Red Cliff Early Childhood Center

JANUARY 2013

Education Division Newsletter
Gichi-Manidoo-Giizis (Great Spirit Moon)

Inside this issue:

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January Family Night features Traditional Storytelling

Join us Wednesday, January 30th, 2013 for an annual ECC favorite! This family night will be full of traditional Ojibwe stories featuring a variety of storytellers. Dinner will begin at 5pm followed by storytelling. A room with other activities will be available for families that are not able to sit through storytelling.

This event is open to the public and the entire family is encouraged to attend-it will be family friendly. If you have any suggestions for this event, please contact Nicole (ext 253) at 779-5030. See you all then! Door prizes!!!

2012 Storytellers: Jim Pete, Jay Schlender and Rob Goslin

Special points of interest:

- ECC/Tribe Closed Jan 21st
- Call to sign up for Menu Planning
- Family Night Jan 30th
- Not too late to register at LCO college (Early Childhood Degree).

Happy and Healthy New Year!!

The ECC would like to extend a Miigwetch to all parents/families for keeping their children healthy and also keeping their children home when they are not feeling well. We try really hard to ensure that children and staff are washing their hands regularly (before and after meals, after using the bathroom or anytime that seems best) and practicing healthy habits. If your child is not feeling well enough to attend school or may be contagious to others please inform the ECC and keep your child home for some extra TLC. Remember it is not too late to get the flu shot and/or the pertussis vaccination! Schedule your apt. at the Red Cliff Commu-

Call 779-5030 ext 258 to reserve your family's swimming spot.

ECC & Community Events Calendar
January 2013
Gichi-Manidoo-Giizis (Great Spirit Moon)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Call 779-5030 Ext 258 to reserve your swimming spot		1	2 ECC Classes Resume	3 Ojibwe Language Table 5 @ ECC	4	5 AND1 B-Ball Game 7pm @ Bayfield Gym
6	7 WIC Pick Up Tribal Council Meeting 6pm	8 WIC Pick Up	9	10 Ojibwe Language Table 5 @ ECC	11	12 Gichi Manidoo Giizis Pow Wow @ Black BEAR Casino
13	14	15 Policy Council Mtg 12:00 @ ECC Tribal Council Meeting 4:30	16 GED Classes 11-2 @ ECC	17 Ojibwe Language Table 5 @ ECC	18 Bayfield Early Release 12:45	19 Food Sharing Project @ Youth Center 10-12 Family Swimming 10-12
20	21 ECC/Tribe CLOSED Martin Luther King Day	22 LCO College Spring Semester Starts	23 GED Classes 11-2 @ ECC	24 *Language Table 5 @ ECC ***Newsletter Articles Due***	25 Micro Wrestling @ LW 8pm	26 Family Swimming 10-12
27	28	29	30 GED Classes 11-2 @ ECC Family Night 5pm Storytelling	31 Ojibwe Language Table 5 @ ECC	Feb 1 Meet the Mushers	Feb 2 Annual Sled Dog Race Family Swimming 10-12
Feb 3 Annual Sled Dog Race	Feb 4 Tribal Council Meeting 4:30	Feb 5	Feb 6 GED Classes 11-2 @ ECC Family Menu Planning 4:30pm	Feb 7 Ojibwe Language Table 5 @ ECC	Feb 8	Feb 9 Blue Moon Ball Family Swimming 10-12

Agongos News
January 2013
(Gichi-Manidoo-Giizis)
Great Spirit Moon

Happy Birthday
Edward Morris (01-11-2012)
Clayton Cadotte (01-13-2012)

Homebase Socialization
January 11th
We will be scrapbooking, bring your pictures and lets have some fun!!!
We will have good food and good company!
Hope to see you there!

Agongos Teachers
715-779-5030
Cindy-------Ext.238
Amber------Ext.235
Gena--------Ext.236

JANUARY 2013

BOOZHOO

Waabooz Room

Sippy Cup

SPECIAL POINTS OF INTEREST:

- **Be sure to sign in and out**
- **Arrive by 8/830 to have breakfast**
- **Pick up is at 2:00**
- **Call in if child is absent** Ex:224

Puppets

HAVE HERE...

MITTENS

JACKET/SNOWSUIT

HAT

BOOTS

CHANGE OF CLOTHES (2 SETS W/SOCKS)

MIIGWETCH... :)

We love School...

LAST FEW MONTHS

Seems like yesterday we began school with a new bunch of kids. Time is going by so fast, kids are growing by leaps and bounds and we sure do love seeing changes occur each and every day.

We started day one with trying to figure out who eats what, when they sleep and what keeps them happy. Well, today most kids are eating foods, sitting at the table, crawling all over, being vocal, getting their own toy, and loving us take care of them. Teresa, Fred and I love seeing their faces daily and enjoy the time with them. We can't thank you enough for trusting us with your children!!

Snack

Drumming

LOOK AND SEE WHAT WE CAN DO...

Warren: gets around room on his own and likes the balls.

Silas: Climbs the steps and is very proud when he reaches the top.

Lamiyah: babbles a lot and crawls everywhere.

Tim: sits alone and likes to be talked to.

Azalyn: Likes musical toys.

Henry: likes to use cars or balls on the ramp.

Loyalty: eating food and reaches for toy.

Adena: likes the mailbox toy and can find hidden toys.

Karen, Teresa & Fred

AMIK ROOM

Wow! Can you believe it is now 2013, Happy New Years to you all and we hope everyone enjoyed their Winter Holiday Break.

Please remember if the weather isn't too cold (20 or above) we will be going outdoors so please make sure your child comes to school with snow pants, hat, mittens, boots and a warm jacket (maybe a scarf too).

Dates to remember:	
Jan 21, 2013	ECC Closed
Jan 30, 2013	Family Night! 5 PM @ ECC

If you have questions or concerns please feel free to call us at anytime. 715/779/5030 ext. 225

We are working very hard every day to learn Ojibwe; please keep using your words at home as well. Here is a list of Ojibwe words you can learn with your child as we are learning to label our body parts.

Fingers:	**Nininjiins**
Chin:	**Indaamikan**
Hand:	**Nininj**
Head:	**Nishtigwan**
Face:	**Indengway**
Elbow:	**Indooskwan**

Gichi-Manidoo-Giizis

Makwa Abiwin

Boozhoo!

We hope everyone had a restful break and are ready for the winter!

We had fun last month working on lots of art projects for Christmas. We hope you all enjoyed your decorations and gifts!

This month we are getting ready for the winter season. The room has been changed around to make more room for tumble play. We are learning new words, like mitten and hat as we go outside. Please remember, as long as the temperature is above 0* (with the wind chill) we will try to get outside for at least a few minutes each day. It is good to have lots of layers and extra hats and mittens. Thermal underwear is best, but skinny cotton jammies work as a good bottom layer too. Let us know if you have any questions about dressing for the outdoors.

We will begin to self-serve at our meals. We are also going to be using more print this month. We will practice recognizing the letters in our names.

Gichi-Manidoo -Giizis Ojibwemowin

- **Minjikaawan/ag** —mitten/s
- **Wiiwakwaan**— hat
- **Giizhoopizon**— scarf
- **Aagim**— snowshoe

ESIBAN NEWS

Welcome back from winter break! We were so excited to see everyone again! It is so crazy all of the new things the kids are doing after only two weeks. We have started working on some of our "Big Kid" stuff in our room since we have been back.

We are learning:

- Letters
- Numbers
- Recognizing our name and the letters in it.
- All about books
- Counting past 10
- Recognizing numbers

The weather has been very cold; please remember that we go outside daily so it is important for your children to have clothes to go outside. ! When the weather is just too cold to go outside we will keep busy by using the Large Motor Room, the ramp and using the new large motor area in our classroom.

Nadine has started her student teaching in Washburn until May! Sheena and Mike will be doing most of her subbing.

Wishing everyone a safe and Happy New Year!

~Nadine and Amber

Ojibwe Words for this month (colors):

Ozaawaa-Yellow	Okosimaanaande-Orange
Miskwaa-Red	Asshkibago-Green
Bashkweginaade-Brown	Oginiiwaande-Pink
Ozhaawashkwaa-Blue	Waabishkaa-White
Miinaande-Purple	Makadewaa-Black

Please free to contact us anytime and call if your child is sick, will be absent or is going to be late!

715-779-5030
Classroom Ext: 241
Office Ext: 234

News from the Migizi's

January is going to be a busy month in our room. We will be starting to write our names daily either with a sign sheet each morning or at table times. We are also going to start focusing on our numbers and alphabets.

Please remember parents January is a cold month and the children need to have proper clothes because we do go outside everyday. We can't keep up replacing mittens and snow pants.

Another reminder is the schedule for the bus is only approximate it varies according to the weather, if children do not come to school and a phone call hasn't come to the center or the green go sign has not been put up in a window the bus will sit and wait. This in it self will delay pick-up in the mornings. Afternoon drop off can vary if children have gotten pick-up at school this will make drop off earlier. We do our best to either pick-up or return your children according to the schedule but be prepared for either

Miigwech!

Diann, Tracy, Patsy

Ma'iingan News!

What's New....

December was a very busy month for the Ma'iingan kids! They worked so hard on all of their ornaments, decorations and craft projects! We were so proud to see their hard work on display and hope you are able to enjoy it for many Christmases to come! What a talented bunch of kids we have!

As we come back to school from winter break winter is full gear! The children will be enjoying a lot of time outside playing in the snow. Please make sure your children bring the following items to school each day:

Winter jacket

Snow pants

Boots

Mittens (no lightweight gloves)

Hat

Please let the teachers know if there any items you would like to make sure stay at school during the week. We can make sure those items do not go home.

Thank you and hope you had a wonderful holiday season!! We are excited to come back for another month of fun and learning!

Let it snow, Let it snow, Let it snow....

What's happening....

We would like to extend a reminder about the Head Start bus. Times of pick-up and drop-off are estimated. They vary greatly due to weather and road conditions as well as number of students. Please be prepared to get your child off of the bus between 2:00—3:00 pm. We cannot guarantee any drop off times. Please remember that bus monitors cannot leave the bus, you will need to be there to meet your child at the bus door. In the morning, the bus will wait 2 minutes to ensure an efficient route for all of our families. Thank you very much for your understanding and cooperation.

Ma'iingan Room

Miss Alicia, Miss Beth and Miss Linda

715-779-5030 ext. 245

Special Thank You!

☺ We would like to send a special "thank you" to Miss Loretta for working so hard on the bulletin board in our classroom. She even made each child a stocking to take home! We sure appreciate how beautiful she makes our classroom!!

Ojibwemowin

One—Bezhig

Two—Niizh

Three—Niswe

Four—Niiwan

Five—Naanan

Please—Daga

Thank You-Miigwetch

Boozhoo Mashkodebizhiki Class Families.

Happy New Year!!!!

For the month of January our focus will be Nursery Rhymes and Fairy Tales. The rhymes can serve as a bridge between the home and school. I'm sure you have shared your favorite nursery rhyme with your child at home. Nursery rhymes are an easy introduction to poetry, as well as the concept of rhyming words.

Here are some things to do at home:
Let your child crack some eggs open to make scrambled eggs. Children like to feel that they have accomplished a grown-up task when they crack eggs.
Sing or recite some of the many rhymes your child already knows such as Mary had a little lamb.
Until Next time,
Ms.Virginia, Ms. Jennifer and Ms. J

Ps. Parents please be prepared to receive your child off the bus any time after 2:00. Numbers of children on bus affect the drop off time… Miigwetch for your patience.

Head Start Bus Reminder

In our head start program it is hard to determine just how many children will be transported by the buses each day.

With the snow and low/high numbers of children we want to remind parents to expect early/late pickup and drop off times.

We leave the center at 6:45 a.m. (pick up) and 2:00 p.m. (drop off) and will continue to try to pick up/drop off your child at the same time you have been use to but as you have seen these times have changed. Please understand that this time will vary throughout the Winter months.

We will continue with our two minute wait policy and are recommending to parents to stay in the home until you see the bus approaching.

Miigwetch for your patience and sorry for any inconvenience our bus transportation has caused the last couple of weeks.

Warm Hats, Warm hearts!

Left-Right: Grace Livingston, Betsy Hudson, Nora Cadotte and Donna Galazen.

The Red Cliff Early Childhood Center had an amazing group "Santa's Helpers" visit and deliver warm and beautiful fleece hats for the 118 children of the ECC.

One of the group members noticed another community with a similar activity where they were collecting winter hats and coats for families. She then talked to others in the community with the wonderful idea to make hats for the children in the Red Cliff community.

The group contacted the tribal elderly steering committee for a small donation to purchase fleece and then continued to receive donations from other tribal programs and community members.

For three weeks they continued many hours to complete sewing all 118 hats before the planned distribution date of December 12, 2012. Their time was not only spent on sewing hats for the ECC children but they also made hats for elders and some newborns in the community. The group said that "They love to sew and what a pleasure it will be to see the little ones run around and be warm!"

Special thanks to those who donated and assisted with this special activity: Donna Galazen, Betsy Hudson, Patt Kenote-DePerry, Pearl Poch, Carol Wachsmuth, Winnie Day, Loretta Gokee, Janet Gustafson, Grace Livingston, Nora Cadotte, Barb Gadbois and the Red Cliff Elderly Steering Committee.

Next year's hats are already in the planning stages. If you can offer a donation, please drop it off at the ECC or Red Cliff Elderly program!!!

ECC FAMILY NIGHT

Wednesday, January 30th

5:00pm @ ECC

*Traditional Ojibwe Stories

*Family Activities

*Dinner

*Doorprizes

ECC Family Swimming

Open to families with children ages 0-8

Where: Bayfield Area Rec Center

When: Saturday's (Starting January 19th)

Time: 10:00am-12:00pm

Food: Light lunch at 11:30am

Reservations needed! Only 40 spots available.

Please call Maureen at 779-5030 ext 258 to reserve your spot.

If you have reserved a spot and are unable to make it, please call to let us know so another family may take your place.

*Sponsored by project LAUNCH

GED/HSED COURSES offered at the ECC

If you or someone you know is interested in retrieving their GED or HSED, WITC will be offering basic education classes at the Red Cliff Early Childhood Center.

Wednesday's 11am-2pm @ ECC

Starting again January 16th, 2013

No pre-registration is required,
simply call or stop at the ECC to sign up.

Completing a TABE assessment is the first requirement, developing a personal plan is the next, and completing the official test is the final step!

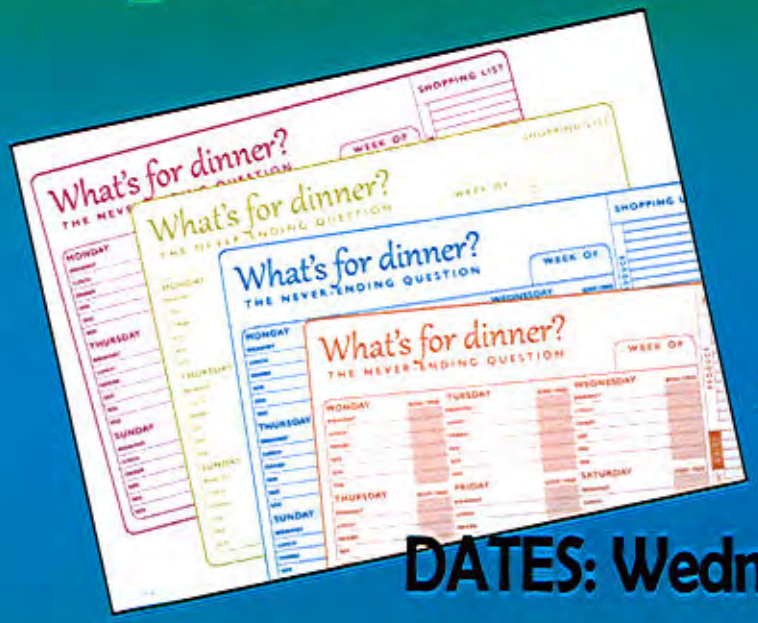
Please bring a form of identification with you.

Any questions, call Nicole Boyd @ 779-5030 ext 253.

RED CLIFF EARLY CHILDHOOD CENTER

WITC
WISCONSIN INDIANHEAD TECHNICAL COLLEGE

Family Menu Planning



**Want to learn how to plan a family menu?

**Want to know how to best use local grocery adds?

**Want to learn about couponing?

**Want to learn how to buy meats, fruits and veggies?

The ECC along with the UW Extention program will be hosting 4 different learning sessions!!

DATES: Wednesday, February 6th, 13th, 20th, and 27th
TIME: 4:30pm-5:30pm
LOCATION: Red Cliff Early Childhood Center

Light meal and child care provided!

~First ten people to call and sign up and complete a session will receive a $15.00 gas voucher~

Please contact Patt (ext 256), Nicole (ext 253) or Jenny (ext 257) at 779-5030 to sign up!

Red Cliff Food Sharing Project

Variety of Food- LOTS of Produce, Meat & Breads

$25.00-suggested donation
(or whatever your family can donate;
no family will be turned away)

Saturday, January 19th, 2013
10am-1pm
Red Cliff Youth Center

Buy your share ahead of time
at the Upper Level Tribal Office!
Or sponsor a share for a family
by donating $25 to the project.

Volunteers Needed!

8am-2pm - assist in setting up & distributing food packages.

Volunteers needed for the morning and afternoon (you are not expected to stay the entire day).

For more information or to volunteer, please contact Deb Morris at 779-3706.

Call Miskwaabekong Transit to set up your ride @ 682-9664.

Bayfield Area Recreation Center

715-779-5408
140 S. Broad St./PO Box 1146
Bayfield, WI 54814

Winter 2012-2013 Hours

Fitness Room/Racquetball Court
Monday-Friday 6:00 am-8:00 pm
Saturday 7:00am-5:00pm
Sunday 11:00am-5:00pm

Pool-Lap Swim-Sauna
Hot tub closed for repairs
Closed Jan 1
Monday-Friday 6:00am-9:00am
Monday and Wednesday 12-1pm
Saturday 7:00am-9:00am
A lap lane is available during open swim as well.

Pool- Open/Recreation Swim-Sauna
Hot tub closed for repairs
Closed Jan. 1
Dec. 31 noon-5 pm
Monday-Friday 4:00pm-8:00pm
Saturday 9:00am-5:00pm
Sunday 11:00am-5:00pm

Bayfield Library Hours

715-779-3953

Mon 11:00-7:00
Tues 11:00-7:00
Wed 9:30-5:00
Thurs 11:00-7:00
Fri 9:30-5:00
Sat 9:30-3:00
Sun Closed

Apostle Islands Sled Dog Race

February 1-3, 2013

Hearts race and pulses quicken as the teams head into the starting chute, the breath of the anxious dogs filling the air with steamy blasts. Then, as the sun rises over the frozen heaves of Lake Superior, the signal is given and they're off in a blurred fury of brilliant colors and snow, charging ahead into the raw wilderness to the encouraging calls of their mushers. Which team has what it takes to brave the icy challenges that lay ahead? Who will be crowned this year's champion? How good is that hot spiced apple cider going to taste when you make it back to town at day's end?

It's all part of the excitement of the annual Apostle Islands Sled Dog Race, a shorter and, some would add, much more festive version of the famous Iditarod dog sled race. Pick your favorite dog sled team and cheer them on as they race around a challenging course of hills and flats, through the forests and over the ice. It's an unforgettable experience for young and old, spectator and racer alike. Perhaps even more exciting, you can actually be part of the event by volunteering in any one of a number of race positions.

"The best thing about a sled dog race is that you can feel the excitement in the air!" says John Thiel of Wolfsong Adventures in Mushing. "The dogs love it, the mushers love it, the volunteers love it and all that energy ignites the crowd." Thiel has been involved in helping to plan the race for 17 years.

The 18th Annual Apostle Islands Sled Dog Race will be held on Saturday and Sunday, February 2nd and 3rd, 2013. Races begin at 10:00 am on both days, with half of the total race distance completed each day. There are two main races: an 8-dog, 80-mile race and a 6 dog, 60-mile race. There's also a 40-mile Sportsmen's Race, a 6 to 8-mile Family Race and a 6 to 8-mile Youth Race (16 and under). Multiple spectator locations are available with amenities including a warming tent, concessions and bonfires.

The start/finish line is located 15 miles north of downtown Bayfield at the Echo Valley Gravel Pit on Highway 13 with the course following The Sand River Trail System of Bayfield County. Programs with a map of the course will be available at the Visitor Center of the Bayfield Chamber of Commerce and Visitor Bureau and on the race grounds.

Additional race activities include a "Meet the Mushers" Dinner open to the public at 6:00 pm on Friday, February 1st in the Bayfield Lakeside Pavilion, a Mushers' Mixer at the Bayfield Inn on Saturday evening, and the awards ceremony on Sunday afternoon immediately following the races.

SCHOOL DISTRICT OF BAYFIELD

TAP Your Potential!
Family Indoor Walking Club

Troller Afterschool Program

Family Indoor Walking Club
M, T & Th
3:30—4:30 p.m.

Please call or e-mail below to register!

SCHOOL DISTRICT OF BAYFIELD

300 North 4th Street
Bayfield, WI 54814

Linda Weber
Phone: 715-779-3201 Ext. 144
Fax: 715-779-5268
E-mail: lweber@bayfield.k12.wi.us

TAP is once again sponsoring the after school walking program to students, families and community members. The TAP Family Indoor Walking Club provides an accessible indoor walking area with a variety of levels to choose from including a level that has two ramps instead of stairs. The courses are marked with a green circle for easy, a blue square for moderate difficulty, and a black diamond for most difficult. Walking days are Monday, Tuesday and Thursday all year long from 3:30 pm to 4:30 pm. Please check the school website for school closings. Please register prior to attending. Registration contact information is at left. Once at the school, please sign in at the Walking Club Coat Closet located near the district office on ground level. Non-marking athletic shoes required.

Walk this way

LAC COURTE OREILLES OJIBWA COMMUNITY COLLEGE
NORTH SITE

305 W. 4th Street (P.O. Box 128) Washburn, WI 54891

pmaday@lco.edu www.lco.edu

715-812-1040

NOW OPEN FOR SPRING SEMESTER REGISTRATION!

Classes Begin Tuesday, Jan. 22nd

Spring 2013 Schedule available at:
www.lco.edu/schedule

Ojibwe Culture

Small Class Sizes

Tutoring

Daytime, Evening, & Online Classes

Elders & Veterans Welcome

Student Support Programs

Affordable Tuition

Financial Aid Available

Scholarships

Internships

Campus Organizations

Transfer Assistance

CELEBRATING OUR 30th ANNIVERSARY

Odawa Zaaga'iganing Gabe-gikendaasoowigamigoog

Your Path to the Past and the Future

Lac Courte Oreilles Ojibwa Community College North Spring 2013 Schedule—Classes Start January 22					
	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
9:00-10:25	NAS/POL 222-05 Intro to Tribal Government Shannon Swanstrom Room 206	ENG 102-05 Composition 2 Herb Taber Room 201	NAS/POL 222-05 Intro to Tribal Government Shannon Swanstrom Room 206	ENG 102-05 Composition 2 Herb Taber Room 201	BUS 125-05 Intro to Personal Finance David Fleming 9:00-12:00 Room 200
	EDC 110-05 Intro to Higher Education Jim Radtke Room 200	BUS 221-05 Macroeconomics Linda Arndt Room 206	EDC 110-05 Intro to Higher Education Jim Radtke Room 200	BUS 221-05 Macroeconomics Linda Arndt Room 206	EDC 101-05 Intro to Early Childhood Education & Care Staff 9:00-12:00 Room 206
10:30-11:55	PSY 110-05 Intro to Counseling Gerry Berg Room 206	ENG 101-05 Composition 1 Herb Taber Room 201	PSY 110-05 Intro to Counseling Gerry Berg Room 206	ENG 101-05 Composition 1 Herb Taber Room 201	
	ALP 100-05 General English Linda Johnston Room 202	ENG 223-05 Literature for Children Beth Paap Room 206	ALP 100-05 General English Linda Johnston Room 202	ENG 223-05 Literature for Children Beth Paap Room 206	
	SCI 111-05 Environmental Science Mike Heim 10:30-12:55 Room 200		SCI 111-05 Environmental Science Mike Heim 10:30-12:55 Room 200		
12:00-12:55					PSY 242-05 Human Growth & Development Gerry Berg 12:30-3:30 Room 206
1:00-2:25	PSY 210-05 General Psychology Gerry Berg Room 206	BUS 222-05 College Accounting 2 Linda Arndt Room 206	PSY 210-05 General Psychology Gerry Berg Room 206	BUS 222-05 College Accounting 2 Linda Arndt Room 206	
	ALP 101-05 General Math Linda Johnston Room 200	BUS/MTH 106-05 Financial Math Sharon Wilber Room 200	ALP 101-05 General Math Linda Johnston Room 200	BUS/MTH 106-05 Financial Math Sharon Wilber Room 200	
		MTH 111-05 Intermediate Algebra Jeff Johnson Room 202		MTH 111-05 Intermediate Algebra Jeff Johnson Room 202	
2:30-3:55	ENG 112-05 Fundamentals of Speech Anne Miller Room 200		ENG 112-05 Fundamentals of Speech Anne Miller Room 200		
3:00-4:25	SCI 121-05 Wiring Renewable Energy Systems 3:00-4:55 Steve Kozak Room 202	NAS 212-05 WI Native History Mary Sharlow Room 206	SCI 121-05 Wiring Renewable Energy Systems 3:00-4:55 Steve Kozak Room 202	NAS 212-05 WI Native History Mary Sharlow Room 206	

3:00-4:25 (cont.)	EDC 270-05 Early Childhood Program Management Patricia Hemming Room 206	CPS 101-05 Computer Applications Sharon Wilber Room 201	EDC 270-05 Early Childhood Program Management Patricia Hemming Room 206	CPS 101-05 Computer Applications Sharon Wilber Room 201	
4:30-5:25			HUS 240-05 Human Services Practicum Gerry Berg 4:30-5:25 Room 206		
5:00	EDC 103-05 Creative Activities for the Classroom Staff 5:00-6:25 Room 200	NAS 230-05 Ojibwa Literature & Storytelling Jason Schlender 5:00-7:55 Room 200	EDC 103-05 Creative Activities for the Classroom Staff 5:00-6:25 Room 200	NAS 100-05 Intro to Ojibwa Culture Staff 5:00-7:55 Room 202	
	NAS 102-25 Ojibwemowin 2 Jason Schlender 5:00-7:00 RC		NAS 102-25 Ojibwemowin 2 Jason Schlender 5:00-7:00 RC		
	ALP 107-25 General Computing Staff 5:00-6:55 Bad River Housing		ART/NAS 105-25 3D Native Art Staff 5:00-7:55 Bad River Housing		
5:30-6:55	SCI 125-05 Energy Efficiency & Green Building Steve Kozak Room 206	BUS 260-05 Business Communications Dean Zaumseil Room 206	SCI 125-05 Energy Efficiency & Green Building Steve Kozak Room 206	BUS 260-05 Business Communications Dean Zaumseil Room 206	
7:00-8:25	BUS 265-05 Small Business Management Dean Zaumseil Room 206	BUS 240-05 Principles of Management Dean Zaumseil Room 206	BUS 265-05 Small Business Management Dean Zaumseil Room 206	BUS 240-05 Principles of Management Dean Zaumseil Room 206	

ONLINE

CPS 110-03: Web Page Development
CPS 202-03: Web Page Development 2
CPS 212-03: Databases for Web Applications
CPS 221-03: Web Frameworks
HTH 130-03: Medical Terminology
HTH 231-03: Navigating Healthcare (1 cr.)
HTH 232-03: Wellness: Food for Fitness (1 cr.)
HTH 233-03: Body/Mind/Spirit/Wellness (1 cr.)
MTH 113-03: Basic Statistics
SOC 205-03: Sociology of Race, Ethnicity and Diversity

BLENDED

BUS 200-05 Computerized Accounting

Gichi Manidoo Giizis Traditional Pow Wow

Saturday January 12th 2013

Doors Open: 11am
Grand Entry: 1pm & 7pm
Traditional Feast at 5pm

Black Bear Casino Resort
Otter Creek Event Center
1785 Highway 210
Carlton, MN 55718
Hotel Reservations: 1-888-771-0777

Free Admission~Open to the Public~Alcohol & Drug Free Event

MC
Murphy Thomas

Arena Director
Jaimie Petite

Host Drum
MA'IIN'GAN
Co Host Drum
Cedar Creek Singers

Head Dancers
Tony Fish
Vanessa Northrup

Payout for first 4 Drums
Hand Drum Contest
Moccasin Game
Native Craft Displays
50/50 Raffle

Check on link for more info

Taking Care of the Land and Community

Info booths and displays of Tribal, State and Federal programs involved in taking care of the land and community.

Vendor tables available

Contact: Nikki Crowe 218-878-7148
Linda Whitebird 218-878-7101

Fond du Lac Tribal & Community College

Sponsored by
Fond du Lac Band of Lake Superior Chippewa
MN SARE
USDA-NIFA Funds

Mail your registration form to:

LaPointe Financial, Inc.
PO Box 241
Odanah, WI 54861.

You may also register online:
Lapointefinancial.org

For additional information:
Lapointefinancial.org
(715) 682-3493
info@lapointefinancial.org

For hotel reservations contact:
Legendary Waters Resort
(800) 226-8478
Legendarywaters.com
37600 Onigaming Dr., Red Cliff, WI
or
Bayfield Chamber of Commerce
(800) 447-4094 or Bayfield.org

Presenters

This event made possible with funding from the US Treasury CDFI, USDA Rural Development, and the generous support of local Tribal Governments and other non-profit organizations.

Wisconsin Indian Economic Development Committee

Wisconsin Indian Economic Development Committee

Ojibwe Opportunity Convening

February 22 & 23, 2013
Legendary Waters Resort & Casino
Red Cliff, WI

Information

& workshop registration form

Ojibwe Opportunity Convening

February 22 & 23, 2013

Legendary Waters Resort & Casino

Red Cliff, WI

The Ojibwe Opportunity Convening is a unique collection of workshops that will help you build assets and create wealth. Choose from one of four comprehensive workshops that fit your needs.

1. **Native Artist Professional Development:** Emerging Native artists, performing artists, craftsman, and artisans. Topics: marketing, record keeping, financing, and more.
2. **Pathways Home:** First time home buyers. Topics: Buy or to build, home loans, credit issues, and insurance, maintenance, and others.
3. **Indianpreneurship:** Small Business Planning. Topics: business planning, financing, small business ownership.
4. **Building Native Communities:** Personal finance skills for families and individuals learned through Native examples and stories.

All workshops are free of charge. Space is limited

Registration form

Name (first and last name)

Email Address

Phone

Mailing Address

Tribal Affiliation (tribe of enrollment)

Select your workshop

Which workshop would you like to attend? (select one)

- ○ Native Artist Professional Development
- ○ Pathways Home
- ○ Indianpreneurship
- ○ Building Native Communities

Each workshop runs from Friday to Saturday, 8:00 am–5:00pm. Books and materials are provided. On-site check-in begins at 7:00 am, Friday, Feb 22.

Tell us your experience

Why would you like to attend this workshop?

(Use separate piece of paper if necessary)

Travel Scholarship Application

Why should you receive a scholarship?

(Use separate piece of paper if necessary)

Scholarships provide money for mileage, hotel costs, and food (per diem) Amounts vary, eligibility restrictions apply.

Provided by tribal governments and Native organizations.

CULTURAL COMMUNITY PRESENTATION

WAASA INAABIDAA: WE LOOK IN ALL DIRECTIONS

BY DR. THOMAS PEACOCK

FEBRUARY 18, 2013
*** SIGURD OLSON ENVIRONMENTAL INSTITUTE – SENTRY ROOM ***
6:00 PM. – 8:00 P.M.

Dr. Peacock, a member of the Fond Du Lac Band of Lake Superior Chippewa Indians, noted scholar, professor of education, and author of numerous books and articles will present the story of his book, ***Waasa Inaabidaa: We Look in All Directions.***
Waasaa Inaabidaa is a compilation of stories related to the Anishinaabe (Chippewa or Ojibwe) and survival from the past, present, and future existence.

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CULTURAL COMMUNITY PRESENTATION

MULTI AND HISTORICAL GENERATIONAL TRAUMA – "LAYING THE FOUNDATION FOR THE NEXT 7 GENERATIONS"

A BEGINNING:

"Fry Bread: Baking powder or Yeast" linked survival to food and how it transpired in conjunction to federal policies

FAMILY AND COMMUNITY COMPONENT

A view and discussion of the traditional aspect of the family and community with a modern approach in surviving trauma to help heal for the next 7 generations to defeat the impact of historical trauma and intergenerational grief

PROCESSING AND A CULTURAL APPROACH TO HEALING

MAIN PRESENTERS: ESIE LEOSO, BAD RIVER TRIBE AND ANTONY STATELY, ONEIDA/RED LAKE TRIBE

FEBRUARY 7, 2013
*** SIGURD OLSON ENVIRONMENTAL INSTITUTE – SENTRY ROOM ***
9:00 a.m. – 5:00p.m.

For further information, please contact James E. Pete, DBA Director and/or Katrina Werchouski, Coordinator for Multicultural Programs at 715/682-1344 or 1366, at the Northland College-Native American and Indigenous Culture Center

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young lady, especially in her more mischievous moments. With the recurring use of "please," the meaning of that lovely word has a better chance of being learned and instilled. Sequel: *Please, Puppy, Please*.

TEN LITTLE FINGERS AND TEN LITTLE TOES BY MEM FOX; HELEN OXENBURY, ILLUS.
36 pages Harcourt, 2008

Two widely accepted facts among early childhood educators that are little-known to parents (and grandparents): 1) Children gravitate first to rhyming words (thus the success of Mother Goose and Dr. Seuss); and 2) Children gravitate to images of other children, especially babies to babies, and even responding empathically to their cries. Apply the above facts to this book and you end up with a nearly perfect picture book.

THE VERY HUNGRY CATERPILLAR
BY ERIC CARLE
38 pages Philomel, 1969

What an ingenious book! It is, at the same time, a simple, lovely way to teach a child the days of the week, how to count to five, and how a caterpillar becomes a butterfly. First, this is a book to look at—bright, bright pictures. Then it is something whose pages beg to be turned—pages that have little round holes in them made by the hungry little caterpillar. And as the number of holes grow, so does the caterpillar. Other books by the author: *The Grouchy Ladybug; Mister Seahorse; The Very Busy Spider.*

THE SUPER HUNGRY DINOSAUR
BY MARTIN WADDELL; LEONIE LORD, ILLUSTRATOR
32 pages Dial, 2009

A little boy and his dog are playing in the backyard when a hungry dinosaur arrives and announces he's going to eat up the boy. The ensuing tale details how the lad and his dog outwit and tame the dinosaur. Eventually the boy's mother and father meet the dinosaur and the damage done by the dinosaur is repaired by the exasperated creature before he can have lunch (cooked by Mom). Martin Waddell uses the same simple storytelling here that made his earlier book *Owl Babies* so successful and illustrator Leonie Lord turns what could have been a threatening story into an exciting but nonthreatening adventure.

YOU CAN DO IT, SAM (SERIES) by Amy Hest
28 pages Candlewick, 2005

If a picture book series ever deserved the adjective "cozy," this is it. In this, the third book in the series, Mrs. Bear and her cub Sam are baking little cakes together, licking bowls, packing the cakes, and finally driving through the snow to deliver them as surprises to neighbors. The title comes from Sam's concern over whether he can carry each package all the way to the doorstep all by himself. Also in the series: *Kiss Good Night; Don't You Feel Well, Sam?*

A list of several hundred other titles can be found in the Treasury of Read-Alouds in *The Read-Aloud Handbook* by Jim Trelease (Penguin)

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Jim Trelease's Web site:
www.trelease-on-reading.com

READ-ALOUD PICTURE BOOKS: INFANTS TO TODDLERS

BY JIM TRELEASE

Author of the New York Times Bestseller
The Read-Aloud Handbook

TIPS FOR READING ALOUD TO THIS AGE GROUP

1. Your main objective is to teach your child to love the printed word; 2. Pretend you're having a party to introduce the world to your child and books are the guests you're introducing; 3. Attention spans are built over pages and pages, not overnight; 4. Caress the child while reading; 5. Point to objects on the page while reading; 6. The story becomes clearer with repeat readings; 7. Board books are meant to be handled and chewed on; 8. make certain times ritually story times — bed time, bath time, potty time, nap time, or snack time.

Usually books stay in print only a few years, *especially* for this age group. But even an out-of-print (OP) title can be freely borrowed from your local library (or your library can borrow it from *other* libraries). If you wish to own the book, inexpensive used-copies (including OP) can be found at Web sites like bookfinder.com or Amazon. New copies (but not out OP) can be purchased at your local bookstore.

BROWN BEAR, BROWN BEAR, WHAT DO YOU SEE ?
BY BILL MARTIN, JR.; ERIC CARLE, ILLUSTRATOR
24 pages Holt, 1983

This classic predictable book follows the question through various animals and colors. Sequel: *Polar Bear, Polar Bear, What Do You Hear?*

CORDUROY BY DON FREEMAN
32 pages Viking, 1968

In this beloved story, a teddy bear searches through a department store for a friend. His quest ends when a little girl buys him with her piggy-bank savings. By the author: *A Pocket for Corduroy*; and *Beady Bear*.

THE EVERYTHING BOOK BY DENISE FLEMING
64 pages Holt, 2000

After Mother Goose, all new parents should have this terrific book about everything important to a child—animals, shapes, colors, rhymes, finger games, food, faces, letters, traffic, and toys. The art is a feast for the eyes.

THE FOOT BOOK BY DR. SEUSS
28 pages Random House, 1968

Most of Dr. Seuss's books are aimed at kindergarten and older, but here is one of the more accessible ones for toddlers, mainly because the subject is so near (eighteen inches away) to the child's heart: feet! No plot but lots of repetition, rhyme, and Seussian illustrations.

GOOD JOB, LITTLE BEAR (SERIES)
BY MARTIN WADDELL; BARBARA FRITH, ILLUS.
32 pages Candlewick, 2002

The last line of this book, "I'll be there when you need me—always," sums up what this entire series is about: the relationship between parent and child (big bear and little bear). Each volume explores the warm interactions between the two, in their cave and in the forest, making the series the epitome of "cozy" and bedtime companion. Other books in the series: *Can't You Sleep, Little Bear?; Let's Go Home, Little Bear; You and me, Little Bear;* and *Sleep Tight, Little Bear*.

GOODNIGHT MOON BY MARGARET WISE BROWN; CLEMENT HURD, ILLUSTRATOR
30 pages Harper, 1947

This classic is based on a bedtime ritual, sure to be copied by every child who hears it. Also by the author: *The Important Book; The Runaway Bunny;* and *Sailor Dog*. Related bedtime books for infants and toddlers: *Can't You Sleep, Little Bear?* by Martin Waddell; *Good Night, Gorilla* by Peggy Rathman; and *Max's Bedtime* by Rosemary Wells.

THE NAPPING HOUSE
BY AUDREY WOOD; DON WOOD, ILLUSTRATOR
28 pages Harcourt, 1984

One of the cleverest bedtime books for children, this simple tale depicts a cozy bed on which are laid in cumulative rhymes a snoring granny, dreaming child, dozing dog, and a host of other sleeping characters until a sudden awakening at daybreak.

THE NEIGHBORHOOD MOTHER GOOSE
PHOTOGRAPHED BY NINA CREWS
64 pages Dutton, 1989

Nina Crews took her camera into urban America and coupled Mother Goose with children of every hue, making it a rainbow's worth of traditional nursery rhymes peopled by children who have been traditionally excluded from such volumes. Other Mother Goose collections: *Lucy Cousins' Book of Nursery Rhymes* by Lucy Cousins; and *Pio Peep! Traditional Spanish Nursery Rhymes* selected by Alma Flor Ada and F. Isabel Campoy.

PLEASE, BABY, PLEASE
BY SPIKE AND TONYA LEWIS LEE;
KADIR NELSON, ILLUSTRATOR
28 pages Simon & Schuster 2002

This talented husband and wife author-team offers a witty but true-to-life picture of a rambunctious toddler's day, following her many moods from daybreak to bedtime. Toddlers will love seeing themselves in this

perfect "36," the family was besieged with questions, the most common being, "What prep-course did he take? Kaplan? Princeton Review?" It turned out to be a course his parents enrolled him as an infant, a *free* program (unlike some of the private plans that now cost up to $250 an hour).

In responding to inquiries about Christopher's prep-courses, the Williamses simply told people (including *The New York Times*) that he hadn't taken *any*, that he did no prep-work. Of course that wasn't completely true. His mother and father had been giving him and his younger brother prep-classes all through their childhoods, from infancy into adolescence: they read to them for 30 minutes a night, year after year, even well after they learned how to read for themselves.

Theirs was a house brimming with books, but no *TV Guide* or Game Cube or Hooked on Phonics. Even though Susan Williams was a fourth-generation teacher, she offered no home instruction in reading before the boys reached school age. She and her husband just read to them, sowed (and sewed) the sounds and syllables, the endings and blendings of language into the love of books. Each boy easily learned to read, loved it, gobbled it voraciously. Besides being a family bonding agent, they used reading aloud not as test-prep as much as an "ensurance" policy—it *ensured* the boys would be ready for whatever came their way in school. That, combined with church and Scouting, *ensured* they were ready for whatever the rest of life threw at them.

Where do you find the *time* these days to read to children?

When my children Elizabeth and Jamie were teenagers, their household responsibilities alternated between setting the table and doing the dishes. And while they did the dishes, I read to them, usually from magazines, newspapers, or anthologies. If I came across an interesting article—maybe an obituary for a rock star—that would be the night's reading. We can find the time for whatever we value.

Whenever I showed parent audiences the photograph from my book of Jamie doing the dishes when he was in seventh grade, I got some strange looks, to which I answered: "If you have a preteen or teen who *doesn't* do the dishes in your home, then the child's IQ is higher than yours. Not a good thing."

The ultimate objective is to make positive connections between the child and the reading experience to the point where he or she will ask, "Do you have any more books like that one?" Never mind any misgivings you might have about the title, check out *Uncle John's Great Big Bathroom Reader.* Teens will have a hard time resisting the short but true anecdotes included there about history, politics, family, death, movies, science, law and order, and myths. Don't miss a special edition called *Uncle John's Bathroom Reader for Kids Only!*

One caution, no matter what you're reading aloud: *Always read ahead.* You may not agree with everything the author is sharing. You might want to skip a word or paragraph you think could upset your child or send the wrong message. Looking back on it, I'll bet you wish you could have edited a few videos this way, right? When reading aloud to his audiences, Charles Dickens skipped whole pages.

For more details on these subjects, see Jim Trelease's Web site www.trelease-on-reading.com.

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Questions Parents Always Ask About Reading Aloud

BY JIM TRELEASE

Author of the New York Times Bestseller *The Read-Aloud Handbook*

What are the benefits of reading aloud to children?

You read to children for all the same reasons you talk to them: to inform, to inspire, to caution, to entertain, and to connect. But beyond those reasons, there are these that are peculiar to reading aloud:

1. It makes a pleasure connection between child and print. No one is born wanting to either play basketball or to read. That desire must be planted by someone outside the child. The parent (or teacher or grandparent) who reads to a child is planting seeds, making a connection to print that doesn't hurt, that entices and gratifies instead. Homework, workbooks, and tests seldom accomplish that. Simply put, reading to the child amounts to a commercial for reading.
2. It stretches the attention span. An unfortunate aspect of today's world is its fragmentation. Teachers complain of students' increasingly short attention spans. Today's culture splinters our attention. We have 150 different TV channels, not the 10 of four decades ago. The programs on today's channels are interrupted by a constantly flickering camera angle: two seconds from this angle, three seconds from wide angle, four seconds close-up, etc. Even beloved Sesame Street suffers from the same "St. Vitus Dance" of the eyeball. Daily exposure to this fragmenting hinders the inability to focus on detail—the opposite of learning. Now add to that the teens' cell phone culture—4 thousand tiny text messages a month (all of which require mini-messages in return). The end result is an environment guaranteed to grow *inattention*. Reading to a child is the opposite of that: It nurtures attention to sound, pictures, detail, and narrative.
3. Reading aloud enlarges vocabulary. The text you meet in good children's literature (like *The Tale of Peter Rabbit* by Beatrix Potter) is three times more sophisticated than normal conversation with a child. *Listening comprehension* (the words we hear) feeds reading and writing comprehension. It's pretty difficult to say a word, or read and write it, if you've never *heard* it.

> Read-aloud is the opposite of the TV and instant-message culture — it *improves* student attention spans.

Does reading to children benefit the parent in any way?

As I look back on years of reading to my children right into their high school years, I realize now that it gave *me* as much as it gave them. It provided me nightly one-on-one time with each of them, time that was spent in a meaningful way that often became a springboard to conversation and created a cultural and emotional bond.

Sometimes I read to them from books I'd loved as a child—like Jack London's *Call of the Wild*. But more often I read books that I'd missed as a child—like Frances Hodgson Burnett's *The Secret Garden* or C.S. Lewis' *The Lion, the Witch, and the Wardrobe*. Whether going back to the oldies or reading new ones, I gained an insight to childhood that deepened my parenting skills. Anyone who tells you that you're only a child once—they obviously never read to children. As someone once observed, reading to my children gave me a chance to meet again the child I used to be.

I was never a big reader as a child, so I don't know which ones to read aloud. Where can I find a good list?

There are unlimited resources today for such lists. Your child's teacher should have a list of favorites, as will your local children's librarian. The second half of my *Read-Aloud Handbook* lists hundreds at various levels, many of them noted and updated online at: **www.trelease-on-reading.com/biblios.html.**

Books are so expensive today. How can I afford to build a home library for my child?

Easy-peezy question! Your local public library not only has books to borrow, but usually holds an annual book sale, along with its discard table where they dispose of slightly-used extra copies. The first book I ever bought by myself (agr 5) was at the Union (NJ) public library book sale and I *still* own it (*Junior Literature*—a junior high textbook with a pirate on the cover). Remember: a used-copy of a book has the same words in it as a brand-new copy, but it's often $15 cheaper. Talk about bargains! If you order books online, search for used copies at Web sites like Alibris.com, bookfinder.com, and the "used" category at Amazon. And don't forget the Goodwill thrift shop.

Will my reading aloud help my child do better in school?

One anecdote from my *Handbook* says it all. Of the 400,000 students taking the 2002 ACT exam with Christopher Williams, only 57 had perfect scores—he was the 58th. When word got out that this kid from Russell, Kentucky (pop. 3,645) had scored a

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Challenging Behavior Tip Sheet: At the Grocery Store

When we go the grocery store, my child runs down the aisle and tantrums when they don't get what they want.

What you can do: Talk with your children before you go into the store and tell them how they should act when they get into the store. Use positive statements (DO this) instead of negative statements (DON'T do). Also, let them know what will happen if they do run down the aisle or don't get what they want.

- Before you go into the store, tell your child that they need to either stand next to the cart or stay next to you the whole time.
- Tell them what will happen if they do run away and be prepared to follow through. This could be anything from losing TV time or putting away a toy when they get home, or leaving the store and sitting outside for a timeout.
- While it's inconvenient to immediately stop shopping, following through on giving a consequence to behaviors is very important. You can leave you cart in the store and always come back to it.

If you child is getting bored, try to make grocery shopping fun by giving them ways to participate and help or playing games. Kids enjoy having special jobs to do. Also, to save time, plan ahead what you're going to buy. If you know it's going to be a long trip, bring more along some toys.

- Have them carry a basket if you're just picking up a few items
- If you've made a list of what to get, let them hold it and give them a pen to check off items once they go in the cart.
- Play an "I Spy" game. Ask them to look for a certain color, letter, or number. Or, pick an object up ahead in the aisle and only tell the color of the object. Say, "I spy something red. What do you think it is?" Then ask your child to guess what it is. Take turns choosing objects.
- When you can tell you child is getting fidgety, bring out some toys for them to play with that you've brought along.
- If you've brought along coupons, give them one at a time to your child and have them search for those particular items in the store.
- Have them look for workers they can say "Thank you" to.

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Challenging Behavior Tip Sheet: Riding in the Car

"HELP!": Every time we drive in the car my child yells and cries.

What you can do: Remember, "Busy Hands are Happy Hands." Help prevent the yelling and crying by giving them things to do while in the car that they enjoy. Provide them with options and let them choose. As the parent, you'll need to do some planning ahead of time. It will be worth it!

- If your car has a CD or tape player, go to the library and check out a few tapes or CDs with children's music. Let your child choose which music to listen to in the car. Here are some ideas: Raffi, Caspar Babypants, The Wiggles, Jim Gill, Disney Soundtracks. Say something like, "Would you like to listen to Raffi or to The Wiggles today?"
- Go to the library and check out a few books that you will only keep in the car. Keep them in a bag by their car-seat. When you get in the car, give them a choice of 2 books to read. Say something like, "Would you like to read "Going on a Bearhunt" or "The Quiet Cricket" on our way to school today?"
- If you don't mind your child eating in the car, keep some healthy snacks in the car. Sometimes kids are grouchy because they are just hungry! They may be hungry after a long day running errands with you. Some snack ideas are raisins, bananas, pretzels, or goldfish. Also, keep a water bottle in the car in case they get thirsty.
- Play an "I Spy" game. Ask them to look for a certain type or color of vehicle. Have them look for stop signs or certain types of animals. Or, pick an object in the car, up ahead close to the road and only tell the color of the object. Say, "I spy something red. What do you think it is?" Then ask your child to guess what it is. Take turns choosing objects.
- If they start throwing toys in the car, pull over and calmly tell them, "We don't throw _____. You're all done with_____." Then, suggest another activity like playing "I Spy."

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Helpful Hints to Kick the (Smoking) Habit

If you are ready to quit smoking, our UM smoking cessation experts have some advice for you.

You know you need to quit. You really want to quit. But smoking has become such a huge part of your life that you just can't imagine waking up in the morning without reaching for a cigarette, finishing a meal without lighting up or hanging out with your friends -- all smokers -- without smoking yourself.

So, how does one go about kicking the habit for good? What is going to make this year any different than previous ones when you resolved to swear off nicotine?

An effective strategy can help. If you're armed with a little knowledge, you can greatly improve your odds of success. You just have to know what you are up against.

"The difficulty people have when trying to quit around New Year's is that there is typically so much alcohol consumption during the holiday," said an associate professor of Family and Community Medicine at the University of Maryland School of Medicine.

"The alcohol makes it much less likely that you will be able to quit because most smokers like to smoke when they drink. I tell people who want to quit around New Year's not to worry if they don't quit exactly on New Year's Day."

Choosing a quit date and sticking to it is an important part of breaking the habit. Smokers who want to become ex-smokers, however, must chose a date that makes sense for them.

"There is nothing wrong with making that day January 3rd or the 4th," our smoking cessation expert says. "Choosing a day later in the week after all of the parties and activities have died down is probably more realistic. You have to do what works for you because you don't want to set yourself up for failure."

One of the biggest mistakes smokers make when attempting to quit is that they give up the fight too soon if their initial efforts don't work. According to the Centers for Disease Control and Prevention, over half of all adult smokers do manage to quit for good. Most of them, however, aren't successful the first time around. In fact, studies show that most smokers attempt to quit several times before they are able to make it stick.

"People shouldn't be hard on themselves," said our expert. "Quitting is a process. Smokers who want to quit and have tried and failed in the past shouldn't feel defeated because quitting is far from impossible. It is actually quite possible. There are more people out there who have successfully quit smoking than there are people who still smoke."

Smoke-Free Suggestions

Here are some tips our expert suggests to keep in mind if quitting is one of your goals:

- **Put it in writing.** Write down your reasons for quitting on 3 x 5-inch index cards so you can refer to them when you are tempted to smoke.
- **Explore your motives for smoking.** Keep a journal before you quit to document your feelings about your habit. You want to include details about where you smoke most often, when you smoke, with whom and why. Review your diary after four or five days to identify feelings and circumstances that trigger your cravings for nicotine.
- **Modify your behavior.** Write down your "triggers" on the left side of a piece of paper and on the right side, jot down how you plan to either avoid or cope with those situations or feelings that send you reaching for nicotine.
- **Reduce the pleasure quotient.** Most people have favorite brands of cigarettes. In the week or so leading up to your quit date, ditch your favorites for other, less-appealing varieties. For example, buy menthols if you normally don't smoke them. Buy low-tar filters or light versions of your favorite brand or try new, unusual brands that you've never smoked before. This practice will make the habit of smoking seem less appealing and easier to stop.
- **Spread the news.** Tell everyone you know you're quitting to develop a network of family members, co-workers and friends who can support your efforts.
- **Get rid of smoking paraphernalia.** Throw out all of your ashtrays, matches and lighters.
- **Go cold turkey.** Despite an urge to gradually cut back, stopping completely on your chosen quit date is the best approach to kicking the habit for good.
- **Reward yourself.** Come up with reasons to celebrate your quitting at regular intervals. For example, a week after you quit, go to the movies or bowling. A month after quitting, go to a nice hotel for an evening or treat yourself to a shopping spree. A year after quitting, go on a nice vacation with the money you save from no longer buying packs of cigarettes.
- **If you relapse, don't panic.** Identify what it was that triggered your desire to smoke again and come up with a way to cope with the trigger. The urge to smoke -- no matter how overwhelming -- will pass after a few minutes, whether or not you give into it.
- **Seek help.** If you aren't able to quit on your own, try using aids such as nicotine gum or the nicotine patch. If you still aren't able to quit, see your doctor about other options. You may also want to join a support group. Whatever you do, don't give up!

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Common-Sense Strategies to Long-Term Weight Loss

Printed from the University of Maryland Medical Center website at www.umm.edu
Shed extra pounds for good with practical advice from UM experts.

The New Year is finally here. During the holidays you probably indulged in turkey, stuffing, pumpkin pie and many other goodies. Now, you step on the scale and much to your dismay, you've gained a few pounds in addition to the extra weight you may have already accumulated throughout the year. How can you make this the year to slim down and keep the weight off for good?

Researchers say losing just 5 to 10 percent of your excess body weight can make a big difference in your health, including lowering cholesterol and reducing the risk for diabetes. So where do you start? University of Maryland experts offer the following common-sense strategies to lead you on the way to long-term weight loss.

- **Write it down.** Writing down what you eat forces you to be aware of just how much you're eating. Also, if you know you have to write down that piece of candy or pizza, you may not be so quick to eat it. Keeping a food journal may also cut down on mindless eating. With your journal, you can also keep track of how much you exercise. If this doesn't seem to work, you can review your food diary with a dietitian.

- **Know your risk factors**. Check with your doctor to see if you have high blood pressure or high cholesterol. Knowing where you are to start can also help you set realistic goals. Calculate your Body Mass Index (BMI). This measurement can help you figure out how much you need to lose.

- **Choose a diet low in fat, saturated fat and cholesterol and moderate in sugars.** In addition to helping you maintain a healthy weight, this will also reduce your risk of heart attack and certain types of cancer.

- **Eat smaller meals throughout the day rather than a few big ones.** "The human body needs food about every three hours," says Pamela Peeke, M.D., M.P.H., assistant clinical professor of Medicine at the University of Maryland School of Medicine and author of the national best-seller *Fight Fat After Forty*. "So you should have a snack every two to three hours to ward off hunger." She recommends snacks that include a high-quality protein and carbohydrates, such as low-fat yogurt and fruit, a smoothie, or soy cheese and a pear. Other suggestions for snacks include graham crackers, low-fat popcorn, vegetables with low-fat dip, and whole-grain crackers.

- **Count calories then cut them.** If you don't already know, determine how many calories you eat in a typical day. Next, set your new reduced calorie goal, keeping in mind that experts recommend you lose no more than a pound or two a week. To lose about ½ pound per week, subtract 250 calories a day from your current calorie intake; to lose 1 pound, subtract 500. A reduction of 500-1,000 calories could result in weight loss of about 1-2 pounds per week. Total calories, though, should not dip below 1,200 per day for women and 1,400 for men, which can put a person at risk for nutrient deficiencies.

- **Exercise regularly doing something you enjoy.** In order to burn more than you take in, you need to exercise. This will increase your metabolism so even when you're at rest, you'll be burning more calories. For exercise to help with weight loss, experts advise regular aerobic physical activity (such as walking, biking or swimming) for at least 20-30 minutes a day, three to five times a week. If you're a beginner, you can start slowly. Ideally, Peeke says you should try to exercise 30-45 minutes, five days a week.

  In particular, walking may be a good choice. Buy a pedometer and keep track of the number of steps you take each day. Once you see how much you walk, try adding 1,000 steps each day, with an eventual goal of 10,000 steps or more.

- **Get and enlist support.** Peeke says finding a support system is critical to long-term weight loss. Whether you join a group such as Weight Watchers, work with a dietitian or do something else, it's helpful to share your highs and lows with experts or others who can relate. These people can also be a source of new ideas and strategies and let you know that you're not alone.

- **Eat your favorite foods (in moderation).** Peeke advises including 100-200 calories per day of your favorite foods, whatever they may be. This will keep you from feeling deprived, which can lead to cravings. "Plan your indulgences into your schedule," says Peeke. "Keep the portions down, savor, taste and enjoy it."

- **Watch your portion size.** Look at nutrition brochures and look at the fat and calories you're getting. If you are eating out and the portion is big, cut it in half right away and put it in a doggie bag, or split the meal with a friend.

- **Lose weight slowly (1-2 pounds per week).** Slow weight loss is important. It will be easier to keep it off. Quick weight loss is more apt to come back on, leading to yo-yo dieting that can have a negative impact on your long-term health.

- **Eat slowly.** It takes 20 minutes before your brain realizes it's full. That means the amount of calories consumed before you begin to feel full can vary a great deal depending on how quickly you eat. So be sure to eat slowly, savor your food, and enjoy it.

- **Drink 8-10 glasses of water per day.** There are several advantages to drinking plenty of water. When the body is not receiving adequate fluids, the kidneys compensate by conserving water. The result can be water retention -- water weight you really don't want. Drinking a lot of fluids makes the stomach feel fuller, thus decreasing the tendency to overeat.

- **Keep healthy foods on hand.** Examples include fruits and vegetables, whole grains, dried beans, nonfat dairy and fish or lean poultry. Healthy, low-fat, high-fiber frozen entrees that are lower in sodium are good choices. Also, plan meals in advance and make a shopping list so you're eating more meals at home. It's helpful to limit dining out if you're trying to lose weight.

- **Keep things in perspective.** Make health, not appearance, your weight management priority. Make sure your focus is in the right place -- not on the pounds, but on health.

Common Pitfalls to Avoid

Beware of these common stumbling blocks to long-term weight loss:

Fad diets. Often, these diets promise to help you lose a lot of weight quickly, or tell you to cut certain foods out of your diet to lose A quick fix is not the answer. Instead, the best approach is to focus on making small lifestyle changes you can maintain.

Negative self-talk. Avoid negative thoughts and statements such as "I'm fat. I'll never be able to lose weight." Be positive. Affirm that you can change your lifestyle. Try not to feel guilty about eating certain foods. There are no good and bad foods -- moderation is the key.

Emotional eating. Don't eat as a way to cope with stress or other negative emotions. Food never solves the problem, and usually it just contributes to a cycle of guilt, low self-esteem and overeating.

- By Michelle Murray

This page was last updated on: December 8, 2011.

Apple Meatballs

10 ServingsPrep: 45 min. Bake: 30 min.

Ingredients

- 1 egg
- 2 tablespoons butter, melted
- 1/4 cup crushed seasoned stuffing
- 1 envelope onion soup mix
- 2-1/2 pounds lean ground beef
- **SAUCE:**
- 2 bottles (18 ounces *each*) barbecue sauce
- 1 jar (12 ounces) apple jelly
- 1 can (8 ounces) tomato sauce

Directions

- In a large bowl, combine the first four ingredients. Crumble beef
- over mixture and mix well. Shape into 1-in. balls.
- In a large skillet, brown the meatballs; drain. Transfer to a greased
- 3-qt. baking dish. In a large saucepan, combine the sauce
- ingredients; bring to a boil. Reduce heat; simmer for 10 minutes.
- Pour over meatballs.
- Cover and bake at 325° for 30 minutes or until meat is no longer
- pink. Yield: 72 meatballs.

Use pretzel sticks instead of toothpicks for serving appetizer meatballs. They taste great and reduce waste and mess.

Nutrition Facts: 1 serving (7 each) equals 304 calories, 12 g fat (5 g saturated fat), 97 mg cholesterol, 450 mg sodium,

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Apple Meatballs (continued)

Nutrition Facts: 26 g carbohydrate, trace fiber, 23 g protein.

Wine: Blush Wine: Enjoy this recipe with a blush wine such as **White Zinfandel** or a **Rosé**.

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Baked Potato Pizza Recipe

Baked Potato Pizza Recipe photo by Taste of Home

Baked Potato Pizza Recipe

- Prep: 25 min. Bake: 15 min.
- Yield: 8 Servings
  251540

Ingredients

- 1 package (6 ounces) pizza crust mix
- 3 medium unpeeled potatoes, baked and cooled
- 1 tablespoon butter, melted
- 1/4 teaspoon garlic powder
- 1/4 teaspoon Italian seasoning *or* dried oregano
- 1 cup (8 ounces) **Daisy Brand Sour Cream**
- 6 bacon strips, cooked and crumbled
- 3 to 5 green onions, chopped
- 1-1/2 cups (6 ounces) shredded mozzarella cheese
- 1/2 cup shredded cheddar cheese

Directions

- Prepare crust according to package directions. Press dough into a lightly greased 14-in. pizza pan; build up edges slightly. Bake at 400° for 5-6 minutes or until crust is firm and begins to brown.
- Cut potatoes into 1/2-in. cubes. In a bowl, combine butter, garlic powder and Italian seasoning. Add potatoes and toss. Spread sour cream over crust; top with potato mixture, bacon, onions and cheeses. Bake at 400° for 15-20 minutes or until cheese is lightly browned. Let stand for 5 minutes before cutting. **Yield:** 8 slices.

Nutritional Facts1 serving (1 slice) equals 320 calories, 16 g fat (9 g saturated fat), 51 mg cholesterol, 347 mg sodium, 31 g carbohydrate, 2 g fiber, 12 g protein.

Originally published as Baked Potato Pizza in Taste of Home's Holiday & Celebrations Cookbook Annual 2001, p197

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Cuts of Beef: What's In A Name?

By Ashleigh Frank

What's the difference between a porterhouse and a T-bone? Which cuts of beef are best for cooking a pot roast? And which will stretch your dollar the farthest? Find out the answers to all these questions and more as we (figuratively) dissect all of your favorite cuts of beef...

Beef, like all meat, is just muscle.

Muscles that get the most use (such as the round) are the toughest and chewiest, whereas muscles that get less use and are marbled with more fat (such as the short loin) are the most tender and succulent.

Keep this in mind when you are choosing your beef cuts.

Chuck

(a.k.a. blade roast, ground beef)

The chuck beef cut comes from the cow's shoulder and neck. This is your traditional pot roast meat. Chuck meat contains quite a bit of connective tissue such as collagen, which gives the meat a pleasantly intense beefy flavor when cooked.

Wet cooking methods, including braising (pot-roasting) and stewing, are best to keep this tough meat moist and tender.

The best chuck for your buck is a blade roast (also called a top chuck roast, book steak, butler steak, lifter steak, petit steak or flat-iron steak). Voted one of the most flavorful and inexpensive beef cuts by *Cook's Illustrated* in 2002, this cut is relatively inexpensive and the most tender of all the chuck cuts. In addition, the roast can be cut into a tasty rib-eye steak.

Rib

(a.k.a. prime rib, rib-eye)

Ribs, naturally, are the actual ribs of the cow. They are typically well-marbled with fat, which makes the meat tender, juicy and full of flavor.

Ribs taste best when they are cooked dry (grilled, roasted, broiled or sautéed).

You can find them in the supermarket or butcher shop with or without the bone still in. Those with the bone still in are known as "standing."

You can also buy rib steak, which is cut from the ribs, either with the bone in or as a boneless rib-eye. You will sometimes see a rib steak or roast referred to as "prime rib" – even if it is not considered a "prime" cut by the USDA.

Short Loin

(a.k.a. tenderloin, porterhouse, t-bone, strip steak, filet mignon, top loin, New York strip, shell steak)

Loins are the most expensive beef cuts because they are the most tender even though they are not the most flavorful. They are best when cooked for a short time with dry heat methods such as grilling, broiling, pan frying or sautéing.

Short loin is taken from the middle of the cow's back. This part has so many names because it is often divided into different sections.

As a whole, the short loin consists of two sections: the top loin and the tenderloin. An entire short loin can be served as a porterhouse steak or a T-bone steak. The only difference between a porterhouse and a T-bone is that the porterhouse is cut from the larger side of the short loin, so it contains more tenderloin than the T-bone.

The top loin portion of the short loin (without the tenderloin attached) also has a variety of names such as strip steak, New York strip or shell steak. These cuts may or may not come with the bone still attached. The tenderloin is often considered to be the best (and most expensive) of all beef cuts because of its tender, succulent meat.

The tenderloin consists of the entire strip of meat but, when portioned into individual steaks, it also can be served as filet mignon. Many steak aficionados take extreme offense to the idea of marinating this cut or serving it cooked to any doneness above medium rare.

Sirloin
(a.k.a. flap meat, top butt, center-cut roast)

Sirloin comes from the cow's lower back, between the short loin and the round. Sirloin is not quite as tender as short loin, but it is more flavorful. It responds very well to dry cooking methods such as sautéing, grilling, broiling and pan-frying.

In 2005, *Cook's Illustrated* recommended sirloin steak (also called "flap meat steak") as one of the best inexpensive beef cuts for pan-searing and roasting.

At the grocery store you are likely to find sirloin tips and sirloin steaks, which may or may not come with the bone still in. You can also find prime hamburger meat in stores and restaurants made with a mixture of ground sirloin and ground chuck.

Round
(a.k.a. top round, rump roast, London broil)

Round is a beef cut from the cow's backside or rear. It is an extremely lean, flavorful meat. Because cows utilize these muscles extensively, round also has a tendency to be tough.

Top round is the more tender part of the cut, and can be used to make London broil. Eye round, the bottom of the cut, is less tender and lower in price. Deli roast beef also comes from round.

Pot-roasting and braising are the best cooking methods for this cut. Cooking the meat in liquid for several hours at a low temperature will keep it tender and moist.

Because it is the most tender part of the round, top round can be roasted. London broil that is made with round is typically marinated and grilled.

In addition, deli roast beef can be roasted in dry heat, as well, because of how thinly it is sliced.

Round has the distinction of being one of the least expensive cuts of beef.

Shank
(a.k.a. brisket, foreshank, corned beef)

Shank, also called brisket, refers to a beef cut from the cow's leg. This is the cut to look for when you want to make corned beef. It also can be used for pot roast.

Another highly-exercised muscle, this cut is best prepared with moist heat such as pot-roasting, braising or stewing.

There are typically two types of cuts available for the shank: first cut and front cut. The first cut is leaner with less fat. The front cut, which has more fat, is more tender and juicy.

Short Plate
(a.k.a. skirt steak, short ribs)

The short plate is taken from the middle of the cow's abdomen. It has a strong, beefy flavor which makes it an excellent choice for stew meat.

It also works well as a skirt steak, although if you are going to grill this cut, you should marinate it first to make sure it stays juicy, and slice it against the grain to keep it as tender as possible.

Short ribs also come from this cut and are best when boiled or braised.
Flank
(a.k.a. London broil, jiffy steak)

Flank steak, which comes from the lower part of the cow's abdomen, is great for the grill because its thinness allows it to cook quickly and evenly. These cuts of beef are often used for fajitas, kabobs and London broil.

Like short plate, it is a lean meat with a strong, beefy flavor. Also like the short plate cut, it is best to slice this meat against the grain to keep it tender.

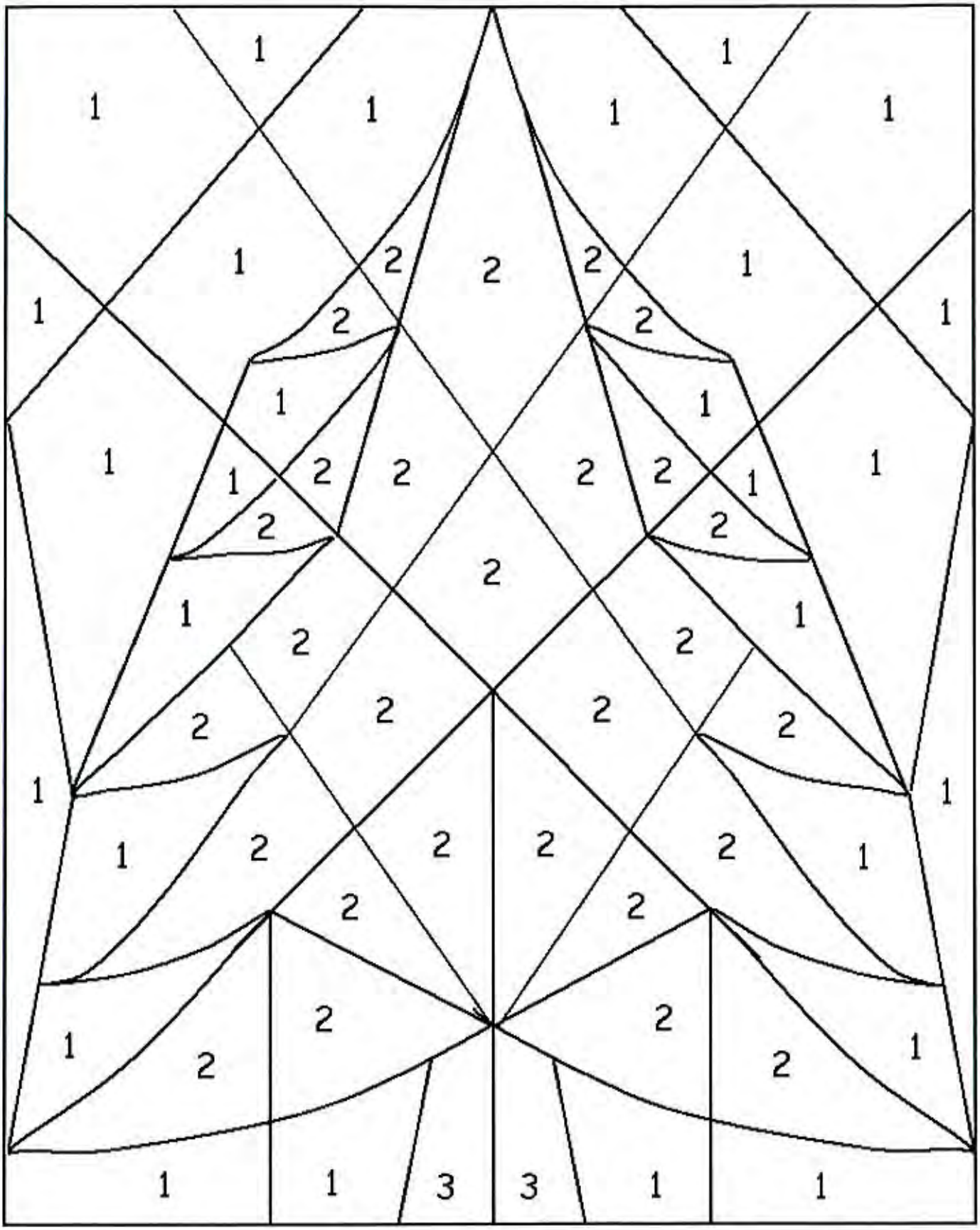
No matter what cut of beef you choose, make sure to look for bright red meat that is marbled with thin strands of white fat. That is the sign of a fresh piece of beef, and will ensure that your meat is as tender as possible.

If you have your choice among breeds of cow, look for Angus, Kobe, Chianina and Piedmontese breeds, all of which are highly regarded for their quality beef cuts.From chuck to shank to flank steak, it's hard to keep track of all your choices.

You might want to look over your recipes and get an idea of which cuts of beef to look for before you do your grocery shopping.

Who knew that cows could be so complex?

After this brief overview of different cuts of beef and their myriad names, you should have a new found respect for your local butcher.



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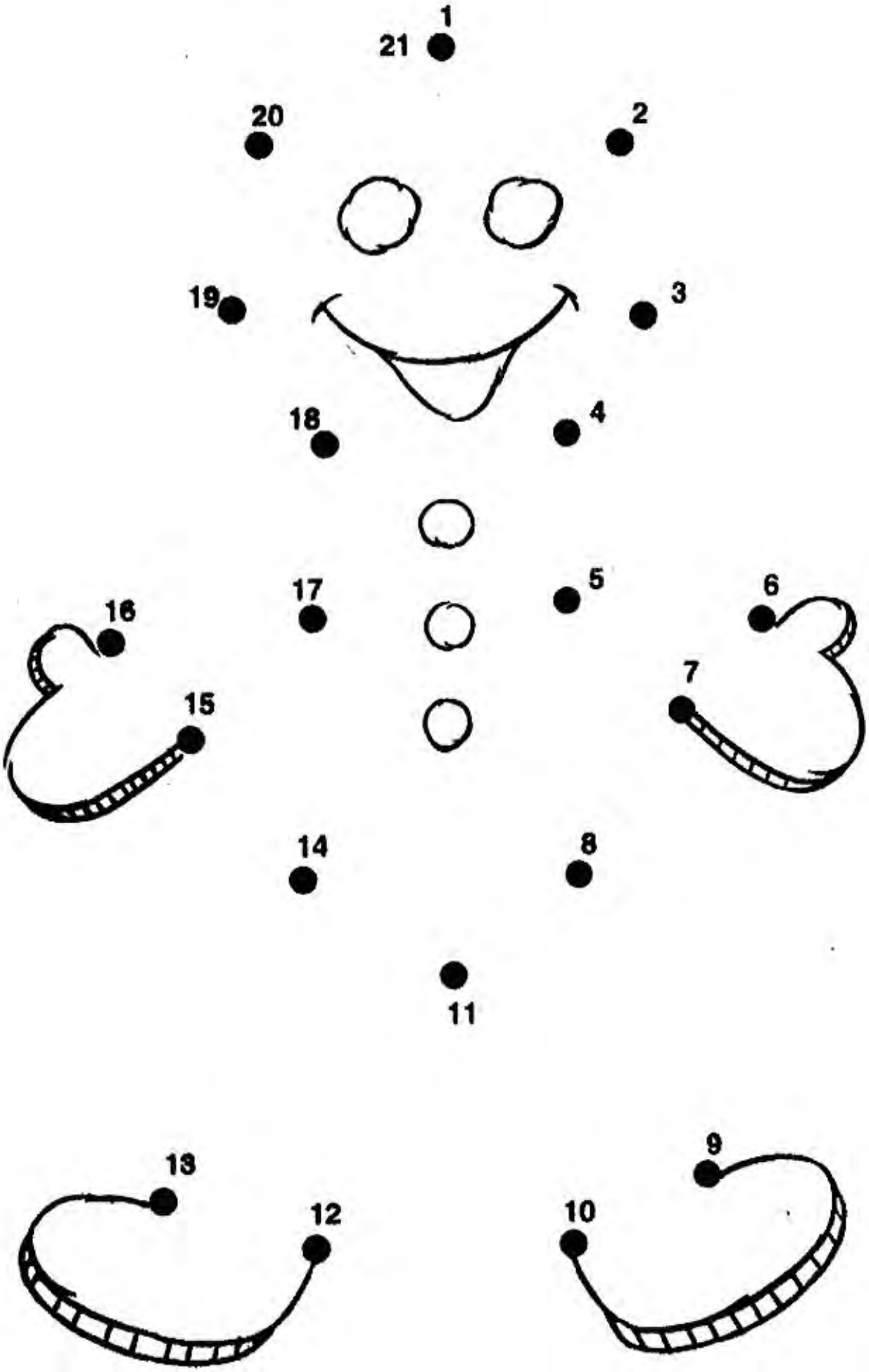
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JOB DESCRIPTION

POSITION: General Manager (GM)

LOCATION: Legendary Waters Resort and Casino

SALARY: Negotiable

THIS IS A REGULAR FULL-TIME EXEMPT POSITION

SUPERVISOR(S): Red Cliff Band of Lake Superior Chippewas Tribal Council

JOB SUMMARY: The GM is responsible for the planning, directing, controlling, and coordination of all business activities of Legendary Waters Resort & Casino (LWRC) in accordance with the missions, visions, philosophies, policies, and objectives established by the Red Cliff Band of Lake Superior Chippewas Tribal Council (RBLSCTC). LWRC consists of a casino, hotel (47 rooms), event center (15,000 sq ft) restaurant (seats approx. 102), snack bar, marina (50 slips), and two campgrounds. The GM ensures effective administration is provided for all departments and ensures gaming, legal, and policy compliance in all aspects of operations. The GM provides effective leadership with primary objectives of attaining maximum profit on operations through effective marketing and fiscal management strategies. This new facility has been operational in this location since August of 2011 as a result it is still in a startup stage of development. This condition brings both a challenge and an opportunity for the potential general manager.

DUTIES AND RESPONSIBILITIES: The GM receives direction and guidance from the Red Cliff Band of Lake Superior Chippewas Tribal Council and shall directly supervise all of the Resort's Managers. The GM is granted sufficient authority to carry out the prescribed duties and responsibilities, including, but not necessarily limited to the following:

- Oversees and directs all operational activities associated with both short and long-term strategic planning.
- Provide operational review through measurements of operational effectiveness.
- Develop statistical and trend analysis of internal and external factors affecting business conditions.
- Identify strategic alternatives and develop viable and effective strategic initiatives for review and authorization by the RBLSCTC.
- Plans, develops, and implements tactics to meet the goals of the Legendary Waters Resort & Casino Strategic Plan.
- Provides direction and support to all LWRC operations for the maximization of profits.
- Directs the preparation of the annual operating budget which includes accurate revenue projections, operational expenses, capital improvements, and depreciation; presents to RBLSCTC for approval.
- Ensures an accurate accounting and reporting of the financial performance of LWRC.
- Authorizes expenditures and has signatory authority on contracts necessary for regular company operations with specified limits of authority.
- Makes recommendations to the RBLSCTC on the hiring of all consultants or contractual work in accordance with the needs of the business.

- Promotes a working environment designed to achieve greater profits and effective working relations.
- **Able to act as a team player and leader of that team in addressing and correcting operational deficiencies and improvements.**
- Maintains effective and harmonious channels of communication between management and employees that promotes employee morale and enhances a positive working environment.
- Ensures the implementation of public relations practices designed to improve the Resort's image and relations with customers, employees, and the surrounding communities.
- Ensures that a standard of excellence in guest service is delivered and customer satisfaction throughout the Resort is achieved and maintained.
- Ensures compliance with all regulatory requirements required by Federal, State, and Tribal law to include the Red Cliff Band of Lake Superior Chippewas gaming ordinance, the Tribal/State Compact, the Indian Gaming Regulatory Act Minimum Internal Control Standard requirements and other applicable employment laws.
- Confers with the management team to plan business objectives and develop organization policies; Delegates assigned responsibilities accordingly.
- Coordinates functions and operations between divisions and establishes responsibilities and procedures for attaining objectives.
- Evaluates performance of the Resort Managers for productivity, leadership, and effectiveness; conducts regular performance evaluations on others under his/her supervision.
- Appraises the organization's financial position and issues periodic reports on financial stability, liquidity and growth of the organization; monitors the organization's performance against key business objectives.
- Directs the preparation and assembly of monthly and quarterly financial statements, business activity reports or other reports required for the RCBLSCTC monthly meetings.
- Analyzes operational issues impacting business functions and their financial impact.
- Demonstrates good judgment in investigating and solving problems.
- Takes all opinions and suggestions under advisement before making decisions.
- Considers the relative costs and benefits of potential actions and chooses the most appropriate one.
- Examines, evaluates, and pursues new trends, markets or methods that can assist the growth and success of LWRC.
- Conducts self with confidence and poise and treats others with respect and dignity; respects and considers the opinions of others as valid.
- Coaches, mentors and provides assistance to Managers when appropriate.
- Maintains a well-groomed, professional appearance and attitude appropriate for the position and the situation.
- Conducts all dealings on behalf of Legendary Waters Resort & Casino with the highest ethical standards, professionalism, and moral integrity.

QUALIFICATIONS AND KNOWLEDGE: Bachelor's Degree from four-year College or A University in Business Administration, Finance, Accounting, Public Administration, or related field is preferred. The position requires a minimum of five (5) years of proven success in an executive level management position of a resort destination facility and a minimum of five (5) years work experience in the gaming industry. This position requires licensure under the Band's Gaming Ordinance by successfully clearing a criminal background check and the ability to be bonded. In addition, the position requires the following knowledge, experience and competencies:

- **Fiduciary Experience**—The GM must have a minimum of five (5) years financial experience in

budget management, cash management; including cash flow projections, receivables, payables, credit management, and experience in dealing with vendors, and contracts. Must have the ability to read and analyze financial statements, loan documents, audit reports etc., and have a strong understanding of finance, economics, generally accepted accounting principles (GAAP), financial markets, banking, investing, analysis and reporting of financial data. Proven experience and abilities in financial forecasting is required.

- **Administration and Management Experience**—Must possess the knowledge and practical experience in business and management principles involved in strategic planning, resource allocation, human resources, leadership principles and techniques, and directing and coordinating operational activities.
- **Strong Mathematical and Analytical Skills**—Must have strong knowledge and experience in statistics, financial analysis and interpretation, ability to break down information and data into separate parts to identify underlying principles, causes, reasons or facts.
- **Written and Oral Communication Skills**—Must have excellent communication skills with the ability to communicate information effectively and appropriately to others in a non-threatening and professional manner. Must understand written documents and information and be able to present reports in a manner appropriate for the needs of the audience. Must possess effective public speaking and presentation skills and an ability to clearly write clear, concise reports, correspondence, press releases, internal directives, etc.
- **Complex Problem Solving**—Must be able to identify complex problems and research related information to develop and evaluate options and implement solutions.
- **Critical Thinking**—Must have an ability to combine pieces of information to form conclusions, establish relationships, or identify patterns or trends that may impact business activities or financial performance.
- **Accuracy and Exactness**—Must be highly accurate and exact in creating reports, conclusions and analysis.
- **Documenting and Recording Information**—Must be able to enter, transcribe, record, store, or maintain information in written or electronic form.
- **Developing Objectives and Strategies**—Must be able to establish long-range goals and objectives and specify strategies, actions and timelines to achieve them.
- **Responsibility for Outcomes**—Must be responsible for all outcomes of subordinate personnel and resulting work generated from all assigned departments.

PERSONAL CONTACTS: Will have daily interaction with casino staff and its individuals on the gaming floor, Tribal Administration, Tribal Council, and Gaming Commission.

PHYSICAL REQUIREMENTS: The GM must have overall good physical and psychological health to work in a fast paced work environment. The position will require sitting for extended periods of time, walking, bending, driving, light lifting and repetitive motion from the use of a personal computer. At times, the GM may be exposed to cigarette smoke while on the gaming floor or lounge area of the facility. Reasonable physical

accommodations will be made when deemed necessary.

CONFIDENTIALITY:
The GM shall not, at any time or in any manner, outside the course of performing his/her duties, either directly or indirectly, disclose or communicate to any person, firm or corporation in any manner whatsoever, any information concerning matters affecting or relating to the business of Legendary Waters Resort and Casino. This includes, but is not limited to, confidential personnel and customer information, company or department operations and plans, financial data, procedures and processes, or other information without regard to the matters being deemed confidential, material or important.

ACKNOWLEDGEMENT:
This job description is not necessarily an exhaustive list of all responsibilities, skills, requirements, efforts or working conditions associated with the job. While this is intended to be an accurate reflection of the current job, Red Cliff Tribal Council reserves the right to revise the job or to require that other tasks be performed when circumstances change.

TRAVEL REQUIREMENTS: Must have valid driver's license, vehicle, and at least liability insurance. Person may be required to attend trainings and meetings in state and out of state.

POSTING: December 21, 2012
DEADLINE: Open Until Filled.

FOR FURTHER INFORMATION:

Red Cliff Tribal Administration Building
Human Resources Department
88385 Pike Road
Hwy 13
Bayfield, WI 54814

rwygonik@redcliff-nsn.gov
susie.gurnoe@redcliff-nsn.gov
(715) 779-3700 ext. 267 or 268

The Red Cliff Tribal Council has a Drug Free Work Place Policy and adheres to the intent of the Drug Free Work Place Act. All new hires are subject to a drug test prior to starting.
ALL APPLICANTS FOR EMPLOYMENT WITH THE RED CLIFF TRIBE ARE SUBJECTED TO THE BACKGROUND INVESTIGATION AND OTHER REQUIREMENTS OF RCCL CHAPTER 43, AND THAT YOU ARE UNDER A CONTINUEING OBLIGATION TO SUPPLEMENT THIS APPLICATION FOR EMPLOYMENT WITH INFORMATION CONCERNING ANY CONVICTIONS THAT OCCUR AFTER COMMENCEMENT OF EMPLOYMENT WITH THE TRIBE.

Back To Employment Page

Red Cliff Early Childhood Center

Regular Policy Council Meeting
Minutes
Tuesday, November 20th, 2012
12:00 (noon) @ Memengwaa Trailer

Policy Council Members Present: Sierra Christiansen, Autumn Montano, Angela Defoe, Jessie Defoe, Liz King

Others Present: Nicky Gurnoe, Head Start Director; Keith Ketelson, Head Start Bus Driver/Supervisor; Dee Gokee-Rindal, Education Administrator; Rick Wygonik, Red Cliff Tribal Human Resource Director; Dawn Nixon, LAUNCH Director; LaVonne Goslin, Early Head Start Director; Kim Gordon, Child Care Director; Nicole Boyd, Family Services Manager

Sign In Completed

Meeting called to order at 12:10pm by Angela

Confidentiality Training-Red Cliff Human Resource Dept.
Rick completed presentation and training in confidentiality. Kim will be completing the Background checks.

Minutes: October 9th, 2012
Sierra motioned to approve, Autumn seconded, all in favor, motion carried.

October Financial Reports
Nicky covered financial reports with PC. No action required.

Transportation Plan
Keith went through Transportation Plan with PC members. Very minor grammatical changes needed. Liz motioned to approve with changes, Sierra seconded, all in favor, motion carried.

Program Design and Management (PDM) Plan
Dee covered PDM plan. PC members were explained about the upcoming self-assessment and asked to sign-up for areas that they may be interested in and helping to assess. Autumn motioned to approve the PDM plan, Liz seconded, all in favor, motion carried.

Family and Community Partnerships Plan
Nicole presented the plan to PC. Liz motioned to approve, Sierra seconded, all in favor, motion carried.

Policies and Procedures (changes)
Kim presented the changes to PC. Liz motioned to approve, Autumn seconded, all in favor, motion carried.

Ratify Poll Vote: Head Start Transportation Supervisor
Liz motioned to ratify the poll vote for Head Start Transportation Supervisor, Sierra seconded, all in favor, motion carried.

Ratify Poll Vote: ANA Ojibwe Language Teacher
Liz motioned to ratify the poll vote for ANA Ojibwe Language Teacher, Sierra seconded, all in favor, motion carried.

Distribute Tribal Ethics Policy
Red Cliff Tribal Committee Ethics Policy was distributed to PC members, discussed, and also noted that the Tribal Administration is planning training for chairpersons of committees, boards and commissions. No action required.

Distribute most recent HS program information and informational memorandums for binders
Most recent documents distributed to PC members. No action required.

Distribute ECC Monthly Program Summary Report
October program summary report was distributed to PC members. No action required.

Other
Program governance training material was given to those PC members that did not attend the training.

Executive Session-Personnel
Sierra motioned to enter executive session at 1:42pm, Jessie seconded, all in favor, motion carried.

Regular Session
Autumn motioned to enter regular session at 1:56pm, Liz seconded, all in favor, motion carried.

Adjourn
Motioned to adjourn at 2:00pm, all in favor, meeting adjourned.

Minutes typed and respectfully submitted by Nicole Boyd, Family Services Manager.

715-779-5030

ALICIA DEPERRY	245/260
AMBER HANSON	235
AMBER LAGREW	241
ASHLEY PETERSON	221/0
JENNIFER BRESETTE	257
BETH DAHL	245/260
BETTE BONNEY	222
CINDY GARRITY	238
DAWN FROST-GOKEE	244
DAWN NIXON	248
DEE GOKEE-RINDAL	249
DIANN VIATER	240
DONNA FISCHER	0
EHS TEACHER'S OFFICE	226
EXTRA - OFFICE	231
FRED PILLINGER	224
GENA MERTIG	236
GINA LAGREW	252
JAMIE GOODLET-KING	225
JENNIFER LEASK	246/247
JUDY LUDWIG	255
JULIE ERICKSON	246/247
KAREN NEWAGO	224
KATY BUTTERFIELD	244

KEITH KETELSEN	0
KIM GORDON	251
LAVONNE GOSLIN	250
LEONARD MOOSE	228
LINDA PARENT	245/260
LORETTA GOKEE	0
LORI DUFFY	229
LORINE SPINNER	229
MARIANNE SZOT	227
JASON SCHLENDER	228
MARY SAARI	234
MAUREEN EKELUND	258
HAROLD LEASK	0
ESIBAN OFFICE	242
NADINE CADOTTE	241
MIKE ANDREWS	0
NICKY GURNOE	243
NICOLE BOYD	253
PATSY GORDON	240
PATT KENOTE-DEPERRY	256
REGGIE CADOTTE	237
ROB GOSLIN	230
SHENNA POCH	241
SUE HAAS	254
TERESA WEBER	225
TRACY BASINA	240
VIRGINIA SOULIER	247
WENDY FLETCHER	225

JANUARY 2013

GICHI-MANIDOO-GIIZIS

NITAM ANOKII-GIIZHIGAD	NIISHOO-GIIZHIGAD	AABITOOSE	NIIYO-GIIZHIGAD	NAANO-GIIZHIGAD
		2B FR TOAST STIX, BLUEBERRIES, CC L BB'S, SW POT, TROP FRUIT, YOGURT S GRAHAM/PB	3B KIX, PEARS, TOAST, PB L TOM SOUP, BR STIX, SALAD, KIWI, CC S BERRY YOGURT PARF.	
7B OATMEAL, ZUCKINI BR., APPLES L TORTELLINI, SALAD, PEACHES, CC, GR BEANS S CRACKERS/JUICE	8B CORNFLAKES, FRUIT COCKTAIL, TOAST, PBJ L HAM, POT, STUFFING, CARROTS, JELL-O/JUICE S NUTRA/MILK	9B RICE CHEX, PEARS, CC, MUFFIN L CHIX STRIP, FF, BERRIES, SALAD S ANTS/LOG	10B CHEERIOS, APPLESAUCE, BAGEL, JELLY L OPIN NABOOB, IT VEG, CHEEZ SAND, M ORANGES S MINI PIZZA/JUICE	MILK SERVED WITH ALL MEALS
14B EGG WRAP, ORANGES, CC L KEILBASA, MAC/CHEEZ, TROP FRUIT, PEAS S PBJ-ROLLUP/MILK	15B HB OATS, BERRIES, YOGURT, TOAST LCHIX W RICE, TRK SAND, APPLES, SALAD S CHZ RICECAKE/JUICE	16B KIX, PEARS, CC, MUFFIN L HAMB RICE SPINACH HD, PUDDING, BANANA, SLAW S BR.STICK/SAUCE	17B CORN CHEX, PEACHES, YOGURT, BAGEL L PIZZA, SALAD, CANTALOUPE, CC, GR BEANS S PITA/HAM	MENU SUBJECT TO CHANGE
21 ECC CLOSED	22B MALTO MEAL, TOAST, BERRIES PIZZA BRG, SALAD, FF, YOGURT, PINEAPPLE S CC/PEACHES	23B CHEERIOS, BANANA, BAGEL, PB L HAM/BEAN NABOOB, BR STIX, CARROT, PEACH S PUDDING/NILLA	24B CORNFLAKES, APPLE, YOGURT, ENG MUFF L CHILI MAC HD, SALAD, BROCC, MANGO S CHEXMIX/JUICE	
28B PANCAKES, BLUEBERRIES, YOGURT L P CHOP, RICE, APPLESAUCE, CALI BLEND S NILLA/MILK	29B KIX, PEARS, CC, TOAST L TUNA HD, PEAS, SALAD, FRUIT COCKTAIL S BAGEL/CR. CHZ	30B CORN CHEX, BANANA, YOGURT, MUFFIN L HAMB, COTT FRY, VEG/DIP, PEACH S WAFFLE FINGERS/MLK	31B HB OATS, ORANGES, TOAST, PB L CHIX SOUP, EGG S SAND, TROP FRUIT, CC S TORTILLA/SALSA	