

Magaokada Wi

APRIL 2011

GEESE LAYING MOON

VOLUME 11, ISSUE 4

LOWER SIOUX INDIAN COMMUNITY

COUNCIL:

Gabe Prescott
President

Brenda Pendleton
Vice-President

Betty Lee
Secretary

Iola Hernandez
Treasurer

Denny Prescott
Assistant
Secretary/Treasurer



Happy Easter!

Inside this Issue:

Health	2
Health/ Dance Clinic	3
Environment/ THPO	4
Announcement	5
Calendar	6

Spring Clean Up

Wednesday, April 27th

All Garbage will ONLY be picked up
on the side of the road!

We will not be able to retrieve items placed in your yard.

No Paint, Oil, or Tires!

Easter Baskets!

Sunday, April 24th

11:00 A.M.—1:00 P.M.

17 Years Old and Under

Lower Sioux Recreation Center



Summer Youth Program

13 & Older

Pick up Your Application at the Rec. Center

On a First Come - First Serve Basis

Application Due Date: Monday, May 2nd, 2011

HEALTH



Spring is Springing! Backyard Gardeners



Happy to report we had our first gardening meeting—thirteen attendees! We are patiently waiting for the snow to melt so we can start planning. Our next meeting is scheduled for April 6th at 1:00 p.m. in the MPR. Any questions call Debbie or Marissa at 697-6185.

Instant Garden of Success:

Plant 5 rows of peas: Patience, perseverance, preparation, planning and positiveness.

Include 3 rows of squash: Squash negativity, squash dieting, squash deprivation.

Add 5 rows of Lettuce: Let us be positive, let us take responsibility, let us be in control, let us reward our accomplishments, let us be empowered.

No garden is complete without turnips: Turn up with a positive attitude, turn up with a smile, turn up with new ideas, turn up with real determination, turn up with success.

May your garden flourish!

INDIAN NO FRY BREAD OR TORTILLA BREAD

KNOWN AS GABOOBOO BREAD

This recipe makes Indian tortilla breads that can be cooked on an open flame grill or open flame instead of fried.

4 C Organic Unbleached or Whole-wheat Flour

2 T Baking Powder

1 t Kosher Salt

1 1/2 C Warm Water

In medium bowl mix flour, baking powder and salt. Gradually stir in water until dough becomes soft and pliable. Knead the dough on lightly floured surface for 4 minutes. Fold outer edges of dough towards the center. Return dough to bowl, cover with plastic and rest for 30 minutes to rise. Shape into small size balls and roll out with hands or rolling pin to make slightly uneven round breads. Stretch dough approximately 8-10" diameter. Heat cast iron skillet or open flame grill until very hot. Cook 2-3 minutes on each side until brown and puffs. Keep warm between two clean kitchen towels. Enjoy!

"CREATING HEALTHY LIFESTYLE"

PLEASE COME AND JOIN US IN HONOR OF OUR YOUTH

Family, Friends & Relatives Included!

Monday, April 25th, 2011

4:00 p.m.—Chance Rush

5:00 p.m.—Dinner

6:00 p.m.—Grand Entry and Mini Pow-wow

Bring your regalia and join us for a fun filled evening!

Chance Rush—A well known motivational speaker will be here to make us laugh and leave us all with a message on how important our youth are!

WISDOM STEPS FUND RAISER

Taco Sale!

April 16th

Morton City Hall

Morton Garden Party

11 am-3 pm

Come eat & support
Our Local Wisdom Steps!

HEALTH

Don't Miss This!
Saturday, April 30th
 Multi-Family!
Rummage Sale!

Time: 9:00am to 3:00pm
 Lower Sioux Recreation Center

Purpose:

Wisdom Steps holds its annual conference each June. Funds Raised will be used to send elders who are active participants in the Wisdom Steps program to the conference. For more information about how to donate items or if you need items picked up call the Health Dept. at 697-8630.

Diabetes Bingo



April 20th, 2011

1:00 p.m.

Rec. Center

Multi-Purpose Room

Contact Person:

Marisa Pigeon, RN

LSIC Health Department SDPI

507-697-8626

Everyone is welcome!

You don't have to be diabetic to play.
 Enjoy a Healthy Snack too!

DANCE CLINIC

For three weeks during March we held a Dance Clinic here at the LSIC Rec. Center. It was held two days each week for the different categories. We wanted children and adults to watch, ask questions, and get some personal instruction from champion dancers. The dancers talked about their regalia and how their dance style came to be. We also heard some wonderful stories about the drum from some of the singers. I was happy to see there was an interest. There were some kids that were shy to ask for help before, but were able to get help these past few weeks. I would like to thank the Pow-wow Committee: Kateri, Byron, Deb, Chip and Jane for planning, setting-up and cooking. Thank you Angie O'Keefe also for cooking. Thank you to our drummers : Elk Soldier from Marty, SD, and the Lower Sioux Singers: Joe Eler, Byron Goldtooth, Louis Peters, Anthony Ragel, Mel Staples and Dane Nelson. We would also like to thank the dancers: Chaske LaBlanc, Dorothy Whipple, Frankie Graves, Tonya Hall, Tyson Flute and Jocy Fox Bird.

Pidamaya, Iola Hernandez



OFFICE OF ENVIRONMENT

Lower Sioux Energy Audits

Community members will be contacted soon to schedule the best times for everyone during the week of (April 11-14) that has signed up. If you have not signed up yet there is still some time left to do so.



Flooding

Just a heads up to make sure your sump-pumps are hooked up and ready to go for the spring melt. Drive safe and don't attempt to drive through flooded roads. Respect the river as it is forecast to be at record levels.



Sugar Maples

If you are a Lower Sioux Elder and would like a 6' Sugar Maple planted at (no cost) in your lot during Earth Week (April 18-21) contact LSIC Office of the Environment 507-697-8642 or sign up at the LSIC Community Center. Only have 4 available!!! First come first served!!!



Lower Sioux Burning

Remember to get your burning permit for large brush pile fires, contact LSIC Office of the Environment 507-697-8642 or LSIC Community Center.



THPO/LOWER SIOUX HISTORY AGENCY

The Minnesota Historical Society and the Lower Sioux Agency would like to thank the Lower Sioux Community and its members for their participation in their Oral History Project. So far, the Minnesota Historical Society has interviewed eight Lower Sioux Community Members and they are continuing to interview members of other Dakota Communities. The Oral History Project is one of many projects currently in progress at the Minnesota Historical Society intended help provide a better understanding the Dakota people and their relationship with Minnesota's history.

The Minnesota Historical Society is currently working on one such project that commemorates the U.S.-Dakota War of 1862. They are creating a comprehensive website that reviews Dakota life, past and present, as well as the events of the war itself. They are also creating focus groups with Educator or Dakota consultants to advise them on the creation of the site. Information about these positions is provided at the following web address, the Lower Sioux Indian Community Center, or the Lower Sioux Agency Interpretive Center.

Dakota Consultant Position <<http://www.mnhs.org/about/jobs/DakotaConsultantPosition.pdf>>

If you would like contact the Lower Sioux Agency for more information, questions, and comments contact Anthony Morse at 697-6321 or lowsioux@mnhs.org.

ANNOUNCEMENTS

Join us in Renaming Ramsey Park with a Dakota Name!

Saturday, April 16th, 2011

9:00 a.m.—4:00 p.m.

Redwood Area Community Center Ice Arena

Elders from various Dakota communities will be there with their suggestions and stories of our history. All Dakota people are invited. Youth are encouraged to participate in this momentous, historical decision. This event is a naming ceremony please be respectful when participating.

Flushing Hydrants

Wednesday, April 6th & Thursday, April 7th

Anyone with the Reverse Osmosis system installed in their home should bypass or shut off.
(Contact Installer for Instructions)

ZUMBA

Zumba classes are moving to
Wednesdays, 5:00—6:00 p.m.
for the month of April.

HomeTown USA Tour



Al Leith with American Legion National Commander Jimmie Foster of Alaska. Al is a member of Post 38.

Foster on nationwide tour traveled from one end of the nation to the other promoting values of the Legion and to offer support to posts and Legion members.

2011 Swimming Pool Passes

- Any Qualified Lower Sioux Child (Receiving a Trust Account)
- Living in Ten Mile Radius
- Age 0-17

Lower Sioux Member Parent must come to LSIC to fill out the required form.

Friday, April 29th, Last Day to Sign Up!

Bishop Whipple Mission NEWS and Notes

Holy Week and Easter, April 17-24


Bishop Whipple Mission is inviting you to join in any or all of the Holy Week ceremonies, April 17 (Palm Sunday) through April 24 (Easter Sunday). Our ancestors have handed these ceremonies down to us through the centuries. These Holy Week ceremonies are ancient and new, full of promise and renewal. These ceremonies are the description and practice of a continued life in a holy and transforming creation that God has given to us, his people.

Celebrate the life of liberation, transformation, renewal, and promise our ancestors found in these ceremonies. Monday through Good Friday services will be held at 7:00 PM each evening of Holy Week. Join your relatives in the Easter Vigil on Saturday evening, April 23, at 8:30 PM for the first ceremony of Easter. The Sunrise Easter Sunday Eucharist will be at 7:00 AM with the Celebration of the Resurrection commonly known as Easter at 10:00 AM Sunday morning.

Upcoming dates and activities at Bishop Whipple Mission include:

- April 6 Women's Guild (Episcopal Church Women ECW) 7:30 PM Guild Hall
- April 12 Bishop's Committee Meeting 7:00 PM Guild Hall
- April 17 The Sunday of the Passion: Palm Sunday
- April 18-22 Holy Week Ceremonies 7:00 PM each evening
- April 23 Easter Vigil Service 8:30 PM
- April 24 The Sunday of the Resurrection: Easter Day 7:00 AM and 10:00 AM

April 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>EARLY LEARNING PROGRAM Last day of Pre-school is Thursday, April 28th</p>		1	2
3	4	5	6	7	8	9
	<p>Outpatient 1-3 Tutor 4-6 Drum Group 5-7 Eagle Wing 7</p>	<p>GED 1:30-3:30 Adult Cont Care 4-6 Tutor 4-6 Drum Group 5-7 GA 7</p>	<p>Backyard Garden 1:00 Outpatient 1-3 Cooking Class 4-6 Zumba 5-6</p>	<p>AA 12 Outpatient 1-3 GED 1:30-3:30 Cooking Class 4-6</p>		
10	11	12	13	14	15	16
	<p>Outpatient 1-3 Tutor 4-6 Drum Group 5-7 Eagle Wing 7</p>	<p>PreSchool 12-12 Preschool 1-3 GED 1:30-3:30 Adult Cont Care 4-6 Tutor 4-6 Drum Group 5-7 GA 7</p>	<p>Outpatient 1-3 Food Shelf 1-4 Cooking Class 4-6 Zumba 5-6</p>	<p>Preschool 10-12 AA 12 Preschool 1-3 Outpatient 1-3 GED 1:30-3:30 Cooking Class 4-6</p>		<p>Rename Ramsey 9-4 Taco Sale 11-3 Morton City Hall</p>
17	18	19	20	21	22	23
	<p>Outpatient 1-3 Tutor 4-6 Drum Group 5-7 Eagle Wing 7</p>	<p>PreSchool 12-12 Preschool 1-3 GED 1:30-3:30 Adult Cont Care 4-6 Tutor 4-6 Drum Group 5-7 GA 7</p>	<p>Diabetes Bingo 1:00 Outpatient 1-3 Cooking Class 4-6 Zumba 5-6</p>	<p>Preschool 10-12 AA 12 Preschool 1-3 Outpatient 1-3 GED 1:30-3:30 Cooking Class 4-6</p>	<p>GOOD FRIDAY! EARTH DAY!</p>	
24	25	26	27	28	29	30
<p>HAPPY EASTER!! Easter Baskets 11-1 Rec. Center</p> 	<p>Outpatient 1-3 Honor Youth 4:00 Tutor 4-6 Drum Group 5-7 Eagle Wing 7</p>	<p>PreSchool 12-12 Preschool 1-3 GED 1:30-3:30 Adult Cont Care 4-6 Tutor 4-6 Drum Group 5-7 GA 7</p>	<p>Spring Clean Up Outpatient 1-3 Food Shelf 1-4 Cooking Class 4-6 Zumba 5-6</p>	<p>Preschool 10-12 AA 12 Preschool 1-3 Outpatient 1-3 GED 1:30-3:30 Cooking Class 4-6</p>	<p>Last day to sign up for Swimming Pool Passes!</p>	<p>Rummage Sale 9-3 Rec. Center</p>