

Modoc Newsletter

A Modoc Tribal Publication

2018 Volume 1, Issue 1

Spring Quarter Issue April-June

Wak lís i

Message from Chief Follis

We are pleased to announce the Modoc Quarterly Newsletter. The mission for this letter is to inform our people of important Tribal news, promote Modoc Culture and Traditions, to keep Modoc people connected, and to develop new & rekindle old traditions together. Thank you for continued input on needs of the tribe; and this is the first of many new things to come within the Modoc Tribe!



Modoc Tribe of Oklahoma

22 North Eight Tribes Trail
Miami, OK 74354
918-542-1190

www.modoctribe.com

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Modoc Bison Range



The Modoc Bison Range is located near the Oklahoma and Missouri state line, consisting of roughly 600 non-contiguous acres. This land is part of the original allotment lands where our ancestors were relocated, in Indian Territory (present-day Oklahoma). The Range is home to 170 wild *yuhó* (bison), that were originally only 13 heifers acquired from National Wildlife Refuges. The herd is raised in an environment favorable to their natural state and well-being.

We caught up with David Sappington, herd manager of the Modoc Bison Range. The Range is a benefit to the Modoc Tribe and our community in offering a healthy dietary option. David stated, "We are providing a source of protein that is raised in a naturally focused environment with a range friendly diet, instead of a feed lot, that produces a meat product free of preservatives and steroids that are commonly associated with meats that you'll find your local grocer."

Not only do we have a thriving herd, we are able to provide access to *yuhó* meat for our tribal people. The *yuhó* meat is known for its nutritional value of high protein and omega-3. *Yuhó* meat is available for sale at the Modoc Administrative Office, located at **22 North Eight Tribes Trail, Miami, OK**. Visit www.modoctribe.com/bisonrange.html for more information.

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- + Elder Recognition
- + Student Highlight
- + Recipes
- + Language Program
- + Business Directory

Save the Date

Annual Meeting/Election

May 5, 2018 @ 9:00AM

Language Rollout

May 5, 2018 @ 11:00AM

Culture Workshops

Coming Soon!

Jack Shadwick ~Modoc Elder



Jack Shadwick, 80 years old, resides in Miami, OK. He is the father to 4 adult children and grandfather to 10 children.

Jack has worked with the Modoc Tribe for 12 years. In his many years with the tribe he has counseled many Modoc high school, vocational, college, and graduate students in the fields of business, nursing, law, and many more. He currently serves as Director of Education, Historian of the Modoc Tribe, and Enrollment Officer. Jack's service and dedication has advanced the Modoc Tribe greatly in restoring its library after a devastating flood and serving tribal people in reaching advanced educations and learning their tribal history.

Stop by and say “*wak lís i*” (How are you?) at the newly renovated Cultural and Genealogy Library located at
418 G. Street SE, Miami, OK.

Higher Education

Educational Services are offered to Modoc Tribal people. Services include opportunities for scholarships, funding for school and related expenses, and opportunities for lifelong learning.

Offered to Modoc people only.

Elder Recognition & Future of the Modoc

Modoc Students on The Rise!



Molly Karnes is the daughter of Ben Karnes (Modoc) and Holly Smith. She attends school at Field Kindley High School in Coffeyville, KS and is in the 11th grade. She participates in Cheerleading, Choir, Drama, and is a member of the National Honor Society.

Grace Vaughan is the daughter of Katie Brock (Modoc) and Jason Vaughan. Grace will be graduating from Chaparral High School in Scottsdale, Arizona in May. She will be attending University of Arizona in Tucson in the fall.



Mitchell Mann is the son of Cristen (Modoc) and Joshua Mann. Mitchell will be graduating from Lake Havasu High School in Lake Havasu City, Arizona. He will be attending *Arizona State University*.

Thomas Ferry is the son of Kathy (Modoc) and Michael Ferry. Thomas will be graduating from Dana Hills High school in Dana Point, California. He will be attending the *University of California* at Santa Barbara in the fall.



Alex Leong Shadwick is the son of the late Albert Leong and Annette Leong of Pleasant Hill, OR. He is the recipient of the *Modoc Tribe Scholarship*. Alex attends *Cornell University - College of Engineering* located in Ithaca, New York. He is expected to graduate in May 2018 with a Bachelor's in Computer Science.

Congratulations Students!

Check out our **Modoc Tribe Scholarship** opportunities!

«« Shiu'lkish »»

(Gathering Place)

As we develop our quarterly Newsletter we need your help! Currently we are in need of:

- + Modoc Elder Interviews
- + Traditional Recipes
- + Modoc Stories
- + Modoc Student Nominations
- + Tribal Member Recognition
- + Modoc Family Photos

In developing our Cultural Preservation Program we are also seeking Modoc Tribal member involvement with:

- + Cultural Preservation Committee
- + Modoc Language Teachers
- + Basket Weavers
- + Story Tellers

If you are interested in helping contact Jessica Mullin at (918) 325-1526.

Collard Yuhó (Bison) Loaf

Ingredients

- | | |
|-----------------------------------|--------------------------------------|
| 1½ pounds collard greens | 2 tablespoons extra-virgin olive oil |
| 1 cup diced onion | 3 cloves garlic, minced |
| 1 teaspoon kosher salt, divided | 1-2 tablespoons hot sauce |
| 1 tablespoon Worcestershire sauce | ½ teaspoon ground cumin |
| ½ teaspoon smoked paprika | ½ teaspoon ground pepper |
| 1½ cups coarse fresh breadcrumbs | ½ cup milk |
| 1 pound ground bison | 2 large eggs, lightly beaten |
| 1 pound ground pork | ¾ cup ketchup |

Directions

- 1) Strip collard leaves from stems (discard stems); finely chop.
- 2) Heat oil in a large pot over medium heat. Add onion and cook, stirring occasionally, until soft, about 3 minutes. Add the collards, garlic and ½ teaspoon salt; cook, stirring, until bright green, about 2 minutes. Add hot sauce to taste, Worcestershire, cumin, paprika and pepper; continue to cook until the greens are completely wilted, 2 to 4 minutes more. Transfer the mixture to a large bowl and let cool slightly, stirring occasionally, about 15 minutes.
- 3) Combine breadcrumbs and milk in a medium bowl and let stand for about 10 minutes.
- 4) Preheat oven to 350°F. Coat a large rimmed baking sheet with cooking spray (see Tip, below).
- 5) Add bison, pork, eggs, ½ cup ketchup, the breadcrumbs and the remaining ½ teaspoon salt to the greens. Gently mix by hand to combine. Form into a large, long loaf, 4 to 6 inches wide, on the prepared baking sheet.
- 6) Bake the meatloaf for 30 minutes. Brush the top with the remaining ¼ cup ketchup.
- 7) Increase the oven temperature to 400 degrees. Continue baking until an instant-read thermometer inserted into the center registers 165°F, 25 to 35 minutes. Let rest 10 minutes before cutting into 8 slices.

Modoc Language Program

We are excited to offer a Modoc Language Program with our first meeting to occur directly after our annual meeting on **May 5th 2018 at 11:00AM**. In our initial meeting we will discuss direction and objectives of the program, as well as learn some Modoc Words and Phrases. Here are a few to practice:

Modoc Language	Pronounced	English Language
skóa	skoh ah	It is Spring time.
shápash	shah pash	Sun
wē'kala	way'kah lah	To give birth
shlápsh	shlah psh	Budding flowers
vui'ankish	voo ee ahn keesh	Green grass
tehíkash	te hee kahsh	Birds
kiámä'mi	kee ama'mee	In the fishing season.

Modoc Business Directory

Modoc Housing Authority

Modoc Housing Authority (MHA) manages the HUD Native American Low-Income Housing program for the Modoc Tribe. Modoc people are given preference with rent at a reduced rate.

MHA manages other Modoc Tribal Rental Properties, in addition to the Indian Health Services Program, which provides water and sewer grants to Modoc people. Applications for both rental programs and I.H.S. programs may be downloaded at www.modoctribe.com/housing.

Contact Rob Burkybile or Samantha Belt at **918-542-8175** or visit **416 H Street SE, Miami, OK 74354** to learn about rental options and opportunities for home owners.

Modoc Main Office/Tribal Administration

22 N. Eight Tribes Trail Miami, OK 74354
Phone: 918-542-1190 Fax: 918-542-5415

Modoc Bison Range

10651 S. 705 Rd Wyandotte, OK 74370
Phone: 918-533-6372

Modoc Child Care Development Fund (CCDF)

625 6th Street SE Miami, OK 74354
Phone: 918-542-7890 Fax: 918-542-7878

Modoc Tribal Child Support Services (TCSS)

615 H Street SE Miami, OK 74354
Phone: 918-540-1501 Fax: 918-540-1503

Red Cedar Recycling and Environmental

206 D Street NE Miami, OK 74354
Phone: 918-542-8176 Fax: 918-542-8118

Red Cedar Tech and IT Specialist/Network Admin

418 G. Street SE, Miami, OK
Phone: 918-325-1448

Did you know? In 1974 The Modoc Tribe was re-recognized federally after the Federal Termination Act of 1954; During this time the Modoc Tribe was not federally recognized in any capacity.

Coal Creek Counseling, LLC is owed by Modoc Tribal member Jessica Mullin, LCSW and was founded in March 2017. She provides individual, family, and group therapy. Jessica utilizes culturally conscious, experience-based, and traditional interventions to address a variety of issues. Coal Creek Counseling, LLC specializes in the treatment of a variety of issues related to **Autism, Anxiety, ADHD, Depression, Trauma, Life Transitions, Grief & Loss, and more.**

Historical Trauma is the accumulation of emotional and psychological wounding that occurs in one's life, passed on from one generation to the next, following the loss of lives, land, culture, and identity. As a Native American, you might show symptoms of loss through way of depression, substance abuse, anxiety, and other problematic behaviors. We are here to help!

Therapy services are **FREE** to Modoc Tribal members and Employees. We also accept Medicaid-OK and Blue Cross Blue Shield.



Jessica Mullin, LCSW
Individual & Family Therapist

(918)325-1526
www.CoalCreekCounseling.com