



BAHKHO-JE JOURNAL

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

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

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UPDATE: Tribal Assistance Information

Household assistance has been increased from \$3,250 to \$3,600 annually. The increase of \$350 is available for use immediately. For 2016, Household assistance will be allotted an amount of 1,800 January-June and \$1,800 July-December. Additionally, phone, cable, and internet payments have been added to the Household Assistance allowable users.

An immediate increase to the **CoreSource Benny Card** (for medical, dental, vision, and prescriptions) was approved for \$1,000. This will be available from now until December 31, 2015. The 2016 amount will be \$3,000.

NEW! Veterans Assistance Program: the amount is \$2,000 annually and the full amount is available to Tribal Veterans immediately. The guidelines are the same as Elders Assistance.

Visit <http://bahkhoje.com/native-services/tribal-assistance-program/> for more information & applications, or feel free to contact:

TAP Director- Kendra Pope: (405)547-2402 x260 | KPope@iowanation.org

TAP Specialist- Crystal Moore: (405)547-2402 x140 | CRMoore@iowanation.org

TAP Receptionist- Jessica Pierce-Canaday: (405)547-2402 x281 | JPierce@iowanation.org

Bah-Kho-Je Journal

The Bah-Kho-Je Journal is an official publication of the Iowa Tribe of Oklahoma.

Letters to the editor and guest columns published in the Journal are the opinions of the writers and do not necessarily reflect the opinions of the Bah-Kho-Je Journal or any elected official, administration, or department of the Iowa Tribe of Oklahoma.

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shmill@iowanation.org

*Tribal members should notify name and address changes.

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Bobby Walkup

Vice-Chairman

Renee Lincoln

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Secretary

Chalis Cox

Council Person

Eagleboy McClellan

Iowa Elders Handgame

on Sunday, December 13 located at the Chena Building
from 1:00-5:00pm.

Horseback Riding

Hello, Everyone! The fall season is upon us and the cooler weather is ideal for horseback riding. The Tribal Horse Barn currently homes 6 horses that are ready for trail riding. The horses are suitable for beginners to experienced riders. So, come out and ride. If you would like to schedule a time or need more information, call Wendy Whitlow, at (405) 747-0212. Note: Rides should be scheduled at least two days in advance. Weekend rides are also available.

THE *Grey Snow Eagle House*

CORDIALLY INVITES YOU TO ATTEND ITS

10TH ANNIVERSARY

BANQUET AND CONCERT

TUESDAY, JANUARY 12TH 2016 AT THE IOWA POWWOW GROUNDS

AVIARY DOORS OPEN AT TEN O'CLOCK CHENA BUILDING

LUNCHEON BEGINS AT NOON PERKINS, OKLAHOMA

RSVP BY DECEMBER 1ST

CALL (405) 334-7471



For more info call (405)334-7471
OR go to

 eagles.iowanation.org
 GreySnowEagleHouse



December 2015

GED Class Schedule

Class meets at the Iowa Tribe Environmental Building directly behind D'Mario's Pizza on Hwy 33 in Perkins on Monday and Thursday evenings, 5:30 p.m. to 8:30 p.m. We are no longer offering daytime GED classes. There will be class except for severe weather, illness, or scheduled dates.

Class Dates:

Thursday, December 3

Monday, December 7—No Class

Thursday, December 10

Monday, December 14

Thursday, December 17

Monday, December 21 through

Thursday, January 8—Christmas/New Year Break

Monday, January 11, 2016

Testing is on Wednesday evenings from 5:30-9:30 p.m. at Meridian

Technology. Students must preregister online after a practice test.

For additional information you may call:

Kathleen Woods, GED instructor 405-377-0659

405-612-2760

Sandy Tharp, Iowa Tribe Librarian 405-547-2402, ext. 213

Iowa Tribe of Oklahoma

2015 Holidays

Christmas Eve December 24, 2015 Thursday

Christmas Day December 25, 2015 Friday

New Year's Eve December 31, 2015 Thursday

New Year's Day January 1, 2016 Friday



NOVEMBER 2015



A BIG "THANK YOU" TO THE BUSINESS COMMITTEE

November 6, 2015

Dear Business Committee,

The Veterans Committee would like to say "Thank You" to the Business Committee. We realize that your time is valuable and limited, but yet you take time out of your schedule to spend with us; one on one. We want you to know how much that is appreciated. Also, we want to let you know how much it means that you care enough to cook for us and have a meal with us.

In addition, a heartfelt thanks for the creation of a Veterans Assistance Program. This has been a long time needed and we are so grateful that you have made it happen.

We value all the hard work, time and effort put forth for our Committee and our people.

Thanks,

Iowa Tribe of Oklahoma Veterans Committee

Christmas Cookies



Cookies:

2/3 cups Shortening
3/4 cups Sugar
1/2 teaspoon Grated Orange Or Lemon Zest
1/2 teaspoon Vanilla
1 whole Egg
4 teaspoons Milk
2 cups Flour
1-1/2 teaspoon Baking Powder
1/4 teaspoon Salt

EGG YOLK GLAZE:

1 whole Egg Yolk
1 teaspoon Water
2 drops (to 3) Food Coloring

WHITE DECORATIVE ICING:

1 bag 2 Lb Powdered Sugar
1/4 cup Milk
2 Tablespoons Egg White (optional)

Cream shortening, sugar, orange peel, and vanilla thoroughly. Add in egg and beat until light and fluffy. Add in the milk and mix.

Sift dry ingredients together, then blend into cream mixture. Divide dough in half (thirds if you double your recipe), slightly flatten between two sheets of waxed paper, then refrigerate for one hour (or freeze for 20 minutes).

While dough is chilling, combine egg yolk, water and food coloring to make the egg yolk glaze.

Roll out dough on lightly floured surface and cut into shapes with a cookie cutters. Transfer shapes to lightly greased cookie sheet and paint cookies (with a soft brush) with egg yolk glaze.

After brushing with egg yolk glaze, bake at 375 degrees for approximately 6 minutes. Do not allow the cookies to brown.

While cookies are baking, mix powdered sugar, milk and egg whites (which are optional) to make the decorative icing. Remove cookies from oven to a wire rack to cool. Then, using a pastry bag or Ziploc bag, pipe with white icing to decorate.

Note: when making the white decorative icing, make sure that it is thick and somewhat retains its shape.



Julia Carson received a special
“Happy 5th Birthday” wish from OSU
Football players.



Happy birthday Julia!

Go Pokes!

Domestic Violence Advocate of the Year



The Victim Services Unit is pleased to announce that Patricia Mutters, Transitional Housing Victim Advocate, was recently honored as Domestic Violence Advocate of the Year by the Lincoln/Pottawatomie County Coordinated Community Response Team (CCRT). As the Transitional Housing Advocate Trish regularly works with victims of domestic violence to secure safe and stable housing. Trish has a real servant's heart when it comes to victim services. She is wholly supportive of her clients and their needs. She has accompanied clients to court, provided transportation, taken clients shopping and helped people move.

Besides her exemplary work with victims, Trish also keeps busy building relationships with other community agencies. She regularly attends Coordinated Community Response Team meetings in the three counties covered by Tribal jurisdiction. The careful nurturing of these collaborations has enabled Trish to advocate strongly for the individuals with whom she works. Trish's hard work and dedication have been a blessing to the Victim Services Unit. We are so proud that the Lincoln / Pottawatomie CCRT saw fit to honor her in this way.

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Great Job Trish!



DECEMBER

2015

MONDAY	TUESDAY 	WEDNESDAY	THURSDAY 	FRIDAY
MENU SUBJECT TO CHANGE WITHOUT NOTICE	1 Chicken Lasagna Italian Vegetables Salad Tiramisu 2% Milk	2 Pork & Hominy Boiled Potato Broccoli Fry Bread Apple 2% Milk	3 Cod Sticks Scalloped Potatoes Green Beans Tropical Fruit Salad 2 % Milk loway Casino Day leave WC at 10 1 Homebound Sack	4 Sausage Patties Scrambled Eggs Plain Bagel Avocado Slices Cranberry Juice 2 % Milk
	7 Goulash Salad Wheat Bread Chocolate Chip Cookie 2% Milk	8 Chicken Nachos w/ Let, Tom., Onions Black Beans Spanish Rice Cinnamon Apples 2% Milk	9 Beef Brisket Sandwich Brown Beans Coleslaw Cherry Cobbler 2% Milk	10 Tuna Casserole Spinach Apple Sauce Jello 2% Milk No Sack Breakfast
14 Meatloaf Mashed Potatoes w/ Gravy Peas & Carrots Mandarin Oranges 2% Milk	15 Baked Chicken Winter Blend Salad Mixed Fruit Cup 2% Milk	16 Corn Soup Boiled Potato Green Beans Orange 2%Milk	17 Baked Tilapia Pacific Blend Salad Cherry Crisp 2% Milk 2 Homebound Sacks	18 Bacon Vegetable Omelet Biscuits & Gravy Apple Juice 2% Milk Sac & Fox Tailgate, Chena Building 9-3
21 Title VI Closed	22 Soft Turkey Taco w/ Lettuce, Tomatoes & Onion Chuck Wagon Blend Tropical Fruit 2% Milk	23 Baked Catfish Tater Tots Coleslaw Pudding Cup 2% Milk 1 Homebound Sack	24 TITLE VI & IOWA TRIBAL OFFICES CLOSED 	TITLE VI & IOWA TRIBAL OFFICES CLOSED 
28 Angus Burgers w/ Lettuce, Tomatoes, Onions & Pickles Potato Salad SF Lime Jello 2% Milk	29 Chicken and Rice Soup 3-Bean Salad Apple 2% Milk	30 Tuna Salad Sandwich with Lettuce & Tomatoes Baked Chips 3-Bean Salad Cup of Mixed Fruit 2% Milk 1 Homebound Sack	31 TITLE VI & IOWA TRIBAL OFFICES CLOSED	January 1st 2016 TITLE VI & IOWA TRIBAL OFFICES CLOSED

Cimarron Casino Elders Title VI with Iowa Tribe T-Shirts Special from 2-4. Everyone wear Title VI T-shirt. Must follow all Casino Rules

Title VI will be closed December 21, 2015. Iowa Tribal offices will be closed December 24th & 25th and December 31st & January 1st. All Tribal Offices will reopen January 4th.

Have a Merry Christmas from Title VI.



Iowa Tribal Employees helped spread the Halloween fun with children at the Tah-Je Do-Weh Che, Iowa Tribal Four Winds Daycare.



NOVEMBER 2015



The Inter-Tribal Fun Day is a friendly competitive event held annually between the Iowa, Otoe-Missouria, Pawnee, Kaw, Ponca, & Tonkawa Tribes.

The energy-filled day is full of activities consisting of teams from each tribe, competing for the win of the traveling trophy and typically being the host of the following years event. This year, a handgame was held for elders as well as bocce ball. Softball, tug-of-war, basketball, horseshoes, obstacle course, and much more are just some of the competitions held for the participants. The goal of the Intertribal Fun Day is to enjoy a day of excitement with neighboring tribes as well as with your co-workers, friends, and fellow tribal members.

The kickoff began with a Fun Run/Walk at 9AM. During lunch, tribal councils from the participating tribes gave a lip syncing performance. This year our tribal officials that was included were: Renee Lincoln, Chalis Cox, and Eagle McClellan whereas they danced and 'sung' to a song that lead them to 1st place along with a plaque. Many smiles and laughs were brought to our faces that day as well as playing as a team and winning 1st in the obstacle course, 2nd in tug-of-war, 3rd in hay bucking, and in the overall event we took home 2nd place, when all points were calculated we were just a few points shy of the Pawnee Nation.

We would like to thank everyone for their attendance and participation as well as a thank you and congratulations to AJ Springer for designing our 1st place t-shirts for this years event. We are happy to have enjoyed this day and plan on traveling to the Kaw Tribe for next years Fun Day. Aho!

-ITO Wellness Center

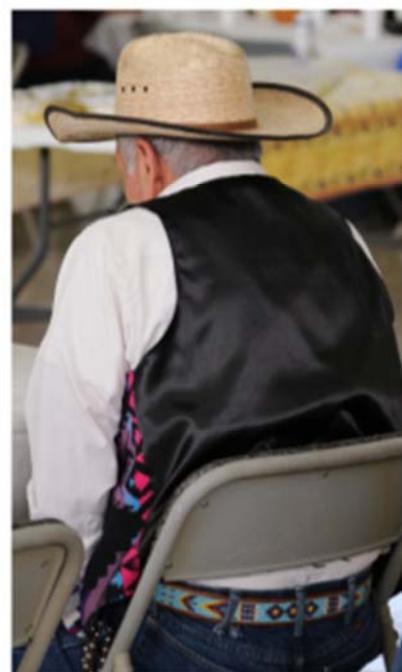


NOVEMBER 2015





**Elder's
Thanksgiving
Dinner
November
2015**





KAW Women's Health



(Breast and Cervical Cancer Early Detection Program)

**Eligibility: Native American Women, CDIB, 21-64, Low Income, No Private insurance,
No Medicaid (No Sooner Care or Sooner Plan), and No Medicare B.**



2016 Schedule - PERKINS FAMILY CLINIC

KAW Women's Health Clinic Dates:

January 13

February 17

March 18

April 20

May 18

June 8

July 20

August 17

September 21

October 19 (Think Pink Day—All employees to wear pink on behalf of Breast Cancer Awareness)

November 16

December 14

Mary Tinsley, APRN-CNP

Phone: 580-362-1039, ext. 211;

Fax: 580-362-1467 or 580-362-2988.

Email: mary.tinsley@ihs.gov

LaDonna Haven, Medical Assistant

Phone: 580-362-1039, ext. 210

Email: ladonna.haven@ihs.gov

Birthday Dance
For
2015-2016
Ponca Tribal Princess
Lexia Leney Kent
January 9, 2016
White Eagle Cultural Center
White Eagle, Okla.
(6 miles south of Ponca City, OK on HWY 177)



-Head Staff-

M.C. – Kinsel Lieb

Head Singer – Anthony Kemble

Head Gourd Dancer – Spencer Arkeketa III

Head Man Dancer – Eli Crowels

Head Lady Dancer – Katelyn Begs His Own

Water Carrier – Henry Collins

A.D. – Kent Family

Invited Gourd Clans –

Ponca Gourd Dance Society

Pawnee Black Beard Descendants

Wichita Gourd Dance Society

2pm-5:30pm - Gourd
Dance

5:30pm-7pm - Supper

7pm-? - Round Dancing
War Dancing
Contest

Contest
*Tiny Tots

*All Current Princess
Contest (All Ages)

*Boys Combined (7-18)

*Girls Combined (7-18)

*Other Contest-TBA

Inviting all Princesses, Organizations, Friends, and Family!
For more information call Francis Primeaux 580.716.7342 or
Jr. Kent 580.401.3352

Not responsible for accidents, theft, etc.



Bahkhoje.com

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



Iowa Tribe of Oklahoma



Iowa Tribe Wellness Center



Grey Snow Eagle House



Cimarron Casino



Ioway Casino.



Subscribe to us on
YouTube @ Iowa Tribe

The deadline for submissions
to the Iowa

Tribal Newsletter is the **15th** of
each month.

Please check the Calendar of
Events located on our Tribal
website to stay updated on upcoming
events.

Send ideas and suggestions
to the Tribal Newsletter @
shMiller@iowanation.org
Here are some further
recommendations:

Birthdays

Graduations

Veterans info

Events or photos of past events

Powwow flyers

Sweethearts / Just Married

Baby announcements

Winter/Childhood Stories

Iowa Tribe of Oklahoma

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Perkins, OK

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