Giving is always better than the receiving. The feeling one gets from knowing they helped to make a child’s face light up with smiles on Christmas morning is priceless.

And Cheyenne & Arapaho tribal employees helped to create a whole lot of smiles.

Large brightly decorated gift bags were filled with age appropriate dolls, trucks, books, head phones, blankets, perfume and toys of every shape and kind. Each bag tied and tagged with a personal Christmas card was delivered to 75 families just in time for Christmas.

The annual toy drive, made possible through employee donations of money and presents, assisted 75 nominated families throughout several Cheyenne and Arapaho communities.

The Cheyenne and Arapaho tribes welcome truck donations for the Fire Management Program from Devon Energy Corporation.


Devon Energy donates trucks to C-A Fire Management Program

by Latoya Lonelodge, Staff Reporter

Christmas time is in full effect as the gift of giving shines light on the Cheyenne and Arapaho Tribes Fire Management Program. On Dec. 14, 2016, Devon Energy Corporation donated two 2015 three-quarter-ton Chevy trucks to the Economic Department in Concho, Okla. The trucks will be used accordingly for the Fire Management Program for fire fighting and training purposes.

“We’re very pleased to receive this donation from Devon Energy it’s really going to help us out in our plans for creating and maintaining our firefighter program. They will be used primarily out in the fields, we have a lot of training programs that are going to be coming online in 2017, so we’re going to be working with other fire departments on wild land firefighting,” Nathan Hart, Economic Development director said.

Prescribed burns on tribal land are planned for the upcoming year and Hart said, “As we’re out there the firefighters are going to come in and do training on as well.”

The truck donations will further help by allowing the Fire Management program to apply budgets towards more fire fighting equipment, as they have not owned any vehicles prior to the donations.

Devon Energy Corporation is a leading oil and natural gas production company; they provide environmentally responsible production and a platform for future growth. One of the core visions for Devon Energy is supporting the community.

“Supporting fire departments is really important to Devon, we try to support all the volunteer fire departments in the areas where we operate,” Christina Rehkop, community relations at Devon Energy said.

The request for the truck donation first started when Carrie Tallbird, special program coordinator for Economic Development, contacted Devon Energy two years ago.

“I asked if they had any donations for vehicles for our fire program and they contacted me back and said they didn’t at that time so a year later I contacted them again and they said they still didn’t have anything. Then about two months ago they contacted me and asked me if I still needed vehicles and I said yes,”

With the goal of safety and partnering communities in mind, there was a keen sense of appreciation from both sides.

“We’re all for safer communities, helping the fire departments with their budgets, helping out where we can, making sure we get what they need to do their jobs,” Fleet Manager Ethan Nall said.

Hart was also very appreciative of the donations stating, “This fire fighting program is one that’s very needed out here and it’s a great opportunity to employ a lot of our tribal members in wild land firefighting.”

For information about the Fire Management Program contact Tallbird at 405-422-7457.

The Cheyenne and Arapaho tribes welcome truck donations for the Fire Management Program from Devon Energy Corporation.


The Cheyenne and Arapaho tribes welcome truck donations for the Fire Management Program from Devon Energy Corporation.

LOOKING BACK
YEAR OF PHOTOS
2016

Let GO of THE PAST
AND move toward the FUTURE

GO Confidently
IN THE DIRECTION OF
DREAMS

Greetings Tribal Members,
So far, the program has identified approximately 100 Veterans. This year, this Administration continued to get better as we see more opportunities to expand its programs to give our citizens a better chance of progress with “Servant Leadership, Inclusiveness, Honor and Respect.”

As we experience the holiday season we have much for which to be grateful. In Year 2016 we have been blessed with the program we as a people are as making. I want to thank this Administration for its diligence in seeing the many tasks to conclusion this year. As we prepare for another chapter, I want to take a look back on Year 2016.

Over time, the Concho Community has grown into a mighty force. For years the Head Start has been overenrolled and is in much need of space. Plans are underway for a 1.6-million-dollar facility, otherwise it will not be published. The Tribune reserves the right to edit letters for clarity and length. Submission of a letter does not guarantee its publication. Photographs, news stories or other materials in this publication may not be reprinted without prior permission. Printed by Lindsay Web Press, Lindsay, Okla.

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C&A Food Distribution and First Nations Development Institute partner for healthier eating

Submitted by the Nutrition Education Team

Upon attending a regional meeting in Albuquerque, N.M., the Nutrition Education Team in members in attendance learned about a new grant better from First Nations Development Institute in partnership with the Wildlife Management Institute.

The Food Distribution submitted an application on March 6 for this new opportunity. The winning selections were announced Oct. 1, 2016, and the C&A site was one of the winning candidates. The objectives of the grant will be to reach a minimum of 150 individuals and educate them about state and preparing healthier meals while utilizing USDA foods.

One project underway, is a cookbook that will be made up of recipes submitted by the clients of the program. They will also be able to sample their favorite “communal” recipe no later than April 2, 2017. Once completed, the cookbook will be available free of charge.

Cooking demonstrations will also be performed at designated locations. Don't be concerned about attendance by offering different incentives as well as gift of appreciation to the people that attended every demonstration offered. Reaching the younger generation is also in the goals of the grant.

It’s The New Year / Let’s Start 2017 By Keeping Resolutions Tara Conway, MS, RD, LD, CDE C&A Wellness Program

The New Year is here and we have made our resolutions about being healthier, losing weight, and eating well. How long will they last? Are you already on the child’s diet? Let’s look at what we set goals and fail.

Are your goals specific? Do you say I want to lose 10 pounds? How about I want to lose 10 pounds? At the goal setting, knowing I want to lose 10 pounds in 10 days? Or I want to lose 10 pounds in the next three months?

Is it time oriented? I want to lose 10 pounds in 3 months. I want to lose 10 pounds in 3 months! I want to lose 10 pounds in 3 months! We all have unrealistic expectations that prevent us from sticking to our goals. Triggers involve our everyday life and part of that is the fail of the goals.

Our goals. Some areas of our life where we set goals and fail as we try to cope with the triggers that affect us and how to cope with the triggers that affect us and we set goals. It’s easy to set goals, but how do you keep them?

Here are some tips on coping with these challenges.

1. Set small, achievable goals.
   - “It’s too hot, cold or wet, I can’t exercise.” A great time to set a goal.

2. Find an accountability partner.
   - “What we got tonight was a huge basket of cookies.”

3. Plan ahead.
   - “I like to nibble on this while I’m watching TV.” Avoid eating out of large containers, get yourself a single serv-

4. Reward yourself.
   - “I don’t want to waste food.” Cook while amounts of food are left in the fridge or freezer and use for lunches.

5. Feel better.
   - “Do something healthy such as exercise or try a new healthy recipe.

In the next edition we will continue this topic on how to stick to our Year’s goals.

The actual information and tips on eating contact Tara Conway, C&A Wellness Program at 405-422-7685 or tconway@c-a-tribes.org.

Environmental As-

Assessment, by the Department of the Environmental Policy Act (NEPA), is a process of regulation to pro-

jects planned for construction.

The primary focus of the public hear-

ing is to provide the public with informa-

tion concerning the construction of the building, which is to be completed in early 2017. After the meeting a public hearing will be held to release of funds from HUD, the groundbreaking process will be conducted. Comments and concerns pertaining to the new building will be presented orally and in writing.

We got tonight was

we had some comments from the bus driver having private

and the teachers teaching,”

we had some comments from

the tribe. Damon Dunbar said.

The staff is excited to see this grant

The head start facility will include five classrooms, a large multi-purpose room and a walk-a-safe room. With additional features and classroom space, education becomes a comfortable setting for learning.

The new building is going to have more classrooms, the old building is just one big area, that’s going to benefit the kids a whole lot better and the teachers teaching,”

Dunbar said.

The new building will be located south of the Willie Rain War, Honored Woman Community Center in Concho, Okla. The official address of the building will be 6401 SW 167th in Oklahoma City. The meeting took place as a requirement for gener-

al inputs and concerns, the Community Development Department is still in their planning process.

The meeting is open to all, questions, com-

ments or concerns regarding the building please contact Community Development at 405-422-7503.

The C&A Food Distribution program, along with the First Nations are creating a COOK-

book with all our client’s yummy, delicious recipes made from commons.

We are asking each and every client to submit their wonderful recipes to the pro-

gram as soon as possible so we can begin compiling this wonderful cookbook.

Once compiled the cookbooks will be available to each of you for FREE! For more information or to submit your recipe call 405-422-7783 or toll free 888-747-9520.

Food Distribution Watch & Sample Food Demonstration

12 p.m. Jan. 24, at the Food Distribution Kitchen in

Watauga, Okla. The Nutrition Education Team will be preparing and taste sampling backed apple chips. All ages are invited to attend. For more information call 405-422-7783 or toll free 888-747-9520.
ERPS receives $16K from Cheyenne & Arapaho tribes

ELRINO, Okla. — On Dec. 14, Cheyenne and Arapaho Tribal Tribune, Jan. 1, 2017

Submitted by Darrell James

Health Programs provide holiday cheer through fun activities

Many tribal youth in the El Reno community found themselves looking for fun and away from schoolbooks during winter break arrived for students. On Dec. 20 one of the most popular events awaited children at the Fossil Rim Wildlife Church in El Reno. The Cheyenne and Arapaho tribes’ CHR Program hosted its Winter Health Fair for kids and the children and tribal programs co-sponsored with certain kids with information that would provide students with a safe holiday vacation.

“I’m thankful for the tribe’s support and the time-out for the kids,” Patricia Whiteman, mother of three children who attended El Reno Schools, said. “We didn’t have enough safety awareness and gave the kids something to do. But it was the healthy snacks we demonstrated and provided that the children enjoyed.”

“I wanted to help because this is for the kids,” said Angela Blind, Director of Tribal Transportation said. “I provided the kids samples that they could make at home that does not require sugar shock. I’ll spend the rest of my Christmas vacation visiting family and friends. I’ll play basketball and play video games and my favorite is Day and Night. I lived in Oklahoma, you who attends Rose Witcher Elementary in El Reno.

The CHR program provided many gifts for the students, winter wear including a hoodie with artwork designed by George Levi, hats, gloves, and a fitness activity watch provided by the Dawes Wellness Program.

“These are nice,” Bryson Whiteman, 8, who attends Rose Witcher Elementary in El Reno, said.

But it wasn’t just gifts the students received. They were also provided pertinent information for children safety.

“We hope you’re going to be safe and be careful on your break,” Angela Blind, Director of Tribal Transportation said. “We don’t want anything, hugs, potato chips, and to be careful on your break,” Angela Blind, Director of Tribal Transportation said. “We don’t want to hurt the kids.”

The CHR Program offered a ‘Did You Know’ session for students on everyday food that includes: mango bacon.

Canadian bacon.

The CHR program provided many gifts for the kids, such as hats, gloves, made to encourage the students, winter wear including a hoodie.

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The CHR program provided many gifts for the kids, such as hats, gloves, and made to encourage the students, winter wear including a hoodie.
The Denver Art Museum plans to use $25M gift to renovate iconic Gio Ponti building.
I would like to wish my son Cari a Happy 15th Birthday on Dec. 23 and a Happy 1st Birthday to my son Tracy on Jan. 24.

Happy Birthday, I love you with all my heart, life has become more meaningful since you came into my life 6 years ago. You are the most amazing lil’ man ever, you keep me going up on anything isn’t ever an option. I hope your birthday & everyday after is everything your heart desires and deserves. Since day one you stole my heart and it will always and forever be Mama & Mitch.

I love you son.....
Happy Birthday Love you anyways, always & forever,
Transit Driver EFT-Perm.
Tribal Transportation Closing: Until Filled

Qualifications:
The transit driver must possess or be willing to attend various training programs to gain a CPR and First Aid certification. Transit drivers must pass a pre-employment drug screening process and be subjected to random drug testing. Should be able to prove lifting a minimum of 50 lbs., with no physical activity form doing so. Must possess the ability to communicate effectively to patrons and superiors any findings, accidents, activities and daily responsibilities. At a minimum, must possess a high school diploma and possible completion of a commercial driving training program and defensive driving program. Experience may be acceptable as an equivalent. SALARY: Negotiable

Security Officers FT/PT Concho Closing: Until Filled

Qualifications:
Must possess a valid Oklahoma driver’s license and have reliable transportation. Must have at least one-year experience in facility operations and maintenance. Must have valid Oklahoma driver’s license. Must be able to comply with the demands of the Workplace Act and applicable tribal policies. Cheyenne and Arapaho preference. SALARY: Negotiable

Project Inspector/FT Tribal Transportation Closing: Until Filled

Qualifications:
Bachelor’s degree in any field preferred, however associate degree with at least two years experience in quality control and or quality assurance acceptable. Years of experience may be acceptable to be equivalent to the degree and experience required. Must possess or have completed high school diploma or GED certification required. Must be able to understand AutoCAD Software and/or GPS/GIS software or like software. Demonstrate self-motivation by performing to be reliable and punctual. Demonstrate knowledge and understanding in construction management and compliance. Demonstrate knowledge in construction material testing (CMT) in regards to proctors, density tests for subgrade, aggregate base, and asphalt materials, and sieve analysis for concrete type materials. Demonstrate competence in use of knowledge, specifically MiPAD, MiPAD Mobile, Access and/or various other applications. Willing and able to travel to training programs to ensure proficiency in duties and responsibilities assigned. Must possess current Oklahoma driver’s license and have reliable transportation. Must have at least one-year experience in driving record and provide a Department of Public Safety (DPS) Motor Vehicle Reprint (MVR). Must pass pre- hire drug screen/test. Cheyenne-Arapaho preference. SALARY: Negotiable

Firefighter Recruitment Notice
C & A Fire Management Program is still recruiting for Wildland and Structural Firefighters.
Scheduling of BIA physicals are required prior to pack testing. Once recruits have physicals scheduled through BIA and pack tests are complete, training will be concluded.
Our goal is early Spring.
The following information is needed to sign up:
Name
Address 
Home phone 
DOB 
Social Security # Please contact Carrie Tallbird, Program Specialist at 405-422-7457 for forms and more information. Thank you.
When “USFWS attempted to delete the grizzly in our county, we were very honored to fulfill her duties as a princess. She has parental and family support in every endeavor to accomplish. She has parental and family support in every endeavor. The Oglala Sioux Tribe is yet to receive a response to its Consultative Investigation into apparent conflicts of interest arising from a key USFWS agent’s connections with an oil and gas company. Volunteering to help others at the Thanksgiving Community Feed was an idea its member nation. We should all have been full participants in the Conservation Strategy, but none of us were, we were ignored. The mistreatment of renewable energy companies on USFWS’s decision to delist the grizzly bear from the Endangered Species Act. But none of us were, we were ignored. The mistreatment of renewable energy companies on USFWS’s decision to delist the grizzly bear from the Endangered Species Act. But none of us were, we were ignored. The mistreatment of renewable energy companies on USFWS’s decision to delist the grizzly bear from the Endangered Species Act.
Is the threat of the Dakota Access Pipeline real?

I thought pipeline accidents were rare. Turns out, they happen all the time.

by Nitin Gadia
Content Director, MapStory.org

A couple months ago, I attended a pro-test against the Dakota Access Pipeline, which was being constructed near my town of Ames, Iowa. As I watched friends get arrested in nonviolent demonstrations, I had so many questions, does this pipeline really pose a threat to land and water?

With the controversy over the recent denial of the permit to cross the Missouri River at Standing Rock, and the requirement for the pipeline to undergo an environmental review, and with the prospects of efforts to build new pipelines after the Trump administration takes office, answering this question is as important now as ever.

My suspicion was that pipeline accidents are rare, but as I investigated, I found that they actually happen all the time. As shown in the mapstory I produced above, in the last 30 years, there have been over 8,700 liquid pipeline spills, averaging nearly one every day.

One, in fact, happened recently only 10 miles from Standing Rock, where over 4,200 barrels (180,000 gallons) spilled into a river. And the spills add up, if the 4.2 million barrels (176 million gallons) that have spilled in the last 30 years were counted as a single spill, it would be the third largest in history, right under the Deepwater Horizon oil spill of 2010, when 4.9 million barrels spilled in the Gulf of Mexico.

Though they may be dwarfed by the larger water issues of farm runoff, oil spills pose a threat very small portions go over rivers. The like-

The likelihood of an accident is something oil companies concede, when the Keystone XL pipeline was proposed in 2011, the pipeline company estimated that there would be a likelihood of 11 significant spills (over 50 barrels) over its 50-year lifetime.

Critics charged that the estimates were low, an independent assessment by Universi-
ty of Nebraska professor Dr. John Stansbury claimed that a more likely number would be 9 significant spills when looking at the actu-
al incidence of spills on comparable pipelines with the same data that was used to make the mapstory above.

Dr. Stansbury’s assessment went further and claimed that it would take 10 times longer to shut down a pipeline than the company’s estimate, and provided worst-case scenarios, including one where 120,000 barrels could spill into the Missouri River, and 181,000 could spill in the Nebraska Sandhills, seep ing into the Ogallala Aquifer, one of the impor-
tant groundwater sources in the world. The Keystone XL Pipeline would have carried 830,000 barrels per day, and was rejected by the Obama administration.

What are the chances of a scenario where the Dakota Access Pipeline or a similar pipeline would spill into the Missouri River, and 180,000 barrels (180,000 gallons) spilled into a riv-
er, threatening their drinking water, as illustrat-
ted in the map of the pipeline I coordinated above.

The incidents at Standing Rock triggered the largest gathering of people of Indian na-
tions in over 100 years, and thousands of people camped out at the edge of the pipeline in North Dakota. As I detailed in a recent radio interview about the mapping effort, it’s time that Natives stop being ignored and be put on the map as well.

Now, I have heard some people acknowl-
edge the dangers of pipelines, but claim that the efforts are impractical, saying “oil will flow anyway” and “new pipelines are the saf-
est way for oil to be transported.” Yet many opponents of pipelines say that we need to allow ourselves to move forward toward renewables, a claim that I think is entirely practical when you look at the facts, renewables have been rising exponentially, driven by the market, and vastly outpacing other forms of energy, and the technology is no more new than the fracking technology that enabled the Dakota Access Pipeline.

Countries like Germany already produce over a third of their electricity from renew-
able. With electric cars on the horizon, the necessity of oil, and oil spills, is not a fact.