

PONCA TRIBE OF NEBRASKA Member News

Gearing up for fall fun

The sun sets on summer with
fall events in full swing.



October 2023

Adopt a buffalo today!



You can help our buffalo to prosper by adopting one or more members of our herd. Our Adopt-A-Buffalo program is open to both Tribal members and Non-Tribal friends. You will receive a photo of your buffalo along with an official adoption certificate. Just choose from the three categories of yearly support listed below:

- \$25 for the Yearling Group**
- \$50 for the Buffalo Herd Group**
- \$100 for the Head Herd Bull Group**

Make Checks payable to: Northern Ponca Buffalo Program
Mail to: Ponca Tribe of Nebraska
 P.O. Box 288
 Niobrara, Nebraska 68760
 ATTN: Northern Ponca Buffalo Program



Restoration POWOW

October 28, 2023

Grand Entries: 1 pm & 7 pm

Lunch provided at 12 pm

Ponca Tribe of Nebraska Gym | 1800 Syracuse | Norfolk, NE

Hand Game

Friday, October 27 | 6 pm

Join us for a meal, followed by a hand game.

Cornhole Tournament

Saturday, October 28 | 10 am

\$20 Entry fee per team, \$500 in prize money.

Chili & Frybread Contest

Saturday, October 28 | 5 pm

Powwow attendees are welcome to join us and help determine who has the very best chili & frybread!

1st Prize: \$300 | 2nd Prize: \$200 | 3rd Prize: \$100

All participants MUST enter both a chili and frybread. Limited amounts of ground bison are available on a first-come, first-served basis, if participants wish to use bison. Contact Culture Director Ricky Wright for more information.

Head Man
David Kitto

Head Woman
Melanie Garza

MC
Rafael Teboe

Head Drum
Young Bucks

Arena Director
Eagle Rhodd

Event will include the crowning of a Restoration Princess.



Special Guest:
World Fancy Dance Champion,
the Wichita War Dancer!

**PONCA TRIBE
OF NEBRASKA**

For the most up-to-date information, follow us on Facebook at: www.facebook.com/PTNPowwow, call: 402-857-3519 or email: rwrightjr@poncatribene.org

On the cover: Buffalo silhouetted against an August sunset on the Ponca homelands in Niobrara.

Chairwoman's Corner



Greetings Relatives,
It was so good to see many of you at our 29th Annual Powwow in Niobrara! This years Powwow saw record numbers of attendees and vendors. A huge thank you goes out to the Powwow Committee, staff, volunteers, and all the participants that made it a success. Congratulations to all of our newly crowned princesses. For those young ladies that didn't get selected, good job and keep at it. The Tribal Council had a booth setup this year at the Annual Powwow to meet with anyone that stopped by as well as to kick off a tribal wide needs assessment during the event. Thank you to everyone that came by to visit and those that took the time to go through the assessment. The Tribal Council is conducting the needs assessment in conjunction with our strategic planning

process. Your feedback is ever so valuable as we plan for the future. We will share the results with the membership once complete.

Additional highlights from the last couple of months:

- Needs Assessment Meetings
- Youth Council Reel Mentors Fishing Event
- Elders Committee Meetings
- IV-E Child Welfare Meetings
- Phase II Casino Meetings
- Elder's Breakfast and Bingo
- Diabetes Bubble Run
- Speaker at Nebraska Manufacturing
- Southern Ponca Annual Celebration
- Knox County Land Tour
- Visited Standing Bear Museum and Education Center

- Genoa Tribal Meetings and Research
- Great Plains Tribal Annual Health Summit
- Great Plains Tribal Leaders Health Board Meetings
- Meeting with Nebraska Game and Parks
- Chief Standing Bear and Ponca Cultural Center Planning Meeting

In closing, I hope you took note in the last newsletter, my offer of reaching out

directly to meet with me should you have any questions, concerns, suggestions, or anything else you would like to share with me. Please feel free to reach out anytime. My contact information is provided in the coffee and conversation box as well as on the PTON website: poncatrIBE-ne.org. Wi Btha Ha (Thank you) for allowing me to share with you. Take care.

Candace Schmidt
Ponca Tribal Chairwoman

Coffee & Conversation

YOU BRING THE CONVERSATION AND I'LL BRING THE COFFEE.

I invite you to reach out and visit with me. Would love to hear from you, whether you have a question, concern, would like to provide feedback on any of our programs/services, or have an idea for something new... Please don't hesitate to reach out. Contact me by email, phone, or text below to set-up a time either in person or to schedule a virtual visit. Talk soon! Wi Btha Ha

Chairwoman Schmidt

Email: candaces@poncatrIBE-ne.org
Call/text: (402) 860-1497

Have you heard?
We are doing a needs assessment and want your feedback!



District 3 Membership Meeting Saturday, October 14 | 12 pm

1600 Windhoek Drive | Lincoln, NE

Lifeseize available for those wishing to attend virtually

District 3 Ponca Tribe members are invited to join District 3 Tribal Council Representatives Susie Baker and Shanna Carpenter for a District 3 Membership Meeting at the new Ponca Tribe of Nebraska offices in Lincoln. This meeting will be a time to share your ideas, comments, and concerns with your District 3 Tribal Council Representatives, and collaborate with other District 3 members. Members from both within and outside the Service Delivery area are invited. Lunch will be served at noon, followed by the meeting at 1 pm. Meeting attendees will be entered into a gift card drawing.

Please RSVP no later than October 7th if you plan to attend in person. To RSVP, receive information to participate virtually, or for more information, please contact District 3 Tribal Council Representatives Susie Baker, 925.788.0649 and Shanna Carpenter, 402.805.0883.



PONCA TRIBE OF NEBRASKA



Flu & COVID-19 Vaccination Clinic

October 4 | 10:00 am - 6:00 pm

2602 J St. | Omaha, NE

To schedule an appointment, contact Ashley at 402.733.3612.

October 5 | 10:00 am - 5:30 pm

600 4th Street | Sioux City, IA

To schedule an appointment, contact Cynthia at 712.258.0500.

October 6 | 10:00 am - 5:30 pm

2523 Woodbine Street | Niobrara, NE

To schedule an appointment, contact Cheryl at 402.857.3391.

October 10 | 10:00 am - 2:00 pm

5805 S 86th Circle | Omaha, NE

To schedule an appointment, Lora at 402.649.2568.

October 11 | 10:00 am - 5:30 pm

1600 Windhoek Drive | Lincoln, NE

To schedule an appointment, contact Carlee at 531.248.3030.

October 17 | 10:00 am - 5:30 pm

1800 Syracuse Ave | Norfolk, NE

To schedule an appointment, contact Kayla at 402.371.8780.

Please wear short sleeves, and have your patient information ready.

 Ponca Health
Services



Members attend Southern Ponca Powwow in August





FAMILY FALL

Pumpkin Patches

District 2:

Tickets to Vala's Pumpkin Patch (12102 S 180th St, Gretna, NE) for Monday-Thursday visits during the season.

Tickets are available from Shannon Malone at the Fred LeRoy Health & Wellness Center on a first-come, first-served basis.

District 3:

Tickets to Roca Berry Farm (16531 S 38th St, Roca, NE), good for any daytime admission during the season.

Tickets are available from Dezarae Hansen at the front desk of the Lincoln office (1600 Windhoek, Lincoln, NE) on a first-come, first-served basis.

District 4:

District 4 Ponca Tribe of Nebraska Heads of Household can request tickets to both Poppy's Pumpkin Patch (55275 837th Rd, Norfolk, NE) and Vala's Pumpkin Patch (12102 S 180th St, Gretna, NE)

Order tickets at: <https://ow.ly/7sah50PMb9a>

Tickets will be available to pick up at the Norfolk office each Friday morning. Tickets MUST be ordered no later than 11:59 pm on a Wednesday to be available that Friday.

Ponca Express will be providing transportation to Vala's on October 14th and 21st, leaving from the Norfolk office at 9 am, and leaving Vala's to return to Norfolk at 5:30 pm. All riders MUST register ahead of time to secure their spot.

Reserve a ride at: <https://ow.ly/6jIB50PMb99>

FUN FOR MEMBERS!

Community Events

District 1:

Haunted Walk

October 21 | 4-6 pm

PTN Offices | 125 6th Street | Sioux City, IA

October 22 | 4-6 pm

PTN Headquarters | 2523 Woodbine St | Niobrara, NE

District 1 Ponca families are invited to a spooky good time! Join us in either Niobrara or Sioux City for a haunted walk, games, prizes, and food!

District 2:

Halloween Event

October 29 | 9-11 am

Next to Ponca Tribe Admin Building
5611 South 86th Circle | Omaha, NE

District 2 SDA members are invited to a walk-through Halloween event. We will provide donuts, drinks, candy and treats for the kids in costume!

District 3:

Trunk or Treat

October 18 | 5:30-7:30 pm

Ponca Health Services - Lincoln
1600 Windhoek Drive | Lincoln, NE

Dress up in your best Halloween costumes and join us for a trunk or treating event in the east parking lot, and a meal in the community space.

For more information on these, or any other district events, please contact your District representatives.

District 1: Angie Starkel 402.922.0436 or JoAn Schlotman, 712.276.7103. **District 2:** Becci Sullivan, 531.222.4471 or Falon McAlpin, 402.208.0297. **District 3:** Susie Baker, 925.788.0649 or Shanna Carpenter, 402.805.0883. **District 4:** Kyle Taylor, 402.750.4299 or Alex Taylor, 402.750.2045.

Contests

District 1:

Pumpkin Carving Contest

District 1 members nationwide are invited to participate. Age groups youth, teens, and adults. Categories: Most Creative, Scariest, Cutest, and Ponca-themed.

To enter, email a picture with your name and age to bjohnson@poncatribene.org, no later than November 1, 2023.

District 2:

Virtual Costume Contest

District 2 SDA members are invited to participate in a virtual costume contest.

To enter, email your photos with your first and last name, phone number, and full address to D2Halloween@poncatribene.org no later than 10 pm, October 31, 2023.

District 3:

Virtual Costume Contest

All District 3 members are invited to participate in a virtual costume contest.

To enter, email a picture of your costume, name, and age to outreach@poncatribene.org from October 15-November 1st, 2023.

PEDCO receives Cybersecurity in Ag grant to provide free trainings

PEDCO has been officially awarded a grant through the National Science Foundation (NSF) to provide training in Cybersecurity in Agriculture in conjunction with the University of Nebraska-Omaha. Dr. George Grispos/Associate Professor of Cybersecurity in the School of Interdisciplinary Informatics, has created a training, consisting of 14 videos/10 modules, which will be available, free of charge. The grant will officially begin on 10/1/2023 through 9/30/2024. Please contact Larry Loucks/Workforce Development Coordinator PEDCO for more information, 402-499-1202 (lloucks@pedco-ne.org). More information will be provided as it becomes available.

>>> →

Are you a young adult 18-25 with experience in the Nebraska state/tribal child welfare system?

>>> →

We want your voice to be heard!

Tribal youth are not accessing services to help in the transition to adulthood. We want to change that. YOU can help!

Please contact us by emailing kitty@nicwc.org or scan the QR code to get started.

Incentives and travel reimbursements available



NICWC
NEBRASKA INDIAN CHILD WELFARE COALITION



District 1 Seeking Cooks

District 1 is seeking bids for cooks for the following upcoming events:

- Halloween Party (soups/frybread or cowboy bread)**
October 21 | Sioux City, IA (approx. 150 people)
October 22 | Niobrara, NE (approx. 100 people)
Bids Due: October 13
- Holiday Meal (turkey, ham, soup, sides)**
November 17 | Wagner, SD (approx. 100 people)
November 18 | Niobrara, NE (approx. 100 people)
November 19 | Sioux City, IA (approx. 150 people)
Bids Due: November 1
- Christmas Candies & Cookies (hiring multiple bakers)**
December 9 | Niobrara, NE (approx. 60 dozen cookies/candies)
December 10 | Sioux City, IA (approx. 120 dozen cookies/candies)
Bids Due: November 22

Contact Angie Starkel, 402-922-0436 for more details. Submit bids to astarkel@poncatribene.org. Preference given to Ponca and other tribal members.



PONCA TRIBE OF NEBRASKA



Family Movie Outing

Hosted by District 2 Tribal Council
December 3 | Doors open - 9:30 am | Movie - 10:00 am

Majestic Theater | 14304 West Maple Road | Omaha, NE
District 2 SDA Ponca tribal members and their immediate family members are invited to an morning showing of the movie, "Wish." Small combos of popcorn and a drink will be provided for each attendee. First come, first served. Everyone must check in at the PTN table upon arrival.

For more information, please contact Becci at 531.222.4471 or Falon at 402.208.0297.



PONCA TRIBE OF NEBRASKA

The Great Pumpkin Contest

Ponca Tribe of Nebraska members are invited to participate in the Great Pumpkin Contest, presented by the Osni Ponca Youth Council.

Submissions will be made and voted on online. Submit pictures of YOUR Great Pumpkin to TheGreatPumpkin@poncatribene.org and include your first and last name, full address, phone number, enrollment number, and age.

Photos must be received NO LATER THAN 11:59 pm Wednesday, October 18th. All photos will be placed on our Ponca Tribe Youth Council Facebook page, where each "Like" counts as a vote. Winners will be announced Monday, October 30th.

Two age groups: 0-17 and 18+

Three winners in each group!
1st Place - \$25 gift card
2nd Place - \$15 gift card
3rd place - \$10 gift card

For more questions, email TheGreatPumpkin@poncatribene.org



Tribal Council Statement on OSNI Ponca, LLC

The Ponca Tribe of Nebraska was recently made aware of false and unfounded allegations as it relates to recent changes regarding the operating agreement of OSNI Ponca, LLC, the Tribe's for-profit economic development enterprise. In an effort to be fully transparent with our Members, Tribal Council is offering facts related to changes at OSNI and PEDCO, the Tribe's nonprofit corporation.

As you may know, the former OSNI CEO left his position in February 2023. Following his departure, Tribal Council was made aware of unprofessional practices by some OSNI Board members. This included inappropriate professional conduct between the Board and OSNI staff as well as highly questionable planned and approved expenditures by OSNI at the behest of the Board.

As you can imagine, this was extremely concerning to the Tribal Council. Tribal Council takes its responsibility of managing the financial and governmental affairs of the Tribe very seriously. Tribal Council began gathering facts and exercised its responsibility, on behalf of the Tribe as owner, to provide oversight of OSNI and the OSNI Board.

Further, Tribal Council is currently undergoing strategic planning and has been reviewing all boards and committees. Several have never been reviewed and are outdated. A part of this process includes hearing feedback from board members and staff, as well as financial and fiduciary considerations.

Following discussions regarding our two economic development entities (OSNI and PEDCO) and weighing feedback received, the decision was made to revert to the original structure and practices for the entities. Below are some additional facts as it relates to these changes.

1. The boards have not been merged. They remain independent boards and the entities remain separate entities.
2. Having the same people on the boards is not a new concept. Historically, they have predominantly been the same individuals serving on both. It wasn't until we ran into a couple problems with individuals not being able to pass a drug test or background check that Council began to allow for the boards to be composed of different individuals. Due to

policy differences, those individuals were still allowed to serve on one and not the other. Bringing the two back in sync prevents this.

3. Both entities serve economic development functions and there is a lot of crossover between the two, including staff. Streamlining and making the boards more efficient will help to improve communication and processes.
4. The OSNI Operating Agreement and PEDCO Articles of Incorporation have been updated from time to time throughout the years, like us updating the Code and other policies/bylaws/agreements/contracts; it is within our scope and expressly provided for in the OSNI Operating Agreement and the PEDCO Articles.
5. The initial number of board members for both OSNI and PEDCO was 5 and that was so the two in effect mirror one another. This is what is recommended and is reflected often in other policies for ease and simplicity.

6. In the OSNI operating agreement, the owner was not changed as has been alleged. The Tribe is still the owner and that is required by the Tribe's Business Entities Code, which is Title 14. That is still reflected in the document. It is also expressly stated in OSNI's Articles of Organization, which take precedence over the operating agreement and have not been changed in any way. The Tribe remains the owner and must remain the owner under the Tribe's Code.

Tribal Council has placed an emphasis on transparency. The OSNI Operating Agreement can be readily viewed via the Ponca Tribe of Nebraska's website www.poncatribene.org/council/boards-committees/osni-ponca. Tribal Members are welcome to make comments at Tribal Council meetings and ask questions. We would welcome any questions on this matter, or other issues, at any of our standing meetings. To be placed on the agenda for a regularly scheduled meeting, please contact Jan Colwell, Tribal Council's executive assistant at 402-857-3391.

Thank you for taking the time to read this message.

Youth Council serves breakfast to Elders Saturday morning of Powwow

Becci Sullivan
Youth Council Advisor

On the morning of Saturday, August 12, 2023 the Osni Ponka Youth Council held their annual Breakfast and Bingo: Honoring Our Elders event at the headquarters in Niobrara. This project is led by Youth Council

member, Ben Schott; and this event was the first event for many of the new youth council members to participate. Our elders were served a hot breakfast of scrambled eggs, sausage, mixed fresh fruit, donuts, coffee, and orange juice to start the morning. After breakfast, the elders

were invited to stay and play bingo for a chance to win loads of prizes. All elder participants were able to win at least one prize during the event. Special thanks for Councilwoman Jo An Scholtman for her contributions of prizes and to Candy Schott,

Cami and Nick Vala, Katerina Robinette, and Mona Wendzillo for assisting the day of the event. And thanks to the Youth Council members that were there to honor and serve our elders; Ben Schott, Claudia Villegas, Shelby Gracey, and Dentiny Rich.



AFFORDABLE CONNECTIVITY PROGRAM

VISIT THE WEBSITE BELOW FOR

INFO REGARDING DISCOUNTS ON YOUR INTERNET!

WWW.FCC.GOV/ACP

**\$30-75 per month
towards internet
service for eligible
households**



29th Annual Ponca Tribe of Nebraska Powwow









Looking for more photos? All our official Ponca Tribe of Nebraska photos are available on Flickr @PoncaTribeofNE.



Member Registration for Website: In the fall of 2019, we moved our websites to a new host to improve functionality. If you previously had membership-level access to our website, please note that you will need to register for the site again.



Did you know?

Our PTN Education programs are open to members nationwide!

- Need based funding in our Higher Education, Adult Vocational Training, and Graduate programs at the post-secondary level.
- K-12 Youth Incentive program
- GED Incentive Program and GED testing fee assistance

For more information on any of these programs, please contact the Education Department at 402.371.8834, via email at pate@poncatrIBE-ne.org or aknudsen@poncatrIBE-ne.org, or via mail:

Ponca Tribe of Nebraska, Department of Education
1800 Syracuse Ave | Norfolk, NE 68701

**PONCA TRIBE
OF NEBRASKA**

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 2023 deadline: November 15, 2023

Spring 2024 deadline: December 15, 2023

Summer 2024 deadline: May 15, 2024

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 2022-2023 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 absenteeism), and \$25.00 (3.5-5.49 days of absenteeism).

Deadline to apply for the 2023-2024 school year is July 31, 2024.

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 at: office (402)371-8834, work cell (402)844-0957, or aknudsen@poncatrIBE-ne.org. **Ponca tribal enrollment is required for ALL education programs**

Effects of domestic violence on children

Lorene Thomas
Niobrara Community
Outreach Advocate

According to NCADV national statistics, 1 in 15 children are exposed to intimate partner violence each year, and 90% of these children are eyewitnesses to this violence.

Many children exposed to violence in the home are also victims of the abuse. What is important to remember is that, even though you may think they haven't witnessed, there is a good chance they have. Many times children who live in an abusive home are referred to as the silent victim. Children who witness domestic violence or are victims of abuse themselves are at serious risk for long-term physical and mental health issues, this is why early intervention is so important. Children who witness violence between parents may also be at greater risk of being violent in their future relationships.

Domestic violence (DV) takes many forms, including chronic arguing and yelling, controlling behaviors, intimidation, threats of suicide or murder, threats involving weapons, and serious injuries. There is always,

however, a destructive undercurrent of power and control, with offenders commonly and compulsively grasping for in a surrogate the control that is lacking within themselves. Any pattern of behaviors in intimate relationships marked by coercive control can be a signal or foreshadowing of abuses.

If the caregiver is going through Domestic Violence and is having problems with children we must remember the child is going through the same things a parent experienced. The circumstances of DV leave caregivers—emotionally and otherwise—unavailable and unresponsive, and activate in kids a primal fear and a host of other raw, complex, and unresolved emotions. The pioneering psychiatrist and researcher Daniel Siegel (2004) instructed, “The mind develops as the brain responds to ongoing experience... The pattern of firing of neurons is what gives rise to attention, emotion, and memory.” And what fires together—in a combination of violent exposures and the child's underlying neurobiological experience—wires together.

Some short term effects of DV or violence on children:

Children in homes where one parent is abused may feel fearful and anxious. They may always be on guard, wondering when the next violent event will happen. ¹This can cause them to react in different ways, depending on their age:

- **Children in preschool**
Young children who witness intimate partner violence may start doing things they used to do when they were younger, such as bed-wetting, thumb-sucking, increased crying, and whining. They may also develop difficulty falling or staying asleep; show signs of terror, such as stuttering or hiding; and show signs of severe separation anxiety.
- **School-aged children**
Children in this age range may feel guilty about the abuse and blame themselves for it. Domestic violence and abuse hurts children's self-esteem. They may not participate in school activities or get good grades, have fewer friends than others, and get into trouble more often. They also may have a lot of headaches and stomachaches.

• Teens

Teens who witness abuse may act out in negative ways, such as fighting with family members or skipping school. They may also engage in risky behaviors, such as having unprotected sex and using alcohol or drugs. They may have low self-esteem and have trouble making friends. They may start fights or bully others and are more likely to get in trouble with the law. This type of behavior is more common in teen boys who are abused in childhood than in teen girls. Girls are more likely than boys to be withdrawn and to experience depression. (Child Welfare Information Gateway. (2014). Domestic Violence and the Child Welfare System. Washington, DC: Children's Bureau, Administration for Children and Families, U.S. Department of Health and Human Services.)

Long-term effects of DV or violence on a child/ children:

More than 15 million children in the United States live in homes in which domestic violence has happened at least once.

continued on next page

CHILDREN: DV can have mental, physical, and emotional effects

continued from previous page *Physical Health Consequences*

(McDonald, R., Jouriles, E.N., Ramisetty-Mikler, S., Caetano, R., Green, C.E. (2006).

Estimating the Number of American Children Living in Partner-Violent Families. Journal of Family Psychology; 20(1): 137-142

These children are at greater risk for repeating the cycle as adults by entering into abusive relationships or becoming abusers themselves. For example, a boy who sees his mother being abused is 10 times more likely to abuse his female partner as an adult. A girl who grows up in a home where her father abuses her mother is more than six times as likely to be sexually abused as a girl who grows up in a non-abusive home.

(Vargas, L. Cataldo, J., Dickson, S. (2005). *Domestic Violence and Children*. In G.R. Walz & R.K. Yep (Eds.), *VISTAS: Compelling Perspectives on Counseling*. Alexandria, VA: American Counseling Association; 67-69.)

Children who witness or are victims of emotional, physical, or sexual abuse are at higher risk for health problems as adults. These can include mental health conditions, such as depression and anxiety. They may also include diabetes, obesity, heart disease, poor self-esteem, and other problems (Monnat, S.M., Chandler, R.F. (2015), *Long Term*

Experiences. The Sociologist Quarterly; 56(4): 723-752.)

Can children recover from witnessing or experiencing domestic violence or abuse?

Each child responds differently to abuse and trauma. Some children are more resilient, and some are more sensitive. How successful a child is at recovering from abuse or trauma depends on several things, including having:

- A good support system or good relationships with trusted adults
- High self-esteem
- Healthy friendships

Although children will probably never forget what they saw or experienced during the abuse, they can learn healthy ways to deal with their emotions and memories as they mature. The sooner a child gets help, the better his or her chances for becoming a mentally and physically healthy adult.

How can I help my children recover after witnessing or experiencing domestic violence?

You can help your children by:

- Helping them feel safe. Children who witness

or experience domestic violence need to feel safe. Consider whether leaving the abusive relationship might help your child feel safer. Talk to your child about the importance of healthy relationships.

- Talking to them about their fears. Let them know that it's not their fault or your fault. Learn more about how to listen and talk to your child about domestic violence (<https://www.nctsn.org/resources/children-and-domestic-violence-listening-and-talking-your-child-about-domestic-violence>)
- Talking to them about healthy relationships. Help them learn from the abusive experience by talking about what healthy relationships are and are not. This will help them know what is healthy when they start romantic relationships of their own.
- Talking to them about boundaries. Let your child know that no one has the right to touch them or make them feel uncomfortable, including family members, teachers, coaches, or other authority figures. Also, explain to your child that he or she doesn't have the right to touch

another person's body, and if someone tells them to stop, they should do so right away.

- Helping them find a reliable support system. In addition to a parent, this can be a school counselor, a therapist, or another trusted adult who can provide ongoing support. Know that school counselors are required to report domestic violence or abuse if they suspect it.
- Getting them professional help. Cognitive behavioral therapy (CBT) is a type of talk therapy or counseling that may work best for children who have experienced violence or abuse. CBT is especially helpful for children who have anxiety or other mental health problems as a result of the trauma. During CBT, a therapist will work with your child to turn negative thoughts into more positive ones. The therapist can also help your child learn healthy ways to cope with stress.

Your doctor can recommend a mental health professional who works with children who have been exposed to violence or abuse. Many shelters and domestic

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CHILDREN: Support systems important for children in an abusive home

continued from page 15
 violence organizations also have support groups for kids. These groups can help children by letting them know they are not alone and helping them process their experiences in a nonjudgmental place.

Is it better to stay in an abusive relationship rather than raise my children as a single parent?

Children do best in a safe, stable, loving environment, whether that's with one parent or two. You may think that your kids won't be negatively affected by the abuse if they never see it happen. But children can also hear abuse, such as screaming and the sounds of hitting. They can also sense tension and fear. Even if your kids don't see you being abused, they can be negatively affected by the violence they know is happening.

If you decide to leave an abusive relationship, you may be helping your children feel safer and making them less likely to tolerate abuse as they get older.

How can I make myself and my children safe right now if I'm not ready to leave an abuser?

Your safety and the safety of your children are the biggest priorities. If you

are not yet ready or willing to leave an abusive relationship, you can take steps to help yourself and your children now, including:

- Making a safety plan for you and your child
- Listening and talking to your child and letting them know that abuse is not OK and is not their fault
- Reaching out to a domestic violence support person who can help you learn your options

If you are thinking about leaving an abusive relationship, you may want to keep quiet about it in front of your children. Young children may not be able to keep a secret from an adult in their life. Children may say something about your plan to leave without realizing it. If it would be unsafe for an abusive partner to know ahead of time you're planning to leave, talk only to trusted adults about your plan. It's better for you and your children to be physically safe than for your children to know ahead of time that you will be leaving.

For more information about the effects of domestic violence on children, call the OWH

Helpline at 1-800-994-9662 or check out the following resources from other organizations:

- **About the Issue: What is child abuse?** — Fact sheet from the Joyful Heart Foundation.
- **Behind Closed Doors: The Impact of Domestic Violence on Children** (PDF, 1.8 M) — Publication from the United Nations Children's Fund (UNICEF).
- **Child Abuse** — Information from KidsHealth.org.
- **Childhood Domestic Violence** — Information from the

Childhood Domestic Violence Association.

- **Help for Families** — Information about Temporary Assistance for Needy Families from the Office of Family Assistance.
- **Safety for Parents** — Information from the Rape, Abuse & Incest National Network (RAINN) for parents about getting a child to safety.
- **Help for Parents of Children Who Have Been Sexually Abused by Family Members** — Information from RAINN.

Sweat Lodge & Traditional Healing
Last Friday of each month at 6 pm
 Fred LeRoy Health & Wellness Center
 2602 J Street | Omaha, NE

For more information or to volunteer to help:
 Robert Sweeney
 402.637.1372
 Rose BirdHead
 531.255.8088

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

HELP US UPDATE OUR MEMBER INFORMATION!

Hello Members,

The Enrollment Department is doing their best to keep our members information current and up to date but we can't do it without your help. If you've moved or need to report a death please contact us to let us know.

Below is a list of members that are inactive. **This means that we do not have a current address for them on file or maybe a death was never reported or documents were never received.** If you see the name of someone you know who has moved please contact them and tell them to update their information with us. If there is the name of

someone you know who has passed please contact us. We need a death certificate or document on file in order to change their status.

You may contact the Enrollment Department at enrollment@poncatribene.org, or contact the Niobrara or Lincoln offices.

We appreciate your help!

INACTIVE MEMBERS AS OF 10/1/2023

Anthony, Jr., Steven Scott
Arrow, Robert Eugene
Bagent, Wayne Orval
Baggett, Donovan Joseph
Banuelos, Christa Rose
Barber, Gabriela Marie
Bear, Joshua Gilbert
Beaver, Jason Chaska
Becker, Jr., Anthony Arnold
Becker, Sr., Anthony Arnold
Becker, Tyler Randell
Bell, Darian Patrick
Bell, Shaune` Kay
Birdhead, William Randolph
Blowe, Dominick Adams
Blowe, Isaiah Fredrick
Blowe, Tyrone Richard
Boettger, Dakota Birdhead
Boettger, Jarell Duncan
Boyer, Berlin N.
Branstiter, Brett Theodore
Brownrigg, Steven Francis
Buffalo Chief, Martel
Buffalo Chief,
Santana Marquerite
Burston, Sandra Lee
Carter, Amber Lynn
Christiansen,
Delores Alexandra
Christiansen, Kari Bianca
Cooks, Jeremy Jurai
Cournoyer-Galindo,
Monique Rosabelle
Courtright, Michael Todd
Crowder, Delorse Sue
Cutshall, Katline James
Danielson, Daniel James
Drapeaux, Juston Lee
Eckley, Lane Emory

Esser, Jeremiah Joseph
Evans, Kaci Antonette
Evans, Matthew James
Fasthorse, Beverlee Ann
Fink, Alissa Rose
Flagg, III., George Albert
Flowers, Diamonds Ann
Flowers, Joseph
Foley, Michael Joseph
Foster, Michele Paige
Freeman, Xavier Lee
Garcia, Cia Christine
Glenn, John Allen
Glisan, Cynthia Lynn
Gortarez, Gina Marie
Gortarez, Rudy John
Goss, Mamie L.
Govia, Isaiah Lee
Govia, Mc Kenzie Jo
Grant, III., Jesse Clarence
Haahr, Anneliese Teresa
Hamilton, Bobbi-Jo Danielle
Hart-La Londe,
Kaedyn Mikael
Hennek, Gail Howe
Henritze, Karen June
Hill, Mary Jane
Hocking-Gosnell, Zalla C.
Hope, Dorothea Jo Ann
Horine, Ashley Danielle
Howard, Michelle Leigh
Howard, Truman Ardell
Howe, Richard H.
Humphreys, Belinda Kay
Iron Thunder, Norman Noel
Jeppesen, Zachary Lee
Johnson, Daniel James
Johnson, Lukus Tyler
Johnson, Nicholas Adair

Jones, Christopher Lee
Kelso, James Alan
Kerrigan, Kathleen Ann
King, Gavin Michael
Klug, Jeremy Tyler
Krueger, Annette Marie
Kyles, Jarred Joseph
Latimer, LaRohn Lewis
Le Roy, Gisele Marie
Lerew Jr, Zachariah Ray
Lieb, Donovan Joseph
Lieb, Sylas Vittorio
Linn, Micayla Naomi
Little, Jeromy Todd
Livermore, Lakin Mardell
Lopez, Jr., Juan Francisco
Maben, Jessica Paige
Mann, Sydney Desiree`
Mategko, Lisa Louise
Maughan, Syrianna Belle
McGrath, Bryan Thomas
McGrath, Daniel Patrick
Mercier, Jade Sharice
Peck, Brandalynn
Peck, Tyler Duane
Petersen, Kevin Lee
Phillips, Noah Trench
Phillips, William Diamond
Pierce, Raychel Marie
Polly, Rachael Anne
Prichard, Joseph John
Prunty, Austin Joe
Quintana Jr, Arthur Jose
Raymond, Joseph Allen
Richard, Robert Brandon
Roberts, Marquitta Ruby
Rulo, Byron
Russell, Kristina Anne
Sainz, Tritia Jeanene

Sarton, Gwendolyn Lee
Schmidt, Jr., Karl Michael
Scuderi, Jana Marie
Scurlocke,
Athena Larissa Lucille
Sherman, Brian Nicholas
Sherman, Cody Lee
Sherman, Harold Dewayne
Sherman, John Glenn
Sherman, Michael Ray
Sherman, Mitchell Everett
Sherman, Robert Le Roy
Sherman, William Edward
Skinner, Jessie Russell
Smith, Ashley Nicole
Smith, Joni Sue
Standblack, Marko Tulio
Stivers, Andrew Jonathan
Stuczynski, Drake Keegan
Swinarski, Alicia Estrada
Thomas, II,
Scott Richard Herbert
Thomas, Jenny Anne
Thomas, Natana Lynn
Thomas, Robin Diane
Treichler, Jasmine Dawn
Tubbs, Shea Micah
Vaughan, Linda Lou
Veals, Clifford James
Velder, Tristen Leo Spencer
Voss, Michael Roy
Waters, Deon Koleon
Wayte, April May
Wells, Isaiah David
Wilson, Clarence Roy
Wright, Kiera Michelle

SEEKING APPLICANTS FOR PONCA GAMING ENTERPRISE BOARD OF DIRECTORS

All Directors of the Enterprise shall (a) be natural persons of at least twenty-five (25) years of age; (b) either (i) possess a Bachelor's Degree in business or a related field, or (ii) possess a high school diploma (or a General Equivalency Diploma) and have at least 5 years of business, financial, legal, government contracting, tribal government or industry experience; (c) be willing and able to perform the Director's duties in compliance with the Business Entities Code and all other laws of the Tribe; (d) obtain or be able to obtain any and all required licenses and authorizations from all gaming regulatory bodies with jurisdiction over the activities of the Enterprise; and (d) meet any other qualifications of Directors set forth in the Business Entities Code. No less than three (3) Directors shall be Ponca tribal members. No person shall be eligible to serve as a Director who (a) is found to be unsuitable for a gaming license or other license or authorization required by the Ponca Gaming Commission, National Indian Gaming Commission, or other gaming regulatory agency pursuant to applicable laws; (b) has been convicted of, or pled guilty or no contest to, a felony in any jurisdiction; (c) has been convicted of, or pled guilty or no contest to, or otherwise found or admitted to committing any crime or civil violation in any jurisdiction involving tax evasion, tax fraud, theft, or embezzlement, of moral turpitude, or against the Tribe; (d) is an employee of the Enterprise, provided that an employee may be selected as a Director on the condition the employee resigns as an employee of the Enterprise upon commencement of service as a Director; (e) has been recalled or removed for cause from elected or appointed office of the Tribe or any Tribal business entity; is a member of the Ponca Gaming Commission; or (g) is a contractor of the Tribe or the Enterprise.

If you are interested in serving, please forward your letter of interest and resume to the Ponca Tribal Council, P.O. Box 288, Niobrara, Nebraska 68760 or via e-mail to janc@poncatrib-ne.org. You may request a copy of the Charter of the Ponca Gaming Enterprise from your local Tribal Office. It is also accessible via the web at www.poncatrib-ne.org. Open until filled.

MEMBER NEEDED FOR INDIAN CHILD WELFARE ADVISORY BOARD

The responsibilities of this Board include advising the PTN Social Services Department and Indian Child Welfare Act (ICWA) program on child custody cases for PTN members or eligible to be members; identifying services for the Dept. to provide and/or request for the children and families of the child custody cases; hear complaints and grievances regarding child custody cases; and report to Council on the Board's advice and determinations to the Social Services Dept. The appointment is for a two-year term expiring May 31, 2025.

Requirements to qualify for the Board:

- Ponca Tribe of Nebraska member*
- Successfully pass a criminal background check
- Not an employee of the PTN and PTN entities

*Preferably the member has received services from the PTN Indian Child Welfare Act (ICWA) program, but it is not a requirement.

A \$250 stipend and mileage reimbursement (not to exceed 410 miles round trip at the govt. rate) are paid per meeting. Applicants must submit letters of interest and current resume to the Tribal Council, Attn: Candace Repenning, PO Box 288, Niobrara, NE 68760 or by email crepenning@poncatrib-ne.org. Deadline for applications is October 15, 2023.



SE-ZIGA (NEWBORN)

by Cliff Taylor

I might look like a forgettable brown
Guy without a car walking down the street
But really I'm Ponca language flowing
Across the Plains.

I'm Ponca language rolling in the mind
Of an ancestor who's stargazing after
A hard winter.

I'm Ponca language in the hearts
Of a Nation that knows the buffalo
Better than modern people know
How to read.

I'm Ponca language escorting the dead
Back home, blessing a newborn in
The firelight, melting into a fuzzy plant,
Creating a pathway forward through
All times.

I might not look like much but I'm
Ponca language incarnate and
There's hardly a more beautiful thing
To be on this wild, sweet earth.

(Picture is of me and my cousin Charlie Iron Thunder, who is currently working with the tribe to revitalize our Ponca language.)



My name is Claude Charles Iron Thunder and I'm 46 years old. I am the grandson of Ernest and Amelia 'Babe' Iron Thunder. My siblings are George, Rhonda, Norman, and Roberta who I call sister, I was raised with her. My wife is Tanya Iron Thunder. I obtained my GED at Metro Community College! I am now pursuing to be a fluent Ponca Speaker through the Ponca Tribe of Nebraska! I am a Student/Teacher Language Instructor.



Elder's Committee Meetings

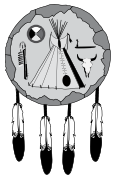
October 2 | 10 am

Ponca Office | Ralston, NE

November 6 | 10 am

Ponca Office | Lincoln, NE





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 68512

Administration

1600 Windhoek Dr.
Ph: (402) 438-9222
Fax: (402) 438-9226

Ponca Health Services-Lincoln

1600 Windhoek Dr
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: (402) 939-0297

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 web site at: www.poncatribene.org