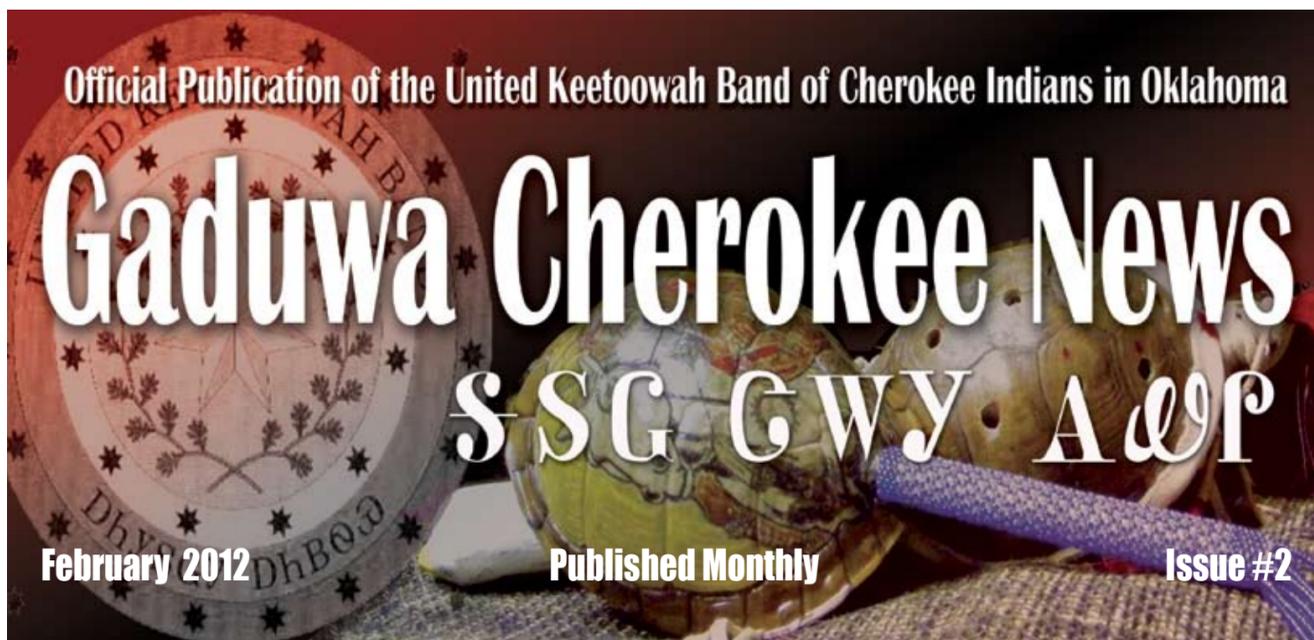


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Title VI Nutrition Program Benefits Elders

The UKB Title VI Nutrition Program is a successful and beneficial program for Keetoowah Cherokee Elders, as well as other Native American elders in the Tahlequah community. The nutrition program is housed in the Jim Proctor Elder Community Center, located at 18419 West Keetoowah Circle at the UKB Tribal Complex located south of Tahlequah on West Willis Road.

The center is open Monday through Thursday from 11:30 a.m. to 1 p.m. for lunch and on Fridays from 10:30 a.m. to noon for brunch, except on holidays, and on the last Friday of the month, when the center is closed for cleaning. The center is also closed for inclement weather. When Tahlequah public schools are closed, the center is closed.

The meals are free to elders 55 and older who have a CDIB card. One of the most well-liked days is cultural foods/birthday days held the last Thursday of every month. The Title VI staff provides a meal, and buys a birthday cake for everyone who has had a birthday that month. Many elders bring a covered dish of traditional food, such as beans, fry bread, hog meat, wild onions, bean bread, hominy, kanuche, chicken and dumplings, crawdads, squirrel and dumplings, and polk salad.

continued on page 4



UKB Title VI staff are, left to right, Freddie Upton, Experience Works, dishwasher; Maranda McLemore, Title VI assistant cook; Kathleen Zuniga, Title VI head cook; Carolina Mouse, Experience Works, assistant cook; and Rebecca Dreadfulwater, Coordinator Title VI Programs. Photo by Thomas Jordan

Federal, state and tribal employees gather to fight elder abuse

As part of the tribe's historic role in honoring its elders, the United Keetoowah Band held a training session Nov. 29 to educate the public on how to combat elder abuse, especially among Native Americans. People from the BIA, DHS, UKB, Cherokee Elder Care and the Oklahoma District Attorney's Council Tribal Liaison director attended.

While the most obvious abuse is physical in nature, Dianne Barker-Harrold, special counsel to the UKB, said sexual abuse, emotional or psychological abuse, neglect and exploitation are, also, among the examples in which elders are preyed upon.

Elders are beaten, raped, ignored and taken advantage of by a grocery list of abusers ranging from professional con-men to hired caregivers to the elders' own family.

Barker-Harrold said an elder was being brought to the tribe for utility assistance by her grandson. When the elder received the check, the grandson would give \$5 to the elder to spend at the casino and he would take the rest. It took a long time to discover the exploitation and then even more time to correct it.

With family members being the abusers, it is often hard to get elders to come forward to report the abuse.

Barker-Harrold said they do not want to get their family members in trouble, but also there is a fear of having to go to a nursing home instead of being able to remain in the comfort and familiarity of their own home.

The complex jurisdiction map among tribal, state and federal authorities makes the job of protecting elders even harder.

"The state of tribal elders with respect to abuse in Indian Country is that because Oklahoma doesn't have reservations taking in a wide comprehensive, geographic area but instead is a complicated checkerboard, criminal jurisdiction is very challenging," said Barker Harrold. "While abused elders may be tribal members, the criminal act may have most likely occurred on state land rather than tribal lands so the response is directly from state or local law enforcement and state adult protective services. However, to maintain tribal involvement, culturally appropriate responses and assistance from tribal victim advocates and other service providers, it is important for tribes to partner up with the state. Confidentiality agreements, protocols and policies and procedures between the two entities should enhance responses to tribal elders who have suffered abuse."

The Choctaw Nation in association with

the Oklahoma State Department of Human Services Adult Protective Services (DHS/APS) managed to do exactly.

Vickie Perez, Choctaw Nation Office for Victims of Crime assistant director, and Curtis Rose, Department of Human Services, presented how they worked together.

The two joined forces with a Memorandum of Understanding (MOU). They decided it was in their mutual interest to protect elders by pooling their resources and working together instead of fighting over jurisdiction.

For the 10 counties covered by the MOU, the state can call in tribal social workers to help elders who do not feel comfortable dealing with state workers. The state can also call in the Choctaw tribal police to go into a situation on tribal grounds where the state authorities have no jurisdiction. Plus, the two can team up to get each victim the help they need.

Barker-Harrold said by having attendees from DHS present at the training is the first step in working on a similar agreement for the UKB.

The factors contributing to elder abuse are numerous, an increasing aging population, alcohol and drug dependency, unemployment, lack of affordable housing, high utility costs, inadequate access to health care, costly medication, shortage/denial of long-term care, etc.

With the number of elders growing each year, the opportunity for abuse also grows.

According to the U.S. Department of Health and Human Services' Administration on Aging, in 2009 almost 39.6 million Americans are aged 65 years and older. This number is expected to double and triple for those aged 85 years and older during the next 40 years.

Indicators of abuse, neglect or exploitation:

- Injury that has not been properly cared for.
- Injury that is inconsistent with explanation for its cause.
- Pain from touching.
- Cuts, puncture wounds, burns, bruises, welts.
- Dehydration or malnutrition without illness-related cause.
- Poor coloration.
- Sunken eyes or cheeks.
- Inappropriate administration of medication.
- Soiled clothing or bed.
- Frequent use of hospital or health care/doctor-shopping.
- Lack of necessities such as food, water or utilities.
- Lack of personal effects, pleasant living environ-



Curtis Rose, DHS, and Vicki Perez, Choctaw Nation Office for Victims of Crime assistant director, present the Memorandum of Understanding the two entities operate under when it comes to investigating elder abuse. Photo by Thomas Jordan

- ment or personal items.
- Forced isolation.

Behavioral signs of elder abuse:

- Fear
- Anxiety, agitation
- Anger
- Isolation, withdrawal
- Depression
- Non-responsiveness, resignation, ambivalence
- Contradictory statements, implausible stories
- Hesitation to talk openly
- Confusion or disorientation

Signs of abuse by caregiver:

- Prevents elder from speaking to or seeing visitors.
- Anger, indifference or aggressive behavior toward elder.
- History of substance abuse, mental illness, criminal behavior or family violence.
- Lack of affection toward elder.
- Flirtation or coyness as possible indicator of inappropriate sexual relationship.
- Conflicting accounts of incidents.
- Withholds affection.
- Talks of elder as a burden.

Signs of financial abuse:

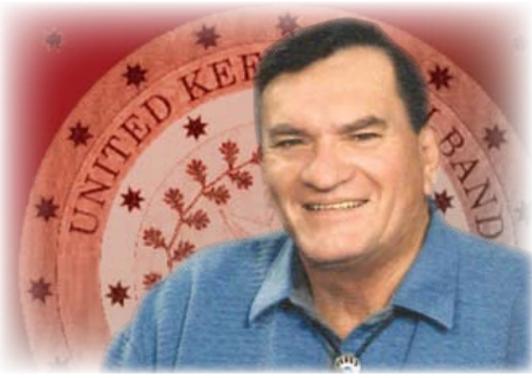
- Frequent expensive gifts from elder to caregiver.

continued on page 6

In This Issue

- Treaty of 1833 pg 2
- Casino Proposed for Hardeville pg 5
- Title VI Menu pg 6

A Letter to the UKB People From Chief George Wickliffe



**United Keetoowah Band
Of Cherokee Indians in Oklahoma**
**Summary of the Western/Arkansas
Cherokee (Old Settlers)**

The following is a summary of the text written by James Mooney, a U.S. Bureau of Ethnology Anthropologist, and published in the Nineteenth Annual Report of the Bureau of American Ethnology, 1897-98 (Washington, D.C. Government Printing Office) It is followed by the Treaty of the Western Cherokee.

George Wickliffe

The first official migration westward by the Cherokee and the subsequent negotiations resulted in the assignment of a territory in Arkansas to the Western Cherokee in the form of a Treaty with the United States in 1817. The voluntary Old Settlers were considered as 'conservative,' who desired to move west and reestablish their traditional life, of which the major body of the Cherokee were quickly moving away from. By the Treaty of 1817, the Western Cherokee acquired title to a definite territory and official standing under Government protection. The Cherokees in the East were strongly against any recognition of the Western Cherokee.

The Treaty which assigned the lands to the Western Cherokees stipulated that a census should be made of the eastern and western divisions of the Cherokee separately, and an apportionment of the national annuity forthwith made on that basis.

Thomas Nuttall, the famed naturalist, visited the Arkansas Cherokee in 1819 and gave the

following account of his findings: "both banks of the river, as we proceeded, were lined with the houses and farms of the Cherokee, and thought their dress was a mixture of indigenous and European taste, yet in their houses, which are decently furnished, and in their farmers, which were well fenced and stocked with cattle, we perceive a happy approach toward civilization. Their numerous families, also, well fed and clothed, argue a propitious progress in their population. Their superior industry either as hunters or farmers proves the value of property among them, and they are no longer strangers to avarice and the distinctions created by wealth. Some of them are possessed of property to the amount of many thousands of dollars, have house handsomely and conveniently furnished, and their tables spread with our dainties and luxuries."

The Treaty of 1828 between the Western Cherokees and the United States, stipulated for an assignment of land further West in Indian Territory, with a 'perpetual outlet west.' The territory assigned to them called for a 'permanent home, and which shall, under the most solemn guarantee of the United States, be and remain theirs forever - a home that shall never, in all future time, be embarrassed by having extended around it the lines or placed over it the jurisdiction of a territory or state, nor be pressed upon by the extension in any way of any of the limits of any existing territory or stated;"

Article 2 defined the boundaries of the new tract and the western outlet to be awarded. And were further modified and clarified in 1833 at a meeting at Fort Gibson, Indian Territory, between the U.S. Government, the Western Cherokee and the Creek Nation, which resulted in another official Treaty. Fort Gibson was a military establishment called for in Article 9 of the Treaty. It was necessary to include the Creeks, as some of their voluntary settlers had settled along the northern bank of the Arkansas on the Verdigris river, on lands found to be within the limits of the territory assigned to the Western Cherokee by the Treaty of 1828.

This Treaty of 1833 with the Western Cherokees set the seven million acre tract boundaries, as well as a strip two miles wide along the northern border which was later annexed to the state of Kansas by the Treaty of 1866.

By tacit agreement, some of the Creeks who had settled within the Cherokee bounds were permitted to remain, and among these were several families of Uchee Indians, who had fixed their residence at the spot where the town of Tahlequah was established after the arrival of the thousands of immigrant Eastern Cherokees, forcibly removed from the eastern homelands in 1838-39.

INDIAN AFFAIRS: LAWS AND TREATIES

Vol. II, Treaties

Compiled and edited by Charles J. Kappler.
Washington: Government Printing Office,
1904.

TREATY WITH THE WESTERN CHEROKEE, 1833.

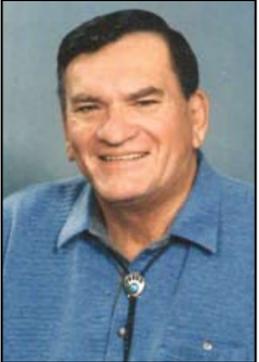
Feb. 14, 1833. | 7 Stat., 414. | Proclamation,
Apr. 12, 1834.

Articles of agreement and convention made and concluded at Fort Gibson, on the Arkansas river on the fourteenth day of February one thousand eight hundred and thirty-three, by and between Monffort Stokes, Henry L. Ellsworth and John F. Schermerhorn duly appointed Commissioners on the part of the United States and the undersigned Chiefs and Head-men of the Cherokee nation of Indians west of the Mississippi, they being duly authorized and empowered by their nation.

WHEREAS articles of convention were concluded at the city of Washington, on the sixth day of May one thousand eight hundred and twenty-eight, between James Barbour Secretary of War, being specially authorized therefor by the President of the United States and the chiefs and head men of the Cherokee nation of Indians west of the Mississippi, which articles of convention were duly ratified. And whereas it was agreed by the second article of said convention as follows "That the United States agree to possess the Cherokees, and to guarantee it to them forever, and that guarantee is solemnly pledged, of seven millions of acres of land, said land to be bounded as follows; viz, commencing at a point on Arkansas river, where the eastern Choctaw boundary line strikes said river, and running thence with the western line of Arkansas Territory to the southwest corner of Missouri, and thence with the western boundary line of Missouri till it crosses the waters of Neasho, generally called Grand river, thence due west, to a point from which a due south course will strike the present northwest corner of Arkansas Territory, thence continuing due south on and with the present boundary line on the west of said Territory, to the main branch of Arkansas river, thence down said river to its junction with the Canadian, and thence up, and between said rivers Arkansas and Canadian to a point at which a line, running north and south, from river to river, will give the aforesaid seven millions of acres, thus provided for and bounded. The United States further guarantee to the Cherokee nation a perpetual outlet west, and a free and unmolested use of all the country lying west of the Western boundary of the above-described limits; and as far west, as the sovereignty of the United States and their right of soil extend. And whereas there was to said articles of convention and agreement,

continued on page 3

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Cell: 918-207-2991



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Office: 918-453-9162
Cell: 918-822-3814



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Jerry Hansen
Cell: 918-822-3804



Saline Dist. Rep.
Charles Smoke
Cell: 918-457-7071



DISTRICT REPRESENTATIVES:



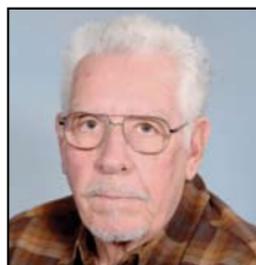
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Peggy Girty
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Notice of Office Closings

UKB Tribal Offices Closed for President's Day

The United Keetoowah Band of Cherokee Indians in Oklahoma tribal offices will be closed Monday, February 20 in observance of President's Day. Offices will re-open on Tuesday, February 21st at 8:30 a.m.

George G. Wickliffe Chief
Charles D. Locust Assistant Chief

Joyce Hawk Secretary
Ella Mae Worley Treasurer

District Representatives

Peggy Girty Jerry Hansen Betty Holcomb
Barry Dotson Tom Duncan Charles Smoke
William Christie Eddie Sacks Cliff Wofford

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or www.ukb-nsn.gov

Sammy Still, Editor
Public Information Officer

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All editorials and letters will become the property of the *Gaduwa Cherokee News*. Editorials must be signed and include address and telephone number. Send all inquires to: *Gaduwa Cherokee News*, P.O. Box 746, Tahlequah, OK 74465.

UKB Council Holds First Meeting of 2012

The United Keetoowah Band of Cherokee Indians in Oklahoma (UKB) held its first council meeting of the year Jan. 14.

The council approved Assistant Chief Charles Locust to continue representing the tribe with the National Indian Gaming Association and Joe Bunch, gaming commission chairperson, as his alternate.

The council, also, re-nominated Bunch and Danny McCarter, human services, to the gaming commission. Along with the re-nominations, the council nominated Jerry Henson to the gaming commission. All three were approved unanimously.

In reports to council, Joyce Hawk, tribal secretary, said the last portion of the 2011 elder bi-annual stipend program came to a close with 984 elders receiving \$200 checks for a total of

\$196,800.

“This is exactly what we’re here for,” said Chief George Wickliffe. “We’re honoring the very people who made it possible for this tribe to exist with a little money to help them through the year.”

The elder assistance program is open for all exclusive UKB members 55 years old and older.

Georgia Dick requested approval to file for a grant with the Department of Health and Human Services for the Social and Economic Development Strategies (SEDS) for Native Americans program. The request is for \$320,000 over a two-year period for a health and wellness program for the tribe. The request was approved unanimously.

The next council meeting is scheduled for 10 a.m. Feb. 4 in the Community Services Building.

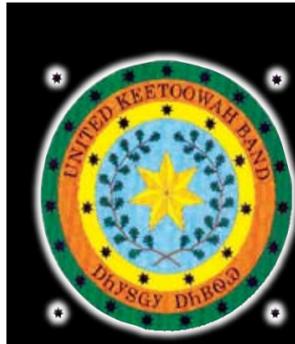
UKB February 2012 Calendar of Council, District and Special Meetings

- Feb. 4 UKB Regular Council Meeting,**
UKB Community Services Building, 10 a.m.
- Feb. 9 Illinois District Meeting**
Vian Satellite Office, 6:30 p.m.
- Feb. 9 Delaware/Goingsnake Districts Meeting**
Kansas Community Center, 6:30 p.m.
- Feb. 9 Saline District Meeting**
Kenwood Community Center, 7 p.m.
- Feb. 9 Sequoyah District Meeting**
Sallisaw Satellite Office, 5:30 p.m.
- Feb. 16 Goingsnake/Flint District Meetings**
Stilwell Satellite Office, 6 p.m.
- Feb. 17 Tahlequah District Meeting, 6 p.m.**
Jim Proctor Elder Center

NOTICE

UKB Tribal members should make it a point to change registration for tribal membership at all Indian hospitals and clinics to the full title of United Keetoowah Band of Cherokee Indians in Oklahoma.

If you have questions, please call 918-456-8698.



Treaty with the Western Cherokee 1833

continued from page 2

the following proviso viz. Provided nevertheless, that said convention, shall not be so construed, as to extend the northern boundary of said perpetual outlet west, provided for and guaranteed in the second article of said convention, north of the thirty-sixth degree of north latitude, or so as to interfere with the lands assigned, or to be assigned, west of the Mississippi river, to the Creek Indians who have emigrated, or may emigrate, from the States of Georgia and Alabama, under the provision of any treaty, or treaties, heretofore concluded, between the United States, and the Creek tribe of Indians— and provided further, that nothing in said convention, shall be construed, to cede, or assign, to the Cheerokes any lands heretofore ceded, or assigned, to any tribe, or tribes of Indians, by any treaty now existing and in force, with any such tribe or tribes.”—And whereas, it appears from the Creek treaty, made with the United States, by the Creek nation, dated twenty-fourth day of January eighteen hundred and twenty-six, at the city of Washington; that they had the right to select, and did select, a part of the country described within the boundaries mentioned above in said Cherokee articles of agreement—and whereas, both the Cheerokee and Creek nations of Indians west of the Mississippi, anxious to have their boundaries settled in an amicable manner, have met each other in council, and, after full deliberation mutually agreed upon the boundary lines between them— Now therefore, the United States on one part, and the chiefs and head-men of the Cherokee nation of Indians west of the Mississippi on the other part, agree as follows:

ARTICLE 1.

The United States agree to possess the Cheerokes, and to guarantee it to them forever, and that guarantee, is hereby pledged, of seven millions of acres of land, to be bounded as follows viz: Beginning at a point on the old western territorial line of Arkansas Territory, being twenty-five miles north from the point, where the Territorial line crosses Arkansas river—thence running from said north point, south, on the said Territorial line, to the place where said Territorial line crosses the Verdigris river—thence down said Verdigris river, to the Arkansas river—thence down said Arkansas to a point, where a stone is placed opposite to the east or lower bank of Grand river at its junction with the Arkansas—thence running south, forty-four degrees west, one mile—thence in a straight line to a point four miles northerly from the mouth of the north fork of the Canadian—thence along the said four miles line to the Canadian—thence down the Canadian to the Arkansas—thence, down the Arkansas, to that point on the Arkansas, where the eastern Choctaw boundary strikes, said river; and running thence with the western line of Arkansas Territory as now defined, to the southwest corner of Missouri—thence along the western Missouri line, to the land assigned the Senecas; thence, on the south line of the Senecas to Grand river; thence, up said Grand river, as far as the south line of the Osage reservation, extended if necessary— thence up and between said south

Osage line, extended west if necessary and a line drawn due west, from the point of beginning, to a certain distance west, at which, a line running north and south, from said Osage line, to said due west line, will make seven millions of acres within the whole described boundaries. In addition to the seven millions of acres of land, thus provided for, and bounded, the United States, further guarantee to the Cheerokee nation, a perpetual outlet west and a free and unmolested use of all the country lying west, of the western boundary of said seven millions of acres, as far west as the sovereignty of the United States and their right of soil extend—Provided however, that if the saline, or salt plain, on the great western prairie, shall fall within said limits prescribed for said outlet, the right is reserved to the United States to permit other tribes of red men, to get salt on said plain in common with the Cheerokes—and letters patent shall be issued by the United States as soon as practicable for the land hereby guaranteed.

ARTICLE 2.

The Cherokee nation hereby relinquish and quit claim to the United States all the right interest and title which the Cheerokes have, or claim to have in and to all the land ceded, or claimed to have been ceded to said Cheerokee nation by said treaty of sixth of May one thousand eight hundred and twenty-eight, and not embraced within the limits or boundaries fixed in this present supplementary treaty or articles of convention and agreement.

ARTICLE 3.

The Cherokee nation, having particularly requested the United States to annul and cancel the sixth article of said treaty of sixth May, one thousand eight hundred and twenty-eight, the United States, agree to cancel the same, and the same is hereby annulled—Said sixth article referred to, is in the following words—“It is moreover agreed by the United States, when the Cheerokes may desire it, to give them a plain set of laws, suited to their condition— also when they may wish to lay off their lands and own them individually, a surveyor shall be sent to survey them at the expense of the United States.

ARTICLE 4.

In consideration of the establishment of new boundaries in part, for the lands ceded to said Cheerokee nation, and in view of the improvement of said nation, the United States will cause to be erected, on land now guaranteed to the said nation, four blacksmith shops, one wagon maker shop, one wheelwright shop, and necessary tools and implements furnished for the same; together with one ton of iron, and two hundred and fifty pounds of steel, for each of said blacksmith shops, to be worked up, for the benefit of the poorer class of red men, belonging to the Cherokee nation— And the United States, will employ four blacksmiths, one wagon-maker, and one wheelwright, to work in said shops respectively, for the benefit of said Cherokee nation; and said materials shall be furnished annually and said services continued, so long as the President may deem proper—And said United States, will cause to be erected on said lands, for the benefit of said Cheerokes, eight

patent railway corn mills, in lieu of the mills to be erected according to the stipulation of the fourth article of said treaty, of sixth of May, one thousand eight hundred twenty-eight, from the avails of the sale of the old agency.

ARTICLE 5.

These articles of agreement and convention are to be considered supplementary, to the treaty before mentioned between the United States, and the Cheerokee nation west of the Mississippi dated sixth of May one thousand eight hundred and twenty-eight, and not to vary the rights of the parties to said treaty, any further, than said treaty is inconsistent with the provisions of this treaty, now concluded, or these articles of convention or agreement.

ARTICLE 6.

It is further agreed by the Cheerokee nation, that one mile square shall be reserved and set apart from the lands hereby guaranteed, for the accommodation of the Cheerokee agency; and the location of the same shall be designated by the Cheerokee nation, in conjunction with the agent of the Government of the United States.

ARTICLE 7.

This treaty, or articles of convention, after the same have been ratified, by the President and Senate shall be obligatory on the United States and said Cheerokee nation.

In testimony whereof, the said Montfort Stokes, Henry L. Ellsworth, and John F. Schermerhorn, commissioners as aforesaid, and the chiefs and head men of the Cherokee nation aforesaid, have hereunto set their hands, at Fort Gibson on the Arkansas river, on the 14th day of February, one thousand eight hundred and thirty-three.

Montfort Stokes,
Henry L. Ellsworth,
J. F. Schermerhorn,
John Jolly, his x mark,
Black Coat, his x mark,
Walter Weller,
Principal chiefs:

John Rogers, president commissioners,
Glass, president council.
Signed, sealed, and delivered in our presence:
S. C. Stambaugh, secretary commissioners,
M. Arbuckle, colonel Seventh Infantry,
Geo. Vashon, agent Cheerokes west,
Jno. Campbell, agent Creeks.
Alexander Brown, his x mark,
Jno. Hambly,
Wilson Nesbitt,
Peter A. Carns,
N. Young, major U.S. Army,
W. Seawell, lieutenant Seventh Infantry,
Wm. Thornton, clerk committee,
Charles Webber, clerk council.
Interpreters

Produced by the Oklahoma State University Library

LIHEAP 2011 Fund Report

The United Keetoowah Band of Cherokee Indians in Oklahoma generated its Fund Detail Report for Fiscal Year 2011 on Jan. 17. The report breaks down the expenditures from the emergency, general assistance, Low Income Home Energy Assistance Program (LIHEAP), motor fuel tax and the social service funds.

The emergency and general assistance funds are generated from revenue brought in by the Keetoowah Cherokee Casino.

The tribe expended \$68,355 from its emergency fund benefitting 294 tribal members for services such as back-rent payments, basic needs of living, burial, rent payments, security deposits and utilities and deposits.

From the general assistance fund, the tribe expended \$181,395 benefitting 945 tribal members for services such as apartment rental payments, basic needs of living, burials, utilities, heating fuels, repair materials and emergencies.

LIHEAP funding allowed for the expenditure of \$410,775 to 2,032 eligible tribal members for services such as utilities, firewood, natural gas, propane, etc.

The tribe's motor fuel tax compact with the State of Oklahoma allowed for the expenditure of \$68,112 benefitting 628 tribal members with services such as air conditioners, ambulance costs, dental assistance, doctor bills, eye glasses/contact lenses, fuel costs for medical transportation, medications, insurance co-pays, lodging, etc.

Funds allocated through the Bureau of Indian Affairs for social services allowed for the expenditure of \$148,377 benefitting 237 eligible tribal members with services such as basic needs of living and burial costs.

In all, the tribe expended \$877,014 benefitting 4,136 tribal members through these five funds through the Human Services Department.

UKB Receives Additional LIHEAP Funds

The Department of Health and Human Services released additional LIHEAP funds to the United Keetoowah Band of Cherokee Indians in Oklahoma (UKB) January 3.

The \$96,656 award was added to the allocation for fiscal-year 2012 accumulating to a total of \$210,239 for the tribe.

This is approximately half of what was awarded in previous years as the White House recommended cutting LIHEAP funding for fiscal-year 2012 from the congressionally-approved \$5.1 billion to \$2.57 billion.

"While we definitely appreciate the additional money, it's still disappointing that Congress chose to cut this vital program that so many of our tribal members depend on," said Bryan Shade, executive director of Tribal Operations. "We continue to hope that more awards are approved by Congress in the future."

In fiscal-year 2011, the UKB expended \$410,775 in LIHEAP funds to 2,032 tribal members.

UKB Gets Good HUD Report

The United Keetoowah Band of Cherokee Indians in Oklahoma (UKB) received its Final Monitoring Report for HUD-assisted programs for Fiscal Year 2011 conducted by the Southern Plains Office of Native American Programs (SPONAP).

The report addresses funds received by the UKB through the Indian Housing Block Grant (IHBG), the Indian Community Development Block Grant (ICDBG) and the Native American Housing Block Grant (NAHBG) programs.

SPONAP personnel visited the tribe Sept. 12 through 16, 2011 for on-site monitoring of the programs. They focused on issues such as administration of programs, environmental review records, Indian preference in procurement and contracting, eligibility, admissions and occupancy, conflict of interest, financial and fiscal management, audits, etc.

After the review, HUD issued the tribe a draft report and then the final report on Jan. 19.

According to the report summary, the review identified zero finding and zero concerns.

A finding is a deficiency in program performance that represents a violation of a statutory or regulatory requirement. A concern is a deficiency in program performance that does not constitute a violation of a statutory or regulatory requirement.

The report states the UKB is compliant in all of its HUD-assisted programs and praises the tribe in the administration of the programs.

"The UKB is to be commended for their efforts in developing, adopting, refining, updating and enforcing policies to ensure compliance with NAHASDA requirements."

The report goes further in stating: "It was evident during our review that the UKB management and staff are committed to the UKB's philosophy, mission and the provision of housing services to tribal members."

Copies of the report are available to interested parties from HUD upon request.

UKB Education Department

Since 2002, the education department for the United Keetoowah Band (UKB) has been financially assisting UKB students with higher education, vocational training and graduate scholarships.

The department gives UKB members a chance at continuing their education by earning a degree or license so they may find better jobs and be self-sufficient.

Besides aiding in the cost of college and vocational fees, they also aid in testing fees when students apply for college and earn licenses in vocational training.

For example, if a student needs to take the ACT test before entering college, the education department will pay for the testing. Other tests assisted are GED, LSAT and nursing exams.

Concurrent high school students enrolled in an accredited institution and students receiving Oklahoma's Promise assistance also receive help if they apply and meet eligibility requirements.

Graduate students also receive a scholarship if they apply and meet eligibility requirements.

Della Wolfe, education intake specialist, said students need to be a UKB member and turn in required documents when applying for assistance. Documents need to be turned in by the deadline set by the education department.

Scholarships are given according to full-time, half-time and part-time status for college students. For vocational students, a set amount per calendar year is given to cover tuition, books and fees. There is no income guideline when applying for assistance.

College Students:

- Full-time status: \$1500 per semester
- Half time/Part-time: \$750 per semester

Required Documents:

- Application
- Membership Card
- Social Security Card
- CDIB Card
- Class Schedule
- Official Transcript

-FAFSA Award Letter

Vocational Students:

- \$1000 per calendar year for tuition, books and fees

Required Documents:

- Application
- Membership Card
- Social Security Card
- CDIB Card
- Transcript
- Confirmation of enrollment

"We are proud of our UKB students who achieve in their endeavors and we want the best for them so they can be self-sufficient," said Wolfe.

The UKB is also adding another reason for members, and others, to continue their education. An educational training center is to be added to the complex by the fall of 2012. The training center is currently being designed.

Leroy Qualls, education director said the UKB wishes to open the training center by the fall and offer classes not available in public vocational training centers.

The training center will offer classes such as marine technology, plumbing, welding, certified nurse's aide, phlebotomy, child development, and many others in a blend of day, evening and Saturday classes.

Qualls said this is an exciting time for the tribe. The tribe can help members get out into the work force.

The education department hopes to help more of its members receive better jobs through education by aiding and encouraging them to earn a degree or license so they can better themselves and their families.

For more information contact Della Wolfe or Leroy Qualls at 918-456-8698, dwolfe@united-keetoowahband.org, or lqualls@unitedkeetoowahband.org.

by Lindsey Bark
UKB Intern

Title VI Nutrition

continued from page 1

Holidays are made more memorable as the nutrition program regularly hosts special dinners including Valentine's Day, Easter, Halloween, Veterans Day, Thanksgiving and Christmas dinners.

An average crowd for meals at the elder center is around a hundred people, although some days, the numbers get up to 130 people and sometimes as many as 150 people.

The meals served provide 1/3 of the recommended daily nutrition requirements. The most popular entrees include roast beef, roast pork, chicken fried steak and chicken fried chicken. Beans and cornbread are always a big draw.

"We provide salad every day, and are also beginning to serve whole wheat bread and pastas at least two days per week. We are also serving fresh fruit two days per week," said Title VI Coordinator Rebecca Dreadfulwater.

On the second and fourth Tuesday of the month, there is live music by various groups. One crowd favorite is gospel music with Levi Jones and the band Country and Gospel. Levi has been playing at the elder center for the last three years. The Title VI program staff also hosts movies, fishing excursions, senior day, and bingo. "I hope we get to go fishing more this spring," said Dreadfulwater. "Last year, the river park flooded and the road was washed out and our shelter was destroyed. Then later in the summer, there was a drought and a burn ban so we couldn't build a fire

for the cookouts. The elders really love our fishing days and picnics," she said.

In the past, the elders have planted a garden that they also tended, and plans are already in the works to plant another garden in the spring.

The employees of Title VI set the tone for a pleasant experience. Always friendly and smiling, elders are welcomed by the friendly staff. When a person walks in the door, it is kind of like an extended family re-union. Everyone is smiling and saying hello, and if a person has missed recently, everyone wants to know if they are feeling better or how their trip was if they were out of town.

The Title VI Nutrition Program is also able to deliver a limited number of meals on wheels Monday through Friday. The obvious benefit is a delicious, hot meal. For some of the elders, it is also the only link to the outside world they might have for days.

Program Coordinator Rebecca Dreadfulwater often delivers the meals on wheels. She said, "If an elder is not looking well or responding, I begin asking them questions about their blood sugar, blood pressure, etc. to try and pinpoint the problem. I encourage them or their caregiver, to have them seek medical attention."

Several times her call was an accurate one, and the elders were later hospitalized.

The Title VI staff is made up of Dreadfulwater, cook Kathleen Zuniga, assistant cook Maranda McLemore, and Carolina Mouse and Fred Upton, who are paid through a program called "Experienced Works" program.



Elders line up in the Jim Proctor Elder Center to eat lunch. The center serves lunch four days a week and brunch on Fridays.

"The staff does a good job. They all go out of their way to assist the elders and to make them feel welcome," said Dreadfulwater.

When asked what was on her wish list for the center, Dreadfulwater said they definitely need more tables and chairs. "We can only seat a hundred people, and many times elders come early, then eat and stay to visit. We want them to be able stay as long as they wish to, so it would be nice to be able to seat and additional 25 or 30 people.

For more information on the Title VI nutrition program, call 918-772-4380.

by Marilyn Craig
UKB Media Specialist

Proposed casino will bring jobs, revenue

A plan to bring an entertainment complex with a casino to the commercial part of Hilton Head Lakes brings three groups together to create jobs and boost the economy.

SB Investment of Myrtle Beach, Stratford Land of Dallas and the United Keetoowah Band of Cherokee have partnered in a proposal that received a unanimous support from officials in Jasper County and Hardeeville. And is headed to Gov. Nikki Haley.

"The casino could bring 2,200-2,500 new jobs to the area with \$92 million in salaries and benefits," said Hardeeville Mayor Bronco Bostick, "and another \$70 million to state taxes. It's going to bring in more businesses."

Bostick said the governor has been keen on bringing in more jobs and strengthening the economy and he feels she will support it.

"She has not seen the proposal package yet since she has been on the campaign trail, but it will be in her office when she gets back," he said. "Sometime last year she did tell developers to do an economic study and a feasibility study and she would look at it, so they went forward. It could be bigger than BMW and Boeing. Hilton Head averages 200,000 tourists a week and this could double that."

Jasper County Administrator Andrew Fulghum said the county is operating in a supportive role to the city of Hardeeville project.

"The developer has approached the county in a professional manner and has taken the time to educate the staff members from both the county and city on the project," he said. "It is a project that is truly driven by the private sector. It involves no government incentives and will get no government incentives. From that perspective that is new and fresh to us and we're at a point we're looking to the developer to move the project forward. I think they're going about it the right way trying to educate people and everyone owes them the opportunity to learn about it."

"The casino is a very small portion of the entire project. It is a residential and commercial mixed-use project which could have tremendous financial impact on the county," said Fulghum.

"The governor desperately wants to bring jobs to Hardeeville," said Rob Godfrey, Haley's spokesman. "She works every single day to recruit new jobs, expand existing companies and put South Carolinians back to work. However, she believes South Carolina does not have to settle and that there is a better way."

Few details shared

"This came up in executive session about two months ago," said Hardeeville councilman Sal Arzillo. "This will provide jobs, substantial tax relief in the millions of dollars."

Arzillo added that the casino would be on the order of the Sands Casino-Resort in Bethlehem, Pa., which hosts shows and limits access to most areas of the resort to those age 21 and older.

Because it is a federal project, Haley will have to sign off on it, but it will not require any state legislative action. Arzillo noted that the UKB have another casino on their reservation in Tahlequah, Okla., where the bulk of the tribe now lives but it is not their home.

"That was considered our homeland, where we came from. I believe that's not the only reason but we've been in partnership with SB Investment of Myrtle Beach and Stratford Land of Dallas," said Sammy Still, UKB communications officer. "They were interested in building a casino in that area and they knew we were from that area. I guess that's why they chose to build it there. At this time, it's in the really early stages and we're not really prepared to make any other statements. The tribe and these companies have been talking for a while and it's just now coming out to the public."

County support

"I'd like to see the project stand on its own merit. I think it would be premature for many people in the community to have a knee-jerk reaction without understanding the full ramifications of this project," said Jasper County Council Vice Chairman Martin L. Sauls IV. "I don't believe the true facts of the project have been conveyed to the entire region."

"I think that Jasper County specifically is in dire straits in terms of economic development and job creation. Jasper County has many opportunities that we've been trying for years to solidify, such as the Jasper Ocean Terminal. We can't get any support for that. We have here another opportunity with the Cherokee Indian tribe, which has a proven track record with properties that have a casino and are first class operations. This county and both municipalities are going to stand behind this project and we're going to do everything we can to convey the positive impact of it so we can hopefully see the results of it," Sauls said. "I hope that the governor realizes the situation that Jasper County is in, both in terms of unemployment and underemployment, both. With 60-plus percent of our citizens traveling out of the county for a job, this is the type of opportunity we need to focus on within our boundaries, even beyond our boundaries. You're looking at immediate creation of 2,300 jobs on the site and spin-off on jobs for a total of both onsite and off-site 4,000 jobs. You're looking at sales tax figures in the Lowcountry that exceed \$14 million."

Sauls added that the private corporations proposing the complex are not asking for tax incentives.

"This is a private sector, private company economic development project. They're not coming to us asking for tax incentives or fee in lieu of. Nothing whatsoever," he said. "This resort complex is a small component of the overall master plan of Hilton Head Lakes. In my opinion — from a developer's standpoint, they would not invest in a project that would have an adverse affect on the residential component of their development. They've invested millions of dollars in this existing property. I think that the region as a whole needs to allow the process to work its way through the development."

WHAT IT MEANS FOR JASPER COUNTY

Tribal gaming consists of 26 percent of the gaming industry, which includes lotteries and commercial casinos as well as racing and OTB establishments. Total revenues in 2010 for tribal gaming was \$26.5 billion. The numbers for Jasper County, which are based on established figures from similar casinos, would be impressive. There are an estimated 10,780 unemployed workers in the Lowcountry. This project would hire 3,850 of them, plus another 860 elsewhere in the state. Of those 3,850 jobs, 2,250 would be on the casino-resort premises.

The project would also have an estimated statewide financial impact — just in employee compensation — of \$184 million. Of that, \$92 million would be to employees of the casino-resort.

The federal government would garner \$15.7 million in Federal Income Tax and South Carolina would receive \$8.4 million in State Income Tax. Social Security would receive an estimated \$17.4 million, with another \$4 million going to Medicare.

Statewide sales tax revenues are estimated to be \$20.3 million, with \$14.2 million going to the Lowcountry.

*Article re-printed by permission of the Bluffton Today
By Gwyneth J. Saunders*

Casino proposed for Hardeeville

A South Carolina investment group announced preliminary plans to build a hotel/casino resort entertainment complex in Hardeeville that would create 2,250 jobs.

Plans for the resort entertainment complex, which would be located within the recently built mixed-use resort community of Hilton Head Lakes on U.S. 278 three miles off Interstate 95 at Exit 8, were discussed Thursday night during a meeting with Hardeeville City Council and Jasper County Council.

The two councils passed a Joint Resolution of support for the project and requested the support of other governments for the project as it goes through the approval and permitting process.

SB Investment has 40 years of development experience in the Carolinas. Included in its portfolio are Cyprus River Plantation, Plantation Lakes, River Landing and Wild Wing Plantation, along with several developments in North Carolina, according to a news release.

Investors in the resort complex own Hilton Head Lakes, which is a 4,600-acre mixed-use community that includes an existing Tommy Fazio championship golf course, clubhouse and lake amenities.

Hardeeville City Manager Bob Nanni said a resolution was approved, but before the first shovel of dirt was turned, there was a lot of paperwork to be done.

"There will be eight to 18 months worth of getting permits approved," he said, "and then construction would take a couple of years."

Bob McCalister, of McAlister Communications in Columbia which represented the investment company, said the project "really is in its infancy. "This really was the first full-blown public meeting where the public could ask questions. One of the questions was the number of construction jobs — that hasn't been determined yet because they're not down to that level," McAlister said. "This was a discussion of what the three partners want to do. It is a project that would employ 4,700 South Carolinians, most of whom would be from the area."

"What the investors wanted to do was present their plan, saying, 'This is what we want to do, this is why we want to do it and these are the benefits to your people,'" he said. "What we got was a unanimous endorsement from the Hardeeville City Council and Jasper County Council."

The proposed resort entertainment complex would include a 400-room, 4-diamond quality hotel and casino, the existing 18-hole championship golf course, various restaurant facilities and a 1,500-2,000-seat multi-purpose events center.

The resort would be owned by the United Keetoowah Band (UKB) of Cherokee Indians in Tahlequah, Okla., working in conjunction with SB Investment of Myrtle Beach and Stratford Land of Dallas, Texas.

Stratford Land has a quarter century of successful land management investment on behalf of institutional investors (StratfordLand.com) and is currently in the early stages of developing the industrial park site of Riverport along the Savannah River in Jasper County.

"We are talking about a tremendous economic surge for the entire area," said Ralph Teal of Myrtle Beach, managing partner of SB Investment/Development. "People from out of state who normally bypass South Carolina will bring their money here, which will benefit businesses and individuals throughout the Low Country and South Carolina."

*Article reprinted by permission of Bluffton Today
Bluffton Today reporter Gwyneth J. Saunders contributed to this report.*

Judge Burris sworn in as UKB Chief Justice

The United Keetoowah Band of Cherokee Indians in Oklahoma (UKB) swore in a new chief justice Jan. 20 filling a void created when former Chief Justice John Garrett rendered his resignation.

Judge J. Dewayne Littlejohn of the UKB District Court swore in Judge Lynn Burris a little after 10:30 a.m. in the Law and Justice Room at the UKB Community Services Building before an audience of administrators and officers.

Burris has served in the UKB court system for approximately four years before being elevated to his new position.

He previously spent 22 years on the bench serving Cherokee County, 12 years on the bench as a federal magistrate on the CFR Court for the Miami Agency and a stint as an appellate court judge for the Cherokee Nation of Oklahoma during the 1980s.



Judge J. Dewayne Littlejohn (right) swears in Judge Lynn Burris (left) as the chief justice of the United Keetoowah Band of Cherokee Indians in Oklahoma. The ceremony took place at 10:30 a.m. Jan. 20 in the UKB Law and Justice Room. Photo by Thomas Jordan

OBITUARIES

Obituary for Gussie Mae Bunch

Gussie Mae Bunch, the daughter of Sam and Gussie (Cochran) Bunch, was born January 7, 1952. She departed this life December 1, 2011, in Stilwell, Oklahoma at the age of 59 years, 10 months, and 24 days. Gussie was a K.A.T.S. bus driver and an avid sports fan. She also enjoyed playing with her nieces and nephews. She was a member of Pleasant Valley Church.



Gussie Mae Bunch

She was preceded in death by her parents, three brothers, Richard, Sam Jr. and Floyd Bunch, sister, Lorena Bunch, and Gussie's infant twin sister, Fayola Bunch.

Her surviving family includes two brothers, Gary Wayne Bunch and Joe Harvey Bunch, both of Stilwell. She also has one sister, Laura Workman of Stilwell and several nieces and nephews.

Funeral services were held at 10 a.m. Saturday, December 3, 2011, at Hart Memorial Chapel with Bro. George Polecat and Bro. Dewayne O'Fields officiating. Interment followed at Doublehead Cemetery under the direction of Hart Funeral Home of Stilwell.

Obituary for Rebecca Ann Leaf

Rebecca Ann "Coonie" Leaf, 58, of Kenwood, Oklahoma, passed away on September 28, 2011 in Tulsa, Oklahoma with her family at her side. She was born on January 27, 1953 in Claremore, Oklahoma, the daughter of Woody and Ruth "Raper" Hair. She grew up in Kenwood, Oklahoma where she attended grade school at Kenwood and went to Salina High School. She was a lifetime resident of Kenwood. She spent her life as a homemaker, making a home for her children and grandchildren. She was a member of Euwasha Baptist Church. Rebecca enjoyed watching The Food Network. She loved spending time with her family and especially her grandchildren. Her hobbies were gardening, sewing, puzzles and playing games on the computer. She will be so very missed by all who knew and loved her.



Rebecca Ann Leaf

Funeral Services were held on Monday, October 3, 2011 at 2 p.m. in the Euwasha Baptist Church with Rev. Guy Soldier officiating. Interment followed in the Euwasha Cemetery at Kenwood

She is survived by her father, Woody and wife, Brenda Hair of Kenwood, Oklahoma; three grandsons, Nathan, Shanendoah and Rian; one granddaughter, Autumn all of the home; three daughters, Jennie Hair and Daniel Tagg of Kenwood, Oklahoma, Desiree Leaf and Daryle Budder of Kenwood, Oklahoma, Shannon and Eugene Haikey of Pryor, Oklahoma; one son, Marwin and Vicki Leaf of Grove, Oklahoma; four brothers, Frank and Dolly Raper, Chris Scott, George and Nick Hair, all of Kenwood, Oklahoma; one sister, Roberta and Billy Joe Sapp of Kenwood, Oklahoma; one sister-in-law, Vivian Hair; twelve grandkids, six great grandchildren; numerous nieces and nephews and many friends.

She was preceded in death by her mother, Ruth Hair; her daughter, Layla Leaf; grandson, Rylan Smith-Haikey; two brothers; one uncle and four aunts.

Elder Abuse

continued from page 1

- Elder's personal belongings, papers, credit cards missing.
- Numerous unpaid bills.
- A recent will when elder seems incapable of writing a will.
- Caregiver's name added to bank account.
- Elder unaware of monthly income.
- Elder signs on loan.
- Frequent checks made out to "cash."
- Unusual activity in bank account.
- Irregularities on tax return.
- Elder unaware of reason for appointment with banker or attorney.
- Caregiver's refusal to spend money on the elder.
- Signatures on checks or legal documents that do not resemble the elder's signature.

To report suspected abuse, call J 918-456-9200 or call 1-800-794-6514.

by M. Thomas Jordan
UKB Communications Officer

Obituary for Gene Bird

Gene Bird, 67, of Chewey, Oklahoma passed away on Wednesday, December 21, 2011 at his home in Adair County. His funeral services were held on Saturday, December 24 at Souls Harbor Church in Chewey, Oklahoma.



Gene Bird

Gene was born at home on January 3, 1944 in Chewey, Oklahoma. He was the son of Frank and Polly Bird. Gene worked several years for Adair County and was a member of Illinois River Baptist Church. He enjoyed pitching horseshoes, hunting and fishing.

Survivors include his son, Justin Bird of Kenwood, Oklahoma, two daughters, Sarah Pritchett of Stilwell, Oklahoma and Loretta Doublehead of Stilwell, Oklahoma; two brothers J.B. Bird of Chewey, Oklahoma, and J.D. Bird & wife Laura Mae of Chewey, Oklahoma, and two grandchildren, Marissa and Lakota Doublehead.

Gene is also survived by numerous family and loved ones. He was preceded in death by his parents, his wife Shirley Bird, three brothers, Sunday Bird, Sam Bird, Johnny Bird and three sisters, Mary Hilderbrand, Sara Oakball and Anne Sixkiller.

Obituary for Wylena Barnes

Wylena Barnes was born on December 19, 1953 in Tahlequah, Oklahoma. She passed from this earth on September 20, 2011 at Monroe Manor in Jay, Oklahoma.



Wylena Barnes

Wylena was preceded in death by her father Milton Barnes, mother Irene Barnes and brothers, Ivan Ray Barnes, Henry Lee Barnes, Milton Barnes Jr. and Sister Viola Gulley.

She is survived by one daughter, Meri Ellen Longmire of Adair, Oklahoma, two grandchildren, Chawaila Jo Hedgpath of Ketchum, Oklahoma, and Richard Vincent Hedgpath and wife Lorren of Afton, Oklahoma. Wylena's great grandchildren are Juliah, Kaylea, Riley, and Elizabeth Irene.

She had three brothers, Tom Barnes and wife Teresa of Grove, Oklahoma, Willard Barnes and wife Carol of Watts, Oklahoma, and Henry Barnes and wife Tina of Jay, Oklahoma, and three sisters, Eva Handle and husband Bill of Eucha, Oklahoma, Deloris Jackson of Zena, Oklahoma and Onita Vaught of Ozark, Arkansas, one sister-in-law, Marcella Barnes of Ozark, Arkansas, and a host of nephews, nieces, other relatives and friends also survive.

Attending grade school at Clear Fork in Adair County and Lowry elementary in Cherokee County, Wylena then attended Jay High School and Sequoyah High School in Tahlequah, OK. Wylena worked for Simmons Industry, Petersons Industry, and was manager of Sonic Drive-In, in Tulsa and then was housing manager for Green Development. Her most recent employment was at the Friendship Homes of Jay, Oklahoma. Wylena enjoyed going to church and visiting with family and friends about the Lord.

Funeral services were Friday, September 23, 2011 at the Grand Lake Funeral Home Chapel in Jay, Oklahoma. Officiating the service was Pastor Darrell Self. Interment followed at the Old Green Cemetery in Westville, Oklahoma.

Obituary for Audra Louise Gonzales

Audra Louise Gonzales, the daughter of Bill Pettit and Cindie Lou (Montgomery) Pettit, was born November 1, 1941, in Sequoyah County, Oklahoma. She departed this life November 6, 2011, at her home in Stilwell, Oklahoma at the age of 70 years and five days.



Audra Louise Gonzales

Louise worked in the medical field as a nurse, paramedic and home health provider before she became disabled. She was a loving mother and grandmother and was proud of her family. Louise was a member of the United Methodist Indian Church.

Those who preceded her in death include, her parents, Bill and Cindie Pettit, her husband, Cale Gonzales and two great grandchildren, Gavin Gunner Gonzales and Cale Briann Gonzales-Murphy.

Her surviving family includes, her children, Jeff Gonzales and wife, Cindy, of Bunch, Oklahoma, Sandra Pettit, of the home, Valerie Lynn Taylor and husband, Curtis, of Westville, Oklahoma, Caleen Bolin and husband, Everett, of Dry Creek, Oklahoma, Sherry Denise Reed, of Orange County, California and her adopted daughter, Leta Mae Cleveland, of Shady Grove; one brother, Bill Pettit, Jr. and wife, Beth, of Hulbert; Oklahoma, eight grandchildren, Sheena, Venessa, Jeffrey Hayes and Jonathan Cale Gonzales, Steven Kyle and Justin McNac, Kelsey Bolin and Jamie Anderson, ten precious great granddaughters, four precious great grandsons, several nieces, nephews and a host of friends and loved ones.

Funeral services were held at 2 p.m. Thursday, November 10, 2011, at Hart Memorial Chapel with Rev. Jack Carey and Bro. Ronny Livers officiating. Interment followed at Stilwell City Cemetery.

Obituary for James Edward Feeling

James Edward Feeling passed away December 8, 2011 in Tulsa, Oklahoma. James was born on May 11, 1944 in Claremore, Oklahoma, the son of Andrew Feeling and Nellie (Thompson) Feeling. He worked at the Pryor Foundry. James enjoyed working at his church and was very involved with mission trips with the New Jordan Church. He also looked forward to family get-togethers and spending time with his family. James will be so very missed by all who knew and loved him.



James Edward Feeling

Services were held at 2 p.m., Monday, December 12, 2011, in the New Jordan Church with Reverend Rick Pathkiller and Reverend Floyd Kingfisher officiating. Interment followed in the Little Rock Cemetery with John Timothy, Vince Feeling, Chris Feeling, Brandon Feeling, Paul Henson and Stanley Laconsello, Jr. serving as casket bearers. Honorary casket bearer is Josh Feeling.

He is survived by his step-sons, Bruce Budder of Claremore, Oklahoma, and Chris Budder of Kenwood, Oklahoma; his step - daughters, Jessica Martin of Pawnee, Oklahoma and Jasmine Gray of Russellville, Arkansas and his brothers, Robert and JoAnn Feeling of Peggs, Oklahoma, Jack and Stella Feeling of Eufaula, Oklahoma, Andrew Feeling Jr., of Pryor, Oklahoma, Bobby Feeling of Miamisburg, Ohio, Thomas and Marilee Feeling of Adair, Oklahoma., and Jess Feeling of Salina, Oklahoma. James is also survived by his sisters, Verlynn Starr of Salina, Oklahoma, Carolyn and Bennie Henson of Salina, Oklahoma, and Elaine and Steve Holata of Shawnee, Oklahoma; one aunt, Betty Wagnon of Salina, Oklahoma; 11 grandchildren; a host of nieces and nephews. James was preceded in death by his parents, and one sister, Elsie Scuggins.

United Keetoowah Title VI Nutrition Menu February 2012



Jim Proctor Elder Community Center Nutrition Site



2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Chicken Noodle Soup, Corn Broccoli Salad Breadstick, Crackers Dessert	2 Steak Fajita over Rice, Refried Beans Cnecsmole w/chips Tortilla Salad & Dessert	3 Brunch Served From 10:30-12:00	4
5	6 Baked Fried Chicken, Mashed Potatoes w/gravy Green Beans, Rolls Salad & Dessert	7 Goulash Sliced Carrots Fried Zucchini Garlic Toast Salad & Fresh Fruit	8 Grilled Ham & Cheese, Crackers Potato Salad Tomato Soup Salad & Dessert	9 Southern Fried Catfish, Buttered Corn, Hushpuppies Coleslaw & Dessert	10 Brunch Served From 10:30-12:00	11
12	13 Loaded Baked Potato Soup Grilled Vegetables Cheese Biscuit Salad & Dessert	14 Beef Steak w/b. gravy, Rice, Yellow Squash, Hot Rolls Salad & Fresh Fruit	15 Brown Beans w/ Ham, Y. Hominy Greens Cornbread Salad & Dessert	16 Turkey Dressing Turkey Gravy Buttered Potato Green Beans, Biscuit Salad & Dessert	17 Brunch Served From 10:30-12:00	18
19	20 UKB Offices Closed Presidents' Day	21 Chicken Strips Masked Potato w/ gravy, Corn Hot Rolls Salad & Fresh Fruit	22 Stuffed Peppers Rice Pilaf Tomato Zucchini Breadstick Salad & Dessert	23 Cultural Foods February Birthdays	24 Kitchen Closed For Cleaning	25
26	27 Pizza Grilled Veggies Broccoli Salad Dessert	28 Steak Fingers w/gravy, Buttered Noodles, Biscuit Baby Carrots Salad & Fresh Fruit	29 BBQ Bologna Baked Beans Corn on Cob Texas Toast Salad & Dessert	"UKB Closing" Inclement weather policy: When Tahlequah Public Schools are Closed	Menus are subject to change without notice. For more info call: 918-772-4380 or 918-772-4378	Milk, Tea, Coffee & Water Served Daily During Lunch

UKB Regular December Council Meeting Minutes

**UKB Regular Monthly Council Meeting
At the UKB Community Services Building
December 10, 2011
10:05 a.m. – 1:00 p.m.**

I. Call to order by Chief George Wickliffe

II. Invocation: Tom Duncan

III. Roll Call: 10 + Chief answered Roll Call; Wofford, Hawk absent at call; Hawk informed she was having transportation trouble and would be a few minutes late.

(Hawk arrived at 10:05 AM)

(Wofford arrived at 10:10 AM)

IV. Chief's Address

- Community information has been rumored with misinformation and no facts to back up the topics. I don't know where this is coming from at this time.
- 76 acres: we celebrated the land in trust. It came down as what is called "Administrative Process." The final action for the B.I.A. to take land into trust which in this action is for the UKB. An appeal was filed in July but no answer has been received although a decision was made in our favor and it is a matter of a waiting period now. The appeal time frame has to be given and then our final action will be granted and then receive our notice of approval for the casino (2.03 acres).

- We had made the headlines on the newspaper on the joining of three (3) tribes with representation of the handshakes of the three (3) chiefs.

- Somewhere there is miscommunication but there will be clarification of the land in trust soon.

- Corporate Charter will set the precedent for land in trust on the casino property with economic development and business.

- CNO appeal: the appeal is a repeat appeal. Nothing has changed. It is just a tactic to stall the trust issue. The gaming answer of trust should be announced very soon. Many trips to Washington have been beneficial to our trust land application. I went to a meeting, President Obama wants to have a good relationship with the Native Americans and the issues we may face in the future. He continues to state 600 years and more we have come to live with you. Out of many concerns and hard work we have overcome the struggle and will get a positive answer out all of the issues of trust land and have the approved date in a few weeks.

The days of our trust land status and casino property trust as far as I'm concerned is a matter of a time frame and will be granted for the UKB.

Hansen: I would like to ask the Council if they have seen or read an article in a newspaper (Cherokee Phoenix). I do not like that statement one bit. It is time to get together and stay together. More than ever! I ask you to read it, also read an article which is a section of an article from a Tahlequah district meeting with Betty Holcomb and written by the media writer Jami Kuster.

Holcomb: asked to respond to Jerry's remarks. I need to explain some things in the article.

Hansen: I believe this article explains things.

Holcomb: Listen to me! Friday morning news media called me asking questions. I didn't know who I was speaking with at the time. She asked if I was having a community meeting that evening. I told her yes I was. I thought I was speaking with a constituent and she asked what I normally spoke about at my meeting. Well, I usually speak about the Chief's address and answer any questions brought to my attention after reading the address. I will answer what I can and will not lie.

Hansen: You are supposed to protect the tribe as I am supposed to protect the tribe! We are elected by the people and we are supposed to protect them as well as the tribe!

Holcomb: I tried to contact Mr. Bellmard on a question I had regarding an issue but received no answer. I then asked who she was. She replied by stating she was the news media. I asked that she not be present at my meeting, but it is an open meeting Jerry.

Hansen: Do you realize your article makes it to where you want to knock down the tribe? After the hard work to get us in the shape we are in today and the progress made up to the present and the great things waiting for the UKB.

LENGTHY DISCUSSION:

Protect the tribe

Do not be present at meeting requested by Tahlequah representative

Open meeting questions

Obtained information off the internet.

Hansen: Okay, now what are our D.C. helping hands going to think when they see the image portrayed after reading these types of comments. They are going to think we are unstable and we are on the verge of greatness!! We are trying to set a strong government for our tribe and the future for our children to have 30 plus years from now.

Chief Wickliffe: This is a Council meeting and we have business to tend to at this time; therefore, let's continue our meeting. At this time there is an appointment to be made for the Gaming Commission due to the vacant seat that was once held by Billy Heath. The names given were Ben Walkingstick, Anile Locust and Jerry Henson. Chief stated that he would like to table this until next month. The majority of the people are happy with where we are right now. Yes, we have those who have an issue of not seeing the tribe move forward, why? I don't take this lightly. We have come from people/ancestors who envisioned where we are today. That will be all I will say for now, let's continue with the meeting with the next item.

MOTION by Eddie Sacks to enter into Executive Session with legal advisor(s) to be present; TIME – 10:30 AM; SECONDED by Charles Locust; VOTE: 8 Yes, 3 No (Worley, Dotson, Holcomb) and 1 Abstention (Girty).

****NOTE:** Worley asked for the reason of Executive Session. A.G. Bellmard stated there are deadlines to meet regarding legal issues. MOTION by Eddie Sacks to exit from Executive Session and return to regular session; SECONDED by Charles Locust; VOTE: 12 Yes, 0 No and 0 Abstention.

V. Approval of the minutes for the month of October 2011

MOTION by Eddie Sacks to approve the Regular Council minutes of November 2011 with correction of name spelling error of "Willis" changed to "Willie" on page 3; SECONDED by Eddie Sacks; VOTE: 12 Yes, 0 No, 0 Abstentions.

VI. Presentations – None at this time

VII. Reports to Council

1. Enrollment Report: Joyce Hawk

MOTION by Willie Christie to accept and approve 28 new applicants for UKB tribal enrollment; SECONDED by Jerry Hansen; VOTE: 12

Yes, 0 No, 0 Abstentions.

MOTION by Willie Christie to acknowledge and honor 16 membership relinquishments from UKB tribal enrollment; SECONDED by Jerry Hansen; VOTE: 12 Yes, 0 No, 0 Abstentions.

Dotson: I would like to make a motion to reinstate "Public Forum" on the agenda with a 4 minute time limit to present topic.

Hawk: stated the agenda is a draft until given an approval from the Chief before posting. MOTION by Barry Dotson to reinstate "Public Forum" to the agenda with a four (4) minute time limit to present topic; SECONDED by Ella Mae Worley; VOTE: 9 Yes, 3 No (Hawk, Sacks, Smoke), 0 Abstentions.

IX. Unfinished Business – "Special Audit"

MOTION by Charles Locust to rescind the previous motion for "audit" made at the November 2011 Council meeting; SECONDED by Eddie Sacks; VOTE: 8 Yes, 4 No (Girty, Dotson, Worley, Holcomb), 0 Abstentions.

X. New Business –

1. S.E.D.S. Project – Georgia Dick

MOTION by Jerry Hansen to approve the submission of a grant application to the U.S. Department of Housing and Urban Development Indian Community Block Grant FY 2012 (ICDBG) in the amount of \$800,000.00 for a Public Facility Project-Museum/Cultural Center Expansion; SECONDED by Cliff Wofford; VOTE: 11 Yes, 0 No, 0 Abstentions (Sacks left meeting early).

2. U.S.D.A. Construction Loan – Tim GoodVoice

MOTION by Tom Duncan to approve a U.S.D.A. Construction Loan for the UKB Elder Living Center construction from the Bank of Cherokee County to be repaid with U.S.D.A. funds; loan contingent upon the award letter from U.S.D.A. Rural Development; SECONDED by Charles Smoke; VOTE: 11 Yes, 0 No, 0 Abstentions (Sacks left meeting early).

Smoke: Asked when the Ad-Hoc Committee will begin.

Hawk: There have been no names brought to my attention for seating on this committee at this time. Once the full committee is seated and the criteria from Artman is received the proceedings for the committee will begin.

Christina Vaughn (legal): made comments on the statement to have a strategic planning meeting regarding the "audit" discussion.

Girty: I would like there to be a "Strategic Planning" meeting.

MOTION by Peggy Girty to approve a "Strategic Planning" meeting; SECONDED by Charles Smoke; VOTE: 11 Yes, 0 No, 0 Abstentions (Sacks left meeting early).

****NOTE:** Hawk reminded council that the Winter Elder Assistance program will be closing at 12:00 pm this Friday, December 16, 2011. She asked Council to please notify any elders who haven't applied. Please remind them to turn in their applications before the program closes.

XI. Announcements –

XII. Benediction: Jerry Hansen

XIII. Adjourn:

MOTION by Charles Locust; SECONDED by Charles Smoke; Approve by affirmation: 1:00 PM

Attention Future College Students: March 1 is the Deadline to Apply for Federal Financial Aid

Federal Student Aid, an office of the U.S. Department of Education, ensures that all eligible individuals can benefit from federally funded financial assistance for education beyond high school. They consistently champion the promise of postsecondary education to all Americans — and its value to our society.

Federal Student Aid plays a central and essential role in supporting postsecondary education by providing money for college to eligible students and families. They partner with postsecondary schools, financial institutions and others to deliver services that help students and families who are paying for college.

Today, Federal Student Aid performs a range of critical functions that include, among others:

- Educating students and families on the process of obtaining aid;

- Processing millions of student financial aid applications each year;
- Disbursing billions of dollars in aid funds to students through schools;
- Enforcing financial aid rules and regulations;
- Servicing millions of student loan accounts, and securing repayment from borrowers who have defaulted on their loans; and
- Operating information technology systems and tools that manage billions in student aid dollars.

This is a complex, multifaceted mission that calls on a range of staff skills and demands coordination by all levels of management. Consequently, Federal Student Aid, a Performance-Based Organization (PBO), emphasizes tangible results and efficient performance, as well as the continuous improvement of the processes and systems that support our mission.

Federal Deadline

Online applications must be submitted by midnight Central Time, June 30, 2013.

Any corrections or updates must be submitted by midnight Central Time, September 23, 2013.

State Deadline

Oklahoma - March 1, 2012 by midnight, Central Time. For priority consideration, submit application by date specified.

College Deadline

Check with the college(s) you are interested in attending. You may also want to ask your college about their definition of an application deadline - whether it is the date they receive your FAFSA, or the date your FAFSA is processed.

Source: Federal Student Aid Website

Keetoowah Cherokee Language class with Clara Proctor

The Cherokee language is what the Keetoowah people strive to maintain through education. Education helps to preserve and sustain an important part of the Keetoowah Cherokee culture.

This winter, throughout the nine districts, Keetoowah Cherokee language classes are being offered. Students will learn how to read, write and speak Cherokee from fluent speakers.

Keetoowah Cherokee Clara Proctor is one of those instructors. She is teaching at Steeley Baptist Church, near Kenwood, on Monday nights from 7-9 p.m.

Proctor has been a teacher for many years and uses it to her advantage, and to the advantage of others.

"Having these classes is important, especially to young people who may not hear their language at home," said Proctor.

The set-up of Proctor's class is that of a classroom. Students come and sign in, bring their pen and paper and wait for instruction. She told her class what is expected of her and what is expected of them.

The classes are being held for 10 weeks and students will learn eight or nine syllabary characters and sounds each week. They will work with those characters in class to create words and

phrases.

"We need Cherokee writers so we can have something to read," said Proctor. "Here at Steeley, we read the Cherokee Bible, but that is too difficult for beginning readers."

There were 16 students in Proctor's first class, with half being fluent speakers. They already knew how to speak the language, but learning to read and write is also important.

Proctor has been a speaker all her life, gaining the language through her parents, Cornelius Lee and Louella Proctor. She learned to read and write Cherokee while attending Northeastern State University, where she majored in teaching and minored in Cherokee. She said learning to read and write was easy because she already knew how to speak.

She began her teaching career after college at local elementary schools, such as Kenwood, but began teaching the Cherokee language in the late 1990s.

She loves to teach and knows how beneficial the language will be to future speakers, readers and writers.

"If you can write Cherokee, start producing reading materials," said Proctor. "That would be interesting to see what people would write."

All classes are free and open to the public. It is not too late to join. For more information contact the UKB Language/Education Department at (918) 456-8698.

Steeley Baptist Church, Kenwood
Mondays, beginning January 23
7 p.m.-9 p.m.

Instructor: Clara Proctor
Phone: 918-837-0624 or
918-868-3786 (evenings)

by Lindsey Bark

Attention UKB Tribal Members

All UKB members should make it a point to check your enrollment files to be sure you are registered to vote in the right district. Tribal members must make changes in person. The enrollment office is located in the Community Services Building at 18263 W. Keetoowah Circle off West Willis Road, south of Tahlequah. For more information, call the enrollment office at (918) 453-9375.

UKB Helps Renovate Jay City Park

The United Keetoowah Band of Cherokee Indians of Oklahoma (UKB) came to the aid of the City of Jay to help renovate the city's park.

Mark Wall, City of Jay mayor, and Cullus Buck, City of Jay employee, approached the tribe in late 2011 requesting assistance in bringing the defunct park back to life.

Buck said the city did not have a venue open to allow its citizens a place to get out and exercise. With obesity prevalent and a lot of the city's children staying indoors and playing video games, the city needed to do something to get those children outside and moving around.

Chief George Wickliffe agreed this was a good project for the tribe to become involved in and, after a series of discussions, the tribe donated \$20,000 Jan. 18 to help the project along.

"This is something we like to do to help our communities in the 14 counties," said Chief Wickliffe. "Whenever there is something going on and it's within our power to help, we'll be there."

Wall said the city can, now, begin ordering materials such as playground equipment, outdoor adult exercise equipment, grills, picnic tables, etc. as soon as the end of this week or the beginning of next week.

The park is located on 5th and Monroe Street. If weather permits, the park could re-open as soon as late May with a ribbon cutting ceremony.

"[It's] our honor to work with Chief Wickliffe and the tribe," said Wall. "It's our honor to go in a partnership with them on this improvement to the park."

UKB Spring Break Culture Camp Set

Hey kids, looking for something fun to do spring break? Once again, the United Keetoowah Band of Cherokee Indians in Oklahoma is offering a fun and entertaining camp where kids can learn about Keetoowah Cherokee history and culture, and participate in games and craft making.

The UKB's Spring Break Culture Camp will be held on Monday through Friday, March 19-23 at the Keetoowah Wellness Center, located at the Keetoowah Cherokee Tribal Complex at Keetoowah Circle, south of Tahlequah, off West Willis Road.

The camp will be held daily from 8:30 a.m. to 4:30 p.m. The camp is free, and students kindergarten through 9th grade are welcome.

Participants will learn how to make baskets, learn the Keetoowah Cherokee Language, and how to make cornhusk dolls. There will be a marbles demonstration, a cornstalk shoot demonstration and a blowgun demonstration.

Other activities scheduled include a tour of the John Hair Museum and Cultural Center, Indian Olympics, and a stomp dance. Lunch and snacks will be provided.

Participants are encouraged to sign up in advance by calling (918) 772-4326 or 918-772-4372.

UKB Culture and History Program February Events

The UKB Culture and History Program will hold four craft workshops and one special event in the month of February in various area communities. All events are free of charge and open to the public.

Feb. 9- Cornhusk Dolls at Rocky Ford Community Building

Feb. 16- Basket making at Fairfield Community Building

Feb. 21- Beaded Rings at Kenwood, Holy Mountain Church

Feb. 23- Cornhusk Dolls at Vian UKB Sub-office

Feb. 25- 1st Annual Indoor Stomp Dance at the UKB Wellness Center

All workshops will be held from 6 p.m. to 9 p.m.

On February 25, weather permitting, there will be a stomp dance at 5 p.m. followed by dinner at 6 p.m. and an indoor stomp dance beginning at 7 p.m.

Please call the UKB Culture Center to confirm all dates and times.

For more information please contact the UKB Culture Center at 918.772.4372

UKB John Hair Museum Seeking Donations

The John Hair Museum is seeking Keetoowah Cherokee related items for display in the museum. Items of interest include photos, furniture (handmade, heirloom), newspapers, books, household items typical of Cherokee homes more than 50 years ago. Also included are tribal items and artifacts which must be accompanied by a cer-

tification of origin stating that the items are not from graves or government property.

The museum currently has an exhibit on the history of the Keetoowah people from the first fire, given by the Creator, through today using audio-visual elements, and historical items. Different exhibits are planned for the future.

The museum prefers that items be donated but will accept items on permanent loan (which allows the owner or his/her heirs to reclaim the items at a later date).

For people interested in donating or loaning items, call Ernestine Berry at 918-772-4389 or e-mail her at eberry@unitedkeetoowahband.org.

COME EXPLORE THE HISTORY OF THE TRADITIONAL CHEROKEE PEOPLE
AT THE

UNITED KEETOOWAH BAND JOHN HAIR CULTURAL CENTER & MUSEUM

MUSEUM HOURS:
8:30 A.M. TO 4:30 P.M.
TUESDAY - SATURDAY
(CLOSED ON HOLIDAYS)
(918) 772-4389

LOCATED AT THE UKB TRIBAL COMPLEX
JUST OFF WEST WILLIS ROAD IN
TAHLEQUAH, OKLAHOMA

DONATIONS ARE ACCEPTED BUT ADMISSION IS FREE.

Keeping Your New Year's Resolutions

by Miss Keetoowah Cherokee 2011 - 12
Kristy Feather Daugherty

SI-YO!

With the New Year kicked off, I'm sure many of you have at least tried to make a New Year's Resolution. Now, if you are like some people, you'll do well for a while, but then something comes along and makes you lose focus, causing you to give up. Here are a few tips on how to keep that from happening.

The first tip is simple: Set a resolution you know you can accomplish. If it's losing weight, start out by trying to lose a few pounds at a time. Do not, I repeat, DO NOT set a goal of losing 30 pounds in a month. You'll just set yourself up for failure. Like I said before, start small. Instead of the 30 pounds in one month, set a goal of losing five pounds in two weeks, then another five pounds the next two weeks, and so on.

The second tip is: Keep a positive attitude. Constant negativity will get your mindset in a position where it will overload and crash. Positive thinking will help support your goals for the year. You'll focus on the good things and find ways to improve the negative.

My third and final tip: Designate a friend or family member the duty of cheering you on. Having a person who has your best interests at heart, supporting your goals and commitments will be a great boost in making sure you stick to your resolutions. You'll not only feel motivated, you'll feel accomplished.

In closing, I hope these few suggestions will help you carry out the resolutions you have set. Who knows, your success may rub off on someone and then they'll strive to do the same. It's all up to you to make a difference in your life.

WA-DO! Thank you!



Working Hard

by Junior Miss Keetoowah Cherokee 2011 - 12
Rachel Hays

O si yo

I've been working hard on my school work the past few months. My activities as Jr. Miss Keetoowah have been exciting as well. I journeyed to Cherokee, North Carolina in October for the Fall Festival. I made a fast friend in Miss Choctaw from Mississippi. I got to participate in the friendship dance at the ancient village, ride in the parade, tour the museum, and mingle with the other royalty. I had a great time, and learned some more history of our people. In November, I attended the Veteran's ceremony and was greatly honored to be in the presence of our warriors. I'm proud to be the daughter and granddaughter of Marines, Mr. Tommy Charles Hays and Mr. Daniel Houston, Jr. Thank you to all veterans for your service. In December, I had a freezing good time riding in the Christmas parade. Thank goodness for hot chocolate. I am proud to be your Jr. Miss Keetoowah.

Wa do

From the United Keetoowah Band Tribal Veterans Department

Tribal Veterans Service Officer Jacob Little-dave has recently moved his office to the Community Services Building located behind the UKB museum.

Little-dave's office hours will remain the same; 1-4p.m. on Tuesdays, Wednesdays and Thursdays.

On Wednesday and Friday mornings, Jacob will be at the Veteran's Regional Office in Muskogee filing veterans claims. He will also be attending hearings, as scheduled by adjudication.

Phone 918-456-8698 Ext. 140
Fax Number 918-453-9345



UKB Staff Members Learn about Diabetes

Dr. Charles Gosnell, the United Keetoowah Band's Health Committee Chairman and chief medical officer, gave a presentation on diabetes for UKB staff members on January 20. Dr. Gosnell, a retired physician, brings a wealth of experience to the tribe and its members.

Last year, Dr. Gosnell was awarded the Thompson Award by the Tahlequah Hospital Foundation. According to the THF, the Thompson Award recognizes support for the advancement of healthcare and honors a doctor with a strong Tahlequah legacy.

Gosnell met the healthcare advancement criterion by being involved with and overseeing implementation of modern imaging technologies such as CT, Ultrasound and modern Nuclear Medicine at Tahlequah City Hospital (TCH) during the 80s. Mammographic screening also took a priority at TCH during this time and the hospital passed all inspections with flying colors. He served as director of Emergency Services at St. Francis Hospital in Tulsa and as an emergency staff physician in the early and mid 70s. Gosnell is also a Vietnam Veteran.

About a dozen staff members attended the diabetes seminar, which began with a definition of diabetes and its types.

Diabetes mellitus, often simply referred to as diabetes, is a group of metabolic diseases in which a person has high blood sugar, either because the body does not produce enough insulin or because cells do not respond to the insulin that is produced. This high blood sugar produces the classical symptoms of frequent urination, increased thirst and increased hunger. Other symptoms can include fatigue, blurred vision, weight loss or weight gain, lower extremity sores that are slow to heal, neuropathy and erectile dysfunction. There are three main types of diabetes:

- **Type 1 diabetes** (Juvenile): results from the body's failure to produce insulin, and presently requires the person to inject insulin. We don't know what causes it. It can be hereditary, or there may be environmental factors such as viruses, infections, environmental toxins, or auto immune disease where the body can attack its own cells.
- **Type 2 diabetes**: results from insulin resistance, a condition in which cells fail to use insulin properly, sometimes combined with an absolute insulin deficiency. Also referred to as adult onset diabetes. If you have a relative with the disease, your risk is greater, or if you are insulin resistant. Some causes of insulin resistance include not being active or a sedentary lifestyle, an improper diet with too many fats, sugars, and simple carbohydrates, and obesity, or a body mass index that is too high. Currently, in the United States, 65% of our population is overweight.

To calculate your BMI for adults - BMI = (weight in pounds) multiplied by 703 divided by (height in inches) squared. Examples: 150 lbs x 703 = 105450, height 5'6" or 66 inches x 66 = 4356, 105450/4356 = 24.2, 300 lbs. x 703 = 210900, 6 ft. = 72 inches, 72 inches x 72 = 5184 = 40.6

The goal for most people: a BMI that's over 18 and less than 25.

- **Gestational diabetes**: is when pregnant women, who have never had diabetes before, have a high blood glucose level during pregnancy.

Your blood sugar numbers are an indicator of the disease. In a normal person, fasting blood sugar should be less than 100. Fasting blood sugar of 101-126 is an indicator of pre-diabetes, and a fasting blood sugar of over 126 is an indication of diabetes.

Factors that make blood sugar more difficult to control include infection, weight gain, lack of exercise and stress.

Organs affected by diabetes include kidneys, eyes, heart, brain as well as lower extremities - feet and legs.

All forms of diabetes have been treatable since insulin became available in 1921, and type 2 diabetes may be controlled with medications. Both type 1 and 2 are chronic conditions that usually cannot be cured. Pancreas transplants have been tried with limited success in type 1 DM; gastric bypass surgery has been successful in many with morbid obesity and type 2 DM. Gestational diabetes usually resolves after delivery.

The UKB health committee plans to bring the diabetes workshop to each district in the coming months. For more information, call 918-456-8698.

This is the first in a three part series on Diabetes. Part II will appear in the March issue of the Gaduwa Cherokee News and will be about how your diet affects diabetes and healthy eating, Part III will be featured in the April issue and will address the importance of exercise and ways to get you and your family more active.

By Marilyn Craig

REMEMBER
WHEN YOU FIRST GAVE ME TO THE KIDS?

We would cruise through the streets... I remember one time they built a ramp and we spent an entire afternoon flying through the air! Heck, Mom, 60 minutes of play time each day is all I need. Please?

P.S. I'm on the side of the house. Get ideas. Get involved. Get going at letsmove.gov/indiancountry

Ad Council | USDA | LET'S MOVE! INDIAN COUNTRY

2011 UKB Graduates



Lisa Atwell

Lisa Atwell graduated from Northeastern State University with a bachelor's degree in environmental science. She is the daughter of Lee and El-dine Stevens.



Lisa Atwell

Shawna Reese

Shawna Reese graduated from Con-nors State College with an associate's degree in general studies. She is the daughter of Gay Lynn Vann. She plans to attend Bacone Col-lege and study to be-come a radiologist.



Shawna Reese

The Gaduwa Cherokee News wants YOU!

If your son or daughter, niece, nephew, or extended family members are students either attending K-12, vo-tech, college or a univer-sity, and are doing exceedingly well or show-ing strong leadership abilities or talents through their academic performance, sports, art, music, chorus and/or in other areas of interest, please contact the media department at (918) 456-6533. We would like to feature your student in an upcoming Gaduwa Cherokee News Article!

Check out our website at:
www.ukb-nsn.gov

Jessica Butler

Jessica Butler completed the License Practical Nurse program at Indian Capital Technology Center. She is the daughter of Jennie Whitekiller. Her grandparents are Walter Whitekiller and Irene Whitekiller. She plans to attend Northeastern State University to continue her education.



Jessica Butler

Jessica's hobbies include reading and spending time with her nieces, Maggie and Jennie.

Travis Lee Sawney

Travis Lee Sawney graduated from Northeastern State Uni-versity with a Bachelor of Science degree in environmental, health & safety management. He is the son of Henry and Virginia Sawney. He is the grandson of Jim and Rachel Sawney and Arie and Lila Deason. His brothers are Troy Littledeer and Christopher French.



Travis Lee Sawney

Travis' hobbies are hunting and fishing.

Jon TeeHee

Jon TeeHee graduated from Okla-homa State University with a bachelor's de-gree in mechanical en-gineering technology. He is the son of Trent and Lou TeeHee. His grandparents are Emma Sue TeeHee, Robert Gene Ketcher, and Pam Ketcher.



Jon TeeHee

Thomasenia Lynn Johnson

Thomasenia Lynn Johnson gradu-ated from Northeastern State University with a Bachelor of Business Administration degree. Thomasenia said her life story so far would not be described as a traditional journey. For example, Thomasenia did not complete high school at the traditional age of 18, but completed her GED in 1995, seven years after being married and five years after becoming a mother.



Thomasenia Lynn Johnson

Her husband is Christopher Jacobs and their children are Shyla Martin, Tyler Jacobs, Nicholas Jacobs and David Jacobs. Her grandchildren are Katie Martin and Cheth Edward Martin.

Thomasenia is the daughter of Thomas Jay Johnson and Sharon Kay Soban. Her grandparents are Claude Johnson and the Late Nancy Johnson and Cora Soban and the late Monk Carey.

During her years at NSU, she was involved with the American Indian Business Leaders and the Entrepreneur Club. Thomasenia hopes to own her own business someday.

Keetoowah Cherokee Serves in Afghanistan

The UKB salutes SPC Zechariah S. Rice, who is stationed in Afghanistan. After a two week visit home, Rice returned to Afghanistan. He will finish his tour of duty and return home in April.



Pictured are Zac, his sister Elise behind him, his dad, Roger; then his oldest brother Frank and his wife Amy with their baby Aria. Taking the photo is Zac's mother Fanneta White.

Lindsey Elaine Bark named to Northeastern State University (NSU) President's Honor Roll

Lindsey Elaine Bark was named to the President's Honor for the fall of 2011 at Northeast-ern State University (NSU) in Tahlequah, earning straight A's and a 4.0 GPA for the semester.

She is in her last semester at NSU and plans to graduate spring 2012 with a Bachelor's degree in Journalism.

Her parents are Robert and Sandra Bark of Barks Hill. She has one brother, Kyle Bark.

She is currently interning with the Gaduwa Cherokee News and her future plan after graduation is to follow her dream of becoming a distinguished journalist.

Keetoowah Cherokee Tag Agency, P. O. Box 746, Tahlequah, OK 74464

ATTENTION:

Renew your tag or register your vehicle by mail.

If you would like further information you may contact the UKB Tag Agency at (918) 456-3235 & fax number (918) 456-3394.

Office Hours

Monday – Friday 8:30 a.m. – 5:00 p.m.

2nd Saturday of the month 10 a.m. – 2 p.m.

Elders Enjoy Outing to Muskogee

On December 29, 2011 the UKB Elder Committee took Saline and Delaware district elders to the Golden Corral Restaurant in Muskogee for dinner and then to view the Christmas Lights at Honor Heights Park.

The UKB Transit Department provided two buses and drivers for the outing. The elders said they were all appreciative of the buses picking them up and not having to worry about driving themselves to get there.

The Elder Committee is headed up by former UKB Chief John Hair, chairman; Canadian District Representative Eddie Sacks, vice chairman; Lois Fuller, secretary; and includes committee members Dora Grayson, Robert Whitekiller and Tahlequah District Representative Betty Holcomb. Juanita McCarter serves as the first alternate.

“The Elder Committee appreciates the drivers, Danny Hair and Richard Bailey for taking them. The Elder Committee will plan for two other districts for a future elders trip when weather permits. The committee would also like to thank Chief Wickliffe for his support in making this a success,” said Lois Fuller, Elder Committee Secretary.



Keetoowah Cherokee elders from the Saline and Delaware districts enjoyed an evening dinner at Golden Corral Restaurant in Muskogee and trip to view the Christmas lights at Honor Heights Park provided by the UKB Elder Committee. Photo provided by Lois Fuller

Be Red Cross Ready

Winter Storm Safety Checklist

Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Some winter storms are large enough to affect several states, while others affect only a single community. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

Know the Difference

Winter Storm Outlook
Winter storm conditions are possible in the next 2 to 5 days.

Winter Weather Advisory

Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.

Winter Storm Watch

Winter storm conditions are possible within the next 36 to 48 hours. People in a watch area should review their winter storm plans and stay informed about weather conditions.

Winter Storm Warning

Life-threatening, severe winter conditions have begun or will begin within 24 hours. People in a warning area should take precautions immediately.

What should I do?



- ❑ Dress in several layers of lightweight clothing, wear mittens and a hat (preferably one that covers your ears).
- ❑ Wear waterproof, insulated boots to keep your feet warm and dry and to maintain your footing in ice and snow.
- ❑ Minimize travel. If travel is necessary, keep a disaster supplies kit in your vehicle.
- ❑ Listen to a NOAA Weather Radio or other local news channels for critical information from the National Weather Service (NWS).
- ❑ Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.
- ❑ Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- ❑ Maintain heating equipment and chimneys by having them cleaned and inspected every year.
- ❑ Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.
- ❑ Running water, even at a trickle, helps prevent pipes from freezing.
- ❑ All fuel-burning equipment should be vented to the outside and kept clear.

Cold-Related Emergencies

- ❑ **Frostbite** and **hypothermia** are two dangerous and potentially life-threatening emergencies. Learn how to care for these emergencies by taking a first aid class.

What supplies do I need?



- ❑ Water—at least a 3-day supply; one gallon per person per day
- ❑ Food—at least a 3-day supply of non-perishable, easy-to-prepare food
- ❑ Flashlight
- ❑ Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- ❑ Extra batteries
- ❑ First aid kit
- ❑ Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- ❑ Multi-purpose tool
- ❑ Sanitation and personal hygiene items
- ❑ Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- ❑ Cell phone with chargers
- ❑ Family and emergency contact information
- ❑ Extra cash
- ❑ Baby supplies (bottles, formula, baby food, diapers)
- ❑ Pet supplies (collar, leash, ID, food, carrier, bowl)
- ❑ Tools/supplies for securing your home
- ❑ Sand, rock salt or non-clumping kitty litter to make walkways and steps less slippery
- ❑ Warm coats, gloves or mittens, hats, boots and extra blankets and warm clothing for all household members
- ❑ Ample alternate heating methods such as fireplaces or wood- or coal-burning stoves

What do I do after a storm?



- ❑ Go to a designated public shelter if your home loses power or heat during periods of extreme cold.
 - ❑ Avoid driving when conditions include sleet, freezing rain or drizzle, snow or dense fog.
 - ❑ Before tackling strenuous tasks in cold temperatures, consider your physical condition, the weather factors and the nature of the task.
 - ❑ Protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.
 - ❑ Help people who require special assistance such as elderly people living alone, people with disabilities and children.
 - ❑ Check on your animals and make sure that their access to food and water is not blocked by snow drifts, ice or other obstacles. If possible, bring them indoors.
- Caution: Carbon Monoxide Kills**
- ❑ Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors.
 - ❑ The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.
 - ❑ Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
 - ❑ If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
 - ❑ Call for help from the fresh air location and remain there until emergency personnel arrive to assist you.

Let Your Family Know You're Safe

If your community experiences a severe winter storm, or any disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org to let your family and friends know about your welfare. If you don't have Internet access, call 1-866-GET-INFO to register yourself and your family.



For more information on disaster and emergency preparedness, visit RedCross.org.

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Be Red Cross Ready

Power Outage Checklist

Sudden power outages can be frustrating and troublesome, especially when they last a long time. If a power outage is 2 hours or less, you need not be concerned about losing your perishable foods. For prolonged power outages, though, there are steps you can take to minimize food loss and to keep all members of your household as comfortable as possible.

Energy Conservation Recommendations

- ❑ Turn off lights and computers when not in use.
- ❑ Wash clothes in cold water if possible; wash only full loads and clean the dryer's lint trap after each use.
- ❑ When using a dishwasher, wash full loads and use the light cycle. If possible, use the rinse only cycle and turn off the high temperature rinse option. When the regular wash cycle is done, just open the dishwasher door to allow the dishes to air dry.
- ❑ Replace incandescent light bulbs with energy-efficient compact fluorescent lights.

How do I prepare for a power outage?



To help preserve your food, keep the following supplies in your home:

- ❑ One or more coolers—Inexpensive Styrofoam coolers work well.
- ❑ Ice—Surrounding your food with ice in a cooler or in the refrigerator will keep food colder for a longer period of time during a prolonged power outage.
- ❑ A digital quick-response thermometer—With these thermometers you can quickly check the internal temperatures of food to ensure they are cold enough to use safely.

Put together an emergency preparedness kit with these supplies in case of a prolonged or widespread power outage:

- Water—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food—non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight (NOTE: Do not use candles during a power outage due to the extreme risk of fire.)
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- ❑ If someone in your home is dependent on electric-powered, life-sustaining equipment, remember to include backup power in your evacuation plan.
- ❑ Keep a non-cordless telephone in your home. It is likely to work even when the power is out.
- ❑ Keep your car's gas tank full.

What should I do during a power outage?



Keep food as safe as possible.

- ❑ Keep refrigerator and freezer doors closed as much as possible. First use perishable food from the refrigerator. An unopened refrigerator will keep foods cold for about 4 hours.
- ❑ Then use food from the freezer. A full freezer will keep the temperature for about 48 hours (24 hours if it is half full) if the door remains closed.
- ❑ Use your non-perishable foods and staples after using food from the refrigerator and freezer.
- ❑ If it looks like the power outage will continue beyond a day, prepare a cooler with ice for your freezer items.
- ❑ Keep food in a dry, cool spot and keep it covered at all times.

Electrical equipment

- ❑ Turn off and unplug all unnecessary electrical equipment, including sensitive electronics.
- ❑ Turn off or disconnect any appliances (like stoves), equipment or electronics you were using when the power went out. When power comes back on, surges or spikes can damage equipment.
- ❑ Leave one light turned on so you'll know when the power comes back on.
- ❑ Eliminate unnecessary travel, especially by car. Traffic lights will be out and roads will be congested.

Using generators safely

- ❑ When using a portable generator, connect the equipment you want to power directly to the outlets on the generator. Do not connect a portable generator to a home's electrical system.
- ❑ If you are considering getting a generator, get advice from a professional, such as an electrician. Make sure that the generator you purchase is rated for the power that you think you will need.

What should I do when the power comes back on?



- ❑ Do not touch any electrical power lines and keep your family away from them. Report downed power lines to the appropriate officials in your area.

Throw out unsafe food.

- ❑ Throw away any food that has been exposed to temperatures 40° F (4° C) for 2 hours or more or that has an unusual odor, color or texture. When in doubt, throw it out!
- ❑ Never taste food or rely on appearance or odor to determine its safety. Some foods may look and smell fine, but if they have been at room temperature too long, bacteria causing food-borne illnesses can start growing quickly. Some types of bacteria produce toxins that cannot be destroyed by cooking.
- ❑ If food in the freezer is colder than 40° F and has ice crystals on it, you can refreeze it.
- ❑ If you are not sure food is cold enough, take its temperature with the food thermometer. Throw out any foods (meat, poultry, fish, eggs and leftovers) that have been exposed to temperatures higher than 40° F (4° C) for 2 hours or more, and any food that has an unusual odor, color or texture, or feels warm to touch.

Caution: Carbon Monoxide Kills

- ❑ Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors.
- ❑ The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.
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Let Your Family Know You're Safe

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Official Publication of the United Keetoowah Band of Cherokee Indians in Oklahoma

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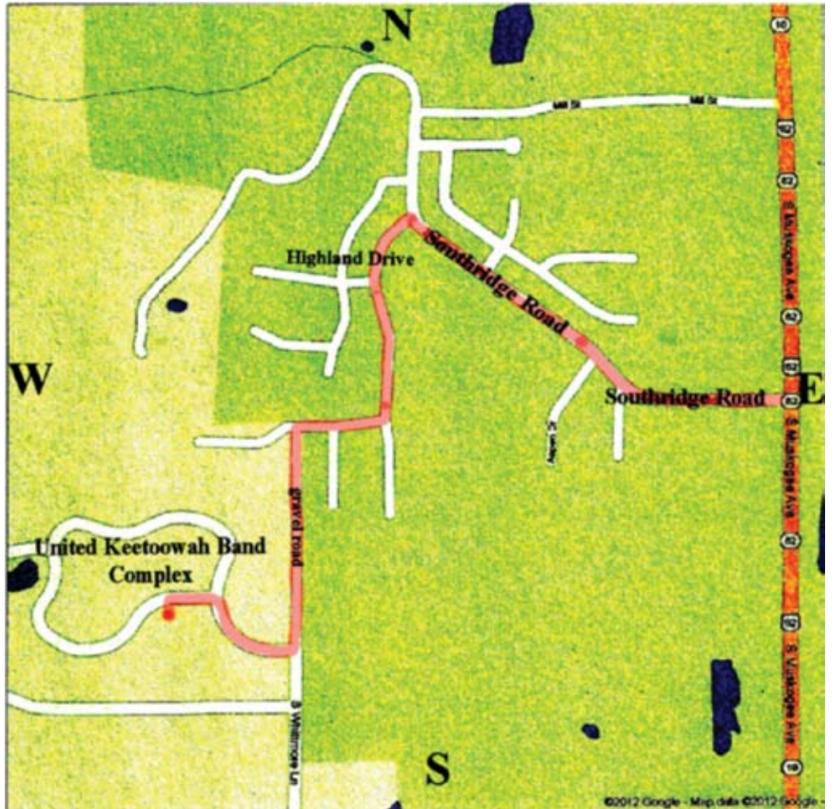
Alternate Route Recommended to UKB Tribal Complex

TAHLEQUAH, Okla.—Through a cooperative effort between the United Keetoowah Band of Cherokee Indians in Oklahoma, the Bureau of Indian Affairs, the City of Tahlequah and Cherokee County, West Willis Road is undergoing a complete rebuild.

Because of the construction, the UKB is asking anyone with business at the UKB Tribal Complex to take an alternate route through the Southridge housing addition so they can avoid the construction.

Turn west onto Southridge Drive from Highway 82. Then, drive 0.5 miles and turn left onto Highland Drive. Follow Highland Drive when it curves to the right at 0.2 miles. Turn left onto the unnamed gravel road at 0.1 miles past the curve. The United Keetoowah Band Complex is to the right.

“We understand that the road construction is going to cause some disruption to our tribal members, but the finished road is going to benefit the entire community,” said Thomas Jordan, UKB communications officer.



Every Saturday
7:00pm - 11:00pm

SUPER 7 SATURDAY

\$700 HOT SEATS

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Not responsible for lost tickets, price vouchers, gift cards / certificates, etc.
All winners must be actively playing machine with credits showing.
Prizes are non-transferable. Must be present to win.
Must present valid state issued photo ID and Social Security Card to claim all prizes. Management reserves the right to cancel or modify this promotion without notice.

1st Annual UKB Indoor STOMP DANCE

Feb 25th

Come and celebrate an evening with us as we dance the night away.

United Keetoowah Band Wellness Center
Tahlequah, OK
from 7 pm till ???

Dinner will be served at 6 p.m. and weather permitting a stickball game at 5 p.m. (Concessions available during the dance)

Bring your lawn chairs, shells, and hats

For more info please contact The UKB Culture Center 918.712.4312

Native American Pre-Law Day

Saturday, March 3, 2012 • 8:15 a.m. - 5:30 p.m.
University of Tulsa College of Law • 3120 East 4th Place, Tulsa Ok 74104

Thinking about a Career in Law?

Come see whether law school is for you & learn how you can prepare for law school. Prominent Native American attorneys will discuss their backgrounds and careers, law school representatives will provide information about the law school admissions process and how to finance a legal education, and current Indian law students will talk about what law school is really like!

The workshop, sponsored by The Law School Admissions Council and DiscoverLaw.org, is co-hosted by Oklahoma City University School of Law, the University of Oklahoma College of Law, and the University of Tulsa College of Law, is open to all American Indian college and senior high school students. A limited number of scholarships are available to assist with travel costs for students outside easy driving distance of Tulsa.

Space is limited, and registration is on a first come first serve basis. Please register in advance. Walk-ins are available only as space permits. To register, please contact University of Tulsa College of Law, at lawadmissions@utulsa.edu or 918-631-2406 by February 21, 2012.

Following the Native American Pre-Law Day, all attendees of the pre-law event are invited to a private tour of the Enduring Spirit Exhibit of Native American art and artifacts at The Gilcrease Museum from 4:30-5:30 p.m.

The University of Tulsa College of Law provides equality of opportunity in legal education for all persons, including faculty, employees, applicants for admission, enrolled students, and graduates, without discrimination or segregation on the ground of race, color, religion, national origin, gender, age, disability, or sexual orientation.