



HOWNIIKAN

Zawbogyagises | September 2020

Top photo: Buckwheat at the Bodewadmi Widoktadwen Gtegan, CPN Community Garden.

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Walking on



State and federal courts rule against Oklahoma governor in gaming cases

On July 28, U.S. District Judge Timothy DeGiusti ruled in favor of nine Oklahoma-based tribes on whether model gaming compacts automatically renewed on Jan. 1, 2020. Oklahoma Gov. Kevin Stitt contended that the compacts did not automatically renew.

"Today's ruling confirms what we have always maintained: our gaming compact automatically renewed, based on the state's actions as they are clearly defined in the original compact," said Citizen Potawatomi Nation Tribal Chairman John "Rocky" Barrett. "The Citizen Potawatomi Nation has become the economic driver of our region, due in large part to our gaming operations. This legal victory for our Nation and the people of Oklahoma means we can continue to provide the jobs and services so valuable to Oklahomans and our Tribal citizens."

The Chickasaw, Choctaw and Cherokee nations filed a lawsuit on Dec. 31, 2019, in dispute of the governor's claims. They were soon joined by six other tribal nations, including CPN. The tribes cited a provision in the compacts approved by Oklahoma voters in 2004 that allowed for the automatic renewal of the compacts upon government action sanctioning horse racing tracks' gaming licenses.

"A great deal of time and money have been wasted on this needless litigation with the State. Our hope is for a new relationship with Governor Stitt in which mutual respect and the honoring of agreements becomes the norm. I am grateful that the rule of law has prevailed," Barrett said.

The tribes' argument centered on the Oklahoma Horse Racing Commission's years-long practice of annual licensure of gaming operations at Oklahoma racetracks, including two such licenses in October 2019 for The Cherokee Nation's Will Rogers Downs and the Chickasaw Nation's Remington Park. Both racetracks have offered Class III electronic gaming for 15 years. The governor's argument — that these gaming licenses issued by the state board did not amount to state government actions authorizing gaming — failed to convince the federal court judge.

Judge DiGiusti wrote, "The ... critical question is whether the Compacts automatically renewed ... because the conditions of the renewal provision were met: Were 'organization licensees or others ... authorized to conduct electronic gaming in any form other than pari-mutuel wagering on live horse racing pursuant to any governmental action of the state ... following the effective date of this Compact'?



Oklahoma State Supreme Court Justices rule against Gov. Stitt's overreach.

"It is undisputed that organization licensees (horse racetracks) have been authorized, and are currently authorized, to conduct electronic gaming as well as betting on live horse racing. The disputed issue is whether this authorization was 'pursuant to any governmental action of the (S)tate' taken after the effective dates of the Compacts."

The governor has not indicated if he would appeal to a higher court at the time of print. He did, however, issue a broad, hyperbolic statement apparently intended to sow fear of tribal governments and their legal status as fellow governments in Oklahoma.

"The federal court determined that the 2004 Gaming Compact auto-renewed for 15 years because of an action taken by an agency's unelected board to reissue licenses for gaming at horse racing tracks," the governor's statement read. "This decision, coupled with the recent U.S. Supreme Court ruling on McGirt, means Oklahomans have important questions to face regarding our future. Among other things, we will need to explore the challenges of who will pay taxes and who won't, of how we will guarantee a competitive marketplace, and of how the State will fund core public services into the next generation. In short, we face a question of constitutional proportions about what it means to be the state of Oklahoma and how we regulate and oversee all business in our state."

Oklahoma Supreme Court rules for State AG and Legislature against governor

Just a week prior to the federal court ruling, the governor's position was further eroded by the state's highest court. The Oklahoma State Supreme

Court ruled that Stitt overstepped his authority by signing gaming compacts with the Otoe-Missouria Tribe and Comanche Nation this spring.

The litigants opposing the governor were Republican Speaker of the House Charles McCall, Republican Senate Pro Tempore Greg Treat and Republican State Attorney General Mike Hunter. As prescribed in the state constitution, the court reaffirmed that the governor has the right to negotiate on behalf of the state on tribal gaming compacts, but he cannot bind the state to compacts that violate or purport to change existing state law and policy. Representatives in the state legislature elected by Oklahomans must approve new gaming opportunities and any other changes to state law or policy. Oklahoma law currently prohibits sports betting and house-banked card and table games, meaning the executive branch was not legally allowed to sign these specific compacts.

"The Supreme Court affirmed what my office has opined, and the pro tempore of the Senate and the speaker of the House of Representatives have argued all along," Attorney General Hunter said. "The governor lacks the authority to enter into and bind the state to compacts with Indian tribes that authorize gaming activity prohibited by state law. ... We hope this settles and advances the resolution of gaming compact negotiations."

Stitt has asked for a rehearing of the case.

Troubling agreements

Those compacts, and later ones signed between the governor and the United Keetoowah Band of Cherokee Indians

Continued on page 2

Cultural Heritage Center secures grant funding to update galleries

The Citizen Potawatomi Nation Cultural Heritage Center recently received an Institute of Museum and Library Services grant in the amount of \$98,259 to update the CHC’s final two galleries and educate visitors on the Nation’s history since arriving in present-day Oklahoma.

“We hope that by enhancing these galleries with immersive and interactive displays, community members and visitors will understand the lasting impact that these events had and still have on the culture and future of CPN,” said Blake Norton, Cultural Heritage Center curator. “Additionally, our goal is for Tribal members to gain an increased sense of cultural identity, pride and Tribal patriotism as well as a fuller understanding of what it meant and still means to be Potawatomi.”

Application

To begin the process, CHC staff and CPN Office of Self-Governance completed a project analysis and needs statement that detailed the plans and the fund’s potential impact.

“The CHC always has interesting and engaging projects going on; I like that my small part in their continuing success helps them deliver culture and history to Tribal members in innovative ways,” said CPN Office of Self-Governance Grants Analyst Jeremy Arnett.

Missing deadlines or omitting specific information could result in a loss of opportunity and dollars. He and other self-governance employees ensure requests fulfill all requirements before submitting.



Renovations seek to inform and engage visitors on the last 150 years of Tribal history.

“As always, we are very appreciative for the assistance provided by the Office of Self-Governance in the submission of our grant applications,” Norton said.

Implementation

After receiving notice of the award, CHC staff, CPN departments and Atlas Fine Art Services began collaborating in the summer to develop the project’s outline, style and content.

“With such a skilled staff of researchers, writers and artists, whose strengths can regularly be seen in the *Hownikan*,

the Public Information Department is an invaluable partner on this project,” Norton said. “The same can be said about IT, which assisted CHC staff with all interactive displays currently in the museum.”

The new galleries will highlight the hurdles and triumphs the Nation has faced since the 1870s, he added.

“Constitutional establishment and reform, diversification of enterprises as well as a myriad of programs devoted to Tribal services, community development and

cultural preservation have all sewn a thread of unity within the Nation and provided solid footing for the future,” Norton said. “We hope that by exhibiting these successes the community will feel empowered and more aware, resulting in continued proactivity from members and future leaders.”

Construction is set to begin fall 2021 and last through spring 2022, just in time to reveal to the community during Family Reunion Festival 2022. For more information on the Cultural Heritage Center, visit potawatomiheritage.com.

Veterans report



Bozho
(Hello),

Virtual dedication ceremony

Several members of the CPN Veterans Organization were able to attend the groundbreaking of the Smithsonian’s

National Native American Veterans Memorial last fall, and come Nov. 11, 2020, all will have an opportunity to join the virtual dedication ceremony. More information will be shared is forthcoming, please watch this space.

“The memorial honors the commitment and bravery of Native American service members who served in the U.S. Armed Forces, often paying with their lives — the ultimate sacrifice of many American families. It also recognizes the Native people who served in all capacities beyond war, including humanitarian and peacekeeping

operations,” according to the National Museum of the American Indian website.

Please note, the National Museum of the American Indian is closed due to the COVID-19 pandemic. For more information on the virtual dedication ceremony, visit cpn.news/nnavm.

VA representative
travis.stanberry@odva.ok.gov
918-397-2566

Shawnee office: Gordon Cooper
Technology Center, Tuesdays
from 9 a.m. To 3 p.m.

Our CPN Veterans Organization meetings are still on hold until further notice.

Migwetch
(Thank you),

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

Gaming continued...

and Kialegee Tribal Town, have been a cause of concern for many of Oklahoma’s gaming tribes. In addition to the issues ruled out by the Oklahoma Supreme Court, these agreements shatter the jurisdictional boundaries that have long governed where tribal gaming sites can operate. In fact, the latter’s poses a direct infringement upon the Citizen Potawatomi Nation’s jurisdiction alongside two other nearby tribal nations.

Though based in Wetumka, a town nearly 70 miles away from CPN’s westernmost jurisdictional boundaries, the KTT’s compact with Gov. Stitt allows it to establish a gaming site on the lands of

either CPN, the Iowa Tribe of Oklahoma or the Kickapoo Tribe of Oklahoma.

These compacts face a similar legal challenge in the Oklahoma State Supreme Court by state Republican legislative leadership, and the Court should issue a decision soon.

Department of Interior

The Department of Interior took no action on the Comanche and Otoe-Missouria Tribe compacts negotiated by Stitt, subsequently making the compacts “deemed approved” to the extent they do not violate state or federal law.

The Cherokee Nation, Chickasaw Nation, Choctaw Nation and Citizen Potawatomi Nation have filed a lawsuit

against the Department of Interior, the governor, and the Comanche and Otoe-Missouria tribes regarding the unlawful gaming agreements. Lawyers representing the four tribal nations issued the following statement:

“Four Tribes today initiated a lawsuit to declare the Comanche Nation’s and Otoe-Missouria Tribe’s gaming agreements invalid for purposes of Federal law. While the Oklahoma Supreme Court has declared those agreements invalid under Oklahoma law, their validity under Federal law must also be addressed to avoid damage to the integrity of the Indian Gaming Regulatory Act, a statute that provides the bedrock to a significant portion of Oklahoma’s economy. The Tribes

filed this suit to protect the IGRA’s established framework and the Tribal operations conducted under it.”

Just as it did with the Otoe-Missouria and Comanche agreements, the Department of Interior took no action on the gaming compacts submitted by the governor, the UKB and KTT. The latter’s agreement appears to allow for the violation of either the CPN’s, Kickapoo’s or Iowa tribes’ jurisdictions, depending on what eastern OKC-metro area community the KTT government attempts to establish a new casino in. Communities like Choctaw, Jones, Harrah and Newalla may be forced to host this new off-jurisdiction KTT gaming entity if the lawsuit filed against the DOI fails.

Bourassa family history

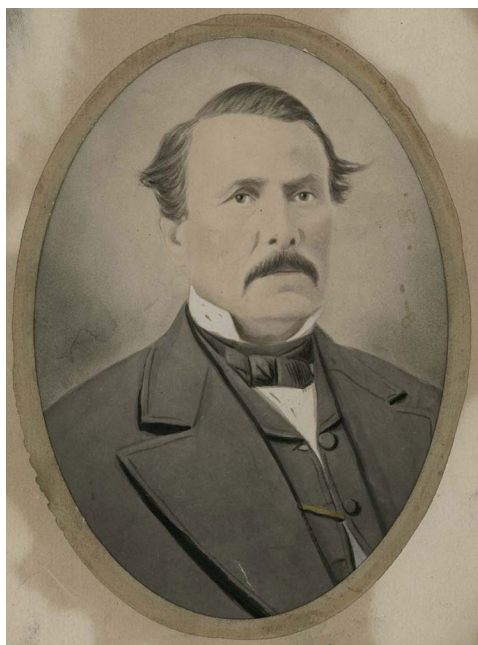
The Citizen Potawatomi Nation Cultural Heritage Center provides resources to keep the Tribe's history safe and accessible for generations to come. One key way the Nation does this is through the CHC's archives. To highlight some of these holdings, the *Hownikan* is featuring photographs and family history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

Arrival in North America

Like many French who came to North America in the 17th and 18th centuries, the Bourassa family played a role in the development of both the fur trade and French-Native American relations.

Francois Bourassa II became very active in the industry and married Marie Leber, tied to the well-known and successful LeBer family in Montreal. They had seven children: Francois, René, Marie Elisabeth, Francois Joachim, Charles-Joseph, Antoine and Susanne.

His son René carried the family tradition. In 1710, René married Agnès Gangnè. After her passing in 1719, he



Creator of the first Potawatomi dictionary in Kansas: Joseph Napoleon Bourassa.

married Marie-Catherine Leriger in 1721. Between the two marriages, he had eight children: Marie Catherine, Agnes Francoise, Rene, Marie Renee Clement, Ignance, Amable, Francois Marie and Charlotte. Marie-Catherine and René became one of ten families that permanently lived within Fort Michilimackinac in northern Michigan. The fort served as a key trade post in the Great Lakes region near many *Nishnabé* communities.

Rene Celement II and Ignance continued the family business. Rene II married Anne-Charlotte Chevalier, and they had four children: Charlotte, Daniel, Charles and Agnes. Records indicate Rene lived near Niles, Michigan, before eventually relocating the family to Detroit in 1792 where he died at 74.

Daniel arrived in Detroit at the age of 13. In 1786, he married Marguerite Bertrand, daughter of Joseph Laurent and Marie Therese Bertrand. Before they wed, Daniel had a daughter named Madeline with an unknown Native American woman. Madeline married Joseph Bertrand, Sr., and a park in Berrien County, Michigan, bears her name.

Daniel I and Marguerite had 14 children: Daniel II, Marguerite, Archange, Jean Baptiste, Marie Judith, Michel, Alexandre I, Eloy, Alexandre II, Leon, Madeline, Agatha, Theresa and Amable.

Daniel Bourassa II was born at Michilimackinac in 1780. He married a Chippewa/Ottawa woman named *Aranwaiske*, English name Theotis Pisange. She was the niece of Chief Shabbona, and they settled near the Yellow River in Indiana. Together, they had 12 children: Joseph Napoleon, Mark, Jude, Lazarus, Stephen, Gabriel, Eloy, Alexander, Daniel III, Jaques, Elizabeth, and one child that passed away.

Daniel II, Theotis and seven of their children lived outside of Potawatomi Chief Menominee's village in northern Indiana in the late 1830s. As a result, they were forcibly removed on the Trail of Death in 1838. Records indicate Daniel II was an honest and respected



Jon Boursaw continues the family legacy of leadership as an elected Tribal official.

man within the community. He became the first to sign the Muster Roll, which was a type of census taken before the 660-mile forced march west began.

Their son Joseph Napoleon removed a year prior to the Trail of Death. Jude went to court attesting that he had rights to remain in Indiana in 1837 but was unsuccessful. Jude left the Great Lakes region on Aug. 17, 1840.

In their youth, Joseph and Jude received educations from the Baptist Theological Institute in Hamilton, New York, as well as the Choctaw Academy in Kentucky. Joseph became known as "Bourassa the Interpreter" for his translation and negotiation skills. He also served as an educator and doctor, compiling traditional Potawatomi medicinal recipes and a Potawatomi dictionary. Both brothers were signatories on the Treaty of 1846.

Before removal west, Jude married Marie Catherine Charet in 1833. They had numerous children: Theodore Santana, Adelaide, Louise, Mary Eleanore, Helena, Eulalia, Isabella, Stephen, Eugene, Basil, Theodosia, Daniel, Jude, Jacob and Helena.

Jude eventually established a grist mill on the Potawatomi Reservation near the mouth of Mill Creek, a Kansas River tributary. His daughter Isabella entertained visitors on one of the only pianos in the territory. Sadly, Joseph and Jude's parents and many siblings passed away within the first few years after the Trail of Death. In the mid to late 1850s, Jude walked on due to smallpox.

Joseph and his first wife *Memetikosiwiki* married in 1838. After her death, he married *MahNees*. His third wife, Mary L. Nadeau, died in 1872, and he then married Elizabeth Curlyhead. He had eight children between the four marriages: Joseph, adopted daughter Mary McDowell, Josephine R., Joseph B., May T. L., James E., Mary Lucille and Joseph Napoleon Jr.

Potawatomi leaders, including Joseph, signed the Treaty of 1861 that granted members allotments and the opportunity to become U.S. citizens. Like many agreements made with the federal government, this treaty had negative consequences for the Potawatomi people. Instead of upholding the grace period on taxation, Potawatomi lost most of their allotments due to failure to pay taxes.

Joseph wrote in 1866 about the white encroachment: "It seems to me the course taken in settling our affairs, being so slow, is in breaking the law."

After the Treaty of 1867, most of Jude and Joseph's children began moving to present-day Oklahoma, while some remained in Kansas. Many took allotments on the southern portion of the reservation. Joseph remained in Kansas and passed away in 1877. Today, Bourassa descendants across the world keep the family traditions of leadership and service to community alive for generations to come.

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

Hygiene aids against staph infections

By Lenzy Krehbiel-Burton

COVID-19 is not the only medical condition that can be mitigated by hand washing and not touching your face.

According to the most recent data available from the Centers for Disease Control and Prevention, staph infections account for about 20,000 fatalities a year, with higher rates among elders, nursing home patients and people with organ dysfunction. Although individuals can contract one anywhere, staph infections are one of the leading causes of hospital-acquired infections.

Staphylococcus aureus causes most staph infections, which is a type of bacteria commonly found in a person's nose or on their skin. The bacteria is only harmful if it gets further into the body. *Staphylococcus* enters the blood stream through an open wound or by touching a contaminated surface then sticking that finger in a body part, including the mouth, nose, eyes or ears.

People with pre-existing skin issues, including burns and eczema, are at higher risk of developing minor staph infections that can lead to boils, cellulitis, oozing blisters or sties, a red, warm bump near the eyelid that resembles a pimple.

Depending on the severity and location, these infections can often be treated at home, through either prescription antibiotics or non-prescription remedies, including repeated stints with a hot, clean compress.

However, some strains of *staphylococcus* bacteria have evolved to the point that they are resistant to multiple forms of antibiotics, including penicillin. Those strains, known as MRSA, can lead to life-threatening infections, such as pneumonia and sepsis. In 2017 alone, there were 323,700 MRSA-related cases in the United States according to the CDC.

Asymptomatic people, including health care providers, can spread bacteria.

According to a study by the CDC, an estimated 5 out of every 100 people carry MRSA strains in their nose.

Such as with non-MRSA cases, the symptoms depend upon the size and location of the infection. However, common signs include a fever and a warm, red, swollen bump that is painful to the touch.

The risks for MRSA infection are even higher for people who rely on dialysis or a catheter as well as long-term hospital patients and nursing home residents.

According to electronic health record data from more than 400 acute care hospitals and population-based surveillance data from CDC's Emerging Infections Program, MRSA bloodstream infections in health care settings, such as hospitals and nursing homes, decreased nationally by approximately 17 percent each year between 2005 and 2012.

However, the infection rates from health care facilities remained flat for the next four years while rising outside the health care arena, particularly among intravenous drug users, who are 16 times more likely to contract an infection.

In order to minimize the risk of contracting or spreading a staph infection — MRSA or otherwise — the CDC recommends regular hand washing and bathing with soap. Clean and cover rashes, cuts and other open wounds until they have thoroughly healed. Resist picking at scabs and extra skin. Treat bandages as single-use objects, changing them regularly and throwing them away.

Additionally, the CDC discourages sharing sheets, towels, clothes, razors or other personal items with someone suspected of having a staph infection. ♡

Woodland artists celebrate contemporary work at Jacobson House Native Art Center

Located on the University of Oklahoma campus in Norman, the Jacobson House Native Art Center stands as a testament to the creativity and beauty of Indigenous art throughout the last century. The latest exhibit, *Azhwakwa: Contemporary Anishinaabe Art*, features five Citizen Potawatomi Nation artists. Odawa, Ojibwe, Prairie Band Potawatomi, Gun Lake Potawatomi and Chippewas of Rama First Nation artists are also featured at Jacobson House from Aug. 22 through Oct. 18.

A desire to reinvigorate the passion and life surrounding this historic building inspired Cherokee Nation artist and publishing editor of the *First American Art Magazine*, America Meredith, to curate the exhibition.

“There were once important shows going through (Jacobson House), and then it’s kind of fallen by the wayside,” she said. “I thought we needed to have a show that just really knocks people’s socks off, just superb, gorgeous artwork, and a strong cultural tour de force.”

Unique for showcasing only Woodland artists, *Azhwakwa* comprises basketry, paintings, birch bark biting, porcupine quillwork, installation art, textiles, photographs, jewelry, beadwork and more. Meredith said it is about maintaining cultural connections.

“The fact that people are making those efforts to talk to speakers in the language, meet with people,” she said. “And then some artists, they have to travel back to their historic Great Lakes homelands. They’ve moved away, so they have to travel back to harvest the birch and the black ash and sweetgrass.”



Cathy and Christopher Short collaborate on textile art, including this shawl displayed at Jacobson House Native Art Center as part of the Azhwakwa: Contemporary Anishinaabe Art exhibit.

Beyond the woods

Azhwakwa — “Beyond the woods” in Potawatomi — aims to show the resilience of the Eastern Woodland peoples after forced removals and assimilation. Featured artist and CPN member Christopher Short collaborates on appliqué textiles with his mother, Cathy, using a combination of laser cutting and hand sewing.

“Through the art that we’re trying to do, the art that we’ve been working on, I think that we’re helping to acknowledge that culture and that identity that we

have and bring it forward and present it. So it remains, maybe not in its original form, but it adapts and helps nourish us and helps inspire us,” Christopher said.

They began working together 15 years ago, although Cathy started sewing dolls clothes as a child. She taught Chris about their family’s culture as Bourassa descendants through art when he was young.

“It shaped who I am; it shaped who they are. And an appreciation for it, a knowledge about it, just seemed to be very critical. And art, especially when you’re starting with small children, seems to be kind of a natural,” Cathy said.

They said textiles lend themselves well to collaboration, and their featured piece at Jacobson House’s new exhibit is a butterfly-patterned shawl with hand-tied white fringe.

“It’s kind of fun to work with bits of cloth and bits of leather and things that you can actually touch,” said Chris, who works in information technology. “I spend a lot of time rendering things on the computer for other art pieces and using Photoshop and (computer-aided design) and 3D programs, and it’s so gratifying to actually hold something in your hand that existed solely on the computer a few hours ago or a few days ago.”

Harnessing new technologies to create pieces rich in *Anishinaabe* cultural techniques and symbols highlights Meredith’s idea behind the exhibit.

“I hope continuity is the main theme where Native people are going to use their own Indigenous art forms and those will continue on to the future,” she said. “The whole idea that Native is ancient or Indigenous art

forms are fading or disappearing is an untrue narrative put forth by Western academics that I think we pretty soundly rejected in the 21st century.”

Coronavirus adaptations

The Jacobson House is a small art space; however, Meredith chooses to see it as an advantage during a pandemic. Staff closely monitor how many visitors enter the exhibit while providing an intimate experience for families and children being homeschooled.

“Some of the artists only have one piece, so that’s how we’re able to accommodate 12 different artists in a really small space,” Meredith said. “But I think they all play off each other very well, and I think we have excellent range of different forms and approaches.”

The Jacobson House requires guests to wear face masks while walking through the exhibit. Visitors can email jacobsonhouse@gmail.com to schedule a private tour. Jacobson House is also offering a series of virtual artist talks every other Monday throughout the exhibit, giving those unable or unwilling to travel a chance to participate and enjoy the art.

“I hope that people see the survival and the resilience of Native people and know these people went through this and they still have beauty in their lives. They’re still creating beauty. We’re going to be able to get through the time we are in now,” Meredith said.

The gallery will be open Saturdays and Sundays from 1 to 5 p.m. through Oct. 18 as well as by appointment. Visit jacobsonhouse.art/exhibitions or facebook.com/jacobsonhouseart for more information. ♡

Workforce Development & Social Services provides back-to-school support

Preparing for the school year during normal circumstances brings stress, and during a global pandemic, the season can be even more overwhelming. However, Citizen Potawatomi Nation Workforce Development & Social Services seeks to help Native American families and students in need with access to assistance, no matter the circumstances.

“We reached out to last year’s participants and asked them to talk us through their plans for back to school,” said Workforce Development & Social Services Youth Counselor Kym Coe.

From those conversations, the department decided to distribute all the school supplies on hand as well as provide \$75 gift cards for school supply reimbursements. If students need more expensive supplies, such as a graphing calculator, Workforce may be able to assist on a case-by-case basis.

“There are some stipulations,” CPN Workforce Development & Social Services Assistant Director Margaret Zientek said. “And this is probably what’s going to hurt: they have to give us the receipts to be eligible for any other services in the future.”



Kym Coe and other Workforce Development & Social Services staff work hard to remove students’ barriers to success.

Virtual

Area schools and Workforce have noticed a sharp increase in the number of students opting for homeschool or virtual education for the 2020-2021 school year.

CPN Youth Counselor & Coordinator Michelle Ramirez said these numbers could increase more as schools evaluate and update procedures.

Since the pandemic began spreading across the country, a lack of technology and internet access amongst many clients makes learning through the web difficult.

Workforce looks at each situation and client individually to determine available services. Numerous families have qualified to receive aid paying for internet services, which removes some technological learning barriers for

students. Staff have also helped families sign up for month-to-month plans and other affordable internet options.

Additionally, depending on need, the department has supplied computers and tablets. As funding for this support remains available, more students may qualify.

Eligibility

To be eligible for back-to-school assistance, clients must be members of a federally recognized tribe and attend school within CPN’s original jurisdiction. Students can also qualify if they are 14 and older and reside in Pottawatomie, Lincoln, Payne, Cleveland, Seminole or Oklahoma counties.

Workforce encourages anyone in need to fill out an application, and staff look forward to the chance to help make this school year as successful and stress free as possible.

Find out more information at cpn.news/wfss. For CPN members, other assistance opportunities may be available through the CPN CARES programs at potawatomi.org/cares. ♡

Tribes watch as Oklahoma moves toward managed care for Medicaid

In June 2020, Oklahoma voters narrowly supported expanding the state’s Medicaid program outlined in the 2010 Affordable Care Act. The vote passed with 50.5 percent in favor, enshrining the program’s funding in the state constitution. This means the state legislature must fund the program’s 10 percent cost share while the federal government pays for the remaining 90 percent.

Until 2020, the state was one of 14 nationwide that had not expanded Medicaid for those qualified by ACA standards. Oklahoma has the second highest rate of uninsured adults in the country, though that may change as the program’s eligibility expands by the 2021 deadline. Before the COVID-19 public health and ensuing job loss crises hit, the state estimated 200,000 would be eligible under the new Medicaid program. Oklahomans who file taxes as individuals making less than \$17,000 a year or a family of three making less than \$29,000 are now eligible. Medicaid expansion may also provide the opportunity to access expanded services not currently available.

State leaders have worked diligently in the weeks after the June 2020 vote to come up with the state government’s 10 percent cost match. Earlier in the year, the governor directed the Oklahoma Health Care Authority to submit state plan amendments to move forward with Medicaid expansion on July 1, 2020. However, in the weeks before implementation, he canceled the expansion plans. Prior to the vote on June 18, at the direction of the state’s executive branch, the OHCA issued a request for proposals from managed care organizations to run the state’s Medicaid program.

According to the Oklahoma Policy Institute, MCOs offer a streamlined and affordable way to manage health care programs, but they are not always fool proof.



Tribes play a unique role in Oklahoma health care and its Medicaid program..

“While some claim risk-based MCOs have certain flexibility and accountability advantages, they are primarily used as cost containment measures,” wrote OKPI’s Steve Lewis. “Oklahoma used this managed care model in the 1990s, and it did not work out then. The MCOs could not make a profit at the rate they were able to negotiate with the state, so they left the state. There was quite a bit of turmoil in the system, and OHCA went back to the fee-for-service model it now uses.”

Currently the OHCA oversees its management and maintains a good working relationship with tribal health care entities who serve tens of thousands of Oklahomans each year. As Oklahoma tribes well know, a positive relationship with a state entity that understands and respects the nuances of Indian Country results in a better partner. In recent decades, the growth in tribal health care services have filled in the health care gaps of rural Oklahoma, where hospitals and clinics have closed with increasing regularity. Concerns lie that an out-of-state company with little experience working with tribal health care providers may not understand the complexity that

comes with the state’s tribal population. Based on a Congressional mandate, American Indians and Alaskan Natives are not mandated into MCOs. Tribes have requested OHCA allow this population to “opt in” to the MCO rather than be automatically enrolled. Tribes in states with MCOs have encountered difficulties receiving timely Medicaid payments for service or received outright denials on Tribal referrals.

Stepping in to help sort out some of these issues is State Senator Greg McCortney (R-Ada/Wanette). The former Ada mayor has been a leading voice at the statehouse to address the Medicaid issue. Senator McCortney, a citizen of the Choctaw Nation, requested an interim study for the fall of 2020 to examine tribal health and Medicaid managed care in the Senate Health and Human Services Committee.

Tribal support for Medicaid

Numerous Oklahoma tribal governments endorsed the ‘yes’ vote for the 2020 state question that pushed for Medicaid expansion. In addition to Citizen Potawatomi Nation, they included the

Chickasaw Nation, Choctaw Nation, Osage Nation and Creek Nation. While health outcomes for Native Americans generally lag behind those of other groups, there were economic factors driving the support as well.

A 2019 study by the Self-Governance Communication & Education Tribal Consortium indicated that the presence of tribes can offset a significant cost to the state under the expanded Medicaid program. Under the ACA, Indian Health Service-eligible individuals can receive health care coverage paid for by Medicaid funds. According to the U.S. Census Bureau, an estimated 34,474 uninsured IHS-eligible patients in Oklahoma also meet Medicaid eligibility based on household income. If the state expanded Medicaid, the average annual per capita spent on them individually would be \$7,255, which totals about \$250 million. The nearly 34,500 IHS-eligible Oklahomans would not count toward the state’s funding of Medicaid support.

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

Uninsured AI/AN patients who may now qualify under the expanded Medicaid guidelines will continue to receive the same amount of care, and the federal government will follow federal law and numerous treaty obligations to pay the remainder of the cost. ♠

Language update

By Justin Neely, Director of the CPN Department of Language

The language department has been working with other Potawatomi language departments across the U.S. on Potawatomi grammar. I think some of the things we have been dealing with would be of interest to members throughout the U.S.

The class is being taught by Citizen Potawatomi tribal member and linguist Lindsay Marean. Igwien (heartfelt thanks) to the Prairie Band Potawatomi Language Department for hosting this class.

There are four main types of verbs in Potawatomi:

VAI or class 2, VII verbs or class 1, VTI verbs or class 3, and VTA verbs or class 4. VAI verbs are usually just statement verbs that don’t affect other people: “I sit, I read, I eat.” VII verbs are often adjectives in English: “It’s big. They are big.” VII verbs also talk about weather: “It’s cold,” or “It’s hot.” VTI verbs are verbs where a person interacts with an item: “I see it. They pick them up.” VTA verbs are verbs where two animate actors act upon

something animate: “I talk to him. He reads to me. They pick up tobacco.” Certain items in nature, some foods and spiritual items are considered animate.

There are also independent, conjunct, imperative and prohibitive modes.

Independent is usually used with basic statements or “yes/no” questions. The conjunct is used for more complicated who, what, when, where-type questions. When there are multiple verbs in a sentence, often the second and following verbs will be in the conjunct. Though as this class showed, a speaker can use the different forms to shift focus on what is going on and can break what might seem like definite rules.

We have spent a considerable amount of time looking at VTA or transitive animate verbs. This is when a person acts on another person or animate item. Certain objects in nature, certain foods and spiritual items are considered animate. One thing that I have found useful when studying these verbs is to group them in the following manner. When you group them, it is easier to see the similarities.

	Independent
You (singular)	You All
Gwabem – You see me	Gwabmem – You all see me
Gwabma – You see him/her	Gwabmawa – You all see him/her
Gwabmimen – You see us (you)	Gwabmimwen – You all see us (you)
Gwabmak – You see them	Gwabmawak – You all see them
He/She	They
Nwabmek – He/she sees me	Nwabmegok – They see me
Gwabmek – He/she sees you	Gwabmegok – They see you
Wabman – He/she sees him/her/them	Wabmawan – They see him/her/them
Nwabmegnan – He/she sees us-u	Nwabmegnanek – They see us (you)
Gwabmegnan – He/she sees us all	Gwabmegnanek – They see us all
Gwabmegwa – He/she sees you all	Gwabmegwak – They see you all
I/me	
Gwabmen – I see you	Gwabmenem – I see you all
Nwabma – I see him	Nwabmak – I see them
We, but not you	We all
Nwabmamen – We/you see him/her/them	Gwabmamen – We see him/her/them
We but not you has a little variation between northern and southern Potawatomi	
Northern	
Gwabmego – We/you see you	Gwabmegom – We/you see you all
Southern	
Kwabmenmen – We/you see you	Kwabmenmen – We/you see you ♠

Students and parents alike enjoy virtual STEM and Healthy Eats camps

The coronavirus pandemic forced departments across the Citizen Potawatomi Nation to employ ingenuity to continue meeting their missions. As in-person summer programs were canceled, several CPN departments, including Workforce Development & Social Services and the Department of Education, partnered with Oklahoma State University and employees across CPN to develop two virtual camps held July 20 through July 25.

During the week, students attended virtual Healthy Eats and STEM camps. Participants joined mid-morning Zoom cooking classes organized by CPN Dietitian Maggi Gilbert and Workforce Development & Social Services, and school-age children across CPN's service area had an opportunity to learn from science, technology, engineering and math professionals.

"It is so rewarding to provide information that I have — resources that I have — to these Native youth," said Dr. Kent Smith, VSTEM presenter, professor at Oklahoma State University College of Osteopathic Medicine and associate dean of the Office of American Indian in Medicine and Science. "If a handful of them grab it and do something with it, then I have succeeded."

Organizing

Every summer, Workforce Development & Social Services awards stipends for youth clients to attend summer camps. However, due to the pandemic, CPN staff began discussing virtual options in early June. Around the same time, Dr. Kent Smith from OSU reached out to the CPN Department of Education Director Tesia Zientek about a potential partnership.

"Each of our departments typically offers summer programs for youth, but with COVID-19, we have had to be adaptable and innovative," Tesia said. "This seemed like a wonderful solution, and it bloomed into something beyond what Dr. Smith had originally explained when we brought on other STEM experts."

The week focused on developing important life skills like healthy eating and exercise as well as introduced participants to STEM careers in a fun, engaging way. Removing barriers to partaking in both camps was important to organizers.

A few days before, students received supply boxes with all the items necessary to participate, including exercise equipment, an indoor grill, science-program supplies, a first aid kit and more.



CPN member Blaine Zientek collects insects for a VSTEM presentation.



CPN Workforce Development & Social Services Youth Counselor Kym Coe and CPN Department of Education Internship and Project Coordinator Channing Seikel organize supplies.

Staff took the time to think about every aspect of the camps when purchasing materials.

"Some of the activities encouraged the kids to go outside, so we included bug spray and sunscreen," said CPN Workforce Development & Social Services Assistant Director Margaret Zientek.

Many families told organizers they did not expect the amount of supplies they received.

"The kids' faces and the parents' faces — there were definitely some tears," said Kym Coe, CPN Workforce Development & Social Services youth counselor.

Healthy Eats

Every morning, participants and their guardians joined Tribal dietitian Maggi Gilbert via Zoom as she taught recipes and discussed healthy eating. Throughout the camp, they prepared egg breakfast cups, turkey rollups, chicken kabobs, Mexican pizza and peanut butter energy bites.

"I was shocked at the number," Gilbert said. "I couldn't believe there were that many people on the Zoom meetings."

Staff tried to make every part of the experience educational for the more than 40 participants, even down to how to buy groceries for the week's lessons.

"We had planned to bring them and to go shopping with them, but what we ended up having them do is they had to log on to firelakefoods.com. They had to literally go through the shopping experience and put the ingredients they needed into the shopping cart," Margaret said.

Since becoming a dietitian, Gilbert has noticed how prevalent convenience, fast foods are in American diets, and she tailored her sessions to help students make better decisions post-camp.

"My hope is that they would speak up and say, 'We're missing a vegetable,' or 'Hey mom, could we maybe try this?' I had it at this camp, and it was really good." So, just opening their eyes to new things," she said.

"And I also feel there's a lot of value in teaching that it doesn't have to always be fruit, vegetable, whole grain. We can incorporate some fun foods too and that it's not strict rules for healthy eating."

To encourage attendees to continue exploring healthy eating after the week ended, Gilbert created a cookbook that included easy to prepare dishes.

"I took some time to research different recipes that I thought would be healthy

and nutritious but also fun for kids, then I just kind of pieced that together," she said.

While she missed the in-person interaction, Gilbert appreciated that her sessions brought families together for an educational, fun activity.

"My favorite part was honestly the cooking and exercising," said Robert Collins II, CPN member and participant. His father joined along, and although they do not normally prepare meals together, they enjoyed the experience.

VSTEM

In the afternoons, instructors led Zoom lessons on a variety of subjects. Programming included exercise instruction from FireLake Wellness Center trainers; OSU Associate Professor Jennifer Volberding, Ph.D. discussed athletic training and health-related career opportunities; CPN Environmental Specialist Lexi Freeman talked about the importance of a balanced ecology and basic entomology; and Dr. Smith presented on Indigenous health as well as archaeology and fossils.

"We certainly had to be creative on how to get students involved in a virtual format," Tesia said. "The STEM kits helped tremendously with this."

Staff included supplies for each class to encourage contribution. The interactive presentations lasted an hour and a half, then CPN Department of Education staff spent the last 30 minutes each day discussing career and higher-educational opportunities.

"We intended that the VSTEM camp not only exposed students to different

STEM fields but also got them thinking on how to prepare for college and careers in those particular fields or any (fields) that might interest them," Tesia said.

Highlighting the opportunities within CPN and other tribes was also important, and internal experts introduced the youth to the vast career options across Indian Country. Freeman studies water quality on CPN land for the Tribe's department of environmental health. With a Master's in Environmental Science, she taught the students about entomology and easy ways to research the world around them.

"They got a collection kit with a net, magnifying glass and a little box," Freeman said. "That's what really got me into it. You catch something, and it doesn't look like a lot. Then you have a whole box full of insect, and it's like, 'Wow, I did that!'"

In her youth, she often attended a variety of camps during the summer. As a CPN tribal member, she is thankful for her part in providing participants similar experiences.

"Considering the Seven Generations, I think having advocacy from us important," Freeman said. "I would hope that even if I can just get one kid interested and they end up working for the (Department of Environmental Quality) or (Environmental Protection Agency), giving that perspective, that's important."

At the end of each day, participants submitted feedback on the camps and variety of subjects covered.

One student said, "My biggest takeaway today was learning how to properly identify and preserve bugs. Before today, I did not know how to preserve bugs correctly. I really enjoyed learning more in depth about entomology. My great-grandfather was an entomologist. I think that it is an interesting field, and I cannot wait to get out and identify and study some of the bugs in my area."

Although this was the Nation's first time experimenting with virtual youth programming, the week was successful for students and presenters alike.

"This is absolutely something we will consider as the pandemic continues," Tesia said. "It may also be something we look at to expand some of our programming beyond the immediate area so that non-local CPN students can participate."

To learn more about the camps and access the Zoom presentations, visit cpn.news/vcamp. ♡



CPN staff organize grocery supplies for Healthy Eats camp.

Tribe's agricultural endeavors provide sound economic investment

Taking care of the land and providing for the people are core Potawatomi traditions. The Citizen Potawatomi Nation's Department of Real Estate Services oversees the Nation's agricultural investments, which uphold these principals. As DRES Agriculture Programs Manager, CPN member Tonya Kitchen directs the Nation's efforts to recover the land for generations to come while diversifying CPN's economic portfolio.

"An investment in agriculture, in my opinion, is an investment in the future in any way that you see it," Kitchen said.

Leadership

Growing up, her family owned a cow-calf operation, and the agriculture industry has interested her since childhood. Kitchen graduated with an agricultural education degree from Oklahoma State University and taught for several years before taking a job managing a daycare. However, her love for the industry remained. After a leasing specialist opportunity opened at the Nation, Kitchen applied.

"The position had quite a bit of agricultural need because of the farming and grazing leases, and I have oil and gas background as well. There was a need for that as well," she said.

Approximately two years later, CPN promoted her as the agriculture programs manager. Her main duties include overseeing the Nation's hay and sharecrop operations as well as general land management. Kitchen

prides herself on using her skills to serve fellow Citizen Potawatomi.

"I always like to see the bigger picture. I always like to keep the bigger goal in mind. It's not just my department — it's my Tribe," Kitchen said.

Baling in business

One of the endeavors under Kitchen's umbrella includes approximately 2,000 acres of hay operations. CPN contracts some of the land dedicated to growing alfalfa and Bermuda hay, with the remainder cultivated and harvested in-house. CPN also partners with local producers by share-cropping land for row crops like corn, wheat and soybeans.

"We contract part of it out to reduce overhead — reduce costs," she said. "We still touch base on every piece of property that we have, whether it's contracted out or not. We just don't perform all the duties there on those properties."

According to Kitchen, the Nation's success in this labor-intensive industry is due to CPN's hardworking employees.

"They are so self-motivated," she said. "They know the vision that I have, and they share that same vision. They help me every day to get it done, and I could not ask for better employees."

Sovereignty

Buying back Potawatomi land in Oklahoma is one of the realty department's main focuses, which houses the Nation's agriculture programs.



Hay is the main agricultural production on approximately 2,000 acres of CPN land.

However, the process of putting land into trust often takes many years.

CPN has full authority on its trust property; local, county and state governments have no jurisdiction on trust land. While the lengthy process commences, CPN's realty team takes a proactive approach to finding ways of generating revenue.

"We've taken over so many properties that were just in terrible, terrible shape, and we've turned them around. We're making money off of them. We're adding to the economic viability of the Tribe, all while improving ground quality," Kitchen said.

Due to Kitchen's extensive background, CPN recently began exploring more

opportunities to provide economic benefits while restoring original reservation land. By making investments in agriculture, the Nation is working toward long-term sustainability and food security, she added.

"Agriculture is always going to be there. The need to feed America is always going to be there. ... I can't put into words the passion I feel for this because it's a step in the direction of sovereignty for the Tribe," Kitchen said.

Learn more about the Nation's agricultural endeavors and the Department of Real Estate Services at cpn.news/dres. 🔥

Aerial survey creates topographical map of Welch allotment

On a warm July morning, a team from Pollard & Whited Surveying Inc., Citizen Potawatomi Nation Department of Realty staff and a helicopter pilot descended on the 320-acre Joseph Welch allotment to create a detailed, topographical analysis of the land from above using Light Detection and Ranging technology.

"Over time, there have been a number of development proposals come in on this site, and recently, we had another proposal," Citizen Potawatomi Nation Director of Real Estate Services Charles Meloy explained. However, moving forward with any of the proposals required additional research on the Welch property.

Collecting survey data helps the Nation make decisions about the land's makeup and future use. CPN has and continues to conduct feasibility studies to ensure the development benefits the Tribe and its members. However, understanding the property's physical characteristics is vital to economic development efforts.

The allotment

The land surveyed included 320 acres south of Highway 39 near Wanette, Oklahoma, that was allotted to Welch family members in the late 1800s. The property passed down from generation to generation, resulting in numerous undivided owners. CPN worked with individuals to purchase their portion, offering above market value, and the Nation now owns most of the original allotment.

"We didn't put pressure on anybody. If they wanted to sell it, we told

them we'd pay them premium; but if they didn't want to sell it, that was alright," Meloy said.

As the Nation works to purchase back Tribal land, research and data play a crucial role.

"When you survey a piece of land out here, it's kind of sitting out in space. And then you survey another piece, and it's sitting over here in space floating. But eventually, when you buy all the land in between, all of the surveys have to match and fit together," Meloy said, which is why he ensures precision from his team and contractors.

Throughout the last two decades, CPN has purchased approximately 3,000 acres of Tribal land. To move property into trust, accurate data is key, and Pollard & Whited Surveying Inc.'s diligence helps the Nation meet all the requirements needed.

The survey

A few days prior to the survey, Pollard & Whited Surveying Inc. placed targets to help guide the operation. To create a topographical map, data collectors located on the ground and the helicopter had to synchronize. Once connected, the helicopter began running east to west across the property, just like a lawn mower, sending billions of near-infrared laser beams down to the ground as it moved. The beams then reflected back to the helicopter where computers collected the information.



Pete Franklin from Pollard & Whited Surveying Inc. watches from the ground during a CPN land allotment survey near Wanette, Oklahoma.

Along with the GPS-equipped machines located on the allotment, the information gathered from above created a 3D model of the Welch allotment's terrain. Although there are other methods of land surveying, using LIDAR technology is more accurate than collecting data on foot, especially in wooded areas.

"We've been able to do it by photogrammetry. The problem with that is it couldn't get through the canopy. The advantage of LIDAR over other systems, whether it's on the ground or photogrammetry, is it actually goes through the canopy, so that's a major aspect of why we're using the LIDAR here," said Brad

from Pollard & Whited Surveying Inc. based in Norman. Brad requested the *Hownikan* not reference his last name.

On smaller acreages, the Nation uses other survey methods that are more economical, but for a property the size of the Welch allotment, Meloy said the LIDAR technology met the Nation's needs best.

Findings from the survey will help CPN make decisions surrounding the allotment's use. Look for updates on the Welch allotment and Tribal economic development opportunities in future *Hownikans*. 🔥

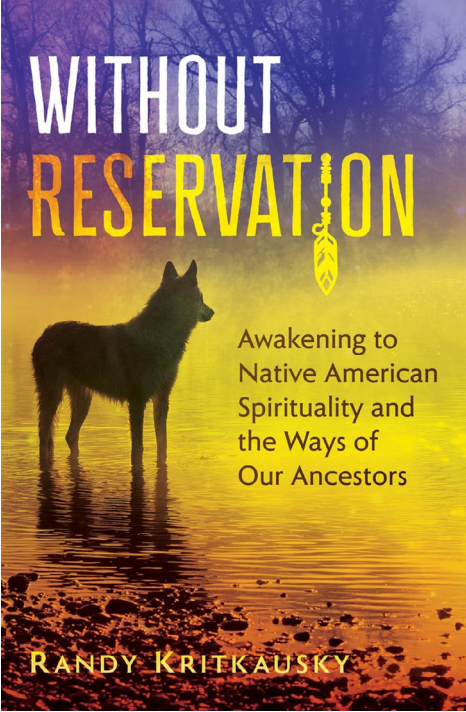
CPN member records spiritual awakening in new book

Vieux family descendant Randy Kritkauskys mother told him about his Potawatomi ancestry as a young child; however, he developed a deep connection to it, primarily through nature, in his late 60s. Throughout the last four years, Kritkauskys wrote *Without Reservation: Awakening to Native American Spirituality and the Ways of our Ancestors*. It chronicles his journey as he changed his way of thinking.

“Enriched is a word that doesnt even begin to cover the magnitude of the shift,” Kritkauskys said.

He and his wife moved deep into the woods of Vermont 20 years ago, living amongst owls, deer and beautiful trees. After what he calls his “awakening,” Kritkauskys developed a deeper appreciation for Mother Earth while questioning if technology creates a roadblock.

“So much of modern life is mediated by technology,” he said. “The classic (image) is people on a tour in the forest, and theyre looking at the forest through their cameras, and rarely looking at the forest with their eyes and rarely listening and smelling and feeling.”



Kritkauskys hopes his book encourages readers to strengthen their perceptions and accept a new worldview.

A new beginning

In 1989, Kritkauskys and his wife founded ECOLOGIA, an international nonprofit designed to bring local and national voices together to create ecological plans with positive results for the earth. He spent his career as a scholar and nonprofit director writing in a dry and scientific manner.

“I feel I live in two worlds; Im a rational skeptic, scientifically-trained, Western historian, and at the same time, Im a Native American. And I can do both at the same time,” Kritkauskys said.

He spent much of his life as an agnostic. In 2017, Kritkauskys mother walked on after a stroke. Before her end of life, he began sensing something about her final journey in visitations from animals on his property, and he felt her presence while working in his garden in the months afterward.

“I began to wonder, ‘Where is this coming from?’ The obvious answer was it must be something from my familys past. And when I began to explore in that direction, thats when people around me began to confirm that what I was experiencing was not delusions, hallucinations, dreams in the middle of the night. It was actually a very common experience for Native American people,” Kritkauskys said.

He calls it “her last gift” to their family that led him to accept a spirituality he initially resisted. In his book, Kritkauskys discusses the need for people to overcome skepticism of spiritual connections with the earth and ancestors and to release themselves from the notion that scientific and mathematical explanations developed by humans hold more value.

“Things are no longer things,” he said. “Thats quite a transformation for someone whos worked in the field of environmental science and policymaking around the globe for 30 years. Because Ive always



Tribal member Randy Kritkauskys new book tells the story of his connection with Native American spirituality. (Photo provided)

looked at the realm of nature as something that can be studied, objectified and measure and quantified and manipulated.”

Kritkauskys now relies on Native American spirituality much more in his everyday life and wishes he had developed it earlier.

“I cant go out in the garden and touch a plant or pick a vegetable from our huge vegetable garden we have this year without being thankful and expressing gratitude to Mother Earth,” he said. “It would have made life so, so much richer.”

Writing process

He wrote late at night, diving into his thoughts when inspiration struck. Kritkauskys started the book almost as a journal, but early on, it developed into something more.

“I would awaken in the middle of the night, almost always at the same time, 2 o'clock in the morning — usually when owl (koo koo o koo) is calling. And the words would just start appearing in my brain, and it was as if I heard them. And then I would be afraid to go back to sleep for fear that it would be like not hitting the save button on your computer,” Kritkauskys said.

He often composed approximately three to six pages in an evening. During a recent *Hownikan* interview, he described it as “effortless.” Kritkauskys also utilized his skills as an academic and delved into his subject, including significant historical research. He talked to many elders and other Native Americans, often from different tribes, about their experiences with what he calls “inexplicable natural phenomenon.” Kritkauskys found many of them experienced similar interactions with nature.

“I constantly encounter people, other off-reservation Native Americans, who literally break down in tears and say, ‘I just keep having these experiences, and theres no one to talk to.’ And very often, they arent even registered because their families hid their Native American identity. So, they cant even prove theyre Native American. ... They feel stranded,” he said.

Kritkauskys feels his ancestors helped him pen *Without Reservation*, and he hopes to help others explore this realm of existence for themselves after reading it.

“I want to educate people to embrace nature, not as objects, not as things to be studied and manipulated, but to be respected as living kin,” he said. “And I think thats the only way all of us ... are going to save the planet is to look at Mother Earth literally as our mother and feel compelled to protect her.”

Those types of connections helped Kritkauskys publish the book as well. During berry harvesting season, he visits a neighbors farm who works for Inner Traditions. The publishing company focuses on spirituality, holistic health and more, and now represents Kritkauskys.

Without Reservation: Awakening to Native American Spirituality and the Ways of our Ancestors is available Sept. 1, 2020, on Amazon and Innertraditions.com at cpn.news/withoutres. A virtual author meeting and book discussion is scheduled on Zoom for Saturday, Sept. 26 at 11 a.m. CST. Email randykritkauskys@hushmail.com or visit randykritkauskys.com for more information. 🔥

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Tribal member studies CPN fish populations

The hot Pottawatomie County summer does not hold 17-year-old Tribal member Beau Favre back from enjoying the outdoors. Throughout the long school break, he wanted to find a way to serve the Nation while doing something he loves: fishing.

However, fishing at Tribal ponds requires approval. Favre approached Citizen Potawatomi Nation Vice-Chairman Linda Capps for permission and presented his plans to document the species, size and weight of everything caught before releasing them back into the water.

“Beau is the most pleasant, polite young man that you will ever meet,” Ms. Capps said. Knowing how beneficial his research could be, she put Favre in contact with several Tribal departments, and he began his project late June into early July.

“Mostly I just want to help the Tribe in any way that I can, even if that means monitoring the health of species,” he said.

The project

The geothermal pond west of the FireLake Ball Fields heats and cools Tribal enterprises. A balanced ecology is important to running efficiently, and Favre’s research provides key insight.

“The carp are one of the main reasons why the pond is easier to clean for the cleaning crew as they’re doing maintenance on the fountains because they eat the algae that grows in the



Applying ethical tags to the fish caught at FireLake Lake assists with long-term research efforts.

area, and it just reduces the overall growth and gunk,” Favre said.

He uses a cane fishing pole with 60 lb. monofilament line and dried meat as bait.

“We hold the jerky near the surface,” Favre said. “It’s kind of in their feeding area because if you had jerky on the bottom, they probably wouldn’t see it because they are all hanging around on the surface and feeding there.”

Cane poles are longer than traditional ones, and instead of using a rod and reel, they typically feature a line that is approximately the same length as the pole itself.

“All fishing at Tribal ponds is cane poles only,” he explained. “These carp can produce up to 80 pounds of force, and putting all of that onto one solid pole — it gets a bit hectic at times.”

Favre enjoys the thrill of hooking one, and he has found many different species that call the geothermal pond home.

“I’ve seen big 2-pound bluegill, which is really rare. On the carp, the biggest I’ve seen so far was a 5-footer, and it looks like it was about 45 pounds,” he said.

After Favre makes a catch, he measures, weighs and tags them to

help differentiate the fish and keep accurate records for years to come.

Given his findings so far, the lack of predator species concerns him the most.

“You used to see a lot of bass kind of patrolling the beaches and the shore, but lately I just haven’t seen any or even seen any activity from them,” Favre said.

Additionally, he and his dad Chris Favre are currently developing an online database to store all of the information obtained.

“You could search the carp by its ID tag, and it would give you the size it was the last time you caught it and the sizes before on previous catches, and that’s to see how fast they’re growing overtime,” he said.

As a junior at Tecumseh High School, Favre has to balance developing the website along with school, sports and other commitments. Although he does not have an expected date for the database’s completion, he hopes to complete it within the next few years.

In the meantime, he takes advantage of the chance to enjoy outdoor activities with fellow Tribal members and family while also helping the Nation conduct important ecological research.

CPN reminds Tribal members and the public that fishing CPN ponds and waterways requires prior approval from Tribal administration. Call 405-275-3121 for more information. ♡

First Nation Bank & Trust Company supports local development

By Amanda Estala and Ashley Klewicki, FNB marketing department

First National Bank & Trust Company takes pride in serving our community and prioritizes being a good neighbor. Jim Kirby, senior vice president and lending officer at FNB, has worked with our community to provide financing for many new projects in Shawnee, including some unique and exciting housing developments.

Grove Properties is constructing a premier housing addition for seniors, and it is one of two new expansions coming to Shawnee. The Grove on Union will boast design styles and accommodations similar to those offered at The Grove Moore. Located north of MacArthur on Union, the gated senior community will have up to 175 units available for adults age 55 and over. Some amenities include a clubhouse with a large meeting area, large stocked pond, theater, safe room, pool, workout area and much more. Grove Villas will be a desirable and safe place to live, with local walking trails, parks and tennis courts literally steps away. These energy efficient, single-floor units’ construction prioritizes comfort and safety. Who wouldn’t want to live down a quiet street with great neighbors?

Developers Tony Meek and Gary Barnett have put a lot of thought in to bringing



Staff at First Nation Bank & Trust Company help businesses flourish.

this exceptional addition to Shawnee. When asked why, Meek said, “There is nothing like this here. Shawnee is a growing community, and we want something to keep our seniors in our town.”

Just around the corner from The Grove on Union, construction is beginning on the second newest housing development called Cardinal Point. The neighborhood brings the 1940s neighborhood style to present-day with Craftsman-style houses, narrow streets and sidewalks through the whole addition. The design

encourages families to be active in their neighborhoods as well as outdoor events like kids riding their bikes, scavenger hunts and block parties.

Rick Landes from Land Home Specialties said, “We have the vision to get people out of their backyards and back into the front yard. We want our community to get to know their neighbors again. Neighbors helping neighbors.”

Local business and construction owners Rick Landes, Bryan Little, Josh Little

and Colton McMahan are partnering to create a place for families to live the way life was always meant to be: together. Just imagine sidewalk cafes, a delicatessen or even a meat market. This growth will provide a sense of community within a community. This development will have 89 units ranging from 1,600 square feet to 2,000 square feet with affordability, convenience and comfort all in one.

Cardinal Point will feature two commercial buildings at its entrance, mirroring the main street-style storefronts with possibly apartments above. The idea is to have the community out, meeting, communicating and gathering again.

These new developments show promise for the future of Shawnee and our local economy. Many local businesses will have the opportunity to grow with the prospect of more people choosing to call Shawnee home. Jim Kirby and FNB are proud to be a part of this growth, putting community first and driving Shawnee forward. First National Bank & Trust Co. is looking forward to calling these new homeowners “neighbors” and providing outstanding mortgage services. We know you have a choice; thank you for choosing us. ♡

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Teaching forgiveness in the Middle East

Tribal member Monaco Herrick completed high school in 2015, unsure of her passions or what she wanted to study. As a devout Christian, she decided to fill her life with mission work and attended Kingdom Discipleship Training School in Northern Ireland. Herrick's journey led her across Europe and the Middle East, where she met and helped people with differing viewpoints and made lifelong friends.

"Anyone can do this. Anyone can love people. Genuinely, genuinely. It just took me stepping out and being willing to learn something and to help someone while I'm learning something instead of just making it about me or just about them. When we're in our in-betweens still figuring some stuff out, that doesn't make us disqualified from helping someone," Herrick said.

After working as a missionary in Lebanon, Herrick now knows her future lies in facilitative mediation, helping two conflicting groups learn to communicate and come to mutual understanding.

Around the world

Herrick lived in the U.S. Virgin Islands before traveling to Northern Ireland for three months at DTS. During her time there, the area still felt the effects of three decades of hostility surrounding Ireland's political future, often referred to as "The Troubles." The discipleship curriculum brought people together for simple things, such as a cup of tea or an evening of poetry.

"Hospitality. What a great ministry opportunity. That's very different from the evangelism and other expectations that I was used to missions having," Herrick said.

Next, she traveled to a Lebanese missionary school and taught youths of all ages, working on the concepts of forgiveness and reconciliation among the many regional groups in longtime opposition. Herrick often stayed with locals and friends she made while living in Lebanon for two and a half years and "fell in love" with the Middle East. She also introduced those rotating into the mission from other parts of the world to the customs and geography.

"Honestly, my favorite part of the job was showing people that the Middle East is beautiful, and the people there are so easy to love," Herrick said.

In October 2019, massive civil protests known locally as the October Revolution began in Lebanon while Herrick worked at the mission. After nearly two months,



Monaco Herrick (fourth from the left) fills her early 20s traveling the globe as part of a ministry team after attending Discipleship Training School. (Photo provided)

she came back to the U.S. with the intention to return to Lebanon later. However, the coronavirus brought international travel to a halt. Protests continue today, with many calling for the resignation of Lebanese government officials after a massive ammonium nitrate explosion in Beirut on Aug. 4.

These circumstances cut Herrick's time in Lebanon short, offering her no closure or chance to say goodbye. She now lives in Pennsylvania with her husband.

"Eye for an eye"

The missionary school's lessons focused on forgiveness and reconciliation. Herrick enjoyed the curriculum on forgiveness in particular.

"The place is beautiful, the people fantastic, but more than that was this way that they were teaching forgiveness as a lifestyle and a way to healthily move on from things that have hurt you or injustices that you have faced. And I needed to learn more about that," she said.

A Lebanese couple Herrick befriended hung a Gandhi quote in their home that read, "An eye for an eye only ends up making the whole world blind." The simple decoration left an impression.

"That feeds into why I love having people over from other countries and ... that's why I was so drawn to hospitality and forgiveness as a journey you go on to help yourself and help others," Herrick said.

One of her favorite lessons helped students view forgiving others as a strength as opposed to a weakness.

"Watching kids as young as 5 years old all the way up to the high schoolers that we taught be able to look at people and say, 'Actually, I don't need to push you back.' 'Actually, you're worth loving even if you hurt me.' Or, 'You're my friend, and I need you to treat me differently,' That week is where I watch children begin to break the cycles that they've learned from their parents — that they've learned from their older siblings," Herrick said.

Funding

Not yet prepared to invest in college, she wanted to explore career options after high school. However, Herrick found a way to give her time purpose while traveling the world and filling her life with new experiences.

"If I'm going to learn more about myself, and what I like doing and what I don't like doing, I might as well be able to help others while I'm doing that," Herrick said. "And so missions felt like a very good fit, and it really helped my relationship with God."

She chose to attend DTS in Northern Ireland. Most students fundraise to pay for DTS as well as groceries and other bills while they attend. The program counts as 12 college credit hours, and the CPN Department of Education awarded her a scholarship as a full-

time student. She also helped others attending the program raise funds to cover their meals and essentials, whether that meant helping them sell art or travel with them for safety.

"There were other kids in my school who stepped into it knowing they didn't have everything they needed, and on the weekends, they didn't get to hang out and have fun," Herrick said. "They had to go busking in the streets with their instruments, or they had side jobs that they did, or they made jewelry, and it was something that they always had to do."

After receiving Tribal support and spending time in Europe and the Middle East, she found her path toward a future in mediation at 23 years old. Herrick plans to attend college in the future.

"I am so thankful that I got the support that I did to go through my schooling," Herrick said. "The grant that I got through CPN really made all of that possible, and then it really prepared me for ... missions in that I needed to be okay with people helping me with my funding because it wasn't a paid position for any of that time. And if I hadn't got that training, and if I hadn't gone through all I did in Lebanon, I wouldn't know my direction."

For more information on the CPN Department of Education, visit cpn.news/education. ♡

Hownikan

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Suicide Awareness Month

By Kayla Woody, House of Hope Prevention Specialist

September is a very busy month with an array of things scheduled and people wrapped up in the commotion of it all. With one season ending and another beginning, most of society tries to act as if they have it all together and don't give the attention needed to the issues they may be dealing with or even those closest to them.

We have changed our everyday lives drastically over the past six months due to a virus that is tearing through our country. So much of our lives that used to be safe have become harmful. Places that were once a comfort are now stressful. According to the Centers for Disease Control and Prevention, 1 in 4 women and 1 in 9 men live daily with intimate partner violence. Life is a constant feeling of stress, pain and suffering for those living in these situations, unhindered by masks or gloves.

Due to the violence that victims are experiencing in these relationships, suicide is a common thought often seen as an "escape." The American Psychological Association stated, "Survivors of intimate partner violence are twice as likely to attempt suicide multiple times, and cases of murder-suicide are most likely to occur in the context of abuse."

September is designated as National Suicide Awareness Month. The National Alliance on Mental Illness stated, "We use this month to reach out to those affected by suicide, raise awareness and connect individuals with suicidal ideation to treatment services. It is also important to ensure that individuals, friends and families have access to the resources they need to discuss suicide prevention."

Suicide is the 10th leading cause of death in the U.S., per the CDC, and over 1.4 million Americans attempt each year. It is important to be able to notice the signs and provide help immediately because everyone is affected by suicide, not just the victim. WebMD stated, "50% to 75% of those considering suicide will give someone, a friend or relative, a



warning sign. However, not everyone who is considering suicide will say so, and not everyone who threatens suicide will follow through with it. Every threat of suicide should be taken seriously."

Some signs to look for are:

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no purpose
- Talking about feeling trapped or being in unbearable pain
- Talking about being a burden to others
- Visiting or calling to say goodbye
- Giving away prized possessions
- Increasing the use of alcohol or drugs
- Acting anxious, agitated or reckless
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

While knowing the signs and being able to spot them is important, we

also need to know how to assist those around us dealing with these feelings. It is not always comfortable assisting someone who is suicidal. It may seem overwhelming, but it is extremely important to take all suicidal thoughts seriously. There are five steps to take when assisting someone with suicidal thoughts.

Step 1: ASSESS for risk of suicide or harm

The best way to determine if someone is having thoughts of suicide is to simply come out and ask them directly. Make sure to get straight to the point. Avoid saying things like, "Are you planning on doing something stupid?" or "Are you going to hurt yourself?" Try to keep the question short and direct.

Step 2: LISTEN non-judgmentally

Try active listening by fully concentrating on what is being said and not developing a response while the person is speaking. Try to listen instead of giving advice. Most of the time, the person who is having suicidal thoughts just wants someone to confide in. You may not fully understand what they're going through, and that's perfectly fine. What is important is that you're accepting of what they're saying and acknowledging it by genuinely trying to imagine what it might be like for them.

Step 3: GIVE reassurance and information

Those who are having suicidal ideation likely do not have much hope in their current situation. Providing reassurance that they are not the only person feeling those emotions and those thoughts of suicide are common.

Step 4: ENCOURAGE appropriate professional help

If you are concerned that the person is in immediate danger, please call 911. Even if you are afraid the person will no longer be your friend, please remember that their life is more important. If the situation is not urgent, try providing a safe contact for the person that is always available, like the National Suicide Prevention Hotline: 1-800-273-TALK. Please never leave a person alone once they have informed you that they are suicidal. Encourage that person to speak with a counselor or medical professional and even try transporting them to whomever they choose.

Step 5: RECOMMEND self-help and other support strategies

Try recommending local support groups, community organizations or church members that are understanding of the person's situation. The person has possibly dealt with feelings of suicide in the past. Try asking them what was helpful then.

Step 6: FOLLOW UP after they are safe

After your initial contact with a person experiencing suicidal thoughts, and after you've connected them with the immediate support systems they need, make sure to follow up with them to see how they're doing. Let them know that you care and will be there for them if the desire returns.

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

Tribal scholarship funds research of California freshwater fish

Studying freshwater fish near the Pacific Coast of California seems somewhat counterintuitive, but Citizen Potawatomi Nation member Max Murray spent his time in graduate school at the University of California, Los Angeles snorkeling on his knees in the desert to find them.

"A lot of the places that we were snorkeling, you're kind of just like doing pushups through a creek," he said and laughed. "It probably looks bizarre if you are just someone walking by, just kind of sticking your face into what looks like little puddles and looking around."

The DeLonais family descendant tried to fill knowledge gaps about freshwater fish for his dissertation. He graduated with a Master of Science in biology in the fall of 2019 with help of scholarships from the CPN Department of Education.

"It's because of like the support that I got from the Tribe that I never had to take out a student loan for my entire academic career," Murray said.

He now works full time for ECORP Consulting, Inc., an environmental consulting firm that contracts with private businesses, government departments and other organizations. Its staff complete topographical studies and biological assessments of land before development projects begin to reduce their impact and meet legal requirements.

Exciting parasites

Growing up in Southern California, Murray always spent time at the beach. He enjoys scuba diving, swimming and picnics on the sand. While at UCLA, he used that love of the outdoors to study freshwater fish and the parasites that coexist with them in an area of the country that supports little of their habitat.

"It's kind of grotesque, but it's something that not a lot of people, especially in the United States, are really interested in," Murray said. "So it kind of has opened this open this pathway to



Max Murray uses his master's degree in biology, partially funded through the Citizen Potawatomi Nation scholarship program, while working for an environmental consulting firm in Southern California. (Photo provided)

maybe looking into more stuff like this in other states or across the U.S."

His thesis discussed two types of fish brought together by the St. Francis Dam. Completed in 1926, it fed the Los Angeles Aqueduct, which redirected much needed water from the Owens River to one of California's most populous and highly developed areas. The dam collapsed and caused major flooding in 1928, and historians labeled it an infrastructure catastrophe. Murray studied how the fish and their individual parasite systems now co-habitat as a result of human intervention.

"It's always been really interesting to me that kind of interface between these animals, plants, whatever it may be, and they're likely to be endangered or threatened, and development that kind of goes on in this region of California," Murray said.

Continued on next page

CPN’s Chief Justice gives thoughts on Native American mascots, use of race in marketing and branding

Protests calling for examinations of police procedures and civil rights took place in almost every major city across the U.S. in recent months. The country has seen corporations rethink their logos and advertising, the dismantling of statues and monuments, and the Washington NFL team agree to replace its mascot. Citizen Potawatomi Nation Supreme Court Chief Justice and Indigenous rights scholar Angela Riley sat down with *Hownikan* to discuss these events in the context of Indian Country. This interview has been edited for clarity and length.

Do you think actions like removing memorials for Christopher Columbus are important as the country reexamines its history?

“I think these actions are incredibly important. They are, by definition, symbolic acts because the statues and monuments themselves are symbolic of past events and our history. But at the same time, they’re much more than symbolic acts because they represent a groundswell of changing opinion by Americans and not just people of color but of society as a whole, of really trying to reckon with the history of the United States, the process of colonization, the impacts of slavery and the ongoing costs of that history to people living today. I have been very heartened to see that there’s been a lot of support for revisiting some of these things. There’s a wide range of activities that have taken place. Some of them have been more socially disruptive, including graffiti and rioting. So there’s been a spectrum of events. But at the core of it is to protest around markers that commemorate, if not actually celebrate, some of the people and events of the past that have actually caused enormous harm to people of color. I think being able to be critical of those and even engage in activism around removing those from public spaces, has been a really positive event.”

What has yet to be accomplished in teaching Native American history in schools specifically?

“I think this is a really important facet of coming to terms with our history and

of movements toward social justice and racial justice. ... And I have found that people are A. very ignorant of the history, B. embarrassed that they know so little about our own history as a country with regard to Indigenous peoples and tribal rights and C. remarkably open minded about learning about it. They just have never had anybody tell them anything. They have so little experience, so I have found that to be very heartening.

“I really feel like the fundamental level, education is one of the key components of really moving the needle with regard to race relations in the U.S. Events like the land run and the romanticization of the formation of the state of Oklahoma, for example, is in and of itself something that really needs to be taught in a much more nuanced way. If students are going to learn about the land run, they should also, of course, learn about the removal of the tribes to the Indian Territory. They should learn about the subsequent Supreme Court cases like Lone Wolf v. Hitchcock, where tribes challenged the power of the United States government to break our treaties and to take our lands, and the Supreme Court upheld that power. So all of those kinds of things should be taught as part of a really, really critical historical moment for our state and not just one very romanticized version of how Oklahoma came to be.”

What compelled you to write the opinion piece published by The New York Times titled Aunt Jemima is Gone. Can we finally end all racist branding?

“It was inspired by where the country was going in terms of protest. I’ve written extensively about Indian mascots and names and monuments and all of those things in the past in my scholarly writing, which is much longer and much more in-depth and a lot less easy to access for a lot of readers. So it’s something that’s been on my mind for a long time.

“My coauthor is an intellectual property professor at Berkeley, and she and I have written in the past about Indigenous



CPN Supreme Court Chief Justice Angela Riley.

rights as well. It was really what we saw as a critical moment to try to draw a thread between the Black Lives Matter movement, the efforts by those leading the anti-racism movement, and trying to make the American public realize how symbols and monuments do matter and how they reflect a particular vision of the country, one that excludes at least the equal rights of many people. And we just saw it as a really powerful moment to draw on all of that activism and all of that momentum to highlight the ongoing problematic nature of the of the Washington team’s name. It was a convergence of events, and it seemed like the right time. I’ve done a lot of research on the name of the Washington team. I’ve done a lot of writing on Indian mascots in general. To me, the name of the Washington team was just such a no brainer. Its roots are so clearly racist. They are based in actual public documents and information regarding putting bounties on the skins of Native people, including children, to remove them from territories for white settlement. I felt very passionate about it, and it’s something that I wrote with that passion in mind. And it has been really incredible to see the swift movement by the team in light of increasing social pressure to change the name.”

Being a lawyer and CPN’s Chief Justice, how does law play into this discussion?

“One thing that I think is important for me as a Potawatomi tribal member is to really think about how Native governance and issues that relate to Indian-ness both converge with the anti-racism movement in the United States in general, but also depart from it. And part of that, of course, is understanding that Native Americans experience enormous racial discrimination in this country, just like other people of color. In my own experience and talking to and knowing so many people in Indian Country, and let’s say particularly in places like border towns, the rates of incarceration of Native people are disproportionate to those of other minorities. The rates of violence against Native women on reservations are higher than rates of violence against any other women of color in the United States. And the list goes on. The racial discrimination component is a shared experience of people of color in the United States, and I think it’s really important that we’re part of a coalition of an anti-racist movement.

“At the same time, there’s something really unique about Indian-ness in the United States, and that’s tribal sovereignty — that we are members of Indian nations, that we operate and run our own governments. We have all the powers inherent to our sovereignty. And so as a Justice for me and thinking about the role of law, I’ve really tried to focus on what I have written about as good Native governance; that the best thing we can do to protect our tribal sovereignty is to live our sovereignty and to be good governments, to be functional but really to just be thriving, Indigenous nations. And so for me, that’s the place where I think I can make the greatest intervention or be the most support to tribal sovereignty is to uphold the rule of law, to engage in good governance and to be part of a thriving Native Nation.” ♡

Murray continued...

Murray logged many hours in the field finding and collecting fish as well as many more in the lab dissecting them and penning his observations. He said the out-of-pocket costs of research quickly multiplied. Without the scholarship from CPN, completing his thesis would have been difficult.

“I couldn’t be more grateful and appreciative for it, honestly,” he said.

He began working for ECORP after completing his bachelor’s in marine biology; after completing his master’s, the company hired him full time. Murray’s research comes in handy during his day-to-day duties.

“We’re kind of mostly focused in on things and rivers and streams in coastal

California, and because there’s not a lot of water, the things that live there are kind of threatened. And a lot of them are endangered,” he said.

Considering academia

Murray spent three years working after completing his bachelor’s degree. Two professors attracted Murray to a graduate program; however, he questioned if he saw himself as an academic. After much convincing and support, he decided to return.

“It really kind of like changed my whole kind of my whole outlook on myself as an academic and kind of the things that I actually really like to do and the questions I like to ask,” Murray said. “So, yeah, it was a great opportunity. That’s kind of how the ball got rolling.”

Murray was the only Native American in his graduate program. Murray’s professor, Donald Booth, studied Native American culture while completing his master’s in anthropology, and knew some about Potawatomi history and culture.

“When he knew that I was getting this funding from the Tribe, he was like, ‘We need to make this really count,’” he said.

Murray continues to work on publishing his findings.

He said adjusting to a full-time job, especially in the midst of a pandemic, has been challenging. After growing accustomed to working on his feet while researching, completing office work through a computer feels lackadaisical. However, Murray occasionally travels for fieldwork by himself or in a small group, which gives him the same rush.

“When you find something that’s totally new and unknown, it’s almost like you’re exploring the deepest part of the ocean or something,” he said. “And this is something that’s really pretty much right in my backyard here. It’s really kind of cool to still know that there’s a lot of things that are unknown that are just right outside your door, really.”

Whether in the office, at home or in the field, “I love working with fish. I love working with amphibians. I think these things are really important. They don’t get nearly as much press, I guess, as fuzzy, other cute things,” Murray said.

Visit cpn.news/education for more information about scholarship opportunities with the CPN Department of Education. ♡

Scholarship recipient's heart for service

In the fall of 2019, the University of California San Diego School of Medicine selected Bourassa descendant Leonard Almero as the first recipient of the Sycuan Medical Scholars Award. Offered by the college's Office of Diversity and Community Partnerships as well as the Association of Native American Medical Students, the committee chose Almero for his research experience and his fervent aspirations to give back to the community.

He completed his Bachelor of Science in biochemistry and cell biology from UCSD this summer with the help of Citizen Potawatomi Nation Department of Education scholarships. Almero used the funds from the Sycuan award to study for the Medical College Admission Test and begin the graduate school application process. He plans to focus on cardiology or primary care.

Empowerment through research

"I was born with a heart condition, and so I've always been exposed to something dealing with the heart. So, I guess you could say cardiology is near and dear to my heart," Almero said and laughed.

He completed research at UCSD labs as a student and as a summer intern at the University of Utah in 2018. Almero focused on antibiotic resistance and nutrition as related to heart health. He studied how various compounds and medicines effect the cardiovascular system, including one from chocolate with protective properties. Ancient Mayans made a drink from the cocoa plant for medicinal purposes.

"These Indigenous people already knew ... it was good for their body and everything," Almero said. "For me, that's something really cool. It's some traditional type of medicine that they know that works but maybe not necessarily know how it works."

His interest in cardiovascular disease and heart problems stems from their prevalence as leading causes of death among Native Americans. Almero hopes to study Indigenous communities exclusively in the future.

"It actually will, I think, in the long run have a positive impact within communities," he said. "That will be the goal though is to do some type of research within (the Native population); that's why I've been recently thinking about nutrition and the heart. ... I think linking those two things is going to be vital and important to facing the greatest health disparities."

Almero presented and spoke about his work and empowering Native students at the Doing Research in Indigenous Communities conference at Arizona State University in the summer of 2018.

Helping Natives achieve success in health care

Almero is 28 years old, and as the first recipient of the Sycuan Medical Scholars Award, he realizes the need for outreach to young Native students interested in the medical field. He currently works as part of a team developing a Native American research internship program at UCSD. Almero thinks of it as a "pipeline" to guide students from primary school to college.



Almero studies the effects of various compounds and nutrition on heart health and function as a student at the University of California San Diego. (Photo provided)

"A lot of people say a lot of the problems are having to do with funding, which is true; there are funding issues. But some of the issues are amplified by certain things like a lack of Native representation within the health care field. ... We're trying to increase numbers because people like me, other Natives who want to go back and help their communities, we've got to give them a platform," he said.

Almero is also developing a tutoring website for Native students at all levels. He previously tutored kids in mathematics and often gave them confidence in their abilities by presenting the curriculum in a different way. Now, he wants to provide those opportunities to tribal members across the country.

"The way it's taught in schools, I don't think is really intuitive, so I'm trying to find a way I can help with that," Almero said.

The project remains in the developmental stages.

His additional research and outreach goals are a few of the many reasons why UCSD chose Almero for the Sycuan award and grant.

Indigenous voices in medicine

He sees disparities in his own family's experiences with health care. Almero grew up in Anaheim, California. While his dad provided insurance for Almero and his siblings, his mother, who is a Tribal member, struggled to see doctors, often traveling out of state to reach an IHS clinic.

"For my mom, we had to go all the way to Arizona to get certain basic health needs. That's not right," Almero said.

"Why was I able to get such great access to health care, but my mom, she's not able to get these basic services? ... I think there's certain things I can do to help alleviate that."

He hopes to work for an Indian Health Services branch after finishing medical school. He always strives for inclusion and believes the medical community under represents Native Americans in a variety of ways.

"A lot of people think, 'Oh, are you taking a seat away from me?' And it's like no. What we're doing is we're not taking a seat away from you at the table; what we're doing is we're building a bigger table, and we're including more people, more voices so we can shed light on issues coming from the communities," Almero said, whether that includes research, student outreach or available care.

He takes the MCAT this month and hopes to have his choice of medical schools after applying.

For opportunities with the CPN Department of Education, including scholarships, advising and internships, visit cpn.news/education. 📌

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Tribal Chairman – John “Rocky” Barrett



Bozho nikan
(Hello, my friend),

I hope all of you are well and everyone in your family is taking care to avoid the COVID-19 pandemic. We have spent several days working on the 2021 Tribal budget. It has been a challenge. Virtually every activity of our Tribe is touched by the threat of this illness or its avoidance. Each business we operate has people who are in quarantine, home

tending to others’ illness or sick themselves. Making sure they have enough to get by on is our highest priority. When this thing is over, each of these people are so very valuable to us to recover our successful Tribal operations.

We are particularly concerned about our Potawatomi children returning to school. One of the towns close to Shawnee is Stroud, Oklahoma. On their second day of school in August, a second grader tested positive for COVID-19, and the entire second grade had to be sent home and put under quarantine. I am sure the worry about this child’s health is just overwhelming to a parent, and a second worry is the financial impact on the parents of this child who must now be off work to take care of their child or be quarantined themselves.

We have a way to help you. The distribution of the COVID-19 Relief Funds sent to us by the

federal government is one of our highest priorities. We have a phone bank of employees who are ready to assist you in applying for this money. Please call 833-481-0638 or go online to potawatomi.org. Please advise other members of your family to apply and call. In fact, I challenge you to call to at least four of your Citizen Potawatomi family members to inform them of the CPN CARES Program. Our job is to help our people. We will also be praying for your health and ask you to pray for others who are fighting this illness. We should all also be praying for our mental health. There is too much talk of gloom and doom. We need relief from it. Going to our Creator is the best way. Keeping a smile on your face and some happy thoughts in your head is a good start.

Last Friday, I had the opportunity to attend the dedication of a plaque honoring

Shawnee as the first certified Blue Zones Community in Oklahoma. The new mayor of Shawnee, Ed Bolt, and I had our pictures taken with it in front of the new headquarters of the Avedis Foundation, one of Shawnee’s foremost charitable foundations. I like our new mayor. After so many years of strain with the government of Shawnee, he is a true “breath of fresh air,” as are the new members of the City Commission. “Blue Zones” is a place where the community makes a special effort to eat right and exercise and live the kind of life that keeps you here on this Earth for a much longer time. Our grocery stores are Blue Zones certified and Vice-Chairman Linda Capps has put in a lot of time generating support for healthy lifestyles here at the Nation. While my waistline does not show it, I believe that the whole idea is worth doing full time. Olive oil instead of

butter, meat as a flavoring for vegetables, plenty of water and a good night’s sleep are all good ideas. There are places in the world where people regularly live into their 90s in good health. It would be wonderful if the Citizen Potawatomi Nation were one of them. I will try to get some good recipes for you to try printed in the paper.

It is an honor to serve as your Tribal Chairman.

Migwetch
(Thank you),

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

Vice-Chairman – Linda Capps



Bozho
(Hello),

Before I present this month’s article, I want CPN Legislator Mark Johnson to know that many of us at the Nation are thinking about him during this time of loss of a firefighter pilot in his battalion. We hope that the fires in Fresno County and the surrounding area will miraculously diminish.

This article is my perspective on the CARES Act funds, which I often refer to as the COVID funds. It is the one thing that has kept me positive during this time of pandemic as I try to focus on staying

upbeat. The idea that our Tribal members and/or their children and grandchildren are receiving some help during this time of doubt brightens my days. Just remember to visit potawatomi.org/cares or call 833-481-0638 for assistance or more information. I join the Chairman in calling on each Citizen Potawatomi who sees this to contact four of your CPN relatives to inform them of the programs meant to financially assist you through this pandemic.

Our phone bank staff is diligent in continuing to process the requests as they work with both online and manual applications. It is a huge job, even though there is very little documentation required for each application on the COVID-19 Student Assistance (\$300) and COVID-19 Student Technology (\$400) programs. The tribal rolls ID number and address for the recipient must be correct. Sometimes there is a dispute among custodial parents, which makes the process more difficult. Special attention must be given to adoptions, foster care, wrong addresses, etc. The good news

is, so long as the student’s Tribal number and correct address is provided, it is fairly easy to process an application.

The COVID-19 Student Security (\$1,150) program for those attending higher education or vocational classes on a full-time basis is more difficult to process. Our educational staff members are the ones working on this program. They have years of expertise with providing scholarships to students; therefore, the program comes easier for them; however, the numbers are sometimes overwhelming. The student must have proof of hours for enrollment in their college, university or vocational program. Their tribal rolls number and current address must also be correct.

Probably the least difficult programs to apply for are the COVID-19 Adult Food Scarcity (\$200 per month July-December) program and the COVID-19 Disability Food (\$200 per month July-December) program. For these, Tribal rolls numbers and current addresses are all

that are needed to apply. In addition, the COVID-19 Disability Food program just needs documentation showing the applicant is a recipient of social security disability. The food programs are being utilized in large numbers throughout all of our CPN districts.

The COVID-19 Elder Housing Assistance Relief program assists Tribal members age 65 up. To receive this assistance, Tribal members must document a loss of income due to the COVID-19 public health emergency, proof of a valid lease/outstanding mortgage, contact information for landlord/lender, and for those seeking mortgage assistance, proof that the applicant is presently behind in payments. The benefit per eligible Tribal member household is \$500 each month for three months.

Additionally, we have professional employees that have continued to work on the Phase I programs for businesses and individual assistance. These programs are more detailed and require more documentation. It is especially true of the Business

Interruption Grant Program for CPN member-owned businesses that requires proof of a diminishment of income from March through December as a result of COVID-19.

The COVID-19 Unemployment Income Support requires documentation of loss of income or other financial loss resulting from unemployment. These two programs are ongoing for up to \$5,000 for businesses and \$1,200 for individuals.

It is my fervent wish that we may be able to offer additional assistance after we meet with the CPN Legislature in September. I appreciate having the opportunity to work with the CARES Act funding for the benefit of our Tribal members. As always, I appreciate serving you as your Vice-Chairman.

Migwetch
(Thank you),

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

TO APPLY FOR CARES ACT PROGRAMS,
VISIT **POTAWATOMI.ORG/CARES**

District 2 – Eva Marie Carney



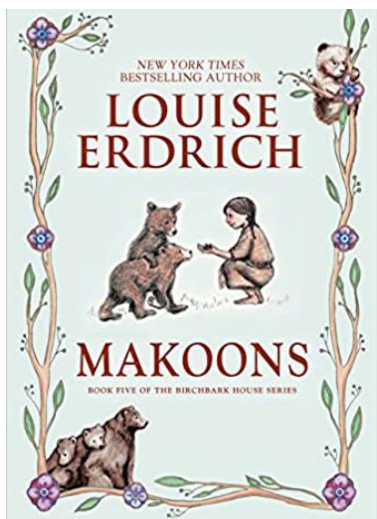
Bozho nikanek
(Hello friends),

New mailing address

I have a new mailing address and will be grateful if you add it to the contact information you have for me. I've changed my email signature block and website so that you can find the update there as well. The address is at the very end of this column.

District 2 survey extended through Sept. 15

I'm extending the closing date for the District 2 survey to Sept. 15, 2020. You can find the survey at cpn.news/dist2. The information you provide is for my use as your legislator in understanding constituent priorities. I will do my best to share and be responsive to the needs/priorities

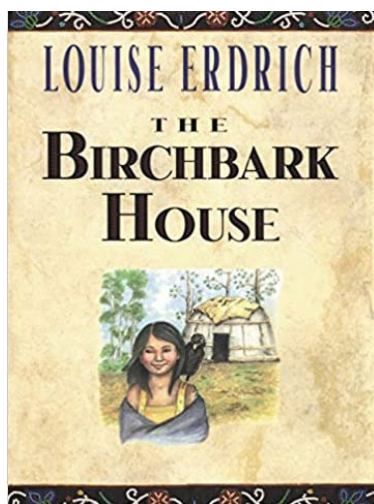


you identify. I will not share your personal information. If you don't like completing surveys, you can send me an email or give me a call with your thoughts. Upon request, I can send you a copy of the survey questions by email, if that would be helpful.

Please complete the survey or provide your feedback on the survey questions by Sept. 15. Thank you for your time in doing so!

COVID-19-related information

By now, I am hopeful that our citizens are well-informed about CPN's programs for distribution of CARES Act funds. If you are not, you can find all the details at potawatomi.org/cares. You also can call 833-481-0638, Monday through Friday, 8 a.m. to 5 p.m. CST. CPN has a group of dedicated personnel ready to take your applications, answer your questions and work with you if you need help in providing documentation. Please call for more information if you need it, and once you review the program summaries provided for each funding stream, apply for the program funds for which you may be eligible. And please make a point to share information about funds availability with your family members, particularly those who may not read the *Hownikan*, and those who lack access to the internet or time to study potawatomi.org or scroll through social media postings about the funding. In addition to funds made available via the Phase I programs, funds are available via the Phase II programs to eligible families with children who are enrolled Tribal members, eligible members who are disabled or elderly, and eligible college and vocational students.



My adopted home state of Virginia is the first to roll out a COVID-19 exposure notification app to facilitate contact tracing in response to the coronavirus that causes COVID-19. As you probably know, contact tracing is a technique used by public health authorities to contact and give guidance to anyone who may have been exposed to a person who has tested positive for COVID-19; it will be an essential part of transitioning back to regular daily life while managing the risk of further outbreaks. The app, COVIDWISE, is operated by the Virginia Department of Health. When people who have downloaded the app are near each other for a period of time determined by VDH to represent a risk (which is updated based on the latest research), their phones exchange anonymous keys, and each saves the anonymous key of the other phone. Alongside the anonymous key, phones estimate the contact risk of an exchange using the date, time and the duration of the contact as well as the strength of the Bluetooth signal (to approximate distance). The extent of contact risk will determine if a user is notified of a potential exposure. My family has signed up for COVIDWISE after concluding that no personal information is shared and after we learned that this app has been used with good results

in other countries. I hope that this app will be made availability across District 2 and the United States in the near future and that Citizen Potawatomi will sign up for it to help the battle and allow us to return to a degree of normalcy while remaining safe.

Great new novel about tribal sovereignty, so much more; other great books by Louise Erdrich

I just finished Louise Erdrich's latest novel, *The Night Watchman*. What a terrific book! It was an Amazon Best Book of March 2020. Amazon Books reviewer Erin Kodicek summarizes it as follows:

"Louise Erdrich pays poignant homage to her grandfather in this sweeping novel about Native American dispossession in the 1950s. Like her grandfather, our titular hero is a humble night watchman, also the tribal chairman of the Turtle Mountain Band of Chippewa in North Dakota. Initially an uneventful post, Thomas Wazhashk's life is upended when he learns that the U.S. government has earmarked them for 'emancipation' (an odd term, he points out, since they were not enslaved). The *Night Watchman* follows Thomas's tireless efforts to persuade the U.S. government to honor treaties that protected what remained of their already picked-over lands. And Erdrich further expounds on the scourge of systemic racism, sexual exploitation, and other unsavory sundries through the stories of his extended family, and those in their orbit. Dark much? Yes. But *The Night Watchman* is tempered by Erdrich's signature wit and humanity, exposing the light in the wounds of individuals, and a people, fighting for their place in the world."

Another Louise Erdrich book that is not to be missed is *The*

Round House, a beautifully written novel with compelling characters that also teaches about the injustices wrought against Native people. And for those of you with late elementary to middle school-aged children, I highly recommend Erdrich's *Birchbark House* series. I always had my head in a book as a child, and I can still conjure up my excitement when I was able to open up that next book in a series featuring beloved characters. And this series also teaches adults about Indigenous ways. With so many parents needing to keep children entertained and engaged outside the classroom setting this year, Louse Erdrich's series should help! And the best news of all is that the author has promised more books to come in the series.

Goodwall app linking students to jobs and networking opportunities

I heard an interesting interview in early August about an app called Goodwall, a social networking site that links students to jobs and networking opportunities all around the world. You can hear the interview with Goodwall co-founder Taha Bawa at cpn.news/goodwall, and then download the app to check it out. From August to September 2020, Goodwall is running a free online program for students and young professionals that may be of interest to you or someone you know.

Thank you for the honor of representing you.

Eva Marie Carney
Ojindiskwe (Blue Bird Woman)
Representative, District 2
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District 3 – Bob Whistler



Bozho nikanek
(Hello friends),

Hurricane Hanna

In July, Hurricane Hanna hit the U.S. coastline in the Corpus Christi, Texas, area. I received a call from a District 3 CPN family living there who had flood damage caused by this storm. A standard homeowner's insurance policy has coverage for water damage caused by a leaking

roof or if a pipe breaks and your home has water damage. Unfortunately, water damage from any flood, even if it is the result of a hurricane, is excluded. You must have a separate flood insurance policy for that type of loss or damage. If you had flood damage to your home caused by Hurricane Hanna, and your insurance company says you are not covered, we may have a few dollars at CPN to handle this type of unfortunate event. It is first come, first served. If you're in this situation, please contact me, and I will put you in touch with the personnel that handle these situations.

Allen Texas Library

On Thursday, Oct. 8, at 8 p.m., I am scheduled to make a presentation at the Allen Texas Library. Allen Library has asked several tribes in the last couple of years to come and make presentations on their

history and culture. Our Tribe is about the fourth one asked to make a presentation. I will be using an updated version of the PowerPoint presentation originally created around 2008 and used by Chairman Barrett. If you need information about attending, I suggest you call them at 214-509-4913.

CPN transparency

There have been some comments on Facebook asking for more transparency on what the legislature does. The majority of the legislators, Chairman and Vice-Chairman write monthly articles that are published in the *Hownikan*. For anyone not receiving the *Hownikan* by mail, it is available on our Tribal website under the "News & Events" link. When you first pull up the website, it will direct you to the CARES funds areas for information on applying for those funds if you are eligible. Later this

month, we will be holding our annual legislative budget meeting for the budget that the legislative branch reviews and approves for all of the departments and enterprises that we have. That meeting will be recorded and available on the Tribal website. It will be under the "Government" tab. Click on the "Legislative" tab and then look at the area to the left that lists the legislative meetings for the most current meeting and then other past legislative meetings in descending order for the last several years.

For the last several months, I hoped to host one or two district meetings before the year's end. With the restrictions still in place due to the coronavirus, no new date has been established. Hopefully, we will be able to get past this and have a meeting in December or January.

I have sent out a couple of emails this last month. My list

of District 3 Tribal members is very small. I would appreciate getting your email address so that you are included and receive information I send out via this means. Please send me an email asking to be added to my email address list. Please send that request to CPN3Legislator@yahoo.com.

It is a honor to serve you, and if you have any questions or need help with any of our benefits, please contact me.

Bama mine
(Later),

Bob Whistler
Bmashi (He Soars)
Representative, District 3
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817-229-6271 cell
817-545-1507 home
rwhistler@potawatomi.org
cpn3legislator@yahoo.com

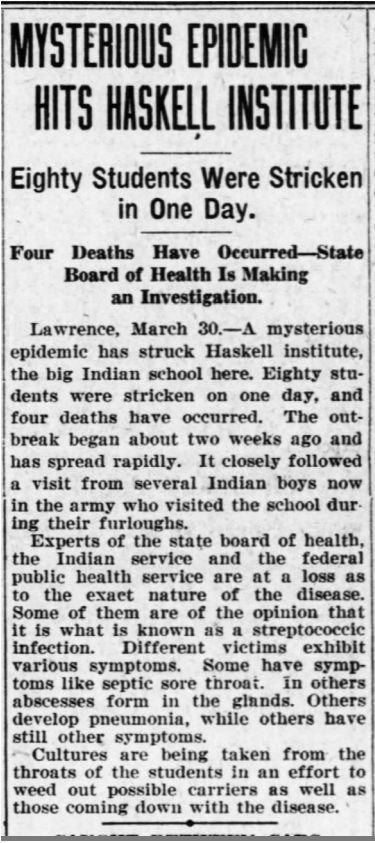
District 4 – Jon Boursaw



Bozho
(Hello),

Pandemic strikes Haskell Institute 102 years ago

This newspaper clipping appeared on the front page of the Topeka Daily Capital on March 31, 1918.



I came across this article and the following information in the summer edition of the *Kansas History, A Journal of the Central Plain*, which is published quarterly through a partnership between the Kansas Historical Foundation and Kansas State University Department of History. Needless to say, I found this article to be very timely, as it is so similar to what we are experiencing today with COVID-19.

The remainder of the newspaper article read as follows:

“A mysterious epidemic has struck Haskell Institute, the big Indian school here. Eighty students were stricken on one day, and four deaths have occurred. The outbreak began about two weeks ago and has spread rapidly. It closely followed a visit from several Indian boys now in the army who visited the school during their furloughs.

“Experts of the state board of health, the Indian service and the federal public health service are at a loss as to the exact nature of the disease. Some of them are of the opinion that it is what is known as a streptococcic infection. Different victims exhibit various symptoms. Some have symptoms like septic sore throat. In others abscesses form in the glands. Others develop pneumonia, while other have still other symptoms.

“Cultures are being taken from the throats of the students in an effort to weed out possible carriers as well as those coming down with the disease.”

The following are a few additional facts taken from the article in the *Kansas Journal*:

At the time of this outbreak, the general public was not aware of the massive epidemic that had struck Ft. Riley just a few weeks before.

The first four deaths were students from Oklahoma tribes, one each from the Chickasaw, Sac & Fox, Wichita and Kaw tribes.

A fifth death, which occurred less than a week after the article appeared, was that of a young Prairie Band Potawatomi female student from Mayetta, Kansas.

On April 11, it was reported in the *Lawrence Daily Journal* that 457 students out of the 750 (61 percent) enrolled at Haskell had reported some symptom of the “flu.”

Among the 207 cases who were “sick enough to require day and night attention” were 16 “very serious lung complicated cases.”

It was necessary for the Indian Office in Washington, D.C. and the U.S. Public Health Service to provided additional physicians and nurses to assist in the care being provided at Haskell.

I think you will agree that even after 102 years, the similarities between what eventually was called the Spanish Flu and the current COVID-19 and their impact on humanity are astounding. Stay safe, wear your mask and maintain social distancing.

The McAfee kids keep winning

A year ago, Caden McAfee was selected by the local CBS TV station, WIBW, as the Northeast Kansas Male Scholar Athlete of the Year. This past spring, his older sister, Carissa, received two awards from Emporia State University when she was named a Dwight and Ida Newberg Distinguished Senior for 2020, and she was the recipient of the Outstanding Senior in the School of Business award. Now their two younger brothers won blue and purple ribbons at the Atchison County Fair.

Caleb, *Midnight Bear*, received Overall Reserve Grand Champion on his 1,550-pound, Crossbred Heavyweight Steer named Tubs. This competition is when all the steers that won their breeds are brought back into the show ring to be judged for Grand Champion. The judge picked an overall Grand Champion and a Reserve Grand Champion out of 12 top steers, and Caleb’s won Reserve Grand Champion. In addition, his Hereford steer, George, was selected as Grand Champion. Caleb is 17 and a senior at Jefferson County North High School.

Younger brother, Carson, received first place in his class with his Lightweight Crossbred steer. He then had to compete against Caleb’s heavyweight steer, and he received the Reserve Breed Champion award while Caleb’s steer was selected champion crossbred. Finally, Carson competed against 16 other entrees



Caleb McAfee competes at the Atchison County Fair with his 1,550-pound steer named Tubs.



Carson McAfee prioritizes showmanship during a livestock show in Kansas.

and won the senior showmanship competition for 14 to 18-year olds. This is when the entrees must do all the right things to showcase their animal for the judge. Showmanship is a certain way to look, stand, hold your animal, have your animal stand the right way and move when the judge moves, all the while continuing to showcase your animal. In this category, the judge is not judging the animal; he is judging the contestant and how well he works the animal. Carson is 14 and a freshman at Jefferson County North High School.

Caleb and Carson are the sons of David and Janet McAfee and descendants of the Bourassa/Ogee families.

Future meetings and events

As of the second week of August when I submitted

this article, because of the coronavirus, there are NO plans to hold district meetings, elder potlucks or Potawatomi Youth Programs in the near future.

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

Migwetch
(Thank you),

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

District 5 – Gene Lambert



Bozho
(Hello),

There have been a lot of conversations on Facebook about all the difficulties ongoing in the world, CPN and our personal lives.

Sometimes it is a good idea to stop, think and process before you respond, particularly when the discussions are of such extreme nature, such as politics, the pandemic and racial issues. I myself have responded in anger, only to realize I did not accomplish a thing. (Graciously pointed out by one of our Tribal members.)

It saddens me that a few in the world of concern, distrust and

anxiety have filtered into the Citizen Potawatomi Nation.

This is our family! United we stand, and divided we fall! This is not a time to sit, but rather the time to do.

We do not always agree, as in most families. However, you are still the blood of that family, and you should work toward its survival.

It has been my experience in observing many tribes who function within District 5 that they each function very differently.

Some Native Nations have a new chairman after every

election, while others may continue their leadership on a more permanent basis.

I believe the Citizen Potawatomi Nation has succeeded with the present leadership for over 30 years with and because of the longevity it holds.

When your leadership changes course, you start with a different focus, beginning again from ground zero.

I remember when there were no grocery stores, casinos, hotels, ballparks, eagle aviary, police force, language department, education, over thirty businesses, etc.

The battle was always uphill in terms of the vision versus the support. The very foundation of that leadership carried us through to where we are today.

I believe in the legislature and its development that will hold CPN in safe keeping, which has been built by many contributing their massive efforts, time and talents.

I believe in the legislators who hold the position and know that every single one cares what happens to the people they serve. Each legislator is different from the other with extreme variation in backgrounds. Caring is not lacking, even

if they disagree simply on a different way of achieving.

The differences in the legislators helps in identifying and creating stronger reference for individual Tribal member's needs.

I *believe* when each legislator votes, they vote with their conscience, and if it differs from another, it is because their

vision is through varying life experiences. This doesn't make anyone right or wrong, but it is simply a variation regarding what is best to serve all the people.

I *believe* the transparency is evident when meetings of the legislature are recorded, and access is made available to anyone who wants to observe for themselves online.

I *believe* legislators in each district are available to talk to and ask questions when in doubt.

I *believe* that half-truths and innuendos are the devil's work or speaking with a "forked tongue." Show me!

Let's not buy into conspiracy theories running amuck in

Washington and bleeding their way into the Citizen Potawatomi Nation or the foundation of America.

I *believe* in you and your ability to take a look for yourself to see what has been working for years. Fact check everything, and know your truth. Then vote in local, state, national and CPN elections. Your voice does count.

Migwetch
(Thank you),

Eunice Imogene Lambert
Butterfly Woman
Representative, District 5
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San Tan Valley, AZ 85143
480-228-6569
euniceilambert@gmail.com

District 6 – Rande K. Payne



Bozho nikanek
(Hello friends),

I hope this month's rendering of the District 6 column finds you well. These are certainly challenging times for most of us. I am open enough to admit that I find it easy to start leaning toward a negative outlook as I take in all that is happening in the world today. While it's not biblical, I frequently remind myself that the old phrase "this too shall pass" helps bring me back to center. In my opinion, the near future may seem bleak at times, but the reality is that the future will be the past before you know it. So, I am trying to occupy my time with the things and people that bring me joy and tune out all the noise that can be so depressing.

One of the ongoing challenges we have at CPN is maintaining current mailing addresses for our members. It is easy to forget to notify Tribal Rolls when we move. If you are not receiving the *Hownikan* or post card invitations to district events, it is most likely because Tribal Rolls does not have your current mailing address.

Just how significant the importance of keeping your mailing address current with Tribal Rolls has unfortunately been revealed recently. As CPN has tried to notify members of available resources to help with COVID-19 financial strain, many mailers have been returned due to invalid addresses.

If you are reading my column in the *Hownikan* that you received in the mail, your address is most likely current with Tribal Rolls. However, you may have family members that do not have current addresses on file. Please do them a favor and ask as well as encourage them to contact Tribal Rolls today if they need to update their contact information. Tribal Rolls can assist Tribal members with updating their contact information by calling 800-880-9880. Please note, your information is secure and is not shared with anyone outside of Tribal Rolls.

If you have not researched the programs available to assist CPN members to deal with the impact of COVID-19, both in economic and health terms, please visit potawatomi.org/cares. The first notices you see are about the vast programs for what Tribal members are dealing with. For instance, as you can see from the ad on page 13, traditional CPN scholarships remain available despite some colleges returning in an online-only capacity. To supplement that, the Tribal legislature appropriated funds for higher education students specifically designed to help with the transition to digital learning as a result of COVID-19.

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

DISTRICT 6&7 CITIZEN POTAWATOMI

are invited

to a District 6&7 virtual gathering.

You will not want to miss this information-packed meeting.

Saturday, Oct 24

10:00AM

Join us at

cpn.news/d67zoom

they have been negatively impacted by the COVID-19 Public Health Emergency to receive this assistance.

Qualification Requirement

Citizen Potawatomi Nation students who are enrolled full-time at any accredited college or vocational program for the 2020 summer or fall semester are eligible to apply for this program. Full-time will be considered as 12 or more credits for undergraduate students or nine or more for graduate students; students attending institutions that use other thresholds for full-time status must provide proof from their registrar. High school concurrent, incarcerated and non-U.S. enrollees are not eligible for this program.

Because of the lingering effects of COVID-19 and the uncertainty of being able to safely have an in-person gathering, District 7 Representative Mark Johnson and I believe it would serve more of our members and do so without the associated health risks by having our gathering virtually. Instead of having

our annual Heritage Festival gathering in Visalia this year, we will meet virtually. The focus of the meeting will be on providing information about assistance available through CPN for members impacted financially by COVID-19. Chairman Rocky Barrett, Vice-Chairman Linda Capps as well as CPN CARES taskforce members Jennifer Bell and John VanPool will join us to provide the most accurate and up-to-date information possible. Participants will also have opportunity to ask questions related to CARES assistance.

Please mark your calendars for 10 a.m., Saturday, Oct. 24. You will not want to miss this information-packed meeting. Join us at cpn.news/D67Zoom. In case you are not able to attend the event live, you can access the recorded version by going to cpn.news/cpnyoutube.

However, you don't have to wait for the meeting to get information or start the process. You can call 833-481-0638 or go to potawatomi.org/cares for assistance with access to CARES COVID-19 Phase I and Phase II financial assistance.

Be on the lookout for meeting information postcards coming soon.

Potawatomi Word of the Month: *Bidi* – Chicken (In my spare time, I managed to build a chicken coop and now have an even dozen of the feathered friends laying eggs for our family.)

Wisdom from the Word: "Now it shall come to pass, if you diligently obey the voice of the Lord your God, to observe carefully all His commandments which I command you today, that the Lord your God will set you high above all nations of the earth." (Deuteronomy 28: 1)

"Rejoice in hope, be patient in tribulation, be constant in prayer." (Romans 12:12)

That's all for this month. *Bama pi* (Later on).

Migwetch
(Thanks),

Rande K. Payne
Mnedo Gabo
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NATION



@C_P_N



HOWNIKAN



CPN
HOWNIKAN

District 7 – Mark Johnson



Bozho nikanek
(Hello friends),

I am sure that by now, you, like I, have become somewhat numb to the whole COVID-19 pandemic. Every morning, I start my day very early, feeding and taking care of the animals. That time provides clarity to my life, and it allows me to connect with my heritage, just as my grandfather and his father did in and around Shawnee all those years ago. I then generally sit down to enjoy the first cup of coffee when I get back to the house; only these days, there is not much joy as I open my email to read the

morning report on how many of the 300+ employees that I am responsible for have called in sick after testing positive, been sent home due to an exposure, or called in to care for a family member sick with COVID-19. In my 40 years in the fire service, nothing, and I mean nothing, can prepare you to deal with what we are facing as a nation.

But it does give me a unique perspective and a very deep appreciation for the job that Chairman Barrett and Vice-Chairman Capps have done to keep our Tribal members and employees safe during this pandemic. I am proud that the Tribe has been able to get the COVID-19 CARES Act money flowing to members. I think we all wished that for once the federal government would eliminate the red tape and allow a more liberal disbursement of the funds, but that is simply not the case. But just like the recommendations of the day, things change daily, and when they do, the legislature will act as we can to make the funds as available as possible. We just need to do it the right way the first time. As a Tribe, we

cannot afford to pay back over 60 million dollars because some bureaucrat in Washington decides we did something wrong.

All of District 7 is now in the summertime wildfire season. I watch as fires burn in Utah, Nevada and Northern California. It is never too late to get ready for wildfires. Being ready for a wildfire starts with maintaining an adequate defensible space and by hardening your home by using fire resistant building materials. Defensible space is the buffer you create by removing dead plants, grass and weeds. This buffer helps to keep the fire away from your home. It takes the combination of both defensible space and the hardening of your home to really give your house the best chance of surviving a wildfire.

Before a wildfire strikes, it is important that you get set. Prepare yourself and your home for the possibility of having to evacuate. There are three main preparation actions that should be completed and familiar to all members of your household long in advance of a wildfire.

Three Steps to “Getting Set”:

1. Create a wildfire action plan that includes evacuation planning for your home, family and pets.
2. Assemble an emergency supply kit for each person in your household.
3. Complete a family communication plan that includes important evacuation and contact information.

Give your household the best chance of surviving a wildfire by being ready to go and evacuating early. Remember: When immediate evacuation is necessary, follow these steps as soon as possible to get ready to GO!

1. Review your evacuation plan checklist.
2. Ensure your emergency supply kit is in your vehicle.
3. Cover up to protect against heat and flying embers. Wear long pants, a long-sleeved shirt, heavy shoes/boots, a cap, dry bandanna for face cover, goggles or glasses. 100 percent cotton is preferable.

4. Locate your pets, and take them with you.

Additional information can be found at readyforwildfire.org.

District 6 Legislator Rande Payne and I are holding a virtual district meeting on Saturday, Oct. 24, at 10 a.m. We will have guests discussing CARES Act funding and have the chance to interact, even if it is virtually. Join us at cpn.news/D67Zoom.

Once again, I would like to say what an honor and privilege 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 that may be available to you.

Migwetch
(Thank you),

Mark Johnson,
Wisk Mtek (Strong as a Tree)
Representative, District 7
1565 Shaw Ave., Suite 202
Clovis, CA 93611
559-351-0078 cell
mark.johnson@potawatomi.org

District 8 – Dave Carney



Bohzo nikan
(Hello friend),

This time last year, I was buying school supplies for the kids to use at high school or to take back to college. This year, things are very up in the air. I have a senior in high school who will be attending classes online, at least for the

first half of the year. I also have both a senior and freshman in college who will be greatly impacted by COVID-19. One of the boys will be at the dorms at the University of Washington in Seattle and the other in an apartment finishing a business degree at WSU in Pullman. Both will primarily be taking online classes.

While things have certainly changed and become more challenging, I am encouraged by the resilience of our students and their desire to learn and move forward with their educational goals. It is everyone's hope that the second half of the year will be back to traditional classroom experiences.

One July 27, the Nation rolled out its Phase II COVID-19 relief programs and re-booted the Phase I criteria.

Since that time, I have been hearing from many District 8 members who have received COVID-19 assistance funds. The reboot on Phase I primarily addressed federal stimulus, which now will not be taken into consideration when assessing unmet, coronavirus-related financial hardship.

It should go without saying, but I will re-state it; it is the goal of the Nation to get help to those who need it without putting the Tribe in jeopardy of having to re-pay the funds to the feds. Anyone telling you anything else is not telling the truth.

To learn about the available CPN CARES programs, visit potawatomi.org/cares.

To apply for COVID-19 assistance, visit portal.potawatomi.org.

To speak to a live person, call 833-481-0638. Please remember that Oklahoma is on central time.

A very good piece of news in July was that the federal courts ruled in favor of the Nation and all Indian Tribes that conduct gaming operations. The core issue was that the Oklahoma governor (mostly on wishful thinking) stated that the gaming compacts expired in 2020, despite our stance that the compacts automatically renewed for periods of 15 years. As usual, these battles never really end. The governor will likely appeal the ruling and this issue will likely be revisited in 2035.

If you have college-aged kids in your life, please be aware of the following deadlines for Tribal scholarships:

Fall: Opens July 15 and closes Sept.15
Spring: Opens Nov. 15 and closes Feb.15

The great news is that the application process has been vastly improved, and students can easily manage the process themselves.

It is my honor to serve as your legislator,

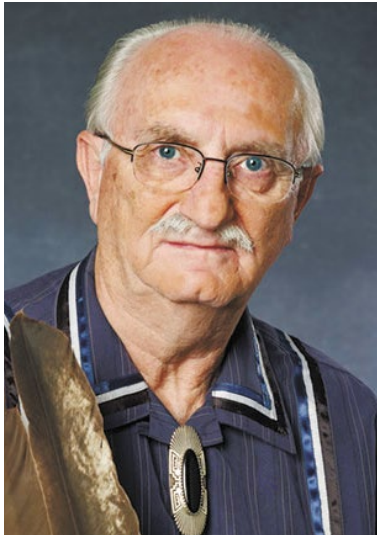
Dave Carney
Kagasghi (Raven)
Representative, District 8
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Olympia, WA 98506
360-259-4027
dcarney@potawatomi.org



THE Hownikan PODCAST



District 9 – Paul Wesselhöft



Bozho nikan
(Hello my friend),

What does “Citizen” mean in the title of our Nation?

When our Tribe lived in the Wabash River valley of Indiana, we were known in those years by various names such as: St. Joseph Potawatomi, The Wabash Potawatomi, The Yellow River Potawatomi, The Mission Indians or Christianized Indians.

From 1833 onward, we became known as the Mission Band Potawatomi. We acquired the name “mission” due to the Catholic priests that traveled with the Tribe, ministering to them and establishing missions. Most Potawatomi became devoted to the church.

The Indian Removal Act of 1830 forced the 850 Mission Band Potawatomi to march 660 miles to a new reservation in Kansas. The hardship along the way caused more than 40 members to die. This tragic event became known historically as the Potawatomi Trail of Death.

In Kansas, the Mission Band Potawatomi became farmers on allotted lands. Many Tribal members did not fully understand the legal ramifications of deeds and tax system structured to cheat them out of their land. For example, Potawatomi land owners were taxed earlier than the government agreements actually said taxation would begin. It is little wonder that the result was that most of these farms ended up in the ownership of white settlers and traders.

With the Treaty of 1861, partially because of their bad experiences selling their Kansas allotments, the Tribe seized the opportunity to protect what they still had in the form of becoming U.S. citizens. To American authorities, this appeared to be a giving up of tribal citizenship, but most Potawatomi did not see it that way.

Indians, just like German, Italian and Irish immigrants to America who eventually

became U.S. citizens, were no longer citizens of the countries from which they came. The federal government claimed they did not recognize us as citizens, nor did they recognize our sovereignty.

The Prairie Band Potawatomi, who lived separately from us, rejected allotments and U.S. citizenship.

In Feb. 27, 1867, the Tribe signed another treaty, selling the remainder of their allotments in order to purchase land in Indian Territory (later to become Oklahoma).

To the federal government at the time, the Mission Band Potawatomi forfeited their Tribal membership. However, becoming U.S. citizens reinforced their new legal rights to allotments in and around present day Shawnee, Oklahoma. Some wanted to secure their land forever by becoming U.S. citizens.

And that is how we attained the name “citizen” in Citizen Band Potawatomi.

We voted to void the word “Band” in 1995. Chairman Barrett wrote then, the word “denotes a status less than that of a full tribe. We are, of course, a federally recognized tribe with no restrictions as a ‘band.’”

Concerning the 1861 treaty, it was unfortunate that the federal government required our Tribe to forfeit Tribal membership. It was disheartening that we could not have had an official, legally-recognized dual legal citizenship in the eyes of Washington D.C. The federal government desired to assimilate and absorb us into the white culture through American citizenship and no longer considered us members of a tribe. Dual citizenship would have to wait for another era when our Tribal nation would consider its members as dual citizens, even without the full consent of the federal government.

The reason the federal government does not recognize tribal members as dual citizens — on par with some dual citizens of European nations — is because they do not view tribal sovereignty as equal to the sovereignty of those nations.

Almost a quarter of our Tribe took allotments under the 1872 Act, the rest under the Dawes Act. The Dawes Act occurred in 1887, and the Citizen Band Potawatomi were coerced to participate in allotments again in Indian Territory.

Then in Sept. 22, 1891, Indian Territory implemented another

Oklahoma Land Run. The Citizen Band Potawatomi reservation was opened up to white settlement, which took away 450 square miles of our reservation.

From my viewpoint, when I see the word “Citizen” in Citizen Potawatomi Nation, I don’t think of the historical origin and significance of the word. Instead, I think of “Citizen” as being the very focal point of our mission and destiny, of who we were, of who we are, of who we are becoming to wit.

We are brother and sister, Tribal citizens supporting and caring for the lives, welfare and culture of our members — our citizens. Today, despite the federal government’s position, we are, indeed, dual citizens of two nations; both of which we were born into, and both of which we dedicate fidelity and our lives.

Paul Wesselhöft
Naganit (Leader)
Representative, District 9
pwesselhoft@potawatomi.org

District 11 – Lisa Kraft



Bozho
(Hello),

I am responding to the Chairman’s remark, “Don’t believe

her,” in his August column of the Tribal newspaper as it was directed at me. The Tribal Chairman of the Citizen Potawatomi Nation should be above this rhetoric and unite our members, especially in these times.

I did vote “yes” on Phase I of the Department of the Treasury’s COVID relief money to get it into your hands quickly. After hearing how many members had applied and been turned down, I voiced my thoughts on the restrictions placed upon our members. Directly after this debate, I voted “no” on spending Phase II. I felt the legislature did not have enough facts and information to wisely appropriate millions

of dollars without further clarification on the restrictions.

The Chairman has invited us all to get “verified and audited facts” of the COVID relief money at the office or from Tribal legislators. As soon as I get this information myself, I will make it available to you.

- How many members have received financial assistance?
- How much money has been given to members and for what?
- How many members have been denied in either Phase I or Phase II and why?

- What are each of our federal programs doing with the millions we have received in COVID relief from several federal departments and agencies?

- How much of that assistance is reaching local Tribal members?
- How much did our programs and enterprises spend on COVID to protect, prevent and respond?
- What are our business losses from COVID?

These answers will help us spend the entire sum of

COVID Treasury money, some \$62.5 million dollars, before running up to the end of December and having to return unspent grant money.

As always, I am thinking Potawatomi.

Lisa Kraft
CPN District Legislator 11 – Oklahoma At Large
Citizen Potawatomi Nation
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cpnchairman.com



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Hubert Lee (Hurb) Adams



Hubert Lee (Hurb) Adams passed away April 18, 2020, at the age of 82 from COVID-19 in Detroit, Michigan. Hurb was born Dec. 19, 1937, on the Nord family farm in Bronaugh, Missouri, to Clarence Kermit Adams and Viola Nord Mahan Adams. He was the oldest of eight children.

Hurb graduated from NHS in 1955 and then from Missouri School of Mines in Rolla in 1959 as a chemical engineer. Hurb served his country in the United States Army as an officer in 1961 and 1962 at Ft. Leonard Wood, Missouri.

Hurb spent his entire working life in Michigan for various chemical companies.

Hurb married Elizabeth Darlene La Mendola on June 20, 1964, in Lincoln Park, Michigan. Darlene passed away Oct. 20, 2017. From this union, Hurb and Darlene had a son and daughter, Mark Todd and Michelle Marie.

Hurb was preceded in death by his parents; wife, Darlene; and two sisters-in-law, Marge Shields Adams and Donna Galbraith Adams.

Hurb is survived by his son, Mark (Kathy) Adams and his daughter, Michelle (Christopher) Miclea, both of Michigan; five grandchildren, Kayla, Christopher, Cristina, Joshua, and Brandon, all of Michigan; one great-grandchild; three brothers, Paul Leroy of Kansas City, Joe Eugene (Ardy) of Tennessee and Don (Terri) of Nevada, Missouri; four sisters, Lois Dianne (Don) Richardson of Missouri, Barbara Jean (Glenn) Pierce of Arizona, Viola Mae (Arron) Wilson of New Mexico and Sharon Kay (Jim) Schaefer of Illinois.

Hurb, being a man of faith, deeply believed that there was a heaven and lived his life accordingly. Also, Hurb was a Potawatomi Indian proud of his heritage. Hurb was a member of the American Legion of Lamar, Missouri.

Hurb's body has been taken to Konantz-Cheney Funeral Home in Fort Scott, Kansas, and he was interred in Fort Scott National Cemetery with Elizabeth Darlene.

Genevieve Minshew



It is with great sadness we announce the death of our mother, Genevieve Janette Brant Minshew.

Genevieve (Jenny) passed away on July 20, 2020. She was 94 years old. "Jenny" was born in the Township of Bales, Pottawatomie County, (McCloud), Oklahoma, to Samuel J. and Ruby L. Brant on May 11, 1926. Her father, Samuel, was born on Oct. 14, 1896, in Shawnee, Pottawatomie County, Oklahoma. Samuel's mother, Hannah E. Cummings, born in Alma Township within *Wabaunsee* (Day of the Dawn) County, Kansas, on Aug. 22, 1860

'Jenny' was a feisty woman with a spirited temper and a wicked sense of humor. She was hospitable, kind to animals and loved her family.

Aug. 4, 1967, "Jenny" was baptized as one of Jehovah's Witnesses and ordained as a minister of the good news. "Jenny" believed in Jesus' promise that there is going to be a world without war, when "the meek will inherit the earth" (Psalm 37:11 and Matthew 5:5). "Jenny" maintained her hope for a new world of peace until her death.

Genevieve had her own "tribe" of 11 children, 20 grandchildren, many great-grandchildren and even some great-great-grandchildren. "Jenny" was predeceased by her parents, Samuel and Ruby Brant; her children, Jan and Jay Mahana; son, Wesley Mahana; grandson, Kelly Mahana; granddaughter, Elijah Faith; grandson, Jordan Ryczek; and sisters, Lavern Whiteneck, Helen Butte and Jesse Taylor.

She is survived by her sisters, Mary Alice Johnson and Imogene Huffman and her children, Margie Johnson (Kenny), Ruby Flake (Ron), Marvin Mahana (June), Cheryl Minshew-Morrison,

Brazos Minshew (Vicki), Amma J. Sanchez (Marcelino), Vicci Cogburn and Shelli Minshew-Ryczek (Mark).

A virtual memorial was held on Aug. 8, 2020, via Zoom. Genevieve requested that donations be made to the worldwide work-disaster relief of Jehovah's Witnesses at jw.org/en/ in lieu of flowers.

Curtis Deane Berkey



Curtis Deane Berkey, 77, Rossville, Kansas, passed away at his home, surrounded by his family, June 11, 2020, following an heroic battle against pancreatic cancer.

Curt was born Jan. 13, 1943, to the late Don and Mary Jane Nicholson Berkey. A lifelong resident of Rossville, Curt graduated from Rossville High School in 1961 and attended Kansas State University. He was drafted by the LA Dodgers farm team as a pitcher, but a combine accident put an end to those dreams.

On Oct. 25, 1989, Curt and JoAnne (Conway) McDonnell were married, enjoying more than 30 years together. For the last 13 years, they were pleased to leave Kansas winters behind for the warmth of Mesa, Arizona.

Curt was very proud of farming for almost 58 years. A lifelong educator in the farming community, Curt mentored many young farmers. He was old school and proud that his rows were straighter than those being put in by GPS. A very honorable man, Curt loved his family and friends, and his presence will be greatly missed.

Curt was a member of the Citizen Band Potawatomi Nation.

Grateful to have shared Curt's life are his wife, JoAnne; children, Keith Berkey (Kim) of Rossville, Angela Shriner (Kevin) of Cape Coral, Florida, Shannon Frodge of Mobile, Alabama, and Brad McDonnell of Denver, Colorado; grandchildren, Kalli Shriner (Jav Palomo) of Boca Raton, Florida, Kohen Shriner (Lilly

Sheridan) of Las Cruces, New Mexico, and Skyler McDonnell of Florida; great-granddaughter, Molly and her mother, Harlie Nemechek, of Rossville; sister, PJ Berkey of Kansas City, Kansas; brother-in-law, Jamie Conway (Gayle) of Topeka; and nieces and nephews.

Zilaphine Watson George



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

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

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

Funeral services were held at Waters Funeral Home on June 3, 2020.

Submitting obituaries

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

hownikan@potawatomi.org

CPN burial assistance through Tribal Rolls

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

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

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