



Top photo: Snowfall blankets FireLake Golf Course.

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Walking on



# The fight to recognize Jim Thorpe as official Olympic gold medal winner

Citizen Potawatomi descendant and Sac and Fox Nation tribal member Jim Thorpe — *Wa-Tho-Huk* (Bright Path) — holds a reputation as one of the most talented athletes in history. He was the first Native American to earn an Olympic gold medal at the 1912 games in Stockholm, Sweden, winning first place in the decathlon and pentathlon. However, in 1913, he lost his gold medals after the International Olympic Committee no longer recognized him as an amateur athlete due to his time on a minor league baseball team. Today, the IOC recognizes Thorpe as the gold medal co-winner in the two events. His family, fellow Native Americans, elected officials and fans are fighting to restore Thorpe's recognition as the 1912 Olympic decathlon and pentathlon's sole gold winner once more.

"Any person who has represented our country honorably and brought victory home for the United States in Olympics is an American hero and should be recognized as one, but inherent biases took away that honor from Jim Thorpe. This resolution not only recognizes Jim Thorpe for the hero that he is, it also ensures that the records reflect his incredible achievements," said Representative for New Mexico's 1st Congressional District and President-elect Joe Biden's U.S. Department of the Interior Secretary nominee Deb Haaland.

Representative Haaland introduced a resolution in November 2019 — co-sponsored by 39 other members of the house, including Oklahoma representatives Tom Cole, Kevin Hern, Kendra Horn, Markwayne Mullin and Frank Lucas — requesting the IOC correct Thorpe's records.

"Jim Thorpe is a champion who represents Americans from different walks of life, and his terrific achievement as a gold medalist should certainly be acknowledged by the International Olympic Committee. Congresswoman Haaland's legislation would right this wrong and give Thorpe and all Native Americans the recognition they deserve," Congressman Cole said in a written statement in early December 2020.

The legislation saw no action in the 116th Congress, but officials are hopeful it will move forward in the future.

Although the IOC reinstated Thorpe's gold medals in the 1980s to his children, he shares the spotlight with Huga Wieslander from Sweden and Ferdinand Bie from Norway. The IOC also failed to modify the official report. To this day, Olympic records do not mention Thorpe as the true gold medal winner in the decathlon and pentathlon.

A recent petition titled Bright Path Strong has received support from Pictureworks Entertainment, the National Congress of American Indians, tribes and numerous



*More than 100 years after his Olympic appearance, Jim Thorpe continues to serve as inspiration across Indian Country and beyond.*

Thorpe descendants. It asks for signatures to "call upon the IOC to remove the red stain of discrimination toward Jim Thorpe, our World Olympic Icon," said Pictureworks Entertainment Executive Producer Nedra Darling in a statement.

Darling is a citizen of the Prairie Band Potawatomi Nation. She hopes the upcoming Hollywood film she is producing called *Bright Path: The Jim Thorpe Story* and the petition encourage the IOC to recognize Thorpe's accomplishments once more.

"This petition is an effort to gather over one million names and voices united in support of Jim and American athletic excellence and Native American resilience," Darling said.

#### Thorpe's childhood

Thorpe's mother, Charlotte, was the daughter of Citizen Potawatomi members Elizabeth and Jacob View. Charlotte married Hiram Thorpe, and they began building their family on a ranch near present-day Prague, Oklahoma, in Lincoln County. There, Charlotte and Hiram had eight children: Minnie, Frank, George, Charlie, Jim, Mary, Adeline and Edward.

Born in May of 1887, Thorpe began honing his athleticism hunting, trapping and exploring across Indian Territory. He and his twin brother Charlie attended the Sac and Fox Agency School in nearby

Stroud until Charlie passed away at 9 from pneumonia. This caused Thorpe to want to abandon his education entirely, and he ran 23 miles from the school to his parent's house. However, his father Hiram decided to send him farther away to a boarding school in Lawrence, Kansas, now known as the Haskell Indian Nations University.

After a few years and several stints with truancy, Thorpe found his way to Carlisle Indian Industrial School in Pennsylvania where his athletic abilities began garnering attention. He easily broke the school's high jump record and became a key player in Carlisle's hockey, lacrosse, ballroom dancing and football programs.

In November 1911, Thorpe and his teammates beat top-ranked Harvard during a football game. He played halfback, punter, defender and place kicker and earned the title of All-American during the 1911 and 1912 seasons.

#### Olympics

Thorpe became a member of the U.S. Olympic team for the 1912 games in Stockholm, Sweden, where he won two gold medals in the decathlon and pentathlon, and broke a world record. Between the two competitions, he competed in 15 events. Instead of not competing after someone stole his track shoes, he found a mismatched pair in the garbage cans alongside the track and wore extra socks to prevent his foot from slipping out of the shoe that was too large. Thorpe became the first Native American to earn Olympic gold at the age of 25.

However, when it came to light he played semi-professional baseball prior to the Olympics, the IOC revoked his medals. They contested his position as an amateur athlete because he received pay. At the time, many college athletes played for money. However, they used aliases. Thorpe did not. Over the last century, the outlook has change drastically, and now the only Olympic event reserved for amateurs is wrestling.

In a letter to the Amateur Athletic Union secretary James Edward Sullivan, Thorpe wrote, "I hope I will be partly excused by the fact that I was simply an Indian schoolboy and did not know about such things."

Although Thorpe's pleas went ignored, the IOC repealed his gold medals, and he could not participate in any future Olympics, he did not stop competing.

#### Professional career

Thorpe became the highest paid Major League Baseball player when he joined the

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## Thanksgiving basket food drive reaches more families than ever in 2020

The coronavirus pandemic made everything look and feel different throughout the last year, including the holidays. However, employees of Citizen Potawatomi Nation's Workforce Development & Social Services were still determined to provide as many delicious Thanksgiving meals as possible. The staff expanded the number of families they served with their annual Thanksgiving Food Basket Drive, from 185 to 225.

WDSS Social Services Counselor Shelly Watson called the program that has been running for over 20 years "a glimpse of hope at the holidays." She led the drive for the first time in 2020 along with Home-maker Services, Safe & Stable Families Counselor Kym Coe. Workforce Development & Social Services Assistant Director Margaret Zientek challenged them with making it bigger than ever before.

"Margaret really pushed an increase in baskets because of COVID, and this will really help the families that are in need this year," Coe said.

Coe and Watson began working with the Tribe at the same time in 2018, and they both remember their first experience boxing and handing out Thanksgiving baskets to families. It fed their desire to lead the drive on their own.

"We really looked forward to the opportunity to work together," Watson said. "It's a worthwhile effort for sure. ... We've bonded together as we've grown here, and so we looked at it as a challenge that we would like to be involved in."

They collected food donations from 11 departments throughout CPN's enterprises and offices, aiming to provide not only Thanksgiving dinner but also breakfast and another meal for each family. Some departments filled baskets on their own while others purchased bulk items to distribute among all the boxes.

A few enterprises encouraged the public to participate by placing a basket where customers and visitors could contribute, including the FireLake Wellness Center. Bobby and Sue Harjo saw a flyer there and decided to give back to the Tribe. They visit the center regularly and are patients at CPN Health Services. They began giving to the annual drive four years ago after moving to Oklahoma from Dallas, Texas.

Workforce Development & Social Services collected 2,742 pounds of food from the 11 departments that participated. They handed out baskets on Nov. 19 and 20.

"For me, seeing the community come together and serve these families is a blessing. Many of the families are so excited; some of them in tears because they are receiving this basket. To get to be a part of that is so rewarding," Coe said.

The department that donates the most pounds per employee won a gift card; however, Watson believes it meant more than that to everyone participating.

"I've had Tribal employees call me and say, 'God has really placed it on my heart this year to donate in bulk. How



Citizen Potawatomi Nation Workforce Development & Social Services staff pack Thanksgiving baskets for more than 200 families.

can I help?' So, people do it out of the goodness of their heart. But we do have some competitive people here also, and they want the bragging rights. So more power to them," she said and laughed.

As a Tribal member and descendant of the Curley family, Watson started working for CPN in 2018 but never knew about all the services the Nation offered, especially those available through Workforce Development & Social Services. She has grown by learning and providing to others as part of her job.

In 2020, she and Coe continued the department's partnerships with other

organizations and businesses in the larger community such as Shawnee Milling Company, which helped feed 40 more families than usual. They hope to expand the drive further.

"This is our first year. So next year, we will learn from the mistakes that we made and be able to reach out to more people to help. Our hope is to serve more families," Watson said.

For more information about CPN's Workforce Development & Social Services programs, visit [cpn.news/workforce](http://cpn.news/workforce). ♡

## Traditional star knowledge provides connections to Potawatomi heritage and culture

Communities across the world have passed down stories and beliefs tied to the cosmos. The Potawatomi hold their own oral traditions linked to astronomy, and learning about these customs ensures teachings survive for generations to come while simultaneously creating a sense of balance between the past, present and future.

"The fact of the matter is, a lot of us grow up not speaking our language, not knowing our history and knowing very little about our culture. ... This is a really common story for, I think, a lot of Potawatomi people," said Blaire Topash-Caldwell, citizen of the Pokagon Band of Potawatomi Indians.

Learning traditional knowledge and customs through the stars helps remove the separation sometimes created between modern living and being Native American, she added.

"I see this connection between constellations and Indigenous astronomy as saying, 'Hey, our ancestors were scientists. I don't have to put my Indigeneity on the back burner in order to be a professional or to be an astronomer. They're not separate things,'" Topash-Caldwell said.

### Lowered down

Scientists and astronomers like Neil de-Grasse Tyson recognize that humans contain the same genetic makeup as the stars.

"Even though we're talking about stars and suns that are millions of miles away, and sometimes millions of light-years away,



Look to the night skies this winter to find the Mang (Loon), Mozo (Moose), Ojik (Fisher) and Jejak (Crane) Potawatomi constellations.

that doesn't make it any more separate from us," Topash-Caldwell explained. "I bring it back to a sort of *Anishnabe* perspective, which we see everything like we're related. ... We see everything in a kinship relationship. The stars are in our kinship. They're the star nation."

She began learning more about Potawatomi star knowledge during her time working in the Pokagon's archives under the department of language and culture. During a Zoom interview with the *Hownikan*, Topash-Caldwell highlighted how the word *Nishnabé* can create ties to the skies above.

"Depending on what community you're from, (*Nishnabé*) literally refers to being low or being lowered down," she said.

Potawatomi and other *Nishnabé* believe that plants, animals and other living beings have more wisdom and are more important than humans.

"It's a really humbling sort of explanation, but the other explanation that I get a lot is that *Anishnabe*, the Ones Who are Lowered Down, refers to our creation story that we were lowered down from the sky realm, specifically the hole in the sky constellation that the Ojibwe call *Pugonakeshig*," she said.

The Potawatomi, Ojibwe and Odawa are brother tribes, and at one time, were one single tribe. Because of this, the languages and culture across all three are similar. However, most Potawatomi call *Pugonakeshig* constellation *Mdodosenik* (Sweat Rocks).

### Guidance

During the *Nishnabé* people's migration from the east coast to the Great Lakes region, some Tribal elders and history keepers believe they followed the celestial phenomenon known as the Crab Nebula supernova explosion.

"It left a really bright point in the sky (that) was definitely observable at night, but it was so bright you could see (it) during the day as well," Topash-Caldwell said during a 2020 Potawatomi Virtual Gathering presentation.

Additionally, Potawatomi constellations describe seasonal activities. Some communities believe that it is appropriate to share winter stories only when *Pondésé Négos* (Winter Maker) is in the sky.

"Some people have the interpretation that rather than reserving certain stories for winter, or more specifically when snow is on the ground, that actually (*Pondésé Négos*) might have been one way ... to communicate that what we really need to do is reserve the stories for when Winter Maker is in the sky," she said.

The stars vary depending upon location and time of year and may hold warnings

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## CARES Act funds create busiest year in last two decades for Tribal Rolls Department

Since the mid-1970s, Citizen Potawatomi Nation's member enrollment numbers have increased by tens of thousands. In 2020, total citizenship surpassed 35,500 due to the global pandemic and need for CARES Act funds. Charles Clark has been director of the CPN Tribal Rolls Department for 19 years, and this past year has been the busiest yet.

"Usually, a month's work has turned into a week's work," Clark said.

Applications and other requests decreased at the beginning of the pandemic when most of the country was in lockdown. However, the Tribe then announced the first phase of its CARES Act funds programs in April.

"Once (quarantine) got lifted and people started coming back and requesting cards and sending applications, it was kind of like business as usual," Clark said.

However, when people found out about the CARES Act programs, "it didn't rain. It poured. It was a tsunami," he said.

### Federal stimulus

An increased number of Tribal enrollment applications came in soon after the Nation rolled out multiple phases and 11 CARES Act programs available through CPN.

"The Tribe was real good about announcing this to the people, and they're trying to get themselves enrolled and their kids enrolled before the deadline," Clark said.

Tribal Roll's work increased as the year continued. At one point in November,

they received 300 applications in one week. By comparison, Clark estimates that a pre-pandemic monthly enrollment workload would be 45 applications.

The combination of new programs and the Tribe's heightened effort to communicate with members about enrolling their children led to an increase in infant and school-age children applications.

"I've got some applications where you might have four or five kids enrolling under one family at the same time," Clark said.

### The essence of speed

Tribal legislators approve applications for citizenship during a legislative session. While that typically happens once a quarter, legislators began meeting once a month through the end of 2020 to vote on CARES Act programming and membership requests. As a result, Clark started sending more than 100 forms for approval every two to three weeks due to the demand.

"We've been enrolling everyone as quick as we can," he said.

Existing Tribal members also updated their addresses and requested new ID cards in record numbers to meet the CARES Act funds application requirements.

"The phones are nonstop, and the emails are just piling up," Clark said.

"It's kind of hard sometimes that (applicants) don't understand the amount of work that we have. And I know that everybody wants their



*To keep up with the Tribal Rolls Department's increased workload, staff take turns with various tasks, such as making Tribal ID cards.*

applications placed at the top of the stack, but life doesn't work that way. And they just have to be patient."

With a small staff of five, Clark and his employees took turns with different tasks to avoid burnout.

"We're a tough crew; we can handle it. We're a salty crew. We can take the hardest of the weather," Clark said.

Due to the CARES Act funds, more out-of-state Tribal members contacted Tribal rolls to update their information or apply than normal. Clark believes it shows an increased desire to participate and learn about CPN as well.

"They're getting their applications or their addresses updated and brand new cards and enrolling their children," he

said. "And I guess that once they go on the Internet, then they actually start seeing what we have to offer. And that will probably make them a little bit more adept to keeping up with what we're doing here."

Clark encourages everyone to take their time completing the enrollment application, read the forms thoroughly and turn in all necessary documentation at one time for a smoother and faster process.

The CPN Tribal Rolls Department is available by email at [tribalrolls@potawatomi.org](mailto:tribalrolls@potawatomi.org). Find more information regarding Tribal membership — including enrollment applications, information change request forms and more — at [cpn.news/citizenship](http://cpn.news/citizenship). ♡

## *Kchemko gises* — Big Bear Moon — at the CPN Eagle Aviary

By Jennifer Randell and Bree Dunham, CPN Eagle Aviary Managers

While many bears up north go into their dens as early as mid-December, *Kchemko gises* usually marks the first full month of bears being in their dens while hibernating through the long winter. Many cubs are born during this time as well. For us much further south in Oklahoma, extreme winter weather still hasn't arrived, and its visit will be brief. Even with milder, shorter winters, we are still faced with challenges and changes that see some overlap from our previous territory up north.

Winter, for all of us, is a time of rest and recharging before life reawakens during *mnokme* (spring). While in their dens, bears live off the fat reserves they worked so hard to acquire over the late summer and fall. We as Potawatomi traditionally survived the season as a result of the work put in to harvest *menomen* (wild rice), and dry *mdamen* (corn), *kojesek* (beans) and even *kwesmen* (winter squash), among other things, to support us when food became scarce. Even today, we stock up between storms and prepare to stay at home.

Hibernating mothers-to-be bears give birth in their dens, nurse their cubs and even clean up after the youngsters while they are "asleep" — something that many



*Aviary residents enjoy the cool weather Kchemko gises brings.*

human mothers can probably relate to as well. Bears can actually heal injuries they may have sustained before turning into their dens for winter. Even here, we spend more time indoors and with our families, passing time with crafts and telling *Nanabozho* or *Wiske* stories, which we share only during this time of year while the earth and spirits are asleep.

Each season presents its unique set of challenges but prepares us for the next.

Like the bear, we take this time, sheltering from the winter to rest, recharge and prepare for the arrival of *mnokme*.

### *Kchemko gises* activities

During this time, many of our eagles are building nests, and the pairs that we have become more territorial and vocal while defending their space. Everyone's appetite has increased. Many times, they forecast the weather better than our local

meteorologists. They will often double their intake before a significant storm, much like they would in the wild so that they could sit through inclement weather to preserve energy when hunting would be difficult otherwise.

Summer months require more intensive cleaning and site work as well as a lot more time outdoors for site maintenance. Winter shifts toward observation and record keeping of our egg-laying pairs both here and nests in the wild. Nest studies include reviewing and comparing previous dates of nesting behaviors, egg laying and hopefully, hatching chicks.

Nest studies are ongoing, and locating *Wadasé's* nest is something we hope to do this winter as well. We plan to expand our studies in the future to encompass a wider areas and greater number of species with the help of volunteers and create a database to study long-term trends. All raptors are considered indicator species, and their presence or absence can tell us a lot about the health of the environment. While we have only been cataloging that data since 2010, over time, that information will become a vital tool to help direct our conservation efforts in the future.

Since the daylight hours are shorter, we also use this time to bring glove-trained

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# Indian Country issues to look for in 2021 Oklahoma Legislature

On Feb. 1, 2021, the first regular session of the 56th Oklahoma Legislature is set to convene. While terms typically run from February through May, the 2021 session looks to be more hectic than usual in terms of legislative activity. As with many state legislatures across the U.S., the pandemic threw the spring of 2020 into disarray as Oklahoma's representatives attempted to complete a session amidst a general state shutdown to slow the spread of the coronavirus.

As a result, the legislature pushed all but a few bills aside in order to pass a budget and conclude the 2020 session. A number of bills that could impact Oklahoma tribes are likely to resurface in 2021.

## Ida's Law

This legislation would make it easier for law enforcement to investigate cases involving missing or murdered Indigenous people. It is named after 29-year-old Ida Beard, a citizen of the Cheyenne and Arapaho Tribes who disappeared in 2015. The bill calls for the establishment of a special liaison within the Oklahoma State Bureau of Investigation to navigate jurisdictional issues between the state and federal agents when crimes occur on tribal land. Though it passed out of the House of Representatives last year and made it as far as the Senate Public Safety Committee, it was a casualty of the truncated 2020 session. If signed into law using last year's bill language, its success relies on federal agencies, presumably the U.S. Department of Justice, funding the position with the OSBI.

This bill may become more relevant in the wake of the U.S. Supreme Court's McGirt ruling that brought the issue of criminal justice jurisdictional issues in Oklahoma to the foreground.

## Medicaid managed care organizations

Oklahoma Governor Kevin Stitt's aim to have a private company manage



*The Oklahoma State Legislature will take up several issues that could lead to legislation impacting Oklahoma tribes.*

the state's Medicaid program is moving forward. The state will likely award the contract to a managed care organization in January or February. MCOs are a controversial topic in the state, and one has failed in the past. Many legislative members have spoken out against MCOs for increasing costs for the state over the long term rather than cutting them.

Last fall, Senator Greg McCortney (R-Ada) organized a study to obtain feedback from health care officials representing Oklahoma tribes. Given the results, the Oklahoma Health Care Authority will mandate an "opt-in" option for the state's American Indian/Alaska Native population who participate in Medicaid programs. This option, requested by Oklahoma Indian nations, allows tribal health care programs to bill the OHCA directly for services provided to enrolled tribal citizens at the federal government rate. Those rates will result in cost savings for tribal health care providers that can be put back into medical services, which mostly serve rural Oklahoma.

In mid-December, a group of Oklahoma House Representatives signed a letter to Gov. Stitt asking him to withdraw efforts to implement a managed care program. It also asked for the development of a plan other than unilateral action.

It seems unlikely he will accede to that request. Tribal health care providers plan on working with the new privatized regime to ensure quality service for their patients. State legislators will need to determine the costs as they move toward passing a budget by May.

## Gaming deductions bill

Legislators are likely to address a fix on gaming loss tax deductions that slipped in the 2020 session's truncated timeline. Introduced by Representative Kevin Wallace (R-Wellston), HB 2667 permits the exclusion of gambling losses under Oklahoma's \$17,000 cap on itemized deductions. A 2018 bill that aimed to increase revenue for teacher pay raises set the cap. However, Oklahoma became the only state with a deduction

limit for losses at a gaming facility. High stakes gamblers face tax bills on money they actually lost. Consequently, many are turning to out-of-state destinations to spend their money.

The legislation made it out of the house and to the state senate last year, but drastic changes to its provisions from that chamber resulted in the clock running out before a fix could be agreed on by the house.

The Oklahoma Tax Commission estimates the bill's loophole closure would result in \$17.8 million in lost gaming revenue; however, the Oklahoma Quarter Horse Racing Association and Oklahoma Society of Certified Public Accountants both supported the bill. Taking the OTC's estimate at face value also ignores the tens of millions in losses that tribal gaming revenues — a portion of which go directly to fund Oklahoma public schools — would face without a legislative fix.

## Tracking tribal affiliation

A bill championed by two Shawnee, Oklahoma, legislators concerning tribal affiliation tracking in public schools may get another look. Then-Senator Ron Sharp (R-Shawnee) steered the State Tribal Education Data Partnership Act through his chamber last year before it failed to get a hearing in the House.

If passed into law, it would log tribal enrollment data on Native American student populations to improve specific tribal populations' visibility in schools. Currently, there is no mandate for this data, and it would help tribes, public schools and the state department of education.

Though Senator Sharp is no longer in the legislature, last year's House co-sponsor Dell Kerbs (R-Shawnee) intends to champion the legislation again. ♠

# Health care training built to improve dementia patient care

An education program through OU Health is attempting to shore up access to care for the state's dementia patients.

In 2019, the University of Oklahoma Health Sciences Center received a five-year, \$3.75 million grant from the U.S. Department of Health and Human Services' Health Resources and Service Administration. Among the objectives of the grant was to provide community-based training and educational opportunities to improve health outcomes for the state's dementia patients.

"We know people are living longer than ever before," said Terence Gipson, Oklahoma Dementia Care Network program evaluator. "With an increasing elder population, particularly here in Oklahoma and in our rural communities, there's a need to provide more community-based services for our elders, particularly in the realm of Alzheimer's disease and dementia."

OUHSC invited representatives from the Citizen Potawatomi Nation along with Indian Health Services and a handful of other Oklahoma tribes to participate in

the initial cohort for community health workers and help shape the curriculum for training efforts overseen by the Oklahoma Dementia Care Network.

Dementia is an umbrella term to refer to multiple conditions that develop when the brain's nerve cells either die or stop working properly, which leads to memory problems.

Almost 6 million Americans are living with Alzheimer's disease, one of the most prominent forms of dementia, or roughly 1 in every 10 adults older than age 65. It is the sixth leading cause of death nationwide. Medications are available to treat the symptoms but unable to cure it.

Frequent signs of the disease include someone losing the ability to retrace their steps, withdrawing from work or social activities, regularly showing poor judgment or decision-making skills, losing track of the day or season, or frequently struggling to complete a familiar task, such as driving to the grocery store or taking daily medication.

According to a study published by the Alzheimer's Association, an

estimated 65,000 Oklahomans are currently living with the disease, but the organization projects that number to grow by 16.9 percent by 2025.

While limited data regarding Indian Country exists, the information available suggests Indigenous elders are at higher risk. According to a study published in 2016, American Indian and Alaska Native elders have higher dementia incidence rates than their Latinx, Pacific Islander, Caucasian and Asian-American peers, with 22 cases for every 1,000 elders.

Although scheduled to begin spring 2020, the coronavirus pandemic caused a delay as organizers pivoted their plans from in-person classes to online-only sessions.

The online version made it harder to do hands-on activities, but it also made it a little easier for participants to join in and work with other community health representatives from across Oklahoma.

"We are going to be in this for the foreseeable future, so we've had to adapt," Gipson said. "However, our reach has been more expansive versus coming

together in one place. More people have been able to attend more meetings."

The Oklahoma Dementia Care Network's program includes three training sessions. One focuses on basic information about dementia, including its epidemiology and breaking down any misconceptions about the disease. The second session discusses how community health representatives address dementia in their jobs.

A third session focuses specifically on training community health workers and other providers who will teach their colleagues about how to best work with dementia patients following the training.

"The beauty of what we're working on is that we're working on building trainings that can be passed on," OkDCN co-investigator Kerstin Reinschmidt said. "Often the problem is that when you have a grant for a few years, when the money's gone, the work is gone. Because we're developing training tools and implementing training, when people see training announcements ... they're able to get the training and resources for the future for people to work with." ♠

## Food allergen diagnosis brings relief

Kaitlyn Precure will not be eating a cheeseburger any time soon, thanks.

Because of an allergy to red meat, that cheeseburger could cause the Potawatomi Leadership Program alumna to start swelling or break out in hives.

“I figured it out about two years ago,” she said. “After eating red meat a couple of times, especially roasts with lots of fat, I’d swell up.”

An allergy is when the body’s immune system overreacts to a substance that would normally be harmless. In Precure’s case, it was in response to a tick bite she received as an adult.

Although a food allergy and a food intolerance can cause nausea and diarrhea, and both require avoiding certain dishes, they are not synonymous. The latter usually stems from the body’s inability to break down a food, Oklahoma City Indian Clinic pediatrician Dr. Jennifer Stewart said.

“People are allowed to have preferences but this does not constitute an allergy,” she said. “A true food allergy is only present in 8 percent of children and most of them will eventually be outgrown.”

After consuming an allergen, the body’s immune system releases a host of chemicals, including histamines, which stimulate the nerves and cause blood vessels to dilate, and leukotrienes, which cause inflammation. That in turn can lead to a wide array of bodily reactions, such as hives; a rash; swelling of the hands, feet or tongue; wheezing; blurred vision; nausea; or a tingling tongue, face or lips.

An allergy can be life threatening if an individual ingests enough of the substance to trigger anaphylaxis, which constricts the airways and

### COMMON FOOD ALLERGIES

			
<b>MILK OR DAIRY</b> egg substitutes & canned soups	<b>PEANUTS</b> curry sauces & egg rolls	<b>TREE NUTS</b> marzipan & salad dressings	<b>SOY</b> bouillon & margarine
			
<b>SESAME</b> dips & marinades	<b>FISH &amp; SHELLFISH</b> gelatin & marshmallows	<b>WHEAT</b> gravy & vegetarian burger patties	

prompts blood pressure to plummet, causing the body to go into shock.

A suspected allergy confirmation, whether it is to food or other substances, can occur either through a blood test, which looks for antibodies to the allergen, or through a skin prick test. This includes rubbing a small amount of the suspected allergen into the skin to see if it causes hives or a rash.

In the case of food, positive results to either test can be further verified by eating some of the substance in question while medical professionals look for signs of an allergic reaction and, if needed, provide medical intervention. Over-the-counter testing is available, but as Stewart pointed out, it does not always yield accurate, dependable results.

“The over-the-counter food allergy testing is not reliable and does not tell you if your child actually has an allergy or sensitivity to a food,” she said. “All of us have some degree of antibodies to food proteins but this does not mean we are allergic to the food. If you simply feel bad after eating a particular type of food but do not have an immunoglobulin-mediated response to that food, you are not allergic.”

More than 170 foods have been connected with allergic reactions, with the most common ones being milk, eggs, peanuts, tree nuts, shellfish, soy, wheat, fish and sesame.

According to *Harvard Women’s Health Watch*, food allergies are more common among people who have other allergies, eczema, asthma or hay fever.

Despite the prevalence of diagnoses increasing by 377 percent between 2007 and 2016, demographic data on the roughly 32 million food allergy patients is limited. However, according to a study published in March 2020 of more than 23 million children nationwide receiving Medicaid benefits, Native American children were 24 percent less likely than their white peers to have a diagnosed food allergy.

Despite noting that it impacts about 1 in 10 adults nationwide, a 2019 study on the severity and prevalence of food allergies on adults did not include Indigenous people in its methodology.

The author of both studies, Dr. Ruchi Gupta, acknowledged that those Medicaid families may not have the same access to allergy specialists and may attribute allergic reactions to something other than what is in their pantries, thus leading to an undercount in the data set.

“I see it in my own clinic,” she said, while presenting on a panel during the Food Allergy Research and Education Global Summit in October. “My patients don’t always tell me about food allergies. They’re sometimes focusing more on other issues, like asthma.”

Meanwhile, for Precure, a descendent of the Beaubien family, confirmation that her hives were an allergic reaction meant slightly changing her diet.

“In a way, this has been a good opportunity for me. It’s made me learn about new recipes and trying new things,” she said.

“I used to have the mentality that all my protein had to come from meat. I’m now including more alternative sources, like lentils and beans.” ♡

## We are all essential

By Payton Moody

It is no secret; the world, particularly the United States, is going through a novel time in history.

With coronavirus cases climbing in most states, it can sometimes prove difficult to stay positive and keep pushing forward. We have been through so much in the past year: wildfires, a global pandemic that has taken our loved ones, numerous hurricanes and tropical storms, a contentious presidential election, the loss of jobs and businesses, and most importantly, a weakening in our hope and faith.

First National Bank & Trust Co. of Shawnee, Oklahoma, is here to say we stand with you and our community. We must all keep our composure and remember these times will pass.

Slowing the spread of the virus by wearing a mask, social distancing and quarantining when necessary are all simple ways to help the people around us and ourselves. These protocols are put in place to protect us, and if followed correctly, could make a tremendous impact on the number of COVID-19 cases in our area.

Selfless acts like these can save lives.

At FNB, we want to remind everyone that you are essential. This includes the educators, doctors, nurses, first

responders and service industry workers who are risking their lives for others every day; the grandparents trying to figure out Zoom and FaceTime so they can see their grandchildren on the holidays; the father watching his daughter come into the world through a glass window, while the mother is doing one of the hardest things she’s ever done alone; the grandmother who is forced to take her final breaths without her family by her side.

You are the true heroes of this pandemic.

It has been a trying time for everyone. Some have lost their jobs, been evicted from their homes and even lost friends and family members to this virus. It is one of the most divisive times in our country’s history. However, as Americans, we must come together to help and support each other.

We know you are tired of this virus, wearing a mask, canceling your trips and not seeing your family members. If we all do our part and come together as a nation, we can beat this pandemic and return to a sense of normalcy.

Keep the faith and remember that good times are still ahead.

Stay safe and stay positive — from everyone at First National Bank and Trust Co. of Shawnee, Oklahoma. ♡

## Language update

By Justin Neely, CPN  
Language Director

It’s been a busy month for the language department. In December, we put the Potawatomi Youth Choir and Christmas caroling on hold due to the pandemic.

We recently finished up *Popeye the Sailor as Aladdin* in Potawatomi. This is a cute, 22-minute public domain cartoon we were able to put into Potawatomi with two versions: one with Potawatomi subtitles and one with English subtitles. You can watch this on [cpn.news/jn](http://cpn.news/jn), which is one of our two YouTube channels. There you can also see and hear the song *Frosty the Snowman* animated in Potawatomi. Check out all of our videos at [cpn.news/langyt](http://cpn.news/langyt) or [cpn.news/jn](http://cpn.news/jn).

We have been doing a regular live class through Zoom every Friday for those students who enjoy the live experience. After the Zoom ends, the CPN IT Department has set it up for us to be able to post each class on our YouTube channel at [cpn.news/langyt](http://cpn.news/langyt).

We just finished a busy semester. This is the first year we had four different public school districts involved with our online self-paced high school course. It is available anywhere in the state of

Oklahoma for world language credit, which counts toward graduation.

Also, we had one student at Arizona State University take our collegiate version for college credit.

Additionally, one of our team members, language aid Ragan Marsee, was interviewed by Oklahoma TV station News 9. She has used the language to train her dog.

Keep in mind, we have a lot of online platforms available to learn the language. Go to [potawatomih heritage.com](http://potawatomih heritage.com) to see some of our amazing opportunities. Our Moodle course has had over 1,100 students, and 130 students have completed the course. There are Beginner I, Beginner II and Intermediate courses as well as a link to our children’s page. We also have a few courses on [memrise.com](http://memrise.com), and don’t forget to check out our online dictionary at [potawatomidictionary.com](http://potawatomidictionary.com).

The language department wishes everyone a happy new year.

Make this year’s resolution to learn our language. ♡

# Bruno family history

Each month leading up to June, the *Hownikan* will feature the history and background of each scheduled honored family selected for the 2021 Family Reunion Festival, including the Bruno, Darling, Hardin, Higbee, Lewis, Nadeau, Slavin and Smith families. The first in this series is the Bruno family.

## Fur trade

Like many French-Canadian settlers with ties to the Potawatomi, the Brunos were once successful fur traders and trappers. Anthony Bruneau was the son of a French settler and an unknown Blackfoot woman from around Browning, Montana. Anthony was born in Canada, and family records indicate the Potawatomi may have adopted him.

Anthony married a woman named Julia, and they had two children: Zoa Bruno born in 1839 and John Baptiste Bruno born Dec. 25, 1840, in Council Bluffs, Iowa.

John Baptiste married Mary Rhodd, the daughter of Charles H. Rhodd who had strong relations to the Great Lakes region.

## Rhodd-Bruno connections

Mary's father, Charles H., grew up in the Saginaw area of Michigan, northwest of present-day Detroit. His name appears on a land buyer roster in Saginaw County in 1835. Records show Charles H. allied with Ojibwa chief *Naw-Qwa-Chic-A-Ming* (Middle of the Lake), and he traveled with him to Washington D.C. to serve as an interpreter during land sale negotiations after the Indian Removal Act's passage in 1830. Charles H.'s name appears on several treaties, including the 1837 Treaty with the Chippewa signed on Jan. 14, 1837.

Along with serving as an interpreter, Charles H. also worked at a merchant and trader. Some believe his business inspired his move from Michigan to Iowa. In 1840, he married a Potawatomi woman named *Waschowin*. She was born in Illinois and among those forcibly removed from there to present-day Iowa as a child.

While living near Council Bluffs, Iowa, Charles and *Waschowin* had their oldest, David, in 1841, followed by Alexander in 1843. Through the Treaty of 1848, all Potawatomi west of the Mississippi River moved to a new reservation in northeast Kansas. There, *Waschowin* and Charles had three more children: Mary in 1848-1849, Charles Richard in 1854 and Elizabeth in 1858.

## Waschowin and Charles H. Rhodd's Children

David married Julia Guilet in 1863, and they had six children: Rolla in 1865, Henry "Harry" in 1865, Edward in 1872, Josephine in 1874, Israel in 1877 and Charles in 1883.

Alexander's first wife was Mary Vieux, and she bore three children: Ellen (Jessepe), Tom and Mary Ann (Copeland). He then married Zoa Bourbonnais, and they had five children: Peter Albert, Inez (Little), Elizabeth "Lizzie" (LeClair), John Leander and Enos E.

Alexander received one of the first tracts of allotted land in present-day Oklahoma, and he served on the



John A. Bruno, Moses Bruno and John Baptist Bruno

Tribe's business committee. Alexander also became the guardian of Charles Richard after their parents' death.

*Waschowin* and Charles's daughter, Mary Rhodd, married John Baptiste Bruno on June 20, 1864. They had eight children together: Samuel William in 1867, John Anthony in 1869, Julia in 1871, Joseph Oliver in 1872, Mose in 1874, Josephine in 1881, Bella Binik in 1884 and David in 1888. Mary Rhodd's younger sister, Elizabeth "Lizzie" Rhodd, came to live with her and John after the deaths of *Waschowin* and Charles.

Charles Richard Rhodd, the youngest son of Charles and *Waschowin*, married Helen Acton, daughter of Angeline "Azhnick" Bellaire and James Acton, and they had seven children: Viola Alice, Ida Florence (LeClaire), Noah J., David C., Unice Mae "Maggie" Margaret, Thomas and Charles Daniel.

Charles kept books for the Tribe for many years and served on the 1895-96 business committee. He was an acknowledged expert in herbal medicines and had a vast knowledge of roots, herbs and treatments for various diseases.

The youngest child, Elizabeth "Lizzie" Rhodd, married Thomas "Bud" Hardin, the son of Margaret Lafromboise and John Hardin. They had no children.

## John Baptiste and Mary Rhodd

John Baptiste Bruno drove mules for the U.S. Army and served as a business committee member for the Citizen Potawatomi in 1891.

Their son John Anthony married Mary Ann Vieux in 1891, and they had seven children: Ethel (Shopwetuck), Jessie, Mary, Ozie, Nora (Woodring), John Aloysius and Eveline.

John Baptiste and Mary's daughter Julia married Peter Wano, and they had four children: Isaac, Frank, Stella and Benjamin.

Joseph Oliver wed Ellen Vieux in 1895, and they added eight children to the Bruno family: Jacob, Charlotte, Elizabeth, Willy, Luther, Lewis, Julia and Joseph Charles.

Josephine married Henry H. Tarter on April 22, 1900, in Sacred

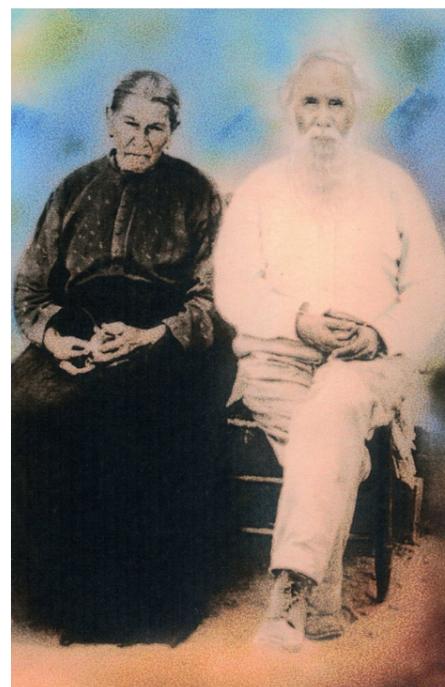
Heart, Oklahoma. They had four children: George Lawrence, John Ivy, Emily and Vernie.

The youngest, Belle Binik, and George Lehman wed on April 17, 1900, in Sacred Heart, Oklahoma. They had three children: George Jr., Grace Catherine and William Edgar.

Moses — also known as Mose — and Francis (Shopwetuck) married on May 21, 1901, and had nine children: Mose Jr., Johnnie Baptiste, Mike, Robert, Zoa, Beatrice, Markie, Patrick and Celeste.

Johnnie Baptiste married Sac and Fox Nation member Beatrice Casteel on Sept. 8, 1928. A 2009 *Shawnee News-Star* article written by their daughter Ruby Bruno Withrow highlighted their love story:

"Johnnie loved to dress up and was probably decked out in suit, tie and a small, snap brim hat. On the day of the wedding, and all dressed up in their wedding clothes, they set out in a borrowed Model T Ford to find the Justice of the Peace. They went to Konawa and found him at the jail. He said he would be happy to marry them, but they would need witnesses. They had been in such a hurry that they didn't take the time to round up at least two witnesses. The Justice of the Peace said



Mary Rhodd Bruno and John Baptist Bruno

that there were plenty of witnesses in the lock up and they would do. The jail was one big room with the cells on one end. The prisoners were also the only wedding guests they had. They were married and went away for a day at an undisclosed location," the article said.

Because of the Sac and Fox's matrilineal culture, Johnnie Baptiste and Beatrice listed their children on the Sac and Fox Nation's tribal rolls.

## Oil and greed

In a video created by Moses and Francis's descendants in the late 1990s regarding the loss of the Moses Bruno family allotment, their great-grandson Johnny Flynn said, "What we want to do is find the center of this family again. We're scattered from North Carolina all the way to California, over 250 members — living descendants of Mose and Francis Bruno."

*Time Magazine* published *A Trust Betrayed?* in 2004 concerning the acreage. The article said an oil well began operating on the allotment in 1939, and all the payments went directly to the Bureau of Indian Affairs. Moses had to appeal to the BIA to purchase cattle, groceries and more, and the oil production made it difficult to use the land for farming and ranching.

According to *Time Magazine*, "Family members say Moses Bruno was never allowed to see his oil and gas account ledgers. It might not have done him much good if he had been, given that, like many Indians of his generation, he had never learned to read and could write only his name. When his eldest son Johnnie argued that the government was robbing him blind, the older man insisted that the Indian-agency people would never cheat him."

Determined to find information, several Brunos visited a regional holding of the National Archives in Fort Worth, Texas. There, they found a BIA file containing ledgers tied to Moses. The paperwork revealed the money posted to his account did not equal the BIA's deposit sheets.

"The family estimates that Moses Bruno earned a total of \$35,000 from his oil and gas leases. The production figures the descendants unearthed, on just one well on the land that was sold in 1933, amount to almost \$70 million," the article continued.

Moses passed away in 1960, and his grave is in the Sacred Heart Cemetery. His descendants have hired lawyers to pursue repatriation for the mismanagement the family experienced.

The Citizen Potawatomi Nation Cultural Heritage Center provides resources to keep the Tribe's history safe and accessible for generations to come. One key way the Nation does this is through the CHC's archives. If interested in assisting preservation efforts by providing copies of Citizen Potawatomi family photographs, documents and more, please contact the CHC at 405-878-5830. Learn more about the Family Reunion Festival at [cpn.news/festival](http://cpn.news/festival), and find research resources online at [potawatomiheritage.com](http://potawatomiheritage.com). ♡

# Kansas art museum screens Citizen Potawatomi Nation member's historical documentary

The Marianna Kistler Beach Museum of Art, located on the Kansas State University campus in Manhattan, decided to take its annual Art in Motion series virtual in 2020 due to the coronavirus pandemic. In November, museum curator Elizabeth Seaton organized a digital screening of Citizen Potawatomi Nation tribal member Minisa Crumbo Halsey's 2016 documentary, *Woody Crumbo: Spirit Talk*.

"It was one of the greatest experiences of my life to be able to put that together," Crumbo Halsey said.

She served as writer, director and producer of the 44-minute movie that delves into the inspiration and life of her father, acclaimed Potawatomi artist Woody Crumbo. His influence and unique style continues to influence contemporary Native American art, and Crumbo Halsey's film sought to celebrate and archive his work with museums and other artists across the United States.

"Woody Crumbo was, in his work, was only about one thing, and it was about connecting with spirit and then connecting the viewer with spirit through the artwork," Crumbo Halsey said in a Q&A session following the screening. "There were no words. There was no song. And a lot of times, people would come away from looking at the work in a very non-verbal state."

### Inspiration

Crumbo Halsey is an avid documentary watcher, and her upbringing cultivated her fondness for the medium.

"I watch them all the time," she said. "I like nonfiction, and I've been a reader my whole life. My mother was a schoolteacher. She started me reading early, early on. ... I've always been very interested in biographies, history and nonfiction."

Her idea for the documentary came naturally in 2015, continuing what she referred to in a recent *Hownikan* interview as a "very creative time" in her life. Crumbo Halsey felt called to make the film, not unlike her other work.



Citizen Potawatomi Nation artist Minisa Crumbo Halsey's work covers many genres and forms, including documentary film.

"I feel like my father appeared to me in spirit, and he had been gone for 20 years already when I was writing (my book) *Spirit Talk*. ... The documentary was spirit driven. It was clear that the work that I was doing was fine — do whatever you want. But don't forget to do one on your father because he's your biggest and your best subject, and it hasn't been done. And, someone needs to do it," she said.

Portraits had been a passion of hers for quite a while, and Crumbo Halsey began interviewing people and documenting their lives with her camera as she traveled in the early 2010s. She decided to take it further after realizing she recorded quite a few artists and musicians who knew her father.

"I got to thinking, 'If I'm documenting anyone, I should be documenting my father,'" she said.

Inspiration also came from encounters with a crew for one of the world's most famous video documentarians, Ken Burns. While working on the epic eight-part series *Country Music* for PBS, they used office space with Crumbo Halsey's husband, Jim Halsey. Principle writer, producer and director Dayton Duncan interviewed him, Roy Clark, Wanda Jackson and many other Oklahomans who have made irreplaceable contributions to the genre throughout the last century.

"That was very rich to be around some people who just lived and breathed (making documentaries)," Crumbo Halsey said.

Burns taught her that video "eats up" still images, and she knew it would be hard work finding enough photographs and clear shots of paintings to tell her father's story.

### Creation as art

She contacted Tulsa's Gilcrease Museum to search its archives for paintings, photographs and audio recordings of her father. Woody Crumbo worked extensively with the museum in the late 1940s and '50s as an artist-in-residence and helped owner Thomas Gilcrease build his art collection.

The Oklahoma Historical Society also provided many black-and-white photographs, and OHS Executive Director Bob Blackburn, Ph.D., worked with Crumbo Halsey. She found audio, news clips, images and pieces of Crumbo's artwork she never knew existed.

"Everyone was so gracious and so helpful about bringing things forward and making them available," she said.

Then, she storyboarded the entire film on tables and other surfaces around her house, laying out the images roughly in the desired order using index cards while writing the narration. Crumbo Halsey found it best to follow her father's life from birth to death.

"That was my cue about what the subject matter and the text was going to be was the timeline of the artwork — when it was done, where it was done, who was there, what was the subject. ... As a good documentary does, it tells a story," Crumbo Halsey said.

Choosing the music that plays throughout the film also brought many emotions and memories. Her son, Woody Carter, wrote many of the songs, using a sacred flute passed down from his grandfather. The movie ends with a video of Carter performing a piece from his most recent album.

"When I got to the end, it was like it just wrapped itself up itself and let me know what the end was — what pictures were going to be used, what music was going to be used, what was going to be said. ... It was very interesting," Crumbo Halsey said.

She recorded the film's narration and then spent three to four months with an editor, piecing it together and making her vision come to life.

Crumbo Halsey told the Beach Museum of Art webinar participants that *Woody Crumbo: Spirit Talk* continues to transform her and each viewing brings her to tears.

"It moves me so deeply every time that I watch it," she said. "I remember, I remember! And that's exactly what the artwork is supposed to do."

Much of Woody Crumbo's art depicts ceremonies, dances and traditional stories from various tribes in places he lived throughout this life — Cimarron, New Mexico; Tulsa, Oklahoma; La Junta, Colorado; and many others.

"When a person paints a picture, if he has the right feeling and his aims and all towards his depiction, if everything is alright and he is successful, he has given that picture a spirit," he said, in an archival recording used in the documentary.

The creative process is more than the product — perhaps the most crucial lesson Crumbo taught his daughter. Crumbo Halsey captured her father's spirit in her documentary and put more than a little of herself in it as well.

"Being is the doing, and all life is ceremony," she said.

Watch *Woody Crumbo: Spirit Talk* at [cpn.news/crumbodoc](http://cpn.news/crumbodoc), and hear Crumbo Halsey's presentation and Q&A session with the Beach Museum of Art at [cpn.news/beachqa](http://cpn.news/beachqa). Find more of her work — including books, paintings and beading — at [minisacrumbo.com](http://minisacrumbo.com). ♡

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## CPCDC encourages Native American artists, small business owners' success

The First Peoples Fund recently extended its partnership with the Citizen Potawatomi Community Development Corporation until June 2021. Between 2016 and 2020, the two organizations have assisted more than 90 Native American artists with business development training, credit counseling and asset building.

First Peoples Fund “strives to provide support and voice to creative Indigenous artists who share their inspiration, wisdom, knowledge and gifts with their communities.”

“The partnership has allowed me to build additional resources and relationships for, and with, our Native community. It fills me up when I see participants develop assets, grow their credit scores and their businesses,” said Felecia Freeman, CPCDC commercial loan officer and First Peoples Fund liaison.

Established as a nonprofit in 2003, the CPCDC provides microloans, business loans, short-term consumer loans, financial education, one-on-one customized business consultations and more. Now, the organization continues to build upon some of the programs established with the First Peoples Fund to provide credit counseling and technical assistance to Native artisans in particular.

CPCDC programs are available to Native Americans across Oklahoma and any CPN tribal member within the United States and its territories.

### Building success

The *Hownikan* spoke to two Native American artisans assisted by the First Peoples Fund and CPCDC, MaryBeth Timothy and Leslie Deer. Timothy — Cherokee Nation citizen — and her husband own MoonHawk Art, LLC based in northeastern Oklahoma. Deer — citizen of the Muscogee (Creek) Nation — operates L A Deer Apparel. Both Timothy and Deer found the educational opportunities and assistance invaluable to their businesses' success.

“I have participated in a lot of events that the CPCDC has offered over the years,” Deer said. “I think it's fabulous that they offered all of that training for free, and it was there for anyone to participate.”



*MaryBeth Timothy utilizes the knowledge and support from the CPCDC and First Peoples Fund to expand her business, MoonHawk Art, LLC. (Photo courtesy of Dawn's Eyes Photography)*

She completed her second bachelor's in 2016, receiving a degree in apparel design from Oklahoma State University, and she wanted to establish her own small enterprise.

The First Peoples Fund “came to be here at the Potawatomi Nation ... at the perfect time for me to go and attend that training and learn about the different levels of entrepreneurship,” she said.

Deer became knowledgeable in record keeping and establishing business accounts, and eventually earned a certification as a First Peoples Fund trainer. She assists the two organizations by leading classes and tutorials to support fellow Native American artists in the region.

“For me to be able to share the knowledge that I have learned and share my experiences with other emerging artists in our community, that is really something that makes you feel good — that makes you feel like you've made a difference. You're helping bring someone else along behind you, reaching back and pulling them up with you,” Deer said.

In addition to classes, the CPCDC and First Peoples Fund established The Artist Individual Development Accounts

that provide a \$500 matching savings account participants use to further advance their businesses. Deer's funds helped her purchase a new industrial cutting table that makes creating patterns and preparing fabric easier.

“It's a luxury to have something like that at my stage in the game,” she said.

Through the IDA, Timothy began the process of moving her and her husband's art business out of a bedroom in their home to a building on their property.

“One of the major things that needed to be done before we could do anything out there was to get a new roof on it,” Timothy explained. Through the matching funds, “we were able to get a metal roof put on last year, so that was amazing and a huge, huge step. It just seems like baby steps when you're going through it, but when you look back, it's like, ‘Man, these are big things that we're doing.’”

The CPCDC also assisted Timothy with building her credit and becoming more a more financially-stable business owner.

“Felecia helped me sort through and figure out how to clean it up, and

I owe her a lot for that part. She's been such a great help,” she said.

### Current resources

The CPCDC differs from regular financial institutions with a variety of resources and trained staff to help Native Americans thrive as business owners.

“We rely less on credit score and more on creating an opportunity for the Native entrepreneur. The technical assistance, such as business planning, financial projections and market analysis, help our Native borrowers grow their business idea into existence. Our partners are key in providing this needed assistance. Our loan products, credit counseling and credit building tools help us develop a long-term relationship with our unbanked or underbanked Native entrepreneurs,” Freeman said.

For those who may have hesitations regarding speaking to a bank about their business or business plans, she said the CPCDC provides non-judgmental assistance.

“Life happens. None of us plan to get divorced, become sick or lose our jobs; however, all of these life events can negatively affect our credit score, financial wellness and future outlook. We are here to help our Native community build, rebuild and/or expand their financial future,” Freeman said.

On top of helping build business capacity, the CPCDC stays up-to-date on a variety of programs and education opportunities for its clients.

“I use the (CPCDC) as a resource to help me find the things that I need, or if I am applying for a grant or something, they are so helpful in so many ways. Felecia is always right there to help,” Deer said.

After the First Peoples Fund partnership ends June 2021, the CPCDC will continue its efforts to uplift and empower Native artists and business owners. The organization has numerous online and virtual learning opportunities scheduled for 2021, and it welcomes all interested Native American and CPN entrepreneurs to reach out. Check out the the CPCDC's event calendar at [cpcdc.org](http://cpcdc.org) and follow on Facebook @cpncdfi. ♡

### Jim Thorpe continued...

New York Giants in 1913. From 1913 to 1919, he played for the Giants, Cincinnati Reds and Boston Braves. He broke barriers once more as a professional in two sports.

In 1913, he became a star on Indiana's first professional football team, the Pine Village Pros, and two years later, signed with the Canton Bulldogs. The Bulldogs were part of the American Professional Football Association, later named the National Football League, and for a brief time, Thorpe resided as the APFA president.

He then headed an all Native American team known as the Oorang Indians in LaRue, Ohio, from 1921 and 1923.

Although they did not have successful seasons, the NFL selected Thorpe for the first All-NFL team in 1923. Although he never won an NFL championship, he played 52 NFL games from 1920 to 1928 for the Canton Bulldogs, Cleveland Indians, Oorang Indians, Rock Island Independents, New York Giants and Chicago Cardinals. Some records indicate he may have also tried his hand at professional basketball.

After retiring from sports completely, Thorpe worked a variety of jobs, including acting. He died after a heart attack in 1953, and his grave is in Jim Thorpe, Pennsylvania. Along with fully-reinstating his Olympic gold medals, due to the fact he is not known to have

even visited the Pennsylvania town prior to his death, family and others are working to bring his remains home.

### Legacy

Although Thorpe was not considered an official U.S. citizen during the 1912 Olympics — Native Americans did not become U.S. citizens until 1924 through the Indian Citizenship Act — he worked hard to be the best athlete possible, representing his community and country at the highest caliber.

The efforts to reinstate Thorpe as the sole gold medal winner in the decathlon and pentathlon events remain a bipartisan issue. Congressional resolutions and support bring to light Thorpe's

achievements and hard work and provide encouragement for future generations of Native American and non-Native athletes and leaders to accomplish their goals.

“In a time where Americans, and arguably people all around the world are confronting their long-held discriminatory beliefs and behaviors, this is a tremendous opportunity for the IOC to get on the right side of history,” Darling said, executive producer for *Bright Path: The Jim Thorpe Story*.

To find more information and sign the petition, visit [petition.brightpathstrong.com](http://petition.brightpathstrong.com), and learn more about the upcoming film *Bright Path: The Jim Thorpe Story* at [brightpathmovie.com](http://brightpathmovie.com). ♡

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## Support from FireLodge comforts new foster parent

While many potential foster parent applicants hesitated during 2020 due to the coronavirus pandemic, Tribal member Lacey Buettner opened up her home for the first time. After working with FireLodge Children & Family Services and Foster Care and Adoption Manager Kendra Lowden, she felt confident in stepping up to the task.

“I had no idea what to ask. I had no idea what to do. I didn’t know the process. Kendra talked to me for a long time (and told me all the things I needed to know and then some. I don’t think I could have gone through this process without Kendra and without CPN,” Buettner said.

She thought about fostering for quite a while before making her decision. FireLodge presented itself as the perfect match.

“I looked in other places to foster and adopt, and a lot of them were great, but there wasn’t that personal connection. And whenever I talked to Kendra, I realized that it’s better to go with my Tribe. I know my Tribe. I know all the great benefits of being in our Tribe and being a member,” Buettner said.

### Everyday life

FireLodge staff placed a child with Buettner for the first time in July 2020, and it changed her life. Taking on the responsibilities of a foster parent was worth the small joys they shared.

“Hearing her coo in the morning and going from waking up to an alarm clock to waking up to giggles is so much better than waking up to something blaring at you in the morning,” Buettner said.



*Lacey Buettner serves as a foster parent with the help of CPN’s FireLodge Children & Family Services.*

“I didn’t realize how much a child grows, just a week-by-week basis and not just physically but mentally, and it’s incredible.”

She fosters as a single woman with plenty of affection to give. The experience showed her the differences between parental and romantic devotion.

“I think the most rewarding thing is getting to share my love with someone,” Buettner said. “You can share your love with a spouse and with a boyfriend, but getting to share your love with a child — an innocent child — is the most amazing thing in the world.”

Utilizing FireLodge’s resources and offerings for foster parents made the transition to having a child in the home much more manageable. The department and CPN answered all of Buettner’s questions and ensured she had everything from diapers to formula.

“Being a single parent, I needed that support. I needed not only my parents and my brothers but I needed my friends, and I needed my Tribe. They always say it takes a village to raise a child, but it also takes a tribe. And so that was the reason I decided to go (through FireLodge) because I realized that ... I could never get what I needed to be successful without going through CPN,” Buettner said.

### The bigger picture

FireLodge Children & Family Services prioritizes placing Native American children in Native homes to sustain and promote connections to their Indigenous heritage and culture. Their mission aligned with Buettner’s goals.

“I think it’s important because we have too many kids in the foster care program, and we don’t have enough good homes.

But I think the most important thing is if we have one, two, three little kids go to non-tribal homes, then that’s one, two, three kids that are going to be raised not knowing Potawatomi. They’re not going to know anything about our heritage, and it’s sad,” she said.

As someone connected to her Potawatomi roots, Buettner believes fostering Indigenous children provides them a potentially life-changing path.

“I know so many people that have been in abusive homes growing up, unhealthy homes, and now they’re adults, and they have struggles,” she said. “And so if we have an opportunity to give a baby, a 15-year-old, an 18-year-old, just a very small glimpse of an opportunity of a good life and what they can have if they try, I think that’s the best thing that you could ever give.”

Buettner encourages other potential foster homes — whether as single adults or couples — to consider FireLodge as their path to parenthood.

“When you realize that you’re not alone going through this process and that you have people that are willing to walk you through all of the paperwork ... and then you have people that are supportive, financially and emotionally and physically, that when it comes down to it, you’re not alone,” she said.

Visit [potawatomi.org/firelodge](http://potawatomi.org/firelodge) for more information about foster care and adoption services or email Foster Care and Adoption Manager Kendra Lowden at [kendra.lowden@potawatomi.org](mailto:kendra.lowden@potawatomi.org). ♡

### Star knowledge continued...

and other communications. Through research and studies, Topash-Caldwell said she agrees with Carl Gawboy, an *Anishinaabé* artist from the Bois Forte Reservation in Minnesota, about the *Nambezho Nēgos* (Underwater Panther Star). It becomes visible between late winter and early spring when the water begins to melt and flow quickly, and he believes it could indicate the importance of employing extra caution when traveling by water.

“We know that *nambezho* (underwater panther) is a water spirit that we need to respect and that it’s associated with whirlpools and capsizing canoes ... and (the *nambezho* petroglyphs) seem to show

up in places in the Great Lakes where the water can be really dangerous,” she said.

### Learning resources

Becoming more acquainted with Potawatomi star knowledge preserves an important part of Potawatomi culture, Topash-Caldwell said.

Kyle Malott, language specialist at the Pokagon Band of Potawatomi Indians, developed a map that features Potawatomi constellations based on the seasons, which is available at [cpn.news/stars](http://cpn.news/stars).

Topash-Caldwell also recommends using stellularium and the Potawatomi Constellation Star Map to help find Potawatomi constellations.

“It’s a free downloadable program where you can punch in a location anywhere on Earth, like in Oklahoma or here in Chicago, and you can get a 3D view of the night sky,” she said.

Stellularium automatically selects the current date, but Topash-Caldwell said users can choose other times of the year.

“And not only do they have the Greek/Roman constellations, they have the Ojibway ones pre-populated in there,” she said.

“There’s so much ancestral knowledge contained within (the stars) that we just don’t have access to. I think some communities will have stories that we can add as time goes on.”

The Citizen Potawatomi Nation’s Cultural Heritage Center also features a digital interactive that highlights Potawatomi constellations.

Topash-Caldwell encourages Potawatomi to utilize as many resources as possible to learn about Potawatomi constellations and to go look up at the stars every chance possible.

“Just get out there and do it,” she said. “Even though there is a lot of light pollution, you can still see a lot of the constellations.”

For more information on the CHC, visit [potawatomiheritage.com](http://potawatomiheritage.com). ♡

## Hownikan

1601 S. Gordon Cooper Drive, Shawnee, Oklahoma

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Questions: [hownikan@potawatomi.org](mailto:hownikan@potawatomi.org) or 800-880-9880

Address changes should be sent to Tribal Rolls,

1601 S. Gordon Cooper Drive, Shawnee, OK 74801

## Higbee descendant brings talent, charisma to language department

Attending Family Reunion Festival as a child exposed Ragan Marsee to *Bodéwadmimwen* for the first time, which inspired her to connect with her Potawatomi culture and language. Today, she serves in the Citizen Potawatomi Nation Language Department as an aid, teaching students *Bodéwadmimwen* at the Nation's Child Development Center, and works as a visual artist to develop content for language learners of all ages.

"Ever since I was a kid, I've always had a strong interest (in the language)," Marsee said. "I've always felt the need to absorb as much as I could."

She fondly remembers using the back of her Festival nametag to learn the fundamentals, such as *bozho* (hello) and *migwetch* (thank you).

"And then I heard (CPN Language Department Director) Justin Neely pray, and I started doing more research. Everything kind of fell into place from then on," she said.

### Dreams into reality

Marsee is from the Noble, Oklahoma, area and graduated from Norman High School in 2016. She worked in the food industry before and after graduation, never losing sight of her desire to give back to the Tribe through the language department.

"I just always felt that things were going to work out, and I was going to find my place and career within the Tribe," she



Language Aid Ragan Marsee reads books in *Bodéwadmimwen* to students at CPN's Child Development Center.

explained. "I don't know why I felt like that, but I didn't necessarily worry."

One day it occurred to Marsee that she may need a position that fulfilled her desires while also providing a path for a long-term, stable career, and she decided to look for options at the Nation.

"I went on the application page for the Tribe, and the language position just happened to be there," Marsee said.

She applied and stayed persistent, following up on every step of the process. While she waited to find out if CPN selected her for the job, Marsee wasted

no time and began the work needed to succeed in the language department.

"On my days off of work, I would drive up to the CHC and walk around, reading as much as I could — absorbing as much as I could," Marsee said. "I was obsessed with reading the words and trying to sound it out."

### Becoming part of the team

Marsee joined CPN's workforce in September 2019. In her role, she develops and implements language-learning lessons for children at the CDC and creates visual content used across all of the department's programs.

"Honestly, I have everything that I could ever want and desire," she said. "I'm learning the language at my own pace, which is a huge opportunity and an advantage. I also have this massive blessing of having access to first speakers and recordings of first speakers that have passed on."

Like many beginning their journey learning *Bodéwadmimwen*, pronunciations can prove difficult, especially when the language is not spoken at home or during childhood.

"That's a huge part of language learning is hearing, and I have a speaker in the office that I'm able to hear talk all day, every day. That's been another blessing just being able to hear it from someone else," she said.

One of the most fulfilling parts of her career at the Nation is helping children master words and phrases through regular exposure.

"If I'm gone for a while ... I can tell they've missed out on some of the language, and usually, it just takes five, 10 minutes to get back into the groove. But it's really cool to see what they instinctively remember," Marsee said.

Her classes vary from 1 to 5 years old, and one of her favorite approaches to use is total physical response. By including movement that allows the brain link words with action, TPR helps students

*Continued on page 12*

### Sarah Nicole Higgins

Family: Krapp  
University of Texas at Arlington  
BS in Management and Marketing

### Sara N. Boyden

Perry, KS  
Family: Ogee/Bourassa  
Washburn University  
BSN in Nursing

### Melissa Ann Riley

Shawnee, OK  
Family: Pettifer  
Southeastern Oklahoma State University  
MS in Native American Leadership

### Autumn Isabel Coulter

Goleta, CA  
Dos Pueblos High School  
High School Diploma

### Gabriel T. Pelletier

Family: Bourbonnais  
Fort Lewis College  
BA in History and BA in Anthropology

### Tucker Jess Gabriel Zaw Gishek

Eudora, KS  
Family: Ogee/Bourassa  
Iowa State University  
BS in Agricultural Engineering

# Congratulations

## POTAWATOMI GRADUATES

### Katherine Elizabeth Scantlin

Springdale, AR  
Family: Copaugh  
Southern Arkansas University  
LMIS/Library Media Specialist

### Stephen Crook

Aptos, CA  
Family: Schwartz  
San Diego State University and  
University of California Santa  
Barbara - Joint Doctoral Program  
Ph.D. Geography

### Christina Michael Foster Yabwé Kwe

University of Central Missouri  
BA in Studio Art

### John Donovan Heusman

Camargo, OK  
Family: Higbee  
University of Oklahoma  
BS in Health and Exercise Science

### Christopher Michael Abel

Tecumseh, OK  
Family: Bourbonnais  
Mid-America Christian University  
BS in Business Administration

### Cierra Nicole Matthews

Manhattan, KS  
Family: Peddicord  
Rock Creek Senior High School  
High School Diploma

### Xavier M. Pelletier

Family: Bourbonnais  
Lewiston High School  
High School Diploma

### Helen Scarborough

New York, NY  
Family: Ogee, Weld,  
Cummings and Brandt  
Chapin High School  
High School Diploma

### Mariah Kay Matthews

Manhattan, KS  
Family: Peddicord  
Kansas State University  
BS in Electrical Engineering

### Erienne Ramos

Wheatland, CA  
Family: Ogee  
California State University, Northridge  
Master's in Public Health

### Edith Phillips

Shawnee, OK  
Family: Rhodd  
Cameron University  
BS in Accounting

### Kelsea Fox

Long Beach, CA  
Family: Ogee  
Palm Beach State College  
AA in Business Administration

### Christian Thomas Ellette

Family: Rhodd  
Tecumseh High School  
High School Diploma

## Tribal election notice for 2021

Tribal election season will soon be underway as Citizen Potawatomi Nation voters prepare to elect candidates for four legislative seats and Tribal Chairman. Districts 1, 2, 3 and 4 are all up for election this year. Election Day is June 26, 2021.

Candidates must be 18 years old prior to Election Day.

To run for Tribal Chairman, candidates must reside in Oklahoma six months prior to the filing deadline.

Legislative Districts 1-4 are located outside Oklahoma. Candidates must reside in their district for at least six months prior to filing deadline.

Declarations of candidacy must be mailed through the U.S. Postal Service and in the CPN Election Committee's hands no later than 5 p.m. on Wednesday, Jan. 13, 2021. Request filing forms via email at [elections@potawatomi.org](mailto:elections@potawatomi.org) or by calling 405-275-3121 and requesting the CPN Election Committee.

Current incumbents are:

- Tribal Chairman  
John "Rocky" Barrett
- District 1 – Open
- District 2 – Eva Marie Carney
- District 3 – Robert Whistler
- District 4 – Jon Boursaw

Tribal members will also vote on the budget that manages the Nation's trust earnings.

No principal from the fund is spent, but the budget pays for national service projects and the executive branch of the Tribe.

CPN members who are at least 18 years old on Election Day will be eligible to vote. All eligible Tribal citizens around the country can cast ballots for Tribal Chairman and the Tribal budget. In addition to those two elections, citizens of Districts 1-4 can vote only for the specific legislative district in which they reside. ♡

## WIC programs uplift families

When many businesses and industries came to a screeching halt throughout the coronavirus pandemic, Citizen Potawatomi Nation's Women, Infant and Children's programs found new and innovative ways to continue serving clients across seven counties in central Oklahoma. WIC assists more than 1,400 individuals each month, providing access to nutritious foods and education as well as referrals and breastfeeding consultation to low and moderate-income women and children.

CPN WIC's Nutrition and Breastfeeding Coordinator Cheryl Richardson joined the Nation's workforce in 1988. During a Zoom interview with the *Hownikan*, Richardson said flexibility is essential as a WIC employee.

"WIC has evolved and changed, and not just me, but all staff have had to evolve and change along with it," she said.

WIC provides supplemental nutritious foods and education to mothers and children that meet specific qualification standards. Before the pandemic, staff met one-on-one with clients, but now, they administer assistance by phone.

Although WIC is limiting contact, all of its programs remain available. As the coronavirus continues spreading across Oklahoma, Richardson said eating nutritious foods is more important than ever for pregnant women, mothers and children.

"We offer fresh fruits and vegetables, whole grains and maybe some foods they might not normally think about picking up that are definitely healthier choices. We can help expose them to healthier options, and in doing that, hopefully set their children up for a healthier lifestyle," she said.

CPN WIC also provides recipes and discusses preparing healthy meals with clients, setting them on the track to success.

"Nutrition education is a big part of what we do," Richardson said.

### Tailoring

Because the CPN WIC program serves clients in Pottawatomie, Seminole, Lincoln, Logan, Payne, Oklahoma and Cleveland counties, employees keep up-to-date on various external

## CPN WIC SERVICES

- Assists more than 1,400 individuals monthly
- Serves clients in Pottawatomie, Seminole, Lincoln, Logan, Payne, Oklahoma and Cleveland counties
- Supplemental nutritious food and education
- Healthy recipes and food preparation guidance
- Breastfeeding assistance

For more information, visit [cpn.news/WIC](http://cpn.news/WIC)

assistance to provide referrals based on the services available.

"Each clinic is a little bit different, but we give the same benefits as far as WIC. We have different resources in each area because we have our urban areas like Oklahoma City and Shawnee, and then we have our small towns and rural areas. We serve the whole gamut," Richardson said.

Before the pandemic began, CPN WIC's clinics in Oklahoma City and at the FireLake complex near Shawnee helped clients in-person five days a week. In the less populated areas across the seven counties served, staff used space provided by other tribes as well as WIC's mobile unit.

"It's basically a clinic inside of itself," Richardson said. "We can do a certification, we can weigh and measure and conduct hemoglobin tests. Now, with COVID, we are waived from doing things that require face-to-face contact with participants because they're considered a vulnerable population. ... Everything we do is over the phone."

Richardson stressed that although they are no longer meeting clients in person, staff remain dedicated to helping them thrive, whether that includes discussing breastfeeding issues through

video chats or expanding partnerships with nonprofits to bridge gaps.

### Cooperation

When WIC learned about the opportunity for Infant Crisis Center to hold drive-thru services in Pottawatomie County, CPN offered the space required.

"We have been lucky that Infant Crisis Center started branching out with their BabyMobile and started going different places, not just Oklahoma City. They have come to our parking lot in Shawnee," Richardson said.

CPN's location remains one of the BabyMobile's busiest monthly sites. The program assists clients with formula, diapers and other necessities, which at times, have been hard to procure throughout the coronavirus pandemic.

"I don't think people understand the needs and the stress involved with not being able to find what you need for not just your baby but yourself," Richardson said.

Every monthly visit, the drive-thru provides essential resources for approximately 150 families with children up to 3 years old, and there are no income restrictions. A recent Avedis grant for \$10,000 helped offer additional BabyMobile visits, and

clients were able to receive help beyond the regular four-per-year maximum.

In addition to her work with CPN, Richardson serves on a COVID-19 workgroup with the National WIC Association.

"Anything dealing generally with COVID and definitely anything dealing with moms and breastfeeding, I am pulling and looking at," she said.

A recent study published by *The American Journal of Maternal/Child Nursing* indicated that more than 80 percent of mothers reported experiencing shortages in necessary items for their babies. The expanded partnership with Infant Crisis Center helps mitigate this issue across Pottawatomie County.

Richardson said research indicates breastfeeding can introduce coronavirus antibodies to infants. This is further supported in a study published by *Science Magazine*, which said lactating mothers recovering from COVID-19 may be able to strengthen their baby's immunity to the virus.

The Centers for Disease Control and Prevention updated information in December 2020 that indicated coronavirus infections in neonates is not common, and if infants to become infected, they are usually asymptomatic.

According to the CDC, "Breast milk provides protection against many illnesses and is the best source of nutrition for most babies."

CPN WIC has many resources to help families breastfeed successfully. Richardson encourages those who may qualify for any of WIC's assistance to reach out, and she stressed CPN's WIC serves Native Americans and non-Natives alike.

"Right now, it's easier than ever because the certification process is done over the phone, and you can participate as much or as little as you want," she said. "If you're wanting information, if you're wanting help, if you're wanting answers to questions, we're here."

Find more information on CPN WIC at [cpn.news/WIC](http://cpn.news/WIC), and follow them on Facebook to receive notifications on monthly BabyMobile visits at [facebook.com/CPNWICMain](https://facebook.com/CPNWICMain). 📌



## CITIZEN POTAWATOMI NATION REALTY

### NOW TAKING BIDS!

CPN has more than 1,200 feet of corral pipe in the Dale area that needs to be removed. Please submit a total bid that includes the cost to buy and remove the material.



FOR MORE INFORMATION OR TO SCHEDULE AN APPOINTMENT,

**CONTACT DAVID BOURBONNAIS AT 405-517-1344**

# Denormalizing stalking

By Kayla Woody, House of Hope DVPI Prevention Specialist

In a world where society views stalking as harmless and pop culture presents it as normal dating behavior, the violence brought on by this action will only increase if views are not changed. Iconic films like *The Notebook* and *Twilight* portray stalking as the greatest compliment someone can receive from another person. When the guy ends up winning the girl over in the end, the lesson appears to be behavior like harassment and constant following has to be acceptable. It portrays a message that if you are worthy of love, then stalking is a suitable way to acquire a relationship. The reality is it is less about love and more about obsession and control.

January is National Stalking Awareness Month, and here at the House of Hope, we want to educate you on what this form of abuse is and why it is unacceptable.

This repeated pattern of unwanted attention, harassment, contact or any other course of conduct directed at a specific person causes a reasonable person to feel fear. According to Stalking Resource Center, 61 percent of women and 44 percent of men have experienced this behavior by a current or former intimate partner. Laws differ from state to state, but here in Oklahoma, this crime is punishable upon conviction as a misdemeanor and by imprisonment in county jail.

This crime can happen in many forms and often is an indicator of other forms

of violence. The National Coalition Against Domestic Violence states that 81 percent of women who were stalked by a current or former intimate partner were also physically assaulted by that partner, while 31 percent were sexually assaulted.

Many perpetrators will do anything to gain control over their victim. Most of the time, these behaviors do not seem threatening to the victim in the beginning.

Actions start small and can consist of:

- receiving constant gifts
- showing up in unlikely places
- conveniently being there when stressful situations arise
- repeated phone calls, texts, social media messages and emails

Over time, behaviors become increasingly violent and can consist of:

- Unwanted contact
- Alienation from friends and family
- Posting information on the internet
- Damaging property
- Leaving threatening messages or texts

If you find yourself a victim, there are steps you can take to deescalate and stop the behavior. If you feel you are in immediate danger, please make sure that you call 911.

The first step you can take is to make sure that you trust your instincts. Many victims find themselves questioning the seriousness of the situation because

may even add more perching in areas where the north wind is blocked to offer them shelter if they choose.

Kyla and Charlie's enclosure will get one last extensive deep cleaning. We need to prepare her nest ring and "baby proof" the space, and perching needs to be adjusted just in case an egg hatches. Once Kyla lays eggs, we limit access to their enclosure because they become territorial, and any excessive disruption could cause her to break her eggs or injure an eaglet. We also gather excess nest material, like dried grass, pine boughs and cottonwood, while it is still abundant, even though she doesn't typically lay until mid-February.

## Training

We must check tethered birds' jesses and anklets, which are essential pieces of equipment for handling our education ambassadors. However, during *Kchemko gises* and throughout winter, leather can become dry and brittle and crack. We replace those that may be worn out, and all receive extra conditioning.

We also have a short window to work with and train any new education birds. This is a time to fly birds while the weather is mild, and we don't have to worry about overheating them when we are outdoors. During winter months, we also supplement the eagles' diets with vitamins as well as a variety of food. We provide



society normalizes stalking. Due to this, many victims shrug it off. However, this form of abuse poses a real threat, and your safety is at risk.

The next step is to make sure that you are reporting everything to the authorities. Remember: stalking is considered a pattern, so you need to be able to show it. Also, make sure that you keep a copy of all police reports and create a log that consists of a date, time and description of the incident(s), including location and witnesses.

It is also important to try and save as much physical evidence as possible to prove your case. Stalkers use technology to contact their victims. You can save emails, social media postings and text

messages. Also, consider saving any photos sent to you or that you have taken of occurrences or communication.

Also, make sure that you are contacting an advocate who can assist you in exploring all options to keep you safe. The House of Hope has community advocates that are trained to assist with these situations and can provide many resources to protect victims.

If you or someone you know is experiencing stalking, intimate partner violence, and/or sexual assault and would like more information, please contact the House of Hope at 405-275-3176 or visit us online at [facebook.com/cpnhouseofhope](https://www.facebook.com/cpnhouseofhope). 🔥

## Aviary continued...

birds inside and work with them. It's a great time to regroup and take stock of where we are with goals and projects and plan for the coming year so that we are ready when spring arrives. We have a small window to do large projects around the eagles. We have to get those completed before it gets too hot to prevent any undue stress on them.

## Traversing weather and "baby proofing"

Being attentive to the weather is a year-round activity. We have to know when to install wind breaks and cover in the winter, the same as we need to know when to provide extra mist and shade for the summer heat. So, preparing for inclement weather and having the materials and items needed to winterize the enclosures during bad weather is one thing we are prepared to undertake.

Oklahoma is challenging during *Kchemko gises* because it may be 70 degrees today, and the next 24 hours might mean snow. Enclosures are inspected to ensure the structure is safe and in good repair. Snow and ice can add extra weight to netting and walls, and even cedar slats can weaken over time. So, everything is double-checked this time of year so that repairs, if needed, can be done in the milder weather. We

them with live fish in the streams and deer meat a few times a month, which they don't get during the rest of the year. It's important to try and provide a well-rounded, whole food diet. Winter brings a lot of migrants into the state, and we typically receive an influx of calls for injured wildlife, especially during storms.

## In the wild

While *Kchemko gises* is a time to take advantage cooler temperatures at the CPN Aviary, it serves as a key time for birds in the wild as well. Oklahoma is an important wintering area for migrating raptors, consistently ranking among the top 10 states for numbers of bald eagles. By this time, thousands of eagles have migrated south from their nesting range and take up residence wherever they encounter open water and plentiful food. An abundance of lakes and rivers and milder winter temperatures make Oklahoma a great place for many to stop. The bald eagles that nest here will have laid their eggs during *Kchemko gises* and are well into incubation. Mid-February is the latest date recorded for bald eagle eggs laid in Oklahoma. Wintering raptors, from Red-tailed hawks to American Kestrels, can be seen hunting in open fields and sitting on power poles and highline wires. Owls will begin courting and will lay in late winter. Smaller raptors, like Red-tailed hawks and most other

hawks, will begin courting in *Kchemko gises* but won't lay eggs until early spring.

## 2021 goals

Just like many others begin each new year by setting intentions and goals, the CPN Eagle Aviary staff do the same. We hope to complete the site work at the aviary grounds that will enclose the area and create a courtyard where the temporary aviary house used to be. This will allow us to share other residents with the public and offer a space to move eagles into different spaces and begin limited rehab. We are also working to plant trees to create noise breaks along the property that will help compensate for the loss of trees due to the widening of Hardesty Road. Another goal we have is to complete the training of another education ambassador so that we can get back out into the schools and share about our culture and wildlife conservation. With a little luck and good energy, we also hope to have another eaglet to release here. We are prepared and hope to have the opportunity to place telemetry and begin monitoring another eaglet. The dream goal would be locating *Wadase's* nest and placing telemetry on one of her fledglings.

Keep updated on the CPN Eagle Aviary by following us on Facebook @CPNeagleaviary and visiting [potawatomiheritage.com](https://www.potawatomiheritage.com). 🔥

## Language continued...

retain new Potawatomi words and phrases by mimicking how infants learn their first words. Marsee has found her students pick up Potawatomi quickly. Many times, she does not have to translate questions or phrases into English.

"I have to really be on top of things because these kids, when they absorb the information, it's cemented into their minds," she said and laughed.

The Seven Fires Prophecy highlights a time when the *Nishnabé* will follow along the path of those who came before, picking up the pieces of culture, language and

traditions that were left behind due to forced removal, assimilation, acculturation and more. Marsee is thankful for her role at CPN in helping Potawatomi language and culture flourish and grow, helping ignite the next seven generations.

"It's the coolest thing in the world, and it brings me so much joy and

pride and hope — and not pride in myself but pride in the youth and the Seventh Generation," she said.

Learn more about the CPN Language Department and find language-learning resources at [potawatomi.org/language](https://www.potawatomi.org/language). 🔥

## Improving Indian Health Service programs through communication

With a decade and a half of experience, Citizen Potawatomi Nation tribal member Amanda Bradley finds satisfaction in working hard in the challenging public health sector.

She began her career with the Indian Health Service three years ago. As a health systems specialist and area project officer, Bradley oversees communication between IHS and its grantees for substance abuse and suicide prevention projects and domestic violence prevention projects in the Oklahoma City area.

The IHS district serves Oklahoma, Kansas and portions of Texas through eight service units with federally operated hospitals, clinics and smaller health stations. Bradley advises 26 SASP projects in Oklahoma and Kansas and eight DVP projects in Oklahoma, helping them facilitate their outreach and assistance to their communities.

It is her dream job, and not long ago, she doubted it would happen.

“It was one of those things I would say: ‘If I ever have the opportunity, I would love to work for the Indian Health Service,’ because I could help on a federal level. ... So I always had it in the back of my head,” Bradley said.

### A career in public health

Bradley attended the University of Science and Arts of Oklahoma after high school and graduated with a bachelor’s of science in business administration and management in 2005. She started working for the Oklahoma State Department of Health following college and received several promotions during her time there. Bradley also returned to school, earning her master’s in business administration in December 2013. After 15 years in public health, she values its mission more than ever.

“We all have to take care of ourselves, and it’s unreasonable for somebody to not be able to be healthy in mind, body and spirit just because of their socioeconomic status. Because if you’re not healthy, it can make it harder to enjoy life,” Bradley said.

She spent most of her 12 years at the OSDH working with the Center for the Advancement of Wellness and the Commercial Tobacco Cessation/Prevention and Physical Activity/Nutrition grantees. Those programs focused on serving minority communities; however, Bradley wanted to focus on Native American outreach in particular.

“The topics that I work with such as suicide, substance abuse and domestic violence, those are big concerns within our Native communities,” she said. Bradley enjoys, “being able to help the projects build their capacity and knowledge to where they can be sustainable even after the grant cycle ends.”

Each tribe has its challenges, and every IHS program serves a specific population, making them useful and practical. Bradley assists those programs in reaching their maximum potential.

“I work alongside them and make sure they are able to achieve their goals (they set). And if they run into challenges, we work together to troubleshoot or talk things out if they need guidance from me. I also help make sure that they meet the grant requirements as well,” she said.

Citizen Potawatomi Nation’s House of Hope domestic violence program and behavioral health department’s substance abuse and suicide prevention program receive IHS grants, and Bradley enjoys the opportunity to work with her Tribe.

“I love hearing about all of the positive things that they’re doing for our people and the community,” she said. “Since I don’t live in the Shawnee area, I may not know about everything that the Tribe is doing. But I know that the SASP and DVP projects are working on these very important issues.”

### The small things

Bradley spends most of her days on phone calls, in meetings and writing emails or reports — and now on Zoom due to the global pandemic. She fits the definition of a “people person,” always willing to collaborate or brainstorm with her projects



*Citizen Potawatomi Nation member Amanda Bradley uses her giving spirit while working for Indian Health Service in Oklahoma City.*

or provide resources. However, she often finds simple things help the most.

“Just answering somebody’s questions or being responsive if somebody reaches out or being reassuring in any kind of way,” Bradley said. “If somebody calls me flustered or they are having some challenges, I try to assist them as best I can, and it’s always so rewarding to hear that genuine ‘thank you.’”

Bradley also enjoys traveling to every program once a year. She has been to more parts of the state during her time with IHS, such as Chelsea, Wyandotte, Miami and Ponca City.

“I love being able to visit the tribe(s) ... Once I got into this position, I was able to visit a lot of places I’ve never been, which made me think, ‘I need to get out more,’” Bradley said and laughed.

The coronavirus pandemic moved more of her work online, including the SASP and DVP project annual convening. She works with the Southern Plains Tribal Health Board to gather the tribes and

programs she oversees each year, providing them time to share ideas and successes.

“We all like hearing about what the tribes and programs are doing and what progress has been made. Especially this year with the pandemic, many projects had to cancel or modify their activities and events they originally planned. Additionally, we have had to do everything virtually, which has been a learning experience for everyone.” Bradley said.

More time at home also encouraged her to work on new hobbies. The Wilmett and Navarre family descendant took on personal projects to help her feel connected to her ancestors. She and her husband planted a vegetable garden again this year, and she plans to add *Nishnabé* medicines in the future.

“I’m going to try to grow my own sage and *sema* (tobacco), and also expand to include a Three Sisters garden next spring,” she said. “We’ll see how it turns out. I was kind of rusty, but I think being back into gardening this year helped refresh (my skills).”

She also felt a Potawatomi art form calling her name.

“I’m learning how to bead because that’s one of those things that I’ve always wanted to learn how to do but never had time. I love beadwork. It’s beautiful. So far, I have completed two projects: a ring and a medicine bag. I’m really enjoying it,” Bradley said.

She looks forward to accomplishing new tasks and challenges, both at work helping others and learning new cultural skills for herself.

“This is why I’m doing this because I feel like I’m making a difference,” Bradley said.

Read more about Indian Health Service Community Health programs at [ihs.gov/communityhealth](https://ihs.gov/communityhealth) and CPN’s domestic violence program, House of Hope, at [cpnhouseofhope.com](https://cpnhouseofhope.com). Learn beading techniques and other Potawatomi customs at [cpn.news/YTCHC](https://cpn.news/YTCHC). 🔥

## Buying a home?

All Citizen Potawatomi tribal members are eligible for this grant one time only. The maximum amount is \$2,125 and does not have to be repaid. The grant cannot be used for any type of mobile home, and the home being purchased must be their primary residence. The Tribal member’s name must be on the loan. Convicted felons or other household member felons are ineligible.

The application and support information is required in our office at least two to three weeks prior to the closing date. This gives our office enough time to get the paperwork processed and the check mailed back to the Tribal member by the specified date.

Please contact Sherry Byers, homeownership manager at 405-273-2833 or at [sbyers@potawatomi.org](mailto:sbyers@potawatomi.org).

This grant may also be done after closing. The required paperwork must be in our office at least 30 days from the loan closing date. Please contact our office if applying after closing.

For more regarding loan products and lending requirements at First National Bank & Trust, please contact Jeff Scroggins, mortgage loan officer at 405-275-8830 or at 1-800-227-8362.

## Complete the application and send us the following:

- 🏠 Copy of borrower’s CPN membership card
- 🏠 Copy of Social Security cards for household member without Tribal cards
- 🏠 Copy of the “Loan Estimate” from lender
- 🏠 Income verification for all household members (last 3 to 4 pay stubs or if same employer for years, the last two years of tax returns, first page and signature page only)
- 🏠 Name of the closing entity (Title Co., Escrow Co., Attorney, etc.)
- 🏠 Completed W-9 form
- 🏠 Copy of appraisal



## Tribal Chairman – John “Rocky” Barrett



*Bozho nikan*  
(Hello, my friend),

If you're reading this in early January, the election period for Tribal Chairman has begun. The candidate filing window remains open through 5 p.m. on January 13, 2021, for a number of seats in our Tribal government. One of those seats is the one I have held since 1985, and I have filed my paperwork as a candidate to serve another term as your Tribal Chairman. I thank you for the faith you've had in me for the past 35 years.

Our Tribe's progress in recent decades always relied on the

active participation of our citizens, not just to file for office but also to participate in the electoral process. Of all the changes the Citizen Potawatomi Nation has undergone in its governance and structure, most have been decided at the ballot box. We now have more than 36,000 CPN members around the globe, but many of you may not know that in 1989, there were only around 11,000 enrolled members. While our population has tripled, our assets and business holdings have grown by more than 20 times.

The average age of enrolled members at that time was around 45 years old, and most children and grandchildren of members could not enroll thanks to a federally imposed blood quantum law that had no ties to Potawatomi culture. In a resounding vote, we changed our Tribal laws, and now tens of thousands of Citizen Potawatomi who descend from the 40 families who settled in Oklahoma in the 19th century have become full members of our Tribe.

Another instance of our progress was the 2008 Tribal constitutional change. That change allowed for elected legislative representation for every Citizen Potawatomi around the country. I have long believed our people in Washington, Maine, Texas and every state deserve a political voice as much as those of us in Oklahoma. Once again, when we put it to a vote of our people in 2008, they responded with a resounding yes. The antiquated business committee and grievance committee system was replaced with our current government with three separate branches representing Citizen Potawatomi, regardless of their physical location. Our innovative constitutional change has been recognized around the country, including by Harvard University.

We have grown tremendously in the past 35 years. We have grown from a borrowed trailer and less than \$500 in the bank to become the largest employer in our Tribal jurisdiction with an economic impact of more than \$550 million, providing a

myriad of services for our citizens. I know some of our greatest achievements are ahead of us, and I look forward to the Tribe growing its enterprises and services to members. I hope I can continue to be a part of that progress.

I list these examples to emphasize the importance of your role as voters in Tribal governance. As Tribal citizens, we are all responsible to vote and participate in our democracy. With more than 36,000 members, we value your opinions on how CPN should move forward and operate. You can express that opinion with your votes.

Our Nation has a well-earned reputation for running civil, fair elections. One only needs to look at the *Hownikans* of the past to see how contentious internal strife can be. Thanks in part to our 2008 constitutional reform, the last decade's elections have been a shining example of how Indian Nations should govern themselves.

In addition to the annual Tribal budget that will be voted on by

all CPN members nationwide, voters will choose between incumbents and challengers in Districts 1, 2, 3 and 4 in those respective districts and Tribal Chairman. Competitive races for elected offices at CPN are a positive, showing an investment and interest in the direction we choose as Citizen Potawatomi. I urgently request that you join me in this responsibility to return your ballot request form in the spring, return your signed ballot in the summer or vote in-person on June 26, 2021, so long as it is safe for us to gather in person by June.

As always, it is an honor to serve as your Tribal Chairman.

*Migwetch*  
(Thank you),

John “Rocky” Barrett  
*Kewege*  
(He Leads Them Home)  
Tribal Chairman

## Vice-Chairman – Linda Capps



*Bozho*  
(Hello),

The year 2020 will certainly go down in history as one of the most difficult for millions of American people. The coronavirus has taken its toll on America's health and economy. The pandemic's devastation to small businesses has been especially overwhelming. It has been roughly 10 months since the virus' outbreak sent tremors through the U.S. economy. According to various news media, the labor market is recovering, and stock market losses are reversing. Yet many Americans still face financial hardship.

It makes me sad to know there are family providers still

out of work many months after the beginning reign of COVID-19. Kudos to those small business owners that have gotten innovative in order to retain employment. I recently read about a hotel in Detroit that has skirted the rule on the state's temporary ban on indoor restaurant dining. The hotel has turned 15 rooms into private dining areas for up to six patrons per room. The owner has removed the beds from the rooms and added tables and chairs to convert to dining suites. There are no servers or waitstaff other than those bringing the meals to the room. This is not an in-restaurant dining, rather it is a single use for the rooms. There is no spending the night; just a \$50 cover charge in addition to the cost of the food for the unique dining experience.

There are examples all over the country of innovative business tactics. No doubt, most of us have been introduced to telemedicine during the COVID-19 calamity. Our own CPN Health Services has provided telemedicine to patients since early 2020. Many of us have started using teleconferencing and Zoom a lot more this year. These methods



*The Tecumseh Chamber holds a banquet at FireLake Arena using a new dining layout that accounts for social distancing.*

of doing business provide time conservation and cost savings. Livestreams through email, websites and news media have worked for many businesses.

A few of our own CPN enterprises have also made innovative changes due to lagging profits. Grand Casino's General Manager Joe Garcia with his competent administration is in the process of converting the existing buffet to a food court. The traditional buffet that America has known in the past may be gone forever. This past summer, Shawnee's staple Golden Corral went out

of business after 25 years. It hurts to see the location vacated.

FireLake Arena Director David Qualls has done some innovative planning to attract safe, distanced banquets. Of course, there is no better venue to social distance than the arena. The concept has received rave reviews from the organizations that have held events there. An example of the Tecumseh Chamber banquet is shown in the picture from last month. Each table seats four with a possible fifth family member. Until safer times, this arrangement is one of the very best.

I want to thank our Tribal members who participated in the CARES Act funding for being patient in receiving their checks. The processing and approval of thousands of checks that went out from CPN was added to our accounting duties. Many of our employees took on extra duties to make calls, review and process applications, and help with the preparation of checks. Mary Chisholm, CFO, did a stellar job, as did other employees. We also hired additional part-time employees to help with the process. I applaud our people who worked with the CARES funding in whatever capacity they served. We are in high hopes that there will be more funding in order to process those on waiting lists.

As always, I appreciate you letting me serve as your Vice-Chairman.

*Migwetch*  
(Thank you),

Linda Capps  
*Segenakwe*  
(Black Bird Woman)  
Vice-Chairman  
405-275-3121 work  
405-650-1238 cell  
[lcapps@potawatomi.org](mailto:lcapps@potawatomi.org)



# SPRING SCHOLARSHIP DEADLINES

## ENDS FEB 15 AT 5 PM CT

Apply at [portal.potawatomi.org](http://portal.potawatomi.org)

## District 2 – Eva Marie Carney



*Bozho nikanek*  
(Hello friends),

### Greetings and prayer for this new year

Greetings for the new year! May this year bring us safely out of the pandemic to reunions with our family and fellow Tribal citizens in summer 2021.

Chairman Barrett shared this prayer at the start of the CARES Act information meeting I hosted in November (which seems so long ago now). He learned it from Don Perot, the last heritage fluent Potawatomi speaker for the Prairie Band Potawatomi Nation. I asked the Chairman for a copy to share with everyone who could not attend the meeting.

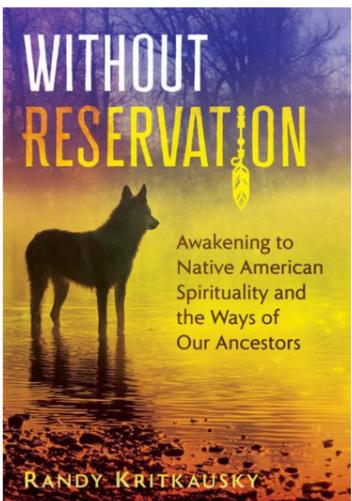
*Yo ho Mamogosnan*  
Oh, you Creator

*Mine jayek gi mnedok*  
*ejabdeawat shpemek ge ninan*  
And all of you spirits who sit above us

*Mine ode Meneto ednezet*  
*ezhi wechbkesmok*  
And this spirit who abides to the west

*Mine ode ednezet ezhi wechksenyak*  
And this one who abides to the north

*Mine ode ednezet ezhi wechmokek*  
And this one who abides to the east



Cover of Randy Kritkauský's book

*Mine ode ednezet*  
*ezhi wechmawkwek*  
And this one who abides to the south

*Mine ode ednezet bid*  
*she nokmes kignan*  
And this one who lives within Grandmother Earth

*Mine she ibe mesho gisbek*  
*ednezwat gi mnedok*  
And those spirits who live in the heavens

*Ngom she ewi ndodaskeygo*  
Today, we pray earnestly

*Eje kewabmegomen*  
*ode Shkwede nsi*  
That we are watched over by this fire spirit

*Mine she ewi madmomen megwa*  
And that we pray still

*Mine enozho et etso nangotoygo*  
And that we are blessed, each and every one of us

*Ode she keshem eneto*  
By this Great Spirit

*Mine Jayek gode bemadzejek*  
And all these who live

*Mine gode penajeyek*  
And these children

*Mine ge ninan jayek*  
And all of us

*Ewi nozhoyak jayek she*  
*ode keshemeneto*  
That we may all be blessed by this Great Spirit.

*Ewi bgednegeygo ode yajdonen*  
That we may all put down our prayers

*Epich chiwenmegomen jayek ode*  
That we are very grateful for all this

*Wisnewen, mine ode*  
*mno zhe webzewen*  
Food, and this good health

*Mine ode wjitmowen,*  
*mine ode bmadzewen*  
And this help, and this life

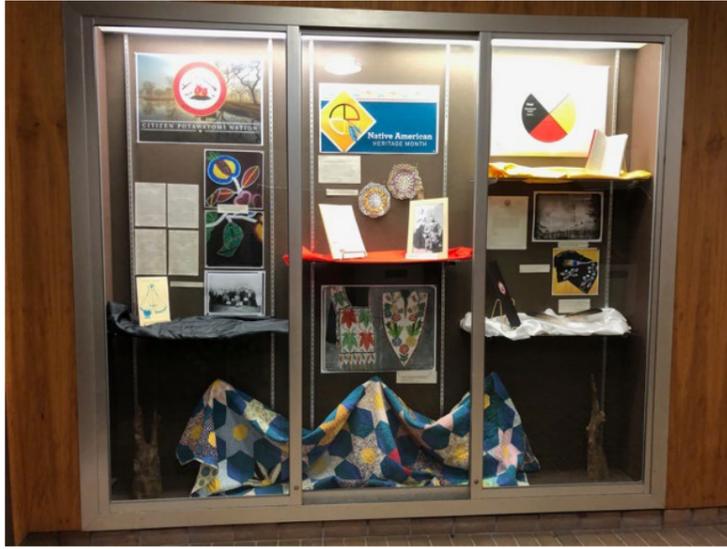
*Mine migwech jayek ekedyak*  
And all say thank you

*Epich chiwenmoyak*  
*odo pi ge ninan*  
To show how grateful we all are at this time

*Mine gode gé winwa égi*  
*mawjeshnowat shote*  
And for these who have gathered here

*Mine ik she gwien nda*  
*ked odo pi ge nin*  
And I am grateful at this time also

*Iw se ode enajmoyan ngom*



Lynn Cowles' Native American Heritage Month display at Nicholls State University in Thibodaux, Louisiana.

That is all I have to say today.

*IW.*

### New year, new Cultural Heritage Center website

There's terrific information, photos, history and links to language and cultural resources and tutorials available to all on our new Cultural Heritage Center website at [potawatomiheritage.com](http://potawatomiheritage.com). The home page also includes a link to our gift shop, which is so well run by Manager Sheila Howell and her team.

### New (to me) in 2020: Podcasts

Until last year, I had not listened to a single podcast or audio book; now I'm close to obsessed with both. A Wasauksing First Nation friend just shared with me this *New York Times* compilation of Indigenous podcasts, titled *Listen to Indigenous People*. Read it at [cpn.news/NYTpods](http://cpn.news/NYTpods).

The introduction said, "Expand your understanding of Native history issues beyond the fourth Thursday of November. Here are some Indigenous podcasters recommending their favorite Native-made audio."

I plan to check some of them out, starting with the mother-daughter podcast *Coffee With My Ma*. As described by the *Times*, the host, Kaniehtio Horn, a First Nations actress, spends each episode interviewing her "Radical Activist Mother," Kahentinetha Horn, a prominent Mohawk activist and hilarious woman whose life has led her into some unbelievable adventures.

### CPN citizen-hosted monthly radio show

CPN citizen Randy Kritkauský now hosts his own radio

show, Indigenous Perspectives. His first two radio hours were pre-recorded and aired on Thanksgiving Day and Christmas Eve. Starting on Jan. 21, his show will be live once a month, on the fourth Thursday of the month, at noon Eastern Time. The live program will be accessible by selecting the yellow "Listen Live" at [cpn.news/rkrit](http://cpn.news/rkrit). Find his archived podcasts at [cpn.news/kritarch](http://cpn.news/kritarch).



District 1 Legislator Roy Slavin honors Randy Kritkauský's grandson in Burlington, Vermont, Fall 2016.

Randy was offered the opportunity sell the ads that run during his show. Randy graciously extended offers to our Nation and to The Kwek Society to write public service announcements about our respective enterprises. If you listen to the show, you can expect to hear PSAs about the CPN Eagle Aviary and Cultural Heritage Center, and The Kwek Society's work to end period poverty among Native Americans. Randy's name may be familiar to you — he recently published the book *Without Reservation: Awakening to Native American Spirituality and the Ways of Our Ancestors* and was the subject of a *Hownikan* story in September 2020: [cpn.news/](http://cpn.news/)

[kritkauský](#). I first met Randy during a District 1 meeting in Burlington, Vermont, hosted by Legislator Roy Slavin. I've included a photo from that meeting, during which Roy honored Randy's grandson with a blanket as the youngest CPN citizen in attendance.

### Great work representing our people

District 2's Lynn Cowles, who is the assistant archivist at Ellender Memorial Library, Nicholls State University in Thibodaux, Louisiana, put together a comprehensive library display for Native American Heritage Month, displaying family heirlooms, feathers she was gifted from the CPN Eagle Aviary, photos of CPN artist-made moccasins and beadwork crafted by Citizen Potawatomi Peggy Kinder and more. I've included a photo of the display. I'm so grateful to Lynn for making sure her community knows about the Potawatomi and that we are still here!

### Request for your email and mailing address for a District 2-themed end-of-year gift

Please send me your email address so I can send you email updates. And, if you are in District 2 and want to receive a District 2-themed end-of-year gift (offer good while supplies last), I will need you to confirm your current mailing address (to avoid costly USPS returns of misdirected mail).

Please send me an email or leave me a voicemail message with your current mailing address for this purpose. If you are sending an email, you can reach me most reliably at [evamariecarney@gmail.com](mailto:evamariecarney@gmail.com). I will furnish one gift per requestor, so if your older children want a gift, they should send me a request. (That will also get me their contact details!)

*Migwetch* (thank you) for the honor of representing you,

Eva Marie Carney  
*Ojindiskwe* (Blue Bird Woman)  
Representative, District 2  
5877 Washington Boulevard  
PO Box 5591  
Arlington, VA 22205  
866-961-6988 toll-free  
[ecarney@potawatomi.org](mailto:ecarney@potawatomi.org)  
[evamariecarney.com](http://evamariecarney.com)



# THE Hownikan PODCAST






## District 3 – Bob Whistler



*Bozho nikanek*  
(Hello friends),

### 2021 election

As mentioned in last month's article, I will be running for reelection this year and have already submitted my candidate application. Look for my ads in the next few issues of the *Hownikan*.

### Other nations

During the course of my tenure as your elected representative, I have had the pleasure of meeting and to some degree working with other Indian Nations. For example, when I was president of the American Indian Chamber of Commerce of Texas as well as an ambassador for the American Indian Heritage Day of Texas, I had the fortune to work with the Choctaw Nation.

If you recall, I advised you that in October, I made a YouTube presentation on our Nation for the Allen Public Library. It so happens that the Choctaw Nation made their own presentation in the past. You might find it interesting to spend about an hour on YouTube looking at what they are all about. Find *Civilized Tribe – History of the Choctaw* at [cpn.news/choctawhistory](http://cpn.news/choctawhistory).

If you notice the ribbon shirt worn by the presenter, it has a diamond pattern at the shoulder area. The Choctaw have a

deep belief in nature and give great respect to the rattlesnake. That diamond pattern is a reminder. You will see this diamond pattern used on women's dresses as well as men's ribbon shirts. The Choctaw Nation is one of the 39 tribes in Oklahoma and does offer some medical aid to our Tribal members in the Durant area.

For those of you who live in southeastern Texas, the Alabama-Coushatta Tribe of Texas live in Livingston. While they don't offer any access to their tribal medical facilities, they are a source of culture that you may enjoy. They too made a presentation at the Allen library that you can find on YouTube at [cpn.news/ACTT](http://cpn.news/ACTT).

Their presentation also lasts roughly an hour. So, please enjoy. I have been to their property in Livingston and found it very interesting. Time permitting, if you live nearby, you may find it worthwhile driving over to see what they have.

### Philatelist stamp collector

District 3 Tribal member Susanne Zunker posted this information on Facebook, and I thought you may be interested that the U.S. Postal Service has selected a Tlingit artist based in Juneau, Alaska, to create a Northwest Coast art stamp for distribution in 2021.



*Tlingit artist creates stamp for U.S. Postal Service.*

The design of the stamp, titled *Raven Story* by Rico Lanáat' Worl (Tlingit/Athabaskan), was unveiled this week by the Postal Service as part of its Forever Stamps series.

The postal service has featured Northwest Coast art stamps in the past; in 1996, it released a stamp featuring Worl's clan uncle, Nathan Jackson, performing a Raven dance. However, this is thought to be the first time such a design has been illustrated by a Tlingit artist. Read more at [cpn.news/stamp](http://cpn.news/stamp).

### Warrior

I have had the privilege of giving Potawatomi names to some of our veterans who are warriors and was proud to have had that honor. For all of us as Tribal members looking at our family members and others who have never officially served in the armed services, but because of their journey through life, they too are warriors. As your representative for District 3, I have held quite a few District 3 meetings during my tenure. For those of you that attended those meetings, you were greeted by a little lady who signed you in. That little lady had a battle in life that began on Oct. 22, 1992. She was diagnosed with melanoma and had an operation for removal of the skin lesion at that time. That cancer recurred several times, and she underwent surgery for removal of the cancer again in 2005 and 2006, and had five surgeries in 2019. In 2019, with the use of CT and MRI scans, it was determined the melanoma had migrated into her lungs and brain. In October 2019, she began chemo treatment, and it had a very negative affect resulting in losing much weight. She dropped to 83 pounds and went into intensive care on Dec. 6, 2019. She fought hard and came back and resumed not only the chemo but began many radiation treatments on her right leg and brain. The little lady got back up to 102 pounds and was graced with being with her two daughters and husband for Thanksgiving this year. For the prior 18 months, she was undergoing all the treatments and tests. She had much pain



*District 3 Legislator Bob Whistler's wife Linda proudly wears regalia gifted to her through the years.*

and suffering from double vision from the brain tumor. In mid-November, she became non-ambulatory but was still able to eat, talk and enjoy being around her family. A family photo was taken the day after Thanksgiving. She had all three meals on Nov. 30. Early in the morning of Dec. 1, she had to be rushed to the emergency room. She was stabilized and then transferred to hospice care on that same day. At about 4:30 a.m. on Dec. 2, I was notified that the Creator had called the little lady home, and she was now cradled in his arms. I bring this story to you who have had family members who have really fought health battles and you worked with them through it.

I know that when the loss occurs, it is very painful. But to ease some of the pain, I ask you to tell yourself you were living with or have had the pleasure of knowing that person, and they were very brave and a true warrior. The warrior in this story I have known and been married to, my partner and wife, Linda, for 60.5 years. While she is not a blood Native American, she

served us well in wearing regalia, participating in Grand Entry at the Family Reunion Festival and assisting at our district meetings. She gracefully wore many of the Native American items she was gifted over the years. Several years ago, I gifted her a silver Navajo feather necklace, recognizing her warrior status at that time. I have included a photo of her wearing her regalia. Many prayers and words of sympathy have been received, and for those of you who wish to express your sympathy, please offer thanks instead on behalf of our family to the Creator for lifting Linda's burden, and He has told us her mission in life has been completed.

In closing for this month, I again ask for your email addresses that will be used for any last minute information that isn't in the *Hownikan* that I would like to get to you. I used the addresses I had during the 2019 CARES monies program to relay ongoing informational changes. Fortunately, time also allowed for staff to get that same information to you in the *Hownikan* or a secondary mailing. If you have any relative that isn't receiving the *Hownikan*, they need to contact Tribal rolls and confirm that CPN has their current mailing address.

As I mentioned at the beginning of this article, I am running for reelection and have been proud to represent you.

*Igwien*  
(Heartfelt thanks),

Bob Whistler  
*Bmashi* (He Soars)  
Representative, District 3  
112 Bedford Road, Suite 116  
Bedford, TX 76022  
817-282-0868 office  
817-229-6271 cell  
817-545-1507 home  
[rwhistler@potawatomi.org](mailto:rwhistler@potawatomi.org)  
[cpn3legislator@yahoo.com](mailto:cpn3legislator@yahoo.com)

## District 4 – Jon Boursaw



*Bozho*  
(Hello),

### A new year ahead

First, Peggy and I hope each of you had a joyful and safe holiday season, and we want to wish everyone a very happy new year. 2020 has

been a rough year in many respects, but 2021 is showing signs of marked improvement.

### Objectives for 2021

Unfortunately, one of my primary objectives for the past few years remains basically unfulfilled. That is the return of the 1862 Potawatomi census book currently in the possession of the St. Marys Indian Pay Station Museum. A request was submitted again this year in an attempt to return the book to the Nation, but the position of the St. Marys Historical Society has not changed, nor has mine. In addition to the activities listed below, I want to be able to resume the education program for the CPN youth we started in 2019. We had to cancel last summer's program because of the coronavirus. My

objective is to offer a program to our youth containing an introduction to our culture, traditions, history and language. As we enter this new year, please know that I will continue to do what I can to best serve the CPN members in Kansas.

### Upcoming events (subject to change because of the coronavirus):

I plan to hold District 4 meetings in Rossville, Wichita and western Kansas, probably in the fall.

The CPN Family Reunion Festival is tentatively scheduled to be held near Shawnee, Oklahoma, on June 25, 26 and 27. Hopes are high at CPN headquarters that the Festival will be held on these dates. Everything is



*The Baptist Mission plans to reopen its doors in 2021.*

hinging upon how soon the COVID-19 vaccination can get out to the general public. This year's honored families are the same as those scheduled to be honored at last year's Festival, which was canceled due to the coronavirus. The list

includes the Bruno, Darling, Hardin, Higbee, Lewis, Nadeau, Slavin and Smith families.

The Potawatomi Gathering will be hosted by the Hannahville Potawatomi, located in the south-central section of the

Upper Peninsula of Michigan. Tentative dates are Thursday, July 29 to Saturday, Aug. 1, 2021.

## Potawatomi Baptist Mission in Topeka

The day before I wrote this column, I received the following email:

“Hi Jon, We are hopefully planning to reopen the Potawatomi Baptist Mission in 2021. I have written a short video that I plan to install in the first floor, center room, as an orientation video about the Potawatomi and the building. I would really appreciate your help. I took the liberty of giving you the opening scene. I hope you don't mind. If you are interested and have time, I would really appreciate if you would read the script and make edits. I welcome your ideas. No hurry. We will produce this in house. We have gotten quite good at making videos. I hope you are doing well. Thanks, Mary Madden, Director, Museum and Education Division, Kansas Museum of History”

For those of you who may not know, the Baptist Mission is

located next to the Kansas Museum of History in Topeka. More accurately, the museum is located next to the mission. It has been at this location since it was built in 1849. The building has been closed to public access for several years, and the reopening is another great opportunity to tell our story as part of the Shawnee County and Kansas history. Obviously, I responded to Mary letting her know that I was honored and pleased to have been asked to be part of this project. Last year's local partnerships included the Burnett's Mound exhibit, and this year will be a video in the Baptist Mission.

## Iron Horse Industrial Park: Pro-Pipe building nears completion

The 50,000-square-foot building, which will be leased to Pro-Pipe USA, LLC, is nearing completion. The equipment for the building is scheduled for installation in January 2021, and according to Pro-Pipe management, production is expected to begin in March 2021. The facility will employ 20 to 30 workers who will manufacture

high-density polyethylene pipe for oil and gas, mining, irrigation, sewer, telecommunications, geothermal and municipal water markets. The completion of the building and the beginning of production were delayed a few months by the pandemic.

## Recognizing the accomplishments of our Citizen Potawatomi youth

Last month, Garrett DeLong received a Master of Science in nursing from Walden University as a psychological mental health practitioner. Garrett had originally earned his Bachelor of Science degree in nursing from Baker University. Currently, he is a nurse in the pediatric intensive care unit in the Stormont Vail Health in Topeka. Garrett is the son of Loretta and Brad DeLong and a descendant of the Bourassa/Ogee families.

Last June, Sara Boyden graduated cum laude from Washburn University with a Bachelor of Science in nursing. Sara is now a nurse in the Spine Clinic at the Stormont Vail Health. If the name sounds familiar, five years ago, Sara was

recognized in my column for being selected as the KSNT-TV High School Scholar Athlete of the Week. Sara is the daughter of Cathy and Joe Boyden and a descendant of the Bourassa/Ogee families.

The proud parents of Sarah Marshall requested their daughter be recognized as an athlete and scholar. She was recently Jackson County's Athlete of the Week for her role as captain of the volleyball team at Jackson Heights High School. She carries a 3.9 GPA and is involved in volleyball, cheer, Future Business Leaders of America, Jackson County Youth Coalition, track and class president. She obtained her CNA this past summer and plans to attend college and pursue a career in medical administration. Sara is daughter of Denise and Ralph Marshall and descended from the Burns/Navarre family.

On Nov. 28, CPN member Torrey Horak led the Rossville High School football team to its fourth state championship and a 13-0 season. In the championship game, Horak rushed for 165 yards and three

touchdowns, passed for 96 yards and another score, and late in the game, he forced a fumble that he recovered on the opponent's 1-yard line. Three plays later, he scored the final touchdown, ensuring the victory. For the season, Horak, only a junior, had almost 3,000 yards of total offense. Horak is the son of Wendi and Terry Horak.

Finally, it has been a pleasure to serve as your legislative representative this past year, and I am looking forward to the coming year with enthusiasm. I have filed to run again as your District 4 legislator for another term.

*Migwetch*  
(Thank you),

Jon Boursaw,  
*Wetase Mkoh* (Brave Bear)  
Representative, District 4  
2007 SW Gage Blvd.  
Topeka, KS 66604  
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## District 5 – Gene Lambert



*Bozho*  
(Hello),

But you all thought you would never make it to January 2021. Well, if you are reading this, you certainly did. That being the case, happy new year, as 2021 should be a year of hope and New Year's resolutions.

I, however, want to take the time in January to acknowledge those who didn't make it to the new year.

Remember the special moments you shared with them and how they contributed to your life and the lives of others. These are the very footprints we follow as individuals. Those who have walked on left a strong

foundation from which we grow. We celebrate our Native ancestors, and this is what brought us together today.

These are times long past, but are alive in the now. The people we meet, if only for a moment, contribute to the energy we share with family and friends.

We all have negative (except for me of course lol) and positive sides to our personality no matter how hard we try to feed only the good.

The last year of politics, coronavirus, life itself and personal difficulties have brought about a reevaluation of what is truly important to each.

Epiphanies arrive by leaps and bounds as we spent so much time in isolation of some measure. I would like to share a few, if I may. I always had a question about judgment of others and tried to figure out how one could be discerning and not judgmental. Isn't it the same?

Having asked the question many times, the answers always come in the quiet moments in your mind.

When you first wake, these moments are the purist in your thought process. This is the time when you have not

been bombarded with others' thoughts, ideas and suggestions. They are truly *your* thoughts.

Having had the question on my mind, I woke one morning with the answer, or should I say, my answer.

When it directly affects your daily life, it is discerning. If it is happening to others, and you simply observe, it becomes a judgment.

In other words, not your business because what you see is only superficial, and you do not know the history of what you think you are observing. (Oh dear, that's deep.) I think you know what I mean.

The next process in my answer was to go to the Bible and read the definition given there. I think we can agree that is the perfect source.

“You, therefore, have no excuse, you who pass judgment on someone else, for at whatever point you judge another, you are condemning yourself, because you who pass judgment do the same things.” Romans 2:1

“But solid food is for the mature, for those who have their powers of discernment trained by constant practice to distinguish good from evil.” Hebrews 5:14

I am not trying to be preachy here, but I had always wondered how you could be discerning and not judgmental.

There are many, many more references if you would like to look it up but too many to add to this article.

My next epiphany followed an additional question I had, again regarding others and their choices.

I am sure you have asked the same questions at one time or another. Why did they do this or why did they say that? What in the world are they doing?

It was consuming my thought process as I always try to understand. If you can understand, sometimes it is easier to deal with. Maybe that's just me.

Early one morning as I woke up, I heard the answer to my questions.

Oh my! It was, “What they are doing or saying isn't important. What are you doing?”

Guess the answer to that is obvious.

I need to be more concerned with my performance than

worrying about others and their actions.

Again, we do what we do, say what we say and feel the way we choose to feel.

It is our responsibility to try to do better today than yesterday.

The importance in writing about this is as much for me as anyone.

Just so you know, the Lord isn't finished with me yet. There is still hope for us all.

Forget 2020, except for the learning part, and say thank you to the Creator.

I am grateful I am still here and have the opportunity to polish what needs work.

As for you, stay who you are because you are part of the many things for which I am grateful. I learn so much from you, and that is the truth!

You have been my teachers.

Love you all,

Eunice Imogene Lambert  
Butterfly Woman  
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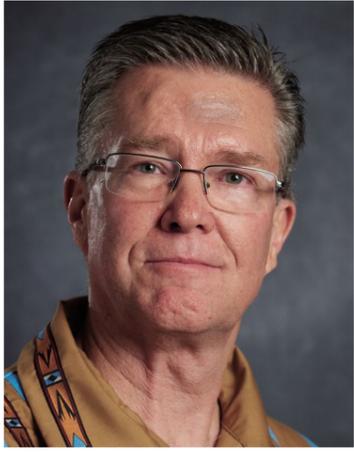


HOWNIKAN



CPN  
HOWNIKAN

## District 6 – Rande K. Payne



*Bozho nikanek*  
(Hello friends),

I hope everyone was able to find some enjoyment during the holidays. The pandemic has had an enormous impact on our daily lives, including our ability to gather with family and friends.

After the year we've had, it only seems fitting that the country would have to endure a highly controversial presidential election to send 2020 out with a bang! Most of us have been hanging onto the hope a new year might bring, but it's starting to look like 2021 will just pick up where 2020 left off.

Even the promise of a vaccine on the horizon doesn't seem to be lifting the spirits of many people, and our country is more divided than ever. Things just don't appear that they will change for the better any time soon. In my lifetime, I've not seen so many people living in fear. The level of anger and hate I see just about everywhere is astounding to me.

There are very few TV shows I watch these days. The so-called news is definitely out of the question on a regular basis, whether print or television. The five-minute news brief at the top of the hour on my local radio station is about all the news I can handle. Social media serves no purpose in my life anymore either. The energy it takes to sort through all the negative content just to try to enjoy friends and family isn't worth it.

As difficult as this pandemic has been financially, it has been a blessing in other ways. Our restaurant has been closed since early July. Having the ranch to take care of has kept me busy, but unfortunately, it doesn't pay a whole lot. But

being able to have all eight of our grandchildren over every week has kept me from going insane. My wife and I have also been able to travel a little, which we're never able to do together when the restaurant is open. I've also been able to add more reading time to my schedule, and I spend a lot more time outside by the fire praying.

It hasn't been easy tuning out all the distractions that really have no significance in my life. But in doing so, I'm finding that I'm more relaxed and at peace in spite of all the chaos around me. I'm very thankful despite the hardships. Although I'm concerned about many things, I'm learning not to worry about the things I have no influence over. I pray the Serenity Prayer every day!

On behalf of all Tribal members that were able to receive CARES assistance, I would like to take this opportunity to thank all the people at Tribal headquarters for their hard work helping Tribal members through the CARES process. The amount of work and dedication it took was

enormous. I am very proud of them. As you'll read in District 7 Legislator Mark Johnson's column below, we both noticed our legislative districts covering California, Nevada and Utah particularly seemed to have lower numbers of applicants and approvals for CARES Act funds. We're working with CPN staff to see if we can determine that, but both Rep. Johnson and myself would like to hear back from you if you applied. What was your experience? Were there factors that made it more difficult for you to apply? Did you know about the programs and if so, how did you hear about them? We would like to know in order to improve them if another round of funding is passed by Congress and made available to tribes.

I also want to mention that my colleague and friend District 3 Representative Robert Whistler lost his dear wife Linda on Dec. 2. Bob and Linda were married nearly 61 years. I found Linda to be very pleasant and a pleasure to speak with whenever I would see her at Tribal functions. It was very

apparent that Bob and Linda shared a very deep affection for each other. Bob was Linda's caregiver in her last days. I pray that the Creator will comfort and provide peace for the entire Whistler family. Several of Bob and Linda's family members reside here in District 6, and I know they feel the loss as well. My heartfelt sympathy and condolences for you all.

I wish everyone much peace, love and happiness in the new year! May your hearts overflow with blessing beyond measure, and may our Creator continue to bless the Citizen Potawatomi Nation.

Wisdom from the Word: "Draw near to the Lord and He will draw near to you ..." James 4:8

*Migwetch*  
(Thank you)!

Rande K. Payne  
*Mnedo Gabo*  
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## District 7 – Mark Johnson



*Bozho nikanek*  
(Hello my friends),

We in California are facing two different sets of news for the short and medium terms. One is hopeful, with medical professionals and emergency management staff across the state preparing to roll out vaccination efforts in the coming months. It will be a logistical undertaking unlike anything we've seen, but hopefully the outcome

will allow us to return to some semblance of a normal life.

The second piece of news is more disheartening; it appears that we may need to get through a few tough months before the "normal" returns. Cases and deaths continue to climb. Many businesses, especially bars and restaurants, are facing financial ruin and the threat of further closures to stem infection rates from state authorities. If you are able to support local businesses, go purchase a gift card from them that can be put to use in a few months.

Speaking about our California, Nevada and Utah Potawatomi, I hope all of you utilized the Tribe's CARES Act financial assistance programs. The vast majority of the Tribal legislature voted to follow the federal guidelines and established programs that could financially support CPN members if they showed a need due to the pandemic. We couldn't just send checks

to every enrolled member in violation of federal law, despite that unsound interpretation being gossiped around on the Internet. Our Tribal employees from many departments worked long hours to establish a multimillion-dollar program to financially assist as many Tribal members as possible. While it wasn't perfect, I believe this was as good an outcome as we could have expected in such a short timeline.

Following the passage of Phase III of the CPN CARES Act programs, Tribal legislators received a monthly update on the programs, budget and funds sent to CPN members. District 6 Legislator Rande Payne — whose jurisdiction covers the southern portions of the same states as District 7 — and I both noticed our districts lagged in applications and funds distributed. Because of the rapid pace of the program, we have not been able to pinpoint why that is at this time. Perhaps there

was a reason why those in our states did not think they needed the funds, or maybe there was something structural in our states that conflicted with the Tribal guidelines for assistance?

If you are in District 7 and applied for the CARES Act program through the Nation, I'd like to hear about your experiences, regardless of whether your application was successful or not. Though the fund has been expended, if future funds are distributed by Congress, we want to fine tune the CPN programs to ensure they are most effective.

As we enter a Tribal election season, I hope we can all remember that regardless of our location, we are all descended from those 49 families who made their way to Oklahoma in the 19th century. There are honest ways to discuss genuine disagreements, but I urge you to examine the growth and stability our Nation has enjoyed in recent years compared to

the bad old days when we had very limited budgets, even more limited Tribal enrollment and constant infighting. Let's not step off the solid path that's gotten us to where we are as Citizen Potawatomi over petty disagreements that have poisoned our federal and state elections.

Once again, I would like to say what an honor and privilege it is to serve you as your District 7 legislator. As always, give me a call, and I will be happy to work with you on any questions you may have or provide you with additional information you may need to access Tribal benefits that may be available to you.

*Migwetch*  
(Thank you),

Mark Johnson,  
*Wisk Mtek* (Strong as a Tree)  
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## District 8 – Dave Carney



*Bohzo nikan*  
(Hello friend),

I am looking at 2021 with a great deal of optimism and positive expectations. It would be amazing to see people be able to meet and socialize together again. Family and friends reunited — what a great thought.

Along with the loss of human life, the coronavirus has robbed us of so much. The toll will not be assessed fully for quite a while. Medical conditions not identified, learning challenges not addressed, careers on hold, businesses shuttered, personal finances in shambles and the national debt exploding to levels that will never be paid off.

When the Nation received the CARES Act funds from the U.S. Treasury to help mitigate the impact of the pandemic, I knew that it would be a complicated process to use these funds within the guidelines attached to it while serving our members most effectively. Other tribes in Oklahoma and in other parts of the country wrongfully divided the funds among their adult members in a “per cap” manner. Immediately, a contingent of

members critical of the Nation’s leadership took to social media and began to demand the same.

Our executive branch provided true leadership and flexibility, as the federal guidelines attached to the funds changed multiple times. The chairman and vice-chairman brought the vision and resources together in conjunction with the Tribe’s legal counsel and staff to utilize funds to mitigate the impact on the Nation’s health and safety operations and to design programs to meet the needs of Tribal members while satisfying the guidelines. These programs were then approved by the Nation’s legislature. Why were these guidelines so important to follow? Funds dispersed that did not meet the guidelines are subject to return to the federal government. Funds not

dispersed by the end of the year were also to be returned to the federal government.

I am proud of the work that CPN’s staff and government put in to provide real help to our members. Programs assisted our elders and disabled, students and business owners — and all members with additional expenses related to the pandemic.

The Nation successfully distributed the funds, and I am sure we can withstand a federal audit.

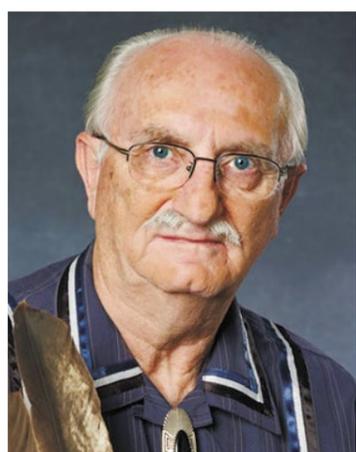
I have received so many grateful communications from District 8 members about receiving CARES Act funds, and it was my pleasure to get as much information as possible out to our members.

As 2021 evolves and we get back to something more resembling the pre-COVID world, I look forward to seeing you in person.

It is my honor to serve as your legislator,

Dave Carney  
*Kagasghi* (Raven)  
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## District 9 – Paul Wesselhöft



*Bozho nikan*  
(Hello my friend),

### Co-creators

What are you made for? What is in your DNA? What forms your life? What drives you?

Sigmund Freud said that we are made for pleasure; Alfred Adler argued that we are made for power; and Viktor Frankl, borrowing from his Jewish

faith, eloquently wrote that we are made for meaning. It seems to me that there is a hierarchy and a chronology in these recognized drives.

At a very basic level, primarily when young, we avoid pain and seek pleasure. At an intermediate level, usually when we are in our professional and productive years, we seek power. At an advanced level, when we gain years and wisdom, we ultimately seek meaning.

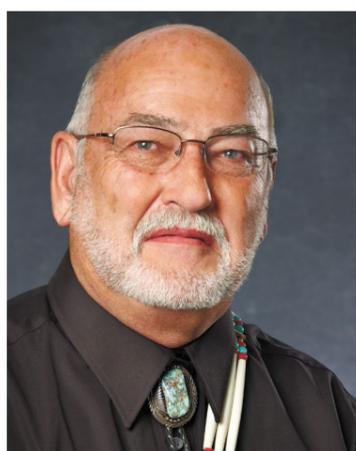
Can anyone be satisfied exiting this brief life with riches, positions and even honors but void of internal meaning?

My Christian faith informs me that we are made to be co-creators after the Creator, and in our creations, we praise and glorify God. By co-creators, I mean those things we create — like our children, our calling, our careers, products, services, writings, poetry, paintings, music and etc. Creating things

gives us existential meaning. Our creations are a doxology!

Paul Wesselhöft  
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## District 10 – David Barrett



*Bozho*  
(Hello),

Let’s start 2021 with encouraging our fellow man to step up to the plate in recognizing that the one thing they can do for themselves and their family is to take charge of whatever is coming their way in life. Whether it’s the bad situation they went through in 2020 that is still lingering or the new daily issues that must be addressed for resolution.

Let’s look at the definition of courage. Merriam-Webster defines it as “mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty.”

What are some types of courage that are shown to us in our society today?

- Physical courage** is the courage most people think of first: bravery at the risk of bodily harm or death. 2 Chronicles 15:7, “But you, take courage! Do not let your hands be weak, for your work shall be rewarded.”
- Moral courage** is taking action for moral reasons despite the risks of adverse consequences.
- Spiritual courage** means accepting that you are unlikely to find the answers but asking questions anyway. We all must call upon our spiritual courage when we consider our own mortality.
- Intellectual courage** is having a consciousness of the need to face and fairly address ideas, beliefs or viewpoints toward which one has strong negative emotions and to which one has not given a serious hearing.
- Social courage** includes being able to express opinions and preferences without checking to see if they are in line with everyone else’s opinions and preferences.
- Disciplined courage** is about confronting your weakness(es) and devising strategies to work on the

identified weaknesses. 2 Timothy 1:7, “For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.”

**7. Emotional courage** is being willing to be vulnerable, truthful and aware of the full spectrum of both negative and positive emotions.

**8. Empathetic courage** is an act of courageous empathy if you believe you’re right but still work to understand the thoughts and feeling of those you disagree with.

Have you ever felt these attributes of courage? Following your heart, feeling fear yet choosing to act, persevering in the face of adversity, standing up for what is right, facing suffering with dignity or faith, and expanding your horizons (letting go of the familiar).

Life is always unpredictable, and the daily stresses and challenges can wear you down. Just think what the 2020 pandemic has caused: job losses, illnesses, death, much fear and anxiety — all of which cause us to feel powerless. Philippians 1:20, “It is my eager expectation and hope that I will not be at all ashamed, but that with full courage now as always Christ will be honored in my body, whether by life or by death.”



Sometimes it’s very difficult to be true to yourself, but bringing the real you to the table will always benefit you on standing on your principles. Deuteronomy 31:6, “Be strong and courageous. Do not be afraid or terrified of them, for the Lord your God goes with you; he will never leave you nor forsake you.”

Focus on one or two courageous steps that you really care about and work to incorporate them in your daily life. Also starting a new year, you need to establish courage to seek feedback on how you are doing and steps for improvement. Get yourself out of your comfort zone and show that you’re not trapped.

Communication is still a big stickler for me just because you accomplish so much more if you encourage others to have an input in your objectives. Involve your family or kids to help you even though it will take longer to do the project. It will mean so much more, and allow them to develop working together also.

Most of the experiences are from my faith and training courses during my working career. 1 Corinthians 16:13, “Be on your guard; stand firm in the faith; be courageous; be strong.” But from these experiences and ongoing challenges, I have built a strong base that has weathered the storms that comes my way — standing up and acting when injustices occur, remaining steadfast, challenging old assumptions and acting to make changes based on new learnings.

We all have troubles, but our resilience and our fortitude will sustain us today and for the future. Hope everyone is doing well, and I might add, I’m looking forward to this new year, especially with the promising new COVID-19 vaccines. Also, I’m ready to get back to living life again with less anxiety lurking at the doorstep.

It goes without saying, thank you for allowing me to represent you and our great Nation.

*Migwetch*  
(Thank you),

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*Mnedobe* (Sits with Spirit)  
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**Edgar Robert Hammons II**

Edgar "Eddie" Robert Hammons II was born in the Lake Texoma area on July 22, 1998, to Courtney Snodgrass (Hammons) and Joseph Snodgrass. Eddie passed away on Monday, Nov. 9, 2020, at his home in Enid, Oklahoma, at the age of 22.

Eddie is survived by his wife, Chloe Hammons, and son, Edgar Lee Hammons III, of Enid, Oklahoma; parents, Courtney and Joe Snodgrass in Hunter, Oklahoma; brothers, Sam Page, Nate Snodgrass, Nic Snodgrass and Zac Snodgrass of Enid; sister, Kilynn Hammons and brother, Payton Snodgrass of Hunter; his Nana Kelly Townley of Shawnee, Oklahoma; grandmother, Diane Pacula of Hunter; grandfathers, Charles Townley of Enid, Roy Snodgrass of Hunter, and David Moore of Oklahoma City; great-grandfather William Hammons of Cyril, Oklahoma; great-grandparents, Charles and Peggy Townley of Cyril; and numerous family and friends.

Growing up, Eddie loved to play football. You always knew when Eddie was on the field or when the game was going to start because his voice could be heard above the crowd as they ran across the field. He loved bonfires with his friends, riding dirt roads and fishing the Hunter Pond. Eddie, as a kid and an adult, was always obsessed with food, cats and playing Xbox until late into the morning. Eddie had an extreme love for his friends and family, and he will be missed greatly.

Eddie was preceded in death by his great-grandmother, Dorothy Hammons of Cyril; grandfather, Raymond Pacula of Hunter; great-aunt, Jenny Winsor of Cyril; great-grandfather, Ulman Chism of Hunter; and great-uncle, Raymond Chism of Hunter.

Pallbearers for the church service included Sam Page, Nate Snodgrass,

Nic Snodgrass, Cyler Higgins, Ty Craig and Colton Chism. Pallbearers for the graveside service included Mathew Matlock, Austin Matlock, Cyler Higgins, Dylan Hoyt, Shane Scott and Thomas Hannon.

**Norma Elaine Watson (Clark)**

Norma Elaine Watson (Clark), 93, was born Oct. 30, 1927, in Norman, Oklahoma, to William Paul and Eugenie (Boucher) Clark. After an extended illness, she accepted the Lord's invitation to join her Heavenly family on Nov. 23, 2020. She grew up in Norman, where she graduated from St. Joseph's Catholic High School in 1945.

Norma was married to Doyle B. Watson from 1948 to 1969. They raised three daughters in Oklahoma City and Tulsa. She worked for Loffland Brothers Co. in Tulsa and Houston as an administrative assistant, then after retirement in 1992, worked as a sales associate at The Bazaar of London Square. In 2006, she moved to Jenks, Oklahoma, where she lived the rest of her life.

Norma was preceded in death by her mother, Eugenie Clark (Boucher); father, William Paul Clark; and brother, Paul Eugene Clark, all of Norman.

Family survivors include a sister, Maxine DiGrappa, Norman; three daughters, Marcia Bendo (Gerald), Plano, Texas, Susan Burkhart (Mike), Tulsa, and Jean Ann White (Robert, III, deceased), Tulsa; four grandchildren, Bryan Burkhart (Katy), Matt Burkhart (Katherine), Bonnie Schneberger (Adam), and Robert White IV; and three great-grandchildren.

Norma was a devoted mother whose greatest joy was gathering with her family. She was known for her green thumb, creative skills, youthful nature and sense of humor.

Norma was an enrolled member of the Citizen Potawatomi Nation and granddaughter of

Nora A. Clark (Bertrand), whose family received land allotments in 1891. The Bertrand and Clark families were early settlers in Cleveland County, Oklahoma Territory.

A family graveside service was held on Nov. 30, 2020, at St. Joseph's Catholic Cemetery in Norman.

**Freda Fay Ward Kelly**

Freda Fay Ward Kelly, age 86, was born Sept. 14, 1933, to Quannah Parker and Anna Justine Higbee Ward in Corbett, Oklahoma. She walked on into her glorified body on Aug. 17, 2020, due to natural causes in Tulsa, Oklahoma.

Freda Fay's twin sister Barbara Raye preceded her in death in 1995. The two girls could not have been more different in personalities or appearance. Bobbie looked very much like her mother, and she was timid and quiet. Freda, on the other hand, resembled her father's side of the family. Every picture of Freda as a child featured an ornery grin on her face.

There were four other children born to Quannah and Justine: Quannah Joe, Peggy O'Neil, Donald Parker and Curtis Larry.

Freda first married Byron Eugene Kennedy in Tijuana, Mexico, on June 1, 1952. They were the parents of one daughter and two sons.

Freda's second marriage was to Russell Allmon Kelly. They married July 1, 1964. They were the parents of one daughter.

Freda told a great story about when she and Barbara (Bobbie) were swinging on their grandpa Robert Eli Ward's barn gate. He would tell them not to swing on it, or he would whoop them. When they were caught again playing on the gate, they received what was threatened to them. Bobbie never played on the gate after that, and Freda said, "I'd take the love pat grandpa would give me, but I would go back and swing on the barn gate. I would beg Bobbie to come swing with me; she wouldn't."

Somewhere in heaven there is a barn gate swinging back and forth, or not. But there are three Ward's laughing about two twin girls swinging on a barn gate.

She was loved by many and will be missed by all.

**Patricia Jones**

Patricia Ann Jones was a loving mother, sister, grandmother and great-grandmother. Patricia was born on July 19, 1944, to parents Flossie and Charles Handy in Bartlesville, Oklahoma. Pat was the youngest and the only girl of her family. Her brothers, Donald and Charles, would joke with her that she was their favorite sister, knowing she is the only sister. She had a love of the ocean and beach life at a young age. She spent the summers of her childhood in the Mission Beach area after moving to San Diego, California, when she was 5 years old. She would tell her family stories of her sleeping on the beach shore back in the 1950s. She would say, "You could do that back when it was safe." Patricia graduated from Hoover High School. When she was in her late 20s, she started studying the Bible with a dear sister, Ruth Rinko. Patricia grew in her love for Jehovah and made her dedication to Him known when she was baptized at the age of 37. She was faithful and preached to all she would meet. When age got the best of her, she would telephone witness and write letters.

Patricia was a loving caregiver to many young ones in the congregation and countless others. She loved caring for children as if they were her own. The children she cared for lovingly referred to her as "Grandma Pat." Patricia's infectious smile would bring joy to all she would meet. She loved life, Jehovah, and her grandchildren so dearly. She will be so missed until we get to see that beautiful smile again.

Patricia leaves in loving memory, brothers, Donald and Charles Handy; daughter, Debra Givens; husband, Darryl Sr.; their children, Darryl Jr., wife, Izabel and son, Daylon; son, Tony Arreola, wife, Gloria, their children, Matthew, Daniel, Tony Jr., Tony Jr., Tony Ramon, Gabe and Elisha; seven great-grandchildren; two nieces; and many family and friends that will miss her dearly.

**Submitting obituaries**

To submit an obituary, please send a word document with **no more than 300 words**, a 300dpi photo and a contact phone number to

[hownikan@potawatomi.org](mailto:hownikan@potawatomi.org)

**CPN burial assistance through Tribal Rolls**

The \$2,000 CPN Burial Assistance Fund is automatically available to all enrolled CPN members. You may fill out a burial assistance fund form if you would like for us to keep it on file in case of any change in resolutions.

**Please note:** Once a CPN tribal member has passed, the Tribal Rolls office must be notified in order for CPN to provide burial funding. Information and instructions for the burial process will be sent to the next of kin and will be discussed then.

For more information, please call Tribal Rolls at 405-878-5835 or email [cclark@potawatomi.org](mailto:cclark@potawatomi.org).