



Bah Kho-Je Journal

Official Publication of the Iowa Tribe of Oklahoma—People of the Grey Snow

1-888-336-IOWA or (405) 547-2402

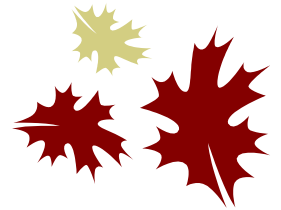


Good Day Relatives!

We hope you enjoyed the Thanksgiving Holiday with your families and are staying warm during our chilly months. May God bless each of you, your families, friends, and extended relatives during this fall though winter season. We would also like to include a Merry Christmas to each of you!

L to R: Council Person, Eagleboy McClellan; Secretary, Chalis Cox; Vice Chairman, Thomas Cox; Chairman, Gary Pratt.

*Treasurer, Lisa Switch, not pictured.



NEW Ioway Travel Plaza Casino & Grill!



We are proud to announce that the Grand Opening for the new Travel Plaza Casino & Grill was on November 20th, 2014.

Tribal members over the age of 18 were able to receive a gas voucher of 30 dollars, that is valid for a year, or 30 dollars in free play. Travel Plaza T-Shirts were also handed out on this date.



We encourage everyone to visit. If your passing through we are located 3 miles south of Perkins, OK on Highway 177. You cant miss it! We are travel friendly and have showers with a laundry room, we offer diesel, ethanol, non ethanol fuel at a low cost. Stop by, grab a drink and play a little at our half casino that offers 39 slot machines or get a bite to eat at the grill!

We are humbly excited to launch the Iowa Tribe of Oklahoma's new Travel Plaza/Casino to the community.



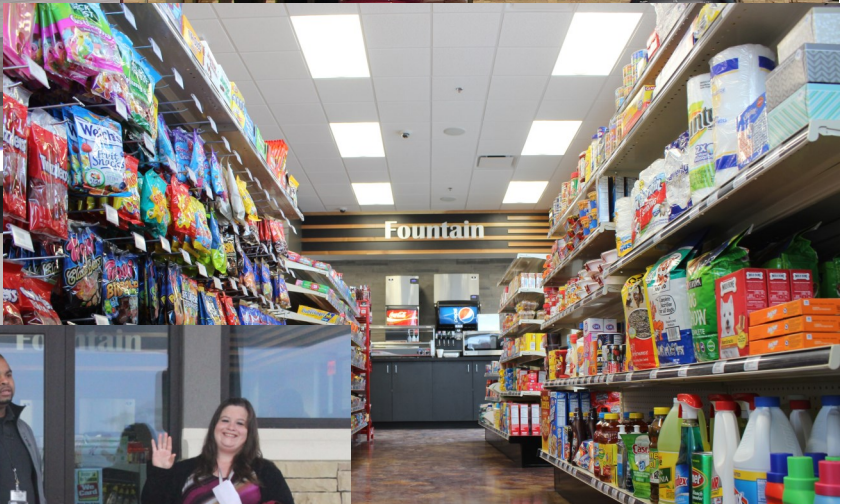
October-November-December 2014

Travel Plaza



October-November-December 2014

Travel Plaza



Announcements



Iowa Tribe of Oklahoma **Vocational Rehabilitation Program** is proud to announced that we are the award recipient of our fifth five year grant 2014-2019 from The Department of Education Rehabilitation Services Administration in the amount \$2.3 Million. On Oct 1st, the Iowa Tribe Vocational Rehabilitation Program commenced its 21st year of service in helping Native Americans with disabilities obtain or retain employment. Praise our VR staff.

Rose Malone
Program Coordinator

*In an effort to align our operations and processes with those of IHS facilities, effective Monday, December 8, Perkins **Family Clinic and Pharmacy** hours will be changing from 8-5 to 8-4:30. Lunch hours will be as follows:*

Clinic: 12:30-1

Pharmacy: 1-1:30.

Thank you for choosing Perkins Family Clinic and Pharmacy!



Iowa Word of the Day: **Han we**

(Hawn Way) with a nasal 'n' sound.

English Meaning: Day

Hanwe Pi means Good Day

Pi Ke (Pee kay) is the male version of Good.

Pi Ki (Pee kee) is Female version of Good.

Tribal Assistance Updates

Business Committee Approved!

An **additional \$250** was approved and added to the July—December 2014 Household Assistance and Elders Assistance. This brings the total Household Assistance amount to \$3, 250 per year. Elder's Assistance is now \$2,750 per year!

The Library has received a \$4,004.68 grant from the Oklahoma Historical Records Advisory Board for new shelving, archival materials and supplies to care for the items presently in the Archives preserving them for future generations.



[The Wildlife Society](http://www.wildlifesociety.org) is an international non-profit scientific and educational association dedicated to excellence in wildlife stewardship through science and education. Our mission is to enhance the ability of wildlife professionals and wildlife students to conserve diversity, sustain productivity, and ensure responsible use of wildlife resources and their habitats. The Western Section of The Wildlife Society is comprised of over 1000 wildlife managers, biologists, ecologists, and students from California, Nevada, Hawaii, and Guam all devoted to the sustainable conservation of wildlife in the western United States region. There are 12 [area Chapters](#) that make up the Western Section.

In order to promote sustainable management of wildlife resources the Western Section hosts numerous workshops for wildlife professionals and students to provide the latest in wildlife techniques and offer specialized training for special status species. Check out all upcoming meetings and workshops on our new [events page](#). In addition the Western Section holds an [annual meeting](#) where wildlife profes-

Visit link for annual meeting information: http://twswest.org/events/2015/CallForPapers_2015.pdf

Announcements



Iowa Tribe of Oklahoma

Bison Leading the Herd in Oklahoma School Lunch Program

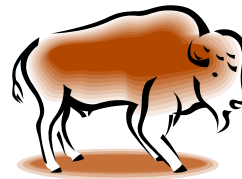
A high-fat, high-sodium, low-fiber menu is a typical lunch at many American elementary schools. Deep-fried popcorn chicken, tiny taters tots, bread, barbecue sauce, ketchup, and milk are menu mainstays routinely featured alongside fatty items such as pizza, french fries, hot dogs, and a mystery pork product called "ribicue." On a national level these typical offerings to school age children have galvanized not only high-profile chefs such as Jamie Oliver and Rachael Ray but also First Lady Michelle Obama.

On a local level the Iowa Tribe of Oklahoma through its Bison Program has decided to do something about the local Perkins-Tryon ISD lunch menu. The Inter-Tribal Buffalo Council (ITBC) offers a grant used to help decrease the health risk in our educational systems by incorporating buffalo meat into children's diets. As a recipient of the ITBC grant The Iowa Tribe of Oklahoma Bison program, the Oklahoma Farm to School Program, the Perkins Family Clinic Community Health Department and the Perkins-Tryon Independent School District will offer their first buffalo meat integration into the school menu November 13th of this year.

Bison - the red meat of the new millennium is a delicious, healthy alternative to beef, pork, chicken, and fish. Bison is nutrient dense, low in calories and has a greater concentration of iron and Vitamin E, which has a positive impact on combating diabetes, heart disease and a number of diet related health issues.

Curtis Washington, Agriculture Director and Buffalo Herd Administrator, "The Iowa Tribe of Oklahoma has been preserving our buffalo herds since early 2000, it's part of our heritage as loway people. Our connection to the buffalo has always been in existence in our oral traditions, in our dances and in our clans, those ties still exist today. We take every precaution to make sure our 72 member herd is healthy and thriving. Part of that means DNA testing to insure we have a diverse healthy buffalo herd. Our entire herd is grass fed and hormone free being able to share the benefits nutritionally with our surrounding community is exciting."

"Perkins-Tryon Independent School District is our initial attempt at incorporating bison meat into area school lunch programs and we are the first and only tribe in Oklahoma to participate in such an endeavor. Hopefully, other tribal herd programs will want to follow the Iowa Tribe of Oklahoma lead. If they do, bison will dominate school lunch programs in Oklahoma", said Chalis Cox Iowa Tribe of Oklahoma Business Committee Secretary.



Announcements



Ex-Con Arrested in Cimarron Casino Parking Lot



As the officer was conducting a pat search on the man for weapons, "I observed Dickson sit up and retrieve her purse from the floorboard and begin looking through the bag," Hickman alleged in his affidavit.

"I told her to remain seated and not to move. She then sat back and appeared to stick her left hand between the seat and center console of the vehicle, then place her hand in her lap," Hickman alleged in his affidavit.

After the officer determined that both had outstanding arrest warrants, he asked Dickson if she had anything illegal on her or in her purse, which she denied, Hickman wrote in his affidavit.

Dickson gave the officer permission to search her purse, the affidavit alleged.

"Upon opening the purse, I observed a plastic bag containing approximately 100 unused pink one-inch by one-inch ziplock bags and one clear one-inch by one-inch ziplock bag containing a small amount of a clear crystal substance," that tested positive as methamphetamine, Hickman alleged in his affidavit.

"Upon checking between the seat and center console, I located an orange capped syringe. As I retrieved it, Dickson immediately said it was not hers," Hickman alleged in his affidavit.

According to Payne County court records, Dickson pleaded guilty to charges of methamphetamine delivery, conspiracy to manufacture the drug, possession of the drug with intent to deliver and possession of drug paraphernalia, all occurring on June 11, 2005.

Dickson also pleaded guilty to possessing methamphetamine with intent to distribute, having the drug without a tax stamp and possessing drug paraphernalia, all occurring on March 3, 2005, in Payne County.

In both of those drug cases, Dickson was initially placed on five years' probation in 2006 conditioned on her enrolling in and successfully completing the Payne County Drug Court program.

However, less than two years later, her probation was revoked and she was given two concurrent two and one-half year prison terms in those Payne County drug cases, on which she served about one year, state Department of Corrections records show.

A year after she was released from prison, she was charged in Rogers County with drug possession, for which she was given a five-year prison term in 2012. She served about one year and six months, DOC records show.

If convicted of her current Payne County drug charges, Dickson could be incarcerated for as much as 21 years and fined \$11,000, court records show.

(Stillwater, Okla.) -- A convicted drug dealer has been jailed on \$25,000 bail pending a Monday court appearance on a charge of possessing methamphetamine in the Cimarron Casino parking lot in Perkins, in a case investigated by Iowa Tribal Police Officer Jason Hickman.

Candi Lee Dickson, 34, of Stillwater, who was released from prison last year after serving time for drug possession in Rogers County, was given a court-appointed attorney this week to represent her on her latest drug charge in Payne County.

The officer wrote in an affidavit that he was sent to the Cimarron Casino in Perkins at 8:45 p.m. on Oct. 20 regarding a possible drug transaction on the property that is held in trust status by the United States for the Iowa Tribe of Oklahoma.

A casino security officer said "surveillance had advised him of a possible transaction that occurred inside the casino and said the female suspect had exited the casino and was seated in the front passenger seat of a white Ford Explorer in the north parking lot," the affidavit alleged.

Dickson and the male driver of the vehicle, who was subsequently arrested for failure to appear in court on a protective order violation charge, both had their seats reclined when the Iowa tribal officer saw them, the affidavit said.

Good Job Jason!





Casino Updates



SCHOOL SUPPLIES

The Cimarron Casino hosted a promotion for school supply donations. The event ran through the month of August and the result exceeded expectations. Items for this promotion will be distributed to three organizations: Iowa Tribe Four Winds Child Development Center & Early Head Start, 4 Kids and Community (Serving Perkins public schools) and Stillwater Public Schools.



EXPANSION OPENING ANNIVERSARY



October marks the anniversary of the opening of the Cimarron Casino expansion. The year was filled with jackpots, promotions, giveaways and excitement. Guests continue to be amazed with the grandeur that is the casino.

CIMARRON CASINO ACCOMPLISHMENTS

It is with great pleasure to acknowledge our nomination for 2014 Readers' Choice Award. To be recognized as a candidate for this prestigious award is such an honor. The Cimarron Casino strives to provide our guests with a gaming experience that encourages repeat visits.



TOP 5

Nearly 10,000 votes were cast in the **NewsPress Readers' Choice Awards**. Votes were tabulated to spotlight your favorite business. **Readers voted Cimarron Casino as the #1 casino.**

Congratulations to Cimarron Casino for your accomplishment on being the #1 Casino Choice!

The Cox Convention Center was host to the 20th Annual Oklahoma Indian Gaming Association (OIGA) trade show and education breakout sessions.

Cimarron Casino was a Major Sponsor for this year's event. The sponsorship comes with recognition throughout the tradeshow and provides tickets for employees to attend. Eagle McClellan, on behalf of the Iowa Tribe, proudly displays the award received for Cimarron Casino.



Domestic Violence & Victim Services Unit

October was domestic violence awareness month. To commemorate the month and draw attention to the problem of domestic violence and sexual assault the Victim Services Unit hosted weekly events throughout the month.



The first event was a **Warriors Breakfast**. Men were invited to enjoy breakfast items generously donated by William's Food, WalMart, and Panera Bread. Tyrone Springer spoke to the gathering about the meaning of being a Warrior, a protector of women and children, and invited men to take the Warriors Pledge. This event gave men the opportunity to stand up and publicly say ***"I swear never to commit, excuse or remain silent about violence against women. This is my oath"***. Men were given a white lapel pin to commemorate their pledge.

The second week the Victim Services Unit had a **coloring contest** for adults and children. Participants had the opportunity to color a dream catcher and win very nice prizes donated by the Cimarron Casino.. Deanna May won a cappuccino maker in the adult contest. Deanna's granddaughter Deslilyn Mottwylier, won the children's contest and received passes to the Stillwater children's museum, the Wondertorium. The passes were donated to the Victim Services Unit by the Wondertorium.

During the third week the Victim Services Unit hosted a **Flowers on the Pond Memorial** to honor victims and survivors of domestic violence. This event gave members of the tribe and community the opportunity to share stories and honor survivors and those lost by casting fresh flowers on the pond at the Perkins Territorial Plaza. Chelsea Baldwin of the Pawnee Tribe's violence Against Women program was a guest speaker at the event. Flowers were donated by Patsy's Flowers and Wal-Mart. Refreshments for the day were donated by Bella Marie's bakery.



Domestic Violence & Victim Services Unit



During the final week, on **Halloween Day**, the Victim Services Unit hosted a **You Can't Sugar Coat Domestic Violence** candy

buffet. Participants were invited to help themselves to a wide assortment of candy donated by Wal-Mart, Firelake Foods and Candyopolis. Each candy was individually wrapped with a statistic, fact, or emergency help information. This event was intended to bring awareness to adults and to end the month a positive note.

The Victim Services Unit thanks everyone who participated in our events and we hope the events did raise awareness about the problems of domestic violence and sexual assault. The Victim Services Unit has services and supports available for victims of crime. If you or someone you know is the victim of a crime call the Victim Services Unit at 547-4324 during business hours or the 24 hour **Tribal Hopeline 1-855-ITO-HOPE (486-4673)**.



*Open Your Heart, Open Your Home, and
Receive the BEST that Life has to offer!!*

BE A FOSTER PARENT

At any given time there is usually at least one Iowa Tribe of Oklahoma child who needs a temporary home and often there is more than one. Sometimes, a temporary home is not what is needed but a permanent home and family for a child to call their own.

Currently, the Iowa Tribe of Oklahoma (ITO) does not have an ITO Foster Home to place their children when an Iowa parent hits a rough patch in life. Offering your home, being a role model to a child and his/her parent is one of the greatest gifts you can give to your tribe.

Being part of building your tribe's future in a concrete way by providing a foundation to a child in need is truly love in action. Allowing your family the opportunity to give another family a chance to become healthy and strong builds your own family's health and strength.

Be A Foster Parent!

How?

Call ITO Social Services 405.547.4234 to get an application.

Find all the documents on each member of your household – SS Cards, Birth Certificates, Photo ID's, tribal enrollment cards, etc.

Fill out the application – It IS long! Of course, it is; for the safety of children.

Submit the application and all family documents to ITO Social Services; who will make copies, return originals and

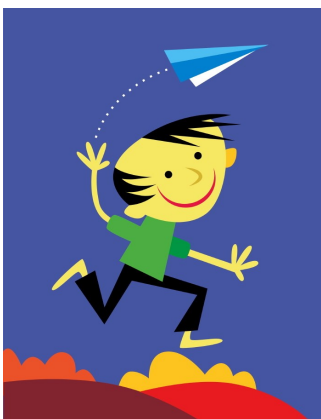
Assist you with getting your background/fingerprint checks done.

After all members in household pass checks then a Home Assessment and Summary is done.

All members in household need physicals, four legged members, too. Shots must be current.

Training is mandatory (at your convenience) with a certificate at the conclusion

Now, you and your family can know the joy of giving love in action!





Young Leaders



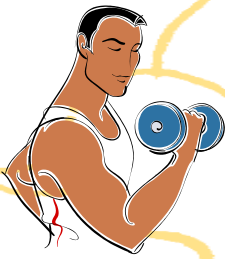
Seannah Miller, daughter of Hoagie & Portia Miller from Tryon, Ok. was in her very first modeling gig on October 3rd. The Fashion Show was hosted by the non-profit agency, Wings of Hope. Their mission is to provide Safety, Hope and Empowerment for victims of Domestic Violence and Assault. 10 year old Seannah was asked along with her grandmother, Joyce Bigsoldier-Miller, to participate in this years event. Joyce has been modeling each year in the particular fashion show for the past 4 years and is proud to bring along her granddaughter. Seannah did a great job showing off her traditional loway dress which is in shades of purple to match the ribbon color of domestic violence awareness.

Great Job Seannah Kay!



Wyatt Tohee is 18 years old and 2014 High School Graduate of Chinle High School. He is a descendant of the Iowa and Otoe-Missouria Tribes and is of the Navajo Nation. In August he started school as a Freshman at Oklahoma State University in Stillwater, Ok. His major is Construction Management and he hopes to continue to better his future. He is the son of Edison and Matilda Tohee of Chinle, Arizona. His paternal grandparents are Edison F. Tohee Sr. and Gladys Tohee, his maternal grandparents are Sam Chee and Ella Chee.

Welcome and Good luck with the rest of your endeavors Wyatt!



Intertribal Fun Day



On October 24th 2014 the Iowa Tribe hosted the annual Inter Tribal Fun Day. In attendance was tribes including the Iowa Tribe, Kaw Nation, Pawnee Nation, Otoe Tribe, Tonkawa Nation, and Ponca Tribe. We had a number of events such as, basketball tournament, mush ball tournament, horseshoes, trike relay, obstacle course, tug a war, closet to the pin, and flag football. We also had elder games and activities held in the Chena building and also a walk and run at the beginning of the day.

We had over an estimated of 500 people in attendance. The games were very fun and everyone enjoyed themselves. Unfortunately in the overall score in the end the

Iowa Tribe fell short of the victory. First place was the Otoe Tribe. Second place was the Ponca Tribe, third place was the Tonkawa Nation, fourth place was the Pawnee nation, Fifth was the Iowa Tribe, and sixth place was the Kaw Nation. But in the end we all had fun, and the weather was great for the occasion. On behalf of the Recreation department we would like to give a **big thank you** to the **Casino Staff** and **Title IV** for all the help with the food. Also to all the other departments at the complex that played a big roll in making the day such a success, and a big Thank you to the **Business Committee** and all their support.

- Tyrone Springer and the Wellness Center Staff



LEADER BOARD		TEAM POINTS									
TRIBE	POINTS	WALK	GOLF COURSE TUG OF WAR	OBSTACLE COURSE	TRIKE RELAY	CLASSETO THE PIN	FLAG FOOTBALL	1/2 MILE	1/4 MILE	1/8 MILE	TOTAL POINTS
1st PLACE	OTOE	40	6	5	14	5	4	14	2	5	6288
2nd PLACE	PONCA	21	1	3	13	12	1	1	1	1	4364
3rd PLACE	TONKAWA	40	2	3	6	10	4	3	5	6	43129
4th PLACE	PAWNEE	33	3	6	1	2	3	5	4	0	5689
5th PLACE	IOWA	40	5	3	5	6	9	2	2	10	5254105
6th PLACE	KAW	32	4	4	1	5	7	6	6	9	4302092

POINT STRUCTURE	
1st Place = 6 Points	■ ■ ■ ■ ■ ■
2nd Place = 5 Points	■ ■ ■ ■ ■
3rd Place = 4 Points	■ ■ ■ ■
4th Place = 3 Points	■ ■ ■
5th Place = 2 Points	■ ■
6th Place = 1 Point	■

r-November-December 2014

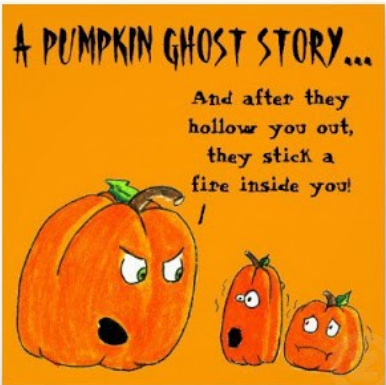




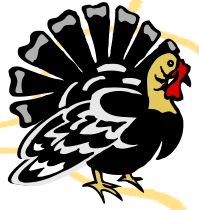
Halloween



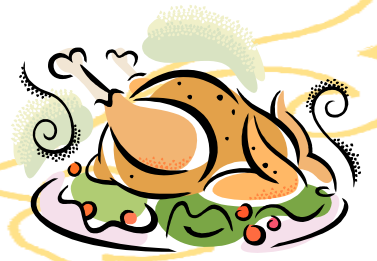
On October 31st, the Title VI department held an Elders Halloween Party at the WhiteCloud building. Many were in attendant and to go along with the fun, a costume contest was held in which Bobby and Carolyn Hunt had won Walmart gift cards as their prize. There was also a Most Creative Dish that Carol Hunt had won. All of the elders and guests that showed up enjoyed their selves. We hope you had just as great of a spOoky Halloween as our elders did!



October-November-December 2014



Thanksgiving



ITO Employee Thanksgiving Holiday Dinner—November 26th, 2014



Loway Prayer Partners - Community Church had their Thanksgiving meal and service on November 13th.





This year he was nominated and has been awarded one of many **AARP Elders of the Year**, **Jake Big Soldier, Jr.** is an enrolled member of the Iowa Tribe and is of the Otoe-Missouria tribe as well. Prior to graduation from Capitol Hill High School in Oklahoma City, he signed up for the US Marine Corps. He is a veteran of the Vietnam Conflict with one tour of duty; He received an Honorable Discharge in 1970.

Veteran: PFC Jacob Big Soldier Jr.	US Marine Corps	Viet Nam Conflict
1968	US Marine Corps Reserves	PVT 4 Months
08/28/1968	Active Duty	July 19, 1970
	MCRD – San Diego, California	
	Advance Infantry Training – Camp Pendleton, San Diego, CA	

Operations:

- Purple Martin
- Main Crank
- Montana Mauler
- Ellis Ravine
- Virginia Ridge
- Heckermer Mt.
- Massachusetts Bay

Numerous Searches & Destroy Missions: that includes the following:

- Apache Snow
- Cameron Falls
- Arlington Canyon
- William Glades
- Utah Mesa
- Idaho Canyon
- Georgia Tar
- Task Force hotel

Veteran News and AARP Oklahoma Honors Indian Elders



Other interests of Jake's – was serving his Tribe as Vice Chairman, Councilman, and Grievance Committee Member in the late 1970's and in the mid 1980's. He was a rodeo cowboy; belonging to the All Indian Rodeo Cowboys Association riding in the Bareback Bronc riding category; as well as a thoroughbred race horse manager and trainer. He is a retired sub-contractor; and currently makes his home south of Perkins, with his family that includes his wife, Sharron of 49 years, daughter Deanna Good Eagle, granddaughters and his three great grandchildren. His other children include Sherry Fulton of Yukon and her five children and Shauna McCullough of Dallas, Texas and her three children.

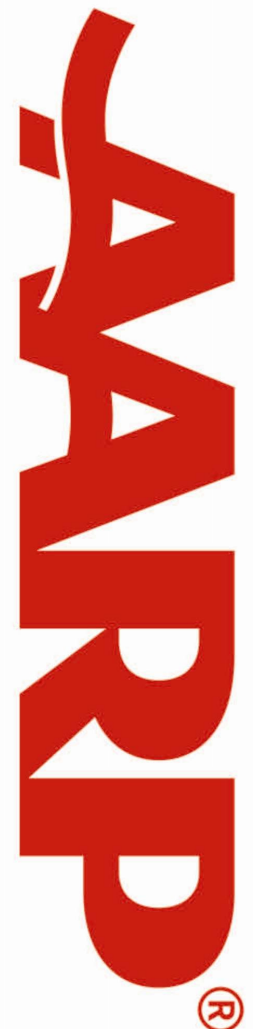


AARP Oklahoma Honors Indian Elders



Jackie Sine Young— Iowa

An educator, tribal leader and elder who continues to touch lives, Jackie participates in weekly language and cultural meetings at the Iowa complex and has been instrumental in a pilot program whose long-term goal is to provide laptop computers for homebound elders. She served on the tribal business committee as councilperson and secretary where she aided in developing a tribal assistance educational program that provides financial assistance to college students. She retired from Oklahoma City Public Schools in 2002 after 29 years in Special Education/ Learning Disabilities, is a graduate of Oklahoma State University and did graduate work at the University of Central Oklahoma. She is a member of the Oklahoma Retired Educators Association. She recently shared traditional Iowa beading pieces that have been in her family for many years with students in order to bring tribal history alive.





Seasonal Tips

HOLIDAY GUIDE: HOLIDAY CLEANING/ORGANIZING

from Good Housing keeping Site

January – Clean your fridge and pantry

Once all the holiday guests have gone home and you're through entertaining, it's a good time to clean out your fridge and pantry. **1.** Throw out (or compost) half-eaten leftovers, check expiration dates, and if you have foodstuffs you don't plan on enjoying, donate it to a local food pantry. **2.** Take this opportunity to set up items with oldest in front to be used first and restock your go-to ingredients. **3.** Ring in the New Year with our 12-month plan for organizing your home and life. Since no one likes to live in disarray, we've compiled a month-by-month plan of simple tips to rid clutter from all aspects of your home. Find out how to get organized this year with our top tips.

February – Tackle paperwork and piles

Tax time seems like the right time to organize your office space for maximum efficiency. Start by sorting through the piles of papers – what needs immediate attention, what can be filed for later and what gets sent to the shredder? Next, review your filing system and retire what you don't need. Filing systems should be simple and easy to manage. Lastly, clean out your desk and back up important data on an external hard drive.

March – Spring clean and host a yard sale

Spring cleaning can be daunting, but when you clean your house and make some money at the same time, it makes the simplification process much easier. Instead of breeding scattered clutter – kid's toys in the den, stray hair accessories and items in the kitchen “junk drawer” – keep a catch-all ‘garage sale box’ for items to unload. Price your items to sell, and when the sale is over, donate leftover goods to a local charity.

April – Get garden ready

Now is the time to put on your gardening gloves; and set up an organized space to store your outdoor supplies. Clean and dry all of your garden accessories before creating an accessible space for these supplies in the garage, shed or basement. Also, make sure none of your fertilizers or pesticides are expired and keep them sealed up and kept safely out of reach of children.

May - De-clutter sports and camping equipment

Sports and camping equipment can take up a lot of space. If you're short on storage, an over-the-door rack can work wonders for organizing many items; as well as Storage tubs for balls, mitts, helmets and shoes. For camping equipment, compartmentalize your gear – by cooking pots, stove and utensils, tent/sleeping essentials and sundry supplies. A check list can be handy to keep track of what you have or need to replace.

June – Summer and Powwow fun

This month is all about streamlining summertime fun. Keep a basket by the back door full of sunscreen, bug spray and hats. Get Lake- and pool-ready with a bag or shelf for towels and swimsuits. Stock up on refreshing snacks like popsicles and juice boxes and use Ziploc bags to portion out on-the-road nibbles.

July – Get your car road ready

Some simple planning can help ensure your car runs properly and that you're prepared to handle any unexpected on-the-road issues. Before you hit the highways, have a certified technician check your vehicle for safety. Further prepare for emergencies with membership in a 24/7 roadside assistance program like AAA. Now is also a good time to restock your travel first aid kit.

August – Back to school

Help your kids get off to a smart start with a little of bit of prep and organization. Stock up on school supplies and avoid any last-minute project disasters. Buy in bulk to save money. Get a wall calendar and mark down appointments, after-school activities and important dates. Assign each child a different color to keep obligations straight. Create a study space that will help promote positive homework habits. This may seem obvious, but a thoughtful environment can help encourage educational success.

September – Winterize your house

Get your home ready for sweater weather with a few simple tips. Remove dead tree branches that could fall and cause damage in heavy snowfall. Clean chimney or roof and check for any leftover summer “guests.” Seal leaks on your roof, around doors and windows and add insulation as needed for maximum energy efficiency. Not only will you be ready for snow, cold and inclement weather, you'll stay safe and comfortable.

October – Organize the shed and garage

These two places tend to be a catch-all for everything from gardening supplies to sports equipment (and everything in between). Start by tossing items that aren't used. Contact your local EPA office for guidelines on how to dispose of old paint and chemicals. Next, sort like items. For smaller items, you can use hooks for storage. For larger items, shelving systems can be useful. Hazardous items like car fluids, fertilizers and lawn mowers should be kept safely out of reach of children.

November – Prep for holiday houseguests

This holiday may inevitably bring an influx of houseguests. Get ready by washing linens, towels and a few spare sets if possible. Keep décor simple with a few little luxuries, like a vase of fresh-cut flowers, a pretty bar of scented soap or special snacks. Set up a small sitting area stocked with local newspapers or reading material; is a nice touch. If you're unsure that a spare room is guest ready, spend a night and gauge its comfort for yourself.

December – Give to charity

It's the season for out with this old, in with the new. Assuming you've been good, most households will amass new presents around the holidays. Now is a good time to take inventory of what you own, use and overlook. Give old or damaged clothing and bedding to your local shelter. Goodwill is a great destination for secondhand books, electronics and appliances. A good rule of thumb is that unless an item has sentimental value, if you haven't used or worn it in a year, get rid of it – j there's someone out there who will appreciate it.



Information

Cost Sharing Exemptions for American Indians and Alaska Natives

How much is the Fine for Not Having Insurance under the Affordable Care Act (ACA)?

- Individuals, who can afford health insurance but choose not to buy it, must pay a fine known as an individual “shared responsibility payment.”
- In 2014, the fine is \$95 per person (\$47.50 per child under 18) with a maximum of up to \$285 per family using this method OR up to 1% of yearly household income, whichever is higher. For 2014, the payment is made through 2014 tax return filing in April 2015.
- In 2015, it is \$325 per person or 2% of income; and in 2016, it is \$695 per person or 2.5% of income.

Who qualifies for an exemption from the fine?

Alaska Native and American Indian people are exempt from the requirement to purchase insurance if they can show evidence of:

- Enrollment in federally recognized Tribe,
- Alaska Native Claims Settlement Act (ANCSA) shareholder status (village or regional) or
- Eligibility to receive services from an Indian Health Service (IHS) facility/ Tribal health care provider.
- Individuals/families where the lowest-priced coverage available would cost more than 8% of the household income.
- Individual’s uninsured for less than 3 months of the year.
- Individuals who do not have to file a tax return because their income is too low.
- If other circumstances apply. See healthcare.gov/exemptions/ for other exemptions

How do AI/ANs Claim the Exemptions

- Members of federally recognized tribes and ANCSA
 - May apply for the exemption through the Marketplace; OR
 - May claim the exemption when they file their 2014 taxes (due April 15, 2015)
- Individuals eligible to receive services through an Indian health care provider
 - May only apply for the exemption through the Marketplace.
- Once you receive the exemption, you don’t have to apply again unless your circumstances change (i.e. no longer enrolled or not eligible for services)

AI/AN Exemption Application is available at

<http://marketplace.cms.gov/getofficialresources/publications-and-articles/tribal-exemption.pdf>

This application covers both types of AI/AN exemptions and one application can be used for the tax household.

The Tribal HR Office also has copies available.

What is needed to apply?

- Documents showing tribal membership (Copy of CDIB Card) or eligibility for services from the I.H.S., a tribal health care provider or an urban Indian health care provider.

The
BAH-KHO-JE Journal

is an official publication of

the

Iowa Tribe of Oklahoma

The

Iowa Nation

Headquarters

is located

South of Perkins, OK

On state highway 1-77

Gary Pratt Chairman

Thomas Cox Vice Chairman

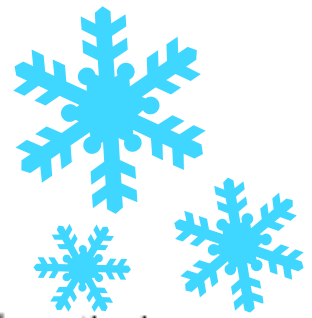
Lisa Switch Treasurer

Chalis Cox Secretary

Eagle McClellan Council Person



- Social Security numbers
- Information about people in your tax household.

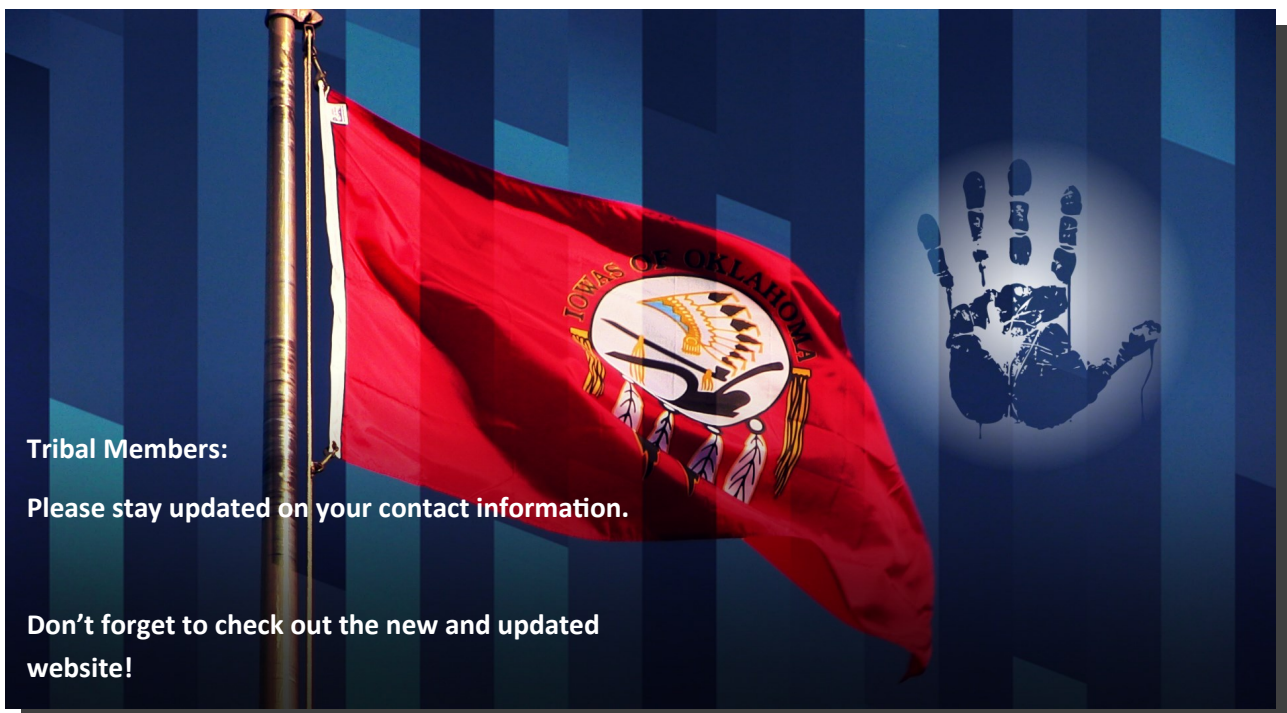


Application Process

- Complete and sign the application.
- Mail the application with the required documents to address provided.
- Per application, applicant will receive a response within 1-2 weeks if more information is needed.
- If exemption is approved, applicant will receive a certificate of exemption number for filing of tax return.

Key Points to Remember

- The ACA provides an opportunity to improve the health of all American Indians/Alaska Natives.
- Medicaid Expansion benefits AI/ANs and tribal leaders must continue to advocate for expansion.
- AI/ANs can enroll in health plans through the Marketplace or their local I/T/U
- The ACA increase resources for I/T/Us through billing and PRC Savings.
- AI/AN exemption from the individual shared responsibility payment is not automatic and tribal citizens will need to apply for the exemptions.
- If you enroll in a qualified health plan offered through the Marketplace, you may qualify for savings on cost sharing (e.g. copays, coinsurance, deductibles, and other similar charges).
- If you are a member of a federally recognized tribe and your household income is at or below 300% of the federal poverty level, you will have no cost sharing for services covered by the health plan you choose in the Marketplace.
- Regardless of your household income and your enrollment in the Marketplace, there is no cost sharing if you continue to receive services from your Indian health care provider or through a Contract health Service authorized referral.



Tribal Members:

Please stay updated on your contact information.

Don't forget to check out the new and updated website!



Information

 DECEMBER MENU 2014  						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Chicken Vegetable Noodle Soup Salad Wheat Crackers SF Peach Crisp 2% Milk	2 Spaghetti w/Meat Sauce Veggie Mix Salad Garlic Toast Fruit Cocktail Salad 2% Milk	3 Three Sister Stew Corn Bread Applesauce Jello 2% Milk	4 Parmesan Tilapia 5-Way Veggie Wild Rice Tropical Fruit Salad W Wheat Toast 2% Milk Homebound Breakfast Sack	5 Tomato Slices Cream of Wheat Toast Bacon Sliced Peaches 2% Milk Leave WC at 10 Elders Wal-Mart Shopping	6	7 Pearl Harbor Day
8 Baked Chicken Breast In Mushroom Gravy Rice / Peas Angel Food Cake w/ Berry Mix 2% Milk	9 Ham --n- Beans Spinach Corn bread SF Jello w/Peaches & cool whip 2% Milk	10 Corn Soup Garden Salad Seasoned Green Beans Fresh Orange Fry Bread 2% Milk	11 Salmon Patties Carrot Coins Cabbage SF Cherry Crisp 2% Milk Homebound Breakfast Sack	12 Ham Sliced French Toast Boiled Egg Avocado Grape Juice 2% Milk	1 	14
15 Soft Turkey Taco w/ Lettuce, Tomatoes & Onion Spanish Rice Ice Cream Cups & Homebound Pudding Cups 2% Milk	16 Angus Burgers w/ Lettuce, Tomatoes, Onions & Pickles Broccoli Salad SF Apricot Crisp 2% Milk	17 Pork-n-Noodles California Blend Salad Wheat Crackers 2% Milk	18 Christmas Party for TITLE VI ELDERS FOR ELDERS ONLY 11:00 to 1:00	19 Sausage, Cheese & Egg Biscuit Fruit Cup Tomato Juice 2% Milk SAC-N-FOX TAILGATE 9-2 Chena Building	20	21 1 st Day of Winter
22 Turkey Enchiladas Fiesta Blend Garden Salad Tortilla Chips Baked Cinn. Apples 2% Milk	23 Steak Fingers Mashed Potatoes w/ Gravy Imperial Summer Blend Tropical Fruit Jello Salad 2% Milk Homebound Breakfast Sack	 24th IOWA TRIBAL OFFICES CLOSED at Noon Title VI Closed <i>Merry Christmas</i>	25  Tribal Complex Closed 	26 Bell Pepper-n- Onion Scrambled Eggs Bacon Biscuit and Gravy Perfect Berry Mix Apple Juice 2% Milk	27	28
29 Beef Stew Cornbread Applesauce w/Gingersnaps 2% Milk	30 Oven Fried Chicken Mashed Potatoes Gravy Broccoli & Cauliflower Bread Pudding 2% Milk	31 Chicken Pot Pie Beets Salad Angel Food Cake 2% Milk Homebound Breakfast Sack				




Merry Christmas

Employee Christmas Party
December 24, 2014
Chena Building
11:00 A.M. — 2:00 P.M.






Information

Dieticians Approval <i>12/10/14</i>		JANUARY 2015			Thursday is Fish Day	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUNDAY
	<p>National Thank You month</p> <p>On average the coldest month of the year</p>	<p>In the Southern United States, eating black-eyed peas on <u>New Year's Day</u> is thought to bring prosperity in the new year.</p>	 <p>IOWA Offices Closed</p>	<p>2 Ham & Boiled Egg Tomato Slice Wheat Toast Fresh Orange 2% Milk</p>	3	4 Menu Subject to change without Notice
<p>5 Chili/Cheese Nachos Black Beans w/ Lettuce, Tomatoes, Onions, Guacamole & Sour Cream Cinnamon Raisin Apples 2% Milk</p>	<p>6 Meat Loaf Mashed Potato Gravy Winter Blend Jello W/ Fruit 2% Milk</p>	<p>7 Steam Fry Boiled Potato California Blend Fry Bread Fresh Mandarin Oranges 2% Milk</p>	<p>8 Baked Catfish Pacific Blend Garden Salad Apricot Crisp Hot Roll / 2% Milk Sack Breakfast</p>	<p>9 Oatmeal w Raisins Sausage Links V-8 Juice Fruit Cocktail 2% Milk</p>	10	11 National Human Trafficking Awareness Day
<p>12 Roasted Pork Loin Mashed Potatoes Montego Bay Hot Wheat Roll Pineapple Chunks 2% Milk</p>	<p>13 Roast Turkey Breast Sweet Potatoes Okie Green Beans Hot Wheat Roll Fruit Cocktail 2% Milk</p>	<p>14 Goulash Mixed Veggies Garden Salad Garlic Bread Banana 2% Milk</p>	<p>15 Tuna Casserole Garden Salad Pacific Blend SF Lime Pear Jello Hot Wheat Roll / 2% Milk Sack Breakfast</p>	<p>16 Bacon Scrambled Eggs Home Style Potatoes Wheat Toast/Salsa Orange Juice 2% Milk</p>	17	18
<p>19 Cold Turkey Sub w/lettuce, tomatoes & pickles Baked Cheetos Coleslaw Cottage Cheese & Pears 2% Milk</p>	 <p>IOWA OFFICES CLOSED</p>	<p>21 Soft Turkey Taco's w/ all trimmings Tropical Fruit w/ Jello</p>	<p>22 Tilapia Key Largo Garden Salad SF Peach Crisp Wheat Bread / 2% Milk Sack Breakfast</p>	<p>23 Cold Cereal Fresh Strawberries Sausage Links V-8 Juice 2% Milk SAC & FOX TAILGATE</p>	24	25
<p>26 Baked Pork Chops In Mushroom Gravy w/ Rice Zucchini & Tomatoes Garden Salad Tropical Fruit 2% Milk</p>	<p>27 Turkey Enchilada's Garden Salad Tortilla Chips Salsa Baked Cinnamon Raisin Apples 2% Milk</p>	<p>28 Hamburger & Vegetable Soup Corn Bread Apple Cobbler 2% Milk</p>	<p>29 Cod Fish Sticks Macaroni & Vegetable Cheese Bake Garden Salad SF Chocolate Pudding 2% Milk Sack Breakfast</p>	<p>30 Pan Cakes Sausage Patties Apple Sauce Celery Sticks 2% Milk</p>	31	



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Iowa Tribe of Oklahoma



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Iowa Tribe



Hosted by SFN Powwow Committee

New Years Eve

12.31.2014

Benefit Dance

Sac & Fox Nation Community Building (5 mile south of Stroud Hwy 99)

HEAD STAFF

MC..... R.G. Harris
 Head Singer..... Forrest "Kiska" Walker
 Head Man Dancer..... Cody Morris
 Head Lady Dancer..... Santana Spang, SFN Princess
 ADs..... SFN Powwow Committee
 Color Guard..... SFN Veterans Honor Guard

<<<< Special Invitation - "Inviting All Soldier Boys" >>>>
 <<<< Special Invitation - "Inviting All Princesses" >>>>
 <<<< Special Guests - "Young Buffalo Horse" >>>>

WOMENS SCRUB CONTEST sponsored by Reagan Hill
MENS COMBINED CONTEST sponsored by SFN Powwow Committee
49 CONTEST - \$300, \$200, \$100 sponsored by Subby's Gang in Honor of Santana

2 : 0 0 PM..... GOURD DANCE
 5 : 0 0 PM..... SUPPER
 6 : 0 0 PM..... GOURD DANCE
 7 : 0 0 PM..... INTER-TRIBALS & SAUK DANCES

POKEMONS ROPELES ROX SUPPER

14th Annual New Years Eve SOBRIETY POWWOW

FREE
TO
THE
PUBLIC

Sponsored by Friends of Sobriety
 December 31, 2014 • Cox Business Center
 (Formerly Tulsa Convention Center)
 100 Civic Center • Downtown Tulsa

FREE
TO
THE
PUBL

Head Staff

Master of Ceremonies:----- Tim Tallchief, Osage
 Head Gourd Singer----- Ryan Roan Horse, Kiowa
 Head Singer----- Leonard Cozad Jr., Kiowa
 Headman Dancer----- Darrell Wildcat, Pawnee/Yuchi
 Head Lady Dancer----- Margo Gray, Osage
 Head Gourd Dancer----- Hyde Toppah, Kiowa/ Navajo
 Color Guard----- Mvskoke Creek Nation Color Guard
 AD----- Randy Frazier, Choctaw/Prairie Band Potawatomi
 Host Northern Drum----- Red Land Singers

**Merry Christmas & Happy
New Years!**

- Business Committee

OTOE MISSOURIA ENCAMPMENT COMMITTEE

WINTER DANCE

DECEMBER 27TH 2014

Otoe Missouria Cultural Building Red Rock OK

2014-2015 Otoe Missouria Princess: Shiloh Pickering
 Master of Ceremonies: Don Patterson
 Head Singer: Damian Blackfox
 Head Gourd Dancer: Otto Hamilton
 Head Man Dancer: Frank Adson
 Head Lady Dancer: Cheryl McClellan
 Arena Directors: Encampment Committee
 Gourd Dance: 2:00 to 5:30
 Round Dance/War Dance: 6:30 to ??:??
 Host Gourd Clan: Red Rock Creek

Contests in Adult/Jr. Southern Straight and Southern Buckskin/Cloth combined

Adults: 1st 300 2nd 200 3rd 100 Jr. 1st 150 2nd 100 3rd 50

Special Invitation to all Gourd Dance Organizations and Princesses. Come join for a day of dancing, singing, and good food. Help support the Otoe Missouria Encampment Committee as we get ready for the 2015 annual homecoming.

Contact Information: Jade Roubedeaux 580.307.7911 John Arkeketa 918.506.0152 (Otoe Encampment committee is not responsible for accidents or theft. Drugs and Alcohol are Prohibited)

Ponca Moh'Koh'Thatay Nee'ah'shee'gah

Friday, Dec. 26, 2014

White Eagle Cultural Center
 White Eagle, Oklahoma

2:00pm- Original War Dance (Tail Dance)
 5:00pm- Supper Break
 6:30pm- Wolf Songs/Round Dance
 7:00pm- Inter-Tribal Dancing and Contest!

Head Staff:
Mc: Oliver Littlecook Sr.
Head Singer: Pete Littlecook
Head Lady Dancer: Ponca Tribal Princess: Angela Howe
Specail Invited Dancers:
Osage Tribal Dancers
Pawnee Tribal Dancers
Otoe/Missouria Tribal Dancers
Ponca He'Thushka Dancers

CONTEST

MEN'S STRAIGHT
\$300
\$200
\$150
\$100

WOMEN'S CLOTH/BUCKSKIN
\$300
\$200
\$150
\$100

Oliver Littlecook 580-716-7803
 Kyle Roubedeaux- 405-638-0250
 O.J. Littlecook 918-808-7237



Iowa Tribe of Oklahoma

335588 E 750 Rd.

Perkins, OK

74059-3268

Phone: 1-888-336-IOWA