



Red Cliff Community Health Center

Dagwaagin Mazina'igan

36745 Aiken Road Bayfield, WI 54814

www.redcliffhealth.org

Fall 2015

2015 Dagwaagi Ombikamigizing (Fall Fest) Success



Boozhoo Miskwaabiikong! It is with much gratitude the Red Cliff Community Health Center celebrates the success of the Dagwaagi Ombikamigizing (Fall Festival). It was a fun filled event for the whole family. Kicking off the day's activities was an opening sunrise ceremony conducted by Frank Montano and Leo LaFermier Jr. The blessings were so appreciated and provided for a beautiful day in Creation for the community to come together and have fun.

The Healing Walk Run registration opened at 8am at Legendary Waters with approximately 40 community walkers and runners in attendance. Participants engage in this event for their own personal reasons, but overall to bring awareness to the collective healing journey we as Anishinaabe are always on.

From 10am to 2pm the main event began at the Red Cliff Community Health Center. Filled with family friendly activities. 168 community members joined in the fun while Danny Blake, Elmer Saari Sr., and Jon Lamoreaux provided live music for all to enjoy.

The day's event closed with a special Jingle Dress Healing Ceremony facilitated by RC Tribal Member, Penny Charette. All told it was a beautiful and blessed day!

The Red Cliff Community Health Center would like to say CHI-MIGWECH to all who donated supplies, volunteered their time, and attend the event. It was a huge success because of you!

Caretakers of the medicine, protectors of your health





SPOTLIGHT



Grandfather's Feast

On September 28, 2015 the Zaagichigaazowin Home Visiting Program, in partnership with Circles of Care, sponsored the very first community-based Grandfather's Feast. Historically, Red Cliff maternal child health programs have come together over the past 6 years to honor our grandmothers, mothers, aunts, daughters and sisters. The Zaagichigaazowin program, through it's Fatherhood Initiative, balanced the positive family events by holding a Grandfather's Feast honoring grandfathers, fathers, uncles, sons, and bothers. It was a wonderful event attended by approximately 70 community members. Elders were honored with an opening ceremony, dinner, gifts, and a traditional honor song acknowledging each for their important contributions to their families, Red Cliff, and beyond. Dr. Jim Pete is currently heading up the fatherhood initiative and will be holding future events and fatherhood gatherings for the men of Red Cliff.

Pink Shawls

Red Cliff community members Carolyn Gouge, Mardella Gustafson, and Lorine Spinner have started a community Cancer Support group and are also working with the Pink Shawls of Wisconsin (<http://www.dreamthecure.org/>) to raise awareness around breast cancer in the Red Cliff community. All three Ogichidaa-kwag have battled cancer in their own lives and have become community champions in the fight against cancer in our tribal nations. If you would like to make a Pink Shawl for yourself or in honor of a loved one, please attend the October 22nd event at 5pm in the Red Cliff Community Health Center. All materials for the shawls will be provided. Supplies are limited, first come first serve.



Ojibwemowin - Four Stages of Life

- Baby(ies)- Abinoojiiyens(ag)
- Child(childeren)- Abinoojii(yag)
- Boy(s)- Gwiiwizens(ag)
- Girl(s)- Ikwesens(ag) Women(Women)- Ikwe(wag)
- Man(men)- Inini(wag)
- Old Woman(women)- Mindimooy



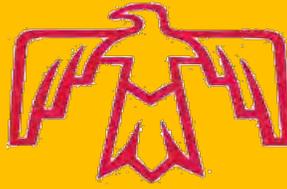
Apple Fest Parade



Red Cliff Community Health Center participated in the Bayfield Apple Fest Parade!

If you were at the Apple Fest parade you had to have noticed the float for the Red Cliff Community Health Center. It was the first time the clinic had a float in the parade. Thanks to all the employees that came out to decorate the float Sunday morning. There was a very good turnout and it came out looking wonderful. The children dressed as doctors and nurses and had a great time. Lip balm, Frisbees and informational brochures were handed out along the parade route. The signs on the float advertised services offered at the clinic and the banner, with a picture of the clinic, showed off our beautiful building. "Everyone Welcome" was displayed proudly at the top of the float. We were even awarded 3rd place in the parade. Let the planning begin for next years float!

STORY OF THE THUNDERBIRDS



The Thunderbird is the symbol of the Ojibwe people.

Considered the most powerful of all Maniidoog (spirits) it is only second to Gitche-Maniidoog, the Creator, or as we know it, "The Great Mystery".

Thunderbirds

Of all the Maniidoog who presided over the destinies and affairs of humankind, none was more revered for its potency and preeminence than the thunderbird. Many Maniidoog were once men and women, but the thunderbirds had always been Maniidoog from the beginning of time, dwelling in the mountains and serving Mother Earth behind clouds that they themselves generated.

The Maniidoog and totems of Mother Earth, the thunderbirds were created by Gitche-Maniidoog to tend to Mother Earth's health and well-being, to give her drink when she is thirsty, to cleanse her form and her garments when she needs refreshments, to keep fertile and fruitful, and to stoke fires to regenerate the forests. From early spring to late fall, the thunderbirds were vigilant in tending to Mother Earth, and in winter, they rested.

The Anishinaabe people believed that the thunderbirds looked like and were kin to the eagles, and that eagles might be thunderbirds in disguise, passing from the heights and ascending into the sky until they are seen no more. Thunderbirds were being of mystery and power and good. Yet they were to be feared.

Days before the thunderbirds began their preparations to cleanse Mother Earth, the owls and other night birds warned one another that the thunderbirds were stirring and that they were about to open the floodgates and let loose fire bolts, and they urged one another to take shelter.

And as the thunderbirds stoked the fires in their forges, great dark clouds billowed, and small birds and animals took shelter just before the floodgates were opened and the flaming arrows were unleashed. The thunderbirds were indifferent to animals or humans.

Most men and women had nothing but the highest respect for thunderbirds, but there were a few who longed to go to the thunderbirds', to set eyes on these Maniidoo, and trusted that the thunderbirds would not be too offended by their trespassing. Perhaps some believed that they could enter the Maniidoo domain, as they could infiltrate an enemy's camp, and leave unnoticed

Those who dared intrude on the sanctuary of the thunderbirds never came back to their to their families and homes. They were destroyed.

Though men and women could not enter the world of thunderbirds, these maniidoo occasionally came down from their sanctuary disguised as human beings.

When the Anishinaabeg gave thanks to the Earth, they reflected on the land and the waters, the forests and the fields, the mountains and the valleys, the winds and colors, and all their animal cotenants on the Earth. Mother Earth in all her forms and conditions was what the celebrants meant when they offered the second whiff of tobacco incense. It was the Earth in its entirety, not just a portion of it, that men and women considered when they thought of Mother Earth.

This is why the thunderbirds protected Mother Earth, and everything else was of no importance to them. Mother Earth, was the womb from which we all came, and for her to be harmed was not something that the thunderbirds could accept. For if Mother Earth, in all her splendor, was harmed, then all of mankind, birds, animals, fish, insects and all other living creatures could not longer survive.

We have harmed Mother Earth over the centuries, and we still do. Perhaps it is time for the thunderbirds to direct their anger and power at us, the unthinking humans that are on a path to destroy our mother.

Part of this were taken from Basil Johnston book, "Manniidoo, The Spiritual World of the Ojibway". Basil Johnston is an Ojibway scholar who lives in Ontario, Canada, on the Cape Croker Indian Reserve, where he spent part of his childhood. A recipient of the Order of Ontario and an honorary doctorate from the University of Toronto, he speak and writes in both Ojibway and English and is author of numerous books.

Thank you for reading about our spiritual world.

<http://bestclipartblog.com/16-whitetail-deer-clipart.html/whitetail-deer-clipart-8>

http://kavika.newsvine.com/_news/2013/02/04/16841610-story-of-the-ojibwe-anishinaabe-thunderbird



Red Cliff Community Health Center

36745 Aiken Road, Bayfield, WI 54814

Phone: (715) 779-3707 Fax: (715) 779-3711



NEW

Red Cliff Pharmacy

Window Hours

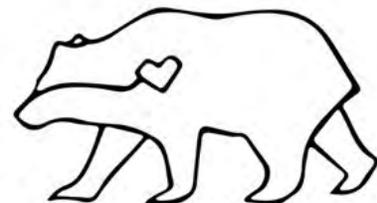
Monday through Friday

OPEN - 8:30am

CLOSE - 4:30pm

715.779.3157

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2016



Mammogram clinic schedule

JANUARY 25 & 26

FEBRUARY 19

MARCH 18

APRIL 11

MAY 25

JUNE 30

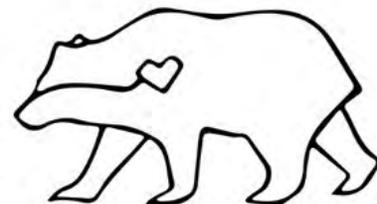
AUGUST 31

SEPTEMBER 26

OCTOBER 10 & 31

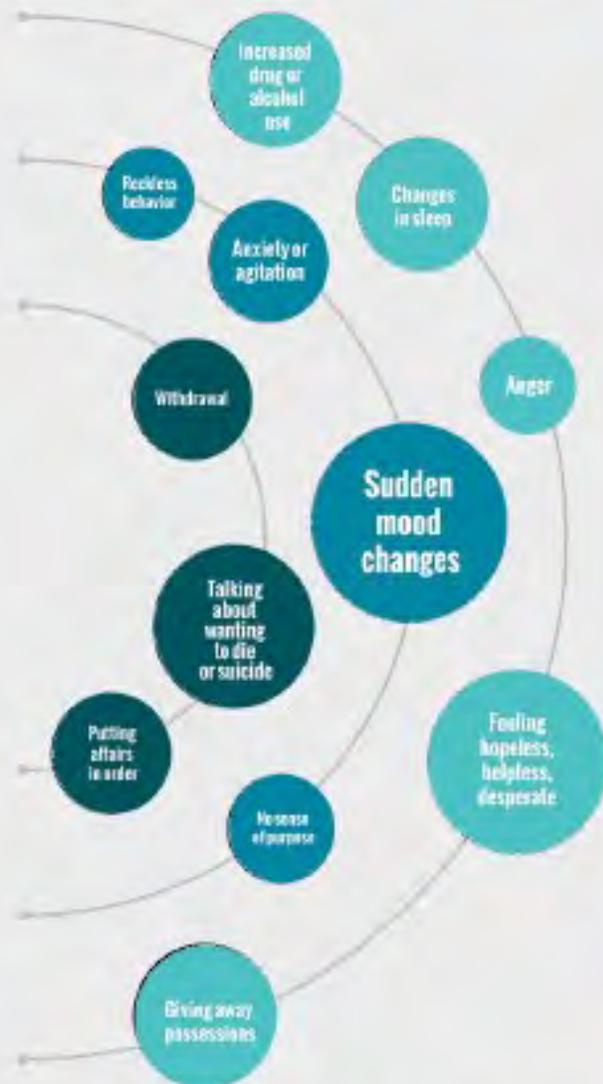
NOVEMBER 14

Caretakers of the medicine, protectors of your health



PAIN ISN'T ALWAYS OBVIOUS

The warning signs of emotional pain or suicidal thoughts aren't always obvious.
HERE'S WHAT TO LOOK FOR:



By recognizing the signs, finding the words to start a conversation and reaching out to local resources, you have the power to make a difference. The power to save a life. **Learn more at:**

suicideispreventable.org

Pain Isn't Always Obvious

**KNOW
THE SIGNS**

Suicide Is Preventable



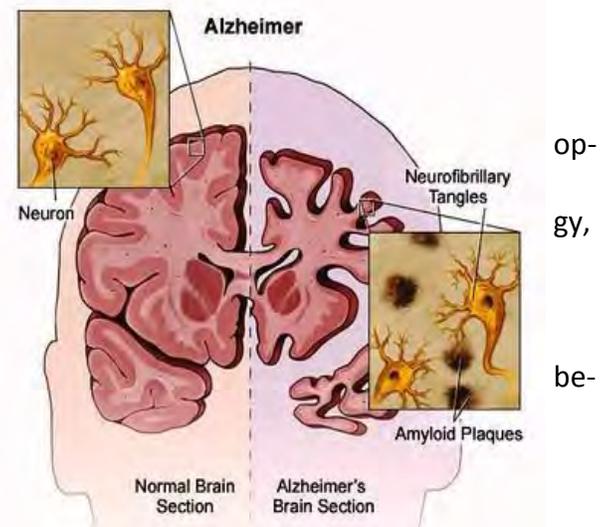
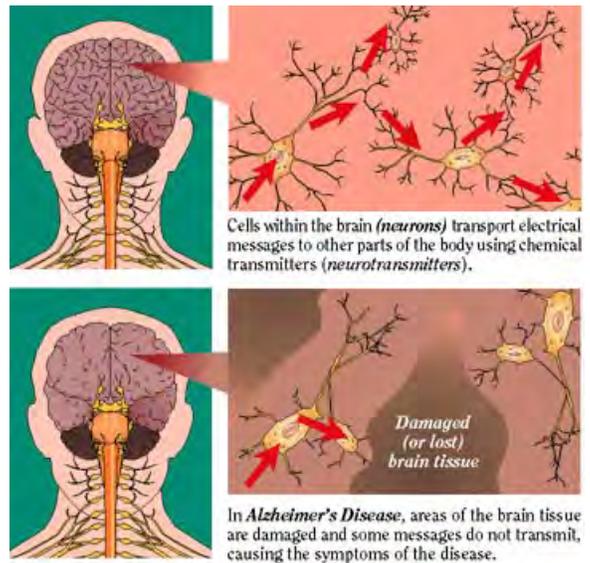
Ten Signs of Alzheimer's Disease

Alzheimer's disease is the only cause of death in the top ten causes of death in America that cannot be prevented or slowed. About 5 million people in the United States have Alzheimer's. Two thirds of them are women. According to the Alzheimer's Association by 2025 it is estimated that 7.1 million people will be afflicted with this disease. There are three known risk factors for Alzheimer's:

- Age
- Family history
- Familial Alzheimer's and genetics

The memory loss associated with this disease is caused by brain damage. The brain has 100 billion nerve cells (neurons).

Each nerve cell connects to many others to form communication networks. In addition to nerve cells, the brain includes cells specialized to support and nourish other brain cells. Neurons operate like tiny factories. They receive supplies, generate energy, construct equipment and get rid of waste. Cells also process and store information and communicate with other cells. It is believed that Alzheimer's disease prevents parts of a cell's factory from running well. As damage spreads, cells lose their ability to do their jobs and, eventually, die.



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1. Memory loss that disrupts daily life. One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over or for help from family members for things they used to handle on their own.

2. Challenges in planning or solving problems. Some people may experience changes in their ability to develop and follow a plan or work with numbers, or trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

3. Difficulty completing familiar tasks at home, at work or at leisure. People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

4. Confusion with time or place: People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

5. Trouble understanding visual images and spatial relationships. For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast. In terms of perception, they may pass a mirror and think someone else is in the room. They may not realize they are the person in the mirror.

6. New problems with words in speaking or writing. People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call things by the wrong name.

7. Misplacing things and losing the ability to retrace steps. A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing.

8. Decreased or poor judgment. People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming personal hygiene.

9. Withdrawal from work or social activities. A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

10. Changes in mood and personality. The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

http://biomed.brown.edu/Courses/BI108/BI108_2008_Groups/group07/Alzheimers.html

http://www.alz.org/alzheimers_disease_10_signs_of_alzheimers.asp



Prevent Obesity from the Beginning

Since 1980 the number of obese children has doubled in all three North American countries. Before modern medicine it was considered healthy to have a “fat baby”. This was because of so many childhood diseases. Infants and toddlers had to endure either aggressive illnesses or go through lengthy illnesses and they needed the extra fat to sustain them when they couldn’t eat. It was also a harder time to live. Finding work was hard, Medicaid didn’t exist or insurance was hard to come by. There were also very few if any financial or food assistance programs. These days because of medical advances, improved quality of care and government assistance programs, sick infants and children don’t go through to rigors of childhood diseases. They don’t have to rely on extra body fat. If a child does become ill for an extended period of time, they are brought to the hospital where they are given nutrients and fluids through an IV. These advancements reduce child mortality rate however they paved they gave rise to Childhood obesity. Many people still have the perception that a” fat baby “is a healthy and that they will grow out of it. However being obese can cause other illness. Childhood type 2 diabetes because of unhealthy food children eat. Those children may also suffer from malnourishment if they are eating unhealthy food. Asthma can also be caused by being obese; it can inflame the respiratory tract and make it harder to breath. There are even cases reported of children as young as ten suffering and dying from heart attacks from being obese. The following chart shows the ideal average weigh for healthy children up to age 11:

The following chart shows the ideal average weigh for healthy children up to age 11:

Average Height and Weights for Boys			Average Height and Weight for Girls		
Age	Average Height	Average Weight	Age	Average Height	Average Weight
1 year old	28 -29 inches	22 lbs	1 year old	28 - 29 inches	21.76 lbs.
13 Months		22.27 Pounds	13 Months		22.27 Pounds
14 Months		22.82 Pounds	14 Months		22.82 Pounds
15 Months		23.26 Pounds	15 Months		23.26 Pounds
16 Months		23.7 Pounds	16 Months		23.7 Pounds
17 Months		24.14 Pounds	17 Months		24.14 Pounds
18 Months		24.58 Pounds	18 Months		24.58 Pounds
19 Months		25.02 Pounds	19 Months		25.02 Pounds
20 Months		25.35 Pounds	20 Months		25.35 Pounds
21 Months		25.79 Pounds	21 Months		25.79 Pounds
22 Months		26.12 Pounds	22 Months		26.12 Pounds
23 Months		26.57 Pounds	23 Months		26.57 Pounds
2 years old	31 inches	28.4 lbs	2 year old	30 inches	28.4 lbs.
3 years old	33 inches	33 lbs	3 year old	33 inches	30.8 lbs.
4 years old	37 inches	35 -37 lbs	4 year old	37 inches	35.2 lbs.
5 years old	40 inches	41.8 lbs	5 year old	40 inches	39.6 lbs.
6 years old	42 inches	46.2 lbs	6 year old	41 inches	46.2 lbs.
7 years old	44 inches	50.6 lbs	7 year old	43 inches	50.6 lbs.
8 years old	45 inches	57.2 lbs	8 year old	45 inches	57.2 lbs.
9 years old	49 inches	61.6 lbs	9 year old	47 inches	63.8 lbs.
10 years old	51 inches	70.4 lbs	10 year old	51 inches	70.4 lbs.
11 years old	52 inches	77 lbs	11 year old	52 inches	79.2 lbs.

Baby Height Weight Chart

Image taken from
<http://www.medicalassistantcolleges.com/top-50-blogs-for-understanding-and-preventing-childhood-obesity>

Preventing obesity is in the long run far easier than trying to reverse it or the damage it does. It also helps prevent diseases and early death. Children should be physically active at for least one hour a day. They should be drinking as much as they want unless direct by a medical professional. This will help eliminate excess sugar In the blood and improve body function. To help reduce weight in children that are obese the first thing to be removed from their diets should be soda. Drinking one soda a day can cause weight gain of 15 lbs a year. If that's not enough they money saved alone may help you cut out soda. If a family of four cut out just soda they can save around 500 dollars a year. Cut out potato chips should be next. Studies have shown that eating potato chips cause greater hunger later because of the blood sugar spike. Replace it with something like celery and peanut butter. Celery is cheaper than potato chips it makes you fuller faster, fiber in it and the protein from the peanut butter with help keep them fuller longer and it also has nutrients their bodies need. The sooner they lose the weight the sooner they will healthier and be happier in the which may also improve learn capabilities and improve their moods.

Breast Cancer Early Detection

Healthfinder.gov has designated October as breast cancer awareness month. 1 in 8 women develop breast cancer over the course of their lives. Last year in Wisconsin alone there was 325 incidence of breast cancer with a mortality rate of 60. Breast cancer is hard to detect before it spreads. It usually found as a painless lump. It is a good idea practice self-breast exams because often times the cancer can be detected before it grows big enough to spread to other areas of the body. The image shows the average size of the tumor for the different

- Nipple tenderness
- A lump of thickening near the breast
- A change in the texture of the skin of the breast. It is sometimes described as feeling like an orange peel.
- Unexplained changes in the size or shape of the breast.
- Swelling of the breast
- A nipple that is turned inward
- Scaly and/ or red skin on the breast
- Clear or bloody discharge from the nipple

If you have any of these symptoms you should you should make an appointment to have it checked by a healthcare provider. Woman over the age of forty should have a yearly mammogram done. Some of the factors for increased risk for breast cancer are :

- Gender– Women are at higher risk,
- Age– older women have a high chance
- Genetic predisposition or inherited mutations
- Exposure to smoking and environmental pollutions may increase you're your risk for developing breast cancer.

If you have a family have a history of breast cancer you may be advised to start having mammograms earlier than the age of forty. There are various options for treatment of breast cancer including Radiation , chemo therapy, partial, single or double mastectomies can be performed to remove the cancerous tissue. Early detection can prevent the spread of cancer cells to the other parts of your body if detected early enough.

Size of Tumors Found by Mammography



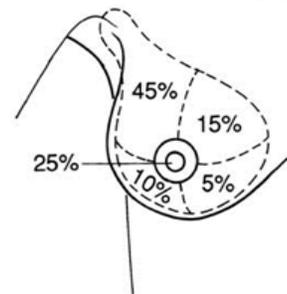
Average-size lump found by yearly mammogram when past films can be compared.



Average-size lump found by first mammogram.



Average-size lump found by accident.



Clinical quadrants of the breast with the percentage of all cancers of the breast found in each.

The image above shows the common areas where cancer is detected.

1. Stand in front of a mirror with your arms at your sides. Look for any changes in the size, shape, or skin of your breasts, including dimples or scaly patches. Check for discharge. Any bloody discharge should be evaluated by a doctor right away.
2. Clasp your hands behind your head and again look for changes in the size, shape, and contours of your breasts. Then check again with your hands on your hips, bending slightly toward the mirror with your elbows and shoulders pressed forward.
3. You may find that it's easier to do this next part in the shower, where soap and water make your skin more slippery, or (if your breasts are large) lying on your back in bed, where you have better access to the undersides of your breasts.

With your left hand behind your head, use the fingertips of your right hand to feel for lumps under the skin of your left breast. Start just below your left collarbone, pressing your fingers on a small area the size of a quarter.

Using various amounts of pressure, feel both on the surface and deep in the breast tissue for lumps that differ from the overall consistency of the breast in any way. Continue to check the breast following one of the patterns shown in the diagrams below.

Make sure you cover everything from the collarbone to the bottom of the breast, and out to and including the armpit. Switch hands and examine the right breast in the same way.

<http://www.cancer.org/acs/groups/content/@research/documents/document/acspc-042725.pdf>
http://www.breastcancer.org/symptoms/understand_bc/statistics

http://www.breastcancer.org/symptoms/testing/types/self_exam/bse_steps

<http://www.clevelandwomen.com/pro/breastexam.htm>

Rekindle Genetic Diversity Through Seed Saving

“FAO estimates that since the beginning of this century about 75 percent of the genetic diversity of agricultural crops has been lost. “

Starting in the 1800s we began learning about the dangers of growing one variety of a crop. Ireland in the 1840s was growing solely one type of potato. However that strain had no resist the blight that struck Europe that year. As a result over one million people died. It was observed again in the 1970s when rice fields in Indonesia were destroyed by a plant virus. The earliest form of bioengineering was selectively breeding plant with other variations to get a certain trait such as disease resistance. These days scientist can then insert the genes from one plant into another plant to make them resistant to disease. Initially it seemed to work at reducing plant disease. In recent years insect and diseases populations are becoming immune to the chemicals and traits most frequently used against them. Super weeds are also showing up causing farmers to use higher amounts of some herbicides They have to add other types of herbicides and pesticides adding even more chemicals into the soil. We could conceivably see another famine caused by the complete destruction of a food crop because they are no long able to resists.

Ensuring genetic diversity though seed saving could be key in reversing the erosion of genetic diversity in our food supply. Increasingly farmers and gardeners have again started saving and sharing seeds. In recent years more people have been creating seed banks to store and disburse different strains of plants. In our area groups such as the Great Lakes Indigenous Restoration Network encourage the restoration of rare native cultivate seeds. More locally you can contact the Mino bima diz iwin farm at 715-779-3782 for seeds to plant, for seedlings to plant or for instructions on how to save seeds for certain plants. The Red Cliff Community Health Clinic also has a small seed library in the inside the main doors.

Six Tips for Saving Seed



Seed saving can be complicated, but if you start with these solid tips you'll be on the path to saving and sharing quality seed:

- 1 Know your seed.** Don't save seeds from a hybrid variety (often labeled as "F1" in catalogs or seed packets). They won't grow "true to type" to the original parent, and the next generation of plants will be highly unpredictable in overall type, quality, and flavor.
- 2 Save information, not just seed.** Keep good records from the start. The information you pass on is as important as the seed. Make note of common and Latin names; dates of planting, plant maturity, and seed harvest; whether off-types were culled; population size and isolation distance; and any other important observations about the variety.
- 3 Watch for cross-pollination.** Different varieties of crops of the same species can cross-pollinate, producing offspring with different characteristics than the original variety. To keep a variety "pure," you should plant in isolation to minimize the chance of crossing. Crops that are wind or insect pollinated (often called "outcrossers") require a greater isolation distance from other varieties of the same species than those that have flowers that self-pollinate (often called "selfers"). *See the Seed Matters Seed Saving Chart for isolation distances.*
- 4 Consider plant populations — numbers count.** To maintain the genetic integrity of a variety, it's important to save seed from a diverse population of individual plants. The optimum population size differs depending on whether a variety is wind or insect pollinated, or self-pollinated. *See the Seed Matters Seed Saving Chart for population sizes.*
- 5 Choose ideal plants for ideal seed.** Healthy, vigorous plants are more likely to produce healthy, vigorous seed. Save seeds from disease-free plants to help prevent seed-borne disease. Also, collect seeds from plants that show ideal characteristics (shape, color, dates to maturity) that match the variety's description.
- 6 Make it last.** Good storage practices will increase the long-term viability of your seed. Store only seed that has been checked for pests and is fully mature and dry. The storage area should be dark, dry, cool, and protected from pests.

Six good beginner plants

Peppers

Peppers are some of the easiest plants to grow. Their seeds mature after then peppers have changed color indicating final ripeness. Cut the peppers open scrape out the seeds onto a plate reserving the flesh for eating and let the seeds dry in a non humid shaded place testing them occasionally until they break rather than bend.

Tomato's

Tomato's are just a little time consuming. Harvest ripe tomato's from several different vines of the same variety, cut across the middle and gently squeeze the juice and seeds into a bowl. You see that each tomato seed is encased in a gelatinous coating. Remove the c Remove this coating by fermenting it. This mimics the natural rotting of the fruit and has the added bonus of killing any seed borne tomato diseases that might affect next year's crop

To ferment the seeds, add about half as much water as there are tomato seeds and juice in the bowl and stir the mixture twice a day for about three days. Keep a close eye on the mixture—especially if it's a warm area, as fermentation happens more quickly at high temperatures. As the mixture ferments, its surface will become covered with white or gray mold. Don't keep the bowl in the kitchen, anywhere it can be tipped over by animals or children, or where you'd be able to smell it—it will get pretty rank.

When bubbles begin to rise to the top of the mass, or when a thick coat of mold has formed, stop the fermentation by adding enough water to double the mixture, and stir vigorously. The clean, good seeds will settle to the bottom of the bowl. Gently pour off mold, debris and any seeds that float (they're hollow). Add more water and repeat the process until only clean seeds remain.

Gently pour off mold, debris and any seeds that float (they're hollow). Add more water and repeat the process until only clean seeds remain.

Capture the seeds to be saved by pouring the liquid through a strainer, wipe the strainer bottom with a towel to remove as much moisture as possible, then dump the seeds onto a glass or ceramic plate to dry. Stir twice a day to ensure even drying and to prevent the seeds from clumping together.

Warning: Tomato seeds will germinate unless you dry them quickly. To speed drying, you can use a fan, but don't put the seeds in sunlight or an oven.

Melons + Squash

watermelons, or winter squash? Cut watermelon open, scoop the seeds into a strainer and add a dash of dishwashing liquid to remove any sugar left on the seeds. Rinse and dry. With squashes need to be carefully cut to expose the seed cavity. Don't cut straight through the center of the squash—you'll cut through some seeds, too. Just stick the knife in as far as necessary to cut through the flesh and move it around the circumference. Pull the seeds from the fibers, rinse, and dry. And don't cut a squash before you're ready to eat it—seeds can be saved from most squashes many months after harvest. A few of the long-storage varieties may have sprouted seeds inside after six months or so).

Cucumbers

After cucumbers ripen, they change color and become soft. (Remember, if you stop picking cucumbers, their vines will stop producing new fruit, so pick your fruit for seed saving toward the end of the season.) Cut the ripe cucumber in half and scrape the seeds into a bowl. To remove the seeds' coating, rub them gently around the inside of a sieve while washing them or soak them in water for two days. Rinse and dry. (Note: Make sure the cucumbers you use for seed are disease-free; some diseases can be carried on seed and could affect your future crop.)

GNOCCHI, BUTTERNUT SQUASH, SAGE & MUSHROOMS

SERVES 4

PREPARATION 10 mins

COOKING 35 mins



Gnocchi, Butternut Squash, Sage & Mushrooms

INGREDIENTS

The abundance of autumnal colors and flavors make this amazingly simple gnocchi recipe look more complicated than it actually is. The butternut squash takes 30 mins to roast, so your oven does most of the heavy lifting, while the rest is an easy assembly job - and a tasty one at that...

1 butternut squash weighing about (1lb, 10oz)

1tbsp olive oil

Butter

6 sage leaves

1 garlic clove, crushed

(4oz) shiitake mushroom (substitute with any other mushrooms).

(1lb) gnocchi (can substitute with macaroni or rotini)

Freshly grated parmesan, to serve

METHOD

Heat the oven to 400. Peel the butternut squash and cut it in half. Scoop out the seeds and fibers. Cut the flesh into ($\frac{3}{4}$ in) chunks.

Put the squash in a large shallow baking tray. Drizzle over the oil and toss the chunks until coated, then season. Roast in the oven for 30 mins until the butternut squash is soft and browned along the edges.

Meanwhile, melt a knob of butter in a large pan. Add the sage leaves and cook for a few seconds until they have deepened in color. Stir in the garlic, then the shiitake mushrooms. Cook, shaking the pan occasionally, until the mushrooms are edged with gold.

Cook the gnocchi according to the packet instructions and toss with the mushrooms and butternut squash. Serve with Parmesan.

<http://www.houseandgarden.co.uk/collections/september-seasonal-food/view/recipes/main-courses/squash-sage-mushroom-gnocchi>



OCTOBER 2015

Binaakwe-giizis

Falling Leaves Moon

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
	WIC Pick up all day	WIC Pick up all day	1-4pm Optical		WIC Clinic all day	
11	12	13	14	15	16	17
	WIC Pick up all day	WIC Pick up all day			WIC Clinic all day	
18	19	20	21	22	23	24
	1-4pm Optical		1-4pm Optical			
25	26	27	28	29	30	31
	1-4pm Optical		Health Fair 4-7 p.m.		Centering 8:00am-4:30pm	

Pumpkin = Fruit → Healthy



Gashkadino-giizis

Freezing Over Moon



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 WIC Pick up all day 1-4pm Optical	3 WIC Pick up all day	4 1-4pm Optical	5	6 WIC Clinic all day	7
8	9 WIC Pick up all day 1-4pm Optical	10 WIC Pick up all day	11 Clinic Closed Veterans' Day	12	13 WIC Clinic all day	14
15	16	17	18	19	20	21
22	23 1-4pm Optical	24	25 1-4pm Optical	26	27 Clinic Closed Holiday	28
29	30 1-4pm Optical	Centering 8:00am - 4:30pm				



NOVEMBER



2015