



# Prairie Band Potawatomi News

A Report to the People of the Prairie Band Potawatomi Nation

SPRING 2017 EDITION

www.pbpindiantribe.com + Facebook: Prairie Band Potawatomi Nation

## Juanita Jessepe Elected as New Tribal Council Person #3



Current 2017 Tribal Council Members: (left to right) Warren "Jr." Wahweotten, Camilla Chouteau, Juanita Jessepe, Thomas Wabnum, Zach Pahmahmie. Not pictured: Liana Onnen.



Juanita Jessepe was sworn in as Tribal Council Person #3 on March 9, 2017.



Tribal Council Vice Chairperson, Zach Pahmahmie, conducted the swearing-in ceremony.

Juanita Jessepe has been elected to fill the position of Tribal Council Person #3. The initial election was held on Saturday, February 4, 2017 at the Old Bingo Hall and had a total of nine candidates vying for the position. That election did not result in a majority winner, which then led to a runoff election between Juanita Jessepe and Joyce Kitchkommie Guerrero, who were the top two candidates

who received the most votes.

A total of 838 votes were cast in the initial election with Guerrero receiving 134 votes and Jessepe re-

ceiving 127 votes. Soon after, ballots for the runoff election were sent out to registered tribal members.

On Saturday, March 4, 2017, ballots were counted for the special election runoff between Guerrero and Jessepe. The election process began at 9 am that morning, with ballots being counted electronically by Automated Election Services.

Tribal members, Frank Shopteese, Paula Moore, Linda Yazzie, Elizabeth Gaona assisted in the election process, with Leslie Marshno serving as the election judge.

After all eligible ballots were tallied, there was a total of 736 votes cast for the runoff election. Guerrero received 48.64% of the final votes for a total of 358 votes. Jessepe

received 51.36% of the votes for a total of 378 votes.

A Swearing-In Ceremony took place on Thursday, March 9, 2017 at the Old Bingo Hall. Jessepe will be seated as the Tribal Council Person #3 position for the remainder of the term, ending in July 2020. Jessepe replaces Carrie O'Toole, who resigned her position in November 2016.



Tribal members assist with separating the ballots during the election process.

### Election Calendar for Gaming Commissioner #1 and #2

#### Candidate Filing Dates

Declaration of Candidacy Forms and payment will be accepted from April 17 - April 28, 2017 through the hours of 9 a.m. to 4 p.m.

#### Candidate Withdrawal Date

The last date for candidates to withdraw their names from the election. May 5, 2017, by 4 p.m.

#### Voter Registration Deadline

The last day for members 18 years of age or older to register to receive a ballot for this election is May 19, 2017, by 4 p.m.

#### Ballot Mailing Date

Ballots will be mailed to Registered Voters Only on June 9, 2017.

#### Election Day

All ballots must be received at the Mayetta Post Office by 9 a.m. to be tabulated in this election. Tabulation will commence at 9 a.m. on July 22, 2017, at the Old Bingo Hall.

\*\*If needed, a Run-off election day will occur four (4) weeks after the General Election results are certified.

### Candidate Profiles

Candidate profiles will be available for review on the Nation's website. Visit [www.pbpindiantribe.com](http://www.pbpindiantribe.com), select "Elections" from the left hand panel, then select "Candidates".



## A Message to the PBP Nation - Chairwoman Liana Onnen

in the same situation: wanting our projects to get as far as possible before the change in administration. What the administration's approach will be toward trust applications, particularly trust applications for gaming purposes, is still unknown, but is not expected to be favorable for tribes. In the end, the Director did turn around comments, but not until January, leaving very little time to get the DEIS published in the Federal Register, another important benchmark in the trust application process which essentially makes the DEIS public and sets the stage for the second round of public comment on the DEIS. Ultimately, the Acting Assistant Secretary of Indian Affairs called me to tell me the DEIS was still under review by their solicitor's office and would not be ready to be signed off on and published in the Federal Register prior to his departure and the end of the previous administration.

Currently, we are in a holding pattern until the new administration's appointees are in place and we are able to meet with the new players in this administration. We expect Representative Ryan Zinke (R – Montana) to be confirmed as Secretary of the Interior soon. Rep. Zinke has real-life experience in working with tribes from his work in Montana and from what we have been able to ascertain, he looks to be a good nominee in terms of understanding Indian Country and tribal sovereignty. The next appointment which will impact all tribes, and this application in particular, is the Assistant Secretary of the Interior – Indian Affairs (ASIA) who will be the authority to publish our DEIS. We will continue to push as much as we can to keep the momentum moving and do all we can to keep this application moving forward. This application and the proposed facility are all in keeping with the tenants of this administration with regard to Economic Development and job creation in America.

In February, I attended the NCAI Executive Council Winter Session. As a member of the NCAI Board, I attend meetings prior to the opening of the conference to tend to NCAI business. During this time, I am privileged to be able to meet face-to-face with members/staff of the Senate Committee on Indian Affairs and the House Subcommittee on Indian, Insular and Alaska Native Affairs. In addition, I am also afforded the opportunity to meet with key staffers from NCAI's partners in Indian Country including, National Indian Child Welfare Association, National Indian Gaming Association, Native American Finance Officers Association and others. Every time I am at an event, I am privileged to meet and work with these individuals who work so hard for Indian.

The audience of the conference was presented with a bi-partisan showcase of speakers from both the House and the Senate, such as Rep. Tom Cole (R – Oklahoma), Co-Chair of the House Subcommittee on Indian, Insular and Alaska Native Affairs and Rep. Nancy Pelosi (D – California), former Speaker of the House. Over 15 congressional speakers were heard and the message relayed to the audience is one that assured many that efforts to repeal/replace the Affordable Care Act (ACA) will not include the eradication of the Indian Health Care Improvement Act (IHCA) which provides protections for Native Americans' health care needs. Another consistent message from the speakers was that tribes in Indian Country still have advocates on both sides of the aisle in both houses, who have pledged to protect efforts to uphold the federal trust responsibility and to protect the sovereign rights and self-governance of tribes. A continued presence and interaction with these representatives as well as our own repre-

sentatives in Kansas helps keep Native American and Prairie Band Potawatomi needs as priorities.

I was also able to participate in a small, informal roundtable discussion with key Trump Administration transition officials William Kirkland, Deputy Director of the White House Council on Intergovernmental Affairs and Ben Keel, presidential appointee to the ASIA office in the BIA. Another roundtable meeting was held with James Cason, Acting Interior Deputy Secretary. In both meetings we focused on how tribes create jobs and economic and infrastructure development in their own communities and their shared communities. Tribal leaders took the opportunity to discuss what has worked well in the past and what still needs work, focusing on the land-into-trust process as well as the continued issue of dual-taxation on sovereign tribal land. I finished off our visit with Senator Moran's office and a meeting with Congresswoman Lynn Jenkins, both of who are very supportive of our tribe and Indian Country in general. It was a full week in D.C. and continue to be both honored and humbled to be able to represent our tribe on the national level.

A bit closer to home, I was recently asked by the GoTopeka Board of Directors to serve as a member and will start my official duties in February with the hope that I will be able to find creative ways to partner with businesses and entrepreneurs that will be mutually beneficial to our community and the Topeka community as well as create strong contacts in the Topeka business community. I have also been appointed by the council to work as the Ex-Officio for the PBPEC Board. I have participated in one conference call and one meeting just in the last two weeks. I look forward to serving in this capacity and plan to focus on fostering positive, consistent and effective communication and vision between the board and the council. Finally, I, along with Vice-Chairman Pahnahmie, will be serving on the CTJSSP team. We have attended one meeting and will attend training next week. I am excited to serve on this team as it is centered on identifying community needs and concerns and creating and planning programs to address those needs and concerns. I have already enjoyed my time with this team and look forward to working with them more in the future.

As we look at 2017 and what our priorities for the coming year should be and how those priorities can positively impact our future, I want to reassure you, I am always thinking about and considering what is best for our future and our future generations. I take the responsibility and privilege of serving every one of you seriously and I remain committed to doing the best job I can for all of you. I commit myself to boards and committees to represent you and to better serve our Nation's interests. In my life, family is so important, and all of you are family in my eyes and in my heart because we are all Prairie Band Potawatomi. In spite of the differences and difficulties we may encounter, we must remain focused on creating a better quality of life for our people and on securing the future of our children and grandchildren.

I close again, by sincerely saying thank you. Your commitment and dedication to our tribe and our people only reinforces my commitment as well. I look forward to what 2017 brings and I look forward to sharing it with all of you! Igwien.

Liana Onnen

Hello to one and all of you! Happy 2017! It has definitely been a busy quarter here at home. A new administration has taken its place in the White House and many of you have contacted me to express concerns about the new administration. Regardless of your political views or affiliation, I feel two things are of the utmost importance for us: 1) We be prepared to face whatever may come from this administration, whether it be budget cuts to programs and departments that serve Native Americans or outright attacks on our sovereignty as a federally recognized Indian tribe whose origins began on this continent long before there was an "America" because those are very real concerns and we would be remiss if we were to act as if they were not, and 2) We be prepared to find ways to work within the expected confines of this administration and find ways to optimize our advantages, wherever we may find them, even if we have to look hard to find them or create them. The opportunities may be few or they may be many, but we must be ready to take advantage of them if and when they present themselves.

My hope is that while the administration may not be supportive of environmental issues or trust land or violence against Native women or Indian gaming or the Indian Child Welfare Act, etc., it will be supportive of economic development in Indian Country once it recognizes how valuable tribes and their businesses can be to our communities and in particular, as economic drivers and job creators. These are the tenants of the President's candidacy, his platform. If the President is true to his rhetoric, it is my hope we will be able to press the advantage and create opportunities for our tribe, our communities and our people through economic development opportunities. Whatever comes, know that I, along with the rest of your Tribal Council, am aware of the concerns, share those concerns and will be closely watching this administration as its policy toward Native American tribes, communities and people develops. We will continue to be vigilant and do all that can be done to protect our people and our sovereignty.

Approximately one week after the election, I traveled to Washington DC to meet with the Director of the Office of Indian Gaming, in an effort to expedite the processing of our Shabehnay trust application before the change in administration. We went to ask the Director to make her comments on the DEIS as quickly as possible. The conversation went well and we left feeling assured she would make every effort to process comments so that the application could continue to move through the process. We also left knowing the reality was that many tribes were already asking for their projects to be a priority, all of us

## Greetings PBP Nation....



Once again, I always like to stress that the PBPN has had many successes from previous Tribal Councils and that we must continue to move this Nation forward without losing the momentum. On January 20, 2017, we had a change of Presidents, and how does that affect our Nation? Sometimes that depends on what the political party promises just to win the Presidency. Most want to cut back on taxes so there is less money to the federal government and Indian Affairs budgets. Some want to eliminate special programs or create special programs. Some want to freeze government until a starting balance can be established and then move forward slowly. Then we have to wait for the President's special appointments to be approved by Congress and then educating them on their job to start working on the backlog of requests that was created by the transition.

What do they know about Native Americans? Most of the time nothing, but that depends on Native presence by Tribes or National organizations constantly in their face about issues that directly affect the communities we live in. No budget cuts! Amend American Indian Laws! Enforce tribal sovereignty! Expedite tribal land into trust applications! No dual taxation on businesses on tribal land! More health and education care benefits! These are major issues for all Tribes.

When there are budget cutbacks, and if we want an effective tribal program, we must supplement that program for services to our community and employment. I am thankful for having such resources to accommodate our community needs. We must not be complacent as our Nation grows but so do our financial needs. We must assure that new money making projects are constantly being developed. So, when annual tribal program budgets are approved, the General Manager has the duty of properly administering program services under proper codes, policy and guidelines for that year.

We have many priorities now but the Shabehnay Project is a potential gaming facility and will be new and big money. Yes, we have both time and millions of dollars invested and we are close to the many approvals for this project. We have the Congressman's support, all the local county support, the Mayor, County Boards, businesses, the Union, home owners, schools, etc. We will be contributing to that community just as much the same way as our Kansas gaming facility. Is it frustrating? Yes. But it's also very political as every

project is correlated with how much money goes back into the community the gaming facility is in. We continue to be involved in the Village of Shabonna and Shabehnay as a business partner and community member.

Then we must proceed with the 150/75 project, which is the land on the east side of Highway 75. All of us have opinions on how to increase or expand to generate more money, but gaming is quicker than retail sales. Again, this would be new and big money for the Nation. We need to start researching on that project with due diligence, in hopes of getting an estimated time for completion. We need new and more patrons from this highway. We cannot rely on our resident customers for additional profit, as they divide themselves amongst other local casinos.

This project will generate income, but we want to keep our taxes on goods and services on tribal lands, no dual taxation. Negotiating with Kansas in a win-win agreement, much like our tobacco agreement, is desired. Again, planning and preparation for the next Kansas legislature renders us better time management and success. This project would also generate new and big money for the Nation.

We are carefully monitoring our Casino operations and all surrounding casinos. The expansion is for more machines, the bingo, new ideas and new marketing strategy. The bottom line fluctuates depending on weather, surrounding activities, price wars, local and national economy, new administrations, new tribal council members, public pressure for more tribal benefits, and more per capita. But again we must do this without an adverse effect, spending more to make more, but we may break even or make less.

This year we must finalize the Town Hall meetings on the enrollment issue, if we are going to keep it the same or make changes. This is a very time consuming but sensitive issue in doing the correct process in what is politically and culturally correct. The ballot language must be clear and understood so that the end result is what is best for the Nation as a whole.

This year I was appointed at the Tribal Historic Preservation Officer, THCP, that includes the Native American Graves Protection and Repatriation Act or NAGPRA. One of the responsibilities is to administer Section 10 of NAGPRA which authorizes the Secretary of the Interior to make grants to museums, Indian tribes, and Native Hawaiian organizations for the purposes of assisting in consultation, documentation, and repatriation of Native American "cultural items". This includes human remains, funerary objects, sacred objects, and objects of cultural patrimony. Federal agencies may not apply for grants, but tribes may receive repatriation grants to transfer control of items from federal collections.

This is a large project and responsibility but if we have the proper facility to house such items we can eventually collect thousands of our tribal artifacts and identifiable remains to the PBPN. Under NAGPRA, grants are available to those museums and universities and to assist PBPN for the return of these items. I am dreaming at this point, but I would like to see a plan for a tribal archives building similar to the State or those at large universities.

Again, I am very proud of our Realty and Legal Department for preparing and getting our Cobell Land Buy Back Program approved and completed in 6 months. We were able to purchase 3,299

acre equivalents or co-owners land interests, using about \$5 million of court settlement money and not using our tribal money. Along with our annual program of purchasing mostly fee land, our Nations' tribal land base is growing and will continue to do so. Today we have 16,912 acres of individual allotment trust, 14,449 of tribal trust acres, 3,025 of tribal fee acres waiting for trust status for a total of 34,386 acres.

I am a liaison officer for the tribal land committee, which protects and preserves our land rights, and prepares a land use plan for newly acquired land on an annual basis. Plans are developed for tribal use or we may choose to lease out our lands to generate more money. I am also on the Tax Commission and as we create more businesses, expand our codes, or allow non-tribal business on tribal lands, we have the right as a tribal sovereign Nation to govern ourselves and tax as well.

I continue my Constitutional duties as a Tribal Council Member. It is an honor and privilege to be on Tribal Council and it has its many rewards as we reflect on its growth and plan for future growth. At the same time, it is constant work and requires full attention. The hard will pay off in return to being able to give the next generation a much larger tribal land base, a better tribal government, better health and economic growth, a continuing and better business relationship with non-tribal businesses. As well as to continue our tribal investments, educating our youth, increasing elder care and so many other services. It's a good feeling of accomplishment.

All of this does not come without risk, such as tribal elections where newly elected officers are installed and they have new ideas of their own. There have been special elections or Tribal Council appointments to finish out vacant seats. There may be Constitutional elections that could change the course as we move forward. There could be a substantial increase in enrollment, with new members not knowing we have grown from 80 acres of land in 1960 to over 34,386 tribal acres. How we once only had a few employees under federal contracts and using only the interests of tribal treaty money to pay for governmental expenses. And of course, there is always the personal politics that any government inherits but must endure and overcome for the common good of the nation.

This is very disruptive, we lose the Nations' momentum of advancement if members are coerced to picking sides. This too shall pass, as we have learned to correct and continue "to promote harmony, the common good, social and general welfare and to secure the blessings of spiritual, educational, cultural, and economic development for ourselves and our posterity."

As a former tribal council member from the 1978-1980 term, I can see that our survival skills and success were learned from a very proud past from our ancestors who knew how to adapt from many difficult and strained circumstances. We have done well and they would be very proud of us, and I wish I could see them and show them what we have today because of them.

Respectfully,  
Thomas M. Wabnum

## Potawatomi Tribal Police Flag Dedication

Submitted by PBP Tribal Police Department

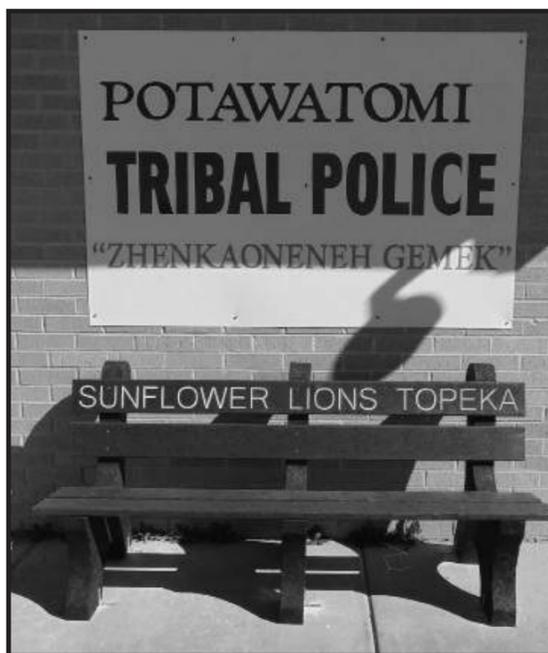
We recently erected a flag pole in front of the police department. On February 21st, our We-Ta-Se Legion Post 410 dedicated and raised the United States and the PBPN flag. We are honored to have this new addition to the department. We thank the Post 410 Color Guard for dedicating the flags.

During the ceremony, the Topeka Sunflower Lions Club unveiled a gift to the police department. The bench pictured below was made with used rubber from tires and plastic from pop bottles and was presented to us as a

project in honor of their 100th anniversary. Thanks to the men and women of the club that give up their time to help their community.

Thank you to everyone that made it out to the ceremony, and we missed those of you who were unable.

Special thanks to the PBPN employees that erected the flag pole.



## PBC&R Tribal Internship Opportunity

Submitted by Lara Waits - Tribal Development Program Coordinator

Currently, at Prairie Band Casino & Resort, we are advertising for applicants for our summer internship program. This is a summer internship that provides enrolled members

of the Prairie Band Potawatomi Nation and other tribal students the opportunity to gain valuable work experience and potentially job placement at the casino within a position related to their major field of study.

Each intern may have an interested in one or two departments but one thing you can count on is that they gain an unforgettable life experience. The list benefits of this internship are infinite. During this internship, you will learn about things you will never find in the classroom. You make critical professional contacts with the management team. After the internship is over you have the possibility of working in a full-time position at the casino.

The focus of the internship is to gain an understanding of the casino business through practical experience. Interns will be exposed to a variety of casino departments and have the opportunity to work side by side with casino staff. Interns get to explore our 12 core departments. Slots, Table Games, Marketing, Finance, Human Resources, Services & Retail, Food & Beverage, C-Store, Information Technology, Facilities, Security, Surveillance, and Golf. Interns also get to work at fun employee events, marketing events, promotion, and our annual Powwow.

The Prairie Band Casino & Resort was voted by the Topeka Capital-Journal as one of the best places to work and several management-level employees began their careers as interns for the casino. At Prairie Band, we cultivate our future leaders from within! Of the 100+ members of our leadership team, over 80% have been promoted internally. If you have any questions or need more information about the Tribal Internship please contact me through email: [lwaits@pbpgaming.com](mailto:lwaits@pbpgaming.com) or phone: 785-966-7761. I would be happy to answer any questions you may have about the internship.



### TRIBAL INTERN

This internship provides enrolled members of the Prairie Band Potawatomi Nation and other tribal members currently enrolled in college the opportunity to gain valuable work experience and potentially job placement at the casino within a position related to their field of study.

HELP OUT WITH CONCERTS, BBQ CONTEST, PROMOTIONS AND MORE!

**APPLY NOW!**  
[jobs.prairieband.com](http://jobs.prairieband.com)

PAID SUMMER INTERNSHIP



If you have any questions, please contact Lara Waits.

Email: [lwaits@pbpgaming.com](mailto:lwaits@pbpgaming.com) Phone: 785-966-7761



# New Housing Development Approved

In a Special General Council Meeting that was held on February, 25, 2017, General Council voted on a motion to approve moving forward with a new housing development known as Southwood Estates. The Southwood Estates will provide 27 new housing units for rent, which include 3, 4, and 5 bed-

room units. The new housing development will be low-income based housing with a number of units reserved for military veterans and families with special needs.

The housing project is expected to be completed by the end of 2018. There will not be an additional wait list for the new houses. All housing from

the Southwood Estates will be filled from the current housing wait list.

If you are currently on the wait list for housing, please remember to keep your address up to date with the Housing Department to ensure prompt notifications from the department regarding housing availability.

## 3 BEDROOM



Bedrooms	# of Units	# of Bathrooms	Square Footage
3	6	2	1,362
4	17	2.5	1,814
5	4	2(full), 2(half)	1,929
<b>Total</b>	<b>27</b>		

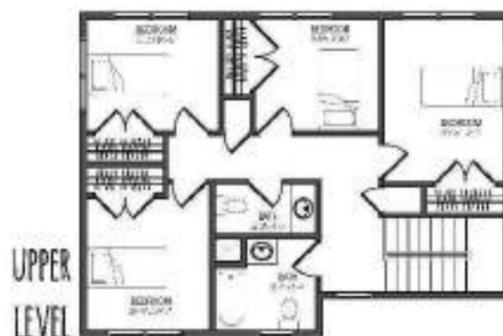
**All units will include:**

- open concept floorplan
- en suite master bath
- exterior porches/patios
- reinforced storm refuge area
- exterior storage
- energy efficiency rating approximately 40% better than code

## 4 BEDROOM



## 5 BEDROOM



## PBPN Receives Indian Community Development Block Grant Award

Submitted by Dawn "Sogi" LeClere - Director of Language Department

The PBPN Language and Cultural Department staff teach 10 Potawatomi language classes weekly, and in the summer, 16 classes weekly to the Reservation community. Since the existence of the Language and Cultural Department, class locations have bounced from one location to another, as the department has never had a designated classroom space. Most currently, classes are held out of the Elder's Center basement, the Boys and Girls Club library, Royal Valley Elementary classrooms and science room, and the language immersion house, two of which lack the acoustics and confines suitable for language transmittal.

In May of 2015, the Language and Cultural Department staff, along with community and class members began brainstorming ways to

accommodate the need for classroom space. Together the group developed the idea to create a language and cultural learning campus that would consist of both immersive learning areas as well as traditional classroom-style learning areas.

In September of 2015, the idea was submitted to PBPN Tribal Council who approved the idea and gave permission to develop a full proposal. In October of 2015, the full project proposal was submitted to the U.S. Department of Housing and Urban Development's Indian Community Development Block Grant funding competition.

In February 2016, The Prairie Band Potawatomi Nation was awarded the Indian Community Development Block Grant, in the amount of \$799,632.00,

to construct the 2,300 sq. ft. Language and Cultural Learning Center, to be located on 158th Road, a ½ mile west of K, where the current Language and Cultural Immersion

House stands. The new facility will combine with the current Language and Cultural Immersion house to provide a campus atmosphere designed

specifically for learning Potawatomi language and culture. The campus will encompass:

### Immersion House

- Indoor immersion classroom (kitchen, dining, living space)
- Sewing/Crafting classroom
- Restrooms
- Recording studio
- Tornado Shelter

### Learning Center

- State of the Art traditional school-type classrooms
- Reception area
- Restrooms
- File storage area
- Office and cubicle space for the Language and Cultural Department staff

### Campus

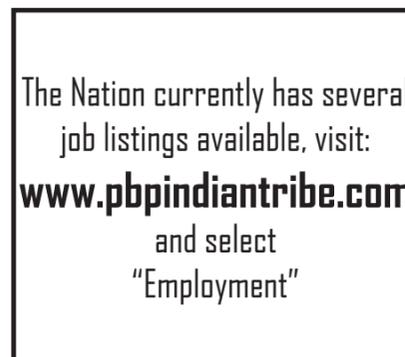
- Outdoor Immersion classroom
- Traditional Potawatomi Garden
- Nature Trail

The PBPN expects construction to begin Spring 2017 and be completed later that winter.

The PBPN Language and Cultural Department staff are excited to be able to provide language and cultural arts classes at the campus and in the brand new Language and Cultural Learning Center facility.

### Potawatomi Alphabet and Pronunciation Key

Potawatomi Alphabet	English Pronunciation	Potawatomi Alphabet	English Pronunciation
a	Ma, autumn,	m	merry, imagine
b	baby, best	n	neat, notice
ī	duck, edit	o	open, go
e	apple, pack	p	pet, simple
é	yet, effort	s	snake, snow
ē	stuck, luck	t	top, total
g	green, great	w	when, wow
h	happy, hello	y	yes, yikes
i	even, seen, dean	ś	zebra, Zen
ī	sit, hit	ey	lay, play
tt	jump, agile	tt	cheese, champion
k	cloth, clean		



## Two New Members Join the Peacemakers Circle

On January 10, 2017, PBPN tribal members, Norma Shipshee and Ann DeCoteau, were sworn in as the final two members of the Peacemakers Circle. The Peacemakers Circle are a separate mediating branch under

the Judicial Council. The Peacemakers are comprised of ten tribal members who are selected by General Council and are sworn in by Tribal Council. The purpose of the Peacemakers is to resolve and mediate disputes in

a non-adversarial way, voluntarily brought by the disputants, through a healing and harmonious way.



Left photo: Norma Shipshee and Ann DeCoteau are the newest members of the PBPN Peacemakers.

Above photo: With the swearing in ceremony that took place, the Peacemakers now have a complete group. Members of the PBPN Peacemakers are pictured (left to right): Sandra Shopteese, Charles Jacobson, Norma Shipshee, Ann DeCoteau, Harold Simon, and Chris Brewer. Not pictured: Lysette Morris, Jeannie Howley, Krista Catron, and Marie Clement.



PBPN youth participate in the Beginner's Sewing Class, learning the basics of sewing, including how to setup the sewing machine. Once the basic skills were retained, each participant then went on to sew a traditional dish bag.



Learning to make a ribbon shirt, Anna Boswell, participates in the Ribbon Shirt Class.

## THCP Sewing Classes



Vicki Wahquahboshkuk works diligently on her ribbon shirt.



Noah Wahquahboshkuk and Voncile Mitchell participate in the Beginner's Sewing Class that were provided to community members by the THCP Department.



Tribal member, Dianna Payne, traveled to Kansas to teach a Beginner's Sewing Class and a Ribbon Shirt Class which was available to more advanced sewers. Payne instructs Knowee Potts in making a traditional dish bag.

## Potawatomi Language Taught in Local Elementary School

Submitted by Dawn "Sogi" LeClere - Director of Language Department

In March of 2016, the PBP Language and Cultural Department staff began meeting with the local school district officials to address a gap in language and cultural learning services offered to youth of PBP Reservation community.

In the past, Potawatomi Language Classes were offered to elementary students that attended the Boys and Girls Club after-school and summer programs. After-School language class student numbers fluctuated, between 5 to 12 Kindergarten through 4th grade students attending the language class each week. When reviewing the class statistics, PBP Language staff knew there had to be a better way to reach students. This is when the department staff decided to brainstorm with local school officials. Together the PBP Language staff and Royal Valley School officials developed a plan to reach those students who wanted to attend Potawatomi language classes but were not active members at the Boys and Girls Club or whose parents were unable to get their children to the classes.

Principal Noah Slay was willing and even eager to welcome the PBP Language and Cultural Department staff teachers into the Royal Valley Elementary School building. In August of 2016, with Mr. Slay's guidance, the PBP Language Department staff attended the annual enrollment day for all Royal Valley Schools. PBP Language Department staffed an informational booth where parents RVES students could sign their child up for the Potawatomi language classes, which would

be held once weekly at RVES. To much of the PBP Language Department's and Mr. Slay's surprise, 57 students signed up for the Potawatomi Language Classes!

Mr. Slay and the PBP Language department staff were then, put to the task of ensuring we would be able to accommodate the large number of students. The PBP Language and Cultural Department staff decided they would split the students into three classes: Sogi LeClere and Jessica Mitchell/Melinda Williamson would teach the Kindergarten and 1st graders, Billy Matchie and Lyman Shipshee would teach the 2nd Graders, and Cindy LeClere and Jan Hubbard would teach the 3rd and 4th Graders. And, in timely fashion, Mr. Slay was easily able to secure three classrooms.

On Friday, September 2, 2016, Potawatomi language class began, at Royal Valley Elementary School. Of course there have been many students come and go from the Potawatomi language class, but we are still averaging about 58 elementary students a week, who willingly attend and learn the Potawatomi language.

Thank you all, parents, grandparents, siblings, aunts, uncles, teachers, and the past and present PBP Government, for not only allowing us at the PBP Language Department to teach, but also encouraging our

young people to learn their Potawatomi language. It is because of your encouragement; our language will live and thrive.

And, thank you Royal Valley School District, and Mr. Slay for also nurturing the growth of our children.

### What RVES Language Class Students are learning:

How are you?	Niitēna
I am fine/okay/well.	anweséshēna/anwe/mnopmatis
I am busy.	nīotmis
I am lazy.	nyabyetis
I am sleepy.	nkikipkosh
I am tired.	nyekwis
I am hungry.	nbēkte
I am angry.	ntēnshkatis
I am sick.	nyaknoga
I am happy.	ntēttiwenmo
Fall	etkwagēk
Leaf	tatpēk
Leaves	tatpēgwen
Coat	biskowagēn
Coats	biskowagnēn
Rake	matosh'ēgēn
Rakes	matosh'ēgnēn
I'm cold.	nbigett
It's cold outside.	kšényamgēt sagitt
I'm warm.	ntēgisho
It's warm outside	mnowate sagitt
Winter	epok
Snow	pon
It's snowing.	ponimgēt
Ice	mkom
It's sleeting.	mkomiswēn
Sled	shoshkswe
It's slippery.	shoshkiwēn
Be careful, go slow.	nasēna egatt
North	wettsényak

## Kambottek



### Mary Etta Rice Hughes

MAYETTA - Mary Etta Rice Hughes, born on February 2, 1928, passed away November 29, 2016. She was 88 years old of Mayetta, Kansas. Our beloved and dearest mother, grandmother and great grandmother was dearly loved by many and was considered the matriarch of the Hughes family.

She resided in Colton, CA for 60 years. Mary was a proud Native American member of the Prairie Band Potawatomi Tribe. Mary lived in Washington and Colorado where she met her husband Carl Hughes and eventually moved to Colton, CA where she worked as a Licensed Vocational Nurse.

She was board member of the San Bernardino American Indian Center and often spoke at schools sharing the native culture and history. Mary particularly enjoyed attending her youngest son's (Bill Hughes) classes sharing her culture.

Mary loved humor, the outdoors, cake making, animals, family gatherings, Native American events, her children and grandchildren's sport activities. Her greatest treasure was her family.

Our greatest loss is our beloved "Grandma Mary". Yet we intend to carry on her gift of kindness, family, a smile for all and generosity. Our beloved mother and "Grandma Mary" is survived by 4 children (Dennis, Janice, Marshall, and Bill), 10 grand children, 13 great grand children, 1 sister, 1 son-in-law and 1 daughter-in-law.

A private family viewing will be held Friday, December 2, and hereafter she will be laid to rest at Mt. View Cemetery all in accordance to the traditional Native American tradition. May the creator and Lord God grant this special, loving lady peace, tranquility and love as she dwells among her family and the Lord God as she waits for us to greet her with her loving presence.

-Mt. View Mortuary & Cemetery

### Deborah Kyea

KANSAS CITY, KS - Deborah Lynn Kyea, 62, formally of Topeka passed on December 22, 2016. She was born January 12, 1954. Deborah was a member of the Prairie Band Potawatomi Nation.

Visitation 9-11am Service 11am Dec 30, Highland Park Funeral Home & Cremation Services 913-371-0699. Private disposition.

-Highland Park Funeral Home



### Robert Bridegroom

TOPEKA- Robert Keith "Wa-sa-too" Bridegroom, 55, of Topeka, KS passed away Wednesday, December 21, 2016 at his home. He was born August 19, 1961 in Hammond, IN the son of Robert Frank Bridegroom and Julia Lewis.

Robert graduated from Calument High School in Indiana. He worked with electronics, loved birds and was a gun collector. Robert was also a proud neighborhood watchman and had a strong love for his nieces and nephews.

He was a member of the Prairie Band Potawatomi Nation and belonged to the Thunder Clan, his color was red.

Survivors include his mother, Julia Lewis of Mayetta; his father, Robert Bridegroom of Topeka; 4 sisters, Dorothy Kiyukan of Mayetta, Doris Cochran of Topeka, Judy Ann Bridegroom of Holton and Joycie Lynn Bridegroom of Topeka.

He was preceded in death by a brother, Raymond Bridegroom-Lawson in 2012.

Funeral Services will be 1:00 p.m. Monday, December 26, 2016 at the Mercer Funeral Home in Holton with Pastor Richard Sundermeyer officiating. The burial will follow in the Shishee Cemetery. Family will greet friends one hour prior to service time. Memorials may be given to the Heart of Jackson Humane Society c/o Mercer Funeral Home, P.O. Box 270, Holton, KS 66436. To leave a special message for the family, please visit [www.mercerfuneralhomes.com](http://www.mercerfuneralhomes.com).

-Mercer Funeral Home

### David Wahwassuck

David Wahwassuck passed on January 13, 2017. He was born on November 15, 1956. David was an enrolled member of the Prairie Band Potawatomi Nation.

-No obituary was submitted.

### Warren Cox

Warren Cox passed on February 5, 2017. He was born on December 14, 1970. Warren was an enrolled member of Prairie Band Potawatomi Nation.

-No obituary was submitted.



### Barry Brooks Coffin

SANTA FE - Artist and sculptor Barry Brooks Coffin, 69, passed away on December 4, 2016 in Santa Fe. Barry's "end of the trail" was unexpected, but his family and friends are comforted knowing he was in a beautiful place spiritually among his friends in The Oak Rose Society. Barry is survived by his devoted canine companion Rocky; brothers Doug Coffin (Kaaren) of Abiquiu, NM; Tom Coffin (Julia) of Scottsdale, AZ; and Lynn Coffin (Carly) of Durango, CO; son Michael Worsham; grandchild Ashley Worsham; nephews Brian Coffin, Erik Coffin (Meryl), and Gabriel Coffin, grand-nephews Miro and River Coffin; grand-nieces Paloma and Boheme Coffin; cousins Betty Stone (Paul) of Vienna, VA and Bob Hardage (Sherry) of Houston, TX. He was preceded in death by his parents, Warner A. "Tony" Coffin, Jr. and Lolita (Lolly) Brooks Coffin of Lawrence, Kansas.

Barry was born in Lawrence on September 21, 1947. He was an enrolled member of the Prairie Band of the Potawatomi Nation. He was raised with his brothers at Haskell Institute in Lawrence (now Haskell Indian Nations University) where his father, Tony, was the Coach and Athletic Director for many years. After graduating from Lawrence High School, Barry attended the University of Kansas and then the Institute of American Indian Arts in Santa Fe, graduating in 1977. He was a U.S. Army veteran, serving in Vietnam during the 1968 Tet Offensive.

Barry participated in numerous Indian Markets and Art Exhibitions across the U.S., as well as in France and Canada. He traveled to exotic locations with his adventurous mother Lolly, even cruising the Nile in Egypt. Many musical adventures were enjoyed with his friends Kim and Steve Miller. He will be missed by his golf buddies in Lawrence- life-long friends Charlie, Jerry and Mike. Barry loved his dogs, Rocky, and previously, Boris, who were his great and constant companions. He enjoyed skiing and hiking in the mountains with Rocky, as well as his ceremonial drumming. Barry will be remembered for his wicked sense of humor, his thoughtfulness, his original ceramic sculptures and his dedication to and sculptures of the "Thirteen Grandmothers".

A memorial service for family was held on December 10, 2016 by The Oak Rose Society of Santa Fe. Another memorial service for family and friends will be held at the National Cemetery in Santa Fe in Spring of 2017, date to be announced. In lieu of flowers, donations may be made in Barry's memory to the Institute of American Indian Arts Foundation, PO Box 22370, Santa Fe, NM 87502-2370, [www.iaia.edu/giving](http://www.iaia.edu/giving). Arrangements are being handled by Rivera Family Funeral Home in Santa Fe. Rivera Family Funerals and Cremations 417 East Rodeo Rd. Santa Fe, NM 87505 Phone: (505) 989-7032

-Rivera Family Funeral Home

# Kambottek



## Mary "Monnie" Wabaunsee

MAYETTA - Mary Theresa "Monnie" Wabaunsee, 70, of Mayetta, KS passed away Saturday, February 11, 2017 at her home. She was born October 7, 1946 in Topeka, KS, the daughter of Lou and Freda Jane (Nozhackum) Wabaunsee. Monnie graduated from St. Paul's Indian Mission in Marty, South Dakota. She spent most of her life on the Prairie Band Potawatomi Reservation.

She was a member of Our Lady of the Snows Catholic Church and Prairie Band Potawatomi Nation.

Monnie married David Derby, they later divorced. Survivors include 2 daughters, Michelle Wabaunsee and JoAnn Letcher both of Mayetta, KS; 3 sisters, W. Goffy Wabaunsee of Mayetta, KS, Lois "Louie" Dominguez of Wichita, KS and Frances Wabaunsee of Mayetta, KS; 4 grandchildren and 3 great-grandchildren. Monnie was preceded in death by her parents, Lou and Freda Wabaunsee; 2 sisters, Louella "Henry" Wabaunsee and Marsha Ferrari and 3 brothers, Ralph Wabnum, Richard Wabaunsee and Fred Wabaunsee.

Mass of Christian Burial will be 10:30 a.m. Tuesday, February 14, 2017 at Our Lady of the Snows Catholic Church. Rosary with visitation to follow will be 6:00 p.m. Monday evening at Sister Therese Klepac Hall. Burial will be in the Shipshee Cemetery at a later date. Mercer Funeral Home in Holton is in charge of arrangements.

-Mercer Funeral Home

## Stevie Chavez-Matchie

AUGUSTA, KS - Stevie Lee Chavez-Matchie, 47, of Augusta, passed away Monday, Jan. 2, 2017.

Stevie was born in Topeka, on Dec. 4, 1969, to Alice (Burns) Long, of Blackwell, Okla., and the late John Matchie.

She is survived by: her wife, Belinda Chavez-Matchie of the home; her mother; son, Emilo Chavez of Topeka; daughter, Rocio Chavez of Donophin, Mo.; brothers, Mickey Long of Topeka, James Norton of Ft. Smith, Ark., Kenny Norton of Topeka, Mickey Norton of Ark City, and Larry Brignac of Topeka; and 7 grandchildren.

There will be no service. Arrangements by Headley Funeral Chapel, Augusta.

-Headley Funeral Chapel



## Audrey Ramirez

HORTON - Audrey Renae Ramirez, 27, of Horton, Kansas, passed away on Friday, January 13, 2017 at the Stormont Vail Hospital in Topeka, Kansas. She was born on May 8, 1989 in Hiawatha, Kansas the daughter of Sam and Ramona Greene Ramirez. Audrey graduated from Horton High School and earned her CNA and CMA and worked for several nursing homes in Brown County. She was a member of the Prairie Band Potawatomi Tribe.

Survivors include her father, Sam Ramirez of Horton, Kansas; two daughters, Lillian Wheaton and Leslea Ramirez; sister, Madelyn Horn of Springfield, Oregon; three brothers, Ryan Green of Powhattan, Kansas, Jonathan Ramirez and Joseph "Joey" Ramirez both of Horton, Kansas She was preceded in death by her mother, Ramona Ramirez.

Native American Church Services will be at 6:00 P.M. on Tuesday, January 17, 2017 at the Kickapoo Community Building. Burial will be on Wednesday at the Old Dance Ground Cemetery on the Potawatomi Reservation. A special message may be sent to the family at [www.dishon-maple-chaney.com](http://www.dishon-maple-chaney.com)

-Dishon-Maple-Chaney Mortuary

## Brian Wahweotten

TOPEKA - Brian O. Wahweotten, Kenowes, 45, of Topeka, died Tuesday, January 17, 2017 at the Stormont-Vail Hospital in Topeka. He was born June 15, 1971 in Topeka, the son of Larry and Connie Wahweotten. He graduated from Topeka High School and received an Associates Degree from Haskell University. Brian was a member of the Prairie Band Potawatomi Nation, the Native American Church and the Drum Religion. He had worked as a mechanic at several shops in Topeka.

Survivors include his father, Larry Wahweotten, Augusta, his mother, Connie Wahweotten, Topeka, three sons, Logan Wahweotten, Benjamin Wahweotten and Eric Price, all of Topeka; two daughters, Mariah Wahweotten and Julie Porter (Tramel), all of Topeka; a brother, Larry G. Wahweotten, Topeka; three sisters, Angela Wahweotten, Lawrence, Michelle "Shelly" Wahweotten, Gladstone, MO and Tracey Wahweotten, Wichita; and ten grandchildren.

Brian will lie in state Friday, January 20th at the Chapel Oaks Funeral Home in Hoyt where family and friends will meet from 6:00 to 8:00 p.m. Native American Church services will be 5:00 p.m. Saturday evening at Nozhackum Hall, east of 158th & K Rds. Burial will be Sunday morning in the Wahwassuck Cemetery.

-Chapel Oaks Funeral Home



## Emily Aitkens

TOPEKA - Emily Ann Barber Aitkens, 64, of Topeka, KS formerly of Mayetta, KS passed away Tuesday, January 24, 2017 at St. Francis Hospital in Topeka. She was born July 19, 1952 in Sioux Falls, SD, the daughter of Willis L. and Julia Ann (Cook) Barber. Emily attended Holton High School and attended one year at Haskell University. She was a Certified Nurse Aide, Prairie Band Potawatomi CHR and a homemaker. Emily was a member of the Potawatomi Pentecostal Church and Prairie Band Potawatomi Nation.

Survivors include a daughter, Tiffany Gurden of Topeka, KS; 4 grandchildren, Daylene Johannes, Shaylene Perry, Stevauciae Perry and Montoy Perry; 5 great grandchildren, Jaylah Williams, Joell Wilson, Jessiah Wilson, Athena Emily Perry and Catalina Perry; 2 sisters, Nancy Barber-Counts of Mayetta, KS and Lori Molina of Topeka, KS; 3 brothers, Jeff Barber, Tony Barber and Dwayne Barber all of Delia, KS. She was preceded in death by her parents; a grandson, Steve Travis Perry, Jr.; a great grandson, Jayden Buckholter and a brother, William Barber.

Funeral Services will be 10:30 a.m. Friday, January 27, 2017 at the Potawatomi Pentecostal Church (10054 134th Rd., Mayetta, KS) with burial to follow in the church cemetery. Family will greet friends from 5:30 - 6:30 p.m. Thursday evening at the Mercer Funeral Home in Holton.

-Mercer Funeral Home

## The Prairie Band Potawatomi News

The Prairie Band Potawatomi News or PBP News is a quarterly publication of the Nation. Editorials and articles appearing in the PBP News are the responsibility of the authors and do not necessarily reflect the opinion or attitude of the PBP Media staff, Tribal Council, Gaming Commission or the Nation.

The PBP News reserves the right to reject any materials or letters submitted for publication, including those submitted past the deadline. Photos submitted with news articles will be returned after publication with a SASE or can be scanned if brought to the Media office.

Send Submissions to:  
Editor - Michelle Simon  
Email: [michellesimon@pbpnation.org](mailto:michellesimon@pbpnation.org)  
Mail: PBP News, PO Box 116, Mayetta, KS 66509  
Location: 16281 Q Road, Mayetta, KS 66509  
Phone: 785-966-3920

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Twitter: PBPNation



## Kambottek

Mary Carr

Mary L. Carr, 84, formerly of Topeka, Kansas, died January 23, 2017 at the Missouri Baptist Medical Center, Town and Country, Missouri.

She was born August 15, 1932, the daughter of George Raymond and Lucy (Blandin) Burns. She graduated from Circleville High School.

Mary married Darrell E. Carr on September 1, 1956. On September 1, 2016 they celebrated 60 years of marriage. He preceded her in death on September 18, 2016.

She was a member of the Prairie Band Potawatomi Nation, serving on the Charitable Donation Committee. She was a member of St. Matthew Catholic Church in Topeka, active for many years in their Woman's Organization and at Adoration. She was also a long-time volunteer at "Let's Help" in Topeka.

Prior to her marriage, Mary was employed as a supervisor by Hallmark Cards in Topeka; she later worked for many years as a bookkeeper at Stone Container in Cincinnati, Ohio. Mary enjoyed painting, sewing, gardening, dancing, and water aerobics; most of all, she enjoyed her grandchildren.

She is survived by her children, Bradley "Brad" (Mattie) Carr, Topeka, William "Bill" (Greda) Carr, Aberdeen, South Dakota, Julie (Michael) Dimeo, Issaquah, Washington, Catherine "Cathy" (Richard) Wieder, Chesterfield, Missouri; three grandchildren, Sarah Wieder, Denver, Colorado, Rob Wieder, Chicago, Illinois, and Dan Wieder, Chesterfield, Missouri; and one great-grandson, Troy Chalcraft, Eatonville, Washington. Other survivors include her sisters, Theresa (Wayne) McNary, Ozawkie, and Julia (Philip) Kennedy, Topeka; and sisters-in-law, Donna Burns (Martin, deceased) of Holton, and Ruth Burns (James, deceased) of North Carolina. She was preceded in death by three other brothers, Philip Burns (Bernadette, deceased), Edwin Burns (Bonnie, deceased), and Billy Burns.

Mary will lie in state after 2:00 pm Thursday at Brennan-Mathena Funeral Home in Topeka, where a Rosary will be prayed at 6:00 pm. The family will receive friends following the Rosary until 8:30 pm. Mass of Christian Burial will be celebrated at 10:00 am Friday at St. Matthew Catholic Church, with graveside service at 1:30 pm at the Rossville Cemetery.

Memorial contributions may be made to Juvenile Diabetes Research Foundation ("JDRF"), or Catholic Charities of Northeast Kansas and sent to Brennan-Mathena Funeral Home, 800 SW 6th Ave., Topeka, Kansas, 66603. Fond memories and condolences may be left at [www.brennanmathenafh.com](http://www.brennanmathenafh.com).

-Brennan-Mathena Funeral Home



Cecil Mzhickteno

MAYETTA- Cecil Ray "Wab-no-sah" Mzhickteno, 57, of Mayetta, KS passed away Thursday, January 12, 2017 at St. Francis Hospital in Topeka. He was born August 5, 1959 in Topeka, KS the son of Marvin D. Mzhickteno and Norma (Mattwaoshe) Mzhickteno. Cecil was a member of the Prairie Band Potawatomi Nation.

Cecil graduated from Topeka West High School in 1977. He had worked in construction, along-side his father. Cecil had also worked for Hanover Pancake in Topeka as a "bus boy" and later as a cook. Most recently he worked for Hawkins Optical as a lens crafter.

Survivors include his mother, Norma Mzhickteno of Mayetta, KS; a brother, Alan Mzhickteno of Mayetta, KS; 2 sister-in-laws, Anna Mzhickteno of Topeka, KS and Ella Mzhickteno of Mayetta, KS; 5 nieces and 5 nephews. Cecil was preceded in death by his father, Marvin D. Mzhickteno; 2 brothers, Duane and Kevin Mzhickteno; an aunt, Laura Evans and 2 uncles, Larry Shopteese and T.J. Seymour.

Funeral Services will be 10:30 a.m. Tuesday, January 17, 2017 at the Mercer Funeral Home in Holton. Burial will follow in the Dance-ground Cemetery. Family will greet friends from 5:30 - 7:00 p.m. Monday evening at the funeral home. Memorials may be given to the Cecil Mzhickteno Memorial Fund to be designated at a later date, c/o Mercer Funeral Home, P.O. Box 270, Holton, KS 66436.

-Mercer Funeral Home

## Information

### Important Toll Free Phone Numbers

Government Center - 877-715-6789

Enrollment - 877-715-6789

Per Capita - 866-277-3722

Human Resources - 866-694-3937

Health Center - 866-694-6728

Pharmacy - 866-727-6330

Social Services - 888-966-2932

Tribal Court - 877-715-6789

Prairie Band Casino & Resort - 877-727-4346

### General Council Meeting

**Saturday - April 15, 2017**

At the Old Bingo Hall

Registration begins at 8 a.m.

Light Breakfast 9-9:30 a.m.

**Meeting begins at 9:30 a.m.**

PBPN Tribal Members 18+ Only. No one under the age of 18 is allowed in the

### Tribal Holidays

All Tribal Offices and departments will be closed on the following dates:

Easter (Good Friday): Friday, April 14, 2017

Memorial Day: Monday, May 29, 2017

## Charitable Contribution 2016 4th Quarter Recipient List

Total Donated \$71,885

TDC Learning Center Inc.  
Ronald McDonald House  
Topeka Symphony Society  
Kansas Humanities Council  
Topeka Lulac Multipurpose Senior Center  
Jefferson County Fire District #7  
Ms. Wheelchair Kansas Inc.  
Delia Community Pride  
Boys & Girls Club of Topeka  
Boys & Girls Club of Manhattan

Salvation Army  
Let's Help  
Friends of the Mulvane Art Center  
Altrusa International of Lawrence  
Banner Creek Science Center  
Rossville High School Scholarship  
March of Dimes  
Ecumenical Campus Ministries, Inc.  
Rescue Mission  
Kickapoo Head Start

**Tribal Council Treasurer Election  
Saturday, April 22, 2017  
9:00 a.m. at the Old Bingo Hall**

## Community News



Happy 14th Birthday Thurman "Dutch" Keo!  
March 14th  
Love,  
Mom, Dad & Ashtyn

Happy 57<sup>th</sup> Birthday Misho Raymond Wahwasuck, Sr.  
March 2nd  
Love, Dutch & Ashtyn

Happy Anniversary Mom & Dad!  
James "Mokie" & April C. Keo (4/26/17)  
"We love you!" -Dutch & Ashtyn

Happy 11th Birthday Ashtyn Raylynn Keo! (6/1/17)  
Love, Mom, Dad & Dutch

Happy 36th Birthday Shisha Bob Wahwasuck!  
(6/13/17)  
Love, the Keo's

Happy 31st Birthday Shisha Jr. Wahwasuck! (8/22/17)  
Love, the Keo's



Payton Cheyanna Wahquahboshkuk  
(Kaw-gam-ko-qua)  
Daughter of Tonya Wahquahboshkuk  
-Brannon and Bobby (bj) Brannon.  
Grand daughter of Gunzy Wahquahboshkuk.  
Inez Wahquahboshkuk-Huddleston and David Huddleston.  
2017 graduate of Alvin c. York institute of Jamestown.Tn

## Six Ways to Spring Clean Your Fitness Routine

Submitted by Matt Waits - DPP Lifestyle Coach

- **Book a Physical** - Believe it or not, only about 20 percent of Americans get an annual check-up. Be one of them! While you might look and feel just fine (or really hate needles), it's important to keep tabs on things like blood pressure, cholesterol, and vitamin deficiencies before designing your workout program.
- **Set A Schedule** - But Be Realistic If you haven't been working out much this winter, don't write down that you'll do outdoor cardio exercises for 30 minutes a day, six days a week. You'll only find yourself getting frustrated and will be more likely to give up on your workout program. Post your exercise plan in places you'll look frequently, like the calendar app on your smartphone or at your desk at work.
- **Protect Your Skin** - Now that it's warming up, you'll be heading outside again. This means more sunshine (and vitamin D, which is a good thing), but it also means that your skin is exposed to harmful UV rays. Rub waterproof lotion with at least SPF 15 or more over all exposed areas of your body. Don't forget easy-to-miss areas like behind your ears, the back of your neck and the crease near your underarms.
- **Jump Rope** - Heading outside and doing this favorite childhood "workout" can burn about 208 calories in just 20 minutes. Add other outdoor cardio exercises like walking lunges, short sprints, and jumping jacks, and you've got yourself a circuit program you can do right in your backyard.
- **Stay Hydrated** - Avoid muscle cramping and fatigue by drinking about two liters of water a day, and 17 ounces about two hours before exercising. Another general rule of thumb: The more you sweat, the more fluids you need to replace, so drink up after a vigorous workout. Use stainless steel bottles to avoid some of the chemicals associated with certain plastic varieties (such as Bisphenol A, or BPA).
- **Hit The Farmers Market** - Soak up some of that spring sunshine while you shop for fresh fruits and veggies. Other items worth picking up include fish, dried fruits and nuts.

*The best project you'll ever work on is you!*

### SAVE THE DATE... 2017 PBPN EARTH WEEK April 24-28, 2017

Celebrating our community and natural environment all week!

Activities to include:

- Open house
- Walk/Run/Bike Ride
- Tree Give Away
- Environmental Education Activities
- Contests & Prizes
- T-shirt Give Away
- COMMUNITY ROADSIDE CLEAN UP

Additional information and schedule to be announced SOON!

### Food Distribution Program Update

Submitted by Tracy Potts

The Potawatomi Food Distribution Program will be closed June 12 – 16, 2017. Staff will be attending the 30th Annual National Association of Food Distribution Programs on Indian Reservations (NAFDPIR) Conference. Attendance is necessary in order to receive job-specific training that is required by USDA Food and Nutrition Service. All expenses to attend the conference are paid 100% with USDA grant funds. Our one-week closure should not prevent participants from receiving their monthly food package. Clients can pick up their food any time of the month except the week that we are closed. We encourage our clients to pay attention to the calendars that are provided a month in advance. The Commodity Food Distribution Program calendar is also displayed on TV monitors located across the reservation as well as the tribe's website at <http://www.pbpiniantribe.com/community-services.aspx>. The calendar displays our hours of operation, dates and times we are closed, truck days, delivery days, and Harvester's Mobile Food Pantry locations. If you have any questions or concerns, please call Commodities at 785-966-2718.



Community members participate in "Line Dancing with Hoppy". Tribal Council Member Thomas Wabnum encourages community members to stay active and participate in his line dancing class that is offered to anyone who wants to join.

# Native American Legislative Day at the Capitol



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# Big Bear Moon Pow Wow

