



HOWNIIKAN

Zawbogyagises | September 2019

Top photo: A hot air balloon pilot prepares for take off during the 2019 FireLake Fireflight Balloon Festival near Shawnee, Oklahoma.

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Walking on



OIGA offers rebuttal to Stitt's stance on compacts

By Lenzy Krehbiel-Burton

With tribal gaming compact terms dominating headlines, hundreds of elected leaders and industry officials packed the Cox Business Center in Tulsa, Oklahoma, for the Oklahoma Indian Gaming Association's annual conference.

Speaking before a full house at a July 24 panel on the state of Oklahoma's tribal casinos, OIGA officials reiterated their support for the current compact and its benefits for the state's 31 gaming tribes.

"This compact has been good for everyone. Larger tribes, smaller tribes. More urban tribes and rural tribes. The eastern side of the state and the western side of the state. Everybody's gotten better under this," said OIGA chairman and Chickasaw Nation citizen Mike Morgan.

"I don't get why someone would want to tinker with it. On a per capita basis, we are the highest paying exclusivity fee state in the nation."

The conference and Morgan's comments come in the immediate aftermath of an announcement by Gov. Kevin Stitt that his office believes the state's Class III gaming compacts will expire on Jan. 1 unless they are renegotiated.

In accordance with the Indian Gaming Regulatory Act, Class III compacted games in Oklahoma include slot machines, craps, roulette and house-banked table games such as blackjack. Class II gaming, which includes electronic bingo and pull-tab games, is not subject to the compact. The current compacts do not include provisions to allow for sports betting or online gambling.

Tribal leaders received written notification of the state's desire to renegotiate in early July, followed by a July 8 op-ed in the *Tulsa World* from Gov. Stitt, which also indicated that he wants tribes to pay higher exclusivity fees.



In the op-ed, Stitt claimed that most tribal compacts nationwide have exclusivity fees of 20 to 25 percent. The exclusivity fees for Oklahoma's 131 tribally operated casinos max out at 6 percent, producing a \$134 million payout to state coffers in 2017 alone.

However, OIGA's general counsel Dean Luthey reminded conference attendees that the U.S. Department of Interior must approve any new compact language, and more than 100 gaming compacts of the 276 agreements nationwide call for zero exclusivity fees.

He also reiterated that the compacts have been modified amicably since their implementation in 2004, including the 2018 addition of ball and dice games such as craps and roulette in the wake of a statewide teacher walkout.

"The ball and dice experience is a valuable one for us to remember," Luthey said. "The compact was amended — imagine that! It was amended without a civil war."

During the course of the conference, Citizen Potawatomi Nation Tribal Chairman John "Rocky" Barrett and leaders from 28 other federally recognized tribes signed a joint letter to Gov. Stitt reiterating their position that all of the compacts will automatically renew on Jan. 1 thanks to an evergreen clause.

The letter also restates the tribes' opposition to increasing the exclusivity fees as suggested by the state and asks for an actual copy of Gov. Stitt's proposed new compact language. Although the governor has made public references to higher exclusivity fees in other states, including the 13 percent that will be initially assessed on revenue from Arkansas' pending Cherokee and Quapaw casinos, he has not given any actual specifics on how big of an increase he wants or what concessions he would be willing to make in exchange for a higher exclusivity fee.

"It's hard to respond to something we don't have," Morgan said. ♡

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Potawatomi leader *Wabaunsee* remembered for his prowess in battle and impact on 19th century Indian Policy

Wabaunsee, born *Naksés*, was a powerful and influential headman among the Potawatomi, Odawa and Ojibwe villages of Illinois and Indiana. With a reputation that preceded him, *Wabaunsee* was not only a noted veteran of the Osage Wars, Battle of Tippecanoe, and War of 1812, but also an esteemed religious leader within the ancient *Midewiwin* Medicine Lodge.

Openly opposed to American expansion, yet understanding the need to delegate for peace and the survival of his people, his name appears among numerous treaties signed between the United States and the Potawatomi. *Wabaunsee* steered removal negotiations for the United Band of Chippewa, Ottawa and Potawatomi, and led the villages of Illinois and Wisconsin to a new reservation in Council Bluffs, Iowa, following the Treaty of Chicago of 1833.

Through his lifetime, *Wabaunsee's* many achievements included leading successful war parties and meeting President Jackson. Although he never made it to the Potawatomi reservation in Kansas, a county, municipality and lake in the northeastern corner of the state bear his name.

"Most accounts indicate that *Wabaunsee* was born between 1747 and 1765. He was afforded a traditional upbringing, before foreign settlement and influence permanently changed tribal life," said Citizen Potawatomi Nation Cultural Heritage Center Curator Blake Norton. "He endured the customary rites of passage for Potawatomi men, becoming a skilled hunter and warrior at a young age."

Potawatomi have always held skilled soldiers in high esteem. Despite his quiet demeanor, *Wabaunsee* built a reputation as a talented fighter and gifted archer from an early age.

"His father *Wabskum* and older brother *Mkedépeki* were both famous warriors, motivating him to take the same path," Norton said. "He was extremely ambitious and opportunistic; characteristics that helped seal his legacy."

Spirituality

The Potawatomi traditionally hold high respect for leaders with divine connections, and *Wabaunsee* held a reputation as a medicine man in the *Midewiwin*, the Grand Medicine Society.

"It's understood that he was a high-ranking *Mide*," Norton said. Each degree or rank comes with special knowledge and training.

"*Wabaunsee's* metaphysical powers would have helped him in battle," he added.

Osage

Wabaunsee held the rank of a brave amongst the Potawatomi, Chippewa, Odawa, Sac and Fox, Kickapoo, Delaware, Shawnee, Menominee and others, and often participated in or lead war parties against enemies like the Osage.

"Given their close proximity (Missouri/Illinois), the Osage and Potawatomi disputed over territory, resources and position in western trade networks that grew into a cycle of retaliatory attacks. In the 1750s, when the Potawatomi were at war with the Illinois, the Osage gave aid

to the Illinois, becoming formal enemies of the Potawatomi. These tensions were exploited by Spanish officials in the 1790s, as Potawatomi mercenaries were contracted to rid the Louisiana Territory of Osage raiders," Norton said.

During one of the excursions into Osage land, *Wabaunsee* stepped up, proving his bravery when the other leaders refused.

"They had traveled to western Missouri in hopes of returning with war prizes ... horses, captives and scalps," Norton said.

By the end of the trip, most warriors decided to give up, but *Wabaunsee* protested returning to the Great Lakes region without at least one symbol of triumph. As the group approached a fort operated by Pierra Chouteau where Osage warriors were seeking refuge, *Wabaunsee* decided to enter the facilities through a small porthole at night. To fit in the tiny space, he left his rifle behind and entered the fort with only his tomahawk.

Once inside, *Wabaunsee* found a building where many Osage warriors slept, including the infamous Big Buffalo Osage. With protuberances on his head that resembled the horns growing on a calf, some acknowledged the Osage warrior as having supernatural powers.

"His deformity was recognized as a symbol of divine purpose," Norton said. "Neighboring tribes knew of the Big Buffalo Osage and his powers. It was just luck that *Wabaunsee* found him."

Wabaunsee struck Big Buffalo Osage with his tomahawk, and with each blow, the Buffalo Osage yelled in pain that awoke everyone in the structure. Once awake, the Osage cried for their leader who was bleeding. They began pushing and shoving, trying to capture *Wabaunsee* without success. Once the Potawatomi leader seized an Osage scalp, he escaped back to safety through the porthole.

According to an article written by 19th-century Potawatomi leader Joseph Napoleon Bourassa, although *Wabaunsee* proved successful in every war expedition, he regretted wounding the Buffalo Osage. Bourassa served as an interpreter for *Wabaunsee* on numerous occasions and compiled a biographical article to remember the leader's influence.

Name change

Although born *Naksés*, meaning Shining Sun, he received the name *Wabaunsee* to reflect his aptitude. During one Osage raid, *Wabaunsee* lost a close friend and wanted revenge. He approached a camp of Osage, killing many and taking around 40 captives. From this, he received his warrior name *Wabaunsee*, which means Break of Day or He Causes Paleness.

Another story describing his name change occurred after he received wounds while attacking a supply vessel. Once slightly healed, *Wabaunsee* desired retribution.

"After several days of attacking the countryside, *Wabaunsee* decided to steal some horses from a local farm," Norton explained. "As he was leaving with the horses, he was followed by most likely the owner, who he attacked and killed. He would later describe that when he killed a man, their spirit faded from them as they turned pale like dawn."



Wabaunsee's name represents his ability to successfully strike against his enemies.

War of 1812

Knowing *Wabaunsee's* skill and leadership, the Shawnee leader Tecumseh asked his help in rallying Native forces in his region against American encroachments.

"Tecumseh approached many war leaders at this time, in an effort to build an intertribal force to march on key regional locations and eventually Canada," Norton explained.

By bringing Native troops together under one mission, Tecumseh and his brother, the Prophet, hoped to keep the remaining Native lands from settlement.

In September 1811, *Wabaunsee* successfully led an attack against William Henry Harrison's supply on the Wabash River. He also directed Potawatomi warriors, alongside leaders like *Shabbona* and *Winamac*, during the Battle of Tippecanoe later that fall.

Throughout the early 19th century, Potawatomi communities often had to make decisions based upon what was best for their specific area and circumstance. *Wabaunsee* and several other Potawatomi leaders held neighborly relations with nearby settlers. Because of these relationships, during the Battle of Fort Dearborn, *Wabaunsee* assisted and protected fur trader John Kinzie and his family.

"It's speculation, but it could have been personal relationships and/or him simply wanting to assist his brother, Black Partridge, in saving local settlers," Norton explained.

Although the Potawatomi leader supported some of Tecumseh and his brother, the Prophet's, platform of holding back the Americans, *Wabaunsee* disagreed on many key issues.

"When asked if he was saddened or disappointed to hear of Tecumseh's death, he said no," Norton explained. "*Wabaunsee* described that Tecumseh's political views were geared only toward fighting and war. Despite the cause, Tecumseh was always ready for battle."

US relations

"*Wabaunsee* understood that amicable relations with the U.S. were necessary," Norton said. "That's why he was party to so many treaties. He wanted to represent his Nation, and as a delegate, he could hold both his people and the U.S. government accountable to each treaty's terms."

Nineteenth century Potawatomi leader Bourassa wrote of *Wabaunsee's* decisiveness and reserved, yet shrewd, approach with the federal government.

"These qualities made him a first rate diplomatist in treaty making. There never were sufficient barriers in his way to thwart him from executing any projects he might have in view," Bourassa wrote.

In late fall 1836, *Wabaunsee* met with President Andrew Jackson. Although support for the meeting was difficult to procure, the Potawatomi leader refused to wait for fair weather.

"*Wabaunsee* stated that he did not belong to the president and should not be restricted to meet with him, as he considered them to be equals," Norton explained. "He had an urgent message for President Jackson and that is why he ignored invitations to meet in the summer. This small statement has a lot of impact. It shows that *Wabaunsee* understood how important he was to his nation."

In November 1845, *Wabaunsee* visited Washington D.C. a second time to discuss a potential new treaty and represent the Potawatomi at Council Bluffs. The government desired all the Potawatomi removed west to consolidate on one reservation in present-day Kansas. Records indicate he was around 80 to 90 years old when he made the journey. Sadly, on *Wabaunsee's* return to present-day Iowa, his stagecoach crashed, and his injuries ultimately resulted in his passing.

"His death was a shock to the whole nation — it had seemed as though he never was to die, by his calculations and the sayings of the people," Bourassa wrote of *Wabaunsee*. "He was the strongest man in our national councils, and was as a serpent in Indian diplomacy and national affairs in general, and a master judge of human nature."

Tour the Citizen Potawatomi Nation Cultural Heritage Center's gallery *Treaties: Words & Leaders That Shaped Our Nation* to learn more about *Wabaunsee* and this period in Potawatomi history. ♡

Citizen Potawatomi artist uses new canvases for 2019 FireLake Fireflight Balloon Festival

For its third year, organizers of FireLake Fireflight Balloon Festival decided to crack a few eggs when creating the gifts for the visiting balloon pilots. Citizen Potawatomi Nation artist Charles Clark — whose Potawatomi name is *Kiktode* — was tasked with painting each balloon on a new type of canvas than in previous years.

After months of trial and error, Clark settled on ostrich eggs sourced from a reputable online vendor as the setting for the gifts. In prior years, Clark has offered his artistic skills to the balloon festival, like in 2018 when he painted more than 30 different river rocks with individualized portraits of the FireLake Fireflight balloons.

“We’ve done river rocks in the past, but we wanted to try and go in a new direction,” Clark said. “The eggs we used were unfertilized, but the process for painting them was similar to last year with the rocks.”

To prepare the 29 pieces of art, Clark took extra care with each step including cleaning, priming, painting the balloon portrait, and sealing the egg. There are no specific tools made to hold ostrich eggs for painters like Clark. So, he created his own version that steadied each egg by balancing the ends via small holes in the bottom and top of the shell.

“He’s a Potawatomi artist, and this is a Citizen Potawatomi-sponsored event.



Charles Clark – Kiktode – with the FireLake Balloon egg.

The Tribe is very supportive of having its members and employees featured where they can, and given Chuck’s talent and ability to handle such a large project, it was an easy choice to work with him again,” said FireFlight Balloon Festival’s Kelley Francen.

This year, Clark painted 25 eggs. He estimated that, from start to finish, the process took five to six hours per egg. Each egg is approximately 6 inches long and almost 5 inches wide.



CPN member Charles Clark’s 25 hand-painted eggs capture the magic and fun of the FireLake Fireflight Balloon Festival.

In addition to the eggs, Clark was inspired to add to his significant artistic output by painting his interpretation of the FireLake Fireflight Balloon Festival on canvas titled *Discombobulated*. Inspired by the 1930s science fiction magazine *Amazing Stories*, the painting shows the matte black eggs prior to their painting. The balloons capture the artist’s unique take on the FireLake complex near Citizen Potawatomi Nation’s headquarters.

“I’ve been inspired by those magazines for a while, but the festival and use of

the eggs as a new medium reminded me of those pulp fiction classics,” Clark said. “I care more about the art, and this was a way for me to contribute that to the Tribe’s endeavor.”

In addition to being a Tribal member, Clark serves as the director of the tribal rolls department at Citizen Potawatomi Nation. As an artist, he produced more than 150 paintings to date that incorporate contemporary, dystopian imagery. To learn more Charles Clark’s art, please visit kiktode.com. ♡

Citizen Potawatomi Nation hosts lacrosse event at OBU on Sept. 22

As the weather cools, Citizen Potawatomi Nation is set to host a lacrosse exhibition at Oklahoma Baptist University’s Lacrosse Complex. All local youth interested in taking up North America’s original sport are invited to attend the Lacrosse Exhibition Day on Sunday, Sept. 22. The event will include an instructional clinic and exhibition lacrosse game. CPN hopes to recruit players to restart its youth lacrosse program. The event is free and open to the public.

Although lacrosse has Native origins, the program is looking for players of all ages and genders, whether Native American or not. The game’s genesis began with tribal people stretching as far south as the Gulf of Mexico to Canada in the north, but it was most popular with those located east of the Mississippi River.

The Potawatomi played *pegnegewen* (stickball) on mile-long fields with games lasting a few hours to an entire day. A single 15-foot goal post with a line drawn halfway up stood at each end of the field. Players received one point for hitting the pole itself and two points if the ball struck a line painted on it. The Potawatomi players typically used a stick longer than 2 feet with a netted circle at the end. These were often made of steamed hickory shaped to hold the netting. Balls made from leather and hides were the focal points of the game, tossed from player to player at

the goal posts to score. In some respects, Potawatomi *pegnegewen* resembled many of the techniques of modern day lacrosse.

While only men played *pegnegewen*, females played a similar game called *péski’a*, or double-ball.

The game spread throughout the northern and eastern states of the U.S. Different versions emerged in places like Indian Territory, where tribes from across the continent were forcibly removed. In Oklahoma, as mixed tribal people interacted, the games they brought from their varied ancestral homes began blending. Seminoles, Creeks and Choctaws from the Southeastern U.S. brought their two-stick version of the game to the areas where they lived, while the single-stick version of Sauk, Fox and Potawatomi were brought south from the Great Lakes.

Today, members of the Potawatomi Leadership Program sometimes participate in exhibition stickball games against players from Oklahoma tribes, typically playing with two shorter sticks of the Southeastern version.

The Sept. 22 exhibition is an attempt to restart a lacrosse program for youth in the Pottawatomie County area, regardless of whether the players are tribal members or not. Brad Peltier, a CPN tribal member, employee and lacrosse coach, is helping spearhead the event.

Citizen Potawatomi Nation to hold a lacrosse demonstration and recruiting drive at Oklahoma Baptist University on Sept. 22 for all local K-12 youth.

“I encourage all youth to give lacrosse a try, especially if they are still looking for a niche sport or have played more widely played sports like football or basketball,” Peltier said. “It is truly the most exciting game kids will play and parents will enjoy watching. The Tribe is here to support a program like we have in the past and help kids have fun learning the game.”

The clinic and exhibition takes place at the OBU Lacrosse Complex, located on Raley Drive Extended, north of the university’s main campus. Coaches,

players and staff will give interested students in grades K-12 demonstrations and instructions on how to play. Sticks and equipment will be provided for those new to the game, and both boys and girls are encouraged to participate. Following the clinic, participants and spectators will watch two teams compete in a lacrosse exhibition game.

For more information, call 405-275-3121 or email lacrosse@potawatomi.org. ♡

Hank Williams Jr. show at FireLake Arena breaks records

Outlaw country artist Hank Williams Jr. visited Citizen Potawatomi Nation July 19, 2019, bringing thousands of fans to FireLake Arena. His performance marks the largest event ever hosted at the facility.

“We’re bringing in acts that are putting us on the map,” said David Qualls, FireLake Arena general manager. “Because of who Hank Williams Jr. is, he’s the single biggest entertainment act to ever come to Shawnee, as far as the star power.”

Ticket sales spanned coast to coast, and FireLake Arena collaborated with Oklahoma City-based radio station 99.7 Hank FM to make the evening a success. The station was the title sponsor of the tailgate party and presented musical acts before and after the headlining show. For an additional \$25, attendees enjoyed a climate-controlled tent and performances by the Jackson Tillman Band, Erin James and Adam Fisher.

“As soon as we hit the stage, I could feel it. The crowd was ready to party, and you just knew that it was a Hank Jr. crowd. So, it was fun from the time we got onstage from the time we got off,” said Jeremy Studdard, front man for the Jackson Tillman Band whose set kicked off the 99.7 Hank FM Tailgate Party. “It was definitely something that was on my bucket list was doing a show with Hank Williams Jr., and we were fortunate enough to actually see him ... and be around him for a brief minute.”

Although Hank Williams Jr. recently turned 70, he does not let his age define him. He delivered a top-notch, high-energy performance at FireLake Arena.

“Hank brought all of his rowdy friends, and they were spectacular. The crowd was absolutely dynamic,” said FireLake Arena Media Marketing Manager Amie Nolen. “They were energized the entire set, and then after the show, they came right back to the tailgate party to have more fun.”

Because of FireLake Arena’s location, entertainment and dining options abound. From pizza and fry bread to bowling and gaming, there is something for those of all ages to enjoy. Instead of leaving the Tribe’s FireLake complex, nearly 900 tailgate ticketholders arrived early and stayed late, enjoying the vast options for fun.

Under Qualls’ direction, goals for FireLake Arena include helping increase sales at numerous CPN-owned enterprises.

“It’s important that we keep that commerce turning,” he said. Qualls emphasized that when customers add dollars into CPN’s economy, the return on investment into the communities surrounding the Tribe increases.

Upcoming events

FireLake Arena welcomes British rock band Deep Purple On Sept. 20, 2019, with opening performances by Pat Travers and Joyous Wolf. The arena



Hank Williams Jr. performs for a sold-out audience.

and popular Oklahoma City radio station the KATT-FM collaborated to deliver a full weekend of entertainment. Before the show, the KATT-FM will attempt breaking the world record for largest electric guitar ensemble strumming *Smoke on the Water*.

On Saturday, Sept. 21, FireLake Casino is hosting its 15th annual car show starting at 1 p.m. Popular American music historian and radio personality Eddie Trunk will serve as the official spokesperson for the events on Friday and Saturday. Additionally, Moore, Oklahoma, based Fort Thunder

Harley Davidson is giving away a motorcycle during the car show.

“It’s a reason to get them in here, give them value for their dollar, and somebody is going to walk away with a Harley motorcycle,” Qualls said.

All Deep Purple ticket buyers will receive entries to win the motorcycle as well as FireLake Casino and FireLake Grocery Store patrons.

Stay up to date on all FireLake Arena events online at firelakearena.com. ♠

Play It Loud brings home an Emmy

The National Academy of Television Arts & Sciences Heartland Chapter awarded a *Play it Loud* episode featuring Levi Parham an Emmy in the “Interview or Discussion” category.

The series, produced by the Grand Casino Hotel & Resort in collaboration with Outsiders Productions, features streamable episodes sharing the experiences, music and lives of rising Oklahoma musicians.

Show host Adam Hampton speaks with each artist about their life and experiences that put them on their current musical path. Conversations between Hampton and the artists are interspersed with performances by each episode’s featured performer, with the host’s narration serving as an overarching thread.

The Emmy-winning episode features McAlester, Oklahoma’s Levi Parham, an Americana and blues artist whose third album *It’s All Good* will follow on the success of his first two albums: *Okie Opera* released in 2013 and his 2016 record *These American Blues*.

Play it Loud host Hampton said it is “hard not to smile listening to (Parham’s music); it sounds like every good party you’ve ever been to that might involve a campfire or lake or pool hall.”

The success of the program relies on Hampton’s ability to draw out the stories behind the musicians and their songs, all while allowing the artists to describe to the audience where they came from and hope to go.

“Levi has a way about him that makes him instantly likable in and effortless



Play It Loud — (from the left) Chad Mathews, Levi Parham, Jason Alexander and Adam Hampton.

and honest manner,” said *Play it Loud* Producer Chad Mathews. “I think his music reflects that as well ... pairing that with Adam’s conversational interview style made for a special episode.”

The interview with Parham illustrates that the series is as much about the Oklahoma experience as it is about the artist. During the episode, the eastern Oklahoma native goes into detail about growing up in Oklahoma and explains how that influences his songwriting.

“Every small town kid living in rural America dreams of going to places like LA or New York, searching outside of this little space,” Parham said. “Come to found out years

later, or at least I did, there is really cool stuff right in your back yard.”

The series, conceptualized by Chad Mathews and Adam Hampton, serves as a way to feature musical acts that may now attract bigger media outlets.

“We were looking for a way to create unique, branded content within the entertainment field,” Mathews said. “We came to the conclusion that this would be a way for us to create something that seemed to be missing in our market. Ultimately, we have been able to use *Play It Loud* as a vehicle to connect with the community, support the arts and drive brand awareness for the Grand Casino Hotel & Resort.”

In doing this, Hampton and Mathews also sought to provide a positive outlet for the musicians’ exposure in the local community. A unique aspect of *Play it Loud* accomplishes the latter; featured artists from the series perform at the Grand Event Center while the proceeds from the concert benefit Oklahoma nonprofits that support and uplift artists in need across the state.

“The concept of a web and community-based music and concert series is authentic. It’s new. It brings everything together: music fans, musicians, community, and charity,” added Mathews. “It breaks through that noise.”

Play it Loud examines different kinds of musicians in a documentary-style interview series that highlights their journey as artists in Oklahoma and around the world.

“Our approach was that maybe part of the appeal of our series was that I could come at it from a different perspective and compare some battle scars, which makes sense because the beauty of trying to address multiple genres of music is to maybe introduce people to something they don’t normally listen to,” Hampton said.

The team recognized with an Emmy includes Chad Mathews, producer; Adam Hampton, writer, host; Kenny Pitts, producer; and Jason Alexander, director of photography, editor.

To watch the series, find ticket information and learn more, visit grandresortok.com/playitloud. ♠

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2019 Potawatomi Leadership Program final projects and reflections

The 10 members of each Potawatomi Leadership Program class are required to present a final project, which is a major goal of their time with Citizen Potawatomi Nation. Considering their interests and future endeavors, CPN Education Department Director Tesia Zientek and PLP Counselor Randy Bazhaw pair the students at the beginning of the internship to create a new concept for the Tribe. This year's class took inspiration from time at the CPN Eagle Aviary, community garden, FireLake Golf Course and more.

Science Technology and Indigenous Cultures Center: Liam Wrixon and Kay-Sha Perkins

Liam Wrixon, a freshman at Spokane Falls Community College, and Kay-Sha Perkins, a sophomore at Florida State University, both love animals and science. After debating between a Tribal veterinary clinic and something similar to a science museum, they proposed the creation of a Science Technology and Indigenous Cultures Center, or STICC.

Meant to combine different fields of science with aspects of Potawatomi culture, their center proposes a unique experience for all visitors. An event space, rooftop garden, planetarium and exhibition halls make up the museum.

"These ideas can stem specifically from Potawatomi-related teachings such as having our Tribe's constellations be the exhibit for the Planetarium," Perkins said. "This way, we can open various doors for kids to learn about their history and about STEM topics in a fun way."



The 2019 Potawatomi Leadership Program class hold their eagle feathers gifted to them after completion of their final presentations.

They focused on outreach when considering programming, which included frequently requesting presentations from different departments on various traditions with a tie to science. Their plans incorporated a space for eagle aviary demonstrations as well as classrooms for craft making and summer camps.

"The Tribe is extremely committed in helping its people and keeping Potawatomi culture alive and thriving. The STICC would let the aviary, and many other programs or activities, reach a larger audience," Wrixon said. "This project would not only promote STEM fields in our communities, but it would also fit perfectly with the Tribe's goal of keeping our culture alive and well."

Their presentation outlined possible locations for the building, the beginnings of a budget outline and information on possible grants to assist in construction and maintenance costs.

Menwénma (Love like a Spouse) Weddings: Jaclyn Michener and Rachael Sanders

Sports journalism major Rachael Sanders and middle-level education major Jaclyn Michener brought organizational skills to their project, *Menwénma* (Love like a Spouse) Weddings. The town nearest CPN, Shawnee, Oklahoma, offers a few locations for these types of ceremonies, but adding a nice venue at the Nation holds serious business

potential. They selected FireLake Golf Course as the main option, which has held weddings in the past.

"We chose this project because it is a good idea that has already been done, but we wanted to expand on it and make it more of a business that is used on a regular basis," Sanders explained. "This is also something to hopefully get younger Tribal members in the area more involved with their Tribe and learn about where they come from."

They both agreed that planning a wedding presents an incredible amount of stress, and they approached *Menwénma* with the concept of CPN as a one-stop shop for the occasion's necessities.

"Citizen Potawatomi Nation has almost all the resources that are needed to contribute to a celebration by using the resources CPN already possesses to keep business within the Tribe and prioritizing Tribal members' businesses to fill in the gaps of resources we do not have," Michener said.

They showed a website mock-up with six wedding package options, one to fit every size and taste. They brought together portions of services offered at the Grand Hotel Casino & Resort, golf course, FireLake Discount Foods and entertainment venues to cover catering options including a cash bar, a cake, lodging, spa services, DJ, seating, and bachelorette and bachelor parties.

Their highest predicted revenue for 20 weddings a year totaled more than \$100,000.

Continued on page 7

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Vaccines part of back-to-school routine for Oklahoma children

By Lenzy Krehbiel-Burton

For many children across Oklahoma, back to school season generally means a new backpack, a new pair of shoes and a visit to the doctor's office for a new round of vaccines.

In an effort to minimize the risk of an outbreak, the State of Oklahoma has required students to be immunized against certain diseases before attending any public or private school since 1970.

Entering the 2019-2020 school year, Oklahoma's mandatory immunization list for incoming kindergarteners includes measles, mumps, rubella, tetanus, diphtheria, pertussis, varicella, polio, hepatitis A and hepatitis B.

Oklahoma law does allow parents to apply for an exemption to the mandate on religious, philosophical or medical reasons. However, the exemption request is subject to approval by the Oklahoma State Department of Health, and exempt students may be required to stay home if a disease outbreak strikes a community.

According to 2017-2018 data published by the OSDH, 91 percent of public school kindergartners and 84 percent of their private school counterparts were fully vaccinated. About 6 percent of private school kindergartners and 2 percent of public school kindergartners had at least one exemption.

In Pottawatomie County, the rate was even higher, with 94.6 percent of all kindergartners completely up to date on immunizations.

A registered nurse with Citizen Potawatomi Nation's Health Services, Lisa Vernon has administered multiple vaccines over the years to area children and teenagers. To help alleviate the anxiety that many of her patients experience, she keeps



Oklahoma's mandatory immunization list for incoming kindergarteners includes measles, mumps, rubella, tetanus and other preventable diseases.

of a pocket full of treats on standby and is upfront about what the experience entails.

"I am honest with them that it'll sting," she said. "If you calm the muscle, the better it's going to feel. I let them know it'll help keep them healthy and that it is OK to scream or cry. Breathing helps with relaxing as well. I sometimes try to have them think about something else."

She also encourages parents of younger children to bring a book, security blanket, stuffed animal or some other small distraction with them to help minimize any stress.

Although the required vaccine list covers 10 different diseases, incoming kindergartners are getting 10 shots at a time.

A two-dose vaccine cocktail for measles, mumps and rubella is among the required immunizations to start school in Oklahoma. When both doses are

administered, the vaccine is 97 percent effective at preventing the diseases, according to the Centers for Disease Control. It is recommended that children get the first dose between 12 and 15 months of age, with the second dose given between the ages of 4 and 6 years old.

Another three diseases — tetanus, diphtheria, and pertussis, or whooping cough — are also addressed via cocktail. An additional Tdap booster is required at age 11 or no later than entering the seventh grade.

Two additional optional vaccines are available at age 11 as well, one for meningococcal disease and another for the human papillomavirus. Meningococcal disease first shows flu-like symptoms then quickly worsens as it infects the blood stream, brain and spine. It can be contracted through kissing, sharing drinks or other activities with exposure to a saliva-borne bacterium. If

inoculated at 11, the CDC recommends an additional booster shot around age 16.

A separate meningococcal vaccine is also available for teenagers and college students in their early 20s who will be living in dormitories and considered at high risk for contracting the disease. It is a two-dose series with each dose taken one month apart.

HPV is the most common sexually transmitted infection in the United States and a leading cause of cervical cancer. As per the CDC, an estimated 79 million Americans have at least one strain of HPV, with 14 million cases contracted each year. More than 200 different strains exist, with two specific types, 16 and 18, accounting for more than 70 percent of all cervical cancer and pre-cancer diagnoses.

If administered before age 15, the HPV vaccine comes in two doses. Three doses are needed for efficacy in recipients older than age 15.

"The main thing is to get the kids vaccinated before they're exposed to the virus," Vernon said. "I'm so proud of parents that say yes to this one. It's been out at least 12 years, and it's growing in popularity."

Neither the CPN Health Services nor the Indian Health Care Resource Center in Tulsa have formal outreach events planned to facilitate access. The latter is offering additional appointment slots in the weeks leading up to the start of school. The CPN's two clinics have a finite number of vaccine doses available on-site and encourage parents to schedule an appointment by calling 405-878-4693.

The Oklahoma City Indian Clinic hosted back-to-school vaccine outreach events in July. Immunizations are still available at the facility via appointment. ♡

Veterans report



Bozho
(Hello),

The Military Health System outlined information and its recommendations when dealing with potentially harmful insects in the hotter months. According to a release from the Military Health System:

"Did you know that there are more than 3,000 species of mosquitoes worldwide? Most of them cause nothing more than an itch. However, three species are primarily the ones responsible for the spread of certain serious diseases. The following serious diseases are mosquito-borne:

"Malaria: In 2017, the World Health Organization reported about 219 million cases of malaria worldwide." I know there were many Vietnam veterans who returned home with this disease.

"Yellow Fever: Tropical or subtropical areas of South America and Africa are known to be yellow fever zones. If you travel to any of these areas, be sure to get vaccinated.

"Zika: The Zika Virus is especially a risk for pregnant women. The areas that are a high risk for it are parts of South America, Central America and the Caribbean.

"West Nile Virus: The leading of mosquito-borne serious disease in the U.S. is West Nile Virus. It starts in the summer and continues through the fall." We have already had cases reported here in Oklahoma this year.

"Reduce your chances of contracting one of these diseases by taking preventative measures for mosquito bites. Here are some ways to prevent mosquito bites:

Wear long sleeves and pants when outdoors, especially at night.

Use an Environmental Protection Agency registered insect repellent.

Sleep in an air-conditioned or well-screened room."

Another serious disease carrier are ticks. The Center for Disease Control says, "Ticks can be infected with bacteria, viruses or parasites. Some of the most common tick-borne diseases in the United States are Lyme disease, Babesiosis, ehrlichiosis, Rocky Mountain spotted fever, anaplasmosis, Southern Tick-Associated Rash Illness, Tick-borne Relapsing Fever and tularemia." And you thought the mosquito was bad.

It also lists other tick-borne diseases in the United States such as the Colorado Tick Fever, Powassan encephalitis and Q Fever. In the U.S., Lyme disease is the most common. According to the CDC, some of the symptoms to watch for are body/muscle aches, fever, headaches, fatigue, joint pain, rash, stiff neck and paralysis.

The CDC recommends decreasing "the tick population by removing leaf litter, mowing or cutting back tall grass and brush, and discouraging deer activity."

For mosquitoes, the center says you should "eliminate standing water; remove, turn over, cover or store equipment; remove debris from ditches; and fill in areas that collect water. Check yourself daily for ticks, and use repellents containing 20 to 50 percent DEET on skin and clothing. For greater protection, use insecticides such as Permethrin."

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

Migwetch
(Thank you),

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

CPN VA Representative:
Andrew Whitham

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

918-397-2566 ♡

Mortgage Buy-Down Program offers home purchase opportunities inside Tribal jurisdiction

CPN Housing Director Scott George has seen it all through nearly three decades of working in tribal housing programs across Oklahoma. Going back to his experiences as a grant writer for the Sac and Fox Nation's Housing Authority to his current role, George is an eyewitness to many well-intentioned housing plans for tribal nations that have gone awry.

One such example was a mutual help program where a tribal housing office would build a home for a tribal member who put sweat equity into it. This "sweat equity," which consisted of cleaning up after the builders or finishing the painting, counted as the homeowner's down payment. The homeowner was then responsible for monthly payments on a 25-year mortgage based on their income.

"The flaw was that the monthly payment had no ceiling," George said in a 2015 *Hownikan* interview. "So if your income went up, so did your payment. People got discouraged because they couldn't save money up and get ahead even if they got better jobs. Some of them quit working and just met the \$25 minimum monthly payment."

Yet tribal housing programs across the country continue to adapt and create programs that work for the people in their immediate communities.

Along with his staff, George believes the new Home Purchase Mortgage Buy-Down Program will provide opportunities for homeownership to

qualifying CPN members where previous initiatives may not have worked.

By combining grant funds from Indian Housing Block Grants with private mortgages, the housing department sees a chance to provide funding for a wider array of homes available for Citizen Potawatomi. After careful consideration and research, the housing department believes they have found a way to assist low-income Native American households with high creditworthiness in the CPN jurisdiction with the purchase of a home.

"Essentially, we want to provide Tribal members living in the CPN jurisdiction affordable homeownership financing opportunities that will ultimately help the quality of life in our communities," said CPN Home Ownership Manager Sherry Byers.

For those who use the program, its funds can help reduce a purchase price on an existing home located anywhere in the CPN's historic jurisdiction in Oklahoma. Prior Tribal housing programs have provided housing using existing stock held by the Nation. The Home Purchase Mortgage Buy-Down Program will offer funding for all qualifying homes in the area's housing market.

If the Tribal member's lender agrees to the mortgage buydown funds, the results for the borrower will be an overall lower mortgage amount owed.

"In practical terms, that's a lower monthly payment," Byers said.



Citizen Potawatomi Nation's Housing Department rolls out a new Home Purchase Mortgage Buy-Down Program aimed at increasing homeownership opportunities for qualifying CPN members.

Borrowers can utilize the One Time Grant Program, which pays toward closing costs or down payments, in conjunction with the Home Purchase Mortgage Buy-Down Program.

The grant is available to all eligible Native American households who qualify and reside within CPN's jurisdiction; however, a first preference for Citizen Potawatomi is given. The maximum amount of assistance available for each homeowner is \$20,000 for homes with a purchase price exceeding \$60,000. For homes under \$60,000, the grant will cover up to 25 percent of the purchase price. All CPN

homeownership programs are subject to U.S. Housing and Urban Development rules and regulations, meaning the household must meet low-income limits and fulfill all requests for information from the CPN Housing Department.

George and Byers estimate that this year's program can serve up to 20 households, with only one qualifying individual per household eligible for the program.

"This means we can't have a mom, her adult child and grandma all apply, even if they live in the same home," George said.

Continued on page 9

PLP continued...

Health through Heritage: Ally Smith and Lilly Lewis

Lilly Lewis and Ally Smith both find medicine fascinating and show interest in pursuing it as a career. During their first week at the PLP, the group met with Community Garden Assistant Kaya DeerInWater and saw *Bodewadmi Widoktadwen Gtegan* (Potawatomi Community Garden) for the first time. He taught them about Native medicines in the form of plants and herbs.

"While we were both amazed while learning about this, we couldn't help but wonder how we did not know about these natural medicines before," Lewis said. "That is when inspiration struck. ... We want to find a way to both inform the CPN public about Native medicine and also provide the community with a physical location in order to utilize them."

Their two-part project includes building a circular medicinal garden representing the four directions as well as a website with information on each of the medicines, what symptoms they eliminate, ecological facts, recipes and photos.

They helped run CPN's *Shkodedeajek* (Those Who Carry Fire in Their Hearts) American Indian Science and Engineering Society chapter's tea making workshop as part of this year's Family Reunion Festival. During an interactive portion of their presentation, they used that knowledge to present the audience with small cups of immune-boosting elderberry tea for tasting.

Smith's favorite part is the potential to help people.

"Not only will we be giving them knowledge on how to help treat issues in a more holistic way, but we will also be helping them connect back to cultural teachings that have been around for centuries," she said. "Plants have been teachers to all, and hopefully, we can open people's eyes to these teachings. Plants have been on the earth a lot longer than humans; we are the younger sibling who must listen to our older siblings."

Bsegwi (He/She Rises Up): Johnathon Tune and Maria Hrenchir

Drury University freshman Johnathon Tune and Haskell Indian Nations University sophomore Maria Hrenchir constructed a way to help children in FireLodge Children and Family Services' foster care and adoption program obtain the information and counseling they need to decide on a path toward higher education.

Their new program *Bsegwi* (He/She Rises Up) combines the work of three Tribal departments: FireLodge Children and Family Services, CPN Department of Education and CPN Workforce Development & Social Services.

"I believe there is a fine line between not wanting to attend school and not having the resources to do so," Tune said. "Another benefit of our program is to not only help teens in need of help to get into school but to also encourage those teens to go to college who have no intentions on going."

Due to laws regarding release of a minor's information, FireLodge cannot provide any information to other departments. Tune and Hrenchir met with CPN's legal department and drafted a voluntary release form that would allow the foster program to provide a limited amount of contact information when signed by a guardian.

With *Bsegwi* in place, when a child in the system reaches ninth grade, FireLodge would provide the opportunity for the guardian to sign the release. The other departments would then reach out and offer their services, including counseling, advising and career advice, to help the student plan the next stage of their life and the required education.

"Education is a crucial aspect of our Tribe and for future generations, which is what makes this project so important to us," Hrenchir said. "I see this project as something that could potentially make a huge difference in the lives of these students and help the Tribe as a whole."

Two-Spirit Native Americans: Katie Simpson and Mickey Loveless II

Fort Lewis College sophomore Katie Simpson and University of Central Oklahoma sophomore Mickey Loveless sought to express the inclusive nature of Potawatomi ancestors in their project. They consider themselves activists for the LGBTQ community in their everyday lives, and the video they created to showcase that inclusivity connects the two.

"My goals with this project were to try and start a more open dialogue

among my fellow Tribal citizens and our legislature," Loveless said.

"We can only do this by reclaiming this part of our culture that has been covered up, hidden, and closed off. I hope that individuals take away from this project the idea of creating a more inclusive environment for two-spirit and LGBTQ+ individuals, just like our ancestors would have."

Inspiration to make a video came while visiting the Cultural Heritage Center and viewing the interactive displays with short segments on a wide variety of subjects. They discussed their interest in advocacy and decided to combine the two.

Their video describes Native American Two-Spirit individuals, who perform duties and responsibilities of both men and women. The term "Two-Spirit" was adopted in 1990 at the third annual Native American Gay and Lesbian Gathering as a modern referential phrase.

"As I'm still learning, I feel that I've had great role models placed in my life that have taught me some important perspectives about what they have gone through, much like thousands of others, and how anyone who cares to step in and advocate can make a difference just by showing support and voicing our concerns about prejudice towards the community," Simpson said.

Following their presentations, Chairman Barrett performed a short ceremony blessing eagle feathers the program gifted the students and congratulated them on the completion of their extensive internship. ♡

Five Steps to protect children

By Darian Towner,
Family Preservation Coordinator

Summer has quickly come to an end, and fall is rapidly approaching. With children back in school, the requests for sleepovers or long days away from home with new friends are likely to increase.

Darkness to Light (d2l.org), a nonprofit committed to empowering adults to prevent child sexual abuse, promotes five simple and practical steps that are essential to keeping children safe; they're also important to consider before allowing children to stay lengthy amounts of time away or overnight away from family.

The first step is learning the facts surrounding child sexual abuse. The Bureau of Justice Statistics reports that 93 percent of child sexual perpetrators are known to the victim. The Administration for Children & Families reported that in Fiscal Year 2016 alone, Child Protective Services agencies substantiated or found strong evidence that 57,329 children were victims of sexual abuse. Being knowledgeable and having an accurate understanding of the widespread problem of child sexual abuse is vital in prevention; once you're aware the problem exists and aware of the scope of the problem, then you can make better decisions in regards to your child's safety.

Next is to minimize the opportunity for child sexual abuse to occur. Statistics from the U.S. Department of Justice confirm



that as many as 40 percent of sexually abused youth are abused by older or more powerful children. Teaching children to limit one-on-one interactions with adults, older youth and even youth of similar ages can proactively protect children and reduce the risk of sexual abuse occurring. It is also important to model the behavior yourself as well, and limit your amount of time alone with youth. In addition, establishing boundaries for children on the Internet specifically is important. Ensuring children are aware of the dangers that strangers can pose on social media or through phone applications can protect children as well.

The third concept to understand is that communication is powerful; talking to children about their bodies, boundaries and safe touch is necessary. Open communication between children and adults creates a positive and healthy foundation for youth. By teaching a child to trust their "gut" anytime a situation or individual causes them to feel uncomfortable, you're teaching them to remove themselves from a potentially unsafe situation in the future.

Children who are sexually abused often keep it as a secret, but if a child has an understanding of boundaries and knows they can openly discuss uncomfortable topics with loved ones, they are more likely to disclose abuse at an earlier time.

Fourth, it is important to recognize the signs a child may exhibit if they have been sexually abused. While children respond in a variety of ways, there are several signs that can indicate abuse has occurred. Emotional and behavioral signals in children are more often seen than physical, including unforeseen withdrawal and depression, unexplained anger or rebellion, or uncharacteristically rigid and perfectionist behaviors. In addition, using language or behavior that is sexual and far from age-appropriate can be a signal that sexual abuse has occurred. If there are concerns of child sexual abuse, there are exams, screenings and interviews that can be conducted by professionals.

Lastly, it is imperative to react responsibly if you have concerns a child has been sexually abused. If a child bravely discloses to you that something has

happened to them, it's important to not overreact or victim-blame the child by asking accusatory questions, no matter the circumstance. Instead, offer support and encouragement — believe first. Immediately report the discovery of abuse to law enforcement and the local department of human services or a tribe's Indian Child Welfare department.

While programs like FireLodge Children & Family Services fight to end problems impacting our society such as child sexual abuse, recent statistics prove this is an ongoing issue in our state and throughout our country. Since we know the problem is real and impacting our little ones, focusing on prevention can be key to keeping children safe and healthy. We challenge you today to focus on at least one of the steps above with the youth in your life.

If you know of a child who is experiencing abuse or neglect of any kind, contact the OKDHS hotline at any time at the following number: 1-800-522-3511. If your family has experienced child abuse or neglect or you might be at risk, please contact Family Preservation at 405-878-4831 or visit us on Facebook @CPNFirelodge to learn more about our program. ♡

Language update

By Justin Neely, CPN Language
Department Director

We have been offering Potawatomi language in Wanette for the last two years. We are now offering the language in Tecumseh High School and are working with Shawnee to also offer the language there in the future.

We just recently returned from the Potawatomi Language Conference and Gathering in Parry Sound, Ontario. I presented and discussed dialects and breaking words apart for two sessions. Both were well attended.

Niben kedwenen/Summer words

Gshatemget (guh shot dam git) — it's hot

Basdeke (bas day kay) — he/she is sun bathing

Basdemget (bas dam git) — it's sunny

Skono (skone oh) — he/she goes to school

Skongemek (skone guh muck) — school

Eshkedemo (esh kay duh moe) — watermelon

Ezhgak (ezh gahck) — tick

Bmatega (buh mat uh gah) — he/she swims

Bmategagen (buh mat uh gah gihn) — swimming pool

Our new online dictionary is getting a lot of use. We have been working daily to improve it — updating the entries, working with the tags (categories), adding example sentences and audio. If you haven't checked it out yet, go to potawatomidictionary.com

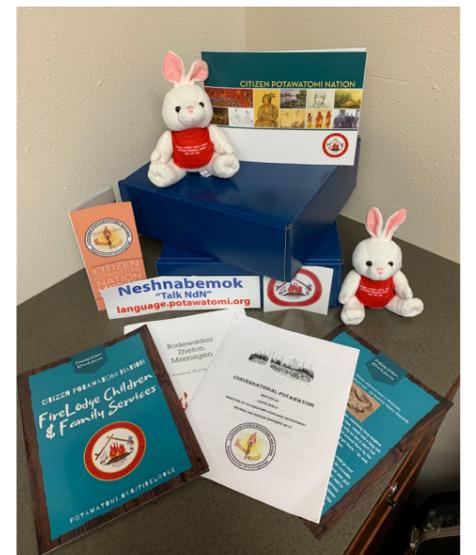
Also, we have lots of online learning opportunities from our Moodle beginner 1, 2 and intermediate to two Memrise courses at memrise.com. There are two YouTube channels and the Potawatomi Language Facebook group where we go live with any classes we teach in Shawnee as well. ♡

FireLodge aims to connect foster children to their culture

By Kendra Lowden, FireLodge
Children & Family Services
Foster Care/Adoption Manager

The Indian Child Welfare Act was passed in 1978 in response to the alarmingly high number of Indian children being removed from their homes by both public and private agencies. The passage of ICWA granted Citizen Potawatomi Nation the legal right to intervene on child welfare cases involving Potawatomi children.

Today, FireLodge Children & Family Services takes action to ensure Potawatomi children maintain connections with their families, tribe and communities while reducing the trauma they face in the child welfare system. Our program recently created packets geared toward helping foster parents and Potawatomi children learn more about CPN. The packet provides foster parents the opportunity to take an active role in teaching their foster child about his or her culture. Included



in the packet is information about laws, Tribal history, services, cultural programs, language resources and more.

For more information about FireLodge Children & Family Services, call 405-878-4831 or visit potawatomi.org/firelodge. ♡

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Field Museum brings Potawatomi home

Located on the shores of Lake Michigan in Chicago, Illinois, the Field Museum is home to the world's largest Tyrannosaurus rex specimen, named Sue for the woman who discovered it. It also houses nearly 300 Potawatomi artifacts in collections and on display as part of the museum's Native American Hall.

In April 2019, Citizen Potawatomi Nation District 1 Representative Roy Slavin and his wife Julia held a district gathering there with help of Fields Museum Community Engagement Coordinator Debra Pappan.

"It's really important for me to make sure that we open the doors for Native people to come into the Field Museum and have that opportunity to use the space in that very way," Pappan said.

Setting it up

Photographer and Tribal member Sharon Hoogstraten suggested the Field Museum as a venue while the Slavins searched for a place to host Tribal citizens in the Windy City. Sixty CPN members filled the RSVP slots, and Julia remembers accumulating a waiting list with over 30 names.

Pappan wanted to make it memorable and enlisted the help of several museum departments.

"I met with the collections staff, my colleagues, and we just talked about ways that we could make sure that they had the ability to see some of the Potawatomi things that we have in collections," she said. "Our solution was then to bring some items out from storage and into the room, into the space that they were meeting in."

The museum prepared a hall for everyone filled with items from collections that usually remain in storage.



The Field Museum's anthropology department's special exhibition highlights items ranging from regalia to everyday tools.



The museum's acquisition of more than 750 Ojibwe and Potawatomi pieces includes these hand-beaded moccasins.

"They arranged the Potawatomi artifacts for our benefit. They had it set up strictly with the Potawatomi artifacts so that we knew this was what we were seeing, and that was greatly appreciated," Julia said.

Staff then divided attendees into groups of 15 to tour the museum and Native American Hall. Roy agreed it was a special way to experience the museum for the first time.

"I had an aunt that was a schoolteacher in Chicago, and as I grew up, she took me all over Chicago because she was proud of the city and showed me the buildings and all this," he said. "But I had never seen this museum, and I was just amazed when I was there by the whole thing. It's just amazing. It's beautiful."

On display

The museum's collection of hundreds of Potawatomi artifacts dates back to its founding in the late 1800s. Edward E. Ayer, the Field's first president, donated the first Potawatomi piece in 1894 — a metal and bronze tomahawk pipe. The growth of the collection throughout the 20th century includes everything from intricately beaded moccasins and otter skin medicine bags to drumsticks and snowshoes.

Anthropology Collections Assistant Jackie Pozza enjoyed spending time with Tribal members as they looked over the items.

"It was wonderful showing everyone historic pieces we have at the museum, and they were kind enough to share their knowledge, memories and experiences with similar items they had back home," she said. "Some recognized every piece in the case, while others did not recognize some of the historic items."

Roy and Julie Slavin spent much of the day looking through it all, both keeping in mind his ancestors made each one by hand.

primary residence of the owner. It must pass a housing quality standards home inspection, paid for by the purchaser, and no felons can reside in the property. The funds are not available for refinancing of existing mortgages, and funding must come from a reputable financial lending institution. Any home using the program's funds must meet CPN and HUD's environmental criteria as well.

Additionally, once purchased, it must remain the primary residence

"I'm kind of a mechanical person, and that they were capable of doing and making the things that they made with the equipment that they had, it's just amazing," Roy said. "The things that they did. And that's the thing that impressed me more than anything else."

While the handcrafted tools and weapons entranced him, Julia repeatedly analyzed the textiles and regalia. As a former wedding dress tailor, she appreciates every hand movement that built something worn in ceremony.

"I would often wondered how they put these articles together being the time that these were made. They didn't have a fancy machine and things like I have. And so, I was really interested in that particular part," she said. "Now, I'm not Potawatomi, but I've been married to one for a long time, and the regalia is really important to me."

Pozza described the artifacts as not only a representation of Native culture throughout time but also a "narrative of how the museum has interacted with the Potawatomi in the past and how our collecting practices and anthropology at large has changed over the course of our history as an institution."

Anthropologist Milford Chandler collected many of the items now at the Field, mostly in Wisconsin and Kansas in 1925. At that time, Pozza said they "chose items that they themselves were interested in — 'exhibition-worthy' items, however they defined that term in the past — not ones that the community thought best represented themselves."

Today, the Field Museum purposefully consults communities and artists to determine what to include and how to tell Indigenous stories. Its newest Potawatomi item is a piece by black ash basket maker and painter Kelly Church, titled *Water is Life*, added in 2019.

for 10 years, with the program having strict resale restrictions.

"This way, we can ensure that these funds aren't being used to flip homes but are being utilized for their express purpose of housing our Tribal members," Byers said. "If the applicant chooses to sell or transfer the home within that 10 years, the program must be repaid in full."

To learn more about this or other housing programs, please contact Sherry Byers

That change provides a safe learning space for those exploring their heritage or taking in the past. Julia said no one was disappointed.

"The people just wanted to be able to see what their ancestors and the people before us really accomplished and how we got to be where we are with our culture and how far we have actually come," she said.

Future of the Field

The Field Museum is redesigning the Native American Hall, and Pappan leads that process. The cases remain unchanged since their installation in the early 1950s. More than five other Indigenous people contribute to the update as full-time employees. A 12-member advisory committee of Native Americans also assists in decision-making and direction, which includes obtaining pieces directly from Native artists and descendants.

"This allows us to collect items rich in stories and to give communities or artists from those communities more agency in the items that are part of the Field Museum's collections that will be preserved for future generations," Pozza said.

Pappan focuses on getting Native American visitors to the museum, either in groups or as individuals, and spends much of her time on outreach. This year, she has welcomed between 400 and 500 people from different tribes.

"Community engagement is a very important part of what we're doing and changing the Native American Hall. So, it's creating this more welcoming space for Native people to come into but then to also be able to give feedback and input on the direction that they want to see the Native American Hall go," she said.

"We want to humanize and change the narrative of how Native people are being represented in the museum. Everyone, we want Native voices and Native perspectives."

As for what CPN members were asking?

"They all said, 'When can we do this again?'" Julia said.

"And it was well worth our time," Roy added.

Debra Pappan welcomes CPN members to set up tour groups and special events at the museum. Email her at dyepapappan@fieldmuseum.org. Visit the Field Museum online at fieldmuseum.org, and check the calendar at potawatomi.org for upcoming district events across the country. ♡

Mortgage buy-down program continued...

The program will be rolled out on Oct. 1, 2019, and the funds are only eligible for homes being purchased after this date.

In order to ensure a proper return on the investment of Tribal and federal funds, there are requirements for the Home Purchase Mortgage Buy-Down Program. The property cannot be a mobile or manufactured home, and it must be the

at 405-273-2833 or sbyers@potawatomi.org, or visit cpn.news/housing.

For information regarding loan products and lending requirements at Citizen Potawatomi Nation-owned First National Bank & Trust Co., please contact Jeff Scroggins, mortgage loan officer, at 405-275-8830 or 1-800-227-8362. To learn more about FNB, please visit fnbokla.bank. ♡

September is national Healthy Aging Month

The United States Census Bureau projects the population of those 65 and older to increase from 16 to 23 percent by 2060. *Nishnabe* people revere elders, hoping to learn from them and pass on their traditions and wisdom. Citizen Potawatomi Nation offers many services elders utilize to stay full of life and free of pain, and Healthy Aging Month provides an opportunity to learn how to maintain an active lifestyle and independence.

Get moving

FireLake Wellness Center welcomes Tribal members free of charge. With workout equipment, a pool, a walking track and personal trainers, it provides an exercise routine for any age and level of ability. CPN physical therapist Elizabeth Thompson emphasized the key to aging well begins now.

“I think a lot of people get hung up on, ‘Oh, I’m too old,’ or ‘I’m young, and I don’t need to worry about that,’” she said. “We need to start as soon as possible and continue with that throughout the rest of our lives.”

The American Heart Association recommends 30 minutes of moderate physical activity a day to improve overall health, especially balance, coordination, strength and endurance. Thompson recommends starting with what feels comfortable and gradually building up workout time and activities.

“For someone that’s older, a lot of times they hear, ‘Oh, get out and exercise,’ and they don’t think that they can do that. And it doesn’t have to start with 30 minutes. It doesn’t have to be lifting weights,” she said.

Easy home activities to elevate heart rate and build muscle mass include walking around the house, lifting milk jugs, bicep curls with cans of food and even sitting down and getting up. These activities aid in the reduction of osteoarthritis symptoms and overall joint pain.

“Gravitate toward something that you enjoy because you’re going to be much more likely to keep doing it if you enjoy it,” Thompson said.

Swimming and working out in water reduces the weight-bearing load on joints while achieving aerobics and strength training. Many of Thompson’s patients spend time in the pool at the wellness center.

“(They) benefit from the pool because they’re having difficulty walking on land. They’re having difficulty doing anything because they’re in such pain, and when they get in the pool, it’s like a totally different person,” she said.

She frequently reminds them, “It’s never too late.”

The wellness center’s personal trainers help build workout routines and navigate the equipment to ensure a comfortable and effective experience. It is open Monday through Thursday, 5 a.m. to 7 p.m.; Friday, 5 a.m. to 5 p.m.; and Saturday 8 a.m. to noon. Visit cpn.news/wellness or call 405-395-9304 for more information.

Eating right

Diet remains another critical component to wellness, working alongside exercise to round out a plan for day-to-day

fitness. CPN Diabetes Program Staff in the wellness center provide the Diabetes Initiative Program to those with a consultation from their doctor, which includes a series of five classes called Beginning Education About Diabetes.

“Diet can have effects on our overall health as we age,” said Tribal dietitian Maggi Gilbert. “A healthy, balanced diet along with regular physical activity can promote strong bones, a healthy heart and digestive system, and cognitive health.”

She suggests clients use MyPlate, an easy-to-use nutrition guide for maintaining a balanced diet. The United States Department of Agriculture Center for Nutrition Policy and Promotion released the diagram and plan in June 2011. It recommends one-quarter of a plate every meal to include non-starchy vegetables, a quarter whole grains, a quarter lean protein, and fill the remaining space with fruit and an occasional small serving of low-fat dairy on the side.

“Fruits, vegetables and whole grains are sources of fiber to promote better digestive health. Choose fat-free or low-fat dairy for calcium and vitamin D needed for bone health,” Gilbert said.

According to a Center for Disease Control report from 2017, nearly 10 percent of the U.S. population has diabetes. It also found Native Americans and Alaskan Natives, as a race, have the highest percentage of its population diagnosed. According to Gilbert, a balanced diet including whole grains, fruits and vegetables, lean and/or plant protein and low-fat dairy can help manage the disease.

“One common nutrition mistake I see as people get older is waiting until after they have a disease to make a change. Prevention is key,” she said. “If we can make healthy changes early on in life, then we may be able to prevent the disease from occurring.

“Develop healthy habits now,” such as incorporating vegetables into every meal.

Visit cpn.news/diabetesinitiative to find out more.

Finding harmony

The CPN Behavioral Health Department helps elders process the emotions and new mental hurdles that come with aging. Behavioral Health Specialist Ray Tainpeah explains the goal is balance.

“We look at creating a balance in their lives, and it’s more where they can take care of themselves emotionally, mentally, physically and spiritually — what that means to them,” he said.

Physical activity improves mental health through providing a sense of accomplishment and lessening physical pain. Sometimes physical problems manifest themselves mentally, and seeing a counselor provides a safe space to express those worries.

Many of Tainpeah’s elderly patients enjoy keeping up with current events, looking at magazines and reading books, exercising their mental capacity and staying sharp.

Social activity also plays an important part in emotional well-being.



Physical therapist Elizabeth Thompson encourages her patients to begin building up muscle mass at a comfortable level and slowly increase their workout.

“Sometimes they go through some depression due to lack of family involvement. Sometimes they feel isolated, especially when they live alone. So, community involvement is often helpful,” Tainpeah said.

Elders circumvent loneliness by participating in group activities, and the Tribe’s Title VI program provides a place for those in Tribal housing to congregate to watch movies, play games and read together.

Mental development continues as people age. Erik Erickson’s Eight Stages of Psychosocial Development lays out linear levels of psychological milestones humans reach throughout their lives.

The eighth stage addresses growing older and looking back on accomplishments and finding validity in a life well-lived. This leads to feelings of integrity or despair. Tainpeah assists patients by focusing on their worthy contributions to the world, which often includes being a parent and grandparent.

“Sometimes you have to write it down and look at it,” he said. “It’s a constant reminder. ‘I’m not a failure. My kids are grown. They’re doing well. So, I have to look what I taught them: morals, values and principles and how they practice them.’”

“Sometimes it takes a different exercise like that to validate their worthiness.”

Participating in spiritual activities, whether its Potawatomi ceremonies, church or exploring nature, aids in creating a sense of balance that Tainpeah emphasized.

“One of the teaching tools that we use is a traditional medicine wheel concept creating a sense of balance and harmony. Harmony is not feeling good, but it’s having a healthy outlook on life because our moods change from day to day,” he said. “Sometimes we feel good. Sometimes we have good days. Sometimes bad days, and oftentimes that’s the goal is to help people have more good days.”

Blue Zones

Journalist and author Dan Buettner studied the world’s longest-living populations to discover similarities amongst them and differences from others. He released two books, *The Blue Zones* and *The Blue Zones Solutions*, which led to the Blue Zones Project.

The hands-on approach to developing healthier communities, including Pottawatomie County, focuses on making those choices also the easiest.

Citizen Potawatomi Nation Vice-Chairman Linda Capps serves as a Blue Zones Project Steering and Leadership Committee member.

As the largest employer in Pottawatomie County, Citizen Potawatomi Nation sought status as a Blue Zones-approved workspace. As of February 2019, the FireLake Wellness Center, Citizen Potawatomi Nation Health Services, Tribal Youth Services and First National Bank & Trust Co. achieved the Blue Zones label. First National Bank is the only approved bank in Oklahoma.

As a community leader, CPN took further steps to increase Pottawatomie County residents’ well-being. FireLake Discount Foods became the first Blue Zones Project-approved grocery store in the state in the summer of 2018. The redesign included access to quick, nutritious meals; expanding stock of fresh, wholesome products; and creating the Blue Zones Project checkout lane.

Granola bars, fruit and nuts line the Blue Zones Project lane instead of chips, candy bars and other sugary sweets for customers to throw on the conveyor belt while paying.

Communities committed to these kinds of changes that encourage exercise and rounded diets — filled with workspaces and enterprises that do the same — make aging well easier. With a free gym, healthy grocery store and workspaces designed with employee wellness in mind, Citizen Potawatomi Nation is a great place to live and grow older.

Find out more about the Blue Zones Project in Pottawatomie County at cpn.news/bluezones. FireLake Discount Foods is online at cpn.news/firelakefoods. The CPN Title VI Program provides additional resources and services for elders, such as meals, fun day trips and congregation space. Visit cpn.news/elders. ♡

16 signs of emotional abuse in a relationship

By Mallory Black,
Diné, StrongHearts Native Helpline

No one expects to find themselves in an abusive relationship. Most begin in a positive way with kind words and compliments, but they can turn harmful and emotionally abusive at any time.

Emotional abuse is a type of domestic violence that often flies under the radar, but it should always be taken seriously as a form of abuse. When it is present in a relationship, a partner will criticize, threaten or isolate their partner as a way to manipulate and control them. Emotional abuse can be degrading, humiliating and terrifying, often leaving long-lasting scars on one's spirit and self-esteem.

So, how do you know if you're in an abusive relationship? What can you do when a loved one is being emotionally abused? Let's start with recognizing the tactics of emotional abuse.

Signs of emotional abuse

In an intimate relationship, a partner emotionally abuses someone when they:

- Constantly calls their partner hurtful or degrading names, insults them or criticizes them
- Acts extremely jealous or possessive of them
- Humiliates them in any way or shames them
- Isolates them from their family, friends or community
- Blocks them from making new friends or joining social groups
- Ignores their presence for several hours, days or weeks
- Refuses to listen, speak or respond to them (example, silent treatment)
- Explodes in anger toward them or are constantly angry at everything they do
- Pressures them to commit and becomes angry or sulks when they don't commit



People in these relationships tend to blame themselves for the abuse or believe they must have done something to deserve the criticism or attacks. No one ever deserves to be abused.

- Threatens to hurt them or themselves, or uses weapons to scare them
- Threatens to hurt their children, family members or pets
- Threatens to take their children away from them or calls child protective services (CPS) on them
- Repeatedly lies about where they are, what they're doing or who they're with
- Calls them "crazy," "too sensitive," or denies abuse is happening when confronted (ex. gaslighting)
- Cheats on them or flirts with other people to intentionally hurt them
- Accuses them of cheating in the relationship

When emotional abuse is present in a relationship, the abused may feel off-balance, like they are walking on eggshells, or questions their judgment more than usual. This is because an abusive partner uses harmful behaviors, like the tactics above, to manipulate and control their partner so they feel powerless. That's why it is so important to trust core instincts when an abuser does or says something that doesn't feel right.

Emotional abuse is extremely dangerous and detrimental to a person's well-being and often has lifelong psychological effects. An abusive partner's behavior is likely to escalate as time goes on, and they will often use emotional abuse in combination with other abuse types and tactics to obtain and maintain power in the relationship.

People in these relationships tend to blame themselves for the abuse or believe they must have done something to deserve the criticism or attacks. No one ever deserves to be abused, and no matter the abusive partner's reasoning, domestic violence goes against our traditional ways as Native people. It is never acceptable to hurt a partner or spouse in any way.

Is arguing abusive?

In every relationship, partners can expect to disagree from time to time. Arguments are a normal part of any relationship, but abusive behavior is not.

In a healthy relationship, each partner must commit to being honest, communicating and trusting the other person. Each partner must work to maintain healthy communication and avoid hurting the other person emotionally, spiritually and physically. Above all, each partner must show

respect in the relationship, especially when disagreements arise.

In an abusive relationship, any disagreement can escalate into emotionally or physically abusive behavior.

Remember, there is never an excuse for abuse.

Getting help

Recognizing the signs of emotional abuse is the first step to getting help. If you or someone you know is being hurt in a relationship, know that you are not alone. There are people who want to support you, including advocates at the StrongHearts Native Helpline.

By calling 1-844-7NATIVE (762-8483), you can connect anonymously with a Native advocate who can offer a listening ear and support with whatever is happening in your relationship. You can share as much as you feel comfortable, and our advocates will listen without judgment or blame.

The StrongHearts Native Helpline is available daily from 7 a.m. to 10 p.m. CST. Advocates also offer crisis intervention, assistance with finding ways to stay safe, and a connection to tribal and Native domestic violence resources, if needed. We can also assist concerned friends or family members with ways to help a loved one who is being abused as well as people who are worried they might be abusing their partner.

It can also be incredibly helpful to lean on family members and your cultural roots for support. Never forget that you have the strength and courage of your ancestors, too, who dreamed of a world where every one of their relatives would live in safety, happiness and in harmony. You deserve to feel safe in your relationship, no matter what. ♡

Potawatomi Gifts seeks *Nishnabé* artisans

Since its inception, the Citizen Potawatomi Gift Shop located within Citizen Potawatomi Nation's Cultural Heritage Center has provided customers a one-stop shopping experience for Native-made and Native-inspired gifts. To continue offering the best quality, handmade art, jewelry, regalia and more, Potawatomi Gifts is looking for CPN members, as well as fellow *Nishnabé*, who are interested in having their work sold within the store.

"By featuring products and artwork created by CPN members and those from the greater *Nishnabé* community, it helps us share our culture and identity as well as promotes these talented artisans that have worked so hard to create each piece," said Dr. Kelli Mosteller, CPN Cultural Heritage Center director.

Supporting CPN tribal members is at the heart of the Cultural Heritage Center's mission. As an extension of this, the gift shop seeks potential merchandise

WE ARE LOOKING TO PURCHASE CPN MEMBER-CREATED REGALIA, POTTERY, BEADWORK, BASKETRY, FIBER ART, JEWELRY AND MORE!

CITIZEN POTAWATOMI GIFT SHOP

THOSE INTERESTED, PLEASE COMPLETE THIS SURVEY ONLINE

CPN.NEWS/CPNARTISTS

created by CPN members and other *Nishnabé* that highlights Potawatomi culture while uplifting artistic expression. The gift shop is currently looking for high-quality pieces of regalia, jewelry,

beadwork, pottery, basketry, fiber art and more. Those interested in potentially having their work on display for purchase at the CPN Gift Shop, please complete this survey at cpn.news/cpnartists.

Potawatomi Gifts offers a vast selection of original pieces of art by Native American artists as well as supplies for artisans working on their own projects. Shop online today: giftshop.potawatomi.org. ♡



A clown and child enjoy a balloon sword fight at the festival's kids' zone.

Fireflight Balloon Fest 2019



Hot air balloon rides launch from the Citizen Potawatomi Nation powwow grounds throughout the weekend of the event.



Hot air balloons line up in preparation for a balloon glow, the event's main attraction.



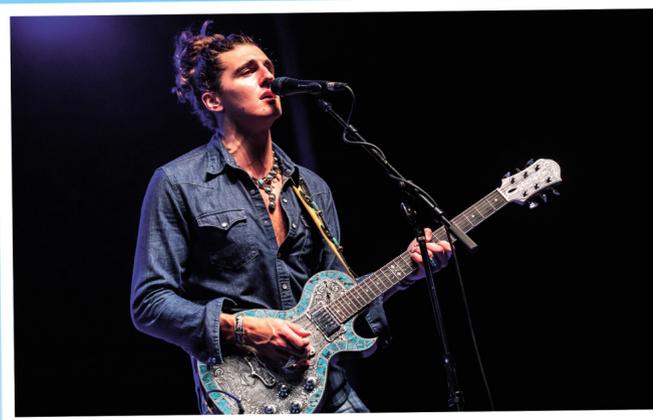
The Citizen Potawatomi Nation hosts the FireLake Fireflight Hot Air Balloon Festival every August with music, food, vendors, kids' zone, carnival and balloon glows both evenings.



The FireLake Fireflight Hot Air Balloon Festival offers both commercial rides and tethered rides.



The FireLake Fireflight Balloon Festival welcomes 25 hot air balloons from across the country.



Cade Foehner entertains guests Saturday night.



Children of all ages enjoy the carnival rides and inflatables on the festival grounds.



Thousands of visitors from across Oklahoma attend the festival to see the hot air balloons light up the night sky.



Each August, Citizen Potawatomi Nation hosts the free festival for the larger community.



Saturday of the festival begins with an early morning 5K.



Hot air balloon pilots and their crews inflate the balloons and prepare for take off.

2019 POTAWATOMI GATHERING

WASAUKSING FIRST NATION | ONTARIO, CANADA



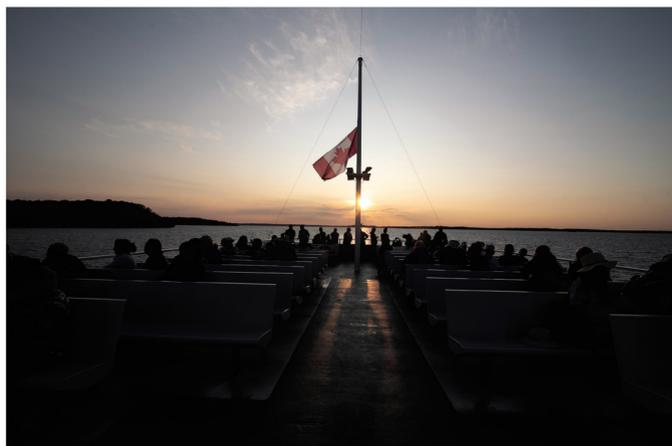
CPN members proudly pose in their regalia during the 2019 Potawatomi Gathering.



The annual Potawatomi Gathering powwows bring Potawatomi from across Turtle Island together to dance.



The Wasausksing First Nation's powwow ground's bustle with attendees.



Wasausksing First Nation's location on Parry Island offers beautiful views of the Georgian Bay.



Dancers from every Potawatomi nation show their skills.



Stephanie Hawk, Tesia Zientek, Nicole Emmons and Jason Hawk soak up the sunshine while riding a ferry.



Bustle features beautiful feathers.



Sign helps attendees visualize how far Potawatomi travel to attend the annual event.



Cultural classes highlight traditional crafts and the varied styles and approaches Potawatomi



Flags on display represent each Potawatomi community from across Turtle Island.



Food workshop offers instruction on traditional preparation methods.

Tribal health care could lessen State's financial costs under Medicaid

The Affordable Care Act extends Medicaid eligibility to adults with a household income at or below 138 percent of the federal poverty level. In Oklahoma, a single person making less than \$16,620 would be eligible. For a family of four, their income could not be greater than \$34,260.

Some citizens in Oklahoma have advocated for Medicaid expansion, run by the state as the SoonerCare Program. However, those limited funds assist the disabled, children and elderly. With the state's refusal to widen its parameters, the federal government redirected Oklahoma taxpayer dollars to other states by upwards of \$2 billion a year.

Critics of Medicaid point out that the state government's cost match will be unaffordable over the long term. If Medicaid expands under the ACA in Oklahoma in 2020, the financial match from state coffers will be 10 percent in a decade, when it is capped.

Citing federal shortfalls in road and transportation funding, critics of Medicaid expansion distrust the federal government to fulfill its portion of the agreement for an ever-growing health care program. In states where it has taken place, the number of Medicaid enrollees has skyrocketed, adding costs to states. If Oklahoma joins the 37 states with expanded Medicaid, the state estimates it will cost \$150 million and \$374 million.

There is another way to look at the rush to get health care coverage. The dramatic increase of enrollees in Medicaid programs seems to show that private markets with little competition have priced out many of America's middle class and working poor. For others, their employer's health insurance plans offer only underwhelming policies that do not cover essential health care needs available on middle class wages.

Tribal proponents of expansion in Oklahoma believe there is a beneficial aspect that state leaders should consider: the 39 Native nations located inside the state's borders.

A recent study produced by the group IHS - Health Care Reform in Indian Country seems to indicate that the presence of tribes can offset a significant cost to the state.



Medicaid expansion in Oklahoma could be a positive because many American Indians would be funded without using state funds.

Under the ACA, IHS service-eligible can receive health care coverage paid for by Medicaid funds. According to the U.S. Census Bureau, an estimated 34,474 uninsured Indian Health Service-eligible individuals in Oklahoma also meet Medicaid eligibility based on household income. If the state expanded Medicaid, the average annual per capita spent on them individually would be \$7,255, which totals about \$250 million. None of these more than 34,000 IHS-eligible Oklahomans would be counted toward the state's funding of Medicaid support.

These American Indian or Alaskan Natives would join the total number of eligible Oklahomans, approximately 275,000. According to the study, the annual cost to the state government would be \$206.4 million for the next four years, with an influx of \$1.72 billion in annual federal funding making up the added difference.

The Health Care Reform in Indian Country study estimates that through a five-year period, \$1.03 billion in state funding will secure \$8.59 billion in matching federal funds. For every dollar of state funds invested in Oklahomans' health care through Medicaid expansion, the federal government — through U.S. taxpayer's dollars — would match state dollars spent, eight to one.

The expansion and inflow of federal funding to Oklahoma's health care

sector would trickle down to other facets of the state's economy. Rural health care across America lags, and with the exception of a few tribal-run and IHS clinics, the trend continues in Oklahoma. Prague, Oklahoma, home to numerous CPN members and employees, has continually dealt with the threat of closure of its lone hospital.

Estimates from the study show that rural communities like Prague may find an economic boost from a Medicaid expansion. The inflow of funds would support a projected 17,000 jobs, including administrative staff, delivery and food service workers as well as nurses and doctors. Economically, the study estimates that it could trigger more than \$2 billion annually in activity.

For Citizen Potawatomi Nation, the Medicaid expansion would be highly beneficial. There is often a misconception that by being an enrolled tribal member and visiting a tribal health clinic, it is the same as insurance. That is not the case. For those members without private insurance, Medicare or Medicaid, it is the Nation who pays for the costs of medical care. That means less money in other areas of need, whether for expanded health care facilities, services or staffing.

If enrolled in an Oklahoma Medicaid expansion however, these uninsured American Indian/Alaska Native patients would still receive the same amount of

care, with the federal government picking up the costs, as stipulated by federal law and numerous treaty obligations.

Oklahomans decide

As medical costs continue to rise, Oklahomans examine ways to ease the problem.

Greg McCortney — a state senator from Ada whose jurisdiction includes far southern CPN jurisdiction — is the state legislature's point man in examining the expansion. The senator proposed legislation in the 2019 session that would create an "Oklahoma Plan" to boost private funds for the population using the existing Insure Oklahoma system, but it never went to a vote. He is now chairman of a state congressional working group that examines all options to bring back federal tax dollars paid by Oklahomans to be used by Oklahomans. The house representative and co-chair is Marcus McEntire from Duncan, Oklahoma.

On July 31, the Oklahomans Decide Health Care campaign kicked off a 90-day ballot signature drive. If successful — which requires 178,000 valid signatures — the campaign will put State Question 802 to a vote of the people in November 2020 on whether to fully accept Medicaid funds as intended by the Affordable Care Act. According to Oklahomans Decide Health Care, if approved, SQ 802 will amend the state constitution and expand Medicaid to low-income adults, ages 18 to 65 who earn less than 133 percent of the federal poverty level.

The initiative has the attention of Oklahoma's political class, including Governor Kevin Stitt, whose staff will likely partner with the legislative working group under McCortney. In remarks to online media outlet NonDoc.com, the senator laid out his good faith approach in light of the push to amend the state constitution.

"I am absolutely opposed to the ballot measure. I think the people with the ballot measure are going about this the wrong way, but I am also opposed to doing nothing," McCortney said. "I think the right answer falls somewhere between those two, and I hope we can get the right answer done." ♡

Are you a homeowner in need of repairs?

Let the CPN Housing Department assist you through the Elder/Disabled Repair Program!

Repairs we do NOT assist with is weatherization, appliances, and updates such as new cabinets, new carpet, and new flooring.

Please contact us at 44007 Hardesty Rd | Shawnee, OK 74801 or call 405-273-2833



The program offers assistance with a handicap accessibility (ramps, rails, extension of doors), roof repair/replacement, electrical issues, plumbing issues, leveling & foundation work, windows, and central heat & air.

Nation broadens work to protect pollinators

The Citizen Potawatomi Nation began its partnership with the Tribal Alliance for Pollinators in 2016, vowing to assist in the revival of beneficial insects and animals by planting milkweed and other vegetation. Three years later, CPN continues those efforts by planting milkweed and other flora pollinators enjoy across the Tribe's jurisdiction. Additionally, the Tribe employs land management techniques that create and sustain their habitats.

Pollinators include approximately 1,500 species of vertebrates including birds and mammals such as bats. However, the most common are insects such as bees and butterflies like monarchs.

When monarchs are caterpillars, they depend upon milkweed to provide sufficient nourishment required to metamorphose into a butterfly. CPN staff and Tribal members across the Nation's jurisdiction foster the growth and habitat renewal for key insects like the monarch, which has experienced a population decline. In some states like California, monarch populations have fallen by up to 86 percent in one year.

North of the CPN Eagle Aviary, fields of native plants provide refuge and food for insects and other animals. Staff members Bree Dunham and Jennifer Randell cover milkweed within the field to collect seeds every summer. Their work helps expand the number of plants across Tribal land. They also send some of their annual harvest to TAP for use by other Native Nations.

Importance

"In a very basic term, pollinators are any living being that takes pollination off of plants and spreads them to other plants so that they can produce fruit and multiply," said CPN Cultural Heritage Center Intern Gabriella Gombas.

As a sophomore at the University of Kansas and Haskell Indian Nations University, Gombas majors in psychology and American Indian Studies. She accepted an eight-week internship with the Tribe this summer to learn more about the connection traditional culture and food can have with mental health and overall wellness. One key takeaway

she learned during her internship is without pollinators, most food the public consumes would not grow.

"Seventy-five percent of plants depend on pollinators for reproduction, and 30 percent of our food crops are dependent on pollinators," said CPN Community Garden Assistant Kaya DeerInWater.

Sadly, recent trends indicate a sharp decline in all insect populations. Protecting habitats and providing sustenance for living creatures that facilitate pollination is key to food security.

"We're in a huge, huge, *huge* decline in pollinators and insects in general," DeerInWater said. "We've seen a decline of up to 75 percent in their populations. We're basically in a tailspin right now, and we're headed for a very dark place without all those pollinators."

Because of the decline, farmers in places like China have employed humans to hand pollinate each plant.

"Unless you want your first job to be pollinating the fields with a tiny paintbrush, we should make sure that our habits and our trends in gardening and farming practices are supporting their habitats and livelihoods," DeerInWater said.

"Animals provide so much for us, free of charge."

Gtegemem

At *Bodewadmi Widoktadwen Gtegan* (Potawatomi Community Garden), staff and volunteers have sown seeds and developed practices that encourage habitat renewal including strategic mowing, no spraying of pesticides and other chemicals, and planting a variety of crops that help meet the needs of all pollinators.

Staff and volunteers also ensure the garden's plants bloom throughout the seasons, not just during the spring.

"Right before fall, it gets cold, and it's the most critical time for pollinators because they're putting on fat stores to make it over the winter and hibernation," DeerInWater said. "Having late blooming golden rods or iron weed, something



Flowering bee balm attracts numerous species of pollinators.

like that out there, provides them their last grocery store run before winter."

Ways to help

Having a variety of vegetation anchors the soil and protects topsoil from erosion. When lawns and fields feature one type of flora, soil moisture retention decreases. Regular mowing prevents key plants like milkweed from maturing enough to seed and reproduce.

"Plants in the prairie or a pasture are what anchor the soil, and if you have only Bermuda grass, you're only getting 6 inches of roots; and over a generation or two, you're going to lose your topsoil," DeerInWater explained.

He encourages mowing in intervals to allow the full plant cycle to complete. He also advises supporting companies that employ sound agricultural practices. When grocery shopping, look for products with the Xerces Society's Bee Better Certified seal. Getting out in nature also helps individuals become more conscious of the intricacies of life and helps build a respect for nature.

"Being aware centers yourself," Gombas said. "People today can be in their heads — like the world revolves around them. If you just go out there and sit, you realize there is all this other stuff going on. It's a humbling experience."

Gombas highlighted humility as one of the Potawatomi seven Grandfathers Teachings.

"Thinking about those generations and generations of pollinators that provided food for us — that have supported us without asking for anything — giving back to them even in a little way like a 10-foot-by-10-foot flower bed or even just a potted plant," DeerInWater said.

Attending CPN's Garden Work Parties is a great opportunity to learn more about ways the public can support pollinators. For those living outside of central Oklahoma, DeerInWater encourages conducting research to find local community gardens.

If interested in seeds to start a garden and support pollinators, Monarch Watch, the Xercy Society, local agricultural extension agents and *Bodewadmi Widoktadwen Gtegan* staff can serve as resources.

"These plants that you can plant for pollinators are also culturally relevant to us. They are culturally significant plants, so you're impacting your own livelihood, your own heritage, and your own life by planting pollinator-friendly plants," DeerInWater said. "And you're also impacting pollinator populations."

For more information, contact kdeerinwater@potawatomi.org.

Deep Purple FRIDAY SEPT. 20

THE LONG GOODBYE TOUR

FIRELAKE ARENA [BUY YOUR TICKETS AT FIRELAKEARENA.COM]

Tribal Chairman – John “Rocky” Barrett



Bozho nikan
(Hello, my friend),

It was a busy summer at the Nation, with our enterprises, employees and Tribal members hosting a number of significant events. In June, we helped host a Juneteenth celebration with our partners in the historically African American Dunbar Heights community in Shawnee. It was a lot of fun and our relationship with our closest neighbors in Shawnee grew into friendship. There was music, food, gospel singing, “step dancing,” and some history of this event. Juneteenth started in Galveston, Texas on the date when news of the Emancipation Proclamation reached the freed slaves in

Texas. Since our tribe was involved in the “Underground Railroad” in Kansas before and during the Civil War, we felt our two communities had something to share.

Next, as many of you know, we celebrated another successful Family Reunion Festival at the end of June. What was so wonderful to start was the cool weather. Usually it is over 90 degrees. Our employees and elected officials welcomed thousands of our fellow Potawatomi home to the Tribal complex at FireLake. Almost immediately after the Reunion Festival, staff from our numerous departments and enterprises went into overdrive to prepare and manage our participation in two major events: the Potawatomi Gathering in Canada and the FireLake “FireFlight Balloon Festival”. I am so grateful for the outstanding effort everyone here put into these events. It made me proud.

The timing was tough. Both events took place within a week of one another, with CPN employees working hard to ensure our travelers headed north to Canada arrived safely

and enjoyed themselves while those who attended the balloon festival had an enjoyable and safe experience. We concluded the month of August with a signing ceremony with the U.S. Department of Fish and Wildlife, U.S. Attorney’s Office and the White House Tribal Liaison at the CPN Eagle Aviary. We are now able to collect the remains of our sacred messengers to the Creator, the eagle, if they should fall anywhere inside our Tribal jurisdiction in Oklahoma. We are the first Tribe in the Nation selected to take this responsibility, so it was a well-deserved recognition of the outstanding job that Jennifer Randell and Bree Dunham do with our rescued eagles.

In the midst of this good news, however, we did receive some concerning correspondence from Oklahoma’s governor about his administration’s view of the gaming compacts. Oklahoma’s Gaming Compacts, under which we operate our casino businesses, are supposed to automatically renew in 2020. The compact has plain language describing this compact term. Governor Stitt says he believes that the entirety of the compacts must be renegotiated in the

coming months or else they cease to exist on Jan. 1, 2020, citing his administration’s view that the compact’s evergreen clause is not valid. He believes the current exclusivity fees are too low and wants us to come to the negotiating table. It is not just us in this situation. The chief officers of all gaming tribes in Oklahoma received the same letter and request for renegotiation and mediation.

We hosted a meeting all of the tribal leaders with gaming operations last week. In that meeting, we agreed that our views of the compacts legal terms are in line with what our attorneys tell us: the compacts automatically renew and the money the state gets for doing nothing, spending nothing and investing nothing stays the same. Out of courtesy we said will be happy to listen to any ideas from the governor about making the compacts continue to work positively for the state and tribal nations, but without a doubt, we believe the evergreen compact is inviolable. We have answered Governor Stitt’s requests for renegotiations with a polite but firm reply that while we at CPN are happy to listen to his thoughts on

the compacts, the evergreen compact will renew in January if both sides cannot reach an equitable and fair agreement.

As is often detailed in this very newspaper and other local news outlets in Oklahoma, the positive impact that CPN plays in our community is many times more than what the state can do with a few more dollars in gaming taxes. Whether it is hosting a free-to-the-public balloon festival, paying hundreds of thousands of dollars to enhance emergency radio tower services in Pottawatomie County or funding the Pottawatomie County public schools taxes, CPN does far more in our community than many of our state leaders realize. We will continue to do that using all the tools at our disposal.

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),

Although the spring in Oklahoma is known for its extreme weather, the end of summer and early fall can also yield weather conditions of rain, high winds, hail and dreaded tornados. Contrasting to the past few years of drought, 2019 in Oklahoma has been a wet one. June and July were rather dry, but August brought heavy rains once or twice a week. Accompanying this column is a photo taken at our FireLake Casino looking south to FireLake Arena during one of these recent August squalls. The storm produced heavy rain, high winds and lightening, but, fortunately, no injury to people living in the immediate

area or those traveling within range. The only damage came from the 5 inches of rain within a rather short period, which in itself can be frightening.

We at the Nation take seriously the threats that our weather in Oklahoma can bring, which is why many facilities are equipped, or at some point in the future will be equipped, with safe rooms or storm shelters. Our child development center at headquarters was built with a safe room since its inception in 2003. The new child development center at the west clinic area will soon have a safe room for both the children, staff and clinic employees. FireLake Arena itself has room for patrons should the need arise while the building is being used.

Keeping in line with the Grand Casino Hotel and Resort, FireLake Arena continues to grow as a destination for musical acts and other events. As you will read on page four of this *Hownikan*, it hosted its most successful show to date in the Hank Williams Jr. concert this summer. The arena also hosted the One Nation Exposition, an outdoor, hunting and fishing event that took place concurrent with the August FireLake Fireflight Balloon Festival. Approximately 13,500



The photo of a recent August squall captured over FireLake Arena.

patrons went in and out of the doors to visit the numerous vendors and exhibitors through the three-day event, many of them commenting on the cool temperatures provided by the geothermal HVAC system compared to the heat outside. The arena also hosted Juneteenth and 11 local high school graduations in the early summer/late spring. The 5,000-seat arena is the largest seating facility in the Pottawatomie County area.

David Qualls, director of FireLake Arena, is diligently

working to move the arena toward even better and more exciting events. Good things are in store for the future. Events are scheduled for all age attendants, and even a Big Charley Brown Christmas show will be featured this winter. In addition, during the upcoming year, basketball games will be played in the arena on a portable basketball floor to accommodate the sport. Basketball is a huge attraction for students in the state of Oklahoma, not to mention how popular it is in our surrounding counties.

Thank you for allowing me to serve as your Vice-Chairman. May you have a great fall 2019.

Migwetch
(Thank you),

Linda Capps
Segenakwe
(Black Bird Woman)
Vice-Chairman
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Citizen Potawatomi Nation
HEALTH CLINICS

Appointment Desk (405) 878-4693

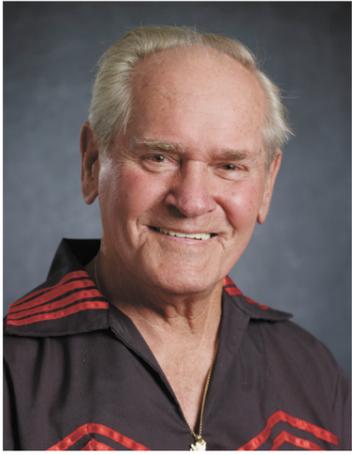
East Clinic

2307 S. Gordon Cooper Dr.
Phone: (405) 273-5236

West Clinic

781 Grand Casino Blvd.
Phone: (405) 964-5770

District 1 – Roy Slavin



Bozho
(Hello),

After Family Reunion Festival, I needed medical attention and was taken to the Nation's West Clinic. The treatment I received from Dr. Vascellaro, his nurse Jessica and medical staff was outstanding. After two

trips to the clinic, I returned on Saturday to Kansas City to report as soon as I could to my primary care doctor. Dr. Vascellaro sent with me all the information regarding the treatment and test he had done. I reported to my doctor the following Wednesday. When I returned home from the doctor, I received a call from Dr. Vascellaro and Jessica, his nurse, wanting to know how I was getting along. Dr. Vascellaro told me if I didn't get better for me to come back, and they would do everything possible to make me feel better. When I mention this to my friends here about hearing from the doctor and staff they say, "You are lucky because that just doesn't happen here; you are just a number." We all should be proud that we have this great medical staff at the Nation. I want to

express my gratitude to all for the medical treatment I received and their concern for my health.

Anna Comadol, a Tribal member in District 1, is one of four Tribal members over the age of 100. Aug. 5 was her birthday. In August 2015, we traveled to Rockford, Illinois, where she lives to celebrate her 100th birthday with family and friends. It is our honor to be able to celebrate again this year, her 104th birthday. We did not travel there but sent flowers to honor her. We hope to celebrate next year. Happy birthday, Anna. Our special thanks to Jennifer Creviston for her assistance and keeping us informed about Anna.

By the time you read this article, our children, grandchildren and great-grandchildren will be back in school. I think it is



Anna Comadol

always good to remind everyone to be aware of the school bus stops, school crossings and the posted school speed zones. Also, be aware of what is going on around you, whether you're going through a speed zone or your own neighborhood. If something doesn't look right, it probably isn't. Tell someone.

I will close this article, as always, with a plea for your contact information. If you do not get the occasional email from me, it is because I do not have your contact information. Due to privacy issues, the Nation cannot provide me with that information. Thank you for allowing me to serve as your representative.

Mark your calendars; we will be co-hosting our annual Fall Feast with CPN District 2 on Saturday, Nov. 23, 2019, in Arlington, Virginia. Invites will go out in the mail shortly and be in next month's *Hownikan*.

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Netagtege (Forever Planting)
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District 2 – Eva Marie Carney



Bozho nikanek
(Hello friends),

Report on Potawatomi Gathering 2019

This year's Gathering of Potawatomi Nations was delightful and energizing. Our Wasauksing First Nation hosts treated everyone like favorite family members. I was able to reconnect with the many Citizen Potawatomi that attended, and I enjoyed visiting with members of other Potawatomi nations I've met previously and new friends, too. And I learned a lot. I participated each morning in sunrise ceremonies

in the longhouse erected for the week-long celebration, toured the Wasauksing reserve and nearby Parry Sound, and learned traditional ribbon work applique during a workshop held by CPN's own Peggy Hancock Kinder. Peggy is a talented seamstress and beader and a great teacher. I was really proud that Wasauksing First Nation recognized her abilities and invited her up to teach. I will try to share what I learned in upcoming columns and District 2 meetings. If you have a Facebook account, you can visit my page for a large album of photos.

Several actions were agreed upon during the Tribal Governance Roundtable — a meeting of elected leaders from each of the Potawatomi nations — that took place during Gathering.

- We adopted a resolution of support for the formation of an advisory working group, *Bodewadmi Gregadek Mbwakawen Kowabjejejek* (The People Who Watch Over Potawatomi Plant Knowledge). The group, as envisioned by



Explanatory stone.



In Memory of Our Children Taken.

participants in a workshop of the same name facilitated by Dr. Robin Wall Kimmerer, will be composed of plant knowledge holders from each nation with the goal of further developing collaborative plant protection initiatives. Some of you may know Robin; many others will have read her book, *Braiding Sweetgrass*. She is a CPN member, renowned environmental biology professor and founding director of the Center for Native Peoples and the Environment, whose mission is to create programs that draw on the wisdom of both Indigenous and scientific knowledge for our shared concerns for Mother Earth. Watch for more Potawatomi Plant Protection developments as the Potawatomi nations consider next steps.

- We voted to include two more Potawatomi communities as ongoing participants in the Potawatomi Gathering: the Potawatomi of Neyaashiinigiimig and the Chimnissing Community,

each with reserves near the Georgian Bay in Canada.

- We made it official that the Hannahville Indian Community, in Harris Township, Michigan, will host next year's Gathering. Hannahville already has sent out a "Save the Date" meme for July 27 through Aug. 1, 2020. The tentative schedule is Monday, July 27, and Tuesday, July 28, for the language conference; Wednesday, July 29, for the golf tournament and youth conference; Thursday, July 30, for the golf tournament, sports tournaments and workshops; Friday, July 31, for workshops, a powwow and meetings (council and others); and Saturday, Aug. 1, for the powwow.

On one of the beautiful evenings I spent on the island, a Wasauksing elder and friend took me to the memorial for those in her community who, as children, were wrested from their families by the Canadian government and held in

residential boarding schools as part of implementation of the Indian Act, which is still in force. The government's objective was to take the land, take "the Indian" out of the children, and change Native peoples' spiritual connection to the land. Those taken were as young as 4 years old and often were not permitted to return home to family, even in the summers. They were brutally punished for, among other things, speaking their language. Many suffered so horribly that they took their own lives. The novel *Indian Horse* by Richard Wagamese provides an account of the residential schools and their impact on Native children and families. I've included photos of the Wasauksing memorial with this column. My friend explained that the strawberry in the turtle's center represents life and therefore sits as the individual in the center of the medicine wheel circles. The medicine wheel was chosen because it represents all things connected within the circle of life.

During our visit, my friend gifted me a poem and asked me to help her share it with each of the Potawatomi communities. I told her that CPN was easy; I would print the poem in my column! Here it is:

On the Wings of an Eagle Soaring

My gift is a Song for Creation
The beauty each day unfolds
A prayer that life will continue
On the wings of an Eagle soaring
My gift is a Song for the Water
The lifeblood of all living things
A prayer for Mide Waabo
On the wings of an Eagle soaring
My gift is a Song for the Eagle
For saving
Anishinawbe worldview

A prayer that our songs
will always be heard

On the wings of an Eagle soaring

My gift is a Song of
unconditional Love

Flying across all
boundaries and time

A prayer that asks for
this gift to be shared

On the wings of an Eagle soaring

My gift is a Song of Honor

That recognizes the
kindness within

A prayer for our Ogichidaw Spirit

On the wings of an Eagle soaring

My gift is a Song of Healing

Life with all its
profound meanings

A prayer for b'saanibamaadsiwin

On the wings of an Eagle soaring

My gift is a Song and a Promise

That Creator is always there

A prayer for
believing and knowing

On the wings of an Eagle soaring

Lila Tabobondung ©2009

Mide Waabo: very sacred water

Ogichidaw: a person with a great
heart/a brave heart/a warrior

B'saanibamaadsiwin: a
serene and peaceful life

Upcoming meetings and events

Roy Slavin, District 1 legislator, and I will be co-hosting our annual Fall Feast on Saturday, Nov. 23, 2019, in Arlington, Virginia. We will be recognizing veterans who attend and celebrating our young ones with special gifts. I hope you will join us for this potluck event, featuring a craft, discussions, visiting, family stories and an end-of-meeting giveaway. Please wear moccasins if you have them — Friday, Nov. 15, 2019, is Rock Your Mocs Day 2019; we'll award a prize for "Best Moccasins" as voted by attendees. Postcard invitations will be mailed to those within driving distance of the Arlington location, but please remember that we are family, and you are welcome to attend if you can get to us (and please RSVP! It's never too early to RSVP to Roy (rslavin@potawatomi.org) or to me.

I've not had luck yet scheduling our next visit to the Archives of the Smithsonian National Museum of the American Indian in Suitland, Maryland. I proposed a date in February — a Friday before a long weekend — but the archives will be short staffed due to planned time off, so I need to find a new date.



Wasauksing children taken.

Kwek Society update

Chi migwetch! thank you to the Citizen Potawatomi Nation, and especially Vice-Chairman Linda Capps and CPN FireLake Foods Director Richard Driskell (who negotiated with Proctor & Gamble for the best pricing), for donating through FireLake Foods substantial amounts of

tampons and period pads and the cost of delivery to 20 schools — three in Nowata, Oklahoma, two in Oklahoma City, and another 15 (all in one school district) in New Mexico in July! The donation is *major* and allows The Kwek Society to help students in many other communities now, knowing the 20 schools who got CPN donations are taken

care of for the school year. Based on conversations I had during Gathering, we may make our first foray outside the United States and shortly expand to Ontario, Canada, adding Parry Sound High School (which most Waksauksing students and many other First Nations students attend) to our roster of supported schools. For Kwek Society updates, please visit kweksociety.org, or browse our Facebook or Instagram page.

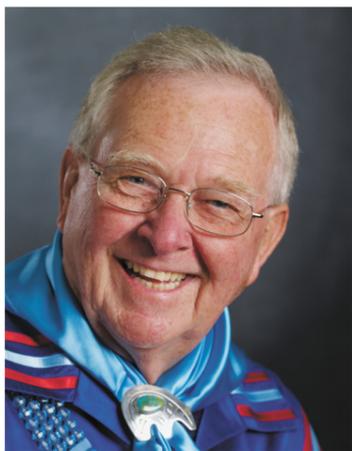
Communication

Please keep in touch — I look forward to hearing from you, to helping you, as needed, and to learning from you.

Bama pi
(Until later),

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District 3 – Bob Whistler



Bozho nikanek
(Hello friends),

Each year, we have the opportunity to meet for the Potawatomi Gathering with the other Potawatomi tribes, and the location rotates amongst each. For the first time in 18 years, the Wasauksing First Nation in Parry Sound, Ontario, Canada,

was the host nation. What many don't realize is that the First Nations of Canada do not have gaming revenue and must rely upon other sources for income. Since they tend to be fairly rural, enterprise opportunities are very limited. Although only 131 miles north of Toronto, Parry Sound's population is 6,408.

I attended the language conference on the first day. Our language director Justin Neely presented and discussed embracing dialect differences between tribes. While there, some of the differences became very obvious while listening to some of the various speakers. In one piece of literature that I saw, I noted that the word for "later on," which we spell as "*bama pi*," is spelled "*baa maa pii*" by others.

One of the other presentations that I saw was a language

instruction procedure called circling. It is a great way for you to learn the language. The presenter, Rhonda Purcell, made 8-by-10-inch picture cards of the different things that she does each morning and described each in the Potawatomi language. For example, waking at 6 a.m., getting ready, waking the children, and so on. Basically, she created a short story for herself in Potawatomi that she could repeat over and over. While my ability to learn the language is very slow, I did find that at this year's Gathering, I used several phrases a few times, and they became much easier to remember and use. The circling approach seemed to be very well received by many.

I attended a program presented by our fellow Tribal member Dr. Robin Wall Kimmerer. Her subject related to protecting Potawatomi plants and plant knowledge. It dealt with how our pollution and misuse are destroying many of the natural plants and resources. Dr. Kimmerer is a professor of botany and is the director of the Center for Native Peoples and the Environment at the State University of New York. She is an author of several books dealing with plants and nature. During her presentation, she introduced Kaya DeerInWater, who is a CPN member pursuing his master's degree in biocultural restoration. His presentation



Kaya DeerInWater (left) and Robin Kimmerer.

was a nice supplement and support of what Dr. Kimmerer had been discussing. Mr. DeerInWater works for CPN, helping oversee the community garden project. The July issue of the *Hownikan* included an article on how heritage seed projects help decolonize Potawatomi food systems. At the end of their presentation, we broke up into small groups to discuss the subjects covered and the relationship and affect in our own local communities. Then we came up with ideas and possible solutions.

Later that day, we took a three-hour boat tour across the Georgian Bay and around the island where Wasauksing Nation lies. A one-lane swing bridge provides the only connection from the town of

Parry Sound to the island. The area boasts about 1,000 islands, many of which have a single house. While on the tour, we were treated to a group of four tribal women who sang several drum songs for us. Although the town is not very large, Parry Sound is part of the very large Georgian Bay, which is renowned for sailing training.

My next venture was to their sacred site in the forest with a tour guide and CPN member Andy Walters. The site is not marked, and you must walk through the trees a short distance. It is a very large stone that reminded me of the Rock of Gibraltar. The east end is slightly lower than the west. As you go around the site, you will see what looks like a serpent climbing up the southeast side. This



Women drum singers on our boat.

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.

serpentine shape incorporates the full height of the rock and is on the its tallest side. It is about 4 feet long and roughly 3 to 5 inches wide. It looks like it has eaten something since there is an enlarged area partway down the body. We offered tobacco and silent prayer as we proceeded around the sacred rock. The guide gave us a brief history about the place and that their tribal members had used it for many years. Without the guide, it would be difficult to locate this unmarked site. We were advised that an earlier group had seen a baby bear clinging to a tree. The guide said that if we saw any bears just to keep moving.

Also, there were programs on horse therapy, lodge building, youth games, Tulip bag making, Bias-weaving beadwork, baby moccasin making, genealogy, corn curing, skirt making and quillwork. While I didn't attend, I did observe Tribal member Peggy Kinder give two of her four classes on ribbon work.



Swing bridge at Parry Sound.

CPN members Dell Chalk and Eva Marie Carney attended.

Friday began with a sunrise service where they covered the sacred fire-lighting ceremony. It was followed by a water ceremony, which I missed somehow. At that ceremony, each attendee was given a very small copper cup, about twice the size of a sewing thimble, to accept and drink the water they were given. Women conduct water ceremonies since it is their area of cultural responsibility. There was a tribal leader meeting where we covered a variety of subjects and Chairman Barrett was asked by the Wasauksing Chief to jointly lead the meeting. We voted to accept the Neyaashiinigiing First Nation, which includes Potawatomi citizens, into our Potawatomi nations grouping. Our combined group now consists of 10 tribes. They have a population of 2,700 members that includes one chief and nine councilors. We were given a presentation on their business

opportunities including a possible future opportunity to sell large quantities of fresh water trout. While on the Wasauksing Island, I did observe that there are trout farms in the Georgian Bay.

My Saturday started by attending the sunrise service where they held a pipe ceremony and explained the responsibilities of men and those of women. Culturally, men's responsibility is that of fire. As mentioned earlier, women are responsible for protecting and providing water. In the fire lodge, the men sit on the south side, and this lodge was covered with black and blue tarping. The women sit opposite the men on the north side, and their wall and ceiling colored tarps are red and green. I was very moved by the ceremony and recommend that should you have an opportunity to attend a sunrise service in the future, you should do so. There is much to be learned. The ceremony was held by a member of the Pokagon Band of Potawatomi. We all took a puff on the pipe as it was passed around the lodge. Near the end of the pipe ceremony, the women gave us water, and at that time, a female began singing a drum song; we held a dance inside the lodge. The fire lodge is for ceremonies, and photos are forbidden. The sunrise ceremony included several drum songs that related to what part of the ceremony was being conducted.

The powwow lasted through the rest of the day with dancing,



CPN member Peggy Kinder (left) teaches Gathering workshop attendees regalia-making techniques.

lots of excellent regalia, and of course, the giveaways under an arbor that is used to house the drummers. The area is very beautiful with many trees and lots of shrubs and water. I was honored to have been able to attend and see this homeland of some of our distant cousins. Their life appears to be somewhat slower than city life's hustle and bustle, but they have the wonderful benefit of daily being able to speak the language with others and live much closer to nature. It would be great if all of us, when at home, had neighbors and others around us speaking our Potawatomi language, so we could become not only proficient in the language but practice and learn the ceremonies on a regular basis. Their youth are being brought up learning the language and taught many of the crafts that their ancestors used to survive. One of the major benefits of attending Gathering is that each nation tends to offer different crafts and skills, and you have a deeper understanding

of all that was involved in the lives of our ancestors.

During this month, I will be looking for a possible location for a district meeting in a southern area of our district. I hope that a location can be found for a meeting in early November.

In the meantime, if you need to reach me for questions or help on Tribal matters, please call my cell phone number. I proudly serve as your elected representative and am honored to have been elected by you.

Bama pi
(Until later),

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



Bozho
(Hello),

Gathering of Potawatomi 2019

As you know, the Gathering this year was held in Parry Sound, Ontario, Canada, and was hosted by the Wasauksing First Nation, one of now ten Potawatomi nations. Considering the travel distance involved, I was extremely pleased to see so many CPN members at the Gathering. On Thursday afternoon, I took the opportunity to travel about two hours farther north from Parry Sound to the town of North Bay where I had a three-year assignment at a Royal Canadian Air Force Base early in my Air Force career. Yes, the winters were very long and cold. It doesn't seem possible,

but it has been 51 years since I left there, and obviously there have been many changes. I've been telling folks that the island where the Wasauksing First Nation is located seemed to have more trees than there are between Topeka, Kansas, and Shawnee, Oklahoma.

CPN Kansas State University Graduate update

For the past few months, Haley Lyn Brown has been putting in the extra work to make sure she obtained her credentials as a certified athletic trainer. Her efforts paid off as she now has ATC behind her name. In addition, she has a once-in-a-lifetime opportunity to continue her education and improve herself as a newly certified athletic trainer while being a graduate assistant at Missouri Western State University. She has already had a few scheduled activities there and has already relocated to St. Joseph, Missouri, as the Griffons football team has commenced sport physicals and practices. Haley hopes to work with the MWU baseball team in the spring. In fall 2015, I had the honor to give Haley her Potawatomi name, *Dok me noj mo kwe* (Quiet Healing Woman), as she was described as a quiet young woman with the goal to be an athletic trainer. Haley



Drumming at CPN Youth Program.

is a descendant of the Bostick family. Congratulations, Haley.

CPN Youth Program in Rossville

If I say so myself, the one-day program we held in Rossville in late July exceeded my expectations. We had a small group of local CPN youth attend, but the interest, involvement and enthusiasm they demonstrated was amazing. The one-day curriculum included the early CPN history, the Trail of Death, our stay in Kansas, several cultural stories, a brief introduction to the Potawatomi language, a craft project and a flute and drum

demonstration. My thanks go out to my assistant Alyssa Frey, a former PLP; Mike Martin; Joe Wulfkhule; my brother, Lyman; and a special thank you to Elaine Hefner-DeCousey, who catered a wonderful lunch. We plan to do it again next year, so watch for the announcements regarding the 2020 CPN Youth Program.

September Elders Potluck in Rossville

The September Elders Potluck, sponsored by the Senior Support Network staff, will be held at noon on Sept. 13 in the CPN Community Center in Rossville. Tracy informed me that BBQ

meatballs and mashed potatoes will be the main course. You are asked to bring a side dish or desert. Tracy has asked that you RSVP if you plan on attending. Her number is 785-584-6171.

CPN Veterans

If you are interested in being a member of our local group of CPN veterans, let me know. We are also looking for CPN veterans who would be interested in participating in our color guard comprised of CPN veterans from Kansas. We participate in local parades and events such as Memorial Day, Veterans Day and the Tall Corn Festival. Again, if you are interested let me know.

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

Migwetch
(Thank you),

Jon Boursaw,
Wetase Mkob (Brave Bear)
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3-5 p.m. Thursdays
Other times: please call

District 5 – Gene Lambert



Menwidokwuks
(Good friends),

As life goes on, we watch the pendulum swing from not enough to too much until we arrive somewhere in the middle.

For those affected, it is always uncomfortable to experience that level of acceptance or lack of the support for needed change.

We find ourselves in these times presently.

The last major upheaval was during the 1960s, and those who marched or rebelled are now our leaders of today. Then and now, they get so caught up in the rhetoric, they forget the oath they took to serve in the House or Senate!

May I remind them of that sacred oath?

“I do solemnly swear (or affirm) that I will support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; that I take this obligation freely, without any

mental reservation or purpose of evasion; and that I will well and faithfully discharge the duties of the office on which I am about to enter: So help me God.”

It didn't say when the going gets tough resign or remove yourself from its difficulties. Several have done just that!

This isn't about Republican or Democrat, rather the social purge of who we were then and now. Why did our soldiers fight and die to protect this country and what we stand for? Maybe I should say *stood* for. They did not have the option to just walk away from a battle.

It was about social change, women's rights and the racial prejudices as we see showing its ugly head again or still in some cases.

Psalm 33: 16-17: “The king is not saved by his great army; a warrior is not delivered by his great strength. The war horse is a false hope for salvation, and by its great might it cannot rescue.”

There was a joke in the '80s about the '60s that went like this; “If you remember the 60s, you simply were not there!”

I was. There were riots, fires and killings in the street, just like today.

We as Native Americans know about these prejudices as well or better than most, and it is up for discussion once again. Each time we think we have made a step forward, something comes along to dismiss the idea.

This country has now become home to many legal immigrants. They deserve to

be treated with respect, not inferior in any way. Most come from somewhere else and generationally not that far back.

Just for the simplicity of it all, we will talk about women's history and the ladder we have climbed in the last 100 years. It was not pretty. Here too was civil disorder to achieve change. Why?

1. Prior to 1979, women could not open a credit card in just their name. It required the signature of their husbands.
2. Before 1978, you could be fired from your place of employment for getting pregnant.
3. Until 1973, you could not serve on a jury in all 50 States as a woman because you were considered the caretaker of the household and were needed at home.
4. Women became a part of the military in 1948 but were not allowed in military academies until 1976. Our 200th birthday as a country, by the way. In 2013, the front lines or combat was approved for women — almost yesterday.
5. The “pill” was approved in the '60s. It was to be purchased by married women for family planning only as there was concern it would promote prostitution otherwise.
6. In 2010, health care discrimination was outlawed. This was the case even for high-ranking elected women officials at the federal level.

7. It has been determined that women should get the same pay as men doing the same job. They never have. It is said to be illegal, yet it still continues. Why?

8. Women gained the right to vote on Aug. 26, 1920. Yet minorities in many parts of the country could not fully exercise their right to vote until 1965's Voting Rights Act. That would have included the Potawatomi, if we all had been honest about our heritage. Many of us were told not to say anything as children. Our parents thought they were protecting us, and they were at the time.

I could go on and on regarding the irregularities and injustices of our society. A conversation with an Arizona State University official years ago brought the problem to the surface. “It will be the way it is everywhere and in everything until someone files a suit or takes political action against the unjust,” he said.

Guess that explains where we are presently and why.

Now we know why these rebellious acts occur and why they will until the Declaration of Independence is lived up to.

All men (and women) are created equal!

What is so difficult to understand and respect about that statement? Why do we all need to think we are better than someone else? We all want the same things, and there is one God!

In my last article about the country, I wrote about our

understanding of its value, and the need to fight for it continues.

The way we fight may vary from the legal, political, personal attacks and now by assassination.

Speaking your truth has become not only unacceptable but dangerous. Freedom of speech?

Please take heart in this matter. It is not someone else's fight — it is yours and mine. The questions is “Will we accept the changes that are occurring? Do you want to live in fear and uncertainty?”

I was sure those days were gone.

When did it leave the avenues of “for all the people, by the people”?

Do speak your truth; that is the only way we can live, grow, love and expand first as a person, family and as a country.

I do not mean to get on my bandwagon, but I have always been patriotic. I love this country, and I do not appreciate being told I can leave if I do not agree with someone. Born on the Fourth of July was probably my beginning.

Eunice Imogene Lambert
Butterfly Woman
Representative, District 5
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District 6 – Rande K. Payne



Bozho nikanek
(Hello friends),

I want to thank all those who have already registered for the CPN Districts 6 & 7 Heritage Festival in October. I've attached the invitation to this column, and Representative Mark Johnson and I look forward to hosting you all here to share our Potawatomi heritage and the programs you can utilize as Citizen Potawatomi.

Benefits and services

Our Nation offers a number of fantastic services, many of

which are there to assist with the needs of our most treasured Tribal members. One such program is Health Aids, which helps tribal members purchase glasses, hearing aids, dentures and other medical devices.

All tribal members born on or before Dec. 31, 1976, are eligible for the Health Aid Program. Program monies are used to purchase prosthetic devices, glasses, hearing aids, dentures, partials, crowns, wheelchairs, mobile chairs, CPAP machines, prescription sunglasses, contacts as well as mobile chair lifts and ramps for vehicles. Please remember the Health Aid Program pays 75 percent up to \$750 with the exception of eyewear. Eye wear is covered up to \$250. There is a limit of \$750 per year.

Information about the program — including the registration paperwork — can be found by visiting cpn.news/healthaids or by calling 405-964-4025. CPN Health Services Program Administrator Amber Brewer goes above and beyond to

assist Tribal members in need of more information of this program. She has nearly two decades in the program and does an excellent job serving Tribal members who are receiving this support.

Potawatomi Phrase of the Month

Odopi – now at this time

Wisdom from the Word

“Light in a messenger's eyes brings joy to the heart, and good news gives health to the bones.” Proverbs 15:30

Thank you for allowing me to serve as your representative. It is my honor and privilege.

Migwetch! Bama pi
(Thanks! Later),

Rande K. Payne
Mnedo Gabo
Representative, District 6
31150 Road 180
Visalia, CA 93292-9585
559-999-3525 office
559-999-5411 cell
rande.payne@potawatomi.org

Citizen Potawatomi Nation
District 6 Representative Rande Payne
& District 7 Representative Mark Johnson
invite you to the

District 6&7 Heritage Festival

Saturday, October 26, 2019
10am to 6pm

—

Valhalla at the Grove
31150 Road 180
Visalia, CA 93292

*Learn about your Potawatomi heritage,
CPN programs for tribal citizens and participate
in activities with fellow Citizen Potawatomi.*

Register online by October 20
at cpn.news/dist67fest
with the CPN district number,
name of all attendees, and tribal ID
numbers of CPN members.

District 8 – Dave Carney



Bozho nikan
(Hello friend),

Combine a camping trip to Montana with a District 8 regional meeting. Then add an amusement park, lots of road maintenance and some crazy weather, and you will know what I've been up to for the last four days.

Leaving at 5 a.m. on Friday morning, my wife and I took two of our four children (Luke and Sophia) from Olympia, Washington, to St. Regis, Montana, hauling our travel trailer through the mountains and high desserts of the Northwest. After arriving in St. Regis, we had a hearty steak lunch and then did a little hiking along the Clark Fork River.

The next morning, we headed out early to the venue where the meeting was to be held, but as we worked our way to Missoula, we were delayed off and on due

to lane closures and slow traffic. The meeting was at the Public House — a downtown venue in the heart of Missoula. The space was well suited for the 30 or so members and guests.

There was a great spirit of comradery at the gathering. I enjoyed meeting new friends, like Mike Turley and John Loehr and their families, and old friends like Anita Hall and Joe Clark. Since the group was intimate, we were able to visit quite a bit and some good questions were asked during my presentation on the Nation and its enterprises.

There were no babies or toddlers at the District 8 regional meeting, so we awarded the prizes for the farthest travelled and wisest. For the first time ever, one person won both of these — Joan Rettinger from Seattle. Joan has come to district meetings in Idaho and Montana before, but this was really special for her because she was accompanied by her son William and her grandson Mark. This was Mark's first Potawatomi gathering.

After a taco bar lunch, we celebrated the Potawatomi art contest winner, Hogan Wrixon, from Spokane. Hogan's entry was a colored pencil/pastel drawing of a cougar (his Potawatomi name). His prize was a \$50 gift card to Michael's art supply store. Hogan had his family with him, including his son Liam, who just completed



Fine arts winner, Hogan Wrixon.

the Potawatomi Leadership Program at the Nation.

After the event, we headed back to St. Regis and got on the road to Athol, Idaho — home of Silverwood Theme Park. Not five minutes from our campground, we were forced to pull over as we could not see through the hail storm. I've never encountered hail the size of baseballs before. Marbles, yes. Baseballs, no. After ten minutes of being pelted, the hail let up enough to get back on the freeway. It wasn't until we stopped for gas when we surveyed the damage to both car and travel trailer. Both



Farthest traveled and wisest in attendance, Joan Rettinger.



The Missoula group at the meeting.

looked like they suffered a pretty severe beating.

This crazy weather pattern continued into Saturday evening in Idaho. Torrential rain and severe thunderstorms continued throughout the night. Looking at the weather forecast, the weather was supposed to improve on Monday when we were heading home. Sunday was our scheduled day to enjoy the park, and we decided to take a chance and go. Dark and dramatic clouds loomed overhead most of the day. This proved to be enough to scare away about 80 percent of the usual crowd. My family and I were able to walk on to rides with no wait (usually there is a 20 minute line). Food lines were non-existent. It was like having the VIP treatment! My kids reported that they were

able to get on more rides on this visit than ever before. I'm not sure if it was an even trade, sunny weather for shorter lines, but it was a unique experience.

Save the date

Fall Feast — November 9 in Seattle for a mid-day meal and meeting.

As always, it is my pleasure to represent you. Please feel free to contact me at dcarney@potawatomi.org.

Migwetch
(Thank you),

Dave Carney
Kagasghi (Raven)
Representative, District 8
520 Lilly Road, Building 1
Olympia, WA 98506
360-259-4027
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The taco bar at the Missoula meeting.



Damage from the hail storm in Missoula.

Hownikan

1601 S. Gordon Cooper Drive, Shawnee, Oklahoma

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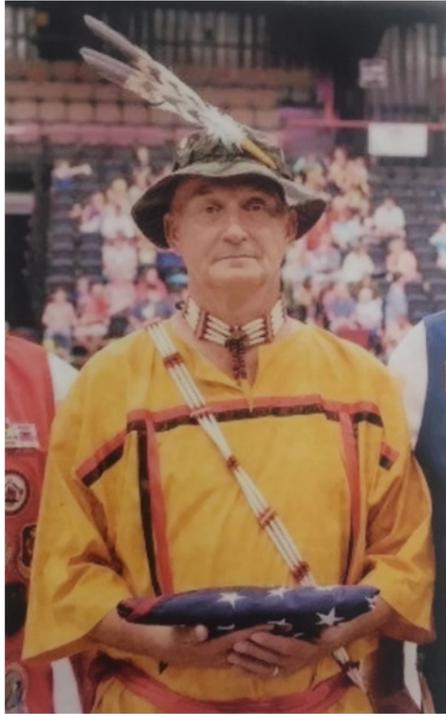
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1601 S. Gordon Cooper Drive, Shawnee, OK 74801

Dale Elmer Smith



Dale Elmer Smith, 69, died on June 1, 2019, at his home in Holcomb, Kansas.

He was born on April 1, 1950, in Webb, Oklahoma, to Elmer and Wanda (Anderson) Smith, and was one of 16 loving brothers and sisters. He married Linda Martin on Oct. 2, 1968, in Garden City, Kansas.

Dale moved with his family to Garden City as a child and graduated from Garden City High School. He served in the United States Army in Vietnam. In 1976 he opened Metal Fabricators in Garden City, which he ran until 2015.

He was a member of the National Rifle Association and enjoyed hunting, fishing, golfing, being involved with his grandchildren and "staying busy." He was very proud of his Potawatomi heritage and his name *Kno notagzet* (Screaming Eagle).

He is survived by his wife, Linda Smith, of the home; daughters Tamara Widows and husband, David, of Holcomb, and Michelle Churchill and husband, Peter, of Kansas City, Kansas; son Kenny Smith and wife, Diedra, of Holcomb; six grandchildren; and two great-grandchildren.

A funeral service was held Aug. 5 at First Southern Baptist Church in Garden City. Burial followed at Deerfield Cemetery in Deerfield with military rites by Kansas Army National Guard Honor Guard and American Legion District 8 Honor Guard. Dale requested the honor of Native American regalia to be worn at the service.

In lieu of flowers, memorials are suggested to the Dale Smith Memorial Fund to be used for the Citizen Potawatomi Nation Eagle Aviary in care of Garnand Funeral Home.

Jean Ann Hodges



Jean Ann Hodges passed away peacefully on July 29, 2019, at the age of 66, surrounded by her family and friends. Jean was born in Shawnee, Oklahoma. She moved to Colorado where she worked for many years at Coors as a line specialist. She was also part of the first aid and hazmat responders teams and taught many classes as a way to share her expertise. She retired to Parkman, Wyoming, where she spent the last 16 years of her life as a devoted wife, mother, grandmother and friend. She loved her new home in Wyoming where she could sit on her deck and watch the elk come in below her house. Everyone who knew her would agree she was an exceptionally kind and strong woman, known to open her heart and home to those in need. Her three grandchildren were her pride and joy. She will be missed more than words can say.

Jean was preceded in death by her father, Clyde, and her sister, Delora. Her memory will be carried forward by her husband David Hodges; her mother Fronia Roberson; her brother Jerry Neal; her children Lucas (Nicole) Whitman, Chance (Shelby) Whitman, and Lisa (Dylan) Kraft (Hodges); her beloved grandchildren Olivia, Brinley, and Shepard; and many other relatives and friends.

There was a memorial service for Jean at Kane Funeral Home in Sheridan, Wyoming, on Aug. 3, 2019, followed by a private reception at Jean's home in Parkman for close family and friends.

Mary Charlene Eisenberger Andoe Schimeneck



Mary Charlene Eisenberger Andoe Schimeneck, 81, passed away July 24, 2019, in Mission Viejo, California.

Charlene was born in Pawhuska, Oklahoma, on July 6, 1938, to Charles Cruce Eisenberger, Jr., and Pauline C. "Kte-Te-Qua" Tomey Eisenberger (Gold Star Mother), a sister to Sergeant George Joseph (Bucky) Eisenberger (Vietnam veteran/MIA), Kenneth Charles Eisenberger (Vietnam veteran), and Marcia Eisenberger Dikeman Williams.

Throughout the years, Charlene was known by her family and friends for her artistic ability, especially with paper tole and oil painting. She was a fun-loving person who enjoyed traveling to many countries during her younger years, attending church and her weekly women's bible study group, attending her children's sports games and music recitals, and visiting her grandchildren in central California. Charlene was also known for her sense of humor, her feisty spirit and sometimes cooking up a pot of her famous bean soup. She was a generous person who sacrificed many things in order to provide financial support to her family.

Charlene is preceded in death by her first husband, Captain Elbert Joseph Andoe, as well as her father and mother, brother George, and sister Marcia.

Charlene is survived by her second husband, Captain Joseph George Schimeneck, and her children, Andrea, William, Kristin and Erin. Charlene is also survived by her grandchildren, Gabriel and Nathaniel. Additionally, Charlene is survived by her brother, Ken, and her many nieces and nephews.

Charlene was a Christian woman who lived strongly by her faith. She was deeply loved by her family, and she will be greatly missed by family and friends who knew her and loved her very much.



A Funeral Prayer

Hau ndenwémagnek
Ho my relatives

Ébyé yak shote gnom
We have come here today

Éwi nesh myé yak ode wdenwéma
To lay our brother to rest

Ngom she épam sét ode
Today he walks

Ga wje zhyé wat gi gambojek
Among those who have passed on

I yé i ébgednoyak ode ngenwen
That is why we offer this song

Émno shketot wa je zhyat ibe shpemsegok
That his journey will go well where he goes above

Iw énaj moyan
That's all I have to say

A Potawatomi prayer for a specific loved one who has walked on.

By Don Perrot

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.