

Reading about it isn't near as sweet as the real thing, but try this diet, you'll love it, I promise.

Mam'maw Norma

MRS. OKLAHOMA INTERNATIONAL 1989  
EASTERN SHAWNEE TRIBAL MEMBER

Terri Cox is a wife, mother, model and college student. Mrs. Cox won the 1989 Mrs. Oklahoma International pageant and recently placed 5th runner-up in the Mrs. U.S. International Pageant which was televised nationwide.

Mrs. Cox, who carries a 3.6 GPA, is completing a bachelor degree in secondary education and computer science at the University of Science and Art of Oklahoma.

Mrs. Cox and her husband, Rick, who works for the Oklahoma City Fire Dept., have a daughter, Courtney, age four, and reside in Oklahoma City.

**EASTERN SHAWNEE TRIBE  
OF OKLAHOMA**  
P.O. BOX 350  
SENECA, MO 64865



TERRI COX Mrs. Oklahoma International 1989

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# SHOOTING STAR

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**EASTERN SHAWNEE TRIBE OF OKLAHOMA  
TRIBAL NEWSLETTER**

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Greetings From The Chief,

It's that time of year again and like most people, I'm never prepared for the holidays. However, I would like to wish all of you a Merry Christmas and a Happy New Year.

As far as tribal business is concerned, we are doing alright. Some of the things we have accomplished is acquiring a food program. Our senior citizens can have one hot meal a day, served at our communiting building or if they are house-bound, a meal is delivered to them.

Another program that has benefitted the tribe, is our housing rehabilitation program. We have remodeled a lot of houses for tribal members and made their house into a good home.

One program that I like very much is assisting our tribal members who are in college. This semester we assisted twenty-nine (29) students who are attending various colleges and universities.

We also have a program designed to take care of tribal members of all ages to see that they get to the doctor, hospital or what ever their needs they have. This program is headed by a Community Health Representative who is devoted to the needs of the house-bound, to see that their every need is met to make their life more comfortable.

We have an Arts and Crafts program that our senior ladies enjoy. This program supports itself and has made enough money to pay for this years Christmas party. They have purchased toys for over ninety (90) children and also candy, nuts, fruit and other goodies for their Christmas sacks. Area tribal senior citizens will also receive a Christmas basket.

There will always be some sadness among our tribal members, for as we are born, we must also die. Our tribe was able to assist five (5) tribal families in their funeral expenses this past year.

This is only a small overview of our yearly activities. I would like to thank our staff for making all these programs successful. Most of our tribal members do not understand how much work is involved in satisfying the U.S. Government requirements.

Once again, I take this opportunity to wish all of you the best for the coming year and may God bless you.

*George J. Captain*

TRIBAL NEWS

Since our last newsletter there have been several changes, in employees and Business Committee members. Gloria Durbin left us in late September and moved to Oregon where her son is. We miss her cheerful wackiness, but wish her all the best. Monica Bettis is our new receptionist, she's much quieter than Gloria but is very efficient and willing to assist however she can. Monica is the daughter of Dennis "Sandy" Captain. She is married and has one son, Jesse.

Our Vision Center opened August 7th, Dr. Doug Cook is our optometrist. He is a graduate of Northeastern State University.

Darrell BlueJacket is no longer manager of the Bingo Hall, he has been replaced temporarily by Danny Captain, a retired navy man. Prior to this Danny worked as cashier and security guard at the Bingo Hall. Applications are presently being taken for the Bingo manager position.

Nelis Captain left us in November, to take the position of Inter-Tribal Council Director, he also is sorely missed, although we do run into him occasionally. Gene Dixon has taken over the job of Housing Coordinator and although he has much to learn is very enthusiastic and taking hold very well.

The Business Committee has also had its share of changes. John Hauser, our 1st councilperson, resigned in April because of personal reasons. Cal B. Holden was elected at our

annual July meeting to fill that position for the rest of the term. Cal is a used car salesman and lives in Grove.

Tim Kraus, our 2nd councilperson, resigned in October due to the fact that Anthony's transferred him to a store in Tulsa, which put him out of the Miami Agency area. A special general council meeting was held November 16th to elect a new 2nd councilperson. Diana Blizzard was elected at that meeting. Diana is married, has two children and works for the Miami Tribe.

The Tribe at the present time employs 24 people of which 15 are tribal members. We also have 3 subsidiary personnel and 2 of them are also tribal members.

Nine years ago, when I began working for the Tribe there were 6 office staff employees and that dropped to 3 for a time. At that time I certainly never imagined that the Tribe would be in the position to employ so many people and the great thing is, we plan on hiring more, at the Bingo Hall, the tribal office and hopefully in the not so distant future, in the Eye Clinic.

ANNUAL CHRISTMAS CHILDRENS PARTY

The annual Christmas childrens party this year will be Saturday, December 16th starting at 2:00 p.m. Santa is due to arrive at approximately 3:00 to talk to the children and give out gifts.

The Eastern Shawnee Arts & Crafts class will be hosting the party this year and we, the office staff, are very grateful to them. Although we've thoroughly enjoyed planning

and hosting the party in past years the office work load has become such that we would have been hard pressed for time this year.

The Arts & Crafts class has worked year at different projects to raise the money, some of which is used to finance the childrens Christmas party. They've been busy little elves the last few weeks sending out Christmas letters, buying and wrapping gifts, and planning the party.

Regulars in this group are Betty Captain, instructor, Sophronia Rickner, Flora Beaty, Madelyn Dowd and Mary McRae besides these there are 5 or 6 others who participate on an irregular basis.

Anyone interested in learning how to bead and do other crafts are welcome. The classes are held Tuesday and Thursday afternoon at the tribal office.

AoA TITLE VI PROGRAM

This is our Elderly Nutrition program and we are very proud and happy to have it. Meals are served daily from 11:30 a.m. to 1:00 p.m. for persons 50 years of age and over. A small fee is charged to guest under 50 and persons without a CDIB card.

Eligible tribal members not taking advantage of these meals are missing out on a lot of fun and companionship as well as some good ole home cooked meals.

For Halloween the AoA and CHR staff, Florence Routh, Debra Scribner and Karen Eby fixed up a buffet lunch with all kinds of icky sounding foods, which was very tasty even if the names were terrible, then everyone played bingo for prizes, followed by a costume contest, which was won by Flora Beaty.

There were 48 people at this ghostly affair, and all had a bewitching time.

The Thanksgiving dinner was also well attended, it was a potluck buffet. You know, the kind where everybody brings their favorite dish and of course, you have to sample every single one and the tummy gets stuffed to the bursting point and you don't feel up to doing anything but sleeping it off, but the companies good too, so everyone sits around droopy eyed and yawning and trying to converse intelligently. Well, that's the kind of dinner we had and enjoyed, and you missed if you weren't there. But don't despair, Christmas is coming. Hope to see you.

Our average daily attendance is 25. Anyone wanting to stay after eating, to play games or cards or just talk are welcome to do so. There's usually a fire in the fireplace this time of year, so it's comfy cozy.

DIETERS DELIGHT!

For all of you dieters out there, I've discovered the sweetest no-calorie diet ever and it is so good I really must share it with you.

My daughter, Shelly, was rounding up her boys to go home the other night and mam'maw (that's me) was getting her bye-bye kisses. Brandon puckers up and kisses me then says, "dat was a donut tiss mam'maw", then Baby Eddie gives me a kiss with his bottle in his mouth. Meanwhile, Brandon has gone to his mama and says, "Mama, I div mam'maw a donut tiss", to which she replied, "That's good, brother just gave her a milk kiss, so mam'maw got her milk and donuts today".