



## Namebini-Giizis (Sucker Moon) February 2016

### Red Cliff Education Division Newsletter



#### Special points of interest:

- Policy Council Mtg Feb. 11th Noon @ ECC
- SIDS/CANS/SBS Training Feb. 12th 9 - Noon @ MM Trailer
- ECC/Tribe Closed Presidents Day Feb. 15th
- Bayfield Early Release Feb. 19th @ 12:45
- Dental Varnishes Feb. 17th and 23rd
- Home Base Social Feb. 5th 10am to Noon and Feb. 17th 4:30-6:30pm @ ECC
- ECC Winter Gathering 10am-1pm @ Youth Center

## 2nd Annual Winter Gathering

*Play Games!  
Have Fun!*

We would like to invite you to our 2nd annual Winter Gathering February, 27, 2016. It begins at 10am and goes to 1pm and is held at the Red Cliff Youth Center. Includes many activities for all ages while teaching Ojibwemowin. Snacks will be provided along with raffles.

Winter Gathering

February 27, 2016

10am to 1pm @ Red Cliff Youth Center



#### Inside this issue:

ECC/Community Events Calendar

Classroom updates

Upcoming Events Flyers

Ojibwemowin

Budgeting

Parenting

Health/Safety

Scholarships

Employment

Menu

Have any questions or interested in volunteering on this day, please contact Jennifer Defoe (ext. 257) or Cindy Garrity (ext. 253) at 715-779-5030. This activity open to the public.



## Dental Varnishes

Dental varnishes will be coming once again to the ECC. Hygienist from the Red Cliff Health Center will be here on February 17th and February 23rd to help varnish your children's teeth. If you have any questions, please contact Patt Kenote-Deperry @ 715-779-5030 ext. 256.

smile.



# Namebini-Giizis (Sucker Moon) February 2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 WIC Pick Up Tribal Council Mtg	2 WIC Pick up *GED 10am-1pm @ RC Library	3 JOM mtg 4pm @ admin	4 *Community Planning mtg 1pm @ ECC Language Table	5 Home Base Social 10 - Noon	6
7	8 WIC Pick Up School Board mtg	9 WIC Pick Up GED 10am-1pm @ RC Library	10 FASA Night 4:30 @ Red Cliff Health Center	11 Policy council mtg noon @ ECC Language Table	12 SIDS/SBS/CAN Training 9-12	13
14  Valentine's Day	15 <b>ECC/Tribe CLOSED Presidents Day</b> *FASA Night 4:30 @ Bayfield School Library	16 Tribal Council Mtg GED 10am-1pm @ RC Library	17 *Housing Mtg *Dental Varnishes *Home Base Social 4:30-6:30pm	18 Language Table	19 Bayfield Early Release @ 12:45	20
21	22	23 *GED 10am-1pm @ RC Library *Dental Varnishes	24	25 Language Table	26	27 <b>ECC Winter Gathering 10-1 @ Youth Center</b>
28	29	March 1	March 2	March 3	March 4	March 5



# Home Base News!

February 2016

NAMEBIBI-GIIZIS (SUCKER MOON)

## SPECIAL POINTS OF INTEREST:

- 2/5 Home Base Social!  
10-noon
- 2/15 ECC/Tribe Closed  
for Presidents Day!
- 2/17 Dental Varnishes
- 2/17 Home Base Social  
4:30 - 6:30pm
- 2/23 Dental Varnishes
- 2/27 ECC Winter Gath-  
ering @ Youth Center 10  
-1!

This month we will be focusing on all sorts of different things with your family!

We will continue to work on the goals you have set for your children and bring in fun activities from PAT and other awesome activities including valentines day creations!

The Winter Carnival will be on Saturday the 27th @ the youth center! Day full of fun activities, games, great information and food!

Also, all socializations will be held in a classroom setting now! We tried it out last socialization and the children and parents loved it! We appreciate all of your feedback!



## HAPPY BIRTHDAY!

Cali 02/05

Lydia 02/26



## Happy Valentines Day!

Caitlex ext.237

Amaris ext.238

Haley ext.236





## February 2016 Namebini-Giizis (Sucker Moon)

### Waabooz Room News

Happy February Everyone!! We welcomed a new friend into the Waabooz Room and all of us are enjoying him being in our classroom. We've been working on bringing out and playing with sensory items. Most of us seem to enjoy them others are still getting use to them. In February we will be working on Valentine's Day projects for our parents. So please bring in clothes that you wouldn't mind your child getting messy in. We can get very messy in the baby room. Also, remember to bring in extra sets of clothes for your child.

The weather outside is starting to get colder so please remember to dress your child weather appropriate. We may also go outside if the weather is appropriate and warm enough so please bring hat, mittens, boots, jacket and snow pants. We are still continuing using our ojibwe language in our classroom throughout the day. Using the language at home is also a wonderful idea for their learning. We've been starting to work on with the children throughout the day on our animals in English and ojibwe, along



with making the animal noises.

Ojibwemowin words:

Boots- Biitookizinan

Snow Pants- Bibooni-boodiyegwaazon

Hat- Wiiwakwaan

Gloves- Minjikaawanag

Jacket- Babiinzikawaagan

### Important Dates

- SIDS/SBS/CAN Training @ ECC 9-12
- Feb 14th- Valentine's Day
- Feb 15th-ECC CLOSED PRESIDENTS DAY
- Feb 27th- ECC Winter Gathering 10am-1pm @ Youth Center
- Language Table every Thursday from 4:30-7pm

### What have the Waabooz kids been up to?

**Zyauna-** I'm learning how to walk.

**Mertell-** Really enjoys sensory time.

**Aviauna-** Learning how to stand up on my own without holding onto anything.

**Sloane-** Learning to use her

spoon at meal times.

**Lucien-** Learned how to walk.

**Ellyanna-** Can roll over and turning myself in circles.

**Denissa-** Is babbling.

**Marvin-** Getting use to our classroom and transition.

Also remember if your child will be late or not coming into school to please give us a call. Thank you Waabooz Teachers

Lacie, Teresa, Judy

715-779-5030 ext. 224



# AMIK ROOM

FEBRUARY 2016



We would like to welcome Mr. Fred Pillinger to our room as the new co-teacher.

This month in the Amik Room we will be learning about making music, Valentine's Day, and preparing for our Winter Carnival.

Happy Valentines Day on February 14th! We would also like to wish Lexcia Claremboux a happy 2nd birthday on February 28th! -Ms. Maggie & Mr. Fred





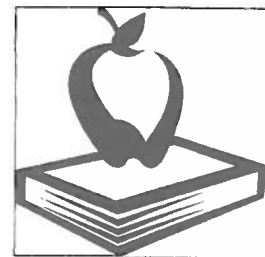
## February

Hi everyone we the Makwa class has been working on learning about our clothing and how they keep us warm! This month we are going to be learning about feeling's and emotions. Since the weather is warming up please still send warm clothing!!!! We are excited that we get to make some music with different material and make lots of noise. ( Buy ear plugs this month ). We're proud that our class is starting to say commands in ojibwe towards us teachers. Our kids is doing a wonderful job with pronouncing the shapes and numbers and different materials in ojibwe.

Thanks  
Corky and Tara







February  
2016

# Esiban Abiwin

## Namebini Giizis

What a great way to start the new year off...with Dinosaurs! The children learned lots of new words and what they mean such as carnivore, herbivore, pterodactyl and more.

For this month, we will focus on valentines and post office. We brought in

different furniture and added new toys for all the kids to enjoy.

The children are doing great at getting dressed by themselves, serving themselves and taking care of spills one may make. We help each other out often and are so proud of how much each have grown. And to

ALL parents—what a great job you are doing raising such terrific kids!



The children know a lot of ojibwemowin and will answer back at times in ojibwe. Keep the words going in your household and don't forget that every Thursday is language table.



## Nadine

### Special Points of Interest

- ✓ Group Activities
- ✓ Look and See
- ✓ Ojibwemowin
- ✓ Calendar

## HEADLINES:

**Dental varnish:**  
Feb 17 and 23rd.

**ECC CLOSED**  
the 15th for  
Presidents Day.

**The 27th is ECC**  
**Winter Gathering**  
10-1. Watch for  
flyers

Reading books and telling stories encourage good language development. These activities also build a strong foundation for future reading, writing and learning.

Emma lines up the dinosaurs and counts.

Kendall pretends to feed the dinosaurs.

Melvin likes the Dinosaur Roar book.

Miika roars like a dinosaur when crawling around the floor.

Tate can name the dinosaurs.

Elizabeth likes to bury the dinosaurs in the snow and asks "where it go?"

Layla can match the shapes on the dinosaur puzzle.

Walter uses the dinosaur sponges for painting.

# Mashkodebizhiki Class

**Boozhoo. Hopefully everyone is staying warm and enjoying the winter weather. Thank you to everyone who is sending snow pants and other snow gear daily. It is very helpful when everyone has what they need to go outside as we have a**



**limited supply of snow pants and warm snow gloves. Also, a big thank you for your patience with mixed up hats and gloves. Imagine seventeen kids getting snow gear on and off in very close proximity to each other. Things can definitely get confusing. We are really emphasizing to the kids how important it is to put their own stuff away so it doesn't get mixed up or lost.**

**Just a little reminder to call if your child will not be in or if they will not be riding the bus. A phone call before your child's pick up time would be much appreciated.**

**For the month of February we will be focusing on a musical instrument study along with Valentines and the winter carnival.**

**For those of you who might not know yet Ms. Jamie is our new Education and Abilities manager. Good Luck Ms. Jamie we will miss you....**

**We are so excited to welcome Ms. Karen as the new Mashkodebizhiki Class Teacher.**

**Thank you again for sharing your wonderful children with us. Each day is a new experience and we are so lucky to share it with such great kids!**

**Ms. J and Ms. Karen (Yea!!!!)**







# MA'IINGAN



## CLASSROOM

### THIS MONTHS ACTIVITIES & LEARNING



Hearts cutting, punching, match and sorting.

Parent Valentine Cards

Learning colors: Pink, Red and White.

Fine motor skills: cutting out heart size shapes.

Math: graphing with candy hearts, outdoor temperatures, and patterns

Music: IMIL and musical instruments.

Healthy food that's good for your heart.

Positions: Bean bag toss over and under.

Language and Culture: Winter carnival, games, counting, shapes and colors in ojibwemowin.

### IMPORTANT DATE

February 11<sup>th</sup> we'll do the valentine card exchange.

If weather is good we'll be going outside to play. So, please make sure your child has all the outdoor gear to keep warm.

**Ms. Patsy and Ms. Alicia**

# Migizi Room

Boozhoo!

We have been so busy! We have been learn about clothes, germs, how to dress ourselves, how to stay healthy, and much more. We have been learning a new word each week so please feel free to ask your child what our work of the week is and what it means (so far we have done responsibility, and enormous). The children are getting really good at calendar time/morning circle. During that time we talk about the year, month (in English and Ojibwe), numbers (counting to today's date in English and Ojibwe), books on how to read left to right, parts of a book (author, Illustrator, spine, inside, title, front, and back), and not to interrupt when a friend or teacher has very important words/are talking (children are learning to raise their hands quietly until called on).

## Welcome our new friend Carter Manner!!

A few reminders...

If your sending Valentines please put your childs name in the from box or just boy or girl, it will be easier for your child to hand them out.

If you send a snack please make sure it is healthy and is made in licensed kitchen or you can also send stickers, pencils, etc.

Please send your child with outdoor clothes (hat, warm gloves, snow pant, and snow boots).

We go to the youth center Mondays and Thursdays for the next few months, we leave right after breakfast (9am).

Please have your child to school no later than 9am or we will not expect them for that day. Phone calls to your childs classroom need to be made each day if your child will not be at school.

Miss Linda & Miss Diann

# ECC Family Storytelling Night



Thanks to everyone for attending.....





**The Red Cliff Early Childhood Center is accepting applications anytime!  
Head Start, Early Head Start and Home Based Services available.  
Stop in and visit us anytime at 89830 Tiny Tot Road (Red Cliff)**

**Stop in anytime to complete an application or call 779-5030 for any questions.  
Visit our website at [www.redcliffecc.org](http://www.redcliffecc.org)**

**\*If you have a concern about your child's development or your child has a special education/health need, please contact us to learn about services for your child.\***

### Head Start

Head Start is a center based program for children ages 3-5. This classroom settings offer a preschool experience with a curriculum that is culturally based, using sound child development outcomes.

- Kindergarten Readiness
- Transition
- Health & Nutrition Services
- Free Nutritious Meals
- Transportation
- Family Nights
- Weekly Pow-wow
- Ojibwe Language Learning
- Parent-teacher conferences
- Local/Accredited Curriculum
- Monthly Parent/Policy council meetings
- Wrap Around Child Care

### Early Head Start

EHS center-based serves 32 children age 0-3. The programs primary emphasis is to enhance infant and toddler growth through social, emotional, physical and cognitive development.

- School Readiness
- Transition
- Health & Nutrition Services
- Free Nutritious Meals
- Transportation
- Family Resource Services
- Family Nights
- Weekly Pow-wow
- Ojibwe Language Learning
- Parent-teacher conferences
- Local/Accredited Curriculum
- Monthly Parent/Policy council meetings
- Wrap Around Child Care

### Home Based

EHS home based program serves pregnant women and children age 0-3. The programs primary emphasis is to enhance infant and toddler growth through social, emotional, physical and cognitive development.

- Weekly home visits
- Family Socializations
- Family Resource Services
- Health Service Coordination
- Transition Activities
- Family Nights
- Ojibwe Language Learning
- Monthly Parent/Policy council meetings
- Local/Accredited Curriculum



**Red Cliff Early Childhood Center**  
88385 Pike Rd Hwy 13—89830 Tiny Tot Drive—Bayfield, WI 54814  
PH: 715-779-5030 FAX: 715-779-5046 or 715-779-3239



**PRE-APPLICATION FORM**

Child's/Prenatal Name:		Child's Date of Birth or Due Date:		Child's Tribal Affiliation:	
Living Address		City:		Zip:	
Mailing Address:		City:		Zip: Sex: M or F	
Parent 1's Name:		Parent 1's Date of Birth:		Parent 1's Tribal Affiliation:	
Parent 2's Name:		Parent 2's Date of Birth:		Parent 2's Tribal Affiliation:	
Number in Household:	Home Phone: _____ Contact Phone: _____			Email Address: _____	
(Please Check All That Apply)					
<input type="checkbox"/> Home Based Only <input type="checkbox"/> Center Based Only <input type="checkbox"/> Home Based and Center Based <input type="checkbox"/> 18-36 Months Esiban Classroom					
<input type="checkbox"/> Zaagichigaazowin Home Visiting Referral					
<b>Eligibility for Openings is dependent upon VACANCIES AND SCORE.</b>					

**ENROLLMENT CRITERIA**

Please mark all that apply to the family as this information will be used to assist in determining enrollment priority along with income eligibility. This information is confidential and will be used for program purposes only.

**Proof of Age & Proof of Income MUST accompany this pre-application for your child to be considered for enrollment:**

**Homeless (includes living with relatives or friends) Yes or No**

**Child is in Foster Care Yes or No**

**On public Assistance (TANF/SSI) Yes or No**

<b>Special Needs Child Prenatal-Age 5 with a diagnosis and verification</b>	Incarcerated Parent
<b>Do you have a concern that your child has a special need (If yes follow up will be required)</b>	Military Parent Absent from home due to Active Duty
<b>Serious Health Issues of Child Applicant (Need Physician Documentation)</b>	First Time Parents
<b>Prenatal Substance Abuse (Check all that apply)</b> <input type="checkbox"/> Drugs <input type="checkbox"/> Alcohol <input type="checkbox"/> Tobacco	Teen Parent/Pregnant Teen
<b>Parent or Sibling Living in the Household with a Long Term Chronic Illness</b>	No Prenatal Care
<b>Alcohol &amp; Drug Abuse within Child's Primary Household</b>	Premature Birth (before 35 weeks) or Low Birth Weight(<5lbs 5oz)
<b>Was mother in the habit of drinking before she knew she was pregnant</b>	High Birth Weight (>10 lbs) With Diabetes(any type) during pregnancy
<b>Parent Diagnosed with Mental Illness (Check all that apply)</b> <input type="checkbox"/> Anxiety <input type="checkbox"/> Bi-Polar <input type="checkbox"/> ADHD <input type="checkbox"/> PTSD <input type="checkbox"/> Depression <input type="checkbox"/> Other	Multiple Births (Twins, Triplets, etc.)
<b>Domestic Violence within Child's Primary Household</b>	Single Parent
<b>Child History of Neglect/Abuse</b>	Parent Does Not Have High School Diploma or GED
<b>Loss of Child's Parent/Sibling by Death</b>	Not working and not in School/Job training
<b>Elder is Primary Caregiver (55 years or older)</b>	Home Safety Concerns
Health Insurance: No _____ Yes _____ (Circle Type): MA IHS Badger Private	

*When all factors are equal, preference will be given as follows within the service area*

**1. Red Cliff Tribal Member on and off reservation 2. Other Tribal Members 3. Non-Tribal Members living on Reservation**  
**I certify that the above information is correct to the best of my knowledge and will provide additional documentation if needed**

**Signature of Parent/Guardian: \_\_\_\_\_ Date: \_\_\_\_\_**

Approved by Policy Council: Jul 12, 2007  
Revisions Approved by Policy Council Nov 13, 2008, Jun 15, 2009, Sep 22, 2010, Mar 13, 2014, Apr 22, 2015  
Approved by Tribal Council Oct 4, 2010, Mar 13, 2014

**Red Cliff Early Childhood Center**  
88385 Pike Rd Hwy 13—89830 Tiny Tot Drive—Bayfield, WI 54814  
PH: 715-779-5030 FAX: 715-779-5046 or 715-779-3239

All Carry Over 4 year olds (Automatic)
4 year olds income eligible
4 year olds with no Head Start experience
4 year olds over income
3 year olds income eligible
3 year olds over income

Date Application Received: _____	By Whom: _____
----------------------------------	----------------

Proof of Income Attached: _____	Income Eligible: _____	Pre-App. Score: _____	CC Score _____	Combined Score _____
Application Status: ACCEPTED: _____	WAITING LIST: _____	Assigned Classroom: _____		
On Reservation _____	Off Reservation _____	Proof of Tribal Identification Attached: _____		





Red Cliff Early Childhood Center  
Regular Policy Council Meeting Minutes  
Thursday December 17th, 2015 @ 12:30pm  
Memengwa Admin. Trailer



**Appoint Officers:** Misty Nordin motioned to nominate Nicole Newago for Chairperson, seconded by Salena Buffalo, all in favor, motion carried.

Misty Nordin nominated Salena Buffalo as Secretary/Treasurer, seconded by Nicole Newago, all in favor, motion carried.

Misty Nordin is still our Vice-Chair.

Welcome to our new policy council members, Isabel Gordon, Caytiejayne Bresette and Jasmine Montano.

**Call meeting to order:** Nicole Newago called meeting to order at 12:47

**Present Policy Council Members:** Nicole (Nicci) Newago, Salena Buffalo, Misty Nordin and Isabel Gordon.

**Others Present:** Cindy Garrity, Family Services Manager; LaVonne Goslin, EHS Director; Dee Gokee-Rindal, Education Division Administrator; Katherine Morrisseau, CoC Family Engagement; Lori Duffy Nutrition Manager; Patt Kenote DePerry, Health and Wealth Manager.

**Approval of Agenda**

Motion by Salena to approve Agenda, seconded by Isabel, all in favor, motion carried.

**Minutes**

Motion by Salena to approve minutes for November 12th, 2015, seconded by Misty, all in favor, motion carried.

**EHS and HS Financial Reports:** LaVonne gave update of the financials for Head Start and Early Head Start to Policy Council.

**Ratify Poll Votes:** Motion by Misty to ratify poll votes for one (1) Assistant Child Care Teacher, Early Head Start Home Base Teacher with Alternate and Early Head Start Funds for children's Christmas Gifts, seconded by Isabel, all in favor, motion carried.

**Race to the Top Grant:** Dee updated the policy council on what the grant is for. Motion by Salena to approve the Race to the Top Grant, seconded by Misty, all in favor, motion carried.



# **SIDS, CANS & Shaken Baby Syndrome Training**

**February 12, 2016**

**9 am to Noon**

**In Memengwaa at ECC**

**If you have any questions please call Kim Gordon  
@**

**715-779-5030 ext 251**



# Reminder



ECC/Tribe will be  
closed on  
Monday February 15,  
2016 for President's Day



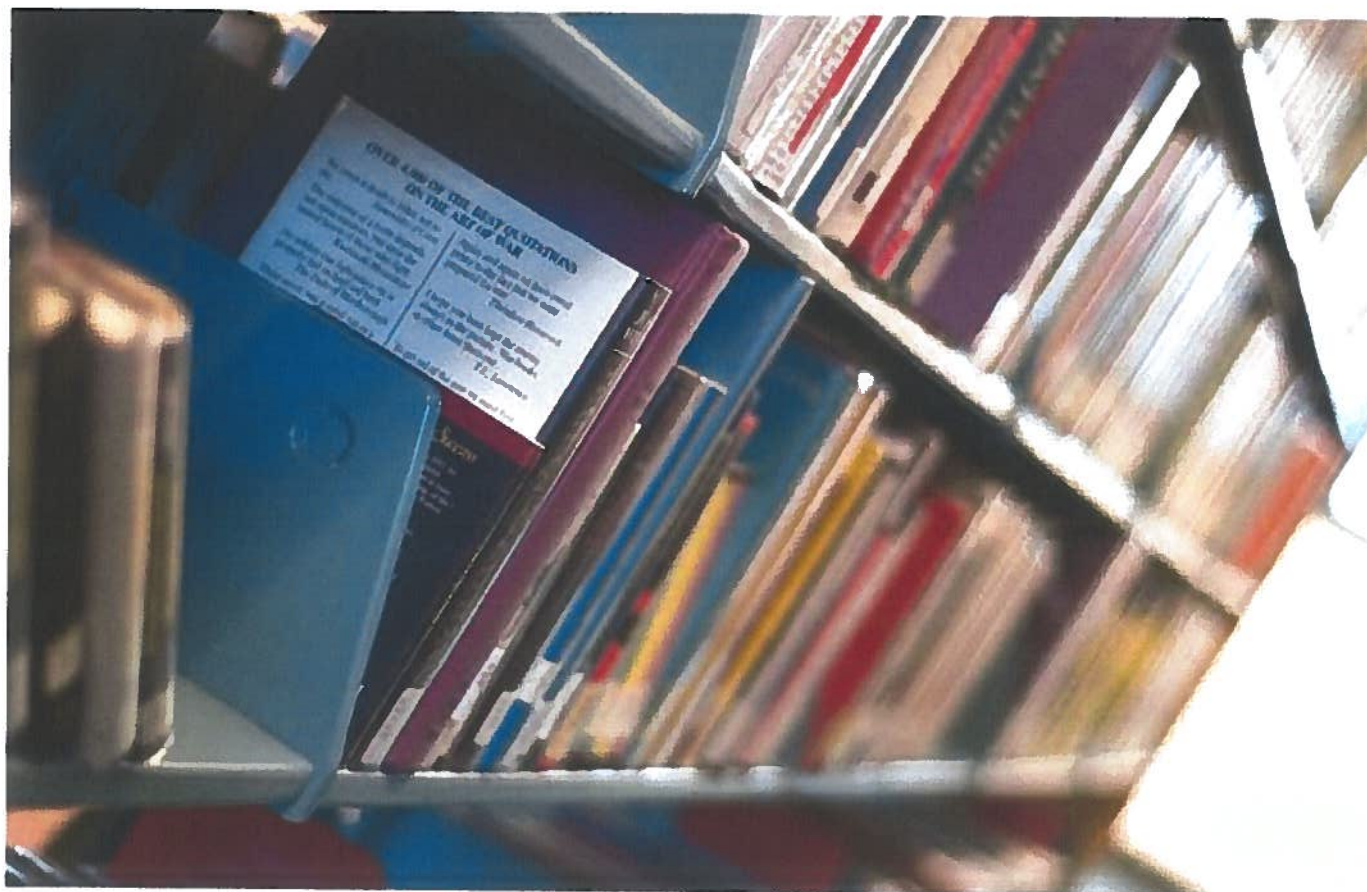
**Red Cliff Library**  
**Ginanda Gikendaasomin**  
**"We Seek To Learn"**  
**Library Hours**

**Tuesday 3:00 to 7:00**

**Wednesday 3:00 to 7:00**






**Thursday 3:00 to 7:00**

**Saturday 11:00 to 6:00**



# Red Cliff GED/HSED & Adult Education

## February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 <b>Class Today</b> 10:00-1:00 	3 <b>GED/HSED Testing Today</b>		5	6
	8	9 <b>Class Today</b> 10:00-1:00	10 <b>GED/HSED Testing Today</b>	11	12	13
14 	15 <b>President's Day</b>	16 <b>Class Today</b> 10:00-1:00	17 <b>GED/HSED Testing Today</b>	18		20
21	22	23 <b>Class Today</b> 10:00-1:00	24 <b>GED/HSED Testing Today</b>	25	26	27

28

29

### Open Enrollment:

Students can enroll in class anytime throughout semester.

#### FOR MORE INFORMATION

Please contact WITC Ashland

**715-682-4591**

**Ext. 3118 - Sue Hopkins or [sue.hopkins@witc.edu](mailto:sue.hopkins@witc.edu)**

**Ext. 3430 - Theresa Beckman or [theresa.beckman@witc.edu](mailto:theresa.beckman@witc.edu)**

**or Krystle Topping, Red Cliff Education Director**

**(715) 779-3700 or [krystle.topping@redcliff-nsn.gov](mailto:krystle.topping@redcliff-nsn.gov)**



# Circles of Care

## **January 27<sup>th</sup>, 2016 ANNOUNCEMENT :**

**An active and involved community is the key to prevention. Below are listed events that we are requesting that Red Cliff Community participate. Our project is based in a philosophy that values the voices of the community as experts. These events are at places, with others, and where you can serve as community advisors as we move forward.**

**Our project intends to engage Red Cliff in roles requiring actions of service, provide education, and a seat at the tables where decisions are being discussed. Circles of Care Project will compensate teams of 3-4 community members to attend and participate at Local, Regional and National Native Leadership Forums.**

## **OPPORTUNITIES FOR COMMUNITY TO BECOME INVOLVED, AWARE AND ACTIVE:**

### **February 4<sup>th</sup> Voight Task Force: LCO Convention Center**

**Opening Session of Gathering with Tribal Nations of Treaty 3 First Nations, Chippewa Federation, GLIFWC and community members for an intertribal gathering. On the agenda: Rice, Treaty Rights and Aki.  
This event is hosted by the Voight Task Force**

### **February 19<sup>th</sup>, 2016 7<sup>th</sup> Generation Community Feast 5 pm-7pm @ Legendary Waters**

**Multi Agencies of the Red Cliff Band of Lake Superior Chippewa are working together on behalf of our members every day. Agencies and Staff are invited to participate in the sharing of information important for community to know about through table top information stations.**

**ALL COMMUNITY MEMBERS INVITED (no registration required)**



## Welcome Aboard the Miskwaabekong Transit

The Red Cliff area transit service is a public transportation service offering rides to anyone needing transportation within the Red Cliff area. We also can get you to the BART bus stop if you have to travel to other Chequamegon Bay Communities.

*To get a ride simply call*

**682-9664**

**And a bus will be dispatched for you.**

### While You are riding

Please observe the following rules and suggestions to ensure a safe and pleasant trip.

1. Save the front seats for senior citizens and people with disabilities.
2. Do not have distracting conversations with the bus operator.
3. The use of improper language, boisterous behavior or fighting may result in a rider being prohibited from riding the bus.
4. No personal errand stops are allowed, once you leave the bus you pay a new fare.
5. No Smoking on the bus.

## Miskwaabekong Transit

### Operation Hours:

Monday-Friday: 6:00 AM - 6:30 PM

Saturday: 8:00 AM - 5:00 PM

**Bus Service will not be available on Federal and Tribal Holidays. Please call dispatch for more information.**

**715-682-9664**



## MISKWAABEKONG

*- T R A N S I T -*

88455 Pike Rd, Hwy 13

Bayfield, WI 54814

Office Phone: 715-779-3700

Jeff Benton: ext, 234

Kathy Barri: ext, 287

Dispatch: 715-682-9664

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

Up to 50% of the operating deficit of this project is expected to be covered by federal funding provided by the Federal Transit Administration under 49 USC § 5311 (CFDA 20.509).

Title VI of the Civil Rights Act of 1964 prohibits discrimination on the basis of race, color, or national origin in programs and activities receiving Federal financial assistance. Information concerning Title VI complaint procedures or for more information, please contact the Title VI Coordinator by calling 715.682.9664.

## MISKWAABEKONG

*- T R A N S I T -*

*A Public Transportation Service*



**Red Cliff**

**Area Schedule**

**DOOR-TO-DOOR  
SERVICE**

*with transfers to  
BART Buses to other communities*

**715-682-9664**

*To get your ride*





Miskwaabekong Transit is open to the public and an independent part of the regional system that comprises the BART system.

Miskwaabekong Transit is available to meet your everyday transportation needs. Whether it's for shopping, employment, medical, personal, social, or recreational purposes we have you covered.

Usually a 15 minute notice is all we need, but to avoid any scheduling problems or for connections with the BART bus try to call as far in advance as possible.

**Miskwaabekong Transit operates:**

Monday-Friday: 6:00 AM - 6:30 PM

Saturday: 8:00 AM—5:00 PM

Dispatch services are handled through the BART Bus Service so call for your ride!

**ALL RIDERS CALL**

**715-682-9664**

**TO SCHEDULE YOUR RIDE!**

## Specialized Services

**Senior Citizen Riders** are important to Miskwaabekong Transit. If you need assistance understanding the bus service, call 682-9664. Some people are nervous about using buses. Call and ask for our bus training assistant for help until you understand how to ride.

**Disability Assistance-** The Miskwaabekong Transit and all BART buses are equipped with a wheelchair lift. Riders needing special help are encouraged to call 682-9664 within 24 hours of your trip so we may assist with your special needs. (an eligibility card is required for additional ADA assistance. Call 682-9664 to receive an application).

**Youth Riders-** Ages 6 through 17 may ride unattended and must pay the appropriate fare found on the cash fare table. Children below 6 years of age must be accompanied by an adult and ride free.

**While you are riding** you must be courteous to others using the bus. The bus driver is responsible for a safe and pleasant trip for everyone. Absolutely no *foul* language will be tolerated. ***Follow the drivers instructions*** implicitly.

**Cash Fare Table-** Exact cash must be placed in the fare box upon boarding the bus. The driver does not give change, but may require a passenger to show the fare before entering it into the fare box.

### Red Cliff Transit Adult Elder Youth

#### Red Cliff/Bayfield Area

<b>Per Ride</b>	<b>\$1.00</b>	<b>\$1.00</b>	<b>\$1.00</b>
<b>Little Sand Bay</b>	<b>\$2.00</b>	<b>\$2.00</b>	<b>\$2.00</b>
<b>Belanger Settlement</b>	<b>\$3.00</b>	<b>\$3.00</b>	<b>\$3.00</b>

**An additional fare is required to travel to other Bay Area Communities on the BART buses. Ask for a bus schedule from your driver.**

**Volume Passes** offer the rider a discount for buying the pass in advance for use on Miskwaabekong Transit. This pass does not expire. Volume passes may be purchased by check or exact cash at Petersen Foods or LW Casino.

### Volume Pass Rate

<u>Volume Pass</u>	<u>Rate</u>	<u>Price</u>
Based on rider fares	\$20.00	\$18.00

*Passes for use on the BART busses sold separately.*



# Circles of Care

## **January 2016 ANNOUNCEMENT cont'd:**

**March 8<sup>th</sup>- 10<sup>th</sup>, 2016 IHS Prevention Conference @ Lac du Flambeau, Lake of the Torches Resort Casino**

**Traditional Strengths and Wellness Summit – Bemidji IHS in partnership with Indian Health Services, SAMHSA, WI Dept. of Human Health and Svcs. This conference will provide large and small talking circles on community based strengths and capacities to change the culture of alcohol and drug use. Tribes will be given individual support to develop a Tribal Action Plan aimed at prevention services.**

**March 7<sup>th</sup>-10<sup>th</sup>, 2016 Circles of Care Annual Grantee Meeting: Denver CO**

**Annual Circles of Care Project Grantee Meeting : Child and Family Branch, SAMHSA Event: Tribal Tech, LLC hosts 10 Native Communities and their community members from current co-hort. Providing a training experience that offers hope, encouragement, and a positive base for community action based on values inherent to traditional Native Cultures.**

**March 17<sup>th</sup> and 18<sup>th</sup>, 2016 Mining Alternatives Summit- Bad River Convention Center**

**Chippewa Federation: Creating holistic strategies to implement alternatives to Mining in Anishnabe Aking.**

**March 29<sup>th</sup> ,30<sup>th</sup> and 31<sup>st</sup> , 2016 - GONA Gathering of Native Americans @ LW**

**SAVE THE DATE: Red Cliff Community Health Center, in collaboration with Red Cliff Circles of Care Project invite anyone who is concerned about suicide prevention, mental health, substance use or wellness of the youth of our community to this 3 days of grassroots discussion, personal development, and capacity building activities Kaufman and Associates of Tribal Tech, LLC, presenting**



# Circles of Care

## **January 2016 ANNOUNCEMENT cont'd:**

**April 1-2, 2016 : 2016 WIEA Conference – Madison WI**

**Wisconsin Indian Education Conference "21st Century Indigenous Education: A Self-Determined Pedagogy" KEYNOTE; William Mendoza (invited), Executive Director, Initiative on American Indian and Alaska Native Education**

**April 3-6, 2016 Annual NICWA Event - St. Paul. MN**

**Annual National Indian Child Welfare Association Meeting- 34th Annual Protecting Our Children National American Indian Conference on Child Abuse and Neglect**

**April 6-8, 2016 - St. Paul Training Institute - St. Paul. MN**

**Positive Indian Parenting and ICWA Basics**

**April 26-27<sup>th</sup> Midwest Alliance of Sovereign Tribes - Washington DC**

**Hosted by Midwest Tribes and Vendors: Invited presenters from National Congress of American Indians, Bureau of Indian Affairs, National Indian Health Board, Indian Health Services, the National Indian Gaming Association, & others**

**\*\*Other ways to Participate: Providing Child Care, providing Transportation, Chaperone Youth, represent Red Cliff - Circles of Care at vendor/ table information stations \*\***

**Circles of Care Project participants must complete registration process**

**(No later than 3 weeks prior to Any National Event and @ least 2 weeks prior to any other event regionally) In addition: all participants must be willing to meet with Circles of Care Project staff prior and after all events to discuss community engagement findings and topics of relevance to the Red Cliff community. Although Tribal staff members are encouraged to attend, funds for training and incentives may be limited and preference will be given to community members for the purpose of civic engagement. Interested participants please CONTACT Circles of Care, Project Director - Angela Hernandez 715-779-5030 extension 248 [angela.hernandez@redcliff-nsn.gov](mailto:angela.hernandez@redcliff-nsn.gov) Registration Info Available @ Circles of Care Project Office located at Red Cliff Early Childhood Center**

# Snow Tracks with Snowshoes

## Make tracks in the snow to learn the Traditional use and value of snowshoes

Join the Bad River NRD Staff & BIA Forestry Dept.  
For an afternoon of talking and walking snowshoes

Event Date : February 10th, 2016

Start Time: 2:30pm Special Bad River Transit bus service will  
be provided from the Community Center to Aspen Acres

The field exhibition of the snowshoe event begins at Aspen  
acres with a snowshoe learning exercise trek into the forest for  
a Tree ID, tree coring and other activities.

### **This is a free event for Youth or Adults**

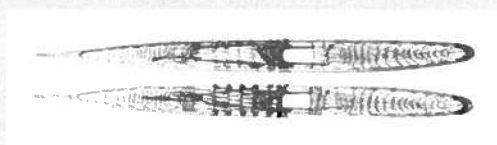
A light snack and refreshments will be provided.

Adult and youth size Snowshoes and other equipment will be  
available free of charge for use during the exercises and  
snowshoeing demonstration.

### **The activity will end around dusk or shortly thereafter**

### **Approximate activity duration 2 hours ???**

For more information or to come join the fun please contact  
Tony Gilane at the THPO Building (old Dbl wide clinic) or at  
[IAS@badriver-nsn.gov](mailto:IAS@badriver-nsn.gov) 715-682-7111 ext. 1602







December 19, 2015

**COLLEGE IS FOR EVERYBODY: FAFSA NIGHT**

Please join Krystle Topping, Red Cliff Education Director, Heather Laasko, WI DPI Education Specialist, Northland College Financial Aid Officers Heather Shelly and Kelly Dunn, and me for a brief informational meeting about how to complete the *Free Application for Federal Student Aid* (FAFSA).

**4:30 Wednesday, February 10, 2016 at the Red Cliff Community Health Center**

**OR**

**4:30 Monday, February 15, 2016 at Bayfield School Library**

You might be wondering WHAT is federal aid? Specifically, federal student aid comes from the U.S Dept. of Education. It is money that helps a student pay for education expenses at postsecondary school (e.g. college, vocational school, graduate school). The four categories of federal student aid are:

**Loans**—allow you to borrow money for your education. You must repay your loans with interest.

**Grants**—financial aid that doesn't have to be repaid

**Work-Study**—allows you to earn money for your education.

**Scholarships**- based upon academic achievement and does not have to be re-paid

**Other Topics to be Addressed**

WHAT is FAFSA and who gets it?

WHAT information is needed to file?

HOW to get started?

Getting a PIN for your senior and you

Additional time for Q&A

I encourage anyone thinking about attending college to come to this meeting as we will cover important information that will allow you to prepare for college in a timely matter.

If you would like to check out the FAFSA website it can be located at: [www.fafsa.gov](http://www.fafsa.gov)

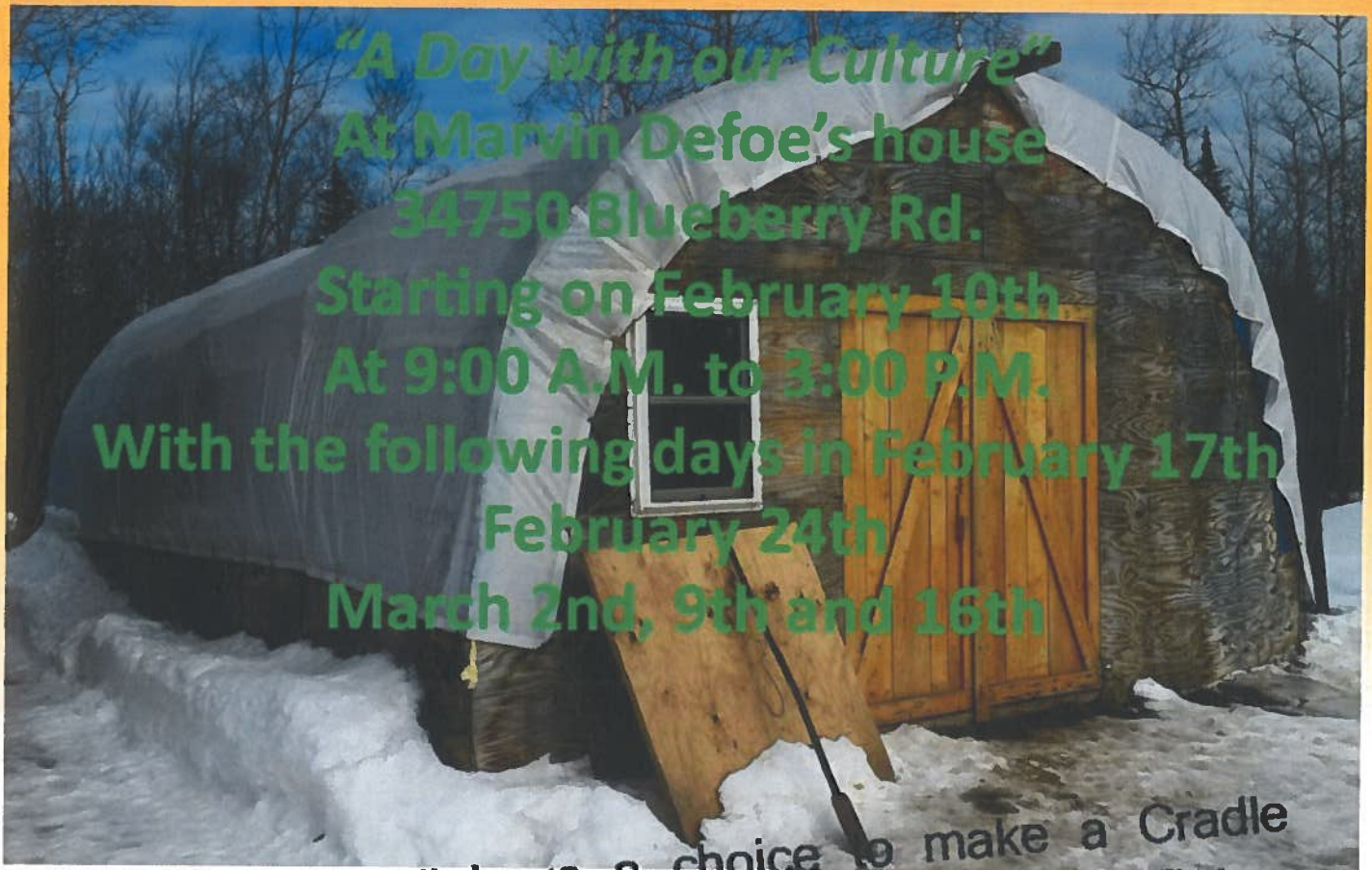
Interested about coming in for one on one help or have any other questions please don't hesitate to call: 715-779-3201 ext. 506

Thank you for allowing me to work with your amazing students~  
Sincerely,

Nancy Larson  
School Counselor

[www.mrslarsonscounselingwebsite.weebly.com](http://www.mrslarsonscounselingwebsite.weebly.com)

# Wiigwaam House



*"A Day with our Culture"*

At Marvin Defoe's house

34750 Blueberry Rd.

Starting on February 10th

At 9:00 A.M. to 3:00 P.M.

With the following days in February 17th

February 24th

March 2nd, 9th and 16th

Participant's will have a choice to make a Cradle Board, Birch Bark Necklaces, White Cedar Flutes, Copper Bowl, Wood Burning, or Clan Carvings.

Rides will be available during the time of the event: Meet at the Tribal Office @ 8:30 A.M.

Also the Miskwaabekong Transit can be used.

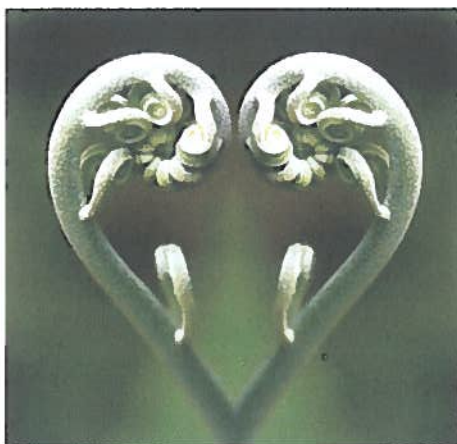
Everyone is welcome to join in a day with our culture in a wigwam setting. We will have a wood stove going and at noon we will have a pot of soup with fry bread.

For more information please contact Marvin Defoe

The Minoaayaawin Miiikana Program-The Red Cliff Re-Entry Program

715-779-3706 or 715-209-1651





*Presents:*

# *A Benefit Concert*

*And Silent Auction*

*Saturday, Feb. 13, 2pm*

*Martin Hansen Theater*

*Northern Great Lakes Visitor Center, US Hwy 2, Ashland*

*Tom Draughon and friends:*

*Anakwad, Liesel Wilson*

*Joel Glickman, Kaia Deshane*

*Suggested Donation \$15.00*

*\$10.00 Students and Seniors*

All proceeds will go to Nathan Parent and his family to help defray major burial costs due to a tragedy that befell just before Christmas.



WITHIN  
*My Reach*

PREP, Inc.



# Relationships Matter Class

Wednesdays, 4:45-6:30 ■ Washburn Elementary School ■ Open to the Public

Six Sessions ■ Starts Feb 24 ■ For Individuals or Couples



**Relationships take work...**When we're meeting the needs of a busy family, it's easy to take our adult relationships for granted. But research shows that children's outcomes are greatly impacted by relationships between the adults in their lives. **Strong relationships between parents can help kids succeed.**

Join a relationship awareness and communication skills class for adults.

- For individuals or couples
- Communication, stress-management, problem-solving, expectations
- Tools that can strengthen all kinds of relationships—couple, parenting, friendships, caregiving, and more

*"I wish I had taken  
this class a long  
time ago!"*

*—2014 Participant*

**Relationships really matter!** They impact health, happiness, financial wellness and life satisfaction.

**Boost your relationship smarts!**

**6 sessions ■ Free childcare ■ \$15** (per individual or couple; scholarships available). Includes class materials, light refreshments. Features evidence-based curriculum from PREP, Inc.

**Wednesdays, 4:45-6:30 ■ Washburn Elementary School ■ Starts Feb 24**

Registration Required ■ Space is Limited. ■ Call: 715-373-6104 ext. 2 for registration or questions.



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.



The Red Cliff Cultural Re-Entry Program & Food Distribution Programs Present;



# Star Quilts with Star



Thursdays in  
February

All day from 9:30 a.m. to 4:00 p.m.  
at Red Cliff Food Distribution



We will begin teaching a simple star, made with three colors. When folks become more comfortable with the process, we will introduce backgrounds and more variations.

What to bring: Three 1/2 yards of calico or lightweight broadcloth.



**Snacks & lunch provided by  
Red Cliff Food Distribution**

Contact person: Star at 779.3706 x 1239 or Theresa at 779.3740

Red Cliff  
Family Violence Prevention Program

**Women's Empowerment Group**

**Meets on Wednesdays from  
5pm until 7pm in the Family and Human**

*We delight in the beauty of the butterfly  
But rarely admit the changes it has gone  
through to achieve that beauty  
~Maya Angelou*

**If you have any questions about the group,  
please feel free to call**

**Lorna Gamble or  
Susan Moore at:  
(715) 779-3706**

# What's happening at the Rec Center

## Red Cross Swimming Lessons

Mondays and Fridays, Feb 22-Mar 18, first level starts at 4:15 pm

Offering Levels 1-5, please call [715-779-5408](tel:715-779-5408) to sign up or for more information. Complete details available at [bayfieldreccenter.com](http://bayfieldreccenter.com).

Members \$57, Non-members \$68, financial assistance is available!

## Baby and Toddler Swim at the Bayfield Rec Center

Fridays, Jan 29-Feb 19, 5-5:45 pm

While we cannot schedule our usual Preschool Swim Lessons this winter, we are offering some pool time for parents and small children to play in the pool, get out the swim platform and baby toys, and enjoy a fun splash with friends.

Call the Rec Center [715-779-5408](tel:715-779-5408) for more information, no need to sign up, just drop in! FREE to members, \$10 for a non-member parent and child

## Water Sports Sundays at the Bayfield Recreation Center

Sundays from 5-6 pm

Jan 24, Feb 7, 21, March 6 and 20 Water Polo

Jan 17, Feb 14, March 13 Underwater Hockey

Jan 31, Feb 28 Pool Volleyball

Come down on Sundays and play either water polo, pool volleyball or underwater hockey. For underwater hockey, bring fins and goggles for sure, snorkel also helpful.

FREE to members, or \$5 individual/\$10 family

## Sea Scouts

Mondays at 6-7 pm at the Rec Center

Sea Scouting is a coed nautical program for youth ages 13-21. Sail a 52' schooner or our small, fast dinghies. Learn about global shipping careers, marine engine repair or scuba dive with us. For more info, call 262-298-6991.

## Gym Kids

with Magdalen Dale

Available Mondays, 9:15-10:45 am or Fridays Noon-1:30 pm

A winter win-win! Your kiddo enjoys playtime in the racquetball court (running, tumbling mats, balls galore) so you get 90 minutes to work out, relax in the sauna, or take a long shower. This is a supervised playtime for kids ages 1 and up while a parent or guardian uses the Rec Center. Drop off care is \$5/child for members, or \$10/child for non-members. Please register ahead of time at our SetMore page:

<http://my.setmore.com/bookingpage/ccb389f5-0062-4240-99bc-ab527486d4c7>

**BOOZHOO NIJ ANISHINABEG**

\_\_\_\_\_ INDIZHINIKAAZ  
 \_\_\_\_\_ NINDOODDEM  
 \_\_\_\_\_ INDOONJIBAA  
 \_\_\_\_\_ IZHINIKAAZO NIWI'IW (NINAABEM)  
 \_\_\_\_\_ ODOODEMAN  
 \_\_\_\_\_ OONJIBAAD.

	1	2	3	4	5
Child/Children	Bezhigo ninijjaanis	Niizhiwag ninijjaanisag	Nisiwag ninijjaanisag	Niiwiwag Ninijjaanisag	Naaniwag Ninijjaanisag
Girls	Bezhigo ikwezens	Niizhiwag ikwezensag	Nisiwag ikwezensag	Niiwiwag ikwezensag	Naaniwag ikwezensag
Boys	Bezhigo gwiiwizens	Niizhiwag gwiiwizensag	Nisiwag gwiiwizensag	Niiwiwag gwiiwizensag	Naaniwag gwiiwizensag
Grandchild/ren	Bezhigo Noozhishenh	Niizhiwag noozhishenyag	Nisiwag noozhishenyag	Niiwiwag noozhishenyag	Naaniwag noozhishenyag

Eyaawag / Eyaawagwaag

**Ages**

1	ningo bibooney	Nindaanis / Nindaanisag
2	niizho bibooney	Ningoizis / Ningoizisag
3	niso bibooney	Noozhishenh / Noozhishenyag
4	niiyo bibooney	
5	naano bibooney	
6	ningodwaaso bibooney	



**Sample with one child:**

Boozhoo niij anishinaabeg!

\_\_\_\_\_ indizhinikaaz

\_\_\_\_\_ indoodem

Miskwaabiikaang indoonjibaa

Bezhigo niniijaanis eta.

Bezhigo (ikwezens / gwiiwizens)

\_\_\_\_\_ izhinikaazo (nindaanis/ningozis) miinawaa \_\_\_\_\_ bibooney.

**Sample with two children:**

Boozhoo niij anishinaabeg, \_\_\_\_\_ indizhinikaaz, \_\_\_\_\_ indoodem, Miskwaabiikaang indoonjibaa.

Niizhiwag niniijaanisag.

Bezhigo ningoziis miinawaa bezhigo nindaanis. (Niizhiwag ningoziisag / Niizhiwag nindaanisag)

\_\_\_\_\_ izhinikaazo ningoziis miinawaa \_\_\_\_\_ izhinikaazo nindaanis. (\_\_\_\_ miinawaa \_\_\_\_\_ izhinikaazowag (ningoziisag / nindaanisag))

\_\_\_\_\_ bibooney ningoziis miinawaa \_\_\_\_\_ bibooney nindaanis. (\_\_\_\_ bibooney \_\_\_\_\_ miinawaa \_\_\_\_\_ bibooney \_\_\_\_\_)

**Sample with three children:**

Boozhoo niij anishinaabeg, \_\_\_\_\_ indizhinikaaz, \_\_\_\_\_ indoodem, \_\_\_\_\_ indoonjibaa

Nisiwag niniijaanisag.

(Niizhiwag ningoziisag miinawaa bezhigo nindaanis / Nisiwag ningoziisag / Nisiwag nindaanisag / Niizhiwag nindaanisag miinawaa bezhigo ningoziis)

\_\_\_\_\_ miinawaa \_\_\_\_\_ izhinikaazowag ningoziisag.

Ishwaaso giizis daso bibooney \_\_\_\_\_ miinawaa niyo bibooney \_\_\_\_\_.

\_\_\_\_\_ izhinikaazo nindaanis. \_\_\_\_\_ bibooney.



# Money \$mart in Head Start

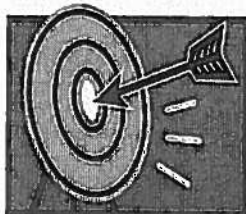


Issue 1

## Setting Goals for Your Money

### What's a goal?

A "goal" is a purpose. It's something to aim for. It's something that you want to be, or do, or have sometime in the future. A goal can point you in the direction you want to take. And when you meet your goal, you might feel so great that you set your next goal for bigger or better things!



### How do I set goals?

A good place to start is thinking about what's important to you. Is there a family activity you'd like to do? Is there something you want to buy? A bill you'd like to pay off? A savings account you'd like to start?

You can set goals for your health, your habits, your work, your education, or for your family. Once you know your goal, you can decide how to move forward.

Strong goals have some things in common:

- They say *specifically* **what** you want
- They say **when** you want it
- They say **how** much you need
- And they are **written down** (think about carrying a goal card in your wallet or posting it on the refrigerator)

### What if I have a BIG goal?

If your goal is a big one, think about the small steps that you can take to meet that goal. Big goals can be easier if you break them down into some smaller goals, to be tackled one at a time. As you meet each small step, you will be building confidence and a successful track record. Remember to celebrate your success!



### What if my goal involves money?

Some goals take money. Maybe it's money to put towards savings or to put towards paying off bills. If you have a money goal, it's helpful to think about how long it might take to reach it because not many of us can come up with a pile of money overnight.

- Goals that you want to meet in the next few months are called **short-term goals**. Short-term money goals might be saving for the holidays, getting new tires, opening a bank account, checking your credit report, or being ready for back-to-school shopping.
- **Medium-term goals** can take a year or two to meet. They take more patience and planning. Some medium-term money goals might be paying off a car, going back to school, saving for a trip, or finding a different place to live.
- If your money goal is going to take more than a couple of years, it is a **long-term goal**. Long-term money goals could be finishing school, having a down payment on a house, having all credit paid in full, saving for a child's education, or saving for retirement.

### What if I have more goals than money?

To get to your medium and long-term money goals, you may need to give up something you want right now so you can get something even better in the future. That's not easy to do!

Although it might feel good to have something new right away, it usually puts us further away from our longer-term and bigger goals.

## TIP

You are more likely to meet your goals when you work on only *one* or *two* at a time. More goals mean you have less money, less time, and less energy to put toward any of them.

### How can I increase my chances for success?

Think back to something you needed or wanted in the past.

- How did you get there?
- What support did you need?
- What worked for you that helped you reach that goal?
- How did it feel when you got there?

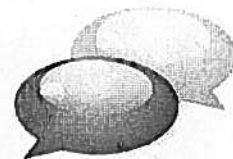
To increase your chances for success, think about what worked for you in the past, what road blocks came up and how you handled them, and what you learned from that experience. You can use that "know-how" as you set a new goal.

Besides having too many goals at once, other reasons people might not meet their goals are:

- ▶ The goal is out of reach for the amount of time and money available: Maybe you just need a little extra time to come up with the money?
- ▶ Another goal took priority: You wanted to get a new TV, but then the car needed repairs so the TV has to wait a little longer.
- ▶ The goal is too broad or unclear: "Paying down debt" is a great idea. Now the next step is to come up with a plan to get started.

### What else do I need to succeed?

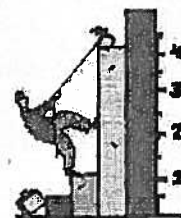
Before you set your money goals, it's helpful talk about plans, dreams, and values with your family (including your children) and your friends. Just having a conversation with those who are close to you can help them understand what you want to do and why. Your friends and family are more likely to support you if they know why your goals are important to you. Plus, you are much more likely to reach your goals if you make them public by telling others about them.



As you include your children in this discussion, this may be a good time to talk with them about **needs** (things required to live like food, shelter, transportation) and **wants** (extras that make life more fun and comfortable, or things they'd like to have but that aren't necessary to survive). Needs and wants are different for every person and for every family. That's why it's so helpful to talk about them.

Knowing what's most important to all of you, and talking about it often, will help you and your children agree on common goals. With the support of your family and friends, it will be easier to work toward your goals and resist other ways to spend your money.

*If you begin with the end in mind, you will have a great head start on the goals you want to reach!*

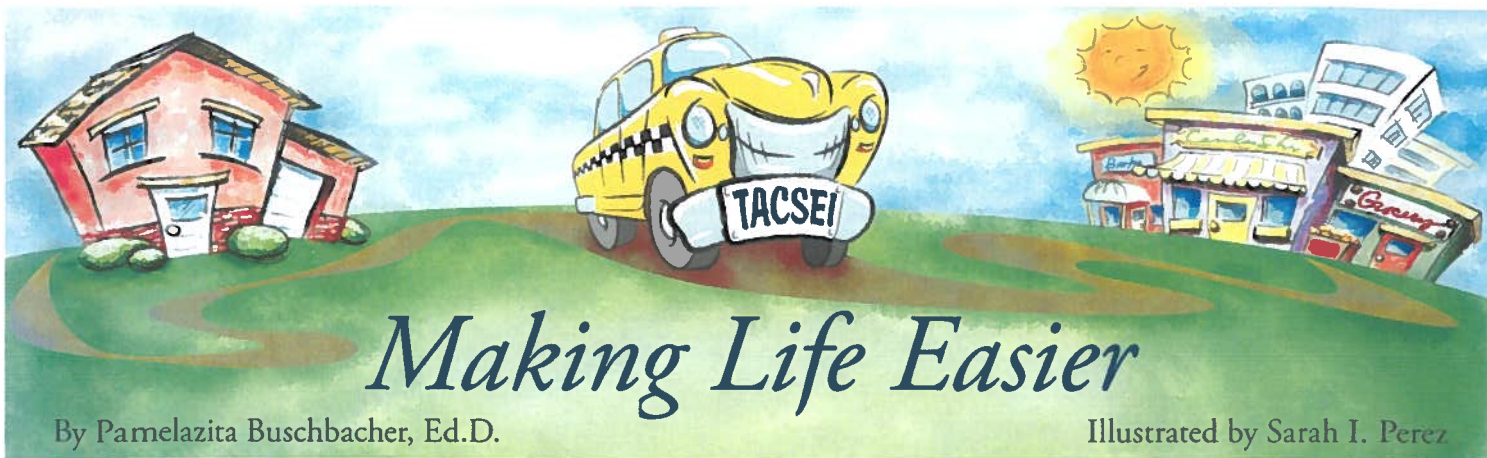


"Money Smart in Head Start" is provided by UW-Extension Family Living as part of the Head Start Financial Literacy Project which is funded through the generous support of the Annie E. Casey Foundation. This issue was written by Ruth N. Schrieffer, Family Living Agent, UW-Extension Iowa County and edited by Cyndy Jacoby, Peggy Olive and Jane Schaaf. Reviewed by J. Michael Collins, Family Financial Security Specialist, UW-Madison/Extension. Sources for this issue include NEFE HSFPF, 2007; FCS Money 2000, Michigan State University; Charting Your Course to Home Ownership, Louisiana State University, 2007; and Your Personal Journey to Financial Success, UW-Extension, 2008. (Revised 2011)



University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating. An EEO/AA employer, University of Wisconsin Extension provides equal opportunities in employment and programming, including Title IX and American with Disabilities (ADA) requirements.





# Making Life Easier

By Pamelazita Buschbacher, Ed.D.

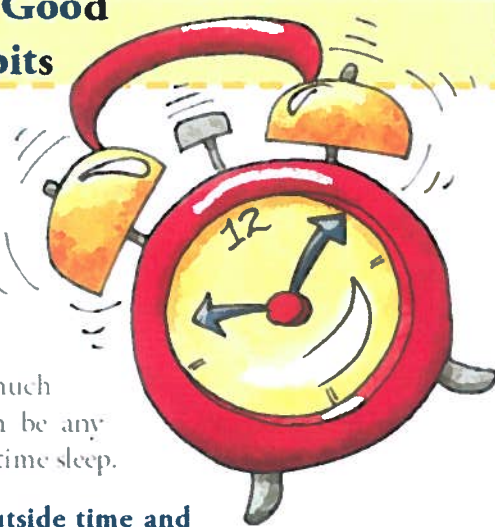
Illustrated by Sarah I. Perez

## Bedtime and Naptime

Many families find bedtime and naptime to be a challenge for them and their children. It is estimated that 43% of all children and as many as 86% of children with developmental delays experience some type of sleep difficulty. Sleep problems can make infants and young children moody, short tempered and unable to engage well in interactions with others. Sleep problems can also impact learning. When a young child is sleeping, her body is busy developing new brain cells needed for her physical, mental and emotional development. Parents also need to feel rested in order to be nurturing and responsive to their growing and active young children. Here are a few proven tips for making bedtimes and naptimes easier for parents and children.

### *Tip:* Establish Good Sleep Habits

- ★ **Develop a regular time for going to bed and taking naps, and a regular time to wake up.** Young children require about 10-12 hours of sleep a day (see the box on the last page that provides information on how much sleep a child needs). Sleep can be any combination of naps and night time sleep.
- ★ **Make sure your child has outside time and physical activity daily,** but not within the hour before naptime or bedtime.
- ★ **Give your child your undivided and unrushed attention** as you prepare her for bedtime or a nap. This will help to calm her and let her know how important this time is for you and her.
- ★ **Develop a bedtime and naptime routine.** Help your child be ready for sleep. Babies and young children thrive on predictability and learn from repetition. They like and need to know what is happening next. It





is important to establish a routine that both you and your child understand and find calming and relaxing. Bedtime routines usually involve undressing, bathing, dressing in pajamas, brushing teeth, toileting for older toddlers and preschoolers, story and/or prayers (for children developmentally older than six months). The order and content will be different for each family depending on the developmental age of your child, the traditions of your family, and the needs of your child's specific disability.

- Do and say the same things before naps and bedtime. This helps your child transition from active play to sleep.
- Establish a predictable place for sleeping. If you want your child to sleep in his own bed, put him down in his own bed. If you would like your child to nap in her room, guide her to sleep in her room. If you begin the bedtime routine in another location (e.g., the rocking chair) and then move the child when sleeping, your child is likely to wake up during a light sleep cycle and become confused about her surroundings.

★ **Help your child understand the steps in the napping and bedtime routines.**

- First... then... statements help your child understand and predict what will happen next. You might say, "Sara, it's time to take a nap. First, let's find teddy. Then we can pick a book to read. Then we can climb into bed and cuddle."
- Your child might benefit from a picture schedule or a picture book (photos, clipart, objects) of the steps in her napping or bedtime. This can help her understand the steps and expectations of the routine. It can also help other adults and babysitters put her to bed in a similar manner. Supporting others who put your child to sleep in a way that you have found works will be very reassuring and calming for your child and for them.

★ **Tell your child what might happen when she wakes up.** The day might have been so much fun that your child does not want to take a break for a nap or go to bed for the night. Follow your calming routine, reassuring your child that the fun will continue when she wakes up. You might want to talk with her about what will happen when she wakes. You might want to show

her a picture of what is going to happen after she sleeps. For example, you might say, "First, sleep. Then wake up and we go to the park." You might use pictures of sleep and park to help your child understand.

- ★ **Carry a favorite transition object to bed** (e.g., a teddy bear, a blankie, a book). A transition object becomes another signal to the child that it is time to go to sleep. Some children prefer an object that is soothing to touch or cuddle while resting.



- ★ **Provide your child with calming, rest-inducing activities, sounds or objects in the routine.** Avoid activities that might excite your child in the hour before bedtime or nap. It is not a time for roughhousing, tickle games, or active play. It is not a time for DVDs or computer games. In fact, you might have an easier time with the naptime/bedtime transition if your child is not engaged in a favorite activity when it is time to start the naptime or bedtime routine. It is important that your routine helps your child prepare for resting and sleeping. Some possible soothing items and activities include sucking a pacifier, hugging a blankie or soft animal, looking through or reading a favorite book, soft music on the CD player, being rocked, a back rub, or singing a lullaby to your child. Reducing the noise and light in the room and nearby rooms is rest-inducing for many young children.

- ★ **Put your baby or child down for sleep while she is still awake.** Say "good night" and leave the room. By putting your baby/child down before she's asleep, she learns to go to sleep on her own, an important skill for the rest of her life. If she falls asleep routinely in your arms or a rocking device, she might get disoriented or scared when waking up in her crib or bed, rather

than cozy and comfortable in your arms. She will not have learned how to put herself back to sleep without your help. When placing your child in her bed, you can provide her with soothing sleep aids such as her security blanket, a stuffed animal, a pacifier, or quiet music.

Tell your child that you will be back to check on her shortly and then be sure to return in a few minutes. She might cry for a few minutes. If so, you can help her settle down again and then leave the room. You can return to her room on regular intervals to offer comfort, but you should not take your child out of bed.

- ★ **Avoid certain foods and drinks six hours before sleep** (e.g., sodas, chocolate, fatty foods). A little tummy that is digesting sugary, caffeinated or fatty foods can keep a child alert and awake.
- ★ **Try breast feeding or offering a warm bottle just before bed.** Milk can induce a deep sleep. However, if your child is being potty trained, avoid milk three hours before sleep because it may cause them to have an accident during the night. Remember that a child should never be put to bed with a bottle as that causes serious tooth decay. You want to also remember to help your child brush his teeth after any snack or drink that is given prior to sleeping.
- ★ **Provide choices whenever possible.** Providing choices for your child has proven to be a powerful strategy in preventing challenging behaviors. Choices you offer at bedtime could be whether the night light stays on or off, what toy the child takes to bed, the story you will read, or if the door is open or shut. This gives your child a feeling of control and helps your child cooperate with your requests. When offering

choices, make them concrete and limited (only 2 or 3 choices). For example, you could let your child choose which pajamas to wear (given 2 choices), when to go potty (e.g., before or after brushing teeth), who will give her a bath (e.g., mommy or grandma), or what book to read (given 3 choices), etc.

★ **Reduce noise and distractions in and near her room.** You want to help your child fall asleep by reducing the distractions or things that make her stay awake. For example, if your child would rather stay up and watch television, turn it off until she is asleep. If it is still light outside, consider shades or curtains that darken the room. If adults or other children are talking or playing, consider asking them to move away from the child's room.

When an infant or a young child sleeps in a room with the television on or loud conversation happening, she comes to rely on these to fall asleep but doesn't truly get the restful sleep she needs. If it is not possible to keep the environment quiet, consider playing soothing music near the child to block out other sounds (a ticking clock, fish tank, or fan might also work).

- ★ **Reduce light in the room.** While you want to darken the room, your child might find it reassuring to have a small light on in the room or her bedroom door open slightly and a light on in the hall.
- ★ **Make sure your child is comfortable.** Check the temperature; what is comfortable for you might be chilly or too warm for your child. Your child might need the security of pajamas that are snug fitting or an extra blanket. She might feel cold even when you think the room is just right. She might need the fan on or off.





## **Tip:** Consider keeping a sleep diary for a week.

Some children are erratic in their sleep patterns. You might feel at a loss for predicting how much and when she sleeps. A sleep diary is a written log of when your child falls asleep, when your child wakes up, and a calculation of the total amount of sleep for each day. You might also want to write comments about any events that happen that day that could be related to your child's sleep cycles. The sleep diary might help you see relationships between napping and sleeping at night or the consistency of bed- and naptimes. If your child has challenging behavior related to going to bed; you can also write down information that describes the behavior challenges and how you responded. This behavior log could provide you with information about when behavior challenges are likely to occur and what you or others might be doing to reinforce (i.e., pay off) the behaviors. This will help you get a clearer picture of what works and doesn't work in helping your child fall asleep and sleep well.

## **Tip:** Look for the signs of sleepiness.

There are always signs that your child is getting tired. Think about how your child shows you that she is getting tired. Share these observations with others who help put her to sleep. When your child is sleepy, you should assist him in taking a nap or at bedtime. Signs of sleepiness in infants and toddlers might include yawning, difficulty focusing, turning her face away from objects or people, rubbing her eyes or nose or pulling her ears, falling down or having difficulty pulling to a stand, and losing interest in play. A sleepy baby might arch her back and lean backwards when you hold her. A preschooler might also show the same signs or might have trouble playing with others, complain of a tummy ache, refuse



to follow directions or eat, or become aggressive with others (e.g., pushing, hitting, biting, etc.). Some children become more active when they are tired in an effort to stay awake. Your child might just get "grumpy."

## **Tip:** Talk with your child about his fears.

For a young child, there really are monsters in the room. Your child might tell you he is scared or he might not yet be able to tell you this. See your child's room as a two year old or a four year old does. In the



darkness of his room, shadows of toys or furniture might seem frightening. If your child expresses fear, let your child know that you understand his fears (e.g., "you are feeling scared.") and then provide reassurance or comfort (e.g., "That is your toy box making a scary shadow, let me move it so it won't look like a ghost."). Then provide her with a soft toy to hug and other calming activities and/or items suggested earlier. Relock the window, pull down the shade or pull the curtains shut. Check in the closet and under the bed. If your child is afraid of the dark, put a dimmer switch on the light. Start with the light on and gradually dim the light over several weeks. Let your child know that you are nearby and that you will make sure she is safe. Your child might need to know where you will be when she is sleeping, even if you need to use a photo/picture. If you need to remain in the room for your child's safety, keep the light off or dimmed, remain quiet, and avoid interaction.

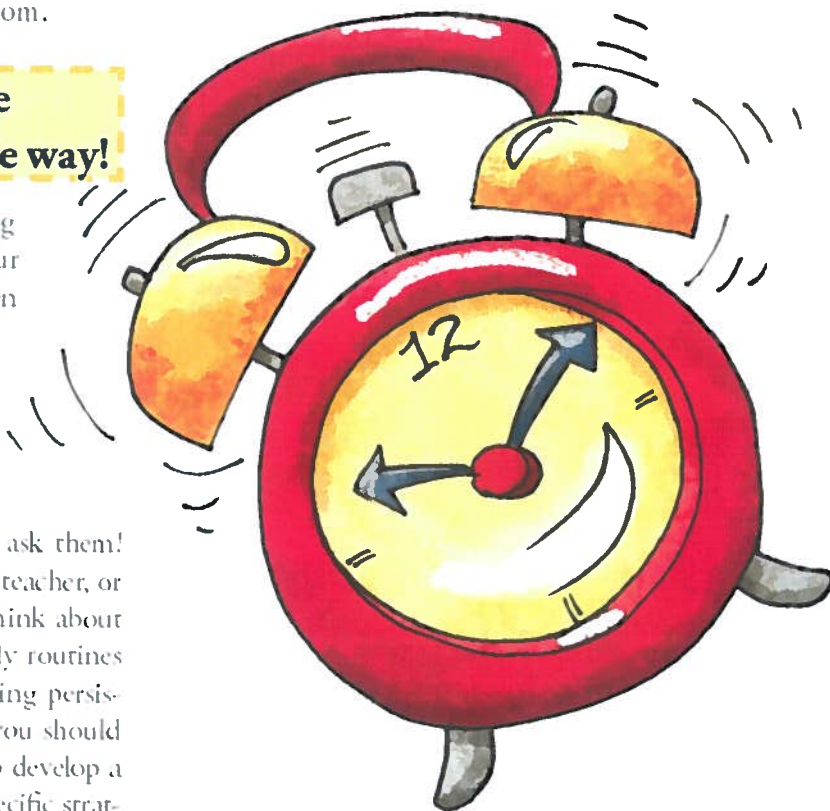


If your child cries or gets out of bed, be supportive and let her know you understand her fears. You might say, "I miss you, too. I'll be in the living room. You'll be fine. We'll have fun in the morning." Calmly return her to bed, make sure that she still has her calming items, reassure her, kiss her good-night, and leave the room.

**Tip:** Celebrate the little successes along the way!

You might say, "You are getting to be such a big girl, sleeping in your bed with your teddy." Your child's restful sleep makes for a restful you. Then you are both ready for shared days of family fun and learning.

In closing, please remember that the team of professionals that support you and your child will have additional specific ideas about how to help your child. Don't forget to ask them! Your child's speech therapist, physical therapist, teacher, or other professional should be able to help you think about the best way to support your child within daily routines and community activities. If your child is having persistent challenging behavior within this activity, you should ask the professionals who work with you to help develop a behavior support plan that will provide more specific strategies to prevent challenging behavior and help your child develop new social and communication skills.



***Is my child getting enough sleep?***

Age	Nighttime	Daytime
1 - 3 months	8½ hrs - 10 hours	3 naps (total of 5 - 7 more hours)
6 - 9 months	11 hours	2 naps (total of 3 - 3.5 hours)
12 - 18 months	11¼ hours	1 or 2 naps (total of 2 - 2.5 hours)
2 years	11 hours	1 nap (90 minutes - 2 hours)
3 years	10½ hours	1 nap (90 minutes - 2 hours)

*\* Your child will probably transition out of naps between 2-5 years of age.*

Technical Assistance Center on Social Emotional Intervention for Young Children

[www.challengingbehavior.org](http://www.challengingbehavior.org)



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Developed in collaboration with PACER Center (Parent Advocacy Coalition for Educational Rights)



## *Making Life Easier:* **Bedtime & Naptime**

- ★ Make sure your child gets plenty of **exercise** during the day.
- ★ Develop **regular times** for bed and naps and stick with them.
- ★ Develop a bedtime and naptime **routine**.
  - Do and say the same things before naps and bedtime.
  - Establish a predictable place for sleeping.
  - Help your child understand the steps in the routines (e.g., use "first, then" statements, picture schedule).
  - Tell your child what might happen when she wakes up.
  - Let your child carry a favorite transition object to bed.
  - Provide your child with calming and rest inducing activities, sounds, or objects in the routine.
  - Put your baby or child down for sleep while she is still awake. Say, "Good night." and leave the room.
- ★ Give your child your undivided and unrushed **attention**.
- ★ **Avoid certain foods** and drinks six hours before sleep (i.e., sodas, chocolate, fatty foods).
- ★ Try **breast feeding** or offering a warm bottle just before bed.
- ★ Provide **choices** whenever possible.
- ★ **Reduce noise**, light, and distractions in and near your child's room.
- ★ Keep a **sleep diary** so you will know what's working (or not).
- ★ **Celebrate** the little successes along the way.

# February is National Children's Dental Health Month

Each year pediatric dentists and hygienists spend time throughout communities educating children on the importance of oral hygiene good oral hygiene. Learn about healthy oral hygiene habits below with our National Children's Dental Health Month oral hygiene facts. It's one month of learning that you and your child should embrace throughout the entire year!



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## Oral Hygiene Facts

### The Importance of Pediatric Dentist Visits

Did you know? According to the American Academy of Pediatric Dentistry, more than 50 percent of children will be affected by tooth decay before age 5.

### Healthy Kid's Teeth with the 2-2-2 Rule

Help keep your child's teeth healthy by using the 2-2-2 rule: visit your dentist TWO times a year, and brush and floss TWO times a day for TWO whole minutes!

### How Do You Get Kids to Brush Their Teeth?

Our pediatric dentists recommend parents follow the Tell, Show, Do model:

- **TELL:** In age-appropriate language, explain how to brush and floss and how those actions keep teeth clean and healthy.
- **SHOW:** Let children watch when mom or dad brush and floss their own teeth.
- **DO:** Help children brush and floss their teeth in the morning and before bed, and keep a regular routine so they know it's expected. Continue helping to brush a child's teeth until they're age 4 or 5. After that, let them do it themselves, but supervise them until age 7 or 8. Children and adults should brush for two minutes, twice a day.



## Tooth brushing tips for parents and caregivers



Your role as a parent includes keeping your child's teeth clean and healthy and free from tooth decay. It can be challenging to brush infants' and toddlers' teeth, but it's important to do because decay can start easily and develop very quickly in children's teeth.

### Brushing your baby's teeth

- Begin brushing your child's teeth as soon as their first tooth appears.
- Use a soft, baby-size toothbrush. Do not share toothbrushes among family members.
- Use a tiny smear of fluoride toothpaste, the size of a grain of rice.
- Brush twice a day; before bed is especially important.
- Brush where the teeth and gums meet.
- Lift your child's lip regularly. Look closely along the gum line. Call your dentist if you notice any white or brown spots, or anything unusual.
- Take your baby to see a dentist once their first tooth comes in or by the time they are one year old.



### How to position your child for tooth brushing



Find a comfortable position. It is often easiest to brush your child's teeth when the child is lying down. You will see better and do a better job. It may be helpful to have another adult hold the child's hands, or swaddle younger children to keep them from grabbing hands or moving around too much.

Try these positions:

- Lay your child on a change table, making sure they cannot fall off.
- Place your child on a couch or bed, with their head in your lap.
- Lay your child on the floor with their head placed between your legs.

## Cleaning your toddler's teeth

Brush twice a day with fluoride toothpaste.



- Use a child-size toothbrush with soft bristles. Do not share toothbrushes.
- Use a tiny smear of fluoride toothpaste and gradually increase to a small pea-sized amount by age three.
- Brush twice a day; before bed is especially important.
- Brush the tongue, the top of the tooth and both sides of the tooth; remember to brush where the teeth and gums meet.
- Brush for at least two minutes.
- Gums that bleed need to be brushed more often—not harder.
- Gently floss between teeth that are touching.
- Take your child to the dentist regularly.

## Remember!

- Young children cannot clean their own teeth. Brush for them when they are very young and brush with them as they grow older.
- Children over age eight can brush on their own with your supervision.
- Always use toothpaste with fluoride. Fluoride strengthens tooth enamel and helps prevent tooth decay.
- Encourage children to spit out toothpaste and keep it out of their reach.
- Offer water when your child is thirsty. Discourage grazing on foods and sipping on sugary drinks between meals and snacks. This causes ongoing acid attacks on teeth, which can cause teeth to decay.
- Make sure you look after your own teeth and gums. Adults with decay or infection in their mouth can pass bacteria to children by sharing toothbrushes or spoons and by cleaning soothers in their own mouths.
- Be a great role model: children want to brush their teeth when they see you brushing your own.

Continue to help young kids brush.



MEMBER OF THE CANADIAN  
DENTAL ASSOCIATION



**Dental disease is largely preventable.**  
For more tips on caring for your child's teeth, talk  
to your dentist or visit [www.bccda.org/healthcare](http://www.bccda.org/healthcare)



[Home](#) / [Popular Topics](#) [Healthy Eating On A Budget](#)

Eating healthy doesn't have to be expensive. Use these tips and materials to make healthy choices while staying within your budget.

## Create a Grocery Game Plan

- Discover how much you could be saving
- Get tips for making healthy, low-cost meals
- Learn how to find the best deals

## Shop Smart to Fill Your Cart

- Tips and tricks for every aisle
- Learn how the "unit price" leads to better buys
- Make smarter choices using the food label

## Prepare Healthy Meals

- Create meals faster with kitchen timesavers
- Tips for any family
- Try new recipes with family you love!

## Sample 2-Week Menus

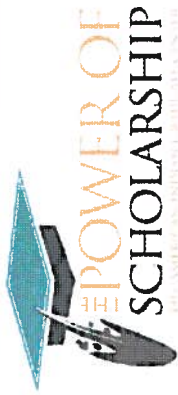
- Budget-conscious 2-week menus
- Grocery and pantry staples lists
- A cookbook that includes these 25 recipes

## Resources for Professionals

- Handouts and guides for educating clients
- Links to SNAP-ED and FNS resources
- Consumer brochures from ChooseMyPlate

Last Updated: Jul 23, 2015





Deadlines for IHS Scholarship

HCC 2016 Summer Internship Program

**Contact AIGC**

Phone:  
505-881-4584

Fax:  
505-884-0427

Email:  
[web@aigcs.org](mailto:web@aigcs.org)

## The following AIGC Opportunities are open for Academic Year 2015-2016

### Undergraduate Opportunities:

**Accenture**

Deadline: May 1, 2016

**All Native American High School Academic Team**

Deadline: May 1, 2016

**REDW Native American Scholarship in Accounting**

Deadline: May 1, 2016

**Wells Fargo American Indian Scholarship**

Deadline: May 1, 2016

### Scholarship Support



AmazonSmile will donate  
0.5% of your purchases to  
AIGC!



## **Wilson-Hooper Veterinary Medicine Assistance Program**

**Deadline: May 13, 2016**

## **Graduate Opportunities:**

### **AIGC Fellowship**

**Deadline: June 1, 2016**

### **BIE Loan for Service**

**Deadline: June 1, 2016**

### **Science Post Graduate Scholarship Fund (STEM LFS)**

**Deadline: June 1, 2016**

### **REDW Native American Scholarship in Accounting**

**Deadline: May 1, 2016**

### **Wells Fargo American Indian Scholarship**

**Deadline: May 1, 2016**

## **Grad Horizons**



Gates Millennium Scholars



San Manuel Band of Mission Indians



Wells Fargo

**The American Indian  
Graduate Magazine  
Advertisers and  
Sponsors**



Harvard University Graduate School of Design

## Application Deadline February 3, 2016

### GRADUATE HORIZONS WORKSHOP

Graduate Horizons is a four-day "crash course" in preparing for graduate school (masters/doctorate programs) and professional schools. Faculty, admissions officers and deans from 40 graduate and professional schools representing hundreds of graduate disciplines will help students:

- Select suitable graduate programs for application and consider potential career paths
- Complete quality applications and resumes/cv's
- Write effective statements of purpose, memorable personal statements and suggest appropriate writing samples
- Receive test-taking strategies on the GRE, GMAT, LSAT and MCAT
- Learn how to finance your graduate education
- Explore special issues and strategies for



KATHRYN M. BUDER CENTER FOR  
AMERICAN INDIAN STUDIES

GEORGE WASHINGTON UNIVERSITY SCHOOL OF SOCIAL WORK

Washington University  
Kathryn M. Buder Center for  
American Indian Studies



Gonzaga University



American Indian Law Center,  
Inc.



University of Denver  
Counseling Psychology



- Native students' success in graduate school
- Develop relationships and network with faculty and student professionals

## Deadlines for IHS Scholarship Applications are Fast Approaching

The IHS Scholarship program application cycle for the 2016-2017 academic year is now open.

- Current scholarship recipients seeking to extend their scholarship support for the 2016 - 2017 academic year must submit their online application and supporting documentation by February 28, 2016.
- New applicants seeking an IHS scholarship must submit their online application and supporting documentation by March 28, 2016.

Please direct interested students to the IHS Scholarship Program website at [www.ihs.gov/scholarship](http://www.ihs.gov/scholarship) where they can complete the application process.



Seattle University School of Law



National Center for American Indian Enterprise Development



University of Idaho

University of Idaho, IGERT Program



National Indian Gaming Association



University of Minnesota  
Duluth - Tribal Administration

## Health Career Connection

# 2016 Summer Internship Program

## Application Now Open

### February 8, 2016 at 11:59 PST

#### About Health Career Connection

Health Career Connection (HCC) is a comprehensive professional development program that provides paid summer internships to undergraduates and recent graduates in the field of public health and health care. HCC offers the unique opportunity for interns to gain exposure, hands-on experience and mentorship, through internships, in a variety of settings in healthcare/public health.

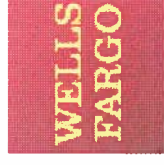
#### Description of Program:

- A paid, full-time, 10-week internship placement in a partner organization. Interns work under the direction of a preceptor, on meaningful projects that are educational for the student and benefit the organization and its community.
- Through partnerships with local organizations, HCC provides internships in a variety of settings including, but not limited to: hospitals, community health centers,

and Governance



University of Tulsa  
Master of Jurisprudence  
in Indian Law



Wells Fargo



medical groups, health plans, local health departments, community based organizations and advocacy groups.

- Our apprenticeship model pairs you with a preceptor to serve as a mentor.
- Workshops on key professional and personal development topics including: leadership, advocacy, cultural competence, life and career planning and graduate education preparation.
- Community building and networking opportunities with peers, professionals and alumni.
- Site visits to a diverse set of key partner organizations to provide exposure to multiple settings and projects.
- Internship stipends range between \$3,000 and \$4,000.

For the past 25 years, HCC has aimed to inspire and empower the next generation of diverse health leaders. Apply to join our program today!

## The American Indian Graduate Magazine



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*Red Cliff Band of Lake Superior Chippewa Indians*

88385 Pike Road

Bayfield, WI 54814

Phone: 715-779-3700 Fax: 715-779-3704

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

*Red Cliff Tribal Council*

**THE RED CLIFF TRIBAL COUNCIL IS SEEKING  
TWO (2) INDIVIDUALS INTERESTED IN SERVING  
ON THE HUMAN/FAMILY SERVICES ADVISORY  
COMMITTEE.**

**1-TANF or former TANF participant  
1-Community member**

**FOR FURTHER INFORMATION CONTACT  
REBECCA BENTON AT 715-779-3706.**

**If you are interested in serving on this committee, please  
pick up an application at the front desk of the  
administration building.**

**Please return your application to the receptionist at the  
administration building.**

**The deadline is open until filled.**

*"The Hub of the Chippewa Nation"*



# RED CLIFF BAND

of Lake Superior Chippewa

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## :: Job Openings ::

■ [Employment Opportunities](#)

### Current Openings

■ [Job Openings](#)

■ [Job Application](#)

■ [Law Enforcement Job Application](#)

■ [Background Information Disclosure Form \(HFS-64\)](#)

■ [Tribal Benefits Sheet](#)

Job Center of Wisconsin displays open job orders maintained by the Job Center of Wisconsin.  
[Link to Job Center of Wisconsin](#)

**All jobs require that you use the Job Application posted on this site and require a Background Information Disclosure (also posted).**

### [Disclosures](#)



### Current Openings for the Red Cliff Tribe

[Outpatient/Community Based Mental Health Professional](#)  
**DEADLINE: February 4, 2016 at 4:00pm**

[Early Head Start Infant/Toddler Center Based Teacher](#)  
**DEADLINE: February 8, 2016 at 4:00 p.m. OR until filled**

[Public Health Nurse](#)  
**DEADLINE: February 16, 2016 at 4:00 PM or Until Filled**

[Clinical Application Coordinator](#)  
**DEADLINE: February 18, 2016 at 4:00 p.m. or until filled**

[Family Nurse Practitioner or Physician Assistant](#)  
**DEADLINE: February 18, 2016 at 4:00 p.m. or until filled**

[General Practice Physician or Pediatrician](#)  
**DEADLINE: Open Until Filled**

[Zaagichigazowin Administrative Assistant](#)  
**DEADLINE: January 21, 2016 at 4:00 p.m. OR until filled**

**Clinic Finance Manager**

**DEADLINE: January 20, 2016 @ 4:00 p.m. or until filled**

**Head Start Bus Driver**

**DEADLINE: December 31, 2015 AT 4:00 PM or Until Filled**

**Early Childhood Systems Specialist**

**DEADLINE: December 31, 2015 AT 4:00 PM or Until Filled**

**Chief Financial Officer**

**DEADLINE: December 14, 2015 @ 4:00 p.m. or Until Filled**

**Health Center - Dentist**

**DEADLINE: Until Filled**

**Family/Human Services Administrator**

**DEADLINE: Until Filled**

**RCECC Subs needed flyer 2014**

**DEADLINE: Open**

**Current Openings for Legendary Waters Resort & Casino**

**Legendary Waters Resort & Casino - Bartender**

**DEADLINE: Open until filled**

**Legendary Waters Resort & Casino - Beverage Server**

**DEADLINE: Open until filled**

**Current Openings for GLIFWC**

**2016 Internship Opportunity: - GLIFWC**

**DEADLINE: February 26, 2016**

**Current Openings for School District of Bayfield, WI**

**[Click here for Available Job Vacancies at Bayfield School](#)**

**Current Openings for Bay Area Home Health**

**[Bay Area Home Health - Personal Care Workers / Supportive Home Care Workers / Certified Nursing Assistants](#)**

**Current Openings for UW Extension**

**[Current Opportunities for UW Extension](#)**

**Current Openings for the National Park Service**

**[Visitor Use Assistant \(Fee Collection\)](#)**

**DEADLINE: Tuesday, January 19, 2016 to Tuesday, February 2, 2016**



Supervisory Visitor Use Assistant

**DEADLINE: Tuesday, January 19, 2016 to Tuesday, February 2, 2016**

Maintenance Worker

**DEADLINE: Friday, January 22, 2016 to Friday, February 5, 2016**

Park Ranger (Interpretation)

**DEADLINE: Wednesday, January 27, 2016 to Wednesday, February 10, 2016**

\_\_\_\_\_

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# Job Search

Narrow search by:

Any Category ▼

Enter Keyword

Any Employer ▼

Search

Results Found: 6

Sort by: A-Z Category

Bayfield Inn, The



20 Rittenhouse Avenue Bayfield, WI 54814

Join our 2016 Front Desk Sales Team!

Category: Customer Service

The Bayfield Inn is currently seeking qualified applicants to join our Seasonal 2016 Front Desk Sales Team! Phone sales/reception experience a major plus, but will train the right applicant. Competitive pay, based on experience. Fun, exciting, and rewarding work environment. Flexible scheduling. Must like fast-paced, challenging work environment and be available to work weekends & holidays. Basic computer skills and ability to communicate clearly and effectively are a must! Applications may be ...[read more](#) →

**Contact:**  
Nathan Lawyer / Human Resource  
Department  
Send Email  
Phone:(715) 779-3363

MAP

VISIT WEBSITE

Madeline Island School of the Arts

**Contact:**  
Send Email  
Phone:(715) 747-2054



MAP  
VISIT WEBSITE

## Assistant Programs Manager

*Category: Hospitality Services*

Madeline Island School of the Arts ("MISA") is a top ranked art and craft school and considered by its peers to be one of the most successful schools of its type in the country. MISA has developed a sophisticated program for scheduling and running premier five day workshops in painting, photography, quilting and writing for 18 consecutive weeks, June – October. The school recently added a ranch in Tucson AZ as a second location to expand the months of operation. The school is seeking a ...[read more](#) →

## Wilderness Inquiry

33095 Little Sand Bay Road Bayfield, WI 54814

### Trail Guide

*Category: Non-Profit and Social Services*

**OVERVIEW:** Trail Guides are the backbone of our adventures at WI. Trail Guides staff all WI events, from single day programming to extended trips. In the summer season, most extended trips are 3-6 days in duration, simultaneously we are running local single day trips. Our activities on these trips range from canoeing, kayaking, hiking, and land-based educational programming. **TIME/WAGE:** Trail Guides are classified according to skill and experience—from assistant to senior trainer—and compensated ...[read more](#) →

### Contact:

Jenny Lavine  
Send Email  
Phone:(612) 676-9400

MAP  
VISIT WEBSITE

## Superior Body Massage & Spa

33 N First Street Bayfield, WI 54814

### Massage Therapist Position Available

*Category: Personal Care and Services*

We have expanded our facility and would like to bring on an additional massage therapist to work part-time through the fall and winter (hours/days are flexible) with the potential for more hours next summer. Applicants must hold a current WI massage therapy license. Please contact Anna for more information and to learn more about Superior Body!

### Contact:

Anna Johnson  
Send Email  
Phone:(715) 209-0428

MAP  
VISIT WEBSITE



## Trek & Trail



7 Washington Avenue Bayfield, WI 54814

### Contact:

Rob Riemer  
Send Email  
Phone:(715) 779-3595

## Sea Kayak Guides & Reservations Specialists

*Category: Sports and Recreation*

Guides lead trips ranging in length of 3hrs - 6 days in The Apostle Islands National Lakeshore. Training for position is paid, and an ACA certification is included as well. Strong communication/people skills are required. We are willing to train the right candidates with little/no paddle skills. WFR and Life Guard certifications are very desirable qualities, but are not required. Reservations/retail specialists answer phones and help clients in our store. All employees have access to "pro-deals" ...[read more](#) →



## Lost Creek Adventures & Outfitter



22475 State Hwy 13 Cornucopia, WI 54827

### Contact:

Greg Weiss  
Send Email  
Phone:(715) 953-2223



## Sea Kayak Guides and Reservations/Retail Assistants

*Category: Sports and Recreation*

Lost Creek Adventures is looking for inspired educators and nature lovers to work as part of our team this summer. Guides lead sea kayaking half, full and multi-day trips within the Apostle Islands National Lakeshore. Reservations/Retail staff assist customers and guests in finding the best possible time while they are visiting us and the area. Learn a ton about paddling, our area, the islands and more. Get pro-discounts on outdoor equipment. Work as part of a great team. Position generally goes from ...[read more](#) →

# FEBRUARY 2016

## NAMEBINI GIIZIS

NITAM ANOKII-GIIZHIGAD	NIIZHOO-GIIZHIGAD	AABITOOSE	NIYO-GIIZHIGAD	NAANO-GIIZHIGAD
1B FR TOAST STIX, AP- PLESAUCE, CC L CHIX WRICE HD, M ORANGES, CALI BLEND S CHEESE/CRACKER	2B CORNFLAKES, BER- RIES, YGT, MUFFIN L BEEF VEG SOUP, PBJ, BROC, PEARS S TORTILLS CHIP/ SALSA	3B RICE CHEX, APPLES, YGT, TOAST, JELLY L CRABBY PATTY, VEG/ DIP, MANGO, CC S MAKE YOUR PIZZA	4B HB OATS, ORANGES, ENG MUFFIN, CC L PORK CHOP, MAC/ CHEEZ, FR COCKTAIL, PEAS S STRINGCHZ/	MENU SUBJECT TO CHANGE
8B WAFFLES, BLUE- BERRIES, CC L BURRITOS, RICE, MANGOS, CORN S RICE CAKE/JUICE	9B KIX, APPLES, YGT, BAGEL L TOMATO SOUP, GR CHEEZ, TROP FR. S GRAHAM/PB	10B CORN CHEX, BA- NANA, YGT, TOAST L BEEF STEW, BISCUIT, PEACHES, CC S VALENTINE SMOOTHY	11B CHEERIOS, BER- RIES, CC, MUFFIN L KIELBASA, KRAUT, PEAS, BUN S CARROTS/DIP	MILK SERVED WITH ALL MEALS
15 ECC CLOSED PRESIDENT'S DAY	16B OATMEAL, BLUE- BERRIES, TOAST, CC L CHILI, CORNBREAD, VEG/DIP, APPLESAUCE S BAGELS/DIP	17B HB OATS, ORANGES, YGT, MUFFIN L MAN OR CHIX, RICE, GR BEANS, M ORANGES S COOKIE/MILK	18B KIX, PEARS, YGT, BAGEL L HAM, BABY RED, PEAS, PINEAPPLE, BUN, CC S TEDDYGRAM/MILK	HOLIDAY PARTY ECC
22B EGG, TOAST, CC, TR FRUIT, L BEEF STIR FRY, STIR FRY VEG, MANGO, YGT S CH.CHIPMUFFIN/M	23B RICE CHEX, PEACH, YGT, ENG MUFFIN, JELLY L CHIX STRIPS, FRIES, PINEAPPLE, CC S CHEXMIX/JUICE	24B CHEERIOS, BA- NANA, YGT, TOAST L SCALLOP/HAM, M OR- ANGES, BUN, GR BEAN S NUTRIGR./MILK	25B CORNFLAKES, BER- RIES, TOAST, CC L HAMB HD, CORN, PEACHES, YGT S JELLO-PRETZELS	
29B MALTO MEAL, BERRIES, TOAST L PIZZA, CORN, YGT, PEARS S APPLES/PB				