



March 2025

Northern Ponca Housing Authority

**Friendly Reminder:
Rent is due 1st of the
Month**



**March 9th
Daylight Savings**

Carpet Cleaner Check Out



**ALL NPHA tenants can now check out a carpet cleaner
from the Norfolk or Omaha NPHA office location.**

Call Danielle or Holly to reserve your spot.
402.379.8224

Tenants can keep cleaner for up to 5 days max. A \$50 nonrefundable return
fee will be added to your account if machine is not returned or damaged.

**Annual Inspections will be
here before we know it.
Don't forget you can check
out a carpet cleaner from
NPHA.**

Mint Chocolate Cookie Ice Cream Pie



Ingredients

3 pints mint chocolate chip ice cream, softened

store-bought chocolate cookie pie crust

**1 1/2 cups
crushed mint chocolate sandwich cookies**

Whipped cream, for topping

Directions

Scoop 1 ½ pints of the mint chocolate chip ice cream into the chocolate cookie pie crust and spread until smooth. Sprinkle with 1 cup of the crushed cookies and press so they stick to the ice cream.

Freeze until solid, about 1 hour.

Top with another 1 ½ pints ice cream. Top the pie with whipped cream and the remaining ½ cup crushed cookies and freeze until solid, at least 2 hours.

Instructions

Place the beef cubes, flour, and salt and pepper in a large zip-top bag or bowl. Seal and shake to coat all cubes with flour or stir gently. In a large skillet, heat oil until shimmering. Add the beef cubes and brown on all sides. Do not crowd meat in pan. Do this in batches if your pan is not large enough to accommodate all the meat at one time. As the meat browns, remove it to crockpot.

Add the onions to the drippings in skillet and sauté until tender. Add the onions to the crockpot.

Stir in the beef broth and bay leaf. Cover and cook on LOW for four hours.

Add the carrots and potatoes and stir gently to combine. Cook on LOW for another two to four hours or until meat and vegetables are tender. Adjust the seasonings with salt and pepper to taste.

Irish Stew



Ingredients

**2 lb boneless, beef chuck roast
cut into 1-inch cubes**

**¼ cup unbleached, all-purpose
flour**

1 teaspoon salt

½ teaspoon black pepper

2 tablespoon olive oil

1 onion finely chopped

½ cup beef broth

1 bay leaf

2 cup baby carrots

**4 russet potatoes peeled, and
cut into 1-inch chunks**

Mopping Tips

To effectively clean ceramic tile floors, use a mild detergent solution in warm water with a microfiber mop or chamois mop, avoiding sponge mops that can push dirt into grout lines; always wring out excess cleaning solution, and thoroughly dry the floor afterwards to prevent slippery surfaces; for stubborn stains, consider using a diluted vinegar solution or a baking soda paste.

Cleaning solution:

Mix a small amount of mild dish soap with warm water.

Mop type:

Opt for a microfiber mop or a chamois mop to effectively lift dirt without pushing it into the grout.

Avoid excess liquid:

Wring out the mop thoroughly to prevent leaving too much cleaning solution on the floor.

Spot cleaning:

For tough stains, use a small amount of baking soda with water to create a paste.

Vinegar alternative:

If needed, add a small amount of white vinegar to the cleaning solution for added cleaning power.

Dry thoroughly:

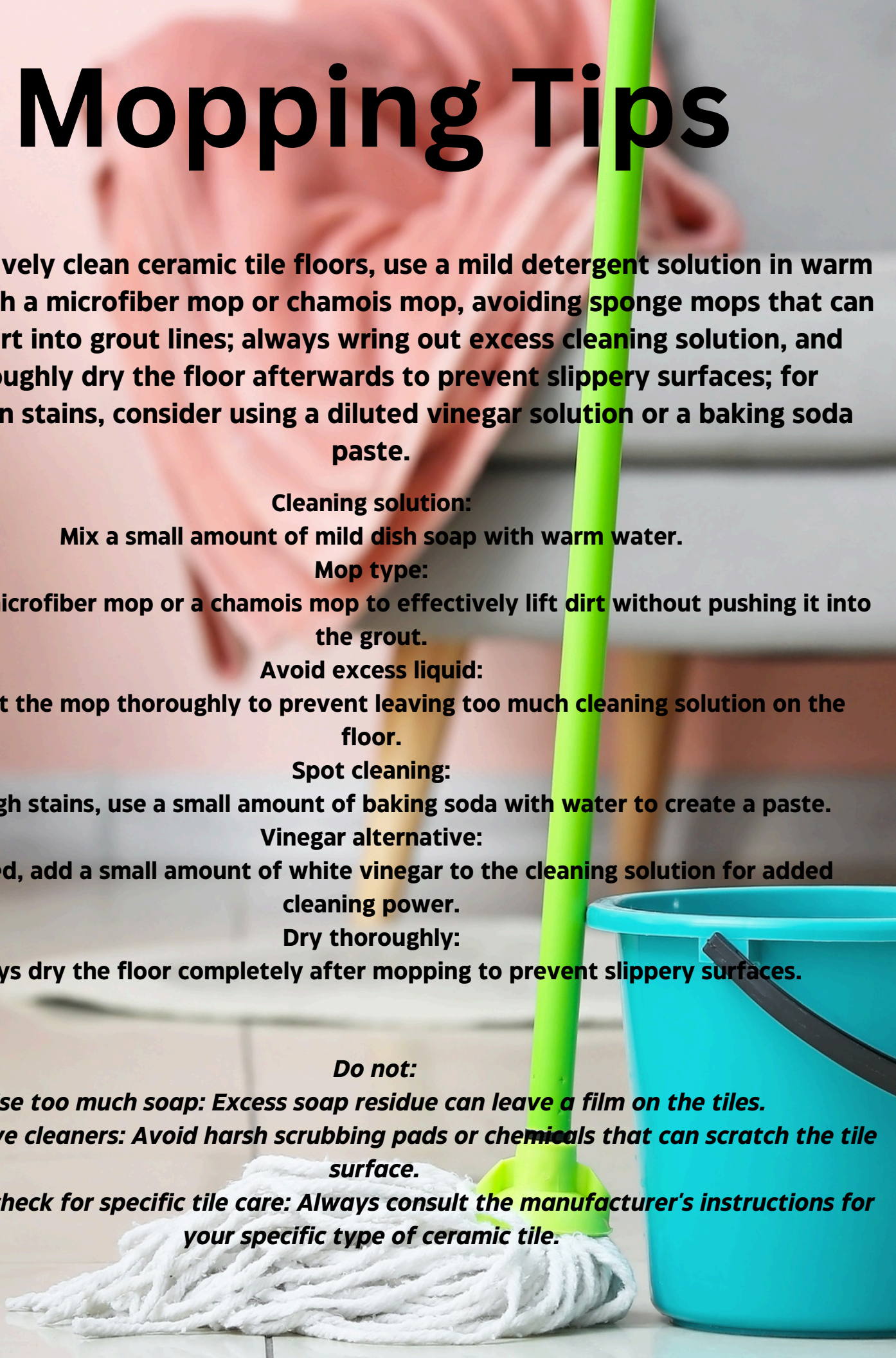
Always dry the floor completely after mopping to prevent slippery surfaces.

Do not:

Use too much soap: Excess soap residue can leave a film on the tiles.

Use abrasive cleaners: Avoid harsh scrubbing pads or chemicals that can scratch the tile surface.

Forget to check for specific tile care: Always consult the manufacturer's instructions for your specific type of ceramic tile.



To-Dos: Your March Home Checklist

The first official day of spring this year is March 19th. So whether there's still snow on the ground or flowers in bloom, you can rest assured that nicer weather is on its way. Usher in the new season with a bit of spring cleaning.

Make mirrors and table lamps shine. Use a duster or soft rags to remove dust from table lamps and wipe down mirrors with a damp microfiber cloth. These freshened-up surfaces will enhance the light throughout your space.

Refresh the entryway. As the weather thaws, begin putting away mittens and wool hats and make room for those mucky spring boots. Clean or replace the doormat, clear off the hooks (or hangers, if you have a coat closet) and be sure to put out an umbrella holder stocked for spring showers.

Remove winter layers. Feeling a bit stifled under a pile of thick duvets? Swap out heavy winter bedding for lighter-weight quilts and coverlets. Also consider changing deep-pile rugs for flat-weave or natural-fiber versions for the warmer months.

Clean up patio furniture. Outdoor furniture can get really grimy over the winter, so be sure to give everything a good scrubbing before you start using it for the season. Launder washable outdoor cushion covers and replace worn-out pieces if needed.

Dust high corners and baseboards. Using a vacuum attachment or the duster of your choice, remove dust and cobwebs from those high and low spots we often miss during routine cleaning.

Tune up lawn and garden tools. Sharp tools get the job done. Take your lawn mower and clippers in for a sharpening and tuneup before you begin work in your garden.

WIOA Resume & Job Search Workshop

April 16 & 17 | 5:30 – 7:00 pm

Norfolk Transit Building
1800 Syracuse Avenue | Norfolk, NE

The WIOA Program will be hosting workshops on resume building and searching for jobs. Attend both workshops and receive a FREE interview outfit!

***Participants must be WIOA eligible to receive interview outfit.*



PONCA TRIBE OF NEBRASKA



Annual Healthy Living Walk/Run & Powwow April 12, 2025

10:00 am | 2 Mile Prayer Walk & Run

Skyview Lake | 1900 West Maple Ave | Norfolk, NE

Registration starts at 9:30 am. Prizes in all age categories, and FREE RAFFLE DRAWINGS for all walk/run participants!

11:30 am – 12:30 pm | Lunch

Ponca Tribal Gym | 1800 Syracuse Ave | Norfolk, NE

Lunch will be provided to all walk/run participants and powwow attendees.

1:00 – 5:00 pm | Powwow

Ponca Tribal Gym | 1800 Syracuse Ave | Norfolk, NE

4:30 – 6:00 pm | Buffalo Distribution

Norfolk Cafeteria | 1800 Syracuse Ave | Norfolk, NE

For more information, please contact your local PTN office or Crystal Mundorf at 402.371.8834



NPHA

Spring Trash Bash

AS THE SEASON CHANGES, IT'S THE PERFECT TIME FOR A THOROUGH CLEAN-UP. NPHA IS HERE TO ASSIST WITH REMOVING UNWANTED ITEMS FOR ALL TENANTS. LET US HELP YOU CLEAR OUT THE CLUTTER!

*Dumpsters will be available:
April 14th to May 12th*

Dumpsters Locations:
Norfolk- 1501 W Michigan Ave
Omaha- 10635 Birch Street

Pickups available for NPHA Tenants
Call Danielle Bauer to schedule by April 10th
402.370.2273

***ITEMS NOT ALLOWED: tires, batteries, appliances,
air conditioners, paint drums, liquids, cement,
hazardous waste, chemicals, nor electronics.***