Drum Beats
Bad River Band of the Lake Superior Tribe of Chippewa Indians

March 17, 2021

News from the Mashkiiziibii Community

Tribe lifts Shelter-at-Home order
Casino, Lodge, Manoomin Restaurant reopen on March 13

By Richard J. Pufall
For The Bad River Band

The Bad River Casino, Lodge and Manoomin Restaurant reopened for business on Saturday, March 13 after the Tribal Council rescinded the “Shelter-at-Home Order,” according to a release Friday issued by Tribal Chairman Michael Wiggins, Jr.

The Casino and Lodge had been closed for 360 days, about five days short of a full year, due to the COVID-19 pandemic. The lockdown went into effect at 11:58 p.m. on March 18.

Despite the reopening, CDC guidelines for safety regarding social/physical distancing and use of face masks/coverings outside the home remain in effect, as do requirements limiting close-contact gatherings of people from different households.

The Shelter-at-Home Order had been in place since Sept. 8, 2020, when the Tribal Council and Emergency Response Team determined it was necessary to protect the public health of Band

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Haaland is in!
By Aliyah Chavez
Indian Country Today

A fierce Indigenous woman is now the caretaker of the nation’s public lands and waters for the first time in U.S. history.

Deb Haaland was confirmed as the nation’s 54th Secretary of the Interior in a 51-40 vote Monday, making her the first Native American to lead a Cabinet agency.

Republican Sens. Susan Collins, Lindsey Graham, Lisa Murkowski and Dan Sullivan broke from party lines to vote to

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Inside
New employee:
Dr. Livingston
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COVID lockdown one year later
See Page 8
confirm Haaland, a notable choice given other Republican senators publicly saying she was not the right candidate.

Wyoming Sen. John Barrasso, the top Republican on the Senate Energy and Natural Resources Committee, and several other Western senators missed the vote, citing a severe winter storm that dumped 3 feet of snow on parts of Colorado and Wyoming, causing multiple flight cancellations. Fellow Wyoming Republican Cynthia Lummis and Democratic Sens. Michael Bennet and John Hickenlooper of Colorado also missed the vote.

Haaland will be sworn into office either today or Thursday by Vice President Kamala Harris, she said at a public watch party hosted by IllumiNative and NDN Collective. When she is sworn in, Haaland will become the highest ranked Indigenous person in an executive office across the country.

The incoming interior secretary signed her resignation letters Monday and was to send them out Tuesday, officially removing her as a member of Congress.

Her daughter, Somáh, plans to livestream the swearing-in ceremony from her Instagram account, @coffeequeer.

“She’s ready to make sure that we share that moment with the world,” Haaland said.

Incoming Interior Secretary Haaland stands eighth in line to the presidency. She is also only the third woman to serve in the position — a low number in stark comparison to the 50 men who have served — and in an accomplishment fitting for March’s National Women’s History Month.

Haaland is a citizen of Laguna Pueblo, and has ties to Jemez Pueblo through her grandfather, which she frequently cites. She spent her career in New Mexico as a former small business owner, organizer, and tribal administrator before running for Congress.

In November, Haaland was reelected for a second term in Congress representing New Mexico’s first Congressional district in the U.S. House of Representatives.

In 2018, she made history as one of the

Aurora Conley, left, and Philomena Kebec, right, coordinators of the Bad River Needle Exchange, visit with U.S. Representative Debra Haaland of New Mexico during the AIDS Watch 2019 lobbying effort in Washington, D.C.

Photo courtesy of the Bad River Needle Exchange

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Deb Haaland was confirmed Monday as Interior Secretary, making her the first Native American to lead a Cabinet agency in U.S. history.

Haaland

From Page 2

first two Native women elected to Congress.

Now Haaland will be at the helm of the Interior, a sprawling government agency in charge of 70,000 employees, one-fifth of the nation’s land, and key offices in natural resources. The agency also oversees national parks, wildlife refuges and works with endangered species conservation.

A key role of the Interior’s duty is to respectfully manage the government’s federal trust responsibilities promised to tribal nations. She will also be leading the most important government agencies affecting Indian Country, such as the Bureau of Indian Affairs and the Bureau of Indian Education.

All eyes are on Haaland at the helm who has frequently vowed tribal consultation, inclusivity, and collaboration in her work. President Joe Biden, who ran on a presidential platform with goals to “restore the soul of America” to “build back better” has already confirmed a diverse and record-breaking Cabinet.

Some notable confirmations include Secretary of the Treasury Janet Yellen, the first woman to lead the department; Secretary of Defense Lloyd Austin, the first Black person to lead the Pentagon; and Secretary of Transportation Pete Buttigieg, the first openly gay Cabinet member.

Haaland’s path to the Interior department has included wide support from Indigenous leaders, advocates and allies. For months, hundreds of tribal leaders have submitted letters of support for her confirmation. Some of the nation’s most prominent Native organizations came together in a way they never had before to support Haaland.

Organizations like the National Congress of American Indians, IllumiNatives, NDN Collective and others created online campaigns, social media tool kits and “tweet-storms.” Frequently celebrities, including Mark Ruffalo, lended their star power and social media platform to support Haaland.

“If an Indigenous woman from humble beginnings can be confirmed as Secretary of the Interior, our country and its promise still holds true for everyone,” Haaland said in her opening statement of her hearing before the Senate energy committee last month.

Haaland was born to a Marine veteran father and a Navy veteran mother. She has described herself as a single mother who sometimes had to rely on food stamps and is still paying off student loans after college and law school.
NEW EMPLOYEE: WELCOME, DR. CAROLE A. LIVINGSTON

The doctor is in (again) and all are happy

By Richard J. Pufall
For The Bad River Band

S
he’s back! And it seems the Bad River community and the Health and Wellness Center are quite happy about her return. And she is extremely happy, as well.

Oh, the “she” in question is Dr. Carole A. Livingston.

In some respects, Dr. Livingston is a new employee. But for all those who know her, she’s an old friend who is rejoining the BRHWC workforce, and returning to her role as clinical psychologist, after a one-year leave of absence.

Dr. Livingston’s first day back was February 22, and the welcome wagon was rolling upon her return.

“I was sharing with family at the end of my first day back, that I felt hugged all day long,” Carole said.

“Everybody I ran into, they were just so glowing. It was like, wow!”

Dr. Livingston was the BRHWC’s clinical psychologist from 2018 until February of 2020. And no one was filling this vital role during her absence.

“I was going to jokingly say, like the Twilight Zone, to the community, ‘I’m Back!’” she said with a laugh. “I would like them to know that I am back, I’m here and I’m very committed to helping and feel very strongly that we can as a department make an impact within behavioral health.”

Dr. Livingston is licensed as a clinical Psychologist in Wisconsin and Minnesota. She was born in Ashland and raised on the Bad River Reservation. Carole is an enrolled member of the Bad River Band of Ojibwe.

She reports to Assistant Clinic Administrator Robert L. Houle and works closely with John Sopiwnik in Behavioral Health operations and Randy Samuelson, the Clinic Administrator.

Dr. Livingston earned her doctorate in clinical psychology from the School of Professional Psychology/Argosy. She has a post-doctorate master’s degree from Alliant University in San Diego. She got her bachelor’s degree in psychology from the University of Minnesota-Duluth.

She graduated from Ashland High School in 1980. Before returning to Bad River, Dr. Livingston worked as a clinical psychologist for the Mille Lacs Band of Ojibwe in Onamia, Minn. and also worked for Indian Health Service in New Mexico.

“A clinical psychologist is a provider who provides a high level of psychology care for an individual, for a family, for groups,” she explained. “I do all sorts of different tasks. I can do diagnostic assessments, psychological evaluations, psychotherapy, consultations and supervisions.”

She is a dedicated professional and a devoted parent to Lyle Corbine, Jr.

“I have a son who is the light of my life,” she said.

And she is elated to rejoin the work environment of the BRHWC.

“I love what I do,” Dr. Livingston said. “I absolutely enjoy my job. I love puzzles. I love helping people. And I think that those two combinations fit perfectly for a clinical psychologist. Because it’s about assessing, diagnosing, and providing the best treatment possible for the individual, based on that.”
He’s right at home!

Mike Wiggins, Jr., Bad River Tribal Chairman, posted this picture, and the following on Facebook recently, to celebrate Lloyd Neveaux’s new home: “After a devastating fire well over a year ago, we got to turn a corner on a journey back. Bad River turned over the keys and ownership to a tiny home to Lloyd Neveaux. Homelessness is defined as ‘lack of reliable shelter’ and a tiny home represents a foundation that is safe and reliable. Tribal Council members and community got together to wish Lloyd good luck and a fresh start at his family site.”
Life took him from here to Mars

I didn’t know George Henry McBride. And that is my loss. But there is a very good chance some of you did know George. After all, he was born in Odanah, was raised here, attended Ashland High School and Northland College before embarking on a life of notable accomplishment.

George Henry McBride, 83, of Beverly Hills, Fla. passed away on January 10, 2020 under the loving care of his family and Vitas Hospice. He was born on April 6, 1936 to George and Philomene McBride in Odanah.

Thanks to my brother-in-law and sister, Bill and Ann Gast, I was blessed to learn of the life of Mr. McBride. Bill and Ann are life-long residents of the Ashland area, but also have a winter home in Florida, not far from where George lived. They met him at Publix where he worked a part-time job during the last 11 years of his life. From the start he was easy to know and easy to like. “He said, ‘I’m from Odanah, have you ever heard of it?’ ” Bill said with a laugh. “He was a really nice guy.”

To be sure, he didn’t need the job at Publix to make ends meet. It was meeting and talking to people that gave him great joy. So, the “job” was a perfect fit.

Over the course of his lifetime, he attended Northland, the University of Minnesota, the University of Georgia, and the University of South Florida.

George was an electrical engineer and a technical representative for most of his working life. He was employed by Honeywell International Inc. for 35 years as a technical representative in military avionics before his retirement.

And it was in that role that his work drew the attention of the White House. George helped design electrical components for the C5 Galaxy Cargo Plane, F101 to F106 fighter jets and SR71 Blackbird. He assisted in the development of the flight control hardware for the Apollo Mission. And he wrote an instruction manual on how to assemble and disassemble the main engine on the Space Shuttle. He received the Bausch & Lomb Science Award.

And President Jimmy Carter presented George a certificate of appreciation for his efforts on a team that developed the Viking Lander for the first mission to Mars.

But what he didn’t do was brag about any of this. Said a friend at the time of George’s death, “With all he accomplished, I’m surprised he even talked to me.”

But there’s more. Much more. He was in the U.S. Navy for six years, from 1959 until 1965. He served aboard the carriers USS Shangri-La and the USS Enterprise, where he was a control technician for firing mechanisms on missile launchers.

Oh, and just for fun, he also played the saxophone in the U.S. Navy Band.

George was a member and vice-president of the Optimist Club, Chapter Chair for Society of Logistic Engineers and volunteered for various community projects, like the United Way for 60 years.

After retiring from Honeywell he worked for Hercules Hydraulics for five years, and MetLife Insurance for five years before Publix.

Mr. McBride was preceded in death by his brother, Richard McBride. At the time of his passing, he was survived by his wife, Rachelle McBride; siblings Cecelia George, Ashland; Phyllis Lenda, Greenfield, Wis.; Margaret McBride, Ashland; Elmer McBride, Milwaukee; Ella (Jerry) Teague, Ashland; and Carol (James) Wilcox, Port Washington, Wis., according to his obituary in the Citrus County Chronicle.

You might say his abilities and intelligence took him from Odanah to Mars. But George Henry McBride was always a good man, grounded in the good earth of Bad River.

Send email to Richard J. Pufall at NewsLetter@BadRiver-nsn.gov
Tribal Mission Statement:
To work toward a more progressive, financially stable government; to maintain Tribal Sovereignty; and enable members to progress individually, toward a more fulfilling life culturally, spiritually, and economically.

‘Mino-dibishkaan’ to our Elders
Taking the cake, in March

March 1
Kate Plucinski
March 11
Carole Kraft

March 2
Annette Bigboy
March 12
Ron Rufus
Pete Powless
March 15
Jeff Toman
Jace Johnston
March 17
Patrick Bigboy
Raymond Couture
Michele Davis

March 5
Mike Santana
March 18
Sue Nichols
Dar Hafeman

March 7
Dennis Malouf
March 20
Cheryl Neveaux

March 8
Mary Jo Wolf
March 21
Barb Kraft
Sam Powless

(Our apologies if we’ve missed someone. Please let us know).
March 14: No date to celebrate

But Bad River Community stayed strong

By Richard J. Pufall
For the Bad River Band

March 14th marked the one-year anniversary of an epic, life-changing event. But it was not the kind of day anyone wanted to celebrate.

You see, March 14, 2020, was the day when most of the United States went into lockdown because of the coronavirus.

Now, a year later, some 533,386 Americans have died from complications of COVID-19, including three members of the Bad River community.

Today, with three COVID-19 vaccines available, optimism abounds as our nation and the world look hopefully to better tomorrows.

So it seems appropriate to look back on a year we hope we will never see repeated.

“First, we can hardly believe that it has been an entire year since we experienced our first lockdown,” said Pam Feustel, Bad River Public Health Nurse.

“Honestly, I feel that the BRHWC has just continued to move forward providing the safest services possible for the community.

“The community itself has been incredible in handling the virus. They have taken direction from Public Health, they have asked questions, and they have done their very best to keep the virus at bay.

“We are proud of how the community has remained Bad River Strong.”

While the numbers of those vaccinated for COVID-19 continue to rise, guidelines for safe health practices continue to be encouraged and enforced in some public places.

“We do remind all community members who have been fully vaccinated to continue to follow the guidance of wearing a mask, social distancing, washing their hands often, and avoiding crowded places,” said Tina Gerovac-Lavasseur, Public Health Nurse. “The community seems to be very engaged in protecting one another from this virus.”

While everyone longs to return to their old lifestyles, no one knows for sure when that will happen.

“That is a very difficult question to answer,” Feustel
said. “There has been a lot of mixed messaging from those who hold higher offices in our country. We are planning to continue along how we have been for the past year. We are hopeful that with the push to have everyone vaccinated this will change, however, we will do whatever it takes to keep the community safe … for however long that may be.”

The BRHWC is doing its best to vaccinate anyone who wants the vaccine. “The vaccine is not mandated,” Gerovac-Lavasseur said. “We would like to see as many Bad River Tribal members who want to receive the vaccine to get it. As of Wednesday, March 3, we have vaccinated over 635 individuals; 363 of those individuals have received both doses of the vaccine. We are asking that anyone who would like to be vaccinated to call Sue Houle at 715-682-7133 ext. 4343 or Gena Jensen at 715-682-7133 ext. 4342.

“They would be happy to set up an appointment during one of our vaccination clinics.”

Morale remains high at the BRHWC, despite the stress and fatigue that comes from a year when the staff has been asked to deal with expanded duties. The vaccines have been a godsend, but also have brought added responsibilities to the staff.

“The workload has actually increased, especially for our clinic nurses and personnel,” Feustel said. “They have been balancing sick-patient visits along with vaccine clinic days and have done a great job with that. COVID-19 has provided a little added stress to each day, but we are fortunate to have a strong team here at BRHWC where each department is willing to take on their extra duties to provide our community the service and protection they deserve. Everyone here at BRHWC is working toward that common goal.”

The Bad River Community seems to have handled COVID-19 better than the area, state, and nation. Yes, over the last year there have been the deaths of three Tribal members, which all consider to be three too many. But there have been only 178 positive cases of COVID-19 in Bad River, and none are currently active.

“We are fortunate that we all continue to move forward to keep this virus at bay,” Gerovac-Lavasseur said. “Even during difficult times, we all remain a team, not just at BRHWC, but within the Bad River Community. We believe that is what keeps our morale and attitudes positive. This is what makes, and keeps, us Bad River Strong.”

**COVID-19**

From Page 8

...
C-Store announces new hours

The C-Store has been operating under new hours since March 8, according to Joe Bates, Interim General Manager.

The C-Store is now open at 7:30 a.m. to accommodate community members who start work at 8 a.m.

Going forward, C-Store hours will be 7:30 a.m. until 8 p.m.

Grocery store hours remain the same for the time being, 10 a.m. to 6 p.m.

The C-Store will revisit its hours once the Bad River Casino is up and running.

“We are very proud of our Community for bringing our COVID numbers down,” Bates said. “We must still protect ourselves and others. Please remember to practice social distancing, wash your hands and sanitize, wear a mask. Masks are still required to enter all Tribal buildings. We look forward to serving you. Thank you for your continued patronage.”

There is still time to get COVID vaccine

There is still time to get your COVID-19 Vaccine.

If you are a Bad River Tribal Member 18 years of age or older, you may call the clinic to set up an appointment to receive your COVID-19 vaccine.

The clinic does have certain dates and times that the vaccine will be offered. You can call Sue Houle at 715-682-7133 ext. 4343 or Gena Jensen at 715-682-7133 ext.4342 to schedule your appointment.

It is very important that if you make an appointment, you are able to keep it. Please remember that when scheduling. If you are experiencing any COVID-19 symptoms, or are concerned you may have this virus, please call the clinic to begin the screening/testing process.

Plan to deal with a COVID-19 outbreak

The Bad River Health and Wellness Center tells us there are steps you can take to get ready if an outbreak COVID-19 occurs in your community:

Make a household plan – learn how to prepare and to take quick action if someone gets sick. Older adults and people with chronic medical conditions are at greater risk, take extra steps to protect them. Think about what you will do if or there are changes to your work schedule.

Remember to always practice good health habits, such as frequently washing hands with soap and water, staying home when sick and covering coughs and sneezes. If you are experiencing any COVID-19 symptoms, or are concerned you may have this virus, please call the clinic to begin the screening/testing process.

Know when to wear a mask during COVID

Wearing a mask helps prevent the spread of COVID-19. You should wear a mask:

~ When you are out in public, or anytime you are around someone who does not live in your household.
~ If you are sick and interacting with others at home.
~ When you are caring for someone sick at home.

Masks should not be worn by:

~ Children under age 2.
~ Anyone who has trouble breathing.
~ Anyone who can’t take off the mask without help from another person.

Stay Safe and Be Well.

Shelter

From Page 1

members and the greater community.

“While COVID-19 is still a threat to our community members, we have seen that following CDC guidelines for mask-wearing, hand-washing and social distancing have been very effective at limiting the transmission of the disease,” Chairman Wiggins said in the release, “The Bad River Tribe is also vaccinating community members in ever-increasing numbers, including our Elders and Tribal employees.”

“As of Wednesday, March 3, we have vaccinated over 635 individuals; 363 of those individuals have received both doses of the vaccine,” said Tina Gerovac-Lavasseur, Bad River Public Health Nurse.

In his release, Chairman Wiggins stressed that people at high risk of severe illness from COVID-19, such as elderly people, un-vaccinated individuals, and those with underlying health conditions, are strongly urged to limit their interactions with others and avoid groups of six or more people. All Tribal members are encouraged to continue following CDC guidelines for COVID-19 safety. Entry into Tribal buildings and Casino enterprises will require masks and social distancing practices.

“Chi-miigwich to our Bad River Tribal members, employees, and community for the hard work and diligence in following CDC guidelines to keep everyone safe,” Chairman Wiggins said.

(See the official release below from Chairman Wiggins on Page 11).
Tribe rescinds shelter-at-home order

BAD RIVER BAND OF LAKE SUPERIOR TRIBE OF CHIPPEWA INDIANS

BAD RIVER TRIBAL COUNCIL RESCINDS SHELTER AT HOME ORDER OPENS BAD RIVER CASINO, LODGE, AND RESTAURANT

On September 8, 2020, the Bad River Tribal Council and Emergency Response Team determined that a “Shelter at Home Order” was necessary to protect the public health and safety of Band members and greater community. While COVID-19 is still a threat to our community members, we have seen that following CDC guidelines for mask-wearing, hand-washing, and social distancing have been very effective at limiting the transmission of the disease. The Bad River Tribe is also vaccinating community members in ever-increasing numbers, including our elders and Tribal employees. We are pleased to announce that as of today, March 12, 2021, the Bad River Tribal Council is rescinding (removing) the Shelter at Home Order for the Bad River Tribe.

The Bad River Tribal Council has also approved the opening of the Bad River Casino, Lodge, and Restaurant for business starting Saturday, March 13, 2021, from 10 am until 2 am.

CDC guidelines for safety regarding social/physical distancing and use of face masks/coverings outside the home remain in effect, as do requirements limiting close-contact gatherings of people from different households.

People at high risk of severe illness from COVID-19, such as elderly people, un-vaccinated individuals, and those with underlying health conditions, are strongly urged to limit their interactions with others and avoid groups of 6 or more people. All Tribal Members are encouraged to continue following CDC guidelines for COVID-19 safety. Entry into Tribal buildings and Casino enterprises will require masks and social distancing practices.

Chi-Miigwech (Big Thank You) to our Bad River Tribal members, employees, and community for the hard work and diligence in following CDC guidelines to keep everyone safe.

Michael Wiggins Jr., Tribal Chairman
(715) 292-2930
mikew@badriver.com
Ikwewag Connections

- Wednesdays
  Beginning in March

8:00a.m – 12:00p.m

- 715-682-7151
  Cell 715-979-1064

Do you need to talk to someone? This virtual Connection Can help
Memo

To: Bad River Tribal Employees
From: Human Resources
Cc: Tribal Operations
Date: January 8, 2021
Re: COVID-19 Testing, UPDATED 2/3/2021

Effective Monday, January 11, 2021, per Chairman Mike Wiggins Jr, all Bad River Tribal employees who are reporting in-person to work will need to be tested for COVID-19 once a week at the Bad River Health and Wellness Center.

COVID-19 testing will be available on Monday’s from 8:30am – 9:30am, (unless a holiday, testing will be conducted the following working day) at the Bad River Health and Wellness Center.

Employees must have with them a completed Wisconsin COVID-19 Patient Information Form. Attached to this memo is the Wisconsin COVID-19 Patient Information Form.

Once an employee has been tested:

1. Employees will be required to report immediately to their workplace or will continue to perform normal job duties after testing has taken place.
2. Employees who return to work will maintain social distancing and have minimal contact with others until results have been confirmed, e.g., wearing personal protective equipment (PPE), 6 feet apart, washing hands/practicing good hygiene, etc.
3. Employees who have confirmed positive test results will vacate premises immediately and notify their supervisor once safely isolated. Public Health will notify positive employees with isolation guidelines.
4. Employees who have been previously diagnosed as having been infected with COVID-19 and have successfully been isolated under direction by Public Health and have been cleared by Public Health to return to work and have tested negative may be exempt from the requirement to be tested weekly for the virus. In other words, you will NOT be required to be tested at the beginning of each week prior to entering the workplace for 90 days after testing positive.
5. Employees who have been previously diagnosed as having been infected with COVID-19 will be required to test after 90 days of testing positive.

Telephone (715) 682-7111
Fax (715) 682-7118

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6. Employees will be required to test even if they have received both doses of the vaccine.
7. Employees who are unable to make the designated time available for COVID-19 testing due to an absence will notify their supervisor and schedule a time to test the following workday with the Bad River Health and Wellness Center.

However, please keep in mind the following:

If at any point in time you are experiencing any symptoms of an illness it is important to inform your supervisor, symptoms may include but are not limited to:

- Fever/chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

In situations in which you are most definitely not feeling well, please seek medical attention such as contacting your primary care provider or urgent care/ER services.

If an employee has traveled outside our area for any reason we are still under orders by Public Health as approved by Tribal Council that upon return from your trip you are expected to self-quarantine.

Miwegwech for your cooperation and commitment to ensuring your safety, your coworkers’ safety, and the safety of our community. Any questions regarding the following memo, please contact your Department Head.

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BAd RivEr BaNd Of LaKe SuPerioR  
TriBE oF ChippEWa IndiANs

***COMMUNITY NOTICE***

Vehicle Registration and Titling Locations and Times

Administrative staff will be available to assist community members with vehicle titling and registration as follows:

Chief Blackbird Center  
Odanah, WI

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<tr>
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Appointments are requested and appreciated!
Please bring exact change and see the following staff:

Amy Gonzalez, Tribal Operations Administrative Assistant ext. 1505
Samantha Kappeler, Receptionist ext. 1500
Denise Gilles, Benefits Specialist ext. 1242

~Miigwech~
Stewards of All Creation

Beautiful new video of our watershed home here in Mashkiziibii. Please take a few moments to enjoy it. Kudos to Lucy Koivisto and Aurora Conley and so many others who worked on this project. Miigwech.


Mike Wiggins Jr.
Bad River Band of Lake Superior Chippewa Tribal Chairman/
Executive Director
Cell: 715-292-2930
MikeW@badriver-mn.gov

Please click on this link to view the video
SUPERIOR WATERS STORY CORPS

Celebrating nature’s bounty and our connection to the land and waters of Gitchigumi/Lake Superior

SHARE YOUR STORIES WITH US!

We are collecting stories and poems from Tribal members, residents and visitors to the Chequamegon Bay & Apostle Islands region, around Lake Superior’s south shore. Storytelling is the oldest art known to humanity and serves to reinforce values and beliefs that unite us. We are looking for stories and poems that will answer the following questions:

- What can we learn from your ancient roots here?
- What do you treasure about living or vacationing in this region?
- How do the land and water provide for you and your family, and enrich your lives?
- What do you remember of your youth in this area?
- Why did you choose to live your life, spend your leisure time, or retire here?
- How could this place be ruined?
- What would you do to protect the land and water that nourish you?

We are people who cherish this very special place that we call home. We see the water, plants, animals, air and land all threatened by the existing and proposed versions of Enbridge’s Line 5, a crude oil pipeline that passes through our communities and along the bottom of the Straits of Mackinac. (For more info, visit RetireLine5.org.) When this line ruptures (as they all do eventually) the entire Copper Falls Aquifer could be contaminated. We seek to alert our friends and neighbors to the threat, and to the opportunity to protect the complex and diverse landscape that provides us with so much.

Your stories, collected and published, will let our leaders know how many people find this area precious. They will show us that none of us stands alone. With our stories as inspiration, we will stand as the resource protectors for future generations.

To SUBMIT or to JOIN OUR EFFORT, go to tinyurl.com/SuperiorWatersStoryCorps
Please update your contact information with Patient Registration. Please call BRHWC to schedule your vaccine. Thank you!

Information obtained from:

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Brochure created in affiliation with PCHC Pharmacy

Image from:

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Additional information will be provided when more vaccine is available.

Bad River Health and Wellness Center
Covid-19 Vaccine
Information for patients

How the vaccine works
- The Covid-19 virus is covered in spikes to help it move into our cells and make us sick.
- The vaccines work to show our cells what these spikes look like.
- Our cells then work to make the tools to eliminate anything that looks like these spikes, including the virus.

What to expect
Before:
- Make sure you and your provider are wearing masks.
- Ask any questions you may have about the vaccine and your dose.
- Don’t forget to ask for your vaccine card.

After:
- You will need to receive the second dose either 21 or 28 days after your first dose. You must receive the second dose even if you experience side effects.
- Common side effects: Arm soreness, redness around the injection site, a minor fever, tiredness, and the chills.
- It is normal to experience side effects and typically are no cause for concern.
- There is a potential for more severe reaction such as anaphylaxis. This is rare; however, you will be monitored for 15 minutes after receiving the vaccine.

Types of vaccines
There are currently three approved Covid-19 vaccines: the Pfizer, Moderna and Johnson & Johnson formulations.

Here are some facts about each vaccine:

- **Pfizer Vaccine:**
  - 2 shots administered 21 days apart
  - Does not contain eggs, latex, or preservatives
  - Administered in the upper arm
  - Study has shown 95% efficacy rate of preventing Covid-19

- **Moderna Vaccine:**
  - 2 shots administered 28 days apart
  - Does not contain eggs, latex, or preservatives
  - Administered in the upper arm
  - Study has shown 94.1% efficacy rate of preventing Covid-19

- **Johnson & Johnson Vaccine:**
  - 1 Dose
  - Does not contain latex or preservatives
  - Administered in upper arm
  - 66% efficacy for preventing severe disease.

Priority Populations
BRHWC/CHD is vaccinating priority groups of people determined by CDC.
- 1a: Health care & frontline workers
- 1b: 75 years & older & frontline workers
- 1c: 55-75 years with health care conditions

Reminders
- Even though you have received the Covid-19 vaccine, you MUST still wear a mask and social distance.
- It is important to do all we can to minimize the spread of the virus.

When to expect a vaccine
- BRHWC/CHD will begin scheduling Vaccination clinics according to the priority populations.
- BRHWC/CHD will open the schedule so you can call to make an appointment.
## Holidays 2021

<table>
<thead>
<tr>
<th>Date</th>
<th>Holiday</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 1, 2021</td>
<td>New Year’s Day</td>
</tr>
<tr>
<td>January 4, 2021</td>
<td>Day After New Year’s (observed as)</td>
</tr>
<tr>
<td>January 18, 2021</td>
<td>Martin Luther King Day</td>
</tr>
<tr>
<td>February 15, 2021</td>
<td>Presidents’ Day</td>
</tr>
<tr>
<td>April 2, 2021</td>
<td>Good Friday Afternoon</td>
</tr>
<tr>
<td>April 5, 2021</td>
<td>Easter Monday</td>
</tr>
<tr>
<td>May 31, 2021</td>
<td>Memorial Day</td>
</tr>
<tr>
<td>July 5, 2021</td>
<td>4th of July Holiday (observed as)</td>
</tr>
<tr>
<td>July 29, 2021</td>
<td>Treaty Day</td>
</tr>
<tr>
<td>September 6, 2021</td>
<td>Labor Day</td>
</tr>
<tr>
<td>September 24, 2021</td>
<td>Indian Holiday</td>
</tr>
<tr>
<td>November 11, 2021</td>
<td>Veteran’s Day</td>
</tr>
<tr>
<td>November 25, 2021</td>
<td>Thanksgiving Day</td>
</tr>
<tr>
<td>November 26, 2021</td>
<td>Day after Thanksgiving</td>
</tr>
<tr>
<td>December 23, 2021</td>
<td>Christmas Eve Afternoon (observed as)</td>
</tr>
<tr>
<td>December 24, 2021</td>
<td>Christmas Day (observed as)</td>
</tr>
<tr>
<td>December 27, 2021</td>
<td>Day after Christmas (observed as)</td>
</tr>
</tbody>
</table>
LET’S TALK
COMMUNITY CONVERSATION

Bad River Outreach Site
March 17th
Students | 9:00 am - 10:15 am
Community Meeting | 12:00 pm - 1:15 pm
Topics
- Outreach Site/Space Assessment
- Student Housing Assessment

Virtual Meeting Zoom: 896 1544 5005

LAC COURTE OREILLES OJIBWE COLLEGE
STRENGTHEN YOUR FUTURE

Questions?
Amber Marlow
marlowa@lco.edu or 715.634.4790 x156
Essay Contest

CHANCE to WIN almost all materials to make your choice of REGALIA.
Begins-March 9, 2012
Ends-March 26, 2021 @ noon
(Two winners will be selected one female and one male)

RULES
Must be no less than two pages and no more than four pages.
Must answer and explain questions that are provided in essay format.
Must be in 6th-12th grade.
Must be a Bad River Tribal member.

11 Questions
What has your life been like this past school year?
What are the positives and negatives of virtual learning?
What activities are you involved in for your physical health?
What are the main things you feel you have missed out on since covid?
If there is one positive you have learned from the stay-at-home order what would it be and why?
What type of cultural activities or ceremonies have you attended in the last three years? What have you learned from them?
Since covid what cultural activities have you done or been a part of?
What cultural activities or ceremonies would you like to learn more about?
Who is the one person you feel you can go to for teachings of the culture and ceremonies? Why?
Do you know what the Child Advocate job has to offer youth? Do you know where this position is located? If you could ask questions about this position, what would they be?
If your essay is chosen, what type of regalia would you like to make? What colors would you like? Would you need help making your regalia?

Deadline: March 26, 2021 @ NOON
Email essay to: ChildAdvocate@badriver-nsn.gov
If you have any questions, please email them to the same email address.

Thank You and Good luck to all that enter
Beware of fake $50 bills

Please be on the lookout for FAKE $50 dollar bills being circulated in the Bad River Community. Four fake $50 dollar bills have made their way to our Accounting Department. If anyone comes across any of these please DO NOT ACCEPT as valid currency!

Below are steps to spot a counterfeit $50:

1. The $50 dollar bill is designed with two main features to look for in avoiding counterfeit bills.

   The first thing to look for is the security strip, at right. You can only see it when a light source is behind the bill. To view this, hold your bill up to a light and the security strip will appear. It should be located in exactly the location shown above, right. To the right of President Grant and crossing underneath the left leg of the “U” in United. If the security strip is not visible when held in front of a light or is visible without the light, it’s fake.

2. Next, while holding it up to the light, a hologram image of Grant will appear on the front/right side of the bill. (Shown at left). This image is not visible without the light source behind it. If you don’t see this feature, it’s counterfeit.

3. Next, check the “50” on the bottom-right corner. It is made with color-shifting ink, so if you tilt the bill in different directions, the color will change.
If you need to contact the school …

For any parent or students needing to contact the school regarding virtual learning, problems with Chromebooks or any other assistance, you can contact our Home School Coordinators using the information below.

**Dial direct line:** 715-682-7827, then enter extension.

**Extensions:**
- Myron Burns (LSE)- 3412 mburns@sdak12.net
- Faye Maday (AMS)- 2012 dnaday@sdak12.net
- Joe Corbine (AHS)- 1011 jcorbine@sdak12.net

— Stephanie Julian, Education Director

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### Bad River Band Of Lake Superior Tribe Of Chippewa Indians

**CHIEF BLACKBIRD CENTER**

**P.O. Box 39 • Odanah, Wisconsin 54651**

**BAD RIVER TRIBAL COUNCIL MEETING**

All meetings @ 4:30 p.m.

<table>
<thead>
<tr>
<th>2021</th>
<th>Regular Meeting</th>
<th>Special Meeting</th>
<th>Gaming Meeting</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>6</td>
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<td>April</td>
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<td>May</td>
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<td>July</td>
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<td>August</td>
<td>4</td>
<td>17</td>
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<td>September</td>
<td>1</td>
<td>21</td>
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<tr>
<td>October</td>
<td>6</td>
<td>19</td>
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<tr>
<td>November</td>
<td>3</td>
<td>16</td>
<td>--</td>
</tr>
<tr>
<td>December</td>
<td>1</td>
<td>21</td>
<td>--</td>
</tr>
</tbody>
</table>

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**Telephone (715) 682-7111**   **Fax (715) 682-7110**
HYPOGLYCEMIA (Low Blood Glucose)

Causes: Too little food, too much insulin or diabetes medicine, or extra activity.

Onset: Sudden, may progress to insulin shock.

SYMPTOMS

- SWEATING
- DIZZINESS
- ANXIOUS
- HUNGER
- WEAKNESS
- FATIGUE
- HEADACHE
- IRRITABLE

WHAT CAN YOU DO?

- Drink ½ glass of juice or regular soft drink, or 1 glass of milk or 2 soft drinks of milk and glucose solution.
- Within 15 minutes after treatment, test for blood glucose. If less than 70 mg/dL, eat another 15 grams of carbohydrate and test for blood glucose.
- Then, eat a light snack 1½-2 hours later or repeat treatment.

HYPERGLYCEMIA (High Blood Glucose)

Causes: Too much food, too little insulin or diabetes medicine, illness or stress.

Onset: Gradual, may progress to diabetic coma.

SYMPTOMS

- EXTREME THIRST
- FREQUENT URINATION
- DRY SKIN
- HUNGER
- BLURRED VISION
- DROWSINESS
- DECREASED HEALING

WHAT CAN YOU DO?

- Test blood glucose. If over 200 mg/dL for several tests or for 2 days, call your doctor.

Mary Jo Wolff
Nutrition Educator
Bad River Community Health
715-392-7133 ext 4341
BAD RIVER BAND OF LAKE SUPERIOR
TRIBE OF CHIPPEWA INDIANS

CHIEF BLACKBIRD CENTER

Date: Monday, June 15, 2020
To: All Bad River Employees
From: Mike Wiggins Jr.  Tribal Chairman / Executive Director

Subject: Travel Guidance

As we begin our return to the workplace full-time, I wanted to share key guidelines. To date our Tribe has been very pro-active in preventive practices, which have resulted in zero positive COVID 19 cases on the Bad River Tribal Reservation. For that, I thank each of you. Together we have made a positive and collective difference.

The following guidelines apply to all Bad River Tribal employees when traveling outside the area. You should interpret this as travel to areas other than home and work, and regular weekly routines in your residential area.

- You should discuss all travel plans with your Supervisor in advance of that travel.
- If your work-related travel is essential, your Supervisor may approve your travel. Your Supervisor also may deny that travel request. Approved essential travel will see employees undergoing a rapid test for covid-19 upon return, prior to returning to your job site. The rapid test will determine if self isolation/quarantine is needed. In the event of a positive test as a result of work-related travel, time off will be covered under administrative leave time.
- Non-essential work travel is highly discouraged until further notice.
- For personal, non-essential travel into areas of great activity or higher populations (metro areas, cities, high levels of human activity), you will be required to take a COVID 19 test prior to returning to work. Please call the Bad River Health & Wellness Center ahead to schedule your test. Upon request, the clinic will provide you with a written copy of your test results. Self isolation/quarantine that is necessary due to personal travel will be covered with the employee banked leave. If in the event there was no leave bank, administrative leave could be considered for public health and safety. Communication with supervisors prior to travel is key.
- Depending on each circumstance of travel, you may be expected to self-quarantine upon return for a period of 14 calendar days and use the appropriate paid/unpaid leave.
- If, in the process of tracing and tracking, you have been identified as having been exposed to a positive COVID 19 citizen, you are expected to be COVID 19 tested and quarantined 14 days. Administrative leave would be provided.

Miigwech.
Admin leave to employees with children in K-12 school system

BAD RIVER BAND OF LAKE SUPERIOR TRIBE OF CHIPPEWA INDIANS

CHIEF BLACKBIRD CENTER P.O. Box 39 • Odanah, Wisconsin 54861

Memo

To: All Employees
From: Mike Wiggins Jr., Executive Director/Tribal Chairman
Cc: Tribal Operations, Human Resources
Date: January 21, 2021
Subject: Admin Leave

Virtual School Year UPDATE

Boochoo:

To better support our children during this school year, I approve the following admin leave to employees with children in our K-12 school system.

Beginning the week of January 15th, 2021:
- Full-time employees will receive 1-hour of admin leave per day, totaling 5-hours per week.
- Part-time employees will receive 1-hour of admin leave per day, totaling 3-hours per week.
- Admin leave for the Virtual School Year must be taken in a 1-hour period for each day admin leave is requested.
- Employees are not eligible for Virtual School Year admin leave the same day as other leave benefits, (i.e., annual, sick, personal, or comp).
- Employees must work the day of requesting admin leave.

The admin leave stated above remains in place until further notice.

If you have not already done so, please verify with the following Human Resources Staff that you have children in the school system who are enrolled virtually to be eligible for the admin leave.

<table>
<thead>
<tr>
<th>Ashley Stone</th>
<th>Priscilla Dax</th>
<th>Denise Gilles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Human Resources Manager</td>
<td>Human Resources Assistant</td>
<td>Benefits Specialist</td>
</tr>
<tr>
<td>Extension 1522</td>
<td>Extension 1520</td>
<td>Extension 1242</td>
</tr>
</tbody>
</table>

Miiwech.

[Signature]

Telephone (715) 682-7111 Fax (715) 682-7118
BAD RIVER BAND OF LAKE SUPERIOR
TRIBE OF CHIPPEWA INDIANS

CHIEF BLACKBIRD CENTER
P.O. Box 39 Omade, Wisconsin 54861

NOTICE
Bad River Lake Superior Chippewa Indian Reservation and Road Closure

In order to maintain public health, safety, and limit exposure to COVID-19 the Bad River Band of Lake Superior Chippewa has issued the following order:

NOTICE:
The BAD RIVER BAND OF LAKE SUPERIOR CHIPPEWA serves notice that non-tribal access to Bad River Tribally owned FCL or open MFL lands within the boundaries of the Bad River Reservation is hereby revoked. Trespassers to BAD RIVER BAND OF LAKE SUPERIOR CHIPPEWA FCL or open MFL lands will be subject to citations for trespass.

And;

Access to all Bad River Reservation roads off of US Hwy 2 State Hwy 169, State Hwy 13 and County A (Road detail below) are closed and will be operating under restricted access until further notice. Access is restricted except to the following:

* All Community residents;
* Bad River Members;
* Tribal Government essential employees;
* Delivery of necessary goods and services, US Post Office, and Food and basic necessities, and other preapproved personnel

Closed roads: Birch, Pine Flat, Falls, Elm Hoist, Potato River, Jolma, Jusala, Albert Mattson, West Fire Lane, Stones, First Landing, Second Landing, Goslin, Kagerville, Kakagon, Lake, Madigan, Beauregard, Ackley, Government, Graveyard Creek

Miigwech (Thank you),

Mike Wiggins Jr.
Tribal Chairman
(715) 292-2930
LCO Ojibwe College plans full, in-person re-opening

For Immediate Release

For more information, contact:
Jenny Schiender, Director of Marketing & Communications
Lac Courte Oreilles Ojibwe College, jschiender@lco.edu
715.634.4790 x104 (0)

LAC COURTE OREILLES OJIBWE COLLEGE PLANNING A FULL RE-OPEN FOR SPRING 2021

Hayward, WI. (December 21, 2020) — Lac Courte Oreilles Ojibwe College (LCOOC) is moving forward with plans for a full in person re-open of the main campus. All outreach sites are subject to reopening guidance from their respective tribal leadership.

Additionally, students will continue to have the opportunity to learn safer at home, students should contact their advisor to make these arrangements.

Entrance to Main Campus is through the main doors where COVID-19 screening protocols are in place. The full re-open plan can be found at https://www.lco.edu/response, along with a guide to being on campus.

Every person:

1. Entering the college campus MUST wear a face mask at all times inside and outside when 6 feet of social distancing isn’t possible;
2. Is expected to comply with the 6 foot social distancing rule when inside or outside;
3. MUST enter through the Main Entrance of the building;
4. MUST have their temperature screened upon entering the building;
5. MUST answer prescreening questions to enter the building and
6. MUST wash their hands and use hand sanitizer frequently and as needed.

All LCOOC Extension offerings will remain virtual at this time.

Contact: Dawn Petit, COVID-19 Coordinator at dpetit@lco.edu with any questions.

About Lac Courte Oreilles Ojibwe College
The Lac Courte Oreilles Ojibwe College’s mission is to provide Anishinaabe communities with post-secondary and continuing education while advancing the language, culture, and history of the Ojibwe.

Lac Courte Oreilles Ojibwe College (LCOOC) is a non-profit Ojibwe tribal community college. Our focus is to help Native students advance themselves in the world, while studying their own history and language. We are an open-door institution which welcomes anyone who would like to work toward a better tomorrow. LCOOC does not discriminate based upon race and will not deny admission to any Native student regardless of tribal enrollment or affiliation.

Learn more at http://lco.edu

###
Bad River Food Shelf

**Hours**

Monday: 9 a.m.-noon  
Tuesday: 11 a.m.-2 p.m.  
Wednesday: 9 a.m.-noon  
Thursday: 11 a.m.-noon  
Friday: 9 a.m.-noon  

Anyone needing Food Shelf please call ahead before noon, 715-682-7127. If there is no answer leave a message with a return phone number.

FREE GARBAGE STICKERS

Free Garbage stickers for community members are now available at the C-Store and at the Recycling Center.

- **Limit of 2** blue residential stickers **per household, per week**. Stickers can be signed for & picked up weekly. Bad River Housing is also distributing garbage stickers at no cost to tenants.

Due to increased household garbage during COVID-19. Available for a limited time.
MASHKISIBI BOYS & GIRLS CLUB

STEP THROUGH WINTER CHALLENGE

December 21, 2020 through March 20, 2021

Participants will check in weekly to record their steps. The top 5 at the end of winter, will receive a prize!

Step Trackers will be provided

Contact Kristi to Sign Up

715-695-9489 or BGCExecDi@badriver-nsn.gov

Made with PosterMyWall.com
Bad River Education Department is sponsoring tutoring!

Tutor Availability:
Monday- Phillip 4-7pm
Tuesday- Marshall 4-7pm
Wednesday- Phillip & Marshall 4-7pm
Thursday- Phillip & Marshall 4-7pm
Friday- Phillip 5-7pm upon request

*Due to COVID-19 this is currently being hosted in AHS or via Zoom

* To coordinate tutoring please email Phillip Brede at pbrede@sdak12.net or Lydia Marshall at lmarshall@sdak12.net. Alternatively, please call Phillip at 715-209-7827 and leave a voicemail he will return your call in 1 business day.

* For further questions, please contact Stephanie Julian at the Bad River Education Department 715-682-7111 or educationdirector@badriver-nsn.gov
2020-2021 Snowplowing Fees

BAD RIVER HOUSING AUTHORITY
P.O. BOX 57 • Odanah, Wisconsin 54861 • (715) 682-2271 • FAX (715) 682-6818

TO: Bad River Housing Tenants

FROM: Bad River Housing Authority

UPDATED: DECEMBER 18, 2020

The Bad River Housing Authority will be offering driveway snowplowing for the 2020-2021 season within Housing Communities. BRHA reserves the right to deny services to any applicant who does not meet these conditions.

2020-2021 Snowplowing Fees

<table>
<thead>
<tr>
<th></th>
<th>FEE</th>
<th>LATE FEE</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>ELDERLY/HANDICAP TENANTS</td>
<td>$30.00</td>
<td>$20.00</td>
<td>$50.00</td>
</tr>
<tr>
<td>TENANTS</td>
<td>$85.00</td>
<td>$20.00</td>
<td>$105.00</td>
</tr>
</tbody>
</table>

The following dates are in effect for 2020-21 snowplowing:

- Snowplowing fee due by November 30, 2020, must pay in advance @ Bad River Housing Authority.
- Waiver must be signed at time of payment.
- Payment after November 30, 2020 will be assessed a late fee.

The following rules are in effect for snowplowing of driveways:

1) All boundaries, obstacles, structures, culverts, and driveway ends MUST be marked.
2) Driveways will not be plowed until snow is over 3” in accumulation.
3) Trucks will go to each driveway ONE time. If vehicles are not moved, plows will NOT return to driveway a second time.

All housing tenants must have driveways cleared of snow by the end of the day. If a tenant calls in a work order and the driveway is not cleared, the tenant will be assessed a $50.00 fee if Housing must plow the driveway to do the work order.

BRHA Board Approved: 12-18-20
Homework Help & Tutoring available!

NEED HELP WITH YOUR HOMEWORK?
HAVING TROUBLE IN CERTAIN SUBJECTS?

+ MATH   + HISTORY
+ ENGLISH + SOCIAL STUDIES
+ SCIENCE + READING

The Mashkisibi Boys & Girls Club, along with Mashkiiziibibii Youth Services, will be offering homework help and tutoring to youth via Zoom.

STARTING OCTOBER 20TH
TUESDAYS & THURSDAYS
12:00PM - 1:00PM

Sign up today!
CONTACT KRISTI (715) 685-9489
kbroeniman@badriverugc.org
LEARN TOGETHER. GROW TOGETHER.

Have you heard? We recently launched NEW WIC Breastfeeding Support Facebook Groups for WIC moms! With WIC, you don’t have to go through your breastfeeding journey alone. Now you have a support system of other moms just like you right at your fingertips.

JOIN A FACEBOOK SUPPORT GROUP!
Wisconsin WIC Breastfeeding Support for Indigenous Women:

bit.ly/WICIndigenousWomenWIGroup
Is having minutes on your phone every month a struggle?

You may be eligible to receive FREE Monthly wireless service if you receive Food Stamps (SNAP), Medicaid, SSI, Section 8, Veterans & Survivors pension.
Some states have additional eligibility under BIA General Assistance, TANF, Tribal Head Start & Food Dist. Programs

Phone Numbers:
For Enrollment and Plan Changes Support: 1-800-SafeLink (723-3546)
For Technical Support ONLY: 1 800 378 1634

Correspondence:
SafeLink Wireless PO Box 160490
Hialeah, Fl. 33016-9997

Hours of Operation
For Enrollments and Plan Changes:
Monday - Saturday 8:00 a.m. - 10:00 p.m. EST
Sunday 8:00 a.m. - 7 p.m. EST
For Technical Support:
8:00 a.m. - 12:00 a.m. EST (7 days a week)

Bad River Zhawanindig Program Services - 53755 Oak St. Odanah WI - 715-682-7151
TEEN DATING VIOLENCE

A pattern of behavior that includes physical, emotional, verbal or sexual abuse used by one person in an intimate relationship to exert power and control over another person.

Signs of Abuse
- Extreme jealousy
- Insulting, demeaning, shaming language
- Pressuring someone to use drugs or alcohol
- Intimidating someone with threats or weapons
- Preventing interactions with others
- Pressuring sex or sexual acts
- Insulting family members

Prevention
- Promote healthy relationships
- Practice empathy towards others
- Create a space where everyone feels safe and comfortable
- Speak out when you hear harmful language
- Practice consent
- Challenge gender role stereotypes

20% of Wisconsin teens have experienced some form of violence in their dating relationship

2/3 of teens never tell an adult about their abuse, but are more likely to tell their friends

Supporting a Friend

"I'm here for you."

"I believe you."

"Let's think of ways to be safe in the future."

"Let's think of some resources."

"It's not your fault."

"How can I support you?"

When you see or hear harm being done...

- Challenge harmful things you may hear or see.
- Set a positive example by having healthy relationships in your life.
- Offer resources to friends who need further help.

Need more help? Here are some resources:
End Abuse Wisconsin
Dare2Know
Wisconsin Coalition Against Sexual Assault
LoveIsRespect

WISCONSIN DEPARTMENT of HEALTH SERVICES
Isolation & Quarantine Orders Must Be Followed

The Wisconsin Supreme Court decision on Safer at Home does **NOT** stop local health departments from issuing isolation and quarantine orders.

**WHAT THIS MEANS**

Those **ill** with COVID-19 must follow isolation orders

- Public health will call you
- Public health will give you instructions
- You must follow these instructions

Those **exposed** to COVID-19 must follow quarantine orders

- Public health will call you
- Public health will give you instructions
- You must follow these instructions
Tribal face-covering requirement

Bad River Public Health Release
New tribal wide face mask, Face Shield, Face Coverings Requirement

Effective Immediately, Bad River Public Health is issuing a Tribal wide face mask, face shield, face coverings requirement.

This requirement applies Tribal wide to: All Tribal Buildings and Tribal Enterprise Areas

• everyone age 5 and older wear a face covering or mask when in any and all Bad River buildings and transportation vehicles, where others are present. We recognize this is not a standard infection prevention, however, we find ourselves in extraordinary times and given current circumstances, this requirement is necessary.

• Per the requirement, individuals must wear a face covering that covers their nose and mouth when in the public areas of the Tribal work settings (Halls, restrooms, commons areas), waiting in lines, and while on public transportation, or are in places where the six feet of social distancing isn’t possible. Pam Feustel, Bad River Public Health Nurse, states that “social distancing and wearing masks are going to be our most effective tools in slowing the spread of COVID and keeping our community safe.”

• If someone is unable to wear a mask or face covering due to a medical condition or disability, please ask that Tribal Office or business for reasonable accommodation. For Tribal Employees seeking an exemption, please check with your immediate supervisor, and consult with public health. Children age 2 through 4 are highly encouraged to wear masks in public, children 5 and older are required to wear masks. If your child is not able to wear a mask, please plan ahead and avoid public areas referenced in this memo.

Masks will be available at the entrance of each building. They will be issued at the start of each shift, and continued to be worn throughout the day. If

(Continued on Page 40)
employees are at their work station/desk and are able to social distance (6ft), it is not required to keep the mask on. In the event that the mask becomes visibly soiled, saturated, or damaged, a new mask must be obtained. We ask all personnel to make every effort to help preserve the supply of PPE and reduce the need for replacement masks whenever possible. In place of a procedural face mask, simply wear a bandana, scarf, or neck gaiter around your nose and mouth. Or you may create a cloth face covering by either sewing one or using a no-sew method on the CDC website. Medical-grade surgical masks or N95 respirators are not required or necessary for general public use. Please see attached procedure on how to Don (apply) and Doff (remove) a face mask.

In addition to wearing a mask, these actions will help protect yourself and others from COVID-19:

• **Stay home if you are sick or feel off.**

• **Stay home if you do not need to go out.** Working from home, virtual gatherings, and using curbside or delivery ordering are still the safest and best options to protect yourself and others.

• **Stay 6 feet from other people.** Respiratory droplets are in the air when other people cough, sneeze, talk and breathe. Staying 6 feet from others will lower the chances of you coming in contact with the virus from those droplets.

• **Assume you have come in contact with COVID-19 if you go out.** Watch for symptoms like fever, cough, shortness of breath, fatigue, body aches, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea. If you have these symptoms, call your doctor to be tested.

**Public Health Contacts:**

Pam Feustel  
Phone: 715-682-7133 ext. 4344  
Cell: 715-292-7368  
p.fesutel@badriverhwc.com

Tina Gerovac-Lavasseur  
Phone: 715-682-7133 ext. 4501  
Cell: 715-292-9666  
t.gerovac@badriverhwc.com
(Continued from Page 40)

Infection Prevention Guidance on Donning and Doffing Face Masks

To Doff (remove) face mask with intent to reuse:
1. Perform hand hygiene
2. Remove mask (remove procedure mask by holding the ear loops. The front is contaminated so remove slowly and carefully.)
3. After removing face mask, visually inspect for contamination, distortion in shape/form. If soiled, torn, or saturated the mask should be discarded.
4. If the face mask is NOT visibly soiled, torn, or saturated, carefully store on a paper towel, or in a bag, exterior side down.
5. Perform hand hygiene.

To Re-Don (apply) Mask:
1. Perform hand hygiene
2. Grasp Mask (pinch procedure mask at the ear loops)
3. Place over face (secure ear loops behind the ears. Secure mask)
4. Perform hand hygiene

A disposable face mask can be worn throughout your shift if not visibly soiled, torn or saturated, and NOT touched while delivering patient care.
Isolation/Quarantine Order for the Bad River Community

Note: The quarantine ordinance puts into place the legal enforcement mechanism if a Tribal member who tests positive for COVID-19 refuses to quarantine for the safety of the Bad River Community.

This Order outlines the Bad River Community’s overall approach of how quarantine and isolation status is applied during the COVID-19 public health emergency. The Tribe has authorized the enforcement of isolation and quarantine orders for communicable diseases, like COVID-19, under Chapter 146 - Disorderly Conduct of the Tribal Court Code.

The Tribe reserves the right to modify this order or actions taken under it at any time based on with developing guidance and best practices for COVID-19. Additionally, while this Order outlines the overall approach, specific directions may differ as appropriate based on medical conditions.

DEFINITIONS

- Close Contact: A person is considered to be a close contact of a person who tested positive for COVID-19 if they met any one of the following scenarios:
  1) Did you have direct physical contact with the person (e.g. hug, kiss, handshake)?
  2) Were you within 6 feet of the person for more than 15 minutes?
  3) Could the person have had contact with any of your respiratory secretions (e.g. Coughed/sneezed on, contact with dirty tissue, sharing a drinking glass, food or towels or other personal items).
  4) Did you stay overnight for at least one night in a household with the person (i.e., household contact)?

- Indirect Contact: A person is an indirect contact if they have prolonged (15 minutes or more) contact with someone who is not positive, but is considered as having close contact (as defined above) to a person who tested positive for COVID-19.

- Household contact: Any person who lives in or spent at least one night in the house of a person who tested positive for COVID-19 during the infectious period.

PERSONS UNDER QUARANTINE OR ISOLATION ORDERS

NOTE: Persons who are under quarantine orders due to a positive COVID-19 test are not released from quarantine until they receive documentation from Public Health Director discharging them from the quarantine order. This Order provides guidance on when such a discharge from quarantine typically occurs.

Persons who tested positive for COVID-19:
Persons (both employees and non-employees) who tested positive for COVID-19 will be quarantined. If the person is under the Tribe’s jurisdiction, they will be quarantined per Chapter 146 - Disorderly Conduct of Tribal Court Code.

If the person is outside of the Tribe’s jurisdiction, a quarantine recommendation will be issued. The local public health authority where they live in may issue additional isolation/quarantine requirements.

(Continued on Page 43)
If a person is tested at a site other than the Bad River Health & Wellness Center, the person shall inform Public Health at 715-682-7133 #4344 or 715-292-7368 of their test date and medical documentation.

All persons who test positive will be contacted by contact tracers to identify who else may have been exposed to COVID-19. Persons who tested positive shall provide all information to the contact tracer to include past travel, symptoms, and who they were in contact with.

Quarantine will be discontinued once the person with the positive case meets the following:

- 10 days have passed since symptoms first appeared or the positive COVID-19 test result AND
- You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers) AND
- All symptoms have resolved (for example, when your cough or shortness of breath have resolved) AND
- If testing is not completed at the BRHWC, the community member must provide a certification of clearance from a qualified health provider. The result must be given to Public Health at 715-682-7133 #4344.

Employees will require medical authorization clearing them to return to work.

Household Contacts of a person who tested positive for COVID-19:

Household contacts will be subject to an isolation or quarantine order. If the household contacts are under the jurisdiction of the Tribe, they will be isolated or quarantined per Chapter 146 - Disorderly Conduct.

If the household contacts are not under tribal jurisdiction, an isolation/quarantine recommendation will be issued. Their local public health authority may issue additional isolation/quarantine requirements. All employees of the Bad River Tribe are required to report instances when members of their household are confirmed COVID-19 positive to Public Health.

All persons in a household of someone who tested positive will be contacted by contact tracers to identify who else may have been exposed to COVID-19. Persons in the household of someone who tested positive shall provide all information to the contact tracer to include past travel, symptoms, and who they were in contact with.

Isolation/quarantine of the household contacts will be discontinued once the person meets the following:

- 14 days have passed since the person in the household was released from quarantine.
  - NOTE: For people who continued to live in the same house, this 14-day timeframe begins at the end of the quarantine period for the person who
tested positive (when they are released). This requirement is due to the fact that persons living with the infected person could be infected throughout the entire initial quarantine period when the person was infectious.

- NOTE: For people who do not continue to live in the same house (such as if they were a visitor for one night or the infected person is separated into an entirely separate area such as self-contained basement, camper, or cabin), then this 14-day period is begins as of the date of last contact with the person who tested positive. Public Health will need to accept that the separation is adequate in order to allow tracking under this provision.

And
- You do not develop symptoms (Fever, cough, shortness of breath, sore throat, muscle pain, loss of taste or smell).
- If symptoms develop during the 14-day period, you must report symptoms to Public Health (715-292-7368) and contact your primary care provider.

Employees will require medical authorization clearing them to return to work.

People who have Close Contact with a person identified as having COVID-19 or those who had Close Contact (2 days prior or less) to a person who later tested positive for COVID-19.

Employees who had close contact with a person known to have COVID-19 shall notify Public Health of the close contact and isolate themselves in their home. Contact tracers will interview those with close contact to confirm the contact. If the contact is confirmed, those with close contact will be tested for COVID-19. If the results are positive the person will follow the guidance for Persons who tested positive for COVID-19. If the results are negative, the person will require to isolate themselves in their home for 14 days from the date of close contact with the person who tested positive or a negative test result is received. Employees will require medical authorization clearing them to return to work.

Non-employees who had close contact with a person known to have COVID-19 shall notify Public Health (715-292-7368 or 715-682-7133) of the close contact and isolate themselves in their home. Contact tracers will interview those with close contact to confirm the contact. If the contact is confirmed, those with close contact will be tested for COVID-19. If the results are positive the person will follow the guidance for Persons who tested positive for COVID-19. If the results are negative, the person will require to isolate themselves in their home for 14 days from the date of close contact with the person who tested positive or until a negative test result is received.

All Close Contacts- While in the 14-day isolation, all persons shall isolate themself at home and monitor themselves for symptoms. The person shall limit travel outside of the home to those trips that are absolutely necessary for food and supplies. The person shall wear a mask when making those trips and limit exposure to others in the household. The person should contact the clinic at 715-682-7133 if they develop symptoms. If symptoms become severe or life-threatening they should call 911 or go to the Emergency Room.
Close Contacts are released from isolation if they do not develop symptoms within the 14-day period while potentially infectious or a negative test result is received.

PERSONS WHO NEED TO MONITOR HEALTH CONDITION

People who have Indirect Contact with a person identified as having COVID-19 or those who had Indirect Contact (2 days prior or less) to a person who later tested positive for COVID-19.

Employees who had indirect contact with a person known to have COVID-19 shall notify Public Health of the indirect contact. Contact tracers will interview those with indirect contact to confirm the contact was not close contact. If the contact is confirmed as indirect, the person will be required to test for COVID-19. If the results are positive the person will follow the guidance for Persons who tested positive for COVID-19. If the results are negative, the person will be cleared for work, but shall monitor themselves for symptoms and notify Public Health if symptoms appear.

Non-Employees who had indirect contact with a person known to have COVID-19 will be offered a COVID-19 test. If the results are positive the person will follow the guidance for Persons who tested positive for COVID-19. If the results are negative, the person shall monitor themselves for symptoms and notify their primary care provider if symptoms appear.

SELF-ISOLATION REQUIRED PENDING FURTHER DIRECTION

Persons who have symptoms of respiratory illness (fever, cough, shortness of breath, sore throat, muscle pain, loss of taste or smell).

Employees who have symptoms of respiratory illness such as Fever, Cough, shortness of breath, sore throat, muscle pain, or loss of taste or smell shall isolate themselves at home and contact Public Health. The employee will be required to meet with primary care provider to be screened for testing for COVID-19 or may be required to complete a 14-day isolation of which the last 3 days must be asymptomatic based on medical direction. Employees will require medical authorization clearing them to return to work.

Non-employees who have symptoms of respiratory illness such as Fever, Cough, shortness of breath, sore throat, muscle pain, or loss of taste or smell shall isolate themselves at home and contact BRHWC or primary care provider.

GENERAL GUIDANCE

Community members who have a different scenario than listed above, or have a concern about COVID-19:

Everyone should monitor themselves for symptoms of illness, limit travel, and practice social distancing. Social distancing means staying 6 feet or more away from others. If a community member has concerns or questions about COVID-19, they can call Public
Health at 715-682-7133 for more information on COVID-19.

If the person starts experiencing symptoms of respiratory illness (fever, cough, shortness of breath, sore throat, muscle pain, loss of taste or smell) they should call the Bad River Health & Wellness Center Triage line at 715-682-7133 or their medical provider.

Contact Tracing

The Tribe’s Public Health Department is functioning as a tribal public health agency for this COVID-19 public health emergency. As COVID-19 is a communicable disease, this means the Tribe needs to identify people who have been in contact with a person who tested positive for COVID-19 as those contacts were exposed to the disease.

Contact Tracers are required to keep the identification of a person who tested positive for COVID-19 private as they contact other people who may have been exposed. Contact tracers will not confirm, deny, or disclose the identity of someone who tested positive to those they are contacting. The individual who tested positive may self-disclose their status.

Contact tracers may through the interview process, identify someone as having contact with a person who has tested positive for COVID-19. Contact tracers will identify the person as being a household contact or having close contact or indirect contact. If a person (both employee or non-employee) is identified as having a contact with person who tested positive for COVID-19, they must follow the guidance in this Order that matches their level of contact. If the contact level is not clear to the contact tracers, but contact exists, the person will be considered as having close contact.

The Tribe, as part of its workplace-related medical surveillance order for COVID-19, refers all employees for testing if they are identified as a household or close contact through contact tracing. Based on this referral, Public Health will inform the Tribe’s HR and/or Public Health Departments of test and quarantine/isolation status of employees.

The following are the normal types of questions that contact tracers ask people as part of the contact tracing process. Both the Primary person (person who tested positive for COVID-19) and other people identified as potential contacts are contacted.

1) Name
2) Date of birth
3) Sex
4) What is your occupation and name of workplace?
5) Are you in close contact with other people while you are at work?
6) Do you work in a health-care, long-term care facility, or a setting that serves elderly?
7) Where do you live?
8) Who else lives with you?
9) Where do the others in your household work?
10) What date did symptoms first occur?
11) What symptoms have you experienced?
12) Did you have a COVID-19 test? If so, when? Where were you tested, what were the results?
13) Have you had close contact with other community members who are not in your household over the last 14 days prior to onset of symptoms? If so, who?
Disorderly Conduct Code

Bad River Tribal Court Code
Chapter 146 – Disorderly Conduct Code

relating to: disorderly conduct code title, statement of purpose and definitions, enforcement and penalties.

an amendment relating to: Public Health Quarantine Order dated August 6, 2020 enforcement; and
an amendment relating to: applying the Public Health Release dated July 20, 2020 regarding face coverings and masks to public or business space and outdoors where unable to maintain physical distance and enforcement.

Chapter 146 of the Bad River Tribal Court Code is created to read:

Section 146.01 Title, Statement of Purpose and Definitions.

A. **Title.** This Code may be cited as the “Disorderly Conduct Code.”

B. **Statement of Purpose.** The purpose of this Code is to:

1. Eliminate offensive behaviors and maintain peace within the Bad River community;

2. To hold violators accountable for their actions;

3. To promote health, safety, and well-being to anyone within the boundaries of the Bad River Reservation.

C. **Construction.** This Chapter shall be liberally construed to effect the purposes stated above and shall be interpreted to comport with the customs and traditions of this Tribe. If Tribal Law, customs, or traditions are inconclusive in any matter arising under this chapter, then other Tribal Law, Federal Law, and as a last resort, the law of the State of Wisconsin, may be used for guidance.

D. **Definitions.** As used in this Chapter the following terms shall have the meanings given below:

**Disorderly Conduct**

Any person subject to the jurisdiction of the Bad River Reservation who is found, by a preponderance of the evidence, to have engaged intentionally in any of the following behaviors on the Reservation, knowing, or having reasonable grounds to know that such behavior will, or will tend to alarm, anger or disturb others or provoke an assault or breach of the peace, is guilty of disorderly conduct, which is a civil misdemeanor, and is subject to a fine.

(Continued on Page 48)
1. Disorderly Conduct means:
   a) Engaging in brawling or fighting; or
   b) Disturbing a lawful meeting or assembly of persons without lawful authority; or
   c) Engaging in offensive, obscene, abusive, or abusive conduct tending to reasonably arouse alarm, anger, or resentment in others or uses offensive, obscene, or abusive words which by their very utterance, inflict injury or tend to incite and immediate breach of the peace; or
   d) Blocking vehicular or pedestrian traffic without lawful authority; or
   e) Preventing the free ingress or egress to public or private places without lawful authority; or
   f) Making a false report or warning of a fire, impending explosion or other catastrophe in a place in which such an occurrence would endanger human life; or
   g) Appearing in a public or private place in an intoxicated and disorderly condition; or
   h) Creating a disturbance, while hosting or attending celebration, so as to disrupt the peacefulness of the neighborhood or community through loud noises and/or fights or other obnoxious behavior; or
   i) Playing his/her music from any car, house or music player so as to create a disturbance to the neighbors or community members, between the hours of 10:00 p.m. and 8:00 a.m. Creating a disturbance or disrupting the peace shall be determined by the enforcement officer(s) from the complainant’s location, or shall be determined using a decibel meter reading of 90-95 dB, or be determined by whether the noise can be heard from a distance of 500 feet or more from the disturbance.

   an amendment relating to: Public Health Quarantine Order dated August 6, 2020 enforcement

j) Public Health Emergency in Response to the SARS – Cov – 2 virus. Quarantine. If the Public Health Nurse reasonably believes or is informed of the existence of COVID – 19 infection, the Nurse shall immediately investigate and make or review the diagnostic report of a physician, the notification or confirmation report of a patient or a parent or caretaker of a patient and quarantine, isolate, require restrictions or take other action pursuant to the Public Health Order dated August 6, 2020.

   an amendment relating to: applying the Public Health Release dated July 20, 2020 regarding face coverings and masks to public or business space and outdoors where unable to maintain physical distance and enforcement.

k) Public Health Emergency in Response to the SARS – Cov – 2 virus. All persons age 5 and older shall wear a mask or other face covering or mask
over their nose and mouth when in the following situations: inside any public or business space; and while outdoors in public spaces and unable to maintain a 6 – foot distance between individuals.

Section 146.02 Enforcement.

A. The Tribal Police shall have the authority to investigate any disturbance on the Reservation. Upon reasonable suspicion, which may be based on the complaint of another person, that any person subject to the jurisdiction of the Bad River Reservation is engaging in or has engaged in disorderly conduct as defined in section 146.01D. of this chapter, the Tribal Police shall determine whether a citation according to Section 146.03 of this chapter shall be issued.

B. As used in this section, “Reservation” means lands owned or held in trust for the Bad River Tribe.

C. Nothing contained in this section shall be construed as a waiver of sovereign immunity of the Bad River Band of Lake Superior Chippewa.

an amendment relating to: Public Health Quarantine Order dated August 6, 2020 enforcement

D. The Tribal Police shall have the authority to execute the Public Health Order dated August 6, 2020 and a Public Health Nurse quarantine, isolation, restriction or other action if the quarantine or other restriction is violated, including removing a person to a designated place.

Section 146.03 – Penalties.

Any person who violates this Chapter shall be subject to the following:

A. A civil forfeiture not less than $50.00 but not to exceed $500.00 for the first offense; and/or

B. A civil forfeiture not less than $100.00 but not to exceed $1000.00 for a second offense within a five (5) year period; and/or

C. A penalty other than those stated above as deemed appropriate by the Court, to be determined on a case-by-case basis.
# Elderly Center Menu

**March**

<table>
<thead>
<tr>
<th>Date</th>
<th>Menu</th>
<th>Text</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Soup – Tomato Rice &amp; Cheese on Whole Wheat, Lettuce &amp; Tomato Salad Jello</td>
<td>2</td>
<td>CLOSED In Service</td>
<td>BBQ Chicken, Cherry Rice, Peas, ColeSlaw with Fruit</td>
<td>5</td>
<td>Lemon Pepper Cod, Boiled Baby Belts, Roasted Green Beans, Applesauce</td>
</tr>
<tr>
<td>2</td>
<td>Glassed Pork Loin Chop, Steamed Brown Rice, Cabbage &amp; Potatoes, Pineapple Slices, Jello Cups</td>
<td>3</td>
<td>CLOSED In Service</td>
<td>BBQ Chicken, Cherry Rice, Peas, ColeSlaw with Fruit</td>
<td>6</td>
<td>Lemon Pepper Cod, Boiled Baby Belts, Roasted Green Beans, Applesauce</td>
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<td>3</td>
<td>Eggplant Parmesan, Italian Bread, Orange Jello, Corn Muffin</td>
<td>4</td>
<td>CLOSED For Cleaning</td>
<td>Pork Choo Mein, Steamed Brown Rice, Mini Egg Roll, Fortune Cookie, Cottage Cheese w/ Fruit</td>
<td>7</td>
<td>Creamy Tomato Casserole w/ Peas &amp; Carrots, Homemade Biscuit, ColeSlaw, Orange Segments</td>
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<tr>
<td>4</td>
<td>Spaghetti with Meat Sauce, Corn, Sliced Bread, Orange Jello w/ Monterey Jack Cheese, Cheese Stick, Water Crisp, Tropical Fruit Cup</td>
<td>5</td>
<td>CLOSED In Service</td>
<td>Pork Choo Mein, Steamed Brown Rice, Mini Egg Roll, Fortune Cookie, Cottage Cheese w/ Fruit</td>
<td>8</td>
<td>Creamy Tomato Casserole w/ Peas &amp; Carrots, Homemade Biscuit, ColeSlaw, Orange Segments</td>
</tr>
<tr>
<td>5</td>
<td>Cream of Chicken Wild Rice, Ground Bologna on Whole Wheat, Applesauce</td>
<td>6</td>
<td>CLOSED For Cleaning</td>
<td>St. Patty’s Dinner, Corned Beef &amp; Colcannon, Roasted Veggies, Rye Roll, St. Patty Cupcake</td>
<td>9</td>
<td>Fishwich on Whole Wheat bun, Sweet Potato Fries, Baked Beans, Lemon Pudding Cup</td>
</tr>
<tr>
<td>6</td>
<td>Spinach Rice with Ground Beef, Green Beans, Assorted Roll, Fruit Salad, Him Patty w/ Cheese on Whole Wheat Bun, Lettuce &amp; Tomato Salad, Fresh Corn, Orange</td>
<td>7</td>
<td>CLOSED For Cleaning</td>
<td>Meatloaf, Mashed Potatoes with Gravy, Green Beans, Birthday Cupcake</td>
<td>10</td>
<td>Chicken Broccoli &amp; Cheese Bake, Corn Muffin, Fresh Fruit</td>
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<tr>
<td>7</td>
<td>Vegetable Beef Frijole with Peanut Butter &amp; Cheese, Sliced Fresh Fruit</td>
<td>8</td>
<td>CLOSED In Service</td>
<td>Meatloaf, Mashed Potatoes with Gravy, Green Beans, Birthday Cupcake</td>
<td>11</td>
<td>Chicken Broccoli &amp; Cheese Bake, Corn Muffin, Fresh Fruit</td>
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<tr>
<td>8</td>
<td>Creamed Potato with Whole Wheat Bun, Jello, Sliced Beets, Carrot Orange Salad, Tomato Spinach Salad, Breakfast Tea, Whole Wheat Roll, ColeSlaw, Grapes</td>
<td>9</td>
<td>CLOSED In Service</td>
<td>Meatloaf, Mashed Potatoes with Gravy, Green Beans, Birthday Cupcake</td>
<td>12</td>
<td>Chicken Broccoli &amp; Cheese Bake, Corn Muffin, Fresh Fruit</td>
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</tbody>
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**ONAAABANI-GIIZIS** (Hard Crust on the Snow Moon)

**Menu Subjects to Change**

2021
DID YOU KNOW?

March is Self-Harm Awareness Month

- Self-Harm or Self-Injury means hurting yourself on purpose.
- Hurting yourself or thinking about hurting yourself is a sign of emotional distress.
- People often keep self-harm a secret, but the urge to self-harm isn’t uncommon.

- Self-harm is not a mental illness, but a behavior that indicates a need for better coping skills.
- There are effective treatments for self-harm that can allow a person to feel in control again.
- The first step in getting help is talking to a trusted adult, friend, or medical professional.

Bad River Zhawenindig Program Services
53755 Oak St. Odanah Wi. - 715-682-7151
VIRTUAL LEARNING SUPPORT HOTLINE
715-413-2126

Call for help with distance learning tools!
Monday - Friday
8:00am - 4:00pm

Lake Superior Elementary
and
Marenisco Valley School

School District of Ashland
Excellence in Education
We are partnering with Joy Schelble & CANSKI to offer a Cross Country Ski Loan Program

**DETAILS**

**WHO CAN BORROW SKIS?**

Anyone in Kindergarten through 8th grade with a current Club membership.

**HOW MUCH DOES IT COST?**

Nothing! All you have to do is fill out a simple form that includes your name, address and telephone number.

**WHERE DO I GO TO BORROW SKIS?**

The Mashkisibi Boys & Girls Club

---

**DETAILS**

**WHEN CAN I PICK UP SKIS?**

Contact Kristi at the Club to schedule a time to fill out form and pick up the skis.

**HOW LONG CAN I KEEP THE SKIS?**

They are yours to use all winter!

Please contact the Club to sign up for this great program!
Vegetable Snowman
Camil Wells, MS, RD, Extension Educator
Email: cwellis2@uni.edu • Phone: (308)-385-5088
UNL Extension in Hall County

Vegetable Snowman

This vegetable snowman recipe allows kids to create their own version of the snowman using delicious and healthy vegetables. Let the fun begin!

Vegetable Snowman

- Ranch dressing
- Cucumber slices
- Cherry tomatoes
- Sliced olives
- Bell peppers
- Carrot sticks

1. Place ranch dressing in a small cup for the snowman’s head.
2. Assemble vegetables in the shape of a snowman using cucumber slices for the body, carrots for arms and nose, cherry tomatoes for buttons, bell peppers for hat and scarf, and olives for the eyes.
3. Be creative and feel free to use any vegetables you have on hand.
4. A “Vegetable Snowman” is a great item to bring to holiday parties and family events

Did you know?
- Children ages 2 to 5 need between 1 and 2 cups of vegetables each day.
- Vegetables are a great snack filled with vitamins and minerals.
- It is common for young children to dislike or refuse some vegetables.
- Patience works better than pressure. Offer your children a variety of foods. Then let them choose how much to eat.

Making Vegetables More Appealing

- Be a good role model for children by eating vegetables yourself with meals and as snacks.
- Let your kids be “produce pickers.” Let them pick out the vegetables at the store or farmers market.
- Try different forms - vegetables may be fresh, frozen, canned, or dried, and may be whole, cut-up, or pureed.
- Offer choices. Rather than ask, “Do you want broccoli for dinner?” ask “Which would you like for dinner, broccoli or cauliflower?”
- Kids like to taste what they have helped prepare. Depending on their age, children can help clean, peel, or cut up vegetables.
- Children often prefer foods served separately. So, rather than mixed vegetables try serving two vegetables separately.

For more information check out Food Fun for Young Children at: http://food.unl.edu/web/fnh/food-fun-for-young-children or on Pinterest at: http://pinterest.com/cwellis1/food-fun-for-young-kids

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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‘End’ Quote


~ Author Unknown

BAD RIVER HOUSING
BOARD OF COMMISSIONERS
MEETINGS

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<th>REGULAR MEETING</th>
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<td>1/12/21</td>
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