

Newsletter



Upcoming AICS Powwows

We have been busy over at AICS planning our 2025 Powwows! Our Annual Meeting Powwow is on **March 15th** at the **Springfield Dream Center**. See page 4 for our powwow flyer.

On **October 11th**, we will host a powwow in **Marshfield** at the **Webster County Fairgrounds**. We do not have a flyer made for this yet, but make sure to save the date! This will be AICS's first youth powwow.

AICS Food Pantry

Our Food Pantry is open and available to everyone, regardless of tribal membership or income level.

Thursday 12:00 PM - 4:00 PM

Friday 9:00 AM - 12:00 PM

Call and make an appointment if our hours do not work for you.



AICS Board Openings

Are you interested in enacting lasting change in your local Native community and our larger community as a whole? Join AICS's Board of Directors! There are several new openings available! Submit a letter of intent (include your name, a short biography, and why you would like to be on the board) to AICS by **midnight on March 13th**. Send your letter to:

info@aicspringfield.org



New Program at AICS

HealthScripts is starting at AICS! This program focuses on creating positive connections between our community and doctors. Join us in learning about healthy practices while being in a friendly environment. The first session is **Thursday, February 6th at 4:00 PM**. The flyer is on page 3 of the newsletter and has more information. Contact us if you have any questions!

FEBRUARY EVENTS



- **Drum Practice**
 - February 5th 5:00 PM
 - AICS Office
 - Free and Open to the public
- **Health Scripts Program Start!**
 - **February 6th 4:00 PM**
 - **AICS Office**
 - **Free and Open to the public**
 - **Sign Up with link on our website!**
- **AICS Garage Sale**
 - February 7th and 8th
 - 8:00 AM - 3:00 PM
 - AICS Office
 - Lots of Treasures Available
- **Drum Practice**
 - **February 19th 5:00 PM**
 - **AICS Office**
 - **Free and Open to the public**
- **Health Scripts**
 - February 20th 4:00 PM
 - AICS Office
 - Free and Open to the public
 - Sign Up with link on our website!
- **Snack and Yak Ladies Night**
 - **February 25th 6:00 - 8:00 PM**
 - **Bring and Snack and make new friends!**

Do you order on Walmart.com
or the Walmart app?

At checkout, round up to
donate to AICS!

UPCOMING EVENTS

- **AICS Annual Meeting Powwow**
 - **March 15th 1:00 - 10:00 PM**
 - **Springfield Dream Center**
 - **829 W. Atlantic, Springfield, MO**
- **AICS Youth Powwow**
 - October 11th
 - Webster Co. Fairgrounds
 - Free and Open to the public
 - More info to be released soon!

There is no Bow Class for the month
of February. Our Bow Class instructor
is taking a well-deserved vacation.
The next Bow Class is scheduled for
March 12th!

HealthScripts: Community Health Circle Program

Health Circles are co-facilitated by local family doctors, dietitians, community members, and elders. These circles are focused on connection, community, and supporting each other in building a healthy life. Every health circle has a theme to explore as we approach health in ways that are informed, sustainable, loving, and nurturing.



Topics Include:

- Wise Nutrition
- Food as Medicine: Eating to treat, prevent, and reverse chronic disease
- Movement for vitality and joy
- Healthy mind and spirit
- Connection and Community
- Sleep and Rest
- Other topics based on participant interest

Some sessions will include hands-on workshops such as foraging and cooking.

First Session: February 6th at 4:00 PM

Health Circles will be held every two weeks. Attendance is not mandatory to continue with the program, but each session builds on each other.

To Register:

Please fill out the form listed on our website!



📍 American Indian Center of Springfield
1126 N. Broadway Ave, Springfield, MO

✉️ info@aicspringfield.org

🌐 aicspringfield.org



American Indian Center of Springfield's Annual Meeting Powwow

March 15th, 2025

Springfield Dream Center
829 W. Atlantic St.,
Springfield, MO 65803

Schedule:

1:00 PM - 10:00 PM

Gourd Dance 1:00 - 2:00 PM

Intertribals 2:00 - 5:00 PM

Dinner Break

Gourd Dance 6:00 - 7:00 PM

Intertribals 7:00 - 10:00 PM

Head Staff:

Host Drum: **Drowning Creek - Kevin Leroy, Eucha, OK**

Head Man: **Richard K. E. Nogales, Lebanon, MO**

Head Lady: **Natasha Watashe, Bartlesville, OK**

Head Gourd: **Keetoowah Knight, Tulsa, OK**

Arena Director: **Chris Smith, Springfield, MO**

Emcee: **Wade Blevins, Jay, OK**

AICS Princess: **Brailynn Blevins, Jay, OK**

Join us for dancing, vendors, raffles,
Indian Tacos, and community building!

Drugs, weapons, or alcohol are not permitted.
We are not responsible for accidents or lost or stolen items.



For general information and vendor information, call or email us!

American Indian Center of Springfield
1126 N. Broadway Ave., Springfield, MO
(417)880-1570
info@aicspringfield.org

