



# Flandreau Santee Sioux Tribe Monthly Newsletter

November 2017



*Ta'he Ca'psun Wi (November) the moon when deer and other animals with antlers begin to shed them during winter moon.*

## **FSST Tribal Members Dinner and Entertainment**



The FSST Executive Committee and Royal River Casino staff held the annual Tribal Dinner and Entertainment at the Royal Room on the evening of October 26<sup>th</sup>.

Tribal members were given a gift of shell bowl w/sage also a native design duffel bag. Tribal member children were given basket balls with tribal emblem. The doors opened at 5 pm with appetizers, at 5:15 the FSST Youth Drum Group, Dakota Club, drummed and sang for Tribal members and their families, spouses and guests. The drum group advisors are Dusty Beaulieu and Devin Drapeau.

Prayer/blessing by

Dustin Beaulieu. Dinner was served at 6:00 pm with buffets for children and adults. The menu for the children's buffet was macaroni and cheese, chicken nuggets and corn. The adult buffet meal was baby red potatoes, fish, baked beef brisket, chicken and vegetable medley. Cheese cake for dessert.

Entertainment was by Brule Family Band at 7 pm. The Tribal members were entertained with great music, Native dancers and Native music themes.

The dancers with Brule, Danced Men's fancy, woman's fancy shawl, jingle dress, and Men's traditional dancing.

Thank You! FSST Executive Committee and Royal River Casino staff for the great meal, food, entertainment and gifts.





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

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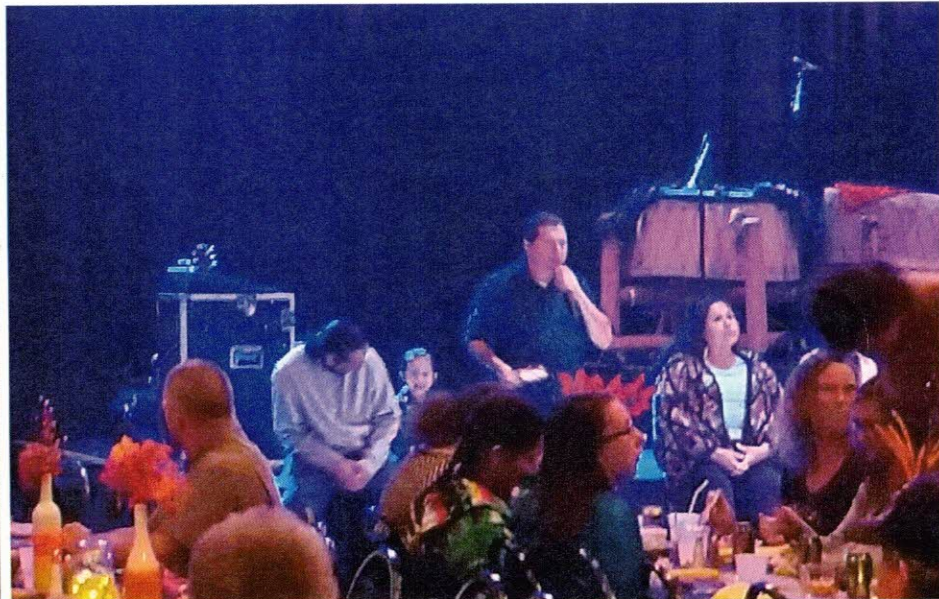
*If inaccurate or otherwise inappropriate information is brought to our attention, a reasonable effort will be made to print a correction in the next available newsletter. We reserve the right to omit submissions if it is felt that the content or subject matter is inappropriate.*

#### 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)*

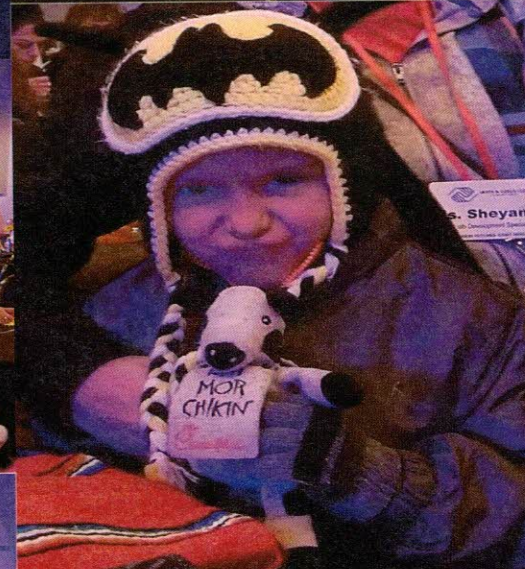
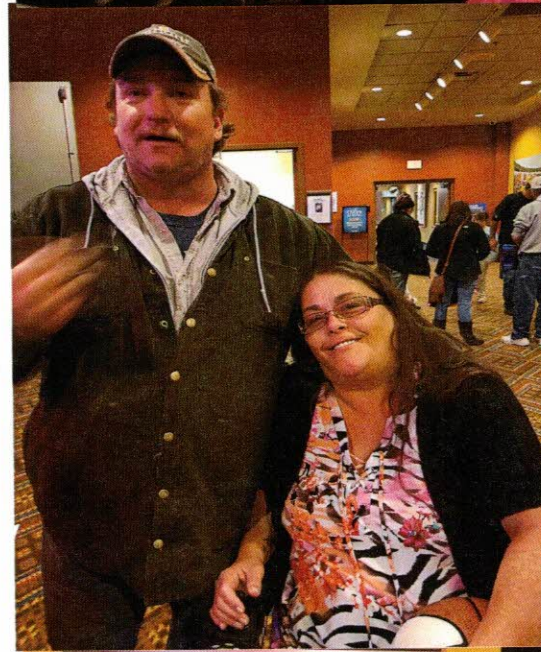
*The FSST reserves the right to edit submission for content and clarity when appropriate. Additionally, submissions not of a time sensitive nature may be delayed for inclusion until subsequent newsletters.*













# Native American Heritage Month



Our first guest author is Jerilyn DeCoteau, a member of the Turtle Mountain Band of Chippewa. She is on the board of the [National Native American Boarding School Healing Coalition](#). Her parents, maternal grandmother and some of her siblings attended Indian boarding schools.

## Claiming our Native Heritage from the Boarding School Experiment

The heritage passed down to Native Americans is often too painful to name. Not reported in textbooks, and often not spoken of by boarding school survivors, is the chilling fact that for generations Native American children were forced to attend boarding schools far away from their homes for the purpose of destroying "all that is Indian in them."

Children from age four were taken to nearly 500 off-reservation boarding schools.(1) They were shorn of their hair, stripped of their Native garb, forbidden to speak their language or practice familiar customs, and denied contact with family. Many children spent all their school years in boarding schools. Many died there, never to return home. Each of these schools has a graveyard. The intended and actual result was the rending of family and community ties, the weakening of Native societies and social structure - the annihilation of much Native culture.

Silence has been a way boarding school survivors have coped. Silence is a survival tool, but it has caused untold damage. Dennis Banks, a great Indian activist, who departed this world a few days ago, left us with many lessons. One was to break the silence.

*I was taken to a boarding school when I was four years old, and taken away from my mother and my father, my grandparents ... 300 miles away from our home. And, you know, the beatings began immediately, the ... de-Indianizing program ... that was trying to destroy the culture and the person ...*

*...You know, they cut off all communication with your parents, and a lot of letters, which I found later in — I stayed there for six years without communicating to — with my parents at all ... I asked my mother, I said, 'Why didn't you write to me?'*

*... I lost my family relationship with my mother. I lost that feeling with my mother, because I thought she abandoned me ... And I opened up the shoebox, and those were letters, letters from my mother. And I started opening them up, and I started reading them. And in the second one, there was a letter to the superintendent of the school that said, 'Here is \$5. Please send my children — my son back home to me.'*

*... I had a chair; I was sitting right by her grave, and I started reading these letters. And I knew that she loved me then. I mean, even now, even at this moment, I feel that, man, it's a hard — it's a hard experience to tell people. But I tell them anyway. (2)*

The evil of this genocidal experiment, and the effect of the silence around it, cannot be exaggerated. Because people are beginning to tell their stories, we are beginning to understand the inter-generational and often traumatic effects of the boarding school experiment. In many critical ways Native American heritage was destroyed in the boarding schools. In its place is often the visible manifestation of the pain from that loss: broken families, alcohol and drug addiction, mental and physical health problems, suicide. Dennis Banks' story is typical. Unloved by his mother, alien to his Native language and culture, he was sent back home, empty-handed of tools and skills needed to take his place in his Native society. And so, well into his 70s, he sat by his mother's grave and knew for the first time that she loved him. He fought his whole life for his heritage, for all of us, and won after all.

If the boarding school story makes it sound like many Native people are sad, damaged, broken, it is a truth we cannot hide. The effects of that trauma are evident today, long past the boarding school experiment. Native people have much to grieve and much healing to do. We can be silent no more. Our boarding school stories need to be told. They are hard to tell, but like Dennis Banks' story, they are stories of resilience and hope. Only if we learn the truth, as Mr. Banks did, can we claim our full Native American heritage and begin to heal our families, our communities, our tribes.(3)

## Notes:

1) There were about 500 federally supported boarding schools, a large number being run by churches. See National Native American Boarding School Healing Coalition at <http://boardingschoolhealing.org>

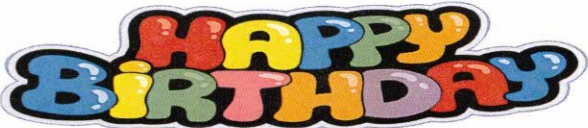


**New Staff at Ft. Meade Veterans Hospital**

Cindy (Hovland) Woolston was hired at Ft. Meade Veterans Hospital, Sturgis, South Dakota as cardiac technician. Ft. Meade Veterans Hospital recently added to their medical services a new Cardiac Department. Cindy was hired and started after Labor Day.

Cindy received her training for cardiac technician at Deaconess Medical Center, Billings, Montana. She graduated and was certified in 1988. She left the medical field for a while due to her husband Evan's transfers with Montana Dakota Utilities Company.

Cindy left the medical field and completed training in Sheridan, Wyoming to be an interpreter for the deaf. She was employed with the Sheridan, Wyoming school system. They have moved and settled at Belle Fourche, SD after Evan's transfers to Montana, Wyoming and North Dakota. They moved to Belle Fourche in 2016 where Evan was hired as the Regional Manager for the new Northern Black Hills Region. They are delighted to live in the Black Hills. Cindy is the daughter of Carol Robertson and Gene Hovland, Rapid City, SD. Cindy is the granddaughter of the late Howard and Catherine Robertson and the late Ed and Nancy Hovland.



*Happy Birthday on Nov 13th Cindy Hovland!!*

*Love,  
Mom, Priscilla, Jeannie, Nephews & Nieces*



© wandecliparts.com



**Happy Birthday 85 years young on November 5<sup>th</sup> Fannie!!**

**Love You Lots,**

**Neldie, Jason, Betty, Robert, Grandchildren and Great-Grandchildren**



**Happy 50<sup>th</sup> Birthday Robert November 23<sup>rd</sup>!!**

**Love,**

**Mom, Sisters, Brothers, Nieces, Nephews, Great-Nieces & Neph-**

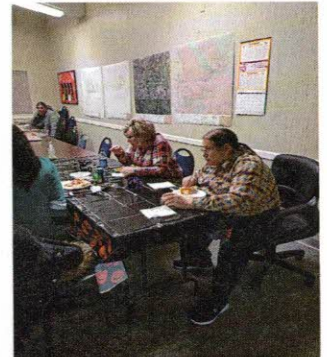


## Employee Halloween Potluck at Tribal Office



The FSST Employees had a noon potluck and Halloween costumes. There was plenty of Halloween food to make your taste buds scream.

Tanya Herrick dressed as a Scary Joker



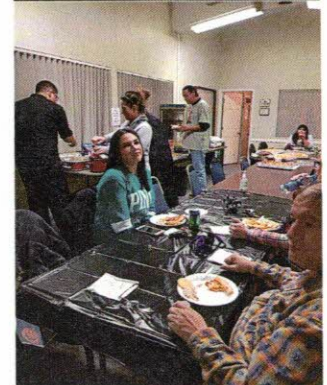
Val Knutson as a Witch

Jessica Hovland as Day of the dead person

Annie Garcia as a farmer

Richard Allen as a Star Wars Obi-Wan Kenobi

Lindsay Morrow as Wonder Woman



## Happy Birthday to All FSST & Senior Center

### November Birthdays

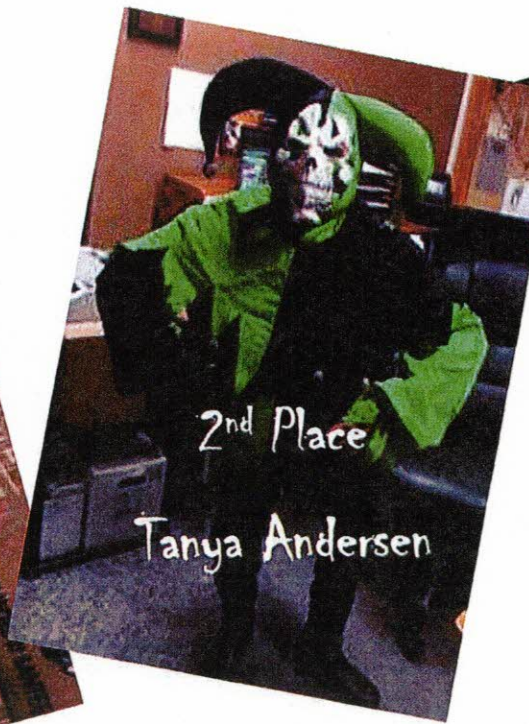
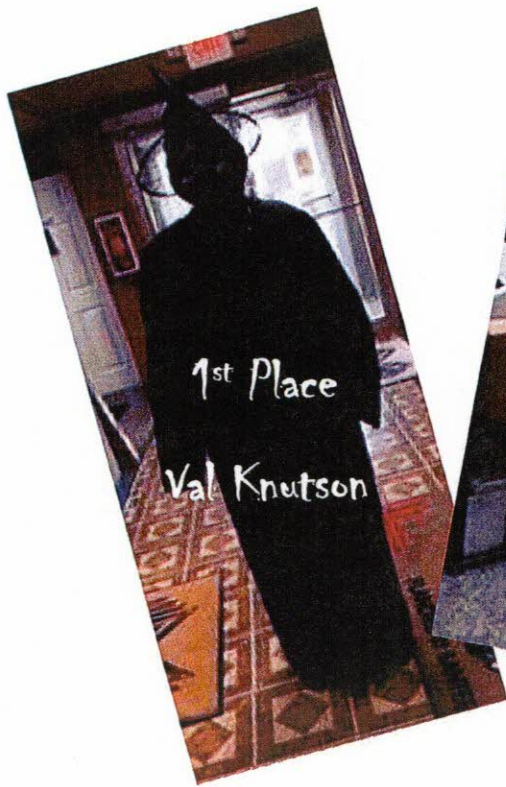
Kristi Bietz	11th	Judy Jones	21st
Wes Hansen	29th	Bill Beane	27th
Jonathon Schrader	20th	Peggy Decoteau	28th
Fannie Armstrong	5th	Marcie Jones	24 <sup>th</sup>
Ray Redwing	15th	Wes Hansen	29th







## FSST Halloween Costume Contest Winners



Congratulations to all the costume contest winners!

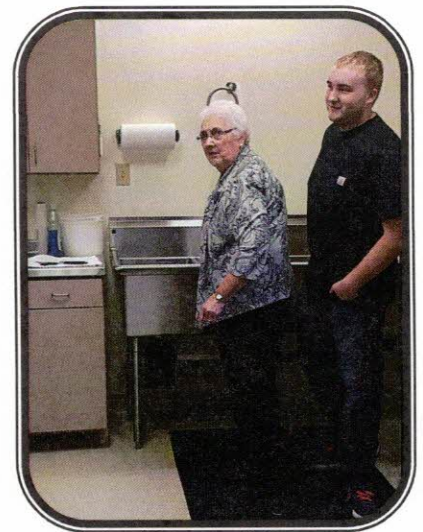
Congratulations to Dr. Nathan Hilbrands for solving the clinic Murder  
Mystery!

Answer: Amanda McMillan in the Billiard Room with the Blowgun!!

Thank you to everyone for participating!



*Happy 80th Sally!*





# *Flandreau Santee Sioux Tribe*

The 50/50 Build Dakota Scholarship is an opportunity for the Flandreau Santee Sioux Tribe to sponsor a Flandreau tribal member to gain workforce experience at Southeast Technical Institute. The Tribe will pay 50% of the total college expenses and each student would be guaranteed a Build Dakota scholarship to cover the remaining costs.

**Deadline: January 5, 2018**

Applications available at the FSST  
Education Office

Must be accepted into one of the  
eligible programs in order to qualify

Must maintain a minimum of 2.5 GPA

Must maintain full-time status - as  
defined by STI

Must complete program within 24  
months of enrollment.

Funding available for applicants  
enrolling fall 2018 and fall 2019

For more information  
contact the FSST Education Office  
P: 605-997-2859  
E: [kellyn.james@fsst.org](mailto:kellyn.james@fsst.org)

## Eligible Programs

Agriculture/Construction Diesel

Collision Repair & Refinish Tech

Computer Network Security

Construction Management

Electrician

HVAC/R Tech

Licensed Practical Nursing

Mechanical Engineering Tech

Network Administrator

Surgical Technology

Welding

More...

# *50/50 Build Dakota Scholarship*



FSST Wicoicaga Otipi Community Center presents

# Talent Night

**29<sup>TH</sup>** 6:30 pm  
**WEDNESDAY**  
november

**concessions & baked goods available**

**TIWAHE  
NIGHT**

**SIGN UP  
TODAY!**

Bring Canned Food Donation

For more info,  
Contact: 573-4195  
FSST Recreation

PosterMyWall.com

Background by Design Freebies

Individual Leagues  
**Starts Nov. 2nd**  
First Week drawn Oct. 30th  
Wicoicaga otipi community center  
**Flandreau, SD**  
entry fee \$30 per player  
must have entry fee paid prior to league

# big sioux 2017 fall league

Every Thursday for 7 weeks  
Check out our FB page for more details  
Call Sylvia at 573-4195



# Tiwahe Fun Night

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

BRING A DISH!

6pm: Prayer & Eat  
6:15pm: Speaker  
6:30pm: Activity

BRING TIWAHE!

Date	Potluck	Topic	Activity
9-06-17	Grill Out	Recreation	Matt Ball
9-20-17	Indian Tacos	Dakota Language	CINTO
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.

PosterMyWall.com

Leave your aluminum cans on your curb  
EVERY LAST THURSDAY OF EACH MONTH  
BEFORE NOON

All donations go to the  
Dakota Language  
Program

Contact Dustin if needed  
864-8887

FSST HOUSING UNITS  
will be serviced. If you  
live outside of Housing,  
please bring cans to  
W.O.C.C. before noon.

PosterMyWall.com





Dakota  
Language

TEEN NIGHT

6th-12th grade

WEDNESDAYS

7-8:30PM

culture

GAME NIGHTS

Quilling

SINGING

Cooking Basics

sewing

Fundraisers

Beading

Movie Nights

GYM ACTIVITIES



Womens' Circle

Group Talks

Potlucks

Every 2nd Wednesday each month.

6pm

Contact Sylvia  
@ 575-4195

Wednesdays



# Big Sioux 2017 Fall League

## Point System:

### **1-Participation**

### **1-Wearing assigned color of jersey/shirt**

### **1-Being on-time**

### **1-Team wins**

### **1-Voted MVP by rest of team**

Thursdays! STARTS NOVEMBER 2 to DECEMBER 21. Excludes Thanksgiving Day.

Entry Fee is \$30. Must pay prior to being added to League.

No deadline when you can enter League.

First week of League is drawn on Monday October 30<sup>th</sup> for the November 2<sup>nd</sup> League Games.

Must have W.O.C.C. Membership with facility.

League is open to men and women 18 and older in age.

Teams will be Pink, Black, White, Red, Blue and Green. If we have that many teams.

Pink team plays with a Women's Basketball. (Team matched against the Pink team will also be playing with the Women's Basketball.)

You miss a game after it is scheduled; you are out of the league.

Re-Enter league by paying Entry Fee again.

After each game is played, a slip of paper with all your teammates' names will be written, and you will chose a player on your team of the week that in your eyes was the best. In case of tie(s), the ones who tied will be randomly drawn for that teams' MVP.

15 Points is T-Shirt. (These will be ordered after season so we know how many to order.)

Top 10 Ballers will get Jackets.

Top Player gets GRAND PRIZE. (Value of prize will be over \$100, TBD depending on how many players we have.)

Fall League for 7 weeks. Ending December 21<sup>st</sup>.

Shirts and Teams will be drawn RANDOMLY each Friday before the League Night. (Excluding the first week, which will be announced Monday October 30<sup>th</sup>) Announcements will be posted to Facebook and the front doors of the W.O.C.C., it is the player responsibility to know game time and team. We are not responsible for player not knowing game time.

Points of each player will also be posted each Friday before League Night.

Women will be in the league, but does not have to have a woman on each team. (A team could be drawn with all women on the team if that is how it is randomly drawn.)

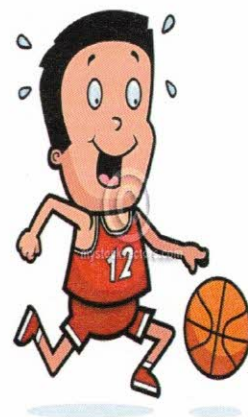
BYE weeks earn you 0 Points. You can VOLUNTEER to ref all games for 3 Points if on-time when you have BYE week. First 2 to volunteer get the BONUS points. If you volunteer and don't show, you are out of the league. Re-Entry is \$30.

If you know in advance before teams are drawn you will not be able to make it, let staff know prior and you can be placed on the BYE week with no consequences.

Any fighting, unnecessary roughness or aggression towards any players will be asked to leave the league and possible ejection from league; depending on the seriousness.

If this runs smooth, there will be a Winter League and possible Spring League.

*Any questions or concerns, please  
contact Sylvia at 573-4195.*





FSST WICOTICAGA OTIPI COMMUNITY CENTER PRESENTS

# FIT & FUN FRIDAYS

OCTOBER 13TH - NOVEMBER 17TH @ 12-1PM

TEAMS DRAWN AT 12:10PM

10-13-17 FLAG FOOTBALL

10-20-17 VOLLEYBALL

10-27-17 JAIL BALL

11-03-17 T-BALL

11-10-17 MATT BALL

11-17-17 OBSTACLE COURSE

MUST BE FSST EMPLOYEE OF TRIBAL OFFICE, CLINIC, HOUSING, MAINTENANCE, TRIBAL COURTS, NATURAL RESOURCES, POLICE, FITNESS, COUNSELING OR IN THE W.O.C.C. PARTICIPATION WILL EARN YOU AND A TICKET FOR PRIZES FOR A DRAWING ON NOVEMBER 17TH AT 2:00PM.

A LIGHT LUNCH AND WATER WILL BE PROVIDED EACH WEEK.

CONTACT SYLVIA @ 573-4195



FSST Wicoidaga Otipi Community Center

# NOVEMBER 2017

TUES to THURS: Open Gym 12-3pm  
\*\*Excludes November 22nd & 23rd\*\*

TUESDAYS: Open Gym 6-10pm

WEDNESDAYS: Nov. 1st - Tiwahe Night 6pm

Nov. 8th - Womens' Circle Wednesday 6pm

Nov. 15th - Tiwahe Night 6pm

Nov. 22nd & 29th - No Activities Scheduled

THURSDAYS: Big Sioux 2017 Fall Leagues 6pm

\*\*Excludes November 23rd\*\*

FRIDAYS: Fun & Fit Fridays 12-1pm

\*\*Ends November 17th\*\*

Nov. 24th - No Activities Scheduled

# NOVEMBER 2017

Contact us at 573-4195 for any questions.



***Grace Moore Senior Citizens Center  
Fundraiser  
T- Shirts for Sale***



Sm-Extra Lg. - \$15.00  
XXLg. - XXXLg. - \$17.00

Please stop on by the GMSC and check out our T-Shirts!  
If we don't have your size available; we can order it for you!!

**Contact Information: Gayle Soward**

Phone Number: (605) 997-2924 & Email: [gail.soward@fsst.org](mailto:gail.soward@fsst.org)



# American Indians



**ALGONQUIAN**

**APACHE**

**BLACKFOOT**

**CHEROKEE**

**CHEYENNE**

**CHINOOK**

**CHIPPEWA**

**CHOCTAW**

**COMANCHE**

**CREEK**

**CROW**

**HOPI**

**IROQUOIS**

**NAVAJO**

**NEZ PERCE**

**PAWNEE**

**PUEBLO**

**SHAWNEE**

**SHOSHONE**

**SIOUX**

**WINNEBAGO**



# WELCOME

Han/Hello –

My name is Elisabetta Giomo-James. I was born and raised in Italy & moved to Flandreau, SD a decade ago after I had met my now husband, Kenton James. Kenton is Dakota of the Santee Sioux Tribe of Nebraska & Lakota of the Cheyenne River Tribe. He currently works at the Flandreau Indian School. I am fortunate to be part of his family now & connected to the culture of the Oceti Sakowin peoples.

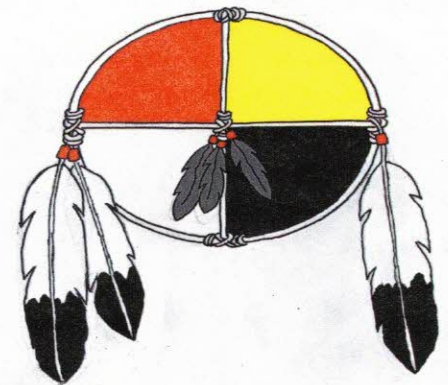
I have been working for the Flandreau School District in the role of Title VI/Indian Education Coordinator since last school year. This position was created as a result of the efforts of the FSST Education Coordinator, Kellyn James, & the JOM/Title VI/Impact Aid Parent Committee. The goal of Title VI is to promote students' success by providing support & advocacy to students & families when needed.

This year I continue to work closely with the Wakpa Ipaksan Dakota Language Program, the FSST Rec Department as well as the FSST Education and Social Service Programs. I am grateful for their help and support in ensuring our youth is on the right path to balance, happiness, and their own definition of success. So far, I have been doing home visits, helping students one-on-one and in small groups settings academically & socially, securing resources like the free school supplies and Tom's Shoes, and planning educational and cultural activities that students & families want to see offered at the schools to create an environment in which they feel an integral part of. We also went on couple of field trips which were so much fun and an amazing opportunity for the students that attended. We attended the Indian Education Summit in Pierre, SD in September, and the SDSU Consider the Century Conference in Brookings, SD this past October. On November 2<sup>nd</sup>, we also excited to have the Oglala Lakota band Scatter Their Own come to the high school to play for our students & staff. They inspired with their music and powerful message of encouraging everyone to discover their true cultural identity in order to learn how to best work together.

At the moment, Kellyn & I are having conversations with our students in regards to the creation of a Student Advisory Council to give them a direct voice in the process of decision making in the schools. We are also discussing what other activities and events should be held at the school. Further, we are organizing an Indian Taco Fundraiser for November 18<sup>th</sup> from 10 am until gone at the FSST Rec Center (Tribal Community Center). Proceeds will impact Title VI and JOM students directly by increasing funds for trips, incentives, and individual emergency requests. We hope to see you there as well as at our upcoming hearing held in the Elementary Commons at 5 PM on November 16<sup>th</sup> prior to Family Reading Night. Please, come to meet Elisabetta/Liz in person and/or to share any questions/concerns/ideas that the school needs to hear. We appreciate and value you!

In closing, I would like to send out a big shout out to the Royal River Casino General Manager James McDermott, Executive Assistant Jackie Ramirez, and Food & Beverage Director John Lorang for helping our program with donations to benefit the students. I also would like to thank Dustin Beaulieu, Avery Jones, Devin Drapeau, Christin Weston, Sylvia Roy, Kellyn James, & the Native American Parent Committee for all of their support in growing the Title VI program. You guys are truly awesome to work with!

If you would like to contact me directly, you can call me at 605-997-2780 and ask for Liz or you can email me at [Elisabetta.james@k12.sd.us](mailto:Elisabetta.james@k12.sd.us). I look forward to visiting with you!





***Sidney Byrd's Memorial***

***December 2, 2017***

***At***

***10am @ 1st Presbyterian Church***

***Head stone reveal***

***12 noon @ Tribal Community Center***

***Dinner & Giveaway***

***December 3, 2017***

***At***

***1st Presbyterian Church***

***Communion & Service***

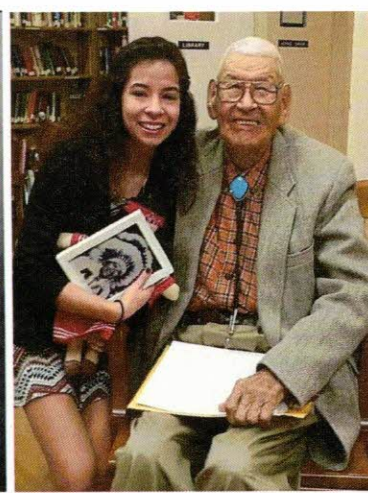
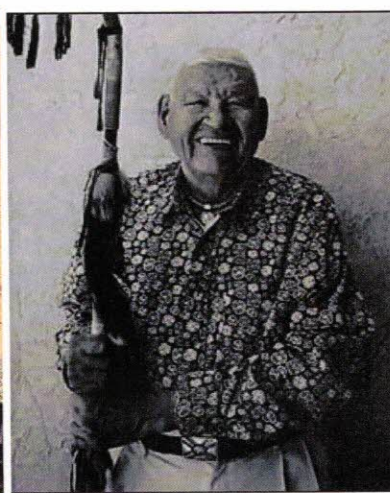
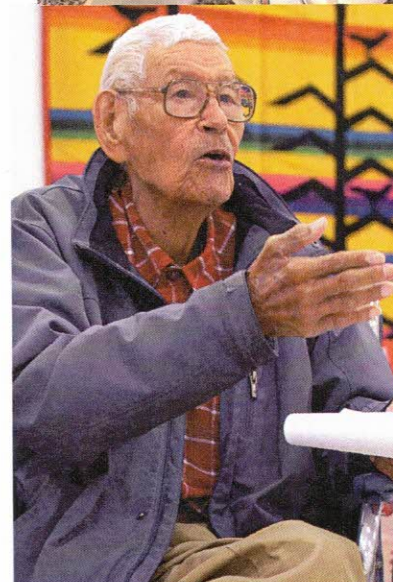
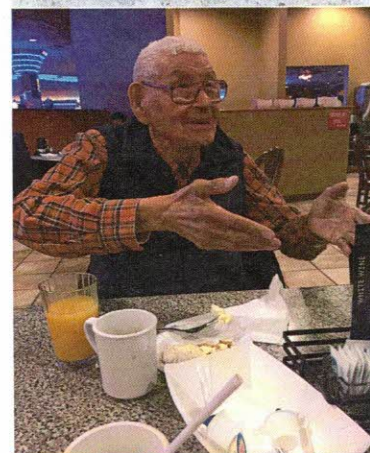
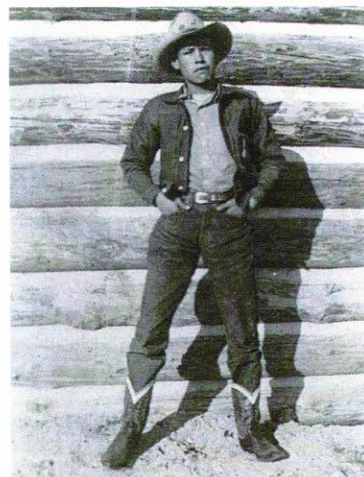
***Rev. Robert Offerdahl***

***Dakota Singers***

***Rooms Available at the Royal River Casino & Hotel***

***1-877-912-5825***

***Mention Sidney Byrd Memorial***





MEMORY LANE...



*Pictured above: RK Wakeman*



*Pictured above: Beverly, Cary, Mae, Keith, Vicki and Mrs. Byron*



*Marcie Wakeman, Annie Wakeman, Mike Wakeman & RK Wakeman*



*Pictured above: Fannie Cavender Allen*



*Pictured above: Keith Wakeman, Cecil Corbet & Rev. Harry Jones—taken at retirement of Cecil Corbet*

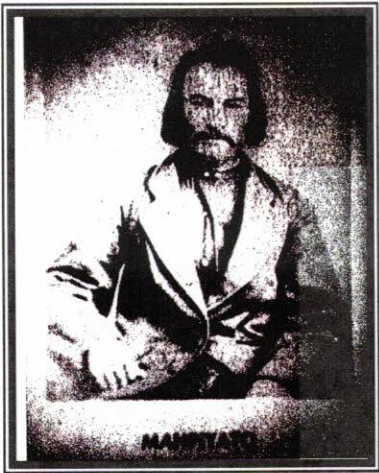


*Pictured above: Marcie Wakeman, Annie Wakeman, Mike Wakeman, Beverly Wakeman, & Grace Moore—Cenntennial 1976*

“Perhaps they are not stars in the sky but rather openings where our loved ones shine down to let us know they are happy”

—Anonymous

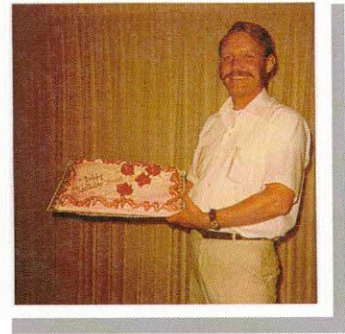
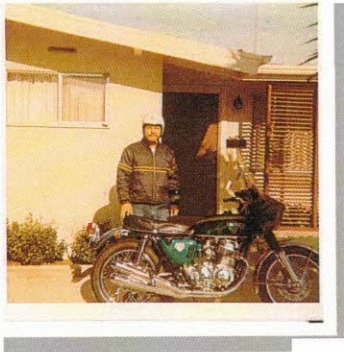
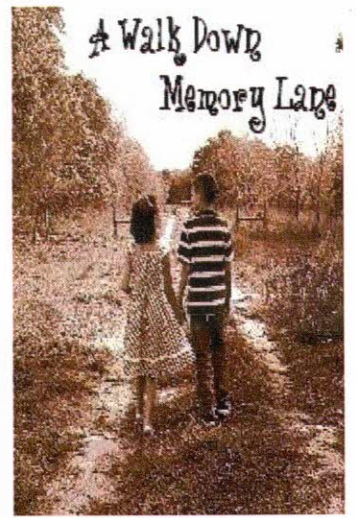




AN ORIGINAL POLAROID LAND PHOTOGRAPH  
 SUBJECT: *Linda's Great Grandfather*  
 NAME: *Chief Blue Cloud*  
 ADDRESS: *MAHPIYATO*  
*YANKTON SIOUX*  
*MARTY S.D.*



Fred & Linda Olson



**\*\*Remember to update your address with Angie Eastman or Marcie Redday\*\***

# SALE

Flandreau Public School Title VI

## INDIAN TACO SALE

Benefits Native American K-12 education@  
Wicoicaga Otipi Community Center

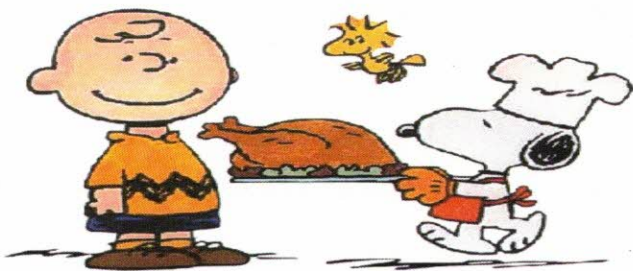
Nov. 18th 10 am til gone

Indian Taco & pop/water- \$8

Fry bread-\$3

Call 1 605-809-7282 for orders

3 or more for delivery





# Cold Stress

## Protect yourself:

- Wear several layers of loose clothing.
- Avoid tight or restrictive clothing.
- Wear a hat.
- Wear insulated, water-proof boots.
- Protect your ears, face, and hands.
- Limit the amount of time spent in cold, wet environments.
- Move into warm, dry locations during breaks.
- Drink warm liquids.
- Carry extra socks, gloves, hats, jackets, blankets, and a change of clothes.
- Include chemical hot packs in your first aid kit.
- Do not touch cold metal surfaces with your bare skin.



# Cold Stress

**Objective:** To provide an overview of cold stress factors, preventive measures, symptoms, and first aid

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Weather can often be unpredictable and extreme. Freezing temperatures can create serious health problems, collectively called **cold stress**.

## Cold Stress Factors

- Freezing or near-freezing weather
- Strong winds
- Being wet
- Working for long periods in extreme cold
- Working in poorly-insulated or poorly-heated areas
- Being unaccustomed to freezing weather

## Preventive Measures

- Monitor yourself and your coworkers for signs of cold stress.
- Wear appropriate clothing, such as waterproofed and insulated boots, hats, and multiple layers of loose clothing. Particularly protect all extremities.
- Always carry cold weather gear, such as extra socks, gloves, hats, jackets, blankets, water, food, and a thermos of hot liquid.
- Carry a change of clothes and use them if clothes get wet.
- Limit the amount of time spent in cold, wet environments. Move into warm, dry locations during breaks.
- Do not touch cold metal surfaces with bare skin.

## Cold Stress Conditions

### Hypothermia:

- **Description:** A medical emergency in which the body cannot warm itself
- **Causes:** Lengthy exposure to freezing weather
- **Symptoms:** Shivering at the onset or not later, fatigue, confusion, disorientation, blue skin, dilated pupils, slowed pulse and breathing, or loss of consciousness
- **First aid:** Remove wet clothes, keep the victim warm and dry with blankets, and give the victim warm drinks (if conscious). Monitor consciousness, and get medical help.

### Frostbite:

- **Description:** Damage to body tissue, mostly in the extremities
- **Causes:** Lengthy exposure to freezing weather
- **Symptoms:** Skin that is aching, tingling, stinging, bluish, pale, or waxy
- **First aid:** Immerse the skin in warm but not hot water or, if that is not possible, warm very gently with body heat, without rubbing or pressure. Get medical help.

### Trench foot:

- **Description:** Dying skin because the body has cut off circulation to the feet
- **Causes:** Lengthy exposure of feet to wet conditions (with temperatures up to 60°F)
- **Symptoms:** Leg cramps or redness, numbness, swelling, bruising, blisters, ulcers, or gangrene on feet
- **First aid:** Dry feet and do not walk on them. Seek medical help.

### Chilblains:

- **Description:** Damage to capillary beds in the skin
- **Causes:** Repeated, prolonged exposure to temperatures between freezing and 60°F
- **Symptoms:** Redness, inflammation, itching, blistering, ulceration
- **First aid:** Slowly warm the skin, do not scratch, use an anti-itch cream, and cover blisters and ulcers.





# Flandreau Santee Sioux Tribe

P.O. Box 283 Flandreau, SD 57028  
www.santeesioux.com

Ph. (605) 997-3891  
Fax (605) 997-3878

## Energy Assistance Application

October 1<sup>st</sup>-March 31<sup>st</sup>

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

### Vendor Information:

Name of Company: \_\_\_\_\_

Name on Billing: \_\_\_\_\_

Date of Disconnection: \_\_\_\_\_

Amount of Billing: \$ \_\_\_\_\_

Are you receiving On Res Per-cap Payments? Yes \_\_\_\_\_ No \_\_\_\_\_

\_\_\_\_\_ I understand and agree to the Flandreau Santee Sioux Tribe deducting **\$100.00 from my monthly Per-Capita check on the 15<sup>th</sup> of each month or \$50.00 from my Bi-weekly payroll check** as repayment for this loan. If there is no balance to deduct form the 15<sup>th</sup> of the month per capita check, deduction amounts will be adjusted on other loan balances (excluding business loan payments) to accommodate repayment.

\_\_\_\_\_  
Members Signature Date

\_\_\_\_\_  
Office use

Tribal ID \_\_\_\_\_ Per-cap ded. \$ \_\_\_\_\_ Current loan Balance \$ \_\_\_\_\_

Payroll ID \_\_\_\_\_ Payroll ded. \$ \_\_\_\_\_ Amount to be paid to vendor \$ \_\_\_\_\_

New Balance \$ \_\_\_\_\_



# November 2017 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage Gravy Over Biscuits Scrambled Eggs Fresh Fruit	Spagetti w/meat sauce Tossed Salad Bread Stix Apple Crisp	<b>CLOSED</b>	Polish Sausage w/sour kraut Parstiled Potato's Lima Beans Pears	Ham & Bean Soup Corn Bread 7 Layer Salad Fruited Jello
6	7	8	9	10
Soft Shell Taco Spanish Rice Ice Cream Kups	Minestrone Soup Cold Cut platter Butterscotch pudding	Oven Brown Chicken Mashed potato/gravy Buttered Corn Lemon Jello Dessert	Potato Soup Ham Salad Sandwich Relishes Rice Krispy Bars	<b>Closed for Veterans Day</b>
13	14	15	16	17
Sloppy Joe's Oven Roasted Potato's Baked Beans Cookies	Wild Rice Soup Egg Salad Sandwich Pickles Dessert	Pork Chops w/mushroom gravy Stuffing Harvard Beets Candied applesauce	<b>CLOSED</b> Cleaning Day	<b>Thanksgiving Dinner</b>
20	21	22	23	24
Tuna Noodle Casserole Buttered Peas Biscuits Brownies	Seasoned Chicken Breast Rice Pilaf Brussel Sprouts Peach Dump Cake	Hot Beef Sand. Mashed Potato/gravy Mixed Veggies Pie	<b>Closed for Thanksgiving</b>	
27	28	29	30	

Grace Moore Senior Citizens Center 997-2924

\*Menu subject to change without notice.