



PONCA TRIBE OF NEBRASKA Member News



Persisting through adversity

Despite a dry year affecting crops, Ponca Corn Harvest provides lessons on resiliency and community

November 2022

Ponca Corn Harvest provides lessons of hope and resiliency

On October 16, 2022, the Ponca Tribe of Nebraska was joined by Southern Ponca relatives and pipeline fighters for the Sacred Ponca Corn Harvest in Neligh, Nebraska, on Ponca Nation Land. Drought conditions over the summer had an impact on the corn, but not the spirits of those who joined together and braved the sandburrs to help with the harvest.



On the cover: An ear of Ponca corn in the warm sunshine of a late October afternoon. Drought conditions did impact the corn, but the survival of enough ears to provide seed for future crops is an example of resiliency for the Ponca people.



We're planting seeds... will you help them grow?

Become an instrumental part of the growth of the Ponca Tribe of Nebraska Language Program! We have several upcoming openings for positions teaching the Ponca language, and facilitating that education process. **YOU DO NOT NEED TO BE FLUENT IN PONCA TO APPLY!** Successful candidates need only have the desire and dedication to learn, as training will be provided. The Tribe will soon be hiring the following positions:

- Language Instructors (4)
- Language Coordinator
- Culture Multimedia Specialist

Look for these jobs to be posted on the PTN website at <https://www.poncatribene.org/careers/> in the near future. Please contact Culture Director Ricky Wright with any questions at 402.371.8834 or rwrightjr@poncatribene.org.

PONCA TRIBE OF NEBRASKA



Senator Brewer honored in October 3rd ceremony in Ralston

On Monday, October 3, the Ponca Tribe of Nebraska held an early celebration of Native American Heritage month, as Senator Tom Brewer was honored by Congressman Don Bacon for his advocacy for the Native American community in Nebraska.

Since 2017, Senator Tom Brewer has been instrumental in many of the most momentous celebrations of the Ponca Tribe

of Nebraska. From the dedication of statues of Chief Standing Bear in the Ponca Tribal homeland in Niobrara and in the nation's capitol in Washington D.C. to advocating for the return of Standing Bear's tomahawk to the Ponca Tribe to the renaming and dedication of the Chief Standing Bear Justice Administration Building. Senator Brewer has worked within the Nebraska legislature to promote the Ponca Tribe

continually and the legacy of Chief Standing Bear. Senator Brewer remains

a tireless advocate for all native peoples in the state of Nebraska.



Tribal disaster response discussed at resiliency conference



Emergency Services and Risk Manager Tori Champaign recently participated on a panel discussion at the Midwest Resilience and Preparedness Conference. Champaign, along with FEMA Tribal Liaison Sara Henry, and the Dodge County Emergency Manager discussed the impact of the 2019 flooding on the Ponca Tribe of Nebraska, and the lessons learned from that disaster

The offices and clinics of the Ponca Tribe of Nebraska will be closed Friday, **November 11th** in observance of Veterans Day.

Offices will reopen for clients Monday, **November 14th.**



PONCA TRIBE OF NEBRASKA

Annual Health Fair showcases Ponca Health Services and community agencies

On Saturday, October 1, the Annual Health Fair was held in Ralston, Nebraska. Ponca Health Services and other community agencies had booths to provide education on programs and services to help

achieve and maintain a healthy lifestyle.

The Ponca Tribe of Nebraska was also awarded a check for \$25,000 from Medica that will go towards

the creation of the Ponca Health Services Food Pantry to address food insecurity across the region. Lunch was provided along with activities, freebies, and a bike prize drawing.



Breast Cancer Awareness Month events held throughout Service Delivery Area

This October, the Ponca Tribe of Nebraska welcomed men and women to our Breast Cancer Awareness Events. We had a fantastic turnout (over 40 people in Omaha) of folks who donned their pink and joined us for lunch, a presentation from Great Plains tribal leaders health board, and prizes for the person wearing the most pink. For joining us for the afternoon, attendees received a brand new breast cancer awareness Ponca strong T-shirt.

Before kicking off the festivities in Omaha, Community Health Manager Nancie Velasquez and June Bear Noonan from

the Nebraska Urban Indian Center honored Emily Dunn. Emily and her employer, Hy Vee, are friends and supporters of the Ponca Tribe. Emily was gifted with a blanket water bottle and a breast cancer awareness bag, as she is a breast cancer survivor.

Employees at all locations also participated, and wore their best pink for the day's activities.

The Community Health Workers would like to thank everyone who showed up to our events in all our locations.



Omaha Elder winners, Carrie Voss and Judy Genovesi



Sioux City elder winner, Faythe Hurd



Norfolk Elder winner, Florence Wright



Lincoln Elder winner, Sue Bad Moccasin



Niobrara Elder winner, Stella Branstiter



Health Professional Focus: Kathleen N

Hi everyone!! I am Kathleen Narlock RDH, BSDH, PHRDH. What that all means is that I am the Registered Dental Hygienist at the Omaha dental office. I have been at the Ponca Tribe for 14 years.

I was born in 1965 in Honolulu, Hawaii. I have a younger brother who teaches in Florida. I grew up moving a lot as a Navy “brat”. I call Wisconsin home (Yes, I am a BADGER fan) as that is where I graduated from high school and met my husband, Rick. We have been married for 38 years and have two sons, a daughter-in-law and a 9-year-old grandson. They live in LaVista, NE. My husband joined the Air Force in 1984 and his first duty station was Okinawa, Japan. My dental career started by taking the Red Cross Volunteer Dental assistant course. I had known since high school I wanted to be a dental hygienist. I had my son Stephen while in Japan. We moved to Utah where I took more classes towards my hygiene degree. My son Nicholas was born in Utah. Next, we moved to Missouri for just a year and then was transferred to Texas so that my son Nick



could receive specialized medical treatment (he was born with an immune deficiency). The boys and I lived there for four years while my husband took a year and lived in Korea. The last six months we were in Texas I again took the Red Cross Volunteer Dental Assistant course. It had been almost 10 years but it was like riding a bike and I was able to move right back into that role. After a few issues with where we

would be moving next, a wonderful doctor Nick had in Texas was now here in Nebraska at Offutt. He helped us with our move to Nebraska. We have been here ever since. After a few of Nick’s health issues I started Volunteering as a Dental Assistant at Offutt, which then turned to a paid position. As I worked full time at Offutt, I was also taking the rest of the pre-requisite courses at Metro Community College to ap-

ply to Dental Hygiene school. I worked at Offutt with a wonderful dentist that encouraged me to apply to Iowa Western Community Colleges Dental Hygiene program. I was accepted and had orientation in June 2006. I graduated May 2008 with my Associates of Applied Science Degree in Dental Hygiene and continued taking classes and graduated again in December of 2009 from Creighton University with my Bachelors of Science Degree in Dental Hygiene. I am also a Public Health Registered Dental Hygienist which means I can go to schools, retirement homes and other areas that other dental hygienists can’t perform services without a dentist present.

While at the Ponca Tribe I have worked with the WIC program, Iowa Western Community College students, traveled to Norfolk to fill in when needed, gone to schools for the NICE program and work with preschoolers. I, along with co-workers set up the Norfolk dental clinic. I have helped plan and implement the yearly dental part of the health fair. I have spoken at Elders Luncheons about

Narlock, Registered Dental Hygienist

oral health. I enjoy these times to get to know the tribal members personally and not just in the dental office.

Other volunteer activities I have been involved with have been very fulfilling. I was the Cub Scout Den Mom for each son. Stephen became an Eagle Scout. Nick was the musician and played the trombone, tuba and baritone. He was in marching band and was able to march in the Rose Parade.

The day after my orientation for Hygiene school, I hopped on a plane to meet the Appalachian Construction Crew (ACC) volunteer group that build a home for a low-income family in Whitley City, Kentucky. This is one of the poorest counties in the United States because it is mostly National Forest with very little industry.



The ACC originated at the Offutt Chapel. Over the years many members have moved but they all converge for a week in June to build a home. I have spent a week of my vacation every other year since 2006 in Kentucky to help feed the 30-35 people that build the home. It is amazing to see this group put up a house in a week and then finish the drywall, flooring and such the second week. I have collected aluminum cans, participated in bowl-a-thons, pancake breakfasts, worked many Offutt Air Shows, dinner raffles and rented a van to drive to Kentucky for many years. I made a board with all the names of the families that homes were built for. I usually take a few cases of toothbrushes and toothpaste so the community center can

give them out to anyone that needs them. I was the webmaster for the ACC until just recently.

I have participated with the Nebraska and Iowa Mission of Mercy. This is a free service to receive dental treatment. The first one I was in 2005 as a dental assistant. I hadn't started my Hygiene career yet. I have volunteered with four Mission of Mercy in Nebraska and one in Iowa. They are long but very rewarding events. My husband and youngest son have joined me and volunteered wherever they were needed.

I am the Nebraska Dental Hygiene Association Treasurer and the Nebraska Dental Hygiene Initiative Treasurer. I am an active member of the local association and was the treasurer for the

Omaha component. I received the Community Service award in 2011 and Dr. Karen Bober received the Advocate of the Year from the Omaha Dental Hygiene association in 2012. I had the pleasure of meeting Esther Wilkens, the founder of Dental Hygiene who also became a dentist has a legacy of promoting oral health.

I enjoy traveling to see family and friends that we have met through my husbands Air Force career. I like to craft and many of the Ponca employees or members have received baby blankets that I have made for them. I enjoy needlepoint, photography and coordinating the dental part of the annual health fair.

It has been an honor and privilege to work with the Ponca Tribe of Nebraska. I have seen the tribe grow and build new sites. I have many wonderful patients that I call friends! And now we are all waiting patiently for the new Omaha clinic to be built so that many more people will have the health and dental care they need.

See you all in the clinic soon!!

Kathleen Narlock RDH,
BSDH, PHRDH



The Holiday Season is ripe for financial abuse

Julie Flynn

Elder Victim Advocate

With cooler days and the smell of crisp leaves in the air, we are at the beginning of the Holiday Season and the scammers are beginning to call. During this time, many elders are a prime target for financial scams. Please beware of who is calling and the personal/financial information you are giving them.

According to National Council on Aging, in 2021, there were 92,371 older victims of fraud resulting in \$1.7 billion in losses.

Some scams to be aware of:

- **SOCIAL SECURITY/IRS SCAM:** A caller saying there is a problem with your SSN or Account.
- **GRANDPARENT SCAM:** Getting a call from someone claiming they are the target's grandchild, and that they need help now (money for bail out of state, for example) or

something terrible will happen to them.

- **ROMANCE SCAM:** The target has been interacting with someone online. After a time they request money to come see them (they never show), or because some dire event is going to happen (i.e. eviction) and they need the target's help out of the situation.

- **SWEEPSTAKES SCAM:** The target is told they have won the lottery, but that they have to pay a processing fee (with a gift card) to receive their winnings.

Look out for anyone calling and asking for a payment using the following methods:

- Retail gift cards
- Wire Transfer
- Pre-paid debit cards
- Internet currency
- Mailing cash or someone will pick up from your address.

Note: If you are wanting to make a donation or

payment to an agency or organization, please call them before disclosing of any personal information such as SSN, account numbers, pin numbers.

Familial Financial Abuse

During this holiday season while families are celebrating, with relatives visiting, and children home from school, some Elders are facing financial abuse not only by scammers but also by their own relatives.

Some financial abuse perpetrated by family members:

- The son or daughter that takes the parent to the ATM and says the machine is not working while keeping the money for their selves.
- The Auntie or Uncle shopping for the Elder and buys stuff for themselves.
- The grandchild who comes over and steals money out of the Grandparents purse/wallet, just because.

Signs of Financial Abuse

- Unusual changes in bank accounts or money management
- Unusual or quick changes in a will or other financial documents.
- Fake signatures on financial documents
- Unpaid bills when there should be enough money
- Giving someone unknown to the family Power of Attorney

If you suspect Financial Abuse of an Elder, you can contact your:

- Local APS, Adult Protective Services, through Health and Human Services.

AARP Fraud Helpline (877) 908-3360

- Local Law Enforcement
- Ombudsmen in a long term care facility
- National Elder Fraud Hotline 1-833-FRAUD-11 (1-833-372-8311)

Attention Ponca Tribe of Nebraska members:

You can access Tribal Council minutes on the tribe's website at <https://www.poncatribene.org/tribal-documents/council-minutes-agendas/> (note that you must register and be logged in). These are updated as soon as approved minutes are distributed.

Tribal Court welcomes Escalera as new Tribal Court Services Specialist

Hello, my name is Alyssa Escalera. I am writing this letter to introduce myself as the new Tribal Court Services Specialist. I grew up on a farm outside the small town of Hoskins, NE. My husband and I have been together for nine years. We have two daughters; Maeva is two and Tatum is five months old. We also have an Old English Bulldogge, Mowgli. Recently, we moved back to Winside, NE, where my husband and I graduated high school.

In 2018, I graduated from Wayne State College with a Bachelor's of Science degree in human services and counseling with a minor in criminal justice. I have worked as a family service worker and a direct support professional in the past.

I am excited to be an employee for the Ponca Tribe of Nebraska. My position is included in the Tribal Court Improvement Project. This means I will be collaborating with the Tribal Court as well as

the Social Services Department to increase the knowledge and awareness of assistance that can be provided to members, specifically in child welfare cases. Moreover, I will be attending trainings the beginning of the year to provide mediation services to the Ponca Tribal Court cases.

I will also be facilitating training and educational opportunities to employees at the Ponca Tribe of Nebraska as well as to community partners

and to Ponca members. Please watch out for these upcoming training opportunities. The Ponca Tribe of Nebraska has grown exponentially and I look forward to seeing where it will go and how I can assist the Ponca members.

I can be reached via my office phone at (402) 371-8834 Ext. 106 or my work cell phone at (402) 266-1649. I can also be reached via email at aescalera@poncatribene.org.



Craft & Vendor Show

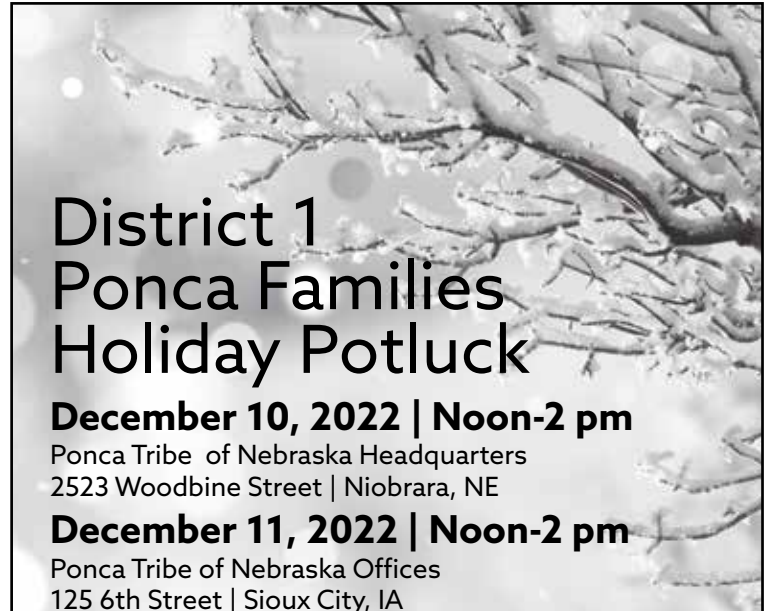
November 26, 2022 | 10 am-3 pm
 Ponca Tribe of Nebraska Headquarters
 2523 Woodbine Street | Niobrara, NE

The Ponca Tribe of Nebraska will be hosting a Craft & Vendor show, featuring Ponca and Native artists and businesses. Free prize drawings will be held throughout the day.

This vendor show is held in conjunction with other holiday activities and craft shows in the Village of Niobrara, so plan to make a day of it!

PONCA TRIBE OF NEBRASKA To reserve a booth table, please contact Cheryl at 402.857.3391.

Booth preference will be given to and fees will be waived for artists and vendors who are Ponca, Native, or current PTN staff members.

District 1 Ponca Families Holiday Potluck


December 10, 2022 | Noon-2 pm
 Ponca Tribe of Nebraska Headquarters
 2523 Woodbine Street | Niobrara, NE

December 11, 2022 | Noon-2 pm
 Ponca Tribe of Nebraska Offices
 125 6th Street | Sioux City, IA

District 1 Ponca families are invited to a holiday potluck. Turkey and ham will be provided for the main dish, along with beverages. Members are asked to bring a side dish or dessert. There will be games and activities for the kids.

For more information, please contact District 1 Council Representatives
 JoAn Schlotman, 712.276.7103 or
 Angie Starkel, 402.922.0436.

PONCA TRIBE OF NEBRASKA



Celebrating our

The Ponca Tribe of Nebraska would like to take this opportunity to honor our military veterans or are currently serving in the military.



Todd Carlisle, CTM2
USN
Gulf War
Service: 1986-1995



Brian Christiansen
Army
Service: 9/92 - 5/01



Vernon Howe, A2C
USAF
Vietnam
Service: 1961-1967



Ernest Iron Thunder
WWII



Gaylen Stansback
USMC
Afghanistan
Service: 2/11-10/11



Stephanie Sydnor
USN
OIF and OND
Service: 1994-2014



Gerald Swope
USMC
Service: 1957-1960



Joseph Tate, SRA E-4
USAF
Cold War
Service: 1980-1986

Ponca Veterans

... opportunity to honor tribal members who are
... itary. Thank you for your service!



Mark Peniska
USN
Vietnam
Service: 1969-1970



Daniel Perez
USMC
Operation Iraqi Freedom
Service: 1996-2004



Jennifer M. Phelps, SGT
(JP Pretty Bull)
Army
Iraq
Service: 1997-2005



Michael D. Porter, ABE-2
USN
Vietnam
Service: 1964-1967



Cliff Taylor



Thomas Clark (Tony) Wright

The Ponca Tribe of Nebraska Tribal Historic Preservation Officer (THPO) continues to create a comprehensive list of all Ponca veterans. Members who are veterans, or those who have family that have served, are invited provide information, including:

- Branch of service
- Dates served
- Details or a story from that service
- Wars served

To submit veteran information, please contact Stacy Laravie, THPO via email (ssettje@poncatribene.org) or via mail:

Stacy Laravie, THPO
Ponca Tribe of Nebraska
88915 521 Avenue
Niobrara, NE 68760

USAF	DANIEL BAKER	SGT		
ARMY	LARRY R BAKER	SGT	VIETNAM	
USAF	DANNY M BARFIELD	A1C		
USAF	CHARLES M BEAR	AM		
ARMY	JORDAN L BEAR (KIA)	SSGT	AFGHANISTAN	
ARMY	LEE G BEAR	SGT		
USMC	LEONARD B BEAR	PVT		
USN/ARMY	LOGAN F BEAR			
ARMY	RAYMOND L BEAR (KIA)	SGT	WWII	
ARMY	RICHARD BEAR	CPL		
ARMY	WILLIAM C BEAR	1STSGT	WWII	
USAF	LEONARD R BRANSTITER	SMSGT	VIETNAM	
USN	RAYMOND J CHRISTENSEN	E-5	VIETNAM	
USN	KYLIE DAVIS	HM3		ACTIVE
USMC	DAVID DUCKER	LCPL	VIETNAM	
ARMY	BRIAN ECKLEY	A1C PFC		1986-1988
ARMY	CHARLES N ECKLEY	PVT		
USMC	DWAYNE ECKLEY	MAJOR		1981-2005
USAF	GEORGE ECKLEY	E-5		1956-1964
USNG	JACK ECKLEY	SSG		1966-1989
ARMY	LEO ECKLEY	E-5	WWII	
ARMY	ARTHUR ENQUEST		VIETNAM	
ARMY	LEX ENQUIST		VIETNAM	1967-1970
USAF	LEE J GATZEMEYER	A1C		
ANG	TARA HATHCOCK		OIF	2007-CURRENT
USN	RICHARD A HENDREN	QM1		
ARMY	SANDRA R HERNANDEZ	PV2		
USAF	ANTHONY M KING	SrA		
USN	BRUCE LARSON		VIETNAM	11/65-2/68
USMC	FRED LEROY		VIETNAM	
ARMY	MARCUS LOVER	SSG	OIF	2000-2004
USMC/USNG	MATT MAXFIELD			2011-2019
USAF	ALFRED R MEYER	CAPT	VIETNAM	
USMC	ANDREW PENISKA		KOREA	
ARMY	JAMES PENISKA		KOREA	
USMC	WILLIAM C PHILLIPS	SSGT		
ARMY	JAMES POLLY		VIETNAM	10/65-10/69
USMC	MARSHALL PRICHARD	PFC		
USN	DUANE L RICHARDS	SH1	VIETNAM	
USAF	RANDY ROSS			
ARMY	ANDREW ROWE	CW2	AFGHANISTAN	
USAF	MONA WENDZILLO	SMSGT		
ARMY/USAF	PHILLIP WENDZILLO	MSGT	GULF WAR	
USAF	FRANK WHITE	TSGT		
ARMY	GARY WICK	E-4	VIETNAM	
ARNG	LARRY WRIGHT, JR.	CPL		
ARMY	LARRY WRIGHT, SR.	LCPL	VIETNAM	
ARMY	RICHARD WRIGHT		VIETNAM	
USAF	SHANNON WRIGHT			
USMC	WILLIAM WRIGHT	CPL	DESERT STORM	
USMC	JOHN R YOUNKER	PFC	WWII	

2023 Health Insurance Enrollment Dates

MEDICARE

Medicare Annual Enrollment Period began October 15, 2022 and will run through December 7, 2022. Medicare participants who currently have active Medicare Part B, Medicare Advantage and/or Medicare Part D can make changes to their health and drug plans for 2023.

Medicare Part B or Medicare Advantage participants can make any of these changes to their current plan.

1. Switch from Medicare Advantage back to Original Medicare
2. Dis-enroll from Original Medicare and enroll in Medicare Advantage
3. Change from one Medicare Advantage plan to another

Medicare Part D

1. Sign up for a Part D prescription drug plan
2. Change from one Part D prescription plan to another
3. Cancel your prescription drug coverage

If you opted out of Medicare Part B in your initial enrollment period and would like to sign up for benefits in 2023, open enrollment period OEP for Medicare Part B will begin January 1, 2023 through March 31, 2023, and coverage will begin July 1, 2023. A 10% penalty fee will apply in addition to the monthly Medicare Part B premium.

If you opted out of Medicare Part D and would like to sign up for 2023, you may do so. Coverage will begin January 1, 2023. A 1% penalty fee may apply in addition to your plans monthly premium.

2023 Medicare Part B standard monthly premium will be \$164.90, a decrease in \$5.20 from 2022 and the annual deductible will be \$226.00, a decrease of \$7.

2023 Medicare Part D annual deductible will be \$505, an increase of \$25.00 from 2022.

FEDERAL FACILITATED MARKETPLACE (FFM)

Federal Facilitated Marketplace Annual Redetermination period will begin November 1, 2022 through January 15, 2023 for coverage in 2023.

Existing Marketplace participants will need to submit a 2023 application to determine their advance tax credit, if applicable and monthly premiums to avoid a lapse in coverage or surprise increase in monthly premiums.

NEBRASKA MEDICAID

Open Enrollment period to change a Managed Care Organization will begin November 1 – December 15, 2022

2023 Nebraska Medicaid Managed Care Organizations

- Healthy Blue of Nebraska
- Nebraska Total Care
- United Health of the Midlands

Important message for existing Nebraska Medicaid Participants:
Please contact your patient benefits coordinator to ensure your mailing address is accurate with Nebraska Medicaid.

Patient Benefit Coordinators PBC are available to discuss any questions or concerns, the application process and assist with the enrollment in an insurance plan through Medicare, FFM and/or Nebraska Medicaid. PBCs are certified application counselors with the Federal Facilitated Marketplace and Senior Health Insurance Assistance Program SHIP. We provide assistance to all Native Americans and Alaska Natives residing in the State of Nebraska.

FRED LEROY HEALTH AND WELLNESS CENTER

Sylvia Allen-Lopez
402.738.3151
sallen-lopez@poncatribene.org

Michelle Hallowell
402.738.3177
mhallowell@poncatribene.org

LINCOLN HEALTH CENTER

Michelle Runyan
531.248.3030 ext. 1144
mrunyan@poncatribene.org

PONCA HILLS HEALTH AND WELLNESS CENTER

LaTausha LaPointe
402.371.8780
llapointe@poncatribene.org

Focusing on our health during National Diabetes Month

Jessica Bollig
Diabetes Program
Registered Dietitian

November is National Diabetes Month. Every year, this month is important because it focuses on boosting awareness about diabetes prevention, care, education, and health outcomes. More than 35 million people in the United States have some form of diabetes, and around 25% of them aren't even aware they have it. In addition, it is estimated that another 96 million adults in the U.S. have prediabetes, which only about 20% are aware of.

Types of diabetes.

There are a few different types of diabetes: Type 1, Type 2, and gestational diabetes.

Type 1 diabetes occurs when the body can't produce insulin, a hormone in the pancreas that breaks down carbohydrates into blood sugar or glucose for energy. Insulin therapy helps the pancreas to function more normally.

Type 2 diabetes is the most common form of the disease, where the body is unable to process our internal insulin well enough to keep blood sugar at normal levels.

Gestational diabetes develops during pregnancy in some women who don't already have diabetes. As the body makes more hormones and the baby grows, it puts a higher demand on the pancreas to release more insulin.

Know your risk factors. You may be predisposed to Type 2 diabetes if you are overweight, there's family history of diabetes, you live a sedentary lifestyle, you are older than 45, if you've had gestational diabetes, or if you have been diagnosed with prediabetes. Weight loss is a key preventive measure. By reducing your weight by 5-7%, you can reduce your risk of getting diabetes. Exercising for 30 minutes per day, 5 days a week can lead to a great start in weight management.

How to observe National Diabetes Month

- Commit to a healthier lifestyle. We can all take a look at ways that we can live a little healthier by taking a look at our habits.
- Increasing water intake can prevent dehydration, which can keep our bodies from functioning well.
- Taking a look at our sleep habits is important. Are you getting enough sleep? Fatigue can cause a resistance to the insulin your body needs.
- Could we find ways to be a little more active each day? Exercise can prevent major spikes in our blood sugar levels, especially after meals, and can even help improve our quality of sleep.
- Be adventurous and try some new recipes and foods! Take a look at websites or cookbooks with diabetic recipes.

continued on next page

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. Students must apply each school year.

Winter 2022 deadline: November 15, 2022

Spring 2023 deadline: December 15, 2022

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 2021-2022 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)
- Perfect Attendance \$100.00 (0-.49 days of absenteeism), \$50.00 (.5-3.49 days of absenteeism), and \$25.00 (3.5-5.49 days of absenteeism).

Deadline to apply for the 2022-2023 school year is July 31, 2023.

All Education Department Applications and Program Information are available online on our tribal website. If you have any questions for the education department, please feel free to contact Aubrey Knudsen @ office (402)371-8834, work cell (402)844-0957, or aknudsen@poncatribene.org. *Ponca tribal enrollment is required for ALL education programs*

DIABETES: Small changes can have big results

continued from page 14

Many common recipes have been adapted to decrease sugar, fat and calories. Adding new fruits, vegetables, and whole grain foods can help provide our bodies with the vitamins and energy it needs to function at its best.

- Be prepared for sick days. It's always good to be prepared for an illness when you have diabetes. You could create a "sick day" kit so that you are prepared in case you need to stay home or head out to see your doctor. Things you may want to consider could be glucose monitoring supplies, glucose

tablets, a thermometer, hand sanitizer, a timer to stay on top of checking your levels or anything else you can think of that you may need.

- Attend a diabetes event. During diabetes month there are typically a variety of booths, presentations, or events that you can attend at

health fairs, your doctor's office, local health center or community centers. You may learn some new information, be able to taste test some new recipes, ask questions, or bring home new education or planning materials for your own diabetes care needs.

World Diabetes Day 2022

November 14 9 am-11 am

Norfolk Gym | 1800 Syracuse | Norfolk, NE
 Ralston Transit | 5701 S 85th Circle | Omaha, NE
 PTN Headquarters | 2523 Woodbine St | Niobrara, NE
 PTN Offices | 125 6th Street | Sioux City, IA
 PTN Offices | 1701 E Street | Lincoln, NE

Dress your best in blue, and join the Ponca Tribe of Nebraska Diabetes Program for a celebration of World Diabetes Day. Breakfast will be provided, along with a presentation on diabetes. A prize will be awarded to the person wearing the most blue for Diabetes Day!

For more information, please contact Crystal Mundorf at 402.371.8834.



**PONCA TRIBE OF NEBRASKA
TRIBAL COUNCIL**

RESOLUTION 22-60

WHEREAS: The Ponca Tribe of Nebraska is a federally recognized Indian Tribe (P.L. 101-484) whose business affairs are conducted by the Ponca Tribal Council as defined in the Constitution approved July 22, 1994 by the Acting Deputy Commissioner of Indian Affairs; and

WHEREAS: Pursuant to the Constitution of the Ponca Tribe of Nebraska, the Ponca Tribal Council exercises legislative powers to enact and promulgate resolutions and ordinances subject to all express restrictions upon such powers contained in the constitution; and

WHEREAS: The Ponca Tribal Council has reviewed the proposed addition to the Law & Order Code, Title XXI – Partnerships.

WHEREAS: This new Code is being considered in order to provide the legal framework for organizing partnerships to expand the business sector in the territory of the Tribe; and

WHEREAS: Title XXI was placed on the September 6, 2022 Tribal Council Agenda to allow comments from the public and on September 13, 2022 and September 20, 2022 for first and second readings respectively. A notice of intent to amend the Law & Order Code Title XXI was provided to all heads of household via the Tribal Newsletter, website and posted in Tribal Offices at least 14 days prior to any final action satisfying the requirements for the adoption, amendment, or abolishment of Ordinances.

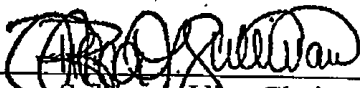
THEREFORE BE IT RESOLVED that the Ponca Tribal Council hereby approves the addition to the Ponca Tribe of Nebraska Law & Order Code, Title XXI – Partnerships.

BE IT FURTHER RESOLVED that these amendments shall take effect immediately.


CERTIFICATION

THIS IS TO CERTIFY AND AFFIRM that the above and foregoing resolution was duly authorized and passed by the Tribal Council of the Ponca Tribe of Nebraska at a duly called meeting held in Lincoln, Nebraska on the 20 day of September, 2022 by a vote of 5 Ayes; 0 Nays; 0 Abstained; 2 Absent. Chairperson _____ voting not voting. A Quorum of 6 was present.

ATTEST



Rebecca Sullivan, Vice Chairwoman
Ponca Tribe of Nebraska



Kyle Taylor, Secretary
Ponca Tribe of Nebraska

Change of Address Form

Mail to: PTN Enrollment Dept PO Box 288 Niobrara, NE 68760 Fax: 402-857-3771

HEAD OF HOUSEHOLD MUST BE AN ENROLLED PONCA TRIBE MEMBER

OTHER ENROLLED PONCA TRIBE MEMBERS IN HOUSEHOLD:

PREVIOUS ADDRESS: (Street/P.O. Box, Apt #, City, State, Zip, County)

NEW ADDRESS: (Street/P.O. Box, Apt #, City, State, Zip, County)

PHONE NUMBER:

ALTERNATE/CELL NUMBER:

E-mail:

DATE NEW ADDRESS IN EFFECT:

To provide better services to Ponca tribal members, this information will be shared with all PTON Departments as needed. Any service may be suspended until this information is corrected and/or updated.

SIGNATURE REQUIRED

DATE

(Please sign your name in the area below with a BLACK felt tip marker)

I _____ I

TRIBAL MEMBERS

(please print)

NAME: _____ DOB: _____

ADDRESS: _____

PHONE: _____

DO YOU WANT YOUR SS NUMBER ON YOUR ID CARD? YES _____ OR NO _____

If yes, please check one of the following: Full SS number _____ or Last 4 digits only _____

By marking **Yes** you understand it is your responsibility to keep your SSN confidential and acknowledge that the Ponca Tribe of Nebraska is not responsible if the card is lost or stolen.

WOULD YOU LIKE YOUR BLOOD QUANTUM ON YOUR ID? YES _____ OR NO _____

**FOR A PHOTO ID PLEASE SIGN AND FILL OUT THIS PAGE.
DON'T FORGET TO SEND (EMAIL) YOUR PICTURE AS WELL**

Photo ID Instructions

1. Signature

Please completely fill in the information on the bottom of the signature page. With a **black** felt tip marker please sign your name in the middle of the top of the signature page. **(Please note that children do not require a signature for theirs.)**

2. Clear readable copies of the following must be submitted:

a: State Driver's License, State ID Card or other valid Picture ID card
(It **must** have your picture and signature on it)

b: If you are **not** an enrolled member of the Ponca Tribe, but your child is, you must still submit a copy of your State Driver's License, State ID Card or other valid Picture ID and a copy of your child(s) Social Security Card and Tribal Enrollment Card for proof of enrollment.

3. Photo Options:

You can email a current photo (without filters) to - enrollment@poncatribene.org
OR

You may mail documentation and your current photo to:

Ponca Tribe of Nebraska
Enrollment Department
PO Box 288
Niobrara, NE 68760-0288

CERTIFICATE CARDS

Certificate cards, or non photo IDs are available upon request. **This form is not required for certificate cards.** Please contact the enrollment department if you would like an enrollment card without a picture.

**PONCA TRIBE OF NEBRASKA
TRIBAL COUNCIL**

RESOLUTION 22-61

WHEREAS: The Ponca Tribe of Nebraska is a federally recognized Indian Tribe (P.L. 101-484) whose business affairs are conducted by the Ponca Tribal Council as defined in the Constitution approved July 22, 1994 by the Acting Deputy Commissioner of Indian Affairs; and

WHEREAS: Pursuant to the Constitution of the Ponca Tribe of Nebraska, the Ponca Tribal Council exercises legislative powers to enact and promulgate resolutions and ordinances subject to all express restrictions upon such powers contained in the constitution; and

WHEREAS: The Ponca Tribal Council has reviewed the proposed amendments to the Law & Order Code, Title XXII – Cooperatives.

WHEREAS: This new Code is being considered in order to provide the legal framework for organizing cooperatives to expand the business sector in the territory of the Tribe; and

WHEREAS: Title XXII was placed on the September 6, 2022 Tribal Council Agenda to allow comments from the public and on September 13, 2022 and September 20, 2022 for first and second readings respectively. A notice of intent to amend the Law & Order Code Title XXII was provided to all heads of household via the Tribal Newsletter, website and posted in Tribal Offices at least 14 days prior to any final action satisfying the requirements for the adoption, amendment, or abolishment of Ordinances.

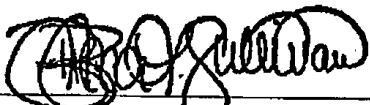
THEREFORE BE IT RESOLVED that the Ponca Tribal Council does approve the addition to the Ponca Tribe of Nebraska Law & Order Code, Title XXII – Cooperatives.

BE IT FURTHER RESOLVED that these amendments shall take effect immediately.

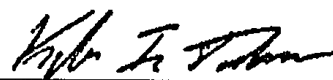
CERTIFICATION

THIS IS TO CERTIFY AND AFFIRM that the above and foregoing resolution was duly authorized and passed by the Tribal Council of the Ponca Tribe of Nebraska at a duly called meeting held in Lincoln, Nebraska on the 20 day of September, 2022 by a vote of 5 Ayes; 0 Nays; 0 Abstained; 2 Absent. Chairperson _____ voting not voting. A Quorum of 6 was present.

ATTEST



Rebecca Sullivan, Vice Chairwoman
Ponca Tribe of Nebraska



Kyle Taylor, Secretary
Ponca Tribe of Nebraska

PEDCO/PONCA ECONOMIC DEVELOPMENT CORPORATION BOARD

There will be one term open due to a resignation. Applications are now being accepted. The general mission of the Corporation is: a) to assist the members of the Ponca Tribe of Nebraska to become more employable, including through technical assistance, training, and development of skills; b) to increase members marketable employment and business skills and proficiency in order for them to achieve better employment and economic opportunities; c) to assist members with establishing, developing, and growing their own businesses and increasing their business opportunities, including through loan and other funding programs as well as the provision of technical assistance and training for business; and d) to otherwise improve and increase the economic well-being of the members and community of the Ponca Tribe of Nebraska as a whole. The Amended and Restated Articles of Incorporation of Ponca Economic Development Corporation and the Bylaws are on the website www.poncatrIBE-ne.org for your viewing or a copy can be e-mailed to you if requested.

The management and affairs of the Corporation shall be vested in a Board of Directors to carry out the purposes of the Corporation. To be eligible for appointment as a Director an individual:

- a. Need not be a resident living on Tribal lands or within the territory of the Tribe.
- b. Must meet all requirements set forth in the Business Entities Code and any other law of the Tribe applicable to the Corporation; and
- c. Must meet any other standards or requirements which the Member's Representatives may from time to time require.

A \$250 stipend per meeting is paid as well as mileage reimbursement up to 410 miles roundtrip. Applicants must submit letter of interest and current resume to the Tribal Council, Attn: Candace Repenning, P.O. Box 288, Niobrara, NE 68760 or by e-mail crepenning@poncatrIBE-ne.org. A background check is required. Deadline for application is December 1, 2022.

"The Ponca Tribe of Nebraska is beginning to build and rebuild our Tribe, from the buildings to the members. We are using members to do the building and repairs. We work hard, and we work safely when we're not taking photos. We want to make sure everyone knows we are very inclusive in all we do. We want everyone to feel they are a part of the Tribe."

-F. James Baker, Facilities Manager



I successfully obtained my GED. I am 45 years old. For the ones who don't have their GED or high school diploma, I encourage you to get it! It opened up a whole new door! It's never too late to get your education!

I did it!!

I am the grandson of the late Ernest & Amelia "Babe" (Knudsen) Iron Thunder and the son of the late Glenn Saul & Claudette Vacha

- Claude Iron Thunder



Elder's Committee Meeting

November 7 | 10 am

Ponca Tribe Offices | Niobrara, NE

December 5 | 10 am

Ponca Tribe Offices | Sioux City, IA



Ponca Storyteller's Corner

Is there anyone out there who doesn't have a story, or a few, that means the world to them?

Stories contain worlds, convey knowledge, shape identity, live in the best parts of our hearts and memories. Without them, the world would be drab, colorless. Without them, we might wind up forgetting everything we most want to remember.

As Ponca People and as Natives, stories are particularly important to us. For thousands of years, we were an oral culture, meaning the spoken word and storytelling were among the primary ways we transmitted what we knew from generation to generation, how essential things and just lovely things moved through families, clans, and societies. Recently, as we all know, we Poncas have made our way through a kind of apocalypse. It has been difficult, tough, tragic. But we are still here and we are rebuilding, regenerating, and our story as a tribe continues. Guided by our ancestors, we persevere and go forward.

And we Ponca People still have plenty of stories--baskets, pickup trucks, and houses just full of them. They make us laugh, they make us cry, they make us who we are. We remember them from long ago when we were kids, and we remember them from yesterday. We tell them around the fire, and we tell shortened versions of them in our Facebook comments. They're treasures; sacred, precious family belongings. But they're also jokes, lessons, cultural history, and dreams. Aren't they the best? Isn't it awesome that as Ponca People we still have such a beautiful mountain of stories standing at the center of who we are as a people and as a tribe?

In this column, which I'm calling the Ponca Storytellers Corner, I'm aiming to create a place in our monthly newsletter where us Ponca can share our stories--any of them that come to mind--that are meaningful or educational to us, that need sharing or might be inspiring. My hope is that this column feeds our growth, feeds our journey, feeds our soul, because isn't that what a good story does anyway?

It's easy to get this ball rolling and to be a part of making this Ponca Storytellers Corner a lively, interesting place: all you have to do is email me a story. The plan is, I'll introduce the story and then share it here, and then we'll all have a story to think about, ponder, and absorb into our memories each month. Doesn't that sound like a great idea? Isn't that something you might look forward to each month when you pick up your newsletter?

This month I'll start with a short little story my dad, Cliff Taylor Jr., messaged one day a few months back that I've thought about several times since. It's a bit sad, but it's also real, and it's the real stories that stick with us. I share it here and hope it takes you someplace meaningful in your thoughts today.

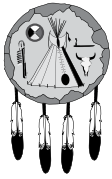
"Here's a story for you."

"I can tell you when my grandma got killed and it was a closed casket. I remember we ate chicken soup for the funeral. It was snowing bad and vehicles couldn't get up hill in the cemetery. The snow was up to my waist and I think I was 11 years old. When they finally got the casket buried, I can't remember who, but someone pointed at this big jackrabbit and told me it was watching the whole time we were in the cemetery. After that we went home and on the 3rd day after she died we put food out for grandma. I still remember hearing the spoon moving in the bowl like someone was eating. Grandma's spirit came..."

"I don't remember going back to Verdell until I drove there myself years later. I would have been a whole different person because she was going to raise me the traditional way. The true Ponca way."

If you have a story you'd like to share in the Ponca Storytellers Corner, email it to cliffponca@gmail.com and jhitchcock@poncatribene.org. We are richer as individuals and as a people when we share the stories we have to tell. Let's make each other rich again as Poncas with the stories we carry.

Weblaho, Cliff Taylor



PONCA TRIBE OF NEBRASKA

P.O. Box 288
Niobrara, NE 68760

www.poncatribene.org

PONCA TRIBE OF NEBRASKA Office Locations

NIORRARA 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

Ponca Health Services-Lincoln

1600 Windhoek Dr, 68512
Ph: (531) 248-3030

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

125 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