Attendance Matters! One of the Red Cliff ECC’s priorities is having 100% attendance. When a child is consistently attending school, they are able to build and maintain relationships with their teachers and peers. Another benefit to great attendance is that your child is learning routines and adjusting to new environments—which they will encounter throughout their whole life. Miiga'wech to all the families for ensuring their child can be at school every day possible. Take a look at the November and December data for classroom average daily attendance:

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<th>November</th>
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<tbody>
<tr>
<td>Waabooz</td>
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<td>Amik</td>
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<td>Makwa</td>
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<td>Eilban</td>
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<td>Ma'lingan</td>
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<td>Migizi</td>
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Health Matters! Are your child’s health and dental needs up-to-date? Having regular preventative well-child exams is part of a healthy family routine. During these visits you meet with your pediatrician to discuss child development and have physical examinations. Children ages 0-3 have much more well-child visits than children ages 4+ and we understand it can be tough to get to them all. If you are needing information about health care or any resources please contact our health office staff Patt or Milkayla.

Dental screens and exams are so important! The new pediatric dentist at the Red Cliff Health Center can educate you on early interventions and individualized care. Please schedule your child’s first appointment when they have their first tooth!

Upcoming Events:
10th (Th): Dad’s Breakfast 8:30
11th (Fri): NO ECC SCHOOL
11th (Fri): ECC Swimming & HB Social 1-4
17th (Th): Grandparent’s Breakfast
21st (Mon): ECC/TRIBE CLOSED—MLK Day
24th (Th): Mom’s Breakfast 8:30
**Family Night**
30th (Wed): ECC Family Storytelling Night & HB Social from 5-7pm at Legendary Waters
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<td><strong>ECC/ Tribe</strong>&lt;br&gt;Closed New Years Day</td>
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<td><strong>EHS SCHOOL DAY</strong></td>
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<td><strong>DAD’S DAY</strong>&lt;br&gt;Join your child for Breakfast 8:30</td>
<td><strong>No ECC School Day Home Base Social</strong>&lt;br&gt;ECC Swimming 1-4</td>
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<td><strong>ECC/ Tribe</strong>&lt;br&gt;Closed MLK Day</td>
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<td><strong>MOM’S DAY</strong>&lt;br&gt;Join your child for Breakfast</td>
<td><strong>EHS SCHOOL DAY</strong>&lt;br&gt;Bayfield School Early Release 12:45</td>
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<td><strong>Family Storytelling Night/ Home Base Social</strong> 5-7</td>
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No Head Start Classes on Friday’s

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Gichi-Manidoo-Giizis
(Great Spirit Moon)
January 2019

School Hours-- 7:45 am. to 3:00 pm.
Currently, I’m working with Human Services to get our childcare services back up & running. This is a priority set by the Tribal Council and the community, and I’m working my hardest to get it done. I’m also working with Anna Hanson to get our Elders’ program functioning again. Our children need our elders’, and they are sorely missed at the center. Other priorities include getting Language Table back up and running at the center. It’s important to have us all working together as a community to bring out our best!

Looking for employment? Ever wonder what it would be like to help our children become strong, healthy adults? Do you like working in a positive atmosphere with others dedicated to the wellness of our children? We’re looking for teachers and subs! Stop on down or give us a call! We’ll be happy to talk to you about all available positions.

Stay Tuned! There are good things happening at the Red Cliff ECC!
WIC FOR JANUARY

Friday, Jan. 4, 2019
Scheduled appointments certs, midcerts
Friday, Jan. 11, 2019 (if needed)
Please keep your scheduled appointment

WIC Pick up
Monday January 7th, Tuesday January 8th, Monday January 14th or
Tuesday January 15th 8:30am-4:00pm no appointment needed.

ANY QUESTIONS PLEASE CALL Heidi 715-779-3707 ext. 2261
HAPPY NEW YEAR to the all families of the Red Cliff Early Childhood Center.

The Health Office has set a “New Year’s goal” to have all our little children UP-TO-DATE with Medical and Oral health along with their Immunizations.

WE NEED YOUR help Parents/Guardians to achieve our goal.

What Parents/Guardians can do to help:

- Check with the Health Office to see if your child is up to date with their well child checks and Immunizations. If not, call your clinic to schedule an appointment.

- It is recommended by the American Academy of Pediatrics & Dr. Brent Sunday that children should visit the dentist at 12 months of age. Set an appointment to have a visit with your dental home when your little one is 12 months of age or older. Check with the Health Office to see if your child is up to date for dental services.

- Let the Health Office know if your family/child has changed clinics.

What the Health Office can do to help:

- A Friendly Reminder may be sent to you if your child is not up to date with their medical or oral health services and Immunizations. Or you may get a phone call from our office.

- Share updates monthly of the ECC children’s health care in the newsletter.

“Health is one of the core areas of School Readiness; let’s work on this goal for 2019.”
For Waabooz Room Want to say chi– Miigwech for all the love and support in teaching for the E. C.C. I will miss all our families and children and working with all the support staff. You all played and important part in my life you will be in my heart always. Our kids in the Waabooz are learning so much and have grown so much since September and would like to wish Aiden Happy birthday we missed in, December and Carlos our first one year olds. We will be going out weather permitting they need a whole set to go out side we are required by the state. and the kids love this outing. It has been my privilege to serve the tribe and E.C. C you will me missed always Teresa

Newsletter for January
Amik

January 2019

Dear Parents,

Wow, the year 2018 really flew by! Your kids have grown so much, and are learning very fast!

As the year progresses, we will be doing more and more outdoor winter activities. Your children have had lots of fun with our various projects in the past. We do want to remind you that your children’s clothing will get dirty having fun so please send extra clothes.

Gina has been getting to know the children and their families and is looking forward to continue being part of the fun and learning in the classroom.

Classroom Phone Number is 715-779-5030 ext. 2525-Classroom and ext. 2526-Office

Miss Maggie and Miss Gina
Boozhoo Makwa Families!

We hope you all had a great Holiday and are ready to begin a New Year!

For the month of January we will be learning about Winter clothing and Dinosaurs.

Our main focus will be on self-help skills and fine motor, the children will work on getting themselves dressed in their winter gear to go outside. We do plan on going outside every day (weather permitting,) so please remember to pack appropriate clothing.

Please remember to call us by 9AM if your child will be absent for the day!

We are looking forward to a fresh new year!

Migwech,

Miss Tiff, Miss Judy, and Miss Tara

715-779-5030 x 2544

Words of the Month

Snow–Zoogipon

Hat–Wiiwakwaan

Mitten– Minjikwaan

Cold– Gisinaa
We are officially in 2019! Chi-Miigwech for sharing your little ones with us. This month we will continue to learn about winter, and we will also be learning about dinosaurs and outer space. Please make sure that you are sending your children with the proper clothing for outside. Also please make sure that you are signing in and out daily and checking your child’s mailbox daily.

Ms. Melissa & Ms. Amber

Reminders

01/01/18- ECC/Tribe Closed New Year’s Day
01/02/18- ECC Classes Resumes
01/10/18- Dad’s Day (Join your child for breakfast 8:30am)
01/11/18- No ECC School Day
01/21/18- ECC/Tribe Closed MLK Day
01/24/18- Mom’s Day (Join your child for breakfast 8:30am)
01/30/18- Family Storytelling Night

Ojibwemowin

Mitten: Minjikaawan
Shovel: Gwaaba’aawangwaan
Coat: Babiinzikawaagan
Mashkodebizhiki Room

2019

Boozhoo. Welcome to the new year. 2019 promises to bring with it happiness and growth. Each of the kids has grown so much since September and we are excited to see where they will be by the end of the year.

During the month of January we will be focusing the study of Pets and snow. As we do our “Pet Study” it is good for children to learn to take care of something else. It teaches us responsibility. And learning to care for animals.

Please continue to send appropriate gear for outside. A little reminder that stretchy, finger gloves are not very warm and our supply of winter gloves at school is very small. Please help us make sure your child is safe and warm when outside. Snow pants do go home at the end of the week so please remember to take them out of the backpack and dry them. It is no fun wearing wet snow pants and gloves outside. Thanks for your understanding.

Happy New year and please feel free to call us anytime during the school day or better yet come for a visit.

Ms. Becca, Ms. Nadine and Ms. J
MAILINGAN ROOM NEWS!!!!

BOOZHOO EVERYONE!!! BIIBOON OMAA !!

WOW! IT’S ALREADY JANUARY TIME IS FLYING RIGHT BY US. WE WANT TO SAY MIIGWECH TO ALL THE PARENTS AND FAMILIES FOR BRINGING ALL THAT WINTER GEAR EVERYDAY TO SCHOOL. WE WILL BE FOCUSING ON CLOTHING STUDY, AND CLOTHING CRAFTS THIS MONTH. WE WILL CONTINUE TO LEARN TURN TAKING, NUMBER RECOGNITION, LOTS OF MATH, LETTER RECOGNITION, COUNTING, LETTER SOUNDS, AND TRANSITIONS. WE WISH YOU ALL A WARM AND LOVING NEW YEAR !!

FRIENDLY REMINDER TO ALL FAMILIES PLEASE CHECK YOUR CHILDREN’S BACK PACKS DAILY .

TEACHERS SEND HOME ARTS, CRAFTS, AND IMPORTANT NOTICES ON UPDATES ETC. WE LIKE TO SAY MIIGWECH FOR THE COOPERATION AND UNDERSTANDING FOR THE PARENT/TEACHER CONFERANCES WE REALLY, REALLY APPRECIATE IT MUCH!!

WE WELCOME ANY FAMILIES OR CAREGIVERS TO COME BE PART OF CLASSROOM AND EAT BREAKFAST OR LUNCH OR OUTSIDE TIME FOR A VISIT.

MIIGWECH,
We hope everyone had a wonderful holiday and started the New Year with positive thoughts and good health.

We will be starting to focus more on the Kindergarten Readiness goals for the children. Some of the activities we will be having each morning are Math, Literacy, Science, etc. Before we know it the transitions will start for the children heading to the “Big School”.

In the classroom this month we have a “Pet Shoppe” going and the children can use their imaginations for feeding the animals, attend to their medical needs, and learn how to show the animals kindness.

We will be going outside everyday possible and we all know that January can be a very cold month. Please send your child with the proper winter clothing.

We will also be starting our Gun section for the Talking About Touching curriculum and learning what we “want” verses “need” for the Second Step curriculum.

Ms. Diann, Ms. Linda, Ms. Kathy
December Attendance

2018

Head Start: Luella Charette
Early Head Start: Kai Young

Head Start: 50 Children
Migizi 11 children
Maiingan 10 children
Mashkodebizhiki 11 children
Great Attendance total=32

Early Head Start: 32 Children
Waabooz 2 children
Amik 4 children
Makwa 5 children
Esiban 3 children
Great Attendance total=14
Boozhoo, my name is Corky (Dawn Deragon). I am a Red Cliff tribal member and have lived here most of my life. I have recently been hired as a Homebased Teacher at the Red Cliff Early Childhood Center and am very excited to start this new position.

I have two “grown” daughter and another 3 year old I am blessed to have in my life. I enjoy going to basketball games and spending time with my family.

I look forward to getting started in my new position and am excited to work with the children and families of this community again.

Miigwech,

Corky

(715) 779-5030 ext. 2538
Gichi Manidoo Giizis
(January)

2019
Happy New Year!

As always, we are thankful for each of our families allowing us into your homes and be a part of your child’s learning!

Agongos Home Base

January 11th
Home Base Social

January 21st
ECC/TRIBE CLOSED
MLK Day

Miigwech,
Miss Haley ext. 2536
Miss Patrice ext. 2537
Miss Corky ext. 2538

January 30th
ECC FAM STORYTELLING
NIGHT/HOME BASE SOCIAL
5-7pm

"Apane ji-mikwendamang gaa piimiinigooyang Anishinaabe bimaa-
ECC/TRIBE CLOSED
January 21st, 2019 (Monday)

Martin Luther King Day
For further information, please contact:
(715) 779-5030
MOM’S DAY!

January 24th, 2019 (Thursday) at 8:30 am

Come join your child for breakfast!

One of the Red Cliff ECC’s priorities is creating structure through healthy routines. A typical breakfast routine may consist of:

1) Washing hands 2) Sitting in an assigned seat
3) Serving ones’ self or waiting to be served
4) Using manners and utensils 5) Cleaning up 6) Brushing teeth

ON THE MENU:
Eggs, Whole Grain Toast,
Peanut Butter, and
Oranges
DAD’S DAY!

January 10th, 2019 (Thursday) at 8:30 am

Come join your child for breakfast!

One of the Red Cliff ECC’s priorities is creating structure through healthy routines. A typical breakfast routine may consist of:

1) Washing hands
2) Sitting in an assigned seat
3) Serving ones’ self or waiting to be served
4) Using manners and utensils
5) Cleaning up
6) Brushing teeth

ON THE MENU:

Honey Bunches of Oats,
Yogurt, and Berries
GRANDPARENT’S DAY!

January 17th, 2019
(Thursday) at 8:30 AM

We invite you to join your grandchild at the ECC for breakfast—the most important meal of the day!

Follow along with their daily routines: eating with utensils, using Ojibwe-mowin (miigwech!), serving self, and cleaning up!

HOPE TO SEE YOU THERE!!

ON THE MENU:

Rice Krispies, Bananas, and Yogurt
ECC FAMILY STORYTELLING NIGHT

Biboon is here and it is time for Storytelling!

Traditional Anishinaabe stories will be shared as well as a dinner.

Wednesday January 30th, 2019
5:00-7:00 PM at Legendary Waters

If you have any questions, please contact Cindy Garrity at 715-779-5030 Ext. 2551

Family friendly and open to the community.

*Join us for a special 4K event too*
February is National Children’s Dental Health Month.

-A child’s smile brightens the world and healthy teeth make smiling easy.
-Tooth decay is a preventable disease. Make a commitment to be proactive.
-Visit the dentist by age 12 months or at when the first tooth erupts.

At the Dental Clinic, the Dental Team Will:

- Check your child’s teeth and mouth.
- Talk to you about the best way to take care of your child’s teeth. For example, brushing your child’s teeth with fluoride toothpaste after breakfast and before bed.
- Share other ways to help prevent tooth decay (cavities). For example, putting fluoride varnish on children’s teeth.

The American Academy of Pediatric Dentistry, American Dental Association- ADA, the Wisconsin Dental Association - WDA, and Dr. Sunday, Red Cliff Dental Program suggests that a child’s first visit should take place as soon as the first tooth appears or by his/her first birthday.

Establishing your child’s dental home provides the opportunity to implement preventive dental health habits that keep a child free from dental/oral disease.

National Children’s Dental Health Month reminds us to call for a dental appointment for our children. Has your child(ren) seen the dentist?

If the ECC health office can assist in any way
Please call:  715-779-5030 Mikayla @ ext. 2555 or Patt @ ext.2556

Feb.2018
ATTENDANCE MATTERS: EVERYDAY COUNTS

THE RED CLIFF BAND OF LAKE SUPERIOR CHIPPEWAS WILL BE INVITING 15 RED CLIFF TRIBAL STUDENTS AGES 13-18 TO ATTEND AN NBA GAME DURING SPRING BREAK.

Saturday, March 30th, 2019

PHILADELPHIA 76ers
MINNESOTA TIMBERWOLVES

THE 15 STUDENTS WILL BE SELECTED BASED ON SCHOOL ATTENDANCE, JANUARY THROUGH MARCH.

Event is sponsored by:
Family & Human Services Division
Tribal Youth Program
Boys & Girls Club
Family Violence Prevention Program
Best Bites

Give this a whirl! Bring out the gymnast in your children with this colorful idea. Help them knot different-colored ribbons securely to yardsticks or wooden dowels. They'll build coordination as they spin or dance around and wave their arms to create figure 8s, circles, and ripples with the ribbons.

Turn to turnips

Loaded with fiber, potassium, vitamin C, and protein, turnips deserve a spot on your child's plate. Peel a raw turnip, grate it over his salad. Cut it into matchsticks and serve with hummus. Or dice turnips and add to soups, stews, and casseroles. Note: Try other root vegetables like rutabaga and parsnips, they contain similar health benefits.

Did you know?

Vitamin K helps blood clot and keeps bones healthy. To be sure your youngster gets the recommended amount, try adding spinach, kale, lettuce, and other leafy greens to his diet. More good sources of vitamin K include brussels sprouts, blueberries, broccoli, and figs.

Just for fun

Q: What can you catch in the winter with your eyes closed?
A: A cold.

Raise an adventurous eater

You want your child to eat a variety of fruits, vegetables, lean protein, and whole grains. He wants macaroni and cheese. Always. Try these strategies to break through his picky-eater pattern.

Get friends involved

The next time you're carpooling, lead a game of "I like to eat healthy ______, do you?" The kids can go around, answering with foods they enjoy. Make a note to serve some of the foods mentioned by friends. Your youngster just may be willing to try ones that his peers like!

Guess the mystery ingredient

Add an unfamiliar food to a dish that includes a few of your child's favorite ingredients. For example, toss kiwi into a fruit salad. Or put lima beans in mixed vegetables. Have him close his eyes and take a few bites. Let him name the familiar foods and guess the new one.

Explore as a dinner guest

When your youngster eats at someone else's house, encourage him to sample a little of whatever is served. He could add a spoonful of beets to his plate, for example, or take a small piece of salmon. When he gets home, ask what he tried. Can he describe its taste? Then, consider making it at home—he might be willing to eat a dish "like the one at Joey's house."

Fitness coding

When does ABC mean hop, crawl, and skip? When kids combine coding with fitness in this game! Here's how.

1. Have your youngster write the alphabet down the left side of a sheet of paper and fill in a movement beside each letter. For example, A = hop on one foot for 10 seconds, B = crawl like a crab, C = skip to the tree and back.

2. Now take turns secretly choosing a word and doing the movements for each letter. Other players consult the list and write the "code" by figuring out which letter matches each movement. So if the code is s-n-o-w, the secret word is snow. The first person to say the word picks the next one.
Bullying and food allergies

Nearly a third of youngsters with food allergies report being bullied about not being able to eat certain foods. If your child has a food allergy or is friends with someone who does, she can use this advice.

Recognize bullying. If a classmate knows that someone is allergic to a food and waves it in her face, pressures her to eat it, or puts it on her cafeteria tray, that’s bullying. It’s also dangerous and could make the child sick or possibly lead to death. Your child needs to let an adult know right away if this happens.

Keep food safe. If your youngster has food allergies, help her protect herself from bullies. For example, tell her to only accept food from a trusted adult who is aware of her allergy. Also, she shouldn’t leave her food unattended. She could ask a friend to help her keep an eye on her cafeteria tray, or she can offer to look out for a friend who is allergic.

Note: Make sure your child knows which foods she is allergic to and is familiar with the symptoms of a reaction.

Indoor scavenger hunts

Amp up the indoor fun this winter with a scavenger hunt for your child and his friends.

• Color hunt. Assign each child a different color, then hide a dozen Legos or blocks of each color. Players race to find all the blocks of their color.

• Puzzle hunt. Break out a 25-piece jigsaw puzzle and hide the pieces around the house. When the youngsters have all 25 pieces, they can put the puzzle together.

• Shape hunt. Ask the children to list all the shapes they can think of. They can run around and each try to find one item of every shape. Maybe the remote control is a rectangular prism, a soccer ball is a sphere, and a paper towel is a square.

Q & A Organized sports: Finding the best fit

Q: My daughter wants to join a sports team, but I don’t know where to start. Any suggestions?

A: Taking part in an organized sport is a terrific way for your child to stay active. Plus, it can boost her self-esteem and social skills. Start by talking with your daughter about her interests. Which sports does she enjoy playing during PE or on the playground?

Then, see what’s available in your area. Your youngster’s school and the parks and recreation department are good places to start. Look into the time commitment and costs involved in various sports. To learn more, you could also talk to other parents whose children have participated.

Finally, consider having her try a few sports, perhaps one each season, to find her favorites.

Stay warm with chili

Lentil vegetarian chili

In a large pot, stir together:
- 4 14.5-oz. cans diced tomatoes
- 2 15-oz. cans kidney beans (drained, rinsed)
- 3 cups low-sodium vegetable broth
- 2 cups uncooked green lentils
- 1½ cups each diced onion and bell pepper
- 3 tbsp. chili powder
- 2 tbsp. garlic powder

Boil, then cover and simmer 30 minutes, stirring occasionally. Stir in:
- 1 8-oz. can tomato sauce
- 1 6-oz. can tomato paste

Heat 5 minutes more.

Try these big-batch spins on family favorites.

Slow-cooker chicken chili

In a slow cooker, combine the following:
- 2 lbs. boneless chicken breasts (cubed)
- 2 15-oz. cans pinto beans (drained, rinsed)
- 1 14.5-oz. can diced tomatoes
- 1 15-oz. can tomato sauce
- 1½ cups frozen corn
- 1 tbsp. chili powder
- 1 tsp. each cumin, dried oregano, and minced garlic

Cook on high for 1 hour, then on low for 3–4 hours.
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<td>Cuddle Up Day:</td>
<td>Cuddle up and read a book together.</td>
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<td>Practice writing letters in the snow.</td>
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<td>Flurries of Fun Winter Reading Challenge Begins!</td>
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<td>Letter Writing Week:</td>
<td>Write a letter to a relative to celebrate.</td>
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<td>Dress Up your Pet Day:</td>
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<td>What did you dress your pet as?</td>
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<td>National Hat Day:</td>
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<td>try on different hats!</td>
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<td>Help your child make a fun winter bookmark!</td>
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<td>Martin Luther King Jr. Day</td>
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<td>Dr. Seuss Birthday Reading Challenge Begins!</td>
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<td>Find objects that start with the letter J</td>
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<td>Make a pie together for National Pie Day</td>
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<td>Give a compliment to someone you care about.</td>
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<td>Step in a puddle and Splash Your Friend's Day</td>
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<td>Ask you child what their favorite color is. Then find a book that has that color and read it to them.</td>
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Make Your Own Fire Breathing Dragon!

You will need:
- Paper Roll (Toilet paper roll, paper towel roll, or wrapping paper roll)
- Green or Red Construction Paper
- 2 Medium Pom Poms
- 2 Small Pom Poms
- 2 Medium Googly Eyes
- Red, Yellow and Orange Tissue Paper
- Glue Stick
- Glue Gun or Glue Dots

Instructions:
- Glue your choice of construction paper around the paper roll.
- Glue the 2 Medium Googly Eyes on to the 2 Medium Pom Poms.
- Glue the Pom Poms on to the Paper Tube
- For the fire, cut tissue paper (red, orange, yellow) into about 9 or 10 inch long, pointy strips.
- Then use a glue stick to glue the tissue paper strips inside of the paper roll.
- Then take a deep breath, put your mouth on the end and BLOW!

Fun little craft found on onelittleproject.com
Building on My Child's Strengths

The building blocks of child learning are child strengths. Strengths include behavior a child uses to interact with people and objects and personal interests that motivate a child to do things that are fun and enjoyable. Children's behavior include the skills, abilities, and things that they are good at doing. Children's personal interests include the things they like to do, prefer or choose to do, things that make them smile and laugh, things that excite them, and things that keep them engrossed in play. Strengths-based practices shift the focus of learning from what a child cannot do to what a child can do.

Learning Guide: Building Blocks

All children have strengths. Recognizing your child's strengths (behavior and interests) is an important part of helping your child learn.

- Start by making a list of your child's strengths. Note behavior your child uses to interact with you and other people and behavior your child uses to interact with toys and other objects.
- In the same way, make a list of your child's interests. Write down the things that excite your child, things your child likes to do, and things that your child prefers to do.
- It is a good idea to observe your child in lots of everyday activities since she is likely to use different behavior and show different interests in different activities.
- Pay particular attention to activities that keep your child involved in interactions with other people, and with toys and other objects. Highlight those behavior and interests.
- Equipping yourself with information about your child's special strengths (behavior and interests) and the activities that "bring out the best" in your child is a simple way to help her learn. Find ways to provide lots of opportunities for your child to be involved in activities that encourage strengths-based learning.

A Quick Peek

Sixteen-month-old Austin has been receiving early intervention for the past 10 months. Austin's mother Mandy keeps a diary of the things that keep her son involved in different activities and the things he does while involved in the activities. Austin especially enjoys playing different games with his mother — like peek-a-boo with his favorite blanket. He gets excited and smiles and giggles while playing the games. Austin has figured out how to engage his mother in the games by using gestures and the word "more" to let mom know he wants to play. Mandy encourages Austin to do all these things throughout the day in different activities and to use his strengths to initiate interactions and play.

You'll know the practice is working if ...

- Learning activities encourage your child to use her strengths
- Your child stays involved in everyday activities
- Your child learns new behavior and interests

Learn more about how to recognize and build on your young child's strengths with activities and resources such as Identifying Interest-Based Everyday Activities for Infants, Toddlers, and Preschoolers from CECIL.
6 Tricks to Dress Your Children for Winter Weather

**Dress in layers.** Layers are better suited with multiple thin layers rather than a few thick layers. Start with a base layer such as a sweat wicking t-shirt or long underwear. The benefit of a sweat wicking base is that it will wick away sweat if they get hot. Then your child is not walking around with a wet, sweat-soaked base layer. Depending on how cold it is in your area you may want to add another long sleeve shirt on top of your base layer before adding a thin zip up jacket and following that up with your winter weather jacket. Don’t forget to layer their legs too with long underwear or insulated pants. And finally, you’ll want to finish off with warm socks, waterproof gloves and a cozy hat!

**Pack a dry bag.** It’s always a good idea to pack an extra sweater, hat, a pair of gloves and socks. Kids will be kids and they’re going to get wet in the snow. They’ll thank you when you pull out a dry pair of socks for them to put on their wet feet!

**Use hand warmers.** These can be a great treat when your children are really cold. Whip these bad boys out and the fun continues for your kiddos.

**Keep moisturized.** Winter weather can wreak havoc on the skin and children lose moisture twice as fast as adults do. Lather those babies up with lotion after bath time and keep lotion and chap stick on hand for playtime outside.

**Have a stash of games and activities that are reserved for days it’s too cold/wet to go outside.** Children get bored playing with the same toys. Hold back a few toys and games and surprise them when they can’t go outside to play. It’ll give them something to look forward to on those cold rainy days.

**Know when to go inside.** Playing outside is great for your kiddos, but even the best layered kids have an expiration on playing in the cold. This website is a great guideline for safe playing for children in both extreme high and low temperatures.
Infinite Campus
Parent Training

• 4K-12th Grade Families
• Thursday, January 17th
• 5:00-6:30 PM
  Dinner at 5:00 PM with training to follow in LRC.
• Bring personal phone/tablet if able (Chromebooks will be available if needed).
• Students 12yo and older are encouraged to attend.
• Childcare will be provided.

• This training is intended to teach parents and students how to fully utilize their Infinite Campus portal accounts to stay connected to real-time happenings in the classroom.
Employment Opportunities

**Comprehensive Community Services (CCS) Nurse Administrator**  
DEADLINE: Open Until Filled

**Dental Assistant**  
DEADLINE: Open Until Filled

**Elderly Nutrition On Call Assistant Cook**  
DEADLINE: Applications accepted all year

**Elderly Program Head Cook**  
DEADLINE: Open Until Filled

**Food Distribution GLITC SNAP-ED Nutrition Educator**  
DEADLINE: Open Until Filled

**General Ledger Accountant**  
DEADLINE: Open Until Filled

**Legendary Waters Resort & Casino Job Openings:**  
Beverage Server  
Cage Cashier  
Gaming Manager  
Kitchen Supervisor  
Security Officer  
Snack Bar Cook  
Deadline: Open Until Filled

**Parent Peer Specialist**  
DEADLINE: Open Until Filled

**Peer Specialist - Noojii**  
DEADLINE: January 14, 2019 @ 4:00pm

**Peer Specialist - Noojimo'iwewin Center/ Minobimaadiziwin Gitigaanin Farm**  
DEADLINE: January 14, 2019 @ 4:00pm

**Physical Therapist – Part-time**  
DEADLINE: Open Until Filled

**Planning Administrator**  
DEADLINE: Open Until Filled

**Science Youth Coordinator**  
DEADLINE: January 9, 2019 @ 4:00pm

**Tribal Law Enforcement Officer**  
DEADLINE: Open Until Filled

**Tribal Youth Advocate**  
DEADLINE: Open Until Filled

**ECC-Related Positions**

**Early Head Start Center Based Teacher – 3 Positions**  
DEADLINE: Open Until Filled

**ECC Substitute Assistant Teacher/Support-Staff**  
DEADLINE: Applications Accepted Year Round

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**FOR FURTHER INFORMATION:** Red Cliff Band of Lake Superior Chippewa Human Resources  
88455 Pike Road Bayfield, WI 54814 www.redcliff-nsn.gov  
ashley.poch@redcliff-nsn.gov  
diane.cook@redcliff-nsn.gov  
(715)779-3700 ext. 4268 or 4267
JOB DESCRIPTION

POSITION: Early Head Start Center Based Teacher – 3 Positions
LOCATION: Red Cliff Early Childhood Center
WAGE: $10.00-$14.00 per hour depending on educational qualifications
SUPERVISOR: Head Start-Early Head Start Director

THIS IS A REGULAR FULL-TIME NON-EXEMPT POSITION

JOB SUMMARY: Serve as one of two primary teachers for an assigned group of eight infants or toddlers in a center-based environment. Early Head Start child/teacher ratio is 4:1.
Responsible for co-planning and implementing educational programs with co-teacher for children ages zero to 3 year old which reflect best practices and integration of Ojibwe language and culture.
EHS teachers are required to share all responsibilities within their classroom and create an environment of nurturance and sharing with all children. Each teacher must be able to have open communication with co-teacher regarding daily operation of classroom and child/parent needs.

DUTIES AND RESPONSIBILITIES:
1. Must maintain confidentiality of all child and family information and records.
2. Cultural sensitivity required.
3. Must demonstrate competency to provide effective and nurturing teacher-child interactions.
4. Ability to work effectively and cooperatively with staff, parents, community members, and other support systems in the best interest of the child.
5. Plan and implement group and individual learning experiences that ensure effective curriculum implementation and use of assessment to promote children’s progress across the Head Start Early Learning Outcomes Framework: ages Birth to Five and any state applicable early learning and development standards for all students.
6. Must integrate child assessment data in individual and group planning.
7. Promotion of a safe, attractive and stimulating physical environment for infants and toddlers and also establishing and maintaining consistency.

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8. Reinforce positive self-image, pride, and cultural identity with infants and toddlers during all activities.

9. Must collaborate with each child’s parent/guardian and with parental consent, must complete or obtain a current developmental screening to identify concerns regarding a child's developmental behavioral, motor, language, social, cognitive, and emotional skills within 45 days of child's enrollment and then when needed.

10. Meal times with children are in a family setting with teachers sitting at the table and engaging in conversation with the infants and toddlers. Infants and toddlers are encouraged, but not forced to eat or taste. Encourage toddlers with self-help and independence skills by involving them in set up and cleanup activities.

11. Maintain accurate daily records on attendance, daily intake, medical log, infant and toddler eating/sleeping/toileting information for distribution in child file and to parents as well as other required forms.


13. Assist the family, child, and other relevant staff in developing an Individual Family Services Plan (IFSP) or Individual Education Plan (IEP) for special needs children.

14. Conduct two home visits and two parent-teacher conferences annually per family as stated in the Federal Performance Standards.

15. Maintain and document all contacts with parents. Develop and maintain a professional relationship with parents of children enrolled in program.

16. Collaborate with other staff, parents, and community resources to incorporate Ojibwe language and culture into daily activities and curriculum.

17. Work with county, tribal and community service providers in order to provide necessary services to the Early Head Start child and their parents.

18. Mandatory attendance at all ECC Coordinated Service Team and Mental Health Consult meetings for children in your care or must work with Education Manager/EHS director in advance.

19. Must attend and participate in EHS meetings, all staff meetings and any other meetings as requested.

20. Notify supervisor in advance of any known absences you will have. Center based teachers are responsible for arranging their own qualified substitute in your absence.

21. Must participate in coordinated coaching strategies to identify strengths and areas of need and support of professional development and quality improvement, including job related training as required.

22. EHS program equipment must remain within the ECC, and cannot be used outside of the ECC unless you have prior permission by your supervisor to use outside of the center. Violations of this policy will result in disciplinary action.

23. Adhere to all ECC policies and procedures and insure that Head Start Performance Standards are being met.

24. The above duties and responsibilities are not an all-inclusive list but rather a general representation of the duties and responsibilities associated with this position. The duties and responsibilities will be subject to change based on organizational needs and/or deemed necessary by the supervisor.

KNOWLEDGE: Knowledge of Ojibwe culture and language.

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QUALIFICATIONS:
1. Minimum of associate degree in early childhood education is required. Related degrees may be considered based on coursework completed (transcript review required). OR
   a. Applicants can be considered who are currently enrolled in an associate degree early childhood program or who have acquired a minimum of 15 early childhood credits.
   b. Applicants can be considered if they have completed a Child Development Associate (CDA) credential or comparable credential and have been trained or have equivalent coursework in early childhood development with a focus on infant and toddler development.
2. Prefer a Bachelor’s degree in early childhood education or closely related field (transcript review required if degree not in early childhood).
3. Mandatory infant/toddler course needed or immediate enrollment in online class during probationary period if hired.

SPECIAL REQUIREMENTS: Also required are: five year health exams, initial TB test and annual TB questionnaire, immunizations including Hepatitis B (or sign waiver), mumps vaccine (or waiver or proof of immunization) and required trainings such as confidentiality, CPR, Shaken Baby Syndrome, Sudden Infant Death (SIDS), etc.

SUPERVISORY AUTHORITY: None

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

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

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

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

WORK ENVIRONMENT: Primary work environment is in a 0-3 year old Early Head Start center-based classroom in the Red Cliff Early Childhood Center. All Tribal Buildings are smoke free.

TRAVEL REQUIREMENTS: The ability to travel and attend meetings and trainings; overnight and out of town, both locally & nationally.

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BEHAVIOR AND ATTITUDE: The vision, goals and objectives of the Red Cliff Band of Lake Superior Chippewa requires that the employee performs in both a professional and personable manner. The manner in which the employee relates to fellow employees, customers and visitors is considered parallel in importance to technical knowledge and ability. Respect and consideration given to the dignity of each customer, visitor and fellow employee is a requisite of successful job performance. Any Behavior or Attitude that tarnishes the Name or Image of the Red Cliff Band of Lake Superior Chippewa will be subject to immediate disciplinary action up to and including termination.

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

This job description is subject to change at employer’s discretion, after consultation with the employee.

APPLICATION SUBMITTAL REQUIREMENTS: The following items are required for this position:
1. Completed Tribal Application, to include work history and references; available on the tribal website.
2. Tribal Background Investigation Disclosure; available on the tribal website.
3. Cover letter and resume.
4. Post-secondary transcripts or certifications; if applicable.

POSTING DATE: December 6, 2018
DEADLINE: Open until filled

FOR FURTHER INFORMATION:
Red Cliff Band of Lake Superior Chippewa Human Resources
88455 Pk Road
Bayfield, WI 54814
www.redcliff-nsn.gov
ashley.poch@redcliff-nsn.gov
diane.cooley@redcliff-nsn.gov

(715)779-3700 ext. 4268 or 4267

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

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All Early Childhood Center employees must submit mandatory criminal background check information to Human Resources Department with application. Per WI Department of Children & Families (DCF) Bureau of Early Care Regulation (BECR) Memo 2014-03, all licensed child care center employees much complete a one-time fingerprint-based background check on all employees by December 31, 2015. Every year thereafter, a name-based background check through the Department of Justice (DOJ) must be conducted annually or following any conviction occurring after commencement of employment.

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

EMPLOYEE BENEFITS PACKAGE
THE EMPLOYEE BENEFITS PACKAGE INCLUDES THE FOLLOWING:
1. A Health Insurance Plan which is through the Federal Employee Health Benefits (FEHB). FEHB is offered for both single and family coverage. Employees considered to be full time status will be required to pay 12% of the premium for the plan selected.
2. The Dental package is through Delta Dental. This benefit is offered at no cost to the employees with single or family medical coverage.
3. Short Term Disability is offered to all employees at no cost and pays 60% of weekly pay for a maximum of 90 days if you get sick or injured off the job.
4. Life insurance of $15,000 is included at no cost to all employees. Spouses are covered at $7,500.00 and children are prorated. Employees can purchase additional life insurance from the plan provider at their own cost.
5. Profit Sharing Plan with a 401(k) component is offered to employees after one year of work, with a minimum of 1000 hours. The Tribe puts 3% of employee’s wages into the Profit Sharing Plan.
6. The Tribe also offers General Leave to Full time employees. Employees will accrue 16 hours of General Leave per month and can accumulate up to 192 hours per year. After 5 years of employment, General Leave goes up to 20 hours per month with a maximum of 240 hours.
7. The Tribe observes a total of 11 paid holidays.

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JOB DESCRIPTION

POSITION: ECC Substitute Assistant Teacher/Support Staff

LOCATION: Red Cliff Early Childhood Center

WAGE: $9.00 - $10.00 depending on qualifications

SUPERVISOR: Program Director

THIS IS AN ON-CALL POSITION

JOB SUMMARY: Replacement for ECC teacher or support staff and provide a safe, healthy, friendly, caring and nurturing environment for children ages 0-5.

RESPONSIBILITIES:
1. Must attend confidentiality training and must maintain confidentiality of children/classroom each day.
2. Must follow ECC and Red Cliff Tribal policies and procedures as introduced during orientation.
3. Assist teacher or ECC staff member with daily supervision and interaction with children; supervision during meals/snacks/naps; follow ECC Policies & Procedures for best practices with children; praise and reinforce positive behavior.
4. Assist teachers with facilitation of classroom activities and support children's self-direction during individual, small and large groups.
5. Reinforce positive self-image and promote positive self-esteem of all children.
7. Assist teacher in encouraging independence and self-help skills such as set-up and clean-up at meals, snacks and play time throughout the day.
8. Eat meals with children and encourage mealtime in a family setting. Food is never used as a punishment or reward.
9. Must maintain safety and health practices and regulations when working in kitchen.
10. The above duties and responsibilities are not an all-inclusive list but rather a general representation of the duties and responsibilities associated with this position. The duties and responsibilities will be subject to change based on organizational needs and/or deemed necessary by the supervisor.

SUPERVISORY AUTHORITY: None

"The Hub of the Chippewa Nation"
Red Cliff Band of Lake Superior Chippewa Indians
88455 Pike Road
Bayfield, WI 54814
Phone: 715-779-3700 Fax: 715-779-3704
Email: redcliff@redcliff-nsn.gov

Red Cliff Tribal Council

KNOWLEDGE: Knowledge of Ojibwe language and culture highly desirable; cultural sensitivity required.

QUALIFICATIONS:
1. Must be 18 years of age or older.
2. Minimum of high school diploma, HSED or GED required.
3. Complete a minimum of 15 paid shadow hours in the classroom and 8 paid shadow hours in the kitchen prior to actual subbing at ECC.
4. Preference for an associate’s degree in Early Childhood Education/related field but not required.
5. Ability to work cooperatively with staff, parents, community members, and other child support systems in the best interest of children is required.
6. Must pass health examination, obtain required immunizations/vaccines including TB test, Hep B (or waiver); mumps vaccine (or waiver or proof of immunity).
7. Must be physically able to work with young children, including lifting a minimum of 40 pounds; occasional lifting of fifty pounds is required.
8. Must adhere to Early Childhood Center standards of conduct, serving as a positive role model in the community.

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

PHYSICAL AND SPECIAL REQUIREMENTS: Must be physically able to work with young children, initial health exam, TB test, immunizations including Hepatitis B (or sign waiver), and required trainings such as confidentiality, CPR, etc.

WORK ENVIRONMENT: Primary work environment: classrooms, outdoor play spaces, kitchen. All Tribal Buildings are smoke free.

TRAVEL REQUIREMENTS: The ability to travel and attend meetings and trainings; overnight and out of town, both locally & nationally.

BEHAVIOR AND ATTITUDE: The vision, goals and objectives of the Red Cliff Band of Lake Superior Chippewa requires that the employee performs in both a professional and personable manner. The manner in which the employee relates to fellow employees, customers and visitors is considered parallel in importance to technical knowledge and ability. Respect and consideration given to the dignity of each customer, visitor and fellow employee is a requisite of

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successful job performance. Any behavior or attitude that tarnishes the image or name of the Red Cliff Band of Lake Superior Chippewa will be subject to immediate disciplinary action up to and including termination.

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

APPLICATION SUBMITTAL REQUIREMENTS: The following items are required for this position:
1. Completed Tribal Application, available on the Tribal website.
2. Signed Tribal Background Investigation Disclosure; available on the Tribal website.

This job description is subject to change at employer’s discretion, after consultation with the employee.

POSTING DATE: December 6, 2017
DEADLINE: Applications accepted year round

FOR FURTHER INFORMATION CONTACT:

Red Cliff Band of Lake Superior Chippewa
Human Resources Department
88455 Pike Road
Bayfield, WI 54814
www.redcliff-nsn.gov
ashley.pock@redcliff-nsn.gov

(715) 779-3700 ext. 4268

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

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

"The Hub of the Chippewa Nation"
ECC/Home Base Swimming Social

January 11th, 2019 (Friday)
1 pm - 4 pm

Where: Bayfield Rec Center
140 S. Broad St.
Bayfield, WI 54814

OPEN TO ALL ECC and 4K FAMILIES!

Lunch Provided

Space is limited to the first 25 participants.

If interested, please call and reserve a spot with Cindy Garrity at 715-779-5030 Ext. 2551
Community Elders

Monday-Friday
Time: 8am-10:30am
Location: Community Kitchen
Venison distribution to our Community Elders

If you cannot make it to the center please send a proxy for pick up.

Questions please contact: Elderly Program
715-779-3781
Chi-Miigwech
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| 1 *Tribal Holiday  
New Year’s Day  | 2 Hamburger Mac Veg Soup  
Egg Salad Sandwich  
Mandarin Orange  | 3 Salisbury Steak/Gravy  
Mashed Potato  
Broccoli  
Cookie/ Grapes  | 4 BBQ Chicken  
Baked Potato  
Scalloped Corn  
Fruit Salad  | 5 Sack Lunch  
Peanut Butter & Jelly  
Celery Sticks  
Apple  | 6 Sack Lunch  
Sausage/Sausage  
Tomato  
Pea Soup  
Stuffed Peppers  |
| 7 Bean Soup/ Ham Biscuit  
Cottage Cheese  
Peaches  | 8 Turkey Burgers  
Sweet Potato Fries  
Baked Beans  
Apricots  | 9 Scallop Potato/ Ham Chunks  
Peas & Carrots  
Bread/ Pears  | 10 Wild Rice Tater tot  
Hot dish  
Peas  
Cookie  | 11 Teryaki Chicken  
Peppers  
Rice  
Apple Sauce  | 12 Sack Lunch  
Sausage/Pepperoni  
Coleslaw  
Cheese  
Peaches  |
| 14 Beef Vegetable Stew  
Biscuits  
Orange  | 15 Tomato Soup  
Grilled Ham & Cheese Carrot/Celery Sticks  
Jell-O w/ fruit  | 16 Kielbasa  
Cheesy Potato  
Corn  
Pineapple  | 17 Chicken Fajitas  
(Peppers, Onions)  
Rice  
Apricots  | 18 Breakfast  
Oatmeal/ Bacon  
Scrambled Eggs/ Fried Potato's  
Grapes  | 19 Sack Lunch  
Egg Salad  
Tomato, Cuke & Onion Salad  
Chips/Pineapple  |
| 21 *Tribal Holiday  
Martin Luther King Day  | 22 Hot Turkey Sandwich  
Mashed Potato  
Corn  
Apricots  | 23 Pork Roast  
Sweet Potatoes, Celery, Carrot  
Pudding  | 24 Burgers/Bun  
Potato Salad  
Green Beans  
Pears  | 25 Tuna Noodle Casserole  
Peas & Carrots  
Bread  
Pineapple  | 26 Sack Lunch  
Ground Bologna  
Cheese Sticks  
Stuffed Peppers  |
| 28 Breaded Pork Chops  
Baked Squash  
Stuffing  
Apple Sauce  | 29 Beef Burrito  
Spanish Rice  
Beets  
Pineapple  | 30 Chicken Vegetable  
Noodle Soup  
Ground bologna/wheat  
Pears  | 31 Cabbage Rolls  
Mashed Potato  
Corn  
Cucumber Salad/ Peaches  | From Elderly Staff  |  |
Health Nutrition and Disabilities Advisory Committee (HNDAC) Meeting.

ATTENTION:

You are invited to attend the Health Nutrition and Disabilities Advisory Committee (HNDAC) Meeting.

Tuesday, Jan. 8, 2019 3:00 pm @ the Red Cliff Community Health Center—Conference Room

This Committee meets twice a year to address ways to improve the care and safety of the children, staff, our community, and visitors that enter the doors of the Red Cliff Early Childhood Center.

FOR MORE INFORMATION CALL: 715-779-5030

Patt @ ext. 2556 or Mikayla @ ext. 2555

HOPE TO SEE YOU THERE
TIPS TO SAVE ENERGY AND MONEY

TO INCREASE COMFORT IN THE FALL OR WINTER:

- Close your curtains and shades at night; open them during the day.
- Remove any window air conditioners and close and seal the windows.
- Cover the windows with plastic by October and through March.
- Eliminate drafts around the front and back doors.
- Block the air path under doors to prevent cold air drafts.
- Keep doors between rooms closed to prevent drafts.

HEATING

- Lower your thermostat at night and whenever the house is unoccupied. Close off and don't heat unoccupied rooms (unless you have a heat pump). If you consistently set your thermostat back at night 5 degrees Fahrenheit, you may reduce your heating bill by 5-10 percent.
- Lower the thermostat and dress warmer. As little as 1 to 3 degrees (F) makes a noteworthy difference in energy consumption.
- Open all of the heating vents and be sure the cold air returns are not blocked and they have a free flow of air.
- Change the furnace filter each month. The dirtier they are, the harder the furnace fan works.
- Don't use the oven or non electric space heaters to heat the residence.
- Use electric space heaters sparingly and keep materials away that may catch on fire.
- Keep your fireplace damper closed unless a fire is going. Keeping the damper open is like keeping a window wide open during the winter; it allows warm air to go right up the chimney.

LIGHTING

- Replace standard light bulbs (also called incandescent) with ENERGY STAR rated Compact Fluorescent Lamps (CFLs), especially in lights you use most often. CFLs are available in globe and candle shapes, floodlights, 3-way and dimmable. They use about a quarter of the energy.
- Reduce the wattage of your remaining standard bulbs, if you cannot replace all of the standard bulbs with CFLs.
- Turn off lights when not in use and when you are out of the room for more than 5 minutes.
- Use task lighting; instead of brightly lighting an entire room, focus the light where you need it.
- Consider three-way lamps; they make it easier to keep lighting levels low when brighter light is not necessary.
- Consider using 4-watt mini-fluorescent or electro-luminescent night lights. Both lights are much more efficient than their incandescent counterparts. The luminescent lights are cool to the touch. Use LED-type strings for holiday lights.

WATER USAGE

- Turn your water heater down to 120° or the "Normal" setting when home, and to the lowest setting when away. Water heating accounts for about 13% of home energy costs.
- Install low-flow faucets and shower heads.
- Repair leaky faucets promptly; a leaky faucet wastes gallons of water in a short period of time.
- Take short showers instead of baths.
- If you're in the market for a new dishwasher or clotheswaher, purchase an efficient water saving ENERGY STAR model to reduce hot water use.
APPLIANCES AND ELECTRONICS

➤ Don’t keep your refrigerator or freezer too cold. Recommended temperatures are 37° to 40°F for the fresh food compartment of the refrigerator and 5°F for the freezer section. If you have a separate freezer for long-term storage, it should be kept at 0°F.

➤ To check refrigerator temperature, place an appliance thermometer in a glass of water in the center of the refrigerator. Read it after 24 hours. To check the freezer temperature, place a thermometer between frozen packages. Read it after 24 hours.

➤ Regularly defrost manual-defrost refrigerators and freezers; frost buildup decreases the energy efficiency of the unit. Don’t allow frost to build up more than one-quarter of an inch.

➤ Consider replacing your older model refrigerator, especially if older than 10 years. Older models can often use over three times the energy of newer models.

➤ Always buy ENERGY STAR qualified appliances and equipment - they’re up to 40% more efficient.

➤ In the average home, 75% of the electricity used to power home electronics is consumed while the products are turned off. This can be avoided by unplugging the appliance or using a power strip and using the switch on the power strip to cut all power to the appliance.

➤ Unplug electronics, battery chargers and other equipment when not in use. Taken together, these small items can use as much power as your refrigerator.

➤ Plug TV and other electronics into a power strip. Turn off the power strip when electronics are not in use.

CLOTHES WASHING AND DRYING

➤ About 90% of the energy used for washing clothes is for heating the water. Unless you’re dealing with oily stains, the warm or cold water setting on your machine will generally do a good job of cleaning your clothes because today’s detergents are designed to work well in cold or warm water. Switching your temperature setting from hot to warm can cut a load’s energy use in half.

➤ Wash and dry full loads. If you are washing a small load, use the appropriate water-level setting.

➤ Dry towels and heavier cottons in a separate load from lighter-weight clothes.

➤ Clean the lint filter before each load.

➤ Make sure that the dryer exhaust vent is clear and opens and closes easily.

➤ Air dry clothes, but not indoors as this creates unwanted mold and moisture problems.

KITCHEN TIPS FOR COOKING AND DISH WASHING

➤ Be sure your dishwasher is full, but not overloaded, when you run it. Use air drying - open the door when dish washer cycle is complete.

➤ Scrape, don’t rinse, off large food pieces. Soaking or prewashing is generally only recommended in cases of burned-on or dried-on food.

➤ Don’t use the “rinse hold” on your machine for just a few soiled dishes. It uses 3 to 7 gallons of hot water each time you use it.

➤ When cooking match the pan diameter to the burner size. If the pan is too small, heat is wasted around the sides. If the pan is too large, only the center gets heated.

➤ Use small electric pans or toaster ovens for small meals rather than your large stove or oven. A toaster oven uses a third to half as much energy as a full-sized oven.

➤ Use microwave or pressure cooker for smaller items. They will save energy by significantly reducing cooking time.

Home Energy Plus
1-866-432-8947
www.homeenergyplus.wi.gov
The Wisconsin Division of Energy, Housing and Community Resources provides services to Wisconsin qualified residential households with energy assistance and weatherization needs. For more information call 1-866-HEATWIS (432-8947).

The Wisconsin Home Energy Assistance Program (WHEAP) administers the federally funded Low Income Home Energy Assistance Program (LIHEAP) and Public Benefits Energy Assistance Program. WHEAP and its related services are aimed to assist Wisconsin households in reducing their energy burden. In addition to regular heating and electric assistance, specialized services include:

- Emergency fuel assistance,
- Counseling for energy conservation and energy budgets,
- Pro-active co payment plans,
- Targeted outreach services,
- Emergency furnace repair and replacement.

Services are provided locally through:

- County social services offices,
- Tribal governments,
- Private non-profit or other government agencies.

For more information on WHEAP, call 1-866-HEATWIS (432-8947).

To log in to the Home Energy Plus System click here

The Wisconsin Weatherization Assistance Program (WisWAP) uses energy conservation techniques to reduce the cost of home energy. Correcting health and safety hazards and potentially life-threatening conditions is the first consideration in WAP activities.

To log in to the WisWAP System click here

If you have trouble accessing this page, require this information in an alternative format or wish to request a reasonable accommodation because of a disability contact the Home Energy Plus Help Desk at HEAT@Wisconsin.gov or 608.267.3680.
Where to Apply

Energy Assistance (WHEAP) & Weatherization

Red Cliff Tribe County - Energy Assistance Program Contact
RED CLIFF TRIBE
Coordinator: RED CLIFF FAMILY AND HUMAN SERVICES
Phone: (715)779-3706
Address: 88385 PIKE ROAD HWY 13
BAYFIELD, WI 54814

Is there something you did not find on this list? Check the Where to Apply Archives.

(*) External Link - Browser opens in a new window.

If you have trouble accessing this page, require this information in an alternative format
or wish to request a reasonable accommodation because of a disability contact the
Home Energy Plus Help Desk at HEAT@Wisconsin.gov or 608.267.3680.
Saving Your Money

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

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

What are your goals?

Strong money goals say:

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

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

Pay Yourself First

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

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

What are some other ways to pay yourself?

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

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

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

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

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

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

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

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

Play the savings game – Pick one thing you buy and come up with ideas on how you could:
- Buy it cheaper
- Make it last longer
- Use it less

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

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

(Tip shared by a Richland County Head Start Parent)

Set a Goal, Pick an Idea, Get Started!

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

For More Information...

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

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

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

Get Active: Play Together

- Pick a time of day when you both will be less rushed, hungry, thirsty, or tired. Set a timer for 20 minutes of play.
- Set aside your list of things to do. Temporarily ignore the messes to clean up or stack of paperwork.
- Remove distractions. Leave your phone in another room. Shut off the TV and computer. Go outside to play whenever possible.
- Let preschoolers lead activities by giving them the opportunity to pick the game or make up the rules. See how creative they can get playing Simon Says or Follow the Leader!
- Give encouragement. Preschoolers need to hear your positive reinforcement.
- Make physical contact. Try dancing together or “rough and tumble” play like tickling and wrestling, which can help you teach safe touch.
- Laugh and have fun!

Children need to move their bodies often. They need a total of 60 minutes (1 hour) or more of physical activity each day. Aim to spend at least 20 minutes every day in active play time together.

Photograph by Renee Koenig

Photograph by Carmen Sauceda
Children need you to play with them. Physical activity is good for both of you. Active play time together builds important skills for children and strengthens the bond between you.

Seven Benefits of Playing Together

1) **Smarter children:** Research shows that physical play stimulates brain development and boosts school test scores.

2) **Builds relationships and other friendships:** Spending a few minutes playing together is an investment in your relationship. You can use playtime to teach cooperation and how to constructively channel competitive energy.

3) **Teaches problem-solving skills:** Children learn self-control when they practice taking turns and following the rules of the game. "Oh, I see dad didn't get mad when his turn was over."

4) **Develops healthy habits:** More time spent together playing means less time sitting and watching TV or playing electronic games alone.

5) **Increases emotional intelligence:** Children gain empathy and learn fairness in winning and losing when you show them your emotions. Children gain confidence when they learn to recognize the emotions of others as well as manage their own emotions during play. "Mom won't like it if I push too hard; then we will have to stop playing tag."

6) **Promotes health and fitness:** Physical activity strengthens the body, improves cardiovascular fitness, coordination and flexibility. You will sleep better, too!

7) **Brings joy and laughter:** Physical activity reduces stress. Happiness is a great gift you give each other through play.

For more information, please contact your county UW-Extension office:

UW-Extension Family Living Programs
Bayfield County Courthouse,
PO Box 218 ~ Washburn, WI 54891
715-373-6104, ext. 252 ~ liz.lexau@ces.uwex.edu

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Bayfield Rec Center Hours and Rates
Winter 2019

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<th>Membership Type</th>
<th>Description</th>
<th>Month</th>
<th>3 Months (Save 5%)</th>
<th>Year (Save 10%)</th>
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<td>Youth/Student</td>
<td>Under 18 or currently a high school or college student</td>
<td>$29</td>
<td>$83</td>
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<tr>
<td>Adult</td>
<td>18 or over, not enrolled in school</td>
<td>$37</td>
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<td>1 Parent Family</td>
<td>1 Adult and dependent children (Under 18 or currently in high school or college)</td>
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<td>2 Parent Family</td>
<td>2 Adults in the same household and dependent children (Under 18 or currently in high school or college)</td>
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<td>Senior</td>
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<tr>
<td>Senior Family</td>
<td>2 Seniors in the same household and dependent children (Under 18 or currently in high school or college)</td>
<td>$45</td>
<td>$128</td>
<td>$486</td>
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</table>

**Hours**

**Fitness Room + Racquetball Court**
- Monday - Friday: 6:00am-8:00pm
- Saturday: 7:00am-6:00pm
- Sunday: 11:00am-6:00pm

**Lap Swim**
- M, W, F: 6:00am-9:00am
- T, Th: 6:00am-8:30am
- Mon - Fri: 11:00am-1:00pm
- Mon - Fri: 7:00pm-8:00pm
- Saturday: 7am-10am
- Sunday: 11am-1pm

**Open Swim**
- Monday - Friday: 4:00pm-7:00pm
- Saturday: 10:00am-4:00pm
- Sunday: 1:00pm-4:00pm

**Day Passes**

- Youth/Student/Senior: $6
- Adult: $10
- Family: $16
- Shower: $4

**Guest Discount:** Members can bring up to 2 guests per visit at a 50% discount. Guest Family rate is $14

**Rec Center Punch Cards**

- Youth/Student/Senior: $49
- Adult: $79
- Family: $129

Good for 10 visits, forever, and can be shared

We close when the Bayfield School closes and at the discretion of our staff. Closures will be announced on WDIO 10/13, our website and Facebook.
For email alerts, select Bayfield Rec Center and RFR at wdio.com/schoolalert
Monday & Friday Open Swim will be 5:30-7pm, Jan 28-Feb 22 due to swim lessons.

The Bayfield Rec Center is open to residents, visitors, members, and guests!
Financial Assistance is available for all RFR memberships, programs, and classes. Approved Financial Assistance applications are valid for 2 years. Stop by the office or contact rosa@recreationandfitnessresources.org to apply.
www.recreationandfitnessresources.org | 715-779-5408 | info@recreationandfitnessresources.org
Birth to 3
INDOOR PLAYTIME!

BAYFIELD LAKESIDE PAVILION
WEDNESDAYS, 11AM-12:30PM
THROUGH APRIL 24, 2019

a FREE, social playtime
for children ages birth-3
and their parents!

In Collaboration with Early Head Start and Community Parents
www.recreationandfitnessresources.org
715-779-5408
Birth to 3
INDOOR PLAYTIME!

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a FREE, social playtime
for children ages birth-3
and their parents!

In Collaboration with Early Head Start and Community Parents
www.recreationandfitnessresources.org
715-779-5408
KIDS NIGHT OUT!

FRIDAY, JANUARY 11, 2019

4:30-8:30 PM
AGES 5-13

$10 FIRST CHILD, ADD'L SIBLINGS $5 EACH

DINNER AND SNACKS INCLUDED

Come ready to play inside, outside, and in the pool!

140 S BROAD ST., BAYFIELD
WWW.RECREATIONANDFITNESSRESOURCES.ORG
715-779-5408

PosterMyWall.com
Only $45!

MARTIAL ARTS

Beginners Series
Jan 22 - Feb 13

- Coordination and Strength
- Self Esteem
- Concentration
- Fun Fitness
- Flexibility and Balance
- Self Discipline - Self Respect
- Awareness & Self Defence

1st 8 LESSONS
UNIFORM AND BELT
FIRST BELT PROMOTION

REGISTER ONLINE
or call 715-779-5408

www.recreationandfitnessresources.org
PARENT AND CHILD
Swim Readiness Class

www.recreationandfitnessresources.org
140 S. Broad St., Bayfield 715-779-5408

JANUARY 29, 31, FEBRUARY 5 & 7, 2019
LITTLE FISH - 6 MOS - 2 YRS
BIG FISH - 2 - 5 YRS
One Parent Per Child Must Be in the Water
Members: $22
Non-Members: $27
Financial Assistance is Available
WINTER WATER SPORTS

OCTOBER 13 - APRIL 28
SATURDAYS - OPEN KAYAKING 4-6PM
SUNDAYS - WATER POLO & LOG ROLLING 4-6PM
MEMBERS - FREE!
NON-MEMBERS - REC CENTER DAY PASS OR PUNCH CARD

WWW.RECREATIONANDFITNESSRESOURCES.ORG
140 S. BROAD ST., BAYFIELD 715-779-5408
Red Cross SWIMMING LESSONS

Mondays and Fridays
January 28 – February 22, 2019
Members: $57, Non-members $68
Financial Assistance is available!
We are offering Levels 1-5!
Call 715-779-5408 or register online at
www.recreationandfitnessresources.org
Only $45!

MARTIAL ARTS

Beginners Series
Jan 22 - Feb 13

- Coordination and Strength
- Self Esteem
- Concentration
- Fun Fitness
- Flexibility and Balance
- Self Discipline - Self Respect
- Awareness & Self Defence

+ 1st 8 LESSONS
+ UNIFORM AND BELT
+ FIRST BELT PROMOTION

REGISTER ONLINE
or call 715-779-5408

www.recreationandfitnessresources.org
RFR PRESENTS

AQUA ZUMBA POOL PARTY

with Lynda Warren

Wednesdays, 6-7 pm at the Bayfield Rec Center, 140 S. Broad
Dec 12, 2018 - Jan 9 - Jan 30 - Feb 20
Mar 13 - Mar 27 - Apr 10, 2019
FREE to Members
Per Date: Non-members $10/adults or $6 students/seniors
Can also use a Rec Center or Program Punch Card!
www.recreationandfitnessresources.org
715-779-5408
Couples Communication

Utilizing the 7 Traditional Values

Once a week, 6 Week Course
January 15th, 2019 - February 26th, 2019
5:00 PM - 6:30 PM
Red Cliff Family & Human Services Building
Red Cliff, Wisconsin

Facilitated By: Tribal Elder, Ron DePerry
Sponsored by Red Cliff Family Violence Program and Red Cliff Family & Human Services.

HUGE BONUS for any couples who attend ALL 6 sessions.

To enroll, please contact Red Cliff Family Violence office: 715-779-3706.

Dates may be subject to change due to weather conditions or unforeseen circumstances. Red Cliff Family Violence will notify clients of any cancellations or date changes.
The Noojimo’iwewin (We Heal) Center

Wellbriety Meeting

Wednesday Evenings
6:00 – 7:30pm

Everyone is Welcome!

A Native American 12 Step Program

Wellbriety Means:

- Sober lifestyles
- Wellness—balance (mental, physical, spiritual, emotional)
- Connected to principles, values, and Natural Laws
- Walking the Red Road
- Creating a “Healing Forest” in our community

37450 Water Tower Rd, Red Cliff

For more information, please call Cassie at
715-779-3508 or 715-779-3707 Ext. 2450
Ginanda Gikendaasomin

"We Seek to Learn" Library

Located at the Red Cliff Tribal Admin Building, 88485 Pike Rd., Red

Presents: Ojibwe Story Time with Elders

Time: 1:00 p.m.

Dates: January 12th, 2019

Jim "Guyashk" Pete and Rez Cop Jimmy

Miigwetch, Kathy Barri, Library Assistant
kathy.barri@redcliff-nsn.gov, 715-779-3766
Full Moon Ceremony

For women of all ages

January 21, 2019

5 p.m.

Mishomis Wellness Center

37390 N. Bradum Road, Red Cliff

Come join us for an evening of teachings & ceremony

Bring yellow cloth, gift offering and food offering
Grief Sharing Circle

Wednesday - January 2, 2019 – 6 to 8 p.m.
Wednesday - January 16, 2018 – 6 to 8 p.m.
Wednesday - January 30, 2018 – 6 to 8 p.m.

Mishomis Wellness Center

37390 N. Bradum Road, Red Cliff

Cardinals represents messenger from heaven

For More information: Contact Linda Dunbar PSIT Red Cliff AODA

715 779 3741 - Ext. 2403
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Activities subject to change please call ahead 715-779-3722 thank you B&GC Staff
## JANUARY 2019

### GICHI-MANIDOOGIIZIS

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<tr>
<td></td>
<td>L Beef stew, biscuit,</td>
<td>L chix, W rice,</td>
<td>S pudding/</td>
<td>S ham PT sp,</td>
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<td></td>
<td>CC, PINEAPPLE</td>
<td>corn, apples</td>
<td>TF Gr</td>
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<tr>
<td></td>
<td>S GR CRACKER/BERRY</td>
<td>S corns</td>
<td>L pizza,</td>
<td>peas, WG bun</td>
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<td>it veg,</td>
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<td></td>
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<td></td>
<td>mangos,</td>
<td>cracker</td>
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<td>GR, ygt</td>
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<td>S banana</td>
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<td>tree/milk</td>
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<td>14/1</td>
<td>14B egg omelets,</td>
<td>15B WG cornflakes,</td>
<td>16B oatmeal,</td>
<td>17B WG rice</td>
<td>18B Pancake,</td>
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<tr>
<td></td>
<td>WG toast, oranges</td>
<td>apples, ygt</td>
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<td></td>
<td>S crackers/milk</td>
<td>S Goldfish/milk</td>
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<td>banana, ygt</td>
<td>S teddy GR/milk</td>
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<td>S cracker/cheese</td>
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<td>S waffles/applesc</td>
<td>TR FRT</td>
<td>L Kielbas,</td>
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<td>Kraut,</td>
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<td></td>
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<td></td>
<td>S Brooc/Hummus</td>
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<td>22/1</td>
<td>22B WG fr toast,</td>
<td>23B HB oats,</td>
<td>24B EGGS,</td>
<td>25B WG KIX,</td>
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<td>applesauce, TRK bacon</td>
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<td>S Nutra bar/milk</td>
<td>S oatmeal, BR/milk</td>
<td>PB, oranges</td>
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<td>Cheez, PINEAPPLE</td>
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<td>28B Pancakes, App-</td>
<td>29B WG life,</td>
<td>30B Boiled</td>
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<td>engines, peaches</td>
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<td>S Crackers/cheez</td>
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<td>S Pears/CC</td>
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<td>bear/Fr cup</td>
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<td>S ygt/berries</td>
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