



NPHA Newsletter APRIL, 2017



“Everything on earth has a purpose,
every disease an herb to cure it, and
every person a mission, this is the Indian theory of existence.”
Mourning Dove, Salish

The April BOC Meeting will be held at 9am on Saturday, April 8th, 2017 at the NPHA office in Norfolk, NE. Visitors are welcome to all Board of Commissioner meetings. To be on the NPHA Board Meeting Agenda, contact Justine Knapp at the NPHA office or email Justine at justine@poncahousing.org

NPHA Board of Commissioners:
Mark Peniska - Chair, Dist. 3; **Pam Noyes** – Vice Chair, Dist. 2;
JoAn Ehlers - Secretary, Dist.1; **William Wright** - District 4;
Conceta Zephier - Treasurer, At Large



GET READY!!!!

Gary “Litefoot” Davis is coming to Norfolk!
Mr. Davis will be at the Ponca Hills gymnasium to speak to the youth on **Friday, April 21, 2017 from 6-8pm.** Transportation is available so please contact your local Tribal office if you need a ride.

Mr. Davis will also speak to the entire Ponca Community on **Empowerment** and **Self-Sustainability** on Saturday, **April 22, 2017** via LifeSize during the Tribal Council Meeting. Coffee and donuts will be served (for more information see the flyers included with this newsletter). You won’t want to miss these events! Please RSVP to the Tribal office in your area!

Northern Ponca Housing Authority – 1501 W Michigan Ave., Norfolk, NE 68701
Phone (402) 379-8224 Fax (402) 379-8557 **Emergency (402) 644-6977**



The 2017 NPHA Annual Inspections are right around the corner! Be watching your mail for your scheduled date and time!

NPHA TRASH BASH

Once again, NPHA will provide a way for all of our tenants to get rid of unwanted items before your annual inspection! A dumpster will be dropped at the:

Omaha office April 7 and picked up April 14

Norfolk office April 17 and picked up May 1

NPHA Techs will pick up items from tenants who have called to schedule a pick-up (before April 6th @ 4:30) on the following days:

4/10/2017 – Lincoln

4/11/2017 – Omaha

4/17/2017 – Niobrara

4/18/2017 – Sioux City

4/24/2017 – Norfolk/Battle Creek/Columbus

****Items that cannot be placed in the dumpsters: tires, oil, grass clippings, TV's, large appliances and/or computers.**

April Home Maintenance Checklist

- ✓ Change Furnace Filter
- ✓ Vacuum cold air return vents and under the refrigerator
- ✓ Wipe down blades on ceiling fans
- ✓ Prepare your unit for your annual inspection
- ✓ Take unwanted items that are salvagable to Goodwill/Salvation Army
- ✓ Take all other unwanted items to the dumpster located at either NPHA office locations (Norfolk and Omaha)
- ✓ Or call NPHA and schedule a pick-up at your house (please have all unwanted items on curb the day of scheduled pick-up)
- ✓ Watch your mail for your annual inspection letter and mark the date and time on your calendar

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AMERIND Risk
Tribes Protecting Tribes



2017 Safety Poster Contest

Three Grade Categories
K-3 4-6 7-8

Please contact NPHA today to get your entry form! Safety Posters must be submitted to NPHA before Friday, May 19, 2017! Categories are K-3, 4-6 and 7-8. Posters should promote **any** safety issue (distracted driving, home fire escape plan, how to call 9-1-1). **You could win \$1,000!!!**



NPHA Tenant Home Ownership Program

Have you ever dreamed about owning your home? NPHA has a great program that makes your home very affordable. If you think you can't afford to purchase your home, NPHA wants you to know that you can't afford NOT to!

HUD Section 184 Loan Program

Did you know that the HUD 184 Loan Program is a better way for Native Americans to qualify for a mortgage and become a homeowner?

- HUD 184 Loan Program does not require a certain credit "score" to qualify
- HUD 184 Loan Program does not require that you pay PMI for the life of the loan

Financial Education

"I am so thankful to NPHA for encouraging me to take financial classes from a professional organization because they found a problem that I was not even aware of and I would have never realized it if I hadn't taken your advice and taken the class.

Thank you, NPHA, for providing the services that the tenants need." Rudy Mitchell

If you are not engaged in a financial class, you are missing out on a wealth of information that could potentially be more beneficial to you than you realize!!

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April Recipe of the Month

Pan-Fried Vegetables

- | | |
|--------------------------------------|---|
| 1/4 cup butter | 1 lg. sweet potato – peeled and chopped |
| 2 TBLS olive oil | in 1” cubes |
| 1/4 tsp. pepper, | 1 medium onion chopped |
| 3 cloves garlic, minced | 4-5 chopped mushrooms |
| 1 lb. fresh asparagus spears trimmed | 2 small zucchini, chopped |

Melt butter in a skillet over medium-high heat. Stir in the olive oil, salt, and pepper. Cook garlic in butter for a minute, but do not brown. Add asparagus, sweet potato and onion; cook for 5 minutes. Add mushrooms and continue cooking for 5 more minutes, turning vegetables to ensure even cooking.



Norfolk Residents – Don’t Miss

The next Utility Allowance Meeting on Friday, April 7th from 6:30-8:30PM at NPHA office in Norfolk, in the Conference Room- Please RSVP for the meal.

Conceta Zephier, NPHA Board of Commissioners Treasurer, At Large,

celebrated her 83rd birthday on March 11th!! Here is a photo of her family and friends who showed up to help her celebrate on Saturday March 18th in Wagner, SD!!



In this the love of God was manifested toward us, that God has sent His only begotten Son into the world, that we might live through Him. 1John 4:9

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LAWN CARE TIPS

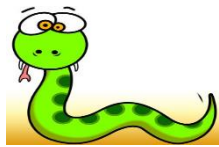
HELPFUL HINTS TO KEEP A BEAUTIFUL LAWN

NPHA has been and is continuing to fertilize aerate and seed all yards. Once this has been done to your yard the grass should grow quickly. It is important that you start mowing and watering your yard to keep it looking nice and healthy.

New seed requires a lot of watering to be sure it will take. If the ground looks dry give it some water early morning and late evening watering will reduce evaporation. Avoid walking on new seed or parking cars on the lawns this will compact the soil and kill any grass starting to grow.

Before Mowing: Walk the yard first and check for any rocks or debris. Flying rocks can hurt other people as well as yourself. They can also break windows, so be careful.

Mowing tips: When mowing, follow the 1/3 rule. Never mow more than 1/3 in any 1 mowing (if your grass is 6 inches long, you shouldn't more than 2 inches). During stressful periods (hot dry conditions) stay at the upper limits of your ideal height (*most lawns here, the ideal height is 2-3 inches*)



TIPS TO GET RID OF SNAKES

[HTTPS://WWW.REFERENCE.COM/HOME-GARDEN/WAY-KEEP-SNAKES-AWAY-](https://www.reference.com/home-garden/way-keep-snakes-away-)

- Purchase some powdered sulfur (or Snake Away) at a garden supply store and put in yard where you see snakes
- Clear away any place snakes like to hide: brush piles, stacks of firewood or lumber
- Keep your grass mowed!! Snakes like tall grass

TIPS TO GET RID OF SPIDERS



<http://www.earthkind.com/learning-center/control-spiders/>

- Get rid of piles of leaves or wood in your yard. Spiders like dark, undisturbed places like old tires and buckets so make sure you don't have these sitting around your house.
- Making sure your house is clean is generally a good way to decrease the number of pests in your home.
- 'Stay Away Spider' is a spider repellent that has a scent that spiders dislike, but is safe and pleasant to humans.

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