

Top photo: The Bourbonnais Cabin located next to the Cultural Heritage Center in Shawnee, Oklahoma.

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CPN member Jenifer Van Schuyver a model student in social work program.

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‘Hope and change’

Multicultural activist Emcee One motivates, educates youths and communities through power of music

Youth have power. Right now.

“When we told them they’re the future, we accidentally said, ‘You don’t matter yet. You don’t count until some futuristic point on the horizon that, statistically, some of our kids won’t see,” Emcee One, born Marcus Anthony Guinn, recently told the *Hownikan*.

“They’re — right now — the No. 1 influence on the planet, ages 13 to 24. So, if they could recognize their influential power now, that’s just for starters,” he added. “After that, we can get into the other issues, you know, how to be healthy and make choices and form healthy relationships. I gotta be honest with you — that’s more important than a rapper or more important than a sports star.”

The Oklahoma-based multicultural activist, emcee, DJ, recording artist, official Nike N7 artist, youth advocate, mentor and national speaker said that’s not negativity. It’s reality.

First and foremost, though, Guinn is a storyteller. It’s a passion he honed as a youth living in San Jose, California, blending street-smart hip-hop culture, multicultural activism and, eventually, his Native American heritage. He’s a Citizen Potawatomi Nation tribal member of Burnett family ancestry, as well as Osage, Delaware and Puerto Rican.

“As a young person, we always wanted to sponsor hope and change in our neighborhoods,” Guinn said. “If you need to give youth something, what do you give them?”

Guinn enables youth to plug into positivity in their own ways, through music, pop culture, sports and education.

‘Just do it’

For example, take his partnership with Nike and N7. While in high



Emcee One, aka Marcus Anthony Guinn, Citizen Potawatomi Nation tribal member, DJ, rapper, producer, activist and speaker. Photo by Lauren Bieri for Citizen Potawatomi Nation

school and struggling to graduate, “I remember taking the mantra of ‘Just do it,’ and I wrote it all over my books.”

During his senior year, if he missed one class, he wouldn’t graduate on time. He also attended college during summer school and at night and negotiated a deal with his grandmother for a pair of Andre Agassi-branded Nike kicks as motivation.

“That became my goal. I did, and then boom, on my graduation cake it said, ‘Just did it.’”

He also embraced the street-smart urban activism embodied in hip-hop’s rising popularity at the time. He wrote poetry in elementary and middle school. He realized the power of language and storytelling, especially through music.

The first albums he owned were Eagles’ *Hotel California*, *Kenny Rogers Greatest Hits* and KISS’ *Destroyer*. He grew to admire and drew inspiration from Prince, Michael Jackson, KRS-One, Boogie Down Productions, Paris and The DOC.

“I was raised with country. ... That was a musical art-form that told

stories, and so hip-hop was the next genre that was very story-based,” Guinn said.

“It was attractive because these hardcore guys turned positive,” he said. “It was these hard-core, the like, ‘thug’ guys that were dangerous. When hip-hop hit, they began to solve their conflict with rhythm, rhyme, poetry and arts, dance — kind of crazy to imagine — and that culture that was created.”

Music became the launching point for his love of cultural activism, community development and mentoring youth.

“I was in love with hip-hop from its roots, and I was also in love with positivity in the streets,” he said. “Those two things morphed together to create the channel that I’m living today.”

Today, he’s a DJ for Nike’s N7 Fund initiative, which has united a collective of Indigenous athletes, artists, musicians and others to promote its N7 athletic wear collection. More than \$5 million has been raised since 2010 to “help youth be active through sport,” Guinn said.

Continued on page 5



Emcee One, aka Marcus Anthony Guinn, with his mother as a child in a string of photo booth snapshots. Photo by Lauren Bieri for Citizen Potawatomi Nation

Breaking sound barriers

Composer Aaron Martin defies definition in his otherworldly take on modern music

Classically trained musician Aaron Martin always knew he wanted to make music, and he's made it into an unconventional career. In two years, he helped compose a soundtrack for a critically acclaimed indie film, released two albums, has two more in the works and is eager for more.

Martin, 35, began playing music at age 11, switching between guitar and drums. In high school, he switched to cello, "which is kind of late for a classic instrument," he admitted, "but I was determined."

He took lessons through high school and studied the instrument in college with the aid of a Citizen Potawatomi Nation scholarship. He also began performing in orchestras.

After high school, he moved to Topeka from Silver Lake, Kansas, to study at Washburn University, where he graduated with a double-major in music cello performance and English writing in 2005.

"But I still had the idea that I wanted to create my own music," he said. "So when I was still in college, I started recording my own music with a four-track recorder, and I loved that even more — that really gave me an idea of what I wanted to do."

He's been in Topeka ever since. He said he stays in the city because it keeps him connected with his family, and through them, his Native heritage.

He recorded his first album, *Almond*, which was picked up by Australian label Preservation in 2006. It featured dozens of instruments and ambient sounds. Cello, guitar, ukulele, tambourine, banjo, mandolin, electric chord organ, recorder, slide whistle, saw and glockenspiel can all be heard as well as tones and noises from items like a camera, pie tin, pocket watch, comb and toy school bus. By 2009, he had released three albums on Preservation.

He released *Worried About The Fire* on the Experimedia label in 2010, *Chapel Floor* on Sonic Meditations and *Comet's Coma* on Eilean Rec. in 2014, as well as collaborations, singles, EPs and DJ mixes spanning 2013 to today with artists in the Netherlands; Australia; Portland, Oregon; Sweden; and Germany.

He and Swedish composer Dag Rosenqvist formed From the Mouth of the Sun in 2011, releasing their first collaboration, *Woven Tide*, in 2012. Their cinematic sound, blending acoustic and electric instrumentation including cello, piano, guitar, pump organ and banjo, grabbed filmmakers' attention. In 2016, several tracks featured prominently in composer David Wingo's score for the Jeff Nichols-directed film *Midnight Special*.

Timing is everything

Film director Joshua Z. Weinstein heard their work and contacted



Aaron Martin. Photo provided

Martin. In January 2016, Martin, Rosenqvist and Weinstein began working together to score *Menashe*, a Yiddish-language American feature film about an Orthodox Jewish New York City grocery store clerk who fights to keep his son after his wife dies. The project was filmed in Borough Park, Brooklyn.

"He just contacted me out of nowhere," Martin said of Weinstein. "He heard one of our albums. He was

'Dag and I both record separately and then send our ideas over to each other — I'm based in Topeka, Kansas, and Dag is based in Gothenburg, Sweden. We have never met in person.'

— Aaron Martin

obsessed with it, and he had one track that he just kept playing over and over again.

"What's interesting is that I watch a lot of movies, and I'd seen a documentary that he did. I just watched it in the middle of the night on PBS," Martin said. "It was called *Drivers Wanted*, about taxi drivers in New York. So that was an interesting coincidence, because not many people saw that when it aired."

The timing was right, as Martin and Rosenqvist had long been interested in working on an original score together.

A prominent, layered sound throughout the film is Martin's banjo, which he plays with a bow. The result has no recognizable twang of the stereotypically jaunty instrument. It becomes delicate, bittersweet, morose, hopeful — and emotionally powerful.

"(Weinstein) just had a rough cut of it when he contacted us, but we were able to get in relatively early in the process for composers," Martin explained. "So we were there for the long haul, all the way up to Sundance (Film Festival)."

Martin explained their creative process: "Dag and I both record separately and then send our ideas over to each other — I'm based in

Topeka, Kansas and Dag is based in Gothenburg, Sweden. We have never met in person."

It might seem strange to some, but, up to this point in his career, that's how Martin has preferred to work with nearly everyone he's collaborated with.

As a writer and composer, "I like having the space and time to think and work in my own environment, rather than feeling rushed in an unfamiliar studio," he said. "After working together on quite a bit of music at this point, Dag and I are often on the same page about ideas despite having never met."

They scored various rough cuts of the film into early December, 2016. In January 2017, the film debuted at Sundance Film Festival in Park City, Utah, where the movie was picked up by American independent entertainment company A24 Films for U.S. distribution.

Menashe premiered July 28 in U.S. cinemas, earning more than \$1.7 million at the box office.

In September and October, it premiered in France, Finland, Denmark, Switzerland and the Netherlands; in November, it opened in Greece, Slovenia, Sweden and Poland; and in December, it debuted in the UK.

Stateside, the digital film is available for rent and purchase from online retailers like iTunes and Amazon, and Blu-Ray editions were released before Christmas. IndieWire film critic Eric Kohn named it one of the 10 best indie movies of 2017.

Continued success

In the meantime, Martin continues creating music. In September, his project From the Mouth of the Sun released *Hymn Binding*. The cover art was created by Minnesota artist Gregory Euclide, who has also created covers for Bon Iver.

In July, NPR said of the duo and the album single "Light Blooms in Hollow Spaces," "If their mission in this instrumental miniature is nothing more than beauty itself, they have succeeded on a disproportionate scale."

Another NPR review summarized, "The stirring arrangement for 'Light Blooms in Hollow Spaces' — taken



Aaron Martin and Swedish composer Dag Rosenqvist worked with film director Joshua Z. Weinstein for a year to compose the *Menashe* motion picture soundtrack. Photo provided

from their third album, *Hymn Binding* — harnesses the possibility of electronic instrumentation and the warmth of acoustic sound into a resonant, breathtaking melody."

In December, Martin and Nederlander Rutger Zuydervelt, aka Machinefabriek, released their collaboration *Seeker*.

"I also just finished up my first solo score for a short film, and that's being submitted to festivals now," he added.

He's also finishing a yet-unnamed solo project he plans to release early this year.

"I did push it back a little bit because it was a really busy release year for me," Martin said.

Soon, he'll begin working on another solo project, tentatively scheduled for an LP release in 2019, and will package the record with a book of photography.

And, like he did with the *Menashe* film score, he records at his Topeka home, globally swapping files and ideas as projects come together, often making music with friends, collaborators, record labels and distributors he has yet to meet face-to-face.

Martin said he moved around a lot as a kid, so his connection to Kansas and the community has been important in keeping him grounded.

"I like it because it allows me to have a quiet space where I can just focus on music," he said. "It's been amazing to do what I want to do and not have to worry about anything else."

FOR MORE INFORMATION

Aaron Martin
aaronmartin.bandcamp.com
From the Mouth of the Sun
ftmots.bandcamp.com
Aaron Martin & Machinefabriek
dronarivm.bandcamp.com
Dag Rosenqvist
dagrosenqvist.bandcamp.com
Menashe menashemovie.com

Duffell earns recognition for community contributions

Each year, *Oklahoma Gazette* recognizes 40 individuals age 40 or younger who significantly contribute to shaping central Oklahoma communities. This year, Citizen Potawatomi Nation internship coordinator Mindee Duffell earned recognition for her work helping students prepare for college and careers.

Hundreds of peer-nominated applicants competed in this year's formal application process. A board reviewed finalists and determined top honorees while considering their civic and artistic accomplishments, commitment to advancing education and dedication to innovating and redefining business practices. Duffell began working for CPN in 2012, first in the human resources department and then in the education department. She earned a Bachelor of Science degree from St. Gregory's University in Shawnee, Oklahoma, in 2016, graduating Magna Cum Laude and receiving the Joseph M. Dowd Award, presented to the valedictorian of the graduating class of the College of Continuing Studies.

"I went to college right after high school like a traditional student," she said. "I went kind of far from home, and I didn't adjust well, so I didn't finish my degree. When I began working for CPN, I recognized that I had bigger goals and that having my degree would be important in achieving them. Working here showed

me that there was potential and a few key people encouraged me to return to school and finish my degree."

Her community involvement includes serving organizations like the United Way, Gordon Cooper Technology Center and the International Association of Workforce Professionals. She also is a graduate of the Greater Shawnee Chamber of Commerce's Leadership Shawnee civic and business initiative and CPN's Noek Nmeshomesek tribal cultural leadership development program.

Her classroom and workforce accomplishments are significant, and her motivation comes from wanting to help build better communities by shaping future leaders.

"Mindee's warmth, creativity and problem-solving skills make her an excellent internship coordinator," said CPN Director of Education Tesia Zientek. "She extends these attributes to her family and community endeavors."

In her current role, Duffell helps tribal members, Native Americans and non-Natives gain work experience in a department that meets their educational and career goals. The competitive internship program provides students opportunities to invest in their future.

The paid, 240-hour program's careful placement process is designed to



Mindee Duffell

give students real-world experience. In turn, they are more competitive in the job market, gain professional exposure and learn from marketing opportunities they might not have otherwise. Eight interns participated in its first year. Thirty joined the second year. One-quarter of those received job offers from CPN.

"Our purpose is to develop and deliver comprehensive student internship, career development and employment placement services in support of both Tribal members and Native Americans' educational, occupational and personal growth," she said.

Duffell believes investment in these students builds the tribal community, as students ultimately may return as leaders or employees of the tribe, or stay in Shawnee.

"These people could be part of the community that I live in and raise my son in," she said. "Keeping this in mind, I hope to instill a good work ethic in all of the interns at Citizen Potawatomi Nation — being able to take the initiative and have a positive attitude with an eagerness to learn. Some people are naturally equipped with these skills; some have to be taught. Showing students soft skills in the workplace and allowing the chance to mess up and course-correct are sometimes the best lessons."

Her drive to help beyond the boundaries of CPN headquarters is evident in the interactions she has with the people she mentors. In the past year, Duffell has helped students navigating challenging aspects of transitioning from high school into adult life. From finding a place to live, purchasing a vehicle, learning conflict resolution or juggling school and work responsibilities, students understand they can approach her about many of life's challenges.

"I have a heart and a passion for helping people realize that they can reach their educational and professional dreams; after all, I did," she said.

January veterans report



Bozho (Hello friends),

There is an issue that I would like to discuss with our veterans. Do you remember what it was like when you left the military and had to adjust to civilian life again? You had a few, or many, years following orders, living with a large population of soldiers, sailors and people from different parts of the country and with varying backgrounds.

We went places and did things that most civilians never experience, which means we have little in common with the civilian population. You wake up in a different world than the one you just left. How did you prepare for it and deal with it?

Today there are a number of organizations: American Dream U, The Honor Foundation, CivCom,

The Mission Continues, The Heroes Journey and Victor App, which provide support for the veterans of today. Certain companies also try to hire veterans and provide military-friendly environments.

Here is some advice suggested by several veterans from different branches of the service, published in this 2017 Business Insider article by writer Áine Cain.

In "10 former Navy SEALs, Green Berets and other veterans share their best advice for leaving the military and transitioning to civilian work," a career Navy man said preparation is a key part of transitioning from military to civilian work.

"The military gave me the framing and conditioning, but I had to get the skills and education on my own," said Omari Broussard, a father of six and 20-year Navy veteran.

Start planning your exit when starting in the service. You don't divide your attention — consider the process of transitioning into civilian life as an actual mission.

"It's huge, and the planning is done by you this time, not your higher-ups or the intel officers or anything," said veteran U.S. Marine Corps rifleman Greg Jumes, who also founded Victor App. "You have to plan. You have to find where you should be moving to."

Added veteran U.S. Navy SEAL officer and Honor Foundation fellow James Byrne: It's not really that hard; the problem is when it all comes together at one point.

"You can't wait till three months before you get out," Byrne told Business Insider.

A combat soldier described his transition: "As a warrior, you live in an honor-based culture," said retired Green Beret Scott Mann, who runs the MannUp and Heroes Journey nonprofits. "It is tribal, in the sense that tribal society is built around the group and honor, and it's a collective. Your relationship with your military teammates is tribal. You take the needs of the many over your own needs. That's how you fight, train and survive, and it becomes trained within you."

Civilian jobs tend to be more autonomous, valuing individual performance over the group, Mann said. High-performing military veterans should be aware of this foundational shift and be prepared for it. Learning to express their personal experiences and translate their own stories is an important step.

Migwetch (Thank you).

Remember, the CPN Veterans Organization meets around 6 p.m. the fourth Tuesday of each month in the North Reunion Hall on the Potawatomi Powwow Grounds in Shawnee, Oklahoma. All CPN and spouse veterans and their families are welcome. A meal is provided.

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CPN Batch Plant helps build many tribal projects

A Citizen Potawatomi Nation enterprise is set to reopen the concrete mixing portion of the business. The Tribe has owned its batch plant, or concrete mixing facility, since initial site work began for the Grand Casino Hotel and Resort in 2003. It moved to its current location off Hardesty Road and Gordon Cooper Drive in late 2006 or early 2007 to be closer to contracts in Shawnee, Oklahoma.

The concrete mixing portion of the plant closed in 2014 after being open to construction jobs for CPN and the public.

“We’ve been selling sand and rock and dirt to the public for the last three-and-a-half to four years,” said Batch Plant Director Todd Beach. He began working for CPN eight years ago.

It is a permanent dry mix plant, meaning dry ingredients are introduced to water and wet ingredients in a concrete mixing truck as opposed to pre-mixed at the plant before transportation. How much and what kind of concrete gets mixed depends on the size and type of job. Each truck holds 10 yards of mix.

“It really is a pretty simple process,” Beach said. “It’s all calculation;



A cement mixing truck sits ready for distribution and automation tests at the recently reopened Tribal batch plant in Shawnee, Oklahoma.

getting it all figured out. What we do is, once you call in and you tell us you’re doing a 200 or 300-yard job, you know ... you have to have the right mixture, and how much rock. ... The machine does it all for you.

“We helped construct Iron Horse (Industrial Park) a couple of years back, and that road took 5,004 yards of concrete,” he said. That’s a hefty 500 trucks full.

Beach used to own his own trucking company. Standing outside of his

office at the batch plant, he said, “Matter of fact, I built this parking lot here with my trucks, and I did a bunch of other projects for the tribe. I contracted that through them.”

The plant will be open for concrete jobs for the Tribe only. In a full circle of events for Beach, the first project after reopening will be laying a bigger parking lot and equipment area at the batch plant.

“We just want to get it back off the ground and make sure everything

works great,” he said. “We’ve got quite a few projects coming for the tribe.”

Those include parking lot work at the West Clinic, construction at the new imaging center, the widening of Hardesty Road and the relocation of a water cooling center control room.

The batch plant will also expand its staff of six and hire a full-time mechanic.

“We’re going to have a mechanic shop, and we’re putting some other buildings in to do some precast work with. We’ll end up having probably seven drivers total,” he said. “That’ll be about 10 total probably when we’re all done.”

Beach is excited for the new projects.

“Of course, yeah. We’ve just been waiting. We’re just getting all the kinks worked out and getting things ready to go, and so we’re just counting the days.” he said.

For now, the plant awaits word from CPN Project Manager Larry Johnson about where to head next.

CPN honors St. Gregory’s University academic dean and professor Ron Faulk

Submitted by Tesia Zientek

During a December celebration for tribal members graduating from St. Gregory’s University in Shawnee, Oklahoma, Citizen Potawatomi Nation also honored longtime SGU academic dean and professor Dr. Ron Faulk, Ph.D of English, with the gift of a Pendleton blanket.

We wanted to honor Faulk because he has been our liaison between Citizen Potawatomi Nation and St. Gregory’s University since before I was appointed CPN’s higher education coordinator and, later, director. It is an appropriate time to recognize him, as December marked the school’s final semester before it suspended operations.

When his relationship with the Tribe began, there was no CPN Department of Education. He and I worked closely to develop the CPN-SGU Tribal Development Scholarship program’s policies. He has been the Tribe’s point of contact for any questions related to the



Dr. Ron Faulk receives a Penleton blanket from Chairman John “Rocky” Barrett.

university, and he provided regular student reports detailing attendance, enrollment and financial projections.

In all interactions, he has shown himself to be a fierce advocate for Native Americans, though he is not a citizen of any tribe. He has fought for Native American representation and support at the university level and has been a skilled mediator between university administration and CPN.

Our ancestors used blankets in all aspects of life: as a saddle, bedspread, picnic blanket and more. It was a crucial tool for survival. We believed the Pendleton blanket entitled “The Peaceful Ones” was particularly fitting.

From the blanket’s information card:

The Peaceful Ones

“The Peaceful Ones strive to be mannered, polite, and peaceable in all interactions. Their path will eventually lead to a

state of complete reverence for all things. ... Through their traditional ceremonies, the Peaceful Ones hope to bring tranquility and harmony to the entire world.”

Faulk is one of the calmest, most serene people I’ve ever met. He has a way of communicating that is thoughtful and potent, even when he is in disagreement. He has a background as a counselor, and it shows in the way he carries himself.

Chairman Barrett spoke about Faulk’s contributions during the celebration and draped the blanket over his shoulders. By gifting this blanket, we are saying to Faulk that we will keep his memory warm in our hearts forever.

Zientek, who has a Masters of Arts in education policy, is the Education Department director for Citizen Potawatomi Nation. Learn more about the CPN Education Department and scholarship opportunities at potawatomi.org/services/education.

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Emcee One continued...

He also tours the globe as tech support guru for N7 ambassador, rapper, Shoshone Indian and Black Eyed Peas member Taboo.

“Nike N7 is for anybody and everybody. We want anybody who likes the colorways and the branding – please rock ‘em,” he said. “It’s just a really cool thing to be a part of.”

‘Strict grassroots’

Guinn’s partnership with N7 promotes self-confidence, competition, community improvement and “unleashing the power” of younger generations, he said.

Last year, he joined Taboo, along with fellow N7 ambassador Bunky Echohawk and a collective of Native American artists to create “Stand Up/ Stand N Rock,” a song and video supporting and highlighting youth activism, specifically Standing Rock Sioux Indian Reservation protests against Dakota Access Pipeline construction on North Dakota tribal land in 2016 and 2017.

“When this (the Standing Rock protests) hit, this was not just political, it was also personal for us, and the youth took a stand and then that sparked something global. ... We had to stand with them at that point. We just wanted to do whatever we could,” Guinn said.

Guinn, who considers himself semiretired from emceeing, even wrote a verse for the song.

“They’re taking freezing water cannons and rubber bullets, and they’re taking an onslaught of actual pain and sacrifice — all we’re doing is writing and recording rhymes,” he added. “So, literally, when we say it’s the least we can do, it was the least we could do, and we rallied to it.”

Youth — and the music industry — also rallied around “Stand Up/ Stand N Rock.” The video featured footage of the water protectors and their camps, Guinn said, and soon became MTV’s first all-star Native American hip-hop Video Music Award nominee.

“We didn’t want any commerce from it. We didn’t want any money from it,” Guinn said. “Matter of fact, we consistently and intentionally avoided iTunes or any kind of way that dollars could be added to it. We wanted to do it strictly for YouTube. ... It was strict grassroots with real footage, not actors — real front-



Emcee One, aka Marcus Anthony Guinn, connected with his Citizen Potawatomi Nation heritage after moving from San Jose, California, to Pawhuska, Oklahoma, as a teen. He even sports a custom license plate and CPN tag. Photo by Lauren Bieri for Citizen Potawatomi Nation

line people. ... What began as an encouragement to them also ended up being magnified globally.”

It also helped reset standards at the VMAs by being the first noncommercial nominee without major-label backing, first YouTube-only nominee and an inaugural candidate in the new Best Fight Against the System category. In another first, all six nominees were honored as category winners at the 2017 VMAs.

‘Culture shock’

Preserving and promoting Indigenous pride among youth plays a prominent role in much of Guinn’s projects, and he admitted that he was a teenager before he fully embraced his own heritage.

“I grew up urban, like straight-up San Jose, California, Puerto Rican, Native American,” he said. “My grandma had that license plate up on our wall that says, ‘The United States is Indian Country.’ I used to be like, when I was little, ‘Grandma, does that mean us?’ You know? I grew up knowing our heritage and knew we were here first, and we were discovered and all that.

“But as far as the specific culture, I wasn’t raised in that at all — I was raised city.”

Guinn found his roots, and his voice, when he moved to the rural Oklahoma town of Pawhuska after high school.

“That was culture shock for me,” he said. “That’s when it became, like, real. ... I was very urban, and I think that might be why I appreciate some of those values a little more. Because I didn’t grow up enriched in them, so when I got exposed to them when I moved back to Oklahoma, they were extremely valuable.”

Guinn’s mom battled drug and alcohol issues stemming from childhood sexual abuse trauma, he said. She died in 1996 from AIDS, several years after Guinn moved to Oklahoma.

“My grandma raised me — I should probably give some context — my mom had me when, she was pregnant at 13 and had me at 14,” he said. “My grandmother had two kids by 15. ... So, my grandma became my mom. My grandma raised me.”

He created his first songs on a four-track recorder in Pawhuska, where his “street” upbringing opened the opportunity for him to create and perform his own music.

“People were like, ‘Oh, you’re from Cali, you’re probably good at rapping,’” Guinn said, then laughed. “They gave me a little leeway to express it and share it.”

And so he did. There were radio “battle of the song” contests (he won). He performed. He networked. He joined friends like Brian Frejo and opened for acts like Tone Lōc, Run DMC and Queen Latifah. At a summer music festival in Oklahoma City, he freestyled onstage with Run DMC in front of more than 10,000 people.

“When you go, ‘Put your hands in the air!’ and 10,000 or more people put their hands in the air — it was like, ‘Oh my gosh what is this?’” he reminisced. “And the sound system was so clean and so pro, I was like, ‘Yes, I’ve got to do this.’”

There was no looking back; Guinn became the change he wanted to see in the world.

“From there, I just kept grinding,” he said. “There’s an artist named Litefoot (who also founded Red Vinyl Records in 1992), and he had a producer. ... I connected with him, and we put some songs together,” Guinn said. “That got me to the next level. And then working with Culture Shock Camp — Brian Frejo (actor, composer, music producer) and Quese IMC (musician, rapper, cultural activist). We created this event called Culture Shock Camp that was hip-hop infused with Native culture, and it blew up. All of us from there have launched into our various careers.”

‘They matter right now’

His youth outreach programs include One Innertainment and One

Chance Leadership, which he formed with Chance Rush. Rush is Three Affiliated Tribes (Hidatsa) member with Dakota, Arapaho, Otoe and Oneida heritage. He grew up on the Standing Rock and Fort Berthold Indian reservations before moving to Oklahoma as a youth.

“First and foremost, man, if kids can see their influential power and know ... they’re in the game now, and they matter right now,” Guinn said. “What we really need are healthy moms and dads — that’s what we need in our communities. That’s what we hope to inspire, is that they become those first and let everything else be extra.”

Guinn and Chance work in conference settings — Guinn produces, consults and DJs and Chance works as a public speaker, National Youth Conference facilitator, youth trainer and healthy living advocate.

Since 1994, they’ve partnered with organizations like Unity, National Congress of American Indians, United National Indian Tribal Youth, American Indian Science and Engineering Society, Parents Speak Up, American Indian Business Leaders and the first lady’s national White House Youth Conference under the Obama administration.

Guinn has delivered his message everywhere from public school classrooms and multicultural centers to detention facilities.

“I took the turntables out of the club and put them in an educational environment to help work with youth. ... We’re kind of a hope and change industry,” Guinn said. “Me and Chance always talk about; we don’t believe that we live in these two worlds (Native and non-Native).

“No. We live in one world, but we live in two modes. There’s a traditional mode, and then there’s our modern mode. We navigate between those two.”

FOR MORE INFORMATION

- Emcee One** emceeone.com
- One Innertainment** oneinnertainment.com
- One Chance Leadership** onechanceleadership.com
- Nike N7 Fund** n7fund.com
- Taboo** facebook.com/officialtaboo



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Washington University attracts Native American scholars

CPN member Jenifer Van Schuyver a model student in social work program

“It’s been an incredible experience being able to feel like I belong, and then being a part of that process with other students and learning from their experiences,” said Citizen Potawatomi Nation member Jenifer Van Schuyver.

She’s working on her Master of Social Work at the Kathryn M. Buder Center for American Indian Studies, part of the George Warren Brown School of Social Work at Washington University in St. Louis. After one semester of classes, there are many reasons Van Schuyver likes the program.

“My favorite thing about it is the energy is like incredibly dynamic, and it’s incredibly supportive,” she said. “I have not felt alone in this process at all.”

Touting an impressive and growing number ways to gain real-world experiences across the nation, scholarships and groundbreaking research opportunities, the Buder Center has significantly expanded since opening in 1990.

Van Schuyver was drawn to the school’s American Indian and Alaska Native specialty within its social work master’s program.

“There are lots of American Indian Studies programs in the country, but there are very few in School(s) of Social Work,” said Buder Center Director Molly Tovar, Ed.D. “What helps drive this center to be such a success is we recruit a cohort each year. ... We’ll recruit maybe 15 American Indian students.”

CPN at Buder

Van Schuyver is an Oklahoman and a Citizen Potawatomi descendent of the Melot family. In 2012, she graduated with a bachelor of psychology from Oklahoma State University in Stillwater and received CPN college scholarships.

She also participated in OSU’s American Indians into Psychology, which Tovar helped create years before. The summer program aims to enrich and train students in the field and encourage them to pursue careers in psychology, specifically to serve Native communities.

A college adviser told Van Schuyver about the Buder Center as a “next step” in her education. She wanted some work experience before embarking on earning a master’s degree and researched AmeriCorps programs in St. Louis near Wash U. She began working for College Bound St. Louis as a college preparation coach helping high school students transition to college.

“Something within the last year was like, ‘That’s it. I’ve got to make it over to the Buder Center. It feels right. It feels like I have experience,’” Van Schuyver said. “Now was my time to be making an impact within Indian Country.”

She developed a passion for student retention and Native youth.

“I also have a big passion surrounding higher education; I think that there needs to be more Native scholars in the world,” she said. Her heritage influences that belief. “My dad has always stressed Potawatomi pride. He was like, ‘You’re not just doing this for you. You’re doing this for your ancestors,’ and so he really supported me whenever I wanted to go to college.”

Tovar described Van Schuyver as a model student.

“She’s only been here one semester and she’s already presented so many times on campus and off campus, she’s engaged in the American Indian Student Association, and she’s on the powwow committee,” Tovar said. “She’s phenomenal.”

Opportunities abound

During the seven years Tovar has worked at the Buder Center, she has focused on increasing American Indian enrollment in its social work program, building a community for them and fostering their ideas.

“We’re not going to say no. We’re going to say, ‘Let’s figure out how to make it happen,’” Tovar said. “If we don’t have the funds, we will teach you how to write a proposal so you can get the funds. We will teach you that skill set. I’ve never said no to an idea.”

Many students are nontraditional and have professional careers, Tovar



Jenifer Van Schuyver
Photo courtesy Kathryn M. Buder Center for American Indian Studies

explained. They often move their families to St. Louis to attend Wash U.

“Once they’re here, they’re engaged in diverse experiences,” she said. “They can focus on research. They can focus on community engagement. They can focus on national conferences or create ideas that they want to bring to the school.”

Wash U’s School of Social Work offers five Native American-focused courses. In Tovar’s class, Leadership Development and Evaluation in

Indian Country, her students plan the annual Washington University in St. Louis’ annual Pow Wow. Van Schuyver is helping plan the April 21 event.

“It’s intertribal, and it’s a fun event,” Van Schuyver said. “I’m really excited to be here and be a part of the planning process and get to actually kind of help run the show.”

Tovar said a mission of the class and the Buder Center is developing Native American scholars’ leadership skills so they are better equipped to address matters and policy throughout Indian Country.

Tight-knit community

Tovar credits a thriving support system with the center’s growth during her time as director.

“When I first got here, it was just a few students, so it was me reaching out to local community people to help me support the students to finish. Now it’s just very natural and innate,” Tovar said. “They become a family and a community and really, really support each other.”

The sense of belonging combined with newfound relationships with classmates and professors makes the

“My favorite thing about it is the energy is like incredibly dynamic, and it’s incredibly supportive.”

— Jenifer Van Schuyver

experience easier to process and day-to-day challenges more manageable. Not to mention there is always someone to grab coffee with, Van Schuyver said.

The alumni network created with each graduating class also attracts new students to Buder Center, too.

“I’m mostly learning from other Buder scholars. ... They bring in a lot of their own experience from the outside,” she said. “A lot of them did not come straight from undergrad to grad school, so a lot of them actually have worked within their native communities for five, 10 years.”

She encourages other students in a similar situation to consider applying to the Buder Center as they continue their education.

From pupil to practice

Buder Center students have extensive practicum requirements. They practice new leadership skills while gaining practical experience in a wide variety of roles with different tribes across the country. Many return home or work with their tribe.

“It gives the students the opportunity to know what it’s really like working in Indian Country and how Indian

I would say get started early, and even if you get started late, that’s fine too,” she said. “Just do it.”

For more

Kathryn M. Buder Center for American Indian Studies: buder.wustl.edu

Citizen Potawatomi Nation Department of Education: potawatomi.org/services/education



Jenifer Van Schuyver (third from right) and classmates participate in Rock Your Mocs Day in November on Washington University’s St. Louis campus.
Photo courtesy Kathryn M. Buder Center for American Indian Studies

CDC: Cervical cancer kills two times more Native women than white

By Lenzy Krehbiel-Burton

Nearly 30 years later, Liz Masters still vividly remembers her gynecologist’s words.

“You have an angry cervix,” he told the Cherokee Nation citizen.

Along with an overdue Pap test, Masters’ gynecologist immediately performed a biopsy.

The results: severe cervical dysplasia, a precancerous condition that, if left unchecked, can lead to full-blown cervical cancer.

Slow-growing killer

Nationally, more than 11,000 women develop cervical cancer each year with higher frequency among women older than 30. More than 4,000 die from the disease annually.

According to data published in June by the Centers for Disease Control and Prevention, Oklahoma has the country’s fourth-highest incidence rate of cervical cancer, trailing only Mississippi, the District of Columbia and Louisiana.

Additionally, compared to white women, American Indian and Alaska Native women nationwide are 1.5 times more likely to be diagnosed with cervical cancer and twice as likely to die from the disease, due in part to patchy preventative care access during the three- to seven-year incubation period for precancerous cervical cells.

“One of the main reasons that we believe our women have a higher incidence rate and mortality rates is because many have irregular health care and are not being screened regularly,” said Lois Brown of the American Indian Cancer Foundation. “Cervical cancer is a slow-growing cancer, so we know if someone comes into the clinic and they’re diagnosed then, they have a better chance of survival.”

Knowing the risk factors

The most common sexually transmitted infection in the United States, the human papillomavirus is

also the single largest cause of cervical cancer. According to the CDC, an estimated 79 million Americans have at least one strain of HPV, with 14 million cases contracted each year. Most HPV cases resolve themselves within a year or two, often without presenting any symptoms.

Usually transmitted via skin-to-skin contact, more than 200 HPV strains exist, with about a dozen identified as high risk. Two specific types, 16 and 18, account for an estimated 70 percent of all cervical cancer and pre-cancer diagnoses.

Although Masters did not have one of the strains more frequently associated with cervical cancer, HPV did play a factor in her dysplasia diagnosis.

“It was sobering to learn ... how rampant HPV is,” she said. “It’s epidemic, it seems.”

Regular commercial tobacco use also doubles a woman’s risk of developing cervical cancer. The carcinogens found in cigarettes have been found to damage the DNA of cervical cells and weaken the immune system, making it harder to fight off an HPV infection.

Detection and prevention

The lower, narrow end of the uterus, the cervix connects the upper part of the uterus to the birth canal. Cervical cancer symptoms are rarely noticeable until the cancer has become invasive and started growing into nearby tissues.

When they do appear, common signs include abnormal vaginal bleeding or discharge, pain during sex or unusually heavy or long menstrual periods.

If caught in its early stages, the five-year survival rate for cervical cancer is 93 percent. However, the further along the disease is diagnosed, the lower the survival rate, with stage 4 cervical cancer carrying a 15 percent survival rate.

“One of the things that I’m noticing ... about Pap smear tests is that we often relay that it detects cervical cancer, but we don’t relay that it also often catches precancerous cells,”



The American Social Health Association (ASHA) and the National Cervical Cancer Coalition have named January Cervical Health Awareness Month to encourage women across the country to get screened for cervical cancer.

Brown said. “That can cause some fear — some don’t want to know — but we can better relay what the test can show and that an abnormal result doesn’t guarantee cancer.”

The American Congress of Obstetricians and Gynecologists recommends that women younger than age 30 have a Pap test every three years, while women ages 30-65 should either have a standalone Pap test every three years or a Pap test in conjunction with an HPV test every five years.

Even then, sometimes an additional check-in is needed, either due to a family history of cervical cancer or a gut feeling that something is wrong. An abnormal Pap smear is not synonymous with a cancer diagnosis but can lead to a discussion about potential additional testing.

“Getting your screening done is going to be your best bet,” Brown said. “If you do have concerns, such as pain in the pelvis, pain during intercourse or your menstruation cycle is off; those may be reasons to talk to your doctor about possibly getting screened.”

Additionally, teens and preteens can be vaccinated against HPV, thus reducing the risk of developing cervical cancer. Depending on when a person starts the vaccination series, it can be taken in either two or three doses six months apart.

Reducing stigma

In honor of Cervical Cancer Awareness Month in January, the American Indian Cancer Foundation is sponsoring Turquoise Tuesday Jan. 23. Along with encouraging people to wear turquoise that day — the color associated with cervical cancer — the nonprofit will publish survivor stories in an effort to remove any negative connotations attached to the disease.

“Our goal is to get people talking about being screened and actually go in to get screened,” Brown said. “We want people to take selfies while wearing turquoise and upload their photos to social media to help build camaraderie and a sense of community around this.”

Meanwhile, Masters has had clean biopsies for more than two decades. The cervical dysplasia was severe enough that her gynecologist eventually had to remove three-quarters of her cervix and prescribe six months of topical chemotherapy to eradicate the cancerous cells.

Still, the experience taught her to encourage her doctors to follow their instincts when it comes to reproductive health.

“If your gynecologist doesn’t like the looks of your cervix, have him or her do a biopsy,” she said.

A photograph showing the interior of a museum exhibit. On the left, a large vertical display features a green snake and the text "4th Fire". To its right, another display shows a Native American figure and the text "5th Fire". Further right, a display with a Native American figure is labeled "7th Fire". The floor is made of large, light-colored tiles. In the foreground, there is a curved, low wall or counter.

CITIZEN POTAWATOMI NATION

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Shawnee Little Theatre reaches milestone

50 years of musicals and plays bring CPN, community together

Shawnee Little Theatre has produced plays and musicals for a half-century. That’s an impressive run for an all-volunteer organization that’s only goal is to deliver exciting, meaningful entertainment to the community, including residents of Shawnee, Oklahoma, and Citizen Potawatomi Nation.

Over the years, many CPN tribal members and employees have helped the theater bring productions to life.

“I think it’s a real treasure for our community to have an organization like this,” said artistic director and founder Ronny Jones. “Shawnee Little Theatre has taken the talent from all different walks of life and combined them to produce plays that the community has enjoyed.”

‘We wanted to do a play’

It started the summer after his freshman year of college. “(A friend and I) had been active in drama in high school, and we wanted to do a play,” Jones said. “We were sort of bored that summer.”

They approached their former drama teacher about launching a community theater.

They staged their first performance in the summer of 1967 in the parish hall of a local church — Philip King’s 1944 play *See How They Run*. Soon, Shawnee Little Theatre acquired nonprofit status, bylaws and its official name.

“We performed in a bank community room. We performed in a church parish hall. We performed in the high school auditorium,” Jones said. “Our first home was a two-story former doctor’s clinic.”

In 1975, the organization hosted a community fundraiser to build a more a permanent home.

At the time, *The Shawnee News-Star* publisher Ross Porter was a friend of famous stage actress, singer, dancer and comedian Carol Channing.



CPN Clinic Information Technology Coordinator Dustin Farris volunteers as a stage sound engineer for Shawnee Little Theatre.

“Porter and his son arranged for Carol Channing to come to Shawnee to help with a fundraising event for our little theater, and there was a dinner and a show at Oklahoma Baptist University to raise money,” Jones said. “She was amazing.”

The new building opened in 1976, and the theater company has called it home ever since.

‘I thought it would be fun’

Citizen Potawatomi Nation Clinic Information Technology Coordinator Dustin Farris made a split-second decision to volunteer. After attending several plays, he realized that he recognized one of the directors.

“I wanted to be involved, and I literally walked into his shop,” Farris said. “I said, ‘Could I be involved?’ and he handed me a script and said, ‘Be here on this day.’ That was it.”

That was in 2011. Farris now regularly lights and sound designs Shawnee Little Theatre productions.

When he began, he had no theater experience.

“I thought it would be fun, and it really is,” he said. “I had no conception of what it would be like to work on a play, and I was very happy I made the choice to be involved.”

Farris’ family also volunteers. While he does not like being the center of attention and prefers backstage work, his wife and two daughters love to act, dance and sing. They all have worked together on musicals.

“It’s great seeing them do something they love to do and be good at it,” he said.

Other CPN tribal members and employees have participated, too. Chairman John “Rocky” Barrett acted in a couple of plays, including the 1971 production of *Plaza Suite*. His granddaughter Kate Barrett helped with makeup for this season’s *Beauty and the Beast*.

The Tribe has also sponsored the theater to help sustain the nonprofit community organization.

‘Everyone needs to be involved’

Jones said volunteers like the Farris’ are “the key to our success.”

“We’ve been very careful and stuck with volunteers, and our volunteers are very talented,” Jones said. “We have people directing plays that have degrees in drama and master’s degrees in drama.”

Farris appreciates that there is always a spot for everyone.

“A community theater like this is a perfect example of a way that anyone from the community, regardless of shape, size or color, can get involved in a play, and it just be fantastic,” he said. “Everyone needs to be involved in putting on a good play.”

Over the last half-century, Jones said some of the company’s most popular plays have been *To Kill a Mockingbird*, *The Sound of Music*, *How to Succeed in Business Without Really Trying* and *Little Shop of Horrors*.

“We try to balance our seasons every year,” Jones said. “We try to have a mix of musicals, dramas, comedies.”

In February, in celebration of its 50th anniversary, the theater group presents a revival of the play *Lion in Winter*, which it previously produced in 1979 and took to Oklahoma Community Theatre Association and American Association of Community Theatre competitions.

“We won the state. We won the regional. We went on to nationals, and we placed second in the nation,” Jones said. “It holds a special place in many of our memories at Little Theatre.”

This year’s 2017-’18 season-ending production is the musical *Oklahoma!*, which runs April 13-21, and is the perfect production to wrap up a hallmark year.

“We’re just glad we made it this far,” Jones said.

FOR MORE INFORMATION

Shawnee Little Theatre
1829 Airport Drive
Shawnee, Oklahoma
shawneelittletheatre.com
facebook.com/pg/ShawneeLT
405-275-2805
Tickets: \$12-15

The Lion in Winter
7:30 p.m. Feb. 9-10 and 15-17
and 2 p.m. Feb. 11

Roger & Hammerstein’s Oklahoma!
7:30 p.m. April 13-14 and 19-21
and 2 p.m. April 15



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First National Bank recognized as only Oklahoma Blue Zones Projects-approved bank

Submitted by First National Bank

First National Bank & Trust Co. and Blue Zones Project Pottawatomie County recently announced that FNB is the first and only Blue Zone Project Approved bank in the state of Oklahoma. This achievement was recognized at a Nov. 15 ribbon-cutting ceremony in the FNB Lobby and Community Room at the MacArthur branch at 130 E. MacArthur St. in Shawnee, Oklahoma.

It was a time of celebration for the bank, its employees, customers, neighbors and friends as they start the Blue Zone communitywide well-being improvement journey to longer, healthier lives. The Healthy Hippo food truck was on-site as was live entertainment.

First National Bank & Trust Co. has integrated activities focused on purpose, physical environment and exercise, social network engagement, well-being solutions and leadership into the everyday activities of the bank. FNB has been hard at work implementing such options for its employees.



First National Bank & Trust Co. is the first Blue Zones approved bank in Pottawatomie County.

“Although this is originating in Shawnee, we are including our employees across all four counties in many of our efforts,” said First National Bank & Trust Co. President Larry Briggs. “This is an exciting time for the bank as we lead the way in health and wellness in the communities we serve. While we always seek to be community-

minded, Blue Zones Project Pottawatomie County provides a fun and stimulating environment to continue those practices.”

At the bank, new signage in the stairwells and parking lots help employees track the number of steps they take. Yoga classes are offered weekly, as well as

opportunities to meet and exercise with co-workers. Personality tests are made available to improve communication and efficiency, and workshops can help employees define their goals and purpose.

“Partnering with Blue Zones Project Pottawatomie County means much more than just choosing a salad for lunch, or walking a few extra steps a day,” Briggs said. “It’s about making lifestyle changes that will have ripple effects for years to come and set a new example for the upcoming generation. We are grateful to be a part of that change.”

First National Bank & Trust Co. has locations in Shawnee, Holdenville, Lawton, Mangum and Granite, Oklahoma. To learn more about FNB accounts, products and services, visit one of its seven branches or visit fnbokla.com.

Learn more about community Blue Zone Projects Pottawatomie County at info.bluezonesproject.com/pottawatomie-county.

House of Hope lends awareness, resources to National Stalking Awareness Month

Submitted by Darian Towner

With opening a new shelter, hosting a free self-defense class to the community, and continuing our advocacy, it has proved to be a busy few months at House of Hope.

In September, House of Hope opened its local shelter for women and children who are fleeing situations of intimate-partner violence, sexual assault, and stalking. With women in our state experiencing such high rates of intimate-partner violence, we are thankful that our program now has a safe place for women in these situations to take refuge.

October was National Domestic Violence Awareness Month, and our program hosted the inaugural Defense and Donuts. The free self-defense class was taught by Gary Frazier and his team from 405 Fitness



Darian Towner

and was followed by a gathering with refreshments and doughnuts graciously provided by Tecumseh’s Daylight Donuts. Each individual

walked away with a giveaway prize donated by various local businesses, but not before we shared with them information about both our program and new shelter.

January is National Stalking Awareness Month. The National Institute of Justice states that approximately half of Native American women have experienced stalking in their lifetime. It is important to note the abuse takes many forms, including cyberstalking. With technology continuously advancing and social media providing a public platform to disclose one’s location, many offenders use the internet to demonstrate control over an individual.

While domestic violence is a worldwide issue, Native American women experience much higher rates than other populations.

Approximately 84 percent of Native women have experienced violence in their lifetime, and more than half endured it at the hands of an intimate partner, according to National Institute of Justice. As long as this problem exists in society, programs such as ours will continue fighting for the rights and protection of individuals who experience abuse.

Please understand that love is not abuse. If you or someone you know is experiencing intimate-partner violence, sexual assault or stalking and would like more information, contact House of Hope at 405-275-3176 or visit us online at facebook.com/cpnhouseofhope.

Towner is a prevention specialist for Citizen Potawatomi Nation’s House of Hope.



For all things Native



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Holloway wins city council seat in St. George, Kansas

St. George in Pottawatomie County, Kansas, near the state’s northern border, is a small town with fewer than 700 residents, according to the 2010 census. Mostly off the beaten path, the community still draws some attention for its natural springs and creeks and its proximity to the Kansas River. Citizen Potawatomi Nation has historical ties to the area; St. George falls just outside its former Kansas reservation.

Kansas has one of the highest populations of CPN tribal members of any state, making it no surprise that they would make meaningful contributions to their communities. One such member is Iris Holloway, who was recently elected to the St. George City Council.

Holloway has family connections to the Navarre, Melot and Vieux families. His Potawatomi name, *Dokme Myew*, means “Quiet Road,” a name fitting for a man who has seldom sought the spotlight. For a quiet man, running for office was out of his comfort zone.

“I had people shocked when they found out I was running for City Council because they know that isn’t

or wasn’t my type of thing,” he said. “I had gone to meetings and saw that some of the council members seemed like they didn’t really care what the citizens of the town had to say, so I wanted to give the citizens of our town their voice back and show that someone was listening and cared about them.”

Holloway, who has been pushing his personal boundaries in recent years, is new to the political arena. After dropping out of high school at age 16 to pursue a job, he decided it was time to look into obtaining the high school diploma that he’d always wanted. In 2016, he finally fulfilled his promise to his mother that he’d graduate.

“I think I just wanted to step outside my comfort zone for a while,” Holloway said. “I have had a lot of support from a true great friend and family. I probably would not have accomplished as much as I have without them. They would never let me give up when times were tough or when I second-guessed myself.”

As for the future, Holloway hopes to help St. George push outside of its comfort zone by stimulating the local economy.



Iris Holloway. Photo provided

“I want to help bring in more small businesses to help the town grow and move the town forward to a brighter and better future for everyone,” he said. “But first and foremost, I want to show the citizens of our community that they have elected someone who cares about their concerns and will fight to get them solved in the best way possible.”

Despite its proximity to the former Potawatomi reservation in Kansas, Holloway said that there are not any tribal issues in the city, and despite its location in one of the states with the highest CPN population, there aren’t many tribal members in the area.

“We have 639 people in our little town, and the last stats I saw stated that there was only a 0.6 percent Native American population,” he said, then laughed. “I guess we can say I am the Native American population.”

As someone who has recently embraced the awkwardness of taking on new challenges, Holloway encouraged others to do the same.

“I have learned if you don’t take chances, you will be left wondering if you could have made a difference or change. I hope in the next four years I can prove to the citizens of St. George that they made the right choice when they cast their vote,” he said. “I also want to be able to represent my tribal nation the best I can and make them proud of me for what I have stepped up and done.”

Megan Wilson joins CPN Health Services

In 2016, Citizen Potawatomi Nation Health Services recorded nearly 150,000 physician visits. With each provider seeing as many as 1,200 patients a year, it might seem impossible to build a relationship with each one. Yet, that’s what one of CPN Health Services providers strives to do.

Doctor Megan Wilson joined Citizen Potawatomi Nation Health Services in August 2017 as a family medicine provider. Her focus on family directed the young Tribal member back to Oklahoma.

Wilson considers her role at the health clinic as one part of the “complete package” of care available to Tribal members, citizens of other federally recognized tribes and Tribal employees. The health system at the Tribe has grown in recent years, adding a second clinic near one of the largest tribal gaming operations and expanding services like urgent care, dental and optometry. A new imaging center is also in the plans for this year.

In addition to the services offered, Wilson mentioned that CPN is unique in allowing doctors to have more time for patient visits. Compared to her peers that went to nontribal clinics or larger medical facilities, Wilson is often allowed up to twice the amount of time with each patient.

“When you look at our facility, we really get to build those relationships with the patients, and I think we have awesome resources,” she said. “Our patients have access to a pharmacy, lab and X-ray and behavioral health and so on. ... All in-house. And it really makes a difference; it’s the complete package.”

Wilson, a descendant of the Ogee family, grew up in Choctaw, Oklahoma, west of Shawnee. Before attending medical school at the University of Oklahoma, she earned an undergraduate degree in health science studies from Baylor University in Texas. She chose to finish her medical training further from home, completing her residency training in Tennessee.

“I knew that I wanted to end up practicing in Oklahoma and be back in this area,” she said. “That was something that was always really important to me. Most of my family is here, so I figured that my residency was the last opportunity I had to live out of state and experience somewhere new. I interviewed all over the country, not really sure where I wanted to do my training, and when I went to Tennessee, I loved what the residency program offered.”

Wilson grew up in a family of medical professionals; her mother is a nurse, her father a physician. She’s prompt to mention that she wasn’t pressured to follow in their footsteps, pointing out that her other siblings chose different career paths. She knew she wanted to go into the medical field from a young age, but the choice was confirmed after she’d done some on-the-job shadowing when at age 16.

“The older I got, the more interested in it I became, and I’ve always been interested in getting to know people and their stories,” she added. “I was passionate about being able to take care of everybody from babies to grandmothers, so I think that’s kind of what led me to family medicine. I enjoy getting to know the whole family.”



Megan Wilson

Wilson admits that a career in medicine isn’t for the faint of heart. Most medical professionals endure many years of college and then several more years of training before they are allowed to practice on their own. Throughout that process, there are many challenges, which continue throughout an entire career. Often, family providers are interacting with patients on some of their worst days, delivering bad news about their health or helping them through a difficult situation.

Wilson says she always strives to be a bright spot in her patients’ lives. She draws her inspiration from her brother Josh, who has Down syndrome.

“Despite all the challenges he has been met with in his life, every day he wakes up with a smile on his face, and

he has never met a stranger,” she said. “He’s just overcome so much, and just seeing the joy he has in everyday things inspires me to get out there and meet as many people as I can and to be as positive as I can.”

CPN has made funding health services a priority, making up for the inadequate funding the tribe receives from Indian Health Services. According to testimony given by Native American law expert Lloyd B. Miller to the Senate Committee on Indian Affairs Oversight Hearing, IHS underfunded tribes by nearly \$100 million per year, while the Bureau of Indian Affairs also failed to meet contract obligations. The expansion of health services by the tribe aims to help eliminate the barriers to health services experienced by tribal members.

“I think any time that we have direct access to services and can keep those in-house that we’re able to get the patient taken care of quicker and we have easier access to those services,” Wilson said. “When you have direct access to your specialists it is easier to coordinate a patient’s care and take better care of them in the long run.”

Citizen Potawatomi Nation Health Services’ goal is to provide high quality, evidence-based, culturally suitable medical and dental care, public health services and behavioral health and substance abuse counseling to members of the Citizen Potawatomi Nation and other federally recognized American Indian tribes, nations and Alaskan Natives.

To learn more, call 405-878-4693 or visit potawatomi.org/services/health.

Birchbark art: then and now

Ojibwe artist Pat Kruse learns, teaches traditional ways

Ojibwe birchbark artist Pat Kruse thinks about every aspect of a piece of art while he makes it — the trunk of the tree, the color the wood, time-honored traditions, future generations and global appreciation for Native artwork.

“I’ve been teaching and doing this off and on for quite a long time — 20 years, I suppose, or better,” he said. However, Kruse still considers himself a novice. “I’m like an infant; I’m just starting to get to that birchbark.”

He considers it a skill that takes a lifetime to build and no one can ever quite perfect. For centuries, the Ojibwe, including Potawatomi, have developed a relationship with and an understanding of nature to make durable necessities and breathtaking art from the flexible wood of birch trees.

“It’s an excellent, excellent tool for everything survival. Drinking cups. You can cook out of it. So amazing,” Kruse said. “In the old style, they have some of the finest storage containers for carrying wild rice, maple candy. ... I have fine containers, old winnowing trays.”

Perhaps the best-known birchbark item is a canoe Native Americans used to navigate rivers while fishing and collecting wild rice in the Great Lakes region before European contact. Few people make such canoes now, but Kruse is attempting to revive other, more artistic traditions.

He mainly creates elaborate baskets and paintings with birchbark.

Simple to complex

“It’s an honor and a privilege to do these nicer baskets because now we get to feel how hard it actually was for them that came before us,” Kruse said. “When you make a basket like they made, you find out that, ‘Wow, these people were very strong and they didn’t care about time. The tick-tock of the clock wasn’t even important.’”



Handle detail of a traditional birchbark basket made by artist Pat Kruse, on display at the Minnesota Historical Society as part of its 2017 Native American Artist-in-Residence Program. Photo provided

Kruse began developing his skills as a young man. He learned by asking a myriad of questions.

“It was advice from elders and other people like that that helped me to become better at my art,” he said. “There was a canoe maker in the area that we used to bother when I was a kid, but I learned from numerous people,” including family, other artists and cultural teachers on the reservation.

He lives on the Mille Lacs Indian Reservation in east central Minnesota. He is both Mille Lacs and Red Cliff band of Lake Superior Chippewa Ojibwe, as well as German and French. His grandfather was full-blooded German and married his grandmother, who was full-blooded Ojibwe.

Kruse now takes care of his mother. He also teaches his son how to create birchbark art.

“My ma told me, ‘You know, they used to make flower items and these finer baskets a long time ago. You should start making your stuff like that instead of plain because everybody makes plain stuff,’” he reminisced.

His first flower basket had one simple flower design, but now Kruse makes more ornate creations.

He aims to redefine working with birchbark from a necessity to an art form by focusing on more traditional styles of working with the wood. Using historic patterns and designs for baskets, hats and other household goods expands the possibilities of “one of the oldest canvases in North America,” Kruse said. It is also a huge time investment.

“I can practically feel our ancestors smiling down upon us because we actually took the time to go through that process,” he said. “Every waking hour, pretty much. I do birchbark all the time.”

Nurturing nature

Kruse spends his days creating baskets with elaborate floral designs using all shades, shapes and sizes of bark pieces as well as intricate stitching. Each smaller piece is carefully selected, crafted and worked into the final composition. Making one from scratch is a mixture of nature and skill as he seeks out the materials and shapes them.

The same is true with his birchbark paintings. The concept of wood paintings may seem counterintuitive due to the absence of paint itself, but they are made the same way on a flat surface and are often even more involved than his baskets.

Through his art, Kruse circumvents the idea that Indigenous people “didn’t have structure and class and all that — it was actually the opposite. Native Americans had quite extensive ideas on medicine, artwork, everything,” he said.

He has transformed his passion into a full-time job. He enjoys being his own boss and working on his own schedule.

“On the reservation, it isn’t like somebody’s coming to save you. You have to save yourself,” he said. “I do the birchbark to save me. It’s not out of desperation, believe me.”



A traditional birchbark basket with stitching, created by artist Pat Kruse, on display at the Minnesota Historical Society as part of its 2017 Native American Artist-in-Residence Program. Photo provided

After working in construction full time for years, he also appreciates the physicality of working with the medium.

“The way I do birchbark and the things I make is actually equal to working one of the hardest jobs. If you ever had to grab one of my paintings or my picture pieces, you’d say, ‘Holy cow! This is heavy,’ Kruse said.

‘I can practically feel our ancestors smiling down upon us because we actually took the time to go through that process.’

— Pat Kruse

Collecting bark is one of the most demanding parts of the process, which involves heading into the forest with this 22-year-old son Gage. Kruse often meets landowners that allow them to collect wood on their land.

“I do my best to give them artwork for their birchbark. So, it works out pretty good for me like that because these people are not Natives that give me their trees,” he said. “I wouldn’t want somebody who’s going to collect for me anyway because I kind of need to have the right kind of birchbark. I can’t have just any old birchbark. I have to have the really pure white stuff for the fancier things and the rougher stuff for the flat products like the picture frames I make.”

Kruse often thinks about his Ojibwe ancestors while gathering bark for upcoming projects, including the importance they placed on respecting nature.

“They say life’s a circle, so even the scraps — we don’t waste nothing, and we try to make sure we use it up to the absolute because there’s a risk when you work with nature,” he said.

“You can’t just take from nature and not use it.”

Family and recognition

Kruse has been teaching his son since Gage since he was six years old and considers it one of the “greatest treasures” of his life.

“I have very proud father moments when I see all the things that we have made together since he started working with me,” he said. Kruse enjoys seeing his son become adept with birchbark at such a young age.

Kruse also teaches his nephews, elders and other artists. Kruse said he feels a responsibility to pass along skills and traditions to the next generation.

He has received recognition for his efforts and has sent his artwork around the world.

“When you think you can’t get nowhere from a res, that’s actually not true,” he said. “You can actually go across the world without ever leaving the reservation.”

The Minnesota Historical Society selected him for its 2017 Native American Artist-in-Residence Program and displayed his work in the *Renewing What They Gave Us* exhibit at the Minnesota History Center. He and his friend William Schaaf also received a 2005 Cultural Community Partnership grant from the Minnesota State Arts Board to collaborate.

“I got lucky to be honored by getting grants to help me to keep doing my art,” he said.

Kruse’s works also are displayed at the Plains Art Museum in Fargo, the Tweed Museum of Art at the University of Minnesota and the Science Museum of Minnesota in St. Paul.

“One of the biggest pieces I have is at the science museum,” he said. “It’s an eight-foot-tall painting — giant flower with hummingbirds, bees, butterflies and everything.”

Kruse is adding to his skills by learning quillwork, another traditional Ojibwe art form that uses porcupine quills as embellishment on clothes and a variety of other items. He thrives on the learning process.

“We went through all that trouble of learning and failing so many times, and then you get that one little bit of success — pretty much a miracle,” he said. “As it turns out, I’m one of the luckiest people on the planet.”

Where are they now?

Potawatomi Leadership Program skills guide Andrew Adamietz through college, career

Seven years ago, Andrew Adamietz became a member of the 2010 class of the Potawatomi Leadership Program. The Citizen Potawatomi Nation Business Committee launched the concept in 2003 as a way to teach youth about Tribal history, culture, economics, government and professions.

Following his brothers’ footsteps, Adamietz was accepted into the program and came to Shawnee, Oklahoma, from the small town of Wyalusing, Pennsylvania for the six-week summer session following high school graduation.

A descendant of the Frapp family, his mom’s side imparts his Potawatomi heritage. Adamietz learned about the PLP from his older brothers George and Steven, each graduates of earlier programs. George participated in the inaugural group in 2003. Through the program, each sibling explored the Tribe and their Native ancestry.

Summer of firsts

“I don’t really have the opportunity to travel all that much, and so it got me out of the state, and it got me to a new place, which was really fun and interesting,” Adamietz said. “It was my first time going out and doing something by myself.” It was also his first time to travel by plane.

He studied all the Tribe’s enterprises and departments, including businesses, services, government and even a radio station.

“It opened my eyes to a lot of different things,” he said. “Communications mainly, because I was always very fascinated with how the tribe communicated with all of its members and all the different things they were doing from the radio to the newsletter, to just the stuff that they have circulating like within the tribe itself.”

In fall 2010, Adamietz began college at Pennsylvania State University as a communications major. He ultimately graduated with a Bachelor of Arts in secondary English and communications education. The PLP helped him determine a post-secondary education path.

“It was kind of my first foray into professionalism in that I was able to work on projects with all sorts of people from different backgrounds,” Adamietz said.

The program also gave him the confidence to be himself, including taking on a theater minor and made him seriously think about leadership roles and how to better foster long-term relationships with people.

“Most importantly, I did get to learn about my culture or my heritage and not only about our tribe, but just how the landscape of modern America changed all tribes,” he said. “The plight and the strengths and the worries and the fears of tribes, which I thought was very eye-opening.”

One of the Potawatomi Leadership Program’s most important cultural experiences, he said, is a student naming ceremony at the end of the summer. Chairman John “Rocky” Barrett named Adamietz *Naw Gishek*, meaning “Center of the Sky.”

“It was very emotional, and also it reaffirmed what I thought of myself in that I consider myself very competent. I think that I do influence people for the better,” he said. “I kind of make that my guideline.”

Professional experience

Following college graduation in 2014, Adamietz moved to New York City, which had been a goal. He likes the opportunities it provides on a day-to-day basis and the cultural diversity.

“The thing about New York City is that whatever you want to be here, you can be it,” he said. “If I wanted to be a baker, I could quit my job right now, go be an apprentice and do that. ... If I wanted to be an actor, I could do that. If I wanted to be a CEO of a company. If I wanted to go back to school.

“I obviously love my hometown, and I visit home often, but I just knew that it wouldn’t give me everything I needed as far as what I want to do... I wanted to learn about different people and their customs and culture, and that’s exactly what New York City gives me.”



Andrew Adamietz. Photo provided

He was a New York Kids Club preschool location manager for two years before accepting a position in the summer of 2016 as an Associate Producer at FCB Health, a midtown Manhattan medical advertising agency. Adamietz leads website, brochure and email design projects that pharmaceutical companies use to market to health care providers.

“I like the opportunity it gives me to be a leader, and I do like to manage projects,” he said. “This was exciting because I do get to have the opportunity, but I’m always growing. I’m always looking to do new things.”

Adamietz joked about being “another 20-something-year-old in Brooklyn who isn’t using their bachelor’s degree,” but he keeps his options open and follows where life leads him.

“I really do want to get back to teaching and education, but more so for companies,” he said. “I want to teach people how to lead, how to manage, how to talk to people.”

Adamietz hopes to combine his educational and leadership skills forged during PLP into a job that fulfills him daily.

Other passions

The confidence and opportunities for exploration the CPN program provided also helped Adamietz take on singing and acting after high school, which led to his minor in theater.

While at Penn State, he was involved in several productions for its musical theater program including roles in *How to Succeed in Business without Really Trying* and *Jesus Christ Superstar*. Adamietz also portrayed lead character Jean Valjean in *Les Miserables*.

In New York City he also built up a community around his passions and signed up for acting classes at the now-closed New York City branch of Chicago-based The Annoyance Theater.

“I got a job at a restaurant that was right around the corner from me. I met a lot of great people there. It was, as most bars are, filled with people who are trying to act and be actors and entertainers,” he said. “If I ever want to do like an improv jam, they’ll be like, ‘Hey, you want to come?’ or just random stuff like that, which I love.”

Besides improvisational comedy, his skills include whistling, sketch comedy, speech dialects and even beatboxing. He also acted in a couple of short films. For Adamietz, it’s all fun.

“I have a monthly improv show (*Dirty Little Secrets*) that I do with a couple of friends,” he said. “Since I’ve come to New York City, I’ve been in a couple of readings of some musicals (and) writing some plays and sketches, taking classes, although I don’t know if I want to throw myself at that 100 percent.”

As Adamietz explores life and builds relationships, he reflects on how the Potawatomi Leadership Program provided the foundation for where he is today.

“I’m just super thankful for being able to do the program because, had they not been so flexible and open and just generally great, I wouldn’t have been there at all, and I wouldn’t know any of this,” he said.

He keeps in touch with Frapp descendants through a Facebook group and hopes to return to Shawnee for another CPN Family Reunion Festival.

Learn more about Potawatomi Leadership Program at plp.potawatomi.org.



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Healthy goals: new year, better you

Submitted by Kassi Roselius

A new year brings about new possibilities and the desire to better oneself. However, keeping these commitments can, at times, become more stressful and debilitating than the actual sought-after goal.

Personal health has many different aspects, including mental, physical and relational. Having the resources and motivation to work on small changes throughout the year can be just what a person needs to achieve success.

Keys to making a successful resolution include a strong initial commitment to change, coping strategies to deal with problems that arise, and keeping track of progress. Continuous monitoring that is followed by feedback helps to guide and direct changes. Also, people tend to make too many resolutions and end up not obtaining their desired goals. Instead, pick a realistic, attainable goal to achieve in a reasonable time frame. Write the plan down. Incorporate friends and family to keep you accountable, or better yet, have them join you.

Taking time for your health does not have to be overwhelming. Small, simple steps over a period of time can lead to dramatic improvements. Visit cdc.gov/family/minutes for tips on “Five Minutes (or Less) for Health” and find ways to improve your overall well-being.

Roselius, M.D., M.P.H., is staff physician and public health coordinator at Citizen Potawatomi Nation — West Clinic. Learn more about CPN Health Services at potawatomi.org/services/health.

CHOOSE HEALTHY GOALS IN 2018



LOSE WEIGHT Focusing on a healthy diet includes an emphasis on fruits, vegetables, whole grains and fat-free or low-fat milk. Other options can also include lean meats, poultry, fish, beans, eggs and nuts.



QUIT SMOKING 1-800-QUIT-NOW (800-784-8669) provides free quit coaching, text messaging and free nicotine replacement therapy to help with tobacco cessation.



BECOME ACTIVE Try adding simple exercise such as taking the stairs and skipping the elevator. Consider walking at the park or indoors (at the mall) if the weather is not ideal. Have a goal of being active for at least 2.5 hours each week.



FINANCIAL SECURITY Start saving money by setting aside small amounts from each paycheck.

CAREER CHANGE If you've been thinking about furthering your career or degree, make the call to enroll in classes or online studies and pursue the career choice you have always wanted.



GET MORE SLEEP Chronic conditions like diabetes, heart disease, obesity and depression are made worse with inadequate sleep. The National Sleep Foundation recommends 7-8 hours nightly.

LESS STRESS Organization is the key to decreasing stress. Start a planner and write things down. Do something enjoyable: reading, biking, swimming, hiking, crafting, etc. Pick up a hobby.



TRAVEL Be aware of certain diseases that are present in different countries.

CONNECT WITH FRIENDS AND FAMILY An important factor in your overall health is family well-being. Also, learning your family health history and sharing it with your provider can help with disease treatment and prevention.

BE PROACTIVE Contact your health care provider, public health nurse, dietician or the fitness center to get started. Make an appointment for a check-up, vaccination, customized diet plan or screening. Regular health maintenance exams can find problems before they start.

Sources: American Academy of Family Physicians and the U.S. Department of Health and Human Services

FOR MORE INFORMATION

FireLake Wellness Center

2345 S. Gordon Cooper Drive
Shawnee, Oklahoma
potawatomi.org/services/health/cpn-wellness-center
405-395-9303

CPN Health Services — East Clinic

2307 S. Gordon Cooper Drive
Shawnee, Oklahoma
potawatomi.org/services/health/clinics
Appointment desk: 405-878-4693
405-273-5236

CPN Health Services — West Clinic

781 Grand Casino Blvd.
Shawnee, Oklahoma
potawatomi.org/services/health/clinics
Appointment desk: 405-878-4693
405-964-5770

Seasonal storytelling event, expanded online learning options highlight new year

Submitted by Justin Neely

It's always busy this time of year in Citizen Potawatomi Nation's Language Department. By the time you receive this issue, children in the Child Development Center will have performed “Run Rudolph Run” and “Walking in a Winter Wonderland” in Potawatomi for the annual Christmas program.

Growing interest

We just wrapped up a 10-week beginner Potawatomi language class, which had steady attendance. We also streamed the course live on Facebook. It was great to see folks joining the class from all over the country. We plan to start another beginner class early this year, so stay tuned.

Winter Storytelling event

We host our annual Winter Storytelling event 6-8 p.m. Feb. 21 at the CPN Cultural Heritage Center in Shawnee, Oklahoma. We will share stories that traditionally can only be told during winter. We will have food, and it is sure to be a good time, so

mark your calendars for this event. We also plan to stream this session live on Facebook.

Online language learning

Recently we built a language course on Memrise. You can download an app to your phone or visit memrise.com. It has 11 levels and a leaderboard so you can compete with others if you have a competitive side. It also contains mostly phrases. It's called “Potawatomi phrases” and has audio clips featuring different speakers.

Public education

We are also wrapping up our first semester in Wanette Public Schools. We look forward to the possibility of working with other school districts next year. If a district is interested, please contact us to get the process going.

Neely is Citizen Potawatomi Nation's language director. For more information, email jneely@potawatomi.org, call 405-878-5830 or visit potawatomi.org/language.



<i>Bbon</i>	Winter (buh bone)
<i>Ksenyamget</i>	It's cold. (Kuh sin yahm get.)
<i>Gon</i>	Snow (gohne)
<i>Boniswen</i>	Light snow (bone ees win)
<i>Boni mget</i>	It is snowing. (Bone eemget.)
<i>Gonkiwen</i>	Snow on the ground (gohne kee win)
<i>Wéb boni</i>	Snow is starting. (Wahb bone ee)
<i>Shpagwnegya</i>	The snow is deep. (Shuh pahgwnug yah)
<i>Mcheknebbon</i>	Winter without snow (muh chuk nuh bbone)
<i>Nshiwpo</i>	Heavy snow (nuh shee oh poe)

Mr. McCool

Mild-mannered CPN information security analyst Sam McCool delivers boisterous beats

Sam McCool joined the Nation full-time in June as an information security analyst, promoted from his internship serving in the information technology department.

“My job mostly consists of securing the information technology infrastructure.” He simplified a complex definition into three words: digital data security.

He wrapped up his last semester at the Oklahoma State University Institute of Technology in December. McCool grew up around computers, as his father is a longtime networking and information technology specialist for Tinker Air Force Base in Oklahoma City.

“We’ve always had computer stuff and networking equipment lying around the house,” McCool said. “When I was younger, I would always like to mess around with it and try and set up networks and that kind of thing; configure computers.

“It’s the backbone of the world at large, you know, this is how we communicate across continents and that kind of thing. I was just really impressed — I was always fascinated by it.”

Even so, McCool admits that IT isn’t his favorite thing to do — it’s his second-favorite.

In his free time — when he finds it — he’s a musician in two Oklahoma rock acts, Dresden Bombers and Sunphaser.

“Right now, I spend a lot of time here working (at CPN headquarters), and then I go home and I do a whole bunch of homework related to IT. I spend a huge chunk of my time in that world,” he explained. “Music is definitely my escape from that. It’s how I how I take a break from all the IT stuff that I do.

“I think once I get out of school, IT will be less of a job for me and more of something I can actually enjoy because I won’t just be immersed in it all the time.”

‘Loud and fast’

One of McCool’s bands is Norman, Oklahoma, based psychedelic rock trio Sunphaser, which is somewhat of a family act.

“Sunphaser started as my little brother nagging me to play with him,” he said of his sibling Aidan. “He just really wanted to be in a band with me — which is super sweet — and he’s a phenomenal bass player, so I couldn’t say no, really.”

The brothers are also Citizen Potawatomi Nation tribal members and Slavin family descendants.

McCool plays drums and Suzannah Masura rounds out the band as its vocalist. They formed their Royal Blood and Queens of the Stone Age-inspired alternative rock act in 2016 and gig at local bars and clubs throughout the college town.



Sam McCool performs with post-punk band Dresden Bombers at Bison Witches in Norman, Oklahoma. During the day, he’s an information security analyst for Citizen Potawatomi Nation.

Sunphaser also performed at the 10th annual Norman Music Festival in 2017. McCool was part of the three-day lineup with Joy Division and Echo and the Bunnymen-inspired post-punk quartet Dresden Bombers, which he joined as its drummer in 2016. His bandmates are Mike Burnett on bass and vocals, Kim Means on keyboard and vocals and John Means on guitar and vocals.

“I started playing the drums when I was 12,” he said. “I haven’t stopped since.”

His parents enrolled him in piano lessons when he was in grade school, which he reluctantly participated in for several years before picking up the trumpet, then guitar, before trying drums.

His own musical influences span Led Zeppelin to Megadeth, Green Day to Rush, Blink 182 to Deep Purple, Queens of the Stone Age to Pearl Jam. The first song he learned on his new kit was Smash Mouth’s “I’m a Believer.”

He wasn’t even a big fan of post-punk bands like Bauhaus and Joy Division until he joined Dresden Bombers.

“I just want to play loud and fast,” he said, then laughed.

And he does — as often as possible.

Learn more

Dresden Bombers: facebook.com/pg/dresdenbombers
Sunphaser: facebook.com/sunphaser

ELECTION NOTICE

2018 election for Vice-Chairman, Secretary-Treasurer, and Legislators for districts 5, 6, 7 and 8

Vice-Chairman

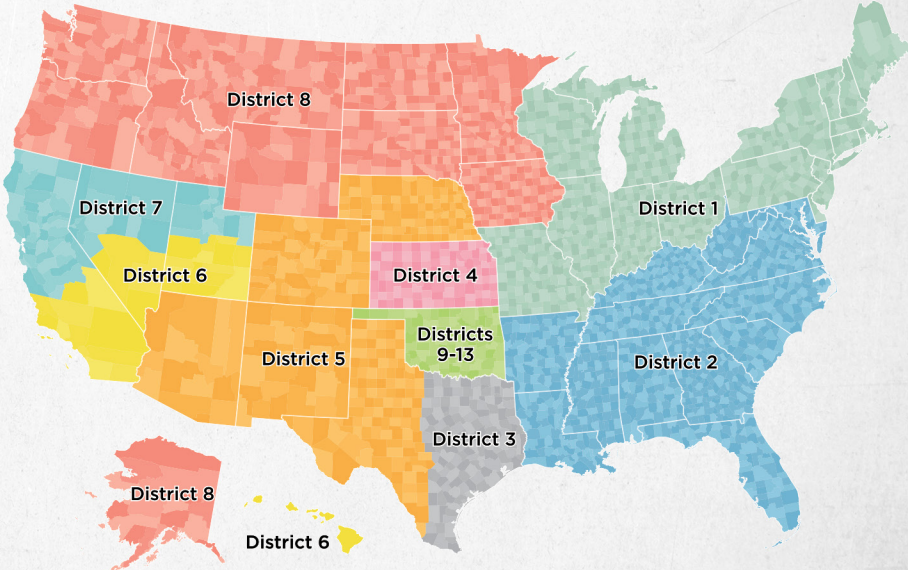
Filing form and fee must be received by the Election Committee no later than 5 p.m. CST on Wednesday, Jan. 10. Candidates for Vice-Chairman must be at least 35 years old upon being sworn in on June 30, 2018, and must have physically resided in Oklahoma continuously for at least six months prior to the election. Each successful candidate for an Executive Office in the Citizen Potawatomi Nation must submit a completed personal information form containing their personal financial information to the Comptroller of the Currency, as required under the Standard Change of Control application form for National Banks, no later than seven (7) days after election results are certified.

Secretary-Treasurer

Filing form and fee must be received by the Election Committee no later than 5 p.m. CST on Wednesday, Jan. 10. Candidates for Secretary-Treasurer must be at least 35 years old upon being sworn in on June 30, 2018, and must have physically resided in Oklahoma continuously for at least six months prior to the election. Each successful candidate for an Executive Office in the Citizen Potawatomi Nation must submit a completed personal information form containing their personal financial information to the Comptroller of the Currency, as required under the Standard Change of Control application form for National Banks, no later than seven (7) days after election results are certified.

Legislator

Filing form and fee must be received by the Election Committee no later than 5 p.m. CST on Wednesday, Jan. 10. Candidates for Legislator must be at least 18 years old upon being sworn in on June 30, 2018, and must have physically resided within the district they would represent continuously for at least six months prior to the election.



Applications will be available after December 1, 2017. Request the application from Public Information.

Tribal Chairman - John 'Rocky' Barrett



Bozho nikan
(Hello my friend),

It is officially 2018, and before we know it, it will be time for the annual Family Reunion Festival. Many important things happen during Festival, including our General Council meeting and Tribal elections. This year Vice-Chairman Linda Capps, Secretary-Treasurer D. Wayne Trousdale and district 5, 6, 7 and 8 Legislators are up for re-election.

As of the date of this column's writing, it is unknown whether either of them will have an opponent, but I am thankful to each of them for running again. Their knowledge and skills are very beneficial to Citizen Potawatomi Nation, and I believe, if re-elected, their

service will continue to be invaluable to the tribe.

When we amended our Tribal Constitution in 2007, our people decided to elect representation in our Tribal Legislature for eight districts outside of Oklahoma which had more than 2,000 members each. We did that because we faced a dilemma: more of our people lived away from our Oklahoma lands than near them, but the only land on which federal laws allowed CPN government operation was in Oklahoma.

To balance that, our people also decided to elect eight members of the Tribal Legislature who must reside in Oklahoma. Our Constitution is the only one of its kind among all Indian tribes to reconcile the competing interests of a majority population that lives off tribal lands and the congressional mandate that our tribe conduct its revenue-generating physical business on tribal trust land or be subject to the laws, regulations and taxes of a state.

Our tribal government is much more reflective of a sovereign nation since our

constitutional reform, and elections are more secure because of it. At previous General Council meetings, we required members to vote in person, and opposing factions would just call another meeting to reverse elections that took place at the official meeting. It led to many contentious years for the tribe, and I am grateful we will not have to repeat that process. The in-person voting also meant that if you were not able to make it to Shawnee then your voice was not heard. Our new constitution allows us to vote by absentee ballot.

By establishing our government in this way, we might increase the number of tribal members who participate in elections. In 2017 less than 2,000 tribal members voted, which reflects only a small percentage of the tribal members who are eligible to vote. In a highly contested election, many more can and will vote.

Now is the time to begin thinking about your regalia, especially if you are a member of one of our honored families. In 2018, those families include

Anderson, Beaubien, Bertrand, Bourbonnais, Ogee, Peltier, Toupin, Wano and Yott.

To participate in grand entry and the honored family dances, you must be wearing proper attire. That means long pants and a ribbon shirt for men and a skirt and shawl for women, at a minimum. Last year, we began gifting a sash or shawl to one man and one woman from each honored family. We hoped that the person who received the regalia would use it to build upon and become a leader for their family during these dances. We plan to do that again this year. If you plan to make your own, look for some of the family patterns used on old regalia that you can copy and color to suit yourself.

For many tribal members, it will be the first chance to see the newly reopened Cultural Heritage Center. The museum hasn't been open since it was flooded by a City of Shawnee water line in 2014. The new exhibits tell of our history from pre-contact to present day. The museum staff has added several videos and

interactives, so it is sure to be engaging for visitors of all ages.

Several tribal departments helped with the heritage center remodel. Our own FireLake Designs printed and installed many of the murals throughout the exhibits. Our information technology department helped with the technology, including programming the interactives. Our public information department helped with some writing and design work for the exhibits. Even the aviary staff contributed by drawing some of the animals you see in section one. It really was a team effort, but the Cultural Heritage Center's staff worked hardest of all. Migwetch (Thank you) to them for putting together a center that our tribe can be proud of.

As always, thank you for the honor of serving as your Tribal Chairman.

Migwetch
(Thank you),

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

Vice-Chairman - Linda Capps



Bozho
(Hello),

May each of our CPN Tribal members and their families be looking forward to a happy and prosperous New Year! Time flies so quickly that we turn around and must get used to writing a new year. No doubt, I make several mistakes in the beginning weeks.

The New Year also brings another CPN election for several of our legislators, including District 5, Gene Lambert; District 6, Rande

Payne; District 7, Mark Johnson; and District 8, Dave Carney. In my last article, I announced that Secretary-Treasurer D. Wayne Trousdale and I both are running for office again.

Last year, as Eva Marie Carney (unopposed), Roy Slavin (unopposed), Jon Boursaw and Robert Whistler prepared for a new election year, I paid for an ad that portrayed a great team of leaders who have worked hard throughout the country to make CPN a first-rate Tribe for its members and an excellent place to live and work.

It is my desire to send that same message to our membership again. I am so proud of our Tribe, the services we provide, the available scholarships, the diligence of our employees and the excellence of our self-determination.

As Honoring Nations Harvard projects have



The Citizen Potawatomi Nation Legislature.

depicted, CPN is a rising star in education, environmental achievement, health and social services, cultural affairs, government performance, economic development — and the list goes on. Our legislators have played an

important part of the Tribes' success for the past 10 years.

My message is once again, keep a good team together!

Migwetch
(Thank you),

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

Get the *Hownikan* via email!

If you would like your newspaper via email, please send your name and address to hownikan@potawatomi.org and let us know.

District 2 - Eva Marie Carney



Bozho nikanek
(Hello friends),

Warm greetings for a
sweet new year

I wish you a new year filled with peace, good health and good family times. I am hopeful that each of us will gain more knowledge about our Potawatomi heritage and be more giving of our time and talents during 2018. My time serving as a legislator, which started with the start of our 16-member legislature in 2008, has been so personally enriching in a wide variety of ways, including that it has given me the opportunity to meet many dear Potawatomi around the country, from our band and others.

Migwetch (Thank you)! I'm incredibly fortunate to now have meaningful new friendships, to have the opportunity to keep learning from everyone I meet and



Eva and the NMAI tour group. Photo provided

to help grow our District 2 community here in the mid-Atlantic and south.

December 2017
highlights

On the first two days of December, we fit in back-to-back District 2 events.

Dec. 1, a group of us visited the archives of the National Museum of the American Indian in Suitland, Maryland, where we explored a number of Potawatomi objects in its collection. We started in the archives' ceremonial room, where we smudged ourselves and accepted gifts of tobacco harvested from plantings outside the museum, which is located on the National Mall in Washington, D.C., before heading into the stacks.

Our group included Lyle Simmons and Dawn Walker from Louisiana; Robert Pearl and Janet Pearl from Ohio; Tammy Clark from Florida; Jessica Clark from North Carolina; Susannah Howard from Vermont; Whitney Greenfield from Maryland; and me, from Virginia. I'm sharing a group photo with my column. A limited number of photos of the objects we visited are posted on the District 2 Facebook page. (The Smithsonian has asked that we limit circulation of photos from its archives tours, so I did not include a public link here.) As is the tradition now, we had lunch together before the tour and ate too much dessert.

The same group of folks then met up with another 20 or so Potawatomi family and friends on Dec. 2, for a docent-led tour of the *Nation to Nation: Treaties Between the United States and American Indian Nations* exhibit at the museum itself. We were able to study the Fort Wayne Treaty of 1809, which is part of the



The NMAI tour group. Photo provided

exhibit. It was an agreement between the United States and the Delaware, Potawatomi, Miami and Eel River tribes, ceding tribal territory to the U.S. government. It remains on display at NMAI through January. While we could not take photos of the treaty itself, you can view it online and learn more about the exhibit at nmai.si.edu/nationtonation.

I've included a group photo taken before the tour. The group included the folks listed above and, among others, Laurel and Vaki Wawema and their young children, and Paulette Wamego, all from the District of Columbia; Davis Hobdy and his spouse Ken Armstrong; Josh Barnett and his young daughter; and John Pierce and his teenage daughter, Hailey Pierce, all from Maryland; and Dell Chalk, and Kim and Ed Pratt, from Virginia.

After the tour, most of us visited the Native artisans who were participating in NMAI's annual Art Market. Several of us visited with Potawatomi/Kickapoo artist Pahponee, whose exquisite pottery is seen in the photo here. It was definitely a memorable day!

Coming up

Please mark your calendars and make plans for the next

District 2 event March 10 in Birmingham, Alabama. We will tour the Birmingham Civil Rights Institute, 520 16th Street N, beginning at 10 a.m. and then move to a BCRI conference room for our meeting and lunch. There is no cost to attendees. I hope to see many of you there and am accepting RSVPs now.

Please check my calendar page regularly for newly scheduled events — the treaty tour last weekend came together in just



Pahponee's pottery. Photo provided

a few weeks, and there may be similar, somewhat spur-of-the-moment opportunities to visit together in the coming year.

Congressional action
in 2018?

In this new year, I am hoping that new life is breathed into Congressional legislation, introduced in October, to improve the federal response to the crisis of missing and murdered Native women.

North Dakota Sen. Heidi Heitkamp has introduced Savanna's Act, named in honor of 22-year-old Savanna LaFontaine-Greywind of the Spirit Lake and Turtle Mountain Chippewa Nations in North Dakota. LaFontaine-Greywind disappeared in August. She was eight months' pregnant. Her body was found eight days later in the Red River.

On some reservations, Native women and girls are murdered at a rate more than 10 times the national average, and some 84 percent of Native women have experienced violence in their lifetime. Last year, North Dakota had 125 reported cases of missing Native women, according to the National Crime Information Center, and more than 5,700 Native women were reported missing nationwide. See a short interview about these horrors at mprnews.org/story/2017/11/10/missingnativewomen.

Please continue to share your thoughts with me and to contact me for any assistance you might need.

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District 3 - Bob Whistler



Bozho nikanek
(Hello friends),

I hope that everyone had a wonderful and joyous holiday season. As mentioned in my December column, I attended the National Congress of American Indians in Milwaukee in October. At this event, there are always many suppliers and contacts from various areas. I especially like to look at the jewelry and crafts since they come from different nations.

This year, there was a Pequot artist who now lives in Montana and makes what is called Wampum Wear. Artist and craftsman Dan Simonds is a member of the Mashantucket (Western) Pequot Tribal Nation, which is located on the east coast in southeastern Connecticut and has been there for over 10,000 years. They, like the Potawatomi, are Algonquins. If you happen to participate

in our senior mail-order prescription drug program and receive diabetic drugs and supplies, you are no doubt aware of the Pequot Nation since CPN is the source for those items.

Fashionable value

Wampum Wear items are made using quahog clamshells. I have included photos of the clams and earrings as a finished product. When opened and cleaned, they are white with a deep purple coloration that is unique to each one. Once I saw what the source of goods was, it made sense. I have heard the word *wampum* many times in the past. It is logical to have some kind of transportable “money” since many years ago; our ancestors did not have coins or dollars. They needed something



Wampum earrings. Photo provided

that was unique and had value. Food was ideal, and clamshells made sense.

If you think back, the skins or hides of animals, many of which were a food source, were traded for other goods. Clamshells are much smaller and may be carried in a pouch or strung on a thread. The sea and shellfish have been a source of value for other areas also. In the Pacific, the oyster has given us the pearl. Depending on size and color, they could have great value.

Quahog clams are fairly small. To harvest them, you need to use a tool that is similar to a rake with very long tines. They would wade out into the water with their rake, sometimes almost waist deep, and then press down into the mud and drag the



Quahog clamshells. Photo provided

rake gently to dislodge a clam. When they felt some resistance, they would sort of dig in and pull the clam up. They retrieve them one at a time. Since the clams are not in clusters and tend to take some effort to secure, it gives them added value.

The method of harvesting this clam as well as the little neck and other clams on the Eastern Shore has not changed a whole lot. However, some commercial fishermen have come up with tools that allow them to secure the clams in larger numbers. The next time you hear a reference to wampum, you may recall that it might have come from one of the members of the Algonquin nation. For more information on the clam or the Pequot, I suggest you go to Google or visit the Nation at mptn-nsn.gov.

Historical context

I’m going to close this month primarily with the information above. I am reading the book *American Indian Almanac: The Authoritative Reference and Chronicle* by John Upton Terrell. The reading is slow but has much detail about all of the various nations that existed many thousands of years ago. If you are into history, I highly recommend this almanac. There are interesting comments about our Nation, and how we interfaced with other Nations in past years. While we historically tend to have been business oriented, taking up the bow and arrow was not unheard of.

I do want to again thank you for allowing me to represent District 3 and serve with pride and honor. I am here to help you on questions pertinent to the Nation, so feel free to contact me.

Bama pi
(Later),

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



Bozho
(Hello),

Peggy and I hope each of you had a joyful and safe holiday season.

2018 objectives

Unfortunately, my primary objectives remain basically unfulfilled. These include the return of the 1862 Potawatomi census book to the Nation, which I also wrote about a year ago in my January 2017 column and have advocated for its return for many years. It remains in St. Mary’s Historical Society Museum’s possession. I continue to hear that the historical society’s position has not changed.

With the assistance of a few tribal members and Tracy and Pam of the Senior Support Network, we have started to include the Potawatomi culture and history as part of the monthly Elders’ Potluck in the Citizen Potawatomi Nation Community Center in Rossville, Kansas.

Finally, I have had telephone conversations with the director of the Shawnee County, Kansas, Parks and Recreation Department regarding the feasibility of an exhibit on the top of Burnett’s Mound, which would tell our story when we here on the Potawatomi Reservation, which was mostly in Shawnee County.

CPN elders potluck

There were 46 attendees at the December luncheon, which is the most we have ever hosted.

There were several first-time guests, a few who hadn’t been in a while and of course those who attend regularly. If you haven’t ever attended or haven’t been in a while, please consider joining us. The next



Jon Boursaw, Joe Wulfkuhle, Jerry Pearl and Lyman Boursaw at the Topeka Veterans Day parade. Photo provided

luncheon is noon Jan. 12 in the Rossville Community Center.

Looking ahead

Put these dates on your 2018 Calendar:

- June 28-July 1: CPN Family Reunion Festival in Shawnee, Oklahoma. This year’s honored families are Anderson, Beaubein, Bertrand, Bourbonnais, Ogee, Pettifer, Toupin, Wano and Yott.
- Aug. 3-5: Gathering of Potawatomi Nations in Mayetta, Kansas.

Veterans Day parade in Topeka

We participated once again in the Veterans Day parade down Kansas Avenue in Topeka. Four “old” CPN veterans rode in the back of a restored 1969 GMC pickup driven by its owner Joan Atkins, Bourassa/Ogee.

Honored to serve you

It is an honor to serve you as your District Representative. Thank you to those members who have shared their thoughts and opinions on the issues of the Nation. I appreciate hearing from

CPN members in Kansas, whether by letter, email or a phone call.

Please let me know how I can be of assistance to you.

If you are not receiving emails from me, it is because I do not have your current email address. All you need to do is send me your email address, and I will enter you into my District 4 information file.

You can contact me by email, mail, phone or stop by the office. My contact information is listed below.

Migwetch
(Thank you),

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District 5 - Gene Lambert



Bozho
(Hello),

As our new year kicks off this month, I have to wonder what happened to last year. There is so much to be thankful for and to celebrate.

We brought in a new state to our District 5, Nebraska, and had to give up Utah for the redistricting keeping an even count on the tribal membership.

You all seem to be moving around a bit.

It was an honor to participate in the Native American

Women’s Conference this year here in November, as always. It is a time when the native women gather to hear stories, show their crafts, and support each other in professional growth.

It was exciting to finally be gifted two eagle wings and learn how to preserve them.

I realized there were 12 articles written for the paper. Not being a writer or particularly imaginative, it becomes quite a challenge after 18 years in service. What can I write about this month? Sometimes you draw a blank or think “I wrote about that already.” Hopefully, I haven’t bored you all to tears.

Then we come to this year’s District 5 meetings — Colorado, parts of Texas, New Mexico, Arizona and Nebraska. Great meetings! It is like coming home to see each of you every year.

I love to hear about your families and all the

achievements year-to-year. The sharing of your family history with CPN of the hurtful experiences some have had to bear along the way brought tears to my eyes. It has also been inspiring on the other side to know how dedicated, determined and committed each of you are to your people.

It is amazing to see three and four generations in attendance. I watch in amazement of the bond you share from great-grandmother all the way to great-granddaughter. I do not believe I have seen five as of yet but won’t be surprised when I do.

Things don’t always go the way you plan, and I am aware you have other obligations when you cannot attend. Please know how missed you are when you don’t. You are an important piece of the woven blanket.

When you can, please do attend and bring the whole family.

The main themes last year in my travels were education and language. Both are important for every individual, family and the betterment of Citizen Potawatomi Nation. Herein lies our history and future. Have any of you yet tried the language puppets with your children?

We are so blessed to have continued leadership with vision and purpose. Other tribal leadership can change every four to eight years, in so doing redirecting the vision of the last and manifesting no future at all. Let’s thank everyone who has contributed to the success of Citizen Potawatomi Nation for their day-to-day contributions.

As they say, “It takes a village,” and “No man stands alone,” are appropriately stated.

In the years and months gone by, I have learned so much from each of you. I appreciate all you share.

You have trusted me with your concerns and the highlights of your lives. I truly feel like a part of your family, and you are definitely part of mine. When I look back, I realize you have become a major part of my life. Thank you!

Looking back over 2017 with gratitude, thank the Creator for all your blessings.

Now that 2018 is in front of us, how can we be better human beings than last year and master the challenges that are presented?

Find one New Year’s resolution and stick with it!

Love and prayers to you all.

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District 6 - Rande K. Payne



Bozho nikanek
(Hello friends),

I hope you all had an enjoyable holiday season. I want to start with declaring my candidacy for the District 6 Legislative seat. It’s a decision I made after considerable thought and consideration.

After Chairman John “Rocky” Barrett’s successful re-election bid last year and Vice-Chairman Linda Capps decision to run again, I knew I wanted to seek re-election. In her column last month, Vice-Chairman Capps spoke about institutional memory and knowledge. I’m in agreement with Ms. Capps regarding their value to

Citizen Potawatomi Nation. I believe that institutional memory is an asset to any organization as I have experienced firsthand in my professional career in both the transportation and food service industries.

Additionally, I appreciate the passion for service found throughout our Legislature. While we may not agree on every issue, I believe all are committed to advancing our nations objectives of sovereignty, the preservation and revitalization of our culture, self-governance and the advancement of our people.

I would be remiss without stating that the CPN staff is among the best I have ever worked with. Their dedication, professionalism and work ethic is infectious. I think it’s natural for a person to want to play for a winning team and ultimately that’s what drives me to run for re-election. It is very gratifying to see the positive changes impacting our people, particularly our elders and our youth.

If there is anything I could improve in our great Nation, it would be voter participation. Historically, voter involvement in our election process leaves room for improvement, to put it mildly. So, I would wholeheartedly encourage you to exercise your most valuable right as a citizen of CPN and vote this year. Thank you in advance to everyone voting in the upcoming election. I would be honored to have your vote for District 6 Representative.

As we begin a new year, I would like to share my thoughts on modern day society’s general lack of appreciation for elders. From what I have learned about our culture, elders are to be respected and valued for their wisdom and experience. Without a written language, all of what was passed from one generation to the next was passed on orally. That passing on of knowledge, life skills and wisdom was vital to our very existence. It seems that as we became “civilized” and migrated to new ways of learning, the importance of elders diminished greatly.

Maybe it has always been there, but I sure don’t remember being the center of my parents’ universe and I’m quite sure my children didn’t feel like they were the center of mine. That doesn’t mean I wasn’t treated well by my parents, and it doesn’t mean I don’t love my kids. If I’m being honest, there were times I felt underappreciated as a kid, but I get it now. I’m glad they didn’t put me on a pedestal! I’m talking about average families raising kids today. Maybe I’m just an old fuddy-duddy, but I think many of our children today are being taught that they can do no wrong; they don’t have to say please or thank you if they don’t want to. Youth is sensationalized, and old age is a curse.

What I think is most tragic is the disconnect between family members beyond kids and their parents. Time with aunts, uncles, cousins and grandparents all take a back seat to social media, television, sports, work, entertainment, recreation and friends. The point I’m trying to make is that every season of life is precious and

a gift. Every season has a different purpose. No season of life is more important than any other.

Know your season; embrace your season. On our medicine wheel, the circle of life, this is the season of the wise, the season of sweetgrass, the season of the northern direction. Pay extra attention to all these things and honor them in your prayers. Ask the Creator to instill in you His purpose for your season of life. Bless those around you with what He gives you, and you and all your relations will be blessed.

Wisdom from the Word: “Though good advice lies deep within the heart, a person with understanding will draw it out.” Proverbs 20:5 NLT

Migwetch
(Thank you)!

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FOLLOW US ONLINE!



District 7 - Mark Johnson



Bozho nikanek
(Hello friends),

The arrival of the New Year always gives us all a chance to reflect on the past and to look forward to the future. I for one, am glad to see 2017 go. Too many parts of our country have suffered loss, as have our members. From tornados and hurricanes to floods and fires, it seemed

like we just couldn't catch a break in 2017. Regardless of what you do or where you live, I believe everyone has a responsibility to help make our community, our family and our tribe better, stronger and more vibrant than it was when we arrived.

Your government at work

With that said, I would like to announce that I will be seeking a third term as your District 7 representative. The honor and trust you bestowed on me in 2010 and again in 2014 by electing me and re-electing me are never taken lightly or for granted. I hope I have earned your trust. I have said many times over the last eight years that it is

refreshing to be a part of a government that works. I believe that, over the last eight years, Citizen Potawatomi Nation has been able to successfully defend itself, but it seems, unfortunately, like that job never ends. At the same time, I believe we have made great improvements toward meeting the needs of our members and growing smartly to meet the needs of our members in the future. Vice-Chairman Linda Capps and Secretary-Treasurer D. Wayne Trousdale are also on the ballot this year, and I strongly encourage you to support them, as the leadership that they provide in the Executive branch and our Nation is invaluable. Combined with the vision and leadership provided by

Chairman John "Rocky" Barrett, it is easy to see why the government and other tribes look to Citizen Potawatomi Nation as a model for which they hope to be. It's hard to argue with the results.

Looking ahead

As always, it's never too early to start planning to attend the Family Reunion Festival June 29-July 1 in Shawnee, Oklahoma. You can learn more about this year's event at potawatomi.org/culture/family-reunion-festival.

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

provide you with additional information you might need to access tribal benefits you are entitled to. Please also take the time to give me a call or send me an email with your contact information so that I can keep you informed of the happenings within the Nation and district.

Migwetch
(Thank you),

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District 8 - Dave Carney



Happy New Year!

I am looking forward to 2018 and all of the possibilities it holds. Looking back on 2017, there were some significant challenges for the Nation and me personally, but overall, it was a good year. The tribe is putting lots of effort into improving the Cultural Heritage Center,

preserving and fostering Potawatomi language and respectfully rebuilding various traditions. One of the tangible changes occurring due to these efforts is the emphasis on regalia and traditional dress in the dance circle at the Family Festival. This year, we will be gathering together June 29-July 1 at the Nation's Shawnee, Oklahoma, headquarters. Among the weekend's event is dancing, which takes place Saturday evening. Years ago, very few members were dressed in traditional clothes, and tribal leadership has been encouraging members each year to buy or build their own regalia for the dance circle. At the Family Festival in 2017, there was a major emphasis on this — in fact,

a dress code was more or less enforced. For 2018, please assume that each participant should be dressed in traditional or respectful clothing, regardless of the temperature. What does this mean? **Shoes:** Both men and women are expected to wear closed-toe shoes; moccasins would be perfect. **Pants:** Men and women should cover their legs. (Do not wear shorts.) Women can wear long skirts, tear dresses or leggings. **Shirts and blouses:** Men and women should cover their arms — ribbon shirts, vests with traditional woodland patterns and/or long-sleeve

shirts. Women with bare arms can accessorize with a shawl. Ways to get ready I bring this topic up in January so that everyone has plenty of time to plan. Some festival activities focus on creating regalia, and there are plenty of folks around the Cultural Heritage Center who can help. Additionally, there are vendors on festival grounds selling shirts, skirts, shawls, etc. in a variety of price ranges. Citizen Potawatomi Gift Shop, located inside the Cultural Heritage Center, has even more shopping opportunities. The internet is a great place to buy items to augment your regalia or find items like ribbon shirts. Do e-commerce carefully by buying from

trusted vendors with reliable payment services like PayPal. While planning what to wear, think about where to stay and book early. Grand Casino Hotel Resort (a CPN enterprise) is a great choice, and it offers special tribal member rates during the festival. If you stay there, shuttle transportation to the festival fairgrounds is provided. It is my pleasure to serve you in our legislature. Please feel free to contact me if I can assist you. Bama pi
(Later),

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District 13 - Bobbi Bowden



Bozho nikan
(Hello friends),

I hope 2018 is off to a great start for everyone and their families. I still cannot believe how quickly 2017 flew by. We will blink, and Family Reunion Festival will be here. Now that the Cultural Heritage Center has re-opened you can expect it to offer more classes. This is a great way to get connected with your heritage and learn how to make appropriate attire for powwows and other ceremonies. For more

information, please contact the Cultural Heritage Center at 405-878-5830 or visit potawatomiheritage.com. Now is also the time for students to think about applying for the Potawatomi Leadership Program offered by our Nation each year. This award-winning program is offered to tribal members ages 18-20 years old, have a current GPA of 3.0 or better and have not completed more than one year of college.

This six-week program is designed for the students to learn from tribal directors and employees the different roles they have in the day-to-day operations of the Nation. Students will also have the opportunity to learn about our culture, attend language classes, participate in tribal ceremonies and more. It is an incredible opportunity for students and future leaders of our great Nation. For more information on the program and how to

apply, please visit plp.potawatomi.org. I wish everyone health and happiness! It is an honor to be one of your Oklahoma Legislative Representatives. Migwetch
(Thank you),

Bobbi Bowden
Peshknokwe
Legislator, District 13
bbowden@potawatomi.org

2018 GATHERING OF POTAWATOMI NATIONS

JULY 29 - AUGUST 5 | MAYETTA, KANSAS

Willie Pauline Back



Willie Pauline Back, 91, of Purcell, Oklahoma, passed away Nov. 6 at Sunset Estates Nursing Home. Pauline was born July 10, 1926, in Wanette, Oklahoma, one of five children born to Joe Bill Melot and Etta Estelle (Gribble) Melot.

She was raised in Wanette and attended Wanette schools. She married Bill Hill, and to this union two children were born: daughter Virginia and son Darrell. They lived in several places throughout Oklahoma before settling in Oklahoma City.

Pauline loved people. She was always generous and giving to anyone in need. She volunteered at South Community Hospital for many years and was selected as Volunteer of the Month. Pauline was very proud of this and the plaque she received for it. She loved the holidays and looked forward to spending time with her family and friends. Family and friends meant everything to her. One of her fondest memories was traveling to Hawaii with her daughter Virginia and her family.

Pauline was a gifted sewer and quilter and enjoyed sharing her talents with others. She loved crocheting and knitting, and anyone who received something from her could see the love put into her work. Pauline enjoyed tending to her yard and flowers and feeding all her birds. She was a wonderful mother and grandmother, sister, aunt and friend. She will be dearly missed.

She was preceded in death by her parents Joe Bill and Etta Melot; daughter Virginia Nix; sister Birdie Gantt; and three brothers, Joe, Donald and Edward Melot.

Pauline is survived by her son Darrell Hill and wife Linda of Laverne; son-in-law Wayne Nix of Purcell; grandchildren Cynthia Benson and husband Brent, Justin Nix and wife

Patty, Warren Nix and wife Sheryl, Kimberly Keeling, and Sherri Welsh and husband Dustin; several great-grandchildren; and a host of other family and friends.

Christina Campbell



Christina Louise Campbell was born Oct. 23, 1979. She left us on Oct. 26, 2017. Christina was raised by her mother Marilyn Annanders, along with her brother James Miller and her favorite sister Jacquelyn Annanders.

She packed a lot of life in such a few years. Her greatest accomplishment and source of pride were her children Mikayla Rachelle Paison, Madelynn Belle Paison and Cameron Allen Paison. She bragged to everyone about them. She just couldn't believe that she could produce such beautiful, talented, loving, smart children.

She attended Tecumseh schools but didn't take the traditional route. She earned her bachelor's degree in psychology and was pursuing a higher degree in human resources. Christina was also taking online classes to learn the Potawatomi language. She was the Developmental Disability Coordinator at Tanana Chiefs Conference in Fairbanks, Alaska. She wanted to make a difference in people's lives and helped so many people.

She raced at Greater Fairbanks Racing Association for D.I.R.T. She made Rookie of the Year, won several trophies and money. Even when she wasn't racing the track, she would help whenever it was needed. Christina was also the first co-host for INK'd Metal Radio and was the best promotor. Her personality made her a star!

Her family, friends, coworkers and all the people she touched will always remember her love, smile and the glow in her eyes. We will always miss her and keep her memory alive in our hearts.

Special thank you to Brandy Oswald, James Allen, Shelly, Toni and Uncle Phil.

Lillian Ilene Goodson



Msko Pneshi Kwe (Red Bird Woman)

The bittersweet time we have long anticipated has come. Lillian Ilene Goodson peacefully walked on in her journey to be with her Lord Oct. 16 while residing at Rossville Healthcare Manor in Rossville, Kansas. She was born June 16, 1929, in Topeka. She is the daughter of John William Schwartz and Lillian Lucinda Terry.

Lillian Ilene was proud of her Potawatomi heritage, a direct descendant of the families Juneau, Vieux and Yott.

She had a heart for God and stood on her belief in God, which supported her in life ultimately giving her peace.

She worked with and enjoyed and loved caring for others' children. She enjoyed nature, being at the lake fishing and being with her children. She delighted in seeing the cardinals when they would come to visit. We will miss her sweet smile, sense of humor, courageous spirit and godliness.

Survivors include her children Beverly Holly (Robert) of Topeka, David Goodson (Connie) of Lake Perry, Mark Goodson (Susan) of Austin, Texas, and Amy Rose Herrick (Randy) of St. Croix, Virgin Islands; 15 grandchildren; 24 great-grandchildren; and two great-great grandchildren.

She was preceded in death by siblings Margaret, Julia, Patricia and Ed; infant sister Lillian Mary; infant brother William and one grandchild.

A Celebration of Life memorial service was Oct. 30 at the Davidson Funeral Home in Topeka. A private graveside service was Oct. 31 at Mount Calvary Cemetery in Topeka.

In lieu of flowers, memorial contributions may be made to Rossville Healthcare Manor or Avalon Hospice.

Violet Lavon Lybarger Hill



Violet Lavon Lybarger Hill, 104, of Fort Scott, Kansas, passed away Nov. 18 at A Country Place Care Center on South Horton Street in Fort Scott. She was born April 9, 1913, in Fort Scott, the daughter of Thomas Ray and Ethel Evelyn Coberly Lybarger. She married Lloyd E. Hill on March 3, 1939, in Independence, Missouri. He preceded her in death on April 17, 1980.

Lavon and her husband owned and operated a used furniture store, Hill's Used Furniture, in Fort Scott, until his death. They were members of the Reorganized Church of Jesus Christ of Latter Day Saints (RLDS) church where Lloyd served as Pastor.

Lavon was very proud of her Native American heritage. She was a member of the Citizen Potawatomi Nation, of which she was a descendant of the Vieux family. At the time of her death, she was considered to be the oldest member of her tribe in Kansas. She was also a member of the Historical Preservation Association and the Educational Homemakers Union. She also had served as a Chaplain of the local American Legion Post and was very active in the Senior Citizens Group.

She is survived by two sisters-in-law, Marjorie Stowell of Lee's Summit, Missouri, and Jane Lybarger of Wichita, Kansas; as well as many nieces and nephews.

In addition to her husband Lloyd, she was preceded in death by her parents; two brothers, Marion and Forest Lybarger; a sister, Rayma Evelyn O'Neal; a niece, Ruth Elaine Lybarger Casner; and a nephew, Marion Allen Lybarger.

Graveside services for Lavon were Nov. 22 at the Fort Scott National Cemetery, under the direction of the Konantz-Cheney Funeral Home. The family suggests donations be made to the Fort Scott Housing Authority, where a special memorial will be established in memory of Lavon Hill. Donations may be sent to or left in the care of the Konantz-Cheney Funeral Home, 15 W. Wall St., P.O. Box 309, Fort Scott, Kansas, 66701.

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.