



# Red Cliff Early Childhood Center

## Education Division Gichi-Manidoo-Glizis Newsletter (Great Spirit Moon)

January 2014

### Traditional Storytelling Family Night

Deep in the midst of Biboon we have a rare opportunity to share the stories that have been leading the Anishinabe in the good way of life. The ECC will host its annual Family Night on Wednesday, January 29th starting at 5pm. We will have a meal prepared to share followed by an evening filled with stories. Past years we have been blessed to have some very special guests such as Rob Goslin Sr., Jim Pete, Marvin Defoe Jr., Jason Schlender, Diane Defoe, Mary and Leonard Moose, and various others who have offered a story or two! This year we will have a very special line up and also invite you to bring a story of your favorite to share! This event is family friendly and is welcome by all, including home based, center based and the extended community.

Join us Wednesday, January 29th at 5pm  
at the Red Cliff Early Childhood Center.



### Policy Council Member Needed.....

The ECC is seeking an interested Home Base Parent Rep for the Policy Council (PC). If you are interested please contact Nicole (ext 253) or Jenny (ext 257) at 779-5030 or let your home base teacher know! The policy council is a vital governing body over the ECC made up of parent and community reps, they meet once a month and are involved in important decision making roles!! PC members may not be immediately related to any ECC employee and have not served a total of 3 years on PC in their lifetime.

#### Inside this issue:

Classroom News  
Community Calendar  
Budgeting Class Jan 15th  
ACA Newsletter  
LCO Spring Schedule  
Potty Training  
Winter Guide

#### Special points of interest:

- ECC Calendar has a typo!! ECC is closed February 17th for President's Day.
- **ECC CLOSED**  
THURSDAY,  
JANUARY 23rd,  
FRIDAY, JANUARY 24th and  
MONDAY,  
JANUARY 27th
- GED Classes start at the ECC January 15th!!



# Gichi-Manidoo-Giizis (Great Spirit Moon) January 2014

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5	6	7	8	9 Ojibwe Language Table 4:30-7 @ ECC	10	11
12	13	14	15 10-1 GED Class @ ECC 5pm Budgeting Class/Parent Committee	16 Ojibwe Language Table 4:30-7 @ ECC	17 10am Home Base Social/Budgeting Class	18
19	20 <u>ECC</u> <u>CLOSED</u> Martin Luther King Jr Day	21	22 10-1 GED Class @ ECC Blood Drive 10:30-4:30 @ LW Zumba 5-6 @ Elderly	23 <u>ECC</u> <u>CLOSED</u> <u>FOR IN-SERVICE</u>	24 <u>ECC CLOSED</u> <u>FOR IN-SERVICE</u> *PAC Mtg @ Bayfield School	25
26	27 <u>ECC</u> <u>CLOSED</u>	28	29 10-1 GED Class @ ECC Traditional Story Telling Family Night 5pm	30 Ojibwe Language Table 4:30-7 @ ECC	31	Feb 1  **Dog Sled Races
Feb 2	Feb 3 WIC Pick Up	Feb 4 WIC Pick Up	Feb 5 10-1 GED Class @ ECC Zumba 5-6 @ Elderly **JOM Mtg 3:30pm Tribal Office	Feb 6 Ojibwe Language Table 4:30-7 @ ECC	Feb 7	Feb 8



# Budgeting Class

## @ ECC

Wednesday, January 15th:

5:00pm at ECC

Friday, January 17th:

10:00am at ECC (Home Base Social)

Learn budgeting strategies,  
how to save money and lots of  
useful tips!!

**UW**  
**Extension**

**I**   
**SAVING**  
**MONEY**



# Homebase Newsletter (Agongos)



## January Birthdays

**Tucker 1/15**

**Delilah 1/5**

**Hazel 1/30**

**Edward 1/11**



## Homebase Socialization

**January 17th @ 10:00 A.M.**

**Ecc Closed and Tribe Closed  
January 20th,  
Martin Luther King Day**

## Family Night

**January 29th @ 5:00 P.M.**

**Also a Homebase Socialization**



# Waabooz newsletter for Gichi-Manidoo-Giizis

December just flew by and we hope you had a safe and fun vacation. We excited to welcome a new friend into our classroom, Izzy... She will be transitioning as soon as we get back from break, YAH!!!

Things we like to do are....

Walter enjoys sitting on laps and reading books.

Niigani loves to paint.

Emylia like to climb on things and explore all areas.

Samara loves school and really likes doing activities.

Zaylia really loves to keep busy and is working so hard on crawling..

Avery is crawling and pulling herself up on furniture.

Maycee is learning to drink all by herself.

The Waabooz teachers are very happy to see the children be with us as much as possible with all the sicknesses we do understand when they stay home to cuddle and get better but please remember to call everyday you are not going to be here so you will not be marked a no call no show.

For January we are hoping to be all sitting at the table eating and we will continue working on our sign language and Ojibwe language so if you have any question...ask us we will answer if we can or find the answer.

We would also like you to know what a great job you are doing and how happy we are to be working with you and

**MIIGWECH!!!!**



WALTER



EMYLIA



NIIGANI



SAMARA



Zaylia



Avery



Maycee



Izzy

# **Amik Room January Newsletter**

**Hope your time over the Winter Break  
was great and shared with loved ones,  
creating memories for a lifetime!**



**Here is what the Amik children enjoy:**

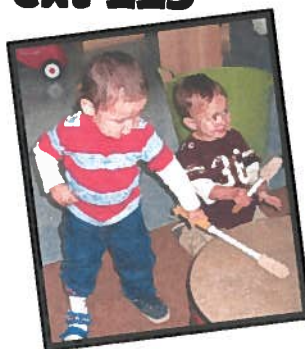
- Henry likes fine motor and the scissors!**
- Silas loves being silly with daddy.**
- Clayton is good at balancing!**
- Adena likes observing her friends.**
- Tim loves climbing!**
- Maycee loves to paint!**
- Loyalty enjoys looking at herself.**
- Warren enjoys drumming.**



**Miigwech Judy for helping in our classroom!**

**Mino Dibishkaa to Clayton Cadotte!!**

**~Teresa ext 225**





# **Makwa Room January News**

**Boozhoo and Happy New Year!**

**We are starting off the New Year with a new teacher in our classroom! Caitlin Gorman is the new full time teacher for the Makwa class! Caitlin really looks forward to teaching all the children and getting to know them and the families as well!**

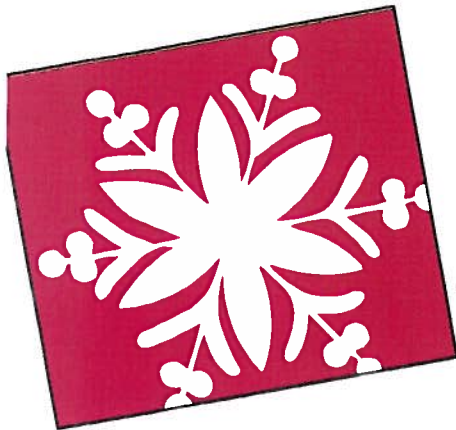
**For the month of January we will be working on matching, creating patterns and serving ourselves at the table during our meal times and practice serving using the sand/water table!**

**Also, just a friendly reminder to make sure you send your child to school with the proper outdoor clothing for the days that we get outside! We hope you all had a wonderful holiday break!!!**

**~Jamie and Caitlin, Ext 244 (Makwa Room)**

JANUARY 2014

GICHI-MANIDOO-  
GIIZIS



SPECIAL POINTS OF INTEREST:

- Lesson plans
- Ojibwemowin
- Closing
- Family night
- Look and see

MAKOONS CAN CUT ON A LINE.

BELLA SHOWS AFFECTION FOR A FRIEND WITHOUT PROMPTING.

JAXIN CAN CARRY ON CONVERSATIONS USING MORE THAN 2-3 SENTENCES.

KENYON KNOWS HIS ABC'S AND CAN COUNT TO 11.

BRANDY CAN NAME ALL THE CHILDREN IN OUR CLASS.

LEIAM HAS GREAT MANNERS-HE SAYS THANK YOU AND PLEASE WITHOUT PROMPTING.

MANUEL CAN PLAY SIMPLE MAKE-BELIEVE GAMES.

NATHAN SHARES AND TAKES TURNS WITH HIS TOYS.

# Esiban Abiwin

Nadine and Karen

## WELCOME BACK

We hope everyone had a great holiday and are ready to get back into the swing of things. We will be focusing our lesson plans around winter this month. We will be adding new Ojibwe words to our list. If you are interested in what we use in the classroom just ask and we can print

out words for you to use at home. Rose and Reggie are available daily too.

The children are learning to take care of each other and beginning to understand we all need our own space.



*When you give your child simple jobs, it helps him feel valued and more deeply connected to the family and community. This increases his confidence and sense of self-worth.*

Snow  
Its snowing  
Cold

Goon  
Zoogipon  
Gisinaa

### JANUARY NEWS

January 20, 2014  
the ECC/TRIBE  
will be **CLOSED** for  
6 Martin Luther King  
Day.

**Family Night** will be  
at 5pm at the ECC  
on January 29th.

### Emergency Closings

Watch: WDIO ch.10  
Listen to: 96.7 fm

If Bayfield school and/  
or the RC tribal office  
is closed, the ECC is  
also closed!



# MIGIZI



January 2014

Wow! We had some winter arctic weather for the month and now it's over so now we can move on.

Our learning during January will be on winter, how we dress for the Weather outside, Hibernation, how animals live during winter and more, Ojibwe Language, Alphabet's H, I, J, Numbers 1-10, Matching, and patterns.

Second Step Discussion: Self-Talk and Getting lost and what to do.

Reminder: Dress your little ones up for the winter weather outside; hat, mitts, snow-pants, boots.

Ms. Diann and Ms. Patsy



# Ma'iingan Room



## What's Going On In The Ma'iingan Room?

Welcome Back! We missed all of our kids and families. It's been a long break! We look forward to seeing all of you. We will be working on some winter projects in our room, snowflakes, cutting exercises, self help skills, mitten project, and lots more. We want to encourage parents and families to come and visit and be a part of our classroom. We start our day at 8 am and end at 2 pm. We really appre-

ciate a call before 9am if your child will not be attending for the day. If your child is not here by 9 am we will NOT be expecting them for the day. Thank you for the understanding of our daily schedule and the importance of routine and getting your child to school. In our classroom we have lots of learning such as number recognition, letter recognition, name recognition, turn taking, writing our

names, being creative, role playing, counting, grouping, sorting, using our manners, and much more. We encourage our families to join us and be a part of our day we have lots of opportunity to be part of your child's day. So don't hesitate to come in for breakfast, lunch or free choice time, pow wow on Thursdays, we also have field TRIPs coming up soon.

~Alicia and Linda (ext 245)

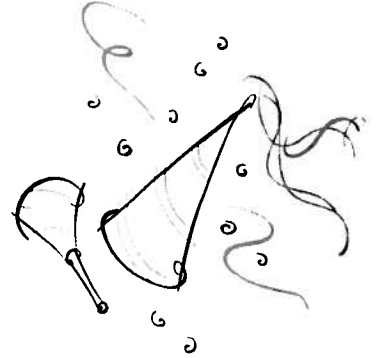
## What Ma'iingan Kids like to do:

- Ozzawaa likes to play super heros.
- Dillon likes to play cars.
- Owen likes to read books.
- Tessla likes to play house.
- Ayden likes to play super heros.
- Stormy likes to play house.
- Braden likes to play cars.
- Nakoden likes to play with animals.
- Lovey Jo likes to dress up.
- Kj likes to play outside.
- Aron likes to play with the shopping cart.
- Ella likes to play with art projects
- Rowan likes to play cars.
- Phoenix likes his friends!
- Adriauna likes to play house.
- Miranda enjoys helping her friends and the teachers.

January  
2014

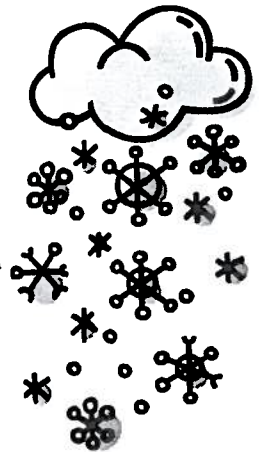
# Mashkodebizhiki Room

Boozhoo. Welcome to the new year. 2014 promises to bring with it happiness and growth. Each of the kids has grown so much since September and we are excited to see where they will be by the end of the year. We hope that you are enjoying the gifts the kids received from the ECC and that they are helping you work with your child on letter awareness and recognition.



Our focus on generosity in the month of December was awesome. The kids really took it all quite naturally and seemed genuinely happy to make someone else happy. Our annual trip to the Northern Lights nursing home was a big success as usual. It was great to see the joy that the children brought to our elders and the smiles on the kids faces when they handed the residents gifts they had made.

During the month of January we will be focusing fairy tales and snow. It is always fun to put little spins on old fairy tales and watch the kids act out familiar stories. It is also a good time of year to learn about snow. How it is “made” and what it actually in the snow that they eat are two things that seem to get them interested.



Please continue to send appropriate gear for outside. A little reminder that stretchy, finger gloves are not very warm and our supply of winter gloves at school is very small. Please help us make sure your child is safe and warm when outside. We will be leaving snow pants and gloves at school. It gets difficult shoving wet snow pants and gloves in backpacks everyday. If you would like your child's stuff sent back and forth daily please call us. If they do go home daily please remember to take them out of the backpack and dry them. It is no fun wearing wet snow pants and gloves outside. Thanks for your understanding.

Ms. J and Ms. Jenn



# ECC Family Night Storytelling



Wednesday

January 29, 2014

Time:

5pm

Location:

ECC



Enjoy some food, a few  
laughs and great stories

Home Based Social

# **ATTENTION PARENTS:**



The Red Cliff Dental hygienist will be at the ECC to exam and administer a fluoride Treatment (varnish) the children's teeth on:

**TUESDAY—JANUARY 28TH FROM 8:30AM—11AM**

**AND ON THE FOLLOWING:**

**WEDNESDAY—February 5th @ 8:30 AM—10:30 AM**

If you have any questions or do not want your child/children to receive the dental services please contact my office before January 22, 2014.

I can be reached at: **715/779-5030 ext. 256**

**Thank you  
Parents !!**



# **★★Notice to ECC Families★★**

The ECC will be CLOSED

Thursday (January 23rd)

Friday (January 24th)

Monday (January 27th)

for an Ojibwe Language Training  
event with Dr. Greymorning.

We apologize for any inconvenience!  
This training will assist our staff with  
improving our Ojibwe Language!!





Bayfield Recreation Center  
Recreation and Fitness Resources  
140 S. Broad St./ PO Box 1146  
Bayfield, WI 54814 715-779-5743

#### Financial Assistance Scale 2013-2014

Household Size	Member pays 75% of monthly	Member pays 50% of monthly	Member pays 33% of monthly
1	\$21,257	\$18,097	\$14,937
2	28,694	24,429	20,163
3	36,131	30,760	25,389
4	43,568	37,092	30,615
5	51,005	43,423	35,841
6	58,442	49,755	41,067
7	65,879	56,086	46,293
8	73,316	62,418	51,519

Monthly Rates	Residence in the Bayfield School District	Residence outside of the Bayfield School District
Adult	\$31	\$32
Family	\$41	\$42
Senior (60+)	\$28	\$29
Single Parent Family	\$36	\$37
Senior Family	\$39	\$40
Youth (under 18 or college student)	\$25	\$26



# January 2014

## Red Cliff GED/HSED & Adult Education Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8			
12	13	14	15 Class Starts Today 10 am-1:00	16	17	18
19	20	21	22 Class Today 10 am-1:00	23	24	25
26	27	28	29 Class Today 10 am-1:00	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 to enroll

**Call WITC—Ashland Campus (715)682-4591**

Ext. 3118 - Sue Hopkins or

Ext. 3430 - Theresa Ottman (Red Cliff Instructor)

**Enroll in class any time throughout semester!**

# Affordable Care Act Newsletter



Happy New Year from the  
Red Cliff Community Health Center!

## The Affordable Care Act and the Indian Health Service

The Affordable Care Act (ACA), also known as the health care law, was created to expand access to coverage, control health care costs, and improve health care quality and coordination. The ACA also includes permanent reauthorization of the Indian Health Care Improvement Act, which

extends current law and authorizes new programs and services within the Indian Health Service.



## The Affordable Care Act and American Indians and Alaska Natives

For American Indians and Alaska Natives, the ACA will help address health disparities by investing in prevention and wellness and increasing access to affordable health coverage.

The ACA provides American Indians and Alaska Natives with more choices; depending on your eligibility and the coverage available in your state, you can:

- Continue to use IHS, tribal, and/or urban Indian health programs,
- Enroll in a qualified health plan through the Marketplace, and/or
- Access coverage through Medicare, Medicaid, and the Children's Health Insurance Program.
- If you choose to enroll in a QHP through the Health Insurance Marketplace plan, you may qualify for special benefits and protections offered to American Indians and Alaska Natives.

## ACA Timeline

- January 1<sup>st</sup>, 2014  
New ACA in effect
- March 31<sup>st</sup>, 2014  
Last day to enroll
- BadgerCare  
extended till March  
31<sup>st</sup>, 2014.

*"To accomplish great things, we must not only act, but also dream; not only plan, but also believe." – Anatole France*





## What do you need to enroll in the Marketplace?

1. An email address (You can get a free email address at: Gmail, Outlook, Yahoo or AOL.)
2. Your social security number (or document numbers for legal immigrants)
3. Employer and income information for every person in your household who needs coverage (pay stub or W2)
4. Policy numbers for current health insurance plans covering members of your household
5. A completed Employer Coverage Tool if anyone in your household is eligible for a job-based insurance plan (You will need to have the employer complete this information with the tool available on the [www.healthcare.gov](http://www.healthcare.gov) website.)

You may qualify for lower premiums or out-of-pocket costs based on your household income or size. In 2014, an individual making up to \$45,000, or a family of four making up to about \$94,000, may qualify for these lower costs.

If you don't enroll in a health insurance plan, penalties may apply (Exemption for American Indians and Alaska Natives, whom are enrolled members of a federally recognized tribe).

You may enroll between October 1, 2013, and March 31, 2014. American Indians and Alaska Natives are able to enroll in the marketplace monthly after March 31, 2014.



## Governor Scott Walker Signs Bill Extending BadgerCare

Friday, December 20, 2013 - Press Release

**Madison** – Governor Scott Walker today signed Special Session Assembly Bill 1 into law at the Wisconsin State Capitol. In response to the failed federal rollout of the Affordable Care Act, the bill extends current coverage for Wisconsin citizens under several medical assistance programs and the Health Insurance Risk-Sharing Plan (HIRSP) through **March 31, 2014**.

"This bill gives the federal government more time to fix major issues with the Affordable Care Act and it gives Wisconsinites more time to make a logical health care transition," Governor Walker said. "In 2014, everyone living in poverty will be covered – for the first time – under Medicaid in Wisconsin. The waiting lists and enrollment caps that once denied coverage to our most vulnerable citizens will be gone. I thank members of the Legislature for their bipartisan support."





**3rd Friday of each  
month following  
Family Breakfast in the  
cafeteria**

**Upcoming Meetings:  
January 24th  
February 21st**

## **PAC—Parent Advisory Committee**

### **Purpose and Opportunities:**

- Parent driven committee that will work in collaboration with school personnel on exploring family engagement opportunities.
  - Opportunity to provide input for family nights and/or other school activities
  - Share information on school-wide initiatives
  - Meet other parents and families from our community
  - Meet monthly after family breakfast in the cafeteria.
- Committee may periodically change time and location.

### **PAC Contact Information:**

Barb Gadbois-blgadbois@charter.net

Scott Stralka-sstraka@bayfield.k12.wi.us

**715-779-3201 EXT 142**



**Lac Courte Oreilles Ojibwa Community College North**  
**Spring 2014 Schedule—Classes Start January 21**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
9:00-10:25	<b>SCI 102-05</b> General Animal Biology D. Anderson Room 206	<b>SCI 115-05</b> Intro to Wildlife Science L. Baker Room 206	<b>SCI 102-05</b> General Animal Biology D. Anderson Room 206	<b>SCI 115-05</b> Intro to Wildlife Science L. Baker Room 206	SCI 102-LAB General Animal Biology-LAB D. Anderson LCO Room 201 9:00-10:55
	ALP 101-05 General Math L. Johnston Room 200		ALP 101-05 General Math L. Johnston Room 200		<b>HUS 103-05</b> Professional Field Experience II 9:00-10:00 G. Berg Room 206
10:30-11:55	<b>BUS 107-05</b> Intro to Casino Hospitality & Tourism D. Hegstrom Room 202	<b>BUS 112-05</b> Food & Beverage Management D. Hegstrom Room 202	<b>BUS 107-05</b> Intro to Casino Hospitality & Tourism D. Hegstrom Room 202	<b>BUS 112-05</b> Food & Beverage Management D. Hegstrom Room 202	<b>HUS 240-05</b> Human Services Practicum 10:00-11:00 G. Berg Room 206
	<b>PSY 110-05</b> Intro to Counseling G. Berg Room 206	<b>NAS/PHI 242-05</b> Native American Philosophy M. Sharlow Room 206	<b>PSY 110-05</b> Intro to Counseling G. Berg Room 206	<b>NAS/PHI 242-05</b> Native American Philosophy M. Sharlow Room 206	
	EDC 110-05 Intro to Higher Ed J. Radtke Room 200	SCI 110-05 Earth Science M. Heim Room 200	EDC 110-05 Intro to Higher Ed J. Radtke Room 200	SCI 110-05 Earth Science M. Heim Room 200	
12:00		NAS/SCI 240-05 Spring Ethnobotany w/ Lab M. Heim 12:30-3:00 Room 200		NAS/SCI 240-05 Spring Ethnobotany w/ Lab M. Heim 12:30-3:00 Room 200	
1:00-2:25	<b>BUS 235-05</b> History of Gaming & Concepts D. Hegstrom Room 202	<b>BUS 211-05</b> Casino Marketing D. Hegstrom Room 202	<b>BUS 235-05</b> History of Gaming & Concepts D. Hegstrom Room 202	<b>BUS 211-05</b> Casino Marketing D. Hegstrom Room 202	
	<b>PSY 210-05</b> General Psychology G. Berg Room 206	<b>NAS 212-05</b> WI Native History M. Sharlow Room 206	<b>PSY 210-05</b> General Psychology G. Berg Room 206	<b>NAS 212-05</b> WI Native History M. Sharlow Room 206	
	ALP 100-05 General English L. Johnston Room 200		ALP 100-05 General English L. Johnston Room 200		
	ENG 112-05 Fundamentals of Speech H. Taber Room 201		ENG 112-05 Fundamentals of Speech H. Taber Room 201		
2:30-3:55	ENG 102-05 Composition 2 H. Taber Room 201	MTH 112-05 Intermediate Algebra Staff 3:30-5:30 Room 200	ENG 102-05 Composition 2 H. Taber Room 201	MTH 112-05 Intermediate Algebra Staff 3:30-5:30 Room 200	



4:00-5:30	<b>PSY 242-05</b> Human Growth & Development G. Berg Room 206	<b>BUS 221-05</b> Macroeconomics D. Zaumseil Room 202	<b>PSY 242-05</b> Human Growth & Development G. Berg Room 206	<b>BUS 221-05</b> Macroeconomics D. Zaumseil Room 202	
	<b>ENG 223-05</b> Literature for Children P. Hemming Room 202	<b>EDC 270-05</b> Early Childhood Program Management T. Nayquonabe Room 206	<b>ENG 223-05</b> Literature for Children P. Hemming Room 202	<b>EDC 270-05</b> Early Childhood Program Management T. Nayquonabe Room 206	
	<b>BUS/MTH 106-05</b> Financial Math S. Wilber 4:00-5:30 Room 200		<b>BUS/MTH 106-05</b> Financial Math S. Wilber 4:00-5:30 Room 200		
5:30-6:55	<b>BUS 240-05</b> Principles of Management D. Zaumseil Room 206	<b>BUS 260-05</b> Business Communications D. Zaumseil Room 202	<b>BUS 240-05</b> Principles of Management D. Zaumseil Room 206	<b>BUS 260-05</b> Business Communications D. Zaumseil Room 202	
	<b>BUS 125-05</b> Intro to Personal Finance Staff 5:30-8:30 Room 202	<b>NAS 102-05</b> Ojibwemowin 2 J. Kingfisher 5:30-7:30 Room 200		<b>NAS 102-05</b> Ojibwemowin 2 J. Kingfisher 5:30-7:30 Room 200	
	<b>ALP 107-05</b> General Computing S. Wilber 5:30-7:30 Room 201	<b>EDC 103-05</b> Creative Activities for the Classroom K. Smith 5:30-8:30 Room 206	<b>CPS 101-05</b> Computer Applications S. Wilber 5:30-8:30 Room 201	<b>NAS/POL 222-05</b> Intro to Tribal Government Staff 5:30-8:30 Room 206	
	<b>ART/NAS 105-05</b> 3D Native Art J. Pete 5:30-8:30 Room 200		<b>NAS/ENG 230-15</b> Ojibwa Literature & Storytelling J. Pete 5:30-8:30 Red Cliff Nutrition	<b>NAS/POL 222-25</b> Intro to Tribal Government Staff 5:30-8:30 Bad River Housing	

#### ONLINE

HTH 130-03: Medical Terminology  
 HTH 231-03: Navigating Healthcare (1 cr.)  
 HTH 232-03: Wellness: Food for Fitness (1 cr.)  
 HTH 233-03: Body/Mind/Spirit/Wellness (1 cr.)  
 SOC 205-03: Sociology of Race, Ethnicity and Diversity

#### ARRANGED

EDC 291-05: Early Childhood Field Practicum (6 cr.)  
 NAS 202-05: Ojibwemowin 4 (4 cr.)

**Yellow** = ITV beaming in from another site

**Blue** = ITV beaming out from our site

**Green** = Off-site courses



# Live Well, Work Well

January 2014



## Winterize Your Skin

While many people think of summer as the prime season for skin damage thanks to the risk of overexposure in the hot sun, winter can also be brutal for skin. The dry winter air can cause flaking, cracking and itchy skin as well as chapped lips. Even worse, the problem is exacerbated once you step inside a heated area or hot shower, where furnace air or scalding water dries skin out even more. Dry skin can even lead to eczema.

It's easy to take healthy skin for granted, but it doesn't just happen. Make sure the products you use and the environment you live in are primed to help your skin stay healthy.

To begin, choose a cleanser that will nourish the skin as it cleanses. This means avoiding foaming face washes and alcohol-based toners. Instead, look for antioxidant-rich products that contain ingredients like tocopherol (vitamin E), liponic acid and CoQ enzymes.

Be sure to exfoliate as well; in the winter, dead skin cells build up more easily, resulting in a dull complexion and potential breakouts. Exfoliating can help remove the buildup.

After cleansing, moisturize. Swap your water-based moisturizer for one that is oil-based. As weather conditions change, your skin care routine should, too. Many lotions labeled as "night creams" are oil-based. Just be careful to choose non-clogging oils like avocado, mineral, primrose or almond.

Be sure to wear sunscreen when going out, even in the dead of winter. Winter sun—combined with snow glare—can still damage skin. Try applying a broad-spectrum sunscreen to any exposed skin about 30 minutes before going outside. Reapply frequently if you stay outside a long time. You may be able to double up by choosing a moisturizer that is fortified with sunscreen.

Also when going outside, try to cover up as much skin as possible. Wear cotton garments underneath wool to prevent irritation. Always change out of wet clothes as soon as possible.

In addition to topical skin products, there are other practical, economical steps that you can take to protect your skin. Modify your diet to include foods rich in omega-3 fatty acids and antioxidants (nuts, beans, berries, apples, fish). And, as always, make sure you drink plenty of water (two to three liters a day).

Keeping your thermostat down around 68° F will help keep moisture in the air (and save on utility bills). You may also want to consider running a humidifier when heating your home. Additionally, try to keep shower temperatures below 98.6° F to lessen the drying effect hot water can have on skin. Limit hot showers to five minutes or less to protect against dryness.

If all else fails, seek professional assistance. Find an esthetician or dermatologist who can evaluate your regimen and skin type and offer advice on products or lifestyle changes needed to protect and improve your skin.

The cervix is the lower, narrow end of the uterus, also known as the womb.

## Get Screened for Cervical Cancer

Cervical cancer is a cancer that starts in the cervix, which, early on, may not exhibit any signs or symptoms. In advanced stages, it may cause abnormal vaginal bleeding or discharge. It is often caused by the human papillomavirus (HPV).

Cervical cancer is highly preventable in the United States because of screening tests and an HPV vaccination. When cervical cancer is found early, it is highly treatable and has high survival rates.

The two tests women can use to help prevent cervical cancer or catch it in its earliest and most treatable stages are the Pap test (or Pap smear) and the HPV test. Having these tests done at regular intervals beginning at age 21 is the most important thing you can do to prevent cervical cancer.

Besides regular screenings, other steps you can take to reduce your risk of developing cervical cancer are not smoking, using condoms during sex and limiting your number of sexual partners.

Provided by:

**CB** Cottingham & Butler  
CBScreening The 3 Screeners for Cervical Cancer

# Health Benefits of Yoga

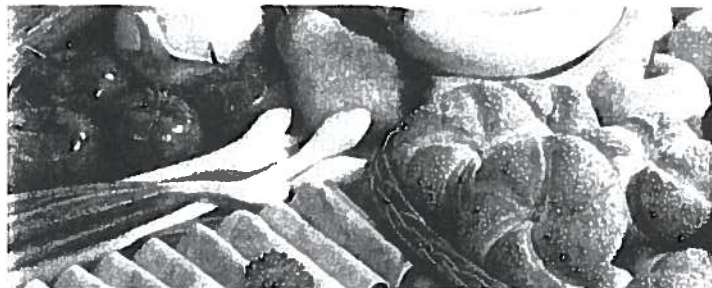
Yoga is a mind and body practice with origins in ancient Indian philosophy. Like other meditative movement practices used for health purposes, various styles of yoga typically combine physical postures, breathing techniques and meditation or relaxation. In the United States, yoga is the sixth-most commonly used complementary health practice, according to a 2007 National Health Interview Survey, and is generally considered safe for most healthy people when practiced under the guidance of a trained instructor. In addition to being a fun and relaxing pastime, yoga has been linked to the following:

**Stress reduction.** A number of studies have shown that yoga can help reduce stress and anxiety, and people who practice yoga regularly frequently self-report they are sleeping better and experiencing lower levels of stress. Yoga practice has been demonstrated to reduce the levels of cortisol—the stress hormone. Most yoga classes end with a savasana, or relaxation pose.

**Improved fitness.** Practicing yoga can lead to improved balance, flexibility, range of motion and strength. These gains mean practitioners are less likely to injure themselves performing other physical tasks.

**Management of pain and chronic conditions.** If you're already injured or suffering from chronic illness, research shows that yoga postures, meditation or a combination of the two can reduce pain for people who have cancer, multiple sclerosis, auto-immune diseases, hypertension, arthritis, back and neck pain and other chronic conditions. Yoga can also help reduce risk factors for developing chronic diseases, such as heart disease and high blood pressure.

## Groceries on a Budget



It's no secret that you can eat for less money by making your meals instead of dining out. But did you know you can also save money through smart shopping?

**Plan.** Set aside a certain amount of money each week or pay period and do not over what you budget. Consider buying a gift card from the grocery store you go to most often as a way of reinforcing your limit. Make a grocery list before going to the store, using coupons and advertised sales.

**Purchase.** Stick to your list and avoid impulse buys. Opt for the cheaper store brands for most items; in most cases you're not sacrificing quality. Buy whole, in-season fruits and vegetables (not pre-cut or packaged) for maximum produce savings. Opt for dried beans over canned—they are among the cheapest, healthiest items you can purchase. Never go shopping on an empty stomach.

**Prepare.** Make fewer trips to the grocery store by cooking large batches of food and freezing the extra portions.



## Savory Squash Soup

Start the new year off right with this nourishing soup made from fresh, cost-effective seasonal winter vegetables. This delicious dinner will taste extra savory when you know that healthy eating and bargain buys are among the best decisions you can make over the next 12 months.

- 1 tbsp. olive oil
- 2 chopped onions
- 2 chopped carrots
- 2 minced garlic cloves
- 1 cup canned tomato puree
- 5 cups chicken or vegetable broth
- 4 cups cooked winter squash (acorn, butternut, delicata, hubbard, pumpkin or spaghetti)
- 1½ tbsp. dried oregano
- 1½ tbsp. dried basil

In a large saucepan, warm oil over medium heat. Stir in onions, carrot and garlic. Cook for about 5 minutes, covered. Stir in the tomato puree, broth, squash and herbs. Bring soup to a simmer and cook, covered, for about 30 minutes.

Yield: 6 servings. Each serving provides 140 calories, 2.5g of fat, 0.5g saturated fat, 5mg of cholesterol, 140mg of sodium, 7g of sugar and 5g of fiber.

Source: USDA



## 8 Potty Training Do's and Don'ts

By Dina Roth Port

### Solve Potty-Training Problems

#### Do Start Talking About the Potty Early

Get your child accustomed to the potty well before she's ready to train; it'll make it easier when she *is* ready because the potty won't seem odd to her. Let her sit on the toilet while you are showering or getting dressed. At around 18 months, start reading her books about potty training. Choose books with vocabulary you're comfortable with or that has a character your child knows and can relate to, like Dora or Elmo.

Get more potty training tips at [parents.com/potty-videos](http://parents.com/potty-videos) >>

#### Don't Have Unrealistic Expectations

Experts agree that children will potty train when they are ready and no sooner. "Just because you *want* your child to potty train, that doesn't mean it's going to happen if it's not on your child's developmental or emotional agenda," explains Lisa Asta, M.D., a clinical professor of pediatrics at University of California, San Francisco, and spokesperson for the American Academy of Pediatrics. "It's a natural process. You can't force it." So don't expect your 15-month-old to be trained, and don't rush your first child into saying goodbye to diapers just because you have a second child on the way. And don't fix a timeline for how long it should take your child to train - - some kids potty train in three days; others take a week. "Putting a child on the potty too early often just frustrates the child and the parents and makes what should be a quick and easy process much more difficult," says Scott J. Goldstein, M.D., a pediatrician at The Northwestern Children's Practice in Chicago. In fact, adding extra stress on you and your child by trying to fit potty training into a time frame may only prolong the process.

#### Do Follow Your Child's Lead

Look for signs that your child might be ready for toilet training, such as: He's able to stay dry for longer periods of time; he dresses himself, pees and poops on a regular schedule, talks a lot about the bathroom, and seems generally interested in taking the next step. If he's showing most of these signs or at least a general interest in being ready, let him explore the bathroom and potty on his own, and make it clear that you'll help him. "Think of yourself as the pit crew -- the child leads the way and shows what he or she can do, while you provide the tools and the support when it goes well," says Wendy Sue Swanson, M.D., a *Parents* advisor and pediatrician at Seattle Children's Hospital. If your child is not showing any interest at all in the potty, he's not ready.

#### Don't Show Disappointment

Few things are worse for a child than letting her parents down. So don't add more tension to potty training by showing disapproval when your daughter doesn't get it right away; doing so can only make potty training harder. Fight any instinct to compare your children -- all kids potty train



in their own time, and telling your little one that her big sister potty trained much faster than she did isn't going to help. "Potty training is a milestone for your child, not you -- although it doesn't feel that way! -- so do your best to remain positive," Dr. Swanson says. "Celebrate successes and ignore the mishaps as best you can." Experts suggest saying short, encouraging phrases such as "You can do it!" and "I'm so proud of you for trying!" Keep in mind that potty training is a learning process; it takes a lot of practice, but eventually your child will succeed.

### Do Keep an Emergency Kit on Hand

While you're training, always prepare for those moments when you're not at home or don't have easy access to a potty. For the likelihood that your child will have a few accidents at first or that things may get messy in public bathrooms, always keep an on-the-go emergency bag filled with an extra pair of underwear, a change of clothes (shirts, shorts, and socks), plastic bags (to store dirty clothes -- or anything else), disposable potty seat covers, training pants (if needed), and tons of wet wipes. You might want to keep other items on hand that will make your child comfortable, such as favorite books or toys. "Kids have a knack for needing to go to the bathroom in the most disgusting of public potties, but that is not their fault," Dr. Goldstein says. "When they've gotta go, they've gotta go!" The good news is that, with a little preparation, you can make it a lot easier for you and your child.

### Don't Go Overboard with Rewards

Positive reinforcement is always better than punishment, but don't go crazy with rewards. Giving small incentives, such as a few stickers or an occasional lollipop, is fine, but giving prizes such as an expensive toy or a trip to Disney World is not. "If a child is not physically ready to go on the potty, and a huge reward is offered, it will only make the child anxious and frustrated," Dr. Goldstein says. In other words, the child will become focused on the prize and will only feel worse when he can't get it. And you may not want to set the precedent that every time your child uses the potty, he receives a reward (the same goes for brushing teeth or eating fruits and veggies). After all, life doesn't work that way!

### Do Talk to Your Pediatrician

Pediatricians are experts when it comes to potty training and they are available to help. "With so much to talk about and so little time at checkups, doctors often let this issue slip by," Dr. Goldstein says. "If your doctor doesn't bring it up by the 2-year visit, ask him whether your child is ready to potty train." Don't be afraid to seek advice and guidance on which techniques will work best or ask questions about any concerns you have. Pediatricians can help spot potential problems and are a reliable resource that can put you and your child at ease.

### Don't Expect Success 24/7

If your child is potty trained during the day, that doesn't guarantee he'll stay dry at night or during naps. Some kids will stay dry while they sleep right off the bat, but many others take years to give up wearing potty training pants at bedtime. Bedwetting at night is normal and, in most cases, will resolve on its own. If a child is staying dry at night, but has accidents during the day, he'll likely need extra prompting and encouragement to get him back on track. If you're concerned, talk to your doctor, but keep in mind that, as with many concerns related to children, patience during potty training is a must. *Copyright © 2013 Meredith Corporation.*

# HEALTH LITERACY: A KEY TO UNDERSTANDING AND USING HEALTH INFORMATION



THE NATIONAL CENTER ON  
Health

*Tips for Families from the Head Start National Center on Health*

## Understanding What Your Doctor Tells You

Health literacy is how well you understand health information and make good choices about health and medical care.

### Why Is It Important?

Many people find it hard to understand the health information they need to take care of themselves and their families.

### When Parents and Caregivers Understand Health Information and How to Use it, Children Are More Likely to:

- Miss fewer days of school
- Make fewer trips to the pediatrician or the emergency room that are not needed

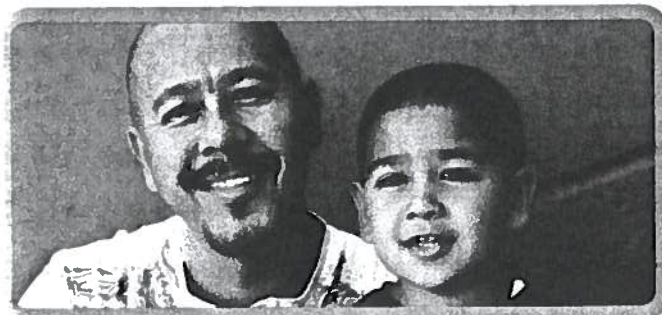
- Live healthier lives
- Get preventive care like flu shots
- Have a safe home where fewer accidents happen

### Learning Ways to Understand and Use Health Information Can Help With:

- Talking with your doctor
- Asking questions
- Following a doctor's directions
- Taking or giving medicine the right way
- Getting needed medical tests and care
- Knowing what to do when your child gets sick
- Preventing diseases like diabetes, asthma, cancer
- Making healthy choices for you and your family
- Asking for help

## Things You Can Do to Help Your Child

- **ASK** for help if you do not understand a health form or do not know how to fill it out.
- **ASK** for handouts in the language that is easiest for you to read.
- **WRITE DOWN** questions you have before you go on any health care visit.
- **TELL YOUR DOCTOR** if you do not understand what he or she is saying.
- Go to the library and ask how to find accurate information about your health concerns and medicines.
- Ask your Head Start program for information on health issues that concern you.
- Go to health workshops at your child's Head Start program and in your community.



# EXTREME



A Prevention Guide to Promote Your Personal Health and Safety



**U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION**





# Plan Ahead

Prepare for extremely cold weather every winter—it's always a possibility. There are steps you can take in advance for greater wintertime safety in your home and in your car.

## Winter Survival Kit for Your Home

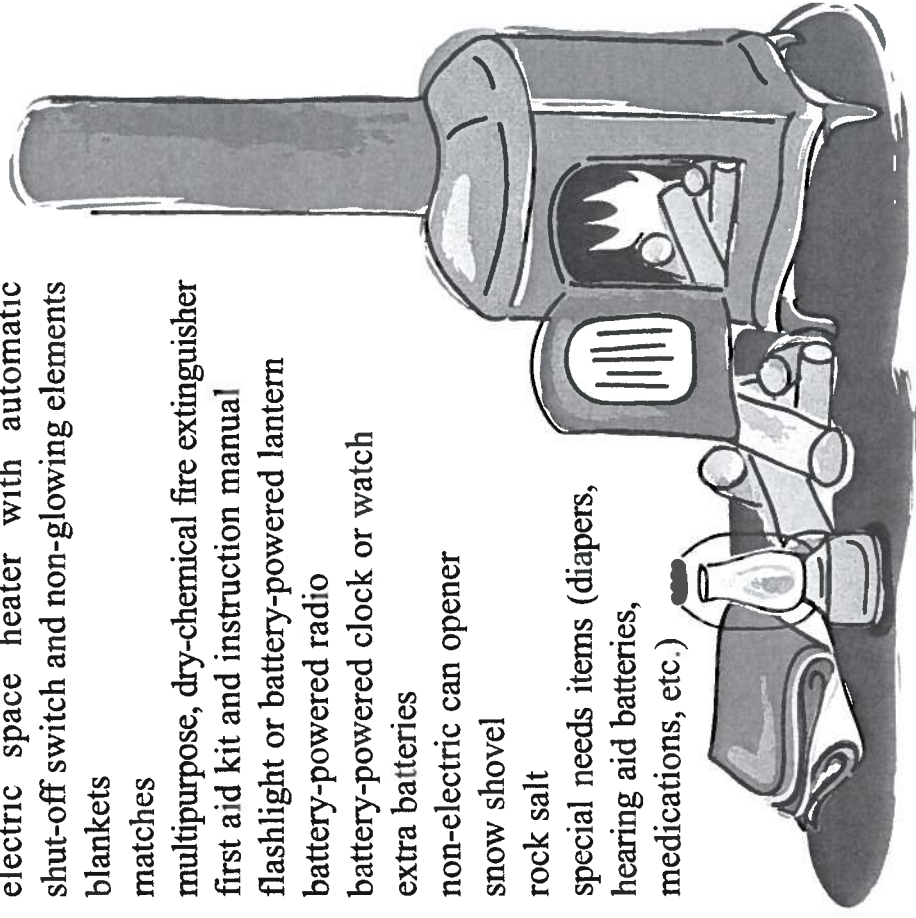
Keep several days' supply of these items:

- **Food** that needs no cooking or refrigeration, such as bread, crackers, cereal, canned foods, and dried fruits. Remember baby food and formula if you have young children.
- **Water** stored in clean containers, or purchased bottled water (5 gallons per person) in case your water pipes freeze and rupture.
- **Medicines** that any family member may need.

If your area is prone to long periods of cold temperatures, or if your home is isolated, stock additional amounts of food, water, and medicine.

## Emergency Supplies List:

- an alternate way to heat your home during a power failure:
  - dry firewood for a fireplace or wood stove, or
  - kerosene for a kerosene heater
- furnace fuel (coal, propane, or oil)
- electric space heater with automatic shut-off switch and non-glowing elements
- blankets
- matches
- multipurpose, dry-chemical fire extinguisher
- first aid kit and instruction manual
- flashlight or battery-powered lantern
- battery-powered radio
- battery-powered clock or watch
- extra batteries
- non-electric can opener
- snow shovel
- rock salt
- special needs items (diapers, hearing aid batteries, medications, etc.)





## Prepare Your Home for Winter

Although periods of extreme cold cannot always be predicted far in advance, weather forecasts can sometimes provide you with several days' notice. Listen to weather forecasts regularly, and check your emergency supplies whenever a period of extreme cold is predicted.

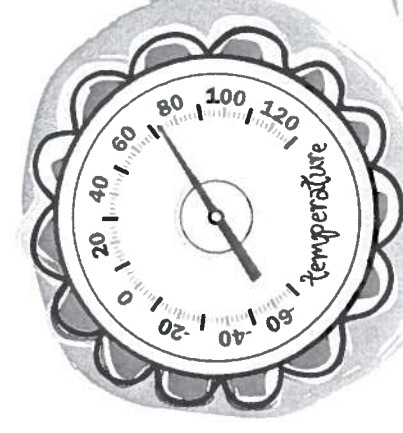
If you plan to use a fireplace or wood stove for emergency heating, have your chimney or flue inspected each year. Ask your local fire department to recommend an inspector, or find one in the yellow pages of your telephone directory under "chimney cleaning."

Also, if you'll be using a fireplace, wood stove, or kerosene heater, install a smoke detector and a battery-operated carbon monoxide detector near the area to be heated. Test them monthly, and replace batteries twice yearly.

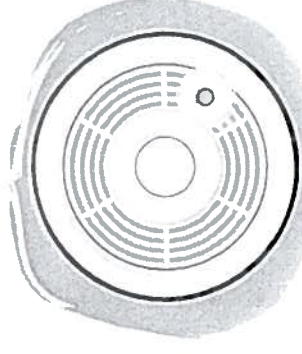
Your ability to feel a change in temperature decreases with age, and older people are more susceptible to health problems caused by cold. If you are over 65 years old, place an easy-to-read thermometer in an indoor location where you will see it frequently, and check the temperature of your home often during the winter months.

Insulate any water lines that run along exterior walls so your water supply will be less likely to freeze. To the extent possible, weatherproof your home by adding weatherstripping, insulation, insulated doors and storm windows, or thermal-pane windows.

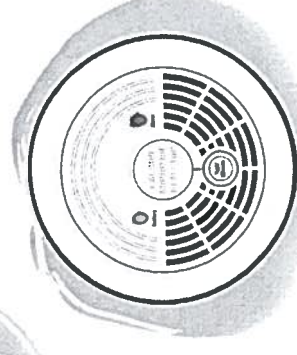
If you have pets, bring them indoors. If you cannot bring them inside, provide adequate shelter to keep them warm and make sure that they have access to unfrozen water.



thermometer



smoke detector



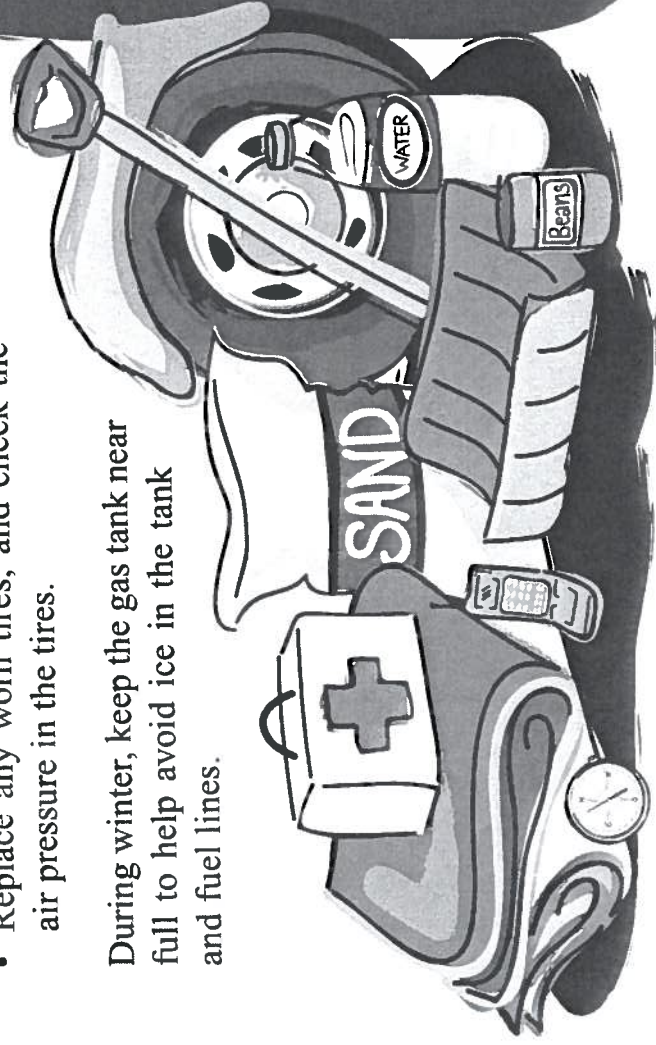
carbon monoxide detector

## Prepare Your Car for Winter

You can avoid many dangerous winter travel problems by planning ahead. Have maintenance service on your vehicle as often as the manufacturer recommends. In addition, every fall:

- Have the radiator system serviced, or check the antifreeze level yourself with an antifreeze tester. Add antifreeze, as needed.
- Replace windshield-wiper fluid with a wintertime mixture.
- Replace any worn tires, and check the air pressure in the tires.

During winter, keep the gas tank near full to help avoid ice in the tank and fuel lines.



## Winter Survival Kit for Your Car

Equip your car with these items:

- blankets
- first aid kit
- a can and waterproof matches (to melt snow for water)
- windshield scraper
- booster cables
- road maps
- mobile phone
- compass
- tool kit
- paper towels
- bag of sand or cat litter (to pour on ice or snow for added traction)
- tow rope
- tire chains (in areas with heavy snow)
- collapsible shovel
- container of water and high-calorie canned or dried foods and a can opener
- flashlight and extra batteries
- canned compressed air with sealant (for emergency tire repair)
- brightly colored cloth

# Indoor Safety

## Heat Your Home Safely

If you plan to use a wood stove, fireplace, or space heater, be extremely careful. Follow the manufacturer's instructions as well as the home safety measures on page 3, and remember these safety tips:

- Use fireplace, wood stoves, or other combustion heaters only if they are properly vented to the outside and do not leak flue gas into the indoor air space.
- Do not burn paper in a fireplace.
- Ensure adequate ventilation if you must use a kerosene heater.
- Use only the type of fuel your heater is designed to use—don't substitute.
- Do not place a space heater within 3 feet of anything that may catch on fire, such as drapes, furniture, or bedding, and never cover your space heater.
- Never place a space heater on top of furniture or near water.
- Never leave children unattended near a space heater.
- Make sure that the cord of an electric space heater is not a tripping hazard but do not run the cord under carpets or rugs.
- Avoid using extension cords to plug in your space heater.

- If your space heater has a damaged electrical cord or produces sparks, do not use it.
- Store a multipurpose, dry-chemical fire extinguisher near the area to be heated.
- Protect yourself from carbon monoxide (CO) poisoning by installing a battery-operated CO detector and never using generators, grills, camp stoves, or similar devices indoors.

## Light and Cook Safely

If there is a power failure:

- Use battery-powered flashlights or lanterns rather than candles, if possible.
- Never leave lit candles unattended.
- Never use a charcoal or gas grill indoors—the fumes are deadly.



Never use an electric generator indoors, inside the garage, or near the air intake of your house because of the risk of carbon monoxide poisoning:

- Plug in appliances to the generator using individual heavy-duty, outdoor-rated cords.
- Do not use the generator or appliances if they are wet because of the risk of electrocution.
- Do not store gasoline indoors where the fumes could ignite.





## Conserve Heat

You may need fresh air coming in for your heater or for emergency cooking arrangements. However, if you don't need extra ventilation, keep as much heat as possible inside your home. Avoid unnecessary opening of doors or windows. Close off unneeded rooms, stuff towels or rags in cracks under doors, and close draperies or cover windows with blankets at night.

## Monitor Body Temperature

Infants less than one year old should never sleep in a cold room because (1) infants lose body heat more easily than adults; and (2) unlike adults, infants can't make enough body heat by shivering. Provide warm clothing for infants and try to maintain a warm indoor temperature. If the temperature cannot be maintained, make temporary arrangements to stay elsewhere. In an emergency, you can keep an infant warm using your own body heat. If you must sleep, take precautions to prevent rolling on the baby. Pillows and other soft bedding can also present a risk of smothering; remove them from the area near the baby.

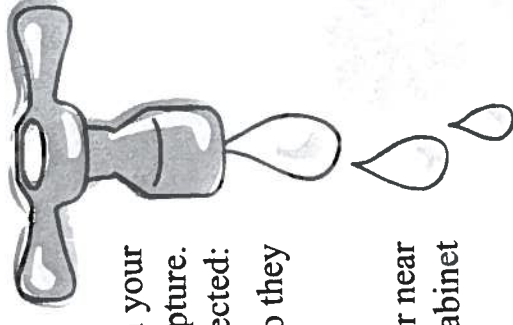
Older adults often make less body heat because of a slower metabolism and less physical activity. If you are over 65

years of age, check the temperature in your home often during severely cold weather. Also, check on elderly friends and neighbors frequently to ensure that their homes are adequately heated.

## Keep a Water Supply

Extreme cold can cause water pipes in your home to freeze and sometimes rupture. When very cold temperatures are expected:

- Leave all water taps slightly open so they drip continuously.
- Keep the indoor temperature warm.
- Improve the circulation of heated air near pipes. For example, open kitchen cabinet doors beneath the kitchen sink.



If your pipes do freeze, do not thaw them with a torch. Instead, thaw them slowly by directing the warm air from an electric hair dryer onto the pipes.

If you cannot thaw your pipes, or the pipes are ruptured, use bottled water or get water from a neighbor's home. As an emergency measure—if no other water is available—snow can be melted for water. Bringing water to a rolling



boil for one minute will kill most microorganisms or parasites that may be present, but won't remove chemical pollutants sometimes found in snow.

## Eat and Drink Wisely

Eating well-balanced meals will help you stay warmer. Do not drink alcoholic or caffeinated beverages—they cause your body to lose heat more rapidly. Instead, drink warm, sweet beverages or broth to help maintain your body temperature. If you have any dietary restrictions, ask your doctor.



## Outdoor Safety

When the weather is extremely cold, and especially if there are high winds, try to stay indoors. Make any trips outside as brief as possible, and remember these tips to protect your health and safety:

*Brrrr...*

## Dress Warmly and Stay Dry

Adults and children should wear:

- a hat
- a scarf or knit mask to cover face and mouth
- sleeves that are snug at the wrist
- mittens (they are warmer than gloves)
- water-resistant coat and boots
- several layers of loose-fitting clothing



Be sure the outer layer of your clothing is tightly woven, preferably wind resistant, to reduce body-heat loss caused by wind. Wool, silk, or polypropylene inner layers of clothing will hold more body heat than cotton. Stay dry—wet clothing chills the body rapidly. Excess perspiration will increase heat loss, so remove extra layers of clothing whenever you feel too warm. Also, avoid getting gasoline or alcohol on your skin while de-icing and fueling your car or using a snow blower. These materials in contact with the skin greatly increase heat loss from the body. Do not ignore shivering. It's an important first sign that the body is losing heat. Persistent shivering is a signal to return indoors.

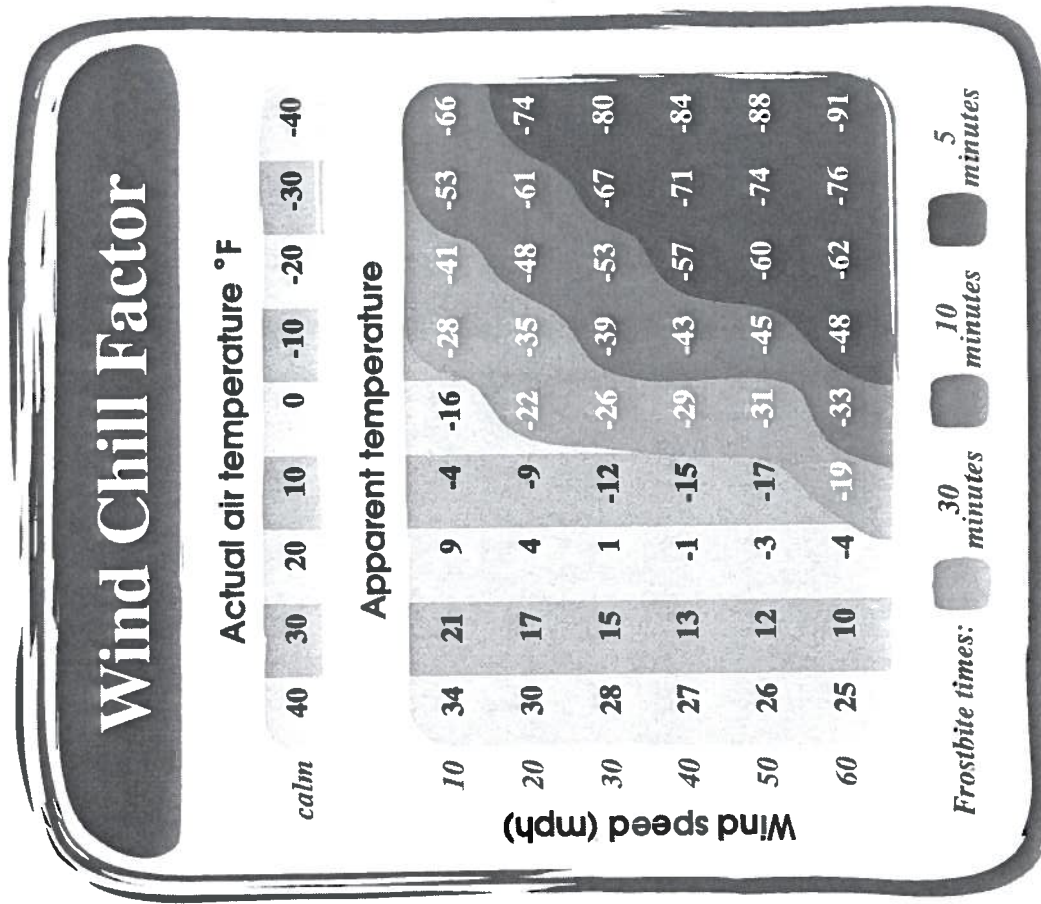
## Avoid Exertion

Cold weather puts an extra strain on the heart. If you have heart disease or high blood pressure, follow your doctor's advice about shoveling snow or performing other hard work in the cold. Otherwise, if you have to do heavy outdoor chores, dress warmly and work slowly. Remember, your body is already working hard just to stay warm, so don't overdo it.

## Understand Wind Chill

The Wind Chill index is the temperature your body feels when the air temperature is combined with the wind speed. It is based on the rate of heat loss from exposed skin caused by the effects of wind and cold. As the speed of the wind increases, it can carry heat away from your body much more quickly, causing skin temperature to drop. When there are high winds, serious weather-related health problems are more likely, even when temperatures are only cool.

The Wind Chill Chart to the right shows the difference between actual air temperature and perceived temperature, and amount of time until frostbite occurs.



National Weather Service (NWS) Wind Chill Chart adapted May 2004 from  
<http://www.nws.noaa.gov/om/windchill/>

## Avoid Ice

Walking on ice is extremely dangerous. Many cold-weather injuries result from falls on ice-covered sidewalks, steps, driveways, and porches. Keep your steps and walkways as free of ice as possible by using rock salt or another chemical de-icing compound. Sand may also be used on walkways to reduce the risk of slipping.

## Be Safe During Recreation

Notify friends and family where you will be before you go hiking, camping, or skiing. Do not leave areas of the skin exposed to the cold. Avoid perspiring or becoming overtired. Be prepared to take emergency shelter. Pack dry clothing, a two-wave radio, waterproof matches and paraffin fire starters with you. Do not use alcohol and other mood altering substances, and avoid caffeinated beverages. Avoid walking on ice or getting wet. Carefully watch for signs of cold-weather health problems.

## Be Cautious About Travel

- Listen for radio or television reports of travel advisories issued by the National Weather Service.
- Do not travel in low visibility conditions.
- Avoid traveling on ice-covered roads, overpasses, and bridges if at all possible.
- If you must travel by car, use tire chains and take a mobile phone with you.
- If you must travel, let someone know your destination and when you expect to arrive. Ask them to notify authorities if you are late.
- Check and restock the winter emergency supplies in your car before you leave.
- Never pour water on your windshield to remove ice or snow; shattering may occur.
- Don't rely on a car to provide sufficient heat; the car may break down.
- Always carry additional warm clothing appropriate for the winter conditions.





## What to Do if You Get Stranded

Staying in your vehicle when stranded is often the safest choice if winter storms create poor visibility or if roadways are ice covered. These steps will increase your safety when stranded:

- Tie a brightly colored cloth to the antenna as a signal to rescuers and raise the hood of the car (if it is not snowing).
- Move anything you need from the trunk into the passenger area.
- Wrap your entire body, including your head, in extra clothing, blankets, or newspapers.
- Stay awake. You will be less vulnerable to cold-related health problems.
- Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air. Make sure that snow is not blocking the exhaust pipe—this will reduce the risk of carbon monoxide poisoning.
- As you sit, keep moving your arms and legs to improve your circulation and stay warmer.
- Do not eat unmelted snow because it will lower your body temperature.
- Huddle with other people for warmth.



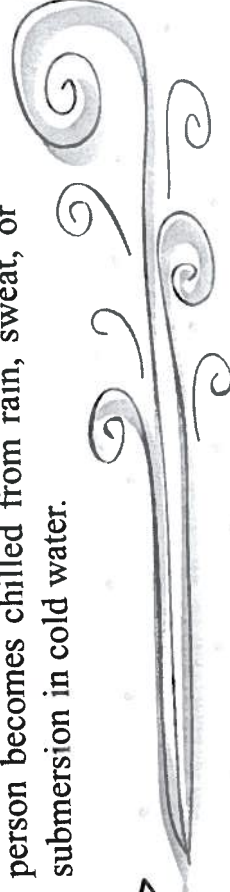
## Cold-Weather Health Emergencies

Serious health problems can result from prolonged exposure to the cold. The most common cold-related problems are hypothermia and frostbite.

### Hypothermia

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. Body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and won't be able to do anything about it.

Hypothermia is most likely at very cold temperatures, but it can occur even at cool temperatures (above 40°F) if a person becomes chilled from rain, sweat, or submersion in cold water.





Victims of hypothermia are often (1) elderly people with inadequate food, clothing, or heating; (2) babies sleeping in cold bedrooms; (3) people who remain outdoors for long periods—the homeless, hikers, hunters, etc.; and (4) people who drink alcohol or use illicit drugs.

### ***Recognizing Hypothermia***

Warnings signs of hypothermia:

Adults:

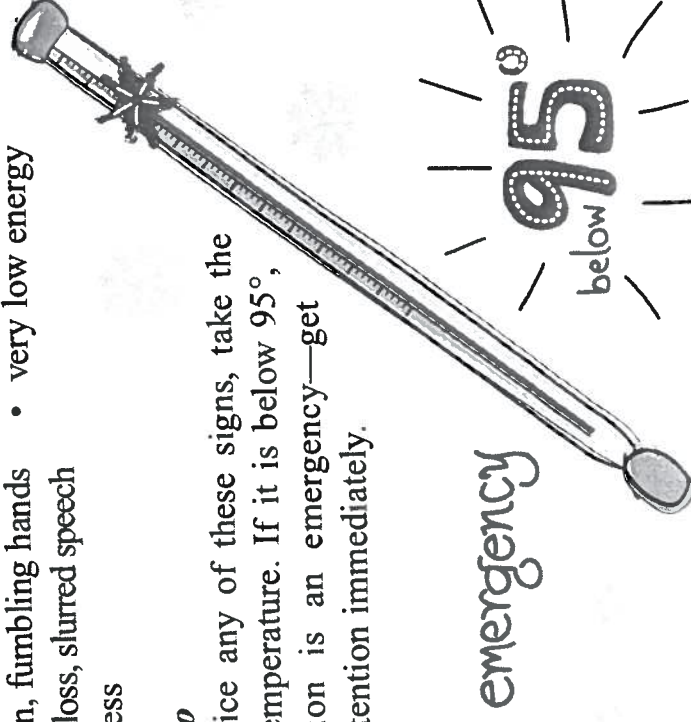
- shivering, exhaustion
- confusion, fumbling hands
- memory loss, slurred speech
- drowsiness

Infants:

- bright red, cold skin
- very low energy

### ***What to Do***

If you notice any of these signs, take the person's temperature. If it is below 95°, the situation is an emergency—get medical attention immediately.



If medical care is not available, begin warming the person, as follows:

- Get the victim into a warm room or shelter.
- If the victim has on any wet clothing, remove it.
- Warm the center of the body first—chest, neck, head, and groin—using an electric blanket, if available. Or use skin-to-skin contact under loose, dry layers of blankets, clothing, towels, or sheets.
- Warm beverages can help increase the body temperature, but do not give alcoholic beverages. Do not try to give beverages to an unconscious person.
- After body temperature has increased, keep the person dry and wrapped in a warm blanket, including the head and neck.
- Get medical attention as soon as possible.

A person with severe hypothermia may be unconscious and may not seem to have a pulse or to be breathing. In this case, handle the victim gently, and get emergency assistance immediately. Even if the victim appears dead, CPR should be provided. CPR should continue while the victim is being warmed, until the victim responds or medical aid becomes available. In some cases, hypothermia victims who appear to be dead can be successfully resuscitated.

## **Frostbite**

Frostbite is an injury to the body that is caused by freezing. Frostbite causes a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. Frostbite can permanently damage the body, and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures.

### ***Recognizing Frostbite***

At the first signs of redness or pain in any skin area, get out of the cold or protect any exposed skin—frostbite may be beginning. Any of the following signs may indicate frostbite:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- numbness

A victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb.

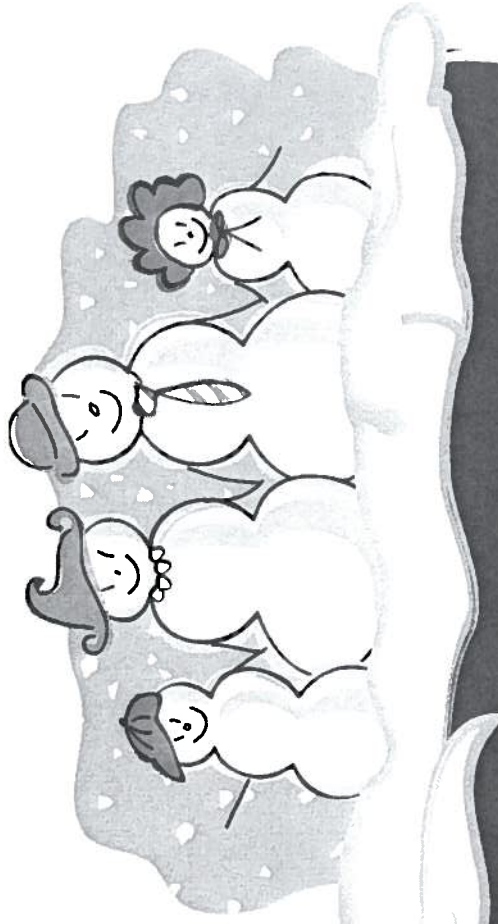
### ***What to Do***

If you detect symptoms of frostbite, seek medical care. Because frostbite and hypothermia both result from exposure, first determine whether the victim also shows signs of hypothermia, as described previously. Hypothermia is a more serious medical condition and requires emergency medical assistance.

If (1) there is frostbite but no sign of hypothermia and (2) immediate medical care is not available, proceed as follows:

- Get into a warm room as soon as possible.
- Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
- Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).
- Or, warm the affected area using body heat. For example, the heat of an armpit can be used to warm frostbitten fingers.
- Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.
- Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

These procedures are not substitutes for proper medical care. Hypothermia is a medical emergency and frostbite should be evaluated by a health care provider. It is a good idea to take a first aid and emergency resuscitation (CPR) course to prepare for cold-weather health problems. Knowing what to do is an important part of protecting your health and the health of others.



## One Last Cool Tip . . .

Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By preparing your home and car in advance for winter emergencies, and by observing safety precautions during times of extremely cold weather, you can reduce the risk of weather-related health problems.



## **RICE KRISPIES DIPPER TREATS™**

Whipping up these summery goodies and popping them onto ice-cream sticks with your kids makes any summer day a little cooler.

### Nutrition Information

#### **INGREDIENTS**

- 3 tablespoons butter or margarine
- 1 package (10 oz., about 40) JET-PUFFED Marshmallows
- — OR —
- 4 cups JET-PUFFED Miniature Marshmallows
- 6 cups **Kellogg's® Rice Krispies® cereal**
- — OR —
- 6 cups **Kellogg's® Cocoa Krispies® cereal**
- 18 wooden ice cream sticks
- 1 1/2 cups semi-sweet chocolate morsels
- — OR —
- 1 1/2 cups white chocolate morsels
- 1 tablespoon vegetable oil
- Multi-colored sprinkles (optional)

#### **DIRECTIONS**

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat. Add KELLOGG'S RICE KRISPIES cereal. Stir until well coated.

2. Using buttered spatula or wax paper, evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cool. Cut into eighteen 3 x 2-inch bars. Push one stick into the bottom of each bar.

3. In small microwave-safe bowl combine chocolate morsels and oil. Microwave on high for 1 to 1 1/2 minutes, stirring every 30 seconds. Dip bars into chocolate and decorate as you like. Place on wax paper lined baking sheet. Refrigerate until chocolate is set. Best if served the same day.

**MICROWAVE DIRECTIONS:** In microwave-safe bowl heat butter and marshmallows on HIGH for 3 minutes, stirring after 2 minutes. Stir until smooth. Follow steps 2 and 3 above. Microwave cooking times may vary.

#### **Notes:**

For best results, use fresh marshmallows.

1 jar (7 oz.) marshmallow crème can be substituted for marshmallows.

Diet, reduced calorie or tub margarine is not recommended.

## PART-TIME AIAA ADVOCATE JOB POSTING

With a grant from the Dept. of Justice, Office on Violence Against Women, American Indians Against Abuse (AIAA) and Wisconsin Judicare have partnered on a project to provide holistic legal services to income-eligible Native American victims of domestic violence and sexual assault throughout the eleven tribes in Wisconsin. The advocate will be responsible for outreach, client screening, and other project duties as assigned. 26 hours per week. This position is housed at the AIAA office in Hayward, WI. Qualified applicants will have an associate's degree in a related field, experience working with victims of abuse and specialized knowledge of tribal cultures and communities. Apply by submitting a cover letter and resume to Attn. Mary Jo Nyenhuis, Wisconsin Judicare, Inc., P.O. Box 6100, Wausau WI 54402-6100, [info@judicare.org](mailto:info@judicare.org). Deadline: 1/31/14. AA/EEO.

## **JOB DESCRIPTION**

**POSITION:** Dental Assistant Fill-In

**LOCATION:** Red Cliff Community Health Center

**SALARY:** Negotiable depending upon qualifications

**THIS IS A TEMPORAY FILL-IN NON EXEMPT POSITION**

**SUPERVISOR(S):** Dentist and Health Center Administrator

**JOB SUMMARY:** Serves as a certified or registered dental assistant aiding the dentist in performing restorative, prophylactic, endodontic and surgical procedures.

### **DUTIES AND RESPONSIBILITIES:**

1. Performs limited intra-oral procedures and chair side assistant duties in all phases of prosthodontic, surgical, endodontic and periodontal treatment as provided in general dentistry.
2. Receives and routes patients and assists patients in completing medical history questionnaire.
3. Charts examination and treatment information as relayed by the dentist.
4. Maintains dental equipment in a clean and operative condition, including sterilization of instruments, materials and equipment.
5. Properly lays out all instruments and materials needed for each treatment, prepares all tray sets for operative, endodontic and surgical procedures.
6. Instructs patients in preventive dental care; demonstrates brushing and flossing techniques and use of disclosing tablets, explains the cause of decay and its relationship to diet.
7. Takes radiographs, impressions for study models, applies rubber dam, removes sutures, performs prophylaxis and applies topical fluoride.
8. Obtains and records vital signs as directed by dentist.
9. Relays dentist's instruction to patients for post-op care.
10. Maintains and records for supply levels and order supplies to be used and charting forms
11. Applies sealants as directed by dentist.
12. Aids in training of trainee dental assistants. Demonstrates clinic maintenance, chair side assistance and radiographic duties regularly performed. Observes and advises trainee as they perform these duties.
13. Pours and trims models and fabricates custom temporaries.
14. Complete monthly, quarterly, and annual reports as required by Health Center Administration, Health Board, Tribal Council, regulatory bodies, and/or third party payers. Maintain a record of all reports and supporting documentation as required.
15. Maintain the confidentiality of all client specific information and data in accord with federal and state guidelines and requirements.
16. Present a professional, caring image for the Health Center and its programs.
  - a. Maintain a cooperative relationship with other Health Center staff and co-workers.



- b. Demonstrate tact, courtesy, and respect in communication and interaction with Health Center patients, visitors, and staff and with outside agencies and programs.
  - c. Promote a working environment noted for effective cooperation and collaboration between programs, services, and co-workers.
  - d. Dress appropriately to promote professionalism within the Health Center.
17. Utilize the resources, materials, office supplies, equipment and physical plant allocated for use by the Red Cliff Community Health Center in accord with professional practice norms and Tribal policy.
  18. Participate in quality assurance measures conducted within the Health Center.
  19. Adhere to a professional code of conduct and applicable federal and state laws and regulations in the discharge of these assigned duties.
  20. Attend staff and other meetings, in-services, and other events as directed by supervisor.
  21. Participate in the implementation of grants, contracts, and projects being carried out under the auspices of the Red Cliff Community Health Center and at the direction of the Administrator. These activities are to comply with the directives of the Tribal Council and Health Center Administration and to fulfill the conditions of the individual grant, contract, or project. The specific duties will reflect the individual program in initiative and the concurrent needs and resources of the Health Center. These assignments will vary from time to time due to the cyclical nature of these program efforts.
  22. Performs other job related duties as directed by the immediate supervisor or Tribal Administration.

**SUPERVISORY AUTHORITY:** None

**QUALIFICATIONS/KNOWLEDGE:**

1. Prefer individual who is accredited by the American Dental Association that included radiographic techniques, darkroom/processing and film mounting, but not necessary.
2. Knowledge of oral anatomy and bone structure of the face to take diagnostic dental radiographs.
3. Basic dental disease prevention techniques, basic dental terminology and record keeping procedures.
4. Knowledge of sterilization and infection control techniques.

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

**PHYSICAL REQUIREMENTS:** The duties assigned to this position involve bending, stooping, lifting, and carrying. Items may be placed on overhead storage. Weights to be carried are usually less than 50 pounds. At times, the Dental Assistant will be required to personally assist patients.

**WORK ENVIRONMENT:** Red cliff Community Health Center; office and clinic settings. Exposure to hazards of the health care industry. Work setting must be maintained as a clean, nonsmoking, well-ventilated area in compliance with all applicable safety regulations.

**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.

## **JOB DESCRIPTION**

**POSITION:** Chief Financial Officer

**LOCATION:** Red Cliff Tribal Office

**SALARY:** Negotiable

**THIS IS A REGULAR FULL-TIME EXEMPT POSITION**

### **JOB SUMMARY, DUTIES AND RESPONSIBILITIES:**

This position is responsible for:

- Directing and managing the Tribal government's accounting practices.
- Financial planning and advisement.
- Reporting in coordination with the Tribal Treasurer and Division Administrator Manager to the Tribal Council.
- Enforcement of and compliance with all applicable internal and external policies, laws and regulations.
- Ensuring that work is performed in accordance with the Government Accounting Standards Board (GASB) and Office of Management and Budget (OMB) regulations, laws and policies applicable to Tribal governments.
- Monitoring the financial management and accounting practices of Tribal entities operating within the Tribal government structure.
- Planning, coordinating, and preparing for yearend audits; developing responses to audit recommendations in a timely manner.
- Developing and fostering relationships with government agencies, banking and lending institutions, investment managers, other Tribes, insurers, the financial community by performing the above stated duties personally or through subordinates.
- Performing related work pursuant to the duties and responsibilities stated above in conjunction with the philosophy, mission and goals of the Red Cliff Band of Lake Superior Chippewa.

**SUPERVISORY AUTHORITY:** Finance Departmental Staff

### **KNOWLEDGE AND QUALIFICATIONS:**

- Requires a minimum of a Bachelor's Degree in Accounting, Finance or Business Administration of a closely related field. (CPA, Master's Degree preferred).
- Requires a minimum of five (5) years or progressively more responsible financial, accounting and supervisory experience with last three years at the executive management level.
- Requires advanced knowledge of governmental, business accounting and auditing standards and practices.
- Minimum of 5 years experience in governmental accounting and experience with Tribal government

and funding agencies required.

- Requires independent decision making skills supported by excellent analytical skills and professional judgment.
- Must have the ability to direct and supervise multiple projects simultaneously as well as the finance department staff.
- Must have excellent interpersonal skills.
- Must have excellent written and verbal communication skills.
- Must be familiar with accounting, management and office software systems. Familiarity with SAGE MIP accounting software preferred.
- Knowledge of Native American culture, Tribal Governmental operations.
- Familiarity with Federal and State appropriation processes so timely recommendations can be made.
- Knowledge of indirect cost allocations, proposal submission and negotiations with appropriate agency representatives.
- Valid driver's license, minimum of liability insurance, if no insurance must obtain within 3 weeks of hire. Adequate transportation and must be eligible for Tribe's vehicle insurance.
- Native American preference will be observed in the hiring process.
- Position subject to pre-employment drug testing and criminal history background check.

**PERSONAL CONTACTS:** Contacts on daily basis with Tribal Administration, Tribal Program Administrators / Directors, various governmental agencies and funding sources as needed.

**PHYSICAL REQUIREMENTS:** Primarily office position that may require bending, lifting and reaching. May need to lift up to 25 pounds.

**WORK ENVIRONMENT:** Upper level of the Tribal Office. Smoke free environment.

**TRAVEL REQUIREMENTS:** Will be required to attend training and meetings locally and nationally.

**POSTING DATE:** OCTOBER 9, 2013

**DEADLINE:** Open till filled

**FOR FURTHER INFORMATION:**

**Human Resources Department**

**88385 Pike Road**

**Hwy 13**

**Bayfield, WI 54814**

**[www.redcliff-nsn.gov](http://www.redcliff-nsn.gov)**

**[rwylgonik@redcliff-nsn.gov](mailto:rwylgonik@redcliff-nsn.gov)**

**[susie.gurnoe@redcliff-nsn.gov](mailto:susie.gurnoe@redcliff-nsn.gov)**

**(715) 779-3700 ext. 267 or 268**

**The Red Cliff Tribal Council has a Drug Free Work Place Policy and adheres to the intent of the Drug Free Work Place Act. All new hires are subject to a drug test prior to starting.**



**JOB DESCRIPTION**

**POSITION:** Relief Manager 1-3 positions

**LOCATION:** Red Cliff AODA-Mishomis House / Red Cliff Health Department

**SALARY:** \$8.00 per hour

**THIS IS A REGULAR PART-TIME NON-EXEMPT POSITION**

**SUPERVISOR(S):** Residential Treatment Coordinator and AODA Treatment Director/Counselor

**JOB SUMMARY:** Will provide assurance that the CBRF and its occupants are safe. Transport clients to assigned groups, recreation and cultural activities.

**DUTIES AND RESPONSIBILITIES:**

1. Direct, coordinate, and oversee the day-to-day operation of the residential facility, the activity of residents in the absence of and in place of the Residential Treatment Coordinator.
2. Arrange and schedule resident activities in accord with program protocols and group and individual treatment plans.
3. Assist residents to insure their compliance with individual treatment plans.
4. Implement cultural programming that supports AODA treatment strategies and respects individual preferences and differences.
5. Maintain resident records, program records, and other materials required by the AODA Program.
6. Maintain the confidentiality of all client specific information and data in accord with federal and state guidelines and requirements.
7. Transport residents in accord with facility policy and as directed by administration and in collaboration with treatment staff.
8. Participate in quality assurance measures conducted with the AODA Treatment Program.
9. Adhere to a professional code of conduct and applicable federal and state laws and regulations in the discharge of these assigned duties.
10. Present a professional, caring image for the Health Center and its programs.
  - a. Maintain a cooperative relationship with other Health Center staff and co-workers.
  - b. Demonstrate tact, courtesy, and respect in communication and interaction with Health Center patients, visitors, and staff and with outside agencies and programs.
  - c. Promote a working environment noted for effective cooperation and collaboration between programs, services, and co-workers.
11. Attend staff and other meetings, in-services, and other events as specified by the immediate supervisor or Tribal administration.
12. Perform other job-related duties as directed by the immediate supervisor or Tribal Administration.
13. Maintain a clean and safe working environment.

**SUPERVISORY AUTHORITY:** None

**KNOWLEDGE:**

1. Personal commitment to a drug and alcohol-free lifestyle consistent with the accept norms for abstinence and sobriety. If there is a personal history of alcohol and/or chemical dependency, a minimum of two years of absolute sobriety is required.
2. Sound judgment and the capacity to respond to unusual circumstances and emergencies.
3. Ability to deal constructively with emergencies and conflicts.
4. Possession of a valid drivers license and regular access to a motor vehicle with appropriate insurance coverage. If no insurance, must obtain within 3 weeks of hire date.
5. Able to travel throughout the community, make home visits, attend meetings, and participate in community educational programs.
6. Available for out of town and overnight travel.

**QUALIFICATIONS:** High school Diploma, GED or HSED. Prefer individuals with some training in the AODA field. Good interpersonal skills and the ability to get along with diverse populations (clients, co-workers, professional staff, administration and the public). Good communication skills, written and oral. Knowledge of and sensitivity for Ojibwa culture and traditions. Work experience or volunteer activities in the field of substance abuse treatment preferred. Native American preference but all qualified applicants will be considered..

**PERSONAL CONTACTS:** Daily with patients, visitors, primary care providers Tribal and Health Center Administration and staff

**PHYSICAL REQUIREMENTS:** The duties assigned to this position involve bending, stooping, lifting and carrying. Items may be placed on overhead shelving.

**WORK ENVIRONMENT:** Mishomis House

**TRAVEL REQUIREMENTS:** This position requires at least 44 hours of CBRF Training. Many of these training are out of town at various locations.

**POSTING:** October 16, 2013

**DEADLINE:** Open until filled

**FOR FURTHER INFORMATION:**

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

## JOB DESCRIPTION

**POSITION:** Custodian/Maintenance On-Call Assistant

**LOCATION:** Red Cliff Tribal Buildings

**SALARY:** \$8.00 - \$10.00 per hour, 0 to 40 hours per week

**THIS IS A LIMITED TERM NON-EXEMPT POSITION. APPLICANTS WILL BE SELECTED FROM THE INFORMATION SUPPLIED ON APPLICATION FORM ONLY. THERE WILL BE NO INTERVIEWS.**

**SUPERVISOR(S):** Maintenance Manager/Maintenance/Custodian Supervisor

**JOB SUMMARY:** Red Cliff Facilities Maintenance Department is creating a call out list for custodians to cover job duties for full time staff on general or medical leave. Selected individuals will be placed on a call-out list based on experience, to fill-in and provide custodial/janitorial services to Tribal buildings as needed. These duties include custodial services, snow clearing, and preventive and corrective maintenance functions that need to be performed, and other duties as assigned.

### DUTIES AND RESPONSIBILITIES:

1. Bathrooms – Clean and disinfect toilets and urinals (bowls and all), clean and disinfect sinks, clean mirrors, sweep and mop floors, check all dispensers (soap, paper towel, and toilet paper), empty garbage and recyclables.
2. Kitchen - Sweep floor, mop floor, empty garbage and recyclables, Clean and disinfect sinks.
3. Office and Hallways – Vacuum carpet and rug areas, sweep floors, mop floors, empty garbage and recyclables.
4. Other – Lock janitors closet when not in use, ensure all doors locked and light off, maintenance jobs, wax all floors as needed, building safety checklist, shampoo all carpets and rugs as needed, spot check all windows daily.
5. Maintain an adequate supply of janitorial supplies, paper goods, and other items needed to perform these duties.
6. Maintain a clean and safe work environment.
7. Fill out custodial log sheets, work orders and other as needed forms.
8. Clear snow and maintain walk-ways and entrances to facilities for safe access.
9. The job responsibilities named above are not the only ones that this job requires. Each building will require its own specific cleaning needs and schedules.
10. Be able to work independently under minimum supervision.

**SUPERVISORY AUTHORITY:** None.

**KNOWLEDGE:** General knowledge of cleaning and maintaining offices and facilities. Knowledge of safety practices with use of cleaning supplies.



**QUALIFICATIONS:**

1. Must be 18 years of age or older, High School diploma or GED preferred.
2. Substantial work experience as janitor, custodian or maintenance person.
3. Must pass a background check and pass a pre-employment drug screening.
4. Good communication skills.
5. Must be able to do manual labor and lift objects of at least 20 pounds.
6. Must have a valid driver's license, vehicle and at least liability insurance. If no insurance must get within 3 weeks.

**PERSONAL CONTACTS:** Will receive direction from supervisor(s) and may have contact with Tribal staff.

**PHYSICAL REQUIREMENTS:** Must be able to do physical manual labor that would require bending twisting, reaching and lifting. Maybe required to use ladder, shovel snow and other like job duties.

**WORK ENVIRONMENT:** All Tribal offices are smoke free. Maybe required to work outside during inclement weather.

**TRAVEL REQUIREMENTS:** Must be able to travel between Tribal office buildings as required.

**POSTING:** April 15, 2013

**DEADLINE:** Open

**FOR FURTHER INFORMATION:**

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

[rwygolik@redcliff-nsn.gov](mailto:rwygolik@redcliff-nsn.gov)

[susie.gurneo@redcliff-nsn.gov](mailto:susie.gurneo@redcliff-nsn.gov)

(715) 779-3700 ext. 267 or 268

The Red Cliff Tribal Council has a Drug Free Work Place Policy and adheres to the intent of the Drug Free Work Place Act. All new hires are subject to a drug test prior to starting.

**ALL APPLICANTS FOR EMPLOYMENT WITH THE RED CLIFF TRIBE ARE SUBJECTED TO THE BACKGROUND INVESTIGATION AND OTHER REQUIREMENTS OF RCCL CHAPTER 43, AND THAT YOU ARE UNDER A CONTINUEING OBLIGATION TO SUPPLEMENT THIS APPLICATION FOR EMPLOYMENT WITH INFORMATION CONCERNING ANY CONVICTIONS THAT OCCUR AFTER COMMENCEMENT OF EMPLOYMENT WITH THE**

# Notice

## Community

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

Conservation Committee	5 members – Open until filled
Friends of the Dirt	4 members – Open until filled
Membership Committee	2 members – Open until filled
Constitution Committee	Open to the Community
Tenant Association	7 members – Open until filled
Cemetery Committee	6 members – Open until filled
Kids Christmas Committee	Open to the Community
Pow Wow Committee	2 members – Open until filled
Library Board	1 members – Open until filled

If you are interested in serving on the Committee's listed above, you can pick up and return an application at the upper level of the Tribal Administration office.

If you have any questions, please contact the Tribal Administration Office at: 715-779-3700.

# **Red Cliff Early Childhood Center**

## **Regular Policy Council Meeting MINUTES**

**Wednesday, October 9th, 2013  
5:00pm @ Memengwaa Trailer**

**Policy Council Members Present:** Liz King, Ashly Gurnoe, Amanda Cadotte, Jamie Sokolowski, Amanda Thomas, Jessie Defoe

**Policy Council Members Absent:** Karalee Defoe and Marvin Defoe (Tribal council Liaison)

**Others Present:** Rick Wygonik, Tribal Human Resources; Dee Gokee-Rindal, Education Division Administrator; LaVonne Goslin, EHS Director; Nicole Gurnoe, HS Director; Nicole Boyd, Family Services Manager

**Sign In Completed**

**Meeting called to order at 5:10pm**

### **Policy Council Orientation:**

Welcomes and introductions completed; binders containing info related to ECC, program governance, 2012-2013 PIR, and other info was provided to each new member, returning members received updates.

**Confidentiality Training-**Rick completed training with the Council, including coverage of the Tribal Ethics policy. It was clarified that anyone who received this training met the confidentiality requirement for subbing but would still have to complete all other requirements.

### **Officer Elections**

**Chairperson:** Jessie nominated Amanda Cadotte, Amanda accepted, seconded by Liz, all in favor, motion carried.

**Vice Chairperson:** Amanda C. nominated Liz King, Liz accepted, seconded by Jessie, all in favor, motion carried.

**Secretary/Treasurer:** Amanda C. nominated Amanda Thomas, Amanda T. accepted, seconded by Liz, all in favor, motion carried.

### **Minutes: May 14<sup>th</sup>, 2013**

Liz motioned to approve the May 14<sup>th</sup>, 2013 minutes, Jessie seconded, all in favor, motion carried.

### **July- Current EHS & HS Financial Reports**

Dee, LaVonne and Nicky explained the EHS and HS budget reports. Nicole explained about the Parent Activity Fund line item, budgeted for picture day and annual holiday party.



**Ratify Poll Votes:**

- Transition Plan: Ashly motioned to ratify the poll vote, Liz seconded, all in favor, motion carried.
- PDM Plan: Ashly motioned to ratify the poll vote, Liz seconded, all in favor, motion carried.
- Esiban Enrollment Criteria: Ashly motioned to ratify the poll vote, Liz seconded, all in favor, motion carried.
- Head Start State Grant: Ashly motioned to ratify the poll vote, Liz seconded, all in favor, motion carried.
- ANA LTE Employees: Ashly motioned to ratify the poll vote, Liz seconded, all in favor, motion carried.
- EHS Center Based Teacher: Ashly motioned to ratify the poll vote, Liz seconded, all in favor, motion carried.
- ANA Lateral Transfer: Ashly motioned to ratify the poll vote, Liz seconded, all in favor, motion carried.
- Head Start Teacher: Ashly motioned to ratify the poll vote, Liz seconded, all in favor, motion carried.
- One Time Head Start Funds Application: Ashly motioned to ratify the poll vote, Liz seconded, all in favor, motion carried.
- Mentor Coach/Data Specialist: Ashly motioned to ratify the poll vote, Liz seconded, all in favor, motion carried.

**2013-2014 Family and Community Partnerships Plan**

Nicole presented the plan to Policy Council. Liz motioned to approve, Jessie seconded, all in favor, motion carried.

**Distribute ECC Program Summary Report**

Report is not completed at this time due to evaluation results still coming in, Nicole will forward to PC when it is completed.

**Distribute Quarterly Reports/Annual Report**

Dee provided the quarterly reports, including the annual report, to PC.

**Annual Self-Assessment (Who is willing to participate from PC?)**

Schedule for self-assessment was given to PC along with a signup sheet. Ashly, Jamie and Liz are willing to participate at this point but ECC staff are welcome to call other PC members also.

**Schedule Meetings for Year**

October 15<sup>th</sup> 12-1 Lunch interview for Self-Assessment @ ECC

November 13<sup>th</sup> 9-1 Program Governance Training at the LW

November 14<sup>th</sup> 12:30-2 @ ECC

December 12<sup>th</sup> 12:30-2 @ ECC

January 9<sup>th</sup> 12:30-2 @ ECC

February 13<sup>th</sup> 12:30-2 @ ECC

March 13<sup>th</sup> 12:30-2 @ ECC

April 10<sup>th</sup> 12:30-2 @ ECC

May 8<sup>th</sup> 12:30-2 @ ECC

June 12<sup>th</sup> 12:30-2 @ ECC

July 10<sup>th</sup> 12:30-2 @ ECC

No August Meeting

September 11<sup>th</sup> 12:30-2 @ ECC

**Other**

None

**Executive Session-Personnel Issues**

Ashley motioned to go into executive session at 6:28pm, Amanda T. seconded, all in favor, motion carried.

**Regular Session**

Liz motioned to return to regular session at 6:40pm, Jamie seconded, all in favor, motion carried.

**Adjourn**

Ashly motioned to adjourn at 6:41pm, Jamie seconded, all in favor, meeting adjourned.

# JANUARY 2014

## GICHI-MANIDOO-GIIZIS

NITAM ANOKI-GIIZHIGAD	NIIZHOO-GIIZHIGAD	AABITOOSE	NIYYO-GIIZHIGAD	NAANO-GIIZHIGAD
6B MALTO MEAL, PEACH, TOAST, PB L PIZZA, CC, CARROTS, TROP FRUIT S GOLDFISH/ JUICE	7B RICE CHEX, CC, PEARS, ENG MUFFIN L BEEF STROGANOFF, SALAD, CORN, M OR- NAGES S PBJ/ MILK	8B CORNFLAKES, BERRIES, YOGURT, BANANA BR L CHICKEN W RICE SOUP, BR STICK, MANGO, CC S CRACKER/ CHEESE	9B KIX, ORANGES, PB, TOAST L HAM, POTATO, PEAS, APPLE, YOGURT S CHEX MIX/ MILK	MENU SUBJECT TO CHANGE
13B EGGS, TOAST, OR- ANGES, PB L BURRITOS, MANGO, PEAS/ CARROT, SALAD S BREAD STICK/ MARINARA SAUCE	14B HB OATS, BERRIES, CC, MUFFIN L HAM, POTATO, BUN, GR BEAN, PINEAPPLE, CC S WAFFLE/ PUDD/ MILK	15B RICE CRISPIES, BANANA, BAGEL, PBJ L BEEF VEG SOUP, CHEEZ SAND, TROP FRUIT, PUD- DING, SALAD S FRUIT/ PRETZEL	16B CORN CHEX, AP- PLES, YOGURT, ENG MUF L CR CHIX/ BISCUIT, PEAS, PEACHES, CC, SALAD S PIZZA ROLL/ JUICE	MILK SERVED WITH ALL MEALS
20 ECC CLOSED MARTIN LUTHERN KING JR	21B OATMEAL, BLUE- BERRIES, TOAST, PBJ L SALSABURY ST, PO- TATO, CORN, FRUIT COCKTAIL, BUN S PBJ ROLL UP	22B CHEERIOS, BAN- NANA, CINN ENG MUFFIN, L CHIX HD, PEAS, SALAD- PEACHES, CC S BERRIES/ YOGURT	23 ECC CLOSED TRAINING	ECC CLOSED TRAINING
27 ECC CLOSED	28B WAFFLE CHEEZ/ HAM, APPLESAUCE, CC L CHIX NUGGETS, FRY, FRUIT COCKTAIL, JELLO S CC/ PEACHES	B29 KIX, ORANGES, MUF- FIN, YOGURT L CR BROCCOLI SOUP, BR STIX, MANGO, SALAD S RICE CAKE/ MILK	B30 HB OATS, APPLES, YOGURT, TOAST, JELLY L PORK CHOP, M OR- ANGES, PEAS, BUN S NILLA COOKE/ MILK	

**CLASSES  
RESUME  
JAN 6**