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Pro-Pipe USA breaks ground at Iron Horse

Tribal leaders, congressional representatives and local officials welcomed Canadian firm Pro-Pipe USA LLC to the Citizen Potawatomi Nation in Pottawatomie County, Oklahoma, for the pipeline manufacturer's groundbreaking ceremony at Iron Horse Industrial Park.

"Pro Pipe USA's investment in Iron Horse will help to drive economic development in Oklahoma," said Citizen Potawatomi Nation Tribal Chairman John "Rocky" Barrett. "Iron Horse Industrial Park and CPN provide an excellent environment for manufacturers to produce and distribute their products. We thank Pro Pipe USA for the partnership."

"It is wonderful to be able to stand here in this spot and to think about the times the Chairman and I drove past this field and he pointed to the fields and said 'Here's what we hope to do,'" said United States Senator James Lankford at the groundbreaking ceremony.

Pro-Pipe USA LLC will operate a 50,000-square-foot production facility at Iron Horse Industrial Park located on 25 acres of land. Once at peak production, Pro-Pipe USA LLC's Iron Horse facility will employ 20 to 30 workers who will manufacture high density polyethylene pipe for the oil and gas, mining, irrigation, sewer, telecommunications, geothermal and municipal water markets.

"The historical connection between Canada and CPN is the people," Pro-Pipe USA-LLC's Patrick Lamoureux said. "This commercial trade will lead to ongoing commerce between CPN and Canada via Pro-Pipe USA LLC and its Canadian business interests."

The company's production facility is in the initial stages of construction, with CPN retaining ownership of the facility while subleasing it to Pro-Pipe USA LLC through contractual tenets laid out by the U.S. Helping Expedite and Advance Responsible Tribal Homeownership Act, or HEARTH



Oklahoma Senator James Lankford speaks during the ceremony.



Robert Wilder, Patrick Lamoureux, Chairman John "Rocky" Barrett and Dan Porodo celebrate the company's groundbreaking at the Iron Horse Industrial Park.

Act. The act restores the authority of federally recognized tribes to develop and implement their own laws governing the long-term leasing of Indian lands for residential, business and other purposes.

"Iron Horse's location is ideal for logistics, access to markets while the economic environment is ideal," Lamoureux said. "The (Oklahoma) region offers a similar economics to Canada in terms of an area that is rich in amazing people, oil and gas, and agriculture."

Pro-Pipe USA LLC expects operations to begin by summer of 2020, including expansion with its affiliate partners, thus creating additional employment.

"We can never predict the weather, but Pro-Pipe USA LLC will be producing their pipeline products within the next year," CPN Economic Development Director James C. Collard said. "This is not the only great news, as many know that one manufacturing job tends to support and multiply three or four outside jobs as well."

The industrial park has been in consideration for several years and first saw significant progress when a 2008 independent feasibility study indicated the park was worth pursuing. The feasibility study was followed by a detailed econometric analysis by Professor Joseph Kalt of Harvard University, which revealed an industrial park would have a significant economic impact on the region.

Those studies served as the basis of the Tribe's application for an Economic Development Administration grant. In 2011, CPN was awarded a \$1 million EDA grant to build infrastructure to support development of the industrial park.

By developing Iron Horse Industrial Park as a destination for manufacturers and those participating in international trade, CPN looks to increase its ability to be a job creator and supporter in east central Oklahoma.

"The vision for this park has really been a driving force to say 'Why couldn't we do international commerce right here?'"

And the answer is, you could, just no one has," said Lankford. "So to be able to open this park up, let's get rail line to it, let's start this vision, start employment in this area and let's have the vision of what we're doing here reach out across the entire globe, it's now begun."

Iron Horse's success is critical to the re-opening of the line, which can provide an east-west connection of four major north-south rail corridors to significantly enhance regional commerce.

Senator Lankford noted that the Iron Horse opening would be an anchor for development along the rail line that runs into southeast Oklahoma. The industrial park's northern border touches the North Canadian River, where a rail bridge washed out in 1994 before AOK-CPN and federal partners worked to re-open it in 2013. Then-Congressman Lankford was on hand for that commemoration ceremony just a few hundred feet from where Pro-Pipe USA's groundbreaking took place.

"For decades we have hoped to be able to get back across that river again to be able to re-establish commerce for all of southeast Oklahoma," Lankford said. "But no one could get it done until this Tribe, AOK and our team stepped up and worked with the corps of engineers and said 'let's figure out how to get it done' ... To this tribe, thank you for what you've done."

Iron Horse is a general-use industrial park located on the national rail line network in the center of the United States. It consists of a 400-acre site of Native American trust land owned by the Citizen Potawatomi Nation, located 35 minutes east of Oklahoma City and is a satellite site of Foreign-Trade Zone #106.

The well-planned layout of the park provides tenants with direct access to both rail and the U.S. highway system. The industrial park is less than 10 miles from Interstate 40 and within two miles of U.S. 177. Its midwest location on Native American trust land financially supports tenants. ♣

House of Hope offers parenting classes

By Kayla Woody, House of Hope Prevention Specialist

As we all know, parenting can be incredibly challenging and difficult to master. We live in a demanding society with many distractions, and our tasks are never ending. Parents want what is best for their children, but knowing how to provide that sometimes can be tough. At the House of Hope, we offer parenting classes, at no charge, to those in the community who either need or desire such training.

Deciding to take a parenting class doesn't mean you're a bad parent. It shows you care about your family and the future of your children. On top of all that, parenting classes also give you an opportunity to connect with other parents who are most likely going through a lot of the same experiences as you.

At the end of the eight-week course, participants will receive a certificate of completion with no test requirements. Since these classes do last several weeks, participants have the time to put into practice what is being taught. All classes occur at the House of Hope's main location at 1310 S Gordon Cooper Drive in Shawnee.

The class goes over many different topics and can be helpful for parents or guardians with children at all stages of adolescence. The topics covered include child development stages, family communication, sensible discipline, self-care for parents and problem solving. Each class also will cover skills like positive encouragement, active listening, time management and setting limits.

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CITIZEN POTAWATOMI NATION HOUSE OF HOPE
DOMESTIC VIOLENCE PROGRAM 405.275.3176

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It is a group-like structure that allows everyone to discuss strategies with others because no two children are the same.

As a domestic violence prevention program, our main focus is to help those who find themselves in an unhealthy or abusive relationship. In these types of situations, the ones affected by the abuse the most are the children. We

incorporate information and skills into these classes to help parents or guardians who struggle with these types of situations. It is important that we break the cycle of domestic violence at a young age. With these tips for effective parenting and many more, you will be sure to make parenting decisions with confidence when confronted with difficult situations at home.

Those interested in taking the class or who have questions, please feel free to contact our Prevention Specialist, Kayla Woody. If you or someone you know is experiencing intimate partner violence, sexual assault, or stalking and would like more information, please contact House of Hope at 405-275-3176 or visit us online at facebook.com/cpnhouseofhope.

Maintaining Diabetes

By Holliann Burnett,
Public Information Intern

Whether intended or not, Diabetes Awareness Month falls right on the American calendar of large autumn gatherings, where food, fun and festivities are the norm. These occasions can lead to unhealthy meals and practices that can increase the likelihood of preventable diseases, like diabetes. Twice as common among American Indians and Alaska Natives as the general population, almost 17 percent of Indigenous adults in Oklahoma are diagnosed with the disease. On Nov. 14, 2019, also known as World Diabetes Day, health and wellness professionals like those at the Citizen Potawatomi Nation Diabetes Initiative encourage the public to understand one of America's most common diseases.

What is diabetes?

Diabetes occurs when your blood sugar is too high. People with diabetes either do not produce insulin, do not make enough, or do not process it correctly. The most common types of diabetes are Type 1, Type 2 and gestational diabetes. When someone has Type 1 diabetes, their pancreas does not produce insulin, which is needed to convert food into energy for the body. According to the American Diabetes Association, 1.25 million Americans have Type 1 diabetes, and 40,000 people will be diagnosed with it this year.

Type 2 diabetes is when your body does not use insulin properly, which is more common.

Gestational diabetes occurs in some women who are pregnant. A majority of the time, this type of diabetes ends after pregnancy, but it does cause a greater chance of developing Type 2 diabetes later in life.

Is diabetes preventable?

Type 1 diabetes is not preventable and typically occurs in children

and young adults. According to the National Institute of Diabetes and Digestive and Kidney Diseases, Type 2 diabetes, which typically occurs in middle-aged to older people, is largely preventable by maintaining one's weight, living an active lifestyle, eating a proper diet and not smoking.

What is pre-diabetes?

Pre-diabetes is when one's blood sugar levels are higher than normal, yet not high enough to be considered diabetic.

Someone diagnosed with pre-diabetes is not guaranteed to develop Type 2 diabetes if they focus on losing weight, eating healthy and staying active.

What can one do to live healthier if they have diabetes?

Taking your medication — even when you feel good — is crucial for those who have diabetes. Implementing daily exercise or just finding an activity you enjoy doing to get you moving will also help those with diabetes to live healthier. Another vital way to live healthy with diabetes is to eat healthy and find a diet that works for you.

Where can one find support at CPN for those who have diabetes?

CPN offers the Diabetes Initiative Program to prevent amputations, kidney failure, blindness and heart disease in those diagnosed with diabetes. CPN also offers a Beginning Education About Diabetes class consisting of five sessions that provide information about the disease and management tips to those recently diagnosed. For those close to Tribal headquarters near Shawnee, Oklahoma, you can visit FireLake Wellness Center. For more information about the CPN Diabetes Initiative, visit cpn.news/diabetesinitiative or call 405-395-9304.

Broadband expansion in Indian Country continues to lack support from federal agencies

Prior to Congress' most recent recess, the U.S. Senate Indian Affairs Committee held hearings on the results of a November 2018 Government Accountability Office report showing the dire situation of broadband internet access in Indian Country. Senators from both sides of the aisle criticized officials from the U.S. Federal Communications Commission for doing little to remove regulatory barriers to investment.

Senate Committee on Indian Affairs Chairman John Hoeven (R-N.D.) and Vice Chairman Tom Udall (D-N.M.) pressed the agency for lacking clarity on resolutions as well as the absence of progress even after many Indian communities around the country have identified specific proposals to the challenges they face in getting broadband.

"Tribal nations are not getting the broadband services they need, and they want the FCC to aggressively move to correct that," Senator Udall said in a release after the hearing. "By making the finding that broadband service is being provided to all Americans, including residents located on Tribal lands, in a 'reasonable and timely fashion,' the FCC has shirked its statutory obligation to take immediate action to accelerate deployment of advanced telecommunications capability in rural areas like much of Indian Country."

The 2018 Government Accountability Office report stated that there was a 27 percent difference between Indian and non-Indian communities in terms of access to broadband service. That means an estimated 35 percent of Americans living on tribal lands lack access to broadband services, compared to 8 percent of all Americans.

Given there are more than 500 federally recognized tribal nations across the U.S., challenges serving the numerous communities can vary. As the GAO report stated, "Tribal land locations can range from extremely remote, rural locations to urban areas. ... We



Oklahoma Senator James Lankford speaks during the Committee on Indian Affairs hearing on "GAO Report on Tribal Access to Spectrum" in September 2019. (Photo courtesy of U.S. Senate Committee on Indian Affairs)

previously reported that tribal lands can have conditions that increase the cost of broadband deployment, such as remote areas with challenging terrain, which increases construction costs, as well as relatively low population densities and incomes that make it difficult to recoup deployment costs."

Tribes in Oklahoma, though not as geographically isolated as other parts of the U.S., face similar challenges. Most of the state's federally recognized Native nations are located in rural areas. On the one hand, large enterprises like the Grand Casino Hotel & Resort and the FireLake Complex do have broadband capabilities.

"When I first became employed with the CPN IT department in 2005, the internet services for the entire Tribal complex was 4.5 Mbps," said CPN Information and Technology Director Christopher Abel. "Today, we have a 1 Gbps connectivity line and are working on gaining a second for redundancy. The increases show the Tribe has grown and needed to improve the services they have, but also that the surrounding

area to FireLake was ripe with business. That internet service providers in the area saw a reason to increase what services they could provide as well."

Today, there are four internet service providers available at CPN's FireLake complex south of Shawnee, Oklahoma, compared to a single one servicing the area nearly 15 years ago. Abel says that had the Nation not grown, the area's internet services would likely have remained as they were then.

More rural parts of Pottawatomie County, however, do not have the same access.

"There are one or possibly two internet service providers when you begin to look for them south of Tecumseh," Abel said. "In Wanette, AT&T is the only internet service provider that I am aware of. If the Tribe's presence south into the more rural areas grows and indicates that business and population is going to increase as a benefit of that expansion, we could see greater forms of internet and telecommunication services become available there."

As the GAO report noted, "Internet access in the United States is generally privately financed. Broadband providers build infrastructure and sell broadband services to individual consumers." Yet, in Oklahoma especially, tribal nations like CPN try to step in where federal, state, local and private industry have been unable to go.

In 2016, the IT Department helped build and develop Wanette Public Schools' internet infrastructure. Initially meaning to simply install wireless routers on the schools' existing internet system, technicians quickly realized restructuring the Wi-Fi network was necessary. Abel was a part of that effort.

"We helped the Wanette school system improve their wireless network systems, which also prompted them to improve their overall bandwidth availability from their ISP," Abel said. "The CPN IT Department, along with the Citizen Potawatomi Nation administration, decided that with the Tribal members in the area, it was a good idea to help improve these services."

Given the slow pace of change from federal entities like the FEC and the lack of investment incentives for private industry, the only solution that may remain is for the tribes across the country to chip away at the bureaucratic and regulatory mess that hinders broadband access in Indian Country.

"CPN IT and the Office of Self-Governance are always looking for ways to improve broadband infrastructure in our jurisdiction," Abel said. "There are often programs or grants that are available for application that deal with broadband services in rural areas, and we evaluate those as we discover them." ♠

Better journalism about Indian Country begins with local schools and education

By **Graham Lee Brewer**

As a student at Norman High School in the late '90s and early 2000s, it was easy to feel overlooked. There weren't many other Native kids in my classes, and I certainly don't recall ever having a Native teacher. But it was a more insidious absence that troubles me most today.

Something I say a lot when talking about the work we do at the Native American Journalists Association, where I am a board member, is that we are trying in part to make up for the gross inadequacies of our public education system. I recall my high school Oklahoma history class began with the Land Run, effectively erasing the multitudes of Indigenous cultures that predate the state. And, unsurprisingly,

this omission also meant no discussions about colonization or genocide.

For the past two years, I have been training newsrooms across the country how to report ethically and responsibly about Indian Country. From the L.A. Times to the New York Times and several NPR stations in between, I have worked with everyone from cub reporters getting their start at a small-town station to investigative journalists at some of the most prestigious newspapers in the country. One thing I've come to realize is that until we start teaching Indigenous histories in the classroom, American newsrooms will continue to misunderstand us.

From polls at national papers that attempt to justify the use of racial slurs

as team names to political coverage that downplays or omits the voice of Indigenous peoples on the issues and topics that affect us the most, there is no shortage of poor and unethical coverage of Indian Country. In fact, it often seems like the rule not the exception when non-Native reporters parachute into our communities. And while that is changing, there is still much more work to be done.

Until our public schools begin properly retelling history or confronting the ugly parts of how this country came to be, we at NAJA seek to help as many Indigenous journalists as we can get into those newsrooms, from local papers to national broadcasters. Studies have shown that less than 0.5 percent of employees in newsrooms across the country are Indigenous. One of our

goals is to raise that to 2 percent over the next 10 years, something we think is achievable with tribal support.

Journalism has long been an integral part of many of our tribal nations. My tribe, the Cherokee Nation, has been printing newspapers longer than both the Washington Post and the New York Times. Ledger artist Silver Horn documented the history of the Kiowa Tribe on buffalo hide, and Cheyenne prisoners did the same on ledger paper. We as tribes should inspire our Native youth to take up this mantle, to become journalists and be the next generation of our storytellers. Encouraging our youth to be part of NAJA's 2 percent goal does more than help make coverage

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Grant improves 911 call center serving Pottawatomie County

Citizen Potawatomi Nation operates a Tribal police department and 911 call center, which provides 911 services for most of Pottawatomie County. The call center serves every entity except the City of Shawnee and REACT — which have their own system — fielding 911 calls and dispatching emergency services, including police and fire departments to surrounding rural communities.

With the advent of smartphones, technological upgrades to 911 software and hardware are becoming an essential component of emergency response. Recently, the U.S. Department of Commerce and the U.S. Department of Transportation named CPN a recipient of 911 Grant Program funds, assigned for improvements to the county system.

“911 is a service upon which people’s lives depend,” said Brian Scott, grants coordinator for the CPNPD. “So, anything that improves that is important.”

Both CPN and Prairie Band Potawatomi Nation in Kansas received funds, the

only two tribes in the United States listed as program awardees. CPN plans to implement two upgrades with the \$13,200 to ensure the equipment and employees will meet upgraded standards.

“All of the equipment we have right now is what you would consider Next Generation 911 capable. That said, in order to become Next Generation compliant ... some of them require software upgrades or additional peripheral equipment to be able to work,” Scott said.

NG911 uses modern technology to improve response times and accuracy of information for first responders with cellphone location tracking and exchange of text messages, photos and video between operators and callers.

“Both of them really are to prepare us for a transition to Next Generation 911. If we are compliant when Oklahoma turns on the Next Generation 911 system, we will be able to transition over almost immediately,” Scott said.



Upgrades to the CPN 911 call center ensure its compliance with upcoming Next Generation 911 standards.

Agencies across Oklahoma received 911 Grant Program dollars as well. Many public safety answering points (PSAPs) in the state need updates to comply with the new digital system. There is no assigned date for a switch to IP-based technology.

Two updates

Remaining up to date means providing the best public service to citizens in the surrounding communities.

“The other thing — and this is probably the more important aspect to that particular upgrade — is that it allows us to have diversified data pathways between the PSAP and the main office downtown,” Scott said.

“It significantly reduces the single points of failure in the system, and therefore protects the interests of the people who rely upon us.”

The first upgrade includes new server software used by operators. It ensures

seamless digital communication with the statewide 911 system located in downtown Oklahoma City as opposed to the current physical network connections: essentially, analog to digital. This ensures when the statewide system transitions to an IP-based format, the Tribal PSAP can switch along with it, meaning no lapse in services.

The second upgrade allows the equipment’s voice and data recorder to accept and automatically create files of text messages and video calls, an important aspect of compliance with NG911 standards.

“They’re relatively modest upgrades, but the fact that relatively modest upgrades get us to where we need to be is a testament to just how much work has been put into it already,” Scott said.

For more information about the Citizen Potawatomi Nation Police Department, visit cpn.news/police. 🔥



The Citizen Potawatomi Police Department fields 911 calls and dispatches emergency services to communities in Pottawatomie County outside of the City of Shawnee’s jurisdiction.

Untreated stressors can cause physical ailments

By Lenzy Krehbiel-Burton

Student loan debt.

The job market.

Headlines.

Pick a reason, and you have found a stressor for at least one 20 or 30-something.

Millennials — adults born roughly between 1982 and 1996 — and their older siblings in Generation X are consistently identified as more stressed out than their parents’ and grandparents’ generations.

In a study published in 2018 by the American Psychological Association, participants across four generations were asked to rank their stress levels in the last month on a scale from 1 to 10 with 10 meaning “a great deal of stress.” On average, millennials self-reported their stress level at a 6, compared to 5.8 for Generation X, 4.3 for baby boomers and 3.5 among elders born prior to 1946.

Millennials’ self-reported stress rates were even higher among women and LGBTQ and disabled individuals.

Constantly staying stressed out can negatively impact the body across multiple systems.

For example, produced by the adrenal glands atop the kidneys, cortisol is one of the hormones released as part of the body’s acute stress response, or the “fight-or-flight” reaction. When released, it floods the body with glucose in order to enable larger muscles to either actively respond to a situation or evade it as quickly as possible. It also inhibits the production of insulin, which can lead to high blood sugar levels — and a higher risk for Type 2 diabetes — if a person’s cortisol levels are continuously elevated.

Cortisol also narrows the body’s arteries in an effort to facilitate an increased heart rate and get enough oxygen through the blood stream during that fight-or-flight reaction. If a person’s body is frequently coursing with cortisol, that combination of constricted arteries and high blood pressure damage blood vessels and speed up plaque buildup, thus setting the stage for a heart attack.

Stress can also impact the body’s relationship with food by inhibiting nutrient absorption, which over time, can lead to deficiencies and additional health problems.

For example, iron deficiency anemia, the world’s most common nutrient deficit, is when the body does not get

enough iron to allow it to produce hemoglobin. That in turn, limits the production of red blood cells, which means less oxygen is carried throughout the body leading to faster body fatigue.

Over time, the heart’s additional burden of working harder to make up for insufficient hemoglobin can lead to cardiovascular problems, including arrhythmias and even heart failure.

Along with the potential for IBS, stress is known to either quash a person’s appetite or make it spike, potentially leading to an unhealthy diet thanks to comfort eating or binge sessions.

A Creek and Seminole resident of Oklahoma City, 35-year-old Ashley Morris is an older millennial. She describes her life as fairly stressful due to her management position at a local cellphone store. She oversees four full-time employees and one part-time worker, and with the office short-staffed by two positions, everyone is having to pick up extra slack.

“I work in sales in a commission-based environment as a store leader,” she said. “It can be stressful trying to meet monthly goals while managing a team to boot.”

Along with regularly baking gifts for friends and family, Morris handles her stress through exercise.

Multiple studies have shown that getting in 150 minutes of exercise over the course of one week improves stress levels by reducing the amount of cortisol and adrenaline in the body. It also facilitates the production and release of endorphins, a brain chemical that serves as the body’s natural mood elevator.

Along with exercise equipment, CPN’s FireLake Wellness Center offers daily aerobics classes. Similar stress-busting opportunities are available through the urban clinics in Tulsa and Oklahoma City.

However, rather than yoga or Zumba, Morris takes out her stress on an ice rink with a local curling club. She said both the exercise and the social interaction that come with curling help her decompress after a stressful day at the office.

“I’m a huge fan of team sports, and curling is definitely physically challenging,” she said. “I grew up playing softball, so anything that involves a strenuous workout is great. I’m not a runner, so when it comes to working out, it’s curling for me.” 🔥

Invasive species management protects land for future generations

Due to the destructive behavior of wild boar — accounting for more than \$1.5 to \$2.5 billion in agricultural-related damages annually — the United States Department of Agriculture defines it as an invasive species. Three miles east and 3 miles south of Asher, Oklahoma, on the southern end of Citizen Potawatomi Nation’s jurisdiction sits a round, 15-foot-radius steel-crafted feral hog capturing device. The trap, overseen by CPN’s Department of Real Estate Services Conservation Law Enforcement Officer Eric Reed, assists population control efforts across the Nation.



CPN Conservation Officer Eric Reed investigates trails carved out by feral hogs on CPN trust land near Asher.

“That’s why farmers hate them is because they can tear up crops so quickly, and because they poop and pee in the water, it contaminates the water and can make your animals and farm animals sick,” Reed said.

CPN efforts

For the past several years, the Tribe’s realty department has set up a 15-foot-radius cage trapping system in southern Pottawatomie County. It includes 12 panels that bolt together, forming two circles to manage the feral hog population.

They are most active on CPN land from fall to early spring. Before the 2019-2020 season began, Reed set out cameras to determine the most advantageous location. The Department of Real Estate Services operates the battery-run device and cameras via a cellphone application, so finding a location with ample service is key to a successful season.

“When you come across land the hogs have been on, it looks like a bomb has exploded,” Reed said.

Due to policies throughout CPN’s history in Oklahoma, like allotment, most of the Nation’s original jurisdiction is not owned by the Tribe. As original allotments become available, CPN’s Department of Real Estate Services tries to purchase the land. The Nation has reclaimed thousands of acres throughout Pottawatomie, Oklahoma and Cleveland counties since the 1970s.

With more than 20 years of law enforcement experience at CPN as a Tribal police officer and conservation officer, Reed is proud of his work to serve the greater community. As a citizen of the Cherokee Nation, he grew up learning the importance of respecting the land and its finite resources. Since childhood, he dreamed of becoming a game warden.

When his current position at the Nation became available, he applied immediately.

As the Nation’s conservation officer, Reed checks on all CPN-owned land to ensure mineral extraction is not polluting the area and no poaching is occurring. He also regularly inspects the Nation’s feral hog trap and averages more than 100 miles per day driving to all the Nation’s properties.

Damages

Although hogs have called North America home for hundreds of years,

they are not native to the continent and have no natural predators.

“If you go back in history, they came from Europe. They brought pigs over with them, and they just let them run loose,” Reed said. “It’s gradually grown up from there, and some was livestock or pigs getting loose.”

Swine have a relatively short reproduction cycle at only three months, three weeks and three days. With an average of one to 12 piglets per litter, managing feral hog populations can prove difficult. In the 1980s, the USDA estimates only 17 states had feral populations, whereas today, the species has expanded to at least 35 states.

“Ever see what an armadillo does to your yard? They make little, tiny holes that kind of have dirt up around it. Now imagine that armadillo being about 300 pounds,” Reed said.

Due to their keen sense of smell, hogs can recognize potential food sources up to 10 feet underground.

“They get down in and root the dirt, taking all the roots up, and they can do 20 acres in a night. And it can be anywhere from an inch deep to 4 to 5 feet deep,” he added.

Feral hogs also carry more than 30 diseases and 37 parasites that can infect other wild animals, humans and livestock.

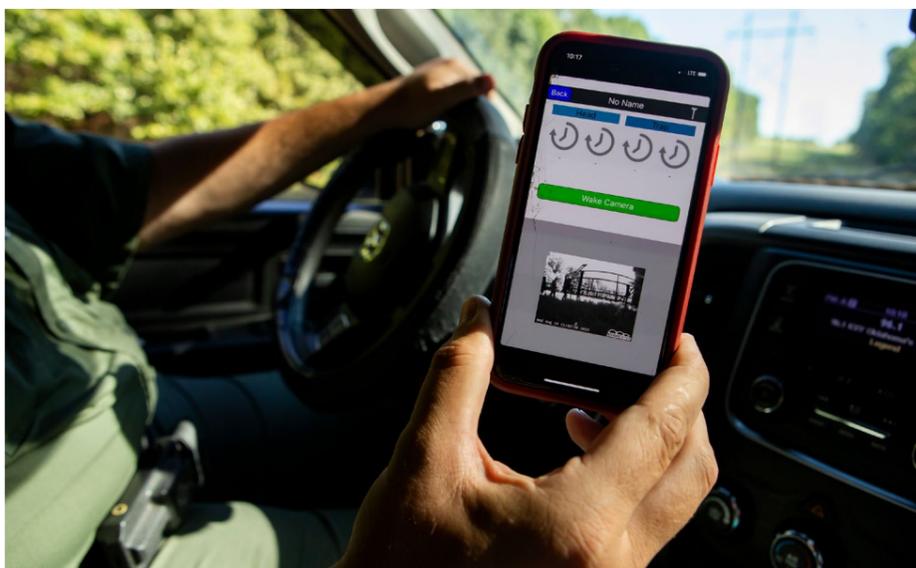
“Every time it gets a signal, it sends us a text message saying ‘motion detected on your camera,’ and you log into your account, pull up the camera feed, you can see what’s in the trap. It could be birds, turkeys; it could be deer, whatever activates that sensor,” Reed said.

Reed has a love-hate relationship with the technology that runs the trap. Since it operates through cellphone service, and because of the rural nature of southern Pottawatomie County, a delay sometimes happens between real-time and the digital feed. A few seconds can mean the difference between success and failure.

“You don’t want to use it to catch one or two pigs,” Reed said. “You want 15 to 20, and it could probably catch up to 30 pigs at one time.”

When feral hogs are active, Reed places corn in the center of the trap’s ring as bait. Its open design allows the swine to enter from any side of the circle. Once inside, Reed can choose to drop the outer ring and capture the wild hogs.

Reed hopes his work makes an impact on this invasive specie’s population across CPN’s jurisdiction. Stay up to date on the Department of Real Estate Services’ efforts to conserve and reclaim CPN land at cpn.news/dres.



A cellphone application allows CPN employees to activate the feral hog trap anywhere at any time.

Margaret Zientek named 2019 AARP Oklahoma Indian Elder honoree

This year, Workforce Development & Social Services Assistant Director Margaret Zientek became the 14th Citizen Potawatomi Nation member named an AARP Oklahoma Indian Elder honoree. Recognized for their contribution to and sustainment of their tribes, 52 recipients received their awards during a banquet at the National Cowboy & Western Heritage Museum in Oklahoma City on Oct. 1.

In a press release, AARP Oklahoma State Director Sean Voskuhl said, "This event celebrates a lifetime of service from these distinguished elders who have positively impacted their community, family, tribe and nation. For some, their service is well-known and well-documented, but others shy away from recognition as they quietly exhibit devotion to their communities."

After more than two decades, Zientek's labors of love vary across a wide variety of services and purposes. She began working for CPN in 1997, searching for a job in the area following a move back to Shawnee, Oklahoma. Serving family and other Native Americans in the Workforce Development & Social Services Department quickly became a career focus.

In the late 90s, the Tribe completed the certification process to administer funds and services via the 477 program, which lifts some of the federal budgetary restraints and allows CPN



Dr. Catherine Alicia Georges, AARP National Volunteer President, Teewanna Edwards, AARP OK Executive Council member and Mashell Sourjohn, AARP OK Associate State Director Outreach present Margaret Zientek, Citizen Potawatomi Nation, with an Indian Elder Honor medallion. (Photo by: Jerry Hymer Photography)

to provide education and professional assistance to Native Americans within its service area. Developing that program from the beginning into the Workforce Development & Social Services department remains one of the biggest accomplishments of her time with the Nation.

"I believe in what I'm doing," she said in a *Hownikan* interview. "I believe in helping people get a job."

Since then, she has also fought for the larger Native American community by addressing Congress and providing a tribal perspective on the importance of 477 programs and their impact throughout the United States. She regularly advocates for tribal self-governance and the rights of Native nations to use that funding as they see fit.

AARP recognized Zientek for not only her contributions as an employee

but also as a leader in Tribal culture and mentor. A descendant of the Pecore family, her grandfather served as Tribal chairman decades ago, and she grew up around CPN lands. Zientek's brother and daughter also work for CPN as department heads.

Many younger Potawatomi know her as "Mama Z." Each summer, she lives with the new Potawatomi Leadership Program class and serves as their House Mother. Zientek teaches the 10 college students how to cultivate their Indigenous identities and become more connected to the Tribe during their intense six-week internship.

She commits herself to CPN 24/7.

Joining the over 500 AARP Oklahoma Indian Elder alumni is only a small *migwetch* (thank you) to Zientek. Her name is now listed next to Chairman John "Rocky" Barrett and Vice-Chairman Linda Capps as a few of the many deserving Citizen Potawatomi bestowed the honor.

For more information on Workforce Development & Social Services, visit cpn.news/workforce. Read more about the Potawatomi Leadership Program at cpn.news/plp.

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Honoring those who came before

Many opportunities to participate in Potawatomi culture and heritage exist in daily life, special occasions, holidays and more. *Nishnabé* revere their ancestors, and ceremonies help honor Potawatomi from the past. Traditional spirit plates remember those who came before. However, like any ceremony, the practices vary, and individual families and communities may have different approaches.

“Food is a precious commodity. It keeps it all relevant for us, and in today’s society, we can sometimes take that for granted,” said Justin Neely, Citizen Potawatomi Nation director of language. “In the past, food was very special, especially during wintertime when food was sparse. Taking a little bit of your food and putting it aside, it helps you remember that you’re part of something much bigger and that there’s a connection.”

During special meals or feasts, one Potawatomi tradition that honors ancestors includes setting aside small portions from each prepared dish and placing it on a plate or on a piece of birch bark.

“With a spirit plate, you are feeding your ancestors; you are feeding those who have passed on,” Neely explained.

After plating the food, some will offer *séma* (tobacco), and then set it into a fire or safely outside.

“If you’re going to put it out somewhere, don’t put it where there is a lot of traffic,” Neely said. “They say to never put your tobacco down somewhere that somebody is going to walk over it, if you can help it.”

In certain communities, maple water is also used. While making a spirit

plate can occur during any time of the year, traditionally, Potawatomi believe the spirits sleep during winter.

“It doesn’t have to be elaborate, and it can just be something that is part of the meal,” Neely said. “Perhaps you’ve made a nice meal and maybe you make an extra dish that your grandma or grandpa liked, and you put that on a plate for them.”

While many prepare a spirit plate within specific periods after a loved one has passed, other instances spur *Nishnabé* to honor their ancestors as well.

“We’ve always paid a lot of attention to our dreams. They say if you dream about somebody that’s passed on, it’s an indicator that maybe you should make a spirit plate for them and that they are hungry,” he said.

Potawatomi respect food at all times, but during ceremony, *Nishnabé* people incorporate additional mindfulness.

“We treat it differently than a buffet,” Neely explained. “You only take a little bit of each because if it is ceremony, you are expected to eat everything on the plate. You want to make sure you eat everything and don’t waste.”

Jibakwe

A *jibakwe* (ghost supper) is another way *Nishnabé* show ancestral reverence, usually a year after the individual’s passing, but this ceremony can also occur as part of the funeral or memorial service. Regardless of time of year, sharing dinner together serves as the central focus.

“Maybe they loved liver and onions, so they’d prepare liver and onions as part of that meal. And as part of that



Food offers an opportunity for thankfulness and remembering Potawatomi ancestors.

ceremony, a lot of times people will make a spirit plate,” Neely said.

Many *Nishnabé* communities use a *jibakwe* to recognize those who take on the duties of the individual who passed away.

“As part of a *jibakwe*, or ghost supper, they can have a seat prepared where the person would have been if they were alive. They might even put a dish there and a blanket,” he said. “Sometimes people will ... invite that person to take on that role in their family as their mother or their grandmother. They’ll give them gifts and let them stand in, if you will, for that person, both in that moment but also maybe further on.”

Being mindful of directions is another tradition incorporated by many. For example, entering and leaving from different doors.

“They say that so the spirit doesn’t follow you back in,” he added.

One Potawatomi word for ancestor — *yankobjegen* — translates to “tying together” and helps symbolize the deeply rooted respect *Nishnabé* hold for the wisdom, direction and sacrifices of the generations that came before that allow the Potawatomi to thrive today.

“Because you’re tying people together across the generations, and even the way we live our lives, everything we do, every big decision we make, we think about how it’s going to affect the next seven generations but also how it’s going to honor and respect the seven previous generations,” Neely said. “It shows that it isn’t as simple as the here and now. You have to think about the past and remember the past while moving forward at the same time.” ♠

Veterans report



Bozho
(Hello),

The U.S. Department of Veterans Affairs has made it possible to join the Million Veteran Program online as part of their effort to improve the lives of veterans through health care research and innovation. Nationally, veterans are volunteering to join with MVP to help the VA research and study how genes affect the health of veterans. This joint effort has already resulted in a number of important scientific publications increasing the knowledge of conditions that affect veterans’ health, and they expect this resource to continue to prove its value over the coming years.

According to a recent VA press release, “Veterans currently enrolled in VA care can use their existing VA credentials to securely log in to MVP Online to view their personalized dashboard and

learn more about the program. To partner with the MVP, Veterans can use the online portal to complete the consent process, allow access to health records (for research purposes only), answer surveys about their health and lifestyle and schedule an MVP visit at a participating VA site to provide a blood sample. The VA is currently piloting ways to make the MVP sample collection more convenient for Veterans who do not live near a participating VA site.

“MVP helps researchers better understand how genes affect health and illness, which may help prevent illnesses and improve treatments of disease. Research using MVP data is already a part of more than 30 VA projects, including efforts focused on understanding the role of genes in PTSD, diabetes, cancer, heart disease and suicide. ... This research is helping the VA to better understand the role genes play in many common

illnesses, especially those illnesses common among combat Veterans.”

October is National Domestic Violence Awareness Month

As noted in a recent VA press release, “The VA reminds Veterans nationwide that VA’s Supportive Services for Veteran Families and Grant and Per Diem provide housing and other services for Veterans experiencing domestic violence and intimate partner violence ... Intimate Partner Violence Assistance Program will gather with internal and external national partners to help promote the department’s mission to foster healthy relationships and safety.

“VA recognizes the impact domestic violence has on Veterans and their families and is committed to raising awareness about this serious problem,” said VA Secretary Robert Wilkie. “We want to remind Veterans in these tough situations they are not alone, and that VA is here to help them access safe, stable housing and supportive services.”

“Veterans losing their housing because they are fleeing domestic violence are eligible for SSVF rapid rehousing, which is an intervention designed to help homeless Veterans and their families quickly access permanent housing. The GPD program provides housing and supportive services to help homeless Veterans achieve residential stability,

increase their skill levels and incomes and achieve greater self-determination.

“In 2017, Public Law 114-315 expanded eligibility for participation in the SSVP and GPD programs by broadening the definition of homeless to include any individual or family fleeing or attempting to flee domestic violence, dating violence, sexual assault, stalking — or other situations making it dangerous to remain in the home — which include situations that jeopardize the health and safety of children.”

Remember, the CPN Veterans Organization meets every month on the 4th Tuesday at 6 p.m. (or as soon as you can get there) in the North Reunion Hall on the Potawatomi Powwow Grounds. All CPN and spouse veterans and their families are welcome. A meal is provided.

Migwetch
(Thank you),

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

CPN VA Representative:
Andrew Whitham

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

918-397-2566 ♠

CPN members serve as Tribal health care providers

As Citizen Potawatomi Nation's health services grow, the need for professional care providers expands as well. The Tribe now operates two clinics, an urgent care facility, pharmacies and an imaging center and specialty clinic. Several CPN doctors and medical practitioners choose the Nation as their employer to serve other Native Americans.



Kassi Roselius, M.D.
Medical Professional Director,
Public Health Coordinator
and West Clinic provider

Vieux family descendant Dr. Kassi Roselius attended both the University of North Dakota Health Sciences and the University of Oklahoma, graduating with her M.D. in 2012. Roselius chose medicine because it brought together her love of science with a way to help others. CPN's Dr. Adam Vascellaro recruited Roselius to come work for the Nation in 2016. She accepted the offer as a way to care for family and bridge a gap in health care. "What better opportunity than to serve your own Tribal members?" she asked.

Over the last three years, Roselius watched the CPN health care system grow. She believes its continuity is one of the most memorable and impressive things about it. The Nation offers medical laboratory testing, imaging, physical therapy, optometry, dental, nutritional and pharmacy services, all in one place, which allows for seamlessness and transparency between departments and doctors. Throughout her time at the West Clinic, she learned serving others builds a base for the broader Potawatomi culture. Roselius proudly contributes to what she describes as "excellent health care services" every day.



Megan Wilson, M.D.
West Clinic provider

Dr. Megan Wilson completed her residency at the University of Knoxville

in Tennessee in 2017, specializing in family medicine. She began working for CPN afterward, spending the last two years assisting Tribal members and other Native Americans. Wilson wanted to become part of what she calls an "incredible organization" and to live close to family.

"I was so impressed with what great quality care CPN was able to provide," she said.

Wilson's parents worked in health care as well; however, she remains the only one of her siblings to continue into the field.

"Family medicine combines my passion for science and getting to know patients," she said. "I enjoy being able to guide patients on their health journey, helping them through their medical conditions and also celebrating their successes when they have beaten a disease."

Despite growing up relatively close to CPN in Choctaw, Oklahoma, Wilson increased her involvement as an Ogee family descendant since working at the West Clinic. She learns from others daily and sees their passion for the community and its future, which she brings into her practice.



Patrick Kennedy, M.D.
East Clinic provider

Dr. Patrick Kennedy completed his doctorate at the University of Oklahoma College of Medicine in 2015. He views his career as a way to fill a void for others who require restorative attention and have an "impact on the whole person." He began as a staff physician at the CPN East Clinic a little more than a month after completing his residency with INTEGRIS Health in June 2018.

He sought out working for the Nation after receiving help throughout his education.

"It was important to me to try to give back to the Tribe and pay it forward," he said.

As a Peltier descendant, he enjoys the Tribe's intimate ambience as well as seeing familiar faces when he visits other businesses and departments. He described CPN Health Services as "the most comprehensive care system I have ever seen."

"Health care is a team effort. I see myself as a quarterback for people's health. My job is to identify the problem and design the health care plan, but the patients and I rely on so many other people to implement that plan and make it happen," Kennedy said. CPN provides all the pieces needed.



Destiny Mitchell, APRN
Family Nurse Practitioner

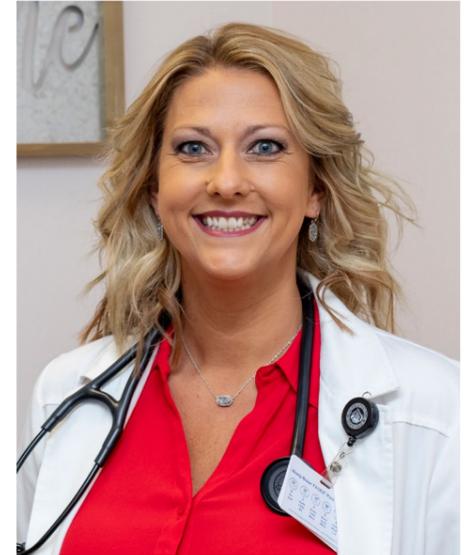
Destiny Mitchell is an advanced practice registered nurse and certified nurse practitioner. As a descendant of Therese Bennett, she kept other Tribal members at the forefront of her career goals.

"I have been a patient with CPNHS for as long as I can remember and live locally and knew this would be a great place to work," she said.

Mitchell grew up in Shawnee, Oklahoma, and graduated from Shawnee High School. She received her Master of Science in nursing from Graceland University in Iowa. Before accepting her current position, Mitchell worked as an intensive care unit and operating room nurse, taught clinical rotations for Gordon Cooper Technology Center and worked as the Mercy Primary Care Clinic in Stroud, Oklahoma.

However, she always kept an eye on open positions and joined the Tribe's staff in October 2016. Working "alongside excellent providers" makes the job rewarding. As part of her day-to-day duties, she floats between the West and East Clinics.

Mitchell believes CPN focuses on the patients and utilizes all of its available resources to help every individual. "I am very thankful to be here," she added.



Crystal Marcum, APRN
Family Nurse Practitioner

Crystal Marcum began working for the Tribe in 2014 as a public health nurse at the West Clinic. Since then, she returned to school and graduated with her Master of Science in nursing from Spring Arbor University in Michigan in 2019. The combination of professionalism and the camaraderie of the work environment attracted her to nursing as a career field. She also finds satisfaction providing "comfort and joy to patients who needed care and compassion" during their difficult times.

Originally from California, the Bergeron descendant and her husband moved to Shawnee, Oklahoma, to be near family. She described her decision to work for CPN as "gratifying" and enjoys the atmosphere. The Nation's health care system provides a personal touch throughout a wide variety of services, which makes it unique. Assisting Tribal members gives her daily duties structure and meaning.

"They are sometimes part of the underserved population, and my work helps them find care," she said. "I feel that I am making a difference for my Tribe through helping others find confidence in better health through informed decisions and quality personal interaction in clinic visits." ♡

MEETING NOTICE

CITIZEN POTAWATOMI NATION TRANSPORTATION

The Citizen Potawatomi Nation (CPN) Department of Transportation (Roads) will be conducting a public meeting on November 15, 2019. The meeting will be held from 2:00pm until 4:00pm in the CPN Transportation Building Conference Room.

Snacks will be provided. Everyone is invited to attend as transportation issues are critical to all.

The purpose of this meeting is to allow the public to comment on the Transportation Improvement Plan (TIP) and Long Range Transportation Plan (LRTP). These documents will be developed in cooperation with individuals from the Nation, federal and state governments, local governments, and other agencies with a vested interest in transportation. The documents will identify critical issues and develop action steps that can be implemented to improve transportation within the Nation's jurisdictional area.

The CPN Transportation department has developed these documents and is hosting this comment meeting.

For further questions, contact Robin Potter at 405-878-4829.

Tribe and Chairman win REI Oklahoma Vision Award

Dignitaries from across the state including former Congressman Wes Watkins, Cheyenne & Arapahoe Tribal Governor Reggie Wassana and Oklahoma Department of Commerce Executive Director Brent Kisling witnessed Citizen Potawatomi Nation and Tribal Chairman John “Rocky” Barrett receive the Rural Enterprises of Oklahoma, Inc.’s Vision Award for the Tribe’s impact in the state.

“We are honored to be recognized for the Citizen Potawatomi Nation’s contributions to the state of Oklahoma,” Barrett said. “Our guiding principle is that a rising tide lifts all boats, and CPN has exemplified that with our \$500 million economic impact over the years.”

Taking place in the Grand Event Center, REI’s Dream BIG Oklahoma awards is an annual event honoring organizations who build, innovate and grow the state’s economy. The Vision Award recognizes a business or corporation who has truly transitioned their dreams and visions into reality while enhancing Oklahoma’s economy.

“Mr. Barrett is a visionary and is always thinking outside the box, regardless of the sector,” wrote First National Bank and Trust Co. President Larry Briggs. “There have been untold



Tribal Chairman John “Rocky” Barrett and Vice-Chairman Linda Capps accept the REI Oklahoma Vision Award.

dollars contributed to school systems, local towns and communities, and Pottawatomie County.”

CPN’s advancement from humble economic roots in the 1970s to the powerhouse it is today under the

leadership of Chairman Barrett helped lead to its selection for this year’s award. During his time in Tribal office, the Nation has become known as an innovator in utilizing the tools at its disposal to develop its businesses and governmental programs to improve local communities in and around its jurisdiction.

The Nation has experienced tremendous economic growth in the past two decades at a rate of 15 percent annually for more than 20 consecutive years. It is the largest employer in Pottawatomie County by a factor of five and has created seven out of 10 new jobs in the area for the past decade. Its commercial enterprises and Tribal government programs further the success of the Nation and surrounding non-Native communities by providing jobs, economic and infrastructure development, and charitable contributions.

Originally founded in 1980 to enhance economic prospects in rural southeastern portions of the state, REI Oklahoma expands economic opportunities for Oklahomans by providing flexible financing and development services to individuals, businesses and entrepreneurs with limited access to resources. ♠

Language update: November 2019

By Justin Neely, Director of the CPN Language Department

Bozho
(Hello),

We have a lot of seasonal information below for the autumn and winter. This time of year was very special to our ancestors in the Great Lakes region. It will be good to put the words and phrases below to use during this time.

Along with this column is a flyer for our newly reconstituted youth choir. If you’ve got a child between elementary and high school who would like to participate, please reach out to me or attend one of our practices.

Giuse Gises (*gee o say gee sus*) — November

Abto bBon gises (*abtoe bbone gee sus*) — December

Agemek (*ah gum kay*) — Snowshoes

Agmose (*ahg moe say*) — He/ she walks in snowshoes

Giwsé (*gee o say*) — He/she hunts

Yabé (*yah beh*) — Buck

Kche yabé ne ggi-wabma? (*kchuh yabay nay gugee wabmah*) — Did you see that big buck?

Nekshe o yabé! (*Nuck shay o yabay*) — Look at that buck!

Ggi-baskowa ne? (*gugee bask so wah*) — Did you shoot him/her?

Konege (*cone eh geh*) — Yes

Seksi wiyas (*suck see wee yas*) — Venison (Deer meat)

Seksi (*suck see*) — Deer

Wiyas (*wee yahs*) — Meat

Migwetch Gishget (*meeg wech geesh git*) — Thanksgiving



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FOR MORE INFORMATION,
CONTACT JUSTIN NEELY AT [JNEELY@POTAWATOMI.ORG](mailto:jneely@potawatomi.org)

Wisnewen (*wees nah when*) — Food

Msezé (*muh sub zeh*) — Turkey

Zhashagpenik (*zjah shag pen eek*) — Mashed potatoes

Pen (*pin*) — Potato (one)

Mdamen (*muh dah men*) — Corn (singular)

Mdamnek (*muh dah men ek*) — Corn (plural)

Zaskokwetek pkweshgen (*zahs ko kwe tuk puh kwes gen*) — Fry bread

Pegna (*pug nah*) — Traditional Native corn bread

Short prayer of thanks

Migwetch Mamogosnan

Thank you, Creator

Jak she gégo ga gishtoyen

For everything you have created

Mine mno gishget.

And this beautiful day.

Ndodoskago mno bmadzewen mine jitmowen

We ask for good health and help.

Iw.

Amen/End

Pegna (cornbread) recipe

Ingredients:

Self-rising flour

10 ears of corn

All-purpose frying oil

Directions:

Take several ears of corn, at least 10 or more.

Take a canning lid and use a nail to punch holes in it.

Use the lid to scrape the corn from the cob into a bowl.

Then add self-rising flour until it’s a nice consistency.

Heat two or three tablespoons of oil in a skillet.

Wait until the oil is hot, then add some of the batter.

Flatten the batter in the pan like a pancake.

Cook on one side until golden brown, and flip and cook the other side. Please note: the cornbread tends to be a little soft in the middle, and that’s OK.

This is a great dish for Thanksgiving or for a traditional meal. Watch this video to learn more about cooking *Pegna*: cpn.news/pegna. ♠

Tribal election notice for 2020

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

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

Declarations of candidacy must be mailed through the U.S. Postal Service and in the CPN Election Committee's hands no later than 5 p.m. on Wednesday, Jan. 8, 2020. Request filing forms via email at elections@potawatomi.org or by calling 405-275-3121 and requesting the CPN Election Committee.

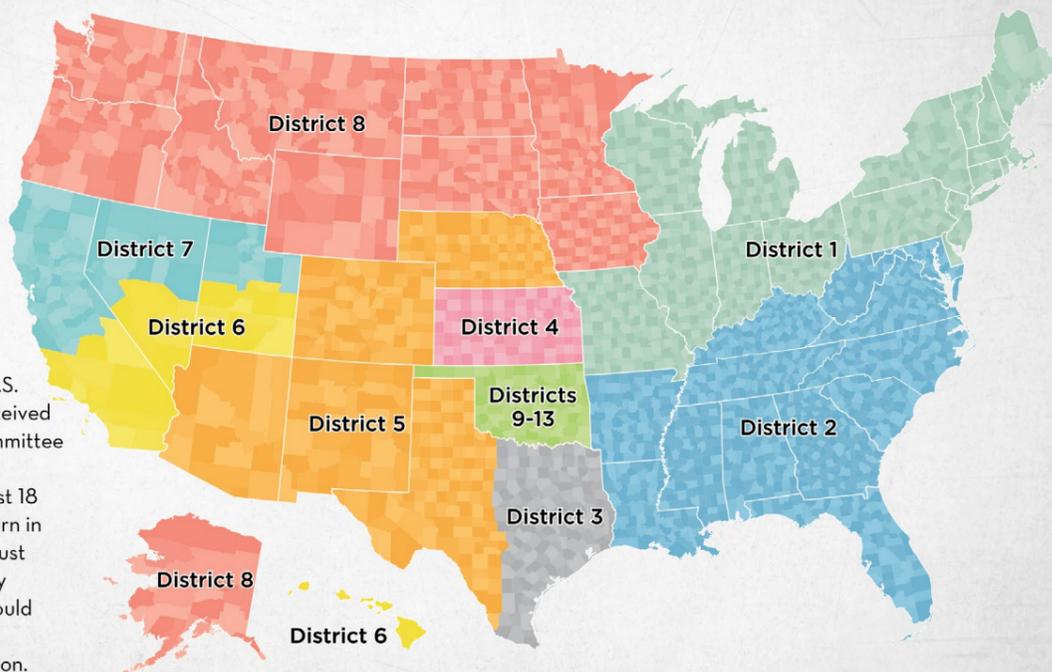
Applications will be available on Dec. 1, 2019.

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

Tribal members will also vote on the

ELECTION NOTICE

2020 election for District 9 and District 12



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

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

budget that manages the Nation's trust earnings. No principal from the fund is spent, but the budget pays for national service projects and the executive branch of the Tribe.

CPN members who are at least 18 years old on Election Day will be eligible to vote. All eligible Tribal citizens living in Oklahoma can vote for each individual candidate for legislative seats

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

FireLake Express Grocery donates 300 pairs of headphones to McLoud Public Schools

Citizen Potawatomi Nation continues to give back to communities in and around its jurisdiction in Pottawatomie County. Recently, McLoud Public Schools' students received a donation of 300 sets of headphones compatible with their Google Chromebooks.

The Chromebooks allow individual students to work on a wide array of projects while in class, from creating interactive assignments to research and taking assessments. Teachers at McLoud Jr. High informed Principal Melanne Greenwood that their students weren't able to use all the tablets' capabilities due to a lack of headphones.

"We spent our money on the technology, and then in the first week, we realized kids weren't able to access all of the functions without the sound being on loudly," Greenwood said. "And most of our students did not own headphones of their own."

Seeking to solve the issue, Greenwood put out a call on her private Facebook page for help in securing headphones.

"Someone mentioned that FireLake Discount Foods might have them for a cheaper price to purchase. I am a CPN Tribal member and know many that work at FireLake, and I thought I might reach out to see if there could be a possibility to help," Greenwood said.

A few calls later, FireLake Express McLoud Manager Jason Boyce was on the phone with one of his suppliers in search of a solution.

"Education in this state is always in need of support, and one of the main ways FireLake gives back is by helping teachers equip their classrooms with the tools they need," said Richard Driskell, FireLake Foods director.

He reached out to Lynco Products, a vendor for FireLake, who offered 300 sets of headphones, worth approximately \$1,500.

The relationship between the community of McLoud and Citizen Potawatomi Nation is a close one. Amongst the



FireLake Express McLoud Manager Jason Boyce presents McLoud Jr. High Principal Melanne Greenwood with the donated headphones.

many Tribal members and employees who live in the community, McLoud Public Schools is a recipient of a donation each quarter from Tribal sales taxes collected through CPN-owned enterprises. As of August 2019, CPN sales taxes contributed more than \$6,500 to the district.

In recent months, both McLoud fire and police dispatching services have been picked up by the Pottawatomie County 911 authority, which serves all areas of the county outside of the city of Shawnee. The Nation provides funding for the 911 center, saving local municipalities the fees usually paid to county emergency dispatch centers in other parts of Oklahoma. In the summer of 2019, CPN Emergency Management officials worked to complete an emergency dispatch tower located just north of FireLake Express Grocery McLoud to improve coverage for the community for first responders. ♡

Education continued...

of Indian Country more accurate, it also carries forward a powerful legacy of truth, knowledge and time.

For many years now, NAJA has offered scholarships and mentor programs for student journalists through a program called the Native American Journalism Fellowship, which is funded by our members and donations. As part of the

program, a group of promising Native student journalists are brought to our annual conference, paired with a professional journalist mentor and put through a weeklong training program. Students work on stories, build interview and source-gathering skills, and network with reporters, editors and newsroom managers. Native students are the least likely demographic to receive college preparation, and they represent only 1 percent of college student bodies across

the country. Getting young Native storytellers into mainstream newsrooms requires all of us holding each other up, like we have learned to do over millennia.

When I think back on my high school self, sitting in that Oklahoma History class questioning whose history I was really learning, I wish I had known then that there was a whole family of Indigenous journalists, writers, scholars and leaders waiting to teach me who I

am and what I could someday be. Let us all find ways to be that family.

Graham Lee Brewer is a contributing editor for Indigenous affairs at High Country News and a member of the Cherokee Nation. He lives in Norman, OK. ♡

Alzheimer's and dementia negatively influence minority populations

By Lenzy Krehbiel-Burton

Anthony LeClaire's eyes gave him away.

After falling at home, the Citizen Potawatomi Nation elder's family moved him into an assisted living facility as a precautionary measure. Although he kept trying to be as independent as possible, his grandson Zachary began to notice that his memory was starting to slide after he began to misidentify family members.

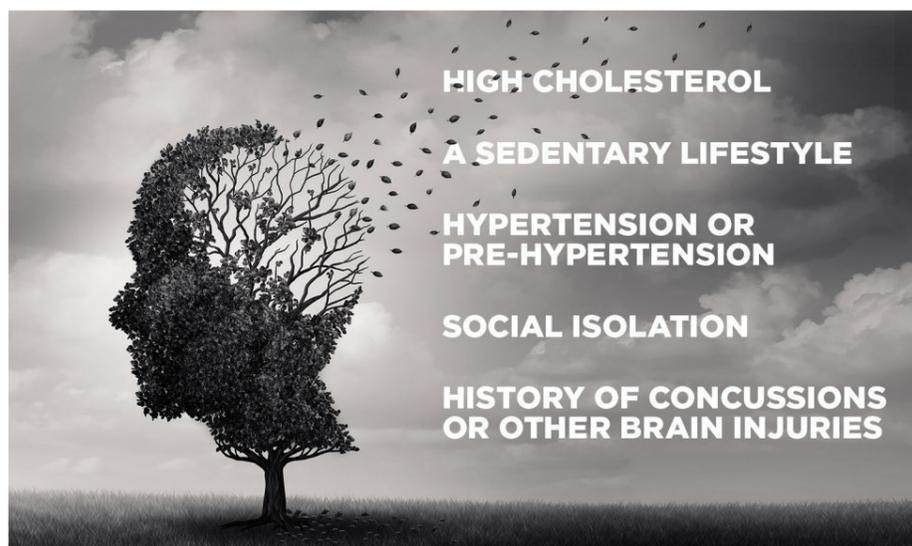
"Eyes which were once very strong, able to gently peer into the deepest parts of your soul, had started to glaze over and seem lost in the world around him," the younger LeClaire said. "That was the first time he called me by the wrong name. It was just my older brother's name — he's 10 years older than I am — so it could have just been an innocent mix up. Each visit after, he either called me by my uncles' or brothers' names, and that was when I knew things weren't clicking right.

"Each time before that he would see me, he'd get that spark in his eye, recognize who I was, mix up the name, pause for a second, then correct himself. There was a spark behind the glaze in his eyes that let me know he knew who I was, but my name wouldn't come to his mind immediately."

Dementia is an umbrella term to refer to multiple conditions that develop when the brain's nerve cells die or stop working properly, thus causing memory problems.

Alzheimer's Disease is one of the more prominent forms of dementia, accounting for an estimated two-thirds of the diagnoses. Dementia caused by the degenerative disease is characterized by distinct, noticeable changes in a person's behavior, thinking patterns and memory. Alzheimer's patients may be able to live safely and independently in the disease's early stages, but as it progresses, they require more and more assistance.

In the disease's final stage, Alzheimer's patients are often bed-ridden thanks to damage to the parts of the brain involved in movement. That makes them more susceptible to blood



HIGH CHOLESTEROL

A SEDENTARY LIFESTYLE

HYPERTENSION OR PRE-HYPERTENSION

SOCIAL ISOLATION

HISTORY OF CONCUSSIONS OR OTHER BRAIN INJURIES

Although some risk factors, including age and genetics, are unavoidable, there are some controllable behaviors that increase the chances of developing Alzheimer's disease or dementia.

clots, skin infections and sepsis, which can trigger organ failure.

Since 1983, the United States observes November as Alzheimer's Awareness Month. Domestically, 5.8 million Americans live with Alzheimer's Dementia, or roughly one in every 10 adults older than age 65. It is the sixth leading cause of death nationwide. No cure currently exists, with available medications only treating the symptoms.

According to a study published by the Alzheimer's Association, an estimated 65,000 Oklahomans currently live with the disease, but that number is projected to grow by 16.9 percent by 2025.

Although the data regarding dementia in Indian Country is scarce, what concrete information that is available suggests that Indigenous elders are at higher risk. According to a study published in 2016, American Indian and Alaska Native elders have higher Dementia incidence rates than their Latino, Pacific Islander, white and Asian American peers, with 22 cases for every 1,000 elders.

As one of the first studies to look at dementia in minority populations, it tracked 274,283 people aged 64 or older over the course of 13 years, including 21,000 Indigenous elders.

Although Zachary LeClaire is unsure if his grandfather was formally diagnosed with Alzheimer's, his eventual need for continuous care and gradual memory loss reaching the point it disrupted his daily routine are consistent with its symptoms.

Other frequent signs of the disease include the inability to retrace one's steps, withdrawing from work or social activities, regularly showing poor judgment or decision-making skills, losing track of the day or season, or frequently struggling to complete a familiar, regular task, such as driving to the grocery store or taking daily medication.

The Citizen Potawatomi Nation's Elder Services program offers resources for Native families with a loved one dealing with one of the various forms of dementia.

"People will keep them home as long as they can — sometimes longer than they should," Senior Support Coordinator Tami Fleeman said. "Our goal with the program is to keep them in home as long as possible while safe. We try to help do that, but there does come a time when either the caregiver can't do it or the person gets to a point where they can't be taken care of."

A library is available with books and DVDs on topics related to the subject, including how to properly bathe and lift patients who are unable to do it on their own. The library also has facilities available to view the DVDs in order to avoid taking the films home and potentially triggering a patient in denial.

A support group has been offered in the past, but as Fleeman noted, turnout was slim.

"Typically, caregivers don't want to use their limited alone time to go to those meetings," she said. "We're available for questions, though."

The department also offers a caregiver respite program funded through a Title VI grant for families who have a loved one that needs continuous care. The program allows caregivers to schedule someone regularly to come in for an hour or two for up to three months at a time to stay with a dementia patient and give the primary caregiver a chance to take a brief break.

"You get to choose who you want to come in," Fleeman said. "Especially with Alzheimer's patients, it is important to choose a caregiver that they know so they won't be even more confused or scared."

Due to federal funding restrictions, the caregiver respite program is only available for residents of Pottawatomie County, as well as portions of Oklahoma and McClain Counties. Families outside the Tribe's service area can reach out to their local chapter of the Alzheimer's Association or the closest Agency on Aging for resources in their area.

Anthony LeClaire died in 2015 at age 88. Although his wit remained sharp, keeping loved ones' names and faces straight was difficult at best at the end.

"The last time I visited him, I didn't see that same spark," Zachary LeClaire said. "He called me by my uncle's name, but it was obvious he thought he was talking to my uncle. That crushed me, but it told me everything I needed to know. He was spiraling." 🔥

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Managing the varying layers of stress

Stress manifests itself both mentally and physically, effecting everyone in some form. This year, the International Stress Management Association recognizes International Stress Awareness Week Nov. 4 through 8.

Citizen Potawatomi Nation Behavioral Health Department psychologist Shannon Beach, Ph.D., described a stressor as “anything that you spend time worrying about.”

“I don’t know that we necessarily think about something as stress until we’ve spent more time worrying about it than we think is reasonable,” he said. He also separates stress and anxiety as something manageable versus something treatable, respectively.

FireLake Wellness Center personal trainer Sarah Lawrance sees clients dealing with burdens on a daily basis.

“Everything seems to be faster paced, more stressed in general,” she said. “When they come in, our first thing is we got to figure out what their goals are.” However, reducing those pressures often does not appear as one of their top three reasons for coming to the gym, outranked by weight loss, building muscle mass and more.

According to Dr. Beach, worries about finances and school are some of the most common stressors addressed in counseling, along with relationships, familial issues, and work. He said in modern society, people often adjust to living with a high level of pressure over time without realizing it.

“When we’re more self-aware, I think that’s really helpful in knowing how to start setting those limits, knowing how to set boundaries, and knowing what the stressors are that we’re going through,” Dr. Beach said. “A lot of times stressors become stressors because we don’t really realize everything that’s going on until multiple things start piling up.”

Some common ways they manifest themselves physically include muscle tension, shortness of breath, weight fluctuation, hair loss, heightened blood glucose levels and trouble sleeping. Emotionally, it can strain



relationships as well as cause overeating and mental exhaustion. Each person experiences stress and manages it in a unique way. Relieving some of it requires purposeful action.

“Everybody goes through peaks and valleys with stress and life, but with exercise, nutrition, and your health as a whole, it has to be a lifestyle change,” Lawrance said.

Lawrance enjoys helping clients find a comfortable way to reduce body tension and improve their day-to-day well-being. She says physical activity plays an important role in recovery.

“Our body is not like a car. With a car, you can be on empty, and you can still go a hundred miles an hour,” she said. “Your body is like a stair step. You don’t get one night of sleep, your stress level is high. So, your body just starts stair-stepping in the downward spiral instead of in a positive way.”

Combating tension

Focusing on the present circumvents worry about the future and puts things in perspective. Dr. Beach encourages patients to develop their self-awareness and establish limits.

“Coming from a mindfulness perspective, that’s what everything’s really about is finding that way to balance things so that we can get everything done and then focusing on the present,” he said.

“We all need to know how to recognize what’s going on in ourselves that we need to try to use some introspection.”

Exercising forces people to concentrate on the moment as well as achieve a healthy tiredness for a better night’s sleep. Lawrance believes everyone benefits from 30 to 45 minutes of cardio a few days a week and emphasizes breathing and stretching as a way to calm down.

“Slow down, take a breath, look at the situation and take care of you,” she said. “Because most of the time you’re taking care of somebody else. If you’re not taking care of yourself first, you’re not going to be able to take care of your grandkids, your kids, your nieces, nephews, your parents or whatever the case may be.”

Consistent exercise and stress reduction complement each other. Lawrance’s clients report reduced tension, improved mood and a lighter emotional weight after beginning a routine at the gym,

whether that includes a yoga class, cardio, water aerobics, running or boxing.

“It’s because they’ve got a lot of stress, and now, they start their day off right. They come in here. They have a good attitude when they go to work, and their exercise is out of way, and their stress level seems to be less by the end,” she said.

Both Dr. Beach and Lawrance recognize individuals’ differences, and Dr. Beach sometimes recommends charity work to help patients focus on the task at hand.

“We’re getting involved in something that helps take our minds away from these future-oriented worries and putting us in the present with activities that are helping,” he said. “It has a definite altruistic component but also something that we do to help ourselves as well.”

Both recommend journaling as a means to clear the mind by creating a to-do list or scratching out worries and trials on a piece of paper. Dr. Beach always carries around a tiny notebook.

“With each of those notebooks, when I open it up, on the first page I write the same question. And every one says, ‘How can I learn from this?’ I think really being able to ask ourselves that question regardless of what happened to us today ... can really be helpful in demonstrating what we’ve been through throughout the day that we don’t necessarily think about sometimes,” he said.

On difficult days, switching up exercise or stress management routines brings the focus back to the present along with the need for concentration. Lawrance calls it “flipping the script.”

“I think we get wrapped up in life in general. ... We’re trying to control everything,” she said.

“All you can control is yourself and the things in your environment.”

For more information about CPN’s Behavioral Health services, visit cpn.news/bh. FireLake Wellness Center is open Monday through Thursday, 5 a.m. to 7 p.m.; Friday, 5 a.m. to 5 p.m.; Saturday, 8 a.m. to noon; and closed Sundays. Visit cpn.news/wellness to see a list of classes and contact information. ♡

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CPN's Kateri Phillips crowned Miss Potawatomi

Each year at Potawatomi Gathering, women 13 to 19 years old from across the Potawatomi tribes in North America compete for the title of Miss Potawatomi. They answer interview questions, display their traditional dance skills and show off one of their many talents. The Wasauksing First Nation at Parry Sound in Ontario, Canada, held this year's contest at the end of July.

Citizen Potawatomi Nation member and Rhodd and Vieux family descendant Kateri Phillips won the 2019 crown. At 18 years old, she competed a couple of months after graduating from Bethel High School in Bethel, Oklahoma.

"I get to represent our people, which is so amazing to me because that's always such a strong part of my identity is being Potawatomi. I'm many other tribes, but I was always raised with Potawatomi ideals and the language, and so there's nothing else that I really resonate with but with Potawatomi," she said. "To be able to represent our people, it's surreal and such an honor."

Family support

The honor runs in the family; judges named Kateri's older sister, Kristy, Miss Potawatomi during Gathering 1999. She pushed Kateri to compete while they watched it at Gathering a couple of years ago.

"I never thought I'd be able to have the confidence to go out there and dance in front of people and show a talent or anything like that. But I wanted that, and so I decided that I was going to push myself and do more things," Kateri said.



Eighteen-year-old Kateri Phillips embraces the title and crown of 2019 Miss Potawatomi.

Kristy also told her about the sense of pride and accomplishment she felt from their family. Kateri became more involved in school activities and their community, eventually feeling bold enough to enter Miss Potawatomi.

"They really pushed me to be more confident and outgoing, and talk to more people. I'm really appreciative for that," Kateri said.

Competing

Kateri became friends with the other contestants while they worked toward the same goal. During an interview with

the *Hownikan*, she said it was neat to meet others her age who work with birch bark, bead earrings and make baskets.

"It's really cool to hear ... they do the same things that I'm doing," she said. "Another girl, she was talking about doing language classes and how she's the only person her age sometimes in some of these language classes, and I go through that too."

Kateri started playing and writing music at 12 years old, and it quickly became a passion of hers. For the talent portion of the competition, she played and sang an original song, *Indigo Skies*. She said it flowed out of her one day.

"I just felt a heavy inspiration, so I just picked up my guitar did a few chords, and the lyrics just started coming. And I was writing them down, and then I had a song before I knew it," she said. "I realized that I wrote my story, and I wanted to share it with other people."

After watching everyone's talents, the judges deliberated. Kateri wore a bright yellow dress with her hair in two long black braids as they announced her Miss Potawatomi and placed the crown on her head.

"I was so happy when I won. I was just crying. I was such a wreck," Kateri said and laughed. "I didn't think I was ever going to win, really."

The crown

The 2019 design features the year's Gathering logo in the center — a green-shelled turtle with a fire on its

back representative of the *Nishnabé* people. Beaded pink flowers and green vines cover the bottom and sides on a background of tan hide leather. Kateri and her family decided its uniqueness fits her.

"I think it looks like me. I honestly thought, 'I see myself in it,'" she said. "I love (the flowers) so much. I actually have done little designs similar to how it looks, and so I resonate really high with this crown."

And with it comes responsibilities. Kateri plans to continue learning the language and participating in cultural practices and classes. She calls it all "a way of life." Besides public appearances at powwows and representing Potawatomi people every day, she is also working with Native Justice Coalition Founder and Executive Director Cecelia LaPointe.

"We're planning on me talking at schools and stuff like that and doing little workshops and stuff to raise awareness for racial justice," Kateri said. "And I want to incorporate the crown into that too, as Miss Potawatomi. We're really excited about that. And we're making some plans right now, and I'm really stoked."

As Kateri steps foot into adulthood as Miss Potawatomi, she remembers not many people can claim the honor.

"I'm really happy and proud that they chose me to represent our people for this year."

Find the latest information on Potawatomi Gathering at cpn.news/gathering. ♡

Show and tell-the importance of values

By **Darian Young**,
Family Preservation Coordinator

Youth today are presented with a wide variety of values which are modeled to them from every direction. Social media influencers, movies, games, songs, religious institutions and communities as well as friends, family members and more all possess the opportunity to impact youth as they decide who they want to become in this world. The challenge then lies in two parts: first, do adults today have an accurate understanding of what their own values are, and second, how do we ensure positive and healthy values are instilled within today's youth?

Elizabeth Crary, seasoned author and longtime parent educator, defines values as "the beliefs or attitudes that motivate people. They are the concepts each person feels are important for himself and possibly for humanity as a whole. For a value to be truly yours, you must act on it — not just verbalize it or think that you should follow it" (*Without Spanking or Spoiling*). Values, therefore, are comparable to a life compass; they guide and help determine the paths chosen throughout one's life while providing clarity and strengthening self-esteem and resilience.

The values we hold can easily be seen from the outside; how we choose to spend our energy, time and money highly reflect what we value most. Additionally, children are excellent observers and

are often taught through the actions of others. One of the best ways, therefore, to teach youth is through *show and tell*.

If parents and caregivers are able to *show*, or model, and *tell*, or verbalize, the values they hold in high regard, children are more likely to allow those lessons to take root within their own life. When the *show* matches the *tell*, and actions back up words, the chance of influence is even greater.

It is therefore important to have an honest and accurate grasp of the values we hold so that we are able to send clear messages to those around us. As a parent, values can seem to conflict with one another at times, so it is even more vital that we know what we value and prioritize. For example, you might desire your child be both independent and neat; both positive values in and of themselves. Although, when the situation arises where your young child attempts to exert his independence and pour himself a glass of juice, making a mess in the process, what do you decide in that moment is most important — independence or neatness?

Being honest with ourselves and clear about our own values is the first step in passing along healthy values to the next generation. Additionally, being on the same page with a spouse or co-parent and deciding together what values to pour the most effort into is essential in presenting a unified front.

Teaching youth about values, as anything, will look different depending on the child's age and personality. Modeling values to younger children, along with strategies like praise to encourage wanted behavior, can influence the values children develop. As children mature, using clarifying questions to teach abstract ideas works well. For example, if you are wanting to teach your school-aged child selflessness, asking the following questions can assist in deepening his/her understanding: Why do you think it is important to help other people? Are there times when you believe it is okay to focus on your needs before others? What would your school look like if no one helped anyone else?

Storytelling is also a powerful and respected tool in teaching and has been used by individuals, specifically within Native communities, for generations. Telling stories to better explain and demonstrate the importance of values can be structured in a variety of ways. Personal stories of triumphs or mistakes, family stories that have been passed down generation to generation, stories involving well-known tribal leaders or role models within the community, stories involving modern-day celebrities and even superheroes can motivate children to adopt values such as honesty, bravery, altruism, confidence and more.

Having open, honest and non-judgmental communication with

children, especially teens, is another important aspect in successfully encouraging healthy values. Taking the time to truly listen to children and working to prioritize healthy communication within the family can allow teenagers to be more open minded in accepting or adopting positive values of their own. Nurturing good values in others does not always look identical to our own values, which is okay as long as we operate with the overall idea that the ultimate goal is to encourage healthy and positive values, even if those values are not a mirror image of our own.

Children are the future, and much of what is poured into them and modeled to them while they are young help determine who they then become. Let's agree to build up a healthy generation who know what they value. Let's teach with our words, model with our actions and provide children opportunities to strengthen their values.

If your family has experienced child abuse or neglect or you might be at risk, please contact Family Preservation at 405-878-4831 or visit us on Facebook @CPNFireLodge to learn more about our program. ♡

Hownikan founder, CPN Elder Beverly Hughes walks on

In late September, CPN Elder Beverly Hughes walked on. Ms. Hughes was a former governmental official, serving as Secretary-Treasurer for the Tribal government where she produced the first edition of the Hownikan. Her decades of service and dedication to the Nation will be sorely missed. Though her obituary can be found in this paper's 'Walking On' section, we wanted to share an article about Ms. Hughes from 2013 that chronicles her experiences as a Tribal member and elected official in a time of transition for the Citizen Potawatomi Nation.

Tribal elder Beverly Hughes reflects on her past work for Citizen Potawatomi Nation

Citizen Potawatomi Nation is Pottawatomie County's largest employer with an economic impact of more than \$500 million and has come a long way from the days when Tribal services were conducted by volunteers and run out of an old trailer.

Amongst many others who worked for the Nation before and after the landmark 1975 Indian Self-Determination and Education Assistance Act, Tribal elder Beverly Hughes witnessed the changes firsthand. Elected Secretary-Treasurer in 1970, she served on the five-person Business Council, then the Tribe's governing body.

Her primary work was serving the Tribe to get contact information for members in order to get out the per capita payment from the government. To accomplish this, Hughes secured a \$25,000 federal grant to fund the outreach effort. The result of this was the publishing of the very first edition of the *Hownikan*, which was printed on a Community Health Representative's Xerox machine.

"All I was trying to do was give people an update on what we were doing and what services we provided," explained Hughes. "It seemed pretty popular, so



Beverly Hughes taking phone calls during her tenure as Secretary-Treasurer of the Citizen Potawatomi Nation in the 1970s

from then on we tried to produce it every quarter to keep our members informed."

The 1970s were a time of increased independence for Native American tribes across the country. For the first time in centuries, the rights of self-governance were given to the tribes themselves, albeit with oversight still in the hands of the U.S. Bureau of Indian Affairs. Tribes, who had always been sovereign entities, finally had the independence to act in the interests of their members. These changes also saw the establishment of cultural aspects that had been neglected under BIA oversight. For the Citizen Potawatomi Nation, the duty of codifying the Citizen Potawatomi Nation's proper spelling and designing a tribal seal fell to Secretary-Treasurer Hughes.

"We had an intertribal meeting for the tribes in the Shawnee area (Iowa, Sac & Fox, Absentee Shawnee, Kickapoo and Citizen Potawatomi), and our chairman at the time needed a tribal seal and flag for the meeting. So we talked about it, I went out and bought

some materials and came up with the first seal we'd ever had," said Hughes.

In a later meeting, a BIA staffer explained the need to get a consistent spelling of the Tribe's name. For years, confusion had reigned over the multiple spellings, the two most popular of which were 'Potawatomi' and 'Pottawatomie.'

"They said they were going to spell it the same as the county," recalled Hughes, "but I told them that we were separate from the county. We were an entity unto ourselves, so we made it Potawatomi."

Hughes eventually left the Business Council, and retired from Tinker Air Force base after nearly 20 years of service. Looking back over her time working for the Tribe, some of it spent as a volunteer, the Bruno-Rhodd-Bourbonais descendant is excited for the future of the Citizen Potawatomi Nation.

"I know going way back, Chairman Barrett wanted every member to have the benefits and services we provide wherever they lived. With as many members that we

have, that isn't always possible now. But it is his goal to accomplish that before he leaves office. We aren't the richest Tribe, but we will get there. And when we do, we will be able to help everyone regardless of where they are," said Hughes.

Though retired, she still attends Tribal functions and is a mainstay at the CPN Eagle Aviary, which is managed by her two granddaughters, Jennifer Randell and Bree Dunham. As the person responsible for the paying out of the Tribe's last per capita payment in 1981, she explained why she thought the ending of payments and moving toward the Tribe's current strategy of reinvesting money into health care, commercial enterprises, education and social services was a good idea.

"Our old payments were repayments for land taken from our ancestors in the Great Lakes region," explained Hughes.

In the 1970s, the Tribe hired lawyers who assessed the value of those lands at the time of their transfer from the Potawatomi to the U.S. government. The subsequent settlement on behalf of the federal government in the 1970s as compensation was paid out to surviving Potawatomi Tribal members. Hughes oversaw the final distribution of that sum and pointed out the interest on that total is now used to fund the Health Aids Foundation and scholarships.

"A few years ago, I ran into a Tribal member who asked me when we were getting our next payment. He'd just had heart surgery and in his hand was a bag of prescriptions from our Tribal pharmacy. I asked him how much he thought his surgery and medicine would have cost if he'd had to pay for it himself. He looked at me astonished and admitted, 'Beverly, I hadn't even thought about that. I am so grateful for the Tribe because I'd never have been able to pay for this.' I looked at him and said, 'That is why it's better to reinvest it.'" ♣

Project inspires CPN member to learn more about her heritage

By Marisa Mohi

I don't often tell people I'm a writer, at least not when they first meet me. It's an occupation that's too full of expectations. They want to know if they can find my books at their bookstore. (Not yet.) They want to know where I've been published. (Lots of places.) They want to know more about the stories I'm telling.

But what if I don't know myself?

See, I've been working on a novel for the past 12 years. It's taken a long time to figure out what I'm trying to say, and it's taken even longer to get the sort of life experience you have to have in order to actually tell a story. Every day, I chip away at the story — sometimes adding words, sometimes editing, sometimes reshaping the story, and sometimes taking it in new directions.

But try as I might, I'm running into a hole in the story. Only, it's not in the novel. It's in my life.

I'm a member of the Citizen Potawatomi Nation, but I don't know what that means. At least, not in a meaningful way. I have my Tribal ID card, and I've seen the Cultural Heritage Center. I read the *Hownikan*, and I follow the Tribe on social media.

But the internal cultural identity that enables me to feel like I'm a part of the community? I don't have that.

I don't think I'm alone in this. I know that many of you reading this probably feel this way. And when you also factor the other ethnic identities that we carry, it leads to a growing sense of disconnection and a lack of belonging. My dad is from Iran, and my mom's dad is from Mexico. And sometimes when I think about it too long, I can feel this ghost-like shape inside me that makes up my identity being torn apart and pulled to the places it's supposed to be from. It's like my home in Norman, Oklahoma, is so far away from everything, like parts of my spirit find themselves shaking their head and wondering how we ever ended up here.

Or maybe it's that I'm so far away from knowing who I am.

Every culture I belong to, I only see through an outsider's lens. The whole story isn't displayed. There are scenes missing, details omitted and loose ends left undone. The official record taught in classrooms would have us believe that Oklahoma was a completely empty patch of land that settlers got to race for. And when Oklahoma elementary school students re-enact the Land Run of 1889 every spring, we are the details omitted.



Marisa Mohi

My disconnection with the Tribe is not a symptom of the Indian Removal Act — it's part of the design. We were intended to abandon this identity. After centuries of separation from families and familiar places, how could any of us feel any sense of belonging?

As a writer, I have to wonder how I can make a reader empathize with a protagonist when I can't even empathize with myself. I have to remember to look for those missing scenes to find myself, again and again.

And so sometimes I wonder if my family history is just out of reach, something I can research and eventually come to know. Do I experience anxiety just because of my brain chemicals? Or was anxiety a reaction from an ancestor's brain chemicals that developed during the Trail of Death? Is this anxiety something that's been passed down from them, like trauma that has been encoded on my DNA?

But I'm still hopeful. The answers are there. A doctor may ask about your family history to help determine a diagnosis. And as a writer, I need to reach back into that history to tell the real story.

One of my goals for 2020 is to research my heritage. There is so much Tribal information preserved and available to me, and it's time I figure out where I fit in all of it. The experiences I have and the research I do — I'll be writing about it here in the *Hownikan*. From genealogical records to classes at the Cultural Heritage Center, I'll be sharing my search for my identity as well as ways that you can find out more about who you are too.

Marisa Mohi is a member of the Nadeau family and is a writer and writing instructor at the University of Oklahoma. You can follow her on Facebook or Twitter @themarisamohi. Her writing can be found at marisamohi.com. ♣

Roger Greenwalt utilizes new knowledge to build community

One of Tribal member Roger Greenwalt's favorite quotes is, "If you're not living on the edge, you're taking up too much space."

The Bergeron family descendant began serving at CrossPointe Church in Fontana, California, in 2009. As the executive pastor, Greenwalt oversees small groups, known as Life Groups. He graduated with his doctorate of ministry in May 2019 from Gateway Seminary in Ontario, California, at the age of 57.

He describes himself as a "big picture guy" who enjoys a challenge.

"I don't play it dangerous, but I don't play it safe either. I'm willing to try things other people think are crazy, like getting my doctorate in my late 50s," he said and laughed.

Greenwalt found out about the Citizen Potawatomi Nation Department of Education scholarship while reading the *Hownikan* at the same time his children started college. When the time felt right for him to return to school, he applied, too.

"I wouldn't have done this without the Potawatomi," Greenwalt said.

"It's not just giving people a handout; it's giving them a hand up so that we can become better, so that we can achieve more. And I am so proud of the way the Potawatomi use their funds for this."

Serving God

The youngest of seven children, Greenwalt decided to become a pastor at age 16. His father served as one, and at first, Greenwalt hesitated to follow in his dad's footsteps.

"Everybody would always ask me, 'Are you going to be a pastor like your dad?' And I'd say, 'No, that's not how God calls people. You don't do it because your father did it. You don't do it because you want to do it. You do it because God calls you,'" he said in a recent *Hownikan* interview.

After high school, Greenwalt attended California Baptist University in Riverside, California, earning a bachelor's degree in religion. Later, he received a master's of divinity at Gateway Seminary. Afterward, he served at several churches throughout the years.

A few years ago, Greenwalt and his wife discussed selling their home to live on their sailboat and minister to people as they traveled. Those plans faded, and he continued in his current position at CrossPointe Church, where he became comfortable.

"My wife told me, 'Roger, you need a new challenge in your life. You need something to go for. It seems like you're just coasting right now.' She was right — I had been living off the knowledge and research that I had done 30 years prior, like being in a cocoon of old knowledge, old methods," he said.

It was time to return to school; however, he last attended class in his 20s. As a pastor, he prefers surrounding himself with people rather than secluding himself in an office to study. Throughout the process of becoming a student, nervousness came and went.

"I was talking to the Lord one night, and I said, 'God, I don't have enough time



Bergeron family descendant Roger Greenwalt celebrates his graduation with his doctorate of ministry from Gateway Seminary with his family. (Photo provided.)

to do all this. I have a full-time job. I have a family. I haven't been in school for over 30 years," Greenwalt said.

After further self-reflection, he says he found strength in God.

"For the first time in my life, I started enjoying doing research and studying because I was able to do it well, and I gave it my best," Greenwalt said.

He finished his program with the highest GPA of his life, and his age positively influenced the experience.

"When I studied, when I read the books, I wasn't just skim reading to get the grade. I was studying and reading to learn," Greenwalt said. "And that was the major difference. I was doing it for my growth and the impact on our church, and that made it all worthwhile. That was the satisfaction."

When asked how graduating felt after four years of classes and projects, he replied, "One word: awesome."

Starting small

During his doctoral program at Gateway Seminary, Greenwalt chose to focus on a leadership track. He learned new methods of communication and approaches to creating and attracting participants to community organizations. His dissertation revolved around developing small groups that connect people on an individual level, eventually leading to attendance with the larger congregation.

"Life Groups provide a family atmosphere; it's genuine relationships, because in our culture, especially in America, we've become more isolated as people," Greenwalt said.

"What these home groups do is allow us to have deep relationships with people because we were created by God to have relationships with each other, genuine relationships."

During the first half of his program, Greenwalt established practices for use in small group sessions to build helpful relationships. Long-lasting connections that passed beyond surface greetings in the worship center became the goal.

"I've learned to design the home groups to include elements such as asking everybody to share a high or a low from their week because that helps us get to know each other," he said.

CrossPointe is a smaller parish with approximately 100 attendees. Greenwalt implemented his ideas for small

group growth at his church during the final two years of his doctorate project. Before his new methods, approximately 30 church members participated. Within three months, that number more than doubled to 70.

He believes the assembly's growth as a whole begins in the small groups, which he hopes continue to multiply. Initial interactions with neighbors in a relaxed environment cut down on the intimidation many people feel when setting foot into a place of worship for the first time.

"Most people come to church because somebody invited them, not because they saw a poster or a Facebook ad or a billboard," he said. "They come because somebody personally invited them, and people will more likely come to a home group for the first time than they will come to a service at a church building."

For Greenwalt, the successful implementation of his plans and seeing others' growth firsthand makes his doctoral experience worth it.

"I am committed to serving the Lord, and he's called me to spread the gospel of Jesus. And so, if this reaches people in a better and faster way, that's what excites me. It gives hope," he said.

CrossPointe plans to move to a new location in the northern section of town and reach out to families moving into the surrounding neighborhoods currently under construction. However, Greenwalt does not look for any extra praise or new title that comes with his schooling.

"Some people ask me, 'What do we call you now? Do we call you Dr. Greenwalt?' No, that's still too weird to me," he said. "I'm just Roger. I'm just a regular guy."

For more information on CPN Education Department scholarships, visit cpn.news/cpneducation.

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Returning to traditions may aid efforts to combat California's white sage population decline

The four medicines — *séma* (tobacco), *kishki* (cedar), *wabshkebyek* (sage) and *wishkpekishkos* (sweet grass) — hold extreme importance with *Nishnabé* and other Native Americans. However, the wide use of one popular species of sage native to California has negative ecological consequences.

“California sage cannot handle everybody’s spiritual needs,” said Kaya DeerInWater, Citizen Potawatomi Nation community garden assistant. “California white sage population is in a decline, but because of a shift that has taken place, people really only associate sage with the white sage from California: *Salvia apiana*.”

Before ceremony and in daily practice, Potawatomi use *wabshkebyek* to purify.

“There is science behind it that actually says sage does clean. It kills bacteria,” DeerInWater said. “It is a spiritual, sacred plant and a sacred medicine.”

Retail implications

Most sage bundles sold in stores and online came from a four to five-county radius in coastal Southern California. Before westward expansion and the development of roads and trade routes, people relied on the medicines native to their areas and were not dependent upon one species.

“The Sierra Mountains are huge. Getting trade routes over into Nevada just wasn’t worth it,” DeerInWater said. “It’s not like if you had a horse and buggy that you were going to travel and get a whole bundle full of sage and carry that everywhere you were; you’d just get the sage that you had.”

Rather than incorporating traditional gathering techniques, industrial approaches include harvesting entire hillsides and large acreages at a time to meet customer demands.



Different sage varieties exist across Turtle Island, and finding locally grown, native species can help support conservation.

“It’s not like people are going, offering *séma* (tobacco) and trimming,” DeerInWater said. “It’s more like poaching — wholesale poaching. Teams of people are ripping up all shrubs out of the ground, then throw them in dumpsters and cart them back to sell.”

Cutting all leaves and stems above the soil keeps new California white sage plants from developing.

“Harvesting can be good, but obviously, too much harvest is bad, and there is a technique for every plant; and everything that you do, there is a way that is beneficial and a way that is not beneficial,” DeerInWater said. “The way the current system is for California white sage is not beneficial at all.”

The growing population and urbanization of California’s countryside also has negative implications on availability as well as wildfires and mudslides.

“Simply put, it is not a good situation, and many Native folks from California have voiced their concern. They’ve asked Native people and Indigenous folks to find their own sage,” he said.

Ways to help

“It’s about education. Mistakes happen. That is how it goes, but it is what you do after the mistakes and how you react that makes the difference,” DeerInWater explained. “I’m not trying to shame people for using California white sage because most people don’t know the difference, and that’s not their fault.”

DeerInWater encourages Tribal members to find local suppliers, or at the very least, investigate where and how the product is cultivated and harvested.

“Know where your sage comes from,” DeerInWater said. “It’s not something to be taken lightly, but it’s also not something that we should take super seriously. Don’t get so serious you can’t laugh at yourself, but if you have the luxury to do something about it, do it.”

Foraging native, local medicines is another way to take conservation efforts a step further. The United States Department of Agriculture’s plant database serves as a resource to learn about vegetation found across the United States down to a county-by-county level. Sage is usually ready

for harvest late summer, but keep in mind, removing plants and objects from protected land is illegal. Also, avoid fields and roadsides where chemical use is prevalent.

“Don’t gather under power lines or anywhere near power lines because they get sprayed regularly, and there is about a 10-yard buffer,” DeerInWater said. Also, forage only when in a good mood to avoid introducing negativity into the plants picked.

“I usually won’t harvest more than one-third of a patch,” he said. “Basically, don’t take it all. That’s part of our philosophy as Indigenous folks and *Nishnabé* folks as well.”

Shopping for regional sage at a local nursery provides another option as well as transplanting from the wild.

“Find somewhere it grows and offer *séma* (tobacco), or whatever protocol you follow, ask for permission, let the plant know what your intentions are for harvesting it, and then dig it up and take it home,” he said.

For those living in or visiting Oklahoma, the *Bodewadmi Widoktadwen Gtegan* (Potawatomi Community Garden) has a select number of sage plants — species *Artemisia ludoviciana* — that is native to the area. Earlier in 2019, staff and volunteers dug and potted for the benefit of CPN members. DeerInWater encourages those interested to stop by the garden.

“It’s about respect — respect for *segmekwé*, our Mother Earth. If we know that something is hurtful, then obviously, we shouldn’t do it,” DeerInWater said. “We traditionally view plants as our relatives and kin. You wouldn’t hurt your grandma purposefully, so why would you hurt the plants purposefully?”

Learn more about *Bodewadmi Widoktadwen Gtegan* events and workshops at cpn.news/events. ♡

Kasie Nichols recognized at Woman of the Year awards

Longtime Tribal employee and current Director of the Citizen Potawatomi Nation Self-Governance Department, Kasie Nichols was honored in October at the *Journal Record’s* Woman of the Year reception. She was one of 50 selected for the event that honors Oklahoma women who make a difference in their jobs and communities.

“The Office of Self-Governance is a vital position for an Indian tribe,” said CPN Vice-Chairman Linda Capps. “Kasie strives to be an effective resource for CPN as a tribal nation to help pursue self-governance in order to increase our government’s control and decision-making authority over Tribal programs. She has wide-spread expertise, especially in assisting Indian Health Service Programs ... that is when Kasie shines even brighter and is indispensable in her role as director of Self-Governance.”

Growing up in Ardmore, Oklahoma, Nichols watched her single mother work three jobs and still struggle to pay rent and bills. The family often relied on government assistance and housing, and as the eldest child, Nichols often had to fill the role of caregiver for her younger

siblings, including carrying the worries and stress that those roles brought.

“My circumstances did not define me, though, and I intended to use my intelligence and determination to prove it,” Nichols said. “My first goal was to graduate from high school. While that may be a given for most, I was the only one in my family who achieved this milestone. I did not stop there.”

She earned a bachelor’s of biological health sciences from Southeastern Oklahoma State University and a master’s of microbiology and immunology from the University of Oklahoma Health Sciences Center.

Nichols started with the Nation in 2010 as a grants analyst in the Self-Governance Department, ascending to several positions there before being named director in 2017. The department supports funding opportunities for Tribal government-run programs in health care, criminal justice, social services and a host of other sectors.

“In working with her, I have found Kasie’s understanding of the nuances



Kasie Nichols

of often cumbersome federal funding processes second to none,” said Mickey Peercy, Executive Director of Self-Governance for the Choctaw Nation of Oklahoma. “Her employer’s continued

success is a testament to her efforts over the past 10 years of service to CPN and tribal self-governance as a whole.”

A credit to her success is due in large part to her diverse professional background. Her medical research training and work prior to coming to CPN are reflected in her office’s work with federal grant minutiae, while her broad experience assists in the work of a tribal employer involved in a wide array of sectors.

In accordance with her day-to-day work, she is involved in several federal-tribal partnerships with the Indian Health Service and Bureau of Indian Affairs. She has served as a member of the federal Tribal Self-Governance Advisory Committee and Contract Support Cost workgroup. Previously, she’s been a grant panelist for the Administration for Native Americans Social and Economic Development Strategies, a team member for PeopleSoft Grants Implementation Pre-Award Transition and a chairman of the OU Cancer Institute/Sarah Cannon Research Institute Phase’s clinical research collaboration committee. ♡

Tribal Chairman – John “Rocky” Barrett



Bozho nikan
(Hello, my friend),

Recently I had the unique experience of participating as one of 32 elected tribal leaders in a meeting with Mike Hunter, the attorney general of the state of Oklahoma. The purpose of the meeting was to allow Attorney General Hunter to present Governor Kevin Stitt's reasoning behind denying to recognize the renewal clause of our gaming compact signed some 15 years ago.

The meeting was held at the Grand Casino Hotel Resort with the Citizen Potawatomi Nation acting as host. Governor Bill Anoatubby of the Chickasaw Nation and I initiated questions

Attorney General Hunter never got to present his entire slide presentation because several tribal leaders refused to allow the session to continue until a clear and definitive statement by the state of Oklahoma was made that a “dispute,” as described in the compact, existed. When the attorney general resisted a clear answer, several tribal leaders moved to adjourn. With temperatures rising in the room, I finally asked him to point out the specific wording that he felt created the refusal of the state to honor their agreement. He refused. Since I cannot see any reason the state will not recognize renewal, except bad faith, I will provide you with the actual language of the renewal clause and let you try to figure out what they are up to:

“PART 15. DURATION AND NEGOTIATION

B. This compact shall have a term which shall expire on January 1, 2020, and at that time, if organization licensees or others are authorized to conduct electronic gaming in any form other than pari-mutuel wagering on live horse racing pursuant to any governmental action

of the state or court order following the effective date of this compact, the compact shall automatically renew for successive additional fifteen-year terms; provided that , within one hundred eighty (180) days of the expiration of this compact or any renewal thereof, either the tribe or the state, acting through the Governor, may request to renegotiate the terms of subsection A and E of Part 11 of this Compact.”

That's it. We are not the “organization licensee,” racetracks are. Since the Tribe's compact was signed, the State of Oklahoma has continued to authorize the “organization licensee” (horse tracks) to conduct electronic gaming from 2005 right up to the present day. *We have not requested that the governor renegotiate the compact.* Everything happened as it should. Now you can see why we are baffled by the governor's money grab. There is no basis in the agreement for his demands.

Many of you have called and expressed fear that the state is trying to bankrupt us or cripple our ability to continue to grow and provide opportunity. Be

confident that we can handle this. There is no need to be afraid. We have all seen this kind of tactic in Washington for over three years, except with a different approach; one that benefits from the echo chamber of social media. He's created an entire climate of fear through this constant social media work that then creates a feedback loop. He tweets. The media writes about it. Cable TV has a panel that takes it seriously. When he pumps alarm into the system, it lingers.

We have been working under this agreement for 15 years. Longer, I believe, than the governor's high interest mortgage business has existed. We do not fear the state. Truth is, a very great man said it best about 85 years ago on the day of his inauguration as president:

“I am certain that my fellow Americans expect that on my induction into the Presidency I will address them with a candor and a decision which the present situation of our Nation impels. This is preeminently the time to speak the truth, the whole truth, frankly and boldly. Nor need we shrink from

honestly facing conditions in our country today. This great Nation will endure as it has endured, will revive and will prosper. So, first of all, let me assert my firm belief that the only thing we have to fear is fear itself — nameless, unreasoning, unjustified terror which paralyzes needed efforts to convert retreat into advance. In every dark hour of our national life a leadership of frankness and vigor has met with that understanding and support of the people themselves which is essential to victory. I am convinced that you will again give that support to leadership in these critical days.”

President Franklin Delano Roosevelt

Thank you for the honor of serving as your Tribal Chairman.

Migwetch
(Thank you),

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

Vice-Chairman – Linda Capps



Bozho
(Hello),

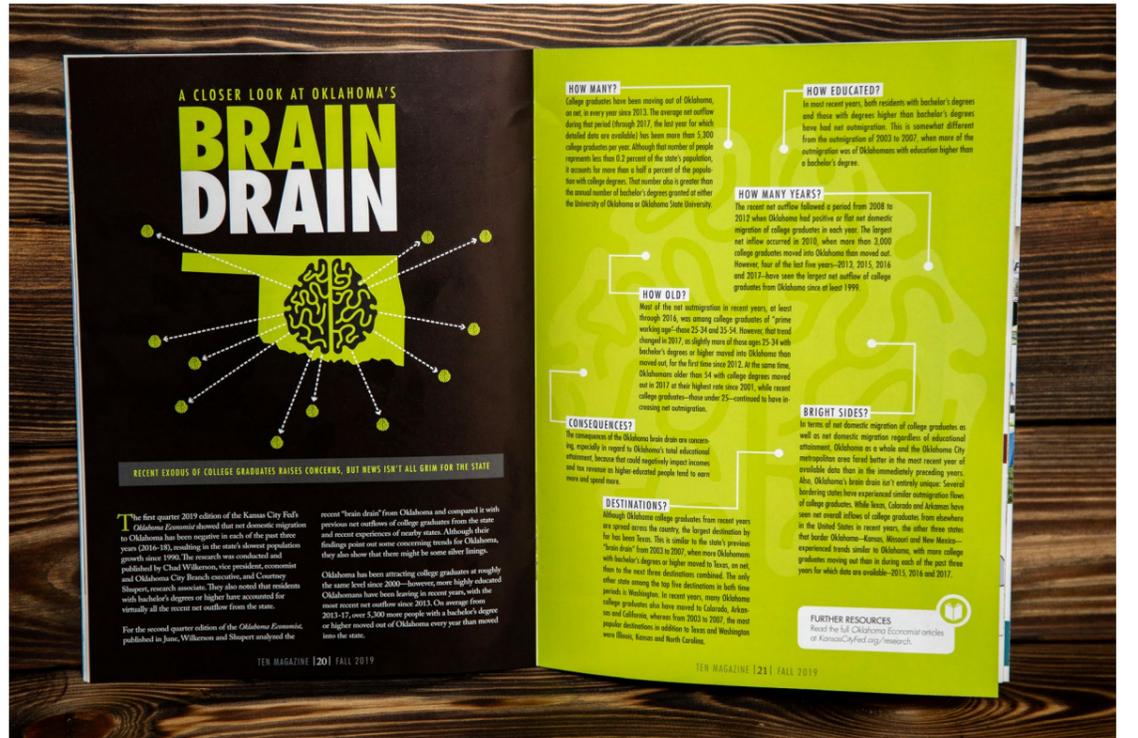
According to an article in the fall 2019 Federal Reserve Bank of Kansas City's *Ten* magazine, there has been a trend of Oklahoma college graduates moving out of our state since 2013. The average net outflow from 2013 to 2017 has been more than 5,300 college graduates per year. Although this represents less than 0.2 percent of the state's population, it accounts for more than a half a percent of the population with college degrees. That number is greater than the annual number of bachelor's degrees granted at either the University of Oklahoma or Oklahoma State University.

The information is found within the article *A Closer Look at Oklahoma's "Brain Drain"*. To read it online, visit cpn.news/fedbrain. Although the findings point out some concerning trends for Oklahoma recently, there were positive statistics until 2013. Oklahoma was

attractive to college graduates at roughly the same level since the year 2000, but the statistics above show that our highly educated Oklahomans have been leaving in recent years.

The article reveals that net outflow followed a period from 2008 to 2012 when Oklahoma had positive or flat net domestic migration of college graduates each year. The largest net inflow was recorded for 2010, when more than 3,000 college graduates moved into Oklahoma than those that moved out. The concern is between 2013 and 2017, which is the largest net outflow of college graduates from Oklahoma since 1999. The fact that college graduates are leaving the state of Oklahoma is partially due to the lack of higher paying jobs.

I want to give this article a side twist by citing the Citizen Potawatomi Nation's endeavors with our Iron Horse Industry Park. Through years of hard work in construction, research and marketing by numerous individuals within CPN, Iron Horse is now the location where Pro-Pipe USA LLC will be in operation later in 2020 (as you have read on the front-page story of this newspaper). I am confident that Pro-Pipe is only the beginning of companies that will conduct manufacturing at Iron Horse during the next five to 10 years. It is my aspiration that some of our local college graduates that might otherwise leave Oklahoma can find jobs with CPN's own industrial park.



There are good jobs in manufacturing, including information technology managers, security and systems support. Additionally, there are operations and human resource managers as well as mechanical engineers, to mention a few. As CPN attracts more industry to Iron Horse, there will be a variety of employment possibilities.

As a young person, I witnessed the fact that manufacturing was a sound basis for the development of the economy. After all, manufacturing was still flourishing throughout my experience during the 1960s to the 1980s — a continuation of what America knew after World War II.

During more modern times, I saw the service industry taking hold of America. As you look around, you will observe that the service industry is well and alive. The same is true of our own Tribe. Even though there can certainly be success with service businesses, I still have a desire to be affiliated with manufacturing. That wish is now coming true for CPN. The idea of the process of converting raw materials, components or parts into finished goods that meet a customer's expectations is exciting to me. It brings joy to my heart to know that manufacturing is finally going to materialize at CPN. Our Tribe will soon be in the manufacturing business!

Perhaps our own CPN can someday play a part in helping to decrease the Oklahoma brain drain.

For further resources, read full *Oklahoma Economist* articles at kansascityfed.org/research.

Migwetch
(Thank you),

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

District 2 – Eva Marie Carney



Bozho nikanek
(Hello friends),

Upcoming Fall Feast

Please get your RSVPs to Legislator Roy Slavin or to me for the Districts 1 and 2 Fall Feast, set for Saturday, Nov. 23, 2019, from 10 to 2:30 p.m., in Arlington, Virginia. We need your responses by Friday, Nov. 15, 2019, to ensure we have enough supplies. Bring a dish to share if you are able. Children are very welcome at the feast and to participate, with a parent or grandparent, in the craft instruction. We hope you'll wear *mkesinen* (moccasins). To top off our Fall Feast celebration, there will be CPN-themed giveaways and a prize for best *mkesinen*, awarded by vote of everyone attending.

#RockYourMocs Week 2019

During Nov. 9 -16, 2019, participate in #RockYourMocs Week 2019 by wearing your *mkesinen* wherever you are in the world and wherever your day takes you to celebrate our ancestors and culture. No *mkesinen*? Photo-illustrated instructions on making traditional Potawatomi pucker toe *mkesinen* are available at cpn.news/mocguide, courtesy of CPN District 2 citizen Lyle Simmons. A YouTube instructional video is available at cpn.news/mocvideo, courtesy of our Cultural Heritage Center staff, including CPN



NPR interviews Kim Chatfield Pratt at groundbreaking event.

citizen Lakota Pochedley. For those of you on Facebook, get ready to post a photo of your *mkesinen* when Lyle Simmons, the administrator for the private Citizen Potawatomi Nation Facebook group, puts out his traditional call for *mkesinen* photos — he'll ask group members to cast their votes and award a prize to the person whose *mkesinen* get the most "likes."

National Native American Veterans Memorial Groundbreaking Ceremony

Chi migwetch (a big thank you) to Chairman Barrett and Vice-Chairman Capps for allowing me to be one of the handful of folks representing the Nation at the moving memorial groundbreaking ceremony for the Native veterans' memorial, held on Sept. 21, 2019. Harvey Pratt, a Marine Corps Vietnam veteran and citizen of the Cheyenne and Arapaho Tribes of Oklahoma, designed the memorial, which will be completed next year and dedicated in Washington D.C. on Veterans Day, Nov. 11, 2020.

Pratt's memorial design is described by the National Museum of the American Indian as "a place of peaceful contemplation where people can come together. It will stand in the museum's landscape, overlooking the wetlands and within sight of the U.S. Capitol. At its center, a ring of stainless steel will rest on a carved stone symbolic of a drum, over which water will flow. There will be benches for gatherings, a central fire lit for ceremonies and holidays, and four lances where people can tie prayer cloths." Brief news coverage of the groundbreaking, which includes Mr. Pratt's explanation of how the decision was made to site the memorial in a particular spot on the grounds of the National Museum of the American Indian, is available at cpn.news/vetmemorial.

Districts 1 & 2 Annual Celebratory Fall Feast

Saturday, November 23, 2019 | 10AM-2:30PM

**Little Falls Presbyterian Church Social Hall,
6025 Little Falls Rd, Arlington, VA 22207**
[see littlefallschurch.org/directions.html](http://see.littlefallschurch.org/directions.html)(Church is about a mile from Rte. 66)

Come ready to craft (if you wish) and share stories/events from your family's year, and please bring a dish (with recipe) to pass. We will provide craft supplies and instruction, and the main courses (one vegan) and drinks.

CPN-THEMED PRIZES!
Wear moccasins in honor of Rock Your Mocs Day 2019. Family members, including children, are very welcome!

RSVP by November 15
to rslavin@potawatomi.org, or toll free at 1-888-741-5767, or to ecarney@potawatomi.org, or 1-866-961-6988
Please include names of guests and ages (younger than high school)



CPN members pose with Harvey Phillip Pratt during National Native American Veterans Memorial groundbreaking.

Other Citizen Potawatomi attending the groundbreaking ceremony were CPN Legislators and veterans Jon Boursaw/*Wetase Mkoh* and Dave Barrett/*Mnedobe* and CPN veteran Kimberly Pratt/*Idwe gisbek*. I've included a photo of all of us with Harvey Pratt, taken after the ceremony. Hearing Congresswoman Debra Haaland's emotional remarks about her father's military service was, for me, the best among the many highlights of the morning — it was so powerful to have a Native woman leader's words, tears and gratitude heard and witnessed at that time and place.

I had hoped to share with you clips from the interview Kimberly Pratt gave to a NPR reporter after the ceremony, but it has not aired to date. I'll share it once it is put online. For now, let me brag on Kim a moment. She is an Air Force Academy graduate, with a 30-year military career — nine years of active duty and 21 years in the reserve. Most recently, she was part of the National Geospatial-Intelligence Agency in Springfield, Virginia. She currently is employed at the Pentagon as a civilian. Kim was

the first woman to fly as an Airborne Intel Officer on the EC-130 Airborne Battlefield Command and Control Center. She directed intelligence, targeting and electronic combat coordination activities aboard the ABCCC. Kim also was the first Squadron Commander of the 139th Intel Squadron at Fort Gordon, Georgia, and served as the Chief of the Reserves at NGA. She retired from the Air Force Reserves in 2013 with the rank of Colonel. I've included a photo of Kim being interviewed by NPR after the groundbreaking ceremony.

You may enjoy visiting NMAI's website (cpn.news/nmaimemorial) periodically for updates on the memorial's construction. It currently includes a series of facts about Native American service in the U.S. Armed Forces that were shared during the groundbreaking ceremony:

- Native Americans have served in the U.S. Armed Forces in every major military conflict since the Revolutionary War and in greater numbers per capita than any other ethnic group.

- During World War II, over 44,000 Native Americans served in the U.S. military. Hundreds of Navajo, Comanche, and other Native language speakers, called Code Talkers, played a crucial role.
- Today, the U.S. Department of Defense estimates more than 24,000 American Indian and Alaska Native men and women are on active duty, and more than 150,000 veterans self-identify as American Indian or Alaska Native.

Migwetch (thank you) to all who are currently serving in the U.S. military, to all our veterans and to all family members of service members and veterans. We are in your debt. I am looking forward to joining some of you for the memorial dedication next Veterans Day and to gathering with fellow Citizen Potawatomi on the memorial benches around future ceremonial fires.

Migwetch (thank you); let me hear from you

Migwetch (thank you) for allowing me to serve you. If you have questions, comments or ideas to share with me, I hope you will do so through email, phone or letter. It's my pleasure to share time with fellow Citizen Potawatomi. Kindest regards and *bama pi* (until later),

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

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

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

District 3 – Bob Whistler



Bozho
(Hello),

September happenings

Our usual third quarter legislative meeting was deferred to September to give staff as well as the legislators adequate time for preparation and review of the 2019-2020 annual budget. The total budget came in just short of half a billion dollars (\$426,589,769). Staff did a great job in the justification for the numbers resulting in very few questions. It was approved unanimously.

The University of North Texas in Denton held a Native American meeting on Sept. 9. The director of the Myaamia Center from Miami University in Oxford, Ohio, attended and spoke about how more successful the Myaamia tribal students are in graduating from college when they also speak their Myaamia language. I find this very interesting since Texas will be getting more and more immigrants over the next 30 years, and it is in our own youths' benefit to become bilingual. We should get them speaking both the Potawatomi language and Spanish in addition to their English. At this same meeting, Brian Larney of

the Muscogee (Creek) Nation, who was instrumental in getting the last Saturday of September recognized as Native American Day, spoke about Missing and Murdered Indigenous Women.

Brian and his mother in concert with the American Indian Heritage Day of Texas ambassadors held their annual event at Lone Star Park in Grand Prairie, Texas, on Saturday, Sept. 28. The Ponca Nation was recognized, and since they were the ones to do the original Fancy Dance, there were several dancers in attendance performing that dance. T-shirts recognizing MMIW were sold. There were two versions: the Hopi woman and the ribbon skirt. A third T-shirt recognizing the Ponca Nation was also sold.

The evening before the Lone Star Park event, I attended a meeting at the Latino Cultural Center located at 2600 Live Oak St., Dallas, TX 75204. Mary Lyons, a spiritual leader of the Ojibwe tribe from Minnesota, spoke about "Shades of Red" and how they were impacted by the loss of their lands and forced movement. She also spoke about the four basic natural elements that are needed by us (air, water, earth and fire) and how humans are negatively impacting them. For example, in Brazil, a major segment of a forest that provides much of the conversion of carbon dioxide back to oxygen used by most of the world is being destroyed. I found her presentation very informative.

In regard to the Latino Cultural Center, it is a good museum worthy of a visit to learn about our neighbor, Mexico. They have information on the Maya, Toltec, Mexica, Aztec, Zapotec and Olmec nations. There is an



MMIW T-shirts.

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

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

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

exhibit on Montezuma meets Hernán Cortés on 11-8-1519. There was also a display on Mesoamerican foods. If you are in the area, it may well be worth your time to visit this facility to learn more about the Indigenous peoples of Mexico. They suffered even harsher treatment than our nations by the Spanish conquerors.

The events by colleges continued into October when I attended a meeting at Texas Christian University. We had a guest speaker from Arizona cover how the Mayans and Aztecs used plants for medicinal as well as ceremonial purposes. She included a type of tobacco that they use that has a very small leaf as well as flowers. It is very different from the broad leaf tobacco we use for our ceremonies. It was interesting that in their culture there are plants that are handled mainly by men and others exclusively by the women.

Innocent convicted

In one of my readings along with a special on TV, many innocent individuals are convicted of felonies each year. In fact, there are over 10,000 individuals who are innocent and sent to prison each year. Even if you are innocent but convicted, it may take years to get you released. In my readings and in the show I saw, it became apparent that too many of us don't really know how to react if we are taken to a police station

for so-called "questioning." In many cases, the police are looking to solve a situation quickly, and the first person they talk to becomes their primary suspect. You must gather your thoughts and think, "I must be sure I don't say something that is going to cause me harm."

Keep in mind that until they actually place you under arrest, they do not need to read you your Miranda rights. Moreover, anything you say can and will be used against you. In the show that I saw that was about a real person, they were a juvenile and under pressure admitted that they were guilty. In addition, they did not ask for an attorney, and their parents were allowed to come meet with them in the interrogation room. Since no request for an attorney had been made, the conversation held between the parents and their child was taken and used in court against them. This is legal, and it is your responsibility to understand what is going on.

First, ask if you are under arrest, and if they say no, then tell them you are leaving and if you can't leave that you want an attorney. Second, never answer any question without having an attorney present to ensure you do not incriminate yourself. Most of us think of the police as being here to protect us. While many times they in fact serve that purpose, their main job is to enforce the law and solve crimes, a fact affirmed by a U.S.

Supreme Court ruling. We have many wonderful police officers serving our community, and this information is not intended to imply or say they try to convict innocent people. Generally, it is the other way around. We incriminate ourselves by not watching what we say and do.

District 3 meeting

We will hold a district meeting on Saturday, Dec. 14, in Corpus Christi from 10:30 a.m. to 2 p.m. at the Hawthorne Suites by Wyndham. (Address: 1442 South Padre Island Dr, Corpus Christi, TX 78416. Phone: 361-854-3400) Lunch will be served. Announcement cards are being sent out. Please RSVP by calling me at 817-229-6271 or by email to RWhistler@potawatomi.org.

I look forward to seeing you. In the meantime, if you have any questions or issues regarding the Nation where I may assist, please give me a call. I am honored and proud to serve as your representative.

Bama pi
(Until later),

Bob Whistler
Bmashi (He Soars)
Representative, District 3
112 Bedford Road, Suite 116
Bedford, TX 76022
817-282-0868 office
817-229-6271 cell
817-545-1507 home
rwhistler@potawatomi.org
cpn3legislator@yahoo.com

ARE YOU GRADUATING IN DECEMBER?

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

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

District 4 – Jon Boursaw



Bozho
(Hello),

Status of the Burnett's Mound Exhibit

I am pleased to report that the final production-ready copy of the exhibit has been provided to the company that will manufacture the exhibit panels. I have contacted the Shawnee County Parks & Recreation Department, and depending on the production time of the finished panels, we are all hopeful that the exhibit can be installed this fall. I want to give a very special thank you to Graphic Designer Trey DeLonais from CPN's Public Information Department for his outstanding work in creating the physical outlay of the panels, complete with photos, maps and narratives. The exhibit will consist of three 3-by-5-foot panels that will tell the history of the Citizen Potawatomi Nation and the life of Abram Burnett. The exhibit will not be at the top of the mound, as you can no longer drive to the top, but rather at the park's entrance.

National Native American Veterans Memorial Groundbreaking Ceremony

In late September, I was proud and honored to be asked to attend this ceremony at the National Museum of the American Indian in Washington, D.C., along with fellow legislators Eva Marie Carney and David Barrett, a Navy Vietnam veteran, and fellow Air

Force retiree Kimberly Pratt. In addition to the witnessing the groundbreaking ceremony, we had the opportunity to hear comments from the Secretary of Veterans Affairs Robert Wilkie, Representative Debra Haaland from New Mexico, the Director of the NMAI Kevin Gover and the designer of the Veterans Memorial Harvey Pratt. But probably more memorable were the brief interactions I had with the memorial's Director Kevin Gover and Harvey Pratt. While having breakfast that was available to us prior to the ceremony, Gover stopped by our table and introduced himself. During the conversation, I asked him if he had ever visited our Cultural Heritage Center, and he replied that he had before the flood. He went on to say how impressed he was of the Tribal Veterans Wall of Honor.

Immediately following the ceremony, I made a point of introducing myself to Harvey Pratt. I gave him a copy of photograph of him having just fired a flaming arrow down the center aisle of the conference room in the Cox Center in Oklahoma City to light the Special Olympics Torch. I attached the photo to this column taken in 2008 at the opening of the International Association of Law Enforcement Officers Conference for the



Harvey Pratt fires a flaming arrow at the Cox Center.

International Special Olympics, of which the Nation was the major supporter. As a result, the CPN Color Guard was invited to present the colors. After we finished and while we were standing with the colors on both sides, Harvey fired the arrow. Harvey and I had few laughs about that event. I saw him late that afternoon at our hotel, and he told me that he had been showing the picture and telling the story all afternoon. The Color Guard at that event consisted of my brother, Lyman; Roy Slavin, District 1 Representative; the late Terry Peltier; and myself.

CPN Exhibit in the National Museum of the American Indian

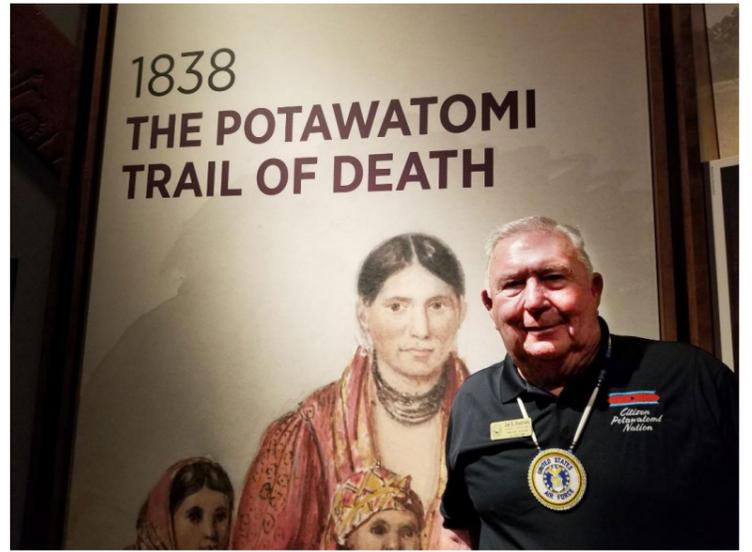
Following the groundbreaking ceremony, I toured the museum, and on the fourth floor, I was pleasantly surprised to discover that CPN is still featured as part of a large exhibit describing the treaties and removals that took place in the early to mid-1800s. The primary topic of the CPN portion of the exhibit is the Potawatomi Trail of Death.

Dale Smith Memorial Fund

Dale's obituary appeared in the September *Hownikan*, and in the last paragraph, it asked that in lieu of flowers, donations and other memorials be made to the Dale Smith Memorial Fund that will then be donated to the CPN Eagle Aviary. Dale and I became good friends over the past few years, and it was my honor of give him a Potawatomi name, *Kno notagzet* (Screaming Eagle). Dale was a proud CPN veteran, having served with the 101st Airborne in Vietnam. I had the privilege of recognizing Dale as the CPN Honored Veteran at the 2018 Family Reunion Festival Powwow Grand Entry. Please submit your donations to the Garnand Funeral Home, 412 7th St, Garden City, KS 67846.

CPN History Presentation

I've given my CPN History Presentation dozens of time over



Jon Boursaw at the NMAI Exhibit.

the past eight or nine years. I've given it in an open-sided tent in the Flint Hills, at numerous churches, at universities and grade schools, a barn, museums, American Legion Posts and the list goes on; but for the first time, I recently gave a version of it in an outpatient operating room. A couple of weeks ago, I was scheduled for surgery to have a small cancerous spot removed from the side of my nose. In my pre-op office visit with the plastic surgeon who performed the procedure, he noticed my name and asked, "That's a French name, isn't it?" I said yes and gave him a very brief explanation of my family heritage. His response was, "I'm a history enthusiast, and I'm going to keep you awake during the procedure so you can tell me your Tribe's history." A week later, I gave him an abbreviated version of the history while watching him work on the side of my nose. Relax; I didn't feel a thing. I recall that I was surprised by how thin the surgical thread was that he used. From my viewpoint, it appeared to be the thickness of a spider web thread. I guess my motto could be, "Have Story, Will Tell It Anywhere, Anytime."

November and December Elders Potlucks in Rossville

The scheduled dates for the November and December Elders Potlucks, sponsored by

the Senior Support Network staff, are listed below. The potlucks begin at noon in the CPN Community Center in Rossville. You are asked to bring a side dish or dessert. Tracy has asked that you RSVP if you plan on attending, and her number is 785-584-6171.

Nov. 8 — Thanksgiving Feast with turkey and dressing

Dec. 13 — Christmas Dinner with roast beef and mashed potatoes

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

Migwetch
(Thank you),

Jon Boursaw,
Wetase Mkoh (Brave Bear)
Representative, District 4
2007 SW Gage Blvd.
Topeka, KS 66604
785-861-7272 office
785-608-1982 cell
jon.boursaw@potawatomi.org
Office hours:
9-11 a.m. Tuesdays
3-5 p.m. Thursdays
Other times: please call

District 5 – Gene Lambert



Bozho
(Hello),

It's a wonderful life, even with all the challenges presented on a daily basis. I know there are many of you

out there questioning your ability to get through some of those difficulties from time to time, especially during the holidays. We all do.

Keep your attention toward the priorities and allow some of the antagonistic rhetoric to pass, and it will with little thought. Stay in the moment!

We have the holiday coming up for Thanksgiving, and it should be exactly that. Start now and think of all the things for which to be thankful. Our loved ones are always a great start.

The holidays can be difficult for some with broken or at least stressed family ties. Sometimes you have to love from a distance and know you do not have

to agree, but can love. Focus on a happy time you shared. Agree to disagree. Then go on, and be grateful for the learning experience and the past moments of pleasure.

In Native land, we have certainly seen trials and tribulations. On the other side, we now have the promise of a strong future. That future holds education, growth and independence, while maintaining our heritage.

Recently, the Citizen Potawatomi Nation District 5 had the opportunity to visit the Pueblo people in New Mexico. They were one of the few tribes able to keep and stay on their land right up to today. There are 19 tribal divisions within the Pueblos. This is another

success story, as is the story of the Citizen Potawatomi Nation and the varied communities with Potawatomi people.

We shared Pueblo food, visited their museum, heard the stories and watched the dancers, which they shared that day and every day at 11 a.m. and 2 p.m. outside the museum.

"Pueblo" is a Spanish term meaning "village" or "town." This word is used both to describe a style of building (adobe-and-stone pueblo) and to refer to specific groups of American Indians who live in pueblos and come from an agricultural tradition.

The 19 tribes include: Acoma, Isleta, Laguna, Nambe,

Ohkay Owingeh, Picuris, Pojoaque, Sandia, San Felipe, San Ildefonso, Santa Ana, Santa Clara, Santo Domingo, Taos, Tesuque, Zia, Zuni, Cochiti and Jemez.

They made us feel special and took care of us while we were there.

Our agenda included where we are today at home in Oklahoma, benefits of having a tribal identification card, housing grants, education, pharmacy and the Indian Health Services provisions available to all Native people in the United States of America.

The day was filled with education, personally beneficial, and entertainment

as we enjoyed the day. It is always good to see family.

The youngest CPN tribal member attending was Manuel D Neves, III, 47 years old. He and his mother, Deanna LeClair Neves, drove from Cortez, Colorado, to Albuquerque, New Mexico, for the meeting. Their family name is Rhodd-LeClair. Manny is married to Deanna Seymour Neves. He has two children, Maxihikio and Wannassita Neves at 17 and 15 years of age. They live in Washington D.C.

Maxihikio, by the way, has received the Student Peace Award through the Indigenous Student Union Club. Quite a remarkable young man.

Deanna Neves was the wisest member at 80 years of age. Deanna has been active for a long time. She has been attending various district meetings as she lives in the Four Corners region. I have known and visited with this wonderful lady many times during Arizona meetings as well. The distance is now too far for her to travel as the years pass.

The farthest distance traveled was Cecelia Arnet, another quite impressive CPN member whose



Gene with youngest member Manuel D Neves, III.



Farthest traveled, Cecelia Arnet with Gene.



Gene with wisest member Deanna Neves.

legal residence is in Edgewood, New Mexico. Cecelia is a retired engineer and presently teaching in Saigon. USA is her home, but she came all the way from Saigon, Vietnam, where she had flown in for the meeting and other business.

While in New Mexico, I observed there are many Pueblos handling the businesses on reservation land as we do at CPN. As a matter of fact, the hotel in which I stayed was owned and operated by the Pueblos. They also have an extended stay property being built as we speak.

Venturing out for dinner, I saw a place called the Laguna Burger also owned and operated by the Pueblos, and thought I might as well try one. It was definitely the best burger I have ever had. You could say the pepper competition they have ongoing between New Mexico and Colorado has gotten a little out of hand. However, the Laguna Burger had those very peppers (worth fighting over) presented in a juicy Black Angus burger that would tantalize anyone's taste buds. I was not

joking when I said it was the best I have ever had. It was!

The Thanksgiving turkey is second to none. Enjoy your family dinner, and remember the Creator who has gifted us all things. Say thank you.

Wish I had a table large enough for you all. I do not, but I have a heart that is!

Enjoy your holidays,

Eunice Imogene Lambert
Butterfly Woman
Representative, District 5
270 E Hunt Highway, Ste 229
San Tan Valley, AZ 85143
480-228-6569
euniceilambert@gmail.com

District 7 – Mark Johnson



Bozho nikanek
(Hello friends),

It is again time to get your fall graduation announcements in for anyone graduating high school or college in December

2019. Please email the following information to graduation@potawatomi.org, and they will be announced in a following issue of the *Hownikan*. Submissions are due by December 15th.

- Full name
- Hometown
- Potawatomi family name
- Degree type/major
- School or college name

For those of you still in college or getting ready to start, the scholarship program application period for the spring 2020 semester opens on Nov. 15, 2019, and closes on Feb. 15, 2020. Applications are now submitted online, and you can

log in at any time to check on the application's status. One scholarship is available to you each semester: \$2,000 for full-time students and \$750 for part-time students. Students are also reminded that you have advising, scholarship help and internship support available to you through the CPN Education Department. More information and the online application can be found at cpn.news/education. You can also contact them by email at college@potawatomi.org or by phone at 405-275-3121.

As we enter the holiday season, I hope you all have a chance to gather your family around and tell the stories that have

been passed down through the generations. That is how we truly keep our Tribe alive. It is what our Tribal nation is built on: the collective history that we all bring to the table. It is easy to overlook that fact when, today, our lives seem to get busier and busier every year. Please make sure that you take time to pass down the stories to our younger generation. That might be the greatest gift you can give.

Once again, I would like to say what an honor it is to serve you as your District 7 representative. As always, give me a call, and I will be happy to work with you on any questions you may have or provide you with additional information

you may need to access Tribal benefits that may be available to you. Please also take the time to give me a call or send me an email with your contact information so that I can keep you informed of the happenings within the Nation and district.

Migwetch
(Thank you),

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

DONATE A MEAL THIS *Thanksgiving!*

CPN Workforce & Social Services will take Thanksgiving food donations to complete full dinners for families in need. Last year, more than 200 families received a meal thanks to donations!

Donate at CPN Workforce & Social Services by November 20!

1549 Workforce Drive, Shawnee, OK | 405-878-3854
Contact gina.bundy@potawatomi.org, bobbi.middleton@potawatomi.org or destany.pineda@potawatomi.org

District 8 – Dave Carney



Bozho nikan
(Hello friend),

It's hard to believe that it is the holiday season already, but here we are! I am currently planning our District 8 annual Fall Feast. This year, it is a midday event in Seattle. If you can make the event, please also consider making some artwork for our Native American-themed art contest! Show off your talent and your Native pride. You might even win a prize!



Also, we will have a dessert table for treats any Tribal members would like to make and share with the group.

In mid-September, I had the honor of giving several members their Potawatomi name. We gathered at a member's home in Woodburn, Oregon, on a beautiful fall day. Several of the members attending and involved in the ceremony belong to a local

drum group that meets regularly to practice both hand drums and a powwow drum — all of their own creation. They played several songs, including the (Cherokee) Morning Song — sung in Potawatomi. Additionally, our host Julie Jackson lead the opening prayer in Potawatomi.

Along with Julie Jackson, several members of the Melot founding family received



John Kochanowski, Julie Jackson and Bob White in regalia.

their names at our gathering: Jacqueline Mitchell, George Mitchell Fuller, Owen Mitchell and Jeremiah Mitchell. It was a special morning.

As always, it is my honor to serve you.

Migwetch
(Thank you),

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

District 10 – David Barrett



Bozho
(Hello),

In September, I was able to visit Washington D.C. for a groundbreaking for the National Native American Veterans Memorial. First, I want to describe where the groundbreaking took place. The National Museum of the American Indian is situated in front of the U.S. Capitol.

Quoting from a press release about it's opening, "The curvilinear and domed museum is on the National Mall, having opened on Sept. 21, 2004. The 250,000-square foot structure is clad in Kasota limestone and is surrounded by an eastern lowland landscape amid numerous water features. Special features of the museum, such as an east-facing entrance, a prism window and the 120-foot high Potomac space devoted to contemporary Native performances, are a direct results of extensive consultations with Native peoples.

"The National Museum of the American Indian building is located on a 4.25-acre site east of the National Air and Space Museum and just south of the U.S. Capitol. The construction cost of the mall museum was \$199 million, with an additional \$20



November serves as a great opportunity to remember those who have served or are currently serving in the armed forces.

million for exhibitions, public programs, and opening events.

"The museum has an exterior cladding of Kasota dolomitic



Officials participate in groundbreaking event.



David Barrett, Jon Boursaw and Eva Carney at the National Native American Veterans Memorial.

limestone from Minnesota, giving the building the appearance of a stratified stone mass that has been carved by wind and water; additional building materials include American-mist granite, copper, bronze, maple, adzed, cedar, adzed alder and imperial plaster.

“Acrylic prisms facing true south catch the sun’s rays and reflect a spectacular light spectrum onto the interior of the Potomac, animating the space and serving the most visible design elements relating to the sun and light.

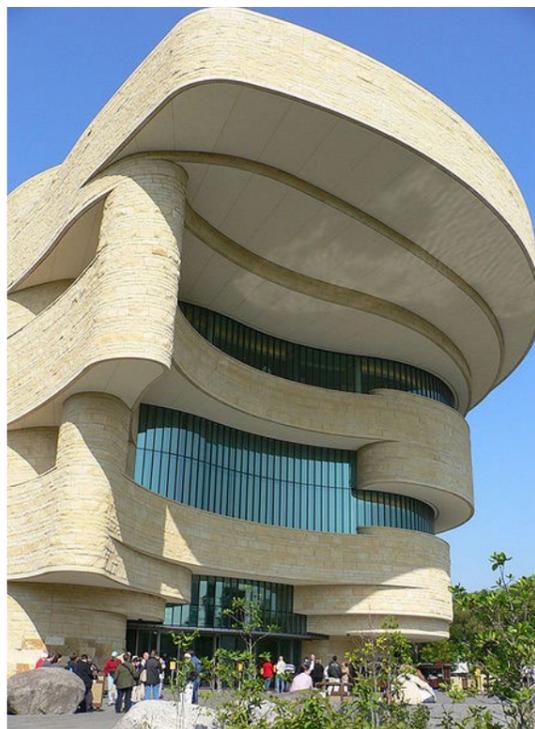
“Forty large rocks and boulders, known as grandfather rocks, are at the site and incorporated in the landscape and serve as reminders of the longevity of Native peoples’ relationships to the environment.”

The groundbreaking ceremony started with the presentation of colors and the National Anthem followed by remarks from Kevin Gover (Director NMAI), the Honorable Robert Wilkie (Sec. of Veterans Affairs), the Honorable Debra Haaland (U.S. representative from New Mexico), John

Davis (Provost, Smithsonian Institution), Harvey Pratt (Memorial Designer), the Honorable Jefferson Keel (Advisory committee co-chair National Native American Veterans Memorial), a blessing from Tipiziwin Tolman and T Tolman, then the groundbreaking. After the groundbreaking by placing the shovels in the dirt, the ceremony concluded with an Honor Song by the Cheyenne and Arapaho Singers Drum Group.

With the description of the NMAI’s architecture, it is so fitting for the theme of the memorial by Mr. Harvey Pratt (designer) to design this memorial on its ground, a place that draws nearly 24 million visitors annually.

Again, quoting a release about the memoria, “(It) is an elevated stainless steel circle balanced on an intricately carved stone drum; the design is simple and powerful, timeless and inclusive. The design incorporates water for sacred ceremonies, benches for gathering and reflection, and four lances where veterans, family members, tribal leaders,



National Museum of the American Indian - Photo by Raulbot, Wikipedia Commons

enduring and distinguished service of the Native Americans in every branch of the U.S. Armed Forces. This memorial carries the heavy responsibility of respectfully acknowledging American Indian, Alaska Native, and Native Hawaiian veterans; raising awareness of their service across generation; and reminding all Americans of our

national obligation to honor this inspired legacy.”

and others can tie cloths for prayers and healing.

“When the memorial is unveiled at its dedication ceremony in November, 2020, the country will recognize — for the first time on a national scale — the

Visiting Arlington National Cemetery, the Iwo Jima Memorial, WWII Memorial, Korean War Memorial, Vietnam War Memorial Wall and

attending this groundbreaking ceremony for the Native Americans Veterans Memorial, I had to pause and remain still, just allowing myself to reflect on the tremendous sacrifices that our nation had to endure (and be given) for our freedom.

Freedom is not free!

Since this is the month of Thanksgiving, I would encourage you to thank a veteran, active duty service members or first responders. Happy Thanksgiving!

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

Migwetch
(Thank you),

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

District 11 – Lisa Kraft



Bozho
(Hello),

It’s finally cooling down here in Oklahoma. Like most folks, fall weather kicks me in high gear to get ready for the winter. I have my wood stacked, my plants inside, my garden canned and my fall garage sale wrapped up.

Planning is hardwired into my brain. I wouldn’t be me if I didn’t have Plans A, B and C

in writing. Actually, I like to make art out of my to-do lists. I don’t know how else to live but in action. I get this from my mother. She can crochet, listen to a basketball game, and watch a movie ... all at the same time. And as much as I like spending my time planning, creating spreadsheets and vision boarding, I love opinion polling my friends and family even more. All of these tools create a more robust plan.

Some people are just like me or just the opposite, and others, somewhere in between. Luckily, we Citizen Potawatomi all have strong tendencies that make us who we are. Our great-grandparents must have had multiple plans for our survival as a Nation when making the decision to leave Kansas. And most assuredly, the community believed in the direction our Tribal leaders were suggesting by the act of taking allotments here in Oklahoma.

So, as a Tribal planner for other Oklahoma Indian nations, I get caught off guard when other tribal leaders ask me, “How often do we update our strategic plan? Are we on track with our goals?” or “What part of the plan do I champion as a legislator?” Truth be told, I have never approved a comprehensive Citizen Potawatomi Nation strategic plan. It’s not that I don’t support one; rather, I haven’t been asked to approve one these past 12 years.

I know, firsthand, that a strategic plan is of tremendous support to most federal grant opportunities our Tribe goes after each year. When a tribe can demonstrate that it’s following an adopted action plan, supported by elected leadership and community alike, and making measurable progress on time, it shows the feds that the grant project has a higher likelihood of success, thus making it a good investment of grant dollars.

I’m not talking about legislative approval of our Indian Housing Plan or the Tribal Transportation Improvement Plan developed by program directors; I’m talking about strategically planning our land use, bringing more services to members everywhere, and whether we need to expand or close existing enterprises.

It was very hard for me to vote “yes” on our latest \$426 million operating budget a few weeks ago. Half a billion dollars in projected Tribal revenue next year is astounding. And while the Citizen Potawatomi Nation legislature, as a whole, can only act through law and/or by passing a resolution, it doesn’t mean that we have to sit on the sidelines of strategically planning the future of our Nation or questioning how the money can be allocated. If anything, the legislature is empowered by our constitution to pass law, giving us authority to create our own budget and strategic

plan, apart from the executive branch, so that Tribal leaders have to compromise for the best use of our shared resources.

Approving resolutions to support grant requests or passing a massive operating budget once a year are indeed legislative action items, but they are not strategically planning for the future of our Nation. I invite other legislators to join me in supporting a bill to add Annual Strategic Planning to the Appropriations and Budgets Legislative Committee as a whole. In the coming months, I will write of my progress to this end and of the legislative support of such a measure.

As always, I am thinking Potawatomi.

Lisa Kraft
Representative, District 11
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Hownikan

1601 S. Gordon Cooper Drive, Shawnee, Oklahoma

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

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Address changes should be sent to Tribal Rolls,

1601 S. Gordon Cooper Drive, Shawnee, OK 74801

Beverly Inez Hughes



Beverly Inez (Bowers) Hughes, 84, of Bethel Acres, Oklahoma, went to be with her Lord and Savior surrounded by family Thursday, Sept. 26, 2019.

Beverly was born to Viola Sweetheart and KR Jines in Houston, Texas, on Feb. 15, 1935. She was a descendant of the Rhodd family of the Citizen Potawatomi Nation.

As a child, Beverly moved to Oklahoma City where she later graduated from Capitol Hill High School in 1953. She married her high school sweetheart, Donald Ray Bowers, and had her first daughter before he passed a year later. She also went on to pursue her art and education at the Oklahoma College for Women in Chickasha for two years before going to work for the Oklahoma Publishing Company. While working there, she met Glenn Hughes who fell in love with both Beverly and her daughter. They were married in 1957 and went on to have two daughters together. She and her family moved to Bethel Acres in 1970 to let her children enjoy the country life.

She was passionate about serving her country, Tribe and community throughout her life. She also went on to work for her Tribe, Citizen Potawatomi Nation, where she served for many years as secretary/treasurer before accepting a position at Tinker Air Force Base where she retired after 15 years of civil service.

She was dedicated to helping others, especially fellow Tribal members. Beverly took great pride in being a CPN tribal member. Her work for the Tribe prior to the landmark Indian Self Determination Act played an integral part in the development of the Tribe's presence today. She published the first edition of the Tribal newspaper, the *Hownikan*, which now has a print circulation of more than 15,000. Beverly also played a vital role in developing the Tribe's first seal as well as helped to correct the spelling of the Tribe's name with the U.S. Bureau of Indian Affairs to the proper 'Potawatomi' spelling. As an elder, she continued to share her knowledge and wisdom and helped guide her granddaughters to establish the Tribe's own Eagle Aviary. In 2016, she was recognized for her work and received the AARP Oklahoma Indian Elder Honors Award.

Beverly never met a stranger. She was quick to start a conversation with anyone she might meet, young or old. She was quick with a smile and generous with her love. She enjoyed writing letters and sending cards at birthdays and holidays. She was a member of Hopewell Baptist Church. She was never shy about witnessing to anyone she met. She loved the Lord, her family and fishing. Through her civil service, her work with the CPN, and her unselfish spirit, she touched so many lives.

She was preceded in death by her mother and father, Viola Sweetheart and KR Jines; one sister, Jo Rita Marcus; her first husband, Donald Ray Bowers of two years; her second husband of 56 years, Glenn E. Hughes; and one daughter, Shiree Dawn Randell.

She is survived by two daughters, Sallee Brinlee and Sheila Hughes; five grandchildren, Jennifer Randell, Bree Dunham, Jerica and husband Derick Southwell, Matt and wife Jessica Lamey, and Cati Caro; six great-grandchildren, Logan and Konner Southwell, Carter and Kaylin Lamey, and Gabe and Bella Jacobs; niece, Casey and husband Jay Larimore; and many more nieces, nephews and cherished friends.

A wonderful celebration of life was Oct. 19, at the Citizen Potawatomi Nation Cultural Heritage Center with Bother Larry Townsend officiating. Internment of Beverly and Glenn Hughes followed at Resthaven Memorial Gardens in Oklahoma City. Cards and flowers can be sent to the CPN Cultural Center, or in lieu of flowers, Beverly asked that donations be made in her honor to the CPN Eagle Aviary.

Joseph William Howard Jr.



Joseph (Joe) William Howard Jr., 76, of Moore, Oklahoma, went home to be with his savior on July 18, 2019, in Enid, Oklahoma. He was born Jan. 3, 1943, in Chapman, Kansas, to Joe and Emily Howard.

Joe had many different occupations in life, including private investigator and radio DJ, but he spent most of his life in ministry, including singing, chaplain and preaching. He loved people and always made a lasting impression wherever he went. He had a wonderful sense of humor in every situation.

He was a widower three times in life. First by Betty Trotter (1978), then by Sherry Gorrell (1992) and Barbara Ulbrich (2008). He married Teresa Lynn Truelock in 2009 and lived with her and adopted daughter Ryan in Moore until June 2019 when he moved to the nursing home in Enid.

Besides his first three wives, he was preceded in death by parents, Joe and Emily Howard; sisters, Pat Umscheid and Darlene Autry; and brother, Earl Howard.

He is survived by one sister, Jolene Lockwood of Shawnee, Oklahoma, and one brother, Edwin (Scottie) Howard of Harrah, Oklahoma; his wife Teresa Howard and adopted daughter Ryan of the home (Moore, Oklahoma); children, Jody Howard (New Town, North Dakota), Stephanie Roberts and husband Brent (Enid, Oklahoma) and Lyle Howard (Ponca City, Oklahoma); and many grandchildren who loved their "Papa Joe."

A Celebration of Life was held at Emmanuel Baptist Church in Enid, Oklahoma, on July 25. He was very gifted musically, and the first song played at his celebration service was a recording of him singing *When I Stand in the Presence*.

Joe was a strong Christian man who loved God and made an impact on many people in his lifetime. He will be missed greatly by his friends and family that loved him.

Marilyn Corrinne Megarah



Marilyn Corrinne (Cote) Megarah died Saturday, Aug. 17, 2019, at the age of 84. She was born July 31, 1935, in Beaverville, Illinois, the daughter of Sylvanus and Cizerie (Marquis) Cote. Marilyn attended Immaculate Heart of Mary Catholic Church in Lansing, Michigan, and worked as a switchboard operator for Jackson National Life Insurance Company and University Oldsmobile.

Marilyn married Richard Megarah, and he preceded her in death in 2009. She was also predeceased by five brothers, Lawrence, Leonard, Robert, James and Meryl Cote; and five sisters, Constance Peters, Elaine Hunt, Patricia Witt, Carol Mueller and Margaret Forsthoefel.

Surviving are three daughters, Cynthia (Clare) Ruff, Cheryl (Tom) Johnston and Brenda Sherman; six grandchildren, Amanda (Daniel) Fess, Nicole (Tim) Harmon, Zachary (Karen) Johnston, Zane Johnston, Zeke Johnston and Kasey (Jeff) Stewart; five great-grandchildren, Emma, Olivia, Reese, Zander and Zaidey; and two brothers, Sylvanus (Geraldine) Cote Jr. and Joel Cote.

A memorial service for Marilyn was held Aug. 25, 2019, at Keck-Coleman Funeral Home in St. Johns, Michigan. Internment was held with a private family gathering at Portland Cemetery, Portland, Michigan, on Sept. 27, 2019. Memorial contributions may be made to the American Cancer Society or the Arthritis Foundation.

Terry Lynn Peltier



Former Shawnee resident Terry Lynn Peltier (Native American name: *M'Ko Wabje'ge*, Bear Watching Over), 70, passed away Friday, Sept. 6, 2019, in New Orleans, Louisiana.

A funeral mass was held at Sept. 14, 2019, at St. Benedict Catholic Church followed by a burial at Tecumseh Cemetery.

Memorial contributions can be made to Passages Hospice, 617 Dublin St., New Orleans, LA 70118.

Terry was born Feb. 16, 1949, in Shawnee, Oklahoma, to Raymond Paul Peltier and Mildred Frances (Thacker) Peltier. He graduated from Dale High School and attended Murray State in Tishomingo. He served four years in the United States Navy. He married Cynthia (Schoolmeyer) on April 25, 1998. He worked for the Citizen Potawatomi Nation in the Transportation Department and later the Housing Authority for 14 years and had recently moved back to New Orleans. He enjoyed his job as a DJ at parties and on the radio; he was an avid OU football fan a gifted wood carver.

He was preceded in death by his parents.

Survivors include his wife, Cynthia Peltier of New Orleans; three children, Tracy Peltier of Shawnee, Terry Don Peltier and wife Amber of Prague, Brandee Smith and husband Bret of Shawnee; grandchildren, Logan, Joshua and Mason Peltier, Austin Peltier and wife Kaitlyn, Kylie, Jorja and Talon Peltier, Layla and Atticus Smith; one brother, Darel Grothaus; step-children, Vicki (Heiss) Sullivan, Henry Arthur Heiss, Gretchen Lynn Heiss; step-grandchildren, Hank Heiss, Hugh Heiss, Casey Sullivan and Lauren Sullivan; and several other family members and friends.

Submitting obituaries

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

hownikan@potawatomi.org

CPN burial assistance through Tribal Rolls

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

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

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