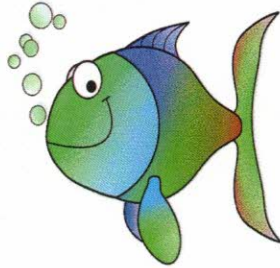


# Flandreau Santee Sioux Tribe Monthly Newsletter

September 2017



*Canwapa Gi Wi (September)- the month the leaves begin to turn color.*

## FSST Fishing Derby

The Water Department of the FSST Natural Resources hosted the 4<sup>th</sup> Annual Free Fishing Derby at the Flandreau City Park. The event was Saturday, August 12<sup>h</sup> from 9:30 am to 1:30 pm. Tim Spade, Water Quality Specialist and Liz Wakeman Brownfield coordinator and Mark Allen GAP coordinator sponsored the event and activities.



The fishing derby is actually a fishing competition. Trophies were awarded for the first fish caught, biggest fish and most fish caught.

Reece Kitto won the trophy for first to catch a fish, and for the biggest. Trinity Redday won the trophy for most fish caught .

Flandreau Santee Sioux Tribe Newsletter is a monthly publication by the Flandreau Santee Sioux Tribe. Digital photos, text on diskette or other media is encouraged. Flandreau Santee Sioux Tribe

Attn: Marcie Redday

Gayle Soward

P.O. Box 283

Flandreau, SD 57028-0283

or Call: 997-3891 ext 1251

[Marcie.redday@fsst.org](mailto:Marcie.redday@fsst.org)

[gail.soward@fsst.org](mailto:gail.soward@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 and data included 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 publications of the FSST differ from the text contained in this newsletter, 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 available newsletter. We reserve the right to omit submissions if it is felt that the content or subject matter is inappropriate.*

#### NEWSLETTER SUBMISSION

##### GUIDELINES:

*Submissions must be made in typewritten (or computer generated) format. They can be submitted directly to Marcie Redday in hardcopy, on disk or via email at: [Marcie.redday@fsst.org](mailto:Marcie.redday@fsst.org) or [gail.soward@fsst.org](mailto:gail.soward@fsst.org)*

*The FSST reserves the right to edit submission for content and clarity when appropriate. Additionally, submissions not of a time sensitive nature may be delayed for inclusion until subsequent newsletters.*

The SD Fish and game Park Service staff provided the equipment for stations to teach the kids Archery and BB gun shooting.

The SD Game-Fish & Parks provided hands on instruction about the basics of handling a bow and arrow and target practice. Shooting BB guns was to receive skills and learn some basic safety rules about handling and operation of the rifle. (They also helped the kids getting the hooks out of the fish's mouth and putting new line, bobbers and sinkers on their fishing poles).

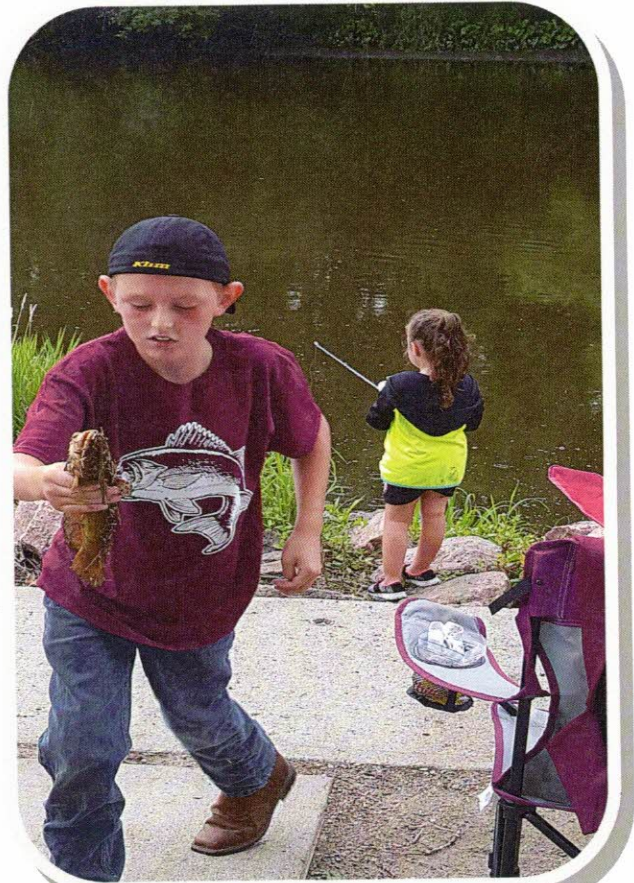
Tim Spade grilled hot dogs for lunch. Tim's program also provided water, cold pop and assorted chips. Everyone received a tee shirt and Certificate of Participation from the Water Department of FSST's Natural Resources Department.

The kids had a great time and enjoyed 4 hours outdoors even with rainy skies, wind, and sun and finally warm and humid at the end of the event.

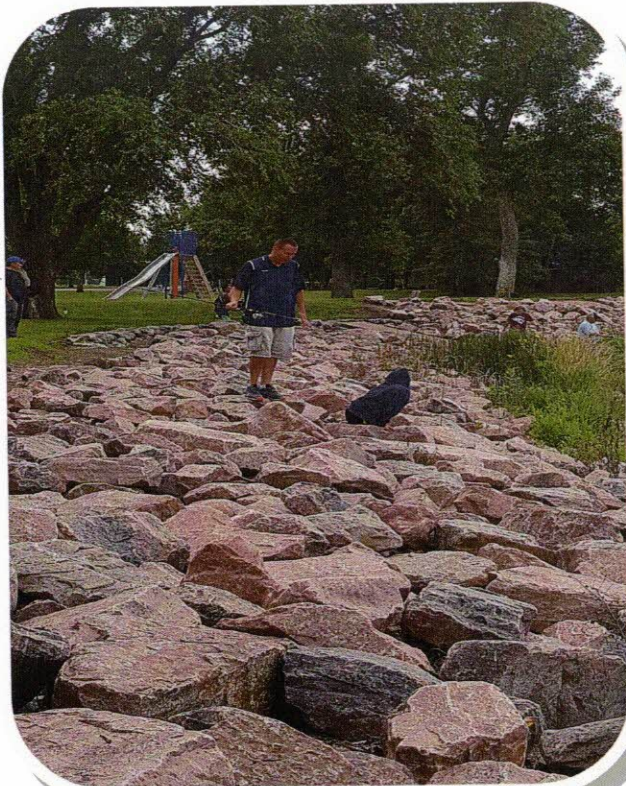




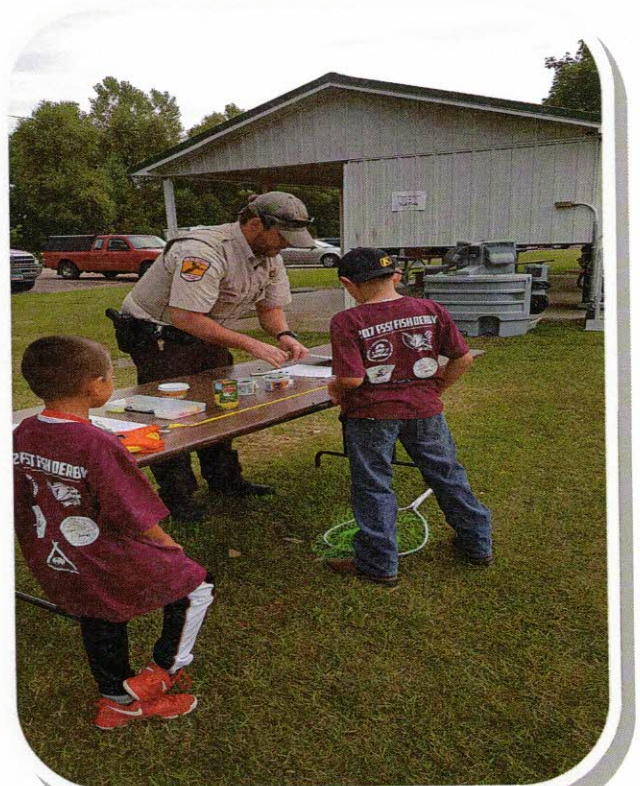
Liz and Tim

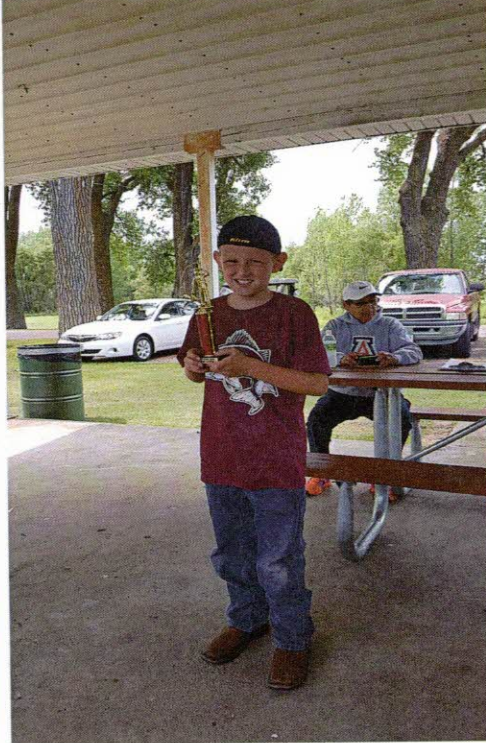
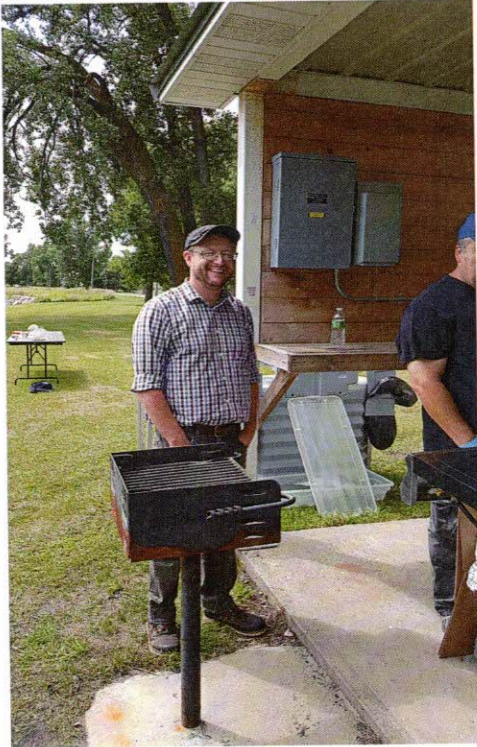
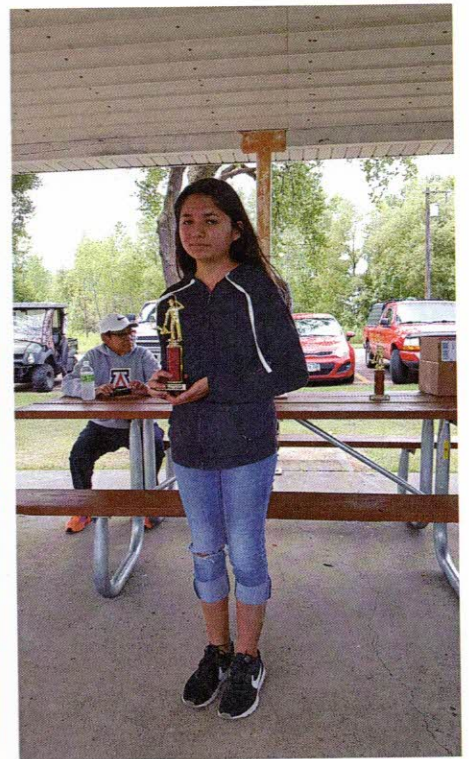
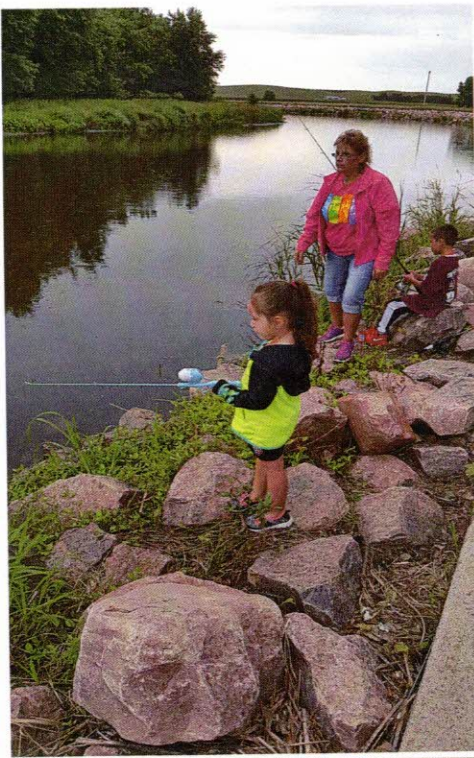


Reece with one of the many fish caught,  
Allison in back waiting on a nibble

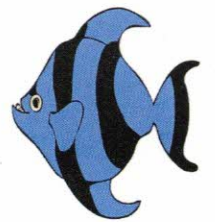


David Ross and son Nathan

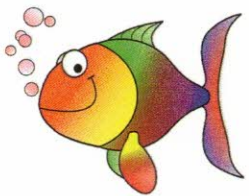




thank you!



Tim, Liz and Mark



# Wicoicangu Otipi Community Center

Sun. Mon. Tue. Wed. Thu. Fri. Sat.

## SEPTEMBER



3	4	5	6	7	8	9
OPEN GYM 6-10PM	<b>LABOR DAY (CLOSED)</b>		Tiwahe Night 6-7:30pm	Co-Ed Volleyball 6-8pm		
10	11	12	13	14	15	16
OPEN GYM 6-10PM		OPEN GYM NOON TO 3PM	Women's Circle Wednesday 6-8pm	Co-Ed Volleyball 6-8pm		
17	18	19	20	21	22	23
OPEN GYM 6-10PM		OPEN GYM NOON TO 3PM	Tiwahe Night 6-7:30pm	Co-Ed Volleyball 6-8pm		
24	25	26	27	28	29	30
OPEN GYM 6-10PM		OPEN GYM NOON TO 3PM		Co-Ed Volleyball 6-8pm		

Dakota Language Program students here Mon-Fri 3:30-5:30PM

# Tiwahé Fun Night

Every other Wednesday @ 6:00 to 7:30pm  
Wicoicaga Otipi Community Center

6pm: Prayer & Eat

6:15pm: Speaker

6:30pm: Activity

BRING A DISH

BRING TIWAHÉ!

Date	Potluck	Topic	Activity
9-06-17	Grill Out	Recreation	Matt Ball
9-20-17	Indian Tacos	Dakota Language	CUNTO
10-04-17	Italian	Indian Health	Obstacle Course
10-18-17	Soup and.....	Mental Health	Cooking
11-01-17	Mexican	Education	Painting
11-15-17	Your BEST dish	Culture	Holiday Craft

CONTACT SYLVIA AT 573-4195 FOR MORE INFO.

Contact Sylvia for a team:  
573-4195

# SOLED

## fall league

Starts Sunday October 1st

**Must be 17+**

First 5 Players are "free" with a maximum of 12 players per team. \$50 a person, starting with the 6th person on the roster. If there are 2 seasons (fall and winter) the roster can be altered before the winter season. Losing team will provide a ref for following game. Prizes at end of season(s) and a Tournament.

WICOCAGA OTIPI COMMUNITY CENTER

# Womens' Circle

Group Talks

Potlucks

Every 2nd Wednesday each month.

6pm

Contact Sylvia  
@ 573-4195

# Wednesdays



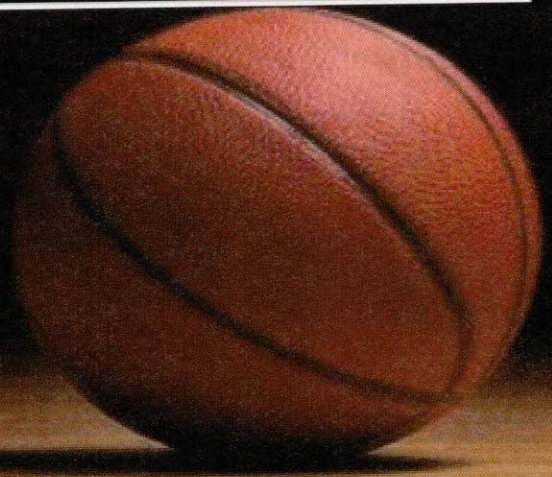


# OPEN GYM

*Sunday Nights*

6-8PM: 12-20 YEAR OLDS

8-10PM: 18+ YEAR OLDS



*Must have Rec. Membership*

ESST Recreation Center PRESENTS:

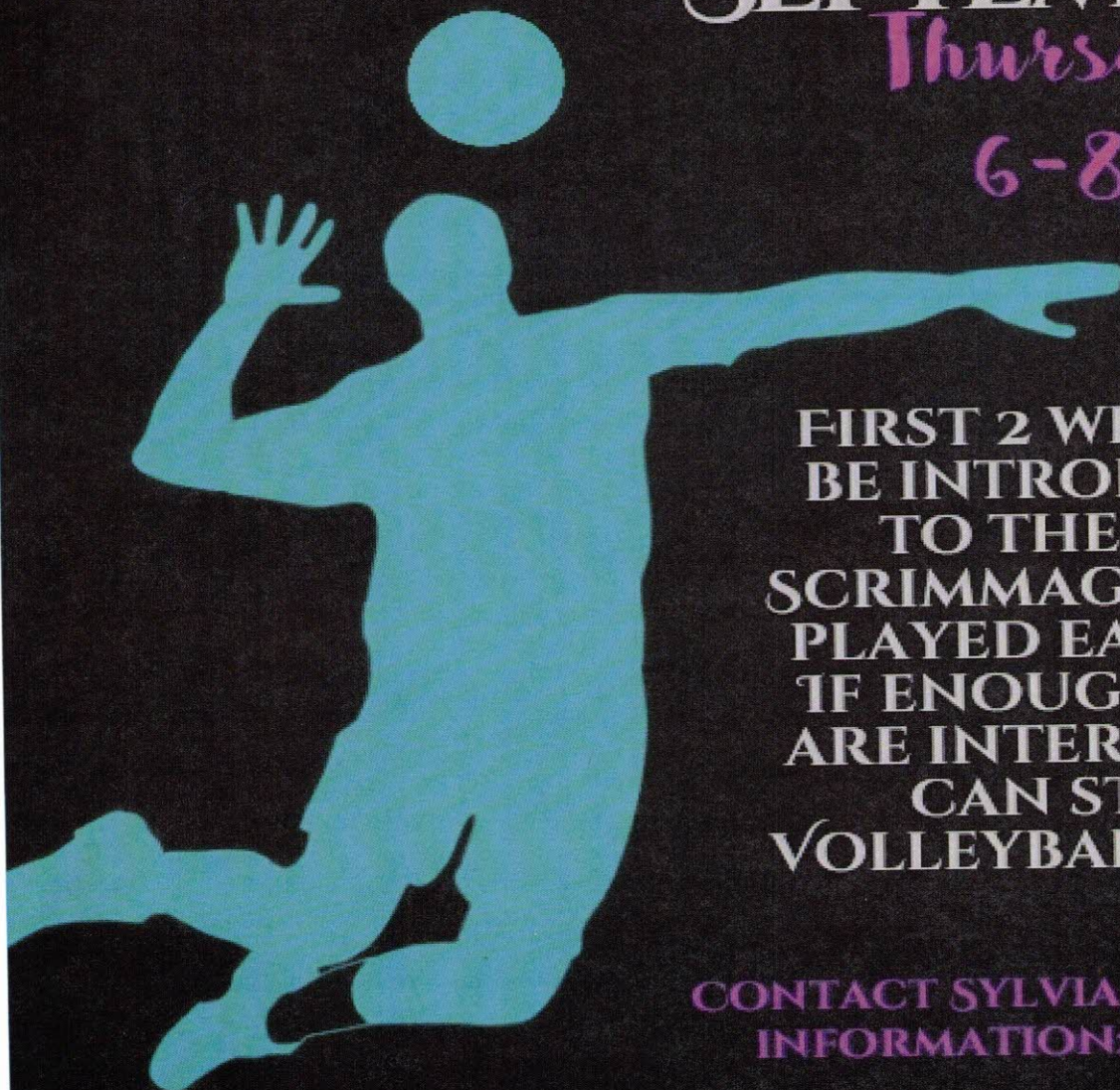
CO-ED VOLLEYBALL  
*at Wicoicaga Center*

AGES: 18+

SEPTEMBER 7

*Thursdays*

*6-8pm*



FIRST 2 WEEKS WILL  
BE INTRODUCTION  
TO THE GAME.  
SCRIMMAGES WILL BE  
PLAYED EACH WEEK.  
IF ENOUGH PEOPLE  
ARE INTERESTED, WE  
CAN START A  
VOLLEYBALL LEAGUE.

CONTACT SYLVIA FOR MORE  
INFORMATION: 573-4195

# September 2017 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Baked Potato With toppings Carrots Salad Cookies
				1
4	5	6	7	8
<b>Closed for Labor Day</b>	Taco Salad Southwest hominy Ice Cream Kup	Breaded Ranch Chicken Rice Pilaf Spinach Salad Rhubarb Dessert	Hot Turkey Sand. Mashed potato/gravy Cranberries Pumpkin Pie	<b>Cleaning Day</b>
11	12	<b>BIRTHDAY PARTY!</b> Ham w/cranberry sauce Sweet Potato's Waldorf Salad Birthday cake	14	15
Sloppy Joe's Pickles Baked Beans Chips Fruit	Chicken Chop Suey Over Rice Pineapple Cake		Spagetti w/meat Sauce Tossed Salad Focaccia Bread Fruited Jello	Potato Soup Ham Salad Sandwich Relish Tray Rice Krispie Bar
18	19	20	21	22
Pancakes Scrambled Eggs Bacon & Sausage Links Grapes	Cashew Chicken Salad w/croissant Celery & Carrots Stix Dessert	Swiss Steak Over Noodles Crunchy Veggie Salad Cherry Dump Cake	Homemade Pizza Apple Pecan Salad Cookies	Tomato Bisque Soup Grilled Cheese Sandwich Pistachio Pudding
25	26	27	28	29
Soft Shell Taco Spanish Rice Ice Cream	Chicken Pot Pie Oriental Coleslaw Peaches	Seasoned Chicken Breast Parslied Potato's Harvard Beets Fruit Pizza	Hamb. On Bun With all the fixins Potato Salad Frosted Brownie	Chili Veggie Pizza Fresh Fruit

\*Menu subject to change without notice.

HAPPY  
BIRTHDAY

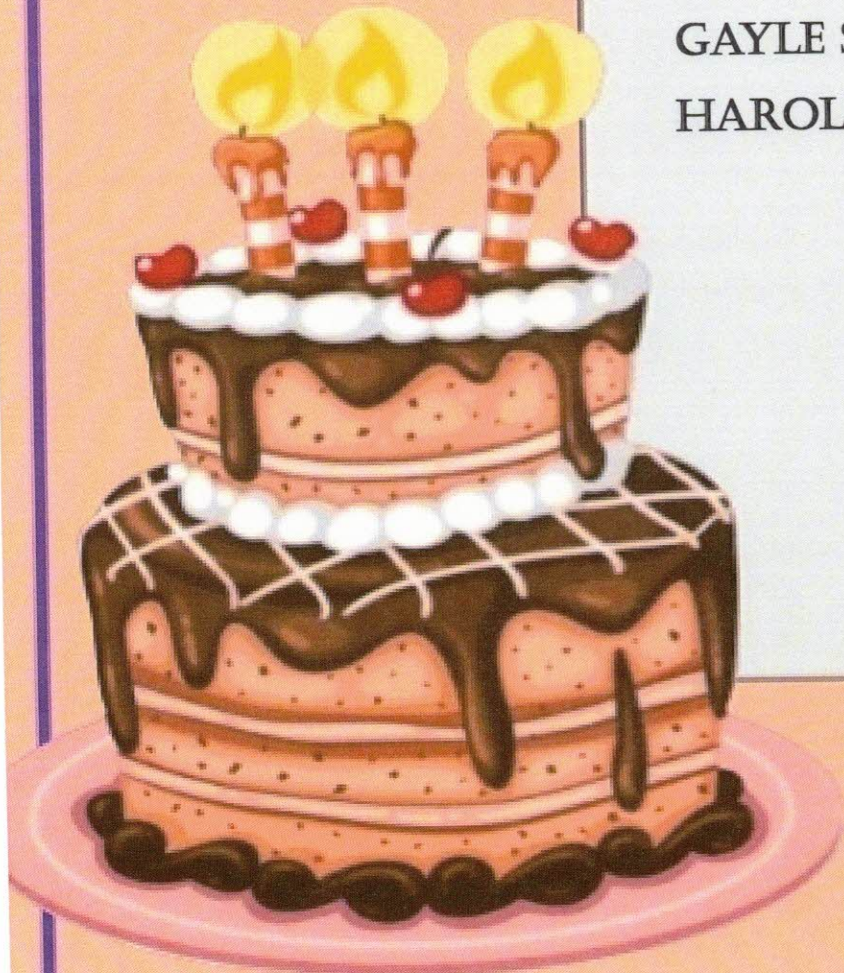
September

WANDA CADOTTE 9/4

CAROL ROBERTSON 9/18

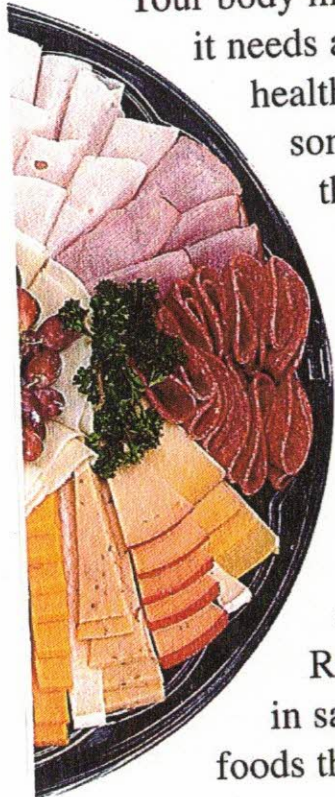
GAYLE SOWARD 9/20

HAROLD "BUZZ" REDERTH 9/28

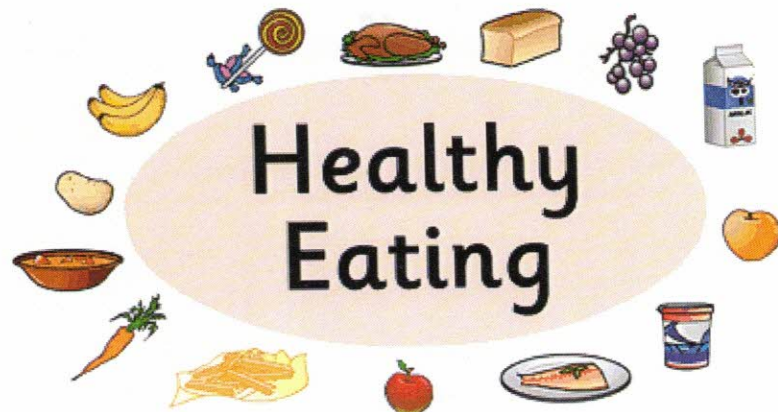
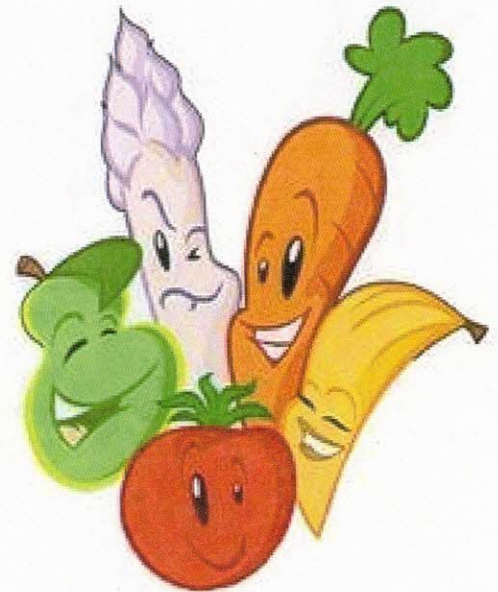
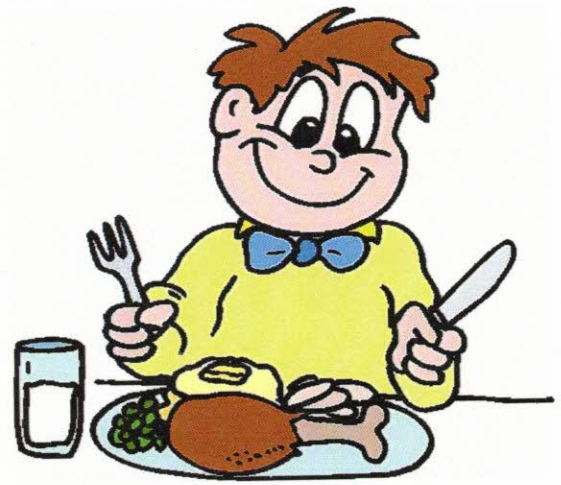


# Understanding Cholesterol

It may surprise you to know that cholesterol itself isn't bad. It is a soft, fat-like substance that your body produces naturally. Cholesterol is in the bloodstream and in your body's cells. Your body makes all the cholesterol it needs and uses it to keep you healthy. It helps make new cells, some hormones and substances that help digest foods.



Cholesterol is part of a healthy body. But having too much of it in your blood can be a problem. In addition to what your body makes, the foods that you eat can impact your cholesterol levels as well. Replacing foods that are high in saturated and *trans* fats with foods that have healthier fats can help improve your cholesterol levels.





## Improving Your Cholesterol Through Diet

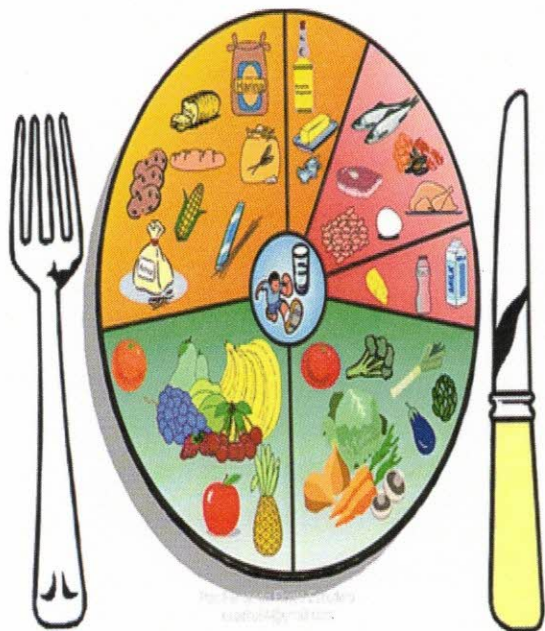
The food you eat affects your cholesterol, as well as your blood pressure, blood sugar and weight. Your healthcare provider can help you develop a healthy eating plan.

The rest of this booklet offers tips on foods to choose and those to limit to help you improve your cholesterol.



## Understanding Saturated Fats

If you have been told that you need to lower your LDL-cholesterol, you may have also been told to limit your saturated fat intake. These fats are found naturally in many foods. They mostly come from animal and dairy sources, such as meat, poultry with skin, cream, butter, cheese and other dairy products made from whole or reduced-fat (2%) milk. They are also in tropical vegetable oils such as palm and coconut oils.



*The American Heart Association recommends that adults who would benefit from lowering LDL cholesterol limit their saturated fat intake to 5 to 6 percent of total calories each day.\* For a person who needs 2,000 calories a day, this is about 11 to 13 grams of saturated fat.*



Happy

BirthDay

BEVERLY WAKEMAN

84TH

AUGUST 18TH



*You are one in a million Beverly!! Hope you had a very Happy Birthday!!*







If you are a Tribal member who filled out an Affidavit Shared Residency form for another Tribal member.

**PLEASE REMEMBER -Under Section 19-5-3 Filing a false Affidavit by any qualified Tribal Member in support of an application for Per Capita benefits is punishable by loss of the affiants Per Capita Benefits.**



**Thank You** to pastor Dave for his words of encouragement and visits with Vine, who had a great bond with him. Thank you to Ron for his spiritual guidance through the four days we had with Vine. Thank you to Richard for doing the military honors with the following veterans: Roger Hare, Sandy Weston, Steve Bailey, Garret Reneville, Rick Schumacher, Skyler Earley, Ron Thomas and J.C. Campbell. Thank you to the Jewett family for feeding us supper. Glenda Hansen, Connie Peper, Dave, Jess, Tom Hansen, Sally, Jean, Brad and Karla, Dan and Stacy and Mike and Michelle. Thank you to Martha and family for cooking the food to feed the people for four days. Thank you to Sally and Gayle for preparing Vine's favorite meal after the funeral. Thank you to all the people who brought food: hot dishes, soup, fry bread, sandwiches, cakes and salads. Thank you to Trinity and Megan for being there for our Granddaughter Nadine. Thank you for all of those who sent flowers and cards; the words in the cards spoke so much of Vine and helped the family a great deal. Thank you to Cindy and Dr. Petersen, the hospital staff for their care and healing hands. Thank you to Wecov Home Health, the nurses, occupational therapist and physical therapist who came to the house to work with Vine to get his strength back. They are a great resource for the community. Thank you to the Indian Health services Abby and Kay for working so well with Vine to see that his needs were all met. A special Thank you to Brian, KK and Lisa for being here and there, loving words to their father. Thank you for our Grandson Devin, who did a great job for four days speaking for the family. I'm so proud of him. Devin had a great love and respect for his grandfather.

***On September 9, 2017 @ 3pm at Eastman hall, supper will be served in memory of Vine M Drapeau, Sr. to thank everyone for their helping during this past year.***



***Update Minor's Address with Angie Eastman or Marcie Redday***



## Flandreau Indian Education Committee (FIEC) Election Notice

Dear Parent(s)/Guardians,

The Flandreau Indian Education Committee (FIEC) is encouraging you all to nominate yourself for the upcoming election on **September 7, 2017!** The FIEC will have two open positions to fill.

The FIEC currently serves as the **JOM committee**, the **Impact Aid** and also the **Title VII** committee at the Flandreau Public School. The FIEC is dedicated to ensure all American Indian and American Indian lineal students receive the best education and available resources possible. The FIEC currently works closely with the Flandreau Public School and with the Flandreau Santee Sioux Tribe's Education Department. The FIEC dedicates 2 evenings every month to meet with the FSST Education Department and with the Flandreau Public School.

If you are interested please come to our **Election Night on September 7, 2016 at 6:00 p.m.** at the Wicoicaga Otipi. The Wakpa Ipaksan Dakodiab Ospaye staff will have Cinto (Bingo) for children and anyone who would like to play for various prizes. A meal will also be provided and you are welcome to bring a dish to share.

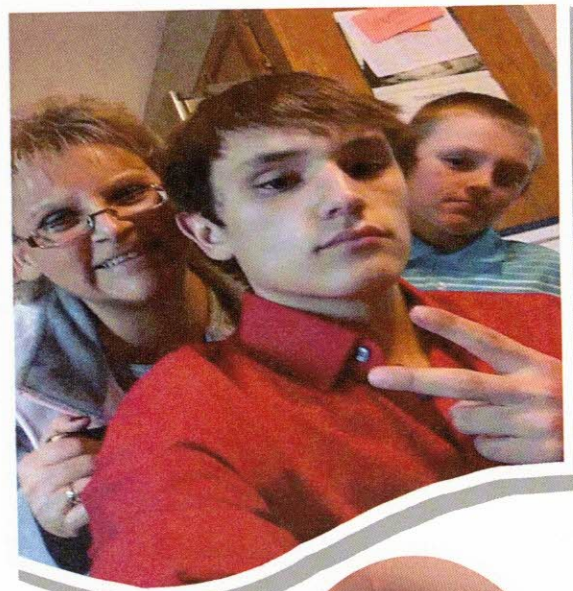
If you are **not** interested in sitting on the FIEC, we encourage you to attend in order to meet our current committee members and to **vote** for those who do nominate themselves to fill the two open positions.

We are looking forward to seeing you at this event and hope all of the students have a great school year!

Pidamayaye!

The Flandreau Indian Education Committee

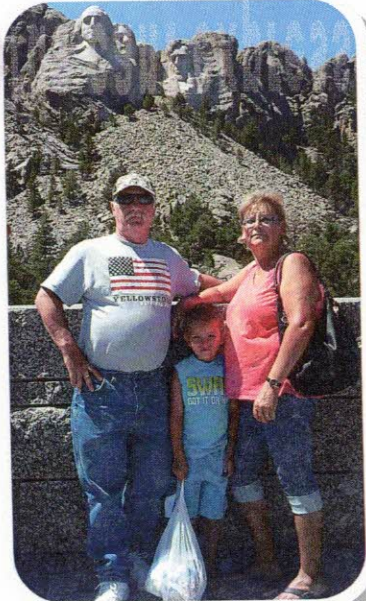
HAPPY BIRTHDAY

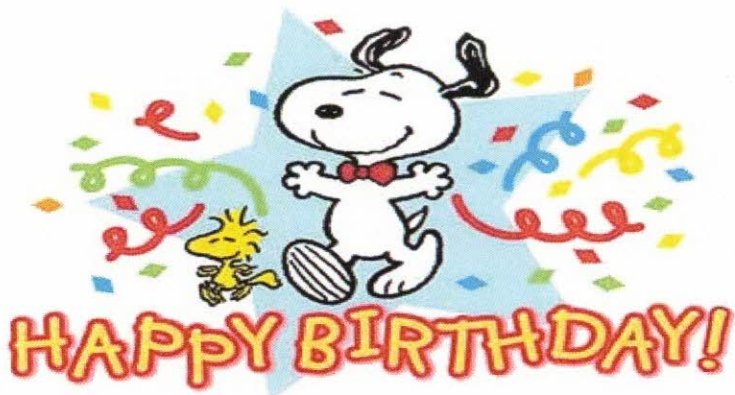


Sept 20



Happy Birthday to my Sissy... words cant express how much We Love You

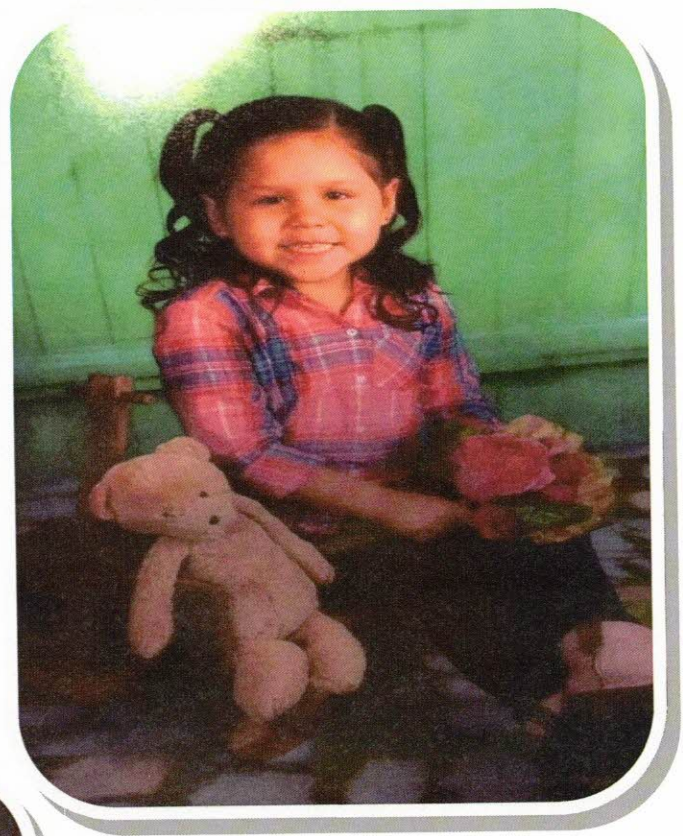




**Happy 6th Birthday**

**Aleah Eastman!!**

**Love Your Family**



**Happy Birthday Leah on**

**September 25th**

**Love Your Family**





