

LOWER SIOUX INDIAN COMMUNITY

COUNCIL:

Gabe Prescott
President

Brenda Pendleton
Vice-President

Betty Lee
Secretary

Iola Hernandez
Treasurer

Denny Prescott
Assistant
Secretary/Treasurer



TRIBAL COUNCIL ELECTION
ABSENTEE BALLOT REQUEST FORMS

The Absentee Ballot Requests Forms
Will be available
Beginning Friday, July 15th, 2011
Ending Friday, July 29th, 2011
Pick up your Absentee Ballot Request Form at the
Lower Sioux Indian Community Front Desk

TRIBAL COUNCIL ELECTION

Friday, August 5th, 2011
8:00 a.m.—8:00 p.m.
LSIC Recreation Center, Multi-Purpose Room

Happy Independence Day!

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**RESULT OF NOMINATIONS FOR TWO
LOWER SIOUX INDIAN COMMUNITY COUNCIL SEATS**

Held at the Lower Sioux Indian Community Recreation Center

NOMINEE:

Dave Lucio
Denny Prescott
Earl Pendleton
Gary Prescott
Iola Hernandez
Linda Whitaker
Lori Nelson
Marilyn Hisday
Sandee Geshick
Stacie Beran

MOTION:

Jorey Prescott
Glenn Good Thunder
Doug Pendleton
Ellen Scott
Jeremy Pendleton
Ashley Bowman
Jeremiah Nelson
Cynthia Dow
Dottie Whipple
Hope Two Hearts

SECOND:

Jon Lucio
Gerald Blue
Joseph J. Goodthunder
Beverly Kosel
Steven Pendleton
Addie O'Neil
Christian Nelson
Ruby Minkel
Jennifer Dow
Georgina Drapeau

SOCIAL SERVICE

Hello, my name is Thomas Williams and I have had the pleasure to join the Lower Sioux Community as the new Social Service Director. Hopefully, you will see me around so I wanted to give you a little bit of my background information. I am originally from Ft Myers, FL but have been a Minnesota resident since 1984. I attended Minnesota West CTC and received my A.A. degree. From there, I transferred to Southwest Minnesota State University in Marshall, MN where I received my B.S. in Sociology and Social Work and also a B.S. in Health Physical Education & Recreation. I took my education one step further and earned my Masters Degree at South Dakota State University in Brookings, SD.

I live in Marshall with my wife, Barb, and our 3 children. Barb works at US Bank and our oldest son Josh, has just finished his second year at North Dakota State University. Our Daughter Haley will be a High School Senior next year and our son Camron, will be going into 7th grade in the fall. For the past 3 years, I have worked at the University of Minnesota Crookston campus as the Director Diversity Programs and commuting home on the weekends. Needless to say, I have been very eager to get back to the area. I have also worked with the Upper Sioux in Granite Falls as the Social Service Director and also at the Flandreau Indian School in Flandreau, SD as the School Social Worker. I enjoyed those positions and hope that those experiences will ease my transition to my new career with the Lower Sioux.

My passion is working with people of all ages and I am very excited to get this opportunity. Please feel free to stop in and introduce yourself. If I can be of any assistance, do not hesitate to connect with me. My phone number is 507-697-9108 ext. 11 or my email is lssdirector@lowersioux.com. I am here from 8:30 am to 4:30 pm, Monday through Friday. I look forward to meeting you soon!!

DAKOTA FUTURES INC.

Congratulations LSS Financial Services Attendee Winners!



From left to right: Mariah Heffner, Mercedes Heffner and Jacob Abrahamson

- * Mercedes is the winner of an iPhone gift-certificate!
- * Jacob is the winner of Four Water Park of America tickets!

Dakota Futures, Inc.
39375 County Highway 24
Morton, MN 56270
Phone: 507-697-6236
Fax: 507-697-6263

E-mail dakotafutures@lowersioux.com

Located at Jackpot Junction, second floor above hotel front desk!

Thanks to all who attended Lutheran Social Services Financial Class. Here at Dakota Futures, Inc we believe financial education is imperative for those teens and young adults entering into the real world.

Please keep in mind that classes will be offered again next year for the sophomore, junior and senior classes. Whether you are receiving your diploma or GED, you are welcome and encouraged to attend.

LSS Financial Counseling Services are always available. Please do not hesitate to call *1-800-528-2926* and tell them you are with Lower Sioux Indian Community. It is a free and confidential service.

HEALTH DEPARTMENT



Nutrition Fun Play Date

Lunch and Nutrition Learning Fun Activities

When: Tuesday, July 19, 2011 4:00 p.m.

Who: Kids 3rd Grade through 6th Grade

Bring your kids and enjoy a healthy, tasty lunch!

We will also be teaching good nutrition, how to read food labels and developing basic cooking skills and more!

Success Stories!

The Lower Sioux Special Diabetes Program for Indians would like to recognize Clarence Neis and Karen Midthun for taking control of their diabetes! Karen has reduced her A1c from 11.9 to 6.1! Karen has lost 34 pounds since December 2010 by walking 2 miles every day, switching to diet pop and implementing a low-fat/low carb diet. Clarence was taking 80 units of insulin a day and now, through changing his diet and increasing his activity, the doctor has discontinued his insulin totally!! Clarence is still taking metformin, but is working on getting off that too. Clarence and Karen both say, "If I can do it, anyone can do it!" Thank you Clarence and Karen for allowing us to print your stories and for being inspirations for everyone with diabetes!



Where In The Rez Is Jane?

Congratulations to Jane Rasmussen for winning this session of "Walk Across the Rez"! Jane has been wearing out the moccasins! According to our calculations, Jane has been to all of the Dakota Rez's, walked through Mille Lacs and is now on her way further north. She's changed into her rabbit fur moc's and is practicing her ho-wah's!! Jane walked a total of 207 miles this session and 181 miles last session for a total of 388 miles! She received a \$100.00 gift certificate

to Tersteeg's and a certificate for dinner at Applebee's! Way to go Jane!! Watch your newsletter for notice of when the next session of "Walk the Rez" begins.



ADOPTION VOTE

The 2011 Adoption Vote has been scheduled for November 2011. Applications are available by contacting the Enrollment Office or at the Front Desk of the Community Center. Deadline for completed applications is July 29, 2011. Incomplete applications or any applications received after the close of business day on July 29, 2011 will not be processed for the 2011 Adoption vote.

****PLEASE NOTE THAT EACH APPLICATION MUST BE SIGNED AND NOTARIZED BY THE APPLICANT OR PARENT/GUARDIAN IN THE CASE OF A MINOR.

****APPLICANT MUST BE ¼ LOWER SIOUX MDEWAKANTON TO BE ON THE BALLOT AUTOMATICALLY, IF THEY DO NOT MEET THE ¼ BLOOD REQUIREMENT THEY WILL NEED 90 SIGNATURES FROM QUALIFIED MEMBERS TO BE PLACED ON THE BALLOT.

If you have any questions please contact the Enrollment Office at 507-697-6185.

POWWOW COMMITTEE

The Lower Sioux Powwow Committee would like to thank the Community and Jackpot Junction for your support throughout the past year. We would like to thank all of the powwow staff and casino employees for helping us put on a wonderful powwow again this year. We had a great turnout along with good weather.

We would also like to congratulate the new Royalty.

2011 Lower Sioux Royalty

Lower Sioux Unkana	Richard Goodthunder
Lower Sioux Kungsi	Angie O'Keefe
Lower Sioux Brave	Christopher Charging Eagle Chad Grundemann & Crystal Charging Eagle
Miss Lower Sioux	Shayla Minkel Darin & Jeanine Minkel
Lower Sioux Jr. Brave	Tate Goodthunder Lisa & Pete Nez
Jr. Miss Lower Sioux	Dacia Berry Kimberly Berry

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!

Lower Sioux Powwow Committee:

Brenda Pendleton
Deb Robertson
Kateri O'Keefe

Charles Watterson
Jane Rassmussen

Dawn Pendleton
Byron Goldtooth

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
Blood Mobile
Nursing Home Reps
Assisted Living Reps
Massages
Insurance Companies

Clinics
Hospitals
Funeral Homes
Numerous ...
"Pampering" Vendors!!

Hosted by the Lower Sioux Health Department

OFFICE OF ENVIRONMENT

Forest tent caterpillars

The forest tent caterpillar (FTC), is a native defoliator of a wide variety of hardwood trees and shrubs. It is often mistakenly called the armyworm. Its range in North America extends from coast to coast and from the tree line in Canada to the southern states. These caterpillars feed primarily on [aspen](#) and [birch](#) trees in northern Minnesota and on [basswood](#) and oaks in central and southern Minnesota. The only hardwood **not** regularly fed on is [red maple](#). When populations are high, FTC will even eat [tamarack](#) foliage during outbreaks.

North-wide outbreaks of FTC occur at intervals of five to ten years and are five to eight years in duration. Lower Sioux should be on the back side of the 5-8 years of duration!

Forest tent caterpillars Life Cycle



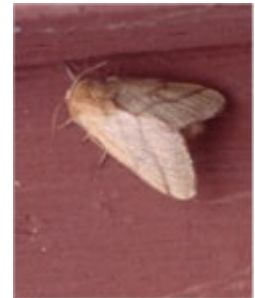
Forest tent caterpillars egg mass on twig



Forest tent caterpillars



Forest tent caterpillars pupa inside its cocoon



Forest tent caterpillars as an adult moth

Insecticide treatments can be effective against defoliation by FTC when applied while the caterpillars are small. It is difficult to achieve satisfactory control with insecticides on areas less than 10 acres or where less than 80 percent of the forested area will be treated. Several insecticides are registered for controlling the forest tent caterpillar including the biological insecticide, *Bacillus thuringiensis* var *kurstaki* (Btk). O.E. strongly recommends the use of Btk because of its environmental safety. Btk is a natural-occurring bacteria effective against caterpillars that eat treated leaves. Btk has no effect on birds, people, other animals and most insects.

Thank you to everyone coming in or calling for their burn permits! Very appreciated.

Hope we get more sun than rain in July!!!!!!!!!!!!

Enjoy the Summer!

ANNOUNCEMENTS

JOB OPENING: RECEPTIONIST / BILLING CLERK WONIYA KINI

Monday through Friday 8:30 am to 4:30 pm. Responsibilities: Day-to-day general office duties, manage check requests for the department, keep track of money flow coming in and out from clients/insurance companies, medical record keeping and medical billing. Requirements: Must have computer skills, knowledge of Microsoft office, and medical knowledge and billing is preferred. Job descriptions and applications can be picked up at the front desk of the Lower Sioux Center. Call Tara Loomis for questions, (507)697-6185 ext. 8611, or email at tloomis@lowersioux.com. Application Deadline: **July 8, 2011**

Bishop Whipple Mission NEWS and Notes

July 16 The Diocesan Feast Day of Cornelia Whipple Cornelia Whipple is the namesake of the church, St. Cornelia's Episcopal Church, here at Bishop Whipple Mission. Cornelia was the first wife of Bishop Henry Whipple, a significant player in the history of the Lower Sioux Indian Community. There will be a 5PM Communion Ceremony based on the 1891 Prayer Book in commemoration of our patron saint. Join us in the honoring of our community's roots.

July 25-29 Vacation Bible School (VBS) at Bishop Whipple Mission Vacation Bible School will be July 25-29, 4-7PM. If you would like to help out with your presence, supplies, or other ways contact Markeela Toren or Ruth Good Thunder. There will be a family picnic on Friday, July 29 to conclude the week. For further information or to volunteer call 507-430-3218.

Upcoming dates and activities at Bishop Whipple Mission include:

July 3	3 rd Sunday after Pentecost	Morning Prayer 10AM
July 10	4 th Sunday after Pentecost	Communion Ceremony 10AM
July 12	Bishop's Committee	7PM
July 16	The Feast of Cornelia Whipple	5PM Ceremony in the Church
July 17	5 th Sunday after Pentecost	Communion Ceremony 10AM
July 24	6 th Sunday after Pentecost	Communion Ceremony 10AM
July 25-29	Vacation Bible School	4-7PM daily
August 28	Commission on Ministry meets with Bishop Whipple Mission congregation concerning the future of the church in the Lower Sioux Community	



