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 purposely 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 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 chat function open up to both users. “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 Potawatomi County.

Wesley Lewis was born April 22, 1838, near Ashtabula, 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 Waukauane, 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 Watche-ke-zo Zosetta (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 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, Glenna, 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.

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.
Meet the candidates

Incumbent | Mark Johnson

Potawatomi name: Wìhk Mìhk (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-No-Wa/Wñaswa
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, Ladue
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 ndezhneka. P-No-Wa/Wñaswa nin neshnabe nownen. My name is Browning Neddeau. P-No-Wa/Wñaswa 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: browningneddeauaesd7.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
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 Tesa 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 exist?” 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 and classes; as well as several cultural and community events 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.

“When 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.
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 Kennedye treats and guides patients as part of their team of doctors. Dr. Kennedye said, “I think having March recognized 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.

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

“Would you 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 contact 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.

“People need to send patients to the pediatric neurologist,” Dr. Kennedye said. “I don’t think there’s a lot of contact to the preparatory work.”

Different types of berries hold many meanings for the Potawatomi. Démen (strawberries) are cherished for their nutritional value and ceremonial uses. June is named Démen gies 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 Bodwudamimwen, “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

“The broad definition of epilepsy encompasses many types of seizures and responses of each patient. Dr. Kennedye 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 different, Dr. Mosteller said.
**CPCDC staff help clients raise credit scores, meet goals**

March is National Credit Education Month. The Citizen Potawatomi Community Development Corporation (CPCDC) helps employees at CPN and its Certified Development Financial Institution (CDFI) to build 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 keep a high credit score for emergencies, 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. Freeman said, “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.

Vooman 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 words 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 stresses the importance of 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 aspiration after 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.

Vooman 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 20 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,” Vooman 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 healthcare 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.newhealth.com.
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 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 Despots, 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 opportunities and economic opportunities. They had a son in 1637, named Joseph Ossany dit Lavigne Nadeau.

In 1665, Joseph married Marguerite Abraham in Quebec. They had a son, John Baptist 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 Baptiste 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. Over the next 20 years, families and individuals gradually moved from Kansas to central Oklahoma. The journey itself was dangerous, and families who arrived found nothing but empty prairies.

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 R. Nadeau and his children, John, Florence and Julia Ann; Peter A. Nadeau and his wife, Madeline, and their children, Eli, Alexus, Rose Ann and Isadore; 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 moved 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 acres by hand and establishing infrastructure, homes and farms.

Gilbert Nadeau 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 from 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.


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 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 potawatomiheritage.com and find research resources online at potawatomiheritage.com.

 application closes on April 30, 2023.

Potawatomi Leadership Program

The six-week Potawatomi Leadership Program brings a group of 20 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 30, 2023.
By Justin Neely, CPN Language Department Director

Bezhya 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 Gishgok. 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, and one day, we will be able to drum during the Festival. 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 Winpengede. Easy.

Wiske mine Zisbakwet
Wiske and Maple Syrup


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.

Gipen nedwendem anet zisbakwet menọ gbokbdon I mtekwen mine wjegemgek gechwa zibe. If you wanted some maple syrup, you only had to break a branch, and it would flow out like a river.

If you are interested in the language will enjoy the wintertime, preferably when there is snow on the ground. In the winter, they say the spirits are asleep. So this is when our ancestors thought, “Soon they are going to become lazy and fat.”

Wiske ina kishanweto gishok menọ gishamgwet. Wiske thought, “Soon they are going to become lazy and fat.”

Wiske waas jayek. Mine nadiet anet mbish chi bi dud gi mtekok. Wiske went down by the river. He fetched some water and put it inside the tree.

Ode jy mno gishok bmadzeyen bmadzeyen nedwendem anet zisbakwet abdek echemichegswet. Now today, if people want some maple syrup, they have to work very hard.

Ge wiwu nyengmedemet odę zisbakwet menọ cha mguwa bua wjegemgek gechwa zibe. They also have to boil down the maple syrup. No longer will it flow out of the tree like a river.

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

Gebeki mkuwa ni bmadzeyen mthwałswet ge wiwu ennekwet odę zisbakwet.

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

Wiske nendek gaga sbe yabwetereet menọ gishamgewet.

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

Wiske ga zhyat jegbok. Mine nadiet anet mbish chi bi dud gi mtekok.
Wiske went down by the river. He fetched some water and put it inside the tree.

Ode jy mno gishok bmadzeyen bmadzeyen nedwendem anet zisbakwet abdek echemichegswet. Now today, if people want some maple syrup, they have to work very hard.

Ge wiwu nyengmedemet odę zisbakwet menọ cha mguwa bua wjegemgek gechwa zibe.

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

Iw
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 flattering and brilliant gift,” Ross said. “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 Peddicord for nearly three decades before interviewing her for Deep Roots, Tall Sky.

**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 sipping 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 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 it in a cornfield and saves her calf from this slaughter.”

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.

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, and Ross said she helped her with 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 is 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.
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 eating 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—many of those nutrients found in milk, cereal, eggs, peanut butter and beans—plus fruits, vegetables and whole grains.

CPN’s Women, Infants and Children program provides WIC services, including nutritious foods and referrals, to eligible pregnant, breast-feeding and postpartum women as well as infants and children age 5 and younger.

The program also offers 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 dieticians and lactation consultants to help guide mothers on a healthy path for themselves and their children.

Expectant mothers

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, dried or canned beans or pea 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 offers 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.

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

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 does get easier 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 postpartum 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 resolution 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 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. WIC 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 dis our barley and multigrain 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 grandchildren 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 milk 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."

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 feed picky children. 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 peas can be eaten 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.”
“We had so many berries. It was
Try not to do each other’s jobs.”
Thankfully, in this part of the country,
Hownikan
Limited access to sugars in the Great
Peltier family descendant said she eats
Nine, in Oklahoma City. During a recent
She advises against attempting to
Indigenous cooking
As a chef for three decades, Citizen Potawatomi Nation tribal member Loretta Barrett Eden has spent her career
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, Eden 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 that, 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
consideration of physical activity, can reduce

“I try not to add a lot of salt through
the cooking process...Salt is a flavor
enhancer, but if it’s going to give us a kick
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 bitters and pure maple syrup
and honey, which provided 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
bitch sugar. And we used to eat the
only sweats we had. So sweet (things)
were really a treat, and it was very
seasonable when the bitters were in season. ... I
know they dried them, and that
makes them even sweetier,” Eden said.
She recommends eating “regionally and seasonally” to make healthier meals that
contain a significant amount of salts. Jones substitute over 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 food products’ 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
carrots to salad to egg salad. They also offer
cottage cheese and fruit at least once a week.
Fleeman hopes the pandemic cases
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
other important, but sometimes
overlooked part of healthy aging:
regular time for socializing.
“Maybe they don’t get the enjoyment
outside 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 about
50. 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
social distancing guidelines.
Learn more about the CPN Title VI
Program for elders at cpn.news/inset
or 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 fomok.org.
HOWNIKAN
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Staff and members of the Potawatomi Leadership Program often stop
by the Elder Center to break bread with program participants.
Veterans report

Beagle
(Hello),

I hope that the CPN Veterans who planned to attend the January CPN Veterans Organization meeting were informed of its cancelation 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 in-person. 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

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.

Meet 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.

Military Sexual Trauma (MST)
cpn.news/MST

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

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

Chaplain Services
patientcare.va.gov/chaplain

Vet Centers (Readjustment Counseling) (War Vets)
1-877-927-8587
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.

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.
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 we will have a new honor 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 the annual 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. I am excited about each year. I am excited about each 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 work for the Tribe.

Many of you have not seen the new Hardesky Road bridge that begins slightly past the exit road that leads to the CPN Eagle Arbor. The stretch of road going to the Arbor has been paved, which is a blessing. As you travel east on Hardesky Road, you will cross the 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 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 Columbium at Mission Church. The contractor is finally chosen, drawings are prepared and plans are well underway. A portion of the park for the columbium 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 interesting 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 Tribal Chairman.

My best,
Linda Capps
Vice-Chairman (Black Bird Woman)
District 1 – Alan Melot

Bazhuk 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 don’t 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 include 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 about talking about it will make it more likely. Asking someone if they are thinking about suicide actually 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 level of risk. 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 the warm line hot. 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 SAVING 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, 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 boiled Cokes in my driveway and talk about life with him remembering 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 to do it over again, I would be more assertive and ask the question: “Are you thinking about killing yourself?” I 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.

In (That’s all),
Alan Melot
Legislator, District 1
608 S. Sergeant
Joplin, MO 64801
417-312-3307
alan.melot@potawatomim.org

District 2 – Eva Marie Carney

Bazhuk nikanke (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. Hey Center for its Celebrate Anishnaabe 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 Anishinaabe spirit and that spring is coming!

Warmer weather is allowing us to convene our long-postponed meeting in Clearwater, Florida, on Saturday, April 29. All the details are included in the @D2CA@ link 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
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 in these lists, please seek them out at your local independent bookstore. Migwe’? Alternatively, you can contact me to borrow

It was my heart’s delight to celebrate my aunt and grandmother’s 95th birthday earlier this year. Agnes Wood Barron/Damen 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 Adometto/Klowwe and great-grandsons Ryan/Shkesh and Tyler/Nabdek. Migwe’? (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 Sinner, that I keep thinking about. You can hear an interview with her about her book here: cpg.new/Erdrich. A lot is going on in the novel — it’s

The Sentence or one of the other 12 Louie 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 had 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 to 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?” 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
Ojibwe/Ojindiskwe (Blue Bird Woman)
Legislator, District 2
5877 Washington Boulevard
Arlington, VA 22205
866-561-6988 toll-free
ecarney@potawatomi.org
evamariecarney.com

Agnes Wood Barron with her godchildren, Bobby Whistler, David Lavolees and Eva Marie Carney.

District 3 – Bob Whistler

Here we are in Mnihoti giizis (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 shirs and excellent jewelry. They are nice 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 of only delivering 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.

Personal COVID tests ($36)

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 when they purchased the inventory. 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 cost of a kit is only $5 due to the two sets 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 Howikan, 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 our language. Justin Neely often posts 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

Tyler (Nabdek)
Ryan (Shkesh)

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 potawatomieritage.com and viewing and using the words of the day. The Potawatomi word for today January 25 is mnekk, which means bow. 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 29 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 on the political parties. The primary election to determine who will run for office in November is coming up and while there may be a runoff needed, it will be held on May 24, 2022.

Depending upon where you live, in 2022 there will be a federal election for a 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 offices for mayor, major city council member or school board member, plus local ballot measures. You go back and forth to the January Howiikan, 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 went to the ballot. There 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 council decided they would upgrade a city park completely and tore down everything in the park. In 2022 you will have heard critical comments on the use of that money and ironically, it was from someone 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 or no change at all. You are created by your local city and county representatives as well as your school boards. You are going to the League of Women Voters website to get the pros and cons of candidates as well as other propositions. The only motivating force that these must have this organization and it is very helpful in getting you information so that you know clearly what you have voted for.

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 affect your health. One such 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 are not able to pass any markup over the cost of goods sold. A 4 percent margin or less would mean they lose money on every product sold. In most of our local sales are in this category, the company goes out of business or they leave the state and more to one that does not have this kind of tax. In either case, you have lost that business and access to their goods and/or services. I am just giving you an example to urge you to be informed on what you are voting for or against. You have to stand and you will be heard. You are voting to support the League of Women Voters website to get the pros and cons of candidates as well as other propositions. The only motivating force that these must 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 either you or your family in these situations, you need to have the proper documents in place to allow your wishes to be known electronically. It is a truly a medical, property health plus real and personal asset custody or distribution. The documents I am talking about are a living will, 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, you need to look at the contents of these documents, your family can find it very expensive and whatever you had in mind will be decided by someone else. For example, if a guardian is named, that person will control everything your family or friends have designated for you. If they do not do what you would have wanted done, they simply do not have to. If they do not do what you would have wanted done, they simply do not have to. They may do what they want with your money, but they need not do anything you would have wanted. If you have a will done, your family or friends will have a harder time getting anything if they have no documents in place.

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 assist you and am just a phone call or email away. So don’t hesitate to contact me for that assistance.
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 he 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 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 Moog, 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 initiatives 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 Trial of Death. This just happens to coincide with the next Potawatomi Trial 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

• Bark grows up to 12 inches thick
• Can reproduce either by seed or by spore

* 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 Cucuné Creek and the mountain lion was seen on Canyonside place. Raccoons, skunks, black bears, Roosevelt elk, deer, squirrels, porcupines, weasel, mink and the list goes on. The Northern spotted owl has been seen in the woods and nests exclusively in the old growth redwood forests.

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 it if you have the chance. The woods 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 reminded me of the Arizona reference to the 19 tribal nations of Arizona. There are actually 22, but I am not aware of all the differences. The Northern spotted owl has been seen in the woods and nests exclusively in the old growth redwood forests.

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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 it if you have the chance. The woods and the area is a huge step forward for the 10 tribes of California.

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isn’t yours you cannot make yours, so you must let it go. You probably have more to add to that, but I thank you understand what I’m saying. So much has been taken from our people, and it appears that some has stolen it 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, 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 overtook everything, a tree, birds and bustling little creatures in the greenery. “Well, mother, as long as someone has the opportunity to sit 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.

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Migrated:

(Thank you).

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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.

For more info visit plp.potawatomi.org.
District 10 – David Barrett

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 were 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 273 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 6,682 people; that is 2,480,380 deaths every year. If you take out all of the COVID cumulative death count as of January 31, 2022, of 970,190, you can see 1,579,190 more deaths each year than COVID-19.

If you can see, if we put this in perspective, then there has been 64 times 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! 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 eyeprodgers and nasal sprays, or made into counterfeit pills that look like other prescription opioids.

Importantly, fentanyl is also making its way into other drugs, such as heroin, cocaine, methamphetamine and MDMA. This is especially risky when people think they 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 drugs. I especially want to point out to those who date to 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 Aimee Milgrom noted a rise in fentanyl use, which she said has reached 12,000 pounds. ‘That is 27 times greater than every American “a lethal dose” of the powerful opioid, Milgrom said.

The administration is asking Congress for $11 billion in the 2022 budget to fund anti-drug programs, which would 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 is staring us in the face, you have to ask yourselves 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 whatever we do is broken, we try 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 remember the New Living Translation of Philippians 4:6-7:

"Do not worry about anything; instead, pray about everything. Tell God what you need, and He will give you all you need."

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

Migwetch (Thank you).

David Barrett
Mudibe (Sin with Spirit)
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District 11 – Andrew Walters

Andrew Walters
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HOWLIN' MARCH 2022 19
Lloyd Lambert Milot Family

Lloyd Lambert was born to Otis and Alice (Tinney) Lambert in Marlow, Oklahoma, on Nov. 9, 1933. In 1957, 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 a 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 fished all over the U.S. He later started a small 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 Women, 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 brother, Linda Warden.

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-grandchildren, Hailey Leigh and Tatum.

Mariscka Nickels Petier Family

Mariscka Nickels, 36, of Blanchard, Oklahoma, died Thursday, Dec. 30, 2021, in Newcastle. The daughter of Robert Lee 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 mechanic at Tinker Air Force Base where he worked for over 30 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.

Michael Sean Pollard Mueller Family

Michael Sean Pollard passed away peacefully in his sleep early on Jan. 9, 2022. He was born to Adri- 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.

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