Winnebago Indian News

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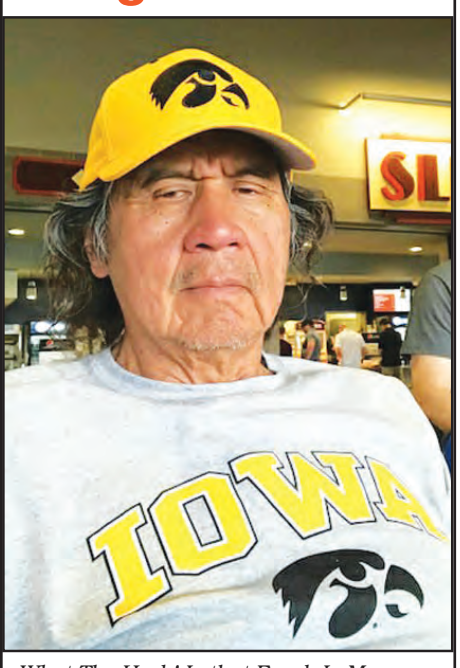
Bago Bits…



What The Heck! Is that Frank LaMere with Hawkeyes gear on?"

Winnebago Royalty lead the Powwow in Memorial Day at Black River Falls, Wisconsin. Nice job Martha & Asia. Pic courtesy of Mama Bear.

Winnebago Headstart Graduation at the Winnebago High School gym. A few days before the Winnebago Educare held a Powwow in their Honor.

Winnebago Indians, Lance Denney signed to play basketball and attend classes at Little Priest Tribal College this year as a Warrior. Congratz Lance.

Future spot for the Winnebago's Farmers Market.

The Indians, Manape Cleveland signed this week with the Central CC Raiders. Congratz from your fans and fellow Indians.

Indians Manape Cleveland and D'Von LaPointe got to hold hands one more time as Bago Elite traveled to Sisseton, South Dakota to claim yet another basketball tournament title. Manape brought home the MVP and D'Von claimed Mr. Hustle and All-Tourney honors.

Winnebago Community Kicks-Off the Summer

May 17th, the old ball field was the place to be as the Winnebago Community came together to Kick-Off The Summer with a number of activities. The event sponsored by a NSCVQ grant paid for the event. YCIC, HoChunk Renaissance, Project WoskaPi, Land of Wellness, Behavioral Health, Boys and Girls Club, Higher Education and the Winnebago Volunteer Fire Department all participated. Over 300 community members attended the event with jumpy houses, food, fun and even a water park to cool off.

Winnebago Memorializes Loved Ones with Ceremony

The Winnebago Community led by the Winnebago Veterans Association. LaMere/Greencrow/Rice American Legion Post #363 and Women's Auxiliary gathered at the Winnebago Cemetery on Memorial Day to hold ceremony to remember those gone on before us. The Veteran's performed a 21-gun salute and 2018 Winnebago High School graduate Alexandria Flanders played Taps. The Winnebago Tribal Council expressed their Thanks to everyone for keeping the Winnebago Way of Life strong and alive.

Indianz.com… Winnebago Tribe brings gardens to youth on the reservation

Children enrolled in Educare Winnebago, the Winnebago Tribe's early childhood program, look at raised garden beds recently delivered on the Winnebago Reservation in Nebraska. Photo by Kevin Abourezk

Posted: Wednesday, May 30, 2018

'Part of the culture is learning to live off the land'

Garden beds for schools assist tribe with food sovereignty efforts

By Kevin Abourezk

WINNEBAGO, Nebraska – Paula Brown likes the feeling of her hands in the soil, digging and moving the earth to make way for seeds that will become food.

On a sweltering recent morning, the 49-year-old Winnebago woman walked to a folding table underneath a canopy in this northwestern Nebraska town and picked up packets of seeds – strawberry, blueberry, onion, peppers, zucchini and tomato – and a raised garden bed in which to plant them.

"I already have a garden started, but this is just kind of extra," she said, smiling. "This is going to be mine."

Brown enjoys the crisp texture of fresh produce and knowing the only person who has handled it is herself, and she plans to get some help planting her new garden.

"I'm probably going to have my grandchildren help me plant this," she said.

Aaron LaPointe, agricultural business supervisor for Ho-Chunk Farms, delivers raised garden beds to the Educare Winnebago early childhood program on the Winnebago Reservation in Nebraska. Photo by Kevin Abourezk

Like many reservation communities, Winnebago is considered a fresh produce desert, though it does have stores that sell mostly fast food. The nearest community with fresh produce is nearly a half hour away, and many tribal members struggle to find transportation to get them there to shop.

Now the tribe is taking steps to help their citizens grow their own produce. This summer, the tribe is distributing 120 raised garden beds to its members and to local programs such as the tribe's early childhood program, Educare, and the Winnebago Public Schools' summer school program.

Aaron LaPointe, agricultural business supervisor for Ho-Chunk Farms, said the initiative is designed to help the tribe provide for its own food needs and encourage its members to eat healthier.

"If we can get people to start growing their own produce, they'll start eating produce," he said. "This is a really small part of the bigger picture that we're trying to do."

Michelle Parker, community projects coordinator for Ho-Chunk Community Development Corporation, recently hands out seeds to Winnebago tribal citizens in Nebraska. Photo by Kevin Abourezk

The Winnebago Tribe recently launched a larger initiative meant to develop agricultural businesses and improve eating habits.

The centerpiece of the HoChunk Harvest initiative is Village Market, a 4,644-square-foot indoor farmers' market that will be constructed in the Ho-Chunk Village development adjacent to Nebraska Highway 77. It will be built on a concrete slab and will have space for 10 indoor vendors and 10 exterior vendors.

The more than $265,000 structure will be paid for through a tribal community development fund, Ho-Chunk Community Development Corporation, federal USDA funds and Ho-Chunk Inc., the tribe's economic development corporation.

LaPointe said he expects to see the

Con't. on page 5

Bago News

Knights Stop

Dine-in or Carry-out

402-698-2362

Monday thru Friday

Breakfast Hours: 6:15 - 10:30

Lunch Hours: 10:30 - 4:00

Daily Specials - Full Menu - Dessert

One block than left in Homer

"Home of the Bacon Cheeseburger"

June 14th - 17th, 2018

Winnebago, Nebraska

Thursday June 14th
Youth Day:
8:30 am - Prayer/introductions
9:30 am - Spiritual Walk
12:00 pm - Lunch
1:00 pm - Youth activities
6:00 pm - Supper
Youth Native American Church services to follow supper

Thursday June 14th
Delegate Registration open at 5 pm
@ The Hochunk Center in Winnebago, NE

Agenda Meetings 5 pm
@ The Hochunk Center in Winnebago, NE

Friday June 15th & 16th
NACNA Business Meeting at 9 am
@ The Hochunk Center in Winnebago, NE

Native American Church Services on the Following Evenings June 14th, 15th, and 16th

Sponsored By Various Families, Tribal Organizations and NAC Chapters

June 14th, 15th & 16th
Breakfast-Lunch-Dinner Provided
Daily 8am-12pm-6pm
All Meals @ The Hochunk Center in Winnebago, NE
**Youth Day Lunch At Winnebago Veteran's Memorial Park*
**Sunday Brunch At Veteran's Memorial Park*

For More Information:
President Andrew Tso (928) 489-1422
Secretary Colleen Roan colroan@gmail.com.

All N.A.C. Services, Business Meetings, Events, Activities will be held in Winnebago, NE at the following Locations
Winnebago Veteran's Memorial Park, Hochunk Center and The Winnebago Native American Church House

For Hotel Information Contact The Winn-A-Vegas Casino Resort 800-468-9466 Ask for "The Native American Church" block

North America Annual Convention

WINNEBAGO NATIVE AMERICAN CHAPTER EST. 1906

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Hoit'e cōnį na

A Language Learning Experience

Let's learn HoChunk together.

"Hoit'e Cōnį na"(The first language) is a friendly gathering of language learning participants who seek to preserve and revitalize the HoChunk language. As a division under the HoChunk Renaissance program, the experience includes a pathway to HoChunk language learning thru immersion friendly activities, classroom lecture, and interactive engagement.

We are now seeking participants to begin the experience of learning the first language of our proud HoChunk people.

Our eight-week program

May 23rd – July 11th (Wednesdays)

6:00pm-8:00pm

HoChunk Renaissance Classroom

Winnebago tribal members ages 18+

Registration due May 18th at 4:00pm. Please register by stopping by HoChunk Renaissance office to fill out application and to obtain further instructions.

HoChunk Renaissance
The Official Language Program of the Winnebago Tribe of Nebraska

Winnebago News

Thoughts on Several Things…

By Lance Morgan

We posted up a sign behind the Dollar General announcing the Farmer's Market. The new market will allow people to sell pretty much anything they want like food they have grown or prepared (Hint: Breakfast Burritos). It will also allow people to sell art, crafts, jewelry or whatever makes sense. The construction won't start for a few months because we are waiting on hearing about another grant, but people are welcome to use the lot now to set up a tent and table to sell things now.

The Ho-Chunk Community Development Corporation also has a lending fund to help the small business owners get started. We are hoping that if people can develop a business that our lending fund will help them grow and perhaps create a little extra income and a few jobs.

The Farmer's Market combined with the effort to build raised bed gardens all over the community should work together to not only create a much healthier community.

Native America Sign

When we first put up the "Now Entering Native America" sign on the north end of town, we got a ton of positive feedback and it seemed to be a popular place to take selfies by our guests at Pow-wow time. However, several people said we should have lights on it at night. Well we installed all those solar panels behind it, so we found a way to put in solar lights also and now the sign is all lit up at night. So every once in a while I do listen!

Tobacco Drama

The ATF raided our tobacco factory and distribution warehouse a few months ago. The wheels of justice move slow, but I can assure you it has got our attention and we are pursuing our legal interests. I can't get too much into it, but we feel like we are caught up in something much larger and that Big Tobacco has played a significant role in this. If you really want to know the details, we filed a separate lawsuit in federal court challenging Nebraska's ability to force the terms of a settlement between the state and Big Tobacco on the Winnebago Tribe of Nebraska. We are sure we are right in this, but historically that doesn't mean we will win. However, we will fight for what few rights we have left as a government. We really don't have any other choice.

Interns

This year we started with 14 interns representing 6 tribes (8 are tribal members). We also have a couple of high achieving pre-terns who haven't started college yet. Every year, we bring in these bright young people and give them a chance to see real business in action. Our goal is to get a little work out of them, but mostly our plan is to give them exposure to real business and real business executives.

Ho-Chunk, Inc. is crawling with role models for our young people and we try and place them with people who can inspire them to do their best. Our ultimate goal is to have them be successful at whatever they do, but we really do want to come back to Winnebago and help us build up our community. Former Ho-Chunk, Inc. interns work all over our community in business, government, education, college, legal and health care jobs and are making a real impact in our community.

Contact me at hochunk@aol.com

JESUS OUR SAVIOR LUTHERAN OUTREACH

Pastor Ricky Jacob

"Real Living versus really dying - Part One"

Jesus was a great story teller. Once he told a story about a father who had two sons. The younger son asked his father for his inheritance. This young man did not want to wait until his father died. No, he in fact treated his father as if he was already dead. How can I say that? Well, as soon as his father gave in to the demands of his son, that son packed his things and left. That young man not only left his father, his brother, his home, but also his tribe.

Why would this young man do such a thing? In his self-centered, naive, and foolish thinking he thought that then he could begin living. This nameless young man, whom you and I can certainly relate to, proceeded to do wild things. Miles from home where no one knew him he had a good time until.

Until what you might ask? Until his father's money ran out. It is easy to have friends when you are buying! When you are broke your 'friends' take off and abandon you.

To make matters worse then came a famine. Isn't that the way it often is? Things go from bad to worse. What would this young man do?

This young man came to his senses. He admitted that he had sinned by disrespecting his father. He admitted that his freedom to choose living it up really brought him down. He comes to the realization that he has wronged not only his earthly father but his heavenly Father, his Creator, as well.

This is the first step to really living! Next time I will continue the story as this young takes a trip back to his father humbled by foolish ways. How will his father respond to his son? How does your heavenly Father respond to you when you mess up BIG Time? If you can't wait till next time read the story of the loving father found in the gospel of Luke, chapter 15.

Each and every Sunday Creator God offers you mercy and grace at His Divine Service held at Jesus Our Savior Lutheran Church at 11 a.m., preceded by the study of God's Word at 10. We will begin a Bible study on the book of Job on June 3rd.

Masthead Scene

The grass is green the trees are covered in leaves and the kiddies at Winnebago educare are enjoying the great outdoors. Despite record high temperatures this week on the Winnebago Reservation.

Letter to the Editor…

"Reason behind the recent actions"

There are very serious and alarming issues happening to the Winnebago Tribe. We must question motive and reason behind the recent actions. Ignorant decisions have been made and when questioned by tribal members only silence is the answer. Every tribal member deserves an answer and an explanation in a sane and rational manner.

Who advised them to remain silent or that they did not owe the membership an explanation. Maybe if there was open dialogue we would not be here AGAIN and if they governed for the whole tribe instead of a portion of it we could all work through this but many can get what they want through dysfunction.

Are you familiar with actions that have taken place? Do you approve of family members of the council going to meetings and harassing tribal members as they make their presentations. If you are a tribal employee do you feel threatened in your job security? Are you aware of any intimidation tactics by any council member. All of these things actually happened. Do you know that there is a separation of powers in the constitution? Do you understand the term micromanaging? Demand that there be a parliamentarian in meetings because Roberts Rules of Order is more than "point of order" and "prevailing side". Either use it right or don't use it at all. A two day workshop won't teach you Roberts Rules of Order. There are far more serious accusations but WE want to protect our tribes integrity and reputation so will not in this article air them publicly.

There are tribal members that don't agree with our points of view, but through this method we hope to give you food for thought without hearing "alternate facts" or getting the message from a source that maybe is filled with vinegar and feeds off negativity, and why would you believe a source like that? We would like you to study and answer these questions to yourself. What would be best is to discuss them with others. It is vital for the integrity of our government.

Also, equally vital what happened to transparency? What happened to lessons learned? I guess the lack of character is okay for some as long as its a relative. It makes these two elders very sad.

May 21, the mid-month tribal council meeting was held and at that meeting two constitutional ethical complaints were presented and read. As a step in this process a very important question has to be asked of the council "Is it frivolous" meaning the petition. As you know FRIVOLOUS is a word meaning petty, silly, trifling amongst other things. There are some on the council who don't seem to know the difference between petty and serious. The documents read were not frivolous each had pages of evidence of the charges. Each signature was gained with utmost seriousness. No one was coerced into signing them. The action taken at the table was frivolous, and tribal members do deserve better than what was administered from the table. Members believe in the integrity of the petitions.

Where ever you are let the council know your concerns. Let this council know you are out there and you are watching. Our tribe has suffered enough. Winnebagoes we are a proud people known as people of the big voice make your voices heard and your presents will count.

Ruby Bellanger - Jeanie Eagle

SUICIDE IN INDIAN COUNTRY PART 19

TWO-SPIRITED PEOPLE

Suicide rates among two-spirited, gay, lesbian, bisexual, or transgendered First Nations are not known, but the rates of related risk factors in these groups indicate that the suicide risk is greater than among heterosexual First Nations. Homophobia, isolation and rejection increase the risk of suicide. An individual's risk can be decreased if he/she is connected to his/her culture and traditions in a way that recognizes the impacts of colonization. First Nations communities can support two-spirited people by providing safe spaces that include and respect them, by standing up for them, and by speaking out about the discrimination they experience. The term two-spirit is used in this resource because it reflects the importance of First Nations culture as well as sex and gender orientation and diversity. However, it is important to respect that individuals may prefer to identify with other terms to reflect their sexual orientation, sex and gender identity, experiences, or preferences.

Historically, many First Nations cultures supported and honored two-spirited people; these individuals served important community functions and held positions of high regard and prestige (NAFC, 2008). Traditional social norms typically valued the inclusion and respect of two-spirited people or an understanding of their unique contributions to the family and community (Balsa Huang, Fieland, Simoni, & Walters, 2004). In pre-contact indigenous societies, two-spirited people often held sacred or ceremonial roles such as counseling, healing, being pipe carriers or being visionaries (Lang, 1997, as cited in Alaers, 2010; Walters et al., 2006). Following contact with Europeans, many of these values were lost through the effects of colonization, residential schools, and Christian practices and beliefs that aimed to erase this rich culture, but today they are being reclaimed with language and cultural revitalization (NAFC, 2008; Walters et al., 2006). Some communities were able to retain their traditions and have quietly continued to protect both the two-spirited members of their community and their sacred ways (A. McLeod, personal communication, March 31, 2011; Walters, 1997).

If you know of anyone struggling with suicidal thoughts, please contact The National Suicide Prevention Lifeline at 1-800-273-8255 (TALK), or the Winnebago Behavioral Health 1-402-878-2911 or After Hours Crisis # 1-712-259-3263.

The next issue of the WINNEBAGO INDIAN NEWS will be published on June 16, 2018. DEADLINE for this issue will be June 11, 2018.

Winnebago Indian News

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The Mission of the WIN is to inform and to educate the Winnebago Tribe of Nebraska of issues that affect them, and to be a vehicle in which stresses positive and beneficial concerns and points of view.

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The WIN encourages the submission of Letters to the Editor; however, letters must be signed and addressed. Letters may be edited for language and length.

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Winnebago Indian News Staff
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Bago News

Greetings...

For the past year and a half, work has been ongoing regarding the proposed Long Term Care Facility, or Nursing Home for our HoChunk elders. The Winnebago Tribe has contracted with Native American Health Management (NAHM) to assist with the creation and management of a facility that will address the health concerns for the most needy of our elder population. The first order of business was to determine how large to build our facility. To accomplish this, NAHM contracted with an individual (Tribal member) to conduct a Needs Assessment, which took about 3 months to complete. According to the author, we were informed that our Nursing Home will require a 28-32 bed facility. The Needs Assessment indicated that "potential Tribal Elders long term care" needs stand at 1,931 individuals, according to Winnebago Tribal Enrollment statistics. The Study indicated that we currently have 665 Medicaid certified patients aged 50+ currently served by IHS facilities, according to IHS patient data. According to the study, we had 13 Tribal members in nursing homes within a 30 mile radius and 20 Tribal members in nursing homes within a 250 mile radius. Based on this Needs Assessment, it was determined that we build a 30 unit nursing home with room to expand when necessary. RFQs were sent out to architects to send in bids so we could select one for our purposes. The selected architect was DSGW Architects from Lake Elmo, MN., who had many Tribal projects that they completed, much to the satisfaction of the Tribes. We worked with them weekly for nearly a year to finish the design inside and out, including parking lots and the many amenities that we put in to the project. The architect drawings, the Management Agreement with NAHM, the financials and Business Plan were finally presented to Liberty National Bank in late 2017. The bank informed us that our cost per square foot was 2-3 times higher than that of an off-reservation nursing home. They asked for justification. We were informed that ALL funding will be reimbursed by Medicaid under new rules in Nebraska. It was not clear, at first, that we would have to get a loan to pay for all construction, maintenance and operational costs until we were up and running and were able to start billing patients. Only then would we be able to begin billing Medicaid for our elders' health care and the construction reimbursements would also begin. Why were our costs per square foot so high? Since we were told that Medicaid would reimburse any legitimate expenses, we did not hold back on amenities and quality of materials used in construction. We have since realized that our Needs Assessment did not contain detailed information that we would need to accurately determine the size of the facility. We found that the information that was submitted in the Needs Assessment was not adequate for our purposes and did not meet the financial standards required by a bank.

So, we are back to the "drawing board" to conduct our own, more accurate, Needs Assessment, which is specific to our Elders' Long Term health and housing needs. Our Health Department and Nursing Home Committee are nearly done with the questionnaire, which will be distributed throughout the community and sent to potential residents of a Long Term Health Care Facility. Now, we need to truly determine the actual size of the facility, downsize the entire project and make changes to some of the materials used within the facility. We are also considering a different site, which will bring the facility closer to or within our village instead of out of town on a hilltop. One potential site is in the "North 40" acres for the new addition to the HoChunk Village. A different site will drastically cut down costs, as we will not have to move so much dirt, plus all infrastructure (roads, driveways, utilities, water, sewer, etc.) will already be there. Yes, this turn of events is discouraging but we will continue to work to make this project a reality. We will continue to move forward. We have good people working on this endeavor and it will happen. Thank you to all for your patience and all those that have put much work into this "dream" we've had for so long.

Vince Bass
Chairman Nursing Home Committee

Next WIN News Deadline:

June 11th

Indianz.com...

Con't. from front page

Village Market built by 2019. It will provide vendors – many of whom currently set up along roadsides in Winnebago and sell everything from sweet corn and popcorn to jewelry and crafts – greater access to customers.

"That could fix that problem that we have as being a fresh produce desert when we have a farmers' market pavilion there year round," LaPointe said.

Children enrolled in Educare Winnebago, the Winnebago Tribe's early childhood program, sit on raised garden beds that were recently delivered to the program on the Winnebago Reservation in Nebraska. Photo by Kevin Abourezk

Today, few Winnebagos grow their own food, and many struggle with obesity and diabetes.

About 35 percent of the tribe's elementary students are obese and another 19 percent are overweight. And almost 39 percent of the tribe's high school age youth are considered obese, while another 17 percent are overweight.

The tribe hopes to distribute the 4-by-8-foot garden beds again next year. Along with the garden beds, the tribe is also distributing topsoil, hand tools, seedlings and seeds.

Stuart Fischer, director of Educare Winnebago's Early Language Initiative, said students in the program will plant beans, tomatoes and cucumbers in the garden beds.

He said the Educare program already has a garden and teaches children how to tend to it.

"Part of the culture is learning to live off the land and learning to live with the home gardening and the traditional three sisters, corn, beans and squash," he said.

The Educare program will incorporate lessons on healthy eating and traditional foods into the gardening work that children will do, he said.

The children will be most excited when they see the first buds from the foods they are growing, he said.

"The kids react to something they can see growing, popping out of the ground," he said.

For this and more stories from around Indian Country visit us at www.indianz.com

Nonpoint Source Pollution Program

Just wanted to let the community know that the Winnebago Tribe managed by the Environmental Protection Department has begun a Nonpoint Source Pollution Program. What is a Nonpoint Source Pollution Program? Glad you asked!

According to the EPA Handbook for Developing and Managing Tribal Nonpoint Source Pollution Programs under Section319 of the Clean Water Act, "Nonpoint Source Pollution or polluted runoff occurs when rainfall, snowmelt, or irrigation water runs over land or through the ground, picks up pollutants, and carryings them into lakes, streams, ponds and rivers. Major nonpoint sources of pollution often include agricultural practices; unrestricted livestock grazing; poor sitting and design of roads, highways, and bridges; forestry; urban runoff; abandoned mines; construction sites; straightening of streams or rivers; and hydromodification, such as building and maintaining dams and levees. Other sources include lawn and garden maintenance; malfunctioning septic systems; and storm drain dumping".

If that isn't enough to scare someone, lock your doors, bolt your windows and keep children and pets indoors. Don't know what is. Seriously, nonpoint source pollution is everywhere but can be dealt with using the right practices.

For this reason, the Tribe's overall goal of a Nonpoint Source Pollution Program is to control or prevent nonpoint source pollution. These efforts target the improvement of water quality conditions of both surface water and ground water resources and thus protect the environment and the health and welfare of tribal members and other individuals living on the Reservation.

Funding for this program is through EPA's Clean Water Act, Section 319: Nonpoint Source Pollution Program (Base Funding). First year's activities will be to identify and assemble partners and conduct community outreach and education.

If you want to visit more about this issue, please contact Denise Jensen, Environmental Protection Department at 402-878-4060 or email at denise.jensen@winnebagotribe.com. Coffee is always made.

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Winnebago News

Historical Trauma in Native Americans

by Stuart Snake Jr.

How do the violent beatings, relocations, mass genocides and tragedies that Native Americans have suffered still affect them and many of the future generations? Historical trauma is a real problem that explains many of the difficulties and struggles that Native Americans are troubled with daily, and it needs to be addressed because it's not getting the attention it deserves.

To even start to help treat this phenomenon we first have to understand it. Historical trauma, also called historical loss is the "cumulative emotional and psychological wounding over the lifespan and across generations, emanating from massive group trauma," as defined by Maria Yellow Horse Brave Heart, PhD (Brave Heart). Historical trauma can help people understand why life for many Native Americans is very different and why we have so many problems and grief in our communities (Brave Heart). To be traumatized means a person receives a physical or mental injury from someone or something outside themselves ("Lesson 1"). Trauma can cause people to be hurt so bad, you feel hopeless inside. Trauma can change a person forever, and you can feel like you will never recover or be the same again. With historical trauma comes historical unresolved grief, which is a deep feeling of loss and sorrow that accompanies the trauma (Brave Heart). You can feel a pain in your body that is unexplainable.

Many of the traumas Native Americans have faced are defined as historical losses (Brown-Rice). There were many mass killings in native history since the colonization of America. Indigenous people were forced onto reservations where they couldn't mourn the loss or even acknowledge the deaths of their people in their traditional way. New diseases were being given to natives each and every day and the introduction to alcohol didn't help at all either. Bounties were put on Native American scalps leaving them to be hunted down and killed ("Lesson 1"). Native American children were stripped from their families and put into boarding schools where they had to forget about all their native ways and teachings. They were to live the white man way and forget about their culture. They had nothing to get over the grief of losing their land, people and culture (Brown-Rice).

Historical trauma can affect everyone differently; part of the problem is understanding what causes it and how it affects us. The many effects of historical trauma, defined as historical trauma responses, are that of unsettled emotional trauma, health issues, depression, high mortality rates, high rates of alcohol abuse, significant problems of child abuse and domestic violence ("Historical Trauma"). Other symptoms include anxiety, substance abuse, isolation, discomfort around white people and suicide (Ross). There are even some natives with chronic diseases that non-Indian doctors have not been able identify or treat ("Lesson 1"). Many native community members also say there is a constant feeling of mourning, and there are always funerals going on ("Historical Trauma"). For a lot of natives it's identifying with the stereotypical ideas that are put forth on them like that every Native American is a drunk or a deadbeat and has no job because they get checks every month from their casino. For the most part, most natives aren't actually drunks or deadbeats, but because so many people think that because of a stereotype a lot of natives start to identify with their oppressors' views, which leads to self-hatred.

What can we do to help treat these symptoms of historical trauma? One of the very first things you can do is confront the trauma and accept that you have it. You can't help a problem if you don't admit you have one. Realizing it first can help you overcome it. Second is understanding it and making sure that you know that none of this is your fault and that you don't have to live under the eyes of your suppressors, that you can be anyone you want to be as long as you set your mind to it. Third is releasing the pain of historical trauma, letting go of all the grief and suffering that was passed down to you and knowing that you have no control over it. Fourth and last is transcending the trauma, moving past it and not letting it hold you back any longer ("Historical Trauma"). Other things that can help relieve these symptoms are staying educated on the topic. Educating yourself and others helps more and more people understand it. Reaching out to other people and sharing your experiences with others who have been through the same things also provides relief. Something that would help a lot of reservations and native communities would be an official place to go to get help about your problems, like a treatment center.

For over 500 years Natives Americans were forced to suffer through the genocides, diseases, assimilation, loss of their culture and tradition, extermination, forced dependency of suppressors, racism, discrimination, prohibition of our religious ways and the relocations onto government reservations. It is time for indigenous peoples to reclaim traditional culture in Native American communities. Breaking the cycle and using traditional ways of healing can help many natives let go of their grief.

Message From the Winnebago Tribal Council

On behalf of the Winnebago Tribal Council, We would like to give our heartfelt appreciation to James Price Sr. and the Winnebago facilities crew for their hard work on getting the cemeteries ready for Memorial Weekend. We would also like to thank the Winnebago Veterans Association and all those who had a hand in the Memorial Day events. Many relatives gathered on Monday and it was nice to see all of them taking time to honor our Veterans and those relatives that have gone before us. Thanks again and keep up the good work!

Sincerely,
Frank White - Tribal Chairman
Curtis St.Cyr - Vice Chairman
Roland Warner - Treasurer
Coly Brown - Secretary
Vince Bass
Victoria Kitcheyan
Kenny Mallory
Isaac Smith
James Snow

Little Priest Tribal College

Our Mission: "Be Strong and Educate My Children"

Summer 2018 Community Education

Introduction to Digital Photography

In this class we will use natural light and composition to take better digital photos - with various cameras that students have. We will explore outdoor lighting techniques, image sizes, image types such as RAW & JPEG and resolution. If time permits - we will learn how to download photos onto a computer storage device and work with Adobe Photoshop as a photo processor. Participants must have general computer software operation knowledge.

Items needed for the class:
Flash Drive to transfer photographs
Camera- cell phone cameras will work
Instruction manual that came with the camera, if you have it
A cord that connects the camera to a computer, charge cord if you are using a cell phone

May 25th 5:00 pm - 7:00 pm

Presented by: Annette Leu Location: LPTC, Hawk Bldg. Fee: $20 (free for LPTC students/staff and youth tribal members Max: 25 Workshop #PER 117

Business Writing Skills

This is an interactive hands-on workshop that aims to help you develop the skills and language you need to write effective business communications. You will learn effective writing techniques to write formal documents with confidence and clarity. If you are a professional that would like to reinforce your writing skills then this is the workshop for you!

Two Sessions:

June 15th 11:00 am - 12:00 pm

June 22nd 11:00 am - 12:00 pm

Presented by: Gail Thompson, English Instructor Location: LPTC Bear Bldg. 2nd floor Rm. 209 Fee: $20 (free for LPTC students/staff and youth tribal members) Max: 10 per session Workshop #PRO 125

Star Quilting

Star Quilt making in this class will emphasizes the stripping technique of quilt making. Participants will learn the fundamentals of quilting. Upon completion of this class participants will have: cut and sew together star and quilt, learned the strip technique of quilting, understand the measurements and their placement within the Star Quilt. Participants must bring a sewing machine and purchase their own materials.

June 4th, 11th, 18th, July 2nd, 9th 4:30 pm - 6:30 pm

Presented by: Antonio Bass Location: LPTC, Hawk Bldg. Fee: $20 (free for LPTC students/staff and youth tribal members Max: 25 Workshop #PER 118

Basic Two-Needle Applique Beading

Beading is a useful form of artwork. It is often the most valuable type of Native American artworks. This stich is the one that offers the most freedom in creating a unique beadwork design.

June 5th, 12th, 19th 4:30 pm - 6:30 pm

Presented by Mia Spoonhunter Location: LPTC, Hawk Bldg. Fee: $20 (free for LPTC students/staff and youth tribal members Max: 25 Workshop #NAT 110

Trauma Informed Care 101 & 102

Participants will acquire these skills and elements of trauma informed care:

- Identify the factors and stressors that traumatize a child
- How to observe the external signs not only in themselves but also in a child
- Learn what trauma does to the biology of a human being
- Examine personal experiences relating to dysregulated children
- How to cue client reactions as a means of guidance towards healing and recovery
- Recognize social skill development, brain development, and emotional development for the specific service recipient populations of the training group
- Develop customized concrete processes for healing and recovery
- Formulate personal nervous system distress in the face of client's trauma responses
- Master personal acute safety plans
- Utilize de-escalation strategies to build safety-calming-connectedness during engagement with crisis clients
- Develop customized concrete processes for healing and recovery
- Apply specific pro-social engagement behaviors to field work*

June 4th and 5th 9:00 am - 3:00 pm

Presented by: Frank Grijalva Location: LPTC, Elk Auditorium Fee: $0 Max: 83 Workshop #PRO 126 RSVP to Donna Wolff 402-878-3659 or donna.wolff@ihs.gov by June 1st

Trauma Informed Psychological First Aid (PFA)

Psychological First Aid (PFA) is an evidence-informed modular approach for assisting children, adolescents, adults, and families in the immediate aftermath of disaster and terrorism. PFA is designed to reduce the initial distress caused by traumatic events, and to foster short- and long-term adaptive functioning. Principles and techniques of PFA meet four basic standards: (1) consistent with research evidence on risk and resilience following trauma; (2) applicable and practical in field settings; (3) appropriate to developmental level across the lifespan; and (4) culturally informed.

June 7th 8:00 am - 4:00 pm

Presented by: Frank Grijalva Location: LPTC, Elk Auditorium Fee: $0 Max: 83 Workshop # RSVP to Donna Wolff 402-878-3659 or donna.wolff@ihs.gov by June 4th

Marketing Basics

Marketing takes time, money and preparation. One of the best ways to stay on schedule and on budget is to review the items that will persuade potential customers to buy your products or services. Come enjoy a free lunch and learn to discuss what marketing opportunities are available.

June 12th 11:00 am - 12:30 pm

Presented by: Elizabeth Yearwood Location: LPTC, Elk Auditorium Fee: $0 Max: 83 Workshop #PRO 127

Tribal Business Development

Have YOU thought about owning your OWN business? Searching for a way to secure funding for YOUR business? Not sure where to start? Do YOU own YOUR business and want to market YOUR product or service better? Would YOU like a refresher in business?

A series of hands-on workshops will help YOU build a business plan or move YOUR business to the next level.

June 7th - Introduction, Meet YOUR coaches!

June 14th - Marketing Plan

June 21st - Human Resources

June 28th - Financials

July 12th - Management

July 19th - One-on-one time with coaches

All workshops are from 4:30 pm – 6:00 pm with a meal served

Presented by: Multiple Coaches Location: Bear 211 Fee: $0 Max: 10 Workshop #PRO 128

HOW TO REGISTER FOR WORKSHOPS

1. Phone: You may call the Community Education Office between the hours of 8 a.m. and 4:30 p.m. to register for any workshops at 402-878-3302.
2. Walk-in: Registration information is available in the Community Education Office, located in the Bear Building Room # 215, anytime during regular business hours. Forms my be completed and handed in directly.
3. E-mail: Registration forms may be accessed from our website or requested by e-mail from mgarcia@littlepriest.edu.

Hocąk Corner

Skī (skee) - *Pepper*
Nįsgu (nees-goo)- *Salt*
Tānįžu (daw-nee-zhoo)- *Sugar*

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Community News

WINNEBAGO TRIBE OF NEBRASKA
SPECIAL MEETING – ENROLLMENT
April 30, 2018

TRIBAL COUNCIL PRESENT:
Frank White
Curtis St. Cyr
Coly Brown
Roland Warner
James Snow
Vincent Bass
Victoria Kitcheyan
Kenneth Mallory
OTHERS PRESENT:
Monica Flores
Tiffani Warner
William DeCora
Phyllis Ware
Ilona Maney
Cheri Redhorn
Ramona Sheridan
TRIBAL COUNCIL ABSENT:
Isaac Smith (leave)

CALL TO ORDER: Chairman White called the meeting to order at 10:21 am.

OPENING PRAYER: Coly Brown offered the opening prayer.

APPROVE AGENDA:

James Snow motioned to approve the agenda. Vincent Bass seconded.

VOTE: (5) yes(1) no (1) abstain
Motion carried.

Roland Warner motioned to go into Executive Session at 10:31 am. James Snow seconded.

VOTE: (5) yes(1) no (1) abstain
Motion carried.

James Snow motioned to come out of Executive Session at 12:16 pm. Roland Warner seconded.

VOTE: (7) yes(0) no (0) abstain
Motion carried.

ADJOURN:

Victoria Kitcheyan motioned to adjourn. Kenneth Mallory seconded.

VOTE: (7) yes(0) no (0) abstain
Motion carried.

Chairman White adjourned the meeting at 12:18 pm.

Respectfully submitted,
Coly Brown, Secretary
Winnebago Tribe of Nebraska

WINNEBAGO TRIBE OF NEBRASKA
REGULAR TRIBAL COUNCIL MEETING
May 7, 2018

TRIBAL COUNCIL PRESENT:
Frank White (in 10:10 a.m.)
Curtis St. Cyr
Coly Brown
Roland Warner
James Snow
Vincent Bass
Kenneth Mallory
OTHERS PRESENT:
Nilah Soloman
Dana Payer
Crystal Ross
Adam Tranmer
Monica Flores
Pat Greyhair
Lorri Walker
Scott Aldrich
Marilyn Grant
Cindy Aldrich
Kellie Snow
Keely Purscell
Garan Coons
Benny Eagle
Tonia Keller
Gary Wabaunsee
Keith Chamberlain
Jayla Price
Isabelle Freemont
Natasha Deal
Shelly Bear
Sharon Frenchman
Christi Freemont
TRIBAL COUNCIL ABSENT:
Victoria Kitcheyan (Travel)
Isaac Smith (THPO meeting)

CALL TO ORDER: Vice-Chairman St. Cyr called the meeting to order at 9:08 a.m.

OPENING PRAYER: James Snow offered the opening prayer.

APPROVE AGENDA:

Roland Warner motioned to approve the Agenda as amended. Vincent Bass seconded.
VOTE: (5) yes (0) no (0) abstain
Motion carried.

READING OF THE MINUTES:

Vincent Bass motioned to approve the April 26, 2018 Mid-Monthly minutes.

James Snow seconded.

VOTE: (4) yes (0) no (1) abstain Motion carried.

RATIFY FIVE SIGNATURES:

Winnebago Comprehensive Healthcare System Transition Organizational Chart and Position Description – Clinical Director

Coly Brown motioned to ratify the five-signature approving Winnebago Comprehensive Healthcare System Transition Organizational Chart and Position Description – Clinical Director.

James Snow seconded.

VOTE: (5) yes(0) no (0) abstain
Motion carried.

Approve Mark Aldrich to continue to work as Commissioner until interview process is complete.

Roland Warner motioned to ratify the five-signature approving Mark Aldrich to continue to work as Commissioner until interview process is complete. Coly Brown seconded.

VOTE: (4) yes(0) no (1) abstain
Motion carried.

Travel for Frank White to OVC Grantee Regional Training, Keshena, WI May 15-17, 2018

Roland Warner motioned to ratify the five-signature approving travel for Frank White to OVC Grantee Regional Training, Keshena, WI May 15-17, 2018. Coly Brown seconded.
VOTE: (5) yes (0) no (0) abstain
Motion carried.

Approve 2018 Indirect Cost Proposal and CFO to sign on behalf of the Tribe.

James Snow motioned to ratify the five-signature approving the 2018 Indirect Cost Proposal and CFO to sign on behalf of the Tribe. Vincent Bass seconded.

VOTE: (5) yes(0) no (0) abstain
Motion carried.

Adopt Resolution #18-74: FY'19 Indian Highway Safety Program Grant –Impaired Driving.

Roland Warner motioned to ratify the five-signature adopting resolution #18-74: FY'19 Indian Highway Safety Program Grant – Impaired Driving. Vincent Bass seconded.

VOTE: (5) yes(0) no (0) abstain
Motion carried.

Travel for Victoria Kitcheyan to NIHB, HHS Secretary Tribal Advisory Committee & Testimony in Washington DC, May 7-11, 2018.

James Snow motioned to ratify the five-signature approving travel for Victoria Kitcheyan to NIHB, HHS Secretary Tribal Advisory Committee & Testimony in Washington, DC, May 7-11, 2018.

Roland Warner seconded.

VOTE: (5) yes(0) no (0) abstain
Motion carried.

Adopt Resolution #18-75: Approving the Engagement of Consortium of Law Firms Against Opioid Manufacturers, Distributors and related parties.

Roland Warner motioned to ratify the five-signature adopting resolution #18-75: Approving the Engagement of Consortium of Law Firms Against Opioid Manufacturers, Distributors and related parties. James Snow seconded.

VOTE: (5) yes(0) no (0) abstain
Motion carried.

Approve Nebraska Inter Tribal Coalition Joint Resolution #18-01: Engage in the Consortium of Law Firms Against Opioid Manufacturers, Distributors, and related Parties.

Vincent Bass motioned to ratify the five-signature approving the Nebraska Inter Tribal Coalition Joint Resolution #18-01: Engage in the Consortium of Law Firms Against Opioid Manufacturers, Distributors, and related Parties. Roland Warner seconded.
VOTE: (5) yes (0) no (0) abstain
Motion carried.

OLD BUSINESS:

Rhea brother's – Organic Farming

Kenneth Mallory motioned to rescind resolution #17-66: Re-introduction of T-3692 Kelly South Farm into Organic Production. James Snow seconded.

VOTE: (5) yes(0) no (0) abstain
Motion carried.

M. Grant – Log Cabin Issue – No action taken, continue on May 16, 2018 at General Counsel meeting.

S. Corbine – WTN IHS FY 2013 CSC Shortfall Claims

James Snow motioned to approve shortfall claims for $250,366.00 and the letter to IHS regarding the claims. Vincent Bass seconded.

VOTE: (4) yes(0) no (1) abstain
Motion carried.

WCHS - Naming

James Snow motioned to approve the naming of Twelve Clans Unity Hospital, a division of Winnebago Comprehensive Healthcare System. Roland Warner seconded.

VOTE: (5) yes(0) no (0) abstain
Motion carried.

[Frank in]

WCHS – Board

Roland Warner motioned to table WCHS-Board until May 9, 2018 CEO Report meeting. Kenneth Mallory seconded.
VOTE: (6) yes (0) no (0) abstain
Motion carried.

NEW BUSINESS:

Lorri Walker- Hospital Concerns - Discussion only.

Adam Tranmer – Company A Scouts Wrestling Club, Matching funds request.

Vincent Bass motioned to approve the Matching Funds request for Company A Scouts Wrestling Club for $2500.00. Curtis St. Cyr seconded.

VOTE: (6) yes(0) no (0) abstain
Motion carried.

Anna Adams, Bee Keeper – Securing land use permit: No action taken.

Christi Freemont – "Best of the Midwest" Tourney Match funds request

Curtis St. Cyr motioned to approve $2500.00 for the match funds request from Christi Freemont for the Girls Basketball team. Roland Warner seconded.
VOTE: (6) yes (0) no (0) abstain
Motion carried.

TRIBAL COUNCIL ITEMS:

RW-Tribal Members at the Hospital: Discussion only.

RW-Contract: Discussion only.

[Isaac in]

Native American Caucus Letter to Secretary Azar & Admin Verma

Vincent Bass motioned to sign and send off the Letter to Secretary Azar & Admin Verma.

Roland Warner seconded.

Con't. in next issue...

LEGAL NOTICE

Notice of Hearing
Case No. JFJ18-019
The People of the Winnebago Tribe
In the Interest of:
C. W. (DOB 02/2018)
To: TEYAH WHITEBEAR, Mother
BIOLOGICAL FATHER

You are hereby notified that a hearing for Initial Appearance concerning the above referred minor individual(s) in case no. JFJ18-019 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 26TH day of JUNE, 2018 at the hour of 11:30 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. CV18-078

In the Matter of the
Name Change Petition of:
MAXWELL nmn WALKER
to MAX nmn LITTLEWALKER

To: ANY INTERESTED PARTIES

You are hereby notified that a petition for Name Change has been filed and a hearing concerning the above referred Individual in case no. CV18-078 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 21ST day of MAY, 2018 at the hour of 11:00 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. CV18-065
In the Matter of the
Guardianship Petition of:
SERENITY DREW
In Re:
R. M. S. (DOB 09/2013)
TO: JENNIFER DREW, Mother
BIOLOGICAL FATHER

You are hereby notified that a petition has been filed for Guardianship and a hearing concerning the above referred Individual(s) in Case No. CV18-065 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 24TH day of JULY, 2018 at the hour of 9:30 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. CV18-084
In the Matter of the Custody Petition of:
THOMAS SNOWBALL JR.
vs.
SHANAE Q. SECRIST
To: SHANAE W. SECRIST,

You are hereby notified that a Custody petition has been filed and a hearing concerning the above referred Individual(s) in case no. CV18-084 has been scheduled will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 5TH day of JULY, 2018 at the hour of 9:30 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. CV18-072
In the Matter of the
Guardianship Petition of:
MARIA SCOTT
In Re:
A. S. (DOB 12/2009)
TO: JENNIFER DREW, Mother
BIOLOGICAL FATHER

You are hereby notified that a petition has been filed for Guardianship and a hearing concerning the above referred Individual(s) in Case No. CV18-072 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 24TH day of JULY, 2018 at the hour of 9:30 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. CV18-065
In the Matter of the
Guardianship Petition of:
SERENITY DREW
In Re:
R. M. S. (DOB 09/2013)
TO: JENNIFER DREW, Mother
BIOLOGICAL FATHER

You are hereby notified that a petition has been filed for Guardianship and a hearing concerning the above referred Individual(s) in Case No. CV18-065 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 24TH day of JULY, 2018 at the hour of 9:30 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. JFJ17-044
The People of the Winnebago Tribe
In the Interest of:
I. R. (DOB 05/2002)
ROSALIND HAVLISH, Mother
To: LINO BROTHERS OF ALL, Father

You are hereby notified that a hearing for Initial Appearance concerning the above referred minor individual(s) in case no. JFJ17-044 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 3RD day of JULY, 2018 at the hour of 9:00 A.M.

LEGAL NOTICE

Notice of Hearing
Case No. CV18-081
In the Matter of the
Guardianship Petition of:
KARLA LAPOINTE
In Re:
A. C. (DOB 06/2005)
TO: AARON CURRY, Father

You are hereby notified that a petition has been filed for Guardianship and a hearing concerning the above referred Individual(s) in Case No. CV18-081 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 21ST day of JUNE, 2018 at the hour of 9:00 A.M.

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Not Pictured: Sheldon Blackfish & Russell Morrison

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Father's Day Drawings

BONUS PRIZE
2018 PGA Tour Championship Package!
Drawn at 7:30PM

Sunday, June 17TH 12PM - 7PM

Two men called every 30 minutes!

Kiosk registration begins at 11AM

Father's Day Brunch 11AM- 3PM

$12.99 Adults • $5 Kids 10 and under

Tony Orlando

Saturday, June 23rd at 8PM

Advance tickets $20 | Gold ticket package $40

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