

# Flandreau Santee Sioux Tribe Monthly Newsletter

## September 2019

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

## ***New Tribal Apartments Arrive!!!***



Two of the four are here they started out at 8 am this morning from Madison arrive in Flandreau 3:30 pm.



Contact Shell at housing for more information



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](mailto: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 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 typewritten (or computer generated) format. They can be submitted directly to Marcie Walker in hardcopy, on disk or via email at:*

[marcie.walker@fsst.org](mailto: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*





**Come celebrate FSST employees' Birthdays this month!**

**Wednesday, September 4th at Noon**

# September Birthday Cake

|                           |             |
|---------------------------|-------------|
| <b>Mark Allen</b>         | <b>3rd</b>  |
| <b>Sarah Benting</b>      | <b>9th</b>  |
| <b>Shantel Quaintance</b> | <b>10th</b> |
| <b>Rosemary Crow</b>      | <b>11th</b> |
| <b>Kiya Beaulieu</b>      | <b>13th</b> |
| <b>Richard Jones</b>      | <b>14th</b> |
| <b>Major Redwing</b>      | <b>14th</b> |
| <b>Laurel Ykema</b>       | <b>14th</b> |
| <b>Tyler Rambeau</b>      | <b>15th</b> |
| <b>Mariah Henderson</b>   | <b>19th</b> |
| <b>Gayle Soward</b>       | <b>20th</b> |
| <b>Sierra Cates</b>       | <b>25th</b> |
| <b>Brett LaCroix</b>      | <b>28th</b> |
| <b>Dina Garcia</b>        | <b>30th</b> |

Wish our September Birthday Employees a Happy Birthday and enjoy a slice of birthday cake with them. A birthday cake will be placed in both the Tribal Office and the Tribal Health Clinic Breakrooms at noon. FSST Management would like to wish those of you with birthdays in September a

**Happy Birthday!**

**SAVE THE DATE**

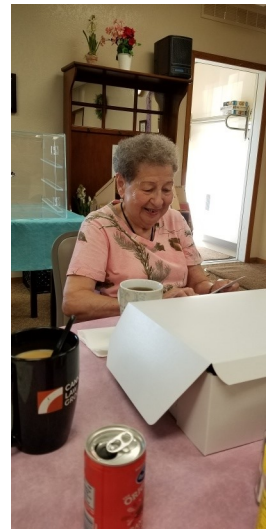
**FSST Tribal Dinner October 24, 2019**  
more details to come!

**Happy Birthday**



**Happy Birthday Sissy on Sept 20th!!**  
**Love Always, Your Baby Sis!**

**Happy Birthday To Our Oldest Tribal Member**  
**Beverly Wakeman**



**Thank You Maintenance for the**  
**Awesome Job!!!**  
**From: Jackie Barse**



# Understanding Dementia

*By Richard P. Holm, MD*

Over a six-month period, a 78-year-old businessman with a clever wit and superb leadership skills became less able to talk. He gradually became more confused and lost his ability to learn new things. In the end, he lost his capacity to swallow well and started inhaling some liquids and food until finally pneumonia gently shuffled him off this mortal coil.

Dementia is a progressive deterioration of intellect, memory and social skills which, by definition, interferes with normal activities and relationships. It is an umbrella term which includes various types and causes. Alzheimer's disease and vascular disease (caused by small and large strokes) make up the lion's share of dementias. Other rarer forms of dementia include frontotemporal dementia, Lewy body dementia, traumatic brain injury and various combinations of any of these conditions.

Classic Alzheimer's accounts for more than 60 percent of dementias. Early symptoms include recent memory loss or loss of the ability to learn a new thing. Until very late in the disease, people



with Alzheimer's usually retain the capacity to walk normally. Gait abnormalities, by comparison, are usually found with most of the other causes of dementia. It is important to note that some people can have gait abnormalities without dementia. (Try to walk a mile a day, if you are able.)

The prevalence of dementia increases with age. Five percent of those aged 71 to 79 have dementia, while the incidence increases to 38 to 50 percent in those 90 or older.

This also means more than 50 percent of the very old DO NOT HAVE DEMENTIA.

Your care provider should evaluate and treat, if apropos, some often reversible or temporary causes for dementia-like symptoms. These include depression, low thyroid, certain infections, multiple sclerosis, low blood sugars, too low or too high sodium or calcium, chronic alcohol use, malnutrition (along with vitamin B1, B12 and D deficiency), dehydration, bleeding under

the lining of the skull of the brain, poisoning from heavy metals or pesticides, smoking, high levels of carbon monoxide (check your furnace), low levels of oxygen, moderate to severe sleep apnea, brain tumors, any major medical illness and, last but not least, side effects from certain medications (especially tranquilizers like Ativan or Xanax). Look at that list again and make sure those conditions are considered when you or your loved one is first being evaluated for dementia.

Beware of scammers, who are thick as thieves, looking to sell you false treatments. For more credible information about dementia, go to [medlineplus.gov](http://medlineplus.gov). There is no changing the devastating nature of dementia but knowing all about it can help.







# Aloha

## Senior Center Hawaiian Luau





# Free Food for Families in Need



**Are you struggling with providing nutritious foods for your family?  
Having to choose between groceries and rent, or other bills each month?**

Feeding South Dakota is bring a mobile food distribution to your area.

Food distributions provide an assortment of food that may include frozen and fresh produce, frozen meats, assorted breads and/or assorted canned and boxed items.

*Please bring something to carry your food (cooler, bags, totes, etc.)*

## **Next Food Giveaway Near You:**

**FLANDREAU**

**Mondays: July 15, August 19, September 16**

**2:00 to 3:00**

**Parking lot south of Maynard's, 108 N. Crescent**

Feeding South Dakota is a statewide organization with locations in Pierre, Rapid City, and Sioux Falls. Their mission is to eliminate hunger in South Dakota. For more information or to make a donation to support food giveaways, please visit [feedingsouthdakota.org](http://feedingsouthdakota.org).



## *Prairie Doc® Perspectives –*

# The value of family love

*By Richard P. Holm MD*

I appreciate how the old prayer goes, “Bless the food before us, the family beside us, and the love between us...”

A few years back, our youngest son, had a break-in at his home and they took his computer with all his pictures as well as his original created songs. They also got away with my old film-dependent camera with a bunch of undeveloped pictures my son had taken. He decried that it wasn't the loss of the computer or the camera, it was the loss of memories and ideas contained within. He was dismayed that he dreamt he caught the thieves breaking into his house and in his dream, he choked them and hit them with a baseball bat.

It brought back the memory of advice one of my patients gave me one day, “If you want to destroy your enemy, make them hate.” I know how self-destructive hate can be. In that sense, the thieves got my son twice, once for the robbery and once for the deep anger they instilled in his heart.

Maybe once a year I watch a family self-destruct as children of a dying parent return from afar to criticize the choices that the local family had made, often demanding more aggressive care when the parent is at the end and it is time to let go.

I have seen lawyers at the bedside of a borderline-competent patient working a change in the will, giving more land to one child than another, resulting in the blackest of disharmony between kids that had grown

up together as family and who will never speak to each other again.

I have seen widows and widowers remarry and find joy once again after the sad death of a spouse, only to have children selfishly scrambling for the spoils of the inheritance, leaving someone in the equation without their fair share. Truly there is nothing more heart-breaking than to see such destructive behavior among family members.

But this does not always happen. In fact, more often than not, the death bed of a parent brings some great moments of joy. One family I remember in particular, surrounded their dying mother with harmonious hymns in that hospital room as they had the family reunion

that hadn't occurred in many years. Families most often come together around a dying parent or sibling joyously sharing of family memories while supporting and loving the one leaving.

Our son found a way to let go of the loss and anger following the robbery and moved on to new equipment and even better creativity.

It isn't the material stuff in front of us, it is the family beside us, and the love between us.

\*\*\*\*\*

For free and easy access to the entire Prairie Doc® library, visit [www.prairiedoc.org](http://www.prairiedoc.org) and follow Prairie Doc® on Facebook, Instagram and Twitter featuring On Call with the Prairie Doc® a medical Q&A show streaming on Facebook and broadcast on SDPTV most Thursdays at 7 p.m. central.



*Welcome to the World Sweet baby Boy!!!*

**Layne Calvin Soward**

Sept 3, 2019

7Lbs 11 oz

20 inches long

Proud Parents: Adam & Megan Soward

Proud Grandparents: Gayle & Calvin Soward

Proud Brother: Ashton & Hendrix Soward







# Attendance Matters

All Day, Every Day—Anpetu Iyohi, Anpetu Ataya

Pay Attention to ATTENDANCE:  
Keep your child on TRACK

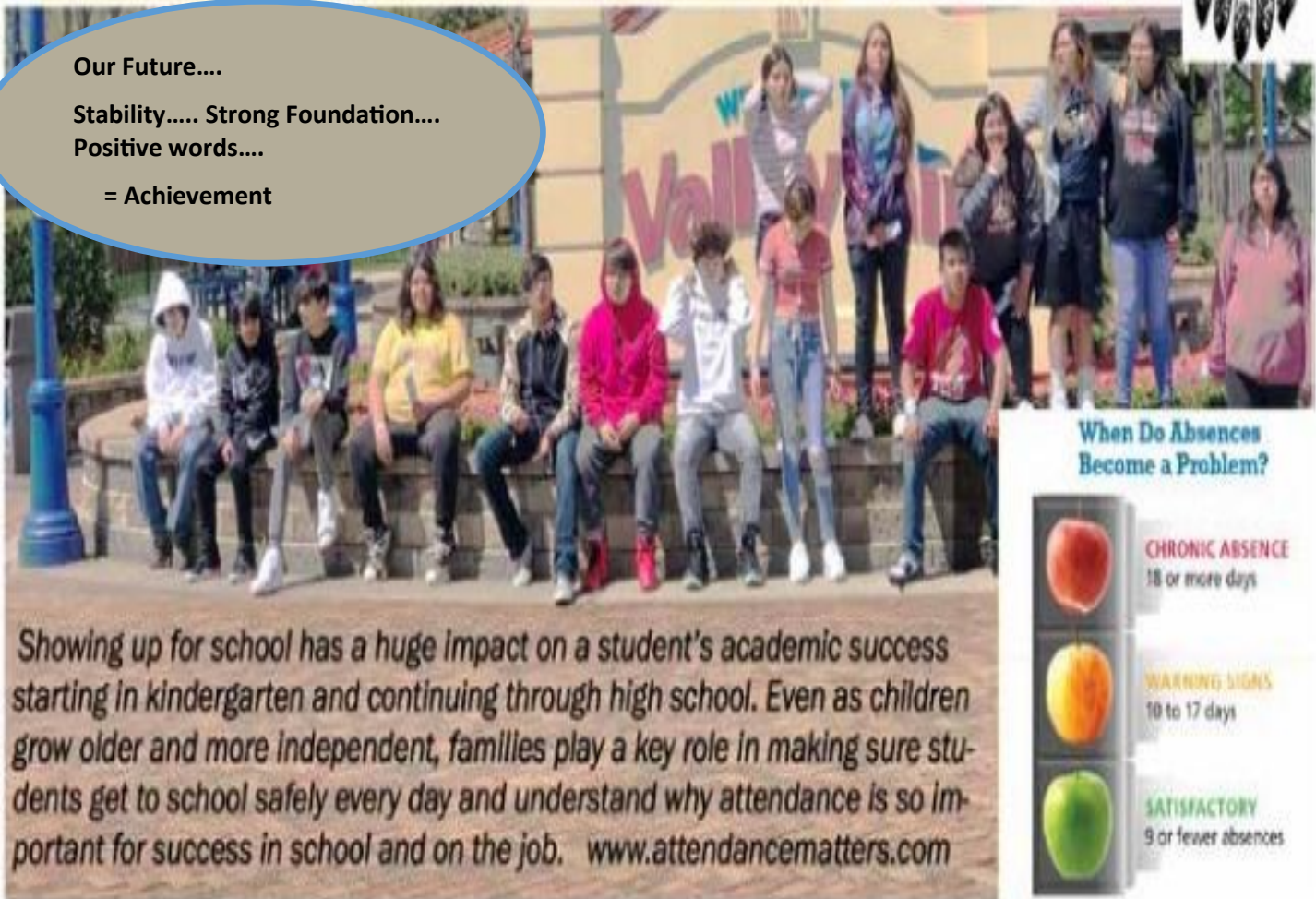
## WHAT YOU CAN DO

### Make school attendance a priority

- Talk about the importance of showing up to school everyday, make that the expectation.
- Help your child maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and medical appointments during the school day.
- Don't let your child stay home unless truly sick. Complaints of headaches or stomach aches may be signs of anxiety.



Our Future....  
Stability..... Strong Foundation....  
Positive words....  
= Achievement



Showing up for school has a huge impact on a student's academic success starting in kindergarten and continuing through high school. Even as children grow older and more independent, families play a key role in making sure students get to school safely every day and understand why attendance is so important for success in school and on the job. [www.attendancematters.com](http://www.attendancematters.com)

### When Do Absences Become a Problem?

|  |  |
|--|--|
|  | <b>CHRONIC ABSENCE</b><br>18 or more days  |
|  | <b>WARNING SIGNS</b><br>10 to 17 days      |
|  | <b>SATISFACTORY</b><br>9 or fewer absences |





## Editorial: Time to end Noem's 'reefer madness'

Argus Leader Editorial Board – Aug. 23, 2019 – Every so often, a news story emerges from South Dakota that underscores the relative lack of enlightenment among state leadership. The fact that we've become accustomed to it doesn't mean it should continue.

The latest face palm occurred when a Minnesota hemp delivery driver was pulled over while transporting nearly 300 pounds of industrial hemp through South Dakota in July. He was arrested and charged with marijuana possession after a state trooper found two bags full of a "green leafy substance" that the driver was transporting from Denver to a processor in Minneapolis.

The Minnesota Hemp Association quickly called out South Dakota for violating the 2018 Farm Bill, which federally legalized industrial hemp to be used in products such as clothing, food and construction materials. Federal guidelines assert that states cannot prohibit interstate transportation of hemp that meets legal standards, including a low threshold of THC, the substance that produces the "high" associated with marijuana.

That's not a problem in most cases, since 47 states have passed laws to allow for industrial hemp cultivation and production, giving farmers an alternate crop and revenue source in challenging times.

Brace yourself for this: South Dakota is not one of those states. The reason is that Gov. Kristi Noem has a "reefer madness"-type fear that approving hemp is akin to legalizing mind-altering marijuana, which doesn't square with the facts.

Noem vetoed an industrial hemp bill passed by the state legislature last session, calling it "part of a larger strategy to undermine enforcement of the drug laws and make legalized marijuana inevitable."

Experts countered that the only inevitability was that hemp production will occur. It's simply a matter of whether South Dakota farmers will get passed over by tribal interests or producers in neighboring states, losing out on a chance to broaden their agricultural operations.

Legislators are keenly aware of that concern, as well as ongoing dispute over a state law that makes cannabidiol (CBD) oils and lotions an illegal narcotic in South Dakota. Lawmakers from both parties are studying the issue this summer in advance of the 2020 session in Pierre, when they're likely to make another run at a hemp-friendly statute.

This time, emboldened by further research and the realization that the clock is ticking on building the infrastructure for testing and processing, there could be enough support to override a veto from the governor's desk.

Of course, the state would be better served if Noem and her administration showed flexibility on a rapidly growing industry that has little effect on public safety compared to top-tier drug concerns such as opioids and meth.

At a time when many South Dakota farmers and ranchers are feeling the pinch, it's notable that a governor who ran on agricultural awareness would snuff out a potential revenue source due to a misplaced concern over drug enforcement.

Noem's contention that it could be "reckless to introduce a product that has serious implications on the health and safety of the next generation" is ironic considering her support for permit-less concealed carry of handguns, a measure that was opposed by law enforcement organizations.

It's difficult to pass significant legislation against the will of a governor, especially within the framework of South Dakota's single-party rule. Let's hope legislators studying the issue come armed with enough facts to persuade Noem to lower her resistance and become enlightened on this issue.

If that fails, it's probably time to let progress march on without her.





## Robert (Bob) W. Reider

September 25, 1953 –August 22, 2019



Robert (Bob) W. Reider, 65 of La Crescent, MN, died unexpectedly on Thursday, August 22, 2019 at Valley High Golf Course in Houston, MN. He was born in La Crosse on September 25, 1953 to Winston and Mary (Hengel) Reider.

A life-long resident of Houston County, he graduated from La Crescent in 1971 and was the first graduating class to complete k through 12 at La Crescent High School which opened in 1966. He was captain of the defense on the only undefeated football team La Crescent's history. Bob's love of music brought him north to Winona State in which he pursued a degree in Music. During his time at Winona State he met Linda and they married in 1974. Falling short of graduating by a couple of credits he started his career in Law Enforcement where he worked for the cities of Chatfield, Caledonia, Hokah, and La Crescent and was Chief of police at these cities. Bob retired from Law Enforcement in 2003 from Houston County as Chief Deputy. He was a real go get her during his early retirement career as he would drop Linda off at work and then would "go get her!" In 2008 he successfully defeated Esophageal Cancer. During retirement he was able to refocus on his golf game which he loved to play with family and friends. His best day on the golf course was the day he was able to start playing golf from the Senior Tees! He especially loved to watch his grandkids participate in their sporting and theater events. Words used by his family to describe him are Caring, Laughing, happy, Jokes, Jovial, compassionate, understanding, familyman, always there to lend a helping hand, stand by his convictions and his friends, Rotarian.

Bob was preceded in death by his parents, a sister in law Mary, many aunts and uncles and one niece. A large list of survivors include His wife Linda, Sons Rob and Tony (Carrie), Grandchildren, Sami, Blake, Jada, Carson, Cassi, Lexi, and Brody. Siblings Kay (Bob) Kies, Mary Lou (Jeff) Johnson, Maza (Larry) Czechowicz, Albert, Jimmy (Carol) Reider, numerous nieces and nephews, great nephews and great nieces, and great great nephews and great great nieces. Uncle Roland-Tuffy (Jan) Reider, Uncle Tommy (Maria) Hengel, Aunt Diana Janisch, Aunt Barb Craig along with 8 exchange students.

Funeral services will be held at 11 am on Tuesday, August 27, 2019 at Prince of Peace Lutheran Church in La Crescent. Pastor Michael Woods will officiate. Burial will follow in Hiler Cemetery, Nodine, MN. Friends may call on the family Monday evening at the church from 4 until 7 pm and again at the church on Tuesday from 10 am until the time of services. Schumacher-Kish funeral and cremation services is in charge of arrangements.



# America is dying

*Words of Floyd Red Crow Westerman*

We were told that we would see America come and go.

In a sense America is dying, from within, because they forgot the instructions of how to live on earth.

It's the Hopi belief, it's our belief, that if you are not spiritually connected to the earth, and understand the spiritual reality of how to live on earth, it's likely that you will not make it.

Everything is spiritual, everything has a spirit, everything was brought here by the creator, the one creator.

Some people call him God, some people call him Buddha, some people call him Allah, some people call him other names. We call him Tunkaschila ... Grandfather.

We are here on earth only a few winters, then we go to the spirit world.

The spirit world is more real than most of us believe.

The spirit world is everything.

Over 95% of our body is water.

In order to stay healthy you've got to drink good water.

Water is sacred, air is sacred.

Our DNA is made out of the same DNA as the tree, the tree breathes what we exhale, we need what the tree exhales.

So we have a common destiny with the tree.

We are all from the earth, and when earth, the water, the atmosphere is corrupted then it will create its own reaction.

The mother is reacting.

In the Hopi prophecy they say the storms and floods will become greater.

To me it's not a negative thing to know that there will be great changes.

It's not negative, it's evolution.

When you look at it as evolution, it's time, nothing stays the same.

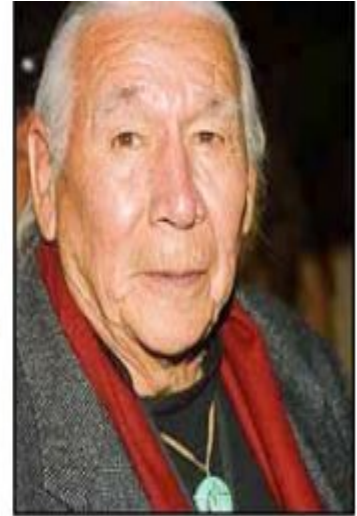
You should learn how to plant something.

That is the first connection.

You should treat all things as spirit, realize that we are one family.

It's never something like the end.

It's like life, there is no end to life.





# FENTANYL<sup>†</sup>

## SAFETY RECOMMENDATIONS FOR FIRST RESPONDERS

<sup>†</sup> For the purposes of this document, fentanyl, related substances, and synthetic opioids (herein after referred to as fentanyl<sup>†</sup>) includes fentanyl analogues (e.g., acetylfentanyl, acrylfentanyl, carfentanil, furanylfentanyl), novel synthetic opioids (e.g., U-47700), and other drugs that may be laced with these substances.

- ▶ **The abuse of drugs containing fentanyl<sup>†</sup> is killing Americans. Misinformation and inconsistent recommendations regarding fentanyl<sup>†</sup> have resulted in confusion in the first responder community.**
- ▶ You as a first responder (law enforcement, fire, rescue, and emergency medical services (EMS) personnel) are increasingly likely to encounter fentanyl<sup>†</sup> in your daily activities (e.g., responding to overdose calls, conducting traffic stops, arrests, and searches).
- ▶ This document provides scientific, evidence-based recommendations to protect yourself from exposure.

### WHAT YOU NEED TO KNOW

- ▶ Fentanyl<sup>†</sup> can be present in a variety of forms (e.g., powder, tablets, capsules, solutions, and rocks).
- ▶ Inhalation of airborne powder is MOST LIKELY to lead to harmful effects, but is less likely to occur than skin contact.
- ▶ Incidental skin contact may occur during daily activities but is not expected to lead to harmful effects if the contaminated skin is promptly washed off with water.
- ▶ Personal Protective Equipment (PPE) is effective in protecting you from exposure.
- ▶ Slow breathing or no breathing, drowsiness or unresponsiveness, and constricted or pinpoint pupils are the specific signs consistent with fentanyl<sup>†</sup> intoxication.
- ▶ Naloxone is an effective medication that rapidly reverses the effects of fentanyl<sup>†</sup>.

#### Actions to take . . .

##### To protect yourself from exposure

- ▶ Wear **gloves** when the presence of fentanyl<sup>†</sup> is suspected.
- ▶ **AVOID actions that may cause powder to become airborne.**
- ▶ Use a properly-fitted, NIOSH-approved **respirator ("mask")**, wear **eye protection**, and minimize skin contact when responding to a situation where small amounts of suspected fentanyl<sup>†</sup> are visible and may become airborne.
- ▶ Follow your department guidelines if the scene involves large amounts of suspected fentanyl<sup>†</sup> (e.g., distribution/storage facility, pill milling operation, clandestine lab, gross contamination, spill or release).

##### When exposure occurs

- ▶ Prevent further contamination and notify other first responders and dispatch.
- ▶ Do not touch your eyes, mouth, nose or any skin after touching any potentially contaminated surface.
- ▶ Wash skin thoroughly with cool water, and soap if available. **Do NOT use hand sanitizers as they may enhance absorption.**
- ▶ Wash your hands thoroughly after the incident and before eating, drinking, smoking, or using the restroom.
- ▶ If you suspect your clothing, shoes, and PPE may be contaminated, follow your department guidelines for decontamination.

##### If you or other first responders exhibit

- **Slow Breathing or No Breathing**
- **Drowsiness or Unresponsiveness**
- **Constricted or Pinpoint Pupils**
- ▶ Move away from the source of exposure and call EMS.
- ▶ Administer naloxone according to your department protocols. Multiple doses may be required.
- ▶ If naloxone is not available, rescue breathing can be a lifesaving measure until EMS arrives. Use standard basic life support safety precautions (e.g., pocket mask, gloves) to address the exposure risk.
- ▶ If needed, initiate CPR until EMS arrives.



#### Collaborative Support From:

- American College of Emergency Physicians
- American College of Medical Toxicologists
- American Industrial Hygiene Association
- Association of State and Territorial Health Officials
- Association of State Criminal Investigative Agencies
- Fraternal Order of Police

- International Association of Chiefs of Police
- International Association of Fire Chiefs
- International Association of Fire Fighters
- Major Cities Chiefs Association
- Major County Sheriffs of America
- National Alliance of State Drug Enforcement Agencies

- National Association of Counties
- National Association of County and City Health Officials
- National Association of Emergency Medical Technicians
- National Association of EMS Physicians
- National Association of State EMS Officials

- National Governor's Association
- National HOTA Directors Association
- National Narcotic Officers' Associations' Coalition
- National Sheriff's Association
- National Volunteer Fire Council
- Police Executive Research Forum
- Police Foundation

<https://www.whitehouse.gov/ondcp/key-issues/fentanyl>



Flandreau Santee Sioux Tribe

# LIAISONS

# School

## FOCUS

Our program was created in response to the problems our Native American parents and students have identified as being obstacles to academic success.

This program advocates for Native students' needs concerning in-school academic, cultural and social activities offered at the Flandreau Public Schools.

## Contact Info

**Elementary School** Elizabeth Sheely  
elizabeth.sheely@fsst.org

**Middle School** Stephanie Langdeau  
stephanie.langdeau@fsst.org

**High School** Christin Weston  
605-864-9563  
christin.weston@fsst.org

## SERVICES K-12

**WE** create individual student education plan for academic success

**WE** offer post-secondary opportunities (college visits/fair, FAFSA assistance, etc.)

**WE** offer student skills building workshops (personal finance, test taking, etc.)

**WE** advocate for all Native students in the Flandreau School District

**WE** advise the Middle School & High School Student Advisory Council

**NEW LOCATION**  
**Middle school**  
**room 214**





# *Flandreau Santee Sioux Tribe*

---

*P.O. Box 283 Flandreau, SD 57028*

*Ph. 605-997-3891*

*Fax 605-997-3878*

Website: [www.santeesioux.com](http://www.santeesioux.com)

## TRIBAL MEMBER FUNERAL CHECKLIST

- Tribal Member Funeral Donation – fill out Tribal Assistance Form, a copy of the death certificate needs to be turned into enrollment and then the payment will be sent to the funeral home
- Star Quilt – request from Tribal Member family
- Rooms at the Casino – for immediate family, at the request of the family, Tribe will contact RRC
- Funeral Venue – at the request for the family - Community Center or Eastman Hall (whichever is available)
- Funeral Meal – if requested, the Tribe will contact RRC
- P.D. Escort – Tribe will contact the FSST Police Dept. at the family's request
- Headstones – thru the THPO office, contact Garrie Kills A Hundred (if there are any available)
- Plot – contact Sally Allen or Cyndi Weddell for 1<sup>st</sup> Presbyterian Church Cemetery
- Cemetery – contact maintenance to prepare plot
- Funeral Expenses – payments may be set up thru General Welfare Assistance and any bonus check (if a payment is available)





# OPEN GYM

TUESDAY NIGHTS

Aug: 6, 13 & 20

Sept: 3, 10, 17 & 24



7-9PM:

13+ YEARS OLD

Must have Rec. Membership



**FSST RECREATION CENTER PRESENTS:**

# CO-ED VOLLEYBALL LEAGUE

*at Wicoicaga Center*

**AGES: 18+**

**SEPTEMBER**  
*Thursdays*

*6-8pm*



**EACH TEAM MUST  
HAVE 3 FEMALES & 3  
MALES PER TEAM.  
SUBS ARE OPTIONAL.  
TOURNAMENT  
FOLLOWING LEAGUE.**

**CONTACT SYLVIA  
FOR MORE  
INFORMATION:  
573-4195**



FSST RECREATION PRESENTS

BEAN BAG ♥ LADDER BALL  
**LEAGUE**  
wednesdays

september 4 to october 9

Matches start at 6:30pm

RULES OF LEAGUE:

Team of 2 people.

Adult & Child.

Alternates may be used.

Prizes for Teams who  
participate every week.

Must have fun.

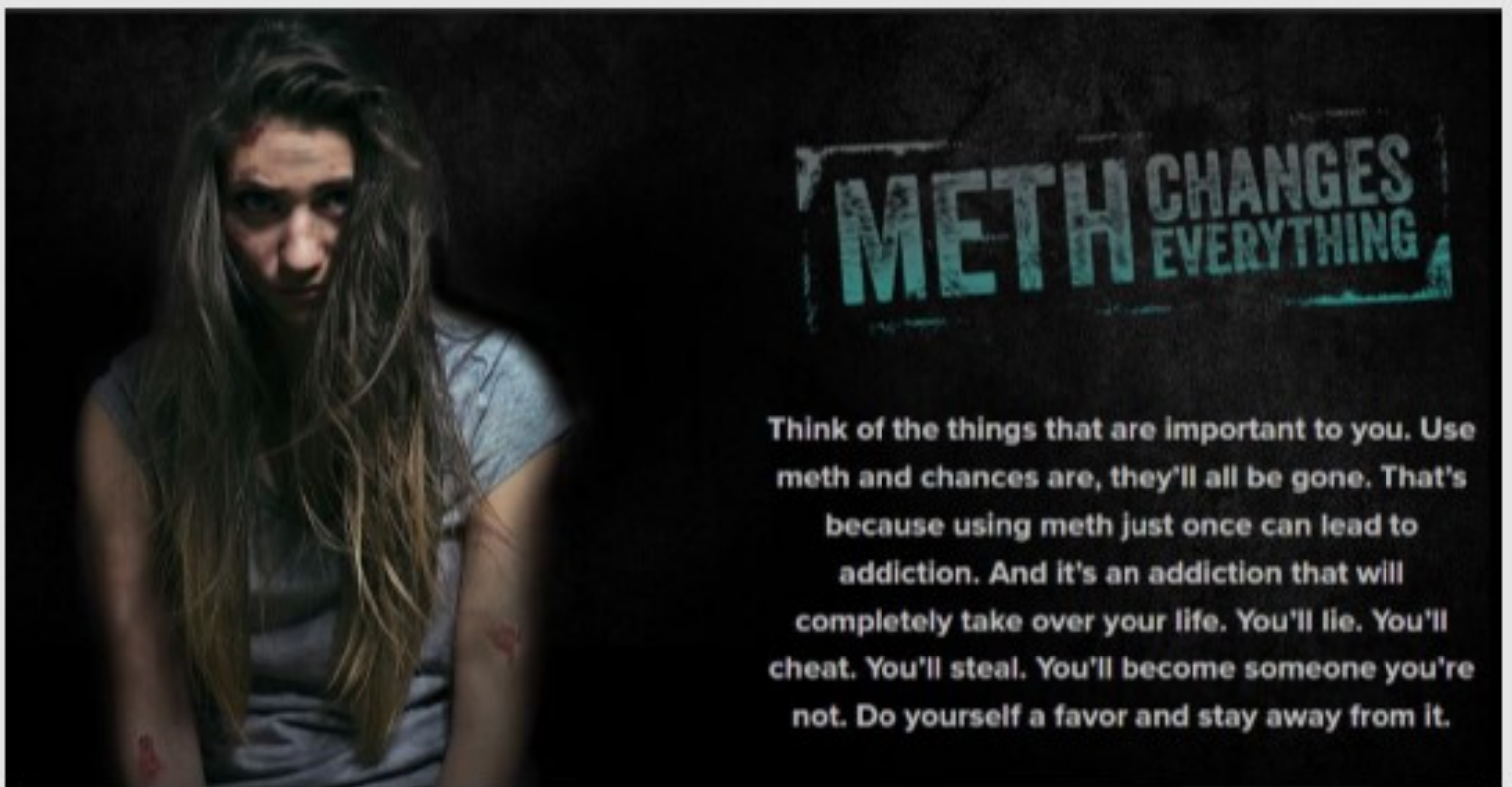
3 Ages Brackets: 5-8, 9-12 & 13-17

Tourney at end of league.



CONTACT SYLVIA TO SIGN UP 573-4195 OR  
E-MAIL SYLVIA.ROY@FSST.ORG





Think of the things that are important to you. Use meth and chances are, they'll all be gone. That's because using meth just once can lead to addiction. And it's an addiction that will completely take over your life. You'll lie. You'll cheat. You'll steal. You'll become someone you're not. Do yourself a favor and stay away from it.

### Knowing the signs of meth abuse might help you save someone's life.

Certain behavioral and physical changes are common among meth users. Signs of meth abuse include:

- Hyperactivity
- Drastic weight loss
- Dilated pupils
- Talkativeness
- Increased distractibility
- Tooth decay and loss of teeth
- Aggression
- Irritability
- Agitation
- Grandiose behavior
- Twitchiness
- Loss of interest in normal activities, such as food, water, sex, and sleep
- Getting "sketched out," or becoming agitated, nervous, moody, irritable, paranoid, and/or aggressive.
- Jumpy eyes
- Scratching, itching, or picking at skin
- Financial difficulties
- Not meeting financial obligations
- Absenteeism or tardiness at school or work
- Noticeable changes in behavior
- Cravings
- Social and interpersonal problems
- Impulsive behaviors
- Memory loss
- Bizarre and erratic behavior
- Repetitive behavior patterns that can last for hours, also called "tweaking" or "geeking."
- Sleep deprivation, resulting in hallucinations, delusions, extreme paranoia, or violence



# ANA Commissioner Hovland takes advocacy to the next level

*By Jeannie Hovland  
Deputy Assistant Secretary for  
Native American Affairs, ACF and  
Commissioner, Administration  
for Native Americans*

Washington, DC – July 29, 2019 – June 30 marks one year since I had the privilege of joining the Administration for Native Americans (ANA) as the 7th commissioner in the history of the agency. This year, I've visited with hundreds of tribal leaders, program staff, and community members in dozens of Native communities. We've made meaningful progress, and, on behalf of ANA, I want to extend a thank you to the Tribal leaders, community members, and my colleagues at the federal, state, and local levels who've shared their insights and collaborated with us. I'm excited and honored to be part of this important work to help Native communities thrive.

Looking ahead, I've identified and refined priorities that I am passionate about addressing during my tenure at ANA. Native communities have great strengths and opportunities but also face challenges. And so, through

community visits and collaboration with ANA staff and tribal leadership, these are the most pressing priorities expressed to me by the communities we serve.

The Native American Programs Act of 1974 (NAPA), established the role of Commissioner as an advocate on behalf of Native Americans within ANA as well as other departments and agencies of the federal government. In addition to commissioner, I serve also as the Deputy Assistant Secretary for Native American Affairs at the Administration for Children and Families (ACF), a role that advances the government-to-government relationship between ACF and Indian tribes.

The commissioner also chairs several advisory councils, including the ACF Native American Affairs Advisory Council and the Secretary's HHS Intradepartmental Council on Native American Affairs (ICNAA). These bodies provide advice, input and review of policies and budgets that affect Native American communities and make recommendations to the Secretary of HHS.



**ANA Commissioner Jeannie Hovland.**

Deputy Assistant Secretary  
Priorities:

- \*Offer true and meaningful tribal consultation, listening sessions and communication

- \*Leverage partnerships within ACF and strengthen ACF program impacts in Native communities

- \*Promote economic development

- \*Commissioner Priorities

- \*Promote healthy Native communities

- \*Effective resource

BRavo





# Enterprise 1992



## **Housing Authority receives award/**

The Flandreau Santee Sioux Housing Authority recently was awarded the prestigious Indian Housing Program Sustained Performance Award from the U.S. Dept. of Housing and Urban Development (HUD) in recognition of outstanding overall management performance for three or more consecutive years. The local Housing Authority was one of 15 Indian Housing Authorities out of over 180 housing authorities nationwide to receive the award and has been recognized by HUD for sustained excellence in operations the past seven consecutive years.

Members of the Board of Commissioners of the Housing Authority proudly displaying their award above are (from left to right) Laureen Wagner, Melvin Renville, Jackie Barse, Chairman Walter Jones, and Darlene Bernard. Bill Nibbelink serves as the Executive Director of the Housing Authority.



# He whittles with chainsaw

Harvey Ross has taken whittlin' a couple of whacks up the wood sculpting ladder.

He uses a chain saw.

Right now Ross, a talented local man who also paints, weaves and does beautiful decorative work with leather, among other artistic ventures, is carving out a big bear with the sharp teeth and the splitting roar of his chainsaw.

The bear is for his grandson, 14, whose Indian name is "Little Bear".

Ross said he'd never sculpted with a chainsaw before, and he has no pattern "except the one in my head." He did make a prototype bear out of soft willow wood, which now guards his garage and is also the couple hundred pound immovable weight anchoring the chain holding the Ross "guard dog" Tiny during time outdoors.

The first bear required only about eight hours to create.

Ross' practice bear ended up looking like a pretty good bear, at that. He painted on a black nose, added some round chunks of wood for eyes and carved out a couple of passable bear ears.

Now that his practice sculpting model is finished, he's found a large chunk of elm wood on his property and is finding out that willow wood for carving is about like butter compared to the hard elm.

His chain saw is taking a licking, but with Harvey's deft hand at repair work, he thinks he can keep the saw ticking until the bear is finished.

You can view his prototype by driving by his home near the Indian School. His finished bear from Elm wood will be somewhat different from the whimpy willow one on his driveway.

It will actually be standing up on two legs rather than squatting. Harvey hasn't figured out as yet how to make it roar.



### A willow bear/

Harvey Ross rests after shaping this bear out of a willow stump with a chain saw. This was his practice bear. Here's now busy with one made of elm wood.



## ***Enterprise 1992***



### **Groundbreaking ceremonies held/**

The Flandreau Santee Sioux Housing Authority held groundbreaking ceremonies last Tuesday for the development of 15 new three bedroom low income rental homes. The homes will be constructed on the west end of the existing housing area located in the southwest area of Flandreau. Isanti Contractors of Niobrara, NE is the general contractor for the U.S. Dept. of HUD funded project. Pictured from left to right are Jan Prchal, representing SHP Engineering and Architecture of Pierre; Jim James of Isanti Contractors; Walt Jones, Chairman of Board of Commissioners of the local Housing Authority; and Lee Taylor, President of the Flandreau Santee Sioux Tribe.



Jon LeBrun and Amy Johnson, will be here to crown this year's royalty.

## Royal River

Like other communities where Indian-owned casinos exist, the Flandreau Santee Sioux Tribe and the Flandreau community have benefitted from the Royal River Casino.

The Royal River provides work for 190 people, it generates \$2.4 million annual payroll and other expenses that circulate in the local economy. Gross revenues for the Casino operation are over \$12 million annually.

At the Royal River, a number of key management positions are held by tribal members and other tribal members obtain training and basic skills to be applied to other jobs or careers.

Nearly \$500,000 from the proceeds of the casino operation are set aside to address the unique needs of tribal members and the Flandreau community at large.

These monies mirror the Flandreau Santee Sioux Tribe's resolve to improve the quality of life of its citizenry and to assure that its members achieve self-sufficiency as individuals and sovereignty as a tribe, according to Bill Schumacher, tribal chairman.

Funds have been allocated to a wide array of endeavors that cross the social services spectrum. They include funds for education, family and youth services programs, senior citizens services, emergency programs and more.

While the list is endless, some of the more notable line items include \$30,000 for the Flandreau public school, over \$100,000 for youth programs, \$10,000 for the Veterans Hospital, \$2,000 for football and baseball camps, \$20,000 in higher

students and faculty not dressing up could find themselves in Kangaroo Court on Friday, before the

The game is followed by a dance from 9:30 to 12:30 in the lunch room

the board decided to witness payment and ask Lauderville's

Identification may be required

## Casino has added much to economic well-being

Individuals and the sovereignty of the tribe as a nation are closer to being fulfilled due to the presence of the operation, Schumacher added.

The tribe views the casino as a means to an end. It is designed to be the first step in a long-term economic development plan that will ultimately lead to economic self-sufficiency.

The concept of self-determination—once an oblique term—is now a reality, tribal officials say. Through the programs that evolve out of the funds that the leadership earmarks, and who allocate these funds with the input of the entire tribe, the term self-determination is a phrase that rings of truth and hits close to home, Schumacher said.

Restoration and many more.

The impact of gaming operations on the economies of the areas in which they are based is well documented and the Royal River Casino is no exception, Schumacher said.

It was provided a vitally-needed economic boon to the Flandreau Santee Sioux Tribe, he said. The aspirations of the people as

education grants, senior citizens center.

Donations have been made to such worthy charities as the March of Dimes, Flandreau Fire Department, Veterans Memorial Committee, American Legion, National Federation of the Blind, the Boy Scouts, the Children's Home Society, Historical Building



### Tribal leadership/

Providing leadership of the Flandreau Santee Sioux Tribe and its Royal River Casino, which has an annual payroll here of \$24 million, are, from left to right, Tribal Attorney Albert Jones; and

tribal council members George Allen, Jr., Bill Schumacher, tribal chairman; Cheryll Rederth, Joann Sundermeyer and Gordon Jones, Jr., secretary-treasurer.



# Yellow Banded Bumble Bee

(*Bombus terricola*)

The yellow banded bumble bee is a highly social insect that lives in colonies that include a queen, female worker bees, male bees, and new queens. They do not store honey, but instead require abundant floral resources from early spring through the fall to survive. They also need undisturbed natural areas for colony nesting and for winter hibernation.

Yellow banded bumble bees are an important and especially effective pollinator of wild flowers and crops, many of which birds and other animals rely on for food. They have several advantages over other pollinators. Pollen sticks to their large fuzzy bodies, and they can fly in cool, rainy, and unfavorable weather and when light levels are lower (such as at dawn and dusk). The entire colony participates in pollination.

## Range

This bee was once common throughout its range, historically found in 25 U.S. states and 12 Canadian provinces. In recent decades, the species' range has receded in the southern and far western areas of its range. It appears to have been extirpated from much of the Pacific Northwest, Southern Appalachians, and southeast plains and may be more patchily distributed where it remains.



Kent McFarland

Yellow banded bumble bee

Queens and workers have a distinct fringe of brownish-yellow hair on the fifth segment of the abdomen



Elaine Evans/The Xerces Society

Males have long yellow hair on top of the head and on the face and a fringe of black-yellow hair on the fifth segment of the abdomen

## Appearance

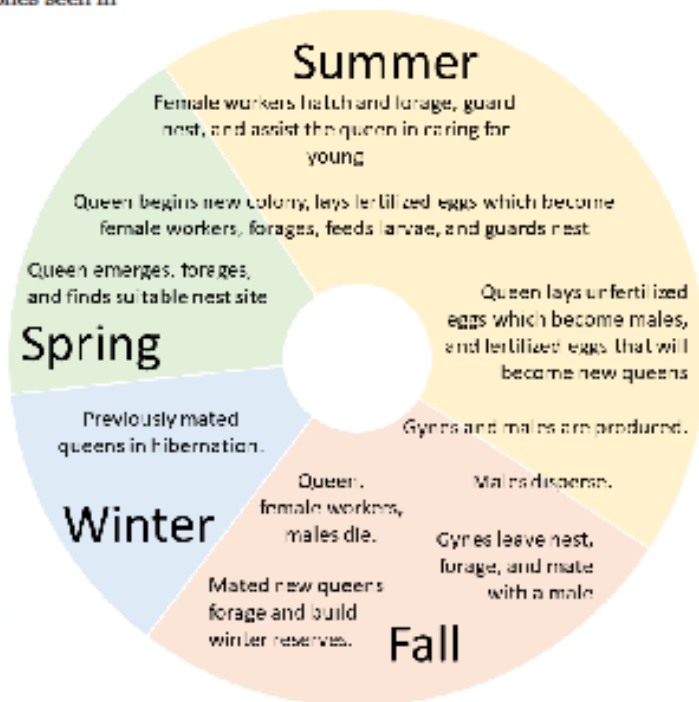
All yellow banded bumble bees have entirely black heads, and the second and third segments of the abdomen as well as on the front of the thorax are yellow. Queens are the largest bees in the colony and are the first ones seen in early spring.

## Habitat

Yellow banded bumble bees prefer undisturbed woodlands, wetlands, prairies, and meadows. They need native flowering trees, shrubs, berries and wildflowers from early spring to fall, because nectar and pollen provides them with the necessary fuel, protein and nutrients to grow, successfully breed, and survive. The colony nests in natural cavities like abandoned rodent burrows. In the winter, the queen hibernates in an underground cavity she excavates in loose soil. Nest and overwintering sites are optimally located near ample flowering resources.


## Reproduction

In early spring, the solitary queen emerges from hibernation and finds a nest site. She begins laying eggs that are fertilized by sperm stored since mating the previous fall, and rearing the young. Worker bees hatch and the colony grows as the workers collect food, care for the young, and defend the colony. In late summer, new queens and males hatch from eggs. The male bees disperse to mate with new queens from other colonies. In late fall, the founding queens, workers and males die. The new queens overwinter and begin the cycle again in spring.





# September 2019 Menu

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| <b>CLOSED</b><br> | <b>2</b><br>Scallop Potato w/ham<br>Butter Corn<br>Peaches  | <b>3</b><br>Pizza Burger<br>Fries<br>Carrot & Celery Stix<br>Pudding   | <b>4</b><br>Wild Rice Casserole<br>Broccoli Salad<br>Bread Pudding         | <b>5</b><br>Wisconsin Cheese Soup<br>Tuna Salad Sandwich<br>Veggie Pizza<br>Apple Tart |
| <b>9</b><br>Sausage Gravy<br>Over biscuits<br>Eggs<br>Citrus Fruit                                   | <b>10</b><br>Chicken Fried Steak<br>Mashed potato/gravy<br>Apple Pecan Slaw<br>Cinnabon Coffee Cake | <b>11</b><br>Breaded Ranch<br>Chicken<br>Rice Pilaf<br>Spinach Salad<br>Cookie Salad Dessert                           | <b>12</b><br>Meatloaf<br>Baked Potato<br>Squash<br>Apple Crisp             | <b>13</b><br>Potato Soup<br>Meat & Cheese Platter<br>Carrot & Celery Stix<br>Apricots  |
| <b>16</b><br>Hot Dogs<br>Bake Beans<br>Chips<br>Wild berry tart                                      | <b>17</b><br>Tator Tot Hotdish<br>Tossed Salad<br>Fruited Jello                                     | <b>18</b><br>Sloppy Joes<br>Pasta Salad<br>Cranberry Bar   | <b>19</b><br>Chef Salad<br>Bread Stix<br>Fresh Fruit                       | <b>20</b><br>Ham & Broccoli<br>Casserole<br>Cucumber/tomato salad<br>Dessert           |
| <b>23</b><br>Polish dog<br>w/sour Kraut<br>O'brien potato's<br>Buttered Corn<br>Dessert              | <b>24</b><br>Salmon Patties<br>Cream Peas<br>Mashed Potato's<br>Carrot Cake                         | <b>25</b><br>Hot Turkey Sandwich<br>Mashed Potato/gravy<br>Cranberry Sauce<br>Flavorful Green Beans<br>Pumpkin Dessert | <b>26</b><br>Chicken<br>Noodle Soup<br>BLT Sandwich<br>Coleslaw<br>Dessert | <b>27</b><br><b>CLOSED</b><br><b>CLEANING DAY</b>                                      |
| <b>30</b><br>Pub Burgers<br>Pasta Salad<br>Bake Beans<br>Fruit Cocktail cake                         |   |  |  |  |

Grace Moore Senior Citizens Center 997-2924

\*Menu subject to change without notice.