled for November publication.

Addresses Needed

In order to notify members about tribal events and programs from which they may be eligible to receive assistance, we need to be kept up-to-date with current addresses and phone numbers. We have a large number of bad addresses currently on the roll. If you have family members that have recently moved, encourage them to contact the Tribe to update their address. If you need to change your address or re-



quest a replacement tribal card, you can call the Tribal office and ask for Agnes Sappington. She can assist you by sending you the necessary forms that must be completed and returned to the tribal office.

Shawnee Tribe Email List

It has been some time since our email address book has been updated. Currently, there are 73 Tribal members on the list. Most of those on the list are aware of being on the list. To join up, simply send your last and first names to Carlyle Hinshaw at gchinshaw@cableone.net. At the Annual Meeting in September, attendees will be given a copy of the current list and can sign up then. Afterwards, the updated address book will be sent to all.

Environmental Program Update

Grand Lake Watershed Mercury Study

From 2009-2012, Harvard School of Public Health, LEAD Agency (local Environmental Group), and OU Health Sciences Center were funded by the National Institute of Environmental Health Science to conduct a Grand Lake Watershed Mercury Study.

What activities were performed in the study?

Tested mercury levels in fish from Grand lake watershed.

Tested mercury exposure and evaluated fish consumption among people who eat fish from the watershed.

Findings on Fish

Do fish caught in the Grand lake watershed contain mercury* levels of concern?

It was found that fish from the Grand Lake watershed generally do not have high levels of mercury. However, the results do show levels of mercury that exceed the EPA guideline of 300 parts per billion for children and women of childbearing age in 3% of the nearly 1,000 fish tested. These fish included flathead catfish, largemouth bass, blue catfish, and drum.

Are there any fishing locations I should avoid because of high mercury content in the fish?

No, the study does not show that any locations in the watershed should be avoided because of high mercury levels in the fish. Most of the fish with mercury levels were caught in the Neosho River. In particular, flathead over 40 inches and drum over 18 inches from the Neosho tended to be high in mercury.

Which fish had the highest lev-

els of mercury?

Flathead catfish, drum, large-mouth bass, and blue catfish and the highest levels of mercury. White crappie, sunfish, spoonbill, channel catfish, white bass and smallmouth buffalo had lower mercury. In general, longer fish and fish higher on the food chain tended to have more mercury. People concerned about mercury exposure may want to select fish with lower mercury or eat smaller fish.

Findings on Fish Consumption

Are people who eat fish from the Grand Lake watershed exposed to high levels of mercury?

No, only around 5% of the people who ate fish from the Grand Lake watershed and participated in the study had mercury levels in hair that exceeded 1 part per million (ppm). This guideline was developed to protect unborn and young children. Our findings are consistent with other studies that show around 5% of the U.S. population as hair mercury levels above the guideline.

How much and what types of local fish are eaten by residents who live near the watershed?

They found that 84% of our study participants ate fish at least 2 to 3 times per month, and 16% ate fish at least 2 to 3 times per week. On average, the participants ate 1.8 ounces of fish per day compared to the consumption rate of the general U.S. population of 0.7 ounces per day. Thus, the participants in the study ate around twice as much fish as the general U.S. population.

The participants fished throughout Grand Lake, Lake Hudson, and in the Neosho River. The most frequently eaten local fish were catfish (45%), crappie, (20%) and bass

(17%). The most frequently eaten saltwater fish were tuna (14%) and mackerel (12%).

Where does most of the mercury in the diet of people living in the Grand Lake watershed come from?

Results suggest that among people who regularly ate fish from the Grand lake watershed, around half of the mercury in their diet came from local fish, mainly catfish and bass. Around 40% came from saltwater fish, primarily from store-bought tuna.

Benefits of Eating Fish

Fish are a very healthy food. The American Heart Association recommends eating fish at least twice a week. Fish are generally low in fat and are an excellent source of protein and other nutrients. Some fish provide omega-3 fatty acids, which are needed by our bodies and are thought to protect against heart disease and to promote development of the brain and eye.

Eating fish is good for you as long as the fish do not contain unsafe levels of mercury. Eating less fried fish will lower your fat intake. Local fish consumptions advisories from the Department of Environmental Quality provide general recommendations.

Learn More

Grand Lake Watershed mercury Study

<http://www.grandlakemercurystudy.org>

Language Program Update

Hah-tee-toh (Hello)

Due to the fact that the number of fluent speakers is quickly diminishing among the three Shawnee bands, representatives of the groups met recently to discuss ways we could jointly set up an immersion program. In the near future we will be exploring options and discussing ways to finance. At the present time we have amassed numerous materials and have produced several worksheets that provide an introduction to our language. Several months ago, I completed a language workbook that is available to tribal members free of charge. Currently not having the financial means to finance it is available through e-mail. If anyone is interested in viewing or receiving the materials simply contact me at ckrts@yahoo.com or give me your e-mail address at general council in September. In addition to the material I have produced, Ben and Joe have been very busy producing materials for the classes they have been holding in the Miami area. There is nothing that can take the place of hearing Shawnee spoken by a fluent speaker. In view of that fact it is acknowledged that due to the fact that there are an only few amount of speakers left and most of our tribal members live far away, we have to find ways everyone can learn Shawnee words and phrases.

Neh-yah-weh (Thank you)

Update from the Chief

Freddie Halfmoon passed away on July 3, 2013 ~ We have lost a great member of the Shawnee Tribe. He was for many of us, not only a respected relative, but a personal friend. I always enjoyed my visits with him. He was very proud of his family. The purpose of this message is to make sure all Tribal members are aware of Freddie's role in the early history of our Tribe.

In 1961, a Business Council group was formed to manage a per capita payment for the Shawnee people. At this organizational meeting, Freddie was elected Chairman and assumed the leadership role for our Tribe. This action was approved by the Bureau of Indian Affairs and BIA Commissioner John O. Crow. Now, lets fast forward to the year 2000. The Shawnee Tribe is trying desperately to become federally recognized. One of the requirements for federal recognition was to show that we had always managed our Tribal affairs. This 1961 resolution, with Freddie as the Chairman, became one of the most valuable documents to establish an early day presence of Tribal government. Freddie and I visited about the importance of this action. Naturally, at the time, we did not realize how important this would become. So, I want all Tribal members to be aware that a lot of tribal elders put forth a lot of work that makes it easier for all of us today. We must never forget their contributions.

Tony Booth has decided to retire from his Business Council seat. I want to thank Tony for his years of service. Joel Barnes is taking his place on the Business Council. I am very pleased that a lot of younger tribal members are taking an active role in our tribal government. I have two words of advice for these young members: Patience an Tolerance. The wheels turn slow, learn to accept it.

Ron



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**THE TRIBAL OFFICE
WILL BE CLOSED THE
FOLLOWING DAYS:**

NATIONAL AMERICAN

INIDAN DAY

09/27/2013

COLUMBUS DAY

10/14/2013

**Annual
Meeting**

September 21st

**APPLICATIONS NOW
AVAILABLE FOR:**

**CCDF
DAY CARE
ASSISTANCE**

**FALL 2013
EDUCATION
ASSISTANCE**

**NAHASDA
EMERGENCY
ASSISTANCE**