National Save the Eagles Day, January 10

By Jennifer Randell, Director of the Citizen Potawatomi Nation Eagle Aviary

Do you remember the first time you saw a bald eagle in the wild? I was in grade school when I saw my first, soaring high above the Dale, Oklahoma, river bottom just off State Highway 102 and Interstate 40 not far from Shawnee Twin Lakes. There must have been nearly 40 cars pulled off along the sides of Highway 102, and all their occupants were out of their cars pointing up, some cheering and waving while others were moved to tears. I will never forget how I felt standing there under the glare of the warm summer sun as the eagle soared wide, easy circles above us before disappearing out of our sight. The energy that filled the air, seeing such a rare sight, was magical.

At the Kaw Lake Eagle Watch near Ponca City this past January, visitors counted more eagles in one day than I had ever seen in total in my life before I entered high school. Thankfully, young people today do not remember a time when bald eagle sightings would prompt a response like the one I experienced as a child. However, they could have just as easily never had the chance to see one since they were nearly extinct just fifty years ago.

Habitat loss and excessive hunting combined with the widespread use of the pesticide DDT nearly wiped them out. A population of more than 75,000 bald eagles when named a national symbol in 1782 had dwindled to just 412 breeding pairs in the lower 48 states by the 1950s. Researchers eventually discovered DDT made its way into our waterways where it was absorbed by fish and other prey. While adult birds showed no signs of harm from eating contaminated prey, the buildup of the pesticide in their system caused the eagles to lay eggs so thin that they cracked under incubating parents. In 1972, the bald eagle was one of the first species to receive special protection from the newly created Environmental Protection Agency, and DDT was officially banned. Congress went on to pass the Endangered Species Act in 1973 providing them with even further protection. Regulation enforcement along with extensive habitat restoration and breeding programs yielded positive results over time. By 1995, there were nearly 4,500 bald eagles, and by Aug. 8, 2007, they were officially delisted. Today there are nearly 10,000 nesting pairs.

The bald eagles’ recovery symbolizes the commitment made back in 1973 to preserve wildlife and wildlands. National Save the Eagles Day on Jan. 10 is a reminder that we can all do our part, no matter how small, to protect the eagles for future generations.

Unfortunately, most of the eagles that call the CPN Aviary home are injured because of human interaction in some way. Everyday objects that seem harmless can become a life-threatening problem for wildlife. Discarded or lost fishing line is a major problem for all wildlife around waterways. We have been called out to rescue eagles and other water birds that were tangled in the line. The harder they struggle to free themselves, the tighter the line.

Continued on page 2
We always encourage people to take an active role in their community. He’s making us famous.

If someone should know by now, former President George H.W. Bush passed away, and the Secretary of Veterans Affairs Robert Wilkie released a statement on his passing.

“All of America’s veterans are saddened by the passing of George H.W. Bush. His courage in combat was special even during the war in the Pacific, where our forces demonstrated their years (no one could remember how many) of service in the capacity of secretary and treasurer, respectively. Herb Holton, our Color Guard and Honor Team Leader, is responsible for the CPN Veterans Organization’s continued and increasing recognition in the community. He’s making us famous.

As everyone should know by now, the CPN Veterans Organization meets every month on the third Wednesday each month, 6 p.m. (or as soon as you can get there) in the North Reunion Hall on the Potawatomi Powwow Grounds. All CPN veterans and their families are welcome. A meal is provided.

On another issue, the secretary VA stated regarding the Forever GI Bill Housing Benefit Payments that every post-9/11 GI Bill beneficiary will be made 100 percent whole — retroactively, if need be — for their housing benefits for the 2018 academic year based on Forever GI Bill rates, not on post-9/11 GI Bill rates.

Remember, the CPN Veterans Organization meets every month on the fourth Tuesday at 6 p.m. (or as soon as you can get there) in the North Reunion Hall on the Potawatomi Powwow Grounds. All CPN veterans and their families are welcome. A meal is provided.

Migwetch
(Thank you),

Daryl Talbot, Commander
talbotok@sbcglobal.net

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**Put a stop to stalking**

By Darian Towner, House of Hope Prevention Specialist

Sandra Bullock, Alec Baldwin, Justin Timberlake and Malia Obama have one very scary thing in common. Aside from the fact they are in the public spotlight far more than the average person, they have each also at some point in their life been a victim of stalking. High-profile celebrity stalking cases often generate media attention, but stalking is not an issue unique to those in the public spotlight.

The reality is, stalking can happen to anyone. According to the Center for Disease Control, 15 percent of women and 6 percent of men in the United States have experienced stalking. Additionally, individuals are far more likely to know their stalker personally: the CDC reports 61 percent of female victims and 44 percent of male victims were stalked by current or former intimate partners. Being stalked by a mysterious stranger at random is not a reality for most victims.

The phenomenon is often minimalized, misunderstood and ignored. The definition of stalking differs slightly across jurisdictions, but it is considered criminal activity in all 50 states. A good working definition is a course of conduct directed at a specific person that would cause a reasonable person to feel fear; also, the unwanted pursuit of another person. Stalking can include unwanted and repeated contact (e.g., phone calls, text messages, social media messages, emails, indirect contact via another individual, notes), being followed or harassed, or the destruction of one’s personal property.

Cyberstalking, or the use of technology to stalk, has become more problematic in recent years. At stalkers’ fingertips are smartphone applications that double as tracking devices, hidden cameras, monitoring systems and social media accounts full of individuals’ photographs and personal information. Technology, unfortunately, serves to equip stalkers with more tools and power.

Adding to the complication, Hollywood continuously puts a romantic twist on stalking, which perpetuates the normalcy of it in our society. Movies such as *Passengers*, the 2016 hit blockbuster starring Jennifer Lawrence and Chris Pratt, may seem harmless at first watch but can leave impressionable youth to believe unhealthy behaviors are acceptable. Unhealthy behaviors featured in the film include a form of cyberstalking, as an obsession with Aurora (Lawrence’s character) consumes Jim (Pratt’s character), all while Aurora is untouched. Additionally, the film depicts Jim’s controlling, deceiving and manipulative actions as he practically abducts Aurora. The two begin a relationship without her knowing the truth until months later.

Stalking is not romantic; it is not a joke, and it is not okay. Simply put, stalkers are abusers. They seek power and control over individuals, and when they feel as if they’re losing control, the situation can escalate.

There are several options available to increase your safety if you find yourself in this situation. If you ever feel you are in immediate danger, trust your instincts and call 911. You may also call the police to make an information report, which can later be used as evidence of the stalking.

A local domestic violence program, such as House of Hope, can connect you with an advocate who can help you create a safety plan. Also, while it may seem easier to immediately delete or destroy any contact from the stalker, you are encouraged to document and keep evidence of all communication. Examples of potential evidence includes screenshots of messages or calls, photographs of items left by the stalker, photographs of destroyed property, and a log of dates and times in which encounters with the stalker occurred.

A stalking protective order is an option as well, which an advocate can assist individuals in filing. If you are a victim of stalking, intimate partner violence or sexual assault and would like to learn more about House of Hope, please give us a call on our 24/7 crisis line at 405-878-4673, or visit us online at *cphoonsethope.com*.

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**Chittum’s dedication to service propels career at FireLake**

Despite a common narrative that millennials move from job to job, studies show job tenures are likely in line with previous generations. One such example of this is Ashley Chittum, alongtime employee of Citizen Potawatomi Nation’s FireLake Discount Foods. Initially hired in 2007, Chittum worked her way up from bagger to the front office of the grocery enterprises. In late 2018, she transitioned to a new position in the Tribal administrative office as a cash receipts technician. She discussed her background and career at the Tribal enterprise with the *Hownikan*.

**Where are you from originally?**

“I have lived in a lot of surrounding areas to Shawnee, Oklahoma. I attended schools in Berthel, Prague, Meeker, Yukon and Tecumseh, but graduated from Tecumseh High School in 2004. No matter where we moved, we ultimately always gravitated back toward Shawnee, where I currently reside.”

**How did you end up applying for a job with CPN?**

“I personally am not a Tribal member, but my uncle, Curtis Belcher, is a very proud Tribal member. He and my aunt both recommended getting started with CPN when I started applying for jobs in 2007 since they were doing such amazing things for the community and were always expanding,”

When I was ready to apply for a position at FireLake, I called the human resources department and asked for a specific entry-level position. They recommended applying for the Hope Prevention Specialist position and let me know they had a position open. It was a perfect opportunity for me to get hands-on experience in the community and to help those in need.”

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*Hownikan* is available online at *hownikan@potawatomi.org* and let us know.
Lexi Freeman developed her love of animals and the earth while growing up on the Shawnee Milling Company Research Farm in Shawnee, Oklahoma, near Tribal headquarters. In the summer of 2012, Lexi Freeman spent time with the Citizen Potawatomi Nation Office of Environmental Health as well as the Tribe’s eagle advisory during the six-week Potawatomi Leadership Program. The internship is open to young Tribal members following their senior year of high school or during their freshman year of college. “The experience made her consider a career with CPN.

“I think the PLP is what cemented the idea that I wanted to come back to the Tribe,” she said.

Freeman holds a Master of Science in Environmental Science from Oklahoma State University as of May 2018. She immediately began her graduate studies after obtaining her Bachelor of Science in Zoology from the same institution in Stillwater, Oklahoma.

She accepted a full-time position as an environmental scientist within the Office of Environmental Health, which began a week after completing her master’s earlier this spring. The Rhodi descendant said she “couldn’t have planned it better.”

Bugging out

Freeman transitioned from studying animals to the earth after unexpectedly enjoying a couple of environmental science courses toward the end of her undergraduate degree. She admitted the passion of one professor in particular, and Freeman wanted to mimic her teacher’s call to advocacy. During that time, the events surrounding water rights and regulations at the Standing Rock Sioux Reservation fit into her coursework.

“All of my watershed and environmental problem-solving classes were watching these videos of these people congregating at Standing Rock and standing up, for their water and for the earth,” she said. “Seeing that passion, that was definitely a factor.”

Freeman’s graduate program specialized in water and ecology, and her research focused on following and observing the American burying beetle, Nicrophorus americanus. Added to the federal endangered species list in the late 1980s, it buries and feeds off the bodies of dead animals.

The beetle reduces the spread of disease by taking decomposing carcasses underground and away from flies. They also improve the land by eating below the topsoil, releasing higher levels of nitrates, phosphates and potassium deep into the ground.

“I think they’re a beautiful insect. They’re big … and they’re just really distinctive. I turned into a bug nerd. I wasn’t into entomology at all until I was in grad school, and now my office … is just covered in bugs. Everybody’s like, ‘What’s wrong with you?’” she said, then laughed.

Throughout her research, Freeman spent every other weekend at Camp Gruber, an Oklahoma Army National Guard training facility located in Bragg, Oklahoma. The Army funds the American burying beetle research at the base because it holds one of the largest remaining populations of the insect.

“It’s one of the only areas left in the country where these beetles can reproduce successfully and double their numbers,” she said. “We did population estimates, surveys, and so my research was figuring out if there is a specific habitat they use more than anything else.”

Freeman concluded the species is a habitat generalist, meaning no one type of terrain attracts it more than another. As part of her graduate school thesis, she also discussed the beetle’s potential benefit to humans and its effect on the ecology of the land it inhabits.

However, their status as an endangered species halts industrial expansion and crop cultivation in areas where surveyors discover their presence. Many farmers and land developers find them more than a nuisance, but not Freeman. “I’m a big advocate for my beetle,” she said.

Full circle

“There have always been those who have given me the chance when I didn’t have any experience, or I was fresh out of school,” she said. Freeman started working for the Tribe at 16 years old. She helped run FireLake Mini Putt until she participated in the PLP before moving away for college. She also spent summers back from OSU working at FireLake Golf Course.

During her internship, Freeman learned about Potawatomi traditions, history and teachings that made pursuing a job with CPN feel like a calling — especially a position within the environmental department.

“Tribal nations have that connection with the land where they’re doing it to protect it, not because regulations say we have to. I mean, that is a part of it. You need to stay in compliance,” she said. “We do have this notion or belief that we need to protect it for the generations ahead and that we utilize it in a way that is friendly to Mother Earth.”

In her first few months as a staff member, she enjoyed her intellectually curious co-workers, learning about other branches of environmental science, expanding her skill set and witnessing the fervor of other employees.

“Being Native American, it’s just everything that they stand for and I wanted to be a part of. And I feel like I would really make a difference here,” Freeman said. “I think one of my fears is being lost in the 9 to 5 in obscurity and just doing my job and going home. I’d like to be the advocate that I saw in college with my professors who are passionate about something.”

The conferences she attended since beginning expanded her knowledge in tribal air quality and environmental concerns on Native American land. She also attended training on how to perform a Phase I Environmental Site Assessment. The reports explore the physical quality, concerns and history of a piece of property before the final purchase to reduce liabilities. Freeman now performs Phase I ESAs for the Tribe, and she enjoys discovering a bit of real estate’s past life.

“You figure out what was on the property — who owned it just to make sure that it was never once a gas station or there was a huge oil spill,” she said. “I get documents from the 1800s … spanning to the current time. You get these city directories that go back, and you can see every single person who lived at this address. So, it’s like being a private investigator. I think it’s fun.”

The expansive list of responsibilities and skills of her department impress her daily. It creates opportunities to participate in new projects and expansions. Watching CPN’s self-governance grow inspires Freeman, and the Office of Environmental Health ensures the Tribe meets its own high standards.

“It makes you wonder, in the future, environmentally, what are we going to be doing?” Freeman said. “I think that’s exciting to think about.”

Find out more about the Potawatomi Leadership Program, including how to apply, at plp.potawatomi.org.
Beginner’s guide to beading on a loom

Across North America, beading is one of the best-known forms of Native artwork. Before European contact, Native Americans used natural materials like wood and stone to create beads. The Europeans brought glass beads to trade, and the Native Americans used them to make jewelry and adorn garments.

“Many families are generational beaders, and it’s a way to add a little flair to regalia,” said Citizen Potawatomi Nation Cultural Education Specialist Kristen Wilson. “Some of the generational families incorporate their family color or their family design with each generation so that they can identify their work.”

Wilson said that knowledge of beadwork traditions is great, and it’s a great time to learn and establish new customs. Several beadwork techniques exist, including one- and two-needle flat stitch, loom, off-loom and others. She encourages everyone to think happy thoughts while working, regardless of style.

“Whether or not you’re making it for someone else, whatever vibes you’re putting into it while doing something will carry with it,” she said. “Always be mindful of what you’re doing and what vibes you might be sending.”

Learning a traditional craft can provide a sense of peace. “Beading isn’t a whole lot of stress. It doesn’t take a lot of thought into it once you get the hang of it, so it can also be therapeutic,” she added. “You can get in the mindset and worry just about the beads, not everything else that might be going on.”

The project featured requires a loom to complete. Purchase one from the Citizen Potawatomi Gift Shop by following this link: cpn-news/giftshop.

Creating a loom out of a spare tissue box at home is an economical approach that can take less than 15 minutes.

DIY loom materials needed:
1. Tissue box
2. Ruler
3. Knife

Step one: Remove the plastic. At the corners of the tissue box opening, cut along the top sides. An edge should remain on both shorter ends.

Step two: Cut the rest of the sides, leaving a lip on either short end.

Step three: Fold the lip under; this will provide more stability for the string.

Step four: Take the ruler, and cut notches every 1/16 of an inch.

Step five: String the loom to finish it.

After purchasing or making the loom, follow the tutorial below to create a Potawatomi directions-inspired bracelet or headband. The pattern’s white and black triangles symbolize the east and west. The Citizen Potawatomi Gift Shop offers a kit for $22, which includes thread, needles, seed beads and the pattern needed to complete the project featured. To purchase the kit, visit cpn-news/fourdirectionskit.

Materials:
1. Bead loom
2. Size A thread
3. Beading needle
4. Seed bead Hanks in red, yellow, white and black (Choose size 10, 11 or 12)
5. Scissors
6. Pattern

For those who did not purchase a kit through the Citizen Potawatomi Gift Shop, find a PDF version of the four directions inspired pattern here: cpn-news/fourdirectionskit. To make a longer piece, repeat the pattern until it reaches the desired length.

“After figuring out what size and what the project will be used for, you’re ready to start stringing the loom,” Wilson said.

Wilson uses size A string. When threading a loom, it is important to keep the strings tight. Stringing the loom too loosely makes beading difficult. The four directions inspired pattern calls for 10 threads, but Wilson recommends doubling the exterior strings.

“What does that help stabilize the outside, which can get more wear and tear than the middle. I just do one string for each of the middle and two on the outside,” she explained.

If using the tissue box loom, tape can provide additional support to hold the tension.

Step two: Thread the needle

Once the loom is ready, string the beading needle. Wilson said it is important keep the string at a manageable length to avoid tangling and unwanted knots. She recommends using long beading needles, but any beading needle will work.

“The longer needle is usually long enough to lay across the strings instead of having to thread it all the way through. I just leave the beads on the needle,” Wilson said. “To me, it’s easier that way because you don’t have the firmness of the beads being on the thread.”

Step three: Start beading

Wilson recommends size 10 to 12 seed beads. To begin, she places the pattern’s colors for each line on the needle. For the Potawatomi directions inspired pattern, the first line requires nine white seed beads.

“When I go through, I normally go underneath the string and bead from the right to the left. Then I push my beads up with my finger, and pull it back through on top,” Wilson said. “As long as you pull your string tight, then that keeps the beads from moving.”

The main thing to keep in mind, whether threading through the bottom or the top of the beads first, is ensuring the beads lie flat on each line.

With most projects, the needle will eventually need to be restrung, but before I run completely out of string, I go back through the lines that look a little lose and try to tidy them up and make them more stable,” Wilson said. She then hides a knot within the beadwork and restrings her needle to start again.

Step four: Finish

Once the project is to the desired length, she recommends cutting the strings off the loom.

“After cutting the string, tie the ends together and alternate the strings after each knot like macramé,” Wilson said.

Some use either leather or metal claps to cover the ends; ultimately, it’s up to the individual creating the piece on which method to use.

The Citizen Potawatomi Gift Shop offers all the supplies needed to get started as well as the kit for the project featured in this article. Shop now by following this link: giftshop.potawatomi.org/shop/supplies.

The Cultural Heritage Center also offers in-person craft classes. Visit potawatomi.org/events for details.
Scotty McBee – Kansas City’s jack-of-all-musical trades

In a recent interview with the *Hownikan*, Kansas City musician and Tribal member Scotty McBee gave an interesting answer when asked about his influences and favorite bands.

“When somebody asks that question, I say George Carlin because I can’t narrow it down to anything because there’s so much,” he said and laughed. “So, I just go with George Carlin because I feel like the man as a thinker as well as Frank Zappa — a thinker who is a musician as well.”

McBee loves jazz, progressive rock, country, harmony bands and acoustic artists. Besides Carlin and Zappa, all kinds of artists and world figures including Kiss, Rush and the Beatles have influenced McBee’s decadelong career and philosophies.

He is proficient with several instruments. His father was a guitarist and started teaching McBee at 4 years old. He began studying drums at 6 and focused on jazz in college. In 1996, he graduated from the University of Missouri Kansas City with a bachelor’s in percussion performance. He takes an academic approach to music, however now mostly plays rock ‘n’ roll and acoustic.

McBee performs with approximately 40 acts a year, gives private lessons at his home, owns and operates a recording space called Upper Deck Studios and regularly plays in three bands, which he created. He credits his wide breadth of knowledge and flexibility for his success.

“I really wanted to be a baseball player, but I didn’t choose music. Music chose me,” he said.

**Projects**

McBee’s longest standing project is Troubadour Retrievers. In 2002, he started the band to host Jerry’s Jam Night every Wednesday at Jerry’s Bait Shop, a local venue and restaurant. February celebrates the 17th anniversary of the event. They call themselves “Kansas City’s Ultimate Live Jukebox,” and their songbook consists of more than 500 tracks. During the event, pub patrons pick out a tune and sign up to play an instrument or sing live with the group.

“We’ve had everything, man. We’ve had bagpipes in sit. We’ve had all kinds of stuff,” McBee said. “It’s been interesting, and it always is interesting, which kind of keeps it fun.”

The open mic became a success within a year. When the restaurant owner opened a second location, the Troubadour Retrievers began playing two nights a week. Over the years, the band built up a steady stream of regulars.

Through Jerry’s Jam Night, McBee has witnessed entire bands form that go on to book gigs of their own. Some participants get inspired to pick up their instruments again. Others begin their careers, including guitarist Brandon Miller who started attending Jerry’s Jam Night at 13 years old. He studied music in college and now travels with the internationally known Danielle Nicole Band.

“We’re the real school of rock,” McBee said.

They named themselves after their mutual love of dogs and singing, and McBee’s girlfriend designed their logo. They eventually made themselves available for hire and decided to welcome others on the stage only at open jam nights. They now play shows ranging from weddings to corporate events across several states.

McBee also co-writes songs and performs with his friend Crystal Gatewood. They formed an acoustic duo called Beauty & the McBeest. The two met when Gatewood hired Troubadour Retrievers for a New Year’s Eve party. He says they quickly became best friends with compatible musical interests and style. McBee began teaching her music theory, and they started playing together.

“I asked her, ‘Have you ever thought about writing songs?’ and that opened the floodgates,” he said. “It’s just kind of this, like, a divine intervention kind of thing. It’s, like, how on earth! It’s like we were meant to meet that night.”

They perform at venues around Kansas City. They released their first album, *Acoustic Sessions in the Living Room*, in 2017. They are working on their second album now. McBee professionally produces the tracks in his studio, half of which are jazz. It features a wide array of guest musicians from the area on the steel pan drum, fiddle, flute and a variety of brass and woodwind instruments.

McBee has spent a lot of time as a member of several different tribute bands in the Kansas City area as well. He performed as Gene Simmons from Kiss for 10 years and as Richie Sambora of Bon Jovi. He currently plays the part of Don Barnes in Special Forces – Salute to ’88 Special.

**Philosophies**

**During his time as a Boy Scout, McBee learned the significance of constant preparation, and he applied that lesson to his career.**

“If you want to make your living at this, you have to wear a lot of hats and play calendar Tetris. But ultimately, preparedness meets opportunity,” he said.

“So, again, here’s why I promote, if you’re going to be a musician, and you’re going to be prepared … know your stuff.”

McBee believes in taking a serious, educated approach to music. This includes knowing the basics of the 12-tone system, rhythm structure and ear training to master an instrument completely.

“Improvisation is not random. Improvisation is from a learned point of view. So, how can you speak fluently if you haven’t studied the language?” he asked.

“Oh, of course, I look at each thing as a special thing in terms of style, in terms of sound, interpretation, all of that, but underneath it all, it’s the same 12 notes that have existed in Western society for hundreds of years. And if you understand that, you can do whatever you want.”

Over the years, McBee noticed his students putting forth less effort. He said they wanted to be onstage more than learn how to play an instrument, and it frustrated him. Throughout his teaching career, McBee saw many people give up after not anticipating the hard work and dedication.

“Being a musician or an actor or anything, there was a time that we were tradesmen and an important part of things you were prepared. You were a professional,” he said. “Now everybody and their brother does these things. We’re kind of losing sight of the fact that either that somebody is really famous or … they’re just nothing. It’s just tragic.”

He also believes in a difference between talent and aptitude. Commitment and time spent on a craft is more worthy of praise than talent, according to McBee.

“I don’t just believe in talent. I believe in skill. So you know, when they say ‘talent,’ I was like, ‘That’s a product of hard work. That’s not talent,’” he said. “But nevertheless … for those who can really play music well, I refer to it as aptitude.”

Those students with natural ability and mismatched willpower disappointed him. Either way, music, much like sports, is about the experience, said McBee. End goals are important, but the most important is mindset.

“The point of a journey is not to arrive. I’ve known people who grew up a musician when I’m dead. That’s the only way to do it.”

Find McBee’s bands on Facebook at @TroubadourRetrievers and @specialforcesband. Troubadour Retrievers is also on the web at troubadourretrievers.com. Buy McBee’s solo album at cpn.news/McBeestSolo as well as Beauty & the McBeest’s first album at cpn.news/McBeestAlbum.

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The U.S. Department of the Treasury’s Community Development Financial Institutions Fund recently awarded $700,000 of the Core Financial Assistance from the CDFI Fund to the Citizen Potawatomi Community Development Corporation. The CPCDC is one of 302 Community Development Financial Institutions awarded funds through the fiscal year 2018.

“We are delighted to receive this funding from the CDFI Fund,” said Shane D. Jett, CEO of CPCDC. “This type of funding builds our capital base allowing us to achieve our mission of providing commercial loans to Potawatomi around the United States.”

The U.S. Department of the Treasury’s CDFI Fund awarded more than $202 million overall. The program invests in and builds the capacity of CDFIs to serve low-income people and communities lacking adequate access to affordable financial products and services.

The CDFI Fund also awarded $15.1 million for NACA Program Financial Assistance and Technical Assistance to 38 organizations in 16 states. The program creates and advances Native CDFIs like the one at Citizen Potawatomi Nation. Organizations funded through the NACA Program serve a wide range of Native American, Alaska Native and Native Hawaiian communities.

“The FY 2018 CDFI Program and NACA Program awardees will provide vital financial services and lending to low-income communities nationwide,” said CDFI Fund Director Annie Donovan. “The awards will also benefit Native Communities, areas of persistent poverty and individuals with disabilities.”

As one of the largest Native-owned CDFI in the nation, CPCDC is doing its part with a focus on economic growth and development in Indian country for Native American business owners and tribally-owned enterprises. If you would like to know more about our programs and how CPCDC can help your Native-owned business or tribal government, visit cpcdc.org or call 405-878-4697.
Tribal election notice for 2019

Tribal election season will soon be underway as Citizen Potawatomi Nation voters prepare to elect candidates for three Oklahoma legislative seats — Districts 10, 11 and 13. CPN members will cast their ballots during the election on June 29, 2019, that takes place during the Citizen Potawatomi Nation Family Reunion Festival near Shawnee, Oklahoma.

Candidates must be 18 years old prior to Election Day. Legislative districts 10, 11 and 13 are located in Oklahoma but have no geographic boundaries within the state. When applying, candidates must select one specific seat they wish to run for on their filing form. They must also have lived in that selected district for at least six months prior to Election Day.

Declarations of candidacy must be mailed through the U.S. Postal Service and in the CPN Election Committee’s hands no later than 5 p.m. on Wednesday, Jan. 9, 2019. Request filing forms via email at hownikan@potawatomi.org or by calling 405-275-3121 and requesting the Public Information Office.

Current incumbents are District 10 Legislator David Joe Barron, District 11 Legislator Lisa Kraft and District 13 Legislator Bobbi Bowden.

Tribal members will also vote on the budget that manages the Nation’s trust earnings. No principal from the fund is spent, but the budget pays for national service projects and the executive branch of the Tribe.

Candidate for legislative seats 10, 11 and 13 as well as the Tribal budget. CPN members around the country can cast ballots for the Tribal budget.

Student loan counseling now available

Student loan debt grows each year. In fact, it’s increased almost 150 percent over the past decade. For some, student loan debt cripples finances and stresses their budgets. However, help is within reach. Citizen Potawatomi Community Development Corporation Consumer Lending Coordinator Tina Pollard recently became a certified student loan counselor, which expands her ability to provide financial advice to CPN members and employers.

“When I started my career here, I became a certified credit counselor and started seeing people for financial counseling, I quickly found a lot of my clients had problems with student loans,” Pollard said.

Getting out of student loan debt takes time and self-discipline, and untimely payments result in significant repercussions.

“I do see clients that have defaulted on their student loans. Then we get them into the income-based repayment plan, and their payments are zero,” Pollard said. “However, they’ve now defaulted, and they’ve reduced their credit scores. Depending upon how many student loans (an individual had), that’s how many times it’s counted against you.”

Failure to make payments may cause wage and tax garnishment, as well as prevent future credit opportunities.

“Lenders tend to take that very seriously because it does show a pattern,” she said.

Reaching out to a certified student loan counselor can help borrowers navigate the complexities of student loans.

“Probably the biggest barrier I see is people are afraid to talk to their lenders,” Pollard said. “What they don’t know about student loan companies can really hurt them financially because there are lots of programs to work with them, but if they don’t call, opportunity is lost.”

Forming a plan

She stays up-to-date on regulations and researches potential solutions to determine what tools are the most advantageous for each client.

Managing student loans “is kind of like Tetris, but you have to know the rules,” she said. “If you don’t know the rules, you’re going to lose the game.”

“You have to be strategic, so sometimes it’s not best to consolidate all of your loans if you’re not settled into a career because you can only do it one time,” Pollard added.

Clients employed by governmental entities, including tribal, or nonprofit organizations may be eligible to receive Public Service Loan Forgiveness Program assistance.

According to the U.S. Department of Education, “The PSLF Program forgives the remaining balance on your Direct Loans after you have made 120 qualifying monthly payments under a qualifying repayment plan while working full-time for a qualifying employer.”

Since tribal government employees meet eligibility, many employees across CPN could receive assistance through the PSLF Program. However, several previsions exist. Only direct loans qualify, the student must make 10 years of timely payments and the borrower’s employer has to submit periodic certification forms, which Pollard recommends updating annually.

“This program may or may not continue with the new administration’s proposal. If you believe you are eligible, I would recommend applying now,” Pollard said.

Many of Pollard’s clients receive phone calls from loan companies attempting to privatize their student loans.

“When that happens, all of the public benefits go with it,” she added. While privatizing federal student loans sometimes decrease interest rates, it is important to know the full scope of the potential consequences before committing.

“If you’re a low-income borrower, and it doesn’t have to be all low, sometimes an income based repayment plan would be best,” Pollard said. Income based repayment plans may provide student loan forgiveness opportunities.

While some may believe more money will equal more financial stability, without sound goals and a plan, more money could actually equal more debt.

“You’re literally only as financially secure as your savings account tells you,” Pollard said.

Her passion is finding solutions that can help clients de-stress and simplify their lives, and they’re willing to pay the price.

“People are tired of living paycheck to paycheck and are willing to pay for the support,” she said.

Since most potential employers pull credit checks on applicants, less than optimal credit scores create additional obstacles.

“We help them and coach them on how to advance their careers while at the same time, we’re helping them get their house in order,” Pollard explained.

Call 405-878-4697 to learn more about the CPCDC’s financial counseling services, including student loan counseling.
In late November, the federal government released a report noting that the economic and human costs of a changing climate would impact the U.S. in increasingly negative ways as the century continues. The report, mandated by Congress, contained input from more than a dozen federal agencies and warned of a potential gross domestic product decrease of 10 percent. Though produced by his administration, President Donald Trump—who made a career in New York real estate and television—refuted the report’s scientific findings, saying he did not believe it.

Despite the disparity in views from the administration’s scientific experts and the president, communities across the country are finding ways to mitigate the worst possible outcomes. In the heart of America’s Great Plains region, Citizen Potawatomi Nation is amongst these communities that is adopting long-term strategies to survive and thrive in the future.

“There is a need to plan for the worst possible outcomes. That’s what the Tribe is doing in its climate adaptation effort,” said Shawn Howard of the CPN Office of Environmental Health. The Tribe applied for two grants through the South Central Climate Center in Norman, Oklahoma. Established in 2012, the center provides policy makers scientifically sound information as they address climate variability’s impacts on their communities. It focuses on helping communities and government in the American southwest assess the impact of these on natural and cultural resources. According to CPN’s adaptation plan, the Tribe “believes the land, the air, water, minerals, plants, and animals should rightly be available forever and sustained as natural assets for future generations of all life.”

This reverence for the environment faces more challenges than future scenarios that could arise using current scientific models. The U.S. Global Change Research Program’s Climate Vulnerability Assessment and National Climate Assessment identify future key issues of the Great Plains region, including CPN. Rising temperatures will increase the demand for water in areas long known for their intense droughts. Those severe periods of drought and warmer seasons will change agricultural growth cycles as the result of less frequent but more intense rainfalls.

“The interplay of the trends can exacerbate extreme events,” reads the Tribe’s plan. “For example, higher heat contributes to baking the soil and decreasing the ability of soil to absorb water. Thus, flood events get worse. Additionally, averages can be misleading,” it continues. “Three extremely wet years followed by three extremely dry years average out to normal years, even though the experience in those years is far from normal.”

Because of these changes, plant and animal life long adapted to Oklahoma will likely migrate or perish. The region’s communities already vulnerable to the state’s severe weather will face increasingly threatening weather patterns. The preparations that authorities and communities have in place to deal with the past centuries’ climate may no longer be adequate in this changing environment. CPN created a list of actions to address these risks. Using a vulnerability study conducted with CPN and its external partners at the University of Oklahoma and other consultants, they identified the Tribal jurisdiction’s most susceptible resources and locations.

Tribal employees from different departments worked alongside municipal planning graduate students from the University of Oklahoma on a steering committee. That body recommended a long but practical list of specific actions the Tribe should take in coming years. For example, there is an increased focus on protecting the Tribe’s water resources. Whether the water is above or below ground, the steering committee recommended several ways to mitigate flooding in wet years and preserve water ahead of droughts. They also offered plans for protecting CPN’s water resources for potability and use in environmental economic development.

Preparations also call for the Tribe to conduct practical, preventative measures to deal with a warming climate during the hottest months of the year. Future construction blueprints incorporate heat proofing, while simple steps like increasing the number of cooling stations reduces heat stroke during large summer events like Family Reunion Festival.

Other suggested preparations include:
- Develop and incentivize Tribal community garden initiatives to promote local food processing, education and medicinal production.
- Develop infrastructure for farmers markets and processing warehouses to promote local agriculture.
- Coordinate with the Federal Emergency Management Agency and Bureau of Indian Affairs on flood plain standards and controlled burns.
- Plant trees for shading and heat island reductions.
- Conduct feasibility studies on the creation of constructed wetlands and lakes for recreation and flood retention.
- Restore riverbanks near roads and fields to improve river water quality.
- Conduct a study on economic development possibilities for ecologically-friendly commercial enterprises.

### Adaptation is key for Tribe’s future in a warmer Great Plains

**ADDITIONAL RESOURCES**

- Citizen Potawatomi Nation’s South Central Climate Center
- U.S. Global Change Research Program’s Climate Vulnerability Assessment
- National Climate Assessment

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**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**

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**CLIMATE VARIABLE**

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<td>24-26 days</td>
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<td>Average Annual 1-Day Maximum Rainfall</td>
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<td>Average Annual Number of Days with the High Temperature &gt; 100°F</td>
<td>9.32 days</td>
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**Other suggested preparations include:**

- Develop and incentivize Tribal community garden initiatives to promote local food processing, education and medicinal production.
- Develop infrastructure for farmers markets and processing warehouses to promote local agriculture.
- Coordinate with the Federal Emergency Management Agency and Bureau of Indian Affairs on flood plain standards and controlled burns.
- Plant trees for shading and heat island reductions.
- Conduct feasibility studies on the creation of constructed wetlands and lakes for recreation and flood retention.
- Restore riverbanks near roads and fields to improve river water quality.
- Conduct a study on economic development possibilities for ecologically-friendly commercial enterprises.

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**The southern Great Plains looks to have warmer, drier periods with less frequent bouts of significant rainfall.**

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**Image:**

The southern Great Plains looks to have warmer, drier periods with less frequent bouts of significant rainfall.
In 2017, Dorothy Scarborough attended the Princeton University’s College Horizons Program where she lived with other higher education-bound Native Americans from around the country. This year, her sister Helen followed the same path at a College Horizons program at the University of Pennsylvania, joining with American Indians, Native Alaskans and Native Hawaiians to determine the best route through higher education. The sisters are members of Ogee, Weld and Cunningham families through their grandmother Walterease Bruney Scarborough.

Helen, a high school junior from New York, joined 80 other students and 50 college admission officers to learn about the college admission process and its relation to her Native American heritage through daylong workshops and activities. She discussed her experiences with the Hownikan.

What were the workshops like?

“I participated in both large and small group workshops, which ranged from the college admission process to what it’s like to identify as a Native American student on a college campus. In one workshop, the entire program came together and then divided up into groups based on how each individual identifies with their tribe and their personal lives. As small groups, we shared our own experiences of what it is like as a Native American student in our hometown communities and the struggles we face due to our cultural identity. We then came together as a whole group and shared all of the ideas we had come up with and then reflected on how we can improve not only our own experience in college, but also how the Native population is perceived on these campuses and within society in general.”

Another workshop I participated in was learning about financial aid for colleges and how we can find and apply for scholarships. We were shown multiple sites that offer many scholarship opportunities, and we then learned the best times and ways to apply.

A third workshop I was involved in was making up of about 20 Native students from around the country who would be entering 1st grade this fall. Within this group, we came together to learn about how college applications are read by college admissions officers and the process they go through in understanding each applicant. Activity was probably both my favorite and the one I found to be most informative. I was really able to understand how each aspect of an application factors into the ultimate decision of whether or not you are admitted to a college. It allowed me to see how there is not one particular part of your application that is most important or valued more over others.”

Were there any tips you had as a participant for those in search of a college?

“Look first to the financial contribution package a college offers. I learned that each institution offers different aid packages, whether they be a full scholarship or just some extra money to help with living expenses. Complete your college research into this mind, if you will be able to make a list of schools that are most realistic financially and academically for you as a student. I would also recommend that students keep a spreadsheet of the colleges they are interested in along with both positive and negative aspects of each school. You will be able to see which colleges were best suited to your personal preferences.”

What was it like getting to know other Native American students?

“As someone who lives in a city quite far away from Shawnee, getting to learn from other Native students was extremely eye opening. I met teenagers from all over the country with extremely different lives from my own. I met many living on reservations, while also meeting many who were extremely active in tribal meetings and rituals in their own hometowns. I attend the family gatherings for CPN District 2 each year, which Eva Marie Carney organizes, and I read prayers in church in Potawatomi.”

Scarbrough follows sister through College Horizons Program

Due to the rising costs of higher education, students take advantage of many funding opportunities as possible. One Tribal member from Topeka, Kansas, used her bowling skills to obtain an athletic scholarship at Ottawa University.

“Though better known in athletic circles for its highly competitive Division I basketball programs, Kansas has a deep bowling history. The state regularly hosts collegiate and professional bowling events. Makalia Cowdin first became involved in the sport through the area’s popular amateur leagues for young and old bowlers.

The idea to compete came from her participation with the school band. When she was a freshman at Topeka West High School, a fellow musician encouraged her to try out for the bowling team. Her band’s section leader in band talking me into trying bowling my freshman year,” Cowdin said. “I was hesitant at first because I had never bowled competitively.” Cowdin said, “I knew my mom’s side of the family bowled their entire lives. I decided that I would try out, so I asked my grandfather if he would help me learn.”

Cowdin and her grandfather practiced for two weeks before team tryouts. The Pelcier family descendant said that despite her previous experience, it was a long climb.

“My first game at the beginning of the second week was a solid 16,” she recalled. “With her grandfather’s guidance and encouragement, she began to practice regularly. Cowdin made the junior varsity team after putting in a good performance during the tryout. She thinks she also received some consideration thanks to her family background.

“My coaches knew I never bowled before and would need to work hard in order to get better. They found out that my grandmother was the best senior bowler in our town and automatically knew I had a lot of potential because bowling was in my blood,” Cowdin said.

The coaches’ bunch — coupled with her dedication — turned out to be correct. She quickly progressed to the varsity squad. Throughout her high school career, she never lost her spot and helped capture the Class 5A state championship. It was the first state championship for Topeka West High School, and Cowdin finished the season ranked 13 in the state at a 1600 student.

Wanting to continue her career, Cowdin accepted a scholarship to Ottawa University in Ottawa, Kansas. The college freshman competes with the Lady Braves team regularly. The recommendation from her bandmate all those years ago paid off.

“Bowling has given me so many wonderful opportunities,” Cowdin said. “I feel like my life right now would be a lot different if it hadn’t been for my section leader in band talking me into trying bowling my freshman year.”

Though the sport can seem a solitary pursuit, Cowdin enjoys the team aspects she has learned at Topeka West and Ottawa University, saying, “In my opinion, it is so much better than bowling individually.”

“I have seen the team aspect come out way more now that I have started bowling at the collegiate level,” she elaborated. The fact that she is not alone in the competition is an exhilarating feeling for Cowdin.

“I always know that my teammates have my back, and I can count on them to help me out when I’m struggling, no matter if it’s on the lanes or off,” she said. “I have met some of my best friends while bowling and am so grateful for each of them.”

The support provided by the team’s structure and comradeship helped with the transition that many college freshman face when being independent and away from home for the first time. Cowdin is majoring in biology with an emphasis on pre-med studies. Her long-term goal is to attend medical school at the University of Kansas and become a pediatrician.

“I would like to have my own practice once I get further in my career,” she said. The future is not far off, and Cowdin will remain an avid bowler when her collegiate career ends. The passion for the sport is embedded in her, like it was in the grandparents who taught her. 
Stayin’ Alive: CPR training turns 1 at CPN

The Federal Emergency Management Agency outlined the need for citizens acting as first responders in its 2018-2022 Strategic Plan, conveying to citizens that a culture of preparedness begins with members of the community. Agency administrator Brock Long encourages people to create community disaster plans in their neighborhoods, know how to shut off their home’s water and gas valves and take CPR training.

Tribal Chairman John “Rocky” Barrett assigned Citizen Potawatomi Nation Safety Department Director Judy Rodriguez the task of providing CPR training for the Tribe’s nearly 2,500 employees.

“I was nervous about it, and I thought, ‘How are we going to do this?’” Rodriguez said. “And it came together. … The response has been overwhelming, and I’m just very happy and happy that I got to be a part of it.”

Barrett and Rodriguez discussed the training’s importance during one of their first meetings after she accepted her position in October 2017. He told Rodriguez he was in charge of safety and CPR training decades ago when he worked in the oilfields. Barrett gives it the same weight as FEMA.

“(The Chairman) just wanted to give this opportunity for our employees — and his reasoning was, if something happens to your family, you want to be able to help them,” Rodriguez said. “It really was not so much a workplace kind of thing. He was thinking of your families — the family and the community.”

The Safety Department also manages the burglary and fire alarm testing, food handling inspections and Occupational Safety and Health Administration compliance. They also monitor and resupply the Tribe’s first aid cabinets and fire extinguishers, and lead bloodborne pathogens training.

CPN employees began receiving CPR and automated external defibrillator training from the Safety Department a year ago this month. Nearly 1,200 have completed the training, including every member of the electrical, rural water, housing, purchasing and education departments as well as the Office of Environmental Health.

“We were doing at least four classes a week, but there are weeks that we did two trainings a day,” she said. “Sometimes we would do a morning and an afternoon class. Occasionally, we would have two classes going at the same time.”

The classes mixed employees from various enterprises and departments across the Tribe, so workflow and productivity remained normal. A maximum of four instructors from the Safety Department held classes at any one time. They made the learning techniques of the lifesaving process easy to remember: the correct rhythm for chest compressions matches the Bee Gees’ hit song “Stayin’ Alive.”

“They thank us for giving them this training. And with that amount of employees, we have people from every walk of life and all ages,” Rodriguez said. “And the older ones are like, ‘Oh, I’m so glad. Now I know if something happens with my grandmother, or with my children, or with my parents.’”

Response

“People are very excited to be able to take it, and it gives them the confidence to know that if they’re in a situation, they can help,” she said. “So, the response has been wonderful. It’s been overwhelming, actually.”

Rodriguez took a CPR class about two decades ago and used the technique on her mother 10 years later. The training meant a great deal to her following the incident.

“After becoming an instructor and going through these classes and training, I know that I did everything I could that day,” she said. “That’s one of the most heartbreaking things is having to do it on your family or a loved one.”

Once classes began in late December 2017, word spread around the Tribe’s offices. The Safety Department prepared for the program as quickly as possible; however, some employees wanted immediate training. They requested their spot on the waiting list and volunteered to attend training first.

As classes became more regular, the number of certified employees crept into the hundreds. Several employees told Rodriguez they used their training afterward and felt more confident in their ability to help as opposed to being a bystander.

Rachelle Sheppard is a nail technician and esthetician at the Grand Casino Hotel & Resort’s spa. She took the CPR class from the Safety Department in May 2018 and used her knowledge approximately two weeks later during a stressful situation.

While Sheppard took cover in a storm shelter during a tornado, a crying woman ran in and said her unconscious sister stopped breathing outside. Sheppard’s husband used his training as a firefighter and began CPR but needed her help to find the AED.

“I don’t know that I would have known what I was looking for if I didn’t have that class. So, another guy and I ran in and grabbed it off the wall and took it to him,” Sheppard said.

The woman began breathing again before the paramedics arrived thanks to their swift teamwork. Sheppard now calls the training “a necessity” and “a wonderful addition” to her skillset. “I feel blessed to be part of the nation that includes us in things that can be life-changing for people,” she said.

Attendees also found comfort reflecting on past CPR attempts while learning the proper technique.

“We’ve had some that have said, ‘I did CPR, and I did what I thought was right,’” Rodriguez said. “After taking this class, they realized that they did all that they could. Because that is one of the things that we teach them is CPR is better than no CPR. And so they know that even if their timing was off, if their compressions were not accurate, they were doing everything they could.”

The Citizen Potawatomi Nation Health Services’ two clinics are taking over both first aid and CPR/AED training this month across the Tribe. Rodriguez says the Chairman’s goal of training everyone remains the same.

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 Winde or Nanabah, 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 memrise.com or call the Language Department at 405-878-5830.

Soon after this event, we should be announcing a new group of beginning and intermediate Potawatomi language classes. We will continue to offer the classes both on site at the Cultural Heritage Center and live on Facebook in the Potawatomi Language group page.

We continue to have a number of resources available for learning the language. We have two different courses at memrise.com. We also have Beginner I, Beginner II and Intermediate courses online, all of which are self-paced and available at language.potawatomi.org.

The development of our children’s series, Mëkem wigwam, also continues. This show follows a group of friends and their different adventures, like searching for Big Foot. The puppets are each named for their name in Potawatomi. The language is introduced throughout the series. When we first introduce a word or phrase, we will say it several times in both Potawatomi and English. Then after the listener has heard it a few times, we only use it in Potawatomi. Our goal is for a child or adult who has never known Potawatomi to pick up enough so that after a few episodes, most of the show will be in Potawatomi. Eventually, it will all be in Potawatomi.

We also have two YouTube channels, which you can find at cpn.news/JN and cpn.news/childrenyoutube. One is geared more toward adults and has about 64 videos. The other is geared toward children and has playlists broken down into things like stories, songs, learning videos and cultural teachings. It has around 117 videos.

We are currently in the developmental stages of an online, searchable dictionary. We hope this new dictionary will be easy to use and compatible with both Mac and Windows computers.

Another project that we hope to be done with soon is a transcription of Maurice Gaulland’s 1608 Potawatomi dictionary. It is all handwritten in cursive and currently about 700 pages long. The goal of this project is to type it all out into a document that will then be searchable. Once complete, we will begin to analyze the material. Many of the English words require translations since they are no longer being used in today’s American dialect. Also, many of the Potawatomi words are older words, which require some analysis. We hope to make it available at the first of the year.

As it is the new year, make it your resolution to learn your language. Potawatomi has survived thousands of years against countless assaults. Make sure that it survives beyond our generation by taking the time this year to learn it. It’s definitely a double thing. Often, we can be our hardest critics. Tell yourself you can do it, and start today. You will find many ready to help you along the way.
Locke represents CPN at Miss Potawatomi Princess 2018

Purdue University sophomore Erin Locke represented the Citizen Potawatomi Nation during the Miss Potawatomi Princess competition at the Gathering of Potawatomi Nations last year. While she did not win the title, she was a pageant finalist.

“Being Miss Potawatomi Princess, I would have a lot of younger kids, younger girls watching me,” she said. “And so I thought that it would be a great way to show how to be a Potawatomi woman.”

The Burnett family descendant first heard about the pageant two or three years ago, but waited until last year to apply. Eligible contestants are between 13 and 19 years old, and drug and alcohol-free. They have never married and have no dependents. Last summer was Locke’s last year of eligibility, and she wanted to honor her ancestors including her fifth-great-grandfather, Abram Burnett.

“I’ve been so incredibly blessed to know who I’m related to, and to know the stories, and to know the language,” she said. “I love being Potawatomi because I have so many connections to my history and to other members of the Tribe as well.”

Candidacy

Locke earned her place as a Miss Potawatomi Princess finalist by using her varied talents to learn more about her ancestry. After years of cultural participation, Locke can explain Potawatomi prayer, sweat lodges, agriculture, cooking, language basics and more.

While in middle school, she and her mother connected with Potawatomi culture and wanted to learn everything possible. They traveled along the Trail of Death, attended immersion camps, took online language classes, danced at powwows and went to the Potawatomi Gathering of Nations each summer through her high school graduation.

“I think I really became invested in it myself because you can grow up hearing things from your family, but once you make it your own is when it really has that impact on you,” Locke said.

She started dancing at 9 years old, beginning with traditional style and then learning jingle dancing at 15. Locke continues to jingle dance today.

“It is one of my favorite, most relaxing activities to do. I pray while I dance. Usually, I will pick someone specific that I know who is really struggling physically or mentally, and I will dance and pray for him or her,” she said. “Jingle dancing is one of my favorite methods of connecting with my Creator.”

Her interest in composition also began in middle school. Locke’s English teacher challenged her, which constructed the foundation of her passion for language.

“She never let me give up on anything, even if I wrote something that was just absolutely terrible. … She never gave up on me. She never let me give up on myself. So, that was something that really stuck out to me,” Locke said.

She now studies professional writing and contributes to The Odyssey Online as a member of the website’s Purdue University community. Several of her pieces explore being Indigenous in modern society.

“I’ll get questions like, ‘Wow! Do you live on the reservation? Like, what’s that like?’ And just different obscure questions like, ‘How Native are you?’” she said. “I write a lot of informative writing, I guess, because I do like to be able to reach the people that are able to read my articles what it’s like.”

She enjoys reflecting on her thoughts and feelings about real-world issues in up-to-date, topical pieces. Locke also takes pleasure in creative writing including poetry and prose about Disney movies and characters. People often ask her about the princesses she connects to most.

“I feel like I relate to Moana and Rapunzel of her village. So, I always tell people that like?” and just different obscure questions like, ‘How Native are you?’” she said. “I write a lot of informative writing. I guess, because I do like to be able to reach the people that are able to read my articles what it’s like.”

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“I feel like I relate to Moana and Rapunzel because I have that adventurous personality trait that they both have,” she said and laughed. “But I also have that connection to Moana, because she is so invested in her ancestors and the people of her village. So, I always tell people that I’m kind of a combination of both.”

Competition

“It was so much fun meeting the other contestants and getting to know a little bit of their background, where they’re all from, what their talents were,” Locke said. “Everyone was super nice, which was awesome because it didn’t even feel like a competition, honestly.”

During the first day of the pageant, the ladies took the stage in their regalia and introduced themselves in Potawatomi, including their hometown and tribal affiliation. Locke’s Potawatomi name is Nanogaskwe or “Hummingbird Woman.”

Contestants next showed off their talents.

“I do a lot of heading in my spare time. So, when I don’t have classes, and when I’m not worried about tests and stuff, I bead. And I’ve been working on heading my regalia,” she said. “For the talent portion, I showed my hummingbird that I’ve been working to bead for some of my regalia.”

The judges held one-on-one interviews with the finalists.

“They just kind of asked me questions like why I wanted to be Potawatomi princess and if I was going to be able to come to some powwows and represent,” she said. “I even got a couple of questions like, ‘What are some traditional foods that you prepare or that you like to eat?’ and ‘What are the nine different bands that exist for Potawatomi?’”

The judges also reviewed the girls’ dancing, and Locke jingle danced in her regalia. The contestants participated in two competitive dances as well as several other group dances. She called it her favorite part of the pageant and an “absolute blast.”

Pageant leadership ultimately crowned Mae Wipsicofte from the Prairie Band Potawatomi Nation, and Locke respects the outcome.

“I wanted to be that role model, and I totally believe that the woman that did win this year exemplifies that just as much as I would,” Locke said.

She believes it is all about something bigger, mainly keeping other CPN members involved. Although the title is not hers, Locke still strives to be an exemplatory Tribal member and encourages others to accept the challenge of discovering the culture and customs.

“I know that my ancestors’ sacrifices weren’t for nothing. We’re keeping the traditions around, and I love being able to jingle dance at powwows and keeping that tradition alive, and being able to cook the meals that would be considered traditional, and sharing the stories,” she said. “I love having that knowledge of who I am, because there are so many people that don’t know their heritage.”

Read some of Locke’s writing at theodysseyonline.com/user/@erinlocke.

All are invited!

WINTER STORYTELLING FESTIVAL

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January 2019 11
Nonprofit helps relieve economic stress of menstrual hygiene across Indian country

During summer 2017, a box of 20 tampons cost 86 percent more at a convenience store on the Pine Ridge Reservation in Wanblee, South Dakota, than a Rapid City Walmart approximately 100 miles away, according to the Huffington Post article Why Make Native American Girls Skip School When They Have Their Periods.

Julia Chipp, a nurse at Crazy Horse School (which serves students from the Citizen Potawatomi Nation District 2) worked with reporter Eleanor Goldberg female students who pay those higher prices ‘shouldn’t feel like they’re being punished for being a girl.’ Some young, female Native American students miss up to a week of school each month to avoid the consequences of being without these products.

Citizen Potawatomi Nation District 2 Legislator Eva Marie Carney felt shocked and angry after reading the article, “I’ve always supported efforts to get supplies to women in impoverished nations, but thought, ‘My goodness, Native American girls’ lack of supplies is very close to home, and I don’t know anything about it. How is that possible?’” she said.

It surprised Carney that up until recently, efforts to emphasize this issue for poor, incarcerated, homeless and underrepresented women across the globe never considered Native American populations.

In Perils Gone Public: Taking a Stand for Menstrual Equity, author Jennifer Weiss-Wolf addresses the need for policy change and the potential positive implications of enacting laws that ensure every woman has access to safe, affordable products. Carney read the book and met Weiss-Wolf during her fall 2017 book tour appearance in Washington D.C., and was impressed with the author’s enthusiasm to do something about it.

Shortly after, Carney began working to form a nonprofit to provide menstrual hygiene products to reservation schools. The Kwek Society (Kwek means ‘women’ in Potawatomi) became a federally approved 501(c)(3) charity and registered to solicit charitable donations in Virginia and Oklahoma in summer 2018.

Complexities

Restricted access to menstrual hygiene products on reservations and in impoverished communities fuels a cycle of gender inequity, economic hardships and educational limitations.

“I think education is incredibly important for all young people but particularly for girls. ... A girl missing school because she has her period is just unacceptable,” Carney said. “Being comfortable with the fact that they are becoming women is critical to girls’ feelings of self-worth and confidence and the ability to excel in school and in life.”

In 2015, the Bureau of Indian Education reported the American Indian/Alaskan Native high school graduation rate across all types of schools at 60 percent — 12 percent below the national average. However, the small percentage of students attending Bureau of Indian Education schools graduated at a rate of 53 percent. Young Native American women’s access to menstrual supplies negatively influences graduation rates because it leads to temporary solutions or immobility during their cycle.

The American Community Survey from the United States Census Bureau reported a poverty rate of 26 percent for the same time period and demographic. Those high rates often force Indigenous women to choose between essentials such as electricity or groceries and menstrual hygiene products. Rural stores pass on the increased shipping costs to customers, cutting their ability to buy in bulk. Even when supplies are in inflation seen on many reservations, the products’ cost adds up quickly.

“Supplies are expensive. ... They are not something that people who are comfortable economically even have to think about being able to afford,” said Carney.

She strives to put an end to the invisibility of impoverished Indigenous girls’ struggles.

Connections and donations

In a recent interview with the Hownikan, Carney emphasized the importance of establishing relationships while building The Kwek Society. She has been seeking input from other nonprofits, personnel at the target schools, other tribal representatives and interested donors.

“It’s really trying to figure out what is the best way to obtain the supplies and what the best way to obtain the funding. And certainly getting women involved is going to be critical to being able to serve more girls,” she said. “This is a monthly issue. It’s not a one-time thing.”

Only four days after reading the Huffington Post article in August 2017, Carney personally donated to the Wounded Knee District School on the Pine Ridge Reservation in South Dakota. The Friends of Pine Ridge Reservation put her in touch with school administrators. The school now receives boxes quarterly from The Kwek Society filled with products for their students.

While attending an annual art market held at the National Museum of the American Indian, Carney met a Navajo artist whose daughter is Navajo Nation Council Delegate Amber Croft. From that relationship, The Kwek Society connected with the new Consolidated School District personnel in Shiprock, Newcomb and Tohatchi, New Mexico. The nonprofit is now shipping monthly donations to the five schools located on the Navajo Reservation in September 2018, adding a sixth in November.

Carney said students now regularly visit the nurses’ office to fill their backpacks with necessary supplies.

“The fact of the matter is that I would love people to see in each school, each government building, everywhere, menstruation supplies being made available in restrooms just as toilet paper is,” she said.

After discussions with the schools, The Kwek Society also began collecting bras, underwear and first period kits complete with books — more supplies the students find difficult to purchase with price increases and limited shopping opportunities.

The Kwek Society receives some in-kind donations from I Support the Girls, a Maryland-based nonprofit that collects bras, tampons and pads for international distribution. Carney’s organization is developing partnerships with retailers and manufacturers, including Be Prepared Period. It also welcomes donations from individuals.

“I think what we are doing is really consistent with traditional teachings about sharing what you have,” Carney said. “I think it’s a social justice issue. I think it’s a human rights issue at a very basic level.”

Kwek and CPN

Tribe member Linda Arredondo serves as The Kwek Society’s board secretary after offering Carney her time and talents. Working in information technology, Arredondo knows the trials of being a woman in a male-dominated field.

“I want to work with The Kwek Society in a way that eliminates barriers to entry to STEM (science, technology, engineering and math) careers. ... I want them to be able to focus on their studies, especially if they’re technically inclined, and to not have that worry in the back of their mind about, ‘Oh, I’m female. I also have this other thing to worry about,’ and at some point — depending on their geographic location and demographic situation — that the male student is going to have the competitive advantage,” Arredondo said.

CPN Language Department Language Aide Enedina Banks began a community program in November 2018 that reconnects a rural Oklahoma school district’s Native students with their heritage and traditions. One of her lessons covers the menstrual cycle, or moon time, with the junior high and high school females.

She wants the students to recognize their cycle as something that is not shameful but rather a blessing. Banks aims to reinvigorate traditional teachings in schools.

Carney believes about periods, including perceiving them as a purifying ceremony during which females are stronger. She also hopes to instill the importance of self-respect.

“It’s a family and a community effort to help these girls achieve success and to become confident, empowered women who can look back and say, ‘That’s what you’re doing in that (moon) time is you’re empowering her. You’re teaching her how to care for herself.’”

The Kwek Society donated first period kits and other supplies to the program. Banks felt the first period kits approached menstrual cycles as something natural, which matched her message.

“When this package came, … I had tears because I was like, ‘I know how this appeared to (Carney), and I know how much it’s going to mean to a girl, getting something like this.’” Banks said. “Because they’ve put together these cute little bags that are discrete, and they have pre-teen pads and a nice little card that says, ‘It’s time to celebrate.’”

Carney spoke about her organization at the 2018 Powwow and Gathering of Nations tribal council meeting and received donations from several tribal leaders, including one gentleman who said, “It’s for Kenes,” which touched Carney. Several powwow dancers also felt compelled to donate their honoraria, and a member of the Pokagon Band of Potawatomi approached Carney about holding a menstrual supplies drive early this year with help from The Kwek Society and Be Prepared Period.

“I think the Society will grow larger and evolve over time,” Carney said. “But even now, as new as we are, it is so good to realize that because of our work and our donors’ contributions to date, there are girls that now are just able to go about their business of being good students and not needing to worry.”

Find out more about The Kwek Society by visiting kweksociety.org. Follow them on Facebook at facebook.com/KwekSociety and on Twitter at KwekSociety. The organization accepts donations through their website and their GoFundMe (KwekGuideStar). AmazonSmile customers can designate The Kwek Society their charity of choice and donate 5 percent of eligible purchases to the organization. Carney also gratefully accepts requests for assistance hosting local menstrual hygiene product drives anywhere in North America.

Beginning Jan. 1, patrons of the independent online retailer Be Prepared Period can donate 10 percent of their purchases to The Kwek Society by simply using the link tinyurl.com/kweksociety while shopping. Visitors to bepreparedperiod.com can also donate to The Kwek Society through the website and tweet Carney’s feature about the organization.
Keeping Legends Alive remembers early Native American efforts

Haskell Indian Nations University held Keeping Legends Alive in September 2018 to celebrate two big occasions in the school’s history. The first was to commemorate the 100th anniversary of the end of World War I, and Haskell’s 1926 Indian Celebration commemorated the dedication of the university’s football stadium and archway. Organizers asked Citizen Potawatomi Nation Director of Housing Scott George and his mother Dolores Scott to attend. The Georges were invited on behalf of Scott’s great-grandfather, Daniel Scott, who was a member of the Osage Nation and World War I Army veteran.

Daniel Scott’s endeavors left a lasting mark on the university and Indian Country.

“It meant a lot to us to have the family present as we honored their relative for both his contribution to the Haskell celebration but also his service as a tribal WWI soldier,” said Haskell Cultural Center and Museum Director Jancita Warrington.

Haskell’s stadium and arch memorialize the 415 students who fought in what was known at the time as “The Great War.” Native American soldiers served in large numbers, even though most were not considered U.S. citizens until 1924 when Congress passed the Snyder Act. This piece of legislation granted U.S. citizenship to all Native Americans across the country.

Records indicate Daniel Scott told the Haskell football coach and stadium fund campaign chair the university would have “the biggest powwow of all time,” in conjunction with the unveiling. However, incorporating Native traditions into the event proved problematic.

“At that time, there was a ban on Native Americans having any dances, religious ceremonies or feasts,” George said. “It’s our understanding that my ancestor wrote a letter to Congress asking permission to have this celebration.”

Approximately 250,000 people attended the Indian Celebration held Oct. 27–30, 1926. Because of Daniel Scott, the event included traditional dancing and other Indigenous-centered programming, bringing together Natives and non-Natives alike.

“At this time, the general American public did not have too many open encounters with tribal peoples, especially not in their own lands or places,” Warrington said.

“The only kind of information extended to the public was the information produced in government reports, the caricatures provided by the local newspapers or the shows that romanticized the Indian/non-Indian relationships like Buffalo Bill.”

U.S. Secretary of the Interior Hubert Work also addressed Indian Celebration attendees.

“The speech was read on behalf of his boss — the President of the United States Calvin Coolidge — who could not attend the event because he was scheduled to dedicate the Liberty Memorial in Kansas City as a WWI memorial 12 days later, on Armistice Day Nov. 11, 1926,” she said.

Daniel Scott’s letter writing efforts not only helped Native Americans lawfully incorporate their traditions into the Haskell Indian Celebration in 1926 but it also helped pave the way for the American Indian Religious Freedom Act that Congress passed in 1978.

“All he did was write a letter,” George said. “I could do that. You could do that.”

Without Daniel Scott’s vision, the display of Native American culture at the powwow may not have been possible.

“To have the powwow as a part of the event, it really launched this intertribal powwow culture we all participate in today,” Warrington said. “This particular impact extended into Indian Country and began a cultural resurgence and unified pride amongst Indian people.”

Because of Daniel Scott’s service to the U.S. and Indian Country, a group of Osage singers continues to sing his song annually at the Grayhorse War Mothers celebration in remembrance of his impact to this day.

“One of the highest honors one can receive in a tribal society is to have a song composed for them in recognition of something they did in or for their community,” Warrington said.

Acknowledging the strides of those Native Americans who came before ensures the well-being and future of Indian Country.

“Tribal peoples’ recognition and understanding of our history is vital to serving our communities,” Warrington said. “If we don’t understand our history, it makes it more challenging to understand who we are today and where we want to take our communities in the future.”

Read more about the Haskell 1926 Indian Celebration and Daniel Scott’s influence here: cpn.news/haskellmilitary.

Smithsonian’s National Museum of the American Indian 2019 schedule released

Upcoming Exhibition Openings

For those in the nation’s capital or nation’s biggest city, there are ample opportunities to learn more about the tribal nations and people of the United States.

Exhibitions are shown in galleries at the National Museum of the American Indian, located at Fourth Street and Independence Ave. S.W., Washington, D.C., and at the George Gustav Heye Center, located at the Alexander Hamilton U.S. Custom House at One Bowling Green, New York, N.Y. Dates and exhibitions are all subject to change and must be confirmed prior to publication.

Upcoming Exhibition Openings

Feb. 7 – Jan. 2020 “Tribal peoples’ recognition and understanding of our history is vital to serving our communities,” Warrington said. “If we don’t understand our history, it makes it more challenging to understand who we are today and where we want to take our communities in the future.”

Read more about the Haskell 1926 Indian Celebration and Daniel Scott’s influence here: cpn.news/haskellmilitary.

Upcoming Exhibition Closings

Closing Jan. 6 “Taino: Native Heritage and Identity in the Caribbean” (New York)

Closing Jan. 6 “Trail of Tears: A Story of Cherokee Removal” (Washington, D.C.)

Closing March 21 “Circle of Dance” (New York)

Upcoming Exhibitions in New York


“Jeffrey Vergerge. Of Gods and Heroes” (New York)

“Infinity of Nations: Art and History in the Collections of the National Museum of the American Indian”

Upcoming Exhibitions in Washington, D.C.

Open through 2022 “Americans”

“T he Great Inka Road: Engineering an Empire”

“Our Universes: Traditional Knowledge Shapes Our World”

“Return to a Native Place: Algonquian Peoples of the Chesapeake”

Open through June 1, 2020 “Section 14: The Other Palm Springs, California” (Washington, D.C.)

“Ancestral Connections” (ongoing exhibition) (New York)

“Strengthen the Canvas: Eight Decades of Native Painting” (New York)

Ongoing Exhibitions in New York

Ongoing “Return to a Native Place: Algonquian Peoples of the Chesapeake”

Open through Dec. 2021 “American Cultures’”

“T he Great Inka Road: Engineering an Empire”

“T ransformer: Native Art in Light and Sound” (New York)

“T rail of T ears: A Story of Cherokee Removal” (Washington, D.C.)

Ongoing Exhibitions in Washington, D.C.

Through Oct. 13 “Transformer: Native Art in Light and Sound” (New York)

“Trail of Tears: A Story of Cherokee Removal” (Washington, D.C.)

“Circle of Dance” (New York)

Ongoing Exhibitions in Washington, D.C.

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“Circle of Dance” (New York)
Potawatomi began eating wild rice after settling around the Great Lakes between 800 and 1,300 years ago. It served as a staple of their diet and sustenance. They named it menomen — meaning “the good seed” in English — and understood it as a gift from the Creator. Wild rice harvesting and processing required everyone’s participation, and they built their society around it as a result.

“It takes a very long time to cook, so it isn’t one of those things that you just, on a whim, whip up at night,” said Director of the Citizen Potawatomi Nation Cultural Heritage Center Kelli Mosteller, Ph.D. “It’s not a food that you can consume without some intention to it. It takes some effort, and I like that.

Wild rice’s ability to last throughout multiple seasons and heartiness make it a practical choice. Both daily and ceremonial recipes featuring it as a central ingredient became traditional, and Potawatomi use wild rice porridge as a first and last meal.

The CPN’s community garden Gtegemen (We Grow It) assisted Kaya DeerInWater upheld that tradition with his boys at about six months old. His older son spat out the wild rice, which matched his picky eating habits. However, his younger baby treated it differently.

“He always wants rice. He’ll come up to me and say, ‘Rice, rice,’ and he’s only 1 and a half,” DeerInWater said. “It’s interesting noticing the difference in their behaviors. It makes me happy that they were exposed to that.”

**Origins and exhibitions**

The first and second galleries inside the CHC tell the history of wild rice. The Seven Fires Prophecy tells the story of how Potawatomi eventually stopped in the Great Lakes region. One of the prophets told the Potawatomi to settle where they found “the food that grows on water.”

“We arrived in the Great Lakes and saw the menomen, or the wild rice, growing,” Motsteller said. “We knew that was the indicator that this was the place that we were meant to be.”

Mamegonins Giizis: Origins of the Potawatomi People features a flat-bottomed canoe, knockers and push poles to help visitors visualize harvesting wild rice. The museum also built a large tube from floor to ceiling filled with enough grains to feed a family of four for a year, roughly 300 pounds. The CHC staff used the visual element to facilitate a palpable connection to the proposition.

“When you see a large pillar that goes from the floor to the ceiling, and you physically see it, and you think, ‘How much of my year would I have to spend doing this just to feed my family?’” Motsteller said. “It helps people understand that this was not a quick trip to the grocery store.”

**Growing and harvesting**

“Nutritionally, it’s far superior in protein and magnesium and all those macronutrients, micronutrients — whatever you wish to slice it, it is superior to other rice,” DeerInWater said. “It’s actually not even a rice. It’s an annual.”

Harvested from Zizania palustris, menomen requires specific environmental conditions to flourish, and it thrives around the Great Lakes. It needs water to survive and blooms once a year.

“In the spring, it’s a little tiny plant that’s kind of floating under the water and sending down roots before it grabs onto the substrate,” he said. “It’s really sensitive during that time.”

The wild rice, surrounding fish and other creatures form a co-dependent relationship. Their complimentary life cycles allow them to use each other for protection and fertilization.

To harvest, at least two people get in a canoe and use push poles to take off from the lake or river shore. The calm movements leave life below the surface of the water uninterrupted. While steers, the other uses wooden sticks called “knockers” to hit the stalks bent over the edge of the canoe. Some of it makes it in the boat, while some of it falls into the water and reseeds the area. This method accomplishes two goals at once.

“Going in and collecting it is almost like a ceremony in and of itself,” Mosteller said. “You go in with intention. You go in with a certain level of reverence — you take what you need and no more.

“The goal is for you to insert yourself, get what you need, and get back out without disturbing that ecosystem.”

**Human effects and climate change**

Companies based in Northern California produce most of the wild rice sold in grocery stores today. They harvest it in rice paddies with motorized equipment, which uproots the plants and creates the need to reseed the area deliberately.

“It was commercial, industrial harvesting of wild rice that didn’t take into consideration all of these things. All of these teachings that walking through the museum you’ve learned about thus far,” Mosteller said.

Climate change exacerbates the fragmentation caused by development. The warming of the earth pushes wild rice’s ideal habitat farther north. While warmer water potentially opens up new areas, plant growth would be sporadic at best.

“Do you want to gamble on the wild rice being able to make it to those lakes?” he said. “It used to be … in the backwater of every river bend. And it used to be, everywhere, and now it’s only in a very few specific places.”

DeerInWater and Mosteller said a modern disconnect from food production perpetuates these problems. Mosteller pointed out the recent development of processed grocery store items and frozen meals — both using a vast amount of resources — leave people unable to place food in its whole form.

DeerInWater called the Native’s disconnect from land and change in agriculture post-European contact the “colonial commodity food system.” He encourages Native communities to re-establish ancestral practices. In the last several years, some Nishnabe and Great Lakes tribes took wild ricing into their own hands and started habitat restoration efforts through their environmental departments.

“I don’t think we can be so naive as to think we’re always going to have it if we don’t look at what we’re doing to the environment around us,” Mosteller said.

To find out more about Potawatomi agricultural practices and CPN’s community garden, visit potawatomiheritage.com.

**Climate change and real estate development**

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To find out more about Potawatomi agricultural practices and CPN’s community garden, visit potawatomiheritage.com.

Visit potawatomi.org/events to find information about garden demonstrations, workshops and volunteer opportunities throughout the month.

**CULTURAL HERITAGE CENTER**

Monday-Friday
8 a.m.-5 p.m.
Saturday
10 a.m.-3 p.m.
1899 S. Gordon Cooper Drive
Shawnee, Oklahoma
potawatomiheritage.com
405-878-5830
Free entry.
While the exact definition of extravagant is unclear, even looking at the IRS form, "the scholarships we provide here at the Tribe are not considered extravagant," said Citizen Potawatomi Nation Tax Preparer Carissa Johnson. "Where it can really come into play is if you get extra money for room and board, books, living expenses on a non-tribal scholarship — that money is subjected to federal and state taxes."

Before the passage of the Tribal General Welfare Exclusion Act of 2014, the IRS required Native American students to account for their tribal scholarships in their yearly tax returns. Since then, these scholarships are not taxable as long as the funds are not considered extravagant by the Tribal General Welfare Exclusion Act of 2014’s Tribal Advisory Committee. While the exact definition of extravagant is unclear, even looking at the IRS form, "the scholarships we provide here at the Tribe are not considered extravagant," said CPN Director of Education Tesia Zientek.

For students who receive educational funding from outside of their tribe, if the non-tribal scholarships surpass the cost of tuition, the IRS still considers that as income, which must be reflected in taxes.

Potential dollars back

With more than 25 years of experience, Johnson said she enjoys assisting the Nation with tax services. She has helped many Tribal students and employees file their original tax returns, many of which have resulted in refunds to federal and state taxes since she joined CPN in August 2017.

"Many students may not be aware of the General Welfare Exclusion Act of 2014, so having Catissa help with amending past tax returns may help students get some of that money back," Zientek said. For students who improperly reflected CPN scholarships on prior tax returns, Johnson can assist with filing amendments up to three years prior.

"It’s not just 2017 that can be amended. We can do 2016 and 2015 as well," Johnson said. "The things students have to remember is when you amend, you amend the federal first."

In order for Johnson to begin the process, she requires printed copies of original tax returns and all of the supporting documents. "Files on your phone or the internet will not work," she added. "I must have the printed, hard copies."

Once a student receives their accepted federal amendment, Johnson encourages filing the necessary state paperwork to receive additional dollars back.

"Oklahoma wants to have evidence that the amended return was federally accepted before a student can amend in Oklahoma," she said. "I can't guarantee you'll get money back, but you may get some back from the state as well. It's worth it to try." Audits

The IRS can audit within three years at any time, so easily being able to access prior tax information and the supporting documents is important. "However, if they suspect fraud, they can go all the way back to the first day you started receiving wages, and they will expect you to have all of those supporting documents," Johnson said. Johnson also noted the IRS and Oklahoma Tax Commission will not reach out via a phone call or text to begin and amendment or audit.

"At initial contact, then you can have subsequent phone calls, but first off, it'll be by mail," she explained. For students, Johnson encourages recording every mileage and from school in a notebook as well as any receipts.

"Write down your odometer reading from point A to point B. To me, it's easier to do the mileage, and most people are going to get more dollars that way than by gas tickets alone," Johnson said.

The key is to hold on to all receipts, especially for itemized deductions, she added.

"Whether it's statements from the doctors showing what you've paid or contribution statements that show what you gave, you need to keep those to show your proof that the line item in question goes back to a piece of paper," Johnson said. Some clients feel compelled to keep tax information all the way back to their first wages, whereas others may only keep records for five to 10 years. Johnson encourages clients to keep tax returns and all supporting paperwork based upon their "comfort zone."

Tax season

"There have been a lot of changes with the new tax laws," Johnson said, especially for clients that have investment income.

Since the new laws became effective, the IRS will not accept returns before Feb. 1. "They're trying to fight the fraud that has happened," Johnson said. "Once you file your returns, if you don’t have to be out until Jan. 31," Johnson said.

The updates impact when investment companies, like Edward Jones, can get tax paperwork out to their customers.

"They have to first receive the information from the companies they deal with by Jan. 31," Johnson said. "If they can e-file and your W-2s don't have to be out until March." With the 2018 tax deadline approaching April 17, Johnson encourages those who need tax assistance or have questions about tribal scholarships and taxes to reach out to her at CPN Workforce Development & Social Services by calling 405-878-3854.

Submitted by Blake Norton, Cultural Heritage Center Curator

Over the last four years, the CPN Cultural Heritage Center staff has worked tirelessly to help create not just a museum, but a true community and cultural center. While the 2018 grand opening of the CHC’s museum was an incredible milestone for the staff and community, the work must go on.

This year, staff will continually work to update and add new content to the galleries. These will include new artifact displays, digital interactives and hands-on exhibitions. Community programs and classes are being developed around each gallery to tell a more complete story and help Tribal members better understand their mutual pasts.

We hope that the exhibits not only educate but also create family trees and a sense of ownership. All that you see was built for and by the Tribe with help from our Tribal members, departments and local businesses. Programs developed from the new galleries will extend these partnerships into 2019 and beyond.

For example, with the help of CPN’s Information Technology, the CHC’s collections and research staff began developing a new content management system for the diverse collections housed and made available via the CHC. The new system will help staff improve oversight of the collections, while providing greater accessibility to our visitors and interested researchers.

In addition, a new family history and genealogical database is being developed that will allow Tribal members to seamlessly research their ancestry, create family trees and learn about their ancestors through small biopics.

The CHC’s research library is currently undergoing renovations to expand its physical holdings. We have added over 500 new resources that include books, journals and special collections focused on Potawatomi-woodland culture and history. We have also added a new interactive station in the library that will display traditional stories and lessons as well as online exhibitions via the CHC’s website.

The CHC website is currently being updated to provide the community with better accessibility to programs, classes and community events. Aside from the museum, our education coordinator, community garden staff and Potawatomi language department will offer new and existing classes.

We are very proudful and appreciative to see the vision of the CHC come to fruition and with such success. It was truly a team effort from start to finish. From Tribal leadership and departmental staff to Tribal membership and local businesses, our community worked together to create something that will last for generations.

We hope that the impact of the CHC can extend beyond our borders and provide all community members of Native communities in their development of enrichment programs focused on cultural education and preservation, community development and pride. The CHC is grateful for our accomplishments in 2018 and looks forward to an exciting 2019.
Dietitian makes eating healthy fun

As a registered dietitian with Citizen Potawatomi Nation, Maggi Gilbert uses real-world examples of facts and expectations to make an impression on patients. During a recent Hownikan interview, she held up a wide plastic tube filled with the average amount of sugar in a can of pop — nearly 10 teaspoons.

“I’ll use this a lot because this is just a 12 ounce soda, and that is the amount of sugar that we’re drinking… That’s not providing our body with nutritional value, and that is an eye-opener sometimes. A lot of times,” she said.

“We’re talking about overall healthy lifestyle changes.”

After earning her bachelor’s degree in pre-allied health from Oklahoma Baptist University in Shawnee, Oklahoma, she transitioned to the University of Oklahoma Health Sciences Center in Oklahoma City and earned her Master of Arts in Dietetics. The program’s eight-month internship included clinical rotations at the OU Medical Center, a stint in hospital kitchen management and more.

Gilbert passed her registration exam in October 2017 and accepted her first full-time dietitian position with CPN in June 2018. Gilbert primarily serves CPN clinic’s diabetes patients and offices out of FireLake Wellness Center.

Discovering dietetics
Gilbert’s dad is a doctor, and she watched him provide patient care as she grew up. She wanted to shape her career in a similar way, but the specifics remained unclear as she began college.

“That was one of my biggest things was I wanted to be able to build relationships and help people throughout their journey,” she said.

She began modifying recipes and learning about nutrition the summer following her freshman year. Gilbert’s dad introduced her to dietetics as a career option, and she shadowed a dietitian at the OU Cystic Fibrosis Center that summer as well. She then declared her major at the beginning of her sophomore year.

Gilbert gained community experience during rotations at Mid-Del Public Schools and a local Women, Infants, and Children program. She also deepened her knowledge of diabetes dietetics while interning at OU Physicians Family Medicine.

For her elective rotation, Gilbert chose to work at Oklahoma Baptist Homes for Children, a residential care facility for single moms and their children.

“They don’t have a dietitian, so it was a little out of the box, but it was something that I was able to work more one-on-one with moms and their kids and teach them how to grocery shop and how to prepare healthy meals,” she said. “And that’s where my passion for community really developed.”

Opportunities at CPN
Gilbert stumbled across the CPN job opening on Facebook, and the position brought together everything she practiced in the type of setting she enjoyed.

“I was like, ‘That’s me. That’s what I want to be doing,’” she said. “I applied for the job, prayed about it, and felt like this was where the Lord was leading me. This was the job for me. And then (it) just kind of worked out from there.”

She finds patient care rewarding but also enjoys the other hands-on activities and teaching opportunities the job provides her. Gilbert started giving grocery store tours at FireLake Discount Foods in November, advising attendees on how to shop in a healthy way while sustaining variety. She also leads a session of the Beginning Education about Diabetes class as well as cooking demos.

“I love that we do cooking demos here to teach people healthy cooking doesn’t have to be expensive… and it doesn’t have to be complicated,” Gilbert said. She takes pride in her simplified recipes clients can incorporate into their lives.

“The most exciting thing is when they love it. We did a breakfast tofu scramble one week, and some of them didn’t even know it was tofu,” she said. “They came in late that day and asked ‘Where’s the tofu? I didn’t try that?’ They thought it was egg.”

Food philosophies
One of the main tools Gilbert uses during her appointments is MyPlate, a nutrition guide published by the U.S. Department of Agriculture. Center for Nutrition Policy and Promotion. It shows the ideal portion size per meal of each of the five food groups on a dinner plate.

“I use MyPlate a lot with most of my patients,” she said. “I encourage them to include variety, trying to incorporate every food group.”

Gilbert works to eliminate her clients’ feelings of intimidation. Much of what she teaches them goes back to basics and includes reprioritization.

“Not that change is easy, but we talk about once we start to make changes consistently, then that can create a habit,” she said.

According to Gilbert, people oftentimes complicate achievable a well-rounded diet. They search for the newest, most popular methods, but those are often unrealistic.

“We talk about portion sizes, consuming foods in moderation, and foods we don’t need to consume quite as often as others,” she said.

In her experience, people overlook reading the entire nutrition label completely and instead focus on one aspect such as total fat, sugar content or sodium. She also teaches them about meal prepping and grocery shopping.

“If we plan our meals out and have a plan going into the week, then it’s a lot easier to not go out because we’ve got something at home,” she said. “We’ve already purchased it. We’ve spent that money.”

However, she accepts that people go out to eat, and Gilbert researches options and discusses restaurant nutrition facts with her clients as well.

Preaching and practicing
In her personal life, Gilbert follows her own advice.

“I definitely am conscious of it and feel like, if I can’t practice what I’m teaching, then how can I expect my patients to do the same?”

She and her husband enjoy salads with fruits and nuts, soups and healthy breakfast adaptations. She often cooks with chickpeas, quinoa, beans, whole grains and frozen or fresh vegetables.

Gilbert plans their week in meals as well. However, baking holds a special place in her heart, and her love of cooking grew from there.

“I loved baking, and that’s where I started to kind of modify to see, ‘Could I make this recipe a little bit healthier?’” Gilbert said.

Her husband works as a football and strength training coach at a local high school, and the two complement each other and round out the physical and nutritional sides of health. She expands his knowledge about food and diet, and enjoys seeing his reactions to her meals.

Find out more about CPN’s Diabetes Initiative by visiting cpn.news/diabetesinitiative, and see what the FireLake Wellness Center has to offer at cpn.news/wellnesscenter.
Tribal Legislature closes year out with late November meeting

On Nov. 29, 2018, the Citizen Potawatomi Nation Legislature held its final meeting of the year. All representatives attended.

After meeting minutes were approved for the September quarterly meeting as well as the October and November legislative meetings, representatives approved a resolution supporting the Tribe’s grant application for a U.S. Bureau of Indian Affairs Invasive Species Program.

Legislators then approved a resolution supporting the Tribal legislature’s support of federal legislation ensuring Medicaid’s fulfillment of federal trust responsibilities to American Indians and Alaska Natives. Resolutions supporting proposed applications through the U.S. Department of Housing and Urban Development for the 2018 Indian Community Development Block Grant Program and the U.S. Department of Energy’s 2018 Energy Infrastructure Deployment on Tribal Lands also passed.
Tribal Chairman - John “Rocky” Barrett

looking forward to working with a new administration at the state level in Oklahoma. We have had several lawsuits with the state, which have cost the Tribe more than $2 million in attorney fees and lost sales. As a result, the 10th Circuit Court of Appeals decision that Oklahoma’s Indian gaming compact is unenforceable. We have since entered into an alcohol compact with the state and believe that both parties will have a more cooperative relationship moving forward.

On a more positive note, Governor-elect Kevin Stitt has been encouraging and enthusiastic about our contributions to the growth of business and commerce in our area. He talks like a good, solid businessman, and we are optimistic that we will maintain a cordial and productive relationship with him. Our thanks to senator and Citizen Potawatomi Tribal member Jason Smalley. He and our Citizen Potawatomi Community Development Corporation Director Shane Jett did a lot of work to set up our meetings with Governor-elect Stitt. Senator Smalley has done a great deal of valuable advocacy for our Nation, and we deeply appreciate it. He recently was appointed Senate Caucus Chairman and will be an influential leader in the Oklahoma State Senate.

We have the prospect of a very big project here at our Tribe that could provide good paying jobs and serve to attract our Citizen Potawatomi back home. If we land this industry, we will be building new housing and expanding our services here at Tribal headquarters. Please pray that we are successful.

Tribal elections are coming up. The filing period for Tribal Legislators 10, 11 and 13 will end Jan. 9. We hope the election, if the positions are contested, leaves us with good will and a willingness to continue to contribute to the success of our Tribe. We can ill afford to fall into the divisive pit that national politics has become.

I hope your holiday season was happy and drew you closer with your loved ones. Thank you for the privilege of serving as your Tribal Chairman. Migwetch (Thank you),

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

Vice-Chairman - Linda Capps

Senator Haney is Creek and Seminole and is one of Oklahoma’s most renowned artists. He is known throughout the state for his exceptional artwork, especially for The Guardian, the colossal statue that stands prominently atop the Oklahoma State Capitol dome where it was lifted on June 7, 2002. The 17-foot tall statue holds a staff that reaches 22 feet into the sky. The statue is made of 4,000 pounds of bronze, which was cast in 50 sections. Haney, at 78 years of age, still practices his artwork.

Kendra Horn is an attorney, politician, activist and now the Congresswoman-elect. She is the first Democrat to be elected to Oklahoma’s 5th District office in 44 years and the first Democrat to be elected as member of the House of Representatives from Oklahoma in eight years. I personally think that Ms. Horn is a perfect fit for the 5th congressional district. She will take office on Jan. 3, 2019. Her heart for her constituents knows no party. Whether you are a Democrat or a Republican, you will know that Ms. Horn is for the people when you meet and talk with her. In addition, she will be a true representative of Native people.

I look forward to continuing the good work her predecessor, Representative Steve Russell, did with CPN. There were several tribal leaders in attendance at the honor dance, and Ms. Horn took the time to visit with each individually. In her discussions with the leaders, she asked about concerns within tribal governments. Answers varied from sovereign issues to specific uncertainties. As she was speaking to the leaders, her assistant wrote down every concern that was voiced that evening. Ms. Horn said she would review each concern and asked to meet in the near future. Horn ran her campaign with the catchphrase “common sense leadership.” I believe it is the way she will serve the 5th Congressional District. She also stated during her campaign that she “believes in public service, not politics.”

As the Vice-Chairman of CPN, I am pleased to have such a personable, dedicated individual serving the U.S. Her education, experience and career leadership is impeccable. I definitely believe we have a friend in the United States House of Representatives.

I appreciate the opportunities that I have in serving as your Vice-Chairman. My goal is to bring honor and expertise to CPN.

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

Absentee-Shawnee Tribe Governor Eduina Butler-Wolf, Congresswoman-elect Kendra Horn and Vice-Chairman Linda Capps. Photo provided by Absentee Shawnee Media
I has been somewhat busy at the Slavin household recently. We attended the District 1 and 2 meeting in March. It featured a tour of the Potawatomi Nation in Kansas. Potawatomi Nations, hosted the Reunion Festival in June and then to the Gathering of the Potawatomi in Shawnee, which will be hosted by CPN District 2 Members, and the Gathering of Potawatomi Nations, which will be hosted by the Wasauksing First Nation in Prairie Sound, Ontario, Canada, this summer (I don’t have the dates yet). Also, I expect there will be another Fall Feast in the D.C. area in mid-November, and I would love to host a 2019 meeting in Atlanta, Georgia, and get back to constituents and family in the state of Florida but need help with locations. Please let me know if you can help! Details for all these meetings are or will be posted to my website, and if an event I’m hosting is within driving distance of you, you will receive postcard invitations at your homes. Sometimes meeting possibilities come up unexpectedly, so it would be good to check my website calendar frequently and join the District 2 Facebook page to keep up to date — Go to facebook.com/groups/CPNDistrict2Members, and ask to be added to the group. Please join Potawatomi events 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 1 - Roy Slavin

Virginia where we enjoyed the hospitality of Legislator Eva Carney and her husband Alan. Leslie Deer attended from Shawnee, Oklahoma, and instructed on how to make side feathers, dance steps and bead bracelets for children.

For those within traveling distance to Chicago, mark your calendars for April 26, 2019. We are planning a District 1 meeting at the Field Museum. There will be a behind-the-scenes collection tour for meeting attendees provided by museum staff. The tour will cover Potawatomi artifacts in the newly renovated Native American hall. We are in the planning stages and will keep you informed, but we hope to see many of you there.

As I write this, my television is filled with the services for George H.W. Bush. I was not aware of his military career. Very impressive!

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.

Eva Carney of Virginia.

18 to 30, at the Smart Center for Mission, Educational Leadership & Technology, and the Center for Spirituality in Nature in Washington, D.C. In October, I orchestrated a tour of — and accompanied an energized group of Potawatomi to — the National Museum of the American Indian Archive Center in Suitland, Maryland. In November, Legislator Roy Slavin (Netagege) and I hosted the annual D1-D2 Fall Feast in November in Arlington, Virginia.

Most recently, I hosted a meet-up of Potawatomi at the Native Art Market in Washington, D.C. held at the NMAI on Dec. 1. A few days later, at the invitation of the co-chair of the CPN Workforce Development & Social Services Assistant Director Margaret Zientek, I attended, with Margaret and others, a 477 Tribal Partnership meeting, and sent out the cookbook, Citizens Potawatomi Feasting 2018, featuring recipes from this year’s District 2 contest. You can find a PDF of the book on my website, under the “Heritage” tab.

It was a joy to meet up with so many of you this year, to grow our community and to represent the Nation and play a part in fostering CPN and other Native nations’ successes. Migwetch (thank you) to everyone who helped with planning and execution of our district events, and igwien (a district event) planning and execution of our other Native nations’ successes.

I've secured Friday, May 24, 2019, for our next NMAI Archive Center visit, and I already have a few RSVPs for that 20-person tour. I will attend and hope to see many of you at the 2019 Family Reunion Festival in Shawnee, which starts Friday, June 28, and the Gathering of Potawatomi Nations, which will be hosted by the Wasauksing First Nation in the end of the year, I finalized PL. 102-477 Committee, our CPN Workforce Development & Social Services Assistant Director Margaret Zientek, I attended, with Margaret and others, a 477 Tribal Partnership meeting, and sent out the cookbook, Citizens Potawatomi Feasting 2018, featuring recipes from this year’s District 2 contest. You can find a PDF of the book on my website, under the “Heritage” tab.

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2019 Plans: The New Year’s activity gets off to a running start with a District 2 meeting and lunch in Little Rock, Arkansas, and hope to see many of you there.

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District 2 - Eva Marie Carney

beaded bracelets for children.

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Eva Carney of Virginia.
District 3 - Bob Whistler

During my regular business career, the hours tended to be long, and in the beginning, I was working several jobs, starting our family and pursuing my college education. So, after I left the business world and thought about my health, I decided it was time to start going to a gym since some of the year it is really too hot or cold for outdoor workouts. I set a specific time in the afternoon to simply stop doing what I was involved with and go to the gym. Basically, I setup a very simple habit. All it really takes is about 21 days for you to establish a habit that is then very easy to keep. Years ago, I made the mistake that many make, I too many New Year’s resolutions that were soon broken. Either it wasn’t something that was really important, or it was something that was for something that will benefit you, something you enjoy. Or do something for someone you love that way it is easy to get started and stick to it.

In a recent conversation with Vice-Chairman Linda Capps, she commented that many of our Tribal members do not have a Potawatomi name. Each one of us has some unique attributes that can be expressed in a name in Potawatomi. By chance, did you see the movie Dances with Wolves? If you did, it was obvious that all the Indians in that tribe immediately associated the name with the character played by Kevin Costner, and it had a true meaning.

For those of us that do a naming, we attempt to find a name that is fitting and that others who really know the individual recognize that the name really fits the person. At the Citizen Potawatomi Nation Family Day, the Potawatomi name for the year last six or seven years, I have been asked to give Potawatomi names to a number of members in District 3. Coming up with a name is not an easy task. We have a questionnaire to help us find a name that is best suited for you. Even with this help, it still takes time, thought and prayer to find the right name. So, if you are interested in receiving your Potawatomi name, now is the time to contact your district representative and ask them how you go about making a name request. This will give that person ample time to be ready to give you your Potawatomi name at Festival.

On another subject, I just watched a wonderful link on my computer of Notre Dame Coach Lou Holtz speaking at a graduation ceremony. In listening to it, it is very clear that the reason he was such a great coach is that he knew exactly how to speak with and to the people he was motivating. If you have a few minutes, please take the time to watch this link: cnnpnews.com.

At 785-584-6717 no later than Tuesday, Jan., 8, 2019.

District 4 - Jon Boursaw

A new year ahead! First, Peggy and I want to wish everyone a very happy new year. I think it is going to be a good year for the Nation. I have a very strong feeling that we will see some major advances in the Nation’s economic development efforts very soon, so stay tuned. We continue to see large numbers of new enrollments, and I don’t see any reason why that would change. We now have over 34,000 enrolled members. For me personally, I will continue to do whatever I can to serve the CPN members in Kansas and hopefully see the installation of the exhibit on Burnett’s Mound by early spring.

Did someone say, “Lunch is ready?” The good food and fun activities continue to bring Tribal members to the CPN Community Center in Rossville for the monthly elders potluck. The attendance at the November event was 45 members and guests, and there was plenty of food for everyone. Did I mention the more than two dozen desserts that were available, most of them homemade? Tracy and Pam of the Senior Support Network are responsible for the success of the potlucks. They normally prepare the meat and potatoes for the events, and the elders bring the rest. The two photos below give you an idea of the size of the group that was there, but the photos show only about half of the food that was available. The desserts were on yet another table. Again, I want to thank Tracy and Pam for all they do for our elders, which goes far beyond the luncheons.

January elders’ potluck: This New Year event will be held on Friday, Jan. 11, 2019. Join us: just bring a side dish or a dessert. If you plan on attending, please RSVP to Tracy or Pam at 817-545-1507 home or 817-545-1507 cell. rwhistles@potawatomi.org.
prayer circle. I then started making arrangements to obtain some help and a pickup. I found both in my cousin, Joe Walkhuke, and his grandson, Anthony, and Joe’s pickup. We removed several bushes from the lady’s backyard, and replanted two of the larger ones in Rossville near a cedar tree and two large pots of sweet grass, one of which is visible in the photo I included.

CPN scholarships: I recently received information released by the CPN Department of Education regarding Tribal scholarships. I am pleased to announce that Kansas State University and Washburn University are again in the top 10 (tied for ninth) for universities with students receiving CPN scholarships. Additionally, they are the only schools in the top 10 not located in Oklahoma.

Guests enjoy a variety of food and fellowship at the CPN Community Center’s potluck in Rossville.

What do or don’t you know about Citizen Potawatomi Nation culture and history? Part 2

1. Why is the eagle honored by the Potawatomi?

2. Name the animal that saved mankind in the flood story. What is Turtle Island?

3. Where was the Tribe prior to its forced relocation? Name the year of the relocation.

4. What is the forced relocation of the Tribe called?

5. Who was Benjamin Peint?

Answers to last month’s questions:

1. The Potawatomi, Ottawa and Chippewa tribes, which formed the Three Fires Alliance, considered themselves to be the Original People or Nations.

2. The Wolf

3. Sweet grass, tobacco, cedar, sage

4. In that order — generosity (white), knowledge (yellow), compassion (red) and courage (black).

5. In that order — north, east, south and west.

District 5 - Gene Lambert

Bozha nich Bodewadinik
(Hello, my fellow Potawatomi),

Hope your holidays were memorable and 2018 is second only to what is coming up in this new year.

This is the time we need to put the “new so” memorable issues in the past and create extraordinary visions of what is to come for 2019. There were additions to the family perhaps, or the goodbyes to those who walked on. Postulate things you look forward to and can get excited about.

This is a new slate and a new start.

Some religions teach you to take care of all feelings and bad business before you go forward into the fresh and new. Ending cycles on the bitter or sour pieces of your life — and we all have them — is a key to a fresh, new way. It is what it is. Recognize it, and go forward.

Not everyone will celebrate your innate talents, and they weren’t meant for everyone anyway. Just the ones who live in your world will know the real you.

Each new year brings new lessons, experiences and repeats when necessary. Those occur when we don’t get the lesson; we go to experience it again and again until we do.

The Creator is so clever and sometimes not so subtle. You know that small voice you can hardly hear in the bustle of the city? Finally, I am sure, in utter annoyance that voice gets in your face.

“Will you hear me?” he says.

“OK. OK. I get it,” you utter back.

“This is a new lesson. Listen! Learn!”

My brother, Charles Lambert, has talked to me about this voice on many occasions. Charles is a contractor and says he never takes a project if he hears any question at all from it.

“Every time I have in my younger years, I wished I had listened,” he said. “Sometimes there are thousands of dollars at stake, and it looks good. But I know if I do, there will be trouble.”

Opra Winfrey did an entire program on the “still, small voice” we all have inside that tells us the right or the wrong, the good and bad. We need to listen to it because it is for us to guide through the swamp of life.

Some say it is our conscience that guides us within our standards of right and wrong, which we have been taught since childhood.

The Bible says, “Seek your own council.”

Is this about the voice we are talking about?

The issue here is it may be OK or good for someone else, but not for you in this time frame.

Have you ever thought back to a life situation you thought was not bearable or irreparable? Now that some time has passed, you realize if that hadn’t happened, you wouldn’t have experienced something else that was insurmountable in its rewards.

That is because we do not have our life path. Learning to trust the higher power is difficult when you think, “I can do this!”

San Xavier, our most famous mission here in Arizona, has a plaque they sell (and I bought one) that says, “This is God. I have everything under control, and I won’t be needing your help today.”

As another friend of mine says, “Some days I am the teacher and others I become the student.”

That my friend is the truth for us all.

This isn’t about how you celebrate the Creator, your religious denomination, Democrat, Republican, Independent, or other, male, female (have I covered the gamut?).

This is about you and what you do, what you see, what you feel. You cannot judge another person’s heart. If it is wrong for you, it does not mean it is for another person. That is except for the 10 Commandments, of course, written for the basic survival of mankind and recognition of the higher power our God.

I used to tell my children when they were small I was not so sure of all the right and wrongs in life. All I know is when you go to sleep at night, do you feel good about your day? If you do not, then you need to fix it, change it, don’t do it again, know and go on. Never do anything to purposely hurt another or yourself in the process.

In those younger years, I would have my children go to their rooms one hour prior to the actual bedtime. The point was to learn to be still, have quiet time, to be alone; thus, they would learn to listen to themselves without all the outside chatter.

I would explain, “I can discipline you all day long, but that isn’t as good as you learning to discipline yourself.”

Once again, that small voice that says “yes” or “no.”

My biggest lesson this year, as I found myself muttering about the ill will of others, is it doesn’t matter what others are doing.

“What am I doing?”

That is the only thing we have control over.

It is also the only thing we have permissions to impose ourselves in. So make all your New Year’s resolutions, but make them achievable and realistic. You feel better when you succeed. You will hear, “Well done,” from that still, small voice.

Wishing all of you the good things life has to offer.

Love you all.

Eunice Imogene Lambert
Butterfly Woman
Representative, District 5
480-228-6555
eunicealambert@gmail.com

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Girls who witness Domestic Violence are more likely to batter their female partners as adults.

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Call 911 if you are in immediate danger.

HOWNIKAN
JANUARY 2019 21
District 7 - Mark Johnson

As is our tradition, we presented awards to our veterans. Warren Morris was the winner at 89 years young. Our youngest enrolled member was 18-month old Madelyn McCauley, who also took the top prize in the PLP. She was awarded a Pendleton backpack and CPN thermos.

As I look at 2019, I am optimistic that we in the west will have a better year than 2018. I pray that those affected by the events of 2018 find comfort in the new year and that you and your family prosper in 2019. I also pray for the continued success of our Tribe.

I am looking forward to 2019! Please reach out to me — especially if you are in District 7 and east of Montana. I’d like to plan a meeting out your way!

Mark Johnson, Representative, District 7
1365 Shaw Ave., Suite 202
Clovis, CA 93611
559-351-0078 cell
mark.johnson@potawatomi.org

District 8 - Dave Carney

Dave Carney and winner of the art contest, Clyde Slavin with Dave Carney.

The “craft” category was won by Tresa Flowers for her wonderful turtle shell rattle with a deer hoof handle. Maebelle Svenson took the top prize in the under 12 category for an amazingly intricate bead head braid. Both craft and under 12 winners took home a Michael’s gift card and a print created by CPN artist Penny Coates.

The winner of the fine art category was Clyde Slavin who created a very unique ceremonial pipe with a stone bowl held in the carved talons of a mighty eagle. It was very impressive. Clyde also brought along and gifted a roadrunner feather in a carved box that he found at the Tribal headquarters in Oklahoma. The under 12 winner, Maebelle, took that gift home with her other winnings.

I am looking forward to 2019! Please reach out to me — especially if you are in District 8 and east of Montana. I’d like to plan a meeting out your way!

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

Peggy Anderson King, author of Two Moons Journey, gave a presentation about her recent experience following the 1838 Potawatomi Trail of Death.

Selah Bellscheidt, recent Potawatomi Leadership Program alumna and current student at Western Washington University, delivered a talk about the Cultural Heritage Center’s newest exhibit. She also spoke about her experience in the PLP. After dinner, Natalie Mitchell-Fuller led the gathering in creating a keepsake. She talked about the spiritual meanings behind sage, sweet grass, cedar and tobacco, and members made Christmas ornaments with these sacred elements. Her sister, Jacqueline Mitchell, assisted folks signing in at the beginning of the event and as needed throughout the evening.

As is our tradition, we present a lovely Pendleton blanket to our “wise” member. Mr. Warren Morris was the winner at 89 years young. Our youngest enrolled member was 18-month old Madelyn McCauley, who also was awarded a smaller Pendleton blanket. Spokane resident Ron Layman was our farthest traveled and was awarded a Pendleton backpack and CPN thermos.

In addition to having a great turnout, we also had the best art contest participation to date. There were several competing entries in each of the three categories. Winners of the wisest, youngest and farthest traveled awards weighed in to select the winners. The “craft” category was won by Tresa Flowers for her wonderful turtle shell rattle with a deer hoof handle. Maebelle Svenson took the top prize in the under 12 category for an amazingly intricate bead head braid. Both craft and under 12 winners took home a Michael’s gift card and a print created by CPN artist Penny Coates.

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Buma pi (Until later),

Dave Carney
Kegageghi (Raven) Representative, District 8
520 Lilly Road, Building 1
Olympia, WA 98506
360-259-4027
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Dave Carney
Kegageghi (Raven) Representative, District 8
520 Lilly Road, Building 1
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dcarney@potawatomi.org
What to do this new year to make your life better? I’ve always mentally listed a handful of changes or improvements that I would like to accomplish for each new year. Start fresh with a new, better me. Is there a moral reason why we want to keep promises to other people? It may be because you believe it’s the right thing to do. It may also be because you want to be known as a trustworthy person or even because you really want the other person to benefit from what you are promising.

What is the definition of a promise? Wikipedia states, “A promise is a commitment by someone to do or not to do something. As a noun promise means a declaration assuring that one will or will not do something. As a verb it means to commit oneself by a promise to do or do not do.” Merriam-Webster says, “A statement telling someone that you will definitely do something or that something will definitely happen in the future.”

Most of us have made some type of promise to ourselves. It could be losing weight, eating healthier, quitting smoking, getting more done out of your day, reading more books, having more quiet time while your children are at school — you name it. Are we actually making a real promise from conviction or making them based off emotions? Our famous inward thoughts in our minds usually start with, “OK, I’ll start tomorrow.”

Emotions are good when we know that we are promising something we are sick of doing and that something that we’re doing isn’t good for us. Just think if you would just start the promise immediately instead of procrastinating; you might be further down the road by now. Other obstacles such as habits are hard to break because you have been doing them for a long time; plus, temptation enters in, which pulls you in the opposite moment is a good idea, it will let you down since you never really had a commitment to keeping it.

Sounds like I’m telling you, “Why make a promise if everything is against you, and you really don’t mean it anyway? To the contrary! Let’s perfect a plan that will more than likely come to fruition of success. Test your own reliability on small promises. It’s all about taking small steps. Often, people try to tackle the big problems in their lives, even though they are unable to conquer the small ones. By keeping small promises, you are building trust in yourself. With every promise kept, your belief in yourself strengthens, and your expectations for yourself rise. Soon, keeping promises to yourself will become part of who you are.

You can’t erase all your bad habits, or the accumulation of bad practices or circumstances, by stating, “The New Year means a new you.” It is actually unrealistic to think flipping the calendar is enough to motivate you to do all your bad habits away.

There’s a difference between changes we think we should make as opposed to changes we actually want to make. Start out with accomplishing small goals — maybe deciding not to overreact if your kids or another family member gets on your nerves. To start, make a list, then cross out the top priority on the list. Be realistic, and choose one that you can accomplish. Set goals, and measure your progress on these by yourself. It’s hard to do more than one at a time. You might have gotten into a tiff with a friend, family member or a colleague. You might see immediate results when you get better at apologizing rather than holding a grudge. Being able to say you’re sorry and mean it makes it easier to get back to a positive mood after going through something difficult. Another simple promise that you can start out with is taking 10 minutes every day to avoid getting caught up in the whirlwind of work emails, after-school carpool schedules and life’s countless obligations by doing something for yourself.

Read a magazine, meditate or simply play with your pet.

Hope you will challenge yourself to make some promises for the New Year. Make them simple, build your reliability, measure your progress and see what happens.

Here are some inspiring quotes about PROMISES:

“The most effective way to do it, is to do it.” — Amelia Earhart

“It does not matter how slowly you go as long as you do not stop.” — Confucius

“It is better to offer no excuse than a bad one.” — George Washington

“When you make a promise, keep it.” — Zig Ziglar

Allow me to change completely to inform you of our Veteran’s Christmas dinner that had an attendance of 45 guests. Chairman Barrett brought an Italian Crème Cake (delicious), and later, Vice-Chairman Capps had her own particular drawing in which she gave away gift cards. While we were serving our meal, one of our veterans noticed three of our tribal police officers were in front of the reunion hall and asked them to come in and make themselves a to-go plate to show our appreciation for what they do for our veterans.

We were honored again with the CPN ladies Hand Drum Group, Dewogen Kwek, who sang and drummed three beautiful songs. Before the meal, which was prepared by FireLake BBQ’s Karina Waldrup (Ka), we were blessed by Randy Schlachtun from the Potawatomi Language Department who offered a Potawatomi prayer. Richard Driskell was honored by the Veteran Organization and given a challenge coin with the Tribal seal on one side and the Veteran Seal on the other side. When the veterans need something, our go-to people are Richard Driskell and Vice-Chairman Capps. Also, our Commander Daryl Talbot of the Veterans’ Organization presented a caricature of Bill Wano (Secretary of the Veterans Organization) and his Ship along with a caricature of Representative Dave Barrett (Treasurer of the Veteran Organization) and his Ship for their long dedicated service in the Veteran Organization. Daryl Talbot is a very talented person who professionally draws and is recognized by quite a few businesses.

On a personal note, I am looking forward to serving the Nation for another four years, if the membership so desires. It goes without saying, thank you for allowing me to represent you and our great Nation.

Migwetch (Thank you),

David Barrett

Mniehbo (Sits with Spirit) Representative, District 10 1603 S. Gordon Cooper Dr. Shawnee, OK 74801 405-275-3121 dbarrett@potawatomi.org
District 12 - Paul Schmidlkofer

Bozho nikanek
(Hello friends),

It is just now the end of the holiday season. I always look forward to Christmas. It is not because I’m hoping to get some special gift. Actually, I’m happier when anything you might have spent on me is instead spent on my grandkids. I love to watch them and their excitement.

This time of year reminds me of when I was still a young boy and taking trips to grandma’s house. As many of us who could returned to Shawnee to celebrate Christmas at her home each year. We would get to see some of our cousins and our aunts and uncles. Like it was for many of you, it was like a big recess break at school.

I also remember we would go in and help grandma tidy up her place, which usually meant raking leaves, picking up fallen tree branches and other little things like that. For this, grandma would reward us with some change, which we immediately would take with us and run across the street to the Dairy Queen to buy ice cream. Thinking back, I remember her smile as we did this. I now realize she was probably amused with our excitement as we were with the opportunity to go get ice cream.

I hope each of you take the time to remember your elders this season. Go by and check on them. Maybe offer to help them out or bring them food.

On a different note, we are currently looking at several opportunities at the Nation to help support our future. As is often the case, we can’t share many of the details until after it is all done. But, know we are always cognizant of our commitment to our future generations. There is often prejudice against Tribal entries in our state that slow or stop our efforts, yet we continue just the same.

We have many wonderful committed employees who work very hard to help us grow the Nation. Without them, much of what has been accomplished would not have happened or survived. I am thankful for each of you had a wonderful holiday season. I always look forward to Christmas. It is not just now the end of the new year. I hope you information on applying for an eagle feather. With our large membership, there is a wait list for members who have requested feathers. As the saying goes, “Good things come to those who wait.”

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Questions: hownikan@potawatomi.org or 800-880-9880

Address changes should be sent to Tribal Rolls, 1601 S. Gordon Cooper Drive, Shawnee, OK 74801

Hownikan
1601 S. Gordon Cooper Drive, Shawnee, Oklahoma

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Editor: Mindee Duffell

Migwetch
(Thank you),
Paul Schmidlkofer
Representative, District 12
1601 S. Gordon Cooper Dr.
Shawnee, OK 74801
405-275-3121
800-880-9880 toll-free
paulschmidlkofer@potawatomi.org

Hownikan, All correspondence should be directed to
1601 S. Gordon Cooper Drive, Shawnee, OK 74801

Bozho nikanek
(Hello friends),

Each time I browse one of our websites, I learn something new or answer a question I might have. This has been an incredible tool to help me begin some of our cultural traditions in my household as well as explain and teach my children. Just to name a few of the things we have recently talked about, we have learned the significance of the eagle, tobacco and the Seven Fires Prophecy. If you have not visited the Cultural Heritage Center’s website at potawatomiheritage.com, I hope you will. There are also many video tutorials on the Nation’s website at potawatomi.org/culture. Thank you, thank you to all those that contribute!

Another fascinating subject on the Nation’s websites is the updates from the CPN Eagle Aviary. I am proud to have served the Nation from the beginning of this project and have watched it grow and progress since then. One of the photos attached to this article is me receiving my eagle feather from Chairman Barrett at the grand opening of the CPN Eagle Aviary in 2012. The other photo is in 2014 with my father, my nephew and my children at the aviary in 2014. Our aviary offers a permanent home to eagles rescued from the wild that have been injured and cannot be rehabilitated and released. Not only does the facility give CPN the opportunity to reconnect our members to the living eagle, the Creator’s great messenger, it also gives us access to naturally molted feathers, which are distributed to Tribal members for cultural and religious purposes.

Tours of the aviary are available by appointment only. The staff at the aviary can also give you information on applying for an eagle feather. With our large membership, there is a wait list for members who have requested feathers. As the saying goes, “Good things come to those who wait.”

You can find information about scheduling a tour and/or applying for a feather at cpnnews/eagleaviary or by calling 405-863-5623.

Migwetch (Thank you) for the privilege of serving as one of the legislative representatives of this great Nation.

Bobbi Bowden
Representative, District 13
hbowden@potawatomi.org

Bobbi Bowden and family snap a picture during a tour of the CPN Eagle Aviary.

District 13 - Bobbi Bowden

Abé
(Greetings to everyone),

I s it just now the end of the holiday season. I always look forward to Christmas. It is not because I’m hoping to get some special gift. Actually, I’m happier...