



PONCA TRIBE OF NEBRASKA Member News

Giving back to their Tribe

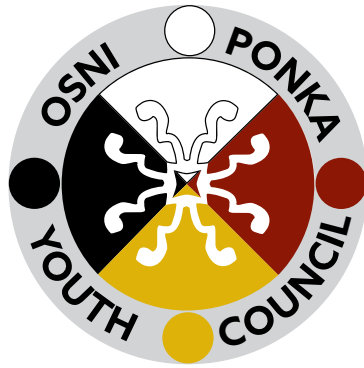
Youth Council helps make a special evening for Ponca families at District 2 Drive-In movie night.



Youth Council assists with District 2 movie night

Maci Schott
Youth Council
Chairwoman

Youth Council was able to help District 2 representatives, Rebecca Sullivan and Crystal Howell, at the movie night. Here, the new live action adaptation of the Lion King was shown. Youth Council members, Ben Schott, Cami Schott, and Maci Schott, helped out by going to Walmart and purchasing boxes of candy for our members to enjoy. They also taped



a ticket to each box to ensure our members were able to enjoy a popcorn and pop.

On the night of the movie, Youth Council members Claire Howell, Robert Howell, Ben Schott,

Cami Schott, and Maci Schott, helped by guiding members into the Drive-in area and handed out boxes of candy. This was an enjoyable night filled with fun and memories.

Some district two members even danced their way through the song “Hakuna Matata”! Youth Council is happy to have helped in this great event!



On the cover: District 2 families gather to take in a special showing of The Lion King.

Póⁿka Íye-t^he! The Ponca Language

Need help saying the words? Hear audio recordings on the PTN website at poncatribene.tv/category/language/ and refer to the pronunciation guide on this page.

Our Ponca words have been color coded with the corresponding English word. As you can see, English is most of the time backwards to Ponca. And remember, our Ponca words have more meaning than what English words can approximate. So, just because the Ponca word(s) is used for a English word in one sentence doesn't always mean it will be used for that English word in all sentences.

Wíuga- Color

Wíuga-t^he iⁿdádoⁿ-a?

Color the what (makes it a question)? What color is it?

Égoⁿ Like, Similar to

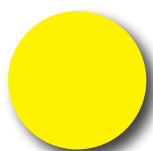
Shábe Dark



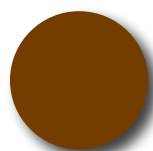
Ská
White



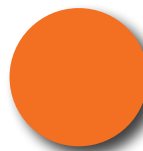
Sóⁿ
Off-white



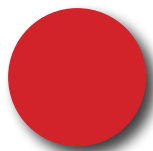
Zíⁿ
Yellow



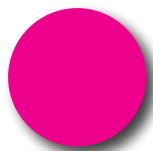
Zíⁿ-shabe
Brown



Sézi-egoⁿ
Orange



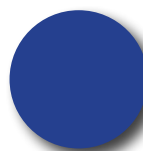
Zhíde
Red



Zhí-egoⁿ
Pink



Házi-egoⁿ
Purple



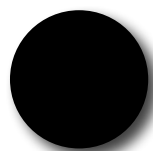
Tú
Blue



Pézhetu
Green



Xúde
Grey



Sábe
Black

PRONUNCIATION GUIDE

a	Like a in father
b	Like b in big
ch	Like 2nd ch in church
ch^h	Like 1st ch in church
d	like d in dig
e	Like e in Vegas
g	like g in game
h	like h in home
i	Like i in ski
iⁿ	Like ea in mean
k	Like k in ski
k^h	Like k in key
m	Like m in man
n	Like n in need
o	Like o in no
oⁿ	Like aw in dawn
p	Like p in spot
p^h	Like p in pot
s	Like s in sing
sh	Like sh in shop
t	Like t in stop
t^h	Like t in top
th	Like th in that
u	Like u in blue
w	Like w in woman
x	Like ch in German Bach
z	Like z in zebra
zh	Like ge in beige

The raised letter n (ⁿ) means to nasally say the vowel before the ⁿ.

The ' above a vowel (like **é**) means to stress that sound. There is no "L" sound in Ponca. Some confuse the "TH" as a L sound.

Healing from childhood trauma as an adult

Emily Driver
Trauma Informed
Therapist

Childhood trauma is caused by any situation in which a child feels that they are in a very frightening and dangerous position. Traumatic events cause children to feel helpless and scared in a way that is far beyond their mental and emotional processing. These situations can include one-time events, like natural disasters or injuries, or could be recurring incidents, such as physical, sexual, and verbal abuse. All these events can bring out symptoms

of emotional and psychological trauma well into adulthood.

If you want to resolve your childhood trauma, you first need to understand it. Trauma can create some intense emotions, and unless we learn how to process these emotions, we will continue to repeat the same damaging patterns that keep us stuck and hurting.

If you are someone who has experienced trauma as a child, you might experience a number of negative emotional, psychological, or physi-

ological effects as an adult. These can include:

- Lowered cognitive ability: Survivors may have problems with memory, verbal skills, and focus.
- Inconsistent self-concept: Survivors may have difficulty in interpreting their thoughts and feelings about themselves which can lead to a distorted self-view.
- Recurring victimhood: Child survivors of trauma often develop their identities in a state of victimhood, and as adults may have difficulty asserting power over their own lives.
- Passive-aggressive behavior: Survivors of childhood trauma usually carry a lot of anger that they don't feel comfortable showing, resulting in passive-aggressive behaviors.
- Poor behavioral control: Survivors often have difficulty controlling their impulses and behaviors.
- Attachment disorder: Survivors may have trouble forming healthy relationships and learning to trust others.

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DOMESTIC VIOLENCE PROGRAM CASE MANAGERS & ADVOCATES

Andrea Rodriguez
DV Program Director – Norfolk
402-371-8834 ext. 105
C: 402-649-2484
arodriguez@poncatribene.org

Tayla Cournoyer
DV Support Specialist – Norfolk
402-371-8834 ext. 110
taylacournoyer@poncatribene.org

Taya Lehman
Community Outreach
Advocate – Norfolk
402-371-8834 ext. 112
C: 402-266-1652
tlehman@poncatribene.org

Donna Wolff
Training & Outreach Specialist
– Norfolk
402-371-8834 ext. 111
C: 402-940-2463
dwolff@poncatribene.org

Robin Rich
Community Outreach
Advocate – Niobrara
402-857-3391
C: 402-860-2740
rrich@poncatribene.org

Andrea Macias
DV Outreach Coordinator –
Ralston
402-315-2760
C: 402-506-1252
amacias@poncatribene.org

Bradley Johnson
DV Case Manager – Sioux City
712-258-0500
C: 712-212-4278
bjohnson@poncatribene.org

Mary Robertson
DV Case Manager – Lincoln
402-438-9222
mrobertson@poncatribene.org

Skyelar Beavers
DV Case Manager – Ralston
402-315-2760
C: 402-490-8363
sbeavers@poncatribene.org

Brooke Zelasney
Human Trafficking Case
Manager – Ralston
402-315-2760
C: 531-389-2379
bzelasney@poncatribene.org

Miranda Bader
Human Trafficking Case Mgr –
Sioux City
712-258-0500
C: 402-750-9296
mbader@poncatribene.org

Jenika Long
Elder's Victim Advocate –
Lincoln
402-438-9222
C: 402-432-9216
jlong@poncatribene.org

Emily Clement
Elder's Victim Advocate –
Ralston
402-315-2760
eclement@poncatribene.org

Justine Kube
Victim of Crimes Act
Coordinator – Niobrara
402-857-3391
C: 402-860-8341
jkube@poncatribene.org

Amber Wendt
Trauma Informed Therapist –
Sioux City
712-258-0500
C: 402-943-9997
awendt@poncatribene.org

Emily Driver
Trauma Informed Therapist –
Ralston
402-315-2760
C: 402-943-6291
edriver@poncatribene.org

Domestic Violence and COVID-19

Bradley Johnson
DV Case Manager

Greetings from the Domestic Violence (DV) department! We here in the DV department want to wish everyone well in these trying times. As the virus continues to spread across the world, it brings with it multiple new stresses, including physical and psychological health risks, isolation and loneliness, the closure of many public places and businesses, economic vulnerability, and job losses. Through all of that, children and their mothers are particularly vulnerable to the risk of domestic violence. Home is not always a safe place to live; in fact, for adults and children living in situations of domestic and familial violence, home is often the space where physi-

cal, psychological, and sexual abuse occurs. This is because home can be a place where dynamics of power can be distorted and disrupted by those who abuse, often without scrutiny from those outside the family unit. In the COVID-19 crisis, the encouragement to “stay at home” therefore has major implications for those adults and children already living with someone who is abusive or controlling. Stringent restrictions on movement shut off avenues of escape, help-seeking, and ways of coping for victims. Restrictive measures are also likely to play into the hands of people who abuse through tactics of control, surveillance, and coercion. This is partly because what goes in within people’s homes take place “behind closed

doors,” and out of the view of other people.

During the COVID-19 crisis, it is therefore important to think critically about the increased violence that can be occurring in your loved one’s home and make it possible for them to talk about and take action to counter abusive and controlling family life. Asking your loved one, on repeated occasions, about whether they consistently feel safe at home is one way of doing this. It is also important that people asking this question have the time and emotional resources to listen and respond to the often subtle ways that your loved one indicates they are scared and unsafe. You can also have your loved one reach out to an advocate with the

DV department at the Tribe for services, information, and resources.

We know times are tough right now for almost everyone. We just wanted to share some of this information with everyone to help ease some of the stress. The DV team has implemented a new Connection Committee to keep staff connected and informed on resources, trainings, barriers faced by clients, new regulations, etc.. We have regular virtual meetings and send weekly e-mails to team members. This has really helped us get to know each other better which makes us a better team. Thanks again to everyone for helping out at this time. I know we will come out stronger and wiser when this is all over.

TRAUMA: Important steps to take for healing

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Luckily, there are ways to address and heal from your childhood trauma. Just remember that everyone’s healing process looks different, and some may take longer than others. Here are some steps you can take:

1. Acknowledge and recognize the trauma for what it is.
2. Reclaim control.
3. Seek support and don’t isolate yourself.
4. Take care of your health.
5. Learn the true meaning of acceptance and letting go.
6. Replace bad habits with good ones.
7. Be patient with yourself.

If you are experiencing trauma, the Ponca Tribe’s Domestic Violence Program has Trauma Counselors that can help. Please reach out to Emily Driver at (402) 943.6291 or Amber Wendt at (402) 943-9997.

Member Registration for Website: Last Fall, we moved our websites to a new host to improve functionality. If you were registered for membership-level access to our website prior to Fall of 2019, please note that you will need to register for the site again.



PONCA TRIBE OF NEBRASKA

iPonca Device Request Form

Please complete this form for EACH Ponca member in your household requesting a device. If **any** information is missing, the entire order will be considered invalid, put on hold, and not placed on the list until the information is corrected. You may also complete the form online at <https://www.poncatribе-ne.org/iponca/>

NAME _____ AGE _____ ENROLLMENT # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ EMAIL _____

LOCAL PTN OFFICE (If applicable) _____

DEVICE DELIVERY REQUIRED? (Elders or High-Risk ONLY) YES NO

PURPOSE OF DEVICE (please check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Telehealth (medical or behavioral) | <input type="checkbox"/> Remote working |
| <input type="checkbox"/> Job search | <input type="checkbox"/> Unemployment claims |
| <input type="checkbox"/> Cultural /Tribal connection/information | <input type="checkbox"/> Education |
| <input type="checkbox"/> Training opportunities | <input type="checkbox"/> Online grocery and supply shopping |
| <input type="checkbox"/> Connect with family members | <input type="checkbox"/> Online bill pay |
| <input type="checkbox"/> Other (please specify) _____ | |

DEVICE CHOICE (members 13-59 ONLY) iPad MacBook Air

Would you be interested in a virtual training on how to use your device? YES NO

Use a separate form for each device request in your household. Two more form spaces available on reverse. Please attach additional forms if necessary.

All orders MUST be submitted by MIDNIGHT on August 5th, 2020.

If you have any questions, please call Becci Sullivan at 531.222.4471 or Candace Schmidt at 402.860.1497 or email iPonca@poncatribе-ne.org.

Forms can be returned by mail, using the enclosed return envelope, or emailed to iPonca@poncatribе-ne.org.

Ponca Tribe WIOA program offers training opportunities

Stephanie Prichard-Slobotski
Workforce Development Program Director

The Ponca Workforce Innovation Opportunity Act (WIOA) Program is program funded by a Department of Labor Grant. The program assists individuals to obtain education and training needed for careers as well as job search activities. During the pandemic, the

professionals have assisted clients with completing unemployment claims as well.

In Omaha, WIOA program clients are currently attending UNO, Metropolitan Community College, Iowa Western Community College, Clarkson College, Xenon Academy, and Quality Career Pathways. They are completing educational programs for drug and alcohol

counseling, Licensed Practical Nursing, Certified Nursing Assistant, public administration, cosmetology, medication aide, public health, environmental engineering, and others. The program has also assisted with clients with getting forklift licenses and CDLs.

If you are interested in obtaining education and training, contact the WIOA Program to see if

you qualify for assistance. The WIOA Staff are:

- Stephanie Prichard-Slobotski, Lincoln Office, 402-438-9222
- Tierra Hernandez, Lincoln Office, 402-438-9222
- Colleen Plasek, Ralston Office, 402-315-2765
- Bianca Marino, Norfolk Office, 402-371-8834

Due to COVID-19, for a limited time, the Ponca Tribe of Nebraska will be distributing iPads and MacBooks to Ponca Tribal members to use for education and/or telehealth purposes. Members age 2-12 and 60+ are eligible to receive an iPad from the Tribe. Members ages 13 - 59 can choose between the iPad or MacBook Air.

To sign up for the iPonca program, please fill out and return the enclosed form, or you may fill the form out online at www.poncatribene.org/iponca/. If **any** information is missing, the entire order will be considered invalid, put on hold, and not placed on the list until the information is corrected.

Orders will be filled on a first come, first serve basis until funding is depleted.

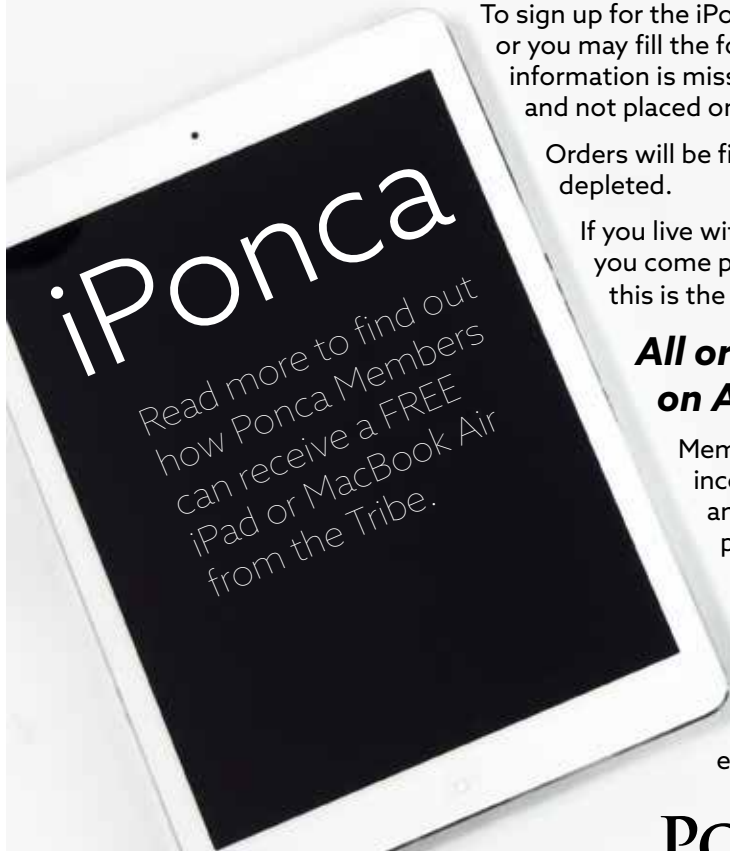
If you live within 60 miles of your local PTN office, we are requesting that you come pick up your device, unless you are an elder or high-risk. If this is the case, this will need to be noted on your form.

All orders MUST be submitted by MIDNIGHT on August 5th, 2020.

Members will be emailed once their order is received and again if incorrect information needs clarification. Members will receive an email once the order is available at the local PTN office for pickup, with a number to call upon your arrival, or an email with tracking information for those whose orders are mailed.

ORDERS MUST BE SIGNED FOR. Orders at the office will be brought out to you for your safety.

If you have any questions, please call Becci Sullivan at 531.222.4471 or Candace Schmidt at 402.860.1497 or email iponca@poncatribene.org.



PONCA TRIBE OF NEBRASKA



In-state tuition rates available to tribal members living out of state

For tribes considered indigenous to Nebraska, the University of Nebraska at Lincoln offers in-state tuition for tribal members who live out-of-state. If you have questions please contact the Office of Admissions at 402-472-2023 or admissions@unl.edu. The following have been identified as native American tribes indigenous to Nebraska or tribes that historically migrated to or from the state of Nebraska: Arapaho, Hidatsa, Missouriia, sac and fox, Arikara, Jicarilla, apache, Omaha, Dakota Sioux, northern Chey-

enne, Iowa, Otoe, Lakota Sioux, southern Cheyenne, Kickapoo, Pawnee, Nakota Sioux, Comanch, Kiowa, Ponca, Santee Sioux, crow, Manda, Potawatomie, and Winnebago.

Also, it is the responsibility of the student to submit a copy of his or her tribal card to the office of admissions if he/she wants to be considered a resident for tuition purposes. Students who do not provide this documentation will be determined to be non-residents without further notification.

Education Department offers assistance with short-term certifications

This is just a reminder to all our tribal members nationwide that our department does have funding available for short-term certification/licensure programs. Because this type of program is considered non-degree seeking and, therefore, is not PELL eligible, there is no deadline to apply. Also, please be aware that if you have already obtained a bachelor's

degree, you would not be eligible for assistance through this program. Please contact the Education Department if you are interested in such a program or if you have any questions. You may email Aubrey at: aknudsen@ponca-tribe-ne.org or Pat at: pate@poncatribene.org. or you may call our office at (402) 371-8834.

Attention All AVT/HIED Students Nationwide:

Please remember to submit your official transcripts after **EACH** term funded in order to be eligible to receive future funding.

Fall 2020 deadline: August 15, 2020
Winter 2020 deadline: November 15, 2020

The Ponca Educational Trust Fund is available nationwide to students who enroll at one of the University of Nebraska Campuses/Online Courses: Lincoln ~ Omaha ~ Kearney (Must be enrolled in 12 or more credit hours per semester to be eligible)

Attention All K-12 YIP Students Nationwide:

- High School Seniors for the 2019-2020 school year are eligible to receive a \$500.00 Graduation Incentive!
- Our department is accepting projects for incentives in the following areas: Art, Essay/Poetry, and Student of the Month. **Winners may receive \$100.00 for 1st place, \$50.00 for 2nd place, and \$25.00 for 3rd place.* Grade divisions are as follows: Primary (K-2), Intermediate (3-5), Middle (6-8), and High School (9-12)
- Attendance will only be considered after a student completes their entire school year and provides proof of their entire year. **Because of school closing relating the coronavirus concern, attendance will be considered based on the student's attendance up to the time of the closings.**

Perfect Attendance \$100.00 (0-.49 days of absenteeism), \$50.00 (.5-3.49 days absenteeism), and \$25.00 (3.5-5.49 days of absenteeism).

Deadline to apply for the 2019-2020 school year is July 31, 2020.

All Education Department Applications and Program Information is available online on our tribal website. If you have any questions for the education department, please feel free to contact Aubrey Knudsen at 402.844.0957 or aknudsen@poncatribene.org.

Ponca tribal enrollment is required for ALL education programs

Youth Council creates business plan for UNITY

Maci Schott
Youth Council
Chairwoman

Recently the Osni Ponka Youth Council has submitted a Business Plan to UNITY. UNITY is a national network organization promoting personal development, citizenship, and leadership among Native American youth. This project was worked on by three of our members: Makayla Laravie, Maci Schott, and Cami Schott. We created a business plan that ties into our MMIR 5K we plan to attend in May of 2021. This business plan was centered around murdered and missing indigenous relatives. In the United States, Native American women are more than twice as likely to experience violence than any other demographic. One in three Native women is sexually assaulted during her life, and 67% of these assaults are perpetrated by non-natives.

Due to the recent report that was done by the Nebraska State Patrol, we know that our Native young men are just as affected by this epidemic as our women. This is why we chose to focus our efforts on our Murdered and Missing Relatives



Makala Laravie

(MMIR); to include our brothers, cousins, uncles, and fathers. This is a National crisis and raising awareness of MMIR is a must.

Our Osni Ponka Youth Council has decided to dedicate our efforts to raising awareness by creating an exclusive MMIR



Maci Schott

designed t-shirt that will only be sold by us. Our youth council members will submit their MMIR graphics and then a vote by our youth council will be taken to select the graphic for our MMIR t-shirts. We will sell them online and at our Annual MMIR 5K at Standing



Cami Schott

Bear Lake in Omaha, NE. T-shirts are a great way to show interest and add awareness to the MMIR epidemic. We, the Osni Ponka Youth Council, appreciate this opportunity and look forward to improving the world for our relatives and future generations.

PUT YOUR BEST FOOT FORWARD!

Sign up now for the **Ponca Youth Council Fitness Tracker Challenge!** The challenge, focusing on wellness and fitness, will have openings for new participants added every two weeks. Participants will receive a FREE fitness tracker, and be eligible for weekly prizes.

This tracker challenge is available on a first-come, first-served basis to enrolled Ponca Tribe of Nebraska youth between the ages of 14-24, living in or near Ponca Tribe office locations. Participants must be able to come to an office location to have their tracker set up prior to the beginning of the competition, and be willing to download steps every day for the length of the project.

To sign up, please send your name, age, enrollment number and local PTN office to youthcouncil@poncatribene.org, with **Youth Council Fitness Tracker Project** in the subject line.



LAW AND ORDER CODE REVISION
Discussion on August 24, 2020 at 5:00 p.m.
During Tribal Council Meeting

****** NOTICE: All Tribal Members ******

The Tribal Council will be discussing amending the Law and Order Code. Please take your time to read this FLYER.

The Ponca Tribal Council will be proposing to amend Title X, Enrollment of the Law and Order Code. This Chapter is being revised to clarify the Enrollment Process within the Ponca Tribe of Nebraska. There are many changes being proposed to Title X, which include but not limited to:

- Adding qualifications and Terms to the Enrollment Committee Members
- Defining Ethics and Conflicts of Committee Members
- Expanding Confidentiality Section
- Clarifying Access to Tribal Roll
- Expanding the Appeal Section

A complete copy of the proposed amendments is available at the tribal offices, or one may be obtained by contacting Jan Colwell, Tribal Council Secretary at 402-857-3391.

There will be a discussion by Tribal Council that is open for public comment on August 24, 2020 at 5:00 p.m. or as soon thereafter as it may be heard.

Written comments will be accepted until noon on August 19, 2020. The written comments may be emailed to janc@poncatrbe-ne.org or mailed to: Jan Colwell, P.O. Box 288, Niobrara, NE 68760



Becky Morinishi, granddaughter of Ethel Maxine (Franklin) Kellison, graduated Magna Cum Laude from Portland State University with a Bachelor of Science degree in Social Science with minors in English and Civic Leadership. She will attend Portland State University's Master of Public Administration program in the Fall and plans to work in the field of community development, specifically in the area of diversity, equity and inclusion.

MEMBERS NEEDED!

POW WOW COMMITTEE

There are two terms on the Pow Wow Committee that will be expiring on 9/30/20 so letters of interest are being accepted at this time. Committee members are paid a \$250.00 stipend plus mileage reimbursement up to 410 miles at the current federally approved rate. If you are interested in serving please submit your letter of interest to the Tribal Council at Tribal Headquarters, P.O. Box 288, Niobrara, NE 68760. Deadline to apply is September 21, 2020. Thank you.



Elder's Council Meeting

September 9 & 10 | 10 am

PTN Offices, Lincoln

Lifesize & Conference Call available.

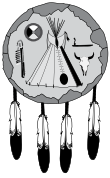


Cante' Waste' Win Tiospaye' Talking Circle



Please join our Female Talking Circle
Every 1st & 3rd Friday each month @ 6pm
Nebraska Urban Indian Health Coalition
2240 Landon Ct, Omaha NE
Any questions contact Marissa Wright (402)309-4503
or Lestina Saul (402)885-5445

Healing through tradition, ceremony and prayer...



PONCA TRIBE of NEBRASKA

P.O. Box 288
Niobrara, NE 68760

www.poncatribene.org

PONCA TRIBE of NEBRASKA Office Locations

NIOBRARA 68760

Headquarters

2523 Woodbine St., P.O. Box 288
Ph: (402) 857-3391
Fax: (402) 857-3736

Enrollment

2523 Woodbine St., P.O. Box 288
Ph: (402) 857-3391
Fax: (402) 857-3771

Cultural

P.O. Box 288
Ph: (402) 857-3519
Fax: (402) 857-3652

LINCOLN 68508

Administration

1701 E Street
Ph: (402) 438-9222
Fax: (402) 438-9226

Osni Ponca

2756 O Street
Ph: (402) 434-2127
Fax: (402) 434-2128

NORFOLK 68701

Administration Building

1800 Syracuse Ave.
Ph: (402) 371-8834
Fax: (402) 371-7564

Gym Building

1800 Syracuse Ave.
Ph: (402) 371-8834
Fax: (402) 379-0988

Ponca Hills Clinic

Ph: (402) 371-8780
(402) 371-5726
Fax: (402) 379-4291 - Pharmacy
(402) 379-4293 - Registration
(402) 371-4094 - Medical Lab

Ponca Express

Ph: 877-769-3111

Northern Ponca Housing Authority

1501 Michigan Ave.
Ph: (402) 379-8224
(800) 367-2320
Fax: (402) 379-8557

Purchased/Referred Care

Ph: (800) 405-0365
Fax: (402) 371-0176

OMAHA 68107

Fred LeRoy Health & Wellness Clinic

2602 "J" Street
Ph: (402) 733-3612
Fax: (402) 733-3487

Administration

5805 South 86th Circle, 68127
Ph: (402) 315-2760

Dental

2602 "J" Street
Ph: (402) 733-1325
Fax: (402) 733-3487

Northern Ponca Housing Authority

10635 Birch., 68134
Ph: (402) 505-3055
Fax: (402) 505-3066

SIOUX CITY 51103

Administration

119 6th Street
Ph: (712) 258-0500
Fax: (712) 258-0762

OTHER RESOURCES

Child Abuse Hotline

800-652-1999 (Nebraska)
800-362-2178 (Iowa)
877-244-0864 (South Dakota)

National Child Abuse Hotline

800-422-4453

National Suicide Hotline

800-273-8255

Domestic Violence Hotline

800-799-7233

National Human Trafficking Hotline

888-373-7888

National Problem Gambling Helpline

800-522-4700

Elder Abuse Hotline

800-252-8966

Boys Town Crisis Line

800-448-3000

Drug Treatment & Referral Hotline

877-726-4727

Nebraska Family Helpline

888-866-8660

Veterans Crisis Line

800-273-8255

The Ponca Tribe of Nebraska Newsletter is published monthly and printed by Printco Graphics, Omaha, Nebraska.
Deadline for submissions is the 1st of each month. In the event the 1st falls on a weekend, submissions are due the Friday before.
All submissions of a political nature are subject to Tribal Council approval. Send to Jessica Hitchcock, jhitchcock@poncatribene.org.
See or print the newsletter archives in full color on the member's side (you must log in) of the web site at: www.poncatribene.org