



Published Bi-Weekly for the Winnebago Tribe of Nebraska • Volume 51, Number 20 • Saturday, October 1st, 2022

WINNEBAGO TRIBE GRANTS ECONOMIC RECOVERY PAYMENT

WINNEBAGO, NE – On September 21st, 2022, the Winnebago tribe granted enrolled tribal members an Economic Recovery payment through the American Rescue Plan. The payment is funded by the Winnebago ARPA project.

For adult enrolled members, they will receive an amount of one thousand dollars. While enrolled minor children ages 17 and under will receive a five-hundred-dollar VISA gift card. The process will require an application which is available through the Winnebago tribe website (www.winnebagotribe.com/index.php/arpa).

The application must also be notarized, along with providing a copy of your tribal ID or CIB. As well as a copy of a valid government issue ID. Applications are due October 14, 2022.

If you are mailing in your application, they should be postmarked October 12, 2022 to receive a check at the in-person distribution dates.

Applications are also available at local areas in the Winnebago community. Local return forms can be turned in at the drop box in the Black Hawk Community Center lobby.

**WINNEBAGO TRIBE GRANTS
ADULT TRIBAL MEMBERS 18+ • \$1,000 CHECK
MINOR CHILDREN 17 AND UNDER WILL
RECEIVE A \$500 VISA GIFT CARD**

*****APPLICATION REQUIRED*****

Eligibility: Must be enrolled Winnebago Tribal Member

- Must be enrolled by October 7, 2022.
- Must be 18 years of age by October 7, 2022 to receive adult payment amount.

Application Process:

- Applications must include:
 1. Completed notarized application.
 2. Copy of Tribal ID or CIB with copy of valid government issued ID

APPLICATIONS DUE: FRIDAY, OCTOBER 14, 2022.
If mailing, postmarked October 12, 2022 to receive a check at the in-person distribution dates.

- Applications will be available at local areas in Winnebago and online at www.winnebagotribe.com. Online forms are fillable and printable. **MUST BE NOTARIZED.**

Local Return Forms: Drop box in the BHCC lobby.
Mail forms: Winnebago Tribe Attn: Finance Dept PO Box 687 Winnebago, Nebraska 68071
Email: finance@winnebagotribe.com

In-person Distribution Dates:
Tuesday, October 25, 2022 & Wednesday, October 26, 2022 • 9 am – 7 pm
Location: Blackhawk Community Center Gym, Winnebago NE. *Photo id required*

www.winnebagotribe.com • 402-878-2272
The Economic Recovery Payment is funded by the Winnebago ARPA Project

BAGO BITS

By: Tyler Snake



September 24th Ho-Chunk Renaissance hosted a Ho-Chunk Language Baseball Tournament at The Land of Wellness! Congrats to the winners! (In order top to bottom) New Breed took home first place, Hochungra Stoggers took second and Wicawasake Xatex Nos won third!! Shoutout to those who participated & thank you to Ho-Chunk Renaissance for a fun way to strengthen and revitalize the language through different activities! (Photos courtesy of Ho-Chunk Renaissance)



It was a very festive week at WPS! Homecoming 14th 2022 Senior Homecoming Royalty was crowned! King Dyami Berridge & Queen Lakaylah Kearnes, Prince Destin Vargas & Princess Xcaydia Nieman, Duke Alonzo Bass & Dutchess Josephine Wolfleader, Lorde Ladainy Free & Lady Desia Kitcheyan, Congratulations to everyone! September 16th the community and all its different departments around town gathered



September 21st Ho-Chunk, Inc. Hosted an annual community event to celebrate the progress and partnerships thus far. The Ho-Chunk Village Farmers Market was packed with activities & games, drawings, food and informational booths that have worked together over the years. The entertainment was everywhere! Thank you to the planning committee and everyone who took part in celebrating growth! (Pictures courtesy of Ho-Chunk, Inc. Community engagement)

Completed forms may also be mailed to, Winnebago Tribe Attn: Finance Dept. PO Box 687 Winnebago, NE 68071. Or Email, finance@winnebagotribe.com

In person distribution dates will be, Tuesday, October 25th, 2022 & Wednesday, October 26, 2022. From 9am – 7pm. At the Blackhawk Community Center in Winnebago, NE.

For additional information please call 402.878.2272 during regular business hours.

WIC PROGRAM OPENS IT'S DOORS AFTER PANDEMIC

Written/Photography by:
Jordana R. Bass

WINNEBAGO, NE – Recalling the days when we would walk into what was then the Heritage Food Stores, picking out fresh fruits, veggies, milk, and (my personal favorite) King Vitamin cereal. Those items were purchased by what appeared to be, a paper check. But today the WIC program has modernized, and all food items are purchased off of a WIC (debit) card. Clients even have the option to download the Nations WIC mobile app. With the WIC mobile app clients can view their upcoming appointments, see their remaining benefits, scanning a UPC while shopping to see if the item is WIC approved, receive alerts for appointments and expiring benefits, and other WIC resources and information.

The Women's Infant & Child (WIC) program have recently opened its doors back up after returning from the pandemic, and the ladies' downtown are ready to start taking new clients. Last week the WIN met with the director of the WIC program to discuss what they are planning to offer after returning from the covid-19 pandemic, and what types of services they offer.

Benita (Decora) Payer (Rucge ska wiga “white dove” – thunder clan) is the daughter of Benjamin Decora jr. & Margaret McDonald (Rice). The granddaughter of James N Rice & Dorothy Condon and Anna Q Sun (Smith) & Benjamin DeCora Sr. Her current position is the director of the WIC program. She shared “I serve as the nutrition coordinator and the breastfeeding coordinator. I do like three jobs, I took on the chair of their consortium nations.”

Ebony St. Cyr (Huc Nacge Pi Wiga



Story Continued. p. 3
See, [WIC PROGRAM](#)

WPS ACADEMY PROGRAM & MS. LAPOINTE RECEIVE AWARD FROM NJOMA

LAS VEGAS, NV – On Wednesday, September 21st at the National Johnson – O’Malley Association Conference the Winnebago Public School Academy program received the NJOMA Exemplary Program of the Year for Region 5. While Ms. Darla LaPointe received the award for Teacher of the Year for Region 5.

The National Johnson – O’Malley Association was formed as a nonprofit, and educational organization for the following purposes:

To create an effective forum for discussion of educational and related matters of mutual concern among the members of the educational community. To mutually develop standards of educational excellence for native American students served by the educational programs within the United States. Additionally to maintain appropriate lines of communication and collaborative efforts with other public, private, tribal and federal educators and educational programs. As well as to advocate for JOM programs and the rights of native American children from 3 years old through twelve grade.

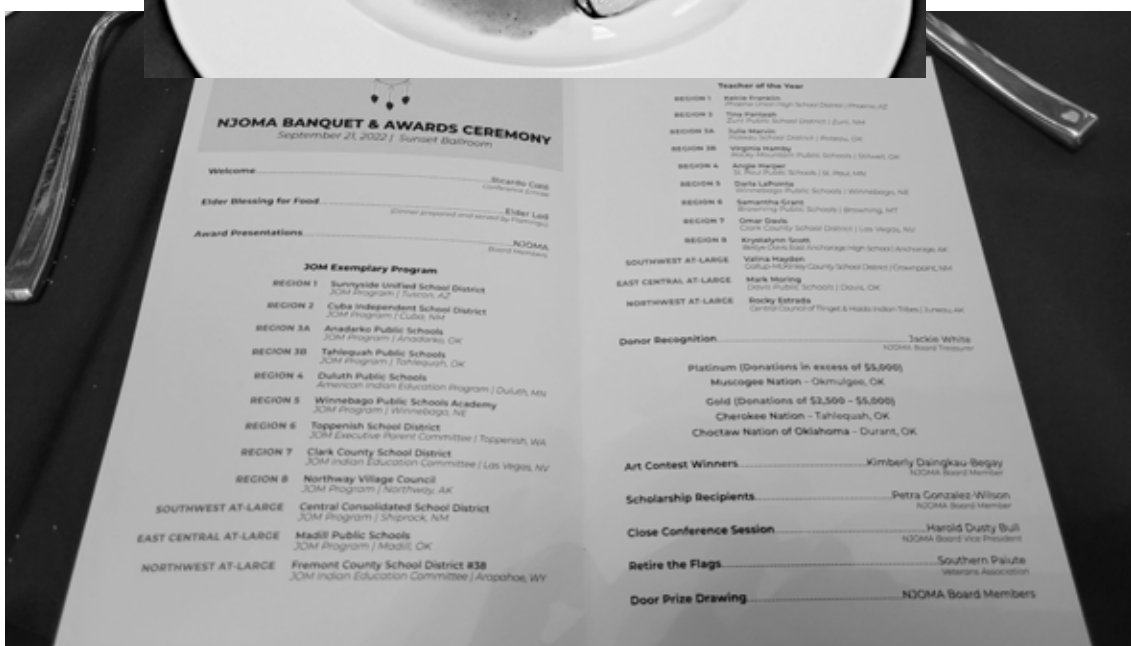
Attendees from the Winnebago

Higher Education department, Project Launch, Winnebago Public School were at the conference in representation of region 5. Workshops were held throughout the three days, where they were able to workshop and discuss ideas on how to improve the JOM program.

The evening of the banquet a delicious meal was served of house salad, spinach greens, potatoes, and filet mignon.

Mr. Dan Fehring, superintendent at WPS shared “It was a proud moment for me. To be part of something that was a dream a few years ago is special. The support and vision of many from staff, school board members, parents, Little Priest Tribal College, UNL and especially the students is what makes the Academy what it is. I believe the Academy can and will continue to improve especially after alumni start graduating from UNL. It was awesome to have members of the JOM Board and Higher Education in attendance while accepting the award.”

Congratulations to the Winnebago Public School Academy program, as well as Ms. Darla LaPointe



MEET OUR APPRENTICES

Hočak: Wolf Clan


Placement: BluStone Homes

Favorite Food: Lasagna


Bucket List: Graduate high school

After High School Plans: Join the Army

About Me: I live with my dad, younger sister, and two younger brothers. We have two cats and a dog. My favorite class is math.



MICHAEL HULIT
JUNIOR



MEET OUR APPRENTICES

Höcāk Name: White Dove


Placement: Wildlife & Parks

Favorite Food: Spaghetti


Bucket List: Skydiving

After High School Plans: College to explore a career

About Me: My older brother is Justus Wolfleader. I like sports and video games and I have 4 dogs.



ADAIN ROBLES
SENIOR



MEET OUR APPRENTICES

Hočak: Wolf Clan


Placement: Angel Decora Museum

Favorite Food: Chicken & Noodles


Bucket List: Become an animator or artist

After High School Plans: Go to college

About Me: I have a pet husky and wolf-mix dog and a malamute puppy. My hobbies are biking, cruising, and fishing. My favorite class is HoChunk language and culture.



GIA SCOTT
SENIOR



The next issue of the WINNEBAGO INDIAN NEWS will be published on October 15th, 2022. DEADLINE for this issue will be October 12, 2022.

Winnebago Indian News

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The Winnebago Indian News (WIN), founded in January 1972, is published bi-weekly for the Winnebago Tribe of Nebraska.

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.

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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TOP STORIES

WIC PROGRAM

Story Continued from page 1...



“Good Heart Bear Woman” – bear clan) is the daughter of Marcella Smith & Jerry St. Cyr. She is the granddaughter of Eunice Blackhawk & Victor Smith, as well as Evelyn St.Cyr (Blackfish) & Dave St. Cyr. She is the Issuance Clerk at the WIC program. But she said “but I really do a little bit of everything. Mostly work on certifications and getting benefits issued to clients. I am also a CLC- Certified Lactation Counselor; as a CLC we support and promote breastfeeding/ human lactation and work to prevent and solve breastfeeding problems. I’ve been certified in this area for around 6 years now.”

What she likes best about her job is “what I like best about my job would probably be seeing all of the little babies, and up to our big kids. They always make this job much more fun when they come into the office. (Except when I have to do finger pokes to check hemoglobin levels. They really don’t like me that much after that!). Since the pandemic the WIC program has been operating remotely. During the last two years everything was done remotely, Payer shared “our certifications, when we get signatures, when they pick up their benefits. All kinds of different tasks that go along with the certification, we were able to do remotely. And we’ve been doing that.”

The WIC program is a state funded program, so their funding comes from grants. She shared “not every WIC is a state. But we are, we’re separate and we’re the same as the state of Nebraska.” Currently the program is working to get services up and running that were a major help to their client’s pre-pandemic. She added “since we just opened back up, we’ve been under these waivers that were granted and they’re still in effect. As the national public health emergency has ended, which tentatively would end sometime in the middle of January and that authorized us during the pandemic to do everything remotely.”

After returning from the pandemic, St. Cyr shared “I would really like to see our numbers increase now that we’ve open our doors. It’s been a rough few years for us and our client numbers have dropped significantly. I’m also hoping we can get back into doing more outreach and getting some in-person classes going.

Some of the major items that has changed is the dollar amount given to clients to purchase fruits and vegetables. Payer said “each category would get like \$11 or \$16. And then during this past year they upped it.” The program is going through an approval process to push through 2023 so they can keep that increased dollar amount. She finished to say, “everyone will get \$25 and then pregnant women might get up to \$44.”

The types of fruits and vegetables isn’t limited to only fresh fruit, clients also have the option to purchase frozen and canned options. Which could be more cost effective and last longer than your fresh produce.

Currently the program is gathering information that other WIC programs have been successful in that would assist the Winnebago WIC to push for outreach of more clientele. Payer said “since we’re under the health department now, we’ve been trying to really partner with the

public health nursing, maternal and child health.” Public Health Nursing are developing ideas that will later come to fruition. Which could contain different health and nutrition classes, and lunch & learns.

Payer also expresses her interest in continuing to push for planning for the upcoming year towards the improvement of the breastfeeding peer counselor program. “Hopefully I can get it back next year. We already operated a plan.” If the plan is approved, it would be a separate grant. During the pandemic Sandy Anderson of Public Health Nursing had the criteria implemented where clientele had the option of receiving a breast pump, free of charge through Medicaid. She finishes to say, “I have (a bunch) of stuff that I wanted to order in here to start doing more breast-feeding promotion.” A lot more mothers are turning back to traditional breastfeeding which is a lot more nutritious, and you are establishing more of a connection between mother and child. In the future there will be more partnering with Winnebago Public Health Nursing.

Today the WIC program is continuing to get their services back on board to make it more efficient for it’s clients, and if you wish to reach out regarding the criteria of the program. Reach out to Ebony St. Cyr at 402.878.2499, or stop down at the office on 117 S. Bluff St. Winnebago, NE 68071

WINNEBAGO YOUTH SPOTLIGHT:

ALEN WHITEWING MURAL FEATURED AT ALLEY ART 2022 DOWNTOWN SIOUX CITY, IA



WINNEBAGO, NE - Hi! My Name is Worak ji haini pi winga which is “*he who brings good news” My english name is Alen Whitewing. I am a Winnebago Tribal member also part Diné. My full clan is “Bitter water people born into Eagle clan” My parents are Shannon Whitewing and Jason Padilla. My grandparents from my mother’s side are Lisa Whitewing and Antione Green. My grandparents from my Father’s side are Gary Padilla and Marie

Padilla. Previously I’ve applied to the Alley Art Festival, this was suggested to me by a friend of mine, Chello. Chello had seen my art and asked if I wanted to apply to do a mural in Downtown Sioux City! When I applied, I wanted to create something that is both meaningful to me as well as to others all around. Knowing where I come from, my history, my culture and my way of life is what inspired me to create such an image in my mind that drew it on

paper as my concept. Since I am a Two Spirit Native in a modern world, I wanted to make something that shows that Indigenous people are still here in the modern world! During all of this time, it took about 7-8 weeks to finish it all, I started On August 10th with just a Chip Brush and primer! Knowing that mural will be up there for years to come is such an amazing thing. To be honest I could have never thought my own art and culture would be up on the wall and in the a city at that! I made my own dreams into a reality, and it’s so weird that I did such a thing just by a suggestion from a friend!

This Experience was really different to say the least. I had to learn and get used of the different ‘canvas texture’ I was assigned to. This is actually one of the biggest and most difficult painting I’ve ever done! Yet, I went through it all, had friends and relatives to help out through the way. A very Special Thanks to the Winnebago Two Spirit Organization for helping me out with painting, and driving

me to and back every time! To those who are artists, practice practice practice! Try new things! Explore different types of Art because art isn’t just painting or drawing with Pen and paper. Art is Everywhere! Art is Therapy. Do what you love and don’t let your doubts stop you from having dreams. You are yourself and no one can change that but you. You can make your dreams come true, just step out into the world and enjoy it.

Got a little in depth but it’s all good! Thank you for much for all that you did and all your support! show that.



ANNOUNCEMENTS



**Individual Development Account
(4-1) Match Savings Program
HOMEOWNERSHIP**

Looking to buy a home but...

- Credit issues...?
- Debt holding you back...?
- No Down Payment Assistance...?

Ho Chunk Community Capital, Inc. can assist with new programming available to **Winnebago Tribal Members** in our service area of Thurston, Dakota, Dixon & Wayne in Nebraska and Woodbury & Monona in Iowa.

WHAT IS AN INDIVIDUAL DEVELOPMENT ACCOUNT (IDA)? An IDA is a bank account that helps you save to get to your goal of homeownership, use earnings from your work, set up a savings bank account for an IDA and Ho Chunk Community Capital matches it at a 4-1 rate. (Max \$200 Deposit per month/Term 12 months/1 year \$9,600)

Individual Deposit	HCCC 4-1 Match	Monthly Combined Total
\$200	\$800	\$1000

Conclusion of participation Ho Chunk Community Capital processes match with your contribution to the identified purpose of IDA as Down Payment Assistance to the Closing Company or payment to Creditor to put on the path to Homeownership!

For more information contact
Tony Wood-CDFI Coordinator
509 Ho Chunk Plaza North
Winnebago, NE 68071
twood@hochunkcdfi.org
402-878-2192



LIMITED OPPORTUNITY! OPEN TO FIRST 10 APPLICANTS!

REMINDER:

**WINNEBAGO TRIBAL COUNCIL
ELECTIONS TAKE PLACE ON
TUESDAY, OCTOBER 4th, 2022
AT THE BLACKHAWK
COMMUNITY CENTER**

**IN WINNEBAGO, NEBRASKA.
FROM 8AM - 8 PM.**

**WINNEBAGO ELIGIBLE VOTERS
ARE HIGHLY ENCOURAGED TO
VOTE!**

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**
Business Faculty
Extension & Equity Coordinator
Chemistry Laboratory teaching Asst
Maintenance / Security Assistant
- **Adjunct Faculty**
Tutor
Student Support Services Intern

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

**Interested in Signing Up
for Medicaid?**

A NE Medicaid Representative is available at WCHS to assist you in completing a Medicaid Application as well as answer any questions that you may have.

WHERE: TCUH 2nd Floor across from medical records.

WHEN: 1st and 3rd Thursday of every month from 9AM to 4:30PM.

NE MEDICAID CONTACT:
Liliana.flores@nebraska.gov

TCUH Patient Benefit Coordinators are also available **Mon-Fri, 8AM-4:30PM** in person or by phone at 402-878-3570



AGES 55+

**SENIOR
MONEY DAY**

When is it and where do I go?

1st and 15th of the month. The bus leaves the Senior Center at 12:30 p.m. The Senior Center is located at 103 Beck St. Winnebago, NE 68071

How do I sign up?

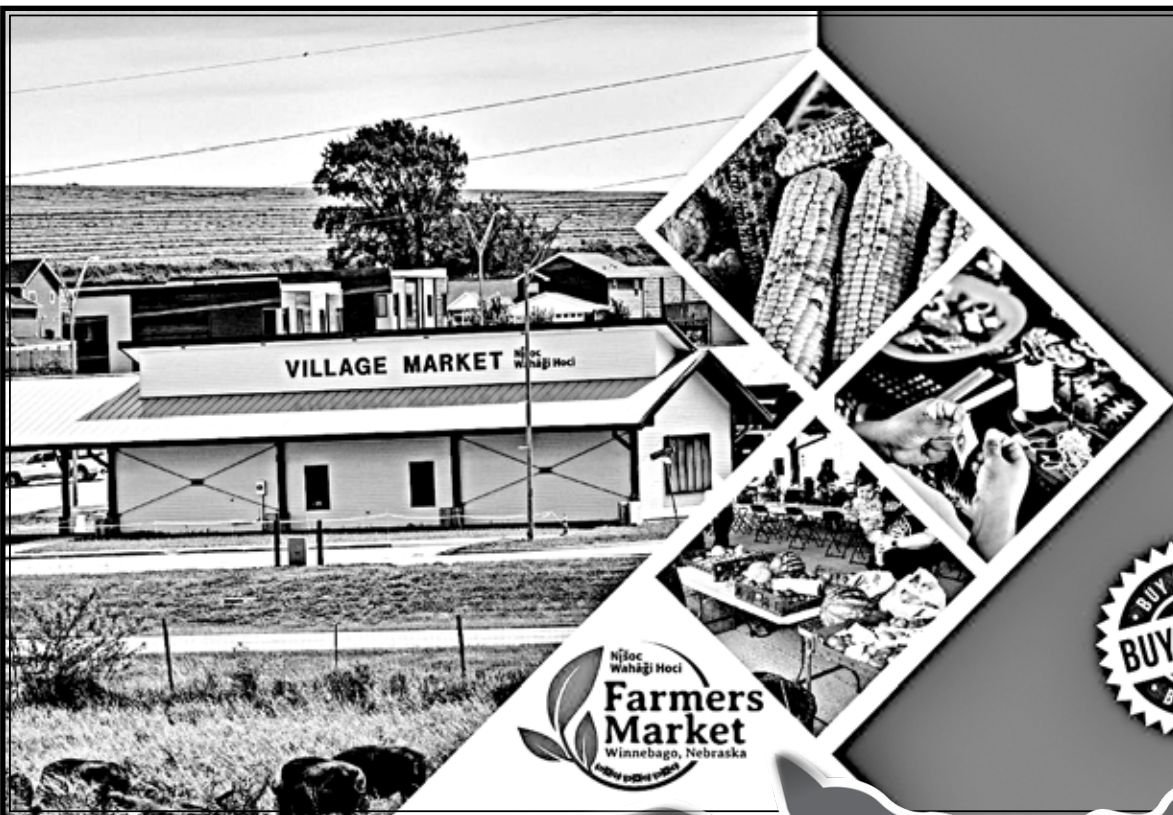
Contact Janet Bird or any of the senior staff at 402-878-2487 or email janet.bird@winnebagotribe.com

**LOCAL GOODS
AT VILLAGE MARKET**

Ho-Chunk Village • Winnebago, NE

APRIL 22-OCTOBER 28

**Every Friday
11 a.m.-5:30 p.m.**



WPS HOMECOMING WEEK



QUESTION OF THE ISSUE: What are your hobbies and how did you get into them?



Garan
Communications
Manager

For my birthday, my kids bought me a new drone! It's pretty cool but I'm not the greatest drone pilot. As my coaches would say "Practice makes perfect" so my newest hobby is acting like a drone pilot.



Bethani
Communications
Office Manager

Writing is a hobby of mine that I enjoy the most. I picked it up as a kid just journaling in my diaries, but it evolved into other forms of writing, mostly poetry. I do think that the universe operates magically sometimes because I had the opportunity to write a couple articles for the WIN, but I'd love to be an author of my own book someday.



Tyler
WIN
Office Circulation Manager

I feel like I've told this to everyone Haha but over the pandemic I was so bored at home. I just had my son the year before n didn't like my "mom bod" so I bought an at-home workout plan. I would workout in front of my family n everything, embarrassing (or so I thought). It snowballed to where I am now, happy/relieved to get to the gym! Looking back on it it's not embarrassing and I'm happy I stuck with it!



Christina
Web Master

Trying out new vegan recipes for myself. I watched a couple documentaries about how animal agriculture is not only bad for our health but the planet too!



Jordana
WIN
Editor

I have a habit of buying books I don't finish. lol. Another hobby I have felt comfortable with is singing in my car or at home. I used to get teased for singing in the car. But recently I found that it's my favorite thing to do. Also painting is a random weekend hobby. All these things are hobbies I used to do as a child.

THOUGHTS FROM A BUSY SUMMER

Written by:
Lance Morgan



signatures to place the issue on the ballot in 2016. We got the signatures in 2020 in the middle of the Covid 19 pandemic. The Nebraska Secretary of State kicked us off the ballot because he thought the fact that we were an Indian tribe would confuse voters and that we were secretly trying to get Class 3 gaming on the reservation. Of course, we would rather have a huge casino in Omaha or Lincoln instead of small ones in Winnebago and Emerson, but that was the reason given. We took it to the Nebraska Supreme Court and won the case 4 to 3 and were placed on the ballot.

The anti-gaming opposition spent millions of dollars with some misleading and overtly racial ads during the campaign trying to scare people with our tribal status. However, we stuck to our message and got close to 70 percent of the vote in Nebraska.

We only own the horse track in South Sioux City, but we cut a deal with tracks in Omaha and Lincoln in 2019. We put up all the money for the signature gathering and campaign. In exchange, the Horsemen gave us the exclusive right to develop their two tracks into casinos. We pay the Horsemen a portion of the gaming revenue as rent. We gambled that we could pull it off and we won.

Our tribal team also helped

push new legislation that states that there can be no new tracks until a study is done in 2025. This gives WarHorse a window of time to build the casinos and pay down some debt before we face the prospect of competition. I suspect we won't see much competition for at least 4 or 5 years and hopefully even longer. Nebraska passed our constitutional amendment with the understanding that it would be limited to the six tracks, and I don't believe there is a huge appetite for more tracks anytime soon.

We are in the process of raising the rest of the money from Wall Street to build the casinos. This is a first for Ho-Chunk, Inc. When we first started every bank in Sioux City turned us down for a small loan. Now we are borrowing over a whole lot more. The worldwide recession, inflation, and rising interest rates will make it a little painful, but I am optimistic that we can get the deal done soon.

Our Omaha temporary facility is under way, but it will be much harder work to get going because it is so much larger than the Lincoln temporary facility. It should be open next year. The South Sioux City facility is on the back burner until we can get Omaha and Lincoln started. We

can only handle so much financially at once and South Sioux City is a lot smaller opportunity than the other two. Keep in mind that Ho-Chunk, Inc. took 27 years to get to our current size and we going to double in size in the next 2 years. So it is a little crazy, but I suppose that is why we get paid.

One last thing. I know people are excited about what this means for our community financially in the long-term and I am too. However, keep in mind that we must build the casinos, get them open, protect them from everyone who is trying to compete with us and pay down some of the debt to reduce long term risk from competition. When these are all open it should be great for the community and the tribe, but it is a work in progress.

No other tribe in the country has pulled off something this dramatic with off reservation gaming. I believe this will go down in tribal history as a turning point for our people. I want to acknowledge all the people who have helped get us to this point. It has been a ton of work with even more to come. I will keep updating everyone, but I ask for a little patience while we get this going.

I want to end this column by saying that I appreciate the trust that the Winnebago People have given us to try and get this done! I consider this job an honor and as always I will do my best to make sure we succeed.

Contact me at hochunk@aol.com

TRIBAL COUNCIL CANDIDATE LETTER TO MEMBERSHIP - AMY B. PAINTER



I greet you all with a good heart filled with gratitude for this opportunity to express myself. My name is Amy Belle Painter. My grandmother named me after Amy Buchanan and Belle (Snake) Rice. My Indian name is Ahuskainga "White Wing," given to me by my great grandfather Fred Rice. My mother is Mona Bearskin, my grandparents are Benjamin and Fredeline (Rice) Bearskin Sr., and I descend from the Bear Clan. I was raised HoChunk and likewise I raised my children the same. My husband is Les Painter, also Winnebago. We were married here on the Winnebago Indian Reservation by Owen and Janice (Tebo) Cloud over 14 years ago, and we have 7 children.

I am a proud member of the first graduating class of Little Priest Tribal College where I received an Associate of Science (AS) in Business. I also have a Bachelor of Science

(BS) in Business Administration with a major in Finance and minors in American Indian Studies and Anthropology, and a Master of Business Administration (MBA). I am currently enrolled in a Master of Public Health program with a specialization in Indigenous Health.

I have worked on a University Research team that addressed health issues among American Indian and Alaska Natives (AI/AN). I have more than a decade of experience working for the Tribe and tribal organizations and have familiarity and experience with the tribal entities in Winnebago. For the past 6 years, I have provided technical assistance, consultation and capacity building services to Tribes, Tribal Organizations, States, and Territories across the Nation around work with AI/AN populations. I am running in this election in hopes of the honor and privilege to serve my own Tribe.

One issue that I would like to address is employment for tribal members. We have Indian preference hiring within the Winnebago Indian Reservation. This means that each of the Tribe's organizations should be filling vacant positions with qualified enrolled tribal members for the most part. Having policies and even laws is not always enough if they are not monitored and enforced. There may need to be training to ensure that the

policies are understood and that there is a clear system to implement them. I have a plan to review and monitor hiring practice data. I believe there are enough jobs in the community that everyone who wants to work should be able to find employment. We also need to actively recruit Tribal members to fill positions, and to provide training programs for tribal members when possible. Tribal sovereignty is the right to govern ourselves and that should include a workforce of tribal members.

A second area where I believe additional headway can be made is in making HoChunk culture and language a central focus of Tribal business as usual. As HoChunk we have our own beliefs, values, practices, and language, and it is important to ensure that we sustain these for the generations to come. My husband had an idea about how to make the language and culture program sustainable that I believe is viable and would work to implement.

I am also interested in the health of our people. We are losing too many tribal members too soon to chronic diseases that may be preventable through behavior modifications. We have taken a lot of steps in the right direction through the compacting of the hospital, engaging in tribal food sovereignty initiatives, and the plethora of preventive health

programs that exist, but I believe there is more work to be done to not only increase the life span of our people but to ensure a higher quality of life.

I also support family preservation efforts, sobriety efforts, and other efforts that I know will improve the well being of our membership. Improving family systems and reclaiming our traditional parenting and kinship practices, will provide a sound foundation for our children. I think this is likely the single best thing we could for our youth is to support strong family systems and a safe community for them to grow up in.

It is with deep humility that I would like to thank each one of you that took the time to read my statement. I know time is short. Good luck to all the candidates. I applaud your willingness to serve the people. I encourage Tribal Members to get informed on the candidate platforms and to vote on October 4th. May Mauna bless us all. Take care and stay safe.

Sincerely,
Amy B. Painter

EDITORIALS

TRIBAL COUNCIL CANDIDATE LETTER TO MEMBERSHIP - KENNY MALLORY



Most of those running for tribal council usually begin their campaign message by defining their ancestry and heritage and stating their Indian name. I'll just tell you that I am a great grandson of Henry Decora, who was one of Chief Little Priest's closest warriors and leave it at that.

What I would like to share with the voters is my history in politics. In 1979 I was elected to the tribal council as a write-in (back then council members received \$15 a meeting which usually lasted from 5pm until midnight, if not longer). I didn't serve as a council member after my first term because I became the director of the tribe's alcohol program. It was during these years that I made a commitment to provide

financial assistance for 8-9 kids who needed school clothing. We did this each year for seven years.

Then in 1992, I decided to run again for the council and was elected. It was during these years that I delivered Hickory Farms gift boxes to 25-30 families every year at Christmas. I did this for another seven years.

In 2002, I was not elected to the council, but in 2006 was elected again and served for two terms. It was during this time that I began delivering hamburger, roasts and summer sausage to homes who were in need. I delivered this meat to over 160 households, along with taking meat to most funerals. This lasted until the covid pandemic hit and for safety reasons, I discontinued

the activity. A lot of people can verify what I've written. It made no difference to me if those I took meat to didn't like me. You may call it dumb, but I call it extending an olive branch. A principle I have lived by that has kept me free from hate or judgement, greed or revenge.

In the spring of 2022, I was elected to finish out John Snowball's term. I'm running again for council this October. I would like all of you to consider voting for me. I'm on the ballot as Kenny Mallory.

Yes, I may be up there in years, but I'm down on your level (I understand) when it comes to being in touch with your issues.

Vote Kenny Mallory.

WITH ALL YOUR HEART

Written by: Pastor Ricky Jacobs

It is as simple as 1-2-3, A B C. However, it is not as simple as dying. What am I referring to? What one needs to do to obtain everlasting life in paradise.

We go back in time about 2,000 years for the answer: 'On one occasion an expert in the law stood up to test Jesus. "Teacher," he asked, "what must I do to inherit eternal life?"

"What is written in the Law?" [Jesus] replied. "How do you read it?" [The expert in the law] answered: " 'Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind'; and, 'Love your neighbor as yourself'" [Luke 10:25-27 NIV].

In this issue I will address the first part of the answer to the question on what one must do to obtain everlasting life. The first requirement is to 'love the LORD (Mauna) with all your heart'. The question to you is: do you love your Creator with all your heart?

It is one things to mouth the words: I love you God! It quite another thing to wholeheartedly mean it! And not just for a moment, but with every breath that you take; and every move that you make. In other words, do you

genuinely love God all the time? If not, then you will not obtain everlasting life due to your failure to love God in this way.

How often have you simply gone through the motions when it comes to loving God? Your outward actions appear to be proper; however your love for God is more about what you expect in return from Him.

Let me ask you this question. With what type of emotion do you state your faith when you say the words of the Apostles' Creed? Or do you even focus on what you are feeling, let alone saying, when you pray the Spiritual Warrior's Prayer (a.k.a The Our Father, or the Lord's Prayer)?

Do you have an ongoing emotional bond with your Creator? Maybe you did in your past - when you first came to faith, but your emotional love and bond with God has grown cold or maybe would be considered lukewarm.

The Law of God never justifies. The Law of God upon careful reflection only and always condemns! No one is righteous due to his/her actions.

So how can one obtain everlasting life?

There was one and only one who fulfilled this part of the Law. Jesus genuinely loved his Heavenly Father with all of his heart. Jesus had an emotional bond with our Creator.

His unconditional love and respect for his Heavenly Father moved Jesus to tears. In the garden of Gethsemane Jesus spoke in fervent prayer to his Father. Jesus knew the price that he would pay in honoring his Father's will. It would mean offering up his body to a beating; to spittle; to thorns; and to slashes of a whip; and to nails. It would mean shedding his blood. And it would mean feeling total and utter abandonment of his Heavenly Father's loving presence.

Jesus fulfilled this first part of loving his Heavenly Father with all of his heart! He did so that any and every one who places his/her faith in Jesus is assured of the promise of life everlasting with him in paradise. Jesus is the way, the one and only way, to paradise. Now by the grace of God's Spirit, having faith in Jesus is easy, as easy as 1-2-3, A B C!

SUICIDE IN INDIAN COUNTRY PT. 20 (continued)

YOUTH CRISIS INTERVENTION CENTER (YCIC)



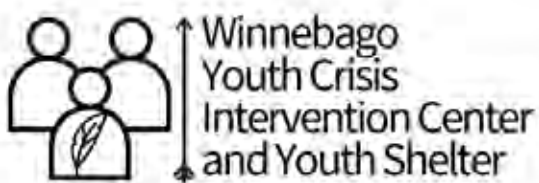
September was
SUICIDE PREVENTION AWARENESS MONTH

The following statements are from the website LIVE THROUGH THIS. The voices of suicide attempt survivors are very powerful and impactful for better understanding of what it is like to live with suicidal thoughts and living through actual attempts to end one's life. Statistics show that there are 25 attempts for each individual that dies by suicide.

- "I was angry, scared, sad, frustrated, I was just done. I wasn't sleeping, I wasn't dealing with anything. You don't need a reason to have depression, it can be chemical, and it's not your fault. The stigma was a lot of the reason that I wouldn't talk about it. I think education is very important."
- "Just listen to me, validate my experience, don't tell me: GET OVER IT. SNAP OUT OF IT!"
- "The first time I ever thought about suicide, I was about eight. Once you're at risk, you're always at risk. Once you've considered suicide as an option, it doesn't go away. You have to surround yourself with people who are sensitive to your being sensitive."
- "I started to self-injure when I was seven." "Some people attempt even at an early age of 7."
- "Don't just survive---prevail."
- "What is nameless produces fear. What is thought to be abnormal produces shame. A lingering sense of shame is often a driving force behind the impulse to suicide."
- "I wanted to take it back immediately! Not

- talking about it is definitely NOT helping. I think that community and collectiveness is the only way we're going to do anything positive. We can hold each other up. Traumatized, abused, or affected by society, or isn't given the proper resources to cope with things that were going on for them. "
- "Don't be silent. It's okay to ask for help. It's okay to say, "Hey, I'm struggling, I feel like cutting, I feel like killing myself." It takes a large amount of courage, it really does. Community is very therapeutic."
- "Nobody's ashamed to talk about their cancer, heart conditions or diabetes, right? No difference between a mental illness and a medical illness, but because of the stigma we're afraid to talk about our struggles with suicide, depression all of it."
- "Voices in my head telling me I wasn't worth it. All the negative things that anyone has ever said to themselves, they were piling on me at a mile a minute."
- "My thoughts took a downward spiral pretty fast. I wasn't sure what I was going to do. I needed help and I didn't know where to go."
- "They tell me, what are your symptoms? Not what happened to you?"
- "There is such an ignorance of what depression, mental illness, chronic depression is."

CHECK ON YOUR LOVED ONES
FORGIVE,
LIFE IS TOO SHORT.
TREAT OTHERS HOW YOU WANT TO BE TREATED.
BE KIND,
REMEMBER YOUR BAD DAYS,
AND HOW YO WISH YOU HAD SOMEONE TO SUPPORT YOU.



National Suicide Prevention Lifeline
1-800-273-8255 (TALK) or Behavioral Health
1-402-878-2911,
After Hours Crisis # 1-712-259-3263

TRIBAL COUNCIL MINUTES

CONTINUED FROM LAST ISSUE

5. Relinquishment
Kenneth Mallory motioned to adopt resolution #22-147: Absolute Relinquishment [383-U04398].

Louis LaRose seconded.
VOTE: (4) yes (0) no (0) abstain
Motion carried.

PHYSICAL RESOURCES DEPARTMENT:
Physical Resources Department Report to Tribal Council

Kenneth Mallory motioned to accept the Physical Resources Report. Isaac Smith seconded.
VOTE: (4) yes (0) no (0) abstain
Motion carried.

ADJOURN:
Louis LaRose motioned to adjourn at 4:25 p.m. Kenneth Mallory seconded.

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

Vice Chairman Chamberlain adjourned the meeting at 4:25 p.m.

TRIBAL COUNCIL PRESENT:

Brian Chamberlain
Lorelei DeCora
Isaac Smith
Coly Brown
Kenny Mallory
Louis LaRose
Rona Stealer (in at 9:30 a.m.)

TRIBAL COUNCIL ABSENT:

Victoria Kitcheyan (travel)
Aric Armell (travel)

OTHERS ABSENT:

Alan Post
Esther Mercer
Lynelle Blackhawk
Pam Byran, Firstnet
Nick Oleson
Gloria Pretends Eagle
Brandon Stout
Barbara Pretends Eagle
Garan Coons
Teresa Littlegeorge
Teddy Frenchman

CALL TO ORDER:

Vice-Chairman Brian Chamberlain called to order at 9:06 a.m.

OPENING PRAYER:

Kenneth Mallory offered the opening prayer.

APPROVE AGENDA:

ATLAS not able to attend, Kenny wants to add a presentation at the end of Executive Session, Coly add discussion on COVID, Shelter, and food, Brian add letter from Karla LaPointe, Pow-wow committee and water issue, Isaac discussion on complaints.

Kenneth Mallory motioned to approve the agenda as presented. Coly Brown seconded.

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

[Isaac out]

READING OF THE MINUTES:

1. July 13, 2022 – CEO Report meeting minutes

Kenneth Mallory motioned to approve the July 13, 2022 – CEO Report meeting minutes. Coly Brown seconded.

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

2. July 18, 2022 – Mid-Monthly Tribal Council meeting minutes

Kenneth Mallory motioned to approve the July 18, 2022 – Mid-Monthly meeting minutes. Louis LaRose seconded.

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

[Isaac in]

3. July 20, 2022 – General Counsel Meeting minutes

Brian – correct that he was present at this meeting.

Kenneth Mallory motioned to accept as corrected. Isaac Smith seconded.

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

4. July 22, 2022 – Treasurer's Report meeting minutes

Kenneth Mallory motioned to approve the July 22, 2022, Treasurer's Report meeting minutes. Isaac Smith seconded.

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

5. July 25, 2022 – Emergency Services Report meeting minutes

Kenneth Mallory motioned to approve the July 25, 2022 – Emergency Services Report meeting minutes. Isaac Smith seconded.

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

RATIFY FIVE SIGNATURES:

1. Emergency assistance for utility bill in the amount of \$257.99

Isaac Smith motioned to ratify the five-signature approving the Emergency assistance for a tribal member utility bill in the amount of \$257.95. Louis LaRose seconded.

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

2. Adopt resolution #22-142 FY 2023 EPA ARP Winnebago Tribe PM2.5 Air Monitoring Project

Coly Brown motioned to ratify the five-signature adopting resolution #22-142 FY 2023 EPA ARP Winnebago Tribe PM2.5 Air Monitoring Project. Louis LaRose seconded.

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

NEW BUSINESS: NONE
OLD BUSINESS: NONE

TRIBAL COUNCIL ITEMS:

1. Travel approval – FEMA Region 7 Tribal Summit, Aug. 23-25

Isaac Smith motioned to approve travel for Tribal Council travel. Kenneth Mallory seconded.

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

2. FirstNet – presentation

[EXPERIENCING TECHINCAL DIFFICULTIES, stopped meeting at 9:25 a.m.]

Continued meeting at 9:55 a.m.

3. ATLAS Board – Unable to attend

4. COVID update
Kenneth Mallory motion to place

the Pandemic Task Force at the upcoming Mid-Month meeting on August 15, 2022. Louis LaRose seconded.

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

5. Water Issue
Brian Chamberlain wanted to Thank those that came together during the water break issue. Hy-Vee donated cases of water. Took a team effort to pull it all together.

Lorelei DeCora motioned to request to Physical Resources to provide a report to the Tribal Council on the water break. Louis LaRose seconded.

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

6. Powwow
Express our gratitude for those that made our Powwow what it was this year.

EXECUTIVE SESSION

Louis LaRose motioned to go into executive session at 10:49 a.m. Kenneth Mallory seconded.

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

RECESS:

Vice Chairman Chamberlain recessed at 12:45 p.m. the meeting until 2:30 p.m. for I.T. to work on the sound issues. No objection.

RECONVENED:

Vice Chairman Chamberlain reconvened the meeting at 2:34 p.m. returning to executive session.

Kenneth Mallory motioned to come out of Executive Session at 3:27 p.m.

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

Kenneth Mallory motioned to adjourn at 3:28 p.m. Isaac Smith seconded.

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

Vice Chairman Chamberlain adjourned the meeting at 3:28 p.m.

WINNEBAGO TRIBE OF NEBRASKA MID-MONTHLY TRIBAL COUNCIL MEETING August 15, 2022

TRIBAL COUNCIL PRESENT:

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

TRIBAL COUNCIL ABSENT:

Isaac Smith (leave)

OTHERS PRESENT:

Brandon Stout
Karla LaPointe
Danelle Smith
Garan Coons
Joy Johnson
Esther Mercer
Mindy Blackfish
Dawn Blackfish

CALL TO ORDER:

Chairwoman Kitcheyan called the meeting to order at 5:07 p.m.

OPENING PRAYER:

Coly Brown offered the opening prayer.

APPROVE AGENDA:

Additional items: HR Issues, Hiring/Firing process

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

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

READING OF THE MINUTES:

1. August 11, 2022 – Regular Tribal Council meeting minutes

Aric Armell motioned to approve the August 11, 2022 Regular Tribal Council meeting minutes. Coly Brown seconded.

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

2. August 11, 2022 – Land Meeting, Enrollment Update, & Physical Resources Report meeting minutes

Coly Brown motioned to approve the Land Meeting, Enrollment Update, & Physical Resources Report meeting minutes. Aric Armell seconded.

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

Coly Brown motioned to rescind previous motion to approve the Land Meeting, Enrollment Update, & Physical Resources Report meeting minutes to correct the Adjourn time error from 4:45 p.m. to 4:25 p.m. Aric Armell seconded.

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

Aric Armell motioned to approve the Land Meeting, Enrollment Update, & Physical Resources Report meeting minutes as corrected. Coly Brown seconded.

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

[Halted meeting to fix the sound.]

RATIFY FIVE SIGNATURES:

1. Approving assistance for Tribal Member Burt Co. Power District Bill

Louis LaRose motioned to ratify the five-signature approving assistance for Tribal Member Burt Co. Power District Bill. Coly Brown seconded.

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

NEW BUSINESS:

1. Tribal Council Trip Updates
a. 2022 Tribal Self Governance Conference, San Francisco, CA
b. Tribal Strategic Planning meeting, Fort Hall, ID

Chairwoman gives notice of a Winnebago delegation to travel to D.C. the week of September 19, 2022.

2. Agenda Planning for Congressman Adrian Smith visit
a. Thurston County voting mapping
b. Iowa Land

TRIBAL COUNCIL MINUTES

3. Pandemic Task Force and WCHS Public Health Department, COVID Services Update

TRIBAL COUNCIL ABSENT:
Isaac Smith
[attending WPS, LPTC functions]

SECRETARIAL ELECTION – ENROLLMENT DISCUSSION:
no update, need a Special mtg.

Cecelia Earth
Teresa Littlegeorge

4. Human Resources – Firing/Hiring

Aric Armell [attending WPS, LPTC & Employee functions]

Lorelei DeCora motioned to schedule a Special meeting of the Tribal Council to discuss a Secretarial Election on Enrollment. Kenneth Mallory seconded.

TRIBAL COUNCIL ABSENT:
Victoria Kitcheyan (travel)
Aric Armell (travel)

Coly Brown would like this on the CEO Report for further discussion.

CALL TO ORDER:
Chairwoman Kitcheyan called the meeting to order at 9:15 a.m.

CALL TO ORDER:
Vice Chairman Chamberlain called to order at 9:06 a.m.

TRIBAL COUNCIL ITEMS:
[Brian out at 6:54 p.m.]

OPENING PRAYER:
Coly Brown offered the opening prayer.

OBJECT: Coly Brown

OPENING PRAYER:
Rena Brownrigg offered the opening prayer.

1. Executive Session

Kenneth Mallory motioned to go into Executive Session at 6:54 p.m. Louis LaRose seconded.

AGENDA:
Additions: Residential Land Lease Policy, Brian has a question for General Counsel

VOTE: (3) yes, LLR, LD, KM (1) no, CB (0) abstain *Motion carried.*

FIRE DEPARTMENT:
Rena Brownrigg presented the Fire Department monthly report.

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

Brian Chamberlain motioned to approve the agenda. Coly Brown seconded.

CARBON PIPELINE UPDATES:
Jennifer Beareagle presented an update.

LAW ENFORCEMENT: Jason Lawrence presented the Law Enforcement monthly report.

Aric Armell motioned to come out of Executive Session at 7:11 p.m. Kenneth Mallory seconded

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

TRIBAL COUNCIL BINDER PROJECT MATERIALS:
1. Iowa Land Legislation – previously discussed
2. Opioid Litigation – 95% of tribes have agreed to it.
3. Flood Case

*Respectfully submitted,
Lorelei DeCora, Secretary
Winnebago Tribe of Nebraska*

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

Aric Armell motioned to authorize a battery purchase for the amount of \$205.43 to assist a tribal member. Louis LaRose seconded.

IOWA LAND LEGISLATION:
Brian Chamberlain motioned to authorize travel for Winnebago Tribal delegation week of September 19, 2022, Tribal Council members must give notice to attend by close of business on Thursday August 17, 2022. Lorelei DeCora seconded.

EXECUTIVE SESSION:
No items at this time.

minutes continued in next issue...

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

ADJOURN:
Aric Armell motioned to adjourn at 7:12 p.m. Rona Stealer seconded.

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

RESIDENTIAL LAND LEASE POLICY:
Louis LaRose motioned to table the Residential Land Lease Policy. Kenneth Mallory seconded.

ALL LEGAL NOTICES ARE POSTED ON BEHALF OF:



ALL LEGAL NOTICES ARE SIGNED BY:
Tribal Court Judge

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

Chairwoman Kitcheyan adjourned the meeting at 7:12 p.m.

VILLAGE OF WINNEBAGO WATER & SEWER DISCUSSION:
Louis LaRose motioned to adopt resolution 22-148: Transfer Asset Agreement of IHS, and Place on the Village Board Agenda. Kenneth Mallory seconded.

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

ADJOURN:
Louis LaRose motioned to adjourn at 11:55 a.m. Kenneth Mallory seconded.

WINNEBAGO TRIBE OF NEBRASKA GENERAL COUNSEL MEETING August 17, 2022

TRIBAL COUNCIL PRESENT:

Victoria Kitcheyan
Lorelei DeCora
Brian Chamberlain
Coly Brown
Kenneth Mallory [In @ 9:43 a.m.]
Louis LaRose
Rona Stealer [In @ 9:20 a.m., out @ 9:43 a.m.]

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

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

WINNEBAGO TRIBE OF NEBRASKA EMERGENCY SERVICES REPORT August 22, 2022

TRIBAL COUNCIL PRESENT:

Brian Chamberlain
Lorelei DeCora
Rona Stealer
Coly Brown
Kenneth Mallory (in @ 9:12 a.m.)
Isaac Smtih (in @ 9:15 a.m.)
Louis LaRose

OTHERS PRESENT:

Jennifer Beareagle
Leslie Wheelock
Esther Mercer
Autumn Nieman
Cecelia Earth
Ron Nohr
Lynelle Blackhawk
Tyler Smith

[Victoria Kitcheyan out at 11:10 a.m. for the Back to School Pow-wow at Winnebago Public School]

THURSTON COUNTY REDISTRICTING UPDATE:
Jennifer Beareagle presented an update.

OTHERS PRESENT:

Jason Lawrence
Esther Mercer
Rena Brownrigg
Lynelle Blackhawk

LEGAL NOTICE: 3/3

Notice of Hearing
Case No. JFJ22-024
The People of the Winnebago Tribe
In the Interest of:
S.H. (Born 08/2008)

To: Jasmine Harden, Mother

You are hereby notified that a hearing for an Adjudication concerning the above referred minor individual(s) in case no. JFJ22-024 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 11th day of October, 2022 at the hour of 1:30 P.M.

Dated this 30th day of August, 2022

LEGAL NOTICE: 3/3

Notice of Hearing
Case No. JFJ22-024A
The People of the Winnebago Tribe
In the Interest of:
S.H. (Born 08/2008)

To: Gregory Walker, Father

You are hereby notified that a hearing for an Adjudication concerning the above referred minor individual(s) in case no. JFJ22-024 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 11th day of October, 2022 at the hour of 1:30 P.M.

Dated this 30th day of August, 2022.

LEGAL NOTICE: 2/3

Notice of Hearing
Case No. JFJ22-024B
The People of the Winnebago Tribe
In the Interest of:
S.H. (Born 07/2014)

To: Wakaja Harden, Father

You are hereby notified that a hearing for an Adjudication concerning the above referred minor individual(s) in case no. JFJ22-024B has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 11th day of October, 2022 at the hour of 1:30 P.M.

Dated this 30th day of August, 2022.

LEGAL NOTICE: 3/3

Notice of Service
In the Matter of : MOBILE HOME LOCATED AT TRAILER LOT 7, MCKEE SUB-DIVISION IN THE NW ¼ SW ¼ OF SECTION 17, TOWNSHIP 26 NORTH, RANGE 9 EAST OF THE 6TH PRINCIPAL MERIDIAN, WINNEBAGO, NEBRASKA, THURSTON COUNTY; CHAD RAVE, AND ANY OTHER POTENTIAL HEIRS

To: CHAD RAVE AND ANY POTENTIAL HEIRS
Pursuant to the Winnebago Tribal Code this notice shall serve as service of process upon three consecutive postings in the Winnebago Indian News. This is the first of three consecutive postings.
You are hereby notified that a petition for eminent domain has been filed regarding the above referenced property.

LEGAL NOTICE: 3/3

Notice of Hearing
Case No. CV19-022
In the Matter of the Guardianship Petition of: Anna & Michael Murray
In Re:
G. R. (Born 11/2016
Selena Hahn, Mother
Ricardo Ramirez, FATHER

To: Ricardo Ramirez and All Possible Fathers.
Selena Hahn, Mother

You are hereby notified that a petition has been filed for Guardianship and a hearing concerning the above referred Individual(s) in Case No. CV19-022 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 12th day of OCTOBER, 2022 at the hour of 11:30 A.M.

Dated this 26TH day of August, 2021

LEGAL NOTICE: 2/3

Notice of Hearing
Case No. CV22-063
In the Matter of the Guardianship Petition of: Twila Redfeather
In Re:
N.M. (Born 05/2012)
N.M. (Born 03/2015)

To: Nevin Masquat, Father
Niana Masquat, Mother

You are hereby notified that a petition has been filed for Guardianship and a hearing concerning the above referred Individual(s) in Case No. CV22-063 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 3RD day of OCTOBER, 2022 at the hour of 11:00 A.M.

Dated this 12th day of September, 2022.

WPS HOMECOMING WEEK



Cajun Fried Fish

Ingredients

- 1 1/4 cup – cornmeal
- 1/8 cup – whole grain flour
- Seasonings of your choice (garlic powder, onion powder, paprika, salt & pepper are a good base).
- ice cold water
- vegetable or canola oil
- 3-4 lbs. of fresh walleye-Indigenous to this area (catfish, trout or tilapia are also found in this area today).

Optional Ingredients

- lemon wedges, for garnish
- fresh sliced onions, for garnish

Baked Fish

Ingredients

- 2 - 8oz tilapia fillets , or other white fish
- Salt , to taste
- Freshly ground black pepper , to taste
- 2 Tablespoons butter , melted
- 2 cloves garlic , minced
- 1 tablespoon lemon juice
- 1 teaspoon dried or fresh thyme or oregano or mix of both
- 1/2 teaspoon dried dill or 1 teaspoon fresh chopped dill
- 1 medium lemon , cut into wedges

Prepared by:
 Chef Jessika Free-Bass

HEALTHY EATING RECIPE

- Filled with** Omega-3 fatty acids
- Rich in** Vitamins & Nutrients
- Packed** with protein.
- Helps in** lowering blood pressure
- Reduces Risk** of heart attack or stroke
- Helps keep** Heart and Brain Healthy
- May Decrease** risk of depression, ADHD, Alzheimer's, dementia, & Diabetes



Baking Fish

PREPARATION:

Rinse fish well in ice cold water. Shake off excess water. Combine cornmeal, flour and spices and completely coat fish in mix. Deep fry fish at 350 degrees Fahrenheit until internal temperature is 145 degrees Fahrenheit and golden brown. Serve fish while hot.

Step-by-Step Cooking Instructions

1. Preheat oven to 450°F. Tear two pieces of heavy duty aluminum foil large enough to wrap each fish fillet.
2. Place each fish fillet in the center of the foils. Season with salt and pepper.
3. In bowl, whisk together the melted butter, garlic, lemon juice, dried thyme/oregano, and dill.
4. Divide the garlic butter over the two fish packets. Fold the foil over to almost completely cover the fish. Leave a small opening on top to release steam.
5. Place on a baking sheet pan and bake fish until cooked through, depending on the type and the thickness of your fish, 15-20 minutes. When a fork easily cuts through the fish flakes, it's cooked! Serve warm with lemon wedges.

Add your favorite fresh chopped veggies to these fish foil packets and serve with brown rice or quinoa for a perfectly balanced nutritious meal.

MY FIRSTHAND EXPERIENCE IN A REIKI SESSION, WITH NEW PRACTITIONER DANIELLE GUTIERREZ

Editorial by: Jordana R. Bass



SIOUX CITY, IA - Throughout my life, from childhood to current day I have struggled with anxiety and depression. As a child at 11 years old I recall having to go to counseling, I was a quiet kid. I remember those days, even the counselor lady struggled to get me to talk. She didn't understand why, so I recall her giving me a notebook and colored pencils to draw what I was feeling. I was prescribed Zoloft as a young kid. They said I was depressed.

Throughout my young adult life, I struggled with alcohol abuse, it landed me into trouble. It was tough to go through, but I wouldn't change my journey. Because it has brought me to where I stand today.

Hinikaragi wi na, my name is Jordana Bass (Hataza Mani Winga "Walking in the Light" - Bear clan). I am the daughter of Monica Smith and Buffalo Bass. I am the granddaughter of Grace Earth & John Smith, as well as Janet and Greg Bass Sr.

I have always been curious; I have always questioned. Today I still question why I struggle with anxiety. However, when I was finishing my last year in college in Santa Fe, NM (2020-2021). I began practicing meditation. I was completely sober. One day I was deep in thought, and I had a suppressed memory surface. A trauma I had held deep in my root. Now it was time to deal with this. I'm not fond of using over the counter medicine. More recently I have been researching and studying holistic healing and its benefits. One practice that caught my interest was Reiki healing.

Reiki is a form of energy healing that originated in Japan in the early 20th century. According to the International Center for Reiki Training, the practice is based on the idea that we all have an unseen "life force energy" flowing through our bodies. A practitioner of reiki gently moves their hands just above or on the clients clothed body, with the intention of reducing stress and promoting healing by encouraging a healthy flow of energy.

Benefits of Reiki practice can help with different physical or emotional problems, including insomnia, stress, depression, anxiety, and pain. It may also improve mood and sleep: a past study found that college students who received six 30-minute sessions reported greater improvements in stress, mood, and sleep (especially for those with higher anxiety and depression). (Reiki: How This Energy Healing Works and Its Health Benefits | Everyday Health)

In a firsthand experience visit the studio I had booked a reiki session with tribal member Danielle Gutierrez Stone (Interpreter of Dreams, Thunder Clan) is the daughter of Jackie Littlegeorge and Daniel Pretends Eagle and granddaughter of Winnifred Renee Snake and Kenny Littlegeorge. Full time she works as Senior Director of Retail Operations for the Pony Express Group and is a newly certified practitioner, certified in Reiki I and II.

She greeted me with her hair tied back, and a flowing gown. She walked us through large brown door, through a short hallway, and finally through a final door that has a sign that hangs "Shhhh....Reiki Session in progress". A massage chair was covered with a soft blanket and pillows. Peyote flute

music played. The aroma of sage filled our noses. Candles were lit on various end tables, and artwork of the moon phases hang on the east wall.

I instantly felt comfortable. It almost felt like my apartment. Prior to the session we sat down and made time to discuss how Gutierrez began her practice with reiki. Gutierrez shared "what got me into it was I had gone through a lot of emotional stuff, I just had surgery, and I got covid right after. A lot of things happened simultaneously. I never really gave myself time to take a break, or to rest my body or to even think about what was happening or what was going on. I just kept going."

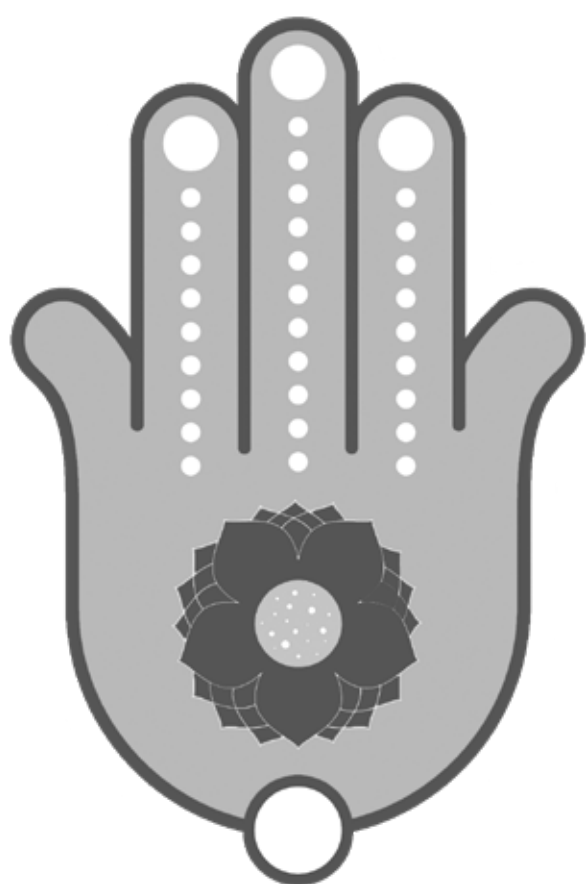
One day Gutierrez had made plans to attend a ribbon cutting event at the Expansion Center in downtown Sioux City, IA. She said, "I really thought about going, but then you get busy, then you don't go, right? But in this case, something just made me go. I see it and put it on my calendar, all right, I'm going to go." She gets to the Expansion center and enters the crystal room. Adding "while I was there, they kind of start picking up on things from me. I don't know if it was my energy. I didn't really say anything. I didn't tell anybody; you don't go around and tell people your problems. But it just kind of come up, and somebody said to me, you seem like you're okay, but you're not okay. You know, I can tell."

After speaking with her, they encouraged her to try reiki. She added, "I was like. What? I don't even know what that is. I have a lot a lot of past trauma and there are so many things I've never dealt with, I've always been in survival mode. I've never taken the time to feel or let myself feel or to heal. It's always just been go, go, go, and shove it down, shove it down. But I feel like the older I'm getting, the more it's starting to surface. I'm realizing that I have things that I have to deal with that I haven't, and I need to find a way to do that."

During a reiki session clients may feel different sensations in the body. Such as, vibrating, moments of cold/heat, pulsating, lightheadedness, weeping, laughing, deep relaxation, or nothing at all. This is normal, and you are completely safe.

Gutierrez shared "I was going into it with an open mind, not knowing what to expect. The results were almost like astounding. It just took me back to I can't believe this is happening, it's a thing you just start to go through. Your body starts to go through things, and you realize that it's a positive energy. It's good for your body, the more you look at it, the more you start to understand. It's almost like a river and it's flowing; you know? And because that's your energy, energy needs to flow, it needs to move. But then when you have debris or trees, it starts to block. And then suddenly it starts to build, and then that just manifests into something else, it could be emotional. It could be like physical."

So how does reiki work? "Reiki is a healing technique that works with energy around our body, as practitioners we guide the energy and allow it to flow. When this happens, we can release what is blocking our energy from flowing, when blockages are released, you become more balanced and



are able to become your best self." She finished off to say, "Reiki promotes relaxation, reduces stress and anxiety, for me it is about freeing my heart and soul so I can become truly happy with myself."

Learning all of this, I was eager to undergo my first session. Laying at the center onto the massage chair I made sure to dress comfortable in gray sweats and a white tee. As I lied on the massage chair, I was covered with a soft leopard print fleece blanket, two pillows under my head, and one under my knees. I relaxed myself with three deep breaths.

A prayer was said prior to the session, and light touches to the crown of my head was felt. Different areas including my shoulders, hands, throat, heart, knees, and feet. Keep in mind you are completely relaxed. In my experience the sensations I had felt were in my throat. I had tingling in my throat, it caused me to build up more saliva.

What I had felt at the base of my feet was warmth, and finally without thoughts I had began to feel my heart beat a little faster, moments later I had felt it in my heart to cry. We had finished up with the session. Gutierrez had left the room to grab me water, she shared "you're supposed to drink lots of water afterward." We sat back down to discuss what I had felt. Although it was a 30-minute session, I left the studio feeling relaxed and comfortable. Hours later, I had felt a sense of relief. You know that feeling after you have bottled up all your emotions and let out a hard cry. Like you finally were able to let those feelings release.

To wrap up, Gutierrez "since I started doing it, I can feel it inside. I'm starting to feel like I'm a lot more emotional. I really never let myself be emotional. I always just hid them and would find different outlets to suppress it, and not have to deal with it. But now it's like I'm starting to understand myself a whole lot better."

Sharing her story Gutierrez Stone said "the next day after I had my first session, I called my sister I was like, I don't know what she did. But it's whatever she did worked. I mean, I was completely blown away. I remember telling myself, there you are. You know, because I was in the slump, and I was stuck. After I did Reiki, I was like, holy crap. I didn't even realize it until half the day was over, that I was myself, and I felt like myself and I haven't for a very long time now. I love it."

In my experience Reiki felt safe, comfortable, and relaxing. I encourage others to research this form of holistic healing and to consider its benefits.

Currently Danielle is taking bookings and is getting fully set up and we will be sure to update you with current contact information. For now, feel free to reach out to her on social media or check out the Mind Body Online app to book an appointment. She is located at Evolve Yoga and Wellness Center at 409 Pearl St, Sioux City, IA.

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