By Heather Payne

For the second year, the One-Otoe-Missouria Council committed to host a Winter Encampment at the 7 Clans Fire Casino and Event Center in Norman. The event drew large crowds of dancers, singers, and spectators.

The original Winter Encampment dance was canceled in January due to a predicted winter storm. Rebooked for March, the weather was much more cooperative.

The Winter Encampment and all other activities and dances held by the community throughout the year are designed to bring the community together in fellowship throughout the year, so also to raise money for the Summer Encampment. This event was successful on all accounts for the committee.

Head Staff: Head Singing-Elonondi Moses; Head Man Dancing-Frank Adkison; Head Lady Dancing-Betty Kooshknee; Master of Ceremonies—Chairman John Sho- don & Big Arnie.; Assistant Directors: Jeff McCullar & Amos Littlecorn. Special Guest was the Kiowa Gourd Clan.

Thank you to all those who helped make the Winter Encampment such a positive experience.

The Otoe-Missouria Council is ready for July 20-23. See you there!

By Heather Payne

In the last seven years, most tribes experienced extraordinary circumstances. The tribe rolls out new website for www.omtribe.org.

Financial Assistance Available To All Tribal Members

Eligibility time period: Once from January 1 to March 31; once from April 1 to June 30; once from July 1 to September 30; once from October 1 to December 31.

The Tribal Assistance Program is designed to provide assistance for rental or mortgage payments, utilities, medical or dental expenses; eyewear; prescription medications; personal expenses, pregnancy, childbirth, care and safety of tribal members aged 55 and over.

The Financial Assistance Program and only if members have exhausted all other resources. Examples: Mortgage or Rental payments; Utilities; including Depreciation; Medical/Dental costs; Child Care; Emergency; Automobile repair/tires; bereavement expenses; emergency travel expenses related to medical care; family illness, or funeral. Small amounts of financial assistance may be approved by the extraordinary Assistance Committee.

Amount of Assistance: $250

Eligibility time period: Once from January 1 to March 31; once from April 1 to June 30; once from July 1 to September 30; once from October 1 to December 31.

Financial Assistance to provide basic needs, household expenses, personal expenses, clothing, care and safety of tribal elders. Open to tribal members aged 55 and over.

Amount of Assistance: $500 (once per year)

Eligibility time period: Once from January 1 to June 30, and once from July 1 to December 31, up to twice a year.

Documentation Required: Required: Complex application completed.
The tribal youth are the future of the tribe and their success does dictate the success of the tribe. The tribal youth programs are being designed to assist, teach and inspire the next tribe. The tribal youth programs will be held on Monday and Wednesday.

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Since 1995 the WIA program has been known as the Job Training Partnership Act (JTPA), but it was passed by Congress in the year 1994 to 1996. It was fully implemented on January 1, 2006, and it authorizes federal funding for a wide variety of services designed to help youth and adults get and keep productive jobs.

Section 166 of WIA provides funding to Indian and Native American organizations for two programs, the first the (CPS) “Comprehensive Services” which is for adults and the second is “Supplemental Youth Services” (SYS) with services for youth ages 14-21 years. Both programs are operated all year long including the youth which are able to work during summer vacations, school breaks and after school hours. However a minor under 16 yrs of age from Labor Day through May 31st is limited to the number of hours worked. Youth that are age 15 years and under are required by Department of Labor to have a work permit which is supplied by the principal of the school.

The WIA employment and training program will have a summer youth work program in ages 14-21. This program provides youth work experience, an opportunity to develop and prepare appropriate work habits. The participants will complete 6 work related training modules before reporting to the work experience sites. (1) Privacy and Confidentiality in the Workplace 2) Eth-ics in the Workplace 3) Cultural Awareness 4) Attitudes is EVERY-thing 5) Goal setting, moderation 6) Communicating Effectively.

Tribal Council Minutes
Otoe-Missouria Tribal Council
Tribal Council Chambers - January 4, 2017, 10:00 A.M.

Present:  John Shotton, Chairman; Ted Grant, Vice Chairman; Keeley R. Hurt. Treasurer Burgess made the motion to approve the Otoe-Missouria Tribal Council Regular Meeting Minutes. 1st Member Moore made the motion to Approve Resolution OMTC# 010401 FY-2017. Seconded by 2nd Member Harader. The motion carried.

Seconded by Treasurer Burgess. The motion carried.

The motion carried.

The motion carried.

The motion carried.

The motion carried.

The motion carried.

The motion carried.

The motion carried.

The motion carried.

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The motion carried.

The motion carried.

The motion carried.

The motion carried.

Tribal Council Minutes
Otoe-Missouria Tribal Council
Tribal Council Chambers - February 8, 2017, 10:00 A.M.

Present:  John Shotton, Chairman; Ted Grant, Vice Chairman; Keeley R. Hurt. Treasurer Burgess made the motion to approve the Otoe-Missouria Tribal Council Regular Meeting Minutes with corrections. Seconded by 2nd Member Harader. The motion carried.

Tribal Council Chambers - February 8, 2017, 10:00 A.M.

Tribal Council Chambers - February 8, 2017, 10:00 A.M.

Tribal Council Chambers - February 8, 2017, 10:00 A.M.

Tribal Council Chambers - January 4, 2017, 10:00 A.M.

Tribal Council Chambers - January 4, 2017, 10:00 A.M.

Tribal Council Minutes
Otoe-Missouria Tribal Council
Tribal Council Chambers - January 4, 2017, 10:00 A.M.

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Tribal Council Minutes
Otoe-Missouria Tribal Council
Tribal Council Chambers - January 4, 2017, 10:00 A.M.
Diabetes Gems: Upcoming Meetings 4:30 pm at the Community Building


Spotlight on foot care, including the importance of monitoring feet, how to dress feet, and how to prevent foot ulcers.

April 7, 2017, May 5, 2017, June 23, 2017 – Community Building

WIC – Women, Infants, & Children

April 7, 2017, May 15, 2017, June 21, 2017 – See a reminder that each one of us holds the tool to make healthier food choices and develop sound eating & physical activity habits.

April 12, 2017, May 26, 2017, June 28, 2017 – Community Building

Specific topics and activities will vary monthly, however, will include:

• Nutrition education & promotion events in The Village June 1, 2017.
• Oasis program: All Native American children 12-17 years old. Involves the Noble County Catholic Youth: Perry will run up for monthly fruits and veggies.
• There will be a cookout/Health Education event in the Health department.
• Foot Care is 9-3 Monday through Friday. "Do it right the first time, or twice!
• Nails will be trimmed and toes will be cut, Don’t sit, more info to come.
• Diabetic Alert Day Stay tuned for more information.
• There will be a cookout/Health Education event in the Village June 1, 2017.

Sharon L. Andrews, RD/LD Site Coordinator

Nutrition Month

April is the 27th annual observance of National Nutrition Month by focusing on the importance of making informed food choices and developing sound eating & physical activity habits.

Put Your Best Fork Forward

• To serve as a reminder that each one of us holds the tool to make healthier food choices.
• To highlight small changes during National Nutrition Month & over time, helps improve health now & in the future.
• To inform that no one food group or food provides all the nutrients our bodies need to grow & stay healthy.

Several Nuts

• Cashews, peanuts, almonds, pecans, Brazil nuts & Brazil nut are available.
• Brazil nuts are a good source of selenium. Selenium is important for thyroid health & may help promote healthy skin.
• Brazil nuts are a good source of selenium.

Brazil nuts are expensive & must be soaked in water overnight before consuming. Just one ounce of soaked Brazil nuts contains more selenium than all other food.

How to Select:
• Choose Brazil nuts that are firm, dry and bright without any green, black, or brown spots.
• Choose Brazil nuts that are firm and dry with bright, smooth outer skin.

How to Store:
• Store in a cool, dark, well ventilated place for up to 4 weeks. Refrigerate in a tightly sealed container with paper towels inside to help prevent absorption of flavors & odors.

Nutrition Benefits:
• Fat; choline free, very low sodium; high in vitamin A & C.

Ingredients

• 2 c. (900 g) +2 cups chopped fresh rosemary leaves (2 teaspoons)
• 1 teaspoon chopped fresh thyme leaves (½ teaspoon thyme powder)
• 1 teaspoon grated orange zest (½ teaspoon orange peel)
• 3 cups sliced oranges mixed in a bowl with chili powder, garlic powder, salt & pepper to taste

Directions

Place sliced oranges in a deep casserole dish. Sprinkle with water, orange juice, & honey. Bake at 350° for 20 minutes, or until the oranges are tender.

How to Select:
• Avoid oranges that have dark scars, nicks, bruises or stickers on them. Choose the firmest oranges with smooth skin.

How to Store:
• Store oranges at room temperature for up to 2 weeks. Store oranges in a cool area, away from direct sunlight.

Nutrition Benefits:
• Fat; choline free, low sugar; high in vitamin A & C.

Ingredients

• 1 cup strawberries
• 1 cup blueberries
• 1 peach, peeled and sliced
• 1 tablespoon olive oil
• 1 tablespoon sugar-free, fat free, no calorie sweetener

Directions

Place all the ingredients in a blender. Blend until smooth. Serve over yogurt, ice cream, or frozen yogurt. Top with fresh fruit and a drizzle of honey or maple syrup.

April as ALCOHOL AWARENESS MONTH

April is Alcohol Awareness Month, founded and sponsored by The National Council on Alcoholism and Drug Dependence, Inc. (NCADD) since 1987, is a national grassroots effort organized by communities throughout the United States to promote prevention, research, education, intervention, treatment and recovery from alcoholism and alcohol-related problems.

Here are the dates & times of the events:

Mondays: 12:00 Al Akron Wellness Building
Tuesdays: 6:30 Al Minton 112 North
Thursdays: 7:00 A.A. Big Rock Clubhouse
Wednesdays: 8:00 A.A. Anchor House
Fridays: 8:00 A.A. Spookers
Fridays: 12:00 A.A. 12.12
Fridays: 8:00 A.A. Spirit

See the schedule of events for the most current times and locations.

Banana-Berry Pancakes

Serves: 4

Preparation time: 20 minutes

Ingredients

• 1 cup strawberries, peeled and sliced
• 1 cup complete pancake mix
• ½ cup water
• Nutmeg cooking spray

Preparation time: 15 minutes

Ingredients

• 1 banana
• 1 cup granola
• 1 tablespoon orange juice
• 1/4 cup orange juice

Preparation time: 10 minutes

Ingredients

• 1 banana
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Mother Starts Scholarship To Honor her Late Daughter

By Heather Payne

When tribal member Lewis South had a daughter in a car accident on November 8, 2015, she decided that she could use her healing to do something to honor her daughter's memory.

"Lewis' suffering and her struggle with a mental illness awareness Ski Run and the Essence dots Ski Shop funds," Lewis says. An event in the spring of 2017, the Lewis Essex Memorial Scholarship Fund, brings "a wonderful experience," says Lewis. "Every year this event is very exciting for us to watch and help," she says. "It's an event that we look forward to every year, and it's a great opportunity for us to study the morphology, syntax, and grammar, and to incorporate the information available in these archives."

Springwater says: "The information is a source of great benefit to our program participants. It is invaluable for us to know that there is so much information available in these archives that we can use. This knowledge will be very helpful in our work.

"We would like to inform the public about this wonderful event on April 15 in downtown Muscatine, Iowa. We have been able to find some of our clients and colleagues, the abundant wildlife resources we have experienced, and the soil that we live in, our identity has been lost in the past, and it is not only symptoms of our disease, the problem is not the illness itself. We do not know who we are. The Alcoholic says that we are living a lie. We create and help Nations, with Substance Abuse in the diet. We believe in correcting our identity and diet to help heal ourselves. If you want to buy more or less just let me know, I can get them to you. Before we left we went around to the C/A people, we shared their knowledge and experience for allowing us to participate in this buffalo. It was a wonderful experience and that comes right in as soon as we got there, and begin to help in butchering the buffalo. The clients helped in cutting off the hide, and also in preparing much of the meat and hide. The buffalo was butchered and cut up into smaller pieces for roasting, frying, and now these are being consumed in different ways.

"It was a great experience for us to watch and participate in this event, to see how our ancestors would butcher and divide the meat in different parts of the buffalo, the kidney, heart, lungs, and tongue and every bit of the meat that was eaten or used for something, from the horns, tail, hide, and head. The C/A medicinal information could give us to bring some of that back to our homes, they were very hospitable to us," Springwater says.

Archeologists activities like this are a key part of helping others in their recovery and retaining a sense of identity. Springwater hopes more of these types of activities could take place at the Otoe-Missouria Tribe as well.

"We would like for our Tobacco Group to host this type of event on here at the Otoe-Missouria Tribal Campus. The tradition would be to host this event annually, and more have been going on behind the scenes. Buffalo, the kidney, heart, lungs, and tongue and every part of the meat that was eaten or used for something, from the horns, tail, hide, and head. The C/A medicinal information could give us to bring some of that back to our homes, they were very hospitable to us," Springwater says.

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Program Offers Services To Elders

The Otoe-Missouria Sen- 

or Citizen Center pro- 

vides various nutri- 

tional, health, wellness, 

social and cultural activi- 

ties and services for eligible 

senior citizens (55 years or older) and eligible 

caregivers.

Title VI—Part A: 

Nutritional Services

Our Nutrition Services are 

extended to senior citi- 

zens, fifty (55) years or 

older. At the center we 

offer healthy and 

nutritious family- 

friendly lunches at 12:00 PM—Monday, Tuesday, 

Thursday and Friday from 11:30 A.M.

Home-Delivered (HD) Meals are also available 

Monday—Friday from 11:00 A.M.

The center regularly 

provides and hosts nutri- 

tion education classes and 

nutrition counseling. If you have 

participated in a prounutri- 

tion consultation regarding 

a specific diet, medical 

condition (such as dia- 

betes or weight manage- 

ment), please let us know at 

(580)-723-4466 Ext 289.

The intention of the program is to increase and 

stimulate the social life of senior citizens by pro- 

viding educational, cul- 

tural, social, recreational, 

health and wellness ac- 

tivities. Suggestions for ac- 

tivities are welcomed, as 

well as long we have advance 

notice (1 week) to plan for 

them.

Title VI—Part C: Care- 

giver Support Services 

Caregiver Support Center is identified as family members 

that have or are currently 

serving as a caregiver for 

an individual who is 65 years old or older and/or el- 

ders grandparents, custodians, family caregivers of 

minor children. We of- 

fer the following services and assistance to improve 

quality of care for car- 
givers and to provide 

referral and information 

regarding available 

local support groups, training 

in various topics such as 

caring for a caregiver and 

supplemental services.

Greetings from the 

Enrollment Department.

The Otoe-Missouria Tribe is still growing! and the 

Enrollment department has 

been approved for enroll- 

ment, bringing the total number of members 

who are currently seeking the 

Otoe referral stating that 

they are eligible for the 

services for eligible senior 

citizens and veterans. All veterans must be eligible 

for disabled, handicapped, 

or older. At the center we 

provide meals and 

hearty breakfast on 

P.M. Monday – Thursday

and eligible caregivers.

For info visit www. 

sevenclans.com.

The administration of 

the Otoe-Missouria 

Tribe’s complex would 

like to announce the 

national tribal trans- 

portation community 

involvement in the 

process of establishing 

Alene Adams Park- 

ing 6 p.m. Call 580-723-

4466 ext 124 for details.

The telephone number is 

(580)-723-4466 Ext. 

104 or by email at 

shopper@omtribe.com.

*Note: If you have the 

whereabouts of these 

people, please contact the 

Enrollment Office at 580-723-

4466 ext 104 or by email at 

shopper@omtribe.com.

Jeffrey Scott Bell, An-

invited to attend. For more 

information, please con- 

tact Enrollment Audit Clerk. 

Hayley Tah, Internal En- 

rollment Specialist, 

(580)-723-4466 Ext 104.

Please note that the first 

card and renewal cards are 

free, however, there will be 

an additional charge.

The Enrollment Depart- 

ment has updated for- 

mats, please contact us at 

(580)-723-4466 Ext 195.

The Otoe-Missouria 

Tribe’s webpage and can 

be downloaded.

This was updated in Febru-

ary. The COA must be 

notarized and must also 

be downloaded.

Additional forms can be 

found at www. 

sevenclans.com.

The Otoe-Missouria 

Tribe’s complex would 

like to announce the 

national tribal trans- 

portation community 

involvement in the 

process of establishing 

Alene Adams Park-

ing 6 p.m. Call 580-723-

4466 ext 124 for details.

The telephone number is 

(580)-723-4466 Ext. 

104 or by email at 

shopper@omtribe.com.

*Note: If you have the 

whereabouts of these 

people, please contact the 

Enrollment Office at 580-723-

4466 ext 104 or by email at 

shopper@omtribe.com.

Jeffrey Scott Bell, An-

invited to attend. For more 

information, please con- 

tact Enrollment Audit Clerk. 

Hayley Tah, Internal En-

rollment Specialist, 

(580)-723-4466 Ext 104.

Please note that the first 

card and renewal cards are 

free, however, there will be 

an additional charge.

The Enrollment Depart- 

ment has updated for-

mats, please contact us at 

(580)-723-4466 Ext 195.

The Otoe-Missouria 

Tribe’s webpage and can 

be downloaded.

This was updated in Febru-

ary. The COA must be 

notarized and must also 

be downloaded.
Happy 7th Birthday AJ!
Love, Mom & Dad

Happy 3rd Birthday Ayvah Sue!
Mommy, Daddy & Baby Sister LOVES YOU!

Happy 9th Birthday Bear Bible!!
Love Mom, Dad and the Sisters

Congrats 1st place champs!
The Ok Swarm 8U traveling team with Otoe players Bear Bible and Kylee Ruff.
Bear Bible got MVP at Jacket Jam in Harrah, OK. Congrats Bear!! We are very proud of her as the hard work and dedication she puts into softball. Be on the lookout for the Bible girls in the big league softball world!

Happy Birthday Maycie Rae!
Mommy, Daddy & Big Sister LOVES YOU!

Happy Birthday Junez!
We love you so much 😊
The BIG 18

Happy 1st Birthday Marcella!
We love you so much...❤️❤️❤️ love mom & dad and Azelea.

Happy 18th Birthday Smallz!
We love u to the Moon & back kiddo.
疴 Momma, MM, Roy, Hailey & EJ

Happy Birthday Zach!!
Love, Mom, Amos & rest of the family

Class of 2017
C’Anna Irene Tohee
Chuyu Family News

**Welcome Charlotte Grace!**

Charlotte Grace Payne was born on Thursday, January 19, 2017. She weighed 8 pounds, 4 ounces and measured 21 inches in length. Charlotte is the daughter of Jack and Casey Payne. Charlotte is a grandchild of Trace and Kenzie Payne, Mark and Jami Payne, and Harold and Jill Payne. She is the great-granddaughter of Doris and Ed Payne and the late Wanda and Al Payne.

**WELCOME RYLAN!**

Stephanie Ross and her fiancé welcomed a beautiful baby boy on January 4, 2017. His name is Rylan. Rylan weighed 7 pounds, 9 ounces and measured 20 inches in length. Rylan is the son of David and Jennifer Ross. He is the grandson of Larry and Darci Ross, Brian and Delta Ross, and the late Myra Ross.

** Announcement Submission Policy**

Please send your birthday, wedding, birth, anniversary, awards, school and athletic news to bpsyne@center.org or 8151 HWY 177, Red Rock, OK 74651. Submissions will not be returned. Due to space limitations, preference is given to announcements about enrolled Otoe-Missouria Tribal Members. Announcements about descendents will be considered if space allows. The deadline for submissions to the spring newsletter is Monday, June 12, 2017. Thank you!

**The Otoe-Missouria WIOA Summer Youth Program**

8151 Hwy 177, Red Rock, Oklahoma 74651, (580) 725-4466 ext. 214


- Group 1: 14-15 years of age
  - Classroom Only
- Group 2: 16-21 years of age
  - Temp work experience/mandatory classroom
  - Must live in Noble County
  - Must meet income eligibility
  - Be attending school
  - Complete job interview
  - Successfully pass a drug screen

Due to the limited amount of funding we receive only 10 applications/Group will be selected. Please note a completed application does not guarantee acceptance into this program.

**WHERE: OCM CULTURAL BUILDING**

WHEN: MAY 5 & 6, 2017

TIME: 9:00 A.M. - 3:00 P.M.

IF YOU HAVE ANYTHING YOU WOULD LIKE TO DONATE WE CAN COME PICK UP

Bring unwanted, clean, working, usable household items, sporting goods, appliances, clothing, shoes, toys, electronics, furniture and other clean usable working items to the OMED (Otoe-Missouria Environmental Department) Please check all items in with OMED!!!

**EVERYTHING IS FREE TO TAKE!!!! FREE!!! FREE!! FREE!!!**

OMED RESERVES THE RIGHT TO REFUSE ANY ITEMS, NO HAZARDOUS MATERIALS PLEASE!!

**Joelie Paige Hembree**

was born Dec 26th. Parents are Mark Burgess and Joel Hembree. Joelie weighed 7.4 and was 19.5 inches long.

**Congratulations to my sweet, smart, beautiful daughter Tamira Edna... SENIOR CLASS OF 2017 GRADUATE, FRONTIER SCHOOL!!**

The Lord blessed me with the most kind hearted angel when he gave you to me. boys, you have been through a lot in your 18 years of life, have to grow up sooner than any child should but it has made you who you are today. Strong, mature, smart and becoming a 2nd momma to your brother MJ, has shown me you are ready to conquer this world!! I remember your first day of school like it was yesterday and you are walking across the stage to receive your highschool diploma. Remember your teachings BabyGirl and never forget what a beautiful person you are inside and out. The world is yours Baby.... LOVE YOU SO MUCH!!!

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**Jayde and Brandi Doyebi announce the birth of their son, Phoenix Eagle Doyebi.**

Phoenix was born Monday, January 23, 2017 at Duncan Regional Hospital. He weighed 7 pounds, 9 ounces and measured 21 1/2 inches in length. Phoenix was welcomed home by big brother, Kale Wayne.

Maternal grandparents are the late Wayne and June Tohee. Paternal grandparents are Carol Doyebi and the late Jerry Doyebi.

**Marcus and Kaylie Thomas are participating in the Ambassador Leaders Program “Leadership in Action at Harvard” this Summer.**

Marcus Thomas is in the 7th grade at Stillwater Middle School and plays football, wrestling, golf, AP Language Arts/Math, and is a member of the Gifted and Talented Program. Kaylie Thomas is in the 5th grade at Sangre Ridge Elementary School and is a Straight A student, plays soccer, cheer, gymnastics, and is a member of the Gifted and Talented Program. Kaylie Leaders are the Late William R. Jones and Phoebe-Diamond Dent. Her grandmother is the great granddaughter of Sr. of Ponca City, OK and the Late Phyllis Kemble.

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