

HOWNIIKAN

Mkogisos | February 2019

Top photo: A frozen tree branch outside of the CPN Administration building.

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Walking on



“Bourassa the Interpreter” spoke often for Potawatomi of Indiana and Kansas

During a November tour of the Citizen Potawatomi Nation Cultural Heritage Center, director Kelli Mosteller, Ph.D., noted the removals that impacted Tribal members’ ancestors happened over the course of decades, not centuries.

“It’s distinctly possible that someone born in the woodlands of Indiana who made the march along the Trail of Death and lived in pre-Civil War Kansas ended up in Oklahoma after 1872,” Mosteller said.

The removals forced the Potawatomi south from their ancestral homelands in Indiana and rippled across the lifetimes of hundreds of individuals. Though he never made the journey to the Tribe’s current home, one member used his language skills and education to speak for the Potawatomi during the mid-1800s.

In March 1810, Joseph Napoleon Bourassa was born in the Great Lakes region to Daniel Bourassa II and Theotis Pisange. Early historical records list him as Ottawa. This was likely due to a family baptismal record sheet listing his mother as Chippewa-Ottawa, though other records note that her husband was also Potawatomi and Chippewa.

Joseph, known for his affinity for languages, heard and spoke English, French and Potawatomi at a young age. Early on, he became known as “Bourassa the Interpreter” and served as a translator during councils and treaty negotiations between the United States government and tribes.

He unfortunately lived through the harsh results of those negotiations. In 1837, he was on a removal conducted by George H. Proffit. Only a year later, his family suffered further.

They lived in Chief Menominee’s village along Indiana’s Yellow River in 1838 when American militia forced the community to abandon their homes and begin what became known as the Trail of Death. Both of Bourassa’s parents died in the years immediately following their removal from Indiana along with several of his brothers and other close relatives.

Bourassa attended Carey Mission School in Michigan and Hamilton College in New York. Eventually, according to Bourassa’s writings, he transferred to the Choctaw Academy of Kentucky to study law in the early 1830s.

Choctaw Academy

The academy originally opened in 1819 by the Kentucky Baptist Society for Propagating the Gospel among the Heathen. It soon ran short of funds, closed and then reopened in 1825 on the property and under the

direction of Richard M. Johnson. By the time it reopened, the Kentuckian gained a nationwide reputation as the man who slew Tecumseh, the Shawnee leader, at the Battle of the Thames during the War of 1812.

Not coincidentally, Johnson benefited from the school’s formation. His brother-in-law, William Hurd, oversaw the Choctaw Nation in Mississippi and notified the politically connected Johnson of a request from that tribe.

Choctaw leaders wanted the U.S. to create an institution that would train Choctaw students in the ways of the white settlers who were using every means possible to dispossess the Choctaw of their lands. Under Johnson’s direction, the academy’s curriculum focused on reading, writing, surveying and arithmetic. Other academic pursuits included music and language education.

While the institution initially served only Choctaws, Johnson’s political connections quickly increased the academy’s attendance to other Native Americans. U.S. Indian agents funneled money and students from across the West to the school in Scott County, Kentucky, at the expense of tribes they oversaw.

The Potawatomi were amongst those who sent students. Johnson discussed an incoming class that would be enrolled in the school after the signing of the Treaty of Chicago.

“Genl (sic) Tipton and Gov. Cass who will make the treaty are here, (and) they have promised me pointedly, that they will secure a literary fund like the one upon which we are now acting (and) I will recommend the Pottawatomies (sic) to send so many scholars as will come to our school,” Johnson wrote.

The school operated on the infamous 19th century ethos of “civilizing” Native Americans. The uprooting of young men from their families and traditional homes did not always go well. Johnson wrote of having to send home several “expensive and troublesome” Potawatomi at one point.

Bourassa found success at the academy, exemplifying the institution’s ideal student. He learned how to operate in the whites’ world in hopes of one day representing the Potawatomi in its dealings with the U.S.

After graduation, he taught there and at other institutions including an all-male Jesuit school, which he listed as his employer on an 1840 record.

He applied his education while developing one of the first Potawatomi dictionaries with a Potawatomi



Joseph Napoleon Bourassa

alphabet written during the Tribe’s time in Sugar Creek, Kansas.

Potawatomi leader

Bourassa, partially due to his education and language skills, was a known figure in the Potawatomi leadership circles. Along with his brother Jude, he signed the 1846 treaty with the U.S. He is noted as a representative of the Wabash, St. Joseph and Prairie Bands of the Ottawa, Chippewa and Potawatomi Indians on the document.

Yet in some historical accounts, his role in Kansas is a controversial one. In the years preceding the Civil War, disagreements arose between Native Americans forcefully removed to the 34th state. The Prairie Band and Citizen Band forged ahead on two different paths when it came to the issue of individual land allotments. The former sought to hold onto their bountiful, heavily timbered reservation in communal holdings. The latter, hoping for a better future laid with rights enshrined as U.S. citizens, accepted allotments in anticipation of prospering off their individual land holdings.

White authorities from railroad companies seeking to lay lines across Potawatomi reservations as well as federal government officials sought common leadership amongst the two nations to help decide the matter, presumably in their favor. Owing to the fluid nature of inter-band Potawatomi ties, Bourassa ascended to leadership positions through relations with the federal government. In 1861, he was seated as a representative of the Prairie Band on the combined bands’ business committee.

Continued on page 12

Four Tribal employees recognized by leadership program

The NextGen Under 30 program and *ionOklahoma Online Magazine* recently recognized Citizen Potawatomi Nation employees Emily Guleserian, Ashley May, Darian Towner and Adam Seikel as members of the 2018 class. The program honors the next generation of leaders who display innovation and creativity as well as inspire others. The competition judges candidates based on their participation in and contribution to their communities.

The program began in 2011 and expanded throughout Oklahoma, with 900 award winners selected from 6,000 nominees associated with 400 organizations. 2018's winners hailed from communities as far flung as Guymon to Durant to Tahlequah, Tulsa and Oklahoma City. Last year, the program recognized 267 winners in 15 categories.

The *Hownikan* spoke with each of CPN's winners about leadership, receiving the award and working for the Nation.

Emily Guleserian — Graphic Designer, Citizen Potawatomi Nation Public Information Department

Emily has worked for CPN for just over two years, helping to create branding guidelines for programs and promote enterprises. Emily earned a Bachelor of Arts in graphic design at Oklahoma Baptist University.

She believes that a leader is “someone patient, willing to listen, leads with authority and humility, treats everyone with respect and helps others reach their goals.

“Winning this award reminded me how lucky I am to have a job doing what I love with an employer who motivates me to pursue the goals I have set for myself and gives me confidence I am moving in the right direction in my career,” Guleserian added. “This award shows me the obligation I have as a young professional to display what hard work looks like to younger generations through my work ethic, determination and achievements.”

During her time at CPN, Emily has helped to create new apparel and gift items for the Citizen Potawatomi Nation Gift Shop.

“Learning about the Potawatomi culture, how they keep their traditions and culture alive, has not only influenced my artwork but my mindset as well,” she said. “I have the chance to create so many designs for projects I never thought I would play a part in. In such a short time,



Emily Guleserian



Darian Towner

working for CPN expanded my artistic abilities and strengthened me as a creative professional more than I would have thought possible. I am grateful for the opportunity I have to work for this Tribe.”

Ashlee May — Family Preservation Coordinator, Citizen Potawatomi Nation Indian Child Welfare

Ashlee has worked for CPN for five years. She began her career with the Tribe as a teenager at FireLake Discount Foods. While in college, Ashlee completed two internships with the Nation — one for the House of Hope program and another for Indian Child Welfare. Ashlee earned a bachelor's degree in social work from East Central University.

Ashlee believes that a good leader is someone who “is reliable, responsible, trustworthy and helps others reach their goals. A good leader is also



Ashlee May



Adam Seikel

someone who wants to continue to learn and grow in their position.

“Winning the Next Gen award meant a great deal to me,” May added. “Especially being able to bring recognition to the wonderful things that CPN House of Hope is doing in the domestic violence/sexual assault field as well as representing the Nation overall. I felt honored and blessed to have been chosen.”

Ashlee worked for the Citizen Potawatomi Nation House of Hope program before transferring to Indian Child Welfare in 2018.

“I enjoy working for CPN because of how the Nation cares about their employees,” May said. “Not just in their work role but personally as well. The Nation has helped me reach my professional goals by blessing me with two internship opportunities that led me to be where I am today.”

Darian Towner — Prevention Specialist, Citizen Potawatomi Nation House of Hope

Darian Towner began her employment with CPN two years ago. After an internship with the Tribe, Towner was hired as a prevention specialist for the House of Hope. Towner works to educate the public on domestic violence and sexual assault prevention. She received a Bachelor of Science from Texas A&M University.

Darian believes a good leader is someone who “is both selfless and humble as well as passionate and driven; a true leader never stops learning or fighting for good.

“I was extremely honored to be recognized for my accomplishments, but I was even more thrilled to bring a spotlight and awareness to the domestic violence/sexual assault field,” Towner said.

Darian has helped to bring more awareness to the services provided by House of Hope by contributing a monthly column to the *Hownikan*, planning events to encourage self-defense and increasing House of Hope's social media reach.

“I enjoy working for CPN because here we are all family,” Towner said. “I have forged strong friendships, discovered new role models and experienced so much personal growth in the time I have been employed at the Tribe.”

Adam Seikel — Assistant Director, Citizen Potawatomi Nation Batch Plant

Adam has worked for CPN for seven years. Before joining the operations at the CPN Batch Plant, he worked for the CPN Office of Environmental Health. At the batch plant, Adam helps to oversee the construction of foundation, roadways, parking lots and more. Adam is also a volunteer firefighter for the City of Tecumseh.

Adam believes that a leader is someone who makes “decisions that are in the best interest for workers and their company. Someone who understands and helps teach employees.

“Winning this award means to me that I have been recognized for outstanding work performance at work and within my community,” Seikel said. “I love my job for the simple reason that I enjoy the work I do as well as the people I work with and that I get to face new challenges every day.”

Read more about the NextGen Under 30 program at nextgenunder30.com.

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2019 Tribal election candidates certified

Each year, the Citizen Potawatomi Nation holds elections for positions in the Tribal government.

This year's ballot includes three legislative seats in addition to the annual Tribal budget.

Legislative races to represent Oklahoma Districts 10, 11 and 13 are all contested.

In District 10, incumbent David Joe Barrett faces challenger Norman Brasfield.

In District 11, incumbent Lisa Kraft faces two challengers, John Thomas Anderson and Christina Brasfield.

In District 13, incumbent Bobbi Bowden also has two challengers, Jay Laughlin and Michael K. Whistler.

In the latter two contests, if no candidate receives more than 50 percent of the vote, a runoff election between the top two finishers will take place up to 60 days from CPN Election Day, June 29, 2019.

Candidate profiles and Q&As will be featured in upcoming editions of the *Hownikan* before the election.

In addition to the legislative races, all eligible citizens of the Tribe will vote on

the annual budget. The budget outlines the expenditure of the CPN trust funds' earnings. No principal from the fund is spent. The budget pays for national service projects and the executive branch of the Tribal government.

In-person voting takes place at Tribal headquarters near Shawnee, Oklahoma, on June 29, 2019, during the annual Family Reunion Festival. Polls will be open from 7 a.m. to 2 p.m. Absentee ballots must be received by the CPN Election Committee by 10 a.m. on June 29, 2019. Citizens must show their Tribal ID card in order to receive a ballot. New Tribal IDs may be obtained by contacting the Tribal Rolls Department at 800-880-9880.

Absentee ballot request forms will be mailed out after April 1, 2019, and must be received by June 9, 2019. Tribal citizens are encouraged to confirm their address with CPN Tribal Rolls to ensure they receive a form. Ballot request forms may also be applied for in writing by sending the voter's name, address, legal signature and Tribal ID number to the CPN Election Committee at P.O. Box 310, Tecumseh, Ok 74873. Absentee ballot request forms must be postmarked by June 8, 2019. ♡



CPN locations achieve designation as Blue Zones Project Approved worksites

Citizen Potawatomi Nation's designation is largely due the employer's 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 and designated a committee of leaders, to oversee the Blue Zones Project Approval Process throughout the Tribal Nation departments. This committee consists of Leslie Cooper, committee chair; Richard Brown; Dr. Glenna Stumblingbear-Riddle; Holly Garcia; and Joe Garcia.

"We recognize that, as the largest employer in Shawnee, we can have a significant impact on the health and wellness of our community by helping our employees make healthier choices," said Citizen Potawatomi Nation Tribal Chairman John "Rocky" Barrett.

Leslie's first step as the chair of the Health and Wellness Committee was to determine how to affect employee well-being within the FireLake Wellness Center, Citizen Potawatomi Nation Health Services, and Tribal Youth Services. This committee included Sarah Lawrance; Zachary Huff; Coby Lehman; Jeffrey Cleveland; Angela Rose; Amber Christ and Terry Withrow.

"It has been an honor and privilege to be appointed the chair for this project. This has been a great opportunity for the Citizen Potawatomi Nation and our employees to rally together to focus on employee well-being and lifestyle changes," said Leslie Cooper. "Our committee members have worked tirelessly on finding new and easy ways to increase employee well-being awareness. I believe it is very important to take care of the people that take



CPN employees and Blue Zones Project celebrate the Tribe's dedication to overall health.

care of you. The Citizen Potawatomi Nation is a wonderful place to work. They are dedicated to serving the Native American community as well as their employees. The Citizen Potawatomi Nation will continue to grow and succeed in delivering all types of services to the surrounding areas and its people. The real growth; however, can be seen in the eyes of the hard working, caring employees that are dedicated to their work and their peers."

One key point in this approval is their sustainability plan, a road map that ensures the development of a strong strategy in order to continue to improve 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 committee also developed a Blue Zones approved vending list for employee break rooms.

"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.

Brought to Pottawatomie County through an innovative sponsorship by the Avedis Foundation in collaboration with Sharecare, Inc. and Blue Zones, LLC, Blue Zones Project is a community-

by-community well-being improvement initiative designed to enable community members to live longer, happier lives with lower rates of chronic diseases and a higher quality of life.

Based on principles developed by Dan Buettner, National Geographic Fellow and New York Times best-selling author of "The Blue Zones" and "The Blue Zones Solution," Blue Zones Project is designed to make healthy choices easier through permanent changes to the built environment, policy and social networks.

To learn more about Blue Zones Project, contact the Blue Zones Project team in Pottawatomie County at 405-765-8071, or visit bluezonesproject.com. ♡

CBD products now available

As the demand for natural alternatives to common, everyday ailments increases, the cannabidiol industry is gaining traction amongst consumers for its variety of applications and health benefits. Researchers from Brightfield Group predict CBD commerce will continue this trend, increasing to more than a \$22 billion industry by 2022.

Consumer requests for CBD products at Citizen Potawatomi Nation enterprises prompted FireLake Corner Store, Grand Travel Plaza and FireLake Express Grocery Stores in Tecumseh and McLoud to begin selling CBD-infused oils, lotion, water, candy and more in 2018.

“Customers want a variety, and anytime we can add a family of products, like CBD, that helps in our goal of being a one-stop-shop destination,” said FireLake Discount Foods Director Richard Driskell.

How it works

CBD is one of more than 400 chemical compounds within cannabis plants, but it does not have the psychoactive effects from Tetrahydrocannabinol — or THC — found in marijuana.

As a non-intoxicating compound, CBD activates some neurological receptors in the body while deactivating others. For example, CBD can stimulate serotonin receptors, which can assist with sleep and anxiety. CBD can also stop the neurological absorption of the pain-regulating compound anandamide. This increases the anandamide levels found in the body and thus reduces discomfort.

Over the past few years, it has become increasingly easier to purchase CBD products across the country. However, the 2018 Farm Bill only recently expanded the ability for farmers to grow and harvest hemp legally.

Before the farm bill’s passage, the Drug Enforcement Agency did not prosecute those who used or purchased CBD products, but the lack of federal and state regulations on today’s CBD market can result in consumers purchasing merchandise that may or may not accurately reflect the label.

Medical News Today reported, “It can be difficult to know whether a product contains a safe or effective level of CBD.”

When making CBD purchases, especially outside of CPN-owned enterprises, it is important that consumers educate themselves on the companies and their products to ensure safety.

Headquartered in Norman, Oklahoma, Natural Native LLC provides CPN enterprises wholesale CBD water, extract spray and edible candy bears as well as spearmint, blueberry, dragon fruit and lemon-flavored oils. The company grows commercial hemp on its organic farm in Eaton, Colorado, that is then processed into products.

According to the company’s website, “Natural Native has one mission, to provide the best all natural, THC-free CBD products to America. Whether it is the products you can find at a national retailer or through one of our online sales and private label partners, Natural Native supplies the best, most highly advanced CBD on the market today.”

Natural Native merchandise at CPN enterprises begins at \$3.49 for CBD-infused water, which includes 30 milligrams of CBD, and goes up to \$260 for oil containing 3,000 mg CBD.

While many experience positive outcomes after taking high-quality CBD supplements, experts encourage discussing options with a medical professional before beginning treatment.

CPN enterprises carrying CBD products:

FireLake Corner Store
41201 Hardesty Road
Shawnee, OK 74801

Grand Travel Plaza
765 Grand Casino Blvd.
Shawnee, OK 74804

FireLake Express Grocery Tecumseh
214 E Walnut Street
Tecumseh, OK 74873

FireLake Express Grocery McLoud
3467 S McLoud Road
McLoud, OK 74851 ♡



HOW CBD CAN HELP

PAIN MANAGEMENT

According to *Medical News Today*, CBD may serve as a natural alternative for those who currently take prescription or over-the-counter pain relief medication or suffer from chronic pain. Elizabeth M. Williamson and Fred. J. Evans published *Cannabinoids in Clinical Practice* in 2000, which reports CBD’s “anti-inflammatory effect is several hundred times that of aspirin.”

EPILEPSY

Although hemp, a species of the cannabis plant that produces CBD, did not become federally legal until December 2018 when President Donald Trump signed the latest farm bill, the Food and Drug Administration approved the cannabidiol oral solution Epidiolex as treatment for two rare forms of epilepsy June 2018.

ANTI-ANXIETY

According to researchers Williamson and Evans, some clinical research conducted on animals and humans indicates that CBD can decrease anxiety and post-traumatic stress disorder symptoms.

CARDIOVASCULAR BENEFITS

Journal of American College of Cardiology published a study in 2010 indicating CBD may have therapeutic benefits for treating cardiovascular disorders. Other studies revealed CBD increases heart and cardiovascular health by decreasing blood pressure, lessening the risk of heart attacks and stroke.

CANCER

A review by the *British Journal of Clinical Pharmacology* revealed CBD’s anti-inflammatory benefits can also decrease cancer risks and may slow cancer and tumor growth.

TYPE 1 DIABETES

In 2016, *Clinical Hemorheology and Microcirculation* published research indicating CBD decreases pancreas inflammation, which can potentially delay the onset of type 1 diabetes.

ALZHEIMER’S

The *Journal of Alzheimer’s Disease* published a peer-reviewed article in 2014 that concluded CBD prevented and decreased the rate of Alzheimer’s progression in the studies’ participants.

Tribe’s 60 year battle over Mission Hill comes to a close

The Citizen Potawatomi Nation and the Pottawatomie Board of County Commissioners have reached an agreement regarding approximately 20 acres of land known as the Mission Hill property. Pottawatomie County Commissioners conveyed the property to Citizen Potawatomi Nation, effective immediately.

“The Citizen Potawatomi Nation deeply values the goodwill and vital working relationship with the Pottawatomie County Commissioners,” said Tribal Chairman John “Rocky” Barrett. “The Mission Hill Hospital discussions have continued for more than 15 years, and we are thankful to have reached an agreement.”

Pottawatomie County was given the property under the mandatory legal requirement that it would be used by the county exclusively for a public purpose, as required by federal law. The county had not used the property only for a public purpose in many years, as

affirmed by the Department of Interior in 2012. According to federal law, if the land is no longer used for a public purpose then it reverts back to the original owner — the Citizen Potawatomi Nation.

The agreement will allow Pottawatomie County Commissioners to deed the property to Citizen Potawatomi Nation immediately. The Citizen Potawatomi Nation will allow Pottawatomie County to collect lease funds from Cornerstone, a commercial tenant that operates an acute care facility, for four years. The One Safe Place Family Justice Center, a center for county services for victims of family violence, will also remain on the property, rent free, for four years.

The Citizen Potawatomi Nation will also allow the county’s branch of the state health department to occupy a building on the property for fifteen years. During that time, Citizen Potawatomi Nation will be responsible for the maintenance of the property. The agreement is



Citizen Potawatomi Nation will continue to house the current Mission Hill property tenants after re-obtaining the deed.

subject to a final lease agreement with Cornerstone, Department of Interior approval, and exchange of documents.

“We appreciate the time that the County Commissioners, former District Attorney

Richard Smothermon and District Attorney Allan Grubb have taken to negotiate on behalf of Pottawatomie County,” added Barrett. “We look forward to continuing our working relationship with these parties.” ♡

Sunday looks out for Kansas animals at Heartland Veterinary Health Center

Though the United States continues to urbanize, some residents choose a quieter locale to live and work, including Citizen Potawatomi tribal member Amy Sunday. She currently lives in the small city of Holton, Kansas, near her hometown of Netawaka. The Martin family descendant graduated from Jackson Heights High School outside Holton before getting a degree in veterinary medicine at Kansas State University. The *Hownikan* recently spoke with Dr. Sunday, owner of Heartland Veterinary Health Center, about her background, career and decision to work in a rural setting.

Why did you decide to pursue an education in veterinary medicine at Kansas State?

“I always enjoyed animals from a young age. I would always be outside on our farm playing with anything that would let me hold it. As I became older, I became interested in the dual aspect of science and animal care of veterinary medicine, and so I set my sights on it.”

While you manage the medicinal and surgical cases on an individual basis, you also focus on herd health. What does a veterinarian do in that specific area?

“Herd health is the medical management of farm production animals such as cattle, goats, sheep and pigs. We manage their overall health profile. This involves a heavy focus on preventative medicine, which is a combination of vaccinations, genetics, nutrition and environmental management of farm



Dr. Amy Sunday (center, holding a cat) runs the Heartland Veterinary Health Center with her husband and co-owner, Dr. Don Sunday.

animals to keep them as healthy as possible. We do this in the hopes that we can prevent as much sickness as possible in the herd. We work closely with our producers to develop a plan that works the best for their situation.”

You returned to your hometown area to provide veterinary services. Why did you feel the need to return there as opposed to heading to a bigger city?

“I have always enjoyed the small-town vibe. There is something unique about knowing your neighbors and being able to say hi to each other at the grocery

store, at dinner or feeling safe letting your kids walk to school. I also am very close to my family, so being able to see them on a regular basis is a great bonus.

“Holton is a rural community as well, so I am able to get the mixture of working with clients’ dogs and cats, but also their farm animals.”

What are the components of managing those responsibilities and running the business side of things?

“It was definitely an adjustment taking over the business. We are taught how

to be veterinarians in school but not how to be business owners. It was a bumpy road, but we are fast learners and surrounded ourselves with individuals who did receive educations in business to consult with. It is hard to go from working up a medical case to then having to shift gears and manage employees or inventory problems, etc. I enjoy the challenge, however, and don’t regret it.”

What are your favorite animals to treat, in terms of either the biggest challenge or the reactions you get from their owners?

“My favorite animals to work with are felines. I have also been a cat lover, so I feel like I understand them more than most individuals. I enjoy them so much that I pursued the added effort to make my practice a certified Cat Friendly Practice through the American Association of Feline Practitioners.

“This certification required us to study feline behavior and handling techniques in-depth; have special cat boarding and exam room facilities; and feline specific medical instruments. I truly enjoy working with the ‘scary’ cats that others just don’t understand. If you use the techniques I was trained to use with this program, they can actually be great animals to care for.”

To learn more about Dr. Amy Sunday and her practice at Heartland Veterinary Health Center, please visit heartlandvetholton.com.



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Lindsay Jones Marean's life mission: save endangered languages

From sleeping in public places to catching red-eye flights to avoid needing a motel room, Citizen Potawatomi Nation member Lindsay Jones Marean lets nothing stand in her way of protecting endangered languages, especially Potawatomi.

Marean is a Tescier family descendant and studied to become a Spanish teacher, but a linguistics 101 course influenced her trajectory. She double majored in Spanish and linguistics at the University of Kansas and taught upon graduation. After five years in the classroom, she came to a realization.

"I got restless and felt like the Spanish language is not in danger of dying out," Marean said. "I wanted to do something more meaningful, even though I enjoyed teaching. I decided to go back to grad school, study linguistics and possibly work on Potawatomi, maybe a different Indigenous language."

She learned about the Potawatomi Language Scholars' College at Haskell Indian Nations University while reading the *Hownikan*. Although it was the third and final year of the program, Marean decided to attend.

"It just happened to be that summer before I started graduate school," she said. "I had never heard the Potawatomi language before, and the only Potawatomi I knew were my extended family."

Marean spent several weeks around Lawrence, Kansas, that summer immersed in the language.

"This was in the late '90s, and there were still quite a few first language, fluent speakers," Marean recalled. "I had never been around Potawatomi who had grown up fully knowing and living the language, culture and tradition. I felt like I had walked into this other world."

The Potawatomi Language Scholars' College experience inspired her to move forward.

"I knew I wanted to go to graduate school and work on an Indigenous language to revitalize," she said. "I then knew Potawatomi was a fit, which was awesome because that's my own ancestry."

Developing relationships

"During the five years that I was in graduate school, it was especially tricky to navigate, 'Am I approaching you as a Potawatomi person who wants to learn, or am I approaching you as a scholar?' There's a mixed history of academic scholars working in Indigenous communities," she said.

Because of this, Marean began building rapport with Potawatomi across North America.

After completing her graduate degree from the University of Oregon in 2004, she worked as a curriculum consultant for a consortium of six Indigenous communities across California. Two years later, Marean got engaged and decided to move back to Eugene, Oregon. During the summer before her wedding, she looked for opportunities to learn Potawatomi.

One of her mentors at the Prairie Band Potawatomi Nation encouraged her to come back to Kansas.

"She had always said, 'Well, you're not going to learn Potawatomi

living in Oregon. If you are serious about this, you need to come out to Potawatomi country," Marean recalled.

The Prairie Band developed a Potawatomi grammar book in 2006. Unfortunately, the original linguist left the project before its completion.

"They had this almost finalized draft of the grammar book, and they needed to do one more run, so I showed up and stayed here all summer to help them with the final pass through," Marean explained.

CPN member and distant relative to Marean, Leo Nadeau, assisted her and the Prairie Band's language department with the book.

"I didn't get paid, but it was an amazing experience for me — getting to interact with (elders) was awesome, and just the rest of the language department, they made me feel like one of them," she said.

Immersion

During summer 2006, the Prairie Band's language department also partnered with Bay Mills Community College in Michigan to bring language educators once a month to teach *Nishnaabemwin*, an Ottawa and Eastern Ojibway dialect that's similar to Potawatomi.

"Two or three instructors would come down for a long weekend, and those instructors spoke nothing except *Nishnaabemwin*," Marean said.

"They'd stop by McDonald's on the way back to (the Prairie Band), and they would have whoever picked them up from the airport look at the menu and tell them in *Nishnaabemwin*, 'I want a hamburger,' and they'd have to figure it out. We never heard English from those instructors."

While visiting upper Michigan years later, Marean went into a convenience store where she ran into one of the Bay Mills Community College teachers.

"She asked me in *Nishnaabemwin*, 'Where are you going? Do you know how to get there?'" Marean recounted. "Since I didn't, she switched over to English to give me the instructions to make sure I wasn't going to get lost. It was the first time I'd ever heard her speak English."

Marean fondly remembers her summer with the Prairie Band for further motivating her efforts to protect at-risk Indigenous languages.

Going north

Inspired to continue learning, Marean researched potential grants and financial assistance. Fellow CPN member Justin Neely received support from the Endangered Language Fund years prior, which allowed him to spend time with Potawatomi communities and become fluent with the language. Today, he serves as the CPN Language Department director.

"Knowing that he had done it gave me the confidence to apply myself," Marean said. "I got the funding. It was matching funds, which meant I had the funding to go, but it meant I had to come up with the other out of pocket."

Once accepted, she enrolled in *Nishnaabemwin* courses at Bay Mills Community College held in Baraga, Petoskey and Sault Ste. Marie, Michigan.



Lindsay Jones Marean (right) plays Potawatomi bingo during the 2016 Gathering of Potawatomi Nations.

"Each weekend, it would be one of those three locations," she explained. "I would fly to one of those communities, spend the three days of the weekend doing immersion, then I would drive out to Forest County and hang out there and attend Forest County community classes."

There she formed a relationship with Forest County Potawatomi elder and fluent speaker Jim Thunder.

"He knew I had driven out there, so he would find time here and there during the week to get together, and he'd teach me," she said.

To take full advantage of this opportunity, she found ways to stretch every dollar.

"I was gone from home all the time, sleeping on planes, had no money, and I couldn't work much because I was spending over a week each month doing this program," she said. "I would deliberately buy red-eye flights so that I could sleep on the plane, and I wouldn't have to stay in a hotel," she said.

Although Marean considers this time in her life as "threadbare living," she regrets nothing.

"Potawatomi and Odawa are different but similar enough that by learning Odawa, I started to get a better understanding of Potawatomi," Marean said. "And meeting with Jim in between helped me separate the two."

Dictionary

Her prior trips to the Great Lakes region and efforts to build relationships with the Potawatomi communities started coming to fruition when she received an invitation to help the Forest County Potawatomi language department complete a project.

Forest County's linguist Laura Welcher initially worked with numerous first language speakers including the late Mary Daniels to create a Potawatomi dictionary, but Welcher required additional resources and manpower to complete it. The National Science Foundation and the National Endowment for the Humanities provided funding to conduct the research, fieldwork and data entry necessary to publish the dictionary.

"Monica Macaulay, a linguistics professor at the University of Wisconsin, was the principal investigator — the person in whose name we got the grant and who was responsible for carrying it out — along with Laura," Marean said.

Forest County tribal members Billy Daniels, Jim Thunder and Mary Jane Thunder, Mike Alloway, Kim Wensaut as well as Monica Macaulay and Marean formed the framework for a Potawatomi dictionary.

"It ended up being a collaboration between Forest County and the University of Wisconsin, but Jim especially wanted me involved because I have the linguistics background," Marean said. "My dream was to learn linguistics so that I can work on Potawatomi and be a part of Potawatomi language revitalization — then it got real, and it was awesome."

The dollars from NSF and NEH that helped fund the dictionary fortunately also covered her travel expenses.

"I went from sleeping in Greyhound bus stations to all of the sudden, I could pick flights so that I could sleep at night in beds and stay in hotels and have money to eat. I was paid to travel to Wisconsin and learn from my elders," Marean said with a smile.

The team prepared potential word lists and entries, and then they worked with fluent speakers to ensure accuracy.

"We'd spend hours every day asking how to say stuff in Potawatomi," she said. "That's a rare opportunity for any Potawatomi person. I mean, we're lucky if we get like 15 minutes with an elder."

After three years of hard work, Forest County published the dictionary.

"I think since we already had Laura's database, we thought that all we have to do is just check those and some other things," Marean said. "It turned out, we had to check a lot more than we thought, and it took a lot longer than we thought."

The group enjoyed working with each other so much that they decided to apply for a second grant and continue their work preserving their ancestors' tongue.

"A big component of it was recording first language speakers up in Forest County speaking Potawatomi. As much as we could, we tried to put them together talking back and forth," she said. "A lot of times because of schedules and because of the many other demands on elders' time, it would just be one person talking."

Marean said she was fortunate to have met and worked with Forest County elder Lillian Rice. She enjoyed hearing Lillian Rice and Mary Jane

Continued on page 16

Welch descendant continues Potawatomi-family legacy

1861 ushered in many changes for the Potawatomi in Kansas. Some decided to begin the U.S. citizenship process established in the Treaty of 1861 and 1866, thus creating the first Citizen Potawatomi tribal members. However, negative repercussions of the two treaties caused most to move to Indian Territory.

Despite the hardships in Kansas, Joseph Welch and his family thrived. On Aug. 11, 1865, Welch received 240 acres, and 120 acres of that allotted land has never left the family. One of his descendants continues to own, operate and live on the allotment today.

“It is an honor for me to be a descendant of Joseph Welch, still on the original farm,” said CPN member Greg Riat. “Farming is a great way of life that I have been involved in since I was a youth.”

Riat purchased his first herd of livestock in the late 1970s, and although it was a lot of money and work at the time, he never looked back.

“I can’t imagine how much work our ancestors had to do to produce a crop,” Riat said. “They would have done most all their work with animals and by hand. They had a hard way of life.”

Riat started his career in agriculture at a young age, helping his father and uncle on the family farm. At that time, they had two combines that could only cut about 14 feet of wheat at a time. His grandmother had Riat start farming the Joseph Welch Farm on his own in the early ‘80s, becoming the fifth generation to cultivate the land.

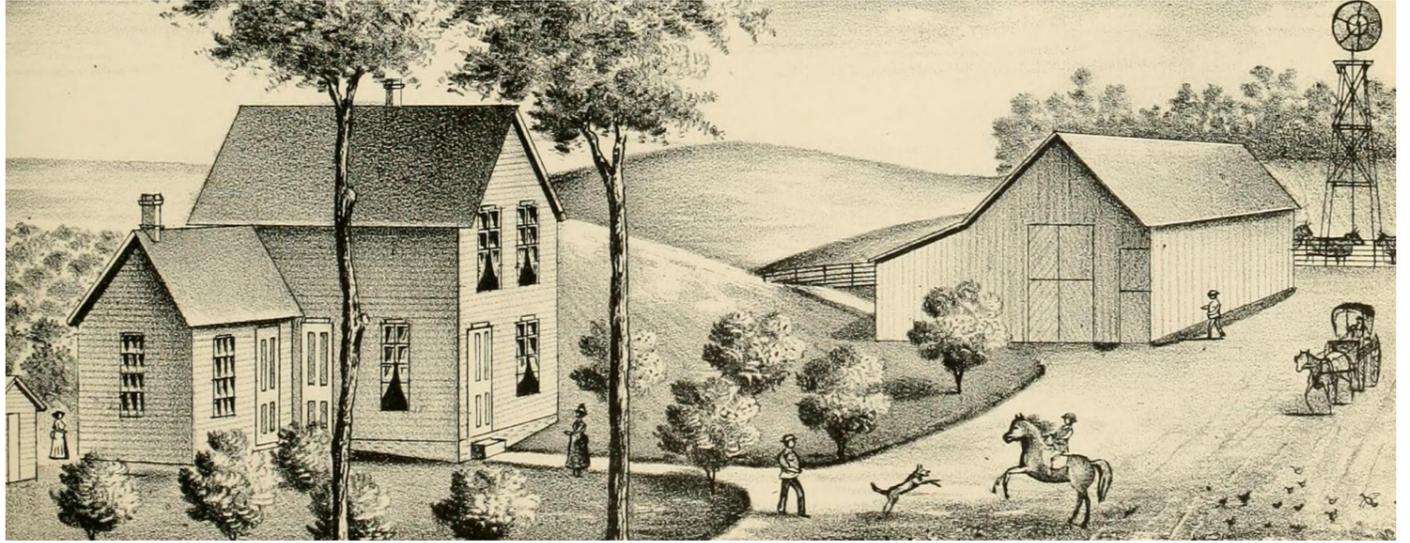


Image depicts Citizen Potawatomi member Joseph Welch’s farm in Pottawatomie County, Kansas. (Photo provided by Kansas Historical Society)

And since then, modern equipment has made planting and harvesting easier with self-guiding implements.

“There is great satisfaction in raising a crop, working with nature and having God’s help,” he said.

Riat said he is grateful to keep the legacy going, and he is proud of his son’s desire to continue the agricultural tradition for future generations. Today, the Riat family produces corn and soybeans across 428 acres, including his great-grandfather’s 120 acres that remains in the family. Riat employs modern techniques to ensure his descendants will have an opportunity to live off the land as well.

“We are minimum and no-till. We have evolved over the years,” Riat said. “There are many benefits to this

way of farming including reduced erosion and better moisture retention. We do a corn, soybean rotation.”

In addition to his agricultural pursuits, Riat is currently serving his fifth term as the Pottawatomie County, Kansas, sheriff.

“I have been with the Pottawatomie County Sheriff’s Office since 1989,” he said. “During this time, I have worked as deputy, patrol supervisor, detective, and for the past 18 years, sheriff. My plans are to retire from the sheriff’s office in two years and farm full-time.”

Since attending his first Gathering of Potawatomi Nations held at the Prairie Band Potawatomi Nation last summer, Riat started learning more about his Potawatomi heritage.

“I am very proud to be a Citizen Potawatomi member and of my family. ... I have much to learn about our past,” he said. “It means a great deal to me, but I also believe there is a responsibility to learn. And that’s what I am working on. It’s so important to learn where we come from.”

Along with Riat’s farming legacy, he desires to leave a lasting impression across Pottawatomie County, Kansas.

“If we try to effect a change for the positive, I believe we can make things better — especially for our coming generations,” he said. “I hope that over the past years, I have made a difference with what I have done at work but also at home. I want to leave a better, kinder and safer place for our next generation.”



Bozho (Hello),

According to a recent release from the U.S. Department of Veterans Affairs, the VA is partnering with the American Physical Therapy Association to support veterans by providing new physical therapy resources.

“The partnership coordinates strength of both organizations to benefit all veterans and their families, physical therapists and physical therapist assistance by helping to raise awareness of physical therapy and create new employment and practice opportunities,” noted the release.

This is an important resource for improving veterans’ health and well-being. This new agreement allows both organizations to develop additional best practices in treatment of veterans in both the federal and private sector.

A blog post from the VA recently discussed an affliction impacting many vets: *Glaucoma — Why Veterans need regular eye exams.*

According to U.S. Veterans Health Administration writer Hans Petersen, glaucoma is a disease that damages the eye’s optic nerve. It usually happens when fluid builds up in the front part of the eye. That extra fluid increases the pressure in the eye, damaging the optic nerve. However, some forms of glaucoma can damage the optic nerve, even when the eye pressure is in the normal range

during the eye exam. This can happen when the eye pressure becomes high at other times of the day, and you don’t feel the pressure elevation. It can even happen when blood flow to the optic nerve becomes reduced below a critical level, which can happen during periods of very low blood pressure, even during sleep.

For those taking hypertension medications right before bedtime, it can cause the blood pressure to drop too low during sleep, Petersen continued in the blog post. Another risk factor that can adversely affect glaucoma is obstructive sleep apnea, which may reduce delivery of oxygen to the optic nerve. Glaucoma is the leading cause of blindness in veterans over 60 years old. This blindness can often be prevented with early detection and treatment.

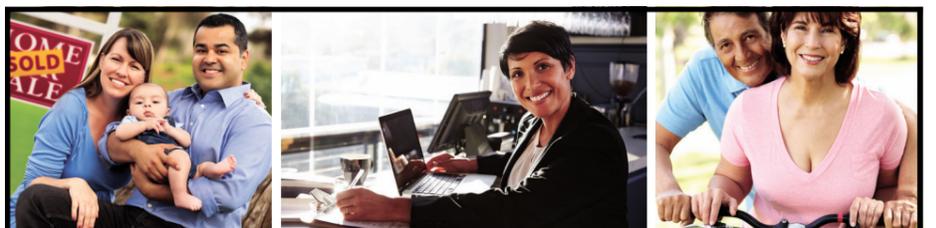
Read the full article at cpn.news/VHA.

We are beginning a new year, so, why not start it off right by joining the Citizen Potawatomi Nation Veterans Organization? We would love to have you join us on the fourth Tuesday of each month in the North Reunion Hall located at the CPN Powwow Grounds south of FireLake Discount Foods. We have a meal and social time, and begin at 6 p.m. (or as soon as you can get there). Be sure to bring your family. They are welcome.

Migwetch (Thanks),

Daryl Talbot, Commander
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405-275-1054

CPN VA Representative:
Andrew Whitham
CPN Office Hours: 1st and 3rd Wednesday each month
8:30 AM to 3:00 PM
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Examining trauma provides insight into mental health disparities and poverty across Indian Country

Maria Brave Heart Yellow Horse, Ph.D., Oglala Lakota, coined the term historical trauma in her article *Wakiksuyapi: Carrying the Historical Trauma of the Lakota* almost 20 years ago. She defined it as the result of long-term adverse occurrences. Negative experiences such as forced assimilation and removals, boarding schools and more continue to afflict the American Indian and Alaska Native community generations after the initial negative experiences. These incidents create devastating repercussions passed on to descendants, even though they never experienced the initial stressor first-hand.

“Think of it like this: If you grow up with a parent who frequently checks locks on doors, while you may not check locks on doors as much as that parent, you are still likely to check the locks on your doors much more than the general population,” said Citizen Potawatomi Nation Staff Psychologist Shannon Beach, Ph.D.

As a citizen of the Chickasaw Nation, Dr. Beach’s desire to serve fellow Native Americans inspired him to join CPN’s workforce November 2018.

“That has been my goal for as long as I can remember,” he added. “Being Native, I have always tried to focus on working with other Native people, and my research in my graduate program was around views of structure within Native families.”

Dr. Beach explained exposure to adverse, distressing events such as forced removal and cultural loss across multiple generations can manifest in anxiety, depression and other mental illnesses.

“These things are impactful to those we serve due to previous generations’ experiencing so much loss and hardship that has led to things like depression and traumatic stress, and impact the way they did things in many, many aspects of life,” he said. “This, in turn, impacts the future generations, who are those we serve today.”

Also, past threats can foster a belief that they still exist in some aspect today, said Dolores Subia BigFoot, Ph.D., of the Caddo Nation of Oklahoma, in the article *Impact of Historical Trauma* published by the Indian Country Child Trauma Center at the University of Oklahoma Health Sciences Center.

Dr. BigFoot’s career concentration includes training mental health providers and clinicians to support culturally adapted trauma-focused cognitive behavioral therapy, said Indian Country Child Trauma Center’s Anna Rangel Clough, licensed attorney and a member of the Muskogee Creek Nation.

“There is an increased awareness but still a large field of learning opportunity to support various practitioners in the areas of understanding trauma and implementing trauma-informed principles within their practices, policies and procedures,” Clough said.



Research conducted on Indigenous youth indicates 10 percent of the participants met diagnostic criteria for post-traumatic stress disorder.

One of the center’s core trainings focuses on the continued dissemination and education related to prevention, intervention and court-based youth services. In order to overcome centuries of negativity, the public must recognize historical trauma’s influence across Indian Country and the strides made to provide healing.

“This understanding of the impact of historical trauma on American Indians and Alaska Natives has been critical to formulate a strategy for communities to take care of their members and better prepare for next generations,” Dr. BigFoot said.

Influences

Circumstances including displacement, natural disasters, domestic violence, death of a loved one and others can also create long-term negative influences. It is especially critical “when the traumatic conditions have created changes in the cultural, community, and the family connections,” Dr. BigFoot continued.

Cultural trauma attacks the society’s foundation, which affects the community’s essence, she added.

“Intergenerational trauma occurs when the trauma of an event is not resolved and is subsequently internalized and passed from one generation to the next through a variety of poor practices or impaired capacity to adequate care of one self for others.”

According to a study published by *Brain Sciences*, negative psychological encounters can create biological consequences by altering DNA, “and has the capacity to change the expression of genes.”

Inherited traumas often manifest in inappropriate relationships and parenting skills, substance abuse, anxiety, depression, anger and more. When coupled with intergenerational poverty, these indicators can be more pronounced. Lacking access to services often results in a higher potential

for experiencing distress than that of more affluent communities.

American Indians have experienced employment, educational and economical disadvantages over the past several centuries, which influences family networks at higher rates than other races. The Indigenous “have encountered personal despair compounded with alcoholism or other self-destructive behaviors. Once self-reliant and self-sufficient, the American Indian and Alaska Native people were forever changed by the policies of the federal government,” Dr. BigFoot said.

When people struggle for daily survival, it becomes increasingly difficult to create sustainable plans and goals, she added.

“Despite these overwhelming obstacles, American Indian and Alaska Native people have endured; while continued existence has been a major struggle,” Dr. BigFoot said.

Indian Country Child Trauma Center serves communities and hopes to provide helpful services that create lifelong change.

“If we fail to acknowledge issues like trauma, we may fail to provide services that are the most specifically helpful to individuals,” Clough said.

The American Psychological Association recently published *Standing With Our Sisters: MMIWG2S* written by CPN’s Director of Behavioral Health and citizen of the Kiowa Tribe of Oklahoma Glenna Stumblingbear-Riddle, Ph.D. The article highlights various strides across Indigenous communities to raise awareness about violence against Native women, girls and two-spirit people.

Dr. Stumblingbear-Riddle argued the Missing Murdered and Indigenous Women epidemic has deep psychological consequences, and researchers can trace violence against Native women back to the colonial era. Additionally, violence against women is not traditional, and many tribes were matriarchal.

“Historical trauma is very present in Native communities and can be seen in the internalized oppression and normalization of violence that Native people have been forced to face and overcome,” Dr. Stumblingbear-Riddle said. “In addition, there are disproportionately high rates of PTSD, suicide, depression and substance use disorders among Native people which accompany and result from the high rates of violence the community experiences.”

At the same time, the Native community cannot forget about historical, innate resilience and strengths, Dr. Stumblingbear-Riddle added.

“We are still here thanks to the resilience of our ancestors,” she said. “Tribal communities are exercising their sovereignty and working with many programs and partners to best serve their tribal citizens.”

Citizen Potawatomi Nation efforts

The U.S. Census Bureau estimates approximately 13 percent of Pottawatomie County, Oklahoma’s population is Native American. CPN Behavioral Health strives to serve Tribal members, Tribal employees and the community. The department works to decrease negative mental-health stigmas, provide education and lessen the likelihood of inherited traumas manifesting in future generations.

“We use counseling techniques and practices that we all learned in our training programs, but do also try to use them with awareness of the impacts of historical trauma and awareness, when we can, of various cultural practices,” Beach said.

CPN also combats negative mental health statistics by working with the community to reduce suicide and substance abuse. Tribal employees can join monthly Question, Persuade, and Refer (QPR) trainings to learn how to address individuals with suicidal thoughts and encourage them to seek professional assistance. While the trainings are currently only available for CPN employees, the Nation’s future plans include extending this lifesaving education to the public.

“Our teachings and traditional ways have never been individualistic. We are more effective when we have strong ally-ship,” Dr. Stumblingbear-Riddle said. “While our numbers may be small, working together, we are mighty.”

Learn more about CPN Behavioral Health’s services at cpn.news/CPNBH, and stay updated on public workshops hosted by CPN Behavioral Health at potawatomi.org/events. ♡

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On writing with George Godfrey

Bergeron family descendant and author George Godfrey released his fifth book in 2016. After spending years researching his Potawatomi lineage, discovering stories about his ancestors and becoming the president of the Potawatomi Trail of Death Association, he started writing books as a way to solidify some of the history.

“In some ways, I guess you might say, my writings are a way of refreshing people’s memories,” Godfrey said.

He has released nonfiction, historical fiction and fictional books over the years, with another piece coming this year. His family’s capacity for resilience through difficult times inspires his ideas, and he remembers their ability to overcome adversity every day.

“I think also then about the fact that, in spite of their difficulties, they treated people fairly, kindly and civil,” Godfrey said. “My own life I guess is driven by, ‘OK, I need to treat people kindly, but I need to keep moving ahead with whatever I’m dealing with.’”

Composing a novel

“I have a so-called study. Sometimes I’m working at the kitchen table. Sometimes I’m working at the dining room table. Sometimes I’m at the breakfast nook,” Godfrey said and laughed. “Probably drives my wife nuts.”

He writes as he moves around his house, letting his determination and vision flow. He takes days off, and often he makes notes of ideas to complete later.

Godfrey continues to learn new information by talking to other Potawatomi. When working on fictional outlines, he enjoys thinking of creative ways to complete stories inspired by real life. On top of researching Potawatomi history, he also makes a point of examining the various periods and geographic layouts his characters explore to develop a lifelike setting.

“In my present work, I have a man falling off of a log into the river during the wintertime. If that happens, the person is going to end up getting wet



George Godfrey, author and president of Potawatomi Trail of Death Association. (Photo by Sharon Hoogstraten)

and perhaps freezing certain parts of his body. He certainly would not get suntanned,” Godfrey said.

He searches for realism, always factoring in new information. After reading about his great-great-grandmother *Watcheke*, Godfrey felt parts of her story were misrepresented. He wrote his first book about her as a nonfiction novel with citations. Views in works published during early Illinois statehood often glamorized Native Americans, including Godfrey’s ancestors.

“They would say something that would give the person the idea that she had been raised on bunny skin on the banks of the Iroquois River,” he said. “And so I wanted to actually bring out where she lived and what happened to her. It wasn’t all romanticism.”

Character development and language

While writing his first historical fiction novel, Godfrey took into account a character’s humanity — their emotions, motivations and viewpoints as well as those of the people he or she encounters. He now spends a significant amount of time developing their personalities.

With a Ph.D. in entomology, Godfrey mastered academic writing. He modified his style after becoming a novelist, dropping some of the formality and factoring in improper speech.

“I had to keep a character basically consistent throughout a book. So, you would not want them talking in an informal manner and then speaking in a formal matter as if he were getting a Nobel Prize,” he said.

Godfrey took pride in learning the Potawatomi language over the years. Some of the characters speak it, and writing those conversations forced him to reconsider the basics of linguistics.

“I had to go back to some of my previous training in the academic world, and I had to realize that not everybody thinks alike. Not everybody speaks alike,” Godfrey said. “And ... in many cases, the way a person speaks ... involves their thinking.”

Coming up

Godfrey again found inspiration for his new fictional novel from the Trail of Death. This time, he put a twist on it.

“I wanted to, shall we say, reverse the project because there were so many stories that had been written about the movement from Indiana to Sugar Creek (Kansas) as a large group of people,” Godfrey said. “But I wanted to write about a person who was returning and why he was returning.”

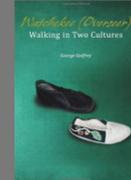
He heard the story of *Sin-a-gaw*, a Potawatomi man forcibly removed from his pregnant wife and home in Indiana. He survived the Trail of Death and made it to the Sugar Creek Mission in Kansas. His wife, *Ko-bun-da*, ran from her village to escape removal and gave birth to their daughter, *Loda*, in the woods. *Sin-a-gaw* decided to leave Sugar Creek in search of them, heading north. Godfrey heard this story told several different ways and wanted to tell his own version.

“I’ve read that when he returned, he was a physical and spiritual wreck. And so I am trying to fill in the blanks with imagination in terms of what made him a physical wreck,” he said. “Because

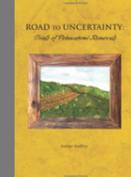
GODFREY’S BOOKS



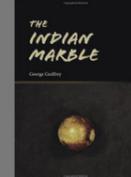
Once a Grass Widow: Watcheke's Destiny



Watcheke (Overseer): Walking in Two Cultures



Road to Uncertainty: Trials of Potawatomi Removals



The Indian Marble



Cheyenne Oil

he would have returned really on his own and would have encountered some difficulties getting back, whether the extreme cold or crossing rivers.”

Collecting information from several Tribal members and the Pokagon Band of Potawatomi consumes his time. While Godfrey’s writing process — including idea cultivation and revisions — is taking him longer than usual, he enjoys every part of it.

“I think it’s probably more of a personal sense of accomplishment than anything else,” Godfrey said.

He expects his new project to be out sometime this year. Search “George Godfrey” on Amazon Books to find his work. ♠

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Parsons joins health services staff in managing diabetes

People donning headphones and workout clothes are not the only ones going in and out of FireLake Wellness Center's doors. Along with the Citizen Potawatomi Nation Title VI Program, the facility hosts Tribal Health Services programs including physical therapy and its diabetes initiative. Shelby Parsons joined the latter as a nurse and case manager, helping patients manage their diabetes. Parsons spoke to the *Hownikan* about her life and training.

Where are you from?

"I grew up in a small town called Vanoss, Oklahoma. It is between Stratford and Ada. I grew up on a ranch with horses and cattle and didn't stray far from that as an adult.

"My husband and I run our own ranch now with 70 head of Corriente cattle, 10 roping and ranch horses, and one pet goat."

Where did you go to high school and college?

"I went to high school partially at Vanoss until my junior year, and we moved to Tecumseh and I graduated from there in December 2010. I then went on to college with my now husband to Connors State College in Warner, Oklahoma, where we participated in college rodeo. I then came back home, married my high school sweetheart, began studying at Seminole State College and graduated with my associate degree in science of nursing in May of 2015.

"I was out of school for a few years, and recently went back to school a year and a half ago and graduated

with my bachelor's degree in science of nursing. I am currently in graduate school at Maryville University in pursuit of being a nurse practitioner."

How did you decide to go into the medical field?

"I decided to go into the medical field and particularly nursing when I was 15, and my grandfather was very ill with the end stage of COPD. He was in and out of the hospital a lot during this time, and I would always stay with him and take care of him. Being in and out of the hospital and taking care of him while watching medical professionals and nurses sparked my interest to become a nurse so I could care for others too. I have always loved people, and becoming a nurse means I get to care for people every day, and I know my grandpa would be proud."

Where did you work at before joining CPN Health Services?

"I worked at SSM Health St. Anthony Hospital — Shawnee on the acute care floor for two years and was in the surgical department for about nine months also. It allowed me to gain valuable skills and confidence as a new nurse. I am thankful for my time at the hospital but even more thankful for the opportunity and career I have here at CPN."

Tell me a bit about your day-to-day work as the registered nurse at the CPN Diabetes Program?

"I see anywhere from five to seven diabetes patients a day. We discuss their blood sugar control, diet, physical

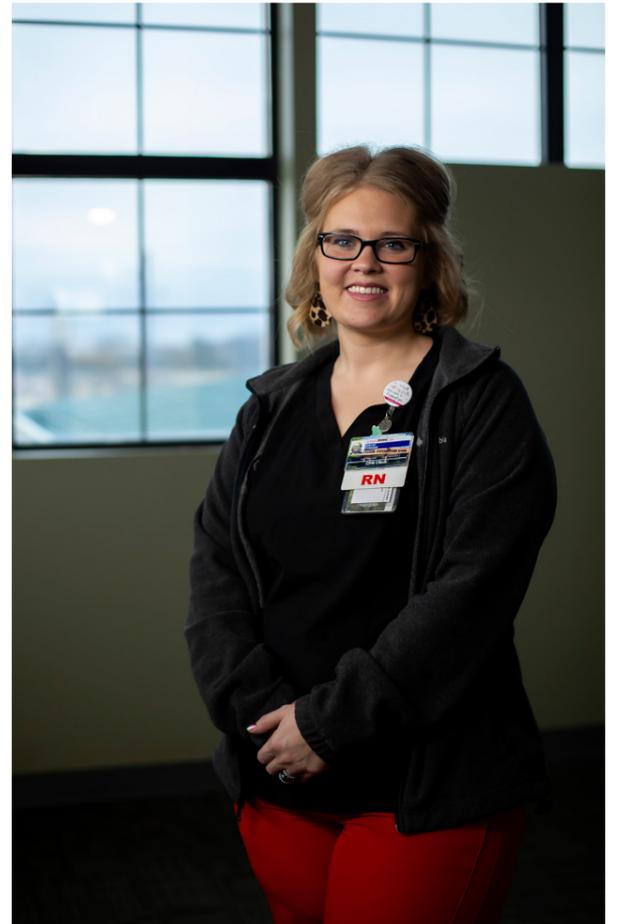
activity and overall health. I encourage them to make healthy food choices, be physically active, and work with them to monitor their blood sugars correctly.

"My program is called case management. They see me once a month, and we discuss their diabetes, set health goals, and if they meet requirements — like a healthy cooking demonstration, grocery store tours, physical activity, etc. — I issue them a nutrition voucher. It allows them to go to the grocery store and buy healthy foods.

"I often become a sounding board for whatever they are struggling with, and I enjoy this. I have a close bond with most of my patients, and I truly enjoy being able to help each and every one of them."

What are some of the challenges that you see confronting your patients here compared to other health services you've worked in?

"One of the challenges I have had is getting the patient to realize how making small changes in their diet or beginning to exercise could



Shelby Parsons works with diabetes patients at CPN Health Services and hopes to continue her career as a nurse practitioner.

really have an impact on their blood sugar. I have noticed that a lot of my patient's don't like change.

"I have had to learn to accept this and just provide encouragement for them to make the decision on their own." ♡

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CST23531F

Shouse shows you are never too young to start dancing

For more than two decades, the powwow that culminates the annual CPN Family Reunion Festival is open only to Tribal members and their families. The reasoning for this, as Tribal Chairman John “Rocky” Barrett explained, was to give Citizen Potawatomi an opportunity to learn traditional dance. Although the original event drew highly skilled competitors from across North America’s Indian nations, Citizen Potawatomi involvement was rare before it closed to non-Tribal members.

Once the event became CPN-focused, a slow but steady resurgence began. Each year, one or two new faces appear amongst the familiar powwow participants. In 2018, one young Potawatomi from the Higbee family stood out amongst those competing.

Just over 18 months old at the time of the June 2018 event, Mikaylie Shouse was one of the youngest dancers in recent memory to compete and place at the powwow. Mikaylie’s jingle dancing in the arena thrilled her parents, Derrick and Marisa, and she earned her position as a top-three finisher in her division.

Shouse’s father Derrick was not raised in what some would consider a traditional household. While the family always knew they were Potawatomi,



Mikaylie Shouse, with her father Derrick, is one of the youngest participants to dance and place at the CPN Family Reunion Festival.

he did not know much about the culture when he was younger.

“I was taking care of my mom, so we didn’t have a lot of time to get down here to participate,” explained Mikaylie’s grandmother Scherry Climer, a CPN member and CPN Accounting

Department employee. “When she passed away and I took the job with the Tribe six or seven years ago, that’s really when we started getting involved.”

Derrick and Marisa found that when they played powwow music from their phones, their little girl quickly picked up the beat and seemed to have a skill with keeping in step. One of Derrick’s colleagues invited the family to a Sac and Fox tribal powwow that was open to the public after seeing a photograph of her in a jingle dress her mom crafted.

Though Mikaylie’s parents describe her as shy, once the drums started, she quickly made her way to the arena for the tiny tots dance.

Getting started

Marisa hand-sewed her daughter’s jingle dress, learning the process from reading books and online research. She also hand-beaded the shin and wrist guards that Mikaylie dons when dancing. A family crest reflecting the Higbee name also adorns the dress.

Grandmother Scherry noted that at the 2018 Festival, distant relatives saw her granddaughter’s dress with the family bee (for Higbee) and came over to introduce themselves.

The dress is so popular with Mikaylie that she often refuses to part with it, even at bedtime.

“There have been times we are home after she danced at a powwow, and she will not take it off without a fight,” Marisa said.

Mikaylie’s parents added they were slightly nervous the first time they took her to a powwow because the experience was as new to them as it was to their daughter. Yet seeing how quickly she picked it up, the response from fellow, more seasoned attendees has been overwhelmingly positive.

“They see that she’s properly dressed, that she watches and learns from the older dancers, and people are always so nice about us being there,” Marisa said.

It’s a good lesson for all those interested in learning more about cultural practices that may be hesitant to try.

Classes and demonstrations are available through the Citizen Potawatomi Nation’s Cultural Heritage Center and online at the Tribe’s YouTube page, CPN Hownikan. To learn more visit potawatomih heritage.com or call 405-878-5830. ♡

App helps solve pet ownership dilemmas

Citizen Potawatomi Nation member Audrey Kiefer grew up in western Missouri participating in as many Tribal events as possible. Once she completed high school, Kiefer moved to Florida to attend aviation school at Embry-Riddle Aeronautical University. After graduating with her bachelor’s degree, she relocated to Houston, Texas, to begin a career in aviation sales.

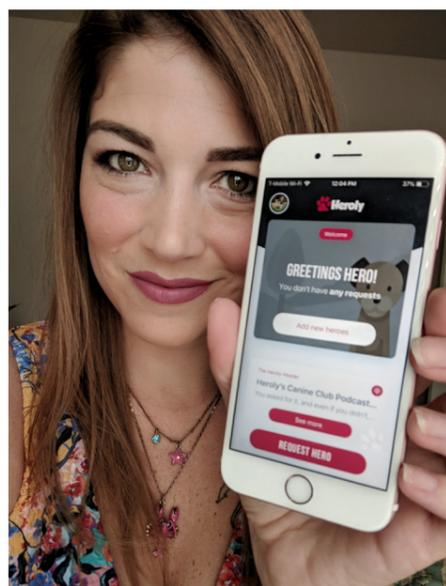
As Kiefer developed professionally, it became more difficult for her to take care of her German Shepard named Vader. She set out to find a solution.

“My job in sales was demanding. I would often have last minute meeting requests that weren’t scheduled on my calendar, but that meant I needed someone to let my dog Vader out,” Kiefer said during a phone interview with the *Hownikan*. “I was calling on my neighbors a lot, and I would just try to pay them back eventually or buy them drinks.”

Remembering the culture of her rural, tight-knit hometown outside of Kansas City, Kiefer had an idea. She wanted to create an app that connects users when life gets busy, allowing four-legged family members, like Vader, to receive the care they need without creating a burden on others. She released Heroly, a mobile platform that pet owners can use to find reliable neighbors to assist, in 2018.

“We’re a team of intense canine lovers and advisers who are all inspired by the same mission: to help dogs and owners alike. We believe in integrity, community and charity,” she said.

While the app currently targets Texas markets with brand ambassadors in Houston and Austin, Heroly is available on smartphones across the country.



CPN member Audrey Kiefer’s smartphone app Heroly combats the two main causes of pet surrenders in the United States, time and behavior, while giving back to shelters in need. (Photo provided)

How it works

When last minute obligations arise that make it difficult to care for pets, selecting “Request Hero” in the app sends a notification to the owner’s pre-approved list of Heroly users.

“We encourage each user to cultivate their own trusted circle of neighbors and peers to become ‘heroes’ for one another,” she said. “We always say it’s important to only connect with those you know and trust. Strangers in your home is a terrible idea for all involved, including your pet.”

Once the user places a request, the “hero” that is available will respond. Each walk or feeding request starts at \$10.

“Heroly is the cheapest option available to get your pet relieved. Also, the more

you help your heroes in return, the cheaper the cost is for you,” she said.

The company only receives 8 percent of each transaction. Pet owners pay for services peer-to-peer, ensuring most of the funds go directly back to the “hero.”

“The app was initially developed as a means to cultivate community,” Kiefer said. “Yeah, it can serve as someone’s side hustle, but what it really is about is bringing people together.”

Because saving animals is the company’s No. 1 priority, it donates 20 percent of its proceeds every month to an animal shelter that’s voted on by its customers.

“Our target demographic is millennials, and millennials are very aware of corporate social responsibility,” she explained.

Blog and podcast

The company also strives to decrease the amount of pets placed in shelters through prevention efforts.

“The top two reasons that dogs are surrendered is time and behavior. Heroly helps with both,” Kiefer said. “You can get help with time when things get hectic, and our Heroly’s Canine Club podcast and our blog can help with behavior.”

The podcast’s host, Jonas Black, provides tips and training methods based upon years of experience and thousands of dogs saved.

“Jonas and I first met over coffee, and we instantly hit it off,” she said. “We believe in a lot of the same approaches and tools for training, and he’s really gaining attention as an expert across the country.”

Kiefer does warn potential listeners that the podcast sometimes features language that some may not find appropriate.

“That’s why we say he’s un-muzzled, but he is just really passionate and knowledgeable,” she added.

Growth

“For someone in their thirties, I thought I was good at technology, but I realized I’m not. Luckily, there is no shortage of dog lovers that are willing to help us out,” Kiefer said.

Creating the app took much more time to complete than she planned and required tremendous effort, but after 15 months of hard work, Heroly officially released fall 2018.

As a Bertrand descendant, Kiefer credits her Potawatomi heritage with part of her success.

“My family history includes strong people, and we’re very proud to be Potawatomi,” she said. “I would not be where I am today if it wasn’t for my ancestors and family, especially my mom. She has always encouraged me to reach beyond my comfort zone.”

Kiefer hopes the company grows, assisting pet owners and animal shelters alike across the United States.

“Heroly is a brand, not just an app,” she explained. “Our goal is for Heroly to become a household name that helps spread education and connects neighbors, supports shelters and makes heroes for canines.”

Find out more about Heroly, its blog and podcast at heroly.com. ♡

Bourassa continued...

Though listed as such in historical records, the business committee idea was likely a push by federal officials to make sense out of the confusing — in their eyes — structures of Potawatomi governance in Kansas. Those named to the committees along with Bourassa largely had common, Western education backgrounds and were put forth by Potawatomi headmen as committee members for that reason.

Historian William E. Unrau labels Bourassa as a “government-appointed chief,” a front for corrupt Indian agents and railroad speculators who wanted the Potawatomi land for a future line west.

In one instance, he claims that Bourassa only “married in to the tribe.” The pointed insinuation makes him sound like a white interloper who came to the Potawatomi mostly to take advantage of land deals.

The Ojibwe, Potawatomi and Ottawa were common people: *Nishnabe*. Intermarriage between tribal peoples and whites was common in the centuries before Bourassa’s era. In terms of inter-band dynamics at play while in Kansas, Bourassa may have faced challenges due to his Métis status with French and Indian heritage. Due to his mixed heritage, he may not have had access to “traditional” leadership pathways. Though he had been present and active in tribal governing affairs for some time, his ascendancy to

the business committee provided an opportunity to help shape his people’s future using the skills he learned from his education at American schools.

There was definitely a split in the opinions of members of the Prairie and Citizen Potawatomi when it came to allotments and other issues; these differences were not unique to their time.

Along with several other Potawatomi leaders, Bourassa signed the 1861 treaty that gave the Citizen Band U.S. citizenship and individual land allotments, breaking up their communal reservation. Bourassa and his family — like other band members — received land allotments with the signing. The agreement came with a catch though: the government kept full ownership rights entirely out of the Potawatomi’s control until a time when the United States decided the Indians were competent. This meant that the Potawatomi were citizens in name only, given no true rights to their land aside from the ability to sell it to speculators. Most succumbed to losses via taxation, which the Kansas state government insisted upon as part of the treaty’s approval.

Though Unrau refers to the Prairie Band Potawatomi’s refusal to take allotments admirably — until it was forced upon them by the 1887 Dawes Act — his criticism of Bourassa seems harsh. History proved that no tribe was immune from the

encroachment of American settlers regardless of the path they chose. All Kansas-based tribes lost their original communal reservations in some form or another before the century ended.

Citizen Band leaders like Bourassa likely realized this during the early 1860s as Potawatomi landowners sold or lost their shares to non-Indians.

A letter from Bourassa in 1866 about white encroachment echoes this sentiment, noting the complicity of American authorities in turning a blind eye to treaty violations:

“It seems to me the course taken in settling our affairs, being so slow, is in breaking the law.”

His tone indicates the peril that Potawatomi leaders faced as the U.S. again turned its eyes westward after the Civil War. It saw Indian people only as encumbrances against the spread of Manifest Destiny. This was likely the future Bourassa and other Citizen Band leaders saw when signing the 1867 treaty that provided their people a place in Indian Territory.

Walking on

Bourassa never made the journey to Oklahoma despite helping set the terms of the Citizen Band’s move there. This was likely due to his success and stature in Kansas, having become well-known in Indian and white communities in and around the Topeka area.

His ties to the Potawatomi grew deep as he aged, having been wed four times to Tribal members throughout his life. First in 1838 to a woman named *Memetikosiwke*. Upon her passing, he wed *Mah Nees*. His third wife was Mary E. Nadeau who passed away in 1872. Finally, he wed Elizabeth Curlyhead.

Well-known Potawatomi chronicler George Winter recorded Bourassa in his early life, prior to the removal to Kansas. Winter noted a woman named *Quehnee* accompanied Bourassa to Kansas, and there is some speculation that her name may be an abbreviation for *Memetikosiwke*.

He was still reportedly in good health as he traveled the Kansas communities with a priest in October 1877. Yet, he was overcome by what was described as “lung fever” while at his younger sister Elizabeth Chilson’s house a few miles outside of Rossville, Kansas. He died there on Oct. 29, 1877.

“The old gentleman’s demise was quite unexpected,” read the *St. Mary’s Times* obituary for Bourassa, “as he was in town for a few days before his death apparently in robust health, and telling of the sport he was having duck shooting.”

Walking on with Bourassa was another sliver of the Tribe’s physical connection with its homelands in the Great Lakes. ♠

Potawatomi Leadership Program applications now open

Bozho!
(Hello)!

My name is Trey Kierl (*Bid Niskadet*), and I am a participant of the PLP class of 2008. I am a graduate of Creighton University with a B.A. in political science and international relations, and a current masters/Ph.D. student at the University of Oklahoma. Over the past five years, I have been working for the Department of Homeland Security as an Information Officer to support the mission directives of the U.S. Department of State, both at home and abroad, before leaving my post to pursue higher education.

I am penning this piece to encourage the many young people within our Tribe to submit applications and subsequently participate in the upcoming Potawatomi Leadership Program this summer. I can say with the utmost certainty that my time with the PLP not only encouraged my interest in my heritage but also gave me invaluable tools and connections that guided my path through college into the workforce.

When I think back to the summer of 2008, I will always remember the time spent with Tribal leaders and elders. Those interactions shaped my confidence in my approach to connecting with those in positions of influence and respect. In our nation’s capital, making social connections with superiors and peers is paramount to success in both personal and business atmospheres, and the confidence garnered through those interactions with Tribal employees, leaders, elders and my classmates was a benefit I may have otherwise never received.

Additionally, as a native Oklahoman, the PLP gave me numerous insights into not only my cultural history but also the often-untold history of our state and nation. The CPN Cultural Heritage Center was a particular highlight for me. The opportunity to assist in exhibit construction and information cataloguing opened my eyes to the proud history of our Tribe. It effectively solidified my interest in studying Native American history when I returned to school —

which, I might add, served as the basis for my thesis with assistance from the Harvard American Indian Project, winning awards and earning publication in multiple Political Science journals.

Connecting to the past was enthralling as I learned more about my family name that appears on our original Tribal Rolls, and it was even more of a surprise when I was able to meet extended family during the Family Reunion Festival that June. Even now as I continue my path through life, I proudly represent the Rhodd family in all my endeavors, a true testament to the personal benefits of my time in the PLP.

To be frank, I could write at length about the benefits of my time in the PLP, which culminated in my attendance at the Gathering of Potawatomi Nations in Walpole Island, Ontario, Canada, in August of that same year. The language I learned, the information I gained and the close friends I have still to this day — I owe it all to this program.

I cannot stress enough the benefits our young Tribal members would receive from this program at our headquarters. Chairman Barrett, Vice-Chairman Capps, Language Director Justin Neely (who most graciously served as my naming elder), and of course, our housemother Margaret Zientek are all brilliant and wonderful assets to our Tribe and its mission. Nothing but good could ever come from time spent speaking to and learning from these individuals.

If you or someone in your family qualifies for participation in the PLP, encourage them to apply today! They could discover so much about themselves, their history and their future during one incredible summer with the Citizen Potawatomi Nation.

Migwetch!
(Thank you)!

Trey Kierl
PLP Class of 2008 ♠

What is the PLP?

The six-week Potawatomi Leadership Program brings a group of 8-10 promising young Tribal members from around the world to Shawnee, Oklahoma, to learn about the government, culture and economic development of the Citizen Potawatomi Nation. Where else can you get a crash course on the Citizen Potawatomi Nation? After your time in the PLP, you’ll leave empowered with the knowledge and tools to be an engaged leader of the Citizen Potawatomi Nation.

Application Dates

OPENS ON FEBRUARY 1 | CLOSES ON MARCH 15
NOTIFIED ON APRIL 1



POTAWATOMI
LEADERSHIP PROGRAM

DeLonais family member is Potawatomi eye in the sky

Soon aerial drones will be delivering your online-ordered packages from Amazon and other retailers. Mainly available in military circles a decade ago, they have become ubiquitous and widely available for commercial and private use. That ubiquity became more evident in December and January as the United Kingdom's two largest airports ground to a halt when security officials allegedly witnessed drones flying over their airspace. The drones' pilots remain a mystery, but 1,000 cancelled flights affecting 140,000 passengers at Gatwick Airport alone shows the impact of these small, widely available machines.

Citizen Potawatomi Nation purchased a drone in June 2015. The DJI Inspire 1 model has been upgraded since then to meet a growing list of needs, including photography of large events like the Family Reunion Festival, FireLake Fireflight Balloon Festival and construction upgrades around the Tribal jurisdiction. Public Information Department employee and Tribal member Trey DeLonais has been behind the controls since its first flight.

Though his day-to-day responsibilities include graphic art for Tribal businesses and programs as well as the layout of the *Hownikan*, the Konawa High School graduate was a natural fit when the department made the purchase.

"I've been messing with remote control stuff since I was young," DeLonais said. "When I was around 11 or 12, my dad got me into racing RC cars. I did that for eight years."

They became so efficient at breaking down and rebuilding RCs that they eventually started their own business selling them.

The family's foray into aerial drones came in 2013. His father bought a consumer model, a Phantom 1, after seeing it for sale on Craigslist. His father's fascination with aerial photography prompted the purchase despite his hesitation to fly it. The younger DeLonais took the controls and has been flying it ever since.

Joining the Tribe as an employee in 2014, he brought his skills as



Trey DeLonais launches the Tribal drone near the FireLake complex.

a recreational drone pilot to the table when the Public Information Department considered purchasing one.

"It started off strictly for photography and videography, but it has since become so much more," he said.

After years of impressive growth that included the development of buildings and travel infrastructure, the Tribe purchased its first drone to track progress.

"We've use a lot of the photos and videos for things other than promotions and marketing," he said.

The drone piloted by DeLonais is an ever-present site in the skies at the FireLake Fireflight Balloon Festival. While capturing high-resolution photographs and videos of the balloons, it also captures parking lots and traffic flows for event organizers. With more than 20,000 people converging on the Tribe's FireLake complex, the videos provide much needed information to manage crowd control.

It was also used to assist the CPN Environmental Protection Department while constructing wetlands near the mouth of Squirrel Creek. For decades, the creek has flooded during heavy rains, likely caused by fallen trees, debris and silting at the connecting point between the creek and North Canadian River.

DeLonais partnered with environmental protection staff to fly over the creek and identify potential wetland areas that are only accessible by foot. After experiencing the drone's success, the environmental protection department purchased their own in 2018 to serve their growing needs.

Getting legal

As the British airport fiascos show, governments and regulatory agencies can still improve the management of airspace that was once only home to birds and manually-piloted aircraft. As drones became more prevalent, the Federal Aviation Administration issued rules in 2015 that require anyone operating a commercial drone to have a license.

To comply, CPN put DeLonais through a Drone Pilot Ground School offered by the firm UAV Coach. The test includes elements that pilots of manned aircraft must pass. He now carries an FAA-issued remote airman certificate.

The course teaches the proper heights and rules about air traffic. It allowed him to gain a better understanding of the need for regulating the skies. For someone who piloted drones before the rules were in place, the requirement to get a license might have been grating, but the CPN member saw the benefit.

"I think it's a good thing though," he said. "I wish everyone had to go through (the course), not just commercial pilots ... there was so much I didn't know before I took the course that is important."

Prior to securing his license, he was ignorant of basic rules of the sky.

"I didn't know what any class of airspace was. I didn't know if I was actually flying in airspace or what," he said.

Threats from above

Though the Tribe's location puts it in a low-traffic area compared to major metropolitan air corridors, DeLonais concerns himself with other impediments.

Birds and the FireLake Water Tower are the two biggest obstacles he navigates while operating the drone. He pointed out that once he goes above the water tower's height of 150 feet, there are no more structures in the area to worry about while flying.

"But birds," he noted, "birds come from every direction."

He has had some close calls with Pottawatomie County's largest avian species.

"At Tecumseh Lake, we had a Canadian goose line up the drone and dive bomb it," he recalled. "That and other times where we've seen eagles take up higher positions on it, we have had to land it before they bear down on it."

He is more comfortable flying during high-traffic events like the annual Fireflight Balloon Festival because of his experience and FAA certification. He is a familiar face to the dozens of balloon pilots who make the trek to the FireLake complex in August, and they have learned that he knows how to keep them safe while they fly.

"It took some time for them to get them to trust me. From what I understand, they have had bad experiences with people being too close to their balloons," he said. "I always stay upwind of the last balloon — no exceptions. I'm always the last in line." ♡

Cole's degree may save Native American lives

A May 2018 clinical psychology graduate of Oklahoma State University, Ashley Cole's primary area of research is suicide prevention with an emphasis in health disparities among Native Americans.

According to a 2014 report released by Indian Health Service, suicide is the second-leading cause of death for American Indians and Alaska Natives between the ages of 15 and 24, only trailing accidental deaths. With a suicide rate four times higher than their non-Native peers, Native youth account for 64 percent of all suicides in Indian Country.

Among American Indians and Alaska Natives of all ages nationwide, the suicide rate is 16.93 for every 10,000 people, with even higher rates among Indigenous Oklahomans.

Cole was pulled into the area by a stint with a crisis helpline while in undergraduate school at the University of Oklahoma. That in turn led to an internship through OSU's American Indians Into

Psychology with a mentor who primarily focused on suicide prevention efforts in minority communities.

"I found a lot of people shy away from that because it's a tough topic," Cole said. "It's hard to talk about that, and I get it. I just found I wanted to help people and this didn't make me as uncomfortable as it does for others."

A former CPN scholarship recipient, Cole is currently one of three post-doctorate fellows specifically brought on by OSU's College of Arts and Sciences to further diversify its faculty.

As part of the two-year program, Cole and the other two post-doctorate fellows will teach one course each semester, plus have protected, guaranteed time to conduct research. Cole is using some of those protected hours to see patients at a local clinic in order to progress towards becoming a licensed therapist.

"I want to go into academia, but I value the importance of clinical work, so



Ashley Cole

I want to continue that as well," she said. "It may be in a supervisory role with students in the future or a part-time effort, but it is still important."

By staying in academia, Cole sees it as an opportunity to pay it forward and support future Native psychologists and psychiatrists. With almost 1,000 Native students enrolled as of fall 2018, Oklahoma State University has one of the largest Native student populations of any land grant university. However, the numbers nationally hint at the continued need for additional mentors.

According to data published in December 2017 by the U.S. Department of Education, 3,494 master's degrees and 861 doctoral degrees nationwide were awarded to Indigenous students across all disciplines during the 2013-2014 academic year.

"I really value mentoring," she said. "A lot of my family members didn't go to college when I started undergraduate school ... have had a couple cousins go since then. I wouldn't be where I am without great mentors and teachers along the way." ♡

Where are they now? Sandlin campaigned on civility developed during Potawatomi Leadership Program

At 23 years old, Citizen Potawatomi Nation member Sarah Sandlin ran for the Maine House of Representatives in 2018. Although her opponent won on Election Day last November, Sandlin felt grateful for the opportunity.

The Tescier family descendant believed her time in the Potawatomi Leadership Program during the summer of 2013 was a transformative experience that helped prepare her eventually to run for office.

Sandlin's final PLP project proposed founding an alumni network for the program. She presented the idea to Tribal leadership and enjoyed the responsibility of creating something with the potential for significant influence if integrated.

"It was very empowering in that sense because it got a lot of validation by (Tribal Chairman John 'Rocky' Barrett), and it was just such a cool experience," she said.

Sandlin also learned about Potawatomi culture, traditions and history that summer, which she took with her to college. She holds the ceremonies and lessons close to her heart, and they changed her perspective on everything.

"There isn't one day in my life that passes that I don't think about something or I'm not impacted by something that I've learned during my summer with the Tribe," she said. "It was a very impactful experience, whether that's my appreciation for the moon cycle or just an understanding of the way a government works."

While working on her undergrad at the University of Richmond in Virginia, she decided to make social policy her focal point and graduated in spring 2017. Sandlin studied how a person's ethnicity, race, gender and other traits influence their lives, which gave her a deeper understanding of the effect of the legislature's actions on various social groups.

"Something that's really compelling about that would just be how much is predestined. That's pretty powerful," she said. "But there's a lot that isn't predestined too. And I think that's where freedom rests, and that's where agency rests. And that's empowering."

Open-mindedness

Sandlin participated in the PLP after her senior year of high school. Throughout the summer, she gained insight into how organizations and different levels of government can better serve Native

America. Living with such a diverse group of people from across the country before college also made her more open-minded.

"It was with people I knew as my kin, people that are my Tribe," she said. "It really does make such a difference because you all have that shared commonality."

During her junior year of college, Sandlin studied abroad at the University of St. Andrews in Scotland. She met people with varying backgrounds from across the globe, and the PLP gave her the skill set to make connections and build fruitful relationships.

"Going to Oklahoma was more of a culture shock than going to Scotland. Native America, in general, is so distinct. It's so very much its own thing," she said. "It was more formative to live in Oklahoma than it was in Scotland. ... It's just so different there. I love it though."

Her time at Tribal headquarters also helped Sandlin accept without hesitation that each person's past shapes their thoughts and emotions.

"It's just the way that people are. Anybody else who had the same background would feel the same way. All valid, it's all valid," she said. "We just need to talk and listen, and then we're going to come out with the best solution."

The Virginia Democratic Party offered Sandlin an internship before she graduated, and although she is a registered Republican, she gladly seized the opportunity to expand her governmental knowledgebase and connections.

Political experiences

Sandlin first participated in government with a student council position in seventh grade. She excelled in American government and history classes throughout high school, and she spent extracurricular time as the student representative to the school board.

"It was just one of those things where I don't think I ever really consciously chose to start doing politics. It just kind of always happened," she said.

After graduating college, she seized the opportunity to run for state representative. Sandlin ran as a Republican for Maine House District 44 in a three-way race against a two-time incumbent and an Independent. During eight months of campaigning, she knocked on 2,000 to 3,000 doors throughout Falmouth, a coastal



CPN member Sarah Sandlin utilizes her PLP experience to create positive changes in her home state of Maine.

community near the state's southern tip with approximately 12,000 residents. When on foot, Sandlin walked up to 8 miles a day, meeting Mainers from different walks of life and listening to their concerns.

According to Sandlin, people had mixed reactions to her candidacy. Her age as well as her party affiliation garnered the most attention. Seeing a younger person run for office excited some constituents, while others put out with politics took their frustrations out on her. A few issues affecting the state include a shrinking tax base due to an aging population crisis, decreased opportunity for small and medium-sized businesses, and a lack of affordable housing. Sandlin felt those in the state capitol in Augusta needed her generation's viewpoint.

"As somebody who's 23 years old, I'm literally the embodiment of what we need to be addressing most in this state, which is we need to be keeping people like me in Maine," Sandlin said.

"I love Maine, and I want to see Maine only continue to progress but also to maintain our identity. ... But I was also just huge on civility. I'm seeing a lot of disrespect among politicians and among people in general, and I just wanted to run on a platform of civility."

Sandlin strives to put the people of Maine first and considers the best solution for everyone. The big picture sits at the front of her thought process, and she finds it unproductive to perceive people's views and priorities on a spectrum.

"I think party politics are such a shame ... It's affecting us in Maine too, in terms of moving forward. All the friction between the two sides is really interfering with that," she said.

On Election Day in November, Sandlin placed herself at the polls and put in her final word with voters. She stood next to her opponent and greeted people from 7 a.m. to 8 p.m. She lost with 36 percent of the vote; however, she took it in stride.

"The experience was so fulfilling," Sandlin said. "And I also know I'm really young, and I have many more opportunities to try again."

Until then, she plans to establish herself in real estate.

For more about the Potawatomi Leadership Program, visit plp.potawatomi.org. The CPN Education Department is accepting applications for this summer's program now through March 15. ♡

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ONLINE**



Set boundaries in relationships for teens

By Darian Towner, CPN House of Hope Prevention Specialist

Dating for teens in 2019 is drastically different than what their parents' and grandparents' generations went through. Technology and society have slowly molded dating and the norms that accompany young love.

Those new to relationships may not know that possessiveness in relationships is not a positive or endearing trait for adults. Younger people may think that possessiveness is OK and that it is a sign of love.

This is a dangerous problem.

All too often, controlling actions include constant texting or messaging, providing social media or phone passwords to a partner, leaving one's cell phone location "on" at all times, or

checking a partner's phone without their permission. These are not normal actions.

With dating today being more complex, many parents are forced to tackle issues their youth face without the ability to draw from their own specific experiences.

A caregiver might easily agree that having a conversation with their child on boundaries is important but might not understand how those are at play when it comes to technology and dating.

For example, it would be difficult for a caregiver to think of the question for their teen, "Do you think it is OK for your partner to determine who you can follow on Instagram?" if the they do not understand the role that social media often plays in teen relationships.

It is important for adolescents to determine where their boundaries are in a relationship in terms of what

they are comfortable with physically, emotionally, sexually and digitally.

It's time to talk. Some practical questions and conversation starters are available from breakthecycle.org. The organization's focus is creating and sustaining healthy relationships for teens. They suggest some of the following questions for parents such as:

"Would you ever share your Instagram password with your partner? Why or why not?"

"Do any of your favorite TV or movie couples check each other's phones or social media accounts without asking? How did that turn out for them?"

Additionally, it is time to be more aware of the lessons we may be inadvertently teaching. Telling our young girls that when boys are mean to them it's because they like them and our boys that showing

emotion (in and out of a relationship) is a sign of weakness are seemingly simple phrases that have the ability to warp their perceptions of a normal relationship and can be detrimental to their future.

Statistics from a study conducted by the National Council on Crime and Delinquency show us that one in three adolescents will experience abuse of some kind from a dating partner.

Allow that number to sink in — the reality of that number — and let it motivate you to stand up and speak out against teen dating violence.

As always, if you or someone you know is experiencing dating violence, sexual assault or stalking and would like more information, please give us a call on our crisis line at 405-878-4673, or visit us online at facebook.com/cpnhouseofhope.



WE CAN HELP FREE, SAFE, AND CONFIDENTIAL

- Emergency Shelter
- Court Advocacy
- Community Education
- Emotional Support
- Victim Advocacy

Emergency Crisis line:
405-878-4673 (HOPE)

Visit houseofhope.com for more info

Call 911 if you are in immediate danger

Language update

By Justin Neely, Director of the CPN Language Department

On Feb. 27, we will be hosting our annual winter storytelling event from 5 to 8 p.m. It is during this time of the year that the Potawatomi are traditionally able to tell certain stories, particularly those involving *Wiske* or *Nanabozho*, the trickster. This event is free, but I would appreciate an RSVP if you know you are coming so we can get a head count. Send them to me at jneely@potawatomi.org, or call the Language Department at 405-878-5830.

Bbon Kedwenen: Winter Words

- | | |
|--|---|
| Boni mget (Boneem-get) - It is snowing. (snow when it falls) | Wébbonimget (Wehb-boneem-get) - It is starting to snow. |
| Gon (Gohne) - Snow (snow once it's on the ground) | Yatsoké (Yaht-so-kay) - He/she tells a traditional story. |
| Gonkiwen (Gone-kee-win) - Snowy ground | Yatsokéwen (Yaht-so-kay-win) - Traditional story |
| Ksenya mget (Kuh-sin-yahm-get) - It's cold. | Gipi/Gipo (Geepee/Geepoh) - He/she has allergies. |
| Nbigéj (Nuh-beegech) - I am cold. | Nkche-gipi (Nuh-kuchu-gee-pee) - I have bad allergies. |
| Boniswen (Bone-ees-win) - Lightly snowing | Zhoshkwa mget zagech (Zhoshe-kwahn-get-zahgech) - It's slick outside. |
| Gon pkwakwet (Gohne puk-wah-quit) - Snow ball | Agem (Agum) - Snowshoe; Agemek (Agumuk) - Snowshoes |
| Gon nene (Gohne nunay) - Snow man | Gon dabyan (Gohne-dahbeeyahn) - Snow mobile |
| Shpagwnegyia (Shupahg-wnuhg-ya) - The snow is deep. | |

All are invited!

WINTER STORYTELLING FESTIVAL

WEDNESDAY

FEBRUARY 27 | 5-8PM

CITIZEN POTAWATOMI NATION

CULTURAL HERITAGE CENTER

1899 S. GORDON COOPER DRIVE

Grabers explore both sides of family heritage with sons

Uniqueness defines the Graber family, from homeschooling their children to their ancestry and jobs. Stacie, Joseph and their four sons cherish their heritage — both Potawatomi and Amish.

Parents Stacie and Joseph named their children after Heroes of the Faith: Peter Marshall (6), Eric Liddell (4), Hudson Taylor (2) and William Wilberforce (newborn). Peter happily tells anyone listening that he is both Amish and Potawatomi. He takes a mature outlook on being Native American for a 6-year-old.

“I come from the very, very, very first settlers here. I was one of the first people, one of the first nations to live here, which I kind of like about it,” Peter said with pride. His Potawatomi ancestry comes through Stacie’s maternal side, descendants of Jude Bourassa.

“My grandfather is in the lineage, and it was actually his wife who was just also so enthralled that they were registered Potawatomi and made certain that all of us grandkids got registered,” Stacie said.

She met her husband in 2010 at the former San Antonio Christian Film Festival. Joseph grew up in an Amish community, learning English as a second language at 6 years old. His native language is Pennsylvania Dutch, a dialect of German spoken by approximately 250,000 Amish and Mennonite descendants of German immigrants living in Pennsylvania.

He now works as a pastor of a nondenominational church and a filmmaker. Stacie homeschools their children, teaches piano lessons and helps Joseph run his Christian filmmaking business. They began creating music videos, shorts, documentaries and feature films together, and developed a nonfiction series *Breaking the Silence: My Amish Story* about the Amish and their beliefs.

Amish ancestors

Joseph and Stacie place emphasis on telling their story in an accurate, nonjudgmental light in order to provide clarity.

“He’s not angry. He’s not bitter. He has a heart for reaching (out) and is still friends with many of his Amish family,” Stacie said. “But there are also needs that are there that are not being well-addressed because of the way their culture stays separate from society.”

The Grabers produced the documentary over five years. Joseph considers the series “part of my personal quest to discover what my Amish heritage



Stacie and Joseph Graber with their sons (left to right) Hudson Taylor, Peter Marshall and Eric Liddell.

really means.” They researched and shot the footage across the United States and in Switzerland, visiting sites of his direct lineage.

It explores his immediate family’s history including his father, who served as an Amish minister. He began studying and reading the Bible in English, both of which the Old Order Amish discourage. The church eventually excommunicated the Grabers when Joseph was 14.

“(Joseph’s father) was really torn between believing what the Bible actually says and following God, and continuing to be a part of the Amish church. They have an incredibly strong teaching that the most important thing for an Amish person to do is to stay Amish. They believe that is the highest form of following God,” Stacie said.

She considered making the film as an opportunity to understand her husband better.

“I have loved learning so much about it, and thankfully, the documentary series has been extremely well received by the former Amish who are watching it,” she said, which she believes means they achieved their goal of making something “really honest.”

Their sons, particularly Peter, learned about their Amish heritage while watching their parents make and edit the documentary over the years, “mostly through osmosis,” according to Stacie. The children quote parts of the film and retell some of the stories on their own.

Potawatomi pride

Joseph wants to produce a documentary about Stacie’s Potawatomi heritage and encourages her to research her

and transcribed the accounts into a book sold by Forest County.

Other Forest County tribal members including Aiyana VanZile and Gloria Gutierrez also assisted Marean with capturing these traditional stories, book design and publishing.

Marean attributes her language preservation efforts to the relationships and connections she formed early in her career.

“I feel super lucky because I am ignorant about Potawatomi traditions and language and all of that,” she said. “I’ve been

family lineage. They intentionally teach their children about their Native American ancestry and think a new film project would have the same effect as *Breaking the Silence*.

Stacie’s maternal side of the family emphasized taking pride in being Native American. She is grateful Tribal members and the Nation offer their research on CPN history and genealogy to other members anxious to learn.

“I was really encouraged to find out that each one of my ancestors leading up really loved the fact they were Potawatomi and taught their kids about it and made certain their kids were registered,” she said. “It wasn’t ever a shameful thing, which I was really glad.”

As part of their homeschooling, Stacie includes the history of Native Americans and information about their lineage as she learns it. They also watch the CPN Language Department’s YouTube channel with children’s videos featuring traditional stories and basic vocabulary.

“They do have a lot of fun, especially my 6-year-old. He’s been super intrigued,” she said.

“I’m hoping that, in general, as we study American history and stuff and about all the tribes in general, the fact that they are (members of) a Native American tribe and can identify with that will give them a greater interest in all the Indian tribes.”

Teaching through history

“(Joseph) is as much of a history buff as I am. And so even though it’s my heritage, he’s fully on board with studying it and reading up on it, and he finds it just as fascinating,” Stacie said.

really, really lucky to meet good guides and helpers along the way, to get to spend time with some awesome elders.”

Today Marean works at the Center for Applied Second Language Studies at the University of Oregon and as a part-time practical linguist for the Tübatulabal Indigenous community through Owens Valley Career Development Center in California.

“I work on different projects intended to improve teaching and learning of all languages throughout the United States,” she said. “It may be sort of unrelated to Potawatomi work, but it’s still helpful.”

She has an undergraduate degree in history, and Stacie and her husband both say they hold a practical view of learning about the past without over-glamorization. They use historical lessons to help their sons develop what they perceive as a set of honorable values rooted in truth.

“(We) would love for them to see just the way that history all works together,” Stacie said.

“It’s important for them to learn academics, but it is more important for them to learn character. That will take them much further in life for them to learn how to make the right decision and stand strong by that.”

They emphasize recognizing the effects of decisions, on both themselves and others. The Grabers also study the Bible as a centerpiece in their schooling.

“We want to have a Biblical understanding of our past and more importantly, use the Bible as our guide for everyday life” said Stacie.

“I would strongly encourage people to study it together as a family for the greater appreciation of what’s going on currently and where they came from.”

Find the Grabers’ work and *Breaking the Silence: My Amish Story* at myamishstory.com. Follow them on social media at [facebook.com/MyAmishStory](https://www.facebook.com/MyAmishStory) and on Twitter @MyAmishStory. ♡



Stacie and Joseph research and shoot footage for their film project in Switzerland, where his Amish family originated.

Lindsay Jones Marean continued...

Thunder discuss traditional foods, plants and stories in Potawatomi.

The venture lasted another three years, but during that time, Lillian walked on. This made capturing conversations amongst first language speakers even more significant.

Stories across generations

For her most recent project, Marean recorded Forest County elders Jim and Mary Jane Thunder as they retold oral traditions and history,

and transcribed the accounts into a book sold by Forest County.

Other Forest County tribal members including Aiyana VanZile and Gloria Gutierrez also assisted Marean with capturing these traditional stories, book design and publishing.

Marean attributes her language preservation efforts to the relationships and connections she formed early in her career.

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Marean encourages those who want to learn the words spoken by their ancestors to start now.

“It’s so worth studying Potawatomi. It goes beyond the language itself,” she said. “For some people, learning a language is kind of like learning another fun code, but there’s way more to that in Potawatomi — you’re learning about your ancestral worldview when you study Potawatomi. No matter how hard it is, go for it.”

Find Potawatomi language resources, dictionary and online self-paced courses by visiting potawatomi.org/language. ♡

Tribal Chairman - John "Rocky" Barrett



Bozho nikan
(Hello, my friend),

As I sit down to write this column it is Jan. 21, the 90th birthday of Martin Luther King Jr. This great man continues to be an inspiration to all Americans, and rightfully so. We still feel his loss in the flow of history and the attitudes of racial prejudice we continue to see in our country. For me, the loss was very personal.

I was transferred to Memphis, Tennessee, just two days prior to his assassination by James Earl Ray. The warehouse of United

States Plywood Corporation, my employer at the time, was within sight of where he was shot. I remember vividly the feel of injury and hatred in that city as riots and shootings followed. I will never forget the chaos and fear and sorrow each of us felt, both black and not, standing on the dock of that warehouse watching the rush of police cars, and the call out of the National Guard across the street. It was a dreadful tragedy, an entire city coming to a stop after the murder of this kind and peaceful man. Dr. King's legacy is a helpful one to keep in mind as he always chose to remain non-violent in the face of violence, to respond to hate with love.

His legacy and actions are something we can reflect on and learn from in today's political environment, where a standoff recently resulted in a partial federal government shutdown. The shutdown greatly impacted Indian Country. The Citizen Potawatomi Nation is in a better financial situation than many other tribes, but

at this time, we are forced to suspend certain types of spending until further notice.

We receive funding from the federal government through several agencies affected by the partial shutdown, such as the Indian Health Services, the Bureau of Indian Affairs, Department of Agriculture, Transportation and Housing and Urban Development. Funding for IHS is used to operate our health clinics; whereas funding from the BIA is used for programs like Law Enforcement, Indian Child Welfare, Tribal Court, trust and real estate services, and more. The DOT funds our roads and bridges, and HUD funds our Indian homes. We will continue to provide critical healthcare, public safety and social services as long as we can afford to do so.

Tribal elections are coming up, and our Nation has a well-earned reputation for running civil, fair elections. There were times in the past when derisiveness reigned, but

thanks in part to our 2007 constitutional reform, the last decade's elections have been a good example of how an Indian Nation should govern itself.

This election will also have its regular features of the annual Tribal budget to be voted on by all CPN members nationwide. Oklahoma voters will also choose legislators with both incumbents and challengers in Districts 10, 11 and 13. Competitive races for elected offices at CPN demonstrate an active interest by our citizens in the objectives of our Tribal government. I look forward to reading the upcoming months' *Hownikans* where all the candidates will be able to express their views on issues at the Nation.

As Tribal citizens, we are all responsible to vote and participate in our representative government. With more than 34,000 members, we have a diverse set of views and approaches to how CPN should move forward. The best way

to guide that as an average Tribal citizen is by voting and communicating with your elected representatives.

As always, thank you for the privilege of serving as your Tribal Chairman.

Migwetch
(Thank you),

John "Rocky" Barrett
Keweoge
(He Leads Them Home)
Tribal Chairman

Vice-Chairman - Linda Capps



Bozho
(Hello),

It does not take long for our employees to get busy as the new year emerges. Our people are already planning for the annual Citizen Potawatomi Nation Family Reunion Festival. Jamie Moucka, Chairman Barrett's administrative assistant, has completed the design for the annual T-shirt. It is beautiful, as usual. Mrs. Moucka has designed the tees since around the year 2003. You might say that the years of practice have led to perfection. Each year, they are strikingly attractive. The colors are brilliant, and the shirts are always the favorite ever.

Charles Clark, director of CPN Tribal Rolls, is in charge of the RV and tent camper reservations. He and his staff members work to fill approximately 70 available RV spaces and reservations for about 70 tents. Of course, with the tents usually come several family members. In addition to our campgrounds, we have

lodging for a fee at the Grand Casino Resort & Hotel, plus many other hotels in the area. A list of the hotels will appear on the CPN website and in future *Hownikan* editions.

June seems a long way off for some, but the time seems to fly as we prepare for Tribal members and their families to come home for Festival. The honored families for the 2019 Festival are:

- Johnson
- Lafrombois
- LaReau
- LeClaire
- Melott
- Rhodd
- Tescier
- Weld
- Young

These are fairly large families, which make the excitement even more exhilarating. In addition to the festivities, we will have three Oklahoma elections ... Always an inspiring time for Tribal members. I personally believe the voting process for CPN during the Festival is a great way to express patriotism to our own heritage. It is a process that I have taught my children and adult grandchildren to respect and observe. I am proud when my family comes to vote for candidates and the annual budget. My immediate family makes a big issue of it, often taking pictures after their votes are cast.

The FireLake Fireflight Balloon Festival is also in the planning phase with the committee having met twice since Jan. 1. This year's balloon festival will be held Aug. 9 and 10. Last year, the festival had 30 balloons. This year, the festival will feature 25 balloons, but there will be more specialty attractions. Two of the balloons will be in cartoon shapes, and there will be three corporate balloons, one of which is Wonder Bread. The shaped balloons and the corporate balloons are always fun. CPN's first attempt at the balloon festival in the summer of 2017 yielded about 25,000 attendees during the two-day event. Last summer, approximately 35,000 people from the local area and all over Oklahoma attended. For the upcoming summer, the balloon festival committee is bracing for a record year. Our grounds cannot hold many more than 35,000 people for the two-day event. As many as 38,000 would be pushing the very fringes of our capacity. I will not be surprised if that many people attend. The balloon festival has been an extremely popular event.

Of course, with any successful event — including CPN Festival and Balloon Festival — preparation is king. My Administrative Assistant Dennette Summerlin, CPN Tax Coordinator Kelley Francen, and CPN Realty Director Charles Meloy have all taken a lead role in the planning of the balloon festival. These three plus many other Tribal



Jordan Frapp

employees are instrumental in preparing for the huge event.

That leaves us with the Gathering of the Potawatomi Nations, Aug. 1-4, 2019. Details are limited for now, but there will be an abundance of information forth coming. The Gathering location is Wasauksing First Nation, Perry Island, Ontario, Canada. One reason that we do not presently have full details is because of lodging. If you have traveled to Canada for the Gathering of the Potawatomi Nations in the past, there is a limited quantity of hotels when visiting either of the Potawatomi First Nations in Canada. Our travel agent, Brandy Oswald, is working on reservations and other arrangements prior to asking for participants. We will update those details in future editions of the *Hownikan* and

online at the CPN website, cpn.news/gathering2019.

As you can see, there are exciting events in the making. In addition, economic development for the Nation has sensational revelations to be announced in the near future.

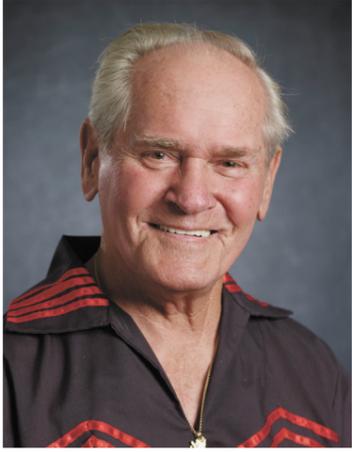
In one last mention, in January we recognized fall 2018 semester graduates in this newspaper. One who did not make it in there but whom I would like to mention was Jordan Frapp, who used Tribal scholarships to pay for school at Oakland City University in Indiana with a bachelor's degree in Christian studies. He was recently ordained and licensed to serve in the ministry of his home church at Highland Avenue Baptist Church in Robinson, Illinois. Jordan and others utilize one of our greatest assets, the CPN Department of Education. If you're interested in a higher education degree, learn more about opportunities at cpn.news/college.

I am thankful to have been your vice chairman during a time of success and growth for CPN.

Migwetch
(Thank you),

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

District 1 - Roy Slavin



Bozho nikanek
(Hello friends),

I will devote my column to the District 1 Field Museum Meeting on April 26, 2019.

I want to help everyone to be able to enjoy what we will

tour at the museum. Anyone who will be in the Chicago area is welcome, but we really need to know you will be attending. Here are some tips to help make this a good tour:

RSVP you are coming, and tell how many are in your party (nice to know ages and whether you are able to take a tour).

The museum is providing parking places, so we will need to know if you are driving.

The museum also will arrange the tours, and — depending on the size of the group — they will determine how many tour guides to staff that day. For those who are not able to do a walking tour, the museum staff will set up artifacts for you to see so you will not have to walk.

CPN District 1 Meeting

Join us as we tour the newly renovated Native American exhibits and see Potawatomi items and artifacts. Museum staff will provide in-person artifact display for those unable to walk the exhibitions.

FRIDAY, APRIL 26
10AM-3:00PM

CHICAGO'S FIELD MUSEUM OF NATURAL HISTORY
1400 S LAKE SHORE DR. CHICAGO, IL 60605

Lunch and parking will be provided but require rsvp! Space is limited.

RSVP BY APRIL 10, 2019
TO ROY SLAVIN

AT RSLAVIN@POTAWATOMI.ORG OR CALL 1-888-741-5767

Last but most important, the museum will be arranging our lunch, so this makes your RSVP very important. They are making every effort for this to be a fantastic meeting, so please provide as much information as you can about attending.

I will try to keep everyone informed if there are any changes, and I hope to hear from you.

The full invitation is here with this column, but if you need to get in touch, please contact

me using the information below in my signature.

I will close this article, as always, with a plea for your contact information. If you do not get the occasional email from me, it is because I do not have your contact information. Due to privacy issues, the Nation cannot provide me with that information. Thank you for allowing me to serve as your representative.

Roy Slavin
Netagege (Forever Planting)
Representative, District 1
816-741-5767
1-888-741-5767
rslavin@potawatomi.org
rjslavin@gmail.com

District 2 - Eva Marie Carney



Bozho nikanek
(Hello friends),

First meeting of the new year: District 2 wasted no time getting together in 2019. On Jan. 5, 2019, we held a meeting and lunch in Little Rock, Arkansas. Photos are collected here (You don't need to be "on Facebook" to take a look): [cpn.news/D2AR](https://www.facebook.com/cpn.news/D2AR). Three highly-experienced veterans attended:

Tina Fellows Worrell (Master Sergeant, retired), originally from Tecumseh, Oklahoma, retired recently with more than 29 years of service in the Army and Air Force (reserves components). She served as an Army Medic during Desert Shield and Desert Storm and as Air Force aeromedical technician and an aerial porter

in Operation Iraqi Freedom and Operation Enduring Freedom. Tina is from the Welch family and lives in Sherwood, Arkansas.

Everett Blakeley served in Vietnam in the U.S. Navy and during the Amchitka (Aleutian Islands) nuclear bomb test. He steered the biggest military ship through the Panama Canal and helped clear mines from the Suez Canal. He is from the Bertrand family.

AR Walters was with the U.S. Army from July 1963 to July 1969. He was assigned to the 21st Ordinance Company with the 101st Airborne Division, at that time a 24-hour on-call strike force division. He served in Operation Desert Strike and was posted to Bagdad and Ludlow, California. AR is a Bourbonnais and recently relocated to Arkansas from Texas.

Among others attending were Janis Ward, our wisest attendee; Stephanie Schaaf, who traveled almost 300 miles to join us; and Stephanie's daughter Spencer, the youngest member present. I used a PowerPoint for the "business" part of the meeting and will send it on to you upon request. We were able to share our lunch leftovers with The Van, the mobile operation of a nonprofit called The One, which reaches out directly to homeless



Everett Blakeley, AR Walters,
and Tina Fellows Worrell.

individuals. See theoneinc.org for more details about its work.

During our meeting, we talked together about keeping our traditions and heritage. When I later came across this statement from Lac du Flambeau Ojibwe artist Biskakone, I wished I could have shared it with the group. Biskakone gave me his permission to share it here:

"Do something cultural every single day. Use tobacco. Speak your language. Craft something that represents nature. Spear a fish. Share your harvest. Pick medicines. The best way to say *miigwetch* (thank you) for all of the gifts our old people left us

CPN District 2 Spring Feast

Join us for introductions and sharing among Tribal members, feather crafting, a business update, lunch and gift-giving to honor our wisest, youngest, farthest-travelled, and Potawatomi veterans in attendance.

SATURDAY
MARCH 30, 2019
10:30AM-2:30PM

TELICO VILLAGE COMMUNITY CHURCH HALL
130 CHOTA CENTER, LOUDON, TENNESSEE

For directions, accessibility and parking information visit www.telicochurch.com

CHILDREN ARE WELCOME | LUNCH PROVIDED

RSVP BY MARCH 23
TO EVA MARIE CARNEY

AT ECARNEY@POTAWATOMI.ORG
OR TOLL FREE AT 1-866-961-6988
PLEASE INCLUDE NAMES OF GUESTS AND AGES UNDER 14

is to absolutely use them every day. In a crazy technological world, we can still be grounded with culture. Even if it is one tiny thing. Some of the most powerful medicine is hidden in our ways. Culture is medicine."

Upcoming Events: District 2 will sponsor a talk specifically for women and girls by Prairie Potawatomi member and CPN language instructor Enequina Banks, on Sunday, Feb. 10, 2019, from 4 to 6 p.m. Enequina will share traditional teachings about our "moon time" (menstruation), wellness and health. The program is relevant to grandmothers, mothers, aunts, sisters and daughters. We will meet in the Westmont Room, Columbia Pike Branch of the Arlington County Public Library, 816 S Walter Reed Dr., Arlington, VA 22204. The building is wheelchair accessible. RSVP if you are able, come if you can! More details are on evamariocarney.com, under the "Calendar" tab.

The inaugural District 2 Spring Feast will be held in Loudon, Tennessee, on Saturday, March 30, 2019. All details are in the printed invitation and on my Facebook page under "Calendar." Please do RSVP — I will need an accurate count for the crafting supplies and lunch I will be providing.

I will attend the tour at the Field Museum on April 26, organized

by District 2 Legislator Roy Slavin. I'll go straight from Chicago to Albuquerque for its Gathering of Nations weekend and then will put on my "The Kwek Society" hat to visit some of the schools in northwest New Mexico to which we are sending menstrual supplies.

Please give some thought to your entry in this year's District 2 contest. All of the contest details are posted on evamariocarney.com, under the "Calendar" tab. Look under the deadline date: April 15, 2019.

The date of our next NMAI Archive visit is Friday, May 24, 2019. RSVPs are required for the 20-person tour.

Please contact me if you need help or have a question or concern.

Eva Marie Carney
Ojindiskwe (Blue Bird Woman)
Representative, District 2
2200 N. George Mason Drive #7307
Arlington, VA 22207
866-961-6988 toll-free
ecarney@potawatomi.org
evamariocarney.com



The group of attendees at the Jan. 5, 2019, meeting.

District 3 - Bob Whistler



Bozho nikan
(Hello friend),

Winter: This season and the first of the year bring on a number of things. Last month, I wrote about new year's resolutions since many of us want to start a new trend or eliminate a bad habit. In our culture, there are stories that are to be told or read only in the winter. Eva Marie Carney, our District 2 representative, recently sent me an email along with a link to the winter stories and to her Potawatomi cookbook.

The link to the stories is cpn.news/emcws. Included in the stories are several with great illustrations that were created by CPN member and artist Penny Coates. The stories are a great way to introduce our history and culture, not only to yourself but also to very young children. Many of the illustrations will be very pleasing to small children.

The link to Eva's cookbook is cpn.news/D2cookbook. I also received a hard copy of the cookbook from her, and it is wonderful. It has a prayer in

Potawatomi within the first few pages that you may use at meals. This is a great way to bring the language into your daily life. One of my own intended uses of the cookbook is to use some of the different dishes that we don't normally make and take them to potluck dinners. There are several rice and vegetable dishes that will be something new at a potluck, and they will surprise others with how tasty they are. It also gives you the opportunity to talk about your Potawatomi heritage.

Students: Over the years, we have talked about several of our programs, namely, the PLP summer internship for our college-age students to become acquainted with the CPN operation. We also brief you on how the scholarship program is handled and, as Vice-Chairman Linda Capps recently reported, the number of scholarships we have provided along with the dollars spent over the last few years. I want to tell you about the payback that is received with this financial assistance we provide to our members who are educated under this program. If you look back at some issues of the *Hownikan*, you will find information about some who have excelled in sports and other areas.

Our own current Director of the CPN Department of Education, Tesia Zientek, took advantage of the scholarship program, and returned to give CPN her educational knowledge and talent. We also have several other employees in different departments that went to college assisted by CPN scholarships. Many others have gone on to become very productive in their

chosen field, and we routinely see articles about them.

In District 3, we have a young man, Alex Kietzman, who is an undergraduate at Baylor University in Waco, Texas. I was shocked to learn that he is working at the undergraduate level in developing a program to identify and diagnose ocular (eye) disease. When I spoke to him, I initially thought he must be working on a very advanced degree. He is working on a smartphone application that ultimately may be used in undeveloped countries to diagnose leukocoria. The program is called CRADLE, which stands for computer assisted detector of leukocoria. This program is designed to identify the diseases in the leukocoria group, which consists of retinoblastoma, cataract, hyperopia, amblyopia and Coats' disease. I have asked Alex to update us on any new developments in his program relative to any new results or changes. His research and work for the health of others is very rewarding, not only to them, but it gives clear evidence that our scholarship program not only helps our own youth but bridges forward to serve others. This is a clear example of the Native American way. Helping and giving to others!

As many know, CPN lists the graduates from the previous semester, but some names don't make it. One of Texas' own, Andrea Martinez, graduated from Texas A&M Commerce with a BA in English and psychology. She also received her secondary teacher certification in December and will enter the education field. Congratulations to Andrea and

all Potawatomi graduates who have used the Tribal scholarships the Nation provides. Keep an eye on spring editions of this newspaper; they'll post notices for May graduates from high school and college to send in their information to be recognized.

Health: Because of diet and the fact that we are Native American, we are subject to a number of health issues. We tend to have diabetes, high blood pressure, high cholesterol and be overweight. One of the things that many of us are unaware of if we have high blood pressure and tend to be overweight is the chance of a stroke. I recently met with a young lady that had been ill for several weeks. She is in her late 30s or early 40s.

When I met with her, I asked how she was and how she was progressing. She told me that she was recovering from a hemorrhagic stroke that impacted the entire left side of her body. I was surprised to hear that she was recovering from a stroke. Most people I know who have had a stroke are generally over the age of 60. She told me she had very high blood pressure along with being overweight. Her blood pressure was running over the 200 range on a regular basis. She had gone to the dentist for a deep gum cleaning. During the process, there were some blood clots that traveled to her brain resulting in a stroke. The reason for this item is to alert you of the possibility of a stroke from a simple dentist appointment if you have very high blood pressure. Furthermore, if you have very high blood pressure, be sure your dentist is aware of that

before any procedures take place. As a final piece of information on her incident, she advised that while she is recovering slowly, it will take her a year for a full recovery. She went on to say that some who suffer from this type of stroke never recover. I believe that there is medication that may be taken before you go to the dentist to reduce the risk. So please, discuss this with your primary care physician.

A number of you currently go to the Urban Inter-Tribal Center of Texas clinic in Dallas for medical, dental and some prescription drug services. There may be some changes there because of some new equipment, and it would be nice to know if they are offering some new services. So, please get back to me with anything that I can pass on to our fellow members in Texas that may be able to use their services.

In closing, *migwetch* (thanks) for the honor of representing District 3. I serve with pride and am here to serve you well. Please contact me on any Tribal matters where you feel I may be of assistance.

Bama mine
(Until later),

Bob Whistler
Bmasi (He Soars)
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District 4 - Jon Boursaw



Bozho
(Hello),

Mark your calendars:

- 2019 CPN Family Reunion Festival — June 28-30 (near Shawnee, Oklahoma) This year's honored families included the Johnson, Lafromboise, LaReau, LeClaire, Melott, Rhodd, Tescier, Weld and Young families.
- 2019 Gathering of Potawatomi Nations — Tentative dates July 31-Aug. 5. Hosted by the Wasuakung First Nation (Parry Sound Potawatomi) located in Parry Sound, Ontario, Canada.
- 2019 District 4 Meetings: Saturday, June 1, 2019, in Rossville, Kansas.

Sunday, June 2, 2019,
in Wichita (TBC)

Tribal enrollment criteria:

I recently had yet another conversation with a Tribal member who expressed concern that his grandchildren would be the last of his family to be enrolled "as any future great-grandchildren would not be eligible."

When I asked him to explain this, he responded by saying that it was because his future descendants would not have sufficient Indian blood quantum to be eligible.

I then explained to him that he was *totally incorrect* and that blood quantum (or degree) did not apply in the criteria for enrollment in the CPN. What concerned me about this conversation was how many other members have this same misconception about our enrollment criteria. Citizenship is delineated in the CPN Constitution, which can be found on the here: cpn.news/constitution.

If you have any questions regarding enrollment eligibility, don't hesitate to contact the Tribal Rolls Office near Shawnee, Oklahoma, at 405-878-5835.

Upcoming CPN Elders Potlucks:

The dates of the next two potlucks held in the CPN Community Center in Rossville are:

- Feb. 8 — Chicken and noodles with mashed potatoes. RSVP by Feb. 5.
- March 8 — Corned beef and cabbage. RSVP by March 5.

Please bring a side dish or dessert. RSVP by calling Tracy or Pam at 795-584-6171.

PLP application period is now open:

The final day to submit your candidacy is March 15, 2019.

The six-week Potawatomi Leadership Program brings a group of eight to 10 promising young Tribal members from around the world to Oklahoma to learn about the government, culture and economic development of the Citizen Potawatomi Nation. At its core, the Potawatomi Leadership Program strives to give interns an accurate perception of the Citizen Potawatomi Nation as a whole and cultivate talent from within to ensure that younger generations are prepared for a role in the future governance of their Tribe. Aside from being an enrolled Citizen Potawatomi Nation member,

the following is the eligibility criteria to be considered:

- Have a current GPA of 3.0 or better
- Be 18-20 years of age
- Have completed no more than one year of college (college credit received in high school does not apply)

Application forms are available online at plp.potawatomi.org.

What do (or don't) you know about the Citizen Potawatomi Nation's culture and history? (Part 3)

11. Where was location of the final destination of the Trail of Death?
12. Who is Rose Philippine Duchesne?
13. What is the origin of the name Osawatomie?
14. Where was Uniontown? What was the significance of Uniontown?
15. Where is the Potawatomi Baptist Mission?

Answers to last month's questions:

6. It is the only creature that can carry the smoke of prayer fires up to the Creator.

7. Muskrat; What Native Americans called the land mass formed after the Great Flood, but is known to the rest of the world as North America.
8. Northern Indiana, near present day South Bend; Relocation occurred between September and November of 1838.
9. The Potawatomi Trail of Death.
10. Benjamin Petit was a young French priest who served the Potawatomi in Northern Indiana and later accompanied them on the Trail of Death.

As always, it is my pleasure to serve as your legislative representative.

Migwetch
(Thank you),

Jon Boursaw,
Wetase Mkob (Brave Bear)
Representative, District 4
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2007 SW Gage Blvd.
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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 nich Bodewadmik
(Hello, my fellow Potawatomi),

February has always been the month that acknowledges the importance of love. Not simply the love you have for your husband, wife, parents and children, but rather the unconditional love as the Creator has for us. Love is God, and God is the source of all love.

You have heard all the sayings and listened to the songs of love throughout time. What else is there to write about that has such variations of expression?

“Love your neighbor as yourself.” (Lev. 19:18)

This expression was meant to extend your support to others toward their survival. Care about them and their wellbeing as you do about yourself and your family. Love is the highest expression. The more love you give and extend to others, the more you have to give. It is a never-ending spiral.

Health-wise, it is repeated over and over again in the medical profession as to the benefits of the presence of love lowering stress levels, anxiety and depression as well as increased immune function. The studies have shown even the affection and presence of a cat, dog or pet of your choice can make all the difference in the world as to your health.

Maybe we just need each other!

Webster's dictionary says love “is the radiance of affection.”

You can love and respect others only to the degree you have it for yourself.

Wow! Here is where many of us have difficulty. The interpretation by some is narcissistic, self-absorbed and other unattractive references. However, without the love and respect for you, there is nothing to share with others.

When you are balanced, strong, focused and self-aware, you can then begin to share.

There are so many definitions, intentions and opinions that we couldn't even identify them if we started now to the end of time.

I love my country but have never seen it in such an uproar as it seems to be at this time. Remember — I came out of the 1960s, so I definitely recognize the need for change and how difficult it can be at times.

The flower children of San Francisco organized with the idea of spreading more

love in the world, which admittedly went a little left.

The song by Jackie DeShannon, *What the World Needs Now*, sings we need “love sweet love. It's the only thing there's just too little of.” It was a hit on the charts and stayed for some time.

Nevertheless, while the word “love” seems to be thrown around more frequently, what is behind the word? It is identifiable through each person and as it expresses through their heart.

No one has ever been more patriotic or loved their country more than I do, something I attribute partly because I was born on the Fourth of July. I grew up thinking we were celebrating me. You know that story. We then learned there was no Santa and no Tooth Fairy either.

Those stories were created out of love for children to create excitement and wonder for them. It definitely stimulated the imagination. (My favorite pastime.)

However, the love you have for your immediate family, extended family (chosen), love for the Native Nations, our Citizen Potawatomi Nation, and the good 'ole U-S-of-A, we now more than ever need the awareness of the old saying, “United we stand; divided we fall.”

Where is the love?

I wrote a song back in the 1970s called “*Stand Up America*.” It did well in Kansas (ha). The point was, if we would all stand up for what we believe in and the world was a safe place to do so, the undercurrents would be totally unnecessary.

The subject isn't about being disrespectful, so please do not confuse disagree with respect. I love hearing other viewpoints. It gives me a better perspective. I love the mental stimulation and thought process.

This must be a new tangent of mine.

I love the beginning of a new day. I love it when someone thinks enough of me to share their deepest thoughts and concerns, the surprise of an unexpected acknowledgement when you needed it most.

How will you share the love? What does it mean to you? How many things, places or people can you direct love to?

This is a mind-boggling subject.

Take the month of February and just think about what it means to you. Discuss what it means to you. Be aware when that feeling of love comes into your heart, what that feels like.

Talk to each other about love and what that means in your relationships, be it family, friend or...?

I read a sign the other day that said, “Know how to get rid of an enemy? Learn to love them.”

I did forget one more love, and that is sports.

The love of football has certainly taken on its own life. The American team sport used to be baseball. According to recent studies, the number one sport has switched to the NFL. Love your team.

The love of music and the different moods it can support or stimulate is another emotional connection. Music is the rhythm of life.

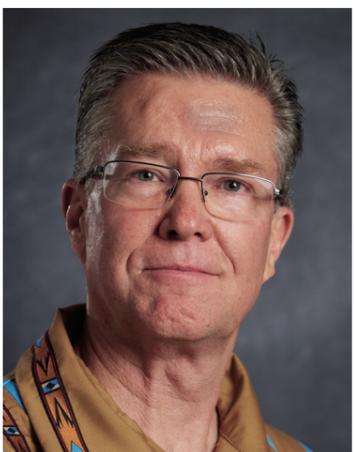
There are no set answers to any of this, as each of you have your own. It was an attempt to throw out all sorts of options, and encourage thoughts or questions in any given field.

Take care and love each other.

I love my people.

Eunice Imogene Lambert
Butterfly Woman
Representative, District 5
480-228-6569
euniceilambert@gmail.com

District 6 - Rande K. Payne



Bozho nikanek
(Hello friends),

We are well into 2019 as the drudgery of those new year's resolutions sets in and the optimism that things will be better begins to fade. Whether it's eating healthier, a new gym membership or reading more, the actions required to accomplish the goals are in full demand. I hope you are finding the discipline needed to achieve your goals for 2019. May you always look forward to the future with optimism!

When it comes to goals, rarely do I hear of anyone determined to work more. Occasionally, I'll hear someone say, “I'm trying

to work smarter, not harder,” but never do I hear anyone say, “I want to work more.”

While I greatly enjoy what I do to pay my bills, one of my goals for 2019 is spending time with family outside in nature. Up until the last four or five years, I went camping at least once a year, even if only for a couple of days. When my daughters were growing up, I would take them three or four times a year, sometimes a week at a time. They tell me how fond they are of those memories and encourage me to take my grandchildren and make those memories with them.

Being self-employed is gratifying but also very demanding. To whom much is given, much is expected. So it takes a lot of determination to line everything up to be able to get away from work to enjoy free time with family. Nonetheless, that's the goal.

Someone once asked me what I enjoyed doing as a little boy. I never even gave it a thought and said, “Camping with my family.” As a young man, it was the same but then came the hiking boots and long walks exploring in the

woods. Then my daughters were born and I purchased two ATVs, and my wife and I would take them on long rides exploring old logging roads, stopping for a picnic along a creek, looking for wildlife with great anticipation for what we might see around the next curve in the road.

There's something about being in nature that satisfies a longing in my soul. It's almost as if my relationship with the Creator shifts to a greater wholeness through relationship with all creation.

In the book *Nature and the Human Soul*, psychologist, wilderness guide and ecotherapist Bill Plotkin Ph.D., describes “what it means to be human on an animate planet; and the deepening embrace of the mystical traditions of both indigenous and Western peoples.”

As you know, vision quests were an important part of indigenous people's culture. Plotkin's work includes arranging and then observing people upon return from a four-day fasting and vision quest in wilderness solitude.

He writes that “those who returned from their fasts with the most mysterious and world-shifting experiences ... were the ones who, at the outset, seemed to us most mature psychospiritually. Most always, these same folks were also the ones most at home in nature. Not surprisingly, the latter fact turned out to be correlated with a childhood history of ample unsupervised time in the wild world. I found it exceptionally interesting that these three things seemed so closely associated: a childhood immersed in nature, personal maturity, and the depth of experience on a vision quest.”

While not on my goal list for 2019, a vision quest is definitely on my bucket list. First things first, get out in nature and take my grandkids with me!

I sincerely hope 2019 is off to a great start for you and yours. In closing, I would like to invite you to our next District 6 gathering in Las Vegas sometime in April. I don't have a firm date yet, but as soon as I do, invitations will be going out. Who knows; we may even

include some time in nature as part of our time together.

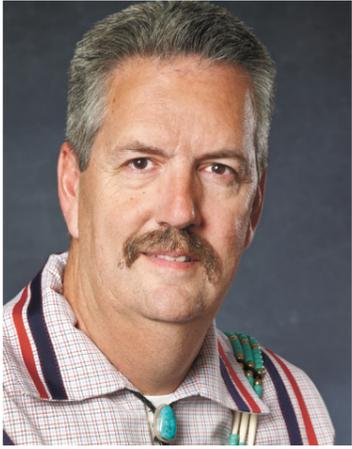
Words of Wisdom: “To me, the chief element of optimism is faith ... not faith in optimism, but faith in the Lord who gives us the right to be optimistic.” — Fred Smith

Wisdom from the Word: “And you will be secure, because there is hope; you will be protected and will take your rest in safety.” Job 11:18

Migwetch! Bama pi
(Thank you! Until later),

Rande K. Payne
Mnedo Gabo
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District 7 - Mark Johnson



Bozho nikanek
(Hello friends),

This morning as I stood outside, I looked to the heavens and felt the cold rain falling on my face. It is good to be alive and to show the Creator that we are still here. I am blessed to be a part of a great government — the CPN government — that never shuts down and never stops working for you. I wish

the federal government could learn from our example, and I can only imagine how many of our members needlessly are affected by this squabble.

District 7 had over 150 Tribal members living in areas that were hard hit by wildfire last year — over 60 members in Butte County alone. I am sure that Tribal members experienced losses in these areas: your Nation's thoughts and prayers are with you, and please let me know if you need any assistance connecting with CPN.

I have written before about being prepared for wildfire, or any fire for that matter, and would like to stress again the importance of taking steps ahead of time before disaster strikes. It will make recovery from these incidents much easier. I would recommend that you buy a portable fireproof box, if you don't already have one; it should be large enough to hold files and a few valuables, but

not so large that you can't easily carry it out if you have a fire. Following are some of the items that you should keep in the box:

- List of insurance policies, health, home and auto with contact information
- List of bank accounts and contact information
- List of debt obligations, due dates and contact information
- Your family's passports
- List of doctors and contact information
- List of medications, prescription numbers and contact information of all pharmacies that you use
- Copy of durable power of attorney, living wills and health care proxies — yours and all those of which you are attorney-in-fact or health care surrogate
- Copy of each of your wills and all those of which you are the executor
- Safety deposit box keys
- List of investment, retirement and bank accounts, with all contact information
- Your original Social Security card (when you're not using it)
- A memory stick with backups of all important computer documents and pictures
- A copy of your Tribal Rolls card

Keeping track of your vital information should be made as simple as possible. Don't make it any harder than it has to be. Keep this box in a secure location that can be easily accessed from outside your home by a firefighter with your direction. The most important thing for you to

do is exit your home if it is burning and do not go back in.

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 as a citizen. 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 7.

Migwetch
(Thank you),

Mark Johnson,
Wisk Mtek (Strong as a Tree)
Representative, District 7
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District 8 - Dave Carney



Bozho nikan
(Hello friends),

Hopefully 2019 is off to a good start for you! I'm sitting at my kitchen table in Olympia, and it's *not* raining. For members who aren't familiar with Pacific Northwest weather, winter days take two forms: 1) generally moderate temperature, gray and drizzling, or 2) sunny and very cold. The latter are

always appreciated, and if we are lucky, we get to see one of our beautiful mountains like Rainier, Hood or Mount St. Helens.

One of the discussions at our recent Portland Fall Feast was about drumming, both hand drums and powwow drums. Several years ago, we had a District 8 hand drum making class, and many members created their own hand drum. I am considering doing that again and would like to hear from you if you have an interest in that. Please email me if you would be excited about doing this in Olympia. We have several talented members that may be willing to lead us in the area. Please send comments regarding this to me at dcarney@potawatomi.org.

Recently, I received the gift of a very nice hand drum from a local member, Steven Rhodd. I am very grateful

and excited about the gift; however, I am having a hard time coming up with a design I'd like to paint on it. The last drum I made I painted a bear on the head. Eventually, I gifted this small hand drum to Rozann Kimpton on a visit to Alaska. I am considering a stylized raven. One pointer that I have learned is to paint your drums with acrylic paint and never use oil paints. They take a long time to dry, and sometimes the oils interact oddly with the animal skins.

A resource for crafty CPN members who want to build their own drum is Centralia Fur and Hide in Lewis County, Washington. Their online store with drum kits is at cpn.news/D8drumkit. They have kits for making drums from anywhere from 10" to 20". They also have a variety of skins to choose from (deer, elk, cow, horse,



The top of the drum.



The bottom of the drum.

goat and buffalo). Prices range from \$25 to well over \$100.

Just a reminder to folks considering coming to the Family Reunion Festival held

June 28 – 30, please look into airplane tickets shortly. I will be looking at booking mine soon for the best deals. Also, I'd recommend staying at the Grand Casino Hotel & Resort if possible. The Nation offers special rates during Festival. This year's honored families will be Johnson, LaFramboise, Lareau, LeCalre, Melott, Rhodd, Tescier, Weld and Young.

It is my honor to represent you in the Tribal legislature. Please feel free to contact me if I can assist you.

Bama pi
(Until later),

Dave Carney
Kagasghi (Raven)
Representative, District 8
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District 10 - David Barrett



Bozho
(Hello),

There are a lot of things to appreciate about living here in America. We need to teach our kids about our country, its customs and its history. What

about patriotism? In today's society as a divided America, it's hard to define. However, it's not that way with me. Here is how I believe it to be for me.

I grew up going to a two-room schoolhouse where every school day before classes started, we would stand at attention toward the American flag and recite the Pledge of Allegiance. They taught us what the pledge meant also.

I was so happy when my granddaughter, Kyla Barrett, noticed while we were driving all the American flags that were flying in the wind. She would say to me, "Pa Pa, can I say the Pledge of Allegiance?"

What a thrill to hear this from my own grandchild. Our CPN



Members of the CPN Veterans Organization and the American Legion take part in an honor guard presentation.

Veterans Organization, which meets the fourth Tuesday of every month, starts out every meeting by saying the pledge and a prayer.

Patriotism is shown again when our country's national anthem

is played or sung. Outlined in the United States Code, during the national anthem, you should stand at attention and face the flag or toward the music with your right hand over your heart. Men not in uniform should

remove their hats and hold it with their right hand, pitting the hat over the left shoulder so their right hand is still over their heart. From being in the CPN Color Guard, I have noticed that a lot of people

during parades and other assemblies do not stand still, or they fiddle with their phones.

Yes, I am biased since serving in the military during the Vietnam War. It wasn't an option for me — get drafted or volunteer. No matter what, I felt that this was my duty to serve. There are many brave Americans serving in the military for our country or who have served in the past. People should learn to honor those who have served or died.

It doesn't matter if you agree or not with what they were doing, they are willing to die for our rights. Know your basic freedoms and respect that others have them too. These include those outlined in the Bill of Rights.

As a democracy, we have core values that are fundamental to America. Such things are what our country was built on and include common good, justice, liberty, popular sovereignty, life, equality, diversity, pursuit of happiness, truth, patriotism and rule of law.

Being an active and involved citizen is the best way to support our country and keep it strong. This is a government for the people and "by the people," and we need to understand that our involvement is crucial to our success as a nation. A couple of ways in doing this is by voting and paying attention to local issues in your community.

Discover the history of our Nation (United States and Citizen

Potawatomi) and how it grew to be what it is today. Find facts that surprise you, challenged you, make you laugh or make you proud. Learn about your cultural and natural history as well.

It's becoming increasingly more difficult to find objective information. Everything seems to have a bias to it, and it can be hard to know what perspective you're actually reading. Do your best to examine issues from multiple angles, taking into consideration the people doing the reporting. Who stands to gain from a particular perspective? Who stands to lose?

If you feel like showing your patriotism with dress, flags and other displays, then go for it.

Every country has positive qualities and negative qualities. America is the world's melting pot. Our immigrants brought much more than suitcases. They brought their culture and tradition.

We as Native Americans are on the forefront of this diversity.

Lastly, the United States has a history that isn't perfect, but we can continue to work toward everyone being equal in spite of its shortcomings. We do this by emphasizing the positive and working toward a better future for all who call our Nation home.

You cannot expect to change everyone in our country into more patriotic people, because they have their own minds, and even though you're allowed to

disagree with them and express your opinions, you're not allowed to force them to change. You can, however, become a more patriotic person yourself and try to inspire your friends and family by showing them all the best qualities of our Nation.

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

Migwetch
(Thank you),

David Barrett
Mnedobe (Sits with Spirit)
Representative, District 10
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d Barrett@potawatomi.org

District 11 - Lisa Kraft



Bozho
(Hello),

Excitement in the Air

A healthy democracy is one where its citizens are engaged in the political process

— from filing for office to casting votes. We Americans, with the world watching, are living in very exciting times in the American resolve. People are tired of waiting around for change in a broken leadership system where only the favored few seem to benefit. Teachers in Oklahoma this past fall, fed up with a lack of education funding and low pay, filed for state and county elections and won lawmaking seats as never seen before. People across America, and here at home, are tired of public servants using the peoples' resources to become career politicians. Our friends and family have made up their minds to stand up and give voice to new ideals and throw down challenges to the status quo.

The American resolve I speak of is grit and determination — no longer fearing the bully. When people are compelled by good and not greed, their force can be seismic. We are all living through this American political revolution. Those public servants that serve themselves first simply won't be able to shift with this paradigm. Yes, these are exciting times.

I learned yesterday (Jan. 9) that several of our Tribal members were called to action this Tribal election cycle and no one could be more excited than me. I am just as eager to meet each one of them, to ask questions, and to learn about their lives. I think back to the first and only "Meet Your Oklahoma Candidates"

in 2006-2007 just after our constitutional change allowed so many of us to run for office. Friendships were born of that process and endure today. Many of us joked that we would never eat pizza again after eating it several times over those months. One of the most productive meetings we had was in Shawnee when we met with Tribal members who are employed by the Nation and their families. It is with hopes the Tribal administration will schedule meet and greets in Oklahoma.

I want to close by sharing a personal letter from my dear friend, Abbot Lawrence Stasyszen of the Monks of St. Gregory's Abbey. I think so many of you will appreciate

reading his sentiments on the closure of St. Gregory's University and his gratitude to our Nation for 143 years of collaboration and shared history.

As always, I am thinking Potawatomi.

Lisa Kraft
Representative, District 11
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St. Gregory's Abbey
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December 3, 2018

Chairman John "Rocky" Barrett
Vice Chair Linda Capps
Secretary / Treasurer D. Wayne Trousdale
Honorable Legislators and Judges
Citizen Potawatomi Nation
1601 Gordon Cooper Drive
Shawnee, OK 74801

Dear Chairman Barrett, Executive Officers, Legislators, Judges, and People of the Citizen Potawatomi Nation:

Bozho nikanek. The monks of St. Gregory's Abbey wish to express our deep gratitude to the People of the Citizen Potawatomi Nation for your faithful friendship, encouragement and support. More than any other individual, entity or organization, the Citizen Potawatomi have been and continue to be part of our history and a source of encouragement for our future.

It was Divine Providence that led Father Isidore Robot, OSB, to meet with representatives of the Citizen Potawatomi Nation within the first month of his arrival in Indian Territory in October of 1875. He was able to meet with Chief Peter Pamaketok, Business Chairman Stephen Negahnquet, members of the Anderson, Bourbonnais, Millot Families and other tribal leaders. These leaders immediately offered to provide choice land for the permanent location for Father Robot's missionary initiative. And while he wanted to visit other locations in the Territory before making a final decision, he ultimately returned to the Citizen Potawatomi to accept the generous offer. And so it was that he could establish at Sacred Heart the monastery, church and school that became the original home and center of operations for our community. We are forever grateful for those beginnings.

In these days, we especially want to thank the Citizen Potawatomi Nation for the steadfast support that you have shown to St. Gregory's in recent years as we tried to strengthen and preserve the mission of St. Gregory's University. The partnership between the CPN and St. Gregory's was renewed and strengthened with the "Nishwamen" agreement entered into during the late 1990s. This partnership provided critical collaboration and funding as St. Gregory's received accreditation to offer bachelor's degrees, built an integrated campus computer network to become the state's first "laptop university," offered summer youth leadership training programs, and launched special format degree programs for so-called "non-traditional" college students. We even offered college classes for degree completion at the CPN complex during the evening. These initiatives proved to be a great success and of benefit to the CPN and to St. Gregory's. We are grateful to Vice Chair Linda Capps, who provided wonderful leadership toward the success of those initiatives.

Most recently, the Citizen Potawatomi Nation took extraordinary means to shore-up St. Gregory's University as it faced fundamental financial challenges that went well beyond the resources we monks

Monks to the Citizen Potawatomi Nation
December 3, 2018

Page 2 of 2

could provide. Although the Abbey transferred to the University ownership of the buildings and land used by the University to strengthen its financial position, it was the \$5 million advanced payment of tuition for tribal students that provided critical cash resources to buy time for the university to seek means of long-term recapitalization. This eventually led to students of the Citizen Potawatomi Nation to comprise 20% of the student body of the University.

When it became clear that other financial institutions were unwilling to work with the University and the Abbey, the Citizen Potawatomi Community Development Corporation was willing to take the risk of an effort to preserve the educational mission of St. Gregory's. Unfortunately, participation in the USDA rural development grant program did not materialize as we all had hoped.

Chairman Barrett and Secretary-Treasurer Trousdale tried to find all possible options during their faithful service on the University Board of Directors. We thank them for their efforts!

Despite numerous attempts to engage other sponsors and investors in the important mission of St. Gregory's University, including numerous appeals to the Catholic leadership of Oklahoma by university presidents, myself and Chairman Barrett, such additional investors were not forthcoming. We know the unfortunate outcome that resulted.

But even when the university closed and other individuals and entities left it to the monks to pick-up the pieces, the Citizen Potawatomi Nation remained the one entity that has continued to be of assistance during the painful process of dissolution of the University. You quickly offered to keep the buildings and grounds insured, maintained and secured until a new owner would assume those responsibilities. You provided the management of the various utilities to the campus so that water, gas and electrical services would be maintained without interruption not only for the university facilities, but also for the Mabee-Gerrer Museum of Art, the National Institute for Developmental Delays and the Abbey. You even have provided regular security patrols of the campus to maintain the safety of the campus, and for the staff and guests of the museum and of our monastic community. We are grateful for the efforts of so many in this regard. We would like to thank in a special way Tim Zientek and Patti Burton and the members of their crews for their services. They have been very responsive as the temporary caretakers of the campus and its facilities for an entire year. Thank you!

You, the Citizen Potawatomi Nation, have demonstrated the depth of your commitment to the mission of St. Gregory's University even after it suspended operations. In doing so, you also have continued the friendship that began in your first meeting with Fr. Isidore in 1875. We monks hope to express in a tangible way our gratitude for your faithful and steadfast support in the coming year. For now, we want to recognize at least in words our indebtedness to the leadership and members of the Nation and to express the incalculable value we place on the history of your friendship, our respect for what you represent as a People, our promise of ongoing prayers for you, and our hope that our community will be able to be of service to the Nation in the future. We pray that God will continue to guide and to bring prosperity to the Citizen Potawatomi Nation for generations to come! *Migwetch!*

Sincerely, in our Lord Jesus Christ,


Rt. Rev. Lawrence Stasyszen, OSB
and the Monks of St. Gregory's Abbey

District 13 - Bobbi Bowden



Bozho nikanek
(Hello friends),

I hope the beginning of the new year finds each of you well and looking forward to a healthy, happy and prosperous 2019!

Before we know it time for our Family Reunion Festival will be upon us. I have written many times about the importance of our tribal elections. This year is especially meaningful to me since my third term as your District 13 Legislator is coming to an end.

After much prayer, considerable thought and consideration I would like to once again declare

my candidacy for your District 13 legislative representative.

While on the subject of the Family Reunion Festival this is also a great time to start working on your regalia for grand entry. As I have mentioned in the past, it can be very intimidating to participate in the traditional ceremonies or activities for the first time. Grand Entry is a perfect example. If you do not have your regalia yet you can still participate in Grand Entry. Please keep these tips on proper attire in mind if you do decide to participate.

It takes time to build a full regalia collection. (Each year I try to add a new piece or two).

If you do not have your regalia men should at least wear a ribbon shirt with long pants and closed toed shoes (no shorts or flip flops). Women should wear a skirt and wear a shawl and have their shoulders covered. I hope you will consider participating and encourage your children and or grand children to do the same.

Work for the Family Reunion Festival has already begun and I would like to thank the

CPN employees that work so hard to make each year better than the year before.

Here is to a great 2019.

As Always thank you for the honor of service as one of your Oklahoma Legislators.

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

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29

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Hownikan

1601 S. Gordon Cooper Drive, Shawnee, Oklahoma

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The *Hownikan* is published by the Citizen Potawatomi Nation and is mailed free to enrolled Tribal members. Subscriptions for nonmembers are \$10 a year in the United States and \$12 in foreign countries. The *Hownikan* is a member of the Native American Journalists Association. Reprint permission is granted with publication credit to the *Hownikan*. Editorials/letters are subject to editing and must contain traceable address.

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Franklin Louis Rodgers



Franklin Louis Rodgers, 44, of Columbia died Saturday, July 26, 2008, from the results of a swimming accident at his apartment complex in Columbia.

A Mass of Christian burial was held July 31 at St. Joseph Catholic Church in Salisbury with burial at the church cemetery.

He was born Sept. 20, 1963, in Sterling, Colorado, the son of James and Donna Widmer Rodgers.

Frank was a 1981 graduate of Salisbury High School and received a bachelor's degree in electrical engineering from the University of Missouri in 1986. He was working toward his master's degree in electrical engineering at Washington University in St. Louis.

Frank lived in Columbia the past four years and was employed by the Gates Corp. From 1986 to 2004, he resided in St. Louis, where he was employed by McDonnell-Douglas Corp. and Mapico/Rockport Pigments Corp. He also was involved in farming in the Salisbury area.

He belonged to a Catholic church in south St. Louis.

He was a fourth-degree knight with the Knights of Columbus, a member of the University of Missouri Alumni Association, a first responder for emergencies, a certified scuba diver and a member of the Citizen Potawatomi Nation in Oklahoma.

Survivors include his mother, Donna J. Widmer and Jack Timms of Columbia; sister Robyn Rae Rodgers and Jim Krogman of Brookfield, Wisconsin, two nieces, Megan and Hannah Krogman; nephew, Matthew Krogman; half-brother, Jesse Rodgers of Moberly; three aunts, Wanda Thies of Glasgow, Karen McFadden of Salisbury and Linda Flaspohler of Moberly; and two uncles, Wayne Widmer of Columbia and Dale Widmer of Salisbury.

He was preceded in death by his father, James L. Rodgers, on March 23, 1999; grandparents, Albert and Kathryn Widmer and Frank and Hazel Rodgers; uncle, Kenneth Widmer; and cousin, Curtis McFadden.

In lieu of flowers, the family would like memorial to be made to the St. Joseph Catholic Cemetery Association.

Elizabeth Marie Rush

Elizabeth Marie Rush, 31, of Arkansas City, died Nov. 5, 2018, at the South Central Kansas Medical Center.

A memorial service was held Nov. 17, 2018, at the Redeemer Lutheran Church in Arkansas City. A celebration of life reception immediately followed the service. A private burial will be held at a later date.

Betsy was born Aug. 20, 1987, to Richard W. Rush and Valerie D. (Tipton) Rush in Wichita, Kansas. She graduated from Arkansas City High School in 2006 and continued her education at Cowley College, graduating with an Associates of the Arts. Moving to Lawrence, she became a Jayhawk and graduated from the University of Kansas with a Bachelor of General Studies in Economics degree in 2011. Betsy continued her education and later graduated from Baker University in May 2018 with her MBA. Betsy was always thinking of the next business opportunity starting early in life — lemonade stands to jewelry making. During college, she worked for Blanche and Luke Schmidt of Schmidt Jewelry. During college at KU, she worked for David Clemente at his restaurant, later getting an internship with Scotttrade and becoming a branch broker after receiving her licenses. She continued working for Scotttrade after she moved from Kansas City to St. Louis for medical reasons and worked at the corporate office as a compliance officer.

Betsy was active in P.E.O., Chapter ER of Arkansas City and demitted to Chapter IR in Overland Park. Serving as an officer in various areas, including corresponding secretary to the Johnson/ Wyandotte County P.E.O. reciprocity. Betsy recently demitted back to Chapter ER in Arkansas City. She was also a long time voice of Aspect rescue shelters in the St. Louis area, taking in dogs needing and awaiting their homes as a certified animal placement coordinator.

At the age of 10, Betsy was diagnosed with cystic fibrosis. This started a lifetime of medical appointments and many hospital stays. This never stopped her from dancing at Ark City Dance and later with the Tigerettes, and playing tennis all through school along with band. In 2015, Betsy's health began to decline, and in March 2016, it became apparent she would need a double lung transplant. On Aug. 17, 2016, she received her second birthday with a successful double lung transplant. Given this chance, she made the most of it. She returned to work, traveled the world, and became a mentor for the new transplant recipients, helping them through the process and encouraging them to embrace the new gift of life given to them. She never quit anything and worked on her "Bucket List."

Late December 2017, Betsy was told she started major rejection and was not a candidate for a second transplant. She never complained. She was always caring and more concerned for someone else and how she might make a small difference to someone that day. She lost her battle with Cystic Fibrosis Nov. 5 to be received in the arms of her Lord. She was loved by friends and family around the world.

Betsy is survived by her parents, Rick and Val Rush of Arkansas City; sister by choice, Gea Blumberg of London, England; grandparents, Bedford and Dorothy Rush of Arkansas City; aunt Teresa Burns and husband, David of Desoto; uncle, David Rush and wife, Gail of Arkansas City; uncle, Robert Rush and wife, Sachico of Dickerson, Texas; and many cousins.

She was preceded in death by her beloved "Tippy"; maternal grandparents, Melvin and Donna Tipton; great-grandparents, Warren and Marie Rush, Melvin and Marie Tipton, and Forrest and Virginia Stacy.

A memorial has been established with Redeemer Lutheran youth group and South Central Kansas Medical Center auxiliary. Contributions may be made through the funeral home.

Curtis Ray LeClaire



After 74 years of a life well-lived, Curtis Ray LeClaire went to be with his Lord Dec. 24, 2018, in Norman, Oklahoma. He was born Nov. 27, 1944, in Bartlesville, Oklahoma, to Nathan and Norma LeClaire. Curtis graduated from Southeast High School in 1963 and joined the U.S. Army in October of that same year.

He enjoyed spending time at the lake, swimming and fishing with his family and friends. Curtis was a religious OU Sooners fan. He will be missed by all that knew him.

He was preceded in death by his parents; son, Todd Preston LeClaire; daughter, Lori Lynn Clark Starr; and brother, Nathan Eddie LeClaire.

Curtis is survived by his loving wife, Patricia B. Bray LeClaire; children, Lisa Clark, Will M. Clark and Jimmy Clark; five grandchildren; 12 great-grandchildren; sisters, Judy LeClaire and Nona Newman; brother, Aaron LeClaire and wife Sharon; three nieces; four nephews; 25 great nieces and nephews; and one great-great nephew.

Services to celebrate Curtis' life were held Dec. 31, 2018, at The Chapel at Resthaven followed by interment at Resthaven Memory Gardens.

Lela Hughey

Lela (Leonard) Hughey, age 85, of Redding, California, died unexpectedly Dec. 21, 2017, at Shasta Regional Medical Center in Redding, California. She was born March 30, 1932, in Los Angeles, California, to Clarence and Norma (Stell) Leonard. Lela was a member of the Citizen Potawatomi Nation, a descendant of Lola Rosetta Pettifer.

Lela graduated from Downey High School in 1950. Lela met her future husband, Marvin, when he rented an apartment from her father. The couple moved to a close-knit neighborhood in Norwalk, California,

when their son, Ken, was a few months old and remained there until Marvin retired.

Lela enjoyed bowling in bowling leagues for many years. Lela was a stay-at-home mom. She went to teller school when her daughter, Nancy, was in high school. She worked as a proof operator with First Interstate Bank in Long Beach, California, and Tri Counties Bank in Chico, California.

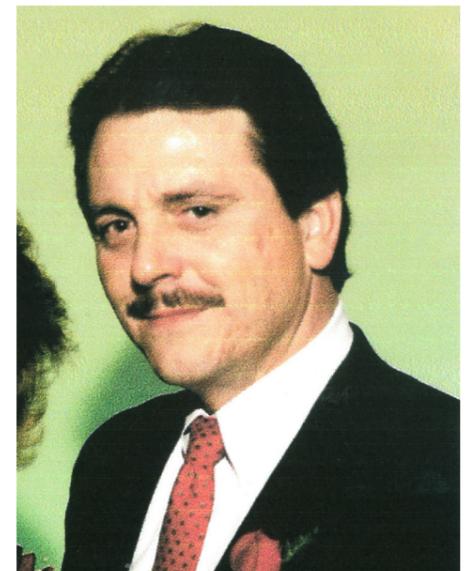
Lela and Marvin enjoyed traveling in their RV and visited many places. They had many lifetime friends. They lived in Paradise, California, and Yuma, Arizona, and moved to Redding in 2009.

Lela's aunt Effie Duke of Oklahoma showed her how to make a quilt during a visit to California in the 1960s. That was the beginning of her quilt making hobby. Lela loved to make quilts and always had a quilt in progress. Quilt making was a big part of her life. It is something she enjoyed with her sisters, Madeline and Helen, and her daughter, Nancy. Lela is greatly missed.

Survivors include: son, Kenneth Hughey (Patricia), Spokane, Washington; daughter, Nancy Whipple, Redding; sister, Geraldine Helen Howells, Seal Beach, California; grandsons, Michael Whipple, Brandon Whipple and Samuel Hughey; granddaughters, Elizabeth Hughey and Annie Grace Hughey; three great-grandchildren, Grace, Emily and Michael Jr., and numerous nieces and nephews.

Her parents; husband; sisters, Marguerite Stanhope and Virginia Madeline Harris Graham; her brothers, Earl Leonard and Harry Leonard predeceased her.

Rickey Lee Wolfe



Rickey Lee Wolfe passed away peacefully on Dec. 11, 2018. He was born in Hays, Kansas, on Dec. 23, 1951. He is survived by his wife, Melinda Wolfe; sons, Kyle Wolfe and wife, Tracie, and Kevin Wolfe and wife, Melissa; grandchildren, Lanie, Dayton, Denver, Jaxon, Ali, and Reese; and numerous other loving family members and friends.

Rickey is preceded in death by his parents, Doris William and Elsie Wolfe; three brothers and one sister. Rickey was a loving husband, father and grandfather. The thing he enjoyed most was watching his grandchildren play sports.

Memorial services were held Dec. 17, 2018, at Emmaus Baptist Church in Oklahoma City, Oklahoma, under the direction of John M. Ireland Funeral Home and Chapel.

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.