



Gichi-Manidoo-Giizis (Great Spirit Moon) January 2016

Family Storytelling Night

Welcome back and Happy New Year. Biboon is here and its time to tell some stories. We invite families and community members to our annual Family Storytelling night Wednesday, January 27, 2016 from 5pm to 7pm at the Legendary Waters Event Center. Please join us as we hear stories about the past from our local community members. We will also have dinner and raffles.

**ECC Family
Storytelling Night
January 27, 2016
5pm to 7pm @ LW**

Inside this issue:

ECC/Community Event Calendar

Classroom Updates

Upcoming events

Ojibwemowin

Health/Nutrition

Education

Literacy

Employment Opportunities

Menu

Special points of interest:

- ECC will be closed Jan. 1st and classes will resume Jan. 4th
- Home Base Social Jan. 8 10-noon @ ECC
- ECC/Tribe will be closed Jan. 18th for Martin Luther King Jr Day
- Home Base Social Jan. 20th 4:30-6:30 @ ECC
- Bayfield School Early Release Jan. 22nd @ 12:45
- ECC Family Storytelling Jan. 27th 5pm to 7pm @ LW

Update your information

Do you have a new number? Did you move to a new place? Let us know. Parent contact information is a very important part of making our center a great program. When emergencies or non-emergencies happen having the correct phone numbers to contact families is essential. Make sure to update your emergency contact list also. If we are unable to contact you for any reason we will attempt to contact the people on the emergency list. Miigwech!





Gichi-Manidoo-Giizis **(Great Spirit Moon)** **January 2016**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CLOSED <i>Winter Break</i> <i>Bayfield closed</i>	2
3	4 <i>Classes Resume</i> <i>WIC Pickup</i> <i>Tribal Council Mtg</i>	5 <i>WIC Pickup</i>	6 <i>JOM Mtg</i>	7 <i>Language Table</i>	8 <i>Home Base Social 10 - Noon</i>	9
10	11 <i>WIC Pickup</i> <i>School Board</i>	12 <i>WIC Pickup</i>	13	14 <i>NALEMP Mtg</i> <i>Language Table</i>	15	16
17	18 ECC/Tribe CLOSED <i>Martin Luther King Jr Day</i>	19 <i>Tribal Council Mtg</i>	20 <i>*Home Base Social 4:30-6:30</i> <i>*Blood Drive 12pm - 4:30 @ LW</i> <i>Housing Mtg</i>	21 <i>Language Table</i>	22 <i>Bayfield Early Release @ 12:45</i>	23
24	25	26	27 <i>ECC Family Storytelling Night @ LW</i> <i>Health Board Mtg</i>	28 <i>Language Table</i>	29	30
31	<i>February 1</i>	2	3	4	5	6

Home Base

JANUARY NEWSLETTER

We hope you all had a wonderful Christmas and enjoyed the holiday vacation! We would like to welcome Haley Hyde to the ECC as the new Home Base Teacher! Haley will be starting visits with her families this month and she is very excited to start working with you all!

This month we will continue working on the goals that you set for your children and using the PAT with you. This month is Gichi-Manidoo-Giizis (Great Spirit Moon). So, we will also be giving information on dream catchers, ice fishing and winter in form of ojibwe, stories and crafts!

There will be two Home Base Socials this month! We have not had many people attend the last few times and we would like to see a lot more join us to visit with the other families and us and to just enjoy yourself. If you have any suggestions for these please message one of us and we would be more than happy to try it out if possible!



2016

Best wishes for the
New Year!

Caitlin, Amaris & Haley



Happy Birthday!

Carson 1/1

Samual 1/10

Migizi 1/11

Things going on this month:

- * Classes resumed on 1/4
- * Home Base Social 1/8
10am—noon!
- * Language Table every
Thursday night @ ECC
- * ECC/Tribe closed 1/18
- * Home Base Social 1/20
4:30—6:30

Martin Luther King Jr Day

- * Bayfield Early Release
1/22 @ 12:45
- * ECC Family Night! 1/27

WAABOOZ ROOM NEWS

January 2016 (Great Spirit Moon)
Gichi-Manidoo-Giizis



Welcome Back
Waabooz families.
We hope everyone
had a safe and great
winter break.

During the month
of January we will be
continuing with our
Ojibwemowin.

Please remember to
dress your child in
weather appropriate
clothing now that
the weather is start-
ing to get colder.

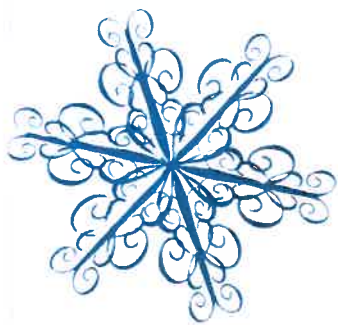
Welcome Back!!

Hat, mittens, boots,
snowsuit, or jacket
and snow pants.
Also, please remem-
ber to bring in two
pairs of extra clothes
for your child, we do
get messy in the
Waabooz room. If
you are going to be
late bringing in your
child or if they
aren't going to be
here please be sure
to give us a call.



Do you want to build a
snowman?

Lacie, Teresa, & Judy
715-779-5030 ext. 224



ECC News

- Every Thursday Lan-
guage Table 4pm-7pm
- January 1st- ECC
CLOSED New Years
Day
- January 18th- ECC

CLOSED Martin Lu-
ther King Day

- January 27th- ECC
Family Night

January Birthday's

Lucien L. - January 12

Aviauna H. - January 29

Amik Room January 2016

Welcome Back!

Welcome back from our holiday break.

We hope that everyone had great a Christmas, and a Happy New Year!

This month we will be learning all about winter. We will learn about what clothing we wear, and what activities we do in the winter months. We will also be doing fun winter crafts and activities. And also contin-

uing our ojibwemowin each day.

We will be going outside daily, weather permitting. Please send extra clothes, and warm winter outerwear for your children.

Please call by 9:00 AM if your child will be late or absent.

Thank you!



January Special Dates

Every Thursday Language Table from 4:30-7:00pm

January 18th- ECC
CLOSED Martin Luther King Jr. Day

January 27th- ECC
Family Night

Maggie & Lisa
715-779-5030 ext. 225





January
2016!!!!!!!!!!!!



Boozhoo,

To all our families, we are excited to start the new year off with more words and commands in ojibwemowin!! We hope that you all enjoyed your holidays. If there is any suggestions please don't hesitate to bring it forward on what you would like to learn. We will be learning about Biboon (Winter), Ice Fishing , and Clothes. Please remember to send your child with the proper clothes for this time of year. Please send them with extra shoes (for classroom only) snow pants, boots, gloves, hats, and Winter Jacket! We will be taking more walks by holding hands. Please remind your child of how safe it is to stay by an adult during the walk.

Thanks
Tara and Corky

Words for Winter:

Jacket – Babiinzikwagan

Winter Boots – Biboon Makizinan

Snow Pants – Goon-giboodlyegwaazon

Gloves– Minjikaawanan

Hat – Wiiwakwaan

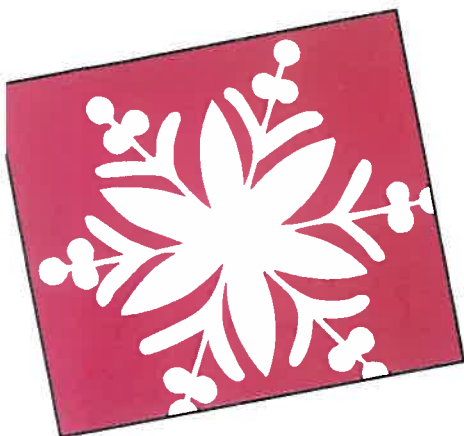
Socks – Azhiganan

Scarf – Giizhoopizon



JANUARY 2016

GICHI-MANIDOO-
GIIZIS



SPECIAL POINTS OF INTEREST:

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

LAYLA HAS A SPECIAL FRIEND TO PLAY WITH EACH DAY.

MELVIN SHOWS AFFECTION FOR A FRIEND WITHOUT PROMPTING.

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

EMMA HAS PATIENCE TO PUT TOGETHER A NINE PIECE PUZZLE.

ELIZABETH CAN NAME THE CHILDREN IN OUR CLASS.

MIKA HAS GREAT MANNERS-SHE SAYS THANK YOU AND PLEASE WITHOUT PROMPTING.

WALTER CAN PLAY SIMPLE MAKE-BELIEVE GAMES.

KENDALL SHARES AND TAKES TURNS WITH 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 dinosaurs/snow and clothes 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.

Snow
Its snowing
Cold

Goon
Zoogipon
Gisinaa



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.

JANUARY NEWS

January 18, 2016
the ECC/TRIBE
will be **CLOSED** for
Martin Luther King
Day.

Family Night will be
at 5pm at the ECC
on January 27th.

Emergency Closings

Watch: WDIO ch.10
Listen to: 96.7 fm

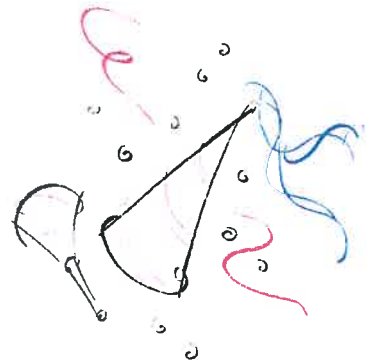
If Bayfield school and/
or the RC tribal office
is closed, the ECC is
also closed!

Mashkodebizhiki Room

2016

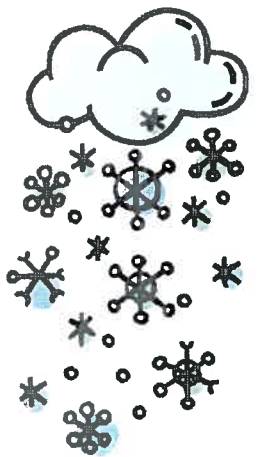
Boozhoo. Welcome to the new year.

2016 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.



For the month of January we are going to do a study of clothes. This is part of our Teaching Strategies Curriculum. We will have many different types of clothes in our dress up area. Please remember to label all of your children's clothing so it does not get mixed up.

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. Jamie and Ms. J



Ma'iingan Room News

Boozhoo All !

We've been busy working on many different projects this month, and learning many different social/emotional skills including problem solving and turn taking. We have to send a friendly reminder to all parents and families that our school day starts at 8am to 2pm please communicate when your child or children when they will be absent.

We also are learning about counting, recognizing letters and numbers, shapes, ojibwe words and phrases, patterns, colors, self help skills and writing our first and last names, and working together. We want to say Miigwech to ALL the PARENTS that met with us for the parent teacher conferences, and all cooperation and understanding with us.

Keep sending your children to school daily, and remember there is always an OPEN invite to visit our classroom and check out what the kids are doing in their daily routine.

Hope you all have a safe, warm holiday break and a very wonderful new year !! We look forward to seeing you all soon and enjoy the winter break.

Miigwech, Miss Patsy, Miss Alicia

MIGIZI NEWS

Happy New Year!!

Glad to see we finally got some snow, the children really had fun playing in it today! The children had a good day and it seemed like everyone was glad to get back into the routine of things.

Our studies for the month will be about warm clothing, winter, ice fishing. Along with those we will start our personal touch part to "Talking About Touching" curriculum. We will learn about "Safe and Unsafe" touches. We will focus on "Mat Man", what happens now and then what will happen. The children are working hard on learning how to write their names and to identify the letters in their names. This is a good project to do with your child, they are proud of their accomplishments.

Remember we're studying about clothes and winter we have five things to put on every time we go outside.

- 1. Snow pants*
- 2. Boots*
- 3. Coat*
- 4. Hat*
- 5. Mittens/gloves*



They cannot go outside till they each have all five things on

*Ms. Diann
Ms Linda*



December Attendance

2015



Congratulation to this Month's Winners for perfect attendance.

Early Head Start: Walter Wilson

and

Head Start: Robert Poch III

In the Early Head Start we had a total of 19 out of 31 students that met the perfect attendance requirement.

Waabooz 5 Children

Amik 3 Children

Makwa 5 Children

Esiban 6 Children

In the Head Start we had a total of 20 out of 50 students that met the perfect attendance requirement.

Migizi 9 Children

Maiingan 3 Children

Mashkodebizhiki 8 Children

Keep pushing the Attendance Parents, *You Rock..*

Family Service Staff



****Attention Head Start Parents****



**The ECC is currently
looking
for a bus driver!**

**Effective Monday, January 11th
the ECC bus route
will be as follows for
both pick up and drop off:**

**Monday and Tuesday's:
BIG BUS (Terry's) Route**

**Wednesday and Thursday's:
LITTLE BUS (formerly Harold's) Route**

This is the best option we can consider to be fair at this point.

**Please refer anyone with a CDL Class C with a passenger and
school bus endorsement to either apply for the position or
consider subbing.**

**Please refer any questions or comments to Nicole (ext 230) or
Terry (ext 0) at 779-5030.**

2016

WIC PICK UP DAYS

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

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

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30	31			25	26	27	28	29	30	31
							30	31																			

RED CLIFF COMMUNITY HEALTH CENTER

36745 Aiken Rd.
Bayfield, WI 54814
www.redcliffhealth.org

Phone: 715-779-3707
Ext. 2261
E-mail: rachel.garramone@redcliff-nsn.gov





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					
Eligibility for Openings is dependent upon VACANCIES AND SCORE.					

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

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

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: _____

Reminder

No School

Monday, January 18, 2015

for Martin Luther King
Day

The Tribe and ECC will be closed

ECC Storytelling Family Night

Biboon is here and it's time to tell a story. ECC would like to invite families and community members to our annual Storytelling family night. This event will take place on Wednesday, January 27, 2016 @ the Legendary Waters Event Center. We will also enjoy some good food and good stories from our local community members.

Wednesday, January 27, 2016

5:00-7:00pm

Legendary Waters Event Center

If you have any questions please contact Cindy Garrity 715-779-5030 ext. 253 or Jennifer Defoe ext. 257.

Dinner will be provided



Indigenous Arts and Sciences



Circles of Care



Learn the Ojibwe Language!

Come learn anything and everything you wanted to know about the Ojibwe language or culture at one of these convenient community locations!

@ the Youth Center - Tuesdays from 5:00 – 7:00

@ the Red Cliff Library – Wednesdays from 5:30 – 7:00

@ the ECC – Pot Luck Thursdays from 4:30 – 7:00

Sponsored by:



for more information contact Reggie Cadotte: 715-779-5030 ext. 233
or reggie.cadotte@redcliff-nsn.gov



Boozhoo! We are LCO Community College-North, and we have opportunities for you! Our site has recently gone through a re-adjustment including fresh new/old faces to provide you with everything you need to begin your journey into the New Year! We are a staff geared toward helping every student transition into the world of higher education and experience success. Interested? Come talk! Linda will be at the Red Cliff Library on Jan. 6th & 12th from 9:00-3:00.



Linda Johnston-Site Coordinator

Sue Smith-Student Support Services & Asst. Coordinator

305 W. 4th Street Washburn

715 812-1040

Red Cliff Representatives are need for the Bayfield School Board.

*There are two seats that will be open for Red Cliff
community members.*

*If you are interested in running for the Bayfield
School Board,*

here is what needs to be done.



*You need to pick up a Declaration of Candidacy
form and Campaign Registration Statement, fill it out,
and returned it to Sheila Kelly at the Bayfield School*

**NO LATER THAN 5:00 P.M. TUESDAY, JANUARY 5,
2015.**

*If you have any questions please give Sheila Kelly a
call at the Bayfield School,*

715-779-3201 ext. 100

MIIGWECH



Give a Hoot about education and become a board member



12 WEEK LOSIN' IT!

HEALTH & WELLNESS CHALLENGE

The event everyone is talking about!

Join the area's largest local and regional
Weight Loss and Fitness Challenge!

TOP PRIZE IS **\$1,000!**

Free Workouts!
Weekly Prizes!

Weigh in or work out at an official location to be entered to win!



DATES AND LOCATION

Weigh-In – January 5 • Weigh-Out – March 29

BAYFIELD 10AM-2PM

Red Cliff Community Ctr • 36745 Aiken Rd

ASHLAND 4-8PM

Northern Great Lakes Visitor Center • 29270 Co. Hwy. G

PRIZES:

- Weight Loss Challenge – Top Team Prize – \$1,000 in each city challenge!
- Fitness Challenge – \$250 top prize.

COST TO ENTER:

- Weight Loss Challenge – \$20 online before 12/30/15 or \$25 at the door.
- Fitness Challenge – \$15 online before 12/30/15 or \$20 at the door.

GENERAL RULES AND INFORMATION:

- \$1,000 Weight Loss Challenge – Pick a teammate, weigh-in at an official weigh-in location, check in weekly, weigh out, team with most weight loss by % WINS!
- Fitness Challenge – Pick a teammate. Sign up online or at one of the weigh-in locations and work out at any of the official fitness locations. The team with the most hours recorded at the conclusion of the challenge wins \$250.
- Weekly Prizes – Weigh in or workout at an official location to be entered to win OR weigh in anytime, anywhere using our convenient online check in page (weekly prize eligibility does not apply to online check ins, must visit an official location to be entered to win).
- Complete list of rules at: www.apg-wi.com/events

Questions? Call Esther Maina at

715-718-6438 or 715-558-3186 or email: events@apg-wi.com

GOLD SPONSOR



Official
Weigh-In
Location

SILVER SPONSOR



Official
Weigh-In
& Fitness
Location

BRONZE SPONSORS



Memorial
Medical Center
WISCONSIN CLINICAL CENTER



Official
Weigh-In &
Fitness Location



Official
Weigh-In &
Fitness Location

Ashland Daily Press



122 W 3rd St., Ashland
715-682-2313

Bayfield County Journal

126 W Bayfield St., Washburn • 715-373-6500

Martial Arts for Adults!

SPECIAL Adults ONLY Beginners Class

Interested in trying Martial Arts but don't want to be in a class full of kids? This winter we are offering a special **adults ONLY** beginner's class!



Tuesdays and Thursdays
from 7:00-7:45pm at the
Bayfield Pavilion
Starting Jan 7

Benefits

- Improves focus and awareness
- Reduces stress
- Builds strength
- Improves flexibility, balance, coordination and speed
- Most of all it's Fun!



Includes: A Month of Classes,
Uniform, Aspire Martial Arts T-shirt
and 1st Belt Promotion. All for only
\$49!



Don't let this opportunity pass you by!

Call the Bayfield Rec Center at 715-779-5408 for more information or to sign up. Visit us at aspiremartialarts.org for more information.

Friday Youth Nights - Mt. Ashwabay Recreation Area

Name: Friday Youth Nights - Mt. Ashwabay Recreation Area

Date: January 8, 2016

Time: 4:00 PM - 9:00 PM CST

Website: Mt. Ashwabay Ski and Recreation Area
[<http://www.mtashwabay.org/>]

Event Description:

Every Friday night join the fun with our popular Youth Night at Mt. Ashwabay.

\$10 Lift Tickets with FREE Rentals (Grades 6-12)

\$1 BART bus round-trip Ashland & Washburn

This program is funded by generous sponsors in our community. If you're interested in supporting this program, please contact Mt. Ashwabay.

Location:

Mt. Ashwabay Ski and Recreation Area
32525 Ski Hill Road, Bayfield, WI 54814

Date/Time Information:

January 8 - March 18 // Friday nights
// 4 pm- 9 pm

Contact Information:

(715) 779-3227
Send an Email
[info@mtashwabay.org]

Fees/Admission:

\$10

Set a Reminder:

Enter your email address below to receive a reminder message.

Printed courtesy of bayfield.org/ – Contact the Bayfield Chamber of Commerce & Visitor Bureau for more information.

42 S Broad Street , Bayfield, WI 54814 – (715) 779-3335 – chamber@bayfield.org

Sleigh & Cutter Parade - Northern Great Lakes Visitor Center

Name: Sleigh & Cutter Parade - Northern Great Lakes Visitor Center

Date: January 9, 2016

Time: 11:00 AM - 2:00 PM CST

Website: Sleigh & Cutter Parade

Event Description:

Come be a part of history at the 30th annual Northwoods Sleigh and Cutter Rally! Ride on replica sleighs from the 1800's, with the help from beautiful horses from the region!

There will be free sleigh rides sponsored by Northern State Bank from 11am - 12:30 pm with a parade starting at 1:00 p.m. There will be concessions for sale (hot food), to support the Northern Great Lakes Visitor Center and its friends!

Share:

[Back to Calendar](#)

Location:

Northern Great Lakes Visitor Center
29270 Co Hwy G, Ashland, WI
54806

Date/Time Information:

Free sleigh rides from 11am - 12:30 pm
with a parade starting at 1:00 p.m.

Contact Information:

Roseann Haveri, 715-685-9983
[Send an Email](#)

Fees/Admission:

Admission is free

Set a Reminder:

Enter your email address below to
receive a reminder message.

-- Select Days Before Event ▼

--

[Back to Calendar](#)

Give the Gift of Martial Arts This Holiday Season

Holiday Special Beginners Package

Includes: 8 Classes, Uniform, Aspire Martial Arts T-shirt and 1st Belt Promotion, All for only \$49!

A Holiday Special value! Don't pass up this great deal!

Call or stop in to sign up early and receive a gift certificate and uniform for under the Christmas tree!



Youth Beginners Class

Wednesdays from 5-6pm

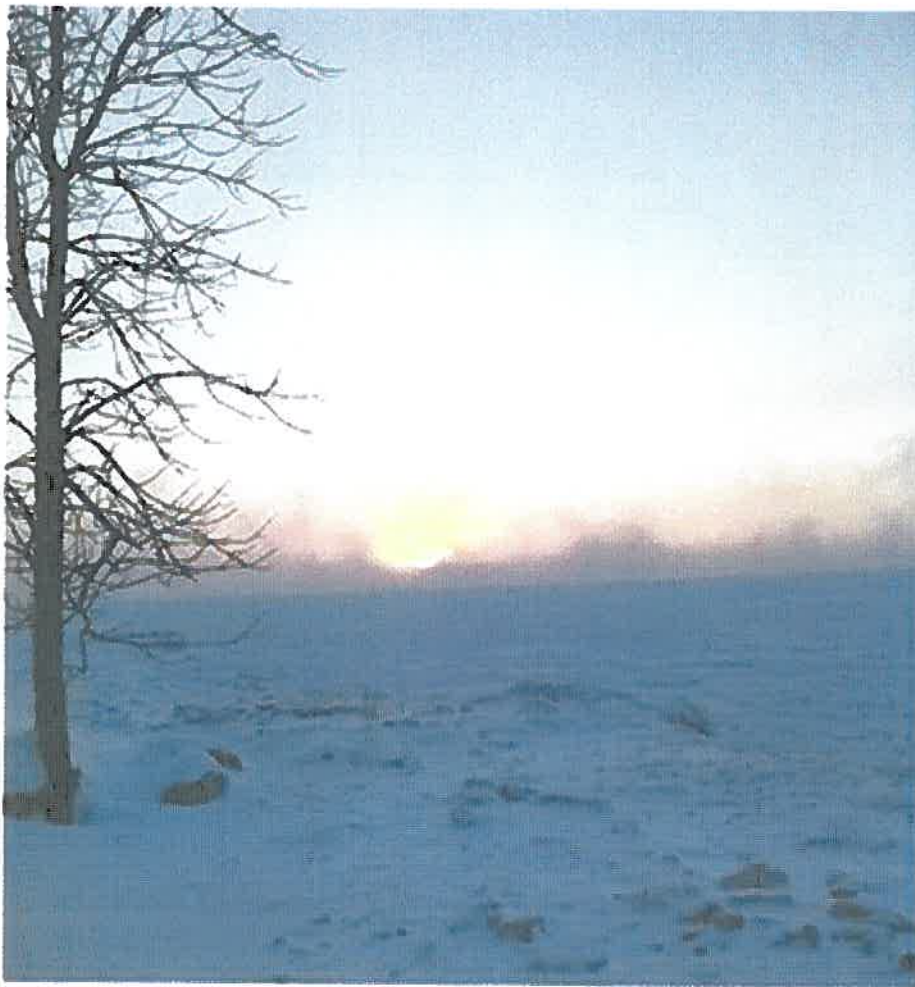
Saturdays 10-11am

First Day of Class is

Saturday, January 9th



Call 715-779-5408 for more information or to sign up. Visit us at aspiremartialarts.org for more information. Financial Scholarships are available



JANUARY 13 2016

GRANT WRITING & FUNDRAISING WORKSHOP

Northern Great Lakes Visitors Center

8:00-8:30am Registration and Check in, \$10 per person

Workshop begins at 8:30am and ends at noon.

Thank you facilitators: Karen Crowell, Keri Cavitt, Dorothy Lagerroos, Wendy Kloiber, Kristy Liphart, Sharon Stewart, Megan Perrine, Maribeth Monroe, Jean Ronning, Scott Armstrong, Ruth Goetz, Madelaine Herder, Lois Albrecht and Mary Trettin



**DSACF Grant Process
& Priorities**

**Panel of Grant
Recipients Discuss
Focus, Audience and
Process of Grant
Writing**

**Grant
Writing: Where do I
Start?**

**Writing the
Ambitious Grant (for
experienced
writers)**

**Putting the "Fun" in
Fundraising Events**

**Getting to "Yes I
Will"**

**CHEQUAMEGON BAY
AREA COMMUNITY FUND**

**Please call to pre-
register:
715.779.7021**



Great Lakes Indian Fish and Wildlife Commission Ishpaagoonikaa (Deep Snow Camp) February 5-7, 2016



**33 University Road (Headstart Gym)
Cloquet, MN 55720**

Heather Bliss at (906) 458-3778
hnaigus@glifwc.org

or

Nikki Crowe at (218) 878-7148
nikkicrowe@fdlrez.com

Ishpaagoonikaa seeks to increase knowledge and utilization of treaty rights in harvesting and protecting natural resources, encouraging environmental stewardship, and promoting natural resource careers.

Additionally, the program strives to increase leadership skills in tribal youth, foster Intergenerational learning opportunities between tribal elders and tribal youth, and focus on passing traditional Anishinaabe winter activity knowledge from generation to generation.

This year's Ishpaagoonikaa program will be held in Cloquet, Minnesota, on February 5-7, 2016 where GLIFWC's Law Enforcement Division will partner with the Fond du Lac Tribal College Extension's 13 Moons Program. Tribal youth will interact with elders and GLIFWC Law Enforcement officers in activities such as snow snake construction and play, storytelling, small game trapping, brain tanning, animal and track identification, winter shelter building, Ishkode (fire) making, outdoor survival tactics, and Native Skywatchers.

Participants will be spending 2 nights in their tents at the Headstart Gym.

The program will start on Friday at 6 pm CST and conclude Sunday at 1:30 pm.





33 University Road, Cloquet, MN

Camp will start Friday at 6 pm CST and conclude Sunday at 1:30 pm.

Student's statement: Why I should be selected to attend Winter Camp and what I hope to learn:

Send by mail: Heather Bliss, 253 Silver Creek Rd., Marquette, MI 49855



Red Cliff
Family Violence Prevention Program

Women's Empowerment Group
Meets on Wednesdays from
5pm until 7pm in the Family and Human
Services Building.

*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



January 2016 Elder Month of Events

*Friday Jan 1st - *No Service* Tribal Holiday (New Years Day)*

Friday Jan 8th - Ashland Shopping Day leave at 9:00am

Thursday Jan 14th - Corny Day Trip leave at 9:30am

*Monday Jan 18th - *No Service* Tribal Holiday (Martin Luther King Day)*

Monday Jan 25th - Ashland Shopping Day leave at 9:00am

If interested in attending any of these events, please feel free to call

Nutrition Center to sign up. 715-779-3746

Miiqwech

Makizinan – Shoes

Biitookizinan – Boots

Niibino-makizinan - Sandals

Azhiganan – Socks

Boodiyegwaazon – Pants

**Niibino-boodiyegwaazon –
Shorts**

**Bibooni-boodiyegwaazon –
Snow Pants**

**Biitooshkigan – Long Johns /
Under clothes**

Nibe-wayaan – Pajamas

Magoodaay – Dress

Gijipizon – Belt

Babagiwayaan – Shirt

Babiinzikawaagan – Jacket

Bagizowayaan – Swimsuit

**Gimiwanoo-wayaan – Rain
wear**

Wiiwakwaan – Hat

Minjikaawanag - Gloves

**Oshkiinzhigokaanan –
Glasses**

**Bagizowi-oshkiinzhigokaanan
– Swim Goggles**

**Anokii-oshkiinzhigokaanan –
Safety Glasses**

Naabikawaagan – Necklace

Naabishebizonan – Earrings

Giizhoopizon – Scarf

**Dibe’igiiziswaanens –
wristwatch**

Didibininjiibizon – ring

Naabinikebizon – bracelet

Awegonen ge-biizikamaan gii-gisinaamagak?

What do I wear when it's cold?

Minjikaawanaan oga-biizikawaan gii-gisinaamagak.

He should put on his gloves when it's cold.

Biitookizinan oga-biizikaanan gii-ishpaagonagaag.

He should wear boots when the snow is high.

Wiiwakwaan biizikan. Dakaanimad.

Put on your hat. The wind is cold.

Babiichiin! Agwajiing giga-izhaamin!

Put on your shoes! We are going outside!

Biichi-wiiwakwaanen!

Put on your hat!

Giichi-wiiwakwaanen!

Take your hat off!

Biichi-babiinzikawaaganen!

Put on your jacket!

Biichi-minjikaawanen!

Put on your gloves!

FREE!!

-> OJIBWE LANGUAGE CLASSES!

Daga wiidookawishinaam ji-nitaa-anishinaabemoyang!

(Please help all of us to speak the Ojibwe language!)

For all ages and skill levels!

We are here to help you speak Ojibwe!

Tuesdays @ the Youth Center from 5:00 – 7:00

Contact Misty Nordin: 715-779-3722

Wednesdays @ the Red Cliff Library –from 5:30 – 7:00

Contact Nancy Newago: 715-779-3700

Thursdays @ the ECC – Pot Luck from 4:30 – 7:00

Contact Reggie Cadotte: 715-779-5030 ext. 233

for more information contact Reggie Cadotte: 715-779-5030 ext. 233

or reggie.cadotte@redcliff-nsn.gov

Red Cliff Youth Center Culture Nights



TUESDAYS

Ojibwe Language Table

With Rosie DeBungie

5p-7p

January 5th, 12th, 19th & 26th, 2016!



Ojibwe Language Lessons provided by the Red Cliff ECC with the collaboration of the Red Cliff Family Services Division and Youth Center Staff.

An Activity for the whole FAMILY!

Lessons are Beginner-friendly and suitable for all ages!
SO, you can Bring In all your little ones to learn too!!

****BE A GOOD ANCESTOR AND SPEAK OJIBWEMOWIN!!***

For questions or concerns, Please Call Misty Nordin Or Jake Gordon at the Red Cliff Youth Center (715) 779-3722

Food and Fitness for a Healthy Child

February 2016



BEST BITES

BITES Eating can be tricky when your child has loose or missing teeth. Cut harder fruits (apples, melon) into small pieces, or offer softer fruits like bananas, strawberries, and canned mandarin oranges (packed in juice). Make sandwiches with soft whole-grain bread rather than rolls, and try creamy fillings like tuna salad. Scrambled eggs and pasta are good bets, too.



Encourage physical activity by trying something new with your youngster. Start by brainstorming ideas, perhaps kayaking, ice skating, ultimate Frisbee, and paddleboarding. Have her help you research each one to find out where you could take classes, join leagues, or play—and what's involved in cost and time. Decide on the best fit, and get moving!

DID YOU KNOW?

DID YOU KNOW? Vitamin C helps your child's body absorb more iron. So along with iron-rich foods like red meat, fortified cereals, and spinach, he should have vitamin C-rich foods like oranges, tomatoes, kiwi, broccoli, and potatoes. Cooking in a cast-iron pan can enrich food with iron, too. *Note:* Children ages 4–8 need 10 mg of iron a day, and those 9–13 need 8 mg.

Q: Why are the presidents on Mount Rushmore so well rested?

A: They sleep like rocks!



Just because your youngster is a picky eater now doesn't mean she'll always be one. Try stress-free strategies like these to help her turn into a more adventuresome—and healthier—eater.

Start a “take one bite” policy. Your child takes one bite of any food served, and you won’t press her to eat more if she doesn’t want to. This will expose her to new foods, a little at a time, but not lead to power struggles. Tell her it’s okay not to like something—but she needs to try it to decide if she likes it or not.



Let your youngster know that what you serve for dinner is what's for dinner. It's her choice whether to eat it, but you're not going to make something different for her. To increase the chances that she'll eat, limit snacks before dinner so she'll be hungry. And try to serve at least one thing you know she likes.

Some of her friends, or perhaps cousins or neighbors, are likely to be "better"

eaters. Invite one for dinner, and have her sit next to your child. Watching them eat salad, vegetables, or fish may entice her to do the same. Also, remember that you're her role model, too. If she sees you eating different foods, she might be inclined to try them.

One of the best ways to get a picky eater to try more foods is to involve her in preparing meals. If she has helped plan a menu, shopped for food, or chopped and cooked, she's likely to want to enjoy the fruits of her labor! 🍓

When your child's school, sports team, or club needs to raise money, consider swapping candy or bake sales for something that sends a healthier message. Here are ideas:

- Sponsor a fun run or a 5K race. Or have an active “thon” like a walk-a-thon, bowl-a-thon, bike-a-thon, dance-a-thon, skate-a-thon, or hula hoop-a-thon.
- Sell healthy foods, such as oranges and grapefruit from citrus growers.
- Hold a car wash—as kids scrub and move about, they’ll get physical activity.
- Ask families to submit healthy recipes, and compile them into a cookbook to sell.
- Get children involved in gardening by having seed, plant, or mulch sales. 🍷



How to save on grocery bills

It's not easy to feed a family when you're on a budget. Use these suggestions to get the biggest bang for your buck.

Begin "couponing." Clipping coupons takes time, but that time will pay off when you check out. Make your child the "Coupon King." He could help file coupons from grocery circulars, newspapers, or websites—and be in charge of remembering to take along and use the coupons. *Healthy tip:* Don't gather coupons for junk foods. That way, you won't be tempted to "save money" by buying them.



Comparison shop. Notice the prices from store to store for the items you buy regularly—you might be surprised at the differences. Then, keep a list (on paper or in your phone) of the best buys for each, and shop accordingly. Plus, if you know the price ranges for your most popular items, you can see when they hit a low point—and stock up.

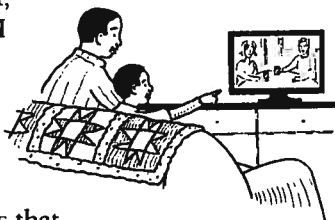
Be produce-savvy. Cut-up fruit and vegetables are certainly convenient, but you pay for that convenience. Instead, buy items whole, and get your kids to help you rinse and prepare them. Another plus: Produce will last longer if it hasn't been cut yet. Also, buy produce in season when it's cheaper, and get extra to freeze. Here's a handy guide: healthymeals.nal.usda.gov/features-month/whats-season. ●

**PARENT
TO
PARENT**

"As seen on TV"

My son was always asking for candy or other unhealthy foods he saw on television or online. When I mentioned this to our pediatrician, Dr. Dawson suggested that I ask Aidan if he knew who produced food ads or what they're designed to do.

Together, Aidan and I looked up answers. He was surprised to find out about tricks that



advertisers use to make products look better in ads, such as putting dish soap in soda to make bigger bubbles or painting hamburgers with shoe polish to give them more color.

We also learned about "product placements"—how companies pay to put their foods into online games, on television shows, or in movies. Now, when Aidan wants to try a new game, I'll ask, "Is that a game or an ad?" We've had interesting conversations, and I'm hoping he's getting a better understanding of advertising and how to make healthy choices for himself. ●

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

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**ACTIVITY
CORNER**

Winter games

Cold outside? Bundle up, and head outside for winter fun with these games.

"Horseshoes"

Place a shallow plastic bowl on the grass or in the snow. Stand a few yards back, and take turns tossing pebbles toward the bowl. Whoever lands the most pebbles in the bowl wins the round.

Hidden flag

After a snowfall, tie a white cloth (an old T-shirt or a white rag) to a ruler, and secretly stick it in the snow. The first one to find it hides it next. *No-snow variation:* Tie a green or brown cloth to a stick, and hide it in grass or the woods.

Snowball toss

Have each player pile up snowballs and take aim at a tree trunk. Count how many hit the target—top score wins. Or instead of snowballs, play with tennis balls. ●



**IN THE
KITCHEN**

Toast toppings

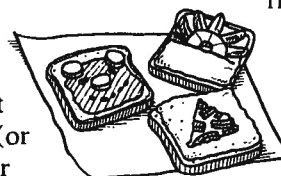
Toast a slice of bread—whole grain, please—and dress it up for a healthy snack or meal that's fun for your child to make and eat.

1. Sunrise, sunset. Cover toast with cream cheese. Your youngster could use pineapple rings and orange slices to create a beautiful sunrise or sunset.

2. Beary good. Spread toast with a thin layer of peanut (or other nut) butter. Have your

child make it into a bear's face, with banana slices for the ears and nose, and raisins for the eyes and mouth.

3. Shape filler. Let your youngster draw a shape on aluminum foil, cut it out, and place it on the toast. Spread skim ricotta cheese all around the shape, and sprinkle with $\frac{1}{2}$ tsp. dried oregano. She can lift off the foil and fill the empty shape with chopped bell peppers. ●

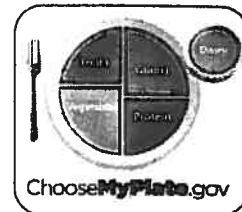




United States Department of Agriculture

**10
tips**
Nutrition
Education Series

save more at the grocery store



10 MyPlate tips to stretch your food dollar

Using coupons and looking for the best price are great ways to save money at the grocery store. Knowing how to find them is the first step to cutting costs on food. Use the MyPlate coupon tips to stretch your budget.

1 find deals right under your nose
Look for coupons with your receipt, as peel-offs on items, and on signs along aisle shelves.

2 search for coupons
Many stores still send ads and coupons for promotion, so don't overlook that so-called "junk mail." You can also do a Web search for "coupons." Go through your coupons at least once a month and toss out any expired ones.



3 look for savings in newspaper
Brand name coupons are found as inserts in the paper every Sunday—except on holiday weekends. Some stores will double the value of brand name coupons on certain days.

4 join your store's loyalty program
Signup is usually free and you can receive savings and electronic coupons when you provide your email address.

5 buy when foods are on sale
Maximize your savings by using coupons on sale items. You may find huge deals such as "buy one get one free."

6 find out if the store will match competitors' coupons
Many stores will accept coupons, as long as they are for the same item. Check with the customer service desk for further details.

7 stay organized so coupons are easy to find
Sort your coupons either by item or in alphabetical order. Develop a system that's easiest for you and make finding coupons quick and hassle-free. Ideas for coupon storage include 3-ring binders, accordion-style organizers, or plain envelopes.



8 find a coupon buddy
Swap coupons you won't use with a friend. You can get rid of clutter and discover additional discounts.

9 compare brands
Store brands can be less expensive than some of the name brand foods. Compare the items to find better prices.

10 stick to the list
Make a shopping list for all the items you need. Keep a running list on your phone, on the refrigerator, or in a wallet. When you're in the store, do your best to buy only the items on your list.



Staying Active in Winter

Outdoor Fun!

- ◇ Build a snowman
- ◇ Go for a hike/snowshoe and look for animal tracks in the snow
- ◇ Cross-country ski, ice skating or hockey, downhill ski or snowboard
- ◇ Sledding
- ◇ Make a snow angel
- ◇ Build a snow fort
- ◇ Mix food coloring & water in a spray bottle and make snow art

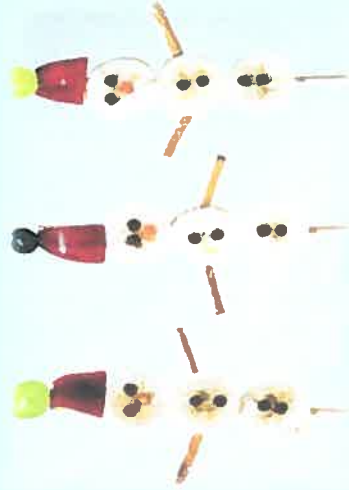
Indoor Fun!

- ◇ Turn on some music and dance
- ◇ Use a healthy recipe and make a snack
- ◇ Create an indoor obstacle course
- ◇ Act out story or create a puppet show
- ◇ Make a fun craft project
- ◇ Visit the library, a museum, or the visitor center and learn something new
- ◇ Build a fort in your room

Banana Snowman

On a bamboo skewer, stack three banana slices, an apple wedge and a grape to make a snowman with a hat, adding pretzel sticks for arms, a carrot sliver for a nose and mini chocolate chips for the eyes and buttons.

Variation: Use raisins in place of chocolate chips.



Cold weather offers great ways to have family fun. Take time to play together-and move more. You will all feel good! Children need at least 60 minutes of physical activity on most, preferably all, days of the week. So don't hibernate like the bears – go play outside!



Want to Learn a New Winter Activity?

There are many programs and clubs in the area that will help you learn a new winter activity or improve current skills while having fun! 4-H CANSKI, and other outdoor adventure programs through 4-H & UW Extension are available.

UW-Extension-Ashland County
201 West Main Street- Courthouse Room 107
Ashland, WI 54806
(715)682-7017

ashland.uwex.edu or 4hcanski.org

Before going outside to play, everyone should be bundled up to stay warm. Be sure to wear gloves, hat, coats, warm socks, and weather appropriate footwear. Also, remember that sunscreen is still needed in the winter!

Information adapted from: Nibbles for Health– Nutrition Newsletter for Parents of Young Children by the USDA Food & Nutrition Service

MENTAL HEALTH



THE NATIONAL CENTER ON
Health

Tips for Families from the Head Start National Center on Health

What is mental health?

Mental health means that young children are growing in their ability to:

- understand and share feelings
- have close and positive relationships
- explore and learn

Why Is It Important?

Having Positive Mental Health Makes It Easier for Children to:

- Have close relationships with family and friends
- Do well in school
- Learn new things
- Solve tough problems

- Develop patience (or not give up)
- Focus on a task
- Ask for help

When Young Children Are Worried, Sad, or Angry, It Can Be Hard To:

- Make friends
- Follow directions
- Express feelings or wishes
- Follow simple directions
- Pay attention in class
- Solve problems in positive ways
- Do well in school



Things You Can Do and Say to Help Your Child

• For Your Infant

- Hold your baby during feedings.
"I love cuddling when I feed you."
- Look at your baby and smile, smile, smile!
"Hey, when I smile, you smile back."
- Talk about what you are doing.
"I'm going to change your diaper now."
- Try to relax and have fun.
"When I am happy, you are less fussy."
- Read and sing to your baby every day.
"It is bedtime. Time for a story and favorite song."
- Take care of yourself.
"When I am rested, I take better care of you."

• For Your Toddler/Preschooler

- Make sure they always feel safe.
"I know loud noises can be scary, but it's OK."
- Offer choices.
"Do you want the blue shirt or the red shirt?"
- Practice patience.
"Let's wait until the song is over and then we'll go outside."

- Show understanding.
"You REALLY want another cookie! It is hard when you can only have one."
- Leave extra time.
"I see you don't want to leave the playground. One more time on the slide, then we need to leave."
- Play together at least 15 minutes a day.
"There is so much to do but it is important for us to play together."
- Follow her interest.
"I see you want to play with the blocks. What are you going to build?"
- Praise your child when she keeps trying.
"I love the way you keep trying to find the right piece for the puzzle."
- Practice following directions.
"First pick up the blocks, then take out the cars."



STAFF NOTES

SMART CHOICES FOR FEEDING TODDLERS

Why Is This Important?

- Many parents worry they are not feeding their toddler enough. But serving sizes for toddlers are smaller than serving sizes for adults and each child is different. Your role is to provide healthy choices for your toddler and let them decide how much they want to eat.
- Establishing healthy meal routines is an important step in healthy toddler development. Ideally, mealtimes should take place at regular times, at a table with limited distraction, and children should be encouraged to feed themselves with adult support as needed.

Nutritional Information

- Serving sizes for toddlers are much smaller than serving sizes for adults. A serving of veggies is about $\frac{1}{4}$ cup.
- A typical serving size for a toddler drink is 4-6 ounces.
- Your toddler (and you too!) needs food from all five of the food groups—grains, protein, vegetables, fruit, and dairy. Try offering a variety of foods from these groups at meal and snacks.

Mealtimes

- Your toddler may eat more some days and less on others. Don't worry, this is normal! Keep offering regularly scheduled meals and snacks.
- Allow your toddler to tell you when she is full. This teaches them to listen to their body for signs of hunger or fullness.
- Try using child-size plates, bowls, and utensils for "right-size" portions for your toddler. Using child-size utensils also makes it easier for your toddler to eat.
- Limit distractions during meal and snack times to allow your toddler to enjoy the food. Turn off the TV and sit at a table.

Snacking

- Toddlers get hungry between meals. Snack time is a great chance to feed your toddler healthy foods (like fruits and veggies).
- Remember to have a start and end time for snack time. Toddlers should not be snacking (or grazing) all day.
- Remember snack time does not have to mean junk food time. Snacks can be healthy and easy to prepare.

Beverage Choices

- What your toddler drinks is very important too! Water and milk are the best choices for toddlers. Children 1-2 years old should drink whole milk unless otherwise directed by their doctor and children over two should drink low-fat milk (Skim, 1% or 2%).
- Limit 100% juice to 1 time a day if at all and try to avoid other sugar sweetened beverages.
- Encourage toddlers to drink from cups and avoid use of bottles or sippy cups.

WHAT YOU NEED TO KNOW ABOUT SMOKING

Advice From Surgeon General's Reports on Smoking and Health

QUITTING WILL SAVE LIVES AND IMPROVE HEALTH

Smoking remains the leading preventable cause of death and disease in the United States. Recent studies show that smokers who talk to a clinician about how to quit dramatically increase their chances of quitting successfully. Quitting smoking is the most important step you can take to improve your health. Your doctor can help you quit.

TIPS FOR QUITTING

If you are a smoker who wants to quit:

- Set a quit date, ideally within two weeks.
- Remove tobacco products from your home, car, and workplace.
- Resolve not to smoke at all—not even one puff.
- Avoid drinking while you're quitting cigarettes. Drinking alcohol can trigger cravings for a cigarette.
- Anticipate challenges, such as nicotine withdrawal, particularly during the critical first few weeks.
- Ask others not to smoke around you. Allowing them to smoke around you can make it harder for you to quit.
- Identify reasons for quitting and benefits of quitting.

Medication and counseling help smokers quit:

- Physicians can recommend counseling or coaching in combination with over-the-counter nicotine patches, gum, or lozenges or with FDA-approved medications, unless there are other health concerns about those medications.
- Medication and counseling in combination result in much higher quit rates than medication alone.
- Counseling and coaching are available through community, employer, insurance, and hospital/medical practice cessation programs or through quitline services (1-800-QUIT-NOW).

**YOU
CAN QUIT
AND YOUR HEALTH
CARE PROVIDER
CAN HELP**

Resources to help smokers quit:

- Call 1-800-QUIT-NOW (1-800-784-8669), the national access number to state-based quitline services.
- Go to www.smokefree.gov, www.cdc.gov/tips and www.ahrq.gov/path/tobacco.htm for free materials.



SUMMARY OF FINDINGS FROM SURGEON GENERAL'S REPORTS ON SMOKING AND HEALTH

1. There is no safe level of exposure to tobacco smoke. Any exposure to tobacco smoke—even an occasional cigarette or exposure to secondhand smoke—is harmful.
2. Damage from tobacco smoke is immediate. Tobacco smoke contains more than 7,000 chemicals and chemical compounds that reach your lungs every time you inhale. Your blood then carries the poisons to all parts of your body. These poisons damage DNA, which can lead to cancer; damage blood vessels and cause clotting, which can cause heart attacks and strokes; and damage the lungs, which can cause asthma attacks, emphysema, and chronic bronchitis.
3. Smoking longer means more damage. Both the risk and the severity of many diseases caused by smoking are directly related to how long the smoker has smoked and the number of cigarettes smoked per day.
4. Cigarettes are designed for addiction. The design and contents of tobacco products make them more attractive and addictive than ever before. Nicotine addiction keeps people smoking even when they want to quit.
5. Even low levels of exposure, including exposure to secondhand tobacco smoke, are dangerous. You don't have to be a heavy smoker or a long-time smoker to get a smoking-related disease or have a heart attack or stroke triggered by smoke.
6. There is no safe cigarette.

HOW SMOKING HARMS YOUR HEALTH

HEART DISEASE

Smoking causes dangerous plaque buildup that can clog and narrow your arteries. Poisons from tobacco smoke also quickly damage blood vessels and make blood more likely to clot. This can block blood flow and lead to heart attack, stroke, or sudden death. Even exposure to secondhand smoke can trigger a heart attack or stroke in nonsmokers.



Quitting smoking will improve your heart health. After just one year, your risk for a heart attack drops sharply. Even if you've already had a heart attack, you cut your risk of having another one by a third to a half if you quit smoking. Two to five years after you quit, your risk for stroke falls to about the same as a nonsmoker's.

DIABETES

Smoking is a cause of type 2 diabetes. If you have diabetes and smoke, your risk for kidney disease is two to three times higher than if you don't smoke. Smokers with diabetes also have higher risk for heart disease; eye disease that can cause blindness; nerve damage that leads to numbness, pain, weakness, and poor circulation; and amputations. Smokers who have diabetes also have more difficulty recovering from surgery.



After you quit smoking, you will have better control over your blood sugar levels. When you quit, you will be less likely to have heart or kidney disease, blindness, or amputations.

CANCER

Tobacco smoke contains toxic chemicals that can damage your DNA and lead to cancer. One out of every three cancer deaths in this country is from smoking. Continuing to smoke weakens the cancer-fighting systems of your body. Smoking also can interfere with your cancer treatment. Cancer patients and survivors who continue to smoke are more likely to die from their original cancer, a secondary cancer, or other causes than are cancer patients and survivors who are former smokers or who have never smoked.



FERTILITY AND PREGNANCY

Smoking reduces a woman's chance of getting pregnant and damages DNA in sperm. Damage to sperm could decrease fertility and lead to miscarriage or birth defects. Men who smoke are more likely to have erectile dysfunction, which can affect reproduction. Women who smoke during pregnancy have a higher risk for ectopic pregnancy, delivering their babies early, and stillbirth. Those who smoke during early pregnancy are more likely to have babies born with a cleft lip or palate. Babies whose mothers smoke during pregnancy are more likely to have low birth weight or to die from sudden infant death syndrome (SIDS). Tobacco smoke also damages the tissues of the unborn baby's growing brain and lungs and could interfere with the growth of the placenta, the organ that feeds the baby in the womb. This could lead to miscarriage, premature delivery, or low birth weight.



Most people find a combination of resources works best. Many smokers do not quit on their first attempt. Many need several tries to successfully quit. But the benefits are well worth it. Keep trying.

RESOURCES FOR QUITTING

- Call 1-800-QUIT-NOW.
- www.smokefree.gov
- www.cdc.gov/tips



Centers for Disease
Control and Prevention
Office on Smoking
and Health

WISCONSIN INDIAN EDUCATION ASSOCIATION YOUTH ART CONTEST

21st Century Indigenous Education: A Self-Determined Pedagogy

Eligibility

The art contest is open to all American Indian and Alaska Native students in Wisconsin, grades Pre-Kindergarten – 12th.

Art Contest Rules and Guidelines

- Student artists are asked to submit a piece of artwork that reflects the theme of this year's WIEA Conference: **21st Century Indigenous Education: A Self-Determined Pedagogy.**

- Submissions will be judged with a winner in each of three grade categories: Pre-K-grade 5, grades 6-8, and grades 9-12 (one submission per student). A finalist will be chosen in each category, in addition to one Grand Prize Winner selected from all the categories.

- Artwork will be judged by members of the Madison College Native American Student Association, based on the following criteria:

1. Originality and creativity

2. Relationship of the work to the theme: **21st Century Indigenous Education: A Self-Determined Pedagogy.**

- The submitted artwork cannot be larger than 11 by 17 inches. Unfortunately, we cannot accept three-dimensional pieces.

- Each piece of artwork must be submitted with an official Application and Release Form.

Contest Deadline

Artwork must be submitted no later than **Friday, January 15**. Entries that are mailed must be postmarked by that date. The winner from each grade category will receive a \$50 cash prize. In addition, the Grand Prize Winner will receive \$100 cash prize.

Mail Submissions to:

WIEA Youth Art Contest
ATTN: Marty Richards
Madison College
1701 Wright Street
Madison, WI 53706

Questions? Contact:

Rachel Byington, Title VII Instructional Resource Teacher, MMSD:
608-663-8456, rbyington@madison.k12.wi.us
Marty Richards, Native American Student Association Advisor, Madison College:
608-248-6623, mrichards@madisoncollege.edu



WISCONSIN INDIAN EDUCATION ASSOCIATION

Youth Art Contest 2016:

"21st Century Indigenous Education: A Self-Determined Pedagogy"

APPLICATION AND RELEASE FORM

Please complete this application and release form for the 2016 Wisconsin Indian Education Association Youth Art Contest. In order for the artwork to qualify for competition, all students must complete this form signed by a parent or guardian and include it with the submitted artwork. The contest is open to any pre-kindergarten-12 grades American Indian and Alaska Native students in Wisconsin. The final deadline for submissions is **Friday, January 15, 2016**.



Student

Name:	Age:	Grade:	School:	
Address:		City:	Zip Code:	
Phone:		Cell:		
E-mail:				
Tribal Affiliation:				

Parent/Legal Guardian

I hereby certify that I am the parent/guardian of the student listed above. I permit the Wisconsin Indian Education Association Committee to display, reproduce, or otherwise use my child's artwork in publications or other exhibits and to list my child's name, grade, school and tribe, whenever my entry is used.

Signature: _____

Name (Please Print): _____

Home phone: _____ Work phone: _____

STUDENTS

I hereby agree to

1. Obtain my parent's/guardian's signature on this form.
2. Submit an original piece of artwork to the 2016 Wisconsin Indian Education Association Youth Art contest.
3. Grant Permission to the Wisconsin Indian Education Association Committee.

I hereby certify that I am the original artist of the work submitted to the 2016 Wisconsin Indian Education Association Youth Art Contest.

Student Signature: _____ Date: _____

Mail submissions to: WIEA Youth Art Contest
Madison College ATTN: Marty Richards
1701 Wright Street
Madison, WI 53704

MUST BE POSTMARKED BY Friday, January 15, 2016





“Tools for Educational Self Determination”

WIEA ANNUAL AWARDS NOMINATING PROCEDURES and CATEGORIES

WIEA Mission Statement

To promote and support education and educationally related opportunities for American Indian people in Wisconsin.

NOMINATIONS:

1. Nominations forms can be obtained on the WIEA web site at www.wiea.org or by contacting:

WIEA Awards Coordinator
Woodrow White
Ho-Chunk Nation – Education Department
800-362-4476
woodrow.white@ho-chunk.com

2. Nominations for Award Categories **must be post marked no later than February 29, 2016**, in accordance with the criteria as listed below.

3. An appointed panel of WIEA members will make up the Award Selection Committee.

CATEGORIES:

I. OUTSTANDING AMERICAN INDIAN STUDENT OF THE YEAR

One award will be given for each of the following categories:

- Pre-K – 3rd Grade Student
- 4th – 7th Grade Student
- 8th – 10th Grade Student
- 11th – 12th Grade Student
- Two Year Vocational/Technical Student
- Bachelor Degree--Undergraduate Student
- Graduate Degree--Graduate/Post Graduate Student

CRITERIA.

Explain how the nominee demonstrates exceptional promise in the following areas:

- Respect for self, other, and the environment
- Personal growth and character
- Academics: grade level/developmentally appropriate
- Sound judgment
- Creativity
- Appreciation for work done well by others
- Cultural knowledge; practice of traditional ways; tribally enrolled
- Gifted and Talented programs

II. OUTSTANDING INDIAN ELDER OF THE YEAR

A Tribal Elder whose leadership, vision, creativity and commitment have contributed substantially to Tribal Education. Nominee must be at least 55 years old.

CRITERIA.

Explain how the nominee demonstrates the following:

- Promotes Native American language and culture
- Improves the overall quality of education in the community
- Significantly impacts a school and /or local community
- Assists in implementing multi-ethnic teaching materials
- Is a positive role model for Indian youth and parents
- Demonstrates involvement with young people

III. INDIAN EDUCATOR OF THE YEAR

An enrolled tribal member who by leadership, vision, creativity and commitment, has contributed to the quality and opportunities in education for American Indian people in Wisconsin.

CRITERIA.

- Explain how the nominee demonstrates the following:
- Establishes innovative educational programs which enhance Indian student education
- Works within the community to create awareness of Indian education
- Significantly impacts the school and local community
- Lobbies for legislation, to improve Indian student service delivery
- Promotes educational equity for students
- Coordinates training for counselors and teachers
- Establishes American Indian Programs and/or instructional materials

IV. RONALD N. SATZ - FRIEND OF INDIAN EDUCATION

A non-Indian person who by leadership, vision and creativity is committed to working with Tribal members for quality formal education and Native American culture and history education.

CRITERIA.

Explain how the nominee demonstrates the following:

- Develops, publishes or implements accurate historical and cultural curriculum materials
- Establishes innovative educational programs that enhance Indian education
- Designs programs utilizing multi-ethnic teaching materials sensitive to American Indian culture and heritage
- Active in the development of model programs that deal with sensitizing the general public about Tribal issues and concerns in Wisconsin.

V. INDIAN PARENT(S) OF THE YEAR

Indian parent(s) who serve as dedicated natural role models who are consistently proactive and involved in their children's tribal cultural education, their academic school based education/activities and their tribal community.

CRITERIA.

Explain how the nominee demonstrates the following:

- Shares leadership role in community and education activities
- Serves as a model to other Indian parents and children through participation in community activities
- Active Volunteer in school and community events
- Promotes American Indian culture and heritage throughout the community
- Encourages parents and children to strive for personal excellence

AWARDS:

- Awards will be presented each year at the WIEA Conference Annual Scholarship and Awards Banquet.
- Recipients will be notified by mail prior to the conference.
- Honorable Mention will be given to 2nd place nominees.
- Awarded participants are eligible once per category

For more information on Wisconsin Indian Education Association or Annual Conference information please visit www.wiea.org.



Wisconsin Indian Education Association
2016 Annual Conference
Crowne Plaza
Madison, WI
April 1-2, 2016
www.wiea.org

ANNUAL AWARDS-NOMINATION FORM

Please check the category for which this nomination is being made.

- ☐ Student of the year (PreK-3rd)
- ☐ Student of the year (4th—7th)
- ☐ Student of the year (8th—10th)
- ☐ Student of the year (11th-12th)
- ☐ Student of the year (2 year Voc. Technical)
- ☐ Student of the year (4 year Undergraduate)

- ☐ Student of the year (Graduate)
- ☐ Indian Elder of the year
- ☐ Indian Educator of the year
- ☐ Friend of Indian Education
- ☐ Indian Parent(s) of the year

Nominee's Name

Tribal Affiliation *Not needed for Friend of Indian Education

Address

School Affiliation

City/State/Zip

Nominee Contact Information; phone & e-mail

Nominator's Name

Contact Information; phone & e-mail

Address

City/State/Zip

Signature of Nominator

Date

Return this form with at least two (02) letters of recommendations and current grades (K-12 only) to:

Ho-Chunk Nation Education Department
c/o Woodrow G. White
WIEA Annual Awards Committee
PO Box 667
Black River Falls, WI 54615

Phone (715) 284-4915

Fax (715) 284-1760

e-mail: Woodrow.white@ho-chunk.com

APPLICATIONS MUST BE RECEIVED NO LATER THAN MIDNIGHT FEBRUARY 29, 2016

Applications received later will not be considered.



**UDALL UNDERGRADUATE
SCHOLARSHIP**

ABOUT THE SCHOLARSHIP

WHO SHOULD APPLY

SCHOLARSHIP ORIENTATION

ALUMNI NETWORK

MEET OUR SCHOLARS

SCHOLAR ALUMNI NEWS

ALUMNI SPOTLIGHTS

APPLY

HOW TO APPLY

UDALL FACULTY REPS

ADVICE AND GUIDANCE

IMPORTANT DATES

ONLINE APPLICATION

FACULTY REPS UDALL GOV

FAQS

**UDALL PAPERS AT THE UNIVERSITY
OF ARIZONA**

Udall Undergraduate Scholarship

About the Scholarship

The Udall Scholarship provides

- Access to the [Udall Alumni Network](#), an association of environmental and tribal leaders and public servants sharing innovative ideas, professional advice, and job and internship opportunities
- Four days in Tucson, Arizona, at [Scholar Orientation](#), extending your professional network, meeting other scholars and alumni, and learning new skills
- Up to \$7,000 for eligible academic expenses

Is the Udall Scholarship right for me? Click on the category that best fits your interests and goals to find out more.

Tribal Policy

For American Indians and Alaska Natives working on an array of policy issues in Indian country

Native Health Care

For American Indian and Alaska Natives pursuing health-related careers

Environment

For undergraduates interested in conservation and environmental issues



The American Indian Research and Education Center (AIREC)/University of Nevada Las Vegas (UNLV) under the School of Community Health Sciences is one of four national Coordinating Centers within the Short-Term Research Experience for Underrepresented Persons (STEP-UP) program. The project aims to expose American Indian/Alaska Native (AI/AN) current year junior and senior high school students to the science of diabetes, endocrinology, metabolism, nutrition, and obesity. Please know that sometimes we need to look outside the above mentioned subject areas. In addition, students complete the experience in their home town.

The 8 week program provides students with real experiences including opportunities to:

- Learn what biomedical research entails by being actively involved in a project.
- Learn research protocols and data collection methods.
- Learn how to develop a hypothesis.
- Train with research faculty and staff
- Prepare and present research findings at the annual NIDDK research symposium at the NIH in Bethesda Maryland.

Program Highlights:

- 8 weeks of full-time research experience with flexible starting dates depending on the end of spring release dates.
- Summer research stipend.
- All-paid travel expenses to the Annual High School STEP-UP Research Symposium held on NIH's Main Campus in Bethesda, Maryland

Students must:

- Be a US citizen
- Be 16 years of age or older
- Be in 11th or 12th grade at time of application
- Have minimum overall GPA of 2.75
- Have personal medical/health insurance
- Fulfill a disadvantaged background
(Native American/Alaska Native, Hispanic/Latino, African American, Native Hawaiian/Pacific Islander, disability, low socioeconomic background, first generation)
- Check the American Indian/Alaska Native category if appropriate (Descendants may also be eligible.)

For more information and to apply Google:

NIDDK STEP-UP click on (Short-Term Research Experience for Underrepresented Persons)

Application Deadline is February 15

For Questions Please Contact:

Eudora Claw, MPH

(702) 895-4003

eudora.claw@unlv.edu

School of Community Health Sciences
American Indian Research and Education Center
Box 3064 • 4505 S. Maryland Parkway • Las Vegas NV 89154-3064
702-895-5586 • Fax 702-895-3979

PROTECTING YOUR KIDS ONLINE

TAKE CHARGE

Set some ground rules.

Establish basic guidelines like when your kids can go online, what sites they can visit, and how many texts they can send a month, so everyone is on the same page.

Research before you buy.

Did you know that handheld games can connect to the Internet or that many laptops have built-in webcams? Understand what technology you're bringing into your home.

Don't just sit there—REPORT!

If your kids are dealing with cyberbullies or potential predators, report them to the website, cell phone service, law enforcement, or www.cybertipline.com.

MONITOR

Supervise Internet use.

If you can see what your kids are doing, they're less likely to get in trouble.

Safeguards ≠ Safe Kids.

Installing CIA-level monitoring software on your kids' computers does not guarantee they'll be safe online. Technology can't replace your time and attention as a parent or guardian.

Don't go overboard.

It's smart to keep an eye on your kids' social networking profiles, but it's never cool when you post embarrassing messages or pictures to their page.

COMMUNICATE

Talk to your kids; they're not as mysterious as you think.

Your kids might not tell you everything, but that doesn't mean you shouldn't ask. Get involved so you're not the last to know.

Challenge them to a duel.

If you have kids who like to play video or computer games, ask if you can play, too. When you respect their interests, they're more likely to respect your rules.

Don't pull the plug.

Taking away your kids' Internet access because they've done something wrong doesn't solve the problem. Talk to them about protecting themselves and respecting others online.

MONEY \$MART

in Head Start

Issue 4

In This Issue

- What are Your Goals?
- Pay Yourself First
- Jumpstart Your Savings
- For More Information
- To Sum It Up

Saving Your Money

"I'd like to save, but there's never any money left at the end of the month!"

Just about all of us have felt this way about saving money. Saving money simply means *putting money aside*. When we think about where we spend our money, many of us probably could find a few extra dollars here and there that could be put toward a future goal.

What are your goals?

Strong money goals say:

- **What** you want,
- **When** you want it,
- **How much** you need, and
- They are **written down**.

Research by the Consumer Federation of America suggests people are twice as likely to be successful savers if they have a specific money goal. Putting money aside may mean making changes to your current money habits and coming up with new habits. Here are some ideas to help you get started.

Pay Yourself First

What if you set money aside at the start of the month instead of waiting to see if there's any left at the end? If you wait until the end of the month to set money aside, it seems like other expenses always come up and then there's no money left.

If you save at the beginning of the month and an unexpected bill does pop up during the month, you can use the savings you set aside earlier. Plus, you save even more money by not having to use a credit card or take out a loan and pay extra in interest.

What are some other ways to pay yourself?

Make installment payments – An installment loan is where you make the same payment month after month, like a car loan. Once you make that last payment on your installment loan, celebrate! - and then keep making the monthly payment to yourself by putting that same amount of money into your savings.

Make it automatic – You can have money taken out of your paycheck or checking account each month and get it direct deposited into a savings account. Most banks and credit unions will let you automatically transfer money into a savings account for free.



Ideas to Jumpstart Your Savings

Break a habit – Do you eat out three times a week? How about cutting down to two times a week and putting the cost of the third meal into savings? If you cut out one \$8 fast food meal each week for a whole year, you could save \$416 by the end of the year!

Breaking a habit can be easier said than done. Try starting with a small habit that you don't think you would miss too much just to see how it goes. Even small changes really add up over time!

Find little ways to save – Instead of renting movies, check them out from the library for free. Grow a garden—it's fun and provides food for the family too. In the spring or fall, watch for sales on winter coats and boots and stock up for the next year. Shop resale stores and garage sales. Board games, local parks and walks in the neighborhood are fun and easy on the budget.

Save windfall income – If you get money from gifts, overtime, or tax returns, could it go into savings? If you were getting by okay before you got the extra money, odds are you won't even miss it if you set some aside. Or you could try the 80-10-10 Rule: use 80% for bills, put 10% in savings, and use 10% on whatever you'd like.

Keep an eye on your goal – Write or tape a picture of what you're saving for on your jar or piggy bank.

For More Information...

Contact your local UW-Extension Family Living Educator for more financial education resources. Go to www.uwex.edu/ces/cty/ to find your County office.

For help with balancing your monthly spending plan, contact a non-profit Certified Consumer Credit Counselor online at www.debtadvice.org or by calling 800.388.2227.

Take charge of your change – At the end of the day, empty your change into your piggy bank or a large jar. If you save 25 cents a day for an entire year, do you know you'll have almost \$100 set aside?

Play the savings game – Pick one thing you buy and come up with ideas on how you could:

- Buy it cheaper
- Make it last longer
- Use it less

For example, pick a food you eat regularly. Have your family "taste test" with a cheaper brand to see if they notice much difference. If you like a more expensive brand, can you buy it a little less often?

"Save your one dollar bills all year round — maybe \$2 a day or every other day. By the time Christmas comes, it will help a lot so you don't feel so overwhelmed."

(Tip shared by a Richland County Head Start Parent)

Set a Goal, Pick an Idea, Get Started!

Which savings idea would you be willing to try? Pick one or two tips, and try them out until they become a regular savings routine for you. It can take a little while to get into a new habit. Once you get started, it becomes much easier—and it feels good. You may have so much fun reaching your first goal, that you set up a second savings goal before you know it!

To Sum It Up:

- \$ What amount of savings in the bank would help you sleep better at night?
- \$ Getting into the habit of putting money aside is more important than the amount you set aside.
- \$ People are more likely to be successful at savings if they have a goal with a dollar amount and a date.
- \$ Pick a goal that excites you the most and get started!

"Money Smart in Head Start" is provided by UW-Extension Family Living as part of the Head Start Financial Capability Project funded through the Annie E. Casey Foundation and reviewed by Peggy Olive, Financial Capability Specialist, UW-Madison/Extension. Authored by Dawn Doperalski, Family Living Educator, UW-Extension Menominee County/Nation. University of Wisconsin, U.S. Department of Agriculture and Wisconsin counties cooperating. Copyright © 2015 by the Board of Regents of the University of Wisconsin System doing business as the division of Cooperative Extension of the University of Wisconsin-Extension. All rights reserved. An EEO/Affirmative Action employer, the University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA.



TIPS for parents of Preschoolers

Read early and read often. The early years are critical to developing a lifelong love of reading. It's never too early to begin reading to your child! The tips below offer some fun ways you can help your child become a happy and confident reader. Try a new tip each week. See what works best for your child.

■ **Read together every day.**

Read to your child every day. Make this a warm and loving time when the two of you can cuddle close.

■ **Give everything a name.**

Build your child's vocabulary by talking about interesting words and objects. For example, "Look at that airplane! Those are the wings of the plane. Why do you think they are called wings?"

■ **Say how much you enjoy reading.**

Tell your child how much you enjoy reading with him or her. Talk about "story time" as the favorite part of your day.

■ **Read with fun in your voice.**

Read to your child with humor and expression. Use different voices. Have it up!

■ **Know when to stop.**

Put the book away for awhile if your child loses interest or is having trouble paying attention.

■ **Be interactive.**

Discuss what's happening in the book, point out things on the page, and ask questions.

■ **Read it again and again.**

Go ahead and read your child's favorite book for the 100th time!

■ **Talk about writing, too.**

Mention to your child how we read from left to right and how words are separated by spaces.

■ **Point out print everywhere.**

Talk about the written words you see in the world around you. Ask your child to find a new word on each outing.

■ **Get your child evaluated.**

Please be sure to see your child's pediatrician or teacher as soon as possible if you have concerns about your child's language development, hearing, or sight.

Visit www.ReadingRockets.org for more information on how you can launch a child into a bright future through reading.

**THE RED CLIFF TRIBAL COUNCIL IS SEEKING
ONE (1) INDIVIDUAL INTERESTED IN SERVING
ON THE HOUSING BOARD.**

The term for this position will go till October 2016

**FOR FURTHER INFORMATION CONTACT RED
CLIFF ADMINISTRATION.**

**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 January 18, 2016 at Noon.

RED CLIFF BAND

of Lake Superior Chippewa

[:: Home ::](#) [Planning ::](#) [Heritage and Culture ::](#) [Tourism ::](#) [Current Events ::](#) [Tribal Government ::](#) [Newsletters ::](#)

[:: Red Cliff Mail Login ::](#) [Council Meetings::](#) [Divisions::](#) [Employment Opportunities ::](#) [Request for Proposals ::](#) [Resources ::](#)

■ [Employment Opportunities](#)

■ [Job Openings](#)

■ [Job Application](#)

■ [Law Enforcement Job Application](#)

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

■ [Tribal Benefits Sheet](#)

:: Job Openings ::

Current Openings

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).



Current Openings for the Red Cliff Tribe

General Practice Physician or Pediatrician
DEADLINE: Open Until Filled

Community Health Representative
DEADLINE: January 4, 2016

Head Start Bus Driver
DEADLINE: December 31, 2015 AT 4:00 PM or Until Filled

Zaagichigaazowin Administrative Assistant
DEADLINE: December 31, 2015 AT 4:00 PM or Until Filled

Health Center - Early Childhood Systems Specialist
DEADLINE: December 31, 2015 AT 4:00 PM or Until Filled

Farm Manager / Food System Coordinator
DEADLINE: December 10, 2015 or Until Filled

Health Center - Medical Records Clerk
DEADLINE: December 18, 2015 at 4:00 p.m. or Until Filled

Tribal Planner
DEADLINE: December 17, 2015 at 4:00p.m. or Until Filled

Chief Financial Officer
DEADLINE: December 14, 2015 @ 4:00 p.m. or Until Filled

Health Center - Clinic Finance Manager
DEADLINE: December 14, 2015 @ 4:00 p.m. or Until Filled

Public Health Nurse
DEADLINE: January 13, 2016 @ 4:00 p.m.

Project Coordinator
DEADLINE: January 13, 2016 @ 4:00 p.m.

Youth Engagement/Social Marketing Specialist
DEADLINE: January 13, 2016 @ 4:00 p.m.

Early Head Start Infant/Toddler Center Based Teacher
DEADLINE: January 13, 2016 @ 4:00 p.m. or Until Filled

Health Center - Dentist
DEADLINE: Until Filled

Family/Human Services Administrator

DEADLINE: Until Filled

Substitute Librarian

DEADLINE: Open until adequate pool of substitutes become available.

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 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 Services Assistant

DEADLINE: Thursday, December 3, 2015 to Monday, December 14, 2015

Facility Management Systems Specialist

DEADLINE: Friday, November 27, 2015 to Friday, December 18, 2015

Park Ranger (Protection)

DEADLINE: Monday, December 7, 2015 to Friday, December 18, 2015

Supervisory Visitor Use Assistant

DEADLINE: Tuesday, December 8, 2015 to Tuesday, December 15, 2015

Current Openings for the Stockbridge Munsee Community

Stockbridge-Munsee Community - Human Resource Executive Director

DEADLINE: January 4, 2016

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[Contact Us](#) : [Terms of Use](#) : [Privacy Statement](#)
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JOB DESCRIPTION

POSITION: Public Health Nurse

THIS IS A FULL-TIME EXEMPT POSITION

REPORTS TO: Administrator—Health Center
Community Health Supervisor

SALARY: \$23.00 - \$25.00 per hour, depending upon qualifications

LOCATION: Red Cliff Community Health Center

JOB SUMMARY:

Provides nursing leadership in the planning, development, implementation and evaluation of community health services.

DUTIES AND RESPONSIBILITIES:

1. Provides home visits to assess individual and family health needs, providing nursing intervention and/or referral to the appropriate health care provider as needed.
2. Work with the Red Cliff Community Health Center, Health Board, and other community organizations in planning health related activities.
3. Provide nursing care of chronic health problems, such as hypertension and diabetes in the office setting, or home environment.
4. Administer immunization program to include: ordering, inventory management, reporting, outreach and attending coalition meetings.
5. Provide counseling in preventive care to individuals in nutrition, common illnesses, child growth and development patterns, and general health maintenance.
6. Provide communicable disease surveillance, education and follow-up.
7. Serve on various community health related committees and teams.
8. Provide employee health services to the Red Cliff Tribal employees (i.e. TB skin testing, immunizations, health education, etc.)
9. Clinic duties to include relief of clinic nurse as needed.
10. Coordinator of the RCCHC WIC program to include client outreach, maintain program supplies and educational materials, coordinate follow up care with primary care providers and reporting agencies, be a resource for WIC support staff.
11. Provide Prenatal Care Coordination (PNCC) nursing services in conjunction with established maternal and child health programs within the RCCHC and other supportive systems pertinent to the client.
12. Coordinator of the Cancer Prevention Team to include development of monthly meeting agendas, keeping a record of minutes and identifying action steps to increase cancer screening and community awareness of cancer in general.
13. Responsible to direct and coordinate community directed grant programs as assigned by RCCHC Administration or Community Health Supervisor to include, but not limited to: Wisconsin state immunization, Wisconsin state HIV, and the Wisconsin Native American Tobacco Network.
14. Prepare and maintain program manuals, records, documents, and other materials required by the Tribal Council, funding sources and certification bodies.
15. Complete monthly, quarterly, and annual reports as required by Health Center Administration, the Health Board, Tribal Council, regulatory bodies, and/or third party payors. Maintain a record of all

reports and supporting documentation as required.

16. Ensure the confidentiality of all client specific information and data as required by the program and the Red Cliff Community Health Center.
17. 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.
18. Adhere to a professional code of conduct in the discharge of these assigned duties.
19. Adheres to and supports facility policies, program and activities.
20. Implement quality assurance measures in appropriate service areas.
21. Administer assigned grants, contracts, or projects being carried out under the auspices of the Red Cliff Community Health Center and at the direction of the Administrator of the Health Center. These activities will be consistent with the direction of Tribal and health Center Administration and in compliance with the conditions and stipulations of the grant, contract, or project. Specific duties may include: proposal writing, program development, data collection, and report writing, supervision of volunteers and project staff, and collaboration with Tribal, inter-Tribal, and outside agencies and programs. These assignments will vary from time to time due to the cyclical nature of these program efforts.
22. Attend staff and other meetings, in-services and other events as specified by supervisor.
23. Responsible for personal development to ensure current knowledge in the profession.
24. Responsible for maintaining a clean and safe environment.
25. Perform any other job-related duties as specified by supervisor.

JOB ACTIVITY DEMANDS:

Physical

The duties assigned to this position involve bending, stooping, lifting, and carrying. Items may be placed in overhead storage or shelving.

Mental and Personal:

1. Sound judgement and capability to respond to unusual circumstances.
2. Able to deal constructively with conflict.
3. Ability to plan, coordinate and direct varied and complex operations.
4. Possession of valid driver's license and having regular access to a motor vehicle with appropriate insurance coverage. Must be able to be put on Tribes vehicle insurance.
5. The availability for out of town and overnight travel.

JOB SPECIFICATIONS:

Education:

1. Registered Nurse from an accredited nursing program, preferred.
2. Must be currently licensed as a registered nurse in the State of Wisconsin

Experience:

1. At least two years of public health nursing experience is preferred.
2. Supervisory experience is preferred.
3. Experience working with AI communities is preferred.

Skills:

1. Good interpersonal skills' ability to get along well with diverse personalities (patient, physician, staff

and general public)

2. Good communication skills, written and oral.
3. Self-directed, strong critical thinking and problem solving skills.

Knowledge:

Knowledge of Community Health standards and the full range of professional community health nursing principles, practices and procedures in providing service for the health offices, home, school and community environment.

Hazards:

Exposure to Health Hazards of the Health Industry. Knowledge of and enforcement of safety and biohazard regulations.

ENVIRONMENT:

1. Environment must be maintained as clean, non-smoking, well-ventilated work area in adherence to all safety regulation.
2. Private homes and other facilities will not necessarily meet the criteria of the established safety regulations.
3. The Red Cliff Community Health Center is a Drug-Free Workplace in accord with the Drug Free Workplace Act of 1988, P.L. 100-690, and has a Drug Free Workplace Policy in effect.

POSTED: December 30, 2015

DEADLINE: January 13, 2016 at 4:00 PM

FOR FURTHER INFORMATION:

Red Cliff Human Resources Department
88385 Pike Rd. HWY 13
Bayfield, WI 54814
www.redcliff-nsn.gov
rwygonik@redcliff-nsn.gov
susie.gurnoe@redcliff-nsn.gov

(715) 779-3700 ext 4267 or 4268

All applicants for employment with the Red Cliff Tribe may be subject to the background investigation and other requirements of RCCL Chapter 43, and are under a continuing obligation to supplement this application for employment with information concerning any convictions that occur after commencement of employment with the Tribe.

JOB DESCRIPTION

POSITION: Project Coordinator

LOCATION: Red Cliff Natural Resources Office

SALARY: \$15 – 17/ hour DOE

THIS IS A FULL TIME PERMANENT NON-EXEMPT POSITION

SUPERVISOR(S): Treaty Natural Resources Division Administrator, Hatchery Manager

JOB SUMMARY: This position will create, coordinate, implement and review projects that provide natural resource benefits on tribal lands and areas of interest. Landscape restoration will be a primary focus of this position through the utilization of various funding sources. The position will be involved with forest management activities and will also oversee invasive species management planning and control work. Shared participation in ongoing fish and wildlife assessments and some hatchery work is expected.

JOB DUTIES:

1. Identify on-reservation landscape restoration and management activities.
2. Explore funding opportunities through EPA, BIA, USFWS, and other tribal partners to leverage resources.
3. Address restoration needs to riparian, shoreline and upland areas identified.
4. Follow tribal procedure to solicit and secure bids for restoration work that requires contractual services.
5. Oversee all restoration projects that include ground disturbing activities from implementation to completion.
6. Coordinate post-project monitoring, including data collection, as appropriate.
7. Recommend measures to restore or maintain natural ecosystem function.
8. Complete basic fire training and be involved in prescribed burn activities.
9. Manage grants received and ensure proper completion and close-out of funds.
10. General involvement in forest management activities.
11. Assist with completion of AIS management plan.
12. Prioritize invasive control work.
13. Work closely with tribal 319 (non-point source) program staff.
14. Other duties as assigned.

SUPERVISORY AUTHORITY: Coordination and oversight of seasonal staff may occur as an aspect of this position.

KNOWLEDGE: Previous experience in natural resource restoration activities. The ability to apply forest management principles and an understanding of landscape-level processes is highly beneficial. Knowledge of riparian assessment and stream classification. Background in grant management, grant writing, and project reporting is desired. Previous experience soliciting bids and working with contractors will be highly regarded.

QUALIFICATIONS: A Bachelor's Degree is required. Demonstrated proficiency with data collection, field inventories, and record keeping techniques as well as good overall computer skills. Good

communication skills, both oral and written, and the ability to collaborate and engage with the tribal community and multiple partners. Must have a valid driver license and be eligible to be put on the tribal vehicle insurance.

PHYSICAL REQUIREMENTS: Be able to walk through uneven terrain in various weather conditions, bend and lift up to 50 lbs.

WORK ENVIRONMENT: Office and outdoor setting with a willingness to work on occasion outside the normal 8 to 5 hours. All tribal offices are smoke-free.

TRAVEL REQUIREMENTS: Occasional travel outside of Red Cliff for meetings, trainings and conferences.

TO APPLY: The following items **MUST** be in your application package to be considered for this position:

1. Fully completed Red Cliff Job Application (available on webpage)
2. Background Information Form (also available on webpage)
3. Resume and cover letter

Native American preference will be applied in the case of equally qualified applicants, but all qualified applicants will be considered.

POSTING: December 30, 2015

DEADLINE: January 13, 2016 at 4:00 p.m.

FOR FUTHER INFORMATION:

**Red Cliff Tribal Administration Building
Human Resources or Personnel Office
88385 Pike Road, Highway 13
Bayfield, WI 54814
www.redcliff-nsn.gov
rwgonik@redcliff-nsn.gov
susie.gurnoe@redcliff-nsn.gov**

(715) 779- 3700 ext. 4267 or 4268

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.

Only applicants who have submitted a full application package will be considered for an interview. Full application package must in the following: cover letter, complete application and resume.

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

JOB DESCRIPTION
Red Cliff Circles of Care Project

TITLE: Youth Engagement/Social Marketing Specialist

NON-EXEMPT 40 hours per week. Normal work schedule will be Monday-Friday 8:00am – 4:30pm, *flexible as needed for youth related events*

PROGRAM: Red Cliff Circles of Care (COC) Project
The COC Project is a three-year planning project, beginning 9/30/14 ending 9/29/17

WAGE: \$12.00 - \$14.00 depending on qualifications
Position is grant funded and dependent upon ongoing availability of funds. Grant funding ends 9/29/17

SUPERVISOR: Circle of Cares Project Director

PRIMARY DUTIES AND RESPONSIBILITIES:

The Circle of Care Project is grant supported by The Substance Abuse and Mental Health Services Administration (SAMHSA). This position has a primary goal to assist youth in improving their lives by skill building, and development in the areas of creative expression through the use of media and technology popular with youth. It provides an opportunity to hear and listen to the voice of the youth within the Red Cliff tribal community. It is our belief that our children/youth come with great knowledge, and the individual in the youth engagement specialist position would share that value. This position is responsible for developing and leading programs for young people to facilitate their involvement in the planning and development of culturally-based system of care model for the provision of mental wellness prevention, early intervention and treatment services, and to promote and model positive youth leadership.

Responsibilities Include:

- Co-coordination and moderation of the Circles of Care Advisory Board, along with the CoC project's Community Engagement Coordinator
- Collaboration with all project staff to meet all project deliverables including: Community Readiness Assessments, Community Needs Assessments, Community Asset Mapping Plan, Project Process Evaluation, Sustainability Plan, and take a primary role in the Social Marketing Plan for project deliverables. Also, all other project collaborative efforts that may be assigned by SAMHSA as needed.
- Independently plan and facilitate youth targeted events and activities related to the requirement of engaging the youth in active community planning.
- Actively participate in community collaborative, public education efforts regarding mental health, substance abuse and overall wellness.

EXPERIENCE AND QUALIFICATION REQUIREMENTS:

- Exceptional listening and verbal communication ability.
- Ability to read and write detailed notes and present them to the CoC team as needed for project tasks.
- Ability to demonstrate knowledge and application of CoC Project roles with community, both

locally and nationally within 90 day probationary period.

- Ability to multitask with daily and weekly work requirements.
- Well connected to Red Cliff tribal youth and youth issues.
- Strong knowledge of Red Cliff cultural/family traditions related to positive health and wellness.
- Ability to independently plan and implement youth events/activities with minimal supervision.
- Must have a valid driver's license and at least liability insurance. Must be able to be placed on the Tribe's insurance. Will need to utilize the youth center vehicle and carryout job duties when travel is required. Independent transportation to and from work locations is required.
- Must be able to collaborate with local programs and community organizations.
- High School Diploma or equivalent is required. Additional education related to project tasks, preferred.
- Experience with advocacy and grass roots community engagement, preferred.
- Some experience in media, public speaking, communications, marketing and design are helpful, but not required.

WORK ENVIRONMENT: Work environment is flexible and may include the Youth Center, Bayfield School, and various locations Red Cliff youth frequent. Primary supervision is located at the Early Childhood facility.

PERSONAL CONTACTS: Collaboration with tribal, county, state and national partners and resources.

PHYSICAL REQUIREMENTS: Required initial health exam, TB questionnaire, immunizations including Hepatitis B (or sign waiver). Individual should be in good physical condition and be able to keep up with the demands of overseeing youth activities. Bending, lifting, sweeping and carrying of objects less than 25 pounds is a part of daily work.

TRAVEL REQUIREMENTS: Travel to local, state and national meetings related to the project (e.g., grantee's meeting, dissemination of information) is a component of the job. Must be able to transport youth using Tribal vehicle to other reservations or field trip destination points.

POSTING DATE: December 30, 2015

DEADLINE: January 13, 2016 @ 4:00 p.m.

FOR FURTHER INFORMATION CONTACT:

Human Resources

Red Cliff Tribe

88385 Pike Rd. Hwy. 13

Bayfield, WI 54814

(715)779-3706 ext.4267 or 4268

www.redcliff-nsn.gov

rwYGONIK@redcliff-nsn.gov

susie.gurnoe@redcliff-nsn.gov

Tribal preference will be applied in the case of equally qualified applicants, but all applicants will be considered.

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 you are under a continuing obligation to supplement this application for employment with information concerning any convictions that occur after commencement of employment with the tribe.

JOB DESCRIPTION

POSITION: Early Head Start Infant/Toddler Center Based Teacher

NON EXEMPT: 40 hours per week/11 months (year-round)

LOCATION: Red Cliff Early Childhood Center

PROGRAM: Early Head Start

WAGE: \$10.00-\$14.00 per hour depending on qualifications

THIS IS A REGULAR FULL-TIME NON-EXEMPT POSITION

SUPERVISOR: Early Head Start Director

GENERAL STATEMENT OF DUTIES:

Serve as one of two primary teachers for an assigned group of eight infants or toddlers in a center based environment. Early Head Start child/teacher ratio is 4:1. Responsible for co-planning and implementation of educational programs with co-teacher for six weeks old to 3 year old infants and toddlers which reflect best practices and integration of Ojibwe language and culture when possible into curriculum. EHS teachers will loop with the same group of infants/toddlers for three years, and move physically with them each year to the next developmentally appropriate classroom.

EHS teachers are expected to share all responsibilities within their classroom, and to create an environment of nurturance and sharing with all children. Each teacher must be able to have open communication with co-teacher regarding daily operation of classroom and child/parent needs.

RESPONSIBILITIES:

- Must maintain confidentiality of all child's and family information and records.
- Plan and implement age appropriate child development lesson plans which provides a variety of activities designed to enhance infant and toddlers social, emotional, physical, cognitive, and intellectual development.
- Promotion of a safe, attractive and stimulating physical environment for infants and toddlers and also establishing and maintaining consistency of rules.
- Reinforce positive self-image, pride, and cultural identity with infants and toddlers during all activities.
- Meal times with children will be in a family setting with at least one teacher, preferably both sitting at the table engaging in conversation with the infants and toddlers. Infants and toddlers are encouraged, but not forced to eat or taste. Encourage older toddlers in self-help and independence skills by involving them in set up and clean up activities.
- Maintain accurate daily records on attendance, daily intake, medical log, infant and toddler eating/sleeping/toileting information for distribution in child file and to parents as well as other required forms.
- Maintain weekly online documentation of your four assigned childrens' developmental progress in ChildPlus as well as in Teaching Strategies Gold
- Assist the family and child, and other relevant staff in developing an Individual Family Services Plan (IFSP) or Individual Education Plan (IEP) for special needs children.
- Conduct two home visits annually per family as stated in the Federal Performance Standards.
- Maintain and document all contacts with parents. Develop and maintain a professional relationship with parents of children enrolled in program.
- Collaborate with other staff, parents, and community resources to incorporate Ojibwe language and culture into daily activities and curriculum.

- Work with county, tribal and community service providers in order to provide necessary services to the Early Head Start child and their parents.
- Must attend and participate in weekly EHS meetings and all staff meetings and any other meetings as requested and/or job related training as required.
- Notify supervisor in advance of any known absences you will have. Center based teachers are responsible for arranging for your own qualified substitute in your absence.
- Any program equipment, cameras, laptops, or any other supplies purchased or obtained by the EHS program must remain within the EHS classroom offices, and cannot be used outside of the Early Childhood Center unless you have prior express permission by the EHS Director to use outside of the center. Violations of this policy will result in disciplinary action.
- Adhere to all EHS policies and procedures and insure that Federal Performance Standards are being met.
- The above identified responsibilities are not intended to reflect all tasks necessary for the position. Perform other duties as directed.

QUALIFICATIONS/KNOWLEDGE/SKILLS:

Required:

- Minimum of associate degree in early childhood education *preferred* in early childhood associate degree program *or related field. Or currently enrolled in associate degree early childhood program.*
- Mandatory infant/toddler course needed or immediate enrollment in correspondence class during probationary period if hired
- Cultural sensitivity required.
- Ability to work effectively and cooperatively with staff, parents, community members, and other support systems in the best interest of the child is required.
- Valid driver's licenses with appropriate insurance coverage. Be eligible to be put on the tribe's vehicle insurance.

Preferred:

- Preference for BA or BS degree in early childhood education
- Knowledge of Ojibwe culture preferred

WORK ENVIRONMENT:

Primary work environment in a 0-3 year old Early Head Start (EHS) center-based classroom.

PERSONAL CONTACTS:

Collaboration with local, state, and national collaborating partners, with particular emphasis on networking with parents, extended families, and the Red Cliff community.

PHYSICAL REQUIREMENTS:

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions as long as the staff disability does not create an undue risk of injury to any enrolled children in the classroom.

Must be physically able to work with young children and must be able to regularly lift and/or move up to forty pounds; twenty pounds overhead and forty pounds from waist to shoulder; occasional lifting of fifty pounds is required and must be able to push/pull up to fifty pounds horizontally.

Required to stand, walk, climb or balance, stoop, kneel, crouch or crawl when working with small children. Required to use hands to finger, handle or feel objects, keyboards, tools or controls, reach with hands and arms, speak and hear, and ability to operate keyboard (computer).

Also required are: five year health exam, initial TB test and annual TB questionnaire, immunizations including

Hepatitis B (or sign waiver), and required trainings such as confidentiality, CPR, Shaken Baby Syndrome, Sudden Infant Death (SIDS), etc.

TRAVEL REQUIREMENTS:

Must be able to attend local, regional, and national trainings as required.

POSTING: December 30, 2015

DEADLINE: January 13, 2016 at 4:00 p.m. OR until filled

FOR FURTHER INFORMATION CONTACT: **Human Resources Department
Red Cliff Tribe
88455 Pike Rd. Hwy 13
Bayfield, WI 54814
(715) 779-3700, Ext. 4267 or 4268**

All Early Childhood Center (ECC) employees must submit mandatory criminal background check information to the Personnel Director with application, and every year thereafter, or following any conviction occurring after commencement of employment.

The Red Cliff Tribe has a Drug-Free Work Place Policy and follows the intent of the Drug-Free Work Place Act. All new employees will be tested prior to starting employment.

Tribal preference will be applied in the case of equally qualified applicants, but all applicants will be considered.

45 CFR 1301.31 requires preference be given to qualified current or former parents of Head Start/Early Head Start children as position vacancies occur.

JANUARY 2016

GICHI MANIDOO GIIZIS

NITAM ANOKI-GIIZHIGAD	NIIZHOO-GIIZHIGAD	AABITOOSE	NIYO-GIIZHIGAD	NAANO-GIIZHIGAD
4B EGG OMELET, TROP FRUIT, TRK BACON, TOAST L PIZZA, PEAS, PEARS, CC S PRETZEL/PB	5B CHEERIOS, APPLES, YGT, ENG MUFFIN L CHIX VEG SOUP, BR STIX, PEACHES, GR BEAN S PEAR/CC	6B HB OAT, CC, MANGO, BANANA BR L SALISBURY, M POT, CARROT, SALAD, BUN, ORANGES S BAGEL SNOWMAN	7B CORN CHEX, FR COCKTAIL, YGT, TOAST L FISH STIX, FRIES, BER- RIES, CC, VEG/DIP S CHIPS/SALSA	MENU SUBJECT TO CHANGE
11B CHIX N WAFFLE, BLBERRY, CC L CR CHIX BISCUIT, PEAS, APPLES S MUFFIN/MILK	12B KIX, MUFFIN, CC, PEARS L SPAGHETTI, SALAD, CORN, TROP FRUIT S GRAM CRK/JUICE	13B CORNFLAKES, BA- NANA, YGT, TOAST JELLY L BEEF STIR FRY, RICE, MANGO, STIR FRY VEG S HAMCHZ ROLLUP	14B RICE CHEX, CC, PEACHES, OATMEAL BR L KIELBASA, SALAD, MAC/CHEESE, BERRIES S CINN. TOAST/JUICE	MILK SERVED WITH ALL MEALS
18 ECC CLOSED MARTIN LUTHER KING, JR	19B OATMEAL, TOAST, PBJ, BLUEBERRIES L PORK CHOP/KRAUT, PEAS, BUN, BABY REDS S RICE CAKE/JUICE	20B RICE CRISPIES, TR FRUIT, CC, CINN MUFFIN L BURRITO, SALAD, CORN, PEACHES S BERRY PARFAIT	21B CHEERIOS, TOAST, PBJ, BANANA L CHIX ALFREDO, PEAS, PEACHES, JELL-O S PBJ SAND.	HOLIDAY PARTY ECC
25B PANCAKES, TRK BACON, APPLESAUCE L HAMB SOUP, PBJ, CARROT/DIP, PINEAPP S FISH CRK/MILK	26B RICE CHEX, CC, PEARS, ENG MUFFIN L CHIX, CARROTS, AP- PLES, RICE, YGT S NUTRIA GR./MILK	27B HB OAT, BERRIES, CC, TOAST, JELLY L SCALLOP/HAM, PEA, SALAD, BUN S MINI PIZZA	28B KIX, PEARS, YGT, MUFFIN L CHEZBRG, FRY, CC, TR FRUIT, S CARROTS/DIP	