ECC Enrollment

Do you know a pregnant woman or child ages 0-5 living in Red Cliff or the surrounding area? Have they applied for services at the ECC? Fall enrollment for Head Start, Early Head Start classrooms Waabooz (infant room) and Esiban (18-36 mo. old room) and Home Based (prenatal and children ages 0-3) are accepting applications. Don't wait, get yours done now! Call the ECC (715) 779-5030 ext 2533 and talk with Jenny or complete one from the ECC website www.redcliffecc.org or stop in to get an application in the main office.

Home Based will have several openings in the fall. They offer weekly home visits in your home or place of choice such as the ECC, library or other setting. They provide educational resources and experiences for children that the home setting can support.

The Red Cliff Early Childhood Center will also be offering 4K in the fall for children who are four by September 1st, 2018. If your child is a returning Head Start student, please see your teacher or Jenny for an application. 4K will provide an individualized, enriching school-readiness experience with a licensed 4K teacher within the Head Start classrooms.

Summer School Matters

We strongly encourage every student to be at school every day possible during the summer months! We know it is tempting to keep your little ones home because their siblings are home or they just want to stay home and enjoy the nice weather. However, we have many, many fun things planned for the summer months and will be spending lots of time outdoors enjoying everything the summer has to offer. Send extra clothes—your child may get wet, dirty or muddy enjoying the extra fun activities! If you are thinking sending your child for full days is too much—we encourage you to consider them being at school from 7:45 until 12:00 (noon). Remember—we are preparing children for lifelong learning and every day at school matters.

May attendance was amazing!! EHS center based had an average daily attendance of 88% and H5 was 87%. Way to go families!!
**School held Monday through Friday from 7:45am-3:00pm unless otherwise indicated**

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<td><strong>Bayfield Last Day of School Early Release 12:45pm Home Base Social</strong></td>
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<tr>
<td><strong>HAPPY FATHER'S DAY!</strong></td>
<td><strong>ECC CLOSED Staff InService ECC Picnic Lt. Sand Bay 10-12</strong></td>
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<td><strong>24</strong></td>
<td><strong>ECC Dance Party 12-3 @ Legendry Waters</strong></td>
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May 2018

Monthly Attendance

Head Start: Melvin Poch
Early Head Start: Mertell Bender

In the **Early Head Start** we had a total of **19** out of **32** students that met the perfect attendance requirement.

- Waabooz: 4 Children
- Amik: 8 Children
- Makwa: 5 Children
- Esiban: 2 Children

In the **Head Start** we had a total of **26** out of **50** students that met the perfect attendance requirement.

- Migizi: 10 Children
- Maiingan: 7 Children
- Mashkodedibzhiki: 9 Children
Meeting called to order by Cheri Defoe @ 9:01 am

Policy Council Members Present: Cheri Defoe, Joanne Peterson, Rebecca (Becca) Miller, Devon Defoe and Shannon Johnson

Policy Council Members Absent: Melody Hanson, Andrea (Auna) Bresette

Others Present: Nicole Boyd, Head Start Director; LaVonne Goslin, Early Head Start Director; Cindy Garrity, Family Services Manager, Lori Duffy, Nutrition Manager, Patt Kenote DePerry. Health Manager, Jamie Goodlet, Education Manager

Approval of Agenda
Becca motion to approve the agenda, seconded by Shannon, all in favor, motion carried.

Approval of Minutes
Becca motioned to approve March 13th, 2018 minutes with changes needed, seconded by Devon, all in favor, motion carried.

Financial reports
Policy Council was provided the Early Head Start and Head Start financial reports, in discussion, the ECC will be looking at budget modification for vehicle and bus maintenance. No action needed.

Program Summary
Policy Council was updated with the monthly program numbers and informed that the attendance for March was great despite the having only on bus at times. No action needed.

Menu:
Policy Council Reviewed Menu for May 2018 and at this time had no questions. Joanne motion to approve menu for May with corrections, second by Becca, all in favor, motion carried.

2017-2018 Nutrition Plan
Policy council went through the plan with Lori, one change needs to be added. Motion by Becca to approve the 2017-2018 Nutrition plan with change, second by Joanne, all in favor, motion carried.
2017-2019 Environmental Health & Safety Plan
Patt explained the changes that needed to be made because of the performance standards and some parts needed updates. In discussion on The ECC follows the disaster preparedness plan which comes from Bayfield County. Now the Tribe is presently working on developing one of their own. Patt will follow up and meet with the Tribal Council. Motion by Becca to approve 2017-2019 Environmental Health & Safety Plan with changes, second by Joanne, all in favor, motion carried.

2017-2018 Health Service Plan
Patt acknowledged Mikayla for all the work she put into putting this plan together, the plan still needs to have some information added but it looks great. Motion by Joanne to approve 2017-2018 Health Service Plan with changes, second by Becca, all in favor, motion carried.

School Readiness Goals
Jamie explained how important the school readiness data is, by collecting the information of where children are at weather they are below, meets or exceeds the checkpoints during each quarter. This information then tells us what trainings we need to send our teachers so they can work on helping those students that need work in those domains of developing. Very important data to the ECC. No action is needed.

Other
*Federal Review week discussion. Nicole updated the Policy Council that our Federal review will be during the week of April 30th and that they will need to meet with Policy Council. The day we would like to set up with them would be May 1st at 9:30 am. The Policy Council said that time would work for them. Nicole gave them a brief update of what is to be expected.

*Ratify Poll Vote for Home Base Teacher.
Motion by Shannon to Ratify poll vote for Home Base Teacher, second by Becca, all in favor, motion carried.

*Next Policy Meeting will be May 8th, 2018 at 9:00 am

Executive
Nothing at this time.

Adjourn
Motion by Joanne to adjourn @ 10:00 am, second by Becca, all in favor, motion carried.

Policy Council ____________________________ Date ____________________________

Minutes taken by Cindy Garrity, Family Services Manager
Meeting called to order by Joanne Peterson @ 1:12 pm

Policy Council Members Present: Joanne Peterson, Andrea (Aura) Bresette Shannon Johnson and Rebecca (Becca) Miller by phone.

Policy Council Members Absent: Melody Hanson, Devon Defoe, Cheri Defoe

Others Present: Nicole Boyd, Head Start Director; LaVonne Goslin, Early Head Start Director; Cindy Garrity, Family Services Manager

Approval of Agenda: Shannon motion to approve the agenda with correction, seconded by Shannon, all in favor, motion carried.

2018-2019 Calendar: Nicole explained to the policy council that the calendar was brought to management staff and teaching staff looking for ideas or open for question they might have regarding the changes on the calendar. The changes on the 2018-2019 calendar for Head Start will be that there will be no Fridays. Head Start do not have to have as many hours or days as the Early Head Start does. The Head Start staff did compile a list of reason why they would like no Fridays. Nicole walked the policy council through the list. Early Head Start Director has a concern with no Head Start classes on Friday’s child care may become an issue. Will need more discussion on this matter.

Motion by Shannon to approve the calendar for 2018-2019 school year, second by Auna, all in favor, motion carried.

Other: None at this time

Executive: None at this time

Adjourn: Motion by Auna to adjourn at 1:36 pm, second by Shannon, all in favor, motion carried.

Policy Council

Date

Minutes taken by Cindy Garrity, Family Services Manager
Dear Parents,

Your children have been very much enjoying our playground. They have been busy working on their climbing skills. We also go on walks talking about what we see.

As we head toward the end of the school year, it seems amazing to think of how much your children have grown since September. Being part of your children’s development is an honor.

All of your children seem to enjoy all that we do; especially reading books, singing and playing with their friends. We look forward to another great month!

Miss Maggie, Mr. Fred and Miss Lulu
Amik News

Wow!! This year is going by fast. We are already in the Month of June. For this month we will be learning about berries, a ball study, and summer. Some things we will be doing is making art projects, playing in the sensory table, reading books, and singing new songs. While outside we will be learning how to ride bikes and use the pedals. In the month of May our theme was bugs, flowers and transportation. All the children enjoyed the activities that had to do with busses, firetrucks, and tractors. We also worked on learning our shapes by using a shape sorter, and also our colors by talking about the colors we see daily.

*Parent Information:* We will be going outside as much as possible this summer due to the cold months and being inside on most days. So please make sure your child is dressed in weather appropriate clothing. During the summer months it can get warm out. Make sure they have an extra pair of shirts, shorts, and a sweater in case of a chillier day. :)

What have we’ve been doing?

- Layne–Has been working on learning his shapes and colors.
- Mason–Loves pushing her babies in the strollers.
- Anthony–Loves playing with cars and the busses.
- Cynthia–Has been using her words to communicate better.
- Ezmae–Loves rocking her baby dolls in the chair.
- violet–Loves to play on the swing outside.
- Felix–Loves to play baseball and basketball outside.
- Mathias–Loves to drum and sing.
Sitting in the Makwa room, thinking about one more newsletter after this one where does the time go watched these babies grown into outstanding two and three year olds bittersweet.

Some of the fun in the Makwa room!
THIS MONTH IS ALL ABOUT BERRIES, BALL STUDY, AND CAMPING/FISHING

WE ARE STARTING TO LEARN ALL ABOUT THE SEVEN GRANDFATHER TEACHINGS.

SEVEN GRANDFATHER TEACHINGS

1.) NIBWAAKAAWIN (WISDOM)
2.) ZAAGIDWIN (LOVE)
3.) MANAADJITOWAAWIN (RESPECT)
4.) AAKODEWIN (BRAVERY)
5.) GWEKOWAADIZIWIN (HONESTY)
6.) DIBAADENDIZOWIN (HUMILITY)
7.) DEBWEEWIN (TRUTH)

THE SEVEN GRANDFATHER TEACHINGS WILL REMIND US HOW TO TREAT ONE ANOTHER AND OUR CHILDREN. EACH OF US IS RESPONSIBLE FOR TAKING CARE OF THE CHILDREN, EACH OTHER, AND MOTHER EARTH.

THE CHILDREN ARE THE ONES WHO MUST CARE FOR MOTHER EARTH TOMORROW, AND FOR THE NEXT 7 GENERATIONS TO COME.................

WE ARE STILL WORKING ON THE WORDS STOP (BAAKAA)
HELP PLEASE

NO SCHOOL FOR KIDS FRIDAY JUNE 22 AND FRIDAY JUNE 29

PLEASE REMEMBER TO PACK EXTRA CLOTHES AND SHOES BECAUSE WE ARE GETTING WET ALMOST EVERYDAY

IF YOU WILL NOT BE AT SCHOOL OR WILL BE LATE, IT IS YOUR RESPONSIBILITY TO CALL THE ESIBAN ROOM AT 779-5030 EXT. 2541 BY 9 AM EVERY TIME

IF YOUR CHILD HAS A FEVER, PLEASE KEEP THEM HOME FOR 24 HRS UNTIL AFTER THE FEVER HAS SUBSIDED

PLEASE REMEMBER TO SIGN IN AND OUT DAILY

YOU ARE ALL DOING A VERY GOOD JOB THUS FAR, AND THESE ARE JUST LITTLE REMINDERS TO KEEP US ALL GOING UNTIL THE LAST DAY OF SCHOOL ON WEDNESDAY JULY 18TH, 2018

MIGWECH! MISS ANG AND MISS AMBER

WORKING TOGETHER TO HIT THE PEGS
Maii’ingan Class

Summer is finally here and we are really excited about it. We plan on spending a lot of time outside and that normally means a lot of water play. Please be sure to send your child to school with an extra set of clothes so they can change into dry clothes if they get wet.

We also have a few field trips planned so it is really important that your child is at the school at least 15 minutes before we are scheduled to leave. We don’t want anyone to miss the bus or the fun. Notes will be sent home with more details as the trips get closer.

We will be contacting you to set up end of the year home visits if we haven’t already. We have to have them done by the end of June so we are really getting tight on time.

Miigwech to everyone for letting us spend the last year (or two) getting to know you and your children. We have truly enjoyed all of the time we have spent with your children and look forward to another year with them or watching them move on to another step in their education. We feel very fortunate as teachers to have learned from every experience we have had this year.

Enjoy your summer and have fun making new memories!!

Ms. Alicia and Ms. J
June is the gateway to summer

Mashkodebizhiki Classroom Newsletter

Ode'iminii-Giizis (Strawberry Moon)

May has come and gone. Please be sure to send your kids to school with proper outdoor clothing; tanks/t-shirts, shorts, sandals. Also send in extra clothing because we plan to get wet and messy.

Remember: Children need the freedom and time to play, Play is not a luxury. Play is a necessity.

-By, Kay Redfield Jamison

Exciting News

This upcoming month we will be investigating the outdoor BUG LIFE:

- 1st we will engage our students into the life cycle of certain bugs (Hungry Caterpillar, Grouchy Lady Bug, Busy Spider, etc.)
- 2nd we will create different kinds of bugs crafts. We may even make some edible bugs to eat; yum, yum.
- Finally, we will explore outdoors for real bug life. We will help identify bugs and what their purpose in life is.

SUMMER TIME!!!

We have finally arrived to SUMMER Time, but just around the corner is Summer Break.

2nd Step Learning: Joining in Play, Saying the Problem, Thinking of Solutions & Speaking Assertively.

- We know summer is a time for road trips and family time, so...

This month’s highlights

June 17th - Father’s Day

June 22nd - ECC CLOSED IN-SERVICE

June 29th - NO SCHOOL DAY

Please notify your teachers ahead of time if your child will not be coming to school.
Migizi News

This year flew by way too fast!

This month we will be exploring bugs, insects, butterflies, and more!
We will be working on letter identification, their sounds, how to make friends, using our words instead of our body, how to express our feelings, and much more.

We will be setting up a home visit that will take place here at the ECC, please make your appointment if you haven’t already (these are mandatory). While Miss Diann is out of work, we are thankful to have Miss Karen and Miss Tracy helping out in our classroom.
Any questions please feel free to call the classroom at 715-779-5030 ext. 2540.

Reminder...

We are closed with no children on June 22 & 29, 2018 (both are Friday’s).

Miss Linda, Miss Kathy, & Miss Karen
Happy Summer!
This school year is flying by! This month we have two
Play Dates scheduled. On the 1st, we will be at the
RC Health Center from 10am-Noon. On June 29th
we will have another social and details will be
announced at a later date. But we hope to see
everyone on both days!

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

---

**Aaniin ezhiwebak?**
*(What's happening?)*

**ECC/ZHV Socialization:** June 1st: 10:00am-Noon @ the RC Health Center

**Father's Day:** June 17th

**ECC CLOSED:** June 22nd

**No School Day:** June 29th

**Home Base Social:** June 29th: TBD

*“Apane ji-mikwendamang gaa piimiinigooyang An-
ishinaabe bimaadiziiwin!”*  
*“Always remember our teachings”*
Parking Lot Safety

Attention all visitors:
Safety First!

The Red Cliff Early Childhood Center has 82 children attending school daily, 30-35 staff coming to work daily, along with many other visitors.

The parking lot has been especially busy because of the super amazing attendance!!

On the days when we only have one bus we have even more traffic at pick up and drop off!

*Please be considerate and courteous in the parking lot.

*Do not drive or park in the fire lanes—they are for emergencies.

*Use the pedestrians walk way in the center if possible.

*Drive slow.

*Be alert for children and people walking between cars or across the parking lot.

Miigwech everyone!
Wisconsin Heat Awareness Day

JUNE 6, 2018 IS WISCONSIN HEAT AWARENESS DAY
As temperatures rise this summer, remember to keep your cool!

June 6th is Wisconsin Heat Awareness Day, and Red Cliff Community Center is reminding residents to take steps to stay cool this summer.

From 2013-2017, there were 3,548 visits to Wisconsin emergency departments for heat-related illness, according to the Wisconsin Department of Health Services. These trips to the emergency room are preventable when people are prepared. Follow these tips to stay safe during extreme heat:

• **Stay in air conditioning.** When possible, stay in air conditioning on hot days. If you don’t have air conditioning, head to libraries, malls, and other public spaces to keep cool.

• **Check on loved ones.** Be sure to check on older friends and neighbors who live alone and don’t have air conditioning.

• **Avoid the hottest part of the day.** If you have to be outside, stick to the cooler morning and evening hours. Wear light, loose clothing and take frequent, air conditioned breaks.

• **Beware of hot cars.** Never leave a person or a pet in a parked car, even for a short time. On an 80 degree day, the temperature inside a car can reach 100 degrees in less than 10 minutes.

• **Stay hydrated.** Drink plenty of water on hot days. Avoid alcohol and hot, heavy meals.

• **Stay informed.** Watch your local weather forecasts so you can plan outdoor activities safely. Pay attention to any extreme heat alerts.

If you start feeling overheated, weak, dizzy, nauseated, or have muscle cramps, you could be experiencing heat illness. Move to air conditioning, drink water, get under a fan, and put on cool washcloths. If your symptoms worsen or don’t improve, go to the emergency room.

For more information, visit the Wisconsin Department of Health Services’ heat safety webpage and watch their heat safety video.
Free Lunches and Snacks for Children ages 0-18

All meals must be eaten on site

Starting June 11 through August 31

Lunch Times 11:00-11:30
Food Distribution Building
New Housing Park
Hillside Park
Birch Bark Park
Bayfield Rec. Center

Snack Times 2:00-2:30
Food Distribution Building
New Housing Park
Hillside Park
Birch Bark Park
Bayfield Rec. Center

USDA is an equal opportunity provider and employer
Red Cliff Summer Food Service Program

Stressing the importance of offering nutritious meals to children during the summer months, the Red Cliff Food Distribution announces the sponsorship of the Summer Food Service Program.

The Summer Food Service Program (SFSP), which if funded by the U.S. Department of Agriculture (USDA) and is administered by the Wisconsin Department of Public Instruction, provides nutritious meals to children during the summer, when free and reduced-price school meals are typically unavailable. Free meals will be made available to children 18 years of age and under. Persons over 18 years of age who are determined by a state or local public educational agency to be mentally or physically disabled and who also participate in a public or private non-profit school program during the regular school year may receive free meals as well.

The following locations will be serving the free meals this summer Food Distribution Building New Housing Park, Hill Side Park, Birch Bark Trail Park, and Bayfield Rec. Center. Lunches served from 11:00-11:30 and Snack being served from 2:00-2:30. Meals are provided to eligible children regardless of race, color, national origin, age, gender or disability and there will be no discrimination in the course of meal service.

“This program fills a void created when school lunches are not available” said Travis Meyers. “Helping parents meet the nutritional needs of their children is the strength of this program.”

Non-discrimination Statement: In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form call (866)632-9992. Submit your completed complaint to USDA by:

1. Mail: U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C 20250-9410
2. Fax: (202) 690-7442 or
3. Email: program.intake@usda.gov

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- **Monday:**
  - Cheese is
  - Juice
- **Tuesday:**
  - Gold fish-2 packs
  - Juice
- **Wednesday:**
  - Whole grain chips
  - Juice Trail Mix
- **Thursday:**
  - Bug bites
  - Juice
- **Friday:**
  - Sweet & salty
  - bars 2 packs
  - Juice
- **Saturday:**
  - Cheese its
  - Juice
- **Monday:**
  - Graham Crackers
  - Juice
- **Tuesday:**
  - Chips & nacho cheese
  - Juice
- **Wednesday:**
  - Muffins
  - Juice
- **Thursday:**
  - Whole grain chips
  - Juice
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<td>All meals served with low fat milk</td>
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**Menu subject to change**

- **June 2018**

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<tr>
<th>Date</th>
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<tr>
<td>1</td>
<td>Ham &amp; cheese on hoagie bun, Corn, Peaches</td>
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<td>2</td>
<td>B.B. Q's, Peas &amp; carrots, Pears</td>
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<tr>
<td>3</td>
<td>Tacos, Lettuce &amp; cheese, Pineapple</td>
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<td>4</td>
<td>Hot dogs, Veg. beans, apple</td>
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<tr>
<td>5</td>
<td>Cheeseburgers, Green beans, Apple</td>
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<tr>
<td>6</td>
<td>Chicken patties, Peas &amp; Carrots, Peaches</td>
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<tr>
<td>7</td>
<td>Egg rolls, Corn, Potato wedges, Apple Sauce</td>
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<td>8</td>
<td>Turkey &amp; cheese, sand., Pineapple</td>
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<td>9</td>
<td>Chicken &amp; Oranges</td>
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<tr>
<td>10</td>
<td>Cheeseburgers, Green beans, mixed fruit</td>
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<td>11</td>
<td>Tacos, Lettuce &amp; cheese, pineapple</td>
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<td>12</td>
<td>Hot dogs, Veg. beans, apple</td>
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<td>13</td>
<td>Ham &amp; cheese on hoagie bun, Corn, Peaches</td>
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<td>14</td>
<td>B.B. Q's, Peas &amp; carrots, Pears</td>
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<tr>
<td>15</td>
<td>Tacos, Lettuce &amp; cheese, Pineapple</td>
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<tr>
<td>16</td>
<td>Hot dogs, Veg. beans, apple</td>
</tr>
<tr>
<td>17</td>
<td>Chicken patties, Peas &amp; Carrots, Peaches</td>
</tr>
<tr>
<td>18</td>
<td>Egg rolls, Corn, Potato wedges, Apple Sauce</td>
</tr>
<tr>
<td>19</td>
<td>Turkey &amp; cheese, sand., Pineapple</td>
</tr>
<tr>
<td>20</td>
<td>Chicken &amp; Oranges</td>
</tr>
<tr>
<td>21</td>
<td>Cheeseburgers, Green beans, mixed fruit</td>
</tr>
<tr>
<td>22</td>
<td>Tacos, Lettuce &amp; cheese, pineapple</td>
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<tr>
<td>23</td>
<td>Hot dogs, Veg. beans, apple</td>
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<tr>
<td>24</td>
<td>Ham &amp; cheese on hoagie bun, Corn, Peaches</td>
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<tr>
<td>25</td>
<td>B.B. Q's, Peas &amp; carrots, Pears</td>
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<tr>
<td>26</td>
<td>Tacos, Lettuce &amp; cheese, Pineapple</td>
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<tr>
<td>27</td>
<td>Hot dogs, Veg. beans, apple</td>
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<td>28</td>
<td>Ham &amp; cheese on hoagie bun, Corn, Peaches</td>
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<tr>
<td>29</td>
<td>B.B. Q's, Peas &amp; carrots, Pears</td>
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<tr>
<td>30</td>
<td>Tacos, Lettuce &amp; cheese, Pineapple</td>
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</tbody>
</table>
Red Cliff Education and Career Fair at Legendary Waters

The Red Cliff Education and Career Fair was held on Friday May 11th, 2018. The event featured local vendors, perspective employers, universities and colleges from throughout the region. Beginning at 10:00am nearly 40 Federal, Tribal and State organizations from Wisconsin, Minnesota and Michigan assembled for the five-hour event in the Legendary Waters Resort and Casino event center. Gogebic College, LCO and Fond Du Lac Tribal Colleges, WITC and UMD were represented at the career fair. Professional organizations that attended were the National Park Service, Red Cliff Treaty Natural Resources, Great Lakes Inter-Tribal Council, Great Lakes Indian Fish and Wildlife Commission and many other Red Cliff Tribal entities. Some of which were co-sponsors of the event such as the Red Cliff Band, Red Cliff Human Resources Department. Organizers of the event were from the Red Cliff ECC that staffed the registration and display table. Students from the Bayfield School District as well as the Red Cliff Elders and other community members attended the event. A wealth of useful information was presented and shared with the 80 plus visitors that attended the education fair. Organizers are looking forward to next year’s event and would like to thank the following sponsors: Native Connections, Legendary Waters Resort & Casino, the Red Cliff Early Childhood Center and all the tribal entities that helped to ensure the success of the 2018 Career Fair.
## 30 Day De-Clutter Challenge

<table>
<thead>
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<th>1</th>
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<th>5</th>
<th>6</th>
<th>7</th>
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<tbody>
<tr>
<td>empty one junk drawer</td>
<td>purge your clothes closet</td>
<td>go through movie collection</td>
<td>clean out tv stand</td>
<td>go through your mail pile</td>
<td>clean off kitchen table</td>
<td>purge 2 kitchen cabinets</td>
</tr>
</tbody>
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<tr>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
<th>13</th>
<th>14</th>
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</thead>
<tbody>
<tr>
<td>discard old books</td>
<td>clean out your wallet</td>
<td>clean out your purse</td>
<td>purge makeup drawer</td>
<td>clean out shower</td>
<td>purge bathroom cabinets</td>
<td>go through old shoes</td>
</tr>
</tbody>
</table>

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<tr>
<th>15</th>
<th>16</th>
<th>17</th>
<th>18</th>
<th>19</th>
<th>20</th>
<th>21</th>
</tr>
</thead>
<tbody>
<tr>
<td>purge 2 more kitchen cabinets</td>
<td>organize linen closet</td>
<td>purge medicine cabinet</td>
<td>clean out freezer</td>
<td>clear off kitchen counters</td>
<td>empty another junk drawer</td>
<td>clean out fridge</td>
</tr>
</tbody>
</table>

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<tr>
<th>22</th>
<th>23</th>
<th>24</th>
<th>25</th>
<th>26</th>
<th>27</th>
<th>28</th>
</tr>
</thead>
<tbody>
<tr>
<td>purge 2 more kitchen cabinets</td>
<td>get rid of extra accessories</td>
<td>clean out your car</td>
<td>donate unused toys</td>
<td>organize toys</td>
<td>donate old games</td>
<td>organize cleaning supplies</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>29</th>
<th>30</th>
</tr>
</thead>
<tbody>
<tr>
<td>purge 2 more kitchen cabinets</td>
<td>clean</td>
</tr>
</tbody>
</table>
Kids do great things with the right information, and any information we can give them about how to become the best version of themselves will lay a sprinkling of gold dust on their path to adulthood. They have enormous power to influence the structure and function of their brain in ways that will build important skills and qualities, such as resilience, courage, confidence, and emotional and social intelligence. First though, we need to give them the information they need to perform their magic. Here's what all kids need to know.

All great things need a few good instructions and your brain is up there with the greatest things of all. If your brain could talk, here's what it would want you to know.

Dear You,
First, some basic info.

I’m made up of about 85-100 billion very small building blocks called neurons, which are brain cells. If you were to count them one by one, it would take around 3000 years. It would also take a lot of patience and a distraction-free zone because it would be dreadful to lose count at like, 84 billion.

I’m kind of complicated, but fabulous. There are lots of different parts to me – a thinking part, a listening part, a memory part, a feelings part, and many more. Being able to do something well depends on the connections between neurons inside the different parts and between the different parts. You can actually design me to be the best brain for you. Brains can change, and you’re the superstar who can change me.

The secret to making your brain the very best brain for you.

Every time you think, feel or do something, the messages travel along the neurons that are connected to that thought, feeling or action. This forms a pathway in the brain. Whenever you do that action, feel that feeling, or think that thought, the messages travel along the same pathway. Whenever you do something over and over, that pathway becomes stronger and stronger. The stronger the pathway, the stronger that part of your brain, and the easier that behaviour, thought or feeling will be.

Here’s an example. When you first learn to ride a bike, you wobble and fall – a lot. That’s because the ‘riding a bike’ pathways in your brain aren’t very strong yet. The more you ride, the stronger the pathways get, so the easier the ‘this is how you ride a bike’ messages travel around to the parts they need to travel to. Over time, the pathways gets stronger and you become a genius on the bike. Nice.

This can also happen in ways that aren’t so great for you. If you keep doing something that’s bad for you, like eating loads of sugary treats, or yelling every time you get angry, the ‘I need sugar,’ pathways, or the ‘I’m going to yell’ pathways in the brain will become very strong and will drive you to keep craving sugar or yelling.

You have enormous power to develop amazing skills and qualities and to get better at the things you want to be good at.

Whatever you do a lot of now, you’ll be great at.

During childhood and adolescence, your brain is primed to learn things well. This is why it’s easier for kids to learn a language than it is for adults – because the brains of kids and teens are wired to learn, with plenty of neurons ready to organise themselves into strong, beautiful pathways.

Use it or lose it.

There is only a limited amount of space up here in your skull, so to be the most effective, most powerful, best brain for you, I keep the pathways you use a lot, and fade the ones you don’t use as much. This makes sure there’s enough space and brain energy to build the pathways that are important for you – which are the ones you use a lot.

For example, if you learn a foreign language, the ‘learning a language’ pathways will strengthen and develop quicker and stronger than they would in adulthood. If you don’t learn a language, these pathways will fade away, to leave room for the pathways you want to use more. It doesn’t mean you’ll never be able to learn a foreign language – absolutely you’ll be able to! It just means that it won’t be as easy to do as it is during childhood and adolescence.

Your thoughts can change your brain too – so make them good ones.

Thoughts can release brain chemicals (neurotransmitters) and electrical impulses that can also create pathways in your brain. These pathways will influence your feelings and behaviour. This is why it’s so important that your thoughts are healthy, positive and strong. When you think brave thoughts, ‘I can do that’, or ‘whatever happens I’ll be okay,’ those thoughts form a pathway. The more you think those thoughts, the more real they’ll feel. Brave thoughts (‘I can do this’) lead to brave behaviour. Calm thoughts (‘Breathe in ... Breath out ...’) lead to calm behaviour. Anxious thoughts (‘what if something bad happens?’) lead to anxious behaviour. Remember, thoughts, feelings and behaviours don’t need to match. You can feel anxious and think brave, or feel anxious and do brave.
But how do the messages travel between neurons?

This is why I love being your brain. You’re a thinker, and that’s an excellent question. Messages travel from one end of the neuron to the other end with electrical impulses. Your brain creates enough electrical impulses to power up a small light bulb – so don’t let anyone tell you that you aren’t powerful! Once the message (the electrical impulse) gets to the end of the neuron, it has to jump to the next neuron. Neurons don’t touch – there’s a teeny space between them. The message jumps across the gap to the next neuron by chemical messengers called neurotransmitters. Having the right balance of neurotransmitters is important because it can affect your mood, how well you sleep, how well you learn and remember, how stressed or anxious you feel, your motivation – so many things.

I know what you’re thinking … ‘So how can I get the right balance of neurotransmitters?’

There are three powerful ways to make sure your neurotransmitters are at healthy levels.

Eat well. Healthy, nutritious food makes me (and you) excellent.

Being a brain is busy work, so you need to fuel me up with good food – oily fish (salmon, tuna – tinned is fine), eggs, blueberries, chia seeds, cabbage, avocado, soy. Don’t scrub up your face. They’re delicious. If they don’t taste that delicious to you, it’s because the pathways aren’t there yet. It can take about seven tries of a new food to be okay with it. So let’s make a deal. Try the foods at least 7 times. If that sounds gross, try licking it a few times, then seven times when you chew and swallow. This will help to strengthen the ‘this food is okay’ pathways, and the food won’t taste so disgusting.

Get your body moving.

I don’t have legs. You know that right? So I need you to move. Exercise increase the neurotransmitters that help you feel happier, less stressed, less anxious, and the ones that help you focus, learn and remember, and think positive thoughts. Scientists have found that a neurotransmitter called GABA can help people to stop thinking negative thoughts (https://www.nature.com/articles/s41467-017-00956-z) that make them worried, sad or anxious. We all have those thoughts from time to time, but you want to be able to stop them when they’ve outstayed their welcome. Exercise helps to get GABA to healthy levels so it can help manage anxiety and negative thinking. Exercise is a brain booster. I love it.

Get plenty of peaceful zzz’s.

I do some of my best work while you’re sleeping. I help you deal with your emotional ‘stuff’, I help you understand what you’ve learned, and I strengthen your memories. It’s also when I can get creative because I’m not having to take care of other things that keep me busy when you’re awake, like walking, talking, listening, balancing.

Do mindfulness. Brains love it like a favourite thing.

Brains love mindfulness – probably even more than we love pictures of furry baby animals. Mindfulness helps brains to be calmer, braver and stronger which helps you to be calmer, braver and stronger. Here’s how it works. Mindfulness strengthens the pathway (https://www.healthy.com/health/and-better-this-is-why-it-works/) between your thinking brain (the prefrontal cortex) and the feeling brain (especially the amygdala), making it easier to calm big feelings. Mindfulness can also improve (https://www.healthy.com/mindfulness-study-students-teachers/) concentration, learning, mood and sleep. Over time, it can help you to feel less stressed and anxious, happier, kinder, more able to focus and more in control of your feelings. There are a lot of awesome apps that can guide you through mindfulness. Here is one (https://www.smilingmind.com.au/mindful-mind-app) (it’s free), and there are some other ways to be mindful here (https://www.healthy.com/mindfulness-for-children-fun-effective-ways-to-strengthen-mind-body-spirit/). Try for at least 10 minutes a day. It will help you to be more of a legend than you already are.

I have a thinking part and a feeling part.

The thinking part, the prefrontal cortex, is at the front of the brain. Let’s call it the thinking brain. It’s responsible for thinking things through, paying attention, solving problems, making good decisions, calming big feelings, learning and much more. The feelings part is more towards the back. Let’s call this the ‘feeling brain’.
When something happens that’s good for you (like succeeding at something difficult, trying something new and challenging, doing something brave, exercise, spending time with people who feel good to be around), the brain releases chemicals (dopamine) that help you feel good. Dopamine is the ‘that feels good, let’s get more’ chemical. It’s job is to drive you to seek more of the things that are good for you.

On the other hand, when the brain identifies something that might be a threat (and not being allowed to do something you really want to do might count as threats), your brain surges your body with chemicals so you can fight the threat or flee the threat. This is the hardwork of the amygdala – an important part of your feeling brain. The amygdala is like your own fierce warrior, there to protect you. When you’re feeling big feelings like anxiety, anger or sadness, it’s likely that your amygdala thinks that there is something it might need to protect you from and is sending messages to the other parts of the brain to act a certain way. This might be to fight the danger (maybe by yelling, screaming, arguing, fighting, or saying ‘stop!’ or ‘no!’) or to flee the danger (perhaps by ignoring, hiding, or lying to get out of trouble).

Brains are smart, and yours is magnificent, but all brains can read things wrong sometimes.

Let’s get something straight – there are no bad feelings. All feelings deserve to be there, but sometimes what you do with your feelings can land you in trouble. The feeling brain and the thinking brain need to work well together, but it doesn’t always happen this way. When feelings are big, the feeling brain can overwhelm the thinking brain and send it ‘offline’ for a while. This is the work of the amygdala – that fierce warrior part of your brain. If you actually are in danger, having your amygdala take control can be a great thing. If there is a wild animal coming at you for example, your amygdala doesn’t want you to think too long about whether the animal is lost, hungry, angry, or how it got it’s fur looking so fab. It just wants you to get safe, so it sends the thinking brain offline until the ‘danger’ has passed.

Here’s the problem. Amygdalas are do-ers, not thinkers, so they’ll act first and think later. They can be a little overprotective and can take control even when there’s nothing to protect you from. An example of this is when you’re not allowed to do something you really want to do. Your amygdala might hear that as a threat and send the thinking brain offline. When this happens, you might not think clearly about the consequences of what you’re doing, or whether your response is necessary. If your response is to, say, yell or scream (fight) or lie (a type of flee), that can mean trouble.

None of this means you can blame your brain when things go wrong. If your brain gets into trouble, you’ll get into trouble, so you have to be the boss of your brain. Feel your feels, but be smart about it. Things will always work out better when your feeling brain and your thinking brain are able to send strong messages to each other, but if you do that, you need to keep your thinking brain strong. Mindfulness and slowing down to think of the consequences are ways to do this. If you feel as though your amygdala is taking over and your thinking brain is about to tap out, strong, slow, deep breaths and mindful clouds will help to keep it online.

Mindful clouds.

Get comfy and imagine your thoughts and feelings are forming into little clouds in front of your head. Let them float around gently and when your ready, blow them away. As you blow the cloud away, feel some of that angry energy or sad energy leaving you. Keep doing this as different thoughts and feelings appear. It’s okay if the same ones keep coming back. Just watch them in front of you, let them float around, then blow them gently away.


Strong, steady breathing is like a lullaby for your brain. Breathe out to get rid of all the air, then in for 3, hold for one, cut for 3. Do this a few times to bring your thinking brain back online so you can calm your big feelings, make good decisions and be awesome. It doesn’t mean your big feelings won’t be there anymore. You might still feel sad, angry or anxious, but you’ll be more able to respond in a way that is strong, brave and better for you. A brain in high emotion is a very busy brain, so it might struggle to remember strong, deep breathing if that isn’t something you’ve done a lot of. It’s important to practice when you’re calm, so the pathways can strengthen. Here are a couple of ways to practice.

Hot cocoa breathing: Imagine you’re holding a cup of hot cocoa. Breathe out, then smell the warm, chocolatey smell for 3, hold it for one, then blow it cool for 3.

Figure 8 breathing: Imagine drawing a sideways figure 8 on your arm, your leg or anywhere that feels lovely. Breathe out, then as you draw the first belly of the 8, breathe in for 3, when you get to the middle of the 8 hold it for one, then as you trace the second belly of the 8 breathe out for 3.

While we’re on the feel-goods, let’s talk about addiction.
Addiction is something that happens in the brain and it can happen to anyone. It comes from the same mechanism that helps us feel good when we do the things that are good for us. You’ll remember we talked about dopamine, the ‘I want more’ chemical that’s released when you get something you want. Addictive drugs release two to ten times the amount of dopamine that healthy things like facing challenges or being with friends do. This means the feel-good rush is more intense, quicker, and more reliable. But there’s a problem. Addictive drugs cause so much dopamine to be released that the brain becomes overwhelmed. The only way brains can deal with the blasting of dopamine that comes with drug use is to release less dopamine. Think of it like turning down the volume on a stereo that’s blasting you with noise.

Here’s the problem – with less dopamine, it becomes harder to feel good. The only way to get those feel-good feelings is with more of the drug, so the drug becomes more wanted and more important than other healthier things that used to feel good. When the effects of the drug start to wear off, the person goes into withdrawal. Withdrawal feels awful and makes people sick, anxious, depressed, angry. To stop this awful feeling, people have to take more of the drug. This is how addiction happens. As your brain, I’m there to look after you, but you also have to look after me by not letting things into your body that are going to hurt me. Let’s make a deal. I’ll keep helping you to be excellent, and you stay away from addictive drugs – they’re bad for both of us.

The Social Brain.

People feel safer, stronger and wiser in groups because it’s how we look after each other and share information. I’m constantly on the lookout for information about who feels good to be around, who doesn’t, what people might be thinking of you. I don’t always get it right. Like I said, I’m super smart but I can read things wrong sometimes. When this information is positive, it feels good – great actually. When it’s negative, as it is when people are excluded, rejected, humiliated or bullied, the information gets sent through the same pathways as physical pain. This is because pain motivates us to act, and when something feels dangerous, like being excluded, rejected or bullied, the brain sends out messages to get us to act — to either look for support or to avoid the threat. It’s really important to think about the impact you might be having on the brains of people around you. You’re really powerful — we all are — and kind kids are the coolest kids of all.

I learn best if you take small breaks.

I LOVE learning, so when you expose me to new things or face a challenge (a good one not a stupid one), I reward you with feel-good brain chemicals. I’m designed to be curious and to snap to attention when things change, so I do my best learning when you take small breaks. While we’re talking about learning, your sight, hearing, speaking and movement have their own memory banks. If you’re learning something, the more different ways you can learn it the better. So, listen, write, touch, and say what you need to learn. If you can, act it out. And if you act it out, do it in front of a mirror so I can see, because I think you’d look fabulous doing that.

And finally,

You have extraordinary power to shape your brain in ways that will help you to be good at the things you want to be good at. Don’t worry if you make mistakes along the way because it’s how I learn, strengthen and keep you shimmering. You’re a magic maker, a king, a queen, a legend. Write it on a note and stick it on your mirror. There is so much ‘awesome’ in you. Be brave enough to believe it, and know that with time, effort and patience, you can get better at anything. We’re an amazing team you and I. Thanks for believing in you.

Love from,
Your brain.

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()7 Comments

JACQUIE AThERSMith
May 21st, 2018

Hi Karen, what a great article and how relevant for all kids aged 1-100! You have managed to demystify the brain's basic functions and capabilities, beautifully. If only I could have read this article as a child before needing five years of child psychiatric counselling! Ah well, I guess everything we experience on our journey helps to develop us into the amazing individuals we are, so it's all valuable. Thank you for bringing this into creation and for the healing and support I know it will bring to readers. Kind Regards Jacqui Athersmith x

Pru
May 21st, 2018

Once again Karen your words come at the exact moment in time we need them. While our boy is still struggling in year one with anxiety, your articles make so much sense and provide my husband and I will the right way to communicate with our boy just how special he is.

Jack Reyhl
May 21st, 2018

Great article that all students should know about.

Please note, I have changed my email address.

Thank you.
Dear Karen, great article. It demystifies the workings of the brain in very simple terms. I work with children and it’s a motivator next time I will be giving talks of emotional and social intelligence.

Thank you.

Amber J  
May 21st, 2018  
I love this so much! I will be sharing this with my teenage sons 😊.

Dana Martin  
May 22nd, 2018  
I loved this article! I’m going to read it with my 15-yr-old who is a fantastic human being (thoughtful, kind, vibrant, friendly, intelligent), but he struggles at times with creating negative “pathways.” Even though he does very well on math homework, for example, he often tells himself he is stupid, whenever he does poorly on a test. I want to nip this habit at the start and this article is just what I needed to be able to convince him better about how his brain works. Then, I’m going to read the article for myself! I liked the information about Mindfulness. I appreciated the introduction sentence: “Mindfulness strengthens the pathway between your thinking brain (the prefrontal cortex) and the feeling brain (especially the amygdala), making it easier to calm big feelings.” On my bulletin board, I posted a quote from Dr. Dan Siegel, a clinical professor of psychiatry at the UCLA School of Medicine, who I heard on Tilt Parenting podcast — “All regulation depends on integration.” This quote reminds me that regulation of sensory input of sound, sight, feelings, etc. depends on how well integrated or connected the neuron pathways are. I’ve always resisted slowing down enough to be Mindful daily, but this gave me the push to understand that Mindfulness will develop integration pathways. Thanks for such an in-depth user friendly article. Very much appreciated.

Niall  
May 22nd, 2018  
Great article! This would be so awesome if it was turned into an animation, so that you really capture our little ones attentions and imaginations.

Lovely work!

Leave a Reply

We’d love to hear what you’re thinking ...

Your email address will not be published. Required fields are marked *

Comment

Name *
Ad Speak

Popular Right Now
Weekends, dresses with pockets, water bottles that don't leak - and these ...

An ADSolutely fADulous place for ads.

3 simple ingredients
No harsh chemical residue
Kids with Anxiety?

'Hey Warrior' - by Karen Young
A book for kids with anxiety to help them find their 'brave'.

KAREN YOUNG
Illustrated by Narvile Davidyte

(https://www.heysigmund.com/product/hey-warrior/)
Ads be like...
'We can find a bus to be on or we can stay here.'
I said, 'It's okay, you can stay here.'
So they did.

Visit Us Here
(We'll Leave the light on!)
PROTECTING YOUR FAMILY FROM MOSQUITOES AND TICKS

Stay healthy around mosquitoes and ticks with these simple steps!

THE MOSQUITO, TICK, AND HEALTH CONNECTION

Mosquitoes and ticks are most active during the warm months from late spring until fall.

Common ticks in Wisconsin are the deer tick and the wood tick, which are usually found in tall grass and wooded areas.

Take these important steps to protect your health and that of your family against mosquitoes and ticks.

WAYS TO PROTECT YOURSELF

- **Use repellent.** Use insect repellent and avoid being outside at times of high mosquito activity (dawn and dusk). Good repellents contain permethrin or DEET to give you the most protection.

- **Wear protective clothing.** Choose long-sleeved shirts, long pants, socks, and shoes to protect yourself against bites. Wear light-colored clothing to better see if a tick or mosquito has landed on you.

- **Be on the lookout for symptoms.** Common symptoms of disease from mosquitoes and ticks are: fever, headache, body aches, joint pain, vomiting, diarrhea, rash, and lethargy. If you have been bitten by a tick or mosquito and are experiencing these symptoms, see your doctor.

TIPS FOR KEEPING MOSQUITOES AND TICKS OUT

**Drain standing water.**

Pro tip: Prevent mosquitoes from breeding in your yard by draining standing water from gutters, wading pools, and old tires.

**Avoid areas with high grass.**

Pro tip: Walk on designated trails, and check yourself for ticks after walking in high grass or heavily wooded areas.

**Remove the tick properly.**

Pro tip: If you find a tick burrowed into your skin, remove it immediately with tweezers (making sure the head remains intact), and disinfect the bite.

For more tips, view the full toolkit at:

WWW.DHS.WISCONSIN.GOV/CLIMATE

WISCONSIN CLIMATE AND HEALTH PROGRAM
Bureau of Environmental and Occupational Health

www.dhs.wisconsin.gov/climate | JANUARY 2018 | dhsclimate@wi.gov

Department of Health Services | Division of Public Health | P-02080
Mosquito Bite Prevention (United States)

Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

<table>
<thead>
<tr>
<th>Type of Mosquito</th>
<th>Viruses spread</th>
<th>Biting habits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aedes aegypti, Aedes albopictus</td>
<td>Chikungunya, Dengue, Zika</td>
<td>Primarily daytime, but can also bite at night</td>
</tr>
<tr>
<td>Culex species</td>
<td>West Nile</td>
<td>Evening to morning</td>
</tr>
</tbody>
</table>

Protect yourself and your family from mosquito bites

Use insect repellent

Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

<table>
<thead>
<tr>
<th>Active ingredient</th>
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<tbody>
<tr>
<td>Higher percentages of active ingredient provide longer protection</td>
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<tr>
<td>DEET</td>
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<tr>
<td>Picaridin (known as KBR 3023 and icardin outside the US)</td>
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<tr>
<td>IR3535</td>
</tr>
<tr>
<td>Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)</td>
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<td>2-undecanone</td>
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</table>

Find the insect repellent that's right for you by using EPA's search tool*.

*The EPA's search tool is available at: [www.epa.gov/insect-repellents/find-insect-repellent-right-you](http://www.epa.gov/insect-repellents/find-insect-repellent-right-you)
Protect yourself and your family from mosquito bites (continued)

- Always follow the product label instructions.
- Reapply insect repellent every few hours, depending on which product and strength you choose.
  - Do not spray repellent on the skin under clothing.
  - If you are also using sunscreen, apply sunscreen first and insect repellent second.

**Natural insect repellents (repellents not registered with EPA)**
- The effectiveness of non-EPA registered insect repellents, including some natural repellents, is not known.
- To protect yourself against diseases like chikungunya, dengue, and Zika, CDC and EPA recommend using an EPA-registered insect repellent.
- When used as directed, EPA-registered insect repellents are proven safe and effective. For more information: [www2.epa.gov/insect-repellents](http://www2.epa.gov/insect-repellents)

**If you have a baby or child**
- Always follow instructions when applying insect repellent to children.
- Do not use insect repellent on babies younger than 2 months of age.
- Dress your child in clothing that covers arms and legs, or
- Cover crib, stroller, and baby carrier with mosquito netting.
- Do not apply insect repellent onto a child’s hands, eyes, mouth, and cut or irritated skin.
  - Adults: Spray insect repellent onto your hands and then apply to a child’s face.
- Do not use products containing oil of lemon eucalyptus (OLE) or para-methane-diol (PMD) on children under 3 years of age.

**Treat clothing and gear**
- Treat items such as boots, pants, socks, and tents with permethrin or purchase permethrin-treated clothing and gear.
  - Permethrin-treated clothing will protect you after multiple washings. See product information to find out how long the protection will last.
  - If treating items yourself, follow the product instructions.
  - Do not use permethrin products directly on skin.

**Mosquito-proof your home**
- Use screens on windows and doors. Repair holes in screens to keep mosquitoes outside.
- Use air conditioning when available.
- Keep mosquitoes from laying eggs in and near standing water.
  - Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers. Check inside and outside your home.

[www.cdc.gov/features/StopMosquitoes](http://www.cdc.gov/features/StopMosquitoes)
TICKBORNE DISEASES
RISK IN WISCONSIN

There are many diseases that can be spread by ticks in Wisconsin. Anaplasmosis, babesiosis, ehrlichiosis, Lyme disease, Powassan virus infection, and Rocky mountain spotted fever are among the diseases that can be spread by ticks. Most tickborne diseases in Wisconsin are spread by the black-legged tick (also known as the deer tick). Preventing tick bites is the key to reducing your risk of tickborne disease.

Tickborne Disease Risk

The risk of Lyme disease and other tickborne diseases in Wisconsin is increasing as the state is seeing more months of the year when ticks are active. Longer tick seasons increase the chance of someone coming into contact with a tick.

It is important to remember that ticks are present in all counties in Wisconsin. People living in any county in Wisconsin can contract Lyme disease and other tickborne diseases. Follow the prevention tips below to reduce your chances of being bitten by a tick.

Tick Bite Prevention

PROTECT YOURSELF FROM BITES. Wear insect repellent with 20% or more DEET. Wear a long-sleeve shirt and pants while outdoors.

AVOID TICK-HEAVY AREAS. Ticks like to live in tall bushes and other vegetation. When walking on trails, stay in the center and do not go off into the brush.

PERFORM DAILY TICK CHECKS. Check your entire body after being outside, even if you were only in your yard. Shower as soon as possible after coming in from the outdoors.

TUMBLE DRY CLOTHES AFTER BEING OUTDOORS. Tumble dry your clothes on high heat for 10 minutes to kill any ticks that may have come in on your clothes.

PREVENT TICKS ON ANIMALS. Try to prevent pets from bringing ticks into your home by not allowing them in tick-infested areas, and by using veterinarian-prescribed tick collars or spot treatment.

BE ALERT FOR FEVER OR RASH. Even if you do not remember being bitten by a tick, a fever or rash may be the first sign of Lyme disease. Symptoms of tickborne diseases may include fever, chills, muscle aches, fatigue, headache, and rash (not in all tickborne diseases). Contact your health care provider right away if you have any of these symptoms.

Average incidence of confirmed and probable Lyme disease, anaplasmosis, and babesiosis cases by county of residence, 2007-2016

Risk Level
(Incidence per 100,000 population)

- Highest: > 100 cases
- High: 50 to 99.9 cases
- Moderate: 10 to 49.9 cases
- Low: > 0 to 9.9 cases

*Lyme disease, anaplasmosis, and babesiosis account for the majority of tickborne disease cases in Wisconsin.
Director's Letter

Spring is finally here and boy does it feel wonderful after our long winter. We’ve got some exciting programs coming up! Take a read through the newsletter for more of those details. Along with that, here are some other library news highlights:

**Summer Reading Program**
The 2018 Summer Reading program theme is “Libraries Rock”. Story time will continue at 10:00 each Wednesday. Kids entered into the Summer Reading Program will have the opportunity to earn Library Loot and shop in our Library Store.

On Wednesday, July 18th, we will meet the Rock movers with Heavy Equipment showing up for Storytime. Other activities this summer will include geology and music projects, with a special program featuring Dan Clark (also our library board president) and his band Lords of Baltimore.

**Pillar Fund and Library Endowment Fund**
Our pillar fund, as of this writing, is $36,690. We have a special company from the Twin Cities coming this week to assist with the pillar repair plans. They have worked on historical buildings like ours.

Our Endowment Fund is at $74,000. We are getting closer to our ultimate goal of $100,000. The support and donations continue to astound us!

**Thrift Sale**
Our 17th Annual Thrift Sale made $2,400. Thanks to all our hardworking volunteers, library staff and our community who make this come together every year. We can’t do this without any of you. Thank you!

**Library Funding**
We've created a special bookmark that has information about how the library is directly funded by YOUR checkouts. We will be handing this out to all our patrons and at all programs. Can’t stress enough how important it is for people to know about how we are funded! Thank for your support.

Finally, the Apple Blossom Run is back—and my goodness is everyone excited! Thanks to the Friends of the Bayfield Carnegie Library for all their hard work in making this happen again. Please see below for more details about the Run & (new) Ride.

**Apple Blossom Run & Ride News!**
After a hiatus of seven years, Saturday, May 26th is the date set for the 31st annual Apple Blossom Run, a well-loved and important fund-raising event for our library. This year a bicycle ride will be added to the event. Runners and riders will meet at 9AM at the Bayfield Apple Company (on the corner of County J and Betzold Road) and depart on one of four marked routes through the apple orchards. Participants can walk for two miles, run or walk for 6 miles (10k), cycle 3.5 or 13 miles. A school bus will shuttle people every 20 minutes between the library and the Apple Company before and after the event. At around 11AM a festive gathering, in front of the library will greet the participants and volunteers as they arrive from the orchards. There will be food, beverage, music and door-prizes. The final activity will be for everyone to enter the library and check out books and other materials to support the funding of the library!

The Apple Blossom Run and Ride is a non-timed, non-competitive, fully supported event whose goal is to renew community commitment to our public library while indulging in a cavort through apple orchards in full bloom.

Registration can be secured online at bayfieldappleblossomrunandride.org or by registering at the Bayfield Carnegie Library.

We are still looking for volunteers to help: to provide food treats and help supervise different locations on the day of the event. Sign up at the library!

PLEASE PARTICIPATE/HELP SPREAD THE WORD ABOUT THIS WONDERFUL EVENT!

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Show Your Support:

DONATE DOLLARS FOR PILLARS
This is a fundraising effort to raise money for the iconic pillars outside the library that are in need of repair. This is a structural safety concern as well as an aesthetic issue. Every dollar helps. Our goal is to raise $50,000, through different fundraising efforts including a grant. Thank you for your support! To contribute fill out form below and send the form to (Bayfield Carnegie Library address). Make checks payable to the Bayfield Carnegie Library.

Name: ____________________________
Address: ____________________________
City: ____________________ Zip: __________
State: __________ Email: ____________________________

My Tax Deductible Donation Amount:
- $50  - $500
- $100  - $1,000
- $250  - Other: $__________

Bayfield Carnegie Library
37 North Broad Street
Bayfield, WI 54814
715-779-3953
bnelson@bayfieldlibrary.org
bayfieldlibrary.org
UPCOMING EVENTS - All events are free & open to the public

**Book Club** • Last Wednesday of every month at 5 PM
May: A Wrinkle in Time
June: Lincoln in the Bardo
July: Blood & Chocolate (not confirmed)

**Library Board Meeting**
Third Wednesday of every month at 4 PM

**Friends of the Library Meeting**
Third Tuesday of every month at 4:45 PM

**Story Hour**
Every Wednesday at 10 AM

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**NEW RELEASES** - Available to check out NOW!

**Adult Books**
- INTO THE DROWNING DEEP, by Mira Grant (fiction)
- THE WEAVER'S DAUGHTER, by Sarah E. Ladd (fiction)
- FAITH, by Jimmy Carter (nonfiction)
- DRAWDOWN: THE MOST COMPREHENSIVE PLAN EVER PROPOSED TO REVERSE GLOBAL WARMING, by Katharine Wilkinson (nonfiction)
- THE MINIMALIST KITCHEN, Melissa Coleman (nonfiction)
- BLACKFISH CITY, by Sam. J. Miller (science fiction)
- LOVE AND RUIN, by Paula McLain
- VARINA, by Charles Frazier (fiction)
- REPLENISH: THE VIRTUOUS CYCLE OF WATER AND PROSPERITY, by Sandra Postel (nonfiction)

**Audiobooks**
- KILLERS OF THE FLOWER MOON, by David Grann (nonfiction)
- THE WHICH WAY TREE, by Elizabeth Crook (fiction)

**Movies**
- MISTER ROGERS' NEIGHBORHOOD: IT'S A BEAUTIFUL DAY (DOCUMENTARY)
- CALL THE MIDWIFE: SEASON 7
- BROKENWOOD MYSTERIES: SEASON 4
- THE POST
- PLEASE STAND BY
- 13 REASONS WHY: SEASON 1
- THE GREATEST SHOWMAN
- OUTLANDER: SEASON 3
- HOSTILES
- FACES PLACES (FOREIGN)
- THE SHAPE OF WATER

**Children's Books**
- BE KIND, by Pat Zietlow Miller
- THIS BEAUTIFUL DAY, by Richard Jackson

---

Wine and Cheese Tasting
Pillar Fundraiser
Sunday, June 10 • 3-5 PM
Bayfield Carnegie Library • $10

---

Free Friday Movie Night - June 1 • 7 PM

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We have lots more new releases not listed here. Go to bayfieldlibrary.org or find us on facebook to see more. Or better yet, come in and discover a new favorite for yourself!!
Youths and Students ages 10 to 18 and college students, are invited to a two-day hands-on day camp to explore archaeology. Archaeologists and students from North Dakota State University and Northern Illinois University will be investigating a site in Frog Bay Tribal National Park, giving an opportunity to experience Red Cliff’s history first hand.

Younger children (age 6 to 9) may participate for a half-day.

**Parent Volunteers Welcome!**

**When:**
JUNE 27-28TH

**Where:**
FROG BAY TRIBAL NATIONAL PARK
(meet at trailhead parking lot)

**Cost:** FREE!!

*Parental Permission Required*

For details and registration, please contact: Joseph Montano, THPO Assistant 715.779.3700 ext. 4243
Archives 101

Caring for Documents and Artifacts

Learn about the management and curation of paper documents, digital data, and archaeological artifacts. Archaeologists from North Dakota State University and Northern Illinois University will provide hands-on instruction in all aspects of caring for archival materials.

Learn what TO do and what NOT to do with archives.

WHERE:  Tribal Administration Bldg. Conference Room

WHEN:  Monday, June 25th from 3 to 5 pm

COST:  FREE

Questions? Contact:

Marvin Defoe, THPO at 715.779.3700 ext. 4244
7 GENERATIONS SCHOLARSHIP

FULL-TUITION SCHOLARSHIP FOR UP TO 1 YEAR!

Honor Your Past

CRITERIA/REQUIREMENTS:

➢ Native American 2018 High School or GED/HSED graduates
  • Proof of enrollment in a federally recognized tribe or proof of descendancy required
  • Final official high school transcript or official GED/HSED transcripts (no minimum GPA)

➢ Admitted to Associate Degree or One-Year Certificate program for Fall 2018 or Spring 2019
  • Complete FAFSA as part of admissions process
  • Enrolled full-time (12-15 credits)
  • Must maintain satisfactory academic progress (SAP): complete fall semester with a 2.0 semester GPA in to remain eligible for the scholarship in the spring semester

DEADLINE: September 1, 2018

CONTACT: LCOOCC Financial Aid Office
(finaid@lco.edu or 634-4790)
18th ANNUAL NATIVE AMERICAN TOURISM OF WISCONSIN CONFERENCE

SUSTAINABILITY & GROWTH AGRITOURISM

JUNE 12-13 2018

Hosted by Lac Courte Oreilles Band of Lake Superior Ojibwe

Golf Tournament at Big Fish Golf Club
CASH PRIZES FOR 3 FLIGHTS!

Woodland Indian Art Show & Exhibition
N8V Dance Fitness by Michelle Reed
Fam Tour of LCO

Cyber Cafe is back!

For more information or to register
Apache Danforth | director@natow.org | 99201362-9375
facebook.com/natwowisconsin | www.natow.org | twitter.com/natwow
Draw Your Dad

Does your dad have...
- a big nose?
- a pointy nose?
- a curly mustache?
- a bushy mustache?
- round glasses?
- rectangular glasses?
# Books by the Bushel

**June 2018**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Aquarium Month</td>
<td>Hot Air Balloon Day</td>
<td>Chocolate Ice Cream Day</td>
<td>National Donut Day</td>
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<td>Dairy Month</td>
<td>Yo-Yo Day</td>
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<td>7</td>
<td>8</td>
<td>Read with a flashlight</td>
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<td>Adopt a Cat Month</td>
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<td>15</td>
<td>16</td>
<td>Donald Duck Day</td>
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<td>Fresh Fruit Month</td>
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<td>21</td>
<td>22</td>
<td>Go on a backyard alphabet hunt</td>
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<td>4</td>
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<tr>
<td>Repeat Day (I said “Repeat Day”)</td>
<td>Applesauce Cake Day (see recipe)</td>
<td>Peanut Butter Cookie Day</td>
<td>Read a book that makes you laugh</td>
<td>13</td>
<td>14</td>
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<td>Look for wildlife in a nearby pond (see activity)</td>
<td>Flag Day</td>
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<td>16</td>
<td>18</td>
<td>Father’s Day (see activity)</td>
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<td>11</td>
<td>Corn on the Cob Day</td>
<td>Write letters on the sidewalk and trace them with a rock</td>
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<td>18</td>
<td>Juneteenth</td>
<td>Read a book about summer</td>
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<td>Picnic Day</td>
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<td>19</td>
<td>Count some butterflies today</td>
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<td>25</td>
<td>Make a name puzzle and practice putting it together</td>
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<td>25</td>
<td>Make popcorn together, have your child count the pieces before they eat them</td>
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<td>26</td>
<td>Sun Glasses Day</td>
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<td>30</td>
<td>Letters on ping pong balls are fun for fishing out of water!</td>
</tr>
</tbody>
</table>
Easy Applesauce Cake

Ingredients:

1 stick butter softened
1 cup sugar
2 eggs
2 cups flour
2 tsp cinnamon
½ teaspoon all spice
1 Tbsp baking powder
½ tsp salt
1 cup unsweetened applesauce

Instructions:

Preheat oven to 350.
Spray 13x9 baking pan with cooking spray.
In an electric mixer combine butter and sugar and beat until light and fluffy.
Add eggs and scrape down the sides to combine.
Add the applesauce and combine.
Add all the dry ingredients and mix until combined.
Pour into baking pan.
Bake for 45 minutes.
OJIBWE
LANGUAGE TABLE

Every Thursday Night At The Mishomii Wellness Center, Upper Level, 5-7PM.

Orville Counsellor will present Language Information on a variety of topics!

All ages and knowledge levels invited, so bring the family!

Pot Luck Style Meal, bring something to share.

Everyone is invited.

For questions, please call Native Connections:
(715) 779-3741 x2402 (Lorna Gamble)
(715) 779-3741 x2409 (Mark Gokee Jr.)
What is a Bringing VA Benefits Home Event?

The Bringing VA Benefits Home Event gives Veterans and their families the opportunity to talk with a VA representative about the VA disability claim process and any other VA-related questions. The event allows you to speak directly with a VA representative in person or via TeleBenefits.

Here's what you can expect during the event:

- When you arrive, you will be asked to sign in and complete a form with your information and what VA benefits or services you are seeking.
- A staff member will assign you a waiting number.
- As soon as a VA staff member is available to help you, they will call your number for an interview.
- The staff member can answer your benefits-related questions and assist you with:
  - Filing a claim
  - Adding any evidence you bring with you to your VA claims file
  - Obtaining a Veterans Identification Card
  - Enrolling in eBenefits
  - ...and more!
- You’ll be provided a list of next steps and any follow-up actions you may need to complete with VA.

During the event, you can:

- Speak with a VA representative
- Get answers to VA claim and benefits questions
- File your claim
- Get same-day decisions when you share complete information

EVENT DATE & TIMES:
Thursday, June 14, 2018
9 am to 4 pm

LOCATION:
Red Cliff Community Health Center
39745 Allen Road
Bayfield, WI 54814
Tel: 715-779-3700
Fax: 715-779-3422

POINT OF CONTACT:
Ashley Poch, TVSO or Barb Gordon, MBS
715-779-3700 715-779-3707

NOTE
Keep in mind that wait times may be long depending on how many fellow Veterans and family members are attending the event. We encourage you to bring snacks and medications, if needed.
Free!

CREATIVE

KIDS

with Yazmin, local musician and dance instructor!

Monday, June 11th - Bayfield Rec Center Lounge

with YAZMIN!

3 PM to 5 PM
Kids Crafts, Latin Music and Dancing!

Open to everyone, come check out our new RFR kids summer programs and Yazmin’s new music!

715 - 779 - 5408

www.yazminmusic.com

www.recreationandfitnessresources.org
Red Cliff Tribal Court is in search of

GUARDIANS AD LITEM

To serve as the voice of the children in our community
In child welfare, custody and other matters

Training sessions will be provided
To prepare you to represent the best interests
Of children

Please contact Gwen or Heather at the Red Cliff Tribal Court for more information.

(715) 779-3725
Or
Stop In
Unscramble the names of dairy products.

1. olw-taf mkil____________________
2. ecgatot hceees____________________
3. trugoy____________________
4. siwss ehcese____________________
5. tirsng heseec____________________

What is a dairy product?

Dairy products are foods made from milk.

Why did the cow cross the road?
To get to the udder side!
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

JOB DESCRIPTION

POSITION: Child Care Program Coordinator/Teacher

LOCATION: Early Childhood Center (ECC)

SALARY: Negotiable depending on qualifications

SUPERVISOR: To be assigned

THIS IS A NON-EXEMPT PART-TIME POSITION
(28 hours/week starting with possible increase in hours after probationary period and potential for additional hours in Early Head Start and Head Start)

JOB SUMMARY: The Child Care Program Coordinator/Teacher will be responsible for the planning and administration of the Child Care Development Fund (CCDF) grant, including completion of all reporting requirements and providing quarterly reports for the Tribal Council. The Child Care Program Coordinator/Teacher will also be responsible for the planning, and operation of child care services at the Early Childhood Center. Ensure compliance with the State of Wisconsin’s group child care center licensing requirements and Head Start Performance Standards.

DUTIES AND RESPONSIBILITIES:
CCDF Grant Administration
1. Prepare grant applications including budget and any supporting documents or actions required.
2. Monitor the CCDF budget, including revenues and expenditures to ensure stability and compliance.
3. Complete trainings and meetings relevant to CCDF to ensure compliance with applicable tribal, state, and federal regulations, including SIDS/SBS, CANS, CPR.
4. Assist with maintaining current policies and procedures for the ECC and Child Care Program.
5. Complete on-going monitoring and changes as needed.
6. Plan, implement and supervise the Child Care Program at Red Cliff ECC.

"The Hub of the Chippewa Nation"
Operation of Child Care Program:
1. Work daily child care schedule with child care teachers from 3-5 pm Mondays-Fridays, ensuring appropriate adult to child ratios at all times.
2. Regular communication with ECC staff and parents on Child Care programming.
3. Ability to work a flexible schedule to meet the needs of children and families.
4. Maintain child files, including all required documents for compliance.
5. Maintain Child Care Program attendance records for billing purposes.
6. Billing for the Child Care Program, including payment plans and follow up of the WI State Child Care subsidy.
7. Guide families to obtain State and other child care assistance as needed.
8. May be asked to attend Train the Trainer Classes in Sudden Infant Death Syndrome, Shaken Baby Syndrome, Child Abuse and Neglect and others applicable.
9. Assist ECC Management staff with annual In-Service.
10. Attend weekly management meetings and ECC all staff meetings.
11. Attending monthly ECC Policy Council meetings when needed.
12. Complete annual Child Count of children 12 and under.
13. Must maintain confidentiality.
14. 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.

SUPERVISING AUTHORITY: All child care center assistant teachers including evaluations, time sheets, staff meeting, staff file, performance monitoring and professional development.

KNOWLEDGE: Knowledge of the Native American Tribes and the uniqueness of the Red Cliff Community are desirable. Must have knowledge of and experience in child guidance and child development. Knowledge of Ojibwe culture and language.

QUALIFICATIONS:
1. Minimum of high school diploma, HSED or GED required.
2. 6 months experience in a child care setting or related coordinator position is required.
3. Prefer Associate’s degree in Early Childhood Education.
4. Related degrees may be considered based on coursework completed (transcript review required).
5. Applicants can be considered if they have at least one of the following:
   a. Completed a Child Development Associate (CDA) credential.
   b. Completed two non-credit department-approved courses in early childhood education.
   c. Completed two courses for credit in early childhood education or its equivalent from an institution of higher education.
   d. A one-year child care diploma from an institution of higher education.
   e. Are enrolled in a program leading to an Associate or Bachelor degree (must provide documentation of enrollment).
6. Computer skills including email, Excel, Microsoft Word, Publisher and Power point.
7. Budget experience.
8. Supervisory experience.

"The Hub of the Chippewa Nation"
9. Experience in communicating effectively with parents, families and co-workers.
10. Must be physically, mentally and emotionally able to provide responsible care for all children including children with disabilities.
11. Must maintain confidentiality.
12. Must have a valid driver’s license, vehicle and appropriate vehicle coverage and maintain driver’s eligibility as a condition of employment. If no insurance, must be able to obtain it within the first 30 days of employment. Be eligible to be put on the tribe’s vehicle insurance policy.

PERSONAL CONTACTS: Daily interaction with Child Care parents. 
As needed contact with community members, required collaboration with State and federal, and when needed national Tribal Child Care partners.

PHYSICAL REQUIREMENTS:
The physical demands 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 (0-5 years old) 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).

Also required are: five-year health exam, 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.

WORK ENVIRONMENT: All tribal buildings are smoke free. Primary work environment is in a 0-5-year-old setting at the Red Cliff Early Childhood Center.

TRAVEL REQUIREMENTS: The ability to travel and attend meetings and trainings; overnight and out of town, both locally & nationally. Attend ECC Policy Council, Tribal Council meetings as directed.

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, customer 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

"The Hub of the Chippewa Nation"
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: May 16, 2018
DEADLINE: Open until filled

FOR FURTHER INFORMATION:
Red Cliff Band Lake Superior Chippewa
Human Resources Department
88455 Pike Road
Bayfield, WI 54814
[www.redcliff-nsn.gov](http://www.redcliff-nsn.gov)
[ashley.poch@redcliff-nsn.gov](mailto:ashley.poch@redcliff-nsn.gov)
[diane.cooley@redcliff-nsn.gov](mailto: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.

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 must 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.

"The Hub of the Chippewa Nation"
The Red Cliff Early Childhood Center has a Drug Free/Smoke Free environmental policy and follows the intent of the Drug Free Work Place Act.

(45) CFR Part 1302.90 (b)(6) A program must consider current and former program parents for employment vacancies for which such parents apply and are qualified.

EMPLOYEE BENEFIT PACKAGE – PART-TIME EMPLOYEES
1. A Health Insurance Plan which is offered through the Federal Employee Health Benefits (FEHB). FEHB is offered for both single and family coverage. Part-time employees will be on a prorated pay status depending on hours worked.
2. The Tribe offers General Leave to part-time employees as stated below:
   - Regular Part-time 30-37 hours/week Vacation/GL – 12 hours/month
   - Regular part-time 20-29 hours/week Illness/GL – 8 hours/month
3. The Tribe observes a total of 11 paid holidays.

"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

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

"The Hub of the Chippewa Nation"
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.poch@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"
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 (BECR) Memo 2014-03, as of 12-31-16 all licensed child care center employees must complete a one-time fingerprint-based background check on all employees. 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.
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

JOB DESCRIPTION

POSITION: Zaagichigaazowin Administrative Assistant - LTE

LOCATION: Red Cliff Community Health Center

WAGE: $15.00 per hour, 40 Hours per week

SUPERVISOR(S): Zaagichigaazowin Program Director
Health Services Administrator

THIS IS A LIMITED TERM NON-EXEMPT GRANT FUNDED POSITION THROUGH SEPT 29, 2018. APPLICANTS WILL BE SELECTED FROM THE INFORMATION SUPPLIED ON APPLICATION FORM ONLY. THERE WILL BE NO INTERVIEWS

JOB SUMMARY: This position is responsible for assisting with the overall Zaagichigaazowin Home Visiting program operations. Main duties will be to provide administrative/clerical support to the program director, data entry for program reporting requirements, and program budget tracking. The priority is to promote teamwork within the microsystem to improve and support all home visiting services, healthcare outcomes, and efficiency of the team and program operations. The Zaagichigaazowin Home Visiting Program is under the umbrella of the Community Health Department. In addition to main job duties, the Administrative Assistant will be asked to help with event planning, coordination and/or facilitation of groups. In addition to main job duties, the home visitor will be responsible for thorough documentation and data collection, and will participate in reflective supervision and continuous quality improvement activities.

DUTIES AND RESPONSIBILITIES:
1. Provide administrative support for the Zaagichigaazowin Home Visiting Program
   a. Establish a stream-lined filing system within the RCCHC’s health information management protocols.
   b. Continued organization of program forms, manuals, models, and curricula for ease of access.
   c. Provide home visit preparation support for home visitors.
   d. Provide administrative support for all community events and program groups.

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e. Take notes at all program related meetings and staff meetings.

2. Provide budget tracking for all program funds.
   a. Aid in the preparation of all program fund requisitions, purchase order procurement, supply purchasing, and receipt submission for all program activities.
   b. Electronically track through an Excel Spreadsheet all program expenditures in real time.
   c. Monitor the program budget/expenditures for accuracy and work with the tribal Finance Department and the federal Grants Management Officer to ensure timely, accurate financial reporting.
   d. Establish a procurement process and filing system to organize all program expenditures and develop budget projections throughout the life of the grant.

3. Provide administrative support for all reports, contracts, other administrative paperwork as necessary.
   a. Assist with the preparation of tribal and federal reports.
   b. Assist with benchmark data required tracking and reporting.
   c. Assist with the completion of all contracts under the program funding.

4. Provide administrative support for Cultural programming, groups, events, etc.

5. Functions as the liaison between referral providers and RCCHC providers.
   a. Handles referrals in conjunction with RCCHC providers; tracks schedule of assessments and screenings; clinic appointments, home visiting procedures.
   b. Coordinates with other services/departments as needed.
   c. Follows the Referred Care Integration System policy.
   d. Complete releases of information as required and needed.

6. Assists with making meaningful improvement to services, programs, and processes and/or organizational effectiveness.
   a. Knowledge of clinical quality improvement models and process.
   b. Completes PDSA cycles of improvement when changes/improvements occur.
   c. Uses knowledge of GPRA and IPC measures to coordinate team members with a goal of improving program participant outcomes.
   d. Participate in the creation of systems to streamline processes with the program.

7. Completes Initial Contact for all incoming Zaagichigaazowin families and works with the Program Director for home visitor assignment.

8. Ensures all activities are performed with the utmost attention to patient confidentiality and HIPAA requirements.

9. Complete monthly, quarterly, and annual reports as required by Health Center Administration, and regulatory bodies. Maintain a record of all supporting documentation as required.

10. Adheres to and supports facility policies, programs and activities.

11. Maintain strict confidentiality and safeguard the privacy of patients in common areas of the clinic.

12. Present a professional, caring image for the Health Center and its programs.
    a. Maintain a cooperative relationship with other Health Center staff and employees.
    b. Demonstrate tact, courtesy, and respect in communication and interaction with Health Center patients, visitors, and staff and with outside agencies and programs.
    c. Promote a working environment noted for effective cooperation and collaboration between programs, services, and co-workers.
    d. Dress appropriately to promote professionalism within the Health Center.

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13. Advance job knowledge and skills through continuing education efforts after approval of Health Center Administration.
14. Responsible for communication within the department and across departments to ensure that information is shared for effective operations.
15. Attend staff and other meetings, in-services, and other events as directed by supervisor.
16. Responsible for maintaining a clean and safe work environment.
17. Occasional Home visits with participating families will require the employee to travel to client homes.
   a. Home Visits would consist of paperwork follow-up and home visitor support.
   b. Community events & classes will require the employee to travel to and attend events in a variety of community settings.
   c. The employee has the right to decline visits if any threats to personal safety arise in any client home or community setting.
18. 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 as deemed necessary by the supervisor.

SUPERVISORY AUTHORITY: None

KNOWLEDGE: Knowledge of clinical quality improvement models and process. Knowledge of and sensitivity for Ojibwe culture and traditions.

QUALIFICATIONS:
1. Associates degree in business administration or medical administration, OR two years of experience in a medical system with an emphasis on accounting or budgets, OR other administrative capacity which includes experience with budget tracking and administrative support duties is required.
3. Minimum one-year experience working with pediatric population preferred.
4. Experience working with RPMS and EHR documentation programs, preferred.
5. Must have a valid driver’s license, vehicle and appropriate vehicle coverage and maintain driver’s eligibility as a condition of employment. Be eligible to be put on the tribe’s vehicle insurance policy.

PERSONAL CONTACTS: Daily contact with patients, visitors, primary care providers, Tribal and Health Center Administration, and other Health Center staff.

PHYSICAL REQUIREMENTS: The duties assigned to this position involve bending, stooping, lifting, and carrying. Items may be placed on overhead storage. Lift up to 50 pounds, assisting patients onto exam tables as necessary. Work requires regular and recurring periods of standing or walking.

WORK ENVIRONMENT: Red Cliff Community Health Center; office and clinic settings. Exposure to hazards of the health care industry. Work setting must be maintained as a clean, nonsmoking, well-ventilated area in compliance with all applicable safety regulations. 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. May be asked to perform visits to patient homes. May be required to travel to deliver or pick up x-rays, laboratory, specimens, or Health Center/Clinic supplies.

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: May 29, 2018
DEADLINE: June 7, 2018 @ 4:00 p.m.

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.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.

"The Hub of the Chippewa Nation"
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.
Current Openings for the Red Cliff Tribe

**Assistant Cook, Elderly Nutrition - LTE**  
DEADLINE: May 29, 2018 @ 4:00 pm

**Peer Specialist - Native Connections**  
DEADLINE: May 31, 2018 @ 4:00 pm

**ZHV Administrative Assistant - LTE**  
DEADLINE: June 7, 2018 @ 4:00 pm

**Tribal Law Enforcement Officer - Full Time**  
DEADLINE: June 7, 2018 @ 4:00 pm

**Tribal Law Enforcement Officer - Part-Time**  
DEADLINE: June 7, 2018 @ 4:00 pm

**Child Care Program Coordinator/Teacher**  
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

All jobs require:
**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.

Please note that you’ll need an up-to-date version of Adobe’s Acrobat Reader to view
Background Information Form, which you may [download for free here](#).

**Contact Info**  
Ashley Poch, Human Resources Director  
Phone: (715) 779-3700 ext. 4268  
"Email: [ashley.poch@redcliff-nsn.gov](mailto:ashley.poch@redcliff-nsn.gov)"

Diane Cooley, Human Resources Coordinator  
Phone: (715) 779-3700 ext. 4267  
"Email: [Diane.Cooley@redcliff-nsn.gov](mailto:Diane.Cooley@redcliff-nsn.gov)"
Job Opportunities

**Berry Harvest Crew**
**Blue Vista Farm**

*Agricultural, Forestry & Fishing*

Blue Vista Farm is an organic farm in Bayfield, WI looking for help this July and August harvesting raspberries...

[Website] [Directions]

**Retail Staff (Seasonal)**
**Blue Vista Farm**

*Retail/Wholesale*

Blue Vista Farm, an organic fruit farm in Bayfield, WI, is now hiring support staff for our retail shop. Prospective...

[Website] [Directions]

**Hospitality Crew - Join our Superior Crew!**
**Superior Charters & Yacht Sales**

*Hotel, Gaming, Leisure and Travel*

Bayfield is a major tourist destination for all types of travelers and Superior Charters is the launching point for sailing...

(715) 779-5124 [Website] [Directions]

**House Keeper Needed**
**Superior Rentals**

*Hospitality Services*

House Keeper Clearing Cabins: Kitchen, Living Room, Bedrooms, Bathrooms, Decks (outside) 5 days a week, sometimes 6-4-8 hours per...

(715) 779-5124 [Website] [Directions]

**Assistant Manager (Seasonal)**
**Blue Vista Farm**

*Retail/Wholesale*

Blue Vista Farm, an organic fruit farm in Bayfield, WI, is now hiring a full-time assistant manager for our...

[Website] [Directions]

**Heavy Equipment Operator**
**Bayfield Dirt**

*Construction, Installation and Mechanical*

Bayfield Dirt is seeking a skilled, reliable Heavy Equipment Operator to join our team. In this position you will be...

(715) 779-5301 [Website] [Directions]
General Labor
Bayfield Dirt
Construction, Installation and Mechanical
Bayfield Dirt is seeking a skilled, reliable general laborer to join our team. In this position you will be responsible...
(715) 779-5031
Website
Directions

Office Assistant
Bayfield Dirt
Administrative, Support & Clerical
Bayfield Dirt is seeking an Office Assistant to be responsible for handling clerical tasks in our office. You will be...
(715) 779-5031
Website
Directions

Morty’s Pub
Morty’s Pub
Food Industry and Restaurants
Morty’s Pub is hiring Cooks for the 2018 Season
No experience necessary, we will train the right candidate! We are looking for individuals to work in a fun fast...
(715) 779-3996
Website
Directions

Office Manager
Madeline Island School of the Arts
Administrative, Support & Clerical
The Office Manager provides a variety of administrative and clerical tasks to support the continued success of the Madeline Island...
(715) 747-2054
Website
Directions

2018 Positions available at the Pier Plaza Restaurant and Bayfront Inn Lodging
Bay Front Inn
Food Industry and Restaurants
2018 Positions available at the Pier Plaza Restaurant and Bayfront Inn Lodging
Bay Front Inn
Food Industry and Restaurants
We are currently hiring for the 2018 season in beautiful Bayfield WI! If you are looking for that position with...
(715) 779-3130
Website
Directions

City of Bayfield
City of Bayfield
Food Industry and Restaurants
City of Bayfield
Food Industry and Restaurants
Job Description: Assists the City of Bayfield with the maintenance of the restrooms at the Boat Ramp, Dalymple Campground, and...
(715) 779-5712
Website
Directions

Join our team!
Solstice Outdoors
Food Industry and Restaurants
New restaurant in Ashland now hiring cooks/kitchen staff and baristas/waitstaff. Visit solsticeoutdoorstore.com/blog for full job descriptions or stop in to...
(715) 682-3590
Website
Directions

Full Time & Part-Time Positions Available At Brownstone Centre & Sweet Sailing
Brownstone Centre
Customer Service
We are seeking energetic, organized, and confident sales team members for Brownstone Centre and Sweet Sailing. Full and Part Time...
(715) 779-5571
Website
Directions
EXPERIENCE  
STAY  
DINE  
Lodging  
Availability

Customer Service
We are seeking energetic, organized, and confident sales team members for Brownstone Centre and Sweet Sailing. Full and Part Time...

(715) 779-3682  Directions

Facility Cleaning and Maintenance
Recreation and Fitness Resources - Bayfield Rec Center
Customer Service
Responsibilities: The Bayfield Rec Center is looking for 2 part time cleaners for the summer and moving forward. Some of...

(715) 779-3448  Website  Directions

Wine Stewards Wanted
Bayfield Winery and Seven Ponds Winery
Food Industry and Restaurants
Our wine stewards provide excellent table service to our guests. Wine knowledge preferred, but we will train if you possess...

(715) 779-3274  Website  Directions

Enter Your Email for Updates  JOIN LIST

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<table>
<thead>
<tr>
<th>Phrase</th>
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<tbody>
<tr>
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<td>wait for me</td>
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<tr>
<td>25</td>
<td>4 Baked Chicken, greenbeans and potato salad, jello w/fruit</td>
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<tr>
<td>26</td>
<td>5 Chicken Noodle soup, ¼ cold ham and cheese on rice, spinach and mandarin oranges</td>
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<td>27</td>
<td>19 Chili, corn bread muffin, sm green salad, and jello w/ fruit cocktail</td>
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<td>28</td>
<td>21 BLT on toast, sweet potato fries, green beans and creamed peas and peaches</td>
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<tr>
<td>29</td>
<td>28 Pork chops, baked potato and creamed peas and peaches</td>
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## JUNE 2018
### ODE’ IMINI-GIIZIS

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<th>Aabitoose</th>
<th>Niiyoo-giizhidag</th>
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<td><strong>Skim milk served with Meals 1- yrs whole</strong></td>
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<td>1B HB oats, strawberries, ygt, muffin S nutra bar/milk L kielbas, pes, mango, wgbun S oranges, crackers</td>
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<td>4B Oatmeal, WG toast, PB, Apples S pretzels/fr cup L tomato soup, GR chez, pineappple, CR s teddy g/milk</td>
<td>5B Kix, oranges, ygt, S cinn eng mf/milk L tuna hd, peas, peaches, CC, JELLO S pears/cheese</td>
<td>6B cornflakes, banana, WG toast, PB S gr cracker/milk L pork chop, carrots, salad, applesauce S fr pizza/milk</td>
<td>7B boiled eggs, bagel, trk bacon, raspberry S cheese-its/milk L mong beef, mango, stir fry, CC S ygt/strawberries</td>
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<td>11B egg muffin, oranges, ygt S cc/pears L hamb hd, carrots, TR fruit, salat S rice cake/milk</td>
<td>12B corn chex, berries, CC S gr cracker/milk L bk chix, watermelon, beans, PT salad S apples/cheese</td>
<td>13B life, banana, ygt, S pudding/waffles L ham pot sp, GR beans Cantaloupe, WG bun, salad S camping bear/fr c</td>
<td>14B Cheerios, blueberries, CC S teddy gr/milk L burritos, rice, HDEW, corn S berries/cc</td>
<td>8B rice chex, pears, CC, TRK sausage S goldfish/fr cup L pizza, salad, Cantaloupe, it veggies S cracker/cheese</td>
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<tr>
<td>18B fr toast, sausage, applesauce S teddy gr/milk L tacos w/fixings corn, HDEW S veggie/dip CC</td>
<td>19B HB oats, berries, CC S chex mix/milk L chicken salad, WG pita, GR beans, peach S cukes/hummus</td>
<td>20B boiled eggs, muffin, oranges S goldfish/ juice L beef stfry, Mango, stfry, rice S banana racers/mil</td>
<td>21B Kix, pears, CC S nila wafers/milk L chicken rice soup, PB sadn, Cantaloupe salad S crackers/cheese</td>
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<tr>
<td>25B malto meal, WG toast, peaches S goldfish/milk L pizza, salad, fr cocktail, CC, CORN S broc/hummus</td>
<td>26B Cheerios, apples ygt, ENG muffin</td>
<td>27B rice crispies, banana, ygt S teddy gr/milk L chezbg HD, tots, watermelon, salad S butterfly snack</td>
<td>28B quiche’ sausage, Cantaloupe S rice cakes/milk L chz/broc sp, ham sand, pineapple S fr cup/gr cracker</td>
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