Gidanamikaagoo (Welcome)!!

We would like to take this time to welcome the returning children and those just joining us at the Red Cliff Early Childhood Center. We are so excited to have the little ones and their families this year!! If you have not already met with your child’s teacher regarding an initial home visit, they will be contacting you to set this up in the very near future. Also, your Family Resource Coordinator will be contacting you to set up a home visit to discuss a Family Partnership Agreement and the needs/goals of your family!

Please take the time to review the classroom guidelines that were presented to your family at your home visit, they have been included in the newsletter for more opportunity to review. One that stands out is the attendance policy; please call when your child will be absent or late. We really enjoy hearing from families and you can also leave a message at the ECC at any time of the day or night.

As always we encourage parents to visit the classroom of their child at any time; to find the 'best time' to visit simply ask your child's teacher.

Home base socials have been scheduled for the entire year and you will find the schedule in the newsletter!

2012-2013 Policy Council

The Red Cliff Early Childhood Center strives to have parent and community involvement! One way that we do this is through a Parent Policy Council, comprised of both parent and community representatives. This Council meets once a month for about 1-2 hours and is provided information about the ECC including financial reports, service plans, grant applications and updates, personnel matters, and most importantly parent feedback! We are still looking for interested individuals! Policy Council elections will take place at the Family Night on September 26th, 2012. If you are interested please contact Nicole (ext 253) at 779-5030!! :)

Special points of interest:
- Please call 779-5030 if your child will be absent or late any time of the day/night.
- Please have your health/dental checks sent to ECC.
- In-Home Child Care Providers Needed, please see Nicole or Kim if you are interested!!!
- Red Cliff Historic Preservation Program! Information inside!
# Waatebagaa-Giizis (Leaves Changing Color Moon) September 2012

## Community/ECC Events Calendar

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<td></td>
<td>Oct 1</td>
<td>Oct 2</td>
<td>Oct 3</td>
</tr>
<tr>
<td>TREATY DAY</td>
<td>Oct 7</td>
<td>Oct 6</td>
<td>Oct 5</td>
<td></td>
<td></td>
<td>Oct 4</td>
</tr>
<tr>
<td>ECC/Tribe Closed</td>
<td>WIC Pick up</td>
<td>JOM/Title VII Mtg</td>
<td>Blood Drive 10:30-3:30 @ LW Casino</td>
<td></td>
<td></td>
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<tr>
<td>Oct 7</td>
<td></td>
<td>Oct 10</td>
<td>Oct 11</td>
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<td></td>
<td></td>
<td>Oct 11</td>
<td>Oct 12</td>
<td>Oct 13</td>
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</tbody>
</table>

- **ECC Opening Ceremony 11am**
- **ECC First Class Day!**
- **ECC Family Night 5pm**
- **ECC Staff Appreciation (ECC Closed)**
- **Blood Drive 10:30-3:30 @ LW Casino**
- **ECC Picture Day**
Agongos News

September
(Waatebagaa-Giizis)

Looking forward to meeting new families
and catching up with returning families

September Birthdays

Kenyon  September 3rd
Xoe  September 3rd
Delia  September 4th
Makoons  September 7th
Leila  September 19th
Aron Jr  September 25th

Agongos Teachers
715-779-5030
Cindy--------Ext.238
Amber--------Ext.235
Gena--------Ext.236
<table>
<thead>
<tr>
<th>Month</th>
<th>Socialization Dates &amp; Times</th>
<th>Events/Activities</th>
</tr>
</thead>
</table>
| September | 10<sup>th</sup> 11am  
26<sup>th</sup> 5pm | Opening Ceremony  
Family Night           |
| October   | 11<sup>th</sup> 5pm  
30<sup>th</sup> 9am | TBD                     |
| November  | 8<sup>th</sup> 5pm  
20<sup>th</sup> 10:30am | TBD                     |
| December  | 6<sup>th</sup> 5pm  
19<sup>th</sup> 10am | TBD                     |
| January   | 11<sup>th</sup> 10am  
30<sup>th</sup> 5pm | TBD                     |
| February  | 7<sup>th</sup> 5pm  
TBD 10am           | TBD                     |
| March     | 8<sup>th</sup> 10am  
21<sup>st</sup> 5pm | Sugar Bush TBD  
Sugar Bush TBD       |
| April     | 11<sup>th</sup> 5pm  
26<sup>th</sup> 10am | TBD                     |
| May       | 9<sup>th</sup> 5pm  
24<sup>th</sup> 10am | TBD                     |
| June      | 6<sup>th</sup> 5pm  
21<sup>st</sup> 10am | TBD                     |
| July      | 12<sup>th</sup> 10am | End of Year Picnic     |

TBD=To Be Determined
WOW! Fall is here just about and we are so ready to begin our new school year!!! The lead teachers for this room are Karen Goodlet-Newago and Teresa Weber. There is also a teacher aide, Fred Pillinger. We have worked here for over 10 years and we are very happy to start a brand new year with your little ones.


**Being a Partner**

We are looking forward to teaching your child but always remember **You are your child's first & most important teacher**! We hope to work together and set goals for your child and help them successfully achieve them.

We can be reached by calling this number:

715-779-5030 ext: 224

~Karen, Teresa and Fred
Welcome Back!! We hope you enjoyed your long break!! We are looking forward to this new school year. Your child will be learning new skills throughout the year. Some of these skills are: drinking from a cup with no lid, using his/her silverware and becoming familiar with the potty. Parents please remember that if you have any questions or concerns, don’t hesitate to talk to us.

We would like to welcome Caleb Hanson to our room!

During the month of September we will be busy getting familiar with the room. We have a schedule posted in our room so you can see what your child’s daily routine will look like. Please keep in mind that we might have to change the schedule if this doesn’t work well for the children. We have an open door policy and parents are welcome anytime.

Thanks,

Jamie & Wendy

715-779-5030 ext, 225
Waatebagaa-giizis
Ikidowinan:

- Ozaawaa
  -it is yellow
- Ozaawizi
  -s/he is yellow
- Asigibii'iga-nan
  -numbers
- Ozhibii'iga-nan
  -letters
- ________ nindizhinikaaz.
  -My name is ________.
- Gidayaa ina omaa _____?
  -Is _____ here?
- Omaa indayaa.
  -I am here.

Boozhoo Makwa Families!

We are so excited to be back for another year.

Chi-migwech for your patience during the construction. We now have a safer parking lot and beautiful new roofs. Please make sure you look for the new procedures for safely entering and exiting the parking lot (included in newsletter).

This year we are so excited to be the Makwa. We will be spending lots of time learning our ABC's and 1-2-3's and everything in-between. Many of our activities will still occur outside in the school forest, so make sure you are sending enough clothes for the different kinds of weather. Mud boots and extra sneakers are a good idea too.

This month we will focus on our selves and our friends in our classroom. We will learn our routines and have fun with each other as we play.

Welcome back!
Boozhoo! Chi Miigwech to all families for attending our scheduled school visits. It was nice to see everyone before class starts. We are so excited to welcome Miranda and Oliver into our classroom! Welcome back Evan, Elliot, Autumn, Francis, Tessla and Ayden! We have many fun things planned this year! You can check out what we are doing weekly on the bulletin board. This board is located on the left when you walk in the room. New lesson plans will be posted every Monday. If you would like to see your child’s individual goals please ask one of us and we would be happy to show you. We want to work on individual goals together so please let us know if there are any current goals you are working on at home and would like us to work on in the classroom!

Thank you for understanding the importance of our transition calendar. We want each child to have a smooth transition into our program!

Remember you can stop in and visit when you would like!

If you have any questions please feel free to give us a call,

779-5030 ext241

Nadine and Amber

Family Night!
September 26th
5:00pm

**Ojibwe Words for the Month**

Boozhoo- Hello
Gidanamikaagoo- Welcome
Gigawaabamin- see you again
Dewé’gan-drum
Welcome Back!!

Greetings from the Ma’iingan teachers, Miss Alicia, Miss Beth and Miss Linda. We hope everyone had a wonderful summer and you’re all ready for another fun and busy school year. We are so excited to welcome you all to another year at the Red Cliff Early Childhood Center. We look forward to seeing our children from last year again and to meet our new friends. We have seven new children coming into our classroom this year and we are looking forward to getting to know all of them!

Here are a few reminders:

Please remember to send extra, weather appropriate clothes to school with your child. We go outside everyday weather permitting and sometimes get dirty while making our mud pies and playing in the water table.

Please remember to have your child in the classroom by 9:00 am. Most of our learning takes place in the busy morning hours.

Please be sure to look for papers and notes to be sent home on Thursdays.

As always, please feel free to contact the teachers with any questions or concerns you may have. We are available at 715-779-5030 ext 245.

Hope we all have a wonderful school year!!

Special Reminder:
Please do not allow your child to bring toys from home to school. They can become a classroom distraction or get lost. We appreciate your cooperation!

Opportunities for learning...

We have prepared many units of learning for our school year. We will have units on dinosaurs, gardening, caring for our earth, families, friendships, transportation and many more topics. During these units we include lessons that focus on many areas of development including:

- Physical development (small/large motor)
- Social/Emotional development
- Cognitive development
- Literacy
- Math
- Science
- Social Studies
- And the Arts (music/movement/crafts)

Ojibwemowin:

Gikino'amaadiiwigamig
school
dagwaagim
autumn
mishiimin
apple
Mashkodedebizhiki Room

Boozhoo! We are really excited to finally be starting the new year. Thank you to everyone for being so patient and understanding during the closing. The renovations that took place will make our school year that much better.

Thanks to all the families who were able to schedule a home visit over the summer. We know that everyone is very busy and appreciate the time you shared. If you were not able to schedule a home visit during the summer please call our office at ext. 247 to get one set up.

We all know how tricky the weather can be in the fall. Please be sure your child has a light jacket or sweater for the mornings as they may be a bit chilly. Also, please be sure to send extra clothes to school with your child. The clothes can stay at school or go back and forth. Just let us know.

We are looking forward to a very exciting and fulfilling year. If you have any questions or concerns during the year please feel free to give us a call or come and see us. We are always open to and happy to hear your ideas.

Don’t forget to call when your child will not be on the bus for morning pick up. This helps the bus drivers stay on schedule. Please use the “Bus Stop and Bus Go” signs. If you need one please let us know.

Thank you for sharing your children with us. We feel very fortunate to be a part of their daily lives. We look forward to teaching them and learning from them.

Ms. J, Ms. Virginia and Ms. Jenn
Boozhoo from the Migizi Room

Welcome to the New School Year.

We are glad to have the children back for the new year. We hope everyone had a wonderful break, now it’s time to work.

In the couple weeks the class will be focusing on getting to know their classmates, the new routine, and learning how to be more independent.

In the upcoming months, the children will begin to learn more of the alphabet, numbers, and learning to print their name.

We will be going to the Red Cliff farm to learn about their harvest. Another field trip will be planned to the apple orchard, and the children will be able to pick their own apples.

The door is always open feel free to visit your child, sit and eat breakfast or lunch with them.

Looking forward to a wonderful school year.

Ms. Diann, Ms. Tracy, and Ms. Patsy
Head Start
Transportation

Our buses will pick up and drop off each child to/from the specified location AS INDICATED ON YOUR TRANSPORTATION FORM. Please use your red/green stop sign to notify the bus drivers if they should wait or move to the next pick up.

The bus is unable to wait more than two minutes for a child unless weather or other conditions affect the bus schedule. Food, drink, candy and toys are not allowed on the bus.

A designated adult must come out to the bus stop during pickup and drop off times.

If you have any transportation changes or concerns, call 715-779-5030 ext O.
Red Cliff Early Childhood Center Classroom Guidelines

1. Arrival Time - Class starts at 8:00 for all classrooms. All classes with the exception of the Esiban room are dismissed at 2:00. The Esiban room is dismissed at 4:30.

2. Calling in - If your child won't be in, please call no later than 9:00 am to let the teachers know. The sooner, the better. If they aren't here by 8:30 please give them breakfast at home and have them here by 9:00 am.

3. Extra Clothes – Please make sure your child has at least one set of extra clothes to keep at school—shirt, pants, socks (appropriate for the season).

4. Getting Dirty – Please send your child to school in clothes that can get dirty. We get messy and don’t want to ruin any good clothes.

5. Outside - We go outside every day, weather permitting, so please make sure your child has all of the appropriate outside gear – snow pants, hat, water resistant gloves, snow boots and a warm winter coat.

6. Medication – If your child has had any medication (Tylenol, cough syrup, etc. due to illness) within 24 hours of coming to school they should stay home. If you are not sure if they should come because they have had medication please call the classroom teacher.

7. Communicable Disease – If you child has been diagnosed with a communicable disease (pink eye, strep throat, etc.) they must be on antibiotics for at least 24 hours and feeling better before they can return to school.

8. Sick – If your child has a fever over 100 degrees they cannot be at school. If your child is not feeling well, isn’t eating or playing or is not able to follow the regular daily routine they will be sent home. If your child has diarrhea they cannot be at school until they are diarrhea free for at least 24 hours. Children should also be free of fever and vomiting for at least 24 hours before returning to school.

9. No Nit Policy – Any child who is found to have nits (head lice eggs) or head lice will be sent home. The child cannot return to school the same day as being sent home and must be rechecked upon arrival the next day before being readmitted.

10. Questions or Concerns – In the event that you have questions or concerns please feel free to talk with your child’s teachers. Issues are best resolved if addressed immediately with the teacher. If you do not feel you have gotten the resolve you hoped for please call the appropriate program director – Head Start call Nicole Gurnoe at extension 243. Early Head Start call LaVonne Goslin at extension 250.

11. School Closing – In the event that school is closed due to bad weather or other reasons we will notify you one of several ways. If Bayfield School or the tribe is closed due to weather, we are closed as well. It will be on channel 10 (WDIO) and no phone call will be made to your home. If the center is closing and the Bayfield School and tribe are still open your child’s classroom teacher will notify you by a phone call.
12. Contacts — Please be sure that all emergency contacts (including child’s home number) are current, that the individuals are aware that you have listed them as contacts and that they have the ability to get to the center to pick your child up. If you are not going to be reachable during class time please be sure to have someone appointed to be the first contact and inform your child’s teachers.

13. Authorized Pick-Ups — Only individuals who are on the authorization for pick-up list may pick your child up from Head Start or Early Head Start. This also applies to individuals getting your child off of the bus in the afternoon. When filling out the authorization form please be sure to add everyone who may pick up your child. In the event that you need someone pick your child up who is not on the list, you may call the center and give verbal permission for that day. Please come to the center to add the person to your list or send a signed and dated note with the person’s name and phone number.

14. Curriculum — We currently use Creative Curriculum and we individualize for each child based on their developmental level and their ability. If you have any questions, concerns or input into your child’s lesson plans please feel free to talk with your child’s teachers or the education manager, Marianne at extension 242.

15. Car Seats — Please make sure that anyone picking your child has an appropriate car seat for your child. We cannot let them leave in a vehicle if there is no seat for your child. We do have technicians at the center who are able to install seats if you need help. If you are in need of a seat please contact one of our family services staff or call the Red Cliff Community Health Center.

16. Bus Information — If you child rides the bus (Head Start children) please be sure to contact the office or your child’s classroom as soon as possible in the morning (for pick-up) or before 1:30 (for drop-off) with bussing changes. This helps us with time management and allows us a chance to prepare your child for an unexpected change in their routine. Please be sure to walk your child to and from the bus. Do not let them approach the bus alone.

17. Signing In — Please be sure to sign your child in every time you drop them off and sign them out every time you pick them up. Make sure anyone else dropping off or picking up also know to do this. We use the sign in and out sheet as a way to keep constant track of which children are in the room at any given point of the day. This is very important to your child’s safety. We also use this form to assist in our in-kind collection.

18. Drop-Off — When dropping off your child please be sure at least one of your child’s teachers see and acknowledges you. This is necessary to ensure that each child is accounted for at all times.

   All the staff at the ECC give a chi miigwetch for all of your support and cooperation in making this a safe, fun and healthy place for all of the children to be.
Head Start Field Trips!!

Red Cliff Garden & Farm September 25-27 leave at 9:30
return by 10:45
25 Mianngian
26 Migizi
27 Mashko

Ericksons Orchard October 16-18 leave by 9:30 return by
11 a.m.
16 Mianngian
17 Migizi
18 Mashko

CORN MAZE/Pumpkin Patch October 23-25 leave at 9 a.m and
return by lunchtime
23 Mianngian
24 Migizi
25 Mashko

Parents are encouraged and welcome to attend the field trips!! Please contact your child’s teacher if transportation is an issue for your family and we will see if accommodations can be made 😊
Parents

Throughout the year we will need you to bring us the following health check and immunization paperwork for your child:

**Age of child and for health checks**

<table>
<thead>
<tr>
<th>Age</th>
<th>Date</th>
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<tbody>
<tr>
<td>1 month</td>
<td>2 years</td>
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<tr>
<td>2 months</td>
<td>2 ½ years</td>
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<tr>
<td>4 months</td>
<td>3 years</td>
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<tr>
<td>6 months</td>
<td>4 years</td>
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<tr>
<td>8-9 months</td>
<td>5 years</td>
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<tr>
<td>12 months</td>
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<tr>
<td>15 months</td>
<td></td>
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<tr>
<td>18 months</td>
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**ALL HEALTH CHECKS AND IMMUNIZATIONS ARE REQUIRED BY FEDERAL AND STATE LAWS AND REGULATIONS.**

**Age of child for immunizations**

<table>
<thead>
<tr>
<th>Age</th>
<th>Date</th>
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<tbody>
<tr>
<td>2 months</td>
<td></td>
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<tr>
<td>4 months</td>
<td></td>
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<tr>
<td>6 months</td>
<td></td>
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<tr>
<td>12 months</td>
<td></td>
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<tr>
<td>15-18 months</td>
<td></td>
</tr>
<tr>
<td>2 years</td>
<td>(Yay! No more shots 'til age 4!!!)</td>
</tr>
</tbody>
</table>

If you have questions, call Sue Haas at 779-5030 x254
Please be aware that the Red Cliff Early Childhood Center has a medication policy as follows:

**MEDICATION POLICY**

Prescribed and over-the-counter medication may be dispensed after being reviewed by the Center Administrator or Health Manager, using the following guidelines:

1. A written, signed, and dated authorization from the parents to dispense medications must be in the child's file.

2. Prescription medication must be in the original container, dated, labeled with the child's name, name of the drug, dosage, physician's name, and administration instructions.

3. A written report will be placed in the child's file, which includes the type of medicine given, dosage, time, date, any side effects, and the name of the person administering the medication. This information will also be placed in the medical log.

4. Sunscreen application at the Early Childhood Center also requires an authorization from the parent/guardian. The sunscreen brand and strength will be specified on the form.
Keep childhood immunizations on track

With kids heading back to school and preschool, parents are checking their immunization records.

While school admission requires up-to-date immunizations, the best reason for vaccines is that they keep kids healthy and safe from common diseases that can have serious or even deadly consequences, says Dr. Lori DeFrance, head of the Pediatrics Department at Essentia Health-Duluth Clinic.

Sometimes busy parents forget immunizations. Most vaccines are administered at well-baby visits during a child’s first 12 months. Physicals required for kindergarten and seventh grade coincide with later vaccines. Those that fall in between, especially at 15 and 18 months, are often the easiest to forget.

If parents have a concern about a vaccine, Dr. DeFrance encourages them to talk with their doctor.

"Vaccines have eliminated many diseases that today’s parents don’t remember or haven’t seen first-hand, so it can be hard for them to weigh risks and benefits," the pediatrician says. "So we discuss those risks and benefits. Sometimes, parents’ fears about vaccines have become way out of proportion to their benefits. While no vaccine is 100 percent risk-free, scientific studies show that serious and permanent consequences are rare."

To illustrate the power of an effective vaccine, Dr. DeFrance points to Haemophilus influenzae type b (Hib). In the late 1980s, Hib was a serious threat to infants and toddlers because it can cause meningitis.

"It was an infection that I feared the most," Dr. DeFrance recalls. "We could diagnose and treat it, but that wasn’t always enough. We often ended up with a child who suffered devastating and permanent injuries including seizures and hearing loss, or even a child who died."

The federal Centers for Disease Control and Prevention reports Hib infections have declined 98 percent since the vaccine was introduced.

"Children have benefited beyond just not getting the disease," Dr. DeFrance says, because the vaccine changed how doctors care for children with fevers, requiring fewer tests and spinal taps.

To schedule an appointment for a vaccine, call your child’s doctor or pediatrician.

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**Childhood immunization schedule**

Most vaccines are administered at well-baby or well-child checkups. To catch up, call your doctor or pediatrician.

<table>
<thead>
<tr>
<th></th>
<th>2 mos.</th>
<th>4 mos.</th>
<th>6 mos.</th>
<th>12 mos.</th>
<th>15 mos.</th>
<th>18 mos.</th>
<th>4-6 yrs.</th>
<th>11-12 yrs.</th>
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<tbody>
<tr>
<td>Hepatitis B</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diphtheria, Tetanus, Pertussis (whooping cough)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Polio</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Pneumococcal disease (pneumonia, meningitis and blood infections)</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
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<tr>
<td>H. influenza type b2 (Hib)</td>
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<td>✓</td>
<td>✓</td>
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<td>Rotavirus</td>
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<tr>
<td>Measles, Mumps, Rubella</td>
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<td>✓</td>
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<tr>
<td>Varicella (chickenpox)</td>
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<td>Meningococcal disease (meningitis)</td>
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<td>Human Papillomavirus (HPV)</td>
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<td>Influenza (annual flu shot)</td>
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WANTED!!...
In-home
Child Care Providers!

Are you or someone you know interested in becoming a certified in-home child care provider for the community????

Becoming certified would allow you to:

*Receive supplemental payment from the State!
**Get support from the Child Care Program!
***Receive training and education assistance!

Please contact Kim Gordon, Child Care Director,
For more information!!
715-779-5030 ext 251
We need you (and four (4) others) to be on the Red Cliff Johnson O’Malley Committee (JOM) (five (5) total) (Formerly the Red Cliff Education/JOM Committee).

Requirements to join: You must be a parent or legal guardian of an eligible Indian Student (eligible meaning enrolled in a Tribe, it does not matter what Tribe the student is a member of) who is attending the Early Childhood Center (ECC) or the Bayfield Public School.

Purpose of the JOM Committee: To promote quality educational programs, services and unique cultural needs of eligible Indian students ages three (3) through grade 12 who attend the Red Cliff Early Childhood Center or attend school in the Bayfield School District. The committee decides on what programs and activities these funds will provide to eligible students. Past programs and activities have included the Annual Honor Banquet for the graduating seniors and providing tutoring services to students in the Bayfield School.

Meetings: Meetings are held on the first Wednesday of the month at 4:30. Location is the Tribal Administration Building, Lower Level unless otherwise noted. We meet monthly (except for summer); however depending on need we may schedule special meetings, listening sessions and other activities.

Application: Can be picked up at the Tribal Administration Building, upper level.

Contact Carmen VanderVenter, Education Specialist (715) 779-3706 for more information
Take Our Foods Survey
And enter to win a Mini Food Processor!

The Great Lakes Indian Fish & Wildlife Commission (GLIFWC)'s "Mino Wiisinidaa! (Let's Eat Good!) - Traditional Foods for Healthy Living" project needs your help!

Take our survey about traditional Anishinaabe foods and enter to win a chance at one of three free Cuisinart Mini Food Prep Processor®!

Surveys due by September 28th, 2012.

Winners will be announced in November 2012 issue of Mazina’igan

Are you a tribal elder/harvester that would like to participate in this project? We are still accepting recipe and traditional food contributions. Please contact LaTisha Coffin at (715)682-6519 ext. 2128 or at imcroy@glifwc.org

The "Mino Wiisinidaa! (Let's Eat Good!) - Traditional Foods for Healthy Living" Project is a 3-year ANA funded grant aimed at raising awareness about the health benefits of traditional Anishinaabe foods. Currently in the second year, project staff will begin hosting cooking/preparing demonstrations with each member tribe. Be on the lookout for future cooking/preparing demonstrations in your community!
Answer all questions with your thoughts and experiences – there is no right or wrong answers.

Add any comments you feel might help our project.

**Background**

1. Member tribe __________________________________________________________

2. Do you have any immediate family members with diabetes or heart disease? If so, how many?
   Diabetes: ___________________  Heart Disease: ___________________

3. What is your number one food concern?

4. What is your number one health concern?

**Lifestyle**

5. Based on the past month, how many times have you eaten at a fast-food restaurant?
   A. None   B. Once   C. 2-4 times   D. 5-9 times   E. Over 10 times

6. Based on the past month, how many times have you eaten venison or fish?
   A. None   B. Once   C. 2-4 times   D. 5-9 times   E. Over 10 times

7. How many times do you engage in physical activity per week (30 minutes of medium to hard activity such as hiking, running, etc)?
   A. None   B. 1 activity/week   C. 2 activities/week   D. 3 activities/week   E. Over 3 activities/week

8. Which food listed below are traditional Anishinaabe foods? (Circle all that apply.)
   A. Frybread
   B. Fiddlehead ferns
   C. Cheese
   D. Cow slips
   E. Venison
   F. French Fries
   G. Potatoes
   H. Muskrat
   I. Rabbit
   J. Beef
   K. Squash
   L. Tomatoes
   M. Wild Mushrooms
   N. Blueberries
9. If you knew how to prepare traditional foods, would you cook them more?

A. Yes  B. No

Comments:

10. Are traditional and cultural foods different?

A. Yes, traditional foods are native to our immediate area in North America and were eaten by past generations. Cultural foods are popular foods that are important now.
B. No, traditional and cultural foods are the same thing.
C. No, traditional foods change with each generation and are based on the food teachings of parents and elders.
D. Maybe, I’m not sure what the difference is.

Comments:

11. Are traditional foods good for you?

A. Yes  B. No  C. I don’t know.

Comments:

12. Would you like to be eating more traditional foods?

A. Yes  B. No  C. I don’t know.

Comments:

13. List the reasons you want to or do not want to eat traditional foods.

14. List your greatest barriers to eating traditional foods.

Miigwech for your time and feedback!

If you would like to enter for the drawing to possibly win one of the three Cuisinart Mini Food Prep Processor®s, please fill out the following information and return your survey to your coordinating office by September 28, 2012:

Name: __________________________________________ Mailing Address: __________________________________________

Phone: ___________________________ Email: _________________________________________
Home Safety Checklist: General Safety in the Home

Prevent fire injuries and burns

- Create and practice a fire escape plan with two ways out of every room.
- Install working smoke alarms and CO detectors in every level of your home, in each bedroom and outside every sleeping area. Test the alarms every month and replace the batteries once a year.
- Keep matches, lighters, candles and heat sources out of reach.
- Store appliances and electrical devices properly.
- Keep electrical cords in good condition.
- Don’t overload outlets, and use covers when they’re not in use.
- Set your water heater temperature at 120 degrees.

Prevent choking, suffocation and strangulation

- Use cordless window products, if possible. If not, cut the cords short, eliminating the loops, and tie them out of reach.
- Eliminate openings of more than 3 ½ inches in stair railings, balconies and furniture.
- Get down on your hands and knees to check for small objects. Keep rooms free of items that can fit into a small parts tester or toilet paper tube.

Prevent serious falls

- Install hardware-mounted gates at the top and bottom of the stairs.
- Use stationary play centers instead of baby walkers with wheels.
- Keep hallways and stairways well-lit and free of clutter.
- Tack down rugs and runners.
- Install window guards or stops on all windows not designated as emergency exits, to prevent them from opening more than 4 inches.

Resources from Safe Kids USA
Red Cliff Community Health Center

PRESENTS THE ANNUAL
2 OR 5 MILE TIMED

Frog Bay Walk Run!

waate begaa giiszis

2012

September 22, 2012: Meet at 9AM at the St. Francis Church.

Please arrive by 8AM for same day registration

Please call or email Liz Marcoux to register before race day
715-779-3707x227, email liz.marcoux@redcliff-nsn.gov

The first 25 people to REGISTER and then COMPLETE the run will receive a pair of Nike Native running shoes.
Absenteeism epidemic hinders academic achievement

Missing school is serious business, and its impact on achievement and dropout rates has been vastly underestimated.

So says a new report from Johns Hopkins University, *The Importance of Being in School: A Report on Absenteeism in the Nation’s Public Schools* (http://new.everygraduates.org/xp/content/uploads/2012/05/FINALChronicAbsenteeismReport_May10.pdf). "Like bacteria in a hospital," the report notes, "chronic absenteeism can wreak havoc long before it is discovered," and it often goes undetected. Just six states keep records indicating "chronic absenteeism," generally defined as missing 10 percent or more of all school days, or about 18 days a year.

That would add up to nearly a month of school days. The result: lower achievement and higher dropout rates.

The study estimates a national rate of 10 percent chronic absenteeism, though researchers suspect the rate is more likely around 15 percent. That's 5 million to 7.5 million students who are absent from 18 to 20 days of the school year. The six reporting states (Florida, Georgia, Maryland, Nebraska, Oregon and Rhode Island) show absentee rates from 6 to 23 percent. In high-poverty urban areas, up to one-third of the students are chronically missing from school; in poor rural areas, one quarter of them are chronically absent.

The problem is most pressing among low-income students, and increases as children rise from middle school through 12th grade. Gender and ethnic background do not appear to affect attendance.

Wherever absenteeism occurs, its results are clear. Nationally, chronic absenteeism in kindergarten was associated with lower academic performance in first grade, with the negative impact twice as likely among students from low-income families. Achievement gaps increase at all levels. In Baltimore, researchers found a strong correlation between third grade attendance and the rate at which students graduated from high school on time.

Further research shows students miss school for three primary reasons: They cannot attend, due to illness, family responsibilities, housing instability or involvement with juvenile justice; they will not attend because of bullying, unsafe conditions, harassment or embarrassment; or they do not attend because they (and/or their parents) do not value education.

Knowing the causes of absenteeism can help guide solutions, many of which are already being successfully implemented. The best anti-absentee programs involve close tracking of attendance, diagnosing reasons for absence, building strong relationships with students and families, recognizing students for good attendance, and often having a "second shift" of adults in schools to follow up with absent students.

Among specific successes is a program called AtenDANCE, where 200 out of 500 sixth-graders who attended 95 percent of their second quarter at Dever-McGonigle K-8 School in Boston, earned permission to attend a dance at a mall across the street. The incentive, along with calls to absent students, tutoring and case management (to provide counseling, healthcare and housing where needed) is part of Diplomas Now, a graduation advocacy nonprofit also operating successfully in Washington, D.C., Miami and Los Angeles.

In New York City, where more than 200,000 students are chronically absent, a campaign to keep kids in school ensures that more than 30,000 students get wake-up calls from celebrities like Michael Jordan and Whoopi Goldberg. In addition, mentors follow students' progress, and subway signs keep the issue fresh ("It's 9 a.m. Do you know where your children are?")

"The good news is if we do measure and monitor absenteeism, there is quite a bit that can be done to improve it with existing resources," the report concludes. "As a nation we must act, to ensure that our students are ready, willing and able to attend school every day. Their future, and hence our future, depends on it." [Virginia Myers]

May 24, 2012
showing no detrimental effects on learning (and some positive effects) from TV viewing up to 10 hours a week, after which the scores begin to decline.

In short, the Greeks had it right 2000 years ago: Moderation in all things. Ten hours of weekly TV equals 520 hours of TV a year. That stands in contrast to the annual amount of screen time (TV-DVD-video) for today’s child: 1,460 hours—the equivalent of watching “Gone With the Wind” 392 times a year.

Any parent looking for the courage and example to use in limiting family viewing need look no further than Sonya Carson, a poverty-line, single-parent with a third-grade education who limited her children’s TV-hours to three hours a week, required them to read two books a week, and produced an engineer and one of the world’s pre-eminent brain surgeons (Dr. Ben Carson). Her story can be found in her son Ben’s memoir, Gifted Hands, now a popular movie starring Cuba Gooding (DVD available); see also:

* www.achievement.org/autodoc/page/ear18io-1

The hidden reading tutor in each TV set

Whether you’re a high- or low-end user of TV, one thing should be done to make the most of it whenever it’s in use: turn on closed-captioning. Finland’s children don’t start formal schooling until age-seven, yet achieve the highest reading scores in the world. Finnish families also are among the highest users of closed-captioning because more than half of everything shown on Finnish TV is captioned (most of the shows’ dialogues are in languages other than Finnish). To understand such shows, a child must be able to read Finnish — and read it fast!

Therefore it’s logical to assume that reasonable doses of captioned television will do no harm and most likely will help with reading just by print exposure. Originally intended for the hearing impaired, decoders cost $250 back in the 1980s but now the chip is built into every TV sold in the U.S. and available for free via the menu button on the TV remote. Captioning is available on most DVD’s as well. One could say it’s the free reading tutor in every home.

A first-grade teacher told me about a little girl entering her class one September. “On the first day of school, she was already reading on a third-grade level. That’s always unusual but what made it more so was that her parents were both deaf. Normally the hearing child of deaf parents is language deficient and therefore behind — but this child was three years ahead. I could hardly wait to confer with the parents. They beamed and explained that she’d had closed-captioning all her life.”

Do the same things apply to computers and iPods and cell phones? To some degree, but that’s a subject for a separate brochure in this series, as well as in The Read-Aloud Handbook.

All of the statistics and facts included here are footnoted in Trelease’s Read-Aloud Handbook (Penguin 2006). © Jim Trelease 2011. For details on downloading free copies of this and other brochures, see: www.trelease-on-reading.com/brochures.html
With electronic media now the dominant force in a child's life (outside of family), it should be included in any discussion of schooling. Does it help literacy at all or is it all harm? Anything that played such a pivotal role in public awareness about Vietnam, the Civil Rights struggle, the fall of the Berlin Wall, hurricane Katrina's tragic aftermath, and more recent events across the globe—such a source can't be all bad, can it?

**What exactly is so wrong with TV?**

Let's start with toddlers and work upward. When the daily viewing habits of 2,500 children were tracked and examined by researchers at Seattle's Children's Hospital, the doctors concluded that for each hour of daily TV viewed by the child, the risk of attention deficit hyperactivity disorder by age 7 increased by 10 percent. (ADHD is now the most common childhood behavioral disorder.)

In light of that, the Kaiser Family Foundation's media research offers statistics that don't bode well for future classrooms:

- Among children age two or younger, 59 percent watch TV daily and 42 percent watch DVDs or videos;
- Among children age two or younger, average daily screen time is 2:48 hours (TV plus DVD-video);
- Televisions are a permanent part of the bedroom for 50 percent of children by age three and 45 percent of children by age six;
- In homes with children age six or younger, the TV is left on at least 50 percent of the time.

Even if no one is watching, and 30 percent have the set on “almost all” or “most” of the time:

As for the hucksters now encamped in the nursery promoting DVDs or videos they promise will make your child into an infant Einstein: Considering the wealth of research showing otherwise and the unhappy school life of Einstein, who would wish it on a child? Apparently millions of parents, unaware of comments like this from the director of child research at one of the nation's biggest toy companies: “There is no proof that this type of toy helps children become smarter.”

Once in school, the impact of heavy viewing is reflected in student achievements in both reading and math. In a study of 348 diverse third-graders, the presence of a television set in the child's bedroom was significantly associated with lower math, reading, and language arts scores.

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<th>School scores with TV</th>
<th>3rd-grs. math scores</th>
<th>3rd-grs. reading scores</th>
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<td>in- and out-of-bedroom</td>
<td>53.3 w/TV</td>
<td>63.1 No TV</td>
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Kaiser media studies show bedroom TV's always correlate to more viewing hours. By age eight, 60 percent of children not only lived in a home with three televisions but also had a TV in their bedroom. Kaiser found children with a TV in their bedrooms watched 90 minutes more daily (10 hours more weekly) and if a video game is in the bedroom, the child played 32 minutes more daily. The availability of a bedroom computer doubled the usage when compared with a child who doesn't have it in the room (90 minutes vs. 47 minutes). The addiction that comes with instant gratification and easy access is both predictable and tragic.

In 2005, New Zealand researchers published a 26-year study of 980 children born between 1972 and 1973, a full representation of every socioeconomic level.

The children’s schooling level by age 26 was consistently related to how much TV they viewed during childhood. Children who viewed less than one hour a day were the most likely to achieve a college degree, those who watched the most were least likely.

**Is there a safe amount of TV for children?**

The greatest academic damage done may not be from the shows viewed but by what is not being done during those many hours each week of sitting passively in front of the TV: games not played, chores not done, drawings not drawn, hobbies not worked, friends not made or played with, homework not done, bikes or skateboards not ridden, balls not caught, books not read, and conversations not held. I hear parents call it “my babysitter”—but if there were a babysitter who deprived your child of all those activities, you’d ban her from your home, wouldn’t you?

The TV-dosage recommended by the American Academy of Pediatrics calls for ten hours a week, and no TV for children under two. This is based on a research analysis of 23 studies with 87,025 children.
Outbreak of contagious dog virus hits Red Cliff area

Getting vaccinated

Veterinary assistant Chanel Compton, left, joins Washburn veterinarian Gretchen Gerber in giving a Pembroke Welsh Corgi named “Bennett” a vaccination against canine parvovirus. The disease has been confirmed in dogs from the Red Cliff area, and is almost completely preventable with the vaccination. Dogs who become infected with the disease and are left untreated have up to a 91 percent chance of dying, although their chances for survival are excellent with aggressive veterinary care. (Submitted Photo)

Posted: Monday, September 17, 2012 10:12 pm | Updated: 10:15 pm, Mon Sep 17, 2012.

At least three suspected cases of canine parvovirus have been reported among dogs kept as pets on the Red Cliff Indian Reservation.

According to Washburn veterinarian Gretchen Gerber, as of Saturday, she was treating three dogs with similar symptoms, and the third animal tested positive for canine Parvovirus, a highly infectious and easily communicable viral disease that can be spread by direct contact with an infected dog or through contamination with viruses contained in feces or earth.

Canine parvovirus is a member of a large family of viruses that can infect a number of animals, including swine and cats. However, canine parvovirus can only be spread among members of the canine family, including foxes, coyotes, wolves and domestic dogs. Humans are not vulnerable to canine parvovirus, nor can the disease be spread to horses or cows, cats, birds, ferrets, or any other common household pet.

However, the devastation that “parvo” can wreak among untreated dogs is terrible indeed.

According to the Journal of Veterinary Emergency and Critical Care, up to 91 percent of dogs that contract parvo and are left untreated will die.

Still, even for dogs that come down with the illness, there is much hope. The Journal reported that with aggressive veterinary hospital treatment, up to 80 to 95 percent of infected dogs can be saved.

However, Gerber noted that even with treatment, the illness is traumatic for the pet. She said it is also easily avoided by treating pets with periodic vaccinations against the disease.

“It’s something that never needs to happen,” she said. “And it’s really not easy to treat.”

Gerber said it was crucial to treat affected dogs early in the course of the disease.

“So much depends on the individual dog’s immune system, its health status,” she said.
According to the Textbook of Internal Veterinary Medicine, dogs with bacterial infections, parasites and other health issues, and puppies are also more vulnerable to parvo.

Gerber noted that at Red Cliff, dogs frequently get the opportunity to associate with one another, and that direct contact was an easy way for the disease to be passed.

"Anecdotally, what has been said to me is that many dogs in the Red Cliff area have died. This person said to me that at least one dog has gone to another veterinarian, and that dog has died," Gerber said.

Gerber said she had also been told that other dogs have been put down because of the infection.

"I don't know any facts about any of that, but it is disconcerting. What I am trying to do is to spread the word to the Red Cliff community that I am absolutely willing to vaccinate any dogs that people are willing to bring in," she said.

Gerber said she normally requires a wellness examination, but said under the circumstances she was willing to waive the charge so that people would bring their dogs in to be vaccinated against parvo.

"It would be on a vaccine clinic kind of basis," she said, noting that she would drop her usual fee to $21.

"I basically want to get parvo vaccine in every one I can," she said.

Gerber noted that it was crucial to have dogs vaccinated before they were infected with the virus, that it was useless to vaccinate after the infection takes place.

"It takes anywhere from three to 14 days for the vaccination to become active in the system," she said. "Vaccinating right now may have somewhat limited usefulness, but it is what we can do," she said.

Gerber said the outbreak had implications for far more than the Red Cliff community.

"Dogs everywhere are potentially susceptible to parvovirus, and of course since the virus is of a contagious nature, and it can also be spread by traveling wild canids, it can be spread to other communities," she said.

Vaccination to prevent parvo should begin in puppies, which receive a vaccination every three to four weeks until the puppy is 16 weeks old. Then the puppy needs a booster a year later.

Gerber said current research indicates that vaccinations can take place every three years thereafter, assuming the dog has had the appropriate puppy vaccinations. She also recommended the use of a recombinant DNA vaccine, which she said was far more effective than older vaccines.
Gerber said dog owners should be on the lookout for dogs that vomit, have bloody diarrhea and are lethargic and show abdominal pain. However, she warned that sometimes the virus is so fast-moving that dogs are overwhelmed with incredible speed.

"It can be what we call a peracute death, meaning that they die with no symptoms at all," she said.

In many cases, it is not the virus that kills, but rather the dehydration from diarrhea and vomiting. Gerber said that was one of the main reasons for early, aggressive treatment. Parvo can also overwhelm the dog's immune system, setting the stage for bacteria normally found in the dog's intestines to invade the body, setting up a lethal secondary infection.

Correct treatment involves controlling all these facets of the disease process, something that requires veterinary hospitalization, which can be an expensive proposition at best.

"That's why it's so important to get the family pet vaccinated against canine parvovirus, so that all of the impacts of the disease can be avoided in the first place," Gerber said.

Call 373-2222
Country Care Pet Hospital
for FREE Vaccine
RED CLIFF BAND OF LAKE SUPERIOR CHIPPEWA INDIANS

TRIBAL HISTORIC PRESERVATION PROGRAM
Tribal Monitor Development Module

Archaeologist Para-Professional Training Course
October, 2012

The APTC training will introduce tribal staff and other trainees to basic archaeological investigation techniques utilized in historical/cultural resource management activities. Paraprofessional Certification will be accomplished after completion of class and field coursework (40 hours) directly supervised by a professional archaeologist, Cindi Stiles

Instructor: Cynthia Stiles, RPA,

Place: Red Cliff Reservation

Hwy 13, Bayfield WI.

Select Preferred Dates: ____ Oct 15-19 ____ Oct 22-26

Participant Name: ___________________________________________________________________

Tribe: __________________________________________________________________________

Title/Organization: __________________________________________________________________

Address: __________________________________________________________________________

City: __________________________ State: ____ Zip Code: __________________________

Telephone: ______________________________

Email: ___________________________________________________________________________

For More Information Contact:

LARRY BALBER, TRIBAL HISTORIC PRESERVATION OFFICER
Telephone: 715 - 779 - 3650
Email: lbalber@redcliff-nsn.gov
NOTICE

COMMUNITY MEMBERS

The Tribal Council is seeking individuals to serve on the following Committees/Boards/Commissions

Health Board (2) members
Housing Board (2) members
Friends of the Dirt Committee (9) members
Utilities Commission (5) members
Conservation Committee (5) members
Cemetery Committee (5) members

If you are interested in serving on the Committee's listed above,
Please contact the Tribal Administration & fill out a Committee application or call 715-779-3700 for more information. Return application to the Tribal Administration (upper level) by:

Deadline: September 25th at 4:30 p.m.
JOB DESCRIPTION

POSITION: Associate Judge

LOCATION: Judicial Branch, Red Cliff Tribal Court

SALARY: Contractual

THIS IS A REGULAR PART-TIME EXEMPT POSITION

APPLICANTS MUST ATTACH A LETTER EXPLAINING WHY THEY WISH TO BE AN ASSOCIATE JUDGE.

SUPERVISOR(S): Chief Judge

JOB SUMMARY:

DUTIES AND RESPONSIBILITIES:

A. Serve as an Associate Judge. To promulgate and enforce ordinances governing the conduct of persons subject to the jurisdiction of the Tribe, and providing for the maintenance of law and order and the administration of justice by establishing a reservation court and defining its duties and powers.

B. Prepare and issue written orders, judgments, search arrest warrants.

C. Assist and provide legal research and writing when necessary for the decision in a case in a timely manner.

D. Assist in the development and implementation of policy and procedures that are complimentary to current court policies and where the court has not determined standards of policy, consistent with the Tribe’s needs and Tribal Law.

E. Keep accurate records of cases and hearings, communicate needs of courts, and provide quarterly and annually reporting to the Chief Judge.

F. Assist in facilitating development of Tribal Case Law and alternative dispute resolution.

G. Must maintain confidentiality due to nature of certain cases such as ICW matters.

SUPERVISORY AUTHORITY:

KNOWLEDGE: Must be familiar with courtroom procedures, constitution and laws of the Red Cliff Band of Lake Superior Chippewas.

QUALIFICATIONS:

1. Must be of legal age; never convicted of a felony, unless pardoned.
2. Must be a Red Cliff Tribal Member.
3. Must be of good character and reputation.
4. Must provide three (3) letters of reference.
5. Must be able to travel to attend training, and meetings as required.
6. A background investigation will be performed.
7. Must complete a writing sample.
8. Must be thoroughly familiar with the Constitution and laws of the Red Cliff Band of Lake Superior Chippewas; must be familiar with the Indian Civil Rights Act; courtroom procedures; trust responsibilities of the Federal Government; civil and criminal law concepts; and the cultures, traditions and values of the Red Cliff Reservation. Must pass the Red Cliff Bar exam.

PERSONAL CONTACTS: Tribal court personnel, ICW, Law Enforcement and community members.

PHYSICAL REQUIREMENTS: None

WORK ENVIRONMENT: Mainly sedentary position but may require bending, lifting, and reaching.

TRAVEL REQUIREMENTS: Attend training in and out of state as required. May do weddings at various locations.

POSTING: JULY 8, 2011

DEADLINE: AUGUST 5, 2011 AT 4:00 PM OR UNTIL FILLED

FOR FURTHER INFORMATION:

Red Cliff Tribal Administration Building
Personnel Office
88385 Pike Road
Hwy 13
Bayfield, WI 54814
rwyggonik@redcliff-nsn.gov
(715) 779-3700 ext. 267 or 268
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**Milk Served With All Meals**

**Menu Subject To Change**

<table>
<thead>
<tr>
<th>24B Egg Wraps, CC, Honeyew/Cantaloupe</th>
<th>25B HB Oats, Berries, Eng Muffin, CC, Jelly</th>
<th>26B Cheerios, Banana, PB, Toast</th>
<th>27B Kix, Oranges, Bagel, Jelly, Yogurt</th>
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<tbody>
<tr>
<td>L Cheezbrg, Watermelon, Beans, Pudding</td>
<td>L BBQ Chix, M Pot, Corn, Bun</td>
<td>L Ham HD, Carrots, Pineapple, Salad</td>
<td>L Potato Soup, Trk Sand, Peaches, It Veg</td>
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<tr>
<td>S PBB Sandwich/Milk</td>
<td>S Fruit/dip</td>
<td>S Cheese/Crackers</td>
<td>S Waffle/Pudding</td>
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**SEPTEMBER 2012**

**WAATEBAGAA-GIIZIS**