

Wowapi



Psinhnaketu Wi

The Moon when the Wild Rice is laid up to dry

September 10th Suicide Prevention

**CNA's Needed
Long Term Care**
see page 8

988
Suicide Prevention Lifeline

**Food Distribution
3rd Friday of
Every Month**
See Page 1

Full Ride Scholarship Available



See Page 6



We are happy to announce that due to the efforts of Nina Gayle Soward, Grace Moore Senior Center and our Grant Writer Robert Byrnes, a grant from the USDA has been secured for the next two years.

The first distribution occurred on August 16th and served approximately 130 households. According to the guidelines, food must be procured from within a 400 mile radius and is designed to support local growers and producers.

This past week, beef and produce bundles, which included potatoes, corn, and other garden grown vegetables were available, as well as honey and popcorn.

The program is open to all residents of Moody County, where one bundle is available to each household and the recipient must be present. It's a good idea to bring your own bags or boxes.

Pidamayaye do!
Nina Gayle and Robert



Available to All
Moody County
Residents

FOOD

For the next
two years!

DISTRIBUTION



Every Third
Friday
of the Month



Located at

603 West Broad Avenue

2 p.m. to 3 p.m.

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



Psin



Wild Rice has been a staple of the Dakota People since the beginning of our existence. The Dakota people harvested Wild Rice in northern Minnesota along the shallow water ways, where the rice grew naturally and in abundance.

The Dakota people would harvest the rice in canoes, bending the tall ripe grasses over the canoe and gently knocking the grains into the canoe.

The grains are considered to be a complete protein and when dried provided the people with necessary nutrients to last through the winter.

Wild Rice Recipe

INGREDIENTS

1 lbs of Wild Rice
1 lbs of Pork
1/2 of an Onion
1 Pint of Mushrooms
1 Pint of Blueberries
1 Bunch of Green Onion
Tops

Salt & Pepper to Taste

METHOD:

Boil Wild Rice - Do not overcook. Rice should "pop" and hold their shape. Not Mushy.

Sautee Pork, Add Onions & Mushrooms.
Season to taste.

Add Blueberries and Green Onion Slivers and gently fold into Wild Rice.





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

09/01 Maverick Flute

09/02 Jonah Himes

09/02 Erin Mull

09/03 Mark Allen

09/03 Patsy Mulroy

09/03 Robert Simons

09/04 Ariel Fugueroa

09/04 Ryan Geffre

09/05 Shane Two Bulls

09/06 Beverly Bursheim

09/06 Debra Severson

09/08 Justin Taylor

09/09 Victor Allen

09/09 Lacey Flute

09/09 Donna Jensen

09/10 Christopher Barse

09/10 Donovan KAH

09/10 Phoenix Two Bulls

09/11 Sandra Allen

09/11 Wakinyan Bose

09/11 Rosemary Crow

09/13 Wacantkiya Beaulieu

09/13 Simone Miyasato

09/13 Mya Nichols

09/14 Carly Bad Heart Bull

09/14 Katherine Beane

09/14 Richard Jones

09/14 Major Redwing

09/15 Nathan Johnson

09/15 Jill Jones

09/15 Jayla Long

09/15 Tyler Rambeau

09/16 Aaron Fisherman

09/16 Wayne Nesje

09/17 Charles Galvan

09/17 Valerie Nepstad

09/17 Wakinyan Shepard

09/18 Jalen Long

09/18 Carol Robertson

09/19 Jill Lovejoy

09/20 Nina Gail Soward

09/20 Amy Swindell

09/21 Levi Himes

09/21 Trinity Jones

09/22 Danette Korus

09/23 Kikta Bose

09/23 Aaron Taylor

09/24 Cora Van Hofwegen

09/24 Vine Williams

09/25 Leah Fyten

09/25 Lisa Owen

09/26 Nevaeh Smith

09/27 Sara Flute

09/28 Aleah Eastman

09/28 Fredrick Jones

09/28 Emanuel Romero

09/29 Wanbdi Beaulieu

09/29 Bradlee Corcoran

09/29 Alicia Jaques

09/30 Delson Long Sr.



HAPPY BIRTHDAY

09/02 Dyna Braaden

09/03 Mark Allen

09/09 Sarah Benting

09/10 Shantel Quaintance

09/13 Wacantkiya Beaulieu

09/14 Major Redwing

09/15 Tyler Rambeau

09/15 Frika Lee

09/16 Nicollette Hammer

09/17 Ashley Stanton

09/20 Nina Gail Soward

09/20 Shayna Wounded Knee

09/21 Delia Lacroix

09/24 Bridget Benz

09/25 Leah Fyten

09/26 Donita Loudner

09/30 Delson Long



Please join us in wishing our

employees a very

Happy Birthday this month!

FLANDREAU SANTEE SIOUX TRIBE

2024 ELECTION NOTICE

SPECIAL ELECTION - REFERENDUM

On August 19, 2024, Angeline Eastman (Sponsor) filed a referendum petition in accordance with Article VII, Section 1 of the Flandreau Santee Sioux Tribe Constitution and Title 20 of the Law and Order Code. The Tribal Secretary transmitted the petitions to the Election Board who is tasked with verifying the submission.

The Election Board found that the Petition was filed within ninety (90) days of the action in which it seeks to review, that the Petition was signed by more than thirty (30) percent of the qualified voters of the Tribe, and that the other requirements of Title 20 were satisfied. It therefore finds that the referendum petition is valid, and a Special Election must be conducted.

REFERENDUM PRESENTED

BACKGROUND: On Tuesday, July 30, 2024, the Flandreau Santee Sioux Tribe Executive Committee, during a duly called meeting, terminated Jessica Morson as the Family Services Coordinator of the Tribe with a vote of 4 for, 2 against, and 1 not voting, and further determined that she was ineligible for rehire.

REFERENDUM VOTE: Whether to uphold the July 30, 2024 action of the Flandreau Santee Sioux Tribe Executive Committee to terminate Jessica Morson permanently?"

- ✓ If Yes, the termination of Jessica Morson would be affirmed permanently.
- ✓ If No, the termination of Jessica Morson would be overturned.

IMPORTANT ELECTION DATES

August 29, 2024	Eligible Voter's List Published at Tribal Office A member may challenge the exclusion of his or her name from the list by submitting a written challenge to the board within five (5) days of publication of the voters list.
September 10-23, 2024	Absentee Ballots for Special Election Absentee Ballots for the Special Election may be obtained from the Tribal Office during normal business hours.
Tuesday, September 24, 2024	FSST SPECIAL ELECTION Polling will be held at Eastman Hall, and Polls open from 8:00 A.M. to 7:00 P.M.



YOUR INPUT IS NEEDED

Help Shape the Future of FSST Agricultural Lands

FSST is updating the Tribe's Agricultural Resource Management Plan (ARMP). As part of this process, we need to hear from our members. Please plan to take our ARMP community survey before September 30, 2024. The survey will be available online and hard copies will be available at Membership Services.

An ARMP is a planning tool intended to help tribes determine their management goals and objectives for the future of a reservation's agriculture resources.

www.surveymonkey.com/r/FSSTARMP



Oyate

etanhan

Owicota

Town Hall
Meeting

Last
Wednesday
of the
Month

Community
Center

Lite Dinner
& Snacks
5:30 p.m.

Town Hall
Meeting
6 p.m.

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

FULL RIDE SCHOLARSHIP



Building Trades
18 - Month Course

Wednesdays | 8am - 8pm

ROYAL GIFT GIVEAWAY

Earn & Get



EACH GIFT VOUCHER RECEIVED AT THE SERVICE CENTER WILL GO INTO A BARREL DRAWING TO WIN A iROBOT ROOMBA COMBO 15

ULTIMATE GIVEAWAY **SEPT. 25 @8:15PM**

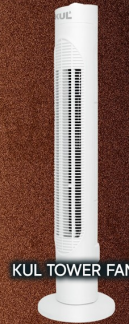


TRAKK AIR PURIFIER

BROOKSTONE TURBOVAC HANDHELD RECHARGEABLE VACUUM



BROOKSTONE SONICFLEX 3-IN-1 CORDED STICK VACUUM CLEANER



KUL TOWER FAN

EARN 100 POINTS WITH YOUR ROYAL REWARDS CARD & RECEIVE A PIECE OF A CLEANING SET.

SWIPE AT A KIOSK AFTER EARNING 100 POINTS TO RECEIVE YOUR GIFT VOUCHER & REDEEM AT THE PLAYER'S CLUB.

FALL INTO FORTUNE

GUARANTEED GIVEAWAY OF

\$10,000 CASH!

EARN ENTRIES

SEPT. 1ST TO SEPT. 28TH

MIDNIGHT - 11:59PM

Visit our website for more information!

Scan Me >>



Haunted House Points Pathway

MONDAYS | TUESDAYS | THURSDAYS

8AM - 12AM

Earn 50+ points and win up to **\$100 IN FREE PLAY DAILY**

Play up to **5X** per promotion day!

Earn 50 points
WIN \$5 FREE PLAY

Earn 150 points
WIN \$10 FREE PLAY

Earn 300 points
WIN \$15 FREE PLAY

Earn 600 points
WIN \$20 FREE PLAY

Earn 1000 points
WIN \$50 FREE PLAY



Royal River Casino & Hotel reserves all rights to cancel or modify this program at anytime. See Players Club for promotional rules and details. Must be 21. Gambling problem? Call 1-800-781-HELP.

607 S. VETERANS ST.
FLANDREAU, SD

1.877.912.LUCK
ROYALRIVERCASINO.COM

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>



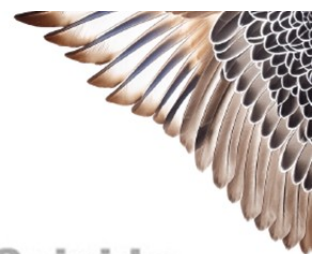
Recovery

SAMHSA
Substance Abuse &
Mental Health
Services
Administration

(800) 662 HELP (4357)



SUICIDE PREVENTION



World Suicide Prevention Day

September 10th
& Every Day

SUICIDE WARNING SIGNS FOR YOUTH

It's time to take action if you notice these signs in family or friends:

- Talking about or making plans for suicide.
- Expressing hopelessness about the future.
- Displaying severe/overwhelming emotional pain or distress.
- Showing worrisome changes in behavior, particularly in combination with the warning signs above, including significant:
 - Withdrawal from or changing social connections/situations.
 - Changes in sleep (increased or decreased).
 - Anger or hostility that seems out of character or out of context.
 - Recent increased agitation or irritability.

#SUICIDEPREVENTIONMONTH | #SPM24

SAMHSA

MENTAL HEALTH



**COMMUNITY SUPPORT
IS KEY TO SUICIDE
PREVENTION**





SUICIDE PREVENTION



**CRISIS SUPPORT &
TREATMENT OPTIONS
FOR YOU OR SOMEONE
YOU KNOW:**

988 LIFELINE
988 OR 988LIFELINE.ORG

FINDTREATMENT.GOV

FINDSUPPORT.GOV



SAMHSA

#SUICIDEPREVENTIONMONTH | #SPM24



*Bde Ota Heciya
Oicimani Kan Kin do!*

We are happy to announce that Jon Schrader Sr. and the Executive Committee is in the pre-planning phase of an Elder's Trip to Bde Ota (Minneapolis, Mn). Gayle Soward, Grace Moore Senior Center is collecting signatures from interested members who would like to attend. The trip would take place in October and is available to all members 55 years and older residing in our territorial boundaries.

Interested members can sign up at the Member Services counter with Marcie Walker or at the Senior Center.

Cultural Stops along the way and staying overnight at Mystic Lake Casino. If you see this ad let your elders know of this opportunity.

Pidamayaye do!

Mystic Lake[®]
CASINO • HOTEL

9-8-8

SUICIDE AND CRISIS LIFELINE



TEXT "NATIVE" TO 741741

American Indians and Alaska Natives who need immediate help can also text "NATIVE" to 741741 to connect directly to a trained, culturally aware crisis counselor, 24 hours a day, seven days a week.

MENTAL HEALTH IS HEALTH

Call our Behavioral Health Center at 605.997.3844 for more information about services available.



COMMUNICATIONS OFFICE

Press Release

August 22, 2024 - Flandreau Santee Sioux Tribe


Crescent Bridge project has been inching along. We are currently conducting a study of the existing site. IMEG Engineering group is currently developing the plans for the future project and it is our hope that this process is completed by this fall. Once completed, we will begin issuing bid specifications for interested contractors.

We have applied for funding from the EPA's Community Change Grant for 100% replacement of the Crescent Street Bridge. When awarded, ground breaking is expected in the spring of 2025.

This project would not only replace the bridge but establish a non-motor vehicle sized pathway that will extend from our Sinclair gas station, located adjacent to the casino, across the Crescent Street Bridge and out to the Wacipi (Pow wow) Grounds located north of Flandreau on highway 13.

SEPTEMBER

SUICIDE PREVENTION AWARENESS

S	M	T	W	Th	F	S
1	2 CLOSED FOR LABOR DAY	3 <u>Diabetic Clinic:</u> Suicide Awareness 9am - 12pm	4 Intro to Canning Food 3-5pm 	5	6	7
8	9	10 <u>Diabetic Clinic:</u> Seasonal Vaccines 9am - 12pm	11	12	13	14
15	16	17 <u>Diabetic Clinic:</u> Fall physical activities 9am - 12pm	18	19	20	21
22	23	24 <u>Diabetic Clinic:</u> Healthy Harvest Recipes 9am - 12pm	25	26 Nourish Knowledge Healthy Back to School snacks Maynards 2-5p	27	28 Walk to Remember Suicide Awareness Walk 8:30 / 9am start
29	30					

 **facebook** @ Flandreau Santee Sioux Tribal Health Center

 **Instagram** @ FSST_HC



Mitakuye Oyasin "We are all related" and in order to move forward we must remember to take care of ourselves, each other and fight to eliminate this disease.

Please help us remember those who have been lost to suicide

Join us on Saturday September 28th, while we walk to remember loved ones lost to suicide. Bring a picture of your loved one to carry with you.

Call our Behavioral Health Center @ 605.997.3844 for more information of services available and resources for additional support.

Talking to Your Kids About Depression and Suicide

As a parent, you want the best for your children. You work every day to protect them from harm. Sometimes that work means you have to have some difficult, often uncomfortable conversations – including ones about suicide.

Talking to your child about suicide may be the toughest conversation you ever have, but it may also be the most important.

SUICIDE IS THE SECOND LEADING CAUSE OF DEATH IN THE UNITES STATES FOR KIDS AGES 10-19

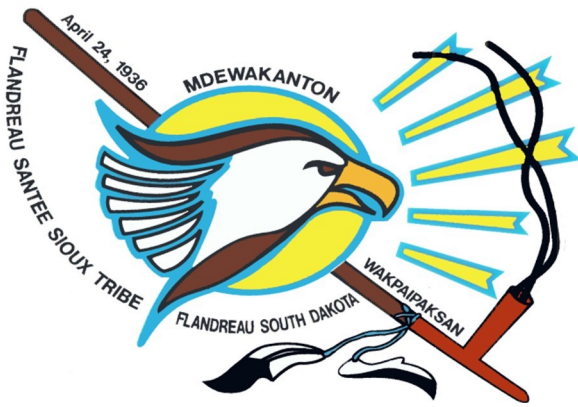
- Approximately 1 out of every 6 high school students has considered suicide in the past year
- Depression and suicide affect people of every race, religious background, and income level
- Kids need to know the warning signs of depression and suicide and how to get help, if needed
- Most kids who attempt suicide have shown signs of depression

Parents have an essential role in educating their children about the importance of taking care of their mental health just as they would their physical health. The earlier a mental health issue is identified, the sooner effective treatment and recovery can begin.

Research is very clear that talking about suicide does not give your child ideas about trying it or increase the risk of a suicide attempt in the future. Talking about suicide shows your child that you are concerned and want to help.



By talking about suicide, you let your child know you are there for support and are open to discussing any topic, no matter how uncomfortable it is



Save the dates!

Diabetic Clinic

Every Tuesday

9 a.m. to Noon

Suicide Prevention Day

September 10th

Absentee Ballots for Special Election

September 10 through September 23

FSST Special Election—Polling

September 24, 2024 / 8am to 7pm

Town Hall Meeting

September 25, 2024

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.

September 2024 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED 	2 Reuben Sandwich Potato Wedges Green Beans Pudding	4 Hot Turkey Mashed Potato/gravy Cranberry Sauce Mandarin Salad Mixed veggies Pumpkin Bread	5 Cobb Salad Bread Stix Blueberry Delight Dessert	6 Vegetable Beef Soup Roast Beef Sandwich Kris Mac. Salad Fresh Fruit
9 Goulash Fruity Green Salad Buttered Carrots Cookies	10 Hominy Soup Egg Salad Sandwich Springtime Pasta Salad Mississippi Mud Cake	11 Lasagna Caesar Salad Onion Cheese Bread Raspberry Zinger Poke Cake	12 Bean & Beef Burrito Spanish Rice Crunchy Tossed Salad Carrot Cake	13 Bean & Ham Soup Corn Bread 7 Layer Salad Rhubarb Dessert
16 Ham & Egg Quiche Hash browns Muffin	17 Zucchini Garden Chowder Turkey & Cheese Sand. Chips Apple Tart	18 Chicken Fried Steak Mashed potato/gravy Broccoli Tangy Coleslaw Peaches	19 Italian Beef Sand. Garlic Mashed Potatoes Silverglade Salad Pumpkin Layered Magic cake	20 Chili Wojapi Fry Bread
23 Polish Sausage with Sour Kraut Parslied Potato's Harvard Beets Lemon Bread	24 French Dip Sand. Hashbrown Casserole Corn Salad Broken Glass Jello	25 Creamy Chicken Enchiladas Green Chili Rice Tossed Salad Strawberry Elcair Cake	26 Chicken Cordon Blue Rice Pilaf Green Bean Casserole Pie	CLOSED 27 
30 Sloppy Joe's Mac & Cheese Baked Beans Crunchy Veggie Salad Orange Dreamcycle Salad				

Grace Moore Senior Citizens Center 997-2924

*Menu subject to change without notice.