

GYAH'-WISH ATAK-IA

THE TURTLE SPEAKS



Presorted Standard
POSTAGE
PAID
PERMIT NO. 4
Wyandotte, OK 74370

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P.O. BOX 250, WYANDOTTE, OKLA. 74370

February 2005

Turtle Stop News

The Turtle Stop is open 24 hours a day 7 days a week. The Bearskin Diner is open from 5:30 a.m. until 9:00 p.m.

The Daily Specials are:

H.B. & Suzy's for \$2.99

C.B. & Suzy's for \$3.25

1 Egg, 2 Hotcakes & 2 Bacon
for \$2.75

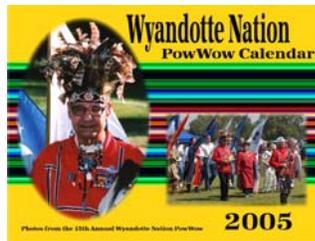
Shell Shiner Car Wash is Open and doing Great! If you purchase a carwash at the time you purchase 8 gallons of fuel or more you get a carwash token free. Purchase a carwash and 8 gallons of fuel on Tuesday and you get 2 tokens free.

The Turtle Stop has several employees working their way through College and we would like to wish them the best. Levi Adams is going to College at SMSU in Springfield, Mo. He is majoring in Psychology and his minor is in Philosophy. Amanda Winfrey is a nursing student at NEO; she is working at St. Johns Hospital in Joplin as well. Shelly Hull is going to school at Miami Beauty College. They are each set to graduate in May.

The Turtle Stop employees would like to thank each and every one of our customers for their patronage this last year and wish you all the happiest New Year to come!

PowWow Calendar

The 2005 PowWow Calendars are still available for purchase. If you would like to buy one, they are \$10.00 each.



For more information contact Sherri Clemons at 918-678-2297 ext. 244.

Bead Classes.....

The Wyandotte Nation will be holding a Beading class starting in February for any Tribal member who would like to learn this craft. The Instructor will be Ronnie Burnside. Each person will be required to bring their own supplies. For additional information please contact Sherri Clemons @ 1-800-256-2539, ext.244 Monday-Friday . These classes will be held on Tuesday Night beginning at 6:30 and will continue until all projects are complete .



Gyah'-wish Atak-ia

Wyandotte Nation
Board of Directors
Leaford Bearskin
Chief

Earlene Roskob
Second Chief

Ramona Reid
Councilperson

Vivian Fink
Councilperson

Norman Hildebrand
Councilperson

Juanita McQuiston
Councilperson

Gyah'-wish Atak-ia is published quarterly for tribal members by the Wyandotte Nation at its headquarters in Wyandotte, Oklahoma. Inquiries may be addressed to:

The Wyandotte Nation
P.O. Box 250

Wyandotte, OK 74370

(918) 678-2297 or

(800) 256-2539

fax (918) 678-2944

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Wyandotte Nation Tag Office

The Tag Office is now house in the East Building of the Tribal Complex. Beginning January 1, 2005, the Tag Office will be open on a "BY APPOINTMENT" Basis.

Please call Dana or Kate at (800) 256-2539 x219 and x224 respectively for appointments.

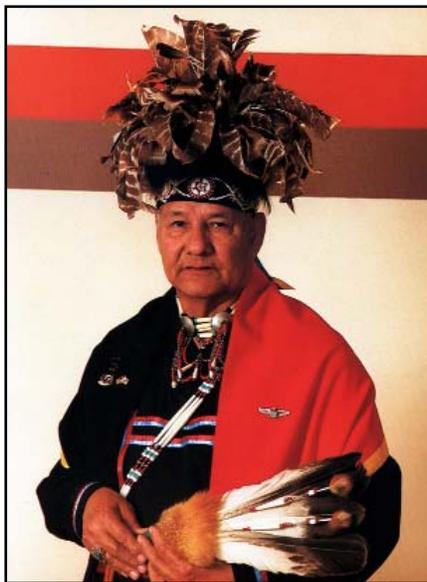
PLEASE SEND YOUR
MEMBER NEWS TO:
TURTLE TALK
P.O. BOX 250
WYANDOTTE, OK 74370
OR FAX TO
(918) 678-2944

The Chief Says

Our Annual Meeting, Pow-Wow, Thanksgiving, and Christmas celebrations were outstanding. I don't know how our employees surpass the previous year's performance, but they always do. We are blessed with a family of wonderful people.

January presents us with new challenges for our future and I'm confident that the Wyandotte Nation will continue to plan and accomplish our objectives of providing better care for our people.

Dennis Pontiere, President and Chief Executive Officer of our Wyandotte Nation Enterprises, has set his sights high on our calendar of events for the coming year. His expectations are shared with Ellis Enyart, our Gaming Representative. They are looking to grow and expand into an expert and



Chief Leaford Bearskin

efficient organization for handling all of our economic development programs. They will have the total support of the Wyandotte Nation.

I am extremely interested in reaching out to all members in our jurisdictional area to attend our Annual Meetings and Pow-Wows. We are interested in setting up cultural programs for our youngsters to let them know about our history. We need to set up dancing classes, classes on how to make our own regalia, and classes on our rich history. We have a reputation of being leaders in our Indian World dating back to the early 1500's when the French people first came to our territory along the St. Lawrence area of Canada and the United States.

Our goal is to influence our tribal members to be proud of their heritage - and to be especially proud they are Wyandotte.

From Earlene Roskob - Second Chief

"Kweh",

Hello Everyone. I hope you have all had an enjoyable Holiday Season, able to be with friends and family. I certainly have. I was able to attend the Pre-School Thanksgiving dinner and it was wonderful. The entertainment provided by the children was so enjoyable, and the vast array of food was not only beautiful but delicious. I also attended the Staff/Board Christmas dinner which I have attended almost every year for 21 years, however this year as your Second Chief was especially exciting.

Members of the Culture Committee attended our Board of Directors meeting in November. They have already been working towards a Culture Week of some type in 2005. They presented us with some wonderful ideas, and a tentative budget. Ron Kaiser, our grant writer, is assisting the Committee. They are putting great efforts into presenting an informative and enjoyable few days this next Spring for our members at as

little cost to the Nation's members as possible. I hope you all plan to attend.

I don't know if any of you have responded to my request in the last Newsletter for interesting information about Wyandotte Nation Members, but I hope so. If you haven't yet, please do. This is one thing we can not do without you. E-mail to pwilson@wyandotte-nation.org or mail to Turtle Talk News, P.O. Box 250, Wyandotte, Okla. 74370.

A great big thanks goes to Dick James for his donation to the Nation of a box of historical documents and an old original allotment map he was responsible for making. Mr. James was Second Chief in the 60s.

Also don't forget to look at our website. Lloyd Divine keeps it current and interesting. It is one of the best I have seen. Of course, he is only as good as the information he receives, so if you see something missing or incorrect, or just have something to add, please contact him. He is open to you. lloyd@aseno.com

I have received emails from several Tribal members and even some long lost cousins. Please continue doing so and I will respond. My e-mail address is: eroskob@wyandotte-nation.org. Guess that's it for now. Til next time



Cultural Committee

In the last issue an error was made on the list of committee members. This is only part of the Cultural Committee.

L to R: Ronnie Burnside, Lloyd Divine, Richard Zane Smith, Earlene Roskob, Michael Hamilton, Isaac Smith, Patty Garrison

The Lucky Turtle Casino - Insider Notes

NEW YEAR'S EVE CELEBRATION
AWARDS TRIP TO CANCUN
by Nancy Easterling



The Lucky Turtle Casino rang in the new year with a joyous crowd partaking in party snacks and festive celebrating. It was a worthy celebration of a great year that was ending for the new casino and the anticipation of a new year that holds great promises of continuing excitement. The New Year's Eve party was really spe-



cial for Doug Cavagnaro and his wife. The couple from Joplin will be traveling to Cancun, Mexico soon as a result of Doug's name being drawn in the Lucky Turtle's promotional trip give-away. No one in the crowd was more thrilled on New Year's Eve than Doug and his wife.

The evening also saw the crowd laughing with glee as individuals climbed into the blasting wind of the money machine. Lucky machine numbers were drawn and contestants stood in the money booth as crumpled bills whirled around them. Each was given 30 seconds to grab as much money as they could. This is a nightly event for the Lucky Turtle Casino and has proved to be a fun and popular promotion. The Lucky Turtle also has weekly promotions where \$5 of free play is given. On Monday night between 7-10 PM, it is Ladies' Night and every lady is given \$5 free play. On Tuesday night between 7-10 PM, it is Men's Night and they each receive \$5. On Wednesday, between 10 AM and 2 PM, it is Seniors' Day and everyone over 55 is given \$5 free play. At Christmas time all

Wyandotte Nation employees were given a \$5 certificate and the Lucky Turtle welcomed those who came and played.

The end of 2004 was a fitting climax for the first exciting eight months of the Lucky Turtle's existence. In an area where the gaming competition is extreme, the success of the Lucky Turtle shows that size of the facility does not prevent you from being at the best place to play. Players want a clean and friendly environment and uppermost, the confidence of the best opportunity to win. Players play to win and play where winning happens, and many players are discovering that this little place is different and special. The success keeps mounting for the Lucky Turtle as the secret gets out and people experience and compare what it is like playing in this unique spot.

Sometimes, big facilities outwardly portray a setting of success, but ultimately, everything depends on good management, and a company's philosophy on making a profit, and meeting the needs of their overhead. Size never guarantees that a better gambling experience will be provided for the player who wants to win. No plush place ever is seen as caring for their customers, when those people walk out constantly a loser.

The Lucky Turtle is simply a well-managed operation, truly putting its customers first and striving hard to provide an always clean, and forever friendly atmosphere. The Lucky Turtle is professional in its gaming understanding and knows what is necessary for being successful. Winning is what makes playing fun, and what brings people back. The Lucky Turtle is committed to being the best, because of the opportunities it provides.

This year, in 2005, the future looks bright for the Lucky Turtle as it continues to grow and further strives to carve out its niche in the gaming industry in this region of the country. The secret is spreading, and life is good for the growing family of employees and customers of this dynamic little place. Let the future roll forward and watch with excitement as it unfolds in the days to come.

Gift Shop News

FOR WINTER

Izod Jackets with tribal logo!
Black or Gray - \$60
Fleece Jackets with tribal logo!
Cream or Gray - \$34
Fleece Blankets with tribal logo
and carrying strap!
Red, Black or Gray - \$30

Handcrafted Pottery

by tribal member Matthew Zane
starting at \$15
Prints by Jim Stuckenberg \$55

Leanin' Tree Cards

Decorative Stationary - 18 sheets
with envelopes \$8.50
Laser and Inkjet compatible

Still Available

Decorative Gourds

Wyandotte Nation T-shirts,
\$6 to \$18 dollars.
Sizes: Sm - M - Lg - 2X - 3X

Check out our other Gift Items

Wyandotte Nation Coffee Cups
1 - for \$5.00 2 - \$9.00

Metal Turtle Shapes - \$8.00
Turtle Necklaces - \$6.00
made by tribal member Monica
Raines

Indian art on leather - \$18.00
Indian Art on Pillows - \$45
Mandellas (4 sizes) \$25 - \$145
Sand Paintings \$25 - \$40
Various Ceramics \$1.50 and up
Authentic Silver and Turquoise
Jewelry

Wyandotte Cookbooks
Volumes 1 and 2 - \$6 each

For information on how to place
an order and receive it in time for
the holidays, call Brenda House
at (918) 678-2297 or
1-800-256-2539 ext. 227

Nation Employee Review - Get Acquainted !

Dari Ann Hunnicutt, daughter of Gene and Alline Allgood and the late Dean Taylor (Wyandotte Tribal Member), grew up in Commerce, OK. Dari Ann believed her small town was special because the "famous Mickey Mantle" lived just down the ally from her granny.

Dean Taylor served in the U.S. Army during WWII, moving to Long Beach, California, returning to Oklahoma, where he spent the remaining 10 years of his life.

Dari Ann's stepfather, Gene, worked for B.F. Goodrich 30 years, as it was the main workplace in the Miami area at that time. Dari Ann's mother, Alline, worked for Dr. Bradshaw for 18 years. Dari Ann has one sister, Gaylene Allgood Hall who lives in San Antonio, TX. As a young girl, Dari Ann recalls "cooking dinner while her mom coached her over the phone and her poor dad had to eat it".

After graduation from Commerce High School with cheerleading being her top priority, Dari Ann decided to buckle down and attend NEO A&M College in Miami. During that time young men were being drafted so Dari Ann married her high school sweetheart. Soon after their marriage, her husband was drafted into the Navy. Dari Ann recalls the hospital cost of their one and only child, Deidra Ann, was \$25.00.

After the Navy and traveling to various ports, Dari Ann and her daughter returned home alone. She had always dreamed of attending Oklahoma University, so she relocated to Norman, OK. Dari Ann remembers the 70's at OU and that it was quite the learning experience with anti-war demonstrations and flower children (hippies). She had to work several jobs while going to school - from modeling in fashion shows; work-study programs on campus; and being a waitress. She feels her biggest break was working for Ozark Carpet Company where she went to winter and summer market in Dallas and Chicago. The owner was German and he was looking for an

Indian woman to dress in costume. He asked her if she was Indian, to which Dari Ann replied "yes sir, I am a Wyandotte Indian". She got the job.

After leaving OU, Dari Ann moved to Joplin, MO, where she taught classes for the YMCA and YWCA for several years.

In order to advance financially, she moved back to the Miami area and began working for Inter-Tribal Council where she was sent to Tahlequah for special training in Indian Culture. Dari Ann eventually remarried and relocated to Delaware County and began working for Legal Services of Oklahoma.

Living in rural areas, Dari Ann wanted to learn a trade so she could work independently. She had met a massage therapist while working at the YMCA and she had become very interested in that field. Before she realized, she was enrolled in the Mountain Institute, School of Massage and Reflexology in Red River, New Mexico. After completing this course, Dari Ann became employed at Shangri La Resort and remained there for six years. When Dari Ann heard the news about the Wyandotte Nation building a fitness center, she was really excited. She



secured a part-time position with the Fitness Center and she also rented space to do massages.

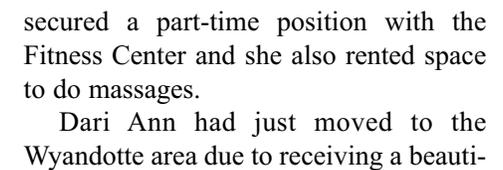
Dari Ann had just moved to the Wyandotte area due to receiving a beauti-

ful home through the Wyandotte Nation Housing Authority. She felt very blessed by having the opportunity to buy her first home and work for her tribe.

The Wyandotte Nation received a grant from the Administration on Aging for a new Family Caregiver Respite Program. It is designed to provide assistance and respite care for family members caring for a loved one. In order for the Caregivers to receive this much needed assistance would require a very special individual to develop the program. In January 2002, Dari Ann was selected for this position. She immediately began getting the word out to caregivers in the area via newspapers, tribal newsletters, brochures and anywhere she could think of. She has established a caregiver group that meets at the Bearskin Health Care and Wellness Center each month. She coordinated with Grand Gateway Area Agency on Aging and established a Grandparents raising Grandchildren support group at the Grove Schools. She has contacted Superintendents and Counselors at area schools and attends parent/teacher conferences in the evenings to give advice and information to Grandparents who are raising their grandchildren. When she makes contact with an individual who does not meet the guidelines for the program, she not only gives them information for other programs that may assist them, but she also contacts other entities to try to secure assistance for them.

According to Brenda House, Title VI Director, Dari Ann has worked diligently as the Caregiver Specialist; has assisted several hundred Indian and Non-Indian Caregivers; and is a very dedicated and caring person.

Dari Ann has two grandchildren - Veronica Mara' Copher, age 13, and Aden Allen Willhite, age 7. Dari Ann feels honored to have the opportunity to serve her tribe and appreciates all the services offered to tribal members. For more information regarding the Caregiver Program, please contact Dari Ann at 918-678-2298, x 253.



Horatio Hale (1817-1896)

Submitted by Juanita McQuiston,
Historian

*Excerpts from "Journal of
American Folk-Lore"*

The "Wandat," a word which means simply "of one speech." This name was corrupted by the English to Wyandot, and has now, except in literature and as a geographical expression, superseded the more euphonious French term. The modern Wyandotte's are mostly descended from a single Huron tribe, the only one that retained its organization when the confederacy was broken up by the Iroquois.

This tribe, which originally dwelt apart from the others, in the hilly region about Nottawassaga Bay,

was known to its allies and to the French as the Tionontates, or "People beyond the Mountains," and more commonly to the traders as "the Tobacco Nation" (Nation du Petun), from a choice variety of tobacco which they cultivated and sold. They had still another name, as will be hereafter mentioned. In various respects these Tionontates bore to the other Huron tribes the same relation which the Caniengas (who are commonly known by the nickname of Mohawks) bore to their fellow nations of the Iroquois confederacy. They were deemed the oldest in lineage and the highest in civil rank. Their head chief surpassed in dignity all other chiefs. Their dialect was the source from which dialects of all the other tribes

of their branch were derived. This linguistic paternity and preeminence of the Mohawk speech among the Iroquois dialects had been already made clear to me by a careful comparison of vocabularies and grammars. My inquiries on the Anderdon reserve brought out equally convincing evidence of the fact that the speech of the Tionontates was the oldest in form not only of the Huron dialects, but of all the Huron-Iroquois languages. It alone, with the exception of the Cherokee (which bears marks of being a "mixed language"), has retained a labial articulation, the *m*, which, with all other labials, the remaining idioms of that stock have lost.

W I N T E R T R A D I T I O N

By Sallie Cotter Andrews

This winter while the temperatures are low and the nighttime hours long, it is time to remember one of our Wyandotte traditions and to share it with our little ones.

It was always during wintertime that stories were told. One of our great ancestors of not too long ago wrote about storytelling, saying, "they (the ancestors) lived much in the past of their race, and they delighted to talk and tell of 'the olden times.' Lore and legend were very dear to them and during the long nights of winter, the traditions, tales and myths handed down from one generation to another for centuries, were often related by these older ones....It was the duty of the older members of the tribe to relate the stories to the younger ones. This had been an honored custom among them for untold ages.

"Storytelling furnished a vast source of amusement and entertainment, as well as instruction to dwellers in the long bark lodges near the Great Lake shores during the winter nights. Stories were never related except at this season of the year, for it

was the belief that the many spirits of nature thought to be awake and alert during the other seasons would perhaps be offended at hearing so much said about them. So, in the long, cold, and sometimes dreary winter season, when all nature seemed to be soundly sleeping, time was often whiled away and even hunger and want forgotten while listening to a story well told."

This was related by B. N. O. Walker, who wrote under the name "Hen-Toh." If you go to our website, www.wyandottenation.org, you can learn more about him and his work. In the meantime, why not tell a story to your own little ones. If you would like his book, *Tales of the Bark Lodges*, where you will find Rabbit and Fox and many other animal characters, please contact the Historical Office at the Tribal Center. If you want to instruct your children (or yourself) about our nation and our history, put them

on your lap and log onto your computer and visit the website. There is much there to be learned.

The Cultural and Historical Committee invites you to come explore "What It Means To Be Wyandotte" this summer during our second Cultural Week. Beginning on May 27 through June 1 - you can come to Wyandotte, Oklahoma, and explore our language, history, art, local sites, and be together with our family which will include people from Canada, Michigan, Kansas, Oklahoma and beyond. We'll be studying the old writings - not telling stories, though. After all, it will no longer be winter. But it will be fun - and a Summer Tradition.



Picture: from the "Tales of the Bark Lodges" by Mr. Eubanks.

Tribal Department Reports

Environmental Department

The Wyandotte Nation Environmental Department consists of Christen Creson, Program Manager, Kathleen Welch, Program Assistant, and Janice Wilson, Water & Education Technician. They have been very busy keeping up with local, state, & federal Environmental issues. Janice Wilson and Kathleen Welch have been conducting annual private well tests. Anyone within a 50 mile radius that would like their wells tested, can contact the Environmental office at 918-678-2297, ext. 245 or 235. They have also been busy monitoring the area lakes and streams, and fighting the battle against pollution.

"RENIE THE ROBOT" has had a tune up and has visited several schools in the area teaching the youngsters about recycling. If you are within a 50 mile radius and would like him to visit your school or organization, please contact Kathleen or Janice for more information.

The Environmental Dept. also conducted sampling for "Chronic Wasting Disease" (CWD) in deer for the Native American Wildlife Society. They set up sampling stations at two local check-in stations during the annual gun season. All area samples submitted came back negative. Nationwide, all samples submitted by the Native American Fish & Wildlife Society were negative also.

The Department is very excited, as it will soon acquire a boat for use in their ongoing surface water monitoring program. This acquisition will allow them to grab samples from the main flow of three monitoring sites, giving a better idea of the water quality. They are also preparing to do a bio-assessment of Lost Creek, as it crosses Tribal Trust Land. This assessment is very important to the Tribe as base data for future projects.

Christen, Kathy, and Janice continue with trainings, conferences, and meetings keeping them and the Nation up to date on all environmental issues. Feel free to contact them with any environmental questions you may have.

The Environmental Department wishes everyone a Happy and Healthy New

Year!!

Planning/Development Department

January begins the grant-writing season. Planning Staff assists other departments in developing continuation grants or new projects and programs. This year the concentration will be on the development of new cultural programs focusing on the National Graves Protection Act, preserving tribal resources through a National Parks Service Grant and new Wyandotte Language project through the Administration for Native Americans Program. Staff is assisting the education department in writing a small library grant. In addition, the staff assists in preparation of the elderly nutrition/care-giver application.

This year will begin the process for development of a non-point source water quality grant application for the Environmental program. This process will take place over a two-year period. The Sewage Treatment Plant for the town of Wyandotte has been completed and is now online.

The Facilities Management staff has had a busy several months. Michael Younger has been promoted to Water Operator for the Tribal Well System.

Education Department

Preschool

The annual Thanksgiving dinner at Eastside Assembly was a huge success. The holiday season was full of blessings and fun. The children had a great party with a nice family program presentation and a visit from Santa. Each child received a gift and enjoyed the holiday. We attended the December play at MSSU in Joplin and were treated to lunch at Mazzios.

A new addition to our Preschool curriculum for the year is a physical education program through the Bearskin Fitness Center. Kelly Walker and Kristin Thomas have implemented this exposure to health by weekly classes on site. They focus on gross and fine motor skills and the importance of exercise.

A speech pathologist has been secured

for the pre-school children and testing is ongoing to evaluate the children and their needs. This is done through a collaboration with the Wyandotte Public Schools.

Our after school program is growing in numbers. We have over thirty-five enrolled for care with an average of twenty-eight. A snack is served to all in attendance and homework help is offered by staff.

If you are interested in an application, please call Ms. Culver at 918-678-2297 - ext. 230.

Library

The Wyandotte Tribal Library is open from 8 a.m. to 4:30 p.m. Monday through Friday. We have a wonderful selection of books, tapes and periodicals for the patrons to browse through and to check out. New materials are added monthly to enhance the available materials in the area. Karen McNelis and Jessie Winscott are familiar with our facility and look forward to meeting you and providing assistance.

Child Care & Development Fund Program

The Child Care Program is very busy serving 120 families and 242 children, which includes 84 Wyandottes. We utilize 36 licensed childcare centers and 23 licensed day care homes to provide care for Native American children. We offer assistance based on income to all federally recognized tribes. Participants must reside within a 100-mile radius of the tribal headquarters.

The physical fitness workshop was held in November and approximately 50 providers attended. The CCDF program is working to raise awareness concerning the health and safety needs of children in care. A working group is focusing on the needs of the providers and the family units we service.

Tribal Scholarships

With the beginning of a new semester the Education Director is very busy issuing tribal scholarship vouchers to current students as well as sending out applications to prospective recipients. Applications are available upon request

for the fall 2005 term with a date of May 1, 2005.

Scholarships are available for eight semesters in the amount of \$500.00 each. You must meet all criteria to remain on program and submit your grades in a timely fashion to insure funding.

Oklahoma tribal members and parents need to look at the Oklahoma Higher Learning Access Program. This is a program for students in 8th, 9th and 10th grade. Eligibility is determined by the amount of income reported on tax returns. Since we are fast approaching tax season, do this while you prepare your taxes. Their web address is www.okhighered.org/ohlap/. Please contact the Education Director (Carla J. Culver at ext. 230) for assistance if needed.

Workforce Investment Act (WIA)

The WIA program operates under the supervision of the Education Director. Brad King (ext 234) is the program specialist and is able to serve all federally recognized Native American members in his service area. Currently, twenty-seven individuals are participating in this program in either technical school or college. Limited opportunities exist in this program but all are welcome to apply.

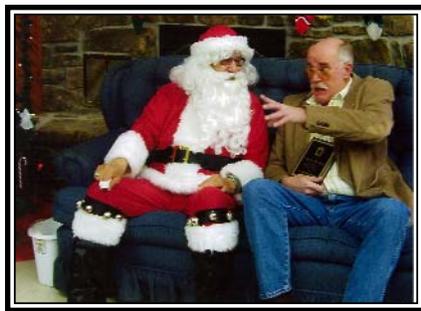
Children's Christmas Party

The annual tribal children's Christmas party was held on December 11 in the Artie Nesvold Community Building. Children were treated to sweets and a gift from the tribe. Carla Culver was given the opportunity to recognize two generous men that have given to the children. Monte Spry and David Horton were acknowledged for the donations of goods, services and time to the Wyandotte Nation. Plaques were presented to both men. Mr. Spry has rebuilt, reconditioned and repaired numerous bicycles over the past few years. All children in attendance were given the opportunity to select a bicycle to take home. Over forty bicycles were presented on that day. Mr. Horton has collected donations of goods for the Wyandotte Nation for the past 5 years. He secures a U-Haul vehicle and gathers

the goods from the community in and around the Lamar Missouri area. The Wyandotte Nation certainly appreciates all that these gentlemen have done and continue to do for our members.



**Top: Monte Spry
Bottom: David Horton**



Family Services

Greetings from Family Services. The New Year arrived with mixed weather ranging from 0 degrees to 70 degrees within the first two weeks. The thermostats were as confused as we were. We are always prepared for change in the Oklahoma temperatures. Speaking of change, the Family Services Department has moved to the Education Building. The "east" building houses the Education, Preschool, Library, Tag, Housing, Environmental, and Family Services Departments. We hope this is more convenient for our Tribal Members.

Tribal Operations:

Tribal Membership:

Membership applications are available upon request. New members are added to the Wyandotte Nation Roll one time per year during the Nation's Annual Meeting in September. We encourage applicants to submit their applications, along with an Original State Certified

Birth Certificate to this office prior to the August 15, 2005 deadline. Applications are reviewed by the Wyandotte Nation Enrollment Committee prior to the annual meeting. The Tribal Council, made up of all voting members of the Nation, approves the new enrollees.

Certificate of Degree of Indian Blood Cards: The "CDIB" card certifies that an individual possess a certain degree of Indian Blood. Wyandotte Nation tribal members or those who possess Wyandotte's blood may request a "CDIB" card. A "CDIB" application and proof of ancestry is required. The degree of Indian Blood will be based on your ancestor's blood degree as documented on a Wyandotte Nation Roll.

Tribal Tags:

Tribal members who reside within the boundaries of what is considered "Oklahoma Indian Country" may title and register their vehicles with the Wyandotte Nation. The Wyandotte Nation titles and registers passenger and recreational vehicles.

Tag Office Hours:

Beginning January 1, 2005 the tag office will be open on a "by appointment" basis. Please call Dana or Kate at (800-256-2539) extensions # 219 and #224 for appointments.

Social Services:

The Wyandotte Nation Family Services Department offers an array of social services through the Promotion of Safe & Stable Families Initiative. Services include but are not limited to: emergencies, crisis assistance, utilities, rental, deposits, school supply vouchers, infant car seats and children's winter clothing. Service area guidelines may apply. Please contact this department for eligibility criteria. We will make every effort to assist tribal families in need.

Indian Child Welfare:

There is a need Nationwide for Indian foster and adoptive families. In 1978 the Indian Child Welfare Act was passed in Congress. This Act mandates that when Indian Children are removed from their homes that every effort is made to place the child or children with relatives of the (continued on next page).

child, the child's tribe, or other Indian Families. Due to the shortage of Indian adoptive and foster homes children are placed outside the requirements of the Act simply because there are not enough Indian Families to fill the need. If you are interested in becoming an adoptive or foster family please call for information. The Wyandotte Nation has a continuing Tribal/State Agreement with the State of Oklahoma to recruit tribal foster families. You can make a difference.

Kate Randall, Director of Family Services

Dana Butterfield, Family Services Assistant

Title VI News

We have finally recovered from all the hustle and bustle of the busy holidays and are trying to get back in the swing of our daily activities.

Our program is really growing. We now have four tables of card and domino players. We have another table set up for those that enjoy working puzzles. We have a music party the second Thursday of each month. The Bearskin Health Center provides blood sugar and blood pressure checks here in the Title VI building the fourth Wednesday of each month. We will start planning our Spring and Summer trips soon. If you enjoy laughing, visiting, and great food come down and enjoy the fun!!!!

Brenda House, Title VI Director

Dari Ann Hunnicutt, Caregiver Specialist

Laura Staggs, Food Service Supervisor

June Linton, Food Service Worker

Ora Lea Combes, Kitchen Aide

Bearskin Healthcare & Wellness Center

By Billy Friend

Here's To a Healthy New Year

Once again we have begun a New Year and with it always come resolutions. If you're like most, those always include losing weight and getting into better shape. One thing you must remember is that there is no magical formula or wonder pill to accomplish these goals, but

here are some practical tips you can use to achieve the results you desire. The staff here at Bearskin Healthcare & Wellness Center is committed to helping you "add years to your life and life to your years" in 2005.

1. Lose fat with hydrotherapy -- First thing in the morning, drink 32 ounces of very cold water on an empty stomach. Don't eat breakfast for at least 30 minutes. The cold water will force your body to raise its core temperature, thereby stimulating your metabolism and excreting any excess water. You may find that you lose two pounds the first month you try this. If you want to take it a step further, do the same thing at lunch. Just make sure to wait the 30 minutes prior to eating. Remember though, if you're consuming excess calories each day, this tip won't work.

2. Eliminate one portion of food from one daily meal -- If you usually have a sandwich for lunch with a slice of cheese on it, just eliminate the cheese. If you really struggle with overeating, I have found this to be a very efficient method for learning new habits. I once trained a client who asked me to help him change his daily lunch of a cheeseburger and French fries. I told him to simply eliminate the cheese from the burger for 2 weeks and then we would review it again. He thought I was going to suggest chicken and vegetables. However, for success, habits must be coaxed, not forced.

3. Pack your lunch 3 days a week -- I know you love going out for lunch every day. However, if you make a healthy lunch just 3 days per week, you'll be creating a healthy and realistic habit. This will help you look forward to your lunches out and appreciate your new-found discipline at the same time. I guarantee it will empower you.

4. Commit to 2 days of exercise per week -- We read a lot about exercising every day, or performing a certain amount of weight training or cardio. Sometimes this type of pressure makes us not exercise at all, because we know we won't commit to it. However, what if you committed to 2 days per week? That would make a big difference over the

course of a year. More importantly, you would begin to create a habit and lifestyle change. Only 2 days per week!

5. Park farther away -- Most people try to get the closest parking space possible wherever they go. Why? So, they don't have to walk a hundred yards? Park farther away! You'll burn more calories, and you'll get out of the parking lot faster. This also helps create a proactive attitude toward your view of exercise and movement.

6. Take the stairs -- I always thought escalators were supposed to get us to our destination quicker. We were supposed to walk on them, not take a snooze. Whether it's an elevator or an escalator, pass on it and head for the stairs. You'll burn more calories and be able to tell people that you use the genuine Stairmaster.

7. Eliminate one cup of coffee per day -- Drink 3-4 cups per day? Just eliminate one cup. That will be less caffeine for the day, week, month and year. Once again, you will prove to yourself that small changes can make a difference.

8. Perform "fun" exercise with your spouse, partner or best friend -- Instead of going to dinner with your "honey," invite them for a hike, a walk on the beach or even a day in the city to do some window shopping. It's fun, will burn calories and potentially stimulate some additional evening exercise.

9. Work On Your Posture -- It's amazing to see the number of people who slouch. If you stand up straight, you will look leaner, younger and healthier. This is a real easy one, but you would be surprised how years of slouching will make this the most challenging of all the tips.

10. Make ONE health and fitness goal and commit to it -- Every year, people commit to New Year's resolutions such as getting to the gym three times a week, losing 20 pounds, eating less junk food, etc. What about setting one goal? Doesn't matter what it is, just make it measurable and realistic. For example, lose six pounds in three months. Keep it simple! Set yourself up for success!



WYANDOTTE NATION OF OKLAHOMA

CULTURE WEEK

Join us as we celebrate & explore...
"WHAT IT MEANS
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Wyandotte Nation of Oklahoma
Attn: Sherri Clemons
P.O. Box 250
Wyandotte, OK 74370

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

eMail Address: _____

How Many Attending?: _____

Days Attending: Fri. 27th Sat. 28th

Sun. 29th Mon. 30th Tues. 31st

Art Study (*Choose 2): Flintknapping

Beadwork Flutemaking Pottery

Moose Hair Embroidery

Other _____

Children Attending?: Yes No

Ages _____

Extended Study?: Wed. 1st Thu. 2nd

What? _____

Comments: _____

*Only the top two choices will be offered.



Sunday, May 29

1 p.m. to 5 p.m. - Language Study with Dr. Pearson
5 p.m. - Dinner (on your own)
7 p.m. - Fellowship - What It Means To Be Wyandotte

Monday, May 30 (Memorial Day)

9 a.m. to 5 p.m. "Field Trip Day" with visits to the Wyandotte Tribal Cemetery; Bland Cemetery; Splitlog Church; Mudeater Bend; and Other Sites
5 p.m. - Dinner (on your own)
7 p.m. - Fellowship - What It Means To Be Wyandotte

Tuesday, May 31

Sunrise - Smoke Ceremony
8 a.m. - Art (Hands On)
Lunch - (on your own)
1 p.m. - Language Study with Dr. Pearson
3 p.m. - History - Kansas
4 p.m. - History - Oklahoma
5 p.m. - Wrap Up - Farewell

Wed. - Thurs. June 1st & 2nd
Special interests (advance notice must be requested)

Friday, May 27

3 p.m. - Gathering at the Pow Wow Grounds
5 p.m. - Dinner served by the Culture Committee
7 p.m. - Dance/music by the Seneca Nation
9 p.m. - Fellowship - What It Means To Be Wyandotte

Saturday, May 28

Sunrise - Smoke Ceremony
8 a.m. - Art (Hands On)
Lunch - (on your own)
1 p.m. - Language Study with Dr. Pearson
3 p.m. - History - Wendake
4 p.m. - History - Anderdon
5 p.m. - (on your own)
7 p.m. - Fellowship - What It Means To Be Wyandotte