



Istawicayazan Wi

Moon of the Sore Eyes
March 2025



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Moon of the Sore Eyes



Did you know that most Native or indigenous nations recognize 13 moons in one calendar year? The moons were divided between the four seasons, each with three moons with the exception of the winter season, which enjoyed four; each moon separated by 28 days.

The first moon of winter was often referred to the time during which male deer lose their horns (December). The second moon of winter (January), marked a point in time where provisions were dwindling and the harshness of winter had more than set in known as the Hard Moon.

During the winter moons, women often tended to tasks such as making and mending clothes and ceremonial outfits. Fathers hunted and sharpened their warrior skills, while children played games outside and helped gather wood for their families' homes. When inside they sat and listened to their grandparents telling stories of the people and their histories; passing the knowledge and language on to the next generation.

Many Nations of the northern plains and great lakes area share similar experiences and descriptions during the winter moons, with most identifying the last moon of winter (March) as the moon of sore eyes. This descriptive meaning for the fourth winter moon relates to the position of the sun, which was observed to be climbing higher and brighter in the sky. Snow covered most of Makocé Ina and the reflection was often blinding to the eyes; hence the meaning; Moon of Sore Eyes.



Sheperd's Pie

Ingredients:

- 1 Pound of Ground Lamb / Beef
- 1 Package of Frozen Diced Peas and Carrots
- 2 Large Stalks of Celery (Sliced)
- 1 Medium Red Onion (Diced)
- 1 Medium Turnip (Diced)
- 1 Tablespoon of Garlic or to Taste
- 2 Tablespoons of Flour
- 2 Quarts of Beef Stock or Vegetable Stock
- 4 Cups of Mashed Potatoes

Method:

Brown Lamb in an appropriate sized Dutch Oven. Add Turnips, Onions and Celery and sautee with lamb until onions are translucent. Sprinkle in the Flour and stir. Should be thick and dry. Add the stock, garlic and peas & carrots. Stir until mixture becomes thick. Top with your favorite mashed potato recipe and bake in the oven for 30 minutes. Enjoy!





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

03/01 Kathryn Fox
 03/01 Lavaura Payer
 03/01 Clifford Peters
 03/02 Tayson Alberts
 03/02 Jose Cacvender
 03/02 Dana Ellwanger
 03/02 Heavenlee Red Bear
 03/02 Brenda Rodriquez
 03/02 Melody Shopbell
 03/02 Judith Two Bulls
 03/03 Kristi Ellefson
 03/03 Ari Martin
 03/03 Vivienne Williams
 03/04 Amber Allen
 03/04 Marilyn Allen
 03/04 Kiamee Cadotte
 03/04 Hazen Cavender
 03/05 Michael Weston
 03/06 Darwin Crow
 03/06 Abigail Dudley
 03/06 Cyndi Williams
 03/06 Weston Wingo
 03/07 John Flute
 03/07 Sidney Long
 03/08 Gabriel Bird

03/08 Estephan Nelson
 03/09 Rorbert Allen
 03/09 Tara Ramlo
 03/09 Timothy Ramlo
 03/10 Cree Cartwright
 03/11 Kyle Lovejoy
 03/11 Ida Nelson
 03/12 Jaxon Flute
 03/12 Ron Flute
 03/12 Zea Rederth
 03/14 Dameon Cournoyer
 03/15 Lori Burkhardt
 03/15 Inocencia Flute
 03/15 Sarah Janis
 03/15 Jody Pacheco
 03/15 Wilfred Schrader
 03/15 Tracy Van Dam
 03/16 Jordan Curry
 03/16 Cheli Roy
 03/17 Jadeen Hansen
 03/17 Bruce Shopbell
 03/18 Richard Allen
 03/19 Jade Peters
 03/19 Kehala Thomas
 03/19 Marcie Walker

03/20 Jacob Fisherman
 03/20 Sabrena Gullickson
 03/20 Katherine K-A-H
 03/20 Shaylene Montoya
 03/20 Jared Sully
 03/21 Mato Beaulieu
 03/21 Mark Savold
 03/21 Francis Wakeman III
 03/22 Paul Corcoran
 03/22 Laura Herrick
 03/22 Bonnie Wade
 03/23 Sidney Beane
 03/23 Ryan K-A-H
 03/24 Doreen Lapham
 03/24 Diamond Roy
 03/24 Gayla Travis
 03/24 Wicanhpi Weston
 03/25 Sy Flute
 03/28 Edward Hansen
 03/28 Dacotah Hasvold
 03/28 Stephanie Landes
 03/28 Sierra Two Bulls
 03/30 Howard Kitto
 03/31 Cante Barse



WELCOME TO OUR TEAM!

Art Schmidt
Director of Land Management



Destiny Nelson
Recreation Coordinator



Lucian Herrick
Casual Labor



Lloyd Flammond
Casual Labor





03/04 Amber Allen

03/04 Marilyn Allen

03/19 Marcie Walker

03/21 Francis Wakeman 222

03/23 Ryan Kells A Hundred

03/24 Lacey Neuenfeldt

03/25 Jim Eagle Elk

03/30 Howard Kitto



Please join us in wishing our

employees a very

Happy Birthday this month!

Happy Retirement



Pidamayaye do!

Vicki Anderson & Scott Anderson





DAKOTA
LANGUAGE DEPT

Starquilt workshop

friday, April 11th • 5pm-9pm
saturday, April 12th • 9 am-9

pm

sunday, April 13th • 9am-4 pm

CONTACT MARILYN TO GET
SIGNED UP, YOU WILL NEED
TO BRING YOUR OWN
FABRIC

MEALS WILL BE PROVIDED

WICOICAGA OTIPI COMMUNITY
CENTER





First Presbyterian Church

Worship Services
Every Sunday

10 am to 11 am

First Presbyterian Church
presents

St. Patrick's Day Feast
\$10 per plate

Corn Beef & Cabbage
Irish Soda Bread
Leprechan Juice

St. Patrick's Day

Monday, March 17th



Win Donated
Cash & Prizes

Eastman Hall

Doors Open at 5 p.m.
Games Start at 6 p.m.



Recovery

SAMHSA

Substance Abuse &
Mental Health
Services
Administration


(800) 662 HELP (4357)



March 2025

March highlights various health awareness topics, but one of the most significant and straightforward changes we can make is in our nutrition. This month, we acknowledge the vital role that nutrition plays in our overall health and well-being.

National Nutrition Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
 9	10	11	12	 13 National Kidney Day	14	15
16	 17	18	19	 20 Hello Spring	21	22
23	24	25 Nourish Knowledge @ Maynards 2:30-4:30pm	26	27	28	29
30	31					

March is also **Colorectal Cancer Awareness (CRC)** and **National Kidney Month**
Learn more about both at this month's Wicozani Gatherings!

Wicozani Gathering Topic and Healthy Food or Drink

Every Tuesday in the HC Community Room 9:00am - 11:30am

March 4th - Obesity & Colorectal Cancer (CRC) – Pulled Pork Sandwiches

March 11th - Sleep & Kidney Health – Desserts (Black bean brownies & mushroom coffee)

March 18th - Drugs & Alcohol Facts – Healthy sugar-free drinks

March 25th - American Diabetes Alert Day - Homemade Hummus & Carrots

Wellness Center Challenge: Mni (water) Mondays | Empower Hour (Thursdays 5-6pm)

Call Maxi at 605.573.4188 or stop by for more information!



**Flandreau Public Schools
2025–2026**

Early Learner Screening

Tuesday, March 4th

Kindergarten Registration & Screening

- Designed for children entering JK or Kindergarten in August 2025
- Children must be 5 on or before September 1, 2025 to be eligible to start school

8:00 AM–3:00 PM

Wednesday, March 5th

Developmental Screening & Child Find

- Designed for children ages 3, 4 and 5 whose caregivers have health or developmental concerns
- May be eligible for Kindergarten depending on birth date

8:00 AM–3:00 PM

Flandreau Community Center

Please bring the following documentation to screening:

State-Issued Birth Certificate
Certificate of Immunization
Proof of Residence

Scan the QR code below to complete the pre-screening form. Based on your responses, Flandreau Elementary will contact you to schedule a screening appointment for March 4th or March 5th.

**Need assistance?
Call 605-997-2780**



Survey Wauncada!

**Members
We Need
Your Input!**



**Scan the
QR
codes
below**

To Receive a Hard Copy of the Surveys,
please feel free to contact the departments listed below

Housing Survey

Leah Fyten, Housing Director

Phone: (605) 997- 2194

leah.fyten@fsst-nsn.gov



Scan me!

Land Survey

Art Schmidt, Land Manager

Phone: (605) 573-4207

art.schmidt@fsst-nsn.gov



Participation Incentive

- King Range National Conservation Area•
- Shelter Cove Arts & Recreation Foundation•
- Friends of the Lost Coast•

Present

Spring 2025

Artist in Residence

4/21 to 5/19

A unique opportunity for an artist to experience a month's stay on California's remote Lost Coast, connecting with the local community and creating artwork that reflects the appreciation and awareness of public lands on California's Lost Coast.

For Program Details and Application:

www.sheltercoveartsrecreation.com

www.blm.gov/get-involved/artist-in-residence

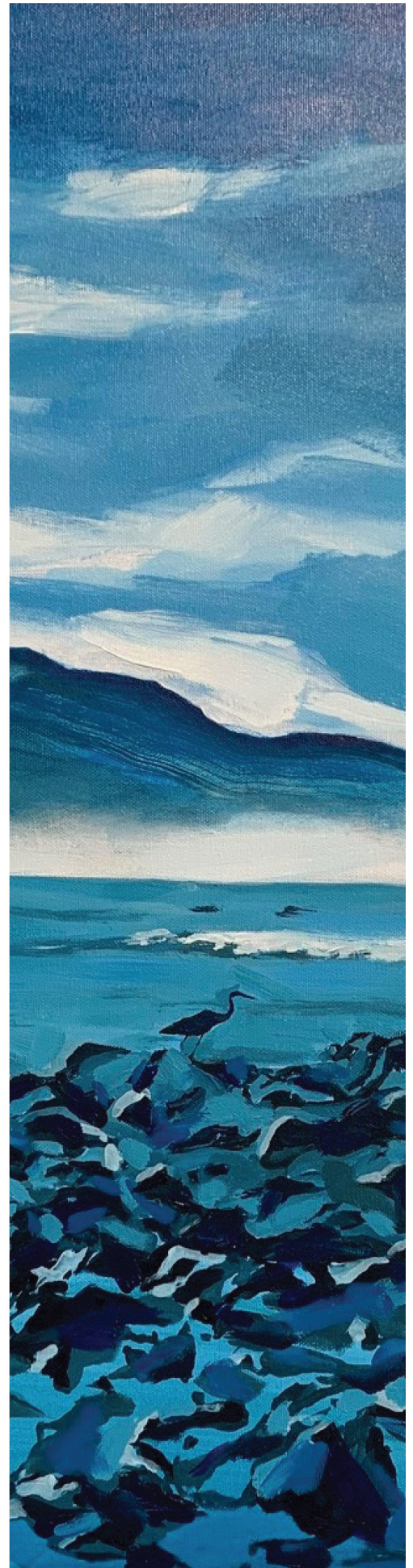
Application Deadline:

Friday 3/7/25

Submit to the BLM King Range NCA

Sandy Miles (707) 986-5415

smiles@blm.gov



National Nutrition Month

In recognition of March being National Nutrition Month, we acknowledge that food is more than fuel that nourishes our bodies.

**It brings people together
It connects us to our family and ancestors**



Challenges exist that prevent people from eating healthy all of the time. Things like access to healthy foods, family or work obligations, stress level, finding the time to prepare meals, and even one's cooking experience are common issues that can keep someone from eating healthy.

Our diets and the food options we have access to have changed, contributing to an increase in chronic diseases such as diabetes. The Special Diabetes Program for Indians (SDPI) aims to combat diabetes by encouraging healthier food selections and supporting the maintenance of a healthy weight, which offers a variety of health benefits! Tribal communities, including the Flandreau Santee Sioux Tribal Health Center, have made significant progress thanks to the support of the SDPI grant.

Our SDPI Team works to provide various programs and events aimed at restoring "Wicozani," or "The good way of life," to our community!

We offer programs such as:

- Healthy (Diabetic-friendly) Recipes
- Group and Individual Weight Management
- Fitness Classes
- Initiatives to increase access to fresh produce through community gardening

Join us for our FSST HC SDPI team's weekly "Wicozani Gathering," held every Tuesday in the Health Center Community Room from 9 a.m. to 11:30 a.m. These gatherings will address numerous topics related to diabetes prevention and management, and we will also share information about upcoming events and programs!

Everyone is welcome to join us!



Mni Wiconi is Dakota for "Water is Life"

Too little or too much hydration can have serious consequences for our health.

- Dehydration can occur quickly and causes symptoms such as fatigue, headache, and muscle cramps.
- Chronic dehydration can lead to serious health problems, including kidney stones, high B/P & heart disease.
- Overhydration can cause "hyponatremia" which is when the needed level of sodium in your blood is diluted.

Drinking the right amount of water can improve your physical & cognitive function, maintain healthy skin, improve digestion and even manage your weight.

Being adequately hydrated has numerous benefits for the body & mind!

Boosts Brain activity

Mood

Fights Fatigue

Boosts Productivity

Normalizes Blood

Removes Toxins

Softer, Clearer skin

Fuels Muscles

Greases Joints

Fluid balance

Calorie Control

Don't LOVE the taste of water?

Try infusing fruits, vegetables or herbs in your water for added taste & nutrients.



Set a Mni goal for yourself and crush it!

A calendar with coloring tracker will be provided.

Keep a record of your water intake for prizes.

Recommended daily water intake is 1/2 your body weight, in ounces.

Example: A 200lb person should drink 100oz per day

Stop by or call the Wellness Center for more information.

503 W. Broad Ave | Flandreau, SD | 605.573.4188

Wellness Center Members



The Fitness Center (East End WOC) will be reserved for “Empower Hour” a women’s circuit training class!

**FITNESS CENTER WILL
CLOSE TO THE PUBLIC**

**Excluding Thursday, April 24th, 2025 (Closed for FSST Founder’s Day)*

Circuit training offers numerous health benefits!

Ladies, if you're interested in learning how to make the most of the Fitness Center's equipment, you can still sign up for the circuit training class with Maxi.

**The fitness center will close at 5pm on
the following Thursdays:**

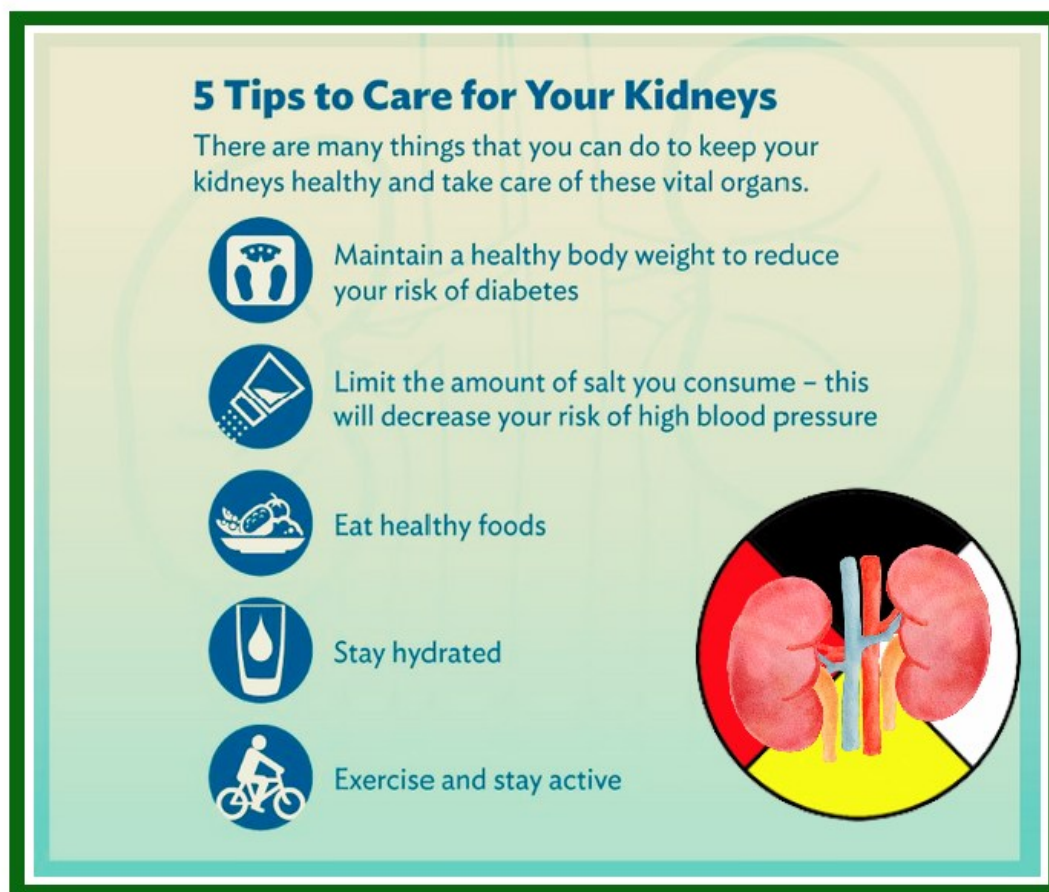
**March 6th
March 13th
March 20th
March 27th**

**April 3rd
April 10th
April 17th
*Closed April 24th***

MARCH IS NATIONAL KIDNEY MONTH

Higher rates of diabetes in Native communities goes hand in hand with higher rates of chronic kidney disease (CKD).

Did you know diabetes is a leading cause of Chronic Kidney Disease (CKD)? Kidney disease is often referred to as a “silent disease” and usually causes no symptoms until your kidneys are badly damaged. Many Americans who have chronic kidney disease (CKD) don't know they have the disease until it is very advanced.



The good news is the earlier you find out you have kidney disease, the sooner you can take steps to protect your kidneys from further damage.

If you have a medical condition that increases your risk of kidney disease, your doctor may monitor your blood pressure and kidney function with urine and blood tests during office visits. Ask your doctor whether these tests are necessary for you.



Available to All
Moody County
Residents in Need

FOOD

For the next
two years!

DISTRIBUTION



Every Third
Friday
of the Month



Located at

1000 West Pipestone Avenue
2 p.m. to 3 p.m.

Brought to the Community by
the USDA Local Food Producers Program & the
Flandreau Santee Sioux Tribe



Oyate

etankhan

Owicota

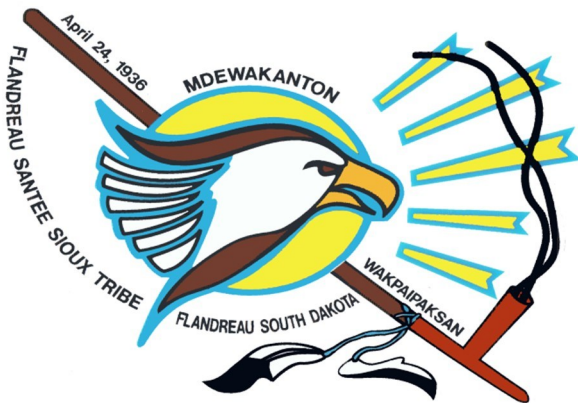
Town Hall
Meeting

Last
Wednesday
of the
Month

Community
Center

Lite Dinner
& Snacks
5:30 p.m.

Town Hall
Meeting
6 p.m.



Save the dates!

March 17th

St. Patrick's Day BINGO

Eastman Hall

March 21st

USDA / FSST Food Distribution

Maintenance Building

March 26th

Community Townhall

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

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.

MARCH 2025 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Tuna Noodle Casserole 3 Buttered Peas Straight A Salad Coconut Cranberry Bars	Pepper Steak Wild rice garden blend Corn on cobb Strawberry Bar	Hot Turkey Sandwich Mash Potato's/gravy Buttered Corn Creamy Coleslaw Pumpkin Poke Cake	Fish Fillet Sandwich Scalloped Potato's Sliced tomato's Honey Apple Salad	Tomato Soup Grilled Ham & Cheese Sand. Crunchy Veggie Salad Raspberry Zinger Cake
Waffles Scramble Eggs Sausage Patties Fruit	Wisconsin Cheese Soup Roast Beef Sandwich Mac. Salad Broken Glass Jello	Country style Ribs Garlic Mashed Potato's Buttered Squash Tossed salad Carmel Apple Poke Cake	Dorito Cheesy Casserole Green Chili Rice 5-cup salad Tropical fruit	Potato Soup Egg Salad Sandwich Cucumber Salad Banana Pudding Poke Cake
Corned Beef Cabbage Potato's/gravy Irish Soda Bread Shamrock Dessert	Ranch chicken Breast Rice Pilaf Green Beans Spinach Orange Salad Cinnamon Baked Apples	Swedish Meatballs Mashed Potato/gravy Harvard Beets Confetti Cottage Cheese Choc. Pudding	Creamed Chicken And Biscuits Tasty Tossed Salad Orangesicle salad	Corn Soup Fry Bread 7-Layer Salad Humming Bird Cake
Soft Shell Taco Spanish Rice Corn Salad Snicker Apple Salad	Baked Potato with Toppings Veggie Bar Brownie	Chicken Fried Steak Mash Potato's/gravy Lima Bean Bake Carrot & celery stix Do nothing Cake	Loaded Bake Potato Soup Ham Salad Sandwich Royal Salad Blueberry Pie	28 Special Meal!!
Spaghetti & Meat Sauce Caesar Salad Garlic Bread Cookies				

Grace Moore Senior Citizens Center 997-2924

*Menu subject to