WELCOME
Boozhoo!!

MISSION & VISION
Page. 2

HELP PRESERVE OUR CULTURE, TRADITIONS AND COMMUNITY
Be a Mentor at the Boys & Girls Club!

CLUB CALENDAR
Pg. 3

STAFF CORNER & HAPPENINGS
Pg. 4 and on
MISSION: To enable all youth people, especially those who need us most, to reach their full potential as caring, productive and responsible citizens.

To offer opportunities to provide Native youth with ongoing relationships with caring adult professionals, a safe place to learn and grow, life-enhancing programs, character development experiences and, most of all, hope and opportunity. Clubs promote positive youth growth and development along critical cultural, social, emotional, intellectual, and physical dimensions.

VISION: Boys & Girls Club Movement in achieving our ambitious vision of great futures for all young people, while sustaining and respecting each community’s unique cultural values, traditions and ways.

Ojibwemowin Word of the Month: Gikinawaabam- Learn by Observation
### January 2020

Gichimanidoo-gizis (Great Spirit Moon)

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<th>Sun</th>
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<th>Tue</th>
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Activities subject to change please call ahead 715-779-3722 thank you B&G Club Staff
Logan is 13 years old and goes to Bayfield School. His favorite sport is basketball. Logan favorite color is red. His favorite video game is Call of Duty, and he likes to play basketball on his free time.

We asked Logan if he could go anywhere in the World where would it be? Logan said he would go to Florida to see and swim in the ocean. We asked what his favorite food is, he said pepperoni pizza.

Logan’s best friend is Zachary, and a Wolf is his favorite animal.

When Logan grows up, he wants to play in the NBA.

Lastly, we asked Logan what his two favorite things about the Boys & Girls Club are: 1) Basketball, 2) Workers!
Paige Moilanen, Youth Director
“Trips, adulting, playing more hockey again, growing the family by adding a dog!”

Abe Butterfield, Youth Worker
“Super Bowl, visiting my brother and his family, March Madness and summer time!”

Don Gordon III, Activities Coordinator
“Playing basketball with friends and family!”

Darrell Murphy, Youth Worker
“Looking forward to the whole year with everyone!”

Mark Defoe, Youth Worker
“Looking forward towards a fun summer!”

Question of the Month:
What are you looking forward to this New Year?
3V3 Basketball

Calling all Middle School Boys & Girls! We are starting 3v3 on Saturdays! This is Co-ed, all middle school youth welcomed! No matter the skill level!

Games start at 3pm
School Year Hours

Sunday & Monday: Closed
Tuesday: 4-8pm
Wednesday: 4-8pm
Thursday: 4-8pm
Friday: 4-8pm
Saturday: 12-8pm
Holidays: Closed

*If the Tribe closed due to holiday on Monday, Club will be closed Tuesday.
* Club is open to the public Tuesday to Friday from 11:30 to 3pm, unless there is school break or early release at the school. Youth will then get priority of Club.
High School Snapshot

As conventional cigarette use is declining, e-cigarette use is rising.

From 2014 to 2018, there was a 154% increase in e-cigarette use.

- **Electronic cigarettes**
  - Current use: 20.1%
  - Ever use: 32.6%
  - 20.1%

- **Conventional cigarettes**
  - 4.7%

- **Cigars and Cigarillos**
  - 6.6%

- **Hookah and Pipes**
  - 4.2%

- **Smokeless tobacco**
  - 4.0%

**1 in 5** Wisconsin high schoolers use e-cigarettes.

**1 in 4** of those who have ever used e-cigarettes first tried an e-cigarette before age 16.

**16%** of e-cigarette users also smoke conventional cigarettes.

89% would not use unflavored tobacco products.

**More than half** of current smokers usually smoke menthol-flavored cigarettes.

19% live in homes where others smoke.

24% rode in vehicles where others smoked in the last week.

- 76% of high schoolers said it is easy to get tobacco products.
- 15% of high schoolers have never seen a warning label on a cigarette pack.
- 88% of high schoolers agree all tobacco products are dangerous.
- 40% of high school tobacco users want to quit using all tobacco products.
Nature Activities & Language Table with Alex Breslav & Mark Gokee Jr.

On Wednesdays you can find Alex Breslav the Indigenous Arts and Sciences Coordinator with the Treaty Natural Resources Division working with youth on all sorts of arts and sciences. He works along with Mark Gokee Jr. the Red Cliff Native Connections Language/Culture Teacher. The youth learn many amazing things about their culture and sciences! Come check them out on Wednesdays!

We ran an experiment with making a lamp with Makwa (bear) fat and a tree-bark wick. Mark told a traditional Anishinaabe story that amused and educated as the kids drank pine tea and snacked on edible cricket.

Experimented with boiling water using a bear-fat candle, eating crickets, and drinking spruce tea. Then we played a game where the kids learned about team work and appropriate behavior as they competed to make each other smile and laugh through silly antics.

Snacking on edible crickets and home-made apple sauce, the kids got to try a few new teas and learn about their medicinal properties (in addition to the regular selection of spruce needles!) – red clover, yarrow, peppermint (this was the favorite!). They also tried, for the first time, Birch syrup. Afterwards Mark Gokee facilitated a game of Ojibwe Charades. One could only earn points if the action was named in Ojibwemowin!
GAGANOONIDIWAG

(They Talk to Each Other)

Youth Talking Circle
2pm at the Red Cliff Boys & Girls Club
2nd & 4th Saturday of Every Month

Open to all Red Cliff Youth
Food will be Provided!

For More Information, Contact:
Collin Ludwig, RC Youth Advocate
715-779-3706 Ext 5023
Collin.Ludwig@redcliff-nsn.gov
• The Wisconsin Rural Opportunities Foundation (WROF) is offering a scholarship to high school seniors who have been living in rural Wisconsin for at least 2 years. Student must maintain a 2.5 GPA to qualify. For more information, visit www.wrof.org or stop by the counseling office. **Deadline is February 28, 2020.**

• Duluth Builder's Exchange is offering a $2,000 scholarship for students going into the trades such as Plumber, Equipment Operator, Electrician, Carpenter, etc. Visit [www.dsacommunityfoundation.com](http://www.dsacommunityfoundation.com) for more information on how to apply.

• The Wisconsin Professional Police Association awards scholarships to Wisconsin students enrolling in a course of study leading to a degree in police science or criminal justice. **Deadline is February 3rd, 2020.** Applications in Counseling Office.

• The Community Partnership Scholarship will be awarded to a female high school senior who will be graduating from a northern Wisconsin school. Many qualifications apply. **Deadline is February 28, 2020.**

• Northwoods Community Credit Union (NCCU) is offering a $1,000 scholarship to graduating seniors whose family members are members of the credit union. More qualifications apply. Visit [www.northwoodscu.com](http://www.northwoodscu.com) for online application and more information or stop by the counseling office. **Deadline April 15, 2020**

• Northwoods Community Credit Union (NCCU) is offering a military scholarship for graduating seniors entering into any branch of service. Please visit [www.northwoodscu.com](http://www.northwoodscu.com) for more information.

• The Ab Nicholas Scholarship Foundation is offering senior students planning to attend a UW system university and participated in basketball their senior year. This is a substantial award. Stop by the counseling office or visit [www.abnicholasscholars.org](http://www.abnicholasscholars.org) for more information. **Applications accepted February 1st - April 30th online only.**

• Senior students who plan to attend UMD and major in Computer Science can apply for the Saturn Systems Scholarship. Visit [www.dsacommunityfoundation.com](http://www.dsacommunityfoundation.com) for more information and online application. **Deadline is January 15th, 2020.**

• Foremost Media is awarding $500 to a graduating senior who is entering the Marketing or Web Development field. Visit [www.foremostmedia.com/scholarship](http://www.foremostmedia.com/scholarship) or the counseling office for more information. **Applications being accepted March 1st-May 1st, 2020.**

• The Duluth/Superior Area Community Foundation is offering several scholarships to students who plan to attend in the Superior/Duluth area. Visit [www.dsacommunityfoundation.com](http://www.dsacommunityfoundation.com) for application and more information.
On December 29th, Red Cliff youth went on a trip to Bentleyville in Duluth! The kids had a lot of fun seeing all the lights, enjoying hot chocolate and cookies! Afterwards they stopped at Culver’s! We want to thank Chris Boyd and Collin Ludwig for taking the youth on this trip! We also want to thank the Red Cliff Clinic for letting us borrow their vans.
RED CLIFF BAND OF LAKE SUPERIOR CHIPPEWAS

BIBOON GABESHIWIN
WINTER CAMP

SAVE THE DATE
FEBRUARY 15-16, 2020

Buffalo Bay Campgrounds & Red Cliff Library

Herring Net Setting Demo | Star Legend Teachings w/Abe Sutherland | Baaga’adowewin | Snowshoe Hike | Animal Tracking | Tea Harvesting | Buckskin Mitten Making w/Mary Moose
($20 registration fee to cover supplies - seats limited!) | Winter Cooking Demos and much more.
Family focused event! | Food, prizes & FUN!

MORE INFORMATION TO FOLLOW!
MOVIE NIGHT

Friday Nights
Starting around 5:30pm
Bayfield Pool on Thursdays
Leave B&G Club around 4:30pm
*subject to change or be cancelled if not enough youth
Stop the spread of germs that make you and others sick!

Cover your Cough

Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.

Put your used tissue in the waste basket.

You may be asked to put on a surgical mask to protect others.

Clean your Hands after coughing or sneezing.

Wash with soap and water or clean with alcohol-based hand cleaner.

MDH
Minnesota Department of Health
505 Lincoln Street, PO Box 64275
St. Paul, MN 55164-0275

APIC
American Association of Professional Infectious Diseases Specialists

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### Is it a Cold or Flu?

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<th>Signs and Symptoms</th>
<th>Cold</th>
<th>Flu</th>
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<tbody>
<tr>
<td>Symptom onset</td>
<td>Gradual</td>
<td>Abrupt</td>
</tr>
<tr>
<td>Fever</td>
<td>Rare</td>
<td>Usual</td>
</tr>
<tr>
<td>Aches</td>
<td>Slight</td>
<td>Usual</td>
</tr>
<tr>
<td>Chills</td>
<td>Uncommon</td>
<td>Fairly common</td>
</tr>
<tr>
<td>Fatigue, weakness</td>
<td>Sometimes</td>
<td>Usual</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Chest discomfort, cough</td>
<td>Mild to moderate</td>
<td>Common</td>
</tr>
<tr>
<td>Stuffy nose</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sore throat</td>
<td>Common</td>
<td>Common</td>
</tr>
<tr>
<td>Headache</td>
<td>Rare</td>
<td>Common</td>
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#FIGHTFLU

[Logo: CDC]
BOYS & GIRLS CLUB OF GITCHIGAMI IS ALWAYS LOOKING FOR ELDERS AND VOLUNTEERS TO WORK WITH YOUTH! IF YOU ARE INTERESTED PLEASE STOP IN THE THE BOYS & GIRLS AND TALK WITH STAFF!