Ponca Tribe prepares to celebrate annual Powwow gathering in August.
27th Annual
Northern Ponca
POW WOW
August 13, 14 & 15, 2021

Grand Entries: Fri - 7 pm  | Sat - 1 pm & 7 pm  | Sun - 1 pm
Meals provided 1 hour before each Grand Entry

Diabetes Fun Run
August 13 | 5 pm
Join us for a fun walk/run before Friday Grand Entry

Horseshoe Tournament
August 15 | 10 am
1st Prize: $250
2nd Prize: $150
3rd Prize: $100

Hand Drum Contest
1 person must have their own drum.
1st Prize: $300
2nd Prize: $200
3rd Prize: $100

Team Dance Contest
3-5 dancers, all dancers must be in regalia
1st Prize: $400
2nd Prize: $250
3rd Prize: $150

Head Man
Quentin Bonge

Head Woman
Taya Wright

Head Boy
Mike Sheridan, Jr.

Head Girl
Kitanna Wright

Arena Director
Josh LeRoy

MC
Shannon LeRoy

Head Singer
Robert Collins

Invited Drums
Omaha Whitetail
Young Bucks
The Horse
Standing Eagle
Mato Pejuta
Mazakute

Senior Princess
Nevaeh Horse

Junior Princess
CeCe Taylor

Little Miss
Cante iyapa Blacktail
Deer (Rosebud)

With the support of the Nebraska Arts Council.

Follow us on Facebook for the most up-to-date information regarding the Powwow:
facebook.com/PTNPowwow
Powwow Etiquette Guidelines

The Gathering arena is blessed before the Gathering begins and is considered a sacred area. It is impolite to walk through the arena if you are not a participant. If you need to get to the other side of the arena, please walk around the perimeter and instruct your children to do the same.

PHOTOGRAPHY is generally permitted when the performers are in the arena using available light only. PLEASE NO FLASH PHOTOGRAPHY.

PHOTOGRAPHY IS PROHIBITED during some of the spiritual ceremonies. Please remember Eagle feathers are sacred and must not be touched.

PLEASE STAND AND REMOVE YOUR HAT when the Eagle staff is brought in during the Grand Entry, Flag Songs, Veterans Songs, Invocations, Eagle Feather Retrieval Ceremonies, Memorials, Honor Songs, and Closing Songs.

BE RESPECTFUL to the singers and the drums. Do not step in between the singers and the drum. Do not move or sit at the seats at the drum. No drum hopping. Respect the drum.

POLITENESS always goes a long way - if you are unsure, ask some polite questions. A little interest will be flattering to the dancer. Pointing a finger is considered impolite.

SPECTATOR SEATING is in the bleachers and chairs may be set up so long as they are outside the circle of the arena. Benches near the arena are for dancers. Please do not disturb the dancers or their belongings. Be sure to allow seating for elders.

PLEASE LISTEN TO THE MASTER OF CEREMONIES as announcements will be made instructing the participants and informing the spectators of the significance and history of the dances. Feel free to join in the “Intertribal Dances”.

OTHER COURTESEES include never hindering or bothering the performers or standing in front of those preparing to dance or sing. DO NOT touch a dancer’s clothing without permission, much or all of what the dancer is wearing is hand created. Some of the items of regalia may be heirlooms and have special or spiritual meaning. Many items are very delicate, some have been made by a respected family member and are especially cherished by the dancer. Respect other people’s camps, and don’t disturb fireplaces.
It’s official: Standing Bear High is name of new high school in southeast Lincoln

Zach Hammack
Lincoln Journal Star

Lincoln Public Schools has finally put the question to rest.

What’s in a name?

All three of the district’s new schools finally have one after the Lincoln Board of Education Tuesday approved Standing Bear High as the name for the new high school in southeast Lincoln set to open in 2023.

Lincoln Northwest High and Robinson Elementary, names for the two other schools being built with money from a $290 million bond issue, were approved last month.

Standing Bear High joins Lincoln High as the city’s only public high schools not based on a direction and it’s the first to be named for a person.

That person is one of the most important figures in Nebraska’s history. Chief Standing Bear, who led the Ponca Tribe during the turbulence of the 19th century, persuaded a federal judge in an Omaha courtroom in 1879 to recognize Natives as persons with the right to sue for their freedom.

Board member Annie Mumgaard said she’s heard some concern from the community about the Standing Bear name,

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Give 2021 Your Best Shot!

The Ponca Tribe of Nebraska is offering $100 Target gift card incentive for fully vaccinated (both shots of the Pfizer or Moderna vaccine, or one shot of the Johnson & Johnson vaccine) Ponca Tribe of Nebraska members, and staff from all Ponca Tribe of Nebraska entities. This incentive is available to Ponca Tribe of Nebraska members nationwide.

To apply, you must complete the form online at https://tinyurl.com/nt3pd7. Please be aware that submissions may take 1-2 weeks to process. Incomplete forms will not be processed.

For questions, please contact Becci Sullivan at 531.222.4471

Offer open to enrolled members of the Ponca Tribe of Nebraska, and current employees of all Ponca Tribe of Nebraska entities ONLY. Ponca Health Services can look up vaccine records for anyone who has received the COVID-19 vaccine at any of our Ponca Health Services locations and/or events, if documentation is unavailable. One incentive per person. Fraudulent claims may affect eligibility for future programs or employment status. Lost or stolen gift cards will NOT be replaced.

PONCA TRIBE of NEBRASKA

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Ponca Tribe of Nebraska expecting the return of Standing Bear’s pipe tomahawk

Carolyn Conte
News Channel Nebraska

PONCA, Neb. -- It was 1897...Native Americans were still fighting for basic human rights. One Ponca tribe leader, Standing Bear, took his right to be recognized as a human to court and won. But when it came time to pay his lawyer for his services, he did not have cash. So, he gifted the attorney his tomahawk.

It ended up in the possession of a Harvard museum. Now, the Ponca Tribe is asking for the tomahawk back.

“Direct descendants … can see this is why we’re here today,” Ponca Chairman Larry Wright said of the memorabilia.

Wright said museums are useful for sharing information, but that the tomahawk was given as a gift to pay for something they shouldn’t have had to fight for in the first place.

“Through all the things the Ponca has been through … it is important those entities understand the importance of items coming home.”

Nebraska State Senator Tom Brewer supports the return and was part of a committee that sent a recommendation to the legislature.

“We have gone a long time without understanding native culture,” he said, hoping this will bridge cultural gaps.

It’s not only a step toward understanding, but toward renewal for the Ponca tribe. They lost one-third of the tribe along the trail of tears to Oklahoma, and Wright said they have been trying ever since restoration in 1990 to bring their culture back to life.
Tip 1: Learn to cope with change
In life, there will always be periods of both joy and stress. It’s important to build your resilience and find healthy ways to cope with challenges. This ability will help you make the most of the good times and keep your perspective when times are tough.

• Acknowledge and express your feelings
You may have a hard time showing emotions, perhaps feeling that such a display is inappropriate and weak. But burying your feelings can lead to anger, resentment, and depression. Don’t deny what you’re going through. Find healthy ways to process your feelings, perhaps by talking with a close friend or writing in a journal.

• Accept the things you can’t change
Many things in life are beyond our control. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems. Face your limitations with dignity and a healthy dose of humor.

• Take daily action to deal with life’s challenges
When a challenge seems too big to handle, sweeping it under the carpet often appears the easiest option. But ignoring the problem doesn’t make it go away; it allows both the problem and your anxiety to build. Instead, take things one small step at a time. Even a small step can go a long way to boosting your confidence and reminding you that you are not powerless.

Tip 2: Find meaning and joy
A key ingredient in the recipe for healthy aging is the continuing ability to find meaning and joy in life. As you age, your life will change and you will gradually lose things that previously occupied your time and gave your life purpose. For example, your job may change, you may eventually retire from your career, your children may leave home, or other friends and family may move far away. But this is not a time to stop moving forward. Later life can be a time of exciting new adventures if you let it.

• Pick up a long-neglected hobby or try a new one
Taking a class or joining a club or sports team is a great way to pursue a hobby and expand your social network at the same time. Take a scenic hike, go fishing or camping, join a book club, or go to a concert or play.

• Learn Something new
Such as an instrument, a foreign language, a new game, or a new sport. Learning new activities not only adds meaning and joy to life, but can also help to maintain your brain health and prevent mental decline.

• Get involved in your community
Try attending a local event or volunteering for a cause that’s important to you. The meaning and purpose you find in helping others will enrich and expand your life. Community work can also be a great way of utilizing and passing on the skills you honed in your career—without the commitment or stress of regular employment.

Tip 3: Stay connected
It’s important to find ways to reach out and connect to others, regardless of whether or not you live with a spouse or partner. Along with regular exercise, staying social can have the most impact on your health as you age. Having an array of people you can turn to for company and support as you age is a buffer against loneliness, depression, disability, hardship, and loss.

• Connect regularly with family and friends
Spend time with people you enjoy and who make you feel upbeat. It may be a neighbor who you like to exercise with, a lunch date with an old friend, shopping with your children, or playing with your grandkids. Even if you are not close by, call or email frequently to keep relationships fresh.

• Volunteer
Giving back to the community is a wonderful way to strengthen social bonds and meet others interested in similar activities or who share similar values. Even if your mobility becomes limited, you can get involved by volunteering on the phone.

• Find support groups in times of change
If you or a loved one is coping with a serious illness or recent loss, it can be very helpful to participate in a support group with others undergoing the same challenges.

Tip 4: Get active and boost vitality
Don’t fall for the myth that growing older auto-
AGING: Tune your mind, spirit, and body

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matically means you’re not going to feel good anymore. It is true that aging involves physical changes, but it doesn’t have to mean discomfort and disability. While not all illness or pain is avoidable, many of the physical challenges associated with aging can be overcome or drastically mitigated by exercising, eating right, and taking care of yourself.

- **Exercise**
  Find an activity you like and that motivates you to continue. You may want to exercise in a group, like in a sport or class, or prefer a more individual exercise like swimming. Walking with a family member or friend will help keep you motivated and you will not only benefit from physical activity, but from the social contact as well.

- **Eat Well**
  As you age, your relationship to food may change along with your body. A decreased metabolism, changes in taste and smell, and slower digestion may affect your appetite, the foods you can eat, and how your body processes food. But now, more than ever, healthy eating is important to maintain your energy and health.

- **Get plenty of sleep**
  Many adults complain of sleep problems as they age, including insomnia, daytime sleepiness, and frequent waking during the night. But getting older doesn’t automatically bring sleep problems. Developing healthy sleep habits as you age can help you ensure you get enough quality sleep each night. Make sure your bedroom is quiet, dark, and cool, avoid artificial light from screens for at least one hour before bed, and increase your activity levels during the day.

**Tip 5: Keep your mind sharp**

There are many good reasons for keeping your brain as active as your body. Exercising, keeping your brain active, and maintaining creativity can actually help to prevent cognitive decline and memory problems. The more active and social you are and the more you use and sharpen your brain, the more benefits you will get. This is especially true if your career no longer challenges you or if you’ve retired from work altogether.

- **Challenge your brain**
  For some people, challenging your brain could involve playing new games or sports. Other people may enjoy puzzles or trying out new cooking recipes. Find something that you enjoy and challenge your brain by trying new variations or increasing how well you do an activity. If you like crosswords, move to a more challenging crossword series or try your hand at a new word game, or if you like to cook, try a completely different type of food.

- **Vary your habits**
  You don’t have to work elaborate crosswords or puzzles to keep your memory sharp. Try to vary your habits each day, whether it is taking a different route to work or the grocery store or brushing your teeth with a different hand. Varying your habits can help to create new pathways in the brain.

- **Take on a completely new subject**
  Taking on a new subject is a great way to continue to learn. Have you always wanted to learn a different language? Learn new computer skills? Learn to play the piano? There are many inexpensive classes at community centers or community colleges that allow you to tackle new subjects.
**SCHOOL: Naming raises opportunities for education**

continued from page 2

but said the educational opportunity it provides is “long overdue.”

“I really do believe this is a very healthy thing for our community,” she said, calling the name “a large responsibility” the district must handle with respect.

Board member Bob Rauner, who chaired the southeast high school naming committee, said there were mixed opinions about the name initially. But it soon became evident, he said, that the school district could take a leading role in the nation at a time when using Native names and likenesses has become problematic.

“The name itself is an educational process,” he said. “I am confident LPS will do it the right way.”

With names out of the way, the attention turns to school mascots and colors.

That process includes each school’s principal and staff working with parents and incoming students to “build an identity,” said John Neal, associate superintendent for governmental relations.

Mascots and school colors are like any other individual school policy, Neal added, and don’t have to be formally approved by the board. There is also no set timeline on when those elements are decided.

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**ATTENTION: All 2021 high school graduates**

**You have until July 31, 2021, to submit for the Youth Initiatives Program Senior Incentive. Please contact either Pat or Aubrey in the Education Department, if you have any questions.**

You may contact us by email at pate@poncatribe-ne.org or aknudsen@ponca-tribe-ne.org. or you may call us at (402) 371-8834 and ask for Pat or Aubrey.

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**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.

**Fall 2021 deadline: August 15, 2021**
**Winter 2021 deadline: December 15, 2021**

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)

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**Attention All K-12 YIP Students Nationwide:**

- High School Seniors for the 2020-2021 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 (0-0.49 days of absenteeism), $50.00 (0.5-3.49 days absenteeism), and $25.00 (3.5-5.49 days of absenteeism).

**Deadline to apply for the 2020-2021 school year is July 31, 2021.**

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

*Ponca tribal enrollment is required for ALL education programs*
This May, our Youth Council raised awareness for Missing and Murdered Indigenous Relatives. Our Youth Council created a video, posted statistics, and more. This all can be seen on Youth Council’s Instagram. We raised awareness the entire month of May with hopes that our relatives do not become a statistic. We remembered all men, women, and children who are victims of this epidemic.

In May and June, Youth Council hosted an event called Let’s Have a Ball! During this event, Youth Council handed out balls to enrolled Ponca youth ages 2-18 years old. We supplied basketballs, dodge balls, footballs, soccer balls, and volleyballs. We are happy to have had the opportunity to supply our youth with balls for them to play with during the summer! Later this summer, Youth Council is looking forward to putting on a Breakfast and Bingo event to honor our elders at the annual powwow in Niobrara. This will be held on Saturday, August 14, 2021. The event will be held at the Niobrara headquarters. During this event, we hope to serve breakfast and supply gift cards as prizes for enrolled Ponca elders to win! We look forward to seeing you there.

Breakfast & Bingo Honoring our Elders
Saturday, August 14 | 9-11 am
PTN Headquarters | 2523 Woodbine Street | Niobrara, NE

Make time before the Powwow on Saturday to meet the Northern Ponca Elder’s Council (Gahiye niashì‘ga) for Breakfast and Bingo, hosted by the Ponca Tribe Youth Council!

A hot breakfast will be served by the PTN Youth Council, and Tribal Council and Elder’s Council members will have the opportunity to introduce themselves, and talk about their mission.

Bingo will start at 9:45 am, and will go until all games have been played and prizes distributed.

Breakfast provided by the PTN Youth Council. All prizes provided by the PTN Tribal Council and the PTN Youth Council.
Cante’ Waste’ Win Tiospaye’ Talking Circle

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

Healing through tradition, ceremony and prayer...
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)
__________________________________________

__________________________________________

__________________________________________

NEAREST RELATIVE
PHONE/ADDRESS:__________________________________________

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
TRIBAL MEMBERS
(please print)

NAME: ________________________________________ DOB: _________________________

ADDRESS: _________________________________________________________________________

________________________________________________________________________________

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.

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. 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. Only adults need to sign for their own ID’s.)

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:
   Please email a current photo (without filters) to - enrollment@poncatribe-ne.org

   You may scan and email or mail documentation to:

   Ponca Tribe of Nebraska
   Enrollment Department
   PO Box 288
   Niobrara, NE 68760-0288
Casino staff boost Buffalo Program

Team members from Prairie Flower Casino pitched in to donate $1,650 to the tribe’s Adopt-A-Buffalo Program. A check presentation ceremony was held June 17 at the casino, and Casino General Manager Ben Douglass presented the check to Herd Manager Larry Wright Sr.

ATTENTION PONCA MEMBERS!!!

If you have moved, moved out of your previous District to a new District, changed your name, would like to register to vote, or your signature has changed over the years, you will need to (re)register by submitting another voter registration form to the Ponca Election Board.

Please send new voter registration forms to P.O. Box 9, Niobrara, NE 68760. DO NOT send voter registration forms to Tribal Headquarters and do not fax or email registration forms. Please note, electronic signatures will NOT be accepted, as signatures are used during election year to match ballots with voter registrations.

Voter registration can be downloaded here: https://www.poncatribe-ne.org/council/boards-committees/election-committee/

MEMBERS NEEDED!

POW WOW COMMITTEE
There are 3 terms expiring on the Pow Wow Committee on 09/30/21. Letters of interest are being accepted at this time. Committee members are paid a $250.00 stipend, plus mileage reimbursement up to 410 miles roundtrip at the current federally approved rate. If you are interested in serving, please submit a letter of interest ASAP to Beth Barger, Ponca Tribe of Nebraska, P.O. Box 288, Niobrara, NE 68760 or by email to: bbarger@poncatribe-ne.org. Positions open until filled.

Elder’s Council Meeting

July 2 & 3 | 9 am
NPHA | Norfolk

August 13 & 14 | 9 am
Ponca Tribe Headquarters | Niobrara
Congratulations on your success at State Track!

We would like to take this opportunity to congratulate the Ponca Youth who competed and placed at State Track in 2021.

Grace Cramblett
Placed 11th in the state in the 4x800, and her entire team placed 3rd in the state, and were Regional Champions in 6A.

Charlie Yunker
Belgrade High School, Montana
Placed 4th in the 4x100 and 6th in the discus

Abraham Larson
Junior at Stanton High School
Placed 7th in both the boys 1,600 and 3,200 meter runs at state.

Hunter Oestreich
Battle Creek High School
Placed 8th with his team in the 4x800
We would like to thank Rick Wright as he retires from the Ponca Tribe. He plans to relax with the grandkids and great grandbabies, spend his free time beading and making diamond willow canes, and plans to travel all over to many powwows! Rick has always been active with the Tribe, serving on Tribal Council and the Restoration Committee, and the Ponca Tribe has been blessed to have you on the team for the past 7 years!

We would like to thank Donnie Bair for his service, and congratulate him on his retirement! The Ponca Tribe has been blessed to have you come back out of retirement to work with us again! Good luck and Happy Retirement!

Congratulations to Michael Morris on making the Dean’s List at California State University, Los Angeles. Michael is the son of Tom Morris, and the grandson of Councilwoman Susie Baker.

Aurora Eevee Yunker daughter of William and Lynnea Yunker; granddaughter to William Yunke, Sr. and Robin Choate, Rick and Connie Norton; great granddaughter to Rita and Barry Pitzer and great-great granddaughter to Ernest and Amelia “Babe” Ironthunder; was born April 12, 2021 at 12:51p weighing 8lbs. 8oz. and 18 inches.
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@poncatribe-ne.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.poncatribe-ne.org