



Nutrition Education Carnival Hosted By WCHS

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Editor's Food Review: La Fiesta Mexican Restaurant

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Volume 53, Number 6

Saturday, March 16, 2024



# Food Is Medicine



By: Brian Chamberlain  
Photos by: Brian Chamberlain

in the food service industry for many years, Terry grew to understand the nature of the modern world and its fast-paced application of food. It was through this western exposure she began to find herself searching for a better way to feed her own family.

Like nearly all tribal people, certain physical ailments had become a part of daily life for herself and her family. "I didn't want my own children to have to suffer from improper diet and eating habits," she continued during her presentation. It was during this awakening Terry discovered the will to create her food preparation style and catering group called "Wild Bearies." "I spell it this way because my children are members of the Bear Clan," Terry said.

Wild Bearies has created a unique view into modern cooking and food preparation by incorporating traditional dishes of our people and other tribes and taking them into new and exciting places. "We try to use local producers as often as we can, keeping a focus on organic produce," said Anne Thundercloud, Wild Bearies Apprentice Chef. However, part of their presentation was designed to show the audience that many items could also be sourced from local mainstream retailers, if needed.

The 3-Sisters Reunite – Following the introduction of her story, Chef Terry explained

Con't. on page 5...

[Winnebago, NE] "Enter the kitchen with a good heart." - Executive Chef Elena Terry. On Wednesday, March 6, 2024, inside the Whirling Thunder Wellness Center Gymnasium, people of Winnebago were presented with some indigenous goodness that is blazing a pathway toward good health

for all tribal people. In front of a crowd of several dozen participants, Executive Chef, Elena Terry and Apprentice Chef, Anne Thundercloud, opened the palates of those here to a renewal of good tastes.

Terry opened the session by sharing her backstory which involved her own upbringing and the teachings she received from her ancestors. Many of those lessons revolved around how our relationship with food has become what it is today – colonized. Working

# Tribe Begins Class III Gaming Process

By: Brian Keith Chamberlain  
Photos by: Archives

[Winnebago, NE] At a recent tribal council meeting a motion passed that authorized the Chairwoman to engage the State of Nebraska calling for a Class III Gaming Compact. Authorization for this process is a long time coming, as Nebraska did not legalize commercial gambling until November of 2020. Despite the many months since that landmark vote of the citizens of Nebraska, the process had to play itself out to allow the Tribe to call to the negotiation table the Governor for our State.

What is Class III Gaming? – Under the rules and regulations of the National Indian Gaming Commission (NIGC) gaming in Indian Country is classified under three basic types. These classifications govern how the tribes operate gaming on their lands following the passage of the Indian Gaming Regulatory Act (IGRA) of 1988.

Class I – is the gaming type that tribes have held onto since time immemorial. This means traditional games, some related to cultural celebrations, ceremonies, and the like. For our tribe this would be games like Kasu and the moccasin game. These games are not typically played for monetary gain and remain solely within the authority of the tribe to offer.

Class II – is gaming related to all things bingo. That is whether it is the classic paper and daubers version, or the kind that utilizes electronic aids, which is allowable under Class II. Pull-tabs and other non-house banked games also fit into Class II. Poker is an area that can still be argued about on whether it fits this class or the next and depends heavily on jurisdiction.

Class III – is all other types of gaming

Con't. on page 5...



Ramona Wolfe 'Mona Kay' (1940–2020) is our featured tribal leader on this edition of the WIN. Serving for decades with the Winnebago Tribal Council, Ramona was first elected to her seat at a time when women were not regularly selected to do so. A trailblazer for all women of our tribe. Also holding an extended tenure with the Winnebago IFDP (aka Commod Program), she served as its director, helping to feed the people of our tribe and fighting endlessly against child hunger. She even opened a business designed to achieve this goal. Ramona's presence at the council table can still be felt in those times when the most vulnerable, or those without a voice, are spoken for. She will always be remembered for her tireless service to our people whom she loved. A legacy of caring in a cold world of politics. Our gratitude and appreciation to her granddaughters for their kind permission to feature her here.

## BAGO BITS

By: Tyler Snake



Shoutout to the Winnebago Public School Speech team on 2nd place! The team hosted their own meet on February 20th. Pictured in the top row left to right is: Ariayla Suniga who took 3rd place OID, 4th place poetry, 4th place persuasive. Tylie Chilson: 1st place poetry, 2nd place POI, 2nd place serious prose and 3rd place OID. LaHea Kearnes: 1st place entertainment. Shyleigh Horn: 5th place humorous prose, 5th place serious prose. Melodine Earth: 2nd place persuasive. Bottom row left to right: Kenny Nieman with 2nd place entertainment. Ayden Littlegeorge-cloud with 1st place extemporaneous, 3rd place OID. Congrats to the team for hosting as well as the places they acquired. #GoBigBlue



Congratulations to Denise Milford of Little Priest Tribal College for receiving the Student of the Year award! Denise and 34 other tribal college students attending AIHEC 2024. Awards were based on GPA, their majors and academic achievements. Denise will be graduating Spring 2025 with a Biology major. When asked about her time in college, Denise shared "the best experience is the ability to get back up when you fall and to make sure others don't do the same that are behind you. Helping other students succeed. "I keedo dee washka" HoChunk saying: look out for one another, help, encourage and love. It's amazing how and what you can learn when you open your mind and heart. Because in order for me to serve my people one day, I must truly love my people.



# We are hiring!

Summer Interns



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

## Internship Opportunities

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

*Students pursuing business-related degrees preferred. Other majors encouraged to apply.*

## Qualifications

- Must have completed one semester of college
- Have a cumulative GPA of 2.5 or above
- Interest in advancing economic development for Native Americans a plus
- Preference given to enrolled members of the Winnebago Tribe of Nebraska and other federally recognized tribes

## Benefits

- ✓ 11-week paid program from May 20-August 2
- ✓ Personalized learning and development
- ✓ Make meaningful contributions



**APPLY BY APRIL 1**  
*See yourself here.*



◆ Go to [hochunkinc.com/intern](https://hochunkinc.com/intern) to learn more.

# LETTERS TO THE EDITOR

## ATTENTION:

The Winnebago Tribe is committed to improving housing standards to provide safety and health within the Winnebago community.

If you or somebody you know would like to sell their abandoned lot or need assistance with demolishing an unlivable dwelling or a hazardous lot clean up, please reach out to the land management department to start the process. We will be taking applications until April 29, 2024.

**Eligibility:**

Applicant must have ownership of the property  
Homeowners must be enrolled in a federally recognized tribe.

Abandoned houses/ trailers within the exterior boundaries of the Winnebago Reservation.

Only one location per applicant will be approved.

If you have any question, feel free to contact Fannie LaTray Land management Coordinator, or Harvey Freemont Land Administrative Assistant at 402-200-5371 ext. 2450 or 2451 or email at fannie.latray@winnebagotribe.com.

*Thank you,  
Fannie LaTray*

### LEGAL NOTICE

Notice of Hearing  
Case No. CV24-057

In the Matter of the  
Name Change Petition of:  
BRENDA JEAN PAYER  
to BRENDA SNOWDEN PEARSON

To: ANY INTERESTED PARTIES

You are hereby notified that a petition for Name Change has been filed and a hearing concerning the above referred Individual in case no. CV24-057 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 21ST day of MARCH, 2024 at the hour of 10:00 A.M.

### LEGAL NOTICE

Notice of Hearing  
Case No. CV24-069

In the Matter of the  
Divorce Petition of:  
ALISHA LOPEZ  
vs  
WALTER LOPEZ

To: WALTER LOPEZ

You are hereby notified that a Divorce petition has been filed and a hearing concerning the above referred Case No. CV24-069 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 8TH day of APRIL, 2024 at the hour of 11:30 A.M.

**To: ALL Creditors of James Louis LaRose**  
**Case #: CV24-035**

You are hereby notified that Anita LaRose has been appointed as Personal Representative for the Estate of James Louis LaRose, who died on November 7th, 2023. Pursuant to Winnebago tribal Code § 14-115, you have ninety (90) days from the date of this Notice to file a claim against the Estate of the Decedent with the Winnebago Tribal Court or be forever barred from exercising that claim.

*Dated this 12th day of February 2024*  
*Signed: Anita LaRose,*  
*Personal Representative*

### LEGAL NOTICE

Notice of Hearing  
Case No. CV24-076

In the Matter of the  
Name Change Petition of:  
EDWIN ALLEN BROWN  
to EDWIN DENNIS BROWN

To: ANY INTERESTED PARTIES

You are hereby notified that a petition for Name Change has been filed and a hearing concerning the above referred Individual in case no. CV24-076 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 11TH day of APRIL, 2024 at the hour of 10:00 A.M.

### LEGAL NOTICE

Notice of Hearing  
Case No. CV24-061

In the Matter of the  
Name Change Petition of:  
LATECIA MALIA CONTRERAS  
to LATECIA MALIA MEANS

To: ANY INTERESTED PARTIES

You are hereby notified that a petition for Name Change has been filed and a hearing concerning the above referred Individual in case no. CV24-061 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 14TH day of MARCH, 2024 at the hour of 10:30 A.M.

### LEGAL NOTICE

Notice of Hearing  
Case No. CV24-072

In the Matter of the  
Guardianship Petition of:  
Jacobie Grant  
In Re:  
O.L. (Born 09/2010)

TO: ORLANDO LASLEY SR, 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. CV24-071 has been scheduled and will be heard in the Winnebago Tribal Court of Winnebago, Nebraska on the 11TH day of March, 2024 at the hour of 10:30 A.M.

## JESUS OUR SAVIOR LUTHERAN OUTREACH



By: Pastor Ricky Jacob

### “Two women - Two Covenants”

The apostle Paul writes of two women - Hagar and Sarah. These two women represent two covenants of Creator God. Each covenant promises everlasting life. The one covenant is conditional, while the other covenant is unconditional.

The one covenant is based on the demands of the Law from start to finish. It is impossible for any man, woman or child to complete. The Law only condemns. The other covenant is based solely on the word and promise of Creator God and is fulfilled by Creator God's son Jesus.

So you might be wondering who are these two women. Hagar is a maid servant. She serves the wife of Abraham. Hagar represents Mount Sinai and the demands of the Law. Mount Sinai is where Creator God chiseled in stone the ten words, the ten commandments and handed them over to Moses. Although the Law of God is written on the hearts of each and every individual, it has also been spelled out so that no one can say that he or she has lived up to the commands of God.

Now who is Sarah? Sarah is the wife of Abraham. Abraham and Sarah had been promised by Creator God that they would have a son. Abraham was 75 years old when Creator God gave His word, while Sarah was ten years younger.

For the next fifteen years Abraham and Sarah attempted to conceive a son, but failed to do so. Sarah then encourages her husband to go in to her servant Hagar. Abraham, in my opinion, foolishly listens to his wife. Abraham goes in to Hagar and she conceives a son.

Hagar goes on to make fun of Sarah who had remained barren while she bore Abraham a son. This son was named Ishmael.

Some thirteen years later Creator God informs Abraham and Sarah that in the

coming year Sarah would bear a son. They laugh, however Creator God would have the last laugh. Sarah at the age of 90 gave birth to a son. Abraham, now 100 years of age, was told by Creator God to name their son Isaac. Isaac means 'he or she laughs.' Isaac was the son of promise.

Isaac would be blessed by Creator God to marry Rebekah. They were blessed to have another son of promise Jacob. One night Creator God would give Jacob a new name - Israel which means 'struggles with God.' Jacob/Israel would be blessed to be the father of twelve sons - who would make up the twelve tribes of Israel. One of these sons, the fourth born son of Jacob and Leah was named Judah. And through this son of promise would come the son of God, Jesus, born through the power of the Holy Spirit.

Creator God blessed Hagar and her son Ishmael. Ishmael was also blessed, like Jacob, to have twelve sons. Ishmael ridiculed and persecuted his younger half-brother Isaac. To this day the descendants of Ishmael have hated and persecuted their relatives the Jews. They have also gone on to persecute those who have placed their faith in the son of promise Jesus.

Jesus is the one and only one who was able to live up to the letter of the Law. Jesus was persecuted by his tribal brothers and put to death. His bloody sacrifice on the cross paid for the sin of each and every person who lives under the covenant of the Law. Jesus rose victorious from the dead and offers the unconditional covenant of everlasting life to any and all who place their trust and faith in him.

So, I close with this question to you: which covenant are you living under? The covenant of the Law that the woman Hagar represents? Or the covenant of the word and promise of Creator God that Sarah represents?

## SUICIDE IN INDIAN COUNTRY PART 42

### Hopes for a Safe Journey

The time after your suicide attempt is an important one. It can be a turning point in your life. Often, your suicide attempt can break the silence that surrounded the problems you were experiencing and your suicidal thoughts. Making a choice to be open about how you're feeling and seeking help, when you're ready, can be the first step on the path to a more fulfilling life.

As discussed, recovering from your suicide attempt is a process. It will likely have its ups and downs. You may feel overwhelmed or sad at times, and you may experience suicidal thoughts again. However, it's important to remember that feelings change. Finding ways to cope with those negative feelings while staying alive will give you a chance to enjoy the positive things life has in store for you. The stories of others and tools given to you can help you feel better. They've worked for other people, and they may work for you, too.

Always remember:  
You are not alone.

You matter.  
Life can get better.

It may be difficult, but the effort you invest in your recovery will be worth it.

There IS Hope!

“Everything will feel different if we just live long enough to see and be the difference.”

“You may think things will never get better, but you never know. You may think you know, but you don't know. And you may think nobody cares about you or that you're worthless, but that's not true. This is just your disease talking, and you can't listen to it. It will pass and eventually, sometimes longer than other times, it will get better.”

“If I were to sum up my life today, the word that I would use to describe it is fulfilling. I live a very enriched life.”

“You are not 'crazy' or lessened in

any way by your experience. Many more people than you can imagine, even among people you know, have had suicide attempts or suicidal thinking themselves. You have a lot of company from people of all backgrounds, even if the majority of that company may be too scared to admit it. Be strong. Don't let yourself get pushed around. You can move on.”

### Suicide Attempt Survivor Websites

The National Suicide Prevention Lifeline's With Help Comes Hope website has information for survivors, friends and family, and clinicians. It also includes a therapist and support group finder, videos, and a timeline of the attempt survivor movement. <http://lifelineforattemptsurvivors.org>

The American Association for Suicidology's (AAS) Suicide Attempt Survivors webpage: This website includes up-to-date links, resources, personal stories, support groups, videos, and more for suicide attempt survivors and those who are about them. AAS is a professional organization with an “Attempt Survivor/ Lived Experience” division where attempt survivors have a collective voice in the field of suicide prevention. <http://www.suicidology.org/suicide-survivors/suicide-attempt-survivors>.

### Apps

MY3 Safety Planning App: Available in the Apple App Store and Google Play, free of charge.

Virtual Hope Box: Available in the Apple App Store and Google Play, free of charge.

Suicide Safe: Designed by SAMHSA for health care providers to assist patients at risk of suicidal ideation and behaviors. Available in the Apple App Store and Google Play, free of charge.

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

The next issue of the WINNEBAGO INDIAN NEWS will be published on March 30, 2024. DEADLINE for this issue will be March 25, 2024.



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The Mission of the WIN is to inform and to educate the Winnebago Tribe of Nebraska of issues that affect them, and to be a vehicle in which stresses positive and beneficial concerns and points of view. 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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Victoria Kitcheyan.....Chairwoman  
Isaac Smith.....Vice Chairman  
Lorelei DeCora.....Secretary  
Rona Stealer.....Treasurer  
Coly Brown.....Member  
Kenny Mallory.....Member  
Aric Armel.....Member  
Theresa LittleGeorge.....Member  
Eugene DeCora.....Member



# TRIBAL COUNCIL MINUTES

## WINNEBAGO TRIBE OF NEBRASKA MID-MONTHLY MEETING FEBRUARY 19, 2024

### TRIBAL COUNCIL:

Victoria Kitcheyan  
Isaac Smith – On PTO  
Lorelei DeCora  
Rona Stealer – On PTO  
Eugene DeCora  
Coly Brown  
Kenneth Mallory  
Aric Armell  
Teresa Littlegeorge

### OTHERS:

Kamal Turner  
John Blackhawk  
Jennifer Parker

**CALL TO ORDER:** Chairwoman Victoria Kitcheyan Called the Meeting To Order at 5:01 p.m.

### PRAYER:

Aric Armell  
**APPROVE THE AGENDA:** Add: Under New Business - #3 Impact AID, Two Items under Executive Session, Add under Old Business: #1, Roberts Rules of Order Training.

Aric Armell motioned to approve the agenda. Teresa Littlegeorge seconded.  
VOTE: (6) yes (0) no (0) abstain  
Motion carried.

### READING OF THE MINUTES:

Kenneth Mallory motioned to approve the February 12, 2024 Regular Tribal Council Meeting Minutes. Teresa Littlegeorge seconded.

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

Eugene DeCora motioned to approve the February 12, 2024 Physical Resources Meeting Minutes. Coly Brown seconded.

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

Aric Armell motioned to approve the February 14, 2024 CEO Report Minutes with corrections. Teresa Littlegeorge seconded.

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

### RATIFY FIVE SIGNATURES:

### NEW BUSINESS:

Aric Armell motioned to approve Tribal Council travel to RES 2024 Summit, March 11-14, 2024 Las Vegas, NV. Eugene DeCora seconded.

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

Winnebago Tribal Entities With Housing – Waiting Lists Updates.  
Discussion

Councilman Armell requests if each Housing Entity can provide an update on how many units are available for rental, projection date of completion of rental units being renovated or meth mitigation and hear back by the next Physical Resources Meeting agenda for discussion. Next Physical Resources meeting is March 11, 2024 at 9:00 a.m.  
Impact Aid – Superintendent Kamal

Turner presents.

Eugene DeCora motioned to approve the Winnebago Tribe of Nebraska 2025 Impact Aid application. Kenneth Mallory seconded.

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

### OLD BUSINESS:

Roberts Rules of Order Training  
Eugene DeCora will schedule the Basics of Robert's Rules of Order Training with Native American Consulting for the Tribal Council members.

### TRIBAL COUNCIL ITEMS:

### EXECUTIVE SESSION:

Aric Armell motioned to go into Executive Session. Eugene DeCora seconded.

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

In Executive Session at 5:27 p.m.

Eugene DeCora motioned to come out of Executive Session. Teresa Littlegeorge seconded.

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

Aric Armell motioned to adjourn. Eugene DeCora seconded.

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

### ADJOURN:

Chairwoman Victoria Kitcheyan adjourned the meeting at 6:12 p.m.

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

## WINNEBAGO TRIBE OF NEBRASKA GENERAL COUNSEL MEETING FEBRUARY 21, 2024

### TRIBAL COUNCIL:

Victoria Kitcheyan  
Isaac Smith – On PTO  
Lorelei DeCora  
Rona Stealer  
Eugene DeCora  
Coly Brown – Out at 9:57 a.m., Meeting  
Kenneth Mallory  
Aric Armell  
Teresa Littlegeorge

### OTHERS:

Joy Johnson  
Danelle Smith  
Cecelia Earth  
Jewel Parker  
Michelle Mitchell  
Esther Mercer  
Karl Baker  
Jennifer Berridge  
Josh Pitre  
Kellie Snow  
Desiree Kitcheyan  
Jasmine Lammers  
Crystal White  
Ireta Frazier  
Misty Jefferson

**CALL TO ORDER:** Chairwoman Victoria Kitcheyan Called the Meeting To Order at 9:06 a.m.

### PRAYER:

Coly Brown  
**AGENDA:** Add under Action Items, # 2. I-29 Winnebago Tribal Sign, #3. Last Bear Moon Pow-Wow Meal, Add an item d. under Executive Session.

Eugene DeCora motioned to approve the agenda. Teresa Littlegeorge seconded.

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

Sacred Children Care Center North NMTC Financing

Kenneth Mallory motioned to adopt Resolution #24-96 approving participation in a Federal New Market Tax Credit Financing Transaction and authorizing the creation of Nijjak Wakacak North QALICB, LLC a Tribal established non-profit corporation. Teresa Littlegeorge seconded.

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

### I-29 Winnebago Tribal Sign

Kenneth Mallory motioned to approve the I-29 Winnebago Tribal Sign to say Hōçak Njşoc Haci - Winnebago Tribe. Eugene DeCora seconded.

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

### Last Bear Moon Pow-Wow Meal

Aric Armell motioned to approve the Last Bear Moon Pow-Wow Meal \$8,000.00 to WinnaVegas Casino Resort out of Tribal Council Events. Eugene DeCora seconded.

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

Teresa Littlegeorge motioned to provide \$1,000.00 toward transportation of J.W. and \$250.00 of the Emergency Grant to B.W. out of the Tribal Council Emergency Grant Fund. Eugene DeCora seconded.

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

### CB – out, another meeting

BIA Contracts for Juvenile Incarceration  
Lorelei DeCora motioned to direct the General Counsel and the Chairwoman to take all actions necessary to request a Congressional Oversight on BIA Office of Justice Services – District One failure with the Great Plains Tribes. Kenneth Mallory seconded.

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

Eugene DeCora motioned to authorize the General Counsel and the Chairwoman to send a letter to the BIA Office of Justice Services – District One on Juvenile Services. Teresa Littlegeorge seconded.

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

### 10:05 – 5 minute break

Federal Advocacy – Danelle Smith, Michelle Mitchell, Josh Pitre  
Winnebago Land Transfer Act

S.1149 Recovering America's Wildlife Act (RAWA)

LPTC BIE Funding

Kenneth Mallory motioned to authorize

the Little Priest Tribal College President to utilize the Winnebago Tribe's Lobbyist for state funding. Teresa Littlegeorge seconded.

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

Congress 2024 Federal Funding  
FY 2025 testimony under House Interior Budget Bill

State Advocacy  
LB 1288 Emergency Protective Custody (Chairwoman testified in support on February 1)

LB 923 Tribal IDs (Lobbyist testified in support February 15)

LB 1131 Tribally Owned Community Drinking Water & Sewer Systems (Chairwoman testified in support February 1)

LB 1383 Tribes to Improve Drinking Water or Sanitary Sewer Systems (Hearing held February 15)

LB 1431 Work Requirements for Recipients of SNAP (Winnebago Tribe in opposition to this proposed bill, testimony by the Winnebago Tribe's Human Services Director)

LB 1262 Native American Voting Issues Study (Hearing set for February 28)

Aric Armell motioned to authorize Eugene DeCora to testify on behalf of the Winnebago Tribe on LB 1262. Teresa Littlegeorge seconded.

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

General Counsel will assist.  
NE Class III Gaming Compact Negotiations

Animal Control Code Revision  
Thunder Way LLC/WHDC Agreement with NIFA Crown Program

Legal Aid Tribal Criminal and Civil Legal Assistance Grant

Aric Armell motioned to adopt Resolution 24-97 to support NE Legal Aid's Grant Application. Teresa Littlegeorge seconded.

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

Aric Armell motioned to go into Executive Session. Eugene DeCora seconded.

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

In Executive Session at 12:01 p.m.

Teresa Littlegeorge motioned to come out of Executive Session. Eugene DeCora seconded.

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

Aric Armell motioned to adjourn. Eugene DeCora seconded.

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















Out of Executive Session at 12:36 p.m.

### ADJOURN

Chairwoman Victoria Kitcheyan adjourned the meeting at 12:36 p.m.

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

# Winnebago Senior Lunch March Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Bacon Scrambled eggs Oatmeal Strawberries V-8 juice Bread	
	3 Indian cheese Burger Potato salad Baked beans Peach crisp	4 Glazed ham Au gratin potatoes Acorn squash Bread Cake	5 Chipped beef With gravy Biscuit Spinach Pistachio pudding	6 Tomato soup Grilled cheese Lettuce salad Cookie	7 Beef Stroganoff Homemade bun Cauliflower Apple pie	
	10 Hot Turkey sand with gravy Mashed potatoes Dressing Mixed Vegetables	11 Chow mien Casserole Egg roll Almond cookie Pineapple chunks	12 Chili Fry bread Corn/green pepper mix Melon mix	13 Chicken Alfredo w/ Broccoli Waffle biscuit Steamed cabbage Orange	14 Sausage patty French toast Hash brown patty Banana Juice	
	17 Augratin potato w/ ham Broccoli Waffle biscuit Cherry crisp w/ Ice cream	18 Chicken cordon bleu Brussel sprouts Rye bread Fruit cocktail	19 Beef tips w/ Gravy Noodles Green bean cass Wheat bun	20 Homemade Pizza Garlic Bread 3 bean salad Chocolate cake	21 Goulash Fry bead Peas Jello with fruit	
	24 Beef Veg soup Frybread Relish tray Grapes	25 Chicken pot pie Rice Squash Ice cream	26 Lasagna Corn/ Green pepper mix Garlic bread Mandarin	27 Ham/Cheese Sandwich Baked Sweet potato Creamy cukes Cookie	28 Breakfast Casserole Bacon Grapes Orange juice	

# ANNOUNCEMENTS

...Con't. from front page top article...

## Food is Medicine

how the tribe once utilized the well-known growing premise known widely as 'The 3 Sisters'. Corn, squash, and beans have been grown together for eons. The nature of their symbiotic circle caused each plant to flourish within the grouping of the three. The whole benefitted from the inclusion of the parts.

However, over time, Terry explained the bean component of the trio became lost, missing even. During her explanation it was easy to draw similarities to the modern context of our missing relatives. Terry went on to describe how she prayed for the return of the lost sister. Then, during the desperate times of the world-wide pandemic, in 2020, her prayers were answered, that sister returned to her. A historical grower, who tracked the geographical history of plants reached out to her. He informed her that he had the bean she was seeking. The 3-Sisters were reunited once again and the replenishment of the food chain, rooted literally in the history of our people was on its way to returning – organically and sustainably, the way our people used to be.

Wild Bearies Continues - Already catering to many groups across the country, including the Governor of Wisconsin earlier in 2024, Wild Bearies continues to evolve. Recipes change as added items are found, and more exposure is gained by the group.

Part of the story was also about how certain items, like wild rice, have unique biological signatures depending on where it was grown, which body of water it was fed from, and how it was harvested. The overall point, re-learning the Indigenous knowledge we all once shared – that food is medicine, indeed, and we no longer need to settle for the poor diet choices forced upon tribal peoples.

Not to be outdone, WTWC chefs provided the noon meal which also featured some of their amazing signature items. "This was really fun today!" said one tribal member who attended the event. "We learned something new, got to sample something new and delicious, and now I can't wait to try this at home.," she continued. The audience was also introduced to maple sugar, and the prepared dishes, Wasna – dried craisins, jerky and maple sugar mix, and the main event, wild rice, berries, and coconut Chia seeds. Delicious!

Both Terry and Thundercloud are members of the HoChunk Nation. Wild Bearies can be found on Facebook under their name (note the spelling) and their website is wildbearies.org For more information on this story please go to our own Facebook page, Winnebago Indian-News

...Con't. from front page bottom article...

## Tribe Begins Class III Gaming Process

not listed in Class I or Class II. It is typically referred to as casino gambling as traditionally known in Nevada and New Jersey. This classification includes slot machines, most table games, like Blackjack and Craps, possibly Poker, and all other games not previously listed.

Currently, the Winnebago tribe operates Class II and Class III gaming in accordance with the required tribal gaming ordinance also passed by the tribe in 1992. This part of our tribal code is Title IX (9) and governs everything our tribe does in gaming on our reservation lands.

WinnaVegas Casino and Resort in Sloan, Iowa is mostly Class III gaming. While they do offer a few Class II gaming machines and hold paper bingo, their primary focus has always been within the realm of Class III. The Winnebago Gaming Development Corporation (WGDC) in both Winnebago and Emerson, Nebraska was established to operate within the Class II gaming tier, as that was all that was allowable prior to the actions engaged most recently.

Why is a compact needed? – According to Federal law, under the IGRA tribes who wish to engage in gaming using a Class III model must first create an agreement with the State(s) they reside among. The respective Governors of the States must come to the negotiation table "in good faith" so that a compacted agreement can be reached. This compact becomes the governing law that features the will of the tribe to operate a legal gaming establishment, and the role of the State, if any, in that operation.

The Winnebago Tribe has held a valid gaming compact with the State of Iowa for decades. WinnaVegas Casino is operated in part by the rules set forth in those compacts. They have been reaffirmed or updated numerous times. Following their Governor's initial signature, however, the Iowa Department of Inspections and Appeals has become the administrative body which oversees this process for that State. Furthermore, gaming must be legal within the jurisdiction of the State in general. Gambling was made legal by Iowa in the early 1990s. The voters of Nebraska changed their law to allow gambling in November 2020.

Who is impacted by this compact? – The tribe's operations in Nebraska. Only those on reservation lands will be impacted by this agreement. Thus, the WGDC's two properties, Iron Horse Casino, and Native Star Casino will potentially move from Class II to

Class III. This process does not impact nor has any involvement with WinnaVegas, the State of Iowa, nor any other non-reservation operations.

Why make the move to Class III? – As part of the sovereign right of the tribe to operate gaming according to our own law, the negotiation process must take place. The reasons are many, with the most profound including: 1. Continuing to create employment opportunities for our own people on our own lands, 2. Opening the current operations to the expanded offerings within Class III, and 3. To expand the legal parameters of the tribe exercising the sovereignty of our people.

Next Steps – The Council authorized a letter to be sent to the Governor of Nebraska, Jim Pillen, requesting the compact negotiation process to begin. Under Federal law, the State must engage in the negotiation process 'in good faith.' This means that since gambling is now legal in the State of Nebraska, the State must work with the Tribe to create a framework upon which the Tribe may conduct similar activities.

The NIGC has established protocol for the process, and notifying the Governor is only step one. There will be many more months of activity to come. The Governor will appoint staff members within his administration to work on this, just as the Tribe has already done. Once the negotiations begin, the groups will hammer out the agreement taking into consideration the legalities of the State and the will of our people. Again, this will take time, but within a logical period some day soon, the Governor of the State of Nebraska and our Chairperson will meet to sign the compact into law as an agreement betwixt the two sovereigns. After that, it is up to the organization to re-create how they operate and execute the parameters of Class III gaming. Figuratively, the table will soon be set and the cards shuffled to begin the game. A genuinely exciting time for our people in the continued evolution of our gaming story. Stay tuned.

Editor's Note: The author of this article, Brian Chamberlain, was part of the original motion by the Tribal Council to begin consideration of the process for a Class III Compact with the State of Nebraska. Chamberlain was also appointed by motion of the Tribal Council to participate with the committee established to work on this compact and its negotiation process.



## WOMEN'S STRENGTH BUILDING CLASS

**MONDAYS & THURSDAYS  
STARTING IN MARCH  
11 A.M. AND 6 P.M.**

**LOCATED IN THE UPSTAIRS FIT ZONE  
AT WHIRLING THUNDER WELLNESS CENTER**

**FOR MORE INFORMATION  
CONTACT PILAR  
844-568-6421**



**INCENTIVES FOR ATTENDANCE!**

# HAKWE

## Question of the Issue:

**Favorite Homemade Food Item  
(Made by someone else / who / why):**

**Garan:** Hands down, my Ina Therese St. Cyr's homemade tamales. They take a while to make but I Guarantee that you can't eat just one.

**Brian:** Breaded Deep-fried Iowa Pork Chops as cooked by Sharon and JP – cause they're made with luv <3

**Tyler:** "This one is tough! It's a hard tie between my Choka Joby's soupy goulash, and my cuwi Faith's lasagna dinner. ... can't say LOL :-D

**Kevin:** Hamburger gravy made by my grandmother.

**Christina:** My Kaka Bunk's dumplings and chicken! My Cuwi Gloria can make it but its not quite the same. The flavor was perfection!

**Bethani:** My mom's chip dip! She learned how to make it from her dad (my choka). He would always make it super spicy, which I'm not really fond of – spicy food. But it's a whole different story when it comes to that chip dip.

## Planet Comicon Kansas City Celebrates 25th

By Brian Chamberlain  
Photos by Brian Chamberlain / Winona LaPointe

[Kansas City, MO] For 25 years Planet Comicon Kansas City has been the hub of all things fun and exciting in the world of comic books, video, dice and board games, fantasy lore, and cosplay madness. The annual event hosted by the Kansas City Convention Center, located in downtown Kansas City, Missouri, was held over the weekend of March 8th through 10th, 2024. This reporter was present to see and feel the glorious wonderment on full display. As featured on their social media via all platforms, the event drew weekend ticket sales of more than 70,000 - a new record for the event. Make your plans now for Planet Comicon Kansas City 2025. Don't forget your good walking shoes and a stroller for the kiddies. This show just gets bigger and better every time. For more information see our posts on our Facebook page Winnebago Indian-News.



## Editor's Food Review:

### "Bravo for Brava!"

By: Brian Chamberlain  
Photos by: Brian Chamberlain / Sharon Redhorn-Chamberlain

[Onawa, IA] We don't typically think of driving south when going out to eat. But in this case, you may want to change your plans and make that trek in the opposite direction than you're used to. This week's food review is showcasing the South of the Border goodness that is a true hidden gem to most of our readers.

Located on the east side of the Phillips66 Petro Mart Fuel Plaza on the western edge of Onawa, Iowa right along the highway is a real firecracker of a Mexican food joint called, La Fiesta Brava. This place may not be located where you would expect it to be, but it truly is a wonderful place to eat. We recently celebrated another birthday and stopped in to partake from the dynamic & large menu.

We have been to La Fiesta Brava many times before. Our selections this time were the volcanic Fajitas Hawaiiana and the Carnitas Dinner. First up, the Hawaiiana – this is served piping hot on a traditional heated skillet that comes to your table steaming and snapping in just the way you would expect anywhere. The dish is not a small portion and comes complete with a mixture of meats - chicken, beef, and shrimp. The platter is loaded with pineapple sliced up and grilled and is covered in white melted cheese. Each of the meats are seasoned and sautéed to perfection. Alongside the main dish comes a side plate of tortillas, pico de gallo, guacamole & rice and beans. Their combined flavors grab your attention quickly. Paired with the sweetness of the pineapple and

held together by the cheese, this dish is certainly one of the favorites that gets stuck on repeat every time we drop in.

The other entrée was the Carnitas Dinner. This well portioned selection is marinated pork (aka carnitas) topped and loaded with sauteed grilled onions. Both white and Bermuda onion make the cut. This handsomely rounded dish is served hot as well and comes complete with sides of rice and beans & tortillas of your choice – corn or flour. The cuts of meat in this dish are quite large, so do not expect to leave with much room for anything more.

Finally, because it was a birthday celebration, no party would be complete without some sweetness to finish the meal. Donning the traditional sombrero while the staff sang along, a nice fried ice cream topped with whipped cream and a cherry on top made the whole evening complete.

La Fiesta Brava is open 6 days a week (Tuesday through Sunday). They are open for lunch and dinner, closing at 10pm. They have a full-service bar and can manage groups pushing one hundred guests. We have held family parties and celebrations there, so do not worry about your party being too large. Call ahead for seating arrangements though. On our HaazZatt! scale La Fiesta Brava gets a solid 4 ½. I look forward to our next visit, just remember when you go, their menu is fantastic. You will most definitely find something you like – chips and salsa included.

La Fiesta Brava  
2620 Iowa Avenue North  
Onawa, Iowa 51040  
(712) 423-9066



HO-CHUNK INC.

# WINNEBAGO



# COMMUNITY NIGHT 2024

PROFESSIONAL INDOOR FOOTBALL GAME

**SATURDAY, APRIL 6 • 7PM**  
TYSON EVENTS CENTER

# 50% OFF TICKETS



for Winnebago community members,  
Winnebago workers, HCI employees  
and their families

*Discounted tickets must be purchased at the Tyson Event Center box office. ID proof is preferred but not required. Box Office Opens at 3PM.*

Halftime Performance by  
**WINNEBAGO DANCERS**

PRESENTED BY:



# COMMUNITY

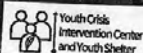
## CHILD ABUSE

### 101

What is Child Abuse and Neglect? Who must report CAN? What questions should I ask to determine if CAN occurred? How do I report CAN? How will Child Protective Services, Law Enforcement, and the Child Advocacy Center respond?

22 APRIL 2024 - 9A-12P OR 1P-4P  
 YOUTH CRISIS INTERVENTION CENTER  
 WINNEBAGO, NE

To Register, contact  
 Emily Handke at [emily.handke@winnebagotribe.com](mailto:emily.handke@winnebagotribe.com)



**FOR SALE- NEW REDUCED  
 PRICE \$275,000.00**



## OPEN HOUSE

**MARCH 13<sup>TH</sup>, 14<sup>TH</sup>, 18<sup>TH</sup>,  
 20<sup>TH</sup>, 22<sup>ND</sup>, 26<sup>TH</sup> & 28<sup>TH</sup>  
 4:00PM- 6:00PM**

342 Elk St. Ho-Chunk Village-  
 Winnebago, NE

2bd, 2ba, 2Car Garage, Unfinished basement, appliances included, water softener & Central A/C



## OPEN HOUSE ON DATES PROVIDED

4:00pm- 6:00pm  
 342 Elk St. Winnebago, Ne



CONTACT QUI QUI ST. CYR  
[QSTCYR@HOCHUNKINC.COM](mailto:QSTCYR@HOCHUNKINC.COM) / 402.215.8062 / 402.878.2809 EXT. 1020

### DIY Non-Hazardous household Cleaning Products: Simple, Safe, and Effective

Cleaning our homes is a normal task, but using commercial cleaning products can expose us to harsh chemicals and have a negative impact on our environment. Fortunately, we can create our own non-hazardous cleaning products using simple ingredients already found in our home. In this article, we will discuss the benefits of DIY non-hazardous household cleaning products and provide easy-to-follow recipes to try at home today!

- The advantages of DIY Non-Hazardous Cleaning Products
  - Safety:** DIY cleaning products allow you to control the ingredients and avoid harsh chemicals commonly found in commercial cleaners. This reduces the risk of exposure to toxins and potential health hazards for you, your family, and pets.
  - Cost-effective:** Making your own cleaning products can save you money in the long run. Many common household ingredients used in DIY recipes are inexpensive and readily available.
  - Sustainability:** By using DIY non-hazardous cleaning products, you reduce your reliance on single-use plastic packaging and contribute to a more sustainable lifestyle.
- Essential Ingredients for DIY Cleaning Products
  - Baking Soda:** A versatile ingredient that acts as a mild abrasive and deodorizer. It effectively cleans and removes stains from various surfaces.
  - White Vinegar:** A natural disinfectant and grease-cutter, vinegar is useful for removing mineral deposits, soap scum, and grease. It also helps to eliminate odors.
  - Lemon Juice:** Lemon juice is acidic and helps to dissolve dirt and stains. It also has antibacterial properties and leaves a fresh citrus scent.
  - Essential Oils:** Natural oils leave a pleasant fragrance and also possess antibacterial and antifungal properties. Some examples include lavender, tee tree, lemon, and eucalyptus oils.
- DIY Non-Hazardous Cleaning Recipes
  - All-Purpose Cleaner:** Mix equal parts Water and white vinegar in a spray bottle. Add a few drops of your preferred essential oil for fragrance. This solution can be used to clean countertops, sinks and other surfaces.
  - Glass Cleaner:** In a spray bottle, combine 1 cup of water, 1 cup of white vinegar, and 5-10 drops of lemon essential oil. Shake well before use and use it to clean windows and mirrors.
  - Oven Cleaner:** Mix 1 cup of baking soda with enough water to create a paste. Apply the paste to the oven surfaces and let it sit overnight. Wipe off the paste and dirt the next day with a damp cloth.
  - Bathroom Cleaner:** In a spray bottle, combine 2 oz of blue Dawn Dish soap, 10 oz of White Vinegar heated to a light boil. Heating the vinegar helps to activate the mixture. Let cool and then shake before use. This cleans and disinfects bathroom surfaces and removes soap scum.
  - Furniture Polish:** Mix ¼ cup of olive oil with ¼ cup of white vinegar in a spray bottle. Add 10 drops of lemon essential oil and shake well before use. Spray onto a cloth and use it to polish wooden furniture.

Note: All of these mixtures work well with or without essential oils.

- Safe Usage and Storage:
 

When using DIY non-hazardous cleaning products, it is important to follow a few guidelines:

  - Label your homemade cleaners with their contents and date of preparation.
  - Store them in clearly marked, tightly sealed containers, away from children and pets.
  - Test any new cleaner on a small, inconspicuous area before using it on a larger surface.

Creating your own non-hazardous cleaning products is a simple and effective way to maintain a clean and safe home environment. By using common household ingredients, you can save money, reduce your exposure to harmful chemicals and reduce hazardous waste.

Gerri Lyons  
 TRP-Brownfields Specialist

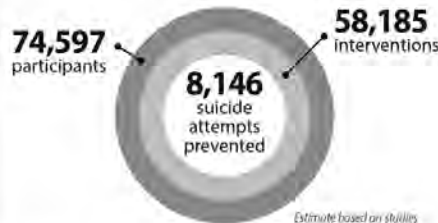
## safeTALK

# Make a connection. Help save a life.

**Suicide is preventable. Anyone can make a difference.**

- Half-day training in suicide alertness skills
- Learn four basic steps to create a life-saving connection
- Widely used by professionals and the general public

### safeTALK's impact in 2022



### safeTALK works

Studies show that participants gain confidence:

- Asking people about suicide directly
- Connecting them to life-saving resources
- Keeping them safe until those resources take over

### FREE training!

**Upcoming safeTALK training**  
**Date:** 3/18/2024, 12-2:30pm  
**Location:** YCIC Winnebago, NE  
**Hosted by:** YCIC  
**Cost:** FREE  
**To inquire or register, call**  
**402-841-3834**  
**or email:**  
**[donna.wolff@winnebagotribe.com](mailto:donna.wolff@winnebagotribe.com)**  
**m**

### People making a difference with safeTALK



Learn more about safeTALK and see the evidence at [www.livingworks.net/safeTALK](http://www.livingworks.net/safeTALK)



## WINNEBAGO ELDER BIRTHDAYS

	1 <sup>st</sup> Alfred Lopez	
	2 <sup>nd</sup> Gerald High Elk	
	5 <sup>th</sup> Roger Arrow	
	5 <sup>th</sup> Mary French	
	9 <sup>th</sup> Leonard "Dugan" Decora	
	10 <sup>th</sup> Lois Dinsmore	
	11 <sup>th</sup> Diane Bird	
	11 <sup>th</sup> Michael Weddell Sr.	
	11 <sup>th</sup> Merle Whitewater	
	12 <sup>th</sup> Fay Houghton	
	13 <sup>th</sup> Robert Armell Sr.	
	14 <sup>th</sup> LeRoy Little Walker	
	15 <sup>th</sup> Greg Rave	
	20 <sup>th</sup> Renee St. Cyr	
	21 <sup>st</sup> Sandra Ware	
	22 <sup>nd</sup> Anthony Earth	
	23 <sup>rd</sup> Pernel Blackfish	
	24 <sup>th</sup> Margaret Gilpin	
	24 <sup>th</sup> Michael Blackfish	
	24 <sup>th</sup> Barbara McCauley	
	26 <sup>th</sup> Brenda Dickey	
	27 <sup>th</sup> Caroline Elo	



## ANNOUNCEMENTS



**You need a photo ID to vote.**

Bring your photo ID with you when you vote in person. Or provide your Nebraska driver's license/state ID or a photocopy of the ID when you vote by mail.

A variety of acceptable and readily attainable IDs\* may be used for voting purposes, including:

- ✓ Nebraska driver's license/state ID
- ✓ U.S. Passport, military ID, tribal ID
- ✓ Hospital, assisted-living facility, nursing home record
- ✓ Nebraska political subdivision ID (state, county, city, school, etc.)
- ✓ Nebraska college or university ID

\*ID must include name and photo

For more information on Voter ID, visit [VoterID.Nebraska.gov](http://VoterID.Nebraska.gov)

A message from the Nebraska Secretary of State.

**Want reminders about community events? Notifications for weather alerts or a WCHS closing?**



<https://eztxt.net/gFRmez>

**Please sign up for our new texting service using the QR code or link. You can opt out at any time.**



**LITTLE PRIEST TRIBAL COLLEGE**  
Our Mission: "Be Strong and Educate My Children"

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

- Admissions Coordinator
- Community Education Coordinator
- Library Coordinator
- Maintenance and Security Assistant
- Project Director
- Adjunct – Early Childhood Education
- Student Interns
- Tutors
- Extension and Equity Student 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

**\$10,000 PROJECT GRANTS FOR ARTISTS**

**OPEN TO WHO**

- X LIVE IN THE POPULUS FUND REGION (REGION INCLUDES ALL OF WINNEBAGO AND OMAHA RESERVATIONS. SEE FULL REGION MAP ON OUR WEBSITE)
- X ARE VISUAL ARTISTS
- X ARE 18+

**APPLY NOW!**  
THROUGH APRIL 28  
[U-CA.ORG/POPULUSFUND](http://U-CA.ORG/POPULUSFUND)



In 2024, **Populus Fund** will award six \$10,000 grants to artist-organized projects that offer opportunities for artists to engage and connect with their community. Grants are open to visual artists or artist groups, curators, collectives, cultural organizers, collaborators, and more. Projects that support inclusion, diversity, equity, and access are strongly encouraged.

**The Union for Contemporary Art** (Omaha, NE) strengthens the cultural and social landscape of our community by using the arts as a vehicle to inspire positive social change.

**Apply Now!**  
[u-ca.org/PopulusFund](http://u-ca.org/PopulusFund)



## COMMUNITY

### WCHS Hosts Food Is Medicine Presentation



Winnebago, NE – The Winnebago Comprehensive Healthcare System hosted a presentation called “Food Is Medicine” on Wednesday, March 6th at the Whirling Thunder Wellness Center. This presentation featured Executive Chef, Elena Terry (Ho-Chunk Nation) and Chef Apprentice/Public Relations Consultant, Anne Thundercloud (Ho-Chunk Nation).

Giving a presentation that focused on the preparation and origins of Indigenous foods, Chef Elena and Chef Apprentice Anne were a powerful duo that brought passion, skill, culture, and great food to the table. The presentation was interactive, community oriented, and quite heartfelt. Participants at the event were captivated by Elena’s story of overcoming adversity in a society that isn’t built for Indigenous people to thrive.

“We are so grateful to bring Elena and Anne home to share their wisdom with us” said Wa I pi nagu Program Director Camilla Barajas. “They spoke from the heart about something they are passionate about. By sharing their story and journey to a healthy relationship with food, they are helping to

remind us that our journey is similar, and we too can make easy, traditional, healthy foods. By sharing the story of traditional foods passed on to us by our ancestors, they are helping to remind us that these traditional foods were our medicine to care for and pass on for future generations.”

WCHS is celebrating National Nutrition Month with 2 different themed events this year, Food Is Medicine being a perfect way to kick things off. This Friday, March 8th, they will host a Nutrition Education Carnival, featuring vendor booths, games, prizes, taste tests, and more.

“We continue to present community events that are engaging, educational, meaningful, and culturally centered. Creating an environment that cultivates positive change is what we strive to do. Our people have strong cultural beliefs and traditions that we can be passed down to the next generation that is grounded in our Indigenous ways of knowing and believing that will create a healthier environment for the generations to come,” said Chief Public Health Officer Mona Zuffante.

### Ho-Chunk, Inc. employees buy new SUV for Senior Center



Ho-Chunk, Inc.’s employee donations program, Ho-Chunk Way, successfully raised \$69,420 for the Winnebago Senior Center!

These funds have been used to purchase a new 2024 Chevrolet Suburban, which was delivered to the Senior Center as a surprise on March 5.

This vehicle will provide safe and reliable transportation for seniors for years to come. It will also assist with delivering nutritious meals to homebound seniors in the community.

Ho-Chunk, Inc. employees locally and across the country donated to the Senior Center through the company’s Ho-Chunk Way program. The program’s goal is to help employees make a direct and lasting difference in the Winnebago community. Each year, employees identify a community priority to support.

The Senior Center, which needed a reliable SUV, was selected as the recipient for funds raised over the past year. They serve over 10,000 meals annually.

The Ho-Chunk Way program began in 2017, and has helped raise over \$515,000 total for Winnebago community programs.



### WCHS Visits Senior Center for Logo Feedback

Winnebago, NE – The Winnebago Comprehensive Healthcare System visits our Senior Citizen Center to include elder votes on organizational logo. As part of their singular branding goals, WCHS is exploring a change in their primary logo, and they are seeking input from the community from now until March 13th.

On Thursday, March 7th, the WCHS’s Team brought their laptops to the WCHS Senior Center to solicit votes on the future WCHS logo from the elders who were there for their daily meal. After exploring ideas inspired by many different visual elements of tribal health, Winnebago, and the care provide at WCHS, the organization’s internal committee narrowed it down to four potential logo options and opened it up to a community wide vote.

The options include maintaining and building on the brand equity of our current logo that was commissioned by Blue Earth in 2018. Or three other new logo options, that were inspired by applique designs created by WCHS employee, Carmen Snow. This is part of a goal in this year’s Annual Plan for singular branding to ensure the organization’s Winnebago tribal roots are visually evident in all WCHS creates.

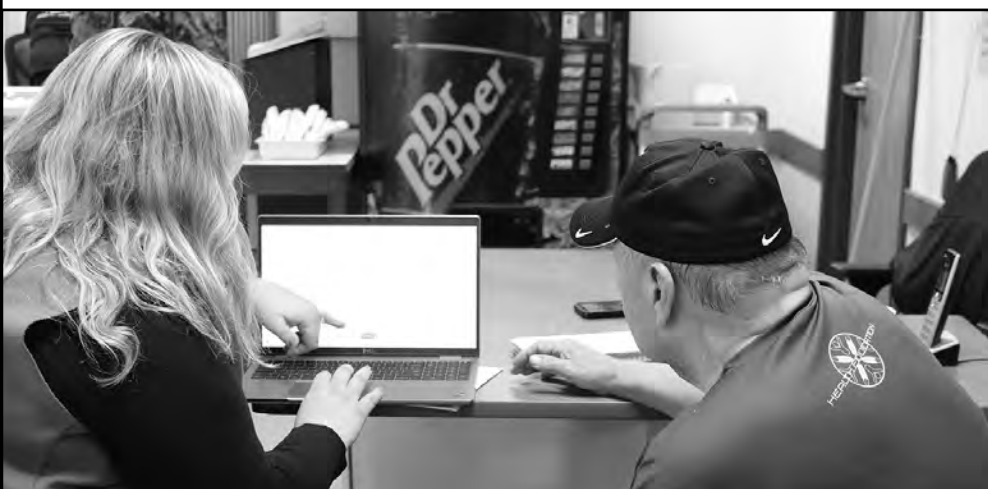
“It was important for us to visit the senior center to ensure our elders, who might not have access to Facebook or email, are a part of this important decision,” said Chief Administrative Officer, Sharon Frenchman. “Our community’s input is important to us.

While many organizations might not ask the community to vote on something as personal as the organization’s logo, here we don’t make that distinction. We are our community, and we are accountable to the community we serve.”

Once WCHS has completed collecting data from the community, they will be using that feedback to make a logo recommendation to WCHS Board of Directors and Winnebago Tribal Council for approval. Better defining WCHS brand identity will help the organization continue to improve their communication and be able to provide the “no wrong door” approach to creating and sustaining health in the communities we serve.

“WCHS is seeking to set a new standard in Indigenous healthcare. Part of that is building trust, and dependability within the community, creating a unified voice and identity helps us do that.” says Communications Manager, Erin McElroy. “This community deserves culturally-centered, consistency, and transparency. We hope that by extending the logo exploration process to our community to vote, our community can see that they are at the heart of all we do.”

*Please note: This request is to replace the WCHS logo. The Twelve Clans Unity Hospital Logo and the Winnebago Public Health Department logo will still be used as appropriate*



### WCHS Hosts Nutrition Education Carnival

Winnebago, NE – The Winnebago Comprehensive Healthcare System hosted a Nutrition Education Carnival on Friday, March 8th at the Whirling Thunder Wellness Center gymnasium. This event featured nutrition centered fun for the whole family!

The carnival was a vibrant showcase of educational booths, engaging games, exciting prizes, and lively activities such as face painting. Families and individuals of all ages eagerly participated in interactive sessions to learn about the importance of nutrition in maintaining a healthy lifestyle. From informative displays on balanced diets to seed starting, attendees were immersed in a playful yet educational atmosphere.

According to Wa I pi nagu Program Director Camilla Barajas, “The Nutrition Education Carnival was a fun way to bring valuable knowledge and resources to our community. It was heartening to see families come together to learn and engage in fun activities focused on nutrition. These are not always fun topics, but we had a ton of fun.”

The significance of events like the Nutrition Education Carnival cannot be overstated. In a world where not-so-healthy food items are often marketed as healthy, education is necessary to provide displays and visuals to help participants learn what to watch for on food labels. Giving individuals the right tools needed to learn about nutrition is paramount. By empowering the community with knowledge about healthy eating habits, the Winnebago Comprehensive Healthcare System aims to foster a culture of wellness and prevent chronic illnesses.

Chief Public Health Officer Mona Zuffante states, “Events like the Nutrition Education Carnival align with our mission of creating and sustaining a healthy community by providing access to education and resources to empower our relatives. We envision a future where our children are able to embrace our Indigenous ways of being and knowing. Providing education in a positive environment such as the Nutrition Carnival, provides the foundation for our family to embrace those healthy choices.”



WARHORSE CASINO

# BE OUR MVP

From hot seats to slot tournaments, you're our most valuable players!  
Claim your prizes all month long at WarHorse Casino Lincoln.

## GET IN THE GAME!



### \$100,000 CHAMPIONSHIP PROP CARD CHALLENGE

Prop card is for the Round of Four & Championship Games combined. Answer 25 easy questions about the tournament games and submit your prop card on the Festival of Games website. Earn additional prop cards with qualifying slot play, horse racing, and sports wagering.

### MARCH MANIA GRAND PRIZE DRAWING

Your chance to win a share of \$10,000! Earn entries with qualifying slot play, horse racing, and sports wagering, along with daily online games. March Mania Grand Prize Drawing will be held at WarHorse Lincoln on April 13 at 4PM.

SCAN QR CODE FOR MORE DETAILS.



## FRIDAY HOT SEAT

Being in the hot seat isn't always a bad thing!

**Fridays in March**  
6pm - 9pm

Every 30 minutes, 2 players will  
**WIN \$250 Free Slot Play!**

All guests playing with a WarHorse Rewards card are eligible to win.

## \$30,000 Slot Tournament MADNESS



Play to secure your spot in the  
**Grand Prize Tournament**

**Saturdays in March**  
March 2, 9, 16 & 23 | 12pm - 6pm  
March 30 | 10am - 3pm

**Grand Prize Tournament**  
March 30 | 6pm - 7pm

Insert your WarHorse Rewards card into a designated slot tournament machine, click on the trophy, select tournament, choose your theme, and ENJOY!

The top 20 winners from each Saturday will move on to the Grand Prize Tournament and play to win a share of  
**\$30,000 CASH!**



WarHorseCasino.com | Hwy 77 & West Denton Rd

Must be a WarHorse Rewards member. Valid only at WarHorse Casino Lincoln. Management reserves the right to change or cancel promotions offered at any time without notice. Rules and restrictions apply. See website for complete details. Must be 21 or older to gamble. Gambling Problem? Call 1-833-BETOVER.



CASINO RESORT

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# \$10,000 LUCKY LEPRECHAUN HOT SEATS

Every Friday in March  
starting at 5pm, only at  
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Simply play with your player's club card  
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EVERY  
SATURDAY IN  
**MARCH\***  
BEGINNING AT  
**6PM**

Spin the Money Wheel  
and win up to  
**\$5,000  
CASH!**

This March is your chance to spin  
the wheel and win your own  
Pot Of Gold!

Every Saturday, step up and spin  
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For more information: visit [WinnaVegas.com](http://WinnaVegas.com) or call us at 800-468-9466