

# Flandreau Santee Sioux Tribe Monthly Newsletter February 2024

*Wi'ca'ta Wi (Moon of the Raccoon) February– the “wica” signifies the raccoon, the one of the first animals to come out of hibernation so this month is named after the “waca”.*

## Oglala Sioux Tribe Bans South Dakota Governor From the Pine Ridge Reservation



The Oglala Sioux Tribe has banned South Dakota Governor Kristi Noem (R) from the Pine Ridge Indian Reservation after the governor gave an incendiary speech about immigration to the South Dakota legislature last Wednesday.

In the speech, Noem stated she wants to send razor wire and security personnel to Texas to stop immigration to the U.S.-Mexico border. She also stated that a gang—allegedly tied to a cartel, calling themselves the Ghost Dancers are bringing drugs onto the reservation.

The banishment came Friday in a [four-page statement](#) written by Oglala Sioux Tribe President Frank Star Comes Out. "Due to the safety of the Oyate [*people or nation*], effective immediately, you are hereby banished from the homelands of the Oglala Sioux Tribe!" Tribe President Frank Star Comes Out said in a statement addressed on Friday to Noem.

Star Comes Out accused the governor, an avid supporter of former President Donald Trump, of making the immigration problem a political issue to benefit the former president's chances of reelection. Star Comes Out suggested Noem is vying to be Trump's vice president nominee.

The Oglala Sioux president says Noem is wrong about the immigrants seeking asylum in the United States when she said they need to be put into cages. Star Comes Out said many of the immigrants are Indians from places like El Salvador, Guatemala, and Mexico who arrive at the southern border "in search of jobs and a better life."

"They don't need to be put in cages, separated from their children like during the Trump Administration, or be cut up by razor wire furnished by, of all places, South Dakota," he said.

The Oglala leader expressed his resentment on Noem's speech when she mentioned a gang calling themselves the Ghost Dancers is murdering people on the Pine Ridge Reservation and is affiliated with border-crossing cartels that use South Dakota reservations to spread drugs to other parts of the country.

"I and the Oyate are deeply offended that you alleged 'Ghost Dancers' are affiliated with these cartels. Ghost Dance: one of the most sacred ceremonies was used with blatant disrespect and is insulting to our Oyate," Star Comes Out wrote in his conclusion.

Friday's banishment was not the first time the Oglala Sioux Tribe told Noem she is not welcome on its reservation. The Noem administration has a history of maintaining a contentious relationship with the South Dakota tribes.

In May 2019, the Oglala Sioux Tribal Council unanimously voted to tell her she is unwelcome on the Pine Ridge Reservation until she rescinds her support for anti-protest legislation. Two additional Sioux tribes — Cheyenne River and Yankton — expressed their solidarity with the Oglala Sioux Tribe.

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

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**NOTICE OF DISCLAIMER:**

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*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*



## Best Corny Dad Jokes

- "I'm afraid for the calendar. Its days are numbered."
- "My wife said I should do lunges to stay in shape. That would be a big step forward."
- "Why do fathers take an extra pair of socks when they go golfing?" "In case they get a hole in one!"
- "Singing in the shower is fun until you get soap in your mouth. Then it's a soap opera."
- "What do a tick and the Eiffel Tower have in common?" "They're both Paris sites."
- "What do you call a fish wearing a bowtie?" "Sofisticated."
- "How do you follow Will Smith in the snow?" "You follow the fresh prints."
- "If April showers bring May flowers, what do May flowers bring?" "Pilgrims."
- "I thought the dryer was shrinking my clothes. Turns out it was the refrigerator all along."
- "How does dry skin affect you at work?" "You don't have any elbow grease to put into it."



Congratulations **NICE GOING!**  
**GREAT!** *Way to Go!*  
*Yea!* **FELICITATIONS**  
**CHEERS** *Take A* **BEST**  
*BOW!* **WISHES!**



**HUNTER** | **CUNY**

Vice President for Student Affairs &  
Dean of Students

Rachel Eastman  
22656 Sd Highway 13

Flandreau, South Dakota 57028-6613

Dear Rachel:

Congratulations on achieving a Grade Point Average of 3.5 or higher during the Fall 2023 semester, which has earned you a place on Hunter College's Dean's List. Your strong academic performance placed you among the top scholars at Hunter, and contributed to the rich environment of our college community.

Inclusion on the Dean's List is a notable accomplishment that I am sure reflects hard work and commitment to your studies. The Dean's List honor has been posted on your official transcript, which you can share with graduate schools and potential employers.

We are delighted that you have used the educational experience at Hunter to such great advantage, and know your efforts will serve you well in your professional and personal endeavors.

Once again, we congratulate you and wish you the best in the future.

Sincerely,



Eija Ayravainen

Rachel Wakeman made the Dean's list at Hunter College in Manhattan. Rachel is finishing up her Junior year at Hunter College where she is pursuing an English degree and plans to continue writing books. Rachel is a 2021 graduate Flandreau High School . Granddaughter of the late Francis & Marilyn Wakeman

# Abandoned property slated for demolition



This property, long ago abandoned at 204 E. Park Street in Flandreau, will likely be demolished later this spring due to ordinance violations and ongoing safety concerns. A local judge recently ruled that owner Jeffrey Weigel will have to repay the City demolition and removal costs after ignoring legal matters and basic property maintenance for decades.



A dilapidated residential property, long considered a nuisance violation and growing safety concern in a downtown Flandreau neighborhood, will likely be scheduled for demolition later this spring.

A judge recently ruled in the City's favor in the case of the City of Flandreau versus Rudy's Welding & Machine Shop, Jeffrey Weigel, and the Estate of Curtis Weigel, and all persons in possession.

The case, decades in the making, went before Judge Patrick Parady on Thursday, January 18th at the Moody County Courthouse. Weigel, after years of ignoring ongoing citations for city ordinance violations on multiple properties, represented himself in court that day. In a previous hearing, he had requested from Judge Parady a change of venue, stating he felt there were conflicts of interest in the case, that he wouldn't receive a fair and impartial trial, and that he wasn't fairly represented.

Judge Parady explained to Weigel why he believed his concerns weren't valid and reminded him, through repeated outbursts by Weigel, that he had had plenty of time to hire an attorney, but that he failed to do so.

Weigel was escorted out of the courthouse shortly after for belligerence in the proceedings.

The property referenced above is a residential property at 204 E. Park Street, which is located in the heart of a downtown residential neighborhood. No one has lived in the home however for more than 40 years.

The last time the utilities were connected at the property was 1980.

The City has tried for decades to work through peaceful and lawful means to get Weigel and his family and businesses to abide by local property maintenance codes and city ordinances.

In November of 2020, the City removed some of vehicles that were part of a court order from 2001. That order stated that Weigel could not store vehicles and other items in the city right-of-way.

Heavy equipment was used to move a dirt berm that had been built to prevent some of the vehicles from being taken.

Weigel, in that case, was arrested after attempting to block the removal of the vehicles from the property.

In 2022, Weigel applied for and was granted a demolition permit for the home. He told City officials he would remove any item of value and demolish the property that summer.

It remains standing with most of the windows now broken out, the roof caving in, the wood structure itself rotting, and a snow fence lining the property to keep trespassers out due to safety concerns.

Those safety concerns were elevated after a group of young children recently entered the home and posted their exploration on YouTube.

Given the evidence, Judge Parady granted the City its request to abate the property and recover the costs associated with it.

A court order has yet to be signed. Once it is, Weigel will have 30 days to appeal the ruling. If no appeal is granted, a contractor will be selected along with a date for the removal of the home and other dilapidated structures and items on the property.

"The Court, after hearing witness testimony, reviewing photographs of the property over time, and seeing the records of the steps the City took to attempt to bring the property owners into compliance, granted the City's requested relief. The Court authorized the City to demolish the structure and the City shall have a judgment against the property owners for the reasonable costs to do so. The City appreciates the Judge noting the efforts the City exerted to be accommodating to the property owners. Finally, the City is pleased that this nuisance issue is reaching resolution," said City Attorney Corey Bruning.

Additional violations and concerns remain at the adjacent Rudy's Welding property. City officials intend to follow up on those citations once the residential structure is removed.

**U.S. SENATOR MIKE ROUNDS AND THE NATIONAL  
AMERICAN INDIAN VETERANS PARTNER TO HOST:**

# **NATIONAL AMERICAN INDIAN VETERANS FEDERAL CHARTER SIGNING CEREMONY**

An event to commemorate the passage of the  
National American Indian Veterans Charter Act.

## **WHEN**

**Thursday, March 14, 2024**

12:00 PM - 1:00 PM

## **WHERE**

**Hart Senate Office Building  
Event Space**

SH-902

## **WHO**

NAIV Leadership  
Tribal Leaders  
Bill Cosponsors  
Executive Branch Leaders  
Other Supporting Veterans Organizations  
Staff



**Additional Details to Follow**



Dakota Layers barns northeast of Flandreau are back to full operation and bird population about a year after the company was hit with a second round of the highly pathogenic avian influenza. More than 1.2 million birds were culled in December of 2022. The first time the company was affected by the bird flu was in 2015.

Dakota Layers, for the first time since December of 2022, is back to being fully operational in regard to its birds. The locally and family-owned egg farm has twice been devastated by HPAI, or the bird flu. May of 2015 was the farm's first devastating round with the virus. Extraordinary precautions didn't stop a second round from hitting its flock in late 2022.

More than 1.2 million hens were again quickly euthanized.

The rebuilding process and the efforts to protect its flock from ongoing and annual emerging threats has been a challenge and costly.

"We are, once again, preparing for spring migration," said Tracy Ramsdell, spokesperson for the company.

"In the poultry industry, just when we think we're in the clear, another season is just around the corner. We're constantly preparing for what's next! Considering AI cases were still popping up in SD, KS, CA in January, we are still under high alert."

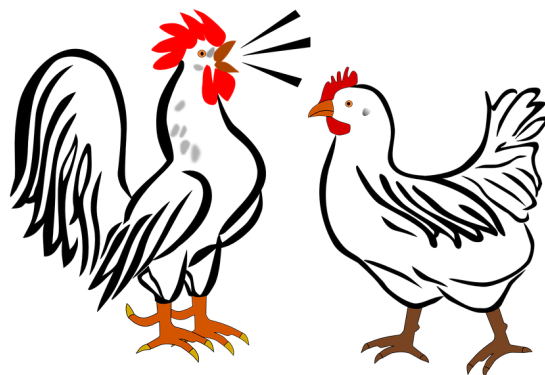
Dakota Layers General Manager Jason Ramsdell told the Moody County Enterprise late last year that he's learning alongside hundreds of other leaders in the egg industry what they can about this latest strain and how to improve safety measures.

One area he said that can't be stressed enough is more knowledge amongst the general public and backyard flock owners about the bird flu — the virus each year mutates and travels globally in migratory birds.

The best thing anyone can do if they find a sick or dead bird is to call the state DENR to notify them of their location, and not to touch or move them. The worst thing anyone might do, he added, is try and nurse these birds back to health or move them around.

HPAI has infected commercial poultry, totaling more than 59 million in 47 states since 2022. Dakota Layers is one of countless commercial farms that has, more than once, suffered tremendous losses.

If you suspect birds you care for have avian influenza, you should contact state officials immediately at 605-223-7660 or email [WildInfo@state.sd.us](mailto:WildInfo@state.sd.us).



## Water outage due to line break



The heavy freeze earlier this month followed by this January thaw is causing problems for water pipes not only in area homes and businesses, but in city water lines as well.

A water main break was reported late on Tuesday evening, January 23 at 3rd Avenue and Bates Street in Flandreau. Repairs the following day interrupted service to the entire city for about three hours while engineers and city crews triaged the line. Homes and businesses waited out the repairs and resumed business as usual while the school district released students early for the day as a result.

The infrastructure is in an area that has not yet seen water and sewer line replacement — the city is in the midst of a multi-year project to replace the underground pipes.

“The water main break we experienced this week fell just outside of the scope of the project that we are pursuing this Spring. The City had a 10” main break that has likely been deteriorating for several years. The line in question has not been replaced for a significant number of years and will be replaced in a future phase of infrastructure upgrades,” City Administrator Cohl Turnquist said.

“The break disrupted service for the entire community, due to the failure of several valves surrounding the break, creating a scenario where staff was unable to isolate the break.”

Several of the malfunctioning valves will reportedly be replaced in the upcoming project this year.

The community was without water service for approximately 3 hours. Turnquist said that the outage was dramatically reduced however by the quick thinking and expertise of City staff, as they were able to identify the location of the leak prior to disrupting water service.

The break has been repaired and water service should be back at normal levels.

FSST Recreation Presents:

\$20

Winners Take All

3-on-3

# BIG SIOUX DRAFT TOURNEY

*Handrean, SD*

Sundays: February 18th & 25th

Draft Draw at 12:00pm NOON

Gym opens at 11am to start taking names

@ Wicoicaga Otipi  
Community Center  
503 W. Broad Ave.

First Round: Captains selected at RANDOM

Second Round: Each Captain picks 2nd teammate

Final Round(s): Remaining are selected at RANDOM

MORE INFORMATION:

Sylvia Roy @ [sylvia.roy@fsst.org](mailto:sylvia.roy@fsst.org) or  
(605) 573-4195



# FSST RECREATION PROGRAMS

Membership Form



## PARTICIPANT'S INFORMATION

TODAY'S DATE: \_\_\_\_\_

NAME (PRINT): _____	DATE OF BIRTH: _____			
ADDRESS: _____				
<small>Street</small>	<small>Apt./Suite</small>	<small>City</small>	<small>State</small>	<small>Zip Code</small>
PHONE NUMBER _____	E-MAIL ADDRESS _____			
Would you like to be added to our e-mail list to receive info on future activities?    Y    N				
TRIBE: _____	FSST/RRC EMPLOYEE:    Y    N			

## EMERGENCY CONTACT INFORMATION

CONTACT NAME: _____
RELATIONSHIP: _____ CONTACT NUMBER: _____

## MEDICAL INFORMATION

MEDICAL HISTORY INFORMATION AND/OR PRESCRIPTIONS (Diabetes, Epilepsy, Allergies, etc.) Please be descriptive: _____ _____
--

What programs are you interested in? Circle interested programs.		
Open Gym	Basketball Tournaments	Basketball Leagues
Walking Club	Outdoor Activities	Youth Programs
Diabetes Prevention	Cooking/ Food Classes	Other Sports
Weight Loss	Running Events	Other _____

**DO NOT WRITE BELOW THIS. SIGN BACK OF PAPER & RETURN. ☺**

Membership Number \_\_\_\_\_ Date of Renewal \_\_\_\_\_

Date entered into system & initials \_\_\_\_\_

**FSST RECREATION PROGRAMS//WICOICAGA OTIPI COMMUNITY CENTER WAIVER,  
RELEASE OF LIABILITY, AND AUTHORIZATION FOR MEDICAL TREATMENT**

In consideration of being allowed to participate at Wicoicaga Otipi Community Center and its programs,  
I, \_\_\_\_\_ acknowledge and agree that:  
**PARTICIPANT'S NAME**

1. FSST Recreation Program does not maintain health insurance for injuries to the participant that may arise out of involvement in classes/activities/events.
2. By virtue of participation, PARTICIPANTS RISK BODILY INJURY, INCLUDING, BUT NOT LIMITED TO, PARALYSIS, ILLNESSES, DEATH AND OTHER LOSS INCLUDING DAMAGE TO PROPERTY.
3. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISK FOR MY CHILD (AND/OR Myself).
4. I RELEASE AND HOLD HARMLESS AND PROMISE NOT TO SUE WICOICAGA OTIPI or the FLANDREAU SANTEE SIOUX TRIBE, their officers, agents or employees with respect to any and all such injury including, but not limited to, paralysis, death or loss except that injury or loss which results from gross negligence or willful or cruel misconduct of one of those individuals or organizations.
5. I agree to inform my child that he/she must follow (or I agree to follow) all rules, as well as any instructions given during the classes/activities/events, including during lessons, practices, meets, special events, field trips, games or tournaments.
6. I hereby authorize and give my consent for medical care to be given in an emergency situation to the above named child (or to myself) while participating in all activities, including lessons, practices, meets, special events, field trips, games or tournaments.
7. THIS AGREEMENT IS BINDING ON MY HEIRS, PERSONAL REPRESENTATIVES, NEXT OF KIN, SPOUSE AND ASSIGNS.
8. I hereby give permission for the above named child (or myself) to be photographed, videotaped or recorded for publicity purposes and that I waive all claims for compensation.
9. I certify to the best of my knowledge my child's (or my) current physical condition is satisfactory for participation in the classes/activities/events and that he/she (or I'm) free of any health problem that would affect his/her (or my) ability to participate. I must notify the coach/instructor/leader of any health condition(s) prior to participation.
10. CONSENT TO TREATMENT OF A MINOR: In the event of sudden illness, accident or injury which may occur while said minor is engaged in classes/activities/events by FSST Recreation Program and their representative, agents or assignees, when the parents or guardians cannot be contacted, I hereby give my consent for emergency treatment.

**PARTICIPANT'S SIGNATURE:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**PARENT/LEGAL GUARDIAN SIGNATURE REQUIRED IF PARTICIPANT IS 17 YEARS OF AGE OR YOUNGER:**

This is to certify that as a Parent or Legal Guardian of the participant, I consent to his/her waiver and release as set forth above. I realize participation in this program is voluntary.

**Parent/Guardian Name (Print):** \_\_\_\_\_ **Relationship:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

# First Degree Murder charge filed in Deputy Sheriff's death



Joseph Gene Hoek, 40 year old from Sioux Falls, is shown being taken out of the Moody County Courthouse on Monday morning. Hoek was arraigned on a First Degree premeditated murder charge for the death of Chief Deputy Sheriff Ken Prorok. Enterprise photos by Kayla Charles

No bond for the man accused of intentionally hitting and killing local Moody County Deputy Sheriff Ken Prorok this past Friday in the midst of a high-speed chase out of Madison and through Moody County.

Joseph Gene Hoek (Hook), 40, of Sioux Falls, S.D. made his first court appearance in Moody County early Monday — every bench in the courtroom was full, lined with either law enforcement colleagues, family, friends or colleagues from county offices.

The suspect was arrested last Friday after hitting Prorok on Highway 34 just east of Colman.

Madison police had been in pursuit of Hoek after responding to a call for service of a male on the scene making homicidal threats.

But that arrest might not have come so quickly without the help of a critical eyewitness.

Tyler Kills A Hundred of Flandreau happened to be in the area as Prorok was laying down a spike strip. Kills A Hundred was waived through the scene only moments before Hoek came down the highway. Kills A Hundred told investigators he saw Hoek swerve and hit Prorok, and that it appeared intentional.

Without naming him, Moody County Sheriff Troy Wellman, thanked Kills-A-Hundred for staying on the scene to do all he could to help save Prorok's life and assist in the investigation.

"First of all, our deepest sympathies to the family and my heartfelt thank you to that witness. I know who you are, I appreciate what you did. I know you wish you could have done more but I want you to know that we all appreciate that you stopped to help, that you assisted in apprehending the individual that was just upstairs. This is going to be a huge hole, not only for our office, but for our entire community and his entire family," he said, while fighting back tears.

Once help arrived on the scene, the affidavit explains that Kills A Hundred went back to his car and, "followed Hoek who had fled on foot, ran him down and detained Hoek until officers were able to arrive and place handcuffs on Hoek."

Hoek is charged with First Degree Murder and Aggravated Eluding.

The First Degree premeditated murder charge is a class A felony carries a maximum sentence of death or life without parole and/or a \$50,000 fine.

The Aggravated Eluding charge is a class 6 Felony that carries a maximum sentence of two years in the state prison and/or a \$4,000 fine.

The defendant, the Attorney General's office reminded the public, is presumed innocent under the U.S. Constitution.

"These charges are based on the evidence including that set forth in the probable cause affidavit," said Attorney General Jackley. "Our thoughts and prayers remain with Chief Deputy Prorok's family. I appreciate the diligent investigation conducted by the DCI, the Highway Patrol, and local law enforcement agencies."

Hoek does have a criminal history and the no bond ruling was issued after the Attorney General laid out his concerns for Hoek as a flight risk and ongoing danger to society.

Hoek's preliminary hearing has been set for February 9th at 11 a.m.

More on the apprehension, the hearing, and the life and impact of Prorok, a husband, father, longtime coach, and law enforcement officer, in our next issue.

A prayer service for Prorok will be held at the Chester Area High School Gym and Funeral Services at the Dakota Prairie Playhouse in Madison. More information in Prorok's obituary on page 2 of this week's Moody County Enterprise.



# HEROES

*are never forgotten*

In Loving Memory

*Ken Prorok*

June 28, 1972 - February 2, 2024

Ken Prorok, age 51, of Wentworth, tragically passed away in the line of duty on Friday, February 2, 2024. Visitation will be from 5:00 until 8:00 p.m. on Wednesday, February 7, 2024 at the Chester Area High School Gymnasium in Chester, SD. There

will be a prayer service held at 8:00 p.m. following the visitation. Funeral services will be 1:00 p.m. on Thursday, February 8, 2024, at Dakota Prairie Playhouse in Madison, SD with burial in Prairie Queen Cemetery at Nunda following the service. A time of fellowship will begin at 12:00 noon on Thursday until the time of the funeral. Skroch Funeral Chapel, Flandreau is assisting the family with arrangements. Memorial donations are preferred to the Prorok family to assist with their son, JD's college education. Donations may be made to the JD Prorok Trust at any branch of First Bank & Trust. Casual attire is requested for the service.

Kenneth (Ken) Michael Prorok, devoted husband, father and grandfather passed away on Friday, February 2, 2024, while in the line of duty as Chief Deputy for the Moody County Sheriff's Office. Ken was born on June 28, 1972 in Lincoln, Nebraska, to Joe and Lorene Prorok. He attended St. Mary's Catholic Elementary School and graduated from Pius X Catholic High School in 1990. He attended University of Nebraska, Midland University and graduated from Dakota State University. Ken played football, soccer and baseball at the collegiate level. Ken obtained his Master's Degree from Phoenix University. In 2003, he married Renee Graff and became a stepfather to Brooke Martens and Taylor Martens. Ken and Renee were blessed with Joseph David (JD) in May of 2007. Ken coached JD in baseball from t-ball through last season's baseball team. Ken coached baseball, volleyball, and softball at DSU for a number of years. Ken also coached football for ten years at Chester Area School. Coach Prorok had a strong winning record but, even more, he continuously made a difference over the years in many players' lives. Coach Prorok maintained relationships with his players after they graduated or moved onto the next chapter of life. He was a strong father figure and role model to so many over the years.

Ken was a great father to all three of the children and a wonderful father figure to many that he coached and influenced over the many years. Despite no longer being a coach at the Chester Area School, he continued to be a role model for many of the youth. Ken was a devoted husband and father to their three children. He cherished his grandchildren, Hannah and Drew, and they had Papa wrapped around their fingers.

Ken, Renee, and JD traveled all over the United States with JD's collegiate baseball recruiting. Ken and JD had a very strong bond and shared a love for baseball. Coach Prorok's legacy will last for many years with all of those that he impacted over his many years of coaching.

Ken was Chief Deputy for the Moody County Sheriff's Office at the time of his death. Ken is survived by his wife, Renee Prorok, three children, Brooke Martens (Troy Haman), Taylor Martens (Dawson Rogge), and JD Prorok, granddaughters Hannah and Drew Haman, parents Joe and Lorene Prorok, in-laws Bob and Bonnie Graff, two sisters-in-law, Robin Eich (Justin) and Dawn Iverson, nieces, Roberta Jo Iverson, Mikayla Iverson, Karmen Iverson, and nephews, Dylan Andersen, Derrick Eich, Connor Eich, and Carson Eich.

Ken was preceded in death by his grandparents, Victor and Mary Jensen and Joseph and Ann Prorok, and his sister-in-law's husband, Michael Iverson.



Dana Red Earth, 71, of Flandreau, SD, passed away on Monday, January 15, 2024 at Avera McKennan Hospital in Sioux Falls, SD. An all-night wake service will take place from 11:00AM on Thursday, January 18 to 11:00 AM on Friday, January 19, 2024 at Eastman Hall in Flandreau, SD. Cremation will take place on Friday and memorial services will take place at 11:00 AM on Saturday, January 20, 2024 also at Eastman Hall with burial to follow at First Presbyterian Cemetery in Flandreau, SD.

Dana was born on January 8th 1953, in Sisseton South Dakota, and grew up in Flandreau with his brothers, sisters, and family. Dana worked for C.R Industries in the 1970's, located in Springfield, South Dakota, while he attended college and raised his children.

Dana had three sons and two daughters; Dana Jr., Tanya, Nathan, Derrick, and Amanda. Dana traveled the United States and worked for the Halliburton Co. in the 1980's, located in Midland Texas, and then worked in the drywall and construction industry during the early 1990's located in Phoenix, Arizona.

Dana returned to Flandreau in 1992 and has been a vocal part of the community ever since. Dana has been a friend, father, and husband. He was kind hearted and showed an unbreakable loyalty to his family and friends. Dana will be missed. Let his journey to the spirit world be a peaceful one.

Grateful for having shared his life are his children, Dana Wroblecki, Pipestone, MN, Tanya Johnson, Big Lake, MN, Nathan Red Earth, Flandreau, SD, Derrick Red Earth Sr., Pipestone, MN, and Amanda Red Earth, Big Lake, MN; 11 grandchildren; one great-grandchild; siblings, Becky Red Earth, Robin Rederth, John Crow, Melody Crow, all of Flandreau, SD, and Darwin Crow of Sioux Falls; and many nieces and nephews.

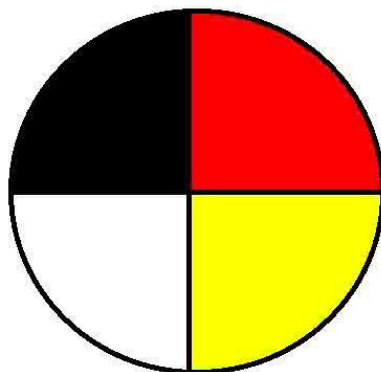
*All Night Wake Service*

📅 Thursday, January 18, 2024

🕒 11:00 AM

**Eastman Hall**

📍 612 S. Center St.  
Flandreau, SD 57028



*Memorial Service*

📅 Saturday, January 20, 2024

🕒 11:00 AM

**Eastman Hall**

📍 612 S. Center St.  
Flandreau, SD 57028

# Looking Back at Maintenance Crew 2019



# Signs of Meth Use



## Physical Signs

- Needle track marks
- Diluted pupils
- Dark circles under the eyes
- Strong body odor. Bad breath
- Awake for long periods of time
- Loss of concentration
- Severe nail biting
- Unkempt hair, hair loss
- Loss of memory
- Irregular heart beat
- Increased alertness
- Hyperactivity
- Tooth decay or loss
- Sores, scabs, scratch marks, severe acne
- Extreme weight loss, decreased appetite
- Increased respiration, perspiration and blood pressure
- Psychosis or manic depressive behavior

## Emotional/Social Signs

- Mood swings
- Changes in friends
- Fascination with weapons
- Becomes threatening and volatile
- Steals, lies and trades possessions
- Loss of values and morality
- Most friends are chemically dependent

## Symptoms of Meth Use

- Hyperthermia
- Hypertension
- Slowed motor skills overtime
- Paranoia
- Convulsions
- Anorexia
- Insomnia

## Reach out for Help:



Call



Text



Chat

## 988- There is Hope

988 is a direct connection to compassionate, accessible care and support for anyone experiencing mental health-related distress, suicide crisis, or substance use. People can also call 988 if they are worried about a loved one who may need crisis support.

The Helpline Center, in collaboration with the South Dakota Department of Social Services, remain steadfast in our work to provide help and hope to individuals when it's needed most.

### Call 988 for:

- Help with mental-health related distress
- Suicide crisis or having suicidal thoughts
- Help with substance use disorders
- Behavioral health resources and treatment options
- 24/7 emotional support
- Help with a loved one's behavioral health

# 988

SUICIDE & CRISIS  
LIFELINE

helpline  
center

On July 16, 2022, the phone number **988** was launched. Moving to a 3-digit code transformed the way Americans reach out for mental health help and support. The FCC selected the **988** number to elevate the awareness for mental health crisis response to the same level as calling 911 for other emergencies. **It's anticipated that 911 and 988 will quickly become the two most recognized and important phone numbers.**

Of course, 988 is more than just an easy to remember number, it's a direct connection to compassionate and professional support for anyone who might be struggling with emotional distress, experiencing suicidal thoughts, or who is concerned about a family or friend with a mental health or substance use issue.

988 is a direct 3-digit line to trained counselors who will open the door to millions of Americans to seek the help they need, while sending the message that healing, hope and help is available 24/7 every day.





# Flandreau Santee Sioux Tribe

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

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

## Energy Assistance Application

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

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

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

### Vendor Information:

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

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

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

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

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

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

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

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

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

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

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

# SMOKING & HEART DISEASE

## Smoking damages the heart and blood vessels

Cardiovascular Disease (CVD) occurs when arteries that carry blood to the heart muscle are narrowed by plaque or blocked by clots. Chemicals in cigarette smoke cause the blood to thicken and form clots inside veins and arteries.

***Blockage from a clot can lead to a heart attack and sudden death.***

## SMOKING CIGARETTES CAN:



Raise triglycerides (a type of fat in your blood)

Lower "good" cholesterol (HDL)

Make blood sticky and more likely to clot, which can block blood flow to the heart and brain

Damage cells that line the blood vessels

Increase the buildup of plaque (fat, cholesterol, calcium, and other substances) in blood vessels

Cause thickening and narrowing of blood vessels

## SMOKING IS A MAJOR CAUSE OF CARDIOVASCULAR DISEASE (CVD)

**When you feel in your heart that you are ready to quit, we are ready to help!**

Please visit with your healthcare team for additional support.



# “I’m ready”

**WHEN YOUR HEART IS IN IT**

## SmokefreeNATIVE

**A FREE ONLINE SOURCE TO STOP SMOKING**



### Who is this program for?

American Indian and Alaska Native adults and teens in the United States who are ready to quit smoking commercial tobacco. This program is offered through a collaboration between the National Cancer Institute’s Smokefree.gov Initiative (SFGI) and the Indian Health Service (IHS). They have teamed up with experts from the School of Public Health, University of Minnesota and the American Indian Cancer Foundation to develop a program that is made for and by natives and is aligned with the culture and needs of American Indian and Alaska Native communities and honors the significance of traditional tobacco.

### How does it work?

Visit [SmokefreeNATIVE](https://SmokefreeNATIVE.gov) or text NATIVE to 47848.

Participants will receive three to five messages each day with culturally-relevant information, encouragement, and support to help guide them on their journey to a smoke-free lifestyle.

***When you are ready to quit, we are ready to help.  
Please visit with your healthcare team for additional support***

# MAYBE A STROKE?

# ACT **F**A**S**T

The acronym F.A.S.T. is an easy way to recognize and respond to the sudden warning signs of stroke.

**F**



• Face drooping – Ask the person to smile. Does one side of the face droop or is it numb?

**A**



• Arm weakness – Ask the person to raise both arms. Is one arm weak or numb? Does one arm drift downward?

**S**



• Speech difficulty – Ask the person to repeat a simple sentence such as, “The sky is blue.” Is the sentence repeated correctly? Are they unable to speak, or are they hard to understand?

**T**



• Time to call 911 – If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

# American Heart Month

February 2024

*When we take care of our hearts as part of our self-care, we set an example for others.  
Making self-care a priority can keep your mind, body and **HEART** healthy.*



## Diabetes, diseases & other factors that increase heart risks

*High blood sugar from diabetes can damage blood vessels and the nerves that control your heart*

- Hypertension:** Common in American Indians, frequently along with diabetes is a strong predictor of cardiovascular disease risk.
- Renal function:** High prevalence of renal disease in American Indians, resulting from high diabetes rate is a unique risk factor for predicting coronary heart disease.
- Physical Inactivity:** Only 15% of American Indian adults meet current recommendations for physical activity.
- Obesity:** There is a high prevalence of unhealthy weight in American Indians, ranging from 30% to 40%.
- Smoking:** At almost 32% the estimated prevalence of smoking in American Indians is nearly double the rates of other ethnicities.

[www.ihs.gov/sdpi](http://www.ihs.gov/sdpi)

## Reducing Diabetes Prevalence

Diabetes awareness through the SDPI grant is a substantial achievement by IHS and is slowing the prevalence of diabetes in Indian Country. Much of the success can be attributed to culturally-centered interventions for health promotion that are driven by the community.

**Patients & Wellness center members we are here for you!**

We encourage you to get involved by attending SDPI events put on by the  
**Flandreau Santee Sioux Tribal Health Clinic.**  
Let us know what you think and what you would like to see in your own community .

# FEBRUARY 2024

## AMERICAN HEART MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Healy Weight for Life 12:15-12:45p	1 <b>WEAR RED DAY!</b>
5 Heart Health & Diabetes Diabetic Clinic 9a -12p	6 HIT THE HOUR @ IWC 4-5P	7 Wellbriety Group 7-8p	8 Healy Weight for Life 12:15-12:45p	9
12 Healthy Mardi Gras Diabetic Clinic 9a -12p	13 HIT THE HOUR @ IWC 4-5P	14 <b>LOOK AFTER YOUR HEART ALL DAY - BP SCREENINGS</b>	15 Healy Weight for Life 12:15-12:45p	16
<b>Sorry We're CLOSED</b> For Presidents Day				
20 Heart Health Exercise Diabetic Clinic 9a -12p	21 HIT THE HOUR @ IWC 4-5P	22 Wellbriety Group 7-8p	23 Healy Weight for Life 12:15-12:45p	24
26 Heart Health Food Diabetic Clinic 9a -12p	27 HIT THE HOUR @ IWC 4-5P	28 Wellbriety Group 7-8p	29 Healy Weight for Life 12:15-12:45p	

Facebook @Flandreau Santee Sioux Tribal Health Center  
Instagram @FSST\_HC

### HC and SDPI events:

- Diabetic Health Clinic**  
Tuesdays 9 a.m. to 12 p.m.
- Wellbriety 12 step program**  
Wednesdays 7 p.m. to 8 p.m.
- Healthy Weight for Life**  
Thursdays 12:15 p.m. to 12:45 p.m.
- HIT the hour begins Feb 6th!**  
Tuesdays & Thursdays 4 p.m. to 5 p.m.

### LOOK AFTER YOUR HEART

**Cante Awanhdaka "Chan-tel Ah-wahn-hdah-kah"**

**BLOOD PRESSURE SCREENINGS** FEBRUARY 14TH (VALENTINES DAY)

HC Community Room 8:30-10:30a.m.  
J/ s Coffee Spot 11-1p.m.  
(in partnership with Moody County Public Health)  
Wicomicaga Otipi Community Center 2-4p.m.

Wellness Center is open Monday - Friday (6a-6p)  
(Subject to change due to inclement weather, unforeseen circumstances, holidays, etc.)



Follow the FSST Health center online for more information about **HEART HEALTH** and upcoming Health Center and SDPI events.

# HIIT the HOUR

**HIGH  
INTENSITY  
INTERVAL  
TRAINING**



**JOIN US AT THE WELLNESS CENTER  
TUESDAYS & THURSDAYS FROM 4PM TO 5PM**

"HIIT the HOUR" is a 1-hour program on Tuesdays & Thursdays during the month of February, for **American Heart Month**. This program includes a 15-minute warm up, followed by a full body 30-minute workout, before ending with a 15-minute cool down.

**Research has shown that including at least TWO High Intensity Interval Training (HIIT) workouts into your week has many benefits to your body and heart!**

## **BENEFITS OF HIIT**

- Increases calorie burn
- Reduces body fat
- Reduces heart rate and blood pressure
- Hours of increased metabolic rate
- Improves blood sugar levels and insulin sensitivity



**OPEN TO ALL REGISTERED WELLNESS CENTER MEMBERS**

Stop by the Wellness center (located at Wicoicaga Otipi Community Center @ 503 W Broad Ave Flandreau SD 57028) for more information about registration, as well as any current SDPI Wellness Center programs.

# Know the warning signs of heart attack and stroke

You could save your life



Heart attack and stroke are life-or-death emergencies — every second counts. If you think you or someone you're with has any symptoms of heart attack or stroke, call 911 immediately.

For a stroke, also note the time when the first symptom(s) appeared. A clot-busting drug received within 3 to 4.5 hours of the start of symptoms may improve your chances of getting better faster.

## Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. The warning signs are:

-  Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
-  Shortness of breath. This may occur with or without chest discomfort.
-  Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
-  Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

## Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, or trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden, severe headache with no known cause

The acronym F.A.S.T. is an easy way to recognize and respond to the sudden warning signs of stroke. The letters stand for:

-  **Face drooping** — Ask the person to smile. Does one side of the face droop or is it numb?
-  **Speech difficulty** — Ask the person to repeat a simple sentence such as, "The sky is blue." Is the sentence repeated correctly? Are they unable to speak, or are they hard to understand?
-  **Arm weakness** — Ask the person to raise both arms. Is one arm weak or numb? Does one arm drift downward?
-  **Time to call 911** — If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.

The American Heart Association and National Heart, Lung, and Blood Institute are working together for women, for healthy hearts.

[GoRedForWomen.org](http://GoRedForWomen.org)



# LOOK AFTER YOUR HEART

CANTE AWANHDAKA

"CHAN-TEH AH-WAHN-HDAH-KAH"

**Blood Pressure screenings**

*This Valentines day show yourself some love by checking your Blood Pressure!*



## February 14th, 2024

**FSST HC Community Room**

8:30a.m. to 10:30a.m.

**JJ's Coffee Spot**

11a.m. to 1p.m.

(In partnership with Moody County Public Health)

**Wicoicaga Otipi Community Center**

2p.m. to 4p.m.

LOOK AFTER  
YOUR HEART

*Come see our Public Health Nurse, Jaimie, at one of these  
THREE different locations for a Blood Pressure screening  
and "Stress Heart" to help calm you when you're stressed!*

CANTE  
AWANHDAKA

# HAPPY PRESIDENTS DAY



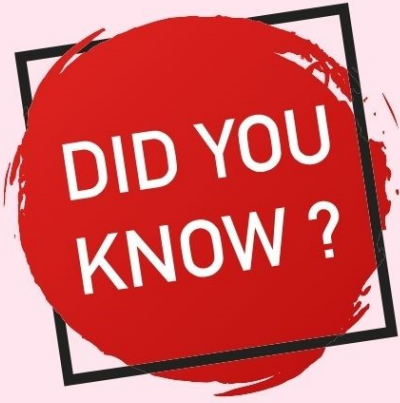
FSST HC will be closed on  
***Monday, February 19th***  
in observance of Presidents Day

# 2024



# GO RED FOR EACH OTHER

Join us on February 2nd, 2024 for National Wear Red Day and rock your **RED** to raise awareness of Cardiovascular disease (CVD) and Stroke.



DID YOU  
KNOW?

We wear **RED FOR EVERY HEART** but this campaign is to raise more awareness of Heart or Cardiovascular Disease (CVD) in women in particular.

**Cardiovascular disease (CVD)  
is the No. 1 killer of women**

## WEAR **RED** FEBRUARY 2ND



**LOOK AFTER  
YOUR HEART**

# WHAT HAPPENS WHEN YOU STOP SMOKING CIGARETTES?

## 20 minutes

Your increased heart rate will start to calm down

## 8 hours

Your oxygen levels will start to recover

## 48 hours

Your sense of taste and smell start to improve

## 72 hours

You will notice it is easier to breathe

## 2 weeks

Your circulation will improve

## 3 months

Your lung function increases by up to 10 per cent

## 1 year

Your risk of heart attack will have halved

## 10 years

Your risk of death from lung cancer will have halved



## READY TO QUIT?



***When you are ready to quit, we are ready to help!***

*Please visit with your healthcare team for additional support.*

**F&S Recreation presents**

# **2024 Women's**

*Group Talks*

*Potluck*

*Every first Wednesday each month.*

*2pm*

*Contact Sylvia  
@ 575-4195*

# **Circle Wednesdays**



# Preschool/ Kindergarten Screening



**IN MARCH**



**2024**

**TUE  
05**

**FROM 11:00 AM-  
5:00 PM**

↘ Flandreau Community Center

**WED  
06**

**FROM 9:00 AM-  
3:00 PM**

↘ Flandreau Community Center

What to bring: A copy of your child's Birth Certificate & Immunization Records

**SCHOOL  
RULES!**

**CHILDREN MUST BE 5 YEARS OLD ON OR BEFORE  
SEPTEMBER 1, 2024**

We will test 3 year old if you are concerned about your child's development

Moody County Head Start Registration is also available !

**SCHEDULE AN  
APPOINTMENT**



**605-997-2780**



# OPEN GYM

*Thursday Nights*

January 18th & 25th

February 1. 8. 15. 22. 29th

*7-10pm*

*13+ Year Olds*



*Must have an updated  
FSSJ Recreation Membership*



# OPEN GYM

Tuesday Nights

February 6, 13, 20 & 27

March 5, 12, 19 & 26

6-9pm

13+ Year Olds

Must have an updated  
FSST Recreation Membership

Made with PosterMyWall.com



Wicoicaga Otipi Community Center  
503 West Broad Avenue



# Tiwahe Night Potluck

Potluck not required but always appreciated & needed.

Prizes for BEST SOUP & BEST DESSERT.

Theme: Soup, Sandwiches, Chips & Dessert

*Wednesday February 28th, 2024*

6:30 pm--- Prayer & Eat

6:45 pm--- Speaker

7:00 pm--- CINTO starts

Bring your family & please look after your child(ren) while  
in the building. We look forward to seeing you!

**ANY QUESTIONS:** Please contact Sylvia @ 573-4195.



@ Wicoicaga Otipi Community Center

## Agenda:

February 14th: Matt Ball

February 21st: Obstacle Course

March 15th: Volleyball

March 22nd: Bean Bag Tournament

April 10th: Jail Ball

April 17th: Popular Vote!

Everyone is welcome. Basic rules then games to follow. If persons under 13 attend, they must bring chaperone or adult.

Made with PosterMyWall.com

WEDNESDAYS

6 pm

Contact Sylvia Roy  
@ 573-4195



FSST EDUCATION DEPARTMENT



# GED PROGRAM

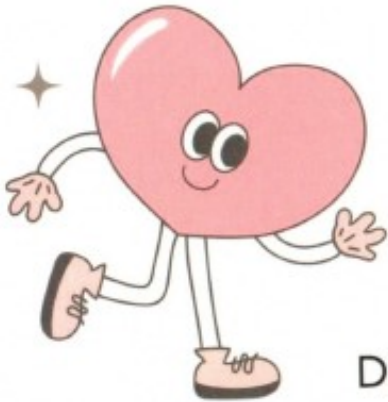


MONDAY-FRIDAY  
9:00am-3:00pm



FOR QUESTIONS PLEASE  
CONTACT SARAH AT:  
(605) 573-4917





Lakota Made  
Medicine for  
Elders Bundles

Join the FSST  
Dakota Language  
Program for

# Valentine's

## Walk/Run

Wicoicaga Otipi  
Community Gym

# 10

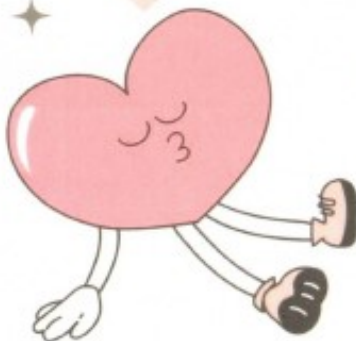
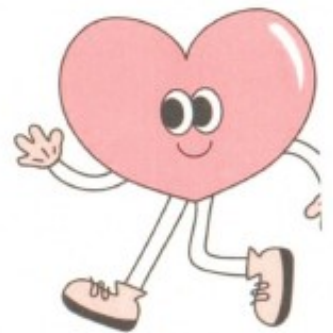
# February

*9 am registration*



*9:30 walk/run*

Questions contact  
Marilyn Allen

Free Breakfast  
from FSST  
Wellness



# FEBRUARY 2024 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Ham &amp; Cheese Quiche <b>5</b> Hashbrown Casserole Blueberry Muffin</p>	<p>Spaghetti with Meat Sauce <b>6</b> Garlic Bread Festive toss salad Frosted Banana Bar</p>	<p>Dorito Cheesy Chicken Casserole <b>7</b> Spanish Rice Royal Salad Cookies</p>	<p>Indian Tacos <b>8</b> Fruit Of Forest Pie Rice Krispy Bar</p>	<p>Wisconsin Cheese Soup <b>2</b> Chicken Salad on Croissant Cinnamon Baked Apples</p>
<p>Beef &amp; Bean Burrito <b>12</b> Green Chile Rice Red Bean Toss Apple Crisp</p>	<p>Chop Suey over rice <b>13</b> Eggroll Oriental Slaw Cinnabon Coffee Cake</p>	<p>Baked Ham w/sauce <b>14</b> Red Potato Bake Green Bean Casserole Silverglade Salad Heaven On Earth Cake</p>	<p>Beef Stroganoff <b>15</b> Over noodles Mixed Veggies Nutty Apple Salad Peach Pie</p>	<p>Minestrone Soup <b>16</b> Ham salad Sandwich Watergate Salad Choc. Pudding</p>
<p><b>CLOSED</b> <b>19</b>  <b>CLOSED</b></p>	<p>Pub Burger <b>20</b> w/fixins Mac. Salad Chips Banana Split Cake</p>	<p>Beef Stew <b>21</b> Fry Bread Broccoli &amp; Califlower Salad Rhubarb Dessert</p>	<p>Chili Dogs <b>22</b> Steak Fries Corn Salad Old Fashioned Donuts</p>	<p>Chicken Enchilada <b>23</b> Soup Turkey &amp; Cheese Sand. Spinach Salad Fruit Cocktail Cake</p>
<p>Biscuits w/sausage <b>26</b> Gravy Scrambled Eggs Fruit</p>	<p>Sloppy Joes <b>27</b> Potato Wedges Kris Mac Salad Cream Puff Dessert</p>	<p>Italian Beef Sand. <b>28</b> Cheddar Ranch Potato Corn &amp; Celery Saute Butterscotch Pudding</p>	<p>Polish Sausage <b>29</b> Mac &amp; Cheese Fruit Salad Lemon Squares</p>	<p> <b>1</b></p>