

Flandreau Santee Sioux Tribe Monthly Newsletter December 2019

Can'napopa Wi - December - the moon of the popping trees.



WOPIDA!!

Avery, Dusty,
Devin, Stephanie
& Christin



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.

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If inaccurate or otherwise inappropriate information is brought to our attention, a reasonable effort will be made to print a correction in the next 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

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



Hau Mitakuyapi,

The Wakpa Ipaksan 7th Annual Waniyetu Wacipi was a success this year. I would like to THANK all of those who helped us create such a wonderful Wacipi. Our relatives/guests enjoyed themselves and had a fun time. Unfortunately our Eyapaha Jerry Dearly fell ill and could not make it this year, so we made an adjustment and asked Redwing Thomas (Santee NE) and he did a good job. We held a Blanket Dance for Deksi Jerry and were able to raise \$975 Dollars and a Star Quilt donated by Billy and Ron Gilbert, for him to get his oxygen machine. We had 22 Drums set up and 183 total Dancers and 13 Vendors. I can't thank everyone enough for your help and contribution to our Wacipi. Ake Wopida eciciyapi do Mitakuyapi. Ohan Ca Hecetu wedo. Mato Ohoda Mani miye do





Patience...Thoughtfulness..Leadership.. Kindness..Respect..

Facebook Posted by Stephanie Langdeaux FSST Flandreau Public Liaison



Mikey is the grandson of Betty Armstrong, son of Mike Tollefson and Great Grandson Of the late Fannie Armstrong



I wrapped this fine young man, "Mikey" with a beautiful star quilt, made by my cousin Ziegler Nikki This past summer, on the way down from BLACK ELKS PEAK he had earned this honoring When all the other kids ran down (yk kids being kids, rambunctious, full of energy, enjoying, loving life:)) Well not Mikey, he stayed back with me & 2 other old folk (haha JB & Thomas) this was a 3 1/2 mile hike he stayed at our pace, allowing me my time to take in the beauty of the mountain, he never pushed or hurried, showing a level of PATIENCE beyond his young years. I admired his THOUGHTFULNESS. Without being asked..he took it upon himself to do this. This showed LEADERSHIP. Mikey & I didn't know each other all that well (yet) because we're both so laid back-quiet folk 😊, (sometimes). So for him to do this for someone he hardly knew, that took some KINDNESS. Me being older and a female, and to want to look out for my safety showed me the honorable level of RESPECT Mikey possesses.

Although it's taken me sometime to recognize him for that day, it is now officially done! I mean, he gained my respect that day & I knew then, he deserved my thanks & an honoring. To be able to add a song was an honor for me as well as Mikey, blessings!

It had made my heart so happy to see his Warrior Spirit on that day.

I want to encourage this type of 'above and beyond' behavior in our young ones ❤️

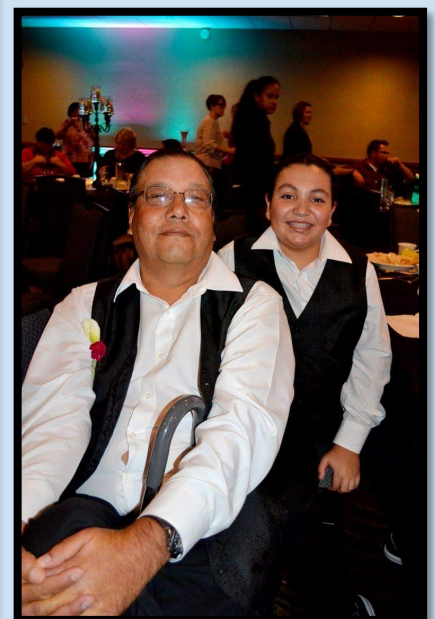
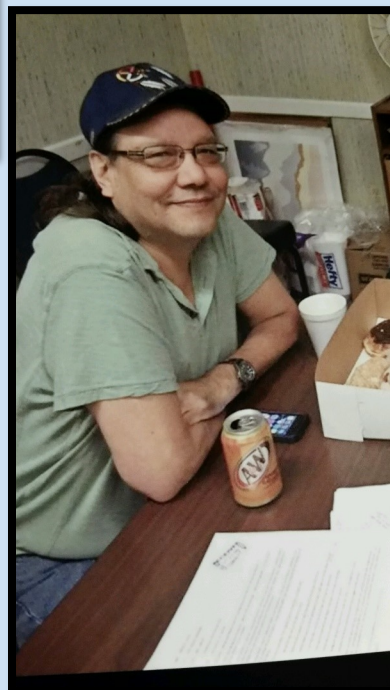
The Weston's have added to our family this is AJ Weston #6 !

Grandpa would've loved another grandkid.



Arrow and his brother AJ

On December 23rd Mike would've been 60yrs old we'd like to have a shout out to heaven wishing him a Happy Birthday !
Merry Christmas and Happy New years
From The Weston Family!!



Mentors bring listening ear, confidence to students



Colleen Wede is a mentor to Flandreau sixth grade student, Addison Fisherman. The two meet in the school library for the Everyday Heroes program that started this year through a grant.

Word is getting around about a new mentor program for Flandreau fifth and sixth graders.

And more students want to have an additional adult in their lives to play games with, eat with or just talk to, said Kari Lena-Helling, middle school and high school counselor.

"Yesterday I had two girls who weren't in the program come ask me if they could be in it because they just heard about it," she said. "At first, it was me recruiting kids. It's kind of turned into kids recruiting other kids now."

The Everyday Heroes mentor program, through Lutheran Social Services, started this year with a \$5,000 grant from Elisabetta James, a former employee at the school who earned the grant by being a part of the Change Network Program. She also is a volunteer mentor.

"We are social beings. We thrive on relationships," she said. Having an extra positive person in your life can make a difference."

James' son is in the mentoring program, and she has seen that confidence and excitement, as well. "I'm already seeing him blossom," she said. "He came home and said, 'Mom I wish it was every day.' He likes to have adult conversations."

Colleen Wede has two students she meets with each week. The sessions are about 40 minutes long, during the students' lunch time. The pairs meet in the library where they talk and can play board games.

Wede asks sixth grader Addison Fisherman, 11, all kinds of questions, trying to break through her shyness at their first meeting.

Favorite subject? Math

Favorite color? Blue

Favorite candy? Reeses

Favorite food? Maybe spaghetti

Does she like to read? Sometimes

Like art: Yeah

Often the answers are headshakes yes or no.

Their conversation is accented with a giggle now and then, and Wede is patient when the student covers her face and looks away when she talks.

Wede talks about the games on a nearby shelf and wonders if Addison wants to play one. "Anything but Jenga," Wede said. "I am no good at that game."

Wede, who has two adopted daughters, said she likes the flexibility of the program because she can meet with the students on whichever day works for her. She also likes getting to know the kids and possibly being a positive role model in their lives.

"I think a lot of kids just need a buddy," she said. "I'm a talker, I guess. I like to visit and get to know what they're interested in and let them know what I'm interested in."

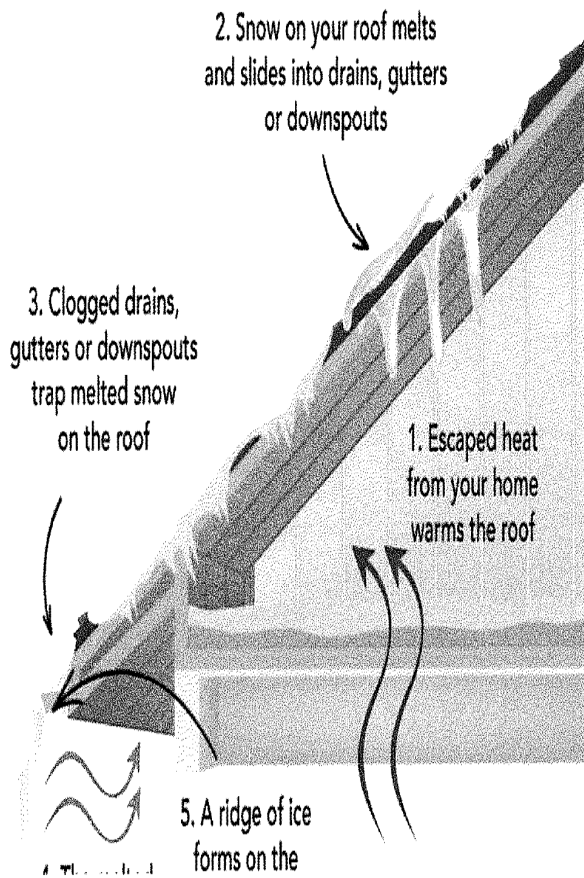
James would like to see the program continue and even expand to other grades. She would like to follow her student mentee through high school. The district has applied for a grant to help pay for it again, she said.

"We have a great need. We need to find more mentors," she said.

Ice Dams: Causes and How to Prevent Them

Ice dams can be a real issue in the winter months. Learn what these potential roof hazards are and how you can prevent them from damaging your home.

WHAT CAUSES AN ICE DAM?



Baby it's
cold
outside.

Community Center Gym will be
CLOSED Thursday Dec. 19th –
Dec. 23rd 2019
As we are re-doing the
gymnasium floor.

The image shows a wooden gymnasium floor with a black and red line running across it. The text is overlaid on the image.

29th Annual SDSU Wacipi Saturday, March 28, 2020

Frost Arena on SDSU Campus
Grand Entry starting at 1pm

General Admission: \$6
SDSU Student: Free w/ ID
Children 5-Under: Free
Adults 55-Older: Free

PRIZE MONEY:

DANCERS: Top 3 choices in each category
DRUM SPLIT: First 8 registered drums
Registrations for dancers and drums end at 1pm. All prize winners must fill out a W9, please bring your SS. number

VENDORS:

Arts & Crafts, \$75, first 12 pre-registered vendors. Contact LaRee Grebner to register @ 605-688-6416

More Info:

Contact: Morgan Catlett-Ausborn
or Amber Morseau @
605-688-5263
or visit:
facebook.com @sdstatewacipi

**WOKINI
INITIATIVE**
A NEW BEGINNING



South Dakota State University®

Sponsored By: AISA, AISC, and Wokini Initiative

ATTENTION MEMBERS ESTABLISHING RESIDENCY

- **1ST YOU MUST APPLY TO PARTICIPATE IN GWA.THIS IS YOUR WAITING PERIOD START DATE.
(date received stamp)**
- **IT IS YOUR RESPONSIBILITY TO KEEP TRACK OF YOUR 1YR OR 90 DAY WAITING PERIOD COMPLETION DATE.**
- **YOU WILL NOT BE PLACED “ON RES” AUTOMATCALLY.**
- **AFTER YOUR WAITING PERIOD IS COMPLETED YOU MUST FILL OUT REQUIRED COMPLETION FORMS.**
- **THE DATE YOUR COMPLETED FORMS AND ALL CURRENT DOCUMENTATION IS RECEIVED (date received stamp) IS THE DATE YOU WILL BE ELIGIBLE TO RECEIVE GWA PMTS UPON GWA COMMITTEE APPROVAL.**



GWA Committee Members

Chair - Gayle Soward

Vice Chair– Mike Wakeman

Secretary– Cyndi Weddell

Member– Victoria Peres

Member– Betty Armstrong

Alternate– Betsy Fisherman

Alternate– Angie Eastman



As Of Dec 2019

Adult On Reservation 319


Moody Co. 290

Minnehaha Co. 29

Adult Off Reservation 285

Under 18 159

Enrolled FSST Members **763**





Thursday Nights

November 7, 14 & 21
December 12 & 19

7-9pm:

13+years old

Must have updated Recreation
Membership

Made with PosterMyWall.com



Wednesday Nights

November 13, 20 & 27
December 4, 11 & 18

7-9pm:

13+years old

Must have updated Recreation
Membership

Made with PosterMyWall.com



FSST Recreation Presents:

WALK A MILE

12pm to 1pm: Tuesdays & Thursdays

1 time around our block OR
16 times around our gym is equal to 1 mile.

Check in with Sylvia Roy
at Wicoicaga Otipi Community Center
prior to walking please.

FOR MORE INFORMATION PLEASE CALL (605) 633-1716

Made with PosterMyWall.com



Family Violence and Prevention

FOR SURVIVORS OF DOMESTIC VIOLENCE OR
SEXUAL ASSAULT



SERVICES

Help in Finding Emergency Shelter
Transportation
Emergency Financial Assistance
Referrals for Court Advocacy
Help Creating Plans for Safety
Free Counseling Services including
Play Therapy for Children

Also Provided:
Confidential Support, Compassion &
Empowerment!



For Services or Questions Call 605-573-4228

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!

Good Luck



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



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 90EV0426 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.

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.

2019 Christmas Parade Grand Marshal

FSST Oldest Tribal member Beverly Wakeman



Thank you to all who offered nominations for this year's Christmas Parade! We are honored Beverly Wakeman accepted the invitation to be this year's Grand Marshal! We hope you'll consider coming out to celebrate all she is and has been her entire life to the community along with so many others who take part each year! We hope to see you downtown a week from tomorrow!



Wakeman to lead parade

Flandreau will kick off the season with a holiday parade of lights Saturday, led by parade grand marshal Beverly Wakeman.

The parade, with the theme of an old-fashioned Flandreau Christmas, will start at 6 p.m. and travel down Second Avenue. Lineups for floats will be at 5:30 p.m. south of the Moody County Courthouse.

Wakeman, 86, is the oldest member of the Flandreau Santee Sioux Tribe and an active community volunteer. She grew up in Flandreau and joined the Gordon Weston Post of the VFW Auxiliary when she was 16, participating as a lifetime member until the local auxiliary disbanded recently. She now belongs to the auxiliary in Brookings and continues to put flags on graves at the Indian cemetery each Memorial Day, with the help of a grandson.

"If I'm going to belong to something, I should take part. I should do what I can," she said of her community involvement.

Wakeman worked for six years at the Flandreau hospital before working at the Flandreau Indian School in the facilities area for 40 years, retiring in 2004.

She belongs to the Second Presbyterian Church, is a 50-year member of the Order of the Eastern Star and is on the board of the Moody County Historical Society. Except for the winter months, she and her friends go to aquanastics in Pipestone three times a week, and she has coffee daily at the Grace Moore Center.

Wakeman has three children – two sons and a daughter. While her sons have died, her daughter from Aberdeen will spend Thanksgiving with her mother in Flandreau.

After the Christmas parade, which is organized by the Flandreau Development Corporation, Wakeman will light the trees on the front lawn of the Moody County Courthouse.

The old-fashioned Christmas theme ties in with Flandreau's Sesquicentennial celebration this past summer, and organizers with the FDC want people to come up with floats and entries depicting the traditions of a Flandreau Christmas.

After the tree lighting, Flandreau Bistro & Roasterie will extend its hours and be open with some specials, along with other downtown businesses.

For questions about the parade, call Carleen Wild Wilson at 608-692-0651 or Jessica Hovland at 864-0242.

In addition to the parade, a holiday lights contest is being held with judging on Dec. 10, and the courthouse will have its indoor Christmas Tree Festival open during regular business hours during the holiday season.



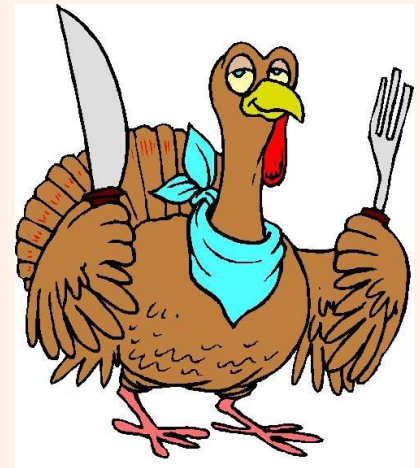


2019 Clinic Holiday Closings

Wednesday, Nov. 27th	Clinic Closed	1p-5p (Admin Leave)
Thursday, Nov. 28th	Clinic Closed	8a-5p (Holiday/Thanksgiving Day)
Friday, Nov. 29th	Clinic Closed	8a-5p (Holiday/Native American Heritage Day)
Friday, Dec. 6th	Clinic Closed	11a-5p (Admin Leave/Employee X-mas Party)
Tuesday, Dec. 24th	Clinic Closed	1p-5 p (Admin leave/Christmas Eve)
Wednesday, Dec. 25th	Clinic Closed	8a-5p (Holiday/Christmas Day)
Thursday, Dec. 26th	Clinic Closed	8a-5p (Holiday/Mankato 38+2)
Wednesday, Jan. 1st	Clinic Closed	8a-5p (Holiday/New Year's Day)



📷 Dr. Charlie Patterson, the new tribal dentist, chooses his piece of pumpkin pie at the Grace Moore Center Thanksgiving meal.



Eighty-one guests enjoyed a traditional Thanksgiving meal Friday at the Flandreau Santee Sioux Tribe Grace Moore Center, a dinner complete with pumpkin pie and a take-home treat.

The meal, prepared by cooks Cyndi Weddell and Pam Kitto and director Gayle Soward, included turkey, mashed potatoes and gravy, stuffing, sweet potatoes, corn, cranberry fluff, dinner rolls, relish and pie with whipped cream. Guests also took home popcorn in a brown paper bag shaped to look like a turkey leg. Guests thanked the staff with a round of applause. "You are our elders. That's why we do it," Soward told them. She said those who eat at the center appreciate the meals, and workers enjoy making dinners special, including things like lit candles at each table. "We do the decorating. We do the cooking. We do everything together," she said.

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.

RED ROCK TRADING CO. AFFORDABLE RETAIL

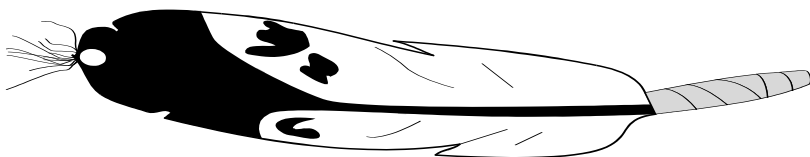
214 East Second Avenue, Main Street Flandreau S.D.
605-573-0900

HOURS

Monday: CLOSED
Tuesday: CLOSED
Wednesday: 5 pm to 7 pm
Thursday: 2 pm to 7 pm
Friday: 2 pm to 7 pm
Saturday: 10 am to 7 pm
Sunday: CLOSED

Clothes, Shoes, Baby, Toys,
Household, Electronics

Like us on Facebook - Red Rock Trading Company



EL RINCONSITO

Hours

Monday-Thursday, 11am-9PM

Friday-Saturday, 11AM-10PM

Sunday, Closed

Mini Buffet

Monday to Friday

Rinconcito

11 AM to 2 PM

HAPPY HOUR

6 PM to 9 PM

2 Micheladas for
\$10.00

or

2 Beers for \$6.00



Seniors Everyday

Order anything from the mini and order it
mini style for only \$7.99 the plate

2nd Avenue Mainstreet Flandreau S.D.
605-534-6096



DRIVE THRU OPEN

INSIDE WILL OPEN SOON

605-573-0940

Hours: 7am-7pm • 7 days a week
108 S Wind Street, Flandreau S.D.



FLANDREAU BISTRO & ROASTERIE

Tried and true recipe creates a holiday favorite

With pounds of sugar, water and glucose, plus a little coloring, salt and flavoring oil, Don Duncan uses his father's proven recipe to make one of the most sought-after candies at the Flandreau Bakery.

His anise candy starts appearing on the shelf in November and sells throughout the winter season. He sells hundreds of pounds of it and other candy, including peanut brittle that he hand-stretches and coconut brittle. "People will start asking for this just when it starts getting cold out," he said of the biggest seller, the anise candy. The Flandreau Bakery is known in the region for its fresh made doughnuts, long johns, pastries, breads and cookies all year long. But during the holidays, it's a place to get made-from-scratch candies, including anise, peanut brittle and coconut brittle.

Starting with more than 10 pounds of sugar and three pounds of water, Duncan combines the ingredients for his candy, except the anise oil, in a copper pot that is at least 80 years old. He lets the hot red liquid boil over a gas flame, taking about 30 minutes for it to reach the ideal temperature of 290 degrees, the point at which it will harden perfectly when cooled.

"As it climbs up in temperature, you want it cooking that water out of there," he said.

At the exact temperature, Duncan pours in a measured amount of anise oil which causes steam to rise in the pot and escape out the vent in the back of the bakery. If he didn't vent the candy, the scent would be too strong in the bakery, he said. When Duncan is making a batch, customers can smell it all the way out on the street.

He pours the hot liquid into a hand-made metal frame on a marble countertop covered with parchment paper. The frame prevents the candy from running off of the counter, and the marble top absorbs heat, helping the candy to cool. Duncan waits while the candy sets up so that it is firm enough to score it into pieces without it oozing back together. Once it has cooled enough, he removes the metal frame and works quickly using a roller to mark lines horizontally and vertically in the bright red slab.

After the less than one-inch pieces are scored, he waits a few more minutes until the slab is hard enough to break into sections and then individual pieces. He taps the candy with a utensil over a tray where it cracks into bite-sized nuggets.

Each batch makes just over 16 pounds of candy. The tray of anise pieces goes to the front of the bakery where employees bag it in half-pound packages and sell it for \$1.99 each.

During the season, Duncan will eat a few pieces of the anise candy, too. It's a flavor he likes, and it sticks with him in the candy-making process.

"When I leave here today, I'll smell like a big piece of anise candy," he said. "It's a smell that permeates everything. You either love it or hate it."

Over the years, he has made countless batches of candy. At times, a customer will buy the entire batch.



Don Duncan stirs a batch of anise candy at the Flandreau Bakery after adding the flavoring oil. Steam rises from the pot and fills the room with aroma, wafting outdoors to the street.

"I wouldn't even be able to guess how many pounds. Sometimes during the week, I could make this every day," he said.

Candy making fills in some of the free hours at the family-owned bakery that is a legacy business in Flandreau and among a shrinking number of small-town bakeries that bake from scratch.

Don Duncan and his brother, Ed Duncan, start early each morning putting together pounds of flour and other ingredients before Don tends to mixing dough and Ed fries the doughnuts and rolls for each day's sales. Don also makes the candies and decorates cakes.

Candy making, which he does after the baking is done, started with their father, Mel Duncan, who made anise candy and peanut brittle more than 50 years ago with the same recipes. He opened his bakery business in 1930 for its first full year, although he had started baking in 1924.

"We were one of the first businesses in South Dakota to start paying sales tax," Don Duncan said.

The older Duncan encouraged his sons to work at the bakery as soon as they were interested. "We grew up here," said Don Duncan, 69. His brother, Ed, is two years younger.

After high school, Don went to Dunwoody Industrial Institute in Minneapolis where his father had studied to be a baker. Ed went to college and handles the financial side of the business.


When it comes to the bakery's recipes, they are tried and true and are mixed and baked all on site. "We use the same formula that Dad used. We haven't changed much," Don Duncan said.

Customers have their favorites, with frosted long johns and chocolate doughnuts being big sellers. The bakery also fills wholesale orders for other businesses who use their products, too.

The Duncan brothers would like to see their business continue with the same made-on-site products and the same quality. They know that would mean they need to sell it to an experienced commercial baker dedicated to their quality standards. So far, they haven't found that buyer.

"We would like to do something else in our lives other than be in the bakery," Don Duncan said. But, they are looking out for the preservation of their business, too. "We want it to be unique. We want it to be a good product at a reasonable price."

December 2019 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Polish Sausage With sour kraut Parslied Potato's Glazed Carrots Pears 2	Tomato Bisque Soup Grilled Cheese Sand. Pickles Brownies 3	Hamburger Stroganoff Over Noodles Green Beans Carrot Cake 4	Potato Soup Ham Salad Sandwich Cottage cheese Salad Cookies 5	CLOSED Employee Christmas Party 6
Goulash Pease Coleslaw Banana Bread 9	Beef Stew Angel Biscuits 7-layer Salad Apple Tart 10	BIRTHDAY MEAL!! Oven Baked Chicken Potatos/gravy Butter Corn Salad Birthday Cake 11	Soft Shell Taco Spanish Rice Lemon Bread 12	Ham & Bean Soup Corn Bread CrunchyVeggie Sald Choc. Pudding 13
Pizza Burger Fries Apple Tossed Salad Fruit Cocktail Cake 16	Chicken & Rice Soup Egg Salad Sand. Apple Muffin 17	Hamburgers Mac. Salad Baked Beans Apple Pie 18	Pork Loin Potato/gravy Green Bean Casserole Crisp Apple Pecan Salad Fruit of Forest Pie 19	 20
CLOSED 23	FOR 24	CHRISTMAS 25	CLOSED 26	CLOSED 27
Tator tot Hotdish Buttered Beets Biscuits Fresh Fruit 30	Baked Potato With toppings Carrots Salad Cookies 31			

Grace Moore Senior Citizens Center 997-2924

*Menu subject to change without notice.