



Red Cliff Early Childhood Center NEWSLETTER

Gichi-manidoo-Giizis
(Great Spirit Moon)

January, 2010

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Head Start Awarded One Time Equipment Purchase & Conversion Grants!!

The New Year brings Three Full-Day/Full-Year Head Start Classrooms!

In July, 2009 the Head Start Program submitted a conversion grant application. The proposal that was submitted requested for a permanent increase in the Head Start base level funding to convert our part-day/part-year classroom to a full-day/full-year classroom. According to the 2009 Red Cliff Community assessment data, the childcare needs of the families we serve and through continual parent requests for full day classrooms demonstrated the need to expand these services. The conversion grant will expand the full-day/full-year services to the Mashkodebizhiki classroom beginning February 1, 2010.

Mashkodebizhiki classroom parents will soon notice that there is a new teacher in the classroom!!! Jennifer Leask has joined the Head Start team and will be working alongside Ms. J and Ms. Virginia in setting up the classroom for the new services and meeting all the classroom children and families. Please give her a big warm welcome!!

Not onebut two! New Head Start buses!!

In April, 2009 the Head Start program submitted a proposal for a one time equipment purchase and received notice in August, 2009 that the Head Start was awarded a grant for a new 42 passenger bus purchase. We will no longer have one bus, but two brand new buses that will allow all the Head Start classrooms to begin at the same time. The conversion grant allowed us to purchase a small 28 passenger bus!!!! The 42 passenger will be delivered to the ECC on January 22, 2010!! If you have any questions about the new conversion or bussing please call 779-5030 ext 243.

Special points of interest:

- Budgeting Class- Wednesday, January 13th @ 5pm
- ECC CLOSED- Monday, January 18th.
- LCO Registration open until January 19th (AA- Early Childhood Degree offered)
- Need help applying to college? Ask ECC Family Services for help!!! 779-5030 ext 253

IMPORTANT NOTICE FOR HEAD START FAMILIES:

Change to Classroom Times

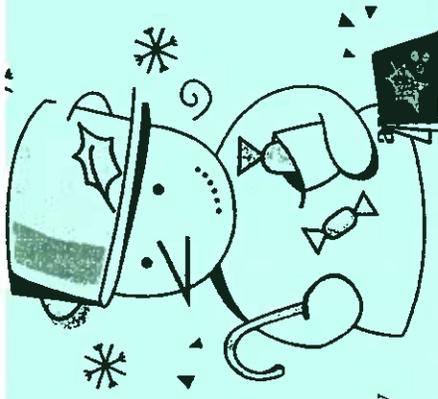
Beginning February 1st, 2010, ALL THREE Head Start classrooms will have full-day/full-year services and each classroom will begin their day at 8:00 a.m. and end at 2:00 p.m.

New bus schedules will be sent home soon.

January 2010

ECC and Community Events

Gichi-Manidoo-Giizis (Great Spirit Moon)



Sunday

Tuesday

Wednesday

Thursday

Friday

Saturday

HAPPY NEW YEAR

	Sunday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 Tribal Council Meeting 6:00pm	5	6 Sewing 5pm	7	8	9 Sleigh and Cutter Parade at Great Lakes Visitor Center 1pm
10	11 Policy Council Meeting 9am	12 Breastfeeding Support Group 10-12 @ Clinic	13 ** Budgeting Class 5pm @ ECC Special Jr. Tribal Council Meeting 6pm @ FAPC	14	15 Home Base Play Day- Lunch at 11 @ ECC, then sliding at Phoebe's	16
17	18 ECC Closed- Martin Luther King Day	19 Tribal Council Meeting 4:30pm	20 Sewing 5pm	21	22	23
24	25	26 Breastfeeding Support Group 10-12 @ Clinic	27 Jr. Tribal Council meeting 6pm @ FAPC	28	29 Home Base Scrapbooking	30
31						

HOME BASE NEWS

THE HOME BASE STAFF SURVIVED THE HOLIDAY BREAK,

WOW

CAN YOU BELIEVE IT

ANOTHER YEAR GONE BYE

EARLY CHILDHOOD CENTER WILL BE
CLOSED ON THE 18TH
MARTIN LUTHER KING DAY

PLAY DAYS FOR JANUARY

15TH SLIDING AT PHOEBE'S FROM 11:00 - 1:00

MEET AT THE CENTER AT 11:00

FOR LUNCH THAN OFF TO

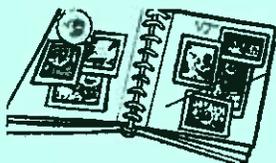
PHOEBE'S FOR A DAY OF FUN

IN THE SNOW.

DRESS APPROPRIATELY

THAN ON THE 29TH SCRAP BOOKING

COME IN AND DESIGN A BOOK FOR YOUR CHILD



NUTRITIONAL RECIPES

YOGURT JUICICLES

MAKE NUTRITIOUS FROZEN SNACKS

**ON A STICK BY BLENDING 2 1/2 CUPS (625ML)
OF PLAIN YOGURT**

**WITH 1 SMALL CAN OF
FROZEN JUICE CONCENTRATE. FREEZE IN
POPSICLE CONTAINERS**

**OR SMALL PAPER CUPS, ADDING A STICK WHEN
THE MIXTURE IS
ALMOST FROZEN.**

**NOTE: CHUNKS OF UNSWEETENED FRUIT, FROZEN,
FRESH, OR CANNED
MAY BE ADDED FOR A VERY SPECIAL TREAT.**

CONGRATULATIONS TO
CLARISSA AND BRITTANY
ON THEIR
NEW ARRIVALS



HAPPY BIRTHDAY TO
DAVIS BOYD ON THE 28TH AND
KIERRYA CHANNEY ON THE 31



2 YRS OLD



**new year
2010**

Waabooz Room News...

The kids have grown so much over the Holiday break. We hope it was healthy, happy and fun to be with family!

Welcome Back!

This is what our children have been up to.

Sebastian: Likes to take his stacking cups apart and put them back together.

Isaiah: Likes to climb the cushions and slide back down.

Erik: Is taking steps all by himself.

Stella: Likes to sit at the big table and grab for her food.

Maddox: Likes to eat Puffs and tries to use the pincher grasp.

Aura: Gets in the toy-box and tries to get toys out.

Isabella: is crawling all over the room.

Victoria: Likes to pull herself up.

We would like to take this time to Thank Jenn for all the love and support she gave to the Waabooz Room and us. She will be greatly missed, we want to wish

her the very best in Julie and Virginia's room.

We want to wish happiness and love in the new year!

2010 will bring exciting adventures!!

~Teresa, Chelsea and Lisa

Back to School in the Amik Room

Well, we are excited to be back at school and all is going well!

With this cold weather please have your little ones dressed warm. We hope your vacation went great with many fun memories were made. We are starting many different things this month. We have a new room arrangement, we are getting changed in the bathroom and sitting on the potty, and we are holding hands as we walk down the hall. All big girls stuff; so be very proud of your little ones, they are doing awesome!

We are sitting at the table and doing projects and also listening to stories. Things we also like to do are play in the sand table and play up in the large motor room.

We really enjoy music! We like to make music and also dance! We are growing SO BIG!!

Ojibwe words we are learning?

Goon

snow

meat

wiivaas

Zoogipon

It is snowing

milk

doodooshaaboo

Ikwezens

girl

soup

naaboo

Daga

please

Let's all eat!

Wiisiinidaa!



Esiban News

**Welcome back from vacation!
We hope everyone had a well
rested and deserved break!
We are so happy to be back!**



We are working on a few new things in our classroom!

****During meal times we are attempting to serve our own food and pour our own milk! This is a hard task to learn, but we try to make it as fun as possible for the children!**

****We are also trying to use the potty more frequently. Every child is at a different stage; some are already using the potty daily and others are just learning how to sit on it! This can be fun for some children and scary for others.**



Please remember extra clothing and appropriate outside gear! Hopefully it will warm up so we can get outside and enjoy some snow!

Please feel free to give us a call or stop in if you have any questions or concerns. You can call 779-5030 ext 241 to reach us in the classroom and 779-5030 ext 234 to reach us in our office. Nadine is on prep from 7:00am-8:00am and in the classroom from 8:00am-2:00pm and back in the office in the afternoon. Amber is on prep from 9:00am-10:00am and in the classroom from 10:00am-4:30pm. We hope this will make it easier for you to reach us!

Enjoy the winter and Stay warm!

Nadine and Amber

Welcome Back! We hope you all had a great vacation! Parents please be sure to send your child with snow pants, boots, gloves, hats and heavy jackets. We will be going outside every day, weather permitting. Also, can you please make sure your child has shoes or slippers for inside school and be sure they have two extra pairs of clothes.

Reminder to parents, if the Bayfield School closes due to weather, we are also closed. If we close and the Bayfield School is open and we close, we will give you a phone call, so please make sure we have your current phone number.



During the month of January, we will be working on the following skills: number recognition, shape recognition, letter recognition, cutting, gluing, and stickers.

Parents, if you have any questions or concerns, please feel free to contact us at any time at 779-5030 ext. 244

Thanks, Jamie and Fred

Boozhoo Mashkodebizhiki Class Families,

Happy New Year!!!!

We are so excited that Ms. Jennifer has accepted the position as a teacher in our room. Her first day was Jan. 4th and we are thrilled to have her. Her extension is 246 or 247 if you need to get a hold of her. We welcome her with open arms....

For the month of January our focus will be Nursery Rhymes and Fairy Tales. The rhymes can serve as a bridge between the home and school. I'm sure you have shared your favorite nursery rhyme with your child at home. Nursery rhymes are an easy introduction to poetry, as well as the concept of rhyming words.

Miigwetch to Mr. Jason for coming in every day to teach us ojibwe language. Miigwetch to Sister Barb who comes in every tues. for story time...The children are learning so much through these experiences.....

Here are some things to do at home:

Let your child crack some eggs open to make scrambled eggs.

Children like to feel that they have accomplished a grown-up task when they crack eggs.

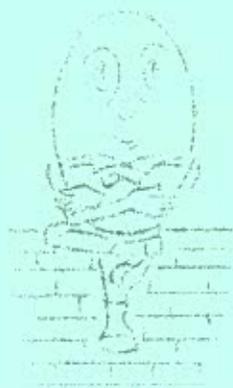
Sing or recite some of the many rhymes your child already knows such as Mary had a little lamb. These also develop an enjoyment for singing and music....

Have fun.....

Mino dibishkagezhegud to Emily Gurnoe on Jan. 19th Happy Birthday Emily!!!!

Until Next time,

Ms. Virginia, Ms. Jennifer and Ms. J



Welcome Back!! I know it's hard to get back into the swing of routines, after being on a long break. We're very glad that families had a safe Holiday break. Just reminders to families please send children with warm clothes. We encourage you to bring your children in at 8:30 everyday this is the start of our busy day, it helps with transitions for our day. We also appreciate a call if your child is going to be absent. Some Exciting topics the children will be learning about: Weather changes, winter activities, and ojibwe story telling. Now that we have lots of snow on the ground is a great time to tell stories! If any parents have any ojibwe legends or stories to share, please feel free to come and share! This is how we learn best about our traditions.

Thank You,
Ms. Alicia, Ms. Barb and
Mr. Reggie.



Migizi Room

JANUARY “”2010 “

Boozhoo,

Children will begin to learn many new things this month, the alphabet letter “I”, introducing colors. Discussion on the “Always Ask First Rule” and Emotion Management, how to identify feelings, ways to calming down and belly breathing.

Story Book Time:

Baby Year, Peeping Beauty

Small Group Activities are :

- *Letter (I)- book
- *Burst of color:
- *Picking up Cotton Balls
- *Week OF Feelings Book

Cultural with Mr. Jay :

Children enjoy the stories told and learning the Ojibwe language words for eagle “Migizi”, and tree “Mitig” .

Discovery Table: Ice Fishing and learning
whats in snow after it melts.



From: Diane, Tracy and Patsy

Spirit Heart Program

Happy New Year!

One of our highlights in 2009 was the opportunity to bring the Circle of Life Curriculum to other Native Communities.

The "Circle of Life" Curriculum is the parenting program that our very own Rob Goslin has created, many of you know it as the Spirit Heart Program....

We have been asked by the Oneida Nation and the LCO Tribe to teach the concept to their various programs, including but not limited to their Early Head Start programs.

We look forward to our return trip to these communities.

In 2010 we will find ourselves in the Seattle area, stay tuned for the updates as the saga continues...its an exciting ride and I'm very happy to have the opportunity to be part of the program.

The "Circle of Life" Curriculum parenting program, is a labor of love authored by



Circle of Life Curriculum, introduced to LCO Head Start

Rob Goslin. After 3 long years went to print in mid summer of 2009, Rob dedicated the book to his mom, Genny Goslin, and a close friend, T. Berry Brazelton of the Brazelton Touchpoints Center.

As co-facilitator of this awesome program it can be un-nerving at times, imagine me of few words...having to try and keep up with Rob Goslin and Diane Bear-Defoe.

Ms. Diane wears many hats in our community and I am lucky to have her as our cultural coordinator/ advisor for the Spirit Heart program. One of her many teaching's is the "Four Hills of Life" if you have never been through it, I strongly urge you

to go, very eye opening!

Rob, teaches me something new everyday, just when I think I know something...guess again.

We will continue to offer Pow-wow's, provided Rob is available. I will post the dates on the big white board outside the main office. During the cold months we will offer pow-wow in the large motor room.

Wednesday's at 10:45 a.m., Early Head Start and Thursday's at 10:45 a.m. for the Head Start.

The community, family are invited to join the children in this celebration.

As a reminder this is also for the Home-based families!

Join us!



Mr. Rob teaching the young men drumming.

2010 Highlights

I am now taking names of those families interested in our next parenting group, we will be making masks.

The age group we will be working with is children ages 1 - 2 years of age.

To be eligible you must have a child

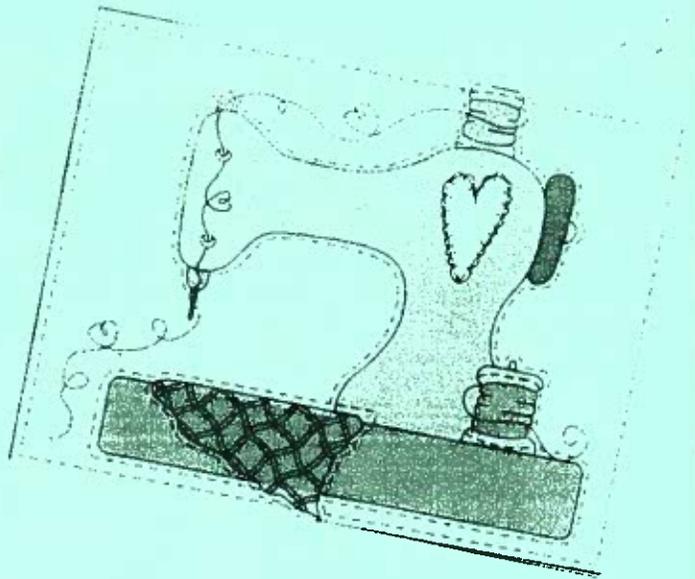
enrolled in the "Early" Head Start program, either center or home based.

I will be starting up in February 2010, if interested please leave your name and number with your early head start teacher, home based teacher or call me at 779-5030 ext 237, or you can email

me; kathy.barri@redcliff-nsn.gov.

We wanted to change thing's up a bit this year for our cultural class, so instead of making birch bark baskets, Ms. Diane will teach us how to make "Asemaa".

ECC SEWING CLASSES!!



**Join us to learn how to sew with the experts in Red Cliff!
All stages of sewers are welcome, from beginners to experts.
We will teach you how to sew if you don't know how!**

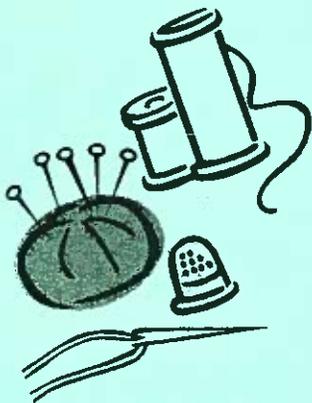
DATE: Wednesday, January 6th

Budgeting Class Wednesday January 13th-no Sewing!

Wednesday, January 20th

Wednesday, January 27th

Wednesday, February 3rd



5:00 p.m.

**Large Motor Room
@ The ECC**

Sewing machines, materials and snack provided!!

**Call Nicole (ext 253) or Patt (ext 256)
with any questions @ 779-5030**



Budgeting Class

The ECC will be hosting a brief class on

Wednesday, January 13th

@ 5:00pm.

Door Prizes!

Dinner!

Elizabeth Lexal from
UW Extension will
join us to cover
some of the key ideas
of budgeting your
money!!

Child Care will not be provided, sorry!
Sewing Class will be cancelled this evening!
Any questions, contact Family Services @ 779-5030 ext 253.

**CENTER-BASED
EARLY HEAD START
DENTAL VARNISHING**

THURSDAY FEBRUARY 11, 2010

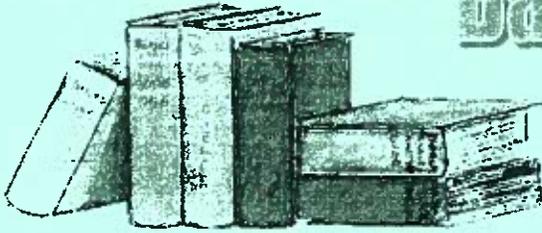
9:00-NAPTIME AT THE ECC



**HEAD START AND
HOME-BASED EHS
TO BE DETERMINED SOON!**

Parents/Guardians: When you receive your paperwork, fill it out and return it to your teachers immediately! If you need help, just ask!

Sue Pillinger, ext 254



Bayfield Public Library

new hours!

**Monday, Tuesday and Thursday
11am-7pm**

**Wednesday and Friday
9:30am-5:00pm**

**Saturday
9:30am-3:00pm**

779-3953

Need some help
completing your
FAFSA?

Call or stop by the ECC Family Services office;
we can help!

779-5030 ext 253

EMERGENCY EVACUATION MEETING PLACE

If the ECC ever needs to evacuate children due to an emergency, parents/guardians can pick up their children at the Elderly Center. Parents/guardians/caregivers will be notified of the evacuation and will need to go to the Elderly Center to pick up their child. If the first person on the child's emergency contact list cannot be reached, the next person will be called, and so on. If you have any questions, please contact the ECC.

(Parents notified 1/4/2010)

Northern Great Lakes Visitor Center- Schedule of Events- Ashland, WI

January 5, 2010; 10:00 a.m. – 11:00 a.m.

Bird Buffet

A World of Wonder Program

Who's at the feeder? Learn what kinds of birds stay in Northern Wisconsin all winter and how they survive. Make a tasty treat for the birds that can be placed outside at the Center or at home. Children ages Birth to 5 years are welcome with an adult. Free interactive program, tailored to the needs of the age group. For reservations or information call 715-685-2640 or to e-mail [click here](#).

January 9, 2010; 11:00 a.m. Hook up & 1:00 p.m. Parade

Sleigh & Cutter Parade

Experience the thrill of horses and sleighs in the Northwoods Harness Club Sleigh and Cutter Rally. Hook up at 11 a.m. with narrated parade at 1 p.m. Public invited, free event.

January 10, 2010; 2:00 p.m. – 4:00 p.m.

Botany: The Study of Plants.

Sunday Science New Center Program!

What do honey, dyes, perfume, toothpaste, and baseball bats have in common? Use magnifying lenses, microscopes chromatography and simple chemical tests to investigate the insides of plants, flowers, seeds, and fruit. Be ready to paint with flowers! Fee: \$1.00 suggested donation for materials. Grades 3 & up.

January 13, 2010; TBA

League of Women Voters Special Program

For more information check this Web site frequently for updates.

January 19, 2010; 7:00 p.m. – 8:00 p.m.

Chequamegon Audubon Program

More information coming soon! Check this Web site frequently for details. Public invited, free event.

January 20, 2010; 6:30 p.m. – 8:00 p.m.

Chequamegon Bay Region Green Team Presentations Alliance For Sustainability

The Green Team Network of Early Adopters of Sustainability--a consortium of 18 partner organizations that are putting green practices "on the ground" in business, government, and community organizations (the first such network in the United States)--gather to present their experiences of the past year and share some of their future plans. The Green Team Network of Early Adopters of Sustainability, launched in March, 2007, to create synergy between organizations and businesses in the Chequamegon Bay Region who are committed to developing sustainable action plans that save money and reduce their contributions to global warming. For more information visit www.allianceforsustainability.org. Public invited; free program.

February 2, 2010; 10:00 a.m. – 11:00 a.m.

What's Under the Ice?

A World of Wonder Program

A wetland is a habitat and a special home for many critters. Explore what is active under the ice. Enjoy a fun make-and-take project! Children ages Birth to 5 years are welcome with an adult. Free interactive program, tailored to the needs of the age group. For reservations or information call 715-685-2640 or to e-mail [click here](#).

Free Admission!

Hours: 9 AM - 5 PM Seven Days A Week!

ABC FAMILY RESOURCE CENTER



210 MacArthur Ave Ashland, WI 54806 715-682-2540 abcfr@centurytel.net

JANUARY HAPPENINGS

The Family Resource:

- Family fun
- Parenting help and information
- Drop-in times
- Support

Hours

Open for drop-in

Tuesday—Thursday:

11 am — 5 pm

Phone calls only:

Monday & Friday

We will be closed on January 1st for New Year's Day.

Laugh & Learn

Making Pet Treats

Friday, January 15th

10:00—11:30 a.m.

Join us for some fun making treats for your family pets.

Snacks provided.

Play Groups

Simon Says

Thursday, January 7th

10:30—11:30 a.m.

Washburn Public Library

Fun, creative, movement for parents and children.

Interactive Story Telling

with Tom Mitchell

"Professor Snowflake"

Thursday, January 21st

10:30—11:30 a.m.

Washburn Public Library

Workshops

Moving & Grooving

Friday, January 29th

10:00—11:30 a.m.

Have fun as you help your child develop literacy skills.

Learn new rhymes, finger plays and songs that get bodies moving and little brains grooving!
Snacks provided.

Parenting Class

Parenting Preschoolers

Mondays, January 11th,

18th, 25th and Feb 1st.

10:00—11:30 a.m.

A time to meet with other parents and learn ages and stages of development, discipline, choices and consequences and specific parenting issues. Call to sign up by Monday, January 4th. Free childcare provided.

Conscious Fathering Class

Tuesday, January 12th

6:30—9:00 p.m.

Washburn Public Library

Mae Greenwood Room

Monday, January 18th

6:30—9:00 p.m.

Memorial Medical Center

South Twin Room

The ABC Family Resource Center will be closed when the Ashland Schools are closed due to bad weather.

Dads learn and practice ways to take care of their baby's physical and emotional needs.



ABC FAMILY RESOURCE CENTER

Parenting Preschoolers Class

For parents of children 1 to 4 years old

January 11th, 18th, 25th, February 1st, 2010

10:00 to 11:30 am

Please register by January 5th, 2010.

Childcare available.

Learn More About:

• Social Stages of Development

• Positive Reinforcement

• Effective Discipline

• Family Medication

• Child Choices and Boundaries

• Strategies for Coping Issues

ABC Family Resource Center

210 MacArthur Ave., Ashland 682-2540

abcfrc@centurytel.net

**L.C.O. COMMUNITY COLLEGE
RED CLIFF OUTREACH SITE
779-5067**

**SPRING SEMESTER
CLASS REGISTRATION
NOW UNTIL TUESDAY, JAN. 19TH
FIRST DAY OF CLASS IS JAN. 19TH**

(LATE REGISTRATION JAN. 19TH – JAN. 29TH)



**CALL 779-5067
FOR MORE INFO OR TO
SET UP AN APPOINTMENT**



**WE ARE LOCATED @ THE LOWER LEVEL OF
THE LUTHERAN CHURCH IN BAYFIELD
(corner of Manypenny Avenue and Hwy. 13)
CALL OR STOP BY ANYTIME FOR MORE INFO**

“Change your life today, the L.C.O. College Way!”

**LAC COURTE OREILLES OJIBWA COMMUNITY COLLEGE
RED CLIFF OUTREACH SITE 779-5067**

SPRING 2010 COURSE SCHEDULE – CLASSES BEGIN TUESDAY, JANUARY 19TH

Draft 12-2-09	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING COURSES	SOC 205 Race, Ethnicity, and Diversity 3 credits Jim Pete 9:00-12:00 Main Classroom	ALP 101 General Math 3 credits Jim Radtke 9:00-12:00 Main Classroom	EDC 251 Environmental Education 3 credits Beth Paap 9:00-12:00 Main Classroom	ENG 102 Composition 2 3 credits Beth Paap 9:00-12:00 Main Classroom	SCI 169 Intro to Horticulture 3 credits J. Pratt-Shelley 9:00-12:00 Main Classroom
			CPS 101 Computer Applications 3 credits Sharon Wilber 9:00-12:00 Computer Lab		
AFTERNOON COURSES	EDC 110 Intro to Higher Ed. 3 credits Jim Pete 12:30-3:30 Main Classroom	BUS 221 Macroeconomics 3 credits Jim Radtke 12:30-3:30 Main Classroom	BUS 240 Principles of Management 3 credits Jim Pete 12:30-3:30 Classroom #2	NAS 212 WI Native History 3 credits J. Schlender 12:30-3:30 Main Classroom	
		ALP 106 Gen. English 2 3 credits Beth Paap 12:30-3:30 Classroom #2	PSY 210 Gen. Psychology 3 credits D. Brander 12:30-3:30 Main Classroom		
EVENING COURSES	ENG 221 Fundamentals of Speech Sue Erickson 4:00-7:00 Main Classroom	BUS 265-1(ITV) Small Business Management 3 credits Shawn Ambrose 5:30-8:30 Bayfield School	NAS 102 Ojibwemowin 2 Mark Gokee 4 credits 5:00-9:00 Early Childhood Center	MTH 113-1(ITV) Basic Statistics Mike Smith 3 credits 5:00-8:00 Bayfield School	
	NAS 202 Ojibwemowin 4 4 credits Mark Gokee 5:00-9:00 Early Childhood Center	ART 105 Native Art 3 credits Diane Defoe 4:30-7:30 RC Fire Hall	EDC 270 Early Childhood Program Mgmt 3 credits Sonja VonFrank 5:00-8:00 Main Classroom	NAS 242 NA Philosophy 3 credits J. Schlender 4:00-7:00 Main Classroom	

ONLINE CLASSES:

HTH 231, 232, 233 Navigating Healthcare, Wellness:Food for Spirit, Body/Mind/Spirit

(1 credit each taken is sequence-Arrigo)

BUS 120-01 Intro to E-Commerce (3 credits-Ambrose)

CPS 101-01 Computer Applications (3 credits-Orner)

CPS 110-01 Web-Page Development (3 credits-Forestor)

HTH 130-01 Medical Terminology (3 credits-Jensen)

SOC 205-01 Sociology of Race, Ethnicity, and Diversity (3 credits-Sharlow)

Introduction

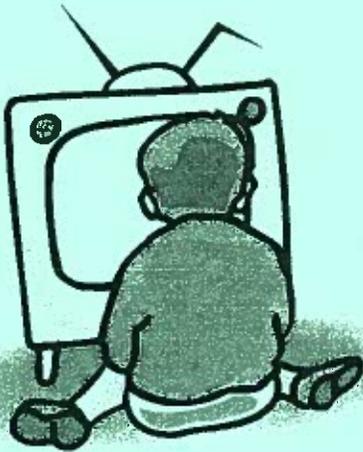
With TV, videos, DVDs, computer games and the Internet, kids today are overwhelmed with screen media. In 2004, the Kaiser Family Foundation reported that children spend an average of five and a half hours each day using these media—virtually the same amount of time they spend in school. Even the very youngest children spend more hours with screen media than they do playing outside.

And let's face it—sometimes we as parents contribute to the problem. We park our kids in front of the set when we are preparing dinner. We switch on a video so we can pay bills or catch a few quiet minutes at the end of a hard day. We plug in a video game rather than take our children to the park.

Research increasingly shows why it's important to limit the amount of time our children spend in front of the TV set or the computer screen. Everything from their reading ability to their physical health is affected by all those hours in front of the tube.

Watching TV may limit a child's attention span. It is also associated with obesity and aggressiveness and may possibly contribute to the development of attention deficit disorders.

Should you limit screen media time at your house? How can you do it? This publication offers sound, research-based facts about how screen media affects children and what parents can do about it. It also gives you 31 alternative activities for your child—activities that will help you tame the media monster.



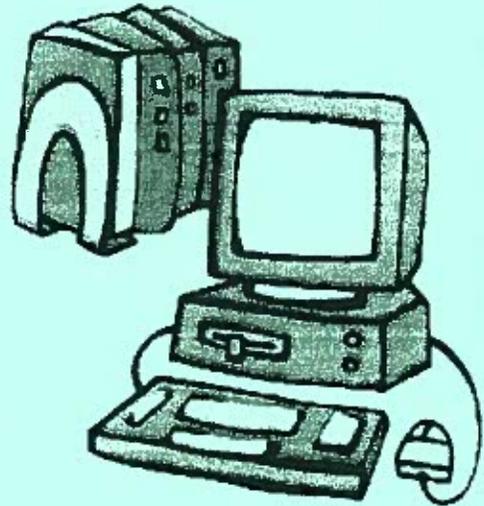
Facts About Kids and TV

- **Kids spend more time**, on average, watching TV and playing video games than they spend in any other activity besides sleeping.
- **The average U.S. home** has the TV on more than 51 hours per week.
- **Eighty-one percent** of children ages two to seven watch TV alone and unsupervised.
- **An average person** will have watched seven to 10 years worth of television by age 70.
- **An average U.S. child** will see 360,000 TV commercials before graduating from high school. Statistics are not far behind for children from Canada and Europe.
- **Saturday morning kids' shows** feature 20 to 25 violent acts each hour.
- **The average child** will see about 8,000 murders depicted on TV before finishing grade school.
- **The American Academy of Pediatrics** recommends *no television at all* for children younger than two years of age and no more than one to two hours per day of quality screen time for older children.

**Each child is unique, so this publication alternates using masculine and feminine pronouns.*

Facts on Screen Media and School Performance

The American Academy of Pediatrics reviewed dozens of studies on media and brain development. They found that higher levels of television viewing are linked to lower academic performance—especially reading scores. Why? First, television time is time not spent reading. In addition, the strongly visual nature of television images actually blocks language development in a child's brain. Young brains that have been overexposed to visual images are less able to listen carefully to spoken language.



Facts on Screen Media and Childhood Obesity

Researchers have found a strong link between screen media use and obesity. The Rand Corporation now says that obesity may be a bigger health problem than cigarette smoking. Today's children are increasingly at risk of the health problems caused by obesity. Nearly 15 percent of children ages six to 19 are overweight, and the same number considered at serious risk of obesity.

Those risks are real. Obese children are more likely to suffer from diabetes, respiratory ailments, sleep problems, and depression. And most of these children will be obese as adults. Consider these facts:

- **The time children spend using screen media** replaces time they could spend in physical activity. Children ages four to six who spent two hours or more watching TV spent an average of a half hour less playing outside that day than did other children their age.
- **Food ads on television** often encourage children to make unhealthy food choices. Fast food companies alone spend more than \$3 billion in advertising directed at children. Clearly, advertisers believe that food advertising pays off.
- **Children are more likely to snack**, and more likely to snack on unhealthy foods, when they eat in front of the computer or the TV.
- **Watching TV lowers children's metabolic rates** (the amount of energy or calories their bodies burn) below what they would be if they were asleep.

Making the Switch

So you've decided to limit TV and computer time in your house. But how can you go about it? Here are a few simple ideas:

- **Take the TV** and the computer out of your child's bedroom. Children who do not have TVs and computers in their rooms spend nearly 40 minutes fewer each day watching TV or playing video games.
- **Eat dinner as a family** and keep the TV off during the meal. Children who regularly have dinner with their families spend a half hour less watching TV and playing video games each day.
- **Preview TV shows** and video games before allowing your child to watch and play unsupervised.
- **Move the television set(s)** to less prominent locations. TV is far less tempting when it is not easily accessible.
- **Start small.** Turn off the TV for 30 minutes each evening.
- **Set limits.** Fewer than half of all children say their parents set *any* limits on the amount of time they can spend watching TV and playing video games. You may decide that your children can watch no TV on school nights. Or you might give your children tickets, each good for 30 minutes of TV viewing or video games. Once the tickets are gone, the set is turned off.
- **Post a schedule.** Each week sit down with your child. Help him make a chart of his TV and computer time for the coming week.
- **Make it a challenge.** Record how many minutes your family spends watching TV this week. Then try to reduce that amount next week.
- **Expect your child** to complete homework before watching TV, surfing the net or playing video games.
- **Make sure your video rental store** requires parental approval before a child can rent a violently rated video game.
- **Hide the remote control.** If your kids can't find the clicker, they may read, play games, or get some exercise. (They're also more likely to plan their viewing than just mindlessly channel-surfing.)
- **Think about times when you rely on TV.** In some families, TV keeps kids busy while dinner is cooking. If you sometimes use TV as a babysitter, try doing some advance meal preparation instead. Or get your kids in the kitchen to help you cook.
- **Be patient.** If you can live through 20 minutes of whining, your children WILL find something else to do.

What to Do Instead

It does take time and a little planning to fill the time that your children are used to spending in front of the TV or the computer screen. But here are some fun activities you can try:

Inside Fun

1 Play board games or card games together. (Go Fish®, Uno®, Checkers®, Scrabble®, Chess). Teach your child how to play solitaire (not on the computer). A card game of War can occupy children for an eternity.

2 Keep some play dough on hand. You can make your own with the recipe on this page. Store in the refrigerator in an airtight container and bring it out on a rainy day or at a time when your child wants to play alone.

3 Create an Idea Box. Help your child decorate a small tissue box. Brainstorm about ideas your child can do when she's bored. These should be things she can do by herself, with no help from you. Write them on small slips of colored paper and put them in the box. Then when your child is bored, or when you need a few minutes to finish a task, you can get out the Idea Box and have your child draw a slip. Here are some ideas to get you started: read a book, work on a puzzle, start writing a story, invent a secret code, write a sentence backwards (without looking in a mirror).

4 Give your child a magnet. Let her see where it will—and won't—stick. She'll learn that only iron and steel are attracted to magnets. But a magnetic force will pass through a piece of paper, glass, cloth, or pottery. See if your child can figure out how to make her own magnet by rubbing a piece of metal against the end of a permanent magnet twenty times, and always in the same direction.

NO-COOK PLAY DOUGH

2 cups self rising flour
2 tablespoons alum
2 tablespoons salt
2 tablespoons cooking oil
1 cup, plus 2 tablespoons boiling water
Mix and knead.

5 Help your child create an indoor garden. Save small plastic containers. Let your child fill them with potting soil and plant herb seeds in them to make a window herb garden.

6 Phone Bag Fun. There comes a time when every parent has to take a phone call. That is usually the same moment that your child insists on talking to you (or starting a fight with his brother). One way to amuse your child while you're on the phone is to assemble a small box with activities your child can do alone. Here's a list to get you started:

- Crayons and a coloring book.
- A deck of cards.
- A yo-yo.
- Easy puzzles your child can do alone.
- Activities you have cut out from newspapers or downloaded from the Internet—word search, mazes, connect the dots.

7 Give your child a magnifying glass and let him see the world close up.

8 Design a new board game together. Draw a path of squares from "Start" to "Finish" on a poster board. Fill in some spaces with fun things to do—"draw a picture," "sing a song." Add some other silly things in other spaces—"make a funny face," "hop on one foot," or "wiggle your nose." Have your child create rules for the game. Roll the dice and have fun.

9 See who can fill in the most words in a crossword puzzle—or in the least amount of time.

10 Take turns hiding different items and challenging the other person to find them. Give the "finder" clues to let her know what to look for and where to start looking.

11 Have your child decorate and fill a "time capsule" box using pictures and objects that represent his life and interests this year. He might include a family picture, a drawing of a pet, or the name of a favorite book. Ask him how he wants to remember this year. Have him write a short essay about what is happening in the world. Now put the capsule away for safe-keeping. In several years, it will be fun to look at it to remember the significance of the objects your child included.

Outside Fun

12 Take a walk together. Ask your child to bring paper and a pencil to write down street names and landmarks. After you return, have your child make a map of your neighborhood.

13 Cut a long piece of rope and teach your child jump-rope rhymes. Here's one old standby:

A—my name is ALICE,
my husband's name is AL,
we live in ALABAMA
and we bring back APPLES.
B—my name is BETTY,
my husband's name is BEN,
we live in BERMUDA
and we bring back BUGS.
C—my name is ...

14 Go to the park and let your child climb, swing, slide, teeter-totter or just run.

15 Challenge your child. Who can keep a hula hoop spinning the longest?



19 Make your own musical instruments. Here's how to make maracas: Put a handful or two of dried beans, rice, or popcorn kernels on a paper plate. Staple another paper plate securely on top of it. (Or use a single paper plate, folding it in half, adding the beans, then stapling the sides of the paper plate together.) Decorate the maracas with crayons, markers, or paint. You may want to staple long crepe paper streamers to the maracas. Instructions for making other musical instruments are at Enchanted Learning (www.enchantedlearning.com/crafts/music/).

20 Make pasta pictures. Toss a handful of pasta spaghetti (for each child) into boiling water. Add a tablespoon of cooking oil to keep it from sticking together. Cook the pasta until it is soft, but not mushy, then drain and cool. Now give your child colored paper and the spaghetti. Let him shape the spaghetti into shapes, faces, flowers, or other designs. To keep a favorite picture, cover it with waxed paper and top with a heavy book so that it will dry flat. The pasta will stick even after it hardens.

21 Instead of watching cartoons, have your child make her own. To learn how to draw cartoon characters, visit Cooltoons (www.cooltoons.com/shows/artlessons/main.html). To learn how to make a flip book, visit For Kids & Grownups Alike (www.shmonster.com/Flip_Book.html).

22 Make your own papier-mâché. Tear several sheets of newspaper. Put them in a bowl and moisten them with water. In a plastic cup, dilute two parts of white glue with one part water. Layer strips of paper on a mold (try a plastic bowl, an inflated balloon, a paper towel roll, or a plastic egg), applying a small amount of the glue mixture with a paint brush. Let it dry and then decorate it with markers or paint. (Note: This can be messy.)

The Arts

16 Design a family emblem or logo. Draw or paste together pictures of things your family likes to do.

17 Have a family sing-along time. Use instruments, or sing to a tape of old favorites. Or turn on your favorite music and dance together.

18 Make a puppet theater. Use an old appliance box to create your stage. Brown paper lunch bags or old socks make great puppets. Let children add faces, button eyes and yarn hair, along with any other decorations they like. (For more puppet ideas, visit the site Family Fun at http://familyfun.go.com/crafts/buildmodel/specialfeature/puppets_crafts_sf

Family Meal Times

23 Involve everyone in making a family meal. Have your child look through cookbooks and select the menu based on the photos they see in the book that they like.

24 One night a month, eat food from a different country or culture. Locate the country on a map, and have your child read something about it. If you can find maps of the country, turn them into place mats by covering them with clear contact paper.

25 Pick one letter of the alphabet to focus on for dinner. Discuss foods that start with that letter with your child. Together plan a menu of foods that begin with that letter. For example, for the letter C, serve carrots and chicken for the main dish and chocolate cookies for dessert.

26 Once a week, bring a clipping of a news article to the dinner table. Discuss the event, its impact and what each family member thinks about it.

27 Pick a favorite book and make a dinner or snack based on the book such as an *Alice in Wonderland* tea party, a French dinner with *Madeline*, honey and bread with *Winnie the Pooh* and his friends, or a British meal with *Harry Potter*. Let your child help plan out the meal, and take turns reading from the book after eating!



Reading

28 Set aside some time each day to read aloud with your child. The Family Literacy Foundation has resources, including recommended books to read aloud, at <http://www.read2kids.org/readaloud.htm>.

29 Have your child choose a word out of the dictionary without telling anyone else what the word means. Ask everyone else in the family to write down what they think the mystery word means. Then share answers. Who comes closest to guessing the definition of the word?

30 Make and enforce the rule that all snacks have to be eaten in the kitchen. Then make sure you keep books, comics, and magazines handy in the kitchen. Your child will get a lot of reading done while he is snacking.

31 Have a household scavenger hunt. Include simple household items like a can of vegetables that start with the letter "B." something from the bathroom that has a "T" in its name and items from the kitchen with initials that spell "CAT." Set a time limit and see how many items on the list your child can find.

These ideas should get you started thinking about fun ways for your kids to spend time away from screen media. Talk with your children to think of other ideas. If you have concerns about specific effects of screen media on your child, check with your pediatrician.

The Gifts Of The Grandfathers

At one time the Ojibwe people were not healthy. Many were sick, and many were so weak that when they fell down, their bones would break. Many were sad, and many others didn't know what to do with their lives. The Seven Grandfathers who watched over the people were concerned. They worried that their people were so sickly and that they didn't know how to live good lives. So they decided to send seven gifts to the people, gifts that would teach them how to become strong and healthy. The Grandfathers thought and thought about how to teach the people, and they finally decided that the best way to send these gifts to the people was to use a messenger. A young child was brought before them to be this messenger.

The Grandfathers first had the boy taught all about the Earth and its beauty and its power. When the boy had learned all he needed to know about the Earth, he was brought before the Seven Grandfathers once again. They gave the boy seven gifts to take to the Ojibwe people. The boy didn't understand the gifts, and because he was still so young they called an otter to travel with him and help him along the way. The otter was given the gift of speech so he could teach the boy what he needed to know as they traveled. So the boy was given a large pack filled with the gifts for his people,

and he and the otter began their journey.

As the boy and the otter traveled, the otter stopped them seven times. Each time the otter picked up a strange shell from the ground, and told the boy to open his pack and take out one of the gifts. Then the otter explained the meaning of the gift.

At the first stop the boy learned about the gift of **wisdom**. The otter told the boy, "To have wisdom you must love knowledge and learning. Teach your people about wisdom so they will want to keep learning all their lives."

At the second stop the boy learned about the gift of **love**. The otter said, "When you know love, you also know peace. Teach your people to love each other so they will stop fighting."

At the third stop the boy learned about the gift of **respect**. The otter told the boy, "Teach your people to respect all life on Earth. They must honor the animals, their clan members, and above all the grandmothers and grandfathers of their tribe."

At the fourth stop the boy learned about the gift of **courage**. The otter said, "Give courage and bravery to your people. Teach them that bravery means to always do the right thing, not the easiest thing."

At the fifth stop the boy learned the gift of **honesty**. The otter told the boy, "To be honest means to never lie or gossip about one another. Teach your people to be truthful."

At the sixth stop the boy learned the gift of **humility**. The otter said, "This is a big word for the people to learn. Teach them that they must learn to think about their family, their tribe, and their community before they think about themselves.

Humility is the gift of giving, not taking."

At the seventh stop the boy learned about the last gift. It was the gift of **truth**. The otter told him, "Truth comes from knowing all of the gifts of the Seven Grandfathers. If your people search for truth in all things, they will be strong and healthy."

The boy's travels took a long time, and by the time he had learned about the seven gifts he had become an old man. Finally his journey was done, and he returned to his people to share with them the Gifts of the Grandfathers.

When he was done, the otter gave him the shells* he'd collected, gave up the gift of speech, and returned to his home in the water. The boy returned to live with his family. This is how the Ojibwe learned to live according to the good path.



The Ojibway Creation Story

Boo-zhoo' (hello), my name is Mishomis. I am an Ojibway Indian. I live here in my cabin on the forested shores of Madeline Island. Madeline Island is in Lake Superior and is part of a group of islands now called the Apostle Islands. Many years ago, my Ojibway ancestors migrated to this area from their original homeland on the eastern shores of North America.

Now the Ojibwe and their offshoots are spread from the Atlantic coast, all along the St. Lawrence River, and throughout the Great Lakes region of this country.

I would like to tell you an account of how man was created on this Earth. This teaching was handed down by word of mouth from generation to generation by my ancestors. Sometimes the details of teachings like this were recorded on scrolls made from *Wee'-gwas* (birchbark). I am fortunate to be the keeper of several of these scrolls. They will help me remember some of the details of what I give to you.

When *Ah-ki'* (the Earth) was young, it was said that the Earth had a family. *Nee-ba-gee'-sis* (the Moon) is called Grandmother, and *Gee'-sis* (the Sun) is called Grandfather. The Creator of this family is called *Gi'tchie Man-i-to'* (Great Mystery or Creator).

The Earth is said to be a woman. In this way it is understood that woman preceded man on the Earth. She is called Mother Earth because from her come all living things. Water is her life blood. It flows through her, nourishes her, and purifies her.

On the surface of the Earth, all is given Four Sacred Directions--North, South, East, and West. Each of these directions contributes a vital part to the wholeness of the Earth. Each has physical powers as well as spiritual powers, as do all things.

When she was young, the Earth was filled with beauty.

The Creator sent his singers in the form of birds to the Earth to carry the seeds of life to all of the Four Directions. In this way life was spread across the Earth. On the Earth the Creator placed the swimming creatures of the water. He gave life to all the plant and insect world. He placed the crawling things and the four-leggeds on the land. All of these parts of life lived in harmony with each other.

Gitchie Manito then took four parts of Mother Earth and blew into them using a Sacred Shell.

From the union of the Four Sacred Elements and his breath, man was created.

It is said the Gitchie Manito then lowered man to the Earth. Thus, man was the last form of life to be placed on Earth. From this Original Man came the *A-nish-i-na'-be* people.

In the Ojibway language if you break down the word Anishinabe, this is what it means: ANI (from whence) NISHINA (lowered) ABE (the male of the species).

This man was created in the image of Gitchie Manito. He was natural man. He was part of Mother Earth. He lived in brotherhood with all that was around him.

All tribes came from this Original Man. The Ojibway are a tribe because of the way they speak. We believe that we are *nee-kon'-nis-ug'* (brothers) with all tribes; we are separated only by our tongue or language.

Today, the Ojibways cherish the Megis Shell as the Sacred Shell through which the Creator blew his breath. The Megis was to appear and reappear to the Ojibway throughout their history to show them the Path that the Creator wished them to follow. Some Ojibway Indians today wear the Megis or Cowrie shell to remember the origin of man and the history of their people.

There are a few people in each of the tribes that have survived to this day who have kept alive their teachings, language, and religious ceremonies. Although traditions may differ from tribe to tribe, there is a common thread that runs throughout them all. This common thread represents a string of lives that goes back all the way to Original Man.

Today, we need to use this kinship of all Indian people to give us the strength necessary to keep our traditions alive. No one way is better than another. I have heard my grandfathers say that there are many roads to the High Place. We need to support each other by respecting and honoring the "many roads" of all tribes. The teachings of one tribe will shed light on those of another.

It is important that we know our native language, our teachings, and our ceremonies so that we will be able to pass this sacred way of living on to our children and continue the string of lives of which we are a living part.

Mi-gwetch' (thank-you)!

Excerpt from the *Mishomis Book* by Eddie Benton Bannai



Bayfield Area Recreation Center

140 S. Broad St. P.O. Box 1146 Bayfield, WI 54814 715-779-5408

Recreation and Fitness Resources

Winter Session 2010

January to March

Dear Lake Superior neighbors,

It's a new year and a new decade, and the Bayfield Rec Center is still here to serve the health and wellness needs of the people of the Chequamegon Bay area. We have faced many facility challenges this past year - painting and reconstruction of our siding, new pool pump and new furnace - and we thank the generosity of the community for supporting our efforts to keep the Rec Center going. Check out the upcoming Bayfield Winter Festival (March 5-7) on page 4 of this newsletter. Saturday's polar bear plunge is our biggest fundraiser of year. Please consider plunging or pledging!

We encourage you to start off the 2010's on the path to fitness and feeling good. We are offering a 3 month membership in conjunction with Walk the Talk, where you can learn about improving your health and your impact on the environment in one program (see below). We have a great price on a consultation with our personal trainer Johnny Hebert - only \$15 for a total workup to establish a program that will achieve your goals. Aqua Fit is a great way to begin an exercise program, and we offer 8 classes a week, or try Beginner's Weight Lifting and Strong Women classes to learn how to tone and shape up your body.

We are committed to ensuring that the Rec Center is affordable to all area residents, regardless of income. Our financial scholarship fund helped 33 families afford memberships this past year. Parents, if you have a child getting free or reduced price lunch at school, you can qualify for a scholarship. Please call or visit the Rec Center to apply.

Come in to check out our refurbished hot tub, with new tile and a saline chlorination system. The water feels great on your skin, won't sting your eyes and is environmentally friendly. Happy New Year! Scott Armstrong Executive Director

FACILITY HOURS

Fitness Gym & Racquetball

Monday—Friday 6:00 am-8:00pm

Saturday 7:00am-6:00pm

Sunday 11:00am-6:00pm

Pool Hours

Monday-Friday 6:00-9:00 am *Lap Swim*
4:00-8:00pm *Open Swim*

(also a special *Lap Swim*

Mondays and Wednesdays 12:00-1:00 pm)

Saturday 7:00-9:00 am *Lap Swim*

9:00-6:00 pm *Open Swim*

Sunday 11:00-6:00 *Open Swim*



Monthly Memberships:

See our New Year's packages below

Day passes:

In District Out of District

Adult \$9 \$10

Youth \$5 \$6

Senior \$5 \$6

Family \$15 \$16

Guest Fee: half price of daily fee
(must be present with a member)

Birthday Parties:

Under 10 people \$45

10-19 people \$60



Try Aqua Fit—our most popular class—for a great, fun workout. See details inside.

Does your child get free or reduced price lunch at school?

Then you will qualify for financial assistance that could reduce your family membership to \$13-20 per month.

Scholarships available for individuals and seniors too!

Join up with our NEW YEAR'S DISCOUNT MEMBERSHIP

Start out the New Year with our Walk the Talk discount package. Get a **3 month membership** for:

Adult \$89

Senior \$82

Youth \$53

Family \$119

Senior Family \$113



Walk the Talk is a 90 day program designed to promote a healthy lifestyle through changes in exercise, eating habits and environmental awareness. The Bayfield Recreation Center has teamed up with Walk the Talk to offer this discount program to our members. Join the Rec Center at this special price, get some great startup materials, then visit www.walkthetalktoday.com for information on how to win prizes by exercising at the Rec Center. Take advantage of this great price to start walking the path to a better life!



Winter Session 2010

Red Cross Swimming Lessons

Taught by Jen Lanzer

Mondays through Thursdays
Feb. 16th to Feb. 27th (8 classes)



American Red Cross

Level 1: 5:30-6:00 pm Students explore and learn elementary aquatic skills. Must be able to touch bottom of pool on shallow end (3'4").

Level 2: 6:00-6:30 pm Students will successfully use primary skills and start developing aquatic locomotion.

Level 3: 6:30-7:15 pm Students develop stroke readiness including elementary backstroke, treading water and diving.

Level 4: 7:15-8:00 pm Students will build confidence and improve learned strokes including breaststroke, sidestroke, and basic turns.

Level 5+: Call to schedule a private lesson.

Members \$49, Non-members \$58, Minimum of 4 per class

Pre-school Swimming Lessons

with Red Cross certified instructor Jen Lanzer (*parent must swim in water with child*) **Mar. 8, 10, 15, 17**

Water Babies/Little Fish 5:30 pm

Children 6 mos.- 3 yrs. old who have little or no water experience.

Big Fish: 6:00 pm

Children 3-5 yrs. old or who are not ready for Level 1 lessons.

Members: \$19 Non-members: \$24

CPR training with instructor Sara Hudson

Re-certification (requires current CPR certification) Wed.

March 3 5-8pm \$16

Certification (new or expired)

Sat. March 6 9-3 \$31

Need a Red Cross certification or re-certification? AED, First Aid and Child CPR can be taught if needed. Learn the skills to save a life.



Aqua Fit

Mondays, Wednesdays, Fridays, all year round 9-10 am with the Swimmin' Women **Tuesdays, Thursdays 4:15-5:15 pm** with Missy Eid



Wednesdays 5-6 pm with Vicki Fiebig

Aqua Fit is our most popular class for a reason—it's fun! Do aerobics in the pool and get a great total body workout without getting your hair wet. This class is great for beginners and fitness pros alike. Drop in and see how great you will feel afterwards. Members: FREE Non-members can drop in for the standard facility fee.

Out of Rehab Aquatics with Kim Armington

This class is geared toward people who have had physical therapy or who have pain or limitations related to disease, illness or injuries who need to keep moving to stay healthy.

The first class session will be devoted to collecting information on participants' physical health so that the class can meet individual needs as well as group needs. You do not need to know how to swim and you can wear shorts and a T-shirt. **Tuesdays 11:15 to 12:00. Session 1 - 2/2 through 3/9; and Session 2 - 3/16 through 4/20. 11:15 am to 12:15.** Cost is \$19.21 or \$4 for seniors. Sign up through WITC at www.witc.edu or 682-4591



Home School Swim

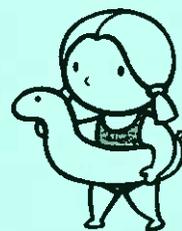
Home school families and stay-at-home parents with kids are invited to visit the Rec Center for a Tuesday afternoon swim at a special price of \$10 per family.

Tuesdays January 5, 12, 19, Feb. 2, 9, 16

Morning Swim Club

Tues & Thurs 6:30 am

Get up and get your workout done right away. Adults of all levels will be meeting on Tuesdays and Thursdays and 6:30 am for swimming, camaraderie and coffee afterwards. Drop in to learn some new skills and make some friends.



Drop in Kayaking

Tuesdays starting Jan. 12

Bring your own kayak and drop-in for an open session in the pool every Tuesday night from 8-9 pm at the pool. Practice your rolling in 82 degree water! Please call ahead to confirm that this class is happening that day. Cost is \$10, FREE to members.



Friday Kid's Night Jan 22nd, 5:00-8pm

Parents, bring your kids down to the Rec Center for a night of fun and entertainment. Activities will include movies, games, pool and hot tub. Snacks and drinks will be provided. Ages 5-13 please. Cost is \$6 per child, \$5 for members.



Winter Session 2010

Gentle Yoga

with certified instructor Beth Lowthian

Have you ever thought about trying yoga but feel you have flexibility or balance issues? Then this is the class for you! A gentle approach to the yoga practice using chairs to provide the support needed to experience each pose safely. Emphasis is placed on breath, joint mobility, balance and strength. Wear loose, comfortable clothing.

Tuesdays 2-3 pm. Jan. 12 to Mar. 28 classes

\$48 Members, \$56 Non-members. Maximum of 6.



See a physical therapist for free! Tuesdays at 6-8 pm by appointment. Please call ahead!

Smart Moves for Life® Jan Sernat, Guild Certified Feldenkrais® Practitioner and registered Physical Therapist, is available for consultations about creating a personal exercise program from a variety of methods such as pool therapy, functional exercises, gym equipment and the "Awareness Thru Movement®" series. Learn how to move with greater ease and coordination. The establishment of an individualized program can be preliminary to a strengthening and fitness program. Come and see Jan to create a starting point for a better life of health and wellness. Members FREE Non \$20



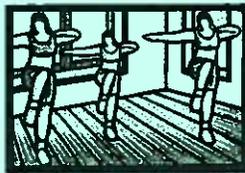
Power Aerobics

with Jack Stringe

Mondays and Thursdays 5:30-6:30 pm in the Bayfield School cafeteria Jan. 18- Mar. 4

Build some muscle and tone up while you get a great workout. Jack will use classic aerobics moves with some resistance band training to get both strength building and cardiovascular benefits to create a very satisfying workout.

Members \$28, Non-members \$36 Min. of 6



Strong Women

with John Hebert

Mondays and Wednesdays 2:00-3:30 pm Feb. 18 - Mar. 10

This class will introduce the use of basic strength training moves to combat the aging process. Exercise with weights will increase strength, muscle mass and bone density in middle-aged women. Check out www.strongwomen.com for more info. Sign up through WITC at www.witc.edu or 682-4591 Cost is \$44.56 or ONLY \$4 for seniors!

Snowshoeing for Seniors

by Jen Lanzer

Come out and explore the local Bayfield trails by snowshoe, including the Brownstone, Jerry Jolly, Meyers Olsen mainland sea caves and more. Learn and develop a lifetime skill that will promote a stronger heart, bones and greater health benefits. Participants must provide their own snowshoes and poles. Cost is \$34.42 or ONLY \$4 for seniors! Sign up through WITC at www.witc.edu or 682-4591 **Wednesdays 3-5 pm Feb. 3 - March 10**



The Thirty Minute Burn

with John Hebert

Are you looking to step up the intensity of your workout? This advanced cardio and strength building workout will do just that. John will use a military based approach that will utilize your own body weight to improve your overall fitness level. All levels of fitness are welcome to attend, but the class will be ran at a very fast pace. Members Free Non \$8



Mondays and Wednesdays 5:30-6:00 Year Round

Walleyball

What's walleyball? It's volleyball in the racquetball court. Fun, crazy, casual and great exercise. Come and try a game with the gang. Beginners welcome.

Members free. \$2 to drop in **Tues and Thurs at 6:30**



Doubles Racquetball Tourney

Jan. 30th Warm up and pre tournament meeting 10am. Play will begin at 10:30

Do you like to play racquetball? Looking to see how you stack up against the area's competition? Enter in our tournament and play for a chance to win t-shirts and a trophy. Teams will get a minimum of three games. Cost is \$15 per team.



Indoor Walking

at the Bayfield School

Worried about walking outside in the ice and snow? Come inside and walk the hallways around the Bayfield School. Three walking courses, from easy to hard, are provided by the TAP Family Indoor Walking Club. Drop in and walk - it's FREE! Call 779-3201 x 144 for more details. **Mon, Tues and Thurs 3:30-4:30 pm**



Personal Training

John Hebert is offering his certified personal training skills to your workout. Whether you want a consultation on how to get started on a program, or expert advice on how to improve your routine, John can push you to obtain your goals.

\$15 per half hour Call to set up an appointment

Beginning Weight Lifting

with John Hebert

Ever wanted to lift weights but didn't know where to begin? John will run 3 sessions in basic strength training to give you the confidence to lift weights. Weight lifting not only tones your muscles, but also improves bone density, balance, posture and metabolism. Anyone can do this, really, you just have to start! **Thursdays, Jan. 21, 28, Feb. 4 5:15-6:15 pm**

Members \$15 Non-members \$30



Advanced Weight Lifting

with John Hebert

Looking for some new exercises and techniques to amp up your routine? Johnny can get you out of that rut and stimulate some new growth. **Thursdays, Feb. 11-25, 5:15-6:15 pm Members \$15, Non- \$20**

Postal Patron

Recreation and Fitness Resources
140 S. Broad St./PO Box 1146
Bayfield, WI 54814

THESE BUSINESSES SUPPORT THEIR COMMUNITY

The following businesses are participating in the 1% for Recreation Program, which collected \$34,169 last year. 1% for Recreation funded the Rec Center and the following charitable organizations:

Bayfield Regional Conservancy Friends of the Apostle Islands
North Coast Community Sailing Mt. Ashwabay
Bayfield Youth Soccer

We urge you to support these businesses as they give back to their community in return:

The Bayfield Inn The Winfield Inn Cooper Hill House
Appie Grove Inn Artesian House Pinehurst Inn
Superior Remoils Apostie Island Rentals Island View Inn
Isaac Wing House Recreation and Fitness Resources
Maggie's Ethel's at 250 The Egg Toss Wild By Nature
Wild Rice Restaurant Big Water Cafe Sweet Sailing
The Brownstone Center Eckel's Pottery Encore
Inspire Joanne's Scandinavian Gifts Keeper of the Light

THANK YOU!v

Bayfield Winter Carnival Is March 5-7

Save the dates for the a wild and crazy weekend.

Tentative Schedule of Events:

Friday, March 5

Plunger dinner at Bayfield inn. Luminary hike on Brownstone Trail. Night sledding on Manypenny Ave, Cannonball contest

Saturday, March 6

11:00 Run on Water/Bike on Water
Freestyle competition at Mt. Ashwabay
Dogsled rides, Ice softball, Broomball, Kiteboarding, Jewelry making, Kid activities, Downtown golf tournament and more

3:00 Polar Bear Plunge

5:00 Chili cookoff at Mt. Ashwabay

7:00 Bonfire and live music at Mt. Ashwabay

Sunday, March 7

Breakfast at the Pier, CANSKI Wacky Ski Relay, Ice biking obstacle course for cash, Jewelry making

CHECK OUT bayfield:reccenter.com for updates!



Sleep Benefits: Power Napping for Increased Productivity, Stress Relief & Health

The Benefits of Sleep and The Power Nap

Why A Power Nap? Facts on Sleep:

While small children typically take naps in the afternoon, our culture generally frowns upon mid-day sleep; however, even in those who get enough sleep (but particularly in those who don't), many people experience a natural increase in drowsiness in the afternoon, about 8 hours after waking. And research shows that you can make yourself more alert reduce stress and improve cognitive functioning with a nap. Mid-day sleep, or a 'power nap', means more patience, less stress, better reaction time, increased learning, more efficiency and better health. Here's what you need to know about the benefits of sleep and how a power nap can help you!

How Much Sleep Do You Need? The body needs 7-8 hours of sleep per day; 6 hours or less triples your risk of a car accident. (Interestingly, too much sleep--more than 9 hours--can actually be harmful for your health; recent studies show that those who sleep more than 9 hours per day don't live as long as their 8-hour-sleep counterparts!)

The Effects of Missed Sleep: Sleep is cumulative; if you lose sleep one day, you feel it the next. If you miss adequate sleep several days in a row, you build up a 'sleep deficit', which impairs the following:

- Reaction time
- Judgment
- Vision
- Information processing
- Short-term memory
- Performance
- Motivation
- Vigilance
- Patience

Fatigued people also experience more moodiness, aggressive behaviors, [depression](#)¹ and more stress.

The Benefit of a Power Nap: Studies show that 20 minutes of sleep in the afternoon provides more rest than 20 minutes more sleep in the morning (though the last two hours of morning sleep have special benefits of their own). The body seems to be designed for this, as most people's bodies naturally become more tired in the afternoon, about 8 hours after we wake up.

How Long Should I Sleep? When you sleep you pass through different stages of sleep, known together as a [sleep cycle](#)². These stages include light sleep, deep sleep (which is believed to be the stage in which the body repairs itself), and rapid-eye movement sleep, or REM sleep (during which the mind is repaired).

Many experts advise to keep the nap between 15 and 30 minutes, as sleeping longer gets you into deeper stages of sleep, from which it's more difficult to awaken. Also, longer naps can make it more difficult to fall asleep at night, especially if your sleep deficit is relatively small. However, research has shown that a 1-hour nap has many more restorative effects than a 30-minute nap, including a much greater improvement in cognitive functioning. The key to taking a longer nap is to get a sense of how long your sleep cycles are, and try to awaken at the end of a sleep cycle. (It's actually more the interruption of the sleep cycle that makes you groggy, rather than the deeper states of sleep.)

As there are pros and cons to each length of sleep, you may want to let your schedule decide: if you only have 15 minutes to spare, take them! But if you could work in an hour nap, you may do well to complete a whole sleep cycle, even if it means less sleep at night. If you only have 5 minutes to spare, just close your eyes; even a brief rest has the benefit of reducing stress and helping you relax a little, which can give you more energy to complete the tasks of your day.

Tips For a More Effective Nap If you want to obtain more sleep, and the health benefits that go with getting enough sleep, here are some tips for more effective napping and sleep at night:

- Avoid [caffeine](#)³ after 3pm. It's a stimulant that can disrupt your sleep and stay in your system longer than you think; its half-life is four to six hours!
- If you don't want to nap a long time, [try a power nap](#)⁴.
- If you don't have time for a power nap, or don't feel comfortable napping during the day, try [microsleeps](#)⁵; it gives your body a rest and produces slower brain waves similar to sleep.

Building Good Eating Habits in Childhood Health

What you teach your kids can play a key role in ensuring that your child makes good choices for healthy snacks and meals in the future.

By Kate Lowenstein

Medically reviewed by Pat F. Bass III, MD, MPH

Healthy eating habits are often established at a very young age. Primary caregivers play a central role in influencing what kind of eater a child becomes. But setting up a child with a lifelong commitment to healthy eating doesn't have to mean spending hours teaching your child about nutrition.

Children's Health: Setting the Right Example

The great news is that you can incorporate healthy snacks and meals into your daily life with just a few simple strategies.

Start early. Even before your child takes his first bite of solid food, you can establish taste preferences. "Begin early — in infancy — and each day, with each meal choice, show kids that eating healthy is just what we do," says Jatinder Bhatia, MBBS, professor and chief of the section of neonatology at the Department of Pediatrics at the Medical College of Georgia. Research has found that breastfeeding can be the foundation for developing nutritious habits. Infants have a taste for sweet and salty things. If they're given sugary drinks and other unhealthy foods early on, they'll be more prone to obesity later in life.

Offer nutritious choices and variety. "Kids who are offered a variety of fruits and vegetables every day are going to be more likely to choose these items when they are away from home," says Dr. Bhatia. It's very important to introduce a wide selection of healthy snacks and meals to your young child. If they're continually exposed to healthy choices, they are likely to eventually incorporate them into their diets.

Don't give up if the food is rejected. Even if your child rejects healthy foods, repeated exposure will encourage a child to eventually incorporate them into his or her routine, says Janet M. de Jesus, MS, RD, a nutrition education specialist at the National Heart, Lung, and Blood Institute. "I give my young daughter a vegetable on her plate at lunch and dinner every day," says de Jesus. "When kids refuse to eat a certain food, some parents just give up and stop offering it. I keep offering it, and if she doesn't eat it, I will!"

Turn off the TV. Strange as it sounds, one way to get your child to eat her veggies may be to

turn off the TV. A recent study found that adolescent children who ate meals in front of the television without their families consumed significantly fewer vegetables, grains, and calcium-rich foods and had higher intakes of sugary sodas, compared to children who did not watch TV during meals. Notably, however, the children who had family meals in front of the TV were found to eat more healthfully than those who didn't have regular family meals at all.

Practice what you preach. Children's lifetime habits come largely from the daily choices they see their parents make. "We learn most from our daily environment," says Bhatia. "Overweight parents who live on fast food can't really expect to have slim, healthy kids." Adds de Jesus, "Kids are really watching you more than you know or think. My husband and I eat healthily in front of our daughter, to the extent that if we want a snack we'll wait until after she goes to bed."

Healthy Snacks and Sugary Treats: The Right Approach

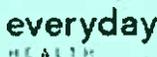
While some parents rely on making vegetables and fruits more appealing by cutting them into funny shapes or coloring them to be more exciting, this should only be a last resort, as it's not a technique for creating lasting habits. "Children should learn early that food is delicious and fun in its most natural form," says Bhatia. "A bowl full of grapes or brightly colored kiwi is enjoyable to eat. At what point do children learn to accept food for what it is and not expect to be entertained at each meal? Teaching kids the joy of trying foods from different cultures would be more beneficial."

Unhealthy foods, such as those high in sugar and fat, are often used as "reward" foods for children who have completed their homework or cleaned their rooms. Bhatia advises reserving these foods for special occasions. "I would never call any food 'bad,'" says Bhatia. "I strongly believe that all foods can fit into a healthy diet. Foods that are high in sugar and fat, such as brownies, cake, and chips, are foods we enjoy sometimes."

Teach your children the appropriate serving size for these foods, and demonstrate that pigging out is never an option. "If we enjoy healthy foods each day," says Bhatia, "it's OK if we go out for ice cream on Friday night — just make sure it is not a double or triple scoop!"

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Reading

																																																									
3	Place some familiar objects in a paper bag. Ask your child to pull each one out and say what letter it starts with.	4	Find boxes of different sizes. Have your child stack them from biggest to smallest.	5	Call your local firehouse. Ask if you and your child can visit to learn about fire safely.	6	After a busy day, help your baby relax by massaging lotion on his feet as you sing to him.	7	Play music and dance with your child. Let him use pots, pans, and spoons to create sounds.	8	Add a blanket to an empty shoe box to make a bed for a doll or teddy bear. Ask your child to tuck it in and give it a goodnight kiss.	9	Play a rhyming game with your child. Ask her questions like, "What rhymes with cat?" or "...ball?"	10	Take a counting walk. Pick something to count (cars, leaves, birds, etc.) and keep track of how many you see.	11	Let your child assist with a household chore. When the work is done, thank her for helping.	12	Have your child turn two old socks into puppets by drawing faces with markers, or gluing fabric, buttons, or beads.	13	Draw a shape. Help your child draw an animal using that shape.	14	Entertain your baby by moving a stuffed animal around in front of her and talking in a funny voice.	15	Talk about the letter B. Find things in your child's room that begin with the letter.	16	Help your child create and decorate his very own crown. Before he wears it, ask what he will do as "king for the day."	17	Get a red, yellow, and green apple on the table. Ask your child to name the colors. Then enjoy this nutritious snack together!	18	Help your child memorize his full name and address.	19	Make a collage of things you do together as a family. Let your child cut pictures out of a magazine and glue them on a piece of paper.	20	Talk with your child about the difference between hot and cold. Try and small, open and closed, and other opposites.	21	When you are reading a book, magazine, or newspaper, give your children his own book or page to look at.	22	Make up a story with your child as the main character. Then have her retell the story to you.	23	Visit a bakery. Read the signs in the store. Then share the smells and tastes of a special treat!	24	Help your baby find her reflection. Sing a song! Make up a silly song with your child.	25	On a map, draw your child the city where she was born. Then show her the city where she lives now.	26	Play a game by counting how many square-shaped objects your child can find today.	27	Make your child laugh! Tell a joke, read a funny poem, sing a silly song, or draw a cartoon.	28	Read a favorite book. Then ask your child to tell you what happened first, second, and last in the story.	29	Help your child name the letters of the alphabet in newspaper or magazine headlines.	30	Let your child help set the dinner table by counting out the forks, plates, cups, etc.	31	



CPSC Announces Voluntary Recalls to Repair Millions of Roman Shades and Roll Up Blinds by Multiple Firms

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission (CPSC) is announcing that millions of units of Window coverings, including Roman shades and roll-up blinds. These window coverings present a serious risk of strangulation to young children. CPSC has received reports of five deaths and 16 near strangulations in Roman shades since 2006 and three deaths in roll-up blinds since 2001. Strangulations in Roman shades occur when a child places his/her neck between the exposed inner cord and the fabric on the back side of the blind or when a child pulls the cord out and wraps it around his/her neck. Strangulations in roll-up blinds occur when the lifting loop slides off the side of the blind and a child's neck becomes entangled on the free-standing loop or if a child places his/her neck between the lifting loop and the roll-up blind material. The recalled Roman shades and roll up blinds were sold by a variety of manufacturers and retailers, including major discount department stores, home improvement stores and window covering manufacturers and retailers. Remedies vary among firms from repair kits to refunds. "Parents need to make sure there are no accessible cords on the front, side, or back of their window coverings", said Chairman Inez Tenenbaum. "Avoid these deadly dangers by getting the repair kit or installing cordless window coverings in all homes where small children live or visit." To help prevent child strangulation in window coverings, CPSC and the Window Covering Safety Council urge parents and caregivers to follow these guidelines:

- **Examine all shades and blinds in the home.** Make sure there are no accessible cords on the front, side or back of the product. CPSC recommends the use of cordless window coverings in all homes where children live or visit.
- Do not place cribs, beds and furniture close to windows with corded window coverings because children can climb on them and gain access to the cords.
- Make loose cords inaccessible.
- If the window shade has looped bead chains or nylon cords, install tension devices to keep the cord taut.



Field Service Technician (Job Number 001078062)

Employer:	ALTERNATIVE ENTERTAINMENT INC 1804 HALLIE RD CHIPPEWA FALLS, WI 54729 www.aedish.com
Work Site County/ies:	Ashland, Barron, Bayfield, Burnett, Chippewa, Clark, Douglas, Dunn, Eau Claire, Iron, Pepin, Polk, Price, Rusk, Sawyer, Washburn Will cover LARGE territory in northern WI. Employees are required to report to work at Chippewa Falls office. Piece rate employees must report as arranged, unit rate are to report to office every day
On Bus Route?	No
Pay:	\$10.00 Per Hour Minimum. Piece Work Earn up to \$1000/week or more for seasoned installer. 4-6 weeks of paid training at \$10.00 an hour.
Duration/Hours Per Week:	All methods of compensation must guarantee at least minimum wage as required by Federal, Wisconsin state and municipal law. Full-Time, 40 Hours Per Week Minimum Must be flexible to work 365 days a year including some holidays and weekends.
Shift/Work Days:	7:00 a.m. - finish, rotating schedule Monday through Sunday.
Number of Openings:	5

Minimum Requirements of Employer:

Education:	High School Diploma/GED Equivalent Required
Professional Licenses/Certifications:	No Licenses or Certifications Requested
Vehicle:	Desired
Drivers License:	
Type:	Class D - Regular (Auto, Light Truck, Moped) Required
Endorsements:	No Endorsement Requested
Age:	18 or older Required
Experience/Qualifications:	Solid work history a must. Experience in construction, electrical, cable/satellite TV industries is a plus. Will train. Frequent travel within 50-75 mile radius. Ability to lift/move up to 75 lbs. and work in small spaces and various heights. Must be able to remain within weight limit of a 300 lb. ladder. Exposed to outside weather conditions.

Background check required.

Duties and Responsibilities of the Job:

Essential duties and responsibilities include the following (other duties may be assigned): Installation of Dish Network satellite TV systems according to installation specifications, landlord permit, condo regulations, manufacturer's instructions, government ordinances, NEC code. Inspection and service of existing installations: troubleshooting, replacement of faulty components, equipment upgrades/downgrades, etc. Keep track of inventory and paperwork. Provide excellent internal and external customer service. Meet productivity and quality standards. Maintain safe work environment.

Benefits:

Insurance:	Dental Insurance, Vision Insurance
Leave and Holidays:	Vacation, Paid Holidays
Retirement & Financial:	Retirement, 401K Plan
Education and Training:	Paid Training
Other Benefits:	Health Reimbursement Program

Company Profile:

Regional Service Provider for Dish Network

How To Apply:

Apply In Person Alternative Entertainment Inc
1804 Hallie Road
Chippewa Falls, WI 54729

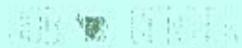
Mail a Résumé Alternative Entertainment Inc
Attn: Human Resources
PO Box 13247
Green Bay, WI 54307

E-Mail a Résumé To apply for this job, send your résumé or employment@acidish.com to employment@acidish.com.

If you don't have a résumé, you can register and create one at www.acidish.com.

Apply Online www.acidish.com

Fax a Résumé 920-865-2158



**Personal Care Worker
(Job Number 001075499)**

Employer:

BAY AREA HOME HEALTH
1601 BEASER AVENUE
ASHLAND, WI 54806-3622

Work Site County/ies: Ashland, Bayfield
On Bus Route? No
Pay: \$8.25 Per Hour to \$9.20 Per Hour
Duration/Hours Per Week: Full-Time, 32 to 40 Hours Per Week
Shift/Work Days: First, Second, Third, Rotating, Mornings, Afternoons, Evenings and Weekend
 Monday through Sunday.
Number of Openings: 6

Minimum Requirements of Employer:

Education: Certificate or Diploma beyond High School Required
 PCW or CNA certification.
Professional Licenses/Certifications: Training available through WITC.
Vehicle: Desired
Drivers License:
Type: Class D - Regular (Auto, Light Truck, Moped) Required
Endorsements: No Endorsement Requested
Age: 18 or older Required
Experience/Qualifications: PCW or CNA. Valid driver's license and auto insurance.
 Background check required.

Duties and Responsibilities at the Job:

Assist elderly or disabled adults with daily living activities in the person's home. Duties performed at a place of residence may include keeping house (making beds, doing laundry, washing dishes) and preparing meals, and supervised activities. May assist families, the elderly, and disabled on such things as nutrition, personal cleanliness, and household chores.

Benefits:

Insurance: Health Insurance, Dental Insurance, Life Insurance, Disability Insurance, Vision Insurance
Leave and Holidays: Personal Leave, Vacation, Paid Holidays
Retirement & Financial: 401K Plan

Miscellaneous Benefits:

Flexible Work Schedule

Company Profile:

Providing medical (RN, Physical Therapy, Aide, Personal Care, supportive care, respite) assistance in client's homes networking with doctors, hospital/nursing home social workers, lab departments, New Horizons, CSP, etc. Office staff maintaining client records, billing, and service coordinating.

How To Apply:**Apply In Person**

Bay Area Home Health
1601 Beaser Ave.
Ashland, WI. 54806
Ask for Doris or Mary

Mail a Résumé

Bay Area Home Health
Attn. Doris
1601 Beaser Ave.
Ashland, WI. 54806

E-Mail a Résumé

To apply for this job, send your résumé or [Job Center of Wisconsin Résumé](mailto:fanta@ncis.net) to **fanta@ncis.net**.

If you don't have a résumé, you can register and create one at [Job Center of Wisconsin](http://JobCenterofWisconsin.com).

Call For Appointment

715-682-9500 ask for Doris or Mary

**ISLE VISTA CASINO
JOB DESCRIPTION**

POSITION: Surveillance Operator

RESPONSIBLE TO (In order):

1. Director of Surveillance
2. Compliance Officer

WAGE/SALARY RANGE: \$7.25/hr. New hires will be subject to a 90 day probation period (480 hours).

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

WORK SCHEDULE(S): Part-time

EMPLOYMENT QUALIFICATIONS: Must be 18 years of age or older. Must have a High School Diploma or G.E.D. within one year of employment. Cannot have been convicted of a felony in the last ten years, or any gaming related offense, fraud or other misrepresentation of any kind, or a violation of any rule promulgated by the Lottery Board, or Red Cliff Tribal Ordinance governing gaming. Applicants should be advised that the Tribe reserves the right to disqualify applicants whose prior activities pose a threat to the public interest. Friendly, professional attitude required at all times. Must be willing to work weekends, night, and holidays. Neat, clean, appearance is a must. Red Cliff Tribal member preferred, but all qualified applicants will be considered.

JOB QUALIFICATIONS: Experience in security, surveillance, and/or gaming helpful. Must have knowledge of surveillance equipment, including cameras, VCR's and computers. Requires excellent report writing skills, and the ability to comprehend state and federal laws relative to the gaming industry. Confidentiality is a must.

JOB DUTIES:

1. Operation of a Closed Circuit Television (CCT), and other surveillance equipment.
2. Detection of gaming scams and cheating.
3. Detection of persons engaged in theft and embezzlement of company assets.
4. Monitoring and operation of a comprehensive fire, theft, and security alarm.
5. Protection/Safety of facility, guests, and employees.
6. Preparation of reports.
7. Maintaining department confidentiality.
8. Other duties as assigned.

APPLICATION DEADLINE: Open until filled

Applications are available at the cashier's window and the personnel office of the casino.

[print the application](#)

ISLE VISTA CASINO
JOB DESCRIPTION

POSITION: Casino Waitstaff

RESPONSIBLE TO:

1. Housekeeping Manager
2. General Manager

SALARY: \$: \$6.50 hr

BENEFITS (Full time employee only): Sick time and paid vacations.

WORK SCHEDULE(S): To be determined.

EMPLOYMENT QUALIFICATIONS: Must be 18 years of age or older. Must have High School Diploma or G.E.D. within one year of employment. Shall not have been convicted of a felony in the last ten years, of any gaming related offense, fraud or other misrepresentation of any kind, or a violation of any rule promulgated by the Lottery Board, or Red Cliff Tribal Ordinance governing gaming. Applicants should be advised that the Tribe reserves the right to disqualify applicants whose prior activities pose a threat to the public interest. Friendly, professional attitude required at all times. Must be willing to work weekends, night and holidays. Neat, clean appearance is a must. Red Cliff Tribal member preferred, but all qualified applicants will be considered.

JOB QUALIFICATIONS: Experience and/or knowledge of serving beverages (Alcohol) preferred. Must be able to accurately process money transactions providing change when necessary. Must be able to provide customers with service in a timely, friendly, professional manner.

JOB DUTIES:

1. Serve customers of complex with drink orders.
2. Provide customers with assistance as necessary.
3. Working directly with bar staff.
4. Other duties as assigned.

APPLICATION DEADLINE: Open until filled.

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.

Applications are available at the cashier's window and the personnel office of the casino. [View Details](#)
[print the application](#)

ISLE VISTA CASINO
JOB DESCRIPTION

POSITION: Cage Cashier

RESPONSIBLE TO:

1. Cage Manager
2. General Manager

SALARY: \$7.50

BENEFITS: (Full time employee's) Sick and paid vacation.

WORK SCHEDULE(S): Full time

EMPLOYMENT QUALIFICATIONS: Must be 18 years of age or older. Must have High School diploma or G.E.D. within one year of employment. Shall not have been convicted of a felony in the last 10 year or any gaming related offense, fraud or other misrepresentation of any kind or a violation of any rule promulgated by the Lottery Board or Red Cliff Tribal ordinance governing gaming. Applicants should be advised that the Tribe reserves the right to disqualify applicants whose prior activities pose a threat to the public interest. Friendly, professional attitude required at all times. Must be willing to work weekends, nights and holidays. Neat clean appearance is a must. Red Cliff Tribal member preferred but all qualified applicants will be considered.

JOB QUALIFICATIONS: Must have experience in cash handling, good public relation skills and math skills. Some heavy lifting required.

JOB DUTIES:

1. Provide customers with change.
2. Operate adding machines, coin counter and coin wrappers.
3. Collect W2-G information from large winners.
4. Reconcile and maintain cash on hand.
5. Provide customers with assistance, and other duties as assigned.

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.

APPLICATION DEADLINE: Open until filled.

Applications are available at the cashier's window and the personnel office of the casino. [You can also mail the application.](#)

**ISLE VISTA CASINO
JOB DESCRIPTION**

POSITION: Manager On Duty

RESPONSIBLE TO: 1. General Manager

SALARY: Negotiable

EMPLOYMENT QUALIFICATIONS: Must be 18 years of age or older. High School Diploma or G.E.D. required within one year of employment. Shall not have been convicted of a felony in the last 10 years or any gaming related offense, fraud or other misrepresentation of kind or a violation of any rule promulgated by the Lottery Board or Red Cliff Tribal Ordinance governing gaming. Applicants should be advised that the Tribe reserves the right to disqualify applicants whose prior activities pose a threat to the public interest. Friendly, professional attitude required at all time. Must be willing to work weekends, nights and holidays. Neat, clean, appearance is a must. Red Cliff Tribal member preferred but all qualified applicants will be considered.

MINIMUM JOB QULIFICATIONS: Ten years experience in casino operations (i.e. Slots, Restaurant, Bar, Security, and Vault.) Experience in the Vault and Cage areas preferred. Knowledge of Slot and Table Games operations

required. Must be able to work evening's during peak hours.

JOB DUTIES:

1. Will be required to assist the Cage and Table Games departments with fill, credit, and drop request on a nightly basis.
2. Performing for or working directly with the public
3. Communicating with other Managers or subordinates.
4. Making decisions and solving problems.
5. Establishing and maintaining positive interpersonal relationships-developing constructive and cooperative working relationships with coworkers and patrons.
6. Other duties as assigned.

DEADLINE: Open until filled.

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.

In conjunction with the Privacy Act of 1974, the following information is provided: Solicitation of the information on this form is authorized by U.S.C. 2701 et/ seq. The purpose of the requested information is to determine the eligibility of individuals to be employed in a gaming operation. The information will be used by the National Indian Gaming Commission members and staff who have need for the information in the performance of their official duties. The information may be disclosed to appropriate Federal, Tribal, State, local or foreign law enforcement and regulatory agencies when relevant to civil, criminal or regulatory investigations or prosecutions or when pursuant to a requirement by a Tribe or the National Indian Gaming commission in connection with the hiring or firing of an employee, the issuance or revocation of a gaming license, or investigations of activities while associated with a Tribe or a gaming operation. Failure to consent to the disclosures of your Social Security Number (SSN) is voluntary. However, failure to supply a SSN may result in errors in processing your application.

A false statement on any part of your application may be grounds for not hiring you, or for firing you after you begin work. Also, you may be punished by fine or imprisonment (U.S. Code, Title 18, Section 1-1).

17.8.1 Any non-member participating under a gaming management contract with the Tribe, participating in a vendor/lessor relationship related to Class III gaming, and any other non-member employed in the conduct of Class III gaming, shall by virtue of such participation or employment be deemed to have consented to the jurisdiction of the Red Cliff Band of Lake Superior Chippewas and its courts.

ISLE VISTA CASINO APPLICATION

TODAYS DATE: ___/___/___ POSITIONS DESIRED: _____

FIRST NAME _____ MIDDLE NAME _____ LAST _____

MAILING ADDRESS _____ CITY _____ STATE _____ ZIP _____

HOME PHONE: (____) - ____ - ____ WORK PHONE: (____) - ____ - ____

DATE OF BIRTH: ___/___/___ SOCIAL SECURITY # ___ - ___ - ____

CITY/STATE OF BIRTH _____ SEX ___M___F

TRIBAL MEMBER? ___YES___NO TRIBE ENROLLED AT: _____

DRIVERS LICENSE NUMBER: _____ EXP: _____

ARE YOU CURRENTLY EMPLOYED? ___
MAY WE CONTACT YOUR PRESENT/PAST EMPLOYERS? ___

PLEASE LIST ANY AND ALL ALIAS NAMES HERE:

EDUCATION AND TRAINING

CIRCLE HIGHEST GRADE COMPLETED: 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16*

DO YOU HAVE A HIGH SCHOOL DIPLOMA OR G.E.D.? _____ YEAR

NAME AND LOCATION _____ FROM _____ TO _____ MAJOR _____ DATE GRADUATED _____

HIGH SCHOOL: _____

COLLEGE: _____

OTHER: _____

DESCRIBE ANY OTHER TRAINING OR EXPERIENCE YOU HAVE WHICH MAY NOT BE LISTED: _____

CURRENT AND PREVIOUS EMPLOYMENT FOR THE PAST 5 YEARS

(Start with most recent)

EMPLOYER NAME: _____ FROM: _____ TO: _____

ADDRESS: _____ PHONE #: (____) - _____

JOB TITLE: _____ STARTING SALARY: _____ ENDING: _____

SUPERVISOR'S NAME: _____ DUTIES: _____

REASON FOR LEAVING: _____

EMPLOYER NAME: _____ FROM: _____ TO: _____

ADDRESS: _____ PHONE #: (____) - _____

JOB TITLE: _____ STARTING SALARY: _____ ENDING: _____

SUPERVISOR'S NAME: _____ DUTIES: _____

REASON FOR LEAVING: _____

EMPLOYER NAME: _____ FROM: _____ TO: _____

ADDRESS: _____ PHONE #: (____) - _____

JOB TITLE: _____ STARTING SALARY: _____ ENDING: _____

SUPERVISOR'S NAME: _____ DUTIES: _____

REASON FOR LEAVING: _____

EMPLOYER NAME: _____ FROM: _____ TO: _____

ADDRESS: _____ PHONE #: (____) _____

JOB TITLE: _____ STARTING SALARY: _____ ENDING: _____

SUPERVISOR'S NAME: _____ DUTIES: _____

REASON FOR LEAVING: _____

LIST 3 PERSONAL REFERENCES WHOM YOU HAVE KNOWN FOR 5 YEARS

NAME ADDRESS PHONE

NAME ADDRESS PHONE

NAME ADDRESS PHONE

NOTE FOR THE FOLLOWING 7 QUESTIONS, PLEASE STATE "NONE" IF THAT APPLIES. ATTACH SEPARATE SHEETS IF NECESSARY.

1. PLEASE DESCRIBE ANY EXISTING OR PREVIOUS BUSINESS RELATIONSHIPS WITH INDIAN TRIBES INCLUDING OWNERSHIP INTERESTS:

2. PLEASE DESCRIBE ANY EXISTING OR PREVIOUS BUSINESS RELATIONSHIPS WITH THE GAMING INDUSTRY GENERALLY INCLUDING OWNERSHIP INTERESTS:

3. PLEASE LIST THE NAME AND ADDRESS OF ANY LICENSING OR REGULATORY AGENCY WITH WHICH YOU HAVE FILED AN APPLICATION FOR A LICENSE OR PERMIT RELATED TO GAMING WHETHER OR NOT SUCH LICENSE WAS GRANTED:

4. FOR EACH FELONY, IF ANY, FOR WHICH THERE IS AN ONGOING PROSECUTION OR A CONVICTION, LIST THE CHARGE, THE NAME AND ADDRESS OF THE COURT INVOLVED AND THE DATE OF DISPOSITION IF ANY:

5. FOR EACH MISDEMEANOR, IF ANY, FOR WHICH THERE IS AN ONGOING PROSECUTION OR A CONVICTION (EXCLUDING MINOR TRAFFIC VIOLATIONS) WITHIN 10 YEARS OF THE APPLICATION DATE, LIST THE NAME AND ADDRESS OF THE COURT INVOLVED AND DATE OF THE DISPOSITION:
-
-

6. FOR EACH CRIMINAL CHARGE (EXCLUDING MINOR TRAFFIC CHARGES) WHETHER OR NOT THERE IS A CONVICTION, IF SUCH CRIMINAL CHARGE IS WITHIN 10 YEAR OF THE APPLICATION DATE AND IS NOT OTHERWISE LISTED IN QUESTIONS 4 AND 5, LIST THE CRIMINAL CHARGE, THE NAME AND ADDRESS OF THE COURT INVOLVED AND THE DATE OF THE DISPOSITION:
-
-

7. LIST THE NAME OF ANY LICENSING OR REGULATORY AGENCY WITH WHICH YOU HAVE FILED AN APPLICATION FOR AN OCCUPATIONAL LICENSE OR PERMIT WHETHER OR NOT SUCH LICENSE WAS GRANTED:
-
-

I understand that a false or misleading statement on any part of this application may be grounds for not hiring me or firing me after I begin work. Also, I may be punished by fine or imprisonment (U.S. Code, Title 18, Section 1001).

I certify that the information provided on this application is complete and accurate to the best of my knowledge. I understand that consideration for employment is conditioned upon the results of a reference check. I authorize the ISLE VISTA CASINO to investigate all statements contained in this application for employment as may be necessary and further authorize contact persons to respond to questions. I understand that this application is not intended to be a contract of employment.

Signature of Applicant

Date

ISLE VISTA CASINO P.O. BOX 1167, BAYFIELD, WI 54814 - (715) 779-3712
PLEASE ATTACH RESUME.

STAFF	Room	EXTENSION
ALICIA DEPERRY	Maiingan	245
AMBER LAGREW	Esiban	241
ASHLEY PETERSON	Main Office	221/0
BARB MOLDENHAR	Maiingan	245
BETTE BONNEY	LAUNCH	222
CAITLIN GORMAN	Child Care	232
CHELSEA CADOTTE	Waabooz	224
CINDY GARRITTY	Home Base	238
CORKY F-GOKEE	Amik	225
DAWN NIXON	LAUNCH/DOIE	248
DEE G-RINDAL	Administrator	249
DIANN VIATER	Migizi	240
EHS Teacher Office		226
ESIBAN OFFICE		234
EXTRA - OFFICE		223
FRED PILLINGER	Makwa	244
GINA LAGREW	Transition	255
JAMIE G-KING	Makwa	244
JENNIFER LEASK	Mashkodebizhiki	247
JESSIE GURNOE	Esiban	232
JUDY LUDWIG	Rotating Teacher	0
JULIE ERICKSON	Mashkodebizhiki	247
KAREN NEWAGO	Waabooz	224
KATHY BARRI	Spirit Heart	237
KIM GORDON	Child Care	252
LAVONNE GOSLIN	EHS Director	250
LINDA PARENT	Amik	225
LORETTA GOKEE	Rotating Teacher	0
LORI DUFFY	Kitchen	229
LORINE SPINNER	Kitchen	229
MARIANNE SZOT	Education	242
MARY SAARI	Opichi	228
MAUREEN EKLND	Autism Spec	227
MIKE LAGREW	Bus Driver	0
NADINE(classroom)	Esiban	241
NICKY GURNOE	HS Director	243
NICOLE BOYD	Family Services	253
PAT K-DEPERRY	Family Services	256
PATSY GORDON	Migizi	240
PHOEBE HYDE	Home Base	236
Reggie CADOTTE	Maiingan	245
ROB GOSLIN	Wellness Coord.	230
SUE PILLINGER	Health	254
TERESA WEBER	Waabooz	224
TRACY BASINA	Migizi	240
VIRGINIA SOULIER	Mashkodebizhiki	247

ECC Staff Phone Extensions

Some Staff Changes....

Jenn Leask: Mashkodebizhiki Room Teacher

Karen Newago: Waabooz Room Teacher

Jessie Gurnoe: Esiban Teacher

January 2010 ECC Menu

Gich-Manidoo Giizis (Great Spirit Moon)

Monday	Tuesday	Wednesday	Thursday	Friday
4B Fr Toast, Mix Berries, yogurt L Hamb/Rice HD, Pears, c.c. Salad S Jello & Crackers	5 B Cornflakes, oranges, Cinn English muffin L Kielbasa, mac-n-chez, trop fruit, slaw, peas S Pears & c.c.	6B Rice Crispies, pbj toast, man oranges L Chix fingers, waffle fries, carrots, salad, honeydew S Pretzels & apple sauce	7 B oatmeal, blueberries L Crm broccoli soup, cheese sand, veggies w/ dip, peach S Rice Cakes w/ milk	8
11B Eggs, toast, HB, melon L Beef Stir Fry, salad, mango S Grahams w/ PB & milk	12 B Rice chex, peaches, muffin L Chix-Spaghetti bake, peas, c.c., pears S Waffles w/ ham-cheese	13 B HB oats, strawberries, yogurt L Potato Soup, ham sand, slaw, pineapple S Mini pizza & juice	14 B Cheerios, cantaloupe, C.C. L Hamburg, Stew, biscuit, c.c. mand, Oranges S Ham-pickle roll up, milk	15
ECC CLOSED	19 B Waffles w/ cheez/ham, pineapple L Ham HD, gm beens, salad, jello, kiwi S fruit bars w/ milk	20B Corn chex, eng muffin, banana L Tacos, mango, corn, pudding w/ bananas S Chex mix w/ juice	21 B Wheaties, juice, muffin L Chix Soup, PBJ sand, salad, c.c., mand oranges S Pudding w/ nilla wafers	22
25 B Malt-o-meal, peaches L Pizza, salad, peas/carrots, yogurt, blueberries S Bagel & juice	26 B Rice crispies, toast w/ pbj, pears L Cheez burger melt w/ biscuits, veggic & dip, c.c. strawberries, gm beans S Apples w/ string cheese	27 B French Toast, yogurt, berries L Chix Pasta, Salad, Carrots, Apples S PBJ sand w/ milk	28 B Cheerios, muffin, peaches, yogurt L Breaded Fish, baby reds, apples, corn S yogurt w/berries & granola	29