



Red Cliff Education Division Newsletter

Waabigwanii-Giizis (Flower Moon) May 2014

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- Remind101 will begin being used starting May 9
- Red Cliff Food Shelf Bingo Sunday May 11
- Kindergarten bound field trip May 12
- ECC/Tribe Closed May 13
- ECC/Tribe Closed May 26
- ECC Family Fishing Day May 30th @ Red Cliff Fish Hatchery

ECC Family Fishing Day

It's that time of the year. SPRINGTIME!!!!
Now that the snow and ice is starting to melt and the grass is starting to show we will be having our annual ECC Family Fishing Day starting at 10am. This year it will be held at the Red Cliff Fish Hatchery on Highway 13 N past Buffalo Bay Store. We invite all center and home based families as well as our waiting list families. If you have a fishing pole, lawn chair and mud boots please bring them because it tends to be muddy. Lunch is provided and we hope that you join us for this very fun activity!!



K-bound Field Trip May 12th, 2014

As your little ones prepare to leave our center and move into Kindergarten, we try to make the transition as smooth as possible. With collaboration from Bayfield School, many events are held to help parents and children. Monday, May 12th, the kindergarten bound children at the ECC will be going up to the Bayfield School for a field trip. Your kindergarten-bound child will load their bus at the ECC at 10 a.m. with his or her ECC class, arrive at the school about 10:30, participate in classroom activities, eat lunch in the cafeteria, play on the playground, and come back to the ECC around 12:00. Parents are invited to join and know that if you can't attend, there will be many teachers from the ECC going. If you have any questions, please feel free to ask your child's teacher or call Marianne Szot at 779-5030 ext. 227.



Waabigwanii-Giizis (Flower Moon)

May 2014



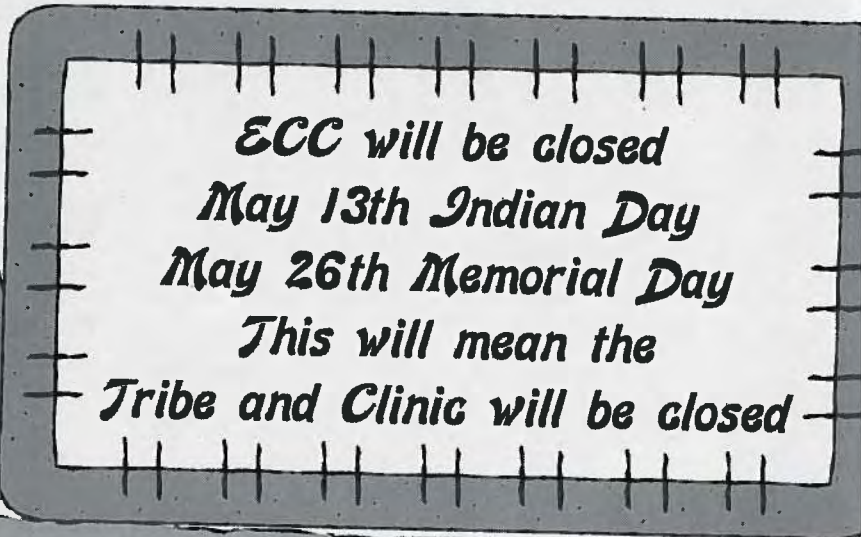
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 WIC pickup	6 WIC pickup	7 *Blood Drive @ Bayfield School *GED 11-1:30 *JOM Mtg 3:45	8 *Language table 4:30- 7 *12:30 Policy Council Mtg	9 *Home Base Social 10am @ ECC	10
11  Mother's Day	12 WIC pickup K-bound field trip to Bayfield school	13 ECC/Tribe Closed *Indian Day	14 GED 11-1:30	15 *Language table 4:30- 7	16	17
18	19	20	21 GED 11-1:30	22 *Language table 4:30- 7	23	24
25	26 ECC/Tribe Closed Bayfield School Closed	27	28	29 *Language table 4:30- 7	30 Family Fishing Day 10:00 *Home Base Social	31
June 1	2 WIC Pickup	3 WIC pickup	4	5 *Language table 4:30- 7	6	7

Home Base Newsletter

May

(Waabigwanii-Giizis)

Don't forget Mother's Day
May 11th



Home Base Socialization on May 9th
is cancelled. Home Base Teachers
will be at a training

Cindy-Ext: 238

Gena-Ext: 236

Amber-Ext: 237

May Birthday's



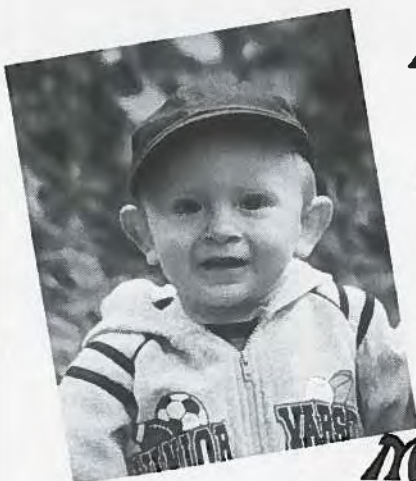
Miika
May 14th



Myles
May 14th



Jeremy
May 15th



WAABOOZ

Ziigwan is in the Air.

During the winter months we had to spend much of our time inside, Now!, that spring is here we are so happy to be outside. The Waabooz children now have the opportunity to climb, run and explore with many outdoor activities. This help their muscles get stronger and their ability to control them is improving. The Children will be getting dirty and wet so please send extra clothes, boots and a hat for them.

The Waabooz room will be going on long walks exploring and at looking Mother Earth. We are learning to be respectful and kind to each other as well as Mother Earth.



We love working with your children and want to say “miigwech” for entrusting us with them. We learn as much as they do through our experience with them as we grow. As a class we love to dance, drum, laugh, read and play outside. Everyday the children challenge us to learn more in ojibwe they understand so much all ready. If you haven’t noticed many of the children respond quicker and more easily to ojibwe so if you have any question want something may mean or you want some ideas or information just let one of us know.

Remember we are all different and each child is going to learn at their own pace and at this time with so many things they are learning little things that they might forget is very common. You guys are all doing a wonderful job with our little ones “you are

their first teacher” Miigwech again for letting them in our lives.

Miigwech, Fred, Corky, and Ashley

Again Miigwech for all the hard work you parents are doing to get your children here.

It is muddy outside so please remember to sent extra clothes.....

Newsletter Date
May 1-31



Amik Newsletter

Waabigwanii Giizis Flower moon

Mino gigizhib everyone I would like to inform that we have a new friend in our class room her name is Delilah. She has a mom, dad, and a baby brother or sister on the way. She has a favorite blanket. She loves our kitchen area. Her favorite shoes are pink. She likes Dora and playing outside with her grandma and cousins.

We also would like to welcome Teresa back from her vacation.

The things we will be doing in our classroom this month are:

Planting seeds in our garden we have so come and see our pro-

gress as they grow.

Making Niimaamaa Day gifts for our beautiful mothers.

Learning the process of a plant.

We will also be doing sugar bush and learning how to sap the tress and the gathering boiling and how it turns into syrup.



Ziigwan is here yippie!!

Another thing is start looking for wood ticks and when you are driving down the road watch out for those deer that like to run down, and across the road.



Our Ojibwe words for this month are

- Flower Waabigwan
- Mud Azhashki
- Mother Nimaamaa
- Plant Gitige
- Rain Gimiwan
- Worm Moose
- Spring Ziigwan

Reminder

I would like to remind our parents to make sure that your child is wearing the proper gear for outside. Because it is getting warmer out we will be playing in the mud going for walks and . We would appreciate if those extra clothing were

available and their mud boots too.



**Mrs. Jamie &
Ms. Caitlin**

Makwa Room

May, 2014

Waabigwanii-Gitizis

Important Words this month:

- Ininimawishin- pass it to me
- Enigoons- ant
- Amoo- bee
- Memengwaa-butterfly
- Bapakine- grasshopper
- Ikwe manidoons- lady bug
- Ozhiitan- get ready
- Gashkenam- sad
- Minwendam-happy

A sneak peek of what May will bring..

We can't believe that it is already May! The time is flying by!! This month we are going to continue to learn about bugs, but will also be working on gardening. The children will continue to work on serving themselves and pouring their own milk, juice or water.

Parents please continue to talk to your child and describe to them what they are doing, seeing and whatever else is in their surroundings. This will create a large vocabulary for your child!

We are also working on counting objects up to five, matching, patterns, recognizing the first letter of their name, as well as their whole name. We are also working on identifying shapes and colors. During the month of May, we will continue to talk about feelings. We will talk about feelings by looking at pictures, expressing emotions and singing songs about feelings. When child is at home, please help your child to express how he/she is feeling.

**We will be closed on
May 13th and May
26th for Holidays.**



Just a reminder....

We go outside on a daily basis, so it is really important that you have appropriate clothing for your child to play outside in.

During this time of year, it is wet and muddy out on the playground so please have clothing that is okay to get messy or wet in.

We try really hard to keep them out of the mud and water, but the kids enjoy the sensory experience!

ESIBAN ABIWIN

Volume 9, Issue 1
NADINE & KAREN

Newsletter Date MAY
Waabigwanii-Glizis
Flower Moon

Classroom News...

Boozhoo...Some of the things we have worked on this year... serving themselves the food, passing to one another, pouring their milk, dumping their food, cleaning up spills and pushing in their chair. Most have mastered these skills and the children are very proud of their accomplish-

ments!

Ojibwemowin is used daily and we try to add new ones to our list. Miigwech to Rosie and Reggie being patient with us!

Family events and celebrations are scheduled and posted in the calendar and sent home by flyers or can be



found in the monthly newsletter.

Planning...

This past month the children had fun learning about rhymes and new stories. Ask them about Humpty

Dumpty—the kids were able to fix him with band aids. Also, they learned about the Giant and his castle.

Talk about the magic beans too.

For this month, we will focus our theme on farm and planting.

REMINDER:

We go outside daily, so the children still need their boots, coat, snow pants, hats and gloves. Also, make sure they have extra clothes here too.

Brandy likes the playdoh
Manuel likes the puddles
Makoons knows Hey Diddle Diddle
Nathan likes building with blocks
Bella likes to bead
Leiam likes the swings
Jaxin knows how to spell his name
Kenyon knows Humpty Dumpty

Mashkodebizhiki Abiwin



Boozhoo. Spring is finally here and we are starting to see sand and sidewalks on the playground. Please remember to continue sending boots of some sort and snow pants so that everyone can play comfortably. It is also helpful if each child has an extra set of clothes due to the wet snow and sand. It won't be long and we will be applying sun block and eating freeze pops!

The month of May brings with it creepy, crawly things and gardening. We will be planting a classroom herb garden and flowers and vegetables in the outside planters. Worms and frogs will be abundant!!!



In the last few months we have been able to entertain the residents at the Northern Lights Rehabilitation Center with our great singing and dancing abilities. Recently, we were able to distribute solar powered "dancing flowers" to each resident and have been invited back to have a pizza and ice cream party with the staff and residents.

Enjoy the warmer weather and the awesome sunshine!!



The kids singing!



The dancing flowers!



**Ms. J
And
Ms.
Jenn**

**Spreading a little
sunshine!!**



April Showers Bring May Flowers

Waabigwanii-Giizis Flower moon

MA'IINGAN Room News!!

This month we will be talking about what we want to be when we grow up and what kind of people in the community help us. We will talk about different types of careers and all kinds of community helpers. Please bring extra clothes for the change do to the muddy and wet weather outside . We will continue to work on taking our turns, sharing toys and using our self help skills. We enjoy learning our numbers, letters, name recognition, counting, sorting, stacking , reading, and group time art projects. We look forward to talking about our weather, calendar numbers, and picking helper of the day. We

look forward to the visits we get from Officer Cadotte once a month talking about how to keep us safe whether its at home or at school and that he is our friend. All the learning we do happens throughout our day and we really look forward to sharing that with our families so we open our door to all of you to come and experience our day. It's a very busy time of year for us and most of all of us are getting ready for the BIG school! So parents with kindergarten aged children please be looking for notices and reminders about trips and preparation for the BIG transition. We want to tell ALL of Our families Chi-

Miigwech! For sharing your little ones with us through the school year, and for all the cooperation I We love learning OJIBWEMOWIN so please use all that you know in our language the children really respond well to phrases and words they learn. We will be learning about community helpers this month an have some special visitors I Miigwech I Ms linda Ms. Alicia

OJIBWEMOWN WORDS

Ikwezens
Little Girl

Gwiizizens
Little Boy

Negwaakwaan
A tap/spigot

Ziinzibaakwad-
waatig mapletree

Noopimiing
In the woods

Ishpagonagaa
Snow is high

Bakite:igan
Hammer

OJIBWE MONTHS

Gitchi-Manidoo- Giizis
Namebini Giizis
Onaabani Giizis
Iskigamizige Giizis
Waabigwanii Giizis
Ode'imini Giizis
Aabita-Niibino Giizis
Manoominike Giizis
Waatebagaa Giizis
Binaakwii-Giizis
Gashkadino Giizis
Manido Giizisoons



MIGIZI NEWS

This month children are eager to be outdoors climbing, running, swinging, splashing in muddy water and just playing together.

Lesson Plan Topics:

Alphabet: Z, ZH (zebra & zipper & zucchini)

Colors: Purple

Numbers: 1-20



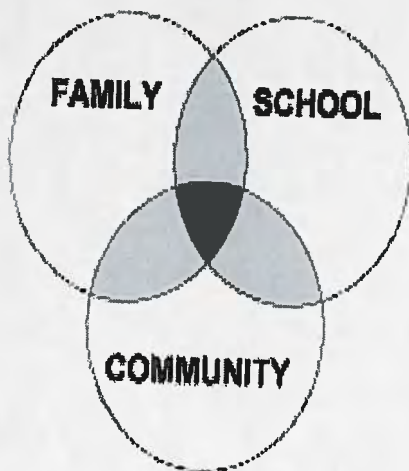
Literacy: Hungry, Hungry Caterpillar and Mother Goose

Science: Planting Seeds (Start Planting green beans, corn, sunflowers, and squash "Watch How They Grow"& "Cycle of the Caterpillar.

New buds, color purple, caterpillars, butterflies, baby birds, worms, bugs and transportation. "

Ms. Diann & Ms. Patsy

2013-2014 ECC Policy Council



We are seeking a parent representative for the
Early head Start Center-Based Rep
(this parent must have a child in the Waabooz,
Amik, Makwa or Esiban Classroom).

Elections will take place at the
Family Fishing Day May
30th, 2014.

If you are interested,
please contact Nicole Boyd at
779-5030 ext. 230

Policy Council plays a very important role here at the ECC: overseeing program operations, reviewing financials, and participating in very important decision making.

*Meetings are typically once a month. *

The participation of parents and the community is what makes the ECC such a wonderful program. Reps can not be directly related to any ECC employee or have served a total of three years on policy council in their lifetime.



2014 WIC Pick Up Days

2014

January 6, 7, 13 & 14

February 3, 4, 10 & 11

March 3, 4, 10 & 11

April 7, 8, 14 & 15

May 5, 6 & 12

June 2, 3, 9 & 10

July 7, 8, 14 & 15

August 4, 5, 11 & 12

September 2, 8 & 9

October 6, 7, 13 & 14

November 3, 4 & 10

December 1, 2, 8 & 9

January							February							March							April						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
5	6	7	8	9	10	11	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	9	10	11	12	13	14
12	13	14	15	16	17	18	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	
19	20	21	22	23	24	25	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
26	27	28	29	30	31																						

May							June							July							August						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	
11	12	13	14	15	16	17	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	
18	19	20	21	22	23	24	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
25	26	27	28	29	30	31	22	23	24	25	26	27	28	29	30	31											

September							October							November							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
7	8	9	10	11	12	13	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	
14	15	16	17	18	19	20	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
21	22	23	24	25	26	27	19	20	21	22	23	24	25	26	27	28	29	30	31								
28	29	30					26	27	28	29	30	31															

CALENDAR of EVENTS

May

Cheeky Monkey

Adventure Day

Tuesday, May 6 • 9:30-10:30 a.m.
at Northern Great Lakes Visitor Center
Free and Open to the Public

For the Love of Cheese:

Cheese Tasting

Thursday, May 15 • 3-6 p.m.
In-Store Demo at Chequamegon Food Co-op

Green Smoothies

Thursday, May 22 • 11 a.m.-1 p.m.
In-Store Demo at Chequamegon Food Co-op

Homemade Granola Cooking Class

Saturday, May 24 • 10 a.m.-12 p.m.
with Outreach Coordinator Amy Trimbo
at Washburn Public Library Basement
Cost: \$10 members, \$15 non-members
Children are free.

Natural Weight Loss

Thursday, May 29 • 6:30-7:30 p.m.
with Craig Schowalter
at Chequamegon Health and Fitness Center
Free and Open to the Public

June

Hemp History Week

Movie Screening: Bring It Home

Thursday, June 5 • 5:30 p.m.
at Vaughn Public Library Meeting Room
Free and Open to the Public

Hemp-tastic

Friday, June 6 • 11 a.m.-1 p.m.
In-Store Demo at Chequamegon Food Co-op

Kid's Fishing Day

Saturday, June 7 • 9 a.m.-1 p.m.
at Northern Great Lakes Visitor Center
Free and Open to the Public

National Eat Your Vegetables Day

Tuesday, June 17 • 11 a.m.-1 p.m. ← let's Dip Demonstration
In-Store Demo at Chequamegon Food Co-op

June (continued)

Outdoor Adventure Day

and Let's Dip Demonstration

Saturday, June 21st, 8 a.m.-12 p.m.
at Ashland Area Farmer's Market
Chapple Ave in front of the Co-op
Free and Open to the Public

Intro to Shiatsu

Thursday, June 26 6-8 p.m.
with Erica Rosenfeld
Washburn Public Library Greenwood Room
Free and Open to the Public

July

Nutrition for the Childbearing Years

Wednesday, July 9 • 5-6 p.m.
with Savita Jones, CPM, LM
at the Ashland Birth Center
Free and Open to the Public

Kids' Day

Saturday, July 12th • 8 a.m.-12 p.m.
at Ashland Area Farmer's Market
Chapple Ave in front of the Co-op
Free and Open to the Public

Shake it up!

Make Your Own

Salad Dressing

Friday, July 18 • 11 a.m.-1 p.m.
In-Store Demo at Chequamegon Food Co-op

Peak Performance Nutrition

Thursday, July 24 • 6-7 p.m.
with Craig Schowalter
at Chequamegon Health and Fitness
Free and Open to the Public

August

Farm Tour - South Route

Sunday, August 3 • 10 a.m.-4:30 p.m.
Free and Open to the Public

Taste of the Bay Local Food Festival

Saturday, August 16 • 8 a.m.-12 p.m.
at Ashland Area Farmer's Market
Chapple Ave in front of the Co-op
Free and Open to the Public

Farm Tour North Route

Sunday, August 17 • 10 a.m.-4:30 p.m.
Free and Open to the Public

Cheeky Monkey

Family Lunch and Berry Hike

Friday, August 8 • 11 a.m.-1 p.m.
with Joy Schelble, Wisconsin Nutrition Edu-
cator, UW-Ex Iron County
Long Lake National Park
Free and Open to the Public

Herbal Preparations Class

Wednesday, August 27 • 5-6:30 p.m.
with Britton Doolittle
of Deep Roots Farm and Herbs
Washburn Public Library Basement
Cost \$10 members/ \$15 non-members

Tomato Tasting and Heirloom Facts

Thursday, August 21 • 11 a.m.-1 p.m.
In-Store Demo at Chequamegon Food Co-op



215 Chapple Avenue • Ashland, WI • 715.682.8251
www.chequamegonfoodcoop.com

Live.Learn.Grow.

For more information, please
visit our Events page at
chequamegonfoodcoop.com
or call Amy Trimbo, Outreach
Coordinator, at (715) 682-8251.



MAY 2014

Red Cliff GED/HSED Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 GED Class Today 11:00 am - 1:30 pm	8	9	10
11 Happy Mother's Day!	12	13	14 GED Class Today 11:00 am - 1:30 pm	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

If you are interested in attending GED/HSED classes or need extra brush-up on Math, Reading, or Language skills, please contact Sue Hopkins or Theresa Ottman

Call WITC—Ashland Campus (715)682-4591

Ext. 3118 - Sue Hopkins or Ext. 3430 - Theresa Ottman (Red Cliff Instructor)

Last Day of Spring Semester in Red Cliff is Wednesday, May 14th.

Fall Semester starts in August 2014





GED Academy

WHO: All students who have not earned their GED or HSED and meet the eligibility requirements.

WHAT : 30 hours intense instruction for the new GED Tests: Science, Social Studies, Reasoning Through Language Arts, and Mathematical Reasoning

WHEN: May 20, 2014 — May 29, 2014,
Tuesday, Wednesday, Thursday, 9:00 a.m. to 2:30 p.m.

WHERE: WITC Ashland Campus Room 225

WHY: A GED or HSED will help you SUCCEED!

Eligibility criteria

- Attended GED Orientation sessions 1 & 2
- Minimum assessment score of a 9th grade level

For more information, contact Sue Hopkins at
715-682-4591 x 3118.



WITC-Ashland
2100 Beaser Avenue
Ashland, WI 54806
715-682-4591 ext. 3118
www.witc.edu

Do you have a cell phone?

Do you have email?

Remind101



The Red Cliff ECC will be using Remind101 as another tool to send out reminders such as school closings, upcoming events or classroom reminders. To sign up, please ask your child's teacher for a Remind101 classroom sign-up instruction sheet or contact Jennifer Bresette @ 779-5030 ext 257. It's fast and easy to sign up and it will be very useful in staying updated in what is happening at the ECC.

Please sign up by May 9th that will be when the ECC will begin using it.

What is Remind101?


WHAT IS IT?

Remind101 provides a safe way for teachers to text message students and stay in touch with parents for free. Teachers use remind101.com, the Android app or the iOS app to send texts to students and parents phones without ever having to share their own phone number. Students and parents also never have to share their phone number with teachers. Ever. It uses mass text messages or emails to send reminders to others in a safe and confidential way.

Data rates may apply.

WHAT MAKES IT SAFE?

Teachers never see students/parents phone numbers or email addresses. A teacher never has access to a student's/parent's personal information. There is no individual messaging this is a one-way. Students/parents can not reply to teachers.



Cram Jam!!!

Afterschool Tutoring

Who:

Any student with homework

Where:

Red Cliff Youth Center

When:

Tuesday-Friday 3:30-5pm

*** Please bring your textbook and assignment(s) ***



Services end Friday, June 09, 2014

Red Cliff Youth Center
89645 Youth Center Drive

715-779-3722



BENEFIT FOR FAMILY OF JAMIE SOKOLOWSKI



This benefit is to help defray
funeral expenses for the family.

Saturday, May 10th

1p.m. - 5 p.m.

@ The Red Cliff Elderly Feeding Center

**\$6 Spaghetti
Dinner Includes:**

Spaghetti
Garlic Bread
Vegetables
Dessert
Drink



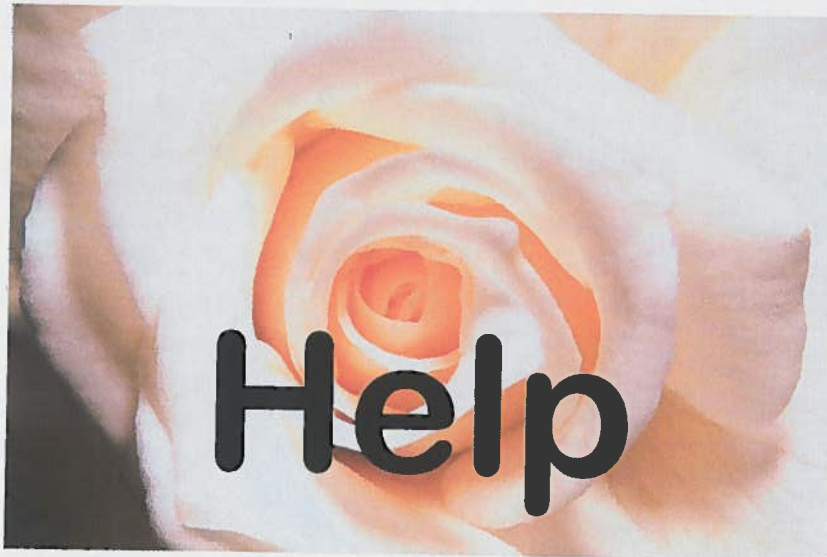
****Children 5 and under eat free**



Donations will be accepted and greatly
appreciated. Donations may include raffle items,
or spaghetti dinner ingredients. For donation
information, please contact Lori Duffy @

715-779-3205 or

lryd88@yahoo.com



**The Red Cliff Food Shelf Is having a
Mother's Day Bingo Sunday May 11th
at the Legendary Waters Resort &
Casino Convention Center**

**Please contact Sarah Defoe-Gordon ASAP
(Food Shelf Manager) At 715-779-3706 ext. 1270
donating raffle items**

**Needs: Bingo Caller, sellers (cards, raffles
and concession stand) cashier and ball
monitor.**

**Food needs: Sandwiches, casserole's and/or
soup, drinks/pop**

May 12, 2014

Dear Parents and Families of 2014 Kindergarten Children,

As part of our preparation for kindergarten, we will be going up to the Big School on Monday, May 12, 2014 for our kindergarten field trip. Your kindergarten-bound child will be going with his or her ECC class. We will load our bus at the ECC at 10:00, arrive at the school about 10:30, participate in classroom activities, eat lunch in the cafeteria, play on the playground, and come back to the ECC around 12:00.

You are invited to join us! You can meet the kids at the Bayfield School or ride the bus with us and eat lunch in the cafeteria. Please know that if you can't attend, there will be many teachers from the ECC going with our children. This is a fun event and a great opportunity for our children to get comfortable with a new school.

If you have any questions, please feel free to ask your child's classroom teachers or call me at 779-5030 x 227.



Miigwech Everyone!

Marianne Szot
Education Manager

Walking Club starts 5-16-14

DATE: 5-16-14 OR 5-19-14

TIME: 8-5 (16TH) OR
8-12 (19TH)

Anyone can join! We
start on 5-16 and the last
day is 9-20. All you have
to do is log your miles
come to our check in's
twice a month!!!!

*Come to the clinic on 5-16 or 5-19 to
sign up! Incentives will be given to par-
ticipants! If you would like anymore
information contact :*

BITSY WACHSMUTH @ 715-779-
3707 EXT. 2232

Walking Club

WITHIN
My Reach
PREP, Inc.



Relationships Matter!

Communication ■ Respect ■ Awareness
Decisions ■ Smart Love



Do you know the 7 principles of smart love?

Can you spot communication pitfalls?

Are you in a relationship you'd like to strengthen?

Are you single and wondering what to look for in a future partner?

Within My Reach is a relationship awareness and communication skills program for adults. Participants can be single or in a relationship. Through discussion and fun activities students learn how communication, values, expectations and goals can make or break relationship success. **Relationships really matter!** The quality of our relationships impacts our parenting, work, school, community and life satisfaction. Explore ways to find and support smart, successful relationships.

4 Sessions ■ Mondays, May 5, 12, 19 and June 2, 4:30-7:30 pm

Red Cliff Lower Level Tribal Office

FREE! Pot Luck Dinner . Certificate awarded upon completion

Registration Required ■ Space is Limited. Register Soon! ■ Call: 715-373-6104

UW
Extension

An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Requests will be kept confidential.



Waadookodaading

Ojibwe Language Immersion School

Presents

Spring Music Showcase

and Music Program Fundraiser

Friday, May 16, 2014

7:00 p.m. – 9:00 p.m.

at Hayward's PARK THEATER

Hear Waadookodaading
students sing:

- ★ **Hand Drum Songs**
- ★ **Hip Hop and Classic Rock favorites**
- ★ **Powwow Drum Songs**

ALL lyrics in the OJIBWE LANGUAGE!



With special appearances by championship powwow drum groups **PIPESTONE SINGERS** and **HAY CREEK**.

Silent Auction with fabulous items from local artists and business!

Free will donations accepted at the door.

ATTENTION: **Red Cliff Community**



The Red Cliff Pow-Wow Committee is holding a contest for this year's Button & T-Shirt Design. All ages welcome to participate. Winning Designs will be picked on May 22nd, 2014 and announced at the meeting. The Prize will be T-Shirt, Button and \$50.00 Cash.

Items that needs to be included on Both.

Red Cliff 36th Annual Traditional Pow-Wow

July 4-5-6, 2014

Honoring our Past...Preserving our Future

Deadline- MAY 22nd, 2014 at 4:30 P.M.

If interested in participating in Contest, Please submit your designs to Committee email: Rcpwcommittee@yahoo.com

ECC Family Fishing Day



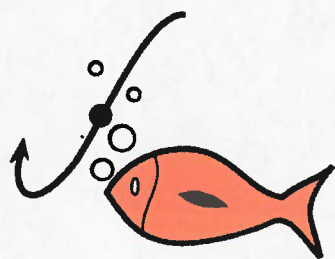
Friday, May 30, 2014

10:00 a.m at the Red Cliff Fish Hatchery
Hwy 13 N. (Past Casino about 2 miles)

Lunch Provided



*Bring fishing poles, lawn
chairs and mud boots if you have
them*



Don't forget your bug spray



WAADOOKODAAADING
OJIBWE LANGUAGE IMMERSION SCHOOL
8575N Trepania Road • Hayward, WI 54843

BOAT RAFFLE

Proceeds support school outdoor programs



Enter for your chance to win a
2014 Lund Impact Boat!

ONLY 500 Tickets will be sold!

#100/each

Drawing on May 31, 2014

Boat includes:

- 115HP Mercury
- Bunk trailer with load guides and spare tire
- Full snap-on cover
- Lowrance HDS 5 GPS
- 70 lb. MinnKota i-Pilot Trolling Motor
- Two Bank Pro Charger
- Seats

Boat may vary from the one pictured

License # R0032332A-14643

Need not be present to win
Winner assumes all responsibility for tax, title and licensing

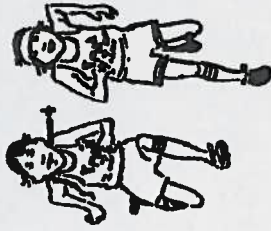


Volunteers in Mission

The Ministry group will be here June 16-20 to do work in our community. You can pick up a work order to fill out at the Tribal Office, Food Distribution, Elderly, or Clinic. Please return the form to Julie at the Tribal Office.



Indian Youth of America Summer Camps



WANTED CAMPERS

AGES 10 - 14

Indian Youth of America (IYA) is celebrating its *38th Anniversary* of conducting camps for Indian youth. IYA's summer camps bring together Indian youth from urban and reservation communities to participate in a variety of educational, cultural and recreational activities. Since the Youth Camps began in 1976, thousands of Indian youth from 191 tribes and 33 states have enjoyed a positive camp experience. IYA is conducting two camps this summer.

CAMP DATES, LOCATIONS & FEES

JUNE 18 - 27, 2014

WHISPERING PINES CAMP
PRESCOTT, ARIZONA

COST: \$300

APPLICATION & FEE DUE: JUNE 2, 2014

JULY 30 - AUGUST 8, 2014

CAMP BOB MARSHALL
CUSTER, SOUTH DAKOTA

COST: \$300

APPLICATION & FEE DUE: JULY 14, 2014

AGE GROUP: Indian youth age 10 - 14 years.

TRANSPORTATION: Must provide own.

"Sign up today!"

HIRING STAFF

AGES 19 & UP

Share your talents and time with Indian youth this summer. IYA is looking for Indian staff to work at its camps in Arizona and South Dakota this summer.

WORK SCHEDULE

JUNE 16 - 27, 2014

WHISPERING PINES CAMP
PRESCOTT, ARIZONA

JULY 28 - AUGUST 8, 2014

CAMP BOB MARSHALL
CUSTER, SOUTH DAKOTA

POSITIONS AVAILABLE: Camp counselors, recreation and arts & crafts instructors, camp nurse, resource people knowledgeable in photography, leadership & life skills, the environment, nutrition, substance abuse, Indian culture, storytelling, Indian games, etc.

SALARY: \$70 per day - plus lodging and meals

TRAVEL: Reimbursed for bus ticket or gas expense to camp.

DEADLINE DATES

MAY 19, 2014

Application due for AZ Camp

JULY 1, 2014

Application due for SD Camp

CONTACT US AS SOON AS POSSIBLE
for a camp or staff application or for further information about the summer camps.

**APPLICATIONS AND FLIERS CAN BE
DOWNLOADED FROM IYA'S WEBSITE:**

www.indianyouthofamerica.org

**If you do not have access to the internet
please call or write IYA at:**

INDIAN YOUTH OF AMERICA

PO BOX 2786
SIOUX CITY, IA 51106
PH: (712) 252-3230
FAX: (712) 252-3712

Going to camp could be the **HIGHLIGHT** of your summer vacation.



"They are young once but Indian forever."

Red Cliff 36th Traditional Pow-Wow

Honoring our Past...Preserving our Future



July 4-5-6, 2014

GRAND ENTRY:

Friday, July 4th--7:00 P.M.

Saturday, July 5th-- 1:00 P.M. & 7:00 P.M.

Sunday, July 6th-- 1:00 P.M.

FEAST on Saturday @ 5:00 P.M.

HEAD DANCERS: TBA

Buttons \$5.00

Head Veteran: TBA

MC: Larry "Amik" Smallwood, MN

Arena Director: TBA

Spiritual Advisor: Jason Schlender-LCO

Fire Keeper: Leo LaFernier Jr.-Red Cliff

VENDORS - Craft or Food - Contact:

Larry Balber-- lbalber@redcliff-nsn.gov

Committee Email-rcpwcommittee@yahoo.com

DRUMS INVITED:

Buffalo Bay Singers

L.C.O. Badgers Singers

Little Thunder

July 3rd, 2014

Community Feast

Royalty Activities

4:00 P.M.



**HAND
DRUMCONTEST
YOUTH & ADULT**



SPECIALS: TBA

Hotel & Campground

Information:

1-800-226-8478 or

715-779-3712

Website:

www.legendarywaters.com

**(Free camping available outside
of the campground)**

Red Cliff Pow Wow is not responsible for theft, accidents, personal injury, damages, lost or stolen articles. This is a family orientated event, NO alcohol, NO drugs, NO pets. E-mail: rcpwcommittee@yahoo.com

Eighth Annual Babysitters Training For 11 to 17 year olds!!



Date: 06/12/14

Time: 4:30 to 7:00

Location: Red Cliff Early Childhood Center in the Memengwaa

Registration is open until June 6, 2014.

Please call ahead of for registration.

There will be training in ; Shaken Baby, SIDS, Fun stuff to do with Children, Nutrition, Safety, and lots of good information.

Everyone who completes course will receive a certificate. Food will be provided!! Will take the first 10 people signed up!!!

Contact person: Kim Gordon 779-5030 Ext 251. If not there leave name and message.



FOR SALE!
2 TRAILER HOUSES
WILL BE SOLD 'AS IS'

FOR MORE INFORMATION CALL THE
RED CLIFF HOUSING AUTHORITY AT
715-779-3744

"MIKE BABINEAU OR MIKE GURNOE"

Kasidhe Olson Distinguished Parent Award

Presented at the 30th Circles of Life Conference, in Middleton, WI, April 24, 2014.

Barbara Gadbois has spent many years advocating for individuals with disabilities in Northern Wisconsin. She is an enrolled member of the Bad River Band of Lake Superior Chippewa. She currently is service the Bayfield School District Family Engagement Liaison. She is a certified Fetal Alcohol Spectrum Disorders (FASD) trainer, and a past member of the Wisconsin Board for People with Developmental Disabilities. She has served on the Bayfield County Family Support Advisory Committee, Red Cliff Head Start Policy Council and the Bayfield School District Parent Advisory Committee. Barb is a relentless advocate for individuals with disabilities and has worked incredibly hard to connect Native Americans to services and programs for individuals with disabilities. For Barbara's many years of relentless work on behalf of families who have children with disabilities, we are proud to award her the Kasidhe Olson award.



The Food Distribution



NEEDS



PLASTIC BAGS !!

They can be dropped off during business hours
We use them for the Summer Food Program

Thanks

Group Care for Mothers and Babies

CenteringParenting

What is it?

Centering is a model of care that integrates group care for babies, moms, and support partners. During each session, our moms get a chance to measure their babies' height and weight, as well as other vital signs. They are then able to have a doctor's visit with our pediatric provider, whether it's for a health problem or a well child check.. A group discussion follows, in which all participants can share experiences and discuss matters that are important to their culture and lifestyle.

How do I get involved?

Getting involved is easy - you can use the contact information above, or simply ask your RCCHC provider today. We are always welcoming new members, and look forward to hearing from you!

Kelly Stricklen, Pediatric CMA
88455 Pike Road
Bayfield WI, 54814

Phone: 715-779-3707 ext. 2272
Fax: 715-779-3711
kelly.stricklen@redcliff-nsn.gov



SPRING TIME, CLEAN TIME



Suds up!

Keeping your hands clean throughout the day (especially before you handle food) can prevent the spread of many bacteria. Wash your hands in warm water, use soap and lather up for about 20 seconds. Make sure you get in between your fingers, around wrists and under the nails where uninvited germs like to hang out. Rinse off then dry with a clean towel.

Want to play, explore, and learn more about "Fight BAC!" and ways to keep food safe from bacteria?

Visit their website: www.fightbac.org



UW Extension

WNEP education is supported by the USDA Food Stamp Program, UW-Extension, Food Share Wisconsin plus Ashland and Bayfield County partners. In Wisconsin, Food Share can help provide a healthy diet. To find out more about Food Share call Ashland County Health and Human Services Department (715) 682-7004, Bayfield County Department of Human Services (715) 373-6144 or the Food Share office at Odanah (715) 682-7127 or Red Cliff (715) 779-3706.



Fight BAC! (foodborne bacterial)

Salmonella, Staphylococcus, E. coli and *Listeria* love moist environments, and it is important that you keep the kitchen clean and dry.

What is clean?

Even if surfaces look clean, bacteria and germs may be hiding all over your kitchen:

- If you use sponges to wash surfaces in your kitchen, remember to replace them frequently. Cloth towels should be washed often in hot water in a washing machine. These moist environments are prime for BAC!
- Washing counters down with hot water and soap can take care of some bacteria but sanitizing with bleach can also help reduce the chance of growing BAC! Mix together 1 Tablespoon of bleach for every gallon of water, then wash down the counters and let stand for several minutes before rinsing off with cold water, let the counters air dry.
- Don't forget to clean out your microwave. An easy way to do so is heat a microwave-safe bowl filled with water on high for about 4 minutes. Carefully remove the bowl and use hot water with some dish soap to wipe down the microwave on the inside. Dry everything off with a fresh towel or paper towel.



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating. An equal Opportunity/Affirmative Action employer, the University of Wisconsin Extension provides equal opportunities in employment and programming including ADA and Title IX requirements.

Be a Healthy Role Model for Children

10 Tips for Setting Good Examples

You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

1 show by example

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

2 go food shopping together

Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

3 get creative in the kitchen

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve "Janie's Salad" or "Jackie's Sweet Potatoes" for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

4 offer the same foods for everyone

Stop being a "short-order cook" by making different dishes to please children. It's easier to plan family meals when everyone eats the same foods.

5 reward with attention, not food

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need "extras"—such as candy or cookies—as replacement foods.

6 focus on each other at the table

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.

7 listen to your child

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask "Which would you like for dinner: broccoli or cauliflower?" instead of "Do you want broccoli for dinner?"

8 limit screen time

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

9 encourage physical activity

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.

10 be a good food role model

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat.



How much MONEY are YOU Drinking?

	<u>Cost Per Container</u>
12 oz. can soda =	\$1.19
20 oz. bottle soda =	\$1.39
24 oz. bottle soda =	\$1.79
1 bottle sports drink =	\$1.99
1 can energy drink =	\$2.39
Add your own _____ =	\$ _____



My Drink of Choice _____

_____ # consumed per week
 x _____ Cost per container
 x 4 Weeks per month
 = _____ Total cost per month



x 12 Months per year
 = _____ Total cost per year

Extension

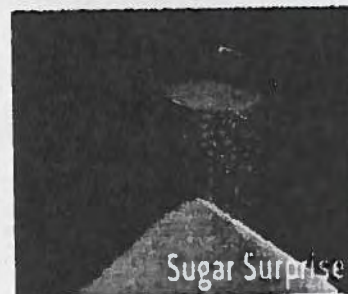
WNEP education is supported by the USDA Food Stamp Program, UW Extension, FoodShare Wisconsin plus Ashland and Bayfield County partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare call Ashland County Health and Human Services Department (715) 682-7004, Bayfield County Department of Human Services (715) 373-6144 or the FoodShare office at Odanah (715) 682-7127 or Red Cliff (715) 779-3706.



How Much SUGAR are YOU Drinking?

Grams of Sugar Per Container

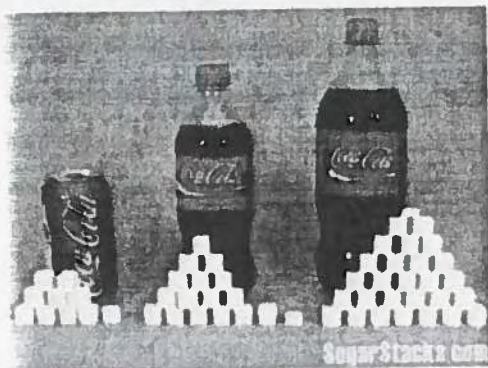
12 oz. can soda =	40 grams of sugar
20 oz. bottle soda =	68 grams of sugar
24 oz. bottle soda =	80 grams of sugar
1 liter (32 ounces) =	108 grams of sugar



Pop/Sugar Consumption for One (1) Week

 # Drank per week
 x _____
 Grams per drink consumed
 = _____
 Total grams

÷ 4
 (because 4 grams = a teaspoon)
 = _____
 Total teaspoons per week



Extension

WNEP education is supported by the USDA Food Stamp Program, UW Extension, FoodShare Wisconsin plus Ashland and Bayfield County partners. In Wisconsin, FoodShare can help provide a healthy diet. To find out more about FoodShare call Ashland County Health and Human Services Department (715) 682-7004, Bayfield County Department of Human Services (715) 373-6144 or the FoodShare office at Odanah (715) 682-7127 or Red Cliff (715) 779-3706.

Secondhand Tobacco Smoke and the Health of Your Family



Make Your Home and Car Smoke-Free

Secondhand smoke is the smoke that comes from the burning end of a cigarette, cigar or pipe. Secondhand smoke can make you and your children sick.

Secondhand Smoke is Dangerous

Everyone knows that smoking is bad for smokers, but did you know:

- Breathing in someone else's cigarette, pipe or cigar smoke can make you and your children sick.
- Children who live in homes where people smoke may get sick more often with coughs, wheezing, ear infections, bronchitis or pneumonia.
- Children with asthma may have asthma attacks that are more severe or occur more often.
- Opening windows or using fans or air conditioners will not stop secondhand smoke exposure.
- The U.S. Surgeon General says that secondhand smoke can cause Sudden Infant Death Syndrome, also known as SIDS.
- Secondhand smoke also can cause lung cancer and heart disease.

Protect Your Family

- Make your car and home smoke-free.
- Family, friends or visitors should never smoke inside your home or car.
- Keep yourself and your children away from places where smoking is allowed.
- If you smoke, smoke only outside.
- Ask your doctor for ways to help you stop smoking.

Remember

Keeping a smoke-free home and car can help improve your health, the health of your children and the health of your community.



Girls, Women and Alcohol

Alcohol Consumption

14 million women in the U.S. binge drink 3 times a month, consuming an average of 5.7 drinks per binge.

Binge drinking:

1 in 8 women



1 in 5 high school girls



Binge drinking among boys and young men (ages 12-20) decreased 17% from 2010 to 2012. There was no decrease for girls and young women.

Health Consequences



Excessive alcohol consumption increases the risk of:

- Breast cancer
- Heart disease
- Sexually transmitted diseases
- Unintended pregnancy
- Other health problems

25,000 women and girls die each year from alcohol.



Radio:

In 2009, per capita, girls heard 31% more wine advertising than boys in the top 29 radio markets

Internet:

The 10 alcohol brands underage females are most likely to drink have more than 42 million likes from persons of all ages on Facebook

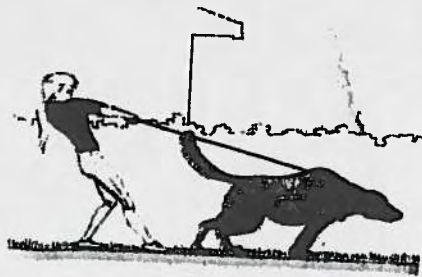
Magazines:

Underage girls see substantially more advertising for the alcohol brands they are drinking than women of legal drinking age

TV:

In 2012, per capita, girls saw more cable TV advertising for 31 alcohol brands than boys

Alcohol Advertising Exposure



Pet Waste and Water Quality

Pet owners, take heed... When you clean up after your pet, do you dump the waste in the street or storm sewer? Do you leave it to decay on the sidewalk or the grass near the street? If so, you may be causing pollution or health problems.

Are you polluting our Lakes and streams?

Pollutants from improperly disposed pet waste may be washed into storm sewers by rain or melting snow. Storm sewers usually drain *directly* into our lakes and streams, carrying many pollutants along with the water.

Pollutants commonly found in urban lakes, streams and ponds include:

- Pet Waste
- Oil and antifreeze
- Sediment
- Toxic chemicals
- Pesticides and fertilizers

Storm water samples collected in Wisconsin cities almost always have high levels of bacteria which violate water quality standards. Common sources of bacteria include sanitary sewer overflows, pets and urban wildlife.



When pet waste is washed into lakes or streams the waste decays, using up oxygen and sometimes releasing ammonia. Low oxygen levels and ammonia combined with warm temperatures can kill fish.

Pet waste also contains nutrients that encourage weed and algae growth. Overly fertile water becomes cloudy and green – unattractive for swimming, boating and fishing.

Perhaps most importantly, pet waste carries diseases which make water unsafe for swimming or drinking.

Are you risking your health?

When pet waste is disposed of improperly, not only water quality suffers – your health may be at risk, too. Pets, children who play outside, and adults who garden are most at risk for infection from some of the bacteria and parasites found in pet waste. Flies may also spread diseases from animal waste. Diseases or parasites that can be transmitted from pet waste to humans include:

Campylobacteriosis – A bacterial infection carried by dogs and cats that frequently causes diarrhea in humans.

Cryptosporidium – A protozoan parasite carried by dogs, cats, mice, calves and many other mammals. Common symptoms include diarrhea, stomach cramps, nausea and dehydration. May be fatal to people with depressed immune systems.

Toxocariasis – Roundworms usually transmitted from dogs to humans, often without noticeable symptoms, but may cause vision loss, a rash, fever, or cough.

Toxoplasmosis – A protozoan parasite carried by cats that can cause birth defects such as mental retardation and blindness if a woman becomes infected during pregnancy; also a problem for people with depressed immune systems. Symptoms include headache, muscle aches, lymph node enlargement.

Pet waste may not be the largest or most toxic pollutant in urban waterways, but it is one of the many little sources of pollution that add up to a big problem. Fortunately, there are some simple things we can all do to help keep our water clean. See the other side for ways to keep pet waste out of local waterways.

YOU CAN MAKE A DIFFERENCE

The job of cleaning up after your pet can be as simple as taking a plastic bag or pooper scooper along on your next walk. What should you do with the waste you pick up? No solution is perfect, but here are the choices:

1 Flush it down the toilet . . .



The water from your toilet goes to a septic system or sewage treatment plant that removes most pollutants before the water reaches a lake or stream.

To prevent plumbing problems, don't try to flush debris such as rocks, sticks or cat litter. Cat feces may be scooped out and flushed down the toilet, but used litter should be put in a securely closed bag in the trash.

2 Bury it in the yard . . .



Dig a hole or trench that is:

- About 5 inches deep;
- Away from vegetable gardens;
- Away from any lake, stream, ditch or well.

Microorganisms in the top layer of soil will break down the waste and release nutrients to fertilize nearby plants.

Be cautious. Keep pet waste away from vegetable gardens and water supplies to prevent disease. Don't add pet waste to your compost pile. The pile won't get hot enough to kill disease organisms in pet waste.

3 Put it in the trash . . .



Check local ordinances first. Putting pet waste in the trash is against the law in some communities. Even if legal and easy, it is not the best solution. Waste taken to landfill or incinerator can still cause pollution problems.

Another option is to install an underground pet waste digester that works like a small septic tank. Before buying one, check local laws that may restrict their use, design or location.

A few words of caution

Around Your Home – If you leave pet waste to decay in your yard, be sure it does not become a problem. To prevent water pollution, clean up areas near wells, storm drains, ditches and waterways. Always remove waste from areas where children play. They are the most frequent victims of diseases from pet waste. Of course, the best protection for children and adults is washing hands with soap and water.

In Your Community – Many communities have "pooper scooper" laws that govern pet waste cleanup. Some of these laws specifically require anyone who takes an animal off their property to carry a bag, shovel, or pooper scooper. Any waste left by the animal must be cleaned up immediately. Call your city or village clerk to find out more about local pet waste laws.

This publication is available from county UW-Extension offices or from Extension Publications, 630 W. Mifflin St., Madison, WI 53703. (608) 262-3346.

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Author: Carolyn Johnson, UW-Extension.

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UW
Extension



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recycled paper

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Water Quality

DNR WT-534-99

R-11-99-10M-20-S

parent tips

We Can! Screen Time Chart

Fill out the **We Can!** Screen Time Chart to see how much time your family spends in front of a screen. Keep one chart for each person.



Be sure to include time spent with cell phones and other hand-held video or gaming devices.

Post the chart where it's easy for everyone to see and use. Good places are near the family TV, by the computer, or on the refrigerator.

If screen time for each person is less than 2 hours a day, you're doing great! If it's 2 hours or more, then it's time to move more. Find ideas to get your family moving in the **We Can!** Family Guide. Take a look at:

- **We Can!** Parent Tips: Help Your Kids Reduce Screen Time and Move More
- **We Can!** Parent Tips: Be Active and Have Fun

You can print more screen time charts from the **We Can!** Web site at <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/screen-time-log.pdf>.

How to fill in the **We Can!** Screen Time Chart

To fill in your family's screen time chart— For each day, write the hours spent for each type of screen.

- Then add the hours for each day. Write the total in the "Daily Total" column.

See the sample chart below.

We Can! Screen Time Chart — Sample Chart

Name: Billy

Dates: 6/4 – 6/10

	TV	Video Games	Hand-held Devices	Computer	Daily Total
Monday	2 hours	1 hour		1 hour	4 hours
Tuesday	3 hours	1 ½ hours		1 hour	5 ½ hours
Wednesday	1 hours	1 hour	2 ½ hours	½ hour	5 ½ hours
Thursday	4 hours			1 hour	5 hours
Friday	4 hours	1 hour			5 hours
Saturday	3 hours	2 hours	2 hours	1 hour	8 hours
Sunday	2 hours	1 hour	2 hours	2 hours	7 hours

We Can! Screen Time Chart

Name:

Dates:

	TV	Video Games	Hand-held Devices	Computer	Daily Total
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

We Can! Ways to Enhance Children's Activity & Nutrition, *We Can!*, and the *We Can!* logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).



parent tips

Help Your Kids Reduce Screen Time and Move More

Here are some tips to help your children spend less time in front of a TV, computer, or video games—and *more* time being active.



Get started:

- First, track your family's screen time.
- Use the **We Can!** Screen Time Chart to write down all of your family's screen time. Screen time is any seated time in front of:
 - > The TV or a DVD.
 - > Video games.
 - > Cell phones and other hand-held video devices.
 - > Computer or Internet (except for schoolwork).
- Then, track your family's physical activity.

Share goals and set limits:

- The goal for screen time is no more than 2 hours each day.
- Try to be more active over time. The goal for physical activity for children is at least 60 minutes each day.

My goal:

- ☐ I will limit my children to no more than _____ hours of screen time each day.

Suggest active fun instead of screen time:

- Don't let watching TV or playing video games get to be a habit for your family.
- Give your family ideas for other activities, like:
 - > Playing outside with friends.
 - > Learning an active hobby.

My goals:

- ☐ I will suggest that my children do these activities instead of screen time:

- ☐ I will give my family the following ideas for things to do instead of screen time:

Make mealtime family time:

- Turn off the TV during family meals, instead talk with your children. (You could talk about a new physical activity to try!)
- Try to have family meals at least two or three times a week. Families who eat together tend to eat healthier.

My goal:

- ☐ My family will eat together _____ times each week.

Be a good role model:

- Studies show that children and teens really listen to their parents.
- Children follow their parents' actions. If you reduce your screen time and move more, your children will too.

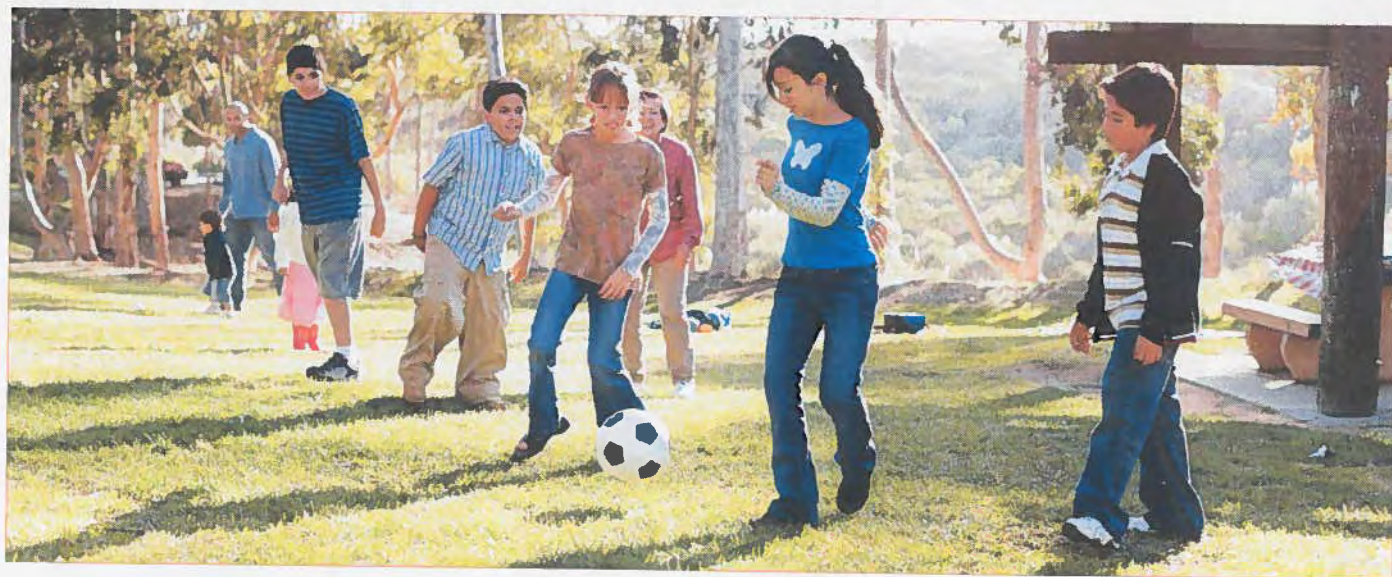
My goals:

- ☐ I will do _____ instead of screen time.

- ☐ I will be active _____ minutes a day for _____ days per week.

The link between TV and food choices:

- Many ads on TV are for foods like sugar-sweetened cereal, candy, and fast food.
- Ads may use cartoon or movie characters to make those foods look "fun" or "exciting."
- Children who watch a lot of television may make less healthy food choices.



We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

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parent tips

Get Started! Eating Healthy and Moving More

Try one of these tips each week to eat healthy and move more!



Eat Healthy (ENERGY IN)

- Put berries or bananas on whole-grain cereal or oatmeal.
- Order a green salad instead of fries. Ask for fat-free or low-fat dressing "on the side" – and use only half of it.
- Drink water, fat-free or low-fat milk instead of regular soda or other sweetened drinks.
- Add flavor with herbs and spices, instead of salt.
- Use fat-free or low-fat mayo, sour cream, and salad dressings.
- Choose fruit for a snack or dessert.
- Grill, steam, or bake food.
- Don't eat late at night.
- Use lean meats such as white meat chicken, lean ground turkey, or fish in place of beef or pork.
- When you eat out, choose an appetizer for your meal or share a main course.

Move More (ENERGY OUT)

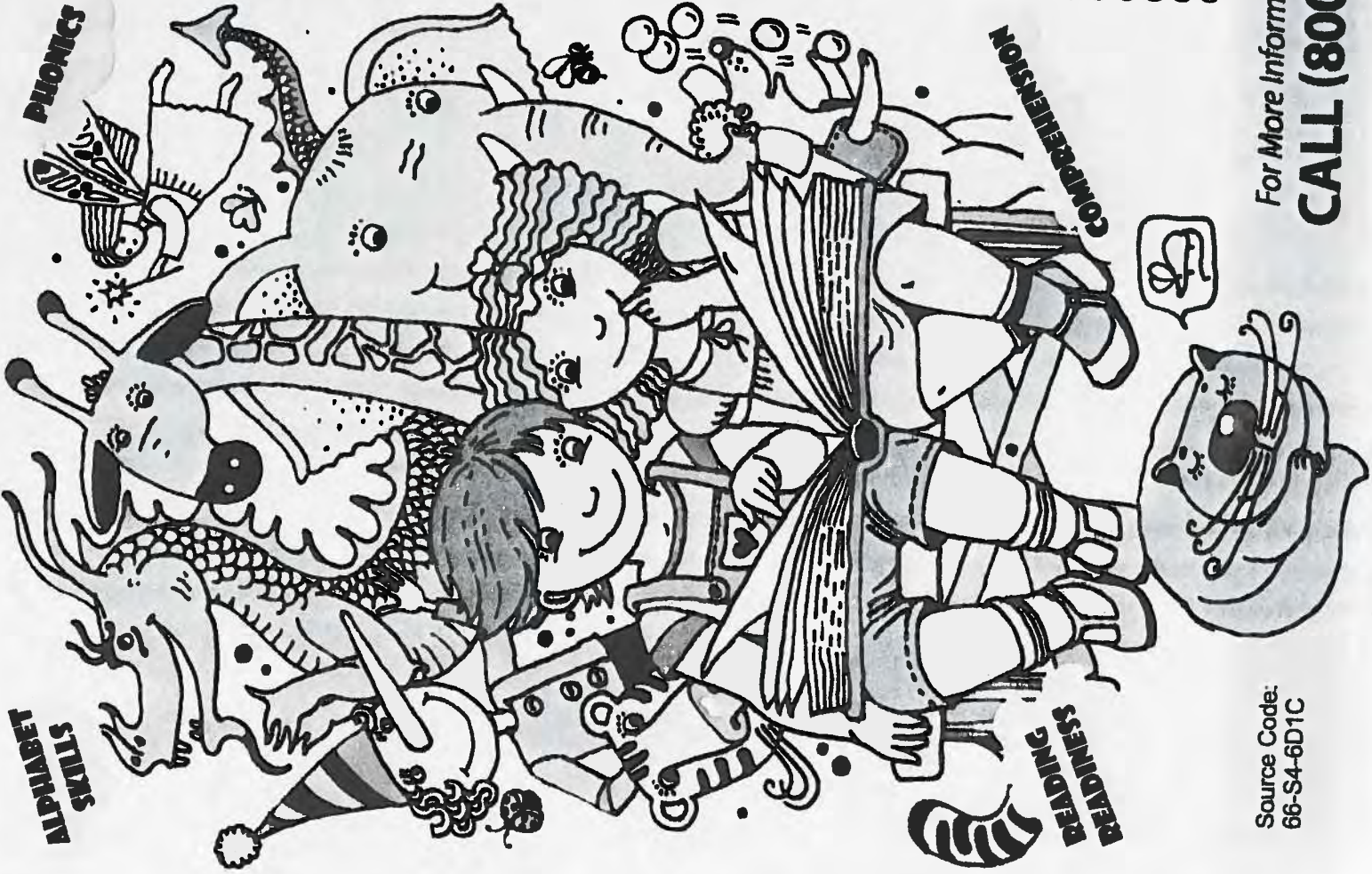
- Take your dog on longer walks.
- Ride bikes after dinner.
- Park farther away from the store and walk.
- Use the stairs instead of the escalator.
- Dance with your children.
- Walk your kids to school or walk to work.
- Ask your kids to help with active chores around the house, like vacuuming or raking leaves.
- Sign your kids up for community sports or lessons.
- Walk along the sidelines at your kids' sports events.
- Play ball at the park.
- Choose video games that get your kids moving, like dancing or fitness games.



We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

We Can! Ways to Enhance Children's Activity & Nutrition, *We Can!*, and the *We Can!* logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).



BEGINNING READING PROGRAMS

ONLINE
THIS
SUMMER!



MARQUETTE
UNIVERSITY

COLLEGE OF
PROFESSIONAL STUDIES

- Exceptionally Effective Online Instruction
- Individualized Programs
- Independent Reading in Great Books
- Support From a Professional Reading Teacher

Program for 4-Year-Olds

Children in this program learn letter recognition and beginning phonics, and develop the motivation and love of reading that make learning to read easy and successful. Your child will enjoy the program's books, engaging video lessons, and interactive online games and activities. This program lays the foundation for a strong start in reading.

Program for Entering Kindergartners

Children in this program develop beginning reading skills and a love of reading. Your son or daughter will learn letter recognition, phonics, and sight words, and will learn to sound out short words. The program features great books, video lessons, and interactive online games and activities, and makes learning to read easy and successful.

Programs for Entering 1st - 5th Graders

In these programs, students develop strong phonics and decoding skills, build sight vocabulary, learn to read more fluently and rapidly, and make significant gains in reading comprehension. Your child will become a more confident student, enjoy reading more, and develop the lifelong habit of reading for pleasure.

LOVE
OF READING

For More Information or To Register

CALL (800) 978-3839

**Monday through Friday 7am-9pm
Saturday and Sunday 8am-3pm**

Source Code:
66-S4-6D1C



INSTRUCTION

Because these programs are offered as a community service by Marquette University's College of Professional Studies, a non-profit organization, the tuition is less than half the cost of similar programs. Program design and instruction are provided by the Institute of Reading Development. Please ask about our family discount.

EXCITING RESULTS!

"My son loved this program! He had a lot of fun with the phonics games and activities. This has really made a difference - he is ready for kindergarten."

- Parent of 4-year-old

"My daughter is sounding out words on her own and she is so excited about reading! She loved doing lessons online, and I was very impressed with the books and materials."

- Parent of kindergartner

"Thanks to this program my son is now reading independently, and his confidence is through the roof. I cannot express enough how grateful I am for this program."

- Parent of 1st grader

"I would like to thank you for such a positive outcome with my son James. He always looked forward to jumping on the computer as soon as he had time, and now he's actually asked to go to the library to pick out more books!"

- Parent of 5th grader

Online skills instruction
Independent reading in great books
Individual support from a teacher

These programs are offered by Marquette University's College of Professional Studies and taught by professional instructors from the Institute of Reading Development. The program is not affiliated with the School of Education.

PROGRAMS ARE ALSO AVAILABLE FOR MIDDLE SCHOOL STUDENTS AND HIGH SCHOOL STUDENTS

**INQUIRE EARLY!
ENROLLMENT
IS LIMITED!**



For More Information or To Register
CALL (800) 978-3839

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Saturday and Sunday 8am-3pm



**Reading Is
Fundamental**

MOTIVATING KIDS TO READ:

What Can Families Do to Keep Children Reading During the Summer?

Philanthropist Andrew Carnegie helped build 1,679 new libraries all across the

As children's first and most important teachers, families have a major role to play in motivating children to read during the summer months. There are many strategies families might employ to encourage summertime reading:

Combine activities with books.

Summer leaves lots of time for kids to enjoy fun [activities](#), such as going to the park, seeing a movie, or going to the beach. Why not also encourage them to read a book about the activity? If you're going to a baseball game, suggest that your child read a book about a favorite player beforehand. In the car or over a hot dog, you'll have lots of time to talk about the book and the game.



Visit the library.

If your child doesn't have a library card, summer is a great time to sign up for one. In addition to a wide selection of books to borrow, many libraries have fun, child-friendly summer reading programs.

Lead by example.

Read the newspaper at breakfast, pick up a magazine at the doctor's office, and stuff a paperback in your beach bag. If kids see the adults around them reading often, they will understand that literature can be a fun and important part of their summer days.

Talk it up.

Talking with your kids about what you have read also lets them know that reading is an important part of your life. Tell them why you liked a book, what you learned from it, or how it helped you—soon they might start doing the same.

Help kids find time to read.

Summer camp, music lessons, baseball games, and videos are all fun things kids like to do during the summer. However, by the end of the day, children may be too tired to pick up a book. When planning summer activities with children, remember to leave some time in their schedules for reading. Some convenient times may be before bedtime or over breakfast.

Relax the rules for summer.

During the school year, children have busy schedules and often have required reading for classes. Summer is a time when children can read what, when, and how they please. Don't set daily minute requirements or determine the number of pages they should read. Instead, make sure they pick up books for fun and help find ways for them to choose to read on their own. You may even want to make bedtime a little bit later if you find that your child can't put down a book.

Have plenty of reading material around.

Storybooks aren't the only thing that kids can read for fun. Be sure to have newspapers, magazines, and informational material on hand that might spark the interest of a young reader.

Use books to break the boredom.

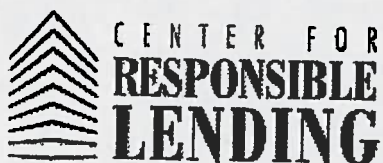
Without the regular school regimen, adults and kids need more activities to fill the hours. Books that teach kids how to make or do something are a great way to get kids reading and keep them occupied. Don't forget to take your kids' favorite reading series along on long road trips.

Read aloud with kids.

Take your children to see a local storyteller or be one yourself. The summer months leave extra time for enthusiastic read-alouds with children, no matter what their age. Don't forget to improvise different voices or wear a silly hat to make the story that much more interesting!

Author: Laura J. Colker, Ed.D.

Source: RIF Exchange Show #407.



Alternatives to Payday Loans

Payday lenders are not the only option for consumers facing debt. There are many alternatives to payday loans such as: small savings accounts or rainy-day funds; salary advances from employers; credit card advances; working out extended repayment plans with creditors; and loans from friends, relatives, religious institutions, or social service agencies. In addition, many lenders have developed lower-cost alternatives to payday loans with better terms.

Responsible Small Loans

Alternatives to payday loans should have these features:

- At least a 90-day repayment term, repayable in installments;
- No personal check mechanism or other unfair collateral (such as a car title);
- Reasonable limits on renewals (If borrowers are renewing short-term loans more than four times per year, the loans are not helping them);
- Full consideration of borrower's ability to repay the loan;
- No mandatory arbitration clause.

With payday alternatives, borrowers pay late fees or penalty fees only one time. The "debt trap" forces payday loan borrowers to pay fees every two weeks. In the end, revolving payday loan fees increase debt loads and financial hardship, leading people into bankruptcy rather than helping them get back on their feet.

Payment Plan with Creditors

The best alternative to payday loans is for consumers to deal directly with their debt. Many creditors will negotiate partial payments if a payment plan is in place. Working out a payment plan with creditors can allow the consumer to adjust billing to pay off bills over a longer period.

Advances from Employers

Some employers grant paycheck advances to employees. Because this is a true advance, and not a loan, there is no interest and the advance is therefore cheaper than a payday loan.

Consumer Credit Counseling

There are various consumer credit counseling agencies throughout the country that can help consumers work out a debt repayment plan with creditors or develop a budget. These services are available at little or no cost. Contact a nationally accredited consumer counseling agency in your area by calling 1-800-388-2227 or visiting www.debtadvice.org.

Emergency Assistance Programs

Many faith-based groups and community organizations provide emergency assistance, either directly or through social services programs. For example, in partnership with state agencies, the federal Low Income Home Energy Assistance Program provides financial assistance to low-income households that are in a heating or cooling (weather) related emergency. A household that applies must: have at least one U.S. Citizen or a non-citizen who meets certain eligibility criteria; meet an income test; and be in a heating or cooling related emergency.

Credit Union Loans

Many credit unions offer small, short-term loans to their members. For example, North Carolina State Employees' Credit Union offers members a salary advance loan at 11.75% annual interest — 30 times cheaper than a typical payday loan. Some credit unions also offer free financial counseling and a savings plan to help members get back on their feet. Many other credit unions offer very low interest rate loans (prime to 18% annual interest) with quick approval on an emergency basis. Unlike payday loans, these loans give the borrowers a real chance to repay with longer payback periods and installment payments.

Cash Advances on Credit Cards

Credit card cash advances, which are offered at about 30% APR, are much cheaper than getting a payday loan. Some credit card companies specialize in consumers with financial problems or poor credit histories. Consumers should shop around and not assume they do not qualify for a credit card. Secured credit cards are another option. A secured credit card is tied to a savings account. The funds on the account 'secure' the amounts charged on the card. Once a consumer has successfully used the secured card for a period of time, they can then qualify for a regular unsecured credit card.

Military Loans

Several companies offer loans ranging from \$500 to \$10,000 to active duty and retired military personnel. Payday loans are 10 to 13 times more expensive than these small consumer loans. These loans cost less than payday loans because they have much lower APR, ranging from 33% to 34.99%.

Small Consumer Loans

Small consumer finance companies offer small, short-term loans that cost up to 60% APR, usually in the range of 25-36% APR. These loans are also much cheaper than payday loans; a person can borrow \$1000 from a finance company for a year, and pay less than a \$200 or \$300 payday loan over the same period.

Source: Center for Responsible Lending <http://www.responsiblelending.org/payday-lending/tools-resources/alternatives-to-payday-loans.html#>

Center for Responsible Lending | 302 West Main Street, Durham, NC 27701 | (919) 313-8500. District of Columbia Office | 910 17th Street NW Suite 500, Washington, DC 20006 | (202) 349-1850

JOB DESCRIPTION
Red Cliff Child Support Services Agency

POSITION: Child Support Agency Attorney

LOCATION: Makwa House - Red Cliff Tribal Child Support Services Agency (Bayfield)

SALARY: 32 Hours per week, negotiable depending on experience

SUPERVISOR: Tribal Attorney

JOB SUMMARY: The Child Support Agency Attorney is responsible for representing the Red Cliff Tribal Child Support Agency in all proceedings to which it is a party in Tribal Court or State Court. The incumbent will be responsible for drafting motions for support, contempt, garnishment, and collections. Additionally the Attorney will provide guidance to the Red Cliff Tribal Child Support Agency Staff on all laws, regulations and agency rules which affect the agency.

DUTIES AND RESPONSIBILITIES:

- Draft legal documents for the determination and enforcement of child support.
- Represent the Agency in litigation.
- Review, interpret, and apply Federal, State, and Tribal laws, regulations, and agency rules.
- Assist the Director to develop internal policies.
- Assist Case Workers with investigations.
- The above duties and responsibilities are not an all-inclusive list but rather a general representation of the duties and responsibilities associated with this position. The duties and responsibilities will be subject to change based on organizational needs and/or deemed necessary by the supervisor.

KNOWLEDGE:

- Must be familiar with Federal, State, and Red Cliff Tribal Law.
- Knowledge of Federal Indian Law.
- Experience with Public Law 83-280 jurisdictions.
- Familiarity with Child Support Systems.
- Ability to learn and retain thorough knowledge of federal, state and tribal laws regulating of child support services.
- Candidate must be knowledgeable or have the ability to acquire the knowledge of the Red Cliff Tribe, Tribal history and its families
- Must have knowledge about the practical application of core Anishinaabe values in working with tribal youth and families and in generating interest in gaining insight from the community as it relates to program development incorporating these values into the Child Support enforcement agency and program.
- Must have knowledge of benefits gained in working together as a collaborative with other tribal and non-tribal entities that interface now and will in the future with this Tribal Child Support Services Agency.

QUALIFICATIONS:

- Must be currently admitted to the Wisconsin State Bar.
- Possess a minimum of three years of legal practice experience.

- Must be admitted to the Red Cliff Tribal Court or willing to gain admission within 3 months of hire.
- Must have experience managing a high case load.
- Familiarity with Microsoft Office.
- Preference for experience with applying for, or maintaining Federal Grant funding.
- Valid Wisconsin Driver's License reliable transportation and insurance. Must obtain a Wisconsin driver's license within thirty (30) days of employment if applicant has an out-of-state driver's license. Must be authorized as eligible to operate a personal and Tribal vehicle under the Red Cliff Tribe's Vehicle Drivers Policy prior to actual start date. Must maintain driver's eligibility as a condition of employment.

PERSONAL CONTACTS: There will be a number of contacts with individuals associated with working for the Red Cliff Child Support Services Agency. These may consist of, and not limited to, community members and tribal member parents, Red Cliff Human/Family Services and other Tribal Staff, County/State staff members of various Agencies particularly child support agency staff, employers, contact with individuals from the Funding Agency (Federal), contacts with various sub-groups within the tribal government services, elders and the tribal population in general.

PHYSICAL REQUIREMENTS:

The physical requirements associated with this position include bending, stooping, lifting, overhead lifting and carrying items which are typically less than 50 pounds. Because of security standards staff will be required to vacuum, Swiffer, remove refuse, and work with other staff to keep their offices and secure areas of the building clean.

WORK ENVIRONMENT:

This position is primarily at the Red Cliff Tribal Child Support Services Agency, the Agency Attorney is expected to appear in all cases where the Red Cliff Tribal Child Support Agency is a party. However, some of the work associated with this position will involve training sessions, Community type sessions to gather information, and other data related gathering as related to the Red Cliff Child Support Services Agency goals and objectives. There may also be occasions where staff may attend outdoor settings for ceremonies and other Traditional related gatherings.

TRAVEL REQUIREMENTS: The Agency Attorney will be required to travel to meetings, training sessions, Community events, etc., related to the Red Cliff Child Support Services Agency; locally, regionally, and nationally.

POSTING DATE: April 24, 2014

POSTED DEADLINE: May 8, 2014 @ 4:00 p.m.

FOR FURTHER INFORMATION:

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

Red Cliff, WI 54814

(715) 779-3706 ext. 1267 or 1268

rwygolik@redcliff-nsn.gov

susie.gurnoe@redcliff-nsn.gov

www.redcliff-nsn.gov

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 CONTINUING 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](#)

Job Description
Zaagichigaazowin Home Visiting Project

TITLE: Home Visitor

PROGRAM: Tribal Maternal Infant Early Child Home Visiting (TMIECHV) Project

WAGE: \$15.00 per hour 40 hours per week; Grant Ends September 29, 2017
FULL TIME EXEMPT POSITION

SUPERVISOR: Community Health Supervisor

PRIMARY DUTIES AND RESPONSIBILITIES:

The home visitor is responsible for managing a case load of 8-10 families who voluntarily participate in the program. The home visitor will have multiple roles within the framework of the Zaagichigaazowin Home Visiting program. They will provide home visits during the pregnancy, post-partum and early childhood periods using an adapted "*Parents as Teachers*" curriculum and will encourage and participate in the primary care of the mother and child using a culturally adapted Healthy Steps model which includes prenatal care. The home visitor will be trained as a birth doula, and will be on-call to provide support during the labor, delivery and immediately post-partum for families who choose this service. The home visitor will provide case management, screening, education, referral and support in a holistic manner based on the individual needs of the family and work within a comprehensive early childhood system of care. The home visitor may be asked to help with event planning, coordination and/or facilitation of groups. The home visitor will be responsible for thorough documentation and data collection, and will participate in reflective supervision and continuous quality improvement activities.

The ZHV home visitor is hired by the Red Cliff Community Health Center to

- a. Support families throughout and beyond the childbearing year by offering a menu of services from which families can choose; including home visits, supportive primary care visits, doula support during birth, prenatal and parenting classes and community events.
- b. Recruit eligible families into the ZHV home visiting program; ideally early in pregnancy.
- c. Develop a trusting relationship with participating clients.
- d. Develop mutual expectations and an initial and on-going plan of care which reflects the preferences and needs of the families and services offered within the program or to which they can be referred.

2. The following describes the home visiting role by stage in family development

- a. Prenatal contact should begin as early in pregnancy as possible and include:
 - i. Initial family assessment and plan for services for families who agree to participate after learning about the program.
 - ii. Bi-monthly home visits. Less or more is acceptable; depending on client preference and home visitor case load. Other forms of communication, such as telephone and social

- media (as allowed by tribal policy) will be used to maintain contact and augment visits.
- iii. Initiate and use culturally adapted Parents as Teachers curriculum to create structure and consistency within home visits and enhances parental understanding of fetal and child development, parenting skills and local resources.
 - iv. Using the enhanced Healthy Steps model; the home visitor will offer to accompany their clients to prenatal visits with midwife or doctor and follow-up; with goals of enhancing parental knowledge, self-confidence, and promotion of positive health behaviors and attendance at appointments.
 - v. Father of baby/partner and/or other family member involvement will be strongly encouraged early and throughout the intervention and with all activities. The important role of extended family is acknowledged and welcome.
 - vi. Encourage prenatal participation in educational/supportive groups such as: Motherhood/Fatherhood is Sacred classes, childbirth preparation and breastfeeding classes, language table and other cultural/community groups.
 - vii. The home visitor may be asked to help organize, staff, and/or facilitate certain groups.
 - viii. Provide case management type services including periodic and on-going assessments, referrals to other resources and assistance with overcoming barriers to access.
- b. Responsibilities during childbirth (for those families who choose birth doula services) include:
- i. Continuous support for the family during childbirth, including assistance with non-medical comfort measures such as aiding with position changes and relaxation, offering emotional, informational and spiritual support for the client, family members, and significant others, and patient advocacy. The type of support is individualized to meet family preferences and offered within the doula scope of practice.
 - ii. Being on-call according to client due date and established call schedule.
 - iii. Abiding by the doula on-call guidelines to ensure safe service provision and availability to clients. See attached on-call guidelines.
 - iv. If a client requests support during early labor, the home visitor will be available to provide encouragement and emotional support over the phone or in some cases, in the client's home.
 - v. The doula will come to the hospital and join the client when active labor is established if not sooner and will be expected to stay with the laboring woman throughout the labor and through at least 2 hours post-partum.
 - vi. In the case that a labor is excessively long, difficult or if the doula needs back-up or support, another ZHV staff person can be called in.
 - vii. Breastfeeding support is given immediately after delivery and on an ongoing basis.
- c. Postpartum responsibilities include:
- i. A visit to the new mother/infant within 24 hours after birth to assess their well-being, offer breastfeeding support, encourage use of community resources as needed and help facilitate the family's discharge to home.
 - ii. Coordinate provision of Newborn Behavioral Observation (NBO) to family as soon as possible after the birth; either in the hospital or after returning home.
 - iii. After discharge to home, the doula will make frequent home visits during the first weeks, and regular, on-going visits after that.
 - iv. Post-partum visits will include processing the birth, supporting breastfeeding, teaching

infant care and parenting skills, fostering positive maternal and paternal/infant attachment, offering/coordinating other referrals for services as needed.

- v. Attendance of the home visitor at well-baby/well-woman primary care visits are offered and encouraged.
 - d. On-going home visiting/ family engagement
 - i. Continue to offer family support services (home visiting, supportive primary care and community groups/events) into the infant's early childhood until the family is transitioned into the Early Childhood home visiting program, the family no longer desires services or the child becomes older than the age limit of five years old.
 - e. In cases of perinatal loss at any time during the pregnancy, birth, post-partum or infancy/early childhood period, the home visitor may be called on to provide and/or refer to grief support services/counseling.
3. Other aspects of the ZHV home visitor roles/responsibilities:
- a. The ZHV home visitor may be asked to participate in planning or facilitating childbirth education and/or parenting classes and groups, family socialization and other community events.
 - b. Participates in regular staffing meetings with ZHV and community health program coordinator and directors.
 - c. Participates in weekly and as needed reflective supervision activities.
 - d. Participates in quality assurance and improvement activities within the program, as well as within the larger clinic and early childhood system of care.
 - e. Participates in initial and on-going training activities as required and recommended by program staff.
 - f. Documents all client and activity data in required data collection and electronic health systems in an accurate and timely manner.
 - g. Report activities the RCCHC Health Board on the Monthly Activity Report as required by the Health Clinic.
 - h. Support/adhere to established policies and procedures of the Red Cliff Tribe.
 - i. Maintain strict confidentiality and safeguard the privacy of patients in common areas of the clinic.
 - j. Present a professional, caring image for the Health Center and its programs.
 - i. Maintain a cooperative relationship with other Health Center staff and employees.
 - ii. Demonstrate tact, courtesy, and respect in communication and interaction with Health Center patients, visitors, and staff and with outside agencies and programs.
 - iii. Promote a working environment noted for effective cooperation and collaboration between programs, services, and co-workers.
 - iv. Dress appropriately to promote professionalism within the Health Center.
 - k. Attend staff and other meetings, in-services, and other events as directed by supervisor.
 - l. Participate in the implementation of grants, contracts, or projects being carried out under the auspices of the Red Cliff Community Health Center and at the direction of the Administrator of the Health Center. These activities are to comply with the directives of Tribal and Health Center Administration and to fulfill the conditions and stipulations of the grant, contract, or project. The specific duties will reflect the individual grant, contract, or project and the concurrent needs and resources of the Health Center. These assignments will vary from time to time due the cyclical

nature of these program efforts.

- m. Perform other duties as determined by the Tribal Health Director in consultation with the ZHV and community health directors.

SUPERVISORY AUTHORITY: None

EXPERIENCE AND QUALIFICATION REQUIREMENTS:

- An Associate's Degree or higher with specific training or education in child development, family studies, nursing, psychology, or related field preferred and/or significant work experience or training in perinatal, maternal and child health and community health domains.
- Experience and knowledge about early child growth and development, parent-child relationships, child health, and family systems in Native American communities.
- Experience and/or willing to train as a birth doula.
- Experience and/or willing to train in assessing the growth and development of infants and children birth to 5 years of age.
- Experience and/or willing to train in home visiting skills and case management.
- Knowledge of issues related to the provision of perinatal and maternal and child health home visiting services within a Native American population.
- Knowledge of and/or willing to learn about the Red Cliff community and Ojibwe traditional teachings as they relate to family and community health.
- Willingness to encourage and incorporate Ojibwe teachings and traditions into home visiting and birth settings when requested by families.
- Ability and willingness to work outside of traditional work hours for program related classes and community events that may include some evenings and weekends.
- Willingness and ability to be on-call for families who choose doula support for a period of two weeks before and after due date. On-call guidelines will apply during this time. See attached guidelines.
- Experience and/or comfort in learning group facilitation skills and facilitating parent groups preferred.
- Demonstrated flexibility to work on an interdisciplinary team; ability to work in various roles and capacities in a respectful and professional manner.
- Capacity to be reflective about work and roles.
- Ability to work independently.
- Relevant life experiences (related, for example, to mothers' and fathers' concerns about caring for infants and young children).
- Proficiency in computer usage and software systems including all programs in Microsoft Office.
- Experience with and/or willingness to learn electronic data entry systems.

PERSONAL CONTACTS:

Daily contact with patients, visitors, primary care providers, Tribal and Health Center Administration, and other Health Center staff.

A criminal background check will be required as part of the employment hiring process.

WORK ENVIRONMENT:

1. Red Cliff Community Health Center; office and clinic settings.
2. Exposure to hazards of the health care industry.
3. Work setting must be maintained as a clean, nonsmoking, well-ventilated area in compliance with all applicable safety regulations.
4. Home visits with participating families will require the employee to travel to client homes.
5. Community events & classes will require the employee to travel to and attend events in a variety of community settings.
6. Employees will be expected to attend births in the setting chosen by the family; hospital, birth center or home.
7. The employee has the right to decline visits if any threats to personal safety arise in any client home or community setting.

PHYSICAL REQUIREMENTS:

The duties assigned to this position involve bending, stooping, lifting, and carrying. Items may be placed on overhead storage. Lift up to 50 pounds, assisting patients onto exam tables as necessary. Work requires regular and recurring periods of standing or walking.

TRAVEL REQUIREMENTS:

Must have valid WI driver's license, vehicle, and at least liability insurance. If no insurance, must get within three weeks. Must also be eligible for the Tribe's vehicle insurance.

May require overnight travel to attend meetings or training. May be asked to perform visits to patient homes. May be required to travel to deliver or pick up x-rays, laboratory, specimens, or Health Center/Clinic supplies.

POSTING DATE: April 25, 2014

DEADLINE: May 9, 2014 @ 4:00 p.m.

FOR FURTHER INFORMATION CONTACT:

Red Cliff Human Resources Department
88385 Pike Road, Highway 13
Bayfield, WI 54814
(715) 779-3706 ext. 1267 or 1268

rwYGONIK@redcliff-nsn.gov

susie.gurnoe@redcliff-nsn.gov

JOB DESCRIPTION

POSITION: Summer Youth Interns – 2 crew member positions

LOCATION: Red Cliff Treaty Natural Resources Division at the Tribal Fish Hatchery,
Bayfield, WI.

WAGE: \$10/hr. 32 hours per week.

THIS IS A SUMMER INTERNSHIP BEING OFFERED BY THE RED CLIFF TREATY NATURAL RESOURCES DIVISION, FOREST SERVICE, AND WISCONSIN DNR. IDEAL CANDIDATES ARE HIGH SCHOOL AGE TRIBAL MEMBERS WITH FUTURE INTEREST IN FISH AND WILDLIFE CAREERS. INTERNSHIP IS 8 WEEKS FROM JUNE 18 – AUGUST 24. WORK DAYS WILL OFTEN BE TUES – FRIDAY.

SUPERVISOR(S): Summer Crew Leader, Red Cliff, FS, and DNR Supervisors

JOB SUMMARY: Assist with various projects being conducted through Red Cliff Treaty Natural Resources, FS and DNR offices. The goal of this internship is provide exposure to a wide variety of Fish and Wildlife projects so participants may gain a better understanding of Natural Resource careers.

DUTIES AND RESPONSIBILITIES:

1. Construct new trail system at Frog Bay Tribal National Park.
2. Learn hatchery duties, marking and sampling techniques at Red Cliff and DNR hatchery facilities.
3. Perform stream restoration techniques.
4. Participate in ride-along with Red Cliff and DNR Wardens on Lake Superior grid patrol checks.
5. Assist with fish sampling aboard Red Cliff research vessel during nearshore assessments.
6. Learn techniques to control invasive species.
7. Shadow Environmental staff during routine stream sampling.
8. Complete a presentation as a capstone project at the conclusion of the field season.
9. Other duties as assigned... this list is just a small offering of the many projects the crew members will be involved in this summer!

KNOWLEDGE: No previous knowledge or experience required. This internship is meant to inform and educate participants not only on the “how” but also on the “why” of modern natural resource management through direct, hands-on learning.

QUALIFICATIONS: We are looking for active, ambitious team members who are interested in learning more about Natural Resource careers. The ideal candidate will be responsible, dependable and safe in the work environment. Please state whether you have a valid driver's license in your application (not required). Some fieldwork may be arduous and require a certain level of fitness to accomplish. Must be able to be on your feet all day, walk on uneven terrain, and lift over 50 lbs.

Only Native Americans may apply to this internship. Preference will be given to Red Cliff youth but other enrolled tribal members will be considered in the case of equally qualified candidates. Both male and female candidates are encouraged to apply!

PERSONAL CONTACTS: Wisconsin DNR staff, Red Cliff Treaty Natural Resource staff, Forest Service staff, Red Cliff Administration and community members.

WORK ENVIRONMENT: Duties will occur on forest lands, in streams, on Lake Superior, and in the hatchery setting. Work will vary with some time devoted to an office and/or garage (workshop) setting.

TRAVEL REQUIREMENTS: The crew will often travel together to field sites. Some vehicle travel is expected though almost all travel will be within 1 hour of Red Cliff.

TO APPLY: You must fully complete a Red Cliff job application and submit an essay on 1.) Why you want to be part of the team and 2.) What you expect to get from this internship. Only complete application packages will be considered.

POSTED: April 25, 2014

DEADLINE: May 9, 2014 @ 4:00 p.m.

FOR FURTHER INFORMATION:

Red Cliff Band of Lake Superior Chippewa
Human Resources Department
88385 Pike Road, Hwy 13
Bayfield, WI 54814

(715) 779-3700 ext. 1267 or 1268

www.redcliff-nsn.gov

rwygonik@redcliff-nsn.gov

susie.gurnoe@redcliff-nsn.gov

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 SUBJECT TO A BACKGROUND INVESTIGATION AND OTHER REQUIREMENTS OF RCCL CHAPTER 43, AND THAT YOU ARE UNDER A CONTINUING OBLIGATION TO SUPPLEMENT THIS APPLICATION FOR EMPLOYMENT WITH INFORMATION CONCERNING ANY CONVICTIONS THAT OCCUR AFTER COMMENCEMENT OF EMPLOYMENT WITH THE TRIBE.

JOB DESCRIPTION

POSITION: Summer Youth Crew Leader

LOCATION: Red Cliff Natural Resources Division at the Tribal Fish Hatchery,
Bayfield, WI.

WAGE: \$12/hr. 40 hours per week.

THIS IS A SUMMER INTERNSHIP BEING OFFERED BY THE RED CLIFF TREATY NATURAL RESOURCES DIVISION, WISCONSIN DNR AND THE FOREST SERVICE. INTERNSHIP IS 11 WEEKS FROM JUNE 9 – AUGUST 22.

SUPERVISOR(S): Red Cliff, DNR and FS Supervisory Staff

JOB SUMMARY: Lead a field crew of high school age interns. Assist with various projects being conducted through Red Cliff Treaty Natural Resources, Forest Service and DNR offices. The goal of this internship is provide exposure to a wide variety of Fish and Wildlife projects so participants may gain a better understanding of Natural Resource careers. The Crew Leader will be involved in scheduling of fieldwork and will have the opportunity to shadow Natural Resource staff in professional meetings and in day to day activities.

DUTIES AND RESPONSIBILITIES:

1. Lead field crew doing a variety of different fieldwork and job shadowing tasks.
2. Assist with week to week planning and scheduling of intern crew.
3. Communicate with supervisors on a routine basis of issues and scheduled events.
4. Construct new trail system at Frog Bay Tribal National Park.
5. Learn hatchery duties, marking and sampling techniques at Red Cliff and DNR hatchery facilities.
6. Perform stream restoration techniques.
7. Participate in ride-along with Red Cliff and DNR Wardens on Lake Superior grid patrol checks.
8. Assist with fish sampling aboard Red Cliff research vessel during nearshore assessments.
9. Learn techniques to control invasive species.
10. Shadow Environmental staff during routine stream sampling.
11. Shadow career staff during professional meetings and in day to day activities.
12. Complete a presentation as a capstone project at the conclusion of the field season.
13. Other duties as assigned... this list is just a small offering of the many projects the crew members will be involved in this summer!

KNOWLEDGE: No previous knowledge or experience required. This internship is meant to inform and educate participants not only on the “how” but also on the “why” of modern natural resource management through direct, hands-on learning.

QUALIFICATIONS: Ideally, the Crew Leader should be currently enrolled, planning to enroll or have recently completed college. We are looking for active, ambitious team members who are interested in

learning more about Natural Resource careers. The ideal candidate will be responsible, dependable and safe in the work environment. **A valid driver's license is required for the Crew Leader position.** Some fieldwork may be arduous and require a certain level of fitness to accomplish. Must be able to be on your feet all day, walk on uneven terrain, and lift over 50 lbs.

Only Native Americans may apply to this internship. Preference will be given to Red Cliff youth but other enrolled tribal members will be considered in the case of equally qualified candidates. Both male and female candidates are encouraged to apply!

PERSONAL CONTACTS: Wisconsin DNR staff, Red Cliff Natural Resource staff, Forest Service staff, Red Cliff Administration and community members.

WORK ENVIRONMENT: Duties will occur on forest lands, in streams, on Lake Superior, and in the hatchery setting. Work will vary with some time devoted to an office and/or garage (workshop) setting.

TRAVEL REQUIREMENTS: The crew will often travel together to field sites. Some vehicle travel is expected though almost all travel will be within 1 hour of Red Cliff. The Crew Leader may also travel with a supervisor to professional meetings and events.

TO APPLY: You must fully complete a Red Cliff job application and submit an essay on 1.) Why you want to be part of the team and 2.) What you expect to get from this internship. Only complete application packages will be considered.

POSTED: April 25, 2014

DEADLINE: May 9, 2014 at 4:00 p.m.

FOR FURTHER INFORMATION:

**Red Cliff Band of Lake Superior Chippewa
Human Resources Department
88385 Pike Road, Hwy 13
Bayfield, WI54814**

www.redcliff-nsn.gov

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JOB DESCRIPTION

POSITION: Utility Operator

LOCATION: Red Cliff Reservation

SALARY: \$12.00 per hour, incentive pay for obtaining operator certification could equal \$4.60 per hour. 40 hours per week.

THIS IS A FULL-TIME NON EXEMPT POSITION

SUPERVISOR(S): Water and Sewer Utility Manager, Public Works Administrator

JOB SUMMARY: Perform a variety of operation and maintenance activities related to the community water and sewer facilities and systems.

DUTIES AND RESPONSIBILITIES: Perform various maintenance tasks as directed by the Supervisors. Some of the tasks would consist of recording data on water and sewer pumps and other pertinent information. Performing pump and vehicle maintenance and repair. Must be able to operate maintain all equipment. Perform/oversee excavations and perform necessary repairs to community system. Understand general plumbing practices. Perform office duties such as filing, compliance sampling to EPA, Phones, etc. (May include weekends and /or nights on emergency requests.) Other related duties as assigned.

SUPERVISORY AUTHORITY: None

KNOWLEDGE AND SKILLS: Must be able to operate light equipment, machinery, on and off-road vehicles, read, understand and interpret technical manuals, blue prints and schematic drawings. Computer skills needed. Mechanical Maintenance and Repair Skills.

QUALIFICATIONS: Must be at least 18 years of age. Must possess a minimum of 1 (one) year work experience in Water & Waste Water treatment. State of Wisconsin Water & Waste Water Operator Certification desired; if no certification, must obtain Groundwater Operator and General Wastewater Operator within first year of employment. Perform daily quality control samples for proper waste water treatment. Must have a valid driver's license and liability insurance. If no insurance, must obtain within 3 weeks of being hired; must be able to be put on the Tribe's auto insurance. Must be available 24 hours a day for emergency situations. Red Cliff Tribal member preferred, but all qualified applicants will be considered. Must be knowledgeable of Native American tribes and the uniqueness of the Red Cliff Community.

PERSONAL CONTACTS: Individual will have daily contact with community members, Tribal Staff, customers, vendors, and other governmental agencies.

PHYSICAL REQUIREMENTS: Duties assigned to this position involve lifting, bending, carrying, climbing, twisting. These motions generally utilized in field/inventory work.

WORK ENVIRONMENT: Water and Sewer Treatment Facility and at-large community utility distribution and collection system. Time working is outside in various weather conditions, as well as indoors in confined spaces, chemical storage and around treatment equipment and machinery.

TRAVEL REQUIREMENTS: Will be required to travel locally for inspection purposes. Will also be required to attend meetings/training in and out of state.

POSTING: April 28, 2014

DEADLINE: May 12, 2014 at 4:00 pm

FOR FURTHER INFORMATION:

**Red Cliff Band of Lake Superior Chippewa
Human Resources Department
88385 Pike Road, Hwy 13
Bayfield, WI 54814**

www.redcliff-nsn.gov

rwygonik@redcliff-nsn.gov

susie.gurnoe@redcliff-nsn.gov

(715) 779-3700 ext. 1267 or 1268

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JOB DESCRIPTION

TITLE: Front Desk Clerk
DEPARTMENT: Hotel
SUPERVISOR: Hotel Manager
WAGE: Dependent on Qualifications
SHIFT: Days/Nights/Weekends/Holidays or as needed
CLASSIFICATION: Non Gaming

JOB SUMMARY: Under the direction of the Hotel Manager, the Front Desk Clerk handles all transactions at the front desk in an efficient and friendly manner while ensuring guest satisfaction. In addition the Front Desk Clerk welcomes guests and offers a variety of services. Applicants should be advised that the Tribe reserves the right to disqualify applicants whose prior activities pose a threat to the public interest. Friendly, professional attitude required at all times. Must be willing to work nights, weekends, and holidays. Neat clean appearance is a must. Red Cliff Tribal member preferred but all qualified applicants will be considered.

JOB QUALIFICATIONS:

- Previous customer service experience required.
- Previous cash handling experience preferred.
- Computer experience essential.
- Good organizational and administration skills required.
- Ability to work in a team environment.
- Excellent customer service skills.
- High standards of personal hygiene.
- The ability to remain calm under pressure.
- Must possess excellent interpersonal and employee relation skills.
- Ability to respond calmly and make rational decisions in stressful situations.
- Ability to multi task.

DUTIES AND RESPONSIBILITIES:

- Must adhere to Legendary Waters Resort & Casino's policies and procedures.
- Must adhere to all appearance and uniform standards.
- Perform all functions necessary for registration and assignments of guest rooms.
- Checks out guest and receives all room payments.
- Receives and directs phone calls and messages.
- Handles all guest interactions in a courteous and friendly manner.
- Handles special request in a manner that ensures guest satisfaction.
- Makes reservations and handles cancellations.
- Maintains a clean and orderly working environment.
- Communicates with housekeeping on checkouts.
- Maintains all related records.
- Administer wake up calls.
- Must be able to sit, stand, and/or walk for long periods of time.
- Ability to lift 25-30 lbs.
- Perform other duties as assigned.

Not a smoke free environment.

The Red Cliff Tribal Council has a drug free workplace policy and adheres to the intent of the drug free workplace act. All new hires are subject to a drug test prior to starting.

Applications are available at the Cashier's window, the Personnel office of the casino, and on the website www.legendarywaters.com

Deadline: 5/1/14

For further information contact:

**LW Human Resources department: 37600 Onigamiing Drive, Red Cliff WI
smorris@legendarywaters.com (715) 779-9401**

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JOB DESCRIPTION

TITLE: Drop Team Member
DEPARTMENT: Drop
SUPERVISOR: Drop Supervisor/Vault Manager
WAGE: Dependent on Qualifications
SHIFT: Days/Weekends/Holidays or as needed
CLASSIFICATION: Gaming License Required

JOB SUMMARY: Under the direction of the Drop Supervisor and/or Vault Manager, this position is responsible for the drop and count process for Gaming Machines and Table Games. The drop team is responsible for completing all machine and table drops effectively and in a timely manner. Applicants should be advised that the Tribe reserves the right to disqualify applicants whose prior activities pose a threat to the public interest. Friendly, professional attitude required at all times. Must be willing to work early mornings, weekends, and holidays. Neat clean appearance is a must. Red Cliff Tribal member preferred but all qualified applicants will be considered.

JOB QUALIFICATIONS:

- Demonstrated ability to accurately account for large amounts of cash.
- Must have excellent communication skills.
- Must be well organized.
- Must be reliable, punctual, efficient, and diligent.
- Ability to use a 10 key calculator.
- Basic computer skills.
- Customer service, interpersonal and teamwork skills necessary.
- Accurate and detail oriented

DUTIES AND RESPONSIBILITIES:

- Must adhere to all Legendary Waters Resort & Casino's policies and procedures.
- Must adhere to all appearance and uniform standards.
- Removes and replaces slot machine bill validating currency drop boxes.
- Transfer slot drop boxes, escorted by Security, to a locked count room.
- Count and sort money and tickets; verify accuracy of money records according to established standards, requirements, and procedures.
- Document meter reading from slot machines.
- Prepares and bundles the currency drop for verification.
- Maintains confidentiality of all information.
- Ensures area is maintained and clean.
- Must be able to stand, walk, or sit for long periods of time.
- Lift up to 50 lbs.
- Perform other duties as assigned.

Not a smoke free environment.

The Red Cliff Tribal Council has a drug free workplace policy and adheres to the intent of the drug free

4/29/2014

Legendary Waters Resort & Casino - Drop Team Member

workplace act. All new hires will be subject to a drug test prior to starting.

Applications are available at the Cashier's window, the Personnel office of the casino, and on the website www.legendarywaters.com

Deadline: 5/12/14

For further information contact:

**LW Human Resources Department: 37600 Onigamiing Drive, Red Cliff WI
smorris@legendarywaters.com (715)779-9401**

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VACANCY NOTICE

The School District of Bayfield has the following vacancy

POSITION: American Indian Language, History & Culture
Teacher

Beginning 2014-2015 School Year

SCHOOL: School District of Bayfield

QUALIFICATIONS: Indian History and Culture licensure (927) and Indian Language licensure (926) PK-12 Certification. Demonstrate verbal and written proficiency in Ojibwe language. Sensitivity to the unique needs of American Indian children and families. Understanding and respect for the culture and history of Native Americans in the State of Wisconsin. Work collaboratively with staff, parents, community members and other child support systems in the best interest of students. The School District of Bayfield is a multicultural environment making experience with and sensitivity to Native American Culture Imperative. Knowledge of Wisconsin Act 31 important. Native Americans are encouraged to apply.

TO APPLY: Opened until filled. Submit application available online at www.bayfield.k12.wi.us, letter of interest, resume, three recent letters of reference and copy of DPI licensures to:

Dr. David Aslyn, District Administrator
School District of Bayfield
300 North 4th Street
Bayfield, WI 54814

THE SCHOOL DISTRICT OF BAYFIELD IS AN EQUAL OPPORTUNITY EMPLOYER AND DOES NOT DISCRIMINATE ON THE BASIS OF RACE, GENDER, AGE, HANDICAP, OR SEXUAL ORIENTATION.

MAY2014

WAABIGWANI-GIIZIS

NITAM ANOKII-GIIZHIGAD		NIIZHOO-GIIZHIGAD		AABITOOSE	NIIYO-GIIZHIGAD		NAANO-GIIZHIGAD
					1B HB OATS, BERRIES, MUFFIN, CC L HAMB. HD, PEACHES, BROCC, PUDDING S MULTIGRAIN BAR/ MILK		MENU SUBJECT TO CHANGE
5B MALTO MEAL, TROP FRT, CC, TOAST L PIZZA BRG, VEG/DIP, PEARS, YGT, SALAD S CRACKERS/CHZ		6B CORN CHEX, AP- PLES, YGT, ENG MUFFIN L BEEF STEW,CORN, BISCUIT,CC, S CHEEZ RICE CAKES/ JUICE		7B KIX, STRAWBER- RYS,TOAST, PB, CC L CHICK SOUP, SALAD, BR.STICK, MAND. OR- ANGES, YGT S APPLES/PB	8B RICE CRISPY, MUF- FIN, YGT, BANANAS L MAC N CHZ, KEBASKA, PINEAPPLE,PEAS S PICKLE ROLL UPS		MILK SERVED WITH ALL MEALS
12B WAFFLES, FR COCK- TAIL, CC L CHIX HD, VEG/DIP, BERRIES, YGRT, S PBJ/MILK		ECC/TRIBE CLOSED INDIAN DAY		14B RICE CHEX, BA- NANA, ENG MUFFIN L VEGGIE SOUP, CHIX SAND, PEACHES, CC S TRAIL MIX/ JUICE	15B CHEERIOS, PEARS, YGT, BAGEL L HAM/SCALLOP PO- TATO, PINEAPPLE, PEAS, BUN, SALAD S CHZ/ APPLE SLICES		
19B FR TOAST STIX, BLUEBERRIE,YGT L BURRITOS, RICE, MANGO, SALAD, CARROT S CC/PINEAPPLE		20B KIX, ORANGES, CC, TOAST, JELLY L CHIX SOUP, YGT, AP- PLES, CHEEZ SAND S HAM ROLL UP		21B CHEERIOS, CC, PEACHES, MUFFIN L BBQ, FRIES, CORN, TROP FRUIT S NUTRA GR/MILK	22B RICE CRISPIES, BA- NANA, ENG MUFFIN, L HAM, PEAS, RICE, PINE- APPLE, S GR CRACKER/MILK		
26 ECC/TRIBE CLOSED MEMORIAL DAY!!		27B BKF BAGEL, OR- ANGES, YGT L PIZZA, SALAD, GR BEAN, CC, ORANGES S FLUFF/CRACKER		28B CORNFLAKES, BA- NANA, YGT, TOAST L SPAGHETTI, CORN, FR COCKTAIL, CC S VEGGIE/DIP/ JUICE	29B KIX, BERRIES, CC, BAGEL L CHIX ALFREDO, SALAD, PEAS, MANGO S WAFFLE,PUDIN/ JICE		