

# MnTRECC News

[www.mntrecc.net](http://www.mntrecc.net)



## Planning Team & Tribal Early Childhood Resource Meetings

Minnesota Tribal Resources  
for Early Childhood Care  
MnTRECC  
Edition 4- March 2015

**Inside this Issue:**

The MnTRECC Planning Team and Tribal Early Childhood Resource Meetings were held January 23, 2015, in Red Lake (Update on p 9-10). The next Planning Team meeting is scheduled for April 16-17, 2015 in Mille Lacs.



Spring is upon us! If you get a chance to visit a Maple Sugar Camp—Do it!



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At MnTRECC we have worked to get ads out throughout Minnesota for Parent Aware. You can listen for Nicole Buckanaga's voice on KOJB, KKBJ and KQRS, KB101, KOAD, and KLGR.

Print ads for Parent aware are running in all tribal newspapers. We are hoping to encourage the use of training and tools from Parent Aware through this media advertising blitz. Help spread the word. Valuable tools to gain much knowledge and educate our children are available at: [Parent Aware.org](http://Parent Aware.org)



**Time to work on your education?**

**To apply visit:**

T.E.A.C.H early childhood MINNESOTA is a higher education scholarship Program intended to help early childhood and school age care professionals increase their levels of education, compensation and commitment to the field. PLEASE contact me so I can assist you with your educational goals.

Sandra Gehrke, Professional Development Coordinator

MnTRECC

[Sandy.gehrke@llojibwe.org](mailto:Sandy.gehrke@llojibwe.org)

218-335-8383

**The more that you read, the  
more things you will know,  
the more that you learn, the  
more places you'll go. *Dr. Seuss***

I would also like to encourage you to explore AMAZE  
This is an Anti-bias curriculum for working with Young  
Children.

*Check it out at [Amazeworks.org](http://Amazeworks.org)*

*It really is amazing to see it in action here at the early  
childhood center on the Leech Lake Reservation.*

*Children are learning to use their words, social skills and  
to build academic success.*

*Upcoming Event for MnTRECC— Positive Indian Parenting  
Trainers and Amaze Trainers will attend a Pampering  
Providers Day @ Grand Casino in Mille Lac's on April  
10th, 2015 from 8:30—4:00*

A fun idea for a snack.....

#### Flavored Milk Directions

Puree 2 cups thawed frozen strawberries, peaches or  
mixed berries and 3 tablespoons white grape juice con-  
centrate with no added sugar in a blender. Stir about 1/3  
cup of the fruit puree into 1 cup low-fat milk. Cover and  
refrigerate the remaining puree for up to 5 days.

Recipe courtesy Food Network Magazine



*Education is not filling of a pail but  
the lighting of a fire.*

William Butler Yeats

## From The Desk of MnTRECC Outreach/Grants Coordinator Michele Fredrickson

### Update for Outreach/Grants Coordinator

Outreach will have booths at Upcoming Events - I have quite a few events on the calendar already.

April 17 @ Bena for "Celebration of Child Care Providers"

April 18 @ Park Rapids for "2015 United for Children Conference"

May 29 @ Minneapolis for "Metro Resource Fair"

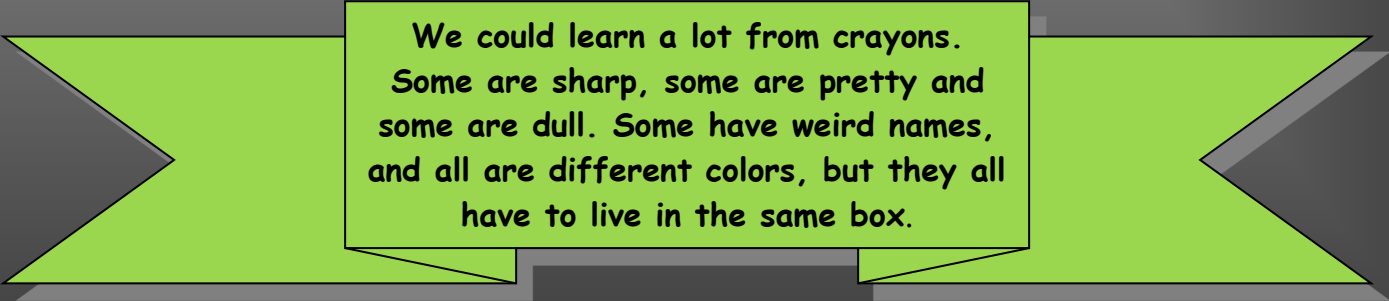
June 5 @ Northern Lights Casino for "Early Childhood Infant/Toddler Fair"

August 11-13 @ Shooting Star Casino for "Communities Collaborative Conference"

September @ Minneapolis for "Native American Days Celebration"

Grants - grant closeout deadline is coming up fast, May 15 is the date to have receipts (dated by April 15), training certificates and required documentation submitted to me for closeout. As of 3/16/15 I have five providers who have successfully closed out their grants, seven programs remain to submit documentation.

Highlights - I attended Metro Workgroup Meeting on February 20, 2015  
Cultural Sensitivity Training in St. Cloud on January 14, 2015  
Child Care Aware Annual Statewide Meeting on January 15, 2015  
Worked at the Registration Table for Leech Lake Career Fair at Northern Lights Casino on February 13, 2015



**We could learn a lot from crayons.  
Some are sharp, some are pretty and  
some are dull. Some have weird names,  
and all are different colors, but they all  
have to live in the same box.**



I am the Early Childhood Administrative Assistant

I will be working at ECD for 5 years this coming April

SPOTLIGHT on  
LuAnn Robinson  
Leech Lake  
Early Childhood

I enjoy helping my co-workers out with anything HR-personnel related. It means a lot to me to ensure their needs are being taken care of. I also enjoy helping my boss out with administrative work that he can't always get to, I like for my co-workers to feel that they can count on me.

Past positions I've held were Benefits Specialist for AON Hewitt in The Woodlands Texas. I specialized in health benefit plans, 401k and pension plans. I also worked as a Compensation Specialist, I've been an Administrative Assistant for the Planning Division. I've also worked at a hotel in customer service!

My future plans are to finish my college degree, open my own business and to travel more with my family. I also plan on being a ROCK STAR (I love to sing)!!

I like to run, ride bike and spend anytime outdoors with my family. We love picking berries in the summer and having bonfires all summer long. I also like to sing whenever and wherever I can.

A couple of quotes I use and actually having hanging in my office are:

"Be thankful for what you have and you will end up having more. If you concentrate on what you don't have, you will never have enough."

"Obstacles are put in our way to see if we really want to reach our goals, or if we just thought we did"

I am most proud of my children of course! They all have such passion for life, they don't let anything get in their way of achievement and they live in the moment! It's beautifully contagious. I wake up every morning excited, blessed, grateful and appreciative to be their mother and love that I get to spend my time with them.



# SPOTLIGHT on Fay Hopkins Metro Workgroup Member



Name: **Fabienne (Fay-Bee-Ann) Hopkins**

Current Position: **Hennepin Baseline Coordinator/ Quality Coach**

How long have you been in this job? **7 years**

Highlights of your job/what you enjoy most about this position: **Working with Practitioners and seeing the results of their growth which affects the lives of the children and the parents and ultimately the community when children are ready for school.**

Past positions held: **Child care owner/operator**

Future plans include: **Completing my degree/ child development center/ counseling & consulting & training continued work in domestic abuse advocate & possible guardian ad litem**

What do you do in your free time? For fun? **Travel, dining out, theater, music concerts, and hanging with my three friends, plays, art museum, dancing and being with my grand's (grand-children).**

What is your personal mission statement?

**Victory is not by choice it's by change!**

**When I die my eyes will be closed and my heart wide open because I gave all the love I have away and I have lived on purpose and fulfilled my destiny.**

**Have you found joy in your life? Has your life brought joy to others?**

Any personal information you wish to share: (kids/pets/hobbies, etc.)

**I have a son Steven 33 who is in Special Forces a green beret and my grandson Deymonsieur. I have a daughter Chloe' 31 does party events for children and she has a daughter Nia. I love to fish, and desire to work on my family journal and ancestry.**

Any other information about you we can share with our readers and/or that you would like to share:

**I'm very grateful to be part of the Metro work group, and my son created our logo.**

# NICCA

## National Indian Child Care Association

NICCA Biennial Conference  
Uniting to Empower Tribal Children and Families

Mark Your Calendars for September 14 - 16, 2015  
Washington Court Hotel - Washington, D.C.

Join NICCA for the 2015 gathering of Tribal child care affiliates as we unite to gain knowledge, share stories, and celebrate progress for our children.

NICCA has planned a grand celebration for our biennial meeting of Tribal CCDF friends that will include an afternoon visit with leaders in DC, great sharing of program best practices, learning from a wide variety of early childhood champions, and a listening session from the Administration for Children and Families.

Be looking for a "Registration Form" and a "Sponsorship Form" that will be added to the NICCA Website in the near future.

### CCDBG/CCDF Reauthorization

#### Increase in Tribal Set-Aside

In FY 2013, there were 263 Grantees, representing over 500 tribes and tribal organizations that received Child Care and Development Block Grant (CCDBG) funds with tribal allocations totaling approximately \$102 million.

November 2014 saw the reauthorization of the CCDBG which allowed for an opportunity to change the Tribal set-aside language. Previous CCDBG language stated that Tribes would receive **between 1% and 2%** of allocated funds, with Tribes historically receiving 2%. Recent reauthorization of the CCDBG amended the Tribal set-aside language to state that Tribes would receive **no less than 2%** of the allocated funds.

With this past year's reauthorization, a very small increase of **2.5%** was made to the Tribal set-aside for discretionary funding. While this is an accomplishment, an additional increase in the set-aside is important especially as more tribes and tribal organizations apply for CCDF funding.

The NICCA Board and its' members will advocate and work diligently to educate legislators on the importance of additional funding to provide for the quality of service delivery to Indian children & families.

## Upcoming Tribal Consultations

The OCC will be holding three official Tribal Consultations via conference calls on [March 25th from 1:00 - 2:00 pm \(ET\)](#); [April 22nd from 1:00 - 2:00 pm \(ET\)](#); and [May 7th from 3:00-4:00 PM \(ET\)](#). The Office of Child Care also plans to hold a face-to-face Tribal Consultation on the morning of [May 20th](#) in Washington, D.C. to coincide with ACF's Tribal Consultation.

Tribal Child Care helps to set the foundation for future leadership and healthy tribal communities for many generations. Tribal Consultation is an important part of Government to Government relations. We encourage you to reach out to your Tribal Leaders. Ask them to tell our stories and stress the importance of further support for Tribal Child Care and Native children. NICCA will be preparing documents that will assist Tribal Leaders in educating the OCC about child care issues in Indian Country. Please be looking for these in the near future and encourage your Tribal Leaders to participate in the Tribal Consultations.

## Child & Adult Care Food Program Reauthorization

The deadline for the comment period on the USDA CACFP Meal Pattern Revisions Proposed Rules is April 14, 2015.

We need your input! Please forward your input to NICCA (or to the USDA) so we can include your comments within the regulatory comment period. Tribal Grantees must submit comments in order to be heard in D.C. If legislators do not hear from Tribal Child Care, we will not get the support in these mandates that are specific to tribes.

## Peer Learning & Leaderships Network (PLLN)

The PLLN is an intentional effort to support professional development of emerging leaders within tribal CCDF communities and help offset a high turnover rate among tribal program administrators. The objective of PLLN is to develop a network of individuals who can provide mutual support in their knowledge and skill-building and who share the goal of improving the quality CCDF services to American Indian/Alaska Native children and families across the country.

This opportunity was created through the Office of Child Care (OCC) with T/TA and support through the National Tribal Center (NTC) and the Community Development Institute (CDI).

The PLLN takes a multi-dimensional approach to building a network of tribal CCDF administrators by promoting mentoring & leadership development, and providing supportive technical assistance to tribal child care programs.

**Phase One** is an intensive two-year experience including both leadership skill-building activities and training to increase the participants' knowledge base in child care relevant topics.

**Phase Two** focuses on developing Tribal CCDF Mentors. This first group of Mentors must be second-year participants of the Leadership Fellows program. Mentors provide training and technical assistance to new PLLN Leadership Fellows or a team of Fellows. Mentoring may be provided through face-to-face meetings or through calls and webinars. Mentors are expected to participate in ongoing training that supports their mentorship responsibilities.

There are currently 7 Mentors and 11 new Tribal CCDF PLLN Fellows in the current cohort who attended training in Denver, CO in January 2015. Fellows will be matched into groups and will create a child care related project that can be implemented into their communities.



## From the desk of Patti Turney

*Happy Spring Tribal Child Care Providers, Planning Team Members, Metro Work Group Members and Stakeholders,*

*It has been a very busy last quarter. We had a meeting with DHS and MNCPD on the development and progress of the Cultural Trainer/Training Project. It is now official. MnTRECC has started working with the Pilot Sites as they are developing their Local Advisory Committees and setting their first meeting date. The Guidebook has been revised and will remain as is for the first year. We will make adjustments and changes in February of next year that coincide with the Pilot Sites with kinks we may have encountered along the way. We will keep you updated as we move through this stage. It will be so awesome to have our Elders recognized for their valuable teachings they have to pass onto our educators and children.*

*We held our Quarterly Planning Team Meeting in Red Lake on January 23<sup>rd</sup>. Thank you Ruby for being such a great host. We all enjoyed a tour of the Red Lake Fisheries. Eric did a great job with experimenting in cooking the fish eggs. We had special guests from the "Help Me Grow" project that is in the early stage of being developed in the state of Minnesota.*

*(Below: Picture from the Fishery. All in our hair nets and booties)*



*We have been especially busy with providing Parent Aware Recruitment strategies. First MnTRECC provided a "Cultural Sensitivity" training in St. Cloud January 14<sup>th</sup> for state Employees. Dr. Anton Treuer graced us with his knowledge in American Indian History. It was a great turn out and a lot of positive feedback. We have also done some revisions to the Parent Aware Brochures and purchased a large amount to give to the Planning Team Members so they can distribute in their communities.*

## From the desk of Patti Turney—(continued)

*We now have Radio Ads for the months of March, April, & May with 6 different Radio stations that cover the entire state of Minnesota. We also have Parent Aware Ads in newspapers throughout the state.*

*The Metro Work Group has been busy as well. They held their meeting on February 20<sup>th</sup> at Mystic Lake. They are busy with plans for the Career Fair which is going to be held this spring at the Magnet School in St. Paul on May 29<sup>th</sup>. They are also working on updating the Resource Guide for the Metro area.*

Children are able to understand language before they are able to speak it. Check out this website for another way to communicate with baby—[www.aslpro.com](http://www.aslpro.com)

### MILESTONES By end of 6 months

- ❄ Recognizes familiar faces
- ❄ Responds to other's emotions, often seems happy
- ❄ Likes to look at self in the mirror
- ❄ Rolls over in both directions
- ❄ May react to strangers
- ❄ Strings vowels together when babbling  
(ah, eh, oh)
- ❄ Responds to own name
- ❄ Begins to sit without support
- ❄ Passes items from one hand to another



\*Don't forget to subscribe to the following website to keep informed on recalls" It may save a life.

U.S. Consumer Product Safety Commission  
Office of Communications  
4330 East West Highway, Bethesda, MD 20814  
[www.cpsc.gov](http://www.cpsc.gov)



This super fun ping pong game is perfect for indoor boredom busters or even as a party game. Simply attach paper plates to popsicle sticks/tongue depressors and blow up balloons.



— A few fun ideas to try with your little ones —

Let your little creative geniuses paint their Picassos with warm water and Kool-Aid! How fun is that?!





# Taste of the Metro

**Taste of the Metro Cookbook** was created by the Metro Work Group. It was the vision of the group that the cookbook would be distributed to American Indian families and children in the Twin Cities. The intent of the cookbook is to introduce families to a variety of foods from different cultures. What an exciting and fun way to create a family time!

The cookbook can be viewed and is free to download at [www.mntrecc.net](http://www.mntrecc.net)

## Chicken Alfredo (Pasta with Cream Chicken and Broccoli)

- 1 package of pasta (12 oz.)
- ▣ 4 cups of broccoli flowerets (frozen package)
- ▣ 1 TBS butter
- ▣ 3/4 lbs. of chicken
- ▣ 1/3 cup of onion
- ▣ 1 can Cream of Chicken
- ▣ 1/2 cup of milk
- ▣ 1/2 cup of water
- ▣ 3 oz. of packaged cream cheese
- ▣ 3/4 cup of Parmesan Cheese



Prepare pasta as directed

Prepare broccoli as directed

Melt butter and fry up the chicken

In a small bowl, whisk milk, soup, water and then cream cheese

Add mixture to chicken and heat until boiling; reduce heat to low until chicken is cooked

Remove from heat and add Parmesan Cheese add to pasta and broccoli.

Janice LaFloe: Recipe by Leona LaFloe

## Latino Apple Crisp

- 4-5 medium apples
- ▣ 1/4 cup quick cooking oatmeal
- ▣ 1/4 cup flour
- ▣ 1/2 cup brown sugar
- ▣ 1 TBS cinnamon
- ▣ 1/4 cup margarine



Preheat oven to 350 degrees. Grease the sides and bottom of a square pan. Remove the cores from the apples and slice. Spread the apples on the bottom of the pan. Cut the margarine into small pieces and put into a medium size bowl. Add the oatmeal, brown sugar, flour and cinnamon. Using 2 knives cut the margarine into the mixture until it looks like small crumbs. Sprinkle the mixture over the top of the apples. Bake for 20 minutes.

Fay Hopkins: Taken from CCR&R Outreach Newsletter

# Leech Lake Baseline/ECFE

## Michelle Traeger-Nelson



### Michelle's Musings

Spring is upon us and the children are outside and active. What a great time to do some gardening. Gardening so user friendly that even children can do it. Click on the links below to find instructions on straw bale and container gardening techniques. Be creative and use your imagination. What a great teaching tool for use with our young ones. Perhaps you might even decide to grow a pizza. I've included instructions if you decide this is something you may want to do. So have fun planting and enjoy the great outdoors.

<http://www.kidsgardening.org>

[modernfarmer.com/2013/07/straw-bale-gardening](http://modernfarmer.com/2013/07/straw-bale-gardening)

[strawbalegardens.com](http://strawbalegardens.com)

[www.minnesotafarmguide.com/...straw-bale-gardeners/article\\_5e814e4a-](http://www.minnesotafarmguide.com/...straw-bale-gardeners/article_5e814e4a-)



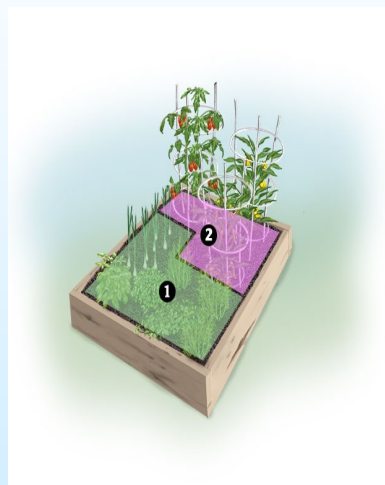
### *Grow A Pizza Garden*

#### **Area 1 - Onions and Herbs**

- 1 Greek oregano
- 1 Sweet basil
- 1 Spicy Globe basil
- 2 Italian parsley
- 1 Rosemary
- 22 Onions (we used Georgia Sweet)

#### **Area 2 - Tomato and Peppers**

- 1 Roma tomato (with cage or trellis)
- 1 Banana pepper (Hot or Sweet, with cage or trellis)
- 1 Green Bell pepper (with cage or trellis)



## KidsAndCars.org NATIONAL STATISTICS

### Child Nontraffic Fatalities by type & year

	Backovers	Frontovers	Heat Stroke	Vehicle Set in Motion	Underage Driver	Power Window	Falls from vehicle	Vehicle Fire	Other	TOTAL
<u>2013</u>	61	46	44	13	10	1	7	0	2	184
<u>2012</u>	70	32	34	12	24	2	4	2	10	190
<u>2011</u>	78	42	33	11	14	1	5	3	8	195
<u>2010</u>	65	63	49	10	22	1	8	1	11	230
<u>2009</u>	85	58	33	11	33	2	11	2	18	253
<u>2008</u>	77	56	43	7	13	3	2	0	8	209
<u>2007</u>	101	54	37	22	15	1	0	6	11	247
<u>2006</u>	84	61	29	13	14	3	4	2	10	220
<u>2005</u>	108	39	47	17	5	3	3	3	7	232
<u>2004</u>	83	25	39	19	8	9	1	0	9	193
<u>2003</u>	106	9	43	18	2	5	2	4	4	193
<u>2002</u>	71	8	31	14	0	4	2	3	2	135
<u>2001</u>	53	8	39	10	7	4	2	3	5	131
<u>2000</u>	28	6	35	12	5	2	1	3	4	96
<u>1991-1999</u>	94	20	156	31	14	19	2	9	11	356
<u>&lt; 1990</u>	25	3	25	13	0	20	0	2	7	95
<b>TOTAL:</b>	<b>1189</b>	<b>530</b>	<b>717</b>	<b>233</b>	<b>186</b>	<b>80</b>	<b>54</b>	<b>43</b>	<b>127</b>	<b>3159</b>

**Data Source:** KidsAndCars.org Database - *These data vastly underestimate the true magnitude of non-traffic fatal incidents involving children. This chart represents the incidents KidsAndCars.org has documented involving children < 15 years of age.*

Location specific data available upon request.

**“You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You’re on your own. And you know what you know. And YOU are the one who’ll decide where to go...” – Dr. Seuss**



Every year children die of heatstroke after being left or forgotten in a vehicle. These indoor car thermometers are great tools to consider purchasing for families in your program.

Karissa Strader  
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1-866-471-2529 Office  
1-866-471-4343 Fax  
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[karissa@lifelink1.com](mailto:karissa@lifelink1.com)

Purchase Life-Meter™ for your events and programs. Long-Term Awareness & Education = Prevention. Prevention

**Call today for a quote**



Leech Lake Early Childhood Division / MNTRECC  
190 Sailstar Dr.  
Cass Lake, MN 56633

## MnTRECC Mission Statement

To serve as a foundation and a link where child care and other early childhood programs can gain access to resources and information that will enhance and strengthen the child care delivery system for Native American children and families throughout the state of Minnesota.



### MnTRECC Staff:

- ☞ Patti Turney , Program Manager
- ☞ Michele Fredrickson, Grants & Outreach Coordinator
- ☞ Sandy Gehrke , Professional Development Coordinator
- ☞ Michelle Traeger-Nelson, Baseline Coordinator

Toll Free : 1-800-551-0969  
[www.mntrecc.net](http://www.mntrecc.net)

### Child Care Aware

North East District 1-800-890-5399	<a href="http://www.ccrp.pinetech.edu">www.ccrp.pinetech.edu</a>
North West District 1-800-941-7003	<a href="http://www.lakesandprairies.net">www.lakesandprairies.net</a>
West Central District 1-800-292-5437	<a href="http://www.midwestchildcare.com">www.midwestchildcare.com</a>
Metro District 651-641-0332	<a href="http://www.thinksmall.org">www.thinksmall.org</a>
Southern District 1-800-462-1660	<a href="http://www.c2r2.org">www.c2r2.org</a>
MnTRECC 1-800-551-0969	<a href="http://www.mntrecc.net">www.mntrecc.net</a>

MnTRECC is a component of the Child Care Services Program within the Leech Lake Early Childhood Development