



Miisaninawiind : Iskigamizige-giizis : April 13-19 2020

[Resources](#)[Heritage and Culture](#)[Directory](#)[Tourism](#)[Job Opportunities](#)[Divisions](#)

Boozhoo and welcome to the Miisaninawiind weekly newsletter!

The Miisaninawind brings you important news, announcements and updates, designed specifically for the Red Cliff community. But that's not all. The weekly eNewsletter will also provide news about neighboring tribes, communities and broader issues across Indian Country that matter to you.

If you have photos, news or information you'd like to share, please email submissions to communications@redcliff-nsn.gov.

Check our Facebook page [HERE](#) and our website [HERE](#). We are working on a new website and can't wait to share it with you!

Want to receive the newsletter each week? Sign up [HERE](#).

[Click HERE to view this email as a webpage instead.](#)

Red Cliff News & Updates

COVID-19 Community Updates

Various Tribal programs, services, and events have been canceled or temporarily suspended in our efforts to limit the spread of COVID-19.

See list of notices below from these Tribal programs and services. Click on each notice for details.

This newsletter is published on Monday morning, and new closures and date changes may happen throughout the week, so please remember to call ahead of time. An up-to-date list can be found on the Tribal Facebook

Updates as of April 13, 8 AM

CLOSURES & CANCELLATIONS

[4/9 Updated Court Policy - Closed to public use](#)

[Elderly Feeding Closed - Staff doing home delivery](#)

[Legendary Waters Closure Extended to April 30](#)

[Utilities Commission April meeting cancelled](#)

[Gaming Commission 4/13 meeting cancelled](#)

[Enrollment Department Closure](#)

[Nooji & Mishomis Closed. Services offered via phone](#)

[ICW Office Closure and Guidelines](#)

[Legendary Waters Closed](#)

[Frog Bay Tribal National Park restroom closed](#)

[All Elder Activities Cancelled](#)

[Boys and Girls Club](#)

[Boys and Girls Intertribal Gathering postponed](#)

[Case Management workshop postponed](#)

[Early Childhood Center closure](#)

[Library Closed](#)

[Ziigwan Fest Cancelled](#)

[TNR Feast Cancelled](#)

NOTICES & RESOURCES

[Tribal Council Passes Stay at Home Order](#)

[Boys & Girls Club Virtual Daily Lesson 4/10](#)

[Online Recovery Meetings](#)

[Red Cliff WIC - Benefit Pickup via phone; open to new families 4/7](#)

[COVID Situation Summary 4/6](#)

[Housing Authority Public Notice](#)

[Homemade Facemasks](#)

[COVID YouTube Video](#)

[Chequamegon Bay Community Care 3/30](#)

[Judicare Resources & Applications 3/30](#)

[Food Distribution Notice 3/30](#)

[Pharmacy offers curbside pickup as of 3/26](#)

[GA/TANF Checks Distribution Notice 3/26](#)

[Support and Crisis Services](#) 3/24

[Miskwaabekong Transit Reduced Hours](#)

[Environmental Permits issued via phone or email as of 3/23](#)

[3/22 Risk Assessment Guideline & Close Contacts Recommendation](#)

[Seasonal and Second Homeowners](#)

[Letter from Chairman Peterson 3/20/20](#)

[Letter to Foster Parents](#)

**Peterson's Store hours: Mon-Sat 7 am-7 pm;
Sunday 8 am-7 pm**

[ECC Resources and Stories for Children](#)

[Buffalo Bay Store Updated Hours](#)

[Family Violence Prevention Program](#)

[WHEAP & Economic Support](#)

[Food Distribution Notice](#)

[Free Meals for Children](#)

[PRC Clients](#)

[Child Support Services](#)

[TANF & GA Program Updates](#)

[Veterans Service Modified](#)

[Complete Census Via Online or Phone](#)

Tribal Council Passes Stay at Home Order



Tribal Council passed a resolution last week ordering all Red Cliff Reservation residents to stay home, except to engage in necessary activities and work.

The order is set to be in effect until April 30.
Read the order below for details and exceptions.

Please continue to help keep our community safe!

Red Cliff Band of Lake Superior Chippewa Indians

RESOLUTION NO: 4/6/20B

RESOLUTION DIRECTING RED CLIFF RESERVATION RESIDENTS TO STAY AT HOME

WHEREAS: the Red Cliff Band of Lake Superior Chippewa Indians is a federally recognized Indian Tribe, organized under a constitution adopted April 18, 1936, and approved June 1, 1936, pursuant to Sec. 16 of the Indian Reorganization Act, said Constitution having been amended by the Band on January 28, 1991, and said amendments approved by the Secretary on July 2, 1991, in accordance with the provisions of applicable federal law;

WHEREAS: the Red Cliff Tribal Council is the elected governing body of the Band; and

WHEREAS: the Tribal Council is vested with the authority to exercise the responsibilities of self-government and management over the Band's affairs pursuant to relevant provisions of the Band's constitution; and

WHEREAS: on March 24, 2020, the Wisconsin Department of Health issued Emergency Order #12, which orders all persons currently living within the State of Wisconsin to stay at home or in their place of residence except to engage in necessary activities and work, beginning on Wednesday, March 25, 2020 at 8:00 a.m. through Friday, April 24, 2020 at 8:00 a.m.; and

WHEREAS: the Executive Order does not apply to activities by Indians within a reservation and activities on tribal trust land; and

WHEREAS: the Tribal Council has reviewed Emergency Order #12, as well as the current state of the COVID-19 pandemic, and has been determined that a similar order would be in the best interests of the Band

NOW THEREFORE BE IT RESOLVED: that the Red Cliff Tribal Council does hereby order all persons currently living on the Red Cliff Reservation to stay home or in their place of residence except to engage in necessary activities and work, as described below, beginning on Tuesday, April 7, 2020 at 8:00 a.m. through Thursday, April 30, 2020 at 8:00 a.m.; and

BE IT FURTHER RESOLVED, that all persons subject to this order may:

- Leave their home or residence and relocate to a safe alternative home or residence, if their homes or residences are unsafe or become unsafe, including homes and residences in which persons have suffered from or are at risk of domestic violence, or in which safety, sanitation, or essential operations cannot be maintained;
- Engage in activities essential for the health and safety of family, household members and pets, including seeking medical or behavioral health or emergency services and obtaining medical supplies or medication;
- Obtain necessary supplies and services for family or household members and pets, such as groceries, food, and supplies for household consumption and use; laundry services; supplies and equipment needed to work from home; and products necessary to maintain



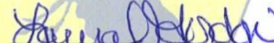

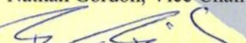
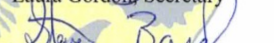

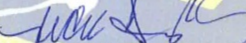
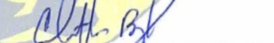
the safety, sanitation, and essential maintenance of the homes, residences, and personally-owned vehicles;

- Care for a family member, friend, or pet in another household or residence, and to transport a family member, friend, or pet for essential health and safety activities, and to obtain necessary supplies and services;
- Engage in outdoor exercise activities, such as walking, hiking, running, or biking, but only if appropriate social distancing practices are used;
- Engage in ceremonial or religious activities;
- Gather food and medicines for traditional or agricultural purposes;
- Travel to exempted activities and travel to return to a home or place of residence; and
- Travel to and from their home or residence, place of work, and child care location, if their work duties cannot be performed at their home or residence and their work duties have been designated as essential by the Band, by any other governmental entity, or by an employer;

BE IT FURTHER RESOLVED, that people at high risk of severe illness from COVID-19, such as elderly people and those with underlying health conditions, are strongly urged to stay in their home or residence, except as necessary to seek medical care and obtain other necessities of life, even when the terms of this resolution would allow them to leave their home or residence.; and


BE IT FURTHER RESOLVED, that the Red Cliff Tribal Council encourages non-members to avoid travel to the Red Cliff reservation for any non-essential purposes; and

BE IT FURTHER RESOLVED, that, in the interests of health and safety, the Tribal Council will use available means to enforce any mandatory self-isolation and/or quarantine of any tribal member(s) residing on the reservation that has traveled to and from any identified hot spot for the COVID-19 virus or has tested positive for the COVID-19 virus for a period of up to 14 days based on any recommendation(s) from the Red Cliff Health Department.

 Richard A. Peterson, Chairman	 Nathan Gordon, Vice-Chair	 Laura Gordon, Secretary
 Dennis Soulier, Treasurer	 Bryan Bainbridge, At-Large	 Steven Boyd, At-Large
 Marvin Defoe, At-Large	 Nick DePerry, At-Large	 Christopher Boyd, At-Large

CERTIFICATION

I, the undersigned Secretary of the Red Cliff Tribal Council, do hereby certify that the council is composed of nine members (9), of whom **8** were present at a meeting duly called, convened and held this **6th** day of **APRIL, 2020**, and that the foregoing resolution was adopted at said meeting by an affirmative vote of **7** members for, **0** against, and **0** members abstaining for the vote, and that said resolution has not been rescinded or amended in anyway.

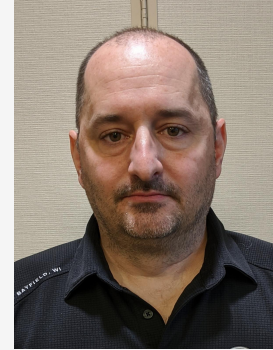

Laura J. Gordon, Secretary
Red Cliff Tribal Council

Retired US Coast Guard Chief to Serve as Red Cliff Emergency Manager

The Red Cliff Tribe has hired heavily decorated retired US Coast Guard Chief Nick Sawyer to serve as the Tribe's Emergency Manager.

While the Health Division has been working over the past several months on COVID-19 outbreak planning and prevention, the hiring of Sawyer will strengthen the Tribe's ability to effectively plan and respond to tribal emergencies.

As a member of the US Coast Guard, Sawyer's primary duties included maintaining Coast Guard missions and assets as well as leading and mentoring Coast Guard members. Chief Sawyer was also an Education Services Officer, Critical Incident Stress Management Peer Counselor, and Sexual Assault Victim Advocate.



Sawyer's assignments included: Navy Band New Orleans, CGC Storis, CGC Roanoke Island, New York, PSU 307, Venice LA, Kuwait, Iraq, Afghanistan, and CGC COHO. Sawyer was Executive Officer for the CGC Blacktip, and most recently was the Officer In Charge in Bayfield, WI.

Sawyer earned numerous awards and medals during his service. He earned the Army Commendation Medal, two Coast Guard Achievement Medals with operational distinguishing devices, one Navy Achievement Medal, two Commandant letters of Commendation, and 21 other personal and service awards.

Sawyer has earned permanent Cutterman, Coxswain, and Advanced Boat Forces insignias in addition to the Office In Charge Ashore Device.

Sawyer earned a Bachelor's degree in Business Administration and also serves as a volunteer Emergency Medical Technician.

Aaniin Nick!

Tribal Member Heading To NYC To Help in COVID-19 Response

Red Cliff Tribal Member Firestar Charette is a nurse living and working in Minnesota. She decided to travel to NYC to help the overrun hospitals deal with the COVID-19 outbreak.

See the article below or click the picture to read about Firestar and her decision to go help!



Miigwech, Firestar. We are proud of you!

*From NBC's KARE 11 Network
By Jennifer Austin*

COON RAPIDS, Minn — Firestar Charette is a busy mom and ER nurse at Mercy Hospital in Coon Rapids. But a plea from New York Governor Andrew Cuomo a few weeks ago gave her pause. "He basically looked into the camera and said, 'We need help.' And so that kind of affected me," Charette said.

Charette is now preparing to leave for New York City this weekend, where she'll be floating among the ERs at three or four Mt. Sinai Hospital locations in Manhattan. She starts Monday and has committed to spend the next eight weeks helping in NYC.

"I'll be working on the front lines with the COVID effort," she said. "I'm extremely nervous. A little healthy dose of terrified, as well. But I'm also excited [and] anxious to get started."

Charette worked with a nursing staffing agency, which arranges for nurses to travel to other hospitals for work. She got the offer from Mt. Sinai this week. In addition to her pay, she'll get a stipend for food and lodging.

The staffing agency is working with her to find a place to stay.

Charette works what's called a "casual" schedule at Mercy, which gives her the flexibility to go to New York to help.

"I know how, on a regular busy day when we feel short staffed and our volumes are really high, how overwhelming that is. I feel like, if there are people who can mobilize and go out there to help the efforts, why not?" she said. "Maybe if it ever hits here as hard as it does there, maybe then they'll come here and help us."

Charette says friends and community members have been giving her personal protective equipment to bring with to NYC in case she needs it.

"I'm going to welcome anything that anyone will give me and bring it with me," she said. "If I end up with a surplus, I'll share it with colleagues."



PROPERTY THEFTS ARE ON THE RISE

PLEASE TAKE TIME TO INVENTORY YOUR PROPERTY AND IMPLEMENT SECURITY MEASURES IN ORDER TO PROTECT YOURSELF FROM THEFT AND VANDALISM.

GOVERNMENT BUILDINGS AND BUSINESS OWNERS ARE AT A HIGHER RISK FOR THEFT. HOWEVER, COMMUNITY MEMBERS SHOULD TAKE NECESSARY MEASURES TO SAFEGUARD PROPERTY.

FOR INFORMATION ON BUDGET-FRIENDLY SECURITY RESOURCES AND IMPLEMENTATION, PLEASE CONTACT:

KYLE CADOTTE - CHIEF OF POLICE

715.779.3733

**STAY ALERT
AND VIGILANT**

Please report any suspicious activity



Request for Proposals
Powwow Royalty Crowns, Headbands, Sashes



REQUESTS FOR PROPOSALS

The Red Cliff Powwow committee is looking for individuals to design and construct three (3) crowns, three (3) Warrior Medallion head bands, and six (6) sashes for the Red Cliff royalty for the upcoming 2020 powwow. If anyone is interested, please submit your bid for three (3) crowns and/or three (3) head bands and/or six (6) sashes. *Please do not put the year in your design.* Completion date will be June 26, 2020.

The crowns, head bands and sashes will go to the new royalty:

- 3 crowns:
 - Little Miss Crown should be 2" height and should read Little Miss Red Cliff.
 - Jr. Miss Crown should be 4" in height and should read Jr. Miss Red Cliff; and
 - Miss Red Cliff Crown should be 6" height and should read Miss Red Cliff.
- 3 Warrior Medallion head bands should be 3" in circumference.
- 6 sashes, 3 male royalty and 3 female royalty, should read as follows:
 - Miskwaabikaang Gwiwizens (Boy), Miskwabikaang Oshki-inini (young man), Miskwabikaang Inini (man).
 - Miskwaabikaang Ikwezens (girl), Miskwaabikaang Oshki-ikwe (young woman), Miskwaabikaang Ikwe (woman).

Please *submit* your bid and design draft to:

Red Cliff Tribal Administration Building
Attn: Property & Procurement Department
88455 Pike Road
Bayfield, WI 54814

or you can email them to ashley.peterson@redcliff-nsn.gov by April 17, 2020 – 4:30 p.m.

Any questions please contact Marvin DeFoe, marvin.defoe@redcliff-nsn.gov or Edwina Buffalo-Reyes, Edwina.buffalo-reyes@redcliff-nsn.gov.

ABSENTEE VOTING NOTICE : May 12, 2020 Special Election – 7th Congressional District

Town of Russell Garage – Town Clerk's Office
35900 State Highway13
Bayfield, WI 54814

In March and April 2020, many of you requested ballots for the Special Election when you requested one for the April 7, 2020 Spring Election. Those ballots have already been sent to those requestors. If you have not, **the Town of Russell is encouraging you to vote absentee for the May 12, 2020 Special Election.**

Request an absentee ballot online at <https://myvote.wi.gov/en-us/> and a ballot will be mailed to you. You will be required to attach a copy of your Photo ID.

Voters may also request an absentee ballot in writing (mail or email) to the Town Clerk's office. **The request must include: a copy of your Photo ID, your name, the address you are registered to, the address you wish to receive your ballot at, and a current phone number and/or email. The last day to request a ballot via mail is Thursday, May 7, 2020.**

Voters can also vote in-person at the Town Garage prior to Election Day on Mondays, from 11am - 1pm. In-person voting ends on Friday, May 8, 2020.

If you have any questions or need assistance with your voting options, please contact the Town Clerk's office at (715) 779-3284 or at townofrussell@centurytel.net.

Proposed Addition to Code of Law

The Red Cliff Legal Department has proposed adding Chapter 58--Red Cliff Probate Code to the Red Cliff Code of Laws.

Click [HERE](#) to view the official notice.

You can view the proposed Chapter 58 [HERE](#).

Public comment on this proposal is encouraged. Please drop your comments at the Tribal Administration Building, or forward them directly to the Tribal Council. This proposal will be voted upon on May 19, 2020 at the regular meeting of the Red Cliff Tribal Council. If the Council enacts this code addition, the code shall become effective upon enactment.



Community Feedback Needed: Waawaashkeshi Population in Bayfield County



Wanted! Your thoughts on the Waawaashkeshi (Deer) population in Bayfield County.

Do you hunt waawaashkeshi? Do you feel current deer numbers provide ample opportunities to bring home some venison? Don't hunt, but still have an interest in watching deer? Maybe you think there are too many waawaashkeshi and that they are having a negative impact on forest growth, eat all your plants, or that they are too common along roadways. Perhaps you feel like deer numbers are just right or too low. Well, whatever your opinion is – now is the time to provide your input.

The Wisconsin DNR is in the process of preparing for the 2020 state deer hunting seasons. While everyone that purchases a Wisconsin archery or firearms deer license is allowed to harvest an ayaabe (buck) statewide, harvest of antlerless deer is now managed at the county level. Every year decisions are made on how many antlerless deer should be harvested (quota) to meet population goals and how many public land and private land antlerless permits should be made available for hunters. Those permits are then made available for purchase on a first come, first served basis until they sell out. Generally, if the goal is to increase the deer population, fewer (or even zero) antlerless permits are made available, but if the goal is to reduce deer numbers then more permits are offered.

As part of the process, each county has a County Deer Advisory Council (CDAC) that is charged with the following tasks:

- Gather public opinion on deer populations and goals, antlerless quotas and herd management strategies.
- Review and consider scientific metrics on deer herd trends, impacts to habitat and agriculture and human-deer interactions.
- Provide the department with recommendations on deer population objectives, antlerless quotas and herd management strategies.

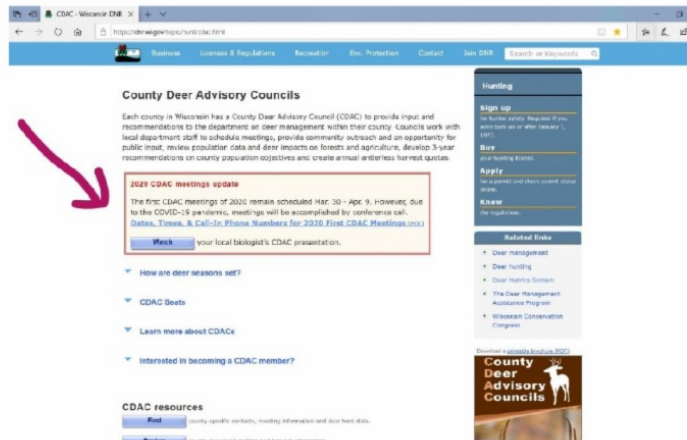
For the last several years Red Cliff's wildlife biologist has served as a tribal representative on the Bayfield CDAC. Since I took over the wildlife position relatively late in 2019, this will be my first year serving on the council and I'd like to make sure you have an opportunity to share your thoughts on the deer population goal for the county. In 2017, the CDAC recommended an objective of decreasing the Bayfield county herd over the next three years.

The 2020 process is just starting to unfold, and like most things this spring, has been impacted by coronavirus concerns. Normally there are two public CDAC meetings where interested individuals can come hear a presentation on recent harvest and population trends and share their opinion on the management goal and levels of antlerless permits before CDAC makes their final recommendations to the DNR. However, this year, the first meeting will be held as a conference call and while the public can listen in, they will only be able to provide formal comments online or by contacting a Bayfield CDAC member directly. The informational presentation that would normally be shown at the meeting has been recorded and is available for viewing online. As a council, we are hoping that people can find time to watch the presentation and then provide comment during the online comment period or by emailing a CDAC member.

There is a lot of interesting information about historical and recent harvest and population trends, forestry concerns, and impacts of predation and weather in the online presentation. The link below will take you to a website where presentations are available for all Wisconsin counties.

<https://dnr.wi.gov/topic/hunt/cdac.html>

On the website, find the red box (see picture below) and click the “Watch” button to find the presentation for Bayfield and other counties. Above the “Watch” button is a link that lets you find information about CDAC meetings and how to listen in. Lots of other deer and CDAC info is also on the page.



Once you have watched the presentation, feel free to leave a message at 715-779-3795 ext. 4334, or send me an email at Andrew.Edwards@redcliff-nsn.gov with your thoughts on the following:

- Should the Bayfield county goal be to increase, decrease, or keep the deer herd where it is now?
- In 2019, the antlerless harvest quota was 2,000 animals with 3,000 private land and 2,667 public land permits offered to state hunters. Total harvest was 2,051 antlered and 1,626 antlerless deer in 2019. Should 2020 antlerless permit levels stay the same, go up, or go down?

Keep in mind that this process is to set a county wide deer goal and determine how many state antlerless deer permits are available for Bayfield county in 2020. It DOES NOT directly influence the tribal deer season structure for off-reservation hunting through GLIFWC.

After the CDAC's first meeting (call) on April 8th they will make preliminary recommendations for an antlerless quota and permit levels. Those recommendations will be posted on the same CDAC website. Anyone may provide online comments on those recommendations from April 16-29, 2020 via the DNR CDAC website. A second meeting or call will take place on May 4th at which time the CDAC will consider all comments and make a final recommendation for the 2020 season to the DNR.

I look forward to receiving your input! Miigwech, Andy Edwards, Red Cliff Wildlife Biologist

Housing Authority Board Meeting

The Red Cliff Chippewa Housing Authority regular monthly board meeting is set for 5:00 PM, April 15 at the Red Cliff Elderly Center.

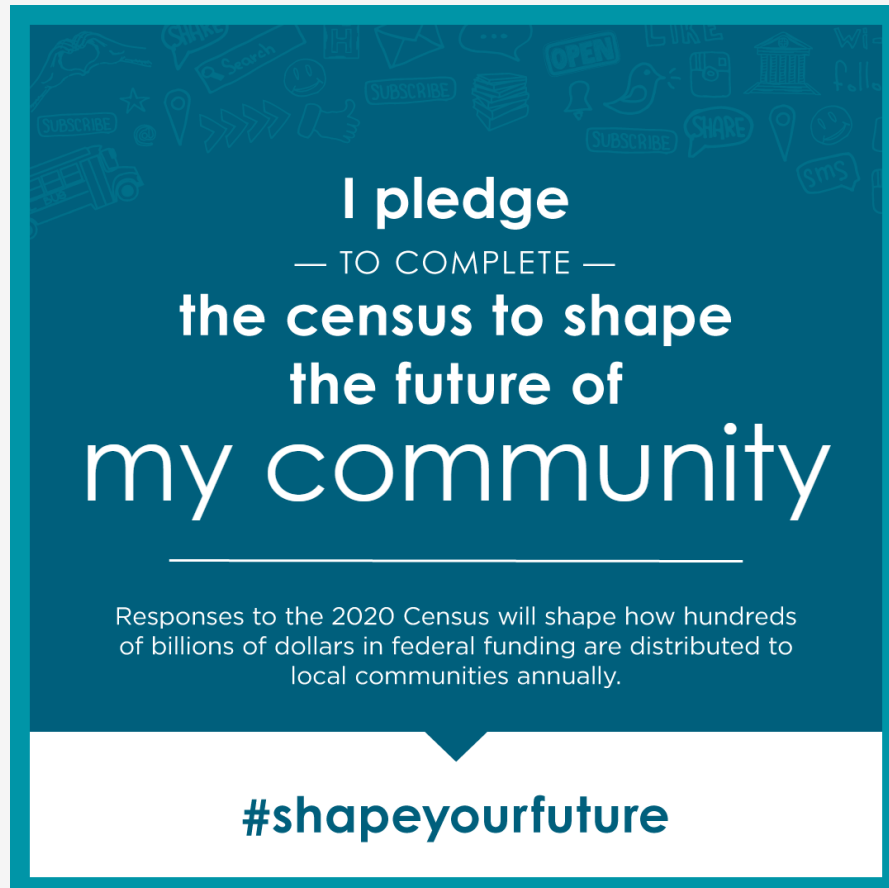
Click [HERE](#) for the meeting agenda.

2020 Census: Complete Online or Via Phone

The U.S. Census started in the Red Cliff community on Monday, March 16 2020. Given the current health situation, we are working with the Census Bureau and local field staff to ensure that the health and safety of our community is highly considered.

At this time, we are encouraging residents to complete the Census through online or telephone methods if possible. The census can be taken online at www.2020census.gov or by calling 844-330-2020.

The Census has halted in-person operations. There will be no in-person Census takers until further notice. We do not in any way want to discourage participation but advise and strongly encourage the community to participate in the Census in the safest way possible.



I pledge
— TO COMPLETE —
**the census to shape
the future of
my community**

Responses to the 2020 Census will shape how hundreds of billions of dollars in federal funding are distributed to local communities annually.

#shapeyourfuture



CHEQUAMEGON BAY COMMUNITY CARE

SERVING:

Ashland
Washburn
Bayfield
Bad River
Delta
Marengo
Mellen
Red Cliff
Herbster
Cornucopia
Port Wing

This care network is a way to connect volunteers and organizations with people in need. We are working in tandem with CORE Community Resources in Bayfield to coordinate volunteers and support requests.

- **RUN ERRANDS:**

Pick-up and deliver groceries, medications, mail

- **SOCIAL SUPPORT:** Ex. friendly phone conversations

- **SCHEDULING ASSISTANCE:**

Ex. calling doctors, calling about medication

- **PET CARE:** Pet sit/dog walk

- **TECHNOLOGY ASSISTANCE**



**VISIT THE WEBSITE TO
SIGN UP FOR HELP
OR TO OFFER HELP**

WWW.CHEQBAYCC.ORG • 716-262-9679

Health & Wellness

Tips to Strengthen and Protect Your Mental and Emotional Health During COVID-19

These are challenging times for all of us, as individuals, as families, and as a community. This article is focused on providing you with tips in four key areas identified by international trauma and healing expert Dr. Bessel van der Kolk.

In the last few weeks many of the things that used to signal our brain that it was a “normal” safe day such as going to

school, work, a support group meeting, the movies, a birthday party, or a friend's house have stopped. Dr. Bessel van der Kolk says for some of us, this sudden change sends a signal to our brain to protect us by activating our instinct to fight, flight or freeze. This fight-flight-freeze instinct is something that is built into all our brains to protect us from harm. When it is activated it can be frightening, overwhelming, or confusing to us or those around us.



It may look like we are irritable, panicking, impatient, confused, anxious, angry, spacing out, and the list could go on and on. The tips below are designed to help you strengthen your mental and emotional health and calm the fight-flight-freeze instinct. If you find these tips useful and want to learn more, please check out the links at the end of this article, search online for the key words “Dr. Bessel van der Kolk” or give the Red Cliff Community Health Center Behavioral Health Team a call on our Support Line at: 715-779-3509. We are available to answer your call 8am to 4:30pm Monday through Friday.

“We will get through this together”

1. Structure your day. Find a way to put some structure in your day. Try setting times for sleeping, waking, eating, reading, doing chores, playing with your kids, talking on the phone, video chatting with friends or taking a walk around your yard. Adding this structure to your day will signal your brain to remember that you are safe and help calm the fight-flight-freeze instinct that might be triggered by the sudden stop of our “normal” daily routines like going to visit a friend, going to school or work. Try to plan at least one thing today that you can look forward to doing tomorrow. Set goals for when you would like to get things done (example goal: teeth brushed and kids in bed by 10pm) but be gentle, compassionate and forgiving of yourself if you don't exactly meet your goals right away (example reality: kids in bed by 10:30pm and forgot to brush their teeth). Recognize your successes and remember, the goal is progress not perfection.

2. Connect to yourself and others. Stay socially connected to others while being physically distant. Human beings are social creatures by nature and staying connected when we must be physically apart helps our brain to reduce the fight-flight-freeze instinct that can be triggered when we can't be near our loved ones and friends. Social media, telephone calls, letters, text messages, and video chats are all great ways to stay connected. Be brave and try something new like hosting a karaoke night through social media or a stand in your driveway and start a neighborhood sing-along of “this is the song that never ends.” These suggestions might be a bit cheesy, but we can all use more smiles and laughter these days. Staying connected to yourself means seeing the range of feelings and thoughts you have throughout the day and not judging or shaming yourself for having them. Even if you only have a quick moment here and there, take a second to check in with yourself. Recognize when you need to rest, when you need to eat, when you are feeling grateful, when your feeling alone, or when your mind is feeling overwhelmed. Building a strong connection with yourself helps your brain to learn to wait for you to respond to things versus reacting for you through the fight-flight-freeze instinct.

3. Get moving. When we are being told to stay home, I know “getting moving” is easier said than done but...be creative! Take advantage of the natural resources in the area and go for a walk in the woods, a walk around your yard, ride a bike, watch YouTube and learn how to “floss”, grassdance, or sidestep in your living room. Have a “jump in place” contest with whoever is in your home or video chat a friend and walk laps around your houses together from a distance. Moving your body sends a signal to your brain that you are strong and fights off feelings of helplessness or anxiety.

4. Do what you're good at, if it's good for you. Whatever you know how to do, if it is good for you, now is the time to do it! Maybe you are a natural artist, a poet, a Kungfu master, or know how to change the oil on your car. If you can't think of anything you know how to do, pick a new skill like cooking, juggling or crafting using things you already have around the house. Use this time at home to learn and master a new skill or practice something you haven't done in a while. The goal is to create a feeling of accomplishment within yourself. When we do this, the sense of accomplishment sends a signal to our brain that we are capable and gives us a sense of mastery that allows the fight-flight-freeze instinct to be calmed.

References:

When the COVID-19 Pandemic Leaves Us Feeling Helpless. YouTube video retrieved from:

https://www.youtube.com/watch?v=fVOt_KOT8Zk on April 6th, 2020.

Why We Sing During COVID-19 Quarantine. YouTube video retrieved from:

<https://www.youtube.com/watch?v=gz-WjqwUODE> on April 7th, 2020.

Caring for Yourself. YouTube video retrieved from:

<https://www.youtube.com/watch?v=GSAfyYJG1kY> on April 3rd, 2020.

COVID-19 Resilient Wisconsin. Webpage viewed at:

<https://www.dhs.wisconsin.gov/covid-19/resilient.htm> on April 3rd, 2020.

RED CLIFF COMMUNITY HEALTH CENTER



COMMUNITY CARE PACKAGES

We are here to help
Elders, families, and community members in need
If you are in need of household or hygiene items
please contact us.

WE ARE IN THIS TOGETHER!

COMMUNITY HEALTH (715)779-3707

This is a collaboration with
other tribal programs
and donations from the
community & businesses



All staff available
to help

Behavioral Health Support Line

Stressed? Feeling out of control? Worried? Frustrated?

If you are having a hard time coping and adapting during this time, our behavioral health staff are available to support you, listen to you, offer emotional support and help you develop new ways to cope during this time.

Behavioral Health Support Line

Monday-Friday

8:00 a.m.-4:30 p.m.

Direct line: 715-779-3509

"We will get through this together"

24 Hour Support/ Crisis Services

Bayfield County Mental Health Crisis Line 1-866-317-9362

Northland Counseling 715-682-2141

Memorial Medical Center 715-685-5373

911 if threat to harm self or others



New Employee: Ann Watkins, Clinic Nurse

Ann Watkins is a registered nurse with over 30 years of experience.

She holds a Bachelors in Nursing and a Masters in Education. She has joined the Red Cliff community Health team as a temporary clinic nurse to help out during the COVID 19 outbreak.

Ann and her family have lived in Bayfield many years. She enjoys reading, crafts, fixing things around the house and watching old TV mysteries.



For other Health Center information or general questions call: 715-779-3707 or
Email RCHealthCenter@redcliffhealth.org

Click [HERE](#) to visit the Red Cliff Community Health Center website

Human & Family Services

There Is NO Excuse For Child Abuse



April is Child Abuse Prevention Month. Be a child's sunshine! There is no excuse for child abuse.

Here's our staff that are preparing and delivering lunches for our youth daily!

Pictured:

Paige Moilanen, Youth Director Boys & Girls Club

Darrell Murphy, Youth Worker Boys & Girls Club

Mark Defoe, Youth Worker Boys & Girls Club
John Helms, Cultural/Transportation ECC
Mikayla Defoe, ECC Staff
Mercie Gordon, GLITC Snap ED Nutrition Educator
Lori Duffy, Nutrition Manager ECC
Rebecca Benton, Family/Human Services Division Administrator
Jen Leask, ECC Administrator
Butch Bresette, Food Distribution Director
Wade Hanson, Food Distribution Staff
Chris Boyd, DV Advocate/Tribal Council Member
Darren Soulier, Distribution Staff
Stephanie Haskins, Family Violence Prevention Director

Not Pictured:

Sarah Deragon, Assistant Cook ECC
Jamie Goodlet-King, ECC Director
Donny Gordon, Jr, Bus Driver ECC
Donny Gordon III, Activities Coordinator Boys & Girls Club
Jasmine Livingston, Library



WIC is here for you during the COVID-19 outbreak

In an effort to protect you, your family, and our community, we are having our participants complete benefit pick up over the phone.

Also open to new families. Please call for details.

**Amaris Andrews-DePerry
715-779-3707 ext 2307**

Family Wellness Program: The "OJIB" Way Curriculum

The Red Cliff Family Wellness Program and the Wellness Curriculum Project serve to reinforce healthy family lifestyles and sustain positive development within families.

The Family Wellness Program has released part of its curriculum - THE "OJIB" WAY - for the community to use. There are many games and activities family members can participate in!

Click [HERE](#) to access this fantastic resource!

'Sweet Sailing' Donates to Red Cliff Youth

Red Cliff Food Distribution would like to give Sweet Sailing in Bayfield a Chi-Miigwetch (Thank You) for donating some goodies for the kids who utilize the summer food program.

We certainly appreciate it!



You Matter. Your Story Matters.

Wherever you are in Wisconsin, know that there's help for all sexual assault survivors and their families. We are here for you when you're ready. We are *By Your Side*.

Please call (715) 779-3706 or visit redcliff-nsn.gov
for advocacy and support services in your area.

This project was supported by Grant No. 2015-AI-BX-K014 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Justice Research and Emergency Prevention, the Office for Victims of Crime, and the SMART Office. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.



Various Family and Human Services offerings have unique guidelines and hours in response to COVID-19.

See the Notices section toward the top of this newsletter for more information. You can also call the Family Human Services Division at 715-779-3706.

Education

VFW Auxiliary Scholarship - High School Seniors

The Red Cliff VFW Auxiliary Post 8239 has announced two scholarships to a graduating senior in the Bayfield School District who is furthering their education by pursuing a college degree or a career direction at a vocational/technical school.

Applicants must fill out the VFW Auxiliary Scholarship Application and return to Dan Livingston, Bayfield School Guidance Counselor or Jared Blanche, Red Cliff Education Director.

Click [HERE](#) for the scholarship information and application.



Opportunities for Native American Students

[American Indian Science Scholars Program UW Milwaukee - July 20-30, 2020](#)

[Great Lakes NARCH paid internships - Summer 2020](#)



LOCATION

The ECC, in collaboration with the Health Center,
is collecting donations for any community members in need.
All donations will be accepted at the front entrance
of the ECC building.

We are predicting a need for hygiene and household products:

Soap; Toothpaste; Shampoo; Conditioner; Laundry Detergent; Baby Wipes; Etc.



For further information, please contact:

Amanda Peterson-Teschner at: **(715) 779-3707 Ext. 2235**

Jonia Gordon at: **(715) 779-5030 Ext. 2521**

Boys and Girls Club of Gitchigami

Virtual Daily Lessons

The Boys and Girls Club has created Virtual Daily Lessons for school-age children!

There is a schedule of activities for both 3rd-5th graders and middle to high schoolers.

Want to access the activity links? Simply click on the Closures & Notices post that is pinned to the top of the Tribal Facebook page. Then click on "Boys & Girls Club Virtual Daily Lesson"

Enjoy!



BOYS & GIRLS CLUBS
OF THE RED CLIFF BAND OF
LAKE SUPERIOR CHIPPEWA

Gitchigami

Treaty Natural Resources

ATTENTION VISITORS:

To ensure public health and safety, the Red Cliff Environmental Department is limiting visitors to the office. If you need any of the following permits:

- Burn Permit
- Small Harvest Permit
- Wood Cutting Permit
- Environmental Change Permit
- Environmental Activities Permit



Please call 715-779-3650 (ext. 4310 or ext. 4314) or 715-209-3955 or email linda.nguyen@redcliff-nsn.gov . Permits will be issued over the phone or by email. Miigwech for your patience at this time.



Click **[HERE](#)** to view the Treaty Natural Resources Division Winter Newsletter!

Legendary Waters Resort & Casino

Legendary Waters closure has extended to at least April 30 due to the COVID-19 situation.

Click [HERE](#) to visit the Legendary Waters Resort and Casino website.



Community Updates

Follow the link below to see announcements for upcoming events!

[View the announcements](#)

Red Cliff Tribal Administration Office
88455 Pike Road
Bayfield, Wi. 54814
715-779-3700
redcliff-nsn.gov

Contact Us



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