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THE MVSKOKE NEWS

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CARES ACT PASSED BY MCN NATIONAL COUNCIL JUNE 11

NEW PROGRAMS TO ROLL OUT AFTER MCN COUNCIL PASS CARES ACT PLAN ON JUNE 11 IN EXTRAORDINARY SESSION

Angel Ellis
REPORTER

OKMULGEE, Oklahoma—Appropriations to distribute \$282,266,728 in Coronavirus Relief Funds (CRF) to various existing programs and creating new aid programs were approved in Muscogee (Creek) Nation National Council Extraordinary Session on June 11. All members of the council were

present except for Rep. Robert Hufft who was excused.

NCA 20-038, A law of the Muscogee (Creek) Nation authorizing the expenditures of Coronavirus aid, Relief and Economic Security Act (CARES Act) funds received from the United States Department of the Treasury to Establish the Muscogee (Creek) Nation Coronavirus Relief Fund Program passed with a vote of 11-3.

According to the legislation on the agenda, the total funds would be split between five separate categories. A committee headed up by Secretary of the Nation and Commerce Terra Branson-Thomas identified five areas that reflected the tribe's eligible funding needs.

Those areas are Citizen and Family Relief, Enterprise Relief, Healthcare Services and Access, Government Operations, and Contingency funding.

The topic was discussed extensively in the remote call-in session.

A motion to accept the bill was made by Will Lowe, who sponsored the legislation that was introduced

CARES ACT – 2



MCN Council approves Executive Branch plan to launch CARES Act distributions in extraordinary session on June 11.
(MN File Photo)



Principal Chief David Hill shows Lisa Long (Mvskoke) the changes being implemented to the hardship grant. Citizen relief funds were increased from \$150 to \$500. On June 24, the federal government sent down guidance confirming direct payments such as per capita payments were not allowed, and that documentation was a requirement.
(Clinton Sinclair)

US TREASURY SAYS NO TO CARES ACT FUNDED PER CAP

US TREASURY ELABORATES ON PER CAPITA PAYMENTS TO TRIBAL CITIZENS JUST DAYS AFTER MCN SEES PROTESTS ON COMPLEX DUE TO CARE'S FUNDING

Angel Ellis
REPORTER

OKMULGEE, Oklahoma—Approximately 100 peaceful demonstrators gathered at the bow shoot fields on the Muscogee (Creek) Nation tribal complex on June 22 to voice their dissatisfaction with the amount of CARES Act funding that was approved for individual relief in an Extraordinary Session on June 11.

MCN Principal Chief David Hill and Second Chief Del Beaver attended the demonstration and heard the concerns of citizens and announced some changes to the allocated funds.

Children, elders, veterans and disabled citizens were among the group who took turns expressing their opinions about the recently passed legislation, it's designated allocations, the qualification process and even the how tribal leaders made the decisions surrounding the bills allocations.

According to Principal Chief Hill, the qualifying process for obtaining the Coronavirus relief funds were hinged upon the tribes enrollment, past year's expenditures, land base, and employees.

Once the tribe received the funding tribal officials were tasked with verifying the amounts were correct before doing anything.

"Knowing the government,

I wanted to make sure what we received was correct," Chief Hill said. "Once we confirmed it we formed a team to figure out the best way to do this and stay within the guidelines."

Chief Hill said that he asked for the programs allocations to be reviewed again on June 19.

"The one that is \$150, we did move it up to \$500," Chief Hill said.

Citizens asked about whether or not the losses for the tribes revenue generating casinos was something the tribe could recoup through insurance.

Chief Hill confirmed that the Muscogee (Creek) Nation was denied an insurance claim on those losses but did file suit along with other tribes in order to determine if the losses could be recouped through a claim process.

Just before 8 a.m., Lighthouse officers were posted at various entrances to the tribal complex. According to Lighthouse, their purpose for presence was to direct traffic, and provide assistance if needed. Organizers of the protest told media some of the protesters were turned away.

The demonstration began around 8 a.m. and was wrapped up by noon. The Principal Chiefs Office provided protestors with several cases of water, ice, masks, and hand sanitizer. Dustin store

sent a donation of donuts for protesters.

According to Lisa Long, a Muscogee (Creek) Citizen who lives in Edmond, there were a few hurdles early in the morning as protestors were arriving and setting up.

She said her main intention was for the administration to hear the concerns of the citizens.

"With the CARE's Act, for once our tribal governments have a chance to help us all and the thing is that we've all been affected," Long said. "Yet they chose to pump all these funds into the casinos and businesses for lost wages."

Protesters were not happy with the qualification process for the \$1,500 Coronavirus Citizen support program. Many voiced concerns and even carried signs stating "Tired of jumping through hoops."

The administration has maintained that it must be prepared to provide documentation on expenditures and be prepared for an audit of the relief funds.

Some protestors stated that their situations were not always easy to document for qualification purposes.

Long said the hardship grant, originally allocated at \$150.00 was underwhelming in light of

TREASURY – 2

MCN LIGHTHORSE AWARDED DOJ GRANT TO HIRE MORE OFFICERS

COMPETITIVE AWARD PROGRAM GRANTS FUNDS TO THE TRIBE FOR HIRING OF LAW ENFORCEMENT OFFICERS

Lani Hansen
REPORTER

OKMULGEE, Oklahoma—The Department of Justice announced nearly \$400 million in grant funding through the Department's Office of community Oriented Policing Services (COPS Office) COPS Hiring Program (CHP) on June 3 and the Muscogee (Creek) Nation is set to receive \$543,496.

"This is a hiring grant we applied for and we were given the opportunity to get this grant," MCN Lighthouse Chief of Police Robert Hawkins said.

The Attorney General announced funding awards to 596 law enforcement agencies across the nation, which allows those agencies to hire 2,273 additional full-time law enforcement professionals.

"The plan is we are allowed to hire five new officers," Chief Hawkins said. "It's a three year



(MN File Photo)

grant which will be funded by the Department of Justice, but after the three years is up the Nation will take over."

According to Chief Hawkins, after three years being funded by DOJ the grant will then have to go through council for approval for additional funding for these positions by the Nation. Lighthouse is looking at building their Special Operations Program with this grant.

LIGHTHORSE – 2

NYPD RESIDENTIAL CAMP GOES ONLINE IN ORDER TO KEEP PARTICIPANTS SAFE

WHAT HAS BEEN A RESIDENTIAL CAMP SINCE 2005 GOES ONLINE TO COMPLY WITH CDC GUIDELINES AND FOR THE OVERALL HEALTH AND SAFETY FOR YOUTH AND CAMP OFFICIALS

Morgan Taylor
REPORTER

CHOUTEAU, Oklahoma—The Native Youth Preventing Diabetes (NYPD) is a Coalition that consists of about twenty tribes and is targeted on preventing obesity and diabetes in young Native Americans. The format and services of the camp have been changed for safety and health precautions of the youth tribal members this summer. What has been a residential camp since 2005 has gone online for the first time to comply with CDC guidelines and for the overall health and safety for youth and camp officials.

University of Oklahoma Health Sciences Center Hudson College of Public Health Assistant Professor of Research, Wichita enrolled member and President of NYPD, Dr. Lancer Stephens talks about the history of the NYPD.

"The NYPD started many



moons ago in the fall of 2001," Dr. Stephens said. "The Shawnee Service Unit and the tribes associated with that, (Absentee Shawnee Tribe, Citizen Potawatomi Nation, Iowa Nation, Kickapoo Tribe of OK, and the Sac & Fox Nation) had a meeting. This meeting was with elders as well as health care workers, community members, etc. One of the elders of a tribe along with healthcare workers stated that they were seeing an increase of

NYPD – 3



LETTER TO THE EDITOR

An Open Letter to Muscogee Creek Nation National Council and Chief David Hill

My name is Sarah Sebring, I'm an enrolled citizen of the Muscogee Creek Nation. I am writing today to express my concerns, dissatisfaction, and complaints about how the Care Act funds are being handled and other issues I've experienced with the tribe. I understand that there will be an application process to determine each citizen's need in order to possibly receive any distribution from the tribe.

However, I thought the need for EVERY tribal citizen was established in the allocation of the initial funds. I understand that the tribe has lost funding due to Covid-19 and the closure of casinos. But each and every citizen, regardless of boundaries, have also been affected. I hope that this is considered in the individual application process and that the tribe helps each citizen equally. I say this

because I have not had a great experience of being helped equally by the tribe and I know a lot of others who haven't either.

There have been a lot of programs implemented over the years. I have not had great success in knowing what is available and even less success getting access to what is available. In my opinion, we as tribal citizens, would fare a lot better if most programs were discontinued entirely and Per Cap was implemented so each tribal member were given an equal opportunity to help themselves and meet their needs as they saw fit.

Programs like reintegration are great in theory until you consider situations like we have now, where a tribal member was helped to start an MMA training business after his release from prison.

The money was for not, he mismanaged it and the business. Now, the same tribal member

sits in jail awaiting trial for murder. And people like myself cannot get help to repay students loan debt, received very little if any help while in college, and now cannot even get a call back when applying for employment with the tribe. I have two college degrees that seem to be worthless in the eyes of my tribe.

So, when I look at the bigger picture it would appear that even in 2020 the nepotism culture and the way of "it's all about who you know in the tribe" still exists today.

Our tribe has a long history of mismanaging funds, unequal aid to citizens, nepotism, and mistrust for tribal leaders. I have hope that one day our tribe will overcome these stereotypes and display the integrity needed to lead our citizens in a better direction. Right now, more than ever, that is not just what is hoped for, that is what we are in dire need of.

Sarah Sebring

CARES ACT

Continued from Page 1

by Office of the Principal Chief. Travis Scott seconded the motion to adopt. Joe Hicks motioned to return the legislation to committee and was seconded by Joyce Deere.

Several Council Representatives weighed in on the discussion. Hicks stated he had concerns about the council having a voice in the legislation.

"I feel there are things that need to be fixed, I'd love for the council to be involved because we have been getting calls about the legislation and think it would be good to have the input from everybody," Hicks said.

Scott was concerned with time sensitivity issues and government functions.

"I'm not saying the tribal citizen input is not important but I think we are on a real strict time frame," Scott said. "The details in the legislation were done by a committee process; there was a lot of time put into it."

"We have less than six months to expend this money."

Representative Anna Marshall expressed concern with the allocation amounts for those categories identified in the bill.

"My concern is not so much the five distinct areas but the allocation amounts," Marshall said. "So it's not a need to rewrite or redo the whole legislation, but to look at particularly how much money is not being allotted to the citizens."

Executive branch officials referenced the expenditure timeline and flexibility of funds use as a reason to carry on with the legislation.

Second Chief Del Beaver emphasized the legislation left room for flexibility.

"If we end up needing more money we can reallocate some funds from the areas that we haven't used as much as we thought we would need," Beaver said. "But time is an issue with this, we can even change policy to reintroduce assistance maybe in December."

"A lot of this has come down to a guessing game, and if we aren't

spending money like we thought we can revisit it and come back to the council."

Principal Chief David Hill said flexibility was a priority.

"We can look at additional support, the way the bill is budgeted it is to assume every citizen can get some kind of support," Chief Hill said.

Chief Hill then deferred to Gaming Operations Authority Board Chair Chris Ray to explain how a delay of the bill would impact the gaming operations and potentially the tribe's next fiscal year budget.

He told the council that a delay in the CARES Act Allocation could mean a delay in gaming fund distributions to the tribe.

"The Bank of Oklahoma is expecting us to receive some of this money to help us get back into compliance with our loan, because until we are back in compliance with our loan, we aren't allowed to make distributions to the Nation," Ray said. "It would also alleviate some cash flow concerns, based on current revenue projection."

"Without any assistance gaming is not forecasting to be making a distribution to the Nation until September, and that distribution is forecasting at a reduced rate."

A vote was taken to approve the appropriation and the legislation passed with an 11-3 vote.

Voting in favor of passing the CARES ACT Funds were Representatives Will Lowe, Anna Marshall, Charles McHenry, Thomasene Yahola-Osborne, Darrell Proctor, Travis Scott, Mary Crawford, Joyce Deere, Patrick Freeman, James Jennings and Adam Jones III. Voting against the legislation were Mark Randolph, Lucian Tiger III, and Joe Hicks.

As the proposed budget stand, \$60,028, 00 has been allocated to individual and family support programs. Those programs are allocated as follows:

MCN Coronavirus Income Support Program (\$36,198,000)

The Community & Human Services Department (CHS) proposes to establish a new program that will

support those citizens, no matter their geographic location, who have experienced a loss of income or employment during the Novel Coronavirus (COVID-19) Global Pandemic. The program also proposes to provide one-time payments to citizens whose monthly incomes are fixed and are experiencing significant new and increased costs associated with COVID-19.

This program originally proposed to streamline application and related documentation collection to provide one thousand five hundred and no/100 dollar (\$1,500.00) payments to 24,132 eligible citizens on a one-time basis. After reconsideration, the program raised the amount to \$500.

MCN Coronavirus Hardship Support Program (\$9,000,000)

The CHS proposes to establish a new program that will support citizens who are not otherwise eligible for the Income Support Program, but are experiencing new and increased household expenses as a result of market changes during the COVID-19 Pandemic.

Eligibility for the Coronavirus Hardship Program would include those citizens in households with incomes under four hundred percent (400%) of the 2020 Federal Poverty Guidelines.

Mvskoke Media reached out for comment from the other council members who voted no on the CARES Act legislation.

Randolph responded saying he had two major concerns that lead to his vote against the legislation.

"Number one, am I going to vote for a package that seems to benefit the Institution of the Mvskoke (Creek) Nation more or do I support a package that takes into a money percentage that would benefit the people more," Randolph said. "Number two, I voted no because the feedback I received from the majority of the citizens is they were not for this package."

Mvskoke Media requested the documents accompanying the legislation prior to the meeting but was not able to obtain the documents until after the legislation was passed.

Lighthorse

Continued from Page 1

The awards are inclusive of the \$51 million announced in May as part of Operation Relentless Pursuit.

"The Department of Justice is committed to providing the police chiefs and sheriffs of our great nation with needed resources, tools and support. The funding announced today will bolster their ranks and contribute to expanding community policing efforts nationwide," Attorney General William P. Barr said. "A law enforcement agency's most valuable assets are the men and women who put their lives on the line every day in the name of protecting and serving their communities."

The COPS Hiring Program is a competitive award program intended to reduce crime and advance public safety through community policing by providing direct funding for the hiring of career law enforcement officers. In addition to providing financial support for hiring, CHP provides funding to state, local, and tribal law

enforcement to enhance local community policing strategies and tactics. In a changing economic climate, CHP funding helps law enforcement agencies maintain sufficient sworn personnel levels to promote safe communities. Funding through this program had been on hold since the spring of 2018 due to a nationwide injunction that was lifted earlier this year.

CHP applicants were required to identify a specific crime and disorder problem focus area and explain how the funding will be used to implement community policing approaches to that problem focus area.

Forty-three percent of the awards announced today will focus on violent crime, while the remainder of the awards will focus on a variety of issues including school-based policing to fund school resource officer positions, building trust and respect, and opioid education, prevention, and intervention.

The COPS Office received nearly 1,100 applications requesting more than 4,000 law enforcement positions.

Treasury

Continued from Page 1

the hardships people have faced during COVID-19.

"Out of \$282.2 million, that's like throwing us all a dollar and saying good luck," Long said.

By the end of the day on June 22, a website with instructions was published with applications for the hardship programs.

On June 24, the U.S. Treasury published more guidance on the funding stating that a per capita distribution of funds was not allowable. It further explained that direct citizen assistance should have a determination process.

'Governments have discretion to determine how to tailor assistance programs they estab-

lish in response to the COVID-19 public health emergency,' the document said. 'However, such a program should be structured in such a manner as will ensure that such assistance is determined to be necessary in response to the COVID-19 public health emergency and otherwise satisfies the requirements of the CARES Act and other applicable law.'

'For example, a per capita payment to residents of a particular jurisdiction without an assessment of individual need would not be an appropriate use of payments from the Fund.'

Citizens wishing to apply can find more information at mcnsn.gov. Citizens who do not have access to Internet and need a mailed application may request one by calling 918-549-2440.

CORRECTIONS

Jesse McDermott



School: Coweta High School

Bio: Jesse is the son of Micah and Tammy McDermott and brother to Joshua McDermott, He is the Grandson of Leroy and Sue McDermott and Marilyn Reimer. Jesse is graduated with academic honors from Coweta High School and plans to attend Connors State College to play baseball on a scholarship. Jesse recently earned his Eagle Scout rank. He also lettered in Football, Wrestling, and Baseball. His future plans include getting his degree in wildlife management ecology and Law enforcement. After college he would like to become a Navy Seal and work on his degree in theology. Finally working as a Game warden and bi-vocational pastor.

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To submit a change of address or a letter to the editor, call: 918-732-7720 or email: info@mvskokemedia.com.

NYPD

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diabetes in younger populations. An elder then said, “Why don’t we educate our youth because young healthy children grow into healthy adults.’ And that’s basically how it started.”

In reference to <http://nypdkids.org/html/about.html>; in 2005, after the NYPD was selected for as the Indian Health Services (I.H.S.) Wellness Champion, NovoNordisk pharmaceuticals signed on as primary corporate sponsor. This provided the funds to make the camp a residential five-day, four night cultural and healthy experience in a controlled environment.

“There was no money for this program so the tribes came together and pulled all their resources together, resources being man-power, and planned an activity where they could share and learn with each other,” Dr. Stephens said. “It started out as a day camp for the first three years. Then in 2005, went residential. When the camp went residential, we were able to amp up our testing that we could do and the physical activity we could do with the kids,” Dr. Stephens said.

NYPD Coalition decided to use social media as a platform to continue camp for the summer

via Facebook. The camp was held June 8-12 and June 15-19 with different segments throughout the day that resemble the normal agenda of the camp. The NYPD is using their Facebook page to also communicate with the participants and inform them of each upcoming activity.

Registered Dietician and Certified Diabetes Educator with the Muscogee (Creek) Nation Okemah Indian Clinic, Secretary for NYPD, Sub-Committee Chair leader for NYPD Virtual Camp, Torie Seymour describes the virtual operation of the camp.

“We are posting multiple videos throughout each day of the camp,” Seymour said. “The topics are the same as they would normally be as if the campers were onsite. We have had to gear it differently because at the campsite activities are more hands on and we had to gear it more towards interacting with an audience virtually but we are making sure to cover the same education.”

According to Seymour, NYPD has been able to reach more people going online although it is not limited to youth ages 8-12 and is not a controlled environment to collect specific data.

“As an administrator on the NYPD Facebook page, I can monitor the amount of people

being reached, the views, the comments, the likes and the amount of engagements on each post,” Seymour said. “We are going to look at all of that data after the close of our application on June 30. We will then send out survey to participants in hopes to receive feedback of knowledge that was learned that will serve as the result of the normal pre/posttest we give the campers the first and last days of camp.”

Registered Dietician with the Absentee Shawnee Health System and also the NYPD Camp Director, Lisa Harrington explains how the camp would typically run.

“Kids start arriving on Monday morning at Camp Takatoka, a YMCA Camp and also a partner with NYPD, and they go through a process of checking in,” Harrington said. “Each day the kids have an intense schedule. They get up early and start the day with Diabetes Prevention Education and rotate through Nutrition, Physical Activity, Eagle Adventure (culturally based activity), and Behavioral Health.”

A finger stick test is administered to each participant and multiple tests are run on the sample to collect specific data.

“Tuesday morning, we take a finger stick from each child and run a number of tests.” Har-

ington said. “We get their A1C, a Lipid Panel, Body Composition screening, check for acanthosis nigricans, weight and blood pressures. It takes three days to complete the testing on the kids.”

Since camp was made online and contactless, there has been no way to collect specimen from participants.

“This year will be kind of a blip in our data since we are not able to collect the screenings this year,” Harrington said. “Another purpose of the screenings we do at the camp is primary prevention. The data we collect on each child is sent back to each parent and back to the tribe. We then have a lot of different eyes on the data and the child. We will not be able to provide this information this year due to COVID-19.”

Exercise and Fitness Specialist with the Eufaula Diabetes Program with Muscogee (Creek) Nation and the Co-Lead for the Physical Activity Team for the NYPD, Kimberlee Little describes how social distancing affected the physical activity team.

“We are actually doing an exercise attached with almost every lesson,” Little said. “We have been always fortunate to work with different universities that provide us interns. They would usually attend camp but this year they have taken it

upon themselves to come up with short games with little or no equipment that we call “brain breaks” attached to each lesson. Physical activity lessons will have attached to the what we call “The Fit Principle” which tells the participants how hard and how often they should exercise.”

The NYPD has implemented social distancing practices in the demonstration videos and activities.

A survey will be sent upon the application approval to collect feedback of information provided in the videos. Each participant that returns a survey will receive the “summer fun pack” which includes a t-shirt, jump rope, sidewalk chalk, and many other resources and activities.

“Our hope is to be back at our residential camp next year, we really do miss our kids and being able to give them the camping experience,” Dr. Stephens said.

Southern Plains Tribal Health Board and Good Health and Wellness of Indian Country are major supporters of the NYPD. They typically support campers in attending the live camp making it free for participants and provide the NYPD with other resources.

Other resources and information about the NYPD and data collected over the years can be found at <http://nypdkids.org/>



CABINET MEMBERS NOMINATIONS PASSED BY HEW COMMITTEE ON JUNE 10

CHILDREN AND FAMILY SERVICES RECEIVED A GRANT FOR PANDEMIC CRISIS

Lani Hansen
REPORTER

OKMULGEE, Oklahoma — A Muscogee (Creek) Nation National Council Health, Education and Welfare Committee meeting was held June 10.

All passed legislation went before the full Council during the regular session June 20.

HEW addressed the following legislation, the interpretation of which is attributed to language in the bills:

TR 20-092 Confirming the nomination of Shawn Terry to serve as

the Secretary of Health of the Muscogee (Creek) Nation. Sponsored by Joyce Deere. Passed 4-0.

The Principal Chief nominated Shawn Terry to serve as the Secretary of Health of the Muscogee (Creek) Nation.

TR 20-093 Confirming the nomination of Kellen Bible as the Office of the Veterans Affairs Services Administrator of the Muscogee (Creek) Nation. Sponsored by Joyce Deere. Passed 4-0.

The Principal Chief nominated Kellen Bible to serve as the Office of the Veterans Affairs Services Administrator of the Muscogee

(Creek) Nation.

TR 20-094 Confirming the nomination of Monte Randall to serve as the Secretary of Education, Employment and Training of the Muscogee (Creek) Nation. Sponsored by Anna Marshall. Passed 4-0.

The Principal Chief nominated Monte Randall to serve as the Secretary of Education, Employment and Training of the Muscogee (Creek) Nation.

TR 20-096 Confirming the nomination of Carmin Tecumseh-Williams to serve as the Secretary of Community and Human Services of the Muscogee (Creek) Nation. Sponsored by Randall Hicks. Passed 4-0.

The Principal Chief nominated Carmin Tecumseh-Williams to serve as the Secretary of Community and Human Resources of the Muscogee (Creek) Nation.

NCA 20-032 Authorizing the expenditure of grant funds awarded from the Casey Family Programs for the benefit of the Muscogee (Creek) Nation Children and Family Services Administration. Sponsored by Mary Crawford. Passed 4-0.

The Children and Family Services Administration was awarded the Casey Family Programs Grant which will be used to help through the pandemic.

For audio of committee meetings visit: www.mcnn.com



ELDERLY HOME RENOVATIONS APPROVED BY LNC

MCN DEPARTMENT OF HOUSING IS APPROVED FOR GRANT BY LNC FOR SPENDING

Morgan Taylor
REPORTER

OKMULGEE, Oklahoma — A Muscogee (Creek) Nation National Council Land, Natural Resources and Cultural Preservation Committee meeting was held June 9.

All passed legislation will go before the full Council during the regular session June 20.

LNC addressed the following legislation, the interpretation of which is attributed to language in the bills:

Camp, Camp House and Fellowship Hall Grant Application considered for Hillabee Ceremonial Ground-Janetta Hill, for the amount of \$2,458.44. Passed 4-0.

Camp, Camp House and Fellowship Hall Grant Application considered for Fish Pond Ceremonial Ground-Jeannie Hill, for the amount of \$3,823.15. Passed 4-0.

Camp, Camp House and Fellowship Hall Grant Application considered for Fish Pond Ceremonial Ground-Davy Hill Jr., for the amount of \$7,000.00. Passed 4-0.

TR 20-090 Authorize the Principal Chief to submit a grant application to the U.S. Dept. of the Interior, Fish and Wildlife Service, FY 20 Tribal Wildlife Grants Program for the amount of \$200,000.00. Sponsored by Darrell Proctor. Passed 4-0.

The Nation is seeking funding for a conservation plan. This will help manage natural resources and wildlife across the Nation.

TR 20-095 Authorize the Principal Chief to execute a grant agreement with the National American Indian Housing Council (NAIHC) awarding funds to the MCN Department of Housing for the amount of \$30,000.00. Sponsored by Charles McHenry. Passed 4-0.

The grant will help with the assisting of the Nation’s elders with needed repairs and renovation

tions to their homes in the amount of \$30,000.00. This amount will repair at least three homes allotting \$10,000.00 per home. The National Council grants a limited waiver of the MCN’s sovereign immunity to specifics of the Grant Agreement. Any waiver of Sovereign Immunity is to be approved by the National Council.

TR 20-097 Confirmation of the nomination of Jesse Allen to serve as the Secretary of Interior Affairs of the MCN. Sponsored by Thomasene Yahola Osborn. Passed 4-0.

TR 20-099 Confirmation of the nomination of Rebecca Stone to serve as the Secretary of Housing for the MCN. Sponsored by Thomasene Yahola Osborn. Passed 4-0.

NCA 20-033 Amendment of MCNA Title 5, Chapter 2, Subchapter 3, entitled “Passenger Van Assistance Grant” and authorizing a supplemental appropriation for the Passenger Van Assistance Grant. Sponsored by Mark Randolph. Passed 4-0. Forwarded to Business, Finance and Justice.

The amendment allowed churches to only receive the grant one time. The supplement of the amount of \$162,500.00 will allow those who were approved to receive their grant beforehand regardless of the recent amendment made.

NCA 20-034 Authorizing the expenditure of grant funds awarded by the National American Indian Housing Council (NAIHC) to the MCN Department of Housing. Sponsored by Charles McHenry. Passed 4-0.

This allows spending of the grant for the purpose of helping at least three elders with needed repairs to their homes for the amount of \$30,000.00. Dedicating \$10,000.00 to three homes in accordance with the budget.

To listen to a full recording of the LNC meeting visit www.mcnn.com



COMMITTEE PASSES CABINET CANDIDATES

FREE PRESS HELD OVER FOR ONE MONTH ON RECOMMENDATION OF ATTORNEY GENERAL

Angel Ellis
REPORTER

OKMULGEE, Oklahoma — A Muscogee (Creek) Nation National Council Business, Finance and Justice Committee meeting was held June 11.

All passed legislation went before the full Council during the regular session, which was held June 18.

The committee addressed the following legislation, the interpretation of which is attributed to language in the bills:

TR 20-098 A tribal resolution of the Muscogee (Creek) Nation authorizing the Principal Chief to execute an account agreement and associated documents with Goldman Sachs and Co. LLC. Sponsored by Travis Scott. Do pass.

The legislation authorizes the Principal Chief to execute an agreement to seek investment services from Goldman Sachs and Co. LLC., for investment of a portion of the tribes permanent fund.

TR 20-100 A tribal resolution of the Muscogee (Creek) Nation confirming the nomination of

Terra Branson-Thomas to serve as the Secretary of the Nation and Commerce for the Muscogee (Creek) Nation. Sponsored by William Lowe. Do pass.

The Legislation authorizes the nomination of Terra Branson-Thompson to serve as the Secretary of the Nation and Commerce of the Muscogee (Creek) Nation with a confirmation ending concurrent with the term of the current Principal Chief.

TR 20-101 A tribal resolution of the Muscogee (Creek) Nation confirming the nomination of Clay A. Darnell as the Controller for the Muscogee (Creek) Nation. Sponsored by James Jennings. Do pass.

The Legislation authorizes the nomination of Clay Darnell to serve as the Controller of the Muscogee (Creek) Nation with a confirmation ending concurrent with the term of the current Principal Chief.

TR 20-102 A tribal resolution of the Muscogee (Creek) Nation confirming the nomination of Robert Hawkins Jr. to serve as the Chief of the Lighthorse administration. Sponsored by Robert Hufft. Do pass.

The Legislation authorizes the

BFJ— 4

Bfj

Continued from Page 3

nomination of Robert Hawkins to serve as the Chief of Lighthorse for the Muscogee (Creek) Nation with a confirmation ending concurrent with the term of the current Principal Chief.

TR 20-103 A tribal resolution of the Muscogee (Creek) Nation confirming the nomination of Roger Wiley to serve as the Attorney General of the Muscogee (Creek) Nation. Sponsored by Robert Hufft. Do Pass.

The Legislation authorizes the nomination of Roger Wiley to serve as the Attorney General of the Muscogee (Creek) Nation with a confirmation ending concurrent with the term of the current Principal Chief.

TR 20-104 A tribal resolution of the Muscogee (Creek) Nation confirming the nomination of Dana Deere as the Tax Commissioner of the Muscogee (Creek) Nation. Sponsored by Robert Hufft. Do pass.

The Legislation authorizes the nomination of Dana Deere to serve as the Tax Commissioner of the Muscogee (Creek) Nation with a confirmation ending concurrent with the term of the current Principal Chief.

TR 20-105 A tribal resolution of the Muscogee (Creek) Nation confirming the nomination of Gregory Anderson to serve as the Chief of Staff of the Muscogee (Creek) Nation. Sponsored by Patrick Freeman. Do Pass.

The Legislation authorizes the

nomination of Gregory Anderson to serve as the Chief of Staff of the Muscogee (Creek) Nation with a confirmation ending concurrent with the term of the current Principal Chief.

NCA 20-017 A law of the Muscogee (Creek) Nation creating a new chapter 9, entitled “Freedom of Information Act” in MCNCA Title 37 “Tribal Government.” Sponsored by Mark Randolph. Do pass Substitute. Legislation was postponed from May 7.

The law outlines the process to access public documents, defines what is considered public documents, the timeline within which public document requests must be made, the mechanisms with which citizens can pursue public documentation request compliance, and the penalties for failure to provide citizens with requested documentation.

The legislation also sets the policy on the cost of public documentation copies, sets the responsibility of monitoring public record requests with the Attorney Generals office, and establishes that public documentation requests be reported to council.

NCA 20-036 A law of the Muscogee (Creek) Nation amending MCNCA Title 37, § 2-203 to alter the distribution of funds. Sponsored by Lucian Tiger III. Postponed for one month.

The legislation states that it is in the best interest of the Nation to temporarily alter the funds of the distribution of gaming revenue to fund operations of the tribal government due to COVID-

19.

It states that because of the pandemic there could be insufficient funds for the FY 2021 Comprehensive Annual Budget of the Nation.

NCA 20-037 A law of the Muscogee (Creek) Nation repealing MCNCA Title 16, Chapter 11, entitled “Mvskoke Media” and creating a new title 49, entitled “Independent Muscogee (Creek) Press” and amending MCNCA Title 16 Chapter 1, entitled “The Organization of the Executive Office of the Principal Chief.” Sponsored by Mark Randolph. Postponed for one month.

The legislation would define Mvskoke Media as an “Independent Statutory Agency” and establish mechanisms to provide the departments oversight of policy and hiring processes through an editorial board. The law states that the internal policies to provide independent multi-media news and budgetary oversights would be placed under board authority. It has provisions to maintain news production, Mvskoke Creative services, and Mvskoke Market retail outlets.

NCA 20-033 A law of the Muscogee (Creek) Nation amending MCNCA Title 5, Chapter 2, Subchapter 3, entitled “Passenger Van Assistance Grant” and authorizing a supplemental appropriation for the passenger van assistance grant program. (\$162,500.00) Sponsored by Mark Randolph. Sponsored by Mark Randolph.

For audio of committee meetings visit www.mcnnn.com



CARES FUNDING AND BLOCK GRANTS

APPROVED IN EXTRAORDINARY SESSION

NATIONAL COUNCIL APPROVES CARES ACT FUNDING AND THE NEW ELDERLY HOUSING AND ELDER CENTER FACILITIES

Angel Ellis
REPORTER

OKMULGEE, Oklahoma — A Muscogee (Creek) Nation National Council Extraordinary Session was held June 11. All members were present for the meeting except for Robert Hufft who was excused.

The council addressed the following legislation, the interpretation of which is attributed to language in the bills:

TR 20-107 A Tribal Resolution of the Muscogee (Creek) Nation authorizing the Principal Chief to execute a contract award with Harris Contractors for the construction of the Akhvse Tutcenen (Three Ponds) elderly housing project in Okmulgee, Oklahoma. Thomasene Yahola-Osborn sponsored the legislation. The measure was adopted with a roll call vote of 14-0.

The legislation approves the request for MCN Housing to award the contract to build 72 one-bedroom one-bath units, and 3,800 sq. ft. Elder Center building. The construction and infrastructure total \$13,687,005. Execution of the contract will waive the Muscogee (Creek) Nation’s Sovereign Immunity.

TR 20-108 A Tribal Resolution of the Muscogee (Creek) Nation authorizing the Principal Chief to submit an Indian Community Development block grant – CARES application to the Department of Housing and Urban Development to prepare, prevent, and respond to COVID-19 for the benefit of Muscogee (Creek) Nation. Joyce Deere sponsors the legislation. The measure was adopted with a roll call vote of 14-0.

The legislation states MCN meets eligibility criteria for the Block Grant. The resolution authorizes the Principal Chief to prepare and submit a grant application proposal to the Department of Housing and Urban Development in the amount of \$3,000,000 to provide relief to overcrowding in housing; homelessness and COVID-19 related direct assistance.

TR 20-109 A Tribal Resolution of the Muscogee (Creek) Nation authorizing the Principal Chief to execute a temporary operating permit with the Okmulgee Bulldog Baseball Program for the operation of one temporary fireworks sales facility on tribal trust land. James Jennings sponsored the legislation. The measure was adopted 14-0.

The legislation allows the fulfillment of a request by the Okmulgee Bulldog Baseball Program. The agreement will allow the team to raise funds for their upcoming baseball season.

TR 20-110 A Tribal Resolution of the Muscogee (Creek) Nation authorizing the Principal Chief to execute a temporary permit with Entertaining Angels for the operation of one temporary Fireworks sales facility on tribal trust land. James Jennings sponsored the legislation. The measure was adopted 14-0.

The legislation allows the fulfillment of a request by the Entertaining Angels. The group will be able to raise funds for upcoming youth activities and possible mission trips.

TR 20-111 A Tribal Resolution of the Muscogee (Creek) Nation authorizing the Principal Chief to execute a temporary operating permit on behalf of the Twin Hills Indian Community. James Jennings sponsored the legislation. The measure was adopted 14-0.

The legislation authorizes the lease of the Nation’s property to the Twin Hills Indian community center for a period of 18 days in order to raise funds through the sale of fireworks.

TR 20-112 A Tribal Resolution of the Muscogee (Creek) Nation authorizing the Muscogee (Creek) Nation to execute a 105(L) lease agreement with Indian Health Service. Darrell Proctor sponsored the Legislation. The measure was adopted 14-0.

The legislation allows for the MCNDH to enter into a lease with IHS, which will allow for the reimbursement of certain expenses incurred in the operation of an Indian Healthcare Facility.

TR 20-113 A Tribal Resolution of the Muscogee (Creek) Nation authorizing the Principal Chief to execute a temporary operating permit with the Muskogee Oklahoma Native American Association for the operation of one temporary fireworks sales facility on tribal trust land. Mary Crawford sponsored the Legislation. The measure was adopted 14-0.

The legislation allows the fulfillment of a request by the Muscogee Oklahoma Native American Association in order raise funds for their upcoming activities.

NCA 20-035 A law of the Muscogee (Creek) Nation authorizing a supplemental appropriation for the Muscogee (Creek) Nation Tribal Energy Program for energy assistance related services for fiscal year 2020. James Jennings sponsored the legislation. The measure was adopted with a roll call vote of 14-0.

The law appropriates a \$373,000 supplement for the MCN Tribal Energy Program. According to the law, there has been an increase of applicants from fiscal year 2019.

NCA 20-038 A law of the Muscogee (Creek) Nation authorizing the expenditure of Coronavirus Aid, Relief, and Economic Security act (“CARES Act”) funds received from the United States Department of the Treasury to establish the Muscogee (Creek) Nation Coronavirus Relief Fund program. Will Lowe sponsored the legislation. The measure was adopted with a roll call vote of 11-3. Voting in opposition to the legislation were Mark Randolph, Lucian Tiger III, and Joe Hicks.

The law adopts the plan of expenditures for the Muscogee (Creek) Nation Coronavirus Relief Fund Program. The tribe has set a taskforce to identify the best way to use the funds. According to the law, the five areas of funding identified to use the funds for are Citizen and Family Relief, Enterprise Relief, Health Care Services and Access, Government Operations and Contingency. The amounts designated for those categories were outline in a legislation attachment. Mvskoke Media requested access to the attached document. Access to the document was not granted at the time of the meeting.

NCA 20-039 A law of the Muscogee (Creek) Nation approving a revision to the 2020 Indian Housing Plan as approved by NCA 19-073. Thomasene Yahola Osburn sponsored the legislation. The measure was adopted with a roll call vote of 14-0.

The law states there is a need to modify the budgets. This law authorizes those budget modifications for the MCN Department of Housing 2020 Indian Housing Block Grant.

For audio of committee meetings visit www.mcnnn.com



MCN DEPARTMENT OF HOUSING SEEKS LIVING ASSISTANCE FOR VETERANS

GLENPOOL CREEK INDIAN COMMUNITY REQUESTS NEW COMMUNITY CENTER

Lani Hansen

REPORTER

OKMULGEE, Oklahoma — A Muscogee (Creek) Nation National Council Health, Education and Welfare and Land, Natural Resources and Cultural Preservation Joint Committee meeting was held June16.

All passed legislation went before the full Council during the regular session June 18.

HEW/LNC addressed the fol-

lowing legislation, the interpretation of which is attributed to language in the bills:

TR 20-068 Authorizing the construction of a community center for the Glenpool Creek Indian Community. Sponsored by Lucian Tiger III, Co-Sponsor Robert Hufft. Postponed Indefinitely. 9-0.

The community is seeking a new community center in which to meet and provide services to Tribal citizens. Some issues were

found during inspection last year at the current building. Citizens and non-citizens use the building for several purposes.

TR 20-091 Approving the Tribal Housing and Urban Development- Veteran’s Affairs supportive housing (“HUD-VASH”) renewal for the Muscogee (Creek) Nation Department of Housing. Sponsored by Thomasene Yahola Osborn. Passed 9-0.

The Tribal HUD-VASH Program assists Veterans who are homeless or at-risk and will provide rental subsidy for eligible veterans.

NCA 20-013 Appropriating funds for the construction of a new community center for the Glenpool Creek Indian Community.

Sponsored by Lucian Tiger III, Co-Sponsored by Robert Hufft. Postponed Indefinitely. 9-0.

The Glenpool Creek Indian Community is seeking a new community center that offers a larger meeting area. The current building has deficiencies and building code violations. The appropriating funds is \$1,767,700.00.

For audio of committee meetings visit: www.mcnnn.com

RURAL CEMETERY HAD SURPRISING DISTURBANCE

AFTER THE WEEKEND OF JUNE 13-14, NOTICEABLE DAMAGE HAD BEEN DONE TO THE PIPE FENCE AND GATE OF THE CEMETERY

Morgan Taylor

REPORTER

CARSON, Oklahoma – Just west of Dustin and east of Lamar lays another small community known as Carson. On HWY 9, just past a dairy farm and down a dirt road you will find Carson Cemetery.

Muscogee (Creek) Citizen and former Mayor of Dustin, Newman “Cleo” Robison (96) and his brother Tommy Robison over see the operations of the cemetery.

After the weekend of June 13-14, on Monday, when “Cleo” went to the cemetery he noticed some damage done to the pipe fence and gate. The gate is a two-inch pipe that comes off the pipe fencing that is locked with a padlock and key.

“The gate was bent, my padlock was laying here broken and pieces of the chain they must have used was left behind,” Cleo



After the weekend of June 13-14, noticeable damage had been done to the pipe fence and gate of the cemetery. (Clinton Sinclair)

said. “It had to been done on Saturday or Sunday and it looks like it took a big truck to do it.”

No further damage was done to any graves or decorations.

“When me and my brother built this pipe fence we put up a

walkthrough,” Cleo said. “There is no sense in doing that when the walkthrough is always open. Everyone around here knows me by “Cleo” and they know

CEMETERY– 5



FOUR CABINET POSITIONS REMAIN OPEN

CABINET NOMINATIONS SELECTED BY NATIONAL COUNCIL

Morgan Taylor
REPORTER

OKMULGEE, Oklahoma– A Muscogee (Creek) Nation Council meeting was held June 18 via a live Zoom meeting.

The National Council addressed the following legislation, the interpretation of which is attributed to language in the bills.

TR 20-090 Resolution of the Muscogee (Creek) Nation authorizing the Principal Chief to submit a grant application to the U.S. Department of the Interior, Fish and Wildlife Service FY 20 Tribal Wildlife Grants Program. Sponsored by Darrel Proctor. All in agreement, motion is adopted.

The Nation is seeking funding for a conservation plan. This will help manage natural resources and wildlife across the Nation in the amount of \$200,000 for the creation of a conservation plan to manage natural resources.

TR 20-091 Resolution of the Muscogee (Creek) Nation approving the Tribal Housing and Urban Development – Veteran’s Affairs Supportive Housing. Sponsored by Thomasene Yahola Osborn. All in agreement, motion is adopted.

Request for the annual application to participate in the Tribal HUD-VASH Program. This will help address veterans who are homeless or at risk of homelessness and will provide rental subsidy for eligible veterans.

TR 20-092 Resolution of the Muscogee (Creek) Nation confirming the nomination of Shawn Terry to serve as Secretary of Health. Sponsored by Joyce Deere. Passed 14-1. Motion is adopted.

Shawn Terry will now serve as the Secretary of Health for the Muscogee (Creek) Nation.

TR 20-093 Resolution of the Muscogee (Creek) Nation confirming the nomination of Kellen Bible to serve as the Office of the Veteran Affairs Services Administrator. Sponsored by Joyce Deere. Passed 8-7. Motion is adopted.

Kellen Bible will now serve as the Office of Veteran Affairs Services Administrator for the Muscogee (Creek) Nation.

TR 20-094 Resolution of the Muscogee (Creek) Nation confirming the nomination of Monte Randall to serve as Secretary of Education, Employment and

Training. Sponsored by Anna Marshall. Passed 10-5. Motion is adopted.

Monte Randall will now serve as the Secretary of Education, Employment and Training of the Muscogee (Creek) Nation.

TR 20-095 Resolution of the Muscogee (Creek) Nation authorizing the execution of a grant agreement with the National American Indian Housing Council. Sponsored by Charles McHenry. All in agreement, motion is adopted.

The grant funds (\$30,000.00) will allow the Muscogee (Creek) Nation to assist the elders with needed repairs.

TR 20-096 Resolution of the Muscogee (Creek) Nation confirming the nomination of Carmin Tecumseh-Williams to serve as the Secretary of Community and Human Services. Sponsored by Randall Hicks. Failed 5-10 majority vote.

TR 20-097 Resolution of the Muscogee (Creek) Nation confirming the nomination of Jesse Allen to serve as the Secretary of Interior Affairs. Sponsored by Thomasene Yahola Osborn. Passed 15-0. Motion is adopted.

Jesse Allen will now serve as the Secretary of Interior Affairs of the Muscogee (Creek) Nation.

TR 20-098 Resolution of the Muscogee (Creek) Nation authorizing the Principal Chief to execute an account agreement and associated documents with Goldman Sachs & Co. LLC. Sponsored by Travis Scott. Passed 12-3. Motion is adopted.

Allows for investment services from the Goldman Sachs & Co LLC for a portion of the Nation’s permanent fund under the terms of an Account Agreement and other associated documents.

TR 20-099 Resolution of the Muscogee (Creek) Nation confirming the nomination of Rebecca Stone to serve as the Secretary of Housing. Sponsored by Thomasene Yahola Osborn. Failed 7-8 majority vote.

TR 20-100 Resolution of the Muscogee (Creek) Nation confirming the nomination of Terra Branson-Thomas to serve as the Secretary of the Nation and Commerce. Sponsored by William Lowe. Passed 15-0. Motion is adopted.

Terra Branson-Thomas will

now serve as the Secretary of the Nation and Commerce of the Muscogee (Creek) Nation.

TR 20-101 Resolution of the Muscogee (Creek) Nation confirming the nomination of Clay A. Darnell as the Controller for the MCN. Sponsored by James Jennings. Passed 11-4. Motion is adopted.

Clay A. Darnell will now serve as the Controller for the Muscogee (Creek) Nation.

TR 20-102 Resolution of the Muscogee (Creek) Nation confirming the nomination of Robert Hawkins Jr. to serve as the Chief of the Lighthouse Administration. Sponsored by Robert Hufft. Failed 6-9 majority vote.

TR 20-103 Resolution of the Muscogee (Creek) Nation confirming nomination of Roger Wiley to serve as the Attorney General of the MCN. Sponsored by Robert Hufft and Co-Sponsored by Patrick Freeman Jr. Passed 13-2. Motion is adopted.

Roger Wiley will now serve as the Attorney General of the Muscogee Creek Nation.

TR 20-104 Resolution of the Muscogee (Creek) Nation confirming the nomination of Dana Deere as the Tax Commissioner of the MCN. Sponsored by Robert Hufft. Passed 10-5. Motion is adopted.

Dana Deere will now serve as the Tax Commissioner of the Muscogee (Creek) Nation.

TR 20-105 Resolution of the Muscogee (Creek) Nation confirming the nomination of Gregory Anderson to serve as the Chief of Staff. Sponsored by Patrick Freeman Jr. Failed 5-10 majority vote.

TR 20-106 Resolution of the Muscogee (Creek) Nation approving the grant of a limited waiver of sovereign immunity in favor of the Native American Agricultural Fund (NAAF). Sponsored by Mark Randolph and Co-Sponsored by Joseph Hicks. All in agreement, motion is adopted.

The National Council must waive sovereign immunity as a condition precedent to execution of a Grant Agreement that governs transfer or grant funds awarded by NAAF.

NCA 20-017 Law of the Muscogee (Creek) Nation creating a new Chapter 9, Entitled “Freedom of Information Act” in MCNCA Title 37 “Tribal Government”. Sponsored by Mark Randolph. Motion to postpone by Mark Randolph. Second motion by Adam Jones III. Passed 15-0. Motion postponed.

Law regarding Muscogee (Creek) citizens’ access to the Nation’s public records in order to present guidelines governing the disclosure of governmental information.

NCA 20-030 Law of the Muscogee (Creek) Nation repealing MCNCA Title 37 2-203 C. Entitled

FULL COUNCIL– 6

Cemetery

Continued from Page 4

they can call me to get in here.”

Cleo has reached out to local news and law enforcements agencies, but does not want to press charges on anyone. He hopes someone will accept responsibility.

The lot of the cemetery lies on the originally allotted land of “Cleo’s” great aunt. The cemetery has been in the Robison/Alexander family for over 100 years now. The oldest grave on the cemetery dates all the back to 1877 with the name A.E. Fife, which remains as unidentified.

“It started out as a family cemetery, the Alexander’s and Robison’s,” said “Cleo”. “I remember as a kid we would

work this cemetery all the time. My grandpa Alexander was a pastor at the Middle Creek Indian Baptist Church just down the road here and he allowed church and community members to start using the family cemetery for free.

“This led people to start coming on to the cemetery and burying people without letting anyone know so we ended up with a lot of unmarked graves,” Cleo said. “Some of the graves were before my time and I’m not sure whose family they belong to. I would like to try to get them connected with their families if I could.”

Any reports regarding the damage to the gate can be left with Cleo at 918.652.1353 or the MCN Lighthouse Tribal Police 918.732.7800.

MCNBHS HOST INTERACTIVE VIRTUAL DISCUSSIONS

MUSCOGEE (CREEK) NATION BEHAVIORAL HEALTH SERVICES
HOST 30-MINUTE INTERACTIVE DISCUSSIONS OPEN TO THE PUBLIC VIA VIDEO MEETINGS

Morgan Taylor
REPORTER

OKMULGEE, Oklahoma – Every Tuesday in June, MCNBHS host a virtual 30-minute interactive discussion called ‘Morning Coffee Break’. The virtual meeting was available to any MCN citizen, not limited to employees. Each week a different topic was discussed in the group hosted by Muscogee (Creek) Nation Behavioral Health Services MSPI Grant Director, Rush Williams.

“During the time of social distancing we were just trying to find another way that we could reach the citizens and talk to citizens about helpful ways to handle stress,” Williams said. “We wanted to create a short 30 minute interactive discussion because we know it can be a lot to take an hour or more to hop on a phone call. We wanted to make a way to talk with our citizens in a convenient manner.”

On June 2, the first virtual meeting covered the topic of Boredom. Viewers tuned in online. Those that tuned could listen or join in with video with a chat option for those who don’t have access to webcam or microphone equipment. Meetings were live streamed and can be currently viewed at <https://www.youtube.com/watch?v=GNBsZmMs-JL8&t=11s>.

“The purpose of the virtual Morning Coffee Break is to be fun, educational, and interactive,” Williams said. “It’s an avenue where people share some of the stresses that might be going on in their life and we can recommend helpful tips to deal with that. Its not group counseling or individual counseling, its simply an outlet for people to share how their feeling and way to express



themselves during this time of social distancing.”

Other employees of the MCNBHS attended the Morning Coffee Breaks as guests throughout the series, which included licensed professionals such as LPC’s, LADC’s, MSW’s and others.

“This allowed people to be connected with us without getting in their car and driving to Okmulgee or Eufaula or to any of our locations. It also allowed them to be apart of the discussion and join in wherever they are, whether it be inside or outside the jurisdiction,” Williams said.

The month of June had five Tuesdays, which covered five different discussion topics. Boredom, Stress, Balance, Joy, and Peace.

“We had only planned on doing this series for the month of June but depending on the rules of social distancing, we may try to continue the Morning Coffee Break in a different format,” Williams said. “It may turn into an hour interactive discussion or it may turn into a face to face Coffee Break. It depends on how we’re allowed to do that in compliance with CDC guidelines. At the end of the day we want all of our citizens to be safe. We also have our Webinar Wednesdays which will continue through July and possibly carry on through August.”

For more information regarding the Morning Coffee Breaks, Webinar Wednesdays, or resources contact the MCNBHS at 918-758-1930.

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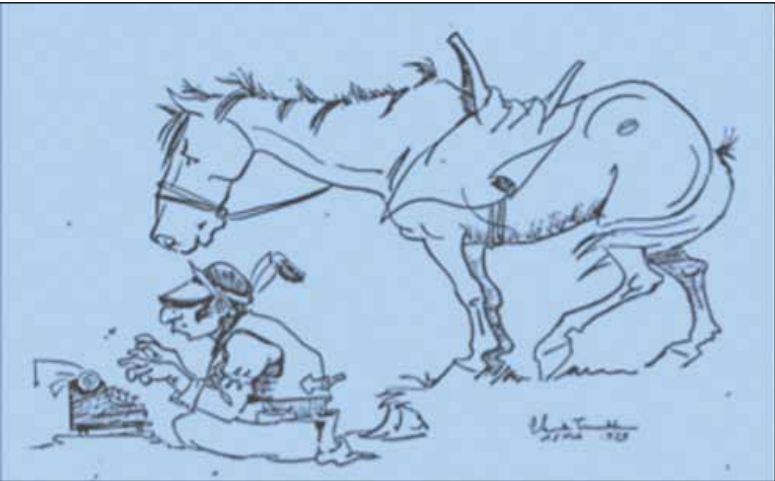
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ATTORNEY DRU R. TATE

is a Member of the Muscogee (Creek) Nation Bar Association and has served the Tribe through its various departments and its Citizens since 2011.

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STATUES TUMBLED, TRIBAL WORKERS RETURN, INDIAN MEDIA LOSS, WILD ONIONS REPLACEMENTS FOR RACIST STATUES, MVSKOKE NATION, MEDIA PRODUCTION, AND A PLACE TO GET WILD ONION DINNERS

Gary Fife
RADIO SPECIALIST

OKMULGEE, Oklahoma—National news reports say that statues of Christopher Columbus are being included in the calls to remove symbols of white supremacy. Monuments and statues of Confederate leaders have been removed and the likenesses of Columbus have not escaped notice.

Statues in Virginia and Massachusetts have been decapitated, spray-painted, burned and dumped into local lakes because of the explorer’s history of exploitation and abuse of Native peoples.

As for Italian-Americans who might be upset over these incidents, they have a whole history of great people they could honor instead.

But, the Italian explorer is not the only colonial figure to be targeted. In New Mexico, statues of Spanish conquistador, Juan de Onate are also the subjects of calls for removal. Protests have mostly been peaceful, but in Albuquerque, a supporter of the statues’ presence shot one person.

The Cherokee Nation has joined in the move. Two monuments in Tahlequah got the Ol’ Heave Ho.

A fountain honoring Confederate soldiers is going and a granite slab honoring Stand Watie was removed. The South loses again, Watie was the last Confederate general to surrender.”

With all the statues and monuments coming down, Mark Trahan of Indian Country Today wrote an article suggesting some contemporary Native American leaders that should be honored in their place.

Vine Deloria, (Standing Rock Sioux) author of “Custer Died For Your Sins,”; Lucy Covington (Colville) fighter against federal

termination policies; Howard Rock (Inupiat) Alaska Native journalist; Annie Dodge Wauneka (Dine), health advocate, holder of Presidential Medal of Freedom; Jackson Sundown (Nez Perce), champion rodeo rider; Elizabeth Peratrovich, (Tlingit) championed equal rights for Alaska Natives; Billy Frank (Nisqually) fought for treaty and fishing rights of Washington tribes; Wilma Mankiller, (Cherokee), first woman Principal Chief , holder of Presidential Medal of Freedom; Helen Peterson (Cheyenne/Lakota), advocate for Indian legislation and rights in the 1950’s; Forrest Gerard (Blackfeet), U.S. Senate staff member who worked for tribal self-determination, finance, and health care improvement act.

The Risk Management Office of the Muscogee (Creek) Nation has issued an order for all tribal departments who have purchased aerial drones to report them and a list of licensed operators. The feds have pretty complicated requirements to obtain a license. Are there licensed tribal pilots? If not, could this ground the Mvskoke Air Force, “The Flying Kaccvs?”

I guess our Nation has begun phasing in staff to return to a regular work schedule as the Nation reacts to calls for opening up for the usual business. Mvskoke Media has its full crew back on the job. If you’ve been missing the Mvskoke News on the news racks, we’re working to restore the full distribution network. In the meantime, we’re still producing two monthly issues of Mvskoke News, four weekly episodes of the TV show Mvskoke Vision, four weekly hour long editions of Mvskoke Radio, news updates on Facebook and news specials on YouTube. Plus, graphic and printed materials from our Mvskoke Creative team as well as operating gift shops by

our Marketing folks.

One of the casualties of the recent demonstrations and riots in Minneapolis was the Native American media center and training facility, MIGIZI Communications. The organization put out one of the first Native news programs, “First Person Radio.” (It’s where I got my radio start.)

During the street action, an entire block of the neighborhood burned down, including MIGIZI. A total loss. The local Indian community and non-Native supporters pitched in to clean up what was left. A financial fund has been started to help get them back on their feet.

Here’s some news that should put a smile on some Mvskoke faces.

While stopping by the Creek-owned Stepping Stone cafe in Bixby for Indian tacos, I noticed there was a flyer announcing they would be selling Wild Onion dinners on Saturday, June 20th. 2,000 Mvtos! Here, I quote the late Chief Dan George, “My Heart Soars Like A Hawk!”

Since the Covid-19 pandemic knocked out the church sponsored dinners this spring, many others and I were mourning the loss of the chance to savor this delicacy this year. I guess I could have dug some myself, but I’m really not the type and have very little experience at it. I could have ended up with a big pan of garlic or chased off by cetto, (the snake.) Again, I take my hat off to those folks who take the time and effort to dig onions.

Tvfvmpuce, oh boy!

I didn’t get the chance to read the entire flyer, so there’s no word on when the café offers wild onions. Yes, I know that this mention is after-the-fact, but if there are other such specials, I’ll try and let you know. (BTW, the Indian tacos weren’t too bad, either. Burp.)

A quick note: The cartoon that accompanies this column, “The American Indian Press Association War Correspondent”, was drawn by Oglala Lakota journalist and artist, Chuck Trimble. I had the honor of working with him back in the ‘70’s and learned much from him. Chuck gave me permission to use his cartoon. He passed away earlier this spring. Mvto, Chuck. Lela Waste.

O.K., Meske (Summer) months are here. Cenke Okkvs (wash your hands)

Hvtvm cerecares (I’ll see you again.)

As usual, the opinions expressed in this column are mine, and not necessarily the opinions of the Muscogee (Creek) Nation, Mvskoke Media or anyone else.

Full Council

Continued from Page 5

“Contingency Reserve Account”. Sponsored by Adam Jones III. Passed 15-0. Motion is adopted.

The current amount of funds in Contingency Reserve Account is \$1,306,812.81 shall be returned to the Muscogee (Creek) Nation General Gaming Fund Account for future appropriation.

NCA 20-032 Law of the Muscogee (Creek) Nation authorizing the expenditure of grant funds from the Casey Family Programs. Sponsored by Mary Crawford. Passed 15-0. Motion is adopted.

The Children and Family Services Administration was awarded \$45,000.00 in response to COVID-19 pandemic. This will provide support for children in foster care and for families in crisis due to the pandemic.

NCA 20-033 Law of the Muscogee (Creek) Nation amending MCNCA Title 5, Chapter 2, Subchapter 3 entitled “Passenger Van Assistance Grant”. Sponsored by

Mark Randolph. Passed 11-3 with 1 abstain vote. Motion is adopted.

The “Passenger Van Assistance Grant Program” was recently amended only allowing Churches who haven’t received a van yet to be the only eligible. Before the amendment was made there were five churches on the waiting list for a bus. This will allow those churches that were on the waiting list before the amendment to receive a bus.

NCA 20-034 Law of the Muscogee (Creek) Nation authorizing the expenditure of grant funds awarded by the National American Indian Housing Council to the MCN Department of Housing. Sponsored by Charles McHenry. Passed 15-0. Motion is adopted.

The amount of \$30,000.00 has been award to the Department of Housing from the NAIHC for the purpose of the assisting the nations elders with needed repairs and renovations to their homes.

Recorded live meetings can be viewed at www.mcnn.com



Kaite Burden served as the Miss Muscogee (Creek) Nation 2005-2006. (Submission)

FROM SERVING AS PRINCESS TO NOW SERVING PATIENTS

KATIE BURDEN SHARES ROYALTY EXPERIENCE

Lani Hansen
REPORTER

OKMULGEE, Oklahoma—Mvskoke Media continues the series of “Former MCN Princesses: Where are they now?” with series ten featuring Katie Burden-Greer. Greer served as Muscogee (Creek) Nation Princess in 2005-2006.

“The year I was crowned, it was my second or third time running and I enjoyed brushing up on the history,” Greer said. “They asked us a lot of questions that time about tribal history, language and I sang a Creek hymn for my talent. I was not expecting to win, but I was hoping to be able to represent the tribe.”

Greer was able to travel and speak at many events like what the princesses do today. She said the pageant was not much different than what it is today. The last time she went to one was a few years ago and seems like there is more support and a bigger budget to have the pageant.

During her reign, Greer was also in her junior year at East Central University (ECU) in Ada. She was studying pre-med majoring in biology. Since she was the ambassador for the Nation she was doing a lot of traveling outside of school.

“I went to Denver March and Gathering of Nations,” Greer said. “My very first time on a plane was when I was princess, when I flew out to Denver

March.”

As the princesses share their platform today, Greer did the same during her time as princess. She went out and shared about Creek heritage and awareness. Many of her events were in-state speaking at festivals, summer youth camps and at ECU.

A big part of serving as the ambassador for Muscogee (Creek) Nation, Greer promoted awareness of the culture. Some people do not know anything about the language or traditional stories so Greer shared these with other people while serving as princess.

Greer is now married going on 13 years, living on a ranch with cattle, horses and three fur babies. She is a physician working as the hospitalist, only seeing patients when they are admitted into the hospital.

“I initially worked for Creek Nation for two and a half years when I finished my residency training,” Greer said. “That was in Jacksonville, Florida, then I came back and worked in Okemah for about two and a half years. I now work for Chickasaw Nation in Ada.”

Greer has been with Chickasaw Nation for three and a half years. She is now the Chief of Inpatient Medicine at the Chickasaw Nation.

Stay tuned for the August 1 issue as we find out where the next former Miss Muscogee (Creek) Nation is now.

MVSKOKE NATION YOUTH COUNCIL CELEBRATES FIVE YEAR ANNIVERSARY

Hesci!
My name is Nancy Mason. I am the Director of the Mvskoke Nation Youth Services program. This article is normally written by members of the Mvskoke Nation Youth Council (MNYC). I am taking this opportunity to celebrate the MNYC.

This group turned five years old on June 20th. It’s cliché to say, but it seems just like yesterday.

I knew then that this group was special. What I didn’t know was how big of an impact they would make in such a short time.

They brought awareness to issues youth face by hosting events, creating campaigns and even walking all the way to Oklahoma City.

They focused on creating and strengthening cultural connections



to help youth overcome the challenges they face.

They danced, played games and served meals just to have an opportunity to be with and learn from their elders.

They hosted a parade to honor Vietnam Veterans. They met with President Barack Obama.

They were recognized nationally for their service. They asked political candidates the tough questions.

They helped our program to grow. They taught other programs that youth voice is essential. They moved a tribal government to understand that they are not the future, they are right now.

Through it all, they created an extended family. I am forever grateful that they allowed our staff to be a part of it all. I am so proud of this group of young people, both collectively and individually. I can’t wait to see the next five years! Mvto! Hvtvm Cehecares!

The MNYC meets on the second Saturday of each month.

For more information, look for @mvskokeyc2015 or @mvskokeyouth on social media, call Youth Services at 918-549-2557 or email youthservices@mcn-nsn.gov

OBITUARIES

JOHN WOOD

John passed away at his home in Broken Arrow due to a stroke he suffered in January. He was the oldest child born to Wes and Georgia Carr Wood.

He was raised in the rural area of Oak Grove outside of Eufaula, graduating from Eufaula High School in 1956. John was a US Army Veteran. He took basic training in Fort Carson, Colorado. He went to Augsburg, Germany, 24th Infantry Division, and then to South Korea, Army Security Agency. He then served in Vietnam, with the 303rd Military Intelligence Battalion. He left the Army in 1966.

In 1967 John started to work at the National Security Agency (NSA) in Fort Meade, Maryland. He worked there 39 years, retiring in 2005.

John met and married his wife Patricia in 1975 and in 2005 they moved to Broken Arrow, Oklahoma.

John was an avid reader and enjoyed bowling. John was very proud of his Creek Indian heritage.

Survivors include his wife Patricia, his brother Severs Wood and wife JoAnn of Tulsa, his two sisters Linda Wood Waters of Fort Gibson and Bobbie Sue



Wood of Broken Arrow. Also, his brother-in-law John Ritz and wife Linda of St. Augustine, Florida. John had numerous nieces, nephews and cousins. Also surviving, his godson Andrew Ritz of Houston, Texas and a special great-niece, Mazzy Waters of Tahlequah who was such a joy to John as well as a furry friend, Sophie.

John was predeceased by his parents Wes and Georgia Wood and his sister Patricia Montgomery.

In lieu of flowers a contribution to Wounded Warrior Project would be appreciated. PO Box 758516, Topeka, Kansas, 66675-8516.

A memorial service will be held at a later date at Fort Gibson National Cemetery.

MARCELLA JONES

Marcella Jones of Broken Bow, Okla., passed away from this life, June 9, 2020 at the age of 63. She was born in Dumas, Tx, July 2, 1956 to the parents of George and Lucille (Berryhill) Bear.

Marcella and Billy Ray Jones were united in marriage December 23, 1976, and shared 43 years together. She was a member of Kulli-Chito United Methodist Church of Broken Bow, Okla.

Marcella loved the game of basketball and the San Antonio Spurs was her favorite NBA team. She shared highlights of her basketball career at Wilson (Henryetta) High School with us all.

She was her daughters' and grandsons' biggest fan whether it was a kindergarten or college game.

Marcella also liked to sew and made thoughtful quilts for her husband, daughters and grandsons over the years.

Marcella loved her grandsons greatly and created, 'The Best Boys in the Whole Wide World,' club to show how proud she was of them. She always looked forward to spending time with Jakob, Ty, Cam and Jay. They were her good medicine and motivation.

Marcella was a strong believer in God and even when she was ill, you could find her in a pew at church. She did her best to help when she could and was truly a



woman of perseverance and faith.

Marcella was a great mom, loving wife, awesome grandma and papa to her grandchildren.

Marcella was preceded in death by her parents, George and Lucille Bear; brothers, John Buckner, Jr., Jay Buckner, Paul Bear and Timothy Bear and two sisters, Georgette Bear and Rachel Ramirez.

Marcella leaves to cherish her memory, her husband, Billy Ray Jones of the home; daughters, Hiyadeja Moore of Broken Bow, Okla and Shanna Poor Buffalo and husband, Carl of Ada, Okla. Her brothers; Michael Bear and Anthony Bear. Her sisters; Janet Bear, Georgeann DeLaune, Debbie Bear, Esther Bell and Janice Bear. Her grandchildren, Jakob Moore of Broken Bow, Okla., Ty'Ray, Camby and Jaymon Poor Buffalo of Ada, Okla., and special nieces Tammy Richbourg and Kim McKinney and a host of family and friends.

SUBMISSIONS

Arts and Crafts

The Eufaula-Canadian Tribal Town will be hosting an outdoor arts and crafts show plus Indian Taco sale on Sat. June 20 at 502 Foley Ave, Eufaula, OK. The outdoor arts and crafts show begins at 9 a.m. and the Indian Taco sale is from 11 a.m. to 2 p.m. They ask anyone setting up to pay a fee \$20, artists are responsible for own setup, setup available anywhere in the yard, etc. For more information contact Jon Tiger at 918-850-3806.

TCIC Election

The Eufaula-Canadian Tulsa Creek Indian Community's upcoming Election is set for September 24th, 2020 5 p.m. to 8 p.m. The positions of Chairperson, Secretary, and Treasurer is for one 2-year term beginning October 1st, 2020 to September 30th, 2022. The deadline for submitting a Letter of Intent stating position apply-

ing for and payment of \$15 for a background check is August 14th by 4:30 p.m. Candidates are required to attend the TCIC meeting August 27th, 2020 to give their qualifications and a brief bio prior to election. New Board officers will take their Oath of Office on October 1st and take office effective October 1st, 2020. For more information contact the TCIC office at 918-298-2464.

Bruner Family Reunion

The Bruner Family Reunion will be held on Saturday, July 4 at 10:00a.m. and they will also be holding a garage sale as well beginning at 9:00a.m. This will be a potluck event, honoring elders, veterans and 2020 college and high school graduates. A waterslide will be available for the kids. The reunion will start with a cookout on July 3 at 6:00p.m. at Middle Creek #1 Church in Lamar, Oklahoma. For more information call Abbie Larney at 1-405-712-0933.

CITIZEN SIGNS WITH FT. SCOTT ON GOLF SCHOLARSHIP

ASHLYN BALDRIDGE TAKES GOLFING CAREER TO THE NEXT LEVEL

Lani Hansen

REPORTER

MORRIS, Oklahoma–Morris High School graduate and Muscogee (Creek) citizen Ashlyn Baldridge has signed with Fort Scott Community College in Kansas to continue her golfing career.

Baldridge is the daughter of Christie and Shane Baldridge. She has played golf throughout high school, but she was unable to play her senior year due to the school year being cut short. Aside from golf Baldridge also played basketball, softball and cheered.

Baldridge was an outstanding golfer as she placed fifth at regionals in 2019 and qualified for state. Her choice of continuing to play golf in college came about during her senior year. After sending out emails to a couple of colleges, the golf coach of Ft. Scott replied to her within 30-minutes.

“We set up a tour and when we was leaving the campus that was the day I knew that I wanted to play golf in college,” Baldridge said.

Baldridge started golfing as a freshman in high school. She was taking lessons from Regina Goodwin out of Tulsa who became her role model. Her other role model would be her grandpa.

“He got me into golf and taught me how to play golf,” Baldridge said about her grandpa.

Other than golfing Baldridge took the spotlight in softball for the Lady Eagles, where she was named slow pitch All-Conference player of the year in 2019. She was also part of the state qualifying squads in 2017 and



Morris HS graduate Ashlyn Baldridge has signed with Ft. Scott Community College for golf. (Submission)

2018 for cheerleading. Also her outstanding performance in golf allowed her to be featured in the Oklahoma Vype Magazine.

Baldridge is looking for-

ward to playing with a team in college and becoming a better golfer. Golfing will not be the only thing she does in college, Baldridge plans on focusing her career as a dental hygienist.

THE MUSCOGEE (CREEK) NATION

Office of Environmental Services

EARTH DAY EVERYDAY

CURBSIDE

RECYCLING EVENT

THURSDAY, JULY 2, 2020

EVENT HOURS: 9AM-2PM

• Free Curbside Document Shredding Provided by Shredders Inc.

No books, 3-ring binders, large clips or magazines

• Free Curbside Electronic Recycling Drop-Off

TVs, monitors, cell phones, small appliances and other electronics for safe and responsible recycling

• Other Items Accepted

White goods (washer, dryer, etc.), automobile batteries, alkaline batteries, tires, cardboard, paper, plastic bottles 1 & 2 and aluminum cans

• Do not bring any hazardous materials

Hazardous waste includes items such as paint, medications, glues, fluorescent bulbs, glass and chemicals such as pesticides, cleaners and insect repellants. These types of items will not be accepted at this event.

DOCUMENT SHREDDING WILL BE AVAILABLE

10AM-1PM



MCN RECYCLING CENTER
12675 GUN CLUB ROAD
OKMULGEE, OK 74447
FOR MORE INFO, CONTACT: 918-549-2580



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JOINT ART EXHIBITION REOPENS

MVSKOKE VOICES OPENS TO THE PUBLIC AT WEWOKA MUSEUM AFTER COVID-19 DELAY WITH ARTIST RECEPTION SET FOR AUG. 15

Angel Ellis
REPORTER

WEWOKA, OK – Mvskoke Voices Contemporary Native American Art, is open to the public at the Seminole Nation Museum in Wewoka following a delayed opening date due to COVID-19 concerns.

The first-ever joint exhibition by the Seminole Nation Museum and Red Earth Art Center features seven talented Seminole and Muscogee (Creek) artists in an invitational art show open free to the public through August 22.

An Artist’s Reception is scheduled Saturday, Aug 15 from 2-4 pm at the museum.

The invitation art show includes the original art of award-winning artists Leslie A. Deer (Muscogee Creek), Enoch Kelly Haney (Seminole), Benjamin Harjo, Jr (Absentee Shawnee/Seminole), Bobby C. Martin (Muscogee Creek), Dana Tiger (Muscogee Creek), Tony Tiger (Muscogee Creek/Sac & Fox/Seminole), and the late Tillier Wesley (Muscogee Creek).

The Seminole Nation Museum was constructed in 1937 by the Works Prog-

ress Administration (WPA) to serve as the Wewoka Community Center. Today, the museum has hosted over a half-million visitors representing every US State and over 100 foreign countries since opening nearly five decades ago.

It has more than doubled in size to include 4000 square feet of display space, a research library, and expanded arts and crafts center and an art gallery that regularly hosts special and national traveling exhibits.

The museum is located on the entire 500 block of South Wewoka Avenue (Main Street) near downtown Wewoka. The museum’s campus is situated on land located in both the Seminole Nation of Oklahoma and the Muscogee (Creek) Nation.

MVSKOKE VOICES Contemporary Native American Art is funded in part by the Oklahoma Arts Council and the National Endowment for the Arts.

For additional information, contact the Seminole Nation Museum at (405) 257-5580, www.seminolenationmuseum.org or info@seminolenationmuseum.org

NATIVE TRAVELING GOLF GROUP CALLED THE LEGENDS

THE LEGENDS TRAVEL ALL OVER THE STATE PLAYING GOLF WITH EACH OTHER AT DIFFERENT COURSES WEEKLY

Morgan Taylor
REPORTER

HENRYETTA, Oklahoma – On June 18, a group of Native American golfers visited the Henryetta Golf Course. This group calls themselves the Legends.

The Legends travel all over the state playing golf with each other at different courses weekly.

Due to COVID-19 some members have decided not to participate in the weekly game but the group consist of about 20 members from many different tribes and is not limited to any certain tribe.

Active members include Ron West, James Jennings, John Simmer, Anita Springwater, Willie Pigeon, Carnie Roberts, June Thomason, Jerry McElmore, and Leo Geary.

“We usually have a crowd of about 10- 12 people and up to 20 people on a good day,” Jennings said.

Before they start the game, the Legends choose team members with a tradition.

“When we start our game each player puts a ball in a bucket, we then throw it up in the air and let the balls hit the ground and the closest ones together is how we decide our teams,” Simmer said. “If you don’t like your team too bad.”

The group ranges in age and tribal backgrounds but with the overall goal of having a good time. The group started about 25 years ago by Will Freeman.

“I’ve been retired since 1995 and I travel all over the United States golfing and I’ve been playing golf with Legends for about 19 years now.” McElmore said.

“Some of us got together and



Creek member John Simmer, 93, the eldest member of the Legends putting his shot.
(Clinton Sinclair)

decided we wanted to play golf,” said Roberts.

Anita Springwater is the only woman in the group thus far.

“I’m glad they allow me to play with them because I love to play golf. All the ladies I once played with don’t really play anymore,” Anita said, “I’m the same age as most these guys and I’m just thankful they let me play.”

“There are no group fees and the only requirement are that you be at least 55 and Native American,” Pigeon said. “Anyone who wants to join just show up and start playing.”

The Legends play at a different course every Thursday if the weather permits. They played at Foutainhead Creek Golf Course and June 11. Their next stop will be in Shawnee at the Firelake Casino Golf Course on June 25.



Thank You for Today



My parents taught me at a very young age to say “please” and “thank you”. To this day, those words are still in my daily vocabulary. If you’re anything like me, saying “thank you” to others is quite simple, and often, automatic. I frequently find myself forgetting to be truly thankful. I get focused on myself and the things I want. I see a commercial or advertisement, people with a brand new something, the latest tech or shiny new gadget and all I can think of is “I want that...”

What did I just do and how quickly did that happen? I lost sight of what I do have and focused only on what I want at that moment. All it took was a quick glance or a flash of something new and went from being thankful for my wife, child, home, truck, etc. and only saw what I wanted. So, why do I focus on things I want instead of being appreciative of what I have? I do that because I haven’t practiced true thankfulness. I’ve been going through the motions and lost the true meaning.

Along my journey to learn the true meaning of being thankful I learned about gratitude and the impacts it can have on a person’s overall wellbeing. A few benefits of practicing gratitude on a daily basis are improved mental and physical health, higher self-esteem, lower stress, and better sleep (1). You may be asking yourself “where do I start?”

Gratitude looks different for everyone, but the main point is to take time to find things you are truly grateful for. This is not easy at first but if you set aside time to slow down and answer the questions below it will help you shift from what I want to thankful for what I have.

6 questions to ask yourself everyday

1. What am I grateful for today?
 - a. Health, children, friends, laughing, reading, playing games, etc.?
 - b. For some it’s another day sober, job, transportation, having someone to depend on
2. Who did I connect with, today?
 - a. Did you let someone know they are important or valued?
 - b. Is there someone who’s been on your mind? Call or text them.
 - c. Is there someone who I can offer help?
3. What expectations can I let go today?
 - a. When things don’t work out don’t dwell on what didn’t happen or go the way you want, but focus on what did.
 - b. Try not to beat yourself or others up for mistakes. No one is perfect - we are all teachable
 - c. All I can control is me. As we begin to realize this and stop trying to control others the more at peace we will be
4. How am I taking care of me?
 - a. Taking care of the body is very important. The more active we are the better we feel and how we feel effects our ability to be thankful. Go for a walk, throw a ball, go fishing, ride a bike, play frisbee, etc..
5. Am I taking time to rest?
 - a. Learning how truly relax is a lost art. It takes turning off the busyness of the world, electronics, and media. Learn how to let yourself think without all these interruptions.
 - b. Practice healthy sleep habits.
6. What beauty am I creating, cultivating or inviting in today?
 - a. Challenge yourself, even when times are hard, to see the beauty in your life. This is easier said than done, but taking little steps each day will help create a habit, and habits are hard to break. Create a great habit! (2)

Write these 6 questions down and place them in an area you will see every day as a reminder. Try this for 21 days and check in with yourself. You may find these questions to be very impactful in your life. There is a lot to be thankful for, so let’s start with today.

If you or someone you know is experiencing anxiety, worry, fear, stress, or even depression and you feel like talking to someone about would help, contact Muscogee (Creek) Nation Behavioral Health at 918-758-1910.

Text “Creek” to 741-741 if you or someone you know is in a crisis. Or call the National Suicide Prevention Hotline Number at 1-800-273-8255.

Mvto!

Sources:

<https://www.psychologytoday.com/us/blog/what-mentally-strong-people-dont-do/201504/7-scientificallly-proven-benefits-gratitude>
https://greatergood.berkeley.edu/article/item/six_daily_questions_to_ask_yourself_in_quarantine

