

Wazustecasa Wi

The Moon when the Strawberries Turn Red

Native Nations residing in the northern plains and throughout the Great Lakes region often revere strawberries as a culturally significant staple dating back to the very origins of their people. The Strawberry's importance is reflected in their ceremonies and traditional food sources. To some the strawberry is a symbolic representation of renewal, love and friendship and is often given as gifts.

In the Dakota speaking nations, strawberries and other wild berries were a significant food source often pulverized with dried game meat, fat and nuts, known as pemmican. Pemmican, a healthy traditional food source, rich in protein, was often eaten on long journeys, hunting expeditions, and during long winters when food was scarce. In the Haudenosaunee Nation, they hold a celebration in June, honoring the Strawberry as a gift from the creator as the first berry of the season.

The moon that presides over the season when the strawberries ripen, is often named after this important food source. Among the Siouan speaking nations there are many variations to the name of the moon but as it pertains to those of us that are descended from the woodlands of Minnesota, the common name for the month of June is Wa-zu-ste-ca-sa Wi or the Moon when the Strawberry turns Red.







EVERY THIRD FRIDAY 4:30PM-9:30PM

RIVER'S BEND RESTAURANT

ADULTS

Enjoy unlimited crab legs and an assortment of seafood.



June Memper Birthdays

06/01 Angela Weston 06/02 Nathan Andersen 06/02 Debra Smith 06/03 Lillie Lovejoy 06/04 Derek Bose 06/07 Jeremy Geffre 06/07 Joan Kingsly 06/07 Cherish Neconish 06/07 Nicholas Taylor 06/08 Julian Kitto 06/00 Emma Allen 06/09 Pamela Byrd 06/00 Vanessa Lavalsiti 06/09 Shila Mourning 06/10 Grace Flute Player 06/11 Aaron Blair 06/11 Juanita Wakeman 06/12 Justin Earley 06/13 Madelyn Allen 06/13 Victoria Andersen 06/13 Míla Flute 06/14 Desiree Nelson 06/14 Marsha Zenio 06/15 Blake Reider 06/16 Adam Bose 06/17 John Beane 06/17 Robin Kooi 06/17 Richard Schumacher 06/10 Taylor Cadotte 06/10 Tamyra Calahan

06/10 Valerie Kuckelburg 06/20 Dana Bledsoe 06/21 Eric Marshall 06/21 Daniel Rederth 06/21 Gabriel Weston 06/22 Adrian Holy Bull 06/23 Wendy Gilbert 06/23 Art Schmidt 06/25 Lathaniel Armstrong 06/25 Kevin Blankartz 06/25 Aimee Cadotte 06/26 Bruce Allen 06/26 Lalo Montoya Jr. 06/26 Richard Ross 06/27 Donald Allen 06/27 Stormy Bursheim 06/27 Monte Lovejoy 06/27 Kaine Roy 06/27 Kaylaní Roy 06/27 Darryl Shopbell 06/27 Charles Wasson 06/28 Tammy Lovejoy 06/20 Angeline Eastman 06/20 Cash Jones 06/29 Chance Wasson 06/30 Steven Cadottee Jr. 06/30 Llyod Crow Jr. 06/30 Marvin Nepstad

FSST Employee Birthdays

06/01 Ashley Schumacher 06/04 Derrick Bose 06/07 Nicolas Taylor 06/11 Tre Gillaspie 06/14 Desiree Nelson 06/23 Art Schmidt 06/25 Robert Byrnes 06/25 Victoria, Olson







Sylvia Roy
Executive Assistant

Dalyn Bakkedahl Accounting Clerk



Please join us in welcome our new team members!



Men's Health Awareness Month

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 Wicozani Gathering	4	5	6	7
8	9	10 Alzheimer's Event 9am-lpm Wicozani Gathering	11	12 Men's Health Event 10am - 2pm @ WOCC	13	14
15	16	17 Wicozani Gathering	18 I2pm close FSST Employee Picnic	19 Closed for Juneteenth	20	21
22	23	24 Wicozani Gathering	25 Closed for Victory Day	26	27	28
29	30					

acebook

@ Flandreau Santee Sioux Tribal Health Center

Instagram

@ FSST_HC

Health & Wellness Center Events:

June 10 - Alzheimer's Event 9am-1pm in Community Room (Special Guests Alzheimers Association SD Chapter)

June 12 - Men's Health Event 10am-2pm @ WOCC (Special Guest GPTLHB Marketplace Navigator)

FSST Health and Wellness Center closures:

June 18 - FSST Employee picnic (Closes at 12pm)

June 19 - Juneteenth (Closed)

June 25 - Victory Day (Closed)

Interim Wellness Center Programs:

Empower Hour - Thursdays 5-6pm **Golden Moccassins-** Mondays 10-11am

Wicozani Gathering: Tuesdays 9-11:30am



Alzheimer's Awareness Wound Care Oral Health









JUNE 2025

Men's Health | Alzheimer's Awareness Wound Care | Oral Health

WICOZANI GATHERING

FSST Health Center Community Room Tuesdays from 9:00am to 11:30am

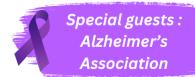
June 3 - Oral Health

On the Menu - Ham and bean Soup

Our Dental
Department will
be joining us!

June 10 - Alzheimer's Ed

On the Menu - Ham and Egg Bake

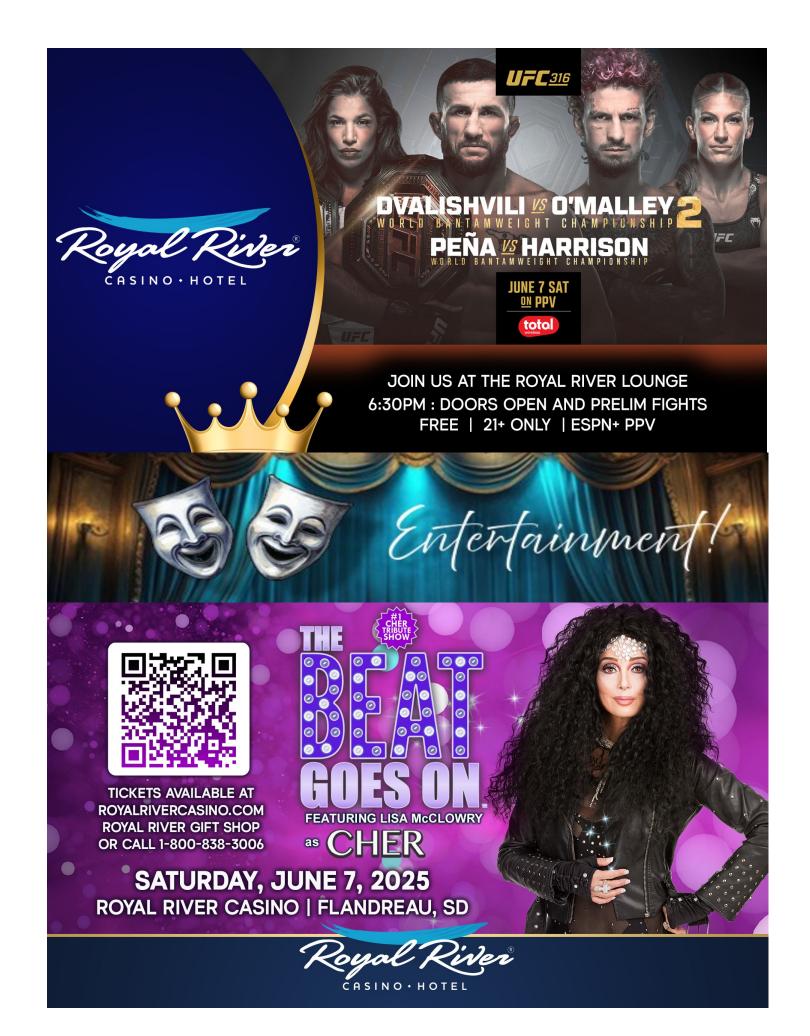


June 17 - Wound Care

On the Menu - Strawberry Spinach Salad

June 24 - Men's Health

On the Menu - Green & Mint Tea, Strawberry/Rhubarb Crisp





GARDENING

CAN IMPROVE YOUR HEALTH

STRESS RELIEF

Gardening for just 30 minutes can significantly reduce levels of the stress hormone cortisol and has been shown to provide more effective stress relief than other popular leisure activities.

NUTRITION

Gardeners eat more fruits & vegetables and have better diets than those that do not garden. Eating from your garden is some of the healthiest and freshest produce you can get!

BRAIN HEALTH

In a study that followed adults in their 60's & 70's, researchers found that those that regularly kept a garden were 36 percent less likely to have symptoms of mental aging than non-gardeners.

IMMUNITY

Regular exposure to the harmless bacteria found in soil can help stimulate your immune system to fight against harmful microbes.

EXERCISE

It can be difficult for adults to get enough exercise to stay in shape.

Gardening is an easy, fulfilling and low impact way to get exercise without even realizing it!

Tending to a garden is considered to be a "functional exercise" meaning regular daily motions are required to perform the tasks involved.



Growing plants of any sort, especially ones you can harvest and eat brings a sense of accomplishment, which is great for your mental health.

Gardening provides the kind of exercise we all need to stay healthy and strong, in both body and mind.

RIVER'S BEND RESTAURANT

SATURDAYS 4:30PM-9:30PM

Enjoy a savory buffet with various slow cooked and smoked favorites.

ADULTS

CHILDREN







RIVER'S BEND RESTAURANT

Enjoy a delicious buffet with an assortment of all your breakfast and lunch favorites.







Benefactor: 2026 Suth Dakota Arts Coucil

Traditional Arts Apprenticeship Grant

Award Date: Mid to Late June

Recipient: Education / Cultural Activities



Attention Artist!

Display Tables Available Display & Sell Your Crafts Every 1st & 15th of the Month

Government Building 603 West Broad Avenue

Reserve Your Space!



Golden Moccasins

A Fitness Program for our cherished Elders



Now Every Monday at 10:00am

A low impact workout for elders. Designed to promote mobility, flexibility, and strength, this class offers a supportive environment where participants can engage in a series of gentle exercises tailored to meet their unique needs. Each session includes a combination of stretching, balance exercises, and light resistance training, all aimed at enhancing overall health and well-being.

Our Wellness Center staff will make sure that each participant feels comfortable and confident in their abilities.

Call or stop by for more information!

"Our elders are everything to us. They carry the knowledge and the wisdom of the people. And so they hold our past, but one thing that we don't say often is they also hold our future."

-Jo Overton

Did you know?



higher death rate

for most leading causes of death including cancer, heart disease, diabetes, and suicide



30,000 men
IN THE U.S. die each year from prostate

Men make

2 as many physician visits for prevention as women

Men are more uninsured than women

The time to act is now. Don't wait until next year to make a change. Pick one area of your lifestyle where you could improve and make better choices.

Your health affects all areas of your life, and we only get one body. Do everything in your power to take care of the one you've been given.

Your body and mind will thank you.



Weekly Promotions!





Friday June 13, 2025

Eastman Hall

612 South Center

8:00am-2:00pm

Fundraiser First Presbyterian Church

Indian Taco & Drink

\$10.00

Senior Center will be selling all kinds of bake goods!

Carmel Rolls will be ready at 8:00 am

Calling all Vendors!!

Rent a table to sell your goods!

\$15.00 per table

Call Grace Moore Senior

Center 997-2924 to reserve your

table or with questions



Weekly Promotions!



PLAY \$10, GET \$10 FREE PLAY

AGES 50+

MUST HAVE AND BE PLAYING WITH A ROYAL REWARDS CARD



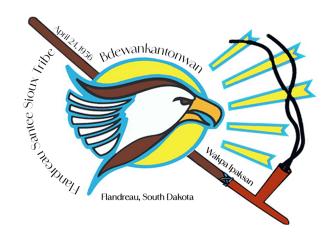


Products from Native Nations Cannabis New York is now being sold in dispensaries throughout the state of New York and on the website https://hwcanabis.co/

Visit the website to see the products available to the public, which can be picked up or delivered to your home or hotel.



The Cannabis initiative has cleared the parlimentary committee and now heads to the Parliment of St. Maarten for a full vote. The vote is expected to pass. Once passed we will have a 10 year exclusive right to grow, produce, distribute and sell on the island nation.



Save the dates!

06/13 ~ Spring Fling
Grace Moore Senior
Center
8:00 am to 2:00 pm

06/18 ~ Employee Appreciation
Day
Closed

06/19 ~ Juneteenth Holiday Closed

06/20 ~ Administrative Day Off Closed

06/25 ~ Town Hall Meeting 5:00 pm Community Center

06/27 ~ Food Distribution
2:00 pm
Maintenance Building

Wowapi Newsletter

A monthly publication created by the Flandreau Santee Sioux Tribe's Communications Department.

SUBMISSION DEADLINES:

- ~ 25th of each month
- Must be typewritten or Computer Generated Format
- Hard Copy or Email

SUBMIT:

Flandreau Santee Sioux Tribe Attn: Francis Wakeman III PO Box 283 Flandreau, SD 57028

(605) 573-4238 francis.wakeman@fsst-nsn.gov

NOTICE OF DISCLAIMER:

In preparation of this publication, every effort has been made to offer the most current, correct, and clearly expressed information possible. Neverless, inadvertent errors in information may occur from time to time. A reasonable effort to correct information will be mae in the next publication.

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

The Flandreau Santee Sioux Tribe 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 publications of information where the subject matter is deemed inaccurate or inappropriate.

June 2025 Menu

Friday	Wisconsin Cheese 6 Soup Roast Beef Sandwich Veggie Bar Fudge Cookie Salad	CLOSED SPRING FLING EASTMAN HALL	20 CLOSED	Chili Fried Bread Wojapi	oppy Joe's 3 CLOSED ac Salad sked Beans atermelon
Thursday	Chicken & Rice 5 Caxserole Lima Bean Bake Broccoli Salad Rice Krispy Bar	Enchilada Soup 12 Turkey Sandwich Com Salad Apple Crisp	CLOSED 19	Brat on bun Potato Wedges Mac. Salad Apple Tart	Sloppy Joe's 3
Wednesday	Tator Tot Casserole 4 Wixed Veggies Wandarin Orange Salad Fruit Cocktail Cake	Pork Loin Potato's/gravy Buttered Carrots Cucumber Salad Wild Berry Tart	18 Closed Employee Picnic	CLOSED 25 Native American Day	Oven Baked Chicken 2 Potato/gravy Buttered Corn Festive Lettuce Salad Choc. Cake
Tuesday	Sub Sandwich 3 Mac. Salad Chips Apple Pie	Chef Salad 10 Bread Stix Fresh Fruit	Chicken Shop Suey 17 Fried Rice Egg Roll Oriental Slaw Fresh Fruit Cup	Potato Soup Egg Salad Sandwich Kris Mac. Salad Blueberry Delight Dessert	Sausage Gravy 30 Weat Loaf July 1 Ov Over Biscuits Scalloped Potato's Porsanbled Eggs Buttered Squash Buttered Donut Springtime Salad Ference Contour
Monday	Polish Sausage 2 w/sour kraut Parstied Potato's Fruity Green Salad Diced Pears	Fish Sandwich 9 Potato Wedges Sliced Tomato's Peaches	Goulash Biscuit Mixed Veggies Apple Pecan Slaw Choc. Pudding	Beef Stroganoff 23 Over noodles Cali-blend Veggies Targy Coleslaw Fresh Fruit	Sausage Gravy 30 Over Biscuits Scrambled Eggs Glazed Donut