



HOWNIKAN

Nmėbnegises | March 2022

Top photo: Early signs of spring at Citizen Potawatomi Nation headquarters.

A LOOK INSIDE

Page 3

Meet the District 7 candidates

Page 5



Mnokme (spring) months named for bountiful changes

Pages 10-11



National Nutrition Month highlighted by CPN services and members

Pages 13-19

Tribal Executive and Legislative updates

Page 20

Walking on



New online genealogy tool provides information, builds family trees

Ancestors, a platform to research family history, allows Tribal members to learn about and share information on their ancestral family. Staff from the Cultural Heritage Center and Information Technology departments developed the platform, including CHC Director Dr. Kelli Mosteller.

“We wanted to create a platform that gave our Tribal members an opportunity to easily access the fruits of that archival labor,” she said. “It is still a relatively new platform, so we are still updating it, working through bugs, and finding ways to add more information about our ancestors for those who want to do family research.”

Dennis Johnson began working on his family history 25 years ago. A descendant of the Clardy and Bertrand families, he always looks for new ways to learn something about his Potawatomi ancestry on his maternal side. In a recent interview, he told the *Hownikan* he approaches genealogy as a “hunter-gatherer.”

“I tend to focus on my direct lines and research lines on family branches where there’s interest. Research is by databases, family records and on-site research,” he said.

Ancestors’ search function allows users to simply type in their family’s name to start looking at records. Johnson enjoys maps, official documents, newspaper articles and more to help tell his families’ stories. The new site offered him access to specific pieces of information he had not seen in more than two decades of building family trees. Dr. Mosteller and the staff purposefully made it accessible and user friendly for those deep in their family history and others casually browsing.

“We have tried to find a balance between those Tribal members who just want to learn more about their family members, without having to do a lot of further research, and those who are using *Ancestors* as a tool to do much deeper and more extensive research about their family or the Tribe,” she said. “To that end, we have linked each individual back to the larger collection of archival documents associated with their family. This allows the researcher to explore what we have available in the archives and follow any leads or questions that interest them.”

While looking through the “Family Manuscripts” section of his family’s records, Johnson found something interesting about his relative Joshua E. Clardy, born in 1835, who took an allotment in Indian Territory after the Treaty

Ancestors FAQs

Where does the pre-loaded information on my profile come from?
The information that we use to populate your profile comes directly from the Tribal Rolls database.

Why can't I find my relative?
First, *Ancestors* only shows information for Tribal members who have been deceased for at least 25 years for privacy reasons. Second, there could be no record of them. Third, who you're looking for isn't present on the 1872, 1887 and 1937 censuses.

Why do I have to fill out my own family tree?
For privacy and security reasons, the CHC must protect everyone's information. Having you build it out yourself also gives you the chance to fill in or correct any information that Tribal Rolls might not have correct.

If I upload a document to *Ancestors*, does the CHC own it?
Any document or record you upload to *Ancestors* is still your property. By uploading, you're only giving us the rights to show them on your profile or the ones you create. If you want to donate a record to the Cultural Heritage Center, you'll have to go through the submission process.

of 1861. He was issued the first land certificate from the federal government.

“We know that they got a land allotment — number eight — and we can see that in the roll books and all that sort of stuff. But it came up as CT001, and I thought, ‘Oh, wait a minute.’ And then I thought back, ‘Oh, that’s because they took the allotments, obviously, and then they forgot to tell people that they had to prove it.’ And then they had to pay the fee and get their certificate. Well, he was the first one to sign a certificate, so that’s where CT001 is,” Johnson explained.

Thinking back to what he already knew about Joshua Clardy, Johnson realized it made sense that he efficiently settled anything with his land and legal obligations.

“Of course, he ended up at the top of a roll list when it came time for allotment. Well, obviously, he did. He was an attorney. He knew where to be when. And so, he was over at St. Marys (Kansas) and signed up for number eight,” he said.

Ancestors also features a space for each Tribal member to build their profile with facts, significant life events and family trees. To keep information of living members private, web developers created a safe way to interact with other Citizen Potawatomi by sending friend requests via email. After approval, the profiles and a chat function open up to both users.

Johnson believes the best way to build and learn genealogy starts with working together.

“Well, you can’t focus on everything all at once. You just can’t do it. And (you’ve) got to find partners in crime in this hunt. You got to go back and forth and say, ‘Oh yeah, you don’t know what you’re talking about. Go look here at this,’” he said.

Johnson encourages those just getting started to look at *Ancestors’* available information. Passing along family stories keeps Potawatomi history alive, and the digitization of records makes it more accessible and easier than ever before.

“Never stop questioning and never stop researching. Keep peeling the onion, peeling the onion. Go where you can. Find what you can, and try and get it to balance. ... The stories that are there are part of the stories of you as an individual and your family. It’s your heritage, and you should be proud of it,” Johnson said.

Dr. Mosteller hopes more Tribal members log in to their profiles and provide comments and suggestions.

“In the last year, we hosted several live online tutorials to show Tribal members how to use it for research and how to build out their profiles. We’ve had great feedback from those sessions and continue to see the number of users grow,” she said.

Access *Ancestors* through the Potawatomi web portal at portal.potawatomi.org. Watch an introduction video about the platform at cpn.news/researchwebinar. ♡



Lewis Family

The Citizen Potawatomi Nation's Cultural Heritage Center provides resources to keep the Tribe's history safe and accessible for generations to come. One key way the Nation does this is through the CHC's archives and video interviews.

To highlight some of the archive's holdings, the *Hownikan* is featuring photographs and family history of every founding Citizen Potawatomi family. If interested in assisting preservation efforts by providing copies of Citizen Potawatomi family photographs, documents and more, and to schedule family interviews, please contact the CHC at 405-878-5830.

Lewis beginnings

One particular member of the Lewis family played an integral part in the establishment of what is present-day Wanette, Oklahoma. His children, with a member of the Bergeron family, would further establish the family's roots in what would later become Pottawatomie County.

Wesley Lewis was born April 22, 1838, near Asthabula, Ohio, to Sylvester and Anna (Smith) Lewis. When he was 2, the family moved to Valparaiso, Indiana. At age 17, he moved to Des Moines, Iowa. He then traveled with his older brother to Lawrence, Kansas, and later to the Henry Ward Beecher colony in Waubanse County, Kansas.

Under the terms of the Treaty of 1837, Potawatomi in Indiana gave up their lands in exchange for a reservation in Kansas. From 1837 to the early 1840s, they gradually moved to the Osage River or "Mission Band" Reserve. The Treaty of 1847 then forced the Potawatomi to move from the Osage River Reserve to a new location north and east of the Kansas River.

Wesley married Louise Bourassa in 1859, and together they had a daughter named Laura. Sadly, Louise died about a year later. Laura would later marry Frank Gilbert and have three children: Will, LeRoy and Nell Gilbert.

During the 1860s, Wesley and his business partners hauled freight by wagon from Ft. Leavenworth, Kansas, to Denver, Colorado, and from Kansas City, Missouri, to Santa Fe, New Mexico. During this time, he also served in the Union Army.

On Jan. 21, 1866, Wesley married Matilda Bergeron, who was of Potawatomi and French heritage, in

Louisville, Kansas. Matilda Bergeron Lewis was the daughter of Francis X. Bergeron and *Watch-e-kee* Zozetta (Josetta) Bergeron. She was born on Sept. 26, 1846, in Council Bluffs, Iowa.

Wesley and Matilda had a total of 11 children together. Three of their children died in infancy: Sylvester Lewis, Annie May and David Albert. Sadly, Matilda and a newborn died following childbirth on March 8, 1886. The newborn didn't receive a name and was buried in Matilda's arms.

Wesley was left to raise their seven surviving children, Francis Lester, Ivy Bell, Josephine, Charles Wesley, Omer Dee, Flora May and Edward James.

When Kansas became a state in 1861, squatters and railroad companies eyed Potawatomi lands. The U.S. government began its final push to remove the Potawatomi from Kansas to Indian Territory. The Treaty of 1867 certified the purchase of allotments and surplus lands in exchange for approximately \$150,000. The Potawatomi used the funds to acquire a reservation in Indian Territory, and the government sold the Kansas allotments to the railroad.

Over the next 20 years, families and individuals gradually made the move from Kansas to Indian Territory. The journey itself was dangerous, and families who arrived then faced new challenges establishing infrastructure and building homes. Potawatomi who finally arrived in Indian Territory had to work hard to make a life for themselves, often clearing large acreages by hand and building farms where there were previously just empty fields.

Wesley had been farming on 170 acres near Louisville, Kansas. In 1891, he sold the Kansas farm and moved to an allotment in Oklahoma Territory, near present-day Wanette. Arriving on May 25, 1891, he built the first farmhouse in the area. Within a year, he had set up a stable, corn crib, chicken house, pig pens and corrals. He cleared 30 acres of land by hand and fenced 480 acres.

In the summer of 1891, he and his neighbors saw the need for a school for the growing community. Wesley and his neighbors raised money to build the first school house, a 16-by-16 structure. The area's first post office was located in the corner of the Lewis living room until a permanent one was



Omer Dee and Pauline McCoy Lewis

established. He was also instrumental in establishing the community's first cemetery by organizing with his neighbors to collect funds for the project.

In 1903, the Santa Fe Railroad was built through the county and the citizens of Wanette voted to move the town one mile north to its present-day location in order to have access to the railroad, a 1995 *Shawnee News-Star* article said.

Wesley Lewis died on April 21, 1910.

Wesley's son, Omer Dee Lewis, was born in 1878. He worked for the U.S. Indian Bureau. Omer married Pauline McCoy, and together they had Cecil, Glenn, Omer H. and Pauline. In 1932, he was a representative of the Potawatomi to Washington, D.C. He was a civil service employee for 33 years in Montana, Idaho, New Mexico, California, Arizona and Oklahoma. While working in the northern states, he was deputized to enforce the liquor law on the reservation. He moved back to Shawnee in 1927, where he lived until his death on July 20, 1960.

Hazel Williams Neff, the great-granddaughter of Wesley and Matilda Lewis, was born on June 11, 1913. In an interview for the CHC archives, she

recalled her childhood on the family farm. Gathering eggs was one of her chores, but she didn't enjoy it, as the chickens pecked at her hands. The farm also had geese, which chased her. Her mother had difficulty milking the farm's cows, so Hazel joined her father to help with the chore. She also reported that when she was sick, her mother prepared a syrup made of sliced onion, sprinkled with sugar and covered with water and boiled. A tablespoon was given. She also recalled a poultice made of turpentine, lard and kerosene, wrapped in wool. The poultice was applied to the chest for a bronchial problem.

Wesley's grandson, Omer H. Lewis, was born on April 8, 1901, on a farm near Luther, Iowa. He moved to Arizona in 1923 to work for the Santa Fe Railroad. In the years that followed, he worked as a miner, rancher, policeman and later as a municipal judge in

Kingman, Arizona, among other things. While working as a lineman for a power company, he made the final connection, high atop a steel tower on the Arizona side of the line, connecting the system powered by the Hoover Dam. He later became a full-time artist, creating Southwest landscapes with movement, vibrant color and depth of expression. He won prizes and critical acclaim, and his work was appreciated by collectors across the country. He was a member of the Desert Art Center in Palm Springs, California. Omer died on Aug. 23, 1977.

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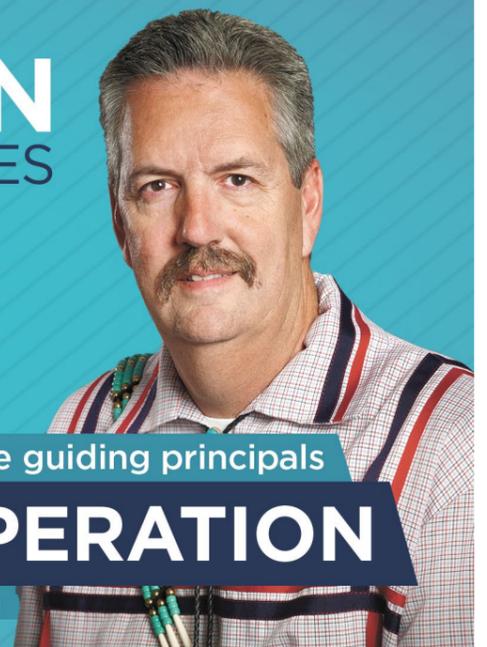
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In my 40+ years as a professional firefighter, I have lived by three guiding principals

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Meet the candidates



Incumbent | Mark Johnson

Potawatomi name: *Wisk Mtek* (Strong as a Tree)

Residence: Prather, California

Education: California State University in Fresno, Agricultural Science; Fresno City College, Fire Science; University of Arizona, Native Nation Building certificate course; National Fire Academy in Emmitsburg, Maryland, fire officer training

Employment: Retired, formerly Chief for the Fresno-Kings Unit of CAL FIRE and Chief of the Fresno County Fire Protection District after a 41-year career.

Potawatomi family: Vieux, Johnson

Statement: I was honored and humbled to first be elected in 2010, and then re-elected in 2014 and 2018 to represent and serve our members as your District 7 Legislative Representative. I am running for re-election again this year to continue the good work we have done as a Legislature on behalf of the members. When I originally ran, I promised to protect and grow the financial base of the Nation and protect and expand the benefits that so many of our members depend on. Over the last two years, the Citizen Potawatomi Nation has faced unprecedented challenges and amazing opportunities, we have been able to provide over \$84 million dollars in direct economic support to our members impacted by the COVID-19 pandemic in various programs, first through the 2020 Coronavirus Aid, Relief, and Economic

Security Act (CARES) and then the 2021 American Rescue Plan Act (ARPA), including the \$1,400 direct payment to every eligible member. As your Representative, I have fought to expand benefits for our members outside of Oklahoma, and I am especially proud of the CPN Care program that has been launched this year to provide our members and their families with 24/7/365 access to quality health care, over the phone or online. I have also fought to protect our cultural resources. Our Nation now has a world class Cultural Heritage Center, Language Department and Tribal Archives, much of which can be accessed via the internet. I hope that I have earned your trust and your vote. *Migwetch.*



Challenger | Browning Neddeau, M.A., Ed.D.

Potawatomi name: *P-Nos-Wahl/Pnaswa*

Residence: Chico, California

Education: Doctor of Education-Learning and Instruction, University of San Francisco; Master of Arts-Teaching, University of San Francisco; Bachelor of Arts-Child & Adolescent Development, San Jose State University; Certificate of Eligibility Administrative Services; California Clear Teaching Credential: Multiple Subject

Employment: California State University, Chico

Potawatomi family: Neddeau, Toupin, Lasley

Statement: On October 15, 2021, my father, Donald LeRoy Neddeau (*Pos-so*), walked on from pancreatic cancer. My paternal grandparents, Marjorie Battese Neddeau (*Te-Quah*) and LeRoy Bernard Neddeau, walked on before him. Browning Neddeau *ndezhnekas*. *P-Nos-Wahl/Pnaswa* nin neshnabe noswen. My name is Browning Neddeau. *P-Nos-Wahl/Pnaswa* is my Potawatomi name. I introduce my father and paternal grandparents first to honor them as I am what my ancestors dreamed. I honor and thank our elders before introducing myself. I feel privileged that they passed the responsibility on to

me to keep the fire burning. I invite you to visit my website: browningneddeaucpnd7.com to learn more about me, including my lineage, accomplishments, and commitment to serving our Tribal citizens. I ask for your vote to keep the fire burning, so the next seven generations will know our Potawatomi ways.

Culture and community are central to my campaign promises. When elected, I will continue to serve our Tribal citizens. I promise to:

- organize two district gatherings per year located in District 7 (one in the Fall and one in the Spring)
- continue to build community within our district
- continue to expand a resources hub to serve Tribal citizens
- be responsive to constituents' questions and concerns

I am a Jointly Appointed Assistant Professor of Elementary Teacher Education and American Indian Studies at California State University, Chico. I hold a doctoral degree in my field of study. My personal and professional lived experiences invest in the future. Let us keep the fire going together. *Migwetch.* ♠

Maintaining fitness goals in 2022 despite challenges

Many people start a new year with self-improvement and fitness goals in mind. However, the cold weather often puts a chill on motivation. There are still several ways to maintain your fitness momentum into 2022.

Set simple goals

FireLake Wellness Center Director Leslie Cooper said setting simple goals is the key. Everyone should consult with their doctor before starting an exercise program.

“One of the biggest factors in staying motivated is to set your own personal goals. Your goals need to be realistic because when they’re realistic, they’re achievable,” she said.

Cooper said a goal as simple as working out two days a week is easily attainable and does not have to involve using weights or attending a class. Walking, housework, yardwork and playing with your children are all activities that can add up during the day.

Keep it fun

It is also important to pick activities that are fun, she said. Motivation is easier to maintain if the workout is enjoyable.

“If you enjoy waking outside, then go outside,” Cooper said. “It doesn’t



mean you have to go outside and walk for an hour. Walking for 10 minutes twice a day is easily attainable.”

Make it routine

Fitting exercise into your day is easier than people might think, she said. Even during the workday, they

can usually find time for 10 minutes of walking, pushups or squats.

For those who hesitate to go outside when the weather turns cold, they find focus in changing up their daily activities.

“Make exercise and physical activity part of what you do every day,” Cooper said.

“Moving your body should be part of your daily routine. For example, when you go to the grocery store, you can park further away from the store than right up front. You can get in some extra steps. It doesn’t have to be like, ‘I’m going to the track, and I’m going to walk a mile and a half.’ Just keep moving.”

Adding exercise to household chores builds a simple indoor routine, such as taking a few minutes to do 10 squats or pushups in between folding laundry, washing dishes or dusting.

Find a partner

She also encourages people to find a workout partner.

“It’s a lot easier when you have somebody to be accountable to,” she said. “If you have a best friend, your spouse, your kids, a coworker, it doesn’t matter. Just find somebody that enjoys doing something active too.”

The ongoing coronavirus pandemic has changed many aspects of fitness, Cooper said.

“There’s so many types of exercise programs and workouts that you can get on the internet. For example: yoga classes, stretching classes, HIIT classes,

Continued on page 12

Students learn about, influence Tribe through PLP

The Citizen Potawatomi Nation Potawatomi Leadership Program brings together a cohort of eight to 10 young Tribal members for a six-week summer internship designed to help students discover meaningful connections with their family and history. During this time, they learn about the culture, governance and business operations of CPN and develop leadership skills to carry them through their academic and professional lives.

This year's PLP is scheduled for Friday, June 10, 2022, to Saturday, July 23, 2022. Applications are open through April 1, 2022, at plp.potawatomi.org.

PLP advisor and Department of Education Director Tesia Zientek sat down with the *Hownikan* to talk about how the program has developed over its nearly 20-year history and what she is most looking forward to about this year's program.

History

Citizen Potawatomi Nation established the Potawatomi Leadership Program in 2003. Members of the Tribe's Business Committee realized that the Nation awarded more Tribal college scholarships than ever before; however, many of those scholarship recipients understood little about their Tribe or its operations.

Zientek said that disconnect came "through no fault of their own, (but) as a result of historical policies, geographic isolation and assimilation efforts."

Nevertheless, it presented cause for concern. Knowing that the future leaders of the Tribe come from the youth, and that the vitality and continuance of the Nation depends on knowledgeable and engaged leaders, CPN initiated the Potawatomi Leadership Program as an investment in the Tribe's younger generation and future.

"Who's going to enter Tribal leadership when this round of leaders exits?" Zientek asked. "And will those future leaders have the tools and the knowledge about their Tribe to be successful leaders? ... Are we doing what we need to prepare our next generation of leaders?"

The PLP team works to improve the program every year, developing it into a robust and dynamic experience. The CPN Department of Education and Tribal leadership select eight to 10

promising young Tribal members for an immersive experience at Tribal headquarters each summer.

Zientek said the program used to be quite long — about 10 to 12 weeks. Students used to stay at St. Gregory's University in nearby Shawnee, which closed its doors in 2017. At that time, the program largely involved shadowing the various departments within Tribal administration, as well as several cultural elements and opportunities for reflection.

Within a few years, CPN shortened the program to the six-week model that exists today to accommodate as many Tribal members from around the country as possible without interfering with varying university schedules. The program also moved to the Sharp House, a spacious property owned by CPN located near the powwow grounds and central to Tribal operations.

Staff focus on improving the curriculum year after year. In order for students to get a more in-depth understanding of the governance and economic structures of the Tribe, the program has been shaped around a number of elements. They spend time with Tribal Chairman John "Rocky" Barrett, Vice-Chairman Linda Capps, Tribal legislators and CPN departments; visit the Tribal enterprises; make cultural connection through language classes, ceremonies, traditional crafts and dance lessons; and complete an intensive leadership training curriculum designed to help them identify and hone their strengths, passions and skills.

Connection

Participation in the Potawatomi Leadership Program presents a unique opportunity for connection to the Tribe. It allows for thorough, on-the-ground experience of what it takes to keep the Tribe running and moving forward, but it also provides students an opportunity to connect with peers.

Many students who attend the program start out not knowing much about their relationship to the Tribe except that they are enrolled, Zientek said.

"The PLP gives them an opportunity to be around peers their own age and really explore that. ... We do a weekly talking circle where they get to really unpack a lot of the ideas and experiences (that they have). ... So

they're really starting to understand that they are, in fact, Potawatomi," she said.

Students learn about their family history and understand their connection to the Tribe that way, as well. Some even discover they are sitting next to cousins or relatives they had never met.

For Zientek, the most impactful moments while working with PLP have been when she sees "a student who comes in who just really does not understand what it means (to be Potawatomi) and where they fit in and (see) them leave here on fire with their identity and calling home to share with their siblings and their parents. Because a lot of them have questioned whether they should claim that identity, and they're starting to understand how they can express that in their daily lives."

Reciprocity

PLP participants learn about their history and make contributions of their own to the Tribe and its future. The PLP staff, as well as Tribal employees across departments and enterprises, learn from the students through their interactions throughout the course of the program.

"We ask them what they want to see the program do, what they want to see the Nation do. They have these conversations with leadership about what they want to see," Zientek said.

Students also impact the Tribe more formally, working in pairs to design and pitch a practical project for the development of the Tribe. Past projects have ranged from recycling programs to educational materials to writing a Potawatomi drum song.

Whether or not the projects quickly come to fruition, Zientek said, each one "sits itself in the back of Chairman and Vice-Chairman and the legislators' minds."

Alumni also continue to influence the Tribe well after their completion of the program. Training future CPN leaders remains the PLP's central goal, and the Tribe sees the years of development and investment pay off as alumni return to work for the Nation years later. Others influence their communities while still in college.

"There have been, gosh, at least three students that I can think of off the top of my head who started up Native American student associations at their

university because there wasn't one previously," Zientek said. "There have been ... students who have decided to go into a certain field of graduate study because they want to somehow give back to their fields in helping Natives."

Counselors for the PLP are selected from alumni, paying forward the investment the Tribe has made to cohorts that come after them. As an invaluable part of the PLP team, counselors always help transform the program for the better.

"They can tell us, 'This is what it's like from this side, and it works really well,' or 'It doesn't work.' But I really think that they don't always get the recognition that they deserve of shaping the program to be what it is," Zientek said.

This year's counselor is Braden Bruehl, an alumnus of the 2021 PLP class.

2022 PLP

This year, Zientek looks forward to holding the PLP in person again — which has not happened since 2019 due to the coronavirus pandemic. Above all, she is excited to meet this year's class and see their unique impacts on the program and on the Tribe.

"What I want to see is them bringing themselves, as Potawatomi, and helping us continue to grow," she said.

Eligible applicants must be an enrolled CPN tribal member, 18 to 20 years by the program's start date, and enrolled in college or vocational school with at least a 3.0 GPA. Students from all over the world have attended the program, from as far away as New Zealand and as close as Tecumseh, Oklahoma.

Applications are due by Friday, April 1, 2022, at 5 p.m. CST. Read more about the Potawatomi Leadership Program and apply at plp.potawatomi.org.

Note: This year's PLP session is currently scheduled to be held in-person at Tribal headquarters from Friday, June 10 through Saturday, July 23, 2022. The PLP team is monitoring health concerns related to the coronavirus pandemic closely, and reserves the right to change to a virtual format. Without exception, accepted students must provide proof of full COVID-19 vaccination. Should the format change to virtual, the program dates may also change. ♡

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PRESERVING AND SHARING OUR
CULTURE THROUGH COMMUNITY."**

- LISA RIDDLE (POTAWATOMI FAMILY NAME: LEWIS)

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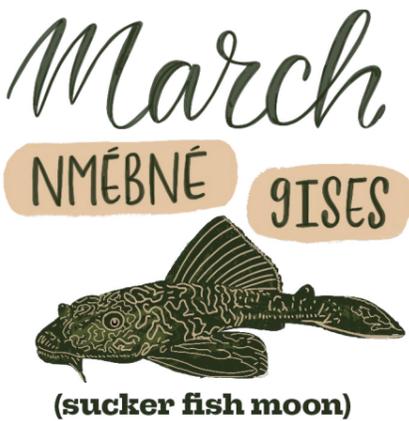
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Mnokme (spring) months named for bountiful changes

Potawatomi recognize *mnokme*, or spring, as a time of plenty when the snow began to melt after the harsh winter around the Great Lakes. After sub-freezing temperatures forced communities into smaller groups to survive, they returned to communal life. Citizen Potawatomi Nation's Cultural Heritage Center Director Dr. Kelli Mosteller believes spring showed hope after difficult cold months.

"Ceremonially and spiritually, I think it's really important to finally be able to come back ... together to carry out these ceremonies — to, with intention, come together and be grateful for the things that you have," she said.

The Potawatomi followed a 28-day lunar cycle to track time and named each moon after an activity or signifier of that period. The Potawatomi considered spring a time for celebration, renewal and continued work.



(sucker fish moon)

Along with *mnomen* (rice), *seksi wiyas* (deer meat) and the Three Sisters, suckerfish served as a major staple of the *Nishnabé* diet. Several species of suckerfish migrated through the Great Lakes region, and as they spawned along the streams and rivers in the spring, the Potawatomi transitioned away from ice fishing.

"You're going back to more traditional fishing, whether it be night fishing with your flaming basket on the front of your canoe to draw the fish in or fishing from the bank or things like that,"

Dr. Mosteller said. "So I think having March be that month is sort of that recognition of the thaw and changing that relationship with our food source."

Like the fish, the Potawatomi also used these same rivers, streams and shorelines as a primary mode of transportation.

"It really shaped our existence. So I think having March recognized as suckerfish moon is sort of honoring that relationship not only with those fish but also with the waterways that were so integral for both of us," Dr. Mosteller said.



(maple sugar moon)

Used as sacred medicine and cleanser, maple sap only appears for harvesting from the maple trees under strict conditions. The opportunity to tap the trees and collect enough to make maple sugar, syrup and cakes only spans a few weeks.

"It's a very long, slow process, and you only have a certain amount of time during the spring where this is possible — where the temperatures are high enough that the sap is running but not so high that the sap starts to turn rancid on you," Dr. Mosteller said.

In their role as water protectors, women typically oversee the sugar bush in *Nishnabé* communities. The slow steps of tapping, collecting and processing the sap depend on water.

"It takes the community to ... get it ready to have as something that we

can use throughout the year. So there is, of course, the food element to it, but there's also the social and ceremonial element to it as well," Dr. Mosteller said.

While the products of the tedious process taste delicious and help flavor meals, Potawatomi also used them to trade with other communities.



(planting moon)

After months of cold and hibernation for human and non-human relatives, spring signaled a return to the gardens. Potawatomi primarily subsisted on *mnomen* (wild rice) and vegetables, particularly the Three Sisters, which includes corn, beans and squash.

"You would have been doing more to prepare the ground by getting things ready to plant rather than actively tending or harvesting. But there's a lot of connection to the preparatory work," Dr. Mosteller said.

While the larger community contributed to everyone's food supply and proper nutrition, women played a significant role in growing and collecting from the gardens. Today, many Potawatomi continue to feel drawn to the land and cultivate food using traditional agricultural techniques and heirloom seeds.

"I think people who have ever had a garden for themselves — if you broke the ground and tilled it — you have a deeper connection to that space than someone who just came in and picked a tomato and took it home," Dr. Mosteller said.



(strawberry moon)

Different types of berries hold many meanings for the Potawatomi. *Dé'men* (strawberries) are cherished for their nutritional value and ceremonial uses. June is named *Dé'men gises* after the prime time for harvesting.

"Strawberries, in particular, ripen a little bit later in the Great Lakes region than they do here in Oklahoma," Dr. Mosteller said. "We start to see strawberries pretty early in the summer — late spring, early summer. Recognizing June, the height of berry season, it's nice because it's a time where they're everywhere."

In *Bodéwadmimwen*, "*demen*" literally means "heart berry," named for both its shape and its richness in vitamin C, fiber and anthocyanins, known for their potential to help lower blood pressure. Mosteller sees their ripeness as a marker of the season's significance.

"It really, I think, is that visual cue that everything's alive again and everything is growing, and abundance is everywhere and that the Creator's providing," Dr. Mosteller said.

Find Citizen Potawatomi Nation's Cultural Heritage Center online at potawatomiheritage.com. ♡

Epilepsy Awareness Day provides education for seizure prevention, safety

March 26, 2022, is Epilepsy Awareness Day, and more than 51,000 Indigenous people live with the disorder in the United States, according to the Epilepsy Foundation of America. Epilepsy affects more than 3.4 million Americans, as reported by the Centers for Disease Control and Prevention, making it the fourth most common neurological disorder.

Citizen Potawatomi Nation Health Services Primary Care Physician Dr. Patrick Kennedy treats and guides patients as part of their team of doctors. He also assists the inpatient psychiatric hospital at INTEGRIS Mental Health Spencer in Spencer, Oklahoma.

"A lot of these patients have ADHD and autism, and they have associated increased rates of seizures, so I am frequently consulted to figure out if we need to send patients to the pediatric neurologist," Dr. Kennedy said.

Much of the care surrounding seizures focuses on education, prevention and safety.

COMMON SEIZURE TRIGGERS

- Stress and anxiety
- Lack of sleep
- Changes in hormones
- Missing meals
- Flashing lights
- Skipping medications
- Illness and fever
- Alcohol and recreational drug use

CPN tribal member and Nadeau family descendant Pam Vrooman experienced her first seizure at 24 years old. In her 60s, her routines and proactive measures help her lead the life she wants.

"I meditate, I work out, I garden. I take baths, and I hot tub. I have these little rituals around drinking tea. Those are

really critical for me. They keep me on a fairly even keel," Vrooman said.

Diagnosis

Epilepsy is a neurological condition characterized by abnormal brain activity resulting in recurring seizures. The World Health Organization calls it "one of the

world's oldest recognized conditions, with written records dating back to 4,000 BC." The broad definition of epilepsy encompasses many types of seizures and responses of each patient.

Dr. Kennedy explained in a recent *Hownikan* interview how a change in blood flow to the brain affects the body's ability to regulate itself, especially with age.

"Epilepsy is oftentimes triggered in these states where you have low energy because the parts that are restricting and inhibiting those problems are no longer working, which then allows unregulated electrical activity through the brain," he said.

The American Association of Neurological Surgeons classifies seizures into two broad types — generalized onset or focal onset, meaning abnormal activity is either widespread across the brain or in one limited area. Each individual's episodes look

Continued on page 6

CPCDC staff help clients raise credit scores, meet goals

March is National Credit Education Month. The Citizen Potawatomi Community Development Corporation guides CPN tribal members and employees at no cost as they build their credit, helping them to reduce interest rates, qualify for home loans and accomplish their financial goals.

While an individual's credit score does not account for their entire financial portfolio, it affects their ability to obtain low interest rates on car loans, qualify for a home loan or fund business ventures. Many people know a high credit score helps, and a low credit score hurts, but not how to improve or manage one.

CPCDC Commercial Loan Officer and Certified Credit Counselor Felecia Freeman helps clients fill in these knowledge gaps.

"In high school, I didn't learn anything about financial literacy," she said. "This makes it difficult for people to know what they should be doing to build credit. Many people have had bad experiences — got burned, made decisions that weren't advantageous — and stepped away thinking they couldn't fix past financial mistakes. Fortunately, this isn't the case. You can rebuild your credit fairly easy with a credit builder loan that the CDC has."

Composition

Freeman pointed out most people's credit score increases once they've learned about its components. The three main credit bureaus — Equifax, Experian and TransUnion — consider a few main conditions when calculating a credit score.

"All three bureaus use a little bit of a different algorithm or matrix, if you will. They utilize different percentages, but ultimately, it's the same data that each credit bureau is looking for in determining your score," Freeman said.

Epilepsy continued...

different physically, some resulting in convulsions and spasms, and others in blank stares and lip smacking.

"People typically think of seizures as the generalized tonic-clonic seizures that you see in movies, which don't even look like real seizures. The depictions in movies often look like psychogenic, non-epileptic seizures. Because ... it's hard to fake," Dr. Kennedye said.

Vrooman mostly experiences tonic-clonic seizures, although they present themselves differently from what others imagine.

"Sometimes, I will seize up and be stiff as a board, and people can't even bend my limbs. And ... I have to take people's word on it since I'm not really around (mentally). But I have them enough that they scare people for sure," she said.

While the condition occurs at any age, epilepsy most affects children and those over 65.

Safety

When talking with or referring a patient to a neurologist for further care, Dr. Kennedye focuses on safety during seizures. Some of his tips include not bathing or swimming without supervision for the risk of drowning, and laying someone on their side to avoid aspirating after



- 1 Pay bills on time each month.
- 2 Visit a CDFI for one-on-one credit counseling.
- 3 Consider a credit-building loan or other secured loan to report good payment history to credit bureaus.
- 4 Avoid "buy here, pay here" predatory auto lenders.
- 5 Shop around for loan payments and interest rates.

Paying bills on time remains the most effective means of raising and keeping a high credit score, counting for upwards of 35 percent of the algorithm.

Freeman educates her clients on how to look at it from the credit bureaus' point of view. Together, they decide what areas need assistance and discuss manageable, straightforward ways to lift their financial portfolio.

CPN's community development financial institution also helps clients with no credit score build one from scratch.

Services

"The most important aspect of building or rebuilding your credit is to get something good reporting monthly," Freeman said.

She enjoys seeing the guidance and education turn into success. The CPCDC offers several tools and one-on-one services, including credit counseling,

credit building loans, employee loans and commercial loans for business owners.

"Most credit unions and CDFIs have credit builder loans," Freeman said. "But they are 'pay-it-forward' loans. It is a secured loan because we're ensuring the loan payment with money you're depositing every month into an account specifically for that payment, and we are reporting that good history to all three credit bureaus."

Another factor to consider are auto loans.

"You need a car to get to and from work, but there were so many employees that were getting taken advantage of by predatory 'buy here, pay here' lenders, and that's exactly why CPN and the CDC started the auto program," Freeman said.

The CPCDC began the JumpStart Auto Loan program for CPN employees in 2010 to help alleviate those pressures, offer better loan terms and build credit from a car payment.



Felecia Freeman

The CPCDC also assists CPN tribal members on the path toward homeownership. Freeman emphasizes that it is more attainable than many people think. She remembers helping someone take out a home loan after a divorce and a decade of renting as one of the most memorable success stories in her 15 years.

"They were in disbelief that they would qualify," she said. "Never underestimate the power of good credit and how you can make it work for you."

The CPCDC and Freeman also help Native American entrepreneurs fund their business ventures. Sometimes that means improving their credit in addition to counseling sessions with staff before applying for a loan. Whatever their needs, CPN's CDFI has options.

The CPCDC offers tribal members and CPN employees the chance to take control of their finances. Find out more about the department and its offerings at cpcdc.org or Facebook @cpncdfi. ♡

vomiting. He advises patients' friends and family members against sticking anything in the mouth during a seizure. For patients 16 and older, restricted driving also presents issues.

"That's a huge one. And oftentimes if I suspect an epilepsy disorder, and I think that there might be recurrent seizures, then I have to restrict their driving until they are cleared by the neurologist. ... A typical requirement is to be seizure-free for six months before people can start driving again, which can be very disruptive to people's schedules," Dr. Kennedye said; however, state laws differ.

Vrooman lays on the floor if she feels one coming on and alerts anyone around her.

"If I think I'm going to have one in my office, I have a whistle that I keep around me that's loud enough that anyone, any of my coworkers, could hear me to just come check," she said.

Dr. Kennedye also discusses with his patients what constitutes an epileptic emergency. While calling an ambulance during every seizure seems intuitive, often they end before EMTs arrive.

"Typically, if you're having seizures lasting over five minutes, that's a big one, or ones that are unresponsive to antiepileptic drugs in the moment, like benzodiazepines. ... Knowing when to call 911 and when not to call 911. There's a lot of education

that goes (into it). When someone gets diagnosed with epilepsy, they have to figure that out," he said.

Common triggers include lack of sleep, stress and anxiety, hormonal changes, flashing lights, skipping medications, and changes in blood sugar.

"I don't really eat a lot of fast food or processed foods anymore, so I drink a lot more water. I just really looked at general health stuff, and I'm trying to take that a lot more seriously. But sleep was the main (trigger) for me," Vrooman said.

Treatment

Maintaining a medication schedule often makes a difference in preventing breakthrough seizures. Dr. Kennedye talks to his patients about the importance of keeping in touch with their neurologist to adjust or change medications.

Logging seizures and their frequency, length and possible triggers provide more information to help health care providers better determine treatment and track progress.

"Charting exactly when do they happen? Are there certain times of day that they happen? Are there triggers that you might associate with epilepsy? Are there certain foods that make it worse? Some people have issues with flashing lights that can trigger epileptic seizures, and nutrition

is another really big one that can play a big role as well," Dr. Kennedye said.

He often presents maintaining a ketogenic diet as a treatment possibility, consisting of animal-based, high-fat, low-carbohydrate foods. It was initially created in the 1920s prior to the availability of antiepileptic medications.

"That was before we had really fairly effective medications, and with certain types of epilepsy (the keto diet) can be pretty effective," said Dr. Kennedye. "And I think there's lots of other benefits besides that. And so that's something I've been recommending for my patients."

Besides diets and medicines, neurologists sometimes recommend implants for their patients to help regulate their brain activity, including the vagus nerve stimulator. As one of the primary nerves through the body, the vagus nerve assists in the control of the heart, lungs and digestive tract.

With advancements in treatment and the understanding of the brain, doctors have more resources at their disposal than ever before to help epileptic patients live full, unrestricted lives.

Learn more about epilepsy from The Epilepsy Foundation at epilepsy.com. Check out Citizen Potawatomi Nation Health Services at cpn.news/health. ♡

Nadeau Family

The Citizen Potawatomi Nation's Cultural Heritage Center provides resources to keep the Tribe's history safe and accessible for generations to come. One key way the Nation does this is through the CHC's archives and video interviews.

To highlight some of the archive's holdings, the *Hownikan* is featuring photographs and family history of every founding Citizen Potawatomi family. If interested in assisting preservation efforts by providing copies of Citizen Potawatomi family photographs, documents and more, and to schedule family interviews, please contact the CHC at 405-878-5830.

Born from French roots

The story of the Nadeau family begins in 1611 in Genouillae Angoumois, Charente, France when Mascia dit Lavigne Nadeau was born. Mascia and his wife, Jeanne Despains, moved to Quebec, Canada. It is unclear when and why the family emigrated from France to Canada, but they may have been among the French seeking more openness and economic opportunities. They had a son in 1637, named Joseph Ossany dit Lavigne Nadeau.

In 1665, Joseph married Margeurite Abraham in Quebec. They had a son, John Baptist (Jean) Nadeau, who was born in 1670 in Poitou, Canada. Over the next four generations, the family lived in and around Berthier, Canada.

Generations thrived in Michigan

It wasn't until the fifth generation, when John Baptist Nadeau's children Joseph, Anthony (Antoine) and Martin, were adults that the family's presence was documented in Michigan. Antoine, born in Montreal, married Louisa Agatha Reaum on Jan. 7, 1789, in Detroit, Michigan. Martin Nadeau, born in Quebec, married Mary Reaum on Aug. 14, 1786, in Assumption Parish, Ontario.

Antoine and Louisa's son, Peter Nadeau was born March 29, 1805, in St. Antoine River Raisin, Michigan. On June 1, 1829, he married Mary Rousseau in Detroit, Michigan. They had Peter Alexander in March 1830; Eli Gilbert on Aug. 13, 1831; Mary Elizabeth on March 13, 1833; and Catherine Alexandrine on July 28, 1835. Peter Nadeau died in 1837 in Indiana.

Peter and Mary's son, Peter Alexander, married a Potawatomi woman named Madeline Vieux on April 22, 1860. Madeline was the daughter of Louis and Charlotte Vieux. Peter and Madeline had:



Joseph Andrew Nadeau and Sarah Catherine Tescier's wedding at Sarah's mother's home.

Mary, Peter, David Basil, Louis Alexander, Elizabeth, Catherine Magdalena, Daniel, Eli Lewis, Roseann and Isadore.

Peter's brother, Eli Gilbert, also married a Potawatomi woman. She was Magdalene Bourbonnais. The couple married on Jan. 1, 1835. They had a daughter named Maria, born Dec. 13, 1858. A daughter named Rosalia Archangela was born April 7, 1857. Eli later married Julia Ann Okeshemikwe. They had two sons, John and William. Sadly, William died at 2 years old. John lived to adulthood.

Peter Alexander's son, Eli Lewis, married Laura J. Bayliss, the daughter of Almira Wicks, a Potawatomi woman. Eli and Laura were the parents of Rena Lewis Hollingsworth and Daniel Lewis.

Unrest in Indiana, Kansas

As railroad companies and the federal government plotted westward expansion, the Potawatomi and other Indigenous nations were pushed off their ancestral lands. Eventually, the Treaty of 1837 forced the Potawatomi in Indiana to give up their lands in exchange for a reservation in Kansas.

They moved to the Osage River reserve in Kansas from 1837 to the early 1840s. The Treaty of 1847 then forced the Potawatomi to move from the Osage River Reserve to a new location north and east of the Kansas River. Members of the Nadeau family were among those in June of 1848 helping to establish a new site for the Catholic Potawatomi Mission of St. Marys.

When Kansas became a state in 1861, squatters and railroad companies targeted Potawatomi lands. The U.S. government began its final push to remove the Potawatomi from Kansas to Indian Territory. The Treaty of 1867 certified the purchase of allotments and surplus lands in exchange for approximately \$150,000. The Potawatomi used the

funds to acquire a reservation in Indian Territory, and the government sold the Kansas allotments to the railroad.

The allotments of 1872 and 1887 marked the beginnings of the modern-day Citizen Potawatomi Nation. Among the Nadeaus in Kansas who were listed on the 1887 Oklahoma allotments were David B. Nadeau and his children, John, Florence and Julia Ann; Peter A. Nadeau and his wife, Madeline, and their children, Eli, Alexis, Rose Ann and Isidore; Alexander P. Nadeau; his sister, Mary Nadeau Ford and her children, Emma, Lula, William, Ida Ford James, Alice Ford Slavin and Benjamin Ford; and Alice Nadeau Barshaw (Bergeron) and her children, Willis, Irvin, Gilbert, Otto, Nora and Robert.

Creating a home in Indian Territory

Over the next 20 years, families and individuals gradually made the move from Kansas to central Oklahoma. The journey itself was dangerous, and families who arrived found nothing but empty prairies.

Members of the Nadeau family who arrived in Oklahoma had to work hard to make a life for themselves, often clearing large acreages by hand and establishing infrastructure, homes and farms.

Gilbert Neddeau was born in Michigan on Nov. 22, 1861. Gilbert came to Wanette, Oklahoma, in 1888 from South Bend, Indiana, but didn't file for an allotment. He married Amanda Toupin Martel on May 7, 1899. Amanda, a Potawatomi woman, was the widow of Jerome Lewis Martel.

Amanda was only three when she came with her parents from St. Marys, Kansas, settling in what was known as the Adel community, Indian Territory. With her first husband, Jerome Martel, Amanda had four children: William Grover, Ethel Netta, Arthur Ambros and Louis Theresa. She lived in Wanette

and moved to Indian Agency south of Shawnee between 1876 and 1879.

Together, Gilbert and Amanda had eight children: Eva Cecilia (Duck), May Arilla, Olive Katherine, Albert Joseph, Evelyn Marjorie (Jet), Gilbert Aloysius (Gib), Leroy Bernard and Robert (Bob) Russell.

In 1906, the family moved south of Shawnee to the present site of Indian Agency. In 1918, they resided at 624 N. Dorothy in Shawnee. Gilbert worked for the Santa Fe Railroad and the family attended St. Benedict's Catholic Church.

Gilbert died at home on May 2, 1942, in Shawnee. He was buried May 4, 1942, in Tecumseh Cemetery. Amanda died Jan. 27, 1954, and was buried in Tecumseh Mission Cemetery with six of her grandsons as pallbearers: Robert Botkins, Douglas Holmes, Leo Fairchild, David Miller, Donald Neddeau and Donald Fairchild.

Joseph Andrew Nadeau married Sarah Catherine Tescier on Jan. 7, 1884, in the home of Sarah's mother. Sarah was the daughter of Anthony (Antoine) Tescier and Elizabeth Catherine Bourbonnais. Sarah was born Feb. 8, 1872, in Shawnee Mission, St. Marys, Kansas.

Together, they moved to Sarah's Potawatomi allotment and cleared 80 acres by hand. They had six children: Vincent Henry, Lillian Catherine, William Troy, Ray Aloysius, Joseph Francis Frank and Nila Cecilia. The family attended St. Benedict's Catholic Church. Joseph died May 28, 1950, in Tecumseh. Sarah died May 5, 1952, in Shawnee. They were both buried in Resthaven Cemetery in Shawnee.

The Nadeau family, from its beginnings in France, to its early years in Michigan, overcame unfathomable challenges in Kansas and Oklahoma. From these foundations, they have built a rich legacy for their descendants and generations yet to come.

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

Potawatomi Leadership Program

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 Tribe? 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.

While we plan to host the program in person, we reserve the right to shift to a virtual offering should the pandemic severity require it.

TO LEARN MORE OR APPLY, VISIT PLP.POTAWATOMI.ORG

Application CLOSES ON APRIL 1



POTAWATOMI
LEADERSHIP PROGRAM

Language update

By Justin Neely, CPN Language Department Director

Bozho jayek
(Hello everyone),

We are planning our annual winter storytelling event for Thursday, March 3, at the Cultural Heritage Center from 6 to 8 p.m. We are planning on doing this event in person, but things can change. Last year, we did the event online only. We will also have the event online for folks who would like to join us from afar. We have certain stories traditionally that can only be told in the wintertime, preferably when there is snow on the ground. In the winter, they say the spirits are asleep and the earth is asleep. So this is when our ancestors would tell stories that involved *Wiske* or *Nanabozho* "The Trickster" in Potawatomi stories. If you plan on attending, please RSVP at jneely@potawatomi.org so we can get some kind of head count. We plan on having food and drinks as well.

We have an ongoing intermediate class that meets every Monday and Thursday from 1 to 2:30 p.m. Even though it's called intermediate, I guarantee anyone interested in the language will enjoy the class. We also stream the class on Zoom. After the class finishes, usually the following week we edit the recording and then post on our YouTube channel.

Gde-dewegemen ngot gishgok mine nyew gishgok zhi nso dbegnek nash nyew dbegenak. We drum every Monday

and Thursday from 3 to 4 p.m. We are getting ready for and excited for the upcoming Family Reunion Festival. As many of you may know, we have drummed at our handgames for a number of years and are hoping to be ready and able to drum during the dance itself. If you are interested in drumming, drop me an email or just drop by during those times. As we get closer to Festival, we will probably drum some on the weekends as well. We can get you the songs and help you learn if it's something you would like to do.

Speaking of YouTube, we have two YouTube channels: one for children and one geared for adult learners. Our online dictionary at potawatomidictionary.com is growing each week. We have close to 10,000 words and just reached 70 percent audio files for the words. We also have two online courses at memrise.com. One is called "A Day in the Life Potawatomi" and the other "Conversational Potawatomi." We also plan to have a new platform soon, which we currently use for our high school and middle school courses.

Take some time to try and get involved in our culture. Start learning the language or attend a craft class at the Cultural Heritage Center. Start putting together regalia to dance at the Festival. Learn some traditional recipes or perhaps some drum songs. I believe we are in the Seventh Fire, the time for us to pick up those things that have been left behind. Now is your

time to learn what it truly means to be Potawatomi. Here is a little winter story for you to enjoy: *Wiske & Maple Syrup*. Maple syrup was a staple of our diets when we lived in the Great Lakes. It's how we seasoned our food. It is quite a process to tap the tree and boil the sugar down. This is why we have to do that today. It used to be *Wenpengede*. Easy.

Wiske mine Zisbakwet **Wiske and Maple Syrup**

Bnewi kshammedo ga gishtot ode bmadzewen wenpendek. Manek wesiyek mine pene shena mno gishgek. Jesh zisbakwet jayek emijwat.

Long ago, this life that was created by the Creator was easy. There was an abundance of animals, and the weather was always nice. There was always plenty of maple syrup for the people to eat.

Gispen nedwendemen anet zisbakwet mteno gbokbdon I mtekwen mine wjegangek gechwa zibe.

If you wanted some maple syrup, you only had to break a branch, and it would flow out like a river.

Ngot gishkek Wiske ga pabmoset mine nedwendek mbwachewet gi Neshnabek. Cho bmadzejek ga bwa gwedemojgewat anake bwa gtegewat. Ge winwa Cho wiye bwa minkewat mine bwa dneswat odanek.

One day, *Wiske* was walking along and wanted to visit the *Neshnabek*.

No people were hunting, and no people were gardening. They also weren't picking berries, and they were hanging around the village.

Gekpi mkowan ni bmadzeyen yatwashewat ge winwa emnekewat ode zisbakwet.

Finally, he found the people lying on their backs and drinking maple syrup.

Wiske nendek gaga she yabyetzewat mine gishgamwat.

Wiske thought, "Soon they are going to become lazy and fat."

Wiske ga zhyat jigbyek. Mine nadet anet mbish etot bidek gi mtekok.

Wiske went down by the river. He fetched some water and put it inside the tree.

Ode jo pi ngom gishpen bmadzejek nedwendemwat anet zisbakwet abdek ekchemikchewiwat.

Now today, if people want some maple syrup, they have to work very hard.

Ge winwa skegmedemget ode zisbakwet mine cho megwa bwa wjegangek gechwa zibe.

They also have to boil down the maple syrup. No longer will it flow out of the tree like a river.

Iw
End ♠

RE-ELECT MARK JOHNSON

FOR DISTRICT 7 LEGISLATOR EXPERIENCE MATTERS

It has been my honor to serve as the District 7 Legislator since 2010. I am proud of my voting record and the work I've done on behalf of our members. I am asking for your continued trust and your vote in the upcoming election.

Standing together, we are strong. Our Nation now has more than 37,000 members and through hard work, we have maintained a strong financial position and protected and expanded benefits that so many of our members depend on. I hope to continue this work on behalf of the members I represent in District 7.

I can only do so with the votes of the members in District 7.

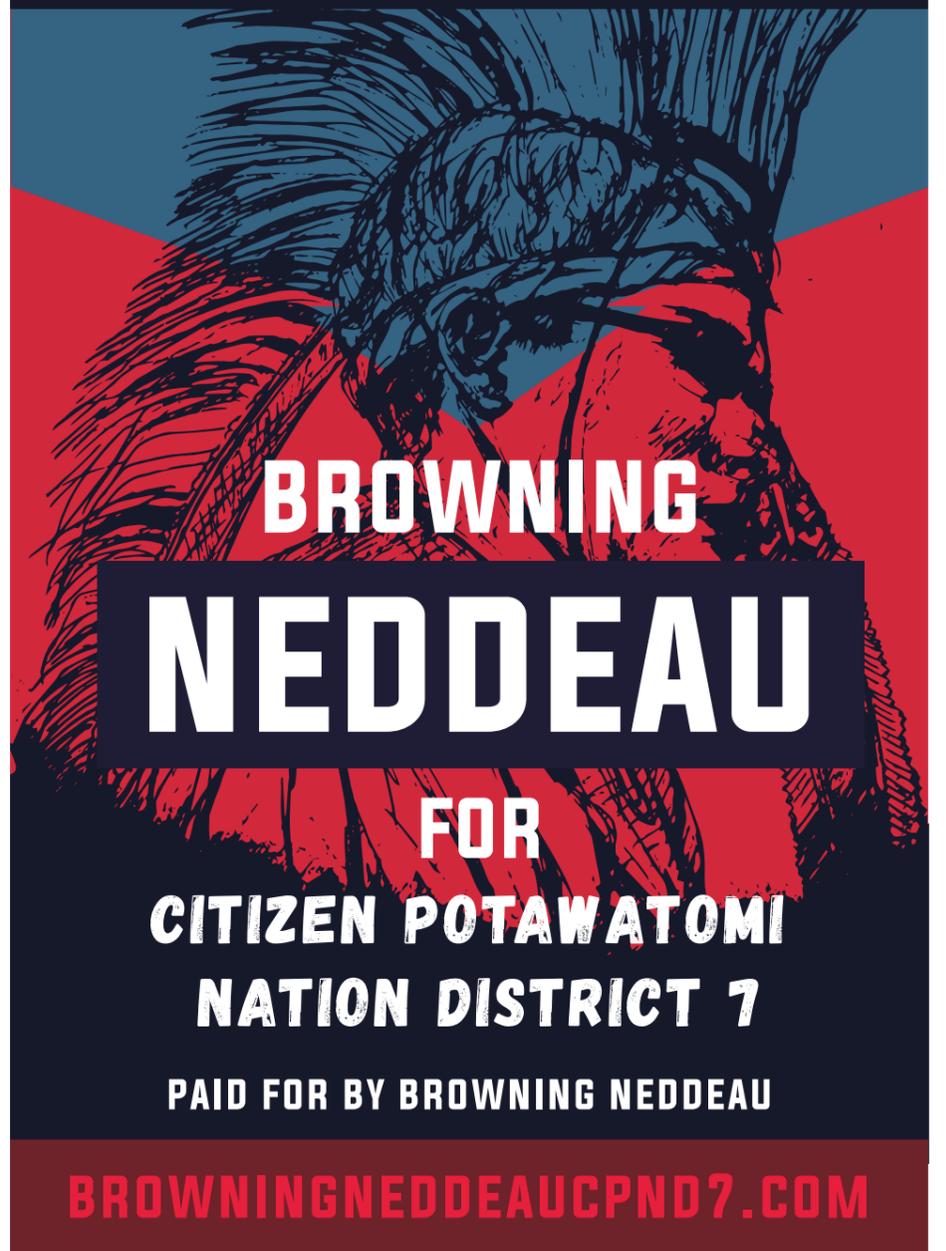
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YOUR RIGHT TO VOTE!



HONOR, INTEGRITY
AND COOPERATION

Paid for by Mark Johnson

HONOR OUR ANCESTORS



New novel tells the story of a Kansas childhood during the Dust Bowl

The Kansas prairie during the 1930s pushed farmers to their limits. The combination of the Great Depression, still the worst economic collapse in U.S. history, and the Dust Bowl droughts resulted in painful sacrifices and restructured agricultural practices throughout the country.

During that time, Citizen Potawatomi Nation tribal member Mary Peddicord Prickett lived on her family's farm in Wamego, Kansas. Family friend Kim Ross listened to Prickett talk for hours about her childhood, and her stories inspired Ross to write her first novel, *Deep Roots, Tall Sky*.

"Having a firsthand source material who can answer your questions from 1934 is a fleeting and brilliant gift. ... When I started working on this, (Mary) was 90-some years old, and I thought, 'Oh, we probably don't have long to get these questions, to get this help,'" Ross said.

Fact or fiction

Ross met Prickett through her daughter, Sue Prickett. The two performed theater together in the greater Seattle, Washington, area in the late 1980s and early '90s. Ross knew Mary Prickett for nearly three decades before interviewing her for *Deep Roots, Tall Sky*.



Peddicord spends her childhood on her family's original Tribal allotment in Wamego, Kansas, during the Dust Bowl.

"For some strange reason, I'd known this woman for 25 years, and I was shy to call her up on the phone," she said. "But once I got over that, it was great because I'd talk to her on the phone, and she and I would talk for like two hours. We would go on and on and on."

Prickett's daughter interviewed her as well, which Ross said helped heal both of them. Prickett lived at CPN elder housing in Rossville, Kansas, and Ross visited several times during the five years she worked on the book. Ross described the Bourbonnais family descendant as strong, heroic, funny and fiercely loyal — protective of those she loved and a brilliant friend.

"Telling her story and having it listened to was extremely enlivening for her," she said.

Ross labeled *Deep Roots, Tall Sky* as "historical fiction based on fact" and researched the period and the Peddicords while writing. She read countless articles from local newspapers about the area and the family's happenings.



Author Kim Ross (left) visits Tribal elder Mary Peddicord Prickett at her home in CPN elder housing in Kansas.

"I personally feel an obligation as a writer ... to present a story as close to what actually happened in a way that a modern person can perceive it and transport and be in that world," Ross said.

Love and loss

Deep Roots, Tall Sky takes place from January to August 1934, the year Prickett turned 9. In June, Congress authorized the Drought Relief Service to attempt to relieve farmers of some effects of the Great Depression and Dust Bowl.

The government began purchasing cattle and calves in drought-stricken communities, where farmers' livestock had little to eat or drink. The Peddicord's farm located on their original Potawatomi allotment land in Kansas still had a running well at the time, but many of the surrounding farms were not as fortunate. The government eventually made its way to their community. Mary Peddicord knew their intentions and set out to save her beloved calf.

"She's been spying on everybody, and she's totally focused on what's going to happen to her little calf," Ross said. "So she finds out that the calf is in with all the other cattle who were going to



Peddicord leaves her family's farm to attend college at Kansas State University.

be shot. And even though it means going against her father ... she steals away in the middle of the night with the calf and hides in a cornfield and saves her calf from this slaughter."



The Peddicords (left to right): Jerry, Mary, Emma, Bud and Ruth, dress up for a family photo.

Ross always felt compelled by the story of a young farmer's daughter holding on to what she cherished during a time of hardship, however unrealistic.

"You feel that pull in your heart of this little bit of innocence inside this tough, little practical kid is demanding space. It's demanding to be listened to. And that piece of heart is what makes life worth living," she said.

According to Ross, Prickett's childhood remained her favorite period of her life. She remembered living on the farm as a time of closeness and love for her family and their animals.

"I think it was an Eden for her, even with all the troubles, because imagine: you're a kid, you live on a farm, you've got a river, you can go fishing, you've got cousins. She had cousins who lived just down the road. She had so much... even though it was a hard time," Ross said.

"Maybe she had rose-colored glasses about it, but it certainly sounds like Eden to me."

Heroes and homemakers

Prickett's father, Jerry Peddicord, served in WWI, and she and her sister

Ruth joined the Junior Auxiliary of the American Legion. While Prickett told Ross stories about different parts of her life, Ross heard about what she called Prickett's heroic nature that she inherited from her father.

"She knew what it took to make her world happen, and so she learned that. She exuded that. And part of my struggle as a writer was to realize that the woman that I knew who was 90 years old was the result of what happened when she was 8 and 9, not the person who went through those things when she was 8 and 9. People grow," Ross said.

Prickett kept her independent nature and always enjoyed living on her family's farm and original allotment. She eventually left their land to attend college and work.

"During WWII, her sister went off to work in a factory. Her brother went off to join the military, and (Mary) tried working in a factory, but it just seemed stupid to her. And she ended up coming back. ... This girl was the one who helped her father run their farm during WWII," Ross said.

She married an architect, David Prickett, and became what Ross called a "1950s housewife." Prickett thrived as a homemaker but always sought other ways to be helpful. For years, she volunteered with Topeka, Kansas, organizations that help victims of domestic violence. She always prioritized taking care of her family, and Mary and her daughter Sue talked every day. The chance to discuss Mary's childhood made their conversations more interesting and meaningful.

"Really being able to look at parts of their lives, Mary's life in this case, that are only relevant to this moment because of that connection, and because we're interested, and because it's part of who she is," Ross said. "It wouldn't come up in ordinary conversation — what it was like to pour molasses on straw to make the cattle eat it — but it's interesting."

Kim Ross is currently searching for a publisher for *Deep Roots, Tall Sky*.

Prickett walked on in November 2020 at 95 years old due to complications from COVID-19 but not before she read the first few drafts of Ross's novel. Read Mary Peddicord Prickett's obituary in the February 2021 edition of the *Hownikan* at cpn.news/hownikan2021. ♡

National Nutrition Month highlighted by CPN services, members

March is National Nutrition Month, and it presents the opportunity to reconsider what constitutes a healthy diet and bodily well-being on a wider level. Many of Citizen Potawatomi Nation's social and health services offer guidance on nutrition at almost every stage of life, as well as programs that feed participants healthy meals.

The *Hownikan* spoke with CPN's Women, Infants and Children program on the latest advice for pregnant and breastfeeding women as well as how to get a picky toddler to eat their broccoli. A Tribal member discusses the challenges of offering nutritious foods in a restaurant setting, and the CPN Title VI Program offers elders options while meeting new nutritional needs that come with age.

WIC and nutrition

Healthy nutrition plays an important role throughout pregnancy, and the need to maintain a healthy diet continues after the baby is born.

CPN's Women, Infants and Children program provides nutritious foods for both mothers and children. WIC recommends low-fat and high-fiber foods — with many of those nutrients found in milk, cereal, eggs, peanut butter and beans — plus fruits, vegetables and whole grains.

The program also provides referrals, health and nutrition education, and nutrition and breastfeeding counseling to eligible pregnant, breast-feeding and postpartum women as well as infants and children age 5 and younger. Their staff includes registered dietitians and lactation consultants to help guide mothers on a healthy path for themselves and their children.

Expectant mothers

Sometimes expectant mothers think they should double their food intake, but this is a common myth.

"Pregnant women are definitely not eating for two," said Cheryl Richardson, WIC nutrition and breastfeeding coordinator. "They may need a lot more nutrients, but only about 300 extra calories."

Mothers-to-be receive iron-fortified cereal through WIC, whole wheat bread or another whole grain option as well as reduced fat, low fat or skim milk and allowed cheese substitutions. Eggs, peanut butter, and dried or canned beans or peas satisfy protein requirements. The program also offers cash value benefits for fruits and vegetables.

Nursing mothers

Breastfeeding mothers should continue to be selective about their food choices, focusing on nutrient-rich vegetables and fruits. WIC provides them a cash value benefit for those, plus a larger amount of milk and protein as part of the Special Supplemental Nutrition Program.

"Right now, we have an increased fruits and vegetable cash value benefit, and breastfeeding women get the most cash value benefit," Richardson said.

Babies qualify for iron-fortified cereal and baby food fruits, vegetables and meats.

WIC gives breastfeeding women nutritional tips and encourages them to listen to their doctors' advice and continue to take prenatal vitamins even after the baby is born.



Mothers who are breastfeeding for the first time may face challenges while trying to establish breastfeeding, but WIC provides education and positivity that support their success.

"I think what happens is they don't understand the realities of breastfeeding because the first few weeks are difficult," Richardson said. "There's a hump you've got to get over before it gets easy because it does get easy once you get past that learning curve."

Challenges include tenderness, discomfort and pain affecting the breast or nipple. The way a mother holds her baby can also affect a baby's ability to properly latch and nurse. Fatigue, sleep deprivation and hormonal changes during pregnancy and post-partum all affect the mother.

"With most women, there is a pinch or some pain at latch for the first couple of weeks, which is normal," Richardson said. "I don't think a lot of women expect that. And when they're not expecting that, they just see a mom breastfeeding and looking at the baby and they say, 'Oh, that's going to be wonderful,' and they're not expecting any pain at first."

By adopting a resolute attitude, a mother can be successful at breastfeeding. WIC's lactation counselors offer outreach and support and share the most current breastfeeding techniques, rather than friends or family members who may have outdated information.

"You definitely have to have a persistent mentality that, 'I'm going to do this,'" Richardson said. "And if something

comes up ... they can reach out to a peer counselor that's had some training or a lactation consultant that that really knows what they're talking about."

CPN leads a regional group that encourages women to breastfeed. CPN and several partner agencies collaborate on Working to Enhance Breastfeeding in the Southwest. WEBS creates breastfeeding kits for new mothers and their families. It comes in a backpack and contains a breastfeeding book, a burp cloth for baby and several resources for the mother, father and grandparents. Tip cards are attached to the backpack so prenatal mothers can start making informed decisions about breastfeeding.

Once a traditional practice in many Indigenous communities, breastfeeding has decreased because of generations of historical trauma, according to a report from the W.K. Kellogg Foundation. The U.S. government's assimilation policies, including the boarding school era of the late 19th and early 20th centuries, divided families and discouraged or outlawed many traditional practices.

Today, Native mothers and babies have one of the shortest exclusive breastfeeding periods of any race or ethnicity in the nation, lasting only six months, a Kellogg Foundation report said.

Richardson said the practice of handing out free infant formula at hospitals makes it a challenge to combat the loss of traditional knowledge surrounding breastfeeding as well.

"A woman is more likely to breastfeed if she receives good information early in

her pregnancy," Richardson said. "We try to combat the prevalence of formula and discourage its use and even pacifiers until milk supply is established."

She has noticed some encouraging trends lately, including a higher breastfeeding rate with the youngest generation of new mothers. Within Indigenous communities, so much depends on whether previous generations breastfed and their attitudes toward it.

"We do see some grandmas that didn't breastfeed but want the best for their grandchild and are knowledgeable about breastfeeding and health (who) are more supportive," Richardson said.

Meeting babies' nutritional needs

WIC recommends babies try new foods at 6 months of age, although some parents face difficulty when deciding to introduce other foods in their baby's diet.

"A baby's digestive system doesn't start to produce enzymes that are needed to help digest food until sometime around 5 to 6 months," Richardson said. "Feeding a baby food before then only adds bulk to the stool and can cause other issues."

Trying one food at a time offers parents the chance to see how their child's system reacts before introducing another. Richardson recommends starting with meats, then adding vegetables, fruits and cereals, in that order. Reducing the quantity of sweet foods prevents a baby from developing an exclusive taste for sugars.

"As far as taste buds are concerned, if a baby or child is always given sweet foods, they will want everything to be sweet. Hold back on sweets as long as possible. That is why meats and vegetables are introduced first to babies now," Richardson said.

The U.S. Food and Drug Administration recommends skipping rice cereals for their high level of arsenic. The U.S. Centers for Disease Control advises a variety of fortified cereals such as oat, barley and multi-grain, instead of exclusively rice cereal.

The CDC also recommends parents consider several developmental guidelines before starting these types of foods. Infants should be able to sit up alone without support, control their head and neck, and be able to swallow food rather than pushing it out onto the chin.

Toddlers and school-age children

WIC designed a similar diet for toddlers and children focusing on low fat and high fiber but with plenty of variety to help with picky eating habits. This includes cereal, whole wheat bread or other whole grain options, and a cash value benefit for fruits and vegetables. Dairy includes whole milk from 12 to 24 months as the extra fat is necessary for brain development. Eggs, dried beans or peas, or cans of beans and peanut butter for children over age 2 provide protein. Parents should continue to encourage their children to try new foods as they age.

"The best thing to do as a parent or caregiver is to put new food in front of them with a familiar food and then only pay attention to your food," Richardson said. "Talking about or making a fuss about what a child is or isn't eating will not be helpful."

She advises against attempting to make a child eat all of the food on their plate and instead creating a clear division of responsibility, noting their appetite often wanes as they grow.

“You as the adult decide what is served and the child decides how much or if the food will be eaten,” she said. “Try not to do each other’s jobs.”

CPN’s WIC program serves approximately 1,400 participants at its three permanent locations and its four mobile and satellite sites in central Oklahoma. WIC is designed to positively impact prenatal nutrition, infant birth weight, iron deficiency anemia and early childhood nutrition and cognitive development.

Indigenous cooking

As a chef for three decades, Citizen Potawatomi Nation tribal member Loretta Barrett Oden has spent her career combining the history and staples of Native cuisine in delicious and exciting dishes. She is now head chef at the First Americans Museum’s restaurant, Thirty Nine, in Oklahoma City. During a recent interview, Oden told the *Hownikan* that the origins of food in the Americas present a clear path to healthy meals.

“I want the plates to be really, really pretty, and the more colors you put on the plate, in all actuality, the more nutritious they are,” she said. “Yellow for carrots, and green for spinach and all of that. So I think color and composition first, and then I fill in the blanks: what kind of meat is this going to be? What kind of protein? What kind of vegetables will there be? ... It’s creating a dish backwards.”

At almost 80 years old, the Bourassa and Peltier family descendant said she eats healthier than ever before. Oden favors lean game meat such as duck, quail, turkey, deer and buffalo over beef and pork, whether fixing a meal for herself or building a menu for a restaurant.

“Thankfully, in this part of the country, we have all of those things. Buffalo is not as easy to get as we would like, but (the museum is) getting our buffalo from the Cheyenne and Arapaho Tribes. And you can buy it in a lot of grocery stores now, and it really is much leaner than even the leanest of beefs. It’s good for you,” she said.

Oden encourages everyone to eat less processed foods and cut back on their sodium, sweets and fats — all of which add to incidents of diabetes, heart conditions and high cholesterol.

“I try not to add a lot of salt through the cooking process. ... Salt is a flavor enhancer, but like everything else we do, we do it to excess, and the same with the sugar,” she said.

Limited access to sugars in the Great Lakes region meant *Nishnabé* people savored berries and pure maple syrup and honey, which provide healthier ways to satisfy sweet cravings.

“We had so many berries. It was unbelievable. And honey. And of course, up north, the maple syrup and the birch syrup. And those were the only sweets we had. So sweet (things) were really a treat, and it was very seasonable when the berries were in season. ... I know they dried them, and that makes them even sweeter,” Oden said.

She recommends eating “regionally and seasonally” to make healthier meals that



Staff and members of the Potawatomi Leadership Program often stop by the Elder Center to break bread with program participants.

focus on fruits and vegetables. Gardening focuses on those principles and presents a fun opportunity for children to invest in nutritious options. As a chef and mother, Oden often thinks about future generations and their propensity for fatty, salty, sweet foods from a drive-thru.

“If you put a very diverse bunch of veggies and things in front of them, they will ultimately try them. But I think I’ve had better luck with this idea than any, and that’s gardening. Getting the kids out, playing in the dirt is so much fun. I still love it myself. I always garden barefoot because I want that connection with the Earth,” she said.

“I’ve watched them try to check their little seeds every five minutes to see if it sprouted yet, if it’s growing yet.”

Oden feels Indigenous ingredients provide endless possibilities for flavorful, nutritious meals when combined with processes like freezing, drying, dehydrating and vacuum sealing to keep them fresh and convenient.

Elders and Title VI

Humans’ nutritional needs change with age, and maintaining health requires certain vitamins and minerals. At the same time, appetites typically decrease, making it even more important to eat the right kinds of food.

“With age, with every decade, you need fewer calories, but you need the same amount of protein and vitamins that you needed before,” said Tami Fleeman, registered nurse and coordinator of CPN Senior Support and the Elder Center.

We need to maintain levels of certain nutrients. Some nutrients, such as B12, need to be increased.

“You’ll have a decrease in absorption of B12 because stomach acid typically decreases,” Fleeman said. “And that’s one thing that helps you metabolize is B12, so you actually need more B12 than you did when you were younger.”

Vitamin D helps strengthen bones, and with age comes a decrease in the body’s ability to absorb vitamin D from the sun. Fleeman noted that less vitamin D and calcium equals bone loss.

“You typically can be at a higher risk for bone loss, which can lead to full blown osteoporosis. One of the things we do to help with that is we offer milk at every lunch (at the Elder Center),” she said.

Other changes, such as a decrease in physical activity, can reduce

muscle mass, which can result in a drop in metabolic rate.

She said the Elder Center staff also carefully observe the elders. If they notice someone having difficulty eating certain foods, it’s possible they may have a dental problem, which can keep them from eating enough calories and the kinds of foods they should be eating.

“All those things together can really change our elders’ nutritional needs and the way they eat,” Fleeman said. “People typically don’t have the appetite that they had when they were younger. But they need to focus on getting the same amount of protein and as many vitamins or more than when they were younger.”

Together with Christina Jones, the Elder Center’s kitchen manager and cook, Fleeman makes sure elders eat nutritious food and enjoy fellowship.

Jones, who plans all the menus, also manages the Center’s Facebook page, where she receives feedback on favorite meals and lists upcoming menu items.

“We ask, ‘What are you guys hungry for?’ or ‘What are you wanting us to cook?’” Fleeman said. “And of course, they have favorites that we rotate through and make again. But (Jones) does a lot of new recipes that we haven’t used before. She tries to keep it fresh.”

While trying out new recipes, Jones always focuses on senior health and nutrition in particular. She works to combat diabetes, heart disease and other diagnoses that afflict the elder population. They also offer diabetic-friendly desserts and low-carb options.

“They’re becoming more aware that it’s not just the candy bar and the cakes,” Jones said. “Even more so it’s the breads and the potatoes and the carbohydrates that they need to be aware of.”

High blood pressure affects the elder population with the potential to make heart conditions worse.

“Probably right behind diabetes or even with it, is high blood pressure, which means you need to watch your sodium,” Fleeman said. “And the sodium goes along with heart disease, congestive heart failure, things that can cause swelling and cause them to retain fluid. The sodium really impacts both of those.”

Jones recently developed a substitute for the processed cheese spreads used in some recipes. Low sodium, heart-healthy diets steer away from those types of processed foods, which

contain a significant amount of salt. Jones’ substitute has only 200 milligrams of sodium compared to the original product’s 480 milligrams.

Fleeman points out many pre-prepared items at the grocery store are packed with sodium, even some products marketed as healthy. Reading the product’s nutrition labels gives shoppers the knowledge to pick the right product.

“You can’t just say, ‘Oh, this is a great brand’ and pick it up,” Fleeman said. “You have to look at the label and see what the sodium is. See what the carbohydrates are, what the sugars are and see if it’s got a lot of protein in it.”

Prior to the coronavirus pandemic, the Center’s elders enjoyed an extensive salad bar. Many elders used to eat a light salad lunch and take their protein home for dinner. Under pandemic health and safety guidelines, the salad bar is temporarily closed. Fleeman and Jones adapted as much as possible.

“We know that for the majority of them, this meal is their big meal of the day, so they may not eat everything here. They may take some home,” Fleeman said. “Before, people would typically fill up on the salad bar and take most of their meal home for supper.”

Many of the elders miss the salad bar, and Jones tries to include different types of salads as often as possible, varying the offerings from lettuce to carrot salad to egg salad. They also offer cottage cheese and fruit at least once a week.

Fleeman hopes the pandemic eases soon, allowing the Center to return to normal operations. In the meantime, they make sure the meals they serve includes nutrient dense food with protein and plenty of vegetables.

The CPN Elder Center also offers another important, but sometimes overlooked part of healthy aging: regular time for socializing.

“Maybe they don’t get the enjoyment out of cooking that they used to get when they had a spouse or a family,” Fleeman said. “That’s another reason that we encourage people to come in here for lunch because they get the enjoyment of sharing meals with friends.”

The CPN Elder Center serves lunch at noon, Monday through Friday, to those over 55. To-go options are available for those observing coronavirus social distancing guidelines. Currently, dine-in options are only offered to CPN elders, or elder residents of CPN housing, due to limited seating and social distancing guidelines.

Learn more about the CPN Title VI Program for elders at cpn.news/title6 or call 405-214-5111.

For more information on Citizen Potawatomi Nation’s Women, Infants, and Children program, call 405-273-3216. Visit them online at cpn.news/WIC or on Facebook @CPNWICMain.

Check out the First Americans Museum’s restaurant, Thirty Nine, at thirtyninerestaurant.com or famok.org.

Veterans report



Bozho
(Hello),

I hope that the CPN Veterans who planned to attend the January CPN Veterans Organization meeting were informed of its cancellation due to concerns of COVID exposure risks. Most of our regular active members are among the *high-risk* category, so, we thought it wise to avoid the risk. This decision was not made lightly. Hopefully future meetings will be less risky and meet as planned. We will try to keep everyone advised of future meetings. If you have any questions on the status of meetings you can call me, Daryl Talbot, Commander at 405-275-1054.

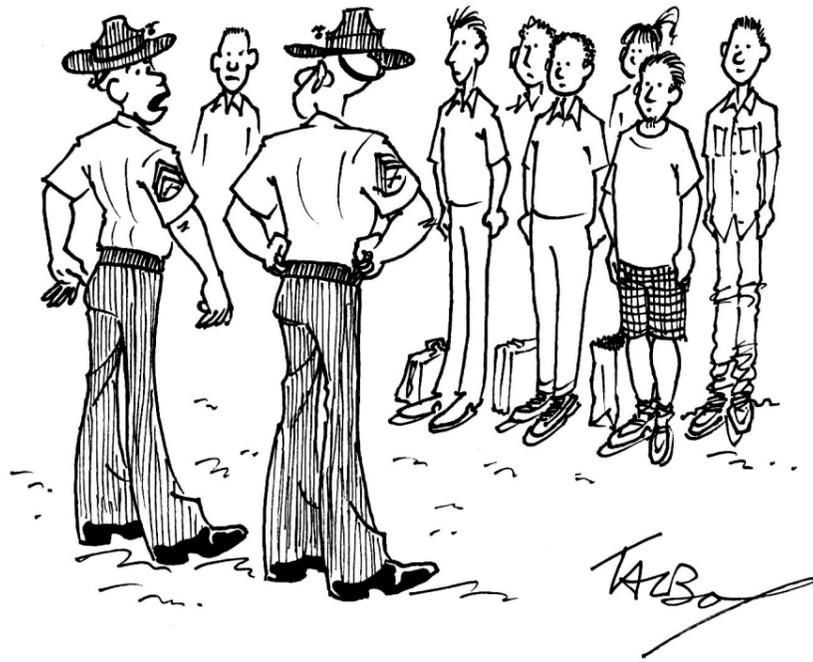
An issue that has frequently been in the national news is active-duty military personnel and Veterans being harassed. The Department of Veterans Affairs (VA) recognizes that Veterans are a diverse group who served and sacrificed on behalf of this great Nation. They have a responsibility to ensure every Veteran who receives treatment, benefits or services at a VA facility is treated with dignity and respect. The VA is committed to ensuring their community is safe and welcome in a place that is free of harassment for all Veterans, their caregivers, volunteers,

visitors and employees. They are thankful for all of those using any VA facility and treating everyone with respect, regardless of race, color, religion, sex, age, physical or mental disability, or language. The VA has a *zero-tolerance* policy for harassing, disruptive, abusive or violent behavior. Such conduct is inappropriate and will not be tolerated. Any reports of such conduct will be investigated and action

taken as needed. To make a confidential report against any individual contact the VA Office of Inspector General (OIG) Hotline at 1-800-488-8244.

VA resources

Intimate Partner Violence Assistance Program (IPVAP)
socialwork.va.gov/IPV



YOU HAVE TO KEEP IN MIND THAT THEY ARE DESCENDED FROM CIVILIANS!

Military Sexual Trauma (MST)
cpn.news/MST

Women Veterans Health Care
1-855-829-6636
womenshealth.va.gov/womenshealth

Caregiver Support
1-855-260-3274
caregiver.va.gov

Chaplain Services
patientcare.va.gov/chaplain

Vet Centers (Readjustment Counseling) (War Vets)
1-877-927-8387
vetcenter.va.gov

Veterans Crisis Line
1-800-273-8255 Press 1
veteranscrisisline.net

Contact VA & Find Local Resources
va.gov/contact-us

Remember the Citizen Potawatomi Nation Veterans Organization has its meetings every month on the 4th Tuesday at 6 p.m. (or as soon as you can get there). All CPN Veterans and spouses and families are welcome. We meet in the North Reunion Hall located at the CPN Powwow Grounds.

Migwetch
(Thank you),

Daryl Talbot, Commander
daryl.talbot75@outlook.com
405-275-1054

Fitness goals continued...

which is a high-intensity interval training class. If you have little weights at home, you can do strength training exercises. There's all kinds of things that people now have access to that are not in-person, all because of the way the fitness industry has changed because of COVID," she said.

Not seeing results

Sometimes during their fitness journey, people find they are not seeing the results they had hoped to see. Cooper advises consulting with a doctor, a dietician or nutritionist, or a certified personal trainer.

"If they're consistent about their workouts, and they are not seeing or feeling any changes, I would want to talk to them about their nutrition habits," she said. "Nutrition is 98 percent of weight loss."

Cooper recommends cutting out unnecessary fast food, processed foods and sugar to spur weight loss. Sugar can also show up in unexpected places, like beer or wine. Drinking a beer or glass of wine after a good workout can be counterproductive.

Increase water intake

Cooper said increasing water consumption can help people achieve fitness goals as well. People should be drinking half their body weight in ounces.

"Water consumption plays a huge role in physical fitness and overall health," she said. "It just helps the body function. So, working out or not, everybody should be doing that."

Change it up

After assessing nutrition, Cooper then evaluates whether the workout itself might need modifications.

"Are you working hard and breaking a sweat?" she said. "You can come in and workout five days a week and just walk. Ask yourself this: are you just leisurely walking like you're shopping at the mall or are you walking with a purpose? You have to have a purpose. Say, 'I'm going to break a sweat today.'"

She also considers other reasons for stalled weight loss, such as hormonal imbalances, which is why it is important to talk with a doctor about exercise plans.

Expertise is available

Staff at the wellness center also use some of the latest technology and add their own expertise to fitness routines. One of the trainers uses a boxing app and carefully monitors the participants to ensure their health and safety.

Cooper urges caution when selecting or following online workout programs. The person performing the exercise may not necessarily be an expert or certified trainer. It is important to use the right form when working out in order to avoid injuries, she said. Imitating moves from an online workout could possibly lead to permanent or persistent injuries that could require medical intervention.

She said one of the advantages to visiting the FireLake Wellness Center and consulting with the staff is that they are certified trainers who can help individuals design a workout program with specific needs in mind. They can evaluate form and make suggestions, possibly preventing an injury or even improving the effectiveness of a workout.

"Do you have any specific joint injuries that we need to work around? Do you have heart problems? Have you had any surgeries? Probably 75 to 80 percent of

people have some type of injury that they have to work around. They don't understand or know how to adjust their activity around their injury. It's confusing to people because a lot of what you're seeing on Instagram or TikTok is not being done by someone that is qualified or is a certified trainer," Cooper said.

During the height of the coronavirus pandemic, many people stopped going to a gym and opted for at-home workouts using apps or online workout routines. Cooper said that trend will probably continue as many have now adapted to the changes and found new routines they enjoy.

Meeting those goals

Overall, staff want Tribal members to find an effective routine and stick to it, even if that routine isn't at the FireLake Wellness Center.

"Of course, I'd love to see you in the gym," Cooper said. "But our job is to help people meet their fitness goals, no matter where they're at, whether it's at our gym or not. We're just here to help no matter what, no matter where they are."

Find out more about the FireLake Wellness Center at cpn.news/FLWC.



Tribal Chairman – John “Rocky” Barrett



Bozho nikan
(Hello, my friend),

Many of you have been calling Tribal headquarters and asking about this year's Family Reunion Festival. Our plan is to have an in-person event this year, June 24-26. While Festival might look different due to COVID-19, we are looking forward to hosting Tribal members again.

In January, I asked the legislature to wait one more year before resuming the Honored Families tradition and have this Festival in memory of all those we have lost to the pandemic. Many of our people will be afraid to travel, and we may have lower attendance.

We also have many Tribal members impacted by the loss of a loved one due to the pandemic. It is customary for Potawatomi to “sit out” from dancing for a year after a close loved one passes away, so many of you would not have been able to participate in the traditional dances. I encourage you to report the death of your loved one to Tribal Rolls so that we can honor their memory.

We will still have a powwow and will release a new honored family schedule to begin in 2023. We will also have our usual activities including hand games,

sports, craft classes, history lessons and more. Our election will be held that weekend with results announced at the General Council meeting. I hope that you will all make the time to vote.

Decades of Indian policy intent on destroying Tribes led to most Citizen Potawatomi living outside of our former Oklahoma reservation boundaries. Through our constitutional reforms, we have accomplished a unique governmental form that creates representation for those living outside of our immediate area and provides a resource for those interested in connecting with the Tribe.

I firmly believed then, and I still do now, that if you're not in the constitution-fixing business, you're also not in economic development or self-governance, and ultimately, not sovereign. Our constitutional reform paved the way for full representation

and economic development within our jurisdiction.

Many of you may not know that most Indians were not granted citizenship in the United States and the ability to vote until the Indian Citizenship Act of 1924. Because of the oppressive Indian policies of the 1940s, 50s and 60s, some tribes could not elect their own Tribal leaders until the 1970s. Voting is a hard-won right and privilege; moreover, it is a solemn responsibility.

Equally important is voting in your local, state and national elections around the country. What happens in Washington has an impact on our funding here at the Tribe, including grant opportunities that fund programs you and your loved ones may utilize. Locally, we have wasted a horrific amount of time and money fighting state politicians who mistakenly view Tribal sovereignty as a threat. For

them, it is a “zero-sum game.” In other words, what tribes get comes at the expense of states. This is simply not true and based on misinformation and ignorance. Tribes have proven to be invaluable assets to state and local governments. This is an ongoing battle in Oklahoma, and while you may not think it affects you or the tribal programs you and your loved ones use, I can assure you it does.

If you are looking for ways to engage with your Tribe, reach out to your Tribal legislators. They are there to serve you and are a great source of information.

It is an honor to serve as your Tribal Chairman.

Migwetch
(Thank you),

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

Vice-Chairman – Linda Capps



Bozho
(Hello),

March is the month in Pottawatomie County, and most parts of the state, that the eastern redbud trees begin to bloom. That in itself is reason to look forward to March. The Oklahoma redbud is an often multi-trunked tree with a rounded crown. It is particularly noted for its splendid, small rose/purple flowers that bloom profusely on bare branches. The buds begin to appear in March and by the end of April, they are in full bloom — stunningly beautiful.

The redbud trees are just miniscule compared to what is on the agenda this year. The month of March is the beginning of play for the Potawatomi Fire basketball team. The ball team is a semi-pro team that has not been duplicated in Indian country, nor has it been done in Oklahoma. Many people in and around Shawnee and

Tecumseh are excited about the team. FireLake Arena will be host to 12 home games. Arena Director David Qualls has plans to promote various high school bands, cheerleaders, pom-pom routines, dance groups and other entertainment for half-time shows. The community will definitely be involved.

Since we did not host the annual CPN Family Reunion Festival the previous two years due to the pandemic, we want to make sure that this year's Festival is the “best of the best.” Shawn Howard, CPN Director of Roads and Environmental, already has her employees repairing and striping parking lots throughout all of CPN's property. It is an extensive project because there are many parking lots to repair and stripe. Traffic markings, too, will be improved. Some parking lots had to have portions completely redone. CPN is extremely fortunate to have its own department that can do exceptional, necessary work for the Tribe.

Many of you have not seen the new Hardesty Road bridge that begins slightly past the exit road that leads to the CPN Eagle Aviary. The stretch of road going to the Aviary has been paved, which is a blessing. As you travel east on Hardesty Road, you will cross the fairly new bridge to reach Iron Horse Industrial Park. The park, too, will be new to many out-of-state Tribal members. The park is the home of the huge facility that will house the manufacturing process of poly pipe. Iron Horse



Each spring, Oklahoma residents await the blooming of the eastern redbud, the state tree.

is a dream come true for Dr. Jim Collard, director of the park. Dr. Collard, his office staff and many other professionals have worked diligently for years to see the park come to fruition.

A huge surprise for Tribal members will be evidence of the initial construction site of CPN Columbarium at Mission Church. The contractor is finally chosen, drawings are prepared and plans are well underway. A portion of the parts for the columbarium will need to be fabricated, which may slow progress for completion, but there will at least be a huge display of the design to view. I believe that the awareness of

interring ashes in an attractive structure on Tribal grounds is one that will grow on our members. People all over the country are being cremated at a higher rate than ever before. Now, our Tribal members will have an option of choosing Tribal grounds as their final resting place. Each columbarium compartment will have room for a Tribal member and their spouse or other loved one. There could be more room, depending on what type of urn is chosen for the ashes. I am sure this will be a discussion item at General Council this year.

These are a few events that we can look forward to at CPN this

year. I am excited about each action. They sort of overshadow the redbud trees, but I am still enthusiastic about seeing those first buds. More than anything, it is a true sign of spring. I cherish the opportunity to serve as your Vice-Chairman.

My best,

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

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ONLINE**



District 1 – Alan Melot



Bozho jayék
(Hello everyone),

I'm excited about our upcoming meeting in St. Louis. I hope that you have been in touch and reserved a spot, as by the time you'll read this the window to register will have closed. I hope that events go as planned, and if they don't, we'll adapt and learn! I'm looking forward to seeing everyone more as the summer season approaches. I hope to collaborate with neighboring districts to maximize our efforts and get the opportunity to learn from my fellow legislators. Get in touch with me if you have ideas about meetings.

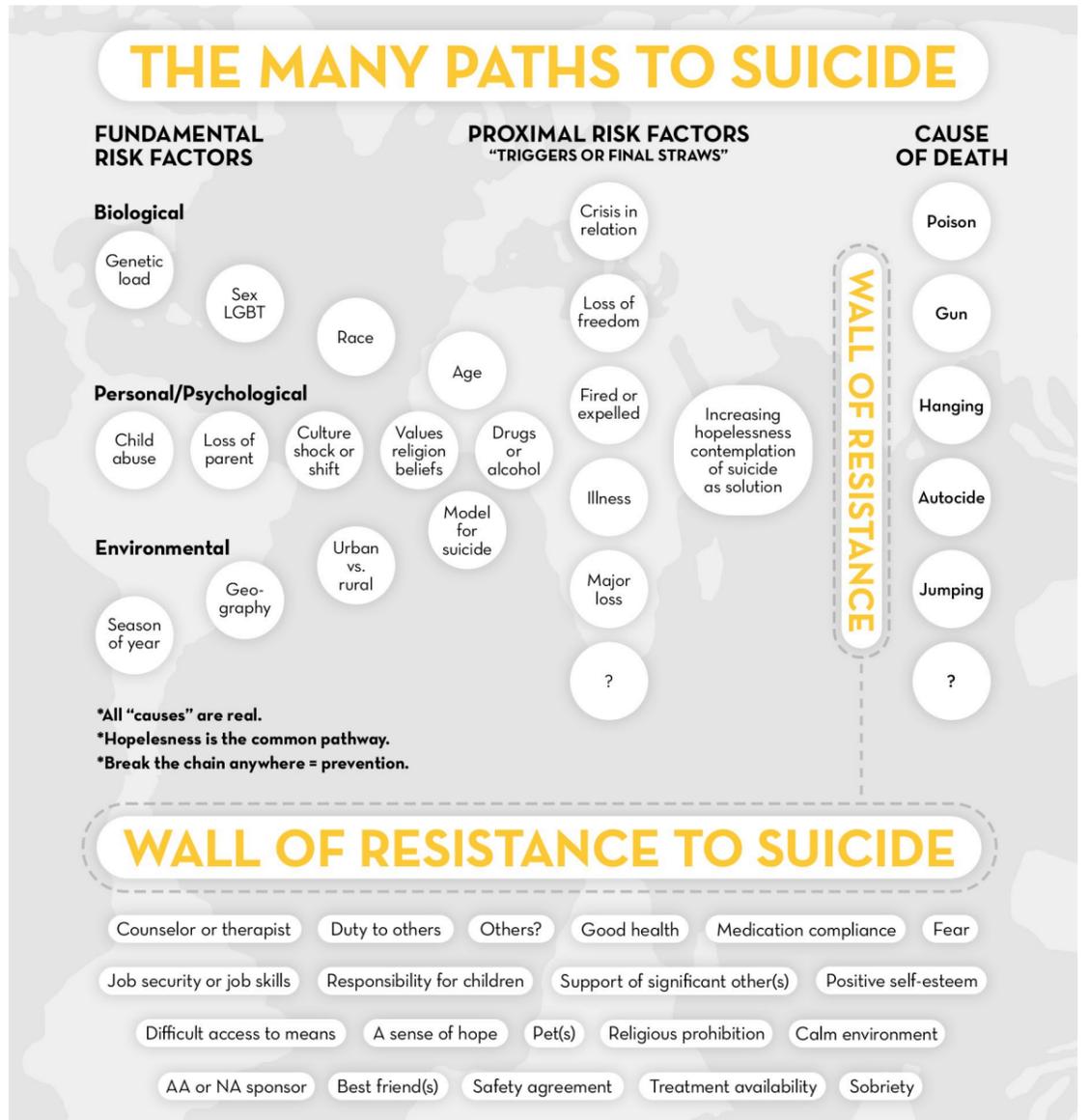
Let's have a conversation about suicide. Native Americans experience a higher than average rate of suicide attempts and completions, so this is especially important to us. We have higher rates of violence, addiction, isolation, poverty and unaddressed mental health issues than any other population in the United States, and these add up to devastating consequences. There are some important things to understand about suicide so we can change that path. Suicidal people usually do not want to die. They are usually overwhelmed with distress and cannot see other options. It's up to us to help them find those options.

It's a real trap to believe that everyone is happy and that suicide won't visit your world. In round numbers, about 10 percent of the population will attempt suicide in their lifetime, another 20 percent will make plans but not carry them out, and another 20 percent will seriously consider suicide. That's HALF of us!! Most people will

show signs of becoming suicidal, such as: talking about wanting to die, talking about feeling hopeless or having no purpose, talking about feeling trapped or being in unbearable pain, or talking about being a burden to others. Additional signs may be increased use of drugs or alcohol, acting recklessly, sleeping too much or too little, showing rage or talking about revenge, displaying extreme mood swings or paranoia, giving away personal belongings, or having a sudden sense of calm.

Talking about suicide doesn't make a person more likely to attempt. Most folks avoid the topic because it is taboo, sensitive, too personal and painful, or because they are worried talking about it will make it more likely. Asking someone if they are thinking about suicide usually opens a door for help and communication, so be willing to ask. How you ask is important: showing that you are safe to talk to and not judgmental is key. A question like, "You wouldn't do anything stupid, would you?" is misguided because it immediately puts a person on the defense. A more direct, neutral question like, "Are you thinking about suicide?" will have a much better outcome even though it may feel harder to ask. Frank and open discussions about suicide are the best way to help.

Generally, asking about suicide will help you establish three things: desire, capability and intent. Does a person want to attempt suicide? Does a person have the things needed to attempt? Is a person willing to attempt? With these three simple questions, you can establish the risk of suicide. If a person wants to end their life, but doesn't have the means to do so and isn't willing to try, they pose less risk than if they want to, have a gun at the house and plan to use it on themselves at a certain time. If you feel like the level of risk is even close to being beyond your ability to help effectively, reach out for professional help. If a crisis is imminent, call 911. Otherwise, local or national suicide hotlines (1-800-273-8255) can be very helpful, as can websites like save.org and afsp.org. Texting SAVE to 741741 is



another simple way to start a conversation about suicide.

There are lots of risk factors for suicide — some you may be able to control and some you may not. The most lethal combination of factors is depression, alcohol and firearms. Even in this most lethal case, all you need to do is be a part of the wall of resistance to make suicide less likely. Being present, being willing to ask, being able to persuade someone to accept help and referring them to the right help is all we can do, and is usually enough.

About four years ago, I made friends with a Cherokee neighbor of mine named Clifford. We were at very different places in life but got on well and helped each other with different projects around the house. Clifford had been a concrete man most of his life and just couldn't do the work anymore; his body couldn't handle it. He was worried about being followed by some people

he knew and split up with his common-law wife after their fighting became more than she could handle. He was about to lose his housing and was worried about losing his lifetime collection of concrete tools, so he gave them all to me for safekeeping. He quit drinking alcohol and would come over to chill with me. We'd drink bottled Cokes in my driveway and talk about life with him reminiscing about glory days. My wife and I left for a vacation to Colorado, and a couple of days later, our son called and gave us some bad news: Clifford had hung himself from his closet door.

I knew all of the signs, and after the fact, it was very clear that Clifford had decided to end his life about two weeks before he did. Even as a person with training, I missed it. Ultimately, what people choose is theirs to choose, and my friend chose to end his life. It was not my

responsibility or decision. If I had it to do over again, I would be more assertive and ask the question: "Are you thinking about killing yourself?" It probably would've relieved him that I would ask. I'll never know. I am, however, determined that I'll try harder next time because at worst I risk some awkwardness, and at best, I'll save a life. I hope that by sharing some of this information, you can be courageous when you need to be and maybe save a life as well.

I hope to see you soon. Keep me in your prayers, as I keep you in mine. Reach out to me if I can do anything for you.

Iw
(That's all),

Alan Melot
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District 2 – Eva Marie Carney



Bozho nikanek
(Hello friends)!

Maple sugar time, and then a District 2 meeting in Florida

Some eight years ago now — March 15, 2014 — I was in New York City meeting with fellow Potawatomi for brunch and a visit to the National Museum of the American Indian Heye Center for its Celebrate Anishnabe Art! Day. One of the remarkable paintings we saw that day was the watercolor made by our Ojibwe relative Patrick

DesJarlait, *Maple Sugar Time*, 1946. I'm including a photo of it here as a reminder of *Anishnabe* spirit and that spring is coming!

Warmer weather is allowing us to convene our long-postponed meeting in Clearwater, Florida, on Saturday, April 28. All the details are included in the postcard printed here. I hope to plan other District 2 meetings into the fall — please write me if you have thoughts on where we can meet up and can help with planning.

Agnes Wood Barron's birthday celebration

CPM District 2 Family Meeting and Lunch with Rep. Eva Marie Carney

April 30, 2022 11am-2pm

Moccasin Lake Environmental Education Center
2750 Park Trail Lane, Clearwater, FL 33759

We will meet in the Classroom. Please park in the lot at the far eastern end of the park. The Classroom is between this parking lot and the Turtle Pond (be on the lookout for Turtle Pond signs – and turtles.)

Come to learn about Tribal traditions and CPM developments and programs available to you as citizens, and to enjoy the company of other Citizen Potawatomi. A lunch will be served, so please RSVP!

RSVP by April 23 to ecarney@potawatomi.org, evamariocarney@gmail.com or by calling 1-866-967-6888



Agnes Wood Barron with her godchildren, Bobby Whitell, David Lawless and Eva Marie Carney.

It was my heart's delight to celebrate my aunt and godmother's 95th birthday earlier this year. Agnes Wood Barron/*Demen* lives up to her Potawatomi name — which translates to “heart berry” — with grace and spirit. She is the heart of our extended family. And she was excited to know that she would get a shout-out in this column! Part of the celebration was a naming ceremony for her granddaughter Victoria Adornetto/*Knokwe* and great-grandsons Ryan/*Shkesh* and Tyler/*Nabdek*. *Migwetch* (thank you) to Justin Neely for his Potawatomi language help and to Lyle Simmons for his work preparing the eagle feathers used in the ceremony.

Great author with books available through a District 2 library loan

Ojibwe writer and bookstore owner-operator Louise Erdrich is one of my favorite Native authors. She wrote a novel during the pandemic, *The Sentence*, that I keep thinking about. You can hear an interview with her about her book here: cpn.news/Erdrich. A lot is going on in the novel — it's

about one of my favorite “haunts,” a bookstore — and about a ghost, likely a bookstore customer who has walked on. It features a Potawatomi man as a main character and references Native ceremony. It uses Ojibwe and Potawatomi language. It's highly readable and lovely. Oh, and the back of the book includes a “totally biased list” of favorite books of the main character, Tookie, including

books under the topics “Short Perfect Novels” (I've committed to reading all of these), “Indigenous Lives,” “Indigenous Poetry” and “Indigenous History and Nonfiction.” Citizen Potawatomi author Robin Wall Kimmerer's *Braiding Sweetgrass* is an “Indigenous Lives” selection. The list ends with the following: “If you are interested in the books on these lists, please seek them out at your local independent bookstore. *Migwetch!*” Alternatively, you can contact me to borrow

The Sentence or one of the other 12 Louise Erdrich titles in the District 2 library. The only “catch” is that you'll need to agree to return borrowed books in good condition and pay the return postage. (I pay outgoing postage.) A complete library list can be found on my website evamariecarney.com under “Services.”

Yet another scam

Have you gotten a call from Amazon about fraud on your account? It most likely was a scam. I just read that YouMail, a company that monitors robocalls, said Americans are receiving between 100 million and 150 million robocalls per month from scammers claiming to be with Amazon. This type of scam has increased dramatically over the past 90 days. In January 2022, one of our dear friends who lives in Washington, D.C. got defrauded in this manner.

Here's what happened: A scammer called with an automated message, pretending to work for Amazon customer service. The caller told our friend that there was a fraudulent Amazon charge on his account and that the caller could help fix it. The caller then asked our friend to download an app that would give the caller remote access to our friend's computer so that the caller

could “help” solve the issue. Our friend did that and shortly afterward found out that they tried several withdrawals from his PayPal and bank accounts. It has been a time-consuming mess to straighten it all out.

Please do not, as the robocalls urge, “Press One” to engage with a service representative, and please do not agree to let the caller help you “take off the phony charge.” No reputable company will have its workers ask you to download an app to your computer! If you get an unexpected call or message about a problem with your Amazon or other accounts, please just hang up.

Here's what the Federal Trade Commission advises consumers do to avoid an Amazon impersonator scam:

1. Never call back an unknown number. Use the information on Amazon's website and not a number listed in an unexpected email or text.
2. Don't pay for anything with a gift card. Gift cards are for gifts. If anyone asks you to pay with a gift card — or buy gift cards for anything other than a gift — it's a scam.
3. Don't give remote access to someone who contacts you unexpectedly. This gives scammers easy access to your personal and financial information — like access to your bank accounts.

And if you want to help other consumers and fight fraud, report any scamming behavior through ReportFraud.ftc.gov.

Please don't be put off by the distance between us; let's connect

Building our CPN community in District 2 continues to be my top priority as your legislator. Join our District 2 Facebook group by signing on and answering the two questions (“Are you Citizen Potawatomi?”



Tyler (Nabdek)



Ryan (Shkesh)

and “What state do you live in?”). You can write, call or email me. If you leave a message on my phone line, please say your name and supply your phone number slowly and clearly — I have some messages that I can't quite make out, and I am sorry if you haven't heard back from me but that is why.

Kind regards,

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



Ojibwe watercolorist Patrick Desjarlait's *Maple Sugar Time*

District 3 – Bob Whistler



Bozho wenet ewabmenan shode (Hello, good to see you here),

Family Reunion Festival 2022

Here we are in *nmébné gizes* (March), and the year is already nearly a quarter over. Soon it will be time for the

Family Reunion Festival (June 24-26). For those of you that may be looking for something to add to your regalia or a souvenir, there will be booths at the festival. Our gift shop at the Cultural Heritage Center has always had a booth on the festival grounds, and they have not only shawls, but ribbon shirts, jewelry and many T-shirts along with other items. There will also be some of our Tribal members who make items and will have booths. The Slavin family, which includes Julia Slavin and her daughter Verna Brooks, make very good ribbon shirts and excellent jewelry. The nice thing about the jewelry from the gift shop and Verna Brooks is that you will be buying authentic Native American items. There will be other booths, and when you

buy jewelry, be sure to ask who specifically made it if you seek authentic items. Our staff does a great job in primarily renting booth space to persons and firms that are reputable and sell good merchandise.

Personal COVID tests (\$96)

If you have been going to your local pharmacy looking for a personal COVID-19 test kit, you are probably finding that few, if any, are to be found. Moreover, the pharmacies are no longer selling them at the initial discount price of \$14 they promised the government would be the introductory cost. The cost now is around \$24. However, now is the time to get four kits that would cost you \$96 if bought at your pharmacy for free. All you need to do is

go online to covidtest.gov. They will send you four tests within about a week by U.S. mail. The post office will only deliver one set of the four kits per residence address. Here is a way to have a set of these kits available for personal testing in the event you think you may have contracted this virus, and they are free.

Language

In the January *Hownikan*, District 1 Representative Alan Melot had a nice article on our language. He gave you a good link for learning the language from the Pokagon Band of Potawatomi and mentioned the CPN dictionary. Our language department has put several online courses together as well as setting up our language on the app Memrise. You can go online to potawatomi.org and

go to the “Culture” page and drill down to “Language.” There are online courses to teach you the language. Justin Neely often puts articles on Facebook regarding our language as well as that of other nations. In very late January, he posted an article about how the Hawaiians have rebuilt their language. It goes something like this: In the 1970s there were around 2,000 native Hawaiian speakers. Today, over 33,000 Hawaiians speak their language fluently. They have accomplished this by speaking the language at home daily. Hawaii is fortunate in that a state law allows their language to be taught in public schools. Unfortunately, that is not the case in all states. However, Justin Neely has been able to get some school districts in Oklahoma to allow the Potawatomi language

to be taught as an elective. Our language is in danger, and we have the opportunity to have more of our citizens speaking the language. You can start very simply by going to our language site on potawatomiheritage.com and viewing and using the word of the day. The Potawatomi word for today January 25 is *mkek*, which means box. For those of you with children, it would be great if you could get them interested in not only learning this word but get them to put one of the apps on their cell phones and encourage them to use it to learn the language. Justin Neely and his group have given us the tools, and we simply need to use them. I am just as guilty as some of you, where I know of the tools, and even have the app, but just don't use it often enough. One of my goals this year is to do a better job of learning some of our language. I hope others will do the same.

Voting

In 2022, in addition to our June 25 CPN election, we will be voting on many candidate offices in various areas of our federal, state and local governments. In Texas, we will be voting on who our next governor will be. We have five or more candidates in both political parties. The primary election to determine who will run for that office in November is on March 1, 2022. Should a runoff be necessary, it will be held on May 24, 2022.

Depending upon where you live, in 2022 you may be voting for a federal House representative, both Texas state senators and representatives, and the Texas Supreme Court justices. On Saturday, May 7, local elections in each city and county will be held. In May, the ballot may include local judges, your mayor, city council member or school board member, plus local ballot measures. If you go back and read the January *Hownikan*, you will find that District 11 Legislator Andy Walters did an analysis of the voter turnout for our 2021 election, which was to elect our Tribal Chairman for the next four years. That turnout, or voter participation, was only 7.5 percent of the CPN population. For our local elections in Texas, many times the turnout is around only 10 to 18 percent of the eligible voters. In the last federal election, just 53.4 percent of all U.S. eligible voters cast their ballot, which is still allowing just a few in your community and state to determine with whom and under what laws you will live in the future. I believe that many of you will make sure you vote in November. However, local elections are another matter. Two years ago, our local city ballot had an item calling for a \$70 million dollar bond fund, but it did not specify what the money was to be used for. It was voted in by the few who voted. A year later, the city decided they would upgrade a city park completely and

tore down everything in the park and used those funds. I have heard critical comments on the use of that money, and ironically, it was from some who didn't even vote on the measure. Here is a clear case of what may transpire, and then you must live day to day with any laws or ordinances that are created by your local city and county representatives as well as your school board elected by very few of your fellow citizens. So be sure that you get to the voting booth by no later than May 7th and November 8th this year. By the time you are reading this article, the Texas March 1 voting has passed, but May 27 is still awaiting your vote.

Taxes

As just mentioned above, you need to get out and vote. However, you need to get as much information as possible on what is on the ballot. I just read that one state, and I won't name them because nothing has taken place yet, but they are looking at some laws that could be very hurtful. One law under consideration is a gross receipts sales tax. This is an item that could put many firms completely out of business. The tax being considered would be around 4 to 5 percent of gross sales. What many fail to understand is that some industries, for example, grocery stores, have a very low margin and have only a 2 to 3 percent markup over the cost of goods sold. A 4 percent margin or less

would mean they lose money on every item they sell. If their total sales are in this category, the company goes out of business or they leave the state and move to one that does not have this kind of a tax. In either case, you have lost that business and access to their goods and/or services. I am using this simply as an example to urge you to be informed on what you are voting for or for whom. You need to go to the League of Women Voters website to get the pros and cons of candidates as well as other ballot items. I believe most states have this organization and it is very helpful in getting you information so that you know clearly what you have voted for.

Needed documents

You never know what the day may hold. Accidents, sickness and aging happen where you may simply be totally incapacitated, or it could be fatal. In either of these two situations, you need to have the proper documents in place to allow your wishes to be known and protected relative to your health plus real and personal asset custody or distribution. The documents I am talking about are a durable power of attorney, a living will, along with a regular will. Those three documents can be downloaded and completed for free off the internet. However, it is recommended that you see an attorney. Yes, there will be a cost. However, without these documents, your family can find it very expensive and whatever

you had in mind will be decided upon in a probate court instead. If going to court, an attorney will be needed, and their expense, as well as the court cost, will come directly out of the proceeds of your estate. I had the documents for my family created by an attorney. I took into account that the person I might delegate as the person with power of attorney authority or in charge of my will passing away or simply unable to fulfill those duties. So, my documents were made in a durable form with successors so replacement documents would not be needed. The originals would prevail and could still be legal and binding even with some changes to the basic content of them. So, give this some consideration whether you are just becoming an adult or have been here for many decades.

There may be times that you have a question or need information on services or benefits our Nation offers. I am here and honored to serve you and am just a phone call or email away. So don't hesitate to contact me for that assistance.

Skejemeyek
(Later),

Bob Whistler
Bmashi (He Soars)
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District 4 – Jon Boursaw



Bozho
(Hello),

Native Americans in American military history

I came up with the idea to host the viewing of CPN veteran DVDs that we held last month in Rossville, Kansas, after reading a magazine article about Native Americans serving in the U.S. military services. Historically, the Native Americans have had the highest percentage of any racial group serving in the U.S. military. An estimated 12,000 Native Americans served in WWI (despite most not being recognized as American citizens), 44,000 Native Americans served in World War II (when the entire population of Native Americans was less than 350,000 at the time), and 42,000 Native

Americans served in the Vietnam War (90% of them volunteers). Most notable of these who served in WWI and WWII were the Code Talkers. The first Code Talkers serving in WWI were members of the Choctaw Nation. By the end of WWII, members of over 30 different tribes (Potawatomi was not one of these) had served as Code Talkers during the two wars.

Here are a few Native Americans who contributed to America's military history:

Hanyery Tewahangarahken, a member of the Oneida Nation, served in the Continental Army during the Revolutionary War. In 1779, he was commissioned a captain for his performance on the battlefield.

Lieutenant Colonel Ely S. Parker, U.S. Army, a Tonawanda Seneca Nation member, served as an executive officer on General Grant's staff during the Civil War. He assisted in preparing the terms of surrender at Appomattox and is credited with hand delivering the surrender terms to General Lee.

Josephine Two Bears, a Lakota nun, served as an Army nurse during the Spanish American War.

Joseph James Clark, Jr., a four-star U.S. Navy Admiral

and member of the Cherokee Nation, was the first Native American to graduate from the U.S. Naval Academy in 1917. Transferring to naval aviation following WWI, he went on to be a major contributor to U.S. successes throughout the Pacific during WWII, first as a carrier task force commander and later as fleet commander. His decorations include the Navy Cross, Navy Distinguished Service Medal, Silver Star Medal and the Legion of Merit.

Colonel Gregory "Pappy" Boyington, U.S. Marine Corps and a member of the Brule Sioux tribe, was a WWII fighter pilot in the Pacific. He commanded VMF-214, The Black Sheep Squadron, later a popular TV series. He is credited with shooting down 28 Japanese aircraft, for which he received the Medal of Honor and the Navy Cross.

Highlights from a few CPN veteran DVDs

The following are highlights from four of the CPN veteran DVDs that were shown in Rossville. These and other DVDs are available by going online to the CPN website and accessing the Cultural Heritage Center.

Richard Johnson, a Vieux family descendent and U.S. Army

veteran of WWII and Korea, followed in the footsteps of his older brothers and enlisted. He first saw service in WWII. He was involved in the assaults on the islands of Saipan and Okinawa. By the end of WWII, Richard had risen to Platoon 1st sergeant, the only original member of his platoon left. As a result of the breakout of the Korean War and the urgent need for combat veterans, he was offered a commission as a 2nd lieutenant to return to active duty. All of his service in Korea was with the 7th Division, 17th Regiment. Johnson fought both battles for Pork Chop Hill; in the second battle, only 27 of his company walked off. They had been told to hold at ALL COST, so he called for direct artillery fire on his own position as they were being overrun by Chinese troops. Wounded by a mortar shell about a week later, he spent the next three months in a hospital in Japan. He was told he would not be allowed to return to combat, so he asked for a discharge and was released in 1953 as a 1st lieutenant. Richard is the recipient of the Purple Heart with two Oak Leaf clusters as a result of being wounded in combat three times — twice in Okinawa and once in Korea. He was also awarded the Bronze Star Medal three times — one for his performance in Okinawa

and twice in Korea, including the V device depicting valor. Richard's son, Mark Johnson, is the Legislative Representative for CPN District 7.

George Hamilton, Major, U.S. Army, a descendent of the Burnett family, was a fighter pilot in WWII who served in North Africa, Sicily and Italy. Several years ago, I asked George how many enemy aircraft he shot down. He responded that he was credited with four, one short of being an Ace. He then said that he actually had two more for which he did not get credit. He smiled and said that happened when he was alone and his gun camera failed. Many of you may remember George receiving the blanket at the General Council Meeting several times for being the eldest in attendance. As I recall, he had received four, but he passed away before he got his fifth, which would have made him an Ace.

Ted Neddeau, U.S. Army veteran of WWII, was a Communications Specialist, who served from 1942 to 1945 on the frontlines in Europe. Ted begins his story in his video with how he lied about his age while attending the Chilocco Indian School and joined the Oklahoma National Guard in 1938, only to be

activated in 1939 and didn't come home until 1945. Ted participated in five amphibious landings: North Africa, Sicily, Anzio, Salerno and Southern France. Later, just before the end of war, he participated in the liberation of the Dachau Concentration Camp near Munich, Germany. After viewing his DVD several years ago, I told Ted that watching his DVD was like reading a condensed WWII novel.

John Whipple was a U.S. Air Force fighter pilot and a descendant of the Ogee family. John had the good fortune of flying in many classic Air Force fighters: the F-84, F-86, F-104, F-4 and F-105. I was present when we conducted his interview at the VA Hospital in Reno, Nevada. He stated that he holds the unofficial record for making the trans-Atlantic crossing 15 times in the single engine F-84. That alone is a lot of time to have

an airplane strapped to your backside. I have known quite a few Air Force pilots in my lifetime, a few who had to eject from their aircraft once and survived, a very few twice, but only one three times. John tells quite a story about his three ejections, the last one out of a F-105 after taking a SAM hit over North Vietnam. He was on the ground for over four hours before being rescued.

My next involvement — Johnson County Arts and Heritage Center

Just before drafting this article, I was informed by Dr. Eric Anderson, a CPN member who is Professor and Chair of the Indigenous and American Indian Studies Department at Haskell Indian Nations University, that he had been in conversation with Susan Mong, the Superintendent of Culture at the Johnson County Arts and Heritage Center in

Overland Park, Kansas. He recommended that I contact her. I have contacted her and discovered that she is interested in speaking with individuals from the various Native American communities in Kansas who may be able to offer assistance and/or advice in upcoming arts installations that reflect or recognize the importance of these cultures and their presence in Kansas. She is anticipating a major installation happening in 2023-24 that is to be related to the Potawatomi Trail of Death. This just happens to coincide with the next Potawatomi Trail of Death Caravan, which is scheduled for 2023. I'll keep you posted as this develops.

Upcoming CPN Elders Potlucks

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

March 12: Corned beef and cabbage. RSVP by the 9th.

April 8: Baked ham and mashed potatoes. RSVP by the 5th.

Come join us and bring your favorite side dish or dessert. Please RSVP to Tracy or Brenda at 785-584-6171, if you plan on attending. Masks are not required but highly recommended.

Joint meeting for Districts 1 and 4

Alan Melot, the District 1 Legislator, and I have discussed holding a joint meeting in the Kansas City area later this spring. The date and location have not been finalized. I'll keep you posted.

Honored to serve you

It is an honor to serve you as your District Legislator. I appreciate hearing from CPN members in Kansas, whether

in the form of a letter, email, phone call or in the office. Please let me know how I can be of assistance to you. If you are not receiving emails from me, it is because I do not have your current email address or what I have is incorrect. All you need to do is send me your email address, and I will enter you into my District 4 information file. My contact information is listed below.

Migwetch
(Thank you),

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

District 5 – Gene Lambert



Bozho
(Hello),

It is March, and time keeps marching on, my fellow Tribal friends and family members. There is so much going on in the world it is sometimes difficult to focus in on what is really important. That subject can only be determined by each of us and how it affects our world.

While we may think everything is falling apart, there are some wonderful things happening nonetheless.

The wonders of the world are an image of above and beyond and are manifestations of miraculous beauty, unprecedented. One so-called wonder of the world is the giant redwoods and the sequoias.

We are seeing things happen quite unexpectedly, and one just did in California. Oh, I know what you are thinking. What's new? California is always up to something unexplainable to many. I was born and raised there so I have seen it all. It is also the farming capital of the world that graciously feeds multitudes.

This time the State of California has rightfully decided to turn over 500 acres of the giant redwoods to 10 tribes who have held their residence there for over 1,000 years. The InterTribal Sinkyone Wilderness

Council regained guardianship of the land from which the Sinkyone people were forcibly removed by settlers generations ago. This was the land their ancestors walked with honor.

Settlers began destroying the magnificent redwoods known to the world as some of the largest ever seen. It is a true creation of God, as all things are, but he was extra creative that day.

I remember as a little girl seeing pictures of trees you could drive a car through after they crafted an arch. Even then, I felt it was a cruelty to expose and destroy something so phenomenal in nature. Why couldn't we just enjoy its beauty and care for the giant redwoods and the sequoias as the Creator intended?

There was a movie out in early 1950s with Kirk Douglas showing the redwoods at that time. He played the part of one of the Quakers who considered this area their church and place of worship. The movie was called *The Big Trees*. There was a stillness and quiet among the trees you would have to be there to experience and understand. God's Presence!

That same quiet serenity used to belong to Sedona, Arizona, in and among the huge red rocks, one of the most photographed beauties in this country. Again, we all loved it so that now much of that quiet is gone due to overpopulation. The outward beauty is still there, but it is as if something has drained right out of its earthly soul.

I guess if there is a beautiful area you enjoy, so will others. After a while, instead of supporting or caring for these phenomenal places, we have taken the life from them. There was a time in Sedona when it would take my breath away upon arrival. It is still beautiful but not the same.



The giant redwoods have the same phenomenon happening to them. The pictures from the old movie show the loss of such gracious green branches and auburn bark as compared to today. Still beautiful, and in time they will be able to return the inner life they once shared.

The descendants of Native American tribes on the Northern California coast are reclaiming some of their heritage, including ancient redwoods that have stood since their ancestors walked the land. There is hope for a renewal after giving 500 acres back to the tribes who inhabited the area for so many generations. More important, it recognizes the tribal group's role in caring for lands.

Hawk Rosales, former executive director of the InterTribal Sinkyone Wilderness Council, said in an interview with the Associated Press, "For so many decades tribal voices have been marginalized in the mainstream conservation movement. It's only until very recently that they have been invited to participate meaningfully and to take a leadership role."

Last year, U.S. federal officials met with Native American tribes to gather recommendations as the federal government sought to move ahead with

efforts to protect and restore tribal homelands. They are now the assigned care takers to bring back the redwoods and the vastness they supported. They have also renamed the property *T'cih-leh-Dun*, which lets people know it is a sacred place and means "Fish Run Place" in the Sinkyone clan.

You probably read about the fire that invaded the redwoods here a few short weeks ago. Does that have anything to do with the return? California has had horrendous fires taking much of the forest in the last few years. It is explained to me that it's sometimes necessary to fertilize the land and have new growth for future generations. It still worries me.

California's magnificent Coast Redwood is the world's tallest known tree and one of the world's oldest trees. Average mature trees, several hundred years old, stand from 200 to 240 feet tall. It is often confusing to most of us as to the difference between a giant redwood and the sequoias. They are very much alike and yet different. I have broken down the difference for you:

Giant redwoods

- Live up to 2,000 years
- Have branches up to five feet in diameter

- Bark grows up to 12 inches thick
- Can reproduce either by seed or by sprout

Giant sequoias

- Live up to 3,000 years
- Have branches up to eight feet in diameter
- Bark grows up to three feet thick
- Reproduce by seed only

While the giant redwoods are a huge inheritance, there are many animals belonging there too. They say the bobcat was seen roaming at Cuneo Creed and others in the forest include raccoons, skunks, black bears, Roosevelt elk, deer, squirrels, porcupines, weasels, mink and the ringtails. The Northern spotted owl has been seen in the woods and nests exclusively in the old portion of the redwoods. The excitement is in the air again for the new beginning of the giant redwoods with the original inhabitants, two and four-legged.

I searched and searched for an actual map of the terrain to share. This is a place with so much majestic history in the Native world, you must see if you have not. The return of these trees and the area is a huge step forward for the 10 tribes of California.

In all of the articles I searched, none broke down the individual tribes but continually referred to them as the council. It reminds me of the Arizona reference to the 19 tribal nations of Arizona. There are actually 22, but 19 are considered active. That is another story for another time.

So the lesson here is no matter how much time or financial requirement summoned, there is always God's timing and God's ways.

What is yours is yours and can never be taken away. What

isn't yours you cannot make yours, so you must let it go.

You probably have more to add to that, but I think you understand what I'm saying. So much has been taken from our people, and it appears that some has started to flow back to its rightful owners. I wrote another article one or two months back on other properties that had been returned to the original owners, Native people.

Hopefully it isn't too late as I read about how so many groups, organizations and businesses have attempted to return to Native ways. Nature

is suffering. The understanding of the earth and her needs requires love and respect for the gifts she gives us every day.

We drain from her without gratitude. We take without giving back. We waste her precious natural resources without a thought as we take them for granted.

Imagine for a moment you turn on the water faucet and nothing comes out. Try and grow your food without the spirit of Mother Nature. Without the shelter to provide warmth and protection, where would we be?

How about that beautiful rising sun many mornings, or the sunsets we share? Believe it or not, there are groups who come here as tourists from all over the world every year to see what we see every single day and assume it will continue. Thank you "God" for the magical reappearing days.

I remember before my mother walked on four or five years ago, we were sitting out on her back patio as she was having a very difficult day. "When do you decide that life just isn't worth living?" she sighed and questioned. The vision I saw as she spoke was of three giant

redwoods in her backyard as it overlooked mountains, a river, birds and bustling little creatures in the greenery. "Well, mother, as long as someone has the opportunity to visit with nature as we are this very moment, it is worth it," I responded as lovingly and compassionately as I could. I knew she was in pain and readying herself to say goodbye. I believe it was her way.

There is beauty all around us, and we can improve our lives by acknowledging that instead of the negative. And, as you look back, you may see things that seemed negative at the time and later became a blessing.

So with that I will close and let you know we will be having our regular meeting this year, and I look so forward to seeing all of you.

Until then, wishing you all the good things life has to offer.

Love you all,

Eunice Imogene Lambert
Butterfly Woman
Legislator, District 5
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San Tan Valley, AZ 85143
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euniceilambert@gmail.com

District 7 – Mark Johnson



Bozho nikanek
(Hello friends),

The 2022 Potawatomi Leadership Program application period is now open and closes on April 1. Every summer, the Citizen Potawatomi Nation welcomes eight to 10 Tribal members

between the ages of 18 and 20 to learn about the Tribe's government, economic development and culture as part of the program. I would like to encourage our eligible District 7 members to apply for this program to help shape and build the future leaders of our Tribe. If chosen for this very worthwhile program, you will spend six weeks of your summer in Shawnee, including during the Family Reunion Festival. To apply go to plp.potawatomi.org.

Plans are currently underway for the Family Reunion Festival to be held in-person again this year from June 24-26. It is never too soon to secure rooms and travel for your trip to Shawnee. It may also be prudent to take out travel insurance, should the Nation be forced to cancel Festival, but

that is not anticipated. One of the highlights of the Festival is always the Grand Entry on Saturday evening, and to honor our families and heritage, the arena has a dress code. Women should keep their legs and shoulders covered by wearing ankle-length skirts and a shirt that conceals the shoulders as well as carry a shawl, and men should wear slacks and a ribbon shirt. Everyone should wear moccasins or closed-toe shoes and move clockwise around the arena. It would be great to start working on a set of regalia to wear during Grand Entry. There are a couple of companies that have parts, patterns and kits available for you to choose from. The Noc Bay Trading Company (800-652-7192 or nocbay.com) and Crazy Crow Trading Post (800-786-6210 or crazycrow.com) both have

reasonable prices. Colors that are prevalent in Potawatomi regalia are the same as other upper and western Great Lakes tribes. Background colors are chalk white, yellow, light blue, Cheyenne pink, crystal and occasionally black, navy blue, and even dark transparent red and medium transparent green. Design colors are a wide range of virtually all shades of all colors were used, with stylized floral motifs worked on a background of buckskin or navy, red or black cloth without a fully beaded background.

2022 is an election year for District 7. Please take the time to make your voice heard. Return your request for a ballot and please take the time to vote when it arrives. Once again, I would like to say what an honor it is to serve you as your District 7 representative.

As always, give me a call, and I will be happy to work with you on any questions you may have or provide you with additional information you may need to access Tribal benefits that you are entitled to. Please also take the time to give me a call or send me an email with your contact information so that I can keep you informed of the happenings within the Nation and district.

Migwetch
(Thank you),

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



Bobzo nikan
(Hello friend),

Though 2022 is looking quite a bit like 2021 so far, I remain optimistic that this will be a good year. Maybe if COVID does not get under control, we will have to do our District 8 meetings outside, but we really need to keep the sense of community alive after working to build it over the last decade or so. Zoom and Facebook are helpful tools but are not replacements for in-person meetings.

January saw the 95th birthday celebration for my aunt, Agnes Barron. Reaching the age of 95 would be accomplishment

enough; however, this aunt celebrated with family traveling from all over the country to Florida to toast and celebrate her. Agnes is a proud Citizen Potawatomi and the last remaining member of the Wood family (four girls and one boy). Agnes and her amazing husband, Danny, lived in the same little house in New Jersey for over 50 years, and that home became the nucleus of the extended family of nephews, nieces and cousins who spread out across the country. No matter where you'd been or what you'd been up to, you were welcome to a home-cooked meal and good laughs at the Barron's kitchen table. Ag's celebrants came from New Jersey, Virginia, Arizona, Minnesota, Florida and California. Several cousins had not seen each other for decades, and I met one cousin who I had never met.

In late January, my second cousin, Paul Lawless, Jr. (recent West Point graduate), reached out to me about visiting the Nation in Oklahoma as he is stationed at Fort Sill, Oklahoma, for a brief stint. Due to his demanding schedule, he had a very small window on a Saturday morning. I am very thankful to Jennifer Bell, our



Agnes Barron

Director of Public Information, who came into the office and showed Paul around the complex, Cultural Heritage Center and some of our enterprises. Paul was also able to obtain a map of the Juneau allotments and had a plan to check them out. Paul is not the only Tribal member that Jennifer has gone out of her way to show around. In November, another member, Rob Richard, from Spokane, Washington, was visiting the area and was also able to meet with Vice-Chairman Capps and Jennifer Randell at the Eagle Aviary.



Family gather from around the country to celebrate Tribal member Agnes Barron's 95th birthday.

I've heard from a few members recently that have reached out to provide me with their email addresses. For that, I am always grateful. As I've detailed before, the Tribe does not provide legislators with contact information for their constituents. All of the email addresses I have obtained have been from members coming to events I have hosted or folks reaching out. I don't and will not share these addresses with anyone unless specifically asked to by the member. If you are in my district, you know that I send out monthly email updates with the release of the *Hownikan* and when something

needs to be broadcasted out to the district — like the application for COVID funds.

Lastly, I want to express my gratitude for being able to serve you for another four years. The filing date for running for Tribal legislator has passed, and I am unopposed in the June election.

As always, it is an honor to be your legislator,

Dave Carney
Kagasghi (Raven)
Legislator, District 8
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dcarney@potawatomi.org

District 10 – David Barrett



Bozho
(Hello),

How two years seems to be an eternity. What will our new 2022 bring to us? Will it be more of the same of allowing COVID to dictate our lives, or have we learned to deal and cope with reality? What we think we know is very questionable at this time for me. I have never in my lifetime seen so much controversy over what should be stated facts on these important issues — COVID, fentanyl, cancer, diabetes and heart problems.

Allow me to state some information (Are they 100 percent true facts? — Sources are good, but are the numbers true to current? To show my point and comparisons that I am trying to make, these will do for the time being.)

Let's start out with the average daily deaths in the United States from COVID-19 (August 2021) and other leading causes (2021) from the source: Kaiser Family Foundation analysis of COVID-19 mortality.

As of this date, heart disease was the number 1 cause of death with 2,050 deaths per day; cancer was number 2 with 1,621 deaths per day; COVID-19 ranked third with 727 deaths per day; accidents was number 4 with 553 deaths per day; stroke was number 5 with 440 deaths per day; chronic lower respiratory disease was sixth with 374 deaths per day; Alzheimer disease was number 7 with 322 deaths per day; diabetes was number eight with 275 deaths per day; other diseases of the respiratory system was ninth with 180 deaths per day; renal failure was number 10 with 144 deaths per day; and suicide ranked eleventh with 126 deaths per day.

As you can see, the total deaths per day was 6,812 people; that is 2,486,380 deaths every year. If you take out all of the COVID cumulative death count as of January 31, 2022, of 907,190, you can see 1,579,190 more deaths each year than COVID-19.

As you can see, if we put this in perspective, then there has been 64 percent more deaths from these other killers than COVID-19. Where is the outrage in the media for these deaths? I'm not taking this lightly because I had friends or know people who died from COVID-19.

COVID-19 seems to be the number one fight today — rightfully so! I get it! But we can't let the gate stay open on the other problems. As *The Washington Post* stated in an article written by Dan

Keating and Lenny Bernstein, "100,000 Americans died of drug overdose in 12 months between April 2020 and April 2021 during the pandemic."

The new data shows there are now more overdose deaths from the illegal synthetic opioid fentanyl than there were overdose deaths from all drugs in 2016. Fentanyl that is illegally manufactured is dangerous. It is made without the quality controls of pharmaceutical grade fentanyl and is a major contributor to the recent increase in synthetic opioid overdose deaths. This illegally manufactured fentanyl is sold illegally as a powder, dropped onto blotter paper, put in eyedroppers and nasal sprays, or made into counterfeit pills that look like other prescription opioids.

Importantly, fentanyl is also being mixed with other drugs, such as heroin, cocaine, methamphetamine and MDMA. This is especially risky when people taking the drugs don't realize that the drugs they are using might contain fentanyl and significantly increase their risk for overdose death, killing some who consume it unknowingly.

Where is the concern about this? — Why naught? We need to hear about these other killers daily to make us have an awareness about the dangers that is facing everyone who has these other conditions, especially who dares to take these drugs. The great probability of death is around the corner. Why do we still allow all the

narcotics to cross our borders? Where is that concern?

Yes, we are trying to control COVID and the drug problem. Increasing vaccination is good, and shipping and scheduling needs to improve. This approach includes trying to increase distribution of the overdose antidote Naloxone and fentanyl test strips to users to keep them alive.

The Washington Post reported in November 2021:

"Sadly... access to Naloxone often depends a great deal on where you live," Gupta, head of the White House Office of National Drug Control Policy, said at a news conference. Naloxone, he added, "must be made available to everyone who is at risk."

Drug Enforcement Administration Chief Anne Milgram noted a rise in fentanyl seizures, which she said have reached 12,000 pounds in 2021. That is enough to give every American "a lethal dose" of the powerful opioid, Milgram said.

The administration is asking Congress for \$11 billion in the 2022 budget to fund anti-drug programs, which also emphasize prevention, treatment and recovery services. But little seems to be working at a time when an unprecedented drug crisis and a once-in-a-century viral pandemic are occurring simultaneously."

With the entire crisis that are staring us in the face, you have to ask yourself how many people are coping with this. There is hope still in the world. Life may not be perfect, but we all need to take responsibility

for what we do and say not to misrepresent what we know as true facts. This I know when things around you seem to get out of control and it appears you don't have solutions to those problems, most people have a tendency to turn to God. We should be walking in his presence daily anyway, so when things come our way, He's already there to help you. Absolutely through prayers and from prayers from others, and the love of others, is the only way of dealing with serious situations.

I just want this to be uplifting to everybody in that we face these situations every day. So go on with your life, living every day to the fullest and remembers the New Living Translation of Philippians 4: 6-7:

"Do not worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus..."

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

Migwetch
(Thank you),

David Barrett
Mnedobe (Sits with Spirit)
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District 11 – Andrew Walters



Bozho
(Hello),

His name was Fernando. He always wore an old plaid shirt and a cowboy hat that had seen better days. You'd see Fernando on Avenida Lerdo most days of the week. He worked the shops back and forth in the tourist district taking change and small pieces of merchandise to different stores that paid him for the service. Sometimes he'd sell cigarettes on the street to supplement. Fernando always had a smile on his face. He would sometimes

speak, but most of the time, he just silently went around doing his job. He'd give directions to Americans visiting Juarez in exchange for a quarter or so. His English was probably better than most of their Spanish. The unusual thing about Fernando was that he had no legs. None at all. I don't know what happened to him. I don't know if it was a congenital deformity or the result of some accident, but it sure didn't slow him down. Fernando would sit on a skateboard and ride it back and forth. He wore leather gloves with patches sewn on the palms to push his way around. And around he did go. He moved through a crowd like a ballerina, zipping up and down the sidewalk. He could walk in a way, on his hands. He'd dismount the skateboard and saunter into the entry of the shops on his hands, like he owned the place, dragging a small pouch that had whatever he had to deliver. Everyone knew Fernando, but no one messed with him. Seems like the merchant community adopted him. He

was indeed an inspiration. I know he was to me.

You know disappointments in life abound. We all face them. Some are small disappointments like not getting a job we wanted, a certain grade in school, or for a kid, maybe, a particular Christmas gift from Santa. Some are large, like a love lost or news of infirmity. Disappointment is something we have to learn to live with. Discouragement, on the other hand, is voluntary. We choose to be discouraged. Fernando was never discouraged. I'm sure at times he wished his life was different, but he played the cards that were dealt him. He approached each day with enthusiasm and commitment. I don't know how many of us could do that... be like Fernando. His attitude was always upbeat. I don't think he ever looked at himself as being disabled. I think he looked at himself as being empowered. Folks like Fernando understand that their success in life isn't linked to material possessions or fleeting circumstances. Their success in life is linked to their attitude and faith. When you

have a positive attitude and faith in yourself, material possessions come. Material possessions are not success. They are a product of success. And success is, like discouragement, up to you.

Every now and again, I get down and out. We all do. But I think back on Fernando and realize that I am able-bodied, blessed and live in the greatest country mankind has ever known. My future is in my hands. I have a good friend that passed some years ago, Bill Lennon. He died of complications of Alzheimer's. Bill's attitude during those last years was much like Fernando's. Bill accepted his fate and remained true to his convictions. Even though Bill lost much of his memory, he could always recite William Ernest Henley's poem *Invictus*:

*"Out of the night
that covers me,
Black as the pit
from pole to pole,
I thank whatever gods may be
For my unconquerable soul.*

In the fell clutch
of circumstance

I have not winced
nor cried aloud.
Under the bludgeoning
of chance
My head is bloody,
but unbowed.

Beyond this place of
wrath and tears
Looms but the
Horror of the shade,
And yet the menace
of the years
Finds and shall
find me unafraid.

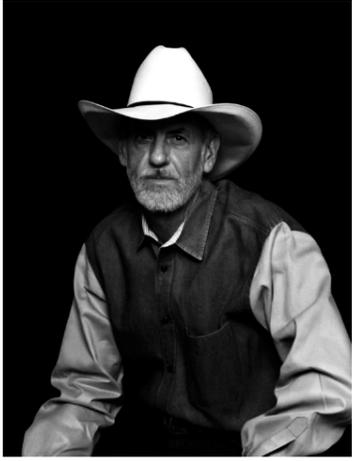
It matters not how
strait the gate,
How charged with
punishments the scroll,
I am the master of my fate,
I am the captain
of my soul."

We all are. Like the old adage teaches, "God makes the wind, but we set the sails."

Migwetch
(Thank you),

Andrew Walters
Legislator, District 11
andrew.walters@potawatomi.org
nibwemko@gmail.com

Don Deroyce Dike Dike Family



Don Deroyce Dike was born on July 24, 1942, and passed from this world on Dec. 23, 2021, at the age of 79 years and 5 months.

He grew up in Fort Worth, Texas, attended school there and graduated from North Side High School in 1960. He went on to North Texas University in Denton, Texas, graduating with a bachelor's degree in business in 1964.

Don started riding bulls in rodeos around 15 years of age but went on to ride bareback horses. He excelled at this and went on to qualify for the National Finals Rodeo three different years in the late 1960s and early 1970s.

Don worked full time at several grocery stores in the Fort Worth area while traveling all over the U.S., riding in rodeos almost every weekend to keep his points up.

Don worked pouring concrete to build missile silos in Arkansas. He also drove 18 wheelers with his dad. At the time Don met Charlotte, he was working at Harrison Jet Guns where they made shape charges for oil field drillers and shipped them all over the U.S. He later started a business with Charlotte in Wise County, Texas.

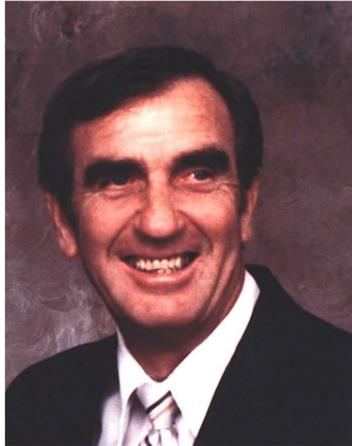
Don's grandfather was a full-blood Potawatomi Indian. He was raised to be proud of his Indian heritage and had wonderful memories of visiting his grandparents in Wanette, Oklahoma, a small town near Shawnee.

Don was preceded in death by his beloved grandparents; his father, Rollene Dike; his mother, Thelma Louise Brothers Dike; and his sister, Linda Weurdig.

He is survived by his loving wife, Charlotte Dike, along with his bonus daughter, Sharon Corbett

and husband Shane Corbett. He is also survived by his treasured grandchildren, Morgan Graham, Logan Corbett and Presley Corbett; and great-granddaughters, Hadleigh and Tatum.

Lloyd Lambert Milot Family



Lloyd Lambert was born to Otis and Alice (Tinney) Lambert in Marlow, Oklahoma, in Nov. 1933. In 1937, his family moved to California and bought a big Army tent, moving it wherever there was work.

He attended Woodville and Porterville schools and sang at his 8th grade graduation.

Lloyd was bus driver/custodian for 37 years, retiring as supervisor. Even though it wasn't required, he scheduled himself to drive one bus per day, enjoying this role the most. Later, the children from school remembered him and often visited.

He discovered fishing in 1966, when he caught a 16 inch rainbow trout and was immediately hooked. He loved fishing the rivers of Idaho so much that he sometimes drove the long hours just for a few days of fishing!

A talented athlete, coach, umpire and referee, Lloyd loved playing sports and helping others.

Laughter and making people laugh was his gift. Hanging out with friends and family were important to him. He truly liked to have fun.

He was passionate about playing dominoes with his brothers and nephews. Among his nephews, he has four namesakes.

About seven years ago, he discovered sitting on the sidewalk was entertaining. Lloyd waved at every car that went by and many stopped to chat.

Due to the coronavirus, the entire family was not able to be with

him in his last days. However, his daughter Melodee was able to be there and sang some great songs of faith for Lloyd in his final earthly moments in Nov. 2020.

Lloyd is survived by his wife, Sylvia; daughters, Sheree and Melodee; grandchildren, Cherise, Breanna and Cameron; five great-grandchildren; and many nieces and nephews.

His love of singing continued his whole life — solo or with family, in church or in his truck, or making up silly songs for all his grandchildren. We'll always treasure him singing.

Mariscka Nickels Peltier Family



Mariscka Nickels, 36, of Blanchard, Oklahoma, died Thursday, Dec. 30, 2021, in Newcastle. The daughter of Robert Lee Nickels and Linda Louise (Holiday) Nickels, Mariscka was born May 8, 1985, in El Reno.

Mariscka lived in Blanchard, Oklahoma, almost all of her life. She attended Blanchard Public Schools from kindergarten through graduation in 2003. She enjoyed listening to music and spending time with her children, family and friends. She worked in various retail and service-oriented jobs throughout her adult life because she was a "people person." At the time of her death, she worked at Dollar General as the assistant manager, where she met many new friends. Mariscka always had a smile. No matter what she was going through, she had a smile to give or share with you. Her beautiful life will forever be cherished in the lives of her children. As a result of her generous spirit and pleasant personality, she was loved by many, and she will be deeply missed by her friends, family and all that knew her. So the next time the sun is shining bright, remember — it's just her smiling.

Mariscka is preceded in death by her grandparents, Jessie Shore and

Virgil Shore, and Laura Broyles and Earl Nickels; and her brother-in-law, Kenneth "Bud" Collins.

She is survived by her son, Robert Nickels (15); daughter, Kendrah Nickels (12); parents, Robert "Bobby" and Linda Nickels; and sister, Joanie Collins.

Funeral services were held Monday, Jan. 10, 2022, at the Eisenhour Funeral Home Chapel in Blanchard. Interment followed at the Blanchard Cemetery. Arrangements were under the direction of Eisenhour Funeral of Blanchard. Online obituary and guestbook are available at [eisenhourfh.com](https://www.eisenhourfh.com).

Michael Sean Pollard Mueller Family

Michael Sean Pollard passed away peacefully in his sleep early on Jan. 9, 2022. He was born to Adrian and Sheila Pollard on March 29, 1966, in Shawnee, Oklahoma. He was the first grandchild on both sides of the family and much loved and spoiled. He graduated from Guthrie High School in 1984 and attended one year of college at the University of Central Oklahoma. He then attended Meridian Technology Center in Stillwater, Oklahoma. He was proud to have obtained his private pilot's license at a young age.

He was so proud to be an aircraft engine mechanic at Tinker Air Force Base where he worked for the last 20 years. He was a rabid football fan and a true and loyal fan of the Tampa Bay Buccaneers and was beside himself when they won the Super Bowl in 2021. He was a proud member of the Citizen Potawatomi Nation.

He was a loyal friend to many and loved his family very much but loved his daughter, Jennifer, above all else. He was a strong Christian and read his Bible daily.

He was preceded in death by his infant daughter, Victoria, and loving grandparents on both sides. He is survived by his daughter, Jennifer Pollard of Wichita, Kansas; his father, Adrian and Ramonda Pollard of Orlando, Oklahoma; mother, Sheila and Donald Jones of Choctaw, Oklahoma; brother, Justin and Stephanie Pollard of Guthrie, Oklahoma; brother, Randy and Tina Jones of Choctaw, Oklahoma; sister, Kenna and Arron Fox of Guthrie, Oklahoma; aunts, Vicki, Diane and Gayla; uncle, Larry; and numerous nieces, nephews and cousins.

Perry Paul Faulkner Baylis Family



Perry Paul Faulkner of Yukon, Oklahoma, was born Oct. 30, 1958, in Shawnee, Oklahoma. Perry departed this life on Jan. 19, 2022.

Perry was raised in Latta, Oklahoma, and graduated from Latta High School in 1976. Being a gymnast, he received a scholarship to OU for trampoline/gymnastics. Just six months shy of graduating, he was offered a position to open a gymnastics gym in Sherman, Texas, which he did. Later, he moved to Ardmore, Oklahoma, and opened his own gym, Fun Country Gymnastics. Gymnastics was so much his life, he literally lived in the gym. In 1981, he met the love of his life, Denise Phillips Faulkner. They dated three months, and he asked her to marry him. They were married June 4, 1982, at Lake Murray Chapel. In 1993, they moved to Yukon, Oklahoma, and opened a gym called The Flip Centre/Lil Flips. After 26 years, Perry closed the gym to pursue a new career. He started In The Shadow Events and Productions. Perry DJ'ed many weddings, dances and parties and enjoyed this so much he started a hunting and fishing TV show called *Red Dirt Roots*.

Perry was a dedicated husband, father and Papa. He and Denise were married almost 40 years. He loved Jesus, road trips, camping, hanging out with his family and everything hunting. Perry was also very proud of his Potawatomi heritage.

The lights of his life were his family. Not only his loving wife, Denise, but also his two beautiful girls that he would drop anything at any time and be there for them. He also loved his sons-in-law who he called "my sons," and he cherished his two grandsons and loved spending time with them. Perry had dreams of teaching the boys how to hunt, fish and love the land as much as he did.

Submitting obituaries

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

hownikan@potawatomi.org

CPN burial assistance through Tribal Rolls

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

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

For more information, please call Tribal Rolls at 405-878-5835 or email tribalrolls@potawatomi.org.