




WINNEBAGO INDIAN NEWS

Winnebago Indians call themselves "Hochunkgra." A Siouan people, they once occupied the southern half of Wisconsin and the northern counties of Illinois. The Black Hawk War of 1832 and a series of treaties forced the Winnebago out of their homeland, and they were removed to reservations in Iowa, Minnesota, South Dakota, and finally to a portion of the Sisseton Reservation in Nebraska.

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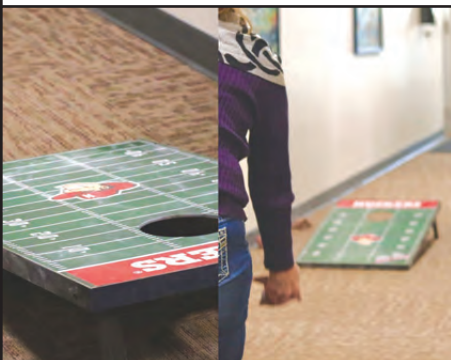
Bago Bits...



On the evening of January 18th both Winnebago's varsity teams played the Ponca Indians! Unfortunately, our Lady Indians did not come out on top this game, setting their overall ratio at 2-13. On the other hand, the boys had a hard-fought game with an ending score of 59-49 and overall, 7-7! Way to go to both teams for their efforts overall. The season can still end either way! Keep up the good work WPS Indians! Check out the livestreams via WPS Facebook or their YouTube channel "Winnebago Public School" if you're unable to watch in person. As always #GoBigBlue



ATLAS of Winnebago has many various functions in the town, but most often they are giving. January 18th, they have yet again handed out goods to Winnebago's community, on a first come, first serve basis. Various foods and other donations like comforters & appliances were given away in the past. We are happy to announce and share their giveaways so keep a lookout for future updates from The WINS FB page! Thank you to the staff of ATLAS for serving the community!



A "Don't Drink & Drive" event was hosted by the office of Environmental Health at Twelve Clans Unity Hospital. The booth had many informational pamphlets followed by games and prizes! "Beer goggles" were the star of the show, they are glasses made to alter and mix your perception! Upon putting them on participants were directed to put a ball on a cone, which was harder than it seems, and attempt to throw a beanbag into the corn-hole! (Pictured above). Some were suspiciously good, and others almost took out the wall paintings! Ha-ha. Overall, this was a great event to teach all while keeping it entertaining. Thank you, WPHD & the Environmental Health Dept.,



The Ho-Chunk Language Academy within Winnebago Public School has taken advantage of the snow and turned it into a learning experience! The class practiced shooting "Snow Snakes". The object of the game is to slide or throw the snake the farthest distance along a trough. After finishing the game students analyzed the experience. Different variables like temperature and softness of the snow make this game ever-changing. The WIN is happy to see the class keeping these games in mind. Keep up the good work class & Teachers!!!

Winnebago Battles Rising Cases of COVID-19



Picture taken in December 2021, Misu Dolezal (left) and Wakiya Dolezal (right) receive their Covid-19 vaccine by the Winnebago Public Health Department Nursing Staff. The parents are Cassie Kitcheyan and Wambli Dolezal. Due to the rising cases everyone is asked to help protect our elders and children by getting vaccinated and if eligible get the booster shot. Call 402-878-2258 to schedule.

Emilee Longuski

With the new year, the Winnebago community has seen an alarming uptick in COVID-19 positive cases. The recent increase in cases and correlated with the surge of the Omicron variant across the United States, are testing healthcare systems and vaccinations alike. Scientists are predicting the surge of positive COVID-19 cases to potentially peak sometime next week, although much information about the Omicron variant is still being studied.

Winnebago data shows that the majority of recent COVID-19 infections have been in individuals under the age of 40, and even many of those cases being from youth who are between the ages of 0-18 years old. Some positive news about the recent spike in COVID-19 cases seems to be the effectiveness of the COVID-19 vaccines, which has shown to prevent many community members from getting severe illness, being hospitalized, or causing death.

Winnebago's COVID-19 vaccination rate is at 70% for individuals who are 5 years old and up and have gotten at least one dose of a COVID-19 vaccine. Here in Winnebago, the Pfizer BioNTech COVID-19 vaccine is available to anyone five years old and up and continues to be successfully administered throughout the community since last year. The vaccine is a two-shot series given 21 days apart. Additionally, the Center for Disease Control and Prevention also recommends that individuals 12 years old and up should receive a third 'booster' dose of the Pfizer vaccine, which increases immune response and

can improve protection against getting infected with COVID-19. The booster shot should be given 5 months after the initial 2-dose series is completed. Individuals who received the Moderna vaccine are also able to receive the Pfizer booster 5 months after their initial vaccines, and those who received the Johnson and Johnson/Janssen vaccine can receive the Pfizer booster at least 2 months after the first dose of J&J/Janssen COVID-19 vaccine.

Getting vaccinated not only helps the community stay healthier and grow stronger, but also eases some of the current stress that is now being put on our healthcare system and healthcare workers. Current supply shortages happening nationwide has impacted the time it takes to get COVID-19 test results. This week, the Department of Health and Human services has launched a website that allows every home in the United States to order four free at-home COVID-19 rapid antigen tests to be mailed directly to your address at your request. The website states that orders will usually ship in 7-12 days and allows for one order (which includes 4 tests) to be made per residential address. Tests are expected to ship starting in late January, and the link to request these test can be found at <https://www.covidtests.gov/>.

The resurgence of the Omicron variant has also caused staffing shortages, which result in a reduced availability of care and longer wait times for patients.

"We are seeing an increasing inability to transfer critical patients needing

higher level of care (such as an Intensive Care Unit) to larger area hospitals due to lack of resources at those hospitals, such as bed availability, supplies, and staffing resources. Due to lack of bed availability, there have been times we have been forced to transfer patients to other states or to western Nebraska, resulting in long transports and fatigue among our EMS personnel," said Danelle Smith, Chief Executive Officer of Winnebago Comprehensive Healthcare System.

Over the last two years of this pandemic, Winnebago healthcare staff have worked tirelessly to care for you and your loved ones and will continue work hard to provide the best care for our community. We are all in this together and will need everyone's help to beat COVID-19. Prevention measures continue to be our best form of defense against COVID-19. This includes wearing a mask that fits well, is most protective, and that you will wear consistently in public settings and around others. Additionally, washing your hands often with soap and water and staying home when you feel sick is very important to stop the spread of any illness. And finally, getting your complete COVID-19 vaccine and booster shot helps protect yourself and those most vulnerable to COVID-19. To set up a COVID-19 vaccination appointment for anyone 5 years old and older, please call (402) 878-2258. Don't wait - call today! Vaccination clinics are held every Wednesday in Winnebago.

A PLACE TO START



Pictured above is Dr. Loretta Broberg, Vice President of Teaching and Learning, (left) and Bethani Redhorn, Communications Office Manager, (right) sitting in LPTC's new CNA classroom.

Tyler Snake & Bethani Redhorn

Little Priest Tribal College's mission reads "Be strong and educate my children". From the perspective of a community member the college does this in every area they provide. The growth of the college is a great reflection of how our town has changed over the years and continues to.

A Certified Nursing Assistant program not only creates opportunities for careers in our community but in the midst of a pandemic teaches our people how to handle various situations. The Program certifies you while teaching you how to handle at-risk patients,

Elderly care, Emergency scenarios and more. These very hands-on teachings open new doors for the whole town.

With the generous help of Twelve clans Unity Hospital in donating two medical beds to the classroom, it has all the necessary items needed to teach. Classes are in session and are ready to register 8-10 students for the upcoming spring semester! To give a quick insight for those interested the first two weeks are lessons followed by hands-on learning. The class is very flexible with the way they teach. With COVID being active zoom classes are readily available

for students that need it. This class has started with an idea: let's see if there is a need in this area or if it will be successful enough to snowball into a full-on RN Program! Stated Loretta Broberg, VP of teaching and learning. Contact Office of Admissions, (402) 878- 2380, for more information.

Little priests' inquiry in the town's educational needs and implementation of a whole new program continues to work toward and hold up their mission, Be strong and educate my children.

BAGO NEWS

Café Manchetts

"AND TANGO MAKES THREE"

Family Storytime

January 27

LPTC Public Library
4:30-6 PM

Scan to register and
receive a gift bag

First 12 families
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special gift

JOBS

Founded in 1994, Ho-Chunk, Inc. is the award-winning economic development corporation owned by the Winnebago Tribe of Nebraska. Our business model reinvests in the Winnebago Tribe through programs including employment, housing, education and health.

Last updated: 1/14/22

JOB TITLE	DIVISION	LOCATION
Planning and Analysis Manager	Warhorse Gaming	Lincoln, NE or Omaha, NE
Business Development Support Specialist	Flatwater Solutions	Bellevue, NE
Sales Representative	HCI Logistics	Bellevue, NE
Payroll Specialist	Ho-Chunk Corporate Services	Bellevue, NE
Executive Assistant	Ho-Chunk Corporate Services	Bellevue, NE
Benefits Clerk	Ho-Chunk Corporate Services	Bellevue, NE
Human Resources Recruiter	Ho-Chunk Corporate Services	Bellevue, NE
Human Resources Business Partner	Ho-Chunk Corporate Services	Bellevue, NE
Human Resource Coordinator	Ho-Chunk Corporate Services	Bellevue, NE
Senior Benefits Clerk	Ho-Chunk Corporate Services	Bellevue, NE
Director of Legal	Ho-Chunk Corporate Services	Bellevue/Winnebago, NE
Office Clerk	Ho-Chunk Corporate Services	Winnebago, NE
Senior Project Manager	Ho-Chunk Corporate Services	Winnebago, NE
Benefits Director	Ho-Chunk Corporate Services	Winnebago, NE
Ho-Chunk, Inc. Internship	Ho-Chunk Corporate Services	Winnebago, NE
Team Member I	Pony Express	Winnebago, NE
Team Member I	Pony Market	Winnebago, NE
Project Coordinator	Ho-Chunk Corporate Services	Winnebago, NE
Ambassador I (1)	Thunder Ridge Solutions	Winnebago, NE
Ambassador II (4)	HCI Management Services	Winnebago, NE
Ambassador III (4)	HCI Management Services	Winnebago, NE
Assistant Team Manager I	Pony Market	Winnebago, NE
Barista I	Sweetwater Café II	Winnebago, NE
Food Service Team Supervisor I	Pony Express	Winnebago, NE
Sr. Talent Acquisition Specialist	Ho-Chunk Corporate Services	Winnebago, NE/Sioux City, IA
Insurance Analyst	Ho-Chunk Corporate Services	Sioux City, IA
Staff Architect	BluStone Architectural	Sioux City, IA
Treasury and Risk Manager	Ho-Chunk Corporate Services	Sioux City, IA
Barista I (2)	Sweetwater Café I	Sioux City, IA
Assistant Team Manager I	Pony Express	Sloan, IA
Team Member I (Full Time)	Pony Express	Sloan, IA
Team Member I (Part Time)	Pony Express	Sloan, IA
Team Member – Floater/Trainer	Pony Express	Sloan/South Sioux City
Carpentry Journeyman	HCI Construction	South Sioux City, NE
Carpentry Apprentice	HCI Construction	South Sioux City, NE
Laborer	HCI Construction	South Sioux City, NE
Carpentry Apprentice	BluStone Homes	South Sioux City, NE
Carpenter/Finish Carpenter	BluStone Homes	South Sioux City, NE
Project Manager	HCI Construction	South Sioux City, NE
Project Manager Assistant	HCI Construction	South Sioux City, NE
Senior Superintendent	HCI Construction	South Sioux City, NE
Team Manager II	Sweetwater Café III	South Sioux City, NE
Barista I	Sweetwater Café III	South Sioux City, NE
Sweetwater Café Supervisor	Sweetwater III	South Sioux City, NE
Facilities/Maintenance	Pony Express	Emerson, NE
Team Member I	Pony Express	Emerson, NE
Team Manager I	Pony Express	Rosalie, NE
Assistant Team Manager I	Pony Express	Rosalie, NE
Team Member	Pony Express	All Locations

Apply Online at [www.https://hochunkinc.com/employment.php](https://hochunkinc.com/employment.php)

Ho-Chunk, Inc. is an equal opportunity employer. All applicants are considered without regard to age, sex, race, religion, national origin, gender identity or expression, marital status, or physical disability. However, preference may be extended to persons of Native American descent in accordance with applicable laws.

Each and Every Day Film Screening

Monday, Jan. 31, 2022

12 p.m. - 2 p.m.

Each and Every Day is a 59-minute documentary from MTV Films by Director Alexandra Shiva and Executive Producer Sheila Nevins created in partnership with The JED Foundation.

The film shares the stories of nine young people who have attempted suicide or have experienced suicidal thoughts. Each individual shares their real-life stories of their mental health journey, the challenges and the journey to recovery in understanding what makes life worth living. The film offers relatable and authentic portraits of young people dealing with suicide and emphasizes help seeking and hope.

Attendees will find the film engaging and helpful in starting conversations about mental health and suicide. The recommended minimum age of attendee is age 18.

Event Details
College Center, 1001 College Way, Soi
College Center, 1001 College Way, Soi
College Center, 1001 College Way, Soi

Register
Email: donna.wolff@winnebagotribe.com

Questions?
AFSP NE Chapter
Donna Wolff
donna.wolff@winnebagotribe.com

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Hūc wiconj ŋa

First bear moon

January

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Winnebago Indian News Editor

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TRIBAL NEWS

Living with long COVID: 2 Siouxland women continue to battle lingering symptoms

Dolly Butz – SIOUX CITY JOURNAL

When Barb Larimer washes, brushes or wrings the water out of her hair, a clump of the 50-year-old Sergeant Bluff woman's golden blond locks falls out. "It's unnerving to see that handful of hair repeatedly throughout the day," said Larimer, who has also experienced joint pain and fatigue weeks and months after being infected with the novel coronavirus in August. Long COVID-19 symptoms have run the gamut for Muriel Walker -- gastrointestinal issues, rashes, blurred vision, heart palpitations, brain fog, hair loss and persistent pain in her back, hip, rib and chest. These ailments and others began after the 62-year-old Sioux City woman contracted the virus in May 2020. "I was to the point where I could not even go down to the basement and do

my laundry. I'd come up the stairs and I'd be wheezing. I'd bend over and tie my shoes and I'd just be wheezing. It was horrible," she said. As omicron, the latest COVID-19 variant, rapidly spreads around the globe, there is a risk that more individuals could experience this mysterious condition. While most people recover a few weeks after COVID-19 infection, others have symptoms that linger or return for weeks or months. Long COVID-19 can affect anyone who has had the virus, even if the illness was mild, or if they had no initial symptoms, according to the Centers for Disease Control and Prevention. A preprint paper released in December states that the coronavirus that

causes COVID-19 can persist in the body for months. National Institutes of Health scientists completed autopsies on 44 patients with COVID-19 to map and quantify the virus' distribution, replication and cell-type specificity across the human body. According to the paper, which has not undergone peer review, persistent SARS-CoV-2 RNA was detected in multiple anatomic sites, including regions throughout the brain, for up to 230 days following symptom onset. Sara Karpuk, a physician assistant at MercyOne Siouxland Medical Center, said the more serious a case of COVID-19 is, the more likely that person is to experience persistent symptoms. "We just don't have enough data and enough answers about long COVID yet," she said. "Probably about the most definitive thing I can say is that vaccination decreases your risk of severe COVID. And, so, by decreasing your risk of severe COVID, you then decrease your risk of developing long COVID." FAIR Health, a national nonprofit, studied 1,959,982 patients for the prevalence of post-COVID conditions 30 days or more after their initial diagnosis. The study, which was published in June, found that 23% had at least one post-COVID condition. The five most common conditions across all ages, in order from most to least common, were pain, breathing difficulties, high cholesterol, malaise and fatigue, and high blood pressure. According to the study, 50% of patients hospitalized with COVID-19, 27% of patients who were symptomatic but not hospitalized, and 19% of patients who were asymptomatic had a post-COVID condition. A number of patients with long COVID-19 are requiring inhalers or supplemental oxygen and attending pulmonary rehabilitation for chronic lung disease, according to Karpuk. She said others are seeing nephrologists to manage chronic kidney disease and going to cardiac specialists to manage myocarditis, an inflammation of the heart muscle, and cardiomyopathy, a disease of the heart muscle that makes it harder for the heart to pump blood to the rest of the body. Karpuk said long COVID-19 involving actual cell or organ injury is better understood than the lingering symptoms which are "more vague."

level of needing a ventilator. When she returned home a week later, she was wracked by fatigue and void of strength in her legs. "I got home and finally took a shower. I dropped something and bent down to pick it up. I thought, 'This is how I'm going to die. I'm going to drown in the shower because I can't stand up,'" she recalled. Larimer tried to return to work at the clinic roughly a week after being released from the hospital, but she was soon sent home. "The fatigue is real. It's just very real," said Larimer, who resumed her normal work schedule the second week in September. "I didn't feel like I was going to get my strength back unless I got out and made myself move." Karpuk recalled two patients who got sick with COVID-19 and were hospitalized at the same time. One, a man who was previously in good health, continues to require supplemental oxygen and has been unable to return work, while the woman has slowly recovered and recently returned to work. "I don't have a good explanation for why he's doing so poorly versus why she's doing so well when they were treated at the same hospital with the same therapies by the same (primary care physician). It's just the way each unique body responds to the virus," Karpuk said. Getting vaccinated, masking up and handwashing are the best ways to prevent the transmission of the virus in the community and lessen the risk of developing long COVID-19, according to Karpuk. "People need to be aware that surviving COVID is not the entire battle," she said. "We need to, as a community, do everything we can to prevent the transmission of COVID, so that we don't have so many people in our community struggling with long COVID."

Question of the Issue:

The Covid-19 Pandemic has been going on for two years, what do you miss doing that you can't do now since we are still in a pandemic?



Garan Coons
Winnnebago Communications Officer



Bethani Redhorn
Communications Office Manager

I would have to say going to the movie theaters and watching big premieres of a blockbuster. I haven't been to a theater to watch a movie in over two years! The only movie I'm really looking forward to is Top Gun 2. Maybe that will be my first post pandemic movie I can watch at the theater. It used to be the thing to do on payday weekends. Head to the mall to play a little at the arcade, grab something to eat and then head to the movie. The good old days!

I miss being able to go places as I please. Nowadays, if I do not have to attend a social event, I will not attend. However, before the pandemic, I could just go on with what I was doing and not worry about encountering any sicknesses. An example of going somewhere, as I please, is as simple as running into the store quickly to pay for gas and you end up turning back around because you forgot to put on your mask! On that note, be safe & mask up!!



Tyler Snake
WIN Office Manager

I miss being mask-free! I miss large gatherings without fear of illness! I miss the life before this pandemic. Nonetheless these things are better than illness, I guess I do not like the separation this virus has caused.



Christina Parker
Desktop Publisher

I would have to say the thing that I miss the most of pre-pandemic days is the freedom to socialize in person. I miss attending the Adobe Max conferences, they were so much fun and very interesting! Most of all, I miss the abundance of powwows during the summer months, we all need some good singing and dancing in our lives. However, I do feel very fortunate to work in the graphic design field during these times and have the technological capabilities to work from anywhere.

"The other less specific things, like the fatigue, the hair loss, the weakness, the loss of appetite, the brain fog, those types of things are very difficult to treat because we don't understand exactly why it's happening," she said. **Lingering symptoms** The first time Walker came down with the virus, she was in the process of relocating to Whiting, Iowa, from Sioux City. She thought the pain in her back and rib cage was due to muscles she strained while moving, but it soon intensified and was accompanied by shortness of breath and chills. She went to her doctor's office, where she was tested for the novel coronavirus. That test came back positive on May 17, 2020. Four days after testing positive, Larimer woke up with pronounced shortness of breath. She was taken by ambulance to MercyOne Siouxland Medical Center and admitted with pneumonia in both of her lungs. She was placed on oxygen, but never progressed to the level of needing a ventilator. When she returned home a week later, she was wracked by fatigue and void of strength in her legs. "I got home and finally took a shower. I dropped something and bent down to pick it up. I thought, 'This is how I'm going to die. I'm going to drown in the shower because I can't stand up,'" she recalled. Larimer tried to return to work at the clinic roughly a week after being released from the hospital, but she was soon sent home. "The fatigue is real. It's just very real," said Larimer, who resumed her normal work schedule the second week in September. "I didn't feel like I was going to get my strength back unless I got out and made myself move." Four days after testing positive, Larimer woke up with pronounced shortness of breath. She was taken by ambulance to MercyOne Siouxland Medical Center and admitted with pneumonia in both of her lungs. She was placed on oxygen, but never progressed to the

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As she battled long COVID-19, Walker had to quit her job as a postal carrier, which she had had for 13 years, and depend on her daughter Sasha to take care of her. "After COVID, my blood pressure went sky-high. I have sleep apnea now, so I have to be on a CPAP machine every night," she said. "I was totally healthy before." Through a support group she joined on Facebook, Walker learned about the Post COVID-19 Clinic at the University of Iowa Hospitals & Clinics, which treats patients with long-term complications from the virus. She traveled to Iowa City in early April to undergo a battery of tests over a two-day period. Walker learned she has diastolic dysfunction, a cardiac condition caused by a "stiffening" of the heart's ventricles, and minimal scarring on her lungs. "Just a couple weeks ago, I had another lung scan done. I still have the scarring on my lungs. (The doctor) said it's just going to take time to heal, but she doesn't know if it ever will completely heal," she said. Walker was nervous about getting vaccinated, but the doctor in Iowa City urged her to do it as soon as she could. She received her first dose of Pfizer-BioNTech COVID-19 vaccine in mid-April and her second dose in early May. Around that time, she also changed her diet and began exercising again. Within a week or two after receiving the vaccine, she said her symptoms began to disappear. Then, in July, as the relentless delta variant bore down on Siouxland, Walker was diagnosed with COVID-19 a second time. Labored breathing and chest tightness led her to seek treatment from MercyOne's emergency department, but Walker managed to get through the infection without needing to be admitted to the hospital. After receiving a COVID-19 booster in November, Walker said the long haul symptoms have started to "creep back." The terrible headaches have returned, as have the GI issues, hair loss, fatigue and pain in various areas of her body. "You just get so discouraged. You know something's wrong with your body, but you're not getting answers or any kind of hope. Am I going to be like this for the rest of my life?" Walker said. "It's real scary."

The next issue of the WINNEBAGO INDIAN NEWS will be published on February 5, 2022. DEADLINE for this issue will be February 1, 2022.

Winnnebago Indian News

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LETTERS TO THE EDITOR

VINTAGE WINNEBAGO NEWS! JANUARY 1942

BTYB: THE ANGEL DE CORA MUSEUM



News from Winnebago Public Schools

Examinations for Semester Examinations

In order to be exempt from semester examinations, a student must have had at least 20 quality points in a particular subject for the semester. For example: History, 1-1 six wks; B-3; 2d 6 wks; A-4, 3d wks; A-4—Total 11 points.

Students exempt from all examinations, were excused from attending school Thursday, Jan. 16.

The following list of students were approved by the faculty for semester exemptions:

Mose Rave shop; Dick Ayers, shop, Eng. 9; Algebra, Jr. Bus.; Gerald Brewer, Fr. Training; Frank Appleton, Fr. Training; Betty Thompson, Home Ec. 10, Physiology, Wid History, English 10; Francis Whitted, Home Ec. 10; World History, English 10; Marilyn Williams, Rel. Art; Laura June Williams, Am. History, Gen. Math.; Eugene Kennedy, Sociology; Merrel Brewer, Geometry, Eng. 11, Am. History; Curtis Boland, Geometry; Winford Dien, Geometry, Eng. 10, Jr. Bus.; Bob Mickel, Geometry; Marjorie Morgan, Geometry; James Orr, Geometry; Duan Steele, Physics, Eng. 12, Sociology; Marie Stabler, Sociology; Martin Mahoney, Gen Math.; Faye Alam, Algebra; James Cox, Algebra; Betty Jo Darnell, Algebra, Algebra; Jeanne Huffman, Eng. 12, Irma Lois Whitted, Shorthand, Bkking, Typing II; Myrna Rich, Shorthand Bkking; Junior Gill, Typing I, Am. History; Frank Williams, Sociology; Harlan Ives, Sociology.

bigger and better attacks on us, she was tied up.) The first part of the evening was spent in playing games, dancing and eating, and the rest of the evening was spent in getting home and trying to get to sleep. (Ho-hum!) We (seniors) are looking forward to another of these delightful get-togethers.

Intramural B B Started

The grade school intramural basket ball league has been organized. There are seven teams that make up the league. The Giant Killers, who are undefeated, are in first place. The names of the teams are All-Americans, Giant Killers, The Eagles, Thunderbirds, Small Fries, Our Gang and Phillips Oilers.

Four Boys Enter Golden Gloves

For the first time in many years the high school has entered a team in the Golden Gloves tourney. Knox Tebo, John LaMere, Levi St. Cyr and Harlan Ives went to Norfolk Friday to participate in the Golden Gloves tourney there.

Home Economics

The freshman girls finished their work in related art and this semester they will study related science. The sophomore girls have completed related physiology and now they are beginning home management. Most of the work in both classes will be in clothing

JESUS OUR SAVIOR LUTHERAN OUTREACH



"Woman, why do you involve me?"

I am sure that you have seen the commercials about 'not being like your parents.' I am guilty of most of the allegations that are brought out in these commercials as I embarrass my children in many and various ways. These commercials came to mind as I reflected on a true story about a wedding at Cana.

As the story goes, found in the second chapter of the Gospel of John, Jesus and his twelve disciples were invited to a wedding feast at Cana. Jesus' mother Mary had also been invited. Then it came to Mary's attention that there was a major problem. What was this problem? The wine had run out!

Now Mary could have simply reasoned that it was not her problem. There are countless people that fall into this category. However, Mary was a woman of action and so she took this outrage to her son Jesus. And Jesus' response was: "woman, why do you involve me?" Here is where I thought of the commercials about 'not being like one's parents.'

A question also came to my mind as I reflected on Jesus calling his mother 'woman.' First who calls his mother 'woman?' And if I were use the word 'woman' today I would be treading on thin ice as some would accuse me of being demeaning.

Jesus' response did not stop there and this is very important. He went on to say, "My time has not yet come." Jesus' timing as well as his Heavenly Father's timing is perfect. Jesus' timetable would not be rushed. Nor did Jesus need to be prodded into action as some have

suggested. Jesus' mother nor any woman; or man; or child; would force Jesus into action. Jesus was following the will of his Heavenly Father, and this trumped even the will of his mother. This is true when it comes to our praying that God would immediately respond to our prayers as we desire or we demand God's will takes precedence - as we pray in the spiritual warrior's prayer 'Thy will be done on earth as it is in heaven.'

We learn about how God's timing goes from Paul's letter to the saints at Rome: 'You see, at just the right time, when we were still powerless, Christ died for the ungodly' [Romans 5:6 NIV]. This passage assures us not only that God accomplishes His plans at just the right time, He also sent His Son Jesus, the Christ - the 'anointed One' - to die for us ungodly men, women and children.

The apostle Peter further instructs us to be humble with these words: 'Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time' [1st Peter 5:6]. One is humble as he or she seeks God's grace and mercy handing over one's sin for His the blessed forgiveness received through faith in Jesus.

By the way, Jesus went on to change water into wine and the wedding feast continued on. The result of his first miracle was that his disciples put their faith in him. This story is told today so that you too may place your faith in him. The believer in Christ looks forward to heavenly wedding banquet where the good times will never end!

In loving memory...

Thelma Jane Rice

The family of Thelma Jane Rice would like to thank everybody for showing their love and support during the difficult time of Thelma's passing on December 11, 2021.

We are so appreciative of your generosity and kindness in remembering Thelma. There were several monetary donations, cards, flowers and a lot of family and friends who attended her wake and funeral services and we surely did appreciate it.

We would especially like to thank John Blackhawk and his helpers for all the prayers and the kind words that were said. Again, thank you all for your continued thoughts and prayers.

The family of Thelma Jane Rice.

Higher Education Dept. Update:

The Winnebago Tribe Higher Education Scholarship application deadline for the new academic school year is APRIL 15th. Please go to the tribe's website, click Programs & Services, then click on Education, next click Higher Education and finally you are at Winnebago Scholarship and Financial Assistance Program (WSFAP) Application.

Returning students must complete page 2 of the application, along with your completed Financial Needs Analysis form, class schedule and official transcripts when your current term ends. New/First-time students must complete all required documents listed on the top page of the application, deadline dates are also listed on top page for your reference.

The Winnebago Tribe Summer Youth Employment Program (SYEP) will start accepting online applications beginning April 11th. This year we will be bringing back the SYEP Job Fair in May (Covid guidelines permitting). More information and instructions to follow.

The Johnson O'Malley Program (JOM) will be preparing for 1st semester grade and attendance incentives for Winnebago Public School students, K - 12th grade that meet the criteria. Due to a recent spike of the covid variant, there will not be an awards banquet and meal. Awards/Incentives will be disbursed in late February.

If you have any further questions, please feel free to contact the Higher Education office at any of the following: education@winnebagotribe.com, patrice.bass@winnebagotribe.com, rana.merrick@winnebagotribe.com or by phone: 402-878-2631 or 2632. Our fax #: 402-878-2637.

HoChunk Renaissance

The Official Language Program of the Winnebago Tribe of Nebraska



Jejec ra
The Bluejay

separates the sky (white) and the earth (black).

The blue jay is actually a member of the crow family, and most crows have no fear. The jay is fearless, and it is because of this that it can help you connect with the deepest mysteries of the earth and the greatest of the sky. The blue jay is an excellent mimic, with a sharp eye and voice. They know a little bit about a lot of things, and they use that knowledge sometimes to give the impression they know more, or that they are true masters. The blue jay is a reminder to follow through on all things - to not start something and then leave it unfinished.

Within the HoChunk culture, storytelling is commonly shared during the winter months. Our stories include many different topics that reflect back to Mauna's creations on mother earth. These are called waika, which are our sacred stories. The HoChunk name for the Blue Jay is Jejec (jay-jaych). The Jejec does not usually migrate; rather it stays around all winter. It was believed that the blue jay, due to his voice, ability, and self-impression that it is the symbolic storyteller of the HoChunk People.

One of the first creatures who made their appearance of life, came the Blue Jay. It has be ability to link the sky and earth, to access each for their greater power. The black and white markings found on its blue wings also reflect this same ability. The bright blue crest of the jay should always be a reminder that to wear the crown of true mastership requires dedication, responsibility, and committed development of all things in the physical and spiritual. The blue

Hocak Corner

Waisgap tāxere

(wy-skahp dah-xay-rday)

Fry Bread

TRIBAL COUNCIL MINUTES

...Cont. from last issue

CALL TO ORDER: Chairwoman Kitcheyan called the meeting to order at 9:57 a.m.

OPENING PRAYER: Aric Armell offered the opening prayer.

Esther Mercer CEO asks that Item b. under Finance be removed from the Agenda.

APPROVE AGENDA:

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

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

DEPARTMENTAL UPDATES:

CEO Report – Presented by Esther Mercer

Discussion

Isaac Smith motioned to authorize the CEO to work with Finance for a Head Hunter to recruit and fill the Tribal Court Administrator position. Aric Armell seconded.

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

Lorelei DeCora asks why we charge tribal members \$10 to get a tribal ID. The CEO will follow-up and get an update on Monday from Enrollment.

Coly Brown asks if there is any update with the Boys & Girls Club 401 K issue.

Lynelle Blackhawk CAO reports the Winnebago Tribe of Nebraska MOU with the Boys & Girls Club has expired. Benefits for their employees is an issue. There will need to be a follow-up meeting with the Tribal Council on this.

Coly Brown motioned to approve the CEO Report. Louis LaRose seconded.

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

CAO Report – Presented by Lynelle Blackhawk

Discussion

Christmas Baskets will be distributed Tuesday, 12-14-21 at the Food Distribution Program starting at 12:00 Noon until depleted.

Aric Armell asks if the Tribal Council can get the Number of tribal members off the reservation, number on the reservation, and number in Indian care off the reservation?

The CAO will update the Tribal Council on this.

Victoria Kitcheyan asks that a meeting with Neal Lawhead, Region VII be facilitated by the CAO.

Lorelei DeCora asks the CEO and CAO to look into job positions we can remove the need for a valid driver's license from since their position doesn't require they have to drive.

CEO would like a Special Tribal Council Meeting on the WTN Human Resources Policy & Procedures Manual.

CAO can provide an update on the Human Services Program in an Executive Session.

(Rona Stealer out)

Aric Armell motioned to approve the CAO Report. Coly Brown seconded.

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

Physical Resources Report – Presented by Ireta Frazier

Discussion:

Lorelei DeCora asks if the signs down at our river bottom the Tribal Council asked for are being worked on? Ireta Frazier, Physical Resources Director reports the Wildlife & Parks Director offered to work on these signs. The cost is not in the ARPA budget. The Chairwoman suggests they get the cost and submit it to the Tribal Council for approval. The Physical Resources Director is working with Hochunk Renaissance for the Hochunk words for signs at the roundabouts. She will follow-up with the Construction Manager on the weight limit signs for BIA Road 17. The Code needs work to have no trespass signs along with the Wildlife & Parks logo.

(Rona Stealer in)

Aric Armell motioned to approve the Physical Resource Director's Report. Isaac Smith seconded.

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

BOARD AND COMMITTEES:

Tribal Utility Board - 2 vacancies, 1 applicant.

Rona Stealer motioned to appoint Tammy Littlewalker to a two year term, to the Tribal Utility Board. Coly Brown seconded.

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

Hemp Commission - 1 applicant
Rona Stealer motioned to appoint Lynelle Blackhawk to the Hemp Commission. Coly Brown seconded.

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

Winnebago Gaming Development Corporation - 1 vacancy, 2 applicants
Brian Chamberlain motioned to appoint Kenny Mallory for a 2 year term to the Winnebago Gaming Development Corporation. Rona Stealer seconded.

ABSTAIN: LLR

VOTE: (6) yes (0) no (1) abstain, LLR Motion carried.

FINANCE:

FY 2022 Departmental Staff Retreat/ Workshop Guidelines

Isaac Smith motioned to approve the FY 2022 Departmental Staff Retreat/ Workshop Guidelines. Aric Armell seconded.

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

PRD – CONSTRUCTION:

Update New Daycare Project – Discussion

Lorelei DeCora motioned to switch from a design bid build to CM At-Risk for the new Day Care Center. Louis LaRose seconded.

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

RECESS:

Chairwoman Kitcheyan called a recess at 12:05 p.m. for 30 minutes.

RECONVENE: Return at 12:35 p.m. (Isaac Smith, Lorelei DeCora and Rona Stealer absent.)

PHYSICAL RESOURCES:

ARPA Project Coordinator Job Description Approval

Aric Armell motioned to approve the ARPA Project Coordinator job description. Brian Chamberlain seconded.

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

PRD – TRIBAL HOUSING:

Brian Chamberlain motioned to approve the General Laborer/Janitor job description. Aric Armell seconded.

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

Org. Chart Approval

Aric Armell motioned to approve the Org. Chart. Brian Chamberlain seconded.

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

WCHS COMMUNICATIONS DEPARTMENT: – skipped until Sharon Frenchman in the meeting.

(Isaac Smith, Lorelei DeCora and Rona Stealer present.)

PLANNING DEPARTMENT: –Joy Johnson presented.

Grants Policy Manual

Joy Johnson will add disposal of inventory when grants end into the Policy.

Louis LaRose motioned to approve the Grants Policy Manual. Isaac Smith seconded.

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

EDUCATION - EDUCARE: Amy Lapointe presented.

2021-2022 EduCare Handbook changes

Rona Stealer motioned to approve the 2021 – 2022 EduCare Handbook changes. Aric Armell seconded.

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

WCHS COMMUNICATIONS DEPARTMENT MARKETING COORDINATION:

– Sharon Frenchman presented.

Louis LaRose motioned to approve the WCHS Marketing Coordinator job description funded by the WTN IDC pool for WCHS. Brian Chamberlain seconded.

ABSTAIN: RS

VOTE: (5) yes, LD, BC, AA, IS, LLR (0) no (2) abstain, RS, CB Motion carried.

EXECUTIVE SESSION:

Aric Armell motioned to go into Executive Session at 2:00 p.m. Brian Chamberlain seconded.

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

Louis LaRose motioned to come out of Executive Session at 5:02 p.m. Rona Stealer seconded.

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

TRIBAL COUNCIL ITEMS:

Aric Armell motioned to table the Tribal Court Assessment RFP. Brian Chamberlain seconded.

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

ADJOURN:

Aric Armell motioned to Adjourn at 5:04 p.m. Louis LaRose seconded.

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

Chairwoman Kitcheyan adjourned the meeting at 5:04 p.m.

*Respectfully submitted,
Lorelei DeCora, Secretary
Winnebago Tribal Council*

WINNEBAGO TRIBE OF NEBRASKA SPECIAL TRIBAL COUNCIL MEETING-COVID RELIEF PAYMENT PLANNING December 8, 2021

TRIBAL COUNCIL PRESENT:

Victoria Kitcheyan
Brian Chamberlain
Lorelei DeCora
Rona Stealer
Coly Brown
Isaac Smith
Aric Armell (in at 8:24 a.m.)
Louis LaRose (on leave in at 9:05 a.m.)

OTHERS PRESENT:

Alan Post
Cheryl Painter
Jasmine Lammers
Billie Kitcheyan

Brandon Stout
Esther Mercer
Garan Coons
Laura Huffman
Erika Dunn
Lynelle Blackhawk
TRIBAL COUNCIL ABSENT:
John Snowball

CALL TO ORDER: Chairwoman Kitcheyan called the meeting to order at 8:15 a.m.

OPENING PRAYER: Isaac Smith offered the opening prayer.

APPROVE AGENDA:

ARP Source of COVID Relief Distribution

Distribution Dates

Minors Trust

Child Support or Other Arrears

Isaac Smith motioned to approve the agenda. Coly Brown seconded.

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

Lorelei DeCora motioned there will be no money taken out of the COVID Relief payment for arrears in child support payments or other arrears; further the minor children's COVID Relief payment will go into the Minors' Trust. Aric Armell seconded.

OBJECT: CB, BC

VOTE: (3) yes, LD, AA, IS (3) no, RS, BC, CB (0) abstain Tie Vote 3-3-0

Chairwoman Kitcheyan votes yes

(4) yes, VK, LD, AA, IS (3) no, RS, BC, CB (0) abstain Motion carried.

Aric Armell motioned to utilize Liberty National Bank gift cards for each of the \$500.00 adult COVID Relief payments; requesting 4,065 adult gift cards to include \$2.50/card activation fee; Alan Post CFO is authorized to pick up the COVID Relief gift cards from Liberty National Bank. Brian Chamberlain seconded.

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

Isaac Smith motioned the COVID Relief payment distribution will be in the Blackhawk Center gym December 20, 2021 9:00 a.m. – 11:00 a.m. for seniors, 11:00 a.m. – 7:00 p.m. for adults; December 21, 2021 9:00 a.m. – 7:00 p.m. for adults. Aric Armell seconded.

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

Isaac Smith motioned for the Tribal Council to donate the meals for the distribution team both days. Brian Chamberlain seconded.

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

Brian Chamberlain motioned for gift cards not claimed by six months will be forfeited. Aric Armell seconded.

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

Aric Armell motioned to modify the ARP budget of \$2,664,662.50 for the COVID Relief payment. Isaac Smith seconded.

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

Lorelei DeCora spoke of the Winnebago Tribe having a perfect audit three years in a row. During this time, the Tribe also had the COVID (CARES & ARPA) budgets and payments under our CFO.

Lorelei DeCora motioned to approve a thank you bonus of 10% of his salary for Alan Post CFO; further the Treasurer will identify where the payment will come from. Rona Stealer seconded.

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

ADJOURN

Aric Armell motioned to adjourn Coly Brown seconded.

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

Chairwoman Kitcheyan adjourned the meeting at 9:29 a.m.

*Respectfully submitted,
Lorelei DeCora, Secretary
Winnebago Tribal Council*

WINNEBAGO TRIBE OF NEBRASKA GENERAL COUNSEL MEETING December 15, 2021

TRIBAL COUNCIL PRESENT:

Victoria Kitcheyan
Brian Chamberlain
Rona Stealer
Lorelei DeCora
John Snowball
Coly Brown
Isaac Smith (in at 10:22 am)
Aric Armell (in at 10:29 am)
OTHERS PRESENT:
Jennifer Beareagle
Alan Post
Brandon Stout
Esther Mercer
Teresa Littlegeorge
Joy Johnson
Josh Chamberlain
Lynelle Blackhawk
TRIBAL COUNCIL ABSENT:
Louis LaRose (leave)

CALL TO ORDER: Chairwoman Kitcheyan called to order at 10:06 a.m.

OPENING PRAYER: John Snowball offered the opening prayer.

APPROVE AGENDA:

Rona Stealer motioned to approve the agenda. Coly Brown seconded.

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

STANDING UPDATES: Jennifer Beareagle presents.

IOWA LAND LEGISLATION

Action Item: Resolution amending Title 8 (Natural Resources)

Lorelei DeCora motioned to adopt resolution #22-33; Amendments to the Winnebago Tribal Code Title 8 Natural Resources, Amending Section 8-110. Rona Stealer seconded.

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

(Isaac in at 10:22 a.m.)

OPIOID LITIGATION – update only
FLOOD CASE –update only.

COMMENT/CONSULTATION LETTERS – update only.

HEMP COMMISSION UPDATE – introduction of newest member Lynelle Blackhawk. Next meeting is 12/22/21 at 9:30 a.m.

(Aric in at 10:29 a.m.)

PUBLIC HEALTH CODE

Action Item: Resolution amending Title 7 (Health, Safety, and Welfare), Adopting Article 20 (Public Health Code)

Lorelei DeCora motioned to adopt resolution #22-34; Amendments to the Winnebago Tribal Code Title 7 Health, Safety, and Welfare, Adopting Title 7, Article 20 (Public Health Code). John Snowball seconded. OBJECT: Brian Chamberlain

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

Great Plains Tribal Chairperson Association – Secretary Deb Haaland meeting

Indian Health Service – Freedman Issue

Village of Winnebago Water & Sewer Agreement Discussion

Proposed new agreement sent 12-15-21 just prior to the start of the meeting.

Donation Policy

Action Item: Approve updated Donation Policy

Finance

Action Item: Resolution ARPA Funds Direct Member Payment

Aric Armell motioned to adopt resolution #22-35; ARPA Funds Direct Member Payment. Rona Stealer seconded.

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

EXECUTIVE SESSION:

Aric Armell motioned to go into Executive Session at 11:26 a.m. Rona Stealer seconded.

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

Trailer

CFS Matter

Lorelei DeCora motioned to come out of Executive Session at 1:43 p.m. Rona Stealer seconded.

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

ADJOURN:

Aric Armell motioned to adjourn. Brian Chamberlain seconded.

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

Chairwoman Kitcheyan adjourned the meeting at 1:45 p.m.

*Respectfully submitted,
Teresa Littlegeorge,
Executive Assistant
CONCUR:
Lorelei DeCora, Secretary
Winnebago Tribe of Nebraska
Winnebago Tribal Council*

WINNEBAGO TRIBE OF NEBRASKA LAND MEETING AND ENROLLMENT UPDATE December 16, 2021

TRIBAL COUNCIL PRESENT:

Victoria Kitcheyan
Brian Chamberlain
Coly Brown
Lorelei DeCora
Rona Stealer
Isaac Smith
Aric Armell
John Snowball
Louis LaRose
TRIBAL COUNCIL ABSENT:
Brandon Stout
Michael Carter
Emily DeLisle
Matt Campbell
Esther Mercer
Jennifer Beareagle
Fannie LaTray
Ireta Frazier
Samantha Kelty
Tyresha Wolfe
Wilhelmena Sharpback
Aaron LaPointe
Teresa Littlegeorge
Greg Smith
Cheri Redhorn

Cont. in next issue...

COMMUNITY NEWS

KIDS COAT CARD PROGRAM ***DEADLINE EXTENDED***

The Winnebago Tribal Council has extended the deadline for families to claim their Winnebago Tribal member's coat card until **March 31, 2022**. All enrolled Winnebago children ages 0-18 are eligible for a \$100 VISA gift card to be used for winter ware. There are currently 218 cards that have not been claimed.

How to claim: 1. Complete and notarize a kids coat form 2. Submit the completed form to the Winnebago Enrollment office.

Where do you get a form?

<http://www.winnebagotribe.com/index.php/arpa>
or

Contact the Winnebago Enrollment office to request a form be mailed.

402-878- 2028 or enrollment@winnebagotribe.com

Then what?

Submit the form to the Enrollment office either via mail or in person.

Once verified as eligible, the card can be picked up or mailed from the Procurement office.

WINNEBAGO TRIBAL COUNCIL SPECIAL VOTE SCHEDULE HELD ON FEBRUARY 8, 2022

January 18, 2022	Tuesday	Tribal Council seat declared vacant
January 20, 2022	Thursday	First Day of Notice of Intent
January 20, 2022	Thursday	Post Eligible Voter's List & Tribal Code Title 5, Article 2
January 28, 2022	Friday	Last Day of Notice of Intent
January 28, 2022	Friday	List of Candidates Posted
January 28, 2022	Friday	Send List of Candidates to Automated Election Services
January 28, 2022	Friday	Deadline for Absentee Ballot Requests
January 31, 2022	Monday	Mail Absentee Ballots
February 8, 2022	Tuesday	SPECIAL VOTE (8:00am-8:00pm) <i>(Tribal Offices Closed)</i>
February 9, 2022	Wednesday	Notification of Newly Appointed Member

SUICIDE IN INDIAN COUNTRY PART 17

Depression is not just a case of "feeling blue" or sad for a time; depression can impact a person's ability to function, maintain relationships and enjoy life for an extended period of time. Depression may also reoccur throughout a person's lifetime, even after successful treatment of earlier episodes. Untreated depression is the leading cause of suicide, which is alarmingly high among AI/ ANs.³ An estimated 90% of individuals who die by suicide have a mental illness, a substance abuse disorder or both.⁴ AI/AN communities suffer from higher rates of depression and co-occurring conditions than any other ethnic group.

Socioeconomic status, social support, cultural preferences for care and historical traumas, play a role in depression as well as in the perception of illness and treatment decisions. A Native concept of health traditionally embodies a holistic perspective in which mental health is viewed as a part of the overall health and well-being of the individual. One example to illustrate this point is the Medicine Wheel (Figure 1). The Medicine Wheel represents balance, harmony and interrelatedness of the physical, the mental, the emotional and the spiritual aspects of life. In contrast, Western mental health approaches typically use a more categorical, segmented and individualistic view of mental and physical health. These disparate health perspectives create incongruity in approaches to health between the mental health care system and the AI/AN clients it intends to serve. In addition, a great disparity exists in accessing mental health care among AI/ANs fueled by cultural insensitivities and barriers to care created by the current mental health system infrastructure for AI/ANs.

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



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 Instructor
 - Biology Instructor
- **Adjunct Faculty**
 - Business
 - Chemistry
- **Student Library Aide**
- **Library Aide**
- **Administrative Assistant**
- **Retention Specialist**
- **Part-Time Retention Specialist**
- **Extension Student Intern**
- **Extension Assistant**
- **Be on the look out for future openings!**

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

LEGAL NOTICE

TO: Danelle Lakota
All possible fathers

You are hereby notified that a petition for guardianship has been filed against you in the Winnebago Tribal Court, CV22-016, Minor Guardianship of P.R. (03/04/10). You must file a responsive pleading in this matter by 02/18/22 or be subject to a default judgment being entered against you.

LEGAL NOTICE

TO: Danelle McDonald
Karlos Johnson
All possible fathers

You are hereby notified that a petition for guardianship has been filed against you in the Winnebago Tribal Court, CV22-030, Minor Guardianship of K.W. (07/27/12). You must file a responsive pleading in this matter by 02/18/22 or be subject to a default judgment being entered against you.

LEGAL NOTICE

Notice of Hearing
Case No. CV22-005
In the Matter of the
Guardianship Petition of:
LOTTIE WHITE
In Re:
G. M. (Born 7/2015)
Krystal White, Mother

TO: SAMMY MORENO, Father

You are hereby notified that a petition has been filed for Guardianship and a hearing concerning the above referred Individual(s) in Case No. CV22-005 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 20th day of JANUARY, 2022 at the hour of 11:30 A.M.

LEGAL NOTICE

TO: Tessah Sherdian
William Hunter
All possible fathers

You are hereby notified that a petition for guardianship has been filed against you in the Winnebago Tribal Court, CV22-015, Minor Guardianship of W.H (02/08/17). You must file a responsive pleading in this matter by 02/18/22 or be subject to a default judgment being entered against you.

If you have a change of address or would like to be placed on the mailing list, please contact us at:

Phone: 402-878-2272

email:

winnebagoindiannews@winnebagotribe.com

Next WIN News Deadline:

February 1st

The Winnebago Tribal Council is 100% AGAINST Meth. Not only is Meth harmful to the individual, it destroys families and our community. Meth use is not the HoChunk/Winnebago way of life. On 12-30-19, during the Winnebago Mid-monthly Tribal Council meeting, a motion was passed to publish all meth related offenses occurring on the Winnebago reservation, in the Winnebago Indian News.

The following individual(s) has been arrested for a meth offense...

As of 1-18-2022, there are no recent meth arrest(s) to report.

ANGEL DECORA MUSEUM

Recognizing the effects of Intergenerational Trauma

If trauma is left untreated, it is likely that it would be passed down to the next generation.

Winnebago families may still be impacted from the boarding school era, which forcefully removed indigenous children from their families and placed them into boarding schools.

There, they were forbidden/punished for speaking their language and practicing their traditional ceremonies.

Later generations may not recognize trauma-related patterns, which may lead to repeating them.

This can include: addictions, depression, anxiety, poverty, abuse, suicidal tendencies, violent thoughts/behaviours, domestic violence.

Patterns can be broken. You don't need to always be in survival mode.

Talking to a therapist can help you recognize patterns and break the cycle of intergenerational trauma.

Winnebago Behavioral Health Department
(402.878.2911) 225 S. Bluff St. PO BOX C, Winnebago, NE 68071

Morning Star Counseling Services
(402.846.5569) 104 S. Costello Walthill, NE 68067

Heartland Counseling Services
(402.494.3337) South Sioux City, NE 68776

A Better Way Therapy
(712.253.3925) 3900 Dakota Avenue, South Sioux City, NE 68776

Siouxland Mental Health Center
(712.252.3871) 625 Court St. Sioux City, IA 51101



Angel De Gora
Museum & Research Center
(402) 257-5587
415 East Little Priest Dr,
Winnebago, NE 68071

STEPS TOWARDS HEALING

For a healthy community, resist re-trauma

1ST STEP
REALIZE

2ND STEP
RECOGNIZE

3RD STEP
RESPOND

4TH STEP
RESIST RE-TRAUMA

Stories from the Boarding School Era

On March 3rd, 1819 the United States government issued the Civilization Fund Act which ultimately led to the "Indian boarding-school" era. (1860 - 1978)

It effected tribes from across the nation, stripping children of their ancestral knowledge and cultural teachings.

Many Winnebago children were taken from their families and sent off to boarding schools across Turtle Island.



CALL TO ACTION!

Today we see the effects of *intergenerational trauma* due to the boarding school era. Many of our children were silenced, and we are looking to give them a voice. Telling you or your family members experience, will bring healing.

WE ARE LOCATED AT LITTLE PRIEST TRIBAL COLLEGE

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