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Respect Life



7th Annual

Walk Against Violence

Friday, August 19th, 2011

9:30 a.m. Prayer & Opening

Meet at the Redwood Falls County Courthouse

End at the LSIC Rec. Center

A light lunch will be provided.

We will have
In Memory of: And a list of any loved ones...

Stop violence

8-22 Back to School! 

2012 Powwow Poster

We have started planning for next year and are happy to announce the Poster Artwork contest for the 2012 Powwow. Artist must be an enrolled Lower Sioux member. All submissions must be received by August 31, 2011. One winner will be chosen and will receive \$250. Please contact any Committee member if you have questions. Thank you!

TRIBAL ELECTION 8-5-11, 8AM-8PM, REC. CENTER

Save the Date!

"Health & Wellness" Fair

Dakota Expo Center
Jackpot Junction Casino
September 21, 2011
10:00 a.m. - 2:00 p.m.

Stroke Detection Plus

Clinics

Blood Mobile

Hospitals

Nursing Home Reps

Funeral Homes

Assisted Living Reps

Numerous ... "Pampering" Vendors!!

Massages

Insurance Companies

Hosted by the Lower Sioux Health Department

THE LOWER SIOUX BLOOD DRIVE WILL BE

SEPTEMBER 21ST, 2011

FROM 10AM-4PM DURING THE HEALTH FAIR.

LOWER SIOUX GARDENER'S

The Garden's look great! We will be meeting on Monday, August 1st, 2011, at 1:00 p.m. in the recreation center multi-purpose room. Please bring something from your garden to share. Any questions call Marisa or Debbie at 507-697-6185.



Let's Zumba!

Ditch the Workout and Join the Party!

Come and join us at ZUMBA!!

Every Wednesday
Lower Sioux Rec.
5:00 p.m.

The reason is simple: Every class feels like a party! Come join us and you'll see what we mean. You don't even have to know how to dance. Just move your body and follow along. It's easy! Check out our class at the:

Lower Sioux Recreation Center
Every Wednesday at 5:00 PM.

Come try it, we guarantee you will have a blast!

The Latin-inspired,
easy-to-follow,
calorie-burning,
dance fitness-party!



Lower Sioux
Special Diabetes Program
for Indians



LOWER SIOUX COMMUNITY HOSTS WELLNESS SCREENINGS



Appointments are necessary.

CALL TODAY!

(877) 732-8258

Wed., Sept. 21
9:00 AM - 4:30 PM
Jackpot Junction Casino
Expo Center
39375 Co. Hwy 24
Morton, MN

Did You Know?

Stroke KILLS twice as many WOMEN each year as breast cancer.

Stroke is the 3rd leading cause of death in the U.S.

Stroke is the leading cause of disability & nursing home admissions.

Things to Know for Screening Day!

Wear loose clothing around the neck & ankles

Wear a short sleeve shirt, avoid pantyhose

Wear pants you can pull up to your knees

Using non-invasive, ultrasound screening process, we'll test you for:

- plaque buildup and blockages in your carotid arteries (in your neck)
- limited blood flow in your peripheral arteries (in your arms and legs)
- aneurysms in your abdominal aortic artery (above your belly button)
- low or abnormal bone mass (testing your heel, the most weight-bearing bone)

TRIBAL MEMBERS:

First 50 Tribal Members to Sign Up will receive screenings for FREE!

As a member of the Lower Sioux Tribe, you are being offered 4-Wellness Screenings free of charge.

- Carotid Artery or Stroke
- Abdominal Aortic Aneurysm
- Peripheral Arterial Disease
 - Osteoporosis

ENROLLMENT

ADOPTION VOTE

The 2011 Adoption Vote has been scheduled for November 2011. Application deadline has passed and will no longer be accepted. If you have any questions please contact the Enrollment Office at 507-697-6185.

WATER DEPARTMENT

FLUSHING WATER MAINS

Water Mains will be flushed on
Tuesday, August 9th and Wednesday, August 10th.

Do not do laundry on these days.

THPO/LOWER SIOUX AGENCY

OPEN AGAIN!

The Lower Sioux Agency is happy to announce that, due to the end of Minnesota Government Shutdown, we will once again be open and available for tours. The site reopened on July 23rd and will continue regular hours through the rest of the season. Those are:

Friday 10am-5pm

Saturday 10am-5pm

Sunday 12pm-5pm

Also, due to recent storms, a large tree has fallen over our Minnesota River Trail on the Western end. The Minnesota River is still accessible from the trail located on the Eastern side of the Lower Sioux Agency.

And remember: NO ATV's

OFFICE OF ENVIRONMENT

Storm Water Pollution Prevention

Keep grass clippings off street and other paved areas to Protect your Watershed

- Grass clippings contain phosphorus, the nutrient that turns lakes green with algae.
- Grass clippings from actively growing lawns have 4 to 5 times more phosphorus content than fallen autumn tree leaves.
- One bushel of fresh grass clippings can contain 0.1 lbs of phosphorus – enough to produce 30 to 50 pounds of algae growth if it finds its way to a lake or river.
- When mowing, grass clippings should be directed away from the street, driveways, sidewalks, or other paved areas. Curbside storm sewers can transport grass clippings (along with other street debris and dirt) to the Minnesota River and nearby wetlands.
- Grass clippings blown on the street, driveways, sidewalks or other paved areas during mowing should be swept up and returned to the lawn or composted.

Sweep after mowing

Mowing High – over 2.5 inches – promotes healthier lawn, cleaner water

- Cut grass to a height of 2.5 to 3 inches. An easy guide is the width of a dollar bill, which is slightly wider than 2.5 inches.
- Lawns mowed higher withstand heat stress better and need less watering.
- Lawns mowed higher are more competitive against weeds, reducing the need for herbicide use.
- Lawns mowed higher are more robust and resilient, reducing bare spots and soil erosion.
- · Fill rest of bottle with water

FYI.....Make sure to water plants, flowers, gardens at least twice a day during the extreme heat!!!! It is best to water during mornings and evenings. Try to avoid watering on Friday, Saturday, and Sunday do to the large amount of water the hotel/casino needs to use.

Notice of Upcoming Source Water Protection Forum:

The Lower Sioux Indian Community will be developing a Source Water Protection Plan (SWPP) and welcomes your attendance, and participation at an upcoming educational forum tentatively scheduled for September. The development of a Source Water Protection Plan is a cooperative project with Lower Sioux Office of the Environment and Midwest Assistance Program. During this forum, educational material and information will be presented and distributed on the processes that makes a successful SWPP.

Come get involved as we move forward with protecting a valued natural resource in drinking water.

Please register for attending by contacting Deb Dirlam, Director, Office of the Environment (Phone 697-8643 or email deb.dirlam@lowersioux.com). Look for more information on the date and location in the September Newsletter!

ANNOUNCEMENTS

TO: Lower Sioux Community Members

FROM: Brian Pendleton, General Manager, Jackpot Junction Casino Hotel

Recently there has been an increase of unsupervised Community Member children "hanging out" in the hotel, food outlets, pre-function areas, etc. and in addition, Community Member adults have been renting rooms in the hotel for underage children also unsupervised which is a violation of the Lower Sioux Lodge rental policy. Be aware that individuals renting rooms for unsupervised children are liable for their actions.

As a result, we have received many guest complaints due to incidents of noise and disruptions. We ask your cooperation in helping us keep our guests experience a positive one so we can provide the highest quality of hospitality which ensures return visits.

Thank you in advance for your assistance in this matter.

WISDOM STEPS

Community partnerships and coordinates resources to provide increased advocacy, health education, health screenings and healthy living activities that will improve the health of American Indian Elders.

WISDOM STEPS MEETING

Inviting all Lower Sioux Community Members 55 and older to an informative meeting. Come find out what Wisdom Steps is all about. August 3rd at 1:00 p.m., Multi Purpose Room. Any questions call Debbie or Marisa at 507-697-6185.

This Salad recipe got rave reviews for its tangy flavor and interesting combo of ingredients!

Broccoli, Ham, and Cheese Salad

Makes 7 servings.

1/4 cup reduced-fat mayonnaise
 2 Tbsp nonfat buttermilk
 1 Tbsp cider vinegar
 2 tsp granulated sugar
 5 cups small broccoli florets
 6 ounces fully cooked, low-fat ham, diced (about 1-1/2 cups)
 1 cup grated or shredded reduced-fat Cheddar cheese
 1 cup cooked penne or similar pasta (*use Dreamfields pasta for less carb and more protein!*)
 1/4 cup chopped red onion

Place mayonnaise in a large bowl. Slowly whisk in the buttermilk until well combined. Add the vinegar and sugar, and whisk until well combined.

Add the broccoli, ham, cheese, pasta, and onions; toss with the dressing. Serve at once, or refrigerate several hours before serving. The salad can be kept in the refrigerator for 2 or 3 days. Stir before serving. **Sodium Alert!** Not recommended for those on sodium (salt) restricted meal plans.

Nutritional Information (per one cup serving): 149 Cal; 8 g Total Fat (3 g Sat Fat); 11 g Carb; 26 mg Cholesterol; 520 mg Sodium; 11 g Protein; 2 g Fiber; 4 g Sugars.

Dietary Exchanges: 1/2 Starch; 1 Lean Meat; 1 Veg; 1-1/2 Fat.

August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Garden Mtg. MPR 1 Outpatient 1-3 Drum Group 5-7	2 GED 1:30-3:30 Adult Cont Care 2-4 Drum Group 5-7 GA 7	3 Elders Mtg. 11 Wisdom Steps, MPR, 1pm Outpatient 1-3 Zumba 5-6	4 AA 12 Outpatient 1-3 GED 1:30-3:30	5 LS Agency 10-5 REC-Trip to the Pool TRIBAL ELECTION 8AM-8PM REC. CENTER	6 LS Agency 10-5
7 LS Agency Noon-5	8 Outpatient 1-3 Drum Group 5-7	9 GED 1:30-3:30 Adult Cont Care 2-4 REC-Golf Lesson 5 Drum Group 5-7 GA 7 Flushing H2O Mains	10 Elders Mtg. 11 Outpatient 1-3 Food Shelf 1-4 EDUCATION MTG 4:30 Zumba 5-6 Flushing H2O Mains	11 AA 12 Outpatient 1-3 GED 1:30-3:30	12 LS Agency 10-5 REC-Softball/Kickball	13 LS Agency 10-5
14 LS Agency Noon-5	15 Outpatient 1-3 Drum Group 5-7	16 GED 1:30-3:30 Adult Cont Care 2-4 Drum Group 5-7 GA 7	17 Elders Mtg. 11 Outpatient 1-3 Zumba 5-6	18 AA 12 Outpatient 1-3 GED 1:30-3:30	19 LS Agency 10-5 REC-Trip to the Pool WALK AGAINST VIOLENCE 9:30 AM	20 LS Agency 10-5
21 LS Agency Noon-5	22 Outpatient 1-3 Drum Group 5-7 REDWOOD VALLEY 1ST DAY OF SCHOOL!	23 GED 1:30-3:30 Adult Cont Care 2-4 Drum Group 5-7 GA 7	24 Elders Mtg. 11 Diabetes Bingo 1:00 Outpatient 1-3 Food Shelf 1-4 Zumba 5-6	25 AA 12 Outpatient 1-3 GED 1:30-3:30	26 LS Agency 10-5	27 LS Agency 10-5
28 LS Agency Noon-5	29 Outpatient 1-3 Drum Group 5-7	30 GED 1:30-3:30 Adult Cont Care 2-4 Drum Group 5-7 GA 7	31 Elders Mtg. 11 Outpatient 1-3 Zumba 5-6 Last Day to Submit Powwow Poster Drawing			