

A vibrant illustration of a river flowing through a forest with autumn-colored trees under a full moon. The river is a deep blue, winding through the landscape. The trees are in various shades of orange, red, and yellow, indicating autumn. A large, full moon is in the dark blue sky, with a few small stars visible. The overall scene is peaceful and scenic.

# *Can-wa-pe-gi Wi*

## *The Moon When The Leaves Turn Brown*

*Wakpa Ipaksan*  
*August 2025 Edition*



# Wa-sku-ya

One of my favorite times of the year is during the harvest season, when drying sweet corn in the sun is one of our families favorite Isanti traditions. The word waskuya, pronounced (Wah-skoo-yah) means sweet corn.

Every year I looked forward to what we knew as Waskuya season. My grandparents would barter with the farmers of Pleasant Valley Colony for several bushels of sweet corn. Grandpa's yearly task began the week before, ensuring that the drying rack was repaired and ready for use.

The old blackened galvanized wash tub was brought out and securely placed over the fire pit. Grandpa would fill the tub half full of water and start the fire. Once the fire began, we would join grandma and began separating the husks and silk from the corn.

Once the corn was free we placed it in the boiling water, The water instantly cools and the level rises; you don't want to fill the tub with too much water or it will spill over the edge. The corn is then par-boiled until the color changes from a pale yellow to a golden yellow, approximately 15-20 minutes after the water returns to a hard boil.

Once the proper color / time has been achieved, the corn is quickly removed from the boiling water and laid on the drying rack to cool. Once cooled each kernel of corn is painstakingly separated from the cob. We used tablespoons, placing the edge of the spoon between the rows of kernels and with a flick, off come the kernels. The kernels then lie several days in the sun to dry.

Grandma always purchased a new white cotton sheet and pillow case for the drying and storage process. The kernels are flicked onto the sheet which laid across the drying rack. A layer of cheese cloth was placdd over the exposed kernels to keep flies and bugs off. When completely dry, the kernels will make a tiny crackling noise. Once they "crackle" Grandma placed them in the pillow case and put it in a cool dry place for winter storage.



# Agnes Ross Education Center's

After School Program  
Grades 5th - 12th

Monday through Thursday

After School til 5:00 pm  
Wicomicago Ojip Community Center

Homework Help  
Cultural Physical Activities  
Cultural Crafts  
Dakota Language



# Agnes Ross

Education Center

## After School Program

Monday - Thursday  
Until 5 p.m.





RIVER'S BEND RESTAURANT

# ALL-YOU-CAN-EAT PRIME RIB

**SATURDAYS**  
**4:30PM-9:30PM**

**\$21.99**

Enjoy tender & juicy, house made dry-rubbed, and slow cooked prime rib with an assortment of sides and salad bar!

*Royal River*<sup>®</sup>  
CASINO • HOTEL

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



# Hungry?

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

# SEAFOOD BUFFET

RIVER'S BEND RESTAURANT

**ADULTS**  
**\$50**

**CHILDREN**  
**\$25**

Enjoy unlimited crab legs and  
an assortment of seafood.

*Royal River*<sup>®</sup>  
CASINO • HOTEL





# Happy Birthday Members!

09/01 John Flute  
09/02 Jonah Himes  
09/02 Erin Mull  
09/03 Mark Allen  
09/03 Patsy Mulroy  
09/03 Robert Simon  
09/04 Ariel Figueroa  
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 Lacee Flute  
09/09 Donna Jensen  
09/10 Christopher Barse  
09/10 Phoenix Two Bulls  
09/11 Sandra Allen  
09/11 Wakinyan Bose  
09/11 Rosemary Crow  
09/13 Wacantkiya Win 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 Timothy Jones Sr.  
09/15 Jill Jones  
09/15 Jayla Long

09/15 Tyler Rambeau  
09/16 Aaron Fisherman  
09/16 Wayne Nesje  
09/17 Charles Galvan Jr.  
09/17 Valerie Nepstad  
09/17 Wakinyan Shepherd  
09/18 Jalen Long  
09/18 Gracie Rederth  
09/19 Jill Lovejoy  
09/20 Gayle Soward  
09/20 Amy Swindlel  
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 Sarah Flute  
09/28 Aleah Eastman  
09/28 Fredrick Jones  
09/28 Emanuel Romero  
09/29 Wanbdi Beaulieu  
09/26 Bradley Corcoran  
09/29 Alicia Jaques  
09/30 Delson Long Sr.



# *Introducing our new* **Behavioral Health Director!**



We are proud to announce that Lacey Richard, LPC-MH, CAC, QMHP has been promoted to Flandreau Santee Sioux Tribal Health Center's Behavioral Health Director!

Lacey is a member of the Cheyenne River Sioux Tribe and has dedicated her career to serving Native American communities. She has provided mental health counseling services since 2012, and in 2019 expanded her expertise to include substance use disorder services. Lacey began her counseling journey with the Mille Lacs Band of Ojibwe, where she served until 2015. She then became a longstanding and respected figure within the Flandreau Santee Sioux Tribal Behavioral Health Department. In 2023, Lacey was promoted to clinical supervisor, where she played a key role in developing and supporting a growing staff.

In her newest role, Lacey will continue to provide supervision and oversee the day-to-day clinical and business operations of the Behavioral Health Department. Her leadership, experience, and commitment to the community make her an outstanding and natural choice for this position.

**Please join us in congratulating Lacey  
on this well-deserved promotion!**



THURSDAYS | 5PM-9:30PM

# HOT HIBACHI *Nights*

RIVER'S BEND RESTAURANT

## \$24.99

Enjoy an All-You-Can-Eat Customizable Asian experience with a variety of vegetables, noodles, and meats sauteed in your favorite sauces right in front of you!

*Royal River*<sup>®</sup>  
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# Hungry?



11AM-2PM

# BRUNCH *Sundays*

RIVER'S BEND RESTAURANT

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

ADULTS  
**\$20**

CHILDREN  
**\$13**

*Royal River*<sup>®</sup>  
CASINO • HOTEL







## September Wellness Center Challenge

# 'Healthy Harvest'

Add some color to your diet with this month's challenge! Nature brings us a variety of healthy and nutritious foods in many different colors. The "Healthy Harvest" Challenge is simply to eat more fruits & vegetables.

**Diets rich in fruits and vegetables can help you maintain a healthy blood pressure, decrease the risk of cardiovascular disease and diabetes, as well as help prevent certain kinds of cancer.**

**Eating fruits and vegetables supports your overall health in a variety of ways, and adopting a healthier diet can also lead to overall well-being, or Wicozani.**

**Stop by to grab a tracking calendar at the Wellness Center. Call Maxi for more information!**

**503 W. BROAD AVE | FLANDREAU, SD | 605.573.4188**



**11AM-8PM**

11AM-2PM ON  
SEAFOOD BUFFET NIGHT

# FRY BREAD *Fridays*

RIVER'S BEND RESTAURANT

ADULTS

**\$15**

CHILDREN

**\$10**

Enjoy traditional fry bread  
made fresh and top with a  
large selection taco toppings  
and wojapi!

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# *Hungry?*



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*RIVER'S BEND*  
RESTAURANT

**DAILY  
7AM-7PM**

**\$5 OFF**  
**Senior Meal Deal**  
Ages 50+



Earn 5 points or higher with your  
Royal Rewards Card and receive \$5  
in COMPS from the kiosk directly to  
your card. Redeem at the River's  
Bend Restaurant or Snack Bar.



# Happy Birthday Employees!

09/03 Mark Allen  
09/14 Major Redwing  
09/16 Aaron Fisherman  
09/20 Gayle Soward  
09/25 Leah Fyten

Agnes Ross  
Education Center

Weekly Community Events  
Wicoicaga Otipi Community Center

## Cultural Wellness Activities

Mondays from 6 pm to 7 pm



Come Learn with Us!

## Dakota Language

Tuesdays & Thursdays from 6 pm to 7 pm



## Dakota Arts & Crafts

Wednesdays from 7 pm to 9 pm

Educational Planning  
GED Assistance  
Homework Help  
Educational Seminars

## Educational Assistance

Thursdays from 6 pm to 7 pm





# **PATRIOT DAY CHALLENGE**

## *Honor the Heroes*

Take on our Patriot Day Challenge at the Wellness Center!  
Complete the challenge by climbing 110 flights of stairs,  
symbolizing the courageous firefighters who ascended the  
World Trade Center on September 11, 2001.

*Stay active while honoring our brave heroes.*

**Thursday, September 11th, 2025**

Anytime during regular business hours (6am - 6pm)



### **OPTION 1**

110 flights on  
Stair-Climber

### **OPTION 2**

Walk or Run  
2 miles

**503 W. Broad Ave | Flandreau, SD | 605.573.4188**





# FALL INTO FORTUNE

GUARANTEED GIVEAWAY OF \$20,000 CASH

## EARN ENTRIES DAILY

September 1-27, 2025  
Midnight-11:59PM

Receive 1 entry for every  
20 points earned or 1 hour  
of tracked table games play.

## FINALE DRAWING

Saturday,  
September 27th at 10pm

20 winners will win CASH!  
*Must be present to win.*

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*Weekly Promotions!*

HAPPY  
**Royal  
Birthday**

EARN AND WIN FREE PLAY UP TO 4X!

DAILY | 8AM-MIDNIGHT

Celebrate your birthday month with Royal River and  
win Free Play + more!

## KIOSK GAME SPINS

Win Free Play with each spin:

1ST SPIN Free + 2 Free Drinks

2ND SPIN Earn 50 Points

3RD SPIN Earn 100 Points

4TH SPIN Earn 200 Points

## DIAMOND & PLATINUM MEMBERS

Receive a FREE Royal River Shirt

*Royal River*  
CASINO • HOTEL



# SUICIDE PREVENTION & AWARENESS



**Together we can *PREVENT SUICIDE***  
**Let's talk about it**

The Flandreau Santee Sioux Behavioral Health Center  
cares about our patients and community.

**Call 605.997.3844 for resources & additional support.**



# Welcome Kayleigh Jopson, CNP



We are pleased to announce that Kayleigh Jopson, CNP, will be joining the Flandreau Santee Sioux Tribal Health Center's provider team as a full-time acute care provider!

- **Kayleigh completed her Master of Science in Nursing as a Family Nurse Practitioner at Clarkson College in Omaha, NE.**
- **She earned her Bachelor of Science in Nursing from the University of South Dakota.**
- **Kayleigh is a proud graduate of Flandreau High School.**

Kayleigh has been working for Avera Medical Group in Brookings as an acute care provider. She takes great pleasure in providing care for all ages, and will begin seeing patients in September.

**Please join us in welcoming Kayleigh to the team!**



# SUICIDE AWARENESS



## REMEMBRANCE WALK

*September 13<sup>th</sup>, 2025*

### **Remembrance Walk/Run**

Wellness Center (East Wicoicaga Otipi Community Center)  
Registration 8 AM run at 8:30 AM (1, 2 & 3 mile routes)

**Write a memory of your loved one to place on our "Butterfly Memorial Wall." The Behavioral Health Team will be present with 988 information and our Behavioral Health Case Manager will be providing supportive resources.**

**Remember • Share memories • Make memories**



# Flandreau Santee Sioux Tribal Health

## *Suicidal tendencies in ADULTS 18+*

***Suicide is rarely caused by a single circumstance or event. Instead, a range of factors, these risk factors are situations or problems that can increase the possibility that a person will attempt suicide.***

### **These personal factors contribute to risk:**

Previous suicide attempt  
History of depression and other mental illnesses  
Serious illness such as chronic pain  
Criminal/legal problems  
Job/financial problems or loss  
Impulsive or aggressive tendencies  
Substance use  
Current or prior history of adverse childhood experiences  
Sense of hopelessness  
Violence victimization and/or perpetration  
Relationship Risk Factors

### **These harmful or hurtful experiences contribute to risk:**

Bullying  
Family/loved one's history of suicide  
Loss of relationships  
High conflict or violent relationships  
Social isolation  
Community Risk Factors

### **These challenging issues within a person's community contribute to risk:**

Lack of access to healthcare  
Suicide cluster in the community  
Stress of acculturation  
Community violence  
Historical trauma  
Discrimination  
Societal Risk Factors

### **These cultural and environmental factors within the larger society contribute to risk:**

Stigma associated with help-seeking and mental illness  
Easy access to lethal means of suicide among people at risk  
Unsafe media portrayals of suicide



**For any questions or concerns regarding your mental health or that of a loved one, please reach out to our Behavioral Health Center at 605-997-3844.**



# Flandreau Santee Sioux Tribal Health

## **Talking to 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 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.

**Kids should know the warning signs of depression and suicide and how to get help**

**“SUICIDE IS THE SECOND LEADING CAUSE OF DEATH IN THE UNITED STATES FOR KIDS AGES 10-19”**

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.**

**For any questions or concerns regarding your mental health or that of a loved one, please reach out to our Behavioral Health Center at 605-997-3844.**



# **SEPTEMBER 2025**

## ***Suicide Awareness and Prevention***

### **WICOZANI GATHERING**

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

#### **September 2<sup>nd</sup> - Health Snack Options**

*On the Menu - Healthy Snacks*

#### **September 9<sup>th</sup> - Carbs**

*On the Menu - 3 Sisters Mash*

#### **September 16<sup>th</sup> - Protein**

*On the Menu - Egg Scramble*

#### **September 23<sup>rd</sup> - Fats**

*On the Menu - Salsa and Black Beans*

#### **September 30<sup>th</sup> - Salt & Sugar**

*On the Menu - Garlic Cheddar low carb biscuits*



# RIGHTEOUS REWARDS GIFT

*Earn & Get*

**SUNDAYS  
8AM-2PM**

Earn 100 points with your Royal Rewards Card & receive a gift. Swipe at a kiosk after earning 100 points to receive your gift voucher and redeem at the Player's Club.

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CASINO • HOTEL



*Weekly Promotions!*

# SENIOR PLAY DAY

**TUESDAYS 8AM-8PM**

**AGES 50+**

**PLAY \$10,  
GET \$10 FREE PLAY**

*Royal River*  
CASINO • HOTEL



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**ANNUAL PICNIC  
GRACE MOORE SENIOR CENTER  
ROARING 1920'S THEME**

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**When: Friday September 5 at 5:00pm**

**Where: Tatewin Courtyard**

**Next to Grace Moore Senior Center**

**Parking in the Senior Center Lot**

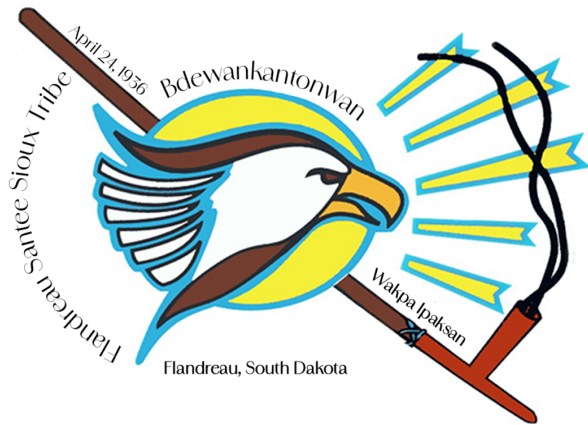
**Come enjoy some good food & company!**

**Dig out your roaring 1920's attire!!**

**If it rains the event will be held in Eastman Hall**

**There will not be a noon meal that day.....we will ONLY be doing our delivered meals. Congregate meal starting at 5:00pm in courtyard.**

**If you have any questions call the senior center at 997-2924**



# Save the dates!

09/08 After-school Program Begins  
Grades 5 to 12  
Until 5 p.m.

Cultural Wellness Activities  
Community Invitation  
Mondays at 6 p.m.

Dakota Language  
Tuesdays and Thursdays  
6 p.m to 7 p.m.

Cultural Arts & Crafts  
Wednesdays  
7 p.m. to 9 p.m.

Educational Assistance  
Thursdays  
6 p.m. to 7 p.m.

## 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  
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(605) 573-4238  
[francis.wakeman@fsst-nsn.gov](mailto:francis.wakeman@fsst-nsn.gov)

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In preparation of this publication, 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.


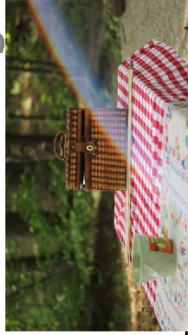

The information in this newsletter has been compiled from a variety of sources and are subject to change without notice. Where discrepancies exist between this publication and official document(s); the official document(s) shall prevail.

The 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.



# September 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>CLOSED</b> 	<b>1</b> Reuben Sandwich Potato Wedges Green Beans Pudding	<b>2</b> Roast Beef Potato Casserole Buttered Carrots Broccoli Orange Salad Fresh Fruit	<b>3</b> Taco Topped Potato Mandarin Salad Death by Choc. Poke Cake	<b>Senior Picnic</b> 
<b>8</b> Soft Shell Taco Spanish Rice Red Bean Toss Frosted Brownie	<b>9</b> Hominy Soup Egg Salad Sandwich Springtime Pasta Salad Mississippi Mud Cake	<b>10</b> Meatloaf Mashed Potato/gravy Cali-blend veggies Caesar Salad Strawberry Fluff Cake	<b>11</b> Flavorful Chicken Baked Potato Buttered Beets Tangy Coleslaw Reese's Stuffed Brownie	<b>12</b> Bean & Ham Soup Corn Bread 7 Layer Salad Rhubarb Dessert
<b>15</b> Ham & Egg Quiche Hash browns Muffin	<b>16</b> Zucchini Garden Chowder Turkey & Cheese Sand. Kris Mac. Salad Chips Various pie	<b>17</b> Hot Turkey Mashed potato/gravy Spinach Salad Mixed Veggies Blueberry Cobbler Muffin	<b>18</b> Italian Beef Sand. Potato Wedges Festive Tossed Salad Pumpkin Layered Magic cake	<b>19</b> Chili Wojapi Fry Bread
<b>22</b> Wild Rice Casserole Confetti Cottage Cheese Apple Pie	<b>23</b> Hamburgers Mac. Salad Baked Beans Rhubarb Dessert	<b>24</b> Oven Browned Steak Mashed potato/gravy Buttered Carrots Straight A Salad Donuts	<b>25</b> Chicken Cordon Blue Rice Pilaf Green Bean Casserole Tossed Salad White Choc. cranberry cookies	<b>CLOSED</b> 
<b>29</b> Sloppy Joe's Mac & Cheese Baked Beans Crunchy Veggie Salad Orange Dreamsicle Salad	<b>30</b> Crunchy Onion Chicken Breast Parslied Potato's Harvard Beets Fruit Pizza	<b>October 1</b> Swedish Meatballs Mashed Potato/gravy Glazed Carrots Silver glade Salad Choc. chip potato cookie	<b>October 2</b> BBQ Ribs, Baked Potato Flavorful green beans Tossed Salad Blueberry Delight	<b>October 3</b> Braised Pork Chops Scalloped Potato's Cali-blend veggies Tossed Salad, cookies

Grace Moore Senior Citizens Center 997-2924

\*Menu subject to change without notice.