Kiowa Tribe Participates In Annual Education Legislative Day

By Joe Poe, Vice Chairman of the Kiowa Indian Council

Kiowa Indian Council – The Kiowa Indian Council held field meetings in January and February 2018. These meetings were informative and provided discussion for the KIC Members regarding the upcoming Annual Meeting. One topic was the blood quantum. It was an ongoing concern for many years and our KIC members are supportive of a Constitutional Amendment. The resolution deadline was February 15, 2019, twenty-four Resolutions were submitted from various Kiowa Indian Council members. The Annual Meeting is scheduled for Saturday, April 8, 2019, at 8:00 a.m., looking for the necessary quorum of 150 qualified Kiowa members.

The result of 2018 resolutions, there are two actively working as the resolutions requested, Resolution 1 (The Kiowa Indian Council hereby approves the document Policies and Procedures for the Office of the Council, and, that the Kiowa Indian Council reserves the right to appoint, remove, or amend the position of the Policies and Procedures for the Office of the Council whenever necessary. The KIC shall review the document on a biannual basis to implement improvements as needed. All KIC Council meetings, Article V Kiowa Indian Council, section 2-Office of the Council, (b) every coordinator shall serve in accordance with terms and conditions established by the KIC Council. The Terms and Conditions for the part time KIC Coordinator established a two-year term. Effective October 15, 2018, with the General Election results, the KIC majority voted to approve with 848 to 46 and 216 to support the Resolution#1 as the Resident KIC Coordinator for the Kiowa Red River.

The annual event is designed to examine all contracts to ensure no unnecessary costs are incurred. The Tribe has spent approximately $40m in interest fees alone. The KIC also constructed a cabin in 2007 and has now constructed a lodge, the Kiowa Casino Red River. The KIC has since spent an additional $4m per year. This took effect on July 1, 2018. Since September 2018, the Kiowa Tribe has lost three Legislators. Two were former Kiowa Business Council members. On September 24th, 2018 Charles Evans passed away. On January 30th, Thomas Kalab, former Kiowa Business Committee Legislator. On February 20th, the Tribe has approved a amendment, Former Kiowa Business Committee Legislator. On May 20th, the Tribe has approved a amendment, Former Kiowa Indian Council meetings a year, one in April and the other in the KIC Coordinator.

Resolution Continued on page 2.

Former KIC/Legislator Members Pass Away

Since September 2018, the Kiowa Tribe has lost three Legislators. Two were former Kiowa Business Committee members. On September 24th, 2018 Charles Evans passed away. On January 30th, Thomas Kalab, former Kiowa Business Committee Legislator. On February 20th, the Tribe has approved a amendment, Former Kiowa Business Committee Legislator. On May 20th, the Tribe has approved a amendment, Former Kiowa Indian Council meetings a year, one in April and the other in the KIC Coordinator.

Resolution Continued on page 2.

By Joe Poe, Vice Chairman of the Kiowa Indian Council

Kiowa Casino Operations Authority (KCOA) is proud to announce some recent staffing changes within one Casino Enterprises for the Kiowa people. Jon Peters (Kiowa) has been promoted to General Manager of the Red River Casino and interim COO over all Casino Operations. Peters has been with the Casino since 2004 and has been Assistant General Manager since 2010. Dan Kline (Kiowa) worked his way up to Human Resources Director in 2017 and has now been promoted to Assistant General Manager of the Red River Casino. Constance Gilchrist (Kiowa) has been promoted to General Manager of the Carnegie Casino and Mosque Hickman has been promoted to General Manager of the Casino at Devol in 2008. The KCOA would like to thank all our General Managers for their hard work and dedication.

KCOA Information On The Recent Casino Re-Fe

The KCOA also constructed a cabin in 2007 and has now constructed a lodge, the Kiowa Casino Red River. The KIC has since spent an additional $4m per year. This took effect on July 1, 2018. Since September 2018, the Kiowa Tribe has lost three Legislators. Two were former Kiowa Business Committee members. On September 24th, 2018 Charles Evans passed away. On January 30th, Thomas Kalab, former Kiowa Business Committee Legislator. On February 20th, the Tribe has approved a amendment, Former Kiowa Business Committee Legislator. On May 20th, the Tribe has approved a amendment, Former Kiowa Indian Council meetings a year, one in April and the other in the KIC Coordinator.

Resolution Continued on page 2.

By Joe Poe, Vice Chairman of the Kiowa Indian Council

KCOA Information On The Recent Casino Re-Fe

The KCOA also constructed a cabin in 2007 and has now constructed a lodge, the Kiowa Casino Red River. The KIC has since spent an additional $4m per year. This took effect on July 1, 2018. Since September 2018, the Kiowa Tribe has lost three Legislators. Two were former Kiowa Business Committee members. On September 24th, 2018 Charles Evans passed away. On January 30th, Thomas Kalab, former Kiowa Business Committee Legislator. On February 20th, the Tribe has approved a amendment, Former Kiowa Business Committee Legislator. On May 20th, the Tribe has approved a amendment, Former Kiowa Indian Council meetings a year, one in April and the other in the KIC Coordinator.

Resolution Continued on page 2.
Momaday  

March 3, 2019

Kiowa, Comanche, & Apache Tribes Uniting to Support Their Fellow
By Dianne Hadley

God. It is remarkable that a thing come together at the right time and at the right amount of time. God forgave everyone told everyone in the room if they wanted to do for their loved one. A gathering was on for the evening and very soon after, the head staff and what it means to be home to be prayed together and the gathering was on for the women and the men. Alice thanked everyone for coming to see her dance. With such emotion she thanking everyone for giving her a symbol of her life and a symbol of the life of her family and friends. On the behalf of her family and friends, Alice thanked God immediately for an- Arizona was scheduled, Alice thanked everyone once again; her expenses are now the possible for her to be able to se- serve treatment at Cancer Treat- ment Center. The Kiowa Nursing Station didn’t give up and kept mak- ing phone calls. The nursing team will cover most of her treatment costs as this is what made her loved ones con- cerned. Through prayer and amb- ition, they raised approximately $500.00. Alice thanked everyone one again, her family and friends for their part in her healing journey. As it is stated in the Holy Bible, “when two or three are gathered in my name, I am there in the midst of them.”

The Kiowa Tribal Chairman fully sup- ports the Bill of Rights as it is read in the Kiowa Tribal Council. Article V – LIFE:

1. “The government of the tribe shall not tax its own citizens. No person shall be deprived of the freedom of speech, or the privilege of the peace of the person peaceably assembled. Any person shall be deprived of the government for the peaceful of govern- ment.”

Resolution – continued.

Resolution or clarification re- quired or bad consideration shall be not- able. One resolution requests two meetings in three to meetings a year, one in April and two in November. FIFTEEN HOURS IS THE REQUIRED PROVIDING THE AGENDA FOR CONTEXT IN- TENDING IN APRIL.

A LIST OF THE FIFTEEN HOURS AND AU- THOR NAMES AS FOL- LOWS:

1. Constitutional Amendment, Article II – Executive Section 33 – General Election, Sub- mit to Secretary of the Election of November 16, 2023. 3. Constitutional Amendment – Article V – Sections 15, 21, 22, 23, 24, 25, 26. 4. Constitutional Amendment – Article VI, Section 1. 5. Appendix to Constitutional Amendment – Sub- mission by Lauds, Fingers, and Others. FIFTEEN HOURS IS THE REQUIRED PROVIDING THE AGENDA FOR CONTEXT IN- TENDING IN APRIL. The Kiowa Tribal Council is the body that shall be notified of the appointment of the tribal chairman. The Kiowa Tribal Council is the body that shall be notified of the appointment of the tribal chairman. The Kiowa Tribal Council is the body that shall be notified of the appointment of the tribal chairman. The Kiowa Tribal Council is the body that shall be notified of the appointment of the tribal chairman. The Kiowa Tribal Council is the body that shall be notified of the appointment of the tribal chairman. The Kiowa Tribal Council is the body that shall be notified of the appointment of the tribal chairman. The Kiowa Tribal Council is the body that shall be notified of the appointment of the tribal chairman. The Kiowa Tribal Council is the body that shall be notified of the appointment of the tribal chairman. The Kiowa Tribal Council is the body that shall be notified of the appointment of the tribal chairman. The Kiowa Tribal Council is the body that shall be notified of the appointment of the tribal chairman. The Kiowa Tribal Council is the body that shall be notified of the appointment of the tribal chairman. The Kiowa Tribal Council is the body that shall be notified of the appointment of the tribal chairman. The Kiowa Tribal Council is the body that shall be notified of the appointment of the tribal chairman. The Kiowa Tribal Council is the body that shall be notified of the appointment of the tribal chairman. The Kiowa Tribal Council is the body that shall be notified of the appointment of the tribal chairman. The Kiowa Tribal Council is the body that shall be notified of the appointment of the tribal chairman.
The Kiowa Higher Education Grant Program has helped fund Xavier’s training since August 2018. After he has completed his training, Xavier plans to attend college to gain knowledge to get ready for college bound courses. “I thank God for the wisdom and knowledge he has given me to continue my education.”

The Caddo Kiowa Tribe Higher Education Grant Program also brought in samples of feathers, shell, bone, and even turkey poop! Higher Education has several more demonstrations planned in the coming months for area schools. If you are a teacher or administrator of an area school who would like to schedule a hands-on STEM demonstration, please contact the Higher Education office by phone or email. Demonstrations are not limited to DNA and can be modified for all ages. For details and email at 580-654-6234 or highered@kiowetrib.com.

Students in Carnegie Middle School discover DNA extraction.

Graduation is an exciting time. It marks both an ending and a beginning; it’s warm memories of the past and big dreams for the future. While you begin to finalize plans for your graduate, don’t forget to call the Kiowa Higher Education Office at 580-654-6234; they are offering assistance to help purchase cap & gowns, graduation pictures, or invitations/announcements.

Also, plans for the annual Kiowa Higher Education Banquet has already begun. We don’t want to miss out on honoring our Kiowa students and their achievements, so please call our office to ensure that the graduates (college, technology center, or high school) from December 2018 and May 2019 are on the list. “ah-ho”

The Kiowa Higher Educa-
tion Department partnered with Carnegie Middle School to bring Dr. Cara Monroe from the University of Oklahoma to present a demonstration on DNA extraction. Mrs. Tanny’s 7th grade science classes. Dr. Monroe is a Research Scientist at the Laboratories of Molecular Anthropology and Microbiome Research in the Department of Anthropology at OU. Her research utilizes archaeology and ancient DNA genomics to investigate prehistoric hunter-gatherer forager interaction, emergence of sociopolitical complexity and biocultural responses to environmental changes throughout western North America, with a specialty in California. Additional research focuses on Native American engagement and collaboration in STEM education, archaeology, and ancient DNA in relation to forensic DNA and microbiome methodologies.

The students had a blast extracting the DNA from artifacts. Dr. Monroe also brought in samples of ancient DNA—turkey feathers, shell, bone, and even turkey poop! Higher Education has several more demonstrations planned in the coming months for area schools. If you are a teacher or administrator of an area school who would like to schedule a hands-on STEM demonstration, please contact the Higher Education office by phone or email. Demonstrations are not limited to DNA and can be modified for all ages. For details and email at 580-654-6234 or highered@kiowetrib.com.
**AARP OKLAHOMA OPENS NOMINATIONS FOR 11TH ANNUAL 2019 INDIAN ELDER HONORS**

Oklahoma City, OK — AARP Oklahoma is accepting nominations for the 11th annual AARP Oklahoma Indian Elder Honors to celebrate Native American elders who have positively impacted their community, family, tribe and nation. Since its inception in 2009, AARP Oklahoma has recognized 50 elders from all 39 tribal nations in Oklahoma.

“The AARP Oklahoma Indian Elder Honors recognizes the extraordinary contribution of Indian elders — many of whom are the unsung heroes of their communities,” AARP Oklahoma state president Joe Ann Vermillion said.

The 2018 Indian Elder Honorees from 28 Oklahoma tribal nations included teachers, veterans, artists, tribal leaders and culture preservationists. AARP state director Sean Voss said, “This event celebrates a lifetime of service from these distinguished elders who have positively impacted their community, family, and tribal nation. Whether they are well-known or exhibit quiet devotion to family and community, this year’s AARP Oklahoma Indian Elders celebrate who represent what is best about Native American people: love of family, dedication to culture and respect for all people.”

This year’s Indian Elder Honors will be held October 1, 2019 in Oklahoma City. Nomination applications are online at https://aarp cuntv.com/2019IndianElders. Nominations may be submitted electronically or mailed to AARP Oklahoma, 126 N. Bryant, Enid, OK, 73704. Nominations must be an enrolled member of a federally-recognized Oklahoma tribal nation, age 50+, and must be living. Nominations do not have to be AARP members. For more information, please contact Mark Shostak at 405-715-4474 or msoukhil@aarp.org. The deadline for submitting nominations is April 30, 2019.

**Kiowa Gift Shop Has New Manager**

The Kiowa Tribe Gift Shop has a new beginning thanks to the new director, manager Ted George. He said, “It has only been a few short weeks, but I sincerely believe the Kiowa Gift Shop is now paradise again. Nominations do not have to be goldmine.” Ted continued by saying that there are a lot of potential and creative opportunities to increase sales and create a brand that we all can be proud of. As we move forward and begin networking with others, the gift shop has a chance to bring a variety of merchandise in as well as the opportunity to highlight the talents of our tribe. The store is a well known photographer from Tulsa, Oklahoma; after graduation he made the decision to further his education at Haskell Indian Nations University where he received his Associate’s Degree in Business Administration. Ted George is a known photographer originally from Enid, his experiences in marketing allows him to be creative in terms of capturing the consumer’s attention. He also has new ideas for promotion like discount for tribe members (showing CDIB) and season of items on sale.

Currently, the Kiowa merchandise that says “of Oklahoma” is on sale as it now considered to be collector items. New merchandise will be arriving shortly along with new themes or sales.

Ted George is from Tulsa, Oklahoma; he has a chance to bring a variety of merchandise in as well as the opportunity to highlight the talents of our tribe. The store is well known for its beautiful art and merchandise. As we move forward and begin networking with others, the gift shop has a chance to bring a variety of merchandise in as well as the opportunity to highlight the talents of our tribe. Ted George is a known photographer originally from Enid, his experiences in marketing allows him to be creative in terms of capturing the consumer’s attention. He also has new ideas for promotion like discount for tribe members (showing CDIB) and season of items on sale.

**To Protect Preserve and Perpetuate the Kiowa Way**

The Kiowa Tribe Museum

Hours of operation: 8:00 a.m.–5:30 p.m.

Monday–Friday

Open to the public

Hours available upon request

505-645-6370

Museum@KiowaTribe.org

**The Kiowa Tribe Museum**

**Black Eagle’s Journey**

By Dennis Tsonetokoy Sr.

There are two sayings, “History is written by the victor.” This is why “manifest destiny” is so vital to ethnic cultures because if it is not written then it cannot be falsified to suit the machinations of the dominant society.

In 1846 an oral history project sponsored by the Doris Duke Foundation recorded oral histories of Kiowa Elders in the Kiowa communities. One of these interviews by the team of ethnologists was with the Kiowa elder Abel Bigbow. Abel related several stories about his family of Kiowa Indians, and of the Kiowa people. One account was of the Kiowa Black Eagle’s journey to Washington D.C. to meet the President in 1846. This would seem like a historic story until you begin to research it.

James K. Polk served as the eleventh President of the United States from 1845 to 1849. Polk was a staunch supporter of “Manifest Destiny” and a proponent expansionism. He was involved in the annexation of Texas, Oregon and California. Polk wanted to meet with the tribes in the end.

Black Eagle’s Journey

By Dennis Tsonetokoy Sr.
Dee Gornto-Mahle, 91, of Mountain View, Oklahoma was born to Harding and Dolores Gene BigBow. Dee attended the KIC meetings and voter registration, he attended. Dave also wanted to Schools while retired to Mountain/Mountain View. He was a Counselor for the taught Sunday School and also coached softball for the Southern California. Dave was very proud to set up the Management team. He was to the Los Angeles area. Job relocated years in 1950 and Riverside. They married February 24, 1954. After graduation, Dave worked as an electrician in an electrical program. During the training years in 1953 and 60, Dave moved his family to the Los Angeles area. Job opportunities opened up with several companies and he decided to stay with Pa- colly (Palo Alto) for twenty years as part of the Management team. He was very proud of at the communications systems for the 1964 Olympics in Southern California. Dave also owned and sold the Mountain View Indian Revival Center in Boulder, Colorado. He also taught Sunday School and was a Counselor for the Indian Revival Center. As Dave decided to retire, he completely returned home to Rains Mountain/View. Dave worked for Sherman and Riverside Indian Schools while retired to help young people adjust similar to what he experi- enced. He wanted to help promote Kiowa youth values and leadership. As he became involved with the youth registration, he attended all Kiowa meetings and decided to run for KIC in 2004. He survived a couple of years as part of the KIC and also served as Kiowa tribe’s lawyer. He joined the Kiowa tribe and became the member as a honor and participated with the Annual KIC, camp every July 4th. During Dave’s years in Cali- fornia, he was in the KIC meetings and voter registration, he attended. Dave also wanted to Schools while retired to Mountain/Mountain View. Dave was a Counselor for the taught Sunday School and also coached softball for the Southern California. Dave was very proud to set up the Management team. He was to the Los Angeles area. Job relocated years in 1950 and Riverside. They married February 24, 1954. After graduation, Dave worked as an electrician in an electrical program. During the training years in 1953 and 60, Dave moved his family to the Los Angeles area. Job opportunities opened up with several companies and he decided to stay with Pa- colly (Palo Alto) for twenty years as part of the Management team. He was very proud of at the communications systems for the 1964 Olympics in Southern California. Dave also owned and sold the Mountain View Indian Revival Center in Boulder, Colorado. He also taught Sunday School and was a Counselor for the Indian Revival Center. As Dave decided to retire, he completely returned home to Rains Mountain/View. Dave worked for Sherman and Riverside Indian Schools while retired to help young people adjust similar to what he experi- enced. He wanted to help promote Kiowa youth values and leadership. As he became involved with the youth registration, he attended all Kiowa meetings and decided to run for KIC in 2004. He survived a couple of years as part of the KIC and also served as Kiowa tribe’s lawyer. He joined the Kiowa tribe and became the member as a honor and participated with the Annual KIC, camp every July 4th. During Dave’s years in Cali- fornia, he was in the KIC meetings and voter registration, he attended. Dave also wanted to Schools while retired to Mountain/Mountain View. Dave was a Counselor for the taught Sunday School and also coached softball for the Southern California. Dave was very proud to set up the Management team. He was to the Los Angeles area. Job relocated years in 1950 and Riverside. They married February 24, 1954. After graduation, Dave worked as an electrician in an electrical program. During the training years in 1953 and 60, Dave moved his family to the Los Angeles area. Job opportunities opened up with several companies and he decided to stay with Pa- colly (Palo Alto) for twenty years as part of the Management team. He was very proud of at the communications systems for the 1964 Olympics in Southern California. Dave also owned and sold the Mountain View Indian Revival Center in Boulder, Colorado. He also taught Sunday School and was a Counselor for the Indian Revival Center. As Dave decided to retire, he completely returned home to Rains Mountain/View. Dave worked for Sherman and Riverside Indian Schools while retired to help young people adjust similar to what he experi- enced. He wanted to help promote Kiowa youth values and leadership. As he became involved with the youth registration, he attended all Kiowa meetings and decided to run for KIC in 2004.
All of these people Caroline loved and touched deeply.

She was a member of the Kiowa Tribe of Oklahoma, and her father, Claude Gouladle Prentiss Sr. was one of the last full-blood Kiowa tribal principals. She attended school in Anadarko, at Fort Still Indian School in Lawton, and was a 1960 graduate of Oklahoma State University. Caroline studied nursing at the Pennsylvania State University and in Anadarko, and she received a Bachelor's degree in Human Services from the University of Science and Arts in 1970.

She was employed by the Bureau of Indian Affairs for 17 years in the Washington, D.C. headquarters and was Director of the Oklahoma Area Office. She was on the steering committee of the Bureau of Special Education in the Indian Youth Recreation Program and the Kiowa Chapter School. She retired in 2007.

She was very special to her nieces and nephews. Her nieces would call her "Big Momma." Her nieces and nephews would call her "Momma," and "Sis." Her brother-in-law said of her, "Her children were her heart, especially her only daughter, Carole Geiogamah Parker, and sons-in-law." She was born on July 11, 1976 in Anadarko, Oklahoma. Teresa Prentiss in Anadarko, Oklahoma.

She was very special to her nieces and nephews. Her nieces would call her "Big Momma." Her nieces and nephews would call her "Momma," and "Sis." Her brother-in-law said of her, "Her children were her heart, especially her only daughter, Carole Geiogamah Parker, and sons-in-law." She was born on July 11, 1976 in Anadarko, Oklahoma. Teresa Prentiss in Anadarko, Oklahoma.
Senior Valentines Day At AOA

Elder Valentine’s Celebration found a King and Queen in George TahBone and Vera BuffaloMeat. They each received prizes fit for royalty from Director Darin Zotigh who attempted to coax a song out of a stuffed animal.

Goodies for the Elders were provided by the Carnegie High School Native American Heritage Club. Pictured with Counselor Hope Worthington. The leftover goodies were distributed among the employees at the Kiowa Tribal Complex.

The employees contest for Valentine’s King and Queen produced co-Queens. Dianna Hadley and Marquita Pocowatchit share the crown and all the amenities.

HEAD START SEEKING STUDENTS
The Kiowa Tribe Head Start Program is now accepting applications. Applications can be picked up at the KCA Head Start Center at 1401 N.E. Lawrie Tatum Road, Lawton, Oklahoma, Little Rabbits Center at 1602 American Street, Anadarko, Oklahoma, Kiowa Tribe Head Start Office, Kiowa Tribal Complex Carnegie, Oklahoma from 8:00 a.m. to 4:30 p.m. Monday-Friday or go to kiowatribe.org for enrollment applications. Kiowa Tribe Head Start is a federally funded program which provides a research-based curriculum, comprehensive health, nutrition, social services, family engagement and other services to children ages 3 to 4 years old and their families. The Head Start program does not discriminate against Race, Color, Sex, National Origin or Disabilities. Everyone is welcome to apply for enrollment this program is not just for Native Americans, anyone can participate.

Documents needed when applying include birth certificate, income verification, current immunization record, CDIB (if applicable) and health insurance.

For additional information call Little Rabbits Center (405) 247-3740, KCA Center (580) 354-1412 or Kiowa Tribe Head Start office (580) 654-2544.
Did you know…

By Staff Writer Dianna Hadley

Did you know that some Kiowa were able to foreseen the weather using the natural aliments around them? Long before you were able to watch the forecast on your local news channel or use any type of weather app; simply observing the moon, clouds, or stars were able to tell you what was coming.

This actually takes me back to memories with my Great-Grandfather, he was such a gentle soul. He was usually found outside all day everyday cof-fee in hand, toothpick in mouth, and his hum-\mpling or whistling of songs, mostly gourd dance. Every now and then he would pause to tell me stories or explain the world around me.

Winter and early spring was always my favorite time to be out in the countryside with him. It’d tell me the Kiowa creation story as well as the Sayn\-day folk tales. We would spend many evenings sitting out at stars and he always pointed out the moon.

A ring around the moon would mean that it’s going to get cold. The half-moon, crescent points facing up, meant that “it is holding the water, dry spell”; the other half-moon, crescent point facing down, meant “it is going to spill out” or rain. He also told me that a warm winter meant a hot/\humid summer.

Records show that most studies on the weather and moon phases appeared in the 1960s and seemed to lend credence to lunar folklore. The 17th Century English farmers believed in a “dripping moon,” which supplied rain depending on whether its crescent was tilted upward or downward. No scientist has found evidence for another adage: Rain usually follows the full and new phases of the moon.

To put it in a scientific sense: the bigger the ring, the nearer the wet. Halos are produced when light from the sun or the moon strikes ice crystals suspended high in the atmosphere at altitudes above 25,000 feet (7,600 meters). Such ice crys-
tals are present within a rather thin, uniform veil of cirrostratus clouds. The practical value of halos for weather forecasting follows from the fact that cirrostratus clouds usually precede a warm front and its accompany precipitation. In other words: the weather the day after a halo formation.

Finding such research to support what my Kiowa elders taught be as a child fascinated me. They didn’t watch TV, use computers, or phones to figure out what the next day would be like. I asked my great-grandfather how he knew all of this. He just smiled at me and, “I listened to the old folks.”

Presently there are very few Kiowa that still do this, they learned from their elders as well. Every now and then I still hear those phrases: “it’s holding the water, or it’s going to spill” and they’re usually correct. Just goes to show you that we are still able to learn a lot if you just take the time to listen and pay attention to the world around you.

DIRECTIONS:

1. Dredge Buffalo in Flour, set aside.
2. Slice Sweet Potatoes, place in bottom of the slow cooker.
3. Cut onions into large pieces and layer over potatoes.
4. Clean Mushrooms thoroughly, cut in half, and layer over onions.
5. Layer Baby Carrots over mushrooms.
7. Pour Diced Tomatoes and liquid evenly over Buffalo.
8. Season with Bay Leaf, Oregano, and Pepper.
9. Pour Vegetable Broth evenly over all.
10. Cook on low for 6 - 8 hours, stirring towards end.

Ready in 6 hours and 20 minutes

Ingredients:
- 1 1/2 lbs buffalo, cut into small pieces (like stew meat)
- 2 tablespoons whole wheat flour
- 3 sweet potatoes, with skin
- 2 cups baby carrots
- 2 medium onions
- 8 ounces mushrooms
- 1 (14 1/2 ounce) can diced tomatoes with juice
- 4 bay leaves
- fresh ground pepper
- 2 cups vegetable broth

BUFFALO STEW

Recipes provided by Will Brown, Kiowa Food Distribution Director

CHANGING WINDS CULTURAL SOCIETY

Accepting 2019 Applications for Miss, Junior and Little Miss Indian Oklahoma County Applications are available ONLINE at www.culture.org

Contact: Patricia Kissay, Chairwoman

Deadline to have completed application is in March 1, 2019

BUFFALO STEW

Recipes provided by Will Brown, Kiowa Food Distribution Director

DIRECTIONS:

1. Dredge Buffalo in Flour, set aside.
2. Slice Sweet Potatoes, place in bottom of the slow cooker.
3. Cut onions into large pieces and layer over potatoes.
4. Clean mushrooms thoroughly, cut in half, and layer over onions.
5. Layer Baby Carrots over mushrooms.
7. Pour Diced Tomatoes and liquid evenly over Buffalo.
8. Season with Bay Leaf, Oregano, and Pepper.
9. Pour Vegetable Broth evenly over all.
10. Cook on low for 6-8 hours, stirring towards end.

BIFFALO STEW

Recipes provided by Will Brown, Kiowa Food Distribution Director

DIRECTIONS:

1. Dredge Buffalo in Flour, set aside.
2. Slice Sweet Potatoes, place in bottom of the slow cooker.
3. Cut onions into large pieces and layer over potatoes.
4. Clean mushrooms thoroughly, cut in half, and layer over onions.
5. Layer Baby Carrots over mushrooms.
7. Pour Diced Tomatoes and liquid evenly over Buffalo.
8. Season with Bay Leaf, Oregano, and Pepper.
9. Pour Vegetable Broth evenly over all.
10. Cook on low for 6-8 hours, stirring to-