

Thankstonwan Times

July 2018 Publication

Wicozani Waste Fun Run/Walk

Wicozani Was'te sponsored a 5K Fun Run / Walk on the morning of June 2, 2018 in Lake Andes, SD as part of the Fish Days celebration. This is the third year that the 5K has been held and it was very successful. We would like to thank our Volunteers: Richie Sully, Kelli Huapapi, Jadyn Huapapi, Merna Hare, Tony Aungie, Michelle Aungie, Desiree Bruguier

and Dayla Picotte for your hard work! A special note of appreciation to the Fish Days Committee and city of Lake Andes for allowing us to be a part of your weekend festivities and promoting the event on your flyer. Thank you to everyone who participated and we hope to see you next year.



Wagner IHS Diabetes Program Hosts Group Diabetes Classes

The impact of diabetes and its associated complications is evident in every community served by the Indian Health Service (IHS). Part of the mission of the Wagner IHS Diabetes Program is to provide quality diabetes education and give persons with diabetes the necessary tools to better manage their disease. The program is accredited by the American Association of Diabetes Educators to provide Diabetes Self-Management Education/Training. Program accreditation helps to ensure patients the program meets the standards necessary to provide quality diabetes care.

The Wagner IHS Diabetes Program recently completed a session of group diabetes classes. The goal of the classes is to provide diabetes-related education to a group motivated to learn more about diabetes and enhance their ability to take control of their health. The program utilizes the IHS "Balancing Your Life with Diabetes" curriculum. Education topics include: Disease Process, Nutrition, Acute Complications, Chronic Complications, Physical Activity, Medications, Mind-Spirit-Emotion, Behavior Goals, Foot Care, and Know Your Numbers.

Twenty-eight patient registered for the class, which consisted of four 90 minute sessions. At the beginning of session #1 attendees complete a needs assessment and set an individual behavior goal as a step to improve their overall health status. Eight individuals were able to complete the classes and "graduate" from the program. Among the proud graduates is Mr. Vernon Chopper, along with his wife, Donna. Vernon's primary goal was to lose weight. To accomplish this he set a measurable objective to increase his physical activity by walking 20 minutes every day. At the end of the month he was able to lose some weight, but is still working towards his overall goal.

When asked about what he had learned while taking the classes, Mr. Chopper replied, "All of the information provided was helpful. I especially enjoyed the information on nutrition and learned which foods are better for me. I also learned that exercise and monitoring my blood sugar every day is very helpful. Most importantly, I learned that everything is connected. The food, activity, monitoring, and labs are all important and changing one thing can impact everything else."

What changes did you make as a result of what you learned?

Vernon – "I was able to increase my fruit and vegetable

consumption. I also drink more water."

What advice would you give to others having difficulty controlling their blood sugars?

Vernon – "You have to check your blood sugar every day. You need to be aware if they are going up so you can do something about it."

The Wagner IHS Diabetes Program plans to continue offering group diabetes classes in an effort to promote healthy living and prevent the devastating complications of diabetes.

Contact Craig Noteboom, Diabetes Coordinator (384-4805), for more information on services offered by the Wagner IHS Diabetes Program.



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Ribbon Skirt Bonding

The Community Readiness Assessment project hosted a Ribbon Skirt class, in which youth were asked to attend with a woman caregiver to make a ribbon skirt. The class was organized and facilitated by Jadyn Huapapi, Youth Oversight Panel Member for the project. The event was funded by the SAMHSA award that YST received to do work in the areas of suicide prevention, mental health wellness and substance

abuse. There was an overwhelming response of people who wanted to participate. With over 90 people signed up, there was a drawing held for 10 people who would attend. The project plans to have more classes in the future. If you have any questions, please contact Ethel Cournoyer at YST 605-384-3641.

RIBBON SKIRT BONDING

Ihanktonwan Nation Community Readiness Assessment Event, presented

by Jadyn J. Huapapi, Youth Oversight Panel Member

The history of the skirt-

"The woman comes from a very sacred place, she is her ancestors' dream. Long ago, the women's skirt was made with buckskin and fringe. The fringe would hang from the bottom, allowing the woman to be identified and presented to Mother Earth as to who she is and where she comes from. The ribbon and colors display the woman's strengths and what she carries. The fringe from her skirt allowed her to be recognized by Mother Earth, allowing her prayers to be heard and her spirit to touch all the medicines on Mother Earth. This allowed Mother Earth to help her, guide her, and provide her with what she needed."

-Myra Laramie
Grandmother, Fisher River Cree
Nation



When to wear your ribbon skirt-

In today's times, do not be afraid to wear your ribbon skirt any day. Use your skirt proudly. Your skirt is your identity. It is a display of where you come from. Your ribbon skirt protects you, empowers you, encourages you and your prayers to be heard. Your skirt empowers you to always walk with your grandmothers and ancestors, remembering their teachings. Please share and pass on those teachings.

Encourage and Empower-

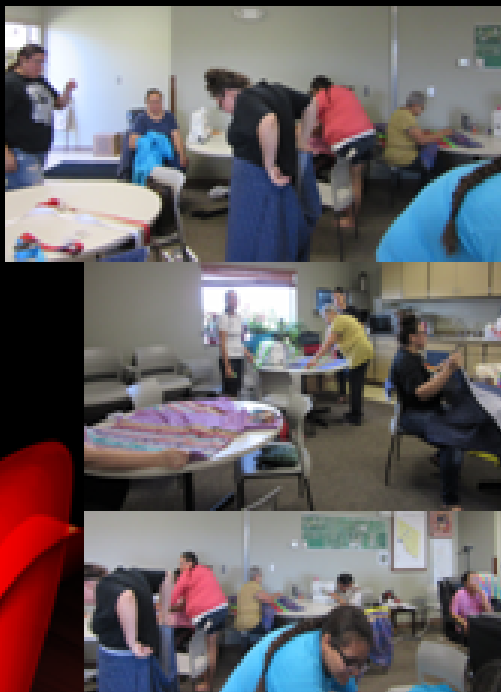
"Today our people are suffering. Our children are struggling. Today we must not shame or discourage each other when we have on our ribbon skirts. A ribbon skirt is not about being better or more traditional than anyone. We are at battle everyday with substance/alcohol addictions, suicide, genocide, murder and missing. Today lets encourage and empower each other. Welcome each other to gather, pray, and put balance back into our families. We are providers of life, we are the resistance, existence of our ancestors. Our existence in itself is a resistance. The Power of Prayer from our ancestors are being displayed by us still being here. We are grandmothers, mothers, daughters, sisters, aunts, nieces, cousins, lodge keepers, bundle carriers, pipe carriers, hunters, medicine keepers, knowledge keepers, lawyers, doctors, nurses, social workers, economic developers, etc."

-Tala Tootoosis, Cree Tribe

We are all powerful. Let us use this gathering as a learning session to share the making of ribbon skirts and to always have a extra skirt on hand to share with our sisters and relatives at gatherings. Let us encourage each other to stay, pray, and help restore balance back into our family.

RIBBON SKIRT BONDING NIGHT JUNE 7TH, 2018

YANKTON SIOUX TRIBAL HEADQUARTERS, WAGNER, SD



16th Annual Diabetes Conference Scheduled for July

16th Annual Diabetes Conference Scheduled for July

The Wagner IHS Diabetes Program will again be hosting the annual Diabetes Conference at the Fort Randall Casino. The event will be held July 25th and 26th. The conference is scheduled to begin with registration from 9am-10am and presentations beginning at 10am both days. Presentations will conclude around 3:30pm.

The theme for this year is, "A Healthy We, Begins with a Healthy Me". Speakers from IHS, Avera Health, and the South Dakota Extension office will be providing information on a wide variety of topics, including:

Mental Health, Diabetes Standards of Care, Diabetes Labs, Traditional Games, Gardening & Food Preservation, Physical Fitness, and Healthy Eating. Lunch will also be provided both days.

Whether you're interested in learning how to better control diabetes or are interested in diabetes prevention, there will be information available to help you succeed. Please join us for 2 days of fun, learning, and healthy food at the 16th Annual Diabetes Conference.

For more information contact the Wagner IHS Diabetes Program at 384-4805.

ICC Graduation Guest Speaker Address

by Chelaine Knudsen

As I was writing this speech, there were a few areas I wanted to cover. However, this specific focus kept pulling on my heart. I am often reminded of this innate force and guiding light and that is the power of our ancestors. YOU have the OPPORTUNITY of graduating with your GED, certificates, and College diplomas today because 1.) you put in the time, energy, and personal sacrifice, to accomplish that today and we commend you for that. 2.) Long before you even thought of college, you had ancestor's generations before you, who thought of you and made the sacrifices to afford you this opportunity, to be here today. We are standing on the shoulders of our ancestors just to be able to see this day, still surviving and thriving with our families and working towards a better future for the next generations.

Now, was western education our initial way of life? No not all. Although, we were educated every day in our way of life. We had our own teachers, doctors, judges, militia, and forms of tribal government that sustained our nations. However, as time changed, and our leaders were met with decisions that would shape the future for our Nation, they decided it was enough fighting and began to enter into treaties. I believe they knew something greater was coming. They knew they had to equip their children and generations ahead with the tools used to survive in this New World. One tool, one major tool, is education. Well how is education a tool? We live in a world where we as a people know LEAST about what affects us the MOST. Think about it. We are governed under policies, laws, budget cuts, and reforms but have few to none of our own people in those seats to determine those very things that govern our nations. Our battles are no longer in the prairie grass on horseback, but in classrooms to educate our youth, and in courtrooms and political forums with the knowledge of implementing new laws & strategies. Here, the battles of our water rights, pipeline environmental permits, healthcare budgets, and various settlement agreements are taking place. These are just our current battles, there are battles that are on their way that we haven't yet began to fight.

Our people are our most basic form of infrastructure. When we build up our people, we strengthen our families, that in turn strengthen communities, that eventually strengthen our nation. By getting your education, you are a part of making our nation stronger. Whether you take your degrees to our high schools and become teachers to shape and influence the minds and futures of our youth or take your degrees to work and manage the banking industry, local stores, casino departments, tribal departments, or take your degrees to become lawyers, politicians, judges, doctors, engineers, and so on. You are bringing with you all these years of acquired knowledge, skills, and training that you didn't have before you began. Or if you should take your degree and make a life for yourself outside the reservation, anywhere you go, you are still a part of the success of our nation. When someone says you don't need a "fancy" degree to make it in life. You know, if you get lucky, you might not. But for the rest of us who choose to make our own luck, equipping yourself with a degree or two won't hurt. Your education is something no one can take away from you. It displays the months and years of

commitment to show up, work, and excel at your chosen profession. It was also an opportunity that wasn't afforded to our people just a few generations ago. Some of you are first generation college graduates. You are the wildest dream your family and your ancestors had when they looked to the generations down the line. Here you are..., resilient, surviving and thriving.

Let me leave you with this final thought. When you go forward from here today, whether this is your final stop on your educational journey, or whether you are already thinking of pursuing more education or entering right into the work force, whatever your choice, think of this- go forward with a passionate purpose knowing that you carry the bloodline, the dreams, and hopes of a thousand ancestors with you. Go forward with a relentless purpose to maximize this opportunity we call life and make a difference in your own life, your family, and your people. Go forward but look back and remember where and what your ancestors went thru for you to be here. Go forward and look 7 generations ahead, and know that what you do in this lifetime, the choices you make WILL MOST DEFINITELY AFFECT every single one of your children and grandchildren that are yet to come. When you think of your ancestors, please, stop and say thank you, and give this life, this journey, this opportunity for an education, everything you've got, and make them and your future generations, make them proud! Every single one of them and every single one of us here today, are VERY VERY proud of each and every one of you today. You are the warriors they always dreamed you would be, you are the warriors our nation so desperately needs. Go forward and know that even though you are one, you stand as ten thousand. Go forward and be great!! Congratulations to the graduating class of 2018. Pidamayapi

IHANKTONWAN COMMUNITY COLLEGE "WOKSAPE OWAKIDE" (Looking to Learn)

2018 Spring Semester Honor Roll

Dean's Honor Roll		
Name	Credit Hours	GPA
Education		
AMANDA MAE REIFF	17	4
Human Service		
JOY ANN KIRKPATRICK	12	4
JENNA COURNOYER	12	4
DESHAYLA MAE HETH	13	4
Students on the Dean's Honor Roll must be fulltime with a 4.0 GPA		
Academic Honor Roll		
Associate Arts		
DIONSANIO ENRICO NEAL	12	3.75
JANESSA L PICOTTE	12	3.50
Business		
SARAH W ZEPHIER	15	3.60
Education		
SHALENE M THOMPSON	13	3.85
Students on the Academic Honor Roll must be fulltime with a 3.5 or better GPA		

Mindfulness...Why it is Important

Hi, I'm back! Sorry for the extended absence, I had a whirlwind of life events that took over for a few months, I hope to be more consistent with writing from here on out!

So to review a little bit, in my first article I talked about mindfulness and the two components of "present time awareness" and "Equanimity". I also asked readers to take a few tries at mindful breathing and mindful eating. I hope some of you were able to practice. I will be talking more about this again in the next article. For now, I would like to discuss the reasons why mindfulness is important.

According to Mindful School information, research shows that practicing mindfulness benefits the body and mind. One area of the brain on which scientists have been testing the effects of mindfulness is the prefrontal cortex (PFC). Take your hand and lay it across the top front of your head and down to your forehead. This is basically where your PFC is located. The PFC is responsible for executive functions - an umbrella term that refers to a set of mental processes that help with goal-directed behavior.

People use it to perform activities such as planning, organizing, strategizing, paying attention and remembering details.

One way that the PFC supports these functions is by playing a key part in the integration of the activity of different parts of the brain. In his book, *The Mindful Brain*, Dan Siegel theorizes about the different aspects of well-being that are developed by stimulating the PFC through mindfulness (Siegel, 2007). Some of those aspects include:

Body Regulation: the state of coordination and balance between the brakes and accelerator of the nervous system. When our body is regulated, our level of alertness and energy is appropriate to the setting.

Self Awareness: our sense of ourselves, creating a coherent life story by connecting present awareness, our life story, and images of the future. This is a key to building positive social connections.

Emotional Regulation: emotional experience that is appropriately activated, so life has vitality and meaning. When emotions are dysregulated, we become overwhelmed and emotionally chaotic. When emotions are not regulated we may experience stagnation or depression or a sense that our life is not meaningful.

Fear Modulation: our ability to calm and soothe, or even unlearn our own fears.

An important recent 'meta-analysis' synthesized the findings from 21 brain imaging studies of meditators. The scientists asked a key question: is meditation practice associated with changes in the structure of the brain? The study "found eight brain regions consistently altered in meditators, including areas key to meta-awareness, exteroceptive and interoceptive body awareness, memory consolidation and reconsolidation, self and emotion regulation, and intra- and interhemispheric communication."

Although much more research needs to be done, these are very promising findings, and pretty amazing to me!

For more information about the brain and how it operates, check out "Brain Basics" from the National Institute of Mental Health.

I also came upon an interested article in July 16, 2016 issue of *Forbes* magazine that discussed the importance of mindfulness for professionals such as lawyers, and other high-stress jobs. This article explained that there are 6 scientifically-proven benefits to mindfulness and meditation. Without going into a whole lot of detail, these are:

- 1- Mindfulness reduces anxiety
- 2- Mindfulness meditation reduces implicit age and race bias
- 3- Mindfulness-based cognitive therapy may prevent and treat depression
- 4- Mindfulness increases body satisfaction
- 5- Mindfulness meditation improves cognition
- 6- Mindfulness meditation helps the brain reduce distractions

As you can see, there are many reasons to incorporate mindfulness in to your daily life, the benefits are many, even more than mentioned here.


I hope you, the readers, will start your own individual practice, and if you have questions, please email me, I will do my best to answer your questions. Next month I will share more information about how to incorporate mindfulness into you daily life.

I can be reached at janellmgarcia@gmail.com

Youth Council Attends Gathering in Rapid City

Ihanktonwan Youth Council attends the "Together We Strive, We Woke" Youth gathering in Rapid City on May 31 and June 1, 2018. This event was sponsored by All Relations United a group who originally began from FAM First - Fathers Against Meth. YST Youth represented our tribe very well with IYC members offering prayers in Dakota and with a group of girls singing prayer songs for the event. Thank You to Ihanktonwan Transit, YST Tax Department, and Kenny Cook, YST Treasurer, for the support of the group so they were able to attend this event. Organizers of the event expressed how proud they were of our young people. The Ihanktonwan Youth Council was honored with prayers and a song. Tribal leaders and Youth support workers from various tribes and programs attended. At the event, the students from Marty Indian School who recently lost their friend / classmate were honored. The gathering had a focus of meth and suicide prevention for youth. There is hope for another gathering in the near future.

The Ihanktonwan Learning Camp is Scheduled Early in July



The Learning Camp is coming this month! The dates are Monday July 9 through Friday July 13. Several volunteers will be familiar faces because many are returning. Over 200 YS children have attended in the past. Many are already signed up to return. As in prior years, free breakfast and lunch will be provided. Breakfast is served 8 to 9. The classes begin at 9 and dismissal is at 2 PM. During the day, lessons in math, reading, science, art and music are offered with lots of fun and games.

In the middle of the week, on Wednesday July 11 from 5:30 to 7:00, a community event will be held at the Marty Indian School campus. Food and music will be provided. Stay tuned for the announcement on the Fort Randall Television local Channel 7 and with KDKO 89.5.

The camp is held in partnership with Cedar Church across from Fort Randall Hotel/Casino. Members at Cedar Church include Mary and Nick Antelope-Stotz, Natalie Medicine Bear, Bob FlyingHawk, Mike Horned Eagle, Judy, Ann, Kenny and Roxie Honomichl, Bonnie Coenen, Rudy Jovanovic, and their families.

Free transportation will be available. YST Transit will be helping take children to the Learning Camp and will go to several locations in Wagner, including Tax Credit. Volunteers from Maryland will drive minivans to Lake Andes, Ravinia and Greenwood. Arrangements can be made by contacting Robin Bissell at 240-444-4219 or rbissell444@gmail.com. Children must be age 4 or older by 9/1/18

First and Last Name of Child	Age	Birthdate	Last grade completed
<hr/>			
<hr/>			

Responsible party

Relationship

Other adults caring for the children

Home Address

Home Phone

Cell Phone

Work Phone

Relative's name and Phone

TRANSPORTATION

How will your children get to the Learning Camp? Will Walk Will drop off Will Pick up My children will need transportation from

Free Transportation SCHEDULE. Times are approximate and may be adjusted according to YST Transit driver.

Wagner pick-ups by YST Bus:	Pick up by Camp vans
7:45 North Housing	8:15 Greenwood Church
7:55 Wagner Boys and Girls Club	Lake Andes:
8:00 Tax Credit Housing	8:00 PumpRNiks
8:10 South Housing	8:05 Lake Andes Housing

BASKET SOCIAL

A BASKET OR BOX SOCIAL: TUESDAY, JULY 17TH, 2018

The Episcopal 2019 Niobrara Convocation Planning Committee will be hosting a Basket or Box Social to raise money for the Yankton and Santee Mission Churches hosting the 147th Niobrara Convocation to be held June 27-30, 2019. It is scheduled for 6:00 PM Tuesday, July 17th, 2018 at Our Most Merciful Savior Church at Santee, NE.

A Basket Social, also known as a Box Social, was an event held years ago at which boxes or baskets of food were auctioned to male bidders who won the privilege of eating and dancing with the woman who prepared the basket or box meal. We changed the procedure and outcome, bidding is still held however we all eat the baskets or boxes of prepared foods together in fellowship.

Questions? Please call
Rev. Patricia White Horse-Carda at
605-491-5188

HAPPY
★FOURTH OF JULY★

Yankton Sioux Tribe Community Newsletter



Thank you so much to Kelli and Jady Huapapi for hosting the Ribbon Skirt class. Your hard work and dedication to the class is so appreciated. You have been very active and involved as part of the SAMHSA Community Readiness Assessment Oversight Panel. The leadership you both display is inspiring.

Many blessings to you and your family!

Sincerely, Ethel Cournoyer



#BREAK THE SILENCE IS A COMMUNITY RESPONSE TO END SEXUAL VIOLENCE IN OUR COMMUNITIES.

COMMUNITY RESPONDERS AGREE TO SUPPORT VICTIMS BY PROVIDING EMERGENCY ASSISTANCE UNTIL OTHER SERVICES ARE AVAILABLE.

YOU ARE HELPING BY CREATING A SAFE PLACE WHERE COMMUNITY MEMBERS, OFTEN YOUTH, CAN GO FOR SAFETY FROM A SITUATION THAT COULD RESULT IN SEXUAL VIOLENCE...

WE WILL BE COMING TO YOUR COMMUNITY TO TALK ABOUT THE PROGRAM AND RECRUIT RESPONDERS.

JOIN US IN THIS IMPORTANT COMMUNITY RESPONSE TO ENDING SEXUAL VIOLENCE IN OUR COMMUNITY!

LISTEN TO KDKO 89.5 FM FOR UPCOMING DATES FOR THE BREAK THE SILENCE COMMUNITY MEETINGS IN YOUR AREA.

FOR MORE INFORMATION CALL 487-7072 AND ASK FOR SHAVONNA, CHARON OR LESLIE.

A Healthy We Begins With A Healthy Me



2018 Diabetes Conference

Wagner IHS Diabetes Program, YST

July 25 and 26 at the Ft. Randall Casino

Join us for this fun and educational event!

*Health Presentations *Door Prizes *T-Shirts *Nutrition samples
*and much more!

**Agenda and brochure to come soon!

Call the Diabetes Program at 384-4805 for more information

Happy Birthday Stephanie!
July 14th
Love, Richie, Alex and
Mollie

July 9th
Happy 53rd Birthday
Terry Sr.
Love, all of your family



July 2nd
Happy 29th Birthday
Terry Jr.
Love, all of your family

July 7th
Happy 1st Birthday
Stormy Jade



Love,
Mom, Dad, & your
brothers and sisters!

Happy Belated Birthday
to Mark F. Clairmont!
June 26th



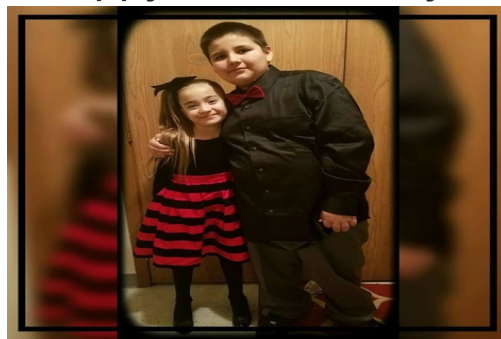
Love Mom

Congratulations Keaytan
McBride on your acceptance
to the Native All-Star Football
games in Tahlequah, OK on
July 7, 2018.



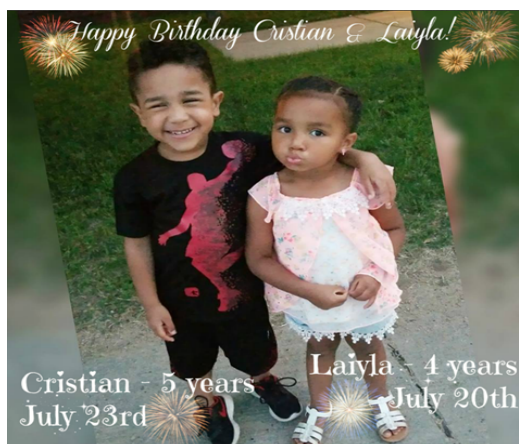
Keaytan is the son of Roseanne
Houseman and Swift Boy
McBride and is a Senior at
Flandreau Indian School. We
love you and are so very proud
of your accomplishments!
Love, Your Family.

Jameson Flying Hawk
Happy 12th Birthday!



Love your Mom,
Kieradyn, and family!

Cristian & Laiyla
Happy 5th&4th Birthday!



Cristian - 5 years
July 23rd
Laiyla - 4 years
July 20th

From Mom, Braxton, &
Family!

Ihanktonwan Community College "Woksape Owakide" (Looking to Learn) 2018

~Oyate Woeconpi (Our Traditions & Customs)~

"Otanka Hunka Yuonihan" Honoring of Our Elders

The purpose of the Otanka Hunka Yuonihan is to honor and remember the sacrifices and contributions of our Elders. Ihanktonwan Community College selects an individual at its graduation for this purpose. Although the college cannot possibly recognize all the deserving Ihanktonwan elders our objective is to promote the traditions and customs "Oyate Woeconpi" of our culture. We this will inspire other schools, tribal entities, and organizations to do the same. Thereby we can remember more of those deserving of recognition. This will inspire our youth to achieve to higher and better standards of morals, ethics, and conduct.

The 2018 Otanka Hunka Yuonihan is Basil Heth
(The following was written by the family)

Basil Mark Heth Jr. was born in Greenwood, SD on October 16, 1946. He is the eldest child of Basil M. Heth Sr. and Mildred B. Blacksmith, but has 10 siblings from Mildred and Adalbert Zephier. He grew up in Greenwood and attended Flandreau Indian School, where he met his soul mate, Linda M. (Greeley) Heth. Basil graduated from FIS as Salutatorian, May 1965. Linda and Basil have 11 children, 31 grandchildren, and 12 great-grandchildren. They've lived in Marty, Sioux Falls, Wagner, Flandreau and Greenwood, SD. He has worked at the Flandreau Indian School, Indian Health Services in Wagner, a UPS Driver in Sioux Falls and was a Councilman from 2007-2009.


Basil is a proud United States Marine Corps Veteran. He was assigned crew chief and gunner to the Marine CH-46A Sea Knight, side number EP-1, bureau #151951 Helicopter. This helicopter was one of about twenty other helicopters that made up Marine Medium Helicopter

Squadron 265. It was attached to Marine Air Group 16, and later, 36 which in turn were attached to the 1st Marine Air Wing, Fleet Marine Force, West Pacific. Basil remained with this gallant bird for 15 months. He has logged over 1,100 missions with his crew and he flew 1,306 total combat missions. He was proudly presented a total of 66 Air Medals;

65 Air Medals and 1 Single Mission Award. This will attest to the reliability and air worthiness of this "ole bird", as well as the bravery of pilots and crew to go above and beyond the call of duty in order to complete the mission. They were forced down by hostile gun fire on two occasions. Basil flew his last mission on December 8, 1968. He was on the "Freedom Bird" out of Danang on December 12, 1968. His total tour in country was 19 months and 27 days.

Sgt. Basil M. Heth Jr. Ser. #2277502
U.S.M.C





CHILDREN ARE SACRED

A DAY FOR THE WAKANYEJA

**Games • Bounce Houses • Prizes
Food & MORE**

Kids Hand	1st - \$100
Drum Contest:	2nd - \$75
	3rd - \$50

TUESDAY, JULY 10, 2018

WAGNER ARMORY

10:00AM - 1:00PM

All families and Children are invited!

Prayers & Best Wishes for Ihanktonwan Akicita Hoksina

PFC JACEY GARCIA
F Co. 1/48TH IN BN, 2ND PLT ASSASSINS
FT. LEONARD WOOD, MO



Jacey Garcia joined the Army December 2017 while a senior in high school. He graduated from Andes Central High School May 12, 2018. He left for Basic Training May 21, 2018 and is now stationed at Ft. Leonard Wood, MO. He will complete his basic training August 3, 2018 and will begin his Advanced Individual Training (AIT) immediately after. He expects to be home sometime toward the end of September. He has enrolled and plans to attend BHSU in the spring of 2019. Jacey is a seventh generation direct descendent of Mato Sabi Ceya (better known as Smutty Bear) on his fathers side. Jacey's Father is Dr. Tony Garcia who also served in the Army and is a Vietnam combat veteran, and college graduate. His mother Janell is also a college graduate with a Masters Degree in School Psychologist & Counseling. Jacey has 12 brothers and sisters, of which six have graduated from college. His youngest brother is still in high school. We congratulate our Son Jacey on the choices he is making for himself and his road of life. We pray for him and wish him God's Blessings!

Jacey's Great Grandfather

Mato Sabi Ceya (Smutty Bear)
Chief of the Igmu (Cat People)

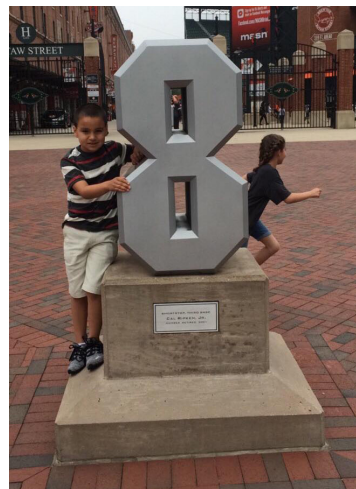


The Igmu is one of the Seven Council Fires of the Ihanktonwan Oyate (Yankton Sioux) The Seven Council Fires was made up of seven major Bands or Tiyospaye, which is a collection of large extended family systems. Smutty Bear was the Chief of the Igmu Oyate of the Ihanktonwan Oyate. Mato Sabi Ceya was the only chief of the Ihanktonwan who held the longest before signing the 1858 Treaty and only signed after he was coerced and threatened. Among the old people at the time he became a well-known and respected symbol of resistance. When he died he was buried only in a place known to his family.

We love you
to the Moon and back

HAPPY BIRTHDAY
MICUNKSI JUSTINA ZEPHIER
YOU ARE THE BEST MOTHER I KNOW!
WE ALL LOVE YOU TO THE MOON!
FROM YOUR INA

HAPPY BIRTHDAY ON JULY
1ST TO BUSTER NEAULT!
FROM: YOUR FAMILY
AND FRIENDS



JULY 24TH
HAPPY 8TH BIRTHDAY CRUZ!
FROM: YOUR FAMILY



JULY 25TH
HAPPY BIRTHDAY TO
ANTOINETTE C.!
FROM: YOUR FRIENDS
AND FAMILY



HAPPY BIRTHDAY TO OUR
INA ALTINA MACE!
JULY 31ST
WE LOVE YOU AND ARE
GRATEFUL FOR EVERYTHING
YOU DO FOR US!
BONN & YOUR TAKOJAS



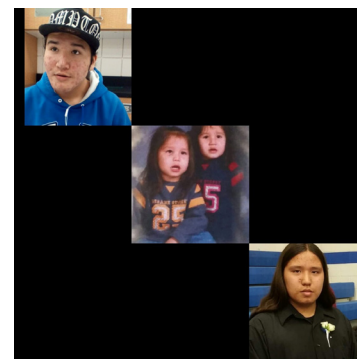
HAPPY BIRTHDAY TO
KYLIEAH ON JULY 13TH!!
WE LOVE YOU BABY GIRL!
FROM: YOUR FAMILY



JULY 27TH
HAPPY 5TH BIRTHDAY
JEREMY JR.!
FROM: YOUR FAMILY



JULY 30TH
HAPPY BIRTHDAY NICK!
FROM: YOUR FAMILY AND
FRIENDS



HAPPY BIRTHDAY TO MY
CHEKPAS LUCAS AND LOUIS
HONOMICHL!
JULY 17TH
WE LOVE YOU!
FROM: MOM



HAPPY 10TH BIRTHDAY
TO LOLA JOLIE ON JULY
6TH. WE LOVE YOU AND
THANK YOU FOR GRACING
US WITH YOU PRESENCE
FOR A DECADE! FROM:
YOUR FAMILY



JULY 24TH
HAPPY 9TH ANNIVERSARY
TO WALE AND STEPHANIE!
HAPPY BIRTHDAY WALE!
FROM: YOUR FAMILY

Children's Garden "Wakaniza Ta'owozupi"

Work continued on the Marty Boys & Girls Club High Tunnel for the Wakaniza Ta' Owzupi Children's Garden. At press time, planting was about to take place. The garden is a collaboration between Boys & Girls Club, Yankton Sioux Tribe, South Dakota State University Extension and Marty Indian School. When finished, it will be a 16 bed garden with High Tunnel and drip irrigation system, outside classroom area, and weigh station for the harvesting of vegetables by children and the community. It is located on the Marty Indian School campus directly behind the Marty Boys & Girls Club.



YST ELDER WELLNESS DAY

Ages 55+
Wednesday July 11, 2018 | 10:00am - 2:00pm
Fort Randall Casino banquet room

Games, bingo, lots of prizes, health education, light refreshments!

More details to come. Contact Ethel Cournoyer or Richie Sully at YST with any questions. 605-384-3641

General Council Meeting
Fort Randall Casino
March 29, 2018

Present: Jason Cooke, Vice Chairman, Kenny Cook, Treasurer, Glenford Sam Sully, Secretary; Pete Kezena, Councilman; Perry Little, Councilman; Greg Courmoyer, Councilman; Greg Zephier, Councilman

Absent: Robert Flying Hawk, Chairman; Darrell Drapeau, Councilman

Call to Order: the meeting was called to order by the Vice Chairman at 10:26 a.m. (quorum present)

Invocation: Ron Sully gave the invocation.

Minutes were dispensed.

Approval of agenda: the Vice Chairman stated that the agenda today is selection of (3) TERO commissioners off the floor. Is there a motion to approve the agenda?

Pete Kezena made a motion to approve the agenda. John Stone: asked for a point of order.

Jason: the agenda is for selection of TERO commissioners off the floor--is there a second to the motion.
John asked for time to give a report to general council on the TERO issues.

John: reported on time frame of issues: Back in June/2014 a resolution was passed by general council regarding amendments that were drafted by FPM--these are currently on appeal before the Northern Plains Court of Appeals. TERO reviews actions taken by entities against employees

~July 6, 2012: commented on Jason Shields case--regarding "suspicious base testing" vs. "random base testing".

~July 27, 2012: challenge TERO authority to do reviews of employee actions.

~August 2012: annual general council meeting (reference made to his request to continue or stop investigating personnel issues--was told to continue.

~September 2012: Annual general council meeting--TERO position to hear all personnel policy's of entities and employees

~2014: two years of arguing--general council intent of to hear--the B&C filed opposition to. TERO only enforces policy--I have spent (26) years doing this.

~commented that the general council meeting regarding a challenge to the amendments was approved (22-0). But the motion and second was not recorded. Could not find it on the tape of the meeting.

~2013 general council meeting--conflict of interest of FPM (Fredericks--Peebles--Morgan).

General Council meeting
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violation of tribal law. Also, too many policies--the tribe has its own, all the tribal programs have their own to address and resolve personnel infractions of employees. There is also a grievance process within the tribal personnel policy. There is the tribal court that can hear appeals/grievances--if the employee chooses to use. TERO hears these cases also. I think that this needs to be looked at by general council to remedy. I have no negative feelings on TERO they do a good job.

Greg Courmoyer: commented on TERO not paying their employee taxes--the tribe had to cover those or face not having land put into trust status until paid. Commented on individual cases that TERO levied large settlements--where is the funds coming from to pay these. No audit done. Have nothing personal against TERO--feel they are doing a good job.

John Stone: comment on the audit issue--TERO has no funds to pay for it. The 2005- 2006 years the taxes were paid--that is because I was the TERO Director. I came back to TERO after serving as Vice Chairman on B&C. When I came back I discovered a lot of issues--taxes not paid for the past (5) years--no commission. Comment on political firing in 7 out of 100 cases--dismiss cases and resolve them. FPM owes TERO (\$700,000) in fees. Plus they have been overpaid--(\$175,000) per year is approved but they have billed the tribe for more.

Jason Cooke: Is there a motion to approve the agenda--selection of (3) commissioners off the floor.

Faith Spotted Eagle: I make a motion to approve the agenda.

Lawrence Kiyukin: comments on doing things right--those members that show up for the meetings are interested in their government--those that don't show up have nothing to complain about. Comment that there is too much travel going on--need to cut back on this. Stop complaining and move on--start doing things right. General council can change--start running the tribe like its suppose to. TERO helps with employment--no one else does.

Shelly Saunsoci: comment on respectful way to speak--ask elders and those older than her to forgive her for speaking. Shelly gave a background of herself--came back home to live--was hired at YSHA for awhile and then got hired at TERO until it was shut down. She was the compliance officer and took care of the financials. Explained how TERO gets its funds. (2% - 3%) of contracts and vendor fees. We don't get any grants--we have (\$55,000) in the bank. Payroll taxes due (2007--2008--2009). The IRS applied this to the oldest bills when the fighting started. In 2011 the check register taken--(3) years withheld amounting to (\$290,000) loss. I met with the B&C in December 2016--Leo approved a (\$20,000) check to pay the taxes and made a motion to give her the check register--Shakopee gave a loan to the tribe to help TERO pay bills. (\$87,000) owed in payroll taxes in 2017. Kenny paid payroll taxes last year. Leo was always involved with them on finances--never out of finances--we are working with Kenny now. Comment on the 2011 referendum vote--the finances are being reviewed for preparation of the audit. (reference made to EEOC procedures--in manual--it references see TERO. Why have internal battle--the lawyers fight each other. TERO finance office is open for review/questions/ I am available to assist. I have an issue with FPM--they cause issues with all entities- YSHA--MIS--TERO.

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FPM is the legal counsel to the YST--MIS--YSHA--TERO--and when it comes to these issues they can't represent anyone because of this conflict of interest. TERO can't be sued.

Commented on the Northern Plains brief and the validity of the amendments. Why did we have to pay for this. It is a conflict of interest for them (FPM) to be involved. It is a team of attorneys working against TERO and General Council.

The constitution rules--commented on amend and bring back to general council to vote on and approved--that was three years ago--this is not the end of it. There was no TERO General Council meeting held since then, Reference to petition he filed requesting a general council meeting (30) days ago--not happen. Commented on petitioning for general council meetings in 2015--2016--2017--the meetings were not set.

In 2013 general council orders FPM to represent MIS against TERO (MIS school attorney was Swier Law firm). Reference to check registers not released to TERO.

~The TERO amendments were approved by general council on February 17, 2014. B&C filed in court opposing them.

~In December 2014: Judge Steve Emery ruling the court agrees with memo that amendments could be passed in general council legislation can be passed and not have to go out to reservation wide referendum vote. He ruled in favor of this four times.

~B&C filed a notice of appeal on June 26, 2014--general council passed referendum vote--FPM argued point again.

~Judge Glenn drafted a letter to the B&C on January 29, 2016--regarding membership fee to the appellate court--within the YST law and order code there is a provision for structuring our own appeals court. The court enforces the law and order code--bound to follow statutory law--the judge wrote. YST court must establish court and statutory authority--reference to Northern Plains Appellate court ruling--unenforceable.

~John stated that (\$33,000) was spent on the Northern Plains Appellate Court--not in Law and Order Code to use them.--the B&C amended the law and order code to use Northern Plains Court--feels only general council can do this. James Blue Stone is the Northern Plains attorney. Who on the B&C authorized it? Reference made to a resolution fabricated on January 27, 2016. Who drafted it. John asked the B&C to respond to this.

Glenford Sam Sully: I am the Secretary of the B&C and I only have one question that I want to ask. We have been talking about tribal law this morning--it is the law of the land--it was stated, if that is so, why hasn't the referendum vote that was held with the 2011 general election of B&C members and was approved with (750) members of the YST voting to put TERO under the supervision of the B&C along with the finances so that the TERO funds would be accountable and it could provide services for more tribal members. This has never taken place. That is a

General Council Meeting
Fort Randall Casino
June 14, 2018

B&C: Bob, Jason, Sam, Kenny, Greg C
Absent: Greg Z, Pete, Perry, Darrell

Call to order: the chairman called the meeting to order at 10:34 a.m. (quorum was present)

The invocation was given by the chairman.

Approval of agenda: A motion was made by Julie Weddell and second by Neulon Dion to approve the agenda.

26- In favor and 0- Opposed. Motion approved.

Approval of minutes: (February 21, 2018 and November 29, 2017). A motion was made by Neulon Dion and second by Madison Dion to approve both meeting minutes.

21- In favor and 0-- Opposed. Motion approved. (with a quorum present),

Art gave an explanation of the process for election of a gaming commissioner (per gaming ordinance). The position of vacancy was advertised for (90) days--prior to the meeting. Art was the only applicant that applied. There will be other vacancy's coming up for other gaming commissioners next year. (Neulon Dion). Past members can run for gaming commissioner. It will be a 5 year appointment.


A motion was made by Julie Weddell and second by Neulon Dion to accept Art Standing Cloud as Gaming Commissioner for the next (5) years--as he was the only applicant that applied.

24- In favor and 0- Opposed. Motion approved. (quorum present)

Sam commented on the meeting held yesterday with FSST on line bingo and other Class II gamies. A general council meeting will be held once all the information is obtained.

Art: comments on the new gaming on line--it is in line with our gaming ordinance--Class II gaming.

A motion was made by Pokey Weddell and second by Neulon Dion to adjourn the meeting. Meeting was adjourned by unanimous consent of general council.


Glenford Sam Sully, Secretary
Business and Claims Committee

Yankton Sioux Tribe Community Newsletter



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The tribe pays them (\$175,000) each year—they have exceeded it—other uses litigation representation. The (\$700,000) if paid by FPM can do a lot of things.

Shirley Arrow: comment on getting along—shouldn't be fighting—I am in mourning. Reference to Trump problems—census—not do it—illegal aliens, etc. He is racist. A lot of social programs will be cut—EBT program—have to do child support. We are a nation—general council supercedes—law of the land. A solution to this problem is to have a pro-tem selected at general council meetings.

TERO helps out every new employee—the TERO office assists with faxing documents—help everyone. Work with us—not against us. Comment on John Peebles—he is the reason why the tribe lost Pickstown—he is never suppose to work for the tribe. If you have a problem—come up and talk about it. Came up to meeting to see the chairman—reference to state officials that came to the tribe—looking for names of tribal members—trouble makers—at Standing Rock protest.

Point of order called

John mentioned that in 2016 general council directed FPM to pay its fees to TERO—not done. I feel that we overpaid FPM—asked the tribe for financial records. On March 19, 2018 petition was served. How did a copy get out—the B&C were served this week.

John stated that the TERO elections are held in January. I petitioned for (2) meetings for November 28, 2018—the meeting was cancelled by (5) members of the B&C. The TERO office was board up. Comment on the original meeting—reconvene meeting. The chairman said the meeting was not cancelled—the chairman changed. TERO not dictate.

John Stone made a motion to table the general council meeting for the selection of (3) TERO commissioners off the floor till January 2019 and the current commissioners stay seated till then.

The motion was second by Bryson Jones.

25 In favor and 0 Opposed. Motion approved. (quorum present)

A motion was made by Karen Archambeau and second by Ron Sully to adjourn the meeting.

25 In favor and 0 Opposed. Motion approved. Meeting adjourned

Glenford Sam Sully, Secretary
Business and Claims Committee



**IHANKTONWAN
COMMUNITY COLLEGE**
PO Box 295 • 200 S. Main • Marty, SD 57361
Phone (605) 384-3997 • Fax (605) 384-4216

Chartered by the Yankton
Sioux Tribe 1993

ATTENTIONS STUDENTS WHO PLAN ON ATTENDING IHANKTONWAN COMMUNITY COLLEGE FALL 2018 - SPRING 2019!!!

Please fill out your Free Application for Federal Student Aid (FAFSA) out early! It is open now for 2018-2019 academic year. The website to fill our FAFSA is <https://fafsa.ed.gov>.

To complete the (FAFSA), you will need:

- Your Social Security Number
- Your Alien Registration Number (if you are not a U.S. citizen)
- Your federal income tax returns, W-2s, and other records of money earned. (**Note:** You may be able to transfer your federal tax return information into your FAFSA using the IRS Data Retrieval Tool.)
- Bank statements and records of investments (if applicable)
- Records of untaxed income (if applicable)
- An FSA ID to sign electronically.

If you are a dependent student, then you will also need most of the above information for your parent(s).

HEAD START APPLICATIONS

Head Start in partnership with the Wagner Early Learning Center, (WELC), are taking applications for the 2018-19 school year. Please call 384-4354 or 384-3683 to complete an application. If you are attending or plan to attend Wagner Early Learning Center this year please complete the Head Start application. Head Start helps to fund Wagner Community School's preschool program.

NOTICE TO YSHA RESIDENTS

Tenants and Swimming Pools: YSHA will allow swimming pools that are no higher than **two (2) feet in height**. Any owners with swimming pools above the allowed height will be asked to remove them from the property. **PLEASE DO NOT LEAVE CHILDREN UNATTENDED IN OR AROUND THE POOL, IT IS NOT SAFE FOR A CHILD TO BE UNSUPERVISED WHEN SWIMMING!**



Curfew Hours: It is the resident's responsibility to cause household members or guest to act in a manner which will not disturb other resident's peaceful enjoyment of their accommodations.

FAILURE TO COMPLY WITH OBLIGATIONS OF THE LEASE WILL BE CONSIDERED SUBSTANTIAL NONCOMPLIANCE AND MAY RESULT IN LEASE TERMINATION.

Section 10. of the Residential Lease Agreement: Resident's Obligations and Right to Use

M. To abide by and cause other persons who are on the premises with his/her consent to abide by the rules and regulations as set forth in the curfew and trespassing portion as written in the Law and Order Code of the Yankton Sioux Tribe.

Chapter XLI. of the Yankton Sioux Tribe Law and Order Code

Section 3-41-1 Curfew

Any person who has yet to reach their eighteenth (18th) birthday shall be in a regular place of abode no later than 9:30pm each night proceeding a regular school day and 10:30pm any other night, unless such person is accompanied by their parent or legal guardian.

Firework Safety: Fireworks are allowed on the day preceding, the day of, or the day after the holiday and shall not be ignited or used between the hours of midnight and 8 a.m. Parents and guardians please use caution this Fourth of July by supervising your children and guest(s) during this holiday!

- A responsible adult should supervise all firework activities. Never give fireworks to children.
- Light fireworks in a clear area away from buildings or vehicles and in an area that's free of flammable materials like dried leaves or grass.
- Dispose of used fireworks by soaking with water before throwing them away.

We thank you for your cooperation and hope you have a safe and enjoyable summer!

YSHA OCCUPANCY & TAX CREDIT DEPARTMENT

My Fall Courses are selected, My Dorm Room is assigned, My Arrival Date is anticipated, My Luggage sits awaiting to be filled with all of the wonderful items I have earned, learned, possess, and adorn. I still cannot believe that my high school graduation has been thirty plus days ago. That amazing day is still fresh in my mind, reminding me that anything is possible. I have so many wonderful people to Thank.

Thank You All-

for wishing me the best, investing your time, money, words, songs and gifts of encouragement. I appreciate everything you do, who you are, and I will never forget how you made me feel on my special day.

I will do well, because I know I am loved and needed.

- | | |
|--|------------------------------------|
| • Unci Myrtle Bruguier Family | • Richard & Stephanie Sully Family |
| • Willard Bruguier Sr. Family | • Lyle & Doris Cooke Family |
| • Joseph III & Roberta Shields Family | • Pete & Kathy Kazena Family |
| • Ethel & Stephanie II Cournoyer Family | • Brenda Zephier |
| • Tonia, Katie, Keenan Young Family | • Greg Cournoyer |
| • Phyllis & Doug Powers | • Alan & Lanae Flying Hawk Family |
| • Desiree Bruguier Family | • Chan & Donna (Milk) Cooke |
| • Jason, Heather, Megan, Jacee, King Cooke | • George & Tana Langdeaux Family |
| • Brenda, Ivalee, & Jason Jr. (Drapeaux) Neiss | • Neulan & Tonya Dion Family |
| • Korey Patterson | • Daniel & Sarah Dion Family |



Kevin Hines Presents in Sioux Falls



Kevin Hines was a featured speaker in Sioux Falls on Wednesday June 20, 2018. Kevin shared his story and his messages of hope and wellness with a crowd that reached capacity at the scheduled venue. His presentation was titled “Cracked, Not Broken”, which is also the title of his book. Kevin’s presentation was hosted by the Helpline, a nonprofit organization dedicated to providing support and resources to those in need. Augustana University, Our Savior’s Lutheran Church and the Sioux Falls Area Community Foundation also supported the event. Ethel Cournoyer, project Lead for the YST Community Readiness Assessment, attended the presentation, which was very meaningful and inspiring.

<http://www.kevinhinesstory.com/bio/> states:

He is one of only thirty-six (less than 1%) to survive the fall and he is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy around the globe.

In 2016, Mental Health America awarded Kevin their highest honor, The Clifford W. Beers Award for his efforts to improve the lives of and attitudes toward people with mental illnesses. Previously, he was awarded a Lifetime Achievement Award by the National Council of Behavioral Health in partnership with Eli Lilly. Kevin has also been awarded by SAMSHA as a Voice Awards Fellow and Award Winner, an Achievement Winner by the US Veterans Affairs and received over 30 U.S. military excellence medals as a civilian.

Kevin sits on the boards of the International Bipolar Foundation (IBPF), the Bridge Rail Foundation (BRF) and the Mental Health Association of San Francisco (MHASF) and on the Survivors Committee of the National Suicide Prevention Lifeline.

Previously, he was a board member of the Northern California Chapter of the American Foundation for Suicide Prevention (AFSP) and was a two-term member of San Francisco’s Mental Health Board. He has spoken in congressional hearings alongside Patrick Kennedy in support of The Mental

Health Parity Bill. He continues his policy work as an Ambassador to the National Council for Behavioral Health.

In the summer of 2013, Kevin released his bestselling memoir titled Cracked Not Broken, Surviving and Thriving After A Suicide Attempt. He is currently producing a documentary entitled Suicide: The Ripple Effect.

Kevin’s will to live and stay mentally well has inspired people worldwide. His compelling story has touched diverse, global audiences within colleges and universities, high schools, corporations, clergy, military, clinicians, health and medical communities, law enforcement organizations, and various industries. Thousands have communicated to Hines that his story helped save their lives. He has reached millions with his story.

His story was featured in the 2006 film The Bridge by the film director and producer Eric Steel.

Kevin believes in the power of the human spirit and in the fact that you can find the ability to live mentally well. His mantra: “Life is a gift, that is why they call it the present. Cherish it always.”



WAGNER IHS
BREASTFEEDING
CLASSES

11AM – 12 PM CONFERENCE ROOM

Learn how to get breastfeeding off to the right start. These classes will cover: benefits of breastfeeding, demonstrations/practice for breastfeeding positions, and common questions and problems. Bring your partner or support person, no fee or registration needed.

*Classes are led by Wee Conroy, RN, PHN, who is a Certified Lactation Counselor

These will be held
the 1st Wednesday of
the following months

MAY 2nd

JUNE 6th

JULY 11th

WILL BE HELD ON 2nd
WEDNESDAY DUE TO
JULY 4TH HOLIDAY

Light refreshments
will be provided

QUESTIONS?

Contact
Wee Conroy
605-384-4818

weewashte.conroy@ihs.gov

Marty Boys & Girls Club have
Fun While Learning

Summer Learning Program in full swing at Marty Boys & Girls Club! Each day we have lessons in Reading, Math, and Science. Kids are given points to use at the club store and also earning their way to the annual Wild Water West trip at the end of July. Kids also do science experiments, gardening, and TRAIL which is a diabetes prevention curriculum with lessons on healthy diet choices as well as encouragement and participation in physical activity on a daily basis. Kids also participate in physical activity challenges. TRAIL also teaches kids how to make healthy recipes such as smoothies and salads.



Ihanktonwan Community College - Leadership Recognition

"WOKSAPE OWAKIDE" (LOOKING TO LEARN) 2018 "OITANCHAN WOYUONIHAN WOHIYE"

The Ihanktonwan Community College "Oitanchan Woyuonihan Woohiye" Leadership Recognition Award is given in grateful appreciation for the years of outstanding service, devotion, leadership, and support for ICC and the Ihanktonwan Oyate (Yankton Sioux People).

The Ihanktonwan Community College is giving its first Leadership Award to a tribal member for their service to the Yankton Sioux People. These individuals have demonstrated in their devotion to serving, improving, helping the Ihanktonwan Oyate through out their lives. Many leaders go unrecognized for their service and are often unappreciated. Although the college cannot recognize all leaders we would still like to recognize those we can. Maybe this will inspire other entities to provide the same recognition to individuals in their respective areas.

The 2018 award was given to a non-tribal member who we thought

exhibited one of the most cherished values of the Ihanktonwan and that is generosity. In that spirit this individual showed his generosity by donating ten acres of land near Yankton. This land is valued to be \$100,000. The YST has only to decide what and how to use this generous donation. The individual thought it was right to return a small peace of land back to the original owners.

The 2018 Oitanchan Woyuonihan Woohiye" Leadership Recognition award was presented to the following individual for their generosity and thoughts for the Ihanktonwan Oyate.

LARRS AANNING



Community Readiness Assessment Update

Ethel Cournoyer and Brandi Knife recently attended the Local Tribal Leaders Meeting in Spokane, WA that was held on June 13-14, 2018. The meeting was organized and hosted by Kauffman & Associates, the agency that YST is working with for the Community Readiness Assessment that addresses suicide prevention, substance abuse and mental health wellness. The meeting had a full agenda focusing on sharing strategies for youth engagement, applied interventions, and other areas of community change. There were tribal leaders from other tribes of Alaska, Oklahoma, Montana and other areas. All participants were very willing to share ideas, knowledge and information with each other as the common goals are to help our communities.

Dr. Paul Quinnett, QPR Founder and CEO with YST Project staff. QPR stands for "Question, Persuade, Refer", the three steps anyone can learn to help save a life from suicide. QPR trained individuals will learn to recognize the warning signs of suicide, know how to offer hope, and know how to get help and save a life. The YST program is currently working to bring QPR training to our area, please watch for advertisements in the near future! The tentative dates are July 30th and 31st.

Group photo of attendees at the meeting in Spokane, WA.

Ihanktonwan Community College "Woksape Owakide" 2018 Graduates



Yankton Sioux Tribe a Sovereign Tribe established by the Treaty of 1858



Back row left to right: Chris Traversie, Jessica Chaffin, Justin Cournoyer, William Bennett. Front row left to right: Jordan Drapeau, Amanda Reiff, Shalene Thompson.



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Associate of Arts -
Elementary Education
Amanda Reiff • Shalene Thompson

Associate of Arts -
Business Management
Jessica Chaffin • Chris Traversie • William Bennett



Bachelor of Arts
-Business/Accounting
Jordan Drapeau • Justin Cournoyer