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THE QUAPAW POST

THIS ISSUE

THE QUAPAW NATION'S HISTORIC PRESERVATION PROGRAM

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150th Annual Pow Wow
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QUAPAW NATION
O-GAH-PAH

QUAPAW NATION WAS HONORED TO HOST A GROUP OF STUDENTS AND PROFESSORS FROM THE HARVARD GRADUATE SCHOOL OF DESIGN FOR THE TAR CREEK EXCHANGE. FIND OUT MORE IN THE NEXT ISSUE OF THE QUAPAW POST.

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JOSH SILER

DOWNSTREAM CASINO RESORT
ASSISTANT GENERAL MANAGER

By Josemiguel Gomez

This month The Quapaw Post had the opportunity to interview the Assistant General Manager of Downstream Casino and Resort, Josh Siler. Siler is an example of patience, consistency, perseverance, and the embodiment of hard work pays off.

In 2004, Josh Siler started at Quapaw Casino as a slot attendant. When Downstream Casino & Resort opened its doors to the public, Josh Siler decided to transfer and become a Pit Supervisor. With time Josh Siler showed his ambition and passion for the casino industry by moving up the ranks of the Table Games Department to, Director of Table Games. He continued to show his leadership, and teambuilding skills and in 2020, was promoted to Casino Operations Director. With a proven track record of successful achievements, in 2021 Josh Siler was promoted to Assistant General Manager of Downstream Casino and Resort.

What does the day-to-day of an Assistant General Manager look like?

"I work with many of the Directors, some of them I oversee directly, and some report to Stuart (Grayson, General Manager). They come to both of us for different things, you know; really working with them to develop new processes, new strategies, looking at new ways we can do things, new technologies, problem-solving, working through new ideas, and brainstorming with them to figure out how we can become more efficient, more proficient, where can we find better software to help with inventory or process jackpots and all those things day-to-day. It varies a lot of times its meeting after meeting, some scheduled some impromptu. Some of them happen right out in the hallway. Somebody catches me and there's something on their mind and they stop me, we sit there and have a conversation about it, we might sort it there or we go to their office or my office and continue that conversation until we get to a point where we need to make a decision. I even meet with some of the department managers as well and really enjoy trying to build people up. What can we do for our processes here to create a better environment for our team, a better experience for our guests? Really refine what we've been doing and just trying to get better. I'm a firm believer that you never stop learning, if you think you have, then, you're only fooling yourself, and then everything else that you are involved in is going to suffer. If we have been doing something for five years, that's exactly why we should look to do something new. “As you start cycling through programs and process, you just make this circle, and as you come back around to that same program you started with, well, it's probably been a few years, and it's time for us to look at it again. So that's really, what a lot of my day-to-day looks like, and kind of a lot of the thought processes and things that I work with and go through."

Can you tell us about some obstacles, you might have to overcome, to get to the point you currently are? Personal and professional?

"Definitely, my personal life, it's always a balance between your personal life and professional life at any level. Whether you're entry-level, mid-management, or even a position like myself, there's always a balance there. I have a wife and three kids, you know, so they have all their stuff. We have sports and activities, we have a home life, we have all those things going on, so there's always a challenge there. But I'm a firm believer that, and as I tell my team, your personal life matters to me, you got something going on, I want you to go attend your kids prom or graduation, whatever the case may be. If you don't have that balance there at home, you're not going to have it here. If your mind is distracted, how could I ever expect you to give 100% because you are distracted? But if you can go and handle that, then it's done, that's perfect. I want you to experience it, a lot of those things are once-in-a-lifetime opportunities, don't miss those, we will still be here, come back, we'll sort through it and we'll pick up where we left off.

In the professional aspect, I didn't get every position I put in for immediately. Several positions I was passed over for, a couple of different times at each step moving up. But as opposed to looking at it as a defeat, I tried to look at it more as an opportunity. I would sit down with the leadership team, whomever it was at the time, [I would ask]; where could I improve, what do I need to work on, what are some of the things you saw? I would sort through it and then I tried to take that and go work on it and fix it . "And even sometimes I would come back, get passed over again, in a couple of different positions. But instead of looking at it as defeat, I just looked at it as an opportunity. So really, by the time I was promoted, I felt like I had received enough insight, and I had done the work myself to train myself up. But having that awareness of my own faults, I knew, I was ready for that position. And looking back, sure, it was upsetting but really it was what was best. I might not have agreed with it at the time but instead of letting it defeat me I took to the challenges and overcame them and kept moving forward."

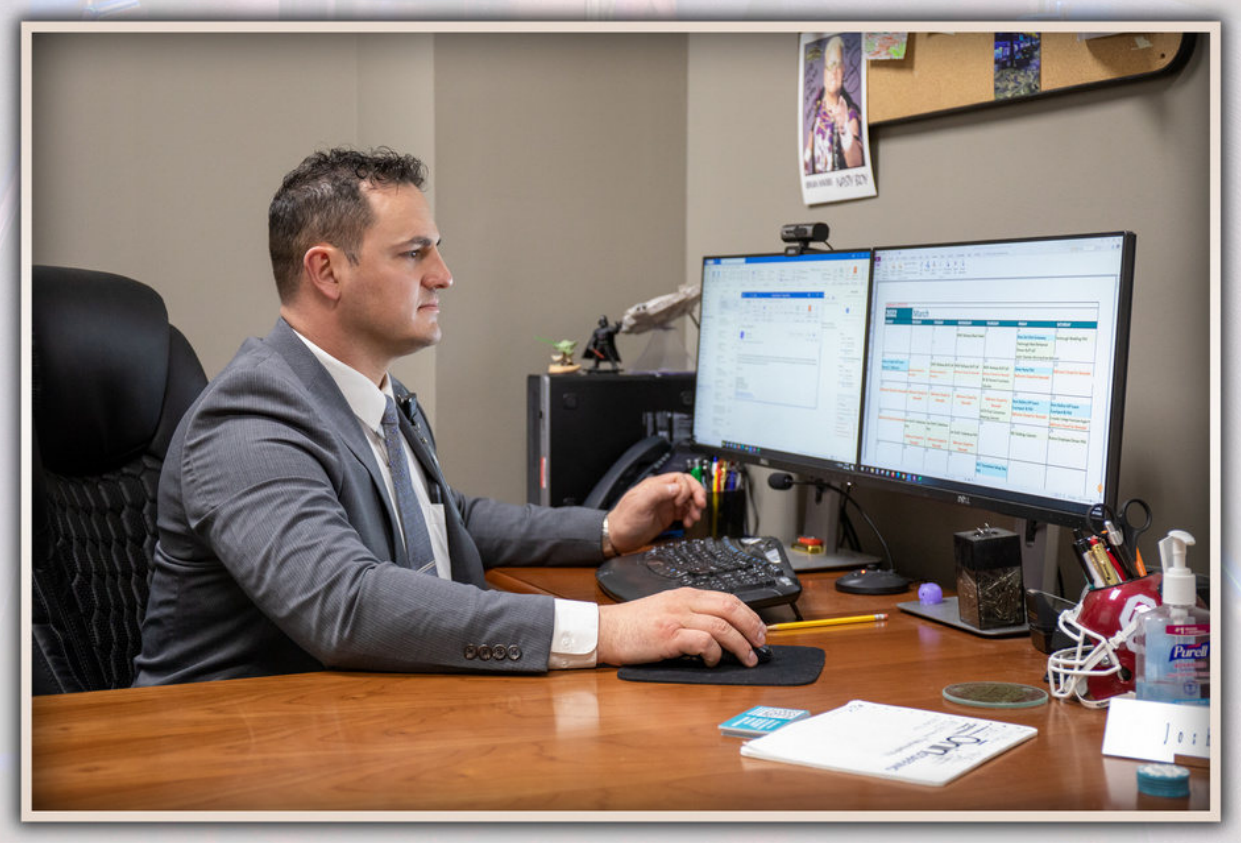
Do you have any advice for people on how to achieve a balance between work and life?

"It takes a lot of mental prowess. It isn't something that you can just do overnight, you have to be very aware, very self-conscious. My phone goes off constantly, but instead of sitting and reading every email, I'll take a look and I see what it's about. If it's something that needs my attention, sure, I'll address it but if it's something like a shift report, it can wait an hour or wait till the morning. I devote that time to whatever it might be at

home, whether I'm watching my kids play sports, working on the farm, or whatever the case may be. So, it takes a lot, it's not always perfect. Sometimes I find myself reading an important email and then reading the second email. But really, it's just having that kind of bug in your ear, that when you pick up the phone, just try to remember, I'm just looking to see what it is, I don't need to address this right now. That way you get that balance, you're not always taking on work and you're discarding your home life, or because you're always working your stress starts to go up and you never get that break. I encourage my team to take their breaks. When you go to lunch, do not sit at your desk because that one email is going to come through and cause you to stop eating and resting, and start working again. Go sit somewhere else go sit in EDR (employee dining room) go for a walk, go do anything you want to do just do not work. It takes time to develop the balance but you have to continue working at it."

As a Quapaw Nation member, how's it feel to work for Quapaw Casino and Downstream Casino?

"It feels really good, I feel like I'm giving back, the tribe has always had programs and resources there to help its citizens. These resources and programs have helped me, and now that translates to my kids. So knowing that what I'm doing here benefits the tribe,



And it's almost like ensuring that the tribe will have a future and have this source of income and, by building this insurance program, almost to the point where the better I do here, the better the casino does, and the better the tribe does and then that trickles down to me and my family, and of course, all the other tribal members."

Josh Siler was born in Joplin, MO, and lived for a period of his childhood between Miami and Wyandotte, OK, a small town south of Quapaw, Ok. His family moved to Phoenix, AZ, where he lived for a few years before, later coming back to finish elementary and high school in Wyandotte, OK. After graduating high school, Josh attended Northeastern Oklahoma A&M College in Miami, OK, where he graduated with a degree in business administration.

If you can paint a perfect day out of the office, what would it look like?

"I like going out on the boat, taking my kids and some family. We go out on the lake quite often, I like Table Rock and Beaver Lake, they're gorgeous lakes. Starting to get back into hunting a bit, starting to get back into some fishing as well. I got into cattle over the last few years. It sounds funny, but probably just working around the ranch. My job here is so mentally focused that I like to go home and work hard with my hands because it allows my mind to rest and I can process some of the things here. I like to stay busy, there are times I don't mind kicking my feet back and having a beer watching an Oklahoma University game or something. But a really perfect day would be a nice day of sunshine with my kids hanging out and just, working around the house."

What is your affiliation with the Quapaw Nation as a tribal member, and have you attended the PowWow?

"So now that my kids are a little bit older, we started going to the PowWow again. There were times when I didn't go to be honest, and I didn't have the best understanding of our cultural history and background but I've been learning now and have been for the past 10 to 15 years and really understanding what it all means, because I didn't grow up around it. But now, we're trying to get an understanding, we're taking our kids to the PowWow. I used to sit on two committees, the Election Committee and the Emergency Financial Assistance Committeee for nine years. I recently stepped down from both of them, this job just doesn't allow me that time. So, I stepped off to give somebody else the opportunity to learn the inner workings and the processes of how the tribe operates as a group.

2022 is the 150th anniversary of the Quapaw Nation's PowWow. What are your thoughts regarding that?

"It's kind of fascinating, I didn't realize that it was the longest continuous PowWow that there was. I think we're somewhere around 6,000 members right now, and to think that our tribe in the northeast corner of Oklahoma would have the longest-running PowWow, I'd never have guessed that. It does show the culture, the history, and the bond that our tribe has for its families and we have to make sure we keep that going, as our elders and our ancestors have and as the torch passes from one generation to the next. The ability to have kept the PowWow going is pretty remarkable."

Any other thoughts?

"I'd really like to thank God for the opportunities and the blessings that he's provided me. When I got into this I was 20 years old, I didn't have kids or anything. Now I've got a beautiful wife, I have three beautiful children whom I love dearly, to have the tenure that I have, I feel very fortunate. I don't think that happens to too many people, and to have been afforded those opportunities, I'm thankful that I was able to see those and recognize them, and to have made the most of them. And now, a lot of my mission is to impart any kind of inspiration, motivation, or enthusiasm, of any kind and to care and support anyone that may be in need.

I give thanks to God because without him, I wouldn't have anything. So, to understand those values, and to be able to help and share with them people is really my M.O."

THE QUAPAW NATION'S HISTORIC PRESERVATION PROGRAM

By Austin Headlee

The National Association of Tribal Historic Preservation Office (THPO) is a program that few tribal members may know exists. In a very simplistic overview, their duties include preserving historic sites from being damaged by federal projects. They work with federal agencies to ensure that their projects will not harm historic properties while maintaining the project's progress.

The Quapaw Historic Preservation Program (QHPP) reviews all federal undertakings within the tribe's current jurisdiction and within the areas the Quapaw Nation had a historical presence.

For example, highway construction destroys land in its path. To better ensure that construction does not harm historical sites, they must send reports detailing their plans. THPO departments review these requests to verify that the project will not run through any known landmarks or archeological sites and try to determine the likelihood of potential sites. When they do, they work with federal agencies to ensure the project can take place while protecting historic landmarks in accordance with federal laws.

Federal grants fund THPO programs based on the individual tribe or nation's land held in trust. These funds assist tribal nations establish a program to review government projects. For example, last year the QHPP reviewed over 3,300 documents. Over the course of approximately 260 working days in a year, that equals an average of about 13 extensive document reviews a day. This year they anticipate even more requests due to the recently passed Bipartisan Infrastructure Law.

The QHPP director, Everett Bandy, and his section 106 research coordinator and administrator assistant diligently work to protect historical landmarks related to the Quapaw Nation. In addition to their grant funded mandates, the QHPP occasionally receives requests to research specific objectives such as finding information about the tribe's history in a specific place. Other job duties include following up on the documents, filing reports, working with federal partners, and seeking training. The QHPP Director has also assisted federal partners by providing training to federal partners as well.

The QHPP has a heavy workload with a small department. For example, both the Osage and Choctaw Nations have similar responsibilities, but each have over 20 employees in their THPO departments. The additional staff some tribes have allow them to better handle their grant mandated objectives and work on additional preservation goals. Despite being a small department, the Quapaw Nation's THPO program is well regarded in the preservation field. For example, the Quapaw Nation's THPO has been continually elected by the THPOs of Eastern Oklahoma to represent our region nationally on the National Association of THPOs (NATHPO) for over 5 years.

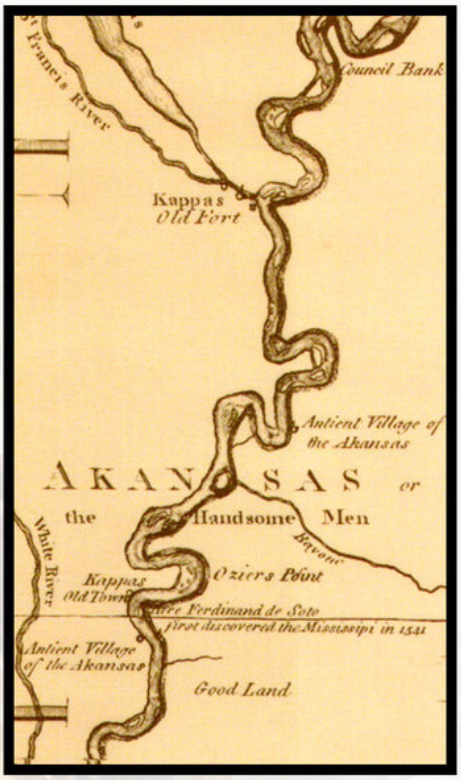
One of the most significant obstacles to overcome for Bandy and his team is keeping up with the projects. Because there are so many different programs and agencies involved with every project, communication becomes essential for everyone to be on the same page. Communication, tracking and follow up are essential to prevent any projects from slipping through the cracks.

Some projects take years to resolve as well. For example, an archaeological site in Arkansas is being eroded and damaged by flooding water. Still, private property infringes on progress made to protect the area. This issue has been a problem for over a decade, however the QHPP has seen slow but periodic progress and improvements.

A highlighted success of the QHPP is the Sherman Mound. A rail company adversely affected the site, so the QHPP and federal partners worked to mitigate the impact. This included an archeological study and efforts to better protect the site from future impact, such as installing a natural rock barrier. This was used as a case example for the entire state of Arkansas by the Advisory Council on Historic Preservation (ACHP) to highlight Section 106 Success Stories. More information on this example can be found at **www.achp.gov/success-stories/sherman-mound-and-village-site.**

For more information about the QNHPP, please visit www.quapawtribe.com/192/Quapaw-Nation-Historic-Preservation-Prog

EVERETT BANDY, CHEYENNE GREENUP, AND JARED McCORMICK



"Course of the River Mississippi from the BALISE to FORT CHARTRES; Taken on an EXPEDITION to the ILLINOIS, in the latter end of the Year 1765, by Lieut. Rofs of the 54th Regiment: IMPROVED from the Surveys of the River made by the French", London, printed for Rob Sayer, June 1, 1775

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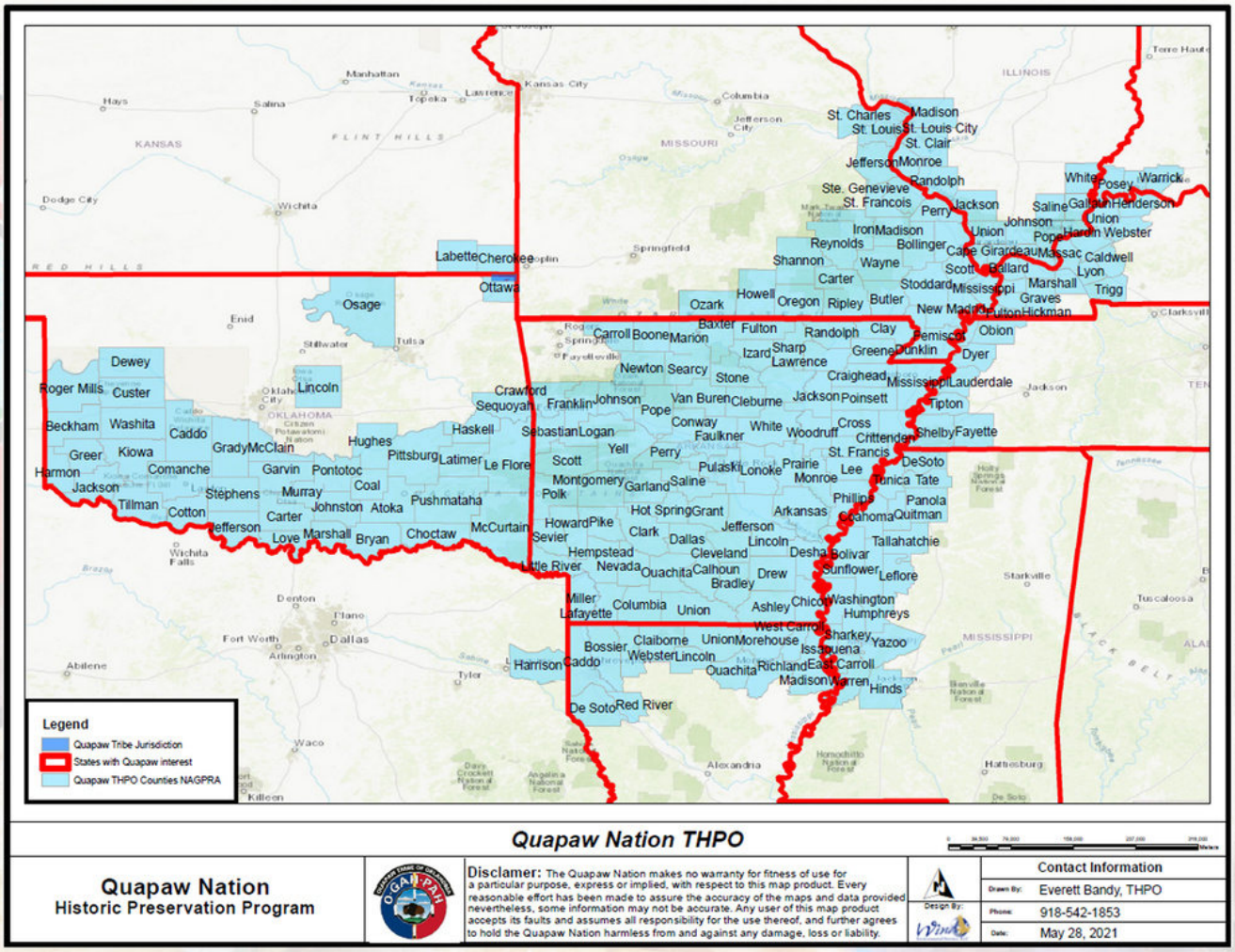
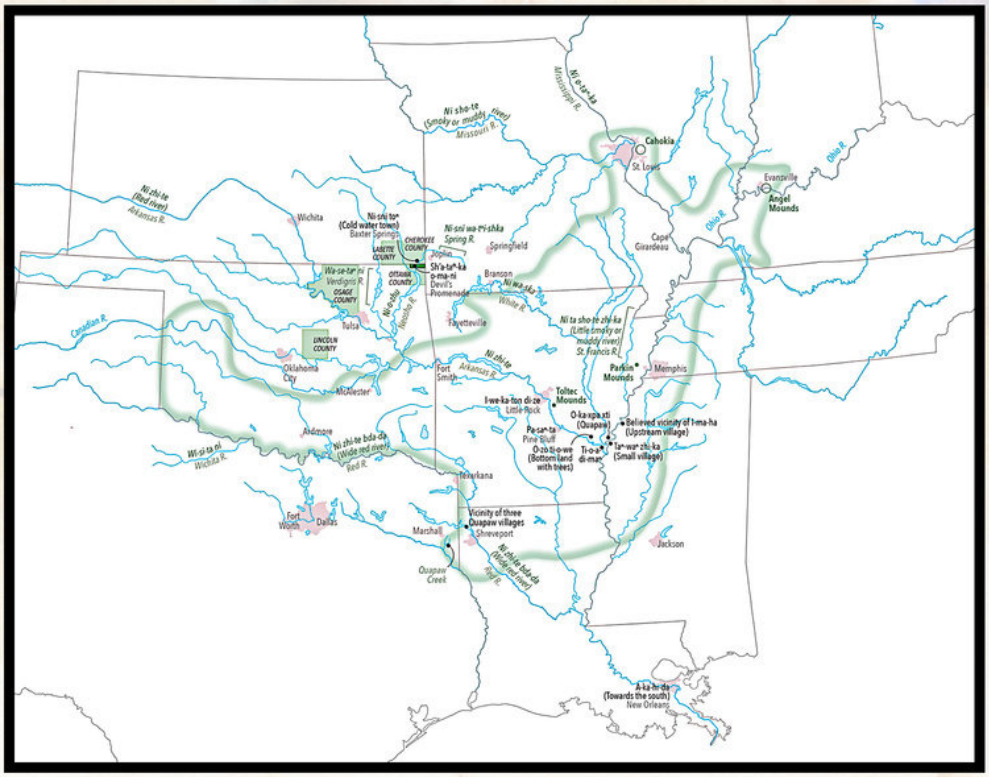




ABOVE MAP:
Courtesy of the Quapaw Nation.

THE ANCESTRAL AREA MAP:
The Texas Observer

THE HIDDEN GYM

By Austin Headlee

The Quapaw Nation Fitness Center offers the opportunity for Quapaw Nation and local other community members a judgement-free space to get fit and have fun. Sherrie Nida, Fitness Center director, describes is as a starter gym. This is because the gym does not offer many heavy-weight machines and has a target demographic of seniors and elders, but children as young as seven can come to the Fitness Center with a guardian to supervise.

OF QUAPAW

Nida and the late Robert Whitebird III opened the Fitness Center on December 12, 2013 and continued to add to the building.

On January 9, 2015, they opened the basketball court andbegan hosting basketball tournaments. The bleachers in the basketball court were refurbished from the Picher gym after it was shut down.

In addition to the basketball tournaments, the Fitness Center holds a variety of events to keep the community engaged with a focus on promoting healthy and sustainable living. Once a month, the Quapaw Nation Community Health Program arranges a health screening which measures participant's blood pressure, oxygen saturation and blood sugar upon request. Walking for Wellness, which track's participants steps inside the Fitness Center, and scavenger hunts are other ways that Nida keeps the gym members engaged.

Nida is currently running a weight loss challenge called, Choose to Lose It, with 42 participants. There are prizes awarded to first, second and third place with winners to the men's and women's divisions based upon the percentage of body weight lost.

In addition to challenges, the Fitness Center also offers fitness classes. Nida is organizing high intensity interval training (HIIT) classes in addition to walking and band exercise classes.

Besides the free-to-participate challenges and programs, the Fitness Center offers a couple of amenities. They have an infrared sauna, which offers a handful of health benefits, including weight loss, detoxes, lowering blood pressure and helps with heart conditions, and a massage table, lockers and showers.

The Fitness Center offers a variety of discounts for teachers, medical personnel, law enforcement, active military and veterans. There is a monthly plan, but they also offer a annual rate which averages out to be cheaper than the monthly rates. Additionally, the Fitness Center is free of charge to Quapaw Nation members.

Joshua Garrison, fitness coordinator, and Steve Owens, front desk attendant, work diligently with Nida to give their members an excellent experience. For more information about the Quapaw Nation Fitness Center and its upcoming events, call 918-238-3154.

Mi Hanka Creations, LLC

By Austin Headlee

Mi Hanka blends tradition with modern design

Heather Dismuke has been making custom-ordered tribal clothing and regalia for over 15 years. During that time, she created numerous connections and a following which prompted Dismuke to start her business, Mi Hanka Creations, during the 2021 summer.

The term Mi Hanka translates to sacred sun, which refers to the concept of the sun being at a sacred spot in the sky where things can grow and flourish. Dismuke is a millennial who brings new ideas about art and expression to the Native realm.

""I love florals and the traditional workings of how our Indian clothes are supposed to look like, but honestly we're in a new century," said Dismuke. "We have access to newer design, newer prints and I just wanted to have some fun. With my generation, we love pop culture. We always talk about Big Bang Theory, The Mandalorian, Looney Toons, things like that."

Dismuke believes that millennials are still defining themselves in Indian Country and they value keeping their inner child alive with fun and quirky ways of expressing themselves. The modern patterns also create conversational pieces and bonds with others. Although her designs might not be for everyone, Dismuke found her target audience.

Success is the driving force that keeps businesses thriving. Everyone defines success in their own way. According to Dismuke, the key to her business is getting repeat customers.

“Usually, they come in for something minor like a ribbon skirt but then from there they love my work and they see what I can create, so it goes into bigger, more elaborate projects,” said Dismuke.

Repeat customers typically purchase more on their second purchase. They also create publicity for Mi Hanka by wearing her works, posting them on social media and through word-of-mouth.

Dismuke thought about every step of her business. It is vital to have a well-detailed plan and stick to the strategy. Dismuke believes that business owners should trust their process and back up their decisions.

“There’s nothing scarier than starting a business,” said Dismuke. “That is your baby and there’s times where I’ve gotten flak from people about how I do things, but honestly I’ve thought every step through.”

Along with creating work for Mi Hanka Creations, Dismuke works 40 to 50 hours a week at Amazon. She wanted to start a coffee truck business, but that has been put on the back burner due to the current climate. The pandemic, inflation and the recent war in Ukraine have caused the start of running a new business to not be feasible. For example, a few months ago, the cost of acquiring the truck to run the coffee shop would have been approximately $45,000. Now, the price has skyrocketed to $80,000.

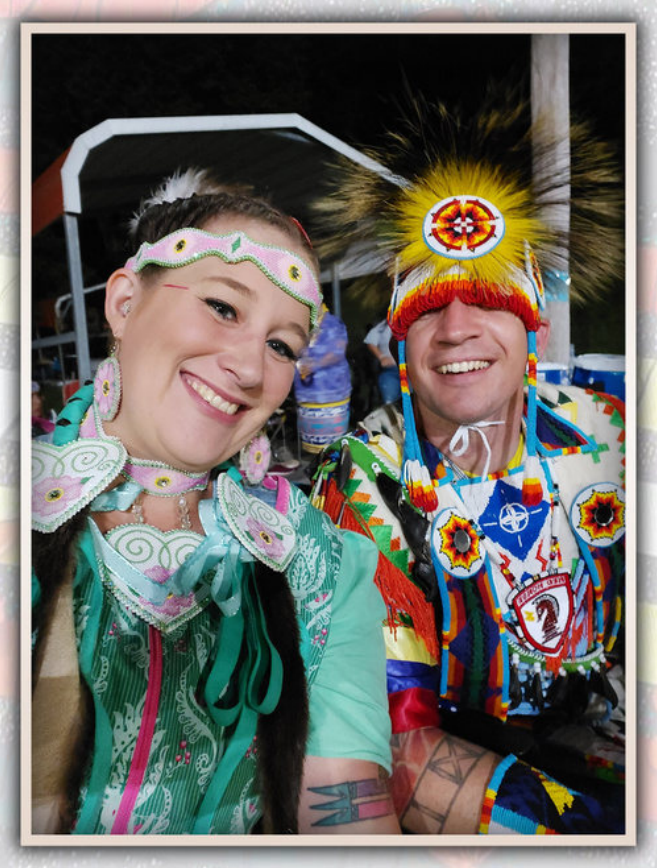
Starting another business in the future is not out of the question, but Dismuke focuses on setting herself up for success.

“I want to be successful,” she said. “I don’t want my businesses to fail. Like everyone says, ‘your business is your baby.’ I don’t want my baby to fail, right now is just not the right time for me doing that.”

Transparency is essential when offering advice and serving as a role model for success. With that in mind, Dismuke wants potential entrepreneurs to plan out every scenario for their business. Every business will experience hardship and it's important to plan and manage risk assessments.

“Our tribal members need to understand what it’s like to run a business,” she said. “It’s great to go out and start a business, but what if it fails? We need more tribal entrepreneurs, but we want our tribal entrepreneurs to be successful and this is one of those things. Like, you have to consider current affairs to be successful.”

Dismuke is fulfilling one or two custom orders per week and is still taking orders in preparation for the 150th Quapaw Nation Powwow. To contact her for work, please reach out to her Facebook page @mihankacreations.



KRISTI TATE

CELEBRATING 21 YEARS OF SELF-LESS DEDICATION TEACHING YOUNG CHILDREN WITH SPECIAL NEEDS

By Josemiguel Gomez

Born in Joplin, Missouri, Kristi Tate describes herself as a caregiver and nurturer who actualized her role since childhood. Being a part of a big family tree, she recalls lots of family activities and having to take care of her yonger cousins.

“We had a large family that we would all get together with, and all of the kids would get together and play. But I was the oldest, so I didn’t always play with them because they were like, little; they were four years younger than me. So I don’t always play with them, but I would always take care of them.”

What drove Kristi was her admiration for her role model, which she has quite a few. She describe one of her childhood role models that inspired her to pursue the passion of teaching, as amazing, her first grade teacher.

“I did have a role model from school, and she was my first-grade teacher. She was amazing. She was very loving and very kind, and she always, even when I got older, would let me come back to her classroom and help her grade papers or do anything else that she might need to be done in the classroom.”

In May 2021, Kristi Tate was awarded Seneca Teacher of the year.

“This award means a lot to me. It came at a time when I was having doubts because I was struggling when we were going home and staying at school and going home, and between COVID and everything else. I was very, very frustrated and I was lacking motivation. When I got the award it really kind of blessed me. I was very humbled, I think it struck me a little bit because I wasn't feeling it that year. There were many years where I put my heart and soul into it and felt I'd done an okay job. But last year was not the year. And for me to get it that year, it made me realize that I was still okay.”

Kisti has a unique ways of teaching and interacting with young children with special needs.

“The kids need to know that you love them. And if they know that you love them. You bring a lot out of them. You can help them achieve big things of things as long as they know that you love them.”

Just like any other job, the profession of teaching also has its hurdles, especially when it comes to children with special needs. But, Kristi, with her charm and skills, makes it look as easy as pie. Kristi has a special skill and patience to turn the challenges into rewards.

"One of the greatest rewards is just seeing the kids accomplish things that they didn't think that they could. And I teach special ED, so my kids already have a challenge in front of them before they even get to us. So, whenever they can accomplish things that they didn't think that they could accomplish, it's amazing. And they get so excited about it, which makes me excited because we love to see them accomplish things."

COVID-19 pandemic took a toll on the world, the study model also changed to a hybrid system which didn't fare well in places like Seneca, MO. Kristi described her hurdles of teaching kids without the assistance of technology and no bandwidth to supply internet access to the student in their homes.

"Seneca is such a small place, that it does not have the Wi-Fi capabilities to allow the kids to all have their own computers and their own technology. So, even if we can get everybody hotspots, there is not enough access to internet services in our district that we can all get to do that. So, we at Seneca have to send home packets; we are no longer able to do online learning as much. We do as much as we can. But we have a lot of the kids that don't have access."

The will and zeal shown by Kristi in these 21 years has made her popular and loved among her students and peers. Motivated, easy-going, and loving is what describes this admirable teacher who adores her grandmother, Flossie Mathews, whom inspired her to become a teacher.

FACTS ABOUT KRISTI TATE: TEACHER FOR CHILDREN WITH SPECIAL NEEDS

Number of Years Teaching: 21
Spouse: Ted Tate, Married for 24 years
Profession: Early Childhood Special Education Teacher
Children: Dakota (22 years old) is a junior at Ozark Christian College;
Jakob (19 years old) is a freshman at Northeast Oklahoma A&M College;
Josiah (8 years old) in second grade
Education: Bachelor of Science in Elementary Education with Specialization in Special Education; Minor in Psychology; Certification in Early Childhood Special Education
College: Haskell Indian Nation University, NEO A&M and Missouri Southern State University
Hobbies: Gardening and Playing with Pets
ABOUT EARLY CHILDHOOD SPECIAL EDUCATION:
Early Childhood Special Education is a program dedicated to educating children aged between 3 and 5 with developmental delays. It helps children with cognitive, adaptive, motor, speech, language, or social predicaments.

mitTs Farmacy

By Austin Headlee

The medical marijuana business has been a fast-growing industry since Oklahoma passed the bill in 2019. According to WebMD, the chemical compounds in marijuana have several reported medicinal applications, including anxiety relief, relaxing muscles and reducing inflammation. It is also an essential medicine for patients battling Crohn's disease, glaucoma, seizures, eating disorders and Alzheimer's disease.

Jerri Montgomery, owner of miTs Farmacy, got into the business nearly two years ago. Jerri Montgomery and her team run the dispensary and gift shop attached to the shared building. After observing the medicinal effects herself, she got into the medical marijuana industry while her late husband, Tim Montgomery, battled lung cancer. Tim Montgomery used Rick Simpson Oil (RSO), a highly concentrated form of THC, to alleviate pain and increase his appetite. He did not need any other pain medication after starting the RSO treatment.

After witnessing how medical marijuana helped Tim Montgomery, Jerri Montgomery and JR Mathews, owner of miTs Farmacy and former Quapaw Nation Business Committee Chairman, want others in the community to have access to the same benefits. The name miTs Farmacy is used to pay respect to Tim Montgomery, who is the reason the dispensary is up and running.

"He would be at the table and people would walk up and go, 'Hey Tim, how are you doing,'" said Mathews. "And he looked in the mirror across from me and say 'I see Mit,' and they all laughed. It was just Tim, you know. So, everyone started calling him Mit. For 20 years everyone's calling him Mit his name again. When he passed away and we want to open this, we decided to name it miTs because he's the reason we're doing this."

The medical marijuana industry is a very competitive industry. In fact, Miami, Okla. Is one of the highest concentration of dispensaries in Oklahoma with approximately one dispensary per 700 people. Most of the dispensaries are ran and operated by large conglomerates, but miTs is owned and operated entirely by Quapaw Nation members with their focus in patient care.

However, due to the competitive nature of the business, Jerri Montgomery and Mathews have to think outside of the box to keep up with their competitors. They decided to specialize in wholesale and opened miTs Gift Shop, which offers a wide variety of Native American work such as blankets, knives, poker chips and cards. They plan to offer Pendleton blankets and tribal jewelry soon. They also offer a 10% discount in their gift shop to Native Americans.

The miTs Farmacy workers excel in customer service as well. They build lasting relationships with their customer base, know them by name and work with them to find the right products that will best help their medical needs. They are also pet friendly; they welcome customers to bring their dogs in and even offer dog treats that do not contain CBD or THC.

Jerri Montgomery and Mathews offer the same advice to prospective Quapaw Nation business owners: plan, research and make sure you are hitting a market that needs hit.

To learn more about miTs Farmacy, visit their website mitsfarmacy.com and follow their Facebook page.

QUAPAW NATION
O-GAH-PAH

2nd Annual Northeastern Tribal

STEAM

SCIENCE TECHNOLOGY ENGINEERING ART MATHEMATICS

FAIR

MONDAY, APRIL 18, 2022

10:00AM - 3:00 PM

Quapaw Nation Fitness Center
907 Whitebird, Quapaw, OK

INVITING ALL NORTHEASTERN OKLAHOMA TRIBAL STUDENTS TO COME AND SHOWCASE THEIR SCIENCE, TECHNOLOGY, ENGINEERING, ART OR MATH PROJECTS

**VIRTUAL PROJECTS ALSO WELCOME!

WWW.QUAPAWNATION.COM

MORE INFORMATION : (918)238-3156 OR PBILLINGS@QUAPAWNATION.COM

APRIL 2022

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5 Fitness Classes at Fitness Center	6 Community Meeting QN Youth Programs 6:00 PM	7 Fitness Classes at Fitness Center	8	9
10	11	12 Communities for Immunities 10:00AM - 2:00PM	13	14 Fitness Classes at Fitness Center	15 Easter Dinner for Elders - 1:00pm	16 Business Committee 9:00AM Easter Egg Hunt
17	18 S.T.E.A.M Fair 10 AM	19 Fitness Classes at Fitness Center	20	21 Fitness Classes at Fitness Center	22 Final Weigh-In Choose to Lose in '22 7AM - 7PM	23
24	25	26 Fitness Classes at Fitness Center	27	28 Fitness Classes at Fitness Center	29	30

EVERY TUESDAY & THURSDAY IN MONTH OF APRIL

Fitnes Classes - 10:00am Chair band Exercises - 10:30am Walking Strong
11:00am HITT/ 20 min. Body Exercises - Noon Intense Cardio

All classes are free, if anyone has any questions please call Sherrie Nida 918-238-3154
QUAPAW NATION FITNESS CENTER | 907 WHITEBIRD, QUAPAW OK.

Wednesday, April 6 at 6:00pm : Quapaw Nation Youth Program Community Meeting
For more information call Billie Burtrum at 918-238 -3152
KI-HO-TA CENTER | 58150 E. 66 RD. MIAMI, OK

Tuesday, April 12 at 10:00am-2:00pm : Communities for Immunities
For more information call Pattie Billingsly at 918-238-3156
QUAPAW TRIBAL MUSEUM | 905 WHITEBIRD ST, QUAPAW, OK | PFIZER & MODERNA WILL BE AVAILABLE

Friday, April 15 at 1:00pm : Quapaw Nation Easter Dinner/Elders Egg Hunt
For more information call Rhonda Weaver 918-238-3155 | ELDERS CENTER | 905 WHITEBIRD ST, QUAPAW, OK

Saturday, April 16 at 9:00am : Quapaw Nation Business Committee
For more information call Ann Courtney at 918-961-8682 | COMMUNITY BUILDING | 5681 S 630 RD, QUAPAW, OK

Saturday, April 16 at 12:00pm: Quapaw Nation Egg Hunt
BEAVER SPRINGS PARK | 5681 S 630 RD, QUAPAW, OK

Monday, April 18 at 10:00am - 3:00pm: 2nd Annual Northeastern Tribal S.T.E.A.M. Fair
For more information call Pattie Billingsly at 918-238-3156
QUAPAW NATION FITNESS CENTER| 907 WHITEBIRD ST, QUAPAW, OK

Friday, April 2 at 7:00am - 7:00pm: Choose to Lose in '22 Final Weigh in
For more information call 918-238-3154
QUAPAW NATION FITNESS CENTER| 907 WHITEBIRD ST, QUAPAW, OK

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