



Aptebbongises | December 2019

Top photo: The CPN Christmas tree at the Red Earth Museum in Oklahoma City, Oklahoma.

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Walking on



Warm up during *bbon* (winter) with traditional Potawatomi stories and games

During *bbon* (winter) Potawatomi have participated in a variety of activities for centuries, including games like snow snake, storytelling and more that bring the community and families together to pass time and stay warm during the coldest months of the year.

Just as the Potawatomi moons serve as guideposts, like April's *Zisbakwotoke gises* (Maple Sugar Moon), wintertime serves as an opportunity to reconvene and rest, preparing for the busy months to come.

"That's the whole concept of 'Indian time,'" said Citizen Potawatomi Nation Language Department Director Justin Neely. "Certain seasons are when you pick berries, when you harvest corn, etc. So, there were also certain time periods where you just hung out with your family."

Europeans often looked down on the concept of resting and taking time to share stories and foster kinship during the winter. However, still to this day, the season serves as an opportunity to tie families and communities together.

"Basically, in the wintertime, we have a lot of free time," he said. "They always say that in the winter, the spirits are asleep and the earth is asleep. It's a perfect time for winter storytelling and a perfect time for playing games and maybe sitting around the fire."

Snow snake

Although Oklahoma's winters often are not cold enough to hold onto precipitation, many *Nishnabé* communities still living around the Great Lakes participate in *bbon* (winter) games like snow snake.

"Snow snake is a game where basically, they take snow and mount it up, pushing it together to make a track, if you will," Neely explained.

A pathway with snow walls approximately 2-3 feet high serve as the playing field, just tall enough to provide adequate structure.

"And then they'll carve these sticks, and everyone will get in a line and throw them to see who goes the farthest," he said. "They may water the track down to ice it up, but the idea is to see who can throw it the furthest."

Many take the time to carve their stick, or snake, to reflect their personal beliefs, clan and more.

"It's like regalia; people add their own flair to it," Neely added. The Citizen Potawatomi Nation Cultural Heritage Center's gallery *Gete Neshnabek Zhechgéwen* features a digital version of snow snake and bowl and dice.



Participating in Potawatomi traditions preserves culture for generations to come.

Gwzege'wen (bowl and dice)

Although wintertime is the only season to play snow snake, learning other games — like *Gwzege'wen* — can serve as entertainment and fellowship year-round and are not limited to the right weather conditions.

Traditionally, women are the only ones who can make and keep a *Gwzege'wen* (bowl and dice) game set, but Neely said both men and women can put together the necessary items.

Equipment includes a wooden bowl, six circular die and two animal-based game pieces often reflective of the owner's *dodem* (clan).

"It doesn't have to be a wooden bowl, but that's usually what it is. A lot of bowls really curve, so it might be nice if you have one with a flat surface inside it," Neely said.

Deer and other antlers sawed off into thin circles, about the thickness of a quarter, serve as the die. Individuals personalize their game pieces by painting or applying copper and other metals that differentiate one side from the other, which also determines points.

"Then usually there are two little effigies, which are little animals — it could be an eagle, bear; it could be a turtle — and basically, the idea behind it is you toss them up in the air," Neely explained. "You want to keep them in the bowl, but when they come back down, you get points based on how many blacks versus white, and there are a couple ways to get points."

Birth order customarily helps define teams, separating the *mjigewewes* (first-born) and *kishko* (second-born), with equal numbers of players on each team. Participants take turns casting, or flipping the die inside the bowl. Players receive points based on

the color and number of die. The game continues until each player has missed twice or someone reaches 12 points.

Bowl and Dice points:

2 white and 6 black die = 1 point

1 white and 7 black = 5 points

8 white or 8 black = 8 points

1 white and 7 black = 11 points

2 white and 5 black = 12 points

A standing effigy = automatic win

All white = automatic win

All black = automatic win

Learning and playing traditional games serves as a chance for CPN members to engage with their Potawatomi heritage.

"It's an activity that's really good for kids to be able to learn to play games," Neely said. "And it's nice to have something that you can pass on. Stories and little games are things that anyone can definitely pick up and share with their nieces, nephews, grandkids, that way they can feel like they're doing their part to help continue the culture."

Storytelling

Since the spirits rest during *bbon* (winter), sharing oral traditions about key spirits is central to Potawatomi culture, including *Wiske* — also known as *Nanabozho* — the Trickster.

"These stories are fundamental to how our ancestors saw the world and how we continue to see the world and our relationship with the earth," Neely said. "You want to make sure that our children and our grandchildren have an opportunity to see how their grandparents or great-great-grandparents saw the world."

Continued on page 4

Tips to incorporate an Indigenous diet in 2020

Food often serves as the center of every culture. However, since colonization, Indigenous food systems have been stripped from Indigenous people across the world. In America, federal policies removed many Native Americans from their lands, which in turn, caused them to lose connections to the plants and animals that sustained Indigenous people since time immemorial. This disconnect influences overall health and wellness, which manifests as mental illnesses, diabetes and other negative health-related outcomes.

“There is also a lot of healing that can be done with changing those food habits. Food policy is definitely there to break the connection and the relationship we have with the land. And we can see the consequences of that in our health,” said Kaya DeerInWater, *Bodewadmi Widoktadwen Gtegan* (Citizen Potawatomi Nation Community Garden) assistant.

Incorporating Indigenous agricultural systems into food policy can address public health issues while simultaneously healing Native Americans physically, emotionally and spiritually.

Sacredness

Colonization profoundly affects Native America’s sense of community. Harvests were only done by hand and often served as social gatherings.

“People enjoyed each other and still enjoy doing it,” DeerInWater said. “It’s about this bigger aspect, which is just about connecting with the land, connecting with Creator and Mother Earth, Father Sky, all of those things, and recognizing the spirit in everything. It’s more integrated than a lot of Western concepts of spirituality. We are not separate from nature. We are nature.”

Since Europeans arrived in North America, policy governing Native peoples encouraged removing Native Americans from their ancestral lands, which in turn removed communities from their traditional foods and diets.

“Ultimately, without that, we are no longer connected to our lands and our life, our livelihoods, and our culture,” he said. “You can’t have culture if you don’t have lands, and when your culture and your language is connected to your lands, everything starts to unravel.”

Many across Indian Country seek to end this disconnect by incorporating traditional foods into their diets.

“Pre-contact food is food that, like the name says, existed prior to Europeans arrival in the Americas, so that would have been around 1491,” DeerInWater explained.

However, more than just Native Americans need to de-colonize their diets, “and it’s not just Native peoples who are searching for more connection and more relationships with the land around them,” he added.

Opportunities exist daily for all people to build connections to earth and return to a more sustainable way of living.

“And a way that will make room for future generations because right now, we consume way more than our current generation is allotted,” DeerInWater said. “We’re eating into our future generations’ budgets, so to speak.



Learn about seasonal and traditional crops — like persimmons — by attending a *Bodewadmi Widoktadwen Gtegan* (Citizen Potawatomi Community Garden) work party.

“That is what’s most concerning. What are we leaving our kids?”

Peak of freshness

One way to adhere to pre-contact traditions is to eat seasonally, which also increases the nutritional bioavailability of food.

“Like with berries being ripe in the summer,” DeerInWater explained. “Typically, you’re moving around, you do a lot of activities in the summer when it’s warm, and having a lot of

devoted a lot of effort and energy and intention into them, making sure each of those happened, not only because it was important to them, but it was also a necessity,” DeerInWater said.

For those who have an opportunity to strategically spend their grocery budgets, consumer dollars can have an impact on markets. Making conscious decisions to purchase only what is in season can help create changes across Turtle Island and the world.



sugar in your diet isn’t so bad because you’re always moving around. But eating the berries during the winter when you’re just sitting around watching movies, beading, whatever you’re doing — there’s a difference.”

Many of the 13 moons recognize when specific foods reach their peak of freshness. For example, August is *Minkegises* (Berry Picking Moon) and September is *Mnomnekegises* (Ricing Moon).

“All of those things are so important culturally that a whole timeframe is devoted to them, and our ancestors looked forward to that time and

on ourselves and work on the people who already have those choices.”

Holdbacks

“There is a difference between survival and thriving, and right now, a lot of folks I feel like are caught in that survival mode,” DeerInWater said.

Also, because so many communities have not had those connections to traditional fare, it can be harder for individuals to have an open mind and open taste pallet.

“People are so accustomed to commodity foods that they become acclimated to that and resistant to Native, pre-contact foods, or traditional ancestral foods,” DeerInWater said. “I myself eat fry bread, but making that your daily thing is probably not the wisest health choice.”

Minimizing consumption of processed food decreases sugar intake. One easy transition is exchanging soda for water.

“That’s a shift that could help you in the long run, or all the way scaled up to buying a head of broccoli instead of buying a pound of meat. That kind of thing can also help your health as well as the food system,” he said.

While changing to an all pre-contact foods diet may be impossible for everyone, DeerInWater encourages exchanging one non-traditional food for its traditional counterpart.

Pantry switches

One easy switch includes opting for sunflower oil that withstands high temperatures instead of canola, corn and even olive oil.

“Sunflower is one of our Four Sisters crops,” DeerInWater said. “So, in a way, it’s cultural.”

Organic produce requires less chemicals to grow and can have up to 15 percent more nutritional value over its non-organic counterparts, according to DeerInWater.

“Organisms aren’t really just solely organisms,” DeerInWater said. “Just like food is processed by gut bacteria we have, our plants and other animals are similar. So when you’re spraying herbicide all over your plants to kill some bugs, you’re also killing all the bacteria associated with that plant.”

Bacteria work with plants and trees to help process sugars and assist with nutrient uptake.

“I try to tell people, just consume one calorie a day that is either foraged, bartered or grown locally and/or hunted locally that you know exactly where it came from and when,” he said. “Even that little act of intention of reconnecting with our ancestral foods and our land and our community is really what it’s going to take to make the next step. It doesn’t happen for me every day, but I think about it every day. And it’s going to take us all thinking about it more to make a difference.” ♫

“You can easily find a seasonal food calendar online, and you don’t have to get super crazy about it. You know, just maybe don’t buy strawberries in January or don’t buy apples in June,” DeerInWater said.

Out-of-season produce must travel thousands of miles to reach grocery stores, and overseas products often are flash-frozen.

“We’re talking about it as if people have a choice, and there are a lot of people who don’t have a choice, and we have to acknowledge that,” he explained. “I think we need to work on getting those folks into a better place, but that doesn’t mean we can’t also work

Invisible no more

For more than 80 percent of Native American and Alaska Native women, experiencing violence throughout their lifetimes is a harsh reality. In fact, Native women in some areas of the country are murdered at 10 times the national average. Often the public perceives that most missing and murdered Indigenous women cases occur on rural reservations, but 71 percent of American Indians/Alaska Natives live in urban areas. Oklahoma is home to 39 tribes and ranks 10th in the nation for missing and murdered Indigenous women.

“While I am not an expert on missing and murdered Indigenous people, I know that the root causes of this crisis go back to colonization, assimilation and federal legislation that was designed over a century ago to erode tribal sovereignty, especially the matriarch,” said Oklahoma State Rep. Mickey Dollens during a Nov. 19 interim study hearing on missing and murdered Indigenous women.

Rep. Dollens recruited Native Americans statewide to help find potential legislative solutions through the interim study. Olivia Gray, citizen of the Osage Nation of Oklahoma, director of the Osage Nation Family Violence Prevention Department and founding member of the Northeast Oklahoma Missing and Murdered Indigenous Relatives, presented first during the hearing.

“We’re just asking that you don’t do stuff to us — you do things with us and in collaboration with us,” Gray said. “Because we have a lot of knowledge as we’ve been dealing with this issue since the boats landed. Our women have been going missing and being murdered since the boats landed. We know what we’re doing here.”

Leaders across Oklahoma, Indian Country and loved ones of missing and murdered Indigenous people filled the room in the state capitol, including family members of Emily Morgan. Her mother Kim Merryman discussed Morgan’s case, highlighting the need for legislative changes.

“All that I know to do is to be her voice and to share her story,” Merryman said. Morgan was a citizen of the Choctaw Nation of Oklahoma. In August 2016, authorities discovered the bodies of Morgan and her friend Totinika Elix in Bache, Oklahoma, near McAlister. More than three years later, no arrests have been made.

“She was 23 years old. She was in college in her third semester, and she didn’t know that the third leading cause of death (for Native women) was murder,” Merryman said. “And she is one of those statistics.”

Jurisdictional boundaries

With nearly 40 tribes throughout Oklahoma, the overlay of jurisdictional boundaries including tribal, local, county and state law enforcement can result in mismanaged cases. During the Nov. 19 hearing, Gray proposed setting aside funds to establish a group of investigators with the authority to overrule municipal, county and state law enforcement.

“We have to have investigators that can override those county sheriffs that say it’s a lifestyle issue ... colonization and the things that go along with that are historic trauma, our intergenerational trauma,” Gray said. “We can’t look at a

MURDER IS THE 3RD LEADING CAUSE OF DEATH FOR NATIVE AMERICAN WOMEN

OKLAHOMA RANKS 10TH IN THE UNITED STATES FOR MMIW

86% OF THE NATIVE WOMEN WHO ARE SEXUALLY ASSAULTED ARE ASSAULTED BY INDIVIDUALS OF DIFFERENT RACES

SOURCES CENTERS FOR DISEASE CONTROL AND PREVENTION HOMICIDE URBAN INDIAN HEALTH INSTITUTE

lifestyle and say, ‘I don’t want to spend resources on a drug addict,’ because that person still deserves to be found.”

Gray also addressed the need for greater communication between law enforcement and tribes.

“We already notify tribes now when there is an Indian child that goes into foster care. ... So why can’t we make this a part of the process when there’s a missing person’s report or there’s a murder victim found?” Gray asked. “Let’s make it a part of the process to contact that tribe, because it’s their citizen. And it’s not just their citizen, it’s their relative.”

Additionally, Native women experience violence by interracial perpetrators at a higher rate than any other race, and often violence starts at home.

“It’s not just a missing and murder issue. More times than not, the cases that we look into on that end are tied to domestic violence or trafficking or sexual assaults or childhood sexual assaults,” Gray said.

Systemic gaps

In 1978, a U.S. Supreme Court case determined tribes cannot prosecute non-Native perpetrators who commit crimes on tribal or reservation land. Legislation that restores tribal jurisdiction and sovereignty as nations is one key component to overcoming this epidemic.

“Beyond that, if we’re not going to be restoring the right of the local governments on the ground to protect women where they live in their homes, then we need to be thinking about legislation that provides resources and funding to tribal law enforcement,” said Mary Kathryn Nagle, Cherokee

Nation citizen, attorney at Pipestem Law and missing and murdered Indigenous women’s activist.

Lacking a joint database for municipalities, states, tribes and the federal government to report and manage cases makes it more difficult to track MMIW numbers and is not conducive to open communication. Native women are falling through the system’s cracks.

“We also need to think about giving tribal law enforcement access to national databases and then mechanisms that will ensure that state, local and county governments also put Native women who are murdered or go missing into that database,” she added.

More than 5,700 Indigenous women across the United States were missing or murdered in 2016, but the Department of Justice database accounted for only 116 of those, according to an Urban Indian Health Institute study.

“If a crime is committed against Native women, the jurisdiction falls to the state if it is not on tribal lands, and all too often, the state doesn’t have the desire or the wherewithal to prosecute or investigate crimes committed against Native women, and oftentimes those cases go unprosecuted or uninvestigated, which is a huge problem,” Nagle said.

Until recently, most news outlets did not cover the issue in-depth, and the public’s lack of education creates additional hurdles to overcome.

“The media has a short attention focus, and I think for the most part, Native women are invisible. The invisibility is really hard to combat,

and it leads to a lot of situations where we’re just left out,” she said.

Congressional efforts

“We have to be very vigilant in Congress and demand justice there, and we have to start demanding respect for our tribal governments and tribal courts because those are our first defenders for the safety of Native women; and right now, we’re not respected by non-Natives, so we have to work to build that respect and restore it,” Nagle said.

Members of both the House and Senate have drafted legislation recently, including Not Invisible Act and Savanna’s Act. The latter improves communication and database management amongst tribal, county, state and federal law enforcement. Not Invisible Act establishes an advisory committee to draft recommendations for the Department of Interior and Department of Justice.

While missing and murdered Indigenous women is usually a bipartisan issue, politics and personal opinions have interfered with passing legislation.

“Some senators think that any tribal jurisdiction over a non-Indian violates the United States Constitution,” Nagle said. “I don’t think there is anything in the United States Constitution to support that notion, but that doesn’t stop some senators from having that thought.”

In Oklahoma, Rep. Dollens and other members of the statehouse are drafting legislation that addresses the issue and sets an example for other states.

Get involved

During a phone interview with the *Hownikan*, Nagle highlighted that a variety of opportunities exist to help make an impact across Indian Country, including running for tribal office, meeting with elected officials and continuing to practice tribal traditions.

“We need everyone on board and advocating for a change in the legal framework but also a restoration of our traditional cultural values,” Nagle said. “We’ve always known women are sacred, that women are not treated this way with violence. I think even in our own communities, we need to do work to restore those cultural values.

“I think more people have stepped up to the plate to advocate for this issue, and it certainly has gotten more attention in the media, which is great.”

Recent efforts have increased awareness of missing and murdered Indigenous women, but finding a long-term solution requires additional work.

“People need to work across jurisdictional boundaries to support an investigation. They need to not use facts that they haven’t yet uncovered as a reason to say they don’t have jurisdiction and disclaim any responsibility,” Nagle said. “We really cannot abide by that, and we need all hands on deck. That’s the only way we’re going to start to curb this epidemic of violence.”

For more information on CPN services for those experiencing violence or abuse, visit the House of Hope’s website at cpn.news/hoh or on Facebook, [facebook.com/cpnhouseofhope](https://www.facebook.com/cpnhouseofhope). ♡

Intern secures funding for Cultural Heritage Center project *Bridging the Gap*

Beaubien descendant and Oklahoma Baptist University senior Kaitlyn Precure recently completed an internship with the Citizen Potawatomi Nation's Office of Self-Governance. Her work focused on potential funding opportunities to expand the CPN Cultural Heritage Center's programming. Her grant writing efforts will allow the CHC to digitize historical documents, including 14 boxes of Tribal members' belongings currently possessed by the Oklahoma Historical Society through *Bridging the Gap*. The funding also supports forming digital archives so that CPN members, educators and the public will have the opportunity to access a free internet database, no matter where they may reside.

"Online accessibility allows us to reach the broadest audience and creates a direct link between the community and their cultural resources," said CHC Curator Blake Norton. "It also provides us the opportunity to develop programming around the resources that lend to a more comprehensive, enriching and user-friendly research experience."

Bridging the Gap focuses on taking the documents and artifacts housed by the OHS and pairing them with Tribal allotments.

"Understanding the skillset that Kaitlyn brought to her internship, we were excited to go after the highly competitive grant and get this important project off the ground," Norton said.

Expanding skillset

When Precure approached CPN's Department of Education Internship and Project Coordinator Channing Seikel about opportunities at the Nation, they discussed her passions to find the perfect placement. As a business major, Precure enjoys data, but for her internship, she wanted to do more than just work with numbers. The opportunity to build her written communication skills interested her.

"I knew Kaitlyn was an extremely bright young woman with ambition to serve the Tribe. The Office of Self-Governance was looking for someone to work on a summer project, and I believed that she would have an amazing perspective to do the job," Seikel said. "She is a business major, so I wasn't exactly sure how that would work. But it fit really well for a short-term project with the Tribe."

The *Bridging the Gap* project is close to Precure's heart, as the OHS's archives currently have a box that includes her Potawatomi family's artifacts.

"I think that's probably why it was such a success because I was so passionate about it, and that usually helps your writing," Precure added. "Because I wanted for any Tribal family to be able to see something that visually links them to their heritage ... like if there was a recipe, even if it was written out in Potawatomi, for them to be able to see their ancestor's



Former PLP participant Kaitlyn Precure enjoys every opportunity to learn more about her Potawatomi heritage.

handwriting, and maybe be able to make that recipe and have that connection."

Heritage

Like many CPN members, Precure did not grow up traditionally, and she has learned about her Potawatomi roots as a young adult. In 2017, she accepted the opportunity to participate in the Potawatomi Leadership Program during

the summer. This experience helped fuel her desire to connect with the Nation.

"Out of my entire family, it's just me that has any active involvement with the Tribe, and I know there are so many people like me who would love to be able to have a connection that gives them a starting place to become more involved," she said.

Through *Bridging the Gap*, she hopes to find links to her ancestral past as well as extend that opportunity to fellow CPN members.

"Knowing that I had a small part in this project from the beginning, it just feels so special," she said.

Her internship connected her to Potawatomi heritage and boosted her self-confidence.

"The Tribe's internship program really helps students understand and figure out what they may want or may not want to do long term," Seikel said. "It is all about trial and error, and having an internship program allows us to figure likes and dislikes out. I am so glad she had the opportunity to really figure out that she wants a more one-on-one or face-to-face position to work with individuals."

To learn more about CPN's internship program, visit cpn.news/edu.

Shane Jett receives Visionary Leader Award

Shane D. Jett, CEO of the Citizen Potawatomi Community Development Corporation, recently received the 2019 Visionary Leader Award in recognition for his contributions to the Native community development financial institutions industry.

"It is an honor to be a part of the Native CDFI industry, where every day I get to put my greatest passion to work building up and supporting Indian Country," Jett said. "There is nothing more rewarding than seeing fellow Natives and Native communities thriving in the business world."

Native CDFIs provide access to capital and create economic opportunity for Native Americans, Alaska Natives and Native Hawaiians, and provide development services and financial products to Indigenous communities across the United States. Everything

from loan funds, banks, credit unions and venture capital funds are provided through Native CDFIs, which are powerful tools to advance the economic development of the Native communities they serve.

A Cherokee Nation citizen and CEO of the CPCDC since 2011, Jett's team has raised more than \$77.6 million dollars for lending in Indian Country and lent over \$79.9 million to Native entrepreneurs, creating or sustaining over 1,675 jobs. The Citizen Potawatomi-based institution is the only Native American CDFI to participate in the U.S. Treasury Guarantee Bond Program. In 2016, it was awarded \$25 million by the U.S. Department of Agriculture's Rural Development, Community Facilities for re-lending — another first in Indian Country. Jett was recognized by the Native American Finance Officers Association as executive of the year in



Shane Jett

2018. He recently concluded his second term on the OFN's board, having been the first Native American to serve on

the body. He continues to serve as the presidential appointee of the U. S. Department of the Treasury Community Development Advisory Board and is the first Native American to chair that board.

Established in 2003, the CPCDC has grown into an important financial institution, serving rural Oklahoma and Indian Country. The \$25 million award from the USDA comes on the heels of a separate \$1 million in funding it recently received through the U.S. Treasury's Community Development Financial Institution Program to provide small business lending.

For more information about the loan products and services provided by the CPCDC, visit cpcdc.org or call 405-878-4697.

Stories and games continued...

Because *Nishnabé* and Potawatomi culture existed before written word, Neely said it is important to continue sharing traditionally stories orally.

"Though there have been times that someone has written this story down or another one down, there are so many of them, you just have to take them in and remember them that way," Neely said. "It's not like you can go to one little spot and here are all the winter stories. We don't have a long history of writing."

The CPN Language Department hosts an annual winter storytelling event, sharing some of Tribe's oral traditions with the community.

"Technically, you're supposed to tell them when there is snow on the ground, but you know down here, it's almost impossible to predict that," Neely said. "The way that we basically try to deal with that is we try to adhere to it the best we can and try and tell them in that window of time when it is wintertime and respecting that tradition of our ancestors — that tradition that the spirits are asleep."

Neely highlighted that sometimes CPN members may feel compelled to tell these oral traditions outside of *bbon*. He said to place tobacco down in prayer and "ask the spirits to watch over it and not cause any ill or harm to your family for doing it outside of that time."

For many, learning a short Potawatomi story is an easy way to incorporate Tribal traditions into their families.

"There are all of these things that make us who we are as Potawatomi people," Neely explained. "We have our own unique

dances, we have our regalia, we have our stories, we have our language, we have our recipes, and we have our own unique blood that flows through us from our ancestors. We have all of these things that make us who we are as a people, and I think it's important to continue the culture. But it's also nice that people have different outlets to do that."

For more information on Potawatomi language resources and upcoming events, visit potawatomi.org.

Fundamentals fuel Meier's momentum in research

Tribal member Steve Meier works for ExxonMobil, conducting research at the intersection of chemical engineering, physics and mathematics. He serves as the section head of Engineering Physics, which is part of the company's Corporate Strategic Research division in New Jersey. The Lafromboise descendant began his career in the energy sector after completing his doctorate in chemical engineering at Northwestern University in Illinois in 2007.

"What I really like about working at ExxonMobil is that we collaborate extensively," Meier said. "I have very dedicated colleagues here, where everyone brings a different perspective based on both their training and their scientific experience."

In 2014, the National Academy of Engineering selected Meier to participate in the annual Frontiers of Engineering Symposium. The organization brings together promising engineers from across industry, academia, and government labs to discuss their goals and interact about the future of the field.

His love for science began at a young age. Meier transferred from Chickasha High School to the Oklahoma School of Science and Math in Oklahoma City his junior year. Meier discovered his interest in chemical engineering after taking courses in physics and chemistry, which eventually led to a graduate degree from one of the country's best research universities and employment at ExxonMobil.

Family base

Meier felt a connection to not only his future career while at Northwestern, but also to the university's location as a member of a Great Lakes tribe.

"Knowing the story of the Potawatomi, especially our family, and the stories of when they left Chicago gave me a greater appreciation of the context of my own time there around Lake Michigan. Reflecting on their story was very personally meaningful while on my academic journey," he said.

Generations of Meier's family did not discuss their Potawatomi heritage. His maternal grandmother, Peggy McCreery, researched their lineage and passed it



Steve Meier continues his love of scientific research as he attempts to solve challenges in the energy industry at ExxonMobil. (Photo by Scott Janelli for ExxonMobil)

on to her children and grandchildren. Meier's great-grandfather moved as a child with his family in the early 1900s from Kansas to present-day Pottawatomie County in Oklahoma.

"That means a lot to me. Just thinking about that story and that journey. It's inspiring because I know that it is a story of people who were looking after their family and working very hard, looking for opportunity in the face of significant adversity," he said.

Meier remembers attending Tribal events as a child and learning about the history of the last several generations of his family. As the father of two children, he now passes it on to them. They visit Oklahoma a couple of times a year and attend the Family Reunion Festival in the summer when possible. The 2019 Festival honored the Lafromboise family, and Meier made a point to participate. The CPN Cultural Heritage Center stood out along with the powwow and crafts.

"It was really nice to see how amazing of a collection the Heritage Center has and the way they tell the story about the Citizen Potawatomi Nation," he said.

Excitement of research

As an undergrad, Meier found his passion for scientific research at Rice University in Houston, Texas. He began research in

chemistry and chemical engineering after his freshman year, and that continued throughout college. His graduate studies at Northwestern focused on both the physical phenomena and the underlying mathematics of granular flows that lead to mixing. Flowing granular particles, such as sand, tend to separate based on their properties such as size and density. How that phenomena evolves depends on the characteristics of the flow. While at Northwestern, Meier received a National Science Foundation Graduate Research Fellowship in 2004.

At ExxonMobil, creating something new builds his excitement the most. Meier believes science's fundamental principles serve as the foundation for development, and he keeps those at the forefront of his mind while working. Collaborating with scientific researchers and development engineers means using the group's collective creativity to solve problems in novel ways.

"That really requires us to also then question if we have a new idea. So what is it that makes it new? Is it the confluence of new opportunities? Have there been scientific advances that have now put us in a position to see things differently?" he asked.

"And I think what gets me the most excited to come into work every day is seeing how those things all come

together resulting in the opportunity to really create new options."

Throughout the years, Meier's work has been published in multiple publications and scientific journals, including *Advances in Physics* and the *Journal of Fluid Mechanics*. He is also an inventor, and his name appears on several patents for his contribution to engineering designs through his research.

"I've seen whenever we solve a problem or get an insight, that then leads others to think about a problem differently and then take a different approach," he said. "There is a real sense of validation, as a scientist, to see that when you have that type of impact."

"Dual challenge"

ExxonMobil is committed to doing their part to solve the "dual challenge" — providing reliable, affordable energy to support prosperity and enhance living standards, while reducing environmental impacts around the world.

Over the last few years, his role at the company moved from a research scientist to the head of a group of engineers and physicists working on those types of solutions.

"This is also society's dual challenge and something that ExxonMobil takes very seriously. So that, I would say, underpins everything we do with our scientific research," Meier said.

"What I work on is the fundamental science where we focus on the questions that we believe that underpin, say, the ability to reliably and effectively produce energy resources."

Some of those goals include new methods of oil and gas extraction and exploration in various environments as well as the development of computational and numerical simulations of those methods. Those simulations could determine their effectiveness while significantly reducing environmental impact.

"We think very long-term. ... So, there are extremely challenging scientific and technical challenges in front of us today and as we move forward," he said. ♠

DONATE A MEAL THIS

Christmas

CPN Workforce & Social Services will take Christmas dinner food donations to complete full dinners for families in need identified by the department. Last year, more than 200 families received a meal thanks to donations.

Donate at CPN Workforce & Social Services by December 18!

1549 Workforce Drive, Shawnee, OK | 405-878-3854

Contact gina.bundy@potawatomi.org, bobbi.middleton@potawatomi.org or destany.pineda@potawatomi.org



Scuba diving in the CPN geothermal pond

Considered a renewable resource by the U.S. Environmental Protection Agency, geothermal heating, ventilation and air conditioning systems utilize the temperature differences between the ambient air and the stable heat underneath the earth's surface, which results in fewer pollutants than other energy creation methods.

On the forefront of technology and environmental awareness, Citizen Potawatomi Nation built geothermal ponds to heat and cool some of its largest buildings. However, after several years of use, the components that sit in those ponds became less efficient.

In 2016, the Tribe sent scuba divers to the bottom of FireLake lake to assess the situation. Chris Berry, a recreational scuba diver and security guard at CPN Health Services East Clinic, took part in the first discovery expedition. It showed a manageable issue with the heat exchangers, the components that absorb or disperse the heat needed to achieve the desired temperature.

"We went down, took pictures, showed them, 'Hey, they are basically just blanketed in this algae, and there's no way that they can dispense the heat like they're supposed to,'" he said.

He and Eric Reed, conservation law enforcement officer for the CPN Department of Realty, began cleaning the heat exchangers in 2016. They dove together in the geothermal pond for the third time at the beginning of October.

"We do a good job for the Tribe. We get them as clean as we possibly can and that way they work as long as they can until the overgrowth takes them over again, and we have to come back out and clean again," Berry said.

After several attempts to find a cost effective and environmentally friendly solution to the algae buildup, scuba divers with scrub brushes met those standards the best.

"They could use chemicals, but it would kill every living thing in the pond. And

the chairman (John "Rocky" Barrett) does not want that. He wants the wildlife not to be harmed at all. That's why we do the scrub job on them. That's the safest way for the environment," Berry said.

Both Berry and Reed consider themselves outdoorsmen and animal lovers, and they enjoy contributing in a protective way.

Equipment above and below

Scuba gear is heavy; an 80 cubic foot tank weighs between 40 and 50 pounds. With the additional weights required to help them sink to the bottom of the pond, Berry and Reed carry approximately 75 pounds each. They ease suiting up by taking the tanks into the water before strapping them to their bodies, allowing the buoyancy to do the heavy lifting.

Eight heat exchangers sit in the pond, and the divers spend an average of three hours on each one. They take breaks between plunges to allow the pressurized gas in their bloodstreams to escape at a natural pace.

One tank allows for a 50 to 65 minute dive. However, their physical exertion increases their air use, which reduces their time underwater. Reed and Berry keep track of their intake with digital monitors on their wrists.

"Scrubbing that stuff's not easy and controlling your breathing at the same time," Berry said. "It's not like running and jogging. You have to control what you're using because you're limited on how much you can use."

To clean the geothermal equipment, Berry and Reed head 20 feet under the surface to the base of the exchangers, which are 7 or 8 inches off the ground. They can see 12 to 15 inches around them in the murky water, and the scrubbing significantly reduces their field of vision.

"The algae comes up, and it's like a snow effect, and it blocks a lot of your vision. And sometimes you can get disoriented and a little bit dizzy



Tribal employees Eric Reed (left) and Chris Berry scuba dive to the bottom of Citizen Potawatomi Nation's geothermal pond to clean the equipment.

if you start watching that floating around in front of you," Reed said.

"The fish come up to you to your mask and swim around in front of you. And sometimes you can reach out, and they'll get up in the your palm of your hand and kind of just hover there. It's pretty neat, pretty exciting."

They take pictures of their work under the water and keep track of the algae's growth.

Beginnings

The two met while working for the Tribe and became good friends through scuba diving. Berry began diving after knee surgery as low-impact recreation and exercise and became a certified rescue diver nine years ago.

He introduced Reed to Scuba Dudes dive shop in Shawnee, Oklahoma, where he learned. After witnessing events following a drowning at the Shawnee Twin Lakes, Reed felt the need to become certified as a service to the community.

"The rescuers come out there, and they said it would be 45 minutes for somebody to come out from (Oklahoma City) to help retrieve the body that was underwater," he said. "I just thought that was ridiculous that there wasn't anybody in Pottawatomie County that would be available to assist in that type of emergency."

Reed enjoys it as a hobby as well.

"It's just altogether a stress reliever to get under water," he said. "The only noise you have is the bubbles from your exhaust coming out of your regulator, and it's just peaceful."

They both serve as part of the CPN Police Department's dive team and take scuba vacations together with larger groups of people. Cozumel is one of their favorite destinations. They also find places to hit the water in Oklahoma, including Lake Tenkiller and Lake Murray.

"Just anywhere there's clear enough water to enjoy yourself," Berry said. ♡



UNITED for OKLAHOMA

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Join the conversation at unitedforoklahoma.com

Artist Susan Appier finds versatile medium in gourds

Geckos, fruit, horses, feathers, birdhouses, peacocks, and giraffes — those are only a few customer requests gourd artist Susan Appier has received throughout her career. Over the last 13 years, the Bostick family descendant worked to perfect her artistic skills, including watercolor painting, stenciling, burning in designs and more.

Appier built a business for herself, turning clients' ideas into unique pieces of functional or decorative art. But why gourds?

"I've made lamps out of them. I've made canister sets. I've made little jewelry boxes. ... They're very versatile," she said. "You can make banks for children. I've done all sorts of things. I've made nightlights. And each gourd is different, and it takes the dyes differently, and it intrigues me."

Apart from their versatility, Appier appreciates using a natural, water-based medium. She started watercolor painting at 6 years old in the late 1950s. A local shop owner in her hometown let Appier take a beginner's set with her one day and put the cost on her store account. Appier's mother and neighbors paid her for chores to buy the supplies, and she remembers the set cost \$5.19.

Watercolor remains her favorite painting style.

Appier's artistic motto is, "Create beauty that will make people smile." She even printed it on her business cards, which sit in a holder made from a gourd.

Rattles and warts

Appier drew from the time she could hold a pencil and painted long before she discovered her new favorite medium.

While living in New Mexico, Appier attended a rattle-making class in the mid-2000s taught by a Nambé and Pojoaque Pueblo elder. The style passed down for generations included cleaning and drilling holes in a gourd as the container for the pebbles that make the signature sound. Potawatomi and *Nishnabé* people also use rattles in traditional music, and the class gave Appier her first experience with gourd art.

"The whole process fascinated me. So I moved on to buying equipment — gourd saws, specifically, and the tools specifically for gourds," she said. "So, I have all kinds of gourds, from little tiny jewelry gourds to very large."

In 2006, she and her sister visited a gourd festival in Albuquerque, New Mexico, where Appier became inspired. Her sister bought Appier the first burning kit she owned, and Appier gave her the first gourd she painted as a gift.

"It was a wart gourd that had bumps all over it. I made a little face on it and used one of the bumps as a nose. Yeah,



Appier brings her clients' ideas and themes to life through painting, dyeing and burning gourds.



Gourd artist Susan Appier takes orders for her unique pieces from across the country.

it's pathetic looking," Appier said and laughed. "But bless her heart. She's kept it all these years. ... But I have come a long way; I know. It's like, 'Why would you keep that?' She goes, 'Because you made it, and you're my sister.'"

Not long after, Appier entered several gourd pieces into the Santa Fe County Fair art contest for the first time. Some of them she burned, and some she painted. She won five first-place awards and two best of show ribbons.

"Dried pumpkins"

While Appier's business has grown throughout the last decade, she continues to work a full-time job where she lives in Arizona. Her art consumes much of her time as well, and cleaning and preparing the gourds for burning or painting requires diligence.

"When you open them up, they are like a dried pumpkin inside," Appier said. "Some of them are really hard to clean, and some gourds I have 30 and 40 hours in them. And it depends on the size, and some gourds are softer shelled, so they're easier to clean."

She considers her clients' requests on their intended use for the gourd and their ideas for themes, opening herself to all suggestions. She recently raffled off an apple gourd covered in strawberries. Appier turned it into a bowl filled with different kinds of fruit.

"Each one is completely different on how it's going to take the paint and the dyes. Some of them I use acrylics, water-based acrylics, and then other ones I use the gourd dyes," Appier said.

"Some will take white easier. The harder shells won't take the color white in the dyes like the softer shells do."

Welburn Gourd Farm in California provides the gourds as well as many of her supplies, including her new burner, dyes and paints. She purposefully selects non-toxic and chemical-free products.

Appier looks forward to working on orders in the art studio she opened in her back yard earlier this year. With a dedicated space for her watercolor paintings and gourd art, she anticipates spending even more time creating "beauty that will make people smile."

"I'm very blessed," she said.

For more information, or to place an order, email suzyappier@msn.com. Type "Gourd Inquiry" in the subject line, and include contact information. ♡

Veterans report



Bozho
(Hello),

I have personally witnessed the guards at the Tomb of the Unknown Soldier walking their post and the changing of the guard at the Tomb. It is a very inspiring event. However, most people watching the soldier as he marches at his post do not know what they do or have to do to earn the honor and privilege of being assigned to this post.

Here are some common questions about how the soldier/guard mans his post:

How many steps does the guard take during his walk across the front of the Tomb of the Unknown Soldier and why?

They march 21 steps, which represents the 21-gun salute. This is the highest honor given any military member or foreign dignitary.

How long does he wait after his about-face to begin his return walk and why?

The guard waits 21 seconds, also representing the 21-gun salute.

Why are the guard's gloves wet?

The gloves are moistened to prevent them from losing grip on the rifle.

Does the guard carry their rifle on the same shoulder all the time?

The guard carries their rifle on the shoulder that faces away from the Tomb. After their march across the path, the guard turns and moves the rifle to the outside shoulder.

How often does the changing of the guards happen?

The guards rotate every 30 minutes, 24-hours a day, 365 days a year, regardless of the weather.

What are the physical traits of the guard limited to?

For a guard to apply for guard duty at the Tomb, they must be between 5' 10" and 6' 2" tall and their waist size cannot exceed 30 inches. Other requirements are: they must commit two years of their life to guard the Tomb, live in the barracks under the Tomb and cannot drink any alcohol on or off duty for the rest of their lives. They cannot swear in public for the rest of their lives and cannot disgrace the uniform or the Tomb in any way (by fighting, for instance). After two years, the guard is given a wreath pin worn on the lapel that signifies they served as a guard of the Tomb. Today, there are

only 400 worn. The guard must either obey these rules for the remainder of their life or give up the wreath pin.

Other facts

The guards' shoes were developed with very thick soles that keep their feet warm in cold conditions and helps manage the heat. Metal plates on the heels provides the clicking sound as the guards come to a halt. Their uniforms must be free of wrinkles, folds and lint, and they check themselves in a full-length mirror before going out into the public.

During the first six months, a guard cannot talk to anyone nor watch TV. Instead, they must study the 175 notable people that have been laid to rest in the Arlington National Cemetery during off-duty time. Each guard must memorize who these individuals are and where they are interred. Some of the notables include: President Taft, Joe E. Lewis (the boxer) and Medal of Honor recipient Audie Murphy (the most decorated soldier of WWII).

Each guard averages at least five hours per day preparing their uniform for duty. They are so committed to their positions that even in the 2003 Hurricane Isabella, which impacted Washington, D.C., the guards refused to leave their post. The U.S. Senate and House of Representatives took two days off with anticipation of the storm, but the ABC Evening News reported that although

the guards were given permission to suspend their assignment during the storm, they respectfully declined the offer. The soldiers were soaked to the skin but continued to march in the pelting rain of a tropical storm. The soldiers said that guarding the Tomb was more than an assignment: it was the highest honor that can be afforded to a service person.

We can be very proud of the men and women in the service wherever they serve.

Duty – Honor – Country.
Migwetch (Thank you)!

This month we will not have our regularly-scheduled meeting, but rather have a Dec. 3 Christmas Dinner at 6 p.m. at the CPN North Reunion Hall. Contact me for more information.

Migwetch
(Thank you),

Daryl Talbot, Commander
talbotok@sbcglobal.net
405-275-1054

CPN VA Representative:
Andrew Whitham

CPN Office Hours: 1st and 3rd Wednesday each month
8:30 a.m. to 3 p.m.

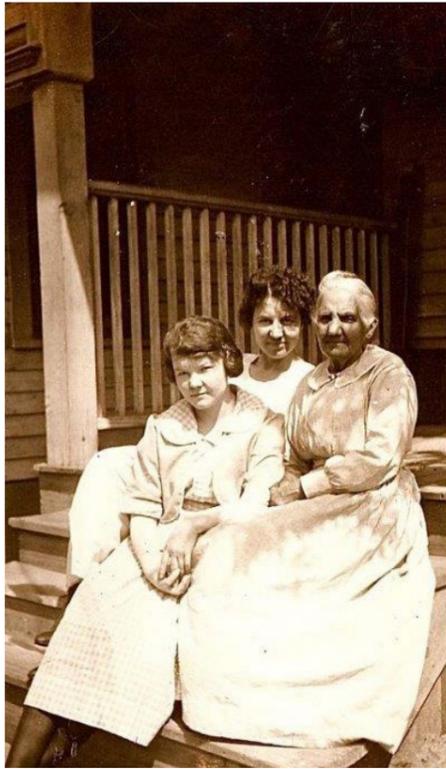
918-397-2566 ♡

Visiting the Citizen Potawatomi Nation archives

By Marisa Mohi

The following is part of a series by tribal member Marisa Mohi who is learning about the various ways Citizen Potawatomi can learn and connect with the Nation.

I watched Indiana Jones a lot as a kid, and so maybe that's why I carry this weird view that learning about history is a little more adventurous and full of danger than it is. So, it probably won't surprise anyone to know that when I went to speak with Czarina Thompson, the family history specialist at the Citizen Potawatomi Nation Cultural Heritage Center, I assumed there would be booby traps and treasure hunting clues.



Left to right, Vernie Ward, Louise-Lula-Ford Ward and her mother Mary E Ford.

The archive and research division of the Cultural Heritage Center holds the key to a lot of family records. And in my effort to get to better know where I come from, it's where I stopped one morning to learn a little bit more about my ancestors. There's a simple form that you fill out, and Thompson finds what information the Tribe has about you.

"We give you what we have for you to be able to do your research," Thompson said.

After my initial meeting with her, I was shocked by the amount of information that was available. In an age where I can type any query into Google and immediately receive information, it's always intriguing to me to find that there are still some mysteries that other forms of research can uncover.

After my request, Thompson provided me with a disk full of pictures and copies of hand-written records that sit in the CHC archives. Just by giving her the name of my ancestor on my Tribal ID, she was able to supply me with an overwhelming amount of my personal history that, prior to now, I had no idea existed.

My ancestor, William Ford, was the son of Mary Nadeau Ford. I had never seen pictures of either of them, and only knew that William was listed on the 1887 rolls. "However, Thompson was able to provide me with photos of some of my ancestors, land allotment records and all sorts of scanned images from the past. Looking through those records shined a light on that section of my family tree for the first time, and it was a quiet moment of connection when I realized where I came from."

While the research into my past in no way resembles an Indiana Jones-style treasure hunt, the payoff is sweeter.



Henry and Mary Ford.

Even though I'm still wading through all the documents, what Thompson has provided me has been amazing.

Although she admits that not all families are as well documented as others, Thompson says that we're fortunate to have access to the information that we do.

"Luckily there's people who left enough information and made sense of it," she said.

But receiving information from the family history specialist is just the beginning. Thompson recommends some resources for digging in deeper. Checking multiple spellings of last names is a great way to find more information, since the spelling could've changed based on pronunciation or who was doing the spelling. Checking with historical societies in both Oklahoma and Kansas, as well as Catholic Church records, can be a good way to find out

more. And while popular sites like [ancestry.com](https://www.ancestry.com) can be helpful, looking through county records and county assessor land ownership records can help Tribal members get access to land records and official documents.

For those interested in learning more about their Citizen Potawatomi Nation ancestors, it can be as simple as sending Czarina Thompson an email at cthompson@potawatomi.org.

Marisa Mohi is a member of the Nadeau family and is a writer and writing instructor at the University of Oklahoma. You can follow her on Facebook or Twitter @ [themarisamohi](https://www.facebook.com/themarisamohi). Her writing can be found at [marisamohi.com](https://www.marisamohi.com).

Tribal election notice for 2020

Tribal election season will soon be underway as Citizen Potawatomi Nation voters prepare to elect candidates for two Oklahoma legislative seats — Districts 9 and 12. CPN members will cast their ballots during the election on June 27, 2020, that takes place during the Citizen Potawatomi Nation Family Reunion Festival near Shawnee, Oklahoma.

Candidates must be 18 years old prior to Election Day. Legislative Districts 9 and 12 are located in Oklahoma but have no geographic boundaries within the state. When applying, candidates must select one specific seat they wish to run for on their filing form. They must also have lived in that selected district for at least six months prior to Election Day.

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. 8, 2020. Request filing forms via email at elections@potawatomi.org or by calling 405-275-3121 and requesting the CPN Election Committee.

Current incumbents are District 9's Paul Wesselhöft and District 12's Paul Schmidtkofer.

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

ELECTION NOTICE

2020 election for District 9 and District 12

Legislator
Legislator filing form and fees must be mailed by U.S. Postal Service and be received by the CPN Election Committee by Jan. 8. Candidates for Legislator must be at least 18 years old upon being sworn in on June 27, 2020, and must have resided continuously within the district they would represent for at least six months prior to the election.

Applications will be available after December 1, 2019. Request the application at elections@potawatomi.org.

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 living in Oklahoma can vote for each

individual candidate for legislative seats 9 and 12 as well as the Tribal budget. CPN members around the country can cast ballots for the Tribal budget. ♡

Writer Jeffrey Thomas constantly composes the next idea

After almost two decades, author and Citizen Potawatomi Nation tribal member Jeffrey Thomas released his first novel in March 2019 — a military science fiction tale named *Osiris*. The title comes from the name of the giant spaceship the characters travel on throughout the book.

A sci-fi story fits as Thomas's first publication, given his lifelong love for the genre as well as fantasy, history, dystopian tales and action-adventure plots.

"I think I was 5 when my dad took me to see *Star Wars* in the movie theater. So, I've always been a fan of science fiction," he said. "And my dad also took me to see *Raiders of the Lost Ark*. So, I love the action. I just, I love stories."

Beginnings

Thomas remembers creating fictional worlds as early as middle school when he lived in Lexington, Oklahoma; yet, he only wanted others to read his work within the last few years. As a young adult, he attended college at the University of North Carolina Wilmington for biology and chemistry.

While in college, a girlfriend wrote him a poem. Thomas felt he needed to reciprocate the gesture and gave it his best shot. The poem to her was the first thing he let anyone else read.

"I was impressed that she was impressed because I was so embarrassed to write it. I'm not a poet by any means," Thomas said and laughed.

He began coming up with stories as a side hobby after entering the workforce, and passion struck him.

"After college is when I really said, 'You know what? I want to write; I've got all these stories. I've got all these things going on in my head,'" Thomas said. "And it was funny because by this time, I had started going back and looking at old things that I had written, and it actually didn't sound bad."

He decided to take a night class as UNCW in the fall of 1999 to brush up on his grammar and learn how to construct a story. His instructor's

high praise increased his confidence, which he needed to finish *Osiris*.

"After the first two or three assignments, she asked me, 'Why are you in here?' And I said, 'Because I want to learn how to write.' She just kind of looked at me. She said, 'You already know how to write,'" Thomas recalled.

"But it took me a long time to finally get to, 'OK. I want complete strangers to read my work.'"

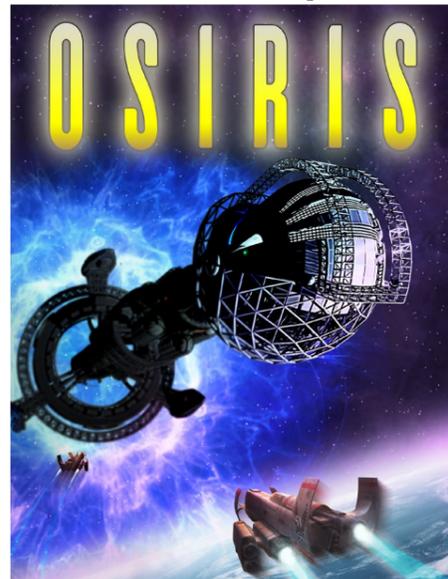
Osiris

Osiris is the first in an upcoming line of books Thomas calls the Derek Cross series.

Cross is a military commander with a complicated past who made some difficult decisions. He ended up aboard a spaceship named *Osiris*, traveling in a cryogenic state to a new colony with other military personnel. A doctor also on the ship awakens Cross after hijackers seize the ship en route to the new solar system.

Thomas describes developing the novel as "an exercise in 'what if.'" While the military sci-fi piece takes place a century in the future, he strove to keep it comprehensible.

"Instead of having spacecraft that just float in the air, I have helicopters, I have



Osiris by Jeffrey Thomas, released March 15, 2019



Author Jeffrey Thomas' writing spans many fictional genres, including several subsets of science fiction and fantasy.

aircraft, airplanes, that kind of stuff — still recognizable technology," he said. "It's more grounded than something that's set 500 years in the future."

Thomas thought of the idea years before he started pushing himself, and he completed *Osiris* during National Novel Writing Month 2002. During NaNoWriMo, authors use the internet to keep track of and challenge each other to finish 50,000 words of a manuscript each November. The supportive atmosphere helped him finish the novel; however, it sat on the shelf unpublished until spring 2019.

"I just was too afraid and too paranoid, and I didn't really feel comfortable getting it out there," Thomas said. "And finally after all those years, I finally was like, 'I've got all these other stories I want to write. I've got to do something.'"

Since it came out in March, readers have given *Osiris* five-star reviews and said they enjoyed the plot and characters. One reviewer likened it to "*Die Hard* in space," given the humor incorporated into each chapter. Thomas considers the comparison a compliment.

He is currently working on the second Derek Cross book, which has led to ideas for a spinoff series as well as a companion series.

Inspirations

As an author, Thomas draws ideas from all facets of his life — dreams, work, family heritage, and likes and dislikes. He also uses opportunities like NaNoWriMo to cultivate whatever strikes him, and the added pressure of a deadline helps keep him composing.

He carries a hard drive in his pocket with him everywhere. It holds about 35 outlines and manuscripts for everything from historical fiction to techno-thrillers, some of which come from his day job as an IT and systems engineer for a pharmaceutical company where he lives in North Carolina.

As a descendant of the Higbee family, Thomas also outlines stories for fictional pieces based on Potawatomi history and lore. He and his family attend Family Reunion Festival, Potawatomi Gathering of Nations and powwows when possible, and he teaches his children what he knows.

"I've been inspired by the resilience of the Tribe and how the Tribe has overcome adversity, and the stories of the Trail of Death and how we look at the Tribe now, and I get kind of emotional," Thomas said.

He hopes to publish full novels with historical acknowledgments, allowing readers to learn more about Potawatomi and Native Americans.

"That's a story that people need to know about. People just don't, and if I can change that through telling these stories ... that would be fantastic," he said.

More than anything, storytelling itself keeps Thomas going.

"I just enjoy that, and I like to tell the story. Even if I'm not writing, I like telling people about the story that I wrote or that I'm writing," he said.

Expect more from Thomas, including the second Derek Cross book coming in 2020. Find *Osiris* online, as both an eBook and paperback on Amazon at cpn.news/osiris. It is also available in paperback at all online book retailers, including Barnes & Noble. Keep up with Thomas on his website at jeffreythomas.net. ♡

House of Hope's holiday toy drive

By Kayla Woody,
Prevention Specialist

It is crisp outside, and the tunes on the radio tell us, "It's beginning to look a lot like Christmas." With the holidays upon us, everyone is hustling and bustling to get gifts purchased for their loved ones and nestling them under the tree with a bow. However, not all families will get to enjoy the holidays with a nicely wrapped gift to tear open on Christmas morning.

Citizen Potawatomi Nation House of Hope is asking the community this holiday season to give to the souls at Christmas that need it the most. House of Hope is hosting a Holiday Toy Drive this December for the children residing at their emergency shelter located in Pottawatomie County, Oklahoma. Smiles and good tidings are really what these families need during the holidays, and a donation of a new, unwrapped gift could do just that.

Some wonderful businesses in the community are helping House of Hope by allowing customers to drop off these gifts. Businesses include:

- Shawnee Power Equipment - 14000 US-177, Shawnee, OK 74804
- Acclaimed Family Medicine - 2508 N. Harrison St., Shawnee, OK 74804
- Shawnee Public Library - 101 N. Philadelphia Ave., Shawnee, OK 74801
- Theopolis Social Club - 419 E. Main St., Shawnee, OK 74801

These locations will be accepting toys from Nov. 18 - Dec. 16. Our main location at 1310 S Gordon Cooper Drive, Shawnee, OK 74801 will also be taking those donations. All gifts will need to be unwrapped, but wrapping paper, bows and bags will be accepted separately. Gifts can be purchased for newborns to 14 years old.

If you are not a shopper and would rather give a gift card, the House of Hope would be happy to purchase that special gift for you to present to our young residents. Candy and sweets are a great holiday gifting idea, but due to various food allergies, we ask you to exclude them.

House of Hope is very grateful for everyone who is willing to participate in this wonderful giving experience. If you have questions about the Holiday Toy Drive, please feel free to contact me at 405-275-3176.

If you are experiencing intimate partner violence, sexual assault or stalking and have questions, please contact House of Hope's crisis line at 405-878-4673, or visit us online at facebook.com/cpnhouseofhope. ♡

Sisters' sewing helps build self-esteem

Founded in 2018, the Kwek Society strives to decrease access barriers to menstrual supplies that many young women, especially Native Americans, face. Citizen Potawatomi Nation tribal member and District 2 Legislator Eva Marie Carney formed the organization to help end period poverty across Indian Country. Her nonprofit's efforts inspired fellow CPN members and sisters Jayne Fleischfresser and Czarina Thompson to create special, handmade fabric moon time bags that the Kwek Society gifts to students across North America.

"I love our culture, for what we stand for and how we come together as a whole," Fleischfresser said. "It's amazing what we take for granted in our daily routine we call life. To imagine that there are young girls and women that cannot attend school or work because they are on their moon cycle and they don't have the items they need to get them through the day — if we can make a difference in their lives, well then, that just enriches our lives too."

Knowing the vast skillset of Thompson, Fleischfresser and other members of *Dewegen Kwek* — a local women's drum group — Carney asked if they could help create moon time bags.

"I can't say enough about Eva Marie Carney's good and gracious heart," Fleischfresser said. "She had mentioned this project to me and my sister Czarina at the Potawatomi Gathering of Nations in Mayetta, Kansas, in 2018 to see if we could help, and it was a definite yes."

The Kwek Society strives to uplift the successes of Native Americans and provide menstrual supplies, as funds allow, while also raising awareness of the dire need for period equality across Indian Country and beyond.



Native American students across North America receive moon time bags through the Kwek Society as well as additional supplies and educational materials. (photo provided)

The process

After the sisters spoke with Carney, they started creating plans and trying out new methods to sew the discreet bags as well as opened the opportunity for other *Dewegen Kwek* members to get involved.

"My sister is a Pinterest freak," Thompson said and laughed. "She started playing with her material and using different patterns from online. We were just looking at what we could do with whatever we had."

Fleischfresser purchased pads to help determine the amount of fabric needed to complete the project.

"We were looking for something that would be discreet when carried in a purse or a backpack and be able to meet their needs," Fleischfresser said. "I was looking through patterns and came

across one to hold travel-size tissues, and I thought, 'This could work.'

"Then we just modified it from there. I got my rotary cutter and mat, and started going through scraps of material. I have found that using fat quarters is pretty good — the ones that are 18 by 21 inches at least in size," she added.

Using 18-by-21-inch fabric can yield approximately three moon time bags, and often, strips designed for quilts work as well.

Just as the Kwek Society celebrates womanhood and provides connections, the moon time bag project also served as a chance for the sisters and fellow *Dewegen Kwek* participants to spend quality time together.

Although both sisters grew up learning to sew from their mother

and grandmother, the past few years, Fleischfresser has attended regalia classes at the CPN Cultural Heritage Center under Leslie Deer.

"I would have to say, joining regalia classes taught by Leslie Deer would be my turning point in loving the creation process and knowledge," Fleischfresser said.

The sisters — with the assistance of fellow *Dewegen Kwek* members — combined their sewing skills to develop a step-by-step moon time bag tutorial that Carney shared on the Kwek Society's webpage and social media.

"My sister is one of the most caring people I know," Fleischfresser said. "She's always there, able and willing to help where she can and rallies the troops to help, and we do. We have such wonderful support in our ladies hand drum group *Dewegen Kwek*; they are always willing and able to help wherever it is needed."

The Kwek Society's work positively influences women and girls across the continent every day. Because of this, the sisters' personal experience and their connections as Bourbonnais and Tescier descendants inspired them to complete the moon time bag project, making hundreds of satchels to assist fellow Native American women and girls.

"We've all been caught off guard without something in our lives — at least most women have," Thompson said. "Multiply that times any other social stigma, socioeconomic problem, or whatever; maybe you don't have a place to get them ... if someone never has to get to that point that would be nice."

To learn more about the Kwek Society and detailed instructions on creating moon time bags, visit kweksociety.org.

Recognizing child abuse and neglect

By Kendra Lowden, Foster Care/Adoption Manager

Child abuse and neglect can have lifelong implications for victims. There are long-term consequences of experiencing childhood trauma, even if a person has physically healed. A person's ability to cope and thrive after trauma is called resilience. With help from loved ones and professionals, children can work through and overcome their experiences, while transitioning from victim to survivor.

What is child abuse and neglect?

The Federal Child Abuse Prevention and Treatment Act defines child abuse and neglect as, at a minimum, "any recent act or failure to act on the part of a parent or caretaker which results in death, serious physical or emotional harm, sexual abuse or exploitation (including sexual abuse as determined under section 111), or an act or failure to act which presents an imminent risk of serious harm."

What are the types of child abuse and neglect?

Each state has minimum standards in which they must define child abuse and neglect. Tribal nations also define these in their own laws. Common categories included in law

are physical abuse, neglect, sexual abuse and emotional abuse.

What does neglect mean?

Neglect is the failure of a parent or caregiver to provide for a child's basic needs. When we think of neglect as just the absence of something, it may not sound that bad. But to a child who relies completely on adults, neglect can feel like a threat to his or her survival. Neglect includes failure to provide medical or mental health treatment, appropriate supervision, safe shelter, food, education and more.

Are homelessness and poverty considered abuse and neglect?

No. Homelessness and poverty by themselves should not be reasons a family becomes involved with a child welfare program. Many families have low incomes or find themselves homeless but do not abuse or neglect their children. Child welfare intervention is necessary only if a child's health or safety is at risk.

What signs do I look for?

Common concerning situations and behaviors may include parental substance abuse, sudden changes in a child's behavior or school performance, lack of adult supervision, unexplained



injuries, emotional withdrawal, abuse to animals, age-inappropriate sexual behavior or knowledge, school absences and poor hygiene.

When and how do I report concerns?

If you are concerned about a child's well-being and safety, contact your state's child abuse hotline immediately. If the child is Native American, you can also contact the tribe's Indian Child Welfare program. In many states, citizens are

mandated to report suspected abuse and/or neglect and can face criminal charges for failing to inform authorities. Remember that reporting your concerns is not making an accusation; rather, it is a request for an investigation and assessment to determine if help is needed.

For more information, contact FireLodge Children & Family Services at 405-878-4831 or visit potawatomi.org/firelodge.

PCOS's influence on infertility

By Lenzy Krehbiel-Burton

In hindsight, the signs were all there for Kristin Gentry.

A citizen of the Choctaw Nation currently living in Owasso, Oklahoma, Gentry had irregular menstrual cycles growing up, a family history of reproductive health issues, and despite being active and eating a moderately healthy diet, her weight would fluctuate wildly.

After multiple rounds of tests for allergies, diabetes and gastrointestinal issues, her doctors could not determine the culprit until she and her husband began attempting to have children. The verdict: polycystic ovary syndrome.

“We went to fertility specialist while we lived in New Mexico, and he showed me pictures of my ovaries,” Gentry said. “Apparently, I had multiple burst cysts — something that often requires an emergency room visit.”

‘It makes you feel like you’re not female’

Although it is one of the most common causes of infertility, the exact cause of PCOS, or Stein-Leventhal Syndrome, is unknown. According to the U.S. Department of Health and Human Services, roughly 10 percent of women of childbearing age are impacted by PCOS with even higher rates estimated among Native American and Hispanic women.

A healthy ovary releases an egg on a regular basis. If the egg is fertilized, it can implant in the uterus and lead to pregnancy. If not, it is passed as part of a menstrual period.

In women who have PCOS, ovulation does not happen regularly, due in part to the development of numerous small fluid sacs, or cysts, on the ovary, which is often enlarged.

Additionally, excess levels of androgen, a male hormone, often impede ovulation in women who have PCOS. Those high levels also sometimes cause external signs visible to others, including excess facial hair, male pattern baldness and severe acne.

“It (the hormone imbalance) makes you feel like you’re not female,” Gentry said. “When I was diagnosed, it all made sense why I didn’t feel like a girl for so long.”

Gentry’s experience is not wholly unique. JoEtta Toppah, a Muscogee (Creek) attorney living in Coweta, Oklahoma, had several of the symptoms growing up, including irregular menstrual periods and severe acne. However, despite having an emergency laparoscopy done to address a burst ovarian cyst, the possibility of PCOS was not raised until she and her husband attempted to start a family.

“When I went to talk to a doctor about family planning, the first time she did some labs and mentioned polycystic ovarian syndrome to me for the first time,” Toppah said. “She explained some of the symptoms, and it was like all of a sudden a light went off, and there was finally some explanation to all the crazy hormonal, reproductive issues I had been having my whole life. It also explained why I was having trouble getting pregnant.”

The exact cause for the higher rates among Indigenous women is not known, but several common risk factors are more prevalent among Native American women, including obesity and insulin resistance.

Nationally, American Indians and Alaska Natives are more likely to be obese than their non-Native neighbors, as per the Department of Health and Human Services’ Office of Minority Health. An estimated 43 percent of all Native adults nationally and 15.9 percent of Native high schoolers are considered to be obese, compared to 28.5 percent of white adults and 12.4 percent of white teenagers.

The figures are similar in Oklahoma, with more than 40 percent of Native adults considered obese. Despite frequently exercising and eating a moderately healthy diet, the hormone imbalance shoved both Gentry and Toppah into that category.

“I’ve gained and lost more than 80 pounds over the years because of this,” Gentry said. “It’s not because I’m lazy, as there is more to it. The negativity that comes

COMMON COMPLICATIONS FROM POLYCYSTIC OVARY SYNDROME

- INFERTILITY
- GESTATIONAL DIABETES
- TYPE 2 DIABETES
- PREDIABETES
- SLEEP APNEA
- HIGHER RISK OF MISCARRIAGE
- HIGHER RISK OF ENDOMETRIAL CANCER
- HIGHER RISK OF SEVERE LIVER INFLAMMATION
- DEPRESSION

with other people’s perceptions about my size is hard to deal with, so please give us more grace when it comes to our weight.”

Insulin resistance is when the body does not properly respond to insulin, thus making it difficult to properly absorb glucose from the blood. That in turn forces the pancreas to make even more insulin to get the job done. It can be managed, or even reversed, through diet and exercise.

Living with PCOS

With a cure specifically for the condition still elusive, doctors often treat the individual symptoms instead.

For women with the condition who are not attempting to conceive, hormonal birth control is often prescribed to help regulate menstrual cycles. Depending on the specific form used, it can also help address the androgen-induced acne and facial hair.

Although the Food and Drug Administration has not officially

approved it as a PCOS medication, metformin, which is often used to treat Type 2 diabetes, frequently is prescribed to women with PCOS in an effort to lower androgen and blood sugar levels. If taken long enough, it can help restart and regulate ovulation, but as Toppah is experiencing, it does not address the noticeable side effects caused by excess androgen.

“I now have thick, coarse hairs growing on my chin and sideburns,” Toppah said. “I carry tweezers with me all the time to pluck those embarrassing hairs out, or sometimes I just use a razor and shave them. I’m extremely embarrassed when I’m talking to other individuals up close.”

Gentry previously took metformin but stopped because it constantly made her sick. In November, she underwent bariatric surgery in the hopes that the improved circulation from the weight loss would improve the chances of ovulating regularly.

As per a study published in 2012 in the *World Journal of Diabetes*, bariatric surgery improved the fertility rates for 69 of 110 obese women who underwent the procedure.

“Although surgery has both short and long-term risks, the potential benefits may be greater in these PCOS women than in older women who are already more advanced with respect to vascular disease,” wrote Michael Traub, one of the study’s authors. “Every woman with PCOS ... deserves to at least be offered education and counseling regarding the role of bariatric surgery in reducing their illness.”

Even if the surgery helps alleviate some of the fertility issues tied to her PCOS symptoms, Gentry said she is not sure whether she and her husband will attempt to have a second child. Their daughter, Jewell, was born in spring 2016, after multiple PCOS-related fertility treatments and regular visits to two different doctors throughout the pregnancy.

“Emotionally, I’m just not sure I can handle another round,” she said. ♡

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Regina Ertz focuses career on serving Indian Country

Citizen Potawatomi Nation's Behavioral Health Department hired psychologist Regina S. Ertz in September 2018. Certifications and degrees line the wall behind her desk, and children's toys and books clutter the floor and fill the shelves on the side of the room where she sees patients. Dr. Ertz graduated with her doctorate of psychology in August 2017 and became licensed the same month she began seeing patients at the Tribe.

"I've definitely grown a lot, and I think CPN really allowed me for that growth," Dr. Ertz said. "And it's been really nice in that way that I think I've gotten a lot farther in one year than others have, just because of the opportunities and growth that have been allowed to me while working here."

A member of the Cheyenne River Sioux Tribe, her cultural and family connections run deep. She grew up in rural Box Elder, South Dakota, and her father is a psychologist as well. Watching him serve other people during her childhood influenced Dr. Ertz's decision to choose that field of study.

"Really it was just a big interest of mine, and it was something that inadvertently he kind of primed me to be like that in some ways growing up," she said. "And so it just kind of felt natural."

From the beginning, she intended to serve other Native people. That desire stayed strong throughout college as she remembered the unmet needs she saw on reservation lands that surrounded her hometown.

"Working with Native people, it's been a goal. Just the whole strive of getting licensed and being able to provide services to an underserved population, and just being part of that culture myself is a connection that I have," she said.

After she graduated from the University of North Dakota, Dr. Ertz accepted an internship with the University of Oklahoma Health Services – Child Study Center. She moved to Oklahoma



Although psychologist Regina S. Ertz, Ph.D., specializes in child psychology, she sees patients across the lifespan at Citizen Potawatomi Nation's Behavioral Health facility.

in the summer of 2016, despite never having traveled south of Nebraska, and ended up staying for her residency too. Dr. Ertz specializes in child psychology, one of the few CPN professionals with those credentials. However, when she began her doctorate, that focus was not her intention.

"Throughout our graduate training, there was a clinic that we had on (the UND) campus, and we were just assigned patients, and part of it was to expose ourselves to different dynamics, different backgrounds of people, different ages and things like that," she said. "And then, I don't know how it happened, but all of a sudden, I just had all kids. And I started getting connected with more and more people who were specialized with children, and I realized that it's just something that connected, and I fit."

Dr. Ertz's certifications include Parent Child Interaction Therapy (PCIT) and Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT), as well as the American Indian cultural enhancement

of that treatment, Honoring Children-Mending the Circle (HCMC). She also treats children ages 3 to 18 who engage in problematic sexual behaviors. As a psychologist treating American Indian patients, she believes staying involved and aware of cultural traditions adds to her ability to relate and care for her patients.

"I don't think there is such a thing as being a true, culturally competent psychologist. I think it's something that we're forever growing and working with," Dr. Ertz said. "The more you work with that population, the more you're going to learn and the better you're going to be able to do."

She occasionally recommends resources for those looking to connect with their tribe, and Dr. Ertz wanted to be a part of a Native community through her career. During her time as an employee, she has noticed CPN's community outreach and way the Nation encourages its members.

"Potawatomi themselves, I've really seen, there's a big strive and push to keep advancing, to keep growing, and I think that's undervalued in a lot of other places," she said.

"It's growing, even though it may not be as obvious when you first kind of talk to people and things like that. There's a lot more going on than meets the eye."

Roping in a family

Team roping became a big part of her life as a child, and she decided to stay in Oklahoma following her residency after meeting her husband at a rodeo event. As she puts it, "The story wrote itself." They continue to rope at events around Shawnee, Oklahoma, and own four horses on their property, including Sunny, who she rode while she learned.

"He was my child before my child. I grew up rodeoing on him. He's retired now, so he just hangs out in the pasture," she said.

"It was a way of life. And we still roped in the winter, and it would be zero

degrees outside, and we'd be in the barn with no heat and overalls and coats and jackets and gloves. You just did what you had to do."

Dr. Ertz said Oklahoma feels like home after three years, but she misses things about South Dakota, especially the cold winters and the plains.

"From where I'm from, you can look, and you can see literally 50 miles in front of you, and it's just straight prairie," she said. "And so to me, it's just strange when we're driving and I can't see 10 miles in front of us. I'm used to the flat, no-tree land."

In addition to riding, Dr. Ertz also began teaching herself how to bead at 14 years old from a couple of books. She makes beautiful earrings and other jewelry, much of which she wears herself. Ertz always felt close to her Sioux heritage throughout her life, and beading helped her establish new relationships.

"Over the years, I just connected with people, and they showed me different little tricks and how to do certain things, and trial and error got me where I am today," Dr. Ertz said.

As her skills progress, she plans to attempt beading regalia pieces and moccasins, mostly for her young son, Chasen.

Dr. Ertz looks forward to progressing culturally and professionally as well as seeing behavioral health services at CPN expand.

"It just improves our ability to provide better services to people who come and see us," she said. "And so no matter how small your issue is, it matters. It's important, and if you're having a hard time, this is the place to come because we will be able to provide you with an overall, round care of the things that you need."

Find more information about CPN's Behavioral Health Services at cpn.news/bh.

FireLake Discount Foods becomes a Blue Zones Project approved worksite

Blue Zones Project in Pottawatomie County celebrated Citizen Potawatomi Nation FireLake Discount Foods' recent designation as a Blue Zones Project Approved worksite with a ribbon cutting celebration on Nov. 7, 2019. This was FireLake Discount Foods' second Blue Zones Project designation after their grocery store approval in early 2018.

Citizen Potawatomi Nation's designation is due largely to its decisions to make sustainable changes that help to make the healthy choice the easy choice for their employees. Citizen Potawatomi Nation Vice-Chairman Linda Capps serves as a Blue Zones Project steering and leadership committee member. She designated a committee of leaders to oversee the Blue Zones Project approval process throughout the Nation's departments.

The Blue Zones Project worksite approval process was completed by the



FireLake Discount Foods staff, CPN Vice-Chairman Linda Capps and members of the community celebrate FDF's recent Blue Zones recognition.

wellness committee, which includes Nicole Sanchez, Megan Phillips,

Karla Sample and Molly Chaney along with the FireLake Discount

Foods leadership support from Mike Lester and Richard Driskell.

One key point in this approval includes a sustainability plan, a road map that ensures that a strong development strategy is in place in order to continue improving employee health in the coming years. Additionally, a downshifting space was added to ensure employees could focus on personal well-being through intentional stress relief in the workplace.

"The well-being opportunities employers offer is key in making the healthy choice, not only a possibility, but also the easy choice," said Blue Zones Project, Pottawatomie County Organization Lead, Miriam Bell.

Find FireLake Discount Foods online at firelakefoods.com and on Facebook at [@discountfoods](https://www.facebook.com/discountfoods).

Recycling's role at Citizen Potawatomi Nation

By Holliann Burnett,
Public Information Intern

Most people are familiar with the recycling bins sitting near the end of the curbs in their communities. Some view recycling as a hassle, where others see it as a duty. Wherever one stands, recycling benefits the planet, provides jobs and even helps businesses save money. However, China's 2017 restrictions on what recyclables they will import from the United States have made recycling efforts more complicated in recent years. Citizen Potawatomi Nation Environmental Sustainability Specialist Jeff Tompkins oversees CPN's recycling program and strives to keep it a priority for Tribal enterprises.

According to the United States Environmental Protection Agency, around 75 percent of what Americans throw away is recyclable, but only about 30 percent of it is actually recycled. With numerous enterprises employing more than 2,200 people, CPN produces no shortage of trash.

Tompkins understands the importance of recycling. In March 2017 when he came on board, the preliminary stages of the recycling program already existed. He began with re-implementing "Green Team" meetings with managers and directors of different enterprises at CPN to generate plans for the materials they threw away. Eventually, he met the directors of housing and maintenance. With the help of the staff from these departments, they began dispersing recycling bins around CPN's businesses and collecting materials.

"I believe CPN is such a large industry with so many different departments and enterprises, that what we are doing now is just scratching the surface of what we are capable of (recycling)," Tompkins said.

CPN currently accepts cardboard, paper shred, aluminum and steel cans internally. Materials such as glass, plastic foam and other plastics are still recycled in a slightly different process. These items must be placed in a clear, plastic sack and put in the green recycling bins outside of each department for an outside company to pick up.



"Roughly over the last 20 months, the Tribe has collected over 200,000 pounds of material, not only diverting it from the landfill but also turning it into a profit," Tompkins said.

A potential growth sector

Tompkins continues to learn and gain new ideas for the Tribe's recycling program. At a training conference in Tulsa, Oklahoma, he spoke to a man who began borrowing his parents' van on weekends to collect and sell old clothes and shoes. He maximized his profits by splitting them into three groups. The first group consists of clothes that can be washed, sanitized and reused. Clothes that can be cut up and used for products such as shop rags make up the second group. The last group includes clothes that can be ground down to be reprocessed into new clothing.

During this time, he also set up a clothing drive at a high school to raise funds for students who could not afford an upcoming trip to Disneyworld. The drive lasted one week, and after seeing advertisements and flyers, the community brought over 90,000 pounds of clothes. When sold, he made enough to support the school's trip and pay his personnel who helped with the event. His business now operates in three warehouses, has a fleet of 13 trucks and employs a little over 30 people.

Tompkins noted this example to show that there are always new and innovative ways to recycle, and he hopes to one day bring these ideas to life at CPN. He identified numerous areas that may be able to save funds for the Nation or turn a profit. He found that businesses similar to CPN's size have waste bills of up to \$400,000 per year. He believes

a healthy recycling program could reduce that cost by at least 10 percent, saving the Tribe \$40,000 per year.

"Many industries pay to have their confidential documents destroyed, which is something that an industry our size would pay \$50,000 to \$60,000 a year for. Being able to do that internally would benefit the environment as well as CPN financially," Tompkins said.

Inspiring future generations

CPN understands the importance of engaging beyond its own enterprises and into the community. During large events such as the Family Reunion Festival, the hashtag #CPNRecycles becomes popular on Facebook. Tompkins believes it is crucial to engage the younger generation so they can be educated about recycling and its benefits and maintain those standards into adulthood. The "selfie challenge" engages a wide audience by prompting everyone to take a selfie photograph while recycling an item into one of the Tribe's recycling bins. They then use the hashtag #CPNRecycles and post it to the CPN Facebook page, which enters those who followed the steps into a contest to win a prize.

"Social media is a good platform to spread awareness and get a wider audience involved with recycling. We have had huge success from utilizing these platforms," Tompkins said.

Tompkins laid out some practical ways to get involved with recycling right here at CPN or any community. Two beginning concepts for everyone include: educating yourself on the environmental and financial benefits of recycling as well as buying reusable goods. For those at CPN, learning the location of the recycling containers and putting them to use is a great step. Familiarization with the site and methods of transporting materials to the recycling facility can assist as well. Whether Tribal member or not, every person can do their part to help protect the environment.

For more information on recycling at CPN, visit cpn.news/cpnoeh.

Congress must ensure agencies implement federal laws

By Margaret Zientek,
Assistant Director of Workforce & Social Services

On Nov. 6, I traveled to Washington D.C. to inform the U.S. Senate Committee on Indian Affairs of federal agencies' intransigence in adhering to federal law when it comes to tribal programs. Given my dual positions with Citizen Potawatomi Nation and the Public Law 102-477 Administrative Flexibility Workgroup, I again found myself requesting that Congress enforce its own statutes with 12 federal agencies involved in funding programs for Indian Country.

The 477 law is essential for the development of effective and efficient tribal services across the United States. It consolidates funding and paperwork requirements across a dozen agencies — from social services, housing, agriculture, workforce development and many

others — into a single tribal plan. This eliminates overly burdensome reporting requirements for tribes seeking to use funds that help employ, house or educate American Indians or Alaska Natives. Tribes under the law have the flexibility to use this money at the local level and fully report using one metric provided by the U.S. Department of the Interior. This principle of local control was the basis for Congress' passage of the amended 477 law just two years ago. The amended law sought to remove Washington bureaucrats from the decision-making business at the local level.

This bureaucratic intransigence is best exemplified by the dismaying memorandum of agreement by these agencies in December 2018. Decided by unelected federal employees without any input from Indian Nations, the MOA is entirely inconsistent with the amended 477 law that Congress passed in 2017.

Since then, we've seen this MOA implemented to the detriment of tribal governments and the people they serve. For instance, agencies have denied at least four programs' entrance into 477 plans based on criteria unlawfully added through the MOA, rather than required by the actual law. Simply put, one federal employee following the whims of a policy not existing in statute has the ability to withhold legally obligated funds intended for use by a sovereign tribal government.

Additionally, the MOA takes decision-making power away from U.S. Department of the Interior, effectively providing veto power to any of a dozen agencies. This is not allowed by the law.

These are just two of several examples. They are not outliers. It is, unfortunately, more of the same.

In almost two decades in my position, I have seen how much good this program

can do for tribes across the U.S. As a citizen of my Tribe, my state and this country, I am dismayed that these agencies allow certain actors within them to ignore Congressional authority by re-implementing the same harmful behaviors the law intended to curtail.

The 477 program has been the most successful of its kind in the history of the government-to-government relationships. It is one of the purest examples of tribal self-determination policy. Congress' unwavering bipartisan support for the program is indicative of the positive impact it can truly have, if only Washington's unelected bureaucrats would follow the law and get out of the way.

Jessica McQueen — CPN videographer by day and film production crewmember by night

For Cherokee Nation citizen and Citizen Potawatomi Nation Audio Visual Production Coordinator Jessica McQueen, sharing stories through visual mediums is at the heart of her career. She joined CPN's Tribal Heritage Productions Department November 2018, and since then has worked on many Tribal projects, including a documentary series covering the stories behind the 11 galleries at the Cultural Heritage Center.

"My work at the Citizen Potawatomi Nation makes me happy because I feel like it's important to share these stories," McQueen told the *Hownikan*. "I'm Cherokee, and I don't even know my own stories. I just know how important it is for people to know their stories and to know their culture, and I feel like the work we do here really helps with that. Being able to help people discover things about themselves is just cool to see."

McQueen graduated from the University of Central Oklahoma in 2017 with a bachelor's in professional media. Before accepting her position with CPN, she was an associate producer for KFOR-TV, an NBC-affiliated news channel in Oklahoma City. The fast-paced news environment allowed McQueen to learn a tremendous amount about the industry in a short time period.

"In news, things can change in a second, especially when you're producing a show

and then all of the sudden, breaking news happens. You have to write that story, fit it in, pull a graphic, find pictures, and do all of that in one single commercial break," she said. "If you don't have the most recent information that someone else does, you'll get called out for it not only by your co-workers, but by your viewers."

Feature films

In addition to her work with the Nation, McQueen stays involved in the Oklahoma film scene and opportunities to expand her skillset. In 2018, she served as a production assistant and behind the scenes photographer for a Lifetime original film titled *In Bed With a Killer*.

"That was really fun," McQueen said. "We shot in this cute little bakery, and we went to a yoga studio in Edmond and shot there."

Most recently, she worked on the movie set for *Southland* featuring actress Bella Thorne. McQueen's mom, Jill Sanchez, served as the movie's script supervisor.

"I got to shadow my mom for a couple days, and then I took over for her one day when she was gone," McQueen said. "I would have never looked into script supervision, a unit production manager or producing. It just seemed too important or too big of a job, but watching her do it — not that it's easy — but watching her do it and



As a visual storyteller and citizen of the Cherokee Nation, Jessica McQueen seeks every opportunity to highlight Native American history and culture.

learning and seeing that side of it, I realized, 'Oh, I could do this too.'"

Her time on-set provides opportunity to gain firsthand production experience.

"Here, I'm more on the computer, behind a desk, whereas when I am working on projects, I'm out in the field, helping make the shot," she said.

Balancing her day-to-day duties at CPN and freelance opportunities can prove daunting, but McQueen's strong interest in the film industry helps provide fuel.

"You have to have a passion and drive to do that," she explained. "I would work an eight-hour day then drive to Guthrie, which is 1.5 hours away, and I would stay there until like 2 in the morning. You have to really want it."

Personal favorite

In the past few years, McQueen began developing a documentary about her grandfather, Dennis Spencer from Oilton, Oklahoma.

"I wanted to work on one with him for a while, and then he got cancer, which sped up my timeline a little bit," she said. "It was cool because we got to go out to Oilton and see where he was born, where he grew up, and just hearing him talk about life was like years ago."

During their time working on the project, McQueen learned more about the oil industry's impact on rural Oklahoma and stories of her grandfather's youth.

"I loved watching him reminisce about his time on the football field, visiting his old house with him and the places he used to hang out as a teen," she said. "It was special getting to experience his early life with him like that."

After filming, her grandfather went into remission, but sadly, the cancer recently returned. McQueen hopes to create a final version, that way her family has something to look back on and remember him by for years and generations to come.

Learn more about Tribal Heritage Productions at cpn.news/thp.

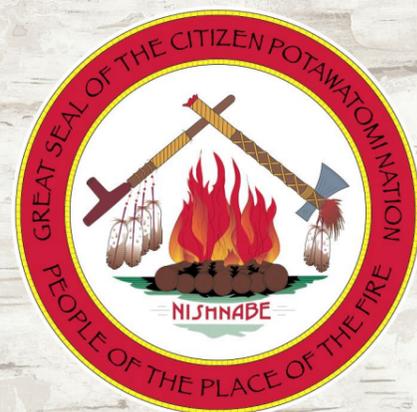
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CPN Workforce & Social Services Tribal Re-entry Program teaches self-sufficiency

This article was first printed in the July 2018 Hownikan as 'As CPN's Tribal Re-entry Program coordinator, Burt Patadal teaches the gift of self-sufficiency.' Due to the release of hundreds of non-violent offenders in Oklahoma, it is being re-published here with edits and updated information.

Oklahoma released more than 450 inmates with newly commuted sentences at the beginning of November 2019 — the largest, single-day commutation in U.S. history. The releases came in an effort to reduce overcrowded prisons and fulfill state House Bill 1269.

Citizen Potawatomi Nation Workforce & Social Services offers its Tribal Re-entry Program to former inmates. It is available to members of federally recognized tribes located within the program's service area — Pottawatomie, Cleveland, Lincoln, Seminole and Payne counties as well as part of Oklahoma County. The department welcomes those eligible to apply.

"Any Indian that wants to come in our program and go through our employment training or intense counseling or diversionary or re-entry programs — we'll help them out," said Burt Patadal, Re-entry and Diversionary Lead Counselor. "If they want to be happy, we can help them."

He coordinates the program launched six years ago with the support of a U.S. Department of Justice grant.

"My program is about getting people to be self-sufficient, and my program is about Indians," he said. "It's about the reintegration into society after

prison. ... We talk about the way life is and how it pertains to the old way, our Native American ways."

Patadal enters prisons and recruits candidates with a history of drug or alcohol addiction and works with them as they transition into freedom. The Tribal elder also acts as a sponsor to incarcerated Tribal Re-entry Program candidates.

"I'm in there helping because I want them to know that, when they step out from behind those prison walls, that I want them become self-sufficient," he said. "I don't ever want them to go back there, and I want them to know about being an Indian."

Behind bars, he leads talking circles and sweat lodges, infusing pre-release treatment with Native teachings and traditions, giving them a sense of higher purpose and self-sufficiency. They continue post-release, too. Patadal has more than 25 years of sobriety of his own behind him.

"Burt is a diagnostician because he's been there," said Tribal Judge Philip D. Lujan, who oversees CPN's Healing to Wellness Court. "Burt can listen — things can sneak in, and he notices if there may be a problem."

Patadal can also help them find work; affordable housing; finish a GED, attend a vocational-tech school or go to college; and get them into substance abuse treatment and behavioral health counseling.



Tribal Re-entry Program coordinator, Burt Patadal leads a re-entry session.

Once a client is established, the program can help with transportation, utilities, rent, work clothes, education and more.

"We try to get you on your feet. It takes commitment; you have to prove yourself. If you do good or if you want to do good work, you show me," Patadal said. "Show me you're working, and we'll back you up all the way."

In six years, less than five of nearly 350 participants who completed the Tribal Re-entry Program have returned to prison, Patadal said. That success is impressive — a comprehensive Bureau of Justice Statistics study conducted in 2005 showed that two-thirds of former U.S. inmates were arrested

again within three years of their release and three-fourths within five years.

"I want them to know that you have to give it back," he said of the Native American tradition of reciprocity. "If you take this experience and you use it to help other people, the Creator will always help you. You can't be stingy in life."

For more information about re-entry and other Workforce programs, visit cpn.news/workforce or call 405-878-3854. Applications are accepted at wssadmissions@potawatomi.org. Workforce & Social Services is located at 1549 Workforce Drive, Shawnee, OK 74801. Find job listings with the Citizen Potawatomi Nation anytime at firelakejobs.com. ♡

Celebrate *Potawatomi Culture* this Christmas



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Tribal Chairman – John “Rocky” Barrett



Bozho nikan
(Hello, my friend),

I hope you all had a wonderful Thanksgiving holiday, even if only to take a break from the hustle and grind of everyday life. Our ancestors in the Great Lakes region saw the wintertime

as a period of rest after the fall harvest and hunting seasons. Often living with family inside their wigwams and longhouses, they spent the cold winter months entertaining and growing closer with one another by telling our peoples' stories.

It is with that in mind that I remind you to tread a similar path on the holiday occasions where you see friends and family, whether you visit with them regularly during the year or not. For the younger ones, tell them the winter stories of our people. Those tales provide a look back at the history of our Potawatomi ancestors prior to their removal. If you don't know them, our CPN Cultural Heritage Center and Language Department have developed a wealth of online

resources to learn from. Visit them at potawatomiheritage.com or cpn.news/stories.

In addition, while our cultural heritage is important, it is equally vital that you share old family stories with younger generations. That history is the history of our Tribe. Those stories are key to our Tribal identity. We honor our ancestors by remembering them and passing along their histories, personalities and actions to the next generation who will likely need guideposts for their own lives.

What may seem like a dull story to you about how you grew or interacted with your elders as a young person may provide light for someone treading their own path today. This is

a wonderful time for family, food and celebration, so take advantage of it while available.

The Citizen Potawatomi have long been a Christian tribe, and the aforementioned points about our cultural and family histories coincide with the Christmas holiday's underlying spiritual tradition celebrating the birth of Christ. As stress levels can rise from attempts to hold the “perfect” Christmas get-together, be gentle with yourself this holiday season. For those who are planners, follow our Tribal traditions and incorporate others into the preparations so that everyone has to pitch in. When dining, allow the eldest to get food and drinks first, thereby following the traditions that our elders did for generations before us.

At the Tribal government level, your Nation continues to succeed. Despite challenges, our commercial and governmental sectors continue to serve customers and Tribal members alike. Be proud that we are one of the leading service and infrastructure providers in the communities that overlap with our jurisdiction. Together, our Nation continues to thrive and grow, and I thank you for the honor of serving as your Tribal Chairman.

Migwetch
(Thank you),

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

Vice-Chairman – Linda Capps



Bozho
(Hello),

Chairman Barrett and I attended the memorial service for former long-time leader of the Choctaw Nation Chief Greg Pyle on November 2, 2019, after his passing on Oct. 26. The service was in the Choctaw Nation's huge, impressive event center in Durant, Oklahoma. It was a

humbling experience to see the outpouring of love and respect for this great leader. Some of the ceremony was done in the Choctaw language. The choir members comprised of Choctaw Native elders, who wore their regalia, sang in their native language. Many of the songs could be recognized as they carried the same tune as the English version. Governor Bill Anoatubby of the Chickasaw Nation was one of the eloquent speakers as he told of long history with his good friend, Chief Pyle. Chief Gary Batton, presiding Chief of the Choctaw Nation, also spoke to help eulogize the great former leader. Chief Batton served with Pyle as his assistant for many years.

Chief Pyle was especially remembered for the advancement of Choctaw Health Services during his tenure. One of his first initiatives as Chief

was to build a long-awaited new hospital in Talihina, Oklahoma, followed by a Diabetes Wellness Center and new clinics in Stigler, McAlester, Atoka, Broken Bow and Idabel. In addition, he oversaw the construction of a new Hospitality House adjacent to the hospital, a new recovery center and much more.

When Chief Pyle retired in April 2014 after serving 17 years as Chief and 13 years as Assistant Chief, the number of Choctaw Nation employees had grown to over 8,000 worldwide. Both Chairman Barrett and I knew Chief Pyle personally. My heart-felt sympathy goes out to the Choctaw tribal members and to his beloved family including wife, Patti, daughter, son and grandchildren.

The Citizen Potawatomi Nation had one of our own former leaders walk on Sept. 26, 2019. Beverly Inez Hughes served for

many years as the Secretary-Treasurer of the Tribe. Beverly served in the day when the Tribe was struggling to establish its identity. She published the first edition of the Tribal newspaper and was also instrumental in designing the Great Seal of the Citizen Potawatomi Nation. In addition, she helped to correct the Tribe's name with the U.S. Bureau of Indian Affairs to the proper 'Potawatomi' spelling.

Beverly was a good friend to many and a strong proponent for the rights of the CPN people. She was unsurpassed at encouraging her friends to be their very best and to achieve to their heart's desire. She loved our Potawatomi people, and she loved the concept of Tribal sovereignty. One thing that many may not know of Beverly Hughes is that she helped initiate the eagle aviary. She would not “give up or

give in” when the Tribe fell behind in building the aviary.

This article is in tribute to Indian leaders throughout Indian Country, Oklahoma and the United States. I salute the great leaders who have walked on and those who stand strong today in protecting the sovereignty of Indian people.

Migwetch
(Thank you),

Linda Capps
Segenakwe
(Black Bird Woman)
Vice-Chairman
405-275-3121 work
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**2020
12 MONTH
CALENDAR**

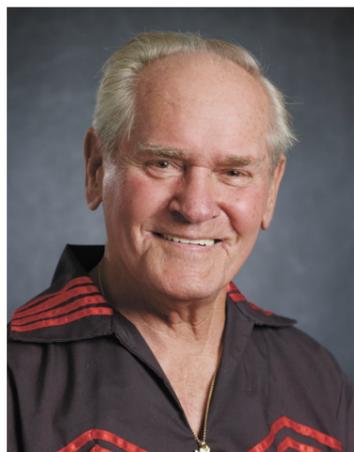
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District 1 – Roy Slavin



Bozho nikanek
(Hello friends),

As we watch television each day, three things stand out that say, “What can we do to help save Mother Earth?”

The first thing: all during the summer months our area was impacted by the flooding in Iowa, Nebraska, Kansas and Missouri. To us, it probably means more because Julia and I both came from this area. As we travel north on Interstate 29 — which was closed from the Missouri line north for many miles because of flooding — we go to White Cloud, Kansas, where there is a small casino. We have family working there, so we travel there from time to time. The last 10 miles, the road runs alongside the Missouri River. In years past, the fields alongside the road were filled with beautiful corn and soybeans crops; this year, for miles and miles, there was nothing but water.

Second, watching the footage of the fires in California is heartbreaking. The number of people who have had to evacuate is growing every day. Some only have a short time to leave their homes to escape the fire. The beautiful homes and the countryside are being charred by fire.

The third thing that we see a lot of is a commercial for cleaning up the ocean. As you watch this, what stands out is how many plastic bottles and bags they are finding. This brings to mind hearing Julia complain about all the plastic bags from the grocery store and that something needs to change. The plastic bags are not recyclable. They go to the

landfills. She saw someone at the grocery store using their own cloth bags, and the clerk used them. Julia said, “I know how to eliminate some of these plastic bags.” The grocery stores where she shops said they would use her bags. This doesn’t seem like a big deal, but we are not fireman helping with the fires in California. And we don’t have any idea how to stop the river from flooding, but we still want to help save Mother Earth. We do recycle what we can and conserve on electricity and gas. They say every little bit helps.

We should thank our Nation for having the knowledge to utilize the water at the hotel, geothermal heat and

air conditioning at the Grand Casino Hotel & Resort, FireLake Arena, Tribal housing, and clinics as well as solar panels on the apartments. All of these conservative measures help save money and Mother Earth. Thanks to the Chairman and Ms. Capps, our Nation is doing its part.

Roy Slavin
Netagtege (Forever Planting)
Representative, District 1
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District 2 – Eva Marie Carney



Bozho nikanek
(Hello friends),

Winter stories

Back in 2015, our District 2 contest was a story contest. I received a number of winter stories from contest participants and also reached out to others to gather more winter stories, along with other traditional stories, for the book I titled *Winter Stories 2015*. At the end of 2015, I mailed 100 copies of *Winter Stories 2015* to requestors. It’s hard to believe that was four years ago! If you did not get a copy, or want an electronic version, visit cpn.news/winterstories2015 for a downloadable PDF. You can visit my website at any time, evamariocarney.com, and under the “Heritage” tab find a PDF of the book. (The password to access the “Heritage” content is “potawatomi heritage.”) Please take note that the Potawatomi teaching is that the traditional stories in the book that involve *Nanabozho* or *Wiske* are told only in the wintertime. This is the time when the earth and the spirits are asleep.

Here’s one of the stories about *Wiske’s* exploits (on page 21 of the book) that always makes me smile:

A long time ago Wiske was hunting in the woods for something to eat. He was very hungry because he hadn’t eaten in several days. He came to the edge of the woods and saw a flock of ducks on a pond and drew back his bow to shoot one. But then

he thought, “If I shoot one, the others will fly away, and I will not have much to eat.” So, he took the cord off the bow and dove into the water and swam under each duck and tied the cord to one of the legs of each duck. He then tied the end to his wrist and came to the surface. This surprised the ducks, which flew off with him at the end of the “V” shape. Screaming for them to let him go, he managed to get loose and fell head first into a hollow tree.

Stuck upside down in the tree, he could only see out of a small hole that had been drilled by a woodpecker. Thinking quickly, he changed himself into a rabbit just as a woodpecker started hammering on the tree. He said to the woodpecker, “If you make the hole bigger, you can see how beautiful I am.” The woodpecker, not having anything to lose, made the hole bigger, and Wiske managed to squeeze out of the hole but pulled a lot of his hair out. He thanked the woodpecker and gifted him with a red tuft of hair for head feathers. As Wiske ran away, the woodpecker said, “That Wiske doesn’t look very beautiful to me.”

That is the reason woodpeckers have a red head and ducks fly in a tight formation as they think of Wiske.

District 2 library additions and lending information

I’ve recently collected a couple of storybooks that are instructive and entertaining for



Attendees learn about Native American artifacts during the tour.



Attendees from the 2010 trip to the Archives of the National Museum of the American Indian.

all ages. These include Simon Ortiz and Sharol Graves’s *The People Shall Continue* (Children’s Book Press, 1988); David A. Robertson and Julie Flett’s *When We Were Alone* (Highwater Press, 2016); Traci Sorell and Frane Lessac’s *We Are Grateful: Otsaliheliga* (Charlesbridge, 2018); and Chief Jake Swamp and Erwin Printup Jr.’s *Giving Thanks: A Native American Good Morning Message* (Lee & Low Books, Inc., 1995). *The People Shall Continue* is a teaching story, the purpose of which is to instill a sense of responsibility for life. Its concept of “the People” encompasses all people now living on this land who have been the victims of inhumanity. The storyteller turns to all of us and says that we must be responsible: “We must take great care with each other,” he says. “We must fight against those forces which take our humanity from us. We must ensure that life continues.” *When We Were Alone* is a story about life in a residential school, where everything was taken away. *We Are Grateful: Otsaliheliga* takes the reader on a journey through the year with a Cherokee family and the Cherokee Nation as they express thanks for celebrations. *Otsaliheliga* is a Cherokee word used to express gratitude. *Giving Thanks*

is based on the Thanksgiving Address from the people of the Six Nations living in upstate New York and Canada; it offers a message of peace and appreciation of our Mother Earth and all her inhabitants. This book now is part of our annual Fall Feast programming.

You may borrow one of these books or any others in the District 2 library on the condition you agree to return what you borrow on a timely basis! (I’ll mail out the books to you. Borrowers are responsible for return mailing costs. Mailing costs are affordable using USPS book rates.) A complete and growing list of books available for borrowing from our District 2 Library is available at cpn.news/d2library and can be found anytime on my website, under the “Services” tab.

Archives visit

We have our next date for a visit to the Archives of the National Museum of the American Indian, in Suitland, Maryland (just outside D.C.). It is Friday, Jan. 17, 2020. It will be good to start the new year off with a Potawatomi gathering and a visit to our objects housed in the archives. This date is the Friday before the three-day Martin

Luther King, Jr. memorial weekend. The timing hopefully will permit some of you from outside the area to travel with family to participate in the visit. It’s never too early to RSVP – Potawatomi family and friends are welcome; there is a 15-visitor limit. I’ve included a photo of an early District 2 archives visit.

Request for your emails and for your mailing address for an end-of-year gift

Please send me your email address so I can send you email updates. Please note that these updates will be coming from the email address evamariocarney.com, at least until I can figure out how to port my email database, and group email lists, that are stored with Google, over to the Outlook web-based portal that CPN IT recently set up for me. Whatever the means I use to communicate, please be assured that I will keep your email address and other personal information I’ve collected as the District 2 legislator confidential. Also, if you are in District 2 and want to receive an end-of-year gift (a District 2 tradition at least since 2015) (see above), I will need you to confirm your current mailing address (to avoid costly USPS returns of misdirected mail).

Best wishes

Along with my husband Alan Cohen, our daughter Elise (*Mtenose*) and our son Marshall Cohen (*Wasmikas*), I wish you and your family a blessed holiday season and a healthy and happy new year. *Migwetch* (thank you) for the honor of representing you; please keep in contact!

Eva Marie Carney
Ojindiskwe (Blue Bird Woman)
Representative, District 2
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ecarney@potawatomi.org
evamariocarney.com

District 3 – Bob Whistler



Bozho
(Hello),

Voting

For starters, I hope that all of you who were eligible to vote in the Nov. 5 Texas election did so since we had 10 amendments to the state constitution plus several bills for bonds — one of which involved funding for our schools, and another relating to creating a state income tax. My primary concern dealt with the fact that amendment four prevented our elected representatives from holding the sole power to create a state income tax. By voting for that amendment, it would require a vote in the future of two-thirds of the citizens to create a state income tax. We, rather than just our elected representatives, would be in control of that possibility. Last month, I brought up voting in hopes it would remind you of this year's election, which was not well advertised. Voting went very well on the amendments. Every amendment except number one was approved. The citizens voted against allowing a judge to serve in another community in which he was not elected or appointed. Amendment number four that dealt with personal income tax passed, which means in the future the elected officials cannot just create a bill and pass it to create state personal income tax. The citizens now have that power and would vote in the future for that if they wanted it. I did send out an email to those of you whose email address I have. It would be nice to have addresses for any of you who didn't receive the information I sent out on this election. I thank all of you who voted.

NCAI Convention

In October, I spent five days in Albuquerque, New Mexico, attending the National Congress of American Indians annual convention as our Tribal alternate delegate. This year, there were 161 nations out of the 567 federally recognized Native

American nations in attendance. This was the year for electing NCAI officers. Jefferson Keel of the Chickasaw Nation was the outgoing president, and he chose not to run, although eligible. He has served in that capacity for three different terms and is very highly respected. Our new president, Fawn Sharp, is from the Quinault Indian Nation. She appears to have lots of energy, and in her presentation speech, she described herself as the lawyer warrior! The first Vice-President Aaron Payment, a citizen of the Sault Ste. Marie Tribe of Chippewa Indians, and Secretary Juana Majel-Dixon of the Pauma Band of Luiseno Mission Indians were re-elected. We have a new treasurer, Clinton Lageson of the Kenaitze Indian Tribe, who ran unopposed. NCAI was formed in 1944 to give the Native American nations a vehicle and large voice to strengthen sovereignty through resolutions with the U.S. Congress.

Tribal ID cards

I attended a number of breakout sessions at the convention, the first dealing with trans-border issues and acceptable Transportation Security Administration ID that is required for air travel. At this time, Oklahoma has the only driver's license that is not acceptable as TSA ID for the new Real ID that TSA will enforce on Oct. 1, 2020. There are currently 10 nations who are updating their tribal ID cards to comply with the new Real ID requirements. Our Tribal ID cards are acceptable to TSA, but that may expire in October 2020.

U.S. census

The next breakout meeting I attended was with the U.S. Census Bureau. As mentioned in a prior *Hownikan* article, the census data is used for appropriation decisions for the distribution/allocation of the annual federal funds

by Congress each year. The U.S. census results also determine how many U.S. representatives there are for each state. Depending upon the total citizens in a state, it may gain or lose a representative. The U.S. Census staff has recommended that if a household has a couple where one is Native and the other is not Native, that you list the Native adult first so that the entire household is counted as Native. If the non-Native is listed first, then the household is listed as non-Native or whatever the ethnic group is for that person. This year, they have come up with a numerical list for several thousand of the various ethnic groups. It encompasses detailing individual census ID numbers down to individual tribes. There is a general number used for simply putting down that you are a Native American. Our nation has its own number. You need to write in that you are a Citizen Potawatomi Nation member! They do have a general number for the Potawatomi Nation as well as a number for each of the seven U.S.-recognized Potawatomi Nations. By just listing as generalized Native American or Potawatomi, it then will reduce the number of citizens for our Nation and may negatively affect grants that we apply for. So, to ensure we apply for various grants and are eligible for the maximum available, you need to be sure you note Citizen Potawatomi Nation on the form. The census will begin in the spring, and I will be reminding you again of what is needed to maximize our numbers with the Census Bureau tabulation.

No doubt, scammers may attempt to use the U.S. Census Bureau as a tool to steal information. Remember, the U.S. census will never ask for your Social Security number, bank account or credit card numbers, or request money or donations. If someone comes to your home to secure more answers for the



Corn dancers perform at NCAI Convention.

Calling all Texas Potawatomi!
Citizen Potawatomi District 3 Meeting
December 14, 2019 | 10:30am to 2pm
Hawthorn Suites by Wyndham
1442 South Padre Island Drive
Corpus Christi, TX 78416 | Tele: 361-854-3400

Hear about services available to you as Tribal members, and learn more about your culture and crafts. Lunch will be served. To ensure we have enough food, please

RSVP to Legislator Robert Whistler
at 817-229-6271 or RWhistler@Potawatomi.org

census, check to make sure they have a valid ID badge with their photograph, a U.S. Department of Commerce watermark and an expiration date. If you suspect fraud, call 800-923-8282 and speak with a U.S. Census Bureau representative. The census may be conducted by mail, online or in person. In-person visits usually only result if they have no information for a specific address or the form that was filed was incomplete. I do have a contact with a local representative in Dallas; so, if you have something immediate that needs attention, please give me a call.

Tribal youth

For our Tribal youth between the ages of 16 and 24, there is an organization called, United National Indian Tribal Youth, which offers a great opportunity for Native American students to network and share experiences with other Native students. There are some fees associated with belonging. For any student wishing to secure more information on their councils, you may go to unityinc.org or call 480-718-9793. There are over 220 youth councils operating in 36 states.

CPN Community Development Corporation

Our director of the Community Development Corporation came up with a resolution that I took to the NCAI taxation subcommittee, and it was approved. NCAI staff will develop a plan to take it to the federal government for implementation. The resolution is designed to give all Native American CDC operations many thousands of dollars in federal tax credits for certain types of loans. Shane Jett and his staff are to be commended for coming up with this type of legislation.

New Mexico culture

We were treated to many cultural events while at NCAI. The Isleta Pueblo Children's Dance Group of pre-school children as young

as 3 years old came in regalia and danced. They are taught their Native language on a daily basis. We also saw several other dances. The men in the Eagle Dance have a cape of eagle feathers and a small bustle. The Corn Dance males have antlers, and the females carry eagle feathers in their right hand and an ear of corn in their left hand. We also saw an Apache arrow dance that was presented by two women. One evening, there was a Buffalo Dance that was very different. The males had headwear with buffalo horns, and their upper torsos were covered in a rather dark but see-through fabric. They carried a small bow and arrow in their left hand. They had a rattle in their right hand. The women dancing with them also had rattles. There was a fashion night where models presented some regalia as well as very classic wear from four different Native American fashion designers. I was very impressed with the designs presented.

District 3 meeting

On Saturday, Dec. 14, we will hold a district meeting in Corpus Christi at the Hawthorn Suites by Wyndham, 1442 South Padre Island Dr., from 10:30 a.m. to 2 p.m. Lunch will be served. Please RSVP so we order enough food. Email me at rwhistler@potawatomi.org, or call 817-229-6271 and advise the number in your party. I look forward to seeing you there.

Bama mine
(Until later),

Bob Whistler
Bmashi (He Soars)
Representative, District 3
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817-282-0868 office
817-229-6271 cell
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ARE YOU GRADUATING THIS MONTH?

SEND THE FOLLOWING INFORMATION TO GRADUATION@POTAWATOMI.ORG
BY DECEMBER 15 AT 5PM

FULL NAME, HOMETOWN, POTAWATOMI FAMILY NAME, HIGH SCHOOL OR COLLEGE, AND DEGREE TYPE AND MAJOR

District 4 – Jon Boursaw



Bozho
(Hello),

Holiday greetings

Peggy and I would like to sincerely wish you and your family a very merry Christmas and a happy new year. We hope that your holiday season is safe and only filled with joy and happiness. This past year was an extremely active and rewarding year for me, and I look forward to 2020 with great anticipation and enthusiasm as I continue to foster the awareness of the history and presence of the Citizen Potawatomi Nation in Kansas.

Put these on your calendar

2020 District 4 meetings:

Rossville: Saturday,
March 28, 2020

Wichita: Sunday,
March 29, 2020

2020 CPN Family Reunion Festival will be held in Shawnee, Oklahoma, on June 26, 27 and 28. This year's honored families included the Bruno, Darling, Hardin, Higbee, Lewis, Nadeau, Slavin and Smith.

2020 Gathering of Potawatomi Nations will be hosted by the Hannahville Potawatomi, who are located in the south-central section of the Upper Peninsula of Michigan. Tentative Dates are Wednesday, July 29, to Saturday, Aug. 1, 2020.

Award-winning water tower

How many other CPN families have their name on an award-winning water tower? The Wamego family name is proudly displayed on the water tower located in the Kansas town bearing the same name. But more importantly, Wamego has the best-looking water tower in the country. The Tnemec Company, a nationwide company that specializes in high-performance coatings and linings, announced Wamego's water tower won both the People's Choice and Tank of the Year Awards. According to Tnemec, the tower has over eight different vibrant colors, and the design is truly a work of art. I have found very little on the origin of the city of Wamego other than it was named after Chief Wamego, a Potawatomi Indian. I have heard the Tribal legend that Wamego donated

a portion of his land to be used as a railyard and train station, and the development of the city followed.

Elders Christmas Potluck

The Elders Christmas Potluck at the CPN Community Center in Rossville is scheduled for Dec. 13 at noon. The main dish will be roast beef. Come join us and bring your favorite holiday side dish or dessert. Please RSVP to Tracy at 785-584-6171 if you plan on attending.

Elders January Potluck

The January Potluck will be held on Jan. 10, 2020, at noon.

Recognizing December graduates

If you are, or a member of your family is a December graduate, you need to send the following information no later than Dec. 15 to graduation@potawatomi.org: full name, hometown, Tribal family name, high school or college, and degree type and major.

Tribal enrollment

It continues to happen. I've recently had two conversations with CPN members who have failed to get their college-age students enrolled. I'm always amazed at the number of times I have encountered this situation. Remember, college-age students are only eligible



Wamego water tower boasts eight different vibrant colors, helping it win the Tank of the Year Award.

for the CPN scholarship if they are enrolled members of the Tribe. I'm available to assist you in the application process as is my brother, Lyman, who is located in the CPN Community Center in Rossville.

Item of CPN Tribal history

I recently received a series of emails containing items of Tribal history regarding several Potawatomi families that lived near what is now Maple Hill, Kansas. One item that caught my attention pertained to Jude Bourassa, who operated gristmills on Mill Creek near Maple Hill. We know that Jude had a home near the mills southeast of Maple Hill but did not know that he may have had an earlier home in Uniontown that was burned when the community was burned to rid itself of cholera.

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.

Migwetch
(Thank you),

Jon Boursaw,
Wetase Mkoh (Brave Bear)
Representative, District 4
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785-608-1982 cell
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Office hours:
9-11 a.m. Tuesdays
3-5 p.m. Thursdays
Other times: please call

District 5 – Gene Lambert



Bozho
(Hello),

We have arrived again at the end of another year.

The holiday season brings with it the remembrance of grace, sacrifice, love and gratitude along with the reason we celebrate.

Christmas celebration is the acknowledgement of God's gift to the world: his son.

"For God so loved the world, that he gave his only begotten Son." John 3:16

Thinking as a parent and knowing what that would take; it is everything.

The birth of Jesus Christ changed the world and is continuing up to today and will forever.

Let's think about what he taught, who he was, and what he did on his birthday.

I found this in the archives and thought you might enjoy reading.

The Huron Carol, also known as *'Twas in the Moon of Wintertime*, is a Christmas hymn and possibly Canada's oldest Christmas song. A Jesuit missionary named Jean de Brébeuf living in the mid-1600s wrote it.

The Native American Christmas Carol

You can find specific Native American adaptations of Christmas songs, such as the *Christmas Carol*. The Huron people have an original *Christmas Carol* that tells the story of Christ in the manger.

According to christmas.lovetoknow.com, here is the story as told in native Huron language:

"Aloki ekwatatennonten shekwachiendaen Iontonk ontatiande ndio sen tsatonnharonnion Ouarie onnawakueton ndio sen tsatonnharonnion Iesous ahatonnia!"

First, the carol was translated into French then English:

"Within a lodge of broken bark The tender Babe was found,

A ragged robe of rabbit skin Wrapped His beauty 'round; But as the hunter braves drew nigh, The angel song rang loud and high: Jesus, your King is born, Jesus is born, In excelsis gloria."

The website continued, "Huron legend says the ancient people built a nativity of fir trees, featuring Joseph, Mary and baby Jesus as Indians, the Wise Men as chiefs, and animals such as a bear, a fox and a buffalo in attendance."

It highlights what Christmas should be. I loved the poem and thought you might also.

Some Native Americans reference this time as winter solstice, and it is from Dec. 21-22. This time is celebrated with dances and feasts prepared by Native families.

We also have the special occasions called giveaways. CPN has hosted several giveaways, and it is about the special nature of a giving heart. The time is considered spiritual and holds tremendous social value. This is where the gifts are placed in a circle, and you have the opportunity to pick the gift of your choice. You have to be fast, or it might be on someone else's wish list too.



Gene gifts the youngest in attendance a Pendleton blanket and celebrates with family.

Any time we have the opportunity to gather, I think of it as great opportunity to socialize. This would include our festivals, district meetings or attending church together in a moment of prayer.

How else could we get to know the family we belong to, who these other CPN tribal members are or share our lives, if even for a day?

This is also the time when we learn of the progress of our people and what new projects are being undertaken.

I learn something new each and every time. It is getting to the

point I know your grandchildren too. Now, that is family.

We had just that opportunity on Oct. 12, 2019, in Colorado. It wasn't Christmas, Easter or Festival, just one of our best get-togethers. We met at the Butterfly Pavilion in Westminster, Colorado.

What made it that way, in my book, was the 25 children in attendance with their parents. You can see their picture together within this column. That is an entire classroom. They behaved beautifully, and it was a pleasure. This is so important, as they are our next generation.

A few years back, we had a generational meeting where three and four generations attended at the same time. It was warming to see them together during a CPN meeting. Colorado, you are great and always inspiring!

Our wisest was Rita Groess, and it was a close call. We had another who was almost the wisest by two weeks. At 85 years of age, this was a close call, but two weeks is two weeks.

The youngest CPN member in attendance was Mckaylee Lin Meister at the age of 1 year. She was born on Sept. 6, 2018, with a congenital heart defect known as Tetralogy of Fallot. This means she has a hole in her heart. At 10 days old, she had her first open-heart surgery and spent two weeks in recovery. During this surgery, the doctors discovered she also had a rerouted artery that added to her risk. At 6 months old, they discovered scar tissue was causing her valve to narrow again. This created the need for a second surgery. They say she will need another, but you would never



Children attending recent District 5 meeting pose for a picture.

guess, as she was such a vibrant, active and darling little girl.

Let's please remember her in our prayers for a Christmas miracle. We had several children there who were younger, and we were happy to have them also. However, their enrollment paperwork had not been completed. So remember, always

have the paperwork complete before the meeting. You will always have next year to try again.

Traveling the farthest distance was Robert Melot, and he graciously paid it forward. He had won the distance a couple years in the past and felt he should step down and acknowledge the second place in mileage

to receive the satchel. Robert is the gentleman who has the Potawatomi Trading Post in Colorado and always attends with something wise to contribute. Thank you, Robert, for being you.

The longest distance of all time I can recall would be Vietnam, and that was in our New Mexico meeting last month.

We had the opportunity to discuss CPN's involvement with the bee project and connected it to our speaker from the Butterfly Pavilion as he talked about the importance of our tiny friends — the butterfly — and their value. By this time, the kids were ready to see the butterflies. They had been very patient, and it was 2:30 p.m. So, off we went.

Please, please enjoy your Christmas with your family. This can apply to bloodline or adopted family. It is your choice as to who you have in your life, but make it count.

Merry Christmas to you all!

Eunice Imogene Lambert
Butterfly Woman
Representative, District 5
270 E Hunt Highway, Ste 229
San Tan Valley, AZ 85143
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District 6 – Rande K. Payne



Bozho nikanek
(Hello friends),

It was a warm day in late October, the 26th to be exact. Potawatomi gathered from miles around to enjoy time together celebrating their family heritage.

It took many hands to put this year's D6-7 Heritage Festival together. Representative Mark Johnson and I can't thank everyone enough for their giving spirits of service helping prepare for and volunteering during



Mark Johnson, youngest Winter Henderson and Rande Payne.

this year's gathering. Thank you Sable Davenport for the face painting and the beautiful artwork *Horse* you painted during the event for a raffle

donation. Thank you Lucy's Tacos for the delicious food we enjoyed for lunch. My sisters Sharon Welch and Karen Walker worked long and hard preparing the welcome bags, creating all the signage and keeping score for all the games. We couldn't have done it without them! Our greeters, Terry and Bobby Payne made sure everyone got checked in with their badges and the appropriate red or blue colored lanyard based on their even or odd order of birth among their siblings. They also handed out the welcome bags to everyone as they were checked in. The dinner feast of roasted turkey, wild rice, beans, corn and squash with fry bread was delicious, but it was the homemade blueberry cobbler that was the proverbial icing on the cake. My wife Kim created the perfect Potawatomi meal, and for that, everyone is thankful!

This year's Heritage Festival was a great opportunity for everyone to share family history and visit with family members. There were family members that met other people from their family for the first time at the event. The Brant family literally took advantage of the event to have a family reunion. It was awesome to see. The day flew by, and before we knew it, the time had come to feast and raffle off some really great items. Plans are already underway for next year's Heritage Festival. Thank you very much to all who attended this year's event!

As you may know, November was Native American Heritage Month. A recent article in a local newspaper caught my eye marking the 100th anniversary of the original End of the Trail sculpture. The sculpture had been thrown into a mud pit



Mark Johnson, farthest traveled Jack Wistos and Janet Stangl and Rande Payne.

in 1915 but was later rescued and relocated to my hometown of Visalia in 1919. It was later replaced by a bronze replica, and the original plaster sculpture was moved from Visalia to the National Cowboy & Western Heritage Museum in Oklahoma City. The sculpture sums up the plight of Native Americans after years of damage inflicted by Euro-American settlers. It depicts a defeated and weary Indian on his horse reaching the "End of the Trail" at the Pacific Ocean. I remember seeing the statue shortly after it had arrived in Oklahoma City when my aunt Dolly took me to the museum in Oklahoma City when I was a young teenager. The Tulare County Historical Society held a ceremony at the statue in Mooney Grove Park celebrating the art piece and the history behind it. There was a Native American blessing of the stature as part of the ceremony. I went out recently to visit the statue. I found it very moving, and I felt thankful that there is a reminder of the suffering



Mark Johnson, wisest Imogen Huffman and Rande Payne.



End of the Trail.

endured by Native Americans on display locally for all to see.

In closing, I would like to wish everyone a wonderful holiday season. Merry Christmas and Happy New Year!

Potawatomi Phrase of the Month: *Wikkwege* (feast he/she has)

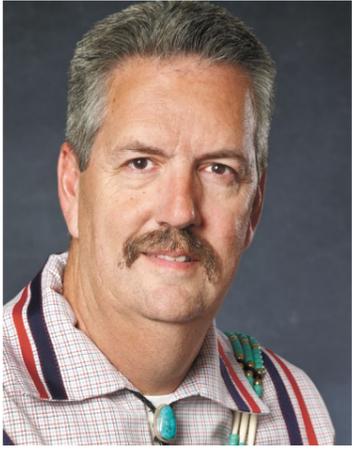
Wisdom from the Word: "7 How priceless is your unfailing love, O God! People take refuge in the shadow of your wings. 8 They feast on the abundance of your

house; you give them drink from your river of delights. 9 For with you is the fountain of life; in your light we see light." Psalm 36: 7-9

Migwetch! Bama pi
(Thanks! Later),

Rande K. Payne
Mnedo Gabo
Representative, District 6
31150 Road 180
Visalia, CA 93292-9585
559-999-3525 office
559-999-5411 cell
rande.payne@potawatomi.org

District 7 – Mark Johnson



Bozbo nikanek
(Hello friends),

Once again, the District 6 and 7 Heritage Festival was a success. A great time was had by all who attended as we shared information and reconnected with our friends and relatives. We owe a debt of gratitude to Rande Payne for the use of his venue at his home and to his wife Kim, once again, for her great cooking. We all enjoyed roasted turkey, squash and wild

rice for dinner along with some great fry bread, which I may have hidden in my bag for the ride back home. Please try to join us next year if you were unable to attend this year.

As the holiday season gets into full swing and our families gather in celebration, take care to honor our elders and ask them to share some stories. It is how generations of our elders ensured that our heritage was passed on

to the following generation, and there is no better way to honor your heritage.

Once again, I would like to say what an honor it is to serve you as your District 7 representative. 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 available to you. Please also take the time to give me a call or send

me an email with your contact information so that I can keep you informed of the happenings within the Nation and district.

Migwetch
(Thank you),

Mark Johnson,
Wisk Mtek (Strong as a Tree)
Representative, District 7
1565 Shaw Ave., Suite 202
Clovis, CA 93611
559-351-0078 cell
mark.johnson@potawatomi.org

District 8 – Dave Carney



Bozbo nikan
(Hello friend),

The District 8 Fall Feast is a wrap! Members gathered for our annual celebration in Seattle on a typical drizzling afternoon.

Many people contributed to our event to make it unique and successful. One of the highlights was our District 8 drum group, headed by Mallorie Fultz (Cherokee Nation of Oklahoma). Citizen Potawatomi members in the group include Robert White, Julie Jackson and John Kochanowski. They drummed on a large powwow drum that they constructed earlier in the

year and did several songs on hand drums. One of the hand drum songs was a women's honor song to bring attention to the plight of murdered and missing Native women. Another was the *Morning Song* in Potawatomi. The words were distributed on a handout to members, and the attendees sang along.

Peggy King Anderson, author of *Two Moon Journey*, gave a talk on the Potawatomi Trail of Death. Peggy researched this pivotal event in our history for several years while writing this book and participated in the caravan several times. Peggy was available to personally add a message and sign her book throughout the event.

Of the many people who helped that day, I'd like to especially thank Kathy Notter of Belfair, Washington, for jumping in and heading up the craft portion of our event. Members created a no-sew medicine bag that could be decorated with pony beads. Sage, cedar, sweet grass and tobacco were available for members to add to their creations. Kathy patiently

explained the process for creating the bag and handed out the materials – *Migwetch*, Kathy!

We recognized our wisest member, Erma Pozzobon (age 90) with a beautiful Pendleton blanket from Potawatomi Gifts as well as our youngest enrolled member, Jaeger Fox (age 5). Julie Jackson of Woodburn, Oregon, was awarded a Pendleton travel bag, also from Potawatomi Gifts.

We had a fair number of entries into our Native American art contest this year; all of the entries were amazing. Judges had a difficult time selecting winners. Runner up went to Julie Jackson for her regalia women's breast plate – a very fine and intricate piece of work. The winners were Amanda Nelson for her watercolor entitled *Through the Trail of Death* and Rocky Chenaux for his cedar carved mask entitled *Winter Solstice Dancer Mask*. Each artist explained their process, medium, time line, etc. Rocky's mask, for example, was hand carved from a cedar log using all Native tools and techniques. He explained how he used a Native technique of submersing the wood in boiling salt water when it would begin to split, which stopped and sealed the wood from further damage in that area.

In closing on this topic, I'd like to mention that our fall feast will be in Portland next year in mid-November. Please plan to attend if possible.

The holidays really are about spending time with family. My wife, Nicole, and I were very fortunate to be able to travel to Florida to visit my favorite aunt in October. Aunt Agnes is



Aunt Agnes.



Art contest winner Rocky Chenaux.

now 93 years old and a proud Potawatomi elder. It was great reconnecting with her and my cousins, Janet and Josette and their spouses, Bill and Joseph. Agnes was the aunt who never forgot a birthday and never let you leave her home without a meal in your stomach and a snack for the road. We feel fortunate to have Ag in our lives and grateful to Janet for taking such good care of her.

Wishing you a Merry Christmas and a Happy New Year,

Migwetch
(Thank you),

Dave Carney
Kagasghi (Raven)
Representative, District 8
520 Lilly Road, Building 1
Olympia, WA 98506
360-259-4027
dcarney@potawatomi.org



Wisest Erma Pozzobon with Dave.



Youngest Jaeger Fox.

District 10 – David Barrett



Bozbo
(Hello),

Can you believe this is already Christmastime? Let's not look at this month as a year-end where we plan on how to do our year end taxes, but how to incorporate more unity in the family and civility in our country.

We have moved past our Thanksgiving month, where we took a pause to recognize

our blessings from our Creator. Now this month, we need to remind ourselves of the love and forgiveness that our Creator (God) has freely given to us for forgiveness of our sins. Being a Christian, we need "to by faith" honor God's word to "pass through" what God has shown as forgiveness to us and show the same forgiveness to those who have wronged us or done us harm. Don't hold grudges or vindictiveness inside! This is not to say you will forget those things

that a person has wronged you, but through forgiveness, you don't have to become a victim.

In the New Living Translation of the Bible, "Then Peter came to him and asked, 'Lord, how often should I forgive someone who sins against me? Seven times?' 'No, not seven times,' Jesus replied, 'but seventy times seven.'" (Matthew 18:21)

"Make allowance for each other's faults, and forgive

anyone who offends you. Remember, the Lord forgave you, so you must forgive others." (Colossians 3:13)

Since the Washington D.C. trip, our Veterans Color Guard has been very busy in showing our CPN veterans' pride by participating in the Frontier Day parade in Tecumseh, Oklahoma, on Sept. 21, 2019. We carried in our colors at the Shawnee Expo Center in Shawnee, Oklahoma, on Oct. 12, 2019, for the Show

Cattle Camp, which highlighted individual showmanship of cattle. Then on Oct. 26, 2019, we paraded all of our color guard flags for Sorghum Day in Wewoka, Oklahoma.

I had received an email from the Cultural Heritage Center's Cultural Education Specialist Kristen Wilson wanting to honor our Veterans Organization. The Absentee Shawnee Cultural Preservation Department and her CPN-based programs collaborated, honoring veterans of all tribes with a gourd dance held on Nov. 2, 2019, at the CHC. This event was the first of its kind, but it also was special to Kristen due to her daughter's longtime boyfriend's (who is a CPN tribal member) deployment on Nov. 15, 2019. We had five CPN members honored, and to quote Kristen, "I would be honored

for you and your charter to be a part of the event. Not only do we get to honor you all for your sacrifices but also get to show the younger generation how resilient we as Native Americans can be, think about it, getting along with others."

We also, brought the colors in for the FCF Cage Fight with John Beebe singing the national anthem at the Grand Casino Hotel & Resort on Nov. 2. He did a great job singing. My personal note: "There was no disrespect of our flags by John by kneeling since we had limited space to take the picture before we entered the cage for John to sing and presentation of the colors."

We recited the meaning of the 13 folds as we folded the American flag at Tecumseh High School on Veterans'



Members of CPN Color Guard pose before FCF Cage Fight event.

Day. On Dec. 9, we will be presenting our colors for the Oklahoma Conference for Indian Education that was hosted at the Grand by the request of Justin Neely.

Final thought: have you ever been in a room where you could feel the tension between two people? During the holidays, there are many opportunities for us to see people that we have an

unsettled history with. It's easier to suppress your feeling year after year than to put forth the effort to mend the relationship.

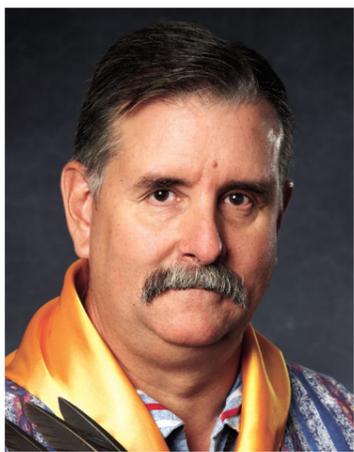
It goes without saying, thank you for allowing me to represent you and our great Nation.

Merry Christmas and a Happy New Year!

Migwetch
(Thank you),

David Barrett
Mnedobe (Sits with Spirit)
Representative, District 10
1601 S. Gordon Cooper Dr.
Shawnee, OK 74801
405-275-3121
dbarrett@potawatomi.org

District 12 – Paul Schmidlkofer



How nikan
(Hello friend),

Fall was here for what seemed like all of one day, and winter seems to have snuck up on us. For those of you in Oklahoma, you probably

remember the record snowfalls in western Oklahoma in the late part of October. That seemed a bit rude, weather-wise, to me. I am hoping it was not a warning of weather to come this year. I am old enough to remember several unusually harsh winters here. I often think of those and of our ancestors who moved here with little in the way protection from our temperature and weather extremes. I also lived in the Great Lakes region for a couple years in Duluth, Minnesota. I still remember the punishing weather up there. No easy life wherever they had been, in reality.

We recently had the groundbreaking ceremony for Pro-Pipe USA LLC in our Iron

Horse Industrial Park. The park is located approximately a mile and a half east of the Tribal administration area. It is built on property the Tribe bought maybe a decade or longer ago. We had it put into trust. We hope to engage with other companies to enter into similar agreements with us in the future and bring more good employment opportunities to our area — hopefully for many of our Tribal members. We as a Nation are beginning to take advantage of new areas. These opportunities have taken years to create. I hope that you, the Tribal members, allow us to continue expanding and diversifying our base of enterprises and investments. Ask around Indian country,

and you will find many tribes watching what we are doing. It is an exciting time that many of us have been watching and waiting on for years.

Some people have asked which Tribal family once owned the property the Pro-Pipe facility was being built on. The short answer is none. Although I have not researched to see the entire history of it, I know the people the Tribe bought it from were not Tribal members, and they had owned it for many years before we purchased it. Anyway, I just wanted to share this in case anyone was concerned about this. The entirety of our outreach properties are primarily land we have purchased over the past 20 years or more

in hopes of accomplishing these types of projects.

In closing, please know that I appreciate the trust you have placed in me, and I take it seriously. I am honored to serve each of you and respect the trust you have given me. I am of the age I remember well how little we had in the past, and I remember well how we got to where we are.

Migwetch
(Thank you),

Paul Schmidlkofer
Representative, District 12
1601 S. Gordon Cooper Dr.
Shawnee, OK 74801
405-275-3121
800-880-9880 toll-free
pschmidlkofer@potawatomi.org

District 13 – Bobbi Bowden



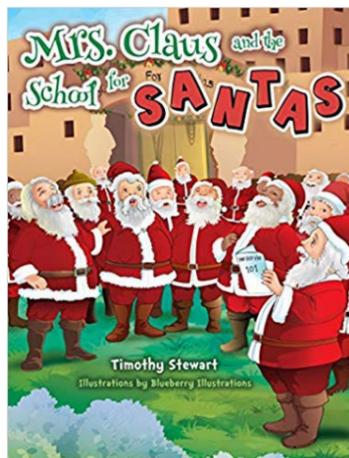
Bozho nikan
(Hello friend),

I'd like to begin with a long overdue *migwetch* (thank you) for re-electing me to continue to serve as your District 13 legislator for another term. Your support means so much to me, and I will continue to do my best to work for our members and serve to the best of my ability. I would also like

to thank my opponents Jay Laughlin and Michael Whistler for a well-ran campaign. It was encouraging to see more people running for election with the true interest of service to our great Nation. Congratulations to my colleagues David Barrett and Lisa Kraft on retaining their legislative seats also.

This year's Grand Entry was a little extra special to me. I am blessed to have my daughter, Alex, dance beside me this year with her first full regalia thanks to the talented Julia Slavin. I could see the pride in her eyes from the moment she put it on!

One of the things I try to do anytime possible is to support other Tribal members, whether it be purchasing beautiful art, jewelry, regalia or shopping at any Tribal member-owned business. With the holidays around the corner, I would like to do a little bragging on my



Mrs. Claus and the School for Santas.

incredibly creative, talented cousin, Timothy Stewart, on writing an adorable childrens Christmas book. The name of the book is *Mrs. Claus and the School for Santas*. It can be purchased on Amazon and online thru Barnes & Noble at cpn.news/santas. If you have little ones in your life,



Family Reunion Festival 2019.

it is great for the upcoming holiday season. Anytime you have the opportunity to support a Tribal member's business, I hope you will do so.

Wishing you all a blessed holiday season. As always, it is

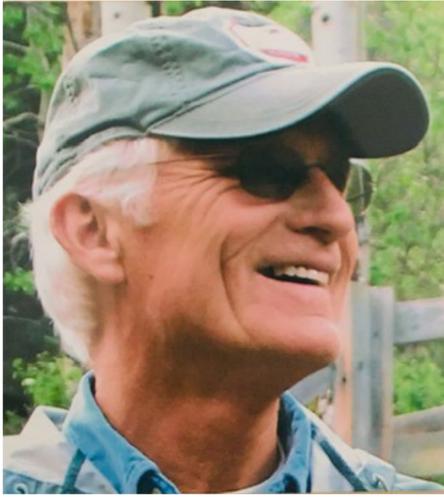
my pleasure to serve as one of your legislative representatives.

Bobbi Bowden
Peshknokwe
Representative, District 13
bbowden@potawatomi.org

Legislators are not able to retrieve your contact information from Tribal Rolls

Please contact your legislator and update your contact details so that you can receive important information.

Leslie Duane Evans



Known to childhood and young adult friends and family as “Duane,” but later to adult friends as “Leslie,” Leslie Duane Evans passed on Oct. 30, 2019, at age 82 following multiple brain bleeds.

Duane was an artist, a teacher, a social worker, a runner, a Citizen Potawatomi and a Marine. Although he was quiet by nature, he had a delightful but quirky sense of humor enjoyed by his family, friends and colleagues. He and Betsy Franken Evans noted their 60 years of marriage in August of last year.

Upon receipt of his bachelor’s in fine arts from Oklahoma State University, Duane taught for a few years at St. Gregory’s High School in Shawnee, Oklahoma, the school from which he graduated. He spent a year in the National Teacher Corps in rural Kentucky while pursuing a graduate degree. The Prairie Band Potawatomi Nation benefitted from his efforts in and around Mayetta, Kansas, before he enrolled in a second master’s program at Kansas University. He and his family farmed for several years on an organic farm near Tonganoxie; he worked briefly as a consultant for Native American Research Associates as well as a social worker at Bert Nash Community Mental Health Center in Lawrence. Duane finished his professional life after 15 years of teaching art at Haskell Indian Nations University.

In retirement, Duane and Betsy traveled, kept a busy social schedule and cared for their pets. Montana’s Glacier National Park and the Bob Marshall Wilderness Area were his favorite destinations.

Duane was preceded in death by his son, Josh, his mother, father, two sisters, a brother, two aunts and a

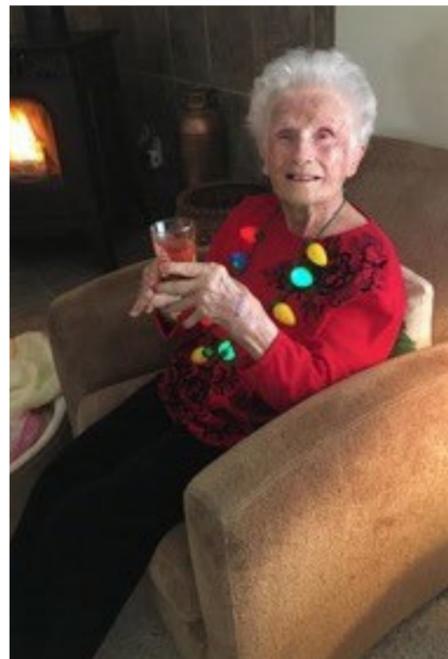
grandmother who raised him as well as his best friends Jim Spurr and Ed Hays.

He is survived by his wife, Betsy; daughter, Jadee; son and daughter-in-law, Rafe and Donna; sister, Kayelynn; grandchildren, Matthew, Leslie, Neshe, Shadusa and Sebastian; eight great-grandchildren; much-loved cousins, nieces and nephews; and his faithful best friends and cats, Wile E. and Hela.

A service for Duane was held on Saturday, Nov. 2, at Rumsey-Yost Funeral Home with a viewing and reception.

Memorials will be welcomed in the form of funds to install a bench in Duane’s memory at the Rotary Club’s arboretum. Donations to be made to Lawrence Parks and Rec., the stewards of the arboretum, sent in care of Rumsey-Yost Funeral Home, P.O. Box 1260, Lawrence, KS 66044.

Mary Louise Wyle



Mary was born July 12, 1925, to Eugene and Ruth Watts of San Fernando, California. She was the third of six daughters. Mary went to heaven on Oct. 16, 2019, at the age of 94.

She married her high school sweetheart, Jack Wyle on Dec. 27, 1945, while he was home on leave from the Marine Corps. Mary and Jack built their first home together. They were a team.

Mary was a real estate broker and owned her own business in Southern California. Jack was a general contractor, and together they built and sold many

custom homes. They built a shopping center in Agua Dulce, California, which they owned and managed until they retired to Gardnerville, Nevada, in 2000.

Mary was a descendant of Theresa Lafromboise (1823-1914), one of thirteen children and oldest daughter of Chief Joseph Lafromboise known as *Wamegose* (Little Thunderbird).

She is survived by her husband of almost 75 years, Jack; daughters Linda (Barry) Boyd and Cathy (Don) Stanford; granddaughters, Jacqueline Walter of Washington, and Conni Boyd of New Hampshire; and grandson, Micheal Fee of Washington; seven great-grandchildren; and numerous nieces and nephews. Mary is preceded in death by her parents; sisters, Grace, Aldena, Peggy, Miriam and Edith; and great-grandson, Ryan Walter.

She will live forever in our hearts.

Robert Hatton Gene Rhodd



Robert Hatton Gene Rhodd, 61, of Colorado Springs, Colorado, passed away unexpectedly in the afternoon on Oct. 21, 2018, at UC Health Memorial Central Hospital.

Robert was born on July 18, 1957, in Winfield, Kansas. He was the son of the late Max and Vivian Rhodd.

He graduated from Winfield High School in 1975.

Robert was united in marriage to Karen Jean Potter of Winfield, Kansas, on July

2, 1976. Robert attended Wichita Area Practical Nursing School and graduated in 1980 with his mother Vivian. He began his nursing career as an LPN at Good Samaritan Nursing Home in Winfield. Robert continued to pursue his bachelor’s degree while working for William Newton Hospital. He earned his degree and graduated alongside his brother Lance Rhodd in 1995. Robert made many friends while working at hospitals, prisons, as an ombudsman for the State of Kansas, and as a home health caregiver. Robert and his family moved to Meriden, Kansas, in 1999. Robert retired in 2010. Following his retirement, he and his wife Karen moved to Colorado Springs in 2016.

Robert was a lifelong member of the First Church of the Nazarene. He was also a proud Tribal member of the Citizen Potawatomi Nation of Shawnee, Oklahoma, and a descendant of the Cherokee Nation of Tahlequah, Oklahoma. He enjoyed spending time with his family, particularly his grandsons, his friends, listening to audio books or music, and watching Fox News. One of Robert’s favorite things to do was road tripping with Karen, regardless of which direction they were heading. He loved seeing new places and doing new things. He was always very thankful to never miss “The Dance.”

His family includes:

His wife Karen of 42 years; his daughter Erica Vlahavas, husband Sam and grandson Constantin of Colorado Springs; his son Colby Rhodd, wife Jacquie and grandchildren Max, Natalie, Jacob, and Kellen of Keokuk, Iowa; his son Timothy of Meriden, Kansas, with granddog Nala.

His sister Ronda Thomas and husband Jim; his sister Michele Sweeney and husband Mike; and his brother Lance Rhodd and wife Ashley.

He loved his many nieces and nephews, cousins, aunts and uncles.

Hownikan

1601 S. Gordon Cooper Drive, Shawnee, Oklahoma

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David C. McEvers

David C. McEvers, 90, of Fort Myers, Florida, passed away on Aug. 23, 2019. He was born to Dave and Gail McEvers. He is survived by his daughters, Cheryl (Dwight) Cameron, Jill (Vic) Dombrowski, and Marcia McEvers; his grandchildren, Chrissy (Jarrett) Shoemaker, and Christopher and Eric Dombrowski; and his great-granddaughter, Payton Shoemaker. He is preceded in death by his wife Juliana McEvers, his son David. S McEvers and his brother Dale McEvers.

David won nine high school athletic letters in three sports and was a three-year starter in football and basketball. He placed in the state track finals and was involved in six school records. The inscription beneath his yearbook picture was "Most Likely to Coach."

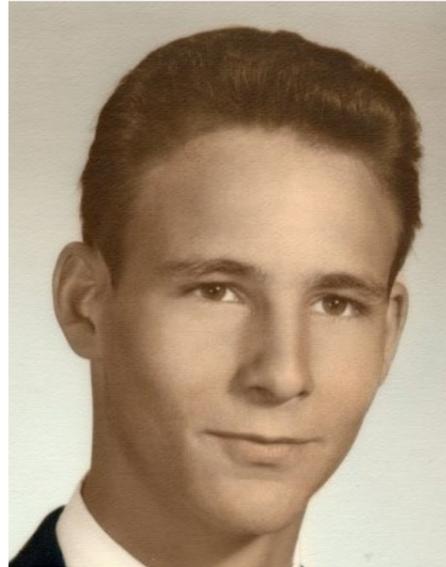
He received a Bachelor of Science from Wittenberg University, where he played football and was a member of the Pi Kappa Alpha fraternity. He received his Master of Administration from Eastern Michigan University.

David served in the U.S. Army, where he was assigned to special services as an athletic director in Vienna, Austria. He was a player/coach for numerous Army teams and a member of USFA and Southern European Championship basketball teams, as well as the winning team in the European Track Championship between troops from several countries.

He was an educator at Mt. Clemens High School in Michigan where he taught biology and physical education. He initially coached football and then began coaching cross country, and track and field. He received numerous county Coach of the Year awards. He was named Michigan High School Coach of the Year twice and received an Outstanding Coach award from the National Federation of Interscholastic Coaches Association two times. He was elected to the Macomb County Coaches Hall of Fame, and

he was inducted into the Michigan High School Coaches Hall of Fame.

After his retirement, he became a track official, traveling throughout the United States serving as an official with the U.S. Track and Field Association for 18 years.

Ellis Michael Cline

Ellis Michael "Mike" Cline died Sept. 24, 2019, in Norman, Oklahoma, at the age of 68. Funeral services were held on Saturday, Sept. 28 at Wadley's Funeral Chapel with Pastor Steve Lance officiating. Interment followed at Chappel Hill Cemetery east of Lexington, entrusted to the care of Wadley's Funeral Service.

Mike was born Jan. 20, 1951, in Shawnee, Oklahoma, to Albert Hollie and Clara Lavern (Trousdale) Cline. Coming from a military family, he was raised all over, graduating from Noble High School around 1969. Mike worked for the State of Oklahoma for many years, removing asbestos. On Dec. 26, 1999, he married Corinne Burselson at their home in the Noble/Norman area. Mike enjoyed hunting, fishing, playing darts, watching old westerns and anything to do with their farm. He and Corinne raised animals and enjoyed spending time with family and friends.

Mike is preceded in death by his parents, Albert and Clara Cline; wife, Corinne Cline; brothers, Fred Cline, Jim Cline, Phillip Cline and Wyvern Cline; stepdaughter, Pamela Plott; and stepgrandson, Zachary Hall. Survivors include his daughter, Chanda Lankey and husband David; son, Michael Lee Wilson; stepdaughter, Kit Raper Zias and husband Mark of New York; stepson, Tony Hall and wife Jennie of Oklahoma; grandchildren, Ashley and husband Mike, Kyler, Amber and Jonah; stepgrandchildren, Jessica, Chris, Mason and Stella; great-grandchildren, Rayden, Jayce, Kambrie and Wyatt; stepgreat-grandchild, Kamden; siblings, Steve Cline and wife Jeanette and Linda Cline; and numerous nieces, nephews and other relatives and friends.

Lenora Mae Vermilyea

Lenora Mae Vermilyea was born Jan. 9, 1937, in Stillwater, Oklahoma, to Denver and Carie Guess. Lenora was the second oldest of seven children. The family moved in the late 1930s from Oklahoma to Westwood, California, where Lenora helped her mother and father with daily duties of caring for her five younger siblings. This is where Lenora came by her trait of caring for others' needs before her own. Lenora graduated from Westwood Highschool in 1955 and moved to Live Oak, California, where she lived with the Gowan's and worked in a diner. This is where she meets Ellis Carl Frizzell and married in 1956.

Lenora's marriage came with a little twist named CJ, Carl's son from a previous marriage that she cared for as her own. Soon after Lenora had two children, Russell and Carleen, the family moved regularly due to Carl's employment working in the construction industry. Finally settling in Chester, California, Lenora raised the children and started sewing cloths for others as she had been doing for years helping with the family. She, at one point, decided to make a career of sewing and even taught college sewing classes at Plumas County Community College. Lenora and Carl moved the family in 1970 to Tillamook, Oregon, where they purchased Henry Plasker's Lock & Key, creating Carl's Lock & Key/Saw Sharpening and Lenora's Alterations.

Carl Frizzell passed in November 1971, leaving Lenora to try and run the businesses with Russell and Carleen still in school. Soon after, Lenora's sister Marcia Paris with her young daughter Valeri, came to help with the business where Lenora's Alterations became a very recognized part of the community. The business was moved to 116 Stillwell Ave. Tillamook, Oregon, in 1972. In 1973, Lenora married Willis Rutledge ("Willie the Shoe") on Sept. 3, 1972, who passed away on Jan. 12,

2003. The Lock & Key/Saw Sharpening part of the business was sold in 1975, and Marcia also passed on in 1975.

Lenora married Dennis Vermilyea on June 29, 2006. Lenora's Alterations has been at its present location for nearly 50 years. Lenora continued her passion for sewing and helping others before illness forced the closure of Lenora's Alterations in September 2019. She remained active in her business until just weeks before her passing on Oct. 23, 2019. Lenora is survived by husband, Dennis Vermilyea; stepson, Carl J. Frizzell; son, Russell W. Frizzell; daughter, Carleen Redheart; brother, James A. Guess of Oroville, California; granddaughter, Brenna Purkey; grandson, Donovan Huth (deceased); great-grandson, Ramon; great-granddaughter, Nyla; and great-grandson, Quentin.

Lenora was a member of the Citizen Potawatomi Nation of Oklahoma, member of the Rebecka's and a lifelong member of the Church of Christ.

Lenora will be greatly missed by many and all that adored her.

Linda Delaney

Linda Delaney, born June 29, 1943, passed away on Aug. 3, 2019, in Wichita Falls, Texas, after a long illness. She is survived by her husband of 30 years, Albert Delaney of the home; son, Mike Trammell; mother, Alice Killian; brothers, Kevin Killian and Gary Killian; and one sister, Colleen Albert. She was preceded in death by one son and three brothers.

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

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.