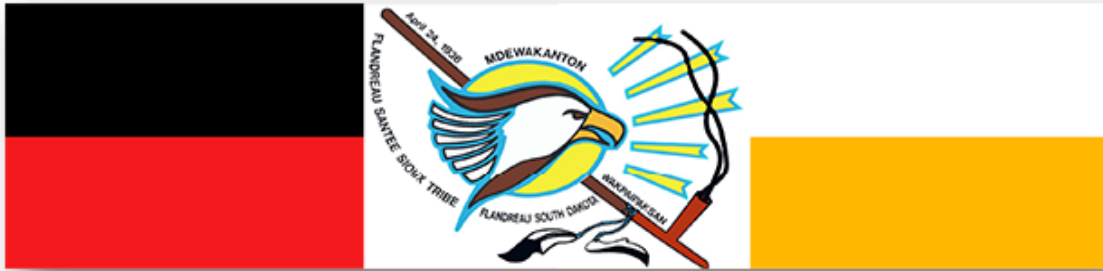




*Wi-te-hi*

*The Hard Moon*

*Wakpa Ipaksan*  
*Wowapi*



## MEMBERSHIP RELEASE

December 9, 2024 – Wakpa Ipaksan

We have had numerous conversations with our fellow members who have brought to our attention their frustrations with various policies and processes that have inhibited the services that we provide to our members.

According to our Constitution, Article VIII, Powers of the Executive, Section 1, Subsection (g) states the following:

*"To charter subordinate organizations for economic purposes and to delegate to such organizations, or to any subordinate board or officials of the Tribe, any of the foregoing powers, **reserving the right to review any action taken by virtue of such delegated authority.**"*

We are notifying you, the membership, that we fully intend on exercising our right to review the actions and decisions that are inhibiting the services we provide to all members. We will be providing legal notices to boards operating beyond the authority granted to them under the law; placing them on hold or reversing decisions that adversely affect our members, during our review.

We believe one of our missions is to make our lives easier as members and never intended to create a second council but a board to assist us in the execution of our Constitutional duty. Based on the struggles some members are experiencing; it is necessary for us to conduct a review and institute reforms where necessary.

Pidamayaye do.



# ***RF Buche Donates 500 Turkeys to the Tribe***



## ***Kiddos Sing Christmas Carols to LTC Residents!***



## ***Executive Committee stops by to visit Dakota 38 Riders!***



Please join us in wishing your fellow members, near and far, a very Happy Birthday during the month of January.

01/01 Canpa Duta Win  
 01/02 Tate Win Williams  
 01/02 Linda Rodefer  
 10/02 Bentley Romero  
 01/03 Hegan Beane  
 01/03 Sidney Beane  
 01/03 Jeffrey Rederth  
 01/04 Clay Andersen  
 01/04 Isaiah Figueroa  
 01/05 Timothy Jones Jr.  
 01/06 Malechi Blue Bird  
 01/06 Hovakah Bosin Jr.  
 01/06 Brock Matz  
 01/06 Fredrick Yonke  
 01/07 Neysa Alberts  
 01/07 J.C. Fisherman Jr.  
 01/08 Becky Rederth  
 01/10 Jean Hovland  
 01/10 Takoja Ohitika Locio  
 01/11 Mark Gullickson  
 01/12 Paul Gullickson  
 01/12 Louis Payer III  
 01/12 Stephen Wingo  
 01/13 Phillip Allen  
 01/13 Julia Bright

01/15 Mataya Eagle Elk  
 01/15 Johnell Lovejoy  
 01/15 Richard Martinez  
 01/15 Kim Rederth  
 01/15 Floyd Wakeman  
 01/16 Charles Jones  
 01/16 Sandra Wakeman  
 01/17 Avis Jones-Porter  
 01/17 Julie Stephens  
 01/17 Carlton Williams  
 01/18 Helen Hart  
 01/18 Rihanna Holy Bull  
 01/20 Christopher Barse  
 01/20 Jocelyn Flute  
 01/20 Stephanie Michaud  
 01/20 Ashton Weston  
 01/20 Franklin Yankton  
 01/21 Antoine Maillet  
 01/21 Winona Sargent  
 01/21 Debra Wakeman  
 01/21 Rufus Wakeman  
 01/22 Dreamer Cournoyer  
 01/22 Anpahiyaye One Feather  
 01/23 Verzella Bauman  
 01/23 Sarah Burkhardt

01/24 Dawn Bowie  
 01/24 Elizabeth Fisherman  
 01/24 Terri Rodefer  
 01/25 Tokala Luta Brothers  
 01/26 Lillian Williams  
 01/27 Samuel Byrd  
 01/29 Alexander Hoss  
 01/29 Concetta Kelly  
 01/30 Krystal Dudley  
 01/30 Rachel Eastman  
 01/30 Tristen Lovejoy  
 01/30 Lila Lunday  
 01/30 Gabriel Rederth  
 01/30 Cassandra Reider  
 01/30 Alexandriua Weston  
 01/30 Laban White IV  
 01/30 CJ Williams Jr.  
 01/31 Paizlee Armstrong







*01/13 Phillip Allen*

*01/20 Chris Barse*

*01/21 Debra Wakeman*

*01/23 Verzella Bauman*

*01/24 Elizabeth Fisherman*

*01/30 Gabriell Rederth*



*Please join us in wishing our*

*employees a very*

*Happy Birthday this month!*



H A P P Y   N E W   Y E A R

# J A N U A R Y

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			 CLOSED for New Years Day	2	3  Mind, Body & Wellness Day @ WOC 6-10am	4
5	6	7  Cervical Cancer	8	9	10	11
12	13	14  Healthy Weight Goals	15	16  <i>Turquoise Thursday</i>	17  WELLNESS CENTER ANNIVERSARY	18
19  <i>National Healthy Weight Week</i>	 MARTIN LUTHER KING JR. DAY CLOSED	21  Fitness Goals	22	23	24	25
26	27	28  Nutrition Goals	29	30	31	

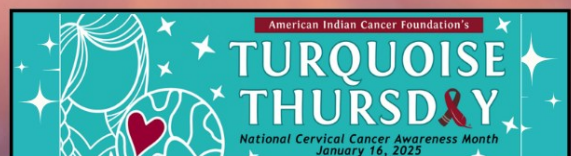
## Winter Safety, Healthy Weight, and Cervical Cancer

### International Mind, Body, & Wellness Day -January 3rd

Stop by from 6:00am - 10:00am at the Wellness Center to sign up for our NEW push/press system & Wellness Group!

**NEW YEARS DAY**  
**MLK JR. DAY**

January 1 - CLOSED  
January 20 - CLOSED



THE WELLNESS CENTER/GYM HAS  
BEEN OPEN AND OPERATING FOR  
ONE FULL YEAR ON JANUARY 17TH!!



# ***Martin Luther King Jr. Day***

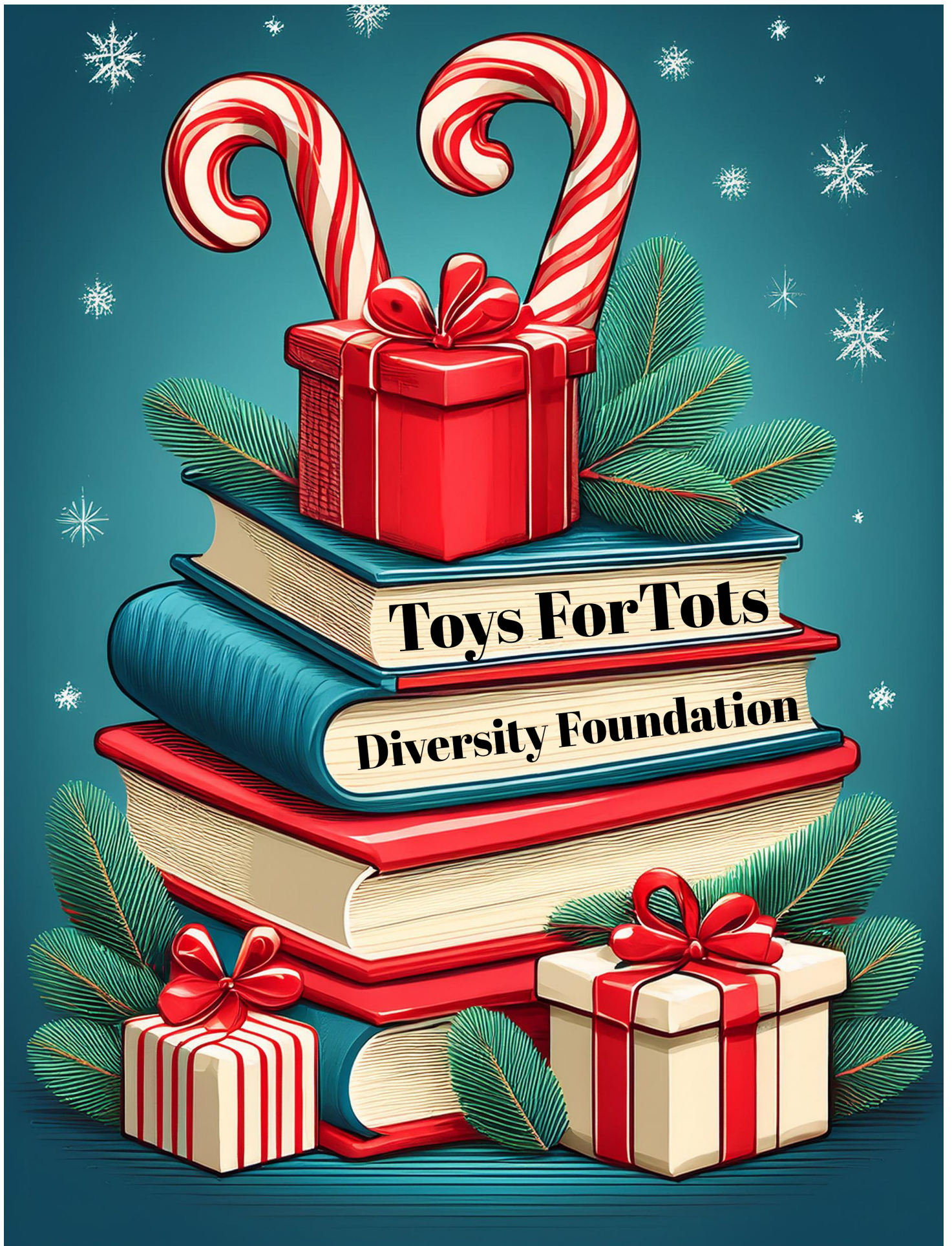
*(Monday January 20th, 2025)*



*We will be closed Monday, January 20th in observance of MLK Jr. Day.*

***Regular Hours resume for the FSST Health Center and Wellness Center on Tuesday, January 21st.***









# The Diversity Foundation Delivers

The Diversity Foundation, a non-profit volunteer organization located in St. Cloud, MN, has partnered with the United States Marine Corp's Toys for Tots program; delivering Toys to Native American reservation for over two decades. The Diversity Foundation's Executive Director, Lyle Rustad and his assistant Martin Bernard arrived late Tuesday Night; driving through wintry weather and delivered a generous donation of Free Books, Games and Toys.

Flandreau was not the only stop on their Christmas delivery schedule. After making the drop in Flandreau, they continued their journey of making spirits bright across the region, stopping at the Yankton Sioux Tribe and Santee Sioux Tribe of NE before heading north with planned deliveries to tribal nations in South Dakota, North Dakota and Wisconsin.

There was a significant amount of gifts that we intend on sharing with local shelters here in Flandreau as well as Sioux Falls, Brookings, and Pipestone; sharing this Christmas cheer to children across the region.



# OPPORTUNITY

Happy to announce that a FULL RIDE SCHOLARSHIP to Lake Area Tech is available. The Scholarship is brought to you by Lake Area Tech and the Native American Homeownership Coalition. This opportunity provides successful candidates with the essential skills in the construction industry, creating pathways to stable and fulfilling careers and contributing to the growth and prosperity of our community.

Students gain a solid foundation in residential design, site preparation, concrete work, floor/wall/roof construction, ventilation, interior finishing, cabinetry, and building codes. Much of each student's time will be building a custom home from start to finish. Building Trades students will also learn about light commercial construction, estimation, and working in a green industry.

Students interested should contact Lead Admissions Representative Darren Shelton at Lake Area Technical College:

[darren.shelton@lakeareatech.edu](mailto:darren.shelton@lakeareatech.edu)

## FULL RIDE SCHOLARSHIP



Building Trades  
18 - Month Course



# Wakpa Ipaksan Our Holiday Generosity



*I am happy to announce that in addition to feeding all our member's children, currently enrolled in the Flandreau Public School District, we made a \$2,600 donation to the school's Angel Fund, which covers negative balances in the school's lunch program.*

*It is our policy to cover the meal expenses incurred by all our children at the Flandreau Public School District and upon hearing that more families were experiencing hardships, we were eager to assist.*

*Last academic year, on behalf of our members, we provided the school district with more than \$25,000; covering our members.*



*If you are an enrolled member and have your child enrolled in the Flandreau Public School District, fill out the Free & Reduce Meal Application located on our website. If you are denied, submit your letter to our Education Department, Sara or Victoria, and they will add your child to the list. This extends to lineal children, must be one generation from an enrolled member.*

*In addition to our cash donation of \$2,600.00 we also plucked the remaining Angels off the tree in the amount of \$462.97, brightening the holidays for kids in our community and at our long term care facility.*



# TVLALIP NATION TRADE AGREEMENT







December 2, 2024 – Wakpa Ipaksan

A nation-to-nation Trade Agreement is being developed between the Tulalip Nation located in the state of Washington and the Flandreau Santee Sioux Tribe.

The Trade agreement between the two nations will trade pound for pound buffalo meat for salmon and crab caught by the Tulalip Nation's fisheries. Vice President Cynthia Weddell led our delegation to the Tulalip Nation, who was gracious enough to give us a tour of their fisheries located on the U.S. Canadian border, north of Seattle Washington.



Currently crab is being harvested from the Puget Sound with the Salmon harvest, depending on the species, taking place from August through November each year. Back home, we began processing our bison meat for the first shipment to the Tulalip Nation, which plans on introducing bison meat to their elders. The hope and wish of both nations is to reintroduce traditional food sources that will eventually replace the current food supply.

Discussions centered around the importance of eating quality food, produced naturally by the earth verses manmade genetically altered food, which all agreed, no longer has the same taste and texture.

The Trade Agreement will be finalized in early 2025.



# OPPORTUNITY



Become...

*certified*  
**NURSING**  
*assistant*

Classes



- \* Must Be Employed by LTC
- \* Must be 16 years or older
- \* Wakpa Ipaksan Preference
- \* Classes Held at LTC
- \* Taught by our Registered Nurses

## ATTENTION 16 YEAR OLDS & BEYOND

Our long term care center is seeking members to become a Certified Nursing Assistant or CNA. Training Classes will be held at our Long Term Care facility and provided by our Registered Nursing Staff.

This is an excellent opportunity to get your feet wet in the medical field while assisting our resident elders with the care they deserve. To apply go to the following website to fill out an application online: <https://fsst-nsn.gov/employment>



# Recovery

**SAMHSA**

Substance Abuse &  
Mental Health  
Services  
Administration

**(800) 662 HELP (4357)**



# TAKE

# ACTION

## Notice of Proposed Rule Making & Notice of Public Hearing

### TRIBAL GENERAL WELFARE PAYMENTS

#### IMPORTANT DATES

Public Comments must be received by  
**December 16, 2024**

Date of Hearing  
**January 13, 2025**

#### Visit:

[https://www.federalregister.gov/documents/2024/09/17/2024-20826/tribal-general-welfare-benefits?fbclid=IwZXhObgNhZWOCMTEAAROM\\_tOUUd6yuZJARpurPqIHfDKWv3OgaWjGdtrY4-4xB1q7hs9qgDrLazY\\_aem\\_nxjtcyOb-4NZ6Oy5xDJiEg](https://www.federalregister.gov/documents/2024/09/17/2024-20826/tribal-general-welfare-benefits?fbclid=IwZXhObgNhZWOCMTEAAROM_tOUUd6yuZJARpurPqIHfDKWv3OgaWjGdtrY4-4xB1q7hs9qgDrLazY_aem_nxjtcyOb-4NZ6Oy5xDJiEg)

#### SUMMARY:

This document contains proposed regulations regarding the exclusion from gross income of certain Tribal general welfare benefits. The proposed regulations address the requirements that would apply to determine whether the benefits that an Indian Tribal government program provides qualify as Tribal general welfare benefits. These proposed regulations would affect Indian Tribal governments, agencies or instrumentalities of such governments, Federally-recognized Tribes, members of such Tribes, such members' spouses and dependents, and other Tribal program participants. This document also requests comments on certain provisions and provides a notice of a public hearing on the proposed regulations that will be in addition to Tribal consultation on the proposed regulations.



## AAA / Cold Weather Driving Tips



- 1) Keep a bundle of cold-weather gear in your car, such as extra food and water, warm clothing, a flashlight, a glass scraper, blankets, medications, and more.
- 2) Make certain your tires are properly inflated and have plenty of tread.
- 3) Keep at least half a tank of fuel in your vehicle at all times.
- 4) Never warm up a vehicle in an enclosed area, such as a garage.
- 5) Do not use cruise control when driving on any slippery surface, such as on ice and snow.



## AAA / Tips for Driving in the Snow

- 1) Stay home. Only go out if necessary. Even if you can drive well in bad weather, it's better to avoid taking unnecessary risks by venturing out.
- 2) Drive slowly. Always adjust your speed down to account for lower traction when driving on snow or ice.
- 3) Accelerate and decelerate slowly. Apply the gas slowly to regain traction and avoid skids. Don't try to get moving in a hurry and take time to slow down for a stoplight. Remember: It takes longer to slow down on icy roads.
- 4) Increase your following distance to five to six seconds. This increased margin of safety will provide the longer distance needed if you have to stop.
- 5) Know your brakes. Whether you have antilock brakes or not, keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.
- 6) Don't stop if you can avoid it. There's a big difference in the amount of inertia it takes to start moving from a full stop versus how much it takes to get moving while still rolling. If you can slow down enough to keep rolling until a traffic light changes, do it.
- 7) Don't power up hills. Applying extra gas on snow-covered roads will just make your wheels spin. Try to get a little inertia going before you reach the hill and let that inertia carry you to the top. As you reach the crest of the hill, reduce your speed and proceed downhill slowly.
- 8) Don't stop going up a hill. There's nothing worse than trying to get moving up a hill on an icy road. Get some inertia going on a flat roadway before you take on the hill.





# “Wicozani Gathering”

## Health Center Community Room

Every Tuesday | 9am until 12pm



### Special Diabetes Program for Indians (SDPI)

Meet Maxi, our new SDPI Activities Coordinator! Native American culture is rich with traditions and practices that promote Wicozani, which means “sacred health and wellness” in Dakota. The SDPI team will collaborate with the FSST Recreation and Dakota Language Department to enhance our Community’s Fitness and Recreational Activities and Events. Each month, we will explore new topics; feel free to stop by, chat, and share your ideas on what you would like to see in the community!

Education – Recipes  
Upcoming Events



### January covers Winter Safety, Healthy Weight, and Cervical Cancer

Learn more, plus ways to manage, care or prevent diabetes throughout the year at “Wicozani Gathering” a weekly Mini Clinic in our Community Room. Our SDPI Team will be there with health education, awareness information, and new recipes to try. Not to mention you’ll be among the first to know about upcoming wellness events, fitness competitions and much more!

# 6 Tips to **AVOID** Common Winter Injuries



## **SNOW SHOVELING**

- 1 • Wear shoes with good traction to avoid slips and falls
- 2 • Keep your body square to the snow you're shoveling to avoid back injuries

## **WALKING ON SNOW & ICE**

- 3 • Be aware of your walking path and take the long way around to avoid ice if needed
- 4 • Walk like a penguin: keep your arms wide, turn your feet slightly out, and shuffle



## **LIFTING HEAVY OBJECTS**



- 5 • Square your body to the object and bend with your knees (not your back!)
- 6 • Avoid quick or twisting movements



# Winter Safety for Elders




older adults

1 out of 3  
will fall each year

falls leading  
cause of  
both fatal and nonfatal  
INJURIES

20-30%  
who fall suffer moderate  
to severe injuries

65 or older



## PREVENT SERIOUS FALLS

- Wear shoes or boots with rubber soles.
- Always use handrails; turn lights on.
- Keep your porch, deck, walkways, and driveway clear of snow and ice.
- Limit walking to areas that have been cleared.
- Take shorter steps; keep hands free.
- Slow down.
- Be careful when getting into the car.
- Use your cane, walker or other assist device; walk with someone.
- If there is carpet, stay on it whenever you can.

**Stay safe this winter!**





## Cold weather advice

How to stay safe and healthy...



Wear warm clothes and footwear with a good grip



Ensure you have enough medication with you at all times



Ensure you have hot food and drinks throughout the day



Check on elderly relatives, friends and neighbors

# Winter Safety for All Ages

## Brrr...it's Cold! What to Wear

Tips to keep kids warm & safe in winter

Dress in several thin layers

Kids need 1 more layer of clothing than adults

In car seats, make sure layers are snug, not bulky

Remember warm boots, mittens & a hat

Change out of wet clothes right away

For more tips,  
visit [HealthyChildren.org](https://www.HealthyChildren.org).



# In Loving Memory



*Nancy Herrick*  
August 1939 to January 2024

*Donna Jensvold*  
March 1940 to October 2024

*Dana Rederth*  
August 1953 to January 2024

*Howard Flute*  
March 1961 to November 2024

*James Herrick*  
December 1964 to February 2024

*Denise Hammer*  
August 1960 to November 2024

*Annette Heminger*  
January 1940 to May 2024

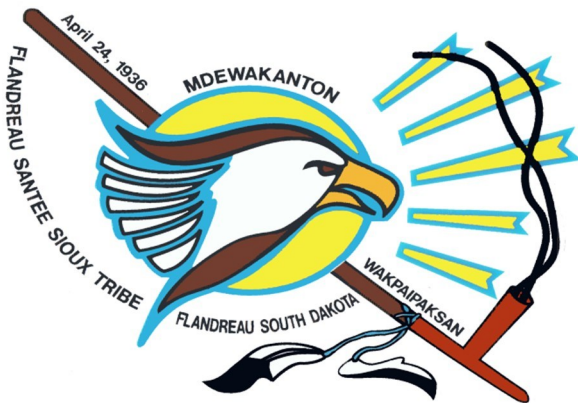
*Sheila Eastman*  
February 1986 to December 2024

*Michael Corcoran*  
February 1973 to May 2024

*Larry Lovejoy*  
March 1949 to December 2024

*Ron Gilbert*  
July 1950 to September 2024

*Those who journeyed home in 2024*



# *Save the dates!*

*January 9th*

*Tribe is closed due to National  
Observance of President Carter's  
Passing.*

*January 20th*

*Tribe is Closed in Observance of  
Martin Luther King Day*

*January 29th*

*Community Townhall*

*January 30th*

*Community Gathering*

*February 1st*

*General Council Meeting*

The Wowapi Newsletter is a monthly publication by the Flandreau Santee Sioux Tribe.

## SUBMISSION GUIDELINES:

- ♦ 25th of each month
- ♦ Must be Typewritten or Computer Generated Format
- ♦ Acceptable Formats: Hard Copy or Email

## SUBMIT:

Flandreau Santee Sioux Tribe  
Attn: Francis Wakeman III  
P.O. Box 283  
Flandreau, SD 57028  
(605) 997-3891 ext.1238  
[francis.wakeman@fsst-nsn.gov](mailto:francis.wakeman@fsst-nsn.gov)

## 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 from time to time. A reasonable effort to correct information will be made in the next publication.

The information in this newsletter have been compiled from a variety of sources and are subject to change without notice. Where discrepancies exist between this publication and official document(s); the official document(s) shall prevail.

The FSST makes no warranties or representations whatsoever regarding the quality, content, completeness, or adequacy of such information or data.

The FSST reserves the right, to refuse the publication of information where the subject matter is deemed inaccurate or inappropriate.