

Flandreau Santee Sioux Tribe Monthly Newsletter October 2019

*Canwapa Ka'Kan Wi - October - The moon when
the leaves are shaken off the trees by cold*



Dakota language class draws student interest



📷 Freshman Nalani Beaulieu answers questions in Dakota asked by her teacher Devin Drapeau.



Jones, 29, said he has been speaking the language since he was 10, learning from his grandfather. He wanted to teach the class to interest new learners and help the language survive another generation because the number of speakers is small right now.

"The kids actually wanted this. They made this happen," Jones said of work by a student committee. He also sees the students at the community center where they come for the culture or spiritual side of the Dakota.

"I want to teach my own people first. I feel like it's been received well," he said. "I hope for the majority, it means something. It gives them a better understanding of themselves."

Language is important to culture and a sense of belonging, Jones said.

"The loss of identity is a major issue in Indian County," he said. "You cannot have culture without the language."

Students are picking up on Dakota fast because they get to practice it every day, Monday through Friday, Jones said.

Michael Tollefson, a sophomore, said language has been part of his family and he wants to bring it back. "I go to culture club, and they all speak that over there, and I kind of want to learn it," he said.

Kyeauna Schmit, a junior, is taking Dakota and Spanish, which represent both of her cultures. She practices Dakota with her grandmother, Julie Hamer, who learned as a child.

"My grandma is a fluent speaker. Now she doesn't really have anybody, and she's starting to lose it. I thought it would be interesting to catch on and follow in her footsteps," Schmit said.

Schmit hopes other students get involved and the program grows. "We're thankful our school has allowed it to come in here and be taught," she said.



WOPIDA

Dusty, Avery, Devin!!!!



FALL FLING
Friday October 18
Eastman Hall
612 South Center
8:00am-2:00 pm

Rent a table for \$10.00 to sell your goods!
Contact Gayle or Cyndi at 997-2924

**Senior Center will be selling caramel rolls and
various bake goods!**

Sally Allen Family will be selling Taco's!

Indian Taco Sale
Taco & Pop or Water
\$8.00



ELDERS

Get your Flu Shot!

Wednesday 10/23/2019

10:30AM-1:00PM

Eastman Hall

(Must be age 55+)

**“Eligibility” to receive the flu shot
from FSSTHC Staff:**

**1. You are a Registered Patient at the
Tribal Clinic**

**2. If you are not registered at the
Clinic stop at the Patient
Registration Desk for assistance**

**3. Elders, 65 years old or older, may
receive the Flu Shot as a walk-in at
the FSSTHC Pharmacy for a High
Dose vaccination**

**4. Elders, 55-64 years old, may walk-in
during the community flu shot
clinics held every Thursday from
1PM-4:30PM- Starting Thursday
10/24/2019 - go to Pharmacy Dept.**



FSSTHC Community

Flu Shot Clinics

Starting Thursday 10/24/2019

Every Thursday Afternoon

1PM-4:30PM

**Walk-in at the FSSTHC Triage & Public
Health Nursing Department**

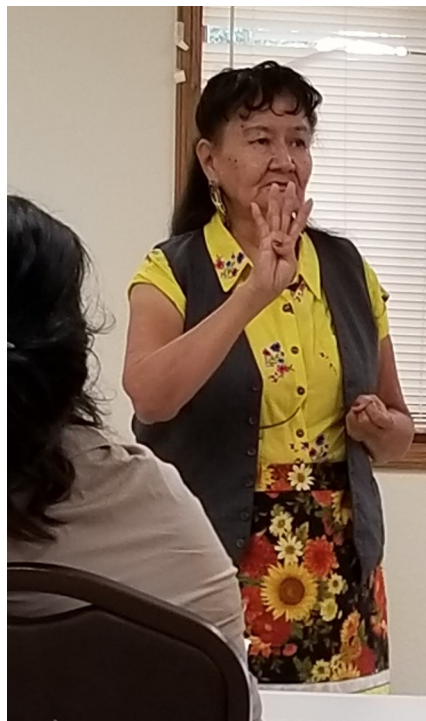
**Families of 4 or more should call for an
appointment Monday-Thursday
between 3PM-4:30PM**

***Eligibility: Must be a registered
patient at the FSSTHC**

**If not registered, obtain assistance
from FSSTHC Patient Registration
Desk prior to getting vaccinated**

COMMUNITY GATHERING

FSST Hosted Elder and Youth Talking Circle with Santee Sioux Nebraska





Billie Sutton

LEADERSHIP INSTITUTE

The non-partisan Billie Sutton Leadership Institute is dedicated to inspiring and preparing the next generation of leaders to build a stronger South Dakota and more vibrant communities and workplaces through service to others.

OUR TRIBAL CONNECTION:

- Over 20% of SLI Fellows are Native American.
- Oglala Lakota, Cheyenne River, and Standing Rock Sioux Tribal Members in inaugural leadership class.

- Our Native American Fellows have backgrounds in Mental Health, Ranching, Information Technology, Nonprofit Management, Traditional Native Design, and Tribal College Teaching.



OUR NATIVE YOUTH INITIATIVES:

Future Legislators Society for American Indian Youth

"Lifemanship" Personal Development Horse Program for Youth in Cheyenne River

Buffalo Ranch Refuge for Native Youth in Rosebud

OUR BOARD:

Former Senator from Oglala Lakota County Kevin Killer

OUR PROGRAMING:

- Akta Lakota Museum Tour
- Candid Discussions of South Dakota's Native American History and Diversity and Inclusion in our State

OUR VALUES:

Courage, Compassion, Boldness, Honesty, Integrity, Hard Work, Inclusion, and Service



Trustee II-Kristi Beitz Secretary– Donalda Montoya Vice Chair– Andrew Weston Treasure– Ryan Kills A Hundred Trustee IV– David Kills A Hundred And Founder of the Leadership Institute -Billie Sutton



OCTOBER

BREAST CANCER AWARENESS MONTH



"Celebrating Survivors & Remembering Loved Ones No Longer with Us"



Happy Birthday Sally!!!!



So Proud of My Girl💜💛 XC in Sioux Valley Today!



Proud Mama Sunshine
& Kungsi Betty...
We love you Mya



Eight-plex causes neighbor concerns



📷 An eight-plex being built on Broad Avenue has raised concerns from neighbors. A permit for the building was mistakenly issued by the city without considering zoning requirements.

Two Flandreau residents question why an eight-plex housing unit is being built without notifying neighbors.

Curtis and Jeff Weigel, father and son, brought their concern to the Flandreau City Council Sept. 3, saying the original plan for the property owned by Bruce Allen called for a duplex. The larger building going up is too big for the property and wouldn't have space for the required off-street parking, the two said.

"I guess a lot of neighbors don't really know what's going on," Jeff Weigel said. His father lives near the property at Broad and Bates. "Why wasn't there a new notification?"

City Administrator Jeff Pederson, who approved the building permit in May, told the Weigels he would have to consult the city lawyer and look into the issue, which could be put on the next meeting's agenda. The essential point is whether there was any need to notify neighbors, he said.

Based on a 2015 permit, the property has had three duplexes moved in with reportedly plans for one more.

"What he is approved for is vastly different than what is going in there," Jeff Weigel said.

The city will have to determine if any of the process was skipped, said Council President Dan Sutton. "I don't think there was anything intentional or malice," he said.

Two days after the meeting, Pederson notified council members that he had reviewed the application and had overlooked the requirement for a larger lot for an eight-plex. Allen, who is in the process of construction, intended to build the same size building as the duplex.

"It didn't occur to me to look at the zoning ordinance," Pederson said. "I missed that."

The matter now will go to the zoning commission, he said. There is a possibility that Allen may need to apply for a variance after the fact or add additional space to the project, he said.

"The process is prescribed in the zoning ordinance. It was my lack of attentiveness to the zoning ordinance. I did not apply the zoning ordinance property," Pederson said.

In other council issues,

- The council voted 4-2 to budget \$3,000 to print the meeting minutes and other legal notices in The Booster. The council is not required to print the legals in the advertising product because it is not a legal newspaper. Staff proposed not paying for those ads because of a tight budget.

Alderman Don Whitman proposed putting the money back in the 2020 budget so more people can read what the council does.

"For \$3,000, I think it's worth it," he said. Sutton also spoke in favor of printing the ads.

Councilors Bob Pesall and Brad Bjerke voted against the expenditure. Mayor Mark Bonrud was not present.

The council discussed getting rid of a proposed street study that would prioritize how streets are maintained in order to afford the advertising. They decided to see how much a replacement dump truck will cost and midyear next year see if they can afford the study.

- The council voted to make a payment of \$40,426 for construction on the tornado shelter at Henry and Prospect. The project is nearing completion.

- The council declared 58 transformers as surplus property and will put them out for bid. The transformers are no longer used because the city went underground with its electrical system. Some additional transformers were contaminated and cannot be sold.



PROJECT STANDUP

STAND UP TO ILLEGAL DRUGS

TEXT IN ILLEGAL DRUG USE

You have the power to stand up to drug crime. Report any illegal drug use in your community by texting your local police department. Your identity is 100 percent protected. By reporting drug users, you are helping to save their lives and keep our community safe.

South Dakotans who use illegal drugs face losing:

- Their driver's license
- College loan or scholarship eligibility
- Professional license eligibility
- The ability to enlist in the military
- Job possibilities
- Their freedom
- Possibly their life

TO SEND A TIP, TEXT 'DRUGS' TO 82257.

**YOGA &
STRENGTH
TRAINING
SESSIONS!**

**DOOR PRIZES:
WEIGHTED BLANKET,
FITBIT, ESSENTIAL OIL
DIFFUSER, MASSAGE GIFT
CERTIFICATE, YETI**

**WELLNESS
SCREENINGS!**

**2ND ANNUAL
COMMUNITY
HEALTH AND
RESOURCE FAIR**

OCTOBER 17TH 9AM-2PM

COLOR WALK/RUN AT 8AM

REGISTRATION AT 7:30AM

**WICOICAGA OTIPI
COMMUNITY CENTER
503 W BROAD AVE
FLANDREAU, SD**

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: Oct. 21, Nov. 18, Dec. 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.

REMINDER:

TO ALL Qualified FLANDREAU SANTEE SIOUX
TRIBAL MEMBERS WHOM RECEIVE
General Welfare Assistance.

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

Nov 1, 2019

“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 General Welfare Assistance

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—GWA 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**



Domestic violence is not a Native American tradition.

Does your partner ever...

- Call you names or criticize you?
- Isolate you from family or friends?
- Threaten to hurt you or your children?
- Push, slap, kick or strangle you?
- Refuse to give you money for food, gas or medicine?



STRONGHEARTS
Native Helpline

Get free, confidential help at
1-844-7NATIVE (762-8483)
open daily from 7 a.m. to 10 p.m. CST.

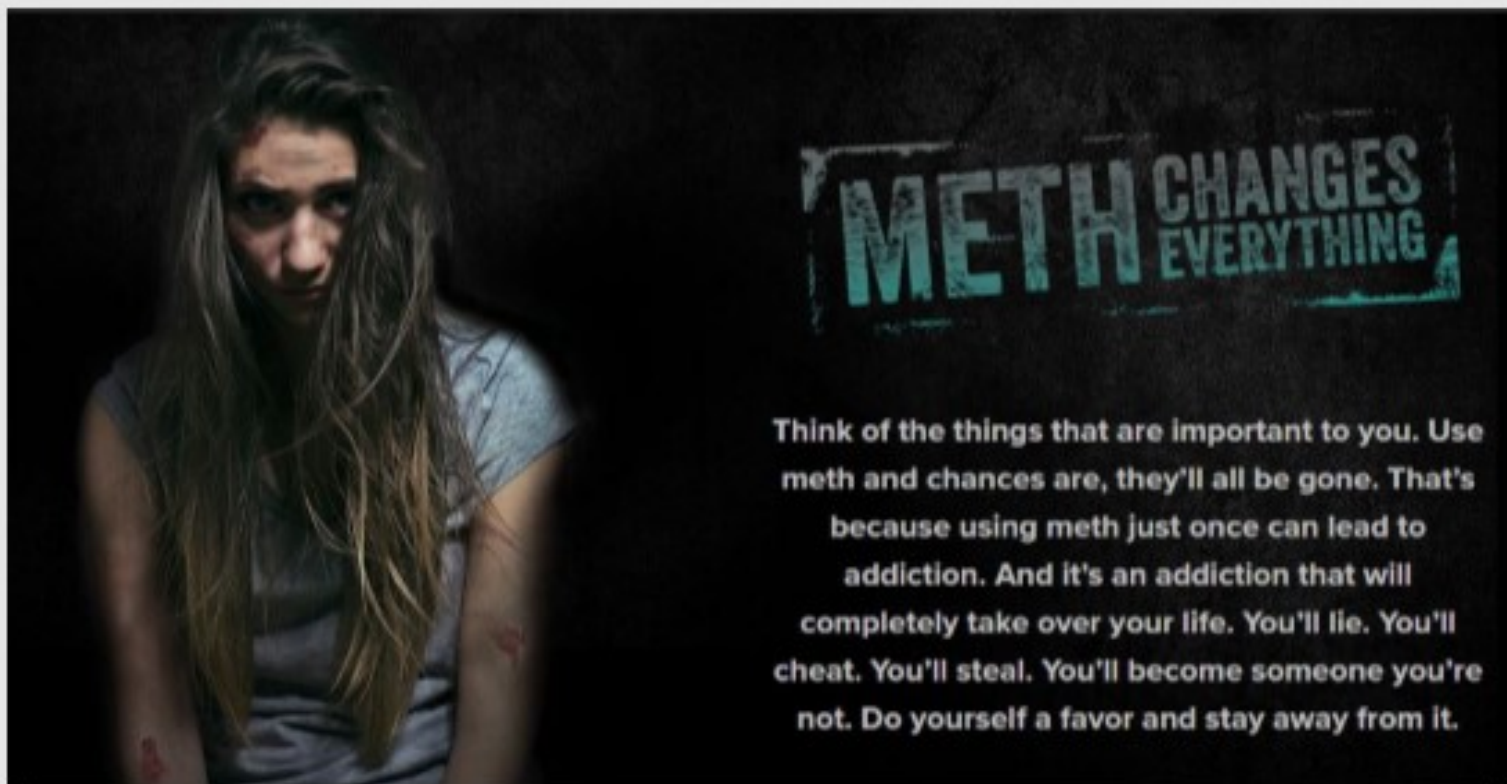
Callers after hours may connect with the National
Domestic Violence Hotline by selecting 1.

Advocates offer peer support, crisis intervention, personalized safety planning, education on domestic violence and healthy relationships, and a connection to Tribal and Native resources.

Trust. Speak. Heal. Together. | strongheartshelpline.org



This project is supported by Grant Number 90EVD426 from the Administration on Children, Youth and Families, Family and Youth Services Bureau, U.S. Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services.



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



Flandreau Santee Sioux Tribe

LI AISONS

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



“Sioux tipis in a line, North or South Dakota, during lightning storm”

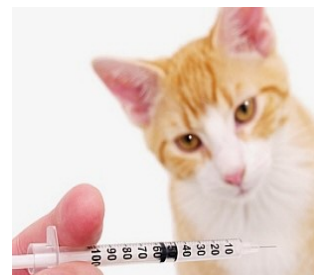
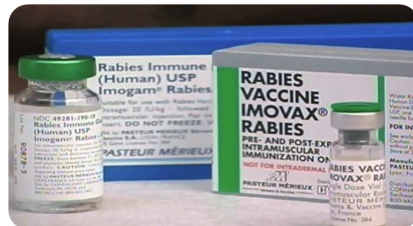
Standing Rock Reservation

1902

Photo by Frank Bennett Fiske (1883-1952). He was 18 or 19 years old at the time.

-- Library of Congress

Tribal Pet vaccinating clinic and registration was a success !!



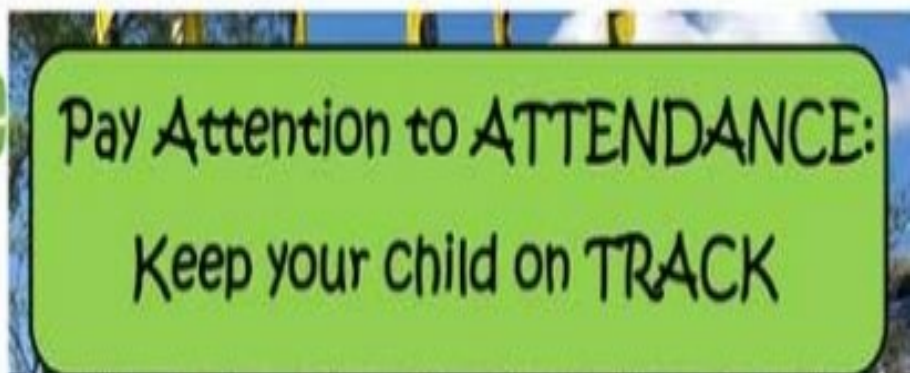
52 dogs and 19 cats were vaccinated for a total of 72

59 dogs registered for pet licenses. Cat were not required to be registered.

Flandreau Santee Sioux Tribe's policy is....All dogs on reservation must be registered.

See Mark Allen to registered your dog

His office is the old Flandreau Motors building next to Maintenance Dept.



Prairie Doc® Perspectives –

A Tall Drink of Water

By Andrew Ellsworth, MD

What if there was something you could drink that could help you live longer and was free? Would you drink it? What if I offered something else to drink that could shorten your life and would cost you one dollar? Would you want to buy it?

As you might have guessed, the initial question refers to water, which is healthy and free, for the most part. Meanwhile, the latter question refers to a less desirable alternative, soda pop.

A recent study involving half a million people in Europe found that drinking soda pop was associated with a greater risk of death from any cause. What's even more interesting is how this study found that both regular and diet soft drinks were bad for your health. Drinking sugar sweetened beverages, such as regular sodas, increases your risk of digestive disease deaths. Meanwhile, drinking artificially sweetened beverages, like diet sodas, increases your risk of dying from cardiovascular diseases.

I'm sorry to say, but that diet soda may increase your risk of a heart attack or stroke. These findings were most significant when people drank two or more sugar or artificially sweetened beverages per day, compared to less than one per month.

This study was published in September 2019 in the *Journal of the American Medical Association Internal Medicine*. It showed associations, which means it saw connections, but it doesn't necessarily prove a cause and effect relationship. However, this was an impressive study involving half a million people followed for over 16 years. It excluded people if they already had cancer, diabetes, stroke, or heart disease and it tried to account

for body weight and smoking as well. Furthermore, other studies have found similar results.

If you really want a soda pop, it's not going to kill you to have one, but you probably don't need several every day. If you do, why not try cutting down? If you don't feel like drinking a glass of water, consider trying a sparkling water, or maybe take a glass of water and put a slice of lemon in it. Maybe try a natural sweetener like honey. Or, have a glass of milk.

In the last several years, people are drinking less soda pop, and the large soda corporations are listening to consumer demands. You may notice some alternatives the next time you walk down the beverage aisle at the grocery store. However, pay close attention to what's in them. Many are still loaded with sugar, and others have artificial sweeteners. Be wary of sports drinks, juice, supplement drinks and other alternatives.

My recommendation is to enjoy a tall glass of water. It's good for your health, good for your pocketbook, and you just might feel the satisfaction of self-care.

Andrew Ellsworth, MD of Brookings, SD is a contributing *Prairie Doc®* columnist who has practiced family medicine for more than seven years. He is immediate past president of South Dakota Academy of Family Physicians. For free and easy access to the entire *Prairie Doc®* library, visit www.prairiedoc.org and follow *Prairie Doc®* on Facebook 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.





Wiconi Wakan- Sacred Life

Promoting Smoke-Free Lifestyles in Indian Country

Volume 4 Issue 2

June 2019

Are we poisoning ourselves during ceremony?

Ceremony season is underway, tobacco ties are being prepped and the smell of cedar burning is a sign that it's going to be positively healing summer. Many families start to prepare for ceremonies in the winter months. One thing that has to be prepared in the winter months is cansasa (what the Lakota and Dakota use for tobacco). It is gathered before the first thunders of the spring. Hours are spent preparing the cansasa, peeling each layer with a sharp knife. First, the red layer is peeled back to expose the green layer (the Cambrian which is used for cansasa). The green layer has to be carefully scraped off not to include the white (wood) layer below. The white layer, when mixed with the cansasa and smoked, is really hard on the lungs. This process is a huge part of ceremonies and it is very time-consuming.



In today's modern working world, it is hard to find time to do things the "old way." We look for shortcuts and in the Rapid City area (whose shopping centers provide for the majority of western South Dakota) we have some shopping centers that pre-cut tobacco ties and flags, as well as stock up on the blue cans of commercial tobacco. The blue cans say they are "natural," but are they really? The blue cans contain Nicotine, and our cansasa does not.

The big tobacco companies are using their marketing tactics to get our people to use their drug for our ceremonies. Today our people are addicted to Nicotine. We take it into our ceremonies, we smoke it in our ceremonies and we are doing what the tobacco companies want, we are poisoning ourselves while becoming addicted.

Commercial tobacco has replaced our sacred tobacco during times of grief as well. I have seen baskets of cigarettes at wakes and funerals. I see my family outside talking about memories while smoking together, not realizing they are exposing everyone who walks by to 2nd hand smoke. Then returning inside and holding babies, not knowing they are exposing them to 3rd hand smoke.

Education is key, educating our community about commercial tobacco, about 2nd, 3rd hand smoke, and reintroducing cansasa back into our culture.



You're invited!



THURSDAY, OCTOBER 24TH

Flandreau Santee Sioux Tribe

TRIBAL DINNER & ENTERTAINMENT
GIFTS WILL BE PROVIDED TO FSST MEMBERS

Royal Room

5PM - DOORS OPEN & APPETIZERS

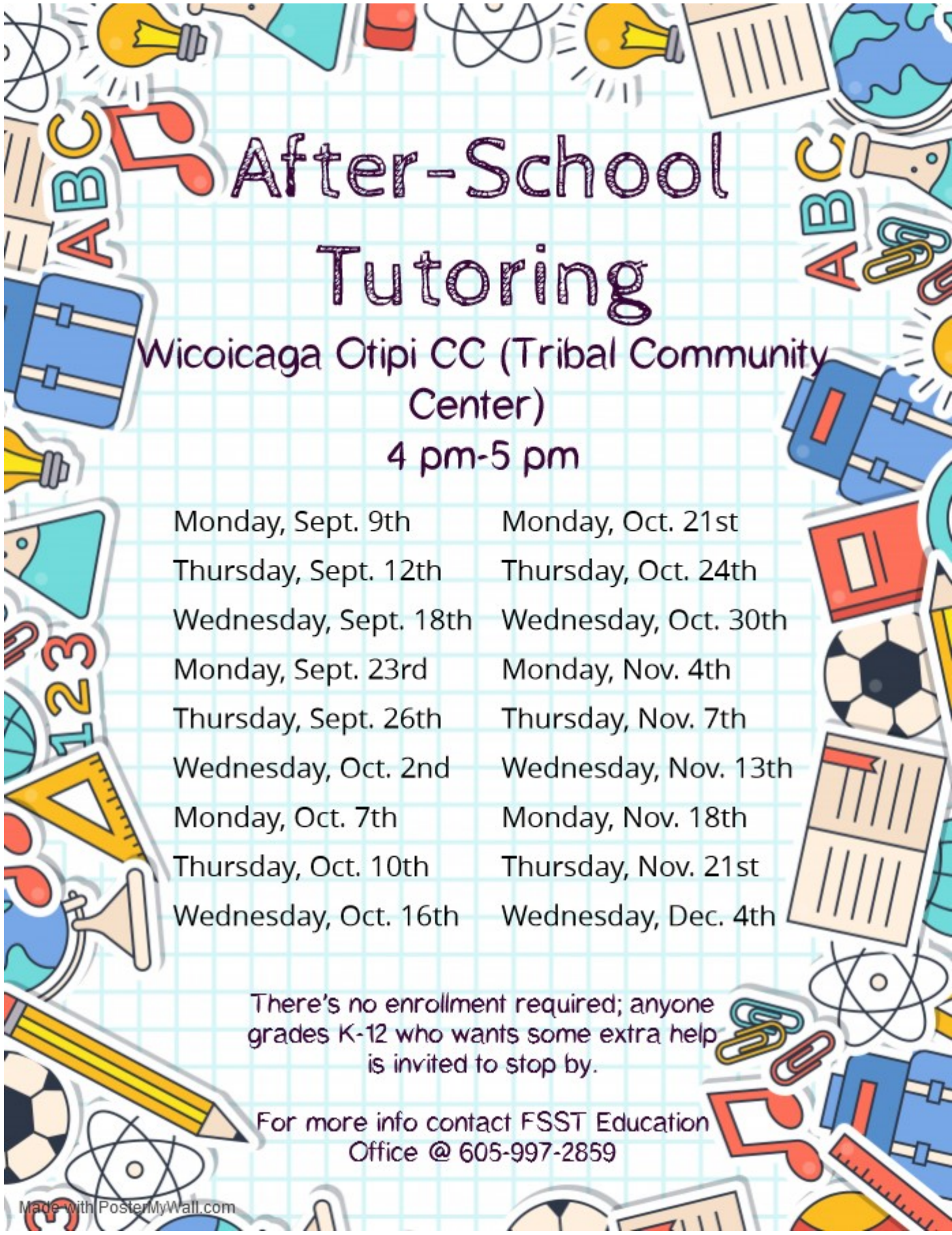
5:15PM - FSST YOUTH DRUM GROUP

5:45PM - WELCOME BY FSST TRIBAL PRESIDENT TONY REIDER

5:50PM - PRAYER BY MATO OHODA MANI (DUSTIN BEAULIEU)

6PM - DINNER

7PM - ENTERTAINMENT BY COMEDIANS WILLIAMS AND REE



After-School Tutoring

Wicoicaga Otipi CC (Tribal Community
Center)

4 pm-5 pm

Monday, Sept. 9th

Monday, Oct. 21st

Thursday, Sept. 12th

Thursday, Oct. 24th

Wednesday, Sept. 18th

Wednesday, Oct. 30th

Monday, Sept. 23rd

Monday, Nov. 4th

Thursday, Sept. 26th

Thursday, Nov. 7th

Wednesday, Oct. 2nd

Wednesday, Nov. 13th

Monday, Oct. 7th

Monday, Nov. 18th

Thursday, Oct. 10th

Thursday, Nov. 21st

Wednesday, Oct. 16th

Wednesday, Dec. 4th

There's no enrollment required; anyone
grades K-12 who wants some extra help
is invited to stop by.

For more info contact FSST Education
Office @ 605-997-2859



Marsha Schlueter, Lenny Hayes, Jordan Catlett



The Wholeness Center



Save The Date

Impacts of Trauma on Two Spirit/ Native LGBTQ Communities

Presenter: Lenny Hayes, MA

This Training is free, and open to everyone!

Where: Eastman Hall, 612 S Center, Flandreau, SD
When: September 11th, 2019
Time: 9am - 5pm, with a break for lunch.
Lunch on own

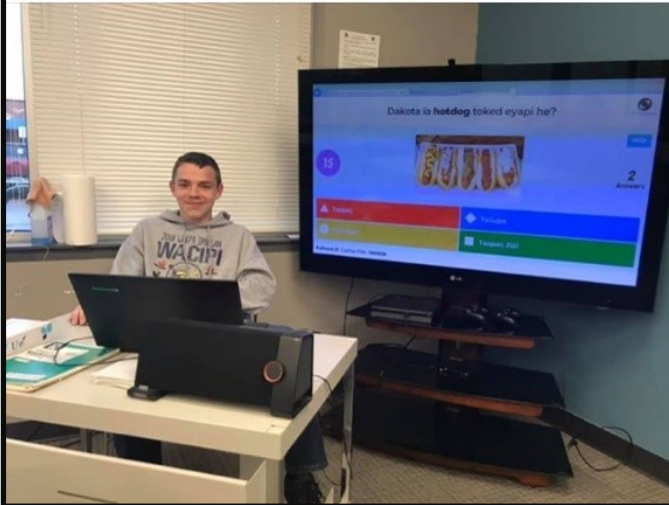


To RSVP contact: Jordan Catlett | Jordan@sdnafvsa.com | (605) 731-0041

Thank You Marsha, Jordan and Lenny Hayes!



Tunaska Mikey teaching the cincapi Dakota with a game of Kahoot! Tanyan ecanun mikey!!!



Nice Job Mikey!!

Kunsi loves you and is very proud!



It's A Boy!

Welcome Baby

Kikta Isanti Bose

Born 9/23/19

21.5 inches

8lbs 9 oz

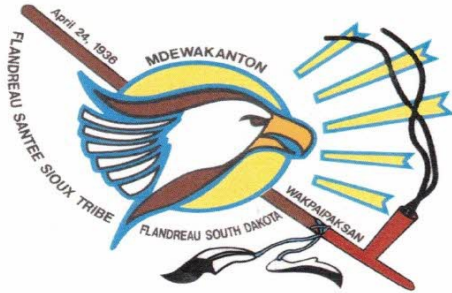
Proud Parents

Daizy Lovejoy, Wakinyan Bose & Big sister Rosie



Disability Awareness and Training (DAT)

Free and open to the public. Please join us for a great day of information sharing and awareness.



Oyate` Circle
Center for Disabilities



Flandreau Santee Sioux Tribal Health Clinic –Community Room
Friday October 18th, 2019 9:00am-3:30pm
Lunch will be provided

Anyone interested in gaining more information regarding disability in Indian Country should attend.

- Tribal members with Disabilities
- Human Services Programs
- Tribal College Personnel
- Family members
- Student Support and Tribal ED
- School Counselors

Disability topics to be discussed include:

Physical disabilities, orthopedic, blindness,/low vision, deafness/hard of hearing, amputations, diabetes, seizure disorder, emotional and mental disabilities, autism, learning disabilities, substance dependency, aphasia, stroke, cardiovascular and other disability information.

USD Center for Disabilities Oyate` Circle program will provide information of services available to tribal members with disabilities. We encourage other programs to bring information to share with participants to ensure that everyone will gain more awareness of the services available on and off the Rez.

For more information contact: Eric Kills A Hundred or Jade Trottier

We also invite you to visit the new Oyate` Circle at USD Center for Disabilities

<https://www.usd.edu/medicine/center-for-disabilities/oyate-circle>

"You have to make your own legends now."

~ Mary Brave Bird Crow Dog, Sicangu

Wayne Weston at the USD Symposium Sioux Falls



Catch the Wave at Rosebud



The USD Oyate` Circle Culture and Disability Services and Training

The Oyate` Circle is a resource, education, outreach and training program that serves tribal members in South Dakota. Named in Lakota for "the people" the Oyate` Circle focuses on the needs of tribal members with disabilities. We also provide technical support and training for tribal communities and inform them about programs and opportunities available through the center and other agencies.

*"We will be known forever by
the tracks we leave."*

~ Dakota Quote



Wayne Weston, BA

Oglala Lakota

Oyate` Circle Coordinator

Wayne.Weston@usd.edu



Jim Warne, MS

Oglala Lakota

USD Center for Disabilities

Community Engagement Director

Jimmy.Warne@usd.edu

Oyate` Circle

Center for Disabilities

USD Sanford School of Medicine

1400 W. 22nd St.

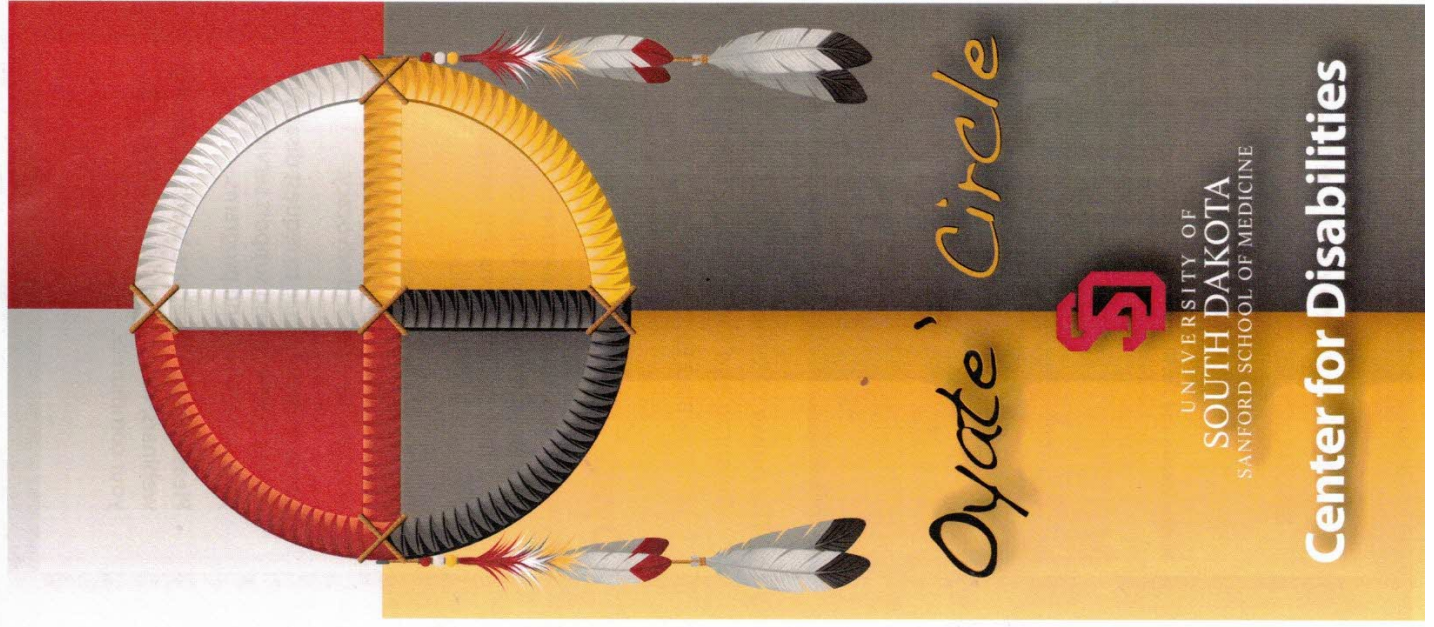
Sioux Falls, SD 57105

Phone: 1-800-658-3080

Fax: 605-357-1438

www.usd.edu/cd

CD@usd.edu



Welcome to the Oyate` Circle at the USD Center for Disabilities

The Oyate` Circle sub-center at the USD Center for Disabilities is a new focus for disability related trainings, workshops, webinars and events for Indian Country in South Dakota. Oyate` Circle developed new partnerships with tribal organizations and other partner organizations to better serve tribal members with disabilities.

Create your future through our culture and empowerment.

"Find your dream. It's the pursuit of the dream that heals you."

~ Billy Mills, Oglala Lakota, Olympic Gold Medalist



South Dakota DHS Diversity Training at Lower Brule

New online courses available: SPED 491 and SPED 593 Native Culture and Disability

"Let us put our minds together and see what life we can make for our children."

~ Sitting Bull, Hunkpapa

Disability Awareness Training at Pine Ridge



Native American Series, USD Symposium Sioux Falls



Oyate` Circle Programs Grants and Partnerships

The Disability Awareness Training (DAT) grant provides disability related workshops for tribal communities and reservations throughout South Dakota. Oyate` Circle has many partners, including Sinte` Gleska Disability Center and the University of South Dakota, that offer courses in human services with a disability focus. DAT is funded through the Administration of Community Living and Department of Health and Human Services.

"Turn what has been done into a better path."

~ Wilma Mankiller,
Principal Chief of the Cherokee Nation

Oyate` Circle provides cultural applications for disability and Indian Country.

Wayne Westin and Jim Warne at NACC, USD Vermillion, SD



"The power of a thing or an act is in the meaning and the understanding."

~ Black Elk, Oglala Lakota

Oyate` Circle Services

- We provide disability awareness trainings for tribal communities, tribal colleges and other organizations that serve tribal members with disabilities.
- The Oyate` Circle is staffed by tribal members that have years of experience in disability services and advocacy.
- Contact Oyate` Circle to request disability related trainings and support services for your community and programs.
- Please go to our website to see upcoming webinars, trainings and events near or in your community.

bit.ly/oyatecircle

DEADLY CUTE



DARK COLORS

Hard to see at night

BAD FITTING MASKS

Hard to see, breathe or hear

BAD FITTING COSTUMES

Most injuries from trips and falls

DANGEROUS TREATS

Toys with small parts

CANDLES

Keep away from kids

TO HAVE FUN SAFELY

COSTUMES: Flame-resistant fabrics, such as polyester and nylon, are best. They should be brightly colored or trimmed with reflective tape to make them visible to motorists at dusk and in the dark.

MASKS: Check that eye holes are large enough to allow full visibility and nose holes allow for adequate breathing.

CANDLES: Keep candle-lit jack-o-lanterns and other decorations where children cannot brush against the flame. Try LED lights instead.

TREATS: Put reflective tape on treat bags. No toys with small parts for children under 3.



www.CPSC.gov



OPEN GYM

Monday Nights

OCTOBER 7 & 21

NOVEMBER 4 & 25

DECEMBER 2 & 16

13+ Year Olds

*Must have updated
Recreation Membership*





OPEN GYM
THURSDAYS

7-9PM FOR 13+ YEAR OLDS

october 3: matt ball

october 10: soccer

october 17: GYM CLOSED

october 24: jail ball (dodge ball)

october 31: open if no event scheduled

Must have updated Recreation Membership

FSST RECREATION PRESENTS

BEAN BAG ♥ LADDER BALL
LEAGUE
wednesdays

september 4 to october 9

Matches start at 7:30pm

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

FSST Recreation Presents:



**a
WALK
AROUND
the
BLOCK**

**12pm to 1pm: Tuesdays
& Thursdays**

**Check in with Sylvia Roy at Wicoicaga Otipi Community Center
Start at W.O.C.C and walk the sidewalk around FSST Housing.**

FOR MORE INFORMATION PLEASE CALL (605) 633-1716



FSST Recreation Presents: *Healthier Lifestyle Challenge*

October 1st to December 16th, 2019

Rules: \$10 to enter Challenge. You will be given an Active Lifestyle Activity Log that will be used for the Challenge, You will have a Healthy Eating Goal and a Physical Activity Goal each week. Participants will earn stickers/stars for their involvement. 3 stars can be earned a week. The chart will be posted on the west side of the Woicoicaga Otipi Community Center.

Top 1: All money collected from Entry Fees

Top 15: Stocking Cap, fleece-lined with Bear Paw stitching

Top 50: T-Shirt

First 50 participants to turn in Activity Log will get Traveler's Exercise Kit

Open to anyone wanting to make Healthier Lifestyle Changes. Join Us! :)
Sylvia: (605)573-4195 or e-mail: sylvia.roy@fsst.org

Healthier Lifestyle Challenge

Rules

12 Week Challenge; October 1st, 2019 to December 16th, 2019.

\$10 to participate. **All monies collected go to winner of Challenge.

Weekly Activity Log must be submitted to Recreation Coordinator for a new Activity Log to be issued.

There is 3 ways to earn stickers/stars a week:

Complete Physical Activity Goal for the week.

Complete Healthy Eating Goal for the week.

Participate in a program offered by FSST Recreation.

Programs included for Healthier Lifestyle Challenge:

Open Gym

Bean Bag & Ladder Ball League

Volleyball

A Walk Around the Block

Basketball Leagues

***Any fitness program that is announced.

Shake Large Die for #1-6. This is your Weekly Goal of Exercise.

Hours

Miles

Goals must be set prior to starting Activity Log.

Submit Activity Log to Recreation to start next Activity Log.

Winner will be announced December 18th, 2019 with prizes awarded.

Winners will be awarded for: (Tie-Breaker will be with shaking large die.)

Top 1: All Entry Fee Monies

Top 15: Stocking Cap; fleece lined with Bear Paw logo stitching

Top 50: T-Shirt

***First 50 to turn in their 1st Weekly Activity Log: Travel Exercise Kit

Must have determination to make new healthy lifestyle changes & must have fun!



Dakodiah

TEEN NIGHT

6th-12th grade

THURSDAYS

7-8:30PM

WACIPI

DAKOTA IAPI

culture

GAME NIGHTS

Quilling

SINGING

Cooking Basics

sewing

Fundraisers

Movie Nights

REGALIA

Beading

GYM ACTIVITIES



Prairie Doc® Perspectives –

Historical Trauma and Cultural Healing

By Richard P. Holm, MD

Starting in 1805 through 1858 the Dakota Indian people living in Minnesota were, by U.S. government treaties, gradually cut out of their traditional hunting areas. In 1861, crops failed, winter was severe, meager federal payments were late and Dakota children were starving. By August of 1862, desperation moved some of the Dakota Indians to attack white homestead farmers and families and the state militia responded. War was on.

After six weeks of fighting the Dakota warriors surrendered and 303 men were sentenced to death by hanging. President Abraham Lincoln commuted many but left 38 Dakota men to hang in Mankato, Minnesota just after Christmas 1862.

Those commuted were shipped to prison in Iowa where more than a third died as conditions were so poor.

Although many Indian people did not go to war, white hatred of all Indians grew like a prairie fire.

Within a year, a \$25 bounty was paid for the scalp of any Dakota Indian found free within the state. Lives were lost on both sides of that war, but the Dakota Oyate (Oyate means people) lost their lands and their culture. Pride and family traditions were severely compromised affecting many generations to come.

First introduced by mental health expert Maria Yellow Horse Brave Heart, Historical Trauma Response is a societal diagnosis now used by psychologists and historians. It refers to the cumulative, transgenerational, traumatic experience which causes long-lasting injury to communities, cultures and descendants, like that of

the American Indian. Another example of HTR is the African American slave experience.

Experts state that HTR may cause smoldering animosity between groups as well as poverty, alcohol abuse, violence, depression and suicide behaviors. How can this be treated without compromising a culture's traditions? Do ancestors of immigrant Europeans have a societal responsibility to right a wrong? Does smoldering animosity block the path to healing?

I believe prejudice hurts all of us. Hate poisons the well, even if it is "inherited hate" that came from more than 200 years of conflict and violence. It is time for European descendants to free ourselves from the

bonds of historical bigotry and better understand the perspective of the Indian people. It is time for people of all races to stop hating and find ways for cultural healing through spiritual kindness to each other.

Lakota leader and mystic Black Elk said, "The bison were the gift of a good

spirit . . . and from the same good spirit we must find another strength."

Richard P. Holm, MD is founder of The Prairie Doc® and author of "Life's Final Season, A Guide for Aging and Dying with Grace" available on Amazon. For free and easy access to the entire Prairie Doc® library, visit www.prairiedoc.org and follow Prairie Doc® on Facebook 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.



October 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Stroganoff Over noodles Green Beans Fruit tarts	Chicken Tenders Brussel Sprouts Coleslaw Browines	Meat Loaf Baked Potato Corn on Cobb Apple Crisp	Taco Salad Green Chili Rice Peaches	Potato Soup Meat/Cheese Platter Carrot & Celery Stix Apricots
7	8	9	10	11
	BIRTHDAY MEAL BBQ Ribs Baked Potato Pea Salad Birthday Cake	Scalloped Potato With Ham 7-layer Salad Buttered Squash	Tomato Bisque Grilled Cheese Sandwich Tasty tossed Salad Fresh Fruit	
14	15	16	17	18
CLOSED for Native American Day	Chicken Wrap Rice Pilaf Pears	Mixed Bean Soup Cornbread Cottage Cheese Salad Dessert	CLOSED PREPARING FOR FALL FLING	FALL FLING EASTMAN HALL 8:00-2:00
Hamburgers Baked Beans Chips Ice Cream Kups	Italian Beef Sand. Seasoned Potato's Crunchy Veggie Salad Fruited Jello	Baked Ham Sweet Potato's Green beans Pineapple upside down cake	Hot tuna Buns Kris Mac. Salad Veggie Stix Dessert	Chicken & Rice soup Egg Salad Sandwich Fresh Strawberries
21	22	23	24	25
Denver Omelet O'brien Potato's Lemon Muffin	Goulash Biscuit Tossed Salad Banana Bar	Oven Baked Chicken Mashed Potato/gravy Harvard Beets Silver Glade Salad Dessert	Chicken Pot Pie w/crawling hand Spider Eggs Cupcakes	
28	29	30	31	

Grace Moore Senior Citizens Center 997-2924

*Menu subject to change without notice.