



HOWNIIKAN

Giwségises | November 2022

A wood fire glows in the middle of a prayer circle on Citizen Potawatomi Nation grounds.

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Walking on



Diabetes program improves educational opportunities, technology

November is National Diabetes Month, and the Citizen Potawatomi Nation Health Services Diabetes Program and pharmacy improved their offerings in 2022 to help patients manage their disease.

The Centers for Disease Control and Prevention released its most recent National Diabetes Statistics Report in January 2022. It noted that American Indian and Alaska Native populations had the highest percentage of adults diagnosed with diabetes of all racial and ethnic groups at 14.5 percent.

CPN Diabetes Program Coordinator Katie Brown began working for CPNHS in May 2022 after several years at the Oklahoma City Indian Clinic.

“That’s my favorite part about it — working with the Native American population, working under our grant or working with (Indian Health Service) facilities — we’re truly able to address any disparities that there are or provide the tools or resources that our patients need,” she said.

CPN’s diabetes program recently upgraded some of its curriculum, began offering new technology for easier glucose monitoring and shifted to a community-based approach to care.

BEAD

The diabetes program dedicates Mondays to its five-week Building Education About Diabetes (BEAD) classes. Attendees begin and end with the same group, which helps patients feel heard and discuss their condition with someone outside of family and health care professionals.

“They’re able to establish rapport with one another and build friendships or maybe have someone that they can partner with that has gone through the same things they are,” Brown said.

“I think anytime you can get a group of people together, it’s a good thing. I think we’re meant to live in community. I think we see that in the Native American culture.”

CPNHS welcomes all patients with diabetes to take the class, regardless of when they were diagnosed. The curriculum is accredited by the Association of Diabetes Care and Education Specialists and covers medication, nutrition, physical activity, stress management, problem solving, disaster planning and alternative medications/medicines. Brown also enjoys covering trending topics such as the keto diet and artificial sweeteners as well as potential serious outcomes of mismanagement.



Diabetes Program Coordinator Katie Brown teaches patients with diabetes how to better manage their condition with new technology and time-tested techniques.

“I hear all too often, ‘I knew someone that had diabetes, and this happened to them,’ or ‘They lost a toe or had problems with their vision’ and things like that. Our goal is obviously to avoid any of those things. ... I truly believe the saying, ‘An ounce of prevention is worth a pound of cure.’ And diabetes complications is one of those things. We don’t have to have foot problems or eye problems or kidney problems,” she said.

BEAD empowers participants to self-advocate during regular health care visits and request periodic screenings. They also cover diabetes myths and how to deal with information overload. As an educator, Brown focuses on the topics important to the patients.

“BEAD I really feel like helps people in a very individual way. Even though we’re giving a standard curriculum or a standardized process, the goal is to always individualize our care,” she said.

CGMs

On Fridays, the diabetes program offers classes on continuous glucose monitors (CGMs). The three-month course welcomes patients to familiarize themselves with CGMs as an alternative to traditional finger sticks for tracking blood glucose levels.

“We are following what we know works well, but also adapting it to work best with our clinic. I have good experience with (CGMs) working well in the community setting and the Native American population as well. And we’re excited,” Brown said.

Attendees wear the CGM on the back of their arm and use their smartphone to pull real-time data about their sugar levels through an app. However, for those without a phone or with one that lacks compatibility, the diabetes

program offers handheld glucose readers as well. Brown highlights the new monitors’ ability to give participants more control and information.

“We find that patients are getting real-time data versus coming into clinic and getting their glucometer downloaded from 90 days ago and someone asking them what they did two months ago for breakfast. And this allows for real-time data, immediate cause and effect, and it also helps patients make food choices,” she said.

In the beginning, the class meets every week to give patients a grasp on managing the technology. After four weeks, it meets every two weeks for the remaining two months to switch out sensors and follow up.

“By the end of it, the goal is for patients to replace them on their own because after the program, they’ll be able to continue to get their sensors in the pharmacy, and they’ll just replace them at home. But they’re super user friendly,” Brown said.

She and attendees also cover nutrition, physical activity and medications as well as their effects on the data from their sensor. She plans to expand the program within the next year and believes CGMs hold a prominent place in the future of diabetes care.

“I remember taking my exam to become a certified educator, and that same day I said, ‘I believe in my career, we will see sensors completely replace finger sticks.’ And I think we are all ready and excited for that day,” Brown said.

CPNHS’s pilot program for CGMs ends this month. Patients can join a waiting list for the next class now.

Continued on page 6

Oklahoma City musician tells complex story through song

Citizen Potawatomi Nation tribal member Jesse Alan Horn epitomizes a working musician. Some weekends, he plays five shows at venues across the larger Oklahoma City area, and on Monday, he wakes up and starts the process of filling his month all over again.

"I'll make a pot of coffee and send out like 100 emails. And then if you get hit back up of the 100 for ten shows, that's your month. You're good. It's like a work thing. So, it was just putting in that effort and always delivering on your product," Horn said.

On a warm and rainy Sunday in August, the Vieux family descendant played to a small afternoon crowd at the Sunset Patio Bar in OKC's Midtown district. Some regulars strolled in who try to see him every weekend, and others bobbed around to covers of Eric Clapton, Jason Boland and more as they sipped drinks with friends. Watching Horn play, it becomes apparent he is most comfortable behind a microphone.

"There's like an energy. It's weird. An atmosphere that you can create that gives everybody a good, positive vibe, you know? And working with other musicians that feel that with you, it's moving. Adrenaline. It's just really powerful. And I don't know; I'm kind of addicted to it," he said and laughed.

Career

Horn began learning how to play guitar at age 13 from his grandfather while growing up in Colorado. He also taught Horn how to sing and write songs, particularly Southern gospel pieces they could lead at church.

"My grandpa had Parkinson's whenever we were little, and he was the choir teacher at a church, and he couldn't play the guitar anymore. So, I was like, 'Well, I'll learn how to play guitar for you,'" Horn said.

"He showed me what I needed. We used to play old gospel songs and Kingston Trio and folk music, and it was fun. I still play it. ... Some of the tightest and best harmonies are from those old Americana folk bands."

Audiences hear other influences while he plays around Oklahoma City, with



Musician Jesse Alan Horn performs at venues around the OKC metro several times a week. (Photo provided)

his setlists drawing from 70s hits and folk music, Tom Petty, John Mayer, pop country and more.

Horn started performing around Oklahoma City in 2010. He remembers his first show with pianist Casey Cross at a bar and restaurant in the Bricktown entertainment district.

"We played for \$25 and a basket of fried chicken. That was our first gig, and we thought, 'We did it!' You know? And we were happy. We were going to college. That's how we linked up. And we did that for like two years. And then I just kind of started branching out," he said.

After leaving Oklahoma to play on cruise ships for a few years, Horn returned and now rotates through a steady stream of venues that welcome him. He jokes with the audience and takes requests, daring them to name a song out of his reach. The tablet in front of him as he sings and plays guitar holds thousands of songs from which he builds a setlist.

"It's just kind of like, what does the venue want from me, and what does my audience ask of me? We have two kinds of artists in this world. We have artists that play for attention, and then we have artists that play with intention. So, you can be profitable off of either plan, but the

thing is, you want to create a product for whatever kind of artistry you want to sell," Horn said, noting he focuses on intention.

BOLO

Horn's most recent endeavor includes recording and releasing his first album, *BOLO*, or *Be on the Look Out*. While most of his performances focus on covers, this new album gives fans an in-depth view of Horn's worldviews and talents as a storyteller.

"I think artists are observers, and whether you are a painter or somebody who writes music or does poetry, you have to sit back, and you have to be able to see what's going on, on the inside and be able to paint what you see. And the fact that like people can relate to it and use that as a canvas, I think that's pretty cool. That's art to me," Horn said.

BOLO is a concept album that focuses on a main character who has had a hard life, both within himself and others, and his attempt to overcome obstacles and find success through positivity. Horn created "a lot of pits and a lot of valleys" throughout the record to show his character's journey.

"Work equals force multiplied by distance. I love saying that. How hard

are you willing to do it? And how long are you willing to go for? That's work," he said.

Horn believes in four traits for success — character, competence, consistency and empathy. Much of the character's "work" includes making himself a better person and finding a newfound strength in understanding how others feel.

"He still has character. He still shows up to the gig, too. So, he's consistent, and he's competent. He doesn't mess up. He's always reliable. But he's so burnt that he has no empathy, and he's just kind of become this cold individual.

And in the story are these guardians that come down, and they help him identify what empathy is," Horn said.

He plans on releasing a new single every two or three months, and the first one, *Nobody*, came out in August 2022. Horn describes it as "epic, very moving and powerful." The sound is layered and multifaceted, influenced by Meatloaf's *Bat Out of Hell II* and composer Jim Steinman.

"(Meatloaf) had like three guitars, two drummers, a bass player, a female vocalist. ... A choir, a symphony. And I thought that was powerful. And I wanted something for the first song, straight out the gate; I wanted power," Horn said.

He believes in self-created genres unique to each performer. Horn also shows the influence of Johnny Cash, Willie Nelson, Ray Charles and AC/DC in upcoming singles.

Follow the release of *BOLO* and hear Jesse Alan Horn's single *Nobody* on all streaming services. Find more information on his career and upcoming shows at jessealan.com. ♪

Redbone Indian Tacos food truck

By Lakisha Meade, CPCDC Grants and Finance Coordinator

For many Oklahoma residents, fry bread tacos are a well-known dish and an absolute must try for anyone who has yet to experience the unique savory flavor. For a truly authentic experience, visit Native-owned Redbone Indian Tacos in Medicine Park, Oklahoma. Kelly Price owns this top-notch food truck and uses her Kiowa grandmother's recipes. Her food truck was the first one in Medicine Park, situated in the Wichita Mountains in Comanche County.

Price's grandmother raised her for a good portion of her childhood and taught her how to make fry bread. She grew up cooking with her grandmother and learning all about the technique and love it takes to make the best fry bread around.

Price's compassion for others is what started her business venture. She had heard of a local family in Medicine Park that needed help. Price did not hesitate to put together a fundraiser to get the family much-needed financial assistance. She got some residents together, and doing what she loves, she made fry bread and sold Indian tacos. It went over so well, it was recommended to her that she continue to sell them around town. Redbone Indian Tacos was about to begin its long-lasting journey.

Her story is inspirational and a testament to the American Dream. Price said without the help of Citizen Potawatomi Community Development Corporation (CPCDC), she never would have had the opportunity to make her food truck a reality. Being a small business owner takes time, commitment, and let's be honest, an investment. Without the



funds to get started or someone willing to take a chance on the enterprise, many business owners feel unable to pursue their passions. Price credits the American Indian Chamber of Commerce of Oklahoma for getting her in contact with the CPCDC. She knew what she wanted, and she believed in herself and her abilities. She just needed some help getting started and someone else to believe in her too.

With the help of CPCDC Commercial Loan Officer Felecia Freeman, Price told her story. She said that Freeman took the time to explain every step of what

she needed to do to get up and running. After talking with Freeman, Price knew the work would be challenging, but she was determined. She took every step and piece of advice that was given to her, and she got to work. Price is now in her third year and growing. She is currently working on getting a brick-and-mortar location to expand her operation.

Her goal is to keep her food truck and move from place to place like always. Redbone Indian Tacos has driven to Edmond and even as far as the Texas-Oklahoma border. Price has fed many happy diners that travel to her food truck as both eager first timers and returning customers anxious to eat her delicious food again.

Follow Redbone Indian Tacos on Facebook or email redboneindiantacos@gmail.com. ♪

Fall brings *Wadasé* home for a visit

By Bree Dunham and
Jennifer Randell, CPN
Eagle Aviary Managers

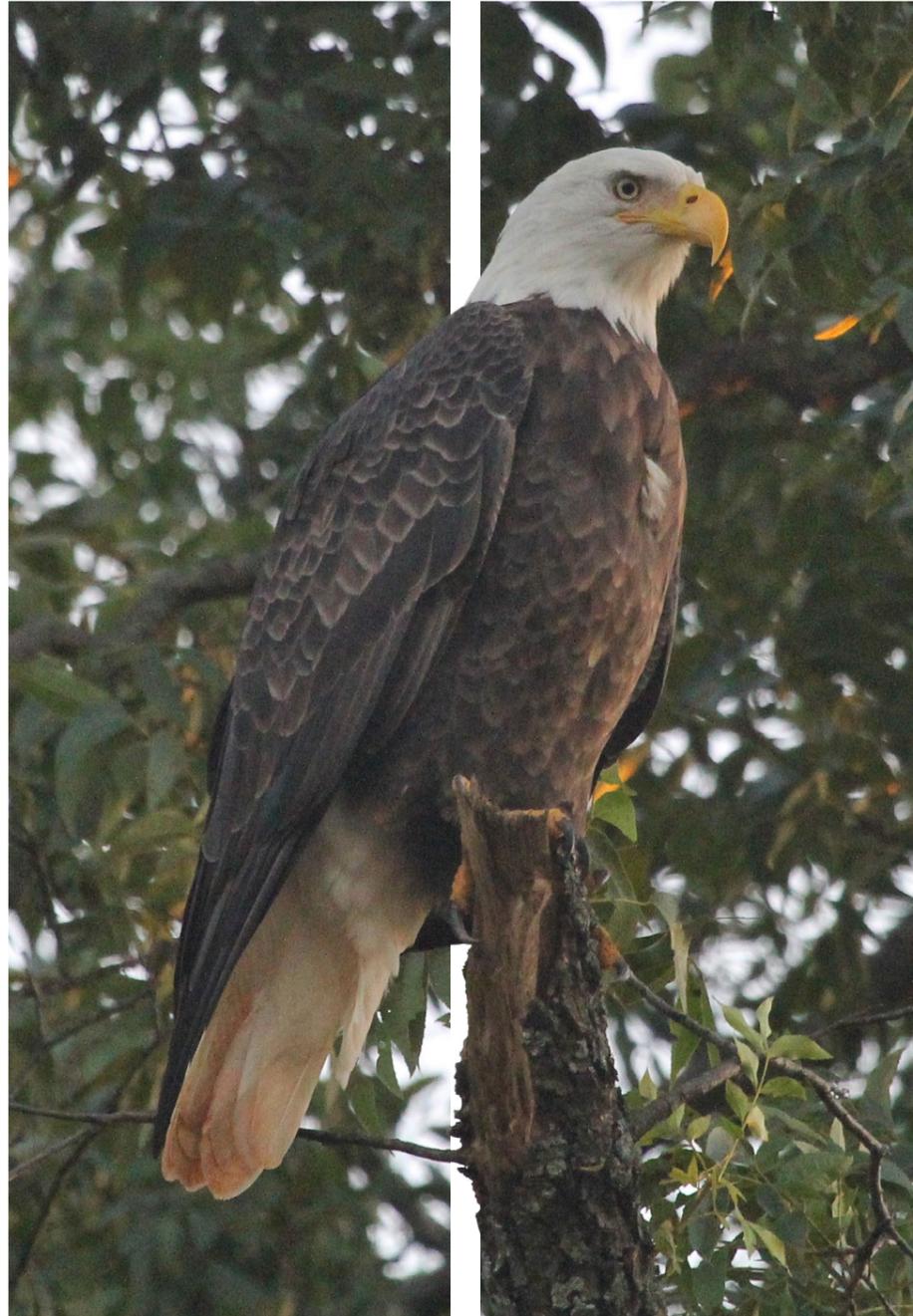
The end of September in Oklahoma still felt like summer days when the fall equinox arrived, and the landscape was greener than you would expect for our lack of rain. Even though it might not have felt like fall, the trees had begun to subtly give way to yellow and gold as the evenings cooled. Every day, the sky was filled with more and more migrating birds.

The Mississippi Kites of summer that seemed to be everywhere just days ago were all gone along with the swallows as they followed the insects migrating south. A few summer holdouts that also rely on insects, like the Scissor-tailed Flycatcher, hung around a bit longer while the grasshoppers were still abundant. Turkey vultures, hawks of all kinds, gulls, geese and even monarch butterflies were headed south in droves. The previous week, the eagles at the Aviary kept looking up like they were watching something above them, but to the naked human eye, it was just clear blue skies. To our surprise, with binoculars, we could see dozens of Swainson's hawks above us and a multitude of other birds even higher that were hard to identify at that height. The sky was full.

Every season has its own unique activities around the aviary. Fall is a welcome break from Oklahoma's summer heat for the wildlife and people. We do most of our tours in fall and spring, and with school back in session, we host many school programs as well. However, we also begin preparing for the seasons to come. We collect and dry wildflower seeds to sow next spring. We start monitoring several local eagle and hawk nests as pairs begin to return to the area and prepare for nesting season. We start thinking about winterizing enclosures and gathering those materials needed and complete any necessary maintenance. We gather nest material. We watch for *Wadasé Zhabwé*.

For those that might not know her, *Wadasé Zhabwé* is a bald eagle we were able to release on April 16, 2013. She was banded and fitted with GPS telemetry. She wore it for nearly seven years, but not long enough for us to determine a nest site. You can find more info about her online in the *Hownikan* at potawatomi.org.

That might be one of the most asked questions we get during tours of the aviary from those that know her story. "Where's *Wadasé*?" During a recent tour, a local school group of third graders suggested we create a *Where's Wadasé* book to rival *Where's Waldo*. As funny as that might sound, often that is exactly how it feels searching for her in places with new nest sites or reported eagle sightings near her last recorded telemetry points. After all this time, armed with thousands of points and data in concentrated areas over the year before, we lost the ability to track



Wadasé Zhabwé takes in the view of the CPN Eagle Aviary. (Photo provided)

her GPS. We have yet to positively identify her away from the aviary.

It's hard to believe we saw her on the aviary grounds on 176 days of the first year of her release. Her time here

decreased annually as her confidence and independence grew. Now we offer *sema* (tobacco) for her daily and hope to catch a glimpse of her each fall. Toward the end of September, each previous year, she has made an appearance just as the seasons



Wadasé returns to visit the Eagle Aviary most Septembers. (Photo provided)

start to change. She rarely stays for more than a day or two now. This year, we had seen the resident pair of eagles from the locally famous 13th Street nest and another pair that frequented the area over the past several years, Martin and his mate (aka M&M), but not *Wadasé*.

The afternoon of September 22, we finished chores around the property and drove the golf cart down to feed the eagles. While we had seen a pair of eagles earlier in the day flying out above the river, none had come in close enough to identify. We parked near the food room and discussed feeding and plans for the following day when we were startled to hear an eagle chattering nearby. The sound was coming from the opposite direction of the enclosures and nearly right above us. We carefully leaned out of the golf cart to locate exactly where the sound had come from and could hardly believe our eyes. There was an adult eagle with a silver leg band sitting in a pecan tree just 20 feet from us. *Wadasé* was home! Trying to retain any sort of composure, we hurried to the office to retrieve a camera. To be honest, the first 50 photos were just a blur from adrenaline and both our hearts pounding out of our chests.

After we spent a good deal of time just marveling at her, we fed the eagles and, as always, offered her food on her old platform. She sat, one foot hanging out, relaxed, for a good while before making a short flight around the pasture and landing high up in the big pecan tree out by the prayer circle. From that vantage point, she could see the entire property, and she seemed content to share the space with us. We sat with her as the sun set and the light faded, and all our photos became silhouettes. The resident great horned owls could be heard calling in the distance. She softly chattered a few times in response as if to let them know the tree was occupied for the night.

We could hardly wait for sunup, and at first hint of light, we scanned the big pecan. She was not on the perch where she had roosted. She was nowhere in sight. Even though it is bittersweet to see her for such a short time, every visit is a blessing. To know she can go anywhere in the U.S. and continues to stop here is quite humbling. We have been fortunate to continue to share her story, and with a little luck, this winter we hope to locate her nest site.

As always, we encourage you to keep your eyes out for *Wadasé* if you are near the areas she frequents. For more information about the CPN Eagle Aviary visit potawatomiheritage.com. To read previous *Wadasé* updates, visit the *Hownikan* at potawatomi.org. Send your encounters with *Wadasé* or other eagles in Oklahoma or wherever you may be to us at aviary@potawatomi.org. Those reports have been a valuable tool in tracking her progress and locating new nest sites around the state to add to our monitoring lists. ♡

2023 ELECTION NOTICE

For Legislators for Districts 10, 11 and 13

LEGISLATOR

Filing form and fee must be received by the Election Committee no later than 5 p.m. CST on Wednesday, Jan. 11. Candidates for Legislator must be at least 18 years old upon being sworn in on June 24, 2023, and must have physically resided within the district they would represent continuously for at least six months prior to the election.

APPLICATIONS AVAILABLE AFTER DEC. 1, 2022. TO REQUEST, EMAIL ELECTIONS@POTAWATOMI.ORG

Cultural Heritage Center anticipates upgrades

The Citizen Potawatomi Nation Cultural Heritage Center received a prestigious grant that will further enhance its award-winning exhibits with new interactive features.

The Institute of Museum and Library Services recently awarded the Cultural Heritage Center nearly \$100,000. The funds will support the CHC's efforts to modernize and enhance technology to improve the visitor experience.

The funds, totaling \$99,974, will be used to update dedicated touch screens, add direct and ambient surround sound speakers and upgrade computers, said CHC Senior Curator Blake Norton.

Work on the improvements will begin soon.

"Everything has been finalized in terms of design and content creation. Next is installation, testing and final calibrations," Norton said.

The next evolution of the gallery space involves modernizing the interactive portions of the exhibits with visitor-directed narratives that respond to guest interaction. The CHC receives about 18,000 visitors each year. Several thousand visitors come through the museum during annual events like the Family Reunion Festival and FireLake Fireflight Balloon Fest.

The Cultural Heritage Center has successfully kept exhibits fresh for visitors through a continual process of refining narratives and exhibition methods, Norton said. It is important



Cultural Heritage Center Curator Blake Norton and museum staff upgrade exhibits to better serve patrons and Potawatomi history.

the gallery space is continually updated with reliable equipment and the latest technology, allowing visitors to fully engage and enjoy their experience.

Planned improvements include updated touch-screen interfaces, speakers and computers that deliver content to gallery screens. The Cultural Heritage Center will revitalize exhibit narratives by changing the structure of interactive content from static loops to visitor-selected topics, Norton said. The goal is to create a gallery space that is more visitor-directed and

responsive for Tribal members, members of other tribes and non-Native visitors.

Over time, touchscreens and other technology gradually become less responsive and less effective, Norton said. Just as people regularly upgrade the technology they use, so must the museum.

"High resolution interactives have become the norm in daily life, and this has increased expectations for any platform that uses technology, including museum exhibits," Norton said.

Tribal members who want to improve their understanding of Potawatomi history and traditions can do so without encountering technology that is outdated or does not work to original specifications, he added.

The Cultural Heritage Center anticipates no disruptions to day-to-day operations and minimal impacts to the galleries.

"To mitigate any extended closure of our galleries during renovation, we plan to tackle a maximum of two sub-galleries at a time. This will allow for a more focused approach and faster completion," Norton said.

Any group planning a tour during renovations may contact the Cultural Heritage Center if they have questions about the renovation project and their scheduled tour, he added.

The CHC's mission is to educate Tribal members and the community on Potawatomi heritage, history and culture. Since its opening in 2006, the museum has received dozens of state and national awards. Most recently, the CHC received 2022 Bruce T. Fisher Award: Outstanding Oklahoma History Project from the Oklahoma Historical Society. Learn more at potawatomiheritage.com.

IMLS is an independent agency of the United States federal government. It was established in 1996 to offer grants to support libraries, museums and cultural heritage institutions. Learn more at imls.gov.

Veterans report



Bozho
(Hello),

November is the special month that is set aside for giving thanks for all the blessings we have received. "What blessings?" you may ask. We live in the best nation in the world. Yes, we do. Our government may be "out of whack" right now, but it's not something new. It has been "out of whack" before and will be again in the future. The public is not something you can play with for very long and not expect they will strike back with their votes and being able to speak out about their displeasure of the way our government is mishandling the problems that they have created. It will be fixed and made right. The voters won't stand for anything less than our leaders doing a good job and doing it right. Fix what is broken... and right now it is as broken as it has ever been.

Now on the brighter side, the Veterans Administration (VA) has launched phase two of the Program of Comprehensive Assistance for Family Caregivers. They recognize the critical role that family caregivers play in enabling Veterans to stay in their homes, surrounded by their loved ones. That is why the VA has expanded the PCAFC. Previously, it

was only available to eligible Veterans who served on or after Sept. 11, 2001, but now it has become open to eligible Veterans of all eras, including those who served after May 7, 1975, and before Sept. 11, 2001. This expansion will enhance the well-being of thousands more Veterans by supporting the caregivers who care for them.

Primary family caregivers may receive:

- A monthly stipend (paid directly to the caregiver)
- Access to healthcare insurance through the Civilian Health and Medical Program of the Department of Veterans Affairs (CHAMPVA) (if otherwise not insured)
- Mental health counseling
- Certain beneficiary travel benefits when traveling with the Veteran to appointments
- At least 30 days of respite care per year (Respite is short-term relief for someone else to care for the Veteran while the caregiver takes time away)
- Secondary family caregivers may receive services such as mental health counseling and certain beneficiary travel benefits when traveling with the Veteran to appointments

There will be no CPN Veterans Organization meeting this month, but all CPN Veterans and their families are invited to the CPN Veterans Organization's Christmas party on



RECRUIT, IT'S NOT NECESSARY TO DIG A FOXHOLE ON THE FIRING RANGE, YOUR TARGET WON'T BE SHOOTING BACK!

Tuesday, Dec. 6, 2022, in the North Reunion Hall at 6 p.m. (or as soon as you can get there). You don't have to be a member of the organization to attend. We would be glad to have you.

Migwetch
(Thank you)!

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

Language update

By Justin Neely, CPN Language Department Director

The Language Department just wrapped up a seven-week beginner language class taught by Stormy Rhodd and Ragan Marsee. The class was also streamed live and archived on our Potawatomi Language YouTube channel where it can be accessed later. We have always been big advocates for using technology to multiply our efforts. If we teach a class onsite, we reach maybe 25 to 30 people. If we teach that same class on Zoom, we may add another 50 people to that number, and if we also post the class on YouTube, we have the ability to reach many hundreds more.

Sticking to this philosophy, we realize that boarding schools and the trauma associated with them has affected entire generations of people. Many times, our parents, grandparents and even great-grandparents were taken away from their families and taught a foreign language and culture then returned to their communities at 18 in an attempt to destroy our culture.

We are still here. Today's generation is being taken away from our culture and language with technology. When our children and grandchildren turn on the TV or listen to the radio, they hear *Chemokmanmowen* (English). When they play video games or use social media, they hear *Chemokmanmowen*.

To combat this and to make our language and culture more accessible to our Tribal members who live far from Shawnee, we have created a number of tools for folks to access. We have two different courses



on memrise.com. We have an online dictionary at potawatomidictionary.com with over 10,000 words, 70 percent of them with sound recordings. We have a Facebook group with over 6,200 people in it where we often share language and will occasionally do live impromptu classes. We also teach the language through our older Moodle program while we are slowly transitioning to a new platform called Tovuti.

Currently, the language is one of nine Indigenous languages being taught in high schools throughout Oklahoma for world language credit. If you have a son, daughter or grandchild who attends an Oklahoma high school, they can choose to take Potawatomi for world language credit for graduation instead of French, Spanish or German. Robert Collins in the Language Department is also partnering with

our Department of Education to offer the language at the collegiate level. Though in the early stages, we have developed partnerships with more than six universities with high populations of Potawatomi students to offer the language in their course catalogues.

We recently have been recognized on a number of news stations in Oklahoma for a project in which we partnered with Google called Woolaroo. You go to the Woolaroo website, choose Potawatomi from the 17 languages it offers, and then start the program. It uses your camera and artificial intelligence technology to recognize various objects. Then it gives you the word and audio of the pronunciation in Potawatomi. We are the only Indigenous tribe in the United States or Canada to partner with Google on this. Seventeen less commonly spoken languages across

the world were involved, such as Māori, Sicilian and Louisiana Creole.

We also are continuing work on a book project for children. We plan to have 12 total books completed by the end of November. We gave out the first four at this year's Festival and will give more away next year. We are also beginning to mail out books to those who signed up. It took us a little time, but we found a very cost-effective way to mail that will save the Tribe over \$2,800. So, we appreciate folks' patience who did sign up for books. They will have QR codes at the back so that kids or parents can hear the books read in Potawatomi and English.

Finally, in an attempt to make more content available, we are constantly creating public domain films, skits, learning videos and cultural teachings in the language and placing them on one of our two YouTube sites, which can be found by searching "Justin Neely" and "Potawatomi Language." There are over 300 videos on each site. We have taken several public domain movies/cartoons and translated them in Potawatomi with captions in English, also a version with Potawatomi captions and one with no captions. These include films like the Christmas classic *Rudolph the Red-Nosed Reindeer*, which is about 50 minutes long; *Gulliver's Travels*, at 1 hour 15 minutes; *Superman*; *The Woody Woodpecker Show*; *Bugs Bunny* and *Elmer Fudd* cartoons; *Popeye the Sailor* and countless other movies/cartoons.

Iw
(End) ♠

Citizen Potawatomi Nation Housing Department

The Citizen Potawatomi Nation Housing Department is requesting that any Tribally or Native American-owned businesses interested in bidding on future work projects submit the following documentation:

- A statement of intent
- Articles of organization or articles of incorporation
- Partnership agreements
- Verifying documents identifying 51 percent Native American owned and operated

- Tribal membership cards
- Driver's license
- Social Security cards or federal tax ID
- Current trade licenses
- Work resumes

These documents may be submitted to the Citizen Potawatomi Nation Housing Department at 44007 Hardesty Rd. Shawnee, OK 74801. Please contact Cindy Anderson, CPN Development Assistant, at 405-273-2833 for more information. This request is pursuant to Indian Preference/Tribal Preference requirements of 24 CFR sections 1000.48, 1000.50 and 1000.52. There is no deadline for submission; however, untimely submissions may not be included on future bidding contact lists.

Hownikan

1601 S. Gordon Cooper Drive, Shawnee, Oklahoma

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All correspondence should be directed to *Hownikan*,

1601 S. Gordon Cooper Drive, Shawnee, OK 74801

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

Address changes should be sent to Tribal Rolls,

1601 S. Gordon Cooper Drive, Shawnee, OK 74801

Meet ICW's new foster care, adoption specialist

Citizen Potawatomi Nation's FireLodge Children & Family Services welcomed DeAnna Voeks as its new foster care and adoption specialist in June 2022. She knew from her first day that working for the Tribe and FireLodge would be different than any of her previous jobs — in a good way.

"The overall communication between the people that work here. The overall goal of making the community better. I see that in full force here. How can you not?" she said.

"I smile a lot. I make an impact here that I can see with my own eyes. I don't have to wonder about it."

Voeks covered her office in llamas, not just for their cuteness, but to comfort the children who visit her and welcome them to a typically stiff and intimidating environment. She also gives them llama stickers as a gift in hopes of making their day a little brighter.

"Children are everything," she said. "They're just filled with so much joy and making them happy at what is probably the worst part of their life, if (my job) is how I'm going to make a difference, then I'm going to do it the best that I can."

While Voeks is not a member of any tribe, her husband and children are



citizens of the Choctaw Nation. She did not intend to work for a Native nation; however, the experience has opened her eyes to a new segment of social services.

"Since working here, I've actually read the entire Indian Child Welfare (Act) Handbook," she said. "And I understand now the overwhelming importance of keeping our families together."

Education

Voeks attended college as a nontraditional student and graduated with her bachelor's degree in administrative leadership from the University of Oklahoma in Norman at 40 years old. Her path toward foster care and adoption included stints as a bail bond

agent and a probation officer before working for the State of Oklahoma Department of Human Services.

While working for the state, she spent a few years as a school-based social services worker and at the Department of Corrections before joining the DHS Permanency Unit.

"Working in the school with the kids, my families, foster parents, all of that kind of opened up my eyes to social services as a whole. And once I got in, I ... found a spot that made me happy helping the kids who weren't capable of helping themselves," Voeks said.

Now in her new position with FireLodge and CPN, she plans to continue her education by learning as much about foster care and adoption as possible, especially as it pertains to procedures and relationships with tribal Indian Child Welfare departments. Voeks has attended conferences and taken many training sessions since beginning with the Nation and enjoys reading in her downtime.

"(My trainings) were all geared towards foster care so that I could be better informed about the issues that my families are facing and the struggles of my foster kids. I'm still learning, and there's so much more to learn," she said.

Motivation

As a grandmother of four, Voeks empathizes with the families she assists and works to make their lives better.

"If the situation was reversed, I would want someone working in foster care who is knowledgeable and capable of making sure that each family has everything they need," she said.

"It makes you want to work harder because they're going to need us. They're going to need the Nation as a whole for the rest of their life."

Voeks appreciates the support from the rest of the FireLodge staff as they work together every day to help Native families and hold the goal of reunification at the heart of their mission.

"The support our children and families get from ICW as a whole is unmatched, I feel," she said. "This is an awesome place. The people who work here are genuinely good people. And so, I'm happy to be working with other people who have the best interests of our kids in mind."

Find out more about FireLodge Children & Family Services at cpn.news/firelodge.

Diabetes program continued...

Pharmacy

The Citizen Potawatomi Nation Health Services pharmacy carries a variety of diabetes medications — injectables, pills, pens, insulin and more. During a recent *Hownikan* interview, East Clinic pharmacist Penny Southern explained it allows them to personalize medication plans like never before.

"We have a lot more options than the typical (Indian Health Services) facility, in general. So, our doctors have been really good at adding top-of-the-line, new medications for diabetes," she said.

In September 2022, NPR's *Morning Edition* reported that insulin costs have

increased 600 percent over the last 20 years, noting that some patients with diabetes have resorted to rationing their supply to avoid out-of-pocket costs. Southern relishes the ability to give patients their life-saving products with no co-pay. CPN carries almost every brand and type of insulin.

The pharmacy also assists those with the new CGMs and provides the necessary replaceable parts. Southern wanted the ability to show patients how they work and answer any questions or find solutions to problems with the technology.

"I personally wore one for 14 days so that I could experience and know what the patients are going through, and you don't even feel it in the back of your arm," she said

For her, success in treating diabetes is rooted in education, and Southern encourages patients to ask their doctors or pharmacy staff any questions regarding their treatment.

"We want to get it to where everyone can understand what their meds can do for them and what power they have in their hands being in this situation where they are allowed to get their medications here," she said.

The pharmacy also offers mail order services to Citizen Potawatomi patients over 63 who live outside of Pottawatomie County.

Southern began working for CPNHS 23 years ago, and the changes in diabetes care and the Tribe's dedication

to remain at the technological forefront amaze her. Although Brown began with the Nation less than six months ago, she feels the same.

"It is really nice to work here. Our patients have what they need, and in the event that they don't, we have resources and we can get them what they do need," Brown said.

For more about the Citizen Potawatomi Nation Health Services Diabetes Program, visit cpn.news/diabetes or call 405-214-5117.

HOMEOWNER EMERGENCY MORTGAGE

ASSISTANCE PROGRAM

This program was developed by the U.S. Congress and U.S. Treasury Dept. to assist low-income households impacted by the COVID-19 health emergency with mortgage and certain property charge assistance.

This program is available to homeowners only and may only be requested for primary residences. Eligible applicants must have a combined household income that is not more than 100 percent of the median income for the United States as defined by HUD. This will vary based on the household's location and size. To determine if you are eligible, please visit huduser.gov/portal/datasets or call 833-481-0638. CPN will make the final determination about whether a household has demonstrated that its combined income makes it eligible for aid based on applicable federal laws. The program benefit is determined on a case-by-case basis. Payments will be made directly to mortgage companies and applicable servicers for debts related to qualified property charges.

To determine if you are eligible, please visit huduser.gov/portal/datasets or call 833-481-0638

Tribal member leads nuclear deterrence squadron

In May 2022, Tribal member Brooke H. Desrochers took charge of Fleet Air Reconnaissance Squadron 4, stationed at Tinker Air Force Base in Oklahoma City.

Desrochers was selected to be the Commanding Officer of a squadron of 550 Sailors — quite large for a naval aviation squadron — and leads them in the critical mission of nuclear command and control and strategic deterrence, employing the naval variant of the Boeing 707 called the E-6B Mercury.

“We are one of the more visible legs of the nuclear deterrence triad,” she said. “Our main mission is to get the emergency action message to the submarines in the event that we are attacked.”

Achievement

Being selected to the position of Commanding Officer is a prestigious honor and the culmination of this Anderson family descendant’s 20-year career.

“Every tour that I’ve had has been building towards this set of orders and this achievement,” Desrochers said.

For their first tour, officers like Desrochers focus on learning the aircraft and their mission; the second tour moves into refining tactics and getting a grasp of “the 30,000-foot view” — how the individual plane and mission fits into the overall architecture of the U.S. Department of Defense. For their third tour, officers and train for two years in other areas of the Navy in order to become a well-rounded Naval officer. For Desrochers, that tour involved driving an aircraft carrier, which she described as “one of the cooler things I ever did.”

“And then you get selected to come back as a department head,” she continued. “You’re learning how to be upper and middle management ... how to delegate and how to handle tasks and how to take care of a team of people.”

For Desrochers’ fifth tour, she served on the staff of United States Strategic Command (USSTRATCOM), which afforded her greater understanding of the nuclear enterprise, including submarines, bombers and intercontinental ballistic missiles — and the support requirements for their missions.

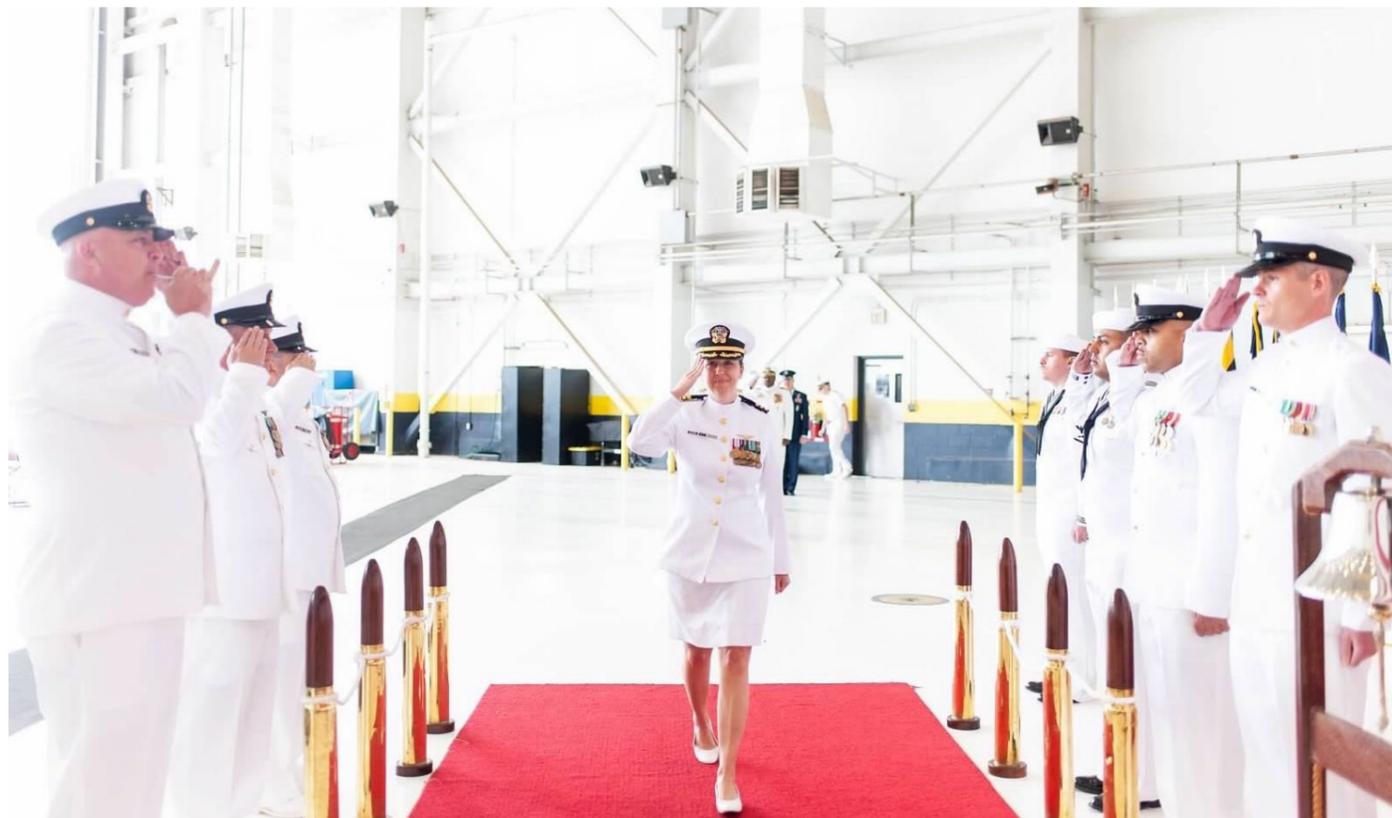
Now, at the peak of her career trajectory, her position as head of the Shadows of VQ-4 brings her service full circle as she teaches future generations of leaders.

“You get a brief period of time (as Commanding Officer) to try to take care of the squadron as best as you can,” Desrochers said. “Now I get to fine tune the direction a little bit, the trajectory the squadron is taking, and prioritize the things that I think are really important for our success and for mission accomplishment.”

Commander Desrochers places particular focus on safety when it comes to her squadron and the planes that they fly.

The Boeing 707 aircraft is more than 30 years old, she explained.

“We’re getting to a time in the service life of the aircraft that we’re starting to see some different maintenance challenges and some fly-to-failure parts are starting to let go. And so, one of my big priorities is the safe employment of the aircraft while being able to do our mission,” she said.



Tribal member Brooke H. Desrochers assumes command of Fleet Air Reconnaissance Squadron 4 at a ceremony on May 5, 2022. (Photo by Megan Deshazo)

Desrochers leads her squadron in developing a culture of deliberate attention to detail in aircraft maintenance to ensure the safety of the aircrewmembers who fly the planes. She carefully balances this essential safety component with the mission itself, which is “a 24/7/365 days a year nuclear command and control mission,” she explained. “Just being there and being ready all the time is, in and of itself, a nuclear deterrent.”



Commander Brooke H. Desrochers (Photo by Megan Deshazo)

Family

Commander Desrochers and her husband Max, whom she met at the United States Naval Academy, have been stationed near Oklahoma City several times since her service selection in 2005. The couple has served tours in Norfolk, Virginia, and Omaha, Nebraska, as well, but they value the proximity to family that their home base in Oklahoma affords. They both work as communications officers on the E-6B, and Desrochers has enjoyed being able to share the different phases of their careers.

“We decided that the best dual military Navy life that we could have was in an aviation community. And so, we just kind of started going through the milestones of flight school, and we both landed out here,” she said.

Being stationed in Oklahoma, the Desrochers family is also near Citizen Potawatomi Nation headquarters and enjoys attending Tribal events like Family Reunion Festival. Tribal Chairman John “Rocky” Barrett and Tribal Vice-Chairman Linda Capps attended the change of command ceremony at which Commander Desrochers received her most recent appointment.

Maintaining connection with the Tribe took on even greater significance for Desrochers when her son, Vincent, was born and she enrolled him in the Tribe.

“When I was younger, my focus was entirely on the Navy and job progression and doing the tasks the Navy asks of you,” she said. “And then we had my son in 2009, and I had to register him with the Tribe. And that was maybe my first calling to pass on the traditions and heritage to the next generation.”

Now with three children, that connection continues to be a high priority for Commander Desrochers.

“I think in doing that and participating in those events and continuing the traditions, we share the heritage that they come from,” she said.

Desrochers said the family also likes to visit Lake Murray and enjoys water sports in the summer times. They have also been intentional about exploring new attractions around the state, such as Black Mesa and Alabaster Caverns State Parks.

“I think we’re kind of a normal family with the kiddos’ sports activities on the weekends,” she said.

Representation

Desrochers’ connection to her Tribal heritage also impacts how she views her role within the Navy.

As she progressed through her career, Desrochers grew more aware of the representation of minorities in the Navy.

“I became immediately aware of my minority status in terms of being a female, and that was something that I kind of grew up with as I aged in the Navy career,” she said. “But as I have become more senior in my Navy career,

I’ve become more aware of the other aspects of minority, whether it’s religious orientation, sexual orientation, your race or creed. ... I’m more aware of those things now because I see the need to promote that kind of diversity in order to get the most out of an organization.”

As a young Ensign, Desrochers experienced first-hand the benefit of seeing someone like her in a leadership position.

“I did have a female commanding officer; somebody doing the job that I’m doing right now,” she said. “She was doing it, and I didn’t appreciate it then how important it was to see somebody who looked like me that was up there in that position. It meant immediately that I knew that was something I could strive for and was in the realm of possible for me to achieve.”

Now, Desrochers strives to be a beacon not only for other women in the Navy but also for other Native Americans.

“I’m a little bit more free with that information (about my heritage) or take the opportunity to try to encourage some folks that are maybe in those smaller, less-represented minority groups,” she said.

Desrochers even discovered that one of her junior officers is also Potawatomi.

“I’ve never in my whole life just randomly met somebody who was also Potawatomi, who wasn’t related to me. ... So I met her, and she was in my squadron. And we put it together, and I was like, ‘Man, this is awesome.’”

Through this tour as Commanding Officer of VQ-4 and beyond, Desrochers hopes to help pave the way for greater diversity within the Navy. Her Potawatomi name is *Mno Mikas Kwe* (Good Path Woman), and she wants to share the fruits of her experiences with others. For the present, she is laser-focused on her current assignment, leading her squadron with humility, attentiveness and integrity.

“I just try to do the best that I can do and be a responsible steward of this squadron and these airplanes,” she said. “The rest is going to sort itself out.” ♠

Housing Department helps elders maintain a safe homes

November is National Long Term Care Awareness Month, a time designated for seniors to consider assisted or independent living options. However, many people enter their retirement years with the goal of staying in their own home as long as possible. Citizen Potawatomi Nation Housing Department Director M. Scott George knows that leaving a beloved and long-term home and all its memories may not be easy, but the Housing Department focuses on ensuring CPN elders live in safe and healthy homes.

Making homes safer, more efficient

If some elders find maintaining their home takes up more time and money than expected, the CPN Housing Department has options available to help elders more easily enjoy their retirement years.

The elder/disabled home repair program through CPN Housing assists elders with home repairs and modifications as their needs change. The program is available to all age 55 or older low-income Native Americans with priority given to CPN tribal members.

“When somebody sees something that they know is going to need attention, that’s the time to call us,” said George.

Each applicant must meet the 80 percent national median income limit guidelines and must reside within Tribal jurisdiction or surrounding counties. Applicants are required to submit a deed to the property as a mortgage agreement for the number of repair costs that will be recorded. This mortgage is released at the end of the time specified with no expense to the homeowner.

The program assists with handicap accessibility, minor repairs and rehabilitation issues that threaten the safety of the homeowner and the longevity of the home. Cosmetic remodels and/or new appliances are not eligible.

Evaluating current, future needs

The department considers an elder’s needs at the time they apply for services as well as possible future needs. Some approved modifications include widening doorways to accommodate a wheelchair or walker, adding a handicap access ramp to the home’s entry or installing grab bars in the bathroom and shower area.

The department has even replaced roofs, repaired or leveled foundations, and upgraded old windows to a more energy-efficient design.

These services allow the homeowner to stay in their own home as long as possible, George said.

“I say, ‘Let’s fix this because this will keep you here longer,’ or ‘Let’s fix the windows’ and reduce their energy bills. We try to do those things as opposed to just cosmetic repairs,” he said.

George urges senior homeowners to keep their insurance and taxes up to date, which they need to qualify for the assistance and meet some federal housing regulations. If the homeowner let their insurance lapse once the home’s mortgage was paid, either because they did not want to or were unable to continue paying, they may not be eligible for some services.



Citizens of CPN’s Father Joe Murphy elder housing community enjoy a sunny day outside with their pets and friends that live nearby.

Elders could qualify for home insurance under the Native American Housing and Self-Determination Act of 1996. The act simplified and reorganized the system of providing housing assistance to federally recognized Tribes. AMERIND, the only 100 percent tribally-owned insurance provider, offers a high-risk home insurance pool across the U.S. that tribes may access. Instead of using an insurance company that reviews a homeowner’s credit, the AMERIND pool has nearly flat rates based on the ability to insure the home.

“They’re way more affordable than anything else, so we help (elders) get signed up,” George said.

If the home is not able to be restored, it might be possible for the homeowner to have a modular home built on their property, or they may qualify for a home in one of three elder housing communities.

“The rent (in elder housing) is based on your income. So, it’s not a (financial) burden to them,” George said.

There are three CPN elder housing communities: Father Joe Murphy elder living units, located behind the CPN East Clinic in Shawnee, Oklahoma; Nichol’s elder living units, located in Tecumseh, Oklahoma; and Rossville elder living units, located in Rossville, Kansas.

Planning ahead

Advanced planning for necessary repairs is usually required because CPN Housing is funded by federal dollars with strict regulations.

“When they apply, they’ll give us a list of what they think is wrong. (Housing staff) will go out and take pictures of the home and assess what needs to be to be done. They may not have even mentioned the roof, but we might go there and see shingles are gone. We work (toward getting) their home safe and secure,” he said.

However, George understands emergencies happen, and the staff immediately steps up to help.

“We can act quickly if it’s 110 degrees outside and their air conditioning breaks. We can act if their heat goes out in the winter, or if there’s a water leak and it’s just flooded the house,” he said.

Collaborating on senior safety

The Housing Department also collaborates with Title VI and CPN Adult Protective Services. When Title VI or APS visits an elder’s home and sees

areas that need repairs, they alert the Housing Department, who follows up to see if they can make the home safer.

“They’re reaching out to these elders and seeing what their needs are. And they can come to us and say, ‘They’re in a tough situation over there. Can you go look at the house?’” George said.

CPN created its own APS Department in 2020, a first for an Oklahoma tribe, and Scott is hopeful he can assist even more seniors as a result.

“It’s going to probably expand what we could provide or how we provide it, not just relying on the need to come to us,” he said.

Ensuring home safety

There are some steps homeowners can take to ensure the long-term health of their home.

“Water is as a home’s worst enemy, whether it’s plumbing or whether it’s drainage around the house,” George said.

Quickly repairing small plumbing leaks prevents major repairs down the road, even something as small as a dripping pipe.

“The tendency is to say, ‘I’ll get to that one of these days.’ But, there could be hundreds of gallons of water running through there in a day if you allow that to keep going,” he said.

Those small drips could eventually cause big damage, ruining flooring or creating mold. Continued exposure to mold can cause a variety of health complications, according to the U.S. Centers for Disease Control and Prevention. Symptoms may be relatively mild such as coughing and difficulty breathing. More serious symptoms include worsening of asthma and an increased sensitivity to pneumonia.

George also recommends directing water away from the foundation by keeping gutters clean and ensuring flower beds near the house are not retaining water. Trimming shrubs or trees away from the home’s eaves or roof also keeps moisture out of the home.

Above all, he encourages homeowners to keep a close eye on their homes and act before small problems turn big.

“Once the new wears off your home, you start to notice things that need to be fixed,” George said. “It could be small things, like a door that sticks. The door gets to a point where you don’t use it anymore. People might quit using that door, and now they’ve stacked things up against it. If you can’t use it, let’s fix it. We’re here to address damage-causing problems you have in your home so that we can make sure you stay safe.”

The CPN Housing Department offers a variety of programs to assist in providing decent, safe and sanitary housing to its Tribal members. For more information, contact Housing at 405-273-2833 or visit potawatomi.org/housing. ♠



CITIZEN POTAWATOMI NATION ELDER HOUSING

The Citizen Potawatomi Nation Native American Elder Housing in Rossville, Kansas, has immediate openings for a “forever home” located right off Highway 24 at 806 Nishnabe Trail, Rossville, Kansas. This is affordable housing at its finest! These two-bedroom duplexes are well maintained with numerous amenities:

**Total electric | Central heat and air | Storm shelter
Landscaped with yard maintenance
Washer, dryer, refrigerator, range and dishwasher**

Qualifications with a completed application:

- 1 Age 60 years and older
- 2 Income guidelines or restrictions
- 3 Enrolled in a federally recognized Native American tribe/nation

If you are interested in decent, safe and affordable housing, please call 405-273-2833 and ask for Yolanda Hunter, Affordable Rent Manager, Citizen Potawatomi Nation Housing Department

Tribal business reveals a space for fun, relaxation and reflection

It can be challenging to navigate an ever-changing business world, but one Shawnee coffee shop succeeds by taking everything in stride.

Comma, formerly known as The Gathering Place Coffee Co., has re-launched their brand with a new name that better reflects their mission: to provide a space that helps people pause during their day. Comma was designed to be a place where the community can rest, work and play, according to the founders.

Business partners and friends, Jesse and Callie Ingram, and Jonathan and Rebecca Hilton, purchased their business in November 2020 with assistance from the Citizen Potawatomi Community Development Corporation.

Customer response to the re-launch has been positive.

“We’ve got tons of people who were really excited. They love the new look. We’re continuing to offer more food and new drinks, and everybody keeps showing up for that as well,” Callie Ingram said.

“People are very receptive. The feedback that we get is it’s brighter, (there are) more spaces to sit, and it functions a little bit better than it did before,” Rebecca Hilton said.

On a sunny fall day, students chatted at tables, and businesspeople met along the expanded wall seating or made themselves comfortable near the new bookshelf area.

Fall menu and Saturday brunch

Along with the changes to the layout and seating, they added small bites to the menu. Customers can choose from the Caesar salad with house-made dressing and gluten-free croutons, or a hummus bento box with house-made hummus, veggies, pita crisps and an egg.

Guests who are looking for a nutritious snack may choose from small bites to complement their drink order, Hilton said.

Breakfast burritos or oatmeal are available to order each morning.

The drink menu also has flavors to accompany the change of seasons, like pumpkin spice latté, maple sea salt latté and apple cider slush.

“We do a seasonal menu, so four times a year, we change the menu. But the fall one is always a classic, and everybody waits for it. We’re getting to a point where people are excited because they know what’s coming. And we’re pushing out new food, too,” Callie Ingram said.

Customers have been enjoying brunch on the first Saturday of each month from 9 a.m. to noon. The menu features a different breakfast item each month like waffles, bagels or biscuits.

“(Brunch) is a time for us to be really creative and really intentional with food,” Ingram said. “We always pick something and make a whole menu around it. We see mostly the same people here every Saturday, every brunch day, and it’s like a rhythm of their life that they’re enjoying (with us) here.”

Thriving on connections

New to the space is a large, handmade bookshelf where customers can browse and purchase from a curated selection of books for adults and



Comma owners (left to right) Jesse and Callie Ingram and Jonathan and Rebecca Hilton (Photo provided)

children. The shop now hosts Comma Club, where readers can meet for book discussions. Club members recently read Jane Austen’s *Pride and Prejudice* and viewed the movie. They plan to read and host a screening of *Harry Potter and the Sorcerer’s Stone* next. Customers can also order books if they are looking for something special.

Rebecca Hilton said they are happy to see regulars returning after several pandemic restrictions have eased.

“It feels really nice. (People are) relating to each other, which our business thrives on connection and connection with people,” she said. “(The pandemic) was very hard because it definitely shifted the entire way that our business functions and (how we) invite people in. Now we’re back into the rhythm of having people in our space.”

Community Development Corporation support

Comma has made progress since their beginnings in 2020. The Ingrams and the Hiltons welcomed the support of the CPCDC to build their business.

The CPCDC supports Native Americans’ fiscal education, entrepreneurial spirit and economic growth through access to capital, financial literacy, capacity building, community development and more. It offers resources to Citizen Potawatomi Nation members nationwide and members of any federally recognized tribe living in Oklahoma.

Jesse Ingram is a citizen of the Cherokee Nation.

“We’ve always felt encouraged and really grateful for the opportunity that we have to be here at all,” Callie Ingram said. “(Working with the CPCDC) really set us up to be the business that we are, with our business plan so detailed and thought out.”

Rebecca Hilton said they consulted with other financial institutions before purchasing the business in 2020, and the services the CPCDC offered stood out.

“It’s such a different model for getting into small business because we’ve definitely talked to other banks in the process of trying to get our business, and we were just really blown away by the system that (CPCDC has) for building community and helping support businesses that want to bring something to Shawnee and otherwise may not be able,” Hilton said.

Ingram’s advice for other entrepreneurs who are considering starting or expanding a small business focuses on building relationships.

“Make sure that you have good partners. You want to make sure that your community is solid because it is something that, whether you’re a sole proprietor or you are a partnership, it takes a village,” she said. “You need friends and a community to uphold you when it’s hard and to support you when your ideas are really good.”

Weathering the challenges

Having persevered through the coronavirus and a 2021 lawsuit involving their previous name, The Gathering Place Coffee Co., they are grateful for the support of their hometown and the CPCDC.

A Tulsa park filed the lawsuit alleging trademark infringement in September 2021, but it was dismissed a month later when the two parties came to an agreement. However, the park received public backlash as online petitions supporting the coffee shop sprung up.

The Gathering Place Coffee Co. was originally opened November 2017 by CPN citizen Aaron Hembree. The Tulsa park opened September 2018.

Rebecca Hilton said they experienced a brief spike in business following the lawsuit. Some Tulsa residents drove to Shawnee to purchase coffee or food and show their support for a small business, she said.

After settling into their newly remodeled shop and welcoming customers back for fall favorites, Comma hopes word-of-mouth will entice new customers.

“I think our biggest desire now is just to keep getting people through the door,” Rebecca said. “We are excited and have a lot of momentum and our team’s excited. Our main hope is that we do all of this work, and it’s really beautiful and worth it when we get to see people enjoy it. That’s our greatest desire, people come through our doors.”

“We have this space, and we want people to enjoy it. We want people to be able to sit here and do whatever it is they need to do in that moment of their day, whether it’s catching up with a friend or getting work done. We work really hard to make sure that the space could accommodate all of those different kinds of people,” Callie said.

To celebrate the re-brand and invite customers to try their new menu items, Comma is offering a special discount for *Hownikan* readers. By mentioning the *Hownikan*, customers can receive a 20 percent discount on their order through November 14, 2022.

Visit Comma at 415 E. Main St. in Shawnee, Oklahoma. Contact them at 405-617-2997 or by email at hello@comma.cafe. Their website is comma.cafe, or follow their social media accounts on Facebook at [@Commacafeshawnee](https://www.facebook.com/Commacafeshawnee) or Instagram at [@comma_cafe](https://www.instagram.com/comma_cafe).

The CPCDC is a tribally chartered nonprofit corporation that provides capital and technical assistance for projects that create a healthy tribal economy through a commercial loan program tailor packaged to help Native American businesses become more competitive and profitable. The program can assist Tribal members who are lacking financial resources and readiness with business development and planning, managing finances and marketing, and contracting. The CDC also works with the Consumer Credit Counseling Service of Central Oklahoma to help individual Native Americans and Tribal employees develop financial literacy skills when budgeting and managing credit obligations. Learn more at cpcdc.org or on Facebook at [@CPNCDFI](https://www.facebook.com/CPNCDFI). ♡

2021 numbers show record year for online fraud

The last five years showed a rampant increase in internet fraud and data breaches, especially during the coronavirus pandemic. Americans filed a record number of complaints with the FBI's Internet Crime Complaint Center (IC3) in 2021 — nearly 850,000. That is more than 2,300 complaints every day.

November 13 through 19 is International Fraud Awareness Week. In a recent interview with the *Hownikan*, First National Bank & Trust Co.'s Bank Secrecy Officer Greg Arbuckle said he saw an increase in online scams in the aftermath of the pandemic. Total losses in the United States rose from \$3.5 billion to \$6.9 billion between 2019 and 2021.

"People get up in the morning, and their job is to figure out different ways to scam you electronically," he said. "And especially with the cryptocurrencies now and the prevalence of Bitcoin and Ethereum and so many of the other ones that are almost untraceable. It's just so much easier for them to scam people out of their money."

Popular scams

Phishing scams, personal data breaches and non-payment or non-delivery scams remain the types of fraud most reported by the public. "Puppy scams" became a prominent non-delivery scam while animal adoptions rose in 2020, a majority carried out through Facebook Marketplace.

"These fraudsters would reach out and say, 'Hey, I have this dachshund or this really nice puppy, and all you need to do is pay me the fees for the vet bills. ... Send me \$2,000 or \$3,000 to pay me the transportation and whatnot.' Puppies never show up. The money is gone, and so is the fraudster," Arbuckle said.

Victims also lost almost \$1 billion in confidence fraud or romance scams,

TIPS FOR FRAUD PREVENTION

- 1 Check bank accounts and credit card transactions daily.
- 2 Immediately report anything suspicious to a financial institution.
- 3 Replace credit cards or open new accounts after fraudulent transactions.
- 4 Obtain a free credit report at least once a year.
- 5 Verify all requests for funds or personal information.

according to the IC3, which play on someone's empathy, compassion or loneliness. Citizen Potawatomi Nation's Adult Protective Services staff know elders are particularly susceptible to this type of fraud. Those age 60 and older comprised approximately one-third of victims of confidence/romance scams, according to a recent IC3 report.

"These scammers, they know that they're lonely, and so they prey on them and normally succeed," said APS Director Janet Draper. "Or they convince them that ... their kid is in jail, and they need bail money, that type of thing." This is also known as the "Grandparent Scam."

However, the fraud Arbuckle sees reaches beyond the screen. He encounters solicitations and opportunities clients receive by mail. Arbuckle recommends that everyone look out for fraudulent checks, cashier's checks or anyone requesting money orders or electronic funds transfers.

"I think that's what I see an awful lot of is people get these solicitations in the mail to say, 'You've won this.' Or 'This

is going to happen. And here's a check. You need to just deposit this and wire me back X amount of dollars, and you keep the rest,'" Arbuckle said, recalling a customer brought a fraudulent check to the bank earlier that morning.

Prevention tips

Arbuckle encourages everyone to check their bank accounts and credit card transactions every day. Many banking smartphone apps allow customers to receive notifications per transaction. However, many people tend to ignore their accounts.

"They don't look at their bank statements. They don't look at their credit card statements. They don't log online to look at their account. I would just encourage everybody to do that as much as possible. Do that on a daily basis, if you have the time to do that," he said.

Customers should report anything remotely suspicious to their financial institution as soon as possible. Sometimes that involves getting a new credit card or opening a new account.

"I would 100 percent say if you suspect something, just close it, and get another one. It's not that hard. It might put you out for a day or two or maybe a week, but usually not longer than that. And what's a week when it'll save you thousands of dollars potentially?" Arbuckle said.

Swift action can make the difference in resolving the issue with no loss.

"It's just like anything else. You need to be diligent about that and report it as quick as you can because there are timeframes involved in a lot of that stuff," he said.

Annual credit reports also help prevent any long-term identity theft.

Adult Protective Services Case Manager Brian Moore encourages clients to follow their instincts and remember that if something seems too good to be true, it probably is. Many elders also fall victim to fraud on the phone.

"If you think it's a scam or you're not sure, actually hang up and just actually call. Like if it's Medicaid, call the Social Security Administration, say, 'Hey, this is what I was told.' Don't make any decisions, don't give any information out, and call and see if that's a verified number," he said.

Most importantly, never give out Social Security numbers, routing numbers or any banking information to unverified sources.

"If you've just got an inkling that it's something's wrong or it doesn't feel right, doesn't sound right, then stop and make contact with somebody that you do trust," Draper said.

Find more information about fraud, visit the First National Bank & Trust Co. website at fnbokla.bank. Reach the Citizen Potawatomi Nation Adult Protective Services Department at 405-878-4831. ♡

Mdamen program prepares for 2023 session

The Citizen Potawatomi Nation Department of Education is accepting applications for the second session of *Mdamen*, the Tribe's new leadership program that helps participants establish and maintain a strong connection to their Potawatomi heritage. The application period opened on October 1 and closes November 15.

Mdamen comes from the *Bodéwadmimwen* (Potawatomi language) word for corn and translates as "that miraculous seed." Education Department Internship and Project Coordinator Kym Coe said their goal focuses on planting seeds of knowledge among Potawatomi people that will grow over time.

The seven-week virtual program was created to connect Tribal members across the country, Coe said. She will oversee the *Mdamen* program this year.

Once a week, participants will join a Zoom meeting to learn about government, culture and the economic development of the Tribe. Each session will touch on a different theme, from social services to economic

development to culture and heritage. The program also includes smaller talking circles and breakout sessions with other CPN members. *Mdamen* concludes with a reflection session over what each participant learned.

Coe said *Mdamen* will follow a similar format to the inaugural 2022 program, with some of the same facilitators. Participants must commit to attending each virtual session and preparing a final reflection presentation. Program alumni will attend some sessions, offering their experiences to guide the new class.

"It was just really neat to see that CPN members all across the United States wanted to learn about what happens here at CPN headquarters," Coe said.

Mdamen is modeled after the successful Potawatomi Leadership Program that is geared toward college-age Tribal members who are exploring their heritage. Tribal members asked if a similar program could be created for them after seeing the PLP's success, and *Mdamen* was launched in the fall of 2021. The virtual format allows those who want to learn more about

their Potawatomi roots to participate, even if they are unable to travel to CPN headquarters near Shawnee, Oklahoma.

Coe said *Mdamen* is a valuable opportunity to learn about different Tribal entities, from government operations to health care and enterprises like the FireLake Entertainment Center and FireLake Discount Foods. As a CPN employee, Coe said she learned a lot from the *Mdamen* talking circles about services that impact her community.

Coe encourages Tribal members to apply because the program offers many lasting perks. It can spark an ongoing journey of learning more about Potawatomi heritage and create a network of support.

"If you're kind of riding the fence and you're just not even sure what your Tribe can do for you, come see all the different things that are growing and the different opportunities that you could possibly be a part of, even across the United States," Coe said.

She hopes anyone thinking about applying considers the long-term

benefits after completing the seven-week course. Coe said one past participant learned about the wide variety of Tribal services available and found a supportive group of people who enjoy socializing in a virtual format.

"(The first class) created an alumni team," Coe said. "They have a Facebook group, and they all visit every week and check in with each other. So, it's become a huge network as well. We plan on creating a Zoom for them to meet once a month to help this new group and share their experience as they join."

Mdamen is limited to 20 participants, open to Tribal members 18 and up. The deadline to apply is Nov. 15, 2022. Applications are reviewed by an independent committee. The sessions begin on Jan. 12, 2023, and continue each Thursday from 6-8:30 p.m. CST. The final session is Feb. 23, 2023.

Learn more and apply at portal.potawatomi.org. Email kym.coe@potawatomi.org with questions and for more information. ♡

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House of Hope receives domestic violence prevention funds

The Citizen Potawatomi Nation House of Hope received a \$200,000 federal grant to help raise community awareness about domestic violence.

It was one of only five programs in Oklahoma to receive the U.S. Indian Health Service funds. House of Hope will develop prevention efforts that address the social, spiritual, physical and emotional well-being of people experiencing domestic violence. IHS oversees the awarding of domestic violence prevention grant funds.

Events raise awareness

This type of grant supports outreach like the House of Hope's first-ever Color Run, held on Oct. 1 at the CPN Festival Grounds. More than 100 participants attended, and staff provided information about House of Hope's services.

Domestic violence affects people regardless of age, race or background, said House of Hope Prevention Specialist Kayla Woody. Efforts to prevent domestic violence have the greatest impact from a young age, by encouraging youth to be mindful of how they treat others.

"Even with younger age groups, we do book readings at the Head Start and different daycares where we talk about healthy relationships, how to treat a friend and how to be polite and kind. And we talk about body safety and how to say no and how to feel comfortable saying no," Woody said.

Woody and House of Hope Director Tiffany Barrett are planning for an event called Jumpstart Day scheduled to take place early in 2023.

"We're trying to pull as many resources from the community as possible (to help people) see what kind of help they can get. Not just resources for domestic violence, but also resources for housing, mental health, assistance with child care" and more, Woody said.

Understanding the causes

Indigenous people experience domestic violence at a higher rate than other racial groups. More than four in five American Indian and Alaska Native men and women, or 83 percent, have experienced a form of violence in their lifetime, according to the U.S. Administration for Children and Families. Nationally, about 41 percent of women and 26 percent of men have experienced domestic violence in their lifetime, according to the U.S. Centers for Disease Control and Prevention.

Eradication of domestic violence starts with understanding the cause.

"We talk to our youth (and help them understand) that these behaviors aren't healthy, they're not normal. We're trying to educate them on what healthy looks like so they can break that intergenerational cycle of abuse. When a boy or girl is being abused at home, they're more likely to be abusive towards their partner or ... to be abused by an intimate partner in the future," Woody said.

Economic factors play a role. In households experiencing financial challenges, family members may experience abuse as well.

"Poverty causes more stress on our communities and makes it very difficult to leave abusive situations. The housing market is making it almost impossible to be able to leave an abusive situation and find a safe home. Inflation is making it difficult for families to be able to provide for themselves, which then keeps them in that violence. There's so many different obstacles," Woody said.

She wants to help people understand domestic violence may not always mean someone is experiencing physical abuse — it can also take the form of controlling behaviors.

"(We should be aware) what domestic violence really looks like, what abuse really looks like, and it's not just physical. Someone telling you, 'You can't spend money,' or 'You can't go here,' or 'You can't talk to this person.' When people see (it as abuse), they can start helping, to say 'That's not healthy. Have you considered reaching out for assistance? Have you considered if this relationship is best for you? Is it best for your children?'" Woody said.

Another way to support those experiencing abuse is to refrain from blaming the victims of abuse.

"That makes it even more challenging for that person to leave when they feel shameful and guilty about the abuse they're enduring. Instead, if we let them know there's resources out there, we can start preventing any future abuse from happening," Woody said.

Breaking the cycle

Sometimes, those who experienced abuse either go on to abuse others or find themselves in an abusive relationship. Educating younger generations can empower them to break the cycle of abuse.

"We teach (youth) that healthy relationships are what they should be striving for. They don't have to settle for toxic relationships. When we can help them feel confident, they'll start making better decisions and breaking those cycles of abuse," Woody said.

Parents can help by having age-appropriate conversations with their



Kayla Woody

children about relationships. Younger children should learn how to respectfully treat others, while pre-teens should understand what constitutes a healthy relationship. House of Hope offers a "Safe Dates" curriculum for middle and high school ages to help youth understand how to have a safe relationship.

Volunteers are welcomed, needed

House of Hope always welcomes community support and encourages everyone to share the program's phone number with someone who needs it.

"Save our phone number in your phone. You never know who you're going to run into, who's going to need those services. Say, 'Let me text it to you,' or 'Write it down.' Sometimes in a situation like that, you don't have time to look up services. You need to be able to quickly say, 'Here's a number,'" Woody said.

In October 2022, more than 40 volunteers helped with the inaugural Color Run. Many of the volunteers became better educated in the process.

"Not only were they helping us, they were getting information themselves, and it was getting them fired up about helping and doing more in the community," Woody said. "We are always looking for businesses, organizations and schools to allow us to come in and speak or put up posters. Any (group or organization)

that would allow us to come in and provide information would be helpful."

Those who have survived domestic violence can write an encouraging note for House of Hope shelter residents in the process of leaving a dangerous situation. Sharing a hopeful story about survival encourages those who are just starting the process, Woody said.

"Those (notes) are anonymous. It's very supportive for our shelter residents to be able to see this isn't just happening to me. (There are) people out there who support me and who care about me. We encourage people to write notes and letters and share their story," she said.

Local church groups have also sent cards to House of Hope shelter residents to give them encouragement through a very difficult time.

Celebrating success

House of Hope has been able to assist thousands of people ready to leave dangerous living situations. Woody is grateful for the times she has met survivors and seen how their lives have improved.

"I can't tell you how rewarding it is to have someone walk up to me and say, 'I came to you guys, and you helped me, you supported me, you gave me the resources I need. And now I am healthy.' It's so great to hear those stories, and there are so many of them. As much as we have to hear the negative and the hurt, there's so much good that we're able to hear as well," she said.

Established in 1995, the House of Hope offers an emergency shelter, community advocacy, crisis intervention and community prevention education. HOH seeks to eliminate domestic violence by providing free assistance to all individuals, Native and non-Native, who reside in CPN tribal jurisdiction and have experienced intimate partner violence, sexual assault and/or stalking.

Learn more by visiting the House of Hope website at cpnhouseofhope.com or call 405-275-3176. The House of Hope 24/7 crisis line is 405-878-HOPE (4673). ♡

Colorful fun educates public on domestic violence prevention

By Kayla Woody, CPN House of Hope DVPI Prevention Specialist

The CPN House of Hope held their very first Color Fun Run last month to kick off National Domestic Violence Awareness Month. The run was held on Saturday, October 1st at Tribal Festival grounds, and staff at the House of Hope used the opportunity to educate the community on domestic violence. More than 130 individuals from ages 2 to 67 registered for the event. The 1K race provided information to participants about what domestic violence is, who is affected, and what services can be offered to provide safety and prevent future abuse.

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. ♡



Participants enjoy the first-ever House of Hope Color Run at CPN Festival Grounds.

Opal Lee, National Grandmother of Juneteenth, visits Pottawatomie County

In 2016, at the age of 89, activist and retired teacher and counselor Opal Lee set out on a 1,400-mile journey from Fort Worth, Texas, to Washington, D.C. — on foot. The trek was an extension of her annual 2.5-mile walk raising awareness about the 2.5 years between President Abraham Lincoln's Emancipation Proclamation in January 1863 and the eventual emancipation of nearly 350,000 slaves in Galveston, Texas, in 1865. She hoped the feat would gain federal recognition for Juneteenth — the holiday marking Black freedom in Texas and beyond — as a national holiday.

It took five more years and a second launch of Lee's campaign in 2019, but on June 17, 2021, President Joe Biden signed a bill finally establishing Juneteenth as the country's 11th federal holiday.

Though Lee sees this step as a crucial one, and a success worthy of celebration, a federal holiday has never been her ultimate goal. Instead, she sees the holiday as an opportunity for continued education, and at the age of 95, Lee continues to advocate for progress for all.

Her next project is a new National Juneteenth Museum on her land on the Southside of Fort Worth, Texas. Lee is adamant that the museum be a permanent and robust educational site as well as an economic driver in the area.

In preparation for the museum's opening, and to tell the complete history of freedom in the United States, Lee is traveling the country to hear the story of Juneteenth told from every perspective.

CPN hosts roundtable with Lee

The Citizen Potawatomi Nation and nearby Dunbar Heights Community Juneteenth celebration drew Lee's attention, and she traveled to Shawnee, Oklahoma, in August to hold a roundtable discussion with members of the community about Juneteenth and its rich history in the state.

The event was organized by CPN Human Resources Director Richard Brown along with a committee of Tribal staff and community partners. Featured panelists included Tribal Chairman John "Rocky" Barrett, Vice-Chairman Linda Capps, Rev. John A. Reed, Rev. Major Jemison, Anastasia Pittman, Shawnee City Manager Andrea Weckmueller-Behringer, Rev. Clarence Prevost, Marcus Clayton, and founding Executive Director of the National Juneteenth Museum and granddaughter of Opal Lee, Dione Sims. Gary Johnson of the Alpha Phi Alpha fraternity moderated the discussion.

By way of introduction, Chairman Barrett gave a brief history of the Citizen Potawatomi and their relations to Black history in Kansas and Oklahoma.

"One of the reasons that we have been involved in a number of events in town that we hold across cultures and races in Shawnee is because of our history," he said.

That history begins with the United States' forced removal of the Citizen Potawatomi from the Great Lakes and, "in particular, with our relocation



Chairman Barrett and Vice-Chairman Capps present Opal Lee with a blanket during her recent visit to Citizen Potawatomi Nation.

to a reservation on the Missouri line," Chairman Barrett said.

"Before the Civil War started, there was a tremendous amount of fighting between those that believed Kansas should come into the Union on the side of the South and be pro-slavery, after the passage of the Kansas-Nebraska Act. And there were quite a number of activists in Missouri who did everything they could to try to stop Kansas from coming into the Union as a free state."

There were also many who vehemently opposed slavery and sought to bring Kansas into the Union as a free state. Chairman Barrett explained the connection that the Citizen Potawatomi bear with those of pro-Union sentiment.

"We had a number of our Tribal members who were activists at the Free Constitutional Convention — there were two constitutional conventions held in Kansas, one slave and one free. And I think that our folks helped tip the balance over to where Kansas came into the country and the United States as a free state," he said.

Treaties of 1866

Tribal connection to conflicts over slavery via removal and land allotments continued when the Tribe was relocated to their present headquarters near what is now Shawnee, Oklahoma.

Indian Territory had been divided over slavery since the Trail of Tears, along which not only the Five Tribes but also their Black slaves were forced to march from the southeastern U.S. in the 1830s. As the Civil War ended and Reconstruction Treaties began, issues of tribal sovereignty, citizenship and land allotment became key players in the fates of the Oklahoma Freedmen — newly emancipated Black people among the Five Tribes.

But this emancipation did not come until 1866, a year after the celebrated emancipation of slaves held in Galveston and more than three years after the Emancipation Proclamation. Even following emancipation, inequity continued.

Marcus Clayton, a member of the Muscogee Creek Indian Freedmen Band, spoke about the ongoing pursuit of rights and freedoms he

and many descendants of Oklahoma's Freedmen face to this day.

The Curtis Act of 1898 directed the Dawes Commission to establish two separate rolls within each tribe for the purposes of land allotment; these rolls were determined by blood quantum and became a lever for further disenfranchisement and eventual disenrollment of Black members of the tribal community.

"Mixed-blood Black Indians were all enrolled as Freedmen with no Indian blood," reports the Oklahoma Historical Society in *The Encyclopedia of Oklahoma History and Culture*. The Muscogee Creek Nation ratified a constitution in 1979 that defined tribal citizenship by blood, using the final rolls established by the Dawes Commission and effectively disenrolling Muscogee Creek Freedmen and their descendants.

"We're trying to say, 'Honor the treaty, honor the thing that you signed in 1866, so that we can get what is rightfully ours,' because we, like African Americans, built a lot of things within the Creek Nation and some of these Indian Nations," Clayton said. "We were part of the tribal councils, we sat on senate seats. ... And then all of a sudden, those things got stripped away from us. And so right now, we're still fighting to do those things."

The Citizen Potawatomi Nation, though arriving in Indian Territory after the close of the Civil War and not among those tribes who owned slaves or negotiated emancipation of those slaves through the Treaties of 1866, is nevertheless bound up with the past, present and future of this pursuit.

In addition to emancipation and incorporation of Freedmen, the Treaties of 1866 stipulated significant land concessions for each tribe. This opened areas for settlement by non-Natives, as well as areas to which the federal government would relocate even more Native tribes. The Citizen Potawatomi were moved to land ceded by the Seminole and Creek Nations.

The Tribe was "a test case for allotment and citizenship," writes Dr. Kelli Mosteller in her 2013 study, *Place, Politics, and Property: Negotiating Allotment and Citizenship for the Citizen Potawatomi, 1861 – 1891*. The

same policies and treaties shaping the federal government's relationship to the Citizen Potawatomi, and Native Nations more broadly, between the 1860s and 1890s shaped the Freedmen's status and fortune as well.

"So, our interest and our involvement, especially in Opal Lee's work on Juneteenth, is of extremely high interest culturally and historically and emotionally for the Potawatomi people," Chairman Barrett said.

Springboard for education, freedom

Lee views Juneteenth becoming a federal holiday as a springboard for further education and action.

When asked, "Why Juneteenth?" she replied, "The actual 19th of June didn't free all the slaves. In fact, in Oklahoma, those over here with Indians didn't get freed for another year until the treaties were made (in 1866). And the border state people still had slaves until the 13th Amendment (in December 1865)."

Lee continued, "Christmas is on the 25th. But are we sure that was the day he was born? The point is, we got to celebrate. So, the 19th was chosen."

Sims added, "(The holiday has) allowed the nation a chance to heal. To recognize, to open the door. Twelve-step programs start with acknowledging that there's a problem. And now you've got acknowledgement that we've been freed, but freed from what? So now you have a springboard and a way to have a conversation."

She told the audience, "Thank you for inviting us, because we want to hear the stories of 1866 and understand not just the impetus for (those treaties that freed the slaves of Indian Territory) but what happened afterwards, so we can tell a fuller view in the National Juneteenth Museum."

The National Juneteenth Museum will open on June 19, 2025, as a museum, an educational site and an incubator for economic development.

"It's not just about making historical relevance of Juneteenth and freedom, but how does (freedom) go forward?" Sims said. "Because when we talk about freedom, we've got to think about financial freedom. We've got to think about emotional and mental freedom. Because now you've got systemic racism that is pervasive from that starting point."

"We are a rich country," Lee added. "There's no need for joblessness and homelessness and healthcare that some people can get and some people can't. And climate change!"

"I think those of you that are here need to make another effort to get your young people to understand what freedom means. And I'm not talking about Texas freedom, or Black freedom, but freedom for everybody. And we're not free yet," she said.

Find the National Juneteenth Museum online at nationaljuneteenthmuseum.org. Find Lee's book, *Juneteenth: A Children's Story*, at cpn.news/juneteenthbook. ♡

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Tribal Chairman – John “Rocky” Barrett



Bozho nikan
(Hello friend),

November is a month full of holidays, celebrations and opportunities for family gatherings.

Native American Heritage Month is a good chance to visit the Citizen Potawatomi Nation Cultural Heritage Center and

spend some time with our cultural heritage and genealogy. The museum staff works to constantly upgrade its offerings, and their efforts have not gone unnoticed. The CHC won three Oklahoma Museum Association awards in 2021, and the Association of Tribal Archives, Libraries and Museums recognized the CHC as one of the top 10 Model Museum/Cultural Centers in 2020.

For those outside of Oklahoma, the heritage center now offers online archives, an encyclopedia and a 3D digital tour of the galleries on its website (potawatomiheritage.com) as well as a genealogy research platform called *Ancestors*, accessible through portal.potawatomi.org.

Friday, November 11 is Veterans Day, and the Potawatomi people have

always honored our *wédasé*, or warriors. Native Americans have served in every major conflict spanning the last two centuries and at a higher rate per-capita than any other population. All of our Tribal members know someone in our extended family who has served in the military in some fashion.

Many of the members of the CPN Veterans Organization are elders who continue to represent the Tribe at community functions, powwows and Native events by carrying the flags, including the CPN flag, and eagle staff as a Color Guard. Take time to honor our warriors this Veterans Day to recognize the men and women who serve our country for their sacrifice and dedication of their lives to helping others.

Our ancestors knew November as *Giusegises*, or the Hunting Moon. Hunting during this time of year allowed them to have enough food to last through the winter, and they thanked the Creator and the animals for their sacrifice. Thanksgiving rounds out the month, falling on November 24 this year. Keep in mind our ancestors' struggle for survival as we take part in the abundance of the holiday.

Due to the coronavirus pandemic, many of us are still getting used to spending holidays without loved ones lost to COVID-19. Honor them with a Spirit Plate and prayer as part of your observances if you wish.

This Thanksgiving, I implore everyone to put down their phone and spend time with each other. Youth between 8 and 18

years old now spend an average of 7.5 hours each day in front of a screen for entertainment, according to the U.S. Centers for Disease Control and Prevention. Social media and streaming content take up far too much of our attention as a society. Use this precious time together to talk and share our lives, not stare at a phone.

Have a Happy Thanksgiving.

As always, it is an honor to serve as your Tribal Chairman.

Migwetch
(Thank you),

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

Vice-Chairman – Linda Capps



Bozho
(Hello),

A good friend and former employee of our Tribe made a statement this week that resonated with me. He said, “If CPN ever creates an ‘Outstanding Citizen Potawatomi’ award, Dr. Robin Wall Kimmerer would be a good candidate.” I agree. She is highly educated, talented and intelligent. As an accomplished botanist, Robin has been repeatedly recognized for her Indigenous knowledge and honor of Earth’s glories. In the month of October, Karen Heller had an article about Robin Wall Kimmerer printed in *The Washington Post*. The article is, in part, about Kimmerer’s book entitled *Braiding Sweetgrass*. My column includes information from Heller’s article (cpn.news/WaPoRWK) and additional information about the MacArthur Fellows program. I hope to convey how successful our own CPN

Tribal member Dr. Robin Wall Kimmerer is as a plant ecologist, educator and author.

Kimmerer’s book, which was published in 2013, originally contained about 750 pages. The submission was *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants*. The book asks readers to reconsider how they view and treat the natural world. Kimmerer’s goal was to reach two specific audiences: science colleagues and students. She did, indeed, reach those groups and many more. The book has more than 1.4 million copies in print and audio, and has been translated into nearly 20 languages.

Recently, Kimmerer was named a MacArthur fellow, a recipient of the “Genius Grant,” which is a prize awarded annually by the John D. and Catherine T. MacArthur Foundation to between 20 and 30 individuals. The recipients have shown “extraordinary originality and dedication in their creative pursuits and a marked capacity for self-direction.” All are citizens or residents of the United States. According to the foundation’s website, “The fellowship is a reward in an investment in a person’s originality, insight, and potential, but also says such potential is based on a track record of significant accomplishments.” The reward not only denotes recognition, but reaps a hefty monetary prize paid out over five years.



Dr. Robin Wall Kimmerer (Photo courtesy of John D. and Catherine T. MacArthur Foundation)

Approximately six years after the first publication, Kimmerer’s book was decreased in size to about 400 pages and published as a paperback in February 2020. *Braiding Sweetgrass* became a New York Times Best Seller and was listed for 129 weeks. Kimmerer asks readers to honor the Earth’s glories, restore rather than take, and reject an economy and culture rooted in acquiring more. Although Kimmerer was popular prior to *Braiding Sweetgrass*, she is extremely so today. She receives nearly 100 invitations to speak at conferences and meetings each month and agrees to only about 10 percent. Some can

be conducted virtually, which allows the amount she accepts.

This column does not do justice to the brilliant Dr. Robin Wall Kimmerer, but perhaps it is a teaser for you to research her work and obtain a better understanding of her magnificent writing. On a personal note, I am proud to know other Potawatomi Tribal members in Robin’s family — her sister, Barbara Wall, and her father, Robert (Bob) Wall. Regrettably, Bob walked on in June of this past summer. Throughout the years, I have also known Bob’s sister, Rachel McPherson, and her daughter, Deborah McPherson.

Sadly, Rachel passed away in February of 2021. I am very fond of these Tribal members.

As the CPN’s Vice Chairman for over 30 years, I am blessed to know so many amazing Tribal members. If it is decided to create an “Outstanding Citizen Potawatomi” award, there is an abundance of work to do.

My best,

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



ARE YOU GRADUATING IN DECEMBER?

SEND THE FOLLOWING INFO TO GRADUATION@POTAWATOMI.ORG BY DEC 20 AT 5PM

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District 1 – Alan Melot



Bozho jayék
(Hello everyone),

Thanksgiving is near, and I'm looking forward to enjoying time with my family. I hope that you are able to enjoy time with yours as well! Every year we enjoy *pné* (turkey) and *penyék* (potatoes) and other things we've been blessed with, and we always leave feeling stuffed more than we should. My heart is full of gratitude for the people in my life.

It has been a pleasure to hear from many of you this fall, and I am already planning a fall meeting for next year in the New England area. I am learning that these events take more time to plan and execute than I realized! By now, we've had our October meeting in Kansas City,

Missouri, and I am grateful to have been able to partner with District 4 Legislator Jon Boursaw.

I'd like to bring to your attention to celebrated Potawatomi photographer Sharon Hoogstraten's next project. As Sharon put it when she contacted me, "You probably haven't heard that the Chicago Monuments committee has condemned the Michigan Avenue sculpture of Chief *Naunongee* in hand-to-hand combat with Sergeant Otto Hayes during the Battle of Fort Dearborn. Though well-meaning, the committee believes the monument is insulting to Indigenous people. I argue that it is another attempt to erase our Potawatomi ancestors from the Chicago landscape. Because *Naunongee* (grandfather of Archange Ouilmette and thus related to many members of the Citizen Potawatomi Nation) was the only Chief to die in this battle, I'm hoping that there will be support among our *Ogitchidaw* for my defense of this warrior."

Sharon goes on in her proposed letter to the editor, "There is very little historical reference to the Potawatomi visible in Chicago, let alone any specific figures of Native history. Let's consider what this touchstone means to many Potawatomis

and open our minds to the possibility of a new SW bridge house narrative. I believe the offense lies in the biased and now barely visible inscription on this monument. Because of this inscription many Potawatomi descendants are not even aware of this history. Let us work together to create a new plaque accurately describing this turning point in history so that Potawatomis, Chicagoans, and visitors may better understand this defining and true story."

I fully support Sharon in this effort and encourage you to reach out to her to coordinate support for her initiative to save this monument to our people in our homeland. I invite all CPN and other Natives to engage on this issue. It is entirely possible that the folks responsible for the decision to remove the sculpture are well intentioned and simply need to be contacted by us so we can illuminate them as to our opinions on the matter. Sharon generously shared her contact information, so please contact her at shikaakwapress@gmail.com and ask how to get involved!

Since I'm talking about Sharon, I would be remiss if I did not mention her new book, *Dancing for Our Tribe*. It is a fabulous collection of her photography with citizens from nine



Sharon Hoogstraten (center) with friends Carol Shanahan and Angela Roberts (also of Potawatomi descent), pay respects to our ancestor Naunongee on Indigenous Peoples' Day.

Potawatomi nations pictured in regalia. She is one of our own who has put significant effort into communicating that we are still here, and I would highly encourage you to buy a copy of *Dancing for Our Tribe* for yourself at cpn.news/DFOT.

If I can be of any help to you, please reach out to me.

Iw
(That's all),

Alan Melot
Legislator, District 1
608 S. Sergeant
Joplin, MO 64801
417-312-3307
alan.melot@potawatomi.org

District 2 – Eva Marie Carney



Bozho nikanek
(Hello friends),

Busy November and December!

I hope you periodically visit my website, evamariecarney.com, particularly the "Calendar" page. We are back to in-person meetings, and I am eager to see you. Please respond to me about events you plan to join! Here's what is posted through the end of the year:

- **Friday, Nov. 11, 2022: Native Veterans Procession and Dedication Ceremony for the National Native American Veterans Memorial**, on the grounds of the National Museum of the American Indian. To register for the procession and for all other details, visit cpn.news/NNAVMreg. The NMAI will host

three days of celebrations November 12 through 14.

- **Saturday, Nov. 12, 2022: Annual District 2 Fall Feast.** 11 a.m. to 2:30 p.m. Parish Hall, Little Falls Presbyterian Church, 6025 Little Falls Rd., Arlington, VA 22207 (littlefallschurch.org/) Bring favorite dishes (with recipes, if you'd like) to share. I will provide a turkey platter and a vegan main dish along with beverages. We will visit, make traditional rattles out of elk and bison hide, hear from CPN citizen and author/photographer Sharon Hoogstraten about her book, *Dancing for Our Tribe: Potawatomi Tradition in the New Millennium* (we will have copies for purchase), and share a family meal. Children are welcome; the craft is appropriate for children 8 and up with one-to-one adult supervision. RSVPs are requested — email or call me, please.
- **Nov. 13 through 19, 2022: Rock Your Mocs 2022.** Rock Your Mocs Day is Tuesday, Nov. 15, 2022. But you can choose that day or the whole week of November 13 or even the whole month to wear your *mkesinen* (moccasins) — the idea is to honor our ancestors and Indigenous peoples worldwide. To participate, wear your *mkesinen*, take a photo or video, add the hashtag #RockYourMocs and upload to social media. You'll be helping to



Moccasins made by District 2 legislator Eva Marie Carney

create an online photo album for the world to see and enjoy.

- **Friday, Nov. 25, 2022: Native American Heritage Day.** Public Law 111-33 designates the Friday immediately following Thanksgiving Day of each year as Native American Heritage Day.
- **Saturday, Dec. 3 and Sunday, Dec. 4, 2022: Native Art Market, National Museum of the American Indian.** Come meet Indigenous artists from the United States, Canada and Central and South America. Held in Washington, D.C., and New York, New York. I plan to attend in Washington, D.C., on one of the two days. Please reach out if you plan to go too!

District 2 Event in Montgomery, Alabama

It's been a while since we had a meeting in Alabama. On



District 2 will meet at the Legacy Museum in Montgomery, Alabama, in February 2023. (The Washington Post/Getty Images)

Saturday, Feb. 11, 2023, we will meet up at the Museum and Monument at The Legacy Museum and The National Memorial for Peace and Justice in Montgomery, Alabama, from noon to 3 p.m. (CDT) (Visit cpn.news/EJIMuseum for more information and a map). The memorial is informally known as the National Lynching Memorial. It commemorates the Black victims of lynching in the U.S. and is intended to focus on and acknowledge past racial terrorism and advocate for social justice in America. I've scheduled this for the long Presidents' Day weekend. We will start with lunch and visiting together at the museum café, and then tour the museum and memorial. All facilities are wheelchair accessible. There is no cost to guests for this event! RSVPs are required by Feb. 3, 2023. I hope to meet

up with many Potawatomi and family members there.

Communication

Please keep in touch — by phone or email. We have about 250 District 2 folks participating on a private Facebook page — let me know if you'd like to join us. I look forward to hearing from you, helping you as needed, and celebrating with you, whenever possible!

Migwetch (thank you) for the honor of representing you.

Eva Marie Carney
Ojindiskwe (Bluebird Woman)
she/her/hers
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District 3 – Bob Whistler



Bozho nikan
(Hello friend),

Gas mileage

In September I wrote about a drop in my gas mileage and believed it may be due to an increase in the percentage of ethanol the President authorized the gasoline companies to add to the fuel temporarily. It was to be short term. My Toyota auto dealer who handles my oil changes advised they believed it was due to a change in the fuel mixture. In the last couple of weeks, my average gas mileage has returned to prior levels. I have not had another tune up or anything other than a routine oil change. So, the only answer appears to be the fuel as my dealer advised. But there is no way to absolutely confirm this. Regardless, the gas seems to be where it was

several months ago before the federal government authorized the addition of more ethanol.

District 3 meeting

On Saturday, September 17, the District 3 meeting was held at the Urban Inter-Tribal Center of Texas. A light lunch was provided. Our agenda included presentations in several areas. First was a financial planning presentation by Teri Hall, who is member of an Oklahoma tribe. Then, Suzanne Zunker brought in various pieces of regalia and briefly explained how easy they were to make. That was followed by Elisa Berger, showing her copy of the beautiful book *Dancing for Our Tribe* by District 1 Tribal member Sharon Hoogstraten.



Clayton Martin is recognized as the youngest member in attendance at a recent District 3 meeting.



Legislator Bob Whistler presents a blanket to Sandy Slimboski, the eldest in attendance at a recent District 3 meeting.

It was then about time for our meal and also time to recognize who in attendance was eldest, youngest and who traveled the furthest. Our eldest was Sandy Slimboski, and the youngest was Clayton Martin. Blankets were provided to the eldest and youngest. A coffee cup with a Native American design was given to Mark Goodson, who drove the furthest. After these recognitions, we then restarted a presentation about seeds and plants our ancestors used for food and medicine by Annette Anderson. She is also a member of one of the Oklahoma nations and is in partnership in the organization Indigenous Industries of America. At the end of her presentation, she gave out a sheet of 27 questions



Mark Goodson drove the furthest to attend a recent District 3 meeting.

related to her presentation. I sent a follow-up note to those in attendance advising that I have the answers if they wish to check what they wrote down. As we closed the meeting, I gave out about 10 to 12 door prizes. The winners were able to select from various items I had there for their choice. Annette Anderson was gracious enough to take photos of members recognized, and the three respective photos were submitted with this article.

As we get into later this month, it will be that great family day of Thanksgiving, and I send all of you a wish for a wonderful holiday with

your family or with whoever you may be with that day.

I thank you for the honor of being your District 3 legislator.

Bama pi
(Later),

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



Bozho
(Hello),

What's so significant about November?

November is the month that we celebrate Thanksgiving, recognize Native American Heritage Month and honor our Military Veterans. I have chosen to devote this month's article to honoring our veterans.

Why is the Red Poppy associated with November 11, Veterans Day?

A Canadian Army Physician, Lt. Col. John McCrae, was

serving on the frontlines on May 3, 1915, when he was inspired to write the poem that later came to symbolize the bloodshed observed in World War I. It has been reported that he was not pleased with the poem and threw it away. Some soldiers of his unit recovered the poem, and later that year, it appeared in a London magazine.

After the 1918 Armistice, a New York professor, Moina Michael, promoted the poem and the Red Poppy's meaning in America. Later, she was featured along with the Red Poppy on a 3-cent U.S. postage stamp. On Sept. 27, 1920, the American Legion designated the Red Poppy as its official flower.

In Flanders Fields the Poppies blow between the crosses, row on row, that mark our place, and in the sky the larks, still bravely singing, fly scarce heard amid the guns below.

We are the dead, short days ago we lived, felt dawn, saw sunset slow, loved, and were loved, and now we lie in Flanders Fields.

Take up our quarrel with the foe: to you from failing hands we throw

the torch: be yours to hold it high. If ye break faith with us who die we shall not sleep, though poppies grow in Flanders Field.

CPN member and friends honor our Veterans

Several weeks ago, Peggy Pistoria (Navarre family) approached me about having individual quilts presented to our veterans at the next district meeting. Peggy is a member of a quilting group in Linwood, Kansas, a suburb of Lawrence. I gave her the names of nine local veterans who routinely attend the Rossville meetings and other activities. Without a doubt the quilts are magnificent.

An embarrassment on November 11 early in my career

I reported into my first assignment in the U.S. Air Force on Oct. 23, 1961. It was a small air defense radar installation near St. Albans, Vermont. In my first interview with the Commander, he said he wanted me to lead the squadron in the St. Albans Veterans Day Parade,

which was approximately three weeks away. I met with the Parade Marshall who informed me there would be a reviewing stand in front of the bank on Main Street. I was able to have several practice sessions up on the hilltop where the squadron was located. In each session we practiced executing "Eyes, Right," a standard movement in military ceremonies where unit members turn their heads to the right when passing a reviewing stand. On the morning of the parade, we were the lead unit and were looking good as we turned onto Main Street. I quickly spotted the bank but no reviewing stand. It was on the left side of the street in the City Park. I did the only thing I could and that was to give the command "Eyes, Left," and I quickly turned my head to the left and smartly saluted. I could only sense the confusion and disarray behind me when I repeatedly heard, "What did he say?" throughout the unit. I led the squadron in six more parades down Main Street of St. Albans over the next 18 months and correctly gave "Eyes, Left." In the next 23 years of my

service, I never saw or heard of that command ever being given.

Honored to serve you

I would like to extend my personal thanks and appreciation to all CPN veterans and to those CPN members currently serving their country. It is an honor to serve you as your district representative. My contact information is listed below.

Migwetch
(Thank you),

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

FOLLOW US



District 5 – Gene Lambert



Bozho
(Hello),

However, we have always been here and helped create who we have become today as well as our ancestors before us. It was our contribution to the Constitution that established how we govern now.

Many Presidents have acknowledged the omnipresence of our influence as we go forward.

It is important to preserve our culture in all that we do. Teach your children so they will understand our nature and pass it on.

Throughout the year, we will embrace other histories as well as they help celebrate ours.

All that being said, I could think of no better way to introduce a contest than with a bow and arrow.

The hunters brought home food to be prepared and provide sustenance for the family as they waited for their return. They danced, giving thanks to the Creator and the animal for giving its life to sustain theirs. We



Bulls Eye Heritage series 60-inch bow and handmade arrows.

continue our hunting methods today, if only as contests.

Please read the following instructions for the contest, and good luck to you!

Prizes include:

- 21 feathered, handmade arrows measuring 22 inches
- One white Bulls Eye Heritage series 60-inch bow

The contest will end Dec. 5, 2022, and all entries must be confirmed by that date.

You can enter by mailing in the answers to three questions:

- Name:
- Age:
- Why do you want a bow and arrows?

The mailing address is 270 E. Hunt Highway, Suite 229, San Tan Valley, AZ 85143.

Email entries will be printed as they arrive and added to the drawing. That address is glambert@potawatomi.org.

No phone calls please unless you have a question about the contest.

The dates are chosen to ensure the winner will have the bow and arrows prior to Christmas.

In the meantime, I wish you all happy holidays, and remember what this is all about! Family!! I love having you in mine.

Let's not forget to give thanks on Thanksgiving Day for the family, friends and loved ones you have in your life. Acknowledge Mother Earth and the four directions for all you have been gifted. Everything is a gift.

Please let me know if there is anything I can help you with.

Love you all,

Eunice Imogene Lambert
Butterfly Woman
Legislator, District 5
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glambert@potawatomi.org

This month is as exciting as it gets in Native country. November is the National Native American Heritage Month celebration of our people. In that acknowledgement, we honor all Nations: Alaska Native, Native Hawaiian and other Native communities as well.

Celebrating different cultures is what America is about. Many come from other countries and have chosen to be here in the multi-faceted United States of America.

District 6 – Rande K. Payne



Bozho nikanek
(Hello friends),

lot of sway is based on voters' emotions. There seems to be little attention to actual policy and real-life issues for ordinary Americans. You can agree with me or not, but it seems to me that our media has their own political agenda, making them opinionated sources of information. How politicians vote on both federal and state legislation is a matter of public record and available if you take the time to look. While a candidate may be new to politics and doesn't have a track record, you can always contact the campaign office to inquire where the candidate stands on issues that are important to you.

With regards to Proposition 26, there were some things that I felt would be beneficial to California tribes. It seems logical to me that allowing roulette and dice games in tribal casinos would increase the draw. In-person sports betting also seemed like a game changer, pun intended. But when they added the provision for frivolous lawsuits as a mechanism to enforce California gambling laws, it became a "no" for me. This type of lawsuit is similar to California's employment lawsuit system. It's the kind of lawsuit that if you are the target and you win, you still lose because of the

enormous costs involved. I don't know why this provision was included as it had nothing to do with improving tribal economies.

Proposition 27 was a total disaster from the get-go. I just don't see the logic in online sports wagering as beneficial for tribes. There were too many hands in that cookie jar, and for the same reason, tribes have been against online gaming all along. Many California tribes have invested heavily in job creation and growth opportunities for their people by adding hotels, restaurants, movie theaters, water parks, bowling alleys, gas stations, etc. Any benefit from online sports wagering would have to take into consideration the risk of losing gaming patrons who could choose to wager from their smartphone wherever they had cell service.

I hope that you had an enjoyable Indigenous Peoples' Day! I haven't followed this a lot, but I do believe that as Indigenous people of North America, we know that Columbus stumbled across America in his search for a sea route to Asia from Spain in hopes of finding spices and gold. Spain funded the expedition in the hopes that if Columbus were successful, it would make them a more

powerful nation. We also know that Columbus wasn't the only European to visit our continent prior to its colonization. So yes, Columbus is arguably a notable opportunist and explorer. But there were others. So, it begs the question of why Columbus is tagged with discovering America. The North American continent was always here and so were we. Erasing history is never a good idea in my opinion but contextualizing and additional perspective, I believe, is sometimes appropriate.

As you know, November is Native American Heritage Month. I do hope you find ways to celebrate your heritage tastefully and humbly. We were the first caretakers of this great land. This is a great country, and we are among the many reasons it is. America's diverse and multi-faceted natural beauty is the envy of the world. We were the first to gaze upon it and appreciate it for the gift it is. Maybe doing something kind for Mother Earth would be a good way to celebrate. Something as simple as a prayer of gratitude would surely make our Creator happy.

Without getting into the weeds about the controversy over the first Thanksgiving, I would like to simply wish you a Happy

Thanksgiving. Life is hard. It always has been and always will be. But life is also precious and gives us many reasons to be thankful. As we gather around the table to feast, let us raise our heads above the clouds and take in, if only for a moment, the warmth of everything life has to offer. Let us express our appreciation for each other with lots of love and compassion and gratitude to the Creator of everyone and everything.

Potawatomi Word of the Month: *migwechwendem* (thankful he/she is)

Words of Wisdom: "Most people want to avoid pain, and discipline is usually painful." — John Maxwell

Wisdom from the Word: "Therefore consider carefully how you live — not as unwise but as wise." (Ephesians 5:15)

Migwetch! Bama mine (Thank you! Later again),

Rande K. Payne
Mnedo Gabo
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District 7 – Mark Johnson



Bozho nikanek
(Hello friends),

In last month's article, I spoke about November being Native American Heritage Month and pointed out some of the resources that are available online to our members. While

learning about our Native American heritage, it is equally important that we learn from our own Tribal history. As I have spoken about during our Tribal elections, it is vitally important that our members become involved with our Tribe and heritage. One aspect of being an active Tribal member is knowing your history, and while the Citizen Potawatomi Nation Cultural Heritage Center provides an excellent resource for our people's past lives and events, more recent events are also important. Some of the best ways to understand the challenges and opportunities we experience today come from the *Hownikan* archives, which can be found at potawatomi.org/news. The saying goes something like, "History doesn't repeat itself,

but it does rhyme," and looking at old *Hownikans* going back to the 1971 first edition, it is interesting to see how often some things come around.

Take for instance the front page of the 1973 edition of the *How-Ne-Con* discussing that year's recent elections, noting, "The Council elected two new Councilmen and a new Chairman. The present tribal officers are as follows; Chairman, Jerry R. Fox, Vice Chairman, Raymond Peltier, Secretary-Treasurer, Mrs. Beverly Hughes, Councilmen, Mr. John Barrett and Mr. Leon Bruno. These officers were elected to serve all tribal members and if at any time you need their advice or help, they will be most anxious to assist you. You may contact any of the officers by writing the tribal office."

Or take the January 1991 front page article with the headline (that may sound familiar to a few of you) "Supreme Court justices hear tribal-state tax case." The article goes on to detail the case, saying the Court "is in the final chapter in a lawsuit filed by the tribe after the Oklahoma Tax Commission in 1987 assessed the tribe more than \$2.6 million for sales taxes on past cigarette sales at the tribe's convenience stores ... on tribal trust land."

Taking the time to learn more about our Tribal history will make you an active participant in your Tribe. You will see where we have been and the struggles we have gone through to get to where we are today. You will also see how fortunate we have been to have the long-term leadership and vision in place with the Chairman and Vice-Chairman.

Once again, I would like to say what an honor it is to serve you as your District 7 Legislator. As always, give me a call, and I will be happy to work with you on any questions you may have or provide you with additional information you may need to access Tribal benefits available to you. Please also take the time to give me a call or send me an email with your contact information so that I can keep you informed of the happenings within the Nation and District.

Migwetch
(Thank you),

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



Bozho nikan
(Hello friend),

The often-used expression, "Many hands make light work" would definitely apply to the District 8 Fall Feast held mid-October 2022 in Portland, Oregon. This event was catered (traditional Thanksgiving fare with a Native flair), but there was still an amazing amount of work to do, from setting up our technology to setting up a well-flowing buffet. Not to mention cleaning up. Our district members always come through and roll up their sleeves. Special thanks to those bringing a dessert to share!

The night before the event, I learned that President Biden was going to be in Portland; in fact, he was going to be making an appearance close to where our event was being held, The Great Spirit Native American Methodist Church. Traffic is typically bad in Portland, but this brought traffic to a standstill in parts of town. We started our meeting a half hour late to allow members to arrive. Much to my surprise, we had an excellent turnout, and I believe

everyone enjoyed the food and company of their CPN family.

We had three members who presented information to those gathered:

- Jacqueline Renee gave a well-researched presentation on smudge, its use, the elements involved and how we utilize it in our ceremonial lives. She also gave a detailed PowerPoint on clans and their significance in organizing Native American society prior to European contact and influence. One of the reasons this was a topic is due to CPN members wanting to know what clan they are affiliated with. This is still a confusing and challenging subject as it pertains to Potawatomi families for several reasons, including the relocation and the discouragement of traditional

practices in the world our ancestors found themselves in.

- Mitch Saffle was gracious enough to discuss his local organization, the Native American Youth and Family Center, and his role in programs there. Mitch is a recent immigrant to the Pacific Northwest, and we look forward to his future contributions.
- After our wonderful lunch and fellowship, John Kochanowski discussed hand drumming in depth. Always interesting and fun, John explained the tradition of the drum and demonstrated for the members. "Loaner" drums were handed out, and attendees were able to get some hands-on experience with drumming. John belongs to a local drum group and encouraged folks to



Tribal member and veteran Jack Flowers presents his bandolier, a winning entry in the Fall 2022 District 8 Art Contest.



District 8 Legislator Dave Carney presents a Pendleton blanket to Tribal member Doyle Hodum, the Wisest in attendance at the 2022 District 8 Fall Feast.

attend a local drum practice if they were interested in exploring this further.

As usual, we had our Native American art contest. We had two primary winners. Jack Flowers is a Vietnam-era veteran who created an amazing bandolier. *Migwetch* (thank you) to Jack also for awarding CPN Veteran coins to the veterans in our gathering. The other primary winner was Kalayla Melot for her stained-glass creation depicting Native feathers. Our youth artist category winner was Celina Zeller for her art piece called *Flower Impression*.

Our farthest-travelled winner was Susan Vanderhoeck, who came from LaQuinta, California. Our Wisest member was Doyle Hodam, who received a beautiful

Pendleton blanket. Dr. Steven Lynch was recognized as an elder who has made some outstanding contributions to District 8. Steve was presented with a walking stick with a built-in compass.

I will start planning for next year's Fall Feast in Seattle soon.

Migwetch (Thank you) to all who brought a donation for the holiday food drive. Almost 86 pounds of food was donated to the local food bank!

As always, it is my honor to serve as your Legislator,

Dave Carney
Kagasghi (Raven)
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Please contact your legislator and update your contact details so that you can receive important information

District 10 – David Barrett



Bozho
(Hello),

During one of our latest veterans' Color Guard functions, after saying the Pledge of Allegiance, the announcer asked us to sing the national anthem. Being amazed, this was a 1957 class reunion where everybody knew the words of *God Bless America* from their heart without anybody taking the lead. We had about 60 to 90 in attendance, thus the age was around 83.

So why did this song seem to be so fresh to this age group? During some research from the Kennedy Center written by Sean McCollum and the Library of Congress, I discovered the story behind the song.

Shortly after becoming an American citizen in 1918, Irving Berlin, already a highly successful lyricist and composer, was inducted and stationed at Camp Upton in Yaphank, New York. His commanding officer enlisted him to write a musical comedy which would serve to raise both funds and Army morale. For the finale of this production, *Yip, Yip, Yaphank*, Berlin wrote the original *God Bless America*. But he felt the song was too solemn for a comedy and put it aside for 20 years.

In the fall of 1938, Irving Berlin decided to write a peace song. He recalled an unpublished version of a song that he had set aside in a trunk and took it out and shaped it into a second national anthem, *God Bless America*. During these days, Berlin revised it, and the singer Kate Smith asked him for a patriotic song to perform on her CBS radio program from the New York World's Fair on November 10 to honor Armistice Day. Berlin generously signed over his royalty money from the song to charity, and the revenues went to the Boy Scouts and the Girl Scouts of America through the God Bless America Foundation. That arrangement is still in effect today.

Here is how the 1918 version had read:

*God Bless America,
land that I love
Stand beside her
And guide her
To the right with the
light from above
Make her victorious
on land and foam
God bless America, my
home sweet home.*

Berlin knew he had to change the line "to the right" with the light from above. "The Right" in politics had come to mean conservative political groups. He wanted a song that brought Americans together, not set Americans apart. Also, he changed "make her victorious" since it suggested military conquest rather than the "peace song" he was shooting for.

The result was the song most Americans have learned by heart ever since:

*God bless America,
land that I love
Stand beside her and guide her
Through the night with
the light from above*

*From the mountains
To the prairies
To the ocean white with foam
God bless America,
My home sweet home.*

Smith included the song weekly in her show, and it became her trademark that spanned five decades. She also added a short poem-prelude that Berlin had written:

*While the storm clouds
gather far across the sea,*

*Let us swear allegiance
to a land that's free,*

*Let us all be grateful
for a land so fair,*

*As we raise our voices
in solemn prayer.*

Every song has a story about why it was written. Songs from the past are like recordings from long ago. They give us a sense of what our parents, grandparents, and extra-old ancestors feared, hoped for and celebrated.

This simple, one-verse song became an overnight hit and a hopeful song as war threatened. "It's not a patriotic song," composer Irving Berlin said in a 1940 interview, "but

an expression of gratitude for what this country has done for its citizens, of what home really means."

Today, many Americans consider *God Bless America* an unofficial national anthem of the United States, but the official national anthem is *The Star-Spangled Banner*, a poem written on Sept. 14, 1814, by a 35-year-old lawyer and amateur poet.

It goes without saying that it is both a pleasure and an honor to serve you and our great Nation.

Thank a veteran, first responder or a person in blue. Remembrance of Veterans Day, Nov. 11, 1918, is this month. Let's get back to being one Nation under God. United we stand and divided we fall.

Migwetch
(Thank you),

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



Bozho
(Hello),

I'm not sure when we stopped teaching cursive writing in school. And if it is taught in some places, the emphasis on handwriting is much less than it was 30 years ago. I think today's quote would be, "The keyboard is mightier than the sword." Reading skills have declined. The general lack of some younger folks' ability to communicate

at a basic level is apparent every day, and some folks' inability to cope in social settings has led to violence and death.

My little Potawatomi Mama made sure I was taught by an outstanding group of men and women whose task was to teach me knowledge and then let me make up my own mind about the world. With her participation and cultural input, I was taught to think, communicate, cope with and endure difficulties, and to make decisions. That last one — decision making — has proven to be the most important.

There is a difference in making a decision and making a choice. That ability has been muddled and obscured in recent generations. Words have meaning. That's why we have that silly old book called a dictionary. Not an Urban Dictionary...no, no Nanette... I'm talking Webster's.

Choices, like what salad dressing I want or what should I wear, are simply that — choices. They have little significance in our life, and the consequences of those choices don't carry long-term ramifications. Decisions, on the other hand, do carry long-term consequences. Buying a new car is a decision. The obligation we incur financially can have an impact on our lives and our financial security later on. So, the decision to buy the car is different from the choice of which model, color, upholstery, etc. Even though this explanation is simplistic, the meaning is clear. We need to learn to make decisions based on facts and circumstances and not whimsical wishes and desires, wants and fads, "influencers" (whatever the heck that is), TV commercials, podcasts, family gossip, movie stars, or politics.

Schools and parents should focus and work together on

teaching children analytical decision making. Teach them how to make decisions based on facts, circumstances and abilities. Let the child experience life while learning how to make their own decisions, instead of trying to make the decision for them and indoctrinating them into someone else's frame of reference. We seem to live in a time of infinite choices. We also live in a time when we are being told what to do, when to do, where to do, how to do, and what's the best about most anything we're involved with. Our news is little more than propaganda, and the old journalistic adage, "If it bleeds, it leads" has never been truer. Maybe being an "individual" is a thing of the past. Shakespeare wrote in *Hamlet*, Act 1 Scene 3, of King Polonius giving advice to his son, Laertes, as he left for college. Polonius advises him "To stay close to tested friends. To be wary of starting

an argument. To give every man his ear, but few his voice. To take each man's counsel, but to thoughtfully reserve his judgment." He warns Laertes to manage his budget and to never lend or borrow money. But the most important advice Polonius gives... "To thine own self be true." Maybe that's where we're missing the boat. If we can't understand and be true to ourselves, make our own decisions and have depth of thought, how can we be anything other than followers? And if an education is little more than an indoctrination, then what will the end product of that education be?

Migwetch
(Thank you),

Andrew Walters
Legislator, District 11
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nibwemko@gmail.com

SPRING SCHOLARSHIP DEADLINE

FEB 15 AT 5 PM CT
Apply at portal.potawatomi.org

**William Bailey Thompson
Toupin Family**

William "Bill" Bailey Thompson walked on Friday, Sept. 23, 2022, at home with family in Edmond, Oklahoma, after a long battle with progressive supranuclear palsy (PSP). The son of Kathryn Sue Bailey and William Howard Thompson, Bill was born March 4, 1951, in Shawnee, Oklahoma.

Bill was a loving and caring father, grandfather, brother and uncle, and when he made a friend, they were his friend for life. Known for his kindness throughout the community, he always helped others when possible, and his love reached far beyond his family.

Bill was a proud member of the Citizen Potawatomi Nation and a Toupin family descendant. He was always interested in his Tribal heritage and spent time researching the Thompson family genealogy.

After graduating from Shawnee High School in 1969, Bill attended Central State University (UCO) in Edmond and completed his bachelor's degree in Political Science in 1973. He was a member of the Tau Kappa Epsilon fraternity, where he served as president and received the honor of Outstanding Greek Man his senior year.

In college he met his wife, Judy Thompson, while attending a philosophy class. They married in 1973 and spent nearly 49 years by each other's side raising two children and living a fun and full life.

Throughout his career, Bill spent 24 years working for Blue Cross Blue Shield of Oklahoma City, earning many internal awards and serving as a mentor to others in the insurance business. He retired in 2013 from Ledbetter Insurance Agency of OKC as an employee benefits specialist at 62 years old.

Bill also served as a President and board member of Positive Tomorrows in Oklahoma City for many years, passionately working for a better future for the community's children. He also volunteered as a little league coach while his children played sports in their youth.

His family and friends will always remember his ornery sense of humor and dedication to Sooner football. Bill also enjoyed singing, dancing and having a good time, always willing to provide his passengers with a lively rendition of *Bad to the Bone* with the windows rolled down. He loved the outdoors. Golfing and fishing were two of his favorite pastimes, and he spent as much time as possible traveling to anywhere with a beach and water. Most of all, he cherished time with his family and their get togethers.

He is preceded in death by his mother, father, and sister, Pamela Elizabeth Power. He is survived by his wife, Judy Thompson; son, Bill Thompson (Maritza) of Edmond; daughter, Carly King (Aaron) of Edmond; granddaughters, Casey, Tatum, Jada and Bianca; sister, Ann Willett (Brian) of Yukon; nephew, Dylan Willett; nieces, Karen Ober, Kathryn Mackey and Paige Willett; and many other family and friends who will miss him greatly.

The family thanks nurse Wendy Jakubiak and caretaker Diane Cooper for their compassionate care and love for Bill and the rest of the Thompsons.

In lieu of flowers or gifts, the family requests contributions in memory of Bill be made to Positive Tomorrows (positivetomorrow.org) or Brain Support Network (brain-supportnetwork.org).

**Alice Venita Womack
Bourassa Family**

Alice Venita Womack walked on from this life and into the presence of her Lord on Sept. 2,

2022, where she is now being led by holding on to His garment. She was born the seventh of eight children to George G. and Lillian Stone Green in Slaton, Texas, on May 5, 1940.

She began tickling the ivory keys of the family piano at a very young age under the watchful eye of her mother, but reading music only came after she had taught herself to play almost completely by ear. This gift of hearing and playing music stayed with her to the end of her life.

Venita loved games; those who competed against her knew she played to win, and she was not afraid to talk a little trash if she thought it would help her cause. No one who sat across the game table from her would ever say she was not a fierce competitor.

Gramma loved her family and could hug with an intensity that would take your breath away. She also loved people. If you had met her on the day of her death, she might have shared a plate of the best fried chicken with cream gravy you ever ate and the power of Jesus to change a life.

She was captivated by family history and storytelling. Gramma would relate stories and then laugh herself to tears... then tell another. She would also listen to others as they related their remembrances and correct any facts she found suspect. She loved to be right and almost always was.

Venita loved and was loved by four children, eight grandchildren, 12 great-grandchildren, and a host of friends and extended family of multiple generations who will cherish her memory.

**Lula Marie Manning
Welch Family**

Lula Marie Manning, 81, of Scottsdale, Arizona, formerly of Wamego, Kansas, died July 31, 2022, in Phoenix. She and her husband, Duane, relocated to Scottsdale several years ago from Wamego to live closer to their daughter.

Lula was born Nov. 19, 1940, near Wamego, the daughter of

Alvin E. and Harriet (Welch) Griffith. She attended a local grade school and graduated in 1958 from Wamego High School. Lula worked several years doing bookkeeping and accounting, first at the courthouse in Clay Center, then for Wells Home Builders in Kansas City, Missouri, and then at Fort Riley, Kansas.

Lula married Duane Dallas Manning on Aug. 26, 1970, in Miami, Oklahoma. Duane preceded her in death on March 10, 2018.

Lula and Duane loved to travel and enjoyed many cruises. She also was an avid bingo player and enjoyed regular trips to Starbucks. After moving to Arizona, Lula and Duane were well known around the community where they were often seen walking together hand in hand. When living in Wamego, Lula attended First Baptist Church. She was a member of the Citizen Potawatomi Nation.

Lula is survived by her daughter, Malinda Manning-Odle, Scottsdale, Arizona; her stepchildren, Patrick Manning, Wamego, and Victoria Manning, Minnesota; her grandchildren, Dallas, Skylar, Nicholas, Pamela, Phillip and James; and her sister, Alice Ledebor (Robert), Silver Lake, Kansas. Lula was preceded in death by her parents and her brother, Joseph Frances Griffith.

A memorial service was held on Sept. 15, 2022, at Campanella & Stewart Funeral Home in Wamego. Inurnment followed in Louisville Cemetery. Memorial contributions are suggested to the Columbian Theatre, and may be sent in care of the funeral home. Online condolences may be made at campanellastewart.com.

**Bertha Jane Bazhaw
(Bergeron) Collins
Bergeron Family**

Bertha Jane Bazhaw (Bergeron) Collins was born on April 4,

1938. She was the 11th of 12 children born to Robert and Gradie (Bussell) in Cement, Oklahoma. Nanny had a wandering soul. She lived many places, but Oklahoma called her home. She spent the last 30 years in Lindsay.

She was a proud descendant of the Citizen Potawatomi Nation. She was named by her brother, Ralph Bazhaw, on June 27, 2015. Ralph gave her the name *Nanishakmot* (Nah Nee Shote Mote). Her name means "She Who is Always Helping."

Bertha married the love of her life, Odie Collins, on Oct. 10, 1975. Together they had nine children. Nanny worked as a waitress and a nurses' aide, but her main vocation was being a homemaker. She loved to sew, upholster, crochet, arrange flowers and read. She was an avid bargain shopper and costume jewelry collector. She was of the Pentecostal faith.

Welcoming her at Heaven's Gate were her parents; her husband, Odie; her daughters, Chryl Lynn McKelvain and Tammy Behrens Mize; her grandsons, Kenneth Casteel and Darrell Lynn McKelvain; and one great-grandson, Robert Bodie Thrasher. Greeting her there as well were her six brothers, Elbert, Charles, Robert, I.H., James and Ralph; and her four sisters, Mary Copp, Beatrice Bowman, Leona Agee and Delores Holiday.

Those waiting to see her again are her five sons, Charles and Lydia McKelvain, Carl McKelvain and Bill and Ronnie Behrens, Bobby and Alesa Bocox, and Toby and Tonya Doyal; and three daughters, Jamie and Scotty Casteel, Lynda and Terry Smith, and Darla and Danny Sprague. She also leaves 28 grandchildren, 45 great-grandchildren and one great-great-grandchild.

Graveside services were on Aug. 24, 2022, at the Cement Cemetery. Arrangements were entrusted to the Family Care of Carter-Smart Funeral Home.

**Submitting
obituaries**

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

hownikan@potawatomi.org

CPN burial assistance through Tribal Rolls

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

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

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