

# Wotain Wowapi

(News Paper)

Wakpa Ipaksan

Maga Okada Wi 2023  
(April)

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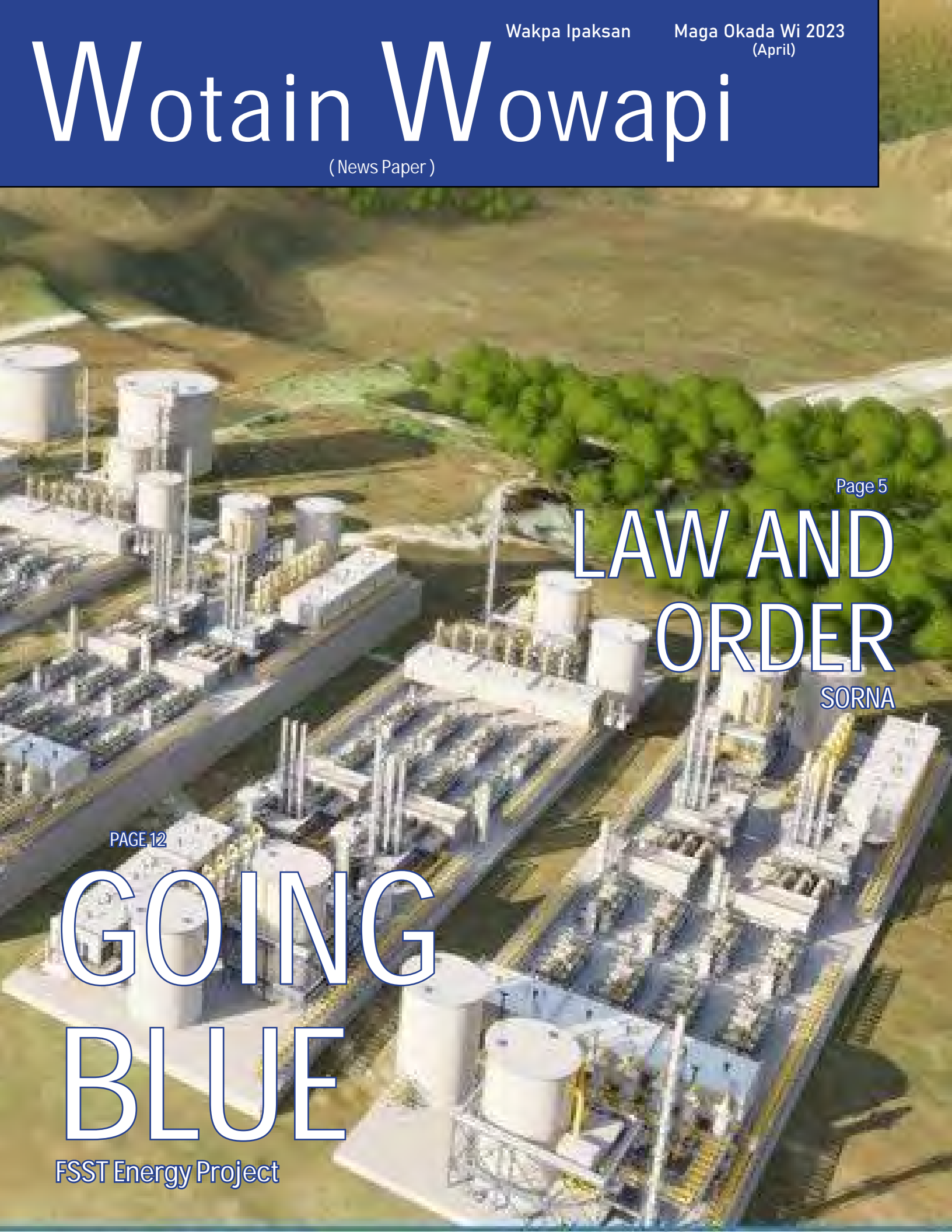
## LAW AND ORDER

SORNA

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## GOING BLUE

FSST Energy Project

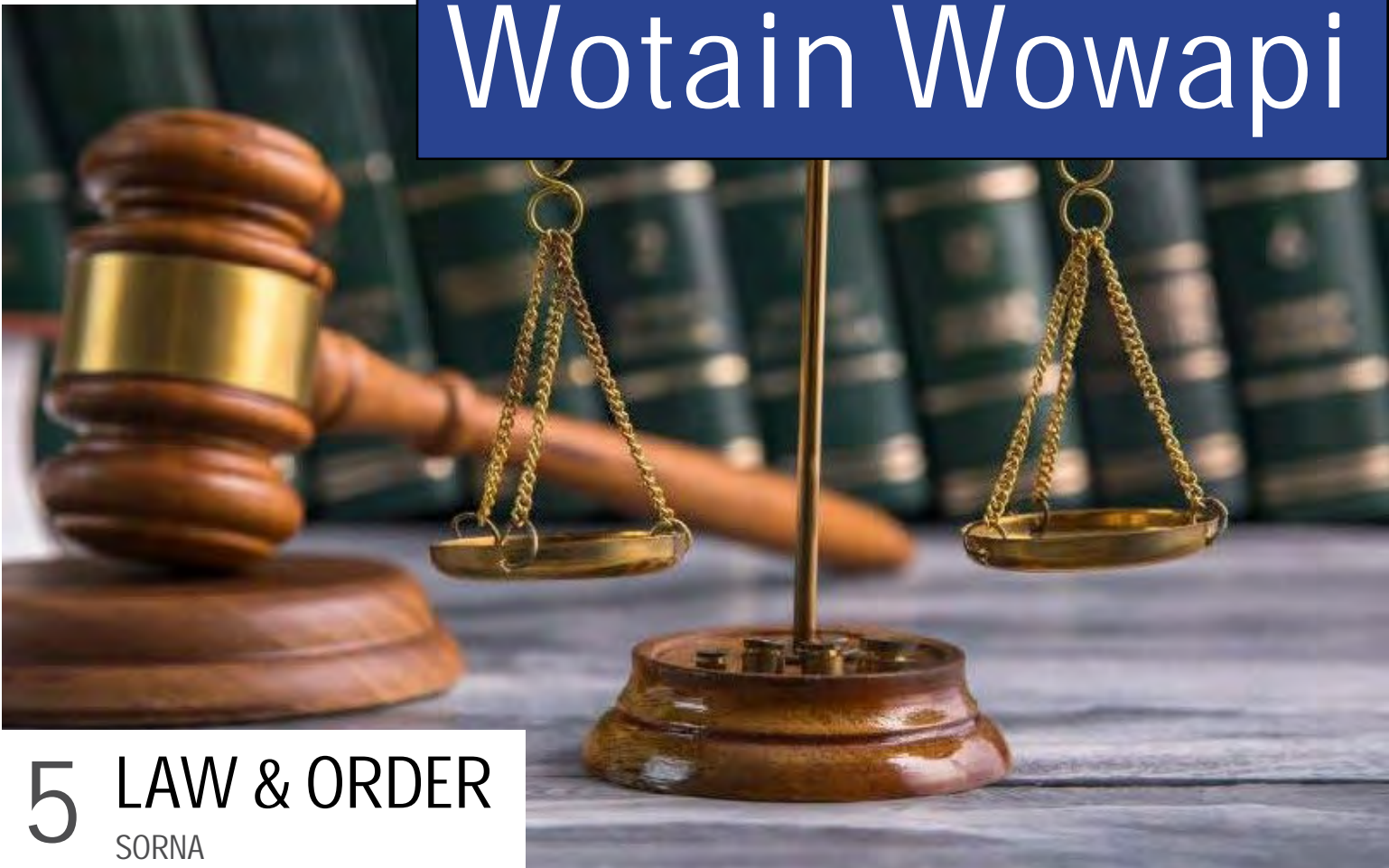


**ALL FSST TRIBAL ELDERS  
MUST PRESENT ID BEFORE  
RECEIVING ELDER COUPONS AND  
REDEMPTIONS OF COMPS.**

**THANK YOU!**



# Wotain Wowapi



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SORNA

EMPLOYEE SPOTLIGHT



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**Wicoicaga Otipi Community Center**  
**503 W. Broad Ave.**



**APRIL 2023**

**Closed on Holidays & Administrative Days**

# **Noon Walks**

**\*MONDAYS THRU THURSDAYS\***

**11:00am to 1:00pm**

**Please bring CLEAN walking shoes. Lockers available.**

**Call Sylvia for more questions (605) 573-4195**

FROM THE PRESIDENT



Hau Mitakuapi

I hope this news letter finds everyone in good health and spirits. It is nice to finally get to May and hopefully warmer weather. We are fortunate that we avoided major flooding with the rate the snow melted and blessed that the ground was able to replenish with a lot of moisture.

April was a much better month with our entities being able to remain open without extreme weather interruptions. We had a steady hour and a half to two hour wait all day at the dispensary on April 20th which is the unwritten holiday for the industry. Our

first harvest in our second grow as well as our first harvest in our grow operation in Akwesasne NY are just a week away. Which means after a few weeks of drying and processing we will be to new revenues at both operations.

We will begin to have regular updates on all of our current projects in the news letter. We submitted a proposal to be the cannabis operators for the island of Sint Maarten in the Caribbean and received notice that out of over 50 proposals we have made the top 5 and have a zoom presentation on May 8th. It will be narrowed down to the top two candidates who will then be invited down to do in person presentations to the parliament.

Our energy project in pushing forward quickly as the world is chasing energy independence. Our project has a two year head start over the other projects and we will be meeting with the Secretary of the Department of Energy soon to discuss funding opportunities. Very exciting things are coming for Wakpa Ipaksan. I hope everyone has a great month and a special congratulations to our graduates and all students for another successful year.

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

Flandreau Santee Sioux Tribe

Attn: David Kills A Hundred

P.O.Box 283

Flandreau, SD 57028

Or call: 997-3891 ext. 1238

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

Notice of Disclaimer

In preparation of this newsletter, every effort has been made to offer the most current, correct, and clearly expressed information possible. Nevertheless, inadvertent errors in information may occur. In particular but without limiting anything here, the Flandreau Santee Sioux Tribe (FSST) and its employees disclaim any responsibility for typographical errors and accuracy of the information that may be contained in the Flandreau Santee Sioux Tribe's Newsletter. The FSST also reserves the right to make changes at any time without notice.

The information in this Newsletter have been compiled by the FSST Newsletter staff from a variety of sources, and are subject to change without notice. The FSST makes no warranties or representations whatsoever regarding the quality, content, completeness, or adequacy of such information and data. In any situation where the official printed documents take precedence.

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 David Kills A Hundred in hardcopy on disk or via email at:

[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

# SORNA

## PROTECTING THE TRIBE. PROMOTING SOVEREIGNTY.

The Adam Walsh Child Protection and Safety Act of 2006, or the Adam Walsh Act for short, enacts a comprehensive nationwide sex offender registry system. The registry system is known as the Sex Offender Registration and Notification Act (SORNA).

SORNA was created to close gaps and loopholes that previously existed. For example; different jurisdictions have their own laws. A known sex offender would move to a different jurisdiction and not report into their new jurisdiction. This would leave communities open to the threat of a known sex offender since they sometimes were not being tracked. SORNA was designed to strengthen the nationwide network of sex offender registration by centralizing the network.

Sex Offender Registration was often overly complicated and confusing. Not just to offenders who are trying to comply, but also for the criminal justice agencies who are tasked with monitoring offenders. If there is a sex offense committed in South Dakota an offender may have to register for shorter/ longer period for committing the same offense than they would in Minnesota. An offender who relocates to Minnesota but was convicted in South Dakota may not know if they must register for the required duration of time in Minnesota's law books, or if they must register for the required time of their conviction in South Dakota. SORNA tries to give basic uniformity across jurisdictions.

The Flandreau Santee Sioux Tribe has been working for several years on passing its own ordinances to support SORNA under the tribe's sex offender's registry ordinance (SORO). The tribe had been working with the State of South Dakota and the Department of Justice on streamlining SORO and getting it to comply with SORNA since as far back as 2011. SORO was passed and put into effect in 2017.

At the time, the Tribe did not have its own equipment to register offenders. So, the Tribe had to contract with the

State of South Dakota. The State was accommodating and quick to help the tribe. It provided an iPad for fingerprinting and entering information. The state would also provide DNA kits for the tribe.

Then in 2019 the Tribe was awarded the Tribal Access Program (TAP) machine. With the TAP kiosk the tribe would no longer require the State for registration or monitoring offenders. The TAP kiosk allows the Tribe to search for offenders or upload its own information directly into the National Crime Information Center (NCIC).

The benefit of the Tribe having the TAP kiosk and having its own law enforcement is the ability to enter and have access to information on Tribal PDs time. If an offender makes an appointment and registers at the sheriff's office the offender would still be compliant, but the tribal police department would not have that interface with the registering offender. The TAP kiosk allows Tribal law enforcement to have more face-to-face interaction with the registering offenders giving the police force the ability to better recognize an offender should they enter the tribal community.

Some may question as to why an offender would have to register with the tribal law enforcement if they are already registered with the state of South Dakota. Simply put; the Tribe has its own laws. If a person is abiding by the moody county registry's system, they are required to follow the state of South Dakota's registries laws. But under SORO the tribe has much more flexibility over who must register and under what circumstances. For instance; sex offenders are required to register if they are in the community if they are in the community for three business days or longer. But over pow wow weekend, from time to time, sex offenders will attend the event. But they do not have to register because the pow wow takes place on the weekend and does not fit the three business days requirement. If The tribe wished to amend its registry ordinance the person would have to register regardless of

whether it was a business day or not and the tribal members could sign up for text or email alerts that would inform them that an offender has come into the area. Yes; the offender would have to register, get their fingerprints and DNA taken two times, with the county and the Tribe. But they are in two separate jurisdictions.

In the end SORNA is a crucial tool at the tribe's disposal for being proactive in protecting the tribal community. And the more the Tribe can do here with its own resources, the more it promotes its own sovereignty and self-governance.



# BRANDON TRAUGER

Lab Tech Supervisor



There has been a story told of a guy who works for the tribe, Brandon Trauger. The story goes like this. At one point an employee of Native Nations Cannabis was taking a break. This employee just happened to see Brandon walking and enjoying a sandwich. Whether by accident or by a cruel trick of fate, the sandwich that he was enjoying slipped out of his grasp and was splayed across the ground. Now, for most people that would be annoying to the point of ruining a good day, but Brandon is not most people. Brandon surveyed the carnage at his feet, shrugged, and went about his day. What. A. Legend.

Brandon Trauger is the Lab Tech Supervisor at Native Nations Cannabis since March of 2022. Clearly, Brandon is not from around here. He hails from Reading, Pennsylvania to be exact. A city with the dubious honor of being called the poorest small city in the nation with 35.4% of the city's population living below the poverty threshold according to an American Community Survey published in 2018. Aside from his hometown Brandon's past (like most legends) is shrouded in mystery.

There is nothing ominous about the lack of knowledge of Brandon's past, it just seems like he prefers to focus on the present. He has given some clues to his past, however. He made mention that he relates to Otto from the animated series Rocket Power "He's me as a child." That does make sense. Otto is tough, confident, brave; all great ways to describe Brandon. And while his past is not well known to everyone, around here at least, his reputation for hospitality, hard work, and efficiency is becoming well known. Anyone who has taken a tour of the Native Nations Facility will remember Brandon, his enthusiasm for the education of his field of work is infectious. His enthusiastic tours hide the fact that Brandon is in truth a very shy person. One would never guess that he has struggled with social interaction his whole life despite enjoying meeting people

Brandon's Hobbies include a love of skateboarding, snowboarding, mountain biking. Often, he enjoys riding his bike in his free time. With Bike riding being one of his favorite past times it is no surprise that his favorite destination is the Blue Marsh Bike trails in Pennsylvania. "The best bike trails I've ever ridden."

Brandon continues; "Similarly, to the Sioux Falls bike trails, the Blue Marsh bike trails stretch 27 miles around Blue Marsh Lake in South Heidelberg, Pennsylvania. There's as much climbing as there is hill bombing and both are exhilarating in their own respect. Believe it or not, I live for the grueling climbs. They test that inner voice and see what you are truly made of!" When it comes to a dream destination, Brandon is humbler "I would love to travel the world and see it all, but my true dream destination is my dream home. I love home more than anywhere else in the world and cannot wait to spend time in the one I build with everything exactly how I envision it."

Here is another example of the kind of person that Brandon is. He was asked the basic question; 'could you imagine doing any other job right now?' He took a basic question and gave a borderline sublime answer; "In this life, I couldn't imagine doing anything else. However, if I could live infinite lives, there are numerous professions I am intrigued by and would love to pursue, but I don't have enough lives to live through each of them. In this life though, I chose cannabis and cannabis chose me." What. A. Legend.





## SUMMER YOUTH OPPORTUNITIES

### ITBC Buffalo SeedKeepers Traveling Summer Field Crew

Seeking 4 Field Techs (\$20/hr) and 1 Field Crew Lead (\$25/hr) for 10 Week Appointment (Jun-Aug 2023)

- Travel to 5 Tribal and NPS sites in the Great Plains to collect Native grass and forb seeds to contribute to a Seed Library
- All Travel Paid in addition to hourly - some camping required
- Field work experience preferred - nearly all outdoor work
- Shared housing is included in Rapid City for time off work
- Botany experience preferred, but training provided
- Strong positive attitude and work ethic, and ability to work well on a team is necessary
- [Letter of Interest and Resume Due 3/17/23](#)

### ITBC Summer Office Internships

Seeking 2 Interns to help in the ITBC office for Summer 2023

- Pay is \$15/hr. Shared housing in Rapid City, SD is provided
- Candidates will have an interest in Tribal Buffalo Restoration and willingness to learn a wide variety of tasks
- Most work will be in an office setting but will also include travel and field work as available during the season (travel expenses paid)
- Will learn about all workings of ITBC and participate in a wide variety of projects
- [Letter of Interest and Resume Due 3/24/23](#)

### ITBC/Yellowstone National Park Summer Buffalo Internships

Seeking 4 Summer Interns (\$15/hr) for 9 or 12 Week Appointments to assist the Bison Program at Yellowstone National Park

- 2 internship sessions (Apr 16-Jun 18, and Jul 24-Oct 13) working at Yellowstone National Park
- Small travel and tax reimbursement bonus at the beginning and end of sessions
- Help care for buffalo in the Bison Conservation Transfer Program and also assist field crews - some backcountry hiking and camping required
- Field work experience preferred. Interest in Tribal Buffalo Restoration required. Environmental experience preferred
- Shared housing provided in Gardiner, MT for duration of internship
- [Letter of Interest and Resume Due 3/10/23](#)

### ITBC's Red Calf Cohort: HS Summer Program

Accepting 6 Native High School Students for all-expenses paid summer experiences in 3 locations

- Spend the summer learning about buffalo, nature, and careers in the natural resources with other like-minded students and ITBC staff
- 1 week-long camp in the Black Hills of SD (June 19-23)
- 1 week-long camp in Yellowstone National Park, WY (Aug 14-18)
- Attendance for you and a guardian at ITBC's Annual Membership Meeting (Fall 2023, Date and location TBD)
- All expenses paid for Camp Weeks
- Application details TBD!

\*\*\*InterTribal Buffalo Council is an equal opportunity employer. The Organization does not discriminate by race, color, creed, national origin, age, religion, sex, marital status, sexual orientation, or disability, although the Organization provides an Indian preference for employment.

INTERESTED? TO LEARN ABOUT ALL OPPORTUNITIES  
ATTEND A WEBINAR 3/2/23 AT 11AM, 3PM, OR 6PM  
Webinar Link: <http://bit.ly/itbcyouth>



For questions, email  
[admin@itbcbuffalonation.org](mailto:admin@itbcbuffalonation.org)

# WELCOMING NEW FACES



JENNY LEHMAN

We would like to welcome our newest member Jenny Lehman

Jenny has joined us on Wednesday, April 5th, 2023. She will be based at the FSST Care Center. Jenny has worked at Avera Flandreau Hospital and Riverview Nursing Home and graduated from Mountain View College.

“I am excited to work with IHS Care Facility. It has been my passion to work in healthcare and expand my career and experience. It is an honor from me to work in our new nursing home facility in my town. I have worked with FSST – TCCP since 2019. They take great care of their employees.”

We are excited to have Jenny come on board.

ANDREA NEECE



We would like to welcome our newest member Andrea Neece

Andrea has joined us on Wednesday, April 5th, 2023, as a cultivation tech. She will be based at the Native Nations Cannabis Cultivation. Francis has worked at Blue tide car wash and graduated from Ankeny High

We are excited to have Andrea come on board.



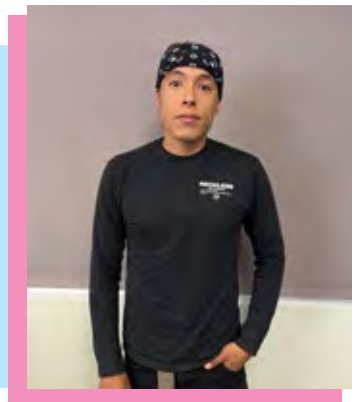
Raul Abayon

We would like to welcome our newest member Raul Abayon

Raul has joined us on Wednesday, April 14th, 2023, as our Deitary Aide. He will be based at the FSST Care Facility. Raul has previously worked at Riverview Manor

We are excited to have Raul come on board.

TYLER RED BUFFALO



We would like to welcome our newest member Tyler Red Buffalo

Tyler has joined us on Wednesday, April 19th, 2023, as our Kitchen Technician. He will be based at the Native Nations Cannabis. Tyler has worked in other kitchens and construction and graduated.

We are excited to have Tyler come on board.



## JOSEY CAVENDER

We would like to welcome our newest member Josey Cavender

Josey has joined us on Wednesday, April 19th, 2023, as our Kitchen Technician. She will be based at the Native Nations Cannabis.

We are excited to have Josey come on board.

## TARIN ALLEN

We would like to welcome our newest member Tarin Allen

Tarin has joined us on Wednesday, April 19th, 2023, as our Office Manager. She will be based at the Cannabis Commission.

We are excited to have Tarin come on board.



## MELVIN COLE

We would like to welcome our newest member Melvin Cole

Melvin has joined us on Wednesday, April 19th, 2023, as our Trim Expert Associate. He will be based at the Native Nations Cannabis. Tyler has previously worked at Runnings.

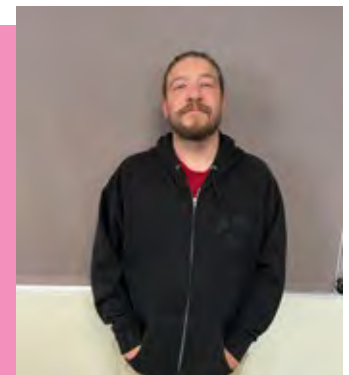
We are excited to have Melvin come on board.

## SHAYNE ERICKSON

We would like to welcome our newest member Shayne Erickson

Shayne has joined us on Wednesday, April 19th, 2023, as our Trim Expert Associate. He will be based at the Native Nations Cannabis. Tyler has previously worked at Combined Pool and Spa and graduated in Pipestone, Mn.

We are excited to have Shayne come on board.



## NEW EMPLOYEES



### KEENAN ROUBIDEAUX

We would like to welcome our newest member Keenan Roubideaux

Keenan has joined us on Wednesday, April 19th, 2023 as our Trim Expert Associate. He will be based at the Native Nations Cannabis. Tyler has previously worked as a car washer and graduated from Flandreau Indian School

We are excited to have Keena come on board.

### NONI MCGHEE

We would like to welcome our newest member Noni Mcghee

Melvin has joined us on Wednesday, April 19th, 2023, as our Trimmer/Packaging Department. She will be based at the Native Nations Cannabis. Noni has previously worked at the Royal River Casino for 30 years and graduated in Chamberlain in 1986.

I have worked for the Flandreau Santee Sioux Tribe from more than 30 years. I worked at the First American Mart were the clinic is now before working for the Royal River Casino for 30 years. I am an avid animal lover. I have rescued and found homes for some.

We are excited to have Noni come on board.



### KELLY FLUTE PLAYER

We would like to welcome our newest member Kelly Flute Player

Melvin has joined us on Wednesday, April 19th, 2023, as our Trim Expert Associate. She will be based at the Native Nations Cannabis. Kelly has previously worked at the Royal River Casino.

We are excited to have Kelly come on board.

### SHELBY SHORTMAN

We would like to welcome our newest member Shelby Shortman

Shelby has joined us on Wednesday, April 19th, 2023, as our Trim Expert Associate. She will be based at the Native Nations Cannabis. Shelby has previously worked at 3M in Brookings, SD and graduated from Two Eagle River School

We are excited to have Shelby come on board.



# NOT PICTURED

## BAI AHLSCHLAGER

We would like to welcome our newest member Bai Ahlschlager

Bai has joined us on Wednesday, March 29, 2023, as a CNA. She will be based at the FSST Care Center. Bai is married and has two children, both in the Air Guard after graduating in Flandreau High School and also works at the Avera Flandreau Hospital full time

We are excited to have Bai come on board.

## FRANCIS EASTMAN

We would like to welcome our newest member Francis Eastman

Francis has joined us on Wednesday, March 29, 2023. He will be based at the Native Nations Cannabis Grow Facility. Francis has worked at the Royal River Casino at the Snack Bar for 5 years and graduated from the Flandreau Indian School

We are excited to have Francis come on board.

## GENO BLACKWOLF

We would like to welcome our newest member Geno Blackwolf

Geno has joined us on Wednesday, March 29, 2023. Geno has previously worked at Takoda prep.

We are excited to have Geno come on board.

## JONATHAN VYSKOCIL

We would like to welcome our newest member Jonathan Vyskocil

Jon has joined us on Wednesday, March 29, 2023, as a drone operator. He will be based at the Tribal Historical Preservation Office. Jon has worked in various human services roles as well as the Royal River Casino.

We are excited to have Jonathan come on board.

## SARA ORCHARD

We would like to welcome our newest member Sara Orchard

Sara has joined us on Wednesday, March 29, 2023, she will be based at Native Nations Cannabis. Sara has worked at St. Lukes Hospital and graduated from the College of Staten Island

We are excited to have Sara come on board.

## ISAIAH AADLAND

We would like to welcome our newest member Isaiah Aadland

Isaiah has joined us on Wednesday, March 29, 2023, as a [NNC position]. He will be based at the Native Nations Cannabis Grow Facility.

We are excited to have Isaiah come on board.

# GOING BLUE

CONVERTING FOSSIL FUELS  
INTO CLEAN ENERGY



Mother earth is not doing too hot right now. Well actually, it is becoming far too hot. The first real international effort to address the issue of Global Warming was in 1992 at the UN Framework Convention on Climate Change (UNFCCC) which led to the Kyoto Protocol adopted in 1997. Finally resulting in the Paris Agreement being adopted in 2015.

The Paris Agreement's long-term goal is adaptation. Adapt to inverse climate change and implement policies that reduce greenhouse gases as long as those policies do not threaten food



production. The Paris Agreement is a good idea, but it has its flaws. The agreement is not legally binding. If the countries attached to the Paris Agreement chose not to follow any of the mediation plans outlined, they do not face any punishment. And the language of the agreement is fanciful making the goal of keeping global warming “well below 2 degrees Celsius” unrealistic. It has flaws, but that doesn't mean we shouldn't try.

In July 12<sup>th</sup> of 2022, The Flandreau Santee Sioux Tribe concluded a productive meeting with Governor Jim Justice of West Virginia, and more currently Senator Joe Manchin on Feb 8<sup>th</sup>, 2023. The main topic of discussion was a new carbon reducing energy venture known as the Adams Fork Energy Project that the Tribe, in conjunction with Transgas Development Systems, LLC, will be pursuing in West Virginia; a blue ammonia harvesting plant. CNX Resources will provide natural gas and carbon sequestration services, and Denmark-based Haldor Topsoe, will provide ammonia production technology.

The project is an anchor in the ARCH2 Hydrogen Hub plan that's being developed in West Virginia and three other states in the Northern Appalachian region. A funding application for the ARCH2 hub is pending before the US Department of Energy. Construction on the facility would begin in 2024 if federal funding can be secured and could be operational by late 2026 or early 2027.

Blue ammonia is generated from a conventional pathway, in this instance on a reclaimed coal

mining site near Gilbert Creek, W.V., but with the addition of carbon capture. The ammonia harvested from the natural coal deposits will be stored, transported and converted into energy along the east coast. More than likely producing energy for other business ventures that the tribe is pursuing in New York and New Jersey. The tribe fully intends to get the company 8A certified to source ammonia and energy to the federal government and potentially fertilizer.

Harvesting ammonia releases far less CO<sub>2</sub> emissions when compared to extracting and burning traditional fossil fuels. Compared to hydrogen, ammonia is much more energy efficient and could be produced, stored, and delivered at a much lower cost than hydrogen, which must be kept compressed or as a cryogenic liquid. For comparison: At normal pressure, Ammonia becomes a liquid at roughly -28°F. Hydrogen becomes a liquid at roughly -423°F. Good news for anyone wanting a more efficient way to transport energy. Bad news for anyone trying to stop the T-1000.

Close rail access will allow the energy plant to utilize the east coast's vast railway system to transport the ammonia by freight, further reducing our carbon footprint. Once transported the ammonia is converted back into electricity when needed, either through traditional combustion methods or by 'cracking' it into nitrogen and hydrogen. In the latter method, the hydrogen can then be used in hydrogen fuel cells to power devices such as electric vehicles.

# P.E. Class by Sylvia Roy

Vol. 7

(605) 573-4195

*Monday Tuesday Wednesday Thursday*

*May 1st May 2nd May 3rd May 4th*

## Hockey (outside)

*May 8th May 9th May 10th May 11th*

## Croquet (outside)

*May 15th May 16th May 17th May 18th*

## Daily #1 Vote

@ Wicoicaga Otipi Community Center  
**For 13+ year olds. Closed Fridays.**  
**After School until 5:30pm.**

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## RECOVERY MEETINGS

MONDAY 6PM - 7PM  
EASTMAN HALL

**OPEN TO THE PUBLIC**  
GATHERING FOR  
ALL STAGES OF RECOVERY  
OR STARTING RECOVERY



# FSST HEALTH CENTER



"Mitakuye Oyasin"  
We are all related



I see a time of Seven Generations when all the colors of mankind will gather under the Sacred Tree of Life and the whole earth will become One Circle again.  
-Crazy Horse

## We are the 7th generation

When one hurts, many hurt. We must work together to erase the stigma about Mental Health.

True strength is getting the help you need.

We will work with you to find the help you need.

# May 2023

## Mental Health Awareness

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26 Closed	27
28	 Memorial Day Closed	30	31			

Call FSSTHC Counseling center for more information.  
(605) 997.3891

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.

# Tiwahe "Family" Night

Every last Wednesday @ 6:00pm

Wicoicaga Otipi Community Center

6pm: Prayer & Eat

6:15pm: Speaker

6:30pm: Activity

BRING TIWAHE!

BRING A DISH!

Dates

Activity

Potluck

Dates	Activity	Potluck
February 22nd	Obstacle Course	Family's Favorite Food
March 29th	Matt Ball	Mexican Cuisine
April 26th	Bean Bag Tournament	Italian Plates
May 31st	Traditional Games	Traditional Foods
June 28th	CLNTO	Cookout

QUESTIONS: CONTACT SYLVIA @ 573-4195

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**FIRST** Recreation presents

# 2023 Women's

Group Talks

Potluck

Every first Wednesday each month.

7pm

Contact Sylvia  
@ 573-4195

# Circle Wednesdays

# FSSTHC INTRODUCES

## 'Director of Behavioral Health'

Renata Bosek

Ph.D., LPC-MH, CAC, QMHP



**Licensed Professional Counselor (LPC-MH)** can evaluate and treat clients who are dealing with emotional, behavioral, and/or addiction problems.

**Certified Addictions Counselor (CAC)** is professionally and specifically trained to help individuals experiencing problems with addiction

### Addictions are difficult to overcome...

They can be physical, mental, or emotional and can be caused by many things, including trauma, brain chemistry, and genetics. Addiction can lead to distorted thinking, behavior changes, and relationship problems.

**Qualified Mental Health Professional (QMHP)** A Qualified Mental Health Professional completes examinations as part of the commitment process under South Dakota Codified Law (SDCL) 27A-10-6. The examination includes a mental status examination and is conducted to determine if a person meets the criteria for involuntary commitment. Renata has specialized training in trauma focused cognitive behavioral therapy, trauma-informed care, person centered and solution focused therapy.

**A Doctor of Philosophy in Clinical Psychology (PhD)** is a doctoral research degree and the highest level of academic qualification you can achieve. Meaning that not only is Renata passionate about what she does, but continues to learn, evolve and teach these skills to others. With over 18 years of experience, can also add "Time" and "Life" experience to her resume.

WELCOME "Tanyan yahi" RENATA!

Our main goal at FSSTHC is OVERALL Health and Mental Health now and into the future. Renata and her Behavioral health team are here to help you help yourself.

# The "Stigma" about Mental Health

## A Disease not a moral failing

**Stigma** refers to when individuals are discriminated against, devalued, rejected or excluded as a result of belonging to a particular group. Addiction-related stigma prevents people who are struggling from reaching out for help and isolates families affected by addiction who fear being judged by their communities. Many individuals with a Substance Use Disorder, or SUD, do not seek treatment because they worry that it would have a negative impact on their employment, or their community's view of them.


Fear and misunderstanding often lead to prejudice against people with substance use disorders, even among healthcare providers. It's also one of the main reasons people don't consider addiction a real health issue. These prejudices and biases leads to feelings of shame in those struggling and creates serious barriers to diagnosis and treatment.

**Substance use disorder (SUD) is one of the most stigmatized health conditions on earth.**

**Despite the fact that over 20 million people in the United States struggle with substance use disorders (SUD), nearly half of Americans don't think that addiction is a disease.**

**This stigma leads to discrimination in health care, criminal justice, employment, child custody, and housing. Especially in rural communities where treatment and recovery resources may be scarce.**

**IN A RECENT SURVEY, OVER 30% OF ADULTS VIEW ADDICTION AS A CHARACTER FLAW.**



Everyone you meet is  
fighting a battle you  
know nothing about.

Be kind.

Always.



[www.stopthestigma.org](http://www.stopthestigma.org)

# Understanding How Trauma Is Ignored and Buried

Many victims of generational or historical trauma don't understand their struggles.

Instead they find themselves deep into cycles of destructive behavior or thinking and then blame themselves for getting there in the first place, increasing their own sense of shame and hopelessness.

**There are doubts and conversations that play out often in the heads of those who suffer from psychological and emotional wounds.**

"Maybe I'm exaggerating. Why do I have to be so dramatic about what happened? I should be able to move past this."

"Why am I so bothered by this? I should be tougher and more resilient."

"It's not like my childhood was THAT bad, it could have been much worse."

*Thoughts like these pass through the minds of those who have been hurt by abuse, addiction, trauma, emotional and physical neglect.*

***These thoughts are lies. They are lies we tell ourselves about our own story. One of the most tragic things we do to ourselves is second guess our own hurts and wounds***

**Learn the difference between your intuition guiding you and your trauma misleading you**

Pain travels through family lines until someone is ready to heal it in themselves. By going through the agony of healing you no longer pass the poison chalice onto the generations that follow.

**It is incredibly important and sacred work.**

**If trauma can be passed down through generations, then so can healing**

## Is it Possible to Heal from Trauma?

Without a doubt, a person can heal from trauma, but healing from trauma is not like recovering from a physical injury. If someone gets a cut on their finger, time is all that is needed to heal. Healing from trauma is a different process, a person with trauma must be actively engaged in their healing and recovery. If someone takes a passive role, their symptoms could stay unchanged or worsen over time. This process takes even more time to unhook the embedded effects when healing from trauma

## How can someone heal from trauma?

- Acknowledge the event
- Accept Support
- Practice self-care
- Focus on your physical health
- Practice mindfulness or meditation
- Do something fun and creative each day
- Avoid addictions
- Get back into a routine
- Journal
- Don't rush the process

<https://www.choosingtherapy.com>

**F S S T H C**

We will be closed Friday, May 26th and  
Monday, May 29th in observance of  
Memorial Day.



**PIDAMAYA**

**Thank you today, and  
everyday to all the men and  
women who have served**



CLASS OF 2023

2023



GRADUATION CEREMONY  
COLMAN-EGAN HIGH SCHOOL  
SATURDAY, MAY 13, 2:00PM

YOU ARE INVITED TO  
AN OPEN HOUSE FOR

**DYLAN REDERTH**

FOLLOWING THE CEREMONY AT  
510 DISCOVERY ST, COLMAN

R.S.V.P TO 605-501-7386



## What is TCBC?

The Tribal Child Care Capacity Building Center (TCBC) is a service of the Office of Child Care (OCC) that provides training and technical assistance (TA) to Tribes who receive Child Care and Development Fund (CCDF) grants. TCBC supports Tribes in meeting their goals for their Tribal children, families, and communities.

## What is the TCBC Technical Working Group?

The TCBC Technical Working Group is an opportunity for parents whose children participate in Tribal child care, Tribal child care providers, Tribal Child Care and Development Fund (CCDF) Administrators, and others involved in Tribal CCDF services to contribute to the work of TCBC, focusing on which TA activities will make the greatest impact on Tribal child care systems. TCBC Technical Working Group members discuss their own experiences in Tribal child care and offer their perspectives on current challenges as well as potential solutions.

# TCBC TECHNICAL WORKING GROUP

## Why is the Technical Working Group important?

The voices and personal experiences of TCBC Technical Working Group members are essential to enhancing Tribal child care systems. The TCBC Technical Working Group will inform TCBC TA services.



Tribal Child Care Capacity Building Center



Are you a parent or provider who wants to share your insight on how to strengthen Tribal child care?

Consider joining the TCBC Technical Working Group!

Help TCBC set priorities to best support Tribal child care programs.

You will receive compensation for your time and expertise.

## INTERESTED?

CONTACT:

TCBC

[tcbc@mn-e.com](mailto:tcbc@mn-e.com)

Toll-Free: 1-844-710-8222

[TCBC Homepage](#)



# Child Care Program Providers

**Child Care Providers are currently full, please get pre-approval at FSST Child Care Program and contact Child Care Provider of your choice to be added to waitlist.**

## ABC KIDz Daycare

Jenny Lehman 605-254-4782 State Licensed Family Home Child Care Provider

## Babies and Tots Daycare

Brittany Frias 605-366-5468 State Licensed Family Home Child Care Provider

## New Beginnings Daycare

Trish Kills-a-Hundred 605-864-0256 State Licensed Family Home Child Care Provider

## FSST Child Care Program Office

605-997-2115.

**FSST Child Care Program Application & Parent Handbook both have required signature forms that need to be submitted to child care program to obtain child care subsidy for work or school.**

**FSST Child Care Program Applications available at <https://fsst-nsn.gov/programs/>  
Please email return back to [amber.allen@fsst.org](mailto:amber.allen@fsst.org)**

# MAY THE FOURTH BE WITH YOU

THE FLANDREAU SANTEE SIOUX TRIBE HOPES TO SEE YOU AT ITS STAR WARS THEMED COMMUNITY COOKOUT. TRIBAL BUSINESSES AND DEPARTMENTS WILL BE AVAILABLE TO INFORM YOU WHAT PROJECTS THEY ARE CURRENTLY WORKING ON. IF YOU WOULD JUST LIKE TO RELAX, PLEASE FEEL FREE TO KICK BACK, ENJOY A MEAL, AND VISIT WITH FRIENDS AND NEIGHBORS.

A STAR WARS THEMED COSTUME CONTEST WILL BE HELD FOR CHILDREN AGES (4 - 12) AND ADULTS (21 AND UP)

## CHILDRENS COSTUME CONTEST

**1ST PRIZE** BLACK SERIES OBI-WAN KENOBI FORCE FX ELITE LIGHTSABER.

**2ND PRIZE** MANDALORIAN N-1 STARFIGHTER LEGO SET

**3RD PRIZE** BOBA FETT STARSHIP MICROFIGHTER LEGO SET

ADULT COSTUME CONTEST WINNERS WILL BE AWARDED STAY AND PLAY PACKAGES AT THE ROYAL RIVER CASINO

**FEST  
COMMUNITY  
COOKOUT**

**THURSDAY MAY 4TH  
4 PM TO 7 PM  
ROYAL ROOM  
ROYAL RIVER CASINO AND HOTEL**