

# Wotain Wowapi

(News Paper)

Wakpa Ipaksan

Cawapa Kasna Wi 2022  
(October)

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Harvesting a Buffalo the traditional way





ROYAL RIVER'S

Black  
FRIDAY

NOVEMBER 25  
10AM-8PM

EARN 10 POINTS WITH YOUR  
ROYAL REWARDS CARD & RECEIVE A PRIZE!

SWIPE AT A KIOSK AFTER EARNING 10 POINTS TO RECEIVE  
YOUR GIFT VOUCHER & REDEEM AT THE PLAYER'S CLUB

\*WHILE SUPPLIES LAST\*



Royal River  
CASINO • HOTEL

# Wotain Wowapi



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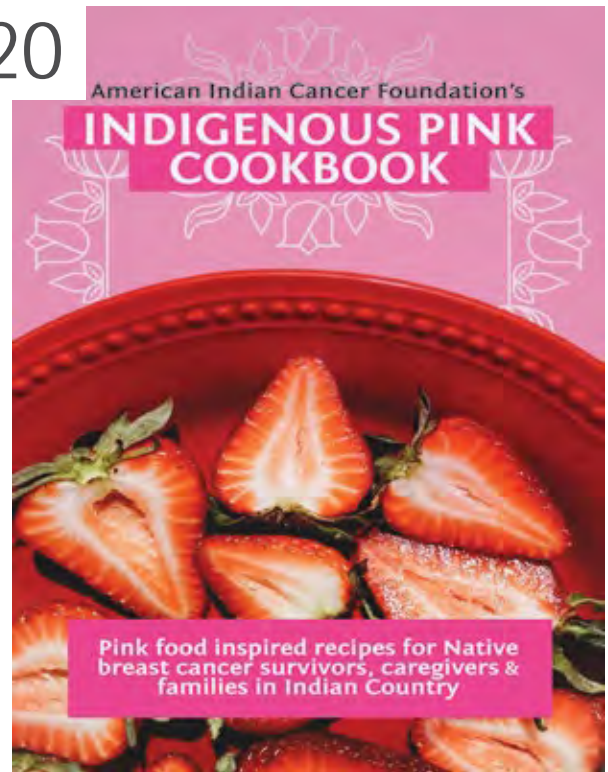
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# A Model for Diabetes Care

## Public health and population management:

- Assess communities for poverty, access to healthy food, housing, jobs, transportation, and places to exercise.
  - ▶ Work with local government and other organizations to make improvements.
- Care managers use clinical data to identify people who need to be linked to health care.

1

Joe is 58 years old with diabetes and kidney disease.



2

Care manager calls Joe because of missed doctor appointments.

3

Joe has no sick leave at work or transportation to make it to appointments or pick up his medicine. He also has trouble getting healthy food.



4

During a home visit, nurse brings Joe his medicine, checks his blood pressure, and draws blood for lab tests.



5

Nurse connects Joe to community food and transportation resources. She schedules a clinic visit for his next day off.

6

At the clinic, Joe's doctor adjusts his medicine. Joe meets with a nutritionist and diabetes educator.



7

Pharmacist helps make sure Joe gets his medicine on time and is taking it correctly.



8

Over time, Joe's blood pressure and blood sugar are controlled and his kidney function remains okay.



## Team-based Patient Care

The diabetes care team helps patients avoid kidney failure by:

- Controlling blood pressure and blood sugar.
- Using medicines to protect kidneys.
- Checking kidney lab tests regularly.

## FROM THE PRESIDENT

Hau Mitakuapi



October was a busy month. We welcomed our new Skilled Nursing center administrator and held the grand opening to the new facility. It truly is an amazing facility that will provide great service to our membership for many generations to come. There was quite a few of our tribal members that were able to join us that day and the responses were very positive and some of our elders are very excited to get the opportunity to move in and stay close to home. This is an opportunity to keep our loved ones close to home and provide the care in an environment that they deserve as well as being close to home so that family and friends can be able to see

them much more often. Unfortunately in the past we have had loved ones scattered across the region due to lack of availability of rooms close by and it is difficult and expensive to commute a long distance to visit our relatives. This is a great addition to our services to our tribal community.

Our enterprises are clicking on all cylinders and we are gaining a lot of attention in our region as well as across all of Indian country. Our casino continues to thrive and be one of the most successful casinos in the region. Our online lending operation is maturing well and is quickly becoming a great source of revenue to help assist with our services for the membership. The Mart has seen a great increase in revenues with the great food and other products and has proven to be a great stop for the construction workers in the area as well as our patients from the Cannabis operation. Our cannabis operation continues to improve daily and we are excited to announce the opening and planting of our second building here in Flandreau well as the opening of our first grow in New York on the Mohawk reservation. We are in communication with several other tribes to look to assist in with their cannabis operation developments. Each project is unique and we are proud and excited to be a leading part of the industry as well as helping our relatives provide opportunities for their communities. I'd like to wish everyone great health and happiness for November and remember as always if you ever need to speak to myself or any other member of the executive committee please stop in or call to set up an appointment. Thank you

Mitakuye Oyasin

The Flandreau Santee Sioux Tribal Newsletter is a monthly publication by the Flandreau Santee Sioux Tribe.

Digital photos or sending other original files is encouraged.

Deadline for submission of material is 5 work days before the 15th of each month

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If inaccurate or otherwise inappropriate information is brought to our attention, a reasonable effort will be made to print a correction in the next month newsletter, we reserve the right to omit submissions if it is felt that the content or subject matter is inappropriate.

Newsletter Submission Guidelines:

All information submitted for the newsletter must be received 5 [five] working days before the 15th of each month. We cannot guarantee inclusion of any submissions after that date in that month's newsletter. Submissions must be made in typewritten (or computer generated) format. They can be submitted directly to Marcie Walker in hardcopy on disk or via email at:

[marcie.walker@fsst.org](mailto:marcie.walker@fsst.org)

or

[david.killsahundred@fsst.org](mailto:david.killsahundred@fsst.org)

The FSST reserves right to edit submissions for content and clarity when appropriate.

Additionally, submissions not of a time sensitive nature may be delayed for next month newsletter





# A NEW REIGN

TRIBAL YOUTH ELECTED HOMECOMING KING AND QUEEN

Katya Rubio-Fox  
Parents  
Katie and Troy Fox.  
Grandparents  
Adele Davis and  
Jay Davis (Late)

Asa Eastman  
Parents:  
Sheila Eastman,  
Lindsay Weston  
Grandparents:  
Leah Fyten,  
Donnie Eastman  
Doreen and  
Bill Bird (Late)

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They are our new royalty. Katya of the house Rubio-Fox, First of her name, Queen of Flandreau High School, Katy to her friends, Lucas of the Mohawk. And Asa Eastman. He's King of the North.

On September 5<sup>th</sup>, 2022, the Flandreau Public High School Seniors elected Katya Rubio-Fox and Asa Eastman to be their Homecoming Queen and Homecoming King. Asa was quite surprised that he was chosen; "I had no idea." He continues by saying; "yeah, I was pretty surprised." Katya likewise was struck with disbelief that she was crowned. Katya's mother Kathryn recalls the moment; "She was standing up there just fidgeting, she was so nervous."

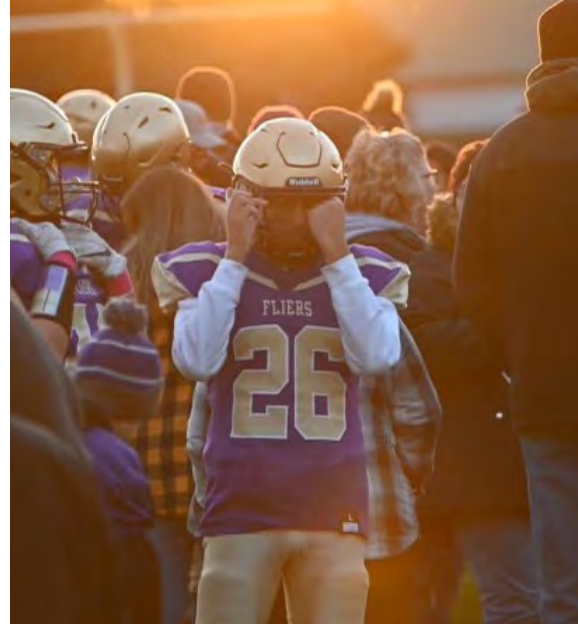
Being crowned king was a surprise to Asa, but he kept calm through the whole event. He does state with some laughter that his family was less reserved; "They kinda freaked out! Yeah, they freaked out a lot, they were way more surprised than I was!"



A flood of emotions was the order of the day. Kathryn Fox did not hold back when thinking about that day; "Oh my god I got emotional of course! You know? That's my baby and she's the youngest of my girls." Leah Fyten, Asa's grandmother said "I was so nervous for Asa and reminded him that being nominated was an honor in itself. When speaking to his grandmother, Doreen, she said she knew he was going to win! We are all so proud of Asa."

Asa has been active in school sports including Football, Track and recently discovered a love of high school Baseball. Like many students his age, he is also an avid gamer. Unlike many students his age, Asa has been able to earn an income streaming his gameplay. Asa also volunteers his time with the HOPE Squad; a peer-to-peer counseling program geared toward preventing youth suicide. In college, Asa aims to major in Business. He also wishes to compete in E-sports to help pay his way through college. Asa has an older sister, Veronica, two younger sisters Aleah and Tanks'i and three younger brothers, Wakinyan, Lindsay, Jr. and Abel. His uncle Joe Hansen is like an older brother to him.

Katya is on the yearbook committee and had previously been active in school sports. She volunteers with the HOPE Squad as well. Now she spends much of her time earning an income at work. She is the youngest of three sisters. Her two older sisters are more outgoing, whereas Katya has a serene personality. She plans to attend either Bemidji State University in Minnesota or Black Hills State University. She is still



determining whether she would like to study to be a dental hygienist or if she wishes to go into the field of psychology.

It says so much about Asa and Katya that they both voted for someone other than themselves; and yet they were chosen by their peers to be King and Queen. To the best of anyone's knowledge, this is the first time two tribal students have been voted Homecoming King and Queen at the same time in Flandreau Public School. It says more about their generation that neither Katya nor Asa have put much thought into that fact.

Kathryn Fox speaks on that; "I think that this class, or this grade Asa and Katya are in are like the coolest group of kids I've ever met." She finishes by saying; "I've known these kids since they were little. I know some of them had issues, you know, during middle school and beginning of high school. And just to see the ones who had issues like blossom in these cool adults. Kind of mini adults. It's nice to see."

Asa has a simple, yet powerful view on the matter "I love all my classmates. They're part of the reason that, I don't know, I guess I keep going forward. Yeah, I love all of them. Because we grew up together."



WEDNESDAYS | 8AM - 8PM

# Royal Rest Giveaway

EARN 100 POINTS WITH YOUR ROYAL REWARDS CARD & RECEIVE A PIECE OF A RELAXING GIFT.

SWIPE AT A KIOSK AFTER EARNING 100 POINTS TO RECEIVE YOUR GIFT VOUCHER & REDEEM AT THE PLAYER'S CLUB.

NOVEMBER 2ND:  
2 PIECE STANDARD PILLOWS



NOVEMBER 9TH:  
4 PIECE QUEEN SHEET SET



NOVEMBER 16TH:  
DIFFUSER AND OIL SET



NOVEMBER 23RD:  
50" X 60" SHERPA THROW



*Collect Them All!*

NOVEMBER 30TH:  
QUEEN COMFORTER



**Royal River**  
CASINO • HOTEL



L1

[N8TV]

R1

## THE PERFECT SPAWN POINT

Spawn points are areas in a video game where players spawn. In levels designed for team play, these spawn points are usually grouped so that each team spawns in their own tight area of the level. For those who are not familiar with video games I assure you, a good starting position in a multiplayer shooter game is everything. Especially in a game like Call of Duty: Ghost.

For many, Call of Duty: Ghost is considered one the worst titles in the entire Call of Duty franchise. Most players did not have a pleasant experience with the game. But without Call of Duty: Ghost, future man and wife Michael and Vanessa Polmateer would have never met.

Vanessa Polmateer - Mah'piya wak'anhdi win - was Born in Omaha, Nebraska and raised in Flandreau South Dakota. Her Parents are Katie Fox from Flandreau Santee Sioux Tribe and Troy Fox from the Arickara Tribe. Her Grandmother is Adele Davis of the Flandreau Santee Sioux Tribe. Michael Polmateer was born in Eureka, California and Raised in Ti Bar, California. His parents are Stormie Jackson from the Hoopa Tribe and Mike Polmateer from the Karuk Tribe. Michael and Vanessa

have a daughter Eveline Storm.

They met while they were still in high school. They were playing Call of Duty: Ghost online when it first came out in 2014. That is not to say it was love at first sight by any means. "Oh yeah! We didn't like each other at first!" Michael admits. "Because we were on opposite teams when we first met. And so, the only reason why we actually even invited each other was because we both had [N8TV] in our clan tag." A clan tag is a feature used in games like Call of Duty to distinguish a player as part of a 'clan' - in this instance, [N8TV] for Native American gamers. Vanessa's team was clearly winning that match causing Michael to exit the game.

Luckily, Michael decided to send an invite to Vanessa after he left the game. For the first couple of weeks, they communicated only through online video games. There was an immediate chemistry between them. Afterwards they exchanged numbers and began talking through the phone. Vanessa says; "We would actually Face Time as well. And just been, like a lot more open towards each other." That was the point which Vanessa understood they were more than just friends.

Michael's mother liked Vanessa right away, always talking with Vanessa on FaceTime. Vanessa's family was more cautious, as parents of daughters usually are. Michael had to go through a bit of a background check culminating with a Face Time chat between Michael and Vanessa's grandmother Adele. After passing the test, Michael moved to Flandreau in 2017.

It was a bit of a culture shock for him because his hometown is much smaller than Flandreau. However, with time, Vanessa was able to get Michael out of his shell and the two had their first true date by going to Taco Bell.

After some time dating and getting to know each other more, Michael decided to ask for Vanessa's hand in marriage. He proposed to her at the Pipestone national monument. Despite his best efforts to make it a surprise, there were signs. "I mean. It was a little weird" Vanessa said laughing. "It was a little weird that my sisters wanted to join us!"

Vanessa and Michael were married at the Flandreau Wacipi grounds. The light of the setting sun reflecting off the waters of the Big Sioux River made the ceremony nothing short of celestial.



A perfect vista for an artist like Vanessa. Michael reflects on that day; speaking about what made it so special for him “For me it was the ceremony. Seeing both of our families there. Especially my mom and dad traveling from California to here, sitting with Vanessa’s parents. That was the best part for me; was seeing both of our families here together and everyone enjoying themselves.” Michael concludes his thoughts by simply stating; “Getting to see Vanessa in her wedding dress was the next big

highlight of it too.”

Vanessa is thankful to live in this beautiful community to raise her family. Michael is thankful to be a husband to Vanessa and Father to Eveline, he says; “These two are the only ones I need to call home, I’d do anything to keep them happy and safe.” Vanessa is fortunate to have someone who loves her and her family as much as Michael does, but that probably won’t stop her from destroying him whenever they play Call of Duty.



Michael and Vanessa exchanging vows on the banks of the Big Sioux River





# THINC BIG

Exploring the world through art

Documenting is recording something in a written, video, or other similar form. Participating, or influencing what is happening, is not usually something that photographers or filmmakers do. Typically, the camera crew keeps a professional distance from what they are documenting. But this is not your typical community. We want to know who the people with the cameras are.

Letishia Kelley; Parents, Linda Hardy and Thomas Hardy. Maternal Grandparents: James and Lena Burbank of Black Mountain. Paternal Grandparents: Martha and Bahe Hardy Sr. Of Valley Store. Chinle, Diné Bikéyah (Navajo Nation, AZ) and Jonathan Kelley; Parents, Vera Kelley and Calvin Kelley Sr. Maternal Grandparents: Hattie Mae Blackmon and Jesse Joubert. Paternal Grandparents: Charles Ecle McMillan and Edward Kelley Sr. both previously worked in the corporate sector before deciding to focus on THINC INC., Think is actually an acronym.

It stands for Thinking Helps Inspire New Creations. THINC INC. is their overall parent company with TeeJay Kelley as the creative arm of THINC INC. They have done a lot of photography for the Tribe, but they are also quite versed and passionate with motion picture production as well

Letishia reflects on her early inspiration to get into the realm of media production. “I love, you know, 80’s movies. Just growing up with things like the Goonies.” She continues, “But really Star Wars. Star Wars is the main source for me of where I get a lot of my inspiration.” Letishia’s passion for film lies with the writing of the story and the perspectives of how that story is told

Jonathan’s inspiration came from the same realm, but a slightly different direction. “I played in an orchestra. I played the violin and the viola until I was a sophomore in high school.” While he likes movies as much as the next person, his true interest was from



## Learning through experience

was what led to the philosophy behind the media company THINC INC. In exploring their art by providing photography and film documentation for the tribe. Jonathan and Letishia have discovered a new direction that they would like to take with THINC INC. Providing workshops for the community.

Letishia explains the seeds of thought that led to the idea of hosting a workshop in Flandreau. “So a lot of the time you’re taught what you need to do, but you never freely think how. How can I impact? How can I do this? How can I make this? How can I be inspirational?” finishing with, “most little kids, they’re not taught anything until they learn that word; No.”

Jonathan adds to that thought with; “The idea is how can we empower community members, young people that might be interested in photography or film making through a workshop? And Kind of take away some those barriers or fears of what it might mean to be a photographer. What it might mean to be a film maker.” THINC INC’s fluid business model has given Letishia and Jonathan the freedom to move their company in any direction they see fit. And it’s exactly the kind of free thinking that they wish to teach others.



the orchestral side of things. “Having that background in music, I was always interested in scoring films. Like Hanz Zimmer, you know? Loved those scores; Justice League and Batman and some of those different things that he’d done.”

Neither Jonathan nor Letishia was traditionally educated in film production or photography. Their first truly hands on experience in the entertainment industry was helping a friend score a short indie horror film in San Jose. Letishia states; “His friend actually loaned him a camera. And he’s like; here’s a camera. You guys find a lens, whatever you want. Just go try it.” After setting the camera aside for a brief time; they decided to help another friend shoot a music video with the camera loaned to them. That is when Jonathan fell in love with using a camera to capture the story. Going forward they learned everything by trial and error.

Then around 2019 Letishia and Jonathan came to live in Flandreau. Their first experience documenting for the Tribe was the Rejuvenation Round Dance that the education department held in October of 2020. It was somewhat of a leap of faith for the education department to work with them, and that is something that both Letishia and Jonathan were very aware of. Because of that, Jonathan was adamant about learning the protocol of what could and could not be

documented.

The more projects he does with the Tribe, the more he appreciates what we as a tribal community still have. “I’m a person that’s not connected to my tradition; just because of things that have happened from slavery to erasure of history and those sorts of things. So, for me, I’m always interested in communities that can have that connection to who they are going back generations.” Jonathan continues by saying; “When I came here; I felt like maybe everybody didn’t appreciate that. Like sometimes you take it for granted. And I wanted to be that reminder like; don’t take it for granted. Because if it’s not there, that’s a much harder space to navigate than when you can have that tradition and learn from it and kind of build on that.”

Letishia and Jonathan have attended and documented tribal events since 2020. Artistically speaking, they are nomadic. Cross country landscape photography, self-publishing a book about more current civil rights struggles, and they do plan to move forward and make feature films. So, they may not be around all the time when we need them. But hopefully now we are comfortable enough with Jonathan and Letishia to give them a place to call home if they ever need us.

# JUANITA (REDWING) NESJE



Juanita (Redwing) Nesje  
her senior year in  
high school 1953

## Juanita Nesje

was born in Pipestone, MN at the Pipestone Indian School Hospital on October 14<sup>th</sup>, 1935, making her the oldest living tribal elder in the Flandreau Santee Sioux tribe. Her parents were Enos and Mary (Lewis) Redwing. She has 9 half siblings, and after Enos and Mary were married they gave birth to Beverly, Juanita, and Bobby. When she was around 3 years old her father was given “assignment”;

farms that were part of the New Deal program that the Roosevelt administration put into effect to combat the great depression and land erosion. Part of Juanita’s family assignment farm was the land that Pat Schmitt currently resides on.

Juanita said with amusement, “I can remember Beverly, my sister, saying we were poor. I thought; Oh Really? I thought we were the same as everybody else!” Juanita grew up during the time of the great

depression. A time of economic and ecological hardship following the First World War and a quick lived economic boom. “I guess it’s the way you look at things, you know?”

Her house, built by tribal members, was small. It was 2 bedrooms with a basement that was also used as living space. Juanita’s father was given 101 acres to farm. It was modest but still had a barn, granary, hog house, a chicken coop, and a small number of livestock to attend to. “We were well fed with chickens, that was every Sunday dinner.”

Juanita was raised Presbyterian, and regularly attended the Presbyterian Church on the hill north of Flandreau, Reverend Harry Jones was the pastor at that time. She attended both elementary and high school at Flandreau Public School. Juanita recalls her early years, “I think at that time; the tribal people, maybe were different, but I think they were church oriented. I think a lot of life centered around the church and what they did.” She would attend basket socials at the former community building on Friday nights. Basket socials were activities wherein the ladies of the neighborhood would weave baskets and fill them with food and other items to have them auctioned. Basket socials were often followed with dances.”

Howard Kitto was a pianist who would supply the music that the community would dance to. She recalls that typically before the basket social her and some of her friends would arrive early and listen to music that Howard would play on the piano, “We would ask him for a certain song and if



he didn't know it, we'd hum it. And so pretty soon he'd be playing that! Those were fun times."

She also tells how she, her best friend growing up Marlene Nace, and other friends of hers would always attend the Crystal Theater. "Oh, we were in that movie theater all the time! Because we went for 9 cents. We gave them a dime and we got a penny back." Remembering movies like *Gone with the Wind* and *From Here to Eternity*, "yeah, when we were kids we were always in the movie theater, and even when I was in high school. What do you do in Flandreau, you know? But go to the movies."

Shortly after graduating with the class of 1953. She married Robert Nesje on May 31<sup>st</sup>, 1953, in Pipestone, Minnesota. He worked for Northwestern Bell Telephone Company for 40 years and they had six children together. Patricia, Richard, Barbara, Wayne, Leanne, and Jarad.

"I didn't travel until after I was married and hadn't even been out to

the Black Hills until my husband and I. That was our wedding trip. To go to the Black Hills. That was the first time I'd been there." She loved the Black Hills and made it a point to go there every year when her children were growing up. She did not travel much growing up, but does not seem to mind that much, "Home is important. I don't care how meagre it is. How little. That's an important place."

Once her children were old enough to be in school, she decided to enter the work force. She credits God for getting her a job without ever entering an application. She found employment with Axtell Park Jr. High School in Sioux Falls in 1967. "I was always interested in secretarial things." Juanita talks about having admiration for her older half-sister Katie Richards who went to school at Haskell Indian Nations University in Lawrence Kansas. Juanita remembers being fascinated listening to Katie's stories about working for the Department of Interior. Katie was an inspiration for

Juanita to take up secretarial work. Juanita worked at Axtell Park Jr. High for 22 years and did some clerical work after she retired.

Her Husband Robert passed away due to COVID-19 on October 22<sup>nd</sup>, 2020. "Actually, it's kind of sobering. Because I'm the last one of my family." Juanita pauses for a moment before continuing; "I tell my children sometimes I sit here and think; Oh, everybody that I was friends with, they're gone. And, you know, all of my siblings."

She is the last, but she does not dwell on it much. Her faith, like many faiths around the world, teaches that the end is not really the end. And although it can be sorrowful it is only temporary. Her faith that she was taught growing up is unyielding. "I would say your Christian faith. I don't know how you live without that. I mean, how did we get here? The lord created us. And so, he created us, he loves us. If we let him, he just guides us along."



Left: From left to right. Beverly (Redwing) Wakeman, Robert Redwing, Juanita (Redwing) Nesje  
Right: Marlene Nace. A childhood best friend of Juanita's



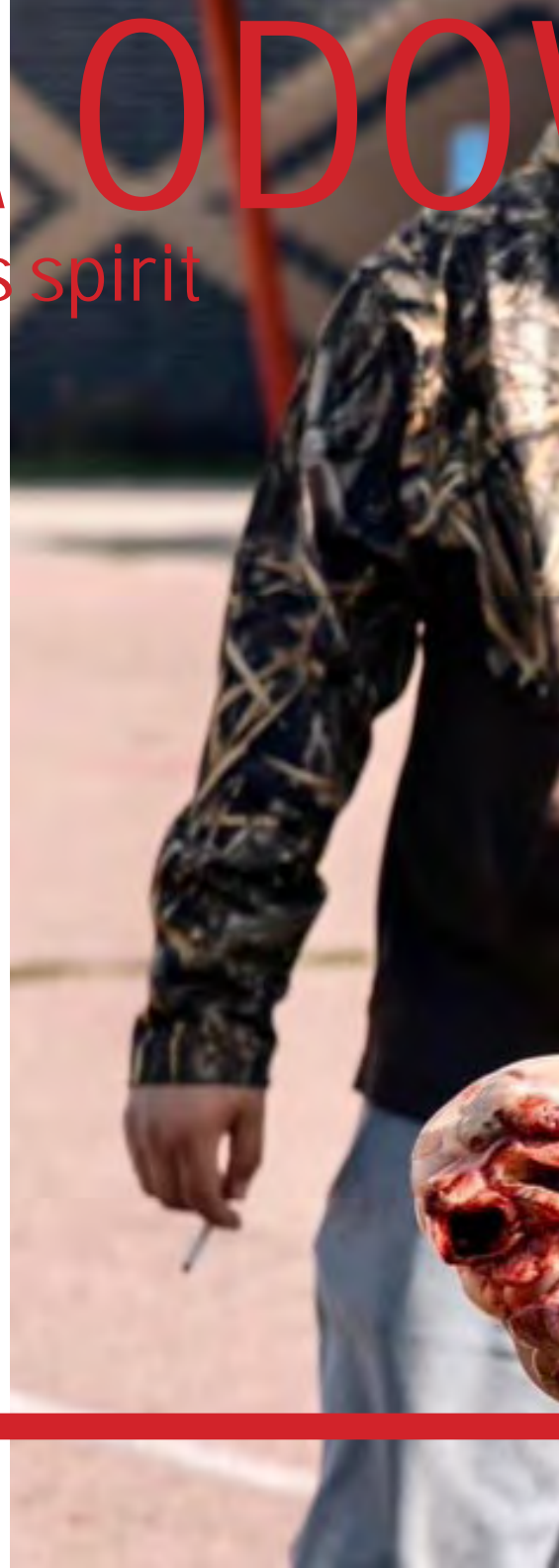
# TATANKA ODOV

A community discovering its spirit

It was said that when the first groups of people saw the buffalo, they immediately studied them. They saw how the buffalo interacted with one another, and as a herd. When the first people saw that, they saw the value of living as a group. All moving in the same direction. All looking out for each other. With that the first plains tribes came into existence.

At one time the buffalo were so plentiful that their grazing and trampling helped shape the ecology of the plains of North America. The presence, or lack thereof, of the buffalo herd influenced the rhythm of tribal life. Accessibility to the herds was a constant point of contention between tribes, important enough to influence intertribal warfare. With the buffalo being such an overwhelming force of nature for the daily life of the native peoples, it is not hard to see why there was such a spiritual aspect to the buffalo hunt.

The near complete destruction of the herds by technology and encroaching settlers had an immediate effect on the native peoples of the plain's nations. Over time, there were no buffalo hunts. The spiritual connection that went along with those hunts also eroded over time. Today that spirituality has been all but lost to our people. But there are some that hope to bring it back.







WAN

To be clear, the Buffalo kill was never utterly lost. It has survived, albeit at more of a person-to-person level. Some of those that took part in the kill have seen or at least heard of such events, but most have never participated in one before. Avery Jones, a Dakota language specialist, spoke about this. “No, first time I was a kid, my family harvested one in my Ina basement, and a few years ago up at S.W.O. College. There was one my Ate told me about he was a part of I think I was a baby.” He continues by saying; “They loaded a Canduhupa and sang a Tatanka Odowan. They said the buffalo knew and one separated itself from the herd and they shot it. The other buffalo gathered around it and mourned, I’ve heard many others do this the same way with a pipe, prayer, and song.” What made it somber is that it was more than simply harvesting a buffalo. After the buffalo was killed, everyone mourned for it, the buffalo’s seemed to understand what was happening.

Marilyn Allen, a school liaison, had participated in a traditional buffalo kill a little over a year ago. After taking part in the buffalo kill, she asked Lisa and Arlo Iron Cloud to help our community perform a traditional buffalo kill. The Iron Clouds accepted the invitation and came in September of 2022. Everyone who took part in the kill knew what they were going to take part in was important, but nobody knew exactly what to expect. Avery was taken aback by one aspect of the kill. “The buffalo know what’s going to happen. They are a community, a tio’spaye like us, a tiwahe. They sustain trauma and loss like us. They remember.”

There is a common theme surrounding this event; it was simultaneously exciting and somber. Devin Drapeau, a Dakota language specialist, spoke of his feelings of the event; “I think the most important aspect of the whole experience was the environment that was created. We called it “Wodakota.” The feeling and environment created where we as Dakota

people can [be] unapologetically “Us.” To me, the whole experience made me wonder if what took place was how it would have been ehanna. People working towards common goal, visiting, laughing, and sharing.”

It is impossible to know exactly how people felt and what people thought of the buffalo long ago. They were important; there are stories, anecdotes, and song. But how much reverence was shown? That is something that is hard to quantify. We can speak for our time, however, and in our time, they are undeniably cherished.

Avery reflects on his feelings of the kill; “Working together to accomplish a common goal. To feel the weight/gravity of taking a relative’s life the most respectful way possible, I don’t think a lot [of] people know that feeling today, you just go the grocery store, and all the meat comes from slaughterhouses with no ceremony or reverence. I’ve had people tell me working at John Morrel’s was hard, having to kill so many cows or hogs every day, becoming numb to it. So, I feel the utmost gratitude to our Pte Oyate relatives.”

The buffalo gave us everything. Every tribe in the Great Plains survived because of them. But times have changed and now it is our turn to take care of them. Making sure they are healthy, and thriving is our responsibility. There are few buffalo left, so a kill is not something done needlessly or without a lot of thought behind it. Certainly not without feeling. The kill was not for fun; it was done to learn and to better understand ourselves as a people. It was spiritual and not something to take lightly.

There were contrasting emotions for everyone involved. Killing the buffalo was likened to killing a relative. Hopefully now more people understand something that they may not have deeply appreciated before. That it is our duty to ensure their survival and that a traditional kill is done sparingly, especially if they are as intelligent and empathetic as we think they are.

*\*Ina* Mother   *\*Ate* Father   *\*Canduhupa* The Pipe   *\*Tatanka Odowan* Buffalo Song   *\*Tio’ Spaye* Extended Family  
*\*Tiwahe* Immediate Family   *\*Ehanna* Long Ago   *\*Pte Oyate* Buffalo Naiton





# FSST HEALTH CENTER

## OCTOBER 2022 Breast Cancer Awareness Month

No matter where you are in your journey with breast cancer, this month is for you.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 Health Fair	7 Closed	8
9	10 Closed	11	12	13	14	15
16	17	18 Rx Appreciate you	19	20	21 MAMMO DAY	22
23	24	25	26	27	28	29
30	31 					



Flandreau Santee Sioux Tribal Health Center



### Important dates:

- October 6th - Health Fair
- October 10th - Native American Day
- October 18th - Pharmacy Tech Appreciation
- October 21st - Mammography Day



The tribal clinic is here for you. Please call the FSST Health Center (605) 997-2642 to schedule an appointment, or if you have concerns about COVID or symptoms, the COVID vaccine or for additional information about any of our services.



Breast cancer is the **2nd** leading cause of cancer death for **American Indian women**.  
**A mammogram may save your life.**

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## What can I do?



### **BREASTFEED**

Breastfeeding reduces estrogen exposure that helps prevent breast cancer



### **WEIGHT CONTROL**

Overweight or obese women are at a higher risk



### **REGULAR MAMMOGRAMS**

Women 40+ should have the option to have a mammogram once a year



### **EXERCISE**

Exercising 3 days/week may lower your risk



### **LIMIT ALCOHOL USE**

Alcohol can increase estrogen which can increase risk



### **REGULAR BREAST EXAMS**

Speak to your health care provider for options



**American Indian  
Cancer Foundation.**



@AMERICANINDIANCANCER



/AMERICANINDIANCANCER



@AICAF\_ORG

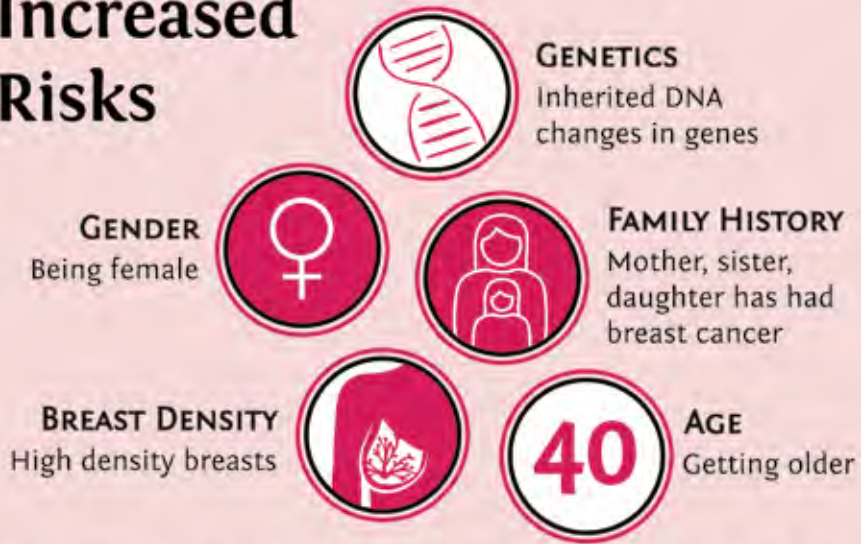


**AmericanIndianCancer.org**



**1 in 8**   
 women will get breast cancer in their lifetime

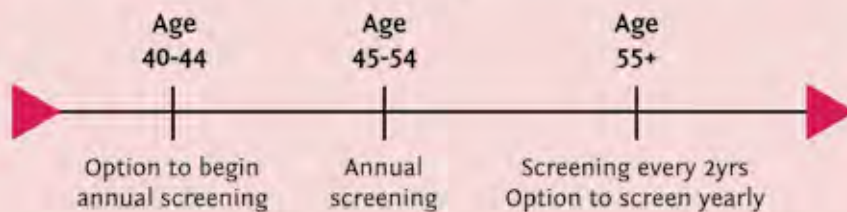
## Increased Risks



CONTACT YOUR HEALTH CARE PROVIDER IF YOU HAVE ONE OR MORE OF THESE RISKS

**Breast cancer usually has no symptoms when the tumor is small and most treatable.**

## Screening Guidelines/Recommendations



TALK TO YOUR HEALTH CARE PROVIDER ABOUT WHEN SCREENING IS BEST FOR YOU.

FSST CLINIC

American Indian Cancer Foundation's

# INDIGENOUS PINK COOKBOOK



Pink food inspired recipes for Native breast cancer survivors, caregivers & families in Indian Country





## BEET & WATERMELON SALAD

**PREP TIME:** 20 minutes  
**READY IN:** 1 hour  
**SERVES:** 6

### INGREDIENTS:

2 cups red beets  
 1/2 large watermelon, diced  
 3 cups spinach  
 1 small red onion  
 1 cup basil leaves, thinly chopped  
 1/2 cup fresh mint  
 1 package crumbled goat cheese  
 4 tablespoons olive oil  
 1 orange, halved

### DIRECTIONS:

Preheat oven to 400°F. Wash beets, then slice off just a bit from the tops and bottoms. Wrap beets loosely in foil and roast on the middle rack of the oven for 30-45 minutes or until tender, then let cool. Once beets have cooled, remove skin and dice them to desired length. Combine watermelon and beets together in a large bowl. Chop mint and basil into 1-inch long strips, or smaller depending on desired length. Dice red onion into small pieces. Combine watermelon, beets, onions and herbs together with spinach. Drizzle olive oil over the top of the mixture. Cut orange in half and add juice from 1/2 of the orange to the salad. Add 1 package of crumbled goat cheese. Toss, serve and enjoy!

### *Optional dressings or garnishings can include:*

Pomegranate seeds  
 Pistachios

If mixture is too tart, add 1 teaspoon of maple syrup to sweeten

### NOTES:

Inspired by recipes from allrecipes.com, Ally's Kitchen, and Thyme & Toast



## GRILLED SALMON WITH SWEET POTATOES

**PREP TIME:** 20 minutes

**READY IN:** 45 minutes

**SERVES:** 4

### INGREDIENTS:

2 medium sweet potatoes, halved  
1 lemon, halved  
2 salmon fillets (about 12 oz. each)  
2 teaspoons olive oil

### DIRECTIONS:

Preheat oven to 450°F. Place sweet potatoes on a baking sheet and bake about 45 minutes, or until tender. After sweet potatoes have baked for about 30 minutes, preheat grill to medium. Brush salmon fillets with olive oil. Cut lemon in half and squeeze juice from 1/2 of the lemon over the top of fillets. Place salmon on grill and cook until opaque throughout, about 5 minutes each side. Plate salmon with sweet potatoes and enjoy!

### NOTES:

Inspired by AICAF's Survivor Nutrition Guide, based on a recipe on foodal.com





## ODE'IMIN (STRAWBERRY) CEDAR TEA

**PREP TIME:** 5 minutes  
**READY IN:** 10 minutes  
**SERVES:** 1

**INGREDIENTS:**  
 2-3 strawberries  
 2 cups water  
 Sprig of cedar

### DIRECTIONS:

Boil cedar in the 2 cups of water until it turns a golden color. Chill until desired temperature or add ice to cool. Chop washed strawberries and add to cedar tea mixture. Let strawberries marinate in tea for twenty minutes before drinking. If you'd like it colder, put it in the fridge or add ice. Enjoy!

### NOTES:

Cedar tea is a traditional medicinal tonic  
 Ode'imín is the Ojibwe translation for strawberry  
 Wažúšteča is the Lakota translation for strawberry  
 Giizhik is the Ojibwe translation for cedar



## S'MORES WITH WOJAPI (BERRY SAUCE)

**PREP TIME:** 5 minutes  
**READY IN:** 1 hour  
**SERVES:** 6

### INGREDIENTS:

6 cups berries (strawberries, raspberries, blackberries)  
 1 cup water  
 6 sheets graham cracker cookies  
 6 marshmallows  
 3 regular chocolate bars, cut in 6 even squares  
 3 tablespoons cornstarch  
 honey

### DIRECTIONS:

For wojapi - Mash the berries together in bowl. Place mashed berries into a medium pot and add water into the mixture. Bring berries and water to a boil. Add  $\frac{1}{4}$  teaspoon of cornstarch until you have desired thickness. Reduce and simmer until texture is thick and syrupy. If necessary, add a little honey to sweeten.

For s'mores - heat one marshmallow on a stick over a fire or stove until soft and golden brown. Break one graham cracker sheet in half to make two squares. Break 1 chocolate bar in half and place on top of 1 graham cracker square. Place cooked marshmallow on top of the chocolate and graham cracker square, then close with other half of graham cracker square. Place s'more on top of plate. Pour wojapi over the s'more. Enjoy!

### NOTES:

This is a messier version of s'mores meant to be eaten on the plate



EARN ENTRIES OCT. 30 - DEC. 31



# GRAND TRACTOR GIVEAWAY

**FINALE GIVEAWAY**

**DECEMBER 31st  
AT MIDNIGHT**

- : 2022 KUBOTA LX3310  
HSDC TRACTOR  
WITH LOADER
- : 10 SERIES QUICK HITCH
- : 66" ROTARY TILLER
- : 60" 3PT BOX BLADE



**MSRP: \$44,282**

## FRIDAY & SATURDAY

**5PM - 9PM**

**10PM**

RECEIVE A TICKET FOR EVERY 10 POINTS EARNED OR  
15 MINUTES OF RATED TABLE PLAY FOR YOUR CHANCE TO  
BE SELECTED VIA KIOSK DRAWINGS TO PLAY THE GAME

### \$500 CASH

*Royal River*  
CASINO • HOTEL

PARTNERED WITH



2022 Kubota LX3310 HSDC Tractor model, color and options may vary. Kiosk drawing winners will participate in the game. Winners will win free play and cash. Must be present to win. Management reserves the right to enhance, change or discontinue any promotional event at any time with or without prior notice. Must be 21.

# Work Order

# Dockendorf Equipment Co. Inc.

Sioux Falls

Pierre

Sioux City

<b>Account:</b>	<b>FIRST AMERICAN MART</b>	<b>Location:</b>	<b>FIRST AMERICAN MART</b>
<b>Contact:</b>	<b>PAT 997-3891</b>		<b>1001 SOUTH VETERANS</b>
<b>Phone:</b>	<b>605-997-2870</b>		<b>STREET</b>
<b>Cell phone:</b>			<b>P.O. BOX 283</b>
			<b>FLANDREAU, SD 57028</b>

## Ticket ID: 029856

Assigned To: \_\_\_\_\_ Date Assigned: \_\_\_\_\_ Status: **Closed**  
 Received By: **Scott, Curt** Date Received: **9/23/2022** Urgency: **Medium**

Completed By:	Completed Date	Billable Time		
		Time Units	Rate	Labor
_____	_____			

Mileage \_\_\_\_\_

**Problem Description:** Curt Scott - 9/23/2022 1:32:18 PM (Central Standard Time)

**Solution Description:** STICK TANKS, REMOVE WATER IF PRESENT CALIBRATE TANK PROBES TO MATCH  
 Curt Scott - 9/23/2022 1:32:20 PM (Central Standard Time)

\* TESTED ALL TANKS FOR WATER BY APPLYING SARGEL PASTE TO GAUGE STICK AND DROPPING IT TO THE BOTTOM OF EACH TANK. THE PASTE TURNS COLOR WHEN IT MAKES CONTACT WITH WATER. PASTE REMAINED THE ORIGINAL COLOR. NO WATER DETECTED. COLUD FEEL SLUDGE AT THE BOTTOM OF THE TANK. THIS CAN CAUSE FAULSE READINGS ON THE PROBE FLOAT, CAUSING THE TANK LEVEL MONITOR TO INDICATE WATER WHEN THERE ISN'T ANY.

ZACH

**Tech Notes:**

**Parts Ordered:**

Parts #:	QTY	Description	Parts #:	QTY	Description

\_\_\_\_\_ customer signature

\_\_\_\_\_ date

Summary: A technician applied a paste to a stick that turns color when it touches water. The paste did not change colors; indicating that there is no water in the tanks. However, the technician did spell 'could' and 'false' wrong. This is why we can't have nice things Zach



Well, that solves the mystery of the water in the gas tanks



*A Night of Rock with*



**SUMMER**



**NOV 12 | 8PM** <sup>21+</sup>

**Tickets starting at \$30**

Purchase tickets at [ROYALRIVERCASINO.COM](http://ROYALRIVERCASINO.COM)  
or at the Casino Gift Shop or call 1-800-838-3006.

*Royal River*  
CASINO • HOTEL