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Kchemkogises | January 2019

Top photo: A cattail mat made during a CPN Cultural Heritage Center workshop.

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National Save the Eagles Day, January 10

By Jennifer Randell, Director of the Citizen Potawatomi Nation Eagle Aviary

Do you remember the first time you saw a bald eagle in the wild? I was in grade school when I saw my first, soaring high above the Dale, Oklahoma, river bottom just off State Highway 102 and Interstate 40 not far from Shawnee Twin Lakes. There must have been nearly 40 cars pulled off along the sides of Highway 102, and all their occupants were out of their cars pointing up, some cheering and waving while others were moved to tears. I will never forget how I felt standing there under the glare of the warm summer sun as the eagle soared wide, easy circles above us before disappearing out of our sight. The energy that filled the air, seeing such a rare sight, was magical.

At the Kaw Lake Eagle Watch near Ponca City this past January, visitors counted more eagles in one day than I had ever seen in total in my life before I entered high school. Thankfully, young people today do not remember a time when bald eagle sightings would prompt a response like the one I experienced as a child. However, they could have just as easily never had the chance to see one since they were nearly extinct just fifty years ago.

Habitat loss and excessive hunting combined with the widespread use of the pesticide DDT nearly wiped them out. A population of more than 75,000 bald eagles when named a national symbol in 1782 had dwindled to just 412 breeding pairs in the lower 48 states by the 1950s. Researchers eventually discovered DDT made its way into our waterways where it was absorbed by fish and other prey. While adult birds showed no signs of

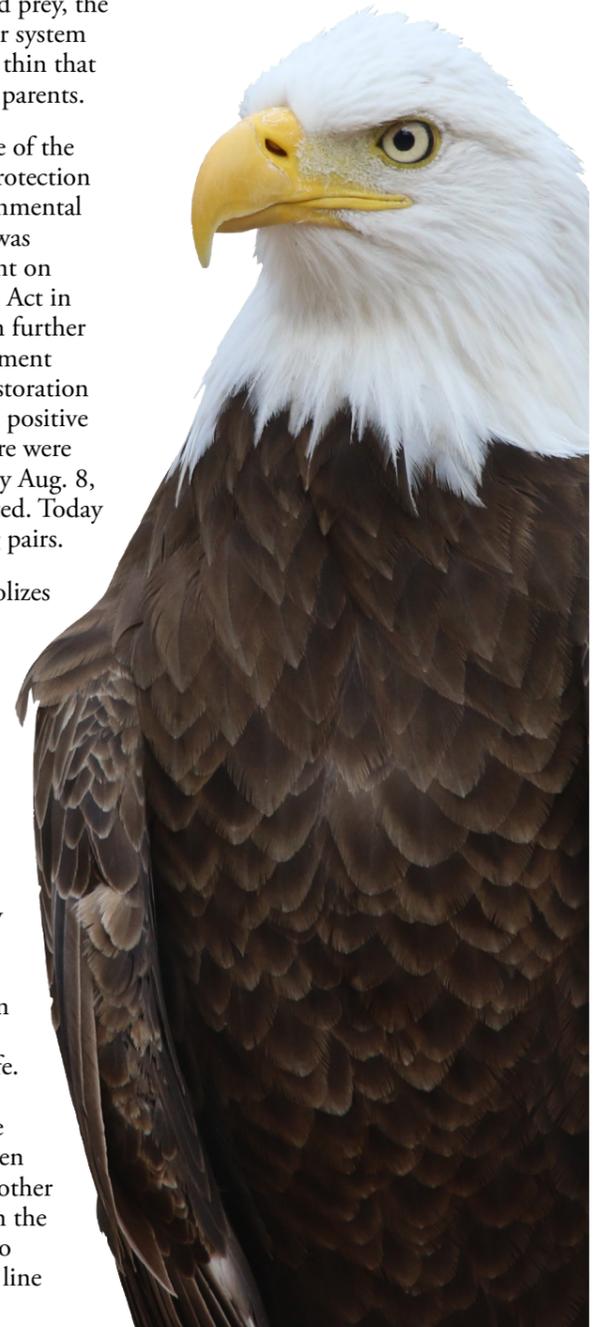
harm from eating contaminated prey, the buildup of the pesticide in their system caused the eagles to lay eggs so thin that they cracked under incubating parents.

In 1972, the bald eagle was one of the first species to receive special protection from the newly created Environmental Protection Agency, and DDT was officially banned. Congress went on to pass the Endangered Species Act in 1973 providing them with even further protection. Regulation enforcement along with extensive habitat restoration and breeding programs yielded positive results over time. By 1995, there were nearly 4,500 bald eagles, and by Aug. 8, 2007, they were officially delisted. Today there are nearly 10,000 nesting pairs.

The bald eagles' recovery symbolizes the commitment made back in 1973 to preserve wildlife and wildlands. National Save the Eagles Day on Jan. 10 is a reminder that we can all do our part, no matter how small, to protect the eagles for future generations.

Unfortunately, most of the eagles that call the CPN Aviary home are injured because of human interaction in some way. Everyday objects that seem harmless can become a life-threatening problem for wildlife. Discarded or lost fishing line is a major problem for all wildlife around waterways. We have been called out to rescue eagles and other water birds that were tangled in the line. The harder they struggle to free themselves, the tighter the line

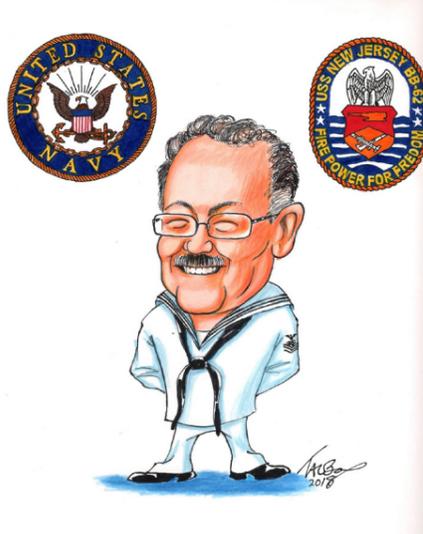
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Bozho
(Hello),

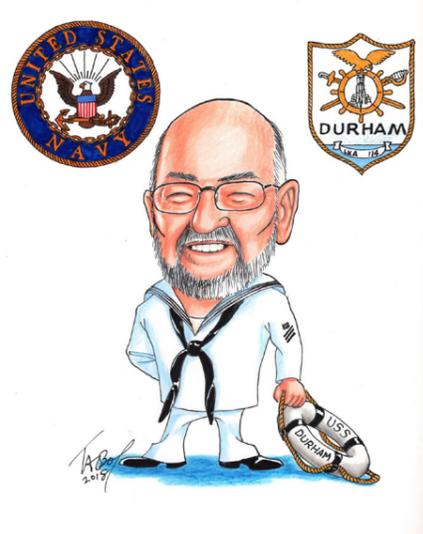
The CPN Veterans Organization finished off 2018 in style with a well-attended Christmas/Thanksgiving party. It was one to remember. I presented awards to Bill Wano and David Barrett for their years (no one could remember how many) of service in the capacity of secretary and treasurer, respectively. They have served in those capacities voluntarily because no one would come forward to work in these very demanding positions. We would not have a veterans organization without them. Herb Holton, our Color Guard and Honor Guard Team Leader, is responsible for the CPN Veterans Organization's continued and increasing recognition in the community. He's making us famous.



Bill Wano - by Daryl Talbot

As everyone should know by now, former President George H.W. Bush passed away, and the Secretary of Veterans Affairs Robert Wilke released a statement on his passing.

"All of America's veterans are saddened by the passing of President George H.W. Bush. His courage in combat was special even during the war in the Pacific, where our forces demonstrated



David Barrett - by Daryl Talbot

some of the highest levels of valor and heroism in our history. When holding the highest offices in our country, he never forgot those who wore the uniform. The Department of Veterans Affairs sends its thoughts and prayers to the Bush family in remembrance of this extraordinary American."

I believe that speaks for all true Americans.

On another issue, the secretary VA stated regarding the Forever GI Bill Housing Benefit Payments that every post-9/11 GI Bill beneficiary will be made 100 percent whole — retroactively, if need be — for their housing benefits for the 2018 academic year based on Forever GI Bill rates, not on post-9/11 GI Bill rates.

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

Miguetch
(Thank you),

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

CPN VA Representative:
Andrew Whitham

CPN Office Hours: First and
third Wednesday each month,
8:30 a.m. to 3 p.m.

Phone: 918-397-2566 ♣

Save the Eagles continued...

becomes in most cases. Cutting off circulation in their feet or toes means a certain, slow death for an eagle in the wild. Fishing lures and hooks may also be ingested. Pick up any you may find when you are around waterways and dispose of them properly.

We always encourage people to take an extra empty sack to pick up any trash if they are out in any wildlife area. We have helped with calls ranging from turtles tangled in the plastic six-pack rings, a white-tailed deer buck with antlers tangled in bailing twine, to osprey and eagle nests where young chicks have been injured after becoming tangled in a plastic sack or netting that

somehow made its way into their nest. You are helping out wildlife in more ways than you know by simply leaving a place better than you found it.

One controversial issue over the years has been lead. No one can argue that lead is a toxic metal that, in sufficient quantities, has adverse effects on the nervous and reproductive systems of mammals and birds. Found in most fishing jigs and sinkers, this metal is poisoning wildlife such as loons, geese, swans and eagles. Water birds like ducks pick up sinkers from the bottom as they would small grit and gravel for their crops, and fish do the same. A bird with lead poisoning will have physical and neurological changes ranging from disorientation, tremors or impaired ability to fly. In this state, the

weakened bird is more vulnerable to predators like bald eagles. Contaminated prey means poisoned eagles. Fortunately, there are alternatives to traditional lead tackle now. We encourage fisherman to use sinkers and jigs made from non-poisonous materials such as tin, bismuth, steel and tungsten-nickel alloy. More information on options for leadless equipment for hunters and fishers is available at huntingwithnolead.org.

Eagles, vultures and other raptors also face another lead challenge in the form of ammunition used for upland game hunting. Often hunters will field dress a deer or elk and leave behind those remains. During inclement winter weather, those scraps tend to stay fresher longer during a time when an eagle

won't pass up a free meal. The problem is that lead fragments into small pieces on impact and inevitably ends up in those discarded remains. But there is hope. There are many alternative options to lead ammunition for most caliber rifles, and some are proving to be more effective.

So on Jan. 10, celebrate National Save the Eagles Day in the best way you know how. We encourage you to remember and honor that connection we have to the eagle that works as our messenger, and find a way to start a conversation in your house or community about small ways you can help them and other wildlife.

For more information about the CPN Eagle Aviary, visit potawatomiheritage.org. ♣

CITIZEN POTAWATOMI NATION HOUSING DEPARTMENT

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

- A Statement of Intent
- Articles of Organization or Articles of Incorporation
- Partnership agreements
- Verifying documents identifying 51 percent Native American ownership
- Tribal membership cards
- Driver's license
- Social Security cards or Federal Tax ID
- Current trade licenses
- Work résumés

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

REQUEST FOR STATEMENTS OF INTENT

The Citizen Potawatomi Nation Housing Department is requesting a statement of intent from any interested Indian-owned economic enterprises or Indian organizations who wish to submit a bid or proposal for the performance of services related to the carrying out of affordable housing activities. Services and work items include but are not limited to appraisal, building materials, construction, site work, tree removal, equipment, electrical, plumbing, HVAC, maintenance, inspections, lead based paint testing and remediation, surveys, and legal. The statement of intent may be submitted to Citizen Potawatomi Nation Housing located at 44007 Hardesty Road, Shawnee, OK 74801. For more information, contact Tia Stewart, CPN Development Assistant at 405-273-2833 or tia.stewart@potawatomi.org. This request is being offered pursuant to the Indian preference/Tribal Preference requirements as stated in 24 CFR Part 1000. There is no deadline for submissions. However, submissions not received in a timely manner may prevent an otherwise qualified firm from receiving Indian preference or being able to compete for contract award under certain or previously announced solicitations.

Put a stop to stalking

By **Darian Towner, House of Hope Prevention Specialist**

Sandra Bullock, David Letterman, Selena Gomez, Alec Baldwin, Justin Timberlake and Malia Obama have one very scary thing in common. Aside from the fact they are in the public spotlight far more than the average person, they have each also at some point in their life been a victim of stalking. High-profile celebrity stalking cases often generate media attention, but stalking is not an issue unique to those in the public spotlight.

The reality is, stalking can happen to anyone. According to the Center for Disease Control, 15 percent of women and 6 percent of men in the United States have experienced stalking. Additionally, individuals are far more likely to know their stalker personally: the CDC reports 61 percent of female victims and 44 percent of male victims were stalked by current or former intimate partners. Being stalked by a mysterious stranger at random is not a reality for most victims.

The phenomenon is often minimized, misunderstood and ignored.

The definition of stalking differs slightly across jurisdictions, but it is considered criminal activity in all 50 states. A good working definition is a course of conduct directed at a specific person that would cause a reasonable person to feel fear; also, the unwanted pursuit of another person. Stalking can include unwanted and repeated contact (e.g., phone calls, text

messages, social media messages, emails, indirect contact via another individual, notes), being followed or harassed, or the destruction of one's personal property.

Cyberstalking, or the use of technology to stalk, has become more problematic in recent years. At stalkers' fingertips are smartphone applications that double as tracking devices, hidden cameras, monitoring systems and social media accounts full of individuals' photographs and personal information. Technology, unfortunately, serves to equip stalkers with more tools and power.

Adding to the complication, Hollywood continuously puts a romantic twist on stalking, which perpetuates the normalcy of it in our society. Movies such as *Passengers*, the 2016 hit blockbuster starring Jennifer Lawrence and Chris Pratt, may seem harmless at first watch but can leave impressionable youth to believe unhealthy behaviors are acceptable. Unhealthy behaviors featured in the film include a form of cyberstalking, as an obsession with Aurora (Lawrence's character) consumes Jim (Pratt's character), all while Aurora is unconscious. Additionally, the film depicts Jim's controlling, deceiving and manipulative actions as he practically abducts Aurora. The two begin a relationship without her knowing the truth until months later.

Stalking is not romantic; it is not a joke, and it is not okay. Simply put, stalkers are abusers. They seek power and control over individuals, and



when they feel as if they're losing control, the situation can escalate.

There are several options available to increase your safety if you find yourself in this situation. If you ever feel you are in immediate danger, trust your instincts and call 911. You may also call the police to make an information report, which can later be used as evidence of the stalking.

A local domestic violence program, such as House of Hope, can connect you with an advocate who can help you create a safety plan. Also, while it may seem easier to immediately delete or destroy any contact from the stalker, you are encouraged to

document and keep evidence of all contact or attempted contact from them. Examples of potential evidence includes screenshots of messages or calls, photographs of items left by the stalker, photographs of destroyed property, and a log of dates and times in which encounters with the stalker occurred.

A stalking protective order is an option as well, which an advocate can assist individuals in filing.

If you are a victim of stalking, intimate partner violence or sexual assault and would like to learn more about House of Hope, please give us a call on our 24/7 crisis line at 405-878-4673, or visit us online at cpnhouseofhope.com. ♡

Chittum's dedication to service propels career at FireLake

Despite a common narrative that millennials move from job to job, studies show job tenures are likely in line with previous generations. One such example of this is Ashley Chittum, a longtime employee of Citizen Potawatomi Nation's FireLake Discount Foods. Initially hired in 2007, Chittum worked her way up from bagger to the front office of the grocery enterprises. In late 2018, she transitioned to a new position in the Tribal administrative office as a cash receipts technician. She discussed her background and career at the Tribal enterprise with the *Hownikan*.

Where are you from originally?

"I have lived in a lot of surrounding areas to Shawnee, Oklahoma. I attended schools in Bethel, Prague, Meeker, Yukon and Tecumseh, but graduated from Tecumseh High School in 2004. No matter where we moved, we ultimately always gravitated back toward Shawnee, where I currently reside."

How did you end up applying for a job with CPN?

"I personally am not a Tribal member, but my uncle, Curtis Belcher, is a very proud Tribal member. He and my aunt both recommended getting started with CPN when I started applying for jobs in 2007 since they were doing such amazing things for the community and were always expanding."



Chittum builds career at Citizen Potawatomi Nation.

Given you have been with the grocery enterprises for some time, what are some of the changes you've noticed as you've progressed in your career?

"I am generally a very quiet person. Working in the grocery business, you have to come out of your comfort zone and interact with people. Being around all different types of people and interacting with them on a day-to-day basis, it's part of your job to keep their day going

smoothly and make their day better when they leave the grocery store. A small act of kindness goes a long way. It could just be a simple, 'Hello,' or smiling face that makes their day. Even carrying out their groceries may seem simple, but it's that interaction that makes it all the better."

Why did you stay with FireLake Discount Foods for so long? What do you like about working in the grocery retail sector?

"I love interacting with people. Even after working at FDF for more than nine years and McCloud for 2 1/2 years, a lot of people that get used to seeing you — regulars, if you will. Some customers started shopping at the McCloud store, and they would see me there and were always happy to see me. They get to know you as a person and ask about your family, and it's just a wonderful feeling to know that you've come to know them on a personal level."

Looking back, do you think you would have believed it if someone had told you that you were going to be working at FDF and FireLake Express Grocery 10 years later?

"At first, I never would have thought I would've stayed at the grocery stores. I needed a place of employment to pay my bills and support myself, but in the end, I got another part of my family. They may have started out as

acquaintances, but I have made some of the best friends a girl could ask for.

"Having compassionate mentors who have seen me struggle, be it professionally or personally, helped me build myself up into a more confident person. I will forever be thankful for them."

You recently started a new position in the CPN accounting department. Having started at an entry-level position, what's your advice for people who are trying to pursue a similar career path?

"I would say that goals are important. I've always wanted to go as high as I possibly could in any place of employment I've been. I always strived for a Monday through Friday job to be home with my children as much as I can, and enjoying the younger years as much as possible while still providing an income for my family.

"No matter where you go you have to start somewhere and as long as you have a goal in mind, if you stick with it and learn as much as you can, you can do anything you set your mind to."

FireLake Discount Foods is now available for online shopping and pickups at firelakefoods.com. To learn more about employment opportunities at more than 30 CPN governmental departments and commercial enterprises, please visit firelakejobs.com. ♡

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.

PLP leads Lexi Freeman's career back home

Lexi Freeman developed her love of animals and the earth while growing up on the Shawnee Milling Company Research Farm in Shawnee, Oklahoma, near Tribal headquarters.

In the summer of 2012, Lexi Freeman spent time with the Citizen Potawatomi Nation Office of Environmental Health as well as the Tribe's eagle aviary during the six-week Potawatomi Leadership Program. The internship is open to young Tribal members following their senior year of high school or during their freshman year of college. The experience made her consider a career with CPN.

"I think the PLP is what cemented the idea that I wanted to come back to the Tribe," she said.

Freeman holds a Master of Science in Environmental Science from Oklahoma State University as of May 2018. She immediately began her graduate studies after obtaining her Bachelor of Science in Zoology from the same institution in Stillwater, Oklahoma.

She accepted a full-time position as an environmental specialist with the Office of Environmental Health, which began a week after completing her master's earlier this spring. The Rhodd descendant said she "couldn't have planned it better."

Bugging out

Freeman transitioned from studying animals to the earth after unexpectedly enjoying a couple of environmental science courses toward the end of her undergraduate degree. She admired the passion of one professor in particular, and Freeman wanted to mimic her teacher's call to advocacy. During that time, the events surrounding water rights and regulations at the Standing Rock Sioux Reservation fit into her coursework.

"All of my watershed and environmental problem-solving classes were watching these videos of these people congregating at Standing Rock and standing up ... for their water and for the earth," she said. "Seeing that passion, that was definitely a factor."

Freeman's graduate program specialized in water and ecology, and her research focused on following and observing the American burying beetle, *Nicrophorus americanus*. Added



Lexi Freeman (left) takes water samples with CPN environmental health department employee Micah Isaacs at Wes Watkins Reservoir in May 2018.

to the federal endangered species list in the late 1980s, it buries and feeds off the bodies of dead animals.

The beetle reduces the spread of disease by taking decomposing carcasses underground and away from flies. They also improve the land by eating below the topsoil, releasing higher levels of nitrates, phosphates and potassium deep into the ground.

"I think they're a beautiful insect. They're big ... and they're just really distinctive. I turned into a bug nerd. I wasn't into entomology at all until I was in grad school, and now my office ... is just covered in bugs. Everybody's like, 'What's wrong with you?'" she said, then laughed.

Throughout her research, Freeman spent every other weekend at Camp Gruber, an Oklahoma Army National Guard training facility located in Braggs, Oklahoma. The Army funds the American burying beetle research at the base because it holds one of the largest remaining populations of the insect.

"It's one of the only areas left in the country where these beetles can reproduce successfully and double their numbers," she said. "We did population estimates, surveys, and so my research was figuring out if there is a specific habitat they use more than anything else."

Freeman concluded the species is a habitat generalist, meaning no one

type of terrain attracts it more than another. As part of her graduate school thesis, she also discussed the beetle's potential benefit to humans and its effect on the ecology of the land it inhabits. However, their status as an endangered species halts industrial expansion and crop cultivation in areas when surveyors discover their presence. Many farmers and land developers find them more than a nuisance, but not Freeman.

"I'm a big advocate for my beetle," she said.

Full circle

"There have always been those who have given me the chance when I didn't have any experience, or I was fresh out of school," she said.

Freeman started working for the Tribe at 16 years old. She helped run FireLake Mini Putt until she participated in the PLP before moving away for college. She also spent summers back from OSU working at FireLake Golf Course.

During her internship, Freeman learned about Potawatomi traditions, history and teachings that made pursuing a job with CPN feel like a calling — especially a position with the environmental department.

"Tribal nations have that connection with the land where they're doing it to protect it, not because regulations say we have to. I mean, that is a part of it. You need to stay in compliance," she said. "We do have this notion or belief that we

need to protect it for the generations ahead and that we utilize it in a way that is friendly to Mother Earth."

In her first few months as a staff member, she enjoyed her intellectually curious co-workers, learning about other branches of environmental science, expanding her skill set and witnessing the fervor of other employees.

"Being Native American, it's just everything that they stand for and I wanted to be a part of. And I feel like I would really make a difference here," Freeman said. "I think one of my fears is being lost in the 9 to 5 in obscurity and just doing my job and going home. I'd like to be the advocate that I saw in college with my professors who are passionate about something."

The conferences she attended since beginning expanded her knowledge in tribal air quality and environmental concerns on Native American land. She also attended training on how to perform a Phase I Environmental Site Assessment. The reports explore the physical quality, concerns and history of a piece of property before the final purchase to reduce liability. Freeman now performs Phase I ESAs for the Tribe, and she enjoys discovering a bit of real estate's past life.

"You figure out what was on the property — who owned it just to make sure that it was never once a gas station or there was a huge oil spill," she said. "I get documents from the 1800s ... spanning to the current time. You get these city directories that go back, and you can see every single person who lived at this address. So, it's like being a private investigator. I think it's fun."

The expansive list of responsibilities and skills of her department impress her daily. It creates opportunities to participate in new projects and expansions. Watching CPN's self-governance grow inspires Freeman, and the Office of Environmental Health ensures the Tribe meets its own high standards.

"It makes you wonder, in the future, environmentally, what are we going to be doing?" Freeman said. "I think that's exciting to think about."

Find out more about the Potawatomi Leadership Program, including how to apply, at plp.potawatomi.org.

Department to recognize Potawatomi graduates

By Channing Seikel, Senior College Advisor for the CPN Department of Education

On page 17 of this edition of the *Hownikan*, the Citizen Potawatomi Nation once again recognizes those students who have fulfilled their academic requirements and walked across the stage as graduates from their respective educational institutions.

Graduating from high school, college, a technical institution or any other program is an outstanding accomplishment, and we want to celebrate that achievement. The CPN Department of Education is excited to announce a new event in April 2019.

The first CPN Graduation Celebration Banquet is set for April 27 at noon at the CPN Cultural Heritage Center

near Shawnee, Oklahoma. The event is free for any enrolled Citizen Potawatomi graduate and one guest. Graduates must provide proof that they have graduated or will graduate in the 2018-2019 academic year to be eligible. Additional guests will need to purchase a ticket at the door for \$10.

We will serve lunch, present a gift to the student and have a short presentation. To attend this event, you must save your space using the link provided. Please go to cpn.news/Grads and register. We have a limited number of spaces for this event, so make sure to register to save your space.

As always, the department of education staff is here to serve you as Citizen Potawatomi. Please do not hesitate to reach out to us at 405-275-3121 or college@potawatomi.org with any questions or suggestions.



CITIZEN POTAWATOMI NATION

GRADUATION

CELEBRATION BANQUET

APRIL 27 AT NOON

CITIZEN POTAWATOMI NATION CULTURAL HERITAGE CENTER
1899 GORDON COOPER DRIVE | SHAWNEE, OK

Beginner's guide to beading on a loom

Across North America, beading is one of the best-known forms of Native artwork. Before European contact, Native Americans used natural materials like wood and stone to create beads. The Europeans brought glass beads to trade, and the Native Americans used them to make jewelry and adorn garments.

"A lot of families are generational beaders, and it's a way to add a little flair to regalia," said Citizen Potawatomi Nation Cultural Education Specialist Kristen Wilson. "Some of the generational families incorporate their family color or their family design with each generation so that they can identify their work."

For those without family beading traditions, Wilson said now is a great time to learn and establish new customs.

Several beading techniques exist, including one and two-needle flat stitch, loom, off-loom and others. She encourages everyone to think happy thoughts while working, regardless of style.

"Whether or not you're making it for someone else, whatever vibes you're putting into it while doing something will carry with it," she said. "Always be mindful of what you're doing and what vibes you might be sending."

Learning a traditional craft can provide a sense of peace.

"Beading isn't a whole lot of stress. It doesn't take a lot of thought into it once you get the hang of it, so it can also be therapeutic," she added. "You can get in the mindset and worry just about the beads, not everything else that might be going on."

The project featured requires a loom to complete. Purchase one from the Citizen Potawatomi Gift Shop by following this link: cpn.news/giftsloom.

Creating a loom out of a spare tissue box at home is an economical approach that can take less than 15 minutes.

DIY loom materials needed:

1. Tissue box
2. Ruler
3. Knife



Step one: Remove the plastic. At the corners of the tissue box opening, cut along the top sides. An edge should remain on both shorter ends.



Step two: Cut the rest of the sides, leaving a lip on either short end.



Step three: Fold the lip under; this will provide more stability for the strings.



Step four: Take the ruler, and cut notches every 1/16 of an inch.



Step five: String the loom to finish it.

After purchasing or making the loom, follow the tutorial below to create a Potawatomi directions-inspired bracelet or hatband. The pattern's white and red diamonds represent the directions north and south and the yellow and black triangles symbolize the east and west. The Citizen Potawatomi Gift Shop offers a kit for \$22, which includes thread, needles, seed beads and the pattern needed to complete the project featured. To purchase the kit, visit cpn.news/fourdirectionskit.

Materials:

1. Bead loom
2. Size A thread
3. Beading needle
4. Seed bead Hanks in red, yellow, white and black (Choose size 10, 11 or 12)
5. Scissors
6. Pattern



This project features the four directional colors.

Step one: Select design and string loom

When beginning any piece of beadwork, Wilson suggests determining the length and width of the finished project first.

"If it's small, you might not want a very long pattern — you might want something that's a bit smaller and easier," Wilson explained. "If it's long, like a hatband, you may want a pattern that's a little longer."

For those who did not purchase a kit through the Citizen Potawatomi Gift Shop, find a PDF version of the four directions inspired pattern here: cpn.news/fourdirectionskit. To make a longer piece, repeat the pattern until it reaches the desired length.

"After figuring out what size and what the project will be used for, you're ready to start stringing the loom," Wilson said.

Wilson uses size A string. When threading a loom, it is important to keep the strings tight. Stringing the loom too loosely makes beading difficult.

The four directions inspired pattern calls for 10 threads, but Wilson recommends doubling the exterior strings.

"Doing that helps stabilize the outside, which can get more wear and tear than the middle. I just do one string for each of the middle and two on the outside," she explained.

If using the tissue box loom, tape can provide additional support to hold the tension.

Step two: Thread the needle

Once the loom is ready, string the beading needle. Wilson said it is important to keep the string at a manageable length to avoid tangles and unwanted knots. She recommends using long beading needles, but any beading needle will work.

"The longer needle is usually long enough to lay across the strings instead of having to thread it all the way through. I just leave the beads on the needle," Wilson said. "To me, it's easier that way because you don't have the flimsiness of the beads being on the thread."

Step three: Start beading

Wilson recommends size 10 to 12 seed beads. To begin, she places the pattern's colors for each line on the needle. For the Potawatomi directions inspired pattern, the first line requires nine white seed beads.

"When I go through, I normally go underneath the strings and bead from the right to the left. Then I push my beads up with my finger, and pull it back through on top," Wilson said. "As long as you pull your string tight, then that keeps the beads from moving."

The main thing to keep in mind, whether threading through the bottom or the top of the beads first, is ensuring the beads lie flat on each line.

With most projects, the needle will eventually need to be restrung, "but before I run completely out of string, I go back through the lines that look a little loose and try to tidy them up and make them more stable," Wilson said. She then hides a knot within the beadwork and restrings her needle to start again.

Step four: Finish

Once the project is to the desired length, she recommends cutting the strings off the loom.

"After cutting the string, tie the ends together and alternate the strings after each knot like macramé," Wilson said.

Some use either leather or metal clasps to cover the ends; ultimately, it's up to the individual creating the piece on which method to use.

The Citizen Potawatomi Gift Shop offers all the supplies needed to get started as well as the kit for the project featured in this article. Shop now by following this link: giftshop.potawatomi.org/shop/supplies.

The Cultural Heritage Center also offers in person craft classes. Visit potawatomi.org/events for details. ♡

Scotty McBee – Kansas City’s jack-of-all musical trades

In a recent interview with the *Hownikan*, Kansas City musician and Tribal member Scotty McBee gave an interesting answer when asked about his influences and favorite bands.

“When somebody asks that question, I say George Carlin because I can’t narrow it down to anything because there’s so much,” he said and laughed. “So, I just go with George Carlin because I adored the man as a thinker as well as Frank Zappa — a thinker who is a musician as well.”

McBee loves jazz, progressive rock, country, hair bands and acoustic artists. Besides Carlin and Zappa, all kinds of artists and world figures including Kiss, Rush and the Beatles have influenced McBee’s decadeslong career and philosophies.

He is proficient with several instruments. His father was a guitarist and started teaching McBee at 4 years old. He began studying drums at 6 and focused on jazz in college. In 1996, he graduated from the University of Missouri Kansas City with a bachelor’s in percussion performance. He takes an academic approach toward music; however, he now mostly plays rock ‘n’ roll and acoustic.

McBee performs with approximately 40 acts a year, gives private lessons at his home, owns and operates a recording space called Upper Deck Studios and regularly plays in three bands, which he created. He credits his wide breadth of knowledge and flexibility for his success.

“I really wanted to be a baseball player, but I didn’t choose music. Music chose me,” he said.

Projects

McBee’s longest standing project is Troubadour Retrievers. In 2002, he started the band to host Jerry’s Jam Night every Wednesday at Jerry’s Bait Shop, a local venue and restaurant. February celebrates the 17th anniversary of the event. They call themselves “Kansas City’s Ultimate Live Jukebox,” and their songbook consists of more than 500 tracks. During the event, pub patrons pick out a tune and sign up to play an instrument or sing live with the group.

“We’ve had everything, man. We’ve had bagpipes sit in. We’ve had all kinds of stuff,” McBee said. “It’s been interesting, and it always is interesting, which kind of keeps it fun.”



Kansas City musician Scotty McBee’s long career includes playing in classic rock, acoustic pop and hair metal bands.

The open mic became a success within a year. When the restaurant owner opened a second location, the Troubadour Retrievers began playing two nights a week. Over the years, the jam built up a steady stream of regulars.

Through Jerry’s Jam Night, McBee has witnessed entire bands form that go on to book gigs of their own. Some participants get inspired to pick up their instruments again. Others begin their careers, including guitarist Brandon Miller who started attending Jerry’s Jam Night at 13 years old. He studied music in college and now travels with the internationally known Danielle Nicole Band.

“We’re the real school of rock,” McBee said.

They named themselves after their mutual love of dogs and singing, and McBee’s girlfriend designed their logo. They eventually made themselves available for hire and decided to welcome others on the stage only at open jam nights. They now play shows ranging from weddings to corporate events across several states.

McBee also co-writes songs and performs with his friend Crystal Gatewood. They formed an acoustic duo called Beauty & the McBeest. The two met when Gatewood hired Troubadour Retrievers for a New Year’s Eve party. He says they quickly became best friends with compatible musical interests and style. McBee began teaching her music theory, and they started playing together.

“I asked her, ‘Have you ever thought about writing songs?’ and that opened the floodgates,” he said. “It’s just kind of this, like, a divine intervention kind

of thing. It’s, like, how on earth? It’s like we were meant to meet that night.”

They perform at venues around Kansas City. They released their first album, *Acoustic Sessions in the Living Room*, in 2017. They are working on their second album now. McBee professionally produces the tracks in his studio, half of which are jazz. It features a wide array of guest musicians from the area on the steel pan drum, fiddle, flute and a variety of brass and woodwind instruments.

McBee has spent a lot of time as a member of several different tribute bands in the Kansas City area as well. He performed as Gene Simmons from Kiss for 10 years and as Richie Sambora of Bon Jovi. He currently plays the part of Don Barnes in Special Forces – Salute to .38 Special.

Philosophies

During his time as a Boy Scout, McBee learned the significance of constant preparation, and he applied that lesson to his career.

“If you want to make your living at this, you have to wear a lot of hats and play calendar Tetris. But ultimately, preparedness meets opportunity,” he said. “So again, here’s why I promote, if you’re going to be a musician, and you’re going to be prepared ... know your stuff.”

McBee believes in taking a serious, educated approach to music. This includes knowing the basics of the 12-tone system, rhythm structure and ear training to master an instrument completely.

“Improvisation is not random. Improvisation is from a learned point of view. So, how can you speak fluently if you haven’t studied the language?” he asked.

“Of course, I look at each thing as a special thing in terms of style, in terms of sound, interpretation, all of that, but underneath it all, it’s the same 12 notes that have existed in Western society for hundreds of years. And if you understand that, you can do whatever you want.”

Over the years, McBee noticed his students putting forth less effort. He said they wanted to be onstage more than learn how to play an instrument, and it frustrated him. Throughout his teaching career, McBee saw many people give up after not anticipating the hard work and dedication.

“Being a musician or an actor or anything, there was a time that we were tradesmen and an important part of things, and you were prepared. You were a professional,” he said. “Now everybody and their brother does these things. We’re kind of left with our obsession with stardom that either somebody is really famous or ... they’re just nothing. It’s just tragic.”

He also believes in a difference between talent and aptitude. Commitment and time spent on a craft is more worthy of praise than talent, according to McBee.

“I don’t just believe in talent. I believe in skill. So you know, when they say ‘talent,’ I was like, ‘That’s a product of hard work. That’s not talent,’” he said. “But nevertheless ... for those who can really play music well, I refer to it as aptitude.”

Those students with natural ability and mismatched willpower disappointed him. Either way, music, much like sports, is about the experience, said McBee. End goals are important, but the most important is mindset.

“The point of a journey is not to arrive. I’ll be done growing as a musician when I’m dead. That’s the only way to do it.”

Find McBee’s bands on Facebook at @TroubadourRetrievers, @beautyandthemcbeest and @specialforcesband. Troubadour Retrievers is also on the web at troubadourretrievers.com. Buy McBee’s solo album at cpn.news/McBeeSolo as well as Beauty & the McBeest’s first album at cpn.news/McBeestAlbum. ♠

CPCDC awarded \$700k grant for Indian Country businesses

The U.S. Department of the Treasury’s Community Development Financial Institutions Fund recently awarded \$700,000 of the Core Financial Assistance to the Citizen Potawatomi Community Development Corporation. The CPCDC is one of 302 Community Development Financial Institutions awarded funds through the fiscal year 2018.

“We are delighted to receive this funding from the CDFI Fund,” said Shane D. Jett, CEO of CPCDC. “This type of funding builds our capital base allowing us to achieve our mission of providing commercial loans to Potawatomi around the United States.”

Awards in this round of funding came from the CDFI Program and the Native American CDFI Assistance Program.



CDFIs across the country help generate economic growth by leveraging federal and private-sector funds to provide opportunities within impoverished communities.

The U.S. Department of the Treasury’s CDFI Fund awarded more than \$202 million overall. The program invests in and builds the capacity of CDFIs to serve low-income people and communities lacking adequate access to affordable financial products and services.

The CDFI Fund also awarded \$15.1 million for NACA Program Financial Assistance and Technical Assistance to 38 organizations in 16 states. The program creates and advances Native CDFIs like the one at Citizen Potawatomi Nation. Organizations funded through the NACA Program serve a wide range of Native American, Alaska Native and Native Hawaiian communities.

“The FY 2018 CDFI Program and NACA Program awardees will provide vital

financial services and lending to low-income communities nationwide,” said CDFI Fund Director Annie Donovan. “The awards will also benefit Native Communities, areas of persistent poverty and individuals with disabilities.”

As one of the largest Native-owned CDFI in the nation, CPCDC is doing its part with a focus on economic growth and development in Indian country for Native American business owners and tribally-owned enterprises. If you would like to know more about our programs and how CPCDC can help your Native-owned business or tribal government, visit cpdc.org or call 405-878-4697. ♠

Tribal election notice for 2019

Tribal election season will soon be underway as Citizen Potawatomi Nation voters prepare to elect candidates for three Oklahoma legislative seats — Districts 10, 11 and 13. CPN members will cast their ballots during the election on June 29, 2019, that takes place during the Citizen Potawatomi Nation Family Reunion Festival near Shawnee, Oklahoma.

Candidates must be 18 years old prior to Election Day. Legislative districts 10, 11 and 13 are located in Oklahoma but have no geographic boundaries within the state. When applying, candidates must select one specific seat they wish to run for on their filing form. They must also have lived in that selected district for at least six months prior to Election Day.

Declarations of candidacy must be mailed through the U.S. Postal Service and in the CPN Election Committee's hands no later than 5 p.m. on Wednesday, Jan. 9, 2019. Request filing forms via email at hownikan@potawatomi.org or by calling 405-275-3121 and requesting the Public Information Office.

Current incumbents are District 10 Legislator David Joe Barrett, District 11 Legislator Lisa Kraft and District 13 Legislator Bobbi Bowden.

Tribal members will also vote on the budget that manages the Nation's

ELECTION NOTICE

2019 election for District 10, District 11 and District 13

Legislator
Legislator filing form and fees must be mailed by U.S. Postal Service and be received by the CPN Election Committee by Jan. 9. Candidates for Legislator must be at least 18 years old upon being sworn in on June 29, 2019, and must have resided continuously within the district they would represent for at least six months prior to the election.

Request the application at elections@potawatomi.org.

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

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

candidate for legislative seats 10, 11 and 13 as well as the Tribal budget. CPN members around the country can cast ballots for the Tribal budget. ♠

Student loan counseling now available

Student loan debt grows each year. In fact, it's increased almost 150 percent over the past decade. For some, student loan debt cripples finances and stresses their budgets. However, help is within reach. Citizen Potawatomi Community Development Corporation Consumer Lending Coordinator Tina Pollard recently became a certified student loan counselor, which expands her ability to provide financial advice to CPN members and employees.

"When I started my career here, I became a certified credit counselor and started seeing people for financial counseling. I quickly found a lot of my clients had problems with student loans," Pollard said.

Getting out of student loan debt takes time and self-discipline, and untimely payments result in significant repercussions.

"I do see clients that have defaulted on their student loans. Then we get them into the income-based repayment plan, and their payments are zero," Pollard said. "However, they've now defaulted, and they've reduced their credit scores. Depending upon how many student loans (an individual has), that's how many times it's counted against you."

Failure to make payments may cause wage and tax return garnishments as well as prevent future credit opportunities.

"Lenders tend to take that very seriously because it does show a pattern," she said.

Reaching out to a certified student loan counselor can help borrowers navigate the complexities of student loans.

"Probably the biggest barrier I see is people are afraid to talk to their lenders," Pollard said. "What they don't know about student loan companies can really hurt them financially because there are

lots of programs to work with them, but if they don't call, opportunity is lost."

Forming a plan

She stays up-to-date on regulations and researches potential solutions to determine which programs are most advantageous for each client.

Managing student loans "is kind of like Tetris, but you have to know the rules," she said. "If you don't know the rules, you're going to lose the game."

"You have to be strategic, so sometimes it's not best to consolidate all of your loans if you're not settled into a career because you can only do it one time," Pollard added.

Clients employed by governmental entities, including tribal, or nonprofit organizations may be eligible to receive Public Service Loan Forgiveness Program assistance.

According to the U.S. Department of Education, "The PSLF Program forgives the remaining balance on your Direct Loans after you have made 120 qualifying monthly payments under a qualifying repayment plan while working full-time for a qualifying employer."

Since tribal government employees meet eligibility, many employees across CPN could receive assistance through the PSLF Program. However, several provisions exist. Only direct loans qualify, the student must make 10 years of timely payments and the borrower's employer has to submit periodic certification forms, which Pollard recommends updating annually.

"This program may or may not continue with the new administration's proposal. If you believe you are eligible, I would recommend applying now," Pollard said.

Many of Pollard's clients receive phone calls from loan companies attempting to privatize their student loans.

"When that happens, all of the public benefits go with it," she added. While privatizing federal student loans sometimes decrease interest rates, it is important to know the full scope of the potential consequences before committing.

"If you're a low-income borrower, and it doesn't have to be all that low, sometimes an income based repayment plan would be best," Pollard said. Income based repayment plans may provide student loan forgiveness opportunities.

While some may believe more money will equal more financial stability, without sound goals and a plan, more money could actually equal more debt.

"You're literally only as financially secure as your savings account tells you," Pollard said.

Her passion is finding solutions that lift CPN members and employees out of debt, but clients must be open and honest with her to receive the best assistance for their situation.

"They can expect that the information they share with me will not go any farther. Confidentiality is incredibly important," she said.

Pollard not only serves clients as a certified credit counselor and student loan counselor, but she is also a certified career and financial coach. Her main objective is to help others become more financially secure overall.

"I help people find jobs and with resume writing, and then coaching them, because career and finances come together. If you can't find that perfect match that pays

TINA'S STUDENT LOAN TIPS

- 1 KNOW YOUR OPTIONS AND MAKE A REPAYMENT PLAN
- 2 PERSEVERE THROUGH HARDSHIPS TO COMPLETE YOUR DEGREE
- 3 BORROW ONLY WHAT YOU MUST
- 4 COMPLETE YOUR BASICS AT AN INEXPENSIVE COMMUNITY COLLEGE
- 5 ONLY USE FORBEARANCE AND DEFERMENT AS A LAST RESORT

TINA'S FINANCIAL TIPS

- 1 COMPLETE AND FOLLOW A FINANCIAL PLAN
- 2 PULL YOUR CREDIT REPORT OFTEN FROM ANNUALCREDITREPORT.COM
- 3 PREPARE FOR FINANCIAL EMERGENCIES
- 4 SAVE WHILE PAYING OFF DEBT
- 5 ASK FOR HELP WHEN NEEDED. THE SOONER THE BETTER

you well enough to pay for everything, then that makes it hard," she said.

Since most potential employers pull credit checks on applicants, less than optimal credit scores create additional obstacles.

"We help them and coach them on how to advance their careers while at the same time, we're helping them get their house in order," Pollard explained.

Call 405-878-4697 to learn more about the CPCDC's financial counseling services, including student loan counseling. ♠

Adaptation is key for Tribe's future in a warmer Great Plains

In late November, the federal government released a report noting that the economic and human costs of a changing climate would impact the U.S. in increasingly negative ways as the century continues. The report mandated by Congress contained input from more than a dozen federal agencies and warned of a potential gross domestic product decrease of 10 percent. Though produced by his administration, President Donald Trump — who made a career in New York real estate and television — refuted the report's scientific findings, saying he did not believe it.

Despite the disparity in views from the administration's scientific experts and the president, communities across the country are finding ways to mitigate the worst possible outcomes. In the heart of America's Great Plains region, Citizen Potawatomi Nation is amongst these communities that is adopting long-term strategies to survive and thrive in the future.

"There is a need to plan for the worst possible outcomes. That's what the Tribe is doing in its climate adaptation effort," said Shawn Howard of the CPN Office of Environmental Health.

The Tribe applied for two grants through the South Central Climate Center in Norman, Oklahoma.

Established in 2012, the center provides policy makers scientifically sound information as they address climate variability's impacts on their

communities. It focuses on helping communities and government in the American southwest assess the impact of these on natural and cultural resources.

According to CPN's adaptation plan, the Tribe "believes the land, the air, water, minerals, plants, and animals should rightly be available forever and sustained as natural assets for future generations of all life."

This reverence for the environment faces more challenges than future scenarios that could arise using current scientific models. The U.S. Global Change Research Program's Climate Vulnerability Assessment and National Climate Assessment identify future key issues of the Great Plains region, including CPN.

Rising temperatures will increase the demand for water in areas long known for their intense droughts. Those severe periods of drought and warmer seasons will change agricultural growth cycles as the result of less frequent but more intense rainfalls.

"The interplay of the trends can exacerbate extreme events," reads the Tribe's plan. "For example, higher heat contributes to baking the soil and decreasing the ability of soil to absorb water. Thus, flood events get worse.

"Additionally, averages can be misleading," it continues. "Three extremely wet years followed by three extremely dry years average out to normal years, even though the experience in those years is far from normal."

Because of these changes, plant and animal life long adapted to Oklahoma will likely migrate or perish. The region's communities already vulnerable to the state's severe weather will face increasingly threatening weather patterns. The preparations that authorities and communities have in place to deal with the past centuries'

Preparations also call for the Tribe to conduct practical, preventative measures to deal with a warming climate during the hottest months of the year. Future construction blueprints incorporate heat proofing, while simple steps like increasing the number of cooling stations reduces heat stroke during large summer events like Family Reunion Festival.

CLIMATE VARIABLE	1981-2005 AVERAGE	2041-2070 FORECAST
Average Annual Longest Dry Spell	27.6 days	24-26 days
Average Annual Number of Days with Precipitation	85.7 days	78-82 days
Average Annual 1-Day Maximum Rainfall	3.38 inches	3.6-3.7 inches
Average Annual Growing Season Length	316 days	323-338 days
Average Annual Number of Days with Precipitation > 2 inches	2.16 days	2.3-2.5 days
Average Annual Number of Days with the High Temperature > 100°F	9.32 days	21-39 days

climate may no longer be adequate in this changing environment.

CPN created a list of actions to address these risks. Using a vulnerability study conducted with CPN and its external partners at the University of Oklahoma and other consultants, they identified the Tribal jurisdiction's most susceptible resources and locations.

Tribal employees from different departments worked alongside municipal planning graduate students from the University of Oklahoma on a steering committee. That body recommended a long but practical list of specific actions the Tribe should take in coming years.

For example, there is an increased focus on protecting the Tribe's water resources. Whether the water is above or below ground, the steering committee recommended several ways to mitigate flooding in wet years and preserve water ahead of droughts. They also offered plans for protecting CPN's water resources for potability and use in environmental economic development.

Other suggested preparations include:

- Develop and incentivize Tribal community garden initiatives to promote local food processing, education and medicinal production.
- Develop infrastructure for farmers markets and processing warehouses to promote local agriculture.
- Coordinate with the Federal Emergency Management Agency and Bureau of Indian Affairs on flood plain standards and controlled burns.
- Plant trees for shading and heat island reductions.
- Conduct feasibility studies on the creation of constructed wetlands and lakes for recreation and flood retention.
- Restore riverbanks near roads and fields to improve river water quality.
- Conduct a study on economic development possibilities for ecologically-friendly commercial enterprises. ♠



The southern Great Plains looks to have warmer, drier periods with less frequent bouts of significant rainfall.

What is the PLP?

The six-week Potawatomi Leadership Program brings a group of 8-10 promising young Tribal members from around the world to Shawnee, Oklahoma, to learn about the government, culture and economic development of the Citizen Potawatomi Nation. Where else can you get a crash course on the Citizen Potawatomi Nation? After your time in the PLP, you'll leave empowered with the knowledge and tools to be an engaged leader of the Citizen Potawatomi Nation.

Application Dates

OPENS ON FEBRUARY 1
 CLOSES ON MARCH 15
 NOTIFIED ON APRIL 1



POTAWATOMI
 LEADERSHIP PROGRAM
 PLP.POTAWATOMI.ORG

Scarborough follows sister through College Horizons Program

In 2017, Dorothy Scarborough attended the Princeton University's College Horizons Program where she lived with other higher education-bound Native Americans from around the country. This year, her sister Helen followed the same path at a College Horizons program at the University of Pennsylvania, joining with American Indians, Native Alaskans and Native Hawaiians to determine the best route through higher education. The sisters are members of Ogee, Weld and Cummings families through their grandmother Walterene Brant Scarborough.

Helen, a high school junior from New York, joined 80 other students and 50 college admission officers to learn about the college admission process and its relation to her Native American heritage through daylong workshops and activities. She discussed her experiences with the *Hownikan*.

What were the workshops like?

"I participated in both large and small group workshops, which ranged from the college admission process to what it's like to identify as a Native American student on a college campus. In one workshop, the entire program came together and then divided up into groups based on how each individual identifies with their tribe in their personal lives. As small groups, we shared our own experiences of what it is like as a Native American student in our hometown communities and the struggles we face due to our cultural identity. We then came together as a whole group and shared all of the ideas we had come up with and then reflected on how we can improve not only our own experience in college, but also how the

Native population is perceived on these campuses and within society in general.

"Another workshop I participated in was learning about financial aid for colleges and how we can find and apply for scholarships. We were shown multiple sites that offer many scholarship opportunities, and we then learned the best times and ways to apply.

"A third workshop I was involved in was made up of about 10 other students from around the country who would be entering 11th grade this fall. Within this group, we came together to learn about how college applications are read by college admissions officers and the process they go through in understanding each applicant. This activity was probably both my favorite and the one I found to be most informative. I was really able to understand how each aspect of an application factors into the ultimate decision of whether or not you are admitted to a college. It allowed me to see how there is not one particular part of your application that is most important or valued more over others."

Were there any tips you had as a participant for those in search of a college?

"Look first to the financial contribution package a college offers. I learned that each institution offers different aid packages, whether they be a full scholarship or just some extra money to help with living expenses. Complete your college research with this in mind; you will be able to make a list of schools that are most realistic financially and academically for you as a student. I would also recommend that students keep a spreadsheet of the colleges they are interested in along with both positive



Helen Scarborough

and negative aspects of each school. You will be able to see which colleges were best suited to your personal preferences."

What was it like getting to know other Native American students?

"As someone who lives in a city quite far away from Shawnee, getting to learn from other Native students was extremely eye opening. I met teenagers from all over the country with extremely different lives from my own. I met many living on reservations, while also meeting many who were extremely active in tribal meetings and rituals in their own hometowns. I attend the family gatherings for CPN District 2 each year, which Eva Marie Carney organizes, and I read prayers in church in Potawatomi;

but I do not know any other CPN members outside of my own family.

"I think the most amazing aspect of this opportunity was getting to meet others who identified with the issues I face as a Native American high school student in our present-day society. Throughout my high school experience, I have endured others teasing me about heritage — it isn't real or how I don't look 'Native' enough to call myself a Potawatomi. I used to think I was the only one struggling with this dilemma. Through this opportunity to meet other students, I learned that many have encountered such criticism and that I really am not alone."

Did the program help narrow down what you want to do in terms of an academic or career focus?

"I think the program helped me to not only confirm my hope to work in medicine someday, but it also opened my eyes to learning about a new topic while in college and possibly a new major altogether: Native Studies. Many schools I spoke with while at College Horizons offer a Native Studies program, major or minor, with which I could pair a study in biology to learn more about the study of health and medicine within Native communities throughout history. I would really encourage high school students who are considering college to look into College Horizons."

Learn more about College Horizons at collegehorizons.org. Citizen Potawatomi members considering higher education opportunities can access assistance from the CPN Department of Education. Please visit cpn.news/college for more information. ♡

Cowdin takes bowling talent to college lanes

Due to the rising costs of higher education, students take advantage of as many funding opportunities as possible. One Tribal member from Topeka, Kansas, used her bowling skills to obtain an athletic scholarship at Ottawa University.

Though better known in athletic circles for its highly competitive Division I basketball programs, Kansas has a deep bowling history. The state regularly hosts collegiate and professional bowling events. Makaila Cowdin first became involved in the sport through the area's popular amateur leagues for young and old bowlers.

The idea to compete came from her participation with the school band. When she was a freshman at Topeka West High School, a fellow musician encouraged her to try out for the bowling team. Her band's section leader was on the squad and told Cowdin she might enjoy it.

"I was hesitant at first because I had never bowled competitively," Cowdin said. "I knew my mom's side of the family bowled their entire lives. I decided that I would try out, so I asked my grandfather if he would help me learn."

Cowdin and her grandfather practiced for two weeks before team tryouts. The Peltier family descendant said that despite her previous experience, it was a long climb.

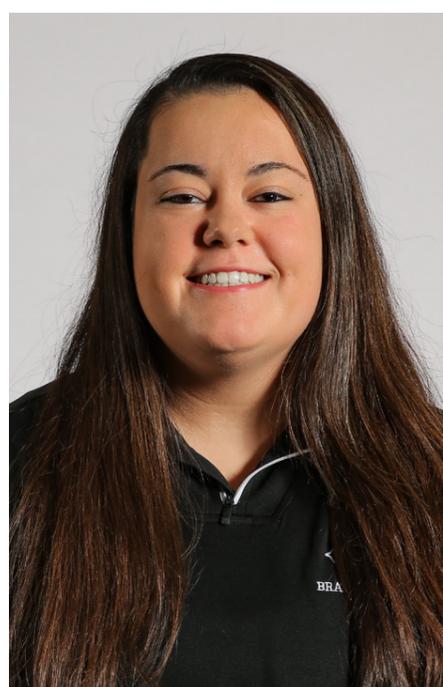
"My first game at the beginning of the two weeks was a solid 16," she recalled.

With her grandfather's guidance and encouragement, she progressed. Cowdin made the junior varsity team after putting in a good performance during the tryout. She thinks she also received some consideration thanks to her family background.

"My coaches knew I never bowled before and would need to work hard in order to get better. They found out that my grandmother was the best senior bowler in our town and automatically knew I had a lot of potential because bowling was in my blood," Cowdin said.

The coaches' hunch — coupled with her dedication — turned out to be correct. She quickly progressed to the varsity squad. Throughout her high school career, she never lost her spot and helped capture the Class 5A state championship. It was the first state championship for Topeka West High School, and Cowdin finished the season ranked 13 in the state as an individual bowler.

Wanting to continue her career, Cowdin accepted a scholarship to Ottawa University in Ottawa, Kansas. The college freshman competes with the Lady Braves team regularly. The recommendation from her bandmate all those years ago paid off.



Makaila Cowdin competes during a recent meet for Ottawa University.

"Bowling has given me so many wonderful opportunities," Cowdin said. "I feel like my life right now would be a lot different if it hadn't been for my section leader in band talking me into trying bowling my freshman year."

Though the sport can seem a solitary pursuit, Cowdin enjoys the team aspects she has learned at Topeka West and Ottawa University, saying, "In

my opinion, it is so much better than bowling individually."

"I have seen the team aspect come out way more now that I have started bowling at the collegiate level," she elaborated.

The fact that she is not alone in the competition is an endearing feeling for Cowdin.

"I always know that my teammates have my back, and I can count on them to help me out when I'm struggling, no matter if it's on the lanes or off," she said. "I have met some of my best friends while bowling and am so grateful for each of them."

The support provided by the team's structure and comradery helped with the transition that many college freshman face when being independent and away from home for the first time. Cowdin is majoring in biology with an emphasis on pre-med studies. Her long-term goal is to attend medical school at the University of Kansas and become a pediatrician.

"I would like to have my own practice once I get further in my career," she said.

The future is not far off, and Cowdin will remain an avid bowler when her collegiate career ends. The passion for the sport is embedded in her, like it was in the grandparents who taught her. ♡

Stayin' Alive: CPR training turns 1 at CPN

The Federal Emergency Management Agency outlined the need for citizens acting as first responders in its 2018-2022 Strategic Plan, conveying to citizens that a culture of preparedness begins with members of the community. Agency administrator Brock Long encourages people to create community disaster plans in their neighborhoods, know how to shut off their home's water and gas valves and take CPR training.

Tribal Chairman John "Rocky" Barrett assigned Citizen Potawatomi Nation Safety Department Director Judy Rodriguez the task of providing CPR training for the Tribe's nearly 2,500 employees.

"I was nervous about it, and I thought, 'How are we going to do this?'" Rodriguez said. "And it came together. ... The response has been overwhelming, and I'm just very excited and happy that I got to be a part of it."

Barrett and Rodriguez discussed the training's importance during one of their first meetings after she accepted her position in October 2017. He told Rodriguez he was in charge of safety and CPR training decades ago when he worked in the oilfields. Barrett gives it the same weight as FEMA.

"(The Chairman) just wanted to give this opportunity for our employees ... and his reasoning was, if something happens to your family, you want to be able to help them," Rodriguez said. "It really was not so much a workplace kind of thing. He was thinking of your families — the family and the community."

The Safety Department also manages the burglary and fire alarm testing, food handling inspections and Occupational Safety and Health Administration compliance. They also monitor and resupply the Tribe's first aid cabinets and fire extinguishers, and lead bloodborne pathogens training.

CPN employees began receiving CPR and automated external defibrillator training from the Safety Department a year ago this month. Nearly 1,200 have completed the training, including

every member of the electrical, rural water, housing, purchasing and education departments as well as the Office of Environmental Health.

"We were doing at least four classes a week, but there are weeks that we did two trainings a day," she said. "Sometimes we would do a morning and an afternoon class. Occasionally, we would have two classes going at the same time."

The classes mixed employees from various enterprises and departments across the Tribe, so workflow and productivity remained normal. A maximum of four instructors from the Safety Department held classes at any one time. They made learning the techniques of the lifesaving process easy to remember: the correct rhythm for chest compressions matches the Bee Gee's hit song *Stayin' Alive*.

"They thank us for giving them this training. And with that amount of employees, we have people from every walk of life and all ages," Rodriguez said. "And the older ones are like, 'Oh, I'm so glad. Now I know if something happens with my grandchildren, or with my children, or with my parents.'"

Response

"People are very excited to be able to take it, and it gives them the confidence to know that if they're in a situation, they can help," she said. "So, the response has been wonderful. It's been overwhelming, actually."

Rodriguez took a CPR class about two decades ago and used the technique on her mother 10 years later. The training meant a great deal to her following the incident.

"After becoming an instructor and going through these classes and training, I know that I did everything I could that day," she said. "That's one of the most heartbreaking things is having to do it on your family or a loved one."

Once classes began in late December 2017, word spread around the Tribe's offices. The Safety Department prepared for the program as quickly as possible;



Citizen Potawatomi Nation Safety Department Director Judy Rodriguez teaches Tribal employees proper CPR techniques and automated external defibrillator processes.

however, some employees wanted immediate training. They requested their spot on the waiting list and volunteered to attend training first.

As classes became more regular, the number of certified employees crept into the hundreds. Several employees told Rodriguez they used their training afterward and felt more confident in their ability to help as opposed to being a bystander.

Rachelle Sheppard is a nail technician and esthetician at the Grand Casino Hotel & Resort's spa. She took the CPR class from the Safety Department in May 2018 and used her knowledge approximately two weeks later during a stressful situation.

While Sheppard took cover in a storm shelter during a tornado, a crying woman ran in and said her unconscious sister stopped breathing outside. Sheppard's husband used his training as a firefighter and began CPR but needed her help to find the AED.

"I don't know that I would have known what I was looking for if I didn't have that class. So, another guy and I ran

in and grabbed it off the wall and took it to him," Sheppard said.

The woman began breathing again before the paramedics arrived thanks to their swift teamwork. Sheppard now calls the training "a necessity" and "a wonderful addition" to her skillset. "I feel blessed to be part of the nation that includes us in things that can be life-changing for people," she said.

Attendees also found comfort reflecting on past CPR attempts while learning the proper technique.

"We've had some that have said, 'I did CPR, and I did what I thought was right,'" Rodriguez said. "After taking this class, they realized that they did all that they could. Because that is one of the things that we teach them is some CPR is better than no CPR. And so they know that even if their timing was off, if their compressions were not accurate, they were doing everything they could."

The Citizen Potawatomi Nation Health Services' two clinics are taking over both first aid and CPR/AED training this month across the Tribe. Rodriguez says the Chairman's goal of training everyone remains the same. ♠

Language update

By Justin Neely, Director of the CPN Language Department

On Feb. 27, we will be hosting our annual winter storytelling event from 5 to 8 p.m. It is during this time of the year that the Potawatomi are traditionally able to tell certain stories, particularly those involving *Wiske* or *Nanabozho*, the trickster. This event is free, but I would appreciate an RSVP if you know you are coming so we can get a head count. Send them to me at jneely@potawatomi.org, or call the Language Department at 405-878-5830.

Soon after this event, we should be announcing a new set of beginner and intermediate Potawatomi language classes. We will continue to offer the classes both on site at the Cultural Heritage Center and live on Facebook in the Potawatomi Language group page.

We continue to have a number of resources available for learning the language. We have two different courses at memrise.com. We also have Beginner I, Beginner II and Intermediate courses online, all of which are self-paced and available at language.potawatomi.org.

The development of our children's series, *Mtek wigwam*, also continues. This show follows a group of friends and their different adventures, like searching for Big Foot. The puppets are each named for their name in Potawatomi. The language is introduced throughout the series. When we first introduce a word or phrase, we will say it several times in both Potawatomi and English. Then after the listener has heard it a few times, we only use it in Potawatomi. Our goal is for a child or adult who has never known Potawatomi to pick up enough so that after a few episodes,

most of the show will be in Potawatomi. Eventually, it will all be in Potawatomi.

We also have two YouTube channels, which you can find at cpn.news/JN and cpn.news/childreneyoutube. One is geared more toward adults and has about 64 videos. The other is geared toward children and has playlists broken down into things like stories, songs, learning videos and cultural teachings. It has around 117 videos.

We are currently in the developmental stages of an online, searchable dictionary. We hope this new dictionary will be easy to use and compatible with both Mac and Windows computers.

Another project that we hope to be done with soon is a transcription of Maurice Gaillard's 1868 Potawatomi dictionary. It is all handwritten in cursive and

currently about 700 pages long. The goal of this project is to type it all out into a document that will then be searchable. Once complete, we will begin to analyze the material. Many of the English words require translations since they are no longer being used in today's American dialect. Also, many of the Potawatomi words are older words, which require some analyzation. We hope to make it available at the first of the year.

As it is the new year, make it your resolution to learn your language. Potawatomi has survived thousands of years against countless assaults. Make sure that it survives beyond our generation by taking the time this year to learn it. It's definitely a doable thing. Often, we can be our harshest critics. Tell yourself you can do it, and start today. You will find many ready to help you along the way. ♠

Locke represents CPN at Miss Potawatomi Princess 2018

Purdue University sophomore Erin Locke represented the Citizen Potawatomi Nation during the Miss Potawatomi Princess competition at the Gathering of Potawatomi Nations last year. While she did not win the title, she was a pageant finalist.

“Being Miss Potawatomi Princess, I would have a lot of younger kids, younger girls watching me,” she said. “And so I thought that it would be a great way to show how to be a Potawatomi woman.”

The Burnett family descendant first heard about the pageant two or three years ago, but waited until last year to apply.

Eligible contestants are between 13 and 19 years old, and drug and alcohol-free. They have never married and have no dependents. Last summer was Locke’s last year of eligibility, and she wanted to honor her ancestors including her fifth great-grandfather, Abram Burnett.

“I’ve been so incredibly blessed to know who I’m related to, and to know the stories, and to know the language,” she said. “I love being Potawatomi because I have so many connections to my history and to other members of the Tribe as well.”

Candidacy

Locke earned her place as a Miss Potawatomi Princess finalist by using her varied talents to learn more about her ancestry. After years of cultural participation, Locke can explain Potawatomi prayer, sweat lodges, agriculture, cooking, language basics and more.

While in middle school, she and her mother connected with Potawatomi culture and wanted to learn everything



Locke creates beaded elements for her regalia, including this hummingbird representing her Potawatomi name *Nanogaskwe* (Hummingbird Woman). She presented beading as her talent during the pageant.



Erin Locke builds friendly relationships with women from other Potawatomi tribes as they compete for the title of Miss Potawatomi Princess.

possible. They traveled along the Trail of Death, attended immersion camps, took online language classes, danced at powwows and went to the Potawatomi Gathering of Nations each summer through her high school graduation.

“I think I really became invested in it myself because you can grow up hearing things from your family, but once you make it your own is when it really has that impact on you,” Locke said.

She started dancing at 9 years old, beginning with traditional style and then learning jingle dancing at 15. Locke continues to jingle dance today.

“It is one of my favorite, most relaxing activities to do. I pray while I dance. Usually, I will pick someone specific that I know who is really struggling physically or mentally, and I will dance and pray for him or her,” she said. “Jingle dancing is one of my favorite methods of connecting with my Creator.”

Her interest in composition also began in middle school. Locke’s English teacher challenged her, which constructed the foundation of her passion for language.

“She never let me give up on anything, even if I wrote something that was just absolutely terrible. ... She never gave up on me. She never let me give up on myself. So, that was something that really stuck out to me,” Locke said.

She now studies professional writing and contributes to *The Odyssey Online* as a member of the website’s

Purdue University community. Several of her pieces explore being Indigenous in modern society.

“I’ll get questions like, ‘Wow! Do you live on the reservation? Like, what’s that like?’ And just different obscure questions like, ‘How Native are you?’” she said. “I write a lot of informative writing, I guess, because I do like to be able to teach the people that are able to read my articles what it’s like.”

She enjoys reflecting on her thoughts and feelings about real-world issues in up-to-date, topical pieces. Locke also takes pleasure in creative writing including poetry and prose about Disney movies and characters. People often ask her about the princesses she connects to most.

“I feel like I relate to Moana and Rapunzel because I have that adventurous personality trait that they both have,” she said and laughed. “But I also have that connection to Moana, because she is so invested in her ancestors and the people of her village. So, I always tell people that I’m kind of a combination of both.”

Competition

“It was so much fun meeting the other contestants and getting to know a little bit of their background, where they’re all from, what their talents were,” Locke said. “Everyone was super nice, which was awesome because it didn’t even feel like a competition, honestly.”

During the first day of the pageant, the ladies took the stage in their regalia and

introduced themselves in Potawatomi, including their hometown and tribal affiliation. Locke’s Potawatomi name is *Nanogaskwe* or “Hummingbird Woman.”

Contestants next showed off their talents.

“I do a lot of beading in my spare time. So, when I don’t have classes, and when I’m not worried about tests and stuff, I bead. And I’ve been working on beading my regalia,” she said. “For the talent portion, I showed my hummingbird that I’ve been working to bead for some of my regalia.”

The judges held one-on-one interviews with the finalists.

“They just kind of asked me questions like why I wanted to be Potawatomi princess and if I was going to be able to come to some powwows and represent,” she said. “I even got a couple of questions like, ‘What are some traditional foods that you prepare or that you like to eat?’ and ‘What are the nine different bands that exist for Potawatomi?’”

The judges also reviewed the girls’ dancing, and Locke jingle danced in her regalia. The contestants participated in two competitive dances as well as several other group dances. She called it her favorite part of the pageant and an “absolute blast.”

Pageant leadership ultimately crowned Mae *Wapashkewe* Joslin from the Prairie Band Potawatomi Nation, and Locke respects the outcome.

“I wanted to be that role model, and I totally believe that the woman that did win this year exemplifies that just as much as I would,” Locke said.

She believes it is all about something bigger, mainly keeping other CPN members involved. Although the title is not hers, Locke still strives to be an exemplary Tribal member and encourages others to accept the challenge of discovering the culture and customs.

“I know that my ancestors’ sacrifices weren’t for nothing. We’re keeping the traditions around, and I love being able to jingle dance at powwows and keeping that tradition alive, and being able to cook the meals that would be considered traditional, and sharing the stories,” she said. “I love having that knowledge of who I am, because there are so many people that don’t know their heritage.”

Read some of Locke’s writing at theodysseyonline.com/user/@erinlocke

All are invited!

WINTER STORYTELLING FESTIVAL

WEDNESDAY
FEBRUARY 27 | 5-8PM

CITIZEN POTAWATOMI NATION
CULTURAL HERITAGE CENTER
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Nonprofit helps relieve economic stress of menstrual hygiene across Indian Country

During summer 2017, a box of 20 tampons cost 86 percent more at a convenience store on the Pine Ridge Reservation in Wanblee, South Dakota, than a Rapid City Walmart approximately 100 miles away, according to the *HuffPost* article *Why Many Native American Girls Skip School When They Have Their Periods*.

Julia Chipps, a nurse at Crazy Horse School on the reservation, told reporter Eleanor Goldberg female students who pay those higher prices “shouldn’t feel like they’re being punished for being a girl.” Some young, female Native American students miss up to a week of school each month to avoid the consequences of being without these products.

Citizen Potawatomi Nation District 2 Legislator Eva Marie Carney felt shocked and angry after reading the article.

“I’ve always supported efforts to get supplies to women in impoverished nations, but thought, ‘My goodness, Native American girls’ lack of supplies is very close to home, and I don’t know anything about it. How is that possible?’” she said.

It surprised Carney that up until recently, efforts to emphasize this issue for poor, incarcerated, homeless and underrepresented women across the globe never considered Native American populations.

In *Periods Gone Public: Taking a Stand for Menstrual Equity*, author Jennifer Weiss-Wolf addresses the need for policy change and the potential positive implications of enacting laws that ensure every woman has access to safe, affordable products. Carney read the book and met Weiss-Wolf during her fall 2017 book tour appearance in Washington D.C., and discussing the issue fed Carney’s enthusiasm to do something about it.

Shortly after, Carney began working to form a nonprofit to provide menstrual hygiene products to reservation schools. The Kwek Society (*Kwek* means “women” in Potawatomi) became a federally approved 501(c)(3) charity and registered to solicit charitable donations in Virginia and Oklahoma in summer 2018.

Complexities

Restricted access to menstrual hygiene products on reservations and in impoverished communities feeds a cycle of gender inequity, economic hardships and educational limitations.

“I think education is incredibly important for all young people but particularly for girls. ... A girl missing school because she has her period is just unacceptable,” Carney said. “And being comfortable with the fact that they are becoming women is critical to girls’ feelings of self-worth and confidence and the ability to excel in school and in life.”

In 2015, the Bureau of Indian Education reported the American Indian/Alaskan Native high school graduation rate across all types of schools at 69 percent — 12 percent below the national average. However, the small percentage of students attending Bureau of Indian Education schools graduated at a rate of 53 percent. Young Native American

women’s access to menstrual supplies negatively influences graduation rates because it leads to temporary solutions or immobility during their cycle.

The American Community Survey from the United States Census Bureau reported a poverty rate of 26 percent for the same time period and demographic. Those high rates often force Indigenous women to choose between essentials such as electricity or groceries and menstrual hygiene products. Rural stores pass on the increased shipping costs to consumers, cutting their ability to buy in bulk. Even without the inflation seen on many reservations, the products’ cost adds up quickly.

“Supplies are expensive. ... They are not something that people who are comfortable economically even have to think about being able to afford,” said Carney.

She strives to put an end to the invisibility of impoverished Indigenous girls’ struggles.

Connections and donations

In a recent interview with the *Hownikan*, Carney emphasized the importance of establishing relationships while building The Kwek Society. She has been seeking input from other nonprofits, personnel at the target schools, other tribal representatives and interested donors.

“It’s really trying to figure out what is the best way to obtain the supplies and what’s the best way to obtain the funding. And certainly getting donated supplies is going to be critical to being able to serve more girls,” she said. “This is a monthly issue. It’s not a one-time thing.”

Only four days after reading the *HuffPost* article in August 2017, Carney personally donated to the Wounded Knee District School on the Pine Ridge Reservation in South Dakota. The Friends of Pine Ridge Reservation put her in touch with school administrators. The school now receives boxes quarterly from The Kwek Society filled with products for their students.

While attending an annual art market held at the National Museum of the American Indian, Carney met a Navajo artist whose daughter is Navajo Nation Council Delegate Amber Crotty. From that relationship, The Kwek Society connected with Central Consolidated School District personnel in Shiprock, Newcomb and Tohatchi, New Mexico. The nonprofit began shipping monthly donations to the five schools located on the Navajo Reservation in September 2018, adding a sixth in November. Carney said students now regularly visit the nurses’ office to fill their backpacks with necessary supplies.

“The fact of the matter is that I would love personally to see in each school, each government building, everywhere, menstrual supplies being made available in restrooms just as toilet paper is,” she said.

After discussions with the schools, The Kwek Society also began collecting bras, underwear and first period kits complete with books — more supplies the students find difficult



CPN District 2 Legislator Eva Marie Carney (right) picks up a shipment of menstrual hygiene products and bras from Dana Marlowe, founder of Maryland nonprofit I Support the Girls. (Photo provided)

to purchase with price increases and limited shopping opportunities.

The Kwek Society receives some in-kind donations from I Support the Girls, a Maryland-based nonprofit that collects bras, tampons and pads for international distribution. Carney’s organization is developing partnerships with retailers and manufacturers, including Be Prepared Period. It also welcomes donations from individuals.

“I think what we are doing is really consistent with traditional teachings about sharing what you have,” Carney said. “I think it’s a social justice issue. I think it’s a human rights issue at a very basic level.”

Kwek and CPN

Tribal member Linda Arredondo serves as The Kwek Society’s board secretary after offering Carney her time and talents. Working in information technology, Arredondo knows the trials of being a woman in a male-dominated field.

“I want to work with The Kwek Society in a way that eliminates barriers to entry to STEM (science, technology, engineering and math) careers. ... I want them to be able to focus on their studies, especially if they’re technically inclined, and to not have that worry in the back of their mind about, ‘Oh, I’m female. I also have this other thing to worry about,’ and at some point — depending on their geographic location and demographic situation — that the male student is going to have the competitive advantage,” Arredondo said.

CPN Language Department Language Aide Enedina Banks began a community program in November 2018 that reconnects a rural Oklahoma school district’s Native students with their heritage and traditions. One of her lessons covers the menstrual cycle, or moon time, with the junior high and high school females.

She wants the students to recognize their cycle as something that is not shameful but rather a blessing. Banks aims to reinvigorate traditional Native American beliefs about periods, including perceiving them as a purifying ceremony during which females are their strongest. She also hopes to instill the importance of self-respect.

“It’s a family and a community effort to help these girls achieve success and to become confident, empowered women,” Banks said. “Because that’s what you’re doing in that (moon) time is you’re empowering her. You’re teaching her how to care for herself.”

The Kwek Society donated first period kits and other supplies to the program. Banks felt the first period kits approached menstrual cycles as something natural, which matched her message.

“When this package came, ... I had tears because I was like, ‘I know how much it meant to (Carney), and I know how much it’s going to mean to a girl, getting something,’” Banks said. “Because they’ve put together these cute little bags that are discrete, and they have pre-teen pads and a nice little card that says, ‘It’s time to celebrate.’”

Carney spoke about her organization at the 2018 Potawatomi Gathering of Nations tribal council meeting and received donations from several tribal leaders, including one gentleman who said, “It’s for Kotex,” which touched Carney. Several powwow dancers also felt compelled to donate their honoraria, and a member of the Pokagon Band of Potawatomi approached Carney about holding a menstrual supplies drive early this year with help from The Kwek Society and Be Prepared Period.

“I think the Society will grow larger and evolve over time,” Carney said. “But even now, as new as we are, it is so good to realize that because of our work and our donors’ contributions to date, there are girls that now are just able to go about their business of being good students and not needing to worry.”

Find out more about The Kwek Society by visiting kweksociety.org. Follow them on Facebook at [facebook.com/KwekSociety](https://www.facebook.com/KwekSociety) and on Twitter @KwekSociety. The organization accepts donations through their website and their GuideStar page (cpn.news/KwekGuideStar). AmazonSmile customers can designate The Kwek Society their charity of choice and donate .5 percent of eligible purchases to the organization. Carney also gratefully accepts requests for assistance hosting local menstrual hygiene product drives anywhere in North America.

Beginning Jan. 1, patrons of the information platform and online retailer Be Prepared Period can donate 10 percent of their purchases to The Kwek Society by using the link tinyurl.com/kweksociety while shopping. Visitors to bepreparedperiod.com can also donate to The Kwek Society through the website and read Carney’s feature about the organization. ♡

Keeping Legends Alive remembers early Native American efforts

Haskell Indian Nations University held Keeping Legends Alive in September 2018 to celebrate two big occasions in the school's history. The first was to commemorate the 100th anniversary of the end of World War I, and Haskell's 1926 Indian Celebration commemorated the dedication of the university's football stadium and archway. Organizers asked Citizen Potawatomi Nation Director of Housing Scott George and his mother Dolores Scott to attend. The Georges' were invited on behalf of Scott's great-grandfather, Daniel Scott, who was a member of the Osage Nation and World War I Army veteran.

Daniel Scott's endeavors left a lasting mark on the university and Indian Country.

"It meant a lot to us to have the family present as we honored their relative for both his contribution to the Haskell celebration but also his service as a tribal WWI soldier," said Haskell Cultural Center and Museum Director Jancita Warrington.

Haskell's stadium and arch memorialize the 415 students who fought in what was known at the time as "The Great War." Native American soldiers served in large numbers, even though most were not considered U.S. citizens until 1924 when Congress passed the Snyder Act. This piece of legislation granted U.S. citizenship to all Native Americans across the country.

Records indicate Daniel Scott told the Haskell football coach and stadium fund campaign chair the university would have "the biggest powwow of all time" in conjunction with the unveiling. However, incorporating Native traditions into the event proved problematic.

"At that time, there was a ban on Native Americans having any dances, religious ceremonies or feasts," George said. "It's our understanding that my ancestor wrote a letter to Congress asking permission to have this celebration."

Approximately 250,000 people attended the Indian Celebration held Oct. 27-30, 1926. Because of Daniel Scott, the event included traditional dancing and other Indigenous-centered

programming, bringing together Natives and non-Natives alike.

"At this time, the general American public did not have too many open encounters with tribal peoples, especially not in their own lands or places," Warrington said. "The only kind of information extended to the public was the information produced in government reports, the caricatures provided by the local newspapers or the shows that romanticized the Indian/non-Indian relationships like Buffalo Bill."

U.S. Secretary of the Interior Hubert Work also addressed Indian Celebration attendees.

"The speech was read on behalf of his boss — the President of the United States Calvin Coolidge — who could not attend the event because he was scheduled to dedicate the Liberty Memorial in Kansas City as a WWI memorial 12 days later, on Armistice Day Nov. 11, 1926," she said.

Daniel Scott's letter writing efforts not only helped Native Americans lawfully incorporate their traditions into the Haskell Indian Celebration in 1926 but it also helped pave the way for the American Indian Religious Freedom Act that Congress passed in 1978.

"All he did was write a letter," George said. "I could do that. You could do that."

Without Daniel Scott's vision, the display of Native American culture at the powwow may not have been possible.

"To have the powwow as a part of the event, it really launched this intertribal powwow culture we all participate in today," Warrington said. "This particular impact extended into Indian Country and began a cultural resurgence and unified pride amongst Indian people."

Because of Daniel Scott's service to the U.S. and Indian Country, a group of Osage singers continues to sing his song annually at the Grayhorse War Mothers celebration in remembrance of his impact to this day.

"One of the highest honors one can receive in a tribal society (is) to have a song composed for them in recognition



Haskell Indian Nations University still considers the Indian Celebration its largest event.

of something they did in or for their community," Warrington said.

Acknowledging the strides of those Native Americans who came before ensures the well-being and future of Indian Country.

"Tribal peoples' recognition and understanding of our history is vital to

servicing our communities," Warrington said. "If we don't understand our history, it makes it more challenging to understand who we are today and where we want to take our communities in the future."

Read more about the Haskell 1926 Indian Celebration and Daniel Scott's influence here: cpn.news/haskellmilitary. ♡

Smithsonian's National Museum of the American Indian 2019 schedule released



For those in the nation's capital or nation's biggest city, there are ample opportunities to learn more about the tribal nations and people of the United States.

Exhibitions are shown in galleries at the National Museum of the American Indian, located at Fourth Street and Independence Ave. S.W., Washington, D.C., and at the George Gustav Heye Center, located at the Alexander Hamilton U.S. Custom House at One Bowling Green, New York, N.Y. Dates and exhibitions are all subject to change and must be confirmed prior to publication. ♡

Upcoming Exhibition Openings

- Feb. 7 – Jan. 2020 "Section 14: The Other Palm Springs, California" (Washington, D.C.)
- March 16 – Sept. 16, 2019 "T.C. Cannon: At the Edge of America" (New York)
- Opening April 20 "Ancestral Connections" (ongoing exhibition) (New York)
- Nov. 22, 2019 – Late 2021 "Stretching the Canvas: Eight Decades of Native Painting" (New York)

Upcoming Exhibition Closings

- Closing Jan. 6 "Transformer: Native Art in Light and Sound" (New York)
- Closing Jan. 6 "Trail of Tears: A Story of Cherokee Removal" (Washington, D.C.)
- Closing March 21 "Circle of Dance" (New York)

Ongoing Exhibitions in New York

- Through Oct. 2019 "Taíno: Native Heritage and Identity in the Caribbean"
- Open through Oct. 13 "Jeffrey Veregge: Of Gods and Heroes"
- Ongoing "Infinity of Nations: Art and History in the Collections of the National Museum of the American Indian"

Ongoing Exhibitions in Washington, D.C.

- Open through 2022 "Americans"
- Open through June 1, 2020 "The Great Inka Road: Engineering an Empire"
- Ongoing "Nation to Nation: Treaties Between the United States and American Indian Nations"
- Open through Dec. 2021 "Our Universes: Traditional Knowledge Shapes Our World"
- Ongoing "Return to a Native Place: Algonquian Peoples of the Chesapeake"

Saving 'the good seed'

Potawatomi began eating wild rice after settling around the Great Lakes between 800 and 1,300 years ago. It served as a staple of their diet and sustenance. They named it *menomen* — meaning “the good seed” in English — and understood it as a gift from the Creator. Wild rice harvesting and processing required everyone’s participation, and they built their society around it as a result.

“It takes a very long time to cook, so it isn’t one of those things that you just, on a whim, whip up at night,” said Director of the Citizen Potawatomi Nation Cultural Heritage Center Kelli Mosteller, Ph.D. “It’s not a food that you can consume without some intention to it. It takes some effort, and I like that.”

Wild rice’s ability to last throughout multiple seasons and heartiness make it a practical choice. Both daily and ceremonial recipes featuring it as a central ingredient became traditional, and Potawatomi use wild rice porridge as a first and last meal.

The CPN’s community garden *Gtegemem* (We Grow It) assistant Kaya DeerInWater upheld that tradition with his boys at around six months old. His older son spat out the wild rice, which matched his picky eating habits. However, his younger baby treated it differently.

“He always wants rice. He’ll come up to me and say, ‘Rice, rice,’ and he’s only 1 and a half,” DeerInWater said. “It’s interesting noticing the difference in their behaviors. It makes me happy that they were exposed to that.”

Origins and exhibitions

The first and second galleries inside the CHC tell the history of wild rice. *The*

Seven Fires Prophecy tells the story of how Potawatomi eventually stopped in the Great Lakes region. One of the prophets told the Potawatomi to settle where they found “the food that grows on water.”

“We arrived in the Great Lakes and saw the *menomen*, or the wild rice, growing,” Mosteller said. “We knew that was the indicator that this was the place that we were meant to be.”

Mamogosan’s Gifts: Origins of the Potawatomi People features a flat-bottomed canoe, knockers and push poles to help visitors visualize harvesting wild rice. The museum also built a large tube from floor to ceiling filled with enough grains to feed a family of four for a year, roughly 300 pounds. The CHC staff used the visual element to facilitate a palpable connection to the prophecies.

“When you see a large pillar that goes from the floor to the ceiling, and you physically see it, and you think, ‘How much of my year would I have to spend doing this just to feed my family?’” Mosteller said. “It helps people understand that this was not a quick trip to the grocery store.”

Growing and harvesting

“Nutritionally, it’s far superior in protein and magnesium and all those macronutrients, micronutrients — whatever you want to slice it, it is superior to other rice,” DeerInWater said. “It’s actually not even a rice. It’s an annual semi-aquatic grass.”

Harvested from *Zizania palustris*, *menomen* requires specific environmental conditions to flourish, and it thrives around the Great Lakes. It needs water to survive and blooms once a year.

Potawatomi Berry Rice

Ingredients:

- 1 cup of wild rice
- 2 ½ cups of water
- ¼ cup of dried cranberries
- 1 cup fresh berries
- 1/3 cup real maple syrup
- 1 tsp. cinnamon

Directions:

1. Add wild rice, water and dried cranberries together in a pot and stir.
2. Cover and heat on medium for about 45 minutes. (The rice is done when the water is gone.)
3. Once the rice is cooked, add fresh berries of your choice as well as real maple syrup and cinnamon and stir.
4. Serve warm or cold.

“In the spring, it’s a little tiny plant that’s kind of floating under the water and sending down roots before it grabs onto the substrate,” he said. “It’s really sensitive during that time.”

The wild rice, surrounding fish and other creatures form a co-dependent relationship. Their complimentary life cycles allow them to use each other for protection and fertilization.

To harvest, at least two people get in a canoe and use push poles to take off from the lake or river shore. The calm movements leave life below the surface of the water uninterrupted. While one steers, the other uses wooden sticks called “knockers” to hit the stalks bent over the edge of the canoe. Some of it makes it in the boat, while some of it falls into the water and reseeds the area. This method accomplishes two goals at once.

“Going in and collecting it is almost like a ceremony in and of itself,” Mosteller said. “You go in with intention. You go in with a certain level of reverence — you take what you need and no more.”

“The goal is for you to insert yourself, get what you need, and go back out without disturbing that ecosystem.”

Human effects and climate change

Companies based in Northern California produce most of the wild rice sold in grocery stores today. They harvest it in rice paddies with motorized equipment, which uproots the plants and creates the need to reseed the area deliberately.

“It was commercial, industrial harvesting of wild rice that didn’t take into consideration all of these things, all of these teachings that walking through the museum you’ve learned about thus far,” Mosteller said.

Climate change and real estate development around the Great Lakes diminished wild rice areas over time. Recreational boating and increased rainfall totals deepened coastlines, leaving little space for *menomen*. Boat motors also drove away the aquatic wildlife, uprooted the plants and destroyed habitats.

“Now, we have houses on lakefronts, and boats, and docks, and marinas, and irrigation canals, and all those obstacles to the natural flow of where you could find wild rice,” DeerInWater said.

Climate change exacerbates the fragmentation caused by development. The warming of the earth pushes wild rice’s ideal habitat farther north. While warmer water potentially opens up new areas, plant growth would be sporadic at best.

“Do you want to gamble on the wild rice being able to make it to those lakes?” he said. “It used to be ... in the backwater of every river bend. And it used to be everywhere, and now it’s only in a very few specific places.”

DeerInWater and Mosteller said a modern disconnect from food production perpetuates these problems. Mosteller pointed out the recent development of processed grocery store items and frozen meals — both using a vast amount of resources — leave people unable to place food in its whole form.

DeerInWater called the Native’s disconnect from land and change in agriculture post-European contact the “colonial commodity food system.” He encourages Native communities to re-establish ancestral practices. In the last several years, some *Nishnabe* and Great Lakes tribes took wild ricing into their own hands and started habitat restoration efforts through their environmental departments.

“I don’t think we can be so naive as to think we’re always going to have it if we don’t look at what we’re doing to the environment around us,” Mosteller said.

To find out more about Potawatomi agricultural practices and CPN’s community garden, visit potawatomiheritage.com. Visit potawatomi.org/events to find information about garden demonstrations, workshops and volunteer opportunities throughout the month. ♡

CULTURAL HERITAGE CENTER

Monday-Friday
8 a.m.-5 p.m.

Saturday
10 a.m.-3 p.m.

1899 S. Gordon Cooper Drive
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Tribal scholarships no longer subject to tax

Native American students who receive scholarships from their tribe are no longer required to pay taxes on those dollars, even if students use the funds for expenses other than tuition. This differs greatly from non-tribal scholarship tax regulations.

“If you are a tribal member of a federally recognized tribe and *your* tribe gives you a scholarship, it’s not taxable,” said Citizen Potawatomi Nation Tax Preparer Carissa Johnson. “Where it can really come into play is if you get extra money for room and board, books, living expenses on a non-tribal scholarship — that money is subjected to federal and state taxes.”

Before the passage of the Tribal General Welfare Exclusion Act of 2014, the IRS required Native American students to account for their tribal scholarships in their yearly tax returns. Since then, these scholarships are not taxable as long as the funds are not considered extravagant by the Tribal General Welfare Exclusion Act of 2014’s Tribal Advisory Committee.

While the exact definition of extravagant is unclear, even looking at the IRS form, “the scholarships we provide here at the Tribe are not considered extravagant,” said CPN Director of Education Tesia Zientek.

For students who receive educational funding from outside of their tribe, if the non-tribal scholarships surpass the cost of attendance, the IRS still considers that as income, which must be reflected in taxes.

Potential dollars back

With more than 25 years of experience, Johnson said she enjoys assisting the Nation with tax services. She has helped many Tribal students and employees file returns and amendments to federal and state taxes since she joined CPN in August 2017.

“Many students may not be aware of the General Welfare Exclusion Act of 2014, so having Carissa help with amending past tax returns may help students get some of that money back,” Zientek said.



CPN Tax Preparer Carissa Johnson offers free, personal tax services to CPN members and employees.

For students who improperly reflected CPN scholarships on prior tax returns, Johnson can assist with filing amendments up to three years prior.

“It’s not just 2017 that can be amended. We can do 2016 and 2015 as well,” Johnson said. “The things students have to remember is when you amend, you amend the federal first.”

In order for Johnson to begin the process, she requires printed copies of original tax returns and all of the supporting documents.

“Files on your phone or the internet will not work,” she added. “I must have the printed, hard copies.”

Once a student receives their accepted federal amendment, Johnson encourages filing the necessary state paperwork to receive additional dollars back.

“Oklahoma wants to have evidence that the amended return was federally accepted before a student can amend in Oklahoma,” she said. “I can’t

guarantee you’ll get money back, but you may get some back from the state as well. It’s worth it to try.”

Audits

The IRS can audit within three years at any time, so easily being able to access prior tax information and the supporting documents is important.

“However, if they suspect fraud, they can go all the way back to the first day you started receiving wages, and they will expect you to have all of those supporting documents,” Johnson said.

Johnson also noted the IRS and Oklahoma Tax Commission will not reach out via a phone call or text to begin and amendment or audit.

“After initial contact, then you can have subsequent phone calls, but first off, it’ll be by mail,” she explained.

For students, Johnson encourages recording car mileage to and from school in a notebook as well as any receipts.

“Write down your odometer reading from point A to point B. To me, it’s easier to do the mileage, and most people are going to get more dollars that way than by gas tickets alone,” Johnson said.

The key is to hold on to all receipts, especially for itemized deductions, she added.

“Whether it’s statements from the doctors showing what you’ve paid or contribution statements that show what you gave, you need to keep those to show your proof that the line item in question goes back to a piece of paper,” Johnson said.

Some clients feel compelled to keep tax information all the way back to their first wages, whereas others may only keep records for five to 10 years. Johnson encourages clients to keep tax returns and all supporting paperwork based upon their “comfort zone.”

Tax season

“There have been a lot of changes with the new tax laws,” Johnson said, especially for clients that have investment income.

Since the new laws became effective, the IRS will not accept returns before Feb. 1.

“They’re trying to fight the fraud that has happened with e-filing, and your W-2s don’t have to be out until Jan. 31,” Johnson said.

The updates impact when investment companies, like Edward Jones, can get tax paperwork out to their customers.

“They have to first receive the information from the companies they deal with by Jan. 31,” Johnson said. “It can throw clients getting their 1099s back as late as March.”

With the 2018 tax deadline approaching April 17, Johnson encourages those who need tax assistance or have questions about tribal scholarships and taxes to reach out to her at CPN Workforce Development & Social Services by calling 405-878-3854. ♡

Cultural Heritage Center to expand services, programs in 2019

Submitted by Blake Norton,
Cultural Heritage Center Curator

Over the last four years, the CPN Cultural Heritage Center staff has worked tirelessly to help create not just a museum, but a true community and cultural center. While the 2018 grand opening of the CHC’s museum was an incredible milestone for the staff and community, the work must go on.

This year, staff will continually work to update and add new content to the galleries. These will include new artifact displays, digital interactives and hands-on exhibits. Community programs and classes are being developed around each gallery to tell a more complete story and help Tribal members better understand their mutual pasts.

We hope that the exhibits not only educate but instill community pride and ownership. All that you see was built for and by the Tribe with help from our Tribal members, departments and local businesses. Programs developed from the new galleries will extend these partnerships into 2019 and beyond.



Cultural Heritage Center staff look forward to leading more classes and workshops in 2019.

For example, with the help of CPN’s Information Technology, the CHC’s collections and research staff began developing a new content management system for the diverse collections housed and made available via the CHC. The new system will help staff improve oversight of the collections, while providing greater accessibility to our visitors and interested researchers.

In addition, a new family history and genealogical database is being developed that will allow Tribal members to seamlessly research their ancestry, create family trees and learn about their ancestors through small biopics.

The CHC’s research library is currently undergoing renovations to expand its physical holdings. We have added over 500 new resources that include books, journals and special collections focused on Potawatomi-woodland culture and history. We have also added a new interactive station in the library that will display traditional stories and lessons as well as online exhibitions via the CHC’s website.

The CHC website is currently being updated to provide the community with better accessibility to programs, classes and community events. Aside from the museum, our education coordinator, community garden staff and Potawatomi language department will offer new and existing classes.

We are very proud and appreciative to see the vision of the CHC come to fruition and with such success. It was truly a team effort from start to finish. From Tribal leadership and departmental staff to Tribal membership and local businesses, our community worked together to create something that will last for generations.

We hope that the impact of the CHC can extend beyond our borders and provide assistance to other Native communities in their development of enrichment programs focused on cultural education and preservation, community development and pride. The CHC is grateful for our accomplishments in 2018 and looks forward to an exciting 2019. ♡

Dietitian makes eating healthy fun

As a registered dietitian with Citizen Potawatomi Nation, Maggi Gilbert uses real world examples of facts and expectations to make an impression on patients. During a recent *Hownikan* interview, she held up a wide plastic tube filled with the average amount of sugar in a can of pop — nearly 10 teaspoons.

“I’ll use this a lot because this is just a 12 ounce soda, and that is the amount of sugar that we’re drinking. ... That’s not providing our body with nutritional value, and that is an eye-opener sometimes. A lot of times,” she said.

“We’re talking about overall healthy lifestyle changes.”

After earning her bachelor’s degree in pre-allied health from Oklahoma Baptist University in Shawnee, Oklahoma, she transitioned to the University of Oklahoma Health Sciences Center in Oklahoma City and earned her Master of Arts in Dietetics. The program’s eight-month internship included clinical rotations at the OU Medical Center, a stint in hospital kitchen management and more.

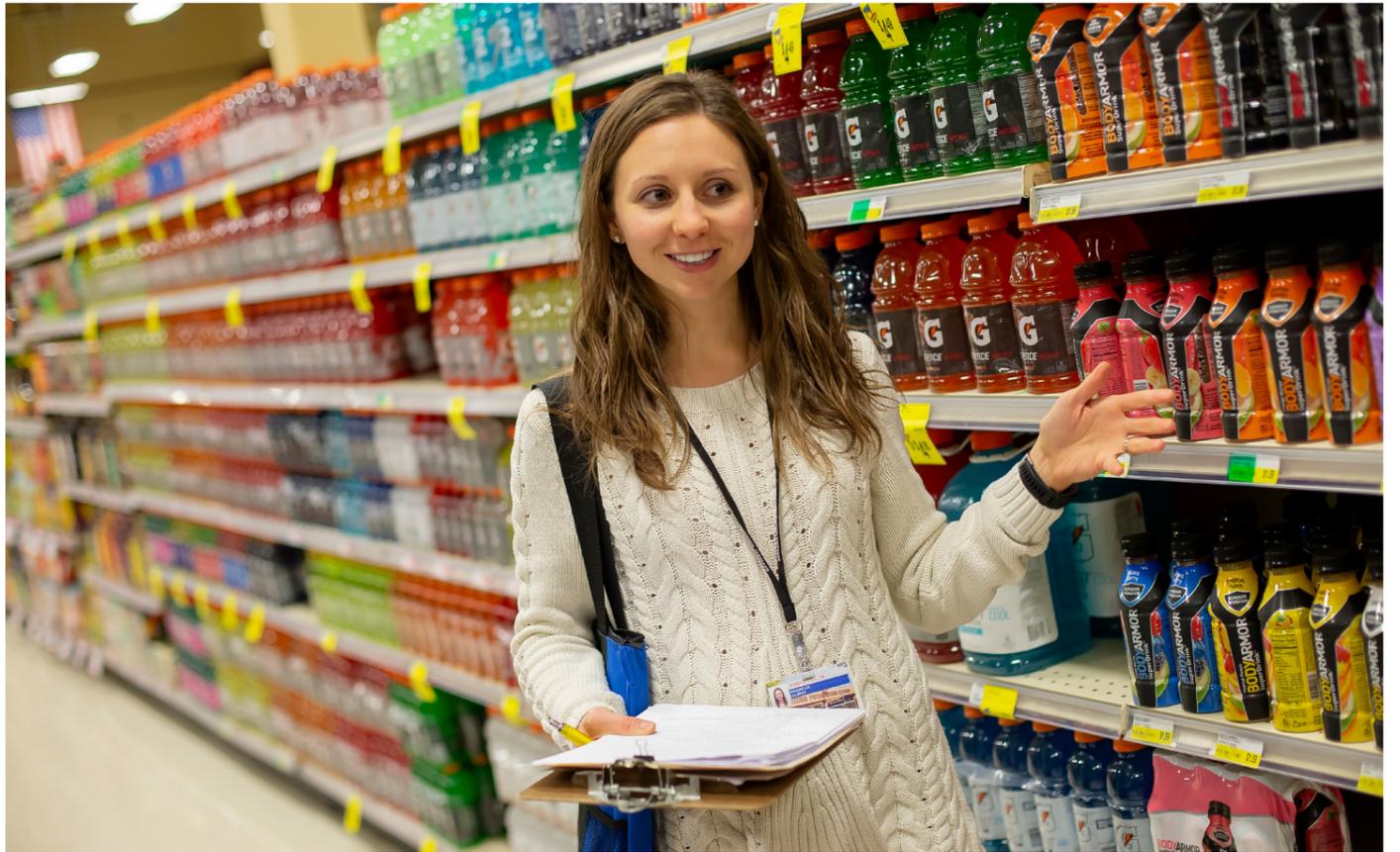
Gilbert passed her registration exam in October 2017 and accepted her first full-time dietitian position with CPN in June 2018. Gilbert primarily serves CPN clinics’ diabetes patients and offices out of FireLake Wellness Center.

Discovering dietetics

Gilbert’s dad is a doctor, and she watched him provide patient care as she grew up. She wanted to shape her career in a similar way, but the specifics remained unclear as she began college.

“That was one of my biggest things was I wanted to be able to build relationships and help people throughout their journey,” she said.

She began modifying recipes and learning about nutrition the summer



One of CPN dietitian Maggi Gilbert’s favorite aspects of her job is the variety of duties she performs including individualized patient care, cooking demos and grocery store tours.

following her freshman year. Gilbert’s dad introduced her to dietetics as a career option, and she shadowed a dietitian at the OU Cystic Fibrosis Center that summer as well. She then declared her major at the beginning of her sophomore year.

Gilbert gained community experience during rotations at Mid-Del Public Schools and a local Women, Infants, and Children program. She also deepened her knowledge of diabetes dietetics while interning at OU Physicians Family Medicine.

For her elective rotation, Gilbert chose to work at Oklahoma Baptist Homes for Children, a residential care facility for single moms and their children.

“They don’t have a dietitian, so it was a little out of the box, but it was something that I was able to work more one-on-one with moms and their kids and teach them how to grocery shop and how to cook healthy meals,” she said. “And that’s where my passion for community really developed.”

Opportunities at CPN

Gilbert stumbled across the CPN job opening on Facebook, and the position brought together everything she practiced in the type of setting she enjoyed.

“I was like, ‘That’s me. That’s what I want to be doing,’” she said. “I applied for the job, prayed about it, and felt like this was where the Lord was leading me. This was the job for me. And then (it) just kind of worked out from there.”

She finds patient care rewarding but also enjoys the other hands-on

activities and teaching opportunities the job provides her. Gilbert started giving grocery store tours at FireLake Discount Foods in November, advising attendees on how to shop in a healthy way while sustaining variety. She also leads a session of the Beginning Education about Diabetes class as well as cooking demos.

“I love that we do cooking demos here to teach people healthy cooking doesn’t have to be expensive ... and it doesn’t have to be complicated,” Gilbert said. She takes pride in her simplified recipes clients can incorporate into their lives.

“The most exciting thing is when they love it. We did a breakfast tofu scramble one week, and some of them didn’t even know it was tofu,” she said. “They came in late that day and asked ‘Where’s the tofu? I didn’t try that?’ They thought it was egg.”

Food philosophies

One of the main tools Gilbert uses during her appointments is MyPlate, a nutrition guide published by the U.S. Department of Agriculture Center for Nutrition Policy and Promotion. It shows the ideal portion size per meal of each of the five food groups on a dinner plate.

“I use MyPlate a lot with most of my patients,” she said. “I encourage them to include variety, trying to incorporate every food group.”

Gilbert works to eliminate her clients’ feelings of intimidation. Much of what she teaches them goes back to basics and includes reprioritization.

“Not that change is easy, but we talk about once we start to make changes consistently, then that can create a habit,” she said.

According to Gilbert, people oftentimes complicate achieving a well-rounded diet. They search for the newest, most popular methods, but those are often unrealistic.

“We talk about portion sizes, consuming foods in moderation, and foods we don’t need to consume quite as often as others,” she said.

In her experience, people overlook reading the entire nutrition label completely and instead focus on one aspect such as total fat, sugar content or sodium. She also teaches them about meal prepping and grocery shopping.

“If we plan our meals out and have a plan going into the week, then it’s a lot easier to not go out because we’ve got something at home,” she said. “We’ve already purchased it. We’ve spent that money.”

However, she accepts that people go out to eat, and Gilbert researches options and discusses restaurant nutrition facts with her clients as well.

Preaching and practicing

In her personal life, Gilbert follows her own advice.

“I definitely am conscious of it and feel like, if I can’t practice what I’m teaching, then how can I expect my patients to do the same?”

She and her husband enjoy salads with fruits and nuts, soups and healthy breakfast adaptations. She often cooks with chickpeas, quinoa, beans, whole grains and frozen or fresh vegetables. Gilbert plans their week in meals as well. However, baking holds a special place in her heart, and her love of cooking grew from there.

“I loved baking, and that’s where I started to kind of modify to see, ‘Could I make this recipe a little bit healthier?’” Gilbert said.

Her husband works as a football and strength training coach at a local high school, and the two complement each other and round out the physical and nutritional sides of health. She expands his knowledge about food and diet, and enjoys seeing his reactions to her meals.

Find out more about CPN’s Diabetes Initiative by visiting cpn.news/diabetesinitiative, and see what the FireLake Wellness Center has to offer at cpn.news/wellnesscenter. ♡



CPN dietitian Maggi Gilbert chooses dishes made with delicious, basic ingredients and easy preparation for her food demonstrations with Diabetes Program Participants.

Congratulations

POTAWATOMI GRADUATES

JANUARY 2019 17

High School

Genevieve Marie Maloney

Family: Bertrand
Silver Spring, MD
High School Diploma
Georgetown Visitation Preparatory School

Thomas Norris Savatovsky

Family: Greemore
Miami, FL
High School Diploma
Doral Academy Preparatory School

College

Amelia Kathryn Anderson

Family: Anderson
Carrollton, GA
Esthetician Technical Certificate
West Georgia Technical College

Dakota Berry

Keefeton, OK
Associate's in Criminal Law

Ginger R Chavez

Family: Tescier
Seminole, OK
MBA
Oklahoma Baptist University

Shea Doyle

Family: Higbee
New York, NY
Master of Public Health
Columbia University

Joshua Faulkner Wankwe Gishek

Family: Baylis
Ada, Ok
BS in Legal Studies
East Central University

Julia Hillabrant

Family: Darling
Washington, DC
MS in Mechanical Engineering
Boston University

Tonya Tipton Imus

Family: Nadeau
Ottawa, KS
MS in Educational Psychology
Capella University

Karen Brownfield-Keith

Family: Anderson/Whitehead
Amarillo, TX
Masters of Social Work
West Texas A&M University

Carly Gayle Kowtun

Family: Macon
MBA
University of Texas at Dallas

Amy Lanctot

Family: Rhodd
Racine, WI
BS in Accounting
University of Wisconsin-Parkside

Brittany Laub

Family: Degraff
Tulsa, OK
BS in Business Administration
Oklahoma State University - Stillwater

Lauren Nicole Tade Ledgerwood

Family: Rhodd
Shawnee, OK
BS in Early Childhood Education
East Central University

Parker Lewis

Family: Burnett
Paris, TX
BS in Mechanical and Energy Engineering
University of North Texas

Monica Tasier Lyon

Family: Tascier
Fresno, CA
MBA
Oklahoma Baptist University

Alyssa Lothrop

Family: Muller
Canton, SD
MS Clinical Mental Health Counseling
MS School Counseling
South Dakota State University

Sean E. McGonegle

Family: Milot
Gilbert, AZ
BS in Informatics
Arizona State University

Mekenzie McIntosh

Family: Bruno
Tulsa, OK
Certificate in the Spanish Language
Tulsa Community College

Ian Mudgett

Family: Anderson
Arlington, TX
BA in Women and Gender Studies
University of Texas

Michael David Nash

Family: Nash
Norman, OK
Doctor of Philosophy
University of Oklahoma

Stephanie Hutchison Peters

Family: Slavin
Pittsburgh, PA
Masters of Professional Counseling
Carlow University

Kerri Michelle Quary

Family: Wilmette/Pratt
Shawnee, OK
Bachelor in Business Admin and Ethics
Mid-America Christian University

Adam Edward LeClair Shareghi

Family: LeClair/Wano
Corvallis, OR
MS in Chemical Engineering
Oregon State University

Morgan Wood

Family: Bertrand
Oklahoma City, OK
BS in Family Life Education
University of Central Oklahoma

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Tribal Legislature closes year out with late November meeting



2018-19 CPN Tribal Legislature

On Nov. 29, 2018, the Citizen Potawatomi Nation Legislature held its final meeting of the year. All representatives attended.

After meeting minutes were approved for the September quarterly meeting as well as the October and November legislative meetings, representatives approved a resolution supporting the Tribe's grant application for a U.S. Bureau of Indian Affairs Invasive Species Program.

Legislators then approved a resolution supporting the Tribal legislature's support

of federal legislation ensuring Medicaid's fulfillment of federal trust responsibilities to American Indians and Alaska Natives.

Resolutions supporting proposed applications through the U.S. Department of Housing and Urban Development for the 2018 Indian Community Development Block Grant Program and the U.S. Department of Energy's 2018 Energy Infrastructure Deployment on Tribal Lands also passed. ♡

Tribal Chairman - John "Rocky" Barrett



Bozho nikan
(Hello, my friend),

As the New Year approaches, we are all very optimistic about the future of our Tribe. First and foremost, we are

looking forward to working with a new administration at the state level in Oklahoma. We have had several lawsuits with the state, which have cost the Tribe more than \$2 million in attorney fees and lost sales. As a result, the 10th Circuit Court of Appeals decision that Oklahoma's Indian gaming compact is unenforceable. We have since entered into an alcohol compact with the state and believe that both parties will have a more cooperative relationship moving forward.

On a more positive note, Governor-elect Kevin Stitt has been encouraging and enthusiastic about our

contributions to the growth of business and commerce in our area. He talks like a good, solid businessman, and we are optimistic that we will maintain a cordial and productive relationship with him. Our thanks to senator and Citizen Potawatomi Tribal member Jason Smalley. He and our Citizen Potawatomi Community Development Corporation Director Shane Jett did a lot of work to set up our meetings with Governor-elect Stitt. Senator Smalley has done a great deal of valuable advocacy for our Nation, and we deeply appreciate it. He recently was appointed Senate

Caucus Chairman and will be an influential leader in the Oklahoma State Senate.

We have the prospect of a very big project here at our Tribe that could provide good paying jobs and serve to attract our Citizen Potawatomi back home. If we land this industry, we will begin building new housing and expanding our services here at Tribal headquarters. Please pray that we are successful.

Tribal elections are coming up. The filing period for Tribal Legislators 10, 11 and 13 will end Jan. 9. We hope the election, if the positions are contested, leaves us with

good will and a willingness to continue to contribute to the success of our Tribe. We can ill afford to fall into the divisive pit that national politics has become.

I hope your holiday season was happy and drew you closer with your loved ones. Thank you for the privilege 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),

I was privileged to have the opportunity to attend an honor dance for Oklahoma 5th District Congresswoman-elect (at the time of writing) Kendra Horn recently. The honor dance was hosted by the Oklahoma City Pow Wow Club at Shawnee Middle School. Graham Primeaux, the Indian Education director for Shawnee Public Schools, served as head male dancer for the event. Both Congresswoman-elect Horn and former Senator Enoch Kelly Haney were honored at the dance.

Senator Haney is Creek and Seminole and is one of Oklahoma's most renowned artists. He is known throughout the state for his exceptional artwork, especially for *The Guardian*, the colossal statue that stands prominently atop the Oklahoma State Capitol dome where it was lifted on June 7, 2002. The 17-foot tall statue holds a staff that reaches 22 feet into the sky. The statue is made of 4,000 pounds of bronze, which was cast in 50 sections. Haney, at 78 years of age, still practices his artwork.

Kendra Horn is an attorney, politician, activist and now the Congresswoman-elect. She is the first Democrat to be elected to Oklahoma's 5th District office in 44 years and the first Democrat to be elected as member of the House of Representatives from Oklahoma in eight years. I personally think that Ms. Horn is a perfect fit for the 5th congressional district. She will take office on Jan. 3, 2019. Her heart for her constituents knows no party. Whether you are a Democrat or a Republican, you will know that Ms. Horn



Vice-Chairman Linda Capps and Congresswoman-elect Kendra Horn at the OKC Powwow Club Powwow event for new congressional members. Photo provided by Absentee Shawnee Media

is for the people when you meet and talk with her. In addition, she will be a true representative of Native people.

I look forward to continuing the good work her predecessor, Representative Steve Russell, did with CPN.

There were several tribal leaders in attendance at the honor dance, and Ms. Horn took the time to visit with each individually. In her discussions with the leaders, she asked about concerns within tribal governments. Answers varied from sovereign issues to specific uncertainties. As she was speaking to the leaders, her assistant wrote down every concern that was voiced that evening. Ms. Horn said she would review each concern and asked to meet in the near future. Horn ran her campaign with the catchphrase "common sense leadership." I believe it is the way she will serve the 5th Congressional District. She also stated during her

campaign that she "believes in public service, not politics."

As the Vice-Chairman of CPN, I am pleased to have such a personable, dedicated individual serving the U.S. Her education, experience and career leadership is impeccable. I definitely believe we have a friend in the United States House of Representatives.

I appreciate the opportunities that I have in serving as

your Vice-Chairman. My goal is to bring honor and expertise to CPN.

Migwetch
(Thank you),

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

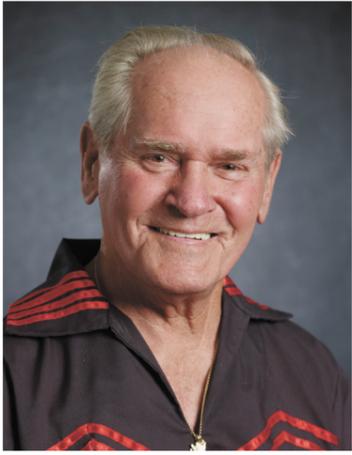


Vice-Chairman Linda Capps and Congresswoman-elect Kendra Horn. Photo provided by Absentee Shawnee Media



Absentee-Shawnee Tribe Governor Edwina Butler-Wolfe, Congresswoman-elect Kendra Horn and Vice-Chairman Linda Capps. Photo provided by Absentee Shawnee Media

District 1 - Roy Slavin



Bozho nikanek
(Hello friends),

It has been somewhat busy at the Slavin household recently. We attended the Districts 1 and 2 meeting in

Virginia where we enjoyed the hospitality of Legislator Eva Carney and her husband Alan. Leslie Deer attended from Shawnee, Oklahoma, and instructed on how to make side feathers, dance steps and bead bracelets for children.

For those within traveling distance to Chicago, mark your calendars for April 26, 2019. We are planning a District 1 meeting at the Field Museum. There will be a behind-the-scenes collection tour for meeting attendees provided by museum staff. The tour will cover Potawatomi artifacts in the newly renovated Native American hall. We are in the planning stages and will keep

CPN District 1 Meeting

Join us as we tour the newly renovated Native American exhibits and see Potawatomi items and artifacts. Museum staff will provide in-person artifact display for those unable to walk the exhibitions.

FRIDAY, APRIL 26
10AM-3:00PM

CHICAGO'S FIELD MUSEUM OF NATURAL HISTORY
1400 S LAKE SHORE DR. CHICAGO, IL 60605

Lunch and parking will be provided but require rsvp! Space is limited.

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you informed, but we hope to see many of you there.

As I write this, my television is filled with the services for George H.W. Bush. I was

not aware of his military career. Very impressive!

I will close this article, as always, with a plea for your contact information. If you do

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

Roy Slavin
Netagtege (Forever Planting)
Representative, District 1
816-741-5767
1-888-741-5767
rslavin@potawatomi.org
rjslavin@gmail.com

District 2 - Eva Marie Carney



Bozho nikanek
(Hello friends),

Happy New Year! Here's a recap of my 2018 activities and a preview of what's coming in 2019.

2018 highlights: This year was filled with Potawatomi-centric trips and meetings in District 2 and around the country. I hosted a meeting in Birmingham, Alabama, in March. It featured a tour of the incredible Birmingham Civil Rights Institute. I also hosted a meeting in Delray Beach, Florida, in April. I traveled back to Oklahoma for our Family Reunion Festival in June and then to the Gathering of the Potawatomi Nations, hosted in 2018 by the Prairie Band Potawatomi Nation in Kansas. Earlier in June, I presented some of our history and stories to students and staff participating in a hands-on environmental program for young adults, ages

18 to 30, at the Stuart Center for Mission, Educational Leadership & Technology, and the Center for Spirituality in Nature in Washington, D.C. In October, I orchestrated a tour of — and accompanied an energized group of Potawatomi to — the National Museum of the American Indian Archive Center in Suitland, Maryland. In November, Legislator Roy Slavin (*Netagtege*) and I hosted the annual D1-D2 Fall Feast in November in Arlington, Virginia.

Most recently, I hosted a meet-up of Potawatomi at the Native Art Market in Washington, D.C. held at the NMAI on Dec. 1. A few days later, at the invitation of the co-chair of the

convened by the White House Office of Intergovernmental Affairs in conjunction with the White House Domestic Policy Council. My role was to support efforts of Margaret and many others to ensure that the 477 legislation — which makes existing federal programming more effective in meeting the employment, training, education and welfare reform needs of tribes and tribal organizations, and substantially reduces the administrative cost and time to manage integrated programs, promotes efficiency, and expands tribes' ability to provide services to our people — is on-track for successful implementation. And at the end of the year, I finalized

CPN District 2 Spring Feast

Join us for introductions and sharing among Tribal members, feather crafting, a business update, lunch and gift-giving to honor our wisest, youngest, farthest-travelled, and Potawatomi veterans in attendance.

SATURDAY
MARCH 30, 2019
10:30AM-2:30PM

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PLEASE INCLUDE NAMES OF GUESTS AND AGES UNDER 14

P.L. 102-477 Committee, our CPN Workforce Development & Social Services Assistant Director Margaret Zientek, I attended, with Margaret and others, a 477 Tribal Partnership meeting,

and sent out the cookbook, *Citizen Potawatomi Feasting 2018*, featuring recipes from this year's District 2 contest. You can find a PDF of the book on my website, under the "Heritage" tab.

It was a joy to meet up with so many of you this year, to grow our community and to represent the Nation and play a part in fostering CPN and other Native nations' successes. *Migwetch* (thank you) to everyone who helped with planning and execution of our district events, and *igwien* (a special thank you) to Margaret for her tireless and effective advocacy on behalf of 477.

2019 Plans: The New Year's activity gets off to a running start with a District 2 meeting and lunch in Little Rock, Arkansas,



Fall Feast 2018 group photo

on Jan. 5, 2019. Details are part of this column. We've all been invited to attend Dixie Quinn's wedding at the Trinity Episcopal Cathedral, starting a few hours after the meeting ends that will be a very unique and fun way to cap off a day spent with fellow Potawatomi. Next up is our inaugural District 2 Spring Feast in Loudon, Tennessee, on March 30, 2019. *Migwetch* (thank you) to Dana Rees and Bob and Karen Richey, all of whom recently relocated to Tennessee, for their help with the meeting planning.

I've secured Friday, May 24, 2019, for our next NMAI Archive Center visit, and I already have a few RSVPs for that 20-person tour. I will attend and hope to see many of you at the 2019 Family Reunion Festival in Shawnee, which starts Friday, June 28, and the Gathering of Potawatomi Nations, which will be hosted by the Wasauksing First Nation in

Prairie Sound, Ontario, Canada, this summer (I don't have the dates yet). Also, I expect there will be another Fall Feast in the D.C. area in mid-November, and I would love to host a 2019 meeting in Atlanta, Georgia, and get back to constituents and family in the state of Florida but need help with locations. Please let me know if you can help! Details for all these meetings are or will be posted to my website, and if an event I'm hosting is within driving distance of you, you will receive postcard invitations at your homes. Sometimes meeting possibilities come up unexpectedly, so it would be good to check my website calendar frequently and join the District 2 Facebook page to keep up to date — Go to facebook.com/groups/CPNDistrict2Members, and ask to be added to the group. Please join Potawatomi events



Leslie Deer leading a dance class at the 2018 Fall Feast.



Fall Feast 2018 wisest, Mimi Scarborough of Virginia.



Eva with youngest, Andrew Upchurch from Virginia.

when and if you can – and bring your families!

Fall Feast 2018: The December *Hownikan* went to press before our Districts 1 and 2 fall feast, so this is the first opportunity to rave to everyone about the day. It was a blast sharing the feast responsibilities with Roy and Julia Slavin. We had about 65 people turn out to craft, share family stories and eat great food, as you will see from the photos (most of which were taken by Kathleen Korzeniewski) that are uploaded to Facebook. You do not need a Facebook account to view them. They can be found here: cpn.news/2019FFPics. We recognized Josh Barnett/*Debwet* (Maryland) for his military service; Mimi Scarborough (Virginia) for her wisdom; Nancy Korzeniewski/*Wisgakkwe*

(Georgia), who travelled the farthest to be with us; and Andrew Upchurch Virginia, our youngest attendee.

Also included in the album are photos of the naming ceremony we held the next day at the Korzeniewski's home in Maryland.

Migwetch (thanks) to Leslie Deer, who travelled from Oklahoma for her dance and side feather crafting instruction, and for her help setting up and cleaning up (so appreciated); to Kathleen Korzeniewski (Maryland) and Amanda Funk (Pennsylvania) for sharing photos; to Ron Bazhaw (North Carolina), for his gifts of cedar feather boxes; to Randy Bazhaw (North Carolina) for sharing his drum song with us and for overseeing the

Potawatomi Leadership Program students' 2018 project proposals; to Helen Scarborough (New York) for sharing information about College Horizons program (see collegehorizons.org for the details – this class year's application deadline is Feb. 4, 2019); to Dell Chalk (Virginia) for bringing sage, sweet grass, tobacco and big boughs of cedar from her property; to fourth-grader Brent Korzeniewski (Maryland) for sharing the Potawatomi village diorama he made for a social studies class project; and to Josh Barnett (*Debwet*) (Maryland) and Marshall Cohen (*Wasmikas*) (Virginia) for sharing videos they produced for the Indian Health Services' celebrations of Native American Heritage Month. My husband Alan Cohen also deserves a special

shout out as he ran around the entire day offloading boxes from our truck, picking up food, and making sure everything ran smoothly and got cleaned up. A few photos from the day are part of this column.

Annual contest – 2019 theme: This year's theme is "Heritage." To enter, please send in a photo of something or someone (with the person's permission, of course) that best reflects, for you, your Potawatomi heritage. The winner of a lovely Pendleton blanket will be randomly chosen from among the entries. The contest deadline is Monday, April 15, 2019. You can email, mail or Facebook message me your entries. Multiple entries are welcome; each entry should explain the photographed item's or person's significance to your

Potawatomi heritage. Anyone can enter and win, not just those in District 2. By submitting a photo, you are giving me permission to include it in a future *Hownikan* column.

Please reach out so that I know you are in District 2; keep in touch, and don't hesitate to contact me if you need help or have a question or concern.

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District 3 - Bob Whistler



Bozho nikan
(Hello friend),

Here we are at that time of year, when due to possible nasty cold weather, we may find ourselves spending more time indoors. This is a great time to do your planning for the year. I like to see if there are one or two areas that can make a difference in my life, and I keep that number small so that I can stick with it. For example, growing up, I was not an active sports person.

During my regular business career, the hours tended to be long, and in the beginning, I was working several jobs, starting our family and getting my college education. So, after I left the business world and thought about my health, I decided it was time to start going to a gym since some of the year it is really too hot or cold for outdoor workouts. I set a specific time in the afternoon to simply stop doing what I was involved with and go to the gym. Basically, I setup a very simple habit. All it really takes is about 21 days for you to establish a habit that is then very easy to keep.

Years ago, I made the mistake that many make. I made too many New Year's resolutions that were soon broken. Either it wasn't something that was really important, or it was drudgery. Look for something that will benefit you, something you enjoy. Or do something for someone

you love that way it is easy to get started and stick to it.

In a recent conversation with Vice-Chairman Linda Capps, she commented that many of our Tribal members do not have a Potawatomi name. Each of us has some very unique attributes that can be expressed in a name in Potawatomi.

By chance, did you see the movie *Dances with Wolves*? If you did, it was obvious that all the Indians in that tribe immediately associated the name with the character played by Kevin Costner, and it had a true meaning.

For those of us that do a naming, we attempt to find a name that is fitting and that others who really know the individual recognize that the name really fits the person. At the Citizen Potawatomi Nation Family Reunion Festival each year for the last six or seven years, I have been asked to give Potawatomi names to a

number of members in District 3. Coming up with a name is not an easy task. We have a questionnaire to help us find a name that is best suited for you. Even with this help, it still takes time, thought and prayer to find the right name. So, if you are interested in receiving your Potawatomi name, now is the time to contact your district representative and ask them how you go about making a name request. This will give that person ample time to be ready to give you your Potawatomi name at Festival.

On another subject, I just viewed a wonderful link on my computer of Notre Dame Coach Lou Holtz speaking at a graduation ceremony. In listening to it, it is very clear that the reason he was such a great coach is that he knew exactly how to speak with and to the people he was motivating. If you have a few minutes, please take the time to watch this link: cpn.news/

D3Holtz. If you have children that are teens or even a little older still living at home, have them join you when you watch this special presentation. You will not be disappointed.

As I have said over the years that I have been your representative, I am honored and proudly serve in that capacity, and relish the trust you have placed in me to represent you. I ask that if you need to reach me on any Tribal matter, please call my cellphone. It is the quickest way to reach me.

Bama mine
(Until later),

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



Bozho
(Hello),

A new year ahead: First, Peggy and I want to wish everyone a very happy new year. I think it is going to be a good year for the Nation. I have a very strong feeling that we will see some major advances in the Nation's economic development efforts very soon, so stay tuned. We continue to see large

numbers of new enrollments, and I don't see any reason why that would change. We now have over 34,000 enrolled members. For me personally, I will continue to do whatever I can to serve the CPN members in Kansas and hopefully see the installation of the exhibit on Burnett's Mound by early spring.

Did someone say, "Lunch is ready"? The good food and fun activities continue to bring Tribal members to the CPN Community Center in Rossville for the monthly elders potluck. The attendance at the November event was 45 members and guests, and there was plenty of food for everyone. Did I mention the more than two dozen desserts that were available, most of them homemade? Tracy and Pam of the Senior Support Network are responsible for the success of the potlucks. They normally prepare the meat and



Joe Wulfkhule, Anthony Wulfkhule and Jon Boursaw help dig and transplant traditional plants.

potatoes for the events, and the elders bring the rest. The two photos below give you an idea of the size of the group that was there, but the photos show only about half of the food that was available. The desserts were on yet another table. Again, I want to thank Tracy and Pam for all

they do for our elders, which goes far beyond the luncheons.

January elders' potluck: This New Year event will be held on Friday, Jan. 11, 2019. Join us: just bring a side dish or a dessert. If you plan on attending, please RSVP to Tracy or Pam

at 785-584-6171 no later than Tuesday, Jan. 8, 2019.

Planting our own sage: As you know, in our teachings sage, sweet grass, cedar and tobacco were the four gifts received from the Creator. We now have three of the four being grown at our community center in Rossville. A week before Thanksgiving, I received a call from a woman, who lives about two blocks from my home, asking me if I was interested in obtaining a sage bush. She was planning to have some extensive landscaping done in her backyard that required the removal of a large sage bush. She said she had been told it was important to Native Americans and asked if I would be interested in digging up hers. Obviously, I said yes and immediately called my brother Lyman in Rossville. He informed me that he had just the spot for it behind the community center near the

prayer circle. I then started making arrangements to obtain some help and a pickup. I found both in my cousin, Joe Wulfkhule, and his grandson, Anthony, and Joe's pickup. We removed several sage bushes from the lady's backyard, and replanted two of the larger ones in Rossville near a cedar tree and two large pots of sweet grass, one of which is visible in the photo I included.

CPN scholarships: I recently received information released by the CPN Department of Education regarding Tribal scholarships. I am pleased to announce that Kansas State University and Washburn University are again in the top 10 (tied for ninth) for universities with students receiving CPN scholarships. Additionally, they are the only schools in the top 10 not located in Oklahoma.



Guests enjoy a variety of food and fellowship at the CPN Community Center's potluck in Rossville's.

What do or don't you know about Citizen Potawatomi Nation culture and history? Part 2

1. Why is the eagle honored by the Potawatomi?
2. Name the animal that saved mankind in the flood story. What is Turtle Island?
3. Where was the Tribe prior to its forced relocation? Name the year of the relocation.

4. What is the forced relocation of the Tribe called?
5. Who was Benjamin Petit?

Answers to last month's questions:

1. The Potawatomi, Ottawa and Chippewa tribes, which formed the Three Fires Alliance, considered themselves to be the Original People or *Nishnabe*.
2. The Wolf
3. Sweet grass, tobacco, cedar, sage
4. In that order — generosity (white), knowledge (yellow), compassion (red) and courage (black).
5. In that order — north, east, south and west.

Finally, it has been a pleasure to serve as your legislative representative this past year, and I am looking forward to 2019 with enthusiasm.

Migwetch
(Thank you),

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District 5 - Gene Lambert



Bozho nich Bodewadmik
(Hello, my fellow Potawatomi),

I hope your holidays were memorable and 2018 is second only to what is coming up in this new year.

This is the time we need to put the "not so" memorable issues in the past and create extraordinary visions of what is to come for 2019. There were additions to the family perhaps, or the goodbyes to those who walked on. Postulate things you look forward to and can get excited about.

This is a new slate and a new start.

Some religions teach you to take care of ill feelings and bad business before you go forward into the fresh and new. Ending cycles on the bitter or sour pieces of your life — and we

all have them — is a key to a fresh, new way. It is what it is. Recognize it, and go forward.

Not everyone will celebrate your innate talents, and they weren't meant for everyone anyway. Just the ones who live in your world will know the real you.

Each new year brings new lessons, experiences and repeats when necessary. Those occur when we don't get the lesson; we get to experience it again and again until we do.

The Creator is so clever and sometimes not so subtle. You know that small voice you can hardly hear in the bustle of the city? Finally, I am sure, in utter annoyance that voice gets in your face.

"You will hear me!" he says.

"OK, OK. I get it," you utter back.

This is a new lesson learned. Listen!

My brother, Charles Lambert, has talked to me about this voice on many occasions. Charles is a contractor and says he never takes a project if he hears any question at all from it.

"Every time I have in my younger years, I wished I had listened," he said. "Sometimes there are thousands of dollars at stake, and it looks good. But I know if I do, there will be trouble."

Oprah Winfrey did an entire program on the "still, small voice" we all have inside that tells us the right or the wrong, the good and bad. We need to listen because it is for us to guide through the swamp of life.

Some say it is our conscience that guides us within our standards of right and wrong, which we have been taught since childhood.

The Bible says, "Seek your own council."

Is this about the voice we are talking about?

The issue here is it may be OK or good for someone else, but not for you in this time frame.

Have you ever thought back to a life situation you thought was not bearable or irreparable? Now that some time has passed, you realize if that hadn't happened, you wouldn't have experienced something else that was insurmountable in its rewards.

That is because we do not have our life path. Learning to trust the higher power is difficult when you think, "I can do this!"

San Xavier, our most famous mission here in Arizona, has a plaque they sell (and I bought one) that says, "This is God. I have everything under control, and I won't be needing your help today."

As another friend of mine says, "Some days I am the teacher and others I become the student."

That my friend is the truth for us all.

This isn't about how you celebrate the Creator, your religious denomination, Democrat, Republican, Independent, or other, male, female (have I covered the gamut?).

This is about *you* and what you do, what you see, what you feel. You cannot judge another person's heart. If it is wrong for you, it does not mean it is for another person. That is except for the 10 Commandments, of course, written for the basic survival of mankind and recognition of the higher power our God.

I used to tell my children when they were small I was not so sure of all the right and wrongs in life. All I know is when you go to sleep at night, do you feel good about your day? If you do not, then you need to fix it, change it, don't do it again, know and go on. Never do anything to purposely hurt another or yourself in the process.

In those younger years, I would have my children go to their rooms one hour prior to the actual bedtime. The point was to learn to be still, have quiet time,

to be alone; thus, they would learn to listen to themselves without all the outside chatter.

I would explain, "I can discipline you all day long, but that isn't as good as you learning to discipline yourself."

Once again, that small voice that says "yes" or "no."

My biggest lesson this year, as I found myself nattering about the ill will of others, is it doesn't matter what others are doing.

"What am I doing?"

That is the only thing we have control over.

It is also the only thing we have permissions to impose ourselves in.

So make all your New Year's resolutions, but make them achievable and realistic. You feel better when you succeed. You will hear, "Well done," from that still, small voice.

Wishing all of you the good things life has to offer.

Love you all.

Eunice Imogene Lambert
Butterfly Woman
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District 7 - Mark Johnson



Bozho nikanek
(Hello friends),

A year ago, I wrote about the year that had just passed and the hope of a better, new year and how its arrival gives us all a chance to reflect on

the past and to look forward to the future. I was glad to see 2017 go then. Too many parts of our country suffered losses, from tornados and hurricanes to floods and fires. It seemed like we just couldn't catch a break in 2017. One thing that I have learned in my 39 years as a firefighter is to always be optimistic for the best but to prepare for the worst. Going into 2018, I was optimistic that things would calm down in California and we would have a mild summer after four record-setting years. Nobody in our profession was prepared for what we faced in California during the summer of 2018, culminating with the Camp Fire that tore through the town of Paradise on Nov. 8,

pushed by wind gusts of up to 70 mph and reducing a community of 27,000 people to ash in a little over two hours, killing at least 86 people.

Over the years, I have written about being prepared in case of a fire or other emergency, and the things that you can do to keep your family safe. If you live in a fire prone area, and one that also has wind, there are only two things that will keep you and your family safe in the event of a fire with high winds. Those things are time and distance. Smoke coming toward your home means the fire is also. Leave the area immediately; do not wait for someone to tell you to. Just go. You will need all the time you can get. Then,

get as far away as you can. At one point, the Camp Fire was burning about an acre a second; that's the size of a football field every second. It will be much better to make a 50-mile unplanned trip than to be stuck in a traffic jam with fire around you. Get some distance from it.

As I look at 2019, I am optimistic that we in the west will have a better year than 2018. I pray that those affected by the events of 2018 find comfort in the new year and that you and your family prosper in 2019. I also pray for the continued success of our Tribe.

Once again, I would like to say what an honor it is to serve you as your District 7

representative. As always give me a call, and I will be happy to work with you on any questions you may have or provide you with additional information you may need to access Tribal benefits. 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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Wisk Mtek (Strong as a Tree)
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District 8 - Dave Carney



Bozho (Hello) and
Happy New Year!

One of the highlights of 2018 was the annual fall feast in November. This one was held in Portland, Oregon, and had a record turnout of over 90 members and guests. It was held in a very unique space

— an old Presbyterian Church in the trendy Belmont area of Portland. The church has been divided into a variety of meeting areas to serve the needs of the community. While our meeting was going on, the facility was also hosting a kid's birthday party, a yoga class and a worship service.

We had a busy evening with presentations, awards, an art contest, a good meal and a craft workshop.

Many members helped make this a really fun and interesting event:

Robert White helped haul in supplies and set up the room with me prior to the event. He also gave a talk on drumming and assisted Jack Flowers (a District 8 Vietnam veteran) in presenting awards to our veterans.



Dave Carney and winner of the craft contest, Tresa Flower.



Winner of the fine art contest, Clyde Slavin with Dave Carney.



Dave Carney and wisest, Warren Morris.

Peggy Anderson King, author of *Two Moon Journey*, gave a presentation about her recent experience following the 1838 Potawatomi Trail of Death.

Selah Bellscheidt, recent Potawatomi Leadership Program alumna and current student at Western Washington University, delivered a talk about the Cultural Heritage Center's new look

and exhibits. She also spoke about her experience in the PLP.

After dinner, Natalie Mitchell-Fuller led the gathering in creating a keepsake. She talked about the spiritual meanings behind sage, sweet grass, cedar and tobacco, and members made Christmas ornaments with these sacred elements. Her sister, Jacqueline Mitchell, assisted folks signing in at the beginning of the event and as needed throughout the evening.

As is our tradition, we presented a lovely Pendleton blanket to our "wisest" member. Mr.

Warren Morris was the winner at 89 years young. Our youngest enrolled member was 18-month old Madelyn McCauley, who also was awarded a smaller Pendleton blanket. Spokane resident Ron Layman was our farthest traveled and was awarded a Pendleton backpack and CPN thermos.

In addition to having a great turnout, we also had the best art contest participation to date. There were several competing entries in each of the three categories. Winners of the wisest, youngest and farthest traveled awards weighed in to select the winners.

The "craft" competition was won by Tresa Flowers for her wonderful turtle shell rattle with a deer hoof handle. Maebelle Svenson took the top prize in the under 12 category for an amazingly intricate

beaded hair broach. Both craft and under 12 winners took home a Michael's gift card and a print created by CPN artist Penny Coates.

The winner of the fine arts category was Clyde Slavin who created a very unique ceremonial pipe with a stone bowl held in the carved talons of a mighty eagle. It was very impressive. Clyde also brought along and gifted a roadrunner feather in a carved box that he found at the Tribal headquarters in Oklahoma. The under 12 winner, Maebelle, took that gift home with her other winnings.

I am looking forward to 2019! Please reach out to me — especially if you are in District 8 and east of Montana. I'd like to plan a meeting out your way!

Bama pi
(Until later),

Dave Carney
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Youngest, Madelyn McCauley with her father.



Farthest travelled, Ron Layman with Dave Carney.



Dave Carney and winner of the 12 and under art contest, Maebelle Svenson.

District 10 - David Barrett



Bozho
(Hello),

What to do this new year to make your life better? I've always mentally listed a handful of changes or improvements that I would like to accomplish for each new year. Start fresh with a new, better me. Is there a moral reason why we want to keep promises to other people? It may be because you believe it's the right thing to do. It may also be because you want to be known as a trustworthy person or even because you really want the other person to benefit from what you are promising.

What is the definition of a promise? Wikipedia states, "A promise is a commitment by someone to do or not to do something. As a noun *promise* means a declaration assuring that one will or will not do something. As a verb it means to commit oneself by a promise

to do or give." Merriam-Webster says, "A statement telling someone that you will definitely do something or that something will definitely happen in the future."

Most of us have made some type of promise to ourselves. It could be losing weight, eating healthier, quitting smoking, getting more done out of your day, reading more books, having more quiet time while your children are at school — you name it. Are we actually making a real promise from conviction or making them based off emotions? Our famous inward thoughts in our minds usually start with, "OK, I'll start tomorrow."

Emotions are good when we know that we are promising something we are sick of doing and that something that we're doing isn't good for us. Just think if you would just start the promise immediately instead of procrastinating; you might be further down the road by now. Other obstacles such as habits are hard to break because you have been doing them for a long time; plus, temptation enters in, which pulls you in the opposite direction of your promise. When you think making a promise on the spur of the moment is a good idea, it will let you down since you never really had a commitment to keeping it.



FireLake Discount Foods Director Richard Driskell receives recognition for his service to the CPN Veterans' Organization.

Sounds like I'm telling you, "Why make a promise if everything is against you, and you really don't mean it anyway?" To the contrary! Let's perfect a plan that will more than likely come to a fruition of success. Test your own reliability on small promises. It's all about taking small steps. Often, people try to tackle the big problems in their lives, even though they are unable to conquer the small ones. By keeping small promises, you are building trust in yourself. With every promise kept, your belief in yourself strengthens, and your expectations for yourself rise. Soon, keeping promises to yourself will become part of who you are.

You can't erase all your bad habits, or the accumulation of bad practices or circumstances, by stating, "The New Year means a new you." It is actually really unrealistic to think flipping the calendar is enough to motivate you to ax all your bad habits and behaviors.

There's a difference between changes we think we should make as opposed to changes we actually want to make.

Start out with accomplishing small goals — maybe deciding not to overreact if your kids or another family member gets on your nerves. To start, make a list, then cross out the top priority on the list. Be realistic, and choose one that you can accomplish. Set goals, and measure your progress on these by yourself. It's hard to do more than one at a time. You might have gotten in a tiff with a friend, family member or a colleague. You might see immediate results when you get better at apologizing rather than holding a grudge. Being able to say you're sorry and mean it makes it easier to get back to a positive mood after going through something difficult. Another simple promise that you can start out with is taking 10 minutes every day to avoid getting caught up in the whirlwind of work emails, after-school carpool schedules and life's countless obligations by doing something for yourself.

Read a magazine, meditate or simply play with your pet.

Hope you will challenge yourself to make some promises for the New Year. Make them simple, build your reliability, measure your progress and see what happens.

Here are some inspiring quotes about PROMISES:

"The most effective way to do it, is to do it." — Amelia Earhart

"It does not matter how slowly you go as long as you do not stop." — Confucius

"It is better to offer no excuse than a bad one." — George Washington

"When you make a promise, keep it." — Zig Ziglar

Allow me to change completely to inform you of our Veteran's Christmas dinner that had an attendance of 45 guests. Chairman Barrett brought an Italian Crème Cake (delicious), and later, Vice-Chairman Capps had her own particular drawing in which she gave away gift cards. While we were serving our meal, one of our veterans noticed three of our tribal police officers were in front of the reunion hall and asked them to come in and make themselves a to-go plate to show our appreciation for what they do for our veterans. We were honored again with the CPN ladies Hand Drum Group, *Dewegen Kwek*, who sang and drummed three beautiful songs. Before the meal, which was prepared by FireLake BBQ's Katrina Waldrup (Kat), we were blessed by Randy Schlachtun from the Potawatomi Language Department who offered a Potawatomi prayer. Richard Driskell was honored by the Veteran Organization and given a challenge coin with the Tribal seal on one side and the Veteran Seal on the other side. When



CPN Veterans' Organization members Bill Wano and David Barrett pose for a photo with their caricatures.

the veterans need something, our go-to people are Richard Driskell and Vice-Chairman Capps. Also, our Commander Daryl Talbot of the Veterans' Organization presented a caricature of Bill Wano (Secretary of the Veterans Organization) and his Ship along with a caricature of Representative Dave Barrett (Treasurer of the Veteran Organization) and his Ship for their long dedicated service in the Veteran Organization. Daryl Talbot is a very talented person who professionally draws and is recognized by quite a few businesses.

On a personal note, I am looking forward to serving the Nation for another four years, if the membership so desires.

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

Migwetch
(Thank you),

David Barrett
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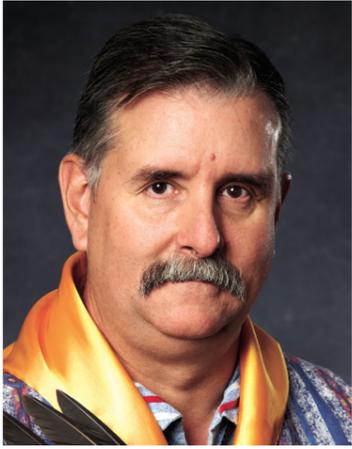
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District 12 - Paul Schmidlkofer



Abo
(Greetings to everyone),

It is just now the end of the holiday season. I always look forward to Christmas. It is not because I'm hoping to get some special gift. Actually, I'm happier

when anything you might have spent on me is instead spent on my grandkids. I love to watch them and their excitement.

This time of year reminds me of when I was still a young boy and taking trips to grandma's house. As many of us who could returned to Shawnee to celebrate Christmas at her home each year. We would get to see some of our cousins and our aunts and uncles. Like it was for many of you, it was like a big recess break at school.

I also remember we would go in and help grandma tidy up her place, which usually meant raking leaves, picking up fallen tree branches and other little things like that. For this, grandma would reward

us with some change, which we immediately would take with us and run across the street to the Dairy Queen to buy ice cream. Thinking back, I remember her smile as we did this. I now realize she was probably amused with our excitement as we were with the opportunity to go get ice cream.

I hope each of you take the time to remember your elders this season. Go by and check on them. Maybe offer to help them out or bring them food.

On a different note, we are currently looking at several opportunities at the Nation to help support our future. As is often the case, we can't share many of the details until after it is all done. But,

know we are always cognizant of our commitment to our future generations. There is often prejudice against Tribal entities in our state that slow or stop our efforts, yet we continue just the same.

We have many wonderful committed employees who work very hard to help us grow the Nation. Without them, much of what has been accomplished would not have happened or survived. I am thankful for them. I also would be remiss if I didn't mention our executive branch. Most do not know the long hours they work to help with these new opportunities or the late evenings they put in after many of us have gone home. I am always thankful for them. I've watched their efforts

and energies over the years and am always in awe that they do.

In closing, I want to thank you again for the opportunity to serve you and our Nation. It is and has always been a privilege. Safe travels to all of you this season.

Migwetch
(Thank you),

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District 13 - Bobbi Bowden



Bozho nikanek
(Hello friends),

Here we are at the beginning of another new year. I hope each of you had a wonderful holiday season filled with family and traditions and that 2019 is off to a great start for you.

I have written many times about my quest to learn more about our Nations culture and traditions. I would like to take this opportunity to thank the directors and employees in our CPN Public Information Department, the Cultural Heritage Center and our CPN Language Department for the updates that have been made, and they continue to make, to the resources and information we all now have access to online.

Each time I browse one of our websites, I learn something new or answer a question I might have. This has been an incredible tool to help me begin some of our cultural traditions in my household as well as explain and teach my children. Just to name a few of the things we have recently talked about, we have learned the significance of the eagle, tobacco and the Seven Fires Prophecy. If you have not visited the Cultural Heritage Center's website at potawatomiheritage.com, I hope you will. There are also many video tutorials on the Nation's website at potawatomi.org/culture. Thank you, thank you to all of those that contribute!

Another fascinating subject on the Nation's websites is the updates from the CPN Eagle Aviary. I am proud to have served the Nation from the beginning of this project and have watched it grow and progress since then. One of the photos attached to this article is me receiving my eagle feather from Chairman Barrett at the grand opening of the CPN Eagle Aviary in 2012. The other photo is in 2014 with my father, my nephew and my children at the aviary in 2014.

Our aviary offers a permanent home to eagles rescued from

the wild that have been injured and cannot be rehabilitated and released. Not only does the facility give CPN the opportunity to reconnect our members to the living eagle, the Creator's great messenger, it also gives us access to naturally molted feathers, which are distributed to Tribal members for cultural and religious purposes.

Tours of the aviary are available by appointment only. The staff at the aviary can also give you information on applying for an eagle feather. With our large membership, there is a wait list for members who have requested feathers. As the saying goes, "Good things come to those who wait."

You can find information about scheduling a tour and/or applying for a feather at cpn.news/eagleaviary or by calling 405-863-5623.

Migwetch (Thank you) for the privilege of serving as one of the legislative representatives of this great Nation.

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



Bobbi Bowden and family snap a picture during a tour of the CPN Eagle Aviary.



District 13 Legislator Bobbi Bowden receives eagle feather from CPN Chairman Barrett.

Hownikan

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

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