Witehi Wi

Hard Moon

January 2018
Volume 18 Issue 1

COUNCIL

Brian Pendleton
President

Robert L. Larsen, Sr.
Vice-President

Grace Goldtooth
Treasurer

Earl Pendleton
Secretary

Jane Steffen
Assistant Secretary/ Treasurer

LOWER SIOUX INDIAN COMMUNITY

QUARTERLY MEETING

Wednesday, January 24th at 5:00 p.m.

Jackpot Junction at 5:00 p.m.

HAPPY 2018!

The wreaths before you represent our commitment as a United America to remember the fallen. They symbolize our honor to those who have served and are serving in the armed forces. To the families who endure sacrifices everyday on our behalf. To our children, we want you to understand the freedoms you enjoy today have not been free but have come with great cost that someday, you may have to pay yourself. As a nation standing together we can defeat hatred, injustice, terrorism, thanks to our Veterans, we have the freedom to do so. **THANK YOU.**

INSIDE THIS ISSUE

Health	2-8
Environment	9-12
Housing	13
Lower Sioux Agency	14
Head Start/Winner	15
Council Update	16
Community News	17-18
Rec. Calendar	19
Calendar	20

HEALTH REMINDERS

- **HEALTH CORRESPONDENCE**-Bring mail and correspondence you receive into health department.
- **REMINDER**-Interested in a home health visit inclusive of blood pressure, blood glucose monitoring, health promotion, health concerns, medication management, hospital discharge visit? Contact Lower Sioux Community Health Nurse at 507-697-8940.
- **ALL PARENTS OF NEWBORN BABIES:**
  - Must visit the Health Department within the first thirty (30) day of Birth
  - Register for Health Insurance and Indian Health
  - If your newborn is not registered within the first thirty (30) days of birth there will not be insurance coverage
  - Your newborn will not be eligible for insurance until the open enrollment unless you follow these steps
- **ATTENTION ELDERS-** Wisdom Steps meeting will be held from 12:00 p.m.-1:00 p.m. in the community center kitchen on **Thursday, January 25th** with diabetes bingo to follow at 1:00 pm in the MPR.
- **GROCERY STORE TOURS-** Please call Stacy at 697-8600 to set up a time and date for your group or individualized tour.
- **NUTRITION SERVICES OFFERED**-If your Physician or primary care provider has referred you to a Registered Dietitian, please schedule an appointment with Stacy at 697-8600.

Wellbriety
Potluck Dinner

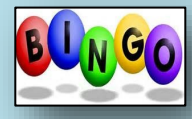
Please bring a dish to pass, sign up sheet will be at front desk of community center.

Where: MPR Lower Sioux Rec Center

When: January 23rd 2018

Time: 6:00pm-8:00pm

LOWER SIOUX ELDER NUTRITION PROGRAM MENU: JANUARY 1, 2018- JANUARY 31, 2018 WICOZANI

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 There will not be home delivered or congregate meal service on January 1st in observance of New Year's Day.	January 1	January 2	January 3	January 4	January 5
	***No Elder Meal Service** 	Turkey Vegetable Wrap Fresh Melon Oatmeal Raisin Cookie	Meatloaf W/Gravy Parsley Butter Potatoes Cooked Carrots Whole Wheat Dinner Roll Chef's Choice Fruit	Chicken Wild Rice Soup Garden Salad W/Light Ranch Dressing Wheat Dinner Roll Apple Sauce	Taco Salad: Lean Ground Beef Lettuce, Tomato, Onion, Cheese, & Salsa in a Tortilla Bowl Chef's Choice Fruit Cranberry Oatmeal Cookie
Week 2	January 8	January 9	January 10	January 11	January 12
	Chili Shredded Cheese Topping Autumn Salad W/ Pumpkin Vinaigrette Cornbread Muffin W/Wojapi	Cranberry Pork Loin Chops Seasonal Cooked Vegetables Brown Rice Pilaf Chef's Choice Fruit	Roasted Turkey Breast W/Gravy Rustic Mashed Potatoes Cooked Green Beans Pumpkin Pie	Beef Stroganoff Cooked Carrots Wheat Bread Blueberry Crisp	**Elder's Choice Day!** **Fried Walleye W/ Tartar Sauce** **Macaroni Salad** **Apple Pie**
Week 3	January 15	January 16	January 17	January 18	January 19
	Ham and Broccoli Egg Bake with Hash Browns Mixed Fruit Cocktail	Grilled Chicken Caesar Dinner Salad Whole Wheat Bread Angel Food W/Berries & Whipped Topping	Beef Stew Pumpkin Seed Spinach Salad Whole Wheat Bread Slice Chocolate Pudding	Turkey Pot Pie Garden Salad W/Light Ranch Apple Crisp	Braised Beef Tips W/Gravy Mashed Potatoes Steamed Mixed Vegetables Wheat Bread or Roll Chefs Choice Fruit
Week 4 Wisdom Steps Meeting in community center kitchen from 12:00 p.m. - 1:00 p.m. with Diabetes bingo to follow in the MPR at 1:00 p.m. Thursday, January 25th	January 22	January 23	January 24	January 25	January 26
	Grilled Pork Chops Rustic Mashed Potatoes Carrots Whole Wheat Bread Slice Apple Sauce	Roast Beef Mashed Potatoes W/Gravy Cranberry Wild Rice Dinner Roll Cooked Green Beans Chef's Choice Fruit	Grilled Chicken Sandwich Bun W/Lettuce/Tomato Minestrone Soup Apple Crisp	BLT Salad W/Avocado Breadstick Angel Food W/Berries & Whipped Topping 	**Elder's Choice Day!** **Turkey Commercial** **Chocolate Cake** **W/ Sliced Strawberries**
Week 5	January 29	January 30	January 31		
	Baked Lemon Pepper Fish Baked Potato Cooked Broccoli Berry Crisp	Split Pea and Ham Soup Egg Salad Sandwich Banana Pudding Square	Grilled Chicken Autumn Dinner Salad W/Pumpkin Vinaigrette Breadstick Pumpkin Pie		

THE LOWER SIOUX ELDER CAREGIVER SERVICES PROGRAM is pleased to announce we have a newly stocked durable medical equipment lending closet! Current durable medical equipment available from the Lower Sioux Health Care Center lending closet includes:

- Portable Ramps, pill dispensers, rollator with seat and brakes, commodes and a portable hospital bed for end of life/hospice use in the home.

If you or a family member have a need for durable medical equipment or would like to begin the following services please call Stacy Hammer at 507-697-8945.

ENP VAN is available for Elder's needing transportation to and from Jackpot Junction to enjoy their meal with other Elder's in the dining room for congregate services and for transportation to and from the grocery store. The van is also handicap accessible which will allow room for those elder's requiring their wheelchair for transporting. Please call Gayle McCorkell at 507-697-8016 if you would like to be transported to Jackpot Junction for your meal service.

LOWER SIOUX CAREGIVER SERVICES PROGRAM ELIGIBILITY REQUIREMENTS:

FAMILY CAREGIVER means an adult family member or another individual who is an informal provider of an in-home and community care to an eligible elder or to an individual with Alzheimer's disease or a related disorder. Respite care, is care provided to a frail elder so the caregiver can have a break.

GRANDPARENTS RAISING GRANDCHILDREN The term child is an individual who is no more than 18 years of age or who is an individual with a disability. Grandparent or older individual who is a relative caregiver, a grandparent or step grandparent of a child or a relative of a child by blood, marriage or adoption who is 60 years of age or older and lives with the child or is the primary caregiver of the child because the biological or adoptive parents are unable or unwilling to serve as the primary caregiver of the child or has the legal relationship to the child or is raising the child informally.

CLARIFICATION SERVICES In respect to Grandparents caring for Grandchildren, the Lower Sioux Title VI program (Elder Nutrition Program) may utilize caregiver funds form the Native American Caregiver Support Program to provide respite and supplemental services to grandparents and relative caregivers. Funds may be provided to pay expenses such as summer camps and the SACC program that would allow grandparents a break from their daily caregiving responsibilities. Funds may be utilized to provide daycare services for facilities licensed under Lower Sioux Health and Social Services.

Grandparents raising grandchildren will be allowed up to 24 hours of respite care per month, families will be notified if allotments are adjusted due to changes in funding.

Eligible family caregiver 60 years of age or older may receive up to 24 hours of respite care per month. Respite care can be provided in the home of the elder, the caregiver or it can be provided at an out of home setting such as a senior center or adult day care center.

Lower Sioux Family Spirit Program
Tiwahe ta nagi

is being offered through the Lower Sioux Health Care Center and Lower Sioux Social Services

What is Family Spirit?

- Outreach program serving American Indian families across America
- Free program offered to expectant mothers and fathers from pregnancy and up to the child's 3rd birthday
- Trained Home Visitors will meet you in your home or at a comfortable meeting space within the community
- Visits can be weekly, monthly, or whatever your schedule allows

Wakaŋheża Babies are Sacred

Let us join you on this sacred journey.

Are you or someone you know interested?

Call us today—Everything is confidential

FAMILY SPIRIT
TIWAHE TA NAGI

Kortni Thul, Project Coordinator 507.697.8946
Lisa Jones, Health and Human Services Director 507.697.8683

HOSPITAL SEEKING HOSPICE VOLUNTEERS

The smallest amount of your time can make a big difference in the life of a Hospice patient and their family. Hospice volunteers come from all walks of life — retirees, homemakers, farmers, veterans, business owners, and many others. The one thing they have in common is a desire to help others during end of life care.

Redwood Area Hospital Hospice serves clients within a 30 mile radius of Redwood Falls. The hospital is currently looking for volunteers to serve local communities, including Sleepy Eye, Springfield, Belview, Fairfax, Lucan, Morgan, Morton, Sanborn, Lamberton, Wabasso, and Redwood Falls.

"While we are in need of volunteers in all of our communities, we have a greater need for volunteers from the Lower Sioux community right now so that we can enhance the unique cultural aspects of supporting Native American individuals through their hospice journey." explains Samantha Loomis, Redwood Area Hospital Foundation Director/ Volunteer Coordinator.

Redwood Area Hospital's annual hospice volunteer training course will be February 21st and 22nd between 8 a.m. – 4 p.m. This course helps new volunteers understand the grief process and the needs of the terminally ill. No medical experience is required to be a volunteer. At the completion of training, volunteers may be asked to visit with clients, provide respite for family members, or other duties to support clients and their families. Some volunteers prefer to assist with hospice office functions such as mailings and fundraising.

The role of volunteers is so important that Medicare requires every hospice program to have trained volunteers on its team. State and Medicare regulations dictate the training a volunteer must receive prior to seeing clients. Training will cover basic techniques in patient care, understanding of the disease process, communication skills, bereavement, spiritual care and other topics.

If you are interested in becoming a hospice volunteer, contact Samantha Loomis (507) 637-4668. Please register by February 15th to attend this training session. In addition to volunteer training, Hospice speakers are available to any organization or group that is interested in learning about Hospice. More information about Redwood Area Hospital hospice program can be found at www.redwoodareahospital.org.

YOUNG ADULT SELF DEFENSE WORKSHOP

WITH MR. ROSS POLLO

Tae Kwon Do — Lower Sioux Indian Community

Ages 13—24

Saturday, January 27th, 2018

Rec Center MPR

2:00—4:00 pm

- Light Snacks and Beverages Provided
- Learn Techniques for Knife and Gun Self Defense
- Limited Space Available— First 20 Participants Guaranteed

Questions? Contact Kortni Thul, Wicozani Project Coord. 507.697.8946

Healthy Holiday Baking Class

Rescheduled! New Date

Thursday, January 18
5:30pm-7pm
LSIC Kitchen

This Class is for Adults 18+. Alongside the instructor, participants will be making samples of healthy holiday treat options to try and enjoy a light supper.

Any Questions? Please contact Kortni Thul, Project Coordinator 507.697.8946

Sign Up at Govt. Center!

Please join us for a

Mind Body Medicine and Stress Busting Workshop

Come and learn how Mind Body Medicine can:

-Resolve your anxiety

-Help you relax

-Manage fatigue

-Boost your energy

Monday, January 15th, 2018

Lower Sioux Rec Center

Adult Workshop 8:00 am – 12:00 pm

Youth Workshop 1:00 pm - 5:00 pm

(There will be a lunch provided in between the adult and youth workshops)

Free gift for all participants

Please register by January 10th, 2018

Featuring:

Linda EagleSpeaker

Ceremonial Elder in Residence

Minneapolis Indian Women's Resource Center

Minneapolis, Minnesota

TO REGISTER: Call: Stacy Hammer, RDN, LD, at (507) 697-8945 or Kara Thul, CHES, at (507) 697-8942

Lower Sioux Indian Community

WELLNESS DINNER

Tuesday

January 9th, 2018

5:00—7:30 p.m.

Jackpot Junction

FREE EVENT!

Please RSVP At:

eventbrite.com

2018

Lower Sioux Indian Community Wellness Dinner

Space is limited.

This event is sponsored by:

SCHEDULE OF EVENTS:

5:00 P.M. Social Hour

5:20 p.m. Announcement:

Intergenerational Cultural Incubator!

5:30 p.m. Family-Style Dinner

6:00 p.m. Guest Speaker, Tony St. Clair

7:00 p.m. Raffle!

FEATURING!

Speaker

Tony St. Clair

FREE ART RAFFLE

Tickets will be available for all participants to win original Native Art.

FREE GIFT

For all Attendees!

Choice of lunch pail or water bottle

Questions please contact Kara Siegfried, CHES, 507-697-8942.

Carbon Monoxide Safety

Did you know?

More than 150 people in the U.S. die every year from accidental nonfire-related carbon monoxide poisoning.

Carbon monoxide or CO is a colorless and odorless gas. CO poisoning can occur when a fuel-burning appliance or machine, such as a furnace, heater or generator, is not working or vented properly. Breathing in CO at high levels can be fatal.

Learn what you can do to protect your family from the dangers of CO.

- Install and maintain CO alarms inside your home to provide early warning of CO.
- Install CO alarms in a central location outside each separate sleeping area and on every level of your home.
- Use portable generators outdoors in well-ventilated areas away from all doors, windows and vents.
- Make sure vents for the dryer, furnace, stove and fireplace are clear of snow and other debris.

For more information and free resources, visit
www.usfa.fema.gov

FEMA | U.S. Fire Administration

Click here to add image.

Carbon Monoxide: What you need to know

What can you do?

Ensure that appliances are in good working order.

Purchase a Carbon monoxide detector at local hardware or Walmart type store. Check that you have a carbon monoxide detector in the hallway near every area of your home that is used for sleeping. Make sure furniture or draperies do not cover the alarm. Test alarm to make sure it is in good working order.

Make sure that you have good air ventilation.

Get your heating system professionally inspected and serviced every year.

In an attached garage, even if the door is open, do not leave a car running.

Do not operate a portable generator or any other gasoline engine-powered tool in or near any house, garage or other enclosed space.

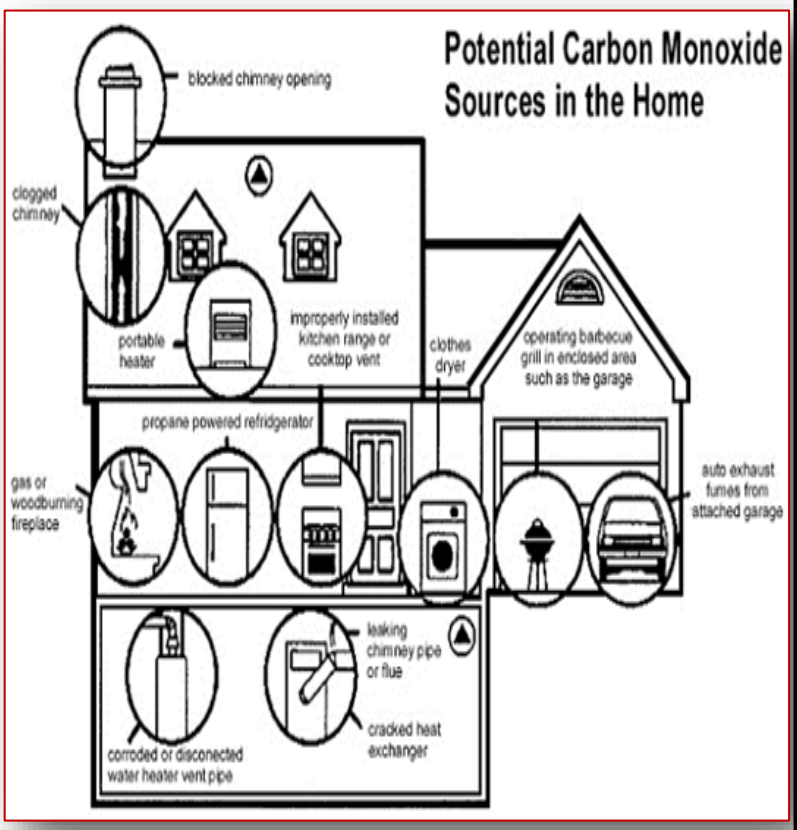
REPLACE CARBON MONOXIDE DETECTORS EVERY 5-7 YEARS

Carbon monoxide is a gas that has no odor, color, or taste. You cannot see or smell it, but it can be very dangerous to your health and even fatal. Dangerous situations can occur when carbon monoxide is trapped in poorly ventilated, contained spaces where people are located. If there is too much carbon monoxide in the air you are breathing, your ability to absorb oxygen can be diminished, resulting in serious tissue damage.

Signs and symptoms of carbon monoxide poisoning may include:

- Headache
- Dizziness
- Nausea
- Flu-like symptoms, fatigue
- Shortness of breath on exertion
- Impaired judgment

Carbon monoxide poisoning can be especially dangerous for people who are sleeping.



Various appliances fueled by wood or gas produce carbon monoxide, including:

- Fuel-burning space heaters
- Furnaces
- Charcoal grills
- Cooking ranges
- Water heaters
- Fireplaces
- Portable generators
- Wood-burning stoves
- Car and truck engines

Normally the amount of carbon monoxide produced by these sources isn't cause for concern. But if appliances aren't kept in good working order or if they're used in a closed or partially closed space — such as using a charcoal grill indoors or running your car in a closed garage — the carbon monoxide can build to dangerous levels.

BED BUG AWARENESS

Photo of bed bug droppings (black spots) and bed bug eggs (white spots) These were found behind the head board in a hotel. Photo credit to Tony St. Clair owner of Scent Detection Systems, he offers drug and bed bug detection services to business-es. His email is: tonysdsk9@gmail.com if you have any questions!

BED BUG BASICS

Bed Bugs are small insects about the size of an apple seed. Adult bed bugs are flat, oval and red-dish brown in color. Juvenile bed bugs can be very small and hard to see.

Bed Bugs feed on human blood and can live for over a year with-out a meal.

Bed Bugs usually hide during the day near where people rest or sleep and then come out at night to feed. Bed bugs do not live on our bodies.

Some people do not react when bitten by a bed bug.

Most bed bugs are found within 8 feet of a person's resting place. As the infestation grows, bed bugs will spread further. You can find bed bugs in any of the follow-ing places:

- Mattresses, box springs, bed frames, and bedding
- Cracks and crevices of furniture
- Behind peeling wall paper
- Behind pictures and clocks
- In curtains
- In cracks in hardwood floors
- Under Carpeting
- Behind electrical outlets or switch plates

For more information contact the Bed Bug information line at 612-624-2200, 1-855-644-2200 bedbugs@umn.edu or visit www.bedbugs.umn.edu

Bed Bug Control in Residences

When trying to control bed bugs in your home:

- ***DO NOT*** **use pesticides meant for garden or agricultural use.**
- ***DO NOT*** **use products that appear to be "homemade" or "custom formulated" or products purchased from someone without a license.**

The most effective way to control bed bugs in your home is through a combination of chemical measures and heat treatments applied by a Pest Management Professional (PMP). Unfortunately, the service of a PMP can be costly. So we are providing information on how to control a bed bug infestation on your own.

Controlling bed bugs by yourself is very difficult and time consuming. It involves moving furniture, household goods and personal items. Plan how you want to treat each room. Set up a "clean zone".

How to set up a "Clean Zone"?

- ✓ Start with corners and edges of an open wall, dig things out of cracks and crevices with a plastic card.
- ✓ Inspect and clean along all cracks and crevices
- ✓ You can use a damp cloth or mop to clean if you have bare tile or wood floors, otherwise vacuum thoroughly
- ✓ Don't forget to clean pictures and other wall hangings
- ✓ Inspect other items and put them into the clean zone
- ✓ Sort clothes, bedding, and other items that can be laundered as this can be very effective to treat infested items.
- ✓ See http://www.bedbugs.umn.edu/bed-bug-control-in-residences/controlling-bed-bugs-by-hand/ for more details on setting up a clean zone.

Killing bed bugs by hand is not 100% effective but will help you reduce the number of bugs in your home. You can capture and squash them or capture them on sticky tape and throw away the tape.

***Tools for hunting and destroying bed bugs*: Flashlight, old credit card (or similar) clear tape, plastic bags, a cloth and hot soapy water.**

***Steps*: Use the flashlight and a credit card to search out bed bugs by moving the card along cracks and crevices to push out the bugs. Use the sticky tape to trap the bugs. Use the hot soapy water to wipe up infestations, the bugs, blood stains, droppings, eggs and shed skins.**

Vacuuming helps to quickly capture and contain bed bugs. Vacuum crevices around baseboards, electronic items (such as TVs and stereos) and any other likely hiding places, such as beds, couches, bedframes, and dressers. If using a canister vacuum, immediately empty the contents into a plastic bag, seal and throw away. Clean the

Let's Beat the Bug!

vacuum thoroughly. If using a vacuum with a bag, immediately remove the bag and seal in plastic for disposal. Check the vacuum for any remaining bugs and kill them to avoid spreading the bed bugs further.

Laundering is a very effective method to treat items that can be placed in the washing machine or dryer. Collect linens and dirty clothes and seal in plastic bags until they can be washed to decrease the chance of spreading bed bugs. Use the highest temperature the fabric can withstand for washing and drying. If an item cannot be washed, dry it for 30 minutes at the highest temperature the item can withstand.

Steam can be very effective if done correctly. Use a commercial steamer with a minimum capacity of 1 gallon, preferably with a volume control. A floor or upholstery attachment allows steam to penetrate the fabric of furniture or drapes. To effectively kill bed bugs, the surface temperature of the object being treated should be 160-180°F immediately after the steam brush has passed. Use an infrared thermometer to monitor the temperature. Use care because steam can cause burns.

Freezing items that are infested is an easy way to kill bed bugs. All you need is a freezer and some time. When freezing items to kill bed bugs you will need to leave the items in the freezer for at least 4 days, at a temperature that is at or lower than 0°F. Be careful about what you freeze as freezing may cause damage.

Mattress encasements prevent bed bugs from hiding in the mattress, a prime location for the bugs and difficult to treat. If a mattress is infested, cover it to contain the bed bugs which will start to die after 2 weeks but leave the cover on for at least 18 months. In addition, mattress covers can easily be cleaned if a new infestation occurs. Purchase a mattress cover that is labeled specifically for bed bugs as covers designed only to reduce allergens may not stop bed bugs.

Dry heat treatment is an effective method of controlling bed bugs. This treatment is only conducted by a Pest Management Professional in order to ensure that infested items and rooms reach the required temperature for effective pest control. Do not attempt a heat treatment by yourself.

Insecticides are an important part of bed bug control as it is common for individual bed bugs to move away from the main infestation site to another site Use all insecticides carefully and according to the label. It is highly recommended that you hire a Pest Management Professional to apply the appropriate insecticides. Do not try to treat a bed bug infestation with insecticides labeled for other insects which can cause the bed bugs to disperse and increase the area infested.

For more information on each of these methods please visit www.bedbugs.umn.edu

Updated on September 29, 2014

By Amelia Shindelar and Dr. Stephen Kells, 2011
Funding for "Let's Beat the Bug" Campaign provided by the United States Environmental Protection Agency and MDA. Additional assistance from the Minnesota Department of Health was greatly appreciated.

In accordance with the Americans with Disabilities Act, this information is available in alternative forms of communication upon request by calling 651/201-6000. TTY users can call the Minnesota Relay Service at 711 or 1-800-627-3529.
The University of Minnesota and MDA are equal opportunity educators and employers.

MINNESOTA DEPARTMENT OF AGRICULTURE

UNIVERSITY OF MINNESOTA EXTENSION

LOWER SIOUX HOUSING

EMERGENCY HOUSING LOANS AVAILABLE

Terms:

- For **emergency** home repairs-applications will be considered on a case-by-case basis
- $6,000 maximum loan,
- 5% Interest Rate
- 30 month maximum repayment term
- $200/month minimum payment
- 100% payback

For more information, contact Housing at (507) 697-6185 or housing@lowersioux.com.

NAHASDA HOME IMPROVEMENT LOANS AVAILABLE

Terms:

- Borrow up to $20,000 for home repairs/renovations
- Interest Rate 5%
- Minimum monthly payment of $200, maybe more based upon loan amount & term
- Irrevocable Per Capita assignment required
- Maximum 96 month repayment term

Applicants must meet the following Income guidelines in order to qualify:

Household size:

1	2	3	4	5	6	7	8
$36,792	$42,048	$47,304	$52,560	$56,765	$60,970	$65,174	$69,379

__Applicants must provide income verification__

Contact Housing for further details and application. Loan funds are disbursed on a first come, first serve basis upon availability of funds.

MHFA HOME IMPROVEMENT LOANS AVAILABLE

Terms:

- Loans up to $35,000 for home repairs/renovations
- Interest Rate 5%
- Minimum monthly payment of $200, maybe more based upon loan amount & term
- Irrevocable Per Capita assignment required, may use GAP
- Maximum term of 180 months (15 years) depending upon loan amount
- Applicant must provide income verification

Contact Housing for further details and application. Loan funds are disbursed on a first come, first served basis upon availability of funds.

MORTGAGE LOANS AVAILABLE FOR NEW HOME CONSTRUCTION OR ACQUISITION:

- 3.5% Fixed Interest Rate
- Up to 30 year repayment term
- Construction/Acquisition within the 10 mile service area of Lower Sioux
- 29-41% debt to income ratios apply

Please contact Housing at (507) 697-6185 or housing@lowersioux.com for further details and to apply.

LOWER SIOUX POTTERY

We are looking for 8 apprentices to study Lower Sioux pottery with Joyce and Benjamin Pendleton this year. The apprenticeships will take place between March and November 2018. Application deadline is: February 15, 2018.

Apprentices must:

+ Be 18 or older.
+ Have previous pottery experience, arts experience, and/or strong interest in learning.
+ Demonstrate commitment to Dakota lifeways, cultural traditions, and/or strong interest in learning.
+ Appreciate the importance of carrying on the tradition of Dakota pottery making.
+ Commit to 100 hours' studying pottery with the master potters.
+ Throw up to 30 practice pieces and 3 final pieces that demonstrate apprenticeship specialty
+ Identify their artistic goals and write an artist's statement reflecting on the apprenticeship
+ Participate in two public events, one in Redwood and one at Lower Sioux, in Fall 2018
+ Donate at least one final piece to Lower Sioux for permanent display in the community.

Selected apprentices will receive up to $500 in monthly expenses during the apprenticeship and a $1,500 stipend after completing the apprenticeship. To apply, please contact Cheyanne at 697-8672.

Cradleboard & Positive Parenting Class

Skirt & Sweat Dress Class!

ÇAŋṠAYAPI EARLY HEAD START

The Lower Sioux was awarded $1.9 million grant to launch a Dakota-Immersion Early Head Start Program in September 2017. The new program will be set to open in April 2018. Early Head Start is a wrap-around evidence-based early learning program for children ages birth to 3 years. The program provides wrap-around services that integrate education, physical health, nutrition, mental health, and family/community engagement. Longitudinal research demonstrates many positive social, emotional, and economic benefits for Head Start participants.

The operational quarters for the program until the April opening will be in the Butterfly Room on the second floor of Jackpot Junction. The number will be (507) 697-6106.

There will be an information session on January 17th in the Multi-Purpose Room at the Recreational Center and again at the Quarterly Lower Sioux Community Meeting on January 24th.

Hiring: We have recently hired Vanessa Goodthunder as the Çaŋṡayapi Early Head Start Director who will lead the program with her new team that will be hired this month. Please find her bio below:

Vanessa Goodthunder, Sna Sna Wiŋ (Snah-Snah Weeŋ) comes from Çaŋṡayapi (Chahŋ-shah-yah-pee), which means where they paint the trees red also known as the Lower Sioux Indian Community. She graduated from the University of Minnesota-Twin Cities with a Bachelor's in U.S History and American Indian Studies-Dakota Language, and with a Master's of Education. Her passions are education, revitalizing the Dakota language, and working with Native youth.

Vanessa believes that language can be used to heal from historical trauma and has dedicated her life to learning and teaching her languages (Dakota and Dine). Vanessa has worked with the nonprofit organization called Daḳota Wiçoḥaŋ (Dakota Way of Life) as both a youth participant and later, a language instructor supporting Dakota language curriculum development. She recently was the Aide to the Chief of Staff and Tribal Affairs Policy Advisor in the Office of Governor Mark Dayton and Lt. Governor Tina Smith. She is a 2016 Champions for Change through the Center for Native American Youth located in D.C where she helps raise awareness of Native Youth issues as well as advocacy.

We are looking to bring more people to this team that will raise the next generation of Dakota language speakers. Please apply today at Lowersioux.com/employment. The chart below shows all the positions and the hiring dates. For more information or questions, please contact Vanessa.Goodthunder@lowersioux.com or at (507) 697-6106.

LOCAL GOVERNMENT & NATIVE NATION COLLABORATION WINNERS

OVERALL CATEGORY WINNER-

LOWER SIOUX INDIAN COMMUNITY IN THE STATE OF MN & REDWOOD AREA SCHOOL DISTRICT:

AWARD PLAQUES: An important clarification for the Local Government and Native Nations Collaboration category: PNLC made two award plaques: one for the local government entity and one for the Native Nation.

Creating Effective Culturally-Based Resources &Results for American Indian Students Lower Sioux and the Redwood Area School District's partnership creates cultural resources and improves educational outcomes for Native Students. Native Students at Redwood have higher proficiencies in state math and reading assessments and their graduation rate is above the states rate. Recently, the tribal-district partnership in Redwood has elected to the Redwood Area School Board in over 20 years and the district's adoption of an unprecedented credit-bearing Dakota Language Class.

Pictured: Jay Kiedrowski, Senior Fellow, Hubert Humphrey Public Nonprofit Leadership Center; Lower Sioux Indian Community and Redwood Area School District; Eileen Briggs, Native Nation Building Initiative, Bush Foundation. **Congratulations on your LGIA Award!**

LOWER SIOUX COUNCIL NEWS

Cansayapi Oyate Omniciye Yuotanin Wowapi tawa kin

Update from the President

Happy New Year! Omaka teca yuha wo! I want to wish you and your family a peaceful and happy year in 2018.

In response to Community members' requests to be better informed, the Council will write a monthly update this year. Let's start by looking back at 2017.

Last year, the Council focused on three priorities from our community's long-range strategic plan: Culture, Economics, and Space.

Culture—

+ Language is important: We started a Dakota language program, hiring our first Dakota language teacher and offering a for-credit class to high school students at Cedar Mountain and Redwood.

+ Children are our future: Children are natural language learners and our future, so we secured funds to start an Dakota Immersion Early Head Start Program for children birth to 3 years. Head Start also offers many resources for families so we are excited to get this started.

+ Our traditions are healthy: We received a $100,000 grant from the MN Super Bowl Legacy that we're using to build new Lacrosse field. It will be ready by next summer.

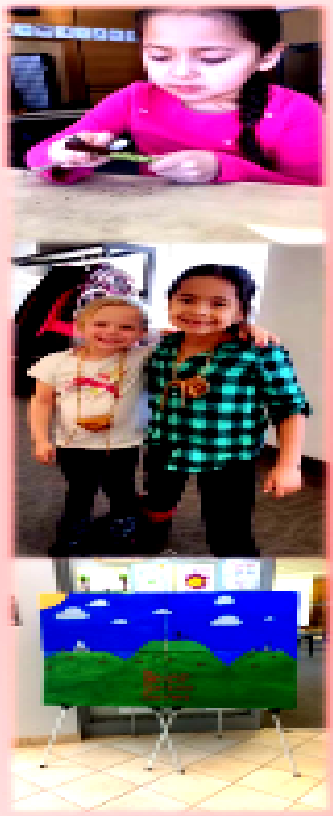
Economics—

+ We're keeping an eye on expenses: We adopted a new budgeting system and a balanced budget.

+ Planning for the future is essential: We completed an Economic Development Plan for the tribe, thanks to community input at focus group meetings in June 2017 and consultants from BlueStone Strategy Group. The new plan calls for: (1) Strengthening our current businesses; (2) Developing a new tax code to attract businesses; and (3) Developing a plan for business development around the casino. BlueStone returned to Lower Sioux in December. They are exploring ways to improve earnings at Jackpot Junction Casino/Hotel and the C-Store.

Space/Infrastructure:

+ Improving services from the ground up: We brought Internet into all the government buildings and we secured funds to repair and improve our water system. A main gas line has been installed in the community. We are now connecting larger government and commercial buildings to the gas line. Larry Swann serves as the Lower Sioux representative on the Rate Board of United Natural Gas (UNG).



Cansasa Harvesting
and
Tobacco Pouch Making Workshop

Saturday, January 13th, 2018
2 – 5 p.m.
Lower Sioux Rec. Center

Healthy snacks and beverages provided.
Dress for the weather.
Bring the whole family!

Questions?
Contact:
Mat Pendleton, Rec Director
507-697-8613

This event is proudly sponsored by:

"Ounkiciyapi kte kinhan, tanya unnipi kte!"
"When we work together, we will live well!"

TATANKA ARTS 10TH ANNIVERSARY JURIED ART SHOW

Awards Reception January 11th, 2018 from 7-9 p.m.

Art pickup January 31st, 2018 2-5 p.m. and February 1st, 2018 2-8 p.m.

NEW HIRES

Taylor Fenrich-
Police Officer

Lucas Gronli-
Police Officer

Darion Miller-Ahrens -
Dental Hygienist

JOB OPENINGS

1. Benefits Coordinator
2. ICWA Social Worker
3. Receptionist
4. Clerk of Court Assistant
5. 8 Teacher Positions
6. 2 Floating Teacher Positions
7. Home Visitor
8. Expectant Families Speacialist

For job descriptions please check our website at lowersioux.com or contact Karen Swann at 507-697-6185.

Christmas Party!

INFORMATIONAL UPDATES

Please text LowerSioux to **77948**

QUILTING CLASS

Wednesday's 1-7 p.m.

Contact: Ruby Minkel at

507-430-3282

CARDINALS NAME EIGHT TO ALL-DISTRICT TEAM

Redwood Valley football team had eight players named All-District Team after 7-1 record included in the honorees is Corbin Wabasha, Grandson of Linda Wabasha, DL/OL

FIRST QUARTER A HONOR ROLL:

Damico Arredondo
Gabrielle Dow
Angelina Johnson
Ivis Robertson
Sydney Sommers
Sidney Beran
Emmarica Larsen
Gavin Dow
Tylar Larsen
Mara Lund
Winterhawk Old Rock, Jr.
Jenna Pendleton
Jaidyn Probst
Cameran Sommers
Corbin Wabasha
Janessa Whitaker

FIRST QUARTER B HONOR ROLL:

Maria Arredondo
Atreyu Dow
Justus Probst
Breonna Rasmussen
Carlath Berry
Jada Farmer-Pendleton
Tate Goodthunder
Cecelia O'Keefe
Trella Old Rock
Omar Arredondo
Chauncey Crooks
Walker Peterson
Mitchell Prescott
Deopoldo Charles, Jr.
Michael Helsper
Brianna Henrichs

R A S D

DATES TO REMEMBER:

Jan. 3 - School Resumes
Jan. 15 - No school for students
Jan. 17 - Indian Parent Advisory Committee Meeting 5:30 - M.P.R. -With special guest Dr. Harstad, Director of the office of Indian Education at MDE. We will share our first semester progress and also begin our program planning for 2018-19 school year. Light snacks will be provided.

January-Rec

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness Class Every M,W & F From 5-7 p.m.	1 Closed Happy New Year	2 Painting 6-7	3 Tutor 4-6 Pottery 4:45-6:45 Drum 7-8	4 Tae Kwon Do 4-7	5 Multi Media 4-6 Volleyball 7-9	6 Painting 2-6
7	8 Tutor 4-6 Cooking 4-6 Basketball 7-10	9 Tutor 4-6 Tae Kwon Do 4-7 Painting 6-7	10 Tutor 4-6 Pottery 4:45-6:45 Drum 7-8 Girls Sweat 7	11 Tae Kwon Do 4-7 Healthy Generations Club 5:30-7	12 Multi Media 4-6 Volleyball 7-9	13 Traditional Tobacco Workshop 2-6pm
14	15 Cooking Class 5-6 Basketball Ages 11+ 7-10p	16 Tutor 4-6 Painting 6-7	17 Tutor 4-6 Pottery 4:45-6:45 Drum 7-8 Boys Sweat 7	18 Tae Kwon Do 4-7	19 Multi Media 4-6 Volleyball 7-9	20 Northern Indigenous Winter Games 10-2p
21	22 Tutor 4-6 Cooking 4-6 Basketball 11+ 7-10p	23 Tutor 4-6 Tae Kwon Do 4-7 Painting 6-7	24 Tutor 4-6 Pottery 4:45-6:45 Drum 7-8	25 Tae Kwon Do 4-7	26 Multi Media 4-6 Volleyball 7-9	27 Youth/Adult Self Defense Workshop 13-24 yrs. Old 2-4 Quill Work 6-9p
28	29 Tutor 4-6 Cooking 4-6 Basketball 11+ 7-10p	30 Tutor 4-6 Tae Kwon Do 4-7 Painting 6-7	31 Tutor 4-6 Pottery 4:45-6:45 Drum 7-8			

REC CENTER HOURS

MONDAY 2PM– 10PM

TUESDAY– THURSDAY 1PM-9PM

FRIDAY—SATURDAY 2PM –10PM,

SUNDAY—CLOSED

MAT PENDLETON, RECREATION DIRECTOR

507-697-8612

Mat.pendleton@lowersioux.com

January

ANPETU WAKAN	ANPETU TOKAHEYA	ANPETU INUNPA	ANPETU IYAMNI	ANPETU ITOPA	ANPETU IZAPTAN	OWANKE YUZAZAPI
	1 **CLOSED** **HAPPY NEW YEARS!**	2 12 AA 1-3 Continued Care Service 7 Gambling Anonymous	3 11 Elders Mtg. 1-4 Intensive Outpatient Service 1-7 Quilting	4 10-12 Adult Pottery 5 Positive Indian Parenting	5 1-4 Intensive Outpatient Service	6
7	8 1-4 Intensive Outpatient Service	9 12 AA 1-3 Continued Care Service 7 Gambling Anonymous 5-7:30 Wellness Dinner	10 1 Elders Mtg. 1-4 Food Shelf 1-4 Intensive Outpatient Service 1-7 Quilting 4:30 Education	11 10-12 Adult Pottery 5 Positive Indian Parenting	12 1-4 Intensive Outpatient Service	13
14	15 8 Adult Mind Body Medicine & Stress Workshop 12 Youth Mind Body Workshop 1-4 Intensive Outpatient Service **MARTIN LUTHER KING DAY**	16 12 AA 1-3 Continued Care Service 4-30 Ruby's Pantry 5 Positive Indian Parenting 7 Gambling Anonymous	17 11 Elders Mtg. 1-4 Intensive Outpatient Service 1-7 Quilting	18 10-12 Adult Pottery 5 Positive Indian Parenting	19 1-4 Intensive Outpatient Service	20
21	22 1-4 Intensive Outpatient Service	23 12 AA 1-3 Continued Care Service 5 Positive Indian Parenting 7 Gambling Anonymous **6 WELLBRIETY POTLUCK**	24 11 Elders Mtg. 1-4 Food Shelf 1-4 Intensive Outpatient Service 1-7 Quilting **5 QUARTERLY MTG**	25 12 Wisdom Steps 1 Diabetes Bingo 5 Holiday Baking 5 Positive Indian Parenting	26 1-4 Intensive Outpatient Service	27 **2-4 YOUNG ADULT SELF DEFENSE WORKSHOP MPR**
28	29	30 12 AA 1-3 Continued Care Service 5 Positive Indian Parenting 7 Gambling Anonymous	31 11 Elders Mtg. 1-4 Food Shelf 1-4 Intensive Outpatient Service 1-7 Quilting			