

Flandreau Santee Sioux Tribe

Monthly Newsletter

OCTOBER 2018

Canwapa Ka'kan Wi (October)- the moon when the leaves are shaken off the tress by the cold winds.

Student Advisory Council Goes to Indian Education Summit in Pierre

10:45-11:35 - Wahokunkiyab Ptaya Ospaye Kin (The Group That Collectively Advises): Creating Meaningful Dialogue Through the Cultural Empowerment of Students

Elisabetta Giomo-James, Amanda Taylor, Dustin Beaulieu, Devin Drapeau, Flandreau Santee Sioux Tribe and Flandreau School District; student panelists: Diego Serrano, Alaina Cloud, Trinity Redday, Dawn Stempson, Tiffany Taylor, Morning Glory Lovejoy

We will explain the creation of this student advisory council. The Wahokunkiyab Ptaya Ospaye Kin worked together to develop an action plan, then presented it to tribal council, parents, school administration and the school board. Students developed a meaningful relationship, change and communication skills grounded in collective dialogue (omniciya) and Dakota woose (values).

Room: Galleries D, E



Flandreau Santee Sioux Tribe Newsletter is a monthly publication by the

Flandreau Santee Sioux Tribe.

Digital photos or sending other original files is encouraged.

Deadline for submission of material is

5 work days before the 15th of each month

Flandreau Santee Sioux Tribe

Attn: Marcie Walker

P.O. Box 283

Flandreau, SD 57028

or Call: 997-3891 ext. 1251

marcie.walker@fsst.org

NOTICE OF DISCLAIMER:

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

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

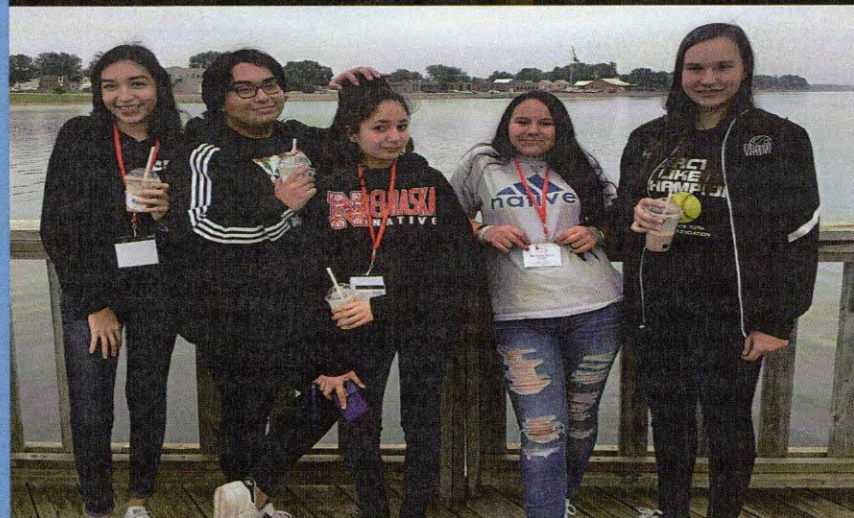
If inaccurate or otherwise inappropriate information is brought to our attention, a reasonable effort will be made to print a correction in the next month newsletter. We reserve the right to omit submissions if it is felt that the content or subject matter is inappropriate.

NEWSLETTER SUBMISSION

GUIDELINES:

All information submitted for newsletter must be received than 5 (five) working days before the 15 of each month. We cannot guarantee inclusion of any submissions after that date in that month's newsletter. Submissions must be made in type-written (or computer generated) format. They can be submitted directly to Marcie Walker in hard-copy, on disk or via email at: marcie.walker@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 next month newsletter



**Wicoicaga Otipi
Community
Center**



**JOM Welcome Back Night
and FIEC Parent Committee
Elections with Cinto**

**POT LUCK MEAL, Please bring your
favorite dish to share!**

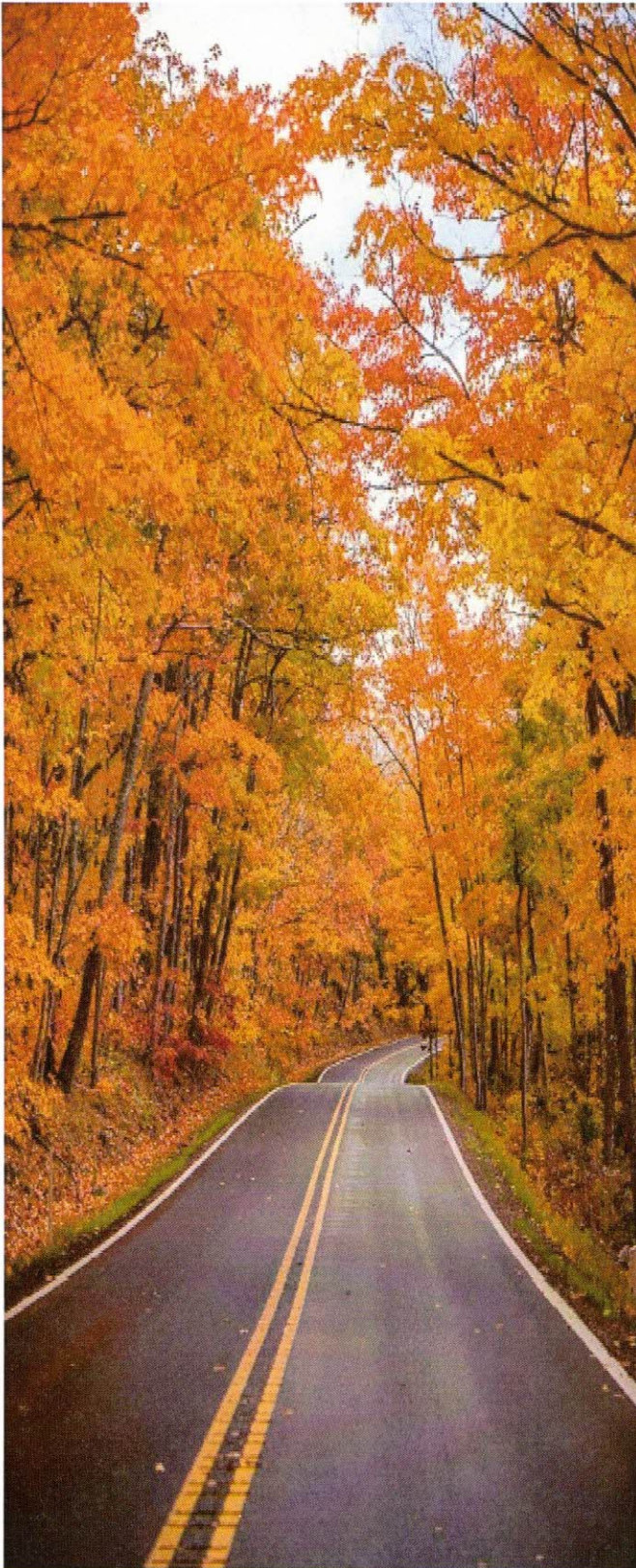
Please join the FSST Education Office
and FIEC Parent Committee as we
welcome our students back as they
start a new school year.

The FIEC Parent Committee will be
having their election for two open
positions. If you are interested in
being a candidate, please contact
Education Department at

605-997-2859.



**October 25th
6:00-8:00 pm**



*"Life truly begins when you retire.
Get ready to explore a new chapter."*

RETIREMENT PARTY
for
LaVonna "Bunny" Allen

Friday, October 19th
11:00 a.m. -1:00 p.m.
Eastman Hall

Bunny has worked for the
Tribe 39 years!!

Congratulations and
Best Wishes !!!



Flandreau Santee Sioux Tribe

Education Assistant

Opens: September 17, 2018 Closes: September 28, 2018

Summary:

This **Fulltime** position performs any combination of the following tasks in assigned areas in the classroom and community to assist Native American students in acquiring the attitudes, knowledge and skills that contribute to effective learning in school in compliance with the 93-638 Johnson O'Malley program. This position is responsible for aiding and tutoring students in the necessary academic areas essential for successful completion of the school year to progress to the next grade level ; guide students in the development , planning and coordination of activities relating to youth education and development; Aid with outreach and programming for the Johnson O'Malley program with parents and guardians. Other Clerical duties will be assigned.

Minimum Education, Qualifications & Requirements:

1. Associates Degree in education, family studies or youth development fields and 1 year experience working with youth, tutoring or in the education field; and/or a combination of higher education and 5 years' experience working with youth in tutoring or the educational field required. Bachelor's degree preferred.
2. Must be able to tutor up to Algebra level and help with writing and grammar up to high school level. College Level Preferred.
3. Must have strong written and communication skills.
4. 4. Must be willing to be trained, be creative and have independent working skills.
5. 5. Must possess a valid SD Driver's license and insurable by the FSST.
6. Must submit to a pre-employment drug and alcohol screening and P.L. 101-630 background check.

Must submit to a P.L. 101-630 background check and pre-employment drug and alcohol screening.

Applications are available at the FSST Tribal Office or apply online at www.santeesioux.com

May attach resume to Tribal Application.

Preference in filing vacancies is given to **qualified** Indian candidates in accordance with Indian Preference Act of 1934 (Title 25, USC, Section 472). Verification must be submitted with the application if claiming Indian Preference. Consideration will be given to non-Indian applicants in the absence of qualified Indian Preference eligible.

Direct questions to Tribal Human Resources Department 605-997-3891 or email Deb.Wakeman@fsst.org.



Chief Financial Officer

Open : 9/17/2018 - Until Filled

FLSA Status: Full Time - Exempt

Salary: (\$85,548-\$100,000)

Summary:

The Chief Financial Officer is responsible for all aspects of accounting and financial investments and management; the annual audit process, cash flow management, budgeting and forecasting, banking and long term debt management and supervision of accounting and finance staff. The organization includes a governmental segment and an enterprise segment. Additional responsibilities include managing financial requirements of grants and contracts, and annual budgeting for governmental departments, and fiscal responsibilities of enterprise operations, and commercial real estate properties. Candidates should have an understanding of the GASB 34 requirements. This position will also provide oversight of financing activities including banking relationships, loan management, future bond financing, budgeting, projections and pension plan management.

Minimum Qualifications:

- A. The ideal candidate will have a four-year degree in accounting or finance, CPA plus, 5+ years of progressively responsible experience in an accounting environment with direct experience or exposure to governmental (enterprise) accounting and familiarity with Governmental Accounting and Auditing Standards, 3+ years of experience with personnel management, ability to communicate effectively, both written and verbal. Additionally, qualified candidates must have strong computer skills including a preferred accounting software program(s), be a self-starter and work autonomously. A history of working with Tribal governments or non-profit entities in this capacity is a requirement.
- B. Additional experience as outlined above may be substituted for the education on a year for year basis to a maximum of three years.

Must submit to a background check and pre-employment drug and alcohol screening.

Applications are available at the FSST Tribal Office or apply online at www.santeesioux.com

May attach resume to Tribal Application.

Preference in filing vacancies is given to **qualified** Indian candidates in accordance with Indian Preference Act of 1934 (Title 25, USC, Section 472). Verification must be submitted with the application if claiming Indian Preference. Consideration will be given to non-Indian applicants in the absence of qualified Indian Preference eligible.

Direct questions to Tribal Human Resources Department 605-997-3891 or email Deb.Wakeman@fsst.org



Flandreau Santee Sioux Tribe

Education Coordinator

Open: September 24, 2018 Closes: October 5th, 2018

Summary:

Performs the following tasks in compliance with two 638 BIA Contract Programs-Johnson O' Malley, and BIA/AVT Higher Education. Oversees the implementation and supervision of grant programs awarded to FSST Education under the authority of the Flandreau Santee Sioux Tribe. Provides assistance in the development, planning, evaluation and coordination of activities related to youth education and youth program development. Targets FSST enrolled youth and children of FSST members to recruit into higher education programs and universities, tutoring or other related assistance. Supervises one permanent employee and temporary Summer Youth Coordinators when the Summer Youth Program is active.

Education and Experience:

Bachelor's Degree required with Education focus preferred, 2-3 years of experience with higher education programs, grant writing, scholarships, JOM or other similar related duties strongly preferred.

Must submit to a P.L. 101-630 background check and pre-employment drug and alcohol screening.

Applications are available at the FSST Tribal Office or apply online at www.santeesioux.com

May attach resume to Tribal Application.

Preference in filing vacancies is given to **qualified** Indian candidates in accordance with Indian Preference Act of 1934 (Title 25, USC, Section 472). Verification must be submitted with the application if claiming Indian Preference. Consideration will be given to non-Indian applicants in the absence of qualified Indian Preference eligible.

Direct questions to Tribal Human Resources Department 605-997-3891 or email Deb.Wakeman@fsst.org.



Open: October 1st, 2018

Closes: October 12, 2018

Recreation Coordinator

Summary:

This position is responsible for opening and closing the community center. Coordinating, planning, organizing and monitoring year round sport and non-sport related activities or programs for all ages, but most commonly targeting the tribal youth within the community. Provides and promotes safety, encouragement, motivation and wellness to all members of the community center. Skill in First Aid and CPR certification required. Applicant must be able to perform clerical tasks as well.

Minimum Qualifications:

High School Diploma or GED required and 2 to 3 years of experience in Recreation. A strong background in youth mentorship is greatly preferred.

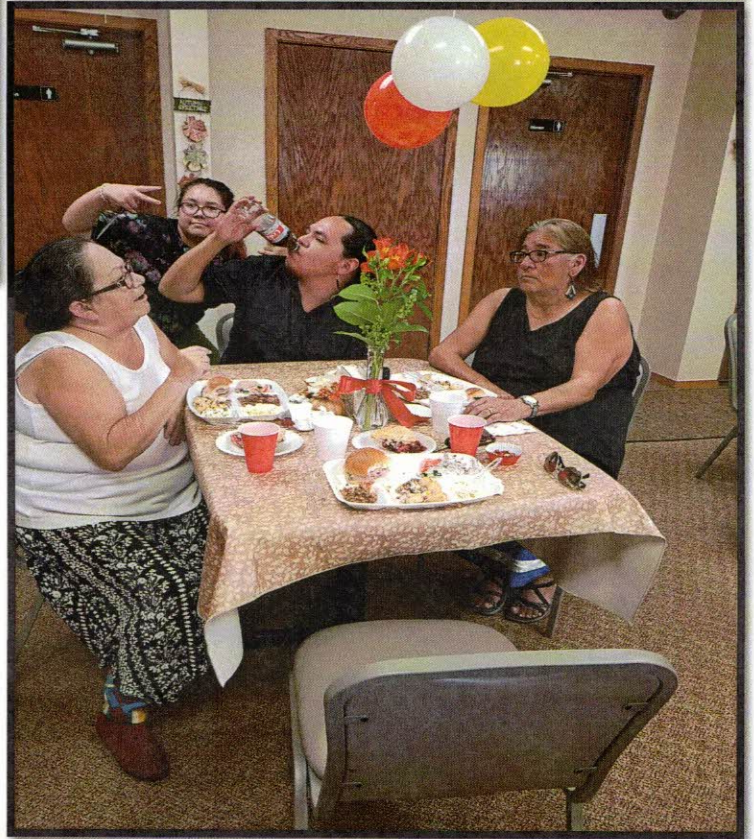
Must submit to a background check and pre-employment drug and alcohol screening.

Applications are available at the FSST Tribal Office or apply online at www.santeesioux.com

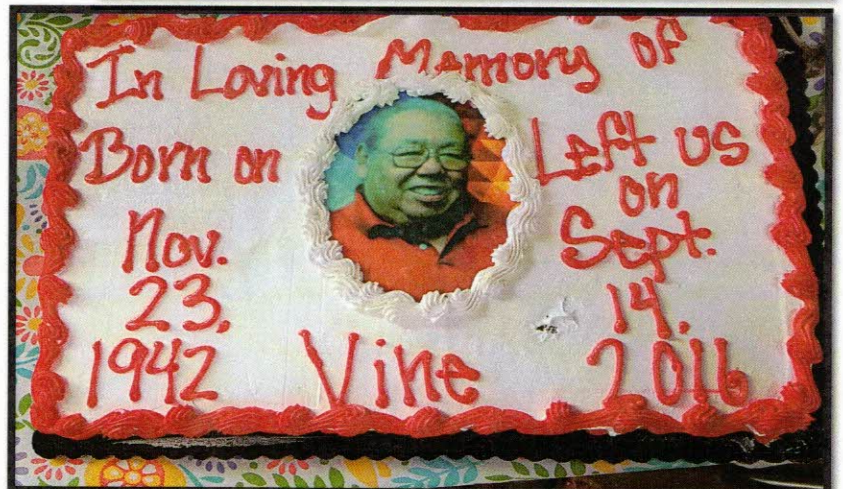
May attach resume to Tribal Application.

Preference in filing vacancies is given to **qualified** Indian candidates in accordance with Indian Preference Act of 1934 (Title 25, USC, Section 472). Verification must be submitted with the application if claiming Indian Preference. Consideration will be given to non-Indian applicants in the absence of qualified Indian Preference eligible.

Direct questions to Tribal Human Resources Department 605-997-3891 or email Deb.Wakeman@fsst.org.



Gone from our
presences ...but Never Ever
Forgotten!



Wopida!

Christin Weston has transferred her position from FSST Recreation Coordinator to I.H.S. Benefits Coordinator.

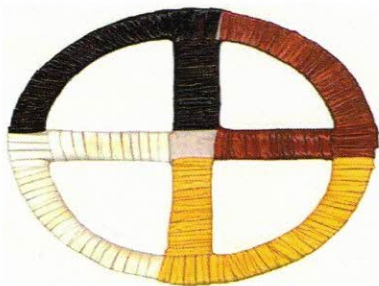
Christin has been very active in the building since it first opened in 2013. Dusty Beau-lieu and Kiya Esquivel honored Christin with a star quilt from their own home then Avery Jones, Devin Drapeau and Dusty sang her an honoring song.

We ate a small lunch and talked about our wonderful times in the building with Christin.

We are excited for new beginnings but sad to see a good co-worker leave the building.

Wopida to Christin for all her hard work and dedication to the building and community, we know she will continue to do great things for the Wakpa Ipaksan.

—Sylvia Roy



Heart Health - Diet

Take heart disease seriously: Everyone knows that a beating heart is fundamental to human survival, but very few people take steps to ensure that their heart is in good health. Each year heart disease tops the charts as the number one killer of Americans, even though there are many easy steps that can be taken to ward off this devastating medical condition.

Diet is a key factor: One of the most common problems associated with heart disease is a poor diet. By regulating the foods you eat, you can take a very important step towards building and maintaining cardiovascular health.

The American Heart Association (Steps to a "Heart Healthy" Diet):

- Do not ingest more calories than you can burn in a day. This will speed up your metabolism and decrease your risk of obesity, as well as lower your blood pressure.
- Balance your diet between the food groups. You must ensure that you receive the proper nutrition to maintain a healthy cardiovascular system, and this can only be done by eating a variety of nutrient-rich foods.
- Purchase healthy foods when you shop. Take notice of nutrition facts, and look for ways to ensure that your diet is balanced.
- Cook healthy foods. Learn techniques to cook foods that are low in fat and high in nutritional value. This will allow you to ingest the full benefit of the foods that you purchase.

Add fiber to your diet:

- Fiber is extremely important for the health of your cardiovascular system. This substance can be found in many fruits and vegetables, as well as in whole grains.
- Fiber is known for its ability to lower blood pressure and increase energy. Ensuring that your diet includes enough fiber can be difficult, but if you can plan your meals with fiber in mind, you will be making a great decision for the health of your heart.



Exercise is essential: Diet is fundamental for maintaining health, but in order to live a healthy lifestyle, and stave off cardiovascular disease, you must remember that other steps need to be taken, such as routine exercise. The health of your heart can be hard to maintain, but it is up to you to make good decisions.

A composite image featuring a woman on the left coughing into her elbow, and a hand in a blue glove on the right holding a syringe. The background is a blurred indoor setting. The text 'Fight the Flu' is overlaid in the center, with 'Fight' in blue and 'the Flu' in a lighter blue. Two arrows, one light blue and one red, point towards the word 'Fight'.

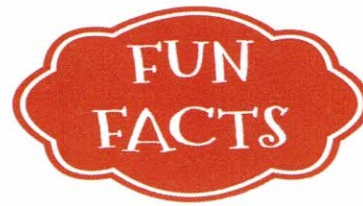
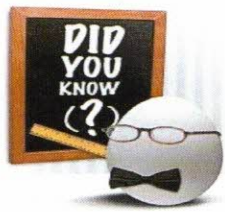
Fight the Flu

It starts with you

Influenza Immunization

Every Thursday
October 4-March 2019

Flandreau Santee Sioux Tribal Clinic
Any Questions or concerns please call the clinic
@ 997-2642



- A ten-year-old mattress weighs double what it did when it was new due to debris that it absorbs over time. That debris includes dust mites (their droppings and decaying bodies), mold, millions of dead skin cells, dandruff, animal and human hair, secretions, excretions, lint, pollen, dust, soil, sand, and a lot of perspiration, which the average person loses at a rate of a quart a day. Good night!
- Before rubber, people used bread to erase pencil marks.
- Sometimes it feels like you are waiting forever for [traffic](#) lights. Well you kind of are. The average person will spend 2 weeks of their lifetime waiting for that light to turn green.
- You know that little piece of plastic on the end of your shoelace? They have a name. They are called Aglets.
- Know how we often call baby rabbits bunnies? Well we've been doing it wrong the whole time. They are actually called kittens.
- your foot and your forearm are the same length
- When you were born, you were, for a moment, the youngest person on earth.
- The smallest bones in the human body are found in your ear
- all the blinking in one day equates to having your eyes closed for 30 minutes
- 42% of men and women 25% don't wash their hands after using a public toilet
- household dust is made of dead skin cells
- Did you know that a pencil has enough graphite in it to draw a line 35 miles long. I wonder who figured that one out?
- the opposite sides of a die always adds up to 7
- the average person laughs 10 times a day
- the life span of a house fly is between 10 to 25 days
- dogs sweat through the pads on their feet
- Most lipstick contains fish scales
- Captain Crunch's full name isn't just Captain Crunch. It's Horatio Magellan Crunch. And he's not even a captain! The stripes that are shown on his uniform are really for a commander.

Nutrition 101

A good diet is important: Most people are aware that a proper diet is fundamental to a healthy lifestyle and that the things we choose to eat will directly influence our wellbeing. A good diet can lead to increased energy, lower blood pressure and a longer lifespan, while a bad diet may cause heart disease, poor digestion and chronic fatigue.

"You are what you eat." We have all heard this old proverb, but unfortunately, nutrition is not as simple as this statement may lead us to believe. A more accurate representation may be, "You are *the content* of what you eat." The human body requires the nutritional content found in food to survive, not the food itself.

The importance of nutrients: All food contains nutrients that our bodies use for various functions. These nutrients are used as fuel for our internal systems and are required to keep the body working. Without nutrients, our body has no material for sustaining life.

There are six classes of nutrients:

- Carbohydrates
- Lipids (fats and oils)
- Proteins
- Vitamins
- Water
- Minerals

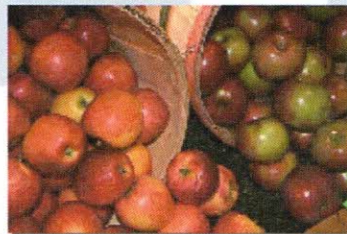
Each of the above listed nutrients performs a unique service for the body, so to ensure good health it is necessary that we consume them all.



A balanced diet: Because different nutrients come from different food groups, it is important that we balance our diet with an appropriate amount of each of the five classifications each day.

There are five basic food groups:

- Grains
- Fruits
- Vegetables
- Protein
- Dairy



When it comes to nutrition, anyone can get it right! By making healthy choices, and consuming the proper amounts of nutrients, a person can reap the rewards of a good diet with improved health. Nutrition may be challenging to study, but it is easy to practice.

Wicoicaga Otipi Community Center

CANTE SKLIYA BIG SIOLIX 3-ON-3 TOURNNEY

in flandreau, sd

SATURDAY OCTOBER 6, 2018

Half-Court Only **ENTRY FEE: \$50** Ages 8-11

All players must have same color jersey

Open to girls, boys or both.

5 players max per roster

T-SHIRT FOR TOP 3 TEAMS

1st Place: 60% Entry Fees

2nd Place: 30% Entry Fees

3rd Place: 10% Entry Fees

FREE THROW CONTEST

\$5 per player

T-Shirt + All Entry Fees

CONTACT SYLVIA @ (605) 573-4195 TO REGISTER

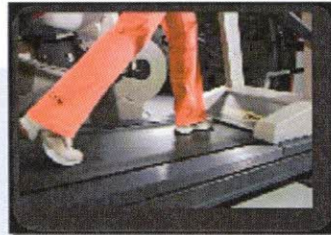
Heart Health - Walking

Importance of a healthy heart: Everyone knows that the heart is absolutely fundamental to human survival, but very few people take steps to ensure that their heart is in good health. Each year heart disease tops the chart as the number one killer of Americans, but there are many easy steps that can be taken to ward off this devastating medical condition.

Improving cardiovascular health through exercise: Research shows that light to moderate physical activity for at least 30 minutes a day can greatly improve cardiovascular health. Walking is the easiest way to fulfill this need. It has the lowest dropout rate of any form of exercise and can be done by almost anyone.

Benefits of a walking routine include:

- Improved blood pressure and blood sugar levels
- Improved blood lipid levels
- Reduced risk of cardiovascular diseases
- Reduced risk of obesity
- Reduced risk of diabetes
- Reduced risk of colon or breast cancer



Beginning your walking routine: First ensure that you are in proper physical condition for exercise. Men older than 40 and women older than 50 should consult a physician before beginning any sort of regular exercise, and people with known medical conditions that could be aggravated by strenuous activity should also seek counsel from a health care provider.

Setting a goal for your routine: Are you doing it to lose weight, or just to maintain a healthy heart? Those walking for heart health will need to walk less than those walking for weight-loss, and by figuring out what you wish to achieve, you can prepare yourself for success in your endeavor.

Follow through with your plan: The final step is to make sure that your plan comes to fruition. This can be the most difficult step. If you are having a hard time getting out and walking, remember that the quality of your life is what is at stake, and it is up to you to make good decisions.





You're invited!

THURSDAY, OCTOBER 18TH

Spandean Santee Sioux Tribe

TRIBAL DINNER & ENTERTAINMENT
CITIS WILL BE PROVIDED TO FSST MEMBERS

Royal Room

5PM - DOORS OPEN & APPETIZERS
5:15PM - FSST YOUTH DRUM GROUP

5:45PM - WELCOME BY FSST TRIBAL PRESIDENT TONY REIDER
5:50PM - PRAYER BY MATO OHODA MANI (DUSTIN BEALLIEU)

6PM - DINNER

7PM - ENTERTAINMENT BY COMEDIANS MARC YAFFEE • LARRY OMAHA



New

APPETIZERS • 5PM

SHRIMP COCKTAIL | CHISLIC | FRUIT PLATTER
MEATBALLS | VEGGIE PLATTER

MEAL • 6PM

BRISKET | WALLEYE | BROASTED CHICKEN
WILD RICE | BABY REDS | ASSORTED BREADS & BUTTER
MASHED POTATOES WITH GRAVY | ASPARAGUS
TOSSED SALAD WITH ASSORTED DRESSINGS

KIDS BUFFET

CHICKEN NUGGETS | MAC & CHEESE | BUTTER CORN

DESSERT • 6PM

ASSORTMENT OF DESSERTS

Royal River

CASINO • HOTEL

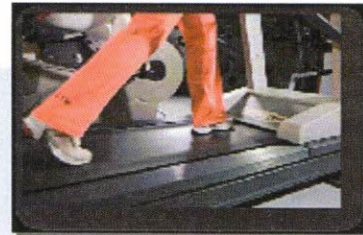
Heart Health - Walking

Importance of a healthy heart: Everyone knows that the heart is absolutely fundamental to human survival, but very few people take steps to ensure that their heart is in good health. Each year heart disease tops the chart as the number one killer of Americans, but there are many easy steps that can be taken to ward off this devastating medical condition.

Improving cardiovascular health through exercise: Research shows that light to moderate physical activity for at least 30 minutes a day can greatly improve cardiovascular health. Walking is the easiest way to fulfill this need. It has the lowest dropout rate of any form of exercise and can be done by almost anyone.

Benefits of a walking routine include:

- Improved blood pressure and blood sugar levels
- Improved blood lipid levels
- Reduced risk of cardiovascular diseases
- Reduced risk of obesity
- Reduced risk of diabetes
- Reduced risk of colon or breast cancer

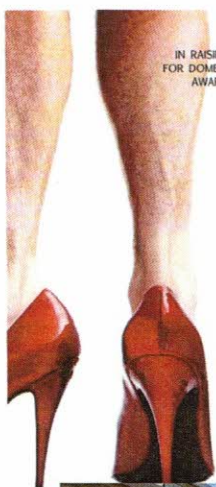


Beginning your walking routine: First ensure that you are in proper physical condition for exercise. Men older than 40 and women older than 50 should consult a physician before beginning any sort of regular exercise, and people with known medical conditions that could be aggravated by strenuous activity should also seek counsel from a health care provider.

Setting a goal for your routine: Are you doing it to lose weight, or just to maintain a healthy heart? Those walking for heart health will need to walk less than those walking for weight-loss, and by figuring out what you wish to achieve, you can prepare yourself for success in your endeavor.

Follow through with your plan: The final step is to make sure that your plan comes to fruition. This can be the most difficult step. If you are having a hard time getting out and walking, remember that the quality of your life is what is at stake, and it is up to you to make good decisions.





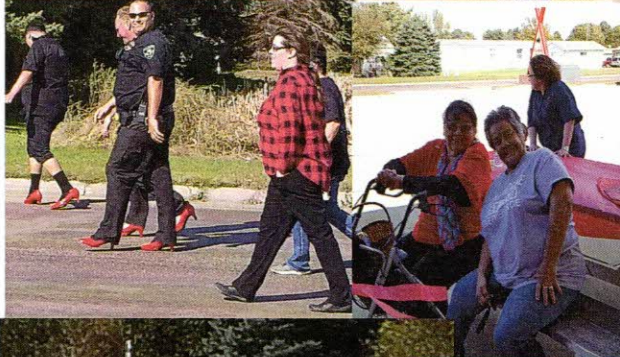
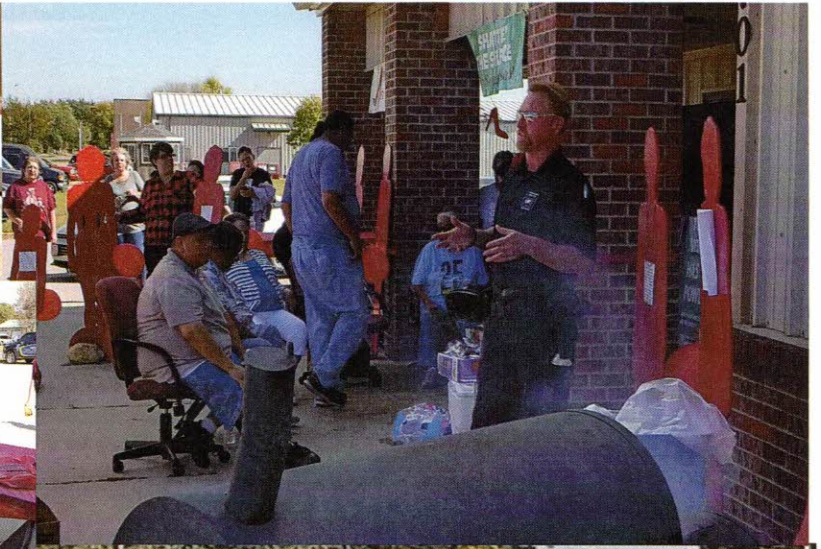
JOIN US
IN RAISING AWARENESS
FOR DOMESTIC VIOLENCE
AWARENESS MONTH



WALK A MILE IN HER SHOES

OCTOBER 3RD FORMER FSST
CLINIC,
GATHER 1 PM WALK 2 PM 701 W BROAD AVE







*"Life truly begins when you retire.
Get ready to explore a new chapter."*

RETIREMENT PARTY
for
LaVonna "Bunny" Allen

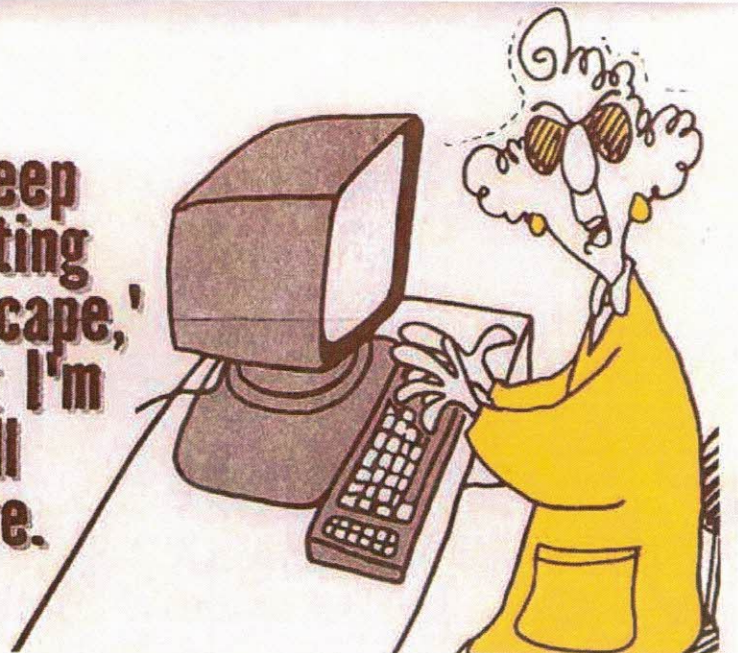
Friday, October 19th
11:00 a.m. -1:00 p.m.
Eastman Hall

Bunny has worked for the
Tribe 39 years!!

Congratulations and
Best Wishes !!!



**I keep
hitting
'escape,'
but I'm
still
here.**



SORRY 4 THE WAIT

BIG SIOUX IRON 5

November 2-4, 2018

Flandreau, SD

1ST: \$1,500

2ND: \$500

3RD: \$200

PLUS PRIZES

5 Players per Roster

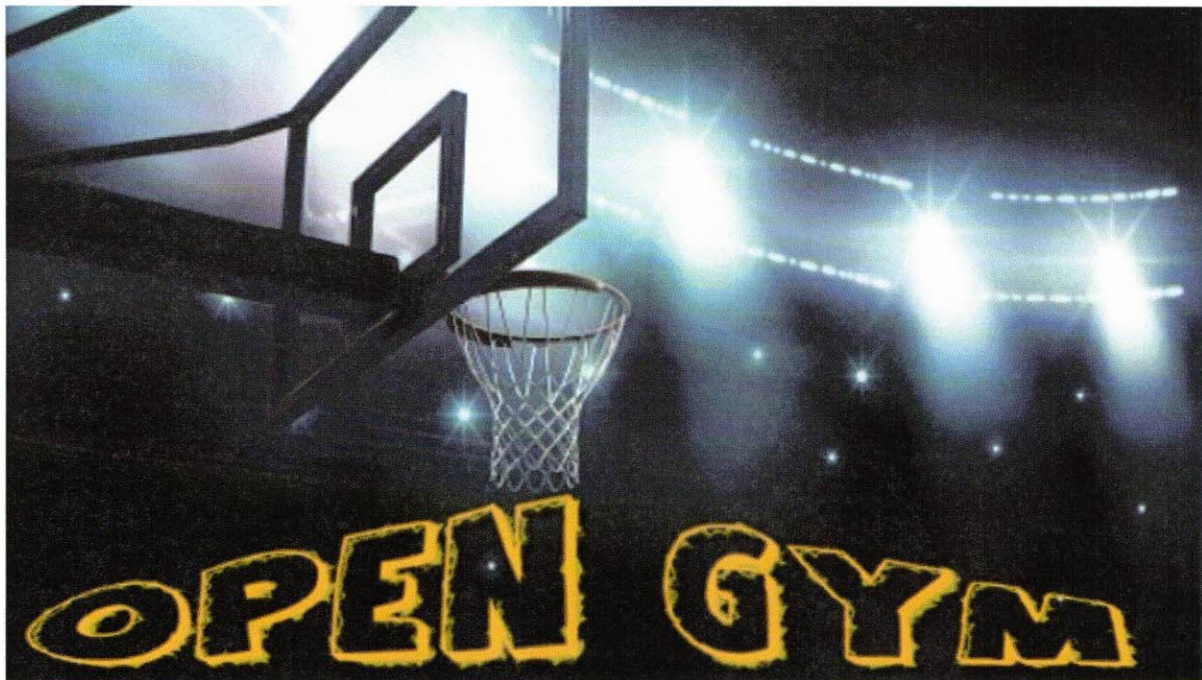
Double-Elimination

18+ to Play

Contact Sylvia to register **(605) 573-4195**

Entry Fee is \$200 due by October 31st.

Entry Fee is \$250 after October 31st.

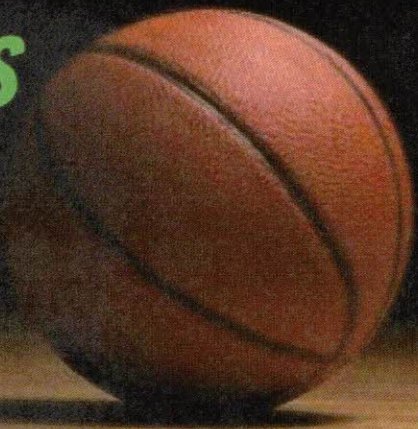


Wednesday Nights

STARTS OCTOBER

CLOSED OCTOBER 10TH & 31ST

7-9PM: 13+ YEAR OLDS



MUST HAVE RECREATION MEMBERSHIP

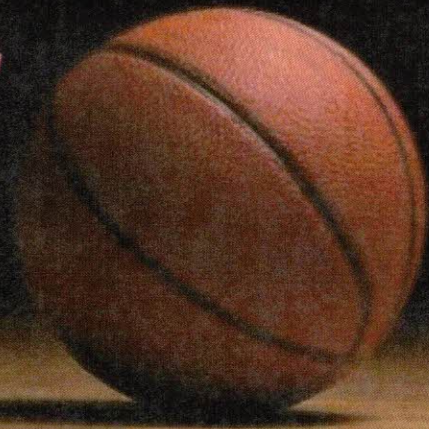


OPEN GYM

Sundays

SEPTEMBER TO NOVEMBER 2018

7-10PM: AGES 13+



Must have Rec. Membership

Wicoicaga Otipi Community Center
Presents



**BASKETBALL
LEAGUES**

STARTS OCTOBER 18TH

THURSDAYS AT 7:00PM

\$150 A TEAM. 10 TO A ROSTER.

OPEN TO MEN AND/OR WOMEN.

AGE 18 OR OLDER.

Register your team TODAY!
Contact Sylvia at (605)573-4195 or
e-mail: sylvia.roy@fsst.org

REMINDER:

TO ALL Qualified FLANDREAU SANTEE SIOUX
TRIBAL MEMBERS WHOM RECEIVE
PER-CAPITA PAYMENTS.

Confirmation of Residency, must be
Submitted to the FSST Tribal Office by

November 1, 2018

“NO EXTENSIONS - NO EXCEPTIONS”

Failure to submit Confirmation of Residency Will
Result in Losing your status as a
“QUALIFIED TRIBAL MEMBER”

And will no longer receive per-capita payments.

All forms are available at the FSST Office, upon completion please
submit to Marcie Walker FSST Membership Services Clerk
during regular business hours

Mon-Thurs 8:00am - 5:00pm Fri 7:30am - 4:00pm.

Thank you for your prompt compliance—Per-capita Committee

Attention

Direct Deposit Members

Per Capita Checks

**will be cut prior to Nov 1st
"Confirmation of Residency"
(COR) due date**

- *Members if you do not want your direct deposit effected submit COR by October 24th or a paper check will be cut.**
- *Checks can be picked up on Nov 1st w/approved COR.**
- *Direct deposit WILL resume once member has submitted approved COR by Nov 1st**



FSST Recreation Department

Nutrition & Fitness

EDUCATION PROGRAM

Monday, Tuesday & Thursdays

3:30-5:30pm

Daily Snack followed with a Physical Activity

Applications available with FSST Recreation Department.

***Students must have appropriate shoes and clothing.

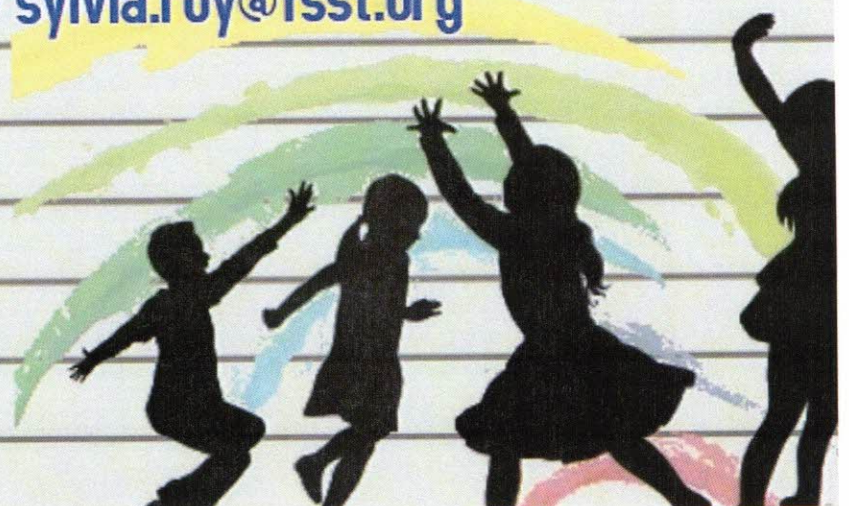
***Students must have own transportation provided.

***Students must be at W.O.C.C. building by 3:50pm.

***Students participation is mandatory of program.

?!s: CONTACT SYLVIA ROY @ 573-4195 OR

E-MAIL @ sylvia.roy@fsst.org



Healthier Vending Machine Incentive Program

October 1st to December 31st 2018

RULES:

Participants may purchase 1 green or yellow beverage and/or 1 green or yellow snack per day during Recreation programs. This must be monitored by a Recreation staff member.

For each item(s) purchased, the purchaser will roll an over-sized die, used by the FSST Recreation, to determine how many points the participant will receive. A list with the first 95 participants will be advertised on the side of the Recreation Department. These points will be accumulated for the period of October 1st to December 31st, 2018. Individual purchases only, no one can purchase item(s) for another individual. Purchases must be made in-person.

This program is for any age, any individual, as long as they have a Recreation Membership and/or are enrolled with the Dakota Language After-School Program.

PROGRAMS:

The programs included but not limited to:

Open Gym

Basketball Leagues

Women's Circle Wednesdays

Tiwahe Nights

Any program ran by the FSST Recreation, flyers are located at front of building.

PRIZES:

First 95 participants receive a FSST REC jump rope.

Top 20 participants by December 31st with the most points receive a hacky sack.

Top participant with the MOST points by December 31st receives a Nintendo Wii console with Wii Sports, Wii Fit Plus with Balance Board and Just Dance 3 video game.

Any questions or comments, please contact Sylvia at (605) 573-4195 or by e-mail: sylvia.roy@fsst.org



Sally Allen 10/2

Mel Crow 10/5

Glenn Rederth 10/10

Rich Nesje 10/12

Eloise Drapeau 10/14

Bill Schumacher 10/15

Liz Wakeman 10/15

Janet Johnson 10/29

Duane Ross 10/31



Shout out from Sylvia!

Happy Birthday to Konrad Roy on September 19th.

Happy Birthday to Darren Roy on October 28th.



Congrats Graduate Kaitlyn Wakeman on successfully receiving your high school diploma from Penn Foster online school!

Love Auntie Marcie



Happy Birthday

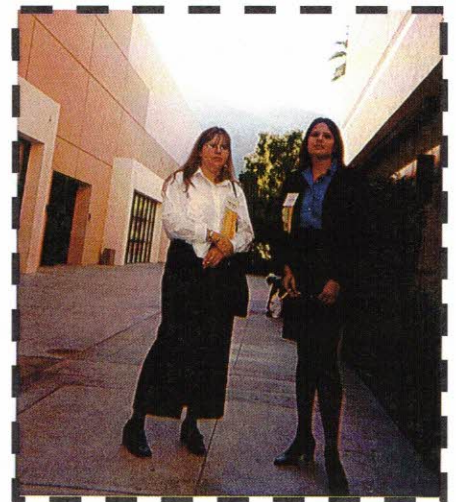
Fyten Sisters

&

Memoriam to

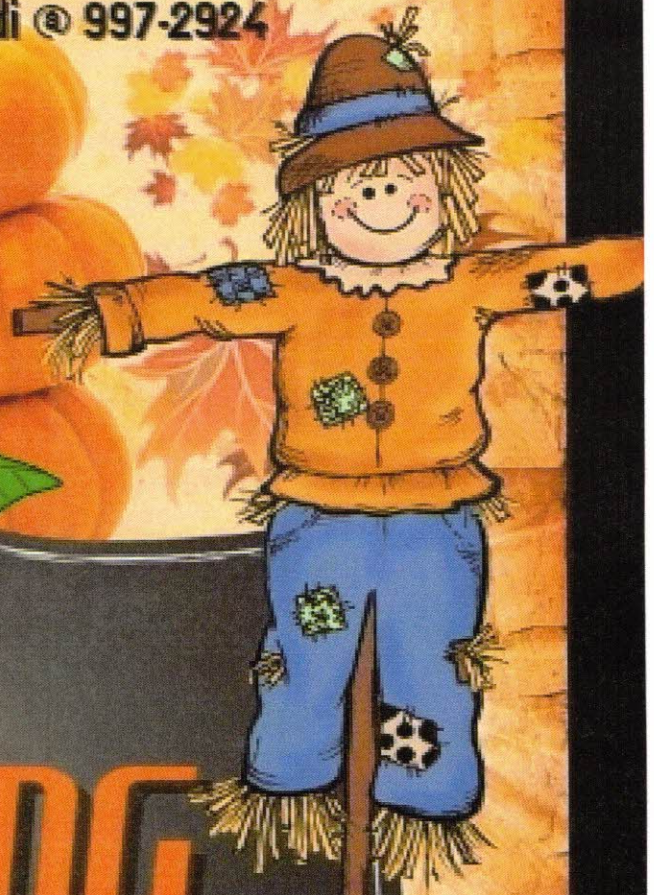
Jennifer Fyten

10/1/64



Rent a table for \$10 to sell your goods!

Contact Gayle or Cyndi @ 997-2924



FALL FUNG

Friday October 26 8am-2pm

Eastman Hall

Fundraiser for Grace Moore Senior Center

Famous Carmel Rolls, Cookies, Bars &

INDIAN TACO'S

TACO & POP OR WATER \$8.00

For Delivery Call 997-2924 or 864-9102



Gaming Ordinance revisions have been BIA approved

Changes are :

- 5yr waiting period is now 1yr
- 90 days off reservation is now 30 days
- Education exemption is more broad
- Treatment exemption is added
- Incarceration person has been added

Section 19-3-2. Qualification for Per Capita Payments.

In accordance with the policy set forth in Section 19-1-1 of this Title, to fairly satisfy the needs of tribal members who contribute to the advancement and self-determination of the Tribe by residing within the Reservation community, to provide incentives to members to return to the Reservation community to further the advancement of tribal self-determination, and to enhance the Reservation community socially, economically and culturally, the Tribe adopts the policy that limits monthly disbursements of per capita payments to qualified tribal members who have physically resided for a **period of one (1) year within the Reservation community**, as those terms are defined in Section 19-1-1.1 of this Title.

Section 19-3-6. Maintaining Residency.

Persons who have been granted a Confirmation of Residency shall maintain physical residency within the Reservation community. Failure to do so shall result in the loss of qualified tribal member status.

Qualified tribal members must notify the Executive Committee or its designee of any change of residency status, including the following:

1. Moving out of the Reservation community, whether temporary or permanent.
2. Leaving the Reservation community for an extended period of **thirty (30) days or more**.

Higher education exemption - In order to qualify for student exemption, the member must be enrolled as a full-time student as determined by the school's registrar. Vocational education or certificate programs are eligible for the higher education exemption if the student meets all other factors.

Students shall be required to submit adequate proof to the Per Capita Committee or its designee of their continuing eligibility to receive this exemption, and students must authorize the Per Capita Office to obtain any information needed from the school in order to verify the student's full time student status. Failure to do so may result in loss of exempt status.

Enrollment in online, general education degree courses, correspondence courses, or other types of distance learning classes do not allow a member to qualify for the student exemption. Any student who is placed on funding suspension through the tribe's higher education program for failing to maintain the minimum credit hour requirements shall lose his or her exempt status. The student shall thereafter be required to renew his or her residency in accordance with this Title to be eligible for the per capita payment.

Because degree programs have different credit and time requirements, there will be no time limitation on this exemption, so long as the student is enrolled full-time. Upon completion or termination of the student's higher education program, the member shall resume physical residence within the Reservation community within ninety (90) days.

continue>>>>>>>

Failure to resume physical residence shall result in loss of exempt status and the member will no longer be deemed a qualified tribal member for per capita purposes.

If the student's higher education exemption expires or terminates and the student wishes to continue receiving the per capita benefits via the higher education exemption, he or she may apply to the Per Capita Committee for a continuation of their exemption. An extension may be granted at the discretion of the Per Capita Committee and is a non-appealable decision.

Students who have qualified for the higher education exemption in the spring semester, and who are enrolled in classes full time in the fall semester immediately following will be allowed to maintain their higher education exemption throughout the summer. Students must furnish proof to the Per Capita Committee that they are actually enrolled in the fall semester full time to be eligible. Students will still be required to apply for the higher education exemption for the upcoming academic year.

Student who have an internship, externship, or student-teaching requirement to obtain their degree will be allowed to continue to receive the higher education exemption during that internship, externship, or student-teaching and will not need to maintain a full-time course load.

In-patient Treatment Exemption - In order to qualify for an exemption for in-patient treatment, the member must have been physically residing within the Reservation community for a period of one continuous year prior to the granting of the exemption. Before leaving the Reservation Community, the member must notify the Per Capita Office in writing, include a letter regarding which treatment facility they are attending and how long treatment will last, and sign a HIPAA Release for any and all medical information provided to the Tribe. Within fourteen (14) calendar days of successful completion or other program termination, the member will be required to notify the Per Capita Committee that they are living within the Reservation community, and provide Confirmation of Residency and other paperwork as required.

Section 19-3-13. Incarcerated Persons.

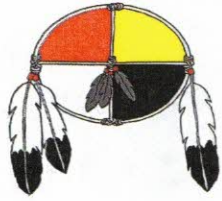
Any qualified member who is incarcerated in a penal institution or otherwise pursuant to a conviction under any criminal law for more than thirty (30) days shall lose qualified status. However, such member shall regain qualified status ninety (90) days after his/her release and reapplication for qualified member status, provided he/she immediately satisfies the definition of physical residence within the Reservation Community. Upon release from incarceration, the member shall complete an application and provide documentation for Confirmation of Residency. Failure to provide such documentation, or to notify the Executive Committee or its designee of any change in sentencing which effects residency status within fourteen (14) days of release, will result in denial of confirmation of residency. Incarceration shall include living in a half-way house, court-ordered treatment, house arrest, or any other type of living situation in which the individual is not free to leave on their own will at any time.

- You must apply with per capita office to start your one (1) year. Date stamped by Member service clerk is start date of one (1) yr. **NO back dating** . It would be to your advantage to submit semi annual Confirmation of residency when qualified members do (May 1 & Nov 1)

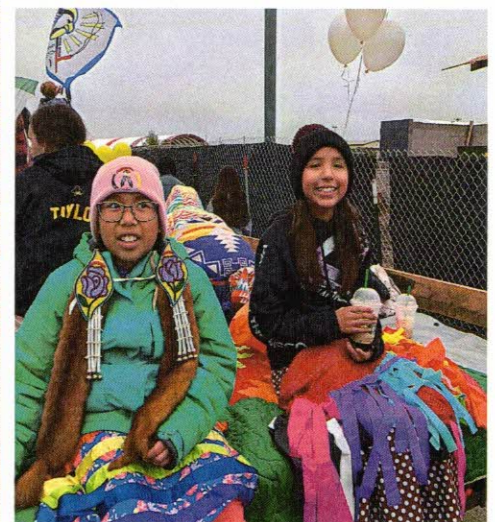
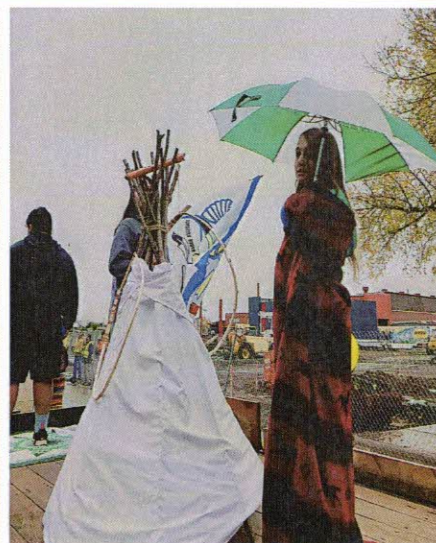
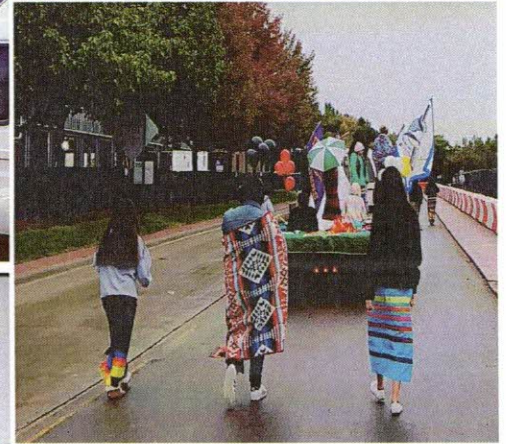


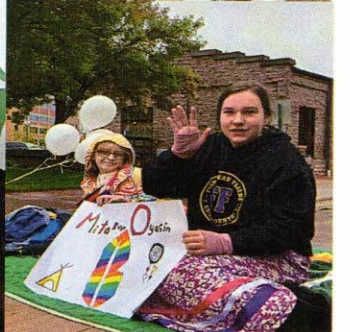
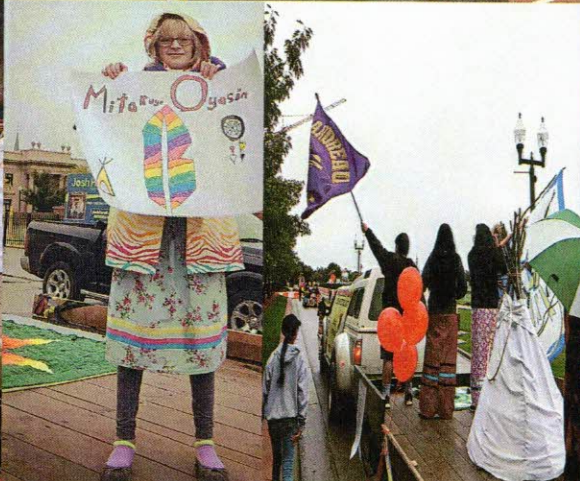
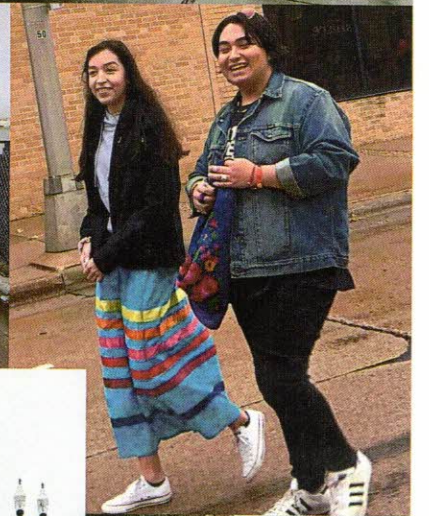
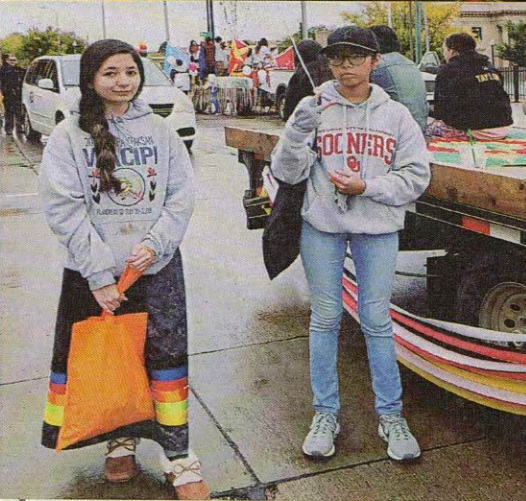
Native American Day Parade

Oct 8



South Dakota tribes participated in the Native Americans' Day parade Monday, Oct. 8, in downtown Sioux Falls. The theme this year was "Honoring Our Elders."



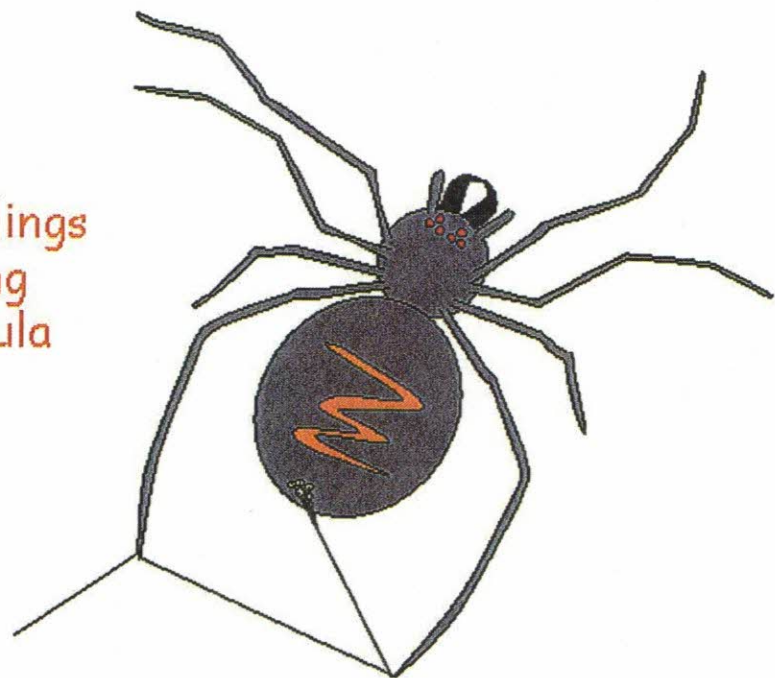


Spider Word Search

G V Y F S R Z J T O X S T H E
P O I S O N O U S V T D A F G
T R E S E D K Y I R S I R B G
F A N G S B E L E P U N A T S
S G N I L R E D I P S H N C O
W A N J Y Y I N P S U C T E B
G I J H E P N S G E L A U S E
A X D S S I T M Q T I R L N W
W N A O N W G N A E S A A I H
O H L G W J V F N N I C D I E

Arachnids
Desert
Eggs
Eyes
Fangs
Insect
Legs
Poisonous

Silk
Spider
Spiderlings
Spinning
Tarantula
Web
Widow



ROYAL RIVER HOTEL & CASINO OCTOBER PROMOTIONS

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.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GO TO ROYALRIVERCASINO.COM FOR THE LATEST PROMOTIONS AND ENTERTAINMENT!	1 FALL INTO FREE PLAY 12PM - 8PM	2 FALL INTO FREE PLAY 12PM - 8PM <small>STEAK NIGHT 5:00PM \$7.77</small>	3  EARN & GET CASINO POINTS WITH YOUR ROYAL REWARDS CARD	4  CALD A DAMS 8AM - 12AM 10AM - 1PM 3PM - 10PM	5  5PM - 10PM <small>SATURDAY NIGHT SHEET 5-9PM</small>	6  5PM - 10PM <small>SATURDAY NIGHT SHEET 5-9PM</small>
7  3PM - 8PM <small>with thousands of cash</small>	8  FALL INTO FREE PLAY 12PM - 8PM	9  FALL INTO FREE PLAY 12PM - 8PM <small>STEAK NIGHT 5:00PM \$7.77</small>	10  EARN & GET CASINO POINTS WITH YOUR ROYAL REWARDS CARD	11  CALD A DAMS 8AM - 12AM 10AM - 1PM 3PM - 10PM	12  5PM - 10PM <small>SATURDAY NIGHT SHEET 5-9PM</small>	13  5PM - 10PM <small>SATURDAY NIGHT SHEET 5-9PM</small>
14  3PM - 8PM <small>with thousands of cash</small>	15  FALL INTO FREE PLAY 12PM - 8PM	16  FALL INTO FREE PLAY 12PM - 8PM <small>STEAK NIGHT 5:00PM \$7.77</small>	17  EARN & GET CASINO POINTS WITH YOUR ROYAL REWARDS CARD	18  CALD A DAMS 8AM - 12AM 10AM - 1PM 3PM - 10PM	19  5PM - 10PM <small>SATURDAY NIGHT SHEET 5-9PM</small>	20  5PM - 10PM <small>SATURDAY NIGHT SHEET 5-9PM</small>
21  3PM - 8PM <small>with thousands of cash</small>	22  FALL INTO FREE PLAY 12PM - 8PM	23  FALL INTO FREE PLAY 12PM - 8PM <small>STEAK NIGHT 5:00PM \$7.77</small>	24  EARN & GET CASINO POINTS WITH YOUR ROYAL REWARDS CARD	25  CALD A DAMS 8AM - 12AM 10AM - 1PM 3PM - 10PM	26  5PM - 10PM <small>SATURDAY NIGHT SHEET 5-9PM</small>	27  5PM - 10PM <small>SATURDAY NIGHT SHEET 5-9PM</small>
28  3PM - 8PM <small>with thousands of cash</small> TRUCK GIVEAWAY AT 8PM	29  FALL INTO FREE PLAY 12PM - 8PM	30  FALL INTO FREE PLAY 12PM - 8PM <small>STEAK NIGHT 5:00PM \$7.77</small>	31  EARN & GET CASINO POINTS WITH YOUR ROYAL REWARDS CARD			



 1.877.912.LUCK
 ROYALRIVERCASINO.COM
 607 S VETERANS ST
 FLANDREAU, SD


HIGHWAY
 with thousands of cash


FRIDAY & SATURDAY
 5PM - 10PM

SUNDAY
 3PM - 8PM

EARN 10 POINTS OR HIGHER FOR YOUR CHANCE TO BE SELECTED VIA RISK DRAWINGS TO PLAY THE HIT THE HIGHWAY WITH TRUCKLOADS OF CASH BOARD GAME.

FALL INTO FREE PLAY
 MONDAYS & TUESDAYS
 MORNING HOT SEATS | 9AM - 8PM

October 2018 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Stroganoff Over Noodles Green Beans	2 Chicken Salad on Croissant Broccoli Salad Apple Crisp	3 Pork Chops with Onion Gravy Stuffing California Blend Veggies Peach Dump Cake	4 Sloppy Joe's Mac. Salad Chips Vanilla Pudding w/ Bannana's	5 Wild Rice Soup Ham Salad Sand. Festive Tossed Salad Glazed Donuts
8 CLOSED for Madhya American Day	9 Soft Shell Taco Red Bean Casserole Ice Cream Kup	10 BIRTHDAY MEAL Oven Baked Chicken Mashed Potato/gravy Broccoli w/cheese sauce Autumn Apple Salad cake	11 Scallop Potato w/ Ham Butter Squash 7 Layer Salad Pie	12 Ham & Bean Soup Egg Salad Sandwich Corn Bread Strawberry Jam Bar
15 Chili Dogs Fries Baked Beans Cranberry Bar	16 Grilled Roast Beef Sandwich Roasted Potato's Broccoli/cauliflower Salad dessert	17 Short Ribs Baked Potato Harvard Beets Apple Tart	18 Potato Soup Meat & Cheese Platter Pickles Cookies	19  CLEANING DAY CENTER CLOSED
22 Pancakes Scrambled Eggs Bacon/sausage Various cereals Muffin	23 Taco Salad Spanish Rice Choc. Zucchini Cake Instant Fruit Salad	24 Chicken Tenders Brussel sprout bake Potato's O'Brien Royal Salad Brownies	25 Tomato Bisque Grilled Cheese Sandwich Strawberry Spinach Salad Cookies	26 FALL FLING EASTMAN HALL 8:00-2:00
29 Home-made Pizza Apple Pecan slaw Apricots	30 Hamburgers Kris Mac. Salad Chips Apple Pie	31 Smoked Sausage w/sour Kraut Parsley Potato's Stewed Tomato's Rhubarb Dessert		

Grace Moore Senior Citizens Center 997-2924

*Menu subject to change without notice.