



BOYS & GIRLS CLUB
OF GITCHIGAMI

Boys & Girls Club
NEWSLETTER
March 2020



MISSION & VISION

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WELCOME
Boozhoo!!



HELP PRESERVE OUR CULTURE, TRADITIONS AND COMMUNITY



YOUTH OF THE MONTH, STAFF CORNER & HAPPENINGS

Pg. 4 and on

CLUB CALENDAR

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MAY YOU HAVE THE HINDSIGHT TO KNOW WHERE YOU'VE BEEN
THE FORESIGHT TO KNOW WHERE YOU'RE GOING
AND THE INSIGHT TO KNOW WHEN YOU'RE GOING TOO FAR.

- **MISSION:** *To enable all youth people, especially those who need us most, to reach their full potential as caring, productive and responsible citizens.*

To offer opportunities to provide Native youth with ongoing relationships with caring adult professionals, a safe place to learn and grow, life-enhancing programs, character development experiences and, most of all, hope and opportunity. Clubs promote positive youth growth and development along critical cultural, social, emotional, intellectual, and physical dimensions.

- **VISION:** *Boys & Girls Club Movement in achieving our ambitious vision of great futures for all young people, while sustaining and respecting each community's unique cultural values, traditions and ways.*





Club Calendar

**All Club activities are canceled until
further notice due to safety and health
concerns of Coronavirus (COVID-19).
Please watch for updates as they come
available.**

Dear Club Parents / Gaurdians,

Our commitment to keeping the young people we serve safe is always our number one priority. Following the Coronavirus (COVID-19) outbreak, it's important that you know the Boys & Girls Club of the Red Cliff Band of Lake Superior Chippewa is doing everything possible to keep your child, our staff, and volunteers protected from its spread. We have also temporarily closed to help protect from spreading as well. The Tribe is also closely monitoring reports from the Centers for Disease Control and Prevention (CDC) and our local health department for all updated information.

As a reminder, we recommend these preventive actions every family should take to prevent exposure to COVID-19.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Stay home when you are sick.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask:
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
 - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
- Wash your hands often:
 - Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - It takes an average of 11.8 seconds to sing the entire **Happy Birthday** song, so if you sing it twice, that will ensure you've scrubbed long enough. This is a great method to share with children in your family. While this measure is simple, it is effective.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
 - For more information about handwashing, see [CDC's Handwashing](#) website
- The CDC also provides specific guidance for travelers.

At this time, there is no evidence that children are more susceptible. Children should engage in usual preventive actions to avoid infection, including cleaning hands often using soap and water or alcohol-based hand sanitizer, avoiding people who are sick.

The National Child Traumatic Stress Network offers a [Parent/Caregiver guide](#) for COVID-19 with more helpful information for families.

Should you have any questions or concerns about this or any other matter, please do not hesitate to contact the Red Cliff Tribe directly. Our commitment to you and your children is unwavering.

Sincerely,

The Staff of the Boys & Girls Club of Gitchigami

SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER

COUGH

**SHORTNESS
OF BREATH**

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

***Symptoms may appear 2-14 days after exposure.**



For more information: www.cdc.gov/COVID19-symptoms

Symptoms

Coronavirus

Symptoms range from mild to severe

Cold

Gradual onset of symptoms

Flu

Abrupt onset of symptoms

	Fever	Common	Rare	Common
	Fatigue	Sometimes	Sometimes	Common
	Cough	Common* (usually dry)	Mild	Common* (usually dry)
	Sneezing	No	Common	No
	Aches and pains	Sometimes	Common	Common
	Runny or stuffy nose	Rare	Common	Sometimes
	Sore throat	Sometimes	Common	Sometimes
	Diarrhea	Rare	No	Sometimes for children
	Headaches	Sometimes	Rare	Common
	Shortness of breath	Sometimes	No	No

Sources: World Health Organization, Centers for Disease Control and Prevention

Staff Corner



[Paige Moilanen, Youth Director](#)



[Don Gordon III, Activities Coordinator](#)



[Darrell Murphy, Youth Worker](#)



[Abe Butterfield, Youth Worker](#)

GREAT FUTURES START HERE.



BOYS & GIRLS CLUBS
OF THE RED CLIFF BAND OF
LAKE SUPERIOR CHIPPEWA

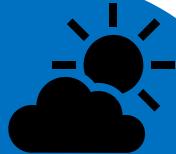
Gitchigami



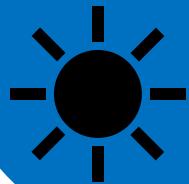
[Mark Defoe, Youth Worker](#)



School Year Hours

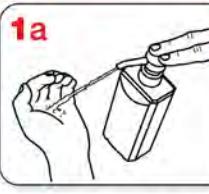


The Club is closed due to
Coronavirus (COVID-19).
We hope to open back up in
April. Please watch for
updates.



How to handrub?

WITH ALCOHOL-BASED FORMULATION

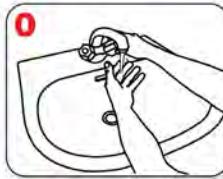


Apply a palmful of the product in a cupped hand and cover all surfaces.

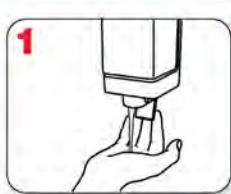


How to handwash?

WITH SOAP AND WATER



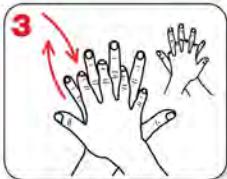
Wet hands with water



apply enough soap to cover all hand surfaces.



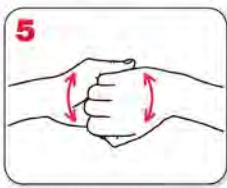
Rub hands palm to palm



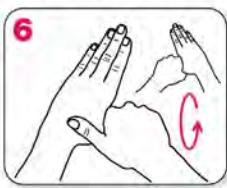
right palm over left dorsum with interlaced fingers and vice versa



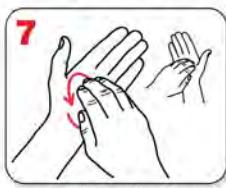
palm to palm with fingers interlaced



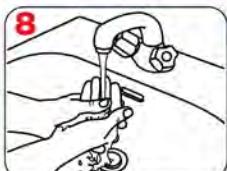
backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



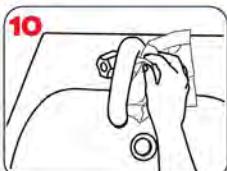
rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



rinse hands with water



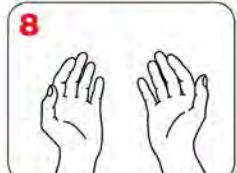
dry thoroughly with a single use towel



use towel to turn off faucet



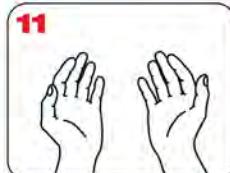
20-30 sec



...once dry, your hands are safe.



40-60 sec



...and your hands are safe.

50 Activities for Youth and Adults

1. These 12 famous museums—from London to Seoul—offer virtual tours you can take on your couch.
2. If kids are missing their school friends or other family, try video chats to stay in touch.
3. Practice multiplication and script with your kids. That'll put them in a REALLY good mood. For older kids, break out the practice tests.
4. Build a fort with blankets or cardboard boxes.
5. Make time for active play. Bring out the blocks, balls, jump ropes and buckets and let the creativity go.
6. Wash the floors by hand. Or use a toothbrush.
7. Do that mending and ironing you've been putting off since 2004.
8. Calm yourselves with mindfulness meditation. Check-out the Moodparth app to track moods, Headspace and Calm for meditation.
9. Groom the dog. Then suck all the fur off your couch.
10. Make mazes or puzzles for each other to solve.
11. Find all the lids to the Tupperware.
12. Make homemade mini pizzas.
13. Download an app and learn how to edit videos.
14. Call your elderly neighbors and see what you can do to help. Make happy notes and leave them on their door.
15. Play Monopoly with the rules that make the game go slower.
16. Go through your junk drawer. Do not be afraid.
17. Create a treasure hunt for them (leaving clues around the house or yard).
18. Maintain a sense of hope and positive thinking; consider keeping a journal where you write down things you are grateful for or that are going well.
19. Sort mementos into keep and toss piles. Spend time poring over the keepers—after all, that's why you're keeping them.
20. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
21. Make a master calendar for gift-giving dates. Shop ahead online. Or for yourself. Pretend there are sales.
22. Put on your fanciest dress-up clothes, evening dress and jewelry and pretend you're in an old movie.
23. Scan old photos and make a photo book. Then force the kids to look at pictures of their parents when they were little.
24. Do a science experiment.
25. Order seeds and plants for your spring garden. Yes, spring will come eventually.

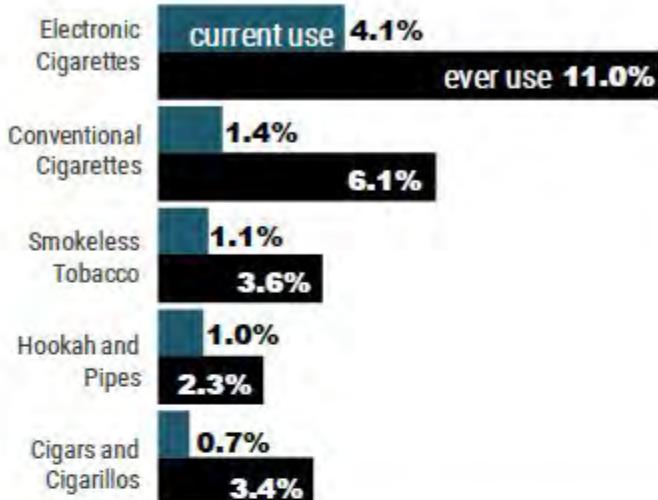
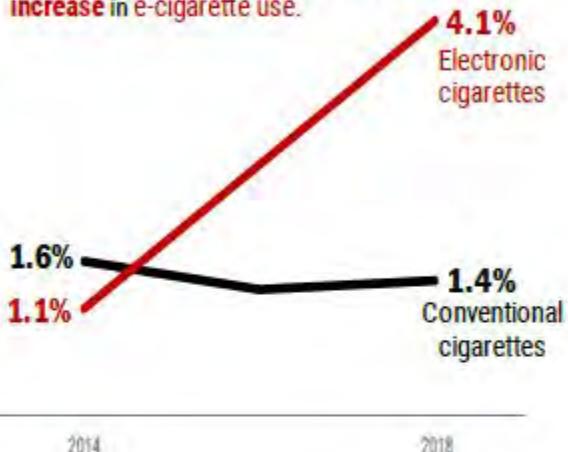
26. Go through clothes (for you and your children) in drawers and closet. Try on and toss.
27. Upload your CDs, finally. Now, this may be difficult: Toss the CDs and the CD player.
28. Pitch a tent inside and have a family campout.
29. Take out all the beach chairs, umbrellas and boogie boards and make a beach day in your living room.
30. Create a schedule for your day – but don't put too much pressure on yourself to stick to it.
31. Make fun decorations and decorate the house with them.
32. Collect all the pennies from the corners of the house, coat pockets, sofa cushions, jeans in the laundry. Maybe you'll have enough for a cup of coffee at Starbucks. Then again, maybe not.
33. Write a letter. You know the kind, with pen and paper.
34. Make snowflakes out of paper. Tape them to your windows to block out the white piles outside.
35. Teach haiku—five, seven, five—and make a book of illustrated snow haiku.
36. Play this fun game with your kids: Let's Clean the Bathroom!
37. Do shadow puppets in the dark.
38. Play family-friendly spin the bottle with your chore list. Hope it doesn't point to you when it's time to clean toilets.
39. Mani-pedi, scrub or mask, deep condition..
40. Learn to juggle.
41. Bubble bath. Turn down the lights, light a candle and pretend you're in a spa. Doesn't do it for you? It's not completely impossible that a real one is open.
42. Experiment all day on devising the ultimate chocolate chip cookie. Tasting mandatory.
43. Begin your memoirs.
44. Make a comic book.
45. Take pictures of all your belongings to inventory for insurance. Now do a written inventory.
46. Sleep. Glorious sleep.
47. Have a reading or movie marathon.
48. Take turns saying tongue twisters.
49. Send messages to your friends and relatives with your favorite memories with them.
50. Build paper airplanes and have a flying contest.

Middle School Snapshot

Youth Tobacco Survey 2018

As conventional cigarette use has declined, e-cigarette use is rising.

From 2014 to 2018, there was a **272%** increase in e-cigarette use.



1 in 9 Wisconsin middle schoolers have ever tried e-cigarettes.

96%

of those who have ever used e-cigarettes first tried an e-cigarette before age 13.



47%

of those who have ever used e-cigarettes tried e-cigarettes before any other product.



95%

would not use unflavored tobacco products.



93%

think smoking does not make you look cool.



19% live in homes where others smoke.

20% rode in vehicles where others smoked in the last week.



41%
of middle schoolers said it is easy to get tobacco products.

93%
of middle schoolers agree secondhand smoke is dangerous.

90%
of middle schoolers agree all tobacco products are dangerous.

72%
of middle schoolers think kids are targeted by tobacco companies.



WISCONSIN DEPARTMENT
of
HEALTH SERVICES

P-01624a (Rev. 01/2019)

Division of Public Health

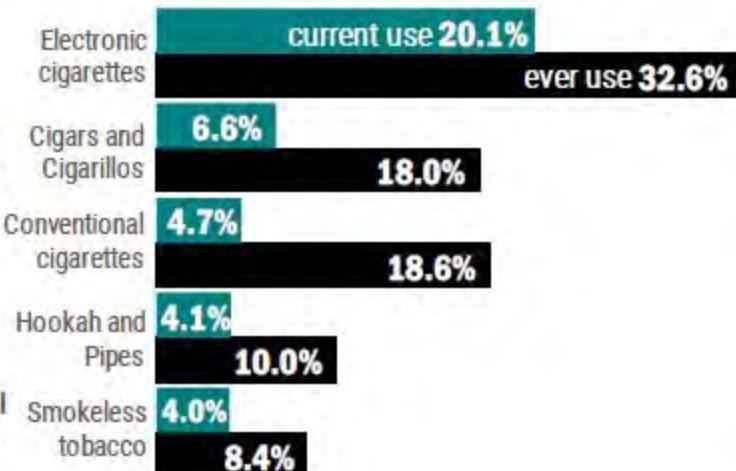
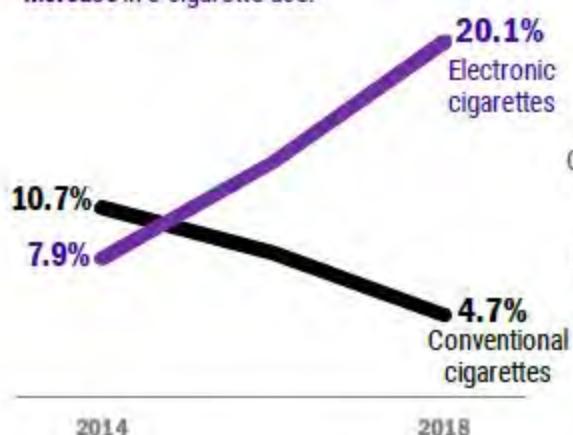
Tobacco Prevention and Control Program

High School Snapshot

Youth Tobacco Survey 2018

As conventional cigarette use is declining, e-cigarette use is rising.

From 2014 to 2018, there was a **154%** increase in e-cigarette use.



1 in 5 

Wisconsin high schoolers use e-cigarettes.

1 in 4

of those who have ever used e-cigarettes first tried an e-cigarette before age 16.



16%

of e-cigarette users also smoke conventional cigarettes.



89%

would not use unflavored tobacco products.



more than **1 in 3**

current smokers usually smoke menthol-flavored cigarettes.



 **19%** live in homes where others smoke.

24% rode in vehicles where others smoked in the last week.



76%
of high schoolers said it is easy to get tobacco products.

15%
of high schoolers have never seen a warning label on a cigarette pack.

88%
of high schoolers agree all tobacco products are dangerous.

40%
of high school tobacco users want to quit using all tobacco products.



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P-01624 (Rev. 01/2019) | Division of Public Health | Tobacco Prevention and Control Program