Sugar Bush!  

Sugar Bush is fast approaching and we are so excited!!!!!!! It is getting harder and harder to predict when the sap will run, so we hope parents are patient with us. This year the ECC will be doing things a little differently.

Head Start children will be going out on a daily scheduled basis for the next two weeks. The bus will transport the classroom and staff out and parents are encouraged to come out on the day that your child’s class is scheduled. **So there will be school these days and we will not be closing the ECC any days.**

Early Head Start, including Home Base and families on our waiting list will be schedule to attend Sugar Bush on Friday’s, with Home Base Socials scheduled for March 11th and 25th. Parents of Waabooz, Amik, Makwa and Esiban rooms, please bring your children out to experience Sugar Bush at this time!

Sugar bush is a lot of work and we want to have as many people out helping as we can get. We need help collecting on a daily basis, boiling when necessary, cutting wood, and jarring. We want to send every family home with syrup this year and we need volunteer help to make that happen. So if you are interested, please come out during your scheduled times, show up at Marvin’s anytime, or call Nicole (ext 253) or Reggie (ext 233) to find out when and how you can help!!!!!!

Please review the schedule below. If there are days where no one is scheduled, please come on out, we will be working and needing volunteer help! We will have food, shelter and good company available for all volunteers!!!!!!!!!!!

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ma’ilingan 9:00-10:45 (on bus)</td>
<td>Mashko 9:00-10:45 (on bus)</td>
<td>Migizii 9:00-10:45 (on bus)</td>
<td>EHS Home Base Social 10-12</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ma’ilingan 9:00-10:45 (on bus)</td>
<td>Mashko 9:00-10:45 (on bus)</td>
<td>Migizii 9:00-10:45 (on bus)</td>
<td>EHS 10-12</td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Ma’ilingan Families (no bus)</td>
<td>Mashko Families (no bus)</td>
<td>Migizii Families (no bus)</td>
<td>EHS Home Base Social 10-12</td>
<td></td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td>31</td>
<td>1</td>
<td>2</td>
</tr>
</tbody>
</table>

ECC Spring Break: Everyone Come Out!!!!
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar 1</td>
<td>Onaabani-Giiizis (Hard Crust on the Snow Moon)</td>
</tr>
<tr>
<td>Mar 2</td>
<td>Puppet Show 10:45am</td>
</tr>
<tr>
<td>Mar 3</td>
<td>EHS Pow Wow 10:30am</td>
</tr>
<tr>
<td>Mar 4</td>
<td>HS Pow Wow 10:45am</td>
</tr>
<tr>
<td>Mar 5</td>
<td>Polar Bear Plunge 3pm</td>
</tr>
<tr>
<td>Mar 6</td>
<td>Mt. Ashurban Winter Feet</td>
</tr>
<tr>
<td>Mar 7</td>
<td>EHS Family Swimming 10-12</td>
</tr>
<tr>
<td>Mar 8</td>
<td>Drum &amp; Dance 6-8 @ Youth Center (Fri)</td>
</tr>
<tr>
<td>Mar 9</td>
<td>Drum &amp; Dance 6-8 @ Youth Center (Sun)</td>
</tr>
<tr>
<td>Mar 10</td>
<td>Drum &amp; Dance 6-8 @ Youth Center (Mon)</td>
</tr>
<tr>
<td>Mar 11</td>
<td>Drum &amp; Dance 6-8 @ Youth Center (Tue)</td>
</tr>
<tr>
<td>Mar 12</td>
<td>Drum &amp; Dance 6-8 @ Youth Center (Wed)</td>
</tr>
<tr>
<td>Mar 13</td>
<td>Drum &amp; Dance 6-8 @ Youth Center (Thu)</td>
</tr>
<tr>
<td>Mar 14</td>
<td>Drum &amp; Dance 6-8 @ Youth Center (Fri)</td>
</tr>
<tr>
<td>Mar 15</td>
<td>Drum &amp; Dance 6-8 @ Youth Center (Sat)</td>
</tr>
<tr>
<td>Mar 16</td>
<td>Drum &amp; Dance 6-8 @ Youth Center (Sun)</td>
</tr>
<tr>
<td>Mar 17</td>
<td>Drum &amp; Dance 6-8 @ Youth Center (Mon)</td>
</tr>
<tr>
<td>Mar 18</td>
<td>Drum &amp; Dance 6-8 @ Youth Center (Tue)</td>
</tr>
<tr>
<td>Mar 19</td>
<td>Home Base Family Swimming 10-noon</td>
</tr>
<tr>
<td>Mar 20</td>
<td>Head Start Family Swimming 10-noon</td>
</tr>
<tr>
<td>Mar 21</td>
<td>Daylight Savings Time Begins</td>
</tr>
<tr>
<td>Mar 22</td>
<td>Tribal Council Meeting 6:30pm</td>
</tr>
<tr>
<td>Mar 23</td>
<td>Tribal Council Meeting 6:30pm</td>
</tr>
<tr>
<td>Mar 24</td>
<td>Tribal Council Meeting 6:30pm</td>
</tr>
<tr>
<td>Mar 25</td>
<td>Tribal Council Meeting 6:30pm</td>
</tr>
<tr>
<td>Mar 26</td>
<td>Tribal Council Meeting 6:30pm</td>
</tr>
<tr>
<td>Mar 27</td>
<td>Tribal Council Meeting 6:30pm</td>
</tr>
<tr>
<td>Mar 28</td>
<td>Tribal Council Meeting 6:30pm</td>
</tr>
<tr>
<td>Mar 29</td>
<td>Tribal Council Meeting 6:30pm</td>
</tr>
<tr>
<td>Mar 30</td>
<td>Tribal Council Meeting 6:30pm</td>
</tr>
<tr>
<td>Mar 31</td>
<td>Tribal Council Meeting 6:30pm</td>
</tr>
</tbody>
</table>
HOME BASE NEWS
MARCH 2011

HAPPY BIRTHDAY
2 SEQUOIA
12 AIYANA
17 FRANCIS

SOCIALIZATION
3/11/11 & 3/25/11
10:00AM—NOON
SUGAR BUSH PREP

VOLUNTEERS NEEDED!!
Help is needed at the Sugar Bush
Call Nicole at 715-779-5030 ext 253
To sign up

Home Base Educators
715-779-5030
Ext 235 Amber
Ext 236 Phoebe
Ext 238 Cindy
Waabooz Abiiwin

What the Waabooz abiiwin has been up to lately:

- We are starting to use words.
- We are learning to follow directions.
- Two of us just learned to bimose(walk).
- We are playing dress-up and pretending.
- We loved to niimi(dance) and namago(sing)
- Our newest little one is learning to namadabin(sit) all by himself.
- We are learning to feed ourselves also.

Wow, we are busy move and learning. A Chimiigwech to all the families who are working hard at getting their children to school. We love seeing them as often as possible. We also what to remind you that if your child is not well enough to play outside when it is 20 degrees or warmer maybe it would be a good idea to let them stay home and rest. Miigwech for all your hard work and for allowing us to be in your families lives.

~Ms Katy, Ms. Corky, Mr. Fred & Ms. Tara
Newsletter from Amik
This is what we worked on for February.
Eric and Aura working on Health, and staying well.
Isabella
Taking care of her self.

Maddox
Cleaning baby.

Amik room Teachers
Karen, Teresa
Loretta

Victoria
Counting
Stella ice fishing

Ice fishing
Words
For
March
Onizhishin
Nice

Sebastian

Gwaashkanay jump
Makwa Room

Parents we will be working on and learning our shapes and colors this month. Please look for some books to be sent home at the end of the month to work on with your child at home. We are also working getting ourselves dressed and scooping our food at meal times. Please work on this at home with your child.

Please be aware that on the days of Sugarbush we will be closed. The dates will be determined at a later date. Please look for flyers because we would like a lot more parent involvement this year.

Ms. Jamie, Ms. Wendy, Ms. Vicki, & Ms. Shaleena
This school year seems to be flying right by!
Nice weather has finally permitted us to get back outside.
Please make sure that your little ones come to school with all of their outside gear.

Our classroom grocery store has been a success! We are learning to identify new foods, money and have even clipped coupons! We will leave the store up for a few more weeks! The kids have had so much fun with it. Please feel free to share any ideas with us if you would like us working on specific goals for your children.

We enjoy a puppet show every Wednesday at 10:45 and Pow-Wow every Thursday at 10:30. Please feel free to join us for them if you would like!

Ayrianna has fun in the house!
Abby loves to read books!
Ira likes to go grocery shopping everyday and bagging up her goods!
Teagan loves to tell us all about colors!
Ross has fun reading to his friends!
Olive likes to use scissors and cut every little piece of paper!
Davis has fun building houses for the animals!
Skyler loves to play with the Esiban puppet!

Every morning we do attendance in Ojibwe! The kids have caught on and love to be asked *child's name* Ina Omaa Ayaa Noongoom? (*Child’s name here today?*)

-Nadine, Amber and Britany
Ma'iingan Room

Boozhoo All! We have been pretty busy in our classroom. We have been working on a different letter each week, and talking about emotions and feelings. We still have cold weather upon us so please send your children in warm clothing and cross your fingers for spring! We have been working on writing our names, recognizing letters and numbers, counting, colors, shapes, and our Ojiwemowen. We open our room up for any family that would like to spend the day with your children in our room. Please don’t forget about Sugar Bush its coming up fast! So there will an opportunity for parents to come and volunteer some time it’s really needed and appreciated.

Here are some of the things that Ma’iingan Room children like to do:

- Harmony loves to play with puzzles
- Animikiikwe loves to play house with friends
- Logan G. loves to play with blocks
- Giizhik loves to play with friends outside
- Aaricka enjoys dancing to her music.
- Myels enjoys working on eye spy puzzles.
- Zoe enjoys cooking for friends.

Logan A. Enjoys playing with friends in dramatic play action heroes.

- Kyra likes to read books.
- Alyna loves to play dolls with friends.
- Zachary loves playing super heroes.
- Emily likes to work on art projects.
- Lily enjoys playing house.

~Ms. Alicia, Ms. Linda & Ms. Bernice (779-5030 ext. 245)
Boozhoo,

The Migizi room is planning to have their own medical center in the month of March (onaabani-giizis). The children will learn how to tend to imaginary broken bones and cuts with bandages. The children will also seek the help of community workers, such as police officers, and ambulance crew (EMTS).

Also the class will be working hard on letters Ff, Gg, Hh, and Ii. The classroom is working hard on adding and subtracting.

Just a friendly reminder, please send the children with the proper outdoor clothing.

~Ms. Diann, Ms. Tracy, and Ms. Patsy
Boozhoo From the mashkodebizhiki class,

For the month of March we will be exploring a new unit on occupations. Through experiences provided by this theme, the children will become aware of a great number of occupations and the way these workers help us today. Tribal positions, food service, health care, sports, community helpers, communication, construction, teaching and service workers to name a few. Some of the learning experiences will include:
*Listening to stories about different occupations
*Making occupation hats
*Occupations puppet show

At home you can page through magazines with your child. Discuss equipment and material that are used in various jobs. Questions such as the following can be asked to stimulate thinking skills: Who might use a computer to perform a job? What occupations involve a cash register? Your child might be interested in visiting your place of employment. Another great activity to go along with this is a job chart at home. Good work ethics start when children are young.

Mino gezhegud to our march birthdays...Isiah and Kya we hope you have a wonderful day....

Here are the ojibwe phrases that the children know........ practice at home:

ojibwemowin: aainin ezhi ayaayan? - how are you?
   aainin ezhinikaazoyan? what's your name
   on daa so ma - come here
   mino gizhigud- have a good day
   namadabin, bizaan, bizindam- sitdown, quiet, listen

Until next time
Ms.Virginia , Ms. Jenn, and Ms. J.

p.s. Take a few extra minutes in the morning to let your child get their outside clothes on by themselves. We have been working on this at school. Don't let them tell you" I can't" because they can!!!!!!
BIBOON NANAASKONGE

Translation:
“Winter fights back!”

Witness the epic battle between Biboon and Ziigwan carried out in your backyard! Biboon fights back as the younger Ziigwan prepares for the coming of Niibin (summer!)

As Biboon and Ziigwan duke it out for control of the weather be prepared for another winter storm!!

These warmer days and colder nights are perfect for the harvest of Ziinzibaawad-waaabo (maple sap)! We are all busy preparing for this annual event and I just can’t wait to taste the fresh sap coming out of the tree!

Did you notice any birds returning from the South?

Puppet shows! Puppet shows! Puppet shows! Everyone is having a blast helping to prepare, translate, and watch the puppet shows in English and Ojibwe!

We are proudly presenting bilingual puppet shows every Wednesday from 10:45 to 11:00!

Not only are we doing your typical puppet show but we are also doing puppet shows like "How Gaag got his Quills" and "How Oojiins saved the River"

If you’ve never made these things before, come help us out!

It’s always a great day when you are in the woods! Be sure to bring your boots because there will probably be some puddles or left over snow to stomp in!

Sugarbush is hard work, but if we all work together we will have a grand pancake feed with syrup we made ALL BY OURSELVES!!

Be on the lookout for when your child’s class is going out to the Sugarbush and come join us!!

Miigwech to all the parents and families for helping us plan for the upcoming Sugarbush!

For the Home visits this month we will be meeting at the Sugarbush. As always, we will be setting up our base camp at Mr. Marvin DePoe’s house for the majority of the time.

With all of the weird climate changes we’ve experienced in the past decade, we hope to catch as many drops of maple sap as we can!

Please come out to the Sugarbush early and often so as not to miss a single drop!

Leonard and Mary Moose have agreed to help us speak Ojibwemowin and are asking all of us to learn and speak the language the best we can!

Please continue to speak to each other in Ojibwe so you get used to hearing and thinking in the Ojibwe language!

Most importantly, keep speaking the language in as many situations as you can! Replace everyday words with Ojibwemowin such as using "mazina"gan" instead of paper or book.

The ANA program will be going to a conference in Sault Ste. Marie, Michigan during the week before Spring Break.

We strongly encourage everyone to continue stopping by and checking on the Sugarbush while we are gone and during Spring Break! ~ Weweni!
Onaabani-Giizis is the month when you can walk on the snow without falling through! There is a hard crust on the snow that allows a person to walk on top of it. Sometimes it gets really warm and then the next day it will be really cold. This is because Ziigwan begins to visit Biboon. Ziigwan likes it warm and Biboon likes it cold and snowy. Ziigwan and Biboon fight over who should have control of the weather.

A few weeks ago, Ziigwan made quite an impression by breaking a warm temperature record! However, it is really cold again as Biboon keeps on fighting. Ziigwan brings with him the birds to keep him company and to sing songs. Biboon doesn’t like seeing the birds because it reminds him about how warm it is when Ziigwan comes around. Biboon chases the birds back to the South where Ziigwan comes from. But in the end, Ziigwan chases Biboon farther to the North where he stays until the next year.

The Anishinaabe people used the seasons, weather, and wildlife to name the different moons of the year. Another name for this month is Bookwedaagami-giizis which means broken snowshoe moon. You can imagine the snowshoes breaking when travelling across the hard crusted snow! Other names for this month are Niki-giizis and Migiziwi-giizis. These names were given because the geese and small eagles begin to return to this area. The larger eagles stay with us over the winter but the small eagles have to head South for the winter.

Make sure you watch what happens in the next few weeks! The birds are going to be coming back soon, the snow is going to be melting, and the maple sap will begin to flow! Be on the lookout for dates and times when your children will be going to the Sugarbush to learn more about this important food!

~Mr. Reggie

Wayiiba Iskigamizigedaa!! (Soon we will make syrup!!)
Head Start Parents
IMPORTANT
Transportation Bus Reminder

Morning Transportation (pick-up)

If your child will not be picked up by the bus, **please use your green-red stop sign** and/or call **before** the bus departs the ECC by 6:30 a.m.

*If you need another stop sign, please let us know and we can send another one home.*

Leave a message on the ECC general mailbox if no one answers in the main office. *Even if you know the night before call and leave a message at that time.*

Please have your child ready...we can only allow a two minute wait at each stop.

Transportation Home (drop-off)

Please call the ECC before 12:00 p.m. if your child will need to be dropped off at another location not specified on Transportation Form.
Wednesday's:  
March 9th and March 23rd  

Dad & Child Play Night  

Dad's  
1. Bring your 0-6 year old child  
2. 1 hour of fun, play time with child  
3. Snack will be available  
4. Quality time with your child  
5. A facilitator will be present

Location:  
Red Cliff Early Childhood Center  
3-6 year olds in Migizii Room  
0-3 year olds in Esiban Room

Rules:  
1. Have fun with your child!  
2. Dad and child stay in the classroom for the hour.  
3. Remember dads, cleaning up after your play is all part of a learning process for children.

For more information or questions, please call 779-5030.  
Auna (ext 257) or Maureen (ext 258)
The Red Cliff Police Department

is hosting a

Community Gathering

to introduce our staff

Friday, March 11, 2011

@ Isle Vista Casino Bingo Hall

4:00 pm—7:00 pm

Come out and have dinner and meet our Department

Hope to see you there! Chief Bill Mertig, Inv. Tom Jeffords, Officer Matt Earls, Officer Matt Ladwig, and Officer Adam Zak
GED/HSED COURSES now offered at the ECC

If you or someone you know is interested in retrieving their GED or HSED, WITC will be offering classes at the Red Cliff ECC on Tuesday's from 11:30am-1:30pm.

No pre-registration is required, simply come to the ECC on the 18th or any Tuesday through May. Completing a TABE assessment is the first requirement, developing a personal plan is the next, and completing the official test is the final step!

Please bring a form of identification with you.

Any questions, call Nicole Boyd @ 779-5030 ext 253.

RED CLIFF EARLY CHILDHOOD CENTER

WISCONSIN INDIANHEAD TECHNICAL COLLEGE
ECC SEWING CLASSES!!

WE NEED SEWERS!!!!!!!!!!

Join us Wednesday's:
March 9th and 23rd
5:00 pm-7:00pm
Large Motor Room @ The ECC

Some sewing machines, materials and snack provided!! Bring your machine and projects you are working on!
All levels of sewers welcome!!

Call Patt (ext 256) with any questions @ 779-5030

Dad and child play night is also these nights (dad go with the kids and mom comes to sewing!)
The Red Cliff Early Childhood Center is required to provide a non-federal share of in-kind for the HS, EHS and ANA grant requirements.

In kind is donated through goods and services.

In-Kind Needed:
Fiscal Year July 1, 2010 to June 30, 2011
HS needs $193,965.00
EHS needs $168,095.00
Fiscal Year October 1, 2010-September 20, 2011
ANA needs $53,977.00

Volunteers for the program may include: (but not limited to)
HS/EHS parents, relatives and friends
College students
Community representatives
Service providers
Special speakers for staff trainings,
parent trainings, family nights, and

Volunteer services may include: (but not limited to)
Volunteering in the classroom and on the playground
Attending field trips
Attending parent activities and presentations
Home Visits for Home Base families
Donations of cash, office and classroom, & programs supplies
Professional services such as speech therapy, medical and
dental services
Helping put items together (furniture, cabinets, bulletin
Boards)
Helping with maintenance (shoveling, cutting grass, plowing)

All Center in-kind forms need to be signed and dated by the volunteer and a center staff member. The amount of goods and services provided must be on each form. If you have questions regarding in kind call the ECC at 715-779-5030
ATTENTION:
ALL PARENTS AND
VISITORS OF THE RED
CLIFF EARLY CHILDHOOD
CENTER

NOW THAT THE ROADS ARE CLEAR
AND MOST OF THE SNOW IS GONE.
PLEASE REMEMBER THE SPEED
LIMIT (10 mph) WHEN ENTERING TINY TOT DRIVE TO THE EARLY
CHILDHOOD CENTER.
Head Start, Parents, and Doctors: A Partnership for Healthy Children
The Well Child Visit

Why go to the doctor when my child is well?
Well Child Visits help the doctor to get to know your child when he/she is not sick and to evaluate his/her overall health, development, and behavior. This is a chance for your doctor to recognize concerns about your child before they become more serious and to give you guidance about how to keep your child healthy and growing. At some visits, the doctor will do laboratory tests and give immunizations (shots). Doctors recommend that Well Child Visits begin before your child is born and continue until your child is 21 years old. The American Academy of Pediatrics recommends the following schedule of Well Child Visits for children from birth to 5 years old:

- Prenatal (a visit during the pregnancy to meet the baby’s doctor and discuss the baby’s care)
- Newborn
- Within 3-5 days after hospital discharge
- By 1 month
- 2 months
- 4 months
- 6 months
- 9 months
- 12 months
- 15 months
- 18 months
- 24 months
- 30 months
- 3 years
- 4 years
- 5 years

What should I bring to the Well Child Visit?
- Your or your child’s health insurance/Medicaid card.
- A list of the immunizations (shots) that your child has already received.
- Your list of questions and concerns, arranged from first to last in order of the greatest importance, for the doctor to answer at the visit.
- A list of all of the medicine that your child takes; make sure your list includes prescriptions, over-the-counter medicine, traditional medicine, herbal remedies, vitamins, etc. If it is easier for you, bring the bottles or containers that the medicine is sold or kept in.
- One of your child’s favorite books or toys; this will help your child feel comfortable while you are waiting for the doctor. It is best to bring a toy that you can wash when you get home, in case there are contagious diseases in the waiting room.

How can I help prepare my child for the Well Child Visit?
- Try make-believe doctor visits at home. You and your child can take turns being the doctor and the child. Place a piece of notebook paper on the floor next to a wall and practice “standing on the scale.” Have your child take off their shirt and pants, shoes and socks, and put on a pretend “examination gown” (an adult’s shirt put on backwards). Practice sitting still while the eyes, ears, nose, and mouth are examined (say “AHH”). Practice sitting still while the doctor listens to the heart and take deep breaths in and out while the doctor listens to the lungs. Practice not giggling when the doctor “squeezes your belly.”
- Be ready in case the doctor wants to examine your child with the child sitting on your lap. If you know from experience that this works best for your child, tell the doctor before the child is placed on the examination table. Do not wear belts with a sharp buckle that might scratch your child and be careful with long necklaces and earrings that might get pulled accidentally if your child becomes upset.
Welcome to Our New Bayfield Trollers
2011 – 2012 Kindergarten Students

Dear Students and Parents;

The Staff at Bayfield Elementary have scheduled several opportunities for you to come to Bayfield Elementary as you prepare for Kindergarten. Parents please mark your calendars. You will be our guests for:

- A Parent/Student Dinner with a Parent only orientation is scheduled for Tuesday April 5, 2011 5-7 p.m.
  Pizza Dinner will be served.
- A Family Pizza Night is scheduled for Tuesday April 12, 2011 with photos and classroom activities.
- A Parent/Student Breakfast is scheduled for Friday May 6, 2011 at 8 a.m.

I look forward to seeing you at all these fun events.

Ms. Sheila Everhart,
Principal

April 5, 2011  Pizza Dinner* for Parent and Future Kindergarten Trollers  5:00 p.m.
  5:45 p.m. Parent only orientation  *ECC Teachers will watch Kindergarten bound children at 5:30 p.m. to allow for an adult only meeting in the LRC.

April 12, 2011  Parents and Pre-School Students Pizza Night  5:00 p.m.
  Followed by photos and activities in the classroom.

April 19, 2011  Kindergarten Screening  *
April 20, 2011  1/2 day Kindergarten Screening  *
  *Parents are asked to call Lori Heckman at 779-3201 ext. 134 to set up a screening date and time.

May 6, 2011  Parents and Pre-School Breakfast  8:00- 8:30 a.m.

May 18, 2011  Students and ECC Teachers will be invited to tour the classrooms and have lunch at Bayfield Elementary.  10:30 a.m. - 12:30 p.m.
Child Wellness Days
March 5, 2011
Northern Great Lakes Visitor Center
9:30-1:30

For ALL infants and children in the Bayfield County &
Ashland School District Area who are
Birth to 5 years of age

Child Wellness Days is a chance to:
- Bring your child to play with other children
- Receive information on General Child Development
- Become aware of community activities and resources available for families with young children
- Give you a sense of how your child is developing
- Get great ideas for activities to do with your child

Events happening throughout the day:

Grandma Goose Story Time, Art Project, Hands on manipulatives

**All children receive a goody bag and refreshments available**

For more information- please call your local school district
Ashland - 682-7080 Red Cliff Head Start 779-5030 X 255 Washburn – 373-6199 x 232
Bayfield – 779-3201 x 313 Family Forum Head Start 682-5035 Drummond 739-6231 X 306
South Shore - 715-774-3500 Bayfield Head Start- 779-5589 Bad River Headstart 682-7144

This event sponsored and in collaboration with School districts of Ashland, Washburn, Bayfield, South Shore and Drummond, Ashland and Bayfield County Birth to 3 programs, & CESA 12
Basic Budgeting is a free workshop offering tools to help people meet monthly household expenses, organize their finances and build savings. Participants will create a monthly spending plan, explore saving strategies, discuss financial goals and identify community resources that can help.

Basic Budgeting is offered monthly at alternating locations in Ashland and Bayfield Counties. The next workshop will be held:

Thursday, March 10
1:00-3:00 p.m.
Community Room
Autumn Manor Apartments
Washburn
Free & Open to the Public

REGISTRATION IS REQUIRED FOR THIS FREE WORKSHOP

To register or learn about upcoming workshops call:

Liz Lexau ▪ Bayfield County UW-Extension ▪ 715-373-6104
or
Kathy Becksma ▪ Ashland County UW-Extension ▪ 715-682-7017

An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Requests will be kept confidential.
A LETTER TO FAMILIES ABOUT OUTDOOR PLAY

What We Do and Why

Physical exercise and fresh air are important for your child's health and well being. We take children outdoors every day so they can run, jump, swing, climb, and use all the large muscles in their bodies. They run around, breathe in the fresh air, look at the clouds, or catch a ball or a bug. They lie on the ground and watch clouds and birds, or they climb high and look down. We also talk about the things children see, hear, touch, and feel so they become aware of changes in the weather, the seasons, the growth of plants, and the animals.

Playing outdoors your child can learn

- to notice and appreciate changes in nature
- to discover how water puddles after a rain and disappears when the sun comes out
- to follow shadows around
- to use his or her body in increasingly skillful ways

We encourage children to wonder about what they see by asking questions:

What do you notice?
Where do you think they are going?
How are they different or the same?

What You Can Do at Home

Fresh air and exercise are very important to your child's health, and to yours. Try to spend time with your child outdoors every day except when the weather is dangerous. Take walks in your neighborhood, go to parks together, explore nature with your child. Watch what your child notices and show you too are interested.

Children love to collect things and then play with them, sort them, and make patterns with them. Bring along a container or plastic bag when you go outdoors so your child can collect treasures along the way—seeds, leaves, rocks—and bring them home to examine. You also can plan special activities outdoors. Here are some ideas:

- Bring drawing paper and crayons outside so children can draw what they see.
- Take a pail of water and large brushes so your child can paint the sidewalk or fence.
- Bring colored chalk, which is perfect for sidewalk art.
- Play catch with balls of all sizes.
- Bring bubble-blowing solution and different-shape blowers.

Make time each day to be outdoors with your child, exploring, making discoveries, and appreciating nature.
The mission of the Early Childhood Tribal Coalition is to serve as a link and provide tribal early childhood providers can gain access to resources and information to enhance and strengthen the voice for Native American children and families throughout the state of Wisconsin.

4th Tribal Gathering: Partnering for Success

Save-A-Date March 24-25, 2011

Bad River Lodge & Casino Odanah, WI

Culturally Responsive Child Find in American Communities

Co-Sponsors of this event:

Great Lakes Inter-Tribal Council—Birth To 3 Pro CREATE: Cultural Responsive Early Childhood Pro CESA 8, 9, & 12 Preschool Discretionary Grants and the Early Childhood Tribal Resource Team

For more information contact:

Pamela Torres Phone: (715) 588-3324 Email: ptorres@glitc.or OR

Jayne Van De Hey Phone: (920) 619-7351 Email: jvandehey@cesa8.k12
We need you to be on the Red Cliff Johnson O'Malley Committee (JOM)

Requirements to join: You must be a parent or legal guardian of an eligible Indian Student (eligible meaning enrolled in a Tribe, it does not matter what Tribe the student is a member of) who is attending the Early Childhood Center (ECC) or the Bayfield Public School.

Purpose of the JOM Committee: To promote quality educational programs, services and unique cultural needs of eligible Indian students ages three (3) through grade 12 who attend the Red Cliff Early Childhood Center or attend school in the Bayfield School District. The committee decides on what programs and activities these funds will provide to eligible students. Past programs and activities have included the Annual Honor Banquet for the graduating seniors and providing tutoring services to students in the Bayfield School.

Meetings: Meetings are held on the first Wednesday of the month at 4:30. Location is the Tribal Administration Building, Lower Level unless otherwise noted. We meet monthly (except for summer); however depending on need we may schedule special meetings, listening sessions and other activities.

Contact Carmen VanderVenter, Education Specialist (715) 779-3706 for more information
RED CLIFF BAND OF LAKE SUPERIOR CHIPPEWA INDIANS
COMMITTEE/BOARD APPLICATION FORM
88385 PIKE ROAD, HWY 13
BAYFIELD, WI 54814
715-779-3700

Name ___________________________________________ Enrollment # ___________________________

Address __________________________________________ Phone # __________________________

Committee __________________________________________

Do you have an immediate family member (i.e. father, mother, spouse/significant other, brother, sister, son, daughter) serving as a member on this committee? YES NO

If so, please specify: __________________________________________

Do you have an immediate family member who is employed under this program? YES NO

If so, please specify: __________________________________________

Do you have any experience working with this committee or with a program under this committee? YES NO

If so, please explain: __________________________________________

________________________________________________________________

________________________________________________________________

________________________________________________________________

Why are you interested in serving on this committee?

________________________________________________________________

________________________________________________________________

________________________________________________________________

Signature ___________________________________________ Date ______________________________
Here is scholarship information I received from the SAIGE Listserv. Please distribute to your coordinators for their employees/partners.

**SCHOLARSHIPS FOR STUDENTS GOING UNCLAIMED:** Unused funds are being returned to donating companies.

*A large amount of scholarship money that has been set aside by companies for deserving minority students are either collecting dust of or being returned to businesses because of a lack of interest. The following is a list of scholarships*

and their Web addresses to pass along to friends and family members with college-bound kids so that this free money will not go to waste.

Rachel Garza Carreón  
Recruitment and Outreach Librarian  
University of Iowa Libraries  
Iowa City, IA 52242  
phone: 319-335-6441  
rachel-carreon@uiowa.edu

1) Bell Labs Fellowships for under-represented minorities  
http://www.bell-labs.com/  
2) Student Inventors Scholarships  
http://www.invent.org/collegiate/  
3) Student Video Scholarships  
http://www.christophers.org/vidcon2k.html  
4) Coca-Cola Two-Year College Scholarships  
http://www.coca-colascholars.org/programs.html  
5) Holocaust Remembrance Scholarships  
http://holocaust.hklaw.com/  
6) Ayn Rand Essay Scholarships  
http://www.aynrand.org/contests/  
7) Brand Essay Competition  
8) Gates Millennium Scholarships  
http://www.gmssp.org/nominationmaterials/read.dbm?ID=12  
9) Xerox Scholarships for Students  
http://www2.xerox.com/go/xrx/about_xerox/about_xerox_detail.jsp  
10) Sports Scholarships and Internships  
http://www.ncaa.org/about/scholarships.html  
11) National Assoc. of Black Journalists Scholarships (NABJ)  
12) Saul T. Wilson Scholarships (Veterinary)
13) Thurgood Marshall Scholarship Fund
http://www.thurgoodmarshallfund.org/sk_v6.cfm
14) Fin Aid: The Smart Students Guide to Financial Aid scholarships
15) Presidential Freedom Scholarships
http://www.nationalservice.org/scholarships/
16) Microsoft Scholarship Program
http://www.microsoft.com/college/scholarships/minority.asp
17) Wired Scholar Free Scholarship Search
18) Hope Scholarships & Lifetime Credits
http://www.ed.gov/inits/hope/
19) William Randolph Hearst Endowed Scholarship for Minority Students
http://www.apsanet.org/PS/grants/aspen3.cfm
20) Multiple List of Minority Scholarships
http://gehon.ir.miiami.edu/financial-assistance/Scholarship/black.html
21) Guaranteed Scholarships
http://www.guaranteed-scholarships.com/
22) BOEING scholarships
http://www.boeing.com/companyoffices/educationrelations/scholarships
23) Easley National Scholarship Program
http://www.naas.org/senior.htm
24) Maryland Artists Scholarships
http://www.maeaf.org/
26) Jacki Tuckfield Memorial Graduate Business Scholarship (for AfrAm students in South Florida)
http://www.jackituckfield.org/
27) Historically Black College & University Scholarships
http://www.iesabroad.org/info/hbcu.htm
28) Actuarial Scholarships for Minority Students
http://www.beanactuary.org/minority/scholarships.htm
29) International Students Scholarships & Aid Help
http://www.iiefa.org/
30) College Board Scholarship Search
31) Burger King Scholarship Program
http://www.bkscholars.csfa.org/
32) Siemens Westinghouse Competition
http://www.siemens-foundation.org/
33) GE and LuLac Scholarship Funds
http://www.lulac.org/Programs/Scholar.html
34) CollegeNet's Scholarship Database
http://mach25.collegenet.com/cgi-bin/M25/index
35) Union Sponsored Scholarships and Aid
http://www.aflicio.org/scholarships/scholar.htm
36) Federal Scholarships & Aid Gateways 25 Scholarships
   Excel http://www.blackexcel.org/25scholarships.htm
37) Scholarship & Financial Aid Help
   http://www.blackexcel.org/sch.htm
   <http://www.blackexcel.org/sch.htm>
38) Scholarship Links (Ed Finance Group)
   http://www.efg.net/link_scholarship.htm
39) FAFSA On The Web
   http://www.fafsa.ed.gov/
40) Aid & Resources For Re-Entry Students
   http://www.back2college.com/
41) Scholarships and Fellowships
   http://www.osc.cuny.edu/sep/links.html
42) Scholarships for Study in Paralegal Studies
43) HBCU Packard Sit Abroad Scholarships
   http://www.sit.edu/studyabroad/packard_nomination.html
44) Scholarship and Fellowship Opportunities
   http://ccmi.uchicago.edu/sch1.html
45) INROADS internships
   http://www.inroads.org/
46) ACT-SO "Olympics of the Mind" Scholarships
   http://www.naaccp.org/work/actso/act-so.shtml
47) Black Alliance for Educational Options Scholarships
   http://www.baeo.org/options/privatelyfinanced.jsp
48) ScienceNet Scholarship Listing
   http://www.sciencenet.emory.edu/undergrad/scholarships.html
49) Graduate Fellowships For Minorities Nationwide
   http://cuinfo.cornell.edu/Student/GRFN/list.phtml?category=MINORITIES
50) Rhodes Scholarships at Oxford
   http://www.rhodesscholar.org/info.html
51) The Roothtbert Scholarship Fund
   http://www.roothtbertfund.com
   <http://www.roothtbertfund.com/>
Helpful Links also on line at the Tribal Website: www.redcliff-nsn.gov

www.fafsa.gov: Free application for Federal Student Aid, this is a REQUIRED Financial Aid process

www.studentaid.ed.gov: Source for free information from the Department of Education on preparing for and funding education beyond high school.

www.federalstudentaid.ed.gov/pubs: TEACH Grant provides grants of up to $4,000.00 per year to students who intend to teach in a public or private elementary or secondary school that serves students from low-income families.


www.heab.state.wi.us: Wisconsin Higher Education Board; state administered financial aid.

http://dva.state.wi.us: Wisconsin tuition programs for Veterans, qualifying spouses and children.

www.vrna.net: Vocational Rehabilitation for Native Americans; will develop and deliver vocational support to eligible Native Americans/Alaskan Natives with disabilities. Funding for VRNA is provided through a grant from the US Department of Education.

www.ihs.gov: Indian Health Service has scholarship opportunities for Native Americans that are pursuing a career in the Health field.


www.collegefund.org: American Indian College Fund; provides scholarships and other support for American Indian Students.

www.guaranteed-scholarships.com: Scholarships, grants and financial aid that are guaranteed.


www.caatchingthedream.org: Provides scholarship assistance for students who demonstrate academic achievement; clearly defined goals; leadership; and the determination to succeed with a desire to return to their communities to help others to realize their dreams.

www.indian-affairs.org/scholarships: Association on American Indian Affairs has awarded scholarships to Native American College and Graduate students since 1948. (Not affiliated with the Bureau of Indian Affairs).

www.niea.org/media/scholarships.php: National Indian Education Association: has a listing of scholarships available throughout the U.S. NIEA is the largest and oldest Indian Education Organization in the Nation and strives to keep Indian Country moving towards educational equity.
**www.wiea.org:** Wisconsin Indian Education Association awards scholarships annually. The scholarship is merit based and requires the student to write an essay and be above average academically.

**www.worldlearning.org:** Study abroad, programs for High School and Undergraduate students.

**http://nces.ed.gov/collegenavigator:** US Department of Education Institute of Education Sciences guided college search will help find a school for you.

**www.aigcs.org:** American Indian Graduate Center; provides educational assistance to American Indian and Alaska Native graduate students throughout the country. Scholarships listed for undergraduate students also. There is a free scholarship booklet to download that lists sources of scholarships for Native American Students.  [http://aces.nmsu.edu/academics/ird/index.html](http://aces.nmsu.edu/academics/ird/index.html)
## Food Chart

### Breakfast
- **Fluid Milk**: 1/2 cup (c) for 1-2, 3/4 cup (c) for 3-5, 1 cup (c) for 6-12
- **Juice or Fruit or Vegetable**: 1/4 c for 1-2, 1/2 c for 3-5, 1/2 c for 6-12
- **Grains/Breads**: 1/2 slice* (or 1/2 serving) for 1-2, 1/2 slice* (or 1/2 serving) for 3-5, 1 slice* (or 1 serving) for 6-12
  - **or cold dry cereal**: 1/3 oz. or 1/4 c for 1-2, 1/2 oz. or 1/3 c for 3-5, 1 oz. or 3/4 c for 6-12
  - **or cooked cereal**: 1/4 c for 1-2, 1/4 c for 3-5, 1/2 c for 6-12

### Snack (select two different components from the following four **)
- **Fluid Milk**: 1/2 cup (c) for 1-2, 1/2 cup (c) for 3-5, 1 cup (c) for 6-12
- **Juice or Fruit or Vegetable**: 1/2 c for 1-2, 1/2 c for 3-5, 3/4 c for 6-12
- **Meat or Meat Alternate**
  - **or yogurt**: 2 oz. or 1/4 c for 1-2, 2 oz. or 1/4 c for 3-5, 4 oz. 1/2 c for 6-12
  - **or peanut or other seed or nut butters**
  - **or egg (large)**: 1/2 for 1-2, 1/2 for 3-5, 1/2 for 6-12
- **Grains/Breads**
  - **1/2 slice* (or 1/2 serving)** for 1-2, 1/2 slice* (or 1/2 serving) for 3-5, 1 slice* (or 1 serving) for 6-12

### Lunch/Supper
- **Fluid Milk**: 1/2 cup (c) for 1-2, 3/4 cup (c) for 3-5, 1 cup (c) for 6-12
- **Meat or Poultry or Fish**
  - **or cheese**: 1 oz. for 1-2, 1 oz. for 3-5, 1 oz. for 6-12
  - **or cottage cheese, cheese food or cheese spread**
  - **or egg (large)**: 1/2 for 1-2, 1/2 for 3-5, 1 for 6-12
  - **or cooked dry beans or peas**
  - **or peanut or other nut butters or seed butters**
  - **or peanuts, soynuts, tree nuts or seeds**
  - **or yogurt**
  - **Vegetables and/or Fruits (2 or more kinds)**: 1/4 c Total for 1-2, 1/2 c Total for 3-5, 1/2 c Total for 6-12
  - **Grains/Breads**
    - **1/2 slice* (or 1/2 serving)** for 1-2, 1/2 slice* (or 1/2 serving) for 3-5, 1 slice* (or 1 serving) for 6-12

### Points to Remember
- Keep menu production records current.
- The minimum required amount of each food must be served.
- Use full-strength juice.

* or an equivalent serving of an acceptable grains/breads such as cornbread, biscuits, rolls, muffins, etc., made of whole grain or enriched meal or flour, or a serving of cooked enriched or whole grain rice or macaroni or other pasta products. Refer to the grains/breads list for correct
- **For snack, juice or yogurt may not be served when milk is served as the only other component.**
Potato Soup

Ingredients
- 2 carrots, chopped*
- 1 medium onion, chopped*
- ¾ cup turkey ham, cut in small cubes*
- 2 celery stalks, chopped small*
- 1, 14oz. can reduced sodium chicken broth
- 3 potatoes, cubed in ½ inch cubes*
- 1 garlic clove, minced
- ⅛ tsp. black pepper
- 2 Tbsp. parsley flakes
- 1, 32oz. UHT milk*
- 1 cup dehydrated potato flakes*

1. Add carrots, onion, ham, celery, parsley, pepper and broth into a Dutch oven or 5 qt saucepan. Bring to a boil and cover; reduce heat and simmer.
2. Peel and cut potatoes. Add potatoes, simmer 15 to 20 minutes or until potatoes are soft.
3. Add UHT milk and heat until just starting to boil, add potato flakes. Mix well and serve.

Makes 9 cups of soup.
*FDPIR Commodity Foods

Nutrients per Serving
Calories: 207
Total Fat: 2 g
Saturated Fat: 1 g
Trans Fat: 0 g
Carbohydrates: 38 g
Dietary Fiber: 3 g
Protein: 11 g
Sodium: 356 mg
Cholesterol: 17 mg

Maple Wild Rice Pudding

Ingredients
- 3 eggs, lightly beaten
- ¼ cup Splenda Brown Sugar Blend®
- 2 cups milk (skim)
- ⅛ tablespoon maple syrup
- 2 cups cooked wild rice, about ½ cup uncooked
- 3 slices stale whole wheat bread, cut into ½ inch cubes

1. Preheat oven to 350° F.
2. Combine the eggs, Splenda Brown Sugar Blend®, milk, and maple syrup in a large bowl.
3. Toss the wild rice and bread into a 1 ½ quart buttered casserole dish.
4. Pour the egg-milk mixture on top.
5. Set casserole dish in a pan of hot water, with enough water to come up the sides of the dish about an inch.
6. Set on a rack in the middle of the oven. Bake 40 to 50 minutes, or until custard is set. Serve warm, with lightly sweetened whipped cream or ice cream, if desired.

Serves 6

Nutrients per Serving
Calories: 194
Total Fat: 3 g
Saturated Fat: 1 g
Trans Fat: 0 g
Carbohydrates: 32 g
Dietary Fiber: 2 g
Protein: 10 g
Sodium: 148 mg
Cholesterol: 107 mg
degrees F. If you don’t have a meat thermometer, don’t eat hamburger if the meat is still pink.
- Dig a fork into cooked fish. The fish should flake.
- Cooked egg whites and yolks are firm, not runny.

If the food is left out for two or more hours, germs can grow.

So put leftovers into the refrigerator or freezer as soon as you finish eating. Put them into shallow dishes so that they cool faster. Eat them in the next few days, before they go bad.

**Keep Your Food Safe**
It is hard to tell if a food is safe. Foods that go bad may look, smell, and taste like safe foods.
So be safe.
- Buy safe food.
- Keep food safe at home.

If you think a food might be bad, do not taste it.

---

**For More Information**
If you have questions, you can call your nearest FDA office. Look for the number in the blue pages of the phone book.

Or call one of the FDA's toll-free numbers:
(888) SAFE-FOOD (723-3366)
(888) INFO-FDA (463-6332).

Or look for the FDA on the Internet at www.fda.gov

---

**Quick Information**

**KEEP YOUR FOOD SAFE**

**Keep Your Food Safe**
Food that goes bad can make you sick. This is called food poisoning, or foodborne illness.

Sometimes when people think they have the "flu" or a "stomach bug," they really have a foodborne illness.

You can keep food safe. This booklet tells you how to:
- buy safe food
- keep it safe at home.

---

The Food and Drug Administration is an agency of the U.S. Department of Health and Human Services that helps protect the health of consumers by teaching them about food safety.

Department of Health and Human Services
Food and Drug Administration
5600 Fishers Lane (HFI-40)
Rockville, MD 20857

FDA05-1109C
What makes food go bad? Germs. They get on food and grow. You cannot see germs on food. You cannot always smell or taste them, either.

These are some of the foods germs like best:
- Milk and other dairy products
- Eggs
- Meat
- Poultry
- Seafood
- Fruits and vegetables

Foods that are likely to have germs that can make you sick include:
- Unpasteurized or untreated juices, such as apple cider
- Sprouts
- Raw eggs and foods that contain raw eggs, such as cookie dough and Caesar salad dressing

Safe Food At the Store
Do the cans have dents? Are the jars cracked? Do they have lids that are not closed tight? The food may have germs that can make you sick. Only buy cans and jars that look perfect.

Check eggs, too. Open the carton to see if any eggs are broken or cracked. Only buy eggs that are refrigerated in the store.

Raw meat, poultry, and seafood sometimes drip. The juices that drip may have germs. Keep these juices away from other foods. Put raw meat, poultry, and seafood into plastic bags before they go into your cart.

Pick up milk and other cold foods last. This will give them less time to warm up before you get home.

Save hot chicken and other hot foods for last, too. This will give them less time to cool off before you get home.

Safe Food At Home
After shopping, get home as soon as you can. Then put food into the refrigerator or freezer right away. Eggs always go into the refrigerator, but NOT in the door of the refrigerator.

Make sure that you and your kitchen are clean.

Always wash your hands for at least 20 seconds before and after you touch food. Use warm water and soap.

Wash everything else before and after it touches food.

Wash your cutting board with hot soapy water before you go on to the next food.

For extra protection, you can clean the board with a kitchen sanitizer, such as a solution of one teaspoon chlorine bleach to one quart water. When the cutting board becomes worn or hard to clean, throw it out and get a new one.

Fresh fruits and vegetables also need to be clean. Rinse them under warm running water to wash dirt away. Use a produce brush when appropriate.

Raw meat, raw poultry, raw seafood, and raw eggs can spread germs in your kitchen. Keep these foods and their juices away from other foods. If you use cutting boards, it's best to set one aside that to use only for raw meat, poultry, fish, and eggs.

Did you wipe up the juices with a dish towel? Wash it before you use it again. Or use paper towels and throw them away. Meat, poultry, and seafood need to stay cold while they thaw.

Thaw them:
- In the refrigerator. Do it one or two days before you will cook the food.
- In the microwave. Use the “defrost” setting. Then cook the food right away.

Raw meat, raw poultry, raw seafood, and raw eggs can make you sick. Cook them until they are done.
- Use a meat thermometer for poultry and meat, if possible.
- Use a meat thermometer, if possible, when cooking hamburger. Cook hamburger to a temperature of 160
Red Cliff Community Health Center

CHR Transportation Program

Available to Contract Health Service Clients (CHS)

- All other resources must be contacted before we will transport.
- For medical appointments only. Transports are not for shopping, visiting, etc...
- We are unable to provide transports to wheel-chair bound individuals because we do not have the resources for this.
- When the tribal offices are closed due to inclement weather or natural disaster, all transports for that day will be canceled.
- No one under the age of 18 will be transported without the parent or legal guardian present.
- No intoxicated client will be transported.
- All passengers are required to provide a car seat for each child (when applicable) and to wear a personal restraint/seat belt or they will be denied transportation.
- The clinic does not transport to surgeries where sedation is involved or there exists the potential for life-threatening outcomes. In these situations, family should be involved in your care.

For more information or to schedule an appointment contact Janet Hillert at 715-779-3707
REGISTRATION FORM
DEADLINE March 21, 2011

Non-Members—$20.00
Please remember that this scholarship is awarded to those who serve the Native American communities and would be unable to attend without financial assistance.

Name: __________________________ Title: __________________________
Address: __________________________
Phone: __________________________ Fax: __________________________
Email: __________________________

Agency Affiliation: __________________________

Scholarships Available to AIAA, Inc Members only. If you are not a member but would like to become a member, please complete the information below:

Annual Membership Dues:
DV/SA Survivor: $5.00  General Membership: $10.00
Organizational/Program: 5 or less Staff: $40.00
5 or more staff: $75.00

Amount Paid

Check # __________________________ Cash Enclosed: ________________
Receipt # __________________________

PLEASE RETURN REGISTRATION BY MONDAY, March 21, 2011 TO:
Pam Johnson
EMAIL: aiaatrain@cheqnet.net
FAX: 715-634-9982

PO Box 1617
8558 N Cty Rd K
Hayward, WI 54843

Phone: 715-634-9980
Fax: 715-634-9982
Website: aiaatribes.com

American Indians Against Abuse, Inc.

Mission Statement
The primary intent of American Indians Against Abuse, Inc. is to firmly address and promote elimination of violence and other abuses against American Indian women and with families and communities throughout the eleven (11) Wisconsin tribes by supporting culturally sensitive programming specific to traditional customs, values, and teachings.

This project was supported by Grant#2006-WA-AX-0025 awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice.

March 31, 2011
The Bad River Casino/Hotel
Odanah, WI

“Domestic Abuse in Later Life”
Agenda

8:00 am Registration
Breakfast (Provided)

9:00 am Traditional Opening Prayer

9:15 am CJ Doxtator—"Verbalee T Elder Case Presentation"

10:15 am Break

10:30 am Continued

12:15 pm Lunch (Provided)

1:00 pm CJ Doxtator—"Dynamics and Options of Domestic Violence in Later Life"

2:30 pm Break

2:45 pm Continued

4:00 pm Closing/Evaluations
Iskigamizige-giizis

Iskigamizige
S/he makes maple sugar.

Iskigamizigan
Sugar camp/Sugar Bush

Ininaatig
Maple Tree

Negwaakwaan
Tree tap

Ziinzibaakwadwaaboo
Maple sap

Zhiishiigwaans
Sugar Cone

Zhiiwaagamizigan
Syrup

Omibigamizigan
Boiling sugar

Bagiwizigan
Maple taffy

Anishinaabe-ziinzibaakwad
Maple sugar

Iskigamizigewigamig
Boiling sap lodge

Ozhiga’ige
S/he taps trees.

Naadoobii
S/he gathers sap.

Ombigamisan
S/he boils something to sugar.

Nase’ige
S/he granulates sugar.

Ziiga’ige
S/he makes a sugar cone.

Zhiiwaagamide
It is thickening into syrup.
MAPLE SYRUP FUN FACTS

* 43 gallons (163.4 liters) of sap will make one gallon (3.8) liters of syrup.
* Maple sap looks just like water and has a slightly sweet taste.
* The Maple season lasts about 4 to 6 weeks, but sap flow is heaviest for 10 to 20 days.
* Sap flowing fast is called a "run".
* A gallon (3.8) liters of pure maple syrup weighs about 11 pounds (4.9 kilograms).
* Maple sap flows best on still, sunny days, after a freezing night.
* Maple sap can run at the rate of up to 150 drops per minute.
* Pure maple syrup has no fat and no proteins and is a good source of 3 essential elements – calcium, iron and thiamine.
* As soon as the buds on the tree begin to open, the sap is no longer suitable for making syrup.
Let’s see what’s going on in the sugarhouse. Only one line leads to the sugarhouse. Follow it with your crayon.
Niiyaw (My Body)

Nishtigwaan  My head
Nitawagan  My ear
Nindoon  My mouth
Nizhkiinzhiagoon  My eyes
Ninjaanzh  My nose
Niniizisan  My hair
Nikwegan  My neck
Nikaakigan  My chest
Nimisad  My stomach
Ninikan  My arms
Nindiniimaanganan  My shoulders
Nininjiin  My hands
Nininjiinsan  My fingers
Nikaadan  My legs
Ningidigwag  My Knees
Ninzidan  My foot/feet
Nipikwan  My back
Nindis  My navel
Niibidan  My tooth/teeth
Numbers, Counting

1. bezhig
2. niizh
3. niisi
4. niisiwin
5. naanan
6. ningodwaaswi
7. niizhwaaswi
8. ishwaaswi
9. zhaangaswi
10. midaaswi
11. midaaswi shi bezhig
12. midaaswi shi niizh
13. midaaswi shi niisi
14. -midaaswi shi niisiwin etc.
20. niizhtana / niishtana
21. niizhtana shi bezhig
22. niizhtana shi niizh
23. niizhtana shi niisi
24. niizhtana shi niisiwin etc.
30. nisimidana
31. nisimidana shi bezhig
32. nisimidana shi niizh
33. nisimidana shi niisi
34. nisimidana shi niisiwin etc.
40. niimidana
50. naanimidana
60. ningodwaasimidana
70. niizhwaasimidana
80. ishwaasimidana
90. zhaangasimidana

100. ningodwaak
101. ningodwaak shi bezhig
102. ningodwaak shi niizh
103. ningodwaak shi niisi
104. ningodwaak shi niisiwin etc.

110. ningodwaak shi midaaswi shi bezhig
112. ningodwaak shi midaaswi shi niizh
113. ningodwaak shi midaaswi shi niisi etc.

200. niizhwaak
300. niiswaak
400. niisiwaak
500. naawaak
600. ningodwaaswaak
700. niizhwaaswaak
800. ishwaaswaak
900. zhaangaswaak
1000. midaaswaak

Dan Pounder

Family Circles

55

Ojibwemowin
ISLE VISTA CASINO
JOB DESCRIPTION

POSITION: Marketing Manager

BENEFITS (Full-time employees only): Sick time, and paid vacations.

- Supervise and manage high-activity and deadline oriented marketing team.
- Excellent communication, computer, office and time management skills.
- Coordinate and work with departments and associates effectively.
- Promote Isle Vista Casino incorporating brand image to keep IVC in the minds of our customers and stimulate demand for our services.
- Build a relationship with local businesses and regional service agencies (Chamber of Commerce, tourism agencies, etc.)
- Constantly evaluate the marketing department’s effectiveness.

The Isle Vista Casino and the Red Cliff Tribal Council have a Drug Free Work Place Policy and adhere to the intent of the Drug Free Work Place Act. All new hires are subject to a pre-employment screening.

FOR FURTHER INFORMATION CONTACT:

Isle Vista Casino
Beth Thomas
Personnel Office
ivcpersonnel@charterinternet.com
88705 Pine Tree Lane, Hwy 13
Bayfield, WI 54814
(715)779-3712 ext 120
Or Visit Our Website at
www.redcliffcasino.com

Back To Employment Page
JOB DESCRIPTION

POSITION: Chief Financial Officer

LOCATION: Red Cliff Tribal Office

SALARY: Negotiable

THIS IS A REGULAR FULL-TIME EXEMPT POSITION

JOB SUMMARY, DUTIES AND RESPONSIBILITIES:

This position is responsible for:

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

SUPERVISORY AUTHORITY: Finance Departmental Staff

KNOWLEDGE AND QUALIFICATIONS:

- Requires a minimum of a Bachelor’s Degree in Accounting, Finance, Business Administration or a closely related field. (CPA, Master’s Degree preferred).
- Requires a minimum of five (5) years or progressively more responsible financial, accounting and supervisory experience with last three years at the executive management level.
- Requires advanced knowledge of governmental and business accounting and auditing standards and practices.
- Minimum of 5 years experience in governmental accounting and experience with Tribal government and funding agencies required.
- Requires independent decision making skills supported by excellent analytical skills and professional judgment.
- Must have the ability to direct and supervise multiple projects simultaneously as well as the finance department staff.
• Must have excellent interpersonal skills.
• Must have excellent written and verbal communication skills.
• Must be familiar with accounting, management and office software systems. Familiarity with MIP accounting software preferred.
• Knowledge of Native American culture, Tribal Governmental operations.
• Familiarity with Federal and State appropriation processes so timely recommendations can be made.
• Knowledge of indirect cost allocations, proposal submission and negotiations with appropriate agency representatives.
• Valid driver’s license, adequate transportation and must be eligible for Tribe’s vehicle insurance.
• Native American preference will be observed in the hiring process.
• Position subject to pre-employment drug testing and criminal history background check.

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

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

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

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

POSTING DATE: December 7, 2010

DEADLINE: Open till filled

FOR FURTHER INFORMATION:

Red Cliff Tribal Administration Building
Personnel Office
88385 Pike Road
Hwy 13
Bayfield, WI 54814

rwYGONIK@REDCLIFF-NSN.GOV
(715) 779-3700 ext. 267 or 268

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

ALL APPLICANTS FOR EMPLOYMENT WITH THE RED CLIFF TRIBE ARE SUBJECT TO THE BACKGROUND INVESTIGATION AND OTHER REQUIREMENTS OF RCCL CHAPTER 43, AND THAT YOU ARE UNDER A CONTINUEING OBLIGATION TO SUPPLEMENT THIS APPLICATION FOR EMPLOYMENT WITH INFORMATION CONCERNING ANY CONVICTIONS THAT OCCUR AFTER COMMENCEMENT OF EMPLOYMENT WITH THE TRIBE.
Eckels Pottery and Fine Craft Gallery

Gallery manager and gallery assistant

Job Description
- Must have knowledge of pottery and other fine craft
- Office skills, be well organized, quick books and inventory management
- Use time efficiently
- Excellent people skills in retail
- Keep gallery and work areas clean
- Good eye for display arrangement
- Packing and shipping
- Want long term employee who can work May through early January

Contact Information
- Business Name: Eckels Pottery and Fine Craft Gallery
- Contact: Dede
- Street: 85205 State Hwy 13
- City/State/Zip: Bayfield, WI 54814
- Local Phone: (715) 779-5617
- Website Address: http://www.eckelspottery.com

---

Housekeeping

Woodside Cottages of Bayfield

Housekeeping

Job Description
- Housekeeping position now available. 25-30 hours a week during peak Summer season.
- Combined with other duties, up to full time hours may be possible for the right person. Must be available to work daytime, weekends and holidays. Mail resume and work history to: Woodside Cottages, PO Box 494, Bayfield, WI 54814

Contact Information
- Business Name: Woodside Cottages of Bayfield
- Street: PO Box 94
- City/State/Zip: Bayfield, WI 54814
- Local Phone: (715) 779-5600
- Website Address:
Included in the Education Division March newsletter is a copy of the ECC Policy Council By-Laws. These by-laws have recently been changed and are now being posted for parent and community comments.

If you have any comments regarding this document, please drop them off in writing at the ECC main office.

This document has been posted on March 2\textsuperscript{nd}, 2011 and will be available for comments until April 2\textsuperscript{nd}, 2011.
Red Cliff Early Childhood Center

Policy Council

By-Laws
Table of Contents:

Article I: Organization

Section One: Name .............................................. Page 3
Section Two: Purpose ......................................... Page 3

Article II: Membership:

Section One: Membership ..................................... Page 3
Section Two: Responsibility and Authority ................. Page 4
Section Three: Officers and Election of Officers .......... Page 4
Section Four: Duties of Executive Officers ................. Page 5
Section Five: Removal .......................................... Page 5
Section Six: Vacancies ......................................... Page 6

Article III: Meetings

Section One: Meetings ......................................... Page 6

Article IV: Funds

Section One: Funds ............................................. Page 7

Article V: Amendments

Section One: Amendments .................................... Page 8
ARTICLE I
Organization

Section One: Name

The name of this organization is the Red Cliff Early Childhood Center Policy Council, hereinafter referred to as the Policy Council (PC).

Early Childhood Center refers to center based and home based Early Head Start, Head Start and Child Care, hereinafter referred to as the ECC.

Section Two: Purpose

The purpose of the Policy Council shall be:
  a) Encourage an open dialogue between parents and agency staff thereby developing, planning, and implementing an Early Childhood Program within the goals and guidelines outlined in 45 CFR, Section 1301-1308.
  b) Develop plans to use all available community resources in the Early Childhood Center.

ARTICLE II
Membership

Section One: Membership

As part of 45 CFR, 1304.50 of the Federal Performance Standards (Program Design and Management, subpart D) Policy Council must be comprised of two types of representatives: parents and community members.

Parent Representatives
The Policy Council shall be composed of seven (7) members: five (5) parent representatives and two (2) community representatives.

- 2 Head Start Parents
- 2 Early Head Start Home Based Parents
- 1 Early Head Start Center Based Parent

The five (5) parent representatives must be parents of currently enrolled center based and home based Early Head Start and Head Start children. These five parents must be elected by current ECC parents (see 45 CFR 1306.3(h) for definition of a Head Start parent).

Community Representatives
The Tribal Council shall appoint two (2) community representatives; of these appointments one elder and one child care parent have preference whenever possible. These representatives must be drawn from local community: businesses; public or private and professional organizations; individuals that have an interest in the program or parents of formerly enrolled children (see 45 CFR 1304.50 (b) (1)-(b) (7)).

Policy Council Approved: 1:13-11
Tribal Council Approved:
Tribal Council Liaison
The Tribal Council shall appoint one (1) Tribal Council member to serve in an ex-officio (non-voting) capacity. No grantee or delegate agency staff (or members of their immediate families) may serve on Policy Council. Exception: parents who occasionally substitute for a regular Early Head Start, Head Start, or Child Care staff may serve on the Policy Council (see CFR 45 1304.50 (b)(1)-(b)(7)).

Up to five members of the out-going Policy Council may be retained in a non-voting capacity for a period not to exceed two (2) months after the election of the new Policy Council in order to provide training and assistance to incoming Policy Council members. These hold over members may be either elected or appointed by the new Policy Council following CFR 1304.50 (a) (3) guidelines.

All Policy Council members must successfully complete a criminal background check investigation upon election/appointment.

All Policy Council members must sign the Red Cliff Tribal Council Drug Free Workplace Act. New PC embers will be tested within 30 days of start of this committee with the Tribal Personnel Manager.

Section Two: Responsibility and Authority
The Policy Council shall give comment, participate, and approve or disapprove the following matters:
   a) Establishment of goals and objectives of the ECC program in order to meet the 45 CFR, Sections 1301-1308 guidelines.
   b) Policy Council shall follow guidelines set forth in Section 1304.50 Appendix A
   c) Policy Council shall adopt methods of resolving community complaints.
   d) Policy Council shall adopt internal dispute resolution procedures.
   e) Policy Council shall represent and be the voice of the Red Cliff Early Childhood Center parents.

Section Three: Officers and Election of Officers
The Executive Officer seats of the Policy Council shall be as follows:
   a) Chair
   b) Vice-Chair
   c) Secretary/Treasurer

Election of officers shall be conducted by the newly elected Policy Council members and take place at the first Policy Council meeting.

Each Executive Officer shall hold office for one year.

Policy Council Approved: 1:13-11
Tribal Council Approved:
Section Four: Duties of Executive Officers

Chair: The Chair shall preside over all meetings of the Policy Council and conduct such business as directed by the Policy Council. The Chair:
   a) Has no voting capacity (except in the case of a tie)
   b) Has no authority to make motions

Vice-Chair: The Vice-Chair shall preside and have the same authority as the Chair in the Chair’s absence. Additionally, they shall assist the Chair and the Secretary/Treasurer in the performance of their duties.

Secretary/Treasurer: Secretary/Treasurer shall keep written minutes of all business conducted at Policy Council meetings and present minutes to the Policy Council for approval at the next regular meeting. In addition, the Secretary/Treasurer shall, prior to the regularly scheduled Policy council meeting, check the financial transactions of the parent committee account and report the status of finances on a monthly basis at the regular Policy Council meeting. (Financial records are kept by the Family Service Manager and will provide the Secretary/Treasurer a report on a monthly basis.) ECC staff may assist with this.

Section Five: Removal

Any officer or member may be removed from the Policy Council for just cause, including but not limited to:
   a) Breach of any confidential information
   b) Conviction of any sexually related offense involving a child
   c) Conduct that threatens the integrity and general welfare of the ECC, as determined by the PC

Removal must be by an affirmative vote of the majority of the Policy Council members (4).

The member in question must be notified by registered mail with a return receipt or personal service.

These procedures shall be followed when conducting a meeting for removal of a Policy Council member.

The member in question shall be given at least three (3) days advance written notice of the meeting. The notice shall contain the reason for the meeting and the allegations levied against him/her.

The member in question will be given the opportunity to answer any and all allegations levied against him/her.

Policy Council Approved: 1:13-11
Tribal Council Approved:
The member in question will be given the opportunity to present witnesses or other relevant evidence on their own behalf.

The member in question shall have full opportunity to cross-examine all witnesses testifying against him/her.

The Policy Council shall preside over the meeting.

If the Policy Council votes to remove the member in question, the Chairperson shall report the results of the meeting to the Red Cliff Tribal Council at the next Tribal Council meeting.

Section Six: Vacancies

Vacant seats on the PC will be posted in the monthly newsletter, local television station and sent home to all ECC participants for 30 calendar days.

Interested parents must submit their names, interest, short biography/questionnaire and photograph to the Family Services Manager. Staff may help with this. Candidates must meet the qualifications set forth in Article II, Section One.

Election of the vacant seat will take place at the following monthly Parent Committee meeting or ECC Family Event, whichever takes place first.

The candidate receiving the most number of votes will fill the seat.

ARTICLE III
Meetings

Section One: Meetings

Regular meetings of the Policy Council will be held monthly; Robert's Rules of Order shall be followed for Rules of Parliamentary Procedure to the extent practicable.

Special meetings of the Policy Council for any purpose(s) may be called by the Presiding Officer or by a quorum of the Policy Council members. A written notice (email acceptable) must be sent to all Policy Council members informing them of the meeting date, scheduled time, and place held. Also included shall be the names of those members responsible for calling the meeting. No business shall be transacted at any special meeting except as specified in the notice thereof.

A quorum shall consist of (4) members, which constitutes a majority. If a quorum is present, the affirmative vote of the majority of the members present shall be necessary for the adoption of any matter voted upon by the members. No business or meeting shall take place when less than quorum is present.
Written notice of regular or special meetings will be posted on the ECC bulletin board, published in the ECC Newsletter (Red Cliff Tribal website), and sent home as a flyer or emailed to all Tribal Programs. The written notice shall include: the date, time, and place meeting will be held; Regular meeting times will be determined by the PC members.

Minutes of the Policy Council meeting will be kept by the Secretary/Treasurer. Upon approval of the minutes, a copy will be sent home with the ECC children and distributed in the Tribal Council mail boxes. These minutes may be published in the Head Start Newsletter instead of sending home—provided all families and Tribal Council members receive a copy of the publication.

Conduct of Meetings:

a) All meetings shall be open to the ECC staff, parents and Red Cliff community.

b) Participation by interested people shall be in accordance with Policy Council By-Laws, Article III.

c) If a Policy Council member is unable to attend two consecutive meetings they will be contacted by the Policy Council Chairperson and asked if they intend to continue on the council. If they miss a third meeting, they will be removed according to removal procedure and the seat will be filled according to the alternate or vacancies procedure, whichever one is relevant.

d) Executive sessions may be held to discuss the following matters:

- special needs of students
- hiring or firing of staff
- issues involving confidential information

(Voting on any issues in executive session will be held in open session.)

e) It is the intent of the Policy Council to discuss every possible issue in open meeting session, except when the issue meets criteria outlined in 4(d) of this section.

ARTICLE IV
Funds

Section One: Funds

1. The Red Cliff ECC program is a non-profit organization that may obtain money at the direction of the Policy Council through fund-raising projects and other means approved by the Policy Council. PROVIDED: The ECC shall consult with Tribal Administration prior to seeking any grant funds or additional program dollars.

2. Policy Council members shall give advance approval for expenditures of all funds from the Parent Activity Fund.

Policy Council Approved: 1:13-11
Tribal Council Approved:
3. Policy Council approved purchases shall be paid by check from funds deposited in the Parent Activity Fund checking account, at a bank designated by Policy Council or requisitioned from the Red Cliff Tribal Accounting Office.

4. Two signatures are required on all checks from the Parent Activity Fund. Any two of the executive officers can sign for payment of approved purchases from the Parent Activity Fund checking account.

5. The Secretary/Treasurer shall provide an annual financial statement to the Red Cliff Tribal Council at the regular Red Cliff Tribal Council meeting in June of each year. ECC Staff Management may assist with this.

6. Policy Council/Parent Committee members will be reimbursed for reasonable expenses (mileage/childcare) incurred by their participation responsibilities as a member. Payment will be dependent on the Parent Activity Fund balance.

  Child care expenses as follows:
  ❖ Childcare must be under the age of 12
  ❖ Reimbursement cannot exceed 10 hours per day
  ❖ Child care provider must be age 18 or older
  ❖ Reimbursement will be payable to the provider
  ❖ Provider must submit a signed invoice or verification of service and receipt of payments; Policy Council sign-in sheets may be adequate for this purpose. Reimbursements will not exceed $2.00 per hour, per child for up to 10 hours

**ARTICLE V**

**Amendments**

Section One: Amendments

1. Policy Council By-laws may be amended following these procedures, provided the proposed changes are not in conflict with any applicable Federal Regulations governing the ECC program.

   a) The Policy Council shall approve recommended changes at a regular or special meeting and have a pending document.

   b) Pending document shall be sent to Red Cliff Tribal Legal Department for review.

   c) The Policy Council shall post and send pending document to all ECC staff, families, and Tribal Council. The Policy Council shall schedule a Public Hearing with thirty (30) days advanced notice. The notice shall contain the time, date, location, and a copy of proposed amendment(s) of the Policy Council By-Laws.

   d) The Policy Council Chair shall schedule a Public Hearing on any proposed amendment(s) for the purpose of a free and open discussion on the issue of the
proposed amendment(s). Any and all concerned parties may speak at the scheduled Public Hearing.

e) The Public Hearing may only convene if a quorum of the Policy Council is present. The Policy Council meeting will be scheduled and held at the Public Hearing for a vote on the proposed By-Law changes. At least one Tribal Council member shall attend scheduled public hearings.

f) At least 25% of the parents of enrolled ECC students not on the Policy Council must vote in favor of proposed changes at the public hearing. Any proposed amendment(s) to the Policy Council By-Laws must be approved by four (4) of the six (6) voting members of the Policy Council.

Policy Council Approval

This document has been reviewed and approved by the Red Cliff Early Childhood Center Policy Council.

Tribal Council Approval

This document has been reviewed and approved by the Red Cliff Tribal Council.
# March 2011

**Onaabani Giizis**

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>7B Waffle Ham Chez,</td>
<td>8B Kix, Oranges,</td>
<td>9B HB Oats, Yogurt,</td>
<td>10B Rice Chex, Apple-</td>
<td></td>
</tr>
<tr>
<td>Pineapple</td>
<td>Grain Bar</td>
<td>Blueberries</td>
<td>Sauce, Eng Muffin</td>
<td></td>
</tr>
<tr>
<td>L Keilbasa, Kraut,</td>
<td>L Beef Stroganoff,</td>
<td>L Pizza, CC, Mango,</td>
<td>L Wild Rice Chix Soup,</td>
<td></td>
</tr>
<tr>
<td>Peas, Baby Reds, Honey-</td>
<td>Gr Bean, Peaches,</td>
<td>Corn, Salad</td>
<td>Egg Salad, Honeydew</td>
<td></td>
</tr>
<tr>
<td>eydew</td>
<td>Salad</td>
<td>S Cinn Stick/Dip/Juice</td>
<td>S Vegg Pizza/Milk (Hands</td>
<td></td>
</tr>
<tr>
<td>S Nutra Bar/Milk</td>
<td>S Pineapple/CC</td>
<td></td>
<td>On)</td>
<td></td>
</tr>
<tr>
<td>14B FR Toast, M Berries</td>
<td>15B Cornflakes, Oranges,</td>
<td>16B Rice Crispies,</td>
<td>17B HB Oats, Honeydew,</td>
<td></td>
</tr>
<tr>
<td>Yogurt</td>
<td>Bagel</td>
<td>Banana, Muffin</td>
<td>CC</td>
<td></td>
</tr>
<tr>
<td>L Chix Nugget, Fry,</td>
<td>L Chez/Ham HD, Pineapple,</td>
<td>L Hamb, Fry, Watermelon,</td>
<td>L Cornbeer Cabbage,</td>
<td></td>
</tr>
<tr>
<td>Cantaloupe, Salad</td>
<td>PEA/Carrot</td>
<td>CC, S Ants on A Log/Milk</td>
<td>Carrots, Jello/Juice</td>
<td></td>
</tr>
<tr>
<td>S PBJ Roll-Up</td>
<td>S Pumpkin Bar/Milk</td>
<td></td>
<td>Biscuit</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>S Clover CK/Smoothy</td>
<td></td>
</tr>
<tr>
<td>21B Egg Wrap, Pears,</td>
<td>22B Wheaties, Apple,</td>
<td>23B Kix, Muffin, Fruit</td>
<td>24B Corn Chex, Banana-</td>
<td></td>
</tr>
<tr>
<td>CC</td>
<td>Yogurt, Toast</td>
<td>Cocktail</td>
<td>Bread, Peaches</td>
<td></td>
</tr>
<tr>
<td>L Tortellini, Salad,</td>
<td>L Chix Sand, Gr Beans,</td>
<td>L Ham, Pot, Slaw,</td>
<td>L CR Pot, Melon, Chez</td>
<td></td>
</tr>
<tr>
<td>Corn, Mango</td>
<td>Peaches, Salad</td>
<td>Pineapple</td>
<td>Sand, Salad</td>
<td></td>
</tr>
<tr>
<td>S Cheese/Cracker</td>
<td>S Blueberry Crisp</td>
<td>S Carrot/Dip/Juice</td>
<td>S Pretzel/Jello</td>
<td></td>
</tr>
</tbody>
</table>

**Spring Break**
- Mon: Closed
- Tue: Closed
- Wed: Closed
- Thu: Closed
- Fri: Closed