WICHITA AND AFFILIATED TRIBES

NEWSLETTER
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Terms Expire 07/2016

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President's Report

I hope you all enjoyed the new year. It's a New Year and time to get busy on new things. This newsletter contains the quarterly reports for the programs. The Commission quarterly reports will be in February's newsletter. We have a lot of things going on. I will briefly tell you about a few.

Dance Building

Renovations on the Dance Building will begin in February. We are very excited about making the building usable again. When we budgeted, we budgeted only as an estimate on what we would want to spend. We did increase the budget. The increase will address safety issues and make the building more of what we want to provide for our people. The building will be used by our membership for various activities. I will provide more on the final cost once our agreement regarding inspections is completed.

Language Class

On February 9, 2014, Language classes will begin for those ages 5-17. The classes will be held for 9 Sundays from 3:00 p.m. to 4:30 p.m. in the Museum/Library of the Administration Building. The focus will be on the Language Fair to be held April 7-8, 2014. Children will be required to work on language projects that may include posters, books, songs, essays, etc. We will also incorporate something new that I hadn't done before when I did the classes several years ago and that will be the addition of Wichita hymns and some history. I will be instructing the class with the help of Doris McLemore and Gary McAdams. Parents interested in signing up their children may pick up an application at the front desk of the Administration Building. There will initially be a limit of 20 children but we will try to accommodate as many as are really interested. We want all children to know that they are Wichita and have a connection to their Tribe.

Demographic Survey

We will be working on getting out a Demographic Survey over the next month. We strongly encourage you to complete the survey and return it. This will assist us when we apply for grants and look at job creation.

Information & Discussion Meeting for Referendum Election

On Saturday, February 22, 2014, the Wichita and Affiliated Tribes will host a session for information and discussion on the Referendum Election, regarding proposed changes to the Governing Resolution, to be held on July 19, 2014. Enrolled Tribal Members are encouraged to attend and provide input and ask questions about the proposed language. The meeting will begin at 10:00 a.m. and will be held at the AoA Building at the Wichita Tribal Complex. You may pick up a copy of the amendments that were previously proposed at the Administration Building, access them on the website or pick up a copy at the meeting. No official actions will be taken. It is discussion only. We will take all comments regarding the proposed changes under consideration. This is also an opportunity for you to discuss why you think the major changes are important such as blood quantum and absentee voting. Please make plans to attend.

Conclusion

We continue to move forward. Continue to pray for our leadership, our people, and the things that we have planned for the new year. God bless each of you!

Special Diabetes, Grant Writer, ICDBG Reports

SPECIAL DIABETES PROGRAM

Quarterly Activity Summary
October 1-December 31, 2013
Submitted by: Terri Anquoe, SDPI Coordinator

CLIENT SERVICES:

⇒ Transportation	12
⇒ Diabetes Supplies	68
⇒ Diabetes Education	21
⇒ Exercise Instruction	24
⇒ Diabetic Shoe Assistance	5
⇒ Denture Assistance	2

DIABETES AND HEALTH EVENTS:

⇒ Power-Up Youth Camp	16
⇒ Nutrition Presentation at Breast Cancer Awareness	51
⇒ Diabetes Education Sessions	32
⇒ Employee Walk For Diabetes Awareness	28
⇒ Diabetes Awareness	
⇒ I.H.S Presentation to Employees on Stress	8

TRAININGS:

⇒ Diabetes Care in High-Risk Population at Arlington, VA October 21-22, 2013

PARTNERSHIP MEETINGS:

⇒ Native Youth Preventing Diabetes	2
⇒ Anadarko Indian Health Clinic/Diabetes	3
⇒ Lawton Indian Health Service/Diabetes	2
⇒ Believing in Native Girls	2
⇒ FitKids Coalition	3
⇒ Oklahoma Diabetes Professionals Update	1
⇒ TurningPoint	1

Wichita Tribe Certified as a Healthy Business

In January 2014, the Wichita and Affiliated Tribes was certified as a Healthy Business with Merit by the Oklahoma State Department of Health. This is a program of the Shape Your Future campaign. The certification included various questions about the health activities and benefits that the Tribe provides to its employees such as health insurance benefits, exercise facility, activities promoting health such as walks, and various other activities. Terri Anquoe, Special Diabetes Program Coordinator, brought this idea to the Wichita Executive Committee and the Committee approved the submission of the application. Ms. Anquoe submitted the application. President Parton and Ms. Anquoe will attend an awards luncheon in February. Thanks to Ms. Anquoe for her stepping up and doing something new with her program. We hope to continue to offer healthy activities for our employees, Tribal members and the community.

Grant Writer

Quarterly Report
October 1–December 31, 2013
Submitted by: Charles Clark, Grant Writer

Grants: Submitted, 1 "Bright Smiles Today and Tomorrow" A Youth Oral Health Outreach Project For the Special Diabetes Program, amount $2,000, due date 1/3/14, submitted 1/2/14
Worked on but not submitted, 1 Youth Sports to Notah Begay III Foundation

Training & Education: Attended, 1 One-day Corps of Engineers Grants Workshop Dec. 12 Lawton

Significant Contacts for Funding Support: 8 The Anadarko Daily News publishers Great Plains Technology Center Fort Sill Apache Industries Notah Begay III Foundation, Colgate Crest-Oral B Oklahoma City Area Inter-Tribal Health Board, Comanche Nation Family Assistance Center

Tribal Activities Participation: Assisted with 3 Newsletter mail outs, Diabetes Walk and Elder Center Survey

Dates to Remember

February 1, 2014
Wichita Child Development Center Open House
February 12, 2014
Deadline for Valentine Orders-Employee Committee
February 13, 2014
Job Application & Resume Preparation-TERO Program
February 27, 2014
Job Fair-TERO Program-Iscani Gym

Indian Community Development Block Grant

Submitted by: Gerald Collins, Temporary ICDBG Director

The Tribal HUD-ICDBG program is preparing to compete once again for the funds made available to Indian Tribes in the Southern Plains Region located at the Office of Native American Programs (SPONAP) in Oklahoma City. The Notice of Funds Availability (NOFA) has not been published for Fiscal Year 2014, however we anticipate notification no later than March 31, 2014. The estimated notification is based upon last year's time frame which had a due date for applications on March 19, 2013. Current on-going activities for the ICDBG program include: Assessment and changes to the previous years application for the Wichita Historical Center project, Development of Citizen Participation Meetings, Discussions on Tribal surveys, and continuous dialogue with the Tribal Executive Committee and the HUD-ICDBG office.

Education Programs & Maintenance

Education Programs

4th Quarter Report
October – December 2013
Submitted by: Yolanda Walker, Director

Please contact our office for further information regarding any of the Education Programs. Applications and documents must be submitted and reviewed before assistance is granted. Some programs operate within a service area. All program assistance is based on the availability of funds.

Higher Education (College)
The program provides assistance for tuition/book costs for students working toward an Associate or Bachelors Degree.

Application Deadline:
April 1 – Summer 2014 semester*
July 1 - Fall 2014/Spring 2015 semesters
November 1 - Spring 2015 semester only
**College seniors receive priority and other requests are based on funding.*

Job Placement and Training
The program provides a daily stipend to attend vocational training. Training is one-time assistance, not exceeding twenty-four (24) months.

Direct Employment Assistance
This program offers one-time assistance to tribal members who have obtained full-time, permanent employment. The assistance may include stipend, uniform, utility deposits, or rent.

Adult Education
This program is for short-term certifications, re-certifications, or additional training needed for current employment.

GED Preparation
This program is for students seeking to obtain their General Education Diploma. The program will pay for GED enrollment fees and GED test fees. The Education office also has Free GED practice booklets available.

Johnson O'Malley
The Wichita and Affiliated Tribes contracts the Johnson O'Malley Program for Gracemont Public School, Gracemont, Oklahoma. Assistance Provided: Tutoring, School Supplies, Backpacks, Senior Cap & Gown Fee, Athletic Shoes, ACT Test Fees, Field Trip, Honor Dance, and Incentives.

Motor Fuels Tax Revenue-FY 2014
College and Job Placement and Training grant assistance.
*Incentive-College Graduation, High School Graduation, and GED Diploma.

Tribal Funded Assistance/Incentive Program (Grades 6th -12th)
Senior Cap & Gown and ACT Test Fee assistance.
*Incentive-Honor Roll; given at the end of the academic school year.

Casino Allocation Funds
College grant assistance for graduate, undergraduate, and part-time students, and other miscellaneous courses.

6 - College Graduate Students
59 - College Undergraduate Students
8 - Job Placement & Training Students
6 - Direct Employment Assistance (JP&T)
8 - Adult Education
44 - Johnson O'Malley

Maintenance

Quarterly Report
October 1-December 31, 2013
Submitted by: Aldelzon Saldana, Maintenance Supervisor

Duties: Work orders have been performed and completed on a day to day basis. We have moved employees to different buildings and have helped set up their new work areas. When we have work orders we do our best to complete all requests in a timely manner. There are times we have to prioritize requests, therefore, some work orders are put on hold but are eventually completed.

Changes: I have three new maintenance workers that are still in their 90-day probationary period. So far, all three have been a good addition to the maintenance program. Each maintenance worker has been informed of daily expectations and are reminded when duties need to be completed. As maintenance supervisor, I work closely with each of the men so that they can understand that no matter what title we hold I am still equally responsible for daily duties that have to be carried out for a full functioning tribal facility.

Goals: I have several goals that I will eventually meet in the near future. The goals are as follows: firewood location, Caddo Electric fixing the lighting on our grounds, establishing a burn pit location, flood control, hopefully have uniform tops for maintenance, and as always keep the maintenance of the Tribe functioning. We are also going to be starting the elders lawn program in the spring. We will hire a couple of temporary employees specifically for this program. Each one of the goals that we have in the maintenance department is attainable with a lot of time and effort and I feel confident that we, as a team, will complete each goal.

Wichita's Doing Great Things

Wichita Tribal Enterprises Donates to Anadarko Football State Ring Purchase

The Anadarko Warriors were hard at it again this year. The Warriors won the 2013 OSSAA Football 4A State Championship on December 14, 2013 against Poteau. The championship game was played at Boone Pickens Stadium in Stillwater. On Monday, January 13, 2014, S. Robert White, Jr., President/CEO, of Wichita Tribal Enterprises, LLC presented Coach Kent Jackson with a check for $3,000 to go towards the purchase of rings for the football players. Wichita Tribal Enterprises, LLC is a business enterprise of the Wichita and Affiliated Tribes. There were nine Wichita players throughout the year. Seven of the Wichita boys on the team posed with the Wichita Executive Committee for a picture. Those players posing with the Wichita Executive Committee include Tarron Willhoite, Sylvester Luther, Hunner Hokeah, Traymayne Wauahdooah, Nacho Gallegos, Julius Jones and Jarred Wheeler. Coach Jackson and Coach Paddlety also joined in the picture.

Anadarko Industries Announces Wichita Summer Intern Program

Anadarko Industries (AI) is putting together a summer intern program that will be specifically set-aside for Wichita Tribal members. This will be an 8-week program scheduled between June and August for a Wichita student who is in at least their 3rd year of college. The student will spend eight weeks at AI's corporate office in Houston, TX. The first half of the program will allow the student to observe and participate in all areas of the business from new business development to proposal submittals to contract operations. The second half of the program will allow the student to work more in depth in a specialized area based on his or her background and current AI activities. For example, an intern might help with market research, proposal development, financial reporting, mid-year company performance review, or assist with a specific NASA contract. If timing allows, each intern will also have an opportunity to present the company's annual report at the Wichita annual meeting that is typically held in July.

Stay tuned for more details in the near future. However, if you have an interest in being considered for this program, please contact Kenn Hall (khall@anadarko-industries.com), AI's Vice President of Operations. Include a resume, a letter explaining why you wish to be considered for the program with an overview of your career goals and objectives, and a copy of your college transcript or report cards.

Financial Statements-Ending 12/31/2013

ACCOUNTANTS' COMPILATION REPORT

Wichita and Affiliated Tribes
Anadarko, Oklahoma

We have compiled the accompanying balance sheet – Governmental Funds of the Wichita and Affiliated Tribes as of December 31, 2013, and the related statement of revenues, expenditures and changes in fund balance – Governmental Funds for the fiscal period to date ended December 31, 2013, and the budget to actual expenditures comparison of Tribal Funded Programs, other general funds, and special revenues fund for the period ending December 31, 2013, and the accompanying supplementary schedules listed on the table of contents for the period ending December 31, 2013, which are presented only for supplementary analysis purposes. We have not audited or reviewed the accompanying financial statements and supplementary schedules and, accordingly, do not express an opinion or provide any assurance about whether the financial statements and supplementary schedules are in accordance with accounting principles generally accepted in the United States.

Management is responsible for the preparation and fair presentation of the financial statements and supplementary schedules in accordance with accounting principles generally accepted in the United States and for designing, implementing, and maintaining internal control relevant to the preparation and fair presentation of the financial statements and supplementary schedules.

Our responsibility is to conduct the compilation in accordance with Statements on Standards for Accounting and Review Services issued by the American Institute of Certified Public Accountants. The objective of a compilation is to assist management in presenting financial information in the form of financial statements and supplementary schedules without undertaking to obtain or provide any assurance that there are no material modifications that should be made to the financial statements or supplementary schedules. During our compilation, we did become aware of a departure from accounting principles generally accepted in the United States that is described in the following paragraph.

The financial statements and supplementary schedules do not present governmental fund balances based on the appropriate level of constraints imposed upon the use of funds in accordance with accounting principles generally accepted in the United States. Accounting principles generally accepted in the United States require governmental fund balances to be classified in a hierarchy based primarily on the extent to which a government is bound to observe constraints imposed upon the use of the resources reported in governmental funds. The effects of this departure from accounting principles generally accepted in the United States on these financial statements and supplementary schedules have not been determined.

Management has elected to omit substantially all of the disclosures required by accounting principles generally accepted in the United States. If the omitted disclosures were included in the financial statements, they might influence the user's conclusions about Wichita and Affiliated Tribes financial position and the changes in financial position. Accordingly, these financial statements and supplementary schedules are not designed for those who are not informed about such matters.

This report is intended solely for the information and use of the Wichita and Affiliated Tribes Executive Committee, and is not intended to be and should not be used by anyone other than these specified parties.

We are not independent with respect to the Wichita and Affiliated Tribes.

Shawnee, Oklahoma
January 9, 2014

Wichita and Affiliated Tribes
Balance Sheet - Governmental Funds
December 31, 2013

	General Fund	Other Governmental Funds	Total Governmental Funds
Assets			
Cash	$ 2,719,380	$ 1,229,922	$ 3,949,302
Accounts receivable	2,958	-	2,958
Other assets	30,119	-	30,119
Due to/from other funds	271,964	(271,964)	-
Due from other governments	-	126,973	126,973
Restricted investments	6,903,374	-	6,903,374
Total assets	$ 9,927,795	$ 1,084,931	$ 11,012,726
Liabilities and fund balances			
Accounts payable	140,495	9,598	150,093
Accrued liabilities	79,220	-	79,220
Deferred revenue	-	1,075,333	1,075,333
Total liabilities	219,715	1,084,931	1,304,646
Fund balances	8,975,234	-	8,975,234
Current year fund balance	732,846	-	732,846
Total fund balances	9,708,080	-	9,708,080
Total liabilities and fund balances	$ 9,927,795	$ 1,084,931	$ 11,012,726

Wichita and Affiliated Tribes
Statement of Revenues, Expenditures and Changes in Fund Balance - Governmental Funds
For the Fiscal Period to Date Ended December 31, 2013

	General Fund	Other Governmental Funds	Total Governmental Funds
Revenues			
Grant revenue	$ -	$ 637,260	$ 637,260
Program income	47,560	-	47,560
Indirect cost revenue	166,804	-	166,804
Interest income	10,022	251	10,273
Other income	6,122	5	6,127
Total revenues	230,508	637,516	868,024
Expenditures			
General government	366,409	13,958	380,367
Education	6,500	92,214	98,714
Public health and welfare	-	146,883	146,883
Culture and recreation	21,329	-	21,329
Public works	-	30,292	30,292
Community services	225,632	138,499	364,131
Economic development	140,419	-	140,419
Environmental management	-	26,229	26,229
Indirect cost	66,847	99,957	166,804
Capital outlay	43,009	89,484	132,493
Total expenditures	870,145	637,516	1,507,661
Revenue over(under) expenditures	(639,637)	-	(639,637)
Other financing sources			
Gaming transfers in/(out)	1,210,008	-	1,210,008
Other transfers in/(out)	162,475	-	162,475
Total other financing sources	1,372,483	-	1,372,483
Net changes in fund balances	732,846	-	732,846
Fund balances, beginning	8,975,234	-	8,975,234
Fund balances, end of year	$ 9,708,080	$ -	$ 9,708,080

Wichita and Affiliated Tribes
Tribal Funded Programs - Tribal Government
For the Month to Date and the Year to Date
Period Ending December 31, 2013
0100 - 800

G/L Account	Description	MTD 12/31/2013	Cumulative Total	Budget	Available
491000	Operating Transfer In	40,000.00	100,000.00	-	(100,000.00)
Total Revenue		40,000.00	100,000.00	-	(100,000.00)
510500	Salaries	5,364.24	16,125.09	64,636.00	48,510.91
512000	Salaries - Emp Performance	616.56	616.56	550.00	(66.56)
515001	Board Member Meetings	4,950.00	14,400.00	54,600.00	40,200.00
520500	Fringe Benefits -Payroll Taxes	482.14	1,474.97	9,121.55	7,646.58
522000	Medical Insurance	-	1,647.65	9,888.00	8,240.35
522003	S-IRA Match	107.15	367.53	1,939.08	1,571.55
522011	Dental Insurance	40.96	122.88	600.00	477.12
525000	SUTA	165.09	343.24	3,781.80	3,438.56
526000	Workers Comp	36.21	112.09	245.48	133.39
531000	Office Supplies	159.26	304.15	3,600.00	3,295.85
531005	Food Supplies	49.97	279.43	3,600.00	3,320.57
531011	Supplies - Flowers	-	-	300.00	300.00
532000	Postage	266.39	347.85	2,100.00	1,752.15
533000	Printing	333.22	441.37	3,600.00	3,158.63
534200	Advertising	-	68.00	3,600.00	3,532.00
543000	Travel - Training	-	4,596.75	10,000.00	5,403.25
580100	Donations	-	-	412.00	412.00
597000	Elections	-	-	1,500.00	1,500.00
598300	Information Technology	-	-	5,000.00	5,000.00
651000	Capitalized Equipment	-	-	3,000.00	3,000.00
651050	General Purpose Equipment	-	1,009.00	10,000.00	8,991.00
905000	Indirect Cost Expense	5,600.47	18,375.79	57,926.41	39,550.62
Total Expenses		18,171.66	60,632.35	250,000.32	189,367.97

CCDF & Transportation

Child Care Development Fund

Quarterly Report
October 1-December 31, 2013
Submitted by: Kathy Hopen, CCDF Director

1. CCDF Program Child Care Assistance has received 5 new applicants. 3 are eligible for assistance based on program guidelines and regulations.
2. Resignation of WCDC Director, Janet Tippeconnic December 19, 2013. Transfer, promotion of Sunshine Yeahquo from Assistant Director to WCDC Director.
3. Ms.Yeahquo and I are currently working on revision of parent handbook. It will incorporate some changes to previous policy to improve services to the families and children of the WCDC. It will clarify some expectations of the parents.
4. ProCare Day Care Center management system in use. Specifically Tuition Express will be in use beginning February 1, 2014. This will allow parents to pay child care expenses with debit or credit card.
5. Fingerprint review and criminal history review process of WCDC staff is now in effect. Current staff must have this completed by November 1, 2016. New hires must have this review process completed before hired. Any individual who has access to or review of the files must have this completed before viewing any fingerprint results. This is a new requirement of OKDHS child care licensing.
6. Open House will be held at the Wichita Child Development Center on February 1, 2014 11:00 AM – 1:00 PM. Tour of facility and meeting of the staff will be the focus. Light lunch will be provided. Please join us!

Plans for the upcoming year-

- Parenting classes.
- Provide WCDC staff regular Child Care trainings or to improve the quality of child care. Staff education is the key to improving the delivery of care.
- Creating a 501C Non-profit status for the WCDC.
- Regular WCDC staff meetings that include CCDF administration. This will allow open discussion between the WCDC staff and CCDF Admin. Strengths, needs and concerns of the WCDC staff will be addressed directly.
- Separate school age program. It will provide children with a strong foundation in a nurturing, safe, educational environment
- Matching t-shirts will be purchased by the CCDF program for the WCDC staff. This will assist with enforcement of the new dress code policy at the WCDC. A uniform dress code will be a safety improvement and show a more professional environment as well as distinguish the staff from all others.
- Revision of the WCDC Parent Handbook.
- More participation of the WCDC in community events.
- Painting of the inside of the WCDC.
- CCDF Program Annual Children's Celebration and parade will be April 24, 2014.

Transportation

Quarterly Report
October 1-December 31, 2013
Submitted by: Jarrod Prince, Transportation Director

During the first quarter of fiscal year 2014 the Transportation Department has completed the design and construction of a 3,000 sq. ft. gas/convenience store parking lot located east of Highway 281, across from the Wichita Tribal Complex entrance. We had to work with a variety of agencies that include two Tribal Programs – the CDBG Program and TERO Program – along with Caddo Electric, WFEC, OPS, ODOT and the County Commissioners.

The 2% Transportation Planning Program has also completed the tribal complex project which consisted of remarking and re-signing of the Wichita and Affiliated Tribes parking lot. The Transportation Department has been evaluating potential county roads throughout the Wichita and Affiliated Tribes jurisdiction for possible future additions to the Indian Reservation Road Inventory. The department has been working on the required items needed to locate an additional road to the Indian Reservation Road Inventory such as: strip maps; legal descriptions; long range plan; ADT documentation; and route location by section, township, and range. We have also been working on the acknowledgement of public authority responsibility for the roads that may be added.

Another area of interest for this fiscal year was the Long Range Plan, we were able to review the current plan and will schedule a meeting to make corrections or update the Long Range Plan. The Transportation Program has been updating the budget justification with narrative, incorporating the current Indirect Cost Rate for the Wichita and Affiliated Tribes, an inventory of all furniture and equipment assigned to the Transportation Department, and also updated narrative regarding functions, services, and activities provided by the Wichita and Affiliated Tribes Transportation Program. If there are any questions regarding the 2% Transportation Planning Program, please contact Jarrod Prince at 405-247-2425 ext. 131.

Social Services, TERO & Cultural Program Reports

SOCIAL SERVICES PROGRAM

Quarterly Report
October 1-December 31, 2013
Submitted by: Tiffany Lonewolf, Social Services Director

Our Mission is to assist the Wichita and Affiliated Tribes' families in becoming self-sufficient and productive community members. Our program provides a source of information for referrals on employment, technical training programs, and educational opportunities to all tribal members. Our goal is to aid tribal members in developing an Individual-Self Sufficiency Plan (ISP), in order for them to attain reasonable short-term and long-term goals. Also, our program strives toward aiding tribal members in overcoming barriers so that they may become employable to support themselves and their families. Therefore, the Wichita and Affiliated Tribes Social Services Program provided the following services to tribal members, their families, and/or their guardians: **4** individuals/families approved for General Assistance, **31** minor guardianship cases, **1** adult guardianship case, and **4** Supervised IIM accounts.

Low Income Heating Energy Assistance Program (LIHEAP) offered weatherization assistance to eligible enrolled tribal members, with priority given to tribal elders, the disabled and households with enrolled tribal children. **10** applications were distributed and **2** applications turned in and **0** applications approved. Applications for assistance are still being accepted.

The Social Services Program has participated in the following community outreach activities for this quarter;

- October- 2013 Fall Break Anti-Bullying Campaign and the Take a Stand, Lend a Hand Against Bullying 6K & 3K Walk.

Tribal Employment Rights Office (TERO)

Submitted by: Edward Stephenson, Director

Program Projects

1. **Jobseeker Class**-Classes are scheduled for Thursday February 13, 2014 @ 10:00 am to 12:00 pm for guidance on how to complete a job application and how to generate a resume. Classes will be held at the Wichita Housings Iscani Gymnasium behind Wal-Mart.
2. **Job Fair**-A job fair will be conducted on February 27, 2014 from 10:00 am to 3:00 pm. At the same location.
3. **Online Applications**-Online applications may be completed using available computers at the Multi-Purpose Building. The computers are available for anyone wanting to apply for employment. Paper applications are available as well
4. **Dance Building Renovation**- The TERO Director was in attendance during the initial meeting with the WEC board members and Contractors to discuss the upcoming renovation of the Dance Building.

Wichita Cultural Education Program

Quarterly Report
October 1-December 31, 2013
Submitted by: Gary McAdams, Cultural Planner

The WCEP conducted the following activities and project in the first Quarter of FY-14.

Language: On November 4, 2013 the WCEP coordinated the recording of Mr. Marvin Delaware singing Indian church hymns at the Sam Noble Oklahoma Museum of Natural History. Thirteen Wichita hymns, one Pawnee hymn, and one Creek hymn were recorded. The recording of the hymns was expertly performed by Museum Media Specialist, Michael McCarty. Mary S. Linn, Associate Curator of Native American Languages, was also instrumental in arranging for the use of the museum and staff. The WCEP hopes to make the CDs available to tribal members in the near future.

Six Wichita song classes were conducted during meetings of the Wichita Young Men's Society. Jimmy Reeder provided instruction to a total of ten participants.

Workshop: On November 9, 2013 the WCEP sponsored a basket weaving workshop at the Oklahoma Basket Supply Company in Wellston, OK. The students attending the training were Sydney Prince, Charlie McAdams, and Micah McAdams. The instructors were Barbara Hair and Risi Thelander, Members of the Oklahoma Weavers Association. The Students who received the training were selected because of the aptitude they exhibited at the weaving workshop held this past June. It is hoped that these students will utilize what they have learned to assist other students in future trainings conducted by the program.

Handgame/Dinner: On December 8, 2013 the WCEP along with the Wichita Little Sisters and the Wichita Young Men's Society sponsored a Youth handgame/dinner. Due to a death in the Tribe, we had to cancel the handgame portion of the activity, but the dinner was held. While the cancellation was disappointing because the Young Men's Society did not get to demonstrate the songs they had learned, it did present an opportunity to teach our young children that according to Wichita custom, we do not beat the drum when one of our people has passed away. The activity was attended by 17 children and 16 adults.

Wichita Warriors

Christopher Scott, Tribal Member
Purple Heart Recipient

Following the horrific attack on the Twin Towers, September 11, 2001, Christopher Keyes Scott enlisted in the U.S. Army Infantry. After completing basic training at Ft. Benning, GA, he was transferred to Fort Lewis, WA where he was assigned to Charlie Company, 1st Battalion, 5th Infantry Regiment (Stryker Brigade Combat Team).

Chris was an exemplary soldier, advancing from E-1 to Sergeant in just 2.5 years, which generally takes 3.5 to 4 years to accomplish. During this time, he earned two Army Achievement Medals, a Good Conduct Medal, a Certificate of Achievement, and an Expert Infantryman's Badge (EIB) with "True Blue" status (zero deficiencies during testing). Chris was deployed in October 2004 in support of Operation Iraqi Freedom. While deployed, he earned his Combat Infantryman's Badge.

On December 23, 2004 Chris, and a fellow comrade, were wounded when an IED (improvised explosive device) exploded under their Stryker, shattering Christopher's lower right leg. During the rescue, Chris insisted that the medics concentrate on his buddy first, who eventually lost both lower legs. At the Combat Surgical Hospital, doctors detected a faint heartbeat in Christopher's foot, which stopped the removal of his injured limb. His leg had to be patched for the transport home and, as he slowly awoke from the anesthetic, he opened his eyes to see, then Secretary of Defense, Donald Rumsfeld, who personally presented Chris with a Purple Heart Medal. It was Christmas Eve, 2004. Chris underwent over a dozen surgeries and months of physical therapy before he was able to stand and walk again. He was transferred back home to Madigan Army Medical Center and, upon release, lived with his mother Rita Johnson-Ness, while convalescing.

He is very proud to be considered one of the Wichita tribe's modern-day warriors, and was honored to be presented with a Pendleton blanket at the 2005 American Indian Exposition. He carried the American flag in the opening ceremonies after being on his feet just a few weeks. When asked about his service, Chris said, "My only regret is that my wounds prevented me from extending my service to my country. I am merely one of many injured soldiers and I never fail to honor those who gave their lives. They are true heroes."

Christopher is the son of Rita Johnson-Ness of Spanaway, WA and Roger Scott of Oklahoma City. His maternal grandparents are Charlotte Keyes Johnson of Edmond, OK, and Cruz Johnson (deceased). Paternal grandparents are William R. Scott (deceased) and Helen Sykora Scott Apl, Edmond, OK. Maternal great grandparents are Reuben and Pearl Bates Keyes of Anadarko, both deceased. Pearl passed away in 2009 and was the oldest Wichita elder at her passing. His other great grandmother Geneva Bates Edmonds was also the oldest Wichita before her recent passing. Chris is married to Rachel Lynn Scott and, together, they are the proud parents of seven children. Chris is also a member of the Caddo tribe.

WCDC Director, Casino Dist., Oil & Gas and TSSF

Sunshine Yeahquo, Tribal Member
Hired as Wichita Child Development Center Director

My Name is Sunshine Yeahquo and I'm the new director for the Wichita Child Development Center. I started my education in Early Child Development in 2008. I've worked hard and received: Assistant Teacher Certificate, Lead Teacher Certificate, Master Teacher Certificate, CDA Credential, Certificate of Mastery, and Director Credential. I'm still continuing my education because I believe you can never get enough education.

I have worked for the Wichita Child Development Center from the day it has opened. I was told that the center was being built and so I put myself in school to get certified before it would open. I was a Master Teacher and had my CDA when I got hired. I took online classes at Redlands while working full time at the center. With a lot of hard work and determination I receive my Certificate of Mastery and after that I received my Director Credential.

The Wichita Executive Committee would like to congratulate Sunshine. Placing our tribal people in positions and encouraging them to work towards their education along with gaining experience in these positions is what we are striving to accomplish. Congratulations Sunshine!

Casino Distributions to the Tribe
October-December 2013

October	$322,905.70
November	$373,219.65
December	$342,055.82

Oil and Gas Severance Tax Collections
Reported as of December 31, 2013

October	$37,307.24
November	$36, 946.50
December	Pending

Tribal Offices Closed

President's Day Holiday
February 17, 2014
Good Friday Holiday
April 18, 2014
Memorial Day Holiday
May 26, 2014
Independence Day Holiday
July 4, 2013

Tribal Social Services Fund Program

Quarterly Report
October 1-December 31, 2013
Submitted by: Cynthia Billy, Director

Purpose:
Tribal Social Services Fund Program (TSSF) is to provide financial assistance to tribal members who meet program guidelines. TSSF services are available for any eligible tribal member, regardless of residence. The services available at this time are Utilities, Rent/ Deposit, Mortgage Payment, Incarcerated Assistance or Emergency/ Hotel Assistance. Services are for one time assistance during the fiscal year. The fiscal year begins October 1 and ends the following September 30 of each year.

The following numbers are of tribal families that have received assistance during the last quarter of calendar year 2013 (October 1, 2013 -December 31, 2013):

- Rental Assistance: 40 families
- Utility Assistance: 69 families
- Emergency or Hotel Assistance: 6 families
- Incarcerated Assistance: 4

TSSF was able to help assist two (2) Wichita families with emergency services.

Tribal Government Services & Valentines Day Balloons

Enrollment/Burial-Elder-Children's Clothing Assistance/Gift Shop

Quarterly Report
October 1, 2013-January 15, 2014
Submitted by: Juanita Moore, TG Services Specialist

Past Accomplishments:

- As of January 16, 2014 there are 2,715 enrolled tribal members of the Wichita and Affiliated Tribes.
- For FY-2014, we have received 5 burial assistance applications and 3 bereavement meal assistance.
- The Elder's Assistance Program for FY-2014 has been processed. As of January 16, 2014, of the 236 eligible elders, 217 checks have been issued. Of the 19 tribal elders who have not received assistance, 14 of those are marked with bad addresses in the enrollment system. The other 5 have been mailed notices.
- The Tribal Gift Shop has recently purchased new jackets, polos, t-shirts, coffee mugs and mouse pads with the new tribal seal design. We are also working on purchasing new tribal seal pins and small tribal flags with sticks
- Children's Clothing Assistance is closed for the FY-2013. 768 applications were processed. Receipts for assistance are still being accepted. FY-2014 Assistance should begin in early summer 2014, notices will be mailed.

Current Projects:

- Currently, there are 7 enrollment applications in the process of being prepared to be presented to the Wichita Executive Committee for approval. All 7 of the applications are awaiting a response from another tribe to be fully processed.
- Burial Assistance program has one assistance application that is waiting the death certificate to be fully processed and paid.
- The names of the 19 tribal elders who have not received Elder's assistance for FY-2014 are being printed in the monthly newsletter. If you have an address for any of the elders listed please contact our offices.
- The Tribal Gift Shop is seeking recommendations on the type of merchandise tribal members would like to see in the shop. The Gift Shop also encourages tribal members who make merchandise to sell, to let the gift shop purchase these items from you to sell in our office.

Quarterly Statistics:

Enrollment: Enrolled: 15 Relinquished: 0
Burial Assistance: 5 and 3 Bereavement Meal Vouchers
Elders Assistance: 236 Elders Payments Released

Vacancy Announcements

Wichita Tribe Sports Commission Inspectors

The Wichita Tribe Sports Commission has immediate openings for both male and female inspectors for the boxing and MMA events at Sugar Creek Casino in Hinton, OK. Duties include monitoring fighters and seconds, both prefight and during the event to ensure the safety of the fighters and ensure strict adherence to the rules and regulations set forth by the commission. No experience is necessary. All inspectors will obtain training and certification by the commission. Applicants must be available on Fridays and Saturdays to be considered. Applicants must be willing to submit to a background investigation and drug test. Interested parties may obtain an application at the Administration Building at the Wichita Tribe Complex located 1 1/4 miles North of Anadarko on Hwy 281. Indian Preference applies. Closing date is February 28, 2014 at 5:00 p.m. however the Commission will continue to take applications for future events. If you have any questions, please call Commissioner Matt Roberson at 405-623-4191. Tribal Members are encouraged to apply.

WCDC JOB BANK APPLICATIONS

Wichita Child Development Center (WCDC) will be collecting applications for the center's job bank for on-call/substitute/ future positions:

- Teachers with Bachelors in Early Childhood
- Teachers with Associates in Early Childhood
- Teachers with CDA/CCP (or be willing to obtain within 18 months of hire)
- Teacher Assistants, willing to obtain required training/ certifications
- Cook with food handler's permit (or be willing to obtain within 1 month)

All positions must possess a valid Oklahoma Driver's License and have adequate transportation. These positions require a successful background check and drug screening. Salary is contingent upon education and experience. Application acceptance is on-going.

Please submit application, cover letter and resume to:

Wichita and Affiliated Tribes
ATTN: HUMAN RESOURCES
P.O. Box 729
Anadarko, Oklahoma 73005
Phone 405/247-2425 ~ Fax 405/247-2430

Tribal Government Services Specialist

The Wichita and Affiliated Tribes has an opening for ***Tribal Government Services Specialist.*** Under the supervision of the Tribal Administrator, manages all activities associated with Tribal Enrollment, Tribal Gift Shop, Burial Assistance, Elder Assistance, and Children's Clothing. **Duties:** Maintain current enrollment listing and addresses of all tribal members; Administers P.L.-638 Contract; Coordinates with funeral homes and families to arrange for services of tribal members; Manages disbursement of assistance and receipts. **Qualifications:** Prefer a Bachelor's Degree in Business Administration or related field or have four years work experience in Tribal Government Services; valid State of Oklahoma Driver's License; and pass a drug screening test and a criminal background investigation. Indian Preference applies. Applications available at the Wichita and Affiliated Tribes or at www.wichitatribe.com. For additional information please contact Human Resources Manager at (405) 247-2425. **Closing date is February 7, 2014 before 5 p.m.**

Commissioner Vacancy

The following Commission currently has one vacancy:

Wichita Gaming Commission

If you are interested in serving on this Commission then please submit a cover letter, and resume, no later than February 28, 2014 to:

Wichita and Affiliated Tribes
Attn: Secretary
P.O. Box 729
Anadarko, OK 73005
Fax: (405) 247-2430

Sugar Creek Casino Casino Job Postings

Blackjack Pit Supervisor

Sugar Creek Casino is now accepting applications for the above position(s). Open unitil filled

All applications must be submitted to the Sugar Creek Casino's Human Resources Department by fax 405-542-2949, mail Sugarcreek Casino 5304 N. Broadway, Hinton, OK 73047 or Sugarcreek Casino Website @ http://www.sugarcreekcasino.net Wichita and Affiliated Tribal Member & Indian Preference Considered. (These positions are subject to being filled internally.)

Family & Children Services & AoA Reports

FAMILY AND CHILDREN SERVICES
Quarterly Report
October1-December 31, 2013
Submitted by: Joan Williams, Director

INDIAN CHILD WELFARE: To prevent the breakup of families and to insure that the permanent removal of tribal children from the custody of their parent(s) or custodian shall be a last resort. Children who have been reunified with family, adopted and/or able to remain in their homes with preventive services is considered an accomplishment. During the period October – December 2013, there were twenty-seven (27) enrolled or eligible for enrollment – Wichita children in State and/or Tribal Custody. Four (4) of these children are in adoption status, three (3) children were in a shelter for several months due to lack of approved relative placement or foster home unavailability. One (1) child is in a long term residential treatment facility waiting on available therapeutic foster home placement. Two (2) children are in relative placement in North Carolina. Seventeen (17) children remain in reunification status with parent and/or relative.

CHILD WELFARE SERVICES: To protect and promote the welfare of child by preventing the neglect, abuse or exploitation of children; support at-risk families with services to allow children to remain with family or return to family in a timely manner; promote the safety, permanence and well-being of children in foster care and adoptive families; provides training, professional development and support to ensure a well-qualified workforce. During the period October – December 2013, seven (7) at-risk families with eighteen (18) children were assisted with crisis intervention services.

PROMOTING SAFE AND STABLE FAMILIES: To assure the safety and well-being of family members by promoting a safe, stable and nurturing home environment for healthy child development; assist families to resolve crisis situations; avoid unnecessary out of home placement; and promote family reunification or other permanent placement for those children in out of home care. During the period October – December 2013, five (5) families with thirteen (13) children were assisted with prevention and reunification services.

FOSTER CARE PROGRAM: Three (3) foster homes are certified at this time. Foster parent recruitment is ongoing.

AoA/Caregiver Programs

Quarterly Report
October 1-December 31, 2013
Submitted by: Roxanne Coker, Coordinator

Since taking over the AOA and Caregiver Programs I have learned to adjust my employees leave on Paycom. I have also learned to prepare the programs on line food and non-food purchases, purchase requisitions, payment vouchers and maintenance request when necessary. I'm still learning the aspects of Finley and Cook.

Bingo is held every Monday and Wednesdays for the AOA participants that are interested. There is no cost for the activity. Only requirement is that player bring a prize not totaling more than a couple of dollars. We have currently brought back the domino table, board games, cards and etc. for elders who simply want to come out and visit.

The AOA Halloween party was held on October 31, 2013. Comanche Nation AOA programs were in attendance. During the holiday events there is no charge so the elders can bring their caregivers and family members to participate in the event. We held a costume, pumpkin decorating contest and also played bingo. The party lasted till 4:00 p. m.

The CHR programs held a mini health screening, giving the flu vaccination to Native Americans 18 years and older. This was held on November 7, 2013

November 17, 2013 The Oklahoma City Area Inter-Tribal Health Board for all Native Americans came to do needs assessments with participants 45 years and older, as an incentive each participant received OCAITHB chair in a bag. There 46 clients participated.

Our Annual AOA Thanksgiving Dinner was held on November 21, 2013 over 120 meals were served and 17 meals delivered.

A 12 foot pre lit Christmas tree was purchased and Jimmy, the elders and I assembled and decorated the tree. The AOA Christmas dinner was on December 19, 2013 and with volunteers from each program to help serve the dinner it was a success. There were over 80 meals served with approximately 10 delivered. Treat bags were made and given to all elders.

Address Updates

Please send address updates to:
Wichita and Affiliated Tribes
Attn: Enrollment
P.O. Box 729
Anadarko, OK 73005

EPA Programs

Environmental Programs
Water Monitoring
Quarterly Report
October 1-December 31, 2013
Submitted by: Craig Watkins, Water Coordinator

Water monitoring and related activities quarterly progress report for Section 106 grant.

This memorandum provides US Environmental Protection Agency with a quarterly progress report regarding the Wichita and Affiliated Tribes Environmental Programs (WDEP) activities related to the Section 106 grant. This update encompasses activities from October 2013 to December 2013

Progress Report

Water Quality Monitoring

Surface water monitoring was conducted once a month during the months of October, November and December. Data collected were assessed for quality assurance and were found to be within guidelines described in the WDEP QAPP and uploaded to WQX.

Conferences and Trainings

During this quarter, WDEP Director, Jason Prince and WDEP Water Coordinator, Craig Watkins attended the Western Oklahoma Tribal Environmental Coalition meeting held at the Ft Sill Apache Complex December 16th, 2013.

Water Program Outreach

On October 31st, the WDEP Programs put together bags of treats for costumed trick-or-treaters. The first group, Caddo Headstart, arrived at the WDEP offices around 10:00am. There were around 50 kids from that group that WDEP Water Coordinator, Craig Watkins, handed candy and other outreach items too. The WDEP handed out 50 more goodie bag treats to the Kiowa Head Start. On December 4th, WDEP solicited environmental information from Wichita and Affiliated tribal employees during an employee health walk event. On December 20th, the WDEP visited the Pre-K class at Gracemont Elementary in Gracemont, Ok. Craig Watkins, WDEP Water Coordinator gave a presentation on water conservation and what the WDEP does for the Wichita tribal members. Mr. Watkins also handed out educational pamphlets and outreach materials for the children. If you have any questions please contact Jason Prince, WDEP Director at 405-247-2425 ext. 141 or Craig Watkins, WDEP Water Coordinator at 405-247-2425 ext.135.

Environmental Programs
General Assistance Program (GAP)
Quarterly Report
October 1-December 31, 2013
Submitted by: Lonnie Standing, GAP Technician

On October 31st, the WDEP Programs put together bags of treats for around 150 spooks, superheroes, and princesses from the Caddo and Kiowa Headstart programs and Riverside Indian School, the event started around 10 am. On November 19th GAP technician Lonnie Standing went to the TECO meeting at the Sac and Fox Nation Learning Center. Then on November 21st Greg Pashia EPA Regional Tribal UST Coordinator and Robert Largent with ITEC came down and met with Gerald Collins CDBG Coordinator, Ben Hatfield Wichita Housing Director, Daniel Robles Travel Plaza Manager, Jesse Jones Vice President of the Wichita Tribe, Craig Watkins Water Coordinator, Jason Prince WDEP Director, and Lonnie Standing GAP Technician. Greg and Robert showed us what to look for on paperwork and on the overspill and fill tanks. On December 4th the WDEP handed out environmental surveys to the Wichita and Affiliated tribal employees during the employee health walk event. Then on December 20th, the WDEP visited the Pre-K class at Gracemont Elementary in Gracemont, OK. Lonnie Standing GAP Technician gave a presentation over open dumpsites on tribal lands and recycling, and handed out outreach material to the children for educational purposes. On December 17th WDEP Director Jason Prince and GAP technician Lonnie Standing went to a Southwest Regional Emergency Management meeting at the Canandian Valley Vo-Tech Center in Chickasha. They talked about upcoming meetings and conferences and discussed the communication call for the southwest region emergency management reps. Then we had a talk with Samuel Talamantez who discussed the importance of information exchange between the reps for the southwest region and the importance of communication for help in emergencies.

Tribal Enrollment
As of 01/31/2014
2,719

Health Programs

CHR/EMS/Tribal Funded

Health Programs
Quarterly Report
October 1-December 31, 2013
Submitted by: Fran Harrison, CHR/EMS Director

I would like to wish everyone a Happy New Year and hope your resolution was for a Healthy year!

This has been a very busy quarter. We have started a new position to assist the CHR program with transports. The Transporter will transport our clients as well as those Wichitas living outside our CHR service area but still within the Lawton Service Area. We will eventually get a handicapped mini-van that will be wheelchair accessible. Depending on GSA availability, we will have to be patient and share the vehicles we currently have.

Miss Cassandra J. McAdams is our new Transporter. Cassie is Wichita with a family of 5 and if you need to reach her, her extension is 159. Please welcome her.

The CHR Program reports the following:

- Patient Care-Medication/supplies/equipment pick up – 118
- Deliver meds/supplies/equipment – 28
- Home/office/hospital visits – 115
- Transports – 149
- Case management – phone calls, visitors – 685
- Emergency care – 4
- No shows – 24
- Health Education activities/Community Involvement – Delaware Health Fair, SDPI Diabetic classes and Employee Weight Loss Challenge, Wichita Breast Cancer Awareness, Ft. Sill Apache Breast Cancer Awareness, Kiowa Kids Safety Fair
- Operations and Maintenance assistance – 10
- Child Passenger assistance and installation - 3
- Casefinds/Screenings – 40
- Meetings – Auditor, Director's, Employee Activity committee, State CHR Association (OAACHR), National CHR Association (NACHR), State EMS Association (ONAEMSA), Lawton Service Unit Injury Prevention (NAIPC)

Tribal Funded Programs:

- Eyeglass assistance – 18
- Special Medication/equipment – 12
- Dentures – 2
- Nutritional Supplements – 1
- Health Services – reserved - 1

Should you have questions on this assistance, please call Ms. Sanah Scott, Admin. Assistant at 405/247-8657.

Public Health Nurse

Health Programs
Quarterly Report
October 1-December 31, 2013
Submitted by: Nasi Mandujano, PHN

- Patient care-med/supplies/equip pick up and deliver – 13
- Home/office/hospital visits – 64
- Transports – elders – 58
- Case management – phone call, visitors – 84
- Health Education activities – 5
- Case find/screenings – Breast Cancer Awareness – 81
- Health screenings – 32
- No shows – 13
- Meetings – 1
- Administrative/management – 5
- Community Involvement – 6

CD/MH Program

Quarterly Report
October 1-December 31, 2013
Submitted by: Linda Bruner, ICADC

In the last quarter I have participated in 1 staff training and 4 activities that were Health Program Activities. I've had 7 clients in Residential treatment, 6 in outpatient counseling, 6 clients in Behavioral Health, and 1 in family counseling, I have completed 25 alcohol/drug assessments. And 42 transports.

The improvements I have seen this quarter have been providing clients with additional resources to meet their needs other than substance abuse treatment or detoxification. I have been receiving more contacts seeking information and help.

For my clients that have completed their treatment, I refer them to support groups and suggest aftercare counseling to continue their care. I have been referring clients to Eddie Stephenson for help with finding employment. And have also encouraged the clients to see Yolanda Walker about attending school.

The feedback I am receiving from my clients is they feel confident about seeking help because they know they can receive it or get a referral to resources.

The goal I want to obtain for this program is to have more clients seeking help for substance abuse and recovery for the family.

Human Resources & Food Distribution Program

Human Resources Office

Quarterly Report
October 1-December 31, 2013
Submitted by: Breezy Prince, HR Manager

Total # of Employees = 68
59 – Regular Full-Time / 7 – Part-Time / 2 – Temporary
34 – Wichita Tribal Members / 26 – Native Americans / 8 – Non-Native Americans

Job Vacancies-October to December 2013
Communications Manager re-advertised – closed 10/11/2013
10 Applications Received
1 – Wichita Tribal Member / 4 – Native American / 5 – Non-Native American

Patient Transporter – closed 10/25/2013
6 – Applications Received
2 – Wichita Tribal Member / 4 – Native American / 0 – Non-Native American

Grant Writer – closed 11/08/2013
7 – Applications Received
3 – Wichita Tribal Member / 2 – Native American / 2 – Non-Native American

Maintenance Worker (3) – closed 12/02/2013
21 – Applications Received
5 – Wichita Tribal Member / 14 – Native American / 2 – Non -Native American

Juvenile Services Director – closed 12/13/2013
13 – Applications Received
1 – Wichita Tribal Member / 8 – Native American / 4 – Non-Native American

WCDC Center Director – closed 01/03/2014 (extended)
2 - Applications Received
2 – Wichita Tribal Member / 0 – Native American / 0 – Non-Native American

New Employees
Regular Full-Time Employees Hired – 6
2 – Wichita Tribal Member / 3 - Native Americans / 1 - Non-Native Americans

Kelli Boyiddle, WCDC Master Teacher
Starr Chavez, Communications Manager
Cassandra McAdams, Patient Transporter
Capria Haywood, WCDC Cook
Charles Clark, Grant Writer
Theron Tartsah, Maintenance Worker
Gerald Collins III, Maintenance Worker
John Wallace, Maintenance Worker

Part-Time Employees Hired – 3
1 – Wichita Tribal Member / 1 - Native Americans / 1- Non-Native Americans

Ella Calisay, WCDC Teacher Assistant
Kachina Smith, WCDC Teacher Assistant

Temporary Employees Hired – 0
0 – Wichita Tribal Member / 0 - Native Americans / 0- Non-Native Americans

Rock Springs Cemetery Clean Up

The Maintenance Staff will be clearing out old flowers on and around the graves. They will not bother the tops of the graves unless there are dead flowers that need to be removed to help with the weed control. Please contact the tribal office if you have any questions or concerns.

Food Distribution Program (FDP)

Quarterly Report
October 1-December 31, 2013
Submitted by: Beth Parker, FDPIR Director

The Food Distribution Program just completed the first quarter of our 2014 fiscal year. As most of you know, there was a government shutdown during the first couple of weeks in October, 2013. The federal shutdown left our program without federal funds to run the program. Because we didn't have any federal funds available, we relied on a portion of the Tribes 25% Tribal match to keep the doors open and operate without any interruption of services to FDP clients. In our region, which is the Southwest Region, we only had two tribes out of nineteen close their doors during the shutdown and both of those tribes were in New Mexico.

When the government ended the shutdown, we were placed on a continuing resolution, which means we are being provided partial funding. We hope in the next couple of weeks, we will know exactly what our total FY 2014 funding will be. In the meantime, we are taking everything day by day and trying to provide as much to our clients as we can.

We will restart our cooking demonstrations in February. We took a little break due to the holidays, but we are all rested up and will be providing classes every two weeks beginning February 5th. The next class will be held on February 19th and we hope to see some new faces.

If anyone would like to receive more information regarding our program, please contact our office at 405/247-9677.

Health Safety Tips

WARNING SIGNS OF HEART ATTACK, STROKE & CARDIAC ARREST

HEART ATTACK WARNING SIGNS

CHEST DISCOMFORT

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY

STROKE WARNING SIGNS

Spot a stroke F.A.S.T.:

- **Face Drooping** Does one side of the face droop or is it numb? Ask the person to smile.

- **Arm Weakness** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

- **Speech Difficulty** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?

- **Time to call 9-1-1** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately.

CARDIAC ARREST WARNING SIGNS

SUDDEN LOSS OF RESPONSIVENESS

No response to tapping on shoulders.

No response to tapping on shoulders.

NO NORMAL BREATHING

If these signs are present CALL 9-1-1

Dial 9-1-1 Fast

Heart attack and stroke are life-and-death emergencies — every second counts. If you see or have any of the listed symptoms, immediately call 9-1-1 or your emergency response number. Not all these signs occur in every heart attack or stroke. Sometimes they go away and return. If some occur, get help fast! Today heart attack and stroke victims can benefit from new medications and treatments unavailable to patients in years past. For example, clot-busting drugs can stop some heart attacks and strokes in progress, reducing disability and saving lives. But to be effective, these drugs must be given relatively quickly after heart attack or stroke symptoms first appear. So again, don't delay — get help right away!

More about heart attack

Some heart attacks are sudden and intense — the "movie heart attack," where no one doubts what's happening. But most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help.

Immediately call 9-1-1 or your emergency response number so an ambulance (ideally with advanced life support) can be sent for you. As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain. Learn more about heart attack symptoms in women.

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-1-1 or your emergency response number.

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services (EMS) staff can begin treatment when they arrive — up to an hour sooner than if someone gets to the hospital by car. EMS staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital, too. It is best to call EMS for rapid transport to the emergency room.

Learn more about heart attack. Go to www.heart.org