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WINNEBAGO BEHAVIORAL HEALTH OFFERING GRIEF COUNSELING

Written by:
Jordana R. Bass

WINNEBAGO, NE – Recently more families have been in mourning. We all have experienced the loss of a loved one, and we all grieve differently. The Winnebago Behavioral Health Department recently opened up an after hours crisis phone line. The WIN decided to meet with them to discuss grief and healthy coping mechanisms.

Julie Elbert is the director of Behavioral Health and has been in her position for three and a half years. Also serving as the acting director of the alcohol program. Cassie Kitcheyan has recently been hired on as the Community Crisis Response Coordinator. She shared, “I’m working towards my clinical mental health licensure. I’m in my internship hours now, so I really am fortunate to be a part of the grant and everything that’s doing, as well as sitting in and hopefully having my own clients soon for internship.”

Elbert shared, “it’s so important to approach it from a standpoint of the cultural elements of grief and the importance of using two eyed, seeing or two eyed medicine. So, you’re



For after hours support, call 402.922.2283 or 712.259.3263

a blend of native practices and some pieces from Western medicine, but having it all fit together. Western medicine isn’t the best way to do it. It’s what is best for this community. And Cassie is such an expert on all of that.”

As Native people we haven’t always been taught healthy ways to cope with trauma, and grief. Kitcheyan expressed “we’re all mourners in some way. This is what we should be talking about. We need to start that conversation in the community. Because I said there’s like this club of mourners and we’re all suffering. We can all help each other heal as a community. So, we got to start these conversations and figure out what works for us to honor these traditions.”

The Behavioral Health Department provides outpatient services to enhance emotional health. Those services include, crisis intervention, case management, outpatient mental health services, treatment referral services, individual therapy, family/couples

therapy, outpatient treatment for adults, individual counseling, and group therapy.

“we provide assessment and we have therapists available to work with individuals and families to help them develop some coping skills, you know, grief counseling, you know, to help them with relationships they’re having. We can work with children who are struggling with maybe school anxiety or problems getting along with other people. We also then have two psychiatrists that are here, Dr. Patterson, one day a week, and Dr. Burke is here two days a week.”

Many of the times in our culture we’re taught to take care of others, a lot of times individuals forget to take care of their own mental health. Even expressing emotion could be a huge undertaking for some. But expressing our feelings, and our pain is what helps us grieve in a healthy way.

Elbert adds, “that is really the essence of what we’re trying to convey to everyone is that the tears are part of healing. Different messages you get growing up

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See, **BEHAVIORAL HEALTH**

BAGO BITS

By: Tyler Snake



January 12th the Winnebago Food Distribution Department held their Nutrition Ed class! For this session, Low sodium Ed cream of celery soup with potatoes, Delicious and healthy! Stop in Thursdays at noon for some easy-to-cook, nutritious meal ideas!



Winnebago Public Schools Robotics Team finished their season 12-11-1 in 10th place in the Magnetic League! Congratulations to the team for their hard work!! Shown below are Thomas Walker, Isaiah Armell, Shyleigh Horn, Tayden Spears and Marlin Mousseau! #GoBigBlue (Photo Courtesy of Winnebago Public School)



In preparation for Spring 2023 Semester, Little Priest Tribal College held their Student Orientation with prizes and new gear to give away! Goodluck to the new and returning students!! (Photo courtesy of Little Priest Tribal College)

WINNEBAGO GIRLS WRESTLING SEASON IN FULL SWING

Written/Photography by: Jordana R. Bass

BATTLE CREEK, NE – On Monday January 16th the Winnebago Lady Indians wrestling team was invited to the Battle Creek Girls Wrestling Invitational. The WIN attended to watch the girls in action as they hit the mat, hard. Avani Wilke took 1st place in her weight class, and Darian “Hunz” Earth took 2nd place. Pinning the 3rd ranked girl in the state, and only losing to the 1st place ranked SSC lady Cardinal.

We also met with head coach Adam Tranmer to see what the buzz is about with WPS Girls wrestling. The tranmer shared that he had been wrestling since he was a kid, in Decatur, NE wrestling for the Lyons Decatur Kids Club, and wrestling at Decatur High School. Tranmer shared “I started coaching the little kids with my uncle when I was in high school. I’ve been coaching wrestling for a long time. I’ve coached it at Lyons with the little kids and I coached. I coached at Wahoo for several years. And then when I got my teaching degree, I became a teacher at Ponca and was the high school coach there. And then when Winnebago started their program, I got very fortunate to get to know Adam James and got him my information. You know, the board decided that I was the person they wanted to hear from.”

So the girls are in good hands and should gain valuable experience. “We started out with seven or eight girls. We’re



Kelly Lonewolf checks the food inventory at the Distribution Center

down to four girls now. And two of the girls are new. New to it, Ricarda Littlewalker and Asasia Big Fire. And they’re just starting to learn all the things that need to happen to win matches. But then you have Avani and Huns, we know what’s expected of them to win matches. And, you know, there’s a reason why they’re one of the top three girls in the state. Because they kick butt when they’re out there.”

A typical invitational starts off early with weigh ins, and expect to be there all day. Because girls wrestling in the state of Nebraska is starting to take off. The

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See, **GIRLS WRESTLING**

SMALL BUSINESS SPOTLIGHT, TB CUSTOMS

Written/Photography by: Jordana R. Bass



WINNEBAGO, NE – It's been awhile since we were able to highlight a small business. Well we caught up with Treivan Bear who provides different printing services, such as t-shirt design and printing.

He shared “when I started off, I was like how can I make some extra money? And obviously I like art, I like designing stuff. And I wanted to get that drive back. Like, what can I do to kind of do that and make some money along the way? I got into painting shoes and customized shoes for my first pair here. I made them for my girlfriend's daughter, just a couple of years ago. I got them all white, and I painted them to how they are now. And now Paige is rocking them.”

So combining your hobbies with a potential business idea could be a fun way to help you make some zura. Bear said “then I did a couple of other shoes for some other people. And just like that drip effect on some air forces or some air forces painted, then it turned to restore some shoes”

”Then I got into I'm doing that. Might as well try to do something else, do some more so I bought a cricket that cuts the vinyl and whatnot. Got a heat press here. So, then it got into doing jerseys and stuff. I do shirts. I do stickers. That thing could also cut like adhesive vinyl so you can make stickers .A couple of like car decals, car vinyls.”

As far as pricing goes, he shared he just wants to make it affordable for his customers. “I don't think I take into consideration asking people to pay me for more time. The prices, they're not really set, but they're affordable. She's (his companion) always telling me you don't charge enough. I'm like, then I start charging where they're going to go somewhere else. It's fun for me, and I like doing it. Contributing, being an option for people to get stuff like this done because no one really does it.”

His efforts can be very time consuming, he adds “I design it on here (computer). It's connected to this (Cricut), and you put the vinyl. It sticks on it, cuts it and then you got to weed it out, fill it out like the negative space. What you don't want printed on the shirt. You weed it out, then you print it.”

Although he does not have his LLC, he shares he does this as a hobby and to help community members out when they need fair pricing. “It's like to grow, you would have to open up a whole print shop because this is time consuming but if you can get into ink. If we're to grow and expand, only way I could see doing it to be bigger than this would be to open up a whole store shop, get a whole LLC.”

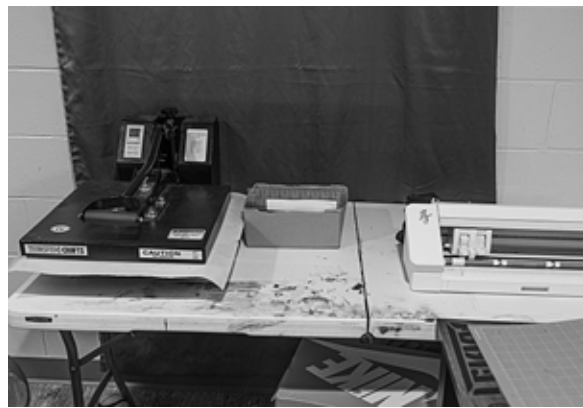
He shared that currently his plate is full with family and work life, and even adding coaching to his resume is taking a toll on the time he could spend with his printing business.

“I think later later on right now, just too much on the plate with family where with the school basketball coach and family first and then coaching is my next my next primary. I guess my next love is coaching. So those are kind of the more important things right now. Yeah, it's just a hobby as I do on the side.”

The minimum fee for a press on shirt with one color is fifteen dollars a piece. Even printing on star quilts the rate is the same. For a custom painted shoe he charges the amount of the shoe, and one hundred dollars for the design fee. So

a one hundred dollar shoe, plus the design would amount to two hundred dollars.

Advice from him on if you want to pursue another income avenue stream is “find something you love doing. I think of this more as a hobby than a job. That goes for any line of work that you coach or school or whatever it is, find something you love doing. I get to go teach art, I get to go. Having that mindset is big, because then you're just going to be more productive. You're going to love going to do it.”



TRIBAL MEMBERS SHARON BASSETTE AND CHARLI EARTH ELECTED ON NCAI YOUTH

Submitted by: HCI Communications

Congratulations to Charli Earth and Sharon Bassette on being elected to the National Congress of American Indians (NCAI) Youth Commission.

Both young women are Winnebago Tribe of Nebraska members and Ho-Chunk, Inc. employees.

Charli was sworn in as Co-Vice President. She will participate in commission meetings, perform advocacy work, and network at NCAI conventions. Charli's HoChunk name is Wakjexiskawiga (White Water Spirit), and she is a member of the Water-Spirit Clan.

Sharon was sworn in as the Public Relations officer. She will be responsible for managing the youth commission's social media accounts, performing advocacy work, and attending commission meetings and NCAI conventions. Sharon's HoChunk name is Maḡaḡape Xunḡ Wiga (Little Soldier Woman), and she is a member of the Bear Clan.

Charli is currently a full-time student at Little Priest Tribal College. Sharon will start her Master of Legal Studies in Indigenous Peoples Law at The University of Oklahoma this spring.

NCAI was established in 1944 to protect and enhance treaty and sovereign rights; secure traditional laws, cultures and ways of life for Native peoples; promote a common understanding of the rightful place of tribes in the family of American governments; and improve the quality of life for Native communities.



The next issue of the WINNEBAGO INDIAN NEWS will be published on February 4th, 2023. DEADLINE for this issue will be February 1, 2023

Winnebago Indian News

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LETTER POLICY: Signed editorials, letters and articles appearing in the WIN are the responsibility of the authors and do not necessarily reflect the opinion or attitude of the Winnebago Indian News or the Winnebago Tribal Council. 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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BEHAVIORAL HEALTH



about whether you should express your tears or you should push them down. Tears are what help us heal. Avoiding them and stuffing them down really messes some people up, especially if they kind of take that on as their coping skill for their whole life. they tend to seek out other things to make them not feel pain.” Historical trauma plays a huge part in how many of us choose to grieve. In our history alcohol wasn’t a part items we consumed. In our culture, and at funerals many of the male relatives who take care of the wake and funeral will express we are not supposed to cry for our loved ones when they pass on. It is a celebration of their life and their transition into the spirit world. Essentially we are taught to not cry for them, because it is holding them back in their journey. But tears are healthy to release those feelings of loss and grief.

Kitcheyan shared “I still I teach a lot about historical trauma. I see that actually more now in this job as far as talking about it and seeing it in our community. So that unresolved grief is basically that grief that has been passed down, that hasn’t been processed, hasn’t been transformed, hasn’t been healed from. So that can manifest itself in various ways like depression, anxiety, poor self-esteem, poor self-identity. And that’s so complicated for Indian people. Who am I as an Indian person? So unresolved grief can come out and

in a lot of different ways.”

At some point in our lives we will experience loss, so why is it so important to learn healthy ways to cope. Elbert shared “we all try to figure out ways to survive whatever’s going on in our life. So you have someone and perhaps they experience the loss of a parent and their child and they weren’t able to really process it. They mainly had to focus on survival. And so, then they can be an adult and maybe now they have an addiction or just maybe they’ve developed a chronic health condition as a result of all the pain they have from the unresolved grief. So being able to finally feel safe enough to let those feelings out and then be able to work through it and move forward in the process of it can really be empowering for them.”

In our culture we are taught to remain humble, to take care of your family first. Kitcheyan expressed “your self-care is really put at the back burner. And that’s a disservice to ourselves. So, there is a lot of grief in the community right now. And something that I’ve noticed is we don’t like to express our emotions instead. Well, self-medicate, choose lifestyles or habits that aren’t healthy and that are really perpetuating that same cycle. I’ve heard someone pray before and they said, I pray that they look to our ways or our spiritualities or however you believe, instead of drugs and alcohol. And in that

message, I hope we could start to get out into the community more that we have these services here. We could help you process those things. It’s a safe space and there’s trusted professionals that are dedicated to this community to help you work through that, that you don’t have to do it alone, because so often we do, we suppress, we hold it in, and we think a substance is going to solve all our problems.”

Expressing your emotions is powerful, allowing yourself to be vulnerable is a sign of strength. Choosing to cope in healthy ways can be anything from visiting with family, distracting yourself from the loss, doing more activities that make you happy. Simply feeling your emotions, sitting with them, processing them, and releasing them can be healthy ways. Prayer, talking to your lost loved one is a great way. Your loved one isn’t gone, they are still around you and check up on you often.

As a community how can we help each other. Elbert shared “I think we’d all be healthier if we all just were honest with people and said, you know what? I’m really struggling with that, and then we can acknowledge. Well, I know that you’re still grieving and tell me what I can do to help you, or you might need some time to take care of yourself. So, for a while, I’m not going to ask you to do some things because I know that you’ll be better or stronger if we let you have this time to just take care of yourself.” From a cultural standpoint, cutting our hair at the wake is a symbol that we are in mourning. Kitcheyan shared “Some families will cut their hair to show their mourning period and give that sacrifice. Giving up powwows, dancing. That’s something to show our mourning. And really a lot of sacrifices.”

“It’s who knows how long it took you to grow your hair that long. Well, you’re going to cut it for to show your love and respect for your loved one and show that and really symbolize and show the people you’re in mourning. Then that goes along with it is people that love to dance and enjoy going to powwows and traveling and even singing. When they’re in mourning, they’ll put that away. Some people might do it for a year, some might do it for four years, some might do it for six months. It’s really it depends on who you talk to. When I said someone told me before, Hochunks don’t mourn. We’re not supposed to put away our powwow clothes, and we’re not supposed to stop dancing. And so that was a whole nother perspective. So there’s an array of things. But that same person said, we don’t put away the positive. And if dancing and singing in that circle is a source of strength and it’s positive, then why would we put that away? So, I take that all in and then try to navigate that and just do what I feel comfortable with in my family. I’ve put away dancing for well over a year when my dad passed, but when we brought it back out, that was healing in itself. And it has been so healing. We say the closer we are to that arena the closer we are to him, because that’s what he loved. So that’s us honoring him in that way. But each family is different.”

So how can we move forward as a people to help us heal and grieve in healthy ways. Support one another, find ways that work for us as individuals. Kitcheyan adds “as a community, we really need to come together and figure this out, you know, pray about it or talk to

our elders about how can we take care of ourselves. But honor our ancestors and keep those traditions alive. There’s something more there. Our ancestors didn’t intend for us to suffer. They wouldn’t have made all the sacrifices they did. If they if they wanted us to suffer and they want us to be healthy and happy and heal. So how do we do that? So, I think it’s a larger conversation that needs to be had. And it’s not going to be easy because healing, whether it’s through grief or through healing from grief or substance abuse or whatever it is, it’s going to take commitment and in support.”

There are small steps we can make in our individual lives to help us cope. Elbert shared “when people are grieving, it’s still important to take care of the routine needs of your body. So drinking water, keeping yourself hydrated, trying to get good sleep, exercising. Distraction can be another good coping mechanism. So we could take mini mental vacations. We can give our brain a break. We can give our body a break, you know, I’m going to watch something that’s going to try to make me smile for a little while.” Generally, at the wakes in our community, loved ones will play games and visit with one another. To distract us from the loss. Kitcheyan added “we’re supposed to be celebrating. We’re supposed to be having fun making each other laugh. If we’re playing Moccasin game, people are screaming around and hitting that moccasin. That’s supposed to be our time to celebrate our loved one. And we’re happy for them because they don’t have to be here on this earth. They’re going to be in paradise. They’re going to be with our loved ones that have passed on and they’re not suffering anymore. To me, that’s our way of coping with it. And so, there’s that ancestral knowledge and wisdom as part of that ceremony is being happy, laughing. And throughout the week too, when people get up and talk, they usually talk about how great that person was or positive attributes, they also tell funny stories. And, you know, laughter is medicine. Indian humor is like no other. It’s not for the faint of heart. And you see that in our ceremonies. And that in itself is a coping mechanism. So it’s helpful. And you can always look into our culture too, as a way to kind of cope.” We are all on a personal journey when it comes to the grieving process. There are so many ways we can cope, ways that are healthy so we don’t have to continue to perpetuate and look to substances, we can stop the cycles of depression and anxiety if we lead by example. Children look to you as an example of how to handle life’s toughest situations.

If you are dealing with grief and wish to reach out to the Winnebago Behavioral Health Dept. for guidance the hotline is listed below. Kitcheyan expressed “I want the community to know is that this department is here to help and that this is a helping profession. And the therapists, everybody is so amazing and that I want the community to know that this is that safe space. And we’re really lucky to have the therapists and everybody here because they are committed and professional. We have such a great team to help.”

How To Survive EARLY GRIEF

8 SIMPLE ACTS FOR AN UNBEARABLE TIME

<p>1 STAY SAFE Stay safe. Do it for yourself if you can. Do it for others if you must. If you are driving while crying too hard to see straight, pull over. If you are about to get in the car, help yourself calm down. Distracted driving is dangerous.</p>	<p>2 TEND SOMETHING Water the plants. Brush the animals. Send a care package. Thinking of others, or giving love, or getting out of yourself for a while can help.</p>
<p>3 GET OUTSIDE Being outside in a non-human world is a relief. The trees will not ask, “How are you really?” The wind does not care if you cry. There’s a lot to be said for being in places that don’t need anything from you.</p>	<p>4 DRINK WATER Crying for months on end is really dehydrating. Please drink water. Your body needs it.</p>

The first weeks and months after someone you love dies are a world unto their own. Your usual survival tactics won’t work. Words of intended comfort just grate. Encouragement from others doesn’t feel good.

POSITIVE THINKING AND PLATITUDES CAN’T HELP. THEY JUST CAN’T.

<p>5 SHOWER Really. You will feel just the tiniest bit better clean. The same goes for sweeping the floor or any other seemingly tedious or irrelevant task of hygiene.</p>	<p>6 MOVE Moving your body is likely to bring a little measure of calm. Do yoga, go for a hike, or walk the dog. Even to the end of the block is a good start. It won’t solve anything but movement is good.</p>
<p>7 SAY NO - SAY YES You can’t afford any big drains on your energy, and you can’t afford to miss too many ways to replenish it. Say no to people, places, and events that are too much for you. Say an occasional yes to things that bring even a tiny bit of goodness.</p>	<p>8 EAT Some people eat under stress. Some lose all interest in food. Some experience serious, lasting physical challenges due to their “grief diet.” Small doses of healthy, nutrient dense food might be more easily tolerated by your mind and body than full meals.</p>

The core parts of you, the ways you find solace and connection - these have not completely changed, though they may feel irrelevant. Grief pares things down.

YOU MAY JUST NEED TO EXPERIMENT A BIT.

Adding to this list, or creating a whole new one of your own might just provide a road map inside this wholly disorienting time.

REFUGE IN GRIEF
Emotionally Intelligent Grief Support
www.refugeingrief.com

ANNOUNCEMENTS

CTE PROJECT STUDENT TESTIMONIAL, ANGEL (DECORA) BARCLAY

Written/Photography by: Jordana R. Bass



WINNEBAGO, NE – The CTE Project was introduced to the community within the last year. It is a program that assists tribal members who wish to enroll in a trade school. The WIN met with one CTE Project client and student, Angel Barclay to learn about her experience in the program.

Angel Decora Barclay (Thunder clan) is the daughter of Keith Allen Decora, and granddaughter of the late Annalee Decora Flute. She is an alumni of Homer Public School, and was a dental assistant for twelve years. She shared “I kind of took a different route with my education. I wanted to do something different. So, I came back and decided I wanted to go to school.” Currently she is a Nursing student at Western Iowa Tech (WIT), one of the institutions CTE Project partners with.

Barclay had received her LPN with guidance from Project Step up, and now she is pursuing her RN with the CTE Project. She shared “it sounds really cliché, but I was thinking to myself, how am I going to go to school and work and support my family and pay my bills? I had prayed about it. And then that night, I was looking through Facebook and I saw a post about it. Social media played a big part in getting the word out for me. I just messaged the program and then they said, Oh yeah, we can get you in.”

The CTE Project assists with a bi-weekly stipend upon completing a weekly journal. Offering you guidance along the way. Barclay expressed “it's been a huge blessing financially and the

support that they give you. Just meeting with you and talking to you about how school is going. In your progress reports that we do bi weekly is really nice because then they have good communication with your instructors and it's kind of a multifaceted team that is able to help you to reach your educational goals.”

The classes she takes are considered a hybrid course, where some classes are in person, others are self-taught. “You do a lot of modules and a lot of work on your own, you put in a lot of time with their curriculum. You have to do your clinical hours and your preceptor hours and the lab hours. What's really nice about the program is that it gives you a stipend for mileage. Whenever I have to drive to WIT in Sioux City, or any of my clinicals, if they're in Lemars or Sioux City, then they're good about reimbursing me the mileage.”

Students often have barriers they go through in their higher education, but what is great about the CTE Project is the support. “Nursing school is something that requires a lot of time and diligence and attention. You have to balance work, school life and home life. It allowed me the flexibility and the freedom to be able to focus more of my attention on my studies. They give you a stipend while you're in school, too. So that's nice. Per each hour you can get an alternate amount of money per hour. So that's a huge blessing. I'm able to just work part time and then still go to school.” It's like your getting paid to go to school.

Upon completion of the program, the CTE Project staff will even offer guidance and assistance to lead you off into the right direction. “I was just talking with the staff earlier this week, and when you graduate from an accredited program for nursing, you have to take your RN clicks.” Which is the national board exam. They must pass that before receiving their RN certificate. “They're expensive to take. They'll help with that, and your finger printing to the state for your background check. If you're in good standings. With at least a C with the program. I also needed some instruments like a stethoscope and different things like that.”

Barclay's personal goals are to provide adequate healthcare to tribal communities. “We all know that we have a huge responsibility both to our ancestors and to our future generations. When we think about health care and we think about our hospital, we only want to make that better. We want to make the experience better. We want to be able to give our people better health care. You know, we don't have a lot of a lot of native nurses. I think that as time goes by, we can kind of blaze that trail for more people and more people from not only from our tribe, but from Indian Country to be able to achieve those goals and to be able to be in positions that help to bring everything together with our traditional ways and going forward and with our future of the hospital and our health care in general.”

“If we have a good relationship with the nurse or the health care provider, then we know we're related to this person. In Indian way we're all relatives.”

Trade school is different than your traditional college courses, where most of the work is hands on sessions. The CTE Project will offer your guidance and support along the way. Any interested tribal member living on reservation and off reservation is encouraged to apply. Barclay expressed, “who doesn't need support? Whether it's emotional support, academic support or financial support. That's something that the CTE program is really good about getting and giving. You know, they really care about you.”

Currently there is between 20 to 25 students enrolled with the program. “We want more people to be able to take advantage of it. And even when you get really busy. They're really good about sending you a text. Like, how's it going? Just a reminder, this is due. This is so you have somebody in your pocket that's in your corner that's really supporting you and providing all those extra reminders and financial stability to help you to be able to achieve your educational goal.”

Summer Internship Program
Real world work experience!
MAY 15 – JULY 28, 2023

Are you looking for what to expect from the real world when you graduate?

The Ho-Chunk, Inc. Summer Internship Program is specifically designed to give students that desired hands-on experience to work with an innovative and successful Native-owned company that prides itself on a strong social mission and community impact.

HO-CHUNK INTERNS CAN EXPECT

- ▶ Play an active part of the team from day one
- ▶ On the job personalized learning and development
- ▶ Environment that fosters growth for a meaningful experience
- ▶ 11-week paid program
- ▶ Make impactful contributions to Ho-Chunk, Inc. and Winnebago Community

Have Fun! Get Paid Internship! Great for future resume!

Ho-Chunk, Inc. is the award-winning economic development corporation owned by the Winnebago Tribe of Nebraska. Ho-Chunk, Inc.'s unique business model allows for the company to reinvest in the Winnebago community through programs and partnerships related to employment, housing, education, and health.

INTERNSHIP OPPORTUNITIES

- Communications • Corporate Operations
- Finance • Government Contracting
- Human Resources • Information Technology
- Manufacturing • Marketing • Retail
- Real Estate & Construction

*Limited openings. Students are encouraged to apply prior to application deadline.

ELIGIBILITY

- ▶ Must have completed one full semester of college
- ▶ Maintain a cumulative GPA of 2.5 or above
- ▶ Preference will be given to enrolled members of the Winnebago Tribe of Nebraska
- ▶ Additional preference to members of other federally recognized tribes
- ▶ Students pursuing business related degrees preferred but other majors are encouraged to apply
- ▶ Especially looking for students with an interest in advancing economic development for Native Americans.



ALL LEGAL NOTICES ARE POSTED ON BEHALF OF: Winnebago Tribal Court

LEGAL NOTICE: 2/3
Notice of Hearing
Case No. CV23-033

In the Matter of the Custody Application of:
Oyate Means-Contreras
In Re:
A.M. (Born 04/2005)
Jerome Ghost Dog, Father

You are hereby notified that a a petition has been filed for Guardianship and a hearing concerning the above referred Individual(s) in Case No. CV23-033 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 6th day of February, 2023 at the hour of 11:30 A.M.

Dated this 4th day of January, 2023

LEGAL NOTICE: 2/3
Notice of Hearing
Case No. JFJ23-007

The People of the Winnebago Tribe

In the Interest of:
K.B. (Born 10/2017)
TO: ALL POSSIBLE FATHERS

You are hereby notified that a hearing for an Adjudication concerning the above referred minor individual(s) in case no. JFJ23-007 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 1st day of March, 2023 at the hour of 9:30 A.M.

Dated this 27th day of December, 2022.

"The internship helped me develop professionally and personally. The people I got to work with gave me a clear view of what it takes to be successful."

Charish Flyinghawk
2022 Intern

Apply by **March 1, 2023** at bit.ly/ho-chunk23
Contact Terri Lee Medina at tlmedina@hochunkinc.com for more information.

ACTIVITY PAGE

LITTLE PRIEST TRIBAL COLLEGE

Our Mission: "Be Strong and Educate My Children"

JOB ANNOUNCEMENT

Posting Date: 11/21/22
Position: Resident Assistant (1 male/1 female)
Job Status: Full-time
Reports To: Director of Security, Maintenance & Housing
Salary: \$5,000.00 per semester and a meal plan (14 meals a week at the Wolves Den)

Closing Date: May 1st, 2023
FLSA Status: Exempt
Department: Academics
Reports To: Chemistry Instructor
Description:

Organization and Location: The position is located at Little Priest Tribal College (LPTC) in Winnebago, Nebraska, 68071.

Work Schedule:
This is a full-time time position for one person, no significant others, children, or animals; work hours will vary as needed to perform the duties assigned. Employee is required to be available in the designated housing unit daily (but during no fixed hours) and to sleep there every night, including weekends.

Summary Statement:
The Resident Assistant will live in an assigned residence hall to supervise and support the resident students. Under the supervision of the Director of Security, Maintenance & Housing, the RA will be responsible for the oversight of the day-to-day operations in the residence hall to which he/she is assigned. This is a full-time position and is considered exempt under FLSA. To perform this job successfully, an individual must be able to perform each function satisfactorily. Reasonable accommodations may be made to enable individuals with disabilities to perform the primary job responsibilities.

- REQUIRED Qualifications and Competencies:**
- Certified in CPR and First Aid; if not, must become certified within the first thirty days of employment as Residence Assistant. Certification requirements will be paid for by the College.
 - Possess and maintain a valid motor vehicle operator's license and be able to maintain an acceptable driving record to be an approved driver.
 - Ability to work independently with minimal guidance and often remote but supportive supervision.
 - Strong oral communication skills.
 - Able to exercise tact and handle information that is confidential, sensitive, or controversial.
 - Must be student-focused and have a genuine interest in supporting higher education.

- Core Function Duties and Responsibilities: Oversee Residential Hall**
- **Must reside in the residence hall as a primary residence and stay in the facility every night.**
 - **Must enforce curfew for all who live in the dorms.**
 - Be available in the designated housing daily (but during no fixed hours).
 - Create a residential environment that promotes academics and is conducive to studying.
 - Serve in a leadership role; this is imperative in the event of fire drills, tornadoes, and other emergencies.
 - Conduct bi-weekly walk-throughs, conduct monthly resident meetings, and assist student housing orientation.
 - Be a role model for responsible behavior and personal integrity; exercise good judgment.
 - Identify situations that require immediate attention and work with the supervisor to resolve them.
 - Report to the supervisor any threatening or dangerous student behaviors.
 - Submit work orders to the Maintenance Department as needed for repairs.
 - Ensure students clean common rooms and remove the trash, using a posted list of assigned chores.

- General Duties and Responsibilities:**
- Maintain a clean and safe environment.
 - Attend required and assigned staff meetings and trainings.
 - All LPTC employees must know and follow job safety procedures, attend required health and safety training, proactively promote safety at work, and promptly report actual and potential accidents or injuries.

Travel:
No travel is required.

Work Environment:
While performing the duties of this job, the employee is frequently exposed to indoor and outdoor conditions. While performing the duties of this job, the noise level in the work environment ranges from mild to loud.

Physical Demands:
The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

The employee may be required to move or position items over and under weighing up to 50 lbs. Employee must be able to communicate, possess manual dexterity, utilize memory for details, give and receive verbal instructions, exhibit emotional stability, and possess critical thinking.

At LPTC, we are committed to hiring a workforce that is as diverse and inclusive as the people and communities we serve. We are an equal-opportunity employer. Employment practices are free of discrimination. Indian preference applies. All other applicants have equal opportunities of employment irrespective of their race, creed, color, religion, national origin, sex, age, marital status, gender identity, physical or mental disability, or veteran status. LPTC will uphold these principles and ensure that this philosophy is administered appropriately. Arrangements for reasonable accommodations required by disabilities can be made by contacting the Human Resources office.

To Apply:
Applicants can submit a cover letter, resume, college transcripts, and three letters of references to Human Resources Manager, P.O. Box 270, Winnebago, NE 68071, or email to angela.bates@littlepriest.edu

Applicants may also go to <http://www.littlepriest.edu/faculty-staff/human-resources.html> and complete the on-line application and attach a resume. Transcripts and three letters of reference are also required when submitting an application.

Little Priest Tribal College is an Equal Opportunity Employer

LITTLE PRIEST TRIBAL COLLEGE

OUR MISSION: "BE STRONG AND EDUCATE MY CHILDREN"

JOB ANNOUNCEMENT

Open: June 1st, 2022
Position Title: Chemistry Laboratory Teaching Assistant
Department: Academics
Reports To: Chemistry Instructor
Description:

Closing Date: Until Filled
FLSA Status: Hourly, Non-Exempt
Job Status: Temporary, Part-Time
Work Schedule: 12 hours/week

The laboratory teaching assistant (TA) in chemistry will be responsible for the supervision of all laboratory activities for two (2) chemistry courses taught at Little Priest Tribal College in the Fall 2022 semester, CHEM 1010 Introduction to General Chemistry and CHEM 1090 General Chemistry I. Each course has 1 section at 2 hours each. CHEM 1010 Lab will be taught at the LPTC campus and CHEM 1090 Lab will be conducted at the Northeast Community College campus in South Sioux City, NE. The Chemistry TA will teach both laboratories under the supervision of the LPTC Chemistry Instructor.

Essential Duties and Responsibilities:

- Laboratory lecture material will be provided and delivered by the course instructor via Zoom in the laboratory while the TA supervises students ensuring they are paying attention. • Travel to Northeast Community College in South Sioux City, NE to teach CHEM 1090 General Chemistry I laboratory;
- Responsible for setting up all the necessary laboratory equipment and materials needed for each experiment;
- Guide students in the laboratory procedures to ensure that each laboratory session is completed in the allowed time;
- Expected to be familiar with all experimental procedures and calculations involved in each experiment before entering the laboratory and must be prepared to aid students with this material;
- Will not be responsible for creating laboratory lecture material or grading.
- Expected to attend all pre-lab sessions, all laboratory sessions, and any other scheduled meetings with the course instructor;
- Always maintain a safe instructive environment in the laboratory;
- Must follow all safety guidelines and always enforce these guidelines for all students in the lab;
- Responsible for laboratory housekeeping and should ensure that all areas are clean and neat before leaving the laboratory; • Provide first response in the event of a laboratory accident.

Qualifications and Education:

- B.S. in Chemistry or a related physical science degree with 6 credit hours of chemistry laboratory coursework.
- Familiar with laboratory equipment, chemicals, and protocols specific to the chemistry courses.
- Be able to respond appropriately in the event of a laboratory accident.

Applicants should submit a cover letter, current resume, transcripts, and three letters of reference to Human Resources, Little Priest Tribal College, P.O. Box 270, Winnebago, NE 68071, or email to angela.bates@littlepriest.edu. Applicants may also go to the college website at www.littlepriest.edu and complete an online application. Please complete an application and submit a certified copy of your transcripts.

At LPTC, we are committed to hiring a workforce that is as diverse and inclusive as the people and communities we serve. We are an equal-opportunity employer. Employment practices are free of discrimination. Indian preference applies. All other applicants have equal opportunities for employment irrespective of their race, creed, color, religion, national origin, sex, age, marital status, gender identity, physical or mental disability, or veteran status. LPTC will uphold these principles and ensure that this philosophy is administered appropriately. Arrangements for reasonable accommodations required by disabilities can be made by contacting the Human Resources Office.

Little Priest Tribal College is an Equal Opportunity Employer

JOB ANNOUNCEMENT

Opening Date: December 1, 2022
Closing Date: Open till filled
Position: Native American Studies Instructor
FLSA Status: Salary
Reports To: V.P of Teaching & Learning
Work Schedule: M-F 8:30-5:00 and class schedule
Rate of Pay: Depends on experience, \$55,000-\$60,000 /year

Little Priest Tribal College is currently accepting applications for Full-Time Native American Studies Faculty in the Department of Academic Affairs beginning Spring 2023.

POSITION OVERVIEW: The Full-Time Native American Studies position is a one-year contract appointment beginning Spring 2023 through Summer 2023, renewable every year upon the availability of funds. The successful candidate will be responsible for teaching Native American Health and Wellness, Exploring Historical Trauma, Native American History, Contemporary Native American Issues, Federal Indian Law, Introduction to Traditional HoChunk Art, and all Native American Studies electives. The faculty member is also responsible for advising students enrolled in the Native Studies program. All faculty members are responsible for completing course assessments at the end of the semester. The faculty member will be assigned to different committees and duties as required by the department of Academic Affairs.

DEPARTMENT DESCRIPTION: The Department of Academic Affairs offers one certificate, Certified Nursing Assistant, two Associate of Applied Science (Cannabis Studies and Diversified Agriculture) degrees, four Associate of Arts (Native American Studies, Teacher Education, Early Childhood Education, and Liberal Arts) and five Associate of Science (Indigenous Science, Biology, Chemistry, Computer Information Technology, and Business) degrees at Little Priest Tribal College. Our caring and experienced faculty members advise students on various pathways to completion. The College has an articulation agreement with Wayne State College for Business Administration

REQUIRED Qualifications and Competencies:

- Master's degree in Native Studies or Master's degree in a related field with at least 18 graduate credit hours, or related discipline from a regionally accredited institution of higher learning recognized by the U.S. Department of Education or qualifications equivalent to a Master's degree.

PREFERRED Qualifications and Competencies:

- Experience working in tribal organizations, in Native American communities, for a Tribal College or University; and/or knowledge of Native American Studies curriculum.

Required Documents: Application, Resume/CV, Cover Letter/Letter of Interest, Unofficial transcripts (Official transcripts will be required if the offer is extended and accepted), Reference List. All materials included in your application packet become LPTC property. Please retain copies of all materials you submit, as they will not be returned or copied at a later date, and will be considered for this opening only.

To Apply:

Applicants can submit requested documents to Human Resources, P.O. Box 270, Winnebago, NE 68071, or email to angela.bates@littlepriest.edu

Applicants may also go to <https://littlepriest.edu/jobs-openings/> and complete the online application.

At LPTC, we are committed to hiring a workforce that is as diverse and inclusive as the people and communities we serve. We are an equal opportunity employer. Employment practices are free of discrimination. Indian preference applies. All other applicants have equal opportunities for employment irrespective of their race, creed, color, religion, national origin, sex, age, marital status, gender identity, physical or mental disability, or veteran status. LPTC will uphold these principles and ensure that this philosophy is administered appropriately. Arrangements for reasonable accommodations required by disabilities can be made by contacting the Human Resources office.

LITTLE PRIEST TRIBAL COLLEGE

Our Mission: "Be Strong and Educate My Children"

Little Priest Tribal College is now taking applications for the following positions:

- Full Time Faculty
Chemistry Laboratory Teaching Asst.
Native American Studies Instructor
- Tutors
- Resident Assistant

For more information, visit us on the web at:
<https://littlepriest.edu/jobs-openings/>
LPTC is an equal opportunity employer.
LPTC 601 E. College Dr. Winnebago, NE

TOP STORIES

GIRLS WRESTLING

Story Continued from page 1...



Avani Wilke ready to take down her opponent

invitational in Battle Creek was huge, and the bleachers were full. The sport is still new in the community, but you are highly encouraged to attend the matches to support the Winnebago Lady Indians.

Wrestling is one of the toughest contact sports to play. Tranmer shared “wrestling is one of the hardest things you’ll ever do. And, you know, football’s hard. But the difference between football and wrestling is in football. You go for about 10 seconds and then you take maybe a minute ish break and then you get back after it. Wrestling is nonstop for 6 minutes for a match. Then the unfortunate part is, is you have to sit for a while. Then you have to get mentally back into it and be ready for that next match. So not only not only is the physical aspect of 6 minutes of just pure, I call it hell, but then the mental aspect of being able to recover from a loss maybe that you shouldn’t have taken. Or maybe you tweaked a knee or a shoulder. And it’s you have to be able to be mentally ready for that next match.”

To score points in a match you have to take the girl down and cover their hips and be on top. “That’s worth two points. If you can put them on their back and hold them on their back and get a pin, then that’ll end the match. Otherwise, if you can keep them on their back for a while, maybe they get back to their stomach, you can get some bonus points, 2 to 3 points. If they’re on their back, they’re probably near-fall points.”

The girls’ individual strengths continue to help them win matches. Tranmer shared “Avani is very what we call in wrestling funky. She will kind of get in a scramble situation and nine times out of ten she ends up on the good side of the scramble. There’s been a couple of times where she’s gotten caught in the scrambling, but she knows what she’s doing and she will catch those girls and put them on their back. That’s her biggest benefit. One of the one of the things that she struggles at is just understanding the angles of how to get to shots and picking up a leg and finishing a takedown.

“Darian “Hunz” her strength is she has the I don’t want to get beat attitude but it’s also her downfall because when she does lose and it’s something that she thinks that she shouldn’t have, she can have some issues with that. But she is focused. She doesn’t think anybody can beat her or should beat her. And in my mind, that is the truth. I mean, we wrestle each other in practice and it’s not easy to wrestle her and it’s for her to wrestle me. That’s, you know, it takes a lot. And so, she knows what she’s doing. And she’s very, very strong.”

“Asasia Big Fire, she’s just so new, trying to find her niche on what her take down is and things like that. Is kind of one of her things that she’s trying to focus on. The one thing that she is good at is she does listen. She might not know what she’s doing yet, but she does listen, and she tries to do her best. Ricarda Little Walker, she’s also out and, she’s brand new to it. I got her two weeks into the season to go

out and she’s really been developing a little more. When she first started; she wouldn’t even go on the mat. She did not want to wrestle. And now I think she’s got like seven or eight wins right now. So she’s getting better.”

So what are the chances of us seeing the Lady Indians at the State tournament. Tranmer shared it is likely “Avani is sitting, I believe she’s number four or five at £140. And she does have a pretty good shot. There’s some pretty decent girls at her district, but right now we’re sitting good. Darian, at £190, she is ranked the number three wrestler in the state and taking her up to 235. The reasoning for that is, is that there are one to five girls in the district that are really, really good. And she wants to win a state title. And you know, at 235, I think she can do it because of her quickness, even though she’s undersized. I think she’s quick enough that she’d be able to do it. So we took her up to 235 and right now she’s looking like the number two seed at districts, and her chances are very, very good. So Avani and Huns have a really good chance to qualify again for Omaha.”

So, get out there and support your WPS girls wrestling team! Tranmer concludes by saying “it is exciting once you sit and watch a girl’s tournament, the buzz around the girls wrestling right now is so huge. You know, you used to have boys’ tournaments where there’s, ten teams ish and the gym would be half full. The gym is completely packed, as you saw yesterday with the girls tournament. The thing about the girls is these girls wrestle a lot in the off season and they become friends. We’ve had Darian on a national team and Avani and Precious, these girls have been on these national teams wrestling with these other girls from other schools, and they’ve made friendships that don’t just go on that national team level. It’s when they go to other schools and the tournaments, those girls are in the corners of our girls and our girls are in the corners of those other girls. It’s cool cheering them on even though they don’t have anything to do with our team. Those girls are family now, and that’s the one thing about wrestling is it is a wrestling family. It’s not just wrestling. Once you’re a part of it, you’ll probably never get out.”



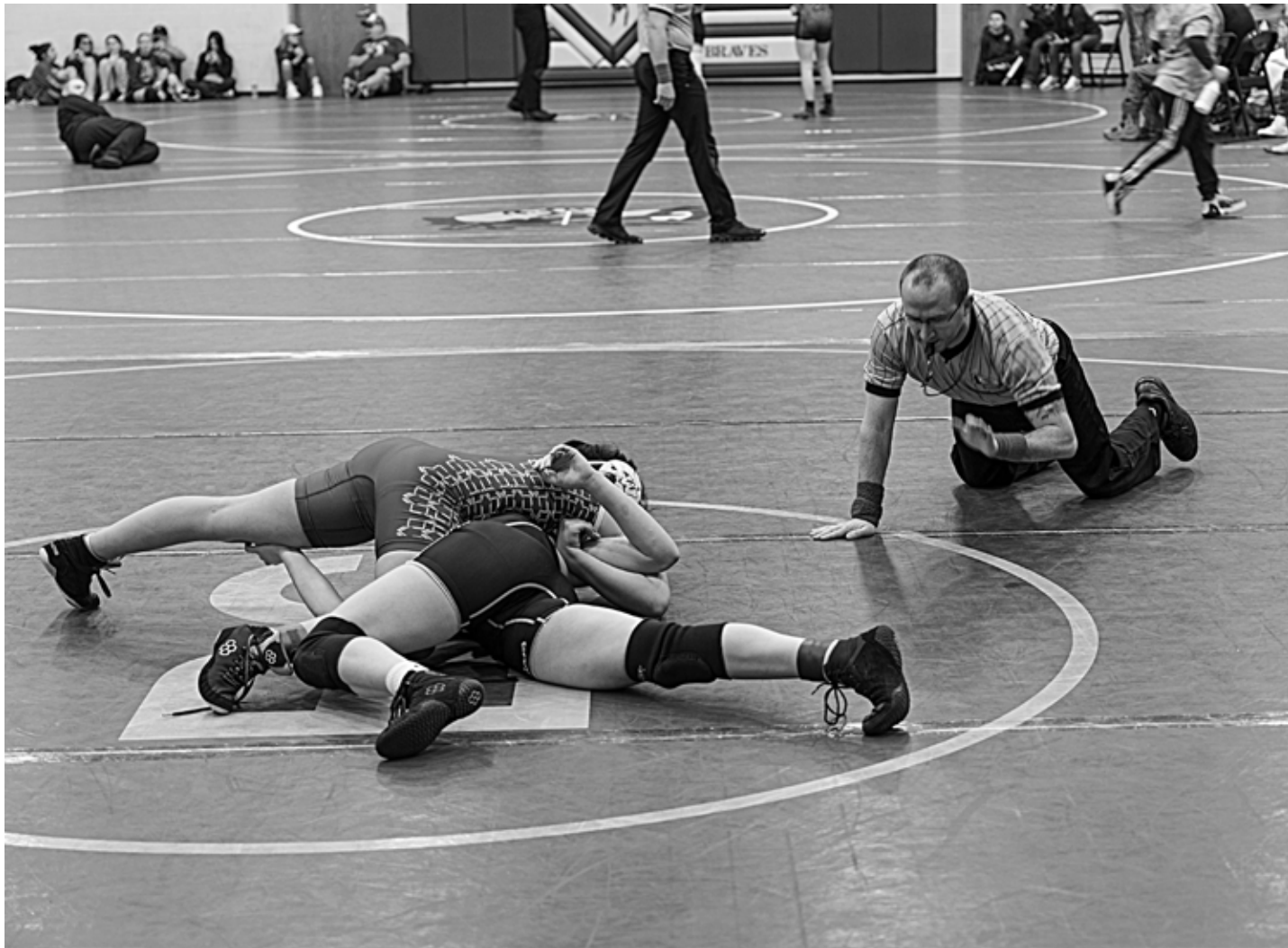
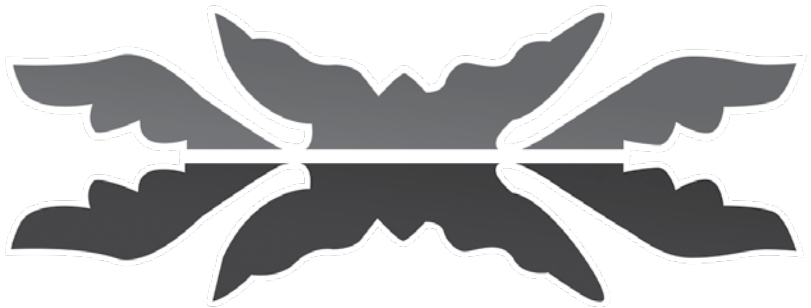
Asasia Big Fire pins her opponent for the WIN!



Coaches Adam Tranmer and Adam James coaching the girls through the matches



Darian "Hunz" Earth wins her first match by pin.



Glad we caught this pin on camera. Avani pins her first opponent for the W!

EDITORIALS

MARIO SUNIGA'S EXPERIENCE AT MARINE BOOT CAMP

Written by: Mario Suniga

"Bootcamp for me was a tough and stressful experience. We had to wake up at 4:30 am almost every morning. Anything and everything we did they counted us down from 100. Everywhere we went we marched in formation with the squad leaders at the front and the guide leading the whole platoon. Whenever we went to the chow hall we had 10 min to get in and get out and it started when the first person stepped in. Once we became Marines all we did was PT and take classes. Bootcamp overall made me more confident and strong. If I had the choice to do it over all again I would."



SUICIDE IN INDIAN COUNTRY PT. 24

Submitted by: Youth Crisis Intervention Center



Postpartum Depression and Suicide

"After two months of suffering from severe anxiety attacks, feeling very, very sad but not really being able to cry and not being able to talk to anyone, I thought I must be losing my mind. I wanted to end it all. I thought my husband, new baby and four kids would be better off without me. I didn't really want to die. I didn't want to live either if I was going to be like this," said Laura Cincotta, who suffered from postpartum depression. "I was crying out for help and no one could tell me what I had or how to treat it. I asked to be put in the hospital. I can absolutely understand how women can tragically lose their lives to this horrible but treatable illness. I feel fortunate that I found help."

Those words sum up very well what a woman with postpartum depression can experience. And, unfortunately, postpartum depression is quite common, with 10 to 15 percent of women experiencing it.

Women usually begin to experience postpartum depression within the first two weeks after childbirth. However, symptoms may not appear for up to one year after childbirth.

Symptoms of postpartum depression include:

- Intense sadness
- Strong mood swings
- Frequent crying
- Irritability
- Low self-esteem
- Feeling exhausted
- Inability to concentrate
- Withdrawing from family and friends
- Feeling hopeless
- Losing interest in activities
- Anxiety attacks
- Panic attacks
- Headaches and chest pains
- Hyperventilation
- Heart palpitations
- Eating too much or too little
- Sleeping too much or too little
- Suicidal thoughts

Many women who experience postpartum

depression do not know what is wrong with them so they do not ask for help. Others believe that they need help, but are disinclined to seek it because of the stigma associated with mental illness.

It should be noted that postpartum depression is much more serious than the extremely common "baby blues." The baby blues will affect between 70 to 80 percent of women after childbirth, with symptoms usually developing within the first four days after delivery.

The symptoms of the baby blues include sadness, irritability, frequent crying, and exhaustion. But these symptoms typically only last a few days.

If you think you have the "baby blues" but the symptoms persist, you need to see your doctor immediately.

It should also be noted that there is a relatively rare condition known as postpartum psychosis which is much more serious than postpartum depression.

About one in one thousand women will develop postpartum psychosis, with symptoms usually occurring within two weeks. The symptoms include hallucinations, delusions, and quick mood swings. Essentially, women with postpartum psychosis lose touch with reality. And they are at an extremely high risk for suicide and for infanticide.

Steps that pregnant women may take to help prevent or minimize problems associated with postpartum depression (or related disorders) include:

- Learn as much as possible about postpartum depression and related postpartum disorders.
- See a doctor regularly before, during, and after delivery.
- See a therapist regularly before, during, and after delivery. By seeing a therapist as well as a doctor, one more professional will be involved who may spot symptoms. Remember that postpartum disorders are very common, so the best strategy is to be proactive.
 - Eat a healthy diet.
 - Exercise regularly.
 - Keep your stress level as low as possible
 - Establish a strong support network with friends and family members that will be prepared to help at any juncture.
 - After delivery, honestly communicate how you feel on a daily basis with key members in your support group.

In particular, if a loved one is exhibiting signs of postpartum mental illness, it is crucial to engage them in a nonjudgmental, supportive manner, and not to foist societal expectations upon them. This hysteria about bad mothers only exacerbates the depressive ruminations and guilty obsessions that can accompany

these illnesses. Fatigue, sadness, or psychosis is not about choice or laziness or selfishness. It is about unfortunate biological mechanisms gone awry, compounded by the real stress of motherhood.

So stop judging mothers so harshly. Your words can kill.

**National Suicide Prevention Lifeline
1-800-273-8255 (TALK) or the
Winnebago Behavior Health 1-402-878-2911
or After Hours Crisis # 1-712-259-3263.**

**15 Essential
First-Time Mom Tips**

- Trust your gut
- Give yourself grace to learn
- Ask for help
- Allow others to help you
- Don't rush your recovery after delivery
- Prioritize self-care
- Chart your own parenting path
- Be ok with pivoting & things not being perfect
- Go at your own pace
- Don't compare yourself to other moms

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TRIBAL COUNCIL MINUTES

WINNEBAGO TRIBE OF NEBRASKA

TRIBAL COUNCIL ORIENTATION & REORGANIZATION October 13, 2022

TRIBAL COUNCIL PRESENT:

Victoria Kitcheyan
Lorelei DeCora
Rona Stealer
Louis LaRose
Kenneth Mallory
Isaac Smith
Aric Armell

TRIBAL COUNCIL ABSENT:

Brian Chamberlain (leave)
Coly Brown (leave)

OTHERS PRESENT:

Esther Mercer
Lynelle Blackhawk
Teresa Littlegeorge
Tyresha Wolfe
Garan Coons

OPENING PRAYER:

Lorelei DeCora offered the opening prayer.

CALL TO ORDER:

Chairwoman Kitcheyan called to order at 9:38 a.m.

APPROVE AGENDA:

Aric Armell motioned to approve the agenda. Isaac Smith seconded.

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

REVIEW AND APPROVE FY 23 WTN ORGANIZATIONAL CHART:

Lorelei DeCora motioned to approve the FY 2023 Organizational Chart as amended, moving the Veterans Services Officer under the CAO. Rona Stealer seconded.

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

TRIBAL COUNCIL COMMITTEE & WORK GROUP ASSIGNMENTS:

WORK GROUPS:

HEALTH: Louis LaRose, Coly Brown, Victoria Kitcheyan

ELDERS/ASSISTED LIVING/ DIFFERNTLY ABLED: Rona Stealer, Aric Armell, Brian Chamberlain, Isaac Smith

LANGUAGE/CULTURE: Kenneth Mallory, Isaac Smith, Rona Stealer

EDUCATION: Victoria Kitcheyan, Brian Chamberlain, Rona Stealer

GAMING: Brian Chamberlain, Coly Brown

HOUSING: Coly Brown, Kenneth Mallory, Aric Armell, Victoria Kitcheyan, Louis LaRose

FISCAL/INVESTMENTS/TAXATION: Brian Chamberlain, Rona Stealer, Isaac Smith

Isaac Smith motioned to Direct Esther Mercer to work with Garan Coons and post the Tribal Tax Director advertising on the Winnebago Tribe of Nebraska Facebook page immediately. Aric Armell seconded.

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

PHYSICAL/NATURAL RESOURCES:

Kenneth Mallory, Coly Brown, Louis LaRose, Aric Armell, Isaac Smith

HUMAN SERVICES: Rona Stealer, Brian Chamberlain, Kenneth Mallory

JUDICIAL & LAW ENFORCEMENT: All Council Members

SELF GOVERNANCE: All Council Members

SAFETY: Coly Brown, Isaac Smith, Kenneth Mallory

Aric Armell motioned to approve the FY2023 Workgroups Assignments as amended adding "Differently Abled" to Elders/ Assisted Living and adding Isaac Smith to the Fiscal/Investment/ Taxation Committee. Isaac Smith seconded.

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

BREAK: 11:05 a.m.

Discussion: Tribal Council to be able to receive board stipends and increase in wages.

LUNCH: 11:49 a.m.

• Action Item – Approve extension of FY 22 Boards and Committee Plan

COMMUNICATIONS:

Presented by Garan Coons.

Virtual Meeting policy

BOARDS & COMMITTEES:

ACTION ITEMS:

1. Appoint two (2) Tribal Council representatives Aric Armell and Rona Stealer to pow wow committee and advertise for 9 seats.

2. Winnebago Education Appeals Committee all tribal members

3. Appoint Brian Chamberlain and Lorelei DeCora to the EduCare Board.

4. Require all members of the Winnebago Education Appeals Committee to be Tribal Members.

5. Appoint Kenneth Mallory and Louis LaRose to the Winnebago Gaming Development Commission.

6. Winnebago Tribe Radio Station Committee will be deemed inactive.

7. Ho-Chunk Inc. Board of Directors, Appoint/Reaffirm Rona Stealer and Kenneth Mallory and advertise three (3) board members positions.

8. Appoint Lorelei DeCora to the Winnebago Community Development Fund Review Board.

9. Winnebago Tribal Tax Commission appoint Brian Chamberlain, Vice-Chairman and Rona Stealer, Treasurer.

10. Emergency Home Repair/HIP will be deemed inactive.

11. Appoint Rona Stealer to the Tribal Utility Board.

12. Appoint Victoria Kitcheyan and Isaac Smith to the Water Quality Committee.

13. Appoint Aric Armell and Isaac Smith to the Community Policing

Board

14. Research the Constitutional Review Committee.

15. Methamphetamine Community Task Force will be deemed inactive

16. Appoint Kenneth Mallory and Coly Brown to the Boys & Girls Club Board of Directors

17. Appoint Victoria Kitcheyan and Kenneth Mallory to the Tribal Transit Board.

18. Self-Governance Steering Committee will be deemed inactive.

19. Assisted Living Model Committee (previously Nursing Home Committee) will be deemed inactive.

20. Appoint Louis LaRose and Coly Brown to the Winnebago Housing & Development Commission.

21. Advertise (Tenant Position vacancy) for 30 days for the Winnebago Tribal Housing Committee.

22. Appoint Isaac Smith and Aric Armell to the Safety Committee.

Aric Armell motioned to authorize and approve the action items as presented. Rona Stealer seconded.

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

COLA discussion for Tribal Council, discussion only. No action taken.

ADJOURN: Aric Armell motioned to adjourn at 3:54 p.m. Rona Stealer seconded.

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

Chairwoman Kitcheyan adjourned the meeting at 3:54 p.m.

WINNEBAGO TRIBE OF NEBRASKA MID-MONTHLY TRIBAL COUNCIL MEETING October 17, 2022

TRIBAL COUNCIL PRESENT:

Victoria Kitcheyan
Brian Chamberlain (in at 5:09 a.m.)
Lorelei DeCora
Rona Stealer
Coly Brown
Aric Armell
Louis LaRose
Kenneth Mallory

TRIBAL COUNCIL ABSENT: Isaac Smith (fire call)

OTHERS PRESENT:

CALL TO ORDER: Chairwoman Kitcheyan called to order at 5:06 p.m.

OPENING PRAYER: Aric Armell offered the opening prayer.

APPROVE AGENDA: Kenneth Mallory motioned to approve the agenda. Louis LaRose seconded.

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

READING OF THE MINUTES:

1. September 29, 2022, Special Tribal Council – Gaming

TRIBAL COUNCIL MINUTES

Commission mtg.

Aric Armell motioned to approve the September 29, 2022, Special Tribal Council – Gaming Commission meeting minutes. Kenneth Mallory seconded.

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

2. October 3, 2022, Regular Tribal Council mtg. mins.

Coly Brown motioned to approve the October 3, 2022, Regular Tribal Council meeting minutes. Aric Armell seconded.

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

3. October 5, 2022, Oath of Office and Reorganization of Officers mtg. mins.

Aric Armell motioned to approve October 5, 2022 Oath of Office and Reorganization of Officers meeting minutes. Coly Brown seconded.

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

4. October 11, 2022, Land mtg., Enrollment Update, and Physical Resources Report mtg. mins.

Kenneth Mallory motioned to approve October 11, 2022, Land mtg., Enrollment Update, and Physical Resources Report meeting minutes. Louis LaRose seconded.

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

[Brian Chamberlain in at 5:09 a.m.]

5. October 12, 2022, CEO Report meeting minutes

Kenneth Mallory motioned to approve October 12, 2022, CEO Report meeting minutes. Aric Armell seconded.

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

6. October 13, 2022, Tribal Council Orientation & Reorganization mtg. mins.

Kenneth Mallory motioned to approve the October 13, 2022 Tribal Council Orientation & Reorganization meeting minutes. Rona Stealer seconded.

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

RATIFY FIVE SIGNATURES:

1. Approve \$500 food allowance to the family of M. Z. from the WTN Tribal Council

Aric Armell motioned to ratify the five-signature approving \$500 food allowance to the family of M. Z. from the WTN Tribal Council. Louis LaRose seconded.

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

2. Adopt resolution #23-04; Tribal Enrollment Applicants

Louis LaRose motioned to ratify the five-signature adopting resolution #23-04; Tribal Enrollment Applicants. Coly Brown seconded.

Louis LaRose motioned to rescind his motion to ratify the five-signature adopting resolution #23-04; Tribal Enrollment Applicants.

Coly Brown rescinds his seconded.

Aric Armell motioned to send Resolution #23-04; Tribal Enrollment Applicants back to enrollment to recalculate the Indian blood. Louis LaRose seconded.

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

3. Tribal Council Sponsor meal, drum group and dancers for NTAI event on Oct. 11, 2022.

Kenneth Mallory motioned to ratify the five-signature approving the Tribal Council to sponsor meal, drum group, and dancers for NTAI event on October 11, 2022. Brian Chamberlain seconded.

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

NEW BUSINESS:

1. WCHS – Robert Iron Shell, Introduction. No action taken.

TRIBAL COUNCIL ITEMS:

1. Native American Faith Group donation request

Louis LaRose motioned to advertise this information in the WIN for the community to support their family members & the Tribe will match it. Rona Stealer seconded.

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

Aric Armell motioned to donate \$1,000.00 from the Tribal Council for Native American Spiritual Ceremonies costs. Louis LaRose seconded.

OBJECT: Rona Stealer

VOTE: (6) yes, KM, LLR, LD, BC, AA, CB (0) no (1) abstain, RS
Motion carried.

2. Tribal Member payout discussion – Discussion only

ADJOURN:

Aric Armell motioned to adjourn at 5:58 p.m. Brian Chamberlain seconded.

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

WINNEBAGO TRIBE OF NEBRASKA GENERAL COUNCIL MEETING October 19, 2022

TRIBAL COUNCIL PRESENT:

Victoria Kitcheyan
Brian Chamberlain
Lorelei DeCora
Rona Stealer
Kenneth Mallory
Louis LaRose
Coly Brown
Aric Armell
Isaac Smith in at 9:44 a.m.

OTHERS PRESENT:

Jennifer Bear Eagle
Jason Lawrence
Tyler Smith
Lilly Snow
Garan Coons
Alan Post
Teresa Littlegeorge
Ireta Frazier
Lynelle Blackhawk
Esther Mercer
Matt Benson

CALL TO ORDER: Chairwoman Kitcheyan called to order at 9:08 a.m.

OPENING PRAYER:

Kenneth Mallory offered the opening prayer.

APPROVE AGENDA:

Aric Armell motioned to approve the agenda. Rona Stealer seconded.

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

IOWA LAND LEGISLATION: update

ENROLLMENT:

Discussion on Secretarial Election.

[Isaac Smith in at 9:44 a.m.]

Lorelei DeCora motioned to create a Sample Ballot to further educate the membership to include the following: To make all current enrolled members 4/4 and 1.) to keep all documents of CDIB Other Indian Blood in each enrollment file. 2.) If 25 years or older, if enrolled in another Federally recognized Tribe, can not be enrolled in the Winnebago Tribe of Nebraska. Aric Armell seconded.

OBJECT: Brian Chamberlain

VOTE: (4) yes, LD, LLR, CB, AA (2) no, BC, RS (2) abstain, KM, IS
Motion carried.

RECESS: 11:12 a.m.

PUBLIC INTOXICATION CODE

DISCUSSION:

Isaac Smith brought to the table for discussion the Public Intoxication Code.

Chairwoman Kitcheyan states for the record Tribal Police Officer Matt Benson has Whistleblower Protection.

Aric Armell motioned to have our General Counsel draft a code revision for the Public Intoxication & Public Nuisances including procedures in existing codes. Isaac Smith seconded.

VOTE: (8) yes (0) no (0) abstain
Motion carried.

RECESS: 12:43 p.m.

Brian Chamberlain motioned to go into Executive Session at 12:51 p.m. Isaac Smith seconded.

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

Aric Armell motioned to come out of Executive Session at 2:30 p.m. Brian Chamberlain seconded.

VOTE: (8) yes (0) no (0) abstain
Motion carried.

[Coly Brown and Kenneth Mallory out]

Brian Chamberlain motioned to adopt resolution 23-29: Authorized Tribal Officials for U.S. Department of Interior Office of Special Trustee. Aric Armell seconded.

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

Aric Armell motioned to authorize General Counsel to draft the prospective petition on the Village Water and Sewer MO of Intent order 18-2512 of the Nebraska Laws. Brian Chamberlain seconded.

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

Isaac Smith motioned to authorize the Tribal Council to take all action necessary with the efforts of finding Brenda Payer and Edward Gunderson. Aric Armell seconded.

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

ADJOURN:

Aric Armell motioned to adjourn at 2:37 p.m. Louis LaRose seconded.

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

WINNEBAGO TRIBE OF NEBRASKA

WINNEBAGO COMPREHENSIVE
HEALTHCARE SYSTEMS
DISCUSSION

October 20, 2022

TRIBAL COUNCIL PRESENT:

Victoria Kitcheyan
Brian Chamberlain
Lorelei DeCora
Rona Stealer
Aric Armell
Louis LaRose

TRIBAL COUNCIL ABSENT:

Isaac Smith (working out of office, prep for tour)
Coly Brown
Kenneth Mallory

OTHERS PRESENT:

Jim Rixner, Virtual
Sharon Frenchman

CALL TO ORDER:

Chairwoman Kitcheyan called to order at 1:07 p.m.

OPENING PRAYER: Aric Armell offered the opening prayer.

APPROVE AGENDA:

Brian Chamberlain motioned to approve the agenda. Aric Armell seconded.

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

RESOLUTION:

Brian Chamberlain motioned to adopt resolution #23-28A: FY2023 Winnebago Tribe ICDBG Housing (Amendment). Aric Armell seconded.

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

Lorelei DeCora motioned to approve a meal and expenses for the Reservation Land Boundary Trip. Brian Chamberlain seconded.

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

EXECUTIVE SESSION:

Aric Armell motioned to go into Executive Session at 1:11 p.m. Brian Chamberlain seconded.

Respectfully submitted,

Lorelei DeCora, Secretary
Winnebago Tribal Council

Minutes to continue next issue...

COMMUNITY

JANUARY 21, 2023

Hūc wī hirāgni

LAST BEAR MOON BEGINS

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

Hōcək Wōšga

HoChunk Values

Aikiruti hinažj hį'ųkjawi.
Help support each other.

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

Hōcək Wōšga

HoChunk Values

Wōkixete hįwa'ųajawį ną.
We love one another.

HoChunk Renaissance



pathways

INDIGENOUS ARTS FESTIVAL

BUFFALO THUNDER RESORT & CASINO | SANTA FE, NM

EMPOWERING CULTURAL VALUES

CALL FOR ARTISTS

AUGUST 18, 19 & 20, 2023

FREE FIRST 20 OUTDOOR VENDORS
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 INCLUDES: TENTS, TABLES, CHAIRS, PARKING, WIFI & WATER

DEADLINE: APRIL 14 | WWW.POEHCENTER.ORG/PATHWAYS

POEH CULTURAL CENTER | Buffalo Thunder RESORT & CASINO | Hilton

PATHWAYS is organized by the Poeh Cultural Center, a tribally led entity of the Pueblo of Pojoaque.



PUEBLO OF POJOAQUE
78 Cities of Gold Road | Santa Fe, New Mexico, 87506
T 505.455.5040 | F 505.455.3684
www.poehcenter.org

FOR IMMEDIATE RELEASE

THE POEH CULTURAL CENTER TO CELEBRATE ITS 35TH ANNIVERSARY AT ITS PATHWAYS INDIGENOUS ARTS FESTIVAL

Santa Fe's Fastest-Growing Native Art Market to Showcase More Than 450 Artists in August

PUEBLO OF POJOAQUE, N.M., JAN. 13, 2023 -- The Poeh Cultural Center is pleased to announce its third annual PATHWAYS Indigenous Arts Festival at Buffalo Thunder Resort & Casino from August 18th through August 20th, 2023. This year also marks the 35th anniversary of the Poeh Cultural Center.

PATHWAYS has become a premier destination for visitors and collectors to discover vibrant and top-quality Indigenous artwork in diverse genres, created by well-respected artists from traditional Pueblo potters to contemporary emerging artists. The Poeh Cultural Center is committed to showcasing exceptional work from across Indian Country. What makes PATHWAYS unique is that the festival is the first satellite art market, during Indian Market weekend, to be held on tribal land.

"We're excited to celebrate our 35th anniversary at this year's PATHWAYS. Over the last two years, the Poeh has proven to be a regional force and a major player in Santa Fe's cultural transformation. We couldn't have accomplished so much if it weren't for the support from the local arts communities," said Karl Duncan, Executive Director of the Poeh Cultural Center. "With recent funding from the Ruth Arts Foundation, we will be able to have special round tables discussions and demonstrations from Poeh Arts Class students at this year's PATHWAYS."

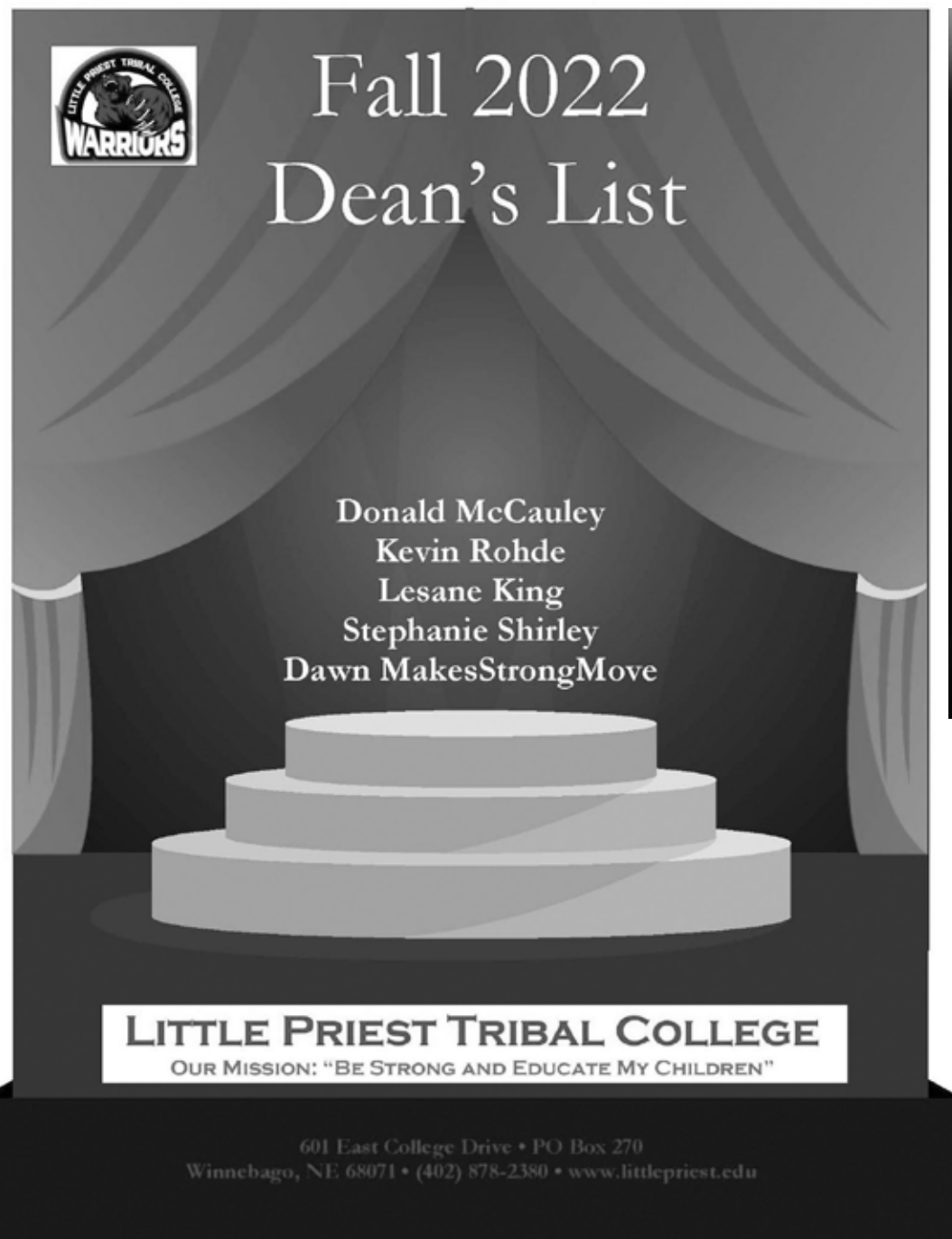
Duncan also noted that funding from the USDA allowed the Poeh to purchase hundreds of tables and chairs and other supplies that can be used for various events, including Pathways and other Poeh Farmers and seasonal markets.

Honoring its commitment to providing opportunities and services to Indigenous artisans, the Poeh Cultural Center is adding approximately 100 booths to this year's PATHWAYS due to popular demand. As is a tradition, the first 20 outdoor single booths are free and are available on a first-come-first-served basis. Elder and disabled artists can apply in person at the Poeh Cultural Center or can call 505-455-5041.

Further details on programming and music performers will be released in the coming months. For more information and to sign up for the Poeh newsletter, please visit poehcenter.org/pathways/

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Media Contact: Cougar Vigil
Outreach Coordinator
cvigil@pojoaque.org
(505) 455-5061



**Fall 2022
Dean's List**

Donald McCauley
Kevin Rohde
Lesane King
Stephanie Shirley
Dawn MakesStrongMove

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OUR MISSION: "BE STRONG AND EDUCATE MY CHILDREN"

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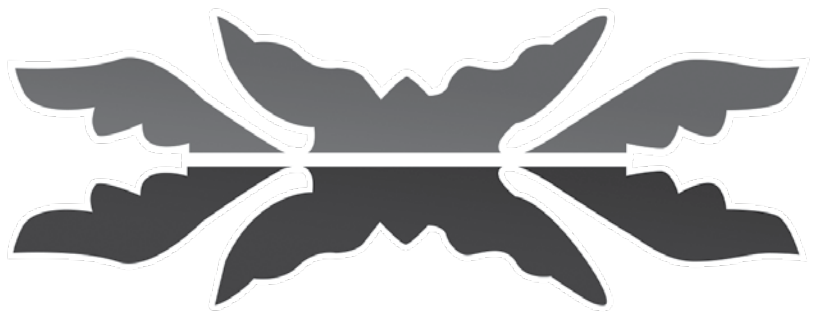


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AFTERHOURS THROUGH OUR CRISIS PHONE
LINE. PLEASE CALL 402-922-2283 OR 712-259-
3263.**



MY PRESENCE WILL GO WITH YOU ... OR NOT?!"

Submitted by: Pastor Ricky

Have you ever attempted to do something all by yourself? And failed miserably!

Maybe you were that child - the one that had to do things all by yourself. Whether it was zipping up your jacket; or tying your shoes; or putting peanut butter and jelly on your bread.

Mothers some times get frustrated. Their independent child takes so much longer to do any one of these activities. Often times we are in a hurry and can't wait. We haven't planned to have our son or daughter do it all by themselves. A lot of times they fail and you end up putting the zipper in the slot; or in retying their shoes; or in completing the task of making their peanut butter and jelly sandwich.

Or maybe you have asked someone to assist you in a task. They reply sure - when do you want me to come and help you. You set up a time and that time comes and that helper fails to show up. You end up attempting to complete a two-person task all by your lonesome.

After a while you don't bother to ask for help. After a while you attempt to do just about everything by yourself.

There is one person who you can depend upon. Yes, there is one person who is true to His Word. However there is a hitch. In order to request his help you need to request his presence. In order to have his presence you also need to do things his way and follow his lead.

Does Mauna [Earth Maker] have a presence in you? Or have you uninvited Him from your life? If you have decided to go it alone that is exactly where you will end up - alone, all alone without the presence of Mauna. If you reject His Son, you reject Mauna's way to paradise.

Mauna choose one man, Abram, to bless him, his descendants and all nations. It would be through Abram and Sarai's grandson Jacob, renamed Israel, that provide a Redeemer.

Mauna came to a man named Moses and called him to lead his chosen tribe of Israel out of slavery. Moses asked for a name and Earth Maker gave him the name YAHWEH 'I am who I am.'

Moses led the tribe of Israel out of slavery. While Moses was with YAHWEH on Mount Sinai the tribe of Israel formed a golden calf and worshipped it. Here is YAHWEH'S response:

YAHWEH said to Moses, "Depart; go up from here, you and the people whom you have brought up out of the land of Egypt, to the land of which I swore to Abraham, Isaac, and Jacob, saying, 'To your offspring I will give it.' I will send an angel before you . . . but I will not go up among you, lest I consume you on the way, for you are a stiff-necked people."

Does Mauna have a presence in your life? Is Mauna's Spirit in your heart and on your mind? Have you accepted Mauna's gift of His Son, Jesus, as your Lord and Savior? Or are you going in alone walking away from Mauna? Or are you walking with Jesus leading the way to paradise?

IT'S ALL IN THE ROOTS

Vision prairie grasses and other native plants as far as the eye can see. What a sight that must have been. My mother often spoke of the tall grass prairies in Oklahoma where she grew up. Now our conventional lawns planted with turf grasses and other non-native plants, often ornamental shrubs and trees have replaced the native plants.

The use of non-native plants reduces the soil's ability to absorb rainwater. When it rains, water runs off rooftops onto lawns, down sidewalks, driveways and streets, picking up pollutants along the way. Stormwater runoff eventually finds its way to storm water drains and into nearby streams. Common pollutants include trash, pet waste, lawn and household products, oil and other automotive fluids, and soaps used during car washing.

Increasing the number of native plants in one's lawn is a great way to reduce the amount of runoff that leaves your yard. Native plants are trees, shrubs, flowers, grasses, ferns, and grasses. Once established, native plants require little maintenance because they are hardy and have developed defenses to local conditions such as drought, nutrient poor soil, winter conditions, and disease and insects.

Native plants have deep roots some growing to depths of up to 16 feet and can branch out covering wider areas. The roots reach deep into the ground to find water absorbing

runoff and holding the soil together.

Native plants save time and money because they require little or no fertilizers or pesticides, less watering and improve soil health. According to the Environmental Protection Agency it takes 162,924 gallons of water to irrigate a half-acre, turf grass lawn during the summer months (12 weeks). Realize that many of us don't have yards that big but something to think about.

Native plants such as sunflowers and milkweed bring more songbirds and butterflies to your yard. Just a small area planted in sunflowers along a fence line or garage can provide birds with shade and shelter during the summer months and food and shelter during the winter months. I have two areas in my yard, one with sunflowers and one in milkweed. I never planted them, God put them there. I harvest some seeds to give to others and leave the rest for the birds.

Realize that there is controversy concerning the benefits of planting native versus non-native plants. Of course, facts can be misleading and highly variable either way one looks. I guess I just judge by what God put there first.

If you would like to visit more just reach out to Denise at denise.jensen@winnebagotribe.com.

Information obtained: Mid-American Regional Council (MARC)



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FRIDAY
APRIL 14

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