

OFFICIAL PUBLICATION OF THE PAWNEE NATION

CHATICKS SI CHATICKS

March 2015

Men of Men

Volume 15 Issue 1

**Nowah,
Pawnee
Nation Tribal
Members**



Marshall R. Gover

Nowah Pawnee Nation Tribal Members,

Since the last newsletter Christmas has come and gone. We had a few handgames and enjoyed spending time with our friends and family. Our New Years handgame was postponed due to the passing of a tribal member. It seems like we have had several of our tribal members pass away. My heart goes out to all the families who have experienced the loss of a loved one. It is always hard to lose a member of our tribe. When we lose Elders they take with them knowledge of our people and our traditions. It saddens us when young ones leave because they have not been able to experience life. God has created Mother Earth for us to walk on and to enjoy the things that he has created for us to see. No matter how much we are saddened, we take joy in knowing that our loved ones are getting to witness something far more beautiful than we will ever get to on this Earth.

In April we will be celebrating Easter. There will be many services celebrating the resurrection of Jesus Christ. There will be church services, sunrise services, and all night prayer meetings. As we call on Atius, my wish is that he is with you and comforts the ones who have lost loved ones. My prayers will be for comfort for our tribal members in mourning and for joy in the months to come.

Pawnee Nation Election is May 2

The Pawnee Nation will conduct the Tribal Elections on **May 2, 2015**. Positions to be filled are: President, (Four-Year Position); Treasurer, (Four-Year Position); First Council Member, (Four-Year Position); Second Council Member, (Four-Year Position).

Filing dates for candidates will be Wednesday, February 25 thru Saturday, February 28, 2015 from 1:00 p.m. to 5:00 p.m. each day.

Candidate filings will be accepted at the **Pawnee Nation Community Building**. All prospective candidates must file their candidacy forms during this time and meet all requirements as stated in the

Election Ordinance. A filing fee of \$200 (two hundred dollars) will be required at the time of filing.

For information concerning these requirements you may write the Pawnee Nation Election Commission at: PO Box 600 Pawnee Oklahoma 74058 or visit the Pawnee Nation website at www.pawneenation.org. Information concerning requests for absentee ballots is also available through these locations.

The Pawnee Nation Election Commission encourage all members of the Pawnee Nation to exercise their right to VOTE and take part in this very important opportunity. Personal involvement in this process can and will

strengthen our Nation, now and in the future. All members of the Pawnee Nation of Oklahoma, who are eighteen (18) years of age or over on the date of the election are eligible to vote.

Any qualified member of the Pawnee Nation can request an absentee ballot in writing, addressed to the Pawnee Nation Election Commission at PO Box 600, Pawnee Oklahoma 74058. Eligible voters may also FAX a request to the Pawnee Nation Election Commission at (918) 762-6446, if they expect to be absent from the polling place on the day of the election. Please include a valid address and telephone number when requesting an absentee ballot. All requests must be made no less than

twenty-one (21) days before the Election Day, (May 2, 2015). Upon receipt of a valid request, the Election Commission will forward to the voter all necessary forms to be used in the pending election. Any ballots received after 12:00 noon on the day of the election will not be counted.

Veteran candidates will be requested to show their DD214 discharge form as part of the candidate registration process. All candidates will show (2) forms of identification (i.e. drivers license, tribal ID, Social Security Card, etc.) during the registration process. On, election day all eligible voters who vote in person will also need to bring and show a state identification or CDIB card on the day of the election.

Pawnee Nation Election Commission
P. O. Box 600
Pawnee, Oklahoma 74058

2015 Election: Schedule of Events

February 4, 2015	AFFIDAVIT OF PUBLICATION IN THE PAWNEE CHIEF: DATE OF ELECTION: MAY 2, 2015 TIME: 8:00 A.M. – 7:00 P.M. WHERE: Multi-Purpose Building
February 25 - 28 th , 2015	FILING PERIOD FOR CANDIDATES: Wednesday, Thursday, Friday: 1:00 P.M. to 5:00 P.M. Saturday: 1:00 P.M. to 5:00 P.M. Pawnee Nation Community Building \$200.00 Filing fee (Must be Cashiers Check or Money Order)
March 2, 2015	Post List of Candidates (11:00 A.M.)
March 2 – 6, 2015	Election Commission review of Eligibility of Candidates
March 2 – 6, 2015	CHALLENGE PERIOD: Any Eligible Tribal Voter May Challenge the Eligibility of a Candidate in Writing. Tribal Court: Act on Appeals and Challenges.
March 9 -12, 2015	Election Commission Review of Challenges
March 13, 2015	Post List of Qualified Candidates: Pawnee Agency, Pawnee Nation Offices and Submit to the Pawnee Chief and the Pawnee Nation Communications Department for Publication.
April 1, 2015	Deadline: Candidates Statements are Submitted to Communications By 5:00 P.M. for Publication in Newspaper and Website.
April 11, 2015	DEADLINE FOR “REQUEST FOR ABSENTEE BALLOTS”
May 2, 2015	ELECTION DAY: POLLS OPEN: 8:00 A.M. POLLS CLOSE: 7:00 P.M.
May 3, 2015	POST ELECTION RESULTS: 12:00 P.M. Tribal Reserve
May 4 – 6, 2015	Protest Period: Any Voter May Protest in Writing (A Request for Recount Must Be Accompanied With \$300.00 Recount Fee)
May 6, 2015	Protest Deadline: 5:00 P.M.
May 13, 2015	Election Commission Will Respond To Protests No later Than May 13, 2015.
May 15, 2015	Issue Certification of Election
May 17, 2015	INAUGURATION

2015 Election Commission

Chairman: Stephen Bird (918) 399-5426
 Clerk: Margaret DeLodge
 Teller: Chris McCray
 Sgt of Arms: Delilah Moses
 Alternate: Jonas Smith

Safe Routes to School Program Announced

On January 12, the Pawnee Nation received notice that the Safe Routes to School Program had been funded in the amount of \$220,000.

The Federal-aid Safe Routes to School (SRTS) Program is administered by the Federal Highway Administration (FHWA) Office of Safety. Funding is available for infrastructure and non-infrastructure projects that benefit elementary and middle school children in grades K-8.

The purpose of the SRTS Program is (1) to enable and encourage children, including those with disabilities, to walk and bicycle to school; (2) to make bicycling and walking to school a safer and more appealing transportation alternative, thereby encouraging a healthy and active lifestyle from an early age; and (3) to facilitate the planning, development, and implementation of projects and activities that will improve safety and reduce traffic, fuel consumption, and air pollution in the vicinity of schools.

The project will add and/or replace sidewalks, ramps, curbs, walls, crosswalks, and signage around all three (3) Pawnee Public School facilities so that students will have a safer access to school buildings.

Lastly, there will be an educational component to encourage students to walk and/or ride bicycles to school.

Desired outcomes of the Safe Routes to School Program include:

- Increased bicycle, pedestrian, and traffic safety
- More children walking and bicycling to and from schools
- Decreased traffic congestion
- Improved childhood health
- Reduced childhood obesity
- Encouragement of healthy and active lifestyles
- Improved air quality
- Improved community safety
- Reduced fuel consumption
- Increased community security
- Enhanced community accessibility
- Increased community involvement
- Improvements to the physical environment that increase the ability to walk and bicycle to and from schools
- Improved partnerships among schools, local municipalities, parents, and other community groups, including non-profit organizations
- Increased interest in bicycle and pedestrian accommodations throughout a community

This project is a collaborative effort with Pawnee Nation, Pawnee Public Schools, and City

of Pawnee.

To learn more about Pawnee Nation SRTS Program, please contact the Pawnee Nation Transportation Department at (918) 762-3655.

Pawnee Nation Awarded Grant to Drive Down Chronic Diseases in Pawnee County

New program will help create healthier communities in the U.S.

On September 25, the Pawnee Nation was awarded a grant of **\$267,346** for Chronic Disease Prevention in Pawnee County.

The *Partnerships to Improve Community Health* (PICH) awards are part of a U.S. Department of Health and Human Services (HHS) initiative to support public health efforts to reduce chronic diseases, promote healthier lifestyles, reduce health disparities, and control health care spending. The Centers for Disease Control and Prevention (CDC) will administer the grants, which will run for 3 years, subject to availability of funds.

Governmental agencies and nongovernmental organizations will work through multi-sector community coalitions to reduce tobacco use and exposure to secondhand smoke, improve nutrition, increase physical activity, and improve access to

programs for preventing and managing chronic diseases. Projects will serve large cities and urban counties, small cities and counties, and American Indian tribes.

The Pawnee Pride PICH Program will focus on health promotion and disease because we understand that health is not simply the absence of disease. Health is comprised of our physical, mental, and social well-being, and is influenced by a variety of factors called determinants of health. The program will address the range of personal, social, economic, and environmental factors, such as behaviors and access to health care. Oklahoma has historically ranked poorly in many key health indicators. Most of these indicators relate to conditions that Pawnee citizens live with every day, such as poverty and limited access to primary care. Such conditions, along with risky health behaviors like smoking and physical inactivity, contribute to the poor health status of Pawnee County residents. Specifically, the Pawnee Nation will focus on better nutrition, increasing physical activity opportunities, and smoking cessation among adults.

Some of our current activities include the Pawnee Nation Running and Walking Club, which everyone is welcome to attend. We meet every Monday and Thursday at 5:30 at the Pawnee

Nation DHCS Building (old I.H.S. hospital) on Agency Rd. We are also working of getting an on-site Farmers Market and are looking for vendors to participate. Hopes for the future include a tobacco-free worksite, worksite wellness program, and Zumba classes.

Pawnee Pride Staff are:

My Name is Dana Beard and I am the new Pawnee Pride Coordinator. I am a Veteran of the United States Navy. I graduated from Oklahoma State University in 2004 with a BS in Recreation Therapy. I went on to further my education at NOC, and currently am a LPN. I enjoy working with people and hope to bring a lot of success to the program; my door is always open to suggestions on programs/activities.

Also on board as the assistant is Jason Campos, who is a Pawnee Tribal member and has been a Pawnee Nation employee, previously working in Property Management four years. Jason was recently certified through the Pawnee Nation Fire Department from OSU FST and is currently an EMT with the City of Pawnee.

To learn more about Pawnee Nation PICH Program, please contact Dana Beard at (918) 762-3873 or dbeard@pawneenation.org.

Bite Into a Healthy Lifestyle

The Pawnee Nation CHR Program is encouraging everyone to "Bite into a Healthy Lifestyle" with informed food choices during March National Nutrition Month 2015 and throughout the year.

"A healthy lifestyle is about so much more than just choosing to eat more fruits and vegetables. While that is important, it's also important to make informed food choices based on your individual health and nutrient needs," says registered dietitian nutritionist and Academy Spokesperson Marjorie Nolan Cohn. "Knowing which nutrients your body needs, the foods that contain them, and how much fits into your healthy eating plan are

all part of making smart choices."

Each March, the Academy encourages Americans to return to the basics of healthy eating through National Nutrition Month. This year's theme encourages consumers to adopt a healthy lifestyle that is focused on consuming fewer calories, making informed food choices, getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease, and promote overall health.

Learn your needs: Age, gender, body type, family history, existing health conditions, and daily routines all play a factor in determining which foods we should eat more of and which we should avoid when trying to optimize our health. "A consultation with a registered dietitian nutritionist is the best tool for learning what your body needs to achieve peak health

and prevent disease," Cohn says. "A registered dietitian will review your health history, and then work with your preferences and routine to put together a comprehensive and achievable lifestyle-based eating plan."

Find your foods: Understanding what is in food is essential to making informed food choices while building an eating plan that meets your tastes. "This may sound simple, but knowing which foods contain the nutrients you need is the next step in biting into a healthy lifestyle," Cohn says. "For instance, most people know that oranges are a good source of vitamin C, but so are tomatoes and potatoes. Dairy foods like milk are a good source of calcium, but so is broccoli. Fruits and vegetables provide fiber, but so do whole grains and beans. A registered dietitian nutritionist can guide your food choic-

es while keeping your tastes and preferences in mind."

Know the facts: When food selections go beyond whole foods and into packaged foods, understanding what fits and what doesn't may not be as clear. "Front-of-package nutrition claims, ingredient lists and Nutrition Facts Panels can make any food choice dizzying, but with a few tips from a registered dietitian, that task will be less daunting," Cohn says. "The higher an ingredient is on the list, the more of that ingredient is included compared to the others. This is a good way to determine if a particular food product is made with whole grains or has a lot of added sugar," Cohn says. "Often when an ingredient like salt or fat is reduced, more of another ingredient is added to help keep taste consistent," Cohn says. "So, no matter what the claim is on the front of the package,

it's important to always read the Nutrition Facts Panel to determine how many calories and how much fat, sugar and salt are in the package."

Making the right food and nutrition choices is a necessary part of biting into a healthy lifestyle. A registered dietitian nutritionist can help. For those who have access to Pawnee Indian Health Center, Kellie Bryant, is the resident registered dietitian nutritionist. To learn more and to find a registered dietitian in your area, visit eatrightPRO.org.

If you have any questions regarding nutrition, please feel free to contact the CHR program at (918) 762-3873, option 1, Pawnee Indian Health Center at (918) 762-2517, or visit a registered dietitian in your area.

*This article was provided by eatrightpro.org

Pawnee Nation Substance Abuse Program

METH

Meth is a very addictive drug. All it takes is a one-time use for a person to get addicted. This drug is killing our population as a whole. Treatment for the addict is a long hard road. Research shows that 1 person out of every 10 will relapse. If the individual can stay abstinent for at least 18 months, their chances of staying clean are favorable. Not everyone understands that once an addict always an addict just like the alcoholic. Individuals in a 12 step recovery program learn to use the tools on how to stay clean and sober. Drugs and alcohol are only a symptom of the disease. An individual that gets help learns to work on the under lying issues that are hindering them. Once the individual decides to get help we are here for them. The Substance Abuse Program (SAP) is an outpatient program that offers individual counseling, group, and refers out to other agencies if needed. Please keep in mind that alcohol and meth destroys lives. The poem below was written by a young Indian girl while she was in jail.

My Name is "Meth"
I destroy homes, I tear family's apart, take your children and that's just the start,
I'm more costly than diamonds, more precious than gold,
The Sorrow I bring is a sight to behold,
If you need me, remember I'm easily found, I live all around you – in schools and in town,
I live with the rich, I live with the poor, I live down the street, and maybe next door,
I'm made in a lab, but not like you think. I can be easily made under the kitchen sink,
In your child's closet, even in the woods. If this scares you to death, it certainly should. I have many names, but there's one you know best,
I'm sure you've heard of me, my name is meth. My power is awesome; try me you'll see,
But if you do, you may never break free.
Just try me once and I might let you go, but try me twice and I'll own your soul,
When I possess you, you'll steal and you'll lie,
You do what you have to—just to get high,
The crimes you'll commit for my narcotic charms,
Will be worth the pleasure you'll feel through your lungs, nose, and arms,
You'll lie to your mother; you'll steal from your dad,
When you see their tears, you should feel sad,
But you'll forget your morals and how you were raised,
I'll be your conscience, I'll teach you my ways,
I'll take kids from parents and parents from kids,
I turn people from God and separate friends,
I'll take everything from you, your looks, and your pride,
I'll be with you always—right by your side,
You'll give up everything—your family, your home, your friends, your money, and then you'll be alone;
I'll take and take, till you have nothing more to give,
When I'm finished with you, you'll be lucky to live,
If you try me be warned- this is no game,
If given the chance, I'll drive you insane,
I'll ravish your body; I'll control your mind,
I'll own you completely; your soul will be mine,
The nightmares I'll give you while lying in bed,
The voices you'll hear, from inside your head,
The sweats, the shakes, and the visions you'll see,
I want you to know, these are all gifts from me,
But then it's too late, and you'll know in your heart,
That you are mine, and we shall not part,
You'll regret that you tried me, they always do,
But you came to me, not I to you,
You knew this would happen, many times you were told,
But you challenged my power, and chose to be bold,
You could have said no, and just walked away,
If you could live that day over, now what would you say?
I'll be your master; you will be my slave,
I'll even go with you, when you go to your grave.
Now that you have met me, what will you do?
Will you try me or not? It's all up to you.
I can bring you more misery than words can tell,
Come take my hand, let me lead you to hell.

Start By Believing

by: Chelsie Baldwin

Pawnee Nation Domestic Violence Program is launching a unique public awareness campaign that focuses on improving the public response to sexual assault. The campaign is called *Start By Believing*, because a friend or family member is typically the first person a victim confides in after an assault, and each person's reaction is the first step in a long path toward justice and healing. Knowing how to respond is critical because a negative response can worsen the trauma and foster an environment where sexual assault predators face zero consequences for their crimes. Research documents that rapists attack an average of six times, which means that one failed response can equal five more victims. *Start By Believing* will lead the way toward stopping this cycle, by creating a positive community

response, informing the public, uniting allies and supporters, and improving our personal reactions. The goal is to change our community and outcomes for victims, one response at a time.

The campaign will officially launch on March 1st and the Tihirasa Domestic Violence Program is calling the community to action. The Tribe and the City of Pawnee will make official *Start By Believing* proclamations. The proclamation will officially declare March to be the "*Start By Believing Month*." The program will also be posting information about the campaign and sexual assault on the Pawnee Nation Facebook. "Victims of sexual crimes often choose to simply live with what happened rather than tell someone or ask for help; we are committed to doing our part to make it easier for victims to come forward. We are dedicated to supporting the victims of these crimes and breaking down communication barriers and stigmas to

successfully hold those who are responsible for these intolerable crimes accountable. It is time for everyone to work together to raise awareness, take action, and help protect our community from sexual violence," says Program Coordinator Chelsie Baldwin.

The *Start By Believing* campaign has been launched in other communities and has resulted in an increase in reported sexual assaults and survivors seeking services. The Tihirasa Domestic Violence Program is prepared to respond to survivors in our community. If you or anybody you know has been sexually assaulted, help and resources are available 24 hours a day by calling the Tihirasa Sexual Assault Hotline at (918) 399-3310 or 1-855-810-4144. The National Sexual Assault Hotline is 1-800-656-HOPE. For more information, please visit www.startbybelieving.org. Join the movement locally and get updates at www.facebook.com/StartByBelieving.

PUBLIC HEARING NOTICE

PUBLIC HEARING NOTICE

The Pawnee Nation Department of Transportation & Safety will conduct a Public Hearing in accordance with 25 CFR Part 170 Public Hearing, on March 25, 2015 at 5:30 P.M. in the Roam Chief Center at 810 Morris Rd. Pawnee, OK 74058 concerning the following proposed project:

1st Street Safety Project, in the City of Pawnee, will consist of safety improvements, realignment, and surfacing of 1st street and SH18/US64 intersection. The project will include grading, intersection eliminations, intersection realignment, signalization, warning and community signage, Light Emitting Diode (LED) roadway lighting, sidewalk, pedestrian crossing, curb & gutter, storm sewer and asphalt/concrete surfacing from the intersection of 1st Street and Elm Street, extending south 1700 feet.

Maps, drawings, and other pertinent data will be available for public inspection. All persons having an interest in the project are invited to appear and express their views. Written statement may be submitted prior to or up to 5 working days following the hearing. Further information may be obtained from Chris McCray. He can be contacted at 301 Agency Rd. Pawnee, OK 74058 or by calling 918-762-3655.

NOTE: If you are planning to attend this public meeting and, due to a disability, need assistance in understanding or participating in the meeting, please notify the Pawnee Nation Department of Transportation & Safety, 918-762-3655, forty-eight hours in advance of the meeting and we will try to provide whatever assistance may be required.

Tribal Employment Rights Office

The Pawnee TERO office is looking for motivated Tribal members, skilled or unskilled. We need dependable tradesmen and laborers for upcoming work projects and training opportunities.

Interested in learning new work skills or a trade? (Construction, Electrical, Welding, Heavy Equipment Operators)

Pawnee Nation TERO also helps to find and provide training opportunities, apprenticeships and certifications!

*Construction Projects *Hourly Wages *Training Opportunities

Intake processes will include a complete application, documents request and screening interview.

We thank you for your interest and look forward to serving your work and training needs!

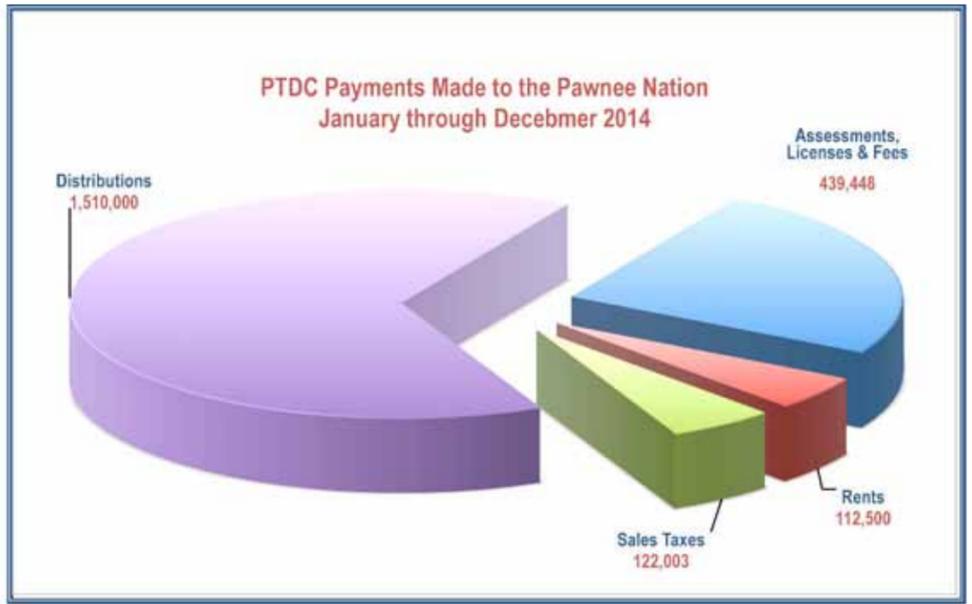
For further information please contact us at:

Pawnee Nation Education Building located at 657 Harrison St. Feel free to stop by Monday-Friday, 8:30am – 4:30pm, email or call: Steve Campos, TERO Director scampos@pawneenation.org Phone: (918) 762-3227

Pawnee Tribal Development Corporation

By Laura Melton

For the year 2014, the Pawnee Tribal Development Corporation sent \$2,183,951.00 in revenue to the Pawnee Nation. The TDC board has worked diligently along with upper management in the corporate office to be successful in all operations. Much of the success is attributed to the employees of the corporation and the great leadership of the CEO. TDC is achieving its purpose to provide revenue to the tribe to support the tribal government. TDC also has a Pawnee preference hiring policy but it must be pointed out that federal gaming regulation dictates who can be hired in the area of gaming.



In 2014, 25% of the employees were listed as being a Pawnee tribal member; the percentage for 2015 so far is 26%. As of this writing 22% of the employees are listed as being a member of another tribe and 52% of the employees are non-tribal. Of the total number of employees who work for the TDC operations there is a 69.8% retention rate. Overall this is a high retention rate for an operation the size of the Pawnee Tribal Development Corporation. TDC also utilizes the 'Secret Shoppers' company to evaluate its establishments and for the period January 1, 2014 to January 1, 2015 the TDC employees scored in the very upper 90% range during each visit. The numbers say that the employees are satisfied with their

jobs and plan to stay. This is good news for the corporation as it begins plans for expansion.

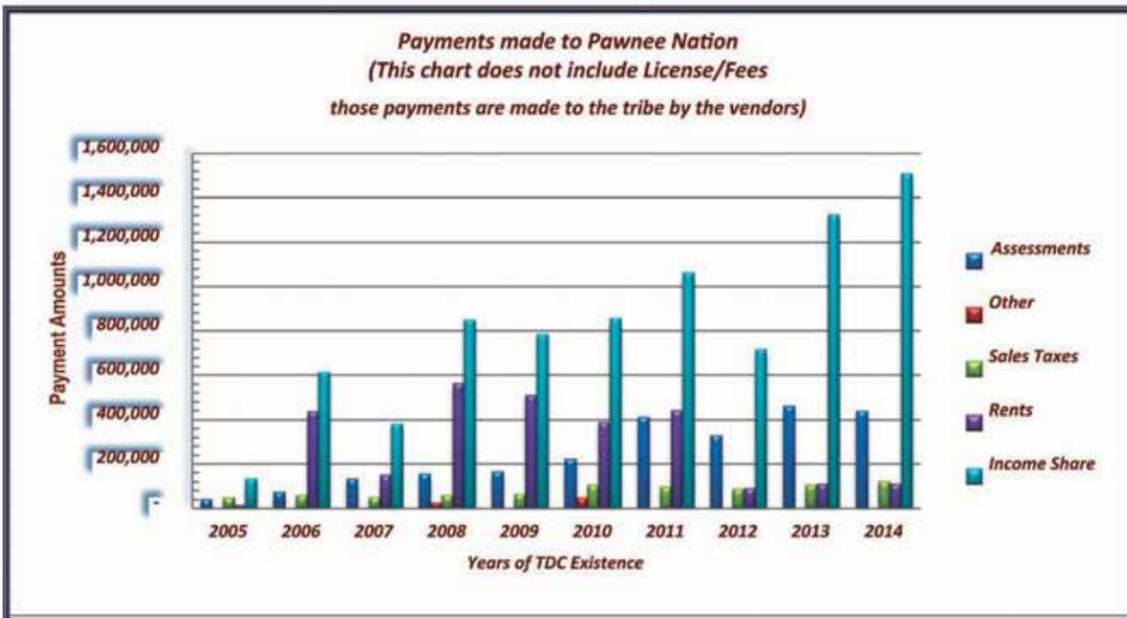
As TDC diversifies, tribal members and other community members will have more options for employment outside of gaming. In 2014 TDC purchased land north of the StoneWolf Casino location and currently the TDC board and CEO are in discussions with an architect firm and financiers to begin work on building a hotel on the newly purchased land. In addition, other expansion projects are being planned.

The corporation is becoming poised for economic success which will eventually contribute to the Pawnee Nation's sustainability and survival. The board and

CEO have been working with the tribal leadership and appreciate the council's trust in allowing the board and CEO to do their work and to grow. This trust is evident in the increased revenue share. There is a lot of work that is being done that most people do not see, but as the corporation continues to progress its economic achievements, the board members and CEO know that they are working for the advancement and benefit of Pawnee Nation people and community.

Incorporating culture into the proposed hotel is an important feature the Pawnee tribal leadership has instructed TDC to represent in the new buildings. In order to achieve this request and as a first step in the proposed expansion of the StoneWolf location, TDC invited and listened to accounts of Pawnee Nation history from some well-respected elders of the Pawnee Nation. This group offered valuable information and history that will be incorporated into the design of the expansion. TDC was privileged to have these elders share their stories and contribute to economic development.

TDC has its meetings once a month on the second floor of the Health and Community Services building (old IHS clinic) and tribal members and the community are always welcomed. Two seats on the TDC board will be open for appointment in early March 2015, if you are interested please call the tribal office at 918-762-3621 and look for the advertisement in the newspaper.



The above chart shows revenue that has been sent directly to the Pawnee Nation since 2005.



Above, President Gover and other Tribal Leaders meet with President Obama.

Pawnee Nation is presented Awards

On December 11, 2014, EPA presented the Pawnee Nation with two 2014 EPA Environmental Excellence Awards. The first Environmental Excellence Award honors the Nation for its work in collaborating with the EPA Region 6 Water Quality Protection Division to provide hands-on water quality monitoring training for Tribes in Oklahoma. The second Environmental Excellence Award recognizes the Pawnee Nation for its extensive work with EPA Region 6 Underground Storage Tank Section to provide excellence in implementing activities to promote Significant Operational Compliance at tribal UST facilities throughout Region 6.



November fry bread contest winners were: 1st place, Ellen Whiteshirt; 2nd place, Lesley Rice & Bonnie Hawkins; 3rd place, Nancy Moore.



Ellen Whiteshirt with President Gover and James Rice. Ellen won first place in the fry bread contest and also won the People's Choice Award.



Pawnee Nation Employees and Pawnee Nation College Staff wear Red for Native Women

Go Red for Native Women

Heart Disease is an umbrella term to describe many conditions of the heart. Blood vessel disease, irregular heart rhythms, and/or heart defects are common conditions. These can lead to the individual having chest pain, a heart attack, or stroke. Knowing the signs and symptoms of a heart attack and stroke can save your life.

There are many risk factors for developing heart disease. Understanding how cholesterol, diabetes, obesity/overweight, and high blood pressure effects your heart is the first step in protecting yourself from heart complications.

Changing your everyday behaviors can help to offer better protection for your heart. Behaviors such as becoming active, managing your weight, eating healthier, smoking cessation, reducing stress, and getting yearly laboratory blood work will give you the upper hand in controlling heart disease. Risk factors that cannot be changed are aging, family history, and type 1 diabetes. Women are at a higher risk of stroke due to pregnancy, birth control pills, hormone replacement therapy, migraines with aura plus smoking, and atrial fibrillation.

Heart disease is not just a man’s disease, but more and more women are being affected

by it every day. Yearly, 1 out of 3 women will die of having a stroke or heart disease complications. The Pawnee Nation CHR, Diabetes, and Pawnee Pride program offered a “Go Red for Native Women” event for the employees to show support, gain education, and get blood pressure screenings. Shirts for the event were provided and many Pawnee Nation employees showed their support by wearing red on Friday, February 6th.

On February 24, 2015, the CHR, Diabetes, and Pawnee Pride Programs offered a “Go Red for You” semi-formal catered dinner. Heart disease prevention and healthy nutrition was the focus of the event.



Rowena Kate Salmon
 (April 12, 1926 - January 26, 2015)

Rowena Morris Salmon "Stah Ru Ta" (Traveling Woman), was born April 12, 1926 to Herbert and Alice (Simpson) Morris. She is a direct descendant of Fearing Bear Wilde, Mathew Simpson (Pawnee U.S. Scout), and John Pappan Morris, the first Pawnee Indian U.S. Marshal in Pawnee Indian Territory. She attended Pawnee Schools and Haskell Institute (Lawrence, KS) but graduated from Pawnee High School in 1945. She attended Draughton's Business College, shortly after, she enlisted in the U.S. Marine Corps where she underwent her basic training at Parris Island, SC with Platoon 25-A. She was assigned to the Communication Center at Cherry Point, NC and later transferred to Pearl Harbor, Hawaii. Rowena married GySgt James Salmon, July 4, 1955. They had four daughters: Georgiana Sweetwater of Claremore, Kathaleen Daniels of Berryhill, Friedamarie Frieze, Robertajeon Ahdunko and George Bob Horn, whom she has taken as her son, both of Pawnee. While her husband was in the military, they lived in San Diego, Oceanside, and Barstow, California and Camp Lejeune, North Carolina. After her husband retired, they made their home in Oceanside where Rowena worked for the Oceanside Police Department as a police matron. Rowena and her family then moved to Newkirk and Altus, Oklahoma. Rowena has five grandchildren Ryan Fisher, Joella Caddo, Carrie Fisher, Tiffany Frieze, and Ashley Ohman. She has one great grandson, Trenton, and two great granddaughters, Madison and Daveney; brother, Francis E. Morris, Sister; Georgia Mae Adson. Rowena is a member of the Pawnee Indian Baptist Church, Pawnee Indian Veterans, Marine Corps Association, and VFW Post 7966, a charter member of Women in Military Service of America. Rowena is preceded in death by her parents, husband, daughter Friedamarie Frieze, two sisters Anna Mulder and Lois Knifechief, also three nephews and one niece. Services were at the Pawnee Nation Roundhouse, Friday, January 30, 2015, burial followed at the North Indian Cemetery, under the direction of Poteet Funeral Home and Cremation Services.

Floyd Arthur Williams, 63 year old resident of Pawnee, Oklahoma died January 29, 2015 in Tulsa, Oklahoma. He was born June 28, 1951 to Fred and Vivena (Pratt) Williams in Tulsa. Mr. Williams worked as an accountant for the Pawnee Indian Tribe.

A Memorial service was held at 3:00 p.m. Thursday, February 5, 2015 at Roam Chief Building in Pawnee, Oklahoma.

We were unable to find a picture of Mr. Williams and a complete Obituary.

**Rebecca Mabel
 (Rice) Sinkar**
 1935-2015



REBECCA MABEL (RICE) SINKAR, 79, passed away on January 27, 2015, during a valiant fight with cancer. Rebecca was born on August 14, 1935 in Pawnee, OK into the Pawnee Nation. She graduated from Haskell University in Lawrence, KS as a Licensed Vocational Nurse and then attended St. John's School of Nursing in Tulsa, OK. In Tulsa, she met Suresh Sinkar, whom she married on December 14, 1956. Rebecca practiced nursing in Illinois, New Jersey, Oklahoma, and Texas. While she took pride in her role as nurse, her greatest passion was her family followed by her Pawnee heritage. Rebecca spent countless hours exploring and preserving her cultural heritage, especially through her art. Without formal training, she created beautiful jewelry, beadwork, regalia, and dolls inspired by traditional Native American designs and forms. Her artwork is displayed in several collections in the United States, notably the Indian School Museum in Genoa, NE and the Ponca City Museum in Ponca City, OK. Rebecca also gave back to the local Native community, serving on the Inter-tribal Council of Houston, TX in the 1990s. Rebecca is preceded in death by her son, Raj Sinkar, and her daughter, Kamal Beasley. She is survived by her loving husband of 58 years, Suresh; her sons, Nathan and Aaron Sinkar; eight grandchildren; and 15 great-grandchildren. Memorial gifts in Rebecca's name can be made to the National Museum of the American Indian in Washington, D.C.

Published in Houston Chronicle on Feb. 1, 2015.



Anthony "Tony" Pratt-Miller
 (August 10, 1983 - February 6, 2015)

Anthony Duane (Tony) Pratt-Miller was born in Pawnee, Ok on August 10, 1983, to Walter E. and Melanie D. (Pratt) Peters. After a brief illness Tony passed away on February 6, 2015 in Oklahoma City, Oklahoma at the age of 31 years old.

Tony was a member of the Skidi and Chaui Bands of the Pawnee Nation in his tribal membership as well as having lineage in the Otoe-Missouria Tribe. He is a descendant of Tah we dus ti dihu, of the legendary U.S. Pawnee Scouts. Tony participated in Pawnee tribal culture as a straight dancer in his youth and more recently as a helper in preparing feasts for the Pawnees and was always willing to help.

Tony became a Christian and was active in his membership with the Pawnee Indian Baptist Church. He especially enjoyed going to the Indian Falls Creek Baptist Assembly at Davis, Ok. Tony was often seen riding his Aput's mower cutting grass at the church. Tony received his elementary education at the Pawnee grade school in Pawnee, Ok, Keams Canyon Boarding School in Keams Canyon, Arizona and Frontier school in Red Rock, Ok. He graduated from Pawnee High School. Tony furthered his education at Haskell Indian Nations University in Lawrence, Ks.

**Sarah "Sadie"
 Howell**
 (July 15, 1940 -
 January 16, 2015)



Sarah Joyce "Sadie" Howell was born July 15, 1940 in Pawnee Oklahoma at the old IHS hospital to the late Thelma Stonerod and late the George Howell, Jr. Sarah entered into heaven on January 16, 2015 in Edmond, Oklahoma. She reached the age of seventy-four years, six months, and one day.

In her early years, she was raised in Concho and Clinton, Oklahoma and Ignacio Colorado where she attended schools. Sarah graduated from Ignacio High School where she was a member of the Bobcat Marching Band. She attended the University of South Dakota, receiving an AA degree in Substance Abuse Counseling. Sarah worked as a Counselor in the states of South Dakota, Nebraska, Colorado and Utah. Sarah married Leonard Dan in Colorado producing two children from this union, a son, Pahoo and a daughter, Candace. Years later, a divorce followed.

Upon returning to Oklahoma, in late 1980s, Sarah served as the Elderly Nutrition Program Director in Clinton, Oklahoma for the Cheyenne-Arapaho Tribes for five years. She worked at the Lucky Star Casino in Concho, Oklahoma for several years as part of a major cooking team. She resigned to take care of her ill mother until her mother's death. Sarah returned to Pawnee, Oklahoma in 2011, upon her own illness, to be near her brother, George Elton Howell, Sr.

Sarah was preceded in death by both her parents, her son, Pahoo Dan, and two sisters, Hazel Howell and Barbara Chevarillo. She is survived by two siblings, George Elton Howell and Sharon Kay Pinnecoose; daughter, Candace; grandson, Desmond Dan; three great-grandchildren, Christian, Pahoo and Reagan. She also leaves behind numerous cousins, aunts, uncles, nieces and nephews.

Funeral services were held on Monday, January 19, 2015, at the Pawnee Nation Roam Chief Event Center in Pawnee, Oklahoma. Burial followed in the South Indian Cemetery in Pawnee, Oklahoma. Funeral arrangements were under the direction of Poteet Funeral Home and Cremation Services.

He enjoyed sports especially basketball where he played for the Pawnee Black Bears. Tony was a huge OU football fan and Oklahoma City Thunder fan. His passion was weight lifting, working out and always enjoyed his gym buddies.

Tony married Laura Bradley of Pawnee out of high school and to this union their daughter Melanie Ann Pratt-Miller was born. Later, Tony went down a different path, he met his companion and fiancé, Shelby Turner of Pawnee. Tony has two sons from this relationship, Carter Duane Pratt-Miller and Sean Walter Pratt-Miller. Survivors include his fiancé, Shelby, two sons Carter Duane Pratt-Miller, Sean Walter Pratt-Miller; daughter Melanie Ann Pratt-Miller; two sisters Stephanie Miller Koch, of Winfield, Ks., Samantha Peters, of Pawnee; two brothers Bronson Peters and Dalton Gardipe, both of Pawnee; father, Walter (Bo) Peters of Pawnee; step-father Scott Miller of Red Rock, Oklahoma, maternal grandfather Duane Pratt Sr. of Pawnee. Tony will be missed by numerous other relatives and friends. Tony was preceded in death by his mother, Melanie D Pratt-Miller, one brother Walter E. Peters, Jr., maternal grandmother, Henrietta Goodfox Pratt, as well as his paternal grandparents, Darwin Peters and Roseanna Norman Peters.

Services were at the Roam Chief Building on the Pawnee Nation Reserve on Tuesday, February 10, 2015. Burial was in the North Indian Cemetery under the direction of the Poteet Funeral Home and Cremation Services.

ANNOUNCEMENTS

“The Pawnee Nation Education Division will be hosting spring break activities for tribal youth March 16th through the 20th. Activities will range from the following areas:
Health and Fitness, Cultural Engagement, Art and Games.

Please call (918)762-3227 or (918)762-2180 for more information or like us on Facebook (Pawnee Nation of Oklahoma, Pawnee Nation Education Department, and Museum of the Pawnee Nation) for further information including specific dates, times and guest speaker listings.”

The Pawnee Nation is accepting applications for two positions on the Pawnee Nation Tribal Development Board. The Pawnee Business Council is seeking business minded people to sit on this board. The Council appoints the seats of this board for three years. If interested, submit a written request that includes contact information along with a resume to Marshall R. Gover, President, Pawnee Business Council, Pawnee Nation of Oklahoma, P. O. Box 470, Pawnee, OK 74058 or email cbutler@pawneenation.org. To be considered, all documents must be date-stamped by 5:00 p.m., February 27, 2015.

PAWNEE NATION ELECTION 2015

The filing dates for candidates will be **Wednesday, February 25 thru Saturday, February 28, 2015 from 1:00 p.m. to 5:00 p.m. each day.**

ELECTION DAY IS SATURDAY MAY 2, 2015

POLLS OPEN AT 8 A.M. AND CLOSE AT 7 P.M.

Free Wills and Estates Clinic

at the
Pawnee Tribal Courthouse

Pawnee, Oklahoma

Friday, March 20, 2015

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Call 1-800-658-1497 for

details and to make your appointment!

(you must have an appointment to see an attorney).

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www.oilsonline.org

405-943-6457
800-658-1497
405-917-7060 (FAX)

THIS PROJECT IS SUPPORTED BY
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FY-2014

ICDBG:

Pawnee Nation Resource Center

With the Pawnee Nation Elder Center complete, the focus has turned to last year’s awarded project; the Pawnee Nation Resource Center. The Pawnee Business Council has approved the contract for the Architect/Engineering firm which is Anishinabe Design. This project is still in its conceptual stage and the design has still yet to be penned and approved. The new facility will be next door to the Pawnee Nation Law Enforcement Center. This 3,600 square foot new construction will contain a Resource Library with TERO Offices, a conference room to hold meetings, trainings, and/or presentations, and it will also be the new location of the Indian Child Welfare (ICW) Office. The projected finish of this project is in the Spring of 2016.

TRIBAL MEMBERS,

You Can Cut Out The Form At The Right And Mail It To The Pawnee Nation Election Commission To Request Your Absentee Ballot. The Deadline For Requests Is April 11, 2015.



2015

REQUEST FOR ABSENTEE BALLOT

Date of Request: _____

Dear Pawnee Nation Election Commission:

I, _____, an enrolled member of the Pawnee Nation of Oklahoma am/will be 18years of age on the day of such election; I am hereby requesting that an Absentee Ballot be mailed to me at the address below with Pawnee Tribal Enrollment number and telephone number to be provided.

Print Name: _____ (as appears on CDIB/Pawnee tribal card)

Enrollment #: _____ (if available, should appear on CDIB/Pawnee tribal card)

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Telephone#: _____

Signature: _____

Note: Request for absentee ballot must be received by April 11, 2015

Mail to:

Pawnee Nation Election Commission
P.O. Box 600
Pawnee, Oklahoma 74058

If you choose to submit via delivery service, use this delivery address:

Pawnee Nation Election Commission
Attn: Cynthia Butler
Building #64
881 Little Dee Drive
Pawnee, OK 74058

Additionally, you may fax a signed request to (918) 762-6446. Please include cover sheet and make attention to Election Commission.

Message from the Pawnee Nation Executive Director

Nowah,

This past year has presented great opportunities for the administration and our efforts to provide services and programs for the Pawnee Nation – and we are gaining strength. The new Elders Center is lovely and the increased staffing will surely add efficiency and greater benefit for serving tribal members.

We are looking forward to greater growth in the addition of the new Resource Center that will house some critical programs and provide additional features. The new center is in the design phase and plans are being

finalized to house a new library, conference training room along with new offices for the Child Welfare Program and other programs.

Our newest Pawnee Pride Program has developed increased community involvement in its health promotions and programs. The Walking Club supported by CHR, Diabetes, and Pawnee Pride has recruited 90+ community participants and has created a remarkable response to promoting health activities for adults and their children. Congratulations to our staff Dana Beard and Jason Campos and to the others, Tiffany Frieze, and the staffs for the Diabetes and CHR Programs.

Our new employee health insurance benefit has provided health insurance to more than 40% of Pawnee Nation employees who previously were uninsured. As a large

employer Pawnee Nation is held to the shared responsibility requirement of the Affordable Care Act (ACA) to provide affordable health insurance coverage for employees. This health insurance also bolsters the Pawnee Service Unit Clinic by allowing the Clinic to bill the insurance company for services provided to insurance holders. This helps to capture and/or defray the cost of patient care for the insured and contributing funds for the care of others.

These are just a few things that are going on with the Pawnee Nation administration. Please feel free to drop in or call our offices if you need assistance or if you would like to tell us how we can serve you better. Wishing you many blessings.

Lisa Gover, Executive Director.

Pawnee Nation Tribal Member studies in Italy this Semester



Left to right: Rick Chapman, Liana Chapman Teter, Walthena Lawrence, Miranda Due and Charles "Chip" Chapman.

Miranda Due, a student at the University of Southern California, is continuing her education at Boğaziçi University in Istanbul, Turkey. Miranda writes in her blog, "I never thought I would

be able to study abroad at USC due to athletic commitments and being a double major, but there was a silver lining in my injury related retirement. I have decided to attend USC for a fifth year to complete my studies, and thus I made the decision to study abroad.

"Why Turkey?" is a question I have been asked a lot. Many times I just want to roll my eyes and ask "Why not Turkey?", because there are so many reasons why I chose to study here, and so many reasons I still hope to discover. I was never too nervous about coming to Istanbul, but I did not really know what to expect either. My first day in Istanbul held mixed emotions for me, as it was my first time truly arriving and being alone in a foreign country. I wrote the following excerpt during my taxi ride from the airport to my hotel.

"Today is my first day in Istanbul. I am not sure what to think yet. One of my first thoughts upon leaving the airport was Why am I doing this? Why Turkey? Why Istanbul? It is the question I have been asked for the past couple of months, and have often answered with a conglomerate of answers, but to be completely honest now that I am here, I am not sure I know. I knew I wanted

adventure and a new experience. I knew I wanted a break from South Central Los Angeles, but why Turkey? Perhaps it is nervousness and culture shock clouding my clarity. The city is beautiful, but is different and difficult to describe. It is truly unlike any other place I have been before. There is traffic, though not as bad as Los Angeles Traffic (I do believe this is because there aren't true traffic rules so people just drive all over the place like crazy people). The language is confusing. I wish I would have tried to learn more instead of watching House Hunters all winter break. I think the semester will be quite an adventure and I am looking forward to being reunited with USC students tomorrow at our orientation."

My life has been quite unique, starting from being adopted. I grew up with no genealogical limitations or expectations, which has really allowed for me to be a blank canvas and shape my own future together. Because I was not afraid to try new things, I have had some great experiences that give me inspiration every day. One of my most memorable experiences doesn't necessarily give me inspiration, but it taught me a lot." Miranda Due is the daughter of Walthena Lawrence. (We will share more of Miranda's Semester in the next paper.)

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