



Kickapoo Valley Reserve hosts its annual Winter Festival

Gary Garvin
Staff Writer

Despite the lack of snow, many people gathered to enjoy the spirit of winter at the Kickapoo Valley Reserve on Saturday, January 12, for its annual Winter Festival.

The Kickapoo Valley Reserve spans over 8,000 acres. In 2000, the US Army Corps of Engineers officially transferred ownership of the land to the State of Wisconsin and the Bureau of Indian Affairs in Trust for the Ho-Chunk Nation to be jointly managed between the Ho-Chunk Nation and the Kickapoo Reserve Management Board.

“The mission of the Winter Festival is just to get people outside in the winter – to have a family-friendly, community event,” Kickapoo Valley Reserve Executive Director, Marcy West said.

The Ho-Chunk people have been involved with the Winter Festival since its inception in 2000. In past years, weather permitting, snows-nake and other traditional winter Ho-Chunk games were played. This year Ho-Chunk stories and education on Ho-Chunk pipes, gourds, drums,

baskets, bowls, spoons, moccasins, corn, shirts, dresses, yarn belts, and hides were shared.

Bill Greendeer recollects his first Winter Festival at the Kickapoo Valley Reserve. “My Dad Caaskaga (Orville Greendeer), was the storyteller. We built a ciiporoke and actually put on a pail with wintergreen tea. We had sumac and the old man put maple syrup in there and sweetened it up,” Greendeer said.

“The telling of the stories have always been tied to the wintertime,” Greendeer said. “With the weather changing as much as it has, there is not much snow here to allow us to do some of the Ho-Chunk games and to go snowshoeing and visit the ice caves, but we are still here and we are still doing this. That’s why I’m happy to be here,” Greendeer said.

People who attended the Winter Festival could participate in a variety of activities including a 5k run/walk, interactive snow sculpting, giant Jenga, arctic checkers, frozen turkey bowling,



Audience members listen closely to Jon Greendeer as he talks about the importance of his kinship role and responsibilities as a cųšge.

archery, a chili and bread contest sampling, penguin races, and children’s stories and crafts.

Face painting for kids was offered by the La Farge High School art students.

A Kickapoo Quick Auction was held in the afternoon with items donated by various individuals and local businesses. The proceeds will benefit the Kickapoo Valley Reserve Education and Events Program.

The day’s activities were concluded with a guided ice hike.

More photos on Page 2

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Families shuffle in and out of the ciiporoke between scheduled activities.



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Want something special placed in the Hocak Worak? Limited space is available so send your request in early. Submissions will be handled on a first come first serve basis.

Letter to the Editor

“Grandfather, Great Spirit, once more behold me on earth and lean my way to hear my feeble voice. You lived first, and you are older than all need, older than all prayer. All things belong to you -- the two-legged, the four-legged, the wings of the air, and all green things that live.

You have set the powers of the four quarters of the earth to cross each other. You have made me cross the good road and the road of difficulties, and where they cross, the place is holy. Day in, day out, forevermore, you are the life of things.” - Black Elk of the

Oglala Sioux speaks

I am Elder Worker, American Legion, Andrew Blackhawk Post 129, and Ho-Chunk Nation Member.

I would like to say, “Thank you” to Elder Community Worker program Director, Department of Labor Director, Office of the President, Ho-Chunk Nation Legislatures, Sharice Davids, and Debra Haaland for considering American Legion, Andrew Blackhawk Post 129, to bring in the Eagle Staff and flags for this day of Swearing in to Office, at the United States Capitol Buildings.

For myself, Richard D. Snake, it was a great historic moment to be there doing this for the two ladies.

There is a few others that I would like to mention, our tailor, who make our ribbon shirts, Terry’s sewing. Also, Ho-Chunk Nation Transportation Department for the vehicle they allowed me and the Honor Guard Members to use for this week Flags Grand Entry. Also like to mention all the other Tribes, Nations, Pueblos, Government People, and entertainers that showed up for this event.

Richard D. Snake

Thank you

I would like to thank all who attended Donald St Cyr’s services. A special thanks to family members for their special attention to him. Thank you to the President’s Office, the Ho-Chunk Nation Veteran’s Affairs, the Ho-Chunk Nation Legislature, the Sanford White Eagle Post 556, the drummers and singers. A special thanks to Sheridan Cloud for his participation, and to Yvonne Funmaker and family for all the great food, and please thanks to anyone who helped or attended and I did not mention. He will always be remembered by his smile.

Pinnagigi

Marilyn St Cyr

To the Ho-Chunk Nation:

Seven years ago on January 25, 2012, my son Gene Jacob Cloud Jr. disappeared. I would like to take this opportunity to say thank you to all of the people who have prayed and all of the people who have participated in the searches for my son Gene.

I would also like to thank the former president Jon Greendeer and the former and present legislators who have helped to obtain the reward money for information on his whereabouts. I would like to give a special thank you to Michelle Greendeer-Rave and her department for their help with organizing the searches, flyers and many important tasks. There have been a lot of people I would like to thank but there are too many people to name at this time. My heart and prayers go out to them and their families.

We continue to ask for your good thoughts and prayers for his mother, Simone, his brothers and sisters, and Rochelle and their daughter Wazoni.

I can never thank you enough.

Pinagigi

Gene J. Cloud Sr.

Rep. Davids named to House Transportation & Infrastructure Committee

Representative Sharice Davids (KS-03) has been named to the House Transportation and Infrastructure Committee. Davids is the only Member from the Kansas delegation on this important committee.

“It’s a privilege to represent Kansas on the Transportation and Infrastructure Committee,” Davids said. “This committee has jurisdiction over areas that touch every aspect of our lives - especially so in the Kansas City Metro area with its strategic position in our country’s heartland as a major transportation hub. I look forward to working in a bipartisan way to advocate for much needed economic development and investment in our roadways, airport, railways, transit network, and local water infrastructure.”

As a White House Fellow, Davids was worked in the Department of Transportation under then-Secretary Anthony Foxx and gained valuable



Representative Sharice Davids (KS-03) has been named to the House Transportation and Infrastructure Committee.

experience in transportation policy. She also has experience working in economic and community development—including bringing infrastructure to communities that lacked it.

The House Committee on Transportation and Infrastructure has jurisdiction over all modes of transportation and other aspects of our national infrastructure.

Winter Festival

Continued from Page 1



Visitors of all ages sit inside the ciiporoke to listen to the winter stories.

Left Photo: Displayed beneath the flag of the Ho-Chunk Nation are wirokiğera (the gourds), reex haruporokra (the drums), naąpaara (the baskets), naąmaçera (the clubs), taanjhura (the pipes), caahara (the hides), ceehj hipirakra (the yarn belts), warusgura (the corn), waasgešorosra (the bowls), anaga cuugira (and the spoons).

Ho-Chunk Nation DNR collaborates with Wisconsin DNR to collar elk heard

Gary Garvin
Staff Writer

Late into the evening Sunday, January 13, Ho-Chunk Nation's Department of Natural Resources Wildlife Biologists were on standby when they received a call from the Wisconsin DNR confirming five elk were trapped and ready to be sedated and collared.

According to Wildlife Biologist Nelson Smith of the Ho-Chunk Nation DNR, biologists from the Wisconsin DNR had set a trap earlier in the week designated for a specific herd of elk. The trap is made up of connecting panels that reach 10 feet in height. Once it is set up, it looks similar to an oversized corral which farmers use to hold

their cattle.

"There are cameras inside and the DNR biologist can see on his computer what animals are inside, and when the biologist gets the animals he wants, then he can trigger to close a door from his computer," Smith said.

After the elk were trapped, they were sedated and collared.

Ho-Chunk Nation DNR Director Greg Blackdeer comments on the importance of collaring the elk. "We'll know where they are at, we'll know when they die, and we'll know if they get shot," he said. "The end goal is to track the elk, so we can have a thriving population in the area," Blackdeer said.



Ho-Chunk Nation DNR Director Greg Blackdeer collars a cow.



Wilbur Blackdeer holds a calf's head and neck straight to keep its mucus from blocking the sedated calf's airways.

JC shares plans for gaming funds with Nation

Reprinted with permission
The Banner Journal
JoDee Brooke

Beginning in 2010, Jackson County has received a payment of \$471,820 from the Ho-Chunk (HC) Nation (Nation). The payment is the result of an agreement between the county and the Nation and is credit against the Nation's payment to the state of Wisconsin, as outlined in its gaming compact. The funds are the result of the gaming compact the county has with the Nation, in which the county receives an annual payment of \$1,000 per acre from the Nation in lieu of county taxation on Ho-Chunk tribal trust land. Jackson County currently has 471 acres of tribal trust land within its borders.

The county receives an annual payment of \$471,820 to be used for any purpose as long as it doesn't diminish the Ho-Chunk Nation governmental jurisdiction or have an adverse financial impact on the Nation.

In 2010, the county established guidelines for which the funds could be used, including the money not be used to fund employee wages or benefits.

Since 2010, the county has received \$4,246,380 in

payments. The money has been used to fund a host of projects, including remodels, security, communication systems and technological programming. Significant funding amounts were awarded the highway department for road projects where there were shortfalls in funding. The county's recycling department required funding to offset state funding shortfalls.

JCC2 (Jackson County Collaborative Justice Coordinating Counsel) and treatment court program required over \$130,000 in HC Gaming revenue to meet funding shortfalls. JCC2 involves the county's court system's efforts relating to criminal, civil, family, juvenile justice and

social programs and projects, while also serving as a liaison to the Ho-Chunk Nation in the rehabilitation of those individuals going through the court system.

County leaders approved approximately \$1 million in gaming funds for the second courtroom project.

Additional HC funding is used for the county's debt service.

On the list for this year's HCG funds are funding for the county's recycling program, the zoning and land information department's orthophoto/hydrographics project, debt service for the second courtroom and veteran transportation through the veterans service office.

Without Reservations



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The Hocak Worak encourages the submission of letters to the Editor. All letters must include the signature, address and telephone number of the author. Letters are subject to editing for grammar, length, malicious and libelous content.

The Hocak Worak reserves the right to reject any advertising, material, or letters submitted for publication. The submission of articles, poetry, artwork and photos is encouraged. The Editor makes the sole decision of what is published in the Hocak Worak. The Hocak Worak will not assume any responsibility for unsolicited material.

Submissions deadlines for the Hocak Worak are by 4:30 PM. We cannot guarantee the publication of submissions meeting these deadlines if the space is not available. No part of this publication may be produced without express written consent from the Editor.

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February Elders Birthdays

<p>1 Levi Thunder Sr. Steve Funmaker Pinkah Greengrass Elaine Sine</p> <p>2 Calvin Snowball William Larsen Harold Blackdeer III Mark Krause</p> <p>3 Laverda Richter Rebecca Krause</p> <p>4 Sharon Lynch Matthew Johnston Carlos Cabasos</p> <p>5 Crystal Herriage</p> <p>7 Celena Twinn Robert Mann James Niemi Kevin Niemi</p> <p>8 Frederick White Jean Stopinski Tina Blair</p> <p>9 Forrest Whiterabbit Janet Berg</p> <p>10 Marlene Helgemo Geneinne Morgan</p> <p>11 Martina Little-Boy Patricia Provost John Huth Sr. Caroline Koukos</p> <p>14 Lila Blackdeer</p> <p>15 Eliza Green Joann Baker Ralph Payer</p> <p>16 Sharon Pierce Lucinda Littlesoldier Carole Roberts Lori Gamble Linda Lowe</p>	<p>17 Myrtle Funmaker Polly Cholka Dwight Steele Cleopus Delarosa Steven Pine Heather Hendrix Wright Steven Radtke</p> <p>18 Janet Dittmer Leon Oknewski</p> <p>19 Frank Decorah Helen WhiteHorse Nadine Hindsley</p> <p>20 Richard Decorah James Webster</p> <p>21 Rachel Winnshiek Gloria Decorah</p> <p>22 Betty Kingsley Albertina McArthur Shirley Kulvik Donald Blackhawk Jr.</p> <p>23 Mary Beeman Merton Lincoln Suzie Coffey</p> <p>24 Arlene Keahna Delia Maisells</p> <p>25 William Lamken Roger Thundercloud</p> <p>26 Leonard Sheka Jr. Bridgadine Spiegler Juan Rivera Helene Day</p> <p>27 Millie Decorah Boye Ladd Edith Prescott Bruce Pettibone Anna Reichenbach Roy Littlegeorge</p> <p>28 Carole Buchanan Kathleen Blackdeer Kenneth Lemieux Cheryl Laubmeier</p>
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Attention: The Next Deadline of the Hocak Worak will be Feb. 1st which will be published on Feb. 8th. Please contact Hocak Worak at ext. 1006 if you have a change of address or would like to be placed on the mailing list.

Behavioral Health in a new location, to offer faster services

Ken Luchterhand
Staff Writer

There are several changes going on with the Ho-Chunk Behavioral Health Division to better serve their clients.

One change is that they are in a different facility. Behavioral Health is now in the main Ho-Chunk Clinic building to make it easier and more comfortable for people to seek services. The new location will allow patients to gain AODA and mental health services without the anxiety of being seen by people they know going into a separate building for the services.

Before this move, Behavioral Health was at the former clinic building on the corner of Airport Road and Lumberjack Guy Road.

Another change is in the process for accessing services for new as well as returning clients, which will speed up the procedure.

“The process has changed beginning on January 1,” said Behavioral Health Division Director Evangeline Suquet. “It used to be that people would call the extension 5014 to request services at which time they would be scheduled for an Intake when the specialist does a brief screening to gather some basic information. At either the Black River Falls or the House of Wellness facility, this appointment could take up to two weeks. A counselor would then be assigned and it could take an additional two to four weeks before the client would be able to sit down with the counselor.

“The satellite facilities were different in the fact that they processed everything in-house,” Suquet said. “Now the services at Black River Falls and the House of Wellness in Baraboo will be more like the satellites in an attempt to offer quicker access to services.”

With the changes, a screening form is filled out when the potential client calls and then the individual is assigned to a clinician immediately. Expediting any necessary referrals for the client. Depending on the clinician’s schedule, a person can get an appointment in seven to 10 days as opposed to six weeks with the former method, Suquet said.

There are 27 staff members in the Behavioral Health Division that Suquet supervises with a clinical staff of 16 who meet with clients.

“Nearly all of the counselors on staff are dually licensed, meaning that they can treat patients in AODA (Alcohol and Other Drug Abuse)



Jodie Tirado, Behavioral Health AODA Counselor, stands at the entrance of the Behavioral Health Division in the Ho-Chunk Clinic.



Behavioral Health Division Director Evangeline Suquet is overseeing many changes within the division, many that will improve services to clients.



Opening the door to AODA and mental health services, Behavioral Health AODA Counselor Jodie Tirado offers a friendly greeting for anyone who enters their facility.

and mental health,” she said. “That means a patient needing both services doesn’t need to change counselors. In addition, most of the issues of AODA and mental health overlap and correlate, so treatment with one counselor can address all issues with the patient.”

Behavioral Health staff are developing support groups within the division. Currently, there are the Fatherhood is Sacred, Motherhood is Sacred, Healthy Relationships, and Substance Abuse groups.

“There is some interest in offering support groups to members of the public other than clients. Under consideration are the Fatherhood is Sacred and Motherhood is Sacred groups. They would be considered education sessions and community events. These would need to be separate from client groups because of HIPPA regulations,” Suquet said.

These groups are held in the Clinic Classroom and now evening groups are now being offered since many people often work during the day.

In anticipation of possible emergencies, a crisis counselor is available on a daily basis each weekday and people are welcome to call or walk in during those situations.

In February 2018, the division underwent a reorganization. Terry Greendeer, the former director, stepped down and Evangeline Suquet took over her duties as division director. Although people still are calling and asking for Terry, the correct information of the new leadership is identified and the community member is directed to the appropriate contact.

Because of staff turnover, in addition to the transition into the clinic, scheduling has become an issue. For scheduling purposes, community members are asked to continue to call the Behavioral Health (extension 5014), which goes into Suquet’s voicemail resulting in calls being forwarded to the Crisis Counselor for follow up. Consequently, if the Crisis Counselor were unavailable, Suquet would spend much time calling them back and addressing their concerns.

They hope to alleviate some of that burden by adding another staff member. Whitney Sanchez has recently been added to the staff at Behavioral Health as a Clinic Office Manager. She will be responsible for many tasks and processes.

As of January 14, Diane Littel was hired as the Behavioral Health Program

Manager. She is a certified in EMDR, aromatherapy, an experienced clinician, still seeing clients at Nekoosa as well as BRF until we can find a replacement for the Nekoosa Health Office. There will be a vacancy in Nekoosa, which will be posted.

The volume of patients have been increasing over the years, Suquet said.

“We’ve experienced an increased volume, especially because of the ongoing opiate crisis,” she said.

In addition to the in-house duties, the staff goes to the hospital to offer assessments and to begin the treatment process in a more timely fashion. The need for treating inmates is a real concern because often people commit crimes due to AODA or mental health issues. The Behavioral Health Division staff also complete assessments at the jails to coordinate any or all necessary services.

“Most jails allow assessments while the person is incarcerated,” Suquet said. “If requested the inmate can also receive a copy of the book, ‘The Red Road to Wellbriety,’ which is the Native American equivalent of Alcoholics Anonymous guidelines.”

Ho-Chunk Gaming Wisconsin Dells cooperates with investigation

Submitted by Dave Abangan, Senior Manager - Public Relations, HCG Wisconsin Dells

At approximately 1 p.m. on January 14, 2019, a male in his 80’s was found unresponsive in his own vehicle parked in the Ho-Chunk Hotel parking lot. Sauk County Sheriff’s Department was contacted

and arrived immediately.

Ho-Chunk Security and Ho-Chunk Surveillance are assisting the Sauk County Sheriff’s Department with the ongoing investigation.

Our prayers and thoughts are with the family of the person involved. Ho-Chunk Gaming Wisconsin Dells considers the safety of our guests

of utmost importance, and continues to maintain a secure environment on a daily basis. Aggressive steps have been taken to ensure the safety of our team members and guests while the investigation continues.

Anyone with information should call Crime Stoppers at 888.847.7285.

Community members gather to paint new Hosto Pii Hocii

Gary Garvin
Staff Writer

The walls of the Hosto Pii Hoci house in Sand Pillow are bright and lively thanks to volunteers from the Ho-Chunk community.

Volunteers ranging from 5 years of age to elite elder spent their evening Thursday, Jan. 11, painting the interior of a house that will serve as a safe positive, place for tribal members waiting for a vacancy at alcohol and substance abuse treatment facilities.

According to Executive Director of Health Ona Garvin, a major obstacle facing individuals who are battling alcohol and substance abuse is their vulnerability to relapse. Those who have reached out and have expressed their sentiments to get clean have difficulties staying substance-free. A contributing factor to this impediment are the environments people experiencing alcohol/drug problems are exposed to.

“It is important to have a building like this because if a person decides they want to go to detox, and they come to our health services and get assessed, then we say ‘we are going to find you a treatment place,’ they need to have a place to stay that is somewhere safe,” said Ona Garvin.

“People will do the intake process and everything but, especially if somebody is homeless, they end up taking off to somewhere else – not fulfilling their obligations to go to treatment,” secretary of the Tribal Action Plan Henrietta Funmaker said.

The Hosto Pii Hoci will be the first house of its kind owned and operated by the Ho-Chunk Nation. It will have rooms available for eight people who are waiting for treatment. The house will be staffed by trained facilitators and is expected to open its doors this coming spring.

The Hosto Pii Hoci offers another avenue of support to by offering a safe and positive environment to persons in active addiction seeking remission.



Front Row (l-r): Deion Miller, Natalya Cleveland, Solae Stanley. Second Row (l-r): Nyree Kedrowski, Autumn White, Henrietta Funmaker, Rosella Stanley, Ona Garvin. Third Row (l-r): Pierre Decorah, Jr., Kimberly Whitewater, Kristin WhiteEagle, and Cal Greengrass.



Pierre Decorah, Jr. reaches his brush to finish the wall.



Roberta Decorah laughs while using a painting roller.



Kristin WhiteEagle applies paint to the corners.



Deion Miller paints with great care and detail.



The youngest member of the painting crew carries a pair of rollers.

Winnebago Tribe continues to see more return to homelands 'We can't keep up with the growth'

Tribal corporation helps create opportunities for Winnebago people



Ann Marie Bledsoe Downes, the vice president for community impact and engagement at Ho-Chunk Inc., addresses state lawmakers in Lincoln, Nebraska, on January 15, 2019.

Photo by Kevin Abourezk

By Kevin Abourezk

When Ann Marie Bledsoe Downes earned her bachelor's degree in education in 1991, she became one of just eight college graduates among the Winnebago people.

Since then, more than 90 Winnebago tribal members have earned college degrees, and Bledsoe Downes now also has a law degree.

And like more and more Winnebago college graduates are doing each year, Bledsoe Downes recently returned home to put her education to work for her people, taking the position of vice president for community impact and engagement for her tribe's economic development corporation.

On Tuesday, she talked about the role Ho-Chunk Inc. has played in improving conditions on the Winnebago Reservation in northeast Nebraska.

"The community I was born into was one where unem-

ployment was very high," she said, speaking to Nebraska state senators gathered for a luncheon near the State Capitol. "Poverty rates were very high. You couldn't get anyone to come in and lend in these communities."

"It was a very, very difficult time."

Indianz.Com Video by Kevin Abourezk: Ho-Chunk Inc. Executive Talks About Growth on Winnebago Homelands

Decades of failed federal policies, including removal from their homelands and the forced allotment of their reservation, left the Winnebago people with few resources for rebuilding their community, Bledsoe Downes said. Because most of the tribe's lands are in federal trust, the Winnebago people have struggled to raise funds for economic development because they are unable to leverage their lands like off-reservation communities are able to do.

As a result, the Winnebago people have had to become creative. A legal settlement in 1994 allowed the tribe to invest funds into an economic development corporation, Ho-Chunk Inc., which it has used to create new businesses, purchase existing businesses and win government contracts.

Started with just one employee, longtime CEO Lance Morgan, Ho-Chunk Inc. today boasts more than 1,000 employees across the globe and business interests in at least 20 states. Its subsidiaries include a homebuilding enterprise, construction company, used car dealership, and a real estate and investment company.

But unlike other corporations, Ho-Chunk Inc. doesn't use its profits to make itself or investors wealthy, Bledsoe Downes said.

"Most corporations are set up to drive profit," she said. "That's not Ho-Chunk Inc. Our goal is to create self-sufficiency by getting jobs and opportunity to our local tribal members."

Ho-Chunk Inc. on Facebook: Groundbreaking on housing and retail complex in South Sioux City, Nebraska

Ho-Chunk Inc. uses much of its profits to help fund economic development and build community institutions in

Winnebago, including housing, home-buying programs, agricultural initiatives and renewable energy projects.

More than two years ago, the tribe made a commitment to build 100 homes in five years. Less than three years later, the tribe already has constructed 62 homes.

Those homes provide much-needed housing for a growing wave of young Winnebagos who have begun returning home after earning their college educations, Bledsoe Downes said. The return of tribal members has created a housing crisis in the community, she said.

"We can't keep up with the growth," she said. "It's a great problem to have."

Ho-Chunk Inc. on Facebook: Ho-Chunk Farms expands operations

Ho-Chunk Inc. has spent significant funds and resources developing 40 acres of land on the northern border of Winnebago, land that has provided space for businesses, including a coffee shop, restaurant and retail store, as well as new homes and apartments for tribal members.

But with few empty lots left on that land, the tribe has begun looking toward undeveloped areas where it can expand in the future. An 80-acre area in the northeast corner of Winnebago should provide enough space for nearly 200 additional homes and businesses, Bledsoe Downes said.

The challenge will be reacquiring parcels from tribal members who own portions of the fractionated area, she said.

Speaking to state senators on Tuesday, Bledsoe Downes said the Winnebago Tribe is on a path toward economic self-sufficiency, and she urged the policymakers to avoid well-intentioned legislation that might further impede the tribe's progress.

"Trying to help oftentimes makes thing muddier," she said.

However, she said, the tribe and state of Nebraska might find ways to support each other through partnerships, Bledsoe Downes said.

"We may have common areas of interest where we can be advocates together and that's a much healthier approach for all of us," she said.

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Sister Act: Two sisters combine their passions to develop online pregnancy guides

Ken Luchterhand
Staff Writer

Amy Kiefer and Krystle Howald are Ho-Chunk sisters who believe two heads are better than one.

Amy and Krystle have joined forces to create their own business. It's called "Expecting and Empowered."

The business is based on their postpartum and pregnancy workout guides. The guides are available for sale on their website, Instagram, and they also have a Facebook page.

"They're in written format and come as a pdf, so we market them over social media like Instagram," Krystle said. "The pregnancy and postpartum guides are written to prevent aches and pains that are common to pregnancy. Also, it's for problems that are common during postpartum period with moms like upper back pain and neck aches."

Their regular daytime jobs are also in the health-care field.

Krystle owns and operates her own physical therapy business, "Empower Movement Physical Therapy," in Oconomowoc while Amy is an oncology nurse at the UW Carbone Cancer Center in Madison.

The idea came to Amy and when she suggested it to Krystle, she quickly agreed that there was a need for physical guidance when dealing with pregnancy.

"We're really close in age, 21 months apart," Amy said. "So when I was pregnant with my first baby, I discovered that there were so many women around me going through pregnancy as well. I just saw what a difference it made to work out and do the right thing during pregnancy. I just felt lucky that I had the knowledge and experience."

"Then when I saw a Facebook post from one of my friends posted and she asked people for suggestions for pregnancy workout. Women really didn't know what to do. So that is when the idea came about and I called Krystle on my cell phone on the way back from the gym and I was like 'Krystle, women need guidance in this period and we have

the knowledge to give it to them.' It was the easiest 'yes' of her life."

Krystle's expertise in physical therapy has helped the sisters create the guides.

"The other business I own is a physical therapy clinic, so we do a lot more hands-on work here, so patients come in for treatment. But it's set up a little bit different than other physical therapy clinics. We don't take any insurance so that allows us to spend a lot more time on treating patients more like a person, more like many body parts together. Sometimes insurance companies will allow you to work on certain parts, like only the shoulder, or only work on the hip, when really you should link those things together to get the person better," Krystle said.

The sisters were very close growing up and that relationship has continued to this day.

"Amy and I grew up in Pewaukee, two of six children. My mom, Valerie Kempen, was adopted so we grew up with German grandparents and then my mom, when I was 8 or so, made all the connections back to the tribe. I found out who her actual parents were with the Ho-Chunk tribe and part Sioux. I also found an uncle who lives in Red Wing," Krystle said.

She became interested in the physical therapy field because her brother had a spinal cord injury when she was in middle school. Through that effort, she believed she was going to help rehabilitate spinal cord injury patients.

"I went to physical therapy school, then at the very last semester, I took this course that was all about women's health," Krystle said. "I only really took that selfishly because I wanted to know what was going on with my body and, hopefully, one day when I was pregnant and had kids."

She started the physical therapy business because she wanted to give patients more personal and comprehensive treatments than what was being offered.

"I never really wanted to own my own business, but here I am," she said. "The goal is to, when going to work, not feeling like you're going to work. It's really something I love doing. It's hard to turn it off because I like doing it so much."

Amy was a personal trainer, but then changed professions to become an oncology nurse. She owes her love, and her sister's love, for helping people to the development of the pregnancy workout guides.

"We both really enjoy people. And so, when you're looking at a career in medicine, you really get a chance to support and connect with people. I honestly think that's why we both started heading in that direction," Amy said.

When she had her baby, she saw that a lot of women weren't doing the right things. Amy has two boys and one on the way. Max will be 3 this spring and Trey is a little more than 1 year old.

Amy noticed that when she changed her workouts during pregnancy, her pains and discomfort were less. She had an easier pregnancy and her sister, Krystle, noticed the same thing because she was pregnant about the same time.

"It was like magic. What solidified it is that we both used the workout guide with our second pregnancies; our second kids are really close in age, too. We saw the difference in our bodies when we followed this guide specifically and how good we both felt. We knew we had something," Amy said.

Krystle has three children: Brooke is 3, Avery is 1 1/2, and Camden is 18 weeks.

The guides also are for postpartum, meaning after the baby is born.

"I use those exercise guides every day," Krystle said. "I think it's really important to use those things for yourself as a mom to keep your sanity. Those exercise guides are nice in that they are contributing to your health. It's kind of nice taking a mental break from your kids during the day. You can do the



Krystal Howald (left) and Amy Kiefer pose with weights to promote their new online series, "Expecting and Empowered," to help pregnant and postpartum women with keeping their bodies in shape and free from the aches and pains associated with pregnancy.



The workout series can be viewed online with a smartphone, providing step-by-step instructions to keep in shape during and after pregnancy.

exercises during their naptimes or during the morning or at night. It makes it very easy to do.

"My sister (Amy) does it too. I haven't missed any part of the guides, especially the postpartum guides. With my first kid, I didn't have that. I had a lot of aches and pains during pregnancy and I actually thought that was pretty normal," Krystle said.

"But I actually thought I had an easy pregnancy. Compared to other ones using the guides, it was way easier because you're kind of strength training, just like an NFL player would strength train for football," she said.

Their guides can be purchased on their "Expecting and Empowered" website.

"We share so many tips. There are free tips for moms, expecting, or people looking to get pregnant. Also, active people who would like to get to know their bodies, but that is better done following our Instagram. We run most of our business off Instagram," she said.

"We're strength training our mommy muscles, so a lot of upper back muscles and hip muscles. You're doing various sports-specific stuff in the guides, so it makes it a lot less physically demanding because having children is a physical job," Krystle said.

Krystle and Amy believe developing the pregnancy workout guides came about because of their hard work ethic. They like to get things done.

"My dad owned a masonry company, so he was a really hard worker," Krystle said. "When I was young, I thought my mom was a 'Sluff McGuff,' but raising six kids wasn't easy. I didn't realize it was so intense until I had kids. I appreciate her more now that I see what it's like to raise children. Now I tell her that I love her. I say to her, 'Poor mom. You had to deal with all this.'"

Ho-Chunk Nation IV D Agency hosts tribal support agencies from across the region at the quarterly Woodland Gatherings summit

Gary Garvin
Staff Writer

Tribal child support agencies from across the state of Wisconsin convened at the District 1 Community Center on Tuesday, January 15 for the annual Woodland Gatherings summit.

Directors, front line workers, financial specialists, and child support specialists deliberated on issues they face in their line of work. "We do a lot of discussion problems that we are having with the counties or with the state, and we do best case scenarios. We swap 'what's the best way to do things,'" said Linda Moser-Buse Director of the Ho-Chunk Nation Social Services.

"The Woodland Gatherings began in 2016 after attending the Wisconsin Child Support Enforcement Association (WSCEA) annual Conference. At that conference many of the tribal child support agencies realized that the issues facing their counties are not necessarily the issue facing tribes," she said.

"It was decided to meet in the fall of 2016, with the many Wisconsin Tribal child support agencies. At the first meeting we decided to include the tribal child support agencies from Michigan and Minnesota," Moser-Buse said.

Invited tribal agencies included, Menomonee Indian Tribe of Wisconsin, Red Cliff Band of Lake Superior Chippewa, Forrest County Potawatomi, Oneida Tribe, Sokaogon Chippewa Community, Stockbridge-Munsee Community, Lac Courte Oreilles, Lac Du Flambeau, Leech Lake Band of Ojibwe, Red Lake Nation, White Earth Nation, Mille Lacs Band of Ojibwe, and Keewenaw Bay Indian Commu-

nity. The Michigan and Minnesota tribal agencies were not present due to inclement weather.

The summit began with a prayer by Travis Cloud. Ho-Chunk Nation President Wilfred Cleveland followed with a speech.

"When we're long gone, everything that we have here will continue to be intact. Our language will be stronger, more speakers, our lodges will be full, our teachings will be full when we have our ceremonies, and a sincerity that they had, we try to have, that our future generations will have, to maintain our identity as a Ho-Chunk people," he said.

"This is what this gathering here is all about, is maintaining all of this with the help of these programs to make it possible that our children, as they grow up, they could realize that they have an identity, that they have a future, that their children will be coming up and that the care is being given to them today," President Cleveland said.

"Life is grand, and I'll feel that way when we all leave here," President Cleveland said.

The agencies then split into groups and addressed concerns frequenting in their organizations.

One of the issues addressed was the process for case transfers from county to tribal agencies. When a case is transferred from the county to a tribal agency that does not use the State System, there can be problems if all of the financials are not transferred.

Another topic of conversation was updating agencies' codes. "There was a discussion on code changes for the tribes and language used in



President Cleveland speaks of the vision he has for the future generations in his opening address.

their codes was shared. This is helpful to all of the agencies," Moser-Buse said. The Ho-Chunk Nation IV D Agency looks to the elder tribal agencies for counsel.

"It amazes me how well the tribal agencies work together and how much encouragement is given to one another to succeed. This is not a big competition, we all want what is best for the children of our tribe," Moser-Buse said.



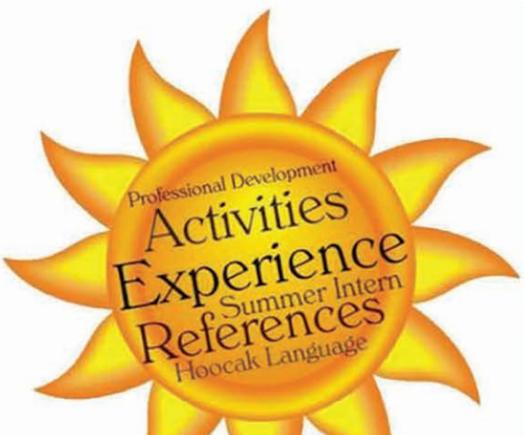
The agencies share information they found beneficial in their organizations.



Members of the agencies discuss several case scenarios.



Courtney Funmaker-Dick listens to concerns facing tribal child support agencies.



ATTENTION:
Ho-Chunk College
Students

*Attending Full-time or Part-time at a
Technical College or University*

Summer 2019 Ho-Chunk Internship
June 3 - August 9, 2019

All application materials are due by
April 12, 2019

To Apply, Submit:

- ◊ Cover Letter
- ◊ Résumé
- ◊ Two Letters of Recommendation
- ◊ Internship Application

The Ho-Chunk Summer Internship is a paid 10 week work experience





For more information, contact Dr. Marcus Lewis
marcus.lewis@ho-chunk.com | (800) 362-4476



An Invitation for Nominations - Culture-Keeper/Elder-in-Residence Program

Nominations are being accepted for the Culture-Keeper/Elder-in-Residence Program at the University of Wisconsin-Madison.

The new initiative seeks to improve the experience of American Indian and Alaskan Native students by hosting Native elders on campus for extended visits (5 day) and educational exchanges. Its goals include: strengthening partnerships between Tribal Nations and the university; providing all students with access to crucial cultural resources; collaboration on curricula, coursework, and possibly research; and improving the campus experience and retention for Native students.

The nomination process will create a group of individuals who will be available to participate in the Culture-Keeper/Elder-in-Residence program in the spring and future semesters.

2019 dates:

Spring: April 1-5 (UW-Madison's American Indian Student Organization Wunk Shek will host the 50th On Wisconsin Annual Spring Powwow (OWASP) on 4/6 -7)

Fall: November 11-15 (Tentative)

Participation will include:

- Brief orientation on UW-Madison

- Meals with faculty and students in the American Indian Student and Cultural Center

- Support of cultural events on campus

- Serve as guest lecturer
- Hold office hours to visit with students, faculty, and staff

- Meet with faculty who work with Native students and Nations

- Other activities based on nominee's interests

Compensation: Housing, meals, transportation support, and a monetary stipend.

You are invited to nominate yourself or someone else.

A background check will be conducted for each nominee.

Nomination deadline: February 8, 2019

Nominations will be reviewed and individuals notified in late February.

To submit a nomination, choose one of the options below.

1) Click here <https://go.wisc.edu/eldersnomination>

2) Reply to this email with answers to the questions noted below.

3) Download, print, and complete the attached PDF, and return via U.S. Postal Service to Diane Stojanovich to address noted on the nomination form.

Culture-Keeper/Elder-in-Residence Program

Nomination Questions

Date _____

Name of nominee: _____

Tribe of nominee: _____

Nominee phone number _____

Nominee email _____

Nominee address _____

Name of nominator: _____

Nominator phone number _____

Nominator email _____

Nominator address _____

Brief statement by nominator (limit to 200 words). Please share why you are nominating this individual. Please share experience with youth mentorship, education, etc.

Please indicate the semester that the nominee will participate (you can choose one or both)

_____ Spring: April 1-5, 2019

_____ Fall: November 11-15, 2019

Deadline to submit: 2/8/19

If you have questions, please call Diane at (608) 263-3063

Please return completed form to:

Diane P. Stojanovich, Director of Strategic Communications

Nelson Institute for Environmental Studies

Room 30B Science Hall, 550 North Park Street, Madison, WI 53706



Financial Literacy

70 % → 80 %

<https://hcn.financialfitness.center>

DATES	PASSING
NOW-JANUARY 31, 2019	POST-TEST: 70% or higher FINAL EXAM: SCORE 70% or higher
FEBRUARY 1, 2019	POST-TEST: SCORES CHANGE TO 80% or higher FINAL EXAM: SCORE 70% or higher
AUGUST 1, 2019	POST-TEST: SCORES 80% or higher FINAL EXAM: SCORE CHANGE TO 80% or higher

IF YOU HAVE ANY QUESTIONS OR NEED CLARIFICATION EMAIL:

HonorYourFuture@ho-chunk.com

MAKE SURE TO COMPLETE AND PASS MORE THAN JUST ONE POST-TEST FOR EACH TUTORIAL.

Google Chrome is the recommended browser when using the online program.

SUMMONS
(First Publication)
IN THE HO-CHUNK NATION TRIAL COURT

In the Interest of Minor Child: E.C., DOB 12/16/2009
Case No.: JV 19-03

TO THE PARENT, GUARDIAN, LEGAL OR PHYSICAL CUSTODIAN AND/OR TRADITIONAL RELATIVE(S): Edward Cloud

You are hereby informed that you have been deemed an interested party in the above-entitled juvenile protection case. This legal notice of the filed *Child/Family Protection Petition* is now served upon you by publication. A proceeding concerning the above-named child is pending in the Court, and an adjudication will be made. The Court shall convene an *Emergency Removal Hearing* in accordance with HOCÀK NATION CHILDREN AND FAMILY ACT, Para. 3.41. Any parent(s), guardian(s) and/or person(s) having legal or physical custody of the child must personally appear along with the at the *Hearing* described below.

The Court shall commence a proceeding at **10:00 a.m. CST** on the **15th** day of **January, 2019** for the following purpose: ***Emergency Removal Hearing***. Pursuant to HOCÀK NATION CHILDREN AND FAMILY ACT, Para. 3.35, the parties have a right to counsel at their own expense; a right to confront and cross-examine those appearing against them; a right to present and subpoena witnesses; a right to substitution of judge; and a right to a jury trial.

NOTICE – VIOLATION OF THIS ORDER IS SUBJECT TO PROCEEDINGS FOR CONTEMPT OF COURT. SUBPOENAS: ‘THE FAILURE TO COMPLY WITH A SUBPOENA SHALL SUBJECT THE PERSON FAILING TO COMPLY TO THE CONTEMPT POWER OF THE COURT.’ THE COURT MAY FIND ANY PARTY TO THIS MATTER IN CONTEMPT OF COURT FOR FAILURE TO APPEAR AT A COURT HEARING OR FOR FAILURE TO FOLLOW COURT ORDERS.

The Trial Court is physically located at Wa Ehi Hocira, W9598 Highway 54 East, Black River Falls, (Jackson County) Wisconsin. The Trial Court’s mailing address is P. O. Box 70, Black River Falls, WI 54615. The telephone number is (715) 284-2722, or toll free 800-434-4070, and the facsimile number is (715) 284-3136.

SUMMONS
(First Publication)
IN THE HO-CHUNK NATION TRIAL COURT

Ho-Chunk Nation CSA, and State of Wisconsin and Claudine R. Mountain, Petitioner, v. Keramy M. Funmaker, Respondent.

Case No.: CSFJ 18-75

TO THE ABOVE-NAMED: Keramy M. Funmaker

You are hereby informed that you have been named the payer in the above-entitled child support action. This legal notice of the *Petition to Register & Enforce a Foreign Judgment or Order* is now served upon you by publication. Your written *Answer* to the *Petition* must be filed with the Court on or before the twentieth day from the date of the second published issuance of this *Summons*. You may request a hearing within your written response. See CHILD SUPPORT ENFORCEMENT CODE, 4 HCC § 7.36. Also, you must send or present a copy of your *Answer* to the opposing party listed above or to their attorney of record. Failure to file a timely *Answer* in the time allowed **can affect your right to object to the enforcement of the foreign judgment or order.** *Id.*, § 7.36(b)(v).

The Trial Court is physically located at Wa Ehi Hocira, W9598 Highway 54 East, Black River Falls, (Jackson County) Wisconsin. The Trial Court’s mailing address is P. O. Box 70, Black River Falls, WI 54615. The telephone number is (715) 284-2722, or toll free 800-434-4070, and the facsimile number is (715) 284-3136.

SUMMONS
(Second Publication)
IN THE HO-CHUNK NATION TRIAL COURT

M.R.C., Petitioner, v. Jerome M. Cloud, Respondent.

Case No.: DV 18-02

TO THE ABOVE-NAMED RESPONDENT: Jerome M. Cloud

- You are hereby informed that you have been named a respondent in the above-entitled civil lawsuit. This legal notice of the filed *Petition for Order for Protection* is now served upon you by publication in accordance with *Ho-Chunk Nation Rules of Civil Procedure*, Rule 5(C)1f. In this matter, the Court has already issued an *Ex Parte Order for Protection* against you pursuant to the *Ho-Chunk Nation Domestic Abuse Act of 2000* (hereinafter DOMESTIC ABUSE ACT), 4 HCC § 5.11. You may obtain a copy of the Ex Parte Order for Protection by contacting the Ho-Chunk Nation Clerk of Court at (715) 284-2722 and requesting a copy of the Order.
- A proceeding concerning the underlying cause(s) of action is pending in the Court, an adjudication will be made and a judgment may be issued against you if you fail to appear.
- **The Court shall convene a *Continued Domestic Abuse Hearing* at 1:30 p.m. CST on the 5th day of February 2019, in accordance with the DOMESTIC ABUSE ACT OF 2000, Para. 5.12a-b.**
- The Ho-Chunk Nation Trial Court is physically located at Wa Ehi Hocira, W9598 Highway 54 East, Black River Falls, (Jackson County) Wisconsin. The Trial Court’s mailing address is P. O. Box 70, Black River Falls, WI 54615. The telephone number is (715) 284-2722, or toll free 800-434-4070, and the facsimile number is (715) 284-3136.

SUMMONS
(First Publication)
IN THE HO-CHUNK NATION TRIAL COURT

Ho-Chunk Nation Child Support Agency, State of Iowa and Raven Medina, Petitioner, v. Jordan D. Ness, Respondent.
Case No.: CSFJ 18-78

TO THE ABOVE-NAMED: Jordan D. Ness

You are hereby informed that you have been named the payer in the above-entitled child support action. This legal notice of the *Petition to Register & Enforce a Foreign Judgment or Order* is now served upon you by publication. Your written *Answer* to the *Petition* must be filed with the Court on or before the twentieth day from the date of the second published issuance of this *Summons*. You may request a hearing within your written response. See CHILD SUPPORT ENFORCEMENT CODE, 4 HCC § 7.36. Also, you must send or present a copy of your *Answer* to the opposing party listed above or to their attorney of record. Failure to file a timely *Answer* in the time allowed **can affect your right to object to the enforcement of the foreign judgment or order.** *Id.*, § 7.36(b)(v).

The Trial Court is physically located at Wa Ehi Hocira, W9598 Highway 54 East, Black River Falls, (Jackson County) Wisconsin. The Trial Court’s mailing address is P. O. Box 70, Black River Falls, WI 54615. The telephone number is (715) 284-2722, or toll free 800-434-4070, and the facsimile number is (715) 284-3136.

SUMMONS
(First Publication)
IN THE HO-CHUNK NATION TRIAL COURT

Ho-Chunk Nation CSA, State of Wisconsin and Jonathon A. Rieck, Petitioner, v. Jade A. Campbell, Respondent.
Case : CSFJ 18-67

TO THE ABOVE-NAMED: Jade A. Campbell

You are hereby informed that you have been named the payer in the above-entitled child support action. This legal notice of the *Petition to Register & Enforce a Foreign Judgment or Order* is now served upon you by publication. Your written *Answer* to the *Petition* must be filed with the Court on or before the twentieth day from the date of the second published issuance of this *Summons*. You may request a hearing within your written response. See CHILD SUPPORT ENFORCEMENT CODE, 4 HCC § 7.36. Also, you must send or present a copy of your *Answer* to the opposing party listed above or to their attorney of record. Failure to file a timely *Answer* in the time allowed **can affect your right to object to the enforcement of the foreign judgment or order.** *Id.*, § 7.36(b)(v).

The Trial Court is physically located at Wa Ehi Hocira, W9598 Highway 54 East, Black River Falls, (Jackson County) Wisconsin. The Trial Court’s mailing address is P. O. Box 70, Black River Falls, WI 54615. The telephone number is (715) 284-2722, or toll free 800-434-4070, and the facsimile number is (715) 284-3136.

SUMMONS
(Second Publication)
IN THE HO-CHUNK NATION TRIAL COURT

Ho-Chunk Nation Child Support Agency and Children and Family Services, Petitioner, v. Yo Na Montelongo, Respondent.
Case No.: CS 18-32

TO THE ABOVE-NAMED: Yo Na Montelongo

You are hereby informed that you have been deemed an interested party in this child support action. This legal notice of the filed *Petition for Child Support* is now served upon you by publication. A proceeding concerning the above-named child is pending in the Ho-Chunk Nation Trial Court, and an adjudication will be made.

You have twenty (20) days from the date of service to respond to the *Petition for Child Support*. Failure to do so will cause the Court to proceed without your participation, which may result in the entry of a *Default Judgment* against you. An *Answer* (response) shall be filed with the court at the address given below, and must be served on all parties to the action. The Court shall convene an *Initial Child Support Hearing* as permitted by CHILD SUPPORT ENFORCEMENT CODE, 4 HCC § 7.28.

The court shall commence a proceeding no sooner than twenty-five (25) days from the date of service. The Initial Child Support Hearing shall be held at **10:30 a.m. CDT** on the **5th** day of **February, 2019**. The Court also provides notice of the potential of being held in contempt of court:

NOTICE- VIOLATION OF THIS ORDER IS SUBJECT TO PROCEEDINGS FOR CONTEMPT OF COURT. SUBPOENAS: THE FAILURE TO COMPLY WITH A SUBPOENA SHALL SUBJECT THE PERSON FAILING TO COMPLY TO THE CONTEMPT POWER OF THE COURT. THE COURT MAY FIND ANY PARTY TO THIS MATTER IN CONTEMPT OF COURT FOR FAILURE TO APPEAR AT A COURT HEARING OR FOR FAILURE TO FOLLOW COURT ORDERS.

The Trial Court is physically located at Wa Ehi Hocira, W9598 Highway 54 East, Black River Falls, (Jackson County) Wisconsin. The Trial Court’s mailing address is P.O. Box 70, Black River Falls, WI 54615. The telephone number is (715) 284-2722, or toll free 800-434-4070, and the facsimile number is (715) 284-3136.



PROVIDENCE FIRST
TRUST COMPANY

HO-CHUNK NATION TAX NOTICE REGARDING THE MINORS TRUST

As you have heard, the Minors Trust was “restated” to help with government benefits and to defer taxes. Since this change occurred in the middle of the year, you still need to file a tax return for your children for 2018. You will not need to file a tax return for your children in 2019 or other future years, unless you receive a trust distribution. The table below shows the details.

	Form 1099 from Nation	Schedule K-1 from Providence	Form 1099 from Providence	Required to file tax return
Tax Year 2018	Yes	Yes	No	Yes
Tax Year 2019 (and future years)	No	No	Only if receive trust distribution	Only if receive trust distribution

All funds within the Minors Trust are being tracked to ensure that no money is taxed twice. You will only be taxed on new per capita contributed to the Minors Trust and new trust investment growth, but these taxes will not be owed until the time when the funds are actually distributed. This will be a great benefit for families because you will not need to do a tax return every year for your children. When these untaxed funds are eventually distributed from the trust, Providence will perform a tax withholding on these funds, very similarly to how the Nation has previously done when per capita funds were taxed at the time of contribution to the trust.

If you have not filed a tax return for previous years before 2018, you still need to file a tax return for those years. If you owe taxes for any of those years, you or your tax preparer can send a copy of the tax returns and the vouchers to Providence and your Minors Trust can pay those taxes owed and tax preparation fees.

If you have any questions about your Minors Trust, you can contact Providence at 602-952-2300 or toll-free at 1-800-350-0208. You may also contact by email at hcn@providencefirst.com.

Legal Notice INVITATION FOR BID

BID # HCN111119HGCWDSOUND

Turn-Key Solution to Upgrade Sound System at Wisconsin Dells & Convention Center

c/o Ho-Chunk Nation
Treasury Department-Procurement Division
Attn: Catherine Link, CPPB, CAM
W9814 Airport Road
Black River Falls, WI 54615

The Ho-Chunk Nation is inviting sealed bids for the above referenced project. Only firms with the capability, experience, and expertise with similar projects should obtain the Invitation for Bid document and submit bids.

Sealed bids must be submitted by 4:00 PM CST on February 22, 2019. Any bids received after this date and time will be rejected and returned to the bidder unopened.

Documents may be obtained by downloading it at <http://ho-chunknation.com/Procurement>

Please call Catherine Link at 800-779-2873, Ext. 1151 or Dakota Walton-Smith at 800-779-2873, Ext. 1243 to respond to any questions or requests for additional information.

Catherine Link, CPPB, CAM
Procurement Manager
Ho-Chunk Nation

The Ho-Chunk Nation reserves the right to reject any and all bids.

Legal Notice INVITATION FOR BID

BID # HCGWDTREPSCT

Turn-Key Solution for Transformer Replacement and Electrical Power Systems Configuration for Transformers

c/o Ho-Chunk Nation
Treasury Department-Procurement Division
Attn: Catherine Link, CPPB, CAM
W9814 Airport Road
Black River Falls, WI 54615

The Ho-Chunk Nation is inviting sealed bids for the above referenced project. Only firms with the capability, experience, and expertise with similar projects should obtain the Invitation for Bid document and submit bids.

Sealed bids must be submitted by **4:00 PM CST on February 22, 2019**. Any bids received after this date and time will be rejected and returned to the bidder unopened.

Documents may be obtained by downloading it at <http://ho-chunknation.com/Procurement>. Search on the bid number and bid title.

Please call Catherine Link at 800-779-2873, Ext. 1502 or Dakota Walton-Smith at 800-779-2873, Ext. 1243 for response to any questions or requests for additional information.

Published this 25th day of January, 2018.

Catherine Link, CPPB, CAM
Procurement Manager
Ho-Chunk Nation

The Ho-Chunk Nation reserves the right to reject any and all bids.

Legal Notice INVITATION FOR BID

BID # HCNPEN12192018

LOGO PEN SUPPLY FOR HO-CHUNK NATION GAMING FACILITIES

c/o Ho-Chunk Nation
Treasury Department-Procurement Division
Attn: Catherine Link, CPPB, CAM
W9814 Airport Road
Black River Falls, WI 54615

The Ho-Chunk Nation is inviting sealed bids for the above referenced project. Only firms with the capability, experience, and expertise with similar projects should obtain the Invitation for Bid document and submit bids.

Sealed bids must be submitted by **2:00 PM CST on January 30, 2019**. Any bids received after this date and time will be rejected and returned to the bidder unopened.

Documents may be obtained by downloading it at <http://ho-chunknation.com/Procurement>. Search on the bid number and bid title.

Please call Catherine Link at 800-779-2873, Ext. 1502 or Dakota Walton-Smith at 800-779-2873, Ext. 1243 for response to any questions or requests for additional information.

Published this 25th day of January, 2018.

Catherine Link, CPPB, CAM
Procurement Manager
Ho-Chunk Nation

The Ho-Chunk Nation reserves the right to reject any and all bids.



Managing Your Life & Diabetes Workshop



New Workshop will start:

➤ **February 21st & 22nd, 2019**

**16 Hours
Administrative
Leave Approved**

Classes are held from 8:00am- 4:30pm at the Eileen Decorah classroom, Ho-Chunk Healthcare Center. This is the new SDPI Diabetes Curriculum, brought to you by the Health and Wellness Division of Community Health. Lunch will be provided.

This workshop will consist of 2 consecutive days of classes. Pre and post labs and health history assessment are required to attend these classes!!

****** Register early as we are only able to facilitate to 20 participants per workshop!**

TO SIGN UP: CONTACT RACHEL MONTANA (715)284-9851 ext. 5039

Rachel montana@ho chunk com



Next Contest!!

Next Contest!!

SHAPESHIFTERS WEIGHT LOSS

February 8th 2019 thru April 26th 2019

DISTRICT 1 COMMUNITY CENTER
N7261 WARRIOR AVE., BLACK RIVER FALLS, WI

Women's 16 & older

**1st place Winner take all
2nd & 3rd place receive \$100 gift card**

Men's 16 & older

**1st place Winner take all
2nd & 3rd place receive \$100 gift card**

Registration fee \$20

Pay to play at weigh in to qualify.

March 8th, Last day to qualify and weigh in for contest.

Winners determined by total percentage of body weight lost.

If pregnant, please do not participate.

Final weigh in April 26th 2019

Area contacts:

Black River Falls 715 284 0905

Andy Lopez - andrew.lopez@ho-chunk.com

Clarence Pettibone - clarence.pettibone@ho-chunk.com

La Crosse 608 783 6025

Adam DeNasha - adam.deNasha@ho-chunk.com

Madison 608 223 9576

Paul Reynolds - paul.reynolds@ho-chunk.com

Nekoosa 715 284 9851 x8764

Jessica Artz - jessica.artz@ho-chunk.com

Milwaukee 414 747 8680 x5479

Susan Brockhaus - susan.brockhaus@ho-chunk.com

Tomah 608 344 1281

Carole Bedeau - carole.bedeau@ho-chunk.com

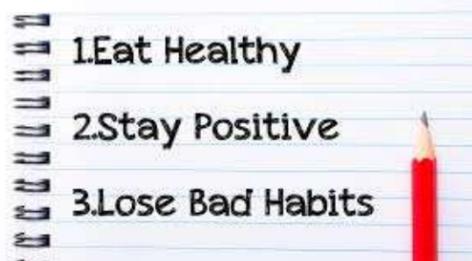
Wisconsin Dells 608 355 5155

Scott Gilbeck - scott.gilbeck@ho-chunk.com

Lance Tallmadge - lance.tallmadge@ho-chunk.com

Wittenberg 715 253 2382 x3131

Ronelle McKernan - ronelle.mckernan@ho-chunk.com



Assistant Professor in Native American Environmental Studies, with links to Health and Community

The Nelson Institute for Environmental Studies at the University of Wisconsin-Madison is looking to hire a faculty member in Environmental Studies, working with Native American issues and communities.

This position is one of three faculty positions, part of a campus-wide cluster hiring initiative to add to the vibrant community of academic researchers at UW-Madison. Together, the three positions will advance research and education at the nexus of environment, health, and community in the Native American context. Participating units in this three-faculty cluster hire include the Nelson Institute for Environmental Studies, the School of Nursing, and the School of Human Ecology. Further information regarding this initiative can be found at this link: <https://facstaff.provost.wisc.edu/cluster-hiring-initiative/>.

The successful candidate will be appointed in the Nelson Institute, with potential secondary appointments fitting the disciplinary background of the candidate.

We seek applications from those with expertise in any environmental area, especially environmental health. These include, but are not limited to: environmental epidemiology; air quality; water quality; food systems; energy resources and impacts; environmental policy; ecosystem management; and cultural significance of nature. In all cases, work should be conducted in a manner relevant and focused on Native peoples. A large range of disciplinary backgrounds will be considered, including, but not limited to: population/public health; soil, air, and water sciences; ecology; public policy; engineering; geography; and other aspects of social science, physical science, biological science, or the humanities pertinent to environmental issues and Native peoples. More information and application can be found online: <http://jobs.hr.wisc.edu/cw/en-us/job/499361/asst-professor-native-american-environment-health-and-community-cluster-hire>

HO-CHUNK 500



\$20K JANUARY QUALIFIER

JANUARY 27TH | DRAWING AT 5PM

Race into the Ho-Chunk 500 \$100,000 Giveaway starting January 1st to receive your Free entry into the January 27th qualifier, where we will be giving away \$20,000 Cash to 15 winners. Receive one extra entry each day you earn 50 points or play table games for at least 2 hours. The top 7 winners will qualify for the March 31st Ho-Chunk 500 Grand Prize Giveaway where one winner will receive a \$45,000 Gift Certificate to Gross Motors and \$25,000 will be up for grabs.

VISIT THE REWARDS CLUB BOOTH FOR MORE INFORMATION.
Ho-Chunk Gaming reserves the right to cancel or alter promotions at any time.



Experience the Difference





FAMILY SNOWSHOE DAY

Saturday, January 26th at 9am

Check-in 8:30am

Lake Wazee Recreation Area

N6302 Brockway RD, Black River Falls

Perfect opportunity to snowshoe for the first time and enjoy the beautiful outdoors!



www.JacksonInAction.org

**FREE Park Admission to Participants
FREE Snowshoes to use. First come, First serve.
FREE Hot Chocolate and Coffee**

**Three Route Options:
Short (1 mi) / Medium (1.2 mi) / Long (2.3 mi)**

**No Pets Please!
Questions? Contact 715-284-9851 ext 5308 or
jacksoninaction12@gmail.com**





CULTURAL NIGHT

KAASU – Paula Cleveland from Cultural Resources will be teaching.

MEAL and MOCCASIN TOURNAMENT registration 5pm – 6pm.

WHEN: TUESDAY, FEBRUARY 26, 2019

TIME: 6:00PM

**WHERE: DISTRICT ONE COMMUNITY CENTER,
N7261 WARRIOR AVENUE
BLACK RIVER FALLS, WI**

Mocassin Rules:

- Two Horses
- Three Man Team (minimum)
- One pass through moccasins
- Must provide own moccasin set
- Must have a singer

**MOCCASIN
TOURNEY**

- First Place: \$600
- Second Place: \$500
- Third Place: \$400
- Fourth Place: \$300

**District One Community Center
N7261 Warrior Avenue
Black River Falls, WI**

**Come out and learn how to
play PINAGA then have some
fun and enter the
PINAGA TOURNAMENT!!**



**Tuesday, February 5th, 2019
6 PM**

LEARN TO PLAY PINAGA

Tuesday, February 12th, 2019

PINAGA TOURNAMENT

Registration 5:20pm –5:50pm

Tourney begins 6pm

**PINAGA
TOURNEY**

- First Place: \$300
- Second Place \$250
- Third Place \$200
- Fourth Place \$150
- Fifth Place \$100
- Six Place \$50



Whole Grain Goodness



Whole grains are a much healthier choice than refined grains. Whole grains protect against diabetes, cancer, heart disease, and may even help with blood sugar control if you have diabetes. Whenever possible, try to choose whole grain foods **INSTEAD** of the refined grain foods.

CHOOSE THESE WHOLE GRAIN FOODS:	INSTEAD OF THESE REFINED GRAINS:
Ważarustak (Oatmeal)	Cream of wheat, farina
Shredded wheat, Wheaties, wheat Chex, Cheerios, bran cereals, and high fiber cereals	Cornflakes, Rice Krispies, certain sweetened cereals
100% Whole wheat waisgap (bread) (the word "whole" must be in the 1 st ingredient)	Wheat, white, rye bread (enriched wheat flour is the first ingredient)
Brown Sijj (rice) or wild Sijj (rice)	White Sijj (rice)

Spicy Peanut Noodles

Yield: 6 servings. Ingredients:

- 12 oz. whole wheat pasta
- ½ cup peanut butter
- ¾ cup boiling water
- 4 sliced scallions (optional)
- 4 Tablespoons reduced-sodium soy sauce
- 3 Tablespoons rice vinegar or apple cider vinegar
- 1 clove garlic, minced
- ½ teaspoon sugar
- ½ teaspoon cayenne pepper, or to taste



Directions:

Cook pasta according to package directions. Whisk peanut butter with boiling water in a bowl until smooth. Stir in scallions, soy sauce, vinegar, garlic, sugar and cayenne. Toss with hot pasta. Serve hot or at room temperature.

Nutrition Information: Makes 6 servings, 1 cup each for 342 calories, 11 g. fat (1 g. sat. fat), 49 g. carbohydrate (3 choices), 14 g. protein, 9 g. fiber, and 443 mg. Sodium.

Source: Eating Well: May/June 1998; and The Essential Eating Well Cookbook 2004.

For further nutrition information, contact a HCN Registered Dietitian Nutritionist

- BRF, Tomah, and Wittenberg areas: (888) 685-4422, ext. 5335
- BRF, La Crosse, areas: (888) 685-4422, ext. 5340
- Dells, Nekoosa areas: (888) 552-7889, ext. 5511/ext. 5554
- Madison area: (888) 552-7889, ext. 5511

Created on 1/18/19 The Nutrition Education Assistants (NEA) will not discriminate on the basis of race, color, or ethnic origin. All are encouraged to learn about proper nutrition.
Funded by: The Supplemental Nutrition Assistance Program-Education (SNAP-Ed)

Children and the Environment



Our environment plays a large role in children’s health. In general, children are more likely to get sick from environmental issues than adults.

Children are not small adults

Children are not just small adults. They eat more food, drink more water, and breathe more air relative to their body size than adults do. They also behave differently. Common childhood behavior, such as putting their hands in their mouths or playing on the ground, can lead children to have more contact with chemicals than adults experience.

Simple actions can help keep kids safe

Children spend the majority of their day either in the home, in a child care facility or day care, or at school. As a result, it’s important to take action to make these spaces safe from environmental issues.

In the home

- If you are on a private well, test your well every year for bacteria and nitrates.
- Test your home for radon.
- Reduce or stop the use of chemical-containing and scented household products, such as harsh cleaning products and air fresheners. Read labels and follow directions.
- Avoid smoking commercial tobacco inside your home.
- Wash fruits and vegetables before you or your children eat them.
- Install carbon monoxide and fire alarms and replace the batteries twice per year.

Out of the home

- Wash your and your child hands after playing outside or working in the garden.
- Wear sunscreen to protect from sun damage.
- Wear bug spray and long sleeves and pants when outdoors to prevent mosquito and tick bites.



Check out more actions you can take at
dhs.wi.gov/environmental/child-health.htm



Created 1/2019

NOTICE AND RULES OF GENERAL PRIMARY ELECTION TUESDAY, MARCH 5, 2019



Notice is hereby served to all eligible voters of the Ho-Chunk Nation that the Ho-Chunk Nation Election Board, in accordance with the Constitution of the Ho-Chunk Nation has called a General Primary Election. **ARTICLE VIII – ELECTIONS** and the Election Code (2 HCC Sec. 6), states in relevant part:

3. Elections, c. Primary Election and Runoff Elections.

(1) Primary Elections shall be held prior to an Election with three (3) or more candidates in order to ensure compliance with the majority vote requirement as provided for in paragraphs 1c and 1e.

(2) If no candidate in any Primary Election receives more than 50% of the votes cast in such Election, the two candidates with the highest vote totals from the Primary Election (and any candidates tied with the lower of such totals) shall appear on the ballot in the Runoff Election. When there are two (2) seats vacant in a district, the top two (2) vote getters for any vacant seats, if no candidate has received 50% + 1 vote, shall be on the ballot for the General Election or Runoff Election. (3) Primary Elections shall be conducted in the manner prescribed by this Code and in accordance with the timetable adopted by the Election Board.

THE FOLLOWING TERMS OF FOUR (4) YEARS WILL BE VACANT:

Ho-Chunk Nation President
July 2019 - June 2023

LEGISLATURE:

District 1, Seat 2
July 2019 – June 2023

District 2, Seat 1
July 2019 – June 2023

District 3, Seat 1
July 2019 – June 2023

District 3, Seat 3
July 2019 – June 2023

District 4, Seat 2
July 2019 – June 2023

JUDICIARY:

Supreme Court Chief Justice
July 2019- June 2025

Supreme Court Associate Justice 2
July 2019-June 2023

Trial Court Chief Judge
July 2019-June 2023

Trial Court Associate Judge 1
July 2019-June 2023

Trial Court Associate Judge 2
July 2019-June 2023

NOMINATIONS OF CANDIDATES

The official candidacy forms may be obtained from the Election Board Members or the Election Board Office. A candidate for elective office shall submit an Official Nomination Petition, Declaration of Candidacy and a \$5.00 filing fee by hand delivery or U.S. Mail to the Election Board office before the close of the nomination period on **Thursday, January 3, 2019**. ORIGINAL FORMS MUST BE SUBMITTED. FILING BY FAX OR COPIES WILL NOT BE ACCEPTABLE.

ELIGIBLE VOTERS:

Any enrolled member of the Ho-Chunk Nation who is at least eighteen (18) years old and who has resided in their respective district for at least three (3) months. See *Election Board Code Sec.11 (c)*.

REGISTRATION:

Each person seeking to vote must register at the polling place. If a person cannot write, that person must sign his/her name with a mark before two (2) witnesses. A Ho-Chunk translator will be available to assist any tribal member who requests assistance.

ELIGIBILITY DISPUTES:

Any individual whose name does not appear on the eligible voters list can claim the right to vote by presenting a written challenge to the Election Board. Any eligible voter may challenge the eligibility of an individual's name appearing on the eligible voters list by presenting a written challenge to the Election Board.

The Election Board will rule on all written challenges to the list of eligible voters immediately after the close of the challenge period. Section 11(c) iii. (Deadline Wednesday, February 13, 2019).

Ho-Chunk Nation Election Board
W8801 Mission Road
Black River Falls, WI. 54615
TELEPHONE (715)284-8900
TOLL FREE (800)890-0583
FAX NUMBER(715)284-8600
E-MAIL:
Election.board@ho-chunk.com

After 4:30 pm and the weekend please call (715)299-6104

Deadline to challenge the candidate(s) list to Election Board is Thursday, February 14, 2019 @ 4:30 pm.

ABSENTEE VOTING:

A voter may vote by absentee ballot provided the Election Board receives the absentee ballot request in writing no later than Friday, **February 22, 2019 by 4:00 pm.** See *Election Board Code, section 13(a), i*
Requests MUST INCLUDE the eligible voter's name printed or

typed (with signature), physical address where the ballot will be delivered (we use UPS next Day Air – UPS Next Day Air will not deliver to a P.O. Box), daytime telephone number and enrollment number.

Absentee Ballots must be received before 7:00 pm on Tuesday, March 5, 2019.

Absentee ballots may be returned by overnight mail, so they may be received at the Election Board Office or the polling places prior to the close of the polls on Election Day.

NOTE THAT FEDEX and UPS NEXT DAY AIR DOES NOT DELIVER IN BLACK RIVER FALLS ON SATURDAYS. POSTING ELECTION RESULTS:

The Election Board will certify and post the official election results within three (3) days after the date of election.

Please check eligible voter's lists for your Districts.



CONTESTING OF ELECTION RESULTS:

Any member of the Ho-Chunk Nation may challenge the results of any election within ten (10) days after the Election Board certifies the results. The Trial Court shall hear and decide a challenge to any election within twenty (20) days after the challenge is filed in the Trial Court.

ELECTIONEERING:

There will be no electioneering within fifty (50) feet of any polling places.

GENERAL PRIMARY ELECTION DAY
Tuesday, March 5, 2019

POST NOTICE OF ELECTION
Monday, December 3, 2018

POST ELIGIBLE VOTERS LIST
Friday, February 1, 2019

CHALLENGES TO THE ELIGIBLE VOTERS LIST MUST BE RECEIVED PRIOR TO 4:30 PM
Wednesday, February 13, 2019

LAST DAY TO REQUEST ABSENTEE BALLOTS
Friday, February 22, 2019
4:00 pm.

GENERAL RUN-OFF ELECTION
Tuesday, June 4, 2019

SWEARING IN CEREMONY
Wednesday, July 3, 2019

**POLLING PLACES:
OPEN AT 8:00 A.M AND
CLOSE AT 7:00 PM.**

•BLACK RIVER FALLS, WI
INDIAN MISSION
COMMUNITY BUILDING
W8813 Mission Road
(715)299-6104

•TOMAH, WI
BLUEWING COMMUNITY
BUILDING
320 Epinal Avenue
(608)377-3787

•LA CROSSE, WI
LACROSSE BRANCH OFFICE
724 Main Street
(608)783-6025

•BARABOO, WI
HOUSE OF WELLNESS
S2845 Whiteagle Road
(608)355-1254

•WISCONSIN RAPIDS, WI
CHAK-HAH-CHEE
COMMUNITY BUILDING
916 Chak-hah-chee Lane
(715)886-5444

•WITTENBERG, WI
SIGA FUNMAKER
COMMUNITY CENTER
W17634 Radke Rd
(715)253-4407

•CHICAGO, IL
CHICAGO BRANCH OFFICE
4738 North Milwaukee Avenue
(773)202-8433

•MILWAUKEE, WI
MILWAUKEE BRANCH
OFFICE
3501 S. Howell Avenue
(414)747-8680

•MINNEAPOLIS/ ST PAUL, MN
MPLS./ST PAUL BRANCH
OFFICE
1724 Selby Ave
(651)641-1801

•MADISON, WI
MADISON BRANCH OFFICE
4724 Tradewinds Parkway
(608)277-9964

•WISCONSIN DELLS, WI
INDIAN HEIGHTS
COMMUNITY BUILDING
N957 Dyer Avenue
(715)299-6104

•GREEN BAY, WI
BRANCH OFFICE
2413 Hazelwood Ln
(920)490-2774

Posted 12/03/2018