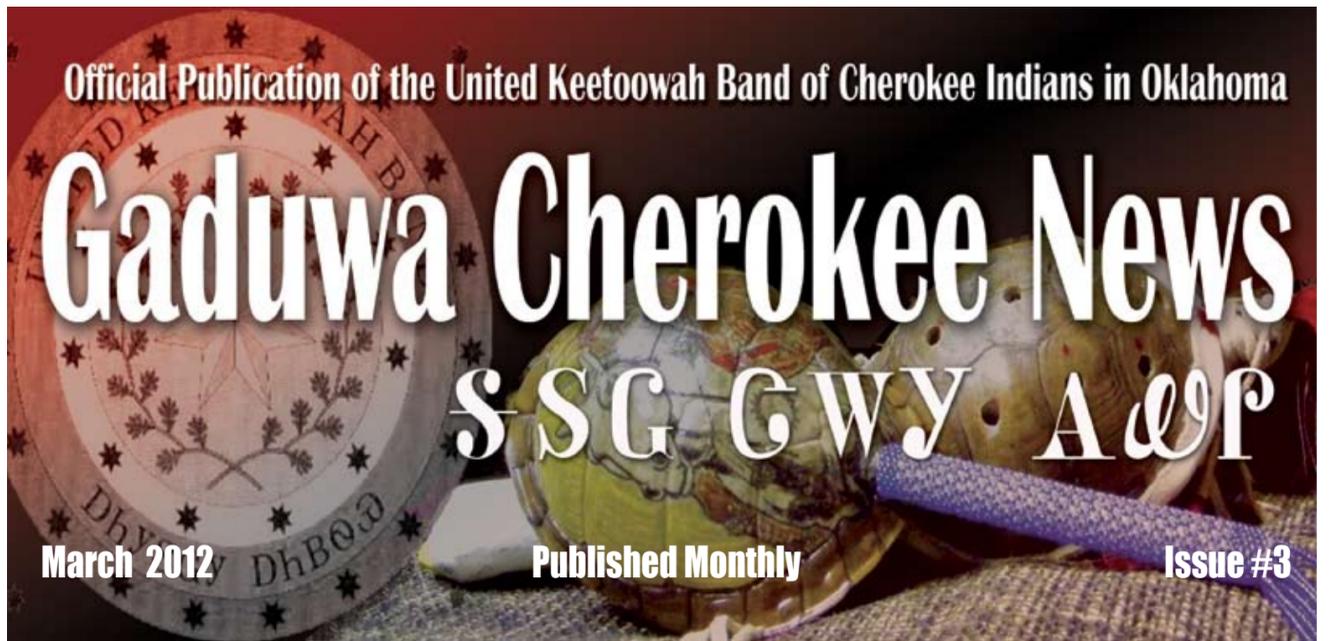


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Associate Justice Kimberly Anthony sworn in

The United Keetoowah Band of Cherokee Indians in Oklahoma swore in a new tribal judge at its February council meeting.

The council voted unanimously to approve Kimberly Anthony, attorney at law, to fill a vacant UKB District Court position. After the vote, Chief Justice Lynn Burriss, UKB Supreme Court, officiated the oath of office to Anthony in front of the council and the gathered public.

Anthony received a Bachelor of Arts from Randolph-Macon Woman's college in Lynchburg, Va. in May of 2000 and a Juris Doctorate from Oklahoma City University School of Law in December of 2006.

She has primarily practiced law in areas such as Indian law, family law, probate law, adoption law and consumer advocacy law.

For the past three and a half years, she has worked in tribal courts. Anthony currently serves as the public defender for the Wewoka Agency Court of Indian offenses. In the past, she has, also, served as an assistant prosecutor for the Osage Nation in criminal and child welfare matters and as a public defender in the Kickapoo Tribe of Oklahoma's court and the Tonkawa Tribe of Oklahoma's court in criminal and child welfare cases.

In addition to her tribal law experience, Anthony participated in the Interdisciplinary Training Program in Child Abuse and Neglect offered through the University of Oklahoma Center on Child Abuse and Neglect as a law student.



United Keetoowah Band Chief Justice Lynn Burriss gives the oath for Associate Justice to Kimberly Anthony during the February 4 tribal council meeting as Dianne Barker-Harrold, UKB In-House Counsel, and attending tribal members look on. Photo by Sammy Still

After looking through all of the candidates for this position, Kimberly's experience in tribal court and, especially, Indian Child Welfare cases

her experience was the deciding factor," said Assistant Chief Charles Locust.

Anthony's judicial term runs until July 2015.

Possible Opportunity for Reinstatement into UKB Tribe Considered

Former United Keetoowah Band tribal members who have relinquished from the tribe may soon have the opportunity to be reinstated as UKB tribal members.

For years, the administration and council have discussed the need to instate a policy to dealing with possibly coerced relinquishments from the tribe. At the Dec. 4, 2010 council meeting the council formalized the path to making this happen.

At this meeting, the council established an ad hoc committee with the tribal secretary acting as the chairperson and other committee nominations to be brought forth for council approval.

"There are a lot of people who would like to come back to the UKB due to a misunderstanding of them being coerced into relinquishing," said Chief George Wickliffe. "I think it is

only right for people to state and show burden of proof on why they should be accepted to rejoin the tribe."

There will be several phases the ad hoc committee has to deal with beginning with the establishment of criteria for reinstatement. This criteria is being developed by Carl Artman, UKB Self-Governance Negotiator, and is the base on which the committee will establish its decision on a case-by-case basis due to the many factors leading to the relinquishment of a tribal member.

For former tribal members who are allowed to be reinstated, this is a one-time opportunity. If they relinquish again, then there is no coming back.

"This isn't a process to allow tribal members to bounce back and forth between tribes," said Chief Wickliffe.

According to UKB tribal secretary Joyce Hawk, ad hoc meetings are to begin soon.

"What we must do is to ensure that all information received by the former members are all correct and that the decisions made by the committee are in the best interest of the tribe," said Hawk.

Former members who want to be considered for reinstatement should begin attending district meetings in their area and talk to the district representatives to discuss their cases.

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UKB women employees participated in National Wear Red Day. The event draws attention to heart health. Pictured are, front row left to right, Jessica Macdonald and Carrie Grayson. Middle row, Della Wolfe, Georgia Dick, Joyce Hawk, Brenda Locust, Georgia Mauldin, Pat Reese, Katherine White, Denise Rooster, Marilyn Craig and Kim Drywater. Back row, Kim Thompson, Florence Northington, Norma Jimerson, Assistant Chief Charles Locust, Chief George Wickliffe, Felicia Hadley and Amanda Stopp. Photo by Thomas Jordan

UKB Spring Break Culture Camp March 19 - 23

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 all 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.

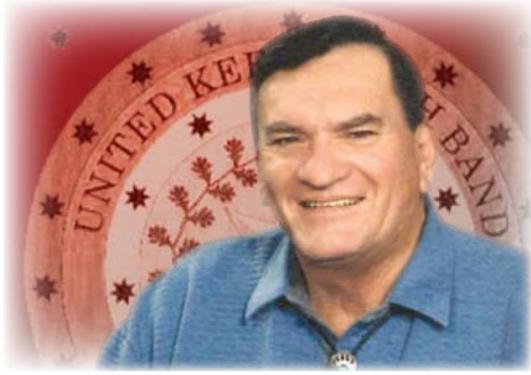
Participants are encouraged to sign up in advance by calling (918) 772-4326 or 918-772-4372.



Don't miss the 2012 Easter Egg Hunt!
See page 8 for information

A Letter to the UKB People

From Chief George Wickliffe



Dear Readers,

In order to be consistent with the 1950 United Keetoowah Band Constitution with our tribal obligations we must follow a sequential pattern from our 1859 and 1889 written constitutions. Therefore the 1950 Constitution is written to genuinely recognize the consistency requirements with all tribes in the United States. As of 1889 the United Keetoowah Band has recognized the United States Constitution as the supreme law of the land.

CONSTITUTION AND BY-LAWS OF UNITED KEETOOWAH BAND OF CHEROKEE INDIANS IN OKLAHOMA

RATIFIED OCTOBER 3, 1950

Preamble

We the members of the United Keetoowah Band of Cherokee Indians in Oklahoma, in order to promote our common welfare and to secure to ourselves and our posterity the rights, powers, and privileges authorized and offered by the Oklahoma Indian Welfare Act of June 26, 1936 (49 Stat. 1967) and the act of August 10, 1946 (60 Stat., 976), do hereby ordain and establish the following constitution and By-laws.

Article I - Name

The name of this organization shall be the United

Keetoowah Band of Cherokee Indians in Oklahoma.

Article II – Headquarters

The headquarters of this Band shall be Tahlequah, Oklahoma, county seat of Cherokee County, unless and until otherwise provided by the governing body.

Article III – Objectives

The objective of this Band shall be:

Section 1. To secure for its members the benefits, rights, privileges and powers as provided for under the Act of Congress approved June 26, 1936 (49 Stat. 1967), known as the Oklahoma Indian Welfare Act and the Act of Congress approved June 18, 1934 (48 Stat. 984), known as the Indian Reorganization Act, so far as the same has been made applicable to Oklahoma Indians.

Section 2. To secure the benefits, rights, privileges and powers as provided for by any laws of the United States now existing or that may hereafter be enacted for the benefit of Indians or other citizens of the United States and administered by various government agencies, such as relief, conservation, rehabilitation, resettlement, welfare, education, health and other programs.

Section 3. To promote the general welfare of the Band and its members.

Article IV – Membership of the Band

Section 1. The membership of the United Keetoowah Band of Cherokee Indians in Oklahoma shall consist of:

All persons whose names appear on the list of members identified by a resolution dated April 19, 1949, and certified by the Superintendent of the Five Civilized Tribes Agency on November 16, 1949; Provided, that within five (5) years after the approval of this Constitution and Bylaws, such roll may be corrected by the Council of the United Keetoowah Band of Cherokees, subject to the approval of the Secretary of the Interior.

Section 2. The governing body of the Band shall have power to prescribe rules and regulations governing future membership.

Article V - Governing Body

Section 1. The supreme governing body of the Band shall be the Council of the United Keetoowah Band of Cherokee Indians in Oklahoma.

Section 2. The Council shall consist of nine (9) members, male or female, twenty-one (21) years of age or over, elected to represent the nine (9) districts of the Old Cherokee Nation, and four (4) officers, elected at large, as provided in Article VI.

Section 3. The term of office of members of the Council, other than the officers of the Band, shall be for a period of two years, or until their successors are duly elected and qualified.

Section 4. No councilman shall be eligible to hold any other elective office in the Band during his tenure as a member of the Council.

Section 5. The council shall have power to appoint subordinate personnel, committees and representatives, to transact business, and otherwise speak or act on behalf of the Band in all matters on which the Band is empowered to act now or may be empowered to act upon in the future. The Council shall also have the power to delegate such powers to individual or subordinate groups consistent with law, and under such rules and regulations as may be prescribed by the Council.

Article VI - Officers

The officers of the Band shall be a chief, assistant chief, a secretary and a treasurer. The officers shall serve for a period of four (4) years, or until their successors are duly elected and qualified. The officers shall be elected at large by the eligible voters of the Band and the Council shall provide by resolution for a method of selecting candidates for the aforesaid offices.

Article VII – Elections

Section 1. The first regular election of officers and members of the Council shall be held of the first Monday in the month following the approval of this Constitution, and regular elections shall be held thereafter on the first Monday of the same month, under rules and regulations to be prescribed by the Council.

Section 2. All members of the Band, twenty-one (21) years of age and over, shall be eligible to vote in any election, provided that in elections for representation on the Council only qualified electors, residing in, or affiliated with, the district to be represented shall be eligible to vote for the member to represent such district.

Section 3. Any member of the Band, 21 years of age or over, living outside of the territory known as the Old Cherokee Nation, in Oklahoma, shall have the right to vote in any district with which he may choose to affiliate by notifying the

continued on page 3

Notice of Office Closings

UKB Tribal Offices Closed for Easter Holidays

United Keetoowah Band of Cherokee Indians in Oklahoma tribal offices will be closed Friday, April 6 in observance of Good Friday and on Monday, April 9 for Easter Monday. Offices will re-open on Tuesday, April 10 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

Keetoowah News
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or www.ukb-nsn.gov

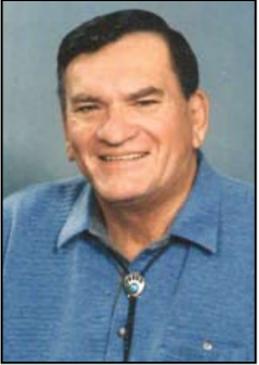
Sammy Still, Editor
Public Information Officer

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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.

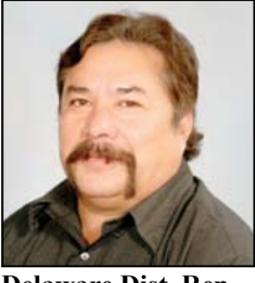
UKB Council



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Cell: 918-207-2991



Tribal Treasurer
Ella Mae Cooksey Worley
Office: 918-453-9162
Cell: 918-822-3814



Delaware Dist. Rep.
Jerry Hansen
Cell: 918-822-3804



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



DISTRICT REPRESENTATIVES:



Assistant Chief
Charles Locust
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Cell: 918-207-9798



Canadian Dist. Rep.
Eddie Sacks
Cell: 918-822-1957



Flint Dist. Rep.
Tom Duncan
Cell: 918-507-1314



Sequoyah Dist. Rep.
Barry Dotson
Home: 918-775-2746
Cell: 918-207-2990



Goingsnake Dist. Rep.
William Christie
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Tahlequah Dist. Rep.
Betty Holcomb
Cell: 918-822-3805



Tribal Secretary
Joyce Hawk
Cell: 918-822-3809



Cooweescoowee Dist. Rep.
Cliff Wofford
Cell: 918-822-1953



Illinois Dist. Rep.
Peggy Girty
Cell: 918-457-7067



UKB Council Holds Second Meeting of 2012; Votes to Activate Election Board

The United Keetoowah Band of Cherokee Indians in Oklahoma met Feb. 4 at the UKB Community Services Building for its monthly council meeting.

The council voted unanimously to activate the election board so it can begin preparations for the upcoming November elections. All district representative and officer seats are open for balloting this year. District representative terms are for two years and officer terms are for four years.

A resolution to confirm Lynn Burris as the Chief Justice of the Supreme Court with a backdate of Jan. 20 passed unanimously.

Ken Bellmard, UKB attorney general, said because of past changes in the judicial districts the terms for some of the judges do not line up with council meetings. This was the reason for backdating Burris' term.

Kimberly Anthony was also confirmed and, then, sworn in as an associate justice for the tribe. Burris officiated the oath of office for Anthony as the council with the public witnessing the

event. Anthony's term lasts until July 2015.

In presentations to council, Danny Duncan, Delaware County District 3 commissioner, asked the council to consider assisting his district with road repairs.

Duncan said there are a lot of roads where Keetoowahs cannot get out during high water. Even if the tribe could help with just one project a year it would be appreciated.

The council is taking the matter under advisement.

Next, Jacob Littledave, UKB veterans representative, requested the authorization to represent the tribe in an economic development project he has been working on. Littledave is working on securing funding to build a conference center on the east side of the Arkansas River.

Littledave said Muskogee loses approximately 12 conferences a year because of a lack of venue. With outside funding and tribal cooperation, the tribe stands to gain financially from this

deal along with creating jobs for tribal members.

The council approved authorization for Littledave to continue working on the project with a 60-day review. The authorization is not a commitment to the deal, only permission to pursue funding in the tribe's name.

During the public forum, Woodrow Proctor, former Flint District representative, asked the council to name the new education center planned for the tribal complex to be named for Chief George Wickliffe.

Proctor said sometimes the tribe has to name buildings for people after they are dead, but he wants to name this one for Chief Wickliffe while he is still living so Chief Wickliffe can enjoy it.

"I spent most of my life, 31 years, in education," said Chief Wickliffe.

The council approved the naming of the education center unanimously.

The next monthly council meeting is March 3.

1950 Constitution

continued from page 2

Council in writing of his choice, but no voter shall be permitted to vote in more than one district.

Section 4. The Council shall have the power to call and conduct special elections whenever necessary.

Article VIII – Vacancies

In the case of death, removal from office, or other disability amounting to incapacity, vacancies in any elective office may be filled by the Council for the unexpired term at any special or regular meeting.

Article IX – Impeachment

The council shall prescribe rules and regulations for the investigation of complaints of misconduct in office and for removal of any member of the Council or of any officer, provided that the accused shall be given a hearing and that a two-thirds vote of the Council shall be necessary to remove any person from office.

Article X – Provisional Organization

The present constitutional committee, consisting of Daniel Hummingbird, Chairman, Ben Bird-chopper, Jim Pickup, J.B. Sixkiller, Jack Wolfe and John Ketcher, shall have the power to appoint officers and members of a council, known as the Provisional Council, who shall serve until the first election provided for in Article VII, or until their successors are duly elected and qualified. This Provisional Council shall have power to prescribe regulations for the conduct of the first election provided for in Article VII.

Article XI – Bill of Rights

Section 1. All members of the Band shall enjoy without hindrance freedom of worship, conscience, speech, press, assembly and association.

Section 2. This Constitution shall not in any way be construed to impair, abridge or otherwise jeopardize the rights and privileges of the members of this Band as citizens of the State of Oklahoma or of the United States.

Section 3. The individual vested property rights of any member of the Band shall not be impaired, abridged or otherwise affected by the provisions of this Constitution and By-laws without the consent of such individual member.

Article XII – Amendments

Amendments to this Constitution and attached By-laws may be proposed by a majority vote of the Council or by a petition of thirty (30) percent of the eligible voters of the Band filed with the Secretary of the Interior. Such amendment, if approved by the Secretary, shall be submitted by him to referendum vote of the eligible voter of the Band, and shall be effective if approved by a majority vote in an election in which at least thirty (30) percent of the eligible voters cast their ballots.

BY-LAWS OF THE KEETOOWAH BAND OF CHEROKEE INDIANS IN OKLAHOMA

Article I – Duties of Officers

Section 1. Chief. – The chief shall preside at all meetings of the Council and of the membership. He shall have general supervision of the affairs of the Council and shall perform all duties appertaining to the office of chairman. He shall have a right to

vote at Council meetings only in the case of a tie.

Section 2. Assistant Chief. – In the absence of the chief, the assistant chief shall perform the duties of that office. In case of vacancy, the assistant chief shall succeed at once to the office of the chief until such office may be regularly filled.

Section 3. Secretary. – The secretary shall perform his duties in pursuance to instructions of the Council. He shall keep an accurate account of all proceedings and official records of the Council and membership meetings. He shall be responsible for the prompt and efficient handling of all correspondence pertaining to the business of the Council. All official records of the secretary shall be open to inspection by the members of the Council, in the presence of the secretary. He shall keep a correct list of all members of the Council and of the Band membership, shall authenticate all accounts or orders of the Council and, in the absence of the chief and assistant chief shall call meetings to order until a chairman pro tem is elected. He shall render a written report at the annual council meeting and, at the expiration of his term of office, the records and all papers in his possession shall be delivered to his successor.

Section 4. Treasurer. – The treasurer shall be the custodian of all funds in possession of the Council from any source. He shall keep an accurate record of all such funds and shall disburse the same in accordance with the vote of the Council. He shall render a written report at the annual Council meeting and at such times that he is requested to do so by the Council. He shall keep all Band moneys entrusted to his care in a special account. At any time that such account shall amount to more than Fifty dollars (\$50.00), he shall file a bond satisfactory to the Council. The premium for such bond shall be paid for by the Band. At the expiration of his term of office, the records and all papers and funds in his possession shall be duly accounted for and delivered to his successor.

Article II – Qualifications of Officers and Council Members

Section 1. Any person elected or appointed to the offices of chief and assistant chief shall be not less than thirty-five years of age, a resident of the Old Cherokee Nation and a member of the United Keetoowah Band of Cherokee Indians in Oklahoma.

Section 2. Any person elected or appointed to the offices of secretary and treasurer shall be not less than twenty-one years of age, a resident of the Old Cherokee Nation and a member of the United Keetoowah Band of Cherokee Indians in Oklahoma.

Section 3. Any person elected or appointed to membership on the Council shall be not less than twenty-one years of age, a resident of the district he represents and a member of the United Keetoowah Band of Cherokee Indians in Oklahoma.

Section 4. Any person holding an elective office who removes from the territory or territories prescribed in this article shall automatically forfeit the office.

Article III – Meetings

Section 1. Regular meetings of the Council shall be held on the first Monday in September of each year unless otherwise provided by resolution of the Council.

Section 2. Special meetings of the Council may be called by the chief at his discretion and shall be called by him upon the written request of seven (7) members of the Council.

Section 3. All meetings of the Council shall be held at the headquarters of the organization, or at any other place within the Old Cherokee Nation as may be designated from time to time by the Council.

Section 4. Band membership meetings may be called by the chief at his discretion and shall be called by him upon the written request of seven (7) members of the Council, for the purpose of receiving reports and transacting any other business that may be referred to it by the Council, provided that at least ten (10) days' notice as to the time and place of the meeting and the purpose for which it is called is given to the membership of the Band.

Section 5. All meetings of the Council and of the Band shall be conducted under rules of procedure prescribed by the Council.

Article IV – Quorum

Seven (7) members of the Council shall constitute a quorum to transact business at any meeting.

Article V – Adoption

This Constitution and By-laws upon approval by the Secretary of the Interior shall be effective when ratified by a majority of the eligible voters of the Band, voting in an election called the by the Secretary of the Interior under the rules and regulations prescribed by him pursuant to Section 3 of the Oklahoma Indian Welfare Act of June 26, 1936 (49 Stat. 1967), provided that at least thirty (30) percent of the eligible voters cast their ballots in such election.

I, William E. Warne, the Assistant Secretary of the Interior of the United States of America, by virtue of the authority granted me by the Act of June 26, 1936 (49 Stat. 1967), do hereby approve the attached Constitution and By-laws of the United Keetoowah Band of Cherokee Indians in Oklahoma.

All officers and employees of the Interior Department are ordered to abide by the provisions of the said Constitution and By-laws.

Approval recommended: May 8, 1950.

D.S. Myer,
Commissioner of Indian Affairs.

William E. Warne,
Assistant Secretary of the Interior
Washington D.C., May 8, 1950.

Certification

Pursuant to an order approved May 8, 1950, by the Assistant Secretary of the Interior, the attached Constitution and By-laws was submitted for ratification to the members of the United Keetoowah Band of Cherokee Indians in Oklahoma and was on October 3, 1950, duly ratified by a vote of 1,414 for, and 1 against, in an election in which at least 30 percent of those entitled to vote cast their ballots, pursuant to Section 3 of the Oklahoma Indian Welfare Act of June 26, 1936 (49 Stat. 1967), and pursuant to the Act of August 10, 1946 (60 Stat. 976).

Jim Pickup,
Chief, United Keetoowah Band of Cherokee Indians in Oklahoma.

White Runabout,
Secretary, United Keetoowah Band of Cherokee Indians in Oklahoma.

W.O. Roberts,
Area Director, Muskogee Area Office.

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

United Keetoowah Band Hosts Leadership Tahlequah

The United Keetoowah Band of Cherokee Indians in Oklahoma hosted the 2012 Leadership Tahlequah class on Thursday, February 16 at the tribal complex.

Leadership Tahlequah is a program of the Tahlequah Area Chamber of Commerce with a mission to establish a leadership foundation for the future of the Tahlequah area. According to the Tahlequah Chamber website, "The health and prosperity of our community will be in the hands of those citizens who are committed to the common good, those who are dedicated to achieving a shared vision. We need leaders from all walks of life, with a wide variety of disciplines and backgrounds, who represent every component of our community."

Leadership Tahlequah began in 1996, with the first class meeting for four sessions starting in September 1997. Today, the class meets for ten sessions. Those sessions are: state government, county government, city government, history and tourism, utilities, health care, public schools, Cherokee Nation, Northeastern State University, United Keetoowah Band of Cherokee Indians, and Talking Leaves Job Corps.

"This is the fifth consecutive year the tribe has hosted Leadership Tahlequah," stated Marilyn Craig, UKB Media Specialist and Leadership 2011 graduate.

The event was hosted by Craig and UKB Intern Victoria Proctor. The group of twenty participants had lunch provided by the Title VI Nutrition Program in the Jim Proctor Elder Community Center.

They were welcomed by Assistant Chief Charles Locust and given an orientation of UKB programs and building projects by Executive Director of Tribal Operations Bryan Shade.

"The most popular part of the UKB Leadership Day has always been basket making by UKB Cultural Events Coordinator and the first UKB tradition keeper, Cindy Hair," said Craig. This year, Choogie Kingfisher, UKB Cultural Program Director co-presented the class.



Choogie Kingfisher, Culture and Language director, and Cindy Hair, cultural events coordinator, teach members of Tahlequah Leadership Class XVI how to weave baskets. Photo by Thomas Jordan

After completing the baskets, participants stopped by the Keetoowah Cherokee Casino for some free play before heading back to the Chamber for the day.

"The UKB is very community oriented and this is one of many Tahlequah events we participate in," said Craig. "It is great to work with an organization so dedicated to its tribal members, as well as being an active and vital part of the community."

Next month, the tribe will once again host another Tahlequah Area Chamber of Commerce program, "Legislative Focus". Legislative Focus features state senators and representatives from the area and gives attendees the opportunity to get information on current legislation and to ask questions of the legislators.



Josh Reasor, Tahlequah City Hospital, weaves a basket as part of Leadership Tahlequah Class XVI's time spent learning about the United Keetoowah Band. The Leadership Tahlequah program takes individuals from diverse backgrounds and educates them on the different types of entities that make up Tahlequah. Photo by Thomas Jordan



Captain Aaron Garrett, Tahlequah Fire Department, instructs Mickey Spears, Lighthorse director, how to use the UKB's fire truck while Brad Hale, Tahlequah Fire Department firefighter, watches. Photo by Thomas Jordan



Orange road signs warn motorists to watch for workers and road equipment while driving onto West Willis road as construction continues on a complete rebuild project. Photo by Thomas Jordan



Rolin Buckner, Lighthorse officer, mans the fire hydrant to refill the fire truck's water tank. Photo by Thomas Jordan

Tri Council logo contest

A Joint Council Meeting is being held July 13 between the United Keetoowah Band of Cherokee Indians in Oklahoma, the Eastern Band of Cherokee Indians and the Cherokee Nation of Oklahoma. This meeting is a first for all three tribes.

To commemorate this event, an art contest is being held to create a logo representing the Joint Council Meeting and all three Cherokee bands.

The theme of the contest is "Completing the Circle of Fire." The artwork is to comply with the theme and the winning artwork serving as the official logo for future Joint Council Meetings.

The reward for the winning artwork is a \$1,000 prize. The artist must be an enrolled member of one of the three Cherokee bands. The winner will be selected by a committee of representatives of the three Cherokee bands.

The deadline for entries is April 13. A copy of tribal enrollment should be attached to the entry.

Entries can be delivered to the UKB Tribal Media Department at the UKB tribal administration building, located at 2380 S. Muskogee Ave., Tahlequah, Okla.

Entries can also be submitted by mail to Kim Drywater, executive administrative assistant, at P.O. Box 746, Tahlequah, OK 74465.

For more information about the Joint Council Meeting art contest, call Kim Drywater at (918) 431-1818 or email her kdrywater@unitedkeetoowahband.org.

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

UKB Receives Third Award Letter for LIHEAP Funds for FY 2012

The United Keetoowah Band of Cherokee Indians in Oklahoma received a third award letter from the Department of Health and Human Services for LIHEAP funding for Fiscal Year 2012 on January 26.

The disbursement came as a complete, but welcome shock to the tribal administration as this is the second award in less than a month. The last allotment was awarded January 3.

“We can serve a lot more people and help the people who might have fallen through the cracks otherwise,” said Assistant Chief Charles Locust. “The tribe has limited general funds and money like this from the federal government helps us go the extra distance in serving our tribal members.”

The award is for \$70,079 bringing the tribe’s total allotment for the year to \$280,318. This is still short nearly \$200,000 from what the tribe was awarded last year.

For Fiscal Year 2011, the tribe expended \$410,775 in LIHEAP funds serving 2,032 tribal members. This averages to \$202.15 per tribal member assisted (note: this does not represent the actual amount each tribal member received in services). To keep the same level of service per member at this year’s allotment (and not taking into account the fund’s administrative costs) only 1,387 tribal members are eligible for LIHEAP assistance for Fiscal Year 2012.

Currently, tribal members who are eligible for assistance receive a maximum of \$200 per visit twice a year.

According to the U.S. Energy Information Administration, the average cost of propane for Jan. 25 is \$2.863 a gallon.

With a minimum delivery of 100 gallons of propane at many distributors, a LIHEAP disbursement to a tribal member does not cover the total cost of one propane delivery leaving the tribal member to make up the difference.

“We hope Congress continues to appropriate additional funds to LIHEAP so we can make sure all tribal members don’t have to worry about going cold this winter,” said Locust.

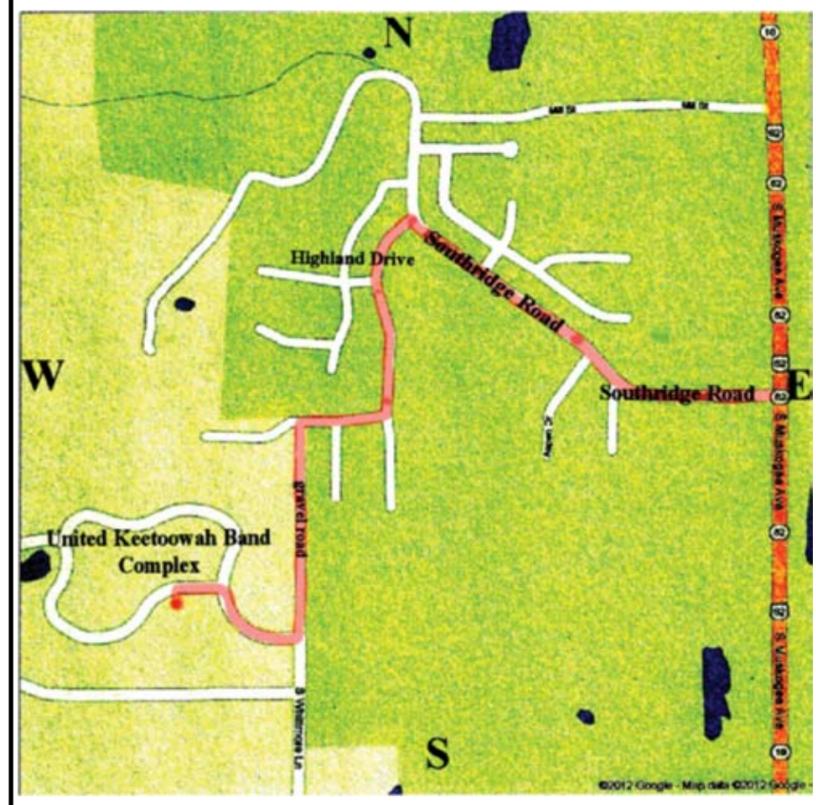
Alternate Route Recommended to UKB Tribal Complex

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.



Got Dumpsites? UKB May Help with Cleanup

The United Keetoowah Band of Cherokee Indians in Oklahoma is looking for unlawful dumpsites inside its 14-county jurisdiction.

The tribe’s Natural Resource Department is primarily looking for old trash piles behind homes, tires, garbage, furniture, etc. on UKB tribal members’ property.

The tribe has rehabilitated several dumpsites in the past with the largest being in Mayes County. This dumpsite was estimated to have contained 5,000 used tires, as well as household appliances and furniture, scrap metal, lawn equipment, glass, and household trash.

The clean-up was funded through the Environmental Protection Agency, so all possible materials were recycled in an effort to reduce the amount of solid waste that goes in landfills and preserve natural resources.

These sites, along with being an eyesore and a possible source of hazardous toxins entering the environment, can also serve as a breeding ground for disease-carrying mosquitos.

To report a dumpsite or for more information, call the Natural Resources Department at (918) 772-4382.

Veterans Benefits Information

The United Keetoowah Band Office of Veteran’s Affairs is dedicated to helping all veterans get their benefits and claims processed. The office of Veteran’s Affairs is headed up by UKB Veteran and three time Purple Heart recipient, Jacob Littledave and UKB Veteran Norman “Hominy Littledave.

Jacob is an Accredited Veteran’s Service Officer, one of only six Native Americans with that title. He is accredited from the state of Oklahoma and can access all your files and claims at the National Office of Veterans Affairs. He also serves as an advocate to present and/or help you present your case in court.

Jacob Littledave is available on Tuesdays, Wednesdays, and Thursdays from 1-5 p.m. Hominy Littledave is available Monday through Friday from 8:30 a.m. to 5 p.m. Their offices are located in the UKB Community Services Annex and they can be reached at (918) 456-8698.

Did you know?

- Veterans who are drawing service connected disability from the Veterans Administration may be eligible to also draw social security disability.
- There have been many changes and updates to the Agent Orange claims-
- Blue Water Veterans - concerning personnel of over 200 Navy and Coast Guard ships, for those who served between 1965 and 1974, if you delivered supplies and went off the ship, and if you were previously denied Agent Orange claims, you may want to re-file your claim, you may now be eligible for benefits.
- If you have a schematic heart condition, new case law was passed associating this condition with Agent Orange.
- If you are going to the hospital, and you are 100% service related disabled, and you are going for a non-service related condition, you may have a co-payment or there may be a claim filed on your insurance.
- If you are drawing social security or have a low income, you may be eligible for a non-service connected pension.
- If you have been getting veterans disability payments and they haven’t changed in a long time, you may be able to re-file and increase your benefits.
- You may be qualified for discounted park passes – seniors and disabled citizens are eligible to receive a America the Beautiful- the National Parks and Federal Recreational Lands Pass – the Interagency Senior Pass for age-related discounts or an Interagency Access Pass for disability-related discounts. These passes are issued by the National Park Service, the U.S. Fish and Wildlife Service, the U.S. Forest Service, the Bureau of Land Management, and the Bureau of Reclamation.
- Good news for qualified veterans – If you are in receipt of service connected disability benefits at the 100% rate:
 - you may be able to reduce or eliminate your property taxes
 - you may be exempt for paying excise taxes on the purchase of a new vehicle once within a three year period
 - you may be eligible for a sales tax exemption not to exceed \$25,000 per veteran per year.

To get assistance and/advice on any of these claims or issues, contact Jacob Littledave or Hominy Littledave at (918) 456-8698.

Keetoowah Cherokee Tag Agency has moved

The Keetoowah Cherokee Tag Agency has moved to the front of the Administration Building, (located north of the casino). It is located in the center offices where the Enrollment Office was previously located.



Renew your tag or register your vehicle by mail or in person. If you would like further information you may contact the UKB Tag Agency at (918) 456-3235 & fax number (918) 456-3394.

Keetoowah Cherokee Tag Agency, P.O. Box 746, Tahlequah, OK 74464. Office Hours: Monday – Friday, 8:30 a.m. – 5:00 p.m., 2nd Saturday of the month: 10 a.m. – 2 p.m.



A before and after photo of an illegal dumpsites poses a hazardous environment to communities and serves as a breeding ground for disease-carrying insects. Clean-up was funded through the Environmental Protection Agency.

Liz Carman: Keetoowah Cherokee Elder

Tucked back within a small community cul-de-sac on what is known as Tagg Flatts, among its many names, is a little white house with green trim and a red and white Ford pickup sitting in the front yard. Its only resident is Eliza J. Carman, Keetoowah Cherokee elder, known to her family and friends as Elizabeth or Liz.

At 86 years old, Liz has lived a long and full life. She now enjoys her time in her two bedroom house, watching her favorite TV shows like "Dr. Oz," the weather, nature shows and the "Antiques Roadshow" on OETA.



Liz Carman

But Liz has come a long way to enjoy where she is now. Most Cherokee elders begin their lives in small Indian communities, going to boarding or public schools, and working with their families.

Born Jan. 21, 1926, in Marble City to Willie and Mary (Mouse) Bark, Liz was the second of four children, born at home, and delivered by her grandmother Lizzie Holt.

Liz attended several schools during her childhood, all public. Being independent, she attended whatever grade she felt like being in. She said she repeated the second grade because she liked it, skipped the third grade, attended the fourth and then skipped the fifth grade.

In the seventh grade at age 17, Liz decided she should quit school because she thought she was too old to be attending anymore. But during her years as a student, she never got in trouble for speaking her Cherokee language, like many Indian children have in the past.

Learning English was difficult and she felt embarrassed when she had to speak it during lessons at school. Liz has always spoken Cherokee because it was all she knew. To this day, she is a fluent speaker, reader and writer of Cherokee. Many go to her for her expertise on the language.

During her 86 years, Liz has encountered many obstacles, miracles, and learned the meaning of obedience.

At age 5, she suffered her first tragedy by losing her home to a fire. The fire started when her father's shirt caught fire from a kerosene lamp. Only a few necessities were saved from the fire.

Her parents whooped and hollered for their neighbors to come help during the fire. Back then, when they hollered this way, it was automatically understood to come help your neighbors. It was like an alarm because no one had phones, bells or cars. This was known in Cherokee as sga-du-gi.

Sga-du-gi meant when a community came together to build or accomplish a task. When they had sga-du-gi, neighbors always helped out one another for free and the whole community pitched in, men, women and children. With the help of the neighbors, Liz's family had received a new home.

Liz labels herself as a hard worker, working for most of her life with her family. Her father and maternal grandfather were farmers, growing apples, peaches, and always had a big garden. Her mother and grandmother canned fruits and vegetables to last them all winter long. Her uncles and brothers were hunters, always hunting deer, rabbits and squirrels.

Her grandmother always cooked big on the weekends and invited many people to come eat and play marbles.

"She taught us how to be hospitable and feed your neighbors," said Liz.

To this day, when someone walks through her door, she always offers them something to eat, whether or not they had already eaten.

Liz said her family made money by cutting wood for railroad ties, fence posts and barrels. She even had to help out at the age of 12 by tying her grandfather's horse and mule to railroad ties and pulling them.

"I was a hard worker all my life," said Liz. "That's why I'm so short now, at 4 feet 11 inches tall. I was always carrying something on my back or shoulder, or carrying buckets of water."

Liz said she always did what was told of her, listening and obeying her parents and grandparents.

"I was always obedient to my elders," said Liz. "I always did whatever chores I was given. The Bible says you'll live longer if you obey your parents. That might be why I'm still here."

Liz was first married at the age of 37 to Hugh Carman. Though they never had children, she always wanted to adopt. Today, she acts as a mother figure to many of her nieces and nephews whose parents have already passed. Hugh passed in 1985 and she moved to Tagg Flatts in 1987.

As for her beliefs, Liz started going to stomp dances with her family when they lived in Marble City. But after moving to Sid, she and her family began to attend church. They became members at Tyio Church, but later moved their membership to Steeley Baptist Church.

"It is a good way to live," said Liz. "The Lord has been good to me and taken care of me all my life and I thank him. I always look to him for everything and when I leave this world, I look forward to going home to a better place. It will be a happy day for me."

Liz said what is important in her life is to be healthy. She also would like to see the younger generation keep up traditions and values of the Keetoowah Cherokee culture, especially the language.

Her time is filled with things she loves doing, such as cooking, quilting, reading her Bible daily, getting back to gardening and sometimes fishing. Many people hope to see her keep thriving and let her life be a lesson for others on how to live.

By Lindsey Bark
UKB Intern

Skylar Kihega Signs Letter of Intent

UKB youth, Skylar Kihega, 17, of Claremore, recently signed a letter of intent to play football with Southwestern College in Winfield, Kansas. Skylar currently attends Claremore Sequoyah, where he is a senior.

He plays offensive tackle. The young Keetoowah Cherokee has been playing football since he was eight years old. He is a four year letterman at Sequoyah.

His hobbies include hanging out with friends, playing video games and being with family. He future plans after college includes becoming a teacher and coach.

Skylar is the son of Darren Kihega and Leona McKay. His grandparents are Nancy Kihega and the late Tom Sands and Nancy Reese Sands.



Skylar Kihega

Sequoyah Hoops

The Sequoyah Indians and Lady Indians headed into the Class 3A regional tournament with state playoffs on their minds.

A 44-37 loss to No. 11 Hugo during the regional tournament at Wilburton High School dashed all hopes of a championship year for the Indians.

This was the second loss for the Indians with Coalgate defeating them 71-59 two days earlier.

Jay Herrin, Sequoyah coach, said they lost to a good team who had a really good defense.

The Lady Indians fared somewhat better even though they lost to Kansas 50-44 at Wilburton knocking them out of the winners' bracket.

They battled Keys to a 48-43 win at Ft. Gibson Thursday afternoon in the consolation bracket, which placed them facing Wilburton Friday afternoon. Try as they might, the Lady Indian season ended by one point. Wilburton scrapped a 40-39 win taking them, and not Sequoyah, to the next round.



Sequoyah (Tahlequah) Indians boys team took to the floor during the Class 3A Boys Basketball Championship Series in Wilburton, OK. The Sequoyah boy's team was defeated by Hugo Buffaloes ending a successful season for the Sequoyah Indians. Photo by Robert Whitekiller



Sequoyah Lady Indians came up short losing to Wilburton girl's 40-39 during the Class 3A Girls Basketball Championship Series in Fort Gibson. Photo by Robert Whitekiller

United Keetoowah Title VI Nutrition Menu March 2012

TITLE VI-JIM PROCTOR ELDER NUTRITION CENTER—55+ UKB or CDB CARD, SPOUSES & OR VOLUNTEERS							
Sun		Mon	Tue	Wed	Thu	Fri	Sat
"UKB Closing" Increment weather policy: When Tahlequah Public Schools are Closed		Moms are subject to change without notice. For more info call: 918.772.4350 or 918.772.4378	Milk, Tea, Coffee & Water Served Daily During Lunch		1 White Beans w/ Bacon, Greens Grilled Potatoes Cornbread Salad & Dessert	2 Brunch Served From 10:30-12:00	3 CLOSED
4	CLOSED	5 Smothered Pork Chops w/Rice Baby Carrots Buttered Wheat Roll Salad & Dessert	6 Chicken & Dumplings Grilled Veggies Biscuits Salad & Fresh Fruit	7 Baked Potato w/ fixings Broccoli Texas Toast Salad & Dessert	8 Breaded Fish Fillet Tatar Potatoes Buttered Corn Hushpuppies Salad & Dessert	9 Brunch Served From 10:30-12:00	10 CLOSED
11	CLOSED Spring Forwunt	12 Spaghetti w/Meat Sauce, Green Beans Garlic Toast Salad & Dessert	13 Beef Tips w/B. Gravy, Rice Mixed Vegetables Biscuits Salad & Fresh Fruit	14 Brown Beans w/ Ham, Greens Oven Fried Potatoes Cornbread Salad & Dessert	15 Liver & Onions Potatoes w/B. Gravy Broccoli Hot Roll Salad & Dessert	16 Brunch Served From 10:30-12:00	17 CLOSED Happy St. Patrick's Day
18	CLOSED	19 BBQ Smokies Corn on Cob Pork & Beans Texas Toast Salad & Dessert	20 Roast Beef w/ Gravy, Potatoes Carrots Wheat Roll Salad & Fresh Fruit	21 Chicken Fajitas over Rice, Chile Beans, Mexican Corn, Tortilla Salad & Dessert	22 Baked Potato Soup, Ham/Cheese Sandwich Crackers Salad & Dessert	23 Brunch Served From 10:30-12:00	24 CLOSED
25	CLOSED	26 Chicken Fried Steak, Mashed Potato/Gravy, Roll Baked Y. Squash Salad & Dessert	27 Homemade Chile Hammy, Crackers Cheese Slick Corn Muffins Salad & Fresh Fruit	28 Chicken Cordon Bleu, Garlic Potatoes Fried Zucchini Breadstick Salad & Dessert	29 Cultural Foods March Birthdays	30 Closed Cleaning Day	31 CLOSED

NUTRITION ANALYSIS INCLUDES 2% MILK, EACH MEAL MEETS 1/3 OF THE RECOMMENDED RDA REQUIREMENTS

UKB Regular January Council Meeting Minutes

UKB Regular Monthly Council Meeting
At the UKB Community Services Building
January 14, 2012
10:03 a.m. – 12:33 p.m.

I. Call to order by Chief George Wickliffe

II. Invocation: Jerry Hansen

III. Roll Call: 11 + Chief answered Roll Call; Sacks absent at call

IV. Chief's Address

- We will begin with some comments I would like to make at this time. We cannot tolerate any kind of publicity in the papers, especially when our elderly are involved. We protect our elders and our children. Sometimes because of the nature of the job it can lead to automatic suspension or termination. We have signs along the highway against elder and child abuse. We must protect them.

- We have many elders who receive assistance from the government. Generally that unearned income does not meet the needs for the month. In that instance they are priority at the first of each month for assistance from our Human Services Department. We are going to do our best to meet the needs of all tribal members with the LIHEAP funds to help during the winter.

- Bryan Shade: stated the program received additional funds this week which will support the program. The statement of cutting the rick of wood count to four (4) ricks for heat is false. Five (5) ricks is still valid at this time.

- Chief Wickliffe: It would appear Congress is playing politics with the needs of people as they shuffle the budget cuts. A grant for Lighthouse has been submitted. We can use the funds to help with covering the 14 counties for the Lighthouse. Lighthouse is submitting activity reports on all areas they are covering and action if any in that area.

- It has been noted there has been gang activity here and there up in some areas. People are appreciative of the patrolling of the Lighthouse. Toward the Tulsa area you deal with a large population and to receive a few more grants would help greatly with Lighthouse. You only respond if called upon. Do not interfere. Anyway I have a document here on the Gaming Commission from Joe Bunch. It is for three (3) items; (1) – Fill vacant seat on Gaming Commission, (2) – Reinstatement and confirm Gaming Commissioners and (3) – Approve membership to National Indian Gaming Association (NIGA).

We will vote on these after my address. Now we have had the Ad-Hoc Committee established about almost a year now, but are waiting for a criteria from Artman. This committee sets up the opportunity for a member who has relinquished to present his/her reasons for relinquishing and ask to rejoin the UKB. We do not want to even think about a removal like the "Trail of Tears" to ever happen again. No more greed. In 1849 we were finally given an opportunity to talk to someone in the Department of the Interior. We showed up with the constitution in 1859. Word was out that we were going to be forced into land allotment. The Indian Termination Act took place in 1889 then the Dawes Commission was established. We were guaranteed a lot of things from the several "Acts" that have been established within the 1800s. Smoke shops were a source for the people. We are survivors and we are strong people moving forward with progress is our nature.

Our 76 acres has a time appeal window and should end by February 11, 2012. As of right now all looks very bright for the UKB. So I just wanted to comment on all ventures we are looking forward to in our future. 1889 amendments continue on today. 1889 Constitution states the part history and also is part of our works going on today in our business with the support of the Corporate Charter.

Locust: stated a project outlook with the

2000 acre location in South Carolina at Myrtle Beach was in the works. A proposal that will be further discussed. He stated it is estimated to be a 2-3 year project.

Girty: What are we putting into this project? No one just gives you something like this and says, "here put your name on this, its all yours."

Dianne Barker-Harrod: stated this is the first we have had in investor that doesn't want us to invest. The proceeds would pay back the overhead. A business venture like this, for example, would be like the Eastern Band and Harrah Casino in North Carolina.

Chief Wickliffe: Okay I will conclude on the comments I made earlier in reference to possibly returning back to the tribe on a one time basis, no more.

Holcomb: How will these be determined by the Ad-Hoc Committee?

Chief Wickliffe: stated by review; it will not be easy. These people must have burden of proof. The Ad-Hoc Committee has been established from 2011-2013. Also we need to activate the Election Board due to this 2012 being an election year. I would recommend Norma Jimerson be placed in the vacancy of chairman on the Election Board and have this recommendation on the February agenda. I would now like to go to the nomination of the Gaming Commission for the approval of membership to the National Indian Gaming Association (NIGA) and to make Charles Locust a delegate and Joe Bunch an alternate.

MOTION by Cliff Wofford to approve membership into the National Indian Gaming Association (NIGA) with Charles Locust as a delegate and Joe Bunch as alternate.; SECONDED by Charles Smoke; VOTE: 11 Yes, 0 No and 0 Abstention (Sacks absent).

MOTION by Charles Locust to approve the Ad-Hoc Committee members Norma Jimerson, Ella Mae Worley, Tom Duncan, Jerry Henson and Joyce Hawk as chair with Peggy Girty as an alternate; SECONDED by Charles Smoke; VOTE: 11 Yes, 0 No and 0 Abstention (Sacks absent).

MOTION by Charles Locust to re-appoint Joe Bunch as Chairman and Danny McCarter as Vice Chairman of the Gaming Commission; SECONDED by Charles Smoke; VOTE: 11 Yes, 0 No and 0 Abstention (Sacks absent).

MOTION by Charles Locust to appoint Jerry Henson to the Gaming Commission; SECONDED by Charles Smoke; VOTE: 11 Yes, 0 No and 0 Abstention (Sacks absent).

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

MOTION by Cliff Wofford to approve the Regular Council minutes of November 2011; SECONDED by Jerry Hansen; VOTE: 11 Yes, 0 No, 0 Abstentions (Sacks absent).

VI. Presentations

1. Bryan Shade: requested to enter into Executive Session at the end of the meeting regarding Housing issues before adjourning the meeting.

2. Dotson: stated members located in Nicut are in need of assistance. It was stated someone would look into the problem. Barry asked if we (UKB) may be able to assist.

3. Chief Wickliffe: Barry, give us names and we will look into the situation further.

4. Smoke: I have noticed on the veterans report Mr. Littledave is resigning due to health reasons. Could we possibly help in any way?

5. Bryan Shade: I will speak to him and look into a way to help him on his situation. He has helped many veterans and I hate to see him unable to provide further assistance due to his disability.

VII. Reports to Council

1. Enrollment Report: Joyce Hawk

MOTION by Cliff Wofford to accept and approve 22 new applicants for UKB tribal enrollment; SECONDED by Willie Christie; VOTE: 11 Yes, 0 No, 0 Abstentions (Sacks absent).

MOTION by Cliff Wofford to acknowledge and honor 10 membership relinquishments from UKB tribal enrollment; SECONDED by Willie Christie; VOTE: 11 Yes, 0 No, 0 Abstentions (Sacks absent).

NOTE: Winter Elder Assistance was provided for approximately 984 elders for the Winter 2011 distribution.

VIII. Public Forum – No signatures

Sammy Still: mentioned there is a committee being formed (UKB – Eastern Band – Cherokee Nation of Oklahoma) that will need a resolution from Council.

Locust: Bryan Shade has been in discussion with the (UKB – Eastern Band – Cherokee Nation of Oklahoma) committee regarding celebration week hosted by the Eastern Band. We will have more information at a later date.

Dotson: If we are going to be working with CNO one issue I'd like to address is dual membership and take a more in-depth look at the issue.

Locust: Mr. Baker and others may have to form a committee addressing this dual membership issue. We can also address this issue.

IX. Unfinished Business

Proceed with gathering criteria for Ad-Hoc Committee and set a date to begin meeting.

X. New Business –

1. S.E.D.S. Project – Georgia Dick
 MOTION by Ella Mae Worley to approve the submission of a grant application to the current grant competition period due January 31, 2012 to the Administration of Native Americans Social and Economic Development Strategies for a Health & Wellness Project in the amount of \$320,000.00; SECONDED by Charles Locust; VOTE: 11 Yes, 0 No, 0 Abstentions (Sacks absent).

XI. Announcements –

Robert Whitekiller: stated the elders took a special trip to Golden Corral.

MOTION by Willie Christie to enter into Executive Session with legal present: Time: 11:45 AM; SECONDED by Charles Smoke; VOTE: 11 Yes, 0 No, 0 Abstentions (Sacks absent).

MOTION by Tom Duncan to exit from Executive Session and return to Regular Council meeting; Time: 12:27 PM; SECONDED by Willie Christie; VOTE: 11 Yes, 0 No, 0 Abstentions (Sacks absent).

MOTION by Charles Locust to acknowledge that the Tribal Council for the United Keetoowah Band of Cherokee Indians in Oklahoma is the designated entity for operations and oversight of the UKB Housing Department and its committee since the UKB Housing Department is not a separate entity from the tribe and in that official capacity, the Council hereby approves the only remaining home ownership applicant from 2005 to receive a home currently owned by the UKB Housing Department at no cost or indebtedness to the applicant; the name of this individual shall be confidential for a public note but was revealed in the discussions during the Executive Session; the name of this individual can be found in the official records of the UKB Housing Department; SECONDED by Tom Duncan; VOTE: 11 Yes, 0 No, 0 Abstentions (Sacks absent).

XII. Benediction: Tom Duncan

XIII. Adjourn:

MOTION by Charles Locust; SECONDED by Charles Smoke; Approve by affirmation: 12:33 PM



Kenwood Lady Indians placed 2nd bringing home the Silver Ball after losing to the Stidham girls 38-34 during the ORES State Finals held at Seminole State College. Pictured are the Lady Indians, front row, left to right, Courtney Proctor, Alyssa Cardenas, Ashley Pettit, Kamryn Binam, and Teri Leaf. Back row, left to right, Manay McCarter, Caleigh Smith, Kristen Wachoche, Callie Jumper, Mikayla Budds, Marisa Richards, and Coach Miguel Ortiz.



The Kenwood Indian boys' basketball team traveled to Shawnee for the ORES State Finals and were defeated by Cleora Cardinals in the first round. Pictured are, front row, Ysidrio Cardenas, C. J. Raper, Tyer Panther, Bobby Cade, Brayden Littledave, and Austyn Livers. Back row, left to right, Coach Miguel Ortiz, Brendan Tsosie, Logan Littledave, Edward Proctor, Mason Vann, Isaish Sapp, and T. J. Dry.

How Your Diet Affects Diabetes and Tips for Healthy Eating for Everyone

This is part II in a series about Diabetes. The first article ran in the February issue of the Gaduwa Cherokee News. It addressed types of diabetes, symptoms of diabetes, calculating your body mass index (BMI) and plans the UKB Health Committee have for the future to address this issue in the communities.

This article will talk about how your diet affects diabetes and healthy eating. Next month, we will address the importance of exercise and ways to get you and your family more active.

If you have diabetes symptoms or have been diagnosed with diabetes, it is vital that you see your doctor on a regular basis. Most tribal members go to Indian Health Services hospitals or clinics, and there are many resources available to you to treat and manage your illness. Your doctor will refer you to a dietician, and it is very important that you keep the appointment and continue to improve your eating and exercise habits.

This article offers some tips and guidelines about healthy eating, but it should not be used in place of a one on one appointment (or series of appointments) with a registered dietician.

There are three types of diabetes – Type I diabetes, Type II diabetes and gestational diabetes. Type I diabetes, or insulin dependent diabetes usually appears abruptly in childhood or young adulthood. People with Type I diabetes always require insulin (extracted from the pancreas of animals). Type II diabetes can often be controlled by diet and/or oral medications. Some with Type II diabetes must use insulin when neither diet nor oral medication is sufficient to control diabetes. Gestational diabetes is when pregnant women, who have never had diabetes have a high blood

glucose level during pregnancy.

How your Diet Affects Diabetes

Many of those who develop diabetes after age 40 can help control it by eating a proper diet. Many adults with diabetes are overweight and must control their weight to minimize the effects of diabetes. The diabetic's diet is well balanced and can be followed by the rest of the family. Food intake is carefully balanced to avoid too much of any one type of food. Meals are eaten on a regular schedule.

Everyone should eat a variety of nutrient rich foods. We need more than 40 different nutrients for good health, and no single food supplies them all.

Tips on Healthy Eating

- Eat lots of vegetables and fruits. Try picking from the rainbow of colors available to maximize variety. Fresh and frozen contain the most nutrients.
- Eat non-starch vegetables such as spinach, carrots, broccoli or green beans with meals.
- Choose whole grain foods over processed grain products. Try brown rice with your stir fry or whole wheat spaghetti with your favorite pasta sauce. Choose whole grain bread and cereals.
- Include dried beans (like pinto or kidney) and lentils in your meals.
- Include grilled or baked fish in your meals 2-3 times per week.
- Choose lean meats like cuts of beef and pork that end in "loin" such as pork loin and sirloin. Remove the skin from chicken and turkey. Limit your beef consumption to once or twice per week. Bake, broil or grill your meat.

- Eat three ounce servings of meat, poultry and fish – about the size of a deck of cards.
- Choose non-fat or low fat dairy such as skim or 2% milk, cheese, cottage cheese and yogurt.
- Choose water and calorie-free drinks instead of regular soda, fruit punch, sweet tea and other sugar sweetened drinks
- Choose liquid oils (canola and olive oil) for cooking instead of solid fats (lard) that can be high in trans fats. Remember that fats are high in calories.
- Eat small portions of heart healthy fats such as nuts, seeds, and vegetable oils.
- Eat fresh fruit for dessert and cut back on snack foods, cakes, cookies, candy, pies and full-fat ice cream.
- Eating too much of even healthful foods can lead to weight gain. Watch your portion sizes.
- Eat regular meals. Skipping meals can lead to out-of-control hunger, often resulting in overeating. When you're very hungry, it's also tempting to forget about good nutrition. Snacking between meals can help curb hunger, but don't eat so much that your snack becomes an entire meal.

It is helpful to know your diet pitfalls. To improve your eating habits, you first have to know what's wrong with them. Write down everything you eat for three days. Then check your list according to the tips listed earlier in the article. Do you add a lot of butter, creamy sauces or salad dressings? Rather than eliminating these foods, just cut back your portions. Are you getting enough fruits and vegetables? If not, you may be missing out on vital nutrients.

Make changes gradually. Just as there are no "miracle foods" or easy answers to a healthy diet, don't expect to totally revamp your eating habits overnight. Changing too much, too fast can get in the way of success. Begin to remedy excesses or deficiencies with modest changes that can add up to positive, lifelong eating habits.

By Marilyn Craig
UKB Media Specialist

Resources: International Food Information Council Foundation
National Diabetes Education Program
The American Diabetes Association

Annual UKB Easter Egg Hunt

When: Saturday, March 31
Where: UKB Celebration
Grounds
Time: 1 PM

Ages 0-12



Lots of candy and prizes!

Pictures with the Easter Bunny!

UKB March 2012 Calendar of Council, District and Special Meetings

- March 3** UKB Regular Council Meeting
UKB Community Services Bldg, 10 a.m.
- March 8** Illinois District Meeting
Vian Satellite Office, 6:30 p.m.
- March 8** Sequoyah District Meeting
Sallisaw Satellite Office, 5:30 p.m.
- March 9** Tahlequah District Meeting
Keener Church, Lost City, 6 p.m.
- March 13** Saline District Meeting
Kenwood Community Building, 7 p.m.
- March 15** Goingsnake/Flint District Meeting
Stilwell Satellite Office, 6 p.m.

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