Greetings. I hope this is the response you find you will. I want to reach in every one of you Happy Holidays as we move into a New Year. The Tribal Council was pleased to approve a $690.00 per capita payment in early December. We encourage you to shop for your families during the holidays.

Our Tribal Elections were held on November 5, 2010. I am honored to be re-elected as your Tribal Chairman. Congratulations to Barbara Childs-Walton and Wesley Hudson on their re-elections as Tribal Secretary and Vice Chairman of the Tribal Council. We look forward to another great year in 2011. The Tribal Council and Tribal Administration continue to work very hard for the benefit of the Otoe-Missouria Tribe. As always, you can reach me at the Tribal Complex during the week at 580-723-4466 or by email at jshotton@tribe.org. Please continue to keep in touch with your Tribal Council members during the next three years.

The Annual General Council Meeting was also held on November 5, 2010. Unfortunately there was not a quorum present to hold an official General Council meeting. There were some very productive suggestions and concerns that were brought forward by the members who were present. Thank you all of you who participated. The Council will work on those issues as the coming year.

There have been numerous community and cultural activities going on here at the tribal complex. Later this month, the Otoe-Missouria Elders Luncheon and inner neighborhood Tribes to attend. On December 18, 2010 Santa Claus will make his way to the Cultural Center once again at the Annual Otoe-Missouria Elders Society Tail Dance. Both events are always highlight of the Holiday Season here in Red Rock.

We are looking forward to opening the First Council Hotel in mid-December. I recently toured the facility and Tribal Administration continues to work very hard for the benefit of the Otoe-Missouria Tribe. As always, you can reach me at the Tribal Complex during the week at 580-723-4466 or by email at jshotton@tribe.org. Please continue to keep in touch with your Tribal Council members during the next three years.

The Election Board of the Otoe-Missouria Tribe was elected on an at-large basis at the annual General Council meeting. The Election Board is composed of Chairperson Tina Youker, Secretary Ranae Kihega and Staff!

MISSION STATEMENT
The Mission of the Otoe-Missouria Tribe is to create a premium quality of life for the tribal community by providing services and opportunities to achieve tribal capacity while preserving our cultural integrity and values.

Hotel Set to Open in December
By Heather Sarles

The Otoe-Missouria Tribal Council (from left to right): First Council Member Wes Hudson, Vice Chairman Charles Moncooyea, Second Council Member Melanie Harder, Chairman John Stinner, Secretary Barbara Childs-Walton, Tribal Election Chairman Melanie Harader to the Tribal Council as their newly elected Second Member. I look forward to working with all of the other Council Members during the next three years.

The Election Board of the Otoe-Missouria Tribe has the duties and powers to conduct all Tribal Elections, including Initiative, recall and referendum votes in compliance with the tribal voting ordinance and in accordance with the Tribal Constitution of the Otoe-Missouria Tribe of Oklahoma.

The four member Otoe-Missouria Election Board is elected on an at-large basis at the annual General Council meeting. The Election Board is composed of Chairperson Tina Youker, Secretary Ranae Kihega, Assistant Secretary Karen Kilega and Marshal Andy Moore.

By Heather Sarles

The Otoe-Missouria Election Board held a Tribal Council Election on November 6, 2010. Voters elected incumbent Chairman John R. Stinner with 444 votes. Challenger Joseph Black received 105 votes. Incumbent Secretary Barbara Childs-Walton was re-elected by vote from County Judge. Childs-Walton won with 282 votes to Bergin’s 246 votes. First Member Wes Hudson was also re-elected with 342 votes. Thousand Moore Jr. received 101 votes and Don E. Childs received 83. The only open seat was that of Second Member. The office was won by Melanie Harder with 208 votes. Downward kicked received 107, Jace Hayon received 82, Scott Miller had 60 and Randy Wilson received 56 votes. Of the 1,950 registered voters, there were 276 absentee votes cast and 255 absentee ballot placed. The newly elected officials were sworn into office on Friday, November 12 in Tribal Council Building.

The Otoe-Missouria Tribal Council (from left to right): First Council Member Wes Hudson, Vice Chairman Charles Moncooyea, Second Council Member Melanie Harder, Chairman John Stinner, Secretary Barbara Childs-Walton, Tribal Election Chairman Melanie Harader to the Tribal Council as their newly elected Second Member. I look forward to working with all of the other Council Members during the next three years.

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The lobby of the new First Council Casino Hotel will feature artwork by Otoe-Missouria artists and a cozy seating area.

The dining room of the hotel will be open for breakfast each morning.

The hotel staff is still putting the finishing touches on many of the rooms. This exterior guest room still needs to have draperies installed and the lamps removed from all the furnishings before receiving a guest check.

The seating area of the hotel lobby has overstuffed couches and chairs accented by warm wood and a gas fireplace. Soon, the seating area of the hotel lobby will feature artwork by Otoe-Missouria artists and a cozy seating area.

The staff is busy unloading and inspecting the many of the rooms. This exterior guest room still needs to have draperies installed and the lamps removed from all the furnishings before receiving a guest check.

The hotel staff is still putting the finishing touches on many of the rooms. This exterior guest room still needs to have draperies installed and the lamps removed from all the furnishings before receiving a guest check.
Home Assistance Offered by Tribe

By Heather Sarles

By the end of the 8 week work program, participants must also complete a resume and an assessment that determines the type of placement they are qualified for. The program assists Native Americans in the service area, in finding a job, advancing in a job, or starting a business.

According to the Otoe-Missouria Tribe, the ultimate goal of the WIA program is to provide services to help them get and maintain a job. Services include job search assistance, placement services, and training to youth and adults.

In that volatile environment, many people have struggled to raise families, buy a home and keep a job. This scenario was not only present in the Otoe-Missouria area, but throughout the state of Oklahoma. For theTribe, providing services to help them through this time was an important part of the WIA program.

In addition to providing job placement assistance, the WIA program also offers training and education, or job retraining to tribal members. Participants may receive these services at no cost to them.

The Workforce Investment Act (WIA) of 1998 was created to help individuals obtain skills and training needed for employment. The Act was designed to work with employers through job fairs and training programs to give people needed skills to get jobs or move up in their careers.

The WIA program is a great option for people who are interested in getting into a new field or learning new skills. The program can be a great way for people to increase their earning potential and improve their quality of life.

There are strict eligibility requirements to qualify for WIA services. In order to receive assistance through the WIA program, participants must be unemployed or underemployed (working less than 40 hours per week). They must also meet certain income guidelines and have lived in the Tribe’s service area for at least 6 months.

The WIA program is offered by the Otoe-Missouria Tribe’s Tribal Employment Opportunities Program (TEOP). It is funded by the U.S. Department of Labor and is designed to help Native Americans find employment and advance in their careers.

The program offers a range of services, including job search assistance, job placement, and job training. Participants can receive these services at no cost to them.

The WIA program is available to all eligible Native Americans in the Tribe’s service area. However, not all participants are eligible for all services. Participants must meet certain income and residence requirements in order to receive assistance.

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Health Fair Draws Large Crowd

The Otoe-Missouria Health Services Department Annual Health Fair drew a record number of vendors and participants September 23 at the Cultural Building on Tribal Campus. In addition, the Oklahoma Blood Institute also had a Blood Drive where all donors received either an OU or OSU shirt for their donation. Their names were then entered into a drawing for a flat screen TV. Sky Campbell was the drawing winner Thank you to all the attendees, staff and volunteers.

Heart Disease is the leading cause of death in the United States. The month of February is dedicated to raising awareness about heart disease, and improving knowledge prevention. Carefully educate yourself on the dangers of heart disease and get on track to better heart health.

Valentine's Menu

Baked Potato
• 1/4 cup strong (or prepared instant) dried egg whites (see Ingredient note), reconstituted according to package instructions
• 1/2 cup of liquid egg whites substitute
• 1/4 teaspoon salt
• 1/2 teaspoon garlic powder

Steak!

Swirled Cheesecake Brownies

Ingredients
• 1/4 cup sugar
• 1/2 teaspoon vanilla extract
• 1/2 cup all-purpose flour
• 1/4 teaspoon salt
• 1/2 cup packed light brown sugar
• 3/4 cup whole-wheat flour
• 1/4 cup cocoa
• 1 tablespoon nonfat plain yogurt

Topping
• 1/4 cup sugar
• 1/2 cup packed light brown sugar
• 1/2 teaspoon vanilla extract
• 1/4 cup butter

Directions
1. Preheat oven to 350 degrees F. Grease an 8x8 inch pan. In a large bowl, combine the brown sugar in a large bowl and beat with an electric mixer until light and fluffy. Add the butter, eggs, and vanilla; beat until well blended.
2. To prepare topping: Place cream cheese in a small mixing bowl and beat with an electric mixer until smooth. Add the remaining brownie batter in large spoonfuls over the cream cheese filling. Slowly spread the remaining brownie batter on top of the cream cheese layer. Bake for 30 minutes. Browies will be undercooked. Let cool in pan 10 minutes, then run a knife along edges and invert pan to release brownies. Cool completely before cutting into bars. Makes 12 bars.

What:
• CBD Community Screening For
• Cholesterol (must have nothing to eat or drink after midnight for this screening only)
• Blood pressure
• HbA1C

Where:
• 8:30 - 10:00AM 2-9-11
in the Otoe-Missouria Cultural Building

Thursday
• 8:30 - 10:00 AM 2-16-11
at the Rock, Main Street, Red Rock

Otoe-Missouria maintenance crew Dennis Black, Keith Ely and Dustin Francis rebuilt the tribe’s sweat lodge in October. Sweat lodge ceremonies are periodically held on tribal campus.

The attitude of the music is so much angler, Williams says. “I relate to a lot of what he’s saying and I’ve been coming from the determination to throw myself into the music.”

Tribe Member Screams Ahead

The Otoe-Missouria maintenance crew Dennis Black, Keith Ely and Dustin Francis rebuilt the tribe’s sweat lodge in October. Sweat lodge ceremonies are periodically held on tribal campus.

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**BEAT THE HOLIDAY BLUES**

By Sarah RoBald

With all the health and beauty of shopping for Christmas and the holidays, it’s easy to forget about the effects of the holiday season on our mental health. This holiday season, some of you might have heard about the ‘Holiday blues’ and how it’s not just the weather that’s snowy and gray outside but that the holiday season can bring about more stress, less sleep, anxiety, and for some, maybe a personal version of Seasonal Affective Disorder (SAD) – an impact depressive symptoms.

**What is Seasonal Affective Disorder?**

Seasonal Affective Disorder (SAD) is a type of depression that occurs seasonally. It affects hundreds of thousands of people in the United States, especially during the winter months. Symptoms can include feelings of sadness, irritability, fatigue, and lack of interest in activities.

**What Causes SAD?**

The exact cause of SAD is not fully understood, but it is thought to be related to changes in the body’s internal clock, or circadian rhythm. This can be affected by changes in light levels, hormones, and neurotransmitters. As the days get shorter and the nights get longer, the body may signal that it is time to hibernate, leading to a decrease in energy levels and an increase in depression.

**Preventing SAD**

To prevent SAD, it is important to maintain a consistent daily routine and get regular exercise. This can help to regulate the body’s internal clock and prevent symptoms of depression.

**What Can You Do?**

If you are feeling depressed or anxious during the holiday season, here are some things you can do:

1. **Plan Ahead**: Make a list of everything you need to do before the holidays and prioritize it. This can help to reduce stress and make the holidays more enjoyable.
2. **Get Enough Sleep**: holidays can disrupt sleep schedules, so make sure to get as much sleep as possible.
3. **Eat Healthy**: try to eat a balanced diet with plenty of fruits and vegetables. Avoid alcohol and caffeine, as they can disrupt sleep and make you more anxious.
4. **Get Moving**: regular exercise can help to boost mood and reduce anxiety.
5. **Stay Connected**: spend time with friends and family, and don’t be afraid to reach out for help if you need it.
6. **Take Breaks**: take breaks from social media and stay connected with people who uplift you.
7. **Practice Mindfulness**: activities such as yoga or meditation can help to reduce stress.
8. **Consider Professional Help**: if you are feeling overwhelmed, consider speaking with a mental health professional.

**Looking for more information?**

For more information about Seasonal Affective Disorder, please visit the National Institute of Mental Health at [nih.gov](http://nih.gov).

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**Substance Abuse and the Holidays: Plan Now To Defend Against Stress**

By Carol CoLea

The holiday season can be tough on a lot of people, especially those newly in recovery from substance abuse. The holidays bring about a lot of stress and can be a time when triggers can easily come up. It’s important to have a plan in place to defend against stress.

**What to Do if You Are Feeling Stressed**

If you are feeling stressed during the holidays, here are some things you can do:

1. **Take a Break**: spend some time alone, do something that makes you feel happy, and take a break from all the stress.
2. **Stay Connected**: spend time with friends and family, and don’t be afraid to reach out for help if you need it.
3. **Practice Mindfulness**: activities such as yoga or meditation can help to reduce stress.
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**Looking for more information?**

For more information about Substance Abuse and the Holidays, please visit the National Institute on Drug Abuse at [nida.nih.gov](http://nida.nih.gov).

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**Upcoming & Ongoing Events**

**The Otoe-Missouria special education program needs your help to make the holidays special for all students.**

**Call a hotline at the Oklahoma De-

partment of Social Services, 1-800-595-7171, 24 hours a day, 7 days a week.**

**If you’re in recovery from substance abuse, please call 580-723-4466 ext 252 for more information.**

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**Diabetes Patient Information**

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**GREETINGS FROM THE THIRD MEMBER**

**Congratulations to our newly and re-elected Tribal Council Members.**

We would like to welcome all our Otoe-Missouria Tribal members a Very Happy, Holidays. May God Bless You and Your Family.

Alvin Moore, Third Member
Otoe-Missouria Tribal Council
By Fatima Pina

It is extremely important to learn the basics of food handling techniques to stay safe and prevent food-borne illness. This is because our digestive system, which is delicate and sensitive, can become more vulnerable to food-borne illness if we do not handle food properly.

These changes cannot happen without realizing them, therefore it is important to keep in mind the importance of food safety and to always practice good food-handling techniques. Remember, your safety is important, and you don’t want to become one of the statistics that states 1 out of 6 people get sick from food-borne illness.

With “age, comes wisdom.”

Some tips to follow:

1. Refrigerate or freeze all perishable items immediately after cooking.
2. Cover perishable foods with a clean cloth or place in the refrigerator or freezer.
3. Wash your hands and all work surfaces with water and soap after contact with raw meat and poultry.
4. Cook your food immediately after thawing.
5. Use separate cutting boards, utensils, and work surfaces with water and soap after contact with raw meat and poultry.
6. Never use a utensil or cutting board that was used for raw meat and poultry to prepare cold foods or soups.

By learning these tips, you will be able to prevent food-borne illness and ensure that your family stays healthy and happy.

WIC Emphasizes Importance of Family Meals Year All Long

By Diana Lewis

The main goal of WIC is to improve the food-borne illness. The WIC Program is the public health initiative that provides low-income pregnant women, infants, and children with food assistance, nutrition education, and referrals to health care. The program is designed to help families access healthier foods and improve the health and well-being of pregnant women, infants, and children.

Nutrition education is the program benefit that sets the Women, Infants, and Children (WIC) Program apart from other federal programs. The WIC Program provides nutrition education and counseling to women, infants, and children to help them make healthier food choices.

WIC is a unique program that focuses on the health of the whole family. It provides nutrition education and counseling to women, infants, and children to help them make healthier food choices.

The sharing is the compromise. Not everyone gets their ideal menu but all are there. What a great opportunity to learn about blocking your family dinners and especially enjoy workbooks with the youth and Head Start students “Being able to lose weight and present from outcomes we can be happy about. However, the more often families eat together, the likely we are to do well in school, and consider suicide, and the more likely they are to smoke, drink, drug, use hot tubs, and be involved in fights, more involved in fights, and sex.

In the Archives of Family Medicine, researchers found that more family meals tend to mean less soda and fried food.

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DEATHS
Charles Tillman Sr.

passed on September, 24 2010. Mr. Tillman was the oldest male member of the Oto-Missouria Tribe.

NEW MEMBERS

Michele Cruz

Trevor Cunningham

Trevor William Lends His Horse

Taven William Lends His Horse

To Taven William

I love you with all my heart!

Love Mommy

HAPPY 1ST BIRTHDAY
Linda Bassett Francis

12/28

Happy Birthday

Love Your Family And Friends

Mele Kalikimaka from the Plumley Family

Hawaii

HAPPY 1ST BIRTHDAY

To Brennan

I am 1 year old!

From Mom, Shawn, Tassi and Sabryn!

We Love You!

Brennan turned 8 on September, 2010

To Brennan

Love, Mom, Dad, Sissy and Grandma

HAPPY 20TH BIRTHDAY

To T.J.

11/28/90

Happy 20th Birthday

To Little Sister Genevieve

2/20/08

Happy 3rd Birthday

Love Mom, Grandma Linda, Sister Andrianna, Friends and Family

HAPPY 7TH BIRTHDAY

To Ill Maria Hall

Love, Momma, Daddy, KK, Nella and Bubba

HAPPY 18TH BIRTHDAY
Josie Allena Manus

February 2

Happy 24th Birthday

Crispy Ann Manus

November 25

Love Always, Mom, Dad, Chief, Jeremy & Merlin

HAPPY BIRTHDAY

Kennetha “Infant” Butler

August 17

10 Years Old

Love, Dad, Mom, Sissy and Grandma

HAPPY BIRTHDAY

To Kycen

From Mom, Shawn, Tassi and Sabryn!

We Love You!

Kycen turned 7 on October 22

HAPPY BIRTHDAY

To KC

From Mom, Shawn, Tassi and Sabryn!

We Love You!

Kc turned 4 on November 4

HAPPY BIRTHDAY

To Tyler

From Mom, Shawn, Tassi and Sabryn!

We Love You!

Tyler turned 10 on December 14, 1981

WEDDING

Stormin Grass and William Bible were united in marriage on Saturday the 25th of September, 2010

HAPPY BIRTHDAY

Sheyenne Stormy Butler

December 12

13 Years Old

Love, Dad, Mom, Sissy and Grandma
By Galen Springer
Joseph Springer III (senior) (96) 22:30.

Native American Heritage Month: Otoe-Missouria Headstart Celebrates Native American Heritage Month

The Otoe-Missouria Health Services Department sponsored a Native American Heritage Month at Frontier School. One of the events featured was a visit from Randy Whitman, who was present to share information about the Otoe-Missouria Tribe. Whitman and the children had "beer goggles" and "drunk driving" simulations. The students were able to see how alcohol affects driving abilities while wearing the goggles.

The Otoe War Mothers wish to offer many thanks to all those who prepared and served the meal for the Otoe-Missouria Tribal members. Specifically, Charmaine Brown and Hank Childs were tirelessly working to prepare the meal. The Red Ribbon Week Council thanks all those involved.

Rene Hare, Ryan MacMahon, Jim Hopper at Frontier School.

By Galen Springer

Otoe-Missouria tribal member (senior) (96) 22:30.

Frontier School Celebrates Native American Heritage Month

By Heather Sarles

Randy Whitman and the children about the Otoe-Missouria Tribe. Whitman and the children had "beer goggles" and "drunk driving" simulations. The students were able to see how alcohol affects driving abilities while wearing the goggles.

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