

Club 55



Every Wednesday in October
8 am to 5 pm

Enjoy the Perks of Club 55!

All Champions Player's Club members age 55+ that play \$5, get \$5 MATCH PLAY.* Plus, five lucky members will win \$55 FREE PLAY in our random drawings from 8 am to 5 pm.




821 W. FREEMAN AVE • PERKINS, OK 74059 • 405-547-5352 • CIMARRONCASINO.COM

*\$5, \$5 in Match Play will be updated to your card within 10 minutes. See Club Booth for rules and regulations. Management reserves all rights. The Iowa Tribe of Oklahoma invites you to play responsibly. If you think you have a gambling problem call 1-800-522-4700.

Cauldrons Of Cash

Every Thursday in October
7 to 11 pm

Scare yourself up some sweet prizes!
Win up to \$800 CASH!

Play with your Champions Player's Club card and you could trick or treat your way to CASH or FREE PLAY every half hour from 7 to 11 pm.

.....

Come Enjoy Two Other Scary Events

TWILIGHT HOURS - Play with your Champions Player's Club card on Wednesdays, October 6th and 27th between Midnight and 3 am and receive \$10 Match Play and Triple Points.

HALLOWEEN PARTY* - Drink specials and free snacks on Sunday, October 31st from 7 to 10 pm!
Plus, come in and receive FREE Halloween beads!





821 W. FREEMAN AVE • PERKINS, OK 74059
405-547-5352 • CIMARRONCASINO.COM

*Halloween beads and snacks are while supplies last. See Club Booth for details, rules & regulations. Management reserves all rights. Must be at least 21 years of age for casino. The Iowa Tribe of Oklahoma invites you to play responsibly. If you think you have a gambling problem call 1-800-522-4700.



BAH-KHO-JE JOURNAL



Welcome to **THE IOWAS OF OKLAHOMA**

Official Journal of : The Iowa Tribe of Oklahoma Rt. 1 Box 721 Perkins, OK 74059 All Contents Copyrighted



BRIAN ROWE NAMED NEW POLICE CHIEF

On July 16th 2010, Brian Rowe was sworn in as the new Chief of Police for the Iowa Nation. Brian Rowe is an Ioway descendant, son of Jack "Boston" Rowe.

Brian Rowe worked for the Iowa Tribe of Oklahoma before as a patrolman between the years 2000-2005.

He is very active within the community and wants to see change for the better. Believing strongly in "Teamwork" and "Communication", he has come a long way in his career and has proven successful in his programs.

Read more pg. 2

Special Grant Awarded to Iowa Tribe Library

The Library is happy to announce that our grant request for "Starting Points" was approved. This is a highly competitive grant, out of 46 applicants, 17 grants were approved and we are one of the 17th. We are one of three grants given to Oklahoma Tribes.

The grants are reviewed and analyzed. Senior Program Officer, Alison Freese who called to let us know personally, said that our application was perfect. Gabi Sine did a perfect job!

"These grantees have been chosen for their commitment to offer the very best to their communities through expanded services, partnerships with local organizations, and increased access to important cultural knowledge,"

-IMLS Acting Director Marsha L. Semmel.

Iowa Tribe of Oklahoma - Perkins, OK
Award Amount: \$87,365

Project Title: "Starting Points Literacy, Educational and Employment Resource Office"
The Iowa Tribe of Oklahoma will develop the "Starting Points" program that will establish a Literacy, Educational, and Employment Resource Office within the tribal library to assist community members in need of literacy and employment

training. This project will allow the tribe to hire a full-time certified teacher to teach reading skills, conduct GED classes, arrange and oversee distance learning instruction, and provide access to vocational and technical classes. In addition, the library will provide and maintain tools necessary for participants to readily create resumes and easily access job-skills training as well as job-search opportunities. The Resource Office will reach a broad community audience and will share resources with six nearby community libraries.

A LOOK INSIDE THIS ISSUE OF THE BAH-KHO-JE JOURNAL

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Brian Rowe became interested in law enforcement growing up in Sapulpa, OK. He attended boarding school at the Eufaula Indian Boarding School. He then attended school at the Central Vo-Tech located in Sapulpa, OK. Law enforcement then became a career choice his last year of attending Vo-Tech.

He then worked for Creek Nation as Security Personnel and Reserve Police, also becoming a commissioned police officer for LiteHorse. He has much training under his belt such as basic police responsibilities, safety & survival, federal court procedures, firearms, and interrogations.

Graduate of BIA Narcotics, he also graduated from the Indian Police Academy in Artesia, NM and OK CLEET Reserve.

After working for the Iowa Tribe in 2005, he then attended NOC 2006-2007. Moving to Ft. Oakland, OK, he then became Chief of Police for the Tonkawa Tribe where he helped build a successful program implementing a K-9 program and adding 5 more officers along with 5 dispatchers.

Kyndra Arnold

is attending Barnes Elementary, she is in the 4th grade. Kyndra received outstanding student of the month for September. Keep up the good work Kyndra! We are proud of you!



Love Mom and Dad

Officer Rowe helped facilitate a 3-way cross deputization agreement with the city of Ft. Oakland, the Tonkawa tribe and the B.I.A. which was the first ever in Kay county. Upon arriving in Ft. Oakland, their program had only met 5 standards out of 123 standards. The B.I.A. grades the tribe by how many standards the tribe meets. Before leaving the Tonkawa tribe, and as of March 2010, their program had met 115 of those standards.

He has never had to use lethal force and has No Tolerance for alcohol. He plans on attending more school in the future reflecting his goal-oriented characteristic. His other occupations included working as a volunteer firefighter, wild land firefighter, and even body guarded for Native American actor/musician, Litefoot. We are very pleased to have Brian Rowe as our new Chief of Police and wish him the best.



"I like being around my Indian people, I want them to do good."

-Brian Rowe

VICTORIA DIANE

Victoria Diane, an approved visitor, is shown reading letters that the children at Four Winds wrote to her telling how much they had missed seeing her. Victoria Diane with her Mom, Shirly Yancey, an Oklahoma Author, visits the children at least once a month. Many fun and exciting learning activities have been centered on Victoria Diane. Victoria Diane is a therapy dog that loves reading, pets, soft words and all the children at Four Winds.



Iowa Tribe of Oklahoma EHS
"A Fun Place For Children, Parents and Providers"



Our Daycare Information:
About Us:
Our facility was opened Nov. 30, 2005 and we are able to service 24 children from ages birth to three years of age.



Our staff:
Is all required to accomplish their Child Development Associates with in one year from date of hire if they do not already have a degree in Early Childhood Development.

Our Fees:
0-11 Months \$280 a month
12-23 Months \$280 a month
24-35 Months \$240 a month
3-5 Years of age \$280 a month
5-13 Years of age \$260 a month full time/\$120 a month before and after school.



Website: iowanation.org
(currently being edited)

Our Mission:
The mission of the Iowa Tribe Early Head Start is to celebrate and support the diversity of families through services which are family driven, coordinated, integrated and culturally appropriate and comprehensive.



Editor's Note:
All the flowers of tomorrow are in the seeds of yesterday.

Expectant Families Program



Parent Support Program

We've got a **FREE** program that will help you **NURTURE** your **CHILD** and **STIMULATE** exploration and growth.

New Arrival

Dads and Moms learn how to make a smooth transition into parenthood. This is an experience for parents who are pregnant or have new arrivals. Class will cover information from conception up to 8 weeks postpartum.

- Topics include: Health & Nutrition
- Physical Changes and Discomforts
- Growth and Development
- Daily Care Routines
- Relationships and Support
- Risk From Smoking and Drinking
- Labor and Delivery
- Postpartum and Maternal Depression
- Benefits of Breastfeeding

Please visit our website www.iowanation.org

To enroll or For more information, Call Diana (405) 347-4261.



Four Winds Childcare



Phone 405-547-4261
Email dcates@iowanation.org

Located 3 miles S. of Perkins on 177 hwy turn right on 780 rd.

Open 7-6 Monday-Friday
9-3 Monday-Friday for EHS

WEEKLY CENTER UP TO
11 HOURS OF CARE
QUALIFIED TEACHERS
WWW.IOWANATION.ORG

ATTENTION TRIBAL STUDENTS!



TRIBAL ARTWORK CONTEST



HELP FIGHT ENVIRONMENTAL CRIME

The U.S. Environmental Protection Agency (EPA) needs your help fighting environmental crime. Design artwork that helps get the word out to your tribal communities about the effects of environmental violations and raises awareness of reporting violations to EPA via the on-line web form at www.epa.gov/tips.

WHO can enter? The contest is open to middle school and high school students who are members of federally-recognized tribes. Students must be U.S. citizens or legal residents to enter. EPA employees, contractors, SEB employees and their immediate family members may enter, but are not eligible to win.

WHAT is the contest about? Show how you view the effects of environmental violations in your tribal community by creating artwork, no smaller than 8-1/2 x 11 inches & no larger than 24 x 36 inches, either hand-drawn (pen, pencil, paint, etc.) or using a computer.

WHEN is the deadline? Entries must be received or postmarked by October 8, 2010.

WHERE to send entries? Send completed artwork to the EPA address on the entry form.

WHY enter? By participating, you will help increase environmental awareness in your community. Winners will be presented with a plaque and a visit from an EPA Special Agent. EPA will use the artwork to create posters about reporting environmental violations, to appear on our web site and in promotional materials.

HOW to enter? Contest information, including rules and entry forms, is available on our web site: <http://www.epa.gov/compliance/criminal/contest/tribal.html>



LIGHTS, CAMERA, AND ACTION

PLEASE COME JOIN THE VICTIMS SERVICES UNIT FOR AN AFTERNOON AT THE MOVIES TUESDAY OCTOBER 12TH FROM 2PM-4PM AT THE WHITE CLOUD BUILDING

IN HONOR OF DOMESTIC VIOLENCE AWARENESS MONTH WE WILL BE WATCHING THE MOVIE WHALE RIDER STARRING KEISHA CASTLE-HUGHES, A TALE OF A RESILIENT YOUNG GIRL DESTINED TO BECOME THE CHIEF OF HER TRIBE DESPITE THE TRADITIONAL GENDER ROLES OF HER PEOPLE. WE WILL BE SERVING POPCORN, SODA, AND MOVIE CANDY. FOR MORE INFORMATION CALL: (405)547-4234



ZUMBA

ZUMBA FITNESS!

COMING SOON

CLASS TIME
5:15 - 6:15 P.M.

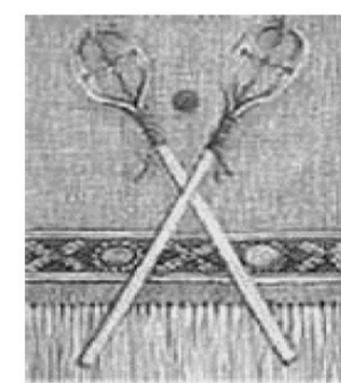
"THE BIGGEST FAVE CRAZE TODAY"
L.A.S. REVOLUTION
TONE & SCULPT YOUR BODY

TUESDAYS & THURSDAYS

\$5 PER CLASS
*FREE FOR WELLNESS CENTER MEMBERS, IOWA TRIBE OF OKLAHOMA TRIBAL MEMBERS, NATIVE AMERICANS AND IOWA TRIBE EMPLOYEES

IOWA TRIBE OF OKLAHOMA WELLNESS CENTER
501 E. HIGHWAY 33
PERKINS, OK 74089
FOR MORE INFORMATION CALL (405) 547-2473

MEN'S STICKBALL TOURNAMENT



SPONSORED BY: IOWA TRIBE OF OKLAHOMA

DATE: NOVEMBER 13, 2010

TIME: 9:00 AM (CST)

TOURNAMENT TO BE HELD AT THE IOWA TRIBE SOFTBALL FIELDS. CHOCTAW POLE STYLE!

CONTACT PERSON: GREG MARRIS, FITNESS COORDINATOR- (405) 547-4325

ENTRY FEE: \$75

DEADLINE FOR ENTRY: NOV. 6, 2010

Eagle Returned to the Wild



Left: Aviary manager, Victor Roubidoux, gets ready to release the rehabilitated Golden Eagle.

The Grey Snow Eagle House released a juvenile bald eagle at 11:30 AM on September 18th near Muscogee, Oklahoma. This is the sixth eagle that was rehabilitated and released since the sanctuary was built by the Iowa Tribe of Oklahoma in 2006 for the protection of eagles.

On August 4th, John Kinnison noticed the injured eagle in a field near Highway 16 and the Arkansas River close to Muscogee. He followed the eagle for several hours on a hot Oklahoma day before it tired and he was able to throw his poncho over it and transport it back to his home. He turned the air-conditioner on high, put the eagle in his bathroom, and contacted Gary and Kathy Siftar. The Siftar's transported the eagle to their home where they operate a small raptor rehabilitation

facility. They contacted Vic Roubidoux, Aviary Manager of the Grey Snow Eagle House, and transferred the eagle to his care on August 9th because the Iowa eagle sanctuary has a large flight cage dedicated to the rehabilitation of eagles. The x-ray and examination did not reveal any broken bones so the veterinarian believes that the injuries were soft tissue damage from a collision with a vehicle. After the injuries healed the eagle was conditioned and tested to make certain that it could survive in the wild. The juvenile eagle was returned to the area where it was found in the hopes that it will be reunited with its family.

The release was a small quiet affair to avoid stressing the young bird. The only people that witnessed the release were aviary

staff, the Siftar's, one newspaper reporter, and the family of John Kinnison, who rescued the eagle. The eagle release brought the Kinnison family together to remember John's sister who unexpectedly passed away three weeks ago. Joe Kinnison, asked the eagle to carry his prayer for his lost daughter to the "Creator" then John set the bird free. The eagle is sacred to the Iowa people because their culture teaches that the eagle is the only creature that has seen the face of the "Creator" and can carry their prayers to Him.



Above: The eagle takes flight and is released back into the wild.

The BAH-KHO-JE Journal is the official publication of the Iowa Tribe of Oklahoma.

The Iowa Tribe of Oklahoma is located 4 miles south of Perkins, Oklahoma on State Highway 177.

The BAH-KHO-JE Journal
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Abraham Wahkinney

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Janice Rowe-Kurak

Vice-Chairman
Perri Ahhaity

Treasurer
Lisa Yellowfish

Secretary
Leslie Tanyan

Council Person
Renee
Lincoln Prince

*"Friendly atmosphere, wonderful spirit, lots of learning and a hopeful message."
-TCOYD Native American Conference Attendee, Sacramento, CA*

TAKING CONTROL OF YOUR DIABETES

CONFERENCE & HEALTH FAIR

A SPECIAL EVENT FOR NATIVE AMERICANS WITH DIABETES

SATURDAY, NOVEMBER 13, 2010
OKLAHOMA CITY CONVENTION CENTER
9:00AM - 4:00PM

Featured Speakers

Drew LaCapa
Comedian & Actor

Pam Belgarde
Fitness Expert, Rez Robics

Darryl Tonemah, PhD
Behavior Specialist, University of Oklahoma

Kelly Acton
Director of Diabetes Treatments and Prevention, IHS

Everything there is to know about diabetes... all under one roof!

Leading experts in diabetes care • Latest information and technology • Motivational speakers
One-on-one consultations with specialists • Health fair
Healthy breakfast & buffet lunch provided

For More Information or to Register:
www.tcoyd.org or (800) 99-TCOYD (82693)



TCOYD is a not-for-profit 501(c)(3) charitable educational organization dedicated to giving people with diabetes the strength that comes from education, motivation and self-advocacy to take control of their diabetes.

COMMUNITY OUTREACH PROGRAM

Read How You Want

Grant award to Iowa Tribe Library \$7,000
 \$6,000 for Library materials
 \$1,000 Travel and Education
 Project "Community Outreach"
 (We were one of 200 tribes to receive this grant.)

Specializing in large print books and accessible book formats has given our Library a gift of 22 books, of which 20 are Native American Titles. This gift is for our new Elders "Community Outreach" Program. The library will be working with our Title VI program delivering large print books out with meal delivery, at present Title VI delivers 21 meals Monday - Thursday to our homebound elders.

This project gives us an opportunity to reach our Elders that would not normally be able to visit our Tribal library and check out materials. Many of our elders have extended families living with them or grandchildren. The library will be ordering materials in November and project will be in place by Jan. 2011. Suggestion forms will be going out with meal delivery and all are encouraged to offer book titles, authors and DVD's for consideration. You may also call Sandy Tharp, Librarian at 547-2402 ext 213 or email your suggestions to her at stharp@iowanation.org. These materials will also be available for regular checkout as well.

This gift will help us to begin an early start and materials are ready for checkout now to all. Many Thanks to Read How You Want, co-founders and publicist Bradi Grebien-Samkow, Associate Publicist who met our Tribal Librarian Sandy Tharp at the American Library Conference in Washington, DC in June. A special thank you to IMLS and to Billie Maudlin, Title VI Coordinator who will be making this possible for delivery.

Bradi recommended to the co-founders to select our library as one of their pilot library to receive free large print books. The company started when one of the co-founders family member, who has MS discovered that she was having vision problems. Now Read How You Want is helping our people too who have vision problems read books. More about Read How You Want can be found at their website. <http://www.readhowyouwant.com/about-us.aspx>

| | | |
|---|---|---|
| <p>Book Titles: The Long Knives are Crying Hundred in the Hand Native American Book of Life Native American Book of Knowledge Native American Book of Change Native American Book of Wisdom Native American Games and Stories</p> | <p>Every Day is a Good Day Our Stories Remember Good Indian Indian Heroes and Great Chiefs Scarlet Feather Hermsprong Haunted Spaces, Sacred Places The Wolf at Twilight Captives and Cousins</p> | <p>We Were All Like Migrant Workers Here Wacousta The Wilderness and the War Path Legends of the West Other: You Can Heal Your Life Crash Course on Psalms</p> |
|---|---|---|

IOWA TRIBE OF OKLAHOMA PERKINS FAMILY CLINIC

Personal Counseling and Substance Abuse Service Is pleased to announce a new addition to our existing programs. Traditional Native American Sweat Lodge Ceremony For Men in Recovery. Monday Nights behind the Chena Building at 6:00 PM. A light meal is served afterwards. For more info on this contact Ken McClellan @ (405) 334-7473. Our existing programs include: New Beginning's Alcoholic Anonymous Group . Monday NOON TO 1:00 At The Old Clinic (OES BUILDING). You are welcome to bring a sack lunch. New Beginning's Narcotics Anonymous Group. Thursday NOON TO 1:00 . At The Old Clinic (OES BUILDING). You are welcome to bring a sack lunch. These are open groups for Males and Females of all ages. Hotdogs and Horseshoes for Men in Recovery. Tuesdays 2:30-5:00 at the POW WOW Grounds. Individual and Family Counseling Monday - Friday 8:00 to 5:00. For more information Please contact Lynn Cicle, MS, LPC, BCPC at 405-547-4364/lcicle@iowanation.org or Lyle Washington @ (405) 612-7770; lwashington@iowanation.org
We would also like to give a special "thank you" to the Business Committee for making our Sweat Lodge Ceremony possible. Thank you for all the support and we would also like to thank everyone that has been participating. The turnout has been great and we encourage everyone of all ages to come out and spend time with family and friends. We are keeping everyone in our prayers and we always pray for any special request.



October 2010 marks the 23rd Annual Domestic Violence Awareness Month.

The purpose of this campaign is to educate the public about domestic violence, create awareness of this social problem, and work towards eradicating it from our society. Domestic Violence Awareness Month is also an opportunity to mourn those we have lost to domestic violence, celebrate the ones who have survived, and empower others to leave abusive relationships. According to the National Coalition of Domestic Violence 1 out of every 4 women will experience domestic violence in their lifetime and Native American women are 3 times more likely to be a victim of domestic violence. The National Coalition against Women also states the cost of intimate partner violence exceeds \$5.8 billion each year, \$4.1 billion of which is for direct medical and mental health services. This truly is a serious social problem for all communities. As a society we have an obligation to get involved, re-

port suspected abuse, and provide support for those who are experiencing domestic violence in their relationships. Unfortunately many of these relationships involve children and the effects of abuse are devastating to them as well. Here are a few warning signs to look for when you suspect you or someone you know is a victim of domestic violence:
General warning signs of domestic abuse:
People who are being abused may:
 Seem afraid or anxious to please their partner. Go along with everything their partner says and does. Check in often with their partner to report where they are and what they're doing. Receive frequent, harassing phone calls from their partner. Talk about their partner's temper, jealousy, or possessiveness. Warning signs of physical violence
People who are being physically abused may:
 Have frequent injuries, with the excuse of "accidents." Frequently miss work, school, or social occasions, without explanation. Dress in clothing designed to hide bruises or scars (e.g. wearing long sleeves in the summer or sunglasses in-

doors).
Warning signs of isolation
 People who are being isolated by their abuser may: Be restricted from seeing family and friends. Rarely go out in public without their partner. Have limited access to money, credit cards, or the car.
The psychological warning signs of abuse
 People who are being abused may: Have very low self-esteem, even if they used to be confident. Show major personality changes (e.g. an outgoing woman becomes withdrawn). Be depressed, anxious, or suicidal.
Speak up if you suspect domestic violence or abuse
Do's and Don'ts

| | |
|------------------------|-----------------------------------|
| Do: | Don't: |
| Ask. | Wait for her to come to you. |
| Express concern. | Judge or blame. |
| Listen and validate. | Pressure her. |
| Offer help. | Give advice. |
| Support her decisions. | Place conditions on your support. |

If you need help in a domestic violence situation, call: 911-in an emergency situation Oklahoma Safeline: (800) 522-SAFE (7233). National Domestic Violence Hot-

line: (800) 799-7233 (SAFE). Rape, Abuse & Incest National Network Hotline: (800) 656-4673 (HOPE). Communication Services for the Deaf: (800) 252-1017 (TTY)/ (866) 845-7445 (Voice). If you need general information about domestic violence, call: Oklahoma Coalition Against Domestic Violence and Sexual Assault: (405) 524-0700 or www.ocadvsa.org. The Office of the Attorney General, Victim Services Unit: (405) 521-3921 The Iowa Tribe of Oklahoma Service Victim Services Unit provides assistance to victims in Lincoln, Logan and Payne Counties. We provide housing assistance to those made homeless by domestic and sexual assault and stalking, assist victims with legal aide for issues directly related to domestic and sexual assault including child custody and divorce proceedings. We offer many other services and programs for clients who have experienced domestic abuse, sexual assault or stalking. These services are available to all members of the community. If you need help or have any questions please call us at (405) 547-2402.

G.E.D. PROGRAM RECIEVES \$500

Sandy Tharp, Iowa Tribe Librarian is shown with Chandler Wal-Mart Manager, Randi Neugent, presenting her with a check for \$500 in support of our GED Program.

Wal-Mart supports local Community Projects and our GED Program was selected to receive \$500. These funds will enable the GED program to help those students who are unable to pay to take the test.

Many of the GED students have no jobs or seeking to improve their hire ability. The GED test is \$60. This check will pay for 8 students to take the test.

Second Picture: Sandy Helm, Librarian Chandler Public Library, Randi Neugent Wal-Mart Manager and Iowa Tribe Librarian Sandy Tharp.

Chandler Public Library is one of the six community Libraries that we share our databases, Education, Health and Employment as well as with Perkins Public Library, Tryon Public Library, Meeker Public Library, Wellston Public Library and Carney Schools.

All of the community libraries refer individuals to our GED program and they are located within

the Iowa Tribe Coverage Area. This is one more way that we are able to help our Tribal members and community.



AILA SCHOLARSHIP WINNER

Sandy Tharp, Iowa Tribe Librarian was honored as one of the scholarship winners of the American Indian Library Association (AILA) and Demco travel award that help enable her to attend the National American Library Association Conference in Washington, DC., in June. She is shown with Teresa Mares, Noli School Librarian, California who was also chosen as a scholarship winner. Teresa and Sandy are shown with Demco sponsors holding a check that will be presented to Native Americans seeking to future their education and become Librarians.



“The experience of being in a place with 20,000 other librarians across the nation was amazing. Everywhere you went were men and women carrying book bags – stuffed of course! I received over 30 new books given to our Library from vendors; I meet Brandi Grebin- Samkow, Associate Publicist with Read What You What – a company who offers free large print books to libraries. Their founder is donating 20 Large Print Native American Titles due to our library. Our Tribal Library will be the first to receive books from Read What You Want. They are looking at us as a pilot program and then strongly considering opening up free books to other Tribal Libraries across the nation. The reason: Our Elder Program – I shared with them what Billie and I will be doing with the IMLS Basic Library Grant, purchasing Large Print Books, Audio Books, DVD’s, DVD players and CD players that will be going out with our meals each day. Each and everyone can be proud of our Title VI program and what they do and their willingness to deliver books to our homebound elders. Also, the conference was an amazing learning opportunity – grants and resources – for family literacy and youth.” -Sandy

GENERAL COUNCIL MEETING

A general council meeting was held on September 18th, 2010. We discussed and talked more about the RAP and tribal members were able to present their thoughts and concerns. We talked more on the future casinos. This meeting was also viewable through the internet/live-stream web thanks to IT. Dinner was provided by McAlister’s Deli.



LEFT: The Library just received some back issues of the Iowa Tribe Newsletters – some going back to the 70’s. This recipe is from May 1980.

Indian Pudding

3 cups milk
 1/3 cup cornmeal
 1/4 cup honey
 1/2 tsp. cinnamon
 1/2 tsp. salt
 1 Tbsp. molasses
 1/2 cup raisins

Scald the milk. Combine cornmeal with honey, salt and cinnamon. Pour hot milk over them and stir well. Mix in molasses and raisins. Pour into buttered dish and bake at 350 degrees for one hour and 15 minutes. Stir several times during baking. Serve hot or cold, plain or with whipped cream.

SPAGHETTI WITH MEAT SAUCE

1 package Kraft Tangy Italian Style Spaghetti Dinner
 1/2 pound ground beef
 1/2 cup chopped onion
 1 can (6 ounces) tomato paste
 1 1/2 cups water

Prepare spaghetti as directed on package. Brown meat in skillet. Add onion and cook until tender. Drain excess fat. Add tomato paste, water and the Herb-Spice Mix. Bring to boil; simmer 10 minutes, stirring occasionally. Serve over spaghetti. Sprinkle with the Grated Parmesan Cheese.

TITLE VI MENU

| Menu Subject to Change | | | | |
|---|---|--|---|--|
| October 2010 | | | | |
| Iowa Tribe Title VI Menu and Elders Activities | | | | Thursday's Fish Day |
| Dieticians Approval: PA | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| | | | | 1 Cold Cereal Sausage Links Grapefruit Sections Milk Commodity Pick-Up Day |
| 4 Pepperoni Pizza Garden Salad 3-Bean Salad Perfect Berry Fluff Milk | 5 Soft Turkey Taco W/ lett, tom., onions, guacamole & sour cream Mexican Corn S/F Jello w/ tropical fruit Milk | 6 Beef –n- Corn Soup Potato Salad Seasoned Green Beans Sherry's Fry Bread Orange Milk | 7 Tuna Salad w/ Wheat Berry Bread Lettuce & Tomatoes Baby Carrots & Dip Tapioca Pudding Milk | 8 Cream of Wheat Boiled Egg Wheat Berry Toast Apricots Milk |
| 11 Columbus Day Cold Turkey /Wheat Sub w/ cheese, lett, & tom. Baked Lays Chips Low Fat Cottage Cheese SF Vanilla Pudding Milk | 12 Spaghetti w/ Meat Sauce Green Salad Garlic Toast Strawberry Fluff Milk | 13 Teriyaki Chicken Breast Stir Fry Veggies Asparagus Wheat Bread SF Chocolate Cookies Milk | 14 Breaded Baked Catfish Hushpuppies Broccoli Salad Corn-on-cob Splenda Peach Crisp Milk | 15 Grits Scrambled Eggs Sausage Pattie Blueberries Milk October Birthday Party & Caregiver Education |
| 18 Chicken Noodles w/ Peas & Carrots Garden Salad Wheat Crackers Fruit Salad / Milk | 19 Turkey Enchiladas Spanish Rice Refried Beans Baked Cinnamon Peaches / Milk | 20 Pork –n- Hominy Seasoned Green Beans w/ New Potatoes Sherry's Fry Bread Fresh Apple / Milk | 21 Salmon Cakes Coleslaw w/Raisins Broccoli Wheat Bread SF Chocolate Pudding Milk | 22 Strawberry Oatmeal Crispy Bacon Bagel w/ Strawberry Cream Cheese Milk / Cranberry Juice |
| 25 Frito Chili Pie w/ onions, cheese, peppers sour cream & salsa Green Salad Mandarin Oranges / Milk | 26 Hamburgers w/ Cheese w/lettuce, tomatoes, onions, pickles Potato Salad Key Largo Veggies Fresh Apple / Milk | 27 Pork Chops Buttered Rice Spinach Roll Tropical Fruit Milk | 28 Tuna Casserole w/ Peas Garden Salad California Blend Apricots Milk | 29 Ham –n- Egg on English Muffin Hash browns Tomato Slices Milk |

EMPLOYMENT OPPORTUNITIES/JOB POSTINGS

The following is a list of positions currently available. For an updated list of positions, please contact Human Resources Department at (405) 547-2402 or visit www.iowanation.org.

Equal Employment—Opportunity Statement

The Iowa Tribe of Oklahoma does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability status in employment. However, individuals of Indian ancestry and Veterans will be given preference by law in initial employment or re employment.

jobs@iowanation.org
<http://www.iowanation.org>

GOVERNMENT

- Realty Manager
- Admin. Assistant/Realty Probate Clerk
- Dispatcher/Jailer (Open Continually)
- Police Officer
- Compliance Officer

DAYCARE

- Toddler Teacher
- Infant Toddler Floater

Administration

(Email jobs@iowanation.org)

Cimarron Casino

(Email jobs@cimarroncasino.org)

BKJ Solutions & Health

(Not accepting any applications at this time)
Please check back continually for updates.



For complete job descriptions, requirements, qualifications, etc., please visit www.iowanation.org under [Government/Human Resources/Job Postings](#) or visit the Human Resources department during normal business hours Monday through Friday 8 am - 5 pm. You can also fax your completed application to (405) 547-1092 or e-mail your application to jobs@iowanation.org or mail the application to address:

Rt. 1 Box 721
Perkins, OK 74059

The Iowa Tribe of Oklahoma Requires that applicants submit to and pass an initial drug screening and successfully pass a background check as a condition of employment.

**NOTICE FROM VEHICLE REGISTRATION DEPARTMENT
EFFECTIVE NOVEMBER 1, 2010
THE VEHICLE REGISTRATION DEPARTMENT WILL NO LONGER TAKE CASH
ONLY CHECKS, MONEY ORDERS OR CASHIER CHECKS**

Thank you
Lucille McClellan
Vehicle Registration/
Property Officer
lmcclellan@iowanation.org
405-547-2402, Ext 259

The Iowa Tribe has a contract with the Department of Rehabilitation Services (DRS) for getting individuals to work. The Iowa Tribe will provide on-the-job training to participants with a disability for up to a 90 day period through this program offered by the DRS through stimulus funds. Native Americans with disabilities are encouraged to coordinate

employment through the Iowa Tribe of Oklahoma's Vocational Rehabilitation program. To apply for the OJT program through the DRS use the application provided on iowanation.org in the "Job Postings" section.



OLD SETTLER'S PARADE

The Iowa Fire Department truck was driven in the parade by Dave Milby. Smokey the Bear (Cody Fields) reminded the spectators to be "firewise" and prevent fires. Daryl Randall and Ron Kujawa from the Iowa Fire Department threw gifts to the spectators. The Iowa Tribe Fire Department will be holding "Fire Prevention Day" on October 26th.

1ST PLACE!!!



IOWA TRIBE FIRE PREVENTION DAY

The annual Iowa Tribe Fire Prevention Day will be held October 26, 2010 at the White Cloud Building, starting at 1pm-3pm.

The prevention of fires within tribal members property and the tribal government buildings is important. The threat of fire injuring people and destroying or damaging property is real. A small fire can grow to extreme size quickly.

Inside a house with a smoke detector can save a life by notifying the occupants of the presence of smoke. The smoke detector can detect small amounts of smoke in the air. The occupants now aware of smoke can get out of the house and call the fire department.

Smoke detectors, Carbon Monoxide Detectors and Fire Extinguishers will be given away to Iowa Tribal Members.

ATTENTION TRIBAL MEMBERS:

IF YOUR ADDRESS HAS CHANGED OR YOU WOULD LIKE TO HAVE YOUR NEWSLETTER SENT TO AN ADDRESS OTHER THAN WHAT WE HAVE ON RECORD PLEASE CONTACT (405)547-2402 KEVIN ELLIS EXT.257 E-MAIL KELLIS@IOWANATION.ORG or MYSELF AT EXT.301 E-MAIL AWAHKIN-NEY@IOWANATION.ORG.

Below is a form you can fill out and mail to us.

CONTACT INFORMATION SHEET

REQUESTS: Name Change _____ CDIB Duplicate _____
Address Change _____ Other* _____

PLEASE PRINT

NAME:

Current Last Name First Name Middle Name Maiden/Birth Name

BIRTH DATE: _____ MALE: _____ FEMALE: _____

TRIBAL MEMBERS ROLL#: _____

ADDRESS:

OLD: _____

NEW: _____

PHONE: _____

SIGNATURE: _____ DATE: _____

Names of children or other Tribal Members living at the new address:

****FOR OFFICE USE ONLY****

Updated On: _____ Referrals: _____

Updated By: _____

Comments: _____

*Other: _____