Istawičayazan Wi

Sore Eye Moon

March 2018
Volume 18 Issue 3

COUNCIL

Brian Pendleton
President

Robert L. Larsen, Sr.
Vice-President

Grace Goldtooth
Treasurer

Earl Pendleton
Secretary

Jane Steffen
Assistant Secretary/ Treasurer

Happy St. Patrick's Day!

EASTER BASKETS!

Easter Sunday, April 1st

11am-1pm

Rec Center

Easter Baskets will be given to all eligible members ages infant to 17.

LOWER SIOUX INDIAN COMMUNITY

QUARTERLY COMMUNITY MEETING

5:00 PM

Wednesday, April 25th, 2018

Jackpot Junction Casino Hotel

JOB OPENINGS

Benefits Coordinator

Early Head Start Coach

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

INSIDE THIS ISSUE

Health	2-5
Enrollment	5
Environment	6-7
Housing	8
Lower Sioux Agency	9
Art Incubator	10
Early Head Start	11
Council Update	12
Community News	13-14
Rec. Calendar	15
Calendar	16

POTTERY APPRENTICES

The Cansayapi Cultural Department would like to introduce the 2018 Pottery Apprentices:

- Kateri O'Keefe
- Anne O'Keefe
- Damon Lablanc
- Jason Johnson
- Hepi Robertson
- Shelly Zeller
- Anthony Flores
- Ariella Leith

Congratulations to each of you! We appreciate your dedication to renewing the traditional Lower Sioux pottery and look forward to showcasing your artistic success with the community and larger areas in upcoming Art Exhibits!

Health

REMINDERS

- **FAMILY SPIRIT PROGRAM-**Tiwahe ta nagi: Free program for expectant mothers and fathers from pregnancy and up to the child's 3rd birthday, meet in home or a comfortable meeting space in the community, weekly, monthly according to your schedule. Contact Kortni Thul 507-697-8946.
- **GROCERY STORE TOURS-** Please call Stacy at 697-8600 to set up a time and date for your group or individualized tour.
- **HEALTH CORRESPONDENCE**-Bring mail and correspondence you receive into health department.
- **HOME HEALTH VISIT-**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.
- **INSURANCE-**Effective 1-1-2018 CCStpa will cover electric breast pumps up to $300.00.
- **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.
- **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

YOUNG LIVING ESSENTIAL OILS 101 CLASS

Please join us Sunday March 4, 2018 from 12-1:30pm

Jackpot Junction Dacotah Restaurant Private dining room

This class will provide hands on learning about what Essential Oils are and

what they can do for **YOU** to help support multiple body systems.

The Lower Sioux Pharmacy can order these oils as well.

Lower Sioux Elder Nutrition Program Menu: March 1, 2018- March 30, 2018 Wicozani

Weekly Events	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				March 1	March 2
	WISDOM STEPS MEETING **Community Center Kitchen** **12:00 pm-1:00 pm, Thursday, March 29** **DIABETES BINGO** **Front Conference Room of Community Center** **1:00 pm, Thursday, March 29**			Elder's Choice Day! Turkey Commercial Chocolate Cake W/Sliced Strawberries	Beef Stroganoff Cooked Carrots Wheat Bread Blueberry Crisp
Week 2	March 5	March 6	March 7	March 8	March 9
	Cranberry Pork Loin Chops Seasonal Cooked Vegetables Brown Rice Pilaf Chef's Choice Fruit	Turkey Vegetable Wrap Fresh Melon Oatmeal Raisin Cookie	Chicken Wild Rice Casserole Vegetable Medley Whole Wheat Bread Slice Strawberry Rhubarb Square	Chili Shredded Cheese Topping Autumn Salad W/Pumpkin Vinaigrette Cornbread Muffin W/Wojapi	Baked Lemon Pepper Fish Baked Potato Cooked Broccoli Berry Crisp
Week 3	March 12	March 13	March 14	March 15	March 16
	Grilled Chicken Caesar Dinner Salad Whole Wheat Bread Angel Food W/Berries & Whipped Topping	Split Pea and Ham Soup Egg Salad Sandwich Banana Pudding Square	Braised Beef Tips W/Gravy Mashed Potatoes Steamed Mixed Veggies Wheat Bread or Roll Chefs Choice Fruit	Ham and Broccoli Egg Bake Hash Browns Mixed Fruit Cocktail	Squash Macaroni & Cheese Vegetable Medley Cranberry Wild Rice Dinner Roll Berry Crisp
Week 4	March 19	March 20	March 21	March 22	March 23
	Baked Ham Au gratin Potatoes Green beans Banana Pudding Square	Grilled Chicken Autumn Dinner Salad w/ pumpkin vinaigrette Breadstick Pumpkin Pie	Chicken Wild Rice Soup Garden Salad w/ light ranch dress-ing Wheat Dinner Roll Apple Sauce	BLT salad with av-ocado Breadstick Angel Food w/ Berries & Whipped topping	Elder's Choice Day! Fried Walleye W/ Tartar Sauce Macaroni Salad Apple Pie
Week 5	March 26	March 27	March 28	March 29	March 30
	Grilled Pork Chops Rustic Mashed Potatoes Carrots Whole Wheat Bread Slice Apple Sauce	Meatloaf W/Gravy Parsley Butter Potatoes Cooked Carrots Whole Wheat Dinner Roll Chef's Choice Fruit	Turkey Pot Pie Garden Salad W/ Light Ranch Apple Crisp	Grilled Chicken Breast W/Gravy Wild Rice Salad Cooked Carrots Cornbread Muffin Chef's Choice Fruit 	Black Bean Soup Garden Salad W/Light Ranch Breadstick Banana Pudding Square

LOWER SIOUX HEALTH & HUMAN SERVICES

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, transport chairs, 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 the Community Center dining area to enjoy their meal with other Elder's and for transportation to and from the grocery store. The van is also handi-cap accessible which will allow room for those elder's requiring their wheelchair. Please call Stacy Hammer at 507-697-8945 if you would like to be transported to Community Center 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.

ATTENTION ELDERS AGED 60 YEARS AND UP:

Effective March 1st, 2018, the Elder Nutrition program will be changing the location of the congregate dining site from Jackpot Junction to the Lower Sioux Community Center kitchen area. The change is due to lack of participation and the increased cost of having the dining room located at Jackpot Junction. Therefore, if you would like to meet with other elders during your lunch, at the Community Center kitchen area, please call Gayle McCorkell at 697-8016, or Stacy Hammer, RDN, LD at 697-8945 and your meal will be delivered to the Community Center for the day(s) you choose. The estimated time of meal arrival to the community center is between 11:30-12:00 Monday – Friday. This change does not apply to elder meal delivery. If you are currently receiving your meals delivered to your home, there are no changes. This change only applies to those planning to meet for congregate dining. If you have any questions, or concerns, please feel free to contact your Elder Nutrition Program Director, Stacy Hammer. Pidamayaye!

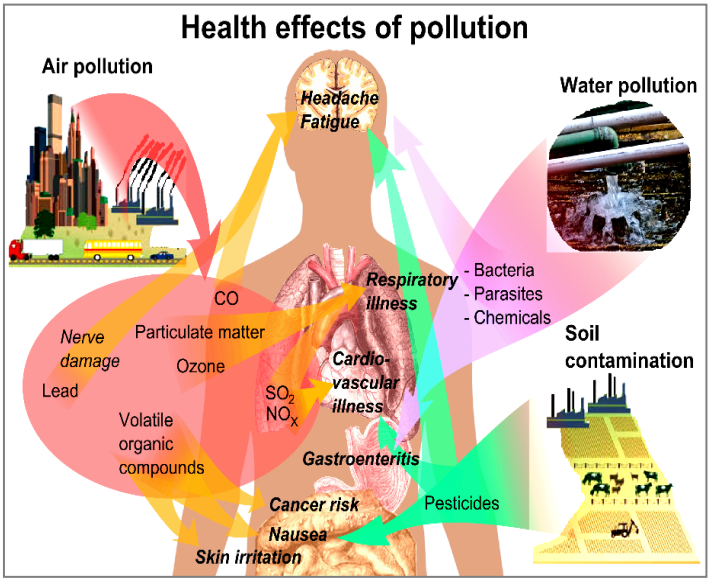
WHEN NEEDING TO DO A PATERNITY TEST FOR ENROLLMENT & INSURANCE PURPOSES

Insurance needs the paternity test completed within the first 30 days of the baby's birth for the delivery to be covered under insurance. There will need to be two forms of payment, a cashier's check in the amount of $263.34 made out to DNA Diagnostics Center and cashier's check in the amount of $40 made out to Lower Sioux Health Care Center. A per capita agreement can also be arranged for the necessary checks to be picked up at the Lower Sioux Government Center and be taken out of the following month's per capita. The checks need to be in hand at your appointment to be sent with your sample collection. An appointment must be made for the lab, you can contact the Enrollment Clerk to set it up for you. It can take up to 2 weeks to receive the final test results, please plan to make your appointment with the appropriate time allotment.

Once the paternity test is received, the enrollment process for the new born can begin. The Enrollment Clerk needs the completed application, family tree (found in the application), proof of residency specifically for the month and year the child was born, birth certificate (needs to be requested at the Redwood County Recorder at the Redwood Falls Government Center) and Social Security card.

PROTECT YOUR HEART FROM AIR POLLUTION

Did you know that air pollution can affect heart health? Studies show that air pollution can trigger heart attacks, strokes and worsen heart failure in people who are at risk for these conditions. Very small particles are the pollutants of greatest concern for triggering these effects. Particle pollution is found in haze, smoke, and dust—and sometimes in air that looks clean. If you have a heart condition, you could benefit by reducing your exposure to high levels of air pollution.



Are you at higher risk?

Older adults and people with risk factors for heart disease or stroke may be at greater risk. You are at greater risk if you:

- Have had a heart attack, angina, bypass surgery, angioplasty with or without a stent, a stroke, blockages in the neck or leg arteries, heart failure, heart rhythm problems, diabetes, or chronic obstructive lung disease.

You may be at greater risk of heart disease or stroke (and therefore at greater risk from particle pollution) if any of these apply:

- You are a man 45 years or older, or a woman 55 years or older.
- You have a family history of stroke or early heart disease (father or brother diagnosed before age 55; mother or sister diagnosed before age 65).
- You have high blood pressure or high blood cholesterol.
- You are overweight or not physically active.
- You smoke cigarettes.

How can you protect your health?

Regular exercise is important for staying healthy, especially if you have heart disease. By adjusting when and where you exercise, you can lead a healthier lifestyle and help reduce your risk of heart problems or stroke triggered by air pollution. In addition:

• If you have heart disease or have experienced a stroke, check with your health care provider about the best ways to protect your health when the air quality is unhealthy.

• If you're at risk of heart disease or stroke and plan to exercise more than usual, discuss this with your health care provider.

Particle pollution levels can be high any time of year. Particle levels can also be high near busy roads, urban areas, and in industrial areas, smoke in the air from wood stoves, fireplaces, burning vegetation or forest fire.

Air Quality index (AQI)

You can't always see the air pollution, so it is important to check air quality reports on current air conditions. The Air Quality Index (AQI) was designed to help better understand air quality levels in relation to your health. It is divided into 6 categories ranging from Good, Moderate, Unhealthy for Sensitive Groups, Unhealthy, Very Unhealthy, and Hazardous.

Air Quality Index Levels of Health Concern (Air quality conditions are)	Air Quality Index Numerical Value of	Meaning
Good	0 to 50	Air quality is considered satisfactory, and air pollution poses little or no risk.
Moderate	51 to 100	Air quality is acceptable; however, for some pollutants there may be a moderate health concern for a very small number of people who are unusually sensitive to air pollution.
Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is not likely to be affected.
Unhealthy	151 to 200	Everyone may begin to experience health effects; members of sensitive groups may experience more serious health effects.
Very Unhealthy	201 to 300	Health alert: everyone may experience more serious health effects.
Hazardous	301 to 500	Health warnings of emergency conditions. The entire population is more likely to be affected.

Note: Values above 500 are considered Beyond the AQI. Follow recommendations for the "Hazardous category

News outlets (radio, tv or newspaper) sometimes includes the outdoor air quality conditions. Also you can check the website airnow.gov online. Recently the MN Pollution Control Agency (MPCA) developed a **Minnesota Air** mobile app for use on your phone. This app provides daily air quality forecasts and real-time air quality conditions to help you protect your health.

References: EPA -American Heart Association Fact Sheet https://www.epa.gov/sites/production/files/2016-01/documents/heartflyer.pdf

MPCA Air Quality index smartphone app https://www.pca.state.mn.us/air-quality-index-smartphone-app

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.

COMMUNITY DINNER

INTERGENERATIONAL DAKOTA GATHERING

FRIDAY, MARCH 9TH

6-7:30 PM

JACKPOT JUNCTION CASINO BALLROOM

SPONSORED BY SWIF AND CANŚAYAPI CULTURAL DEPT. (CCD)

RSVP JEAN AT 697-8649

Please join us in welcoming our visiting Santee relatives! A meal will be provided for the community, followed by opportunities to share family histories, cultural knowledge and community stories.

We will discuss upcoming elder programs followed by games, raffles and fun activities. The goal is to gather interviews, stories and photos of our elders sharing community stories, exchanging knowledge and engaging with one another. All footage will be integrated into Lower Sioux's Digital Archive.

MN HISTORICAL SOCIETY

COLLECTIONS ARCHIVE TOUR

SATURDAY, MARCH 10TH

8:30 AM-LOWER SIOUX GOVERNMENT CENTER

6:00 PM-BUS WILL DEPART FROM MHS IN ST. PAUL

LUNCH & SNACKS PROVIDED

RSVP CHEYANNE 507-697-8672 OR SIGNUP AT THE GOVERNMENT CENTER.

SPACE IS LIMITED!

Please join us for a day of touring the MN Historical Society American Indian Collections. This private tour is open to any Lower Sioux artist, Elder or youth who has active interest in archaeological, cultural and historical resources directly associated to Cansayapi.

REPORT FROM THE ARTS INCUBATOR/

COMMUNITY CENTER CONSULTANTS

Lower Sioux Consultants Andrea Akers-Mader, Kim Pate and Kim Tilsen-Brave Heart visited the Community February 14 – 17th to conduct interviews and focus groups for the new arts incubator/community center. The main goal was to learn about how people in the Community feel about the Arts Incubator/ Community Center. We wanted to find out how people would use the Center, what activities they would prefer, any concerns they have and what they would like to see happen in the Community as a result of the Center.

We led seven focus groups with elders, youth, artists, employees, and Tribal Council. We conducted numerous interviews and co-hosted a community dinner with the Cansa'yapi Cultural Department. In each of the focus groups, we divided participants into groups and asked each group to respond to a set of questions by writing answers on post it notes. The groups then selected one person from each group to report out. We had honest and lively discussions that produced good information for us to use to write our reports and recommendations for the Community and the Economic Development Administration.

One of the big ideas that came out of the focus groups is that the name "Lower Sioux Intergenerational Arts Incubator" or "LSICI" doesn't fit the Community and will need to be changed. There were a number of suggestions for a Dakota term instead. Other big ideas centered around how the space will be used and by whom. Elders and youth both expressed a need for their own space, while artists hoped for large enough spaces to meaningfully pursue their art. There were also great ideas for the types of training that could be offered - and they weren't limited to art training because not everyone in the Community is "artsy". In fact, a number of participants expressed a need for career, fitness and life skills trainings.

The interviews provided similarly rich information and helped the consultants round out a highly productive visit. In addition, throughout the time we were in Lower Sioux, we spoke one-on-one with Community members and received some really helpful feedback. Over the next few months, we will be developing reports and recommendations to respond to everything we learned, and will present our findings in March or April. We are so thankful to everyone who participated!

Photograph Caption: At community dinners in January and February, the arts incubator consultants raffled off original Native art, including the original and three prints of "Two Chiefs" by Joe Hopkins (Muscogee Creek and Seminole). Joe painted this for Lower Sioux based on a photograph of two Bdewakantunwan chiefs.

MONDAY, MARCH 12TH, 2018

APPLICATION FAIR

ÇAŋŚAYAPI WAĶAŋYEŻA OWAYAWA ṬI

LOWER SIOUX INDIAN COMMUNITY
EARLY HEAD START AND PRESCHOOL

Join Us!

At this event we will be assisting with applications for enrollment of children birth to 5 years old. Feel free to bring any important paperwork you have regarding the application process. Our team will be there to answer any questions.

*Applications will be available March 1st at the Lower Sioux Government Center .

TIMES:

12pm – 1pm

5pm – 6pm

Lower Sioux Rec Center

Multi-Purpose Room

FOR MORE INFORMATION CONTACT:

MARIAH WABASHA

@ (507) 697-8255

Mariah.Wabasha@lowersioux.com

Čansayapi Dakota Immersion School Logo Voting

Dakota graphic artists submitted their logo ideas for the new Immersion School.

Congratulation's to the overall winner! This will be our main logo.

Since the votes were so close we will be using the runner-up in places to some extent as well.

Çaŋśayapi Waķaŋyeża Owayawa Ṭi

Winner

Çaŋśayapi Waķaŋyeża Owayawa Ṭi

Runner-Up

Lower Sioux Council News

ČANSAYAPI OYATE OMNIČIYE YUOTANIN WOWAPI TAWA KIN

Update from the President

February has been busy! Here are a few updates highlighting the great work underway!

Focus Groups for Expanding the Community Center and Proposed Incubator
Thanks to everyone for turning out for the focus groups and community workshop dinner in mid-February. A total 142 people shared their ideas and concerns for expanding the community center and creating spaces for elders, youth, and artists to gather, train, and produce art. Our consultants will put the information together into a feasibility study and management plan. This report will get submitted to our funder, the Economic Development Administration or EDA. If the EDA likes what we come up with, they will consider funding the expanded center.

Audit Time!
Our external auditors have returned to conduct the annual audit of Lower Sioux. They are reviewing our income and expenses for 2017. This takes a lot of effort and time on the part of our Finance Department, but having an annual audit ensures that all of our community's funds are being spent accurately. Thanks to all who are helping out.

Dakota Immersion Early Childhood School Progress
Change can be hard, so it was sad to see the closing of PlayZone, but the good news is that we are moving forward on the new Dakota immersion Early Childhood School. Ours will be the first Dakota immersion school on tribal lands in Minnesota. The renovation will be done in June and in the meantime, the staff are in training and learning Dakota so they can pass the language on to our youth.

Welcome Nizhoni Smith, Assistant Legal Counsel!
Lower Sioux is pleased to announce the addition of Nizhoni Smith as the Assistant Legal Counsel for the tribe. She will work directly with Lenor Scheffler. She came to Lower Sioux from White Earth where she served as an attorney and an advocate. Before that she worked in the area of healthcare compliance in her home state of Arizona. Her skills will be an asset to our community. Please welcome her when you see her.

Red Willow Run & Ceremonial Tobacco

Community Health and Rec Center hosted the first ever Red Willow Run and Tobacco Workshop in February. There were 20 participants from Redwood and Lower Sioux who did a 5K in the snow. They also harvested *cansasa* from red willows growing behind Jackpot. They're hoping to harvest enough *cansasa* for the pow-wow in June.

Coming This Summer….
The Rec Department and volunteers will be building a culture camp down by the river. It will house a canoe landing and a bark lodge. If you'd like to help with the cansasa or canoe landing, please contact Mat Pendleton or Elliot Christensen. We are also working with Redwood Area School District and Cedar Mountain to put on a professional development training day for the schools, planned for August 30th and 31st.

REDWOOD AREA SCHOOL DISTRICT

March 5 - High School Conferences 4:00-7:00
March 6 - Preschool & Kindergarten Registration 5:00-7:30
March 8 - End of Third quarter
March 9 - Possible snow make-up day
March 12 - No school for students
March 13 - High School Conferences 4:00-7:00
March 21 - Indian Education Public Hearing/Parent meeting - Lower Sioux Health Care Center - 5:30
March 29 - Possible Snow make-up day
March 30 - April 2 - No school

CEDAR MOUNTAIN SCHOOL

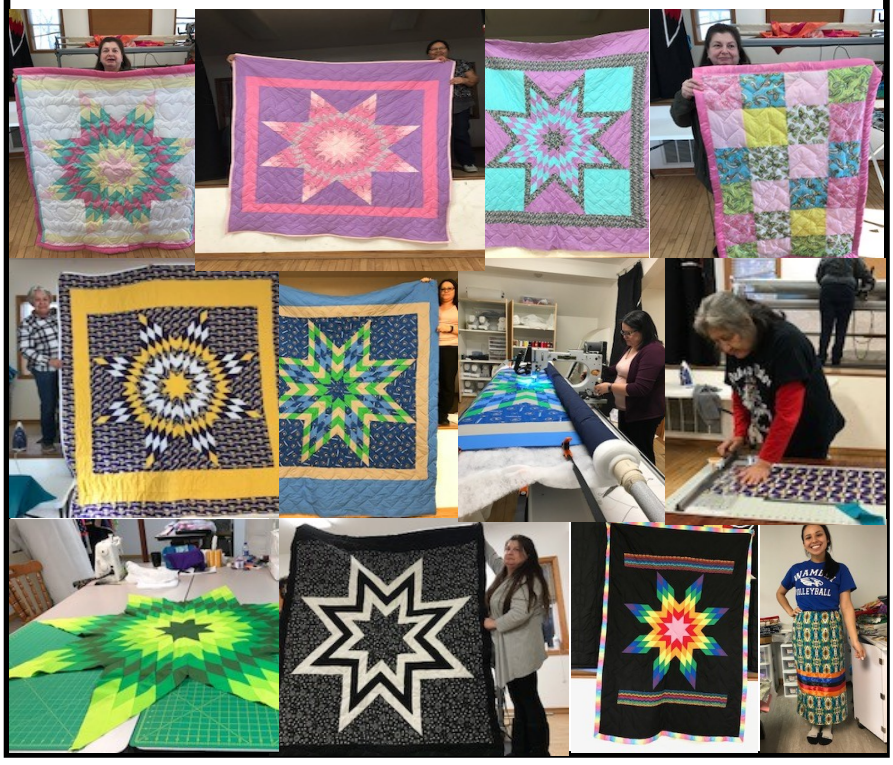
MARCH 9	No School
MARCH 15	Leprechaun Trap Project Due
	5TH Graders & Sophomore Skits 8:15 HS/MS
	1:15 Elementary
MARCH 23	Early Out 12:10
	End of 3rd Quarter
MARCH 29	Early Out 12:10
MARCH 29 – APRIL 2	Spring Break

LIFE INSURANCE AUDIT

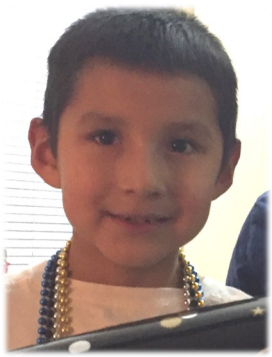
Please contact Insurance Benefits at 697-6185 to ensure your policy is up-to-date.

QUILTING CLASS

Wednesday's 1-7pm, Contact Ruby at 430-3282



HAPPY 8TH BIRTHDAY DANTE!



Love Mom &

Grandma & Grandpa Chee

CANS FOR KIDS BIN-RECYCLING

PLEASE DO NOT put plastic bags in the

Cans for kids bin that is

located in the Community Center Parking Lot.

PER CAP HANDOUT DATES FOR 2018

March 1, 2018	April 2, 2018
May 1, 2018	June 1, 2018
July 2, 2018	August 1, 2018
September 1, 2018, Sat.	October 1, 2018
November 1, 2018	December 1, 2018, Sat

CRADLEBOARD MAKING CLASS

Social Services is planning another cradleboard making class. There is room for 10 people, each person can make one infant sized cradleboard (no doll sized cradleboards this time). The class will be held March 26, 27, 29, and 30th from 4-9pm. It will be taught by Yolanda Pendleton.

The sign up sheet will be put in the government center in early March. There are only 10 spots! The class is free. There will be light snacks provided and then we will ask that the last night be a potluck dinner (all participants asked to bring something to share).

BIBLE STUDY

GODS CREATIVE POWER OF HEALING

1ST & 3RD THURSDAY OF EACH MONTH

1:30—2:30 at the CHURCH HALL

CONTACT KIM AMUNDSON

612-751-7990

FREE TAX PREPARATION

United Community Action Partnership

For Low-to-Moderate Income Taxpayers

- $35,000 or less for a single taxpayer with no dependents
- $55,000 or less for a married or single taxpayer with dependents
- Returns must be within scope of ability to prepare, call for details
- Direct deposit for fast refunds
- IRS quality assurance reviews

Appointments on Mondays beginning 5:30pm.

At United Community Action, 164 E. 2nd Street, Redwood Falls. 507-537-1416, ext. 2163

FREE FAST CONFIDENTIAL

4-H PROGRAM

Bringing 4-H to the Lower Sioux Rec Center the first Monday of the Month!

1pm : Youth Leader Training grades 5+

2 pm: 4-H Program is open to all youth.

March 3rd is our next meeting time. Rainbows and Tornado's

April 7th Spaghetti Design Challenge

May 5th Things that Fly

June 2nd Bee Challenge - Bring a pot or pail to plant in

EFFECTIVE IMMEDIATELY

Elders will now have to stop into the government center to put their name in the drawing for concert tickets.

NEWSLETTER FOR APRIL 2018

Email article by **Monday, April 23rd**

To dakotafutures@lowersioux.com

INFORMATIONAL UPDATES

Please text LowerSioux to **77948**

March-Rec

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

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 TAE KWON DO 4-7 LACROSSE 4-6	2 MULTI-MEDIA CLASS 4-6 FITNESS 5-7 VOLLEYBALL 7-9	3 CHIEF ARVOL LOOKING HORSE BOYS 6 & UP 10-2PM
4	5 TUTOR 4-6 COOKING CLASS 4-6 FITNESS CLASS 5-7 BASKETBALL NIGHT AGES 11 & UP 7-10PM	6 TUTOR 4-6 TAE KWON DO 4-7 PAINTING 6-7 GIRLS SWEAT 7PM	7 TUTOR 4-6 POTTERY 4-530 FITNESS CLASS 5-7 DAKOTA UNKIAPI 530-7 DRUM 7-8	8 TAE KWON DO 4-7 LACROSSE 4-6	9 MULTI-MEDIA CLASS 4-6 FITNESS 5-7 VOLLEYBALL 7-9	10 TRADITIONAL TOBACCO WORKSHOP 2-6PM GIRL;S GROUP COOKING 2-4PM
11	12 COOKING CLASS 5-6 BASKETBALL NIGHT AGES 11 & UP 7-10PM	13 TUTOR 4-6 TAE KWON DO 4-7 PAINTING 6-7	14 POTTERY 4-530 DRUM 7-8PM FITNESS 5-7 DAKOTA UNKIAPI 530-7	15 TAE KWON DO 4-7 LACROSSE 4-6 BOYS SWEAT 7PM	16 MULTI-MEDIA CLASS 4-6 FITNESS 5-7 VOLLEYBALL 7-9	17 QUILL WORKSHOP 2-6PM
18	19 TUTOR 4-6 COOKING CLASS 4-6 FITNESS CLASS 5-7 BASKETBALL NIGHT 7-10PM	20 TUTOR 4-6 TAE KWON DO 4-7 PAINTING 6-7	21 TUTOR 4-6 POTTERY 4-530 FITNESS CLASS 5-7 DAKOTA UNKIAPI 530-7 DRUM 7-8PM	22 TAE KWON DO 4-7 LACROSSE 4-6	23 MULTI-MEDIA CLASS 4-6 VOLLEYBALL 7-9	24 PAINTING 2-6PM GIRL;S GROUP COOKING 2-4PM
25	26 TUTOR 4-6 COOKING CLASS 4-6 FITNESS CLASS 5-7 BASKETBALL NIGHT 7-10PM	27 TUTOR 4-6 TAE KWON DO 4-7 PAINTING 6-7	28 POTTERY 4-530 FITNESS CLASS 5-7 DAKOTA UNKIAPI 530-7 DRUM 7-8	29 TAE KWON DO 4-7 LACROSSE 4-6	30 MULTI-MEDIA CLASS 4-6 FATHER- DAUGHTER DANCE 6-8 VOLLEYBALL 7-9	31 3 ON 3 BASKET- BALL TOURNAMENT MIDDLE & HIGH SCHOLL 2-6PM

MARCH

ANPETU WAKAN	ANPETU TOKAHEYA	ANPETU INUNPA	ANPETU IYAMNI	ANPETU ITOPA	ANPETU IZAPTAN	OWANKE YUZAZAPI
				1 10-12 Adult Pottery 1:30 Bible Study 5 Positive Indian Parenting	2 1-4 Intensive Outpatient Service	3
4	5 1-4 Intensive Outpatient Service 7 NA Mtg.	6 12 AA	7 11 Elders Mtg. 1-4 Food Shelf 1-4 Intensive Outpatient Service 1-7 Quilting 8 NA Mtg.	8 10-12 Adult Pottery 5 Positive Indian Parenting	9 1-4 Intensive Outpatient Service 5-730 Community Dinner at JP for Intergenerational Dakota Gathering	10 8:30am –6pm Collection Archive Tour
11 **DAYLIGHT SAVINGS TIME**	12 12-1 Application Fair 1-4 Intensive Outpatient Service 5-6 Application Fair 7NA Mtg.	13 12 AA 5 Positive Indian Parenting	14 11 Elders Mtg. 1-4 Intensive Outpatient Service 1-7 Quilting 4:30 Education 8 NA Mtg.	15 10-12 Adult Pottery 1:30 Bible Study 5 Positive Indian Parenting	16 1-4 Intensive Outpatient Service	17 **ST. PATRICKS DAY**
18	19 1-4 Intensive Outpatient Service 7 NA Mtg.	20 **SPRING BEGINS** 12 AA 4-30 Ruby's Pantry 5 Positive Indian Parenting	21 11 Elders Mtg. 1-4 Food Shelf 1-4 Intensive Outpatient Service 1-7 Quilting 8 NA Mtg.	22 10-12 Adult Pottery 5 Positive Indian Parenting	23 1-4 Intensive Outpatient Service	24
25 **PALM SUNDAY**	26 1-4 Intensive Outpatient Service 7 NA Mtg.	27 12 AA 5 Positive Indian Parenting	28 11 Elders Mtg. 1-4 Intensive Outpatient Service 1-7 Quilting 8 NA Mtg.	29 10-12 Adult Pottery 12 Wisdom Steps 1 Diabetes Bingo 5 Positive Indian Parenting	30 **CLOSED 1/2 DAY** **GOOD FRIDAY**	31