



HOWNNIKAN

Bnakwigises | October 2020

Top photo: Early *dgwaget* (fall) blooms make an appearance across CPN

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New, expanded Coronavirus Relief Program provides greater assistance opportunities to Tribal citizens and businesses

The Citizen Potawatomi Nation legislature voted in September to expand CARES Act programs. Phase III of the program includes new assistance for Tribal citizens as well as updates to previous programs.

New programs in Phase III include a program to help offset increased expenses due to COVID-19 and a foreclosure and eviction program.

“More than 65 percent of the funds CPN received from Treasury will go directly to Citizen Potawatomi member support programs,” said CPN Tribal Chairman John “Rocky” Barrett. “We will keep responding to the needs of our Tribe for as long as we are able - until we run out of this money.”

New Programs

The COVID-19 Foreclosure and Eviction Prevention Program will provide eligible Citizen Potawatomi Nation tribal members, not living in Citizen Potawatomi Nation Tribal Housing, with a one-time payment of up to \$3,000 to help prevent eviction or foreclosure. This program is limited to one assistance payment per household in which one or more tribal members eligible for this assistance reside. Payments will be made directly to the landlord or mortgage lender.

The COVID-19 Related Expenses Program provides up to \$500 to Citizen Potawatomi Nation tribal members who are over 18 years old and who have had expenses related to the COVID-19 emergency. Expenses must have been incurred from March 1, 2020, through Dec. 30, 2020. Expenses may not include any expense attributable to debt on an asset such as a home or vehicle loan, or to any other type of loan repayment, and may not include any expense barred by federal law, the Nation’s law, or these regulations. Expenses may not include expenses addressed or reimbursed by other forms of Federal, State, or local assistance or by assistance from the Nation, whether from this Relief Fund or from other sources.

Updated Programs

The COVID-19 Income Loss Support Program, previously the Individual Program, has been adjusted due to changes in guidelines released by the U.S. Treasury. This relief provides up to \$1,200 to Citizen Potawatomi Nation tribal members who have experienced loss of income/employment due to COVID-19. To qualify, tribal members will be required to provide proof that they have been furloughed without pay or unemployed and attest that they

TO LEARN MORE OR APPLY FOR CARES ACT PROGRAMS,

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POTAWATOMI.ORG/CARES

have been negatively impacted by the COVID-19 Public Health Emergency.

Citizen Potawatomi traditions revere elders, and as a testament to these foundational beliefs, CPN elected officials voted to lower the age restrictions for **the Elder Food Security Program and the Elder Housing Assistance Program** from 65 to 60. The food assistance program provides \$200 grocery allowance per eligible Tribal member per month through December 2020. The housing program provides payments of up to \$500 per month for three months to elders who are behind on rent or mortgage payments.

Updated Education Programs

Education is another area that is vitally important to the future of the Citizen Potawatomi Nation and its citizens. Updates to existing programs seek to provide greater access to CPN member students through the COVID-19 Student Assistance Fund, COVID-19 Technology Program, Post-Secondary Assessment Grant and COVID-19 Post-Secondary Technology and Student Support Program.

The COVID-19 Student Assistance Fund will provide eligible Citizen Potawatomi Nation tribal member parents with a one-time \$300 allowance, per eligible Citizen Potawatomi Nation dependent, that may be utilized for school clothes, masks and other necessary school supplies needed to respond to the COVID-19 Public Health Emergency.

The COVID-19 Technology Program is offered to equip all school age Citizen Potawatomi Nation children with technology tools, such as laptops and internet access, that will better enable distance learning necessitated by COVID-19. Eligible applicants would receive a one-time \$400 allowance per eligible Citizen Potawatomi Nation dependent.

The COVID-19 Post-Secondary Assessment Grant will provide eligible Citizen Potawatomi Nation tribal members with the opportunity to receive up to \$100 in a one-time reimbursement online prep and/or test fees for the ACT, SAT, GRE, GMAT, LSAT, MCAT, DAT, PCAT, or OAT. Students must be enrolled in a prep program or scheduled to take an assessment for the indicated exams from March 1, 2020 through Dec. 30, 2020.

COVID-19 Post-Secondary Student Support will provide eligible Citizen Potawatomi Nation tribal members with a one-time \$1,150 support grant that may be utilized for costs related to housing insecurity and overcrowding, online fees, extra travel costs, lost wages, professional consulting, tutoring and technology expenses due to the COVID-19 Public Health Emergency. The program is structured to award \$400 tied to technology and \$750 tied to the remaining hardship categories.

More Information

Other programs include **the Disability Food Security Program**, which provides a \$200 grocery stipend to Tribal members who are enrolled in the Social Security Disability Program and **the Business Interruption Grant** for Tribal member-owned business, which provides up to \$5,000 in relief to businesses which have had negative financial impact due to COVID-19.

“If you think you do not need this support, please think of a Citizen Potawatomi you know who might,” Barrett added. “Contact them, forward them this article, our biggest challenge is getting the word out to our members.”

To apply and get more information, visit potawatomi.org/cares.

Celebrate Breast Cancer Awareness Month with #IndigenousPinkDay

The American Indian Cancer Foundation brings attention to Indigenous women during Breast Cancer Awareness Month with Indigenous Pink Day. On Oct. 15, they encourage support for Native communities' struggle with the disease by wearing pink and sharing photos on social media with the hashtags #IndigenousPink and #IndigenousPinkDay. According to the AICF, breast cancer accounts for the second-highest number of cancerous deaths in Native women.

"Native women have a higher chance of developing breast cancer than non-Hispanic whites; they also have a higher breast cancer death rate. Indigenous Pink Day aims to raise awareness of breast cancer disparities in Indian Country and educate community members about the importance of early detection and screening," said AICF Cancer Programs Manager Lindsey Petras.

Citizen Potawatomi Nation opened its CPN West Clinic Imaging Center in 2019 and recently expanded with a specialized mammography unit. Lead Mammography Technician Christy Jones brought 35 years of experience to CPN in spring 2020. The top-of-the-line equipment continues to impress her, including the 3D mammography machine that simultaneously takes 3D and 2D images.

In patients with dense breast tissue, 3D mammography is impressive because it takes the pictures in different planes of the breast. This allows the radiologist to see multiple images in each of the views rather than the standard two-dimensional images.

"Early detection is your key"

The National Breast Cancer Foundation recommends women over 40 get



Jones' recommendations for early detection and prevention:

1. Monthly breast self-examinations
2. Annual gynecological/primary care physicals
3. Lower risk factors with a low-fat diet, low alcohol consumption and no smoking
4. Yearly mammograms for women over 40
5. Know family/personal history

a mammogram every one or two years. Those with a family history of breast cancer and other risk factors should talk with their health care provider about starting sooner.

"Think of it like a pap smear or a chest X-ray or anything else," Jones said. "Mammography needs to be viewed not only as a diagnostic tool but also added as part of your annual screening. Newly developed abnormalities can then be caught sooner. Early detection is your key. Earlier detection could mean a better outcome of your prognosis and even a lesser treatment and/or treatment time."

While mammograms detect cancerous masses imperceptible by touch, many breast cancer patients notice larger ones first. Jones believes that monthly self-examinations help find patients' lumps. She recommends picking a day

once a month following the menstrual cycle and performing it in the shower.

"Go into the armpit, the axilla, and to bottom of the clavicle," she said. "All of that is considered breast tissue. So, do a good exam on yourself, know your body and what is normal for you and what is new."

Annual gynecological or primary care physicals remain essential in addition to knowing family history. It is also important to maintain records and transfer mammography results when switching doctors. The American Indian Cancer Foundation recommends preventative measures such as breastfeeding, quitting smoking, limiting alcohol consumption, exercising regularly and maintaining a healthy weight.

The Indigenous Pink Day theme for 2020 is #AllBodiesHaveBreasts.

Approximately 2,100 men in the U.S. receive breast cancer diagnosis every year.

"While there are factors that increase a person's risk for developing breast cancer, anyone can get it," Petras said. "This year's campaign strives to educate all Indigenous people about the importance of breast health to reduce breast cancer inequities in our communities. We want to remind people that all bodies have breasts, and it's important to take care of them."

Visit cpn.news/homeexam for a guide on self-examinations from the National Breast Cancer Foundation. On Oct. 15, dress in pink and share photos on Facebook, Twitter and Instagram using #IndigenousPink, #IndigenousPinkDay, #CancerScreeningSavesLives and #BreastCancerAwarenessMonth. Find more resources and information at americanindiancancer.org. ♡

CPN oversees ITEMC donation distribution

The Inter-Tribal Emergency Management Coalition recently received a generous donation of more than 60,000 masks and 26,500 face shields to assist Native Nations across Oklahoma during the coronavirus pandemic. ITEMC Chairman and Citizen Potawatomi Nation's Director of Emergency Management and Housekeeping Tim Zientek organized the donation distribution.

"As Chairman of the Inter-Tribal Emergency Management Coalition, I would like to thank our generous donors for supporting our organization," Zientek said. "The lifesaving donations we have received and distributed throughout Indian Country have made an enormous impact. We appreciate all our donors and look forward to working with them in the future."

Established in December 2004, ITEMC brings together tribal emergency management and local, state and national agencies to plan and improve emergency preparedness and response for tribes across Oklahoma. By becoming a 501(c)(3), ITEMC can now accept tax-deductible donations.

"We developed ITEMC because we need to work together and share those resources, whether it's information that one of us receives or whether it's goods that we receive. We share



CPN Emergency Management Director and ITEMC Chairman Tim Zientek and department staff organize face masks provided by donors.

and try to help each other through this crisis because this is something that is unprecedented," he said.

The recent donation included 60,000 adult-sized and 12,000 youth-sized masks as well as more than 26,000 face shields. ITEMC participating tribes indicated their needs to the Federal Emergency

Management Agency who created a list for Zientek and his team to use to separate the masks and face shields to box for delivery.

Readiness

ITEMC members developed individual plans for a potential pandemic, which gave them a head start on response.

"We're following our plan, and it's working," Zientek said. "We're tweaking it here and there, but it's working."

Zientek and his team of CPN employees have discussed the Nation's approach to cleaning and disinfecting during the pandemic through ITEMC, which has helped several Tribes develop strategies of their own.

"They've implemented their own practices, and we're happy to share our strategies with the members. That is what makes ITEMC a great organization — we share different approaches and ideas to different situations," he said.

Throughout the past seven months, Zientek and ITEMC have experienced a true sense of community with tribes, federal, state and local agencies stepping up to share knowledge and supplies.

"I'm humbled, but most of it is just doing what needs to be done," Zientek said. "And it's just the right thing to do — working together to help each other."

For those interested in donating supplies to help tribes across Oklahoma combat the coronavirus pandemic, Zientek encourages reaching out to the organization online: itemc.org. ♡

CPN Health Services welcomes chiropractor to staff

Citizen Potawatomi Nation Health Services expanded its offerings throughout the last decade, with the addition of an imaging center, physical therapy services and an urgent care clinic. Tribal member Dr. Wylie Briggs, D.C., joined health services staff in mid-August as the Nation's first chiropractor.

"Since I became an employee of the Potawatomi Nation and got to know more about what all happens here ... I can't tell you how proud I am to be a member of all this that's going on," he said. "Just the things they're doing to help everybody and just work together is just amazing to me."

Dr. Briggs lived in New Mexico for most of his life, which made connecting to CPN and his heritage difficult. However, the Leton family descendant moved to Oklahoma nearly 23 years ago, and CPNHS Chief Medical Officer Dr. Vascellaro, D.O., recruited him to work for the Tribe in 2020. The new and exciting opportunity surprised Briggs.

"I thought it'd be a great fun challenge, basically — an opportunity to help the Potawatomi people or any tribal members in the area," Briggs said. "Maybe they weren't able to get to a chiropractor before. And I just thought that'd be really something else to be able to help and introduce chiropractic to the ones that had not had a chance to witness it or be a participant with it."

Decades of experience

Dr. Briggs began seeing patients 23 years ago. He decided to attend chiropractic school at nearly 35 years



Tribal member Dr. Wylie Briggs, D.C., brings nearly 23 years of experience as a chiropractor to Citizen Potawatomi Nation Health Services.

old, inspired by his grandfather who was a chiropractor and owned a practice.

"I started to go back to school again, didn't know why I was going to go back to school. My grandfather, who was a chiropractor, called me up and said, 'Hey, come talk to me again.' So, I sat down with him and had a long talk with him and decided this was the thing to do. I'm glad I did. I'm really glad I did. I really enjoy taking care of my patients," Briggs said.

In 1997, he graduated with his Doctor of Chiropractic from the Parker University College of Chiropractic in Dallas, Texas.

The university has received recognition as one of the top programs of its kind in the U.S. Dr. Briggs then moved to Oklahoma and took over his grandfather's practice in El Reno. In 2012, he opened his own office in Oklahoma City, which he ran until this year.

"Then Dr. Vascellaro came along with this offer, and it was just too great of an opportunity to pass up," Briggs said.

Chiropractic medicine

Dr. Briggs believes his skills help complete CPNHS offerings. While many people think of chiropractic as pain management for the back and neck, he approaches his practice in more holistic terms.

"We can work on knees. We can work on elbows. We can work on a wrist. If there's a joint there, we can work on it, basically. There's so much more to it than just low back pain and neck pain, but that is where the majority of patients come from," Briggs said.

He also focuses on overall patient health and guides them through improvements in their movement, nutrition and lifestyle from the first visit. Dr. Briggs recognizes the uniqueness of a Native American health facility that offers chiropractic care.

"By starting here, I'm hoping that this will open up the eyes of all the other tribes as well, and they'll start implementing chiropractic clinics there also," he said. "And one of my goals basically is to be a flagship, if you want to call it that, to be a model for everybody else to say, 'Hey, (CPN) can do it. So can we. Let's do it.'"

New clinic

Currently, Dr. Briggs takes appointments at the CPN Physical Therapy offices on the second floor of the CPN West Clinic Imaging Center. Patient service always remains at the forefront of his mind.

"I feel like I want to give more to the patient because they got in their car; they drove all the way over to see me. There are in a lot of pain, and I want to reward them for trusting me to take care of them. So I do everything I can to make them feel as good as I can while they're there," Briggs said.

He offers several amenities, including roller tables and decompression tables for spinal disc problems.

"And then our friendly faces will be there, of course," Briggs said.

The Tribe is renovating a building near the FireLake Express Grocery in Tecumseh, Oklahoma, for a stand-alone chiropractic clinic.

"We are in the process of making it more patient-friendly and easier for the patients to maneuver around," Briggs said. "We're adding some rooms, taking some walls down, doing things like that to make it more conducive to what we want to be able to do for our patients."

Patients can schedule appointments by calling Citizen Potawatomi Nation Health Services at 405-878-4693. Find more information online at cpn.news/health. ♪

Milakovic adds customs certification to Iron Horse client offerings

A lack of clarity on tax and customs rules often challenges businesses in international commerce. An Oklahoma-based firm that manufactures small components for a larger product here likely does not have a full-time staff member dedicated to the regulations required to import and export. This may cause the firm to miss growth opportunities with untapped markets and customers. Following conversations with potential investors of Iron Horse Industrial Park, a Tribal-owned site, Citizen Potawatomi Nation Economic Development and Planning Director James Collard, Ph.D., established internal experts to fill this void.

"If you're in the business of manufacturing, you probably don't have time to focus on dense regulations," Collard said. "As a good partner at CPN, we can provide someone on site to evaluate the costs and determine the best way to navigate customs at little or no cost to the manufacturer."

For all potential tenants at Iron Horse, the economic development department can offer evaluations of the business' needs and future costs. If they locate to the industrial park, the economic development department provides an in-house service of handling the company's ongoing customs paperwork for a small fee.

Collard encouraged Administrative Research Analyst Vedrana Milakovic

to pursue a Customs Certification Specialist program to address this need. In August 2020, CPN received notification from the certification board that she passed the final CCS exam. It concluded a six-month online course consisting of 23 modules teaching the nuances of customs and duties through the National Customs Brokers & Forwarders Association of America.

"Each topic helped me grow and develop as an import professional," Milakovic said. "By participating in the CCS program, I learned numerous venues in improving my professional skills while continuing to stay up with the rapidly changing marketplace within the import industry."

These nuances include import and export issues, customs brokers licensing requirements and agency agreements, U.S. Harmonized Tariff Classification System, tariff treatments and trade agreements, Foreign Trade Zones, recordkeeping and much more. Starting with the initial interaction with Iron Horse, Milakovic can assess and offer solutions to save time and money for those doing business inside the park's foreign-trade zone.

"The first thing I'd ask them is where do they get their products from, because sometimes depending on the country and components those



Vedrana Milakovic expands skillset as a certified customs specialist in August 2020.

come from, by changing their supplier may help save money," she said.

Given the current climate of an ongoing trade war between the U.S. and China, she monitors ongoing duty restrictions and costs associated with commerce in the world's preeminent manufacturing power.

"I'll look at other avenues for their products to see if there are other suppliers in different countries that may not face import restrictions. We can also keep an eye on quotas, as

some products are capped if they come from the same country. I can help identify what our tenant needs and where we can find it while saving their bottom line from tariffs," she said.

The wide array of topics that a CCS requires sometimes intimidates firms from exploring global markets for their products. Collard hopes Milakovic's expertise can be a cost-free benefit for tenants at Iron Horse. In the short and long term, her services provide cost savings for those doing business inside the industrial park's foreign trade zone. The park's first tenant, Pro Pipe USA, whose manufacturing plant will likely go online in the fall of 2020, is currently utilizing her services.

"If you have companies who have never worked in a foreign-trade zone, someone with a CCS like me is there to assist them filling out their paperwork," said Milakovic. "I work with our in-park tenants, liaise with our main FTZ site at World Rogers FTZ #106 to ensure they're in compliance with the zone's standards."

For more information on the services offered at Iron Horse Industrial Park through the Citizen Potawatomi Nation Department of Economic Development and Planning, please visit ironhorsecpn.com. ♪

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North Dakota artist Nelda Schrupp named Honored One at Red Earth Festival

By Brandy McDonnell,
The Oklahoman

This article and photograph originally ran in the Sunday Oklahoman on Sept. 6, 2020, and is reprinted here with permission.

Even 26 years later, Nelda Schrupp still recalls winning an honorable mention at her first Red Earth Festival.

“To me, that was like the sky gave me the sun, because I was just beginning my art career at that time. I was awestruck and in wonderment,” recalled the Nakota Sioux artist. “I was being accepted for what I was striving to be as an artist. ... They deserve some of the credit for encouraging me to continue in the direction I was going.”

The nationally renowned North Dakota-based artist made another pilgrimage to Oklahoma this year for the Red Earth Festival, where she was named the 2020 Red Earth Honored One. She is displaying, among other artworks, a set of handmade jingle dresses in red, white, yellow and red to signify healing for those affected by COVID-19.

“The jingle dress (dance) was to dance for the people to help heal the people, so I call them ‘Spirit of Healing’ dresses,” she said. “It’s just a mishmash of emotions and thoughts (to be here) ... but it’s always nice to see the old friends.”

Schrupp is among more than 50 Native American artists from around the state and country gathering through Sunday at the 34th Annual Red Earth Festival.

Although the event was delayed from June to Labor Day weekend in light of the coronavirus pandemic, hundreds of artists, exhibitors and patrons turned out Saturday for Red Earth, which moved this year to the Grand Event Center at the Grand Casino Hotel & Resort in Shawnee.

“We had actually planned on the casino before (the pandemic), but it almost ended up being a godsend,” said Paula Cagigal, president of the Red Earth board of directors. “We have a lot of wonderful artists ... in three different rooms over 35,000 square feet so that the artists and the patrons can walk around and feel comfortable in the situation.”

Coronavirus changes

An intertribal celebration of Native American art, dance and culture, the



2020 Red Earth Honored One Nelda Schrupp poses for a photo at the Red Earth Festival at Grand Event Center at the Grand Casino Hotel & Resort. (Photo by Bryan Terry of *The Oklahoman*)

festival continues through Sunday at the Grand Casino, which is owned by the Citizen Potawatomi Nation. Previously, the event’s primary home was the Cox Convention Center, which is expected to be phased out once the new downtown Oklahoma City convention center is completed.

“In the past few years, we’ve noticed that there’s a lot of people at our events from rural Oklahoma ... and Shawnee is located in a place that’s very easily accessible to just jump on the highway,” Cagigal said. “Shawnee has embraced the event.”

Festivalgoers must follow the casino’s COVID-19 protocols, which include requiring masks, temperature checks and social distancing.

The pandemic forced organizers to make several other changes, including swapping the Native dance competition and grand entries for dance exhibitions, recruiting volunteers as personal shoppers for collectors who were unable to attend but still wanted to buy, and spacing out the artist booths to allow for social distancing.

Although some artists who usually participate skipped this year due to the pandemic, others were eager to show their wares since so many art markets, festivals and events have been scrapped in response to COVID-19.

“This is really the first show of the year because so many have been canceled,” said Broken Arrow painter Clancy Gray, who is Osage.

While Schrupp attended her first Red Earth in 1994, she has rotated between the Oklahoma festival and the Eiteljorg Indian Market and Festival in Indianapolis for the past several years. But the latter was canceled this year.

Despite some anxiety about traveling during the pandemic, the Lakota, North Dakota, resident said she was excited to return to Red Earth.

“I sometimes call myself an honorary Oklahoman,” Schrupp said. “They’re kind of like family, the local artists that are from Oklahoma. It’s kind of like a homecoming.”

Eclectic artistry

Over the years, Schrupp has worked in a variety of art forms, from jewelry and dolls to ceramics and metalwork.

“Sewing was my very first art form. I was about 6, 7 years old on my mom’s old treadle machine. I worked on that for years, and then I became an adult and I still sewed. I became a mother ... and I used to sew all her baby clothes and her little dresses,” said the artist, who grew up on the White Bear Indian Reservation in Saskatchewan, Canada. “In the ’60s

and ’70s, the bell-bottom pants and leisure suits, I used to make them for my husband, and they were fun.”

A 1990 University of North Dakota graduate, she majored in ceramics in college, but a friend encouraged her to take a metalworking class.

“Right from the get-go, I was just amazed at what metal could do, and I just had a new love of material and medium. I just ran with it and I’m still running with it,” she said. “The nice thing about fabrics and metals is that they’re such forgiving materials. Some people think that metal is so hard and so sturdy and static, but it isn’t. It’s flexible ... so is fabric, it’s so free form and flowing and moving all the time. ... You can take it and mold it and just create something that’s uniquely you.”

Along with her “spirit dress” she also is showing at this year’s Red Earth several of her well-known contemporary versions of Native rattles, sacred items traditionally only made by men.

“I kind of jumped that boundary by making mine very contemporary out of metal, out of semi-precious stones, but still sticking with some of the design elements of our tribal history, of the horse hair and the deer antler. ... That’s just all combined with geometric shapes and hollow forms, creating work with kind of a futuristic appeal,” she said.

“(Some people) they always comment, ‘Oh, this is not Indian art.’ ... It’s really hard to be different, but I just hung in there. And Red Earth gave me a place to exhibit my work and really appreciated my style and really helped me develop as an artist.”

Her work now is in such high-profile collections as the National Museum of the American Indian in Washington, D.C.; the Heard Museum in Phoenix; and the Eiteljorg Museum, and she was named this year’s Red Earth Honored One, an award annually bestowed on a Native American master visual artist who has substantially supported American Indian art.

“I felt so honored and so undeserving and all those emotions. ... I was just amazed. I was in happy shock,” she said. “That is such a big honor.” 🍂

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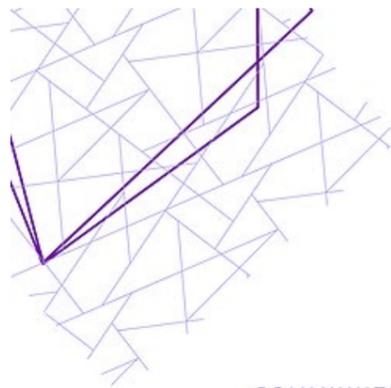
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House of Hope furthers outreach efforts during Worth It Conference

By Kayla Woody, House of Hope Prevention Specialist

In September, the House of Hope had the pleasure of participating in the second annual Worth It Conference hosted by Community Renewal of Pottawatomie County. This conference is put together by Zoe Loeser and Rachel Monday from Community Renewal. The idea behind Worth It is to empower young women to find identity and worth while supporting fellow female counterparts.

The conference welcomes all girls from sixth to 12th grade and pairs them together with female mentors who encourage and assist them in all aspects of life. This year, with COVID-19 challenges, the conference was held virtually, and groups of five to seven girls were formed around the county with one female mentor per group. The girls were able to participate in breakout sessions that included Conflict & Drama, Body Love, Using your Voice and Ask a Doctor. The House of Hope was able to host another breakout session that included information about healthy relationships and teenage dating violence. Our Prevention Specialist



COMMUNITY RENEWAL PRESENTS

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We rise by lifting others

Kayla Woody discussed things like red and green flags in dating, what dating violence looks like and how to safely remove yourself from the relationship as well as how to help a loved one or friend who is experiencing abuse.

When it comes to teens, “nearly 1.5 million high school students nationwide, each year, experience physical abuse from

their dating partner, and young girls between the ages of 16 to 24 experience the highest rate of intimate partner violence,” as stated by loveisrespect.org. Love is Respect also reported that “violent relationships in adolescence can have serious ramifications by putting the victims at higher risk for substance abuse, eating disorders, risky sexual behavior and further domestic violence.”

Here at the House of Hope, we see the cycle of abuse and realize that we must start educating these young people about what healthy relationships look like before they become victims of domestic violence, sexual assault or stalking. Our organization wants to speak to both youth and adults about what abuse looks like, how to prevent abuse and how to start over if someone has been abused. Please feel free to reach out to our prevention specialist if you would like the House of Hope to come speak at your school, church, place of employment or event. I can be reached by phone at 405-275-3176 or kayla.woody@potawatomi.org.

If you or someone you know is experiencing intimate partner violence, stalking and/or sexual assault and would like more information, please contact House of Hope at 405-275-3176 or visit us online at facebook.com/cpnhouseofhope. ♡

Classes and services to assist in family preservation

By Darian Young, FireLodge Children & Family Services Family Preservation Coordinator

Preserving families and promoting healthy, safe homes for children is the goal of the FireLodge Children & Family Services Family Preservation Program.

If you are a Native American parent or guardian and are involved with the child welfare system, or fear child welfare could get involved if something is not corrected, please reach out for assistance. Parenting

is a difficult job on its own, but in a time of high stress worldwide, parenting can become even more challenging.

Family Preservation is here to assist Native families on a variety of levels. Both Nurturing Parenting and Building Native Communities Budgeting classes are offered through Family Preservation as well as family support and connecting families with needed community resources. Due to the coronavirus, all classes are being held one-on-one via a secure video platform. Maybe you're

a new parent who would like some practical tips on nurturing your little one, or you're already a nurturing parent but you're interested in getting a better grip on your monthly budget — either way, we are here to support your family.

If a family is currently working a plan through the state or Indian Child Welfare program, Family Preservation can encourage and assist the family in completing the plan's recommended steps and services. Additionally, if families are working to get their children

back in the home, Family Preservation can assist in preparing for the child to safely return home through tangible safety items and family support.

If your children have been removed due to child abuse or neglect, or you feel your children could be at risk of removal, please reach out to Family Preservation. Contact Darian Young at 405-878-4831 or visit our Facebook page @ CPNFireLodge for more information. ♡



NEED HELP FINDING ACT/SAT ONLINE PREP COURSES?

Through Phase III of the Coronavirus Aid, Relief and Economic Security (CARES) Act funding given to Citizen Potawatomi Nation, you may apply for a \$100 reimbursement to help pay for online preparatory or test fees for higher education. For more information about this assistance, visit potawatomi.org/cares.

WHAT'S COVERED?

Courses and tests covered by this reimbursement program include the ACT, SAT, GRE, GMAT, LSAT, MCAT, DAT, PCAT, or OAT. Citizen Potawatomi Nation tribal members will be required to attest that they have been negatively impacted by the COVID-19 Public Health Emergency to receive this assistance.

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Overcoming coronavirus stress

Approximately seven months since the pandemic's onset in the United States, many people experience exhaustion in this time of heightened tensions, including fears of uncertainty, added responsibilities or adjusting to more time alone. The added anxiety can result in a lack of motivation or positivity. However, Citizen Potawatomi Nation Behavioral Health Department Psychologist Shannon Beach, Ph.D., finds thinking ahead helps replenish spirits.

"I think a lot of people, when they look at it and say, 'This is a temporary norm,' that gives hope. That's just the look toward the future. That kind of idea that we can keep trudging through this, and eventually, we'll come out on the other side. And I think if we all band together and wear our masks, then we'll get there just that much quicker," he said.

Maintaining focus

The constant flood of information regarding the coronavirus can cause people to become overwhelmed, frustrated and irritated.

"And I think that a lot of this is pretty similar for a lot of people in that we've done so much and that it just kind of seems repetitive and old," Beach said. "It's definitely not. We definitely do need to take all of our precautions now just as much, if not more, as in the past because I think as people get more accustomed to it, it's easier to become more lackadaisical."

Beach recommends keeping the big picture in mind to overcome those hurdles while adhering to guidelines from medical and civic leaders.

"Working with Native people, I think there's a lot more community in general than the typical Western culture," he said.

DR. BEACH'S TIPS FOR IMPROVED MENTAL HEALTH DURING COVID



- ♥ THINK TOWARD THE FUTURE
- ♥ FOCUS ON THE BIG PICTURE/LARGER COMMUNITY
- ♥ REACH OUT TO ONE ANOTHER
- ♥ CREATE BOUNDARIES
- ♥ FIND THINGS TO BE GRATEFUL FOR

"People do have that idea of 'We need to do things that are best for the community and do things that are best for everybody's safety. It's not just about me.' So, I think people are willing to do these things, but at the same time, that doesn't mean that you can't get irritated or frustrated or stressed or things like that."

Improved state of mind

In recent months, Beach has noticed a shift in anxiety focused first on the virus and sickness to its consequences now, such as quarantine, uncertainty, life management and more. During a recent *Hownikan* interview, Beach said people mainly feel "cooped up" and long to return to life and one another. He suggests finding solace

in shared experiences and recognizing unpleasant emotions as a logical outcome of the circumstances.

"When we do commiserate with each other about the problems that we've had, we can oftentimes find solutions — find ways to navigate these waters," Beach said. "We're not going to fix this today, but we can address where we are today and how we get to that next place."

While many lost jobs in the last few months, others began working harder than ever before. According to Beach, creating healthy limits feeds mental stability, and self-care comes first.

"We certainly need to have boundaries sometimes, and we live in a country

where it's kind of considered honorable to just work and work and work and not consider yourself," he said.

Finding things to be grateful for — even small ones — is also a healthy habit. Beach puts this idea into action with his morning cup of coffee. It keeps him grounded, and the taste and smell provide a bright start to each day.

"I'm thankful for it, and I can express that, and when I think about that, it can be helpful," he said. "Not just with coffee, though. We want to express gratitude to other people. That's definitely going to help boost the mood whenever we really focus on them and focus on what we're truly, truly thankful for."

While that sometimes seems impossible, it is important to remember new experiences resulting in tangible change often bring anxiety and require time for adjustments.

"We get to be who we are through practice, and we don't have any practice with this. This kind of thing hasn't been present since (the 1918 flu pandemic). People don't have the practice to live in this kind of way so much. So there is a lot more stress because we're all kind of sailing uncharted waters," he said.

Beach always recommends counseling.

Citizen Potawatomi Nation Behavioral Health Services is available at 405-214-5101. Reach the National Suicide Prevention Lifeline at 1-800-273-TALK(8255) or text CONNECT to 741741, or online at [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org). ♡

Oklahoma state representative honors up-and-coming Citizen Potawatomi Nation leader

On Wednesday, Aug. 12, Oklahoma Representative Danny Sterling (R-Dist. 27) presented Citizen Potawatomi Nation tribal member and Oklahoma City University senior Trae Trousdale with a Citation of Recognition for his work as OCU Student Government Association president. Prior to running for office, Sterling was principal of Tecumseh High School where Trousdale attended.

"When I saw (Trousdale) walk through the door after the first two or three days dressed very professionally, coat and tie, I'm thinking, 'This is something normally I don't see in high school,'" Sterling said. "So I thought, 'Well, maybe he's doing just it the first few days.' Well, no, that was his daily attire. And I knew right then, this young man is focused. He's on his own path."

Trousdale became the first Native American elected by his peers to the university's SGA presidential office. He spent his junior year restructuring the organization with diversity and inclusion as the benchmarks of his presidential campaign and focus of his time in office.



CPN Secretary Treasurer D. Wayne Trousdale (left), Trae Trousdale, CPN Vice Chairman Linda Capps and State Rep. Danny Sterling following the ceremony at the cultural heritage center.

Sterling held a small ceremony to present Trousdale with a certificate at the CPN

Cultural Heritage Center, attended by Tribal Vice-Chairman Linda Capps,

Secretary-Treasurer D. Wayne Trousdale and a select group of family and friends.

"I don't give these out to just anybody. I think it's something that's very special, and that's why I wanted to take time to recognize this young man and give him credit where credit's due," Sterling said.

"We're in pregame warm up, as far as his life, and what he's going to accomplish moving forward; there's no telling. It's endless. I mean, he's done so much already at such a young age."

In addition to his work as president of the Student Government Association, Trousdale also oversaw OCU's Student Foundation, led a number of donor stewardship events, encouraged volunteerism among his peers, received the Gold Star Ambassador award from OCU's Office of Admissions and participated in CPN's Potawatomi Leadership Program.

Read more about Trousdale's time at Oklahoma City University at cpn.news/Trousdale. ♡

Peltier descendant builds successful business around hobby

Silversmith Kristy Shean is a one-woman show. From jewelry design and creation, to boxing orders for shipment, Shean oversees every aspect of her business Broken Arrow Jewelry in her hometown, Huntington Beach, California. The surf, sand and Southwest serve as some of her biggest inspirations.

Her Potawatomi grandfather owned Whitlock's Trading Company in Pismo Beach, California, selling Native American-made goods to tourists. Although the shop closed before she was born, Shean finds encouragement from the stories and pictures passed down through her family.

"I've always been into my personal heritage, and knowing I can continue my family traditions and keep that going is awesome," Shean said during a phone interview with the *Hownikan*. "For me to be able to recreate Native American jewelry, like my ancestors, is so amazing."

Beginnings

After a stint in culinary school, Shean began exploring new options to fuel her creativity. She found a jewelry-making course with a local community college teacher.

"I went and did three classes with her in her home studio, and she taught me the basics," Shean said. "Once I learned the basics of silversmithing and what tools I would need, I stocked up, and from that point on, practiced on my own time."

Shean spent the summer of 2015 honing her craft in her garage. By the end of season, she published a website and began selling hand-crafted pieces of jewelry to friends and customers.

"I wouldn't have thought it was going to be a full-time job, but it's just something that I love doing," she

said. "I feel like if you put enough time and effort into anything you like, you can turn it into something."

Day in Shean's life

Living on the West Coast with her husband and pet Australian Shepard, Shean takes advantage of the warm sunshine and pristine beaches nearby. She focuses on balancing her love for the outdoors with the demands of running a small business.

"I try to give myself at least one full day off a week," she said. "I could have two, but I don't mind working."

In the mornings, Shean checks on orders and prioritizes her work, finishing pieces throughout the day. She also makes time for marketing and developing new products.

"This week, I'm working half on orders, half on the website — getting the new products listed and adding all the product descriptions," Shean said. "Then next week, I will have some more orders from this last collection that I need to wrap up, then hopefully I'll have more from the release this Saturday."

Her home workshop offers the opportunity for creating whenever inspiration arises, day or night.

"If I'm just sitting around, I'll go work on some pieces or orders. There's always something I have to do," Shean said.

Evolution

When Shean first started Broken Arrow Jewelry, most of the business revolved around custom orders. Although she still offers customization options, Broken Arrow Jewelry has expanded with seasonal lines and products that provide greater wholesale opportunities.



Broken Arrow Jewelry uses traditional and modern designs for inspiration. (Photo provided)

"I've been focused on getting more inventory on my website. What I'll do is each month, I kind of come up with a scheme for a collection ... and I choose stones and make my design around that," she explained.

Shean does not sketch designs but rather experiments with stones and metal to bring her ideas to life.

"I look at inspiration from Native American jewelry from the 1920s to 1970s, and when I see pieces I like — I'll see a design from one vintage piece and another one, and I'm like, 'Oh, that would look cool if I merged those,' and I'll use that design as inspo (sic)," Shean said.

She sources gems and turquoise from vendors across the Southwest and through gem fairs in Arizona. Shean prefers to purchase raw stones

that she can polish with a CabKing machine herself, giving even greater control over the quality of her work. However, for some collections, she purchases already processed stone from New Mexican artisans.

"They're very precise on the shape and the mine — they all look similar. Which is great for made-to-order pieces," she explained.

It also cuts down on labor, and as her business continues to grow, time has become increasingly more valuable.

Entrepreneurship

Shean utilizes her past experiences working in retail and for other small businesses to build her company.

"I've seen how the back of the house works with finances and marketing," she said. "At the end of the day, you just have to have good products you're selling. That's the main goal right there, but after that, the rest just falls into place."

The success and growth Broken Arrow Jewelry has experienced over the past five years offers Shean a sense of accomplishment.

"Being a woman and owning a small business is empowering in itself," Shean said.

"Honestly, I love working for myself. I feel accomplished at the end of the day, and I don't want to stop. I am grateful for every sell, so I just keep creating and hoping that people will keep loving it and purchasing it so I can work for myself for as long as I can."

To learn more about Broken Arrow Jewelry, visit brokenarrowjewelry.com and follow on Instagram and Facebook @brokenarrowjewelry. ♡

Understanding grade point averages

By Matt Higdon, CPN Department of Education College Advisor

The COVID-19 pandemic has raised many questions about the physical health of our students and faculty in schools. However, many of our students may be overlooking the health of their grade point average, or GPA. For some students, this is a constant concern — for others, not so much. The CPN tribal scholarship requires students to have a minimum GPA of 2.5. Failure to maintain that 2.5 GPA can result in a student losing their financial assistance.

The 2020 spring semester was a trying time for many of our people, including those who were attending college. Many colleges closed their campuses and switched students to online instruction. At the same time that many of our students were stressing about their health or that of their loved ones, moving home from their dorms or apartments, dealing with loss of their part-time jobs, and re-acclimating to living at home, they were also adjusting to a new style of learning. This wasn't just the case for our "traditional" college students. Many of our adult students, who were both

commuting to college and working or perhaps were already taking online classes, felt the added pressure of dealing with employment issues or younger children now at home with them because their schools were closed. All of these additional stressors could, and probably did, affect students' GPAs.

Colleges were aware of these issues, and many offered the option for students to take a "Pass" or "P" instead of a traditional letter grade for at least some of their classes. For classes that students may have been struggling with, or perhaps did not lend themselves well to online instruction, the "P" option was intended to keep students' GPAs from taking a negative hit because of the pandemic. In many cases, it probably did help. For some, however, the pass/fail option may have resulted in a negative effect on the long-term health of their GPA.

To understand this phenomenon, you must first understand how GPAs are calculated, which isn't something we automatically learn in school. So, how does GPA work? The grade point average is just what it says. Letter grades are assigned a point value. For example, As

are worth 4 points, Bs 3 points, Cs 2 points, Ds 1 point, and Fs 0 points. Then, those points are averaged together, and voila — there's your GPA.

What about the "P"? Well, it does not get any points. This is where the decision to take a "Pass" for a grade in one or several of your classes is important. Since the "P" doesn't necessarily hurt your GPA, it's important to remember that it doesn't help it either. If you perform poorly in all of the classes for which you receive a letter grade and opt for a "P" in a class that could have resulted in an A or B, your GPA will suffer because the average will only count the lower-letter grades. Also, the number of credit hours associated with that class may weigh some grades more or less than others. The formula can get a little complicated, but fortunately, GPAs are posted on your college transcript each semester so that you don't have to do all the math yourself.

If you receive the option to take a "P," we recommend that you consider a few factors before making your decision. First, is there a strong chance you can get a good grade in the course? If so, it will boost your GPA to take the letter

grade. If not, taking a "P" might be a good option to avoid decreasing your GPA. Second, how many credits is the class worth? If it's worth several, think about how a high or low grade might affect your GPA. Third, how many total classes and credits are you taking that semester? Because GPA is an average that depends on the number of credit hours, a high or low grade will adversely affect your GPA when there aren't other classes to balance out your performance. Finally, what is the deadline to decide? If you can delay committing to a "P," that will give you time to determine whether a good grade is likely, which would make it unnecessary.

We are still dealing with the effects of the pandemic, and colleges may have to switch to online learning at any time. So, take the time to learn a little bit more about your GPA and how factors like the "Pass" can affect it. Your advisors here at the CPN Department of Education can certainly help you with any decisions you may be considering with your higher education journey. Just give us a call at 405-695-6028 or send an email to college@potawatomi.org to set up an advising appointment. We're here to help. ♡

Dr. Cory Spurlock uses experience as ER doctor during pandemic

As chief medical officer for Exer Urgent Care clinics in Southern California, Dr. Cory Spurlock and his staff have adjusted their focus several times since the onset of the coronavirus pandemic. Patient needs dictated changes in onboarding, increased testing and new technology.

“It’s kind of what we’re trained to do is to see sick people, and especially in emergency medicine, is to see people in a wild variety of ways and in dynamic situations. And we’ve got to be able to pivot at a moment’s notice to meet those situations,” Spurlock said.

The Striegel family descendant served as medical director of Citizen Potawatomi Nation Health Services from 2005 to 2011. Afterward, he worked as an emergency room physician in Miami, Florida, where he regularly saw infectious diseases originating in the Caribbean. His training in emergency medical care equipped him to handle the coronavirus.

Meeting the moment

Spurlock began working for Exer Urgent Care three years ago, and the company’s significant growth excited him. It plans to add both electronic and physical locations by 2021 to the 16 that already serve patients around the region.

Business slowed down during the spring, almost to a halt. Spurlock said people hesitated to leave their homes, even for routine checkups at urgent care clinics. As time went on and testing became a priority, patients returned for COVID-related symptoms and concerns. The Exer clinics started offering on-site diagnostic testing.

“We have the modalities to test anybody and everybody, and quickly,” Spurlock said. “Now, over the past, probably two weeks, the numbers, the percentages, of those people worried about COVID (are) going down, and the percentage of normal patients, whether it be injuries or illnesses, cardiovascular-type things, all those numbers were starting to steadily rise back to where we were before.”

They also changed their registration procedures to meet social distancing guidelines, including using QR codes to direct individuals to digital forms on their smartphones. Telemedicine and video appointments have become a regular part of Spurlock and his staff’s duties, allowing them to assist more patients and provide peace of mind.

“If those patients are wanting COVID testing, then we refer them directly to a facility. That order is already placed where the patient just has to drive up, informs our front desk staff that they’re there, and one of our staff members goes out to their car and gets them swabbed, and then they’re good to go,” he said.

Self-care

Spurlock believes the Centers for Disease and Control Prevention guidelines for basic health and hygiene will become commonplace. That includes a large percentage of the population remembering to wash their hands for at least 20 seconds, be conscious of touching surfaces, maintain social distancing and wear face masks.

“My biggest thing is self-care,” Spurlock said. “There’s some amazing things



Tribal member Cory Spurlock uses his experience as a medical director and an emergency room physician while running a chain of urgent care clinics in Southern California. (Photo provided)

that the body can do with just over the counter things or vitamins and the appropriate care. ... The immune system is pretty phenomenal on most people. So whether it be the appropriate amount of hydration, vitamins and vitamin c, zinc, that type of thing, exercise.”

The pandemic has also increased overall attention to mental health. Spurlock considers himself a positive person and attempts to find the constructive side of any situation, including the coronavirus and resulting economic crisis.

“I think we have to learn to really trust your heart, trust your mind, do your own investigation, and not focus on the

fearful aspects, but focus on what we as family, we as colleagues, and we as humans can do together to join together to try to get on to the next step,” he said.

Faith and family

Spurlock’s Christian faith helps him serve others and remain thankful for time with his wife and son during the quarantine.

“We kind of almost hit a reset button — a pause button to kind of focus on ourselves, our family, those immediate loved ones,” he said. “These large mass gatherings that we’ve all been used to have been put to a halt, and so there’s obviously still frustrations with that. But there’s some good from a public health point, and just from an interpersonal relationship with your family.”

The Spurlocks moved from Miami to Los Angeles, California, three years ago, allowing their 10-year-old son, Andrew, to pursue his dream of acting. He attended acting camps, signed with a management agency and took on new responsibilities after arriving on the West Coast. Spurlock said Andrew is “having a blast.”

“We’re blessed enough to be able to support him in what he wants to do. Obviously, from the beginning, we’ve done the process, but we took little baby steps. And every step of the way, he does an amazing job,” Spurlock said.

His position at Exer Urgent Care provides a stable schedule and allows him to keep up with his son’s passions. Spurlock looks forward to the opportunities both of their careers bring in the coming years. ♠

From small town to the big field

With a population fewer than 500, not much happens in the sleepy northwest Oklahoma town of Leedey. However, Citizen Potawatomi Nation tribal member Drew Ward brought excitement with his athleticism. He began his professional baseball career immediately after graduating high school in 2013 when the Washington Nationals chose him as a third round draft pick, giving his hometown a reason to celebrate.

“I got drafted as soon as I turned 18, so I had to grow up really quick,” Ward said. “But growing up in Leedey, Oklahoma, and getting to play professional baseball, this is a really awesome blessing for sure.”

Ward credits his father Gregg’s insight and the unwavering support from his family as the keys to his success.

“My dad was a professional baseball player. He knew what I needed to do to get seen by scouts, and it helped me out a ton,” he explained.

Today, Ward plays for the Fargo-Moorhead RedHawks out of Fargo, North Dakota, and calls the Oklahoma City metro home. When he is not playing or training, he spends his free time with loved ones and his fiancée Cassandra. Fargo is a 12-hour drive away from his home, but Ward finds a way to balance his career and relationships by keeping his priorities in line.

“At least five months of the year, I’m pretty much gone, but once I’m home, I try to spend all my time with family,” Ward said.



Higbee descendant Drew Ward builds his career as a professional baseball player. (Photo provided)

Up to bat

Ward began playing baseball at an early age, and he worked hard throughout high school to hone his craft as a shortstop and now first and third baseman.

According to an article published by *Perfect Game* in 2011, “Drew Ward is a 6-foot-4, 200-pound primary shortstop who has impressed college coaches from across the country and the professional scouting community with a skill level that seem well beyond his 16 years.”

While playing for the Leedey Bisons, he experienced a once-in-a-lifetime

moment during the Oklahoma State Class B Tournament.

“I had a walk-off home run in the first round, and I mean, that’s probably been the coolest moment of my baseball career,” Ward said.

Although he now plays professionally, Leedey residents have not forgotten Ward and his talents.

“They’re happy for me. I always try to get in touch with as many people as I can. They always keep up with me, and they seem to be really, really proud of me,” he said of his hometown.

Potawatomi roots

Growing up in northwest Oklahoma away from CPN headquarters made connecting to his Potawatomi culture as a youth difficult, but he feels a sense of honor for the opportunity to represent fellow Native Americans while playing America’s favorite pastime.

“People come up to me and ask what I am. They think that I’m Spanish, and I do speak some Spanish, but I tell them, ‘No, I’m Native American.’ And they say, ‘Oh, we don’t see very many Native Americans,’ and I’m like, ‘Yeah, I know. I’m pretty proud,’” Ward said.

He hopes his career opens the door for more Native American professional athletes.

“It doesn’t matter where you come from, anything is possible,” Ward said. “Always go out ... try and be better than anyone else, and keep going.”

His main career goal is to play for a Major League Baseball team, but until then, Ward takes every opportunity to learn and grow.

“I’m playing minor league right now, and I’ve had a few injuries that have set me back,” he said. “I’m still only 25, and I still have a lot more years to come.”

To learn more about the Fargo-Moorhead RedHawks and Ward’s 2020 season, visit fredhawks.com. ♠

Potawatomi fall traditions

As daylight decreases, preparing for the long, harsh winter ahead has always been an important part of Potawatomi culture and lifeways during *dqwaget* (fall), which officially began Sept. 22 and lasts until Dec. 21.

“*Dqwaget* — fall — is literally talking about a shortening, particularly of time. The hours of daylight start to disappear,” said Justin Neely, CPN Department of Language director.

It served as an integral period to gather, hunt, fish and preserve food for the long, cold season to come.

Community roles

“Women did a lot of cultivating and harvesting the garden near the village,” said Dr. Kelli Mosteller, CPN Cultural Heritage Center director. “It was something they could do in conjunction with tending to the children and tending to the village.”

Men traditionally spent *dqwaget* collecting proteins and meat to smoke or dry and provide sustenance.

“They had to have that reserve of meats and things that had been dried out not just for survival but as a fallback for if you couldn’t find a fresh kill for that day,” Mosteller said.

Children followed their parents and community members, assisting wherever possible.

“They all had to survive together as a community, and everybody plays



As fall makes its arrival, craft kits from Potawatomi Gifts are a great way for families to participate Potawatomi traditions, whether in-person or virtually.

a role,” she said. “There was, from a very early age, an understanding that you had to pitch in and help.”

In late summer into early fall, Potawatomi began harvesting wild rice, which is still a tradition practiced today.

“Full of nutrients, it is called *menomen*, the good seed or berry,” Neely said.

The Seven Fires oral tradition explains that a prophet came to the *Nishnabe*, encouraging them to move westward, following the *megis* shell until they reached the place where food grew on water. Once arriving to the Great Lakes, the *Nishnabe* found wild rice

growing, and they knew that they had reached the land Creator promised.

Winters in the Great Lakes are much longer than those in Oklahoma and other states, but before climate change, it began even earlier, making drying and storing food even more important.

“Three hundred years ago, it was likely mid-October that you started to get really chilly weather and snowfalls,” Mosteller said.

Activities

While *Dqwaget* served as a time to prepare, it was also one of the last

chances to commune with one another through feasts, *pegnegewen* (stick ball), *mamkeznéwen* (moccasin game) and more.

“Everybody kind of understood that they were about to settle in for a really long stretch of isolation, so it’s sort of the last hurrah, if you will,” Mosteller said.

Today, the traditions continue with events and holidays, like Thanksgiving.

“That concept of having a big feast with the harvest, that mentality kind of runs through not just as food and feasting but also celebrating, visiting and getting your socialization before you have to pack up and live in your lodge with your immediate family members for the next four to five months,” she said.

Recreating Potawatomi *Dqwaget* traditions is as easy as sharing a meal, making moccasins or other traditional crafts or even simply catching up through virtual methods like Zoom or Skype.

“The concept of getting together and socializing and being grateful for the bounty and gifts which you’ve been able to have over this past year is something that’s universal, and it doesn’t have to end just because COVID happened,” Mosteller said. “That’s a gift that our ancestors passed down to us is the ability to understand our blessings and the gifts Creator has given us to make it through another year.”

To learn more about *Dqwaget*, tour the Cultural Heritage Center’s gallery *Gete Neshnabek Zhechgéwen* or visit potawaotmiheritage.com. ♡

Language update

By Justin Neely,
CPN Language Director

In these trying times, our language department has definitely been affected. We went into quarantine due to contact with a person who had firsthand contact with COVID-19, but we are back in the office and have been busy in the language department. We have been posting lessons online. We have done a number of online classes as well as participating in our virtual Family Reunion Festival and virtual Potawatomi Gathering.

I have had a number of people ask about when we would resume on-site classes. Right now, I would like to be cautious. I do not want to get any of our precious elders or others sick. So for now, we do have a number of online options for learning.

Check out our online dictionary that contains over 9,000 words. We have an online, self-paced Potawatomi language course available on Moodle. If you have

access to Facebook, we have a Facebook page called Potawatomi Language where we post updates, classes, videos and talk about all things Potawatomi language. We also have two YouTube channels with hundreds of videos — one for kids and another for adults. Our Memrise website has three different courses that you can study from, as well. Lastly, we have two Quizlet tools filled with many vocabulary study sets.

Online dictionary: potawatomidictionary.com

Online Moodle Course: cpn.news/moodle

Children’s Moodle Course: cpn.news/moodlekids

Cultural Teachings: cpn.news/stories

Kids YouTube page: cpn.news/youthvids

Adult YouTube page: cpn.news/JN

Facebook Page: cpn.news/langFB

Memrise: cpn.news/memrise

Bodwèadmimwen Quizlet: cpn.news/quizlet

Potawatomi Quizlet: cpn.news/quizletcards

If you have not checked it out already, we also have *Gulliver’s Travels*, the hour-long cartoon version you can watch all in Potawatomi with subtitles on YouTube: cpn.news/gulliver

The Pokagon Potawatomi have a course available on Mango for learning our language. They also have an app on the Google Play store called *Bodwèadmimwen* for learning basic Potawatomi words/phrases in categories.

Mango Potawatomi course: cpn.news/mango

We have been working on some new videos as well. We plan on having another fun movie all in the language ready by Halloween. We have also began

working again on our *Mtek Wigwam* kids show; so we hope to have some of those out in the next couple of months.

Our online high school course has really grown this year. We are currently offering a high school course anywhere in Oklahoma for world language credit used towards graduation. Maud, Tecumseh, Shawnee and Wanette Public Schools are currently offering it. One student at Arizona State University is taking our collegiate course.

Our staff recently had the opportunity to participate in an online grammar course taught by Lindsay Marean (CPN member) and offered by the Prairie Band Language Department. *Igwien* (heartfelt thanks) to both Lindsay and the Prairie Band Language Department for allowing us to participate. ♡

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OGE lighting program totals more than \$90k in rebates for the Nation

A collaboration between Citizen Potawatomi Nation Electrical Services and Hunzicker Brothers Electric netted the Tribe more than \$90,000 in rebates from OGE Corporation. Tribal executives received the second of OGE's payments in person for the FireLake Parking Lot Lighting Project in late July.

"The Nation has long prided itself on using the most efficient ways of putting our resources to good use," said Tribal Chairman John "Rocky" Barrett. "This project is a perfect example of finding a way to shine the best light possible on some of our most important commercial enterprises while being good stewards of our funds."

The FireLake Parking Lot Lighting Project involved replacing 310 light fixtures in the lots surrounding the numerous Tribal enterprises at the southwest intersections of S. Gordon Cooper Drive and Hardesty Road, including FireLake Discount Foods, FireLake Arena, FireLake Entertainment Center and FireLake Ball Fields.

Under the supervision of CPN Electrical Director Justin Whitecotton, electricians Mathew Irving and Caleb Colvin replaced all of the fixtures supplied by Hunzicker Brothers Electrical Distributors. The aim was to lower energy use, thus saving on costs while improving the quality of light.



CPN Electrical Director Justin Whitecotton, Tribal Chairman Barrett, Vice-Chairman Linda Capps, CPN Electrical Assistant Director Larry Odell and Hunzicker Brothers employee Braden Teeman accept rebate check from OGE to CPN in July 2020.

They switched out older 9 to 10-foot candles holding metal halide 1,000-watt bulbs with newer, more energy efficient 13 to 14-foot candles mounted with LED lights. Those lights use an average of 300 watts of electricity.

"The older fixtures cost about \$20 per kilowatt-hour," Whitecotton said. "After being replaced with LEDs, the Tribe is saving about \$14 per kilowatt-hour because the new fixtures are more efficient."

Whitecotton said that operating the older lights cost the Tribe nearly \$60,000 annually. With the new 13 to 14-foot LED fixtures, that total is down to around \$19,000 per year. Savings amount to more than kilowatts per hour for the Nation though. Technological improvements in lighting mean the new LED fixtures produce much higher quality light and require almost no maintenance. Whitecotton said that saves the Tribe another \$15,000 in annual costs it would normally put toward maintaining the old fixtures.

He cited his great working relationship with Braden Teeman at Hunzicker Brothers with the help of CLEAResult on similar projects. They totaled more than \$200,000 in rebates for the Tribe in the past year.

"We have worked closely with Justin to try and get every job we can on the rebate program that pays back the most money," Teeman said. "I hope we can continue to work closely with the Tribe to keep saving them money and get everything switched over to LED."

While the long-term impact for the Tribe is financial savings, the utility provider also secures benefits as it upgrades its infrastructure and equipment for large commercial entities like the Nation.

To learn more about the project, visit cpn.news/firelight. 📌

Burnett family history

The Citizen Potawatomi Nation Cultural Heritage Center provides resources to keep the Tribe's history safe and accessible for generations to come. One key way the Nation does this is through the CHC's archives. To highlight some of these holdings, the *Hownikan* is featuring photographs and family history of every founding Citizen Potawatomi family. If interested in assisting preservation efforts by providing copies of Citizen Potawatomi family photographs, documents and more, please contact the CHC at 405-878-5830.

Beginnings

The Burnett family has a long, rich history with the Potawatomi people. French fur trader William Burnett settled on the St. Joseph River near Niles, Michigan, after the Revolutionary War. He established two successful trading posts and eventually married *Kaukima*, daughter of Potawatomi Chief *Nanaquiba* (Water Moccasin) and sister to Potawatomi Chief *Topinabee* (He Who Sits Quietly).

Kaukima and William had seven children: James, Abraham, John, Isaac, Jacob, Nancy and Rebecca.

Abraham attended Choctaw Academy in Kentucky, which the U.S. established to educate future tribal leaders. In 1826, he received three sections of land near Logansport, Indiana, and a community 13 miles west of it bears his name — Burnettsville.

Although Abraham never married, he adopted a young boy named *Nanweshmah*. After the child's parents died, *Nanweshmah* took his adopted father's name and became known as Abram Burnett. Abram's mother *Conezoquah* was

the daughter of Potawatomi Chief *Chebaas* and a cousin to Abraham.

Leadership

Following in his adopted father's footsteps, Abram studied at the Carey Mission under the administration of Baptist missionary Isaac McCoy in Fort Wayne, Indiana, and the Choctaw Academy in Kentucky. The skills Abram obtained while in school proved important in the trying years to come, and he worked as an interpreter for church and governmental purposes.

Burnett married a wealthy Potawatomi woman named *D'mooshkeekewah*. English artist George Winter captured sketches of Potawatomi and kept written records on his experiences. He wrote, "She was an Indian woman of much personal attraction. She excited the admiration of white men as well as that of the Indians. ... Abram Burnett appeared always proud."

As more and more settlers wanted land in the Great Lakes region, Potawatomi and other Native American tribes lost most of their ancestral homelands. In 1830, President Andrew Jackson signed the Indian Removal Act, granting the government authority to remove tribes west of the Mississippi.

Federal officials called a meeting with the Potawatomi in the fall of 1838 as a guise to get the Tribe and its leaders together. Instead of an opportunity for council, volunteer militia detained as many Potawatomi as possible, including Burnett. On Sept. 4, 1838, the Potawatomi began their forced removal, walking 660 miles from present-day Indiana to present-day Kansas known as the Trail of Death. More than 40 Tribal members perished on the journey, mostly women and children.



Abram Burnett's entrepreneurial spirit lives on within his descendants.

Because of Chief Burnett's background, he also served an interpreter on the Trail of Death, helping lend a voice to his people. Jesuit priest Benjamin Petit joined the Potawatomi on the removal and fell ill once arriving on the new reservation. Burnett took it upon himself to take Petit to the nearest Jesuit seminary in St. Louis to receive care. Father Petit had sores all over his body and was too weak to make the complete journey on horseback. Although he hoped to recover in St. Louis and return to Indiana, Petit passed away Feb. 10, 1839.

Post removal

Adapting to the new lands in present-day Kansas proved difficult. The lack of provisions promised by the federal government hindered the Potawatomi tribe's ability to successfully settle on the new reservation. Many more perished, including Burnett's wife *D'mooshkeekewah* in 1842.

Burnett represented the Potawatomi in Washington D.C. on numerous occasions, and on one trip, he met his second wife Mary Knofflock. They wed in 1843 and had six children: Joseph W., Mary J., Mary A., Catherine, Clara and Abraham Lincoln.

Although the prairie lacked many of the resources familiar to them, Burnett and others established successful businesses and took advantage of the Oregon Trail that cut through the Potawatomi Reservation. In 1848, he settled on what remains the highest elevation in Topeka, Kansas, and became a successful farmer and sold livestock.

According to Joseph Murphy's book *Potawatomi of the West: Origins of the Citizen Band*, Abram came to considerable prominence in Kansas. During this time, the community had several factions of Potawatomi with varying views. He supported efforts to create a community-approved business committee. This ideal continues today with Tribal-member elected legislators and executive body members. While in Kansas, he also wrote and spoke on behalf of the Tribe, and Burnett's signature appears on the Treaty of 1846, Treaty of 1861 and Treaty of 1867.

Burnett passed in 1870. Afterward, Mary and the children relocated to present-day Oklahoma where the Burnett children carried on the family legacy of leadership and entrepreneurship.

If interested in helping preserve Citizen Potawatomi history and culture by providing copies of family photographs, documents and more, contact the Cultural Heritage Center at 405-878-5830. 📌

Oct. 31st marks 257th anniversary of the end of the Siege of Detroit

During the mid to late 1700s, colonial powers and Indigenous North Americans experienced great conflict as settlers, French and British fought for land and rights to the continent's bounties. Exhausted by white encroachment, Native leaders like Chief Pontiac gained recognition for their efforts to return Turtle Island — North America — to its Indigenous roots. He led a resistance known today as Pontiac's War or Pontiac's Rebellion against the British in the 1760s.

One of the conflict's major battles was the Siege of Fort Detroit that began May 1763 and ended Oct. 31 that same year.

"Pontiac was an Odawa warrior and leader who fought during the French and Indian War, gaining recognition as a member of an intertribal confederacy to repel British control and settlement in the Great Lakes," said Blake Norton, Citizen Potawatomi Nation's Cultural Heritage Center curator.

Roots of the rebellion

After the end of the French and Indian War, many tribes realized that colonial powers threatened their culture and lifeways regardless of promises and treaty language. As a result, a rise of numerous prophets and spiritual leaders helped motivate Natives to organize against further encroachments. One of the most popular during this time, Neolin, a Lenape prophet, urged Native Americans to reject all European influence. His words inspired many tribal leaders, including Pontiac, to fight against colonialism as whole.

"Neolin's message was interpreted from a vision he had of heaven where he saw no Anglos and only Native people," Norton said. "Rejecting the 'evil ways' of the British and 'driving them out' of the Great Lakes were the only ways Native people could regain entry into heaven. Understanding and rejecting British Indian policy, Neolin's teachings inspired many ... and influenced an early Nativist movement."

Chief Pontiac held a reputation as a gifted warrior and leader and used Neolin's teachings as guideposts.

Pontiac "spoke about the mutual experiences all had faced under oppressive colonials and the need to preserve a traditional way of life. ... In council, he would profess how the Creator had 'put arms in our hands' to overthrow the British. However, this was not exclusive to Pontiac. He was among several confederated leaders, many unknown to or overshadowed in history, who embraced the same



Pontiac's men leaving Fort Detroit.

traditional ideals and played major roles during this time period," Norton said.

Ft. Detroit

Fort Detroit served as a regional stronghold and trading center controlled by the French, who were allies of many Great Lakes tribes. Great Britain seized the fort during the French and Indian War. The change of powers negatively impacted trade and the livelihood of neighboring Native communities who once sided with the French.

To decrease tensions, the British officers attempted to build rapport with local tribes and their leaders.

"This was the colonial norm, and Pontiac knew how to exploit it," Norton said. "In the spring of 1763, Pontiac met with the fort's commanding officer, Major Henry Gladwin, and arranged a dance exhibition to honor and entertain the garrison. In reality, they were scouting the fort to determine its strength and the goods within."

While the dancing commenced, a group of Pontiac's men gained key insight into the fort. However, reports of intensifying hostilities against the British caused Major Gladwin to reinforce the garrison.

"On May 7, Pontiac, along with several Odawa men and women, entered the fort with knives and guns hidden under their blankets, and asked to meet with those in command," Norton said.

Chief Pontiac planned on giving a hidden attack signal to the hundreds of Native Americans inside and outside Ft. Detroit, including some Potawatomi warriors, in order to seize it from the British.

"It was easy to see that the fort was on full guard, and the signal was never given," he said. "The following day, Pontiac staged a stickball game outside of the fort in hopes of creating an illusion of peace and asked to enter the fort again. Now knowing the plot, Major Gladwin denied."

Hundreds of Native warriors traveled to take part in gaining control of the fort, and Chief Pontiac did not back down.

"Even if he had called off the attack, more than likely it would have been executed as planned, with someone else in control and his authority tainted," Norton said.

The siege

Before the planned strike on Ft. Detroit, Chief Pontiac established an encampment a few miles north of the garrison. After the siege began, British forces attacked the camp, trying to weaken the Native American efforts.

"Aware of this through a spy network, Native forces stationed at the encampment ambushed the British instead," Norton said. "Pontiac also ordered additional forces to cut off retreat routes back to Detroit. While most were able to escape, several British soldiers died and more were wounded, hence the name Battle of Bloody Run."

Although the British experienced large losses during the Battle of Bloody Run on July 31, they succeeded in providing key reinforcements to Ft. Detroit.

"During the nearly six-month siege of Detroit, forts Sandusky, St. Joseph, Ouiatenon, Miami, Michilimackinac, Venango, Le Boeuf and Presque

Isle were attacked and captured or burned. Those that were attacked and not captured were Ligonier, Pitt and of course, Detroit," Norton said.

Great Britain attempted and failed to establish peace negotiations and instead began using biological warfare against the Native Americans.

"In July 1763, Fort Pitt's commanding officer, Colonel Henry Bouquet, ordered that small pox infected sundries from the fort's hospital be given to Lenape peace delegates. Devised by British Commander in Chief Jeffrey Amherst, the gifts were biological weapons intended to infect and weaken nonconforming tribespeople," Norton said.

After six months passed without gaining support from the French, Native warriors began to withdraw from Ft. Detroit and Pontiac's War.

"Seeing the writing on the wall, Pontiac sent word to Major Gladwin in late October wanting to negotiate for peace," Norton said.

As a way to end the violence between French, Native Americans and the British, King George III established boundaries for the territories Great Britain won from France through the Royal Proclamation of 1763. The proclamation forbid settlement west of the Appalachian Mountains.

"Following the proclamation was a series of expeditions designed to end the war and acquire tribal lands peacefully," he said. "Signed on July 25, 1766, the Treaty of Fort Ontario ended Pontiac's War. The Royal Proclamation angered colonists who knew that the British Crown simply wanted to control tribal land sales and demanded that territories be opened for settlement. Leading the opposition was Virginia speculator George Washington, who with numerous other veterans of the French and Indian War had been awarded land grants for their service."

Pontiac's War influenced British Indian Policy by limiting colonial expansion and began the process of establishing Native reserve lands. This ultimately laid the groundwork for the American Revolutionary War by creating a greater divide between Great Britain and settlers, and for the next 50 years, more violence and land loss ensued across Indian Country.

To learn more about this important era in Potawatomi history, visit the Cultural Heritage Center's gallery *Defenders of the Northwest: Ndobani.* ♡

Hownikan

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BIA grant provides key funding to continue fight against invasive species

Since 2015, the Citizen Potawatomi Nation has employed efforts to eradicate Eastern Redcedar and Scotch thistle across Tribal lands. Red cedars pose threats to grasslands and plains by altering ecosystems, harming native flora and fauna, decreasing water availability and increasing potential for catastrophic wildfires. CPN recently received a Bureau of Indian Affairs Invasive Species grant for \$236,068 to continue its efforts to safeguard Tribal land against plants that threaten Citizen Potawatomi cultural and economic success.

CPN member and Department of Real Estate Services Property Manager David Bourbonnais oversees the Nation's work to exterminate harmful plant infestations.

"If you ever look at cedars, there's nothing that grows around or under it. It's just bare ground. If you remove those cedars, you let the native grasses come back ... it's just better for the ground and countryside itself," he said.

As invasive species, Scotch thistle and red cedar have little to no competition, and they cause physical damage to the earth.

Eradication efforts

After receiving its first grant in 2015, CPN conducted a survey to determine the extent and severity of cedar infestation across Tribal-owned land and developed categories to prioritize extermination. The assessment estimated 4,000 acres of CPN property met the standards for level II or level III infestation. These two categories indicate areas with dense populations and cedars with large diameters that require heavy equipment and professional collaboration.



Prescribed burning of Eastern Redcedar protects Citizen Potawatomi land from wildfires.

In 2016, the Nation began efforts to remove the hardy evergreens on Tribal-owned land across thousands of acres.

"We felt like we made a lot of progress that first year," Bourbonnais said. "We cleared about 1,000 acres, and that was very helpful for us to get another round of funding because the BIA was pleased with the progress we had made."

To exterminate red cedars, CPN equipment operators and employees cut down the trees and placed them into piles to burn at a later date. Conducting a prescribed burn requires adequate humidity and low wind, and the Nation works closely with area fire departments and municipalities to ensure safety.

"If you pick the perfect weather conditions, the smoke will just go

up and then disperse, and there's not any problem," Bourbonnais said.

Red cedars output extreme heat when combusted, which makes firefighting more difficult.

"It's so hot you have to stay a quarter of a mile away during the prescribed burns," he explained.

Prescribed burning deters the chances of an uncontrolled fire from occurring in the future and working with area fire stations and internal CPN experts mitigates risks.

Although most of the cedars across Tribal land are too small for other uses, the department does work to keep back those of the highest quality for use in ceremony and feather box making, and

Potawatomi Gifts inside the Cultural Heritage Center sells CPN cedar for members to create their own pieces.

"It's not economically feasible and is very labor intensive to use everything we cut, but we do keep back and process some ourselves," Bourbonnais said.

Sustainability

Since 2016, CPN has decreased cedar populations across Tribal land, removing the conifers across thousands of acres. The 2020 grant provides funding to rehabilitate and prevent the future return of invasive species in-house, cutting down on outside contracting.

"In the last five years, we have gone from nothing to where we are almost self-sufficient," Bourbonnais said.

According to the grant application, "The Nation believes that use of internal resources is the most cost-effective way to control this harmful invasive species."

Developing Tribal infrastructure to exterminate red cedar, thistles and other unwanted plants also provides increased financial opportunity. Proposed land restoration significantly increases economic profits through hay production and increased land lease fees. The return on investment defrays future project costs and increases long-term sustainability.

For more information on the CPN Department of Real Estate Services, visit cpn.news/dres. And to purchase cedar harvested on CPN land, visit potawatomigifts.com.

CPN public schools language course sees surge in enrollment

The Citizen Potawatomi Nation Language Department has expanded its reach for the 2020-21 school year, increasing from two to four schools. The program now serves more than 40 students between ninth and 12th grade. Wanette, Shawnee, Maud and Tecumseh Public Schools now offer the Nation's course as a world language credit.

Some schools in rural Oklahoma offer no world language instruction and meet the graduation requirement in other ways. CPN's interactive digital platform fills a gap in students' education.

"It's something that we can offer anywhere in Oklahoma because of the way that the course has been set up and the way we created it — self-paced. It's not necessarily a live class, and it has videos and things and tests and quizzes. It's all built inside of this self-contained component. ... They could offer it as many times as they want a day," said Language Department Director Justin Neely.

The course requires computer access, an internet connection and an adult to monitor class demeanor and progress; however, offering it is free. Last year, the Oklahoma State Board of Education

certified the curriculum for the next five years. Neely attributes part of the increase in registration to a need for homeschooling and virtual options due to the coronavirus pandemic.

"If you're going to find a positive out of a negative out of the COVID situation, I would say that COVID has definitely pushed schools in more of a digital direction," Neely said. "And I think it's definitely opened their eyes up to the possibility like, 'Hey, we may have to go digital.' Well, this course here is perfect."

Keeping culture alive

At Shawnee Public Schools, Indigenous students from several tribes enrolled the class, including the Citizen Potawatomi and Sac and Fox nations and the Hopi Tribe.

"For Native students, in particular, I think it's nice to have an alternative — not to have to take, in a way, colonial language. These languages that were colonial powers that in a lot of ways oppressed Native people early on, whether it be French or Spanish or whatever," Neely said.

The language department tries to reach Tribal members of all ages. While

they teach children at the CPN Child Development Center and after school program, the course provides high school students a foundation and motivation to stay connected to the culture while becoming an adult.

"It's a doorway to show what was important to our ancestors and what continues to be important to us today," Neely said. "And it has all these deeper meanings and understandings inside the language about the culture and about how we see the world as Potawatomi people. The language definitely changes the way you see things."

Reaching non-Natives

While his oldest daughter is one of 12 students enrolled in the program at Shawnee High School, Neely also enjoys offering the course to every school in Oklahoma.

"Obviously, I want all children to be able to benefit and all Potawatomi or non-Potawatomi, whoever wants to take the course. I want it available and out there," Neely said.

The high school course presents an opportunity to build a rapport with younger residents, especially non-Natives.

"These are people that live in the areas around Oklahoma that have interactions with our Tribal members, that have interactions with our Tribe, that may even have a new respect for our Tribe as a whole because of their understanding of who we are and where we're coming from and a little bit of our language," Neely said.

While this year's enrollment has more than doubled, he strives to continue to increase student involvement. While the Oklahoma Board of Education approved the course, offering it at a local level requires additional authorization from superintendents and school boards. Many districts do not know Potawatomi is an option, and Neely encourages parents and the community to help bridge the divide.

"If you have a student that goes to school in Oklahoma, be that advocate in your community," he said. "Reach out to your principal. Reach out to your superintendents. Say, 'Hey, I want my kid to be able to take Potawatomi.'"

For more information, visit potawatomi.org/language or email Justin Neely at jneely@potawatomi.org.

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Beaubien family history

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Arrival in North America

The Beaubien family's roots in North America begin with fur trader Bertrand Farfard Suier de La Frambois. He married Marie Sedilot in Three Rivers, Canada, on Dec. 20, 1640. Together, they had a son named Jean Baptiste. The family moved from Quebec to Vermont and New York. Jean wed Francois Marchand, and their son Jean Baptiste LaFrombois III married Genevieve Trotier La Bissoniere. Jean III and Genevieve lived near Lake Champlain during the Revolutionary War. One of their sons, Francois LaFramboise, moved near Lake Michigan in the late 1700s and married a Potawatomi woman named *Shawenoqua*. They had four children, including Joseph, Francois, Alexis and Josette (LaFramboise) Beaubien.



Theresa Beaubien

Joseph LaFramboise was born near the Saint Joseph River around the year 1799. The family eventually settled in Chicago, and Joseph and his father Francois became some of the first voters in the city. Joseph married Therese (Theresa) E. Peltier. During the Black Hawk War in 1832, Joseph served alongside British-Potawatomi fur trader Billy Caldwell — *Sauganash*. He and Theresa had a large family, and Joseph rose to prominence as a Tribal leader alongside Chief *Wabaunsee* and others.

Land loss and removal

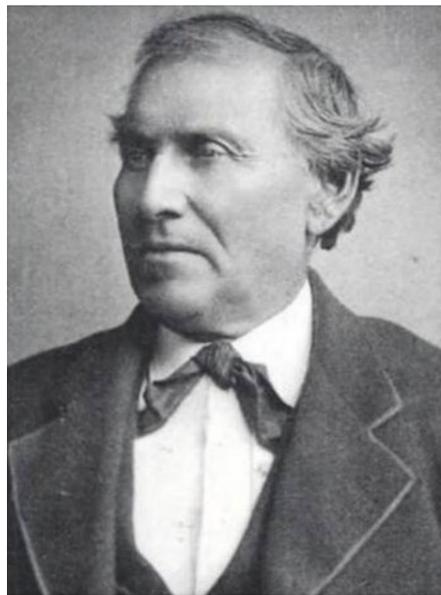
On Sept. 26, 1833, the Potawatomi signed the Treaty of Chicago, which ceded more than 5 million acres of land in return for money, goods and a reservation west of the Mississippi. Joseph's name appears on the treaty. A few years later, Joseph and his family removed to Council Bluffs, Iowa, where he served as a leader until the Potawatomi moved to a new reservation in Silver Lake, Kansas, in 1846.

Joseph's daughter Theresa married Allen Hardin at the age of 14. The marriage dissolved, and she then married Thomas Watkins who served as the first postmaster in Chicago. Stories recount that the city's elites attended the lavish wedding, including Native warriors dressed for battle.

According to an article published in 1974 by the *Los Angeles Times*, "Watkins had invitations printed repeatedly until he was forced by the number of requests to attend to invite everyone who was anyone in Chicago to the ceremony."

However, the marriage ended in divorce. Theresa eventually met and wed Madore Beaubien on June 2, 1854, at the Baptist Mission in Mayetta, Kansas. Madore had made the move west with a group of Potawatomi in 1840 and served as an interpreter.

Between the three marriages, Theresa had 13 children: Madaline Watkins, Joseph Watkins, Louisa Watkins, Mary Hardin, Therese Hardin, Peter Hardin, Philip Beaubien, John Baptiste Beaubien, Julia Beaubien, Rose Beaubien, George Beaubien, Peter Beaubien and Rose Ann.



Potawatomi interpreter Medore Benjamin Beaubien.

Beaubien

The Beaubien and Potawatomi connection officially began with Madore and Theresa's marriage. Madore was the son of Jean Baptiste Beaubien who moved the Chicago area after the Battle of Fort Dearborn in 1816.

Jean Baptiste was a well-known fur trader, learning the business from Joseph Bailly. He married an Ottawa woman named *Mahnawbunnoquah* and had two children: Charles Henry and Madore. He then married Josette LaFromboise, daughter of Francis, further connecting the two families.

Although Jean Baptiste visited Fort Dearborn before the historic battle in 1812, he did not establish his home there until the U.S. Army finished rebuilding the fort. He then became an American Fur Company agent and continued the family fur trade business, traveling all across the Great Lakes region. According to the City of Chicago's first tax roll in 1825, Jean Baptiste was the town's wealthiest man. Even after the fur trade declined, Jean Baptiste refused to leave the city. He rose to prominence, becoming a leader across Chicago and held a reputation for being an ally to many Native Americans.

Upholding his father's leadership traditions, Madore joined numerous

Potawatomi tribal leaders and Indian Agent William Ross in 1861 on a trip to Washington D.C. to seek senate approval of the Treaty of 1861. The treaty provided the Potawatomi an opportunity to become U.S. citizens and official landowners under American law. This was appealing to some who saw it as a chance to own property and obtain a sense of permanency and protection from white encroachment. Numerous Beaubien received allotments in Silver Lake, Kansas, near the Kansas River.

Like the treaties of the past, the federal government did not uphold the 1861 agreements and began collecting taxes before the two-year grace period ended. As a result, the government took Potawatomi farms and allotments to then sell to white settlers and traders for a large profit.

The three decades in Kansas proved daunting for the Beaubien family and Potawatomi alike. Not only did the Tribe have to figure out how to survive as Eastern Woodlands people on the prairie — they experienced large-scale deaths due to disease, continued land loss and negative federal policies, including assimilation, acculturation and allotment. In order to continue as Citizen Potawatomi, Tribal leaders began looking for opportunities outside of Kansas to build new, better lives.

Due to a clause in the 1861 treaty, Citizen Potawatomi sold what remaining lands they had in Kansas to purchase a new reservation in Indian Territory. Eventually, Beaubien descendants moved to present-day Oklahoma and received allotments.

Theresa and Madore's children and grandchildren expanded the family connections, adding Hardin, Allen, McEvers, Bostick, Ogee and more last names still recognized by Citizen Potawatomi today.

If interested in helping preserve Citizen Potawatomi history and culture by providing copies of family photographs, documents and more, contact the Cultural Heritage Center at 405-878-5830. ♠

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Tribal Chairman – John “Rocky” Barrett



Bozho nikan
(Hello, my friend),

I would like to update our Tribal citizens in District 1 on the vacancy of their CPN Legislative seat so capably held for many years by the late Roy Slavin.

The Citizen Potawatomi Nation Constitution allows the Tribal Chairman to make an appointment for the remainder of any legislative term that is vacant. However, if that seat is up for election in the next immediate term, I personally feel that the seat should be filled by a vote of the people if an election is a short time away. While this leaves the seat vacant for a few months, the entire legislature represents the people of District 1 for that short time. If the vacancy were for a long

period of more than a year, the Tribal Chairman should make an appointment. Incumbency is an electoral advantage, since there were so many qualified candidates who contacted me about running — including Roy Slavins' son — I did not choose to make a short appointment. Instead, I notified the election committee that District 1 will be on the next ballot. This vote will take place on June 26, 2021.

If you are in District 1 and wish to run for the office, please watch the November and December editions of this newspaper for election candidate filing announcements. Those who are interested in this seat must have their application in the hands of the election committee by no later than Wednesday, Jan. 13, 2021. The CPN Election Committee's information and election announcements for the coming year will be included in those newspapers. For more information on CPN elections, please visit cpn.news/elections. If you prefer to call, please call the Tribal headquarters at 405-275-3121.

I understand the needs of our approximately 2,500 members in District 1 for representation. Our current Executive Officers and CPN staff will be there

to serve constituents' needs until the district chooses its next elected representative in June 2021. If you are in District 1 and have questions or concerns about Tribal programs or services, please email me, Vice-Chairman Linda Capps or Secretary/Treasurer D. Wayne Trousdale. We are elected “at large” by the entire Tribe, nationwide, so we are already tasked by the Tribal Constitution to serve District 1.

I will close this column with a request. At the Tribal administration and government, we are working very hard to ensure that CARES Act funds for the COVID-19 pandemic are there to support you, our Tribal citizens. As I described in my last column, we have been hindered by cumbersome federal government regulations that mandate some highly burdensome legal requirements in distributing those funds. We are adjusting the programs as quickly as we get guidance from the feds and will continue to do so in order to better serve you. The pace of distribution of this money is picking up fast. *We need every individual CPN member reading this column to spread the word to your fellow Citizen Potawatomi.* Call your brothers, sisters, aunts and uncles. Grandmothers, call the

kids and tell them to read the *Hownikan* or simply call us. Call your friends and neighbors who are Citizen Potawatomi. We have a phone bank of people waiting to help you get this money for these hard times.

Too often in recent months, I have had people tell me they didn't know about the programs. The information is out there, in this very paper, on our Tribal website, via direct mail to your homes and in the emails from your elected representatives. Please, if you are reading this now, reach out to any other Potawatomi you know and ask them if they've applied for CARES Act financial support at potawatomi.org/cares. If they need a paper application, ask them to call 833-481-0638 and our staff will help them get on the road to applying. We do not want to have to return this money back to the federal government.

Even if you have managed to come out of 2020 with your job, income and health intact, the funds are still there to help. If you are an elder 60 or older and do not think you need the grocery stipend each month, you are wrong. By the Nation providing that \$200, you can buy in bulk to keep you out of a crowded grocery

store two or three times a month where you might get infected. If you are a parent of a school-aged child who is using a laptop you already have for their use, you still need the Education Technology Program funding because I imagine your broadband usage and bill at the house has gone up because of their distance learning. So please, share this column with your Citizen Potawatomi family and friends. Help me get the word out.

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),

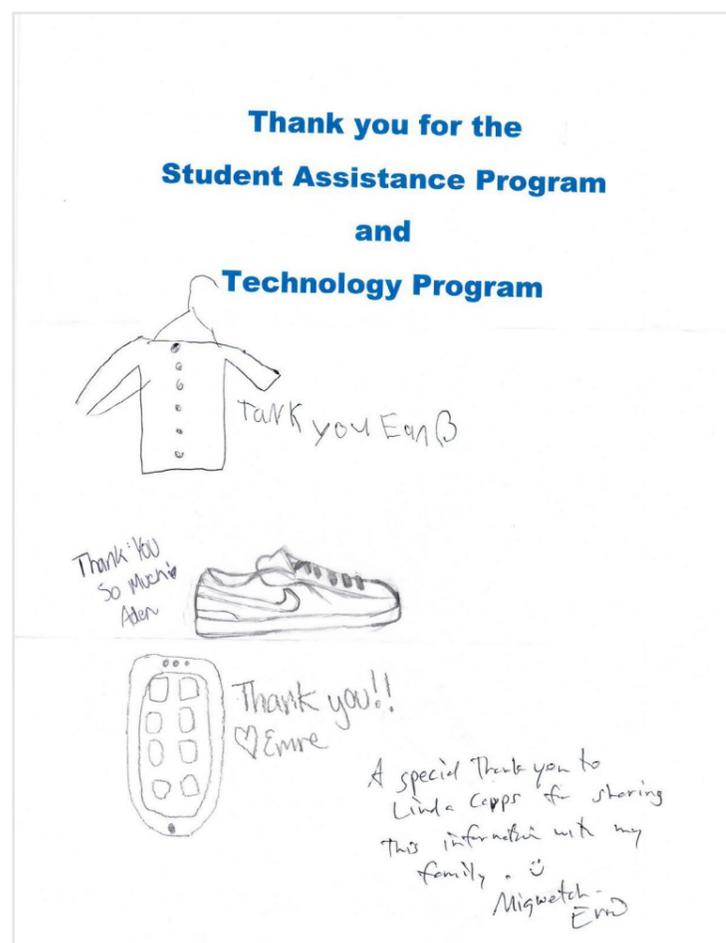
I hope everyone is doing well as we begin our journey into fall and winter. We can already feel the cool air recently with temperatures into the 40s and 50s each morning. As winter approaches, we need to make sure that we winterize with our home heating systems, our vehicles and outdoor water faucets.

Often it is not our own households to worry about, but it may be an elder parent or other relatives that needs help in preparing for the winter. You can be assured that the elder people living at Father Murphy and those living in CPN housing in Tecumseh have adequate heat and safe living conditions in the winter. The living quarters are

well maintained, the sidewalks are salted down after ice storms, and the roads are cleared when there is ice and snow. I applaud the CPN Housing Department for the great job they do in managing housing for both the elders and others.

There is one service that I wish CPN could deliver and that is some type of long-term care for our elders. The topic has been discussed from time to time, but there has been no final decision due to several challenges. The first and foremost is financial; funds are limited and difficult to obtain. Another problem is finding the right program that is best suited for our Tribe. Unfortunately, “one program fits all” is not the answer to long-term care. There are those who can partially care for themselves and rely on family or helpers for a portion of their care. That is the situation now with several of our residents living in Tribal housing. What and where is the next step?

Long-term care is generally defined as the care of an elder or individual with a disability who requires on-going assistance for bathing, dressing, grooming, eating, toileting, transferring, shopping and cooking. I mention this in my article so you will know that we have discussed the topic, and long-



term care is on CPN's radar for the future. It won't happen in the coming year, but I look forward to the time that CPN at least engages in a feasibility study/business plan for long-term care services. If all goes well with the Mission Hill Hospital building renovation, there may

be space for the beginning stages of long-term care for our people. This is just my opinion, and it would take the entire legislature to approve such an endeavor.

I now switch to COVID, which I had not planned to mention in this article. If you do not know

about our CARES Act money that is available to Citizen Potawatomi of almost every age, please see the article on the front page of this paper. If you know but can think of someone who has not utilized these funds, please send them my column here, this newspaper or direct them to potawatomi.org/cares.

Attached is a photo of a letter I received in the mail from a thankful family for the funding they received for their children's education thanks to CPN's CARES Act money. Eric Anderson of Piedmont, Oklahoma, is the father of Aden, Emre and Ean. I salute this family for being so thoughtful. This is one more reason that I cherish the opportunity to be your Vice-Chairman.

Migwetch
(Thank you),

Linda Capps
Segenakwe
(Black Bird Woman)
Vice-Chairman
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Legislators are not able to retrieve your contact information from Tribal Rolls

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

District 2 – Eva Marie Carney



Bozho nikanek
(Hello friends),

Virtual D2 meetings and beyond

In the “before-COVID-19” world, October was prime time for finalizing District 2’s Fall Feast plans, including working up a craft idea with Bob (*Shaweno*) and Karen Richey. They have expertly led the craft portion of our meetings for years. I’d also be getting out postcard invitations with the help of CPN Public Information staff, and obtaining craft supplies, giveaway items and more. Unfortunately, I’m certain that it won’t be possible to host a Feast this year. Instead, I will be hosting some informal virtual District 2 meetings over Zoom. I envision these lasting no more than an hour and hope that meeting virtually will allow us to remain connected. I’m sure the meetings will evolve as folks attend and offer their format and content suggestions. Please be sure you are signed up for my emails (send me a note to be added; my contact info is at the end of this column) or are a member of the private District 2 Facebook page (look for “District #2 Citizens of the Citizen Potawatomi Nation” and, if you are in District 2, put in a request to join). These are the places where I’ll post dates and times. And as soon as larger in-person meetings and travel are safe again, I’ll be working with District 2 citizen Dennis Johnson to reschedule the Clearwater, Florida, meeting that he’d planned for late March,

and I’ll get more in-person meeting dates on the calendar.

Plan to participate in Rock Your Mocs

Rock Your Mocs 2020 will take place from Nov. 15 – 21. You can choose a day or days or the whole week 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 create an online photo album for the world to see and enjoy. Don’t have *mkesinen*? Check out these links for step-by-step instructions on making your own traditional Potawatomi pucker-toed *mkesinen*: visit cpn.news/mocs to watch a video made by the Cultural Heritage Center featuring CPN member Lakota Pochedley. For written/illustrated instructions from District 2 citizen Lyle Simmons, visit cpn.news/mkesinen. You also can access these instructional links anytime on my website, under the “Heritage” tab. If you don’t have the password to log in, send me an email. *Mkesinen*-making is a great family activity. I’ve hosted a couple *mkesinen*-making events over the years and made several pairs myself; if I can make them, so can you!

Advice for small business owners

I just learned about an interesting free service for small businesses, including nonprofits, called SCORE. While I just learned about it, I’m behind the curve. SCORE is a long-established partner of the U.S. Small Business Administration that, according to its website, “has helped more than 11 million entrepreneurs through mentoring, workshops and educational resources since 1964.” I was intrigued by the offer of expert guidance and assistance for start-up and existing businesses, and SCORE’s approach that matches volunteer mentors with small business operators for one-on-one advice sessions, online or



March 2017 gathering participants show off their hand-made moccasins.

by phone. For those with some volunteer time and business expertise to share, you can sign up to be a SCORE mentor. Anyone can sign up for SCORE emails to get business tips, resources and advice, along with invitations to upcoming webinars and popular recorded webinars on a range of business topics. All the details are at score.org.

When I saw that one of the mentors works from Albuquerque and is well-connected to Native Nations and enterprises throughout the Southwest, I signed up and requested help from this particular mentor to see if he has advice to share on expanding the reach and shoring up the finances of The Kwek Society. I’ll let you know how it goes. If you have experience with SCORE, I’d love to hear about it. If you sign up as a result of reading this, I’d be happy to compare notes on our respective experiences.

Education resources for parents with children at home – #NativeReads

I’ve written before about Story Online, produced by the Screen Actors Guild-American



Eva Marie’s handcrafted moccasins for a friend in 2017.

Federation of Television’s SAG-AFTRA Foundation as part of its children’s literacy program. The site streams videos featuring celebrated actors reading children’s books alongside creatively produced illustrations. I’m writing about it again because I’ve enjoyed exploring the site and to highlight that suggested grade levels and activity guides are included, and there is new content each month. It’s unfortunate that there appears to be a single Native-focused book on the site, though, so I’ve written to the SAG-AFTRA Foundation and shared with them a Native American reading list of children books published by the First Nations Development Institute. That list is here: cpn.news/fnbooks, along with the following set of action items, titled *Ten Ways You Can Make a Difference*:

1. Select a book and read it with your child or a young person you know.
2. Share this list with librarians at your local public library and suggest they get the books and e-books for their collections that they can feature in library displays all year long.
3. Use the hashtag #NativeReads and share comments about your favorite #NativeReads on Twitter, Facebook, Instagram, Pinterest, Snapchat or other platforms.
4. Share this list with your local bookstore and ask them to set up a display in the store,

and feature one or more of the books on their website.

5. Share the reading list with your local bookstore and encourage them to purchase some of them to have on hand for the local community.
6. Provide a quantity of copies of the list to both libraries and local bookstores, for them to hand out to potential customers.
7. Write a letter to the editor of your local newspaper and public radio or television stations and ask them to do a story on the books, in honor of Native American Heritage Month and throughout the year. The story could ask parents to choose books from the list for their own children to read and then share with their friends.
8. Give the list to the librarians at your local elementary, middle and high school.
9. Purchase copies of the books or e-books and donate them to a teacher who works with that age level.
10. Organize a book club in your community or virtually online with your friends on Facebook or Goodreads. After you’ve read the book, post your thoughts on social media.

I hope that some of us pick one or more of these action items and join in the #NativeReads effort.

Please reach out

Please stay safe and reach out to me if I can be helpful. It’s my privilege to represent you.

Eva Marie Carney
Ojindiskwe (Blue Bird Woman)
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District 3 – Bob Whistler



Bozho nikanek
(Hello friends),

Tires

For any of us that live where the temperature gets into

the 90s and above, we are reminded on a regular basis that you should never leave a child or a pet inside the car with the windows up if they are unattended. On a day when the temperature is around 92 degrees, within about 20 to 30 minutes, the inside temperature of the car may soar to over 120 degrees and even possibly reach 150 degrees. This summer, the wife of a Los Angeles County sheriff deputy accidentally locked herself in the back seat of her husband’s service vehicle and perished from the heat. It was 92 degrees that day in mild, sunny California. For those of you that have a spare tire for your car in the trunk, or in the area behind the seat inside some

SUVs, your spare tire is being subjected to those same extreme temperatures. Moreover, it is being exposed back and forth to very mild as well as hot, high temperatures each day in the warmer months. In an average summer with high temperatures, your spare tire may be losing 2 to 3 pounds of pressure each month. For those of you having the spare tire mounted outside or under the trunk area of your car, it may not have quite the same tire pressure loss, but in time, the pressure does tend to drop. As we are about to end the summer, now would be a good time to have the pressure in your spare tire checked rather than find it is flat when needed in the future. I just checked

one of our vehicles, and it was down almost 8 pounds, which is serviceable, but it is not good for any long drive without some outer tread damage.

Depression

In the August *Hownikan*, there was a very good article written about District 1 member Peggy Kinder about the time she spends making regalia, beading, and as I witnessed at last year’s Gathering in Canada, teaching others those skills.

Prior to the arrival of COVID-19, depression in the general population was not too severe. For example, the *JAMA Network*, a monthly journal

published by the American Medical Association, estimates the pre-pandemic percentage of the general population suffering from depression at approximately 8.4 percent for white, black and Latino adults. For non-Hispanic, Asian adults, it was 4.4 percent. For this survey in particular, the Native American and Alaska Native population was too small for an accurate number to be identified. According to the August report, those numbers had changed, and they are very serious. For non-Hispanic whites, it is 26.5 percent versus the initial 8.4 percent. For Black Americans, the percentage went up from 8.4 to 24.2 percent. Latino Americans experienced a rise from 8.4 to 33 percent, and for

Asians, depression rates increased from 4.4 to 23.1 percent. This change in depression rates is very startling. To get a better grasp on how mental health impacts various adults, the age ranges are as follows: ages 18 to 39 went from 9 to 38.8 percent, and 40 to 50 year olds increased from 8.5 to 26.8 percent. For those over 60, it was not as dramatic going from 7.9 to 14.9 percent. Basically loss of jobs, high debt, no job opportunities in sight, and a high concern regarding a sound, financial future has created a lot of anxiety and depression. People have extra time on their hands to fret and worry. Those over 60, in many cases, are retired and generally have at least Social Security to rely upon for income, which has eased the burden of being able to pay their bills, buy food, etc. With our Native American heritage, we may be able to lower stress levels by getting more involved in our culture. There are many crafts available for you. Supplies and books on various areas are available from our gift shop in the Cultural Heritage Center at potawatomi.org, or you can go online and search for other suppliers. If you are not into crafts, a good way to spend time is with crossword puzzles, exercising or maybe even adult coloring books. I know if you don't know where the next dollar is coming from, it is hard to concentrate. But if you find you are depressed and in one of the groups cited above, I urge you to get involved in something constructive to give your stressed mind some relief.

While the medical issues with anxiety and depression should be addressed by medical professionals and self care, some of the COVID-related worries may be alleviated for Tribal members experiencing financial difficulties as a result of the pandemic. If you have not, visit potawatomi.org/cares to see the wide array of programs available to financially support CPN members of all ages across the country. If you have applied, call one Potawatomi you know and tell them about the programs. Let's help lessen the burden on our fellow members where we can.

Mail-in ballots

With the November election right around the corner and our country still suffering from the pandemic, how will you be able to vote? Mail-in voting may be an option for some but not necessarily all because in some states, you must have an acceptable excuse. The coronavirus pandemic may be used as an accepted excuse in requesting a mail-in ballot in Alaska, Arkansas, Connecticut, Delaware, Kentucky, Missouri, New Hampshire, New York and Washington. COVID-19 can only be used in Tennessee if you have a medical condition making you vulnerable to the condition. The COVID-19 excuse cannot be used for a mail in ballot in Indiana, Louisiana, Mississippi, South Carolina and Texas. For the other 29 states and Washington D.C., you need no excuse to receive and use a mail-in ballot. In

the 2016 election, the mail-in ballot submissions varied widely with 97 percent mail in for Oregon and Washington. In other states where in-person voting prevailed, it was down to 2 percent in Kentucky, Tennessee and West Virginia. Regardless of the past, you need be registered to vote. For Texans, if you are not registered by the time you receive this *Hownikan*, it is too late. The deadline to register to vote in Texas was Monday, Oct. 5. If I had your email address, I sent you a notice on this. For others who are not registered, you may go online to a couple of places to register: vote.org/covid19 or sos.state.tx.us. For the best information for Texas residents, I suggest you use the latter.

In Texas in order to be eligible to vote by mail, you must be in one of the following categories:

- At least 65 years age or older
- Disabled
- Out of the country on Election Day and during the entire early voting period
- Confined in jail but also eligible to vote

If you are eligible and receive a ballot, your Texas ballot request must be received by Oct. 23. Be sure to follow the instructions and to sign the ballot, then get it mailed in by the deadline. The ballot must be postmarked by Tuesday, Nov. 3, and received by Wednesday, Nov. 4. With all that is going on this year, the election is very important. In 2016 in Texas, only 52.23

percent of the registered voters cast their votes. Whatever that percentage is on Nov. 3 of this year, I urge you to be included in the count that voted.

American Indian history

Schools in California, Illinois and Washington D.C. have decided to use the 1619 Project written by *The New York Times* to replace all past history and teach that U.S. History began in the year 1619. The primary focus will be the introduction of slavery in 1619 and the beginning of our country's history at that time. The project expunges thousands of years of history about North America's Indigenous, and our future children's education will suffer.

Over the last 80 years, the history books have merely mentioned us and rather categorize us as savages who massacred settlers and troops. Instead, the history books gloss over the facts that the immigrants and the government supporting the settlers set about eliminating us through various forms of genocide and treaties they have failed to honor. Moreover, many Native Americans were brought into slavery even before the African leaders sold their own people to the slave traders. I have written about this in a past article and referenced the book *The Other Slavery*. I suggest that you check with your local school district to determine if they intend to use the 1619 Project to teach your children history. If so, you need to challenge it from the standpoint that it does not

track with how U.S. history actually came about and all of the past needs to be taught in U.S. history classes. We cannot let our past be so quickly and quietly canceled out. Allowing this to happen could ultimately result in future federal politicians rescinding our sovereignty, along with losing funds we receive under our current status. So, please challenge the use of this program if it is introduced in your school's curriculum.

In each of the last few *Hownikans*, I have asked for your email address. Please forward that address to cpn3legislator@yahoo.com.

I have been honored to serve you and have proudly represented you with the Nation as well as in the Texas American Indian community, along with being an alternate delegate for CPN with NCAI. At 8 p.m. on Thursday, Oct. 8, I will be presenting our history from the past to present at the Allen, Texas, library. It will be recorded and available in the future from the Allen Public Library in their video files.

Bama mine
(Later),

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



Bozho
(Hello),

Commodities distribution in Rossville

On Sept. 3, after 15 weeks, we made our final commodities distribution in Rossville. Our program was part of what was called Operation Food Secure, an effort to address hunger and food insecurity in northeast Kansas. OFS built a network of over 70 churches, nonprofits, neighborhood improvement organizations and tribes. The OFS food boxes came from the U.S. Department of Agriculture Farmers to Families Food Box Program. This program purchased surplus food from farmers as part of the CARES Act and redistributed

it to organizations such as OFS for further distribution to our families. Of those participating in the OFS program, our efforts in Rossville quickly grew to be largest in the number served and volume of food delivered. We estimate that our program alone accounted for more than a fourth of the total distributed by the OFS program. We were able to provide food boxes to approximately 150 tribal members living in eight counties in Kansas, including Shawnee, Pottawatomie, Jackson, Jefferson, Douglas, Osage, Johnson and Butler.

The success of the Rossville program is attributable to the exceptional work of Tracy Kinderknecht, RN, and Sharron Long, CMA, of the CPN Senior Support Network staff in Rossville. I cannot say enough about the time and effort these two put into this program in addition to fulfilling their normal responsibilities. They were ably assisted by several CPN members who volunteered countless hours. They include Joe Wulfkhule, our trusted driver of the rented refrigerated truck who also assisted in the unloading of food pallets; Pam Cullen-Bass and Angela Montgomery, who week after week placed food boxes in cars



Attendees at the Aug. 29 ceremony dedicating the bench in Rep. Roy Slavin's honor.

as they came through; Mike Martin, our traffic director; and my brother, Lyman, and my wife, Peggy, who delivered commodities (by golf cart) to the duplex residents in the CPN Elders Village. I also need to acknowledge the assistance of Gilbert Lewis, CPN member from El Dorado, Kansas. Gil drove up several times and assisted in the unloading of the pallets from the truck as well as distributing food boxes. He then returned with commodities for other CPN members in the El Dorado area.

A significant portion of the volume of food distributed was

accomplished by volunteers from the local 4-H organization. Before we started, we knew we needed additional volunteer help. Through the efforts of Lynette Hudson, wife of CPN member Kevin Hudson, we had tremendous support from that organization, including both adults and youth. In return, they were able to receive and distribute food boxes to their families and others in need in the Rossville area. They were definitely true partners in this program.

How much did we distribute? How about 2,828 boxes of fresh produce, 2,215 boxes of dairy

products, 704 boxes of cheese products and 1,920 gallons of milk for a total of 7,667 individual items distributed. I might mention that with only a couple of exceptions, the temperature all summer was at or near 95 degrees with heat indexes over 100 degrees on several occasions.

Finally, on the very morning I was writing this article, I received the following email from a CPN member:

"Jon, just wanted to tell you how much we appreciate all the hard work you, the Senior Support Staff and all the volunteers did with the food distribution. It was a hard task in difficult weather most of the time, but you guys did it beautifully. We really do appreciate it. Thanks again," wrote Judy Boyles.

You are a Potawatomi

How many times have you been asked, "How much Indian are you?" I've often been tempted to ask, "How white are you?" or Irish, or Italian, or Hispanic, etc. We are the only classification of people others feel must be quantified, or more commonly referred to as "blood quantum."

The following is from an article that appeared in the

quarterly magazine published by the National Museum of the American Indian:

“The notion of ‘blood quantum’ sprang from U.S. colonial and racial biases. Non-Native people devised this way to define Native American identity by degree of affiliation to a tribe in their family ancestry. For example, if a person has ancestors who all descended from one American Indian tribe and has a child with someone who is not a member of the tribe, their child would have a blood quantum of 1/2. If this child grows up and becomes a parent with someone who is not a citizen of his or her tribe, their offspring would have a blood quantum of 1/4. For those tribes that use blood quantum as a criterion for tribal enrollment, the minimum blood quantum requirements vary and have ranged from 1/2 to 1/16.

“Blood quantum requirements for tribal enrollment pose many challenges for Native

Americans. The concept of using so-called ‘blood quantum’ — or amount of tribal affiliation in a person’s ancestry — to determine tribal enrollment eligibility has no basis in Native American traditions. In early 1900s, the U.S. government began imposing this system on tribes as a means of defining and limiting citizenship. While some tribes still use this method for determining eligibility for tribal enrollment, other Native nations use documentation of a person’s descent from an enrollee on a designated tribal roll or census records.

“Many scholars argue that blood quantum requirements were calculated to reduce tribal enrollment over time. Moreover, they call attention to the U.S. government’s detrimental use of the term ‘blood quantum’ during the 19th century and early 20th century to associate a Native person’s level of intelligence with their supposed

amount of Native versus Euro-American or other blood.”

This is very evident even today.

In the research that was basis for this article, it was discovered that there are deep personal, social and political concerns about the blood quantum system, which can impact Native Americans’ most personal decisions — including with whom they have children.

Fortunately, the Citizen Potawatomi Nation enrolls by descendency and not blood quantum. As Chairman Barrett has often said, “If you are of a Potawatomi, you are a Potawatomi.” Please ensure all eligible children are enrolled. Currently, CPN has over 35,000 enrolled members and continues to increase its enrollment.

Memorial bench

On Aug. 29, it was my honor to accept from Julia Slavin, the wife of the late District

1 Legislator, Roy Slavin, a beautiful metal bench in honor of the Slavin Family to be located in front of the CPN Community Center in Rossville. Roy’s great-grandmother, Theresa *Wasechkimokwe* (Light in the Sky), was on the Potawatomi Trail of Death as a young girl. She later married James Slavin, and they remained in the St Marys, Kansas, area where they raised their family. The brief, but fitting acceptance ceremony was attended by several descendants of the late Jim and Jerry Pearl, also descendants of Theresa and cousins of Roy.

Ground Penetrating Radar survey of the Uniontown Cemetery

On Sept. 9, I met with Dr. Blair Schneider from the Kansas Geological Survey at the University of Kansas, who had just completed a four-day GPR survey of the Uniontown Cemetery at the end of August. Over four days,

they collected magnetic data and ground-penetrating radar data over a 0.91-acre area at the site. They will spend the next four weeks processing the datasets, in particular, looking for evidence of unmarked burials, buried foundations or other historic remnants. They will present the results of the investigation in early October.

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

Migwetch
(Thank you),

Jon Boursaw,
Wetase Mkoh (Brave Bear)
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District 5 – Gene Lambert



Bozho
(Hello),

Hopefully this article finds everyone in good health both physically and mentally. The times have brought us to mental fatigue, no doubt. It makes you question all the things you used to believe in.

I have always believed that people are basically good. We all come to this world with a gift and talent to share with others. But as the legend goes, we all have two wolves inside us we deal with, which would be to say we are continually choosing our steps.

In case some of you do not remember the legend, it went like this:

An elderly man and his grandson sat on the bank of the river fishing and watching nature take its course. The young man was very inquisitive about everything he saw and continued to ask questions of his grandfather.

The elderly man decided it was time to impart life wisdom.

“Life can be difficult, my son,” the grandfather said. “There is something you need to know about the two-legged before you go out into this world”, he continued.

“What is that, grandfather?” the little boy asked.

“Everyone has two wolves that live inside. That includes you and me,” the Grandfather went on to say.

“One wolf — the white one — is good, kind, loving, caring, humble, peaceful and lives in gratitude. The black wolf is there, too, but promotes evil, anger, distrust, lying, and can be very mean to people,” the grandfather shared.

“What do you mean, grandfather? I don’t understand,” replied the boy.

“What that actually means, my son, is that there is a fight going on constantly in each person that walks the earth,” his grandfather answered.

“If there is a fight going on between the two wolves, how do you know who is going to win?” questioned the boy.

“It depends on which one you feed,” he replied.

That being said, you can certainly see the two wolves active in the world today.

This is the reality of *Dances With Wolves*.

I myself have gotten caught up in the agreements and disagreements of right and wrong categories.

You can say there is no black and white in the world as many things are a little grey or ivory.

Right now, there are major changes happening in the world, and some stand to the left while others take no stand at all.

The actual situations are not as important as the way we choose to deal with them.

It is definitely acceptable to disagree or be on opposite

sides. At that point, state your case, and move on.

I also believe that we have come to a time when “silence is not an option,” as stated by a newscaster recently. Standing up for what you believe in is crucial, and your opinion is as important as anyone else’s is.

This is why we vote be it national, local, Tribal or otherwise.

Now, name-calling isn’t acceptable nor should it be tolerated in times of disagreement. I think that has been tagged as “not fighting fair.” The term has been used for years in dealing with personal relationships. It also stands in public, if not more so.

These comments are stimulated from the social media wars ongoing at the present on every subject imaginable.

Facebook was originally developed so that friends and families could keep track of one another and share daily experiences or photos.

You could be a part and share in family events without being there.

Facebook has become a playground for foreign countries, commercials at every turn and political propaganda. In addition, stolen information has cost the public millions.

We all have opinions, likes and dislikes that keep the world evolving and interesting. This is a good thing.

Let us all respect opinions of others, even if it differs from our own.

Who knows? Someone else could have a good idea or knowledge you may find interesting. It could happen!

Stay healthy and safe.

Love you all,

Migwetch
(Thank you),

Eunice Imogene Lambert
Butterfly Woman
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DISTRICT 6&7 VIRTUAL MEETING

SATURDAY, OCT 24
10:00AM

JOIN US AT
CPN.NEWS/D67ZOOM

District 7 – Mark Johnson



Bozho nikanek
(Hello friends),

As we near the fall season, I hope you and your loved ones are doing well.

In recent months, the Tribal government has done its best to respond to the outbreak of the coronavirus. Our Tribal-owned enterprises, like many private and public institutions in this country, have taken a severe economic hit as a

result of lowered attendance, canceled events and health concerns for staff and patrons. These enterprises are vital to supporting our existing programs at the Nation. The revenues they produce, combined with the federal funds secured through our Tribal Self-Governance Office, help fund the very programs you and your loved ones use each day.

College scholarships, workforce retraining and elder housing all benefit from a strong CPN enterprise economy. Our clinics, who have been able to mitigate a full-blown outbreak in our health services and workforce, hire some of the best health care providers and staff because of the Nation's ability to pay for top talent.

Keeping these enterprises and programs up and running is vital to the long-term stability of our Nation. There are many who only know CPN through the lens of the last 20 years

of growth. For those of us who remember the "good-ole days," let me assure you, they were not always good. Though born and raised in California, I started going back to Oklahoma with my dad in 1972 to visit the Tribe and our family near Tecumseh, Oklahoma. I've seen what a challenge it can be by not keeping an eye on our long-term well-being and just focusing on the short term.

In saying this, the CARES Act programs are an attempt to do just that. These funds are there to assist our Tribal members for this period of pandemic response for a host of reasons. If you or your family haven't looked into them, please do so. Do not think that you don't need them or someone else is in more need. The most prudent action we can take with these funds — which have some restrictions placed on us by the federal bureaucracy — is to get CPN members to apply. If you have been denied previously, updates

from the federal government on their restrictions may open up funding opportunities for you. If you've looked at the programs at potawatomi.org/cares and don't think you qualify, think of a Citizen Potawatomi you know who may. Give them a call, send an email with this column or just that hyperlink, but please spread the word.

As I always say, I am here to provide information and support in securing the services and benefits that may be available to you as Tribal members.

The programs and requirements are available in this edition of the paper, and I remain here to support you in answering any needs and questions you may have about securing these benefits.

In upcoming events news, as you read in Rande Payne's column last month, we have adjusted our planned D6-7 Fall Festival to take place entirely online via Zoom. Please mark

your calendars for 10 a.m., Saturday, Oct. 24. You will not want to miss this information-packed meeting. Join us at cpn.news/D67Zoom. If you're unable to "attend" live, we'll have a recording for you to watch later at your convenience.

As fire season continues, I would like to say what an honor it is to serve you as District 7 representative. Never hesitate to email or call me for any questions you may have. I will get back to you. If you have not done so, please send me your contact information so I can keep you informed of the happenings within the Nation and District.

Migwetch
(Thank you),

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



Bohzo nikan
(Hello friend),

Thus far, 2020 seems like a bad, cross-genre film, complete with drama, natural disasters and dystopian symbols of a bleak future (boarded up buildings and everyone masked). Today, I am sitting on my back patio with thick air, a gray sky and red sun — compliments of the West

Coast wildfires. I am hopeful the year ends on a more positive note.

I've been hearing success stories from District 8 members who have been awarded COVID-19 assistance from the Tribe. Detailed information about COVID Phase I and Phase II assistance for individual Tribal members and for CPN member-owned businesses can be found at potawatomi.org/cares. For Phase I, individual assistance is capped at \$1,200 per individual, and the businesses assistance (business interruption grant) is capped at \$5,000.

Phase II consists of programs District 8 members are eligible for that are more tailored to specific needs.

Programs for students:

- A one-time, \$300 per child student assistance payment

to help mitigate additional costs due to COVID-19.

- A one-time, \$400 per child student technical equipment payment to help mitigate negative impact on learning opportunities due to COVID-19.
- A one-time reimbursement of \$40 to defray the cost of ACT/SAT prep fees.
- There are several programs for post-secondary students programs.

Programs for elders and the disabled members:

- The COVID-19 disability food security program can provide CPN members enrolled in SSI with a \$200 monthly food allowance through the end of the year. This is for folks age 18-60.

- For over members 60+, the Elder Food Security program can provide a \$200 monthly food allowance through the end of the year.
- The Elder Housing Relief program can assist 60+ members who have been impacted by COVID-19 with a \$500 per month payment (up to \$1,500 total).

I have also received calls from members who don't have access to a computer or just don't want to get online. Applications can be mailed to you — just let me know. Or you can request one by calling (833) 481-0638.

I was really looking forward to being able to meet in person with District 8 members at the Fall Feast at the Great Spirit Methodist Church in Portland, Oregon, on Oct. 24. Clearly, that is not happening, and I

am in contact with the venue manager to roll our deposit in to a 2021 gathering.

Please consider checking in with family or a friend you have not connected with since the lock down. The isolation (particularly for our elderly) can be devastating, and it just takes a call or note to change that.

It is my honor to serve as your legislator,

Dave Carney
Kagasghi (Raven)
Representative, District 8
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Lease Purchase and Credit Building Program

The Lease Purchase Program helps Tribal members prepare for home ownership. The program consists of financial and homebuyer education over a three-year lease period. Once the Tribal member completes the program, they will have the option to purchase a new, energy efficient home. Requirements include: Full-time stable employment | Positive debt to income ratio | Positive rental history Credit scores that are workable for a mortgage loan

FY 2020 National Income Limits

80% Median

1 Person	2 Person	3 Person	4 Person	5 Person	6 Person	7 Person	8 Person
\$43,960	\$50,240	\$56,240	\$62,800	\$67,824	\$72,848	\$77,872	\$82,896

100% Median

1 Person	2 Person	3 Person	4 Person	5 Person	6 Person	7 Person	8 Person
\$54,950	\$62,800	\$70,650	\$78,500	\$84,780	\$91,060	\$97,340	\$103,620

Visit potawatomi.org/services/housing-department/ to learn more about the program. To request an application, call 405-273-2833 or email sbyers@potawatomi.org.



District 10 – David Barrett



Bozho
(Hello),

I don't know about you, but there have been a few topics in the news that I was not knowledgeable about. The 1619 Project and the Critical Race Theory are two subjects that I wanted to understand and determine what facts are reasonable to draw my own opinion on.

Let me first start out by telling you about the person I was able to find after a lot of research. She was the most reasonable to understand on these subjects. She, Carol Swain, is a former professor of political science and law at Vanderbilt University.

She reached her formative years before critical race theory and cultural Marxism became as commonplace as they are today. She was born and raised in rural southern poverty during the era of segregation, but she was not taught to hate white people or to hate America. To the contrary, her Black teachers stressed her need to work hard and excel. She dropped out of school in the eighth grade, married at age 16 and had three children by age 20. That did not stop her completing her high school equivalency and eventually five college and university degrees.

When she made her way to college, she valued hard work and the promise of the American Dream, and she stated that her white teachers and mentors encouraged her to continue her education. No one around her, she stated, encouraged her to see herself as a victim. She said she never fixated on the fact that she was Black, poor and female in a majority white milieu. She also stated that she doubted she would have achieved success had she been exposed to the negative messages we send white and Black children today. She thinks

it is disgraceful how we teach children to view each other with suspicion and distrust.

Carol Swain wrote a commentary in the *Washington Examiner* and *The Tennessee Star* where she stated her views on 1619 Project. I thought her explanation was very good. Here are some of the main points of her piece:

“Under the guise of a venture call the ‘1619 Project,’ the *New York Times* is introducing revisionist history about race in America into classrooms across the nation without the normal peer review expected of educational materials. ... This rapid progression for distribution of teaching materials created by journalists and scholars has been done without proper vetting. ... The rush to get these materials into America’s classrooms was simply reckless.

“What has ensued is a new racial narrative that places black America’s current struggles at the feet of the nation’s white Founding Fathers. This requires a new birth date for the nation.”

1619 Project scholars indicate the founding of

our nation in the year 1619 when the first slaves arrived rather than July 4, 1776.

Swain continued, “This revisionist narrative skips over the 42 years of indentured servitude, a system that enabled former slaves to gain freedom and the resources to become the foundation of the free black population in America. ... Those who push white guilt and black victimhood ignore critical facts. One is that today’s white Americans are not responsible for the sins of generations ago. Second, slavery was an institution that blacks, Native Americans, and whites participated in as slaveholders. There’s plenty of guilt to go around.

“The ultimate goal of this theory’s proponents is to remake society so that the victim class eventually displaces the oppressors and become the new ruling class. ... The theory further advances the belief that being born with white skin, in itself, confers unearned privileges. Therefore, any societal attainment of colorblindness, in which race or ethnicity does not hinder

opportunities, is impossible. Neutrality in law and decision-making is a pipe dream that can never be attained. Therefore, this mistaken reasoning goes, the oppressive system must be dismantled and destroyed. ... But what critical race theory actually ‘accomplishes’ is to create anger, frustration, and despondency among persons in the victim categories, who internalize this destructive message.”

Read the full piece by Carol Swain here: cpn.news/swainop.

For those of you who didn't know or understand these topics, I hope you will research more for your own conclusion.

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

Migwetch
(Thank you),

David Barrett
Mnedobe (Sits with Spirit)
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District 11 – Lisa Kraft



Bozho
(Hello),

Oklahoma woke to chilly temperatures and rain this morning of my writing on September 8. Rain is also in the forecast over the next few days. This is one of my favorite seasons of the year. I also just had a September birthday and finished up all my annual health checks. I

celebrate my birthday by making new health care routines and gift myself with reading more fiction this time of year.

I look forward to cool temperatures, my mother’s homemade spaghetti sauce, big fluffy sweaters, boots with everything, taking long walks at the lake with the dogs, watching falling leaves give me a break from gardening, and seeing orange everywhere. Today, rather than staying inside to write and enjoy a fire, I’m off to, hopefully, the last doctor’s appointment this year.

I make sure to get a cancer screening every year for my peace of mind. I have had skin cancer before and so has my mom. During my most recent exam, I learned I have skin cancer again. Thank God for modern science and specialty surgeons. Actually, I am typing this column in between Mohs

surgery as they continue to see how deep the cancer has grown. While having an inch-long incision on my forehead sounds harsh, the black eye will be the only real embarrassment for me.

I learned how to deal with scaring on my face years ago after a four-wheeling accident while not wearing a helmet. (Dumbest decision ever!) The cargo rack on the back of my ATV sliced my scalp as I flipped. The rack hit my cheek first; it then skipped above my eye before splitting my ear in half. It took the emergency room nurse another 55 staples to reattach my scalp.

My mom’s skin cancer was hiding on the side of her nose. She ended up having her entire nostril rebuilt. She was self-conscious for almost a year. Now, you can’t even tell she had skin cancer. I have known three people in my life who

have had skin cancer on their scalp. It is something I pay extra close attention to now.

Two of these ladies are no longer with us, and one man is alive and well, thank God. (Glenn, you know who I’m talking about.) The latter discovered his skin cancer when he mowed under a tree and the branch scraped his head. The sore would not heal right. It was skin cancer. Left untreated, it can grow into your skull and deeper. The ladies who died from skin cancer under their hair did not discover it until it was too advanced. Skin cancer, when found early, is usually highly treatable. That is the great news.

With this new fall season, I hope you remember that you are important to those around you. Please schedule a dermatology visit this fall, and ask them to look behind your ears and slowly through your hair. I also make it

a habit of spraying sunscreen all over the top of my head and hair when I’m at the pool or the lake.

Speaking of being in the sun, enjoy your fall planting and all the colors and smells of fall. If you don’t have seasonal changes where you live, please tell me how you celebrate the fall holidays. I am always on the hunt for new Halloween decorating and party ideas, and Thanksgiving side dishes and Christmas desserts to bake and give away. Send your favorites my way!

As always, I am thinking Potawatomi.

Lisa Kraft
CPN District Legislator 11
Oklahoma At Large
Citizen Potawatomi Nation
Lisa@copperbearconsulting.com
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**POTAWATOMI CHILDREN
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APPLY TO BE A FOSTER FAMILY

CALL (405) 878-4831
FOR MORE INFO



Gary Wayne Kirk

Gary Wayne Kirk was born April 3, 1948, in Elk City, Oklahoma, to Sarah Faye (Dodson) and Martin John Kirk. He passed away Aug. 22, 2020, at his home in Elk City, Oklahoma, at the age of 72 years, 4 months and 19 days.

Gary grew up in Elk City and attended school at Merritt where he graduated in 1966. During high school, at the age of 16, he married Glenna (Stone) in Wheeler, Texas, on Nov. 27, 1964. Gary and Glenna made their home in Elk City and attended Sayre Junior College for two years, where Gary obtained his associate degree in education.

In 1968, the couple moved to Stillwater, Oklahoma. He attended Oklahoma State University and worked full time on the Allen Dean Dairy Farm. He graduated in 1970 with his bachelor's degree in agricultural education.

Gary's first job was in Coyle, Oklahoma, where he remained for two years before moving to Cheyenne to be closer to family. It was at Cheyenne that Gary completed his 36-year career.

After his retirement, Gary and Glenna moved to Elk City where Gary enjoyed collecting and restoring John Deere tractors, spending time with family and working in the yard. During his declining health, he also enjoyed watching John Wayne movies.

Throughout his life, Gary was active in the National FFA Organization and farming. He loved to read history and *National Geographic* magazines. He was also very patriotic. Besides his family, Gary's passion in life was attending his Bible school class.

He was an educator that saw his profession as more than just teaching students. He viewed his role as being a positive influence in kids' lives. Gary tried to instill life lessons and values in every student he taught.

Gary was a member of the Cheyenne Kiwanis Club and a volunteer on the Cheyenne Fire Department for 30 years.

He was also quite proud of his heritage and his membership in the Citizen Potawatomi Nation.

He was preceded in death by his parents and one granddaughter, Faith Elizabeth Bidy.

Gary is survived by his wife, Glenna, of the home; three children, Wayne Kirk and wife, Lisa, Weatherford, Susan McElhane and husband, Evan, Weatherford, and Bob Kirk and companion, Jenny Jones, Elk City; seven grandchildren, Brandon Kirk, Trey Bidy, Tyler Kirk, Jake Bidy, Braxton Kirk, Hailey Kirk and Jaxon Gamble; one brother, Rick Kirk and wife, Lou, Elk City, and a host of other relatives and friends.

Joyce Lee Waddell

Joyce Lee (Boyd) Waddell was born April 11, 1935, at home in the Capitol Hill section of Oklahoma City, Oklahoma, to John and Pearl Boyd. Being that her parents were ministers of the Gospel, they moved to many places in Oklahoma and Texas. She attended Wheeler Elementary through the sixth grade and graduated from Cordell High School in 1953. She met and married Kenneth Waddell of Weatherford, Oklahoma, and they moved to Massachusetts where Kenneth served in the U.S. Army. They had four children and lived in Oklahoma City until her passing on Aug. 16, 2020. She loved her children and supported them in all that they did. She worked at various daycares as a teacher but spent 50+ years teaching 2-year-olds the stories of Jesus at Putnam City Baptist Church. This was her love and passion. She believed that Jesus was her Savior, and her desire was that everyone would come to know Him and light their world.

She is survived by her four children: Bobby Waddell and wife Denise, Karen Waddell, Brenda Cover and husband Jeff, and Greg Waddell; three grandsons, Colin and Clayton Waddell and Braden Cover; brother, Bob Boyd; as well as several cousins, nieces and nephews. A memorial service was held Aug. 19, at Putnam City

Baptist Church. In lieu of flowers, donations may be made to Putnam City Baptist Church Children's Ministries or Olivet Baptist Church Children's Ministries.

LaVena Mayo

LaVena A. Mayo was born June 23, 1933, and left this Earth on Aug. 11, 2020. LaVena was preceded in death by her parents Alice Josephine (Pambogo/Peltier) Ward Smith and Benjamin K. Ward as well as former husbands Ollie Moore and Julian Mayo.

LaVena's grandparents were John Baptiste Pambogo and Caroline Peltier.

LaVena is survived by one sister, Jo Merrill (Wiley); three daughters, Donna Loudermilk, Benni Smith (David) and Peggy Tucker; grandkids, Neil Loudermilk (Tara), Darren Loudermilk (Sandi), Melissa Smith Hodgson, Bubba Smith (Becky), Adrienne Wilhelm, Alecia DeVera and Angie Tucker; great-grandchildren, Garrett Loudermilk, Sydney Loudermilk, Carter Loudermilk, Griffin Loudermilk, Montana Miller, Hannah Hodgson, Evan Hodgson, Jhett Autry, Cassidy Lu, Jordan Lu and several others.

LaVena will be in our hearts forever.

Marilyn Richardson

Marilyn Dolphene Richardson was born on Aug. 20, 1935, in Oklahoma City, Oklahoma, to George and Ina Barrett. She left this earth to meet Jesus, her Savior and Lord, on May 27, 2020.

Marilyn worked for Kern County, California, retiring after 19 years of service with the welfare department. After she left the county, she worked as a church secretary and for car rental agencies as a driver, which she dearly loved to do. She also worked during the elections as a poll supervisor and trainer. She was proud of her Native American ancestry and was honored to be a member of the Citizen Potawatomi Nation in Oklahoma. She loved going to Disneyland, taking cruises, gardening and tending to her flowers. She deeply loved her family and friends. She was a member of Canyon Hills Assembly of God Church and had been a Christian since giving her life to Christ at 9 years of age.

Marilyn was preceded in death by her parents, her sister, her husband, Norwood Richardson, and her youngest son, Glenn Richardson. She is survived by her eldest son, Keith Richardson; her sister's son, Jimmy Walton; her cousin, Paula McGee, who she looked on as a daughter; and her daughter, Hope Riley, who she looked on as being a granddaughter. Plus, many other unmentioned family and friends.

1 Corinthians 5: 6-8 (NASB)

Therefore, being always of good courage, and knowing that while we are at home in the body we are absent from the Lord — for we walk by faith, not by sight — we are of good courage, I say, and prefer rather to be absent from the body and to be at home with the Lord.

William "Tom" Hinton

William Thomas "Tom" Hinton was born July 21, 1964, in Tulsa, Oklahoma, to Bill and Rena Hinton. The family moved to Enid when Tom was 6 years old, and Tom graduated from Enid High School in 1982. He married Tracy Ragan on Dec. 12, 1992, in Pond Creek, Oklahoma. They had three children, Serenity (and Anthony) Hooper, Josh Hinton, and Natasha Hinton. Tom walked on in his home on Aug. 18, 2020, after a long and courageous battle with esophagus cancer.

Tom was a talented musician and, other than his family, loved

nothing more than "hanging with his bros" and playing music. He was also very proud of his Native American heritage and enjoyed learning more about it.

Tom is survived by his wife, Tracy, of the home; his three children, Serenity and husband Anthony of Oklahoma City, Josh of Pond Creek, and Natasha of Allen, Texas; two grandchildren, Blaze and Zoey Hooper; two sisters, Diana (and Danny Easterly) of Pond Creek and Hiley Hinton of Oklahoma City; and his stepmother, Dee Hinton of Oklahoma City. He was preceded in death by his father Bill Hinton, his mother Rena Easterly and his stepfather Arnold Easterly.

In lieu of flowers, the family asks that donations be made to help with expenses or to Hospice Circle of Love. The family would like to thank Alicia, Tara, Lynn and everyone at Hospice Circle of Love for their help in the last few weeks.

Zilaphine George

Zilaphine Watson George, 59, passed away on Friday, May 29, 2020, at the Longwood Nursing Facility in Booneville, Mississippi. She was a homemaker and enjoyed dancing, crocheting and spending time with her family and friends. She was a veteran of the U.S. Army.

Funeral services were held at Waters Funeral Home on June 3, 2020. Bro. Terry Etheridge and Bro. Douglas Kitchens officiated followed by a burial in Kirkville Cemetery.

She is survived by her husband of 24 years, James George; mother, Zadie Holloway-Watson; daughters, Kristanna Andras and Marjorie Nixon (James); step-daughter, Amy Page (James); son, Charles Nixon (Tatum); step-son, Andy George (Theresa); brothers, T. C. Watson, Lee Watson, Emmett Watson and Michael Watson; grandchildren, Jessica, Taylor, Tyler, Nathaniel, Solona, Harmoni, Hayleigh, Rikki, Sapphire, Mark, Zadie, Andrew, Jerome, Rick, Allie, Charles, Willie and Natalie; a new great-grandbaby, Kairi, born in September; and a host of other family and friends.

She was preceded in death by her father, Bonnie Watson and a brother, Allen Watson.

Pallbearers were William Gingery Jr., Andrew Andras, Jerome Andras, Benji George, Kenny Parker, James Higginbotham and Jeffrey Gingery.

Submitting obituaries

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

hownikan@potawatomi.org

CPN burial assistance through Tribal Rolls

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

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

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