

# Wotain Wowapi

(News Paper)

Wakpa Ipaksan

Witehi Wi 2023  
(January)

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Dotting the I's and crossing the T's



**ALL FSST TRIBAL ELDERS  
MUST PRESENT ID BEFORE  
RECEIVING ELDER COUPONS AND  
REDEMPTIONS OF COMPS.**

**THANK YOU!**



# Wotain Wowapi



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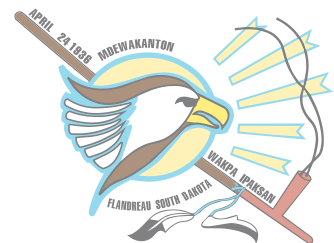
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# WINTER WINNINGS

SUNDAYS | MONDAYS | TUESDAYS  
8AM-MIDNIGHT

EVERY SWIPE IS A **WINNER!**  
SWIPE UP TO 3 TIMES A DAY

FIRST KIOSK SWIPE  
FREE

SECOND KIOSK SWIPE  
EARN 50 POINTS

THIRD KIOSK SWIPE  
EARN 100 POINTS

*Royal River*  
CASINO • HOTEL

Management reserves the right to enhance, change or discontinue any promotional event at any time with or without prior notice. Must be 21.



## FROM THE PRESIDENT



Hau Mitakuapi

Welcome to 2023. The year started out very fierce with a lot of snow and a lot of cold. The moisture is nice to see as the ground and waterways are very dry from the lack of moisture last year.

With the weather comes hard times on our revenue businesses when it becomes difficult or impossible for our patrons to make it to our businesses. However we still have a lot of year left to catch up and get back to normal revenue levels. The executive committee continues to look for avenues to conserve monies as well as look for more opportunities to help expand our footprint

in the business world. We have some of our ventures coming online with the kick off of sales at our projects in New York which will continue to increase and provide additional much needed revenues to our tribe.

We hosted our second community information night and was a great opportunity for members to have a light meal together interact with our businesses and directors of our programs in a great setting. Have a great month and keep warm. March and April are just around the corner and that means warmer weather is on its way.

January Newsletter January 2023

The Flandreau Santee Sioux Tribal 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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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 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 the newsletter must be received 5 [five] working days before the 15th 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 David Kills A Hundred in hardcopy on disk or via email at:

[david.killsahundred@fsst.org](mailto:david.killsahundred@fsst.org)

The FSST reserves right to edit submissions for content and clarity when appropriate.

Additionally, submissions not of a time sensitive nature may be deleted for next month newsletter

# BUILDING OUT

## FSST Community Center Expansion

In mid-October of 2022 the Executive Committee was presented Blueprints for the proposed Community Center expansion. In spring of [2021?] the Wellness Center was converted into the Native Nations Cannabis dispensary. While the tribe gained a lucrative business venture, it lost a community resource.

To that end the Tribe is looking to incorporate the Wellness Center into a conceptual expansion of the current Community Center. The Community Center as it exists now has served our community well. It has hosted many events like basketball tournaments, community holiday parties, cultural ceremonies, and funerals just to name a few. It is a valuable asset to the Flandreau Santee Sioux Community, but it does have its limits. As a result of those limits, the Executive Committee has decided to explore the possibility of expanding the community center to cover a broader scope of services to the membership.

A basic floor plan for the proposed expansion of the Community Center includes elements such as a new gymnasium with an upper floor running track circumventing the gymnasium. The current gymnasium is well maintained and spacious, but it is still the only one the Center has. If there is a special event such as a holiday party or a funeral that typically requires the entire gymnasium. A second gymnasium would allow important community wide events to take place and still allow for athletic activities to be held without delay.

A new Wellness Center is also a welcome addition to the expansion. The closing of the previous Wellness Center was a big hit for this community to take. It was never a money maker, but it was valuable none the less. It was free to use and was widely utilized by the entire Flandreau community. The new expanded Wellness Center would have all new equipment and would be considerably larger. The discussion of charging to use it has been discussed, but no final decision has been made on that subject.

Behavioral Health has also been figured into the Community Center plans. The Behavioral Health facilities in the Tribal Clinic are a valuable asset to the Clinic But moving Behavioral health to the make more space available at the clinic and provide better patient outcome.

Also proposed is the return of tribal daycare. Daycare is in short supply in our area. Affordable Daycare is in even shorter supply. The ability to provide affordable and safe daycare to tribal members and employees would wonders to alleviate the stress that parents go through when shopping for daycares.

As of this writing, there is no figure attached to the proposed Community Center Expansion. Many factors have to be taken into account such as what internal resources can be utilized and what needs to be contracted out. For instance, the Flandreau Santee Sioux Tribal Health Clinic would not be able to divert funds for Brick and Mortar costs, but could provide funds to pay for programing and employment for the Wellness Center and Behavioral Health. Once a cost estimate can be established, only then can funding can be pursued in earnest.

Unless stated otherwise by the Executive Committee, all information related to the proposed Community Center expansion that is disclosed is preliminary. No final design or dollar amount of the proposed expansion have been officially voted on by the Executive Committee. this article is written in the spirit of transparency and is for informational purposes only





# NICHOLAS ZACHARIASEN

FLANDREAU SANTEE SIOUX TRIBAL IT  
IT HELP DESK MANAGER

Nicholas Zachariasen is the IT Help Desk Manager. Nick is a husband to his wife Rose and father to his son Alexander, who prefers to be called Xander. He is in possession of 10 animals that span 4 species, including three rats that belong to Xander that Nick refers to as “the grandkids” along with his corgis, guinea pigs, and chickens. Particular favorite shows of his include Letterkenny, The Way of the Househusband, and “extreme mini-golf” gameshow Holely Moley. He will have his vengeance. In this life or the next. On what, you ask? Whaddaya got?

Nick lives in Sioux Falls but is originally from Yankton. He graduated from Yankton high school and did his undergraduate at DSU. He did a year of graduate studies in English at SDSU but decided to leave that to attend law school at USD. It is not a surprise that Nick decided to take an interest in the law. In High School Nick went to Washington D.C.; “That was neat getting meet our congressional delegation and see the various sights around there.” Nick also talks about the sheer size of D.C. making a positive impact on him; “It was nice getting to be exposed to something bigger.”

Nick is an avid gamer— not just console gaming, but various tabletop games, whether board games, miniatures games, or roleplaying games, such as Dungeons and Dragons or HeroClix. Since 2012 Nick has been writing his very own tabletop role playing game called METAL WORLD. “The paradigm is: Could I see this airbrushed on the side of a van? If so, yeah, it belongs there.” A final version METAL WORLD is not yet widely available like most roleplaying games, simply because Nick is waiting for a couple pieces of artwork for the game



Nick and his wife Rose

to be completed before Kickstarting it. “I can write it. I can lay it out. The only thing I do not have the skill or talent for is the art.” If you would like to see METAL WORLD, Nick often runs the game at various conventions in the surrounding area. An older playtest version is also available on DriveThruRPG.

Nick is happy to be where he is but does speak about a destination he has yet to visit. “I’d like to go to Europe, particularly the British Isles.” He emphasizes even further

stating that Ireland and Scotland would be his focus. “So, basically my ancestral homelands.” He says jokingly, “Basically anywhere people say ‘ach’ and wear kilts. People who know what haggis tastes like.” Mind you, he does not intend to partake in the consumption of said haggis. He also speaks of visiting Scandinavian countries as well; “Also the lands of fjords and people named Sven. Where Vikings sailed forth for some of my ancestors to raid some of my other ancestors.”





Nick's guinea pigs Lemmy (brown and gray) and Treble (sheepy)

## Fun fact about Nick

Doppelganger, noun: an apparition or double of a living person (from the German for “double-walker” or “double-goer”). Nick is one of many Nicks, at least physically. “There’s the old saying that everyone has a double. To hear people tell it— and I mean various people— I probably have several.” Nick recounts the personal experience of one of a bizarre run-in with himself. He speaks of an instance in his college years when he met one of his doubles. “People kept confusing us for each other, like all the time! The only way they could tell us apart was our coats. I had a trench coat; he had a— if I recall correctly— a Dolphins jacket.” He speaks about when he decided to sit down and talk to his double. “I have a pretty high bar for ‘weird;’ but to be almost literally beside myself? Talking to someone who is almost identical to me, even including my hair style, um... that’s weird!” Further fun fact: Spurred by all this, Nick asked an Austrian he knows and it’s still “doppel” even if there’s more than just the one double.

When asked what one thing he could not live without is, Nick immediately cancels out the obvious standard biological needs of water and oxygen. His answer was an unexpected one: “A sense of humor. Whatever I encounter in life, I try to be able to laugh either with or at it. If I couldn’t do that, I probably would have lost my mind decades ago.” He even credits one of the greatest shows to ever exist for his brand of humor. “Ever since I first saw it back in the ‘90s, I’ve had a very special place in my heart for Mystery Science Theater 3000. This weird, unique show with a man (now sometimes a woman as well) and two robots sitting in a theater making fun of bad movies is part of what shaped my sense of humor into what it is today.”

As with most instances when you put two nerds in a room together, the discussion moves to what superpowers one could have if given the choice. Nick speaks of his preferred superpower that he would like to have. From an ethical point of view Nick struggles with the temptation to trade places with Superman’s arch nemesis Lex Luthor. “I’d like to have his resources, but not his personal baggage and then put that to use.” He sums up his thought process by recounting

an instance when Superman scolded Lex Luthor by telling him that with his vast intelligence and resources Lex could cure cancer, to which Lex simply replies by saying “I don’t care.” Nick laughs when saying; “So, be him. But not like that! Instead care.” But when choosing someone who does have actual superpowers Nick throws out a few names, but lands on the Martian Manhunter. “He’s almost on Superman’s level strength and speed-wise. But he’s got telepathy, shapeshifting, the invisibility, the phasing through things.” A wise choice on Nick’s part, the only downside being that fire is Martian Manhunter’s weakness. But to be fair to Nick, fire is kind of everyone’s weakness.

However, Nick is not a superhero. He has worked for the tribe since August of 2014. Working in IT means that Nick is one of the unsung heroes of the Tribe. IT does not have anything to do with servicing the tribal membership. They exist so that the network that the tribe utilizes to service its members runs smoothly. Still, Nick does not need adulation or superpowers to take pride in his work; “I like what I’m doing. I like where I am. I like what I’m doing and who I’m doing it for. I have not had a job this good.” What a Chad. We seriously do not deserve a guy like Nick Zachariasen.



your odds of being stabbed by a corgie are low.. but never zero. Nick's pet Corgie GIR



	August	September	October	November	December	Total
00.00	\$ 200.00	\$ 500.00	\$ 500.00	\$ 200.00	\$ 200.00	\$ 1,600.00
00.00	\$ 1,500.00	\$ 1,000.00	\$ 1,000.00	\$ 1,500.00	\$ 1,500.00	\$ 6,500.00
00.00	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00	\$ 100.00	\$ 500.00
00.00	\$ 110.00	\$ 300.00	\$ 300.00	\$ 300.00	\$ 100.00	\$ 1,100.00
00.00	\$ 500.00	\$ 500.00	\$ 500.00	\$ 500.00	\$ 500.00	\$ 2,500.00
00.00	\$ 2,400.00	\$ 2,360.00	\$ 2,550.00	\$ 2,580.00	\$ 2,390.00	\$ 12,280.00
00.00	\$ 500.00	\$ 500.00	\$ 400.00	\$ 100.00	\$ 200.00	\$ 1,700.00
00.00	\$ 200.00	\$ 100.00	\$ 100.00	\$ 200.00	\$ 300.00	\$ 900.00
00.00	\$ 800.00	\$ 500.00	\$ 500.00	\$ 200.00	\$ 200.00	\$ 2,200.00
-	\$ -	\$ -	\$ -	\$ -	\$ -	\$ 1,000.00
00.00	\$ 780.00	\$ 140.00	\$ 100.00	\$ -	\$ -	\$ 1,020.00
00.00	\$ 3,180.00	\$ 2,500.00	\$ 2,650.00	\$ 3,300.00	\$ 2,810.00	\$ 14,440.00
00.00	\$ 3,000.00	\$ 3,000.00	\$ 3,000.00	\$ 3,000.00	\$ 3,000.00	\$ 15,000.00
00.00	\$ (180.00)	\$ 500.00	\$ 350.00	\$ (300.00)	\$ 190.00	\$ 770.00

# BALANCING THE CHECKBOOK

Dotting the I's and crossing the T's

Portion of Budget



\* Necessities \* Luxuries \* Saved

Audits. A lot of people talking about them. They are not fun. In fact, they are boring. But that does not mean they are not necessary. An audit is an examination by one or more auditors of the records, documents, processes, procedures, etc., to determine whether those things comply with certain specified requirements. The requirements may be outlined in the internal work process, rule, regulation, contract, or other documents.

We know what an audit is, so why is it necessary? From a compliance point of view audits are necessary to determine if the entity, in this case the tribal government, being reviewed is complying with the requirements. If the entity is not in compliance, then corrective action must be taken to bring it into compliance. This is called remediation. Remediation is taking steps to correct problems found during an audit. It includes actions such as correcting errors, changing policies, training employees, and making changes in systems. Another important aspect is Improvement. An audit is conducted for the purpose of improvement when the auditor has determined that there are areas where the entity being examined could improve. These improvements may

relate to any aspect of the operation of the entity. For example, they may involve improving customer service, increasing efficiency, reducing costs, or increasing profitability. Sound peachy, right?

The tribe will be conducting an outside financial audit. An outside financial audit is designed to focus on reviewing? past financial transactions as well as policies and procedures for a specific purpose, this can include concerns such as fraud. That is not to say any fraud has been committed, the Executive Committee simply feels that an outside financial audit is overdue. From time to time an outside financial audit is not only necessary, but healthy. Even without an air of skepticism accountability is something that any government should hold in high regard, and an outside financial audit is a terrific way to ensure that the Tribe is compliant with its laws and procedures.

To that end the tribe will be looking to an outside financial audit firm based out of Minneapolis, Minnesota to conduct an audit into the Tribes financials. Audits include Internal audits that are often conducted by either Certified Internal Auditors (CIAs) or other accounting professionals whereas

most forensic audits and forensic examinations are conducted by Certified Fraud Examiners (CFEs), or forensic accountants who are normally considered experts in a specific field of forensic accounting.

Outside financial audits are not only good for being compliant with procedure and law, but they also have massive benefits for putting the tribal community's collective minds at ease. But it also has benefits for any business partners the Tribe is working or may want to work with in the future. Knowing the Tribe holds its internal financials and processes to a high standard attracts outside business partners that would expect their investments to be secure.

If there is a downside to outside financial audits, it is the cost. An outside audit on the scale that will be done at the tribe can be expensive. While no figure has been given yet, it is safe to say that the Tribe will be paying high five figures, to low six figures to conduct this audit. It may sound steep, but it can be argued that it is a small price to pay. The tribe spares no expense when putting the tribal community's mind at rest. If only more governments would be willing to do that for their people.





TAMMY  
ZONE  
NEXT  
EXIT

**CHELICIE LYNN**  
**2 FINGERS AND A 12 PACK**  
**ROYAL RIVER CASINO + HOTEL**  
**FLANDREAU, SD**

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**TICKETS STARTING AT \$30**

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Wotain Wowani

Witehi Wi 2022



# COMBINING FORCES

## TRIBAL HEALTH CENTER AND RECREATION TEAM UP TO COMBAT DIABETES

On September 27th, 2022 the Executive Committee passed Resolution NO. 2022-83 which approved the submission of a grant to the Indian Health Services for funding a special diabetes program being developed by the clinic and the tribal recreation department. On December 23rd, 2022 the Department of Health and Human Services awarded the Tribe an award of approximately \$280,000 dollars for the Special Diabetes Program for Indians \_ Diabetes Prevention and Treatment Projects.

Over 2600 people utilize the FSST Health Clinic, of that number approximately 10.9% of the patients that receive health care from the Clinic are diagnosed diabetic. The number of patients with diabetes continues to grow from year to year, with at least half of the patients being between the ages of 45 to 64. The obesity rates as well as the rate of uncontrolled A1C's continue to be an area of concern.

Rising obesity epidemic in youth, a need for nutrition education, including the use of processed foods, which is also impacted by the limited access to fresh/organic produce, and lack of access of a diversity of food items due to having only one grocery store in town proper. These areas of concern can greatly impact the overall health of patients with diabetes, with

either physical limitations or limited resources or lack of transportation to nearby commercial centers with higher quality and/or more affordable food items. Increasing access to healthier choices and educating not only patients with diabetes, but all community members on diabetic education topics can provide them with the tools to make healthier choices.

The Clinic intends to use the grant funding to enhance the existing Flandreau Santee Sioux Tribal Health Clinics diabetes programs via a formal partnership with the Flandreau Santee Sioux Tribes programs, primarily Recreation, to drive engagement for diabetes prevention. It intends to improve the obesity rates and A1C's of patients with diabetes.

It will also focus on education. Education is provided during weekly diabetes educational events at the health center, as well as community prevention activities that work to increase access to a variety of physical activity, fresh produce, and culturally specific educational events, such as, open gyms, basketball tournaments, cooking classes with traditional foods, rehabilitating the tribal community gardens, and after-school programs for the youth. Educating patients on healthy nutrition, physical activity, and diabetes self-management, can

give them the tools they need to make healthier choices and improve their overall health.

There are two key goals for this project; Clinical: Per the FSSTHC's Diabetes Care and Outcomes Audit, decrease obesity rates and improve/stabilize blood sugar control based on an A1C of less than 7.0. And Community-based. To prevent patients from being diagnosed with diabetes in the future, with a special emphasis on patients who are considered "pre-diabetic" through prevention and education activities.

The FSSTHC Diabetes Care Team is comprised of multi-disciplinary professionals, consisting of three primary care providers, Case Management Nurse, Patient Services Representative, Health and Wellness Nurse, and Public Health Nursing Department. Continuity amongst this team has strengthened the relationship between the patient and their healthcare team. By formally partnering with the FSST Recreation Program's Coordinator, this project will promote the importance of regular physical activity and nutritional education incorporating tribal culture, foods and customs thereby improving community engagement. The SDPI funding is an essential component to our community engagement, outreach and program development.





# WINTER Winnings

SUNDAYS | MONDAYS | TUESDAYS  
8AM-MIDNIGHT

EVERY SWIPE IS A WINNER!  
SWIPE UP TO 3 TIMES A DAY

FIRST KOOS SWIPE: FREE  
SECOND KOOS SWIPE: 1000 TO POINTS  
THIRD KOOS SWIPE: 2500 100 POINTS

**CAPTURE THE CROWN**  
Royal Rewards & Hallmarks

DRINK UP LEVEL A PLUS FROM LEVEL 4  
ROYAL REWARDS CARD  
BY SWIPE UP TO 3 TIMES A DAY  
1000 TO POINTS | 1000-12M

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 8AM-12AM WINTER Winnings	2 8AM-12AM WINTER Winnings	3 8AM-12AM WINTER Winnings	4 8AM-8PM 20 PCE WHITE BLACK PLATING SET WINTER Winnings	5 8AM-12AM FREEZIN FREE PLAY	6 5PM-10AM 4 SEASONS TRAILER GIVEAWAY	7 5PM-10AM 4 SEASONS TRAILER GIVEAWAY
8 8AM-12AM WINTER Winnings	9 8AM-12AM WINTER Winnings	10 8AM-12AM WINTER Winnings	11 8AM-8PM SET OF 4 SALAD PLATE SET WINTER Winnings	12 8AM-12AM FREEZIN FREE PLAY	13 5PM-10AM 4 SEASONS TRAILER GIVEAWAY	14 5PM-10AM 4 SEASONS TRAILER GIVEAWAY
15 8AM-12AM WINTER Winnings	16 8AM-12AM WINTER Winnings	17 8AM-12AM WINTER Winnings	18 8AM-8PM SET OF 4 BOWL SET WINTER Winnings	19 8AM-12AM FREEZIN FREE PLAY	20 5PM-10AM 4 SEASONS TRAILER GIVEAWAY	21 5PM-10AM 4 SEASONS TRAILER GIVEAWAY
22 8AM-12AM WINTER Winnings	23 8AM-12AM WINTER Winnings	24 8AM-12AM WINTER Winnings	25 8AM-8PM SET OF 4 DINNER PLATE SET WINTER Winnings	26 8AM-12AM FREEZIN FREE PLAY	27 5PM-10AM 4 SEASONS TRAILER GIVEAWAY	28 5PM-10AM 4 SEASONS TRAILER GIVEAWAY
29 8AM-12AM WINTER Winnings	30 8AM-12AM WINTER Winnings	31 8AM-12AM WINTER Winnings	<p>Check out our Gift Shop!</p>			

Thursdays | 8AM - 12AM

## FREEZIN FREE PLAY

Earn 5 points or higher on your Royal Rewards Card. Then swipe at the kiosk and receive your free slot play once.

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\*TAX

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\*BUFFET ITEMS MAY VARY\*



# RECOVERY MEETINGS

MONDAY 6PM - 7PM  
EASTMAN HALL

OPEN TO THE PUBLIC  
GATHERING FOR  
ALL STAGES OF RECOVERY  
OR STARTING RECOVERY



# Diane Van Dam

Diane Van Dam  
at 4 years old



Diane van Damme was born in Dell Rapids South Dakota on February 10th, 1967. Mother: Goldie (Gullickson) Van Dam, daughter of Rena (Lovejoy), members of the Flandreau Santee Sioux Tribe and George Gullickson. Father: Robert Van Dam son of Ella (Mousel) and Henry Van Dam.

Diane grew up in a catholic family, and to prove it she is the 15th of 16 siblings. Tracy, Rob, Valerie (deceased), Marsha, Monica and Marilyn (twins), Kristi, Shelly, Laurie, Kathy, Jeanette, Doug, Rodney (deceased), Steve (deceased) and Bobbi.

Diane grew up in a strict family, but not without joy or love. Growing up Diane mostly hung out with her brother Rob. "Oh my gosh, I hung around with my brother Robbie all the time. Because we were so close. He's exactly one year older than me." She would go fishing, trapping, boating, camping, swimming, bike riding, and skating on the Big Sioux River in Dell Rapids with her family. She recalls her favorite pastimes; ice skating in the winter and swimming in the summer. "Skating and swimming. We did that every summer, all summer long!"

Because of the size of Diane's family, she had little need for friends outside of her siblings; "We always had something to do. At home or, you know, wherever." But as she grew older that changed; "I didn't really get into hanging out with friends until I was in, probably, eighth grade." Her childhood was, perhaps, typical for a girl growing up. She spent time together with friends after school, sleepovers, and school events.

Some of her friends to this day talk about a pastime they would partake in. In a fit of youthful rebellion, her and her friends from school would sneak cigarettes away from their parents and go to Pink Rock in the Dells area and smoke cigarettes. "We would hide those cigarettes in





[Pink Rock], so then we could always say; 'oh we're going for a walk.' And we would go over there and obviously have a cigarette." She finishes by saying "But thank god I never picked it up, and I stuck with it!"

Diane grew up around the Dell Rapids area and attended Dell Rapids St. Mary's until the end of her freshman year. She mostly spent time at the local sporting events but did try out for track and the Volleyball team. But left the volleyball after being told she was "too powerful." "I would knock the tiles out of the ceilings." She continues laughingly, "So I just gave up because I wasn't coordinated enough, I don't know!" In her sophomore year, she transferred to Dell Rapids Public School where she graduated in 1985. She took a basic computer course at Southeast Tech after high school but decided not to pursue any other higher education.

At the age of 20 Diane married Ken Merges in 1987, and had a daughter Alicia (Merges), now Haroldson, in 1988. She and Ken divorced in 1990. She had a daughter Kylee (Bailey) Nelson, in 1990 and a son Michael in 1992 and married their father, Bryan Bailey in 1993. She has since divorced Bryan. When asked about the possibility if she would like to try marriage again the answer was a quick laugh; "Oh no! I refuse. I've been asked; I said no. Yeah, very stubborn!"

When talking about anything that she saw coming up she felt impacted her life. Her answer was close to home; "The way my large family grew up with no hardships, the respect, and the family values. Even with all my siblings, my parents were foster parents to relatives, so I also became a foster parent." She goes on to say something that was a little surprising to hear; "I was the first foster parent

for the Flandreau Santee Sioux Tribe. I have fostered 21 children over a span of 13 years. Open your heart, open your home. Very rewarding! In 2004, I adopted my son Chiloe Fast Horse at the age of 16, from McCrossan's Boys Ranch in Sioux Falls, SD. I have 4 biological grandchildren: Bodie (4), Everest (4), Monte (2) and Shaw (2). I have 3 step grandchildren from my adopted son's relationship: Soraya, Cheyann and Khloe."

Diane speaks about not really feeling like she is impacting anyone's life, with the possible exception of fostering children. Children who did not have anyone. I would say that is making an impact for the better. And even when ending the conversation Diane was very down to earth about what she would like to pass onto the younger generations; "Be kind, be respectful to others, and never hold a grudge."



EARN ENTRIES JAN. 1 - FEB. 25

# 4 SEASONS TRAILER GIVEAWAY

FRIDAY & SATURDAY

5PM - 9PM

RECEIVE A TICKET FOR EVERY 10 POINTS EARNED OR 15 MINUTES OF RATED TABLE PLAY FOR YOUR CHANCE TO BE SELECTED VIA KIOSK DRAWINGS TO PLAY THE GAME.

10PM

## \$500 CASH

GREAT TO TRAVEL THROUGH ALL FOUR SEASONS!

*Finale Giveaway*

**FEB. 25 AT 10PM**  
**2023 TEAM LODGE JR**



MSRP \$29,944.99



*Royal River*  
CASINO • HOTEL

**TEAM LODGE**

2023 Team Lodge Jr, color and options may vary. Kiosk drawing winners will participate in the game. Winners will win free play and cash. Must be present to win. Management reserves the right to enhance, change or discontinue any promotional event at any time with or without prior notice. Must be 21.



# FSST HEALTH CENTER



## January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Happy New Year!	2 CLOSED	3	4	5	6	7
8	9	10	11	12 Educational Diabetic Event	13	14
15	16 	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

### Clinic Closed:

January 2nd - New Years Day (Observed)  
January 16th - MLK Jr. day



## Cervical Cancer Awareness month

How to protect your cervical health:

SCREEN	REDUCE	KEEP	FOLLOW-UP
Begin routine screening at age 21	HPV infection risk • Get vaccinated • Avoid multiple sex partners	tobacco use sacred • Avoid recreational commercial tobacco use	if test results are abnormal • Keep your appointments!

It is important to continue cervical cancer screening even if you think you are too old to have a baby or are not having sex.

### HELPFUL RESOURCES

National Cancer Institute  
[www.cancer.gov](http://www.cancer.gov)  
1-800-4-CANCER

American Cancer Society  
[www.cancer.org](http://www.cancer.org)  
1-800-227-2343

Centers for Disease Control and Prevention (CDC)  
<http://www.cdc.gov/cancer/cervical/>  
<http://www.cdc.gov/cancer/hpv/>



Native women are nearly twice as likely to develop cervical cancer. Regular screenings help detect cervical cancer in its early stages when it's easier to treat.

Call FSSTHC to set up a screening  
(605) 997-2642

The tribal clinic is here for you. Please call the FSST Health Center (605) 997-2642 to schedule an appointment, or if you have concerns about COVID or symptoms, the COVID vaccine or for additional information about any of our services.



# Un thókáta nitháwa ohóyakila na ohólaič'iya Pap testing

## Respect yourself and your future with Pap testing

A Pap test detects cervical cancer in patients with a cervix. This is your first step in lowering your chance of cervical cancer.

Cervical cancer is the most common HPV-associated cancer among Native women. It's important for you to talk to your health care provider to discuss testing.

### When should I get tested?

- Women ages 21 to 65 can be tested every three years
- Women ages 30 and older can be tested every five years if the procedure is combined with testing for HPV
- If you have certain risk factors, your health care provider may recommend more-frequent Pap test, regardless of your age

### Do I need to continue regular testing?

- Yes. It's important to continue regular testing which helps detect cervical cancer earlier, lowering the chance of late-stage cancer diagnosis.

### Do I need to do anything before my test?

- Avoid sex, douching, and other creams and jellies for two days before having a Pap test, these may wash away or hide abnormal cells
- Try not to schedule a Pap test during your moon or menstrual period

### During your appointment

Before the Pap test these are some things you can discuss with your health care provider:

- Talk about your personal space and boundaries and what you are comfortable with
- Ask your health care provider to talk through each step of the test before it's done
- Discuss how your health care provider could make the appointment more comfortable

You may be asked to undress completely or only from the waist down. You may be asked to lie on your back, and your health care provider will gently insert a tool called a speculum into your vagina which helps to collect samples of your cervical cells using a soft brush and a flat scraping device called a spatula. This may cause pressure but usually does not hurt.

After your test you may go back to normal daily activities. Be sure to ask your health care provider when you'll have your results.

### Understanding your results

Results from your Pap test will come back as either normal or abnormal.

- A **normal** result means only normal cervical cells were seen.
- An **abnormal** result means abnormal cells were seen which may mean cancer or other health concerns. It's important to talk to your health care provider as you may need more testing.

\*Un thókáta nitháwa ohóyakila na ohólaič'iya means "Respect yourself and your future" in the Lakota language



# Un thókáta nitháwa ohóyakila na ohólaič'iya cervical HPV testing

Respect yourself and your  
future with cervical HPV testing

Human papillomavirus (HPV) is a virus that can lead to genital warts, abnormal cervical cells, or cancers like cervical, anal, or oral cancer. The cervical HPV test screens for cervical cancer by looking for the presence of HPV in the body. The cervical HPV test is usually done at the same time as a Pap test, this should only take a few minutes.

**Native women have the highest rates of HPV-associated cancers**

## The cervical HPV test should be taken if:

- Your Pap test was abnormal
- You are ages 30 and older

While all Native people are at risk for HPV, the Pap test is currently available for people with a cervix only. *All relatives can protect against HPV-related cancers by getting the HPV vaccine.*

## Preparing for your cervical HPV test

It can be done using the same sample from the Pap test or by collecting a second sample. You can take these steps:

- Avoid sex, douching, and other creams and jellies for two days before the test
- Try not to schedule the test during your moon or menstrual period.

## During your appointment

Before the cervical HPV test these are some things you can discuss with your health care provider:

- Talk about your personal space and boundaries and what you are comfortable with
- Ask your health care provider to talk through each step of the test before it is done
- Discuss how your health care provider could make the appointment more comfortable

You may be asked to undress completely or only from the waist down. You may be asked to lie on your back, and your health care provider will gently insert a tool called a speculum into your vagina to see your cervix. Your health care provider will then take samples of your cervical cells using a soft brush and a flat scraping tool called a spatula. This does not hurt, and you may not feel the sample being taken.

After your test you can go back to all normal daily activities. Be sure to ask your health care provider when you'll have your results.

## Understanding your results

Results from your cervical HPV test will come back as either positive or negative.

- A **positive HPV test** result means you have a type of high-risk HPV that is linked to cervical cancer. It does not mean you currently have cervical cancer, but it is a warning sign of cervical cancer growing in the future. Be sure to follow up with your health care provider.
- A **negative HPV test** result means you do not have any types of HPV that cause cervical cancer

\*Un thókáta nitháwa ohóyakila na ohólaič'iya means "Respect yourself and your future" in the Lakota language



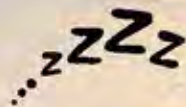
# "No stress" resolutions

*While there's a lot to be said for living in the moment, there's a difference between being fully present in your life and feeling so overwhelmed by daily stress that your focus goes no further than how to get through the next day.*

*With resolutions that support healthy balance, you can reduce your stress level so that you're able to look into the new year with optimism.*

*This year, consider incorporating new habits that will reduce stress and increase happiness and overall life satisfaction. Here are some important steps you can take to be a happier, healthier, and more relaxed you in the new year.*

## Sleep Better



*Invest in **QUALITY** sleep. This can be a challenge for some, but finding a way to get good, quality sleep is beneficial for both mental and physical health.*

## Pick Up a Hobby

*Having a regular hobby can provide a necessary outlet for mental stimulation and stress relief, and help you maintain a balanced lifestyle.*



## Cultivate Optimism

*How you view the world (or a particular situation) can have a heavy impact on your stress levels. Negative self-talk and having a negative point of view can cause significant amounts of stress.*

## Invest in Your Social Circle

*The company you keep can have a significant impact on your quality of life. Good friends and close family can celebrate with you during your best times and support you through your worst. A social network of healthy relationships can be a buffer against stress and provide many other benefits.*

**All relationships are not created equal. Conflicted relationships can cause additional stress and frustration and even affect your health.**

*This year, focus on strengthening your relationships. And don't be afraid to let go of those relationships that drain you. Separating yourself from the drama and stress of those relationships opens you up to new people and new experiences.*

**POSITIVE  
VIBES**





## GET MORE MUSIC IN YOUR LIFE

There are many reasons to listen to music. Upbeat music when you are feeling down and relaxing music when you are feeling stressed has shown to have profound effects on mental and physical health

## CULL YOUR CLUTTER



The physical activity of cleaning combined with the result of a cleaner home helps reduce stress, feelings of anxiety, and depressive symptoms. Cleaning can also reduce fatigue as having clean sheets and making the bed has been proven to give you a better night's sleep.

## LEARN SOME QUICK STRESS-RELIEF STRATEGIES



**GO FOR A WALK**

**AROMATHERAPY**

**CREATIVITY**



You can go from feeling fine to overwhelmed in a very short period of time. When this happens, it's not always possible to simply stop what you're doing and get a massage, or do some other time-consuming, stress-relieving activity.

It's always beneficial to have a few quick stress relief strategies that can turn off your fight or flight response and trigger your relaxation response.

I LOVE  
ME  
TIME

**POSITIVE SELF-TALK**

**EXERCISE**



**GRATITUDE**

**DEEP BREATHING**

**MANY OF THESE PRACTICES CAN LEAD TO LONG TERM STRESS RELIEF.**



### *Express Gratitude*

*Gratitude helps you recognize all the things you have to be thankful for. Whether you're grateful for a sunny day or thankful you arrived at work safely, think about all the good things you have in life.*



# What is Seasonal Depression?

When someone has seasonal affective disorder, or S.A.D, they experience depressive symptoms that typically worsen in the fall and winter months, as the days get shorter and darker. Although rare, SAD symptoms can also occur in the spring or summer.

Seasonal affective disorder is cyclical. As the seasons change, symptoms go away or change, only to return at the same time each year.

It's normal to have some fluctuations in mood with the weather, like feeling down on a dreary winter day. As winter approaches, you're likely to get less sunlight exposure. You may even feel increased stress with the winter holidays, or end-of-year at work.

All of these things can impact your mood, but it's important to remember that seasonal affective disorder is more than the winter blues. SAD is a recurring form of depression that can feel overwhelming and impact daily functioning—but the good news is it is also common and easily treatable.

## Seasonal Affective Disorder Symptoms

During the winter months:

- Sleeping more than usual
- Increased appetite
- Carbohydrates cravings

- Weight gain
- Irritability
- Social issues
- Higher sensitivity to rejection
- Heaviness in the arms or legs





# Seasonal Depression is...

...a subtype of major depressive disorder, seasonal affective disorder has the same symptom profile as depression. The main difference is that these symptoms occur in a seasonal pattern.

It is notable that SAD symptoms can differ, depending on the season. Seasonal affective disorder is much more common in winter.

## **Fall and Winter Symptoms can include:**

**Low energy \* Overeating \* Weight gain \* Craving carbohydrates \* Increased sleep**

You're not alone if you feel your mood change with the seasons. However, if you feel symptoms impacting your daily life and functioning, it's worth speaking to your healthcare provider about seasonal affective disorder (SAD). They can help you first rule out other conditions that might be causing your symptoms.

**FSST Health center wishes everyone well.**

*"Care for yourselves, so you can care for others"*

**Nothing in the Nature lives for itself.**

**Rivers don't drink their own water.**

**Trees don't eat their own fruit.**

**The Sun doesn't shine for itself.**

**A Flower's fragrance is not for itself**

**Living for each other is**

**the rule of Nature**



# The Three Sisters

In Native American culture, the centuries-old proven tradition of the “Three Sisters” method of planting includes corn, beans, and squash. These three plants are important in traditional Native American agriculture as well as in cooking.

When planted together, they support each other during the growing season. The corn is planted first, then the beans, and finally the squash. The corn provides a stalk for the beans to climb and gives the squash vines room to spread. The large squash leaves help the ground stay shaded while keeping the soil from drying out and reducing weeds. The bean plants help the other plants grow because they contribute nitrogen to the soil. The beans also anchor the corn in place when there are strong winds.

When used together in cooking, the Three Sisters create a balanced meal of carbohydrates, protein, and fiber, each providing different vitamins and nutrients we all need for good nutrition.



[www.bing.com](http://www.bing.com)



# Three Sisters Soup

★★★★★

5 from 16 votes

Three Sisters Soup is a delicious harvest soup made with the nourishing trio of corn, squash, and beans. This classic Native American soup recipe is a family favorite!

Prep Time  
15 mins

Cook Time  
25 mins

Total Time  
40 mins

Course: Soup Cuisine: Native American Servings: 10 servings Calories: 162kcal

Author: [Sue Moran](#)

## Equipment

- A large soup pot or Dutch oven

## Ingredients

- 2 Tbsp olive oil
- 1 medium yellow onion, peeled and diced
- 2 cloves garlic, minced
- 1 lb red potatoes, diced (no need to peel)
- 1 tsp chipotle powder
- 1 tsp cumin
- 2 bay leaves
- 32 ounces chicken broth
- 28 ounce can diced fire roasted tomatoes
- salt and fresh cracked black pepper
- 1 jalapeño pepper, minced (leave out for less heat)
- 1 zucchini, diced (do not peel)
- 1 summer squash, diced (do not peel)
- 3 ears corn, kernels removed
- 2 cups cooked black-eyed peas

## Garnish (optional)

- fresh parsley
- grated cheese such as Parmesan or Asiago

## Instructions

1. Heat the oil in a large soup pot or Dutch oven and add the diced onion. Saute for five minutes, stirring often, until the onion starts to soften. Add the garlic and cook a minute or two longer.
2. Add the potatoes, chipotle powder, cumin, and bay leaves to the pot and cook a couple of more minutes, stirring almost constantly.
3. Add the broth and tomatoes to the pot and bring to a simmer. Add the jalapeños, if using, at this point too. Bring to a boil.
4. Lower the heat and simmer just until the potatoes are just tender, about 8-12 minutes. You can cover the pot if you like, but make sure you're cooking at a simmer, not a full boil.
5. Add the zucchini, summer squash, corn and beans, and bring the soup back to a bubble. Season with salt and black pepper to taste. Add more chipotle or cumin at this point if you like. Cover and let the soup simmer for just a few minutes. You just want to take the raw edge off your veggies. When they taste just barely tender, the soup is finished. Add water if your soup seems too thick.
6. Serve the soup topped with fresh parsley, and a sprinkle of cheese, if you like.

## Nutrition

Calories: 162kcal | Carbohydrates: 28g | Protein: 7g | Fat: 4g | Saturated Fat: 1g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 2g | Trans Fat: 1g | Sodium: 456mg | Potassium: 805mg | Fiber: 6g | Sugar: 8g | Vitamin A: 371IU | Vitamin C: 27mg | Calcium: 56mg | Iron: 3mg

<https://theviewfromgreatisland.com/three-sisters-soup-recipe/> October 10, 2022

# INGREDIENTS FOR THREE SISTERS SOUP

There is no one authentic recipe for this soup ~ it can be made, and is made, in a variety of ways, with different combinations of 'sisters'. Recipes have been passed down through generations in tribes and have become more modernized in the process. This version uses chicken broth and fire roasted tomatoes for a flavorful broth, potatoes for their satisfaction factor, jalapeño and chipotle powder for a little kick of heat, and black-eyed peas, because I love them. Tomatoes, potatoes, and peppers are all indigenous crops, native to the Americas.

**USE WINTER SQUASH** Bring it into fall and winter by subbing out the summer squash for winter squash.





# WASNA



One of the traditional recipes that the Lakota have passed through the generations is Wasna. Wasna derives from “wa” meaning “anything” and the “sna” meaning ground up. This dish consists of dried buffalo, dried berries, and fat or bone marrow. Early Lakotas would grind the ingredients together with a pounding stone. Wasna is a very good source of protein and the Lakota value this traditional recipe not only as a food but also as a healing instrument. Wasna is often seen as a sacred food and was often used in ceremonies and rituals. It also has less cholesterol, yet a mere four ounces provides more protein than half a dozen eggs. Wasna, because of the protein it contains, can raise a person’s iron level within 15 minutes. Today, Lakota people believe their ancestors did not suffer from diabetes, heart disease, or cancer due to the healing powers of Wasna

## Make Your Own Wasna:

Wasna is a traditional energy food that was used when fresh meat was not available. It was also used “on the road” when Lakota were hunting or moving camp as it is dense and filling but also light, portable and requires no cooking.

Traditional Wasna was made by combining dried, pounded bison meat with dried chokecherry patties. Tallow held the mixture together. To make dried, pounded meat the traditional way and the whole process takes about a month. Give it a try if you’d like, or save yourself a lot of time by finely shredding beef or bison jerky in a food processor.

2 c. shredded beef or bison jerky  
1 c. chopped tart berries (chokecherries tart (sour) cherries or cranberries work best)  
6 T. beef tallow or vegetable shortening  
Shred the jerky and berries in a food processor. Mix in the tallow or shortening and stir until well incorporated. Form the mixture into patties and dry in a dehydrator or refrigerate and eat within 3 days.

[www.greatplaintribalhealth.org](http://www.greatplaintribalhealth.org)







# WOHANPI



## Make Your Own Wohhanpi

Wohanpi is a traditional soup, still very popular in Lakota Country today. In years past, Wohhanpi would have been made with bison meat, prairie turnips and blo (wild potatoes). Today it is made from bison/beef, potatoes and other vegetables. If using bison, decrease cooking time. Bison has less fat than beef and if overcooked, it can get very tough.



wild onion

- 3 c. cooked cubed beef or bison meat
- 6 c. beef broth
- 3 medium potatoes  
peeled and cubed
- 3 medium carrots  
cut in 1/2" slices
- 1 T. Worcestershire sauce

Add the cooked meat to the broth in a stock pot. Add carrots, potatoes and Worcestershire sauce. Simmer over low heat for 45 minutes. If using bison, add the meat to the pot in the last 15 minutes of cooking. Season with salt and pepper to taste.



[Recipes from Lakota Sioux | Nursing | University of Nebraska Medical Center \(unmc.edu\)](https://www.unmc.edu/education/graduate/nursing/recipes/lakota-sloux/)



**Wicoicaga Otipi Community Center**  
**503 W. Broad Ave.**



**FEBRUARY 2023**

**Closed on Holidays & Administrative Days**

# **Noon Walks**

**Mondays\*Wednesdays\*Fridays**

**10:30am to 1:30pm**

**Please bring CLEAN walking shoes. Lockers available.**

**Call Sylvia for more questions (605) 573-4195**

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*After School until 6pm*

February 1 & 3

February 8, 9 & 10

February 16

February 21, 22, 23 & 24

*Middle School  
13+ Year Olds*



Must have updated  
FSST Recreation Membership

Made with PosterMyWall.com





**FEATURING STEN, LIL MIKE & BONE**

**MARCH 24 | 8PM** <sup>21+</sup>

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or at the Casino Gift Shop or call 1-800-838-3006.

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