

First Class

Iowa Tribe of Kansas and Nebraska

3345 B Thrasher Road

White Cloud, KS 66094



2014

NEWSLETTER



2nd Edition

GENERAL COUNCIL MEETING

TRIBAL BUSINESS MEETING

OCTOBER 18, 2014 @ 1:00 P.M.

GEORGE OGDEN BUILDING
3345 B THRASHER ROAD
WHITE CLOUD, KANSAS 66094

2014 CHIEF WHITE CLOUD RODEO RESULTS

Barebacks	Billy Griffin	77 points
Saddle Broncs	Evan Hecht	73 points
Bull Riding	Michael Doolittle	84 points
Calf Roping	Dustin Jileck	9.8 seconds
Over 40 Calf Roping	Dustin Jileck	10.4 seconds
Steer Wrestling	Troy Calloway	5.9 seconds
Girls Barrel Racing	McKenzie Evans	14.605seconds
Team Roping	Ed/Derk Spire	6.9 seconds
Breakaway Roping	Dani Clover	2.3 seconds

Grand River Rodeo Company

June 27 & 28 / Friday & Saturday

Grand Entry - 7:30 pm

Fireworks were held immediately after rodeo on June 28,
2014. Sponsored by Casino White Cloud.



IHS Clinic Update/Notices

White Cloud Health Station Clinic hours are Monday thru Friday 8am – 4:30pm. The Pharmacy is open from 8am – 4:45pm. Walk-ins are always welcome and will be seen in the next available time slot. Emergencies will always take priority. Appointments are always preferred if possible to help decrease wait times and guarantee you being seen by the provider. If anyone has questions over medication please call the pharmacy.

The FDA has reclassified TRAMADOL as a Schedule IV (4) controlled substance. With the reclassification of Tramadol there will be new regulations and policies that all patients will need to adhere to. Expect changes to your Tramadol prescriptions. If you have any questions or concerns please call Benjamin Cloud at the pharmacy. Changes will begin the week of Monday August 4.

Pharmacist Corner

Tylenol (Acetaminophen)

Excessive acetaminophen doses cause more acute liver failures than almost any other cause. Headaches, backaches, and fevers are all reasons for taking Tylenol. It is important to make sure you are using this product safely. It is easy to access because it is sold over the counter at most retail food and drug stores. Recent studies show Tylenol is not being used properly and people are paying the consequences. Below are some frequently asked questions and knowledge about Tylenol everyone should know.

What is Acetaminophen?

Acetaminophen is a generic name for products such as Tylenol. You may see the name acetaminophen abbreviated as "APAP." Acetaminophen is used for pain and fever, but it does not reduce inflammation. Acetaminophen is less irritating to the stomach than some other over-the-counter pain medications such as aspirin or ibuprofen.

What Products Contain Acetaminophen?

Acetaminophen is found both as a single ingredient (Tylenol, etc) and in combination with other medications (Excedrin PM, Midol, etc and in Canada Benylin, All-in-One Cold and Flu, etc). Store shelves are filled with products that relieve pain (Excedrin Extra Strength, etc) and allergy, cold, and flu symptoms (Vicks NyQuil, Vicks DayQuil, etc). While there are countless products out there to choose from, many will have the same active ingredients, including acetaminophen. There are also many prescription medications that contain acetaminophen (Vicodin, Percocet, Fioricet, etc and in Canada Robaxacet-8, Percocet, etc).

What Happens When I Take Too Much Acetaminophen?

Too much acetaminophen can damage the liver and kidneys. Acetaminophen is usually cleared by the liver to nontoxic compounds. When someone takes too much acetaminophen, the liver becomes overloaded and extra acetaminophen has to be cleared by another pathway in the liver. This other

pathway creates a compound that is toxic. Some symptoms of acetaminophen toxicity are **loss of appetite, nausea, vomiting, abdominal pain, a general feeling of discomfort, confusion, yellowing of the skin and eyes, coma, and in severe cases, death**. If you suspect an acetaminophen overdose and live in the U.S., contact the national poison control hotline at 800-222-1222 immediately to be connected to a poison control center in your area.

How Much Acetaminophen Is Too Much?

Usually, adults can take one to two 325 mg tablets, every four to six hours as needed. You should not take more than **FOUR GRAMS (4000 mg)** of acetaminophen in a 24-hour period. This is equal to about twelve of the 325 mg tablets, or eight of the extra-strength (500 mg) tablets.

If you have three or more alcoholic drinks a day, you **SHOULD NOT EXCEED TWO GRAMS (2000 mg)** in a 24-hour period. You can always ask your healthcare professional whether you should take acetaminophen or other pain reliever/fever reducers. They will be able to tell you whether or not it's a good idea to take acetaminophen, and how much you can safely take.

What About Children?

Children are at special risk of getting too much acetaminophen. The dose for children changes as they grow older. Check the labels on your child's medications to see which ones contain acetaminophen. Check with your pharmacist or other healthcare professional before combining medications and ask what dose is appropriate for your child. You can also check to see if it's practical for you to use one acetaminophen product for all the children in your family. If your children are very different in age, this may not be an option. In this case be very careful not to confuse which cup, spoon, or dropper goes with which product. Some products are more concentrated than others, which means you need a smaller amount for a dose. Lastly, never give young children adult-strength acetaminophen.

If you ever have any questions on dosing or other medications please call your pharmacist (Benjamin Cloud).

In the past four decade obesity rates in the United States have soared among all age groups. This rise in obesity rates has affected our youth in alarming fashion. Childhood obesity has increased more than fourfold among those ages 6 to 11. More than 23 million children and teenagers in the United States ages 2 to 19 are obese or overweight, a statistic that health and medical experts consider an epidemic. And this epidemic puts nearly one third of America's children at early risk for Type 2 diabetes, high blood pressure, heart disease and even stroke-conditions usually associated with adulthood.

<http://www.healthierkidsbrighterfutures.org/home>

Lifestyle Changes to Reach and Maintain a Healthy Weight

Making lifestyle changes are important for reaching and maintaining a healthy weight. Sometimes making changes can be hard but if you start with a few changes and get support from family and friends, your child can reach a healthy weight. The 5-2-1-0 health message below will you get on track.

5- Eat at least 5 Servings or More of Fruits and Vegetables Each Day

2-2 Hours or Less of Daily Screen Time

1-1 Hour of Moderate Physical Activity Every Day

0-0 To Almost None: Restrict Soda and Sugar Sweetened Sports and Fruit Drinks.

September is Ovarian Cancer Awareness Month

Ovarian cancer symptoms are often subtle and difficult to diagnose. Research suggests there are four symptoms that may be associated with ovarian cancer.

- Bloating
- Pelvic or Abdominal pain
- Difficulty eating or feeling full quickly
- Urinary urgency or frequency

Any woman experiencing these symptoms on at least 12 days a month should see an obstetrician/gynecologist.

Ovarian Cancer Risk Factors

Ovarian cancer does not discriminate. It can strike a woman of any race or at any age. We do know that women with certain risk factors may have a greater chance of developing ovarian cancer. These risk factors include:

- Family history of breast or ovarian cancer
- Personal history of cancer
- Women over the age of 55
- Women who were never pregnant
- Women on menopausal hormone replacement therapy

www.ovariancancerawareness.org

October is Breast Cancer Awareness Month

Except for skin cancers, breast cancer is the most common cancer in women, but it can be successfully treated. **Screening tests can find cancer early, when chances of survival are highest.**

1. **Know your risk**

Talk to both sides of your family to learn about your family health history

Talk to your provider about your personal history

2. **GET SCREENED**

Talk with your doctor about which screening tests are right for you if you are at a higher risk

Have a mammogram every year starting at age 40 if you are at average risk

Have a clinical breast exam at least every 3 years starting at age 20, and every year starting at age 40

3. **Know what is normal for you**

See your health care provider if you notice any of these breast changes:

Lump, hard knot or thickening inside the breast

Swelling, warmth, redness or darkening of the breast

Change in the size or shape of the breast

Dimpling or puckering of the skin

Itchy, scaly sore or rash on the nipple

Pulling in of your nipple or other parts of the breast

Nipple discharge that starts suddenly

New pain in one spot that doesn't go away

4. **Make healthy lifestyle choices**

Maintain a healthy weight-eat at least 5 serving of fruits and vegetables every day.

Add exercise into your routine

Limit alcohol intake

Limit menopausal hormone use

Breastfeed, if you can

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

What to do if you or a loved one is a victim to Domestic Violence: In the event that you or a loved one has been made aware of an ongoing case of domestic violence, or has been party to domestic violence that has occurred in the past, you are encouraged to contact your local authorities or law enforcement department in order to report the details of the offense. If you wish to report the actions in an anonymous fashion, you may contact the appropriate government department, such as the National Domestic Violence Hotline through their 24-hour telephone number: (800) 799-7233. Remember, no one deserves to be victimized by Domestic Violence; a multitude of resources and assistance exist to prevent these unfortunate acts. See more at: <http://domestic-violence.laws.com/domestic-violence-awareness-month>

IHS Diabetes Prevention Program One Mile Fun run/walk

On Saturday June 14th over 60 community members joined the IHS Diabetes Prevention Program of White Cloud staff personal trainer, Crystal Tracy and dietitian Mariah Lewis at the 4th annual one mile Fun Run/walk held at the White Cloud Fitness Center Nature Trail. The goal of the IHS Diabetes Prevention program is to teach the importance of living a healthy lifestyle that includes exercise and a healthy diet to help prevent type-two diabetes. Children at the event raced one lap around the trail to receive a medal at the finish line. Adults ran or walked three laps around the trail to equal a mile. Following the event all participants received a t-shirt and a water bottle.

The next IHS event will be the 2nd annual Boo Dash held on Saturday, November 1st at 9:00 am at the White Cloud Fitness Center Trail. Bring your ghosts and goblins ready to scare as they run off all their sugar on a safe nature trail. Special prizes will be given in exchange for 10 pieces of Halloween candy.

All ages welcome! (Prizes given for ages 2 to 10)

Adults may choose your distance to walk/run up to three miles.

Northeast Kansas Community Run Club 5k

In April the Northeast Kansas Community Run Club (NKRC) began their nine week walk to run program. NKRC met twice weekly to run to as a group, one night meeting in Highland, and the other meeting at the White Cloud Fitness Center Nature Trail. The 15 member group started the program running a three minute series combined with walking breaks to running a 5k (3.1 miles) non-stop. During run club meeting times, member's children were invited to take part in a free kid's camp where the children played active games while their parents ran.

On Saturday June 28th NKRC held their official 5k run/walk in Highland Kansas. Over 60 runners and walkers of all ages participated in the event. Following the run all participants received Highland Community College T-Shirts, Desk clock and bracelets as well as IHS glow in the dark water bottle. The NKRC members ran a fantastic race and will continue to meet weekly through the 2nd Annual Turkey

Trot held in White Cloud, KS in November. The club will run a race a month with some members building up to a 10k or 6.2 miles this summer. Beginning in August, the club will meet Sundays and Wednesdays at 6:00 pm at the White Cloud Nature Trail. The NKCRC is sponsored by IHS Diabetes Prevention Program of White Cloud, KS and the Walters Wellness Center in Highland, KS.

New members may join anytime. Kids camp will still be provided at each meeting for children ages 3 and up. If you are interested in joining the Northeast Kansas Community Run club please contact Crystal Tracy at 816-266-6266 (you must contact Crystal prior to having your child attend Kids fit camp).

Run Club members as of June 21st

Left to right back row: Shane Garlington, Eric Tracy, Lindsey Gormley, RaeAnn Hullman, Jennifer Miller, Angie Idol, Cheyenne Colborn

Front Row: Norma Garlington, Silas Garlington, Georgia Beck, Amy Keebler, Crystal Tracy



IOWA TRIBAL LEARNING CENTER

Hi, my name is Stephanie Gerdes and I joined the staff at the Iowa Tribal Learning Center in June. I am the manager and preschool teacher. I have enjoyed the last few months getting to know the children as well as the families. I have a fun filled year planned at the daycare for the children. We have also started preschool. Our preschool lesson plans consist of daily developmentally appropriate activities for the children. We have a letter of the week, number, color and shape that the children are working on while making crafts and art that lets them express their own personal creativity. At daycare we also focus on outside time to explore and we use our smart board daily with our learning activities with circle time.

At this time the daycare is running at full capacity with a waiting list. If you would like to have your child join us when slots are available stop by and get an application and return it so your name will be added to the list. This list goes by the date that you filled out your application. If you have any questions please call me and I will talk with you.

Stephanie Gerdes



Dear Tribal Members:

I want to take the time to inform you of the programs I am responsible for operating in addition to my responsibilities of administering the Tribe's Contracts and Grants. Below are each program and a small description of the services we provide.

Higher Education Program :

The Higher Education Program is a grant program for tribal members working towards their Bachelor's Degree. It's based off of financial need and full-time student status. You do not have to live in the service area to be served. It's a yearly application due July 15th.

Adult Education Program :

The Adult Education Program is a program for unemployed or underemployed tribal members living in the service area. The purpose of the Adult Education Program is to improve educational opportunities for tribal members who lack the level of literacy skills necessary for effective citizenship and productive employment and to provide tribal members with sufficient basic education to enable them to benefit from job training and retraining programs and to obtain and retain productive employment. Eligible activities include acquiring basic educational skills, including literacy; provide educational services or instruction for elderly, disabled, or incarcerated Indian adults; if previously unemployed, purchase apparel that is required by job/duty; tutor fees for GED exam, and GED exam fees.

Caregiver Support Program :

The caregiver support program offers a multitude of services including information and assistance services, caregiver counseling and training, support groups, respite care, and a medical equipment lending closet. To be eligible you must be a/an informal, unpaid family caregivers of older adults, aging 55 year old or older; a grandparents or relative caregiver, age 55 and older, who are the primary caregiver of the child not more than 18 years old because the biological or adoptive parents are unable or unwilling to serve as the primary caregiver of the child. They must be related to the child by blood, marriage, or adoption and live with the child.

Priority will be given to caregivers who are older individuals with the greatest social need, older individuals with the greatest economic need, and older individuals providing care to individuals with severe disabilities including children with severe disabilities. The Caregiver Support Program will not pay for a caregiver. This program is only for non-paid family members providing caregiver services on an occasional basis.

Please contact me for more information about the programs and services listed. I am located at the main tribal office. The phone number is 785-595-3258 and my email address is kcheek@iowas.org.

If you have any questions or concerns, please do not hesitate to give me a call or send me an email.

Sincerely,
Kelli Cheek
Contract/Grant Administrator

The Plains Indians: Artists of Earth and Sky (September 19-January 11)

Tickets Required / Members See it Free!

Adults: \$12

Seniors over 55: \$10

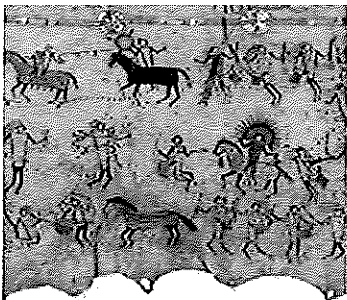
Students: \$6

Children 12 and under: Free

Members: Free

Tickets are valid all day for the date of your visit.

The Nelson-Atkins Museum of Art
4525 Oak Street, Kansas City, MO
816.751.1ART | nelson-atkins.org



Artists from the Plains Indian cultures of North America create works of exceptional beauty, mystery and emotional power—and they have for more than four centuries. This exhibition celebrates the accomplishments of these artists, named and unnamed, from before Euro-American contact in the 1500s to the present day.

Together for the first time, the 138 assembled works from both European and North American collections reveal a continuum of artistic excellence, tradition and innovation. They also tell the heroic story of Plains peoples over their long history.

The exhibition was organized by the musée du quai Branly, Paris, in partnership with The Nelson-Atkins Museum of Art, Kansas City, and in collaboration with The Metropolitan Museum of Art, New York.

In Kansas City, the exhibition is supported by The Sosland Family, Fred and Virginia Merrill, Alan and Berte Hirschfield, James and Elizabeth Tinsman, John and Kay Callison, Mick and Kathy Aslin, Henry W. Bloch, Donald J. Hall, Rex and Pat Lucke, Landon and Sarah Rowland, the Barton P. and Mary D. Cohen Charitable Trust, the Committee of 100, the Donald J. Hall Initiative and our Honorary Committee. Additional support has been provided by the National Endowment for the Arts.

Grants Update

Greetings Tribal Members!!! The Executive Committee and other departments have been working diligently towards a successful year for grant submissions for tribal projects. The awarded and pending applications and projects for 2014 include the following:

- **BIA Endangered Species Funding** – Awarded \$40,000.00 application to fund the quail restoration project. Quail have been scarce on the reservation for many years and this funding source, should it be approved, will allow the Fish and Wildlife Department to set up 10 surrogators placed in various sites around the reservation's 580 acres of CRP/Timber. In addition, twelve acres of milo will be planted and fertilized as supplemental feed for the quail. The surrogators will house 1,250 quail chicks over a total of three five week cycles before they are ready to be released into the wild. The project will begin in the Spring 2015.
- **Department of Justice 2014 Coordinated Tribal Assistance Solicitation (CTAS) funding** - \$626,554 application to fund a Domestic Violence and Alcohol & Substance Abuse programs through Native American Family Services. These programs will establish counseling programs, collaborate efforts with tribal courts, and allow for the creation of a three year strategic plan to get the programs up and running. ***Awards to be announced at end of September**
- **Indian Community Development Block Grant (HUD) 2014 funding** – Submitted an application for \$748,864 to fund a roads project. The Iowa Tribe of Kansas and Nebraska (ITKSNE) proposes to utilize the fiscal 2014 Indian Community Block Grant Category 1 funds to conduct a Public Facilities and Improvement project to resurface 10 roads/streets and provide 40 solar street lights within and near two reservation subdivisions, Roy's Creek #1 & #2, as well as the Community Center. ***Awards to be announced this fall**
- **American Indian/Alaska Native EHS Expansion and EHS-Child Care Partnerships (ANA) funding.** The Tribe, along with Native American Family Services plans to apply for funding for the development of a Head Start program through the Iowa Tribe Learning Center. Application deadline is in October.

We are continually seeking additional funding opportunities to support future projects for our Tribe. All of these projects and funding opportunities are needed to provide us with the economic development to grow our tribe for future generations.

Sincerely yours,

Brandi Jones
Grant Writer

2014 has been a very busy year for Casino White Cloud. We've implemented some new ideas for promotions, and they have been very appealing to our customers. Our goal is to keep our customers happy!! The year isn't over yet, and we have more exciting promotions coming your way. Be sure to stop in at Player's Club Desk to get a copy of our constantly changing monthly events.

MINI TRUCK GIVEAWAY!!



SATURDAY, SEPTEMBER 27TH
AT MIDNIGHT!!

See Player's Club for more details.
Registration begins September 1st.

\$5 BUFFETS **in September**

MONDAY - THURSDAY

LUNCH BUFFET

11AM-2PM

DINNER BUFFET

5PM-9PM



Casino White Cloud is also offering \$5 buffets Monday-Thursday in September. So be sure to come in and enjoy the buffet, it is well worth your \$5.



777 Jackpot Drive
White Cloud, Kansas 66094
877-652-6115
www.casinowhitecloud.org

CASH SETTLEMENTS FOR DIALYSIS



Let Our Legal Team Help Your Family

If your loved one died of a sudden heart attack after dialysis, you could receive a large cash settlement.*

Our legal team is helping Native American families collect **MILLIONS of DOLLARS** in diabetes bad drug claims.

Heart Attack After Dialysis?

Don't Delay! Time to apply is limited!

DEVAUGHN
JAMES INJURY
LAWYERS

1-800-834-8400

www.devaughnjames.com

* Past results do not guarantee future results.

* Every case depends on its own merits.

- The call is free.
- It costs nothing for you to call.
- No office visit required.
- Responsible Attorneys Dustin DeVaughn and Richard James are licensed in Kansas but are teaming up with other attorneys nationwide.
- Call Now 1-800-834-8400

AT&T is currently looking for technicians in the Kansas City, Salina and Manhattan areas to install its Uverse in area homes. This is a full time position with benefits including 401K, health insurance and more after 6 months. The salary for this position ranges from \$13-\$24/hour depending on education and experience.

**AT&T is
hiring in
Kansas!**



Interested in becoming an AT&T Technician?

We're scheduling testing and interview times now, so fill out the online application today for your chance to get in on the action.

AT&T Technicians deliver the future before anyone else. That includes working with the latest technology to keep our customers connected like never before. Pretty cool, right?

Learn more and apply now at:
www.att.jobs/InstallKS

AT&T is Hiring Wire Technicians

It is a great time to be a part of the AT&T family. We are looking for highly motivated technicians to join our team. As a Wire Technician, you will install U-verse in homes in your area. These jobs come with competitive salaries, great benefits and the opportunity for advancement. You will receive valuable training and be provided with a company truck and tools to perform your job.

Some of the requirements are:

- The ability to lift 80 pounds.
- Possess a valid driver's license and good driving record.
- The ability to work a flexible schedule; including evenings and weekends.
- Effectively communicate with customers.

If you are interested, you may apply online at www.att.jobs/InstallLouisiana.

PROGRAMS

OFFERED

- Employment & Training
(Workforce Investment Act)
- Youth Services
- LIHEAP Energy Assistance
- USDA Commodities

Angie Hunzeker – Employment & Training Director

WIA & Youth Services

Rita Campbell-WIA Assistant

Melissa Coonce-FDP Director (commodities)

Joyce King-Warehouse Assistant (commodities)

Robbie Craig – Liheap Services

**United Tribes of
Kansas &
Southeast
Nebraska, Inc**

**3301 Thrasher Road
White Cloud, KS
66094**



United Tribes of KS & SE N, Inc

3301 Thrasher Road
White Cloud, 66094

Phone: 785-595-3291
Fax: 785-595-6667

*Native American
Assistance
Programs*

PH: 785-595-3291



Employment & Training Programs

Must be Native American, Alaskan Native or Hawaiian Native and Economically Disadvantaged, Unemployed or Underemployed and in our service area.

Services Available

- Job Counseling
- Job Placement & Referral
- Career Assessment
- On-the-Job Training
- Vocational Training
- Resume Writing
- Interview Preparation
- Supportive Services
- GED Information
- Higher Education and more

Youth Services

- Employment
- Tuition Financial Help Available
- Must meet Program Guidelines to Qualify
- Very Limited Slots Available
- Must be Native American, Alaskan Native or Hawaiian Native

LIHEAP Energy Assistance

- Helps eligible Low-Income and Fixed Income Households with payment of their home heating costs
- Payment Matrix based on Total Household Income, Household size and type of Dwelling.
- One Time Payment per year. Must Reapply yearly to receive benefits.
- Service area includes Brown and Doniphan Counties in Kansas and Richardson County in Nebraska.
- Nebraska is the only state with cooling assistance
- The program runs from Oct 1st until July 31st

USDA Commodities

- Provides food to households loving on the Iowa or Sac and Fox Reservations or Native Americans within our service area; Richardson County Nebraska, and Brown and Doniphan counties in Kansas.
- You may qualify if you meet income guidelines.
- Households are **not** permitted to participate in the SNAP Program and the Commodity Program at the same time.
- The Commodity Program has a wide

variety of fresh fruits and vegetables to choose from and all fruits and vegetables are purchased in the USA.

Contacts and Emails (for current program guidelines contact the following people)

Angie Hunzeker Education & Training Director and Youth

Email: utwia1@carsoncomm.com
Phone: (785) 595-3291

Rita Campbell WIA Assistant

Email: utwia2@carsoncomm.com
Phone: (785) 595-3291

Melissa Coonce FDP Director

Email: iowafdp@carsoncomm.com
Phone (785) 595-3292

Joyce King Warehouse Assistant

Email: unitedtribesfdp@yahoo.com
Phone: (785) 595-3292

Robbie Craig Liheap

Email: rcraig@iowas.org
Phone: (785) 595-3258

Check us out on Facebook!

Get updates and other information on our programs on Facebook. Our page is **United Tribes of Kansas and Southeast Nebraska**



Walking Trail Update



Walking Trail,

The Iowa Tribe has partnered with Indian Health Service to jointly build a walking trail, exercise stations and a playground for tribal members and the community to use. The trail is approximately 1/3 mile long. Throughout the trail we have planted apple trees, peach trees, cherry trees, blackberry bushes, red raspberry bushes and blueberry bushes. Grimm's Gardens will be planting several indigenous trees throughout the trail to provide shade to those who want to take advantage of outdoor exercise. We have received a grant to install solar powered lighting and signage in Baxoje and English. We are very excited to provide the community with recreational areas to enjoy.



Secretaries Report

I would like to take this time to remind you of the programs that are available. The enrollment office handles all enrollment applications, Lynn Roubidoux Scholarships, burial assistance, and eye glass vouchers.

- The Lynn Roubidoux Scholarship is a one-time award that is available to high school seniors in the amount of \$3,000.00. This scholarship is for graduating seniors and must be turned in by April 15th of their senior year. This year we gave 8 scholarships in the amount of \$3,000.00 for a total of \$24,000.00.
- The burial assistance is in the amount of \$4,000.00. This assistance is paid directly to the funeral home for funeral expenses. So far this year we have assisted 6 families with burial assistance for a total of \$24,000.00.
- Eye glass vouchers are available for tribal members that live in the service area. This voucher is good for \$300.00 and is renewable every two years. Our total for 2012/2013 was \$64,943.94 and this year to date we have given 175 vouchers.

Since January 1st we have enrolled 48 new members to the tribal enrollment. This brings the total enrollment to 4487.

Sincerely,

Anthony G. Fee

Secretary

IOWAY TRIBAL POW-WOW

September 19th, 20th, and 21st 2014

Iowa Tribe of Kansas & Nebraska

White Cloud, Kansas

Signs will be posted. First six drums to be paid. Vendors welcome: first come, first served - \$50 for craft; \$100 for food (entire weekend) and \$150 for both. Camping is available.

Master of Ceremonies
Arena Director
Head Man
Head Woman
Head Gourd
Host Drum
Head Northern Drum
Head Southern Drum

Trilby Wahwasuck, Potawatomi
James "Metwe" Green, Kickapoo
Tim Robinson, Omaha
Sarita Mc Gowan-Ioway
Tom SpottedHorse, Kiowa
Buffalo Singers, White Cloud, Kansas
Whistling Wind- Horton, Kansas
SpottedHorse, Lawrence, Kansas

TENTATIVE SCHEDULE OF EVENTS

Friday, September 19th: Camp night, with chili and hot dogs served for dinner. Join us for a fun evening of activities, including the Princess Contest, a Hand Drum Contest, Potato Dance, Two-Step, and more! Hand Drum contest winners will be rewarded.

Saturday, September 20th:

9 AM--Breakfast will be available
from the Mary Knoxsah Family
10 AM—Registration Opens
11 AM—Gourd Dancing
12 PM—Lunch Break
1 PM—Grand Entry
5 PM—Supper Break;
Registration Closes
6 PM—Gourd Dancing
7 PM—Grand Entry

Sunday, September 21st:

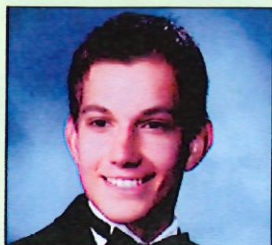
10 AM—Breakfast will be available from
the Pow-Wow Committee
11 AM—Registration Opens
12 PM—Gourd Dancing;
Registration Closes
1 PM—Lunch Break
2 PM—Grand Entry; Closing

Dancers must register in correct category with ID in hand. Security provided by Iowa Tribal Police. No pets allowed in dance arena. Not responsible for lost or stolen items.

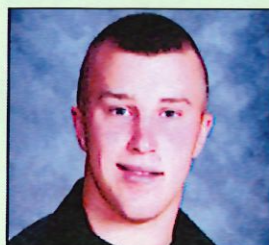
For more info contact: Jim Rhodd (785) 595-3446



Students that were awarded the Iowa Tribe Lynn Roubidoux Scholarship for \$3,000



Seth Clinton Burger
Frederick, MD
Son of Clint & Linda Burger.
Will be attending the
University of Maryland,
College Park



Michael Francis Gilbert III
Omaha, NE
Son of Mike & Jenn Gilbert.
Will be attending
Wayne State College



Sean Thomas Howard
Mamaroneck, NY
Son of John & Susan Howard.
Will be attending the
Suny College at Brockport



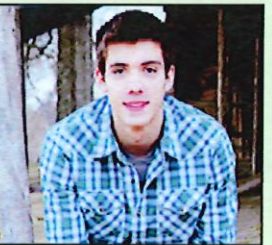
Quinton Chase Johnson
Topeka, KS
Son of Gerald & Marals Johnson.
Will be attending
Washburn University



Skylar Loren Scheufele
Golden, CO
Daughter of Gary & Jeri Scheufele.
Will be attending the
University of Colorado, Boulder



Joseph Daniel Schulz
Seward, NE
Son of Jeff & Glenda Schulz.
Will be attending the
University of Nebraska



Tyler White Cloud Vestal
Hot Springs, AR
Son of Jay & Carol Vestal.
Will be attending the National Park
Community College



Christian James Wright
DeWitt, IA
Son of Kim & Shawn Wright.
Will be attending Luther College

**Congratulations on your
Accomplishments!**





4th Grader Keeping History Alive

Jaidallyn Andrews, a fourth grade student at Widmyer Middle School, in Morgan County, West Virginia, had a Social Studies assignment. She traced her maternal family back seven generations in the Dupuis/Campbell families and told the history of the Ioway Indians. She entered her project in the County Social Studies Fair, where she won 1st place. Jaidallyn was inspired to do this project after she attended the 2013 Dupuis Reunion where she met her many relatives and also attended the Pow Wow. Congratulations, Jaidallyn, from your entire family.

Falls City Middle School Student Studied Abroad

Cheyenne Dovel, a Falls City Middle School seventh grader and the daughter of Jena Dovel, of Falls City, held several fundraisers this past winter and spring that helped her finance a summer trip overseas.

Cheyenne studied in Italy, Sicily and Greece from June 13 to July 1 with People to People, an educational exploration program founded by Dwight D. Eisenhower. The cost of the trip was around \$8,000.00.

To help raise the money, Cheyenne had the following fundraising events.

1. Feb. 17 - 11a.m.-5p.m. Indian taco lunch, George Ogden Building in White Cloud, KS.
2. Feb. 18 - 7a.m. biscuits & gravy breakfast, Howard's Grocery, Barada, NE.
3. Feb 26 - 11:30 a.m.-2p.m., lasagna lunch, American Legion Club, White Cloud, KS.
4. March 3 - 7a.m., biscuits & gravy breakfast at Howard's Grocery, Barada, NE; bake sale at Pamida.
5. March 10 - 11a.m.-3p.m., Indian taco lunch, Fischer Center, Hiawatha, KS.
6. March 16 - Bake sale, Senior Center, Falls City, NE.
7. March 24 - Bake sale at Pamida, Falls City, NE.
8. April 27 - Bake sale at Casino White Cloud.
9. May 26 - Raffle drawing.

Center produces videos on preserving native health traditions

LAWRENCE — When older generations pass on, they often take with them knowledge that hasn't been documented anywhere else. A recent University of Kansas graduate and research assistant is completing a video project in which elders of her native Iowa Tribe of Kansas and Nebraska share unique perspectives on healing, medicine, rituals, history and health traditions. She'll share the videos with tribal members and anyone interested in learning more about native health, culture and history.

Rebekka Schlichting, a recent graduate of the William Allen White School of Journalism & Mass Communications, was a research assistant at the school's Center for Excellence in Health Communication to Underserved Populations. The idea for the video series was born out of conversations with the center's director and staff, who work to improve health communication and information for populations who have traditionally been underserved.

"I thought, 'You could preserve this valuable knowledge in a way that is very accessible and share it with future generations,'" Schlichting said. "Native kids' number one priority is not always learning their cultural heritage, but I have a strong passion for it and wanted to be able to share my culture." Schlichting grew up on the Sac and Fox Reservation in northeast Kansas and graduated from Kickapoo Nation High School in Powhattan, Kansas. She was inspired by the elders in her tribe. They often stressed the importance of education and putting those lessons to use to help their fellow tribe members. So she decided to pass on the wisdom of tribal elders through a series of nearly 50 videos that cover topics in the themes of health, tradition and ritual.

The videos contain interviews with tribal elders discussing their knowledge and memories of health, healing, medicine men, ritual and history, among other topics. The finished videos will include graphics, translations of native words and information supplementing that shared by the elders. The first series of videos is available via [YouTube](#).

Mugur Geana, associate professor of journalism and director of CEHCUP, said Schlichting's project is both novel in its approach and valuable in helping American Indians consider their health.

"CEHCUP decided to fund Rebekka's proposal because of its innovative and introspective inquiry into how American Indians in Kansas traditionally approach health, disease and healing," Geana said. "Her project aligns with CEHCUP's current research with these underserved populations. I hope her endeavor will promote a better understanding of traditional approaches to health and well-being and will also engage native audiences to more openly discuss disease, recovery and hope." Schlichting said the videos will feature tribal elders sharing their knowledge dressed in contemporary attire in an effort to break down stereotypes. The series will appeal to anyone interested in health or native history and people of all ages, not just one narrow demographic, she said.

Schlichting's journalism education helped her form the best questions to ask and taught her how to shoot, edit and produce video as well as graphics and handle the technical details, she said. Though she was working, she couldn't help but be inspired.

"Sometimes all I could think was, 'Wow — I can't believe I'm doing this and I'm going to be able to share all of this powerful knowledge,'" Schlichting said. "I talked to one woman who grew up not knowing what a doctor was. Her grandmother used only traditional healing methods."

The videos will be made available in a series throughout the summer into the fall. Schlichting will continue to work on the project as she begins a master's degree in journalism at the University of Nebraska. She will work with tribal members to market the videos to native populations and anyone else interested in the topic.

"My goal is to help teach kids who aren't exposed to these ideas every day and to share this information with tribal adults as well," Schlichting said. "My ancestors had my generation in mind when they planned for the future, and I'd like to be able to carry on that tradition. A lot of native knowledge has been lost, but there is a lot that can be held onto. I think now is the time to pick up where we left off."

<http://news.ku.edu/2014/07/25/ku-grad-health-center-produce-video-series-preserving-native-health-traditions>

Congrats to Rebekka Schlichting on winning first and second place for "Best Feature Story" in the TV/Online category in the 2014 New Media Awards by the Native American Journalists Association. Rebekka will pursue her Master of Arts in Journalism at the University of Nebraska- Lincoln this fall. You can watch her winning videos at:

<http://ow.ly/3n2jyy>



IOWA HOUSING NEWS

Dear Tribal Members:

Hope you all had a good summer. I would like to take this opportunity to inform you that we have had a lot of interest in the 184 Home Loan Program. There has been a change since the last report.

We are no longer using Wells Fargo as the lending institution. We are now using 1st Tribal Lending. Nothing will change with the program except loan closing will be done faster. The same team of people that were with Wells Fargo have started this group.

For those of you that have completed loans through Wells Fargo, nothing will be different. You will continue to do your business with them. If anyone has any questions, please feel free to contact us at the Housing Office at (785) 595-3380 or by e-mail at iowaha@carsoncomm.com.

Sincerely,

Bradley S. Campbell
Executive Director

FISH & WILDLIFE NEWS

It's that time of year! Deer tags will be issued until Sept. 15th, 2014. New this year for deer hunters, you will receive 2 tags 1 antlerless (Doe) and 1 either sex. These tags may be used in any season with legal equipment for that season. Once you fill the tags you are done for the year.

Also have some good news for upland birds (Quail & Pheasant) on the reservation. The Iowa Tribe received a grant in the amount of \$40,000.00 from the BIA Endangered Species Grant Program. The money will be used to purchase pens to raise week old chicks for 5 weeks then they will be released on property the Tribe has enrolled in the CRP Program. The Tribe has also enrolled a property that was formally in the CRP program to a new program with the State of Nebraska. This program will pay the Tribe \$190.00 per acre to develop it into upland bird habitat. They will even send a biologist to look at the property and give advice on how to manage the property.

If you have any wildlife questions please call me at 785-595-6669.

Scott Elrod- Chairman
Iowa Tribe Fish & Wildlife
Commission

IOWA TRIBE HISTORIC PRESERVATION OFFICE (THPO) REPORT

by Lance M. Foster (THPO)

The Tribal Historic Preservation Office (THPO) is funded by an annual grant from the National Park Service. It was established in 2012, and the first and second THPOs were Alan Kelley and F. Martin Fee. Lance Foster began as THPO (Tribal Historic Preservation Officer) in the fall of 2013 and continues in this position. Foster has graduate degrees in anthropology and landscape architecture/history as well as several decades of experience in historic and cultural preservation. The position is part-time and is not funded by the tribe, but is funded through an annual NPS grant. Alan Kelley as vice-chairman is the direct supervisor for THPO. The THPO also works in cooperation with the needs and directives of the Executive Committee and the General Council.

THPO RESPONSIBILITIES

The primary duty of the THPO as specified by the NPS grant is to review projects that may affect ancestral historic sites of the Iowa Tribe, on the reservation and throughout our ancestral lands in the Midwest. Our tracking database continues to serve us well in this regard. Growth in review requests is anticipated to continue. In addition the THPO serves other cultural needs, including development of a tribal museum, holding a language and cultural study group, and providing presentations as requested.

ELDERS ADVISORY BOARD

The 5-member Elders Advisory Board serves as advisor to the THPO on cultural matters. The members are appointed annually and meet monthly. Currently serving are Betty Dorrell, Pete Fee, Louwane (Gaile Foster) Reed, Terry Murphy, and Mike Ogden. The Elders Advisory Board is made up of tribal members who are recognized as having elder status in the tribe, knowledge of traditional Iowa culture and history, an interest in and experience with historic preservation, and the ability to commit to personal attendance at the monthly meeting. An honorarium of \$75 per meeting is paid to each committee member.

TRIBAL CONSULTATION

One of the projects the THPO office has been involved with on the reservation is more proactive care and advocacy for the places that are important to the heritage of our people, including the reservation's cemeteries and the Leary Site National

Historic Landmark on the reservation, as well as important ancestral sites in other states, like Blood Run/Good Earth (in Iowa and South Dakota), Effigy Mounds (in Iowa), and Pipestone (in Minnesota), which are affected by development and neglect. This requires constant communication with numerous federal and state entities, through the mail or in meetings. This year, there were meetings with state historic preservation officials in Kansas, Nebraska, and Missouri. In addition, the THPO is collecting information from museums and other locations about what Ioway and Oneota (ancestors to the Ioway) materials they may have. Currently the THPO is very active in assisting with monitoring at the Good Earth State Park in South Dakota, the largest Oneota village west of the Missouri, inhabited by upwards of 6000 people from 1200-1720 or so.

BAXOJE WOSGACI: IOWA MUSEUM AND CULTURE CENTER

The old Iowa Tribe Community Building was constructed out of local stone by tribal members during the WPA-era of the late 1930s (1938-1941). The nomination of the building to the National Register of Historic Places is proceeding as scheduled. Listing of the building on the National Register will afford further opportunities for grants for maintenance and stabilization of the building. Adaptive appropriate reuse of the building is a goal of the NPS programs. Since there is increased interest and desire by tribal members to see the establishment and development of a museum/culture center, in order to help preserve our history and culture, THPO has been granted the use of the building as a museum and culture center for the enjoyment and education of all tribal members as well as the interested public. The tribe recently gave the concrete portions of the building a fresh coat of paint, and oversees maintenance. Museum professional Greg Olson wrote a report on recommendations regarding security and climate-control concerns.

The name of the Museum in Ioway is "Baxoje Wosgaci", from Baxoje ("Iowa/Ioway people") + Wosga(n) "way of life, tradition, habit, attitude" + Ci "dwelling, lodge, building, house." It is pronounced phonetically as BAH-kho-jay WOESS-gah-chee. The focus of the story in the museum will be on the Nemaha Reservation, our Ioway culture and history, as well as the natural history of the reservation.

Planned exhibits in the museum include:

- dedicated place for the bearclaw necklace case
- table-sized model of the reservation
- archaeology of the reservation, including the Leary Site
- replicas of traditional objects to explore and touch
- exhibits that will change every month and/or season
- diorama of an 1850s-1860s agency and Ioway village on the reservation
- touch-screen digital museum exhibit to explore artifacts, people, and places
- researcher area with genealogical resources and other sources on the Ioway and the Nemaha region



those interested in hands-on experiences, beading classes are held every Sunday in this building at the same time. Please come and join us! 19 Language lessons so far have also been posted by Lance Foster on YouTube. Just search there for "Introduction to Ioway-Otoe-Missouria Language."

The THPO worked with the Iowa Tribe Learning Center in producing a coloring book with 24 of the animals that kids often see on the reservation, which is why it is called "Animals I See." The names of the animals in English and Ioway are given, along with a pronunciation guide. This will be available as a free resource to tribal members on request. Language classes may be offered again this fall if interest is sufficient.

PUBLIC EVENTS / TRIBAL POWWOW

On June 8, an informative talk by scholar Shelley Frear on the Genoa Indian Boarding School was held at the George Ogden Community Building, with attendance of about twenty people. Ms. Frear is writing a book on the Genoa School, where several of our Iowa people attended classes and work training.

THPO also continues to give public presentations on the history and culture of our tribe, including at the public library in Troy, Kansas (July 22). This last weekend (Aug. 15-16) Park University in Parkville, Missouri marked the 175th anniversary of the Platte Purchase, the Treaty of 1836, which resulted in the establishment of our reservation in Kansas-Nebraska, and loss of lands in Missouri. Tammy and Kelly Rundle showed their second documentary on the Iowa Tribe with a panel discussion afterward, and the following day several presentations were made by scholars and tribal members, including Pete Fee, Joyce Big Soldier Miller, Lance Foster, Duane and Nate Scates, and Greg Olson. Many tribal members attended, notably WWII veteran and elder Emil Campbell, who was honored with a veteran's song by Duane and Nate.

Upcoming public events are posted on IowaysOnline as well as the Facebook groups. And of course the powwow is coming up on September 19-21. New drainage has been installed by the tribe on the powwow grounds, which should make for better camping and drier feet this year!

THPO Lance Foster can be reached at 785-595-3258 or through his email, lfoster@iowas.org



2013/2014 Iowa Tribal Member Obituaries

Dorothy Marie Lord 93, Everett, Washington passed away on February 14, 2014. The daughter of Henry Samuel Sowards and Ruth Helma Story. She was born on October 4, 1920 in Arlington, Washington.

Regina Linger 71, Hancock, Maryland passed away on February 21, 2014. The daughter of Silas G. Clark and Rose Marie DuPuis. She was born on May 12, 1942 in West Virginia.

Jerry G. Green 52, Barstow, California passed away on March 1, 2014. The son of Richard Lee Green and Sondra Gayle Rodgers. He was born on July 6, 1961 in Nebraska.

Angela Renee Sponamore 35, Troy, Missouri passed away on February 28, 2014. The daughter of Robert Craig Sponamore. She was born on August 7, 1979.

Doris Marie Scofield 87, Kansas City, MO passed away on July 23, 2014. The daughter of Leland Partlow and Mary Schneider. She was born on June 1, 1927 in Kinney Heights, Kansas.

CHR/EMS Program

Report To The Indian People

DATE OF AWARD: JANUARY 2014 - JULY 2014

AMOUNT OF AWARD: \$53,746.00

CONTRACT NAME: IOWA TRIBE OF KANSAS AND NEBRASKA

PURPOSE OF AWARD: CHR / EMS PROGRAM

FOR THIS TIME FRAME THE TOTALS ARE AS FOLLOWS

HOME VISITS:	54	MEDICATIONS:	47
TRANSPORTS:	126	BLOOD SUGARS:	12
EYE:	18	DENTAL:	20
MAMMOGRAM:	04	EAR/NOSE/THROAT:	24
MENTAL HEALTH:	13	ALCOHOL/DRUG:	05
HEALTH EDUCATION:	129	ENERGY ASSISTANCE:	00
FOOD DISTRIBUTION:	09	OFFICE VISITS:	28
APPOINTMENTS: 56			

Sincerely,

Rebecca Parker, CHR

This concludes the 2014 Second Edition Newsletter.

Comments or suggestions may be directed

to: Tony Fee at

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