



# Red Cliff Early Childhood Center May Newsletter Waabigwanii-giizis (Flower moon)

## SPECIAL POINTS OF INTEREST:

\*Red Cliff Resource Directory coming soon!!!

\*ECC Closed May 13th and 31st.

\*Bayfield School Pow Wow: Thursday, May 13th!

\*Red Cliff ECC web site coming soon!

## INSIDE THIS ISSUE:

~May Activities Calendar

~Classroom Updates

~Education Department Raffle

~Financial Wellness Conference

~Dental Care

~Activities to Do at Home!

~Traditional Seasonal Ojibwe Life

~Tornados.....

~Job Postings

~ECC May Menu

# ECC Family Fishing Day!

Family Fishing Day, a favorite for all, will take place Thursday, May 27th!

This is an opportunity for children, parents, grandparents, aunts, uncles, (the entire family!) to get together and do some good ol' fishing! Fishing poles and bait will be provided, however families can bring their own poles and bait too.



This will be a catch and release event.

ECC staff will be meeting families at the Red Cliff Fish Hatchery at 10:00am, we will provide lunch around 11:00am, and families are welcome to do some more fishing.

Families will also be able to tour the Red Cliff Fish Hatchery!!

There will not be Head Start classes this day, Early Head Start is invited, however there will still be classes.

All ECC families are welcomed and encouraged to attend this event!

Any questions, please call Nicole (ext 253) or Nicky (ext 243) at 779-5030.



# Car Seat Clinic

The ECC, along with the Red Cliff Community Health Center and other Tribal partners, will host a

Car Seat Clinic on May 7th at the Isle Vista Casino!

This event will begin at 10am and end at 1pm. Car seat checks will be completed to educate families on correct installation and appropriate seat usage. Free safety seats will be available for those eligible. This event will be open to the public! Families must have the child who is receiving a seat with them in order for technicians to determine appropriate seat usage and installation.

Any questions can be referred to Nicole (ext 253) at 779-5030.



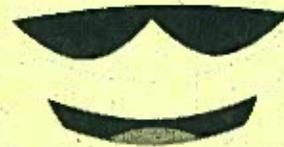
# wabigwanii-gizis (flower moon) May 2010 Community and ECC Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Tribal Council Meeting 6:30pm	4 *Language Table 5pm @ Prevention Center *Pow Wow Grounds meeting: 6pm @ Bingo Hall	5 Sewing 5pm *Education Mtg 4:30 @ lower level	6 Men's Group 6pm @ Elderly	7 Primary Tribal Elections 8-8 @ Bingo Hall Car Seat Clinic 10am-1pm @ Casino	8
9. HAPPY MOTHER'S DAY!	10 *Breast Feeding Support Group 10am @ Clinic *Immunization Day 1-4pm @ Clinic	11 *Transfer Spring Clean-Up 8am-6pm Tues-Sunday *Language Table 5pm @ FAPC	12 Sewing 5pm	13 ECC Closed Indian Day **Pow Wow @ Bayfield School 8pm Feast	14	15
16 Last day for Transfer Station Spring Clean-Up 8am-6	17 ECC Ojibwe Language Comm. Mtg 4pm @ ECC	18 *Policy Council Mtg 1pm @ ECC *Tribal Council Meeting 4:30pm *Language Table 5pm @ FAPC	19 Sewing 5pm	20 Men's Group 6pm @ Elderly	21	22 Financial Wellness Conference 8:30-2pm @ Bayfield School
23	24 *Brest Feeding Support Group 1pm @ Clinic	25 Language Table 5pm @ FAPC	26 Sewing 5pm	27 ECC Family Fishing Day at Hatchery 10am	28 Seniors Honor Banquet 7pm/ Cash Raffle	29
30	31 ECC CLOSED: Memorial Day					

# Home Base Program

## It's May!!!!

Think Spring!  
Zigwan

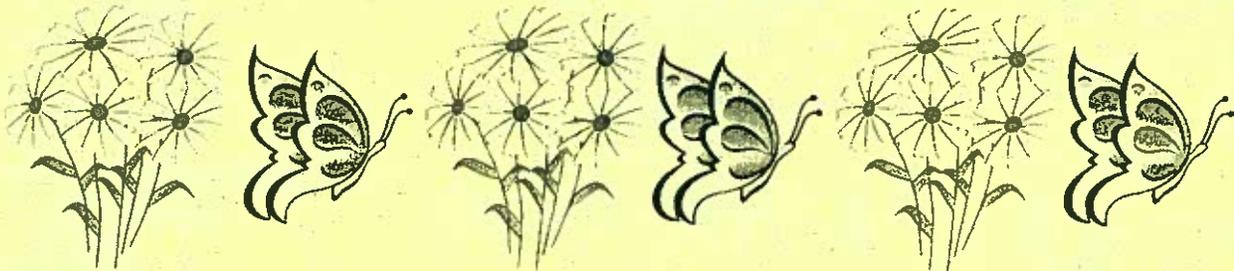


**We would like to wish Owen Dietrich a Happy Belated Birthday. He turned the big "1" on April 27th, 2010.**



**Family Fishing Day:  
May 27th!**

**Home Base families  
come join us!**



We would like to thank all of our families who donated their time and efforts to help make our Sugar Bush a success. We would also like to thank Marvin and Crystal for allowing everyone to come out and experience the Sugar Bush this year!  
Chi Miigwetch!

Boozhoo! My name is Amber Jeffords and I would like to take a moment to introduce myself. I have taken over Karen's spot as Home Based Teacher. I know that I have big shoes to fill, as Karen was a GREAT teacher, but I'm excited to have the chance to become a part of this great team. I know what a wonderful program this is, and I hope that I can make it just as wonderful for the families I will be working with. Miigwetch!



**SOME THINGS THAT KEEP US BUSY...**

**OUTSIDE PLAY**

**CRAFTS**

**HELPING ONE ANOTHER**

**CELEBRATIONS**

**MUSIC**

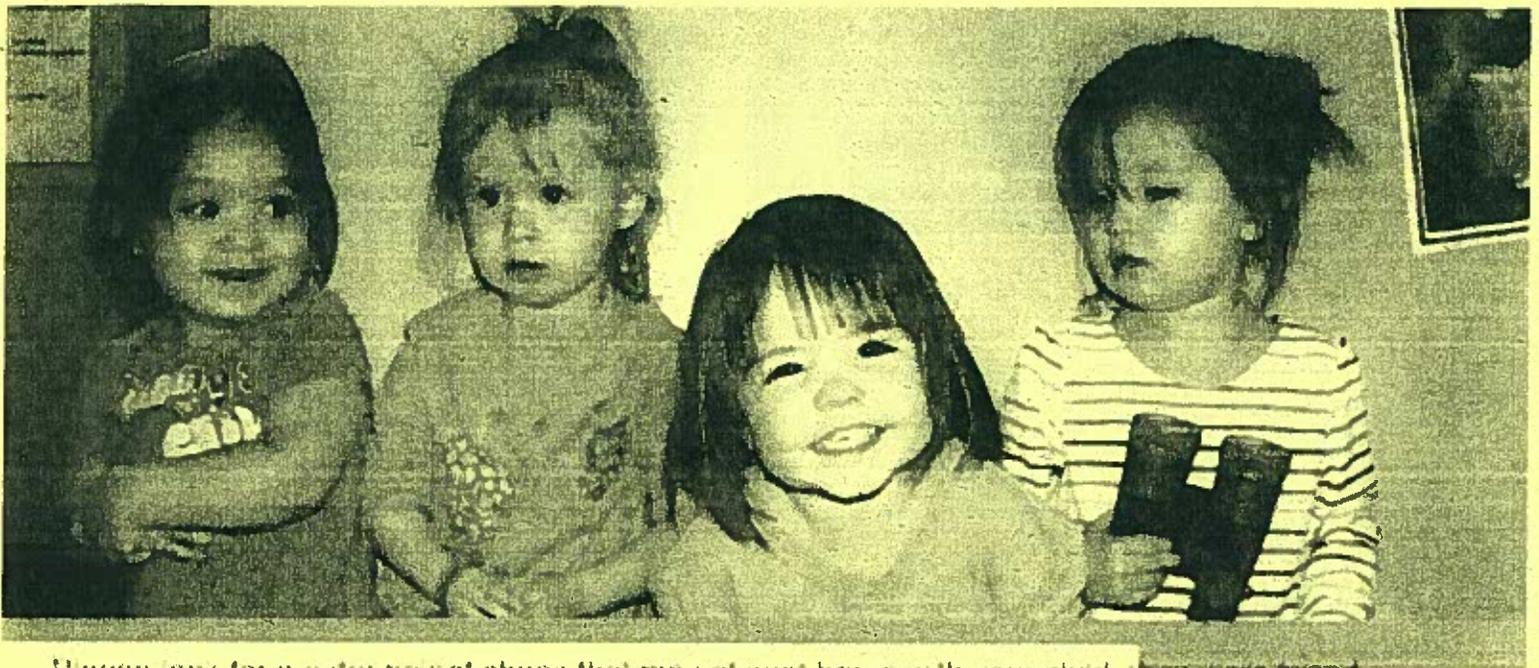
**CARING FOR OURSELVES**

**SCIENCE**

**BOOKS/PUZZLES...AND A LOT MORE!**



**WABOOZ ROOM**



Please look for a extra pair of shoes that may of sent home with your child, they were brand new and important to the family. Thank you so much.

## *Amik Room*

we have been doing  
to keep busy.

We have been spending a lot  
of time outside; swinging,  
riding bikes, sliding, digging  
in the dirt and taking walks.  
We are doing great at getting  
along and be friends.

Thank you parents for calling  
and let us know what is going  
on with our little ones we  
really appriehicate it. The  
children are adjusting well to  
the changes in the room.



Words we are working on in ojibwe:

- bagiswin stand up
- bizindam s/he is listening
- agindasso s/he is counting/reading
- bezhig, niizh, niswi, niwln, naanan, ningodasswi,  
niizhwasswi, ishwasswi, zhangasswi, midasswi
- 1,2,3,4,5,6,7,8,9,10



# Makwa Room

Wow, it is May already! Time sure does fly! Just a little reminder Auna Bressette will be subbing in the Makwa room until the end of the year, while Jamie is out on Maternity leave. Parents it is getting warm out and sunny so please be sure to sign an Authorization to Administer Medicine for applying sunscreen.

We are working on the following tasks for the month of May: socializing with friends, pouring from a pitcher into a cup, spreading peanut butter or jelly with a knife, scooping our own food, getting our own utensils for mealtime, learning how to pump on the swings and learning the first letter of our name.

These are the ojibwe words we are working on:

**Namadabin– sit down**

**Bizaanaayaan– be quiet**

**Bezhiḡ– one**

**Niizh– two**

**Niswi– three**

Parents: There will be information sent home within the next month about bus transition and possible classroom transitions. Please just watch your child's mailbox for that information.

Also, please feel free to contact us with any questions or concerns you may have. You can reach us at 779– 5030 ext 244.

Thanks, Jamie and Caitlin

**Happy Mother's day to all  
Of our moms!**



**No School on May 13th and May 31st due  
To tribal Holidays!**

# Esiban Room

We have been going outside more since the weather has been nice.  
Please bring in some extra cloths and mud boots to keep in the classroom.

Welcome to our new teacher Britany Bonney! She will be joining Nadine and Amber in the Esiban Room from 12-5!

Ojibwe words we are using in the classroom are:

Sit-Namadabin

Walk-Bimose

Please-Daga

Milk-Doodooshaaboo

Black-Makade

Let's Eat-Wiisinin

Thank You-Miigwetch

Wash hands-Giziibiigiib

Red-Miskwa

Purple-Dibikgogizik

Green-Ozhaawashkwa

Bear-Makwa

Dog-Animosh

Fish -Giigoo

Eagle- Migizi

Nadine , Amber and Britany

# MASHKODEBIZHIKI ROOM

Boozhoo. This past month was full of fun and excitement. We did a two week unit on Spring which brought us into the week of the young child. "The Very Hungry Caterpillar" was a very big hit with our class (especially the caterpillar food). We also got a temporary class pet thanks to Jesse and his parents. He is a snapping turtle that they rescued. We still haven't picked a name for him but we are sure that is soon to come. The kids also filled up their heart chart and earned their pop corn party. They are doing such good jobs at being good friends and good helpers. We are very proud of them all.

We have been talking a lot about what to do when someone is being "mean" to you. We are encouraging the children to first tell the other child to "please stop" and if that doesn't work they should go and tell a teacher. We want to teach the kids how to resolve conflict without hurting someone. We are using a lot of feelings words like mad, happy, sad, upset, angry, frustrated, scared, etc. We are trying to give the kids tools to use so that they can assert themselves verbally and not physically. If you ever have any questions about any of this please give us a call.

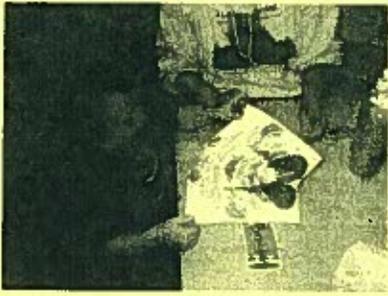
In the month of May we will be adding bugs, worms and snakes to our list of things to learn about. It should be a creepy, crawly and interesting month. If you have any ideas about things that we can do let us know.

Thanks to everyone for calling in when your child won't be in. It makes the morning go so much smoother for everyone.

On the next page you will find some pictures and that will show you what we like to do at school. We hope you enjoy them.

Virginia, Jenn and Auna

# What's Happening In the Mashkodebizhiki Room



Carter making a butterfly



Isiah playing dominos



Jesse playing in the sand



Jacob swinging



Aaricka beading



Presley's butterfly



River's one man puppet show



Braedon's butterfly



Tatianna is fishing



Harmony drawing her mom



Giizhik taking a nap



Emma playing with babies



Nevaeh learning to pump



Emily making a necklace



Xander playing in the sand



Emily playing with her tap at sugar bush



## **Aaniin, Ma'iingan Families**

Ziigwan ina? Our classroom has been busy with spring events:

- We have planted beans and acorns and they are growing with all the sunshine we have had.
- We have studied the memengwaa/moth life cycle and are taking walks with Mr. J for culture, making interesting discoveries agwajiing. (The ticks are out! Check your child for hitchhikers!)
- Bats and balls have re-appeared; the kids love the challenge and it's a great family activity.
- The children are excited about going to the "big school" and are practicing opening milk cartons and balancing food trays.

Our alphabet folders are half full- we read a story and practice letter-tracing right before breakfast, so it is important for your child to arrive on time. If you are running late, please try to call or arrive by 9:00 at the latest, or we will not be expecting your child for the day. This helps the day run more smoothly for everyone. And the mornings have been COLD! So, don't forget the jackets- it's always easy to remove a layer as the day warms.

Chi miigwech- stop by and visit our classroom, you are always welcome!

Ms. J, Ms. Linda, Ms. Bernice, and Ms. Barb

(One reminder: please call us, x 245 no later than 9:00, if you know your child will be absent:)

Boozhoo from the Migizi room.

We are very busy in our classroom and enjoying the nice weather outside!

Some of the things that will be happening or have happened in the classroom are:

Dinosaurs: activities, stories

Planting seeds: Sweet potato in a vase of water, hairy potato, saw dust face/grass seed,

Eggs: hatching 3 duck eggs in an incubator

Experiments: diet coke with mento's

Second Step: problem solving, teasing

Letters and numbers

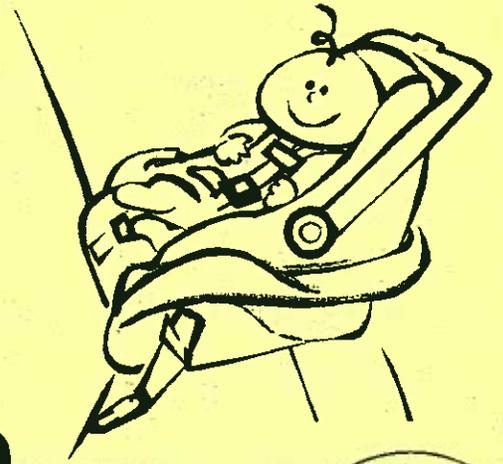
Talking about touching: secrets and touches

Ojibwe words: zhawimin (grass), odaabaan (car)

Aawadaasoowidaabaan (truck) iskgamizige-giizis (April)

Miigwech: Diann, Tracy, Patsy

# Car Seat Clinic



**Location: Isle Vista Casino**

**Friday, May 7th**

**10:00am-1:00pm**

**~FREE Car Seat Checks by  
Certified Child Passenger Safety Technicians  
(Want to know if your child's seat is installed correctly or  
if you are using the correct seat?)**

**~FREE Safety Seats for those eligible**

**~Open to the Public**

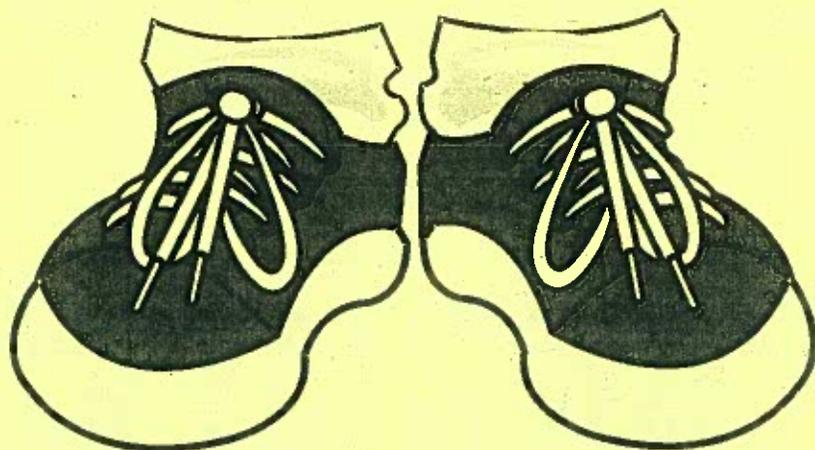
**~Must have child with you**

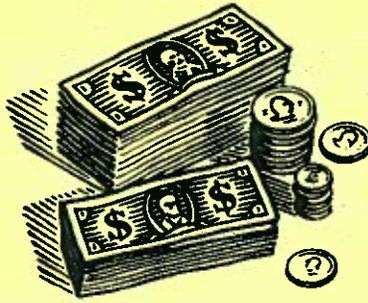
Any questions call Nicole (ext 253) or Patt (ext 256) at 779-5030

Jellies are cute.  
Sandals are cool.  
Swim shoes are neat  
FOR a BACKYARD POOL.

BUT.....

When coming to school,  
Where we jump and run,  
Gym shoes, please,  
FOR safety and fun!





Red Cliff Education Department  
**CASH** Raffle to benefit our  
Annual Honor Banquet

1<sup>st</sup> Place \$250.00  
2<sup>nd</sup> Place \$100.00  
3<sup>rd</sup> Place \$50.00

Tickets \$1 each or 6 for \$5

Drawing Friday May 28<sup>th</sup> 7:00 p.m.  
Red Cliff Bingo Hall at The Honor Banquet

Need not be present to win

For Tickets Contact the Red Cliff  
Education Department or an  
Education Committee Member  
(715) 779-3706

Ashley Peterson has tickets  
For Sale @ the ECC.

Celebrating Diversity  
Together  
2nd Annual School  
Pow-Wow  
May 13, 2010

Host Drum: Red Bird

Invited Drums: 709 Boys & Young Firekeeper

M C:  
Rob Goslin

Spiritual Advisor:  
Mark Gokee

Head Dancers:  
Jim Pete & Carolyn Gouge

Feast: 5:00 PM

Grand Entry: 6:00 PM

Location: Bayfield School

# SPRING CLEAN UP

Sponsored by the Red Cliff Environmental Program, Housing Authority, Health and Tribal Administration

MAY 11-16, 2010 TRANSFER STATION 8:00AM-6:00PM

THE FOLLOWING ITEMS DO NOT GO INTO THE OPEN TOP DUMPSTER—THESE ITEMS SHOULD BE PLACED IN THE APPROPRIATE AREA OR BIN:

Appliances	Televisions and computer equipment
Waste Oil	Household batteries
Yard Waste	Lead Acid Batteries
Fluorescent light bulbs	Tires
Recyclables or Metals	Medical Waste (we do not handle)

DISCOUNTED FEES DURING SPRING CLEAN UP for the disposal of the following items:

Appliances \$5 Refrigerators and freezers \$10  
TV's, computers and computer equipment \$5  
Tires \$1

## OTHER INFORMATION:

Empty, air dried paint cans and empty small (barbecue) propane tanks are accepted

NOTE: Black or other non-clear garbage bags will not be accepted at the Transfer Station. Recyclable items (paper and cardboard, aluminum cans, bimetal cans, glass, plastic) must go in the recycling bins, not the compactor.

LET'S KEEP OUR COMMUNITY HEALTHY AND OUR STREAMS AND RIVERS CLEAN!  
PAPER, PLASTIC AND GLASS WASTE IN OUR COMMUNITY CLEAN UP EVENTS

20<sup>th</sup> Annual

# Lac Courte Oreilles

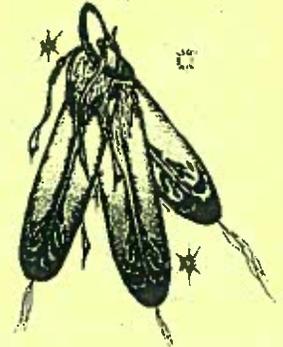
## Ojibwe School

### Contest Powwow

June 4 - 6, 2010

11 miles SE of Hayward, Wisconsin

**Host Drum: Pipestone**



**Masters of Ceremony: Larry Smallwood & Pete Gahbow**

4 Grand Entries

\* Friday 7:00 \* Saturday 1:00 & 7:00 \* Sunday 1:00 \*

### Dance Competition:

	1st Place	2 <sup>nd</sup> Place	3rd Place	4 <sup>th</sup> Place
50+ Men's Traditional, Grass	\$400	\$300	\$200	\$100
50+ Women's Traditional, Jingle	\$400	\$300	\$200	\$100
18-49 Men's Traditional, Grass, Fancy	\$400	\$300	\$200	\$100
18-49 Women's Traditional, Jingle, Shawl	\$400	\$300	\$200	\$100
13-17 Teen Boy's Traditional, Grass & Fancy	\$150	\$125	\$75	\$50
13-17 Teen Girl's Traditional, Jingle, Shawl	\$150	\$125	\$75	\$50
6-12 Jr. Boy's Traditional, Grass & Fancy	\$125	\$100	\$50	\$25
6-12 Jr. Girl's Traditional, Jingle & Shawl	\$125	\$100	\$50	\$25

### ~ OTHER CONTESTS ~

Youth Drum		Adult Drum		Adult Zhahboway		Youth Zhahboway	
1 <sup>st</sup> Place	\$1,000	1 <sup>st</sup> Place	\$1,500	Women Singing in the Background		Girls Singing in the Background	
2 <sup>nd</sup> Place	\$800	2 <sup>nd</sup> Place	\$1,000	1 <sup>st</sup> Place	\$175	1 <sup>st</sup> Place	\$100
3 <sup>rd</sup> Place	\$400	3 <sup>rd</sup> Place	\$500	2 <sup>nd</sup> Place	\$150	2 <sup>nd</sup> Place	\$75
4 <sup>th</sup> Place	\$200	4 <sup>th</sup> Place	\$250	3 <sup>rd</sup> Place	\$75	3 <sup>rd</sup> Place	\$50
Consolation	\$100						

Youth Drum Groups **MUST** have an adult mentor

**LCO School Royalty Coronation \* LCO/HHS/WIIS Class of 2010 Honoring**

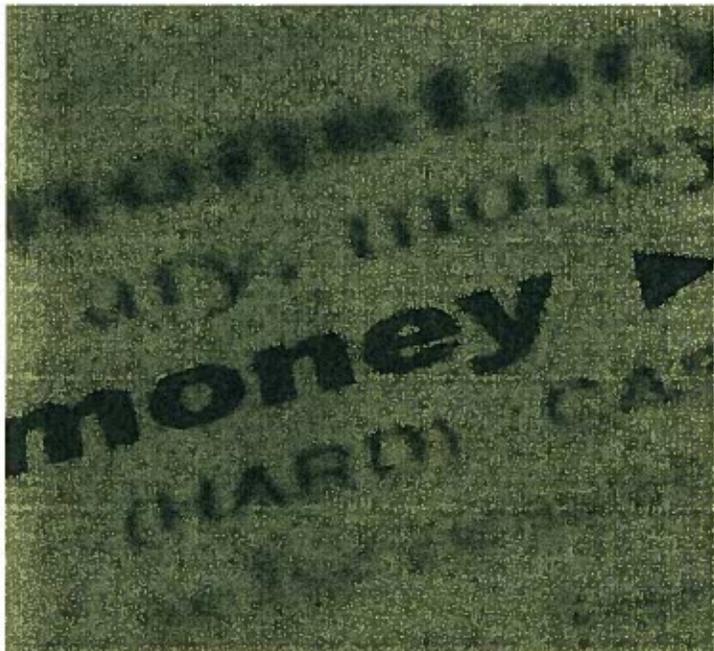
Admission \$10.00, Elders and 5 and under free

Lac Courte Oreilles Ojibwe School, 8575 N Round Lake School Rd, Hayward WI 54843

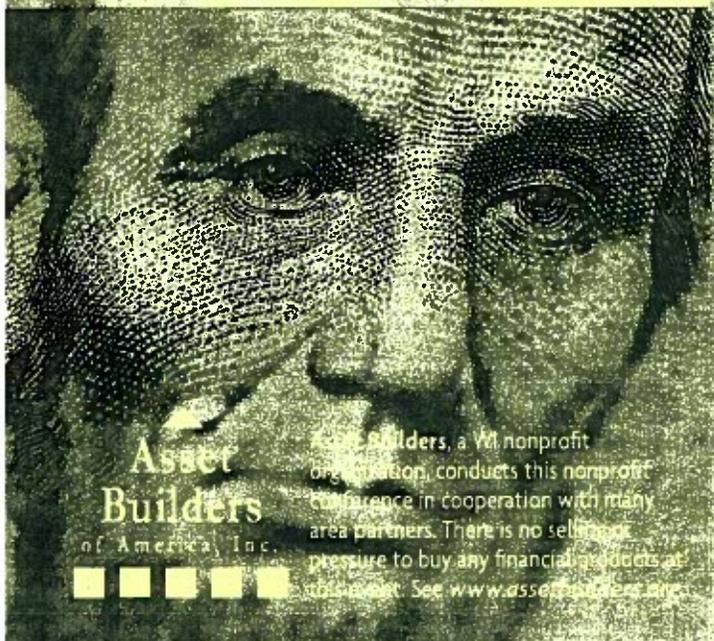
Ph. 715/634-8924 \* [www.lcoschools.bia.edu](http://www.lcoschools.bia.edu)

Not responsible for accidents, theft or hardships \* 24 hour Security on Duty \* Alcohol/Drug Free School Zone

Major Sponsors of this event: LCO Tribal Governing Board, LCO Ojibwe School & LCO Casino



*Since 2000, thousands of Money Conference attendees have learned how to manage their personal finances. Join us today and reach your financial goals.*



**Asset Builders**  
of America, Inc.



Asset Builders, a VA nonprofit organization, conducts this nonprofit conference in cooperation with many area partners. There is no selling or pressure to buy any financial products at this event. See [www.assetbuilders.org](http://www.assetbuilders.org)

# FINANCIAL LITERACY MONEY CONFERENCE

**SATURDAY, MAY 22, 2010**

Bayfield School  
Bayfield, WI

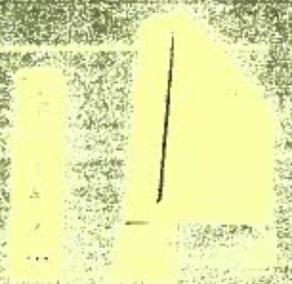
**8:30AM – 2:00PM**

Registration & Breakfast at 7:30AM  
Join us for all or part of the day!

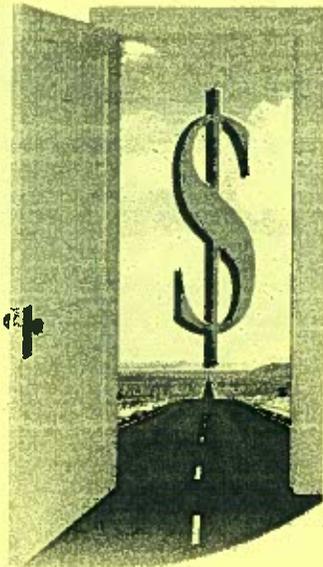
**COST: FREE if pre-registered by May 14, 2010.**

**DATE OF THE EVENT:** \$2.00 Adults - \$1.00 Youth 13 & under. Family event, all are welcome. Childcare available for children ages 7-5. Lunch and refreshments, breakfast and lunch included.

**GRAND PRIZE – Win a new computer monitor with a free printer. All prizes are cash prizes. Prizes are awarded at the end of the conference. Prizes are awarded to the first 100 people to register.**



Asset Builders of America, Inc. is a 501(c)(3) nonprofit organization. We are a community-based organization that provides financial literacy education to underserved populations. Our mission is to help individuals and families improve their financial health and achieve their financial goals. We offer a variety of financial literacy programs, including one-on-one counseling, group workshops, and community events. Our programs are designed to be culturally relevant and accessible to all. We are currently seeking qualified individuals to join our team as financial literacy educators. If you are interested in this position, please send your resume and cover letter to [hr@assetbuilders.org](mailto:hr@assetbuilders.org). We are an equal opportunity employer. Minorities and women are encouraged to apply.



Asset Builders of America, Inc.  
2nd Annual Red Cliff/Bayfield

# FINANCIAL WELLNESS MONEY CONFERENCE

Red Cliff Housing Authority  
37645 New Housing Road  
Bayfield, WI 54814

## REGISTRATION FOR THE 2nd ANNUAL RED CLIFF/BAYFIELD FINANCIAL WELLNESS MONEY CONFERENCE

- Call RED CLIFF HOUSING AUTHORITY: Maxine Babineau at 715-779-3744.
- Call ASSET BUILDERS OF AMERICA, INC.: Richard Entenmann toll free at 866-304-6896.
- Mail in registration form below.
- Email: [info@assetbuilders.org](mailto:info@assetbuilders.org)

Thank you to our CONFERENCE SPONSORS



Chippewa Valley Bank



Northwestern Mutual  
*the quiet company*  
insurance / investments / ideas

### FINANCIAL WELLNESS MONEY CONFERENCE REGISTRATION FORM

SEND TO: Red Cliff Housing Authority, 37645 New Housing Road, Bayfield, WI 54814. **FREE** if registered by May 14, 2010.

Name: \_\_\_\_\_  Adult  Youth

Name: \_\_\_\_\_  Adult  Youth

Address: \_\_\_\_\_

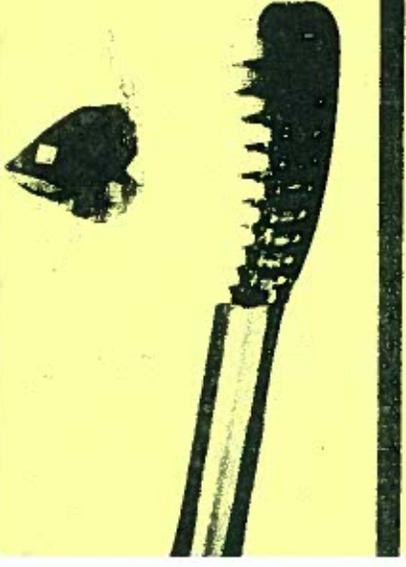
City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

I will need childcare services. Please reserve space for \_\_\_\_\_ children.

All participants will be enrolled in **WISCONSIN SAVES**, a public financial awareness campaign. Benefits include newsletters and access to workshops to help you reach your goals to increase savings and cut debt. There is no fee to join.  No thank you.



# While You Are Pregnant

## Brush and Floss

To prevent or control tooth decay, brush your teeth with a soft toothbrush and toothpaste with fluoride (floor-ide) twice a day. Floss once a day before bedtime. If you cannot brush your teeth because you feel sick, rinse your mouth with water or a mouth rinse that has fluoride. If you vomit, rinse your mouth with water.

Changes to your body when you are pregnant can make your gums sore, puffy, and red if you do not brush and floss every day. This problem is called gingivitis (gin-gih-vi-tis). If gingivitis is not treated, it may lead to periodontal (pear-ee-oh-don-tuhl) disease. This disease can cause tooth loss.

After your baby is born, take care of your baby's gums and teeth too.

Give your baby a healthy start! Here are tips to keep you and your baby's teeth and gums healthy.



## Get Dental Care

Get a dental checkup. It is safe to have dental care when you are pregnant. Do not put it off until after you have the baby. Tell the dental office staff that you are pregnant and your due date. This will help the dental team keep you comfortable. The dental team may recommend rinses with fluoride or chewing gum with xylitol, which can help reduce bacteria that can cause tooth decay and gingivitis. Talk to your doctor if you need help getting dental care or making an appointment.

## Eat Healthy Foods

Eat fruits, vegetables, whole-grain products like bread or crackers, and dairy products like milk, yogurt, or cheese. Lean meats, fish, chicken, eggs, beans, and nuts are also good choices. Eat foods that have sugar at mealtimes only. Drink water or low-fat milk instead of juice, fruit-flavored drinks, or pop (soda). Drink water at least a few times a day, especially between meals and snacks. Eat fewer sweets like candy, cookies, or cake. Drink fewer sugary drinks like fruit-flavored drinks or pop (soda). Eat sweets or drink sugary drinks at mealtimes only. Look for products, like chewing gum or mints, that are sugar-free or contain xylitol (zy-lith-tohl).



## Take Care of Your Child's Mouth

Children need healthy teeth. Healthy teeth help them to chew and to speak clearly. Baby teeth also make space for adult teeth. Young children want to brush their own teeth, but they need help. Until your child is about 7 or 8, you should brush her teeth.

Give your child a healthy start! Here are tips to keep your child's teeth and gums healthy.

- › Brush your child's teeth with toothpaste with fluoride (floor-side) twice a day, after breakfast and before bed. Use a soft toothbrush made for young children.
- › For children under age 2, use a small smear of toothpaste. For children ages 2-5, use toothpaste the size of a pea.



*Smear*

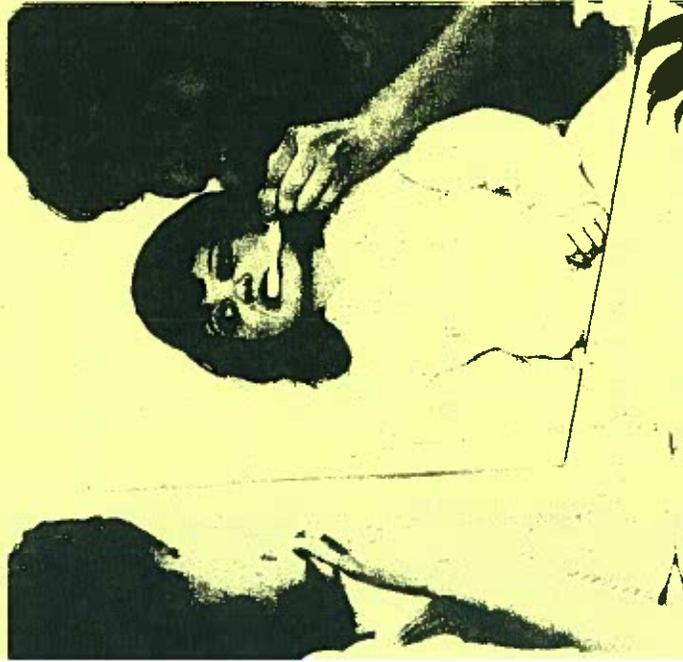
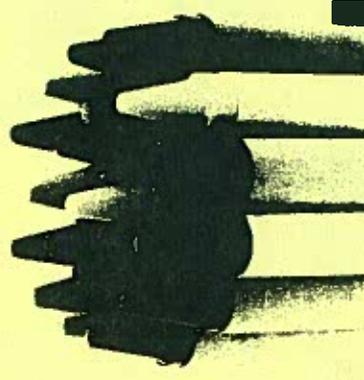


*Pea size*

- › Brush the front and back of your child's teeth. Lift his lips to brush at the gum line of his front teeth.
- › Make sure your child spits out the toothpaste after brushing. Do not have your child rinse with water. The toothpaste that stays in your child's mouth is good for his teeth.
- › Floss your child's teeth if they touch each other. Ask dental office staff for help.
- › If your child has sore gums from a tooth coming in, give him a cold teething ring, cool spoon, or cold wet washcloth. Or you can rub your child's gums with a clean finger.
- › Germs can pass from your mouth to your child's mouth. Use a different spoon to taste your child's food. If your child's pacifier falls on the floor, clean it with water.
- › Do not dip pacifiers in sweet foods like sugar, honey, or syrup.

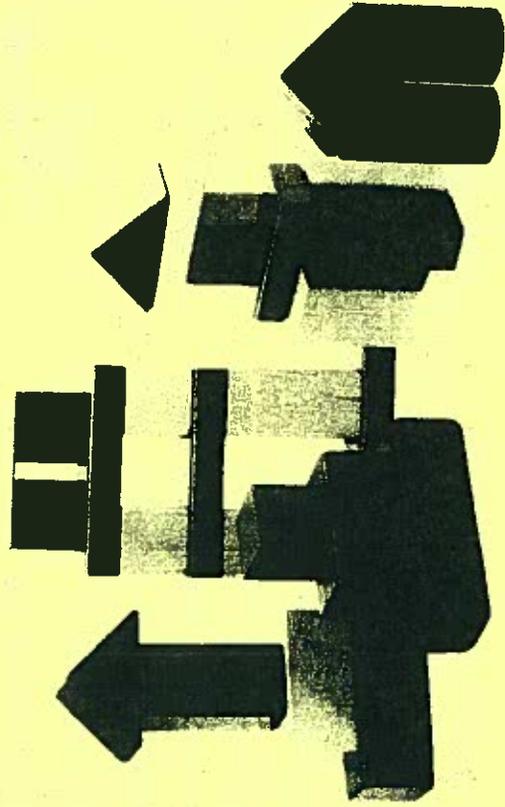
## Give Your Child Healthy Foods

- › Give your child healthy foods. Give her foods like fruits, vegetables, whole-grain products like bread or crackers, and dairy products like milk, yogurt, or cheese. Lean meats, fish, chicken, eggs, and beans are also good for your child.
- › Wean your child from a bottle to a cup by age 12 to 14 months.
- › Do not put your child to sleep with a bottle filled with milk, juice, or sugary drinks like fruit-flavored drinks or pop (soda).
- › Serve juice in a cup with no lid, not a bottle. Do not give your child more than 4 to 6 ounces of juice each day. Give your child 100-percent fruit juice only. It is even better to give your child fruit instead of juice.
- › Give your child water several times a day. The water should have fluoride.
- › Give your child fewer sweets like candy, cookies, or cake. And give your child fewer sugary drinks. If you give your child sweets or sugary drinks, give them at mealtimes only.
- › Reward your child with a big smile or a hug, not with food.



## Children with poor oral health have many problems:

- They may not grow and develop as well as they should.
- They might have a hard time concentrating and learning because they are in pain.
- They may miss a lot of school.
- They might develop serious problems, such as infections.
- They might not smile because their teeth are not bright and shiny.
- They have less of a chance of doing well later in life, compared with children with good oral health.



## However, most oral health problems can be prevented. Here are some ideas for how you can help:

- Teach your students about nutrition. To grow and be strong, children need to eat healthy food every day (like whole-grain bread and crackers, fruits and vegetables, milk and milk products, meat, fish, chicken, eggs, and beans). Foods high in sugar are fine once in a while, but they should not be eaten often.
- Encourage children to drink water during the day, especially between meals and snacks.
- Reward children with pencils, stickers, words of praise, or fun activities instead of food like cake, cookies, and candy, or sweetened drinks like punch, fruit drinks, and pop (soda).
- Be aware that the bacteria that cause tooth decay can be passed from one person to another. Bacteria can be spread when children share food, lick pencils or other objects, or put toys in their mouths.
- Be a good role model. Let your students see you drinking water or milk and eating healthy snacks like whole-grain crackers, popcorn, yogurt, cheese, fruits, and vegetables.
- Help children brush their teeth at least once a day, after a meal, with fluoridated toothpaste. Praise them for brushing their teeth.



## Getting your children to eat Fruits and vegetables

The USDA Food Pyramid recommends 5 servings of fruits and vegetables every day.

Fruits and vegetables provide vitamins A and C, B vitamins, folic acid, calcium and iron.

To get your children to eat these healthy foods, use these tips as guidelines:

- Be a good role model:
- Eat 5 fruits and vegetables yourself, and
- Offer a variety of them to your children as well
- Eventually your children learn to like them
- Never force the foods, but do make them available at every meal
- Your child should decide how much to eat and whether to eat which foods

### Fruit

Serve as suggested on the other side. (One serving size is 1 medium sized fruit.) Try: apples, oranges, apricots, grapes, peaches, bananas, melons, pears, berries, nectarines, pineapple or 1/2 a grapefruit.

### Fruit Drinks

One 6 oz., serving (3/4 cup) is equal to one serving of a fruit. Serve 100% fruit drinks instead of soda pop. Most sodas are filled with sugar.

### Vegetables

Serve cut up raw or cooked. (One serving size is 1/2 cup cooked or canned, or 1 cup raw or leafy) Raw vegetables are good with a sour cream dip or cheese. Try these raw: broccoli, celery, carrots, cucumber, turnip sticks, cauliflower, etc.

### Dried Fruit

Try dried fruits as snacks, either served alone or with nuts or seeds. (One serving size is 1/4 cup.) Try dried: apples, dates, apricots, figs, prunes, peaches, or raisins.

**Remember to set a good example.** If you snack on chips, candy, cola etc. all the time, that's what your children will want as well. Your child looks to you for guidance on all levels. Good food habits are some of the guidance you can teach.

Adapted from Child of Mine: Feeding with Love and Good Sense by Ellen Satter, MS, RD, CICSW

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## Preparing healthy snacks

- Children need snacks to get from one meal to the next.
- Snacks should be *your* idea. Don't hand out food or drinks whenever your child asks. Plan snacks so your child eats every 2-3 hours.
- If your child begs for food or drinks at other times, tell him\* to wait until snack or meal time. If he's thirsty, give him water.
- Snacks are little meals. Offer nutritious foods, not just treats.
- Always wash your hands before handling food.

### Snack suggestions

**Vegetables:** Cut up fresh, raw vegetables. Serve with peanut butter, cheese, cottage cheese or milk. Add crackers or pretzels.

**Fresh fruit:** Slice or serve whole. Serve with peanut butter, cheese, yogurt, or milk.

**Dried fruit snacks:** Apricots, apples, raisins. Have children brush their teeth after these snacks.

**Bread:** Use whole wheat 1/2 the time. Try rye, oatmeal or mixed grain breads. Serve with cheese, peanut butter or milk.

**Dry cereals:** Check the label: choose a brand with less than 5 grams of sugar per serving. Serve with milk; add fresh or dried fruits.

**Cookies:** Try baking oatmeal, peanut butter or molasses cookies. Serve with milk.

**Beverages:** Serve real fruit or vegetable juices rather than fruit drinks. Blend milk or yogurt with fruit or frozen concentrated juice for a healthy milkshake.

*\*All tips apply to both boys and girls*

*More on back*



Hold me, love me, praise me so,  
teach me, hug me, watch me grow

**T**HESE ACTIVITIES are designed with parent participation in mind. Take an active role! Your child will have a greater learning experience with your guidance and discussion, and you will be more in tune with your child's development. Be sensitive to your child's reactions. If he is not enjoying an activity, move on to something else.

**A**CTIVITIES CAN GROW with your child. In a number of cases, we give examples of ways to modify an activity to make it simpler or more complex. If your child is outgrowing aspects of an activity, think of ways to adapt it to his or her abilities and interests.

**A**DAPT, ADAPT, ADAPT! If you can't find the exact materials around your house, try to think of something else that you can use in its

**L**ay out an assortment of large nuts and bolts for your child. Show him how to screw and unscrew a nut off a bolt. Encourage him to match up the bolts with the corresponding screws.

Point out that a bolt will only go on a screw when you twist the bolt clockwise (to the right), and if you twist it counterclockwise (to the left), it unscrews the bolt. "Righty tighty, Lefty loosey."

! *Monitor your child closely during this activity. Small items can pose a choking hazard.*

**H**ave your child make a drawing using a white crayon on a white piece of paper, encouraging her to press down hard with the crayon. (You may also want to make some shapes or drawings on the paper).

Next, let her paint over the crayon drawing with watercolor paints. The crayon marks will emerge very clearly from the painting, especially after the paint is dry.

This works just as well with a yellow crayon on yellow paper, an orange crayon on orange paper, etc.

! *Always use non-toxic materials.*

## Straw Games

*Hand-Eye Coordination, Cause & Effect*

**S**traw Soccer: Crumple a small piece of paper into a ball and place it on your child's play table. Show her how to use a straw to blow the paper around the table. (You may wish to cut the straw in half first.) Set up goal lines and have a straw soccer competition with her. Blow the paper back and forth, or try to blow it to a certain spot on the table.

**C**otton Ball Race: Have a race blowing a cotton ball from a starting line to a finish line without touching it. (You can do this activity with or without a straw. You may wish to cut the straw in half first.)

**H**elp your child line up some toy cars and trucks and explain that you are interested in "buying" a car. Tell him that you are looking for a car with, for example, "a red stripe on the roof." When he spots the car you are talking about (possibly with the help of more clues), ask how much it is and pretend to pay for it.

Continue buying cars, or bring in other "customers" like stuffed animals or toy people to buy them.

## Car Dealership

*Imagination, Visual Discrimination,  
Language Skills, Listening Skills*

## Follow The Line

*Visual Discrimination, Problem Solving*

**O**n the left side of a piece of paper, draw three starting points, and label them "1," "2," and "3."

From each starting point, draw a squiggly path to some point on the right side of the paper that is not directly across from the starting point. Lines from each starting point can freely cross each other.

At the end of each path, draw a different shape, such as a rectangle, square, or triangle. Ask your child where each path leads, and let him show you.



### DID YOU KNOW In Bayfield County :

- Tornado events have occurred an average of once every five years since 1982?
- Thunderstorms with damaging straight line winds have occurred every other year?
- Flash flooding that damaged highway infrastructure has occurred every five years?
- Hail has been reported in seven of the last ten years?

Thunderstorms, with their powerful wind gusts, large hail, lightning and flood-producing rains pose a threat to the lives, safety and property of our citizens. Tornadoes and straight line winds can knock down trees, damage homes and infrastructure including powerlines and communications. Roadways may be blocked by debris with communications and power outages throughout the area. Flash flooding can damage local highway infrastructure making it impossible to reach citizens on many roads. And perhaps our level of vulnerability is greatest because many of our citizens do not consider Bayfield County at risk " often relying on Lake Superior to protect them.

During this 2010 Tornado and Severe Weather Awareness Week let's take a few minutes to prepare for the many types of emergencies we could face at home, at school, at work, and while at play. We can do this in three easy steps " **Prepare, Plan and Stay Informed:**

1. **Get a Kit.** When preparing for a possible emergency situation, it's best to think first about the basics of survival: **fresh water, food, clean air and warmth.**
2. **Make a Plan.** Your family may not be together when disaster strikes, so it is important to plan in advance: how you will contact one another; how you will get back together; and what you will do in different situations.
3. **Be Informed.** Learn more about the potential emergencies that could occur in Bayfield County, know how to access information and know the appropriate way to respond to them.

The following descriptions of seasonal life originally appeared in the elementary curriculum guide, *The Ojibwe People*, (Minnesota Historical Society, 1973). For the Great Lakes Ojibwe, particularly hundreds of years ago, each part of the year brought with it separate tasks and a distinct way of life. Today, seasons are still a vital part of Ojibwe life, and many traditions remain, either in long-standing forms or as modern adaptations. (Encourage your students to make discoveries about modern Ojibwe lifestyles. Assign some Discovery Challenges from p. 16 of this Teacher's Guide.)

The snow was still on the ground when the family broke camp. They packed all their belongings on sleds or toboggans and departed, leaving the woods for the open country of waterways and leaf trees, still bare. Traveling short distances each day, they headed for the maple grove—the sugar bush—as they did each year when spring drew near. It was a journey of many days, but on the way, they stopped at places where the father, if necessary, could shoot ducks and other fowl that were flying north. At that time of year there was little or no food left from the harvest of the year before, and the family had to live on what the father brought from the hunt each day.

Even before they reached their destination, the family met friends and relatives who had wintered in other parts of the forest and were also on their way to the maple grove. The families had not seen each other since the autumn before. And so it was a time for greeting, a time to ask after everyone's health, to exclaim at how the children had grown, and to exchange stories of what had happened during the winter.

The Ojibwe families carried nearly all their belongings with them when they moved. But since they returned to the same area for the same season every year, they could leave some things behind at each place. The pole frame of the wigwam was often left standing and needed only to be covered with the bark sheets and woven mats that were brought along.

Extra food was also left behind at the camps to which the people returned, such as at the sugar bush. The food was stored in deep pits lined with

wild hay and bark and carefully covered with hay, earth and logs. Dried meat and fish wrapped in bark, sacks of rice and dried berries sewn up into birchbark containers — called makuks — would keep for many months in such a pit. When the family returned to the maple grove each spring, the grandmother opened the food pit and brought out many good things to eat.

As before, the father went out on the hunt to get food. This was the time of year when the men spread nets to catch flocks of wild pigeons. Early spring was the best time to trap the otter, mink and beaver, for then their fur was thickest and glossiest. Before the lakes and rivers melted, the men speared fish through holes in the ice. After the ice melted was a good time to bring in large amounts of fish with nets. Meat and fish not eaten at once were dried over the fire for later use.

Since in spring the bark of the birch tree was strongest and could best be stripped from the trunk, this was the time to make canoes. As soon as the ice melted, the men would need canoes to go hunting. Later, the families needed them to move on to their summer villages.

The canoe was a light, strong frame made of cedar, covered with birchbark, which was sewed on with twine made of spruce roots. The seams in the bark were sealed with spruce gum. Some of the work was done by women; some parts were done by men. In every band, there were older men and women who were especially skilled at canoe-building. They were helped by younger members who learned the craft from them. The canoe of the Ojibwe was a remarkable

piece of work. It was perfectly balanced, waterproof, strong enough to hold a very heavy load, and yet light enough to be carried. Besides, it was an object of graceful beauty. Every man and woman had to be skilled at handling the canoe.

While some were hunting, and some were building canoes, others began the work of sugar making. The mother of the family opened the sugarhouse, where the sap was boiled down into sugar in big clay pots or in iron kettles. The sugarhouse was not rounded like the wigwam. It was a frame of poles covered with bark, but it had a gabled roof, like many houses today. It was often the grandmother who opened the storage hut where the family kept hundreds of little birchbark troughs in which the sap was collected. She went into the forest to find birch trees and strip off pieces of bark in which to store the sugar.

Sugar-making was hard work and lasted from four to six weeks. First the women went through the grove and tapped each tree. This meant that they made a gash in the trunk and stuck a little wooden spout into the cut. Soon the sap began to drip from the spout into the bark set under each spout.

Then, from morning until night, boys and girls ran back and forth, emptying sap troughs into large containers in the sugarhouse. They also had to cut wood and bring it in, to keep the fires going under the kettles. But they knew there would be a reward. When the sap began to boil down into sugar, they were given all the sugar candy they wanted to eat. Often they ate it out of large clam shells, which they picked up on the lake shore, or the women packed it into little cones for them, made of birchbark. The adults enjoyed eating the sugar, too. The grandmother filled many makuks with sugar to use during the rest of the year.

When the sugar-making ended, the snow had melted and spring rains had pattered on the lodge roof. The leaves were beginning to unfold in the forest home of the Ojibwe, and the ground was carpeted with flowers. Now it was time to

think of planting gardens—the next season's task. For this work, the Ojibwe traveled to their summer village sites, for during the warm months they lived together in small villages. With skills learned from long experience, they wrapped the dried meat and fish in pieces of bark sheets that covered their lodges, and packed all into the canoes. If it had been a good season, there were many makuks filled with maple sugar to take along.

One adult usually sat in the prow (front) of each canoe, another in the stern (back). The children and dogs were often set among bundles in the middle. Then the paddlers dipped their paddles into the clear waters and the family started off, for summer was coming. The travelers stopped at many places along the way to hunt and fish and to gather birchbark and marsh reeds for weaving mats and for other purposes.

After many days of travel, they drew up to shore at the place where they would spend the summer. Again the women prepared the houses and moved in the family belongings. In summer most of the families lived in bark-covered houses that were built like the sugarhouse in the maple grove. Such houses had a low platform along each side that would be covered with woven mats, on which people sat, ate and slept.

After each woman had arranged a comfortable, pleasant home for her family, she prepared to plant her garden. This meant that she must open the food pit where she had stored seed corn and pumpkin and squash seeds the autumn before. Corn was the most important crop planted. Some women also planted potatoes, although wild potatoes grew in many regions where the Ojibwe lived.

Their forest home provided the Ojibwe with many kinds of wild foods, but it was especially rich in fruits. In early summer came the fragrant strawberries, which grew in great patches. As the season wore on, other fruits ripened: juneberries, raspberries, blackberries, cherries, grapes, cranberries and blueberries. The women knew where each kind grew and when it would

ripen. It was work to pick the berries, but it was enjoyable, too. Some of the fruits were eaten fresh; the rest were dried and packed away for future use.

Summer was one season in which the Ojibwe people could enjoy some leisure. The days were long; the sun was warm, and there was plenty to eat. It was a time for visiting friends and holding religious and ceremonial feasts and dances.

Summer was also the time to play games in which many took part and for which large, open playing fields were needed. A popular sport among Ojibwe was lacrosse. It was played with a ball about the size of a baseball, made of leather stuffed with hair. The field had goal posts at each end and might be a quarter of a mile long or longer. Each player had a lacrosse stick or racket, about four feet long. At one end, the wood was curved to form a circle, which was filled with a net pouch. The game was played between teams that had from five to a hundred or more players. A contest might last for an afternoon, or all day, or it might continue for several days. Villages and tribes played against each other. Women's teams often played. Large crowds of spectators gathered, to cheer their team and to bet on the outcome of the game. Lacrosse was also played in winter if the people could find a smooth, open place, such as a frozen lake, for they loved so much to play.

Summer was a time for foot races, wrestling, jumping, shooting matches, and other contests. They were mostly carried on by the men and boys. Boys practiced testing their accuracy, strength, endurance, and skill almost every day.

The men did not hunt much in summer. The pelts of fur-bearing animals were not as good at that time of year. Animals could not be tracked as easily in summer, when no snow was on the ground. Also, the mother elk and deer were taking care of their young and were not to be disturbed.

When autumn approached, new tasks awaited the Ojibwe people. The most important work of the autumn was harvesting the rice crop. For that, families traveled by canoe to rice lakes and marshes.

Once arrived, they set up camp on shore and settled in for a stay of several weeks. Since the family returned to the same spot each fall, they left the pole frame of their wigwam standing. It might need a bit of repair, but when the mats and birchbark rolls they'd brought along were laid over it and fastened, the lodge was ready for them to move in. The rice fields were so large that many families camped together on shore, even though each had its own part of the marsh to harvest.

The rice grew wild in shallow lakes, and in quiet waters along streams. By mid-summer, the rice stalks stood more than five feet above the water. Weeks before the harvest, some women made a trip to the rice fields and tied grain heads into bunches. This was done to show what part of the fields would be harvested. It was also done to prevent wind from scattering the kernels. It also kept wild birds from eating more than their share of the crop.

The grain was harvested from canoes, since the rice grew in water. One person standing in the canoe would push the craft through the watery field, using a long pole. Another harvester—usually a woman—sat holding a long stick of wood in each hand. With one stick, she bent the tall stalks over the canoe. With the other, she tapped the grain heads, and the rice rained out.

After some hours, the fresh-smelling grain heaped up in the bottom of the boat, covering the harvesters almost to the knees. Then, it was time to go to shore and unload.

Before rice was ready to be stored, it had to be dried in the sun on big sheets of bark, then parched—a small amount at a time—to crack the hulls. To knock off the hulls, a man tramped the

rice in a hole lined with hide. The grain was then poured onto large trays. The trays were shaken and the rice tossed up lightly, so the wind could blow away the hulls. These steps in harvesting might be done several times, until at last, clean kernels remained.

All day long, work went on. Harvesting rice required several family members to work full time. There were other tasks in the rice camp as well, such as fishing and berry picking. Late chokecherries and early cranberries were ripe, and it was necessary to pick all that could be found. The berries were eaten fresh every day, but the rest were dried and packed into bags or makuks to be used in winter. Sometimes the berries were pounded and then pressed into little cakes for storage.

The men spent a great deal of time hunting. Fall was the season to shoot ducks and geese, when thousands of birds flocked to rice marshes to feast on ripening grain.

In fall, as much food as possible had to be gathered and stored for the long winter ahead. Some was put into the pits at each season's camping site. The rest was taken along to the winter home.

When the rice harvest ended, it was time for another seasonal move. After closing the rice lodge and leaving everything in order for the next harvest, families loaded sacks of grain into their canoes and began their journey back to their summer village.

Back at the summer village, women reaped the corn and vegetables in their gardens. They also filled the pits with food, not forgetting to store away seed for the next spring's planting.

At that time, some villagers might visit the maple grove, bringing packages of food to store in the pits there.

As cold weather approached, families broke camp and separated. One by one, each family

departed for its winter home. They brought as much food as possible along, for the winter was long and the hunter was not always successful. On the way into the pine forest, the travelers continued to hunt and fish, while the waters were still open, and wild fowl were flying south.

By the time the northern days had grown cold and darkness came early, the family had reached their winter hunting grounds. Once more, it was time to set up lodges to prepare for winter.

#### LIFE IN WINTER

In winter, each family group lived alone, deep in the evergreen forest. Their little cluster of lodges stood in the shelter of pines and spruces.

The winter home was the wigwam — the kind of house in which the Ojibwe lived during much of the year. It was a rounded framework made of poles or saplings stuck firmly in the ground, covered with sheets of birchbark and mats woven of bark strips and reeds. The door was made of a heavy skin hung over an opening in one side. The fire, in the center, sent smoke through a hole in the roof. A circle of stones and logs surrounded the fire. Stones absorbed heat and helped keep the lodge warm. In winter, the wigwam was snugly chinked with moss, as well as banked outside with snow and cedar boughs, to keep out the cold wind.

Around the fire—where people sat, worked, slept and ate—the ground was covered with a thick layer of fragrant spruce boughs. Soft furs of bear, moose or other animals were laid over these boughs. The fire stayed alive through the night. The family slept, wrapped in furs, with their feet toward the hot stones.

It was the custom, during winter, for an Ojibwe man to hunt in a large stretch of woods where only he and men of his family could take game. This meant that all winter, each family group lived many miles away from every other. The right to hunt in a certain part of the forest was handed down from father to son. This custom arose because there was not enough game in

any one place to feed more than a small number. No man hunted on another man's land unless he was invited.

The father of the family went out to hunt moose, deer, elk or whatever could be found. When snow covered the ground, he traveled on snowshoes. Even the coldest weather did not keep him at home. Sometimes he had to stay away for days at a time. He slept in the forest under a shelter of spruce boughs, or rolled himself in his fur robe and lay down beside a small fire. Older and younger men in the family—young sons, an older uncle, a grandfather—might take shorter hunting trips, to snare rabbits, squirrels, partridge or other small game. But the father was the main provider.

All too often, a hunter came home after many days, bringing no game. This was a great fear of the Ojibwe people, for winter was the hungry time. If the father came home empty-handed, there was no scolding in the lodge, no unkind word. All knew that if he brought no game, it was because he could find none.

If a hunter brought home more than the family could eat, the mother and other women cut the extra meat into strips and dried it on a rack set over a low outdoor fire. This fire also served other purposes. Even when the weather was not cold, women cooked food there. Often when men and boys reunited from hunting, they would lift the rack off and stand around the fire to dry their clothes. They might sit beside the blaze, talking and smoking.

If the snow was very deep, the hunters stayed home. They used their time to make or repair bows, arrows and traps, to make snowshoes or simply to rest.

Women and girls also had their winter tasks. Using the hides they had tanned during the summer, they made jackets, leggings, moccasins and other clothes for the family, decorating them with beautiful flower designs made of beads and dyed porcupine quills. There were always hunters' clothes to be mended. When the snow

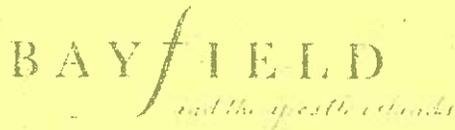
was not too deep, women worked outdoors, preparing the animal skins the men brought in. The grandmother wove fish nets and hunting bags, made twine, helped with the cooking, brought in firewood, and took care of the young children.

When boys and girls were not helping their elders, they had many ways to amuse themselves in winter. They slid down hills on toboggans or on large pieces of bark, and held snowshoe races and snowball battles. A favorite winter pastime was called snow snake. In this game, players slid smooth, flattened poles over the snow to see whose pole, or snow snake, would slide the farthest. This game was also played by adults.

Children enjoyed winter evenings, when they sat on furs by the lodge fire and listened to grandparents or uncles tell legends. Some grandfathers could tell stories every evening for many weeks, even months, yet never tell the same one twice.

Stories were told to entertain children, but also to teach them. There were tales about the creation of the world, and others that taught advice about life in the forest. Some told of great hunters and warriors and of customs of the people. Some taught boys and girls how they should behave and what attitude they should have in certain situations. Night after night, children listened beside the fire in the cozy wigwam, while snow fell silently and the cold wind moaned outside.

Thus, the weeks and months of winter passed. By late February or early March, when the days had grown longer, the family began to look forward to spring. The father might remark: "The weeks are passing, and it is time we got started on our spring work." Everyone watched eagerly for the first crow which was considered a sure sign that warmer days were coming soon.



**Bayfield Chamber of  
Commerce & Visitor  
Bureau**  
42 South Broad Street  
P.O. Box 138  
Bayfield, WI 54814

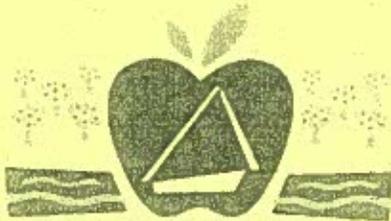
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**PRESS RELEASE**

**Contact:** Cari Obst  
**Phone:** (800) 447-4094  
**Email:** [cari@bayfield.org](mailto:cari@bayfield.org)

**FOR IMMEDIATE RELEASE**  
March 30, 2010

**Bayfield announces rules for Apple Festival poster and button contest**



The Bayfield Apple Festival is inviting artists of all ages and skill levels to enter two contests: the 2010 Bayfield Apple Festival Button Logo Contest and the 2010 Bayfield Apple Festival Poster Contest. For almost 50 years, artists across the Midwest have submitted artwork to be considered for use as the annual Apple Festival button logo that will appear on festival buttons. Submissions for the Annual Apple Festival poster will be accepted as well.

The Apple Festival is Northern Wisconsin's largest and best-known event featuring food, arts and crafts, live entertainment, a carnival, and family fun.

Submission Guidelines for both the button logo and the poster:

- Both designs must contain the words "Bayfield Apple Festival 2010". You must also include "49th", "October 1, 2 & 3" and "Bayfield, WI." All submissions should reflect apples and the harvest theme.
- We accept computerized art. If graphics are not computer generated, indicate where the text is to be placed. Our office can later add the text digitally. For computer-generated art, use any of the following software: Illustrator, Freehand, Quark, InDesign or Photoshop. Macintosh format must be submitted on CD ROM. All lines and edges should be crisp.
- Create your design as large as possible, but do not exceed 8" x 10" for the button logo and 18" x 24" for the poster.
- Provide a color version of each design indicating how you expect the colors to be used. Up to 4 colors (including black) may be used for the button logo while all colors may be used for the poster.
- Deadline for submission is May 28th, 2010. Entries must be emailed or postmarked by this date in order to be considered.

Selection of winners will be based on design, theme, reproducibility and craftsmanship. The winning artist will receive media coverage and a cash prize.

Upon submission, all artwork becomes the property of the Bayfield Apple Festival. The Bayfield Chamber of Commerce & Visitor Bureau reserves the right to administrate the use of the winning designs. Artwork should be emailed to [cari@bayfield.org](mailto:cari@bayfield.org) or mailed to: Bayfield Apple Festival, P.O. Box 138, Bayfield, WI 54814.

For more information, please contact Cari Obst at the Bayfield Chamber of Commerce & Visitor Bureau, (715) 779-3335 or [cari@bayfield.org](mailto:cari@bayfield.org).

## Superior Rentals housekeeping staff

### Job Description

cabin and room staff needed.  
Call 779 5123 for more information

### Contact Information

**Business Name:** [Superior Rentals](#)

**Street:** PO Box 800

**City/State/Zip:** Bayfield, WI 54814

**Local Phone:** (715) 779-5123

**Fax:** (715) 779-5126

**Email:** [superiorrentals@charter.net](mailto:superiorrentals@charter.net)

**Website Address:** <http://www.superiorrentals.net>

## Winfield Inn & Gardens Housekeeping

### Job Description

Cleaning and caring for 31 motel rooms/condos and cottages, condos and home rentals. 35-40 hours per week, starting early June. Valid drivers license is required.

### Contact Information

**Business Name:** [Winfield Inn & Gardens](#)

**Contact:** Brooke Melek

**Street:** 225 E Lynde Avenue

**City/State/Zip:** Bayfield, WI 54814

**Local Phone:** (715) 779-3252

**Fax:** (715) 779-5180

**Email:** [info@winfieldinn.com](mailto:info@winfieldinn.com)

**Website Address:** <http://www.winfieldinn.com>

## Old Rittenhouse Inn Line Chef

### Job Description

Job Title: Line Chef

Function: Prepares food to be served in a fine dining venue. Assists Chef in inventory management, directing other staff

Essential duties include the following: (other duties may be assigned as necessary.)

- cooks meals based on established recipes, procedures, and customer requests.
- serves meals attractively plated and in timely fashion
- maintains inventory in peak condition and in an organized fashion
- monitors customer satisfaction and communicates this to chef de cuisine
- maintains cleanliness of all work stations including food storage areas
- works in accordance with WI health code statutes to prevent food borne illnesses
- discuss all potential menu items and/or culinary concepts with chef de cuisine in advance prior to starting prototype
- maintain familiarity with all current menu items, specifically their ingredients and techniques
- maintain correct, efficient use of water, electricity, gas, cleaning agents and linens
- monitor hours worked and communicate to chef to avoid overtime or insufficient hours

#### Key Abilities and Skills:

- Genuine desire to deliver high quality food and hospitality to guests
- Willingness to learn on daily basis
- Can perform most basic knife cuts in a timely fashion
- Able to taste and evaluate food, season accurately
- Must have good communication skills

Requirements: High school diploma or equivalent, 2-4 years industry experience, good communication skills, ability to manage time, ability to work with others to accomplish goals, familiar with a variety of the field's concepts, practices, and procedures. Employee must be available to work weekends and holidays

Physical Demands: May be required to stand for long periods, work up to 14 hours a day, lift up to 50 pounds. Hazards include sharp knives, heavy power equipment, wet floors, high temperatures

Summary: Performs a variety of complicated tasks. Reports to executive chef. May lead and direct the work of others.

### Contact Information

**Business Name:** [Old Rittenhouse Inn](#)

**Contact:** Steve Keen

**Street:** PO Box 584

**City/State/Zip:** Bayfield, WI 54814

**Local Phone:** (715) 779-5111

**Fax:** (715) 779-5887

**Email:** [steve@rittenhouseinn.com](mailto:steve@rittenhouseinn.com)

**Website Address:** <http://www.rittenhouseinn.com>

## Highland Valley Farm Fruit Farm Harvest Help

### Job Description

Harvest of Blueberries and Raspberries. Grading, sorting, and packing blueberries. Customer Service. Full or part time seasonal positions beginning mid- July through August. Wages well above minimum wage. College students preferred. Older highschool student eligible. Flexible scheduling. Contact Highland Valley Farm for job description and application. 715-779-5446 or [rdale46@gmail.com](mailto:rdale46@gmail.com)

### Contact Information

**Business Name:** [Highland Valley Farm](#)

**Contact:** Rick or Chris Dale

**Street:** 87080 Valley Road

**City/State/Zip:** Bayfield, WI 54814

**Local Phone:** (715) 779-5446

**Fax:** (715) 779-5446

**Email:** [rdale46@gmail.com](mailto:rdale46@gmail.com)

**Website Address:** <http://www.bayfieldblues.com>

## Old Rittenhouse Inn Dish Steward

### Job Description

**Function:** Stewards are responsible for dishwashing station, general cleaning, and kitchen laundry.

**Duties:** Essential duties include the following: other duties may be assigned as necessary.

- To thoroughly wash, sanitize, put away and organize all serveware and cookware.
- Maintaining cleanliness of dishwashing station
- Maintaining organization of all serveware and cookware
- Maintaining clean kitchen floor,
- Start kitchen laundry each night

**Requirements:** Positive, team-oriented attitude; basic communication skills;

**Physical Demands:** May be required to lift up to 50 pounds. Must be able to stand for duration of shift as well as accomplish some strenuous tasks such as scrubbing the floor.

**Summary:** This position reports to Chef Dave. Works predominantly under supervision of the line chef on duty and may close the kitchen unsupervised.

### Contact Information

**Business Name:** [Old Rittenhouse Inn](#)

**Contact:** Steve Keen

**Street:** PO Box 584

**City/State/Zip:** Bayfield, WI 54814

**Local Phone:** (715) 779-5111

**Fax:** (715) 779-5887

**Email:** [steve@rittenhouseinn.com](mailto:steve@rittenhouseinn.com)

**Website Address:** <http://www.rittenhouseinn.com>

CF Design Ltd  
**Creative Office Assistant**

**Job Description**

This is a BRANCH OFFICE IN DOWNTOWN BAYFIELD- opening Mid-May.-main office is in Duluth.

Answer phone, hand out literature, speak clearly with potential clients to schedule meeting times and preview portfolio of built work (training supplied), light office upkeep, some internet product and data research, light bookkeeping (Owner will be in office 2-3 days/ week).

Office hours to be established based on available employees.

Hours are negotiable and could be shared with others with similar interests not to exceed a total of 32 hours/week- must be consistent from week to week.

Looking for studio artist with minimal equipment and curiosity/ passion for architectural design. Should be interested in working for \$8/ hour PLUS ability to work on your studio work in the office AND display/ retail in portion of small attached gallery space, open to public...as an added benefit to employment.

Please submit short portfolio and cover letter of interest and background to:  
Cheryl at [cheryl@cfdesignltd.com](mailto:cheryl@cfdesignltd.com) or  
CF Design Ltd.  
230 East Superior Street  
Suite 102  
Duluth, MN 55802

**Contact Information**

**Business Name:** [CF Design Ltd](#)  
**Street:** 230 E Superior Street  
**City/State/Zip:** Duluth, MN 55802  
**Local Phone:** (218) 722-1060  
**Fax:** (218) 722-1086  
**Email:** [cheryl@cfdesignltd.com](mailto:cheryl@cfdesignltd.com)  
**Website Address:** <http://www.cfdesignltd.com>

**The Egg Toss Bakery Cafe**

**Breakfast Cooks-Dishwashers-Bussers-Cleaner**

**Job Description**

If you love the morning then we're looking for a few good people to fill positions in a fast paced breakfast cafe. Stop by the Egg Toss in the morning to pick up an application or call 779-5010 and we'll mail you one!

**Contact Information**

**Business Name:** [The Egg Toss Bakery Cafe](#)  
**Street:** P.O. Box 1130  
**City/State/Zip:** Bayfield, WI 54814  
**Local Phone:** (715) 779-5181  
**Fax:** (715) 779-7022  
**Email:** [flamingos@centurytel.net](mailto:flamingos@centurytel.net)  
**Website Address:** <http://www.eggtoss-bayfield.com/flash>

## Big Water Cafe & Coffee Roasters

### Cook

#### Job Description

Big Water Cafe is looking for people who love food, coffee and people! Do you love working in a kitchen and want to learn more about scratch made food? We'll teach you. We're passionate about what we serve here and are looking for people who share this passion. The cook position is fast paced and fun!

We're hiring seasonal part time and full time cooks. We have positions open in May and early June.

Starting pay is \$9/hr plus tips.

Check out the job description online [www.bigwatercoffee.com](http://www.bigwatercoffee.com) and download our application. Feel free to drop it off or email it to us [jobs@bigwatercoffee.com](mailto:jobs@bigwatercoffee.com)

We look forward to talking with you!

#### Contact Information

**Business Name:** [Big Water Cafe & Coffee Roasters](http://www.bigwatercoffee.com)

**Street:** PO Box 1350

**City/State/Zip:** Bayfield, WI 54814

**Local Phone:** (715) 779-9619

**Email:** [info@bigwatercoffee.com](mailto:info@bigwatercoffee.com)

**Website Address:** <http://www.bigwatercoffee.com>

## Hauser's Superior View Farm

### Retail Help Wanted

#### Job Description

Weekend help needed at local farm, nursery, and orchard for our retail store/gift shop. Includes work at cash register, wine tasting counter, stocking, and cleaning. Must be able to lift 25 pounds. Hours 9:30 a.m. to 5:30 p.m. Begins end of May/beginning of June. E-mail or call and leave mailing address and we'll send an application.

#### Contact Information

**Business Name:** [Hauser's Superior View Farm](http://www.superiorviewfarm.com)

**Contact:** Ellen or Fritz

**Street:** 86565 Cnty Hwy J

**City/State/Zip:** Bayfield, WI 54814

**Local Phone:** (715) 779-5404

**Fax:** (715) 779-5424

**Email:** [info@SuperiorViewFarm.com](mailto:info@SuperiorViewFarm.com)

**Website Address:** <http://www.superiorviewfarm.com>

Bayfield Chamber and Visitor Bureau  
**Bayfield Visitor Center/Office**

**Job Description**

**Part Time Summer Position**

Mid June through August

Hours: Rotating weeks, approx. 12-14 hours per week

**1st & 3rd week: 12 hours**

9am-5pm, Saturday

9am-3pm Sunday

**2nd & 4th week: 12 hours**

1-5pm Thursday

8:30am-5pm, Friday

**Pay: \$10 per hour**

**Qualifications:**

Must have good verbal skills, outgoing personality, enjoy working with the public and a willingness to learn.

Computer knowledge in Database entry, Access, Excel

Good attendance, punctuality and a clean, neat appearance.

Knowledge of the Bayfield area preferred

**Job Responsibilities:**

Greet visitors & answer questions

Stock visitor center with member brochures & other related materials

Maintain overall appearance of visitor center & outdoor kiosk area

Work with Webervations (online lodging availability system)

Weekend watering of flower boxes outside Chamber office

**Office:**

Phone call inquiries, emails, mailings, etc

Database entry

Website updates

Assisting with various office duties

Assisting Marketing Manager with events as needed

Email resume to: [debi@bayfield.org](mailto:debi@bayfield.org)

OR mail to:

Bayfield Chamber, PO Box 138, Bayfield WI 54814

**Contact Information**

**Business Name:** [Bayfield Chamber and Visitor Bureau](#)

**Street:** PO Box 138

**City/State/Zip:** Bayfield, WI 54814

**Local Phone:** (715) 779-3335

**Fax:** (715) 779-5080

**Email:** [debi@bayfield.org](mailto:debi@bayfield.org)

**Website Address:** <http://www.bayfield.org>

# Old Rittenhouse Inn Reservation Staff

## Job Description

Overall, the Rittenhouse Inn is looking for reservation staff with the following qualities:

Easy smile and pleasant demeanor, in person and over the phone.

Friendly and outgoing with an understanding of hospitality.

Excellent verbal and written communication skills are needed.

Computer skills including word processing, email, and internet.

Excellent organizational skills.

Ability to multi-task.

Attention to detail.

Sales Experience/Skills - ability to sell, upsell dining and packages.

Willingness to learn new tasks and be part of a team.

Specific Job duties include, but are not limited to, the following:

### TELEPHONE.

-Answer incoming calls and respond accordingly.

-Take lodging/dining reservations

-Process special requests and gift certificates, etc.

-Transfer calls (get name and re: before transferring)

-Deliver messages to guests/staff

-Handle complaints & assign appropriately

-Motivation to learn about the Inn/Bayfield so that all questions about rooms/dining/packages and the Bayfield area can be answered.

### RECORD RESERVATIONS.

-Use computerized reservation system for lodging and dining.

-Show confidence and accuracy in explaining policies/procedures.

### CUSTOMER SERVICE & CONCIERGE.

-Warmly greet everyone who comes through our door.

-Respond to/anticipate guest needs.

-Deliver room service items like ice, wine, food, wood, coffee.

-Deliver amenities like extra towels, pillows, ironing board, iron, etc.

-Address complaints or problems.

### BAYFIELD CHAMBER SERVICES.

-Answer all questions about the area, what to do, where to go/eat.

-Assist in obtaining other lodging, dinner reservations, cruise reservations, tee times, etc.

### TOUR GUIDE.

-Instruct visitors about our self-guided house tours.

-Ability to tell people about the house, including historic information.

### INNKEEPER.

-Show guests to their rooms and instruct them about specific features of individual rooms.

-Offer to help with luggage.

-Explain noise and whirlpool rules, fireplace regulations, keys, etc.

-Prepare billing including all guest tabs for lodging, dining, gift certificates, and third party bills.

### HOSTESS / ASSISTANT TO WAIT STAFF.

-Seat dining guests, give menus.

-Serve coffee, help clear and re-set tables during busy times.

-Offer porch service when necessary, and help keep the porch clean from dishes, dirty ashtrays, etc.

### SECRETARIAL DUTIES.

-Copy all info for front of the house, greeting letters, special event information, maps, sample menus, daily housekeeping and desk worksheets, etc.

-Run errands and take mail to PO. Package boxes for mail orders.

-Complete daily housekeeping and kitchen info. worksheets.

-Assist or complete projects designated by office/other departments.

### GIFT CERTIFICATES.

-Process orders and enter into the computer system.

-Make out gift certificates and mail or hold for pick-up.

### QUALITY CONTROL / BUFFER.

-Handle complaints. Try to satisfy guest complaints while they are still here. Ask questions. What would make the situation better for them?

### BANKERS/ACCOUNTANTS.

-Responsibility for all monetary transactions. Must be trustworthy.

-Balance and count the till at the end of each shift.

### RESTOCK AND PRICE.

-Price and label all gourmet products in gift shop.

-Sell gift shop items.

**MAINTENANCE.**

-Do light maintenance work. (Plunge toilets, fix toilet chains, check smoke detectors, check breakers, carry wood, salt sidewalks in winter, etc.)

**Contact Information**

**Business Name:** Old Rittenhouse Inn

**Contact:** Wendy Phillips OR Gerald Bruno

**Street:** PO Box 584

**City/State/Zip:** Bayfield, WI 54814

**Local Phone:** (715) 779-5111

**Fax:** (715) 779-5887

**Email:** events@rittenhouseinn.com

**Website Address:** http://www.rittenhouseinn.com

Inspire

**Retail Sales**

**Job Description**

Inspire is looking for a few good folks to work through the spring and summer. Inspire is a fun place committed to fostering creativity, Fair Trade, eco-friendly products and fun living. We offer great pay, fun atmosphere and good karma. Contact Doug Lowthian at [doug@theinspirestore.com](mailto:doug@theinspirestore.com) or call 715-779-5479 for more information.

**Contact Information**

**Business Name:** Inspire

**Street:** PO Box 1166

**City/State/Zip:** Bayfield, WI 54814

**Local Phone:** (715) 779-5479

**Fax:** (715) 779-5479

**Email:** info@theinspirestore.com

**Website Address:** http://www.theinspirestore.com/

## Apostle Islands Booksellers Retail Sales Clerk

### Job Description

Apostle Islands Booksellers is a locally-owned, independent bookseller opening in May 2010 in the heart of historic downtown Bayfield, Wisconsin.

AIB will be a full-service, general bookstore emphasizing the history, cultures, nature, lifestyle, cuisine, and activities of our locale, the Apostle Islands, Bayfield, Washburn, the Chequamegon Region, Lake Superior, the Great Lakes, and the Northwoods.

Our collection includes carefully selected fiction and non-fiction titles of interest to residents of Bayfield, Washburn and its surrounding communities as well as the many visitors who journey to the unique and spectacular setting of the Apostle Islands National Lakeshore and the Gaylord Nelson Wilderness, and the Chequamegon-Nicolet National Forest. We also offer a selection of quality accessories, sidelines and gift items with a regional flavor.

POSITION(S) AVAILABLE: Bookstore sales clerks

### KEY DUTIES AND RESPONSIBILITIES:

Examples of key duties are interpreted as being descriptive and not restrictive in nature. Certain responsibilities are not applicable to part-time employees who work less than 20 hours per week, such as weekly staff meetings, ordering, pricing, and updating and maintaining inventory.

- Graciously welcomes and assists customers to locate books, sidelines and other items for sale in Bookstore, and, if the store does not have what they want in stock, helps them to place a special order or directs them to satisfactory alternatives (either in Bookstore or from other sources); maintains current knowledge of inventory.
- Performs retail sales activities (i.e., sales, buybacks, refunds); processes customer purchases on a point-of-sale computer system; accepts payment by cash, check or charge card ensuring verification of proper identification according to established procedures; wraps merchandise if requested and places merchandise and receipt in bag for customer.
- Interfaces with customers to handle customer complaints, returns, exchanges and book buybacks in accordance with established store policy, advises customers of the status of books on order and assists customers in obtaining new and used books from other sources.
- Knows regular customers by name and becomes familiar with their book and merchandise preferences.
- Learns the Bookstore's Visual Anthology Point of Sales system and uses it to update and maintain the accuracy of store inventory.
- Receives and inspects merchandise and reconciles with purchase orders; returns canceled and damaged items to vendors; tracks shipments, deliveries and orders; contacts vendors to determine status of delinquent orders as appropriate.
- Assists with coding and pricing merchandise.
- Assists with restocking shelves and displays and ordering adequate merchandise and supplies.
- Ships cancelled and unsold books back to publishers or distributors as appropriate.
- Helps to organize and staff special events.
- Participates in weekly staff meetings.
- Opens or closes Bookstore in accordance with detailed procedures.
- Maintains the storeroom and front Bookstore service area in a neat and orderly manner; ensures orderliness and cleanliness of inventory.
- Adjusts environment, music, lighting and temperature as needed to maintain the appropriate atmosphere and service levels.
- Performs other related duties incidental to the work described herein.

### IDEAL CANDIDATE CHARACTERISTICS:

- Intelligent, responsible and honest person who enjoys people and can interact tactfully, respectfully and engagingly with the public.
- Previous bookstore, customer-service or retail experience not necessary but strongly preferred.
- Is strongly inclined toward customer service and support without being in any way pushy or overbearing.
- Has good problem-solving skills.
- Is self-directed and able to work independently while also having the ability to maintain cooperative and respectful working relationships as part of the Bookstore team.
- Has sensitivity to, and respect for, a diverse population.

- Likes to have fun at work, has natural curiosity and enjoys books and learning.
- Is physically able to lift and carry boxes of books by hand up and down stairs and to climb on stools and ladders to restock and straighten shelves.
- Has strong computer skills and is able to operate the POS system to process customer transactions; to search, update and maintain inventory; to place orders; and to assist customers in finding what they want.
- Has willingness to follow written and oral instructions and to seek help or advice from other staff when needed.

#### HOURS

From mid-May through mid-October, the Bookstore will be open seven days a week from 8:00 AM until 9:00 PM.

We are interviewing for two part-time hourly employees for a minimum of 10 to 15 hours a week each. We do have some weekday time slots, but we also are interested in applicants who are willing and available to work weekends and evenings.

Beginning in mid-October, the Bookstore will shift to a winter schedule that we have not determined yet.

#### COMPENSATION

\$10 per hour

15% discount on most books in the Bookstore's inventory

#### Contact Information

**Business Name:** [Apostle Islands Booksellers](#)

**Contact:** Demaris Brinton

**Street:** PO Box 1191

**City/State/Zip:** Bayfield, WI 54814

**Local Phone:** (715) 779-0200

**Email:** [aibooks@gmail.com](mailto:aibooks@gmail.com)

**Website Address:** <http://www.apostleislandsbooksellers.com>

#### Water Music Jewelry & Art

### Seasonal Salesperson

#### Job Description

Love helping people? Addicted to jewelry? Then check out our fun summer sales position!

We are a busy retail jewelry store in downtown Bayfield with lots of customer interaction. Our ideal candidate is friendly and enthusiastic, with an interest in stones and jewelry. She or he will be available for 30-40 hours per week with flexible shifts that may include weekdays, early evenings, weekends, and holidays.

Our wages are competitive, depending on experience. This position starts around June 10 with part time training, and ends around Sept. 6.

Your duties include...

- ... selling our one-of-a-kind, handmade jewelry by local and regional artists;
- ... assisting us with miscellaneous tasks such as stocking and light cleaning; and ...
- ... even making jewelry!

#### Contact Information

**Business Name:** [Water Music Jewelry & Art](#)

**Contact:** Mary Gardner

**Street:** 13 S. 2nd Street, PO Box 1412

**City/State/Zip:** Bayfield, WI 54814-1412

**Local Phone:** (715) 779-5262

**Fax:** (715) 779-5262

**Email:** [mary@watermusicjewelry.com](mailto:mary@watermusicjewelry.com)

**Website Address:** <http://www.watermusicjewelry.com>

## Good Thyme Restaurant and Catering Seasonal Server Position

### Job Description

Good Thyme Restaurant is looking for 2 individuals to work as part time servers for the 2010 season. We are looking for someone who has experience in the restaurant industry and enjoys working in a fast paced environment. Please send resumes to Good Thyme Restaurant P O Box 102 Washburn, WI 54891 or call 715 373 5255.

### Contact Information

**Business Name:** [Good Thyme Restaurant and Catering](#)

**Contact:** Mary Dougherty or Renee Holman

**Street:** PO Box 102

**City/State/Zip:** Washburn, WI 54891

**Local Phone:** (715) 373-5255

**Email:** [info@goodthymeresaurant.com](mailto:info@goodthymeresaurant.com)

**Website Address:** <http://www.goodthymeresaurant.com>

## Old Rittenhouse Inn Wait Staff

### Job Description

Rittenhouse Inn seeks experienced, professional wait staff for seasonal help with full/part time potential. Now accepting applications and resumes.

### Contact Information

**Business Name:** [Old Rittenhouse Inn](#)

**Contact:** Julie Phillips

**Street:** PO Box 584

**City/State/Zip:** Bayfield, WI 54814

**Local Phone:** (715) 779-5111

**Fax:** (715) 779-5887

**Email:** [julie@rittenhouseinn.com](mailto:julie@rittenhouseinn.com)

**Website Address:** <http://www.rittenhouseinn.com>

# MAY 2010

## WAABIGWANII GIIZIS

MON	TUE	WED	THUR	FRI
<p>3B WAFFLE HAM CHEZZ, PINEAPPLE L RAVIOLLI, GR BREAD, CORN, PEARS, SALAD S STRING CHEESE, AP- PLE</p> <p>10B EGG, TOAST, HB, OR- ANGES L CHILI, CORNBREAD, PEAS, JELL-O, SALAD S NUTRA BAR/MILK</p> <p>17B EGG BAGEL, APPLE- SAUCE L PIZZA BRG., FRIES, VEG/DIP, MANGO S ANTS ON A LOG/JUICE</p> <p>24B OATMEAL, MUFFIN, BLUEBERRIES L TATOR TOT HD, GR BEANS, SALAD, PEARS S TOSTITO CHIPS/SALSA</p>	<p>4B KIX, MUFFIN, OR- ANGES L TUNA ON BUN, SW POT FRIES, CC, PEACHES S STRAWBERRY/CC</p> <p>11B RICE CHEX, BER- RIES, BAGEL L CHIX QUASIDILLA, VEG/DIP, PINEAPPLE S EASY CRISP/MILK</p> <p>18B KIX, MUFFIN, FRUIT COCKTAIL L BEEF VEG SOUP, CHEZ SAND, SALAD, WATER- MELON S SMOOTHIE/RICE CAKE JUICE</p> <p>25B RICE CHEX, TOAST, ORANGES L KIELBASA, MAC CHEEZ VEG/DIP, BERRIES, S MUFFIN/MILK</p>	<p>5B CORNFLAKES, BA- NANA, TOAST, PB L CHIX VEG SOUP, TRK SAND, TROP FRUIT, VEG/ DIP S RICE CAKE/MILK</p> <p>12B HB OATS, PEACHES, 13B CC L HAM/CHEZ QUICHE, V8 SPLASH, PEARS, YO- GURT S PUMPKIN BAR/MILK</p> <p>19B CORN CHEX, BA- NANA, CINN BR L MAN OJ CHIX, RICE, STIR FRY, MAN ORNANGE S CHEESE/CRACKER/ JUICE</p> <p>26B HB OATS, STRAW- BERRIES, YOGURT L CHIX RICE SOUP, PBJ, M ORANGES, SALAD S CHUBBY CHICK/JUICE</p>	<p>6B RICE CRISPIES, CC, STRAWBERRIES, BB L BURRITO, RICE, WA- TERMELON, CARROTS, SALAD S NILLA WAFER/ MILK</p> <p>CLOSED</p> <p>20B CHEERIOS, OR- ANGES, TOAST L HAM,POT, CORN, CORN- BREAD, PEACHES, SLAW S BR STICK/MARINARA</p> <p>27B FR TOAST STICK, PEACHES L HAM/BROC HD, CC, PINEAPPLE, SLAW, VEGS S COOKIE/MILK</p>	

