**UPCOMING EVENTS**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>4th of July (Thursday)</td>
<td>ECC/Tribe Closed Independence Day</td>
</tr>
<tr>
<td>5th of July (Friday)</td>
<td>NO ECC SCHOOL DAY</td>
</tr>
<tr>
<td>16th, 17th, and 18th of July (Tuesday, Wednesday, and Thursday)</td>
<td>Ginanda Gikendaasomin 'We Seek to Learn' Library Head Start Field Trips</td>
</tr>
<tr>
<td>23rd of July (Tuesday)</td>
<td>Last Day of Classes for Head Start</td>
</tr>
<tr>
<td>24th of July (Wednesday)</td>
<td>Last Day of Classes for Early Head Start</td>
</tr>
<tr>
<td>25th of July (Thursday)</td>
<td>ECC Graduation</td>
</tr>
<tr>
<td>29th &amp; 30th of July (Monday &amp; Tuesday)</td>
<td>Summer Gathering</td>
</tr>
</tbody>
</table>

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### ATTENDANCE MATTERS

**EVERY DAY COUNTS START TO FINISH**

**Boozhoo ECC Families!**

We are entering the last month of the 2018-2019 Academic Year—the year has simply flown by! 16 school days remain—15 for Head Start students—before graduation and we hope to see students here every day. Time and time again, the ECC has stressed the importance of attendance in our newsletters, classrooms, and out in the community.

Attendance at an early age sets your child(ren) up for success as they enter kindergarten and follow through the rest of their formal education. For example, at the ECC, students:

- Create and Maintain Relationships, Routines, etc.
- Develop and Strengthen Basic Life Skills, Large and Fine Motors, and Social Emotional Learning (among others)

Let’s celebrate all the positive experiences, achievements, and memories we’ve experienced together as we finish the school year.

Chi miigwech!
Aabita-Niibino-Giizis  
(Middle of the Year Moon)  
July 2019

School Hours-- 7:45 am. to 3:00 pm.

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>WIC PICK UP</td>
<td>WIC PICK UP</td>
<td>ECC/TRIBE CLOSED</td>
<td>No ECC School Day</td>
<td>Red Cliff Pow-wow</td>
</tr>
<tr>
<td>2</td>
<td>WIC PICK UP</td>
<td>Tribal Elections 8-8</td>
<td>Independence Day</td>
<td>School Day</td>
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<td>7</td>
<td>Red Cliff Pow-wow</td>
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<td>21</td>
<td></td>
<td>Head Start Last day of School</td>
<td>EHS Last Day of School</td>
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**LANGUAGE CAMP WEEK**

**No Head Start Classes on Friday's**

2019

28 | 29 | 30 | 31 |
<table>
<thead>
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<tbody>
<tr>
<td>28</td>
<td>ECC SUMMER GATHERING 10-2</td>
<td>ECC SUMMER GATHERING 10-2</td>
<td>Summer Break - ECC Closed</td>
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### June Attendance

<table>
<thead>
<tr>
<th>Name</th>
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<tr>
<td>Westlea</td>
<td>13</td>
</tr>
<tr>
<td>Eische</td>
<td>4</td>
</tr>
<tr>
<td>Lasse Yanni</td>
<td>3</td>
</tr>
<tr>
<td>Masha</td>
<td>3</td>
</tr>
<tr>
<td>Wapabooz</td>
<td>3</td>
</tr>
<tr>
<td>Amik</td>
<td></td>
</tr>
<tr>
<td>Ershban</td>
<td>32</td>
</tr>
<tr>
<td>Miezi</td>
<td>31</td>
</tr>
<tr>
<td>Mashkodeshezhik</td>
<td>9</td>
</tr>
<tr>
<td>Maliegen</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>50</td>
</tr>
</tbody>
</table>

**Total: 50 Children**
This will be our last month in the Wabooz classroom! We can not believe how quick this year flew by, and they have all grown so much and are ready for the next room. This month we will be doing a lot of water play, we will be bringing out our artwork outside, we also will continue to work on sharing with our friends, and helping hands. Please bring extra clothes because we will be getting wet and dirty. Thank you for the great school year! We look forward to seeing you all soon.

Thank you Ms Kelsey & Ms Lulu

Reminder there is no school July 5th

Last day of school is July 24th
We are having summer fun. We will be playing in the water, sand and sun. Please send an extra set of clothes to school we will be playing in the water more when we are outside enjoying the beautiful summer weather. Reminder July 24 is a make up day. ECC graduation will be here soon and all the Amikwag will become Makoons and move into the Makwa room next year.

Maggie and Miss Gina

Qiibwemowin
Nibi – Water
Mitaawangaa – Sandy Beach
Giizis – Sun
Bagakaasige – Sun Shines
Bagiwaan – Shirt
Summer - Niibin

July Reminders
July 4th Independence Day - ECC and Tribal Programs Closed
July 5th No School for all ECC Children
July 5th – July 7th 41st Red Cliff Annual Pow Wow
July 24th Last Day of EHS Classes (Make up day)
July 25th ECC Graduation
July 29-30th ECC Summer Gathering
Boozhoo Makwa Families!!
The school year is almost done and we’ve learned lots throughout the year. The month of June we focused on water themes; fishing, talked about the ocean life and to end the month we learned a little bit about the Zoo and the animals that live in the zoo.
The month of July we will be focusing on Summer themes; the beach and camping! We will also continue incorporating our Ojibwemowin, we’ve been working on counting from 1 to 10 and we are getting really good at it! And we are working on learning the parts of our body, eating utensils and some emotions in Ojibwe.

We do go outside every day weather permitting, so please remember to pack appropriate clothing for your child! Tennis shoes and cool clothing (shorts, t-shirts, etc.)

Reminders!

- 7/4 No School, Independence Day
- 7/24 Last Day of School for EHS
- 7/25 ECC Graduation (10-12)
- 7/29 & 7/30 ECC Summer Gathering

Miigwech,
Miss Tiff & Miss Judy
715-779-5030 x 2544
Esiban News
July 2019

This year has flown right by! Chi-Miigwech for sharing your little ones with us! They have been a blessing.

This month we will be working 4th of July activities, summer activities and berries. July can be a hot month which means a lot of playing outside and playing in the water. Make sure that your little ones have extra clothes in their bins.

Enjoy your summer break!

-Ms. Melissa & Ms. Amber

REMINDERS

7/4- ECC/Tribe closed Independence Day
7/5- No ECC School Day
7/8-7/11- Language Camp
7/12- ECC School day
7/24- Make up Snow day for Early Headstart
7/25- ECC Graduation 10am-12pm
Mashkodebizhiki Class

The end of the year is here and Summer break is right around corner! Thank you to all of the parents for sharing your awesome children with us. It has been quite an exciting year full of learning, socializing and fun times. To those going on to kindergarten, we say good luck and have a blast. We know you will do great and will continue on your learning journey. To those returning, we are excited to share another year with you and hope that you come back ready to have more fun. To those joining our room, we look forward to getting to know you, learning with you and learning from you.

A few reminders...

* *the last day of school is Tuesday July 23rd. We will be returning to school on Tuesday after Labor Day. Enjoy the break!

*Graduation is Thursday July 25th from 10-12 at the LW. Only graduates will be recognized but everyone is invited. Please have graduates there by 9:45 to get their cap and gown on.

*returning students- please remember to turn in your fall enrollment packet. We will be contacting you in august to schedule a fall home visit.

Thank you to everyone for helping us have a successful and adventurous year. And a very special CHI-MIIGWECH to Ms. Deanna for spending time in our room and helping out all the time where needed we will miss you soooooooooo much!!!!!!

Ms. Nadine, Ms. Becca and Ms. J
Ma’iingan Room

What’s Happening in Ma’iingan Room??

We have made it to July!!! It’s end of the year the last month of school!! We would like to say Miigwech to all the parents, caregivers, and families for the cooperation throughout the year. We will be finishing up our year with learning about numbers, math concepts, number recognition, rhyming words, letter sounds, and fun crafts for summer and graduation. We like to give a REMINDER FOR EXTRA CLOTHES DAILY/WEEKLY BE SENT TO SCHOOL FOR OUR KIDDOS. WE GET MESSY AT TIMES AND PLAY OUTSIDE EVERYDAY!!! We like to open up our room for this last month to anyone who like to join us for meal times or outdoor time. Just remember parents you are your children’s first teacher. Miigwech!!! to you all and wishing you a fun, safe, and healthy summer vacation!!! Gigaawaabamin!!!

Miigwech, Ms. Alicia, Ms. Sam and Ms. Lacie
MIGIZI NEWS

It has been a very busy spring and now that the warm weather is here we will be playing outside more and with a lot of water activities.

July will pass very fast and we will have to say good bye to our graduating children. The carry over children are excited to know they will be the OLDER children when we come back to school.

We will continue working on our numbers and alphabet but mostly enjoying the outdoors. On Thursdays we try to have a special activity along with freezies. We’re not sure who enjoys them more the children or teachers!

Ms Diann
Ms Linda
Ms Kathy
Aabita Niibino Giizis

Halfway Through Summer Moon

Congratulations
Graduates from
Home Base!

Anishinaabemowin:

- Bagizo: S/he swims
- Agwajjig: Outside
- Gizhaate: Hot weather
- Animikiia: It is thunders
- Ambe Omaa: Come here

Miigwech!

- Miss Haley ext. 2536
- Miss Patrice ext. 2537
- Miss Corky ext. 2538

AGONGOS JULY NEWSLETTER

The last month of school is already upon us! There are so many events and activities coming up this month as well!

Graduation will take place on Thursday, July 25th at 10:00am in the Event Center at Legendary Waters.

Before Graduation, there is one more Home Base Social that will be held down at the Coast Guard Park in Bayfield. It will be on Friday, July 19th from 10:00am-Noon! Fun activities and food, so we hope everyone is able to make it!

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

Miigwech!

Aaniin ezhiwebak?
What’s happening?

ECC Closed: Thursday, July 4th
Red Cliff 40th Annual Pow Wow: July 5th-7th
ECC Enrollment Week: July 22nd-26th
Language Camp @ Raspberry Campground: July 8th-12th
Home Base Social @ Coast Guard Park, Bayfield: Friday, July 19th: 10:00-Noon
Last Day of Classes for ECC: Tuesday, July 23rd
ECC Graduation: Thursday, July 25th @ 10:00am

“Apani jikwendamang gaa piiminiigooyang Anishinaabe bimaadiziwin!”

“Always remember our teachings”
No ECC School Days

4 July 2019 (Thursday)
ECC/Tribe CLOSED—Independence Day

5 July 2019 (Friday)
No students on this day
ECC will continue operating for staff on this date

EHS School Make-Up Day

24 July 2019 (Wednesday)
Due to winter weather causing an influx of school day cancellations, the Early Head Start students needed 2 make-up days of schooling. The first make-up day took place in June. The second make-up day will take place on the 24th of July (Wednesday). Head Start students last day will take place on 23 July 2019 (Tuesday). Thank you for your understanding in the changes to the schedule.
RED CLIFF
EARLY CHILDHOOD CENTER

GRADUATION

Date: July 25, 2019
Time: 10 AM - 12 PM
Place: Legendary Waters Convention Center

Event is Open to Community - All are Welcome!
Graduation
25th of July
(Thursday)
10 AM - 12 PM
at Legendary Waters
Convention Center

Summer Gathering
29th and 30th of July
(Monday and Tuesday)
10 AM - 2 PM
across from the
Legendary Waters
Convention Center
School Bus Stops
What Every Driver Must Know

School Buses with Overhead Red and Yellow Lights Flashing
Yellow lights flashing:
slow down-prepare to stop
Red lights are flashing:
Stop
no closer than 20 feet from the bus

School Buses with Overhead Red Lights
Red lights are flashing and bus is stopped:
Stop
no closer than 20 feet from the bus

Just a friendly reminder!

High importance is placed on the precious cargo we transport-our students. Utilizing the 3-point seatbelt harness, our bus stops take just a bit longer than buses from the school districts. ECC buses will be on the road through July 23rd. Your patience and understanding is appreciated while we care for our preschoolers' at the bus stops.

Safety of all bus occupants is high priority!

MIIGWECH

For More information Contact 715-779-5030
John Helms-ext.2534
Tony Gilane-ext.2552
RED CLIFF JOHNSON O’MALLEY (JOM) COMMITTEE

The Tribal Council is seeking individuals to serve on the JOM Committee

Purpose of the JOM Committee: To promote quality education programs, services and unique cultural needs of eligible Indian students ages (3) through grade 12 who attend the Red Cliff Early Childhood Center or attend the Bayfield School District. The Committee decides on what programs and activities these funds will provide to eligible students.

Requirements to Join: You must be a parent or legal guardian of an eligible Indian Student (eligible meaning student enrolled in a Tribe) who is attending the ECC or the Bayfield School District.

Meetings: Meetings are held on the first Wednesday of the month at 4:30 p.m. Location is the ECC Trailer, unless otherwise noted. We meet monthly; however depending on need we may schedule special meetings.

If you are interested in serving on the Committee, please pick up an application at the Tribal Administration.

For more information, contact: Jared Blanche, Education Director at (715) 779-3952 EXT 2561

OPEN UNTIL FILLED
YOUTH POWWOW BUTTONS

Boys and Girls Club was gifted with Red Cliff 2019 Powwow Buttons from the Red Cliff Family Violence Prevention Program.

For youth to receive a Powwow button they or a parent/guardian will need to go to the Boys & Girls Club and sign for them.

Buttons can be picked up Tuesday (July 2nd), Wednesday (July 3rd) from 12:30 to 8pm, and Friday (July 5th) 12:30 to 4pm.

Buttons will go fast!
Please do not lose button(s) as there will not be any replacements for them.

Please Contact Paige Turner at 715-779-3722 with any questions or comments.
IMPROVING THE LIVES OF CHILDREN AND FAMILIES WITH COMPLEX NEEDS WHO ARE INVOLVED WITH MULTIPLE AGENCIES.

“CST Wraparound” has become common shorthand for flexibility and comprehensiveness of service delivery, as well as for approaches that are intended to help keep children and youth in the community.

RED CLIFF CST: COORDINATED SERVICE TEAM

Coordinated Services Team (CST) centers its decision-making around the family team. The team supports the child, family and each other throughout the process. Both planning and interventions rest on the combined skills and flexible resources of this diversified, committed group of individuals. The strengths and resources of the child, family, natural supports, and most likely to meet the identified needs of the family.

- CST is voluntary

Referral Eligibility:
- Red Cliff Community member
- Mental Health
- Special Education
- Juvenile Justice
- Child Protective Services
- Alcohol or Other Drug Abuse Services

- Other interventions have not been successful or are difficult over time: persistent obstacles to service access: and/or there is a need for service coordination
- Children at risk for out-of-home placement
- Parent(s) are willing to be involved in the CST team process

For more information you can contact the:
Mishomis Wellness Center, North Bradum Rd., Bayfield WI 54814

(715)-779-3741 Ext. 2406 CST Intake Coordinator
Hours/days of operation: 8:00 A.M to 4:30 P.M
Monday to Friday

The Coordinated Services Team Project is based on the Wisconsin’s Children Come First Act Section 46:56
**TICK BITE PREVENTION**
- Use repellents with 0.5% permethrin on clothing or 20%-30% DEET on uncovered skin.
- Wear light-colored clothing (including pants, long-sleeves, and socks) to help you spot ticks more easily.
- Do a full body tick check after being outside in areas with tall grass or woods.

**TICK REMOVAL**
- Using tweezers, grab the tick close to the skin and pull upwards (away from the skin).
- Do not twist, yank, or burn the tick during removal.
- Clean the bite site and your hands with rubbing alcohol or soap and water after removing the tick.

Images courtesy of the Centers for Disease Control and Prevention.

More Information

**TICK SAFETY GUIDE**

Wisconsin Department of Health Services
Deer or blacklegged ticks can spread Lyme disease, babesiosis, anaplasmosis, certain species of ehrlichiosis, and Powassan virus. These ticks are found throughout Wisconsin.

Lone Star ticks can spread ehrlichiosis. These ticks are less common in Wisconsin. The females have a white dot on their back.

Wood or dog ticks can spread Rocky Mountain spotted fever and tularemia. These ticks are common throughout Wisconsin, but very rarely spread disease in our state.

TICK BITES CAN MAKE YOU SICK

- Symptoms of illnesses spread by ticks can range from mild to severe. They can include fever, chills, sweats, rash, muscle aches, joint pain, headache, fatigue, nausea, and vomiting.

- It is important to treat illnesses spread by ticks early.

Talk to your doctor if you have any of the symptoms above within 30 days of a possible tick bite.
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<thead>
<tr>
<th>Ayaabadakin Gitigeng</th>
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<tbody>
<tr>
<td>(Gardening Tools)</td>
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<tr>
<td><strong>bakizhigan</strong></td>
<td><strong>minjikaawanag</strong></td>
</tr>
<tr>
<td><em>(hand clippers)</em></td>
<td><em>(gloves)</em></td>
</tr>
<tr>
<td><strong>biigwakamiga’igan</strong></td>
<td><strong>nibii’akik</strong></td>
</tr>
<tr>
<td><em>(hoe)</em></td>
<td><em>(watering can)</em></td>
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<tr>
<td><strong>binaakwe’iganes</strong></td>
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<tr>
<td><em>(small cultivator)</em></td>
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<tr>
<td><strong>chimoozhwaagan</strong></td>
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<tr>
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<tr>
<td><em>(wheelbarrow)</em></td>
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<tr>
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<tr>
<td><em>(hand shovel)</em></td>
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<tr>
<td><strong>gwaabawaawangwaan</strong></td>
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<tr>
<td><em>(shovel)</em></td>
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<td><strong>jiishakamiga’igan</strong></td>
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<tr>
<td><em>(rake)</em></td>
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<tr>
<td><strong>makakoons</strong></td>
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<tr>
<td><em>(basket)</em></td>
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Giizis Gizhookawaan

Omisheenyan milnawaa oshimeyana
nookaznaamowaaad
Ogasheewaaginoo-gizhigoon
Oswaa nibe-dibikadoon
Waazakonejiganaa-waabandizowinana
Gakina inaandeg gimiwang
Ikidowinana ata ndo'mazina'igananing
Abita ata ezhinimiliyaan
Mii odewaa nagamowaaad

Warmed by the Sun

The sisters use:

Their mother's long days
Their fathers sleepy nights
Mirrors with lights
All the colors of the rain
From my books, the words only
From my dance, every other step
From their hearts, their own songs

Author: Margaret Noodin
Aayaanikoobii’an
daataangibii’igaadeg.

M_m_ngw__
Waabigwanikaa
SUMMER 2019 TERM:

Instructor: Drew Emmert

Our staff provides a range of services, programs, and resources to support student learning. Through individualized and group instruction you can:

- Obtain academic support for classes you are enrolled in
- Enhance academic skills for classroom success prior to enrollment
- Learn test taking strategies and study skills
- Obtain basic computer skills

Enroll anytime and attend the days and times that work for you.

GED/HSED

Individuals interested in earning their GED/HSED will participate in a state required orientation and assessment. Instructors then develop an individualized learning plan that will accommodate each individual.

HOURS
Tuesday & Thursday
9:00 a.m. – 2:00 p.m.

For more information call
715.682.4591, ext. 3118
52 Proven Stress Relievers

The Bob Hope International Heart Research Institute, Seattle, WA

1. Get up 15 minutes earlier in the morning.
2. Prepare for the morning the evening before.
3. Don’t rely on your memory.
4. Do nothing, which after being done, leads you to tell a lie.
5. Make duplicates of all keys.
6. Practice preventative maintenance.
7. Eliminate (or restrict) the amount of caffeine in your diet.
8. Whatever you want to do tomorrow, do today: whatever you want to today, do it now.
10. Don’t put up with something that doesn’t work right.
11. Plan to arrive early.
12. Be prepared to wait.
13. Always set up a contingency plan, “just in case.”
15. Count your blessings.
16. Ask questions and repeat back.
17. Say “NO.”
18. Unplug your phone.
19. Turn “needs” into preferences.
22. Take a hot bath or shower (or a cool one, in summer) to relieve tension.
23. Wear earplugs.
24. Get enough sleep.
25. Organize your home and workspace so that you know where things are.
26. Check your breathing.
27. Write your thoughts and feelings down.
28. Try yoga techniques.
29. Inoculate yourself against a feared event.
30. Take a break.
31. Get up and stretch periodically.
32. Select environments (work, home, leisure) which are in line with your personal needs and desires.
33. Learn to live one day at a time.
34. Everyday, do something you really enjoy.
35. Add an ounce of love to everything you do.
36. Talk it out.
37. Do something for somebody else.
38. Focus on understanding rather than on being understood, on loving rather than being loved.
39. Do something that will improve your appearance.
40. Schedule a realistic day.
41. Become more flexible.
42. Eliminate destructive self-talk.
43. Use your weekend time for a change of pace.
44. Take care of the today’s as best as you can, and the yesterdays and tomorrows will take care of themselves.
45. Do one thing at a time.
46. Allow yourself time, every day, for privacy, quiet and introspection.
47. Do unpleasant tasks early in the day and get them over with.
48. Learn to delegate responsibility to capable others.
49. Don’t forget to take a lunch break.
50. Count to 1,000.
51. Have a forgiving view of events and people.
52. Have an optimistic view of the world.
Addressing Gun Safety in the Home

FACTS ABOUT THE RISKS OF GUNS
1. Guns are lethal—whether due to accident, or by other-directed or self-directed violence.
2. When the use of a gun is for violence toward self or others, it usually involves an IMPULSIVE ACT and, unfortunately, an act that CANNOT BE UNDONE.
3. Therefore, creating barriers to impulsive act or to an accident with a weapon is a very important strategy to prevent suicide and promote safety in the home.
4. In a moment of crisis, suicide may seem like the best option; however, situations that drive suicide urges and intent are momentary - difficult situations do improve.
5. Most people who attempt suicide and live, are very glad they’re still alive!

CREATING BARRIERS
1. The best strategy to prevent unintended death by guns is to ensure there is no access to guns, which is accomplished by removing the guns from the home and other areas of easy access.
2. Locking a gun in a gun cabinet and giving the key or combination to others, especially during times of risk of violence, creates a barrier to an impulsive act.
3. Placing gun locks on the guns and giving the keys to someone else for safe keeping, is another strategy to reduce impulsive, deadly violence.
4. Finally, removing all bullets from access, or locking them up separately, without access by key or combination, can also be effective method to prevent gun violence.
Gun safety matters ... because no one can unfire a firearm.

For someone in crisis, a locked firearm can mean the difference between a tragic outcome and a life saved. Though many Veterans are well-versed in gun safety, all Veterans and their families should understand how to properly handle and store firearms in the home.

**Firearms** — along with poisonings, motor vehicle crashes, falls, and suffocations — were one of the top five leading causes of injury-related deaths nationwide in 2013.

A 2012 study showed that firearms could be found in roughly 34% of homes nationwide.

— National Center for Injury Prevention and Control, 2013

The risk of unintentional firearm deaths among youths drops by 80% when guns and ammunition are stored separately in a lockbox.

— Journal of the American Medical Association, 2005

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Take these simple steps to keep your family safe:

- Make sure firearms cannot be accessed by children and unauthorized adults by keeping guns locked and unloaded when not in use.
- Store ammunition separately from firearms and out of reach of children and unauthorized adults.
- Regularly reassess steps to ensure safe storage and use of firearms, especially during periods of increased stress or emotional crisis.

---

**Request a gunlock from your local VA Suicide Prevention Coordinator.**

Find your local SPC at VeteransCrisisLine.net/ResourceLocator.

If you or a Veteran you know is in crisis, call the Veterans Crisis Line at 1-800-273-8255 and Press 1.

---

**Veterans Crisis Line**
1-800-273-8255 PRESS 1

---

Confidential chat at VeteransCrisisLine.net or text to 838255 ——
BASIC BUDGETING
CONTROL CREDIT/MANAGE DEBT
WORKSHOP
Tuesday July 16, 2019
10 to 2 p.m.
@ Mishomis Wellness Center
Presenter: Elizabeth Lexau, MS
Extension Educator
UW-Madison Division of Extension

Basic Budgeting
• Setting goals
• Creating a spending and saving plan
• Prioritizing and organizing expenses
• Community resources that can help

Control Credit/Manage Debt
• Understanding credit scores/credit reports
• Negotiating with creditors
• Managing payments and avoiding predatory lending
• Credit Counselors and other options

Contact: Linda Dunbar
715 779 3741 ext. 2403
For registration for workshop by July 10, 2019

Lunch will be provided
UW-Madison Division of Extension
Red Cliff AODA/CAIHP grant
Lac Courte Oreilles Ojibwa Community College
Bachelors Program FAQ

What courses are being piloted?
Bachelor of Science in Business
- Global Business (Fall)
- Managerial Finance (Fall)
- Advanced Human Resource Management (Spring)
- Advanced Business Law (Spring)

Bachelor of Science in Human Services
- Methods of Practice I (Fall)
- Social Welfare: Institution and Policies (Fall)
- Methods of Practice II (Spring)
- Trauma-Informed Practice (Spring)

What are the requirements to register for the pilot?
- An associate degree or near completion of an associate degree.
- A cumulative 2.5 GPA.

Will priority preference be given to Lac Courte Oreilles Ojibwa Community College graduates?
Yes. Graduates of Lac Courte Oreilles Ojibwa Community Colleges' Associates in Small Business and Associates in Human Services will be offered first priority of application into the respective Bachelor Degree pilot courses.

Graduates of Lac Courte Oreilles Ojibwa Community College in other Associate degree programs will be offered second priority of application into the pilot courses.
All other students will be offered third priority into the pilot courses.

What is the tuition for these courses?
To be determined.

Will financial aid or scholarships be offered?
Federal Student Aid is not available to students for these pilot courses. However, Lac Courte Oreilles Ojibwa Community College is offering limited scholarships covering the cost of tuition and fees for students who meet admission requirements to enroll in any of the pilot courses.

Upon receiving full HLC accreditation, students would then be eligible to apply for Federal Student Aid. Lac Courte Oreilles Ojibwa Community College anticipates Fall 2020 as the semester in which students would be eligible to apply for Federal Student Aid for all bachelor degree coursework.

What is the timeline for accreditation?
Lac Courte Oreilles Ojibwa Community College will be offering limited pilot courses toward a Bachelor of Science in Business and Bachelor of Science in Human Services in Fall 2019.
LCO is currently seeking accreditation from the Higher Learning Commission (HLC) to offer fully accredited bachelor degree programs. These pilot courses, along with submission of the necessary application materials submitted Spring 2019, are part of the accreditation process.

HLC will review the application with an onsite visit in early Spring 2020. HLC will notify the college of its decision during late Spring or Summer 2020.

What happens if these programs are not accredited?
While we anticipate that Lac Courte Oreilles Ojibwa Community College will receive full accreditation by HLC, we believe in having back-up plans. If accreditation is not received by HLC, students who complete the pilot courses will be awarded a Tribal Business Leadership Certificate and Human Services Leadership Certificate respectively.
GLITC
RED CLIFF COMMUNITY
HEALTH CENTER

WIC for July

Appointments
Friday, July 5, 2019
Friday, July 12, 2019 (TBD)
Please keep your scheduled appointments

WIC Pick up days
(no appointment needed)
Monday, July 1, 2019
Tuesday, July 2, 2019
Monday, July 8, 2019
Tuesday, July 9, 2019

Any questions please call
Heidi @ 715-779-3707 ext. 2261
ATTENTION!

Red Cliff Transfer Station will have reduced hours on:
Saturday, July 6, 2019!

Due to holiday weekend, hours of operation will be:
8am—12:00pm.

We apologize in advance for this inconvenience.

For questions, please contact Red Cliff Environmental Dept. by calling 715-770-2650 at Transfer Station at 715-770-0171.
Doughnuts
Doughnuts are cake-like treats containing a high amount of sugar and fat that are deep-fried usually in unhealthy oils. Toaster pastries, commercial muffins and cinnamon buns are not much better.

- These fattening goodies have poor nutritional content, and should never be presented to children as acceptable breakfast choices.

It's much better to try a slice of whole-wheat toast with 100% fruit spread or peanut butter. Or, make some whole grain pancakes or waffles.

Childhood obesity is a serious problem
There are many causes of childhood obesity. These include:
- Genetics
- Not enough exercise and physical activity
- Changes in our environment
- How and what we eat

No one particular food causes obesity. But, when a child's diet is made up of too many or too much of the foods described in this brochure, the risk for obesity greatly increases. Foods very high in calories, that have too many unhealthy fats, too much sugar and no fiber can cause trouble.

Though certain high-fat foods should be limited, not all fats are bad. Fats are very important in a child's diet for growth, development and meal satisfaction. Therefore, a low-fat diet is not okay for growing children.

From a very young age, children easily get used to foods that are overly salty, lathy or sweet and easy to eat. Many kids clamor for these foods because they are made so tasty by the use of extra flavorings. It is hard for some kids to stop from eating too much of them. Some of these foods actually cause the body to always feel hungry. Many restaurants also serve big portions which override a child's natural hunger cues.

Due to the health problems that seriously overweight children can have, today's children may have shorter life spans than their parents. Also, obese children suffer from social and self-esteem issues.

It is very hard for an overweight child to lose weight. It is important to prevent this problem by helping our children to stay active and to make healthy food choices. Small changes can

Sources
- Dyan Zimmerman, Nutritionist
- Some information from article by Joe Wilkes, "9 Foods Not to Give Your Kids"

Division of responsibility
- Parents are responsible for what, when and where to feed.
- Children are responsible for how much they eat and whether to eat.

Division of Responsibility by Ellyn Satter, Nutritionist

Ten Foods That Can Lead To Childhood Obesity

Making healthier food decisions
Fast-food and eating out
Relying on eating out and take-out has become very common with our busy lifestyles.

- Some restaurants tend to serve oversized portions. Very young children stop eating when they are full, but after age 3, many kids begin to eat what they see in front of them, rather than respond to their body cues. With such large servings, kids can get used to overeating.
- Even “kids’ meals” have more than half the fat, calories, and salt than a child should eat for a whole day.
- Many eating places now offer healthier options. Choose these when eating out.

It’s much better to use time-saving recipes at home. Learn to cook extra so that a recipe makes two meals.

2 Chicken nuggets or tenders
Nuggets or tenders are ground pieces of chicken meat flavored with high-fructose corn syrup (HFCS*), salt, and artificial flavors that are pressed into nugget shapes and batter-fried in unhealthy oils.
- Nuggets are very high in fat and salt.
- The dipping sauces are high in sugar, fat, mayonnaise, or HFCS.

It’s much better to offer grilled chicken breast, cut into cookie cutter shapes. Breading always adds fat, but using a beaten egg and cornflake crumbs before baking is less fattening and adds good crunch. Dip chicken in marinara sauce or mustard.

3 Sweets
There is a place for some sweetness in the daily diet. However, added sugars are finding their way into many of our non-dessert foods. And, pastries, cookies, and candy are being used as treats throughout the day.
- Do not offer kids sweets or dessert as a bribe or a reward for good behavior or for eating other foods.
- Keep sweets in the home out of sight. If they are visible, the child may choose them over more nutritious foods.
- Very sweet foods increase the craving for salty foods. Avoid too many sweets to keep balance in the diet.
- Choose low-sugar whole grain cereals.

It’s much better to offer a sweet like fruit, oatmeal or peanut butter cookies, fruit cobblers, or pudding as part of a snack or meal.

4 Fatty and highly processed meats
Some meats like hot dogs, ground beef, sausages and lunch meat add a lot of unhealthy fats and salt to the diet.
- Popular pre-packaged kids’ lunch meals contain highly processed meats with artificial colorings, flavorings and crackers made with unhealthy fats.
- Many prepared foods load on the high-fat meats.

It’s much better to buy unprocessed meats like lean turkey breast, canned chicken or roast beef for sandwiches. Serve on whole wheat bread. Use cookie cutters to make into fun shapes. Cook with lean ground beef, ground turkey, stew meat, chicken breasts, fish fillets, beans and eggs to provide good quality protein.

5 Chips and bagged snacks
It’s far too easy to eat too many of these popular snacks without even thinking about it. Chips are full of fats and calories that add up quickly.
- Most bagged varieties are flavored with unhealthy ingredients.
- Very salty foods increase the craving for sweet foods.
- Kids do need to have snacks. Their stomachs are smaller and they can’t go as long between meals as adults do.

It’s much better to have kids snack on cut up vegetables and fruits, rice cakes, baked chips, small sandwiches or cheese slices and crackers.

6 Pizza and cheese-loaded foods
Pizza, burritos, nachos, cheese sticks, calzones, hot subs and any hot stuffed dough pockets of food fall into this category.
- On occasion these are all foods that can be enjoyed. However, commercial and frozen versions of these types of foods often come in large portions and are topped or filled with high-fat beef, sausage and pepperoni.
- These types of foods add up in calories and fats very quickly.
- These types of foods are very high in salt.
- It is very easy to over-eat on these types of foods for quick and easy meals.

It’s much better to make your own pizza from scratch. Try pre-made whole wheat crusts or dough, and use healthy ingredients like diced chicken breast, sliced turkey dogs and vegetables for toppings. Or, make your own burritos and tacos with whole wheat tortillas.

7 Soft drinks and sweetened drinks
- Soda or pop has no nutritional value.
- They are made from sugars like HFCS*, strong acids and artificial colorings usually with added caffeine.
- A typical 12-ounce can of soda has 10 teaspoons of sugar; a 20-ounce bottle has 17 teaspoons! Kids need no more than 6-10 teaspoons of added sugar from all sources in their diet per day.
- Soda does not quench thirst and contributes to tooth decay.
- Sweetened iced teas, juice drinks, sports drinks and flavored waters also contain sugars and add extra calories. Read the labels and servings carefully.
- The more soda a child drinks, the heavier kids tend to be.
- Limit diet drinks. They are also full of unhealthy ingredients and strong acids.
- Skip drinks with vitamins. Vitamins should come from food, not sweetened drinks.

It’s much better to eat fruit and to drink plain water. Offer 100% juice, limit to 4-6 ounces per day for kids 1-6 years old; and 8-12 ounces for older kids.
- Full strength juices can be diluted with extra water.

8 French fries
French fried potatoes (and onion rings) are very high in calories, fat and salt.
- Some are flavored with artificial flavors and sugars.
- They are fried in unhealthy oils.

It’s much better to have a baked potato or make your own baked french fries or sweet potato fries. Leave the skins on. Choose baked or grilled foods instead of most
**Team Wisconsin Tryout Notice**
North American Indigenous Games 2020

<table>
<thead>
<tr>
<th>Tryouts for All Sports:</th>
<th>Saturday, July 13, 2019 in Oneida, WI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration Location:</td>
<td>Oneida Nation Elementary School (Turtle School) - N7125 Seminary Road Oneida, WI <strong>Must Check in At Registration Location</strong></td>
</tr>
<tr>
<td>Check-In Time:</td>
<td>8:00 a.m. – 9:00 a.m.</td>
</tr>
<tr>
<td>Tryout Duration:</td>
<td>9:30 a.m. – 11:30 p.m. – Session #1</td>
</tr>
<tr>
<td></td>
<td>1:30 a.m. – 1:30 p.m. – Lunch on Your Own &amp;</td>
</tr>
<tr>
<td></td>
<td>1:30 p.m. – 3:30 p.m. – Session #2</td>
</tr>
<tr>
<td>Paperwork Needed:</td>
<td>1. Completed Registration Form &amp;</td>
</tr>
<tr>
<td></td>
<td>2. Copy of Tribal ID/Proof of Descendancy.</td>
</tr>
<tr>
<td></td>
<td>3. * Note - A signed Code of Conduct &amp; Birth Certificate copy is required upon being named to a team *</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sport</th>
<th>Age(s)</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletics:</td>
<td>14U, 16U &amp; 19U</td>
<td>- Southwest High School - 1331 Packerland Dr., Green Bay, WI</td>
</tr>
<tr>
<td>Baseball:</td>
<td>17U</td>
<td></td>
</tr>
<tr>
<td>Basketball, Female:</td>
<td>19U</td>
<td></td>
</tr>
<tr>
<td>Soccer, Female:</td>
<td>16U &amp; 19U</td>
<td></td>
</tr>
<tr>
<td>Softball, Female:</td>
<td>16U &amp; 19U</td>
<td></td>
</tr>
<tr>
<td>Volleyball, Female:</td>
<td>19U</td>
<td></td>
</tr>
<tr>
<td>Volleyball, Male:</td>
<td>19U</td>
<td></td>
</tr>
<tr>
<td>Archery:</td>
<td>16U &amp; 19U</td>
<td>- Norbert Hill Center – N7210 Seminary Rd., Oneida, WI (Rear of Building)</td>
</tr>
<tr>
<td>Basketball, Female:</td>
<td>16U</td>
<td></td>
</tr>
<tr>
<td>Basketball, Male:</td>
<td>14U, 16U &amp; 19U</td>
<td>- Oneida Turtle School – N7125 Seminary Road Oneida, WI</td>
</tr>
<tr>
<td>Wrestling:</td>
<td>15-18 years-old</td>
<td></td>
</tr>
<tr>
<td>Basketball, Female:</td>
<td>14U</td>
<td>- Oneida Civic Center at Site I - 2913 Artley Street Oneida, WI</td>
</tr>
<tr>
<td>Volleyball, Female:</td>
<td>16U</td>
<td>- Oneida Fitness Center - 2840 West Point Road Green Bay, WI</td>
</tr>
<tr>
<td>Golf:</td>
<td>16U &amp; 19U</td>
<td>- Thornberry Creek at Oneida - 4470 N Pine Tree Rd., Oneida, WI ($20 per golfer - 18 holes walking, times start @ 9:15 a.m.)</td>
</tr>
<tr>
<td>Lacrosse Box:</td>
<td>16U &amp; 19U</td>
<td>- Cora House Park, [3179 - 3245] Jonas Circle, Oneida, WI 54155 (Northeast side of circle)</td>
</tr>
<tr>
<td>Swimming</td>
<td>14U, 16U &amp; 19U</td>
<td>- Must be present to register &amp; submit times</td>
</tr>
</tbody>
</table>

Information Contact(s)

Lisa Summers:  Oneida Tribal Representative
920-819-4853  LSUMMER2@oneildanation.org

Lori Hill: 920-490-3803  LHILL4@oneildanation.org

Chris Cornelius: 920-969-4494  CCORNE4@oneildanation.org
The Red Cliff Band is accepting applications for the following positions:

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

**Enrollment Clerk**
**DEADLINE: July 2, 2019 @ 4:00pm**

**Bailiff**
**DEADLINE: July 3, 2019 @ 4:00pm**

**Data Entry Assistant, Wellness Curriculum Project**
**DEADLINE: July 3, 2019 @ 4:00pm**

**Project Coordinator, Wellness Curriculum Project**
**DEADLINE: July 3, 2019 @ 4:00pm**

**Family Violence Sexual Assault Victim Advocate**
**DEADLINE: July 3, 2019 @ 4:00pm**

**Transfer Station Manager**
**DEADLINE: July 8, 2019 @ 4:00pm**

"The Hub of the Chippewa Nation"
Medical Assistant  
DEADLINE: Open Until Filled.

Planning Administrator  
DEADLINE: Open Until Filled.

Chief Financial Officer  
DEADLINE: Open Until Filled.

Tribal Law Enforcement Officer – Part-time  
DEADLINE: Open Until Filled.

Farm Community Health Representative – 2 positions  
DEADLINE: Open until filled

Dental Assistant  
DEADLINE: Open Until Filled

Tribal Aging and Disability Resource Specialist  
DEADLINE: Open Until Filled

Physical Therapist – Part-time  
DEADLINE: Open Until Filled

Early Head Start Center Based Teacher – 1 Position  
DEADLINE: Open Until Filled

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

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

For complete job descriptions, and other openings, to complete an application and background disclosure visit our website at www.redcliff-nsn.gov or call 715-779-3700 ext. 4268 with any questions.

“The Hub of the Chippewa Nation”
EMPLOYMENT OPPORTUNITIES
(Red Cliff-Based)

Boys & Girls Club
   Youth Worker
   Deadline: Open Until Filled

Legendary Waters
   Accounts Payable Clerk
   Bartender
   Beverage Server
   Cage Cashier
   Campground-Marina Attendant
   Dishwasher
   Event Center Staff
   Gift Shop Cashier
   Host/Hostess
   Line Cook
   Prep Cook
   Shuttle driver
   Snack Bar Cook
   Surveillance Operator
   Table Games Dealer
   Wait Staff
   Deadline (All Positions):
   Open Until Filled

Noojimo’iwewin Center/ Red Cliff
Minobimaadiziwin Gitigaanin Farm
   Farm Community Health Representative
   (Seasonal) – 2 Positions
   Deadline: Open Until Filled
   Parent Tree Coordinator
   Deadline: Open Until Filled

Red Cliff Community Health Center
   Dental Assistant
   Medical Assistant
   Physical Therapist (Part-Time)
   Seasonal Community Health Representative - GHW/C
   Deadline (All Positions):
   Open Until Filled

Red Cliff Court House/Law Enforcement
   Bailiff
   Deadline: 3 July 2019
   Tribal Law Enforcement Officer (Part-Time)
   Deadline: Open Until Filled

Red Cliff Elderly Services Program
   Tribal Aging & Disability Resource Specialist
   Deadline: Open Until Filled
   On-Call Assistant Cook
   Deadline: Applications Accepted Year-Round

Red Cliff Human/Family Services
   Family Sexual Assault Victim Advocate
   Deadline: 3 July 2019

Red Cliff Library (Ginanda Gikendaasomin)
   Data Entry Assistant for Wellness Curriculum
   Project Coordinator for Wellness Curriculum
   Deadline (Both Positions):
   3 July 2019

Tribal Administration
   Enrollment Clerk
   Deadline: 2 July 2019
   Planning Administrator
   Deadline: Open Until Filled

Red Cliff Early Childhood Center
   Early Head Start Center-Based Teacher
   (1 Position)
   Substitute Assistant Teacher
   Deadline (All Positions):
   Open Until Filled

For further information regarding positions at the ECC, please contact:
Red Cliff Band of Lake Superior Chippewa Human Resources
Department 88455 Pike Road Bayfield, WI 54814
www.redcliff-nsn.gov
ashley.poehl@redcliff-nsn.gov (715) 779-3700 ext. 4268
diane.cooley@redcliff-nsn.gov (715) 779-3700 ext. 4267
Employment Opportunities

Bayfield Rec Center
  Cleaner

Kerr Studio & Gallery
  Art Gallery Sales

Kickapoo Coffee
  Café Coordinator

Maggie’s
  Bartenders, Cooks, Dishwashers,
  Hosts, Prep Cooks, and Servers

Old Rittenhouse Inn
  Front Desk/Guest Services
  Representative
  Housekeeper/Cleaning Staff
  Line Chef: AM & PM Shifts

Pier Plaza Restaurant & Lounge
  Prep Cooks, Line Cooks, Hostess,
  Bussers, Ice Cream Attendant,
  Dishwashers, Housekeepers,
  Bartenders, and Waitstaff

Superior Body Massage & Spa
  Massage Therapist
  Nail Technician

Wilderness Inquiry
  Outdoor Leader

NOTE:
Many of the listed positions are seasonal
<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
</table>
| **Closed** | 1 Closed BFI | 2 **Cultural Night**  
Traditional Nature Activities  
1-2  
Language table 2-3  
Open Gym/Teen | 3 **BFI 4-6p**  
Bayfield Pool 1-5p  
Lacrosse 2-4p  
T-Ball Practice 5p  
Hoop dance 4-6p  
Open Gym/Teen | 4 **Closed** | 5 R.C. Powwow  
Closing at 4pm | 6 R.C. Powwow  
Closed |
| 7 **R.C. Powwow** | 8 Closed BFI | 9 **Cultural Night**  
Language table 2-3  
Open Gym/Teen | 10 **BFI 4-6p**  
Bayfield Pool 1-5p  
Lacrosse 2-4p  
T-Ball Practice 5p  
Hoop dance 4-6p  
Open Gym/Teen | 11 Walk Club 4-5p  
RC Junior Officer 5-6p  
Peer Specialist 5-6p  
Open Gym/Teen | 12 **Raspberry 1:30-3p**  
Movie Night @ the Club  
5:30p  
Lacrosse 4-6p  
T-Ball Game 5:30p  
Open Gym/Teen | 13 **Outdoor Fun Day**  
(Depending on weather)  
1-4p  
T-Ball Game 5:30p  
Open Gym/Teen |
| 14 **Closed** | 15 Closed BFI | 16 **Cultural Night**  
Traditional Nature Activities  
1-2  
Language table 2-3  
Open Gym/Teen | 17 **BFI 4-6p**  
Bayfield Pool 1-5p  
Lacrosse 2-4p  
T-Ball Game 5:30p  
Hoop dance 4-6p  
Open Gym/Teen | 18 Peer Specialist 5-6p  
Badminton 1-3p  
Open Gym/Teen | 19 Movie Night @ the Club  
5:30p  
Open Gym/Teen | 20 **Bayfield Pool 3-6**  
T-Ball Game 5:30p  
Open Gym/Teen |
| 21 **Closed** | 22 Closed BFI | 23 **Cultural Night**  
Traditional Nature Activities  
1-2  
Language table 2-3  
Open Gym/Teen | 24 **BFI 4-6p**  
Traditional Nature Activities  
1-2  
Bayfield Pool 1-5p  
Lacrosse 2-4p  
Hoopen dance 4-6p  
Open Gym/Teen | 25 Peer Specialist 5-6p  
RC Junior Officer 5-6p  
Open Gym/Teen | 26 Movie Night @ the Club  
5:30p  
Lacrosse 4-6p  
Open Gym/Teen | 27 **Local Beaches 1-3**  
4 Square 4-5  
Open Gym/Teen |
| 28 **Closed** | 29 Closed BFI | 30 **Cultural Night**  
Language table 2-3  
Open Gym/Teen | 31 **BFI 4-6p**  
Traditional Nature Activities  
1-2  
Lacrosse 2-4p  
Korean Culture Exchange  
Hoop dance 4-6p  
Open Gym/Teen | | | |

**Healing Circle Walk-Run:** July 16th-17th  
Activities subject to change please call ahead  
715-779-3722 thank you B&Gs Staff
### Noojimo’iwewin Center Activities

**Miini-Giiizis ~ July 2019**

**Blueberry Moon**

37450 Water Tower Rd, Red Cliff  Call for more information: 715-779-3508

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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<tbody>
<tr>
<td>Open 10am – 6:30pm</td>
<td>Open 8 am – 8 pm</td>
<td>Open 8am – 4:30pm</td>
<td>Open 8 am – 8 pm</td>
<td>Open 8am – 4:30pm</td>
<td>Open 8 am – 8 pm</td>
<td>Open 10 am – 6:30pm</td>
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</thead>
<tbody>
<tr>
<td>![Fireworks]</td>
<td>Closed 8 – 9:15am</td>
<td>VRNA 1:00 – 8:00pm</td>
<td><strong>Closed Independence Day Holiday</strong></td>
<td>AA 6:00 pm</td>
<td>Red Cliff Powwow</td>
<td>Red Cliff Powwow</td>
</tr>
<tr>
<td>Sharing Circle 5:00 – 7:00pm</td>
<td>Painting 1 – 4pm</td>
<td>Wellbriety 6:00 – 8:00pm</td>
<td></td>
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<td>Nooji Sober 498 – 11pm</td>
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</tr>
</thead>
<tbody>
<tr>
<td>![Fireworks]</td>
<td>Painting 1 – 4pm</td>
<td>VRNA 1:00 – 3:00pm</td>
<td>Wellbriety 6:00 – 8:00pm</td>
<td>Men’s Group 2:00 – 3:00pm</td>
<td>AA 6:00 pm</td>
<td>Open 10am – 6:30pm</td>
</tr>
<tr>
<td>Sharing Circle 5:00 – 7:00pm</td>
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<td>Wellbriety 6:00 – 8:00pm</td>
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</tr>
</thead>
<tbody>
<tr>
<td>Open 10am – 6:30pm</td>
<td>Share Circle 5:00 – 7:00pm</td>
<td>Beadwork 1 – 3pm</td>
<td>VRNA 1:00 – 3:00pm</td>
<td>NA 10 – 12</td>
<td>AA 6:00 pm</td>
<td>Open 10am – 6:30pm</td>
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<td></td>
<td>Wellbriety 6:00 – 8:00pm</td>
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<th>22</th>
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</thead>
<tbody>
<tr>
<td>Open 10am – 6:30pm</td>
<td>1st Anniversary Celebration 5:00pm</td>
<td>VRNA 1:00 – 3:00pm</td>
<td>NA 10 – 12</td>
<td>Men’s Group 2:00 – 3:00pm</td>
<td>AA 6:00 pm</td>
<td>Antler Dreamcatchers 1 – 4 pm Open 10am – 6:30pm</td>
</tr>
<tr>
<td>Sharing Circle 5:00 – 7:00pm</td>
<td></td>
<td>Wellbriety 6:00 – 8:00pm</td>
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<th>29</th>
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<th>32</th>
<th>33</th>
<th>34</th>
<th>35</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer Gathering at Old Powwow Grds</td>
<td>Summer Gathering at Old Powwow Grds</td>
<td>No VRNA Closed 2 – 3pm</td>
<td></td>
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</tr>
<tr>
<td>Sharing Circle 5:00 – 7:00pm</td>
<td></td>
<td>Wellbriety 6:00 – 8:00pm</td>
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**AA** = Alcoholics Anonymous  
**Wellbriety** = Native 12-step Recovery  
**NA** = Narcotics Anonymous  
**VRNA** = Vocational Rehab for Native Americans
<table>
<thead>
<tr>
<th>Mon</th>
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<th>Sat</th>
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</thead>
<tbody>
<tr>
<td>1 Hamburger/Bun Tater Tots Cottage Cheese Pears</td>
<td>2 Ham Slices Cheesy Potato Bake Asparagus Pudding</td>
<td>3 Chicken Vegetable Noodle Soup Ground Bologna Sandwich Peaches</td>
<td>4 <em>No Work</em> Tribal Holiday</td>
<td>5 Grilled Sausage, Potato &amp; Green Bean Bake/Bun Pineapple</td>
<td>6 Sack Lunch Turkey &amp; Cheese Chips Carrot sticks Mandarin Oranges</td>
</tr>
<tr>
<td>8 Chili Corn Bread Mandarin Orange</td>
<td>9 Turkey and Provolone Pita Pocket Chips/ Cottage Cheese/ Tropical Fruit</td>
<td>10 Kielbasa Sausage Scalloped Corn Caesar Salad Cantaloupe</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 Cold Tuna Veg Mac Salad Bun Apple Sauce</td>
<td>16 Liver &amp; Onions Mashed Potato Calif. Veg Blend Banana</td>
<td>17 Beef Pepper Steak Rice Cottage Cheese Pear</td>
<td>18 Chef Salad (Lettuce, Tomato, Cuke, Eggs, Turkey, Bread Stick/Pineapple</td>
<td>19 Break fast Bacon, Oatmeal, Hash Brown, Scrambled Egg Mandarin Orange</td>
<td>20 Sack Lunch Ham &amp; Cheese on Rye Bread 3 Bean Salad Banana</td>
</tr>
<tr>
<td>29 Chicken Bacon Ranch Macaroni Salad (Mac, Bacon, Red Onion, Cheese) Pineapple</td>
<td>30 Turkey Burgers Potato Wedge Baked Beans Apple Sauce</td>
<td>31 Taco Pizza (hamburger, lettuce, tomato, cheese) Melon</td>
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## JULY 2019

### AABITA NIIBINO GIIZIS

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<th>Nitam Anoki-giizhidag</th>
<th>Niizhoo-giizhidag</th>
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<th>Niiyo-giizhidag</th>
<th>Naano-giizhidag</th>
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</thead>
<tbody>
<tr>
<td>1B FR Toast Stix, Raspberries, Trk BK</td>
<td>2B Cheerios, Pears, CC, Muffin</td>
<td>3B Oatmeal, Blueberries, WG Toast, PB</td>
<td>ECC/TRIBE CLOSED INDEPENDENCE DAY</td>
<td>No ECC School Day Home Base</td>
</tr>
<tr>
<td>S Nilla WF/Milk</td>
<td>S Cheese ST/Cracker</td>
<td>S Gr Cracker/Milk</td>
<td>L Pizza, Salad, Carrots, Pineapple, Jello</td>
<td>S Parfait/Granola</td>
</tr>
<tr>
<td>L Chx Wrs, WG BR St, Salad, Canta;Loupe</td>
<td>L WG HMB HD, Tator Tot, TR Fruit, Corn</td>
<td>S Broccoli/CC Dip</td>
<td></td>
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<tr>
<td>S Mn Orng/Ted Gr</td>
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<tr>
<td>8B Pancakes, Berries, Trk Bacon, S Muffin/Milk</td>
<td>9B Rice Crispies, CC, Pears, WG Eng Muffin</td>
<td>10B Malto Meal, Blueberries, WG Toast, PB</td>
<td>11B HB Oat, Banana, Muffin</td>
<td>12B Eggs, WG Toast, Pears, CC</td>
</tr>
<tr>
<td>L Hamb Gravy, MPot, Corn, Apples, WG Br</td>
<td>S Nutra Bar/Milk</td>
<td>S Gr Cracker/Milk</td>
<td>S Oatmeal Rnd/Milk</td>
<td>S Teddy Gr/Milk</td>
</tr>
<tr>
<td>S Fr Cup/GR Crakr</td>
<td>L Ham Salad, Peas, IT Veggie, Honeydew</td>
<td>L Watermln Sp, Brocc, Salad, Craker/Chees</td>
<td>L BBQ Chix, Slaw, BK Bean, Honeydew</td>
<td>L Chik Nugget, Fries, Applesauce, Gr Bean</td>
</tr>
<tr>
<td></td>
<td>S Carrot/Hummus</td>
<td>S Smoothie/Goldfish</td>
<td>S Cauliflower/CC Dip</td>
<td>S Peach/CC</td>
</tr>
<tr>
<td>15B Egg Combos, Apples, YGT</td>
<td>16B Cornflakes, Hndew, CC, Bagel</td>
<td>17B FR Stix WG, CC, Peaches</td>
<td>18B Rice Chex, Banana Ygt, WG ENG Muffin</td>
<td>19B Malto Meal, Berries, CC, Bagel</td>
</tr>
<tr>
<td>S Cracker/Cheese</td>
<td>S Gr Cracker/Milk</td>
<td>S Cheese IT/Milk</td>
<td>S Waffle/Pudding</td>
<td>S Gr Cracker/Milk</td>
</tr>
<tr>
<td>L Salisbury Stk, MPT</td>
<td>L Chef Salad, Raspberries, Ham Snd, Itvg</td>
<td>L Tomato Sp, Gr Chez, Peas, Tr Fruit</td>
<td>L Mongolian Beef, Br Rice, Mango, CC, Brocc</td>
<td>L Pizza, Tr Fruit, Carrots, CC</td>
</tr>
<tr>
<td>Pears, Green Bean</td>
<td>S Carrots/CC Dip</td>
<td>S Camping Bear/Juice</td>
<td>S Veggie/Hummus</td>
<td>S PB Nana Sm/Crakcr</td>
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<tr>
<td>S Fr Cocktail/Goldf</td>
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</tr>
<tr>
<td>B22 Eggs, WG Toast, PB, Apples, YGT</td>
<td>B23 HB Oats, Blueberries, CC</td>
<td>B24 WG FR Toast Stix, Raspberries, YGT</td>
<td>Graduation 10-12</td>
<td></td>
</tr>
<tr>
<td>S Cheese IT/Milk</td>
<td>S Nutra Gr Bar/Milk</td>
<td>S Oatmeal Rnd/Milk</td>
<td></td>
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</tr>
<tr>
<td>L Fish Nugget, Fries, Salad, IT Veg, Pears</td>
<td>L Tacos, Mango, YGT, Gr Beans</td>
<td>L Pizza, IT Veggie, Pears, Peas</td>
<td></td>
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<tr>
<td>S TEDDY GR/M ORANG</td>
<td>S Smoothies/Goldfish</td>
<td>S Parfaits/Granola</td>
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</tbody>
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### ECC Summer Gathering

### Menu Subject Change

### Skim Milk Served with Meals 1-2 Yr Whole