Boozhoo and welcome to the Miisaninawiind weekly newsletter!

The Miisaniinawind 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 out our website HERE and our Facebook page HERE.

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

An up-to-date list of COVID-19 related notices and educational resources can be found on the Red Cliff website.

Tribal Departments and Programs are still offering virtual and social-distance events! Check out the Events Calendar on the Red Cliff website.

Thanksgiving Holiday Closure Notice
Most Tribal Departments and Programs will be closed on Thursday November 26 for the Thanksgiving Holiday.

Please call the Tribal Administration Building at 715-779-3700 or a specific department for individual program hours and more information.

The Transfer Station will be closed November 26, and will resume regular hours Saturday November 28.

The Tribal Council wishes everyone a happy and healthy holiday weekend. Be safe!

Edward Bressette III Named Citizen of the Quarter

Red Cliff Tribal Member Edward Bressette III has been named Citizen of the Quarter for July, August, and September 2020.

Edward was born in Milwaukee and raised in L.C.O. His family had been relocated from Red Cliff during the Indian Relocation Act in the 1950’s. Edward moved to Red Cliff in 2011 and has been an asset and upstanding member of the Red Cliff community ever since.

Edward is a combat veteran and served in both the U.S Army and National Guard. He is the current keeper of the Red Cliff Eagle Staff and is the drum keeper for his drum group “The Little Turtle Singers.”

Edward is always willing to help his community at the drop of a dime. Edward is a frequent oshkaabewis (fire keeper/ceremonial helper). He shovels elders' driveways and roofs for free!

Edward volunteers to do drumming and ceremonial help all over the community. He most recently performed with Frank Morris at the Red Cliff Fish Company opening ceremony.

Edward is a father of three but is a great role model, father figure, uncle, we’eh to not just his own kids but to many children throughout the reservation. Edward dances old style woodland and represents the Red Cliff community in a good way all over Indian Country.

Edward has fought for his country and also continues to fight for the traditional ways of our ancestors here in Red Cliff, to ensure they are passed onto the next generation.
The Red Cliff Tribal Council would like to say Chi Miigwech to Ed for all you do for the Red Cliff Community.

Do you know someone who deserves to be nominated for Citizen of the Quarter? Let us know! Send nominations to secretary@redcliff-nsn.gov or call 715-779-3700.

Red Cliff's Serene Lawrence Named to Prestigious National "Top 40 Under 40" List

From Eighth Generation
By Jade Thurston

Eighth Generation's Chief Operating Officer and Red Cliff Tribal Member Serene Lawrence (Anishinaabe, Hopi), has been named to the prestigious Top 40 Under 40 list by the National Center for American Indian Economic Development. The recognition comes on the heels of Serene's recent promotion from Eighth Generation's Senior Project Manager to Chief Operating Officer.

The Native American 40 Under 40 award recognizes the top leaders from across the country. The winners exemplify leadership, initiative, resiliency and dedication toward their communities - especially during the pandemic.

Serene, who is Loon Clan from the Red Cliff Band of Lake Superior Ojibwe, displayed all these qualities in the early days of the pandemic when she coordinated Eighth Generation's huge donation of Personal Protective Equipment (PPE) to struggling health clinics. Under Serene's leadership, according to National Geographic, Eighth Generation "did in eight days what the federal and state government hadn't been able to do in four months."

Serene has been a major force behind Eighth Generation's tremendous growth over the last four years due to her wealth of experience and knowledge at the intersections of culture, art education, and business. Congratulations Serene!
Red Cliff Hunters Provide Venison for Tribal Elders

Last week Red Cliff hunters took to the woods and dedicated a day's worth of harvest to the Red Cliff Elderly Program. Hunters were able to bring back 12 waawaashkeshi (deer)!

Red Cliff Treaty Natural Resource Division staff and others helped clean and process the deer for delivery to the Elderly Program.

Chi-Miigwech to all who played a part in this great benefit for our Elders.

Please contact the Red Cliff Elderly Program for more information at 715-779-3706.
Honoring Walter Bresette's Efforts

From Wisconsin Historical Society and PBS Wisconsin Education

Walter led rallies in the 1980s and 1990s to educate others on how the rights the Ojibwe retained in 1800s treaties with the United States still hold true today.

Click [HERE](#) to Learn more about Walter from PBS Wisconsin Education's Wisconsin Biographies Series.

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JIIBAAKWEDAA (Let's Cook)
Introducing New Virtual Cooking Class
Pick up your recipe box on November 23
On November 23 from 1-3 PM, pick up a FREE food box at Red Cliff Food Distribution. Then, watch this video of the recipe being made.

Follow the video and the recipe card provided in the food box to make your own delicious lasagna!

Don't forget to let your family help!

Please send in your cooking pictures to mmcquire@redcliffhealth.org.

The Noojimo’iwewin Center held regular Cooking With Ed in-person classes. Due to the COVID-19 pandemic, they are now offering this video series so community members can still have fun with cooking recipes!

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**Red Cliff Fish Company Opening Ceremony**

Red Cliff Fish Company held a small ceremony to commemorate the opening of its market and retail shop! The company plans to host a larger community-based celebration once it is safe to do so.

Chi-Miigwech to Ed Bressette and Frank Morris for performing at the opening ceremony!

Red Cliff Fish Company is open daily from 10 AM - 5 PM.

Visit [www.RedCliffFish.com](http://www.RedCliffFish.com).
Native American Heritage Month

While we honor and celebrate our heritage every day year-round, help us celebrate this November by submitting pictures and videos of your family and friends.

Your submissions will be featured in our weekly Miisaninawiiind throughout November.

Send to communications@redcliff-nsn.gov
Keep sending us your pictures and videos!

**Seeking Bids For Commercial Generator**

The Red Cliff Band is looking to sell a three-phase diesel generator. The Band is seeking sealed bids for the following:

Cummins three-phase 60hz/125 KW diesel generator. Transfer switch will not be included in the sale.

Please contact Shelly Gordon for more information at 715-779-5052 ext 4401.

Please submit sealed bids to:
Red Cliff Tribal Administration
Attn: Property & Procurement Department
88455 Pike Road
Bayfield, WI 54814

**Bid Deadline:** November 30, 2020 @ 1:00 PM.

Bids will be opened at the Red Cliff Tribal Administration Building on November 30, 2020 @ 1:30 PM.

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In honor of Native American Heritage Month
Native Connections invites all Red Cliff community members to:

**Virtual Spot Dance!**

Please submit a video of you dancing with or without your regalia
*to any pow wow song of your choice*
(side step, crow hop, sneak up, etc)
& your name will be added into a raffle for a custom made ribbon
skirt or ribbon shirt made by Red Cliff tribal member Clarissa Bressette

video submissions can be sent to: cbressette@redcliffhealth.org
Dead line to submit videos will be Monday November 30, 2020
**Red Cliff Kids Christmas Event**
This event is being planned. More information to follow very soon.

**YOU MUST SIGN UP AHEAD OF TIME. BEGINNING NOW.**

Please call the Administration Building (715-779-3700) to sign up.

**THE DEADLINE IS DEC 4TH.**

Red Cliff/Bayfield Area Kids

Ages 0-18 (18 if still in regular school).

There will be a wait list for those outside of the RC/Bayfield Area.
Flu and Pneumonia Vaccines Especially Important During Pandemic

Dr. Ann Reitz from the Red Cliff Community Health Center shares information about influenza and pneumococcal vaccines. These are important for your whole family and will help prevent the flu and pneumonia, which is especially important this year during the COVID-19 pandemic.

Contact the Health Center at 715-779-3707 to schedule an appointment. If you are worried about entering the Health Center, alternative arrangements can be made.

Miigwech and get vaccinated!
Red Cliff Community Health Center
FLU VACCINES ARE IMPORTANT FOR THE ENTIRE FAMILY, NOT JUST FOR THOSE WHO ARE ILL.

Click the image below to access the full Behavioral Health November Newsletter
~Boozhoo from the Behavioral Health team~

We are excited to bring you news that you may find helpful. We hope to be able to provide information that you can use or share with others if you feel you are currently experiencing hard times, feeling down, or may not feel like you have anywhere to go.

Please use this newsletter as a resource for you to know you are NOT alone, and there are services that are here to help right in our own community!

During the month of Gashkadino-Giizis (November), we want the community to become more aware of our Telehealth Services!

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**Featured Articles/Program Updates**

**Stress Awareness Day** ..................... 1
**Behavioral Health Program Highlight** .......................... 2
**Telehealth Services** .......................... 3
**Native Connections Program** .................. 4
**CST Program** .................................. 5
**RCTREE Program** ........................... 6
**Nooji News** ................................ 7
**World Kindness Day** ....................... 8
**Mental Health & AODA** ..................... 9
**Outpatient Program** ......................... 10
**name it to tame it** ......................... 11

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**National Stress Awareness Day  November 6, 2020**

We all experience stress from time to time. Some stress is good for us and helps us to respond to changes in life. Stress response is our body’s way protecting itself from harm. However, too much stress can cause damage to our health and relationships.

Identifying the things that stress us and impact our physical and mental health is helpful in combating its effects. Sometimes, health problems are the cause. But our health can also be affected by external stressors such as emotional and physical abuse, toxic work environments, financial strain, or other family issues. When we identify the causes of stress in our lives, we can begin to eliminate or reduce the stress.

Some tools that help with stress include:
- Learn to recognize anxiety and find activities that calm it, such as taking deep breaths.
- Identify and let go of the things you cannot change.
- Exercise helps us to let go of built-up anxiety.
- Eating a balanced diet nourishes our brains and bodies so we’re better able to cope.

**Here are some things you can do to observe #StressAwarenessDay:**
- Develop a routine to help you lessen your tension.
- Engage in an activity that takes your full attention, like playing music, dancing, playing with kids.
- Listen to calming music.
- Get some exercise or a massage.
- Take a long, relaxing bath.

**Red Cliff Behavioral Health Department is dedicated to helping you feel your best and can connect you to AODA & Behavioral Health services, Recovery Groups and Peer Support.**

Please call 715-779-3741 for more information.
ATTN: Red Cliff Youth & Families

SCAVENGER HUNT
“History of Miskwaabekong”

November 30-December 20, 2020

As you scavenge hunt your way through Red Cliff collecting puzzle pieces and clues, take time to remember the area’s history.

Here is the first clue to find your first location:

Established in 2020 this business is the very first of its kind!

“to promote, plan and provide for the health, welfare, education, environmental protection, cultural preservation and economic well-being of Tribal members and to protect Treaty Rights now and in the future.”

Hint: The right to hunt, _____, and gather

Once all of the puzzle pieces are collected, form the image and email a picture of your team as well as the puzzle to mmcguire@redcliffhealth.org to redeem your prize. Please only take one puzzle piece per group.

For more information, call 715-779-3741 ext 2408 or email mmcguire@redcliffhealth.org

SPONSORED BY:

This product was supported (in part) by grant number 1H79TI081322-01 from the Substance Abuse and Mental Health Services Administration (SAMHSA). The content of this publication does not necessarily reflect the views or policies of SAMHSA or the U.S. Department of Health and Human Services (HHS).”
Rosie Botka, Behavioral Health Outreach Specialist

Rosalea, or Rosie for short, received her bachelor's degree in Public Health and Community Health Education from the University of Wisconsin - La Crosse. During her final semester of college, she interned at Red Cliff Community Health Center.

After completion of her degree, she became a Team Leader for AmeriCorps NCCC where she led a team of young adults around the Southwest states working for a variety of nonprofit organizations. This experience furthered ignited her love of service work.

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Red Cliff Pharmacy

We are continuing to offer curbside pickup for your convenience and safety during this pandemic.

We are requesting all pharmacy pick ups be curbside unless you are already coming into the clinic for another reason.

Please request your refills like you always have but call the pharmacy at 715-779-3157 and schedule a pickup day/time to let us know your vehicle model and color.

There are signs outside the front of the clinic indicating where to park after you have made us aware you will be here.

If you are receiving a new medication or have any questions at all a pharmacist would like to talk to you. Please call us at 715-779-3157 and ask for a pharmacist.

Please continue to wash your hands with soap and water for at least 20 seconds, disinfect hard surfaces in your home and “Stay Safer at Home”.

If you are quarantined or unable to make it to the clinic, please let us know and we will help you to get your medication safely.
She recently moved back to the Bayfield County area and has been hired as a Behavioral Health Outreach Specialist. Rosie is excited to be working in Red Cliff again because she knows how resilient and family-oriented this community is. She hopes to utilize her advocacy, organizational, and facilitation skills in this new position.

In her free time, Rosie enjoys running or any outdoor recreation, creating interesting food dishes, and ending the day drinking a cup of tea snuggled up with a good book.

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.

Click HERE for COVID-19 Updates and Resources.

Family & Human Services

Click to view the full FoodWIse Nutrition December Newsletter
Healthy Choices, Healthy Lives

WHAT IS FOODWISE?

FoodWise is federally funded statewide by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). We advance healthy eating habits, active lifestyles and healthy community environments for Wisconsin residents with limited incomes through nutrition education at the individual, community and systems levels.

University of Wisconsin-Madison
Division of Extension
Ashland, Bayfield, Iron County
FoodWise Nutrition Team

Stephanie Bakker, FoodWise Nutrition Coordinator
Extension Ashland, Bayfield, Iron Counties
Phone: 715-682-7017 (Ashland County office)
stephanie.bakker@wisc.edu

Sarah Tarkington, FoodWise Nutrition Educator
Extension Ashland, Bayfield, Iron Counties
Phone: 715-682-7017 (Ashland County office)
sarah.tarkington@wisc.edu

Deborah Leonard, FoodWise Nutrition Educator
Extension Ashland, Bayfield, Iron Counties
Phone: 715-561-2695 (Iron County office)
deborah.leonard@wisc.edu

FOOD RESOURCES

September 23, 2020 – The Boys and Girls Club of the Red Cliff Band of Lake Superior Chippewa have received a $50K donation from an anonymous source with the intent of continuing meal programs for youth members.

The Boys & Girls Club of America Native Services informed Division Administrator Rebecca Benton and Club Director Paige Mollanen of the donation that will greatly help youth in the community.

“We are very excited to receive this donation as it will allow the Club to provide meals to Club youth, and it will allow the Club to grow and continue to help the youth that come through our doors,” said Mollanen. “It’s always great to have donors like this to help during these tough times, and we would like to thank the donor for this generous gift.”

Red Cliff Boys & Girls Club staff have been assisting the Food Distribution program with meal preparation and distribution for youth in the community since March. Club staff have recently started preparing and distributing meals for the Red Cliff Elderly program while also fulfilling Club duties of virtual programming and planning for the Club’s relaunch.

“We really miss the kids and the Club, and we can’t wait to get back in and open the doors,” said Mollanen. “We want the Club kids to know the following: You are missed. You are important. You are loved. You R.O.C.K. You are Remarkable. Optimistic. Consistent. Kind.”

Red Cliff is thankful for this opportunity to help continue to serve the youth in the community. Questions can be directed to Red Cliff Family Human Services at 715-779-3706.

DATES TO REMEMBER:

The Iron County Mobile Food Pantry will take December 21, 2020, which is one week earlier than the holidays. If you are interested in learning more about this program, please call the Extension Iron County office at 715-561-2695.
Red Cliff Food Shelf is open by appointment

The Red Cliff Food Shelf provides an assortment of food items to families in need.

Families may visit the Red Cliff Food Shelf once a month, receiving two to three days' worth of groceries.

This is meant to be emergency and supplemental food.

If you are interested in the Red Cliff Food Shelf, call the Red Cliff Family & Human Services office at 715-779-3706 and set up a time with one of our staff members (usually within 24 hours of call). Any of our staff here at the Family & Human Services office are willing to assist you and/or your family in this time of need.

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New Child Care Center Is Hiring Child Care Staff!

The investment that has been put into this new daycare facility will impact economic development and improve the quality of life throughout our county. We are proud to say that our 4,000 square foot new construction child care center will boast 40 new child care spaces and will be located on a 1.3-acre site, located on the corner of Blueberry and Water Tower Roads.

Over the past few weeks, our much needed and long awaited facility has started to come to life.

Many of you may have noticed the crew of construction workers working hard to get the ground prepared for the arrival of the building; Set up of the building is underway.

While we wait for the completion of the building, the center is still looking to grow its childcare family. If you are a person or know a person that has a passion for working with children and would love to be part of our team, please visit www.redcliff-nsn.gov for a job description and application.
Want to Apply?
Visit www.redcliffe-nsn.gov
and click on Job Openings.
Calling All Caregiving Families!

We are looking for families across the U.S. to participate in a research project. Each participating family member can receive $50.

Your family is eligible if:

1. One family member (60+) needs help with daily living tasks
2. The family member who needs help does not have a diagnosis of dementia and does not live in a nursing home
3. 3 family members (18+) are willing to participate (including the family member who needs help)

Visit bit.ly/caregiving-research for additional details

This study has been reviewed and approved by Miami University Research Ethics and Integrity Program. Approval # 03519e

To participate, contact
Abby Helsinger, Project Manager
Email: ofow@MiamiOH.edu
Telephone: 513-529-3880

Education

Join Ms. Becca For Stories & Fun Videos
Click the image to access the full ECC November Newsletter
We have had officially one month of virtual learning! We hope that you have all been on My Teaching Strategies Family app and would love to hear any feedback from our families to see how everything is going! We would like to thank our families and our staff for the flexibility in this new way of learning and teaching! We know that it can be challenging at times, but we are working through it all.

During our virtual learning, teachers are still taking attendance, just in a different way. Attendance is just as important as it is when your children are attending school at the center. Each child will be given attendance status based on attending live sessions, completing activities, and uploading pictures taken of the activity into the Teaching Strategies app. Any communication between the family and the teachers will also be used for attendance purposes. Please be patient with us as we continue to learn and grow through this process. Feel free to ask questions and voice any concerns at any time.

We are patiently waiting for all our iPads to be delivered. We know this is taking a while, but we are doing the best we can. As soon as we receive all the iPads, we will get them to you as quickly as possible. Again, thank you for your patience through all these changes and unknowns.

Keep in mind, we are always looking for ways to improve and will take any suggestions to heart. Without each of you, there is no us! Your children and families are a huge priority to us, and we want everybody to be able to get through all of this, together.

If you have any questions, concerns or have any feedback that you would like to share with us, you can always contact us at 719-779-5030.

Migwech,

Jamie (ext. 2527) and Jenn (ext. 2561)
Bayfield School District Weekly Updates

The Bayfield School District will be releasing weekly updates for parents and students.

You can view the school's weekly updates on their website: https://www.bayfield.k12.wi.us/

You can also find the weekly updates on the Bayfield School District Facebook page.

DSA Community Foundation Scholarship Opportunity

The Duluth Superior Area Community Foundation is now taking applications for the Four Directions Scholarship Fund for Native Students and numerous other scholarships.
The newly created Four Directions Scholarship requires applicants to be an enrolled member of a local Native American tribe. Awards in 2021 will be $2500 and applications are due by January 15, 2021.

A full list of scholarships for Bayfield County residents is available HERE.

Questions can be directed to scholarships@dsacommunityfoundation.com.
AND OTHER COOL PRIZES

-4 Youth Divisions-
Division 1: Grades 3-5
Division 2: Grades 6-7
Division 3: Grades 8-9
Division 4: Grades 10-12

Prizes for 1st, 2nd and 3rd Place Winners in Each Division

Deadline: November 30th, 2020 by 4:30pm
Please Email Photos To: paige.moilanen@redcliff-nsn.gov with Name and Grade
Virtual Lessons

Boys and Girls Club staff have created Virtual Daily Lessons for youth to follow while the Club is closed due to the COVID-19 pandemic.

Lessons incorporate fitness and fun, fine arts, virtual field trips, mental workouts, and lessons on character, leadership, and service!

The lessons are dated, but contain activities that can be done year-round!
Attention:
Transfer Station will be CLOSED on:

Thursday November 26th, 2020 for Thanksgiving.

It will be open again
Saturday - November 28th, 2020 from 8am – 12pm.

Please contact Transfer Station @ 715-779-0171 or Environmental Department @ 715-779-3650 if you have any questions.
Red Cliff Transfer Station

Yard Waste/Wood Winter Announcement

Beginning December 1st, 2020 through April 1, 2021, the Red Cliff Transfer Station will not accept yard waste and wood materials for the burn pile. This is due to snow removal operations and weather inhibiting burning activities. Wood furniture will be accepted, but disposed of in the open top bin and subject to a fee (see brochure).

Examples of yard waste and wood materials:

Please contact Transfer Station @ 715-779-0171 or Environmental Department @ 715-779-3650 for any questions.
ATTENTION PATRONS:

To ensure the public health and safety at the Red Cliff Transfer Station, please review the following:

- **ALL BAGS MUST BE TAGGED** Tags can be purchased at the Tribal Administration, Peterson’s Store, and Buffalo Bay Gas Station.
- If you are able, please dispose of **tagged bags** directly into the compactor. See red arrow in photo.
- If you are unable to throw **tagged bags**, please leave your **tagged bags** by the compactor. See red box outlining drop off area in photo.

Please contact 715-779-3650 or 715-779-0171, if there are any questions.

Miigwech!

Red Cliff Environmental Department

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**Housing Authority**

**Tenant Notice - CDC Order On Evictions**

On September 4, 2020 the CDC issued an order stating that a tenant cannot be evicted for non-payment of rent. That Order is in effect until 12/31/2020.

However, to qualify for protection under this Order, a tenant must complete and return a **Tenant Declaration Form (OMB 0920-1303)** AND do the following:

1. Make best efforts to obtain all available government assistance for rent or housing;
2. make best efforts to make timely partial payments that are as close to full payment as your circumstances permit.

If you are unable to pay your rent due to substantial loss of income, hours of work, wages, and/or extraordinary out-of-pocket medical expenses; or you are laid off, please complete an Interim Recertification Request form and return it to us.

To properly resolve your account delinquency so that your account is reflected as current, you must also execute a Payback Agreement with the Housing Authority.

The Tenant Declaration Form can be found on the website. The other two forms can be acquired by contacting Nissia Basina, Occupancy Assistant at 715-779-3744 ext 3500.

All forms have also already been sent to tenants via regular mail.

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**Snowplowing Notice and Agreement**

Click [HERE](#) to access details and the Snowplowing Agreement & Waiver Form on the Housing Authority webpage.
TO: RED CLIFF CHIPPEWA HOUSING TENANTS
FROM: RED CLIFF CHIPPEWA HOUSING AUTHORITY
DATE: 10/06/2020
RE: BOARD APPROVED SEASONAL SNOWPLOWING RATES

The Red Cliff Chippewa Housing Authority (RCCHA) will be offering driveway plowing for the 2020-2021 season within Housing Communities at the following rates:

<table>
<thead>
<tr>
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<th>ANNUAL FEE</th>
<th>LATE FEE</th>
<th>TOTAL</th>
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</thead>
<tbody>
<tr>
<td>ELDERLY TENANTS (HOH* 65 &amp; older)</td>
<td>NO COST</td>
<td>N/A</td>
<td>$0.00</td>
</tr>
<tr>
<td>TENANTS with Disabled/Handicapped HOH**</td>
<td>NO COST</td>
<td>N/A</td>
<td>$0.00</td>
</tr>
<tr>
<td>TENANTS (all other)</td>
<td>$150.00</td>
<td>$20.00</td>
<td>$170.00</td>
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*HOH = Head of Household
**Disabled/Handicapped must be Head of Household and must provide a Doctor’s note; certifying such.

- Payment must be made in advance at RCCHA; deadline is November 13, 2020.
- Payments made after 11/15/2020 will be assessed a late fee.
- No clients accepted after December 11, 2020.

SNOWPLOWING RULES
- You must sign a waiver before any snowplowing can/will be done.
- All boundaries, obstacles, structures, culverts, driveway ends must be marked.
- Adequate space must be made available for truck turnaround.
- All housing tenants must have driveways cleared of snow by day’s end. If a tenant calls in a work order and the driveway is not cleared, the tenant will be assessed a $50 fee for Housing to plow the driveway to do the work order.
- Plow trucks will go to each driveway once. If your cars are not moved or you do not come out and move them, we will not return to driveway a second time.

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RCCHA Job Openings

Red Cliff Chippewa Housing Authority is hiring!
Click HERE to view and apply for Housing Authority employment.
<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Special</th>
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</thead>
<tbody>
<tr>
<td>MON</td>
<td>Nov 23</td>
<td>Hamburger Gravy Over Mashed Potatoes Veggie &amp; Roll</td>
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<tr>
<td>TUE</td>
<td>Nov 24</td>
<td>Legendary Grilled Cheese Sandwich with Cup of Chili</td>
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<tr>
<td>WED</td>
<td>Nov 25</td>
<td>Chicken Breast Over Wild Rice Pilaf Veggie &amp; Roll</td>
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<tr>
<td>THU</td>
<td>Nov 26</td>
<td>Thanksgiving Dinner (Adult $9.99 + Tax, Kids $4.99 + Tax)</td>
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<tr>
<td>FRI</td>
<td>Nov 27</td>
<td>All Day Friday Fish Fry Special</td>
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</table>

**Native Baker Specialties**
- Fresh Lake Superior Herring
- French Fries
- Cole Slaw
- Tartar Sauce

**Coca-Cola**
# Thanksgiving Day Takeout Dinner

**THURSDAY NOVEMBER 26 BEGINS 11AM**

**ADULTS $9.99  KIDS $4.99**

(715) 779-9468

**WHILE SUPPLIES LAST**

### LEGENDS SPORTS GRILL TO-GO BREAKFAST MENU

**SERVED SATURDAYS & SUNDAYS 8-11AM**

#### STARTING LINEUP

All breakfasts come with coffee. Gluten free option available upon request. All eggs can be cooked to order.

| Two Eggs and Toast | $5
| **ADD HASH BROWNS OR AMERICAN FRIES $2** |
| Biscuits and Gravy | $6.5
| 2 biscuits covered in gravy and topped with 2 eggs. Choice of 2 strips of bacon, 2 sausage links, or 2 sausage patties. |
| Grand Slam Breakfast | $9.5
| 2 eggs, choice of bacon, sausage links, sausage patties, or ham, and toast. Choice of hash browns or American fries. |
| Country Fried Steak | $10.5
| 2 eggs, country-fried steak, hash browns, and toast. |

#### Sides

| One Egg | $2
| Two Eggs | $3
| Side of Breakfast Meat | $1.5
| 1 bacon strip, 1 sausage link or patty, or 1/2 slice ham. |
| Hash Browns or American Fries | $2.5
| Bagel, toast or English muffin | $2.5
| One pancake or one French toast | $3

#### Sweet Eats

Add bacon, sausage, ham, or seasonal fruit $1.5

| Two Cakes or French Toast | $5
| Three Cakes or French Toast | $5.5

#### Omelets

Omelets come with shredded Monterey Jack cheddar cheese, or American cheese. Includes hash browns or American fries, and choice of toast.

| Cheese Omelet | $8
| 3 eggs and choice of cheese. |
| **MEAT & CHEESE OMELET** | $9
| 3 eggs and choice of cheese. Choice of bacon, ham, or sausage. |
| Veggie Omelet | $9
| Mushrooms, onions, tomato, green peppers, and choice of cheese. |
| Three Meat Trifecta | $10.5
| Ham, sausage, bacon, and choice of cheese. |
| The Frog Bay Grand Slam | $12.5
| Ham, bacon, sausage, hash browns, onions, mushrooms, green peppers, tomatoes, and choice of cheese. |

#### Lighter Side

**GRAND SLAM LIGHT**

| 1 egg, 1 sausage link, 1 sausage patty, 1 strip bacon, or 1/2 slice of ham. Includes 1 slice of toast. |

**Oatmeal**

| Bowl of oatmeal. Includes 1 slice of toast. **ADD APPLES OR RAISINS $1.5** |

**1 Egg, Pancake or French Toast**

| $4
| **ADD APPLES OR RAISINS $1.5** |

**1 Egg and Choice of Potato**

| $4.5
| Choice of hash browns or American fries, and includes 1 slice of toast. |

**Half-Order Biscuits and Gravy**

| $4.5
| Choice of 1 sausage link, 1 sausage patty, 1 strip of bacon, or 1/2 slice of ham. Topped with 1 egg. |

#### Beverages

| Juice | $2.25
| Orange Juice Apple Juice Lemonade |

| Soft Drinks - Unlimited Refills | $1.75
| Coke Diet Coke Cherry Coke Fanta Orange Barq’s Root Beer Dr. Pepper Mello Yello Sprite |

ORDER BY PHONE or at SNACK BAR COUNTER

Use main casino entrance. Wear a mask. Pay and pick-up.

(715) 779-9468

*Disclaimer: Any altitude at which alcohol is sold will be 21 years old. Must present ID at bar. Cash only. All prices subject to change. Alcohol sold under certificate of authority number 0027000832320.
NATOW Seeks Website Redesign

Native American Tourism of Wisconsin (NATOW) wants to redesign its website and is seeking requests for proposals in order to select and contract with a company or individual to create a new website that is a modern, highly attractive and built with responsive web design.

Proposals are due by 5:00 PM on December 11, 2020.

Click HERE to view the entire Request for Proposals.

Apply Now for USDA’s Coronavirus Food Assistance Program 2
Application Deadline is December 11

U.S. Department of Agriculture (USDA) Farm Service Agency (FSA) reminds farmers and ranchers that the deadline to apply for the Coronavirus Food Assistance Program 2 (CFAP 2) is Dec. 11, 2020. This program provides direct relief to producers who continue to face market disruptions and associated costs because of COVID-19.

“Producers have one more month to get their applications in for this important relief program,” said Richard Fordyce, Farm Service Agency administrator. “Applying is simple and our staff is available to assist every step of the way.”
CFAP 2 will provide up to $14 billion to eligible producers of certain row crops, livestock, dairy, specialty crops, aquaculture and more. All eligible commodities, payment rates and calculations can be found on farmers.gov/cfap. CFAP 2 is a separate program from the first iteration of the program (CFAP 1) and interested producers must complete a new application to be eligible for payment for CFAP 2.

Customers seeking one-on-one support with the CFAP 2 application process can call 877-508-8364 to speak directly with a USDA employee ready to offer general assistance. This is a recommended first step before a producer engages the team at the FSA county office.

Click HERE to learn more and to apply.

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**USDA to Open Signup for Conservation Reserve Program and CRP Grasslands in Early 2021**

The U.S. Department of Agriculture (USDA) today announced the 2021 signup periods for general Conservation Reserve Program (CRP) and CRP Grasslands offers. General signup for CRP will be open from January 4, 2021 to February 12, 2021; signup for CRP Grasslands runs from March 15, 2021 to April 23, 2021. Both programs are competitive and provide annual rental payments for land devoted to conservation purposes.

“The Conservation Reserve Program and the many focused programs that come under it, like CRP Grasslands, are some of our most critical tools we have to help producers better manage their operations while conserving natural resources,” said State Executive Director, Sandy Chalmers. “As one of our nation’s largest conservation endeavors, CRP has proven to protect our Nation’s valuable resources; and next year’s signup gives our farmers and ranchers an opportunity to enroll in CRP for the first time or continue their participation for another term.

Click HERE to learn more.
Free Webinar Series

Each webinar will provide an overview of how Native American Fatherhood & Families Association works in keeping families together by helping individuals recognize the significance of their sacred roles as fathers and mothers.

We encourage everyone working with mothers, fathers, children and those that are striving to make a change in their family and community to attend.

Mondays | 11am — 12:30pm (MST)

Nov. 23rd     • Linking Generations By Strengthening Relationships®
Nov. 30th     • Addressing Family Violence & Abuse®
Dec. 7th      • Fatherhood Is Sacred®,
              Motherhood Is Sacred® (pre-recorded)

A movement in promoting unity and prosperity for families

Presented By Albert M. Pooley,
Founder of Native American Fatherhood & Families Association

“There is no other work more important than fatherhood and motherhood.”

Register online at NativeAmericanFathers.org

For More Information:
(480)833-5007
info@aznaffa.org

Native American Fatherhood & Families Association
Healthy Living with Diabetes

Help yourself to better health!

A diabetes diagnosis can bring big changes. Find solutions that work for you.

The program has been researched and proven to reduce emergency department visits by 53%.

What is Healthy Living with Diabetes?

Healthy Living with Diabetes is an evidence-based workshop for adults of all ages who have type 2 diabetes, pre-diabetes, or live with someone who does. In just 6 weeks, you learn to take charge of your health and feel better doing the things that matter to you.

Join us!

Great Lakes Inter-Tribal Council’s Aging & Disability Services is offering this 6-week workshop series!

We will meet for a group call each Tuesday, for 45 minutes from November 17 through December 22, 2020. All you have to do is put your phone on “speaker” and join us!

Please call Kassy to register: (715) 588-1016

Classes are limited in size so please register early!

Build confidence in your ability to manage your condition.

You’ll get information & advice for:

- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Partnering with your health care provider
- Setting health goals you can accomplish
- Exercise for fitness and fun
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team
Building Native Communities: Financial Empowerment for Teens and Young Adults Virtual Training

January 25-29, 2021

Join this 5-day interactive training.

Native Communities: Financial Empowerment for Teens and Young Adults Trainer certification class. Due to COVID-19, organizations are having to shift into a virtual training space to fulfill the community needs and still adhere to the recommended social distancing guidelines. This virtual certification training will run for 3 hours daily for 5 days, this will allow your staff or community members become certified BNC: Financial Empowerment for Teens and Young Adults financial education trainers.

This training covers 7 lessons:
1. Building Thriving Native Economies
2. Money in Native Cultures
3. Banking 101 - Check it Out
4. Credit Journey - Thriving Not Surviving
5. Credit & Loans - Understanding, Applying, and Managing - Oh My!
6. Home is where the Heart Is - Ultimate Adulting
7. Circle of Life - Financial Milestones

Participants will have access to a downloadable PDF of the curriculum or have the option to order a hard copy to be shipped directly to you, shipping and book fees will be billed directly to the participant.

Attendees will obtain certification to effectively teach the Building Native communities: Financial Empowerment for Teens and Young Adults curriculum virtually.

Register for this training at NativeLearningCenter.com

Community Events

Interested in upcoming events?

View our Events Calendar.