

Canwapakasna Wi

OCTOBER 2011

SHAKING OFF LEAVES MOON VOLUME 11, ISSUE 10

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HALLOWEEN PARTY & CONTEST!

MONDAY, OCTOBER 31ST

LSIC Recreation Center

5:00 p.m.—7:00 p.m.

LIGHT SNACKS WILL BE SERVED

COMMUNITY ENROLLMENT MEETING

Tuesday, October 11, 2011 at 6:00 p.m.
LSIC Recreation Center, Multi-Purpose Room

2011 ADOPTION VOTE

List of Applicants is posted at the Community Center
Applicants required to have 90 signatures must do so by October 17th
The 2011 Adoption Vote is scheduled for November 1st

MEETING FOR COUNTY ROAD 2

Tuesday, October 4, 3:00 p.m.
Recreation Center Multi-Purpose Room
ALL RESIDENT'S ON COUNTY ROAD 2 PLEASE ATTEND!

QUARTERLY COMMUNITY MEETING

Wednesday, October 26, 2011 at 6:00 p.m.
LSIC Recreation Center, Multi-Purpose Room

DAKOTA FUTURES

Atomic Chef Spices entered and won first place at the Grill Master Competition in Redwood Falls.

Here is the winning recipe:



STEAK MARINADE

4		8 oz. Steaks
1/4	Cup	Extra Virgin Olive Oil
1/8	Cup	Balsamic Vinegar
1	Tablespoon	Atomic Chef "OMG" Seasoning
2	Tablespoon	Atomic Chef "Rancher's Steer Rub"
1	Tablespoon	Fresh Chopped Garlic Clove
1/4	Cup	Fresh Chopped Green Onions
1/2	Cup	Little Penguin Cabernet



Mix all ingredients in large one gallon zip lock bag. Place steaks in bag and put in refrigerator for four (4) hours. Grill steak over hot coals to desired temperature, seasoning both sides liberally with Rancher's Steer Rub. Let steak rest for ten minutes before serving.

Use as a rub or in a marinade. This blend is perfect for red meats including beef, lamb, elk or bison. When cooking, use on both sides of the meat. Always let the meat rest before serving.



Can you say "red meat". Always used in my steak marinades as well as a "spot on" finishing blend. RSR was created specifically for that balance that is achieved when perfectly cooked meats meets flavor. It contains the full profile for meats: garlic, onion black pepper, and seasalt. With the added bonus of a speck of heat from the finest imported flakes. At Blue Sky I only serve one cut of steak, NY. Guests constantly comment that it is the best. Why? Because it is so damn good when I brush that steak with butter and use RSR.

Ingredients: Seasalt, Pepper, (Black, Red and White) Spices, Sugar, Paprika, Turmeric, Garlic and Onion

Nutrition Facts: Calories: 2.855, Protein: .122, Carb: 0.460, Fat: 0.098, Cholesterol: 0, Sodium 83.983–3% of DV, Potassium: 13.6, Dietary Fiber: 0.213 1%DV, Sugars: 0.047

The best food seasoning is the one that completes the dish. Especially great on fresh vegetables, pastas, and potatoes.



This blend comes right off the cooking line at Blue Sky. It came about because "Essence" was just not good enough for me. My biggest food knack is complex flavors blended to create that "first bite sensation". It has to be great. Anything less makes it just a meal. The key ingredients in this blend is the imported oregano and the smoked paprika. It is that inherent flavor profile that ties herb and spice in an exact balance that tastes like no other.

Ingredients: Seasalt, Paprika and Spices (including Garlic and Cumin), Oregano and Pepper.

Nutrition Facts: Calories: 2.855, Protein: .122, Carb: 0.460, Fat: 0.098, Cholesterol: 0, Sodium 83.983–3% of DV, Potassium: 13.6, Dietary Fiber: 0.213 1%DV, Sugars: 0.047 All Natural, Gluten Free, No MSG.

Atomic Chef Spices available at the Jackpot Junction Gift Shop and the Oyate Convenience store. Other locations are listed on the website, www.atomicchefspices.com

Atomic Chef Spices owned and operated by the Lower Sioux Indian Community.





Bridging the Gap

A Program for Children & Teens Grieving

The Death of Someone Special

Fall Retreat

Saturday, October 8, 2011

9:00 a.m.—1:00 p.m.

Caring Connections Room—Redwood Area Hospital

Redwood Falls, MN

Bridging the Gap will give kids, grades K-12 who have experienced the death of someone special, the opportunity to connect with others “who have been there.” In a caring environment, children/teens will be encouraged to explore and express their feelings about death and change in their life. All Grief Support and activities will be guided by social workers, staff, and volunteers from the Redwood Area Hospital Hospice Program.

- ◆ What We Will Do at a Bridging the Gap Retreat?
- ◆ Share our stories (by talking, writing, or drawing)
- ◆ Work on art projects
- ◆ Watch a video to learn from other children/teens about their experiences
- ◆ Talk in small, age-appropriate groups
- ◆ Have snacks and a meal together
- ◆ Relax and have fun
- ◆ Participate in a special “Remembering” service
- ◆ Experience care, support, and friendship

For more information or to register,
call Amy Boettger, Licensed Social Worker
at the Redwood Area Hospital at
507-637-4617 by
Tuesday, October 4, 2011

- ◆ Please bring a picture of the person who has died
- ◆ If you have been a “Bridging the Gap” participant in the past, please bring your journal



Redwood Area Hospital
100 Fallwood Road—Redwood Falls, MN 56283

Hospital Services

Acute Care	Diabetes & Nutrition	Hospice	Physical Therapy
Swing Bed	Education	Infusion Therapy	Radiology
Sleep Studies	Emergency Services	Laboratory/Pathology	Respiratory Therapy
Cardiac Rehab	24 Hour Physician	Massage Therapy	Same Day Surgery
Caring Connections	Level 1 Heart Attack	Obstetrics	Seasons
Adult Day Services	Telestroke	LDRP	End-of-life home
Cancer Care Center	Trauma Designation	Whirlpool Suites	Speech Therapy
	Home Care	Occupational Therapy	Sports Medicine

Visiting Specialists

Asthma & Allergy	Gastroenterology	Oncology
Cardiology	General Surgery	Ophthalmology
Otolaryngology—ENT	Nephrology	Orthopedics
		Podiatry

Caring People...Caring for People
www.redwoodareahospital.org

507-637-4500

THPO/LOWER SIOUX AGENCY

The Lower Sioux Agency Interpretive Center is now closed for the season. The trails are open and the grounds are free to enjoy anytime. The Interpretive Center will be open by reservation only. If you would like schedule a tour contact Anthony Morse at 507 697 6321 or lowersioux@mnhs.org.

The Minnesota Historical Society is currently working towards a new exhibit to debut in 2012 to commemorate the Dakota War of 1862. To ensure that the new exhibit is culturally sensitive to the Dakota people, MHS is asking for any questions, comments, or thoughts on what should or should not be displayed or printed for the general public to view. Below I have included pictures and descriptions of some of the items in question. If you have any questions or comments please contact Anthony Morse at 507 697 6321 or lowersioux@mnhs.org. You may also contact Kate Roberts, Senior Exhibit Developer for MHS, at 651 259 3059 or kate.roberts@mnhs.org.

The following are a few of the culturally sensitive exhibits:

- ◆ Dakota hide quillwork man's shirt – collected by Col. John G. Clark 1865-1866
- ◆ Dakota headband – obtained by Captain Charles J. Stees, the headband reportedly owned by Little Crow.
- ◆ Cane from Mankato – made from a piece of the gallows of the 38. Belonged to William Kunselman
- ◆ Mankato hanging rope – used in the hanging of the 38
- ◆ (The picture of this could be upsetting, however, if you would like to see it you can do so at the Lower Sioux Agency.)



OFFICE OF ENVIRONMENT



Neighborhood Energy Connection
tools for energy-efficient living

“FREE” HOME ENERGY AUDITS LSIC members on and off reservation Coming October 18, 19th & 20th!!!!!!

Sign up at the LSIC Community Center

Are you interested in how your home performs?

An auditor will visit your home and offer practical solutions to help you save energy and keep cash in your bank account.

You will learn about your home's energy systems and about the latest in energy tax credits, utility rebates, and other incentives that will make energy improvements easy and affordable.

A home energy audit lasts about 2 hours. Your auditor will analyze your utility bills, discuss any of your specific concerns with you, and examine the following areas of your home:

- Furnace or boiler
- Air Conditioner
- Insulation
- Air Leaks
- Water Heater
- Refrigerator, freezer, range, and other appliances

Your auditor will use diagnostic equipment to check your home for efficiency, safety, and performance.

You will receive a list of the specific energy saving steps recommended for your home with their expected costs and savings potential.

Also.....they will install!

- Door weather stripping
- Water heater insulation blankets
- 20 Compact fluorescent light bulbs
- Low flow showerheads & faucet aerators

Someone will need to be home and they take about 2 hours to complete



ANNOUNCEMENTS

FLUSHING WATER-MAINS

People Service will be flushing water-mains on the following dates:
Tuesday, October 11th and Wednesday, October 12th

ENERGY ASSISTANCE APPLICATIONS

Monday, October 17, 2011

APPLICATIONS ARE AVAILABLE AT THE DAKOTA FUTURES OFFICE IN JACKPOT JUNCTION. ONE PER QUALIFIED MEMBER.



Happy
Birthday to:

Priscilla

Gruendemann,

October 10th!

& Marilyn Hisday,

October 21st!

Cynthia Zimmer-Robinson is the new Executive Secretary for Dakota Futures, Inc.

DIABETES EXPO SIGN-UP

Saturday, October 15 from 9:00 a.m.—3:00 p.m.

Minneapolis Convention Center

The Lower Sioux Diabetes Program will be taking any interested LSIC diabetics. We will have space for twelve participants. If more than 12 adults are interested you will be placed on a waiting list. A minimum of four are needed or the event will be cancelled. If you need to cancel, please let me know by Thursday, October 12, so we can fill your spot. Please contact Marisa at 507-430-1605 to sign up.

We will be departing the Center at 8:00 a.m.

Bishop Whipple Mission NEWS and Notes

October 9 Bishop Brian N. Prior to Visit Bishop Whipple Mission

Bishop Brian Prior, the 9th Bishop of the Diocese of Minnesota, will celebrate and Preach at the 10 am Sunday service during his first "official" visit to Bishop Whipple Mission. Bishop Prior will be at Bishop Whipple Mission as part of his 4-day visitation and tour of Region 4 which kicks off with a Regional 3PM Festive Eucharist at St. John's Episcopal Church in Mankato. Following the Ceremony on Sunday, there will be a meal and dialogue with Bishop Brian in the Guild Hall. Come and meet your new Bishop on October 9 between 10 AM and 2 PM.

2011-2012 Christian Education at Bishop Whipple Mission

Christian Education, aka Sunday School, will meet in the Guild Hall at 9:45 on Sunday mornings. This year there will be 3 sections based on age/grade. PreK-2nd Grade (at least 3 years old); 3-6 Grade and 7-12 Grade. The 7-12 grade section will meet with Rev. Robertson at 9:45 in the Church on the Sundays he is celebrating at Bishop Whipple Mission. For further information or to volunteer call 507-430-3218

Upcoming dates and activities at Bishop Whipple Mission include:

October 2	16 th Sunday after Pentecost	Communion Ceremony 10 AM
October 8	Region 4 Meeting (1PM) followed by a Festive Eucharist at 3PM	
October 9	17 th Sunday after Pentecost	Communion Ceremony with Bishop Prior-Celebrant 10 AM
October 11	Bishop's Committee 7PM	
October 16	18 th Sunday after Pentecost	Communion Ceremony 10 AM
October 23	19 th Sunday after Pentecost	Communion Ceremony 10 AM
October 28-29	Diocesan Convention – Minneapolis	
October 30	20 th Sunday after Pentecost	Communion Ceremony 10 AM

October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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Lower Sioux Recreation

39527 Res Hwy 1
 Morton, MN 56270

Phone: 507.697.8612


Jeremiah Nelson, Director

Jane Rasmussen,
 Rec Leader

Justice Wabasha, Tobacco Prevention

2	3 4-6 PM TUTOR 7-9 PM MEN'S NIGHT	4 4-6 PM TUTOR	5 4-6 PM COOKING CLASS 5-6 PM	6 4-6 PM COOKING CLASS 6-8 PM	7	8 TOMMYGUNS PAINTBALL AGES 13-18 VAN LEAVES AT 1 PM
9	10 4-6 PM TUTOR 7-9 PM MEN'S NIGHT	11 4-6 PM TUTOR	12 4-6 PM COOKING CLASS 5-6 PM	13 4-6 PM COOKING CLASS 6-8 PM	14	15 5-7 PM VOLLEYBALL
16	17 4-6 PM TUTOR 7-9 PM MEN'S NIGHT	18 4-6 PM TUTOR	19 4-6 PM COOKING CLASS 5-6 PM	20 4-6 PM COOKING CLASS 6-8 PM	21 BOWLING IN WILLMAR AGES 12-18 VAN LEAVES AT 2 PM	22 5-7 PM VOLLEYBALL
23	24 4-6 PM TUTOR 7-9 PM MEN'S NIGHT	25 4-6 PM TUTOR	26 4-6 PM COOKING CLASS 5-6 PM	27 4-6 PM COOKING CLASS 6-8 PM	28	29
30	31					

October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Outpatient 1-3	4 Pre-School 10-12 Pre-School 1-3 GED 1:30-3:30 Adult Cont Care 2-4 Dakota Lang 4:30 GA 7	5 Elders Mtg. 11 Outpatient 1-3	6 Pre-School 10-12 Pre-School 1-3 AA 12 Outpatient 1-3 GED 1:30-3:30 Dakota Lang 4:30 Zumba 5-6	7	8 BRIDGING THE GAP Hospital at 9-1
9	10 CLOSED	11 Pre-School 10-12 Pre-School 1-3 FLUSHING H2O MAINS GED 1:30-3:30 Adult Cont Care 2-4 Dakota Lang 4:30 GA 7 6 PM: COMMUNITY ENROLLMENT MTG	12 FLUSHING HXO MAINS Elders Mtg. 11 Outpatient 1-3 Food Shelf 1-4 EDUCATION MTG 4:30	13 Pre-School 10-12 Pre-School 1-3 AA 12 Outpatient 1-3 GED 1:30-3:30 Dakota Lang 4:30 Zumba 5-6	14	15 DIABETE'S EXPO MINNEAPOLIS
16	17 Outpatient 1-3 90 Signatures For Enrollment Due	18 Pre-School 10-12 Pre-School 1-3 GED 1:30-3:30 Adult Cont Care 2-4 Dakota Lang 4:30 GA 7 ENERGY AUDITS	19 Elders Mtg. 11 Outpatient 1-3 Zumba 5-6 Summer Youth 9-3 ENERGY AUDITS	20 Pre-School 10-12 Pre-School 1-3 AA 12 Outpatient 1-3 GED 1:30-3:30 Dakota Lang 4:30 Zumba 5-6 ENERGY AUDITS	21	22
23	24 Outpatient 1-3	25 Pre-School 10-12 Pre-School 1-3 GED 1:30-3:30 Adult Cont Care 2-4 Dakota Lang 4:30 GA 7	26 Elders Mtg. 11 Diabetes Bingo 1:00 Outpatient 1-3 Food Shelf 1-4 Zumba 5-6 6PM: QUARTERLY MEETING	27 Pre-School 10-12 Pre-School 1-3 AA 12 Outpatient 1-3 GED 1:30-3:30 Dakota Lang 4:30 Zumba 5-6	28	29
30	31 Outpatient 1-3					