

# Wotain Wowapi

(News Paper)

Wakpa Ipaksan

Cankápopapi Wi 2022  
(December)

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The Roman frat party  
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## LOGIN

The Lenovo  
ThinkPad





**WEDNESDAYS | 8AM - 8PM**



**EARN 100 POINTS WITH YOUR ROYAL REWARDS CARD  
& RECEIVE A PIECE OF A KITCHEN PAN SET.**

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



**DECEMBER 7TH:  
CHEF'S COUNTER  
STAINLESS STEEL  
8" FRYPAN**



**DECEMBER 14TH:  
CHEF'S COUNTER  
STAINLESS STEEL  
10" FRYPAN**

*Collect Them All!*



**DECEMBER 21ST:  
CHEF'S COUNTER  
STAINLESS STEEL  
1.5QT SAUCEPAN WITH LID**



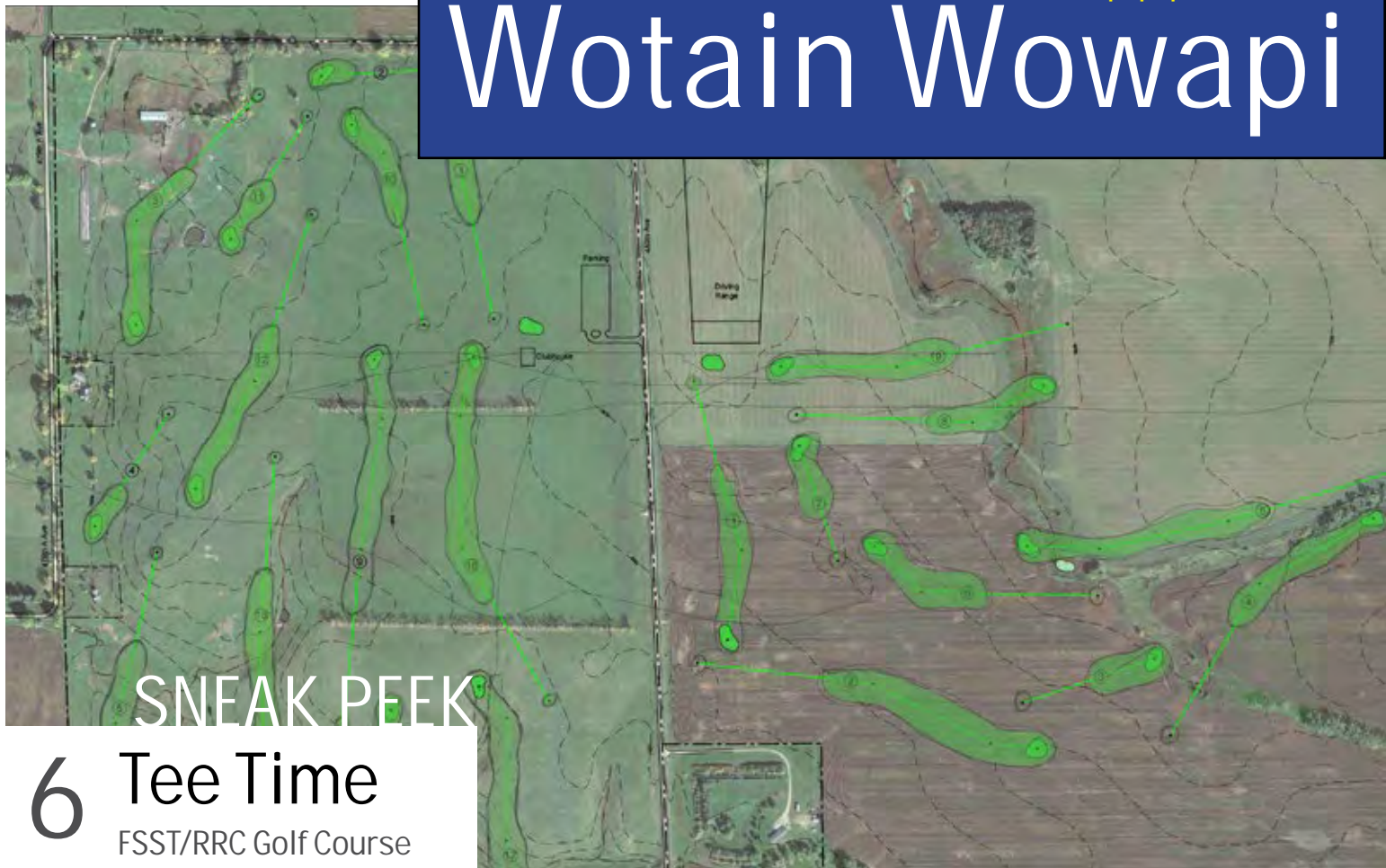
**DECEMBER 28TH:  
CHEF'S COUNTER  
STAINLESS STEEL  
3QT SAUCEPAN WITH LID**

*Royal River*  
CASINO • HOTEL

Limited quantities. Item colors and brands may vary. Items handed out while supplies last - first come, first serve. Management reserves the right to enhance, change or discontinue any promotional event at any time with or without prior notice. Must be 21.



# Wotain Wowapi



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# WINTER WINNINGS

SUNDAYS | MONDAYS | TUESDAYS  
8AM-MIDNIGHT

EVERY SWIPE IS A **WINNER!**  
SWIPE UP TO 3 TIMES A DAY

FIRST KIOSK SWIPE  
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SECOND KIOSK SWIPE  
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EARN 100 POINTS

*Royal River*  
CASINO • HOTEL

Management reserves the right to enhance, change or discontinue any promotional event at any time with or without prior notice. Must be 21.



FROM THE PRESIDENT



Hau Mitakuapi

Welcome to 2023!! The New Year brought us a lot of snow but it will be nice to hopefully see the rivers and lakes fill back up to normal levels.

With each new year brings new beginnings and new opportunities and I can't wait to see some additional projects come to fruition. The COVID scare seems to have lessened but is still lingering around so everyone stay safe and keep doing what you have been doing because as a whole we have been fortunate compared to other areas around the country and around the world.

During the month of December and end of November we had a lot of Holiday time as well as some down time due to the weather. We had our winter Wacipi at which we honored our students with a gift card for making the A or B honor roll or by having perfect attendance. There was well over 120 students that received recognition and it was awesome to see so many smiling faces that will one day become our leaders.

I was able to make it to Mankato to welcome the runners and the riders to the last leg of their journeys. It was cold with a lot of people but the honoring of our relatives that sacrificed for our survival was once again awesome. Let's be thankful for what we do have and continue to push forward for our future generations and never forget to remember honor all of those that made it possible for us to exist today.

Have a great 2023!!!

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

Flandreau Santee Sioux Tribe

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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

# KYLEE NELSON

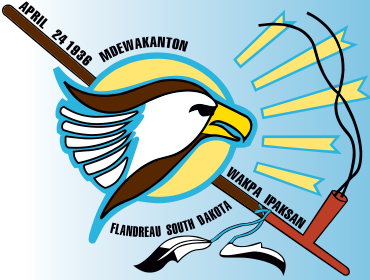
FLANDREAU SANTEE SIOUX TRIBAL CARE CENTER  
SOCIAL SERVICE DIRECTOR



My name is Kylee Nelson, I have been hired as the Social Service Director at the FSST Care Center. I started in my role on November 23rd.

I was previously employed with Avera for the last 9 years, first as a long term care social worker and most recently as a patient advocate. I thoroughly enjoyed my work because I spent my days working with people and helping them. I was working from home for the last three years and decided I was ready to get back out into the real world. The SS Director position was exactly what I was looking for. My hope is that my years of healthcare experience and knowledge of working with elders and families will bring a sense of comfort and trust as families bring their loved ones to be cared for at FSST Care Center. I am looking forward to the day we get to bring residents in and create a home-like environment for them to live and enjoy.

I grew up not far from Flandreau, in Colman. I graduated and went on to attend college at USD in Vermillion where I obtained my Bachelor's degree in Social Work. I currently reside on a farm just outside of Holland, MN with my husband, Jared, and our 2 year old son, Monte. When not at work, I enjoy spending time outdoors, gardening, taking care of my many houseplants, taking care of our farm animals, and spending time with family.



# TEE TIME

## Flandreau Santee Sioux Tribe / Royal River Casino Golf Course

For over the past 6 years the Flandreau Santee Sioux Tribe in conjunction with the Royal River Casino has considered the possibility of operating a tribally owned Golf Course. When the idea of a golf course was brought to the Executive Committee in 2016-2017 the Tribe did not have the available funding to plan the project. From the government's side, financially speaking, the time was not right for a golf course. This left the project falling by the wayside, but with recent developments, the Tribe has decided to explore the idea once again.

The first thing to be considered is location. If there is even a course to be built, the question is where to put it. One option would be the current buffalo pasture, otherwise known as section 5 of the Grovena Township. This option could be the beneficial as it would be right next to the highway and would not be an overly long distance for Casino guests to travel to.

Also, what needs to be considered is the size of the course. While a nine-hole golf course is a basic sized course, the Tribe would most likely start with an 18-hole golf course. 18-hole golf courses are the most common and are typically divided into two nine-hole sections which can either be private or public courses. The Tribe has also discussed the idea of going up to 27 or even a 36-hole golf course. Golf courses at or above 27-holes are typically used for professional tournaments or high-level amateur play. With the ability to host

tournaments the Tribe could bring more professional Golf players to the Flandreau Santee Sioux Reservation. A larger golf course would allow tournaments to be hosted while still allowing public players to utilize the golf course.

Another structure in preliminary phases would be a clubhouse. The "clubhouse" is the main building at a golf course where golfers first head when arriving at the course. The clubhouse contains the pro shop, where golfers check in and pay, and usually includes some kind of food and drink service (whether a full-scale dining area, snack bar or simply drinks in a fridge). At larger golf clubs, the clubhouse might also contain a meeting room and a bar or lounge, or locker rooms for golfers. Not every golf course has a clubhouse. And at those that do, how large or small, how luxurious, or basic the clubhouse is varies widely

Any golf course, no matter how big or small, will require a fair amount of maintenance. The size of the golf course will determine the number of employees needed to maintain it. Golf course maintenance is more complicated than mowing a lawn and turning on the sprinklers at night. Important aspects of golf course maintenance range from the chemical greenkeepers use to treat turf to the risks of falling behind on preventative maintenance tasks. Golf cart maintenance, removing ball marks, repairing divots, even pest control all must be considered when planning a

project like this.

As of September 2022, the median cost to build a golf course is \$14 million, not including buying the land. Fortunately, the Tribe would not need to buy any land. Also, the Tribe has access to sand and gravel on tribal land that could be utilized for construction of the golf course, further reducing the overall cost. The lowest-priced golf courses cost around \$7 million. Others can cost as much as \$25 million. Building greens is one of the most important tasks, and it can cost as much as \$60 per square foot. It does need to be said that these numbers are approximations, and it is far too early in the project to determine what the overall cost will be.

Site Selection, concept plans, site survey and analysis, schematic land use planning; these are all just a few of the aspects the Executive Committee must consider if there is to be a golf course. To that end, the Tribe has made the prudent decision to commission the services of Albanese & Lutzke Golf Course Design & Construction Management. Albanese & Lutzke have designed many golf courses such as Sweet Grass golf club for the Potawatomi Tribe and the Tatanka Club for the Santee Sioux Nation. Tribal Resolution 2022-37 passed April 26th, 2022, states that the Executive Committee authorizes the expenditure of up to \$46,000 plus reasonable expenses to conduct the design of a master plan and design development of a golf course for the Casino.





Design by Albanese and Lutzke. A conceptual design for an 27 hole golf course **south of flandreau in the buffalo pasture.** just one design of what is possible with thier expertise

## Flandreau Santee Sioux Golf Course

Flandreau, South Dakota



A tribal Golf Course could offer the members of the Tribe and the public in the surrounding areas something unique. With the ability to host bigger tournaments than Flandreau's current golf club the Tribe could draw in players from the surrounding areas and thus create more money flow for the Tribe in general. Having the golf course could allow youths to be introduced to the world of golf, offer afterschool activities, and could help them grow and develop into professional golf

players.

An advisory committee of tribal members and casino employees has been advising on the project since the Tribe and the casino began meetings on the project. The final decision to move forward has not been made yet. However, if the Tribe does decide to move forward with the project every effort will be made to create the most impressive golf club possible.

Unless stated otherwise by the Executive Committee, all information related to the proposed Tribal Golf Course that is disclosed is preliminary. No final design, dollar amount, or location of the proposed course have been officially voted on by the Executive Committee. This article is written in the spirit of transparency and is for informational purposes only.

For more information on Albanese & Lutzke and the golf courses they have designed, please visit <http://www.golf-designs.com>



Saturnalia (1783) by Antoine-François Callet, a depiction of what the festivities during Saturnalia may have looked like. Revelers would shout 'Oi Saturnalia!' throughout the streets and buildings of Rome







# OI SATURNALIA!

## The reason you have to listen to 'All I Want For Christmas Is You'

Huey Freeman said it best; Christmas is a pagan holiday. And Jesus probably hates you for celebrating it.

Christmas has its origins from the Roman holiday Saturnalia. Saturnalia dates to the 5th century B.C.E., although there is evidence that suggests it is much older. In a nutshell, Saturnalia is a winter festival for Saturn the Roman god of agriculture. It began humbly enough as a one-day festival, but by the late republic it would span an entire week.

Although Saturnalia did not begin until December 17th all of Rome would be abuzz the days and weeks leading up to the festival. The streets would be decorated all throughout the city. All businesses would be closed for the entirety of the festival. Saturnalia kicked off with a symbolic rebirth of Saturn in the form of a ritualistic ceremony involving a statue of Saturn bound in wool, a couch to put the statue on, and a herd of bulls led in procession through the Roman forum. The ritual would conclude with the herd of bulls being sacrificed. That is the boring stuff, now on to the debauchery.

Where to start? How about good old human sacrifice! Well, sort of. In 217 B.C.E. Hannibal Barca annihilated the Roman legions sent to destroy him at the battle of Lake Trasimene and the Republic was desperate. Desperate for deliverance from the invincible Hannibal. Desperate for a good time. Desperate for love. While the future of the Republic was balancing on a knife-edge, and Saturn called for human

offerings, the Romans decided human sacrifice was not such a merry event. So, they would offer effigies of human heads. Though later gladiatorial games would also be added as an offering.

The festival would begin with Romans setting aside their usual togas and instead wearing very colorful Greek style clothing and hats known as synthesis. After donning their ugly Christmas sweaters and Santa hats, they would begin the festivities with a massive weeklong feast that consisted of every kind of delicacy that a person could want. As well as a huge, cooked bird. A Peacock in this case. On top of gorging themselves with food, the people were treated to a never-ending river of wine brought from every corner of the empire. The feasting was continuous day and night.

Truly, Saturnalia put Mardi Gras to shame. The plebs would crown a "fool king" of Saturnalia out of the mob and would do all the kings bidding. As long as it was reasonable within the scope of the festivities. Masters would dress up their slaves as freemen and wait on them hand and foot for the week giving them presents, food, and drink. They even allowed their slaves to insult them in a Roman master style roast. Generally, slaves were not stupid enough to take too much advantage of the good nature of their master's holiday generosity. Insults were prudently calculated and light. After all, Saturnalia would eventually end.

Sleep was in short supply as people partied for seven days straight in the carnival like atmosphere. There were lavish displays of entertainment





## Synthesis: the Christmas garb of ancient Rome

The roman poet Marcus Valerius Martialis, known as Martial, mentions Greek synthesis. He also used the word cenatoria, “dinner clothes”. It was worn in private, usually at dinner, and on special occasions by both men and women. With the exception of Saturnalia, synthesis was not usually worn out in public. Emperor Nero was criticized for wearing synthesis out in public on a daily basis

Not much is known of synthesis other than it was particularly colorful clothing of the time as opposed to the traditional roman toga. What has been mentioned is that during Saturnalia synthesis was usually worn with a Pilleus, or the ‘Cap of Freedom’.



Above: the Pilleus. The possible precursor to the Santa hat.

Left: artist depiction of a synthesis dress. it could have been made of wool, cotton, or silk. In truth, the material used has not been mentioned by contemporary sources

of all kinds provided for the plebs. Illegal gambling was allowed, and then there were the prostitutes. So many prostitutes. Emperor Nero was known to provide the people with an “impressive number” of prostitutes for the week. Nero had that dawg in him.

One of the more familiar aspects of Saturnalia was the tradition of gift giving. Personalized gifts with small greeting cards to go with them. There’s even evidence of a type of secret Santa method of gift giving. These Roman presents could be anything big or small. Children were usually given toys and close friends would give each other special lit wax candles that signaled the advent of a golden age coming in the new year.

There were even Grinches back then!! Philosopher Lucius Annaeus Seneca and Author Pliny the younger was among them. These Scrooges thought Saturnalia was too loud and the people celebrating it too dumb. Pliny the younger had a soundproof suite built so he could get work done. Nerds!

After the Festivities were over the fool kings of Saturnalia were

dethroned and Romans would start their hangovers and collectively do the walk of shame.

Even though Rome was the big bash, Saturnalia was celebrated throughout the empire, one of the few Roman festivals that was. Probably because winter festivals are common amongst many peoples and cultures, so it was not a stretch for Saturnalia to become extremely popular beyond the city of Rome. It was so popular that even in the empire’s later days the Christian church simply denounced

Saturnalia, rather than outlaw the holiday. The popularity of Saturnalia has led some scholars to speculate that is why the church decided to formally celebrate the nativity on Dec 25th.

Christmas = O’Doul’s Saturnalia. That is why there are so many esoteric traditions we have for Christmas. Celebrating in December, decorating everything, gift giving, big Christmas dinners, ugly Christmas sweaters, advent candles, good will towards all men, and even Santa hats believe it or not.



**Above: the Zliten Mosaic depicting Romans being fed to leopards. Human sacrifice has commonly been associated with Saturnalia, despite all the evidence to the contrary**



# ROYAL RIVER HOTEL & CASINO DECEMBER PROMOTIONS

1 877.912.LUCK | ROYALRIVERCASINO.COM | 607 S VETERANS ST., FLANDREAU, SD  
 Royal River Casino & Hotel reserves all rights to cancel or modify this program at anytime. See Players Club for promotional rules and details. Must be 21.

**Thursdays | 8AM - 12AM**

**FREEZIN' FREE PLAY**

Even 5 points or higher on your Royal Rewards Card then awake at the kiosks and reveal your free slot play prize

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WIN YOUR SHARE OF  
**\$40,000**  
 FREE SLOT PLAY

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**CAPTURE THE CROWN**  
 Royal Rewards Multiplier

**RIVER'S BEND RESTAURANT**  
 6PM - 10PM

**NEW YEAR'S EVE SPECIAL \$19.49**  
 (TAX)  
 BUFFET INCLUDES: STEAK, BEEF, SALAD, POTATOES, BAKED APPLES, SAUSAGE, BREAD, BUTTER, AND DRINKS

---

**Christmas Day Buffet**  
 DECEMBER 25 | 11AM - 4PM  
 RIVER'S BEND RESTAURANT

Buffet includes:  
 BROASTED CHICKEN HAM, ROAST BEEF, CORN, MASHED POTATOES AND DRAVEY, GREEN BEANS, SCALLOPED POTATOES, SALAD BAR AND DESSERT BAR

ADULTS: \$19.99 (TAX)  
 CHILDREN (10 & UNDER): \$7.99 (TAX)  
 \*EXCLUDES COMPANY\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>2023</b> DON'T MISS IT! JANUARY 1, 2023 10AM - 7PM <b>\$5K GIVEAWAY</b>			<b>Hot Seat Drawings</b> ONE WINNER EVERY HOUR RECEIVES <b>\$500 CASH</b>		<b>1</b> 8AM-12AM FREEZIN' FREE PLAY	<b>2</b> GRAND TRACTOR GIVEAWAY	
<b>4</b> 8AM-12AM WINTER WINNINGS	<b>5</b> 8AM-12AM WINTER WINNINGS	<b>6</b> 8AM-12AM WINTER WINNINGS	<b>7</b> 8AM-8PM Chips & Cash	<b>8</b> 8AM-12AM FREEZIN' FREE PLAY	<b>9</b> 5PM - 10PM GRAND TRACTOR GIVEAWAY	<b>10</b> 5PM - 10PM GRAND TRACTOR GIVEAWAY	
<b>11</b> 8AM-12AM WINTER WINNINGS	<b>12</b> 8AM-12AM WINTER WINNINGS	<b>13</b> 8AM-12AM WINTER WINNINGS	<b>14</b> 8AM-8PM Chips & Cash	<b>15</b> 8AM-12AM FREEZIN' FREE PLAY	<b>16</b> 5PM - 10PM GRAND TRACTOR GIVEAWAY	<b>17</b> 5PM - 10PM GRAND TRACTOR GIVEAWAY	
<b>18</b> 8AM-12AM WINTER WINNINGS	<b>19</b> 8AM-12AM WINTER WINNINGS	<b>20</b> 8AM-12AM WINTER WINNINGS	<b>21</b> 8AM-8PM Chips & Cash	<b>22</b> 8AM-12AM FREEZIN' FREE PLAY	<b>23</b> 5PM - 10PM GRAND TRACTOR GIVEAWAY	<b>24</b> 5PM - 10PM GRAND TRACTOR GIVEAWAY	
<b>25</b> 8AM-12AM WINTER WINNINGS Merry Christmas!	<b>26</b> 8AM-12AM WINTER WINNINGS	<b>27</b> 8AM-12AM WINTER WINNINGS	<b>28</b> 8AM-8PM Chips & Cash	<b>29</b> 8AM-12AM FREEZIN' FREE PLAY	<b>30</b> 5PM - 10PM GRAND TRACTOR GIVEAWAY	<b>31</b> 5PM - 10PM GRAND TRACTOR GIVEAWAY Tractor Giveaway - New Year	
<p>SEE THE LATEST PROMOTIONS AND ENTERTAINMENT AT ROYALRIVERCASINO.COM</p>			<b>Tier Drawings</b> Monday - Thursday GUESTS WILL RECEIVE ONE DRAWING TICKET FOR EVERY 20 POINTS EARNED ON SLOTS (EARN DRAWING TICKETS EACH WEEK MONDAY THROUGH THURSDAY. MUST BE PLAYING WITH ROYAL REWARDS CARD)		<p>EVERY THURSDAY EVENING                      6PM ONE GOLD ROYAL REWARDS CARD PLAYER WILL WIN \$200 CASH + A RRC SHIRT</p>	<p>7PM ONE PLATINUM ROYAL REWARDS CARD PLAYER WILL WIN \$300 CASH + A RRC SHIRT</p>	<p>8PM ONE DIAMOND ROYAL REWARDS CARD PLAYER WILL WIN \$500 CASH + A RRC SHIRT</p>



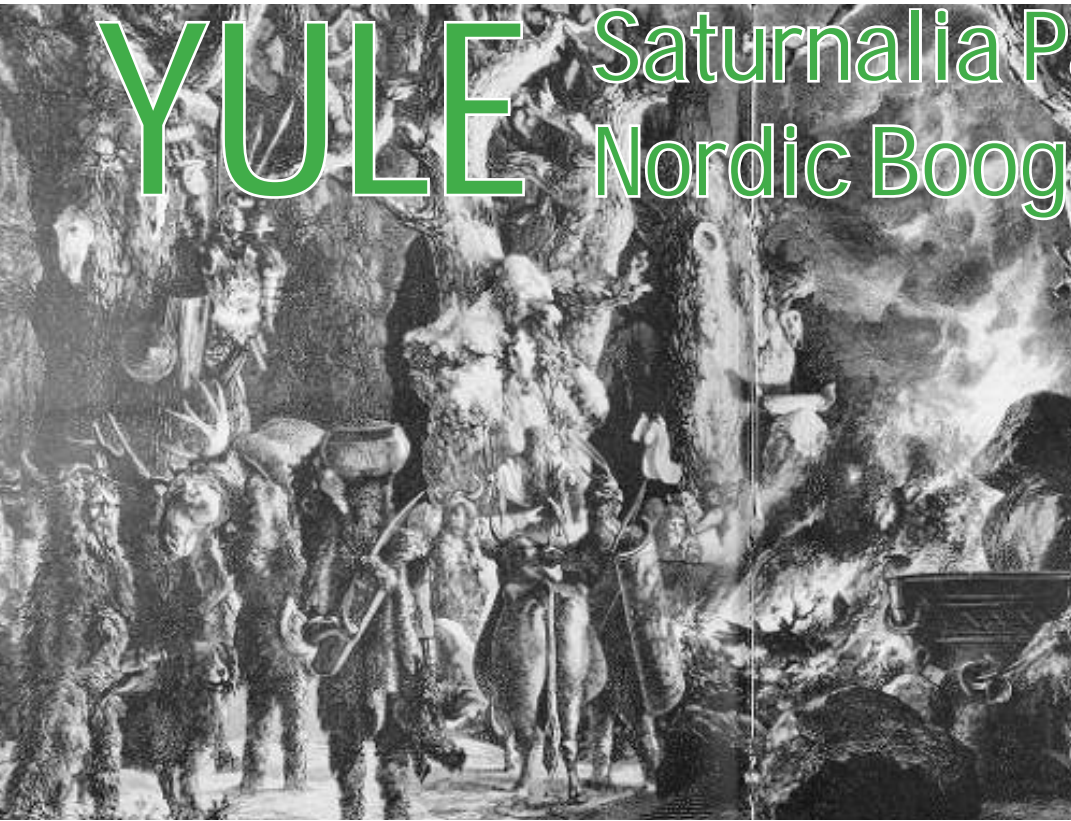
# RECOVERY MEETINGS

MONDAY 6PM - 7PM  
 EASTMAN HALL

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



# YULE Saturnalia Part 2: Nordic Boogaloo



Above: Mistletoe. Mistletoe is a parasitic plant. The European Mistletoe is the type used for the holidays as decorations

Left: Illustration of an ancient Nordic **Yule festival. first published in Die Gartenlaube, 1880.**

Yule is mentioned in songs and used in reference to the Christmas season. But what is Yule? There is a simple answer for that; Yule is a winter festival that is historically observed by pre-Christian Germanic and Scandinavian peoples. Great, so what does that have to do with modern day Christmas? We will dive into some of Yule's history, and some of traditions of this pagan festival. So, buckle up because I promise you will not see this ending coming.

A lot of details of what exactly was involved in Yule is still being uncovered by historians and scholars, but some things are known. Scholars have made connections of Yule to the Norse god Oden and the Wild Hunt, a folklore motif common to northern European countries. The festival called for animal sacrifices, because of course it did. Once Christianity was introduced to the peoples of northern Europe Yule went through a prolonged period of transformation and many of the customs and traditions survived to this day.

Yule, derived from Old Norse Jól, is notoriously difficult to define in historical terms; simply because of the

lack of direct contemporary accounts. No one really knows how old Yule is. It is easily thousands of years old, but it was not first mentioned until around the fourth century A.D. Much later in the eighth century A.D. an English monk and historian named Bede referred to "giuli." A two-month span of time in the Germanic calendars used by Norse and Anglo-Saxons to mark when sunlight began to increase again at the winter solstice. It was not until the ninth century A.D. that "Yule" became a name for Christmas.

According to the saga Hákon the Good, King Haakon the I of Norway, who ruled from the 934 to 961 A.D., was a confirmed Christian. He understood that the Norwegian population surrounding him were still pagans, so he sought to Christianize Norway through guile and politics. One of the ways he did so was to pass a law establishing that Yule would be celebrated simultaneously with Christmas. He even made not celebrating Yule punishable by a fine. His chieftains' options were to drink ale until it was all gone, or they could pay a fine for not drinking and having a fun time. Suddenly this Jesus

guy sounds all right.

The northern Europeans observed the 2-month long winter solstice in Yule. However, the Yuletide, or the Yule festival, that we are talking about was observed for twelve days. December 21<sup>st</sup> through January 1<sup>st</sup> are the dates that Yuletide are observed. The twelve days observed for Yuletide are the inspiration for the 12 days of Christmas we have today.

There is also the Yule log. Calling it a "log" is a bit of a misnomer. What would happen is a massive tree would be chopped down and fed into a fire. The tree was not trimmed, it was not cut into sections. The whole tree would be put into the fire! Branches and all! Starting from the top of the tree and feeding it little by little into the fire every day for the next 2 months. Burning of the Yule log was not really a festival as much as marking the passage of time. But this would be the basis for the Yule log.

Now something that is more familiar to us begins. The decoration of evergreen trees. When not torching trees whole, Vikings would often decorate evergreens with ornaments such as carvings and even food.



The mistletoe is a fixture of Christmas. Today people standing under the mistletoe kiss. During Yuletide Germanic peoples of the dark ages believed that the mistletoe had supernatural abilities. They believed it had the ability to ward off evil spirits and that if a mistletoe was consumed it had the ability to heal people. Selena Kyle said that 'A mistletoe can be deadly if you eat it.' She is not wrong, but mistletoe poisoning is more likely to make you extremely sick rather than outright kill you. Do not be a Viking, listen to Selena on this one. Do not eat mistletoe.

The northern Europeans believed in Old Man Winter; described simply as an old man with a long white beard. The Norse version of Old Man Winter was the god Oden, who they described as a wanderer with a white beard during Yuletide. Old Man Winter changed extraordinarily little until the 15<sup>th</sup> century A.D. when Christianity became more widespread, and Father Christmas replaced Old Man winter. Father Christmas went on to be known by many names, the most recognized name being Santa Claus. Children would often leave treats like sugar and hay in their shoes by

the hearth for Odens horse, Sleipnir. Today's children leave out cookies and milk for Santa. Though they usually do not put the cookies in their Christmas stockings. And like in Saturnalia, gifting giving in Yuletide was a customary practice for most northern Europeans who observed the festival.

Unbelievably, Yule is still celebrated by some people! But not by who you would think. Many branches of the Church of Satan observe Yule in place of Christmas. However, they do not celebrate Yule with the old traditions like paganism and sacrifice.

## Other Yule Traditions

Yule is loaded with traditions that are still observed to this day. Nowadays **these are quaint fixtures of the holidays seasons. But most people are not** aware that those traditions served a practical purpose in its time. These are just some of the more familiar traditions from Yule that we associate with Christmas today.

Holly represents a masculine element, the leaves represent hope while the red berries represent potency. That means what you think it means

Wreaths symbolized the wheel of the year and the completion of another cycle. They were also given as gifts to symbolize the infinity of goodwill, friendship and joyfulness.

Bells were a fixture of Yule for the purpose of driving away evil demons and the dark days of winter. It was meant to herald in warmer days following the winter solstice

Elves were believed to be created by the same spirits that created the sun. The Nordic peoples of Europe believed that by including Elves in the Yule celebrations it would assure the Elves assistance in returning the sun after Yule

Gingerbread. Ginger was a new spice brought to Europe via returning crusaders in the 11th century. There were strict laws regarding specialty breads. Because of these laws gingerbread was only allowed during the holidays thus making it associated with Yule.

Caroling was popular with children during Yule. Children would run from home to home singing. In return they would be rewarded with sweets and small gifts. Gifts and food weren't given just to be nice, it was also meant to symbolize the prosperity of the goddess of earth and her children

Colors of Yule: Red, Green, White, Silver, Gold. There were many gods of Northern Europe's various peoples. And these gods had colors that represented each god. Red represents the waning Holly King. Green represents the waxing Oak King. White represents the purity and hope of new Light. Silver represents the Moon. Gold represents the Sun/Son.



Holly

## THE KRAMPUS!!

An early Krampuskarten (Krampus card)



There is no way we are not talking about the Krampus. Krampus is not a part of Yule per se, but it is worth mentioning since it represents paganism roots that meshed with modern Christmas for a time.

The origin of Krampus and how long it has been a fixture of Central and Eastern Alpine folklore in Europe is not clear. But it has been theorized to date back to pre-Christian Alpine traditions. The name Krampus is either Bavarian; Krampn (dead, rotten). Or German Kramp, Krampen (claw).

Krampus appears as hairy, usually brown or black. It has the cloven hooves and horns of a goat. Its long, pointed tongue lolls out, and it has fangs. It was also described as carrying a sack or basket on its back. Bad children would be punished by Krampus with a birch rod, and exceptionally naughty children would be stuffed in its basket and taken back to Hell with Krampus... do Alpine people know how to party or what?!



# Julia (Judy) Carol Allen



Julia Allen in 1958

Judy Allen was born on May 5th, 1943, in the Pipestone, MN in the Indian hospital to her parents Laverne Emma Redwing, Daughter of Howard Redwing and Breese Kitto and Raymond Allen, son of Samuel Allen and Fannie (Cavender) Allen. Judy laughs after talking about her lineage; “I’m Santee Sioux all together!”

“I was born and raised here. All my life. All of us were, cause there were eleven of us kids.” Judy’s childhood home was across the road from the old tribal community center north of town by the powwow grounds. Judy’s home, like the old community center, is no longer there. She lived there with 10 of her siblings; Richard, Tom, Sam, Howard, Darlene, Lavonna, Cyndi, Pete, and Bobby who passed away when he was 17. Despite her best-efforts Judy was having a challenging time remembering the name of her last sibling. She attended school at Spafford Elementary school and Flandreau High School. Darlene sang in a choir and taught Sunday school.

Judy recounts her time growing up “Oh I fished a lot and worked the gardens with my mother. “Mosty gardening and fishing. You know, everyone just kept themselves busy.” She continues by saying “We swam in the Big Sioux; because we didn’t have a swimming pool growing up.” She also frequented the Crystal Theater like most kids her age and liked to sew growing up. Between her extra circular activities, social gatherings at the community center, and her favorite pastimes, Judy had more than enough in her young life to keep her busy. Her father worked at the Indian School doing plant management and her mother worked in the garment factory at the Indian School as well. She was baptized and attended the First Presbyterian church

The Pipestone Indian School. The Hopsital in the School is where many of Flandreau’s tribal elders were born





on the hill north of town. “We had a happy life.”

In the early sixties Judy married Dennis Peterson and had four children with him; Denise, Dennis, Cory, and Geoffry. Their marriage lasted for 19 years. However, Dennis struggled with alcoholism causing the couple to divorce. After their divorce Dennis moved back to Minnesota. “So, I raised my four kids myself.” Light heartedly Judy goes on to say; “With no help!” Her ex-husband Dennis has since passed away. Judy went on to work in the BIA in Aberdeen, SD. Afterwards she went to work for the Flandreau Santee Sioux Tribe in Finance doing payroll until her retirement.

While working for the tribe, Judy goes on to recount an event that had a very real impact on her life over the years; “The Twin Towers when they got blown up by those planes. I was working at the Tribal office when that happened. That was scary.” Judy described the thoughts she had of that day; “Yes, it made you stop and think. It could happen anywhere. It could be at work or anywhere.”

“I remember that at work when that happened. I called my brother Clifford when that happened.”



Judy immediately cut herself off with an amusing revelation; “Clifford is the one! Clifford Allen! He’s the one I missed!” referring to the sibling that she was having trouble remembering. A welcome moment of levity when talking about a terrible day that has stayed with Judy over the years.

A troubled marriage and a

single parent, Judy has had anything but an easy life. But she does end the conversation with an encouraging word. A thought about making the most of what you have. “Life is really short, make the most of every day.” With a long pause she finishes with these words; “Do the best you can every day.”



The Allen Family in 2004





# LOGIN

The Lenovo  
ThinkPad

In late September Valley FiberCom received over 200 Lenovo ThinkPad Laptops provided by the FSST Broadband Adoption and Sustainability Project. At the insistence of the Tribal CIO these laptops were chosen because of reliability, value, and past experience with Lenovo as a hardware vendor. The ThinkPad line is the business grade laptop that the Tribe uses because of the computers' durability and performance.

Each laptop is taken out of its box and upgraded. The upgrades are done for the purpose of warranty and support should any incidents occur with your laptop. Valley FiberCom can upgrade around 15-20 per group, upgrading the computers can take up to 4 to 5 hours per laptop. The Laptops are currently being distributed in phases (1, 2, and 3). The laptops in each phase are then distributed in alphabetical order based on the tribal member's last name. Currently, Valley Fiber is working on distributing the phase 2 laptops.

The internet service can provide bandwidth for not only this high performance laptop but also any internet connected devices in your homes; game consoles, TVs etc. All devices performing at peak efficiency simultaneously, meaning little to no lag time in your household. Long story short; you will be able to throw one heck of a LAN party at your place.





## Harold "Buzz" Gaylord Rederth

September 28, 1943 - January 2nd,  
2022



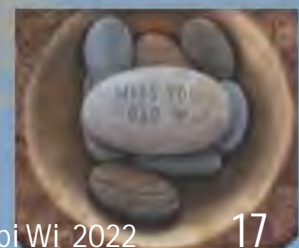
## A Tribute to my Dad, Harold "BUZZ" Rederth

I moved back to "Moody County" about 4 months after my dad passed... he was excited for me to move back, I was excited to move back. We had a good laugh about how I had my fill of the "city life" and I was ready to move back home to the "simple life". Losing my dad was hard, I was so close to seeing him much more. At the time, my family and I were in a small studio apartment in Sioux Falls.... We had moved in only the week before and it would only be a few months until we moved again. The day my son turned 2, my dad left for his journey. I got the call during his 2nd birthday, Christmas of 2021, not the call I wanted. I hadn't gotten my Christmas call from my dad, yet. I stayed in the hospital for most of Christmas day eve, hoping and praying for the best with his sister Pat, and her husband Leroy. The week my dad spent in the hospital, most things were a blur, but I remember the most amazing sunsets I had seen in years. I had lived in Sioux Falls for the past few years and it dawned on me that I couldn't see a sunrise or sunset from where I was. Our temporary studio apartment was high enough up and facing west to see the most perfect view of the sun setting. I imagined my dad saying, "Wow, look at that awesome sunset!" I continued to see the most amazing sunsets that week.. and still do. Every time I drove back to Flandreau, during the week of his services, I saw a bald eagle. If you know Harold Rederth the way I do, that is significant. I still see bald eagles all the time, something else I hadn't seen for many years. Moving back "home" has been the best decision, I've been blessed to experience our Tribe as a member and as an employee, both which I am very grateful for. Almost like he got his "I told you so" in. I just wish he could have told me in person, over coffee. It's been almost a full year since the most wonderful man left us. I will keep his memory and appreciation for the small things forever in my heart. I'll teach my son to look for shapes in the clouds, to notice the bald eagle soaring in the sky, to find the beauty in twisted driftwood. When my son tells me about the dream he had about flying, I will tell him it is because we are from the "Eagle Clan" just as my dad did for me.

**Beloved Father,  
Grandfather,  
Brother and  
Uncle.**



**Love and miss  
you,  
Andrea**





# BEAT IT!

You can help your child stay at a healthy weight and prevent diabetes. Help them be physically active 1 to 2 hours each day.

**BEAT IT!**

**Freedom Pratt Will  
(TLINGIT / MUCKLESHOOT)**  
stays fit  
by drumming and dancing



# FSST HEALTH CENTER



Flandreau  
Santee Sioux  
Tribal Health  
Center



## DECEMBER

FLU VACCINE MONTH

SUN MON TUE WED THU FRI SAT

December is also Seasonal Depression awareness month

				1	2	3
4	5	6	7	8 Diabetic Educational event	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23 <i>Closed</i>	24
25 	26 <i>Closed</i>	27 <i>Closed</i>	28	29	30	31

### IMPORTANT DATES:

- December 10th - Diabetic Educational event
- December 26th - Christmas day (Observed)
- December 27th - Mankato 38 +2 (Observed)



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.



# Diabetes and Pregnancy

## Having a Healthy Baby

**You're going to have a baby!** In pregnancy, your body goes through many changes. These changes affect the way your body uses sugars and starches (carbohydrates) for energy. Sometimes, these changes cause extra sugar (glucose) to collect in the blood, resulting in high blood sugar, or diabetes.

People who are pregnant can have two types of diabetes:

### Gestational diabetes...

**develops during pregnancy.**

This type of diabetes is usually identified at 24-28 weeks of pregnancy, but may be identified sooner. Having gestational diabetes can put you at greater risk of developing diabetes in the future.

### Pregestational diabetes...

**means that you had diabetes before you became pregnant.**

Sometimes, this diabetes is first identified during the pregnancy.



## Managing Diabetes During Pregnancy

If you have diabetes, you need extra care during and after pregnancy. Uncontrolled blood sugar can cause problems for pregnant people and newborns. It can lead to:

- \* Problems during labor and delivery
- \* Delivery by C-section
- \* A large baby, more than 9 pounds
- \* Very low blood sugar in the baby after birth
- \* Higher risk of obesity and diabetes later in life for the baby

Controlling your blood sugar, eating healthy, and exercising will help reduce the risk of these problems. Your care team can help develop a plan that works best for you.

The following guidance helps with controlling blood sugar for a healthy pregnancy.





# Ways to a Healthy Pregnancy

- 1 Eat healthy foods.** Good nutrition is an important tool to help control blood sugar. A dietitian can work with you to create an individualized meal plan.



**Eat 3 small meals a day.** Choose foods and drinks low in added sugar. Include vegetables, protein, and whole grains in each meal.



**Eat breakfast every day.** Include a protein and a whole grain, such as an egg and a small bowl of oatmeal. Avoid having fruit with breakfast.



**Eat 2 or 3 snacks a day.** Combine a fruit, yogurt, or whole grain with a protein or a healthy fat, such as nuts or avocado.



**Drink water, milk, and unsweetened beverages.** Limit caffeine and artificial sweeteners. Avoid energy drinks, fruit juices, and sugary drinks.

- 2 Be active.** Activity helps to lower blood sugar levels. Light exercise is best, such as walking, dancing, and yoga. Even a 15-minute walk helps lower blood sugar. Ask your provider about exercise during pregnancy.

- 3 Test your blood sugars often.** Use a glucose meter to keep track of your blood sugar throughout the day. Your provider or team will help you learn how and when to do testing, and what your blood sugar targets should be.



- 4 Take your medications.** If you have gestational diabetes, you may need to use insulin or other medications to control blood sugar. If you have pregestational diabetes, changes to your medications will be needed during pregnancy.

- 5 Avoid alcohol, tobacco, street drugs, and medications that your provider hasn't prescribed.** These substances can harm you and your baby. If you need help quitting, talk to your healthcare provider who can refer you to resources.

## After Your Baby is Born

- ❖ Continue to eat healthy, be physically active, and keep your weight within a healthy range.
- ❖ Breastfeed your baby to reduce your risk of diabetes. If you have diabetes, breastfeeding will help with blood sugar control. Breastfed babies have a lower risk of developing obesity and diabetes later in life.
- ❖ Get tested for diabetes six weeks after your baby is born and then once a year if you had gestational diabetes.





DECEMBER 31

NEW YEAR'S EVE  
ROYAL GATSBY

AROUND THE WORLD  
12PM - 11PM: HOT SEAT DRAWINGS  
WIN YOUR SHARE OF

**\$1,500** FREE  
PLAY

12AM: DRAWINGS  
ONE GUEST WINS

2022 KUBOTA LX3310 HSDC TRACTOR  
WITH LOADER, 10 SERIES QUICK HITCH,  
66" ROTARY TILLER, 60" 3PT BOX BLADE  
+ MORE CASH WINNERS!

2022  
CELEBRATION!



ENTERTAINMENT

HOTEL CALIFORNIA EAGLES TRIBUTE  
10PM-12:30AM | ROYAL ROOM  
\$10 | FREE WITH ROYAL REWARDS CARD

Royal River  
CASINO • HOTEL

+ CHAMPAGNE &  
PARTY FAVORS!

Management reserves the right to enhance, change or  
discontinue any promotional event at any time with or without prior notice. Must be 21.